

THE MOCA MOTION



MILlican-OGDEN
COMMUNITY ASSOCIATION

2023 MOCA LEGO BUILDING CONTEST



SEPTEMBER 29 + 30, 2023

**CREATIONS WILL BE JUDGED
BASED ON BUILDING SKILLS,
CREATIVITY & ORIGINALITY,
INTERPRETATION OF THEME, AND
PRESENTATION**

**THERE WILL ALSO BE A
"BEST IN SHOW" AWARD**

**APPLICATION DEADLINE:
FRIDAY, SEPT 15 AT 4PM**

**OPEN TO ALL AGES
(CHILDREN + ADULTS)**



For more information, visit
www.millicanogdencommunity.com/index.php/events/

June General Meeting

Our May General Meeting will be held
on June 6th, 7PM at the MOCA Upper
Hall (2110 69 Ave SE).

**Want to receive your copy
of the MOCA Motion
via email?**

Please email
rentals@millicanogdencommunity.com
and we will add you to our mailing list :)



MOCA Office Hours

Monday: 8:00-12:00
Tuesday: 8:00-4:00 (closed 12-1 for lunch)
Wednesday: 8:00-12:00
Thursday: 8:00-4:00 (closed 12-1 for lunch)
Friday: 8:00-12:00
Week-ends, nights, and Statuary Holidays:
closed

Planning on visiting the MOCA Office?
Please call **403-279-4530** to make sure staff
are present to assist you

BOARD OF DIRECTORS

President John McDonald
 1st Vice President Lorraine Robinson
 Treasurer Brittny Folvik
 Secretary Zev Klymochko
 Corinne Watt

Human Resources Lorraine Robinson
 Angela Cruickshank
 Brittny Folvik
 Corrine Watt

Finance & Audit Brittny Folvik (Chair)
 Barry Bickford
 Jim Logan

SE CCRC Board Directors Loraine Robinson
 Brittny Folvik
 Corrine Watt

Civic Affairs Zev Klymochko
 Gary Sarohia
 Skylar Loder
 John McDonald

Civic Affairs Sub-Committees

Green Line John McDonald
 Gary Sarohia
 Skylar Loder

Airport Noises Sean Carney

Lease & Insurance John McDonald

Facilities Barry Bickford
 Jim Logan
 Brittny Folvik

Community Hall Expansion Jim Logan
 Barry Bickford
 Brittny Folvik
 John McDonald

Policy & Procedure/Bylaws/

Business & Strategic

Planning Lorraine Robinson
 Sean Carney

Community Garden Sean Carney

Follow us
on social
media!



Millican Ogden Community Association



@MillicanOgdenCA



millicanogdenca



All 2022/23 MOCA Memberships expired on May 31st

2023/24 Memberships can be purchased on our website or can be purchased at the MOCA office (2110 69 Ave SE). Don't forget to call beforehand to ensure that staff will be there to assist you :)

A MESSAGE FROM THE MOCA VICE PRESIDENT

MOCA Community Clean-up of Saturday May 6th: MOCA extends its appreciation to the great number of volunteers who came out to assist with the annual clean-up and with the City of Calgary workers. Other than the long lines of vehicles waiting for the 9 am start time, the day unrolled with much ease. Moving forward, it is to be noted that the afternoon line-ups drastically decreased between noon and 1:45 pm. Having worked the MOCA Community Clean-up for over ten years, I was most impressed with the gratitude expressed by the users. The amount of items collected were as follows: **City of Calgary:** _____, **RECON:** _____ and, **Electronics (Technotrash):** 862 kgs



ECCO Waste: A reminder that with a valid 2023/24 MOCA Membership, members can access ECCO Waste for one free load per month by showing a MOCA community membership card. The [ECCO Waste website](#) provides a list of acceptable waste and maximum monthly weight. MOCA Memberships can be purchased [online](#) or by dropping by the office during office hours (see on page 1). *****Marsha**, were you able to contact ECCO to verify the discount?

MOCA Community Hall Capital Improvement: At the May MOCA General Meeting, it was announced that the Community Hall Capital Improvement is now moving forward as a renovation project as opposed to an expansion one. The first round of renovations will include accessible bathrooms in the upper and lower halls, including an additional bathroom, storage room space, and new floors in the upper hall. The work is dated for later this year with the dirt mounds in the rear of the building being removed in the upcoming season.



The Millican-Ogden Outdoor Swimming Pool: The outdoor pool will be opening for its summer season on **June 17, 2023**. As the outdoor pool is operated by the City of Calgary, information in regards to outdoor pool hours, swimming lessons or pool rentals, can be obtained by either contacting the pool at 403-221-3571 or by e-mail at millican@benchmarkprojects.com. If you are a lifeguard and interested in work, [click here](#) for a listing of available positions and to apply online.

Traffic Safety Project: After ongoing advocacy by community members and MOCA, the City of Calgary installed **temporary calming curbs along 18 St SE and 66 Ave SE**. These curbs not only shorten crossing distances for pedestrians, including the Banting & Best and the Sherwood schools students, but also serve to narrow the streets to slow down traffic. The unposted speed limit on most streets in our community is 40 km/h with a posted 30 km/h speed limit in playground and school zones between 7:30 am and 9:00 pm. For more information of the City of Calgary speed limits, consult <https://maps.calgary.ca/NeighbourhoodSpeedLimits/>.

18 St & 66 Av SE



Calgary Superleagues Ball Hockey League: With the ice out, Jack Setters Arena continues to generate spring/summer revenue with the Calgary Superleagues Ball Hockey Youth & Adult leagues. The Youth League runs on Saturdays and Sundays, with the Adult League running on Monday to Friday nights. If you're considering registering for the Spring/Summer 2024 season, you are invited to drop by to view teams at play.

SE CCRC Update: The SE CCRC, located at 2734-76 Ave SE, held a very successful Mother's Day event on May 11th. 92 purses, filled with an assortment of toiletries, were distributed as guests arrived for cake and tea. A reminder of the services offered at the SE CCRC: the Community Connections program, the Career and Employment program, the Emergency Food program, and a Clothing Room as well as the following programs at their Crestwood location: yoga, a Mother Goose program, infant massage, regular drop-in play/parent education, and support programs. For SE CCRC information on accessing services, call the SE CCRC directly at **403-720-3322** during the office hours of 8 am-12 pm and 1-4 pm Mondays to Fridays. Should the staff all be occupied with clients, please leave your name and phone number and a staff member will return your call, or send an e-mail to contactus@secalgaryerc.ca.

Youth Centre of Calgary- Ogden: YCC-Ogden will be offering a **free Summer Camp** for kids age 9 and up. The camp which will include coaching in sports (including weekly trips to learn to play racquetball), gardening, food, art, music and more. The location of YYC -Ogden located at 7400 23 Street SE. **See poster on page 13**



Upcoming Dates:

- **June 6, 2023:** MOCA General Meeting – MOCA Upper Hall at 7 pm
 - **June 17, 2023:** Opening of the Millican Ogden Outdoor Swimming Pool
 - **June 18, 2023:** Father's Day
 - **September 5, 2023:** MOCA General Meeting – MOCA Upper Hall at 7 pm - should we include the other general meetings as well (like July and August) instead of jumping right to September's?
 - **September 30th 2023:** MOCA LEGO Contest
- Happy month of June and Happy Father's Day to all fathers,

Lorraine Robinson
Vice-President
Millican Ogden Community Association



Jack Setters Arena

Location: 2086 69th Ave SE

Phone: (403) 279-4530

Email: generalmanager@millicanogdencommunity.com

**ICE CLOSED
FOR THE
SEASON**

Including ice rentals, public skate, and drop-in programs (shinny and stick n' puck).

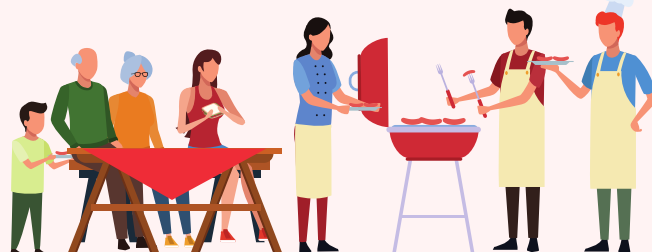
**Keep an eye out for more information about the
2023/24 season**

SEE YOU IN SEPTEMBER!

**Our dry slab is available to rent
in late July and August**

This is a great venue for family gatherings, barbeques, organized sports, and more!

If you are interested in booking, please call (403) 279-4530 for more information!



THANK YOU VOLUNTEERS!



Once again, we have had some fantastic volunteers dedicate their time to help our community. Thank you to all volunteers who helped out at our annual Community Clean-Up. Special thanks to Riverbend Hardware and Glenmore Square Scotiabank from contributing to this event. We are so, so grateful for your willingness to assist in these community events.

We couldn't have done it without you!



THANK YOU! **Scotiabank**

Monthly

Newsletter

SE Calgary Community Resource Centre

June

2023

**2734
76 Avenue SE**

Hours of Operation:

M - 10 am - 4 pm

T - 1 - 4 pm

W-F - 8 am - 4 pm

(Closed) 12:00-1:00PM

403-720-3322

Mission Statement

To provide information, education, referrals, and advocacy with kindness and care.

Donations Accepted

We are open to accepting all donations of food, clothing, and small household items. No big furniture items please


We want to send big thank you to everyone who has taken the time to donate to our Centre! We have been blessed with an abundance of donations which make it possible to help those in need even more.

THANK YOU!!

We are inviting Women Entrepreneurs to join us for a day of learning, connection, inspiration, networking and sharing.

Event will be held
Saturday September 9th, 2023.
Sponsored by Scotia Bank, MOCA
and SECCRC.

If interested in attending please
contact SECCRC at 403-720-3322



**Wishing everyone a
wonderful Summer
ahead!**

Throughout the Summer our programs will continue, including:

- Community Connections/Basic Needs Supports
- Career and Employment Supports
- Parent/Child Mother Goose at Crestwood
- Drop in Play at Crestwood I

How we can help:

At the Southeast Calgary Community Resource Centre we can help you with your job search, resume writing, and practice with interview skills. We also offer help with advocacy, referrals, assistance with applying for government benefits and various other basic needs supports. On the second floor you will find a free computer lab with printing, faxing and other services available during our hours of operation. Please call to book an appointment with our Career & Community Connections specialists today.



**MILLICAN-OGDEN
COMMUNITY ASSOCIATION**

Upper Hall Rentals

2110 69 Avenue SE

P: (403) 279-4530

E: rentals@millicanogdencommunity.com



A great venue for
Fall Programs,
such as art
workshops, dance
classes, karate,
and many more!

Select venue rentals available for:

- Private events
- Day camps
- First Aid classes (*Professional Development*)
- Home schooling (*gym*)
- Fitness classes
- Meetings
- Art sessions, etc.
- You name it , we will try to accommodate

Rental Fees:

- \$50/hr (min. 2 hours)
- \$500 Refundable Damage Deposit

Amenities:

- Commercial Fridge
- Microwave
- Coffee Urn - 100 cup
- Sink
- Tables/ Chairs



Ogden House 50+ Activity Centre - Everyone is Welcome!

Our centre is a great place to meet friends, play games, learn new skills and have great food. While our name says "50+" we are open to all ages! The centre is fully renovated and open from 8:00 AM to 4:00 PM Monday to Friday. We have activities like table tennis, pickleball and carpet bowling for more active members, and cards, quilting, painting and seated fitness for those with mobility challenges. For our full calendar of activities, please visit ogden50plus.org

Our address is **2102-69 Ave SE, Calgary AB T2C 3Y4.**

For further information please call **403-279-2003**, email **sonia@ogden50plus.org** or visit our website ogden50plus.org

The Housekeeping Program - Services provided through the City of Calgary's *Seniors Services Home Maintenance* program. Phone 311 to apply. Regular rate of service: \$35 per hour. Contact the Housekeeping Supervisor at 587-839-6405 for more information.

TABLE TENNIS

Join us at Ogden 50+

2102-69 Ave SE
403-279-2003

4 tables/16 people can play at once four times a week.

Only \$35 annual membership includes free ping pong.

Please check our website & calendar at ogden50plus.org for days & times



June at Ogden 50+ Activity Centre

BOWLING AT BOW CLIFF

Sunday, June 11 at 1:00 pm

3375 Spruce Drive SW

Free Admission - Everyone Welcome!
Food & Beverages Included with Registration
Celebrating Seniors Week with 9 Senior Centres
With Lawn Bowling & Golden Age Jackpot.

Calgary Foot Care Nurses

Monthly - 10:00 am to 2:30 pm

Next session: Wednesday, June 14

Direct billing available through Blue Cross with Doctors prescription.
Call **403-408-9668** to book.

CONVERSATION CAFÉ

Wednesday, June 14 from 1:00 pm - 3:00 pm

Free Dementia Support Group, share your experiences and support others on the same journey. Casual, informal and no solicitation of any kind.

FATHER'S DAY BBQ

Friday, June 16 at 1:00 pm

\$7.00 Dine in only.

Menu: Hamburgers/rippled chips/lemonade, Gluten Free available
Pre-order by Tuesday, June 13

TGIF Dinner & Dance - Father's Day

Friday, June 23

Happy Hour from 3 - 5 pm - \$5 beer/\$6 Cocktails

Dinner - 5:30 pm, Dance to follow

Menu: Steak/Baked Potatoes/Baked Beans/Coleslaw/
Dinner buns with butter.

Dessert: Ice Cream Sunday

\$20 Members - \$25 Non-Members

Dine in or pick up after 5:00 PM, call 403-279-2003 to pre-order by June 20.

Follow us on social media to stay up to date on our events:

 @Ogden50Plus

 @Ogden50Plus

Message from the Executive Director

Summer weather is finally here! Get out and enjoy the weather! This month at Ogden 50+ we have for Father's Day a BBQ as well as TGIF dinner & dance. We also have other events happening such as Calgary Foot Care Nurses joining us monthly and Conversation Café. Please join us if you are a member or are interested in our centre. Have a wonderful June and Happy Father's Day!

Renata Michalski



GEORGE MOSS PARK TENNIS COURTS

([Tennis Court Picture](#))

Interested in trying tennis this summer? George Moss Park has three tennis courts that have also been recently adapted to accommodate pickleball. These courts are open to the public at a first-come, first served fashion and is free of charge. The courts can also be booked for private lessons or tournaments.

JANE'S WALK

On the morning of Sunday, May 7th, Millican Ogden residents Bonny Warbeck and Bob Appleby hosted a Jane's Walk called "History of Millican Ogden".

Jane's Walk is a free walking tour event that takes place each May around the world to recognize famed urbanist Jane Jacobs. Community volunteers lead walks through their neighborhoods, highlighting interesting facts and stories.

Over 50 people joined Bonny and Bob on their guided tour through both Ogden and up through Millican Estates. Attendees were treated to well-researched details about significant buildings like the Ogden Hotel (now known as Victory Manor), the Ogden Block, St. Augustine's Church, and many others. Hearing the stories of some of the residents that have come and gone was riveting.

It is fascinating to imagine our community over 100 years ago, when Ogden was considered a separate town and before the numbered street names came in. Hopefully this walk can be conducted annually.



Photos by: Zev Klymochko

SODUKO



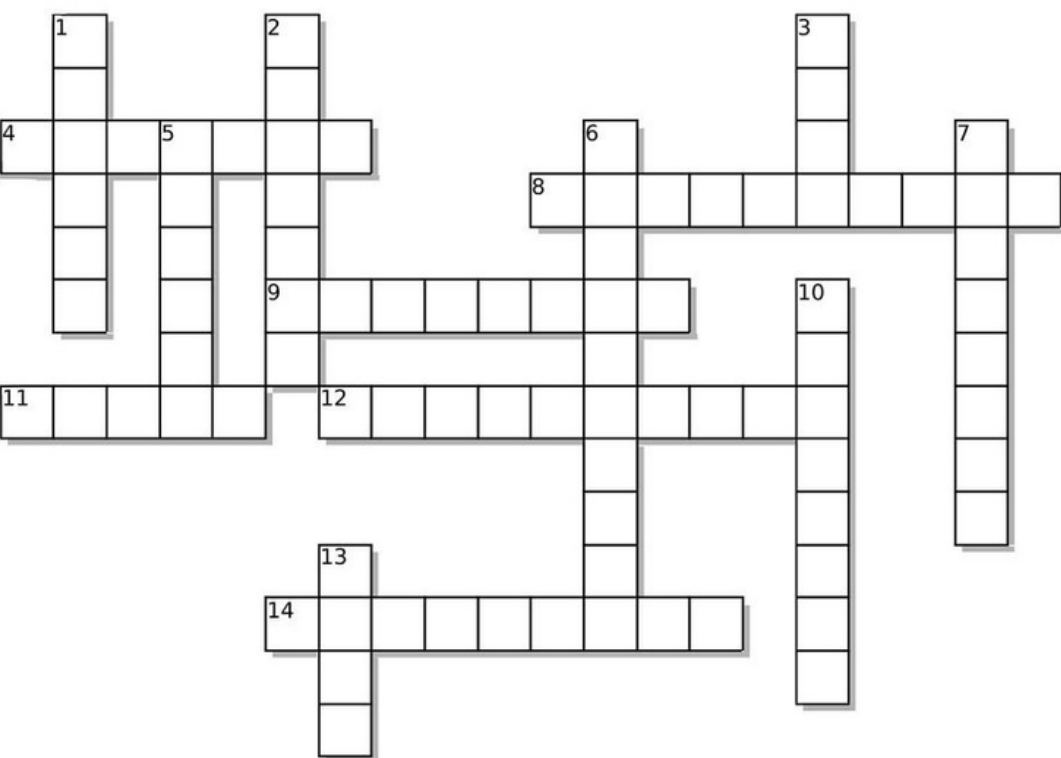
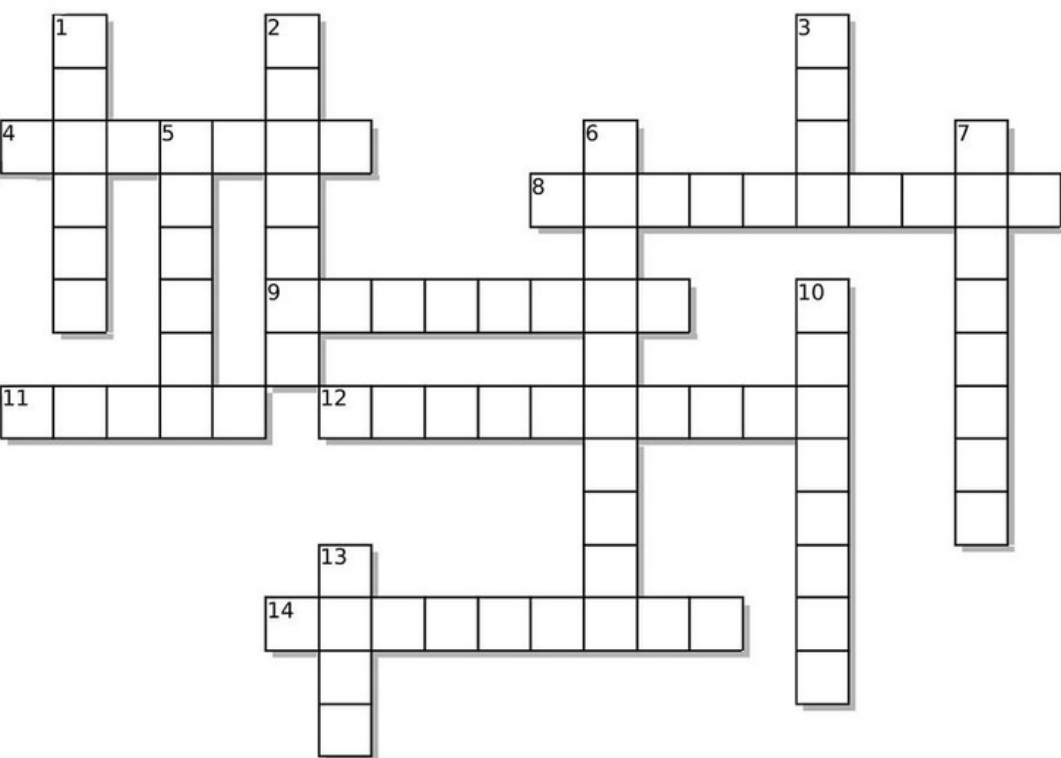
solution key

8	3	1	5	9	4	7	6	2
5	7	2	6	3	8	9	1	4
9	4	6	7	1	2	8	3	5
4	9	3	2	8	1	6	5	7
2	6	8	3	7	5	4	9	1
7	1	5	6	4	9	3	2	8
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ACROSS

- 4 spending time staying in a tent or camper
- 8 a green skinned fruit with red pulp
- 9 refreshing drink made from lemons
- 11 a sandy place to swim
- 12 wear these to protect your eyes from the sun
- 14 lotion to protect skin from the sun

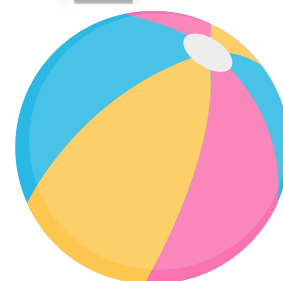
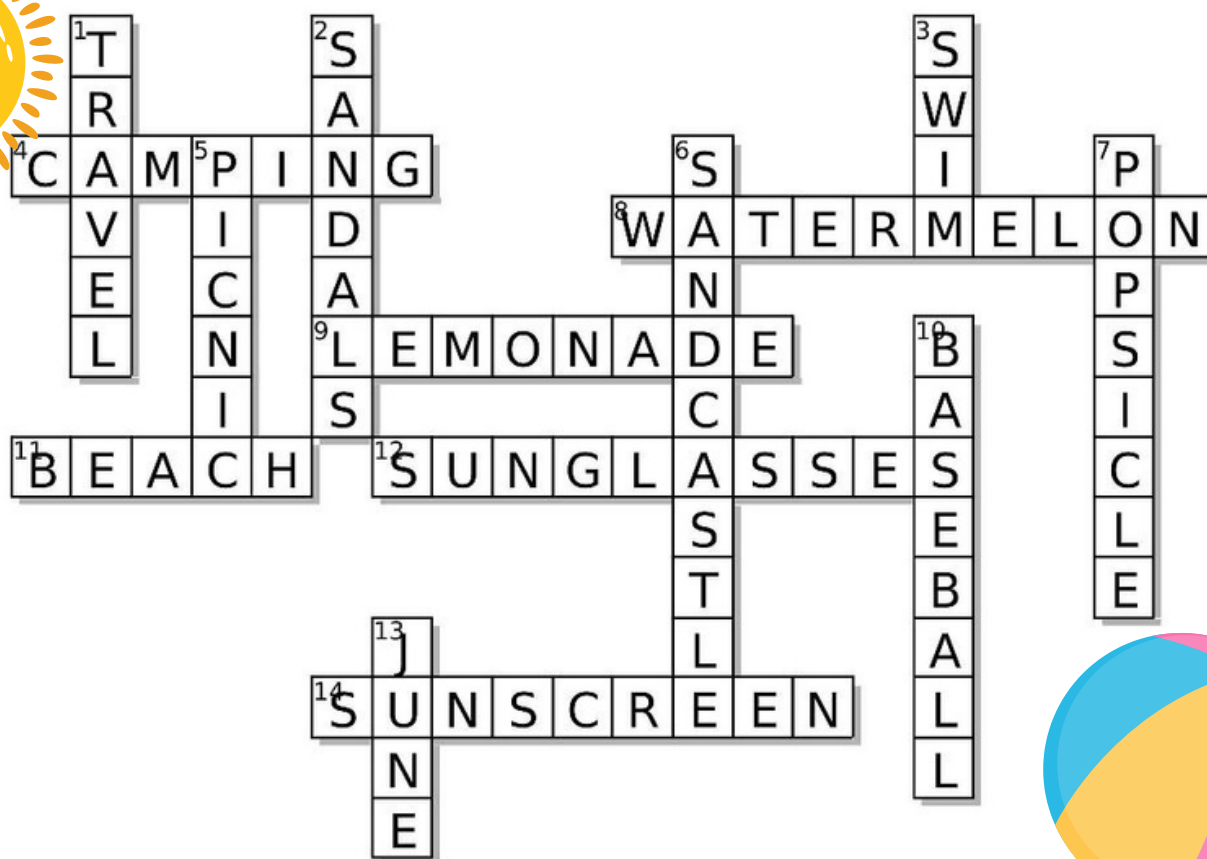
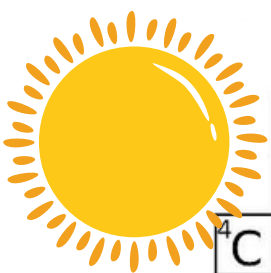


DOWN

- 1 going to a destination
- 2 shoes worn in summertime that often let the feet breathe
- 3 what you do in the pool, lake, or ocean
- 5 eating outside in a park or on a beach or similar
- 6 a small (non-livable) structure built on a beach for fun
- 7 frozen treat on a stick
- 10 game played with a ball and bat
- 13 the first month of summer

CROSSWORD PUZZLE

Solution key is on the next page :)



A Message Regarding the Bonnybrook Bridge Project



There is currently a bridge rehabilitation project on the **Eastbound and Westbound Ogden Road SE Bridge (Bonnybrook Bridge) over the Bow River**. The estimated timeline for this project is **May 2nd to September 30th** and may impact traffic in the community.

This project will extend the service life of the bridge and improve safety for drivers. Work to be done includes expansion joint replacement, expansion joint seal replacement, barrier repair, and other miscellaneous concrete repairs.

Construction will be completed in stages and anticipated traffic staging includes variable lane closures throughout the construction period. To minimize the traffic impact, work within the roadway is planned for nighttime and weekends and barrier repairs will mostly take place during the day.

Access to and across the bridge will be maintained throughout the project and temporary walkways will be provided as required to route pedestrians around work areas during construction activities

Updates to traffic staging and schedule will be posted online -

www.calgary.ca/bridgejoints



FUN THINGS TO DO IN YOUR COMMUNITY THIS SUMMER

Royal City Soccer Camps

Outdoor pool swim and lessons

Park N Play and Stay N Play programs at Sherwood School (see below)

Juvenescence Day Camp -[check their website for subsidized camps](#)

Youth Centres of Calgary (YCC) FREE Summer Camps (see page 13)

CITY OF CALGARY'S COMMUNITY SUMMER PROGRAMS



July 24th to 28th

Sherwood School - 2011 66th Ave SE

Park n' Play (6 - 12 years)

Fun, safe, and supervised programs help children make new friends and learn.

Games and activities are designed to support them on their path to healthy and active lifestyles

Mon - Fri from 10AM - 3:30PM

Free Drop-in on a first come, first served basis

Stay n' Play (3 - 5 years + adult)

These safe supervised programs help children and adults make new friends and stay active through a play-based learning environment. It includes games and activities that they can use on their path to healthy and active lifestyles. Children must be accompanied by an adult.

Mon - Fri from 10AM to 12PM

Free Drop-in on a first come, first served basis



MILlican-OGDEN
COMMUNITY ASSOCIATION

WE ARE HIRING

JOIN OUR TEAM

Part-time and full-time positions at the Jack Setters Arena

- ✓ Ideal for somebody who is retired or is a post-secondary student
- ✓ Duties include ice maintenance, cleaning, and snow removal
- ✓ Set schedule every week from September 2023 - March 2024
- ✓ \$22.00 per hour
- ✓ For full job description, visit <https://www.millicanogdencommunity.com/>



EMAIL YOUR RESUME TO :

✉ generalmanager@millicanogdencommunity.com



ycc
YOUTH CENTRES OF CALGARY

Summer Camp 2023

SPORTS, GAMES AND GARDENING ACTIVITIES!

PROGRAM DURATION
JULY 3RD - AUGUST 25TH
11-3PM MONDAY TO FRIDAY

Registration Open!
email: sports@youthcentresofcalgary.com for forms!
7400 23RD ST SE
youthcentresofcalgary.com

DONATE TO BEAUTIFY THE MOCA COMMUNITY CENTER



Do you have an over grown flower bed? The MOCA Team is looking at sprucing up the landscape areas around the Community Center and we could use your help!

We're searching for donations of garden perennials including flowers, shrubs, and small trees

For more info, please email:
generalmanager@millicanogdencommunity.com

BUSINESS SECTION

Want to have your ad featured in the MOCA Motion?

Send an email to
rentals@millicanogdencommunity.com
and request an "Ad Kit" for a full list of prices
and advertisement conditions.

MCDONALD PARALEGAL SERVICES LTD.

Low Cost Provider of Legal Services
in the Provincial Court of Alberta
(small claims)

Residential Tenancies Dispute
Resolution Service (RTDRS) and

other Administrative Tribunals

We offer 25% discounts to current
members of the Millican-Ogden
Community Association.

www.mcdonaldparalegal.ca
866-220-1271

CONGRATULATIONS COLLEEN FOR BEING AWARDED THE 2021 REALTOR® OF THE YEAR – T.W.H. (BILL) SAUNDERS MEMORIAL AWARD!

This accolade is the most prestigious award
a CREB® (Calgary Real Estate Board) member can receive
and recognizes REALTORS® who exemplify high
standards of professionalism, integrity, and
outstanding dedication to the community.

"I am so honoured," said Colleen, after she was
announced as the award recipient in June 2022. "To
be recognized in this way is probably the highest
honour I could ever be granted."



Colleen Whelan
Real Estate Team
BLESS THIS HOUSE

MaxWell
Capital Realty



www.BlessThisHouse.ca

- Community Centred
- Service Oriented
- Experienced & Knowledgeable



@BlessThisHouse.ca



@colleen.corinne_realestate



Contact us today to discuss your real estate goals

COLLEEN WHELAN
REALTOR®
403-471-4234
colleen@blessthishouse.ca

CORINNE MAHER
REALTOR®
403-978-2989
corinne@blessthishouse.ca



We'll Help You Overcome **DENTAL ANXIETY!**

If you've been putting off your dental work, our **Sedation Dentistry** can improve your smile and overall health!

- ✓ Comfortable
- ✓ Affordable
- ✓ Quick
- ✓ Very Safe

Now You Can Get the Smile You Deserve!

FREE CONSULTATION

SEE IF YOU QUALIFY FOR
"ANXIETY-FREE" DENTISTRY

H A P P Y

Father's Day



Sunday, June 18, 2023



The GLENMORE INN
& Convention Centre

Join us for
Brunch and Dinner

Call to Book your table:
(403) 720-5288