

THE MOCA MOTION



**MILLICAN-OGDEN
COMMUNITY ASSOCIATION**

Community Clean-up

**Saturday, May 6th 2023 from
9AM - 2PM at 2110 69 Ave SE**



Acceptable Materials Include:

Old/broken electronics, unwanted appliances, metals, hot water tanks, auto parts, car & lead batteries, empty + dry paint cans (with lid off)

Please note: there is a \$15 cash charge for fridge disposal

Non-Acceptable Materials

Tires, household chemicals/ liquids, batteries (e.g., AA), lightbulbs, shredded paper, compost, propane tanks, solid cylinders, glass, paint cans (with paint), fluorescent lights

**Line-up
begins on
the corner
of 20A St
and 69 Ave
facing south**

*Please
dismantle
large items to
the best of
your ability*

May General Meeting

Our May General Meeting will be held
on **May 2nd, 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

Thank you Community Strategies and Waste & Recycling for supporting this event!

For more information, visit calgary.ca/cleanups

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

VOLUNTEERS NEEDED FOR COMMUNITY CLEANUP

Our annual Community Cleanup will be held on
May 6th from **9AM - 2PM**

There are two volunteer positions needed:

- morning shift: 8:30AM - 12PM
- afternoon shift: 12PM - 2:15PM



If you are interested in helping out, please email
generalmanager@millicanogdencommunity.com for more information

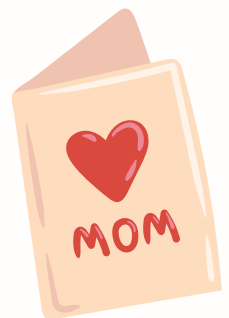
A MESSAGE FROM THE VICE PRESIDENT

The month of May is always a time to marvel in the beautiful nature we are surrounded by, including the Lynnwood Ogden Community Garden which was built last year by a group of very dedicated community gardeners. May is also a time for outdoor clean-up. This year, City Parks is making available **TLC Cleanup Kits**. Each TLC Kit contains enough supplies (gloves, garbage bags, etc.) for up to six people in a household for their own yard and surrounding area. If interested, TLC kit can be picked up from the MOCA office or SE CCRC during their office hours as per available kits and with a limit of one kit per household.



MOCA will also be holding its annual **MOCA Community Clean-up Day** on **Saturday May 6th from 9 am to 2 pm**. If interested in volunteering, please e-mail generalmanager@millicanogdencommunity.com for additional information. To bring in items to be disposed of or recycled, please refer to the ad on the front page detailing acceptable items. Unfortunately, the annual Parade of Garage Sales will not be taking place in our community this spring. MOCA has much appreciation for the many years that our local realtor, Colleen Whelan, has organized it.

With Mother's Day taking place on May 14th, SE CCRC will be recognizing Mother's Day by inviting mothers to the center to join them for **Tea & Cake on Thursday May 11th**, and if interested, select one of the 100 donated purses from from Purses of Hope program. Each purse has been filled with an assortment of toiletries



The **SE CCRC's Annual Garden Event** will take place on **Saturday, May 27th from 10 am – 2 pm**. The center will provide gardening soil and is looking for donations of seedlings and slips of household plants for the event. A Green Line team will be in attendance to engage in an informal community engagement and provide snacks. The City of Calgary will bring in large garbage bins to help residents dispose of big items.



As May will come to an end, so will MOCA memberships. You can either renew your membership by dropping by the MOCA office or doing so online. If you're considering becoming a MOCA Board Member, memberships are required 30 days in advance of MOCA's Annual General Meeting, scheduled for Tuesday, October 17, 2023.



If interested in obtaining additional information in regards to Board Member positions, please contact **John McDonald, President at president@millicanogdencommunity.com** or myself, **Lorraine Robinson, Vice-President at hrpolicyprocedure@millicanogdencommunity.com**. We invite you to come and share your talents with MOCA especially in the areas of: Facilities, Business & Strategic Planning, Finances and Human Resources.

Upcoming Dates to note:

- May 2nd: **MOCA General Meeting** – MOCA Upper Hall at 7 pm
- May 6th: **Community Clean-up Day** from 9 am to 2:15 pm
- May 11th: **Mother's Day Tea at SE CCRC** (Purses of Hope)
- May 27th: **The SE CCRC Annual Garden Event** from 10am to 2pm
- May 28th: **Mobile Adventure Playground** – The City of Calgary's Mobile Adventure Playground will be at George Moss Park on from 11am to 3pm on May 28th (more info on page 12)
- **MOCA LEGO Contest:** September 30th 2023 with drop off of Lego creations on September 29th. Additional information and marketing materials will go out in June (more info on page 15).

Happy month of May and Happy Mother's Day to all mothers,

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
STARTING
MARCH 31**

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!



A message from Lynnwood Ogden Community Garden

First off, we would like to thank our two new donors, Calgary Foundation and Lions Club. This will allow us to build five additional beds and a garden shed.

We have a lot of returning gardeners and all boxes are currently rented. We have a wait list for cancelations and box rentals for next year. To find waitlist, go to www.locg.ca. Tap the top right drop down menu for wait list, or email contact@locg.ca.

We are always looking for volunteers. Come on out and be part of the community. To volunteer, please email contact@locg.ca.

See you in the garden,
LOCG, Lynnwood Ogden Community Garden



Monthly

Newsletter

SE Calgary Community Resource Centre

May

2023

**2734
76 Avenue SE**

Hours of Operation:

Monday -Friday
8:00-4:00PM
(Closed) 12:00-1:00PM
403-720-3322

Mission Statement

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

May Donations Accepted

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

COME JOIN US FOR OUR LET IT GROW EVENT

located at SE Calgary Community Resource Centre

2734 76 Ave SE

10 am - 2:00 pm

We will be providing:

- Seedlings
- Seeds
- Garden soil
- Expert Advice

**Two large City of Calgary
garbage bins will be
available to get rid of
unwanted household items.**

Tool Lending Shed

is open for borrowing tools:
Electric lawn mower, wheel
barrows, shovels, shears
and more!

Bins will be placed at the end of the alleys between 76th Ave and 74th Ave.

The bins will be available 7:00am-1:30 pm on May 27th, 2022

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
- Event Package: \$750 (Friday 1pm to Sunday 9am)



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.



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



May at Ogden 50+ Activity Centre

Calgary Foot Care Nurses

Monthly - 10:00 am to 2:30 pm, next session: Tuesday, May 2

Direct billing available through Blue Cross with Doctors prescription.

Call 403-408-9668 to book.

CONVERSATION CAFÉ

Wednesday, May 10 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.

MOTHERS DAY TEA

CRAFT & BAKE SALE

Saturday, May 13 from 10:00 am - 2:00 pm

Tickets \$7.00

Finger Sandwiches/Coffee/Tea/Lemonade/Desserts will be provided. Baking donations accepted. Rent a table for \$30.00 to sell your artwork, crafts or jewelry.

Call 403-279-2003 ext. 4 to book tables by May 11. EVERYONE WELCOME!

BREAKFAST

Thursday, May 18 from 9:30 am - 11:00 am

\$7.00 Dine in only.

Menu: Pancakes/Scrambled Eggs/ Sausages/Bacon (Gluten Free available)

Pre-order by Monday, May 15

TGIF Dinner & Dance

Friday, May 26

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

Dinner - 5:30 pm, Dance to follow

Menu: Stuffed Chicken Breast with gravy/Broccoli Cheese Rice/Steamed Peas & Carrots/Dinner buns with butter

Dessert: Strawberry Shortcake

\$20 Members - \$25 Non-Members

Dine in or pick up after 5:00pm. Phone 403-279-2003 to pre-order by May 23.

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

@Ogden50Plus

@Ogden50Plus

Message from the Executive Director

The snow has melted. The weather is warmer. Time for Spring Clean Up. This month at Ogden 50+ we have our annual Mother's Day Tea, Craft & Bake Sale. We also have a breakfast happening this month as well as our TGIF Dinner & Dance celebrating Easter. 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 May and Happy Mothers Day!

Renata Michalski



JANE'S WALK



HISTORY OF MILLICAN- OGDEN

**MAY 7TH
10 AM
MILLICAN-OGDEN**

Ogden is one of Calgary's earliest communities, being built in 1912, and far from the Calgary town limits at the time.



On the walk you will learn about the fascinating history of the former Ogden Hotel, the Ogden Block apartments, St. Augustine's Anglican Church, the Scout Hall, and many of the 120 heritage homes in the area. Join us on this captivating walk to learn about one of Calgary's hidden historic communities! To register visit the link below:

<https://janeswalk.calgarycommunities.com/walks/history-of-millican-ogden/>

LYNNWOOD TRAFFIC SAFETY PROJECT



After ongoing advocacy by community members and MOCA, the City of Calgary will be undertaking a traffic safety project along both 18 St SE and 66 Ave SE.

Several key intersections and crosswalks will have temporary traffic calming curbs installed. These curbs are the same large yellow curbs installed at the southeast corner of the intersection of 76 Ave SE and 18 St SE. The curbs will shorten crossing distances for pedestrians as well as narrow the road so as to keep vehicles within the speed limit.



This much-needed project is an important step to increase safety around Banting & Best and Sherwood schools, which see many children walking and wheeling.

The design and exact locations are being finalized and will be shared when available by MOCA through our channels. The City plans to install the curbs over the May long weekend (May 20-22). Later on this summer, the curbs and their locations will be "spruced up" with paint, planters, and other features to increase vibrancy. Watch for more information on that too.

As a reminder, nearly all of the streets in our community have an unposted speed limit of 40 km/h and there are many playground zones which have a speed limit of 30 km/h between 7:30am and 9:00pm. Please visit the City of Calgary map for speed limit information on specific streets:
<https://maps.calgary.ca/NeighbourhoodSpeedLimits/>



Zev Klymochko

MOCA Secretary



SPRING CLEANING TIPS



1. plan and organize the cleaning process: if you're feeling overwhelmed thinking about everything that needs to be cleaned, create a plan and get organized first. This helps you to keep track of what's completed and what still has to be done



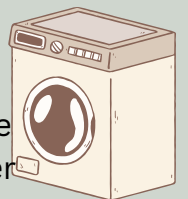
2. clean room by room: this can help you feel focused on the task at hand and can help track your cleaning progress.



3. check smoke and carbon monoxide detectors: this is a good reminder to make sure your detectors are working and have fully charged batteries.

4. clean the inside of your windows: this can increase the amount of natural light in your house and also keep the windows in great shape by limiting dust/debris buildup.

5. clean your washer and dryer: this can help prevent bacteria growth, bad smells, and mildew. Cleaning your washer and dryer can also help them work more efficiently and save money on utilities bills. YouTube has plenty of "how-to" videos for cleaning specific washer and dryers!



BANTING & BEST SCHOOL SHERWOOD SCHOOL

SCHOOL REGISTRATION REMAINS OPEN!

Banting and Best School
K to Gr. 3
(Full day Kindergarten)
403-777-8650



Sherwood School
Gr.4 to Gr.9
403-777-7590

SHERWOOD SCHEDULE

May 4th - "Still I Rise" Indigenous Leadership Conference
May 4th - School Council
May 5th - PD Day - No School
May 10th - Sherwood Fine Arts Showcase at Riverbend School
May 10th-11th - Ralph Klein Park Field Study (Gr 4/5)
May 18th - Gr 4/5 organized Community Safety Awareness Fun Run
May 25th - Rotary Scholarship Awards Luncheon
May 25th - Basketball Finals
May 29th - PD Day - No School
Provincial Election Polling Station



ACTIVE & SAFE ROUTES TO SCHOOL

This project is funded by the City of Calgary and facilitated by Ever Active Schools. This project is intended to increase the number of students using active and sustainable modes of travel to school as well as examining traffic safety in our school area.



SAVE THE DATE

MAY 16TH @6PM
90 MINUTE PARENT
PRESENTATION BY
REGISTERED DIETICIAN
GWEN KOSTAL HOSTED
BY SHERWOOD SCHOOL
COUNCIL

JUNE 1ST @5:30PM
FINE ARTS SHOWCASE.
EVERYONE WELCOME!



BANTING & BEST SCHEDULE

May 3th - Hats on for Mental Health
May 4th - 6pm Celebration of Learning
May 5th - Non-Instructional Day (No School)
May 9th - School Council Meeting (in-person or online)
May 22nd - Victoria Day (No School)
May 25th - Volunteer Tea & Kindergarten Open House
May 29th - Non-Instructional Day (No School)



SODUKO



Scan QR code or visit
<https://qrco.de/bduHeA> for
 solution key



SCAN ME

8	2			9		3		4
				2			1	8
4			7			5	2	9
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1		2				4		
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SPRING GARDEN

C R O C U S X B O U Q U E T F
 I F Z F R O S E P S Q I V K U
 Q N V D G K S P R I N G L Y F
 Y N S D A F F O D I L U L T Y
 R R I E Z S F B U F P D I S S
 A L G D C Z H L L T Z W L E S
 I M I A A T A O G U H T Y A R
 N O R I R U S O L G E A K S T
 U C I S B D B M A R O B A O C
 F T S Y W O E I D A V L E N S
 M V F L C F Q N Y S K X G L T
 S N F I N R Z G B S B I I L
 U F L O W E R S U U B I R D S
 N W V E M L S G G J O Q Y N P
 F K R Z U G G T T U L I P Q W

WORD LIST

BIRDS
 BLOOMING
 BLUEBELL
 BOUQUET
 CROCUS

DAFFODIL
 DAISY
 FLOWERS
 GARDEN
 GRASS

INSECTS
 IRIS
 LADYBUG
 LILY
 NEST

RAIN
 ROSE
 SEASON
 SPRING
 TULIP

Homemade
 GIFTS MADE EASY



Mobile Adventure Playground

Free for all ages!

Keep active this Spring with

The City of Calgary's Mobile Adventure Playground!

Drop-in for unstructured free play.

Date: May 28th

Time: 11:00 am—3:00 pm

Ogden— George Moss Park 7224 22 St. SE

calgary.ca/play

MOCA'S VOLUNTEERS

We would like to take a moment to express our heartfelt gratitude to all of our amazing volunteers. They have generously given their time, skills, and energy to help make our organization a success. Their contributions have not gone unnoticed, and we appreciate all that they have done to support MOCA. From the bottom of our hearts, we thank you, and we hope that you will continue to lend us your time, expertise, and passion in the future.



Weekly Farm Stands

FARM STAND AT MOCA

We are excited to announce that we will be hosting a Farm Stand in the MOCA parking lot this summer! This Farm Stand will be running from 1pm-6pm on Friday afternoons. Exact dates are still being determined, but the anticipated start date will be between mid-May and mid-June. Keep an eye out for more information in our next newsletter and on social media.



Support local
calgary.ca/localfood

Follow us on social media!



Millican Ogden Community Association



@MillicanOgdenCA



millicanogdenca





MILLICAN-OGDEN
COMMUNITY ASSOCIATION

WE ARE **HIRING!** JOIN OUR TEAM

Part-time and full-time
positions at the Jack
Setter 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 2022 - March 2023
- ✓ \$22.00 per hour
- ✓ For a full job description, visit <https://www.millicanogdencommunity.com/>



SEND YOUR RESUME TO :

✉ generalmanager@millicanogdencommunity.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 IN SEARCH FOR DONATIONS OF GARDEN PERENNIALS INCLUDING FLOWERS, SHRUBS, AND SMALL TREES.

For More Information Please email:
generalmanager@millicanogdencommunity.com



You can
work on
your
creation
throughout
the summer!



MILlican-OGDEN
COMMUNITY ASSOCIATION

2023 ANNUAL MOCA LEGO BUILDING CONTEST



DATES AND TIMES

**Friday,
Sept 29**

6 - 8 PM Drop off your Lego creations

**Saturday,
Sept 30**

9 - 11 AM Judging (judges and security only)

12 - 2 PM Public viewing

2 - 3 PM Pick up Lego creations

AWARDS PER CATEGORY WILL BE BASED ON (OUT OF 100)

Building Skill - 35

Creativity & Originality - 25

Interpretation of Theme - 25

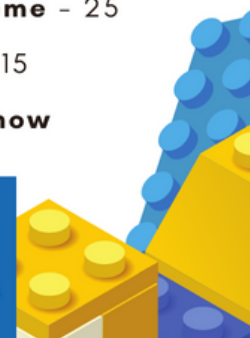
Presentation - 15

PLUS - Best in Show

Application
deadline:
Fri Sept 15th at
4PM

Additional Information:

Public viewing will take place at MOCA's Hall (2110 69 Ave SE) on Saturday, September 30th and is free
Entry into the contest is \$5/per entry (max 2 entries per participant) and is open to all ages (adults included)



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

Glenmore Inn & Convention Centre

Mather's Day

Sunday, May 14, 2023

Join us for Brunch and Dinner

**Reminder to plan ahead for
Father's Day, Sunday, June 18, 2023**



1000 Glenmore Court SE