

# The Moca Motion



**MILLICAN-OGDEN  
COMMUNITY ASSOCIATION**

## October Annual General Meeting

See  
Agenda  
on  
page 9

Our September General Meeting  
will be held on **Tuesday, October 17**

Due to the current renovations taking  
place at the Upper Hall, this General  
Meeting will take place at the **Parish  
Hall of St. Bernadette Church,**  
**7103 - 20A Street SE.**

## Your Community Needs YOU!

The MOCA Board of Directors is  
comprised of active community members  
**interested in advocating for the  
quality of life in Ogden/Lynnwood.**  
*What do you WANT in your community?*

We are hoping to refresh our board  
with some new faces and ideas. We have  
an open position for a treasurer.

**Don't think you have the skills to sit  
on the board? Training is available.**

**Become a  
MOCA  
Board  
Member!**



***Get more involved in your community and  
help make a difference in the Millican,  
Ogden, and Lynnwood areas***

If interested, please contact John McDonald, President at  
**[president@millicanogdencommunity.com](mailto:president@millicanogdencommunity.com)** or  
Lorraine Robinson, Vice President & HR at  
**[hrrpolicyprocedure@millicanogdencommunity.com](mailto:hrrpolicyprocedure@millicanogdencommunity.com)**

M.O.C.A.

# ANNUAL GENERAL

MEETING

M.O.C.A. (MILlican Ogden Community Association) ANNUAL GENERAL MEETING 7:00 pm, Tuesday, October 17, 2023	
1. 7 pm	Call to order:
2. 7:02	Introductions: <i>Directors and Special Guests</i>
3. 7:10	Approval of the Annual General Meeting Minutes of October 11, 2022
4. 7:14	MOCA President's Report: President, John McDonald
5. 7:30	SE Calgary Community Resource Centre Ppt Presentation: Manager, Lynn Mutch
6. 7:40	<b>Treasurer's Report:</b> President John MacDonald <ul style="list-style-type: none"> <li>• Presentation of the May 31, 2023 Audited Financial Statements</li> <li>• Motion to accept the Audited MOCA Financial Statements of May 31, 2023</li> </ul> <b>Appointment of a 2024 auditor:</b> President John MacDonald
7. 7:50	<b>Proposed MOCA Bylaw Changes:</b> Director Sean Carney
8. 8:00	<b>Nomination Committee (Elections):</b> Election Chair <ul style="list-style-type: none"> <li>• Board of up to 12 members</li> <li>• Nominations</li> </ul>
9. 8.15	<b>Question &amp; Answer Period:</b> President, John McDonald
9. 8:30	Motion to adjourn

Do you have experience  
with accounting?  
We are looking  
for a treasurer.

**Kids Help Phone:** 1-800-668-6868 or text 686868

# OCTOBER 2023

## VICE PRESIDENT MESSAGE

### October 17, 2023 MOCA Annual General Meeting:

As the MOCA hall renovations will not be completed by October 17th, the AGM will be held at a short distance away from the hall in the parish hall of St Bernadette Church, 7103 – 20A Street SE. The AGM is an opportunity to hear the year in review of MOCA activities as well as take part in the elections of new Directors.



As per MOCA Bylaws, MOCA can have a maximum of 12 directors. Once elected, directors serve 2-year terms and can have their names put forward for re-election at the end of their second term as per the MOCA Bylaws.



Returning for year two of their term are the following 6 directors: Jim Logan, Angela Kruickshank, Corinne Watt, Barry Bickford and Sean Carney.



Up for re-election are Vice President Lorraine Robinson, Secretary Zev Klymocko and two 2022-2023 Director appointed directors Gary Sarohia and Skylar Loder \* As per the MOCA Bylaws.



Should more than one nomination come from the floor, an election will be called. If not, a motion will be made for nominees to be voted in by acclamation. \*To be nominated, a nominee must have purchased a MOCA membership 30 days prior to the AGM as per the MOCA Bylaws.

As only members can vote, Memberships will be sold at the door or can be purchased prior to the AGM by dropping by the office during 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 or online at <https://www.millicanogdencommunity.com/index.php/about/memberships/>.

### Calgary Policing Summit

The Calgary Police Commission hosted a one-day summit to get community input on policing on Friday, Sept. 8, 2023, from 9 a.m. to 3 p.m. As MOCA Vice President, I attended on behalf of the Association.

Shawn Cornett, Chair of Calgary Police Commission and Mark Neufeld, Chief Constable of the Calgary Police Service, opened the summit with an overview of what Calgary Police Service (CPS) is doing with community partners to better help people in crisis. This was followed by an academic panel discussion on how changes in our community are impacting our expectations of policing.

The summit also included a message by Hon. Mike Ellis, Alberta Minister of Public Safety and Emergency Services, on how the Government of Alberta is supporting public safety in our city. Following his message, were words from Jyoti Gondek, Mayor of Calgary.

“See it; say it” was also a key message shared at the summit. If you see a crime, no matter how petty, taking place, you are encouraged to enter it online on the CPS Online Reporting site. As certain petty crimes can at times be traced back to one individual or more, online submissions better assist with the tracking. If you are unable to do an online submission, you can call 403.266.1234. As always, if an emergency is presenting itself requiring immediate police attention, please call 911.

**Monthly Ogden Monthly Statistic Report:** Starting in November, Constable Sue Bennett, the MOCA designated Police Resource Officer, will be providing us with a Monthly Ogden Statistic Report which will be added to the MOCA Motion Newsletters. Her plans are to attend the November 7th General Meeting to share this information and the reporting format.



# OCTOBER 2023 VICE PRESIDENT MESSAGE

**Christmas Craft Sale:** The annual craft sale will be held on Saturday December 2nd from 11 am to 3 pm in the MOCA Hall. Present will be a variety of vendors and a Silent Auction with proceeds going to United Way, the SE CCRC's primary funder.

**The Mustard Seed Ogden Hub:29 Project (former Ogden United Church):** The MOCA Directors were invited to tour Hub:29, located at 7401 – 23 St SE, Calgary, last Monday, September 18th.

Hub:29 is the realization of a vision to build resilient families and communities. It is a collaborative effort to sustain the spirit of the community by investing in the future of families. When we help families thrive, the whole community thrives.

Hub:29 consists of 24 units (2 and 3 bedroom units/8 accessible) and will be operated by Mustard Seed. Applications for renters are presently being accepted with the goal of having residents move in at the beginning of November of this year. The planned daycare will open in January 2024 with access to a roof top playground. The Center will also have a Community Kitchen operated by Concorde Group and will also house a coffee shop. To schedule a tour of the showroom suite, contact [info@muchmorethanahome.ca](mailto:info@muchmorethanahome.ca) or by phone at 1.877.731.7333. Virtual tour: [www.muchmorethanahome.ca](http://www.muchmorethanahome.ca)

## Upcoming Dates:

October 17, 2023: MOCA AGM – MOCA Upper Hall at 7 pm (note: there are no General Meetings October due to the AGM)

November 7, 2023 MOCA Monthly General Meeting: 7 pm and hopefully in the MOCA renovated Upper Hall.

*The month of October is a great month to get out and enjoy the fall weather. Wishing each one of you a Happy Thanksgiving and a safe Halloween for all of the Halloween Goblins who will be coming knocking on our doors on October 31st.*

**Lorraine Robinson**  
**Vice-President**  
**Millican Ogden Community Association**

## A message from Lynnwood Ogden Community Garden



We hope everyone has had a great growing season. As the nights get cooler, a few vegetables that are cold hardy, that can be left in the ground longer, cabbage, onion, spinach, carrots. Late fall gardening can also include, planting a cover crop. We hope to see everyone in the spring, and we welcome new gardeners.

*A big thank you to Sandy for her beautiful art work on our shed.*

### Zucchini Chocolate Chip Brownies

350° oven 9×13 pan  
1 1/2 c granulated sugar  
1/2 cups canola or vegetable oil  
2 cups all purpose flour  
1/4 cups unsweetened cocoa  
2 cups shredded zucchini (don't squeeze moisture out)  
2 tsp vanilla extract  
1 tsp salt  
1 1/2 tsp baking soda  
1 1/4 cups Chocolate chips

Combine sugar, oil, flour until it resembles sand.  
Add cocoa, zucchini, vanilla extract, salt, baking soda, and 1 cup of chocolate chips.  
Pour into pan and sprinkle with remaining chocolate chips.  
Bake 28-32 minutes or until toothpick comes clean.



# Jack Setters Arena

**Location:** 2086 69th Ave SE

**Phone:** (403) 279-4530

**Email:** [generalmanager@millicanogdencommunity.com](mailto:generalmanager@millicanogdencommunity.com)

## PUBLIC SKATE



**\$2 or FREE with  
MOCA  
Membership**

**Tues & Thurs  
3:15-4:30**

**Sundays  
1:30-2:45**

## ADULT SHINNY



**\$5  
per player**

**Fridays  
12:00-1:15**

## STICK & PUCK



**\$2 or FREE with  
MOCA  
Membership**

**Wednesdays  
3:15-4:30**

**Fridays  
1:45-3:00**

**We are open for drop in programming!  
We look forward to seeing you on the ice.**



**If you're interested in booking  
non-prime ice time, contact  
[generalmanager@millicanogdencommunity.com](mailto:generalmanager@millicanogdencommunity.com)**

## Dan's Studio & Workshop

*Drum & Guitar setup and repairs*

**778-212-8866**

**Instagram: [dangauthier66](https://www.instagram.com/dangauthier66)**

**[dgdesign66@gmail.com](mailto:dgdesign66@gmail.com)**



Monthly

# Newsletter

SE Calgary Community Resource Centre

October

2022

**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.

**Community  
Tool Lending  
Shed**

The Community Tool  
Lending shed is available to  
the public for yard care  
tools to borrow!



The season is quickly changing and winter will be here before we know it! On October 15th the resource centre will begin to put out winter gear for adults & children.

We are still accepting donations and they can be dropped off Monday-Friday between 8:00AM-4:00PM.

## How we can help:

At the Southeast Calgary Community Resource Centre we can help you with your job search, resume writing, & practice with interview skills. We also offer help with advocacy, assistance with applying to

government benefits, & referrals.

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.

## Services Available:

**Free Clothing Room  
Open Monday-Friday  
9:00-11:00am & 1:00-3:00pm**

Halloween is around the corner! Unfortunately, not everyone can celebrate Halloween the way we like it (with tons of awesome costumes). Every year we accept gently-used Halloween costumes, to donate to the kids in our neighbourhoods



**MILLICAN-OGDEN  
COMMUNITY ASSOCIATION**

## Upper Hall Rentals

2110 69 Avenue SE

P: (403) 279-4530

E: [rentals@millicanogdencommunity.com](mailto:rentals@millicanogdencommunity.com)

**Our hall is  
currently  
undergoing  
renovations!**

**We are  
taking  
bookings for  
late fall &  
Christmas**



### 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





when you support a local small business, you're supporting a dream



We do Wood, Chain Link and Ornamental Fences as well as some small to medium sized construction projects.

Pratt Fence & Construction has been in business now for 3 years. We are a family run business and we take huge pride in our work.

*We have won Best of the Best and Best of newly listed awards on HomeStars.*

✉ [sales@prattfence.com](mailto:sales@prattfence.com)

📞 587-779-8606

🌐 [www.prattfence.com](http://www.prattfence.com)

Are you a small business based in Millican Ogden / Lynnwood?

Want to be featured in the MOCA Newsletter for free?

Send your information to:  
[rentals@millicanogdencommunity.com](mailto:rentals@millicanogdencommunity.com)

Make sure to include:

- Name of your business
- Phone number
- Email address
- Social Media handles
- Logo



Want to receive this community newsletter by email?

Please email  
[rentals@millicanogdencommunity.com](mailto:rentals@millicanogdencommunity.com)  
and ask to be put on our newsletter email 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

Weekends, 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

## YOUTH DIRECTORY

### Why Hire Ogden/Lynnwood Youth?

Supporting local youth helps them develop a sense of responsibility, purpose, and connection to the community. Young people are energetic, flexible, and open-minded, and are looking to develop their skills and talents.

### BABYSITTING

Kailee & Jenae.....403.389.1982 or 403.397.2165

Madison Hayes.....587.839.3538 (babysitters certificate, first aid and cpr)

### DOG WALKING

Kailee & Jenae.....403.389.1982 or 403.397.2165

### LAWN

want to have your name in the directory?  
have your parents send us an email at  
[rentals@millicanogdencommunity.com](mailto:rentals@millicanogdencommunity.com)

The Millican Ogden Community Association accepts no responsibility as a regulatory body and does not endorse or screen any of the people who are listed in or who use this directory. Information provided is used solely in "MOCA Motion" and can be discontinued upon request. To add, change, or remove information from the directory, email: [rentals@millicanogdencommunity.com](mailto:rentals@millicanogdencommunity.com)

## 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](http://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](mailto:sonia@ogden50plus.org)** or visit our website [ogden50plus.org](http://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](http://ogden50plus.org) for days & times



## October at Ogden 50+ Activity Centre

### SELF-DEFENSE CLASSES

September 11 - November 1

Mondays and Wednesdays - 11:00 am - 12:30 pm

Seniors Self-Defense Classes taught by Experienced Krav Maga Trainer

### CONVERSATION CAFÉ

Wednesday, October 11

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.

### HAPPY HOUR - TRIVIA WITH TONY

Friday, October 13

Happy hour 3:00 pm - 5:00 pm

Cheeseburgers, Potato Chips & Dessert

4:00 pm - 5:00 pm - \$10.00

### BREAKFAST

Monday, October 16 - 9:00 am

Eggs Benedict & Fruit - \$10.00

### CANMORE TRIP

Tuesday, October 17

9:30 am - 4:00 pm

Coach bus/Lunch at Rose & Crown Restaurant - \$28.00 (lunch not included)

### LUNCH

Thursday, October 19 - 12:00pm

BBQ Smokies, Potato Chips & Dessert

### TGIF DINNER & DANCE

Friday, October 27

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

Dinner - 5:30 pm

Dance to follow featuring 50s/60s Band - Prizes for costumes

### Menu:

Turkey with Gravy, Mashed Potatoes, Stuffing & Vegetables Dessert: Pumpkin Pie

\$20 Members - \$25 Non-Members

Dine in or pick up after 5:00 PM

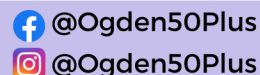
Phone 403-279-2003 to pre-order by October 24

### BREAKFAST

Monday, October 16 - 9:00 am

Eggs Benedict & Fruit - \$10.00

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



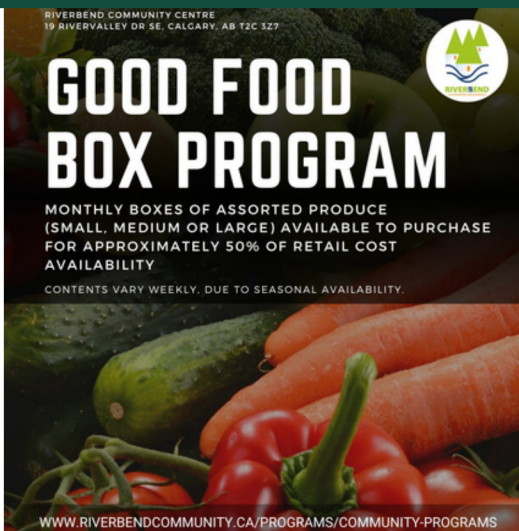
## Message from the Executive Director

Fall is here. Where did the summer go? This month at Ogden 50+ we have happy hour food specials, trivia, a breakfast & lunch event as well as TGIF dinner & dance. We also have other events happening such as Calgary Foot Care Nurses and Conversation Café joining us monthly. This month we have Self-Defense classes, Art Therapy classes and a Canmore Trip planned. Please join us if you are a member or are interested in our centre. There is something for everyone! Have a wonderful October and Happy Halloween!

Renata Michalski







OUR NEIGHBOURS IN RIVERBEND OFFER A

# GOOD FOOD BOX PROGRAM

(GFB) is a program under the Community Kitchen Program of Calgary whereby anyone can purchase boxes of fresh fruits and vegetables at an affordable price. The Good Food Box Program offers a Hands Up approach as opposed to a Hands-Out. We offer all Calgarians and those in the surrounding areas, sustainable access to nutritious boxes of fruits and vegetables, to ensure that no one has to go hungry. The boxes are assembled by dedicated volunteers, who along with The Community Kitchen desire to see individuals and families accessing nutritious fruits and vegetables at an affordable price.

## Pricing and Sizes

Small Box: \$30

15-20lbs\* of fruits and vegetables

Medium Box: \$35

25-30lbs\* of fruits and vegetables

Large Box: \$40

35-40lbs\* of fruits and vegetables

## Order deadline Date:

October 9, 2023 - 6 PM

Pick Up at the RCA:

October 19, 2023 -

Between 5 PM - 7 PM\*

## Order at

**riverbendcommunity.ca**

*If you are having difficulty registering online, please contact our office at 403-236-7270 and we will be happy to assist you.*

# The Calgary Southridge Lions Club

*What is the Lions Club and who do they support?*

Lions Club International was established in 1917 and now has almost 1,500,000 members in over 200 countries and 48,000 clubs around the world. Our global causes are Vision, Environment, Diabetes, Childhood Cancer, and Hunger. Each Club supports the need of their community.

The Calgary Southridge Lions Club was chartered in the City of Calgary in 1976. For almost 50 years, the Calgary Southridge Lions Club has been based in Ogden and has been serving South Central Calgary.

The meetings were held in Ogden in various locations. At this time, the meetings are being held at The Copper Club, 24 Hemlock Crescent SW on the 2nd and 4th Tuesdays of every month.



To learn more about Lions Club International, go to <https://www.lionsclubs.org/en>

To learn more about the Calgary Southridge Club, what they do, and who they serve, please contact Lion Jack Busst at [jack.busst@gmail.com](mailto:jack.busst@gmail.com) (403) 272-7683 or membership chairman Lion Larry Dansereau at [danserel@shaw.ca](mailto:danserel@shaw.ca) (403) 279-4146

# BUSINESS SECTION

## Want to have your business ad 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  
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We offer 25% discounts to current  
members of the Millican-Ogden  
Community Association.

[www.mcdonaldparalegal.ca](http://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](http://www.BlessThisHouse.ca)

- Community Centred
- Service Oriented
- Experienced & Knowledgeable



@BlessThisHouse.ca



@colleen.corinne\_realestate

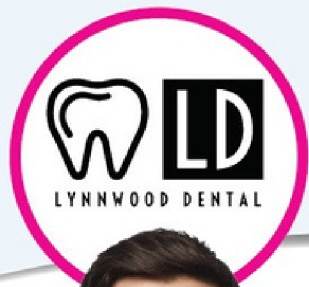


Contact us today to discuss your real estate goals

**COLLEEN WHELAN**  
REALTOR®  
403-471-4234  
[colleen@blessthishouse.ca](mailto:colleen@blessthishouse.ca)

**CORINNE MAHER**  
REALTOR®  
403-978-2989  
[corinne@blessthishouse.ca](mailto: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!

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- ✓ 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**



**Join Us for Thanksgiving  
Brunch and Dinner  
Reservations Required  
Sunday, October 8, 2023**

**Brunch Seating 11:00AM & 11:30AM  
Garden Court  
Dinner Seating 4:00PM & 6:30PM  
Garden Court**

**1000 Glenmore Court SE | Call 403.720.5288**