



# The Moca Motion



**MILLICAN-OGDEN  
COMMUNITY ASSOCIATION**

## December General Meeting

Our December meeting  
will be held on  
**Tuesday, December 5 - 7:00pm**

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.**

From our families to yours



## Helmet and Skate Donation



**DONATE YOUR USED HELMETS AND  
SKATES TO THE MOCA OFFICE,  
JACK SETTERS ARENA OR AT THE  
SOUTH EAST RESOURCE CENTRE.**



## Skate with Santa

THIS IS A FREE  
EVENT EVERYONE  
IS WELCOME

PLEASE CONSIDER  
BRINGING A FOOD  
DONATION

COME JOIN  
US TO SKATE!

HOT CHOCOLATE  
AND COOKIES  
PROVIDED



**DECEMBER 17 @ 1:30PM - JACK SETTERS ARENA**

**Scotiabank.**

**MILLICAN-OGDEN  
COMMUNITY ASSOCIATION**



**MILLICAN-OGDEN  
COMMUNITY ASSOCIATION**

# 2023-2024 BOARD OF DIRECTORS

President ..... John McDonald  
 1st Vice President ..... Lorraine Robinson  
 Treasurer ..... Kurt Busch  
 Secretary ..... Zev Klymochko

Human Resources ..... Lorraine Robinson  
    Angela Cruickshank  
    Corrine Watt  
    John McDonald

Finance & Audit ..... Kurt Busch  
    Barry Bickford  
    Jim Logan

SE CCRC Board Directors ..... Lorraine Robinson  
    Corrine Watt

Technology ..... Sean Carney  
    Marnie Common  
    John McDonald

Events/Memberships ..... Marnie Common  
    Corinne Watt  
    John McDonald

Civic Affairs/ Green Line ..... Gary Sarohia  
    Zev Klymochko  
    Skylar Loder  
    John McDonald

Airport Development  
 Authority Rep ..... Sean Carney

Lease & Insurance ..... John McDonald

Facilities ..... Barry Bickford  
    Jim Logan

Community Hall Expansion ..... Jim Logan  
    Barry Bickford  
    John McDonald  
    Kurt Busch

Policy & Procedure/Bylaws/  
 Business & Strategic  
 Planning ..... Lorraine Robinson  
    Sean Carney  
    Marnie Common

Community Garden ..... Sean Carney

 millicanogdenca       Millican Ogden Community Association       @MillicanOgdenCA

millicanogdencommunity.com

2110 69 Avenue SE Calgary, AB T2C 0R5 ph: 403-279-4530

## COMMUNITY RESOURCES

**Ward 9 Councillor:** Gian-Carla Carra 403.268.5330 or ward09@calgary.ca

**City of Calgary Services:** Call 311 or online at calgary.ca/311online or download the 311 mobile app.

**Calgary Police Services:** Online reporting at calgary.ca/cps/report-a-crime or call 403.266.1234

**Alberta Income Supports Contact: Toll free:** 1-877-644-9992 **Email:** css.ascc@gov.ab.ca

**City of Calgary, Neighbourhood Partnership Coordinators:** Stephan Horbay stephan.horbay@calgary.ca

**CPS CRO - CNST Sue Bennet 3920:** Pol3920@calgarypoliceservice.ca

**Community Garden:** www.locg.ca

**Youth Centres of Calgary - Ogden:** info@youthcentresofcalgary.com or www.youthcentresofcalgary.com

**Southeast Calgary Community Resource Centre:** 2734-76 Avenue S.E **Phone:** 403-720-3322

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

# DECEMBER 2023

## VICE PRESIDENT MESSAGE

### MOCA Hall Renovation Update:

- We are aiming to have the January General Meeting in the MOCA Upper Hall on Tuesday, January 9, 2024. Doors to open at 6:30 pm for viewing of the renovation progress.
- Interior and exterior work remains ongoing. Some things that are done or nearing completion include new subfloor and flooring, asbestos remediation, remodeled interior staircases, windows reinstated, improved storage area.
- Work planned or already underway includes new sewer and water lines, new bathrooms on both levels, modernized kitchen area, new drywall over the "block" wall areas, new exterior staircases and accessibility ramp, exterior re-cladding, an at-grade patio on south side, serving deck by kitchen window, roof repairs and potential solar energy.
- The Mural in back will remain and will be repaired.
- Work planned for the new year includes updating the life cycle items for the office "annex" area.

### Jack Setters Arena Update:

- Jack Setters Arena Santa Skate: Sunday Dec 17 from 1:30 to 2:45pm. Scotia Bank's generous donation is covering the cost of the Santa Suit rental and some of the refreshments.

***Donations of gently used skates and helmets for adults and children are presently being accepted at the MOCA Office, Jack Setters Arena and at the South East Resource Centre. A skate/helmet giveaway will take place in December (date to be determined) in the Jack Setters lobby. Last year, a total of 198 pairs of donated gently used hockey skates and 90 helmets were given away.***

### MOCA Event Committee Upcoming Events:

- A MOCA Events Committee has been added to the MOCA Director Committees. The committee has been busy planning events and has also met with interested Event volunteers. Our next Volunteer recruitment meeting is Saturday, January 13 at 10am at the MOCA Office (2110 69 Ave SE) Coffee will be supplied.

#### ***Below are some of the confirmed events:***

- Green Calgary "Spill the Beans" presentation: February 27, 7:00 pm at the MOCA Hall. **Free admission.** Join us for a one-hour workshop where your community will learn more about: easy food planning, storing & preserving food etc.
- Energy Efficient Future Workshop: February 13, 7:00 pm at the MOCA Hall. **Free admission.**
- Dueling Pianos: March 16th at the MOCA Hall (St. Patricks Day Theme) More information will be forthcoming.

### Ogden/Millican Crime Stats

November 2023  
Statistic Monthly  
Report: Constable  
Sue Bennett.

As we are part of District 6, the statistics are compared the whole of District 6. A reminder to residents to ensure vehicles are not left unlocked and running unattended, especially with the arrival of colder weather.

Ogden/Millican Crime Stats October 15-November 15, 2023			
*Auto theft appears to be on the rise everywhere in the District			
Main Issue	Date Range	Millican/Ogden	District 6
House Break and Enters	September 2023	1	31
	October 2023	0	22
	November 2023	0	15
Shop Break and Enters	September 2023	0	44
	October 2023	1	39
	November 2023	2	29
Car Prowlings	September 2023	2	146
	October 2023	4	81
	November 2023	5	93
Stolen Vehicles	September 2023	4	51
	October 2023	2	53
	November 2023	3	51



# DECEMBER 2023

## VICE PRESIDENT MESSAGE

### Green Line Update Presentation - MOCA November 7, 2023 General Meeting:

- Progress update on the 78 Ave tunnel/road upgrades and the 72 Ave pedestrian tunnel. Once above projects complete, 69 Ave crossing will be closed.
- The project is on schedule. Crews will take advantage of warm weather by working longer hours/weekends. See page 4 for more information.

### CPKC (Canadian Pacific Kansas City) 2023 Remembrance Day Celebration:

Once again, CP held a very meaningful and touching Remembrance Day Celebration with many in attendance. For CP, this was their first Remembrance Day Celebration as CPKC. (Canadian Pacific Kansas City).

- MOCA President John McDonald, laid a wreath on behalf of MOCA.
- CP and CK Commemorative locomotives were in the Ogden Yard for viewing. As per Rory Thompson, manager of Veteran Relations with Canadian Pacific, "CP has a rich history with the military that dates all the way back to the Boer War into the First and Second World War. It's our way of showing our respect, and also showing the public and our employees that we respect the sacrifices made over the years."



### SE CCRC (South East Calgary Resource Centre):

- SE CCRC Christmas Fair Sale – Saturday December 2nd from 1 to 4 pm, Ogden House, located at 2102 69 Ave SE, as opposed to the MOCA Hall due to its ongoing renovations.
- Christmas Hampers: Received an additional donation of \$500 from the Southridge Lion's Club.
- Free Community Outdoor Non-Perishable Food Bank, Adult Book Library and a Children Book Library

The Love with Humanity Association has installed a Free Community Outdoor Non-Perishable Food Bank, Adult Book Library and a Children Book Library have been installed on the front lawn of the Resource Centre. Users are invited to serve themselves always being mindful of leaving items for others. If dropping off non-perishable food items or book donations, please ensure to neatly organize items in the cupboards and to close the doors using the latches to prevent food/book exposure and damage.

### Ogden "Better Not Tell You Now" Artwork Project

Cassie Suche, artist of the "Better Not Tell You Now" artwork project, provided a walk-about tour of the triangular signs which have been added to 11 aluminum poles throughout the neighbourhood just off Ogden Road on Saturday, November 4th at 1 pm. The tour began with a presentation of the three interactive accompanying magic 8balls. The project was selected by a 7-person selection panel made up of 3 community members, 3 artist peer assessors and one member of the project team. See page 4 for more information. The Magic 8Balls will be hosted in the MOCA Hall.

### Brian's Café – Ogden HUB:29

Brian's Café: Brian's Café will be opening up in the HUB:29 Mustard Seed Building in 2024. Information related to the naming of the café can be found on page 7.

**With the arrival of the month of December, sending all our readers and MOCA residents our heartfelt appreciation for choosing MOCA as your community.**

**May this Christmas & Holiday Season be one blessed with much love and happiness regardless of the many challenges that present themselves.**

*Lorraine Robinson, MOCA Vice-President*



## Update on Green Line preparation work in Ogden

Work is progressing on-schedule for the 78 Avenue Project, which will enhance mobility and pedestrian safety around the future Green Line tracks and station in Ogden. If you missed our update at the Millican Ogden Community Association's general meeting in November, here's what we shared:

### What's been done so far (July – October 2023)

The first phase of the project involved constructing two diversion embankments: one at 78 Avenue S.E. and another at 72 Avenue S.E. This was completed in October.

### What's coming up next (November 2023 – Spring 2024)

#### 78 Avenue secant pile wall

Beginning in November, a wall of intersecting, reinforced concrete columns (piles) will be drilled into the new embankment. The piles will greatly increase the structural integrity of the embankment and allow the excavation of the tunnel to occur.

#### CPKC track installation and diversion

Once the secant pile wall is completed, tracks will be installed on the new embankment for CPKC trains. Once installed, CPKC trains will be diverted onto the new embankment until fall 2024. Once this process is completed at 78 Avenue S.E., it will be repeated at 72 Avenue S.E.

#### 78 Avenue tunnel excavation

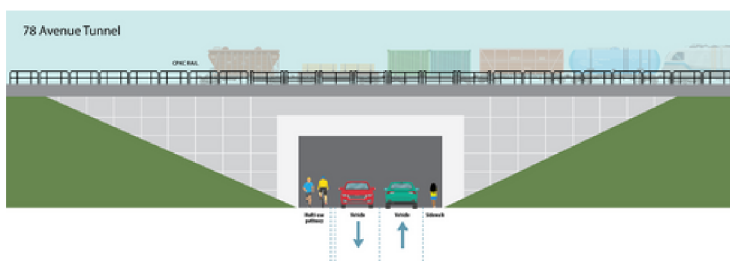
Once the CPKC tracks have been diverted onto the new embankment, excavation of the existing CPKC embankment at 78 Avenue S.E. will begin. Excavation will be approached from the east side, so impacts on the community will be limited. A similar process will be repeated at 72 Avenue S.E.

### The future of Green Line your community

The plan for the Green Line in Lynnwood Millican Ogden is to roughly follow the existing CPKC rail lines across the east and north sides of the community. Lynnwood/Millican Station will be located near Ogden Road and Millican Road S.E. and Ogden Station will be located near Ogden Road and 72 Avenue S.E.

Details about the exact station locations and design will be available in 2024 as Green Line finalizes negotiations with Bow Transit Connectors, the contractor that is building Phase 1 of the project from Shepard to Eau Claire. We look forward to providing the community with more information about this in 2024.

For more information on the 78 Avenue project visit [calgary.ca/GreenLine78Ave](http://calgary.ca/GreenLine78Ave).



Artistic rendering of the 78 Avenue Tunnel, which will allow vehicles, pedestrians, and cyclists to cross underneath the CPKC rail tracks.

## OGDEN "Better Not Tell You Now" ARTWORK PROJECT

Nestled between CP rail and The Bow, Millican Ogden is somewhat disconnected from the rest of Calgary. A shared sense of separateness amongst its residents has helped establish it as a tight-knit and exceptionally community-oriented place.



The neighbourhood celebrated its 65th anniversary in 2022 and is currently undergoing some development as The City prepares for construction of the green line. Ogden Road is emerging as a kind of 'Main Street' through the community, connecting the otherwise divided geographic regions of the area.

Residents have mixed feelings about these changes promised by development. There is a back-and-forth dialogue taking place about maintaining Millican Ogden's If You Know You Know quality, and embracing some of the benefits that could come with a stronger connection to the rest of Calgary.

In this innovative two-part new work by Cassie Suche, the artist chose to use Magic 8-balls to embody this sense of uncertainty.

The first component is comprised of three interactive Magic 8-Ball sculptures placed on a wooden stand inside the SE Calgary Community Resource Centre, 2734 76 Avenue SE. The custom sculptures are made from plastic and coated in metal leaf.

The second part of the work features 11 sets of triangle-shaped aluminum signs mounted on street poles in the neighbourhood. Both the 8 Balls and the signs display short phrases that capture community members' sentiments about the neighbourhood's past, present and future.

The interactive 8-balls were created using residents' responses to open-ended prompts about the neighbourhood. Each contains a series of messages and predictions from the residents. In addition, these messages are also displayed on aluminum signs mounted throughout the community. They are organized into sets of four, reading as impromptu poetry.

Titled Better Not Tell You Now (a traditional, ambiguous 8-ball response), the project highlights the notion that this mixed apprehension is fuelled by a deep and resounding love of the neighbourhood. It aims to encapsulate some of the playful spirit of the Millican Ogden while expressing the community's collective inquiry for what comes next.





# 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)**

## Skate with Santa

**THIS IS A FREE  
EVENT EVERYONE  
IS WELCOME**

**PLEASE CONSIDER  
BRINGING A FOOD  
DONATION**

**COME JOIN  
US TO SKATE!**

**HOT CHOCOLATE  
AND COOKIES  
PROVIDED**



**DECEMBER 17 @ 1:30PM - JACK SETTERS ARENA**

**Scotiabank.**

**MILlican-OGDEN  
COMMUNITY ASSOCIATION**



SE Calgary Community Resource Centre

December 2023

# Newsletter

2734 76 Avenue SE  
Calgary, AB

403-720-3322



## Hours of Operation:

M - 10 am - 4 pm  
T - 1 - 4 pm  
W-F - 8 am - 4 pm  
(Closed) 12:00-1:00PM

## 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



In collaboration with Love with Humanity Association we now have a Community Outdoor Food Pantry on our front lawn.

Take a Blessing - Leave a Blessing. This pantry wouldn't be possible without the support of our community. Any and all non-perishable food donations would be greatly appreciated to ensure our pantry remains stocked for those in need.

## Christmas Craft Fair

We will be holding our annual Christmas Craft Fair on Saturday December 2, 2023 at Ogden House 2102 69 Ave SE 1:00 - 4:00 pm

Shop local this holiday season. Start your Christmas shopping with unique, one of a kind, handcrafted items! We will have a wide variety of vendors to discover.

**We are accepting donations of gently used Winter coats, pants, hats, gloves and boots for the whole family.**

## 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](mailto:rentals@millicanogdencommunity.com)

**Our hall is  
currently  
undergoing  
renovations!**

### Select venue rentals available for:

- Private events
- Day camps
- First Aid classes (*Professional Development*)
- Home schooling (*gym*)
- Fitness classes
- Meetings
- Art sessions, etc.

**UNDER CONSTRUCTION**

## Brian's Cafe – Ogden Hub:29 A Heartfelt Tribute to Hope and Community

Brian's Café, part of The Mustard Seed's Ogden Hub:29, embodies love, resilience, and community.

For Linda, the journey towards Brian's Café began with a tragic chapter for her family. In 2020, Linda lost her son Brian to the devastating outcome related to mental health consequences and street drugs. Brian succumbed to fentanyl poisoning after a harrowing period of homelessness and living in shelters. He was 25. Linda and her family had supported The Mustard Seed for years and became early supporters of Ogden Hub:29, seeking a transformative way to honour Brian's memory and support their community.

Ogden Hub:29 is a visionary project featuring a 5-storey building with three dedicated floors for permanent supportive housing for 24 families. This space goes beyond meeting basic needs and providing wrap-around support like counselling, occupational therapy, and employment coaching. Brian's Café, a central element, offers an inviting environment for people to meet, to share, and to support each other. We believe individual and community resilience starts with personal connection.



The café, opening in 2024, will represent more than a place for transactions; it symbolizes a shared vision of community strength. Linda's family underscores the spirit of generosity in Alberta and sees supporting Ogden Hub:29 as an investment in the community's future, creating a network of care that leaves no one behind.

In memory of Brian, Brian's Café is a living tribute to hope and resilience. It serves as a space where the community can unite to heal, connect, and grow. Each shared cup and conversation contributes to building a stronger, more compassionate community — one rooted in love and commitment. For those interested in supporting or learning more, visit [muchmorethanahome.ca](http://muchmorethanahome.ca).





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

We are a local hot sauce company in Ogden that caters to the true spice lover; never compromising taste and flavour. We are Spicy AND Delicious.

We offer FREE delivery to Millican Ogden / Lynnwood residents!



✉ andyknox82@live.com

📞 403-700-9598

🌐 www.knoxyoursocksoff.com

📷 @knoxyoursocksoffhotsauce



**Dale Parry**

Norwex Consultant

Improving quality of life by radically reducing chemicals in our homes.

✉ daleparry123@gmail.com

📞 403-875-8851

🌐 www.daleparry.norwex.biz

📺 Dale's Lets Clean with Norwex

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

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  
and ask to be put on our newsletter email list.

## 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

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

## 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.



**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

### BREAKFAST

Thursday, December 7  
10:00 am  
Eggs Benedict - \$10.00

### CONVERSATION CAFÉ

Wednesday, December 13  
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.

### ROSEBUD THEATRE

Thursday, December 14  
10:00 am - 5:15 pm  
Buffet - 11:00 am  
Show - 1:30 pm  
\$100.00 per person / Coach Bus

### TGIF DINNER & DANCE

Friday, December 15  
Happy Hour from 3 - 5 pm - \$5 beer/\$6 Cocktails  
Dinner - 5:00 pm  
Santa Claus - 6:30 pm  
RMCOC Christmas Choir - 6:45 pm

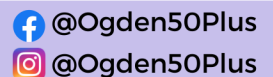
#### Menu:

Country Ham, Scalloped Potatoes, Coleslaw, Vegetables & Buns  
Dessert: Trifle Parfait

\$20 Members - \$25 Non-Members  
Dine in or pick up after 4:30 PM

Phone 403-279-2003 to pre-order by December 12

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



## Message from the Executive Director

Here we are getting ready for Christmas! This month at Ogden 50+ we have happy hour, a breakfast event as well as TGIF dinner & dance. We also have other events happening such as Conversation Café joining us. This month we have Art Therapy classes and two new activities including Sketching and Tai Chi/Qi Gong. We also have an exciting trip to Rosebud Theatre planned. Please join us if you are a member or are interested in our centre. There is something for everyone! Have a wonderful December! Merry Christmas and Happy Holidays!

Renata Michalski





## GOOD FOOD BOX PROGRAM

MONTHLY BOXES OF ASSORTED PRODUCE (SMALL, MEDIUM OR LARGE) AVAILABLE TO PURCHASE FOR APPROXIMATELY 50% OF RETAIL COST AVAILABILITY

CONTENTS VARY WEEKLY, DUE TO SEASONAL AVAILABILITY



THE SE CALGARY RESOURCE CENTRE OFFERS THE

# 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:

**January 7, 2024 - 6 PM**

Pick Up at the SECCRC:

**January 25, 2024**

**Order at**

[contactus@secalgarycrc.ca](mailto:contactus@secalgarycrc.ca)

by phone **403-720-3322**

or in person at

**2734 76 Ave SE, Calgary, AB  
T2C 4W9**

**CPKC**

## HOLIDAY LIGHTS

OPEN INVITATION

**DECEMBER 14**

**5:00 - 8:00 p.m.**

**Exclusive ONE night only**

We welcome you to enjoy an evening of holiday lights and cheer at Ogden campus with your family & friends. Hot chocolate and cookies will be served in front of building one, where we will be accepting donations of food or money for the Calgary Food Bank. Parking is available.





# 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  
(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](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

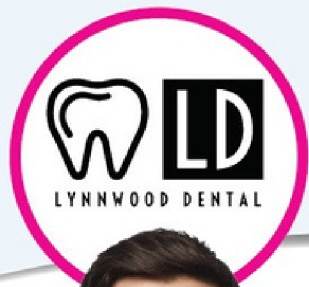


Contact us today to discuss your real estate goals

**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!

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

*Now You Can Get the Smile You Deserve!*

**FREE CONSULTATION**

SEE IF YOU QUALIFY FOR  
"ANXIETY-FREE" DENTISTRY



The GLENMORE INN  
& Convention Centre

GARDEN COURT

*Christmas*  
**LUNCHEON**  
**BUFFET**

DECEMBER 6-22, 2023

Wednesday, Thursday & Friday

11:30 AM - 2:00 PM

1000 Glenmore Court SE