

FEBRUARY 2024

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# your **OAKRIDGE** ECHO

THE OFFICIAL OAKRIDGE COMMUNITY NEWSLETTER



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- Uniforms, Coveralls, Gowns, Rags
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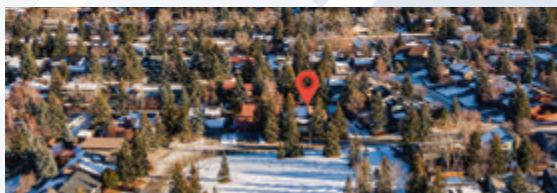
CONTACT US





# ORIGINAL OWNER BUNGALOW IN COVETED OAKRIDGE ESTATES

28 Oakmount Way SW



- H New Composite Siding:** The exterior has been enhanced with brand new composite siding, offering durability and a modern aesthetic.
- H New Asphalt Shingles:** A recent upgrade includes new asphalt shingles, providing both functionality and a fresh, clean appearance.
- H New Triple Pane Windows:** Enjoy improved energy efficiency and sound insulation with the installation of new triple pane windows.
- H Updated Interior Finishes:** The interior has been thoughtfully updated, showcasing contemporary finishes that add style and charm to the living spaces.
- H Dual High-Efficiency Furnaces:** Benefit from the efficiency and reliability of dual high-efficiency furnaces, ensuring comfort and cost-effectiveness.

- H Unbeatable Location:** Ideally situated across from a green space and mere steps away from South Glenmore Park, the property offers a prime location.
- H Great Access to Stoney Trail Ring Road:** Take advantage of excellent connectivity with easy access to the new Stoney Trail Ring Road, enhancing your commute and day-to-day travel options.



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REAL ESTATE GROUP

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info@thhomehunters.com

Steve Hunter 403-921-0801

#115, 5504 Macleod Trail SW

www.thhomehunters.com

Grant Hunter 403-478-9208 Randy Keylock 403-200-1111

**Thinking Of Selling?**  
Call For Your Free Home Evaluation Today!

# OAKRIDGE COMMUNITY ASSOCIATION

## Complex

9504 Oakfield Drive SW  
Calgary, Alberta T2V 0L1  
Telephone: 403-238-0007  
Fax: 403-238-1115  
Email: oakcomm@telus.net  
www.oakridgecommunity.ca

## Office Hours

9:00 am to 5:00 pm weekdays

## General Manager

Darrell Ogden

## Operations Manager

Matt Brewster

## Maintenance

Ron Lukie, Jay Stewart,

## Hall Rentals

- Contact Darrell on weekdays from 9:00 am to 5:00 pm.
- Space available for socials, meetings, wedding receptions, etc.
- Our large hall holds up to 200 people and includes kitchen facilities.

## Social Media

The Oakridge community is now on Facebook and Instagram!

Please follow and like us to get all the latest news and community updates!

 OakridgeCommunityCalgary

 oakridgecommunityassociation

## EXECUTIVE

President	Brian Pedlar
Past President	Gerry Stoddart
Treasurer	Steve Langmaid
Secretary	Jocelyn Giroux
VP Complex	Jim Anderson
VP Membership	Lincoln Mitchell
VP Social	Dave Thomson
VP Sports	Steve Hunter
VP Civic Affairs	Hugh Stewart
VP Civic Affairs	Terry Kemp
VP Community Affairs	Dale Evans
VP Communications	Gary Davies
Directors at Large	Ian MacRae, Rachael McCarthy Derek Dallen

## DIRECTORY

Beavers/Cubs/Scouts	Lori Baher loribaher@hotmail.com	403-253-8662
Before/After School Program Manager	Kelly Krebs	403-238-9322
Bingo Volunteers	Darrell Ogden	403-238-0007
Silverbirch Girl Guides	anycalgarysilverbirch@girlguides.ca	
Neighbourhood Partnership Coordinator	Cathi Groves	403-476-7290
Oakridge Curling Club	Rick Waraksa oakridgecurling@gmail.com	403-281-4733
Elm Obedience School	Eda Milne	403-281-7937
Holiday Adventures	Kelly Krebs	403-238-9322
Jump Start	Kelly Krebs	403-238-9322
Line Dancing	Mary Rochfort	403-238-4692
Netball	Anna Rocha	403-608-2646
Quick Fit	Darrell Ogden	403-238-0007
Ringette	Steve Hutchison	403-238-3538
Soccer	Gene Pawlak	403-238-2199
Southwest Hockey Association	admin@southwesthockey.ca	
Weaselhead Society	Maureen	403-701-7474
Yoga with Jane		403-281-7553
Yoga with Rob		403-862-6042
Learning Experience Preschool	Nicole Rosendorff	403-460-0389
Tai Chi with Jane		403-281-7553
Oakridge Community Garden	Bev Romerman	587-437-2494

## Oakridge Community Centre Abuse Policy

The Oakridge Community Centre values its staff, volunteers and patrons of the facility. In order to provide a safe and healthy environment, we are a zero-tolerance facility. Abuse or harassment towards volunteers, staff and patrons will not be tolerated.



### Keep the Oakridge Community Centre Smoke-Free

Please be aware that smoking is not permitted within 5 metres of the Oakridge Community Centre entrance, per City of Calgary Bylaw 57M92 the provincial Tobacco Reduction Act.

The Tobacco Reduction Act prohibits smoking in public places and workplaces, and within 5 metres of any doorway, window or air intake. If you do smoke, please be sure to do so at least 5 metres from the entrance. We appreciate your cooperation.



EXCLUSIVELY FOR OCA MEMBERS

## STICKS AND PUCKS

TUESDAYS - 3:30PM TO 4:30PM | WEDNESDAYS - 3:30PM TO 4:30PM

REGISTRATION REQUIRED

REGISTER BY VISITING THE OCA  
MEMBERSHIP PORTAL AT  
[OAKRIDGE.GETCOMMUNAL.COM](http://OAKRIDGE.GETCOMMUNAL.COM)  
OR SCAN THE QR CODE



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### BEFORE & AFTER RENOVATION PROJECTS



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER

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# MEMBERS FAMILY SKATE



**FREE  
FOR  
MEMBERS**

SUNDAYS - 2-30PM TO 3-30PM | MONDAYS - 2-30PM TO 4-30PM  
TUESDAYS - 2-30PM TO 3-30PM | THURSDAYS - 2-30PM TO 4-30PM  
\*EXCLUDING HOLIDAYS

SKATE TAGS REQUIRED. PLEASE PICK UP FROM OFFICE  
PURCHASE YOUR MEMBERSHIP AT [OAKRIDGE.GETCOMMUNAL.COM](http://OAKRIDGE.GETCOMMUNAL.COM)



## February is Heart Health Month

Heart health is a crucial aspect of overall well-being, yet it is often overlooked until a problem arises. The heart, a vital organ, is responsible for pumping blood throughout the body, supplying oxygen and nutrients to tissues, and removing waste products. Maintaining a healthy heart is essential for longevity and a good quality of life.

One of the key factors in maintaining heart health is a balanced diet. Consuming foods low in saturated fats, cholesterol, and sodium while rich in fruits, vegetables, whole grains, and lean proteins can significantly reduce the risk of heart diseases. This diet helps in maintaining healthy blood pressure, cholesterol levels, and body weight, all of which are critical factors in heart health.

Regular physical activity is another vital component. Exercise strengthens the heart muscle, improves blood circulation, and helps to maintain a healthy weight. At least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous exercise each week for adults, or a combination of both is recommended.

Additionally, avoiding harmful habits like smoking and excessive alcohol consumption is crucial. Smoking is a major risk factor for heart disease, as it damages the lining of the arteries and contributes to the buildup of plaque. Limiting alcohol intake can also lower the risk of heart disease, as excessive drinking can lead to high blood pressure and heart failure.

Regular health screenings are important for early detection and management of heart-related issues. Blood pressure, cholesterol levels, and diabetes screenings can help identify risk factors early on, allowing for timely intervention and treatment.

Heart health is an essential aspect of living a long and healthy life. A combination of a balanced diet, regular physical activity, avoidance of harmful habits, and regular health screenings can significantly reduce the risk of heart disease and improve overall health and well-being. Celebrate this February by improving your heart health habits!

## Cats, Canines, & Critters of Calgary



*Holly, Elboya*



*Luna, Canyon Meadows*



*Otto, Crescent Heights*



*Spook and TenSoon, Crescent Heights*

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

## Why Volunteering Is Important

Volunteering, at its core, is a selfless act where individuals offer their time, skills, and energy for the benefit of others or the community as a whole. The act of volunteering is a powerful force, capable of bridging gaps, building communities, and fostering a sense of belonging and purpose among people from diverse backgrounds.

One of the most significant impacts of volunteerism is its contribution to community development. Volunteers often work in areas like education, health care, environmental conservation, and disaster relief, providing essential services to communities that might otherwise go underserved. This work not only aids those in need but also contributes to building stronger, more resilient communities.

Volunteering also offers profound personal benefits. It provides opportunities for individuals to develop new skills and gain valuable experience, which can be beneficial for personal growth and even career advancement. Furthermore, it promotes a sense of accomplishment and well-being. Studies have shown that volunteering can improve mental health by reducing stress, combating depression, and providing a sense of purpose.

Moreover, volunteering fosters social connections and strengthens community ties. By working alongside people from various backgrounds, volunteers gain a broader perspective of the world and develop a deeper understanding and empathy for others. This cultural exchange enriches communities, promoting inclusivity and understanding.

Volunteerism is a vital part of a healthy society. Its benefits range from strengthening communities and aiding those in need to promoting personal growth and well-being. By giving their time and talents, volunteers not only contribute to the betterment of society but also embark on a fulfilling journey of personal development.

If you are interested in volunteering with the Oakridge Community Association, reach out today to learn more about the opportunities available.

## Online Arena Booking

Looking for some private ice rental time? The Oakridge Community Centre is happy to announce the launch of our online ice booking system!

Check out our website at [www.oakridgecommunity.ca](http://www.oakridgecommunity.ca) and visit the arena page for information or scan the QR code.



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**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

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# The Benefits of Being Social



Humans are inherently social creatures, and engaging in social activities can have profound benefits on both mental and physical health. Being socially active can enhance one's quality of life in numerous ways.

One of the primary benefits of being social is the improvement of mental health. Social interactions can reduce feelings of depression and anxiety. Engaging in conversations and activities with others can boost mood, provide a sense of belonging, and increase overall happiness. Social connections provide emotional support, reduce stress, and can even help in developing a more positive outlook on life.

Social activity is also linked with improved cognitive function. Interacting with others stimulates the brain, which can help in maintaining cognitive sharpness, especially in older adults. Studies have shown that those who engage in regular social activities are less likely to experience cognitive decline and dementia.

Additionally, being social can have physical health benefits. Socially active individuals often have stronger immune systems, which can lead to a decrease in the risk of several diseases, including heart problems. The support systems built through social interactions can also encourage healthier lifestyle choices, such as regular exercise and a balanced diet.

Being social can lead to increased opportunities for learning and personal growth. Engaging with diverse groups of people allows for the exchange of ideas and knowledge, fostering personal development and a broader understanding of the world. This can lead to enhanced creativity, problem-solving skills, and a greater sense of empathy towards others.

Social activities often involve physical activities, whether it's a group sport, a dance class, or simply a walk in the park with friends. These activities combine the benefits of physical exercise with social interaction, amplifying the positive effects on both physical and mental health.

Social connections also provide a sense of purpose and belonging. Participating in community events, joining clubs or groups with shared interests, and maintaining friendships contribute to a sense of community and identity. This can be particularly important during difficult times, as having a support network can help individuals navigate through challenges more effectively.

The benefits of being social extend far beyond simple enjoyment. Social interactions enrich mental and physical health, enhance cognitive function, and contribute to a sense of community and personal growth. Making an effort to maintain and develop social connections can lead to a more fulfilling and healthier life.

The Oakridge Community Centre offers many ways to get social and have some fun here in your own community. From coffee groups who meet on Wednesday mornings to Line Dancing Classes to Gardening or Racquet Sports, we have something to spark an interest in everyone. Contact us for more information.



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## Oakridge Professional Centre Suite 245, 125 Oakmoor Plaza SW Beside the Oakridge Co-op Grocery Store

We are pleased to announce that **Ms. Gabriela Alvarado-Torres** joined our team in October.

Gabriela is a Denturist who brings with her a diverse experience gained from practicing in several clinics in Alberta, where she provided a variety of treatment options to her patients. Her caring personality and attention to detail fits into our practice philosophy, and she can provide services in both English and Spanish! Call our office at 403-251-1522 to schedule an appointment with Gabriela or Chuck.

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**403-251-1522**

**Charles Gulley, DD, F.C.A.D.**  
Denturist, Denture Specialist

**Gabriela Alvarado-Torres, BHSc, DD**  
Denturist, Denture Specialist

# OAKRIDGE HOUSING STATISTICS 2023



## DETACHED

2023	59
2022	61



## SEMI-DETACHED

2023	49
2022	50



## APARTMENT

2023	2
2022	4



### TOTAL SALES

2023	110
2022	115



### AVERAGE DETACHED SALES PRICE

2023	\$770,622.03
2022	\$744,793.44

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THINKING OF SELLING? CONTACT ME FOR YOUR FREE MARKET EVALUATION**

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