

NOVEMBER 2024

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you



can be the reason young people and families experience the magic of opening a present on Christmas morning!

We have two ways for people to give this holiday season: **Gifts for Kids & Youth, and Adopt-A-Family or Young Adult.**

Donate to our **Happy Hullidays** campaign today!



Happy Hullidays!



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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

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.

EXECUTIVE

President	Brian Pedlar
Past President	Gerry Stoddart
Treasurer	Steve Langmaid
Secretary	Jocelyn Giroux
VP Complex	Jim Anderson
VP Membership	Vacant
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, Bruce Sutherland, Liam Woofter

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



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.

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



Bingo Volunteers

Are you looking for a fun way to give back to your community? The Oakridge Community Association is looking for volunteers to help with bingo shifts, and we would love your support!

Volunteering for a bingo shift is a great way to meet your neighbours, contribute to the success of our community, and help raise funds for essential programs and activities. Plus, as a token of our appreciation, you'll receive Oakridge Bingo Bucks! These can be used for a wide variety of programs and activities at the community centre, as well as with local vendors like Hungry Thaiger, Zumba With Dancing Heals, Line Dancing With Mary, and even Calgary Recreation.

Whether you're passionate about fitness, food, or just love to stay active, there's something for everyone to enjoy. By volunteering, you're helping us keep these programs going strong while enjoying some fun perks of your own!

Sign up for a bingo shift today and be a part of the positive change happening right here in Oakridge. Let's build a stronger community together, one bingo shift at a time!

To sign up for a volunteer shift visit www.oakridgecommunity.ca/volunteer.

WINDOWS 1.0

Microsoft introduced Windows 1.0 on November 10, 1983, but it took almost two years to release.

When it launched on November 20, 1985, anyone with a personal computer could use programs such as Calculator, Paint, Notepad, Write, Clock, and even the game Reversi!



BINGO VOLUNTEERS WANTED

Earn Oakridge Bingo Bucks To Spend At The Oakridge Community Centre and Local Vendors

Sign up at www.oakridgecommunity.ca or call 403-238-0007

The poster features a red background with the Oakridge Community Association logo at the top center, which includes a tree and the text 'OAKRIDGE COMMUNITY ASSOCIATION'. There are several bingo balls with numbers 1, 2, 3, 4, 5, 8, and 9 scattered around. At the bottom, there are three bingo cards in blue, green, and red, with the word 'BINGO' written across the top of each. The text 'BINGO VOLUNTEERS WANTED' is prominently displayed in large white letters.

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The advertisement is framed by the words 'PROTECTING FAMILIES' written vertically on both the left and right sides. The central text is in a bold, sans-serif font. The logo for Cameron Law is a stylized 'C' inside a square frame.

Reaching Out to Oakridge Neighbours

Wednesday Weekly Chat and Coffee: On Wednesday mornings, between 9:15 and 11:15 am, neighbours and friends drop-in to the main floor of Oakridge Community Centre for Chat and Coffee Time. The area is buzzing with a mixture of seniors and friends who like to mingle and be active in small standing groups or at the tables. During September and October, new individuals came by each Wednesday. With busy lives, the attendees vary from week to week. Email Bruce at suds1071@gmail.com to be added to our contact list, or for details and questions.

Connecting to Community Resources - Speaker Forum

Special events, mark your calendars.

1. Vaccines: Flu, COVID, and RSV (Respiratory Syncytial Virus): Travel Awareness Health Protection | Wednesday, November 20 from 11:00 am to 12:00 pm

Second floor of the Oakridge community centre, (upstairs lift available). Oakridge Pharmacy – customized services.

2. Mr. Frank Okeeffe

Wednesday, December 4 from 11:00 am to 12:00 pm

Author of several book publications. Frank lives nearby and is a regular attendee of the chat group. Learn how an author creates ideas to produce a variety of books and publications. Second floor of the Oakridge community centre, (upstairs lift available).

3. Entertainment: Jubilations Dinner Theatre, All Those Rolling Stones | December 26

Let's go as a group on December 26 (yes, Boxing Day). Bill and Karen have started already and booked seats 280 A and B. Book early to ensure you get seats together or that day. Already, several bookings have made bookings. Let us know, so we can meet you there.

Tuesday Outdoor Walks: 10:00 to about 11:30 am. About one hour plus café time. Different routes, easy and moderate, along Glenmore Reservoir, Oakridge community, and Fish Creek Park. Our calendar is posted in the Café Concession glass cabinet and the hockey rink bulletin board. Text or phone Gary at 403-831-5682 for details.

Tuesday Chinook Mall Walks: 10:00 to about 11:00 am. During inclement weather and icy conditions, December to April. Text or phone Gary to register at 403-831-5682.

Our group will consider suggestions for site visits, performances, forums, and activities. Individuals in our group have an extensive range of experiences which may be helpful resources in special situations. We endeavor to support individuals who feel alone, have a need for household support, or require appointment assistance.

Steamboat Willie



Can you hear that whistling? It's Mickey Mouse! Mickey Mouse first appeared on the big screen on November 18, 1928, in the animated short film Steamboat Willie. And who voiced this beloved character? None other than Walt Disney himself!

Word of the Month

Accismus:

noun (uhk-siz-muhs)

When someone pretends to be indifferent about or feigns refusal of something they desire.

"Oh no, you shouldn't have," Sara said with a hint of accismus as her friend purchased her long-awaited coffee for her.



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GAMES & PUZZLES

Guess the Landmark!

1. This gorgeous UNESCO World Heritage Site in India was built to be a mausoleum.
2. The _____ was made across many dynasties and states, taking over 2,500 years to construct.
3. This stunning Italian landmark is also called the Bell Tower and is over 180 feet tall.
4. This iconic structure was built for the 1889 World Fair; it celebrated the 100th anniversary of the French Revolution.
5. This famous ancient city was frozen in time due to almost the exact opposite circumstance.
6. There are no straight lines in this ancient temple structure, located on the Athenian Acropolis.



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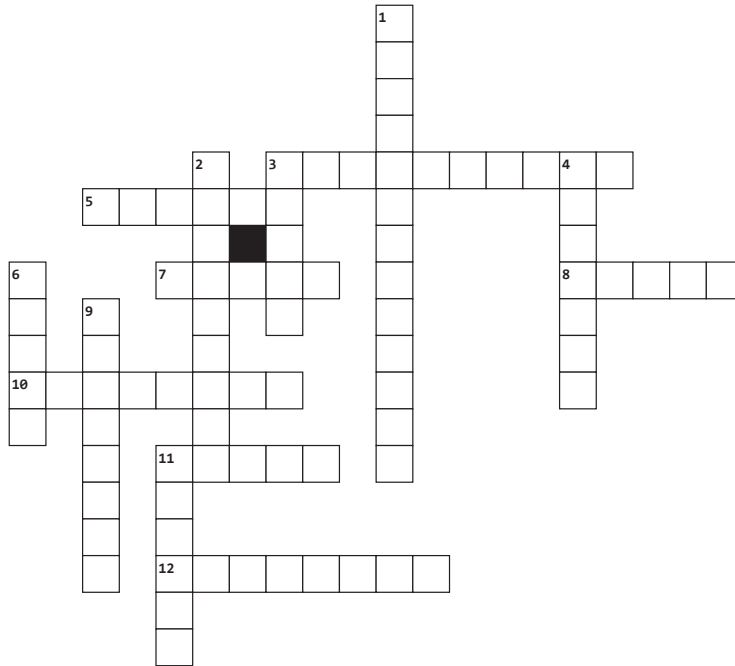
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November Crossword



Across

3. Frederick Banting, co-discoverer of insulin and recipient of the Nobel Prize in _____/Medicine, was born on November 14, 1891, in Alliston, Ontario.
5. In November 1999, beloved musician, _____ Dion, was inducted into the Canadian Broadcast Hall of Fame.
7. In November 2020, Baby _____ by Pinkfong became the most watched YouTube video of all time with over 7 billion views.
8. November has two birthstones, _____ and Citrine, best known for their warm yellow hue.
10. World _____ Day, celebrated on November 13, reminds everyone to show compassion and be helpful in their communities.
11. Canadian rock musician, _____ Adams, was born on November 5, 1959, in Kingston, Ontario and has sold more than 100 million records worldwide.
12. Known as Remembrance Day in Canada, the U.S. celebrates _____ Day on November 11 annually.

Down

1. November's birth flower, also called "mum", comes in a variety of colours and generally symbolizes longevity and happiness.
2. On November 22, 1995, *Toy Story* was released introducing the world to Woody and Buzz _____.
3. *Friends, Lovers, and the Big Terrible Thing*, written by Canadian actor Matthew _____, was released on November 1, 2022.
4. "The Great One", Wayne _____, scored his 600th career goal in the National Hockey League (NHL) on November 23, 1988.
6. This mixed-breed dog was the first live animal sent to space in Sputnik 2 on November 3, 1957.
9. The _____ Broadcasting Corporation was founded and established as a Crown Corporation on November 2, 1936.
11. November's full moon is named after Canada's national animal, the _____.

Yielding to Emergency Vehicles

by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles with their lights and sirens activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road.

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection.
 - On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
 - Move right or left to the nearest curb on one-way streets.
 - On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
 - Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.
- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., to pass other traffic.

When operating a vehicle:

- Motorists must reduce speed to 60 km/h or the posted speed, whichever is lower, when passing emergency vehicles or tow trucks that are stopped with their lights flashing. This law applies to the lane(s) immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.

Flatbread Pizzas

by Jennifer Puri

Flatbreads are used to create wraps and quesadillas, but the most popular use of flatbreads is pizza.

Rich in fibre, flatbreads are typically unleavened bread and do not contain yeast. Flatbreads originated in ancient Egypt but today are produced and enjoyed around the world. Some of the most popular flatbreads are focaccia, naan, tortillas, pita, oatcake, green onion cake, torta, and injera.

Flatbreads have a lower caloric and carbohydrate content due to their thinner crusts and are ideal as appetizers or light entrees as shown in the Flatbread Pizza recipes below.



Peach and Prosciutto Flatbread

Prep Time: 10 minutes

Cook Time: 7 to 8 minutes

Servings: 2

Ingredients:

- 1 flatbread
- 1 cup shredded mozzarella cheese
- 1 ½ cups sliced peaches
- 6 to 8 slices prosciutto
- 3 tsps. balsamic vinegar
- ¾ cup shredded Gouda cheese
- ½ cup coarsely chopped fresh basil leaves
- 1 tsp chilli flakes (optional)

Directions:

Sprinkle mozzarella cheese on flatbread, then top with sliced peaches, prosciutto, balsamic vinegar, gouda cheese, basil leaves, and chilli flakes. Bake on middle rack of pre-heated oven (400 degrees Fahrenheit) for 7 to 8 minutes. Serve immediately.



Roasted Red Pepper and Olive Flatbread

Prep Time: 10 minutes

Cook Time: 10 to 12 minutes

Servings: 2

Ingredients:

- 1 flatbread
- 1 ½ cups of roasted red peppers sliced
- ½ cup seedless black olives halved
- ½ cup cherry tomatoes halved
- 1 cup shredded mozzarella cheese
- ¾ cup crumbled feta cheese
- ½ cup coarsely chopped fresh basil leaves
- 1 tsp chopped fresh oregano leaves

Directions:

Sprinkle mozzarella cheese on flatbread, then top with sliced roasted red peppers, cherry tomatoes, olives, feta cheese, oregano, and basil leaves. Bake on middle rack of pre-heated oven (400 degrees Fahrenheit) for 10 to 12 minutes. Serve immediately.

Bon Appétit!



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