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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!

GakridgeCommunityCalgary

O 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	lan MacRae, Rachael McCarthy, Derek Dallen, Bruce Sutherland, Liam Woofter

DIRECTORY

Beavers/Cubs/Scouts	Lori Baher Ioribaher@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	403-281-4733
	oakridgecurling@gmail.com	
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.

Reaching Out to Oakridge Neighbours

Chat and Coffee

Oakridge Community Centre Main Floor

Drop-in Wednesday mornings between 9:15 and 11:15 am

Text or phone Bruce at 403-816-7271 or email suds1071@gmail.com regarding contact list, event details, or questions.

Weekly Wednesday Drop-in Time: You are invited to drop in for coffee chat time every Wednesday between 9:15 and 11:15 am. Our New Year January 2025 gathering was an especially warm month, and it was nice to reconnect with friends and new arrivals. Most of the attendees are 55+; but in addition, we especially invite our 'sandwich generation friends', adults "sandwiched" between the demands of caring for their children and their aging parents. If you are new to the neighbourhood, get familiar with the Oakridge Community Centre programs. Check out the Oakridge community bulletin board at https://oakridgecommunity.ca/bulletin-board/.

Wednesday Guest Speakers

11:00 am, Wednesday about every four to six weeks, second floor

Informative presentation topics from suggestions by attendees. On January 22, 2025, specialized speakers presented "The Way In", a social prescribing service to access Aging Community Support Programs, such as adjustment to one's living setting, medical care, and food and housing support. Life is better when families can access programs for those over 55 to age in place and avoid the need for high levels of care, and bridging the gap is key to accessing social services.

Upcoming Events

- Potluck Lunch Gatherings: Take place in the home of one of our participants. These events are helping to build familiarity and provide an opportunity to meet others in the neighbourhood.
- Wednesday, March 12 Garth Anderson Presentation: The basic focus will be preparing your home for sale; what to do and not do for best results. Plus, adaptations for safety. More details to be posted.
- April Tentatively a workshop by the Alzheimer Society, adjusting to symptoms related to dementia.
- May Tentative presentation by Disabled Sailing Society on experiencing sailing, even with limitations.

Weekly Tuesday Walks

10:00 am sharp

Outdoors (if temperature is -11 C or colder, the indoor mall becomes the option)

Indoors: 10:00 am sharp at Chinook Mall, second floor, meet at the escalator area

If outdoors:

- First Tuesday: 24 St and 90 Ave, SW lot, East toward Heritage Park.
- Second Tuesday: 90 Ave and Oakmount Drive, SW lot, East toward Glenmore Landing.
- Third Tuesday: Oakridge Community Centre, follow pathways in the neighbourhood.
- Fourth Tuesday: 24 St S into Bebo Grove, Fish Creek Park, a different route each month.
- Fifth Tuesday: 37 St and 66 Ave, Lakeview, walk along the Glenmore Reservoir Path or perhaps into Weaselhead Park.







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There are two boxes that must be checked off for a year to be a Leap Year. First, it must be divisible by four; second, it will not be divisible by 100 unless it's also divisible by 400. 2025 does not check off these boxes, but you can still look forward to it because the next Leap Year will be February 29, 2028!

Save The Date

OAKRIDGE

May 3, 2025

2025

Featuring The Two Bit Bandits

www.oakridgecommunity.ca

Winter Sun Safety: Protecting Yourself Year-Round

by Alberta Health Services

When winter arrives, many people living in Alberta may stop thinking about sun safety. However, ultraviolet radiation (UVR) can still pose a health risk, even in the chilly months.

UVR comes from the sun but is invisible to humans. Two of the three forms of ultraviolet light, UVA and UVB rays, reach the earth and can harm you.

Around 65 to 90 percent of all skin cancers are linked to UVR exposure. Melanoma is the most serious type of skin cancer. In Alberta, around one in 42 males and one in 46 females will develop melanoma within their lifetime. From those who develop melanoma, around one in 276 males and one in 674 females will die.

Ultraviolet Radiation Reflects Off the Snow

During winter, UVR can be as harmful as in the summer. The UV Index is a rating of how strong the sun's rays are. The higher the UV rating, the more careful you have to be when outside in the sun.

When skiing, snowshoeing, walking, or skating, you can be exposed to more UVR than you think. Bright white surfaces like snow can double your UVR exposure. Being at a higher altitude can also expose you to more UVR, putting you at higher risk of sun damage.

Protect yourself from the sun during the winter by following these tips:

- Check the UV index (a rating of how strong the sun's rays are) when planning to be outside in the sun. If the UV index is above three, be careful. Consider planning activities in the shade, away from the sun.
- Wear winter clothing that covers as much skin as possible. Most winter clothing will provide good UV protection because of tight windproof construction with multiple layers.
- Some areas that are not always covered by winter clothes are your face, head, and hands.
- Choose a sunscreen that has a broad-spectrum sun protection factor (SPF) of 30 or higher. Apply sunscreen generously 20 minutes before going outside and reapply frequently.

- Wear sunglasses that fit closely and wrap around the face. Try to find sunglasses that reflect or filter out 99 to 100% of UVR light.
- Find out if your medication causes you to be more sensitive to sunlight or heat stress.

Escaping to Warmer Weather? Stay Sun Safe!

While a sunny destination escape is exciting, you might be caught off guard by how strong the sun's rays are in certain climates. Bringing sunscreen, long sleeve shirts, and clothing with good UV protection, hats, sunglasses, and other measures can help protect your skin and eyes from short- and long-term damage from the sun.

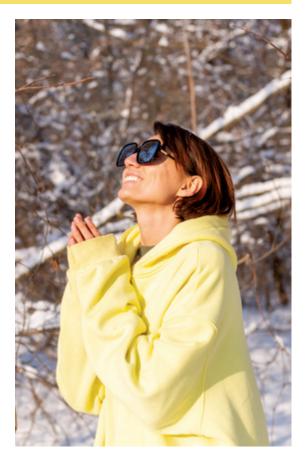
A "base tan" from either indoor tanning (also known as tanning beds) or outdoor tanning before a trip will not prevent a sunburn. In fact, it's estimated that indoor tans only give you two to four percent protection from the sun. Tanning equipment usually emits higher levels of UV radiation than the UV radiation outside. Use of tanning beds is not worth the health risks.

Did you know? The World Health Organization has placed UV tanning beds into its highest cancer risk category, ranking tanning beds equal to well-known carcinogens like asbestos and tobacco.

Skin Types: What Is Yours?

The colour of your skin also plays a role in your sun burn risk. The fairer your skin is, the higher the risk. It's important that you know what your skin type is and understand the risks.

Risk level	Skin Type	How Skin Reacts to Sun
High	 Light, pale white 	Always burns, never tans
High	• White, fair	Usually burns, tans with difficulty
Medium	• Medium, white to olive	 Sometimes mild burn, gradually tans to olive
Medium	 Olive, moderate brown 	 Rarely burns, tans with ease to moderate brown
Low	 Brown, dark brown 	 Very rarely burns, tans very easily
Low	 Black, very dark brown to black 	• Almost never sunburn, tans very easily



Nevi are benign melanocytic tumours, also known as moles. They are strongly associated with risk for melanoma. The greater the number of moles on a person's skin, the greater the risk of melanoma. Someone who has more than 100 common moles or more than two atypical moles has a five- to twenty-fold increased risk of melanoma.

Learn more about your skin type and the risks of indoor tanning by visiting https://www.healthiertogether.ca/living-healthy/limit-uv-rays/indoor-tanning/.

Learn more about skin cancer screening and skin self-exam:

- https://www.canadianskincancerfoundation.com/ early-detection/skin-check/
- https://myhealth.alberta.ca/Health/pages/conditions. aspx?hwid=skc1179

50 WORDS

Most people are familiar with the imaginative children's author Dr. Seuss, but did you know that one of his popular stories, *Green Eggs and Ham* actually came from a bet! Dr. Seuss was challenged that he wouldn't be able to

write a good book for kids using only 50 different words... guess he proved them wrong!



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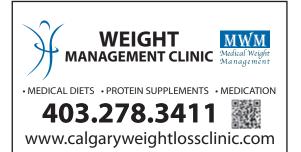
GAMES & PUZZLES

Guess the Couple!

- 1. These two periodic elements make for a salty pair.
- 2. These semi-aquatic rodents mate for life and form strong bonds with their partners.
- 3. These two Disney pups celebrate their 70th anniversary in 2025.
- 4. This British celebrity supercouple are fondly known as Posh and Becks.
- 5. This fictional couple's sweet love story started in an office of all places!
- 6. This prehistoric couple lived amongst dinosaurs with their daughter, Pebbles.







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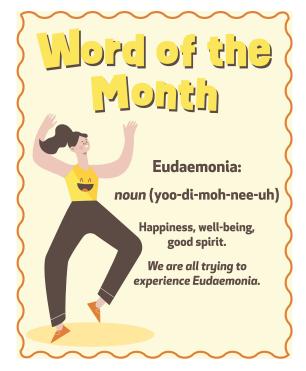
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