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THE OFFICIAL OAKRIDGE COMMUNITY NEWSLETTER













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

DIRECTORY

| 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 | any calgary silver bir ch@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.

Reaching Out to Oakridge **Neighbours**

Chat and Coffee

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

Oakridge Community Centre Main Floor

Chat and Coffee Speaker Series Event: Garth Anderson, Realtor Attendee Presents Home Readiness for Aging, Home Sale Prep, and Downsizing Tips

Wednesday, March 12, 11:00 am to 12:15 noon

Pre-register March 1 to 11

Second floor of Oakridge Community Centre

This event will discuss safety measures for special situations, adaptations to consider, and how to maximize home sale showings. More details are posted in our weekly email notes.

Text or phone Bruce at 403-816-7271 or email suds1071@gmail.com regarding the contact list, event details, or questions. We will add you to our email list; request, complete, and submit the contact form to assist our record file.

Weekly Tuesday Walks

10:00 am Sharp

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

- First Tuesday, March 4, 24 St and 90 Ave, SW Lot East toward Heritage Park
- Second Tuesday, March 11, 90 Ave and Oakmount Drive, SW Lot, East toward Glenmore Landing
- Third Tuesday, March 18, Oakridge Community Centre, follow pathways in the neighbourhood
- Fourth Tuesday, March 25, 24 St south into Bebo Grove, Fish Creek Park, a different route each month

Indoors Option

Chinook Mall, second floor, meet at the escalator area.

Weekly Wednesday Drop-In Chats

March 5, 12, 19, 26 from 9:15 to ~11:00 am

All ages welcome. Attendees are mostly 55+ plus various friends from Oakridge and nearby neighbouring communities. Middle agers are encouraged to

participate ('the sandwich generation'... Caring for children and looking out for aging parents). Useful tips help all groups work together. If you are new to the neighbourhood, visit the Oakridge Community Centre; it's the hub of Oakridge community programs and we give tours! For updates, google Oakridge Community bulletin board (oakridgecommunity.ca/bulletin-board).

Potluck Lunch Gatherings

TBA

Build friendships in each other's homes. A fine way for new attendees to make connections and regular attendees to enjoy the hospitality.

April Upcoming Workshop

Alzheimer Society: Adjusting to Symptoms of Dementia

May Upcoming Presentation

Sailing for Persons with Disability or Mobility Needs

Adaptive boats and equipment for seniors, persons with disabilities, or mobility needs can access sailing experiences.

The Way In Network Recap – January 22, 2025

Organized by Oakridge Seniors' Group, OCA second floor room reached capacity with 55 registrants, including 18 new attendees. The Way In is a free service, not attached to income levels, who came to give information to seniors who live independently and are aging in place.





Landlord and Tenant Law in Condominiums

by Charmaine Coutinho, Volunteer Lawyer

This article will only discuss leases covered by Alberta's Residential Tenancies Act (RTA), and only when the rental unit is a condo unit. I will highlight some of the differences between the RTA and the Condominium Property Act that may surprise both landlords and tenants.

Renting a Condominium Unit

Though rental of a whole condo unit is generally covered by the Residential Tenancies Act (RTA), the Condominium Property Act trumps the RTA in some circumstances. Importantly, condo bylaws take precedence over the terms of a lease, so a tenant in a condo unit should always ask for the condo bylaws. If, for example, you sign a lease for a condo unit that permits pets, but the condo bylaws permit only dogs under 20 lbs, you may be evicted by the condo board for keeping a cat or a large dog in your unit. This scenario also demonstrates that a condo board has authority to sanction and/or evict a tenant even when a landlord may not. Even if a landlord is prohibited from taking action under the RTA (for example, from evicting a non-harmful, rent-paying tenant in the midst of a fixed-term lease), the condo board may have authority to do so under condo legislation or the condo bylaws.

If a tenant breaches the bylaws or damages common property, the condo board is entitled to sanction or evict the tenant without the landlord's (the condo unit owner) consent. If the condo board evicts a tenant, the tenancy terminates on the last day of the month immediately following the month during which the notice was delivered. So, for example, regardless of whether the condo board issues an eviction notice on August 1 or August 25, the tenancy will terminate on September 31. This notice period is much shorter than needed from a landlord for a periodic tenancy and even trumps a fixed-term lease.

The condo board also has the authority to require a tenant to redirect their rent payment to the condo board. In these circumstances, condo legislation deems

the rent to have been paid to the landlord such that the tenant is not considered in breach of their obligations under the lease.

The condo board can also require an owner to pay a deposit for renting out the unit. All deposits requested by the landlord are aggregated and considered a 'security deposit' under the RTA, and a security deposit cannot exceed the amount of the first month's rent. Any deposit requested by the condo board is payable by the landlord; if a landlord asks the tenant for this amount, it too is lumped in with any other deposit and considered a component of the 'security deposit'. Regardless of any requirement by the condo board on the owner, the security deposit payable by a tenant cannot exceed the amount of the first month's rent.

I hope that this brief helps community members to understand their rights and obligations in the context of a condo lease covered by the Residential Tenancies Act. I wish my neighbours amicable tenancies and peaceful enjoyment of their rental premises!









Dr. Crystal Cobb is now accepting patients

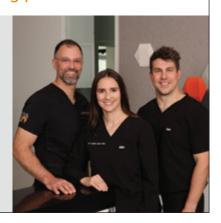
Dr. Cobb has joined the West Peaks Dental team! Scan the QR code below to book an appointment with our doctors.

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Step Back in Time: The Most Popular Things from the 70s

OakFest 2025 is bringing the best of the 70s to life with music, fashion, and fun that will transport you straight back to the decade of disco, bell-bottoms, and lava lamps. Whether you lived through it or just love the era, let's take a nostalgic journey through some of the most iconic things from the 1970s that made it so unforgettable!

Did you know? The Oakridge Community Association was born in 1970, meaning we have been grooving for 55 years this year? What better way to celebrate than by bringing back all the best parts of the 70s at OakFest 2025?

1. The Music That Defined a Generation

The 70s gave us some of the most legendary music of all time. Whether you were dancing under the disco ball to The Bee Gees, rocking out to Led Zeppelin, or singing along to ABBA, the decade's music had something for everyone. Who could forget the rise of Fleetwood Mac, Elton John, and Queen? Funk, punk, classic rock, and disco all thrived, creating a soundtrack that still lives on today.

2. Fashion Flashback: Bell-Bottoms and Platform Shoes

If you think today's fashion is bold, the 70s had it all! Bell-bottoms, fringe vests, tie-dye shirts, and psychedelic prints ruled the decade. Platform shoes were the must-have footwear, and let's not forget those oversized sunglasses and feathered hairstyles inspired by Farrah Fawcett. At OakFest 2025, we encourage everyone to dress the part—so dust off your vintage threads and come in style!

3. Movies and TV That Became Instant Classics

The 70s brought us some of the greatest films of all time, from blockbusters like *Star Wars* (1977) to horror classics like *Jaws* (1975) and *Halloween* (1978). On the small screen, *Happy Days*, *Charlie's Angels*, *M*A*S*H*, *The Brady Bunch*, and *Saturday Night Live* kept families entertained. Who can forget the magic of *Wonder Woman* and *The Six Million Dollar Man*?

4. Fads and Fun: From Pet Rocks to Roller Skating

The 70s was a decade of quirky trends. Pet Rocks became a bizarre yet beloved craze, while mood rings

helped people "read" their emotions. Roller discos were all the rage, with people gliding across wooden floors under shimmering disco balls. And let's not forget the explosion of arcade games like Pong, which paved the way for modern gaming.

5. Cars and Cool Rides

Muscle cars were king in the 70s, with iconic models like the Ford Mustang, Chevrolet Camaro, and Pontiac Trans Am ruling the roads. At the same time, the Volkswagen Bus remained the symbol of free-spirited adventure.

6. Food and Drinks That Defined the Era

Jell-O molds, cheese fondue, and TV dinners were all part of the 70s dining experience. Fast food favourites like the McDonald's Happy Meal and Buffalo wings made their debut, while drinks like Tang and Tab soda were household staples.

The Spirit of the 70s Lives On!

OakFest 2025 is your chance to relive the magic of the 1970s in full force! With hits from the 70s and a whole lot of nostalgia, it's going to be far out. Visit oakridgecommunity.ca to purchase your tickets today!





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^{*2024} Calgary Real Estate Board + RE/MAX Canada data



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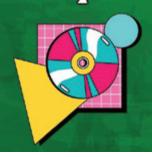
Celebrating 55 years of fun in Oakridge! Come dressed in fashions from your favourite decade.

Rock out to hits from the 70s,80s,90s, and today performed by

THE TWO BIT BANDITS

May 3, 2025 7:00pm

Tickets \$15.00 Minors prohibited



Oakridge Community Centre 9504 Oakfield Drive SW www.oakridgecommunity.ca





Oakridge Real Estate Update

Last 12 Months Oakridge MLS Real Estate Sale Price Update

| | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| January 2025 | \$317,000 | \$317,000 |
| December 2024 | \$249,900 | \$246,450 |
| November 2024 | \$372,400 | \$371,500 |
| October 2024 | \$299,450 | \$295,000 |
| September 2024 | \$347,450 | \$343,450 |
| August 2024 | \$359,900 | \$355,000 |
| July 2024 | \$322,500 | \$313,250 |
| June 2024 | \$397,444 | \$407,500 |
| May 2024 | \$252,500 | \$250,000 |
| April 2024 | \$337,449 | \$350,500 |
| March 2024 | \$320,000 | \$328,750 |
| February 2024 | \$259,381 | \$256,250 |

Last 12 Months Oakridge MLS Real Estate Number of Listings Update

| | No. New Properties | No. Properties Sold |
|----------------|--------------------|---------------------|
| January 2025 | 11 | 10 |
| December 2024 | 3 | 8 |
| November 2024 | 13 | 10 |
| October 2024 | 13 | 12 |
| September 2024 | 22 | 10 |
| August 2024 | 11 | 13 |
| July 2024 | 18 | 24 |
| June 2024 | 18 | 12 |
| May 2024 | 19 | 17 |
| April 2024 | 19 | 14 |
| March 2024 | 16 | 18 |
| February 2024 | 15 | 12 |

To view more detailed information that comprise the above MLS averages please visit **oakr.mycalgary.com**



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SAFE AND SOUND

Burns and Scalds

by Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe. The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

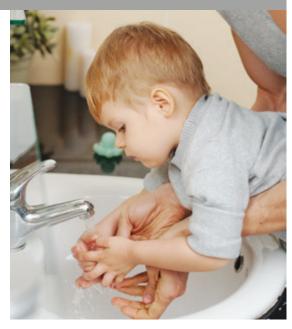
- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over-the-counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

• Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.

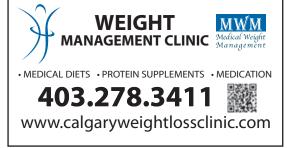
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- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.



Breakfast Quesadilla

by Jennifer Puri

Eggs are tasty, filling, and good for your health as a whole; eggs contain a little bit of every nutrient you need. Cheap and easy to prepare, they are an inexpensive source of high-quality lean protein.



Blue, green, brown, or white eggs may have different colours but there is no difference in taste or nutrition between them. An average hen lays 300 to 325 eggs per year. The colour of the yolk depends on the hen's diet and age, and typically as hens age, their eggs become larger.

An extremely versatile ingredient, eggs are not just for eating but are used to make beauty products such as face masks, compost, and garden fertilizer. In many cultures, the egg is a symbol of new life, fertility, and rebirth.

Eggs are also a breakfast/brunch mainstay, and scrambled, poached, baked, or fried are some of the ways to consume eggs. Quick and simple to cook, eggs can also be used in burritos or quesadillas as shown in the recipe for breakfast quesadillas below.

Prep Time: 20 minutes **Cook Time:** 20 minutes

Servings: 2 Ingredients:

• 2 large tortillas

• 1 $\frac{1}{2}$ tsp. olive oil

• 1 chorizo sausage, cooked and casing removed

• 3 eggs lightly beaten

• ¼ tsp. salt

• 1 tbsp. butter

• 1 cup shredded Mexican cheese

• 2 cups kale washed, stemmed, and coarsely chopped

• 1 cup sliced button mushrooms

• ¼ cup chopped green onion

ullet 2 cup chopped red bell pepper

• $1\!\!/_{\!\!2}$ jalapeno, seeds removed and chopped (optional)

Cooking spray

Directions:

- Heat olive oil in a pan or nonstick skillet on medium heat. Add onions and sauté for about two minutes. Next add red peppers and mushrooms and sauté for another two minutes and then add kale, jalapeno pepper, and chorizo sausage. Cook until veggies are tender and then remove from heat and keep warm.
- In a skillet, melt butter on medium heat and pour in the egg mixture with a ¼ tsp. of salt. Cook eggs while stirring until they start to firm up then scramble until they are cooked through and remove from heat.
- Coat a large skillet or fry pan with cooking spray and heat on medium heat. Place a tortilla in the pan and sprinkle a ¼ cup of cheese on one half of the tortilla followed by half the veggie mixture and half the scrambled egg. Top with a ¼ cup of cheese and fold tortilla in half over filling. Cook for a few minutes until tortilla is golden brown, turning once.
- Transfer quesadilla to a cutting board and repeat the process with the second tortilla.
- Slice each quesadilla into two or three slices and serve with your favourite hot salsa, quacamole, or sour cream.

Bon Appétit!





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YOUR CITY OF CALGARY

Find Your Next Job at the Youth **Hiring Fair – March 27**

by The City of Calgary

Mark your calendars! The Youth Employment Centre (YEC) is excited to announce the return of the Youth Hiring Fair on Thursday, March 27 at the Big Four Building from 1:30 to 6:00 pm. If you're between the ages of 15 and 24, this event is your opportunity to meet with 80 employers ready to hire for part-time, full-time, permanent, or seasonal positions.

Whether you're starting your job search or advancing your career, the Youth Hiring Fair is the place to be. You'll have the chance to connect directly with employers from various industries offering diverse opportunities for all skill levels.

Before the event, be sure to visit the Youth Employment Centre at 315 – 10 Ave SE to receive free assistance with resume building and interview preparation. Our expert employment counsellors are available to help you build confidence and ensure you're ready to make a strong impression on potential employers.

Don't miss out on this fantastic opportunity to secure your next job. Visit calgary.ca/yechiring for more details!



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News, Events, & More



Crime **Statistics**



Real Estate Statistics





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*A comprehensive hearing assessment is provided to adults ages 19 and older at no cost. The results of this assessment will be communicated verbally to you. Depending on the province you're located in, an administrative fee may apply if a copy of an Audiological Report is requested. Some conditions apply, see clinic for details. Offer not valid in Quebec. Ask our hearing care professionals for more details. [1]Source: World report on hearing. Geneva: World Health Organization; 2021. License: CC

Keep being you Love your ears

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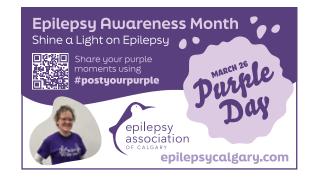
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OAKRIDGE MONTHLY

Market Stats

SINGLE FAMILY

ACTIVE: 2

SOLD: 6

PENDING: 1

ROW/TOWNHOUSE

ACTIVE: 4

SOLD: 5

PENDING: 0

Above stats are current within the last 60 days.



I HAVE BUYERS INTERESTED IN OAKRIDGE! CONTACT ME FOR MORE DETAILS THINKING OF SELLING? CONTACT ME FOR YOUR FREE MARKET EVALUATION



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