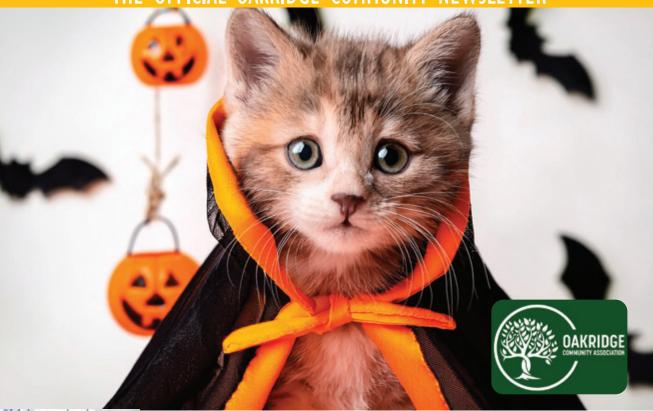
# 夏OAKRIDGE 읊

THE OFFICIAL OAKRIDGE COMMUNITY NEWSLETTER











Community Resident and Market Specialist 403.460.2211

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# PICK A PUMPKIN, SHARE A SMILE!

# FREE PUMPKIN PICK-UP

Saturday, October 18 • 11:00am – 2:00pm At the Oakridge Community Centre









## **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**

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	lan MacRae
Secretary	Jocelyn Giroux
Vice President	Jim Anderson
Directors at Large	Dave Thomson, Liam Woofter, Bruce Sutherland, Derek Dallen, Rachael McCarthy, lan MacRae, Gary Davies, Dale Evans, Terry Kemp, Hugh Stewart, Steve Hunter

#### **DIRECTORY**

DIRECTORY		
Beavers/Cubs/Scouts	Steve Ecclestone secclestone69@gmail.com	403-253-8662
Before/After School	Kelly Krebs	403-238-9322
Program Manager		
Bingo Volunteers	Darrell Ogden	403-238-0007
Silverbirch Girl Guides	any-calgarysilver birch girlguides.ca	
Neighbourhood Part- nership 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



#### Oakridge Sage Gatherings -Where Caring and Wisdom Meet Community

We had a wonderful summer at Oakridge Sage Gatherings. Along with our new name and logo, we have a comprehensive list of things that the group did during the summer. Our plans for our outings changed somewhat with the difficulties that Saskatoon Farm had so we did a pivot and went to Silver Springs Botanical Gardens. It was absolutely beautiful and worth the visit! We look forward to visiting Saskatoon Farm in the future. We will have more events/outings from October through to January 2026. There will be lots more information and news in the coming months, watch for it under Sage Gatherings in the *Echo* monthly.

We have organized our presentation dates for the next few months. We are so fortunate to have great members who are willing to share their expertise or are connected to others who are very generous with their knowledge and time. Please join us for our presentations over the next months, everyone is welcome.

The September 10 (date changed) presentation was given by Julia Chouj, Utilities Consumer Advocate. She educates Albertans on their utility options, including discussions on cost comparison tools, awareness of choices available, and informed decision making. This was such an informative talk all about how to save money related to our utility options. A valuable resource for any Oakridge resident.

Some information that you may find helpful if you missed this talk:

- Utilities cost comparison tool available at ucahelps. alberta.ca/gen.
- 2. Weekly webinars providing information about utility retailers, utility bills, and current scams can be researched through the website.
- If you need any help resolving an issue with your utility company or have questions about your heat and power choices; call 310-4822 or go to the website.

#### **Coming Up This Fall**

If you are interested in attending, please register at rsvp@sagegatherings.ca.

#### October, November, and December Presentations

These presentations will take place at 11:00 am, on the second floor.

- October 22: Our speaker will be Gustava Avila, sharing information on home safety from the Calgary Fire Department. These are always a great reminder of the things we need to do every fall to keep our homes and families safe. Don't miss this home safety presentation!
- November 12: Our speaker will be Author Karen Lee. Karen will be giving a second teaching experience to the group, and this one is titled, "Why Memoir Writing Is So Important Today". Karen has written and published two books and her gift of teaching and sharing her writing skills is invaluable. Always informative, don't let this one go by!
- **December 3:** Our speaker will be Nagwan Al-Guneid, the MLA representing Calgary-Glenmore since 2023, she is currently a member of the Standing Committee on Resource Stewardship and will be sharing information about Sustainable Energy.

Please note: All speaker series presentations are by a donation of your choice and mostly held on the second floor of the Oakridge community centre. Please read the *Echo* and watch for posters on the bulletin board at the community centre entrance for information.

We often have shorter presentations with our coffee, friendly conversations, and always welcome newcomers.

Email Bruce for more information at oakridgesagegatherings@gmail.com to be added to the weekly information email for things happening for the following week.

Our Christmas event will be a luncheon on December 11 at 11:00 am at the Grey Eagle Casino Buffet and Restaurant. If you would like to attend, please register as space is limited. RSVP@sagegatherings.ca (please identify which event you are registering for).

Our Weekly Drop-in Chats are on Wednesdays from 9:30 to 11:00 am (ish) in the main foyer of the Oakridge community centre. Everyone is welcome to join in!

Our Weekly Walks are on Tuesdays (weather dependent) and begin at 10:00 am. Join us throughout the year for great walks and information sharing.

First Tuesday of the month – Meet at the 24 Steet and 90 Avenue SW (South Glenmore Park parking lot) and walk East to Heritage Park.

Second Tuesday – Meet at 90 Ave and Oakmount Dr (South Glenmore Parking Area West) and walk West to the Weaselhead Flats National Park.

Third Tuesday of the month - Meet at Oakridge community centre and walk the pathways and parks in the neighbourhood.

Fourth Tuesday of the month – Meet at the South end of BEBO Grove in Fish Creek Park and walk a different route each month.

For more information on our weekly walks text Gary at 403-831-5682.



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#### Little Learners Ice Time

Get ready for something brand new for our youngest community members – Little Learners Ice Time! This special program has been created with parents, guardians, and little skaters in mind, offering a supportive and fun environment where children can take their very first strides on the ice.

Open to kindergarten-aged children and younger, Little Learners Ice Time is not about competition or perfection—it's about discovery, play, and the joy of learning something new together. Skating is a lifelong skill, and these early experiences set the stage for building confidence, coordination, and a love for staying active. With parents and guardians joining their children on the ice, it also becomes a wonderful bonding opportunity. You'll be right there beside them as they laugh, wobble, and celebrate each new step forward.

Sessions run Tuesdays and Thursdays from 11:00 am to 1:00 pm, a quieter time on the ice that allows little skaters to feel safe and supported without the pressure of a busy rink. For added convenience, training aids will be available to borrow, giving children extra balance and stability while they gain confidence. These helpful tools are a great way to reduce frustration and keep the focus on fun.

This program is included at no extra charge with your Oakridge Community Association membership. You can purchase your household membership for only \$40 by visiting www.oakridgecommunity.ca. Registration is not required for this program.

Whether your child dreams of gliding gracefully, joining future hockey programs, or simply enjoying skating as a fun winter activity, Little Learners Ice Time is the perfect place to start. Bring your skates, bring your smiles, and let's make those first memories on the ice together!





# LITTLE LEARNERS ICE TIME

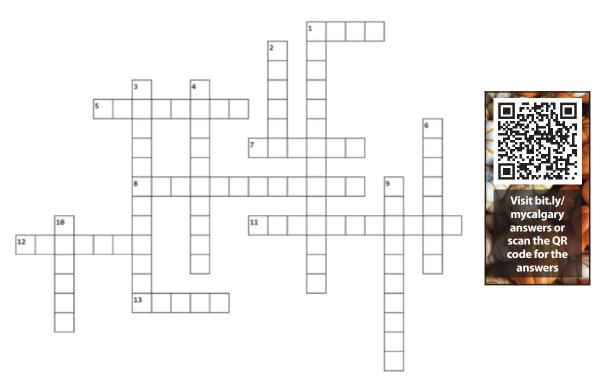
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# Halloween is a favourite holiday for many. One particularly exciting tradition that some enjoy is visiting the popular costume, mask, and makeup store called Spirit Halloween. Popping up all over Canada and the United States, Spirit Halloween is actually the largest Halloween retailer in the United States. What a Spooky Scary Superstore!

## October Crossword



#### Across

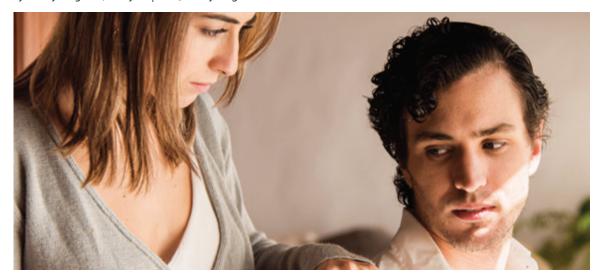
- 1. This Andrew Lloyd Webber musical debuted on Broadway at the Winter Garden Theatre in October 1982.
- 5. On October 5 World \_\_\_\_\_\_ 'Day is celebrated to honour those who educate us.
- 7. Queen Elizabeth II officially opened this iconic Opera House on October 20, 1973.
- 8. Canadians celebrate this holiday on the second Monday of October.
- 11. The vibrant hues of autumn leaves are due to a lack of what pigment.
- 12. This iconic single by John Lennon was released on October 11, 1971, in the United States.
- 13. On October 8, 2004, Wangari Maathai was awarded the \_\_\_\_\_\_ Peace Prize, making her the first African woman ever to receive the award.

#### Down

- 1. The Orient Express departed on its first journey from Paris on October 4, 1883, to this city now known as Istanbul.
- 2. Stock markets crashed worldwide on October 19. 1987, and became known as Black \_\_\_\_\_.
- 3. NHL star Glenn Hall, nicknamed Mr. Goalie, was born on October 3, 1981, in Humboldt, \_\_\_\_\_.
- 4. Canadian filmmaker James Cameron released the scifi action hit, *The* in October 1984.
- 6. This beloved Canadian Ryan was born on October 23, 1976, in Vancouver, B.C.
- 9. The dystopian novel where books are banned and burned, \_\_\_\_\_ 451 by Ray Bradbury, was published on October 19, 1953.
- 10. The "Thrilla in " on October 1, 1975, saw Muhammad Ali beat Joe Frazier after 14 rounds.

#### **How You Can Support an Emotionally Avoidant Partner**

by Nancy Bergeron, R. Psych. | info@nancybergeron.ca



Supporting a partner who struggles with emotional vulnerability can be challenging—especially if your own emotional needs aren't being met. You can offer support, but you are not responsible for doing their emotional work for them. Here are some ways you can create a safer environment for emotional connection:

#### 1. Model Emotional Safety

- Be open with your own emotions in a grounded, nonblaming way.
- Use "I feel" statements instead of "You never" accusations.
- Normalize vulnerability by showing that emotions are human, not shameful.

#### 2. Respect Their Pace—but Hold Boundaries

- Understand that emotional change takes time.
- Avoid forcing deep conversations when they're emotionally shut down.
- At the same time, be clear about your own needs. It's okay to say, "I need emotional openness in this relationship to feel connected."

#### 3. Affirm Effort, Not Just Outcomes

When your partner makes even a small attempt to open up, acknowledge it gently. "Thank you for sharing that.

It means a lot." "I know that wasn't easy for you to say." Positive reinforcement helps override the fear that emotional vulnerability will lead to shame or rejection.

#### 4. Don't Take Avoidance Personally

Their emotional withdrawal is usually about self-protection, not about you. Try not to interpret their distance as lack of care—it's more often fear, confusion, or discomfort.

#### 5. Encourage—but Don't Rescue

- Invite them into deeper connection but avoid doing all the emotional work.
- Encourage therapy or men's support groups where they can build emotional awareness in a safe space.

#### 6. Stay Connected to Your Own Emotional Needs

Supporting someone else emotionally doesn't mean abandoning your own needs. Therapy, journaling, or support groups can help you stay grounded and clear about what you need in the relationship.

Emotional avoidance doesn't mean a man is incapable of love—it means he may be stuck in old protective patterns. With patience, boundaries, and the right kind of support, many emotionally avoidant men can learn to build deeper, more connected relationships.





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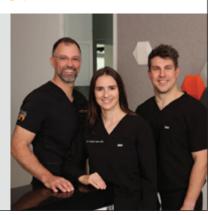
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