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THE OFFICIAL OAKRIDGE COMMUNITY NEWSLETTER











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### 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.

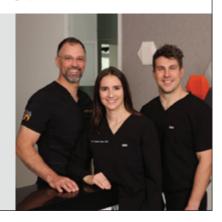
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## **OAKRIDGE COMMUNITY ASSOCIATION**

#### 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**

(a) 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

DIRECTORT		
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-calgarysilverbirchgirlguides.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.



# ANNUAL GENERAL MEETING

**MONDAY SEPTEMBER 15, 2025** 7:00PM

OAKRIDGE COMMUNITY CENTRE 9504 OAKFIELD DRIVE SW, CALGARY, AB, T2V 0L1

OCA RESIDENT MEMBERS ARE ELIGIBLE TO VOTE. PLEASE ENSURE YOUR MEMBERSHIP IS UP TO DATE



## Glide Into the Season – Complimentary Skating Times for Oakridge Community Association Members

The Oakridge Community Association is thrilled to announce the return of our complimentary members-only ice-skating times. Whether you're brushing up on your hockey skills, teaching your little one to take their first strides on the ice, or simply enjoying a leisurely skate, there's something for everyone in our updated schedule.

These sessions are free with a valid Oakridge community association membership, making it the perfect reason to dust off your skates, bundle up, and make the most of our community ice this season.

#### Sticks and Pucks – Back on Mondays and Wednesdays

Hockey fans, your time is here! Our popular Sticks and Pucks program makes its return on Mondays and Wednesdays from 2:30 to 4:30 pm. This is your chance to sharpen your skills, practice passing, or work on your shot in a relaxed, non-competitive setting.

Registration is required for these sessions and can be completed quickly and easily through our membership portal.

## Members Skating – Now with an Extended Sunday Session

For those who enjoy the simple joy of gliding across the ice, our Members Skating sessions are back and better than ever.

Tuesdays and Thursdays: 2:30 to 4:30 pm

Sundays: 5:15 to 7:15 pm (new longer time!)

These sessions are open to all members without the need for pre-registration. Simply show up ready to skate and present your membership card at check-in. Whether you come solo, with friends, or bring the whole family, it's a great way to stay active and social through the winter months.

#### **Introducing: Little Learners Ice Time**

We're especially excited to introduce something new for our youngest skaters – Little Learners Ice Time! This

program is designed for parents and guardians to teach their kindergarten-aged (and younger) children how to skate in a safe, welcoming environment.

Tuesdays and Thursdays: 11:00 am to 1:00 pm

We'll even have training aids available to borrow, making it easier for new skaters to find their balance and build confidence. Membership cards must be presented at check-in for these sessions.

#### **A Few Friendly Reminders**

- All skating times are complimentary for Oakridge Community Association Members.
- Memberships can be purchased or renewed online, so if you're not yet a member, now's the perfect time to join.
- Please respect the posted times and any guidelines from our staff to ensure a safe and enjoyable experience for everyone.

#### See You on the Ice!

Our rink is more than just a place to skate – it's a place to connect with friends, meet new people, and make lasting memories. Whether you're aiming pucks at the net, perfecting your crossovers, or helping your little one take their first glide, the Oakridge Community Association is proud to provide these opportunities for our members.

So, lace up those skates, grab your membership card, and join us for another fantastic season on the ice!





#### YOUR CITY OF CALGARY

## Let's Keep Our Kids Safe as **They Head Back to School**

by The City of Calgary



As we gear up for the school year, we are asking people who drive to prioritize the safety of our students, and remember these safety tips:

- The kids are counting on us. Slow down and look out for them, especially in playground zones and around schools. It takes less than a minute to travel through most playground zones and speeding typically only "saves" a driver ten seconds. Be safe and slow down.
- Watch the crosswalks. Stopping or parking too close to a crosswalk creates dangerous conditions for pedestrians. People crossing the street cannot see past a car that is parked too close and approaching drivers cannot see pedestrians. Stopping too close to a crosswalk, even for just a minute, is too long. Be safe and watch out—please do not block crosswalks.
- Double parking creates unsafe conditions. Double parking is when a vehicle stops or parks in the roadway alongside another already parked car. Double parked vehicles not only obstruct the flow of traffic but can block the view of other drivers, making it difficult to see pedestrians or other vehicles. Encouraging passengers to get out of the car when double parked puts them in harm's way. When you choose to double park, even just for a minute, our kids are at risk of getting hurt. Be safe, park smart!

When driving, please choose safety over convenience the kids are counting on us.

Learn more at calgary.ca/besafe.



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## Watershed Management in Fish Creek Provincial Park

by the Friends of Fish Creek Provincial Park Society

If you're reading this, you're probably located somewhere within one of the watersheds that make up the Bow River Basin. A watershed is made up of all the land that drains into a specific river, lake, marsh, creek, or other body of water. "Our" watershed, Fish Creek, is one of the twenty sub-watersheds that makes up the Bow River Basin, and all these watersheds drain into—you guessed it—the Bow River.

"People need water and rely on water. You need water for everything—farming, food, living—anything, so it's important to care about watersheds" – Ross Anderson, Watershed Field Coordinator.

Water is essential for life, and clean water is especially vital. That's why it's so important to collect and share data on watershed health. Historically, data collection in Fish Creek Provincial Park has been sparse, but we at the Friends are changing that! Together with a team of

dedicated volunteers, our ecology team is examining the watershed from multiple angles, including:

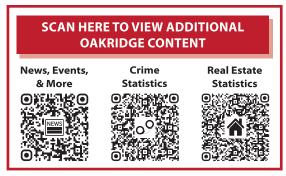
- Creek health (water temperature, quality, and flow
- · Beaver activity mapping and management
- Cataloguing areas of bank erosion
- Invasive plant monitoring and removal
- · And much more

By collecting data and performing large studies like the current fish inventory, we're creating baseline measurements for our watershed. We'll use this data to get a better understanding of the creek's health and manage and protect the critical ecosystem that is Fish Creek for generations to come.

"Once you have all that data, and you have a better idea of what's going on in the creek, you can manage things differently. If you find areas [that are] struggling or unhealthy, then you can focus on those to improve them" - Ross Anderson.

To learn more about the Friends of Fish Creek, or to volunteer, please visit us at www.friendsoffishcreek.org or follow us on social media: @fishcreekpp (Facebook, Instagram).





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

This summer was a great one for Oakridge Sage Gatherings. Along with our new name and logo, we have a comprehensive list of things that the group will be doing from September 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 four 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.

The September 3 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.

#### **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.

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!

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

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

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.

**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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#### Age-Friendly Calgary Essential Numbers for Seniors in Calgary

#### **9-1-1** Emergency (24-Hour)

For EMERGENCY medical, fire, and police response. Call the non-emergency police line at **403-266-1234** to report an incident that is not an emergency.

#### **8-1-1** Health Link (24-Hour)

Health advice (including dementia advice) from a registered nurse.

#### 3-1-1 City of Calgary (24-Hour)

Information on all City of Calgary services. www.calgary.ca.

## **2-1-1** Community Resources (24-Hour)

Information and referrals for community and social services. www.ab.211.ca.

## **403-SENIORS (403-736-4677)** The Way In

Information, advice, and help accessing programs and benefits for older adults.

**403-266-HELP (403-266-4357)** Distress Centre and SeniorConnect (24-Hour)

Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).

#### **403-943-1500** Access Mental Health

Non-urgent advice on navigating the addiction and mental health system.

## **403-705-3250** Elder Abuse Resource Line (24-Hour)

Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines



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Saturday, September 27

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