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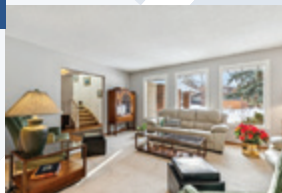
H 4 BEDROOMS UPSTAIRS

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H WALKING DISTANCE TO SOUTH GLENMORE PARK

H NEWER FURNACES AND WINDOWS

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

DIRECTORY

Beavers/Cubs/Scouts	Steve Ecclestone secclestone69@gmail.com	403-253-8662
Before/After School Program Manager	Kelly Krebs	403-238-9322
Bingo Volunteers	Darrell Ogden	403-238-0007
Silverbitch Girl Guides	any-calgarysilverbitch@girlguides.ca	
Neighbourhood Partnership Coordinator	Cathi Groves	403-476-7290
Oakridge Curling Club	Rick Waraksa oakridgecurling@gmail.com	403-281-4733
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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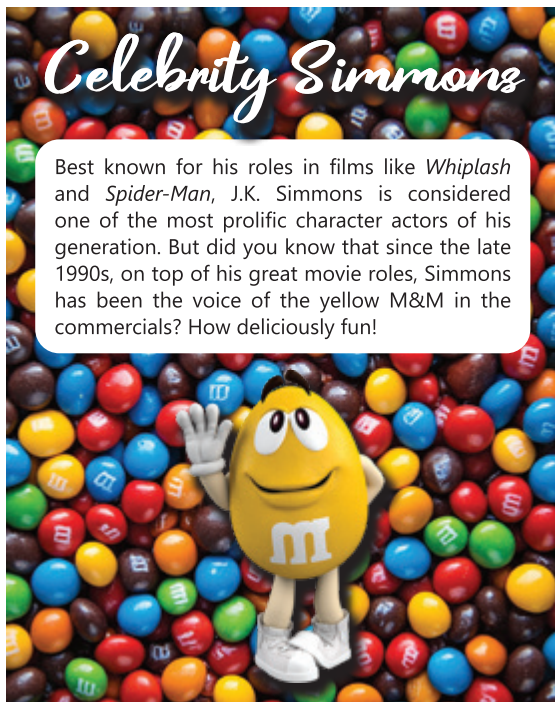


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Best known for his roles in films like *Whiplash* and *Spider-Man*, J.K. Simmons is considered one of the most prolific character actors of his generation. But did you know that since the late 1990s, on top of his great movie roles, Simmons has been the voice of the yellow M&M in the commercials? How deliciously fun!



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Casino Fundraiser: Powering Programs at Oakridge Community Centre

The Oakridge Community Association's Casino Fundraiser is one of the most important ways we raise funds to support the programs, activities, and spaces that bring our neighbourhood together. While the event itself happens over a short window, the impact lasts all year—helping us keep the Oakridge Community Centre active and welcoming for residents of all ages.

As a community association, we work hard to keep fees reasonable and to offer a wide range of recreation and social opportunities. The reality is that operating and maintaining community spaces takes resources: equipment needs replacing, programs need supplies, and facilities require ongoing care. The Casino Fundraiser provides significant funding that helps bridge the gap between what it costs to run quality community programming and what we can reasonably charge families.

Where The Funds Go

Casino proceeds help strengthen the community centre in practical, visible ways. Funding supports:

- Recreation and social programs that help residents stay active, connected, and engaged
- Family and youth activities that create safe, positive spaces to learn and belong
- Community events and seasonal celebrations that build neighbourhood spirit
- Facility improvements and maintenance that keep our spaces safe, functional, and enjoyable
- Equipment and program supplies that improve the quality of what we can offer

Our next casino fundraiser is scheduled for June 16 and 17, 2026 at the Deerfoot Inn and Casino.

This fundraiser is only possible because of the amazing volunteers who step up to cover the various shifts required during casino dates. If you would like to volunteer your time, please visit www.oakridgecommunity.ca.

YOUR CITY OF CALGARY

Winter Tips to Keep Our Rivers Healthy

by The City of Calgary

When snow melts, water runs off our streets, driveways, and yards, and ultimately ends up in our rivers, creeks, and wetlands. This runoff is called stormwater. Stormwater picks up garbage, chemicals, pet waste, salt, gravel, dirt, and other debris, washing it into our storm drains and our rivers.

The City of Calgary and Calgarians need to work together to manage our stormwater. In newer communities, The City uses storm ponds to help naturally treat stormwater by slowing the flow, allowing sediment and pollution to settle before entering our rivers. While these are found in newer communities, stormwater is not cleaned by a treatment plant, which is why keeping it pollution free is so important. Clean stormwater ensures our rivers, creeks, and wetlands, as well as local wildlife and fish, remain healthy for future generations.

Together we can keep our rivers and creeks healthy by:

- Shovelling shortly after it snows to prevent ice and reduce salt, sand, or gravel use.
- Following the manufacturer's instructions if using salt on your driveway or sidewalks, so you're not using more than needed.
- Sweeping up excess salt, sand, and gravel from your driveway and sidewalks.
- Continuing to pick up pet waste and litter off the ground and dispose of them in the right disposal bin.

What ends up on our streets, ends up in our rivers. For more tips and information, visit calgary.ca/stormwater.



Oakridge Sage Gatherings - Where Caring and Wisdom Meet Community

We started 2026 with a great plan for the coming year at Sage Gatherings. Our first meeting was on January 7 and we now have our speakers lined up for the next five months. There will be many more opportunities for you to attend speaker's events in the coming months, please watch for it in this space of the *Echo*.

We are very fortunate to have many wonderful members who are willing to share their time and experiences with us, or they are connected to others who are very generous with their time and knowledge. Please join us for our presentation next month and stay tuned for the rest of our 2026 lineup!

If there is something you are interested in hearing or learning more about, please reach out with your ideas to Bruce at oakridgesagegatherings@gmail.com.

February Presentation

11:00 am, Second Floor, OCC

We do suggest registering for these events as seating is limited; rsvp@sagegatherings.ca.

- February 4: The speaker for February will be Nagwan Al-Guneid, 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.
- March 11: The speaker will be Brian Hawco with Pinnacle Group, he will be speaking about choosing the right contractor for the right job for any home renovations. Brian will also work through how to determine the scope of your project and ensure that the plan meets the needs you are trying to achieve.

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 entrance for information.

Weekly Drop-In Chats

Our weekly drop-in chats are on Wednesdays from 9:30 to 11:00 am (ish) in the main foyer. Everyone is welcome to join in. We often have shorter presentations with our coffee, friendly conversations, and planning sessions for future events, and we always welcome

newcomers. Please email Bruce Sutherland at oakridgesagegatherings@gmail.com if you would like to be added to the weekly information email for things happening for the following week and updates on our walks. Please note that our coffee meetings will start again on January 7, 2026.

Caring Committee News

We have a group within Sage Gatherings whose purpose is to reach out and support those in our group in need. Caring for one another is a key pillar of our Sage Gatherings Community. We often visit members in the hospital, take people to appointments or to get groceries, and will try to support and assist with the needs of those who may be infirm, housebound, or just need help fixing something that is broken. You're invited to become a part of our Wednesday morning coffee gatherings and be a part of this wonderfully connected group, please join us.

Weekly Walks

Tuesdays, 10:00 am Meet Up

We meet every Tuesday to walk together, head for coffee, and do a lot of catching up!

Oakridge area outdoor walks during nice weather.

First Tuesdays of the Month - 24 St and 90 Ave SW, Southeast Glenmore Parking Lot, (by the Water Park) Walk East to Heritage Park.

Second Tuesday - 90 Ave and Oakmount Dr, Glenmore Southwest Parking Lot; Walk West to the Weaselhead Flats National Park.

Third Tuesday - Oakridge Community Centre, Pathways and Parks in the Neighbourhood.

Fourth Tuesday - South End of BEBO Grove, Fish Creek Park, different route each month.

As the weather changes so do our walking plans. We set clear guidelines for the weather and as snow and ice begin to accumulate we will often change the plans above and walk at Chinook Centre. Please check Bruce's weekly email for updates. If you are not on the email list but would like to be added, please send Bruce an email at oakridgesagegatherings@gmail.com.

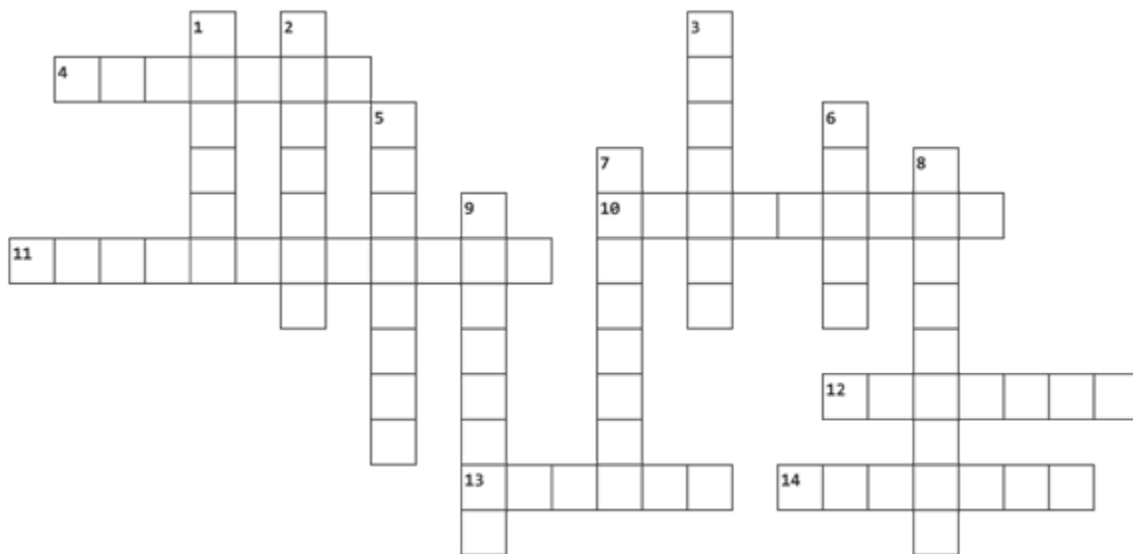
For Any Questions

Walking Contact: Text or call Gary at 403-831-5682.

Jill Sutherland

Sage Gatherings

February Crossword



Across

4. Islam's holy month of fasting, prayer, and reflection, called _____ starts on February 17 this year.
10. On February 2, 1653, what is now called New York City officially became a city, but it was known as New _____ at the time.
11. Comedian Leslie Nielsen was born on February 11, 1926, in Regina, _____.
12. Canada's twelfth Prime Minister, Louis St. _____, was born on February 1, 1882, in Compton, Québec.
13. The first volume of this English Dictionary was published on February 1, 1884.
14. The first documented street celebration of Mardi Gras in New _____ took place on February 27, 1827.

Down

1. This North American country celebrates National Flag Day on February 15 annually.
2. During the 1988 Calgary Winter Olympics, the bobsleigh team from this Caribbean nation inspired the movie *Cool Runnings*.
3. At the 26th Grammy Awards on February 28, 1984, Michael _____ won an astonishing eight Grammys!
5. Pope _____ XVI announced his resignation from the papacy on February 11, 2013.
6. The 2026 Chinese Zodiac is this equine beauty.
7. Min Jin Lee's New York Times bestselling novel, _____, follows a Korean family who immigrate to Japan and was first published on February 7, 2017.
8. The XXI Winter Olympic Games were held in this Canadian city in 2010.
9. On February 4, 2004, this social media platform was launched from a Harvard dorm room.



Visit bit.ly/mycalgaryanswers
or scan the QR code for the answers

Staying in Relationships Thinking the Other Person Will Change, Now What?

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



In romantic relationships, the hope that someone will change is incredibly common, and very human. Here's the why:

We fall in love with potential, not just reality. Early connection, chemistry, and shared dreams can make us focus on who someone could be rather than who they consistently are.

Love activates optimism and attachment. Attachment bonds naturally create hope. Our nervous system prefers security over loss, so we hold onto the idea that change will come rather than face the pain of disappointment or separation.

We confuse influence with control. Healthy relationships do involve growth and compromise, but that can slide

into the belief that love, patience, or suffering will eventually motivate change in areas that are actually character-based or deeply ingrained.

Familiar patterns feel safer than unfamiliar outcomes. Even dissatisfaction can feel safer than the uncertainty of leaving—especially if someone grew up adapting to others or earning love by tolerating discomfort.

Cultural narratives reinforce it. We're taught that love "fixes," that commitment means endurance, and that leaving equals failure rather than discernment.

Acceptance doesn't mean approval. It means clearly seeing who someone is right now, and asking: Can I live peacefully with this if it never changes? If the answer is no, the work isn't to force acceptance—it's to honor that

truth. Real intimacy grows when we choose people for who they are, not who we hope they'll become.

Here are practical ways to shift your inner narration and cultivate acceptance of your partner—without abandoning your own needs or values (unless the situation is unsafe or abusive):

1. Separate “preferences” from “deal-breakers”

Narration shift: “I don’t like this” to... “This is uncomfortable, but not unsafe or violating.”

2. Replace fantasy with reality statements

Narration shift: “They would be perfect if...” to... “This is who they are today, consistently.”

3. Translate irritation into meaning

Ask: What does this trigger in me; fear, unmet needs, old wounds?

Narration shift: “They’re the problem” to... “This brings up something important in me.”

4. Use compassion without justification

Narration shift: “They shouldn’t be this way” to... “I can understand why they’re this way, without agreeing or excusing.”

5. Practice present-tense acceptance language

Use phrases like: “This is what’s here right now.” or... “I don’t have to solve this today.”

6. Stop future-bargaining

Narration shift: “Once X happens, then I’ll be okay” to... “If nothing changes, how do I feel about this life?”

7. Name your choice clearly

Narration shift: “I’m stuck” to... “I am choosing to stay for now, with eyes open.”

Choice restores agency and reduces resentment.

8. Practice grief, not resistance

Acceptance often requires grieving the partner you hoped for.

Narration shift: “This shouldn’t hurt” to... “Of course this hurts.”

9. Anchor acceptance in boundaries

Narration shift: “I have to accept everything” to... “I accept who they are and I choose how close I stand.”

10. Use curiosity over judgment.

Narration shift: “They’re wrong” to... “This is different from me—what does that mean for us?”

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OAKRIDGE MONTHLY

Market Stats

SINGLE FAMILY

-  ACTIVE: 3
-  SOLD: 2
-  PENDING: 1

ROW/TOWNHOUSE

-  ACTIVE: 1
-  SOLD: 4
-  PENDING: 2

Above stats are current within the last 60 days.

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