

FEBRUARY 2023

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THE OFFICIAL OAKRIDGE COMMUNITY NEWSLETTER



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BEER TASTING
February 24, 2023

7:00 - 9:00pm

Oakridge Community Centre
(Upper Level)

FREE FAMILY DAY SKATE

Monday February 20, 2023

Oakridge Community Centre
Indoor & Outdoor Ice (weather permitting)

1:00 - 3:00pm



Make sure you have the right representation
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Steve Hunter 403-921-0801 Grant Hunter 403-478-9208 Randy Keylock 403-200-1111

OAKRIDGE
DENTURE & IMPLANT
CENTRE



We are moving and have changed our name! Our new address is Suite 245, 125 Oakmoor Plaza SW which is in the new Co-Op Professional Centre on the southwest side of the shopping centre. The location has two elevators and ample free parking close to the building for your convenience.

Along with the new location, we are now operating under the name of Oakridge Denture & Implant Centre, which reflects our many professional services.

Charles and the staff look forward to seeing you in our new clinic. Please give us a call to set up an appointment and ensure we are in our new location. Our phone number is still 403-251-1522.

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OakridgeDentureCentre@gmail.com

www.OakridgeDenture.com

403-251-1522

Charles Gulley, DD, F.C.A.D.
Denturist, Denture Specialist

**SUNDAY BRUNCHES, VALENTINE'S DAY TEAS,
A NEW EXHIBIT, AND SO MUCH MORE...**

Create lasting memories at Canada's largest living history museum. From Sunday Brunches and Valentine's Day Teas, to the grand opening of a Chinatown exhibit in Gasoline Alley Museum, there's something for everyone to enjoy this winter season! Your Annual Membership is the key to a full year of memorable experiences.

15% OFF GIFT SHOP PURCHASE!

Valid until Mar. 1, 2023. Must be presented at time of purchase. Excludes ice cream and sale items. Cannot be combined with any other offer. No cash value. heritagepark.ca



Check out all the upcoming events and activities at heritagepark.ca

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

8:00 am to 4:00 pm weekdays

Complex Manager

Sandy Fitzgibbon

Maintenance

Ron Lukie, Jay Stewart,
Matt Brewster

Hall Rentals

- Contact Sandy weekdays at the centre, 8:00 am to 4:00 pm.
- Space available for socials, meetings, wedding receptions
- Our large hall holds approximately 200 people with 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	587-830-2793
Past President	Gerry Stoddart	403-238-9715
Treasurer	Matt Joyce	587-215-2529
Secretary	Birgit Granberg	403-472-3301
VP Complex	Jim Anderson	403-970-4211
VP Membership	Lincoln Mitchell	403-471-4170
VP Social	Dave Thomson	403-835-7475
VP Sports	Steve Hunter	403-921-0801
VP Fundraiser	Vacant	
VP Civic Affairs	Hugh Stewart	403-386-0304
VP Civic Affairs	Terry Kemp	403-616-9935
VP Community Affairs	Dale Evans	403-281-3473
VP Communications	Gary Davies	587-890-8609
Directors at Large	Ian MacRae, Rachael McCarthy	

DIRECTORY

Beavers/Cubs/Scouts	Lori Baher loribaher@hotmail.com	403-253-8662
Before/After School Care	Kelly Krebs	403-238-9322
Bingo Volunteers	Sandy Fitzgibbon	403-238-0007
Silverbirch Girl Guides	anycalgarysilverbirch@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	Paula MacWilliam	403-281-8348
Quick Fit	Sandy Fitzgibbon	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
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.



Oakridge
Community Centre
**WINTER
DANCE
CLASSES**

Nov 28
to Feb 27
Mondays & Thursdays



scan for more info



thedancecompound

PLUMBER



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Call Bob: 403-461-3490

Looking For Volunteers

If you have ideas about potential community events and some time to help organize them, the Oakridge Community Association would like to hear from you. Please send us an email to oakcomm@telus.net with your idea(s) and contact information, and we will be in touch.




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12% off the regular *price
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Now Hiring

Job Posting

Organization: Oakridge Community Association

Position Description: General Manager (G.M.)

Reports to: Board of Directors

Term: Full-Time

Hours of Work: Full-Time, Various hours based on hours per week.

Salary: Based on experience, education, and skill level.

Benefits: Health Spending Account, bonus based on performance.

Overview:

The Oakridge Community Association was established in 1970. A volunteer Board of Directors, passionate staff, and countless members and volunteers contribute to making Oakridge one of the best communities to live in Calgary, voted the 2022 best Community in SW Calgary.

Position Overview:

The G.M. is responsible for the overall operation of the organization including supporting organizational development and good governance, ensuring sustainable and responsible financial management, including fund development. Oversight of facility operations, program and event offerings, while acting as leader, creating a culture of respect and community. The successful candidate must be able to act independently and exercise sound judgment. Typical duties will include the following:

- Work with the Board of Directors on strategic planning of the organization and develop an operational plan
- Ensure policies and procedures are in place and enforced to mitigate risk and encourage consistency
- Monitor and evaluate program and event delivery to maintain quality and relevance to strategic direction
- Oversee the planning, implementation, execution, and evaluation of special projects
- Establish relationships with stakeholders including funders, politicians, and other organizations to help achieve the goals of the organization
- Oversee facility upgrades and renovation projects ensuring proper lifecycle planning and present recommendations on capital expenditures to the Board of Directors

- Manage purchasing and leasing contracts necessary for the efficient operation of the facility in accordance with the License of Occupation and Board Policy
- Oversee the administration of the financial affairs of the association ensuring sustainable, responsible planning and budgeting throughout the organization
- Research, prepare, and manage grant applications and other funding activities ensuring compliance with funding conditions including program reports
- Identify and evaluate risk to the organization including people, property, finances, goodwill, and image. Implement measures to control exposure including ensuring appropriate insurance
- Be a role model for staff, customers, residents, and other stakeholders representing the values of the organization
- Lead staff and volunteers in a manner that fosters an open, positive, creative, and trusting professional environment
- Other duties as the Board of Directors may require from time to time

Skills and Experience:

- Minimum of five years relevant management experience preferably, in a not-for-profit organization
- Undergraduate degree in not-for-profit management, business management, or related field preferred
- Ability to work collaboratively with diverse stakeholders
- Experience in working with a volunteer Board of Directors and strategic plan
- Strong leadership skills with ability to guide, motivate, and inspire self and others
- Solid understanding of financial and business planning practices
- Exceptional communication skills, both written and verbal, with a range of audiences
- Criminal and vulnerable sector record check will be required
- Intermediate skills with Microsoft Word, Excel, Outlook, and Simply Accounting

To apply, please send resume with cover letter to oakcomm@telus.net.



Oakridge Racquet Club

2023 Summer Program

9504 Oakfield Dr SW Calgary AB (403) 238-0007

Email: oakcomm@telus.net oakridgecommunity.ca

ORC MEMBERSHIP

An annual Oakridge Community membership is required to join Oakridge Racquet Club. ORC membership includes online booking for play and drop-in sessions. To purchase your community membership please go to our website at oakridgecommunity.ca and click on ***purchase your association membership***. Then continue with purchasing your ORC membership.

Oakridge Community Membership

Membership Type	Annual Fee
Household	\$40
Senior Household	\$20

Oakridge Racquet Club Membership

Membership Type	Early Bird April 30th	Regular Season
Individual	\$113	\$118
Senior	\$88	\$93
Couple	\$195	\$205
Senior Couple	\$175	\$185
Family - with kids under 18	\$225	\$235
Junior - under 18 not with family	\$25	\$25

EARLY BIRD pricing in effect from February 15 to April 30, 2023

Tennis

Day	Time
Mon/Wed/Fri	9:30-11:30am
Thursday	6:30-8:30pm
Saturday	9:30-11:30am
Sunday	3:00-5:00pm

Pickleball *(usually held on courts 5 and 6)*

Day	Time
Tuesday/Thursday	9:30-11:30am
Thursday	6:30-8:30pm
Saturday	9:30-11:30am
Sunday	9:30-11:30am

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Coffee & Chat 1 8:00 am - 12:00 am Line Dancing 10:00 - 11:00 am Yoga with Jane 7:30 - 8:30 pm	Member Skate 2 2:30 - 4:30 pm Dance Compound 5:45 - 8:00 pm	Line Dancing 3 9:30 - 11:30 am	
Member Skate 5 2:30 - 3:30 pm	Dance Compound 6 (Children's Dance) 5:00 - 7:15 pm	Member Skate 7 3:00 - 4:30 pm Line Dancing 5:30 - 8:30 pm	Coffee & Chat 8 8:00 am - 12:00 am Line Dancing 10:00 - 11:00 am Yoga with Jane 7:30 - 8:30 pm	Member Skate 9 2:30 - 4:30 pm Dance Compound 5:45 - 8:00 pm	Line Dancing 10 9:30 - 11:30 am	
Member Skate 12 2:30 - 3:30 pm	Dance Compound 13 (Children's Dance) 5:00 - 7:15 pm	Member Skate 14 3:00 - 4:30 pm Line Dancing 5:30 - 8:30 pm	Coffee & Chat 15 8:00 am - 12:00 am Line Dancing 10:00 - 11:00 am Yoga with Jane 7:30 - 8:30 pm	Death Ed. Series 16 10:00 - 11:30 am Member Skate 2:30 - 4:30 pm Dance Compound 5:45 - 8:00 pm	Line Dancing 17 9:30 - 11:30 am	
Member Skate 19 2:30 - 3:30 pm	FAMILY DAY 20 SKATE 1:00 - 3:00 pm	Member Skate 21 3:00 - 4:30 pm Line Dancing 5:30 - 8:30 pm	Coffee & Chat 22 8:00 am - 12:00 am Line Dancing 10:00 - 11:00 am Yoga with Jane 7:30 - 8:30 pm	Death Ed. Series 23 10:00 - 11:30 am Member Skate 2:30 - 4:30 pm Dance Compound 5:45 - 8:00 pm	Line Dancing 24 9:30 - 11:30 am BEER TASTING 7:00 - 9:00 pm	
Member Skate 26 2:30 - 3:30 pm	Dance Compound 27 (Children's Dance) 5:00 - 7:15 pm	Member Skate 28 3:00 - 4:30 pm Line Dancing 5:30 - 8:30 pm	LEARNING EXPERIENCE LTD. PRESCHOOL: Weekdays September to June, 8:30 am - 3:30 pm BASC PROGRAM (SCHOOL-AGE CARE): Weekdays September to June, 7:00 am - 6:00 pm			

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.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

The Northernmost Settlement



Alert, Nunavut (Qikiqtaaluk Region) is the northernmost settlement in the entire world; this scientific and military hub is only 817 kilometres from the North Pole! February is typically Alert's coldest month and unbelievably, their record temperature low is -50 °C. I don't know about you, but Calgary isn't sounding so bad in comparison!

Help your community and become a **BINGO** Volunteer!



The **Oakridge Community Association** requires volunteers to work monthly bingo's at the Bingo Barn in NE Calgary.

For each bingo worked you would receive a **\$50 Bingo Buck** that can be spent on any activity that is run through the Community as well as numerous sports organizations, Learning Experience Ltd. Preschool, BASC and HAP Programs, and Southland Leisure Centre just to name a few!

Please contact **Sandy** if you can help out at
(403) 238-0007 oakcomm@telus.net

BEER TASTING

FEBRUARY 24, 2023

7:00 – 9:00 PM

UPPER LEVEL, OAKRIDGE COMMUNITY CENTRE

OCA MEMBERS: \$45.00

NON-MEMBERS: \$55.00

Join us for an evening of Beer Tasting hosted by **AARON PRAVDA** beer Guru, at **J. WEBB**. During the event, we will be tasting 8 beers with cheese boards provided by Peasant Cheese. Each participant will also receive a 10% discount voucher for purchase of beer at J. Webb at a later date.

TICKET PURCHASE ONLINE AT [OAKRIDGECOMMUNITY.CA](https://www.oakridgecommunity.ca)

PROTECTING FAMILIES

PROTECTING

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DO YOU HAVE A
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PROTECTING FAMILIES

Residential Traffic Concerns

The Residential Traffic Safety Unit (RTSU) is a unit created to specifically address residential traffic issues. Our strategy is to utilize citizen feedback to develop our operational response. We focus on playground zones, pedestrian rich areas, and other high-risk locations identified through collision data analysis. The RTSU is attached to the Traffic Section of the Calgary Police Service.

We strongly emphasize public awareness and education, facilitating citizen engagement by attending Community Association Board meetings to discuss the Traffic Service Request System (TSR). The TSR is a key tool to help Calgary Police Service monitor and track traffic safety issues.

The RTSU also utilizes strong collaborative relationships with City partners on traffic concerns requiring resolutions other than enforcement, such as sign changes, installation of crosswalks, Rectangular Rapid Flashing Beacons, extension of playground zones, etc.

We can further assist by liaising with established community partnerships. This includes MLA offices, City Councillor offices, and Neighborhood Committee Coordinators as we continue to expand events attended by the RTSU.

OAKRIDGE COMMUNITY ASSOCIATION'S



QUICKfit
30 MINUTE
CO-ED CIRCUIT TRAINING

FEES
Individual: \$200.00/ calendar year (unlimited visits)

COMMUNITY MEMBERSHIP (also required)

Adult	\$40.00
Family	\$40.00
Seniors (60+)	\$20.00

(Community Membership is from May 1 to April 30)

HOURS

	Sept to June	July / Aug
Monday to Thursday	8 am to 8 pm	8 am to 5 pm
Friday	8 am to 4 pm	8 am to 5 pm
Saturday	8 am to noon	closed
Sundays / Holidays	closed	closed

REGISTRATION
Sandy (403) 238-0007
oakcomm@telus.net

LOCATION
Oakridge Community Centre - Main Level
9504 Oakfield Drive SW T2V0L1



**NEIGHBOURHOOD
COFFEE AND CHAT**

WEDNESDAY MORNINGS
8 AM – 12 PM

JETANA CONCESSION STAND
OAKRIDGE COMMUNITY CENTRE



Overcaffeinated?

Many people don't realize that caffeine is a drug. It's a stimulant that's found in many types of pain and cold medicine, as well as in foods and drinks, including coffee, tea, chocolate, some energy drinks, and some painkillers.

What Are the Short-Term Effects?

The effects of caffeine usually start within five to 30 minutes and can last from eight to 12 hours.

Larger amounts of caffeine can:

- cause shaking
- make you have trouble sleeping
- make you very agitated
- cause a fast, irregular heartbeat (might feel like your heart is racing)
- make you feel irritable, restless, and nervous

People who have panic attacks shouldn't use large amounts of caffeine. It can trigger nervousness and anxiety, and they might be more sensitive to its effects.

It's rare for adults to die from a caffeine overdose. However, children can die from as little as one gram of caffeine. A single cup of coffee contains between 40 and 180 mg.

Caffeine doesn't decrease your appetite so there's no point in using it to diet or decrease your hunger.

Caffeine doesn't help you sober up if you are drunk.

As your body gets used to caffeine, it needs more and more of it to get the same effect. As the amount of caffeine goes up, so does the risk of side effects.

You can become mildly dependent on caffeine from regularly drinking 350 mg (about two to four cups of coffee) a day. If you suddenly stop drinking caffeine, you might have withdrawal symptoms such as:

- headaches
- problems sleeping
- feeling irritable, tired, and depressed
- lack of energy
- feeling down
- having trouble focusing or concentrating

Withdrawal symptoms begin 12 to 24 hours after you stop caffeine. Most symptoms go away within a few days.



What Are the Long-Term Effects of Caffeine?

More than 300 mg of caffeine (about two to three cups of coffee) in a day may be linked to miscarriages and low-birth weight babies. Caffeine is passed through breastmilk, which might make your baby irritable or have trouble sleeping. If you're pregnant or breastfeeding, you may want to limit or avoid all caffeine.

Some women who drink more than three cups a day may be at risk of bone fractures as they get older.

Regular use of more than 600 mg of caffeine might cause long-term effects including chronic insomnia, constant anxiety, depression, and stomach problems. It can also cause high blood pressure or make high blood pressure worse.

Caffeine and Young People

Because their bodies are smaller, caffeine may have a stronger effect on a child than on an adult. Children who drink pop or energy drinks with caffeine might feel anxious, be irritable, have trouble sleeping, or wet the bed.

Some teens and young adults who use a lot of caffeine may have health problems like an increased or abnormal heart rate or chest pain. If this happens, they may need to go to the hospital or need an ambulance.

For more information on caffeine and health, call the 24-hour Addiction Helpline at 1-866-332-2322.



FREE FAMILY DAY SKATE

Monday February 20th, 2023

Oakridge Community Centre

1:00 – 3:00 pm

Indoor Ice as well as Outdoor Ice
(weather permitting)

Mom and Dad, bring the Kids,
Grandma, Grandpa, Aunt Betty and Uncle Jim!

MEMBERS . . . FREE!

It's all about FAMILY! See you there!

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info@officialplumbingheating.ca

official-plumbing-heating.ca

Death Education Series

Oakridge Community Centre Upper Level
Thursday's February 16 to March 23, 2023
10 am to 11:30 am

There can be a lot of curiosity and uncertainty about preparing for the end of life, yet many people are afraid or uncomfortable talking about it. Having paperwork in order, understanding what may happen, and being able to create meaning in our lives can contribute to an easier and more peaceful death. This series gently explores different aspects of facing our own mortality and provides practical information that serves anyone, no matter their age or health status.

Laura Silver is a Death Doula Candidate with the Home Hospice Association. After spending almost 20 years in provincial health care policy and systems project management, she has recently turned towards formalizing her knowledge and interest in helping people have "a good death". Death Doulas seek to provide loving and compassionate support to anyone nearing the end of life.

- Workshop One: Introduction to the Work of Death Doulas
- Workshop Two: Your Life in Review - How to Create Meaning
- Workshop Three: What is a Legacy?
- Workshop Four: Death and Dying
- Workshop Five: What happens before and after death in Alberta?
- Workshop Six: Grief and Bereavement



WORKSHOP SERIES
\$70 OCA Members
\$120 OCA Member Couple
\$90 Non-Members
\$160 Non-Member Couple

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oakridgecommunity.ca

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FRIENDS *of* Fish Creek

February in Fish Creek

Show Your Love for Fish Creek this Valentine's Day

Are you looking for a gift for that special someone this Valentine's Day? The Friends have some amazing gift ideas that will not only warm the heart of your valentine, but will also help support Fish Creek Provincial Park. Through the Friends' brick program, you can donate a personalized brick within the Fish Creek Community Terrace at the Bow Valley Ranch. Bricks will be installed this summer and the Friends will provide a certificate that you can give to your valentine. You can also make a dedication donation to the Friends in honour of your special someone and we will provide them with a personalized certificate. A dedication gift is perfect for anyone who cares about Fish Creek, enjoys visiting this park, and would like to see it preserved for future generations. For more information, please visit the Friends' website.

Brick Program: <https://friendsoffishcreek.org/brick>

Dedication Gift: <https://friendsoffishcreek.kindful.com/?campaign=1048472>

Fish Creek Speaker Series 2023

We are so happy to announce that the Fish Creek Speaker Series is returning to the Fish Creek Environmental Learning Centre for the 2023 season, and in an even more accessible format! Now we are putting technology to work to increase accessibility for audience members who may not be able to attend in-person, and so we can bring in presenters from further afield. Presentations from February to March will take place virtually through Zoom. Online presentations may also be provided if presenters are located in a distant region. Upcoming Fish Creek presentations include Wild Wolf Watching in Yellowstone National Park on Thursday, February 9, presented by Kelly Hazen, and Environmental Impacts of Effluent Release on Thursday, March 9, presented by Matthew Bogard, University of Lethbridge. Stay tuned to the Friends website for more information about Fish Creek Speaker Series talks: <https://friendsoffishcreek.org/programs/speaker-series>.



Park Protectors Needed

Now is the perfect time of year to become a Fish Creek Provincial Park Protector! Fish Creek is a cherished natural green space that we are fortunate to have in the city, and all of the Friends' programs and activities are designed to help preserve biodiversity and ensure a sustainable park environment. The Park Protector monthly donor program is the most convenient way to support Fish Creek Provincial Park every day and you can rest assured that your hard-earned donation will be used effectively and efficiently right here in Fish Creek. For more information, please visit <https://friendsoffishcreek.org/park-protector-signup>.

Tru Earth Household Products – A New Partnership with Fish Creek

The Friends are pleased to partner with Tru Earth, a Canadian company that focuses on creating eco-friendly household goods. Tru Earth's products are designed to function the same - or better - than traditional products, but without all the plastic and other chemicals that are harmful for the planet. Order your Tru Earth household products today and the Friends of Fish Creek will earn at least 20% profit on every sale made through this exciting ongoing fundraiser. Check out Tru Earth and make a purchase to support the Friends of Fish Creek today. Visit the Friends' Tru Earth page at <https://bit.ly/37kyppt>.

MARCH 31, 2023

7:00 - 9:00 pm

WINE

Tasting

A (Tasting) Tour of Italy...

Come and enjoy an authentic Italian wine tasting as we have partnered with Calgary's longest standing, independent wine boutique, J. Webb Wine Merchant. The tasting will be led by General Manager and Sommelier, Rob Smith, who will pour a number of sparkling, white, rosé, and red wines from some of Italy's lesser known growing regions. Italy is home to over 600 indigenous grape varieties, many of which you may be unfamiliar with. So step out of your comfort zone, come and discover some of these great gems that may become your new favourites!

OCA Member: \$60.00

Non-Member: \$70.00

TICKETS AVAILABLE AT: oakridgecommunity.ca

OAKRIDGE COMMUNITY CENTRE

9504 OAKFIELD DRIVE SW
CALGARY, ALBERTA T2V 0L1



Decluttering? Tips for Selling Your Used Items Online

From the Better Business Bureau

The start of a new year is a great time to clean out your home and organize your living spaces. But what should you do with the gently used clothing, furniture, home items, or electronics that you aren't using anymore? Fortunately, online marketplaces, such as Craigslist, Facebook Marketplace, Ebay, and Poshmark, make it easy to sell without even leaving your home.

That said, there are a few perils to selling used items online. To avoid the dangers and to successfully make sales, BBB recommends the following tips.

How to Stay Safe When Making Online Sales

Choose an appropriate platform

Nerdwallet recommends that "before you sell stuff online to make extra money, determine the ideal venue for your goods." There are dozens of online marketplaces to choose from, but many of them focus on a specific kind of used goods, such as electronics or designer clothing. Before you create an account with a marketplace, make sure it is a good fit for the kind of goods you want to sell.

Know the worth of your items and price appropriately

To determine the value of an item you want to sell, Consumer Reports suggests searching for similar items on the site where you plan to list. If you are selling an item that was never used and is still in its original packaging, remember that technically it is still coming to the buyer second-hand, so you'll need to charge a little less than the original retail value if you want to make a sale.

Watch out for shady buyers

Con artists often pose as buyers in scams. Sometimes they offer to overpay for an item, but that's not their only tactic. Beware of buyers who ask you to make transactions outside of the selling platform or those who ask for personal information, such as your banking information.

Be extra cautious when making local sales

Some platforms allow you to meet up with people in your local area to exchange your item for cash in person. While this can be an effective way to sell big items and



avoid marketplace fees, use caution when meeting up with strangers. Don't be quick to give them your home address, instead ask buyers to meet you in a safe place, such as outside your local police department. Never meet up with a buyer you don't know alone. Always bring your partner or a friend to make the transaction.

Always protect your personal information

As you sell items online, keep your sensitive personal information under lock and key. Avoid communicating with buyers outside of the online platform you are using to make the sale and don't give out your home address, phone number, or email address.

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



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Mardi Gras

On February 24, 1857, New Orleans held its first Mardi Gras parade. Interestingly, attendees wore masks to conceal their identities and in so doing, they were able to escape society's rigid class constraints. Masks gave them the freedom to act however they wanted, with whomever. To this day, masks and parades remain sacred Mardi Gras traditions!



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A support group for 2SLGBTQ+ seniors



- Friendships*
- Social Events*
- Picnics*
- Role Models*
- Companionship*
- Coffee & Cookies*
- Movie Nights*
- Connecting with Youth*
- Making a Difference*
- Being Proud*
- Celebrations*

Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness.

As seniors, we also believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

To discover more, please contact us!

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