

DECEMBER 2023

YOUR OFFICIAL COMMUNITY NEWSLETTER

the WSCR news

BRINGING WEST SPRINGS, COUGAR RIDGE, & WENTWORTH TOGETHER



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WEST SPRINGS COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	23	26	16	\$747,450	\$741,150
September	23	12	18	\$775,000	\$768,250
August	23	16	12	\$520,500	\$508,250
July	23	24	21	\$699,900	\$695,000
June	23	24	28	\$599,450	\$609,000
May	23	27	18	\$697,350	\$733,500
April	23	19	23	\$954,900	\$949,650
March	23	29	26	\$659,700	\$650,000
February	23	18	8	\$876,950	\$862,000
January	23	12	9	\$649,900	\$715,000
December	22	5	11	\$459,000	\$459,000
November	22	6	11	\$499,999	\$498,000

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

COUGAR RIDGE COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	23	3	7	\$849,900	\$865,000
September	23	16	9	\$750,000	\$750,000
August	23	6	6	\$780,000	\$770,000
July	23	15	9	\$669,500	\$696,500
June	23	4	6	\$754,850	\$770,000
May	23	20	24	\$742,500	\$779,500
April	23	20	16	\$677,000	\$700,000
March	23	11	12	\$694,450	\$698,900
February	23	11	9	\$699,000	\$710,000
January	23	11	7	\$750,000	\$744,000
December	22	2	3	\$749,900	\$720,000
November	22	5	7	\$619,900	\$620,000

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

What does the WSCRCA do?

- We run youth and family related programs.
- We are your voice at City Hall. Dealing with planning and development proposals, traffic, parks and recreation, and a direct voice to our local City Councillor.
- We support community initiatives and events. Community clean up, Charity Stampede Breakfast, community garden, and so much more!

Community Association Versus Residents Association

The community of West Springs/ Cougar Ridge encompasses several subdivisions, some of which have a Residents or Homeowners Association. Both play an important, but different role, in the community.

COMMUNITY ASSOCIATION	RESIDENTS ASSOCIATION
✓ Membership is voluntary	✓ Membership is mandatory
✓ Represents all households in the WSCRCA boundaries	✓ Annual fees registered against property title. Fees must be paid in full prior to the sale of the home.
✓ Organizes community wide events and programs	✓ Maintains the landscaping and other amenities in the public green spaces for a specific subdivision

Check out our website, www.wscr.ca, for all that we do! Want to stay up to date and have early access to all our events and offerings? Become a member!

Become a West Springs Cougar Ridge Community Association Member

\$25 per Household or \$15 for Seniors

That gets you:

- Priority registration and discounts for WSCRCA run program and events.
- Support for a more vibrant community by supporting communitybased initiatives.
- Members only emails.
- The right to vote at the AGM if you are a WSCR resident.

You can still become a member even if you do not live in the community!

Purchase your membership online at www.wscr.ca.



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Soccer

With winter weather in full swing and the holiday season upon us, preparations for our summer soccer program are in full swing. The WSCRCA volunteers are already well into the early planning for our 2024 program.

Early bird registration will run from mid-January through to late February offering 30 to 40% savings.

Our program provides local community-based grassroots soccer for those born from 2012 to 2019. Our U4 and U6 age groups are gender mixed. U8 and U10 age groups offers separate programs for boys and girls.

More details can be found on our website: <https://wscr.ca/soccer/>. Our program runs on volunteers, and parents fill most of these roles. Volunteer positions require little knowledge of soccer, and many positions can be shared by more than one person. It is a fun way to get out and meet neighbours and get involved in the community. WSCRCA wants our volunteers to have an enjoyable experience and provides support and instruction.

We had a great 2023 season and are looking forward to an even better 2024.

Do not hesitate to reach out to us with any questions at soccer@wscr.ca.

Thank you in advance for your support.

Kim Paw and Steve Berman

WSCRCA Soccer Coordinator Volunteers



Hello, Ward 6,

Merry Christmas! Wishing you one filled with happiness and the laughter of those who matter most to you. I always look forward to the new year, as it brings hope and a renewed perspective on this great City we live in. I hope that 2024 is a year full of prosperity, health, and much joy for you and yours.

Looking back on 2023, the Ward 6 office staff are grateful to be your advocates, working with both your community and the City of Calgary Administration. Some of the things that our offices were asked to advocate for this past year were increased public safety, more traffic safety measures, removal of extraneous roadway signage, better traffic control at intersections, dead tree removal on boulevards, and much more.

One of Council's priorities this year is affordable housing for Calgarians. I am happy to support the Calgary Housing Strategy as I feel this comprehensive plan is crucial for addressing housing related challenges in our city and improving the quality of life for residents. I am looking forward to continuing this important work into 2024.

In October, I was selected to sit on ten Council committees. I will continue my work on the Audit Committee to ensure effective governance and compliance at the City. I am also excited to go back to my roots and join the Calgary Economic Development (CED) board. In the past, I helped CED to implement various investment initiatives and business retention strategies. I look forward to once again helping attract businesses and showcasing that Calgary is a liveable, welcoming, and prosperous city that any company will thrive in.

My office and I look forward to continuing our work with Ward 6 residents in building a community we are proud to live in.

Sincerely,

Richard



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Snow Angels Lend a Helping Shovel to Those in Need

The annual Snow Angels campaign is kicking off, encouraging residents to look out for one another by shovelling a neighbour's sidewalk.

A Snow Angel can be especially helpful to older adults, people with limited mobility, and anyone else needing help on a temporary basis. It's easy to be a Snow Angel. Just adopt a sidewalk and keep it clear when it snows. Watch for people in your neighbourhood who could use help removing snow and lend them a hand.

Each year, The City helps residents recognize Snow Angels through a printed certificate. Certificates can be downloaded from calgary.ca/SnowAngels or by contacting 311 via the web, mobile app, or phone to have one printed and mailed.

Snow Angels and their beneficiaries are also encouraged to share their Snow Angel story on social media using the hashtag #yycSnowAngels.

Thousands of Calgarians have been a Snow Angel in their community since The City's Snow Angels program began in 2004.



WSCRCA Volunteer Positions Available

We are looking for you!

Volunteering in your local community is a great way to learn what is happening around you, have your voice heard and make a positive impact to those around you. This is also an opportunity for you to introduce your skills in a positive way to your community.

We have a number of volunteer positions open and are looking for you (or someone you know) to sign up.

- Community Garden Coordinator
- Director of Building Safer Communities

You can find more information and sign up at www.wscr.ca/about-us/volunteering.

Thank you for supporting your local community!



Become a Member



We have strong community spirit in West Springs Cougar Ridge. Do your part and join the Community Association and, if you can, volunteer to make it even stronger – we can always use more help and it's a great way to meet residents of your community! Visit wscr.ca for more information.

KINGS' CHRISTIAN CENTER CHRISTMAS IS HERE!

Pastor Mannie warmly invites you and your family to join us for a lively worship as follows:

Date: Every Sunday

Time: 11:00am - 12:30pm

Address: 277 Strathcona Drive SW

To learn more about our happy congregation or for prayers, reach us through our social media.



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Here are books by Pastor Mannie:

The Dynamics of Godly Success | The Greatest Exchange | Dating Etiquette for Singles | The High-Functioning Marriage



EXECUTIVE COMMITTEE

Position	Name	Email
President	Angelina Marian	president@wscr.ca
Vice President	Karla Gibson	vicepresident@wscr.ca
Secretary	Carrie Akister	secretary@wscr.ca
Treasurer	Tenzin Sangalabrang	treasurer@wscr.ca
Board Executive Assistant	Kaitlin Mitchell	admin@wscr.ca

COMMITTEES

Committee	Director/Volunteer	Email
Building Safer Communities	Heather Zaba	safercommunity@wscr.ca
Charity Casino	Eileen Teasdale	casino@wscr.ca
Charity Stampede Director	Justin Barrett	
Communications	Heather Zaba	communications@wscr.ca
Newsletter	Brianna Norgaard	newsletter@wscr.ca
Website Editor	Caroline Anderson	
Treasurer Coordinator	Samantha See	
Community Garden	Mary MacLeod	
Community Recycling Event	Faheem Ahmed Angelina Marian	communityrecycling@wscr.ca
Membership	Eileen Teasdale	membership@wscr.ca
Sponsorship	Taiwo Adetola Latosia Campbell-Walters	sponsorship@wscr.ca
Planning and Development	Joseph Healey Linda Nesset Eileen Teasdale Denis Ho Yvonne Harper Renee Alessio	planning@wscr.ca
Soccer	Steve Berman Kimberly Paw	soccer@wscr.ca
Skating	Kimberly Paw	skating@wscr.ca
Traffic	Denis Ho	traffic@wscr.ca
Volunteers	Vacant	volunteer@wscr.ca
Directors at Large	Paul Ghazar Zoe Agashae	

WSCRC Board Meetings

Meetings are typically held on the second Wednesday of every month in the upstairs community room of the Calgary Co-op on 85 Street SW, however, we are presently meeting via Zoom video conferencing. Anyone in the community is welcome to attend these meetings. If you would like to discuss a particular issue or idea, please notify our secretary by email a week before the meeting at secretary@wscr.ca.

The WSCRC Planning and Development Committee meets on the fourth Wednesday of the month. Currently meetings are held via Zoom video conferencing. Anyone in the community is welcome to attend, and if you are interested in attending, please email planning@wscr.ca.

WSCRC Babysitters Group



You can stay in touch with your community by following us on Facebook and joining this FB Group. It's a great way to grow our community and keep up to date on what is happening in WSCR.

The WSCR Babysitters Group: A place where parents can find local babysitters, as well as where local babysitters, aged 12 to 25, can add themselves to the list to find jobs. Follow this group here: <https://www.facebook.com/groups/wscrbabysitters/>.

Follow the main WSCRC page here: <https://www.facebook.com/wscrca/>.

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Website: <https://wscr.ca>



Noble Victory – A Family's Autism Journey

by Mandeep K. Atwal

It seems like only yesterday we were nervously sitting in various doctors' offices listening to the struggles and hardships that our son may face as he navigated his autism journey. As a mother, I didn't know how I would make it through. I didn't know anything about autism, and I felt scared, sad, and alone. I felt like I was in a dream, and I just needed to wake up to end all of my anguish, fear, and heartache. How could this be happening to me? To my son? To our family?

So began our journey, and we navigated life raising a child with autism. Although we faced many challenges, disappointments, and uncertainty along the way, we also began to see our son for the amazing person he is, and the unique perspective he brings to this world. By watching him struggle and work ten times harder than a neurotypical child, my anguish, fear, and heartache turned into acceptance, strength, and advocacy. He made me stronger than I ever thought I could be.

When we first received my son's autism diagnosis, we thought we would be the ones helping him navigate his spiritual journey. However, over time, we have discovered that he is the one who has, in fact, helped every member of our family navigate our spiritual journeys. He has taught us so much about individuals in our society who learn and think in different ways, and this has made us more compassionate, more empathic, and fierce advocates for autism.

His younger sister has learned from his example and, every year since grade one, she started raising awareness about autism by doing presentations in her class. My husband and I would also go into our son's class and speak to his classmates about autism, hoping to eliminate the fear and stigma that often surrounds an autism diagnosis. I began volunteering within our community, and started doing autism awareness presentations at malls, childcare facilities, and other businesses. As our passion continued to grow, so did our advocacy. My son inspired me to write my first book about our family's autism journey, which was published this year. I wanted to do anything and everything I could to inspire and help other families as they navigated

through their autism journeys. When our son was diagnosed with autism it became a dream of ours to one day create an autism foundation so we could continue to support those with autism.

Today that dream has come to fruition. We created our not-for-profit autism foundation this year, and we will use the royalties from my book to establish sustainable supports for those with autism. We hope this foundation will be carried on by our children, who will continue our dream of ensuring a supportive, equitable, and inclusive world for those with autism. One little boy with autism was the inspiration, the catalyst, and the creator of a family's legacy. He is a teacher and a mentor.

Was this where I expected to be when we began our autism journey? No, it is not; however, it is better than I ever imagined, and there is no other place I would rather be. Our journey has not been an easy one, but I would not change one moment of it. I am so thankful that our son has given us the strength to help and inspire others as they navigate their autism journeys. It is through this strength and inspiration that we can help other achieve their noble victories.



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Transit Safety Strategy



On October 17, 2023, Council approved the Public Transit Safety Strategy.

This strategy includes:

- An integrated response between Calgary Police Service and Transit Peace Officers, who will be strategically stationed along the transit line, resulting in quicker response time to calls for service.
- An increase in the number of Transit Peace Officers on the transit system.
- Enhanced authorities for Transit Peace Officers to respond to safety incidents within a targeted response time.
- Coordinated dispatch of calls of services through Calgary 9-1-1.
- Improved station experiences for riders through standards of cleanliness and community engagement that focuses on building positive environments.
- Measures to ensure transit is used for its intended purpose of getting Calgarians where they need to be.
- Measures to help connect Calgarians experiencing vulnerabilities on and around the transit system to supportive resources.

Next steps:

- With the one-time operational budget of \$8.7 million that was approved by Council in June, we have already begun moving towards an integrated customer and safety service delivery model.
- This fall, our evolution to a district model will further progress with the opening of a third transit safety hub at Whitehorn.

- While The Public Transit Safety Strategy have been approved, implementation is subject to Council approval of the attached \$15 million budget during budget adjustments in November 2023.
- Administration will report to the Community Development Committee on progress made against the strategy.

For details on the Public Transit Safety Strategy refer to [Calgary.ca/TransitSafety](https://calgary.ca/TransitSafety).



We all know that water is wet (right?), but did you know that you can actually make water wetter, and that is exactly what firefighters do! There is an agent these heroes add to water to create a higher evaporation temperature, which can reduce the time it takes to put out a fire by up to 30%!

Prevent Food Scraps from Freezing to your Green Cart!

Wet materials can tend to stick to the cart making it difficult to come out during pickup. In the winter, this can also lead to material freezing inside the cart. Follow these tips to prevent material from sticking inside the cart:

- Crumple up flyer sheets into balls and put them in the bottom of your green cart before putting in any food or yard waste. You can also use newspaper, paper bags, or soiled pizza boxes.
- Use the end of a broomstick to stir and loosen up the material in the bottom of the cart before pickup day.
- If the material is frozen inside, wait for warmer temperatures to thaw the material out. Place your cart in sunlight if possible and use a stick to loosen up the stuck items.



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Opportunity to sponsor major events	No	No	Yes	Yes
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Frequency of rotating logos on all WSCRCA website pages	Low	Med	High	High
Sponsor logo on event banners	Yes	Yes	Yes	Yes
Sponsor logo on all community mass emails	No	No	No	Yes
Sponsor website link on WSCRCA website	Yes	Yes	Yes	Yes
WSCRCA sticker crest provided to sponsor	Yes	Yes	Yes	Yes

Learn more about sponsoring your local WSCRCA Community Association at www.wscr.ca/sponsors.

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Thank you, Cougar Ridge Residents.
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for your business over the past years.

Thank you for helping
us grow.

Happy Holidays!



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8 Tips for Beating Holiday Stress

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



Whether your holidays are celebrated in a secular way or are steeped in traditional religious meaning, they are meant to be filled with love, laughter, fun, and family closeness. However, for many of us, this can be a time of extreme stress. What we envision in our minds, see on social media, and depicted in holiday movies, can be truly unattainable. Trying to get everything just perfect to match our expectations evokes visions of the movie classic Christmas vacation. So much is well intended, however, the execution falls short at each turn. Making lists for gifts and groceries, cooking/baking, house guests, planning for celebrations, and family obligations can add up to stress for most people at holiday-time. Help prevent holiday stress with the following tips.

1. Plan ahead. You know how it goes with procrastination – Christmas Eve spent scrambling through shopping malls and madly wrapping gifts. Plan your shopping list a month ahead and schedule time to shop early. Prepare any meals or holiday treats a few weeks before the holidays.

2. Make time to relax. Take time for activities you enjoy and find relaxing. For example, enjoy reading in front of a fire, or go skating with a friend or the family. Don't compromise a relaxing winter evening for another night in the shopping mall. Stay home with the family having a hot chocolate creation day, holiday movies, and popcorn night or a family and friend potluck.

3. Put expectations in check. If you're hoping for perfection (from yourself or your holiday experience), you might be setting yourself up for disappointment. Be realistic in your holiday preparations and the holiday experience itself.

4. Look for help. Do not try to take it all on yourself. Connect with your spouse, family, and friends and share the responsibilities for holiday shopping, preparing, and

cooking. Perhaps a cookie exchange or a potluck style traditional dinner where you are only responsible for the turkey and the guests all bring another part of the feast.

5. Set limits. Commit yourself to a budget to alleviate post-holiday financial stress. Stick to a certain number of gifts purchased and/or money to be spent. Say "no" to extra holiday work and be honest with yourself about the amount of energy and time you can devote to holiday events and guests. If your social calendar is over-booked, say "no" to an extra pre-Christmas party.

6. Eat and drink but be healthy. Holidays are usually full of all your favorite things – including sweets, treats, and cocktails. Practice moderation while enjoying parties and holiday meals. This is the time of year, we need to get sufficient rest, healthy foods, and hydration to ward off colds and flus.

7. Let things go. If family and relative interactions this time of year tend to turn into blow-ups and unmet expectations, the holidays are not the time to resolve old issues. We've had 11 months to confront these challenges with others in a more controlled, respectful, and healthy way. Write your grievances down to address in the early new year to allow time to work through or resolve some of these ongoing issues.

8. Don't forget the fun! Remember the reason for all your holiday planning, a season for celebration and time spent enjoying your family and friends. Take the time to remember what this holiday season means to you and enjoy it! This is where mindfulness comes in, be present and take in all the wonder of the season with all your senses.

Wishing you and yours, good mental health and all the joys of the season.



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