

MARCH 2023

YOUR OFFICIAL COMMUNITY NEWSLETTER

# the WSCR news

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GAMES**

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SCAN THE QR CODE  
FOR THE SOLUTION



# 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](http://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](http://www.wscr.ca).

**SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE**

**WEST SPRINGS**



**COUGAR RIDGE**



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## EXECUTIVE COMMITTEE

Position	Name	Email
President	Paul Ghazar	president@wscr.ca
Vice President	Karla Gibson	vicepresident@wscr.ca
Secretary	Virginia D'Souza	secretary@wscr.ca
Treasurer	Lavender Murray	treasurer@wscr.ca
Board Executive Assistant	Katie Suen	admin@wscr.ca

## COMMITTEES

Committee	Director/Volunteer	Email
Building Safer Communities	Heather Zaba	safercommunity@wscr.ca
Charity Casino	Eileen Teasdale	casino@wscr.ca
Communications	Heather Zaba	communications@wscr.ca
Newsletter	Karen Riordan	newsletter@wscr.ca
Community Recycling Event	Faheem Ahmed Angelina Marian	communityrecycling@wscr.ca
Membership	Eileen Teasdale	membership@wscr.ca
Sponsorship	Taiwo Adetola	sponsorship@wscr.ca
Planning and Development	Joseph Healey Linda Nasset 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	Tyler Norgaard	volunteer@wscr.ca
Directors at Large	Justin Barrett Latosia Campbell-Walters	

## FOLLOW US ON

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- Twitter: [@WSCRCA](https://twitter.com/WSCRCA)
- Instagram: [@wscrca](https://www.instagram.com/wscrca)
- Website: <https://wscr.ca>



## 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](mailto: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](mailto: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/>.



# Youth Soccer

With the end of winter on the horizon, preparations for our summer soccer program are in full swing. The WSCRCA volunteers are already well into the planning for our 2023 program, with registration having opened February 1.

Registration is open until the end of March with the season kicking off the last week of April.

Our program provides local community-based grassroots soccer for those born from 2013 to 2020. Our U4 and U6 age groups are gender mixed. U8 and U10 age groups offers separate programs for boys and girls.

For the 2023 season, we are excited to continue our partnership with the RAMP InterActive platform for registration and scheduling, as well as offering free registration for players with a parent who will volunteer coach in their age group.

More details can be found on our website at <https://wscr.ca/soccer/>. Our program runs on volunteers, and parents fill most of these roles. Volunteer positions require little knowledge of soccer. Some positions can be shared by a group of people. 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 instructions.

We had a great 2022 season and are looking forward to an even better 2023.

Do not hesitate to reach out to us with any questions at [soccer@wscr.ca](mailto:soccer@wscr.ca).

Thank you in advance for your support,

*Kim Paw and Steve Berman*

WSCRCA Soccer Coordinator Volunteers

# How to Report a Crime to Calgary Police

For break-ins, suspicious behaviour, or vandalism to the community, call 911 emergency dispatch if the crime is in progress or a danger to people or property. Call 403-266-1234, the non-emergency line if the crime is not in progress and poses no danger to people.

Online reporting is also available for non-emergency issues:

1. Log on to [www.calgarypolice.ca](http://www.calgarypolice.ca)
2. Look for "Report a Crime" and click "Submit an online report"
3. Look for "Reports you can submit online"
4. Click on "File a report" below the list of reportable crimes
5. Choose the check box that best describes your situation and click "Start report"
6. Enter your information. Be prepared with your driver's licence.

\* If you are reporting a crime in progress, dial 911.



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For enquiries, please call or text Pastor Mannie @ 587-434-3600

**Weekly Sunday Services @ 11am**

**Strathcona Community Centre, 277 Strathcona Dr SW, Calgary**

**[www.kcccalgary.org](http://www.kcccalgary.org) | Youtube: [kcccalgary](https://www.youtube.com/kcccalgary) | Facebook: [kingschristiancentre](https://www.facebook.com/kingschristiancentre)**

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## Come Grow with Us! WSCR Community Garden Has Beds Available to Rent

It might not seem like it, but spring will soon be here. Gardeners are itching for the first days of warm weather so we can start planting our favourite vegetables, fruits, and herbs.

Have you always thought about renting a garden bed, but thought about it too late in the season? Not this year! The WSCR Community Garden has just opened up rentals for the 2023 season, and we have a few beds available now.

Did you know that peas, spinach, onions, and carrots can be seeded outdoors in our community garden once the solid soil is workable starting around mid-April? That's because the soil in our raised beds warms up faster in spring and stays warmer longer in the fall. As a result, our gardeners can extend their growing season a few weeks which allows them to reap larger harvests. Some vegetables can even be sown multiple times during the growing season!

Another great thing about community gardening is that it helps reduce your grocery bill. With the rising cost of food, paying less to eat is something we can all benefit from. Gardening also helps get you moving, and the WSCR community garden offers a relaxing place where you can meet some of your neighbours.

### **Benefit of Joining the WSCR Community Gardens:**

- Welcome beginner and expert gardeners
- Help build a sense of community
- Educate
- Nourish body and spirit
- Includes gardening tools and water access
- Grow vegetables for the Calgary Food Bank in our philanthropic beds
- Welcome Garden Angels (volunteers) for our philanthropic beds

Bed rentals cost \$50 for the season; the fee includes access to water on-site plus use of the tools in our fully stocked sheds. Current gardeners get first access during the annual renewal period, and individuals can rent up to two beds. At the time of writing, we have beds available, but they get rented quickly as the weather warms up. So don't delay—sign up for your bed today!

For more details, visit [wscr.ca/registering-for-a-community-garden-bed/](https://wscr.ca/registering-for-a-community-garden-bed/).

For gardening tips, visit our public FB page: WSCR Community Hub and Garden.

Join us! We would love to meet you in the garden.



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## Cyber Safety with Paul Davis

Earlier this year, the West Springs Cougar Ridge Community Association proudly presented Media and Cyberbullying Educator, Paul Davis for two in-person sessions at West Springs Church.

The first session, "Mothers and Daughters - Social Networking and Online Safety" brought awareness and understanding to the dangers and safety issues of online activity, especially for tween/teenage girls and their families.

The second session, "Networking and Online Safety," was for parents only. Topics included Snapchat, TikTok, Instagram, Discord, smartphones, digital trails, cyberbullying, texting, image sharing, and online security. Paul Davis also graciously visited West Ridge School for an in-person student session where, according to West Ridge's Principal he "hit it out of the park" with the students!

We were able to donate \$420 from the registration proceeds to the Alberta Children's Hospital Foundation to support their Emerging Adult Mental Health initiatives.

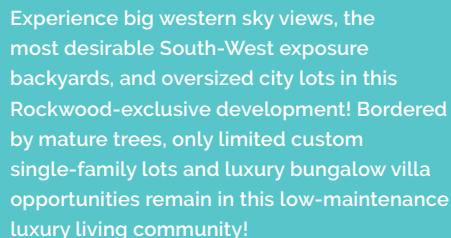
There were many take-away's from Paul's sessions including:

- Parents own their child's phone until age 18 and are responsible for what is stored on that phone.
- After the age of 18, you can still be charged for photos that may be on your phone when you were a minor.
- Everything your child does online is being monitored – all apps create a digital portfolio of the user.
- Thinking something is deleted is a myth, especially when it comes to pictures and videos. Copies exist on the app's servers.
- Friends are not found or made online. Stick only to talking to people you know.
- If your child is on Instagram, make sure there is nothing identifiable in their bio such as their last name and school they attend.
- Do not post photos on social media that are geo-tagged with a location.
- Always reduce photos to 620x460 pixels before uploading as they can't be printed – will be too pixelated.
- Never share passwords with anyone.
- If your child has TikTok on their phone, make sure there is no payment information apps on the same phone (i.e. Google Pay, Apple Pay). TikTok is the most invasive app for mining data on its users and it should never be on the same device with personal data.
- If your child uses Snapchat, make sure the app is in ghost mode.
- Pictures and videos can be accessed from phones that are stolen and resold.
- If your child is on a Discord server, by default all users including those aged 13 to 17, can receive friend invitations from anyone in the same server, making it possible for minors to be contacted by people they do not know.
- If an objectionable photo is sent to your child, delete it. Mark down who sent it to you (first name, last name), time and date, and what platform it was sent on. If this becomes a criminal matter, Cybercrimes can bring back the photo.
- Absolutely no devices in children's bedrooms, especially at night.

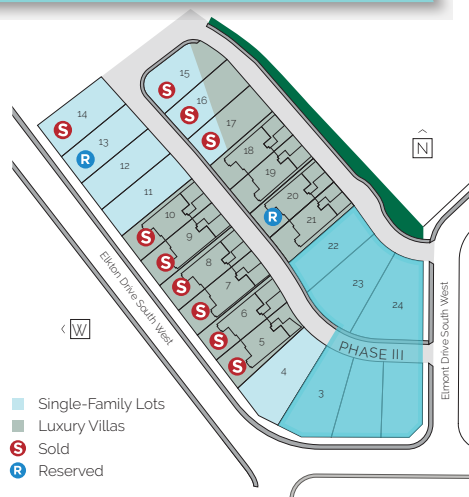
Cultivating a positive relationship with your child is key so they feel they can come to you if something happens and there will be no judgment, shame, and embarrassment. Kids who are recruited, and/or groomed, are likely kids who feel disconnected from their parents.

If you have feedback/comments you would like to share about the presentation, please email [vicepresident@wscr.ca](mailto:vicepresident@wscr.ca) or [safercommunity@wscr.ca](mailto:safercommunity@wscr.ca).





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## WEST SPRINGS COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	23	12	9	\$649,900	\$715,000
December	22	5	11	\$459,000	\$459,000
November	22	7	11	\$499,999	\$498,000
October	22	13	12	\$797,400	\$779,400
September	22	15	15	\$748,900	\$720,000
August	22	14	13	\$709,999	\$660,000
July	22	21	14	\$682,400	\$677,500
June	22	24	21	\$649,000	\$652,500
May	22	22	31	\$679,888	\$731,000
April	22	38	35	\$739,900	\$825,000
March	22	53	35	\$699,900	\$750,000
February	22	31	33	\$680,000	\$708,000

To view more detailed information that comprise the above  
MLS averages please visit [wsp.mycalgary.com](http://wsp.mycalgary.com)

## COUGAR RIDGE COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	23	10	7	\$750,000	\$744,000
December	22	2	3	\$749,900	\$720,000
November	22	5	7	\$619,900	\$620,000
October	22	6	3	\$380,000	\$370,000
September	22	6	6	\$599,900	\$607,000
August	22	5	11	\$679,900	\$680,000
July	22	13	8	\$734,900	\$764,244
June	22	13	17	\$750,000	\$755,000
May	22	20	17	\$685,000	\$675,000
April	22	25	25	\$650,000	\$670,000
March	22	29	25	\$625,000	\$650,000
February	22	21	22	\$687,450	\$740,000

To view more detailed information that comprise the above  
MLS averages please visit [cgr.mycalgary.com](http://cgr.mycalgary.com)



## Two Sides

by Jennifer Puri

They say there are two sides to everything, and this is particularly true of side dishes.

A side dish refers to a smaller portion and can add vitamins, minerals, nutrients, and flavours that you may not get from the main dish.

Garden or fruit salads, sautéed or roasted veggies, mashed potatoes or couscous, corn on the cob or garlic bread; all of these are side dishes that excite our taste buds and can in some cases serve to soak up sauces and gravies.

French beans and rainbow carrots are available to be enjoyed year-round. They pair well with grilled, baked, or roasted chicken, meat, or fish entrees.



### Glazed Rainbow Carrots

**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

**Servings:** 4

#### Ingredients:

- 1 lb organic rainbow carrots
- 2 tbsps olive oil
- 2 tsps sugar
- 2 tbsps fresh thyme
- ¼ tsp salt
- 1 cup water

#### Directions:

- Peel and wash carrots and place in a large pan.
- Add water, olive oil, sugar, thyme, and salt and then cover and cook over medium heat until carrots are tender, about 10 to 12 minutes.
- Allow carrots to continue cooking another five minutes or until they are glazed and lightly browned.
- Serve immediately.



### French Beans with Red Pepper and Onion

**Prep Time:** 15 minutes

**Cook Time:** 15 minutes

**Servings:** 4

#### Ingredients:

- 1 lb French beans with ends trimmed
- 1 red bell pepper, thinly sliced
- 1 white onion, thinly sliced
- 2 tbsps olive oil
- 1 tbsp butter
- 2 garlic cloves, finely chopped
- 1 tbsp lemon zest (optional)
- Salt and black pepper to taste

#### Directions:

- Cook French beans in salted water until tender. Then drain and set aside.
- Melt butter and olive oil in a pan and then add the red pepper, onion slices, and garlic, and sauté until tender.
- Add the beans, salt, and pepper and stir for a couple of minutes until heated through.
- Sprinkle with lemon zest and serve.

Bon Appétit!



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**ST. MARTIN'S ANGLICAN CHURCH:** 1009 Prominence Way SW in Patterson Heights. Sunday service at 10:00 am (in-person and by Zoom). Sunday School: Second Sunday of the month. Sandwich making for Alpha House on Wednesday afternoons. ESL conversation Tuesdays, 9:30 to 11:00 am. More information at <https://smartinschurch.ca> or call 403-249-3014.

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Real Estate (Central)

\* MLS data, Calendar 2022. Detached homes on the Westside – the combined communities of West Springs, Aspen Woods, Springbank Hill, Discovery Ridge, Signal Hill, Christie Park, Strathcona Park, Coach Hill, Patterson, & Cougar Ridge.