

NOVEMBER 2023

YOUR OFFICIAL COMMUNITY NEWSLETTER

the news

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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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At-Risk for Mental Illness Research Program

Seeking participants for youth mental health studies

- Do you feel something is not quite right and you are concerned about recent changes in your thoughts, behaviour or experiences?
- Are you 12-30 years old?

Our studies offer monitoring, education and/or interventions.

For more info, please contact: 403-210-8740 or naps@ucalgary.ca

The University of Calgary Conjoint Health Research Ethics Board has approved these research studies (REB20-0983, REB20-2133, REB21-0535)

Mobility Safety



The City of Calgary has launched their Mobility Safety Education Toolkit as part of ongoing efforts to improve the safety of Calgarians of all ages. With a focus on enhancing public traffic safety education, the online toolkit contains fun and educational resources for children, families, and educators.

Found at calgary.ca/StreetSafeKids, this free resource was designed to teach safe travel practices and make relevant and meaningful connections with the local community.

The highlight of the toolkit is the Calgary in Motion! Activity Book, developed in collaboration with the Calgary Police Service, Alberta Motor Association (AMA) and Ever Active Schools. The 24-page booklet is geared towards children aged 5 to 12 and provides engaging activities on traffic safety.

Accompanying the activity book is a Conversation Guide, intended to empower adults to have meaningful traffic safety conversations with children. The guide provides tips on how to use the activity book as well as advice on how to engage children in traffic safety discussions.

The toolkit also features a Staying Safe on City Streets video series, with the first episode covering crosswalk safety.

Both the activity book and conversation guide are now available in PDF format on the toolkit webpage. The guide has been translated into multiple languages to ensure accessibility and inclusivity for more members of the community. Complimentary printed activity books will be available at City of Calgary facilities across the city over the next few weeks. Schools and community groups can request bulk orders of activity books by contacting 311.

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Casino

Thank you to all the volunteers for our WSCRCA casino days! By volunteering your time, you allow our association to receive funding which has been used to help sponsor our community events such as Movie Night in the Park, special visit with Mr. and Mrs. Claus, the Dog PAWty, Preschool Learn to Skate, Ski and Tube Night as well as make significant donations within the community such as for construction of the West Ridge Sports Court.

We have heard some great feedback from all of our volunteers who had a fun time meeting and connecting with their neighbours and other volunteers during their shift, and we were happy to reward all our volunteers with some cool gifts such as movie passes, Jubilations dinner theatre tickets, YETI ramblers or mugs, MEC cooler bag, etc., to name a few. We hope to see you again next time and spread the word to your family and neighbours to join in!

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
- Volunteer 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!



Remembrance Day Commemoration



Please join the Ward 6 office and the King's Own Calgary Regiment on Saturday, November 11, 2023, at 10:45 am for our annual Remembrance Day ceremony at Battalion Park. Originally named Camp Sarcee in 1915, Battalion Park commemorates the soldiers who trained in Calgary for the trench warfare of World War I. Your attendance at this solemn ceremony is appreciated as we come together in a community moment of silence to reflect on the sacrifices made by the brave Canadian Armed Forces.



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.



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	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
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>

Chicken Alfredo Spaghetti Squash



As the cool autumn air sets in, it's the perfect opportunity to savour the delectable flavours that define this season. And what better way to do that than with a warm and comforting dish that's also healthy and delicious? This Chicken Alfredo Spaghetti Squash recipe is the perfect way to enjoy the savour of the season while also getting in some veggies and protein. Plus, it's easy to make and can be customized to your liking.

Ingredients:

- 2 medium spaghetti squash
- 2 tablespoons olive oil
- 1-pound boneless, skinless chicken breasts, cut into small pieces
- 2 cloves garlic, minced
- 1 cup heavy cream
- 1/4 cup grated Parmesan cheese
- Salt and pepper, to taste
- Fresh parsley, chopped (optional)

Directions:

- Preheat the oven to 375°F. Cut the spaghetti squash in half lengthwise and scoop out the seeds.
- Brush the inside of each half with olive oil and sprinkle with salt and pepper. Place the halves cut side down on a baking sheet.
- Bake for 35 to 45 minutes, or until the squash is tender and easily pierced with a fork.
- While the squash is baking, heat 2 tablespoons of olive oil in a large skillet over medium heat. Add the minced garlic and cook for 1 to 2 minutes.
- Add the chicken to the skillet and cook until it's no longer pink, about 5 to 7 minutes.

- Reduce the heat to low and add the heavy cream and Parmesan cheese to the skillet. Stir until the cheese is melted and the sauce is heated through.
- Once the spaghetti squash is done baking, use a fork to scrape the flesh of the squash into a bowl. Add the chicken Alfredo sauce to the bowl and mix until everything is well combined.
- Spoon the mixture back into the spaghetti squash shells and return them to the baking sheet.
- Bake for an additional 10 to 15 minutes, or until everything is heated through and the tops are lightly browned.
- Serve immediately, topped with chopped parsley if desired.

Pedestrian Safety



The City of Calgary is committed to prioritizing pedestrian safety by installing new in-street school crosswalk signs near elementary schools. The in-street school crosswalk signs are being installed with the goal of having the signs in place at all schools that include Grade 6 or lower by the end of the 2023-2024 school year. Any school that has Grade 6 or lower classes and has a feasible location for this installation will get this sign installed.

This is just one of many different traffic safety initiatives the City undertakes each year to ensure improved safety for pedestrians. They expect the signs to be installed at more than 300 locations across the city.

WSCRCA Mobile Active Living Playground

Your West Springs Cougar Ridge Community Association, with the amazing support of our community donations and a generous grant from ActivateYYC, is thrilled to unveil our latest addition: The Mobile Active Living Playground!

Located at the heart of the WSCR Community Gardens, this fantastic initiative is here for you to enjoy. Feel free to explore and make use of the equipment with a spirit of respect and enjoyment.

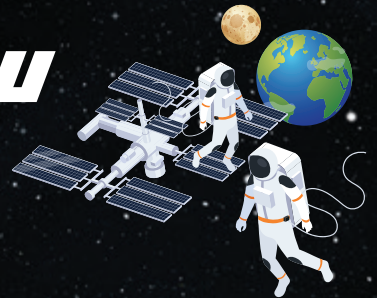
But that's not all! We have big plans to keep the fun rolling as we'll be moving this mobile playground around the community. So, get ready to experience more time outdoors, connect with neighbours, and create wonderful memories with your family and friends.

Join us in celebrating this fantastic addition to our community. Let's make the most of the great outdoors and stay active together!



THE FIRST CREW

On November 2, 2000, the first crew reached the International Space Station. The residing team was made up of NASA Astronaut Bill Shepherd and cosmonauts Yuri Gidzenko and Sergei Krikalev.



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Count of sponsor's promotional shares on WSCRCA social media	2	4	8	12
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Opportunity to sponsor major events	No	No	Yes	Yes
Logo on WSCRCA Sponsor page	Yes	Yes	Yes	Yes
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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Save the date! Our annual Santa Event is December 2, 2023 at West Springs Church.

Registration starts November 12 to 26.
More details to come at www.wscr.ca.



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WEST SPRINGS COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
September 23		14	18	\$775,000	\$768,250
August 23		17	12	\$520,500	\$508,250
July 23		25	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
October 22		12	12	\$797,400	\$779,400

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
September 23		14	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
October 22		6	3	\$380,000	\$370,000

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Calgary



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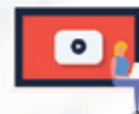
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