

SEPTEMBER 2023

YOUR OFFICIAL COMMUNITY NEWSLETTER

# the news

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Image Dental

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SPRINGBANK LADIES' TIME OUT Invites  
New & Returning Members to Our...

## FALL REGISTRATION

Visit our website for a sneak peek at our fall  
line-up and mark your calendars to join us for  
Registration Day! All are welcome!

MONDAY, SEPTEMBER 18, 2023

9:00AM TO 11:00AM

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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](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).



*Ditch the workout,  
join the party!!*

---

**Tuesdays and Thursdays @ 9:30 am**  
(Strathcona Community Centre)

**Space is limited; register today!**  
More information:  
Andrea | 403-816-6897 | [andrea@andreamuir.com](mailto:andrea@andreamuir.com)  
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# Weekly Farm Stand

Every Wednesday 10:00 am - 1:00 pm  
744 73 Street SW Calgary  
(Community Garden)



## Word of the Month

**Metanoia: noun (met-uh-noi-uh)**

A transformative change of heart.

“Upon finishing her book, Alice experienced a metanoia.”

## Addressing Noisy Vehicles on Calgary Streets

The Ward 6 office receives numerous emails and phone calls regarding excessively loud vehicles. A program was approved by Council 14-1 to provide relief to Calgarians who are experiencing negative effects due to loud vehicle noise. Administration has been directed by Council to work with Police and the Alberta Government to draft amendments to the Calgary Traffic Bylaw. An update to this work will be presented at the Community Development Committee in Q2 2024.



## The Transit Watch Program

The Transit Watch program allows Calgarians to report safety concerns when riding Calgary Transit.

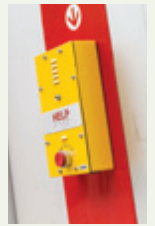
The help phone/button is available 24/7 on CTrain stations, platforms, and MAX Purple stations and provides the quickest response in emergency situations. Press a help button until it clicks. Once the green light comes on you are connected to an agent at the Transit Operations Centre.

CTrain cars have help buttons, as well as help strips, that function in a similar way. You can speak with the driver/operator directly and they will provide further instructions, call for assistance, or stop at the next station.

You can also report a concern by texting 74100. Standard message rates apply.

For emergencies call 911.

For more information, visit [calgarytransit.com/transitwatch](http://calgarytransit.com/transitwatch).



# OFFICIAL

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[official-plumbing-heating.ca](http://official-plumbing-heating.ca)

## Keep bears safe





### Don't invite bears for a midnight snack.

Here are some tips to prevent attracting bears to your carts:

- Don't put carts out overnight.
- Set your carts out no earlier than 5 a.m., and no later than 7 a.m. on collection day.
- Put your carts away after collection, no later than 7 p.m.
- Store your carts inside a garage or other secure enclosure.

Let's keep your neighbours and any visiting bears safe.

[calgary.ca/bearsmart](http://calgary.ca/bearsmart)





## WSCRCA 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 WSCRCA 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).

### EXECUTIVE COMMITTEE

Position	Name	Email
President	Angelina Marian	<a href="mailto:president@wscr.ca">president@wscr.ca</a>
Vice President	Karla Gibson	<a href="mailto:vicepresident@wscr.ca">vicepresident@wscr.ca</a>
Secretary	Carrie Akister	<a href="mailto:secretary@wscr.ca">secretary@wscr.ca</a>
Treasurer	Tenzin Sangalabrang	<a href="mailto:treasurer@wscr.ca">treasurer@wscr.ca</a>
Board Executive Assistant	Katie Suen	<a href="mailto:admin@wscr.ca">admin@wscr.ca</a>

### COMMITTEES

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

## WSCR 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 WSCRCA page here: <https://www.facebook.com/wscrca/>.

## FOLLOW US ON

- Facebook: <https://www.facebook.com/wscrca/>
- X (Twitter): @WSCRCA
- Instagram: @wscrca
- Website: <https://wscr.ca>

## 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 on 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.

- Board - Vice President
- 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](http://www.wscr.ca/about-us/volunteering).

Thank you for supporting your local community!



## Calgary Police Service - Back to School Safety Tips

The school year should be safe and educational for everyone - kids and parents should be aware of the following safety tips before the start of the semester.

### Safety Tips for Your Child

#### Make sure your child knows:

- Their full name, age, address, area code, home phone number, and parents' work/cellphone number.
- How to use a pay phone to make both local and long-distance phone calls.
- How to contact police, fire, and EMS in an emergency (911) and in a non-emergency (403-266-1234).
- To use the same route to and from school.
- Where the safe places are to play (front and backyards, playgrounds).
- What places to avoid (vacant lots, dark, wooded, bushy areas).

#### If your child is being followed by a person or car, make sure they know to do the following:

- Turn and run in the opposite direction;
- Get a description and license number of the stranger's vehicle if possible;
- Run to the closest safe place; and,
- Stay in open areas that are visible.
- Remember to tell them that uniformed police officers are friends who can be trusted.

#### The stranger rules:

Familiarize your child with "the stranger rules." These rules will help keep them safe.

- Never talk to strangers.
- Never take anything from strangers.
- Never go anywhere with a stranger.
- Do not be fooled by tricks or phony conversation.
- If a stranger tries to grab you, yell, scream, and kick.
- Never tell a stranger you are by yourself or that your parents or guardian are not home.



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## WEST SPRINGS COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
July	23	29	21	\$699,900	\$695,000
June	23	25	28	\$599,450	\$609,000
May	23	29	18	\$697,350	\$733,500
April	23	19	23	\$954,900	\$949,650
March	23	29	26	\$659,700	\$650,000
February	23	19	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
September	22	15	15	\$748,900	\$720,000
August	22	14	13	\$709,999	\$660,000

## COUGAR RIDGE COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
July	23	16	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
September	22	6	6	\$599,900	\$607,000
August	22	5	11	\$679,900	\$680,000

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

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

# A BIG THANK-YOU TO OUR LOCAL SPONSORS:

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• Nirvana Nail Bar • Orange Theory Fitness • Shoppers Drug Mart • Momentum Health West Springs  
• Homeward Bound Pet Food Delivery

Annual Sponsorship Benefits	BRONZE \$250 - \$499	SILVER \$500 - \$999	GOLD \$1,000-\$1,999	PLATINUM \$2,000 and up
Count of sponsor's promotional shares on WSCRCA social media	2	4	8	12
Count of sponsor's promotional shares via community mass email	0	2	3	4
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](http://www.wscr.ca/sponsors).

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WEST SPRINGS



COUGAR RIDGE



## Collection of Waste in Automated Collection Containers Reminder

Waste set out for collection must be sorted as follows:

- all garbage must be placed in a black cart with the lid closed;
- all residential recyclable material must be placed in a blue cart with the lid closed; and
- all food and yard waste material must be placed in a green cart with the lid closed.

An owner must ensure that any automated collection containers for waste used at the owner's premises are filled so that the total weight of the container and its contents does not exceed 60 kilograms.

An alternative for extra waste that won't fit in your cart is to use the tagging system. You can purchase tags at multiple retail locations for \$3 each or at [calgary.ca](http://calgary.ca) and set out extra waste in black garbage bags beside your carts.



## Break and Enter Prevention Tips

Please be mindful that overhead garage doors left open are a target for thieves.

Make sure you keep your overhead doors closed when you're not inside the garage and always lock the main door between your garage and your home.

For more tips about how to protect your property from B&Es, visit [calgarypolice.ca/breakandentertips](http://calgarypolice.ca/breakandentertips).



## 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](http://wscr.ca) for more information.



While some countries and nations are hundreds of years old, some are barely older than a decade! This is the case for South Sudan in Africa; in 2011, they gained independence from Sudan, making them the youngest country on Earth! Other young countries include Kosovo (2008), Montenegro (2006), and Serbia (2006).

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# BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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**WESTSPRINGS | COUGARRIDGE MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

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*continued on next page*

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## continued

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## NEW CONDOS COMING TO U/D!

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# David is a friend.

David believes in the power of friendship and building strong communities. That is why he continually supports our community through his Artist in Residence programs with our local schools, the annual Music in the Park event in Discovery Ridge, and helping homeowners get the most value from their investments.

**David is the REALTOR® your neighbours turn to for advice and support.**



When it's time to sell your home,  
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Real Estate (Central)