

APRIL 2024

YOUR OFFICIAL COMMUNITY NEWSLETTER

the WSCR news

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PRESENT THIS COUPON AT OUR STUDIO TO REDEEM THE OFFER!

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 community-based 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.





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.

FOLLOW US ON

 Facebook: <https://www.facebook.com/wscrca/>

 X (Twitter): @WSCRCA

 Instagram: @wscrca

 Website: <https://wscr.ca>

Casino Volunteers Needed

Can you help? We are looking to fill volunteer shifts for our upcoming Casino Nights on Monday, May 6, 2024, and Tuesday, May 7, 2024, at Cowboys Casino! The AGLC funds received from these Casino Nights go a long way to help support our community programs.

During your shift(s) you will get free meals and access to a fully stocked candy and refreshments bar. In addition, you will get a gift from the community association - stay tuned for more info after the Casino is done.

Important: Volunteers can only sign up for one position type. You can work more than one shift, but it must be in the same position. Volunteers are not allowed to gamble before or after their shift. Sign up at wsrca.ca/volunteer-membership.



We Need Your Help

Casino Volunteers
Needed

Building a Strong Community

Sign up at wsrca.ca

WSCRC Soccer

With spring weather upon us, another season of community soccer is nearly upon us! The WSCRC volunteers have been hard at work as registration comes to a close and preparations for opening week are in full swing.

Our program provides local community-based grassroots soccer for those born from 2014 to 2022. 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://wsrca.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. WSCRC wants our volunteers to have an enjoyable experience and provides support and instruction throughout the season.

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@wsrca.ca.

Thank you in advance for your support.

Kim Paw and Steve Berman

WSCRC Soccer Coordinator Volunteers



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)

Vancity

April is a special month for Canada! Now a bustling hub of community, film, and diversity, the city of Vancouver was incorporated on April 6, 1886. Can you imagine a Canada without Vancouver?!





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Position	Name	Email
President	Angelina Marian	president@wscr.ca
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Secretary	Vacant	secretary@wscr.ca
Treasurer	Tenzin Sangalabrang	treasurer@wscr.ca
Board Executive Assistant	Kaitlin Mitchell	admin@wscr.ca
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Committee	Member(s) <i>*Bold font indicates Board Director</i>	Email
Charity Casino	Eileen Teasdale Kimberly Paw	casino@wscr.ca
Communications	Heather Zaba	communications@wscr.ca
Newsletter	Brianna Norgaard	newsletter@wscr.ca
Family Programs	Vacant	
Membership	Eileen Teasdale	membership@wscr.ca
Planning and Development	Joe Healey Eileen Teasdale Denis Ho Linda Nesset Patrick Sinclair Yvonne Harper Renee Alessio	planning@wscr.ca
Sponsorship	Taiwo Adetola Latosia Campbell-Walters	sponsorship@wscr.ca
Treasurer Coordinator	Samantha See	
Website Editor	Caroline Anderson	
Soccer	Kimberly Paw Steve Berman	soccer@wscr.ca
Skating	Kimberly Paw	skating@wscr.ca
Volunteers	Vacant	
Community Recycling Event	Faheem Ahmed Angelina Marian	communityrecycling@wscr.ca
Traffic	Denis Ho	traffic@wscr.ca
Building Safer Communities Group	Heather Zaba	safercommunity@wscr.ca
Stampede Breakfast	Justin Barrett	
Community Garden	Vacant	
Directors at Large	Paul Ghazar Zoe Agashae	

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.

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.

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/>.

Good Neighbour Practices

If you are new to the city, a long-term Calgarian, homeowner or tenant looking for more information about your responsibilities within your neighbourhood, the City has a list of frequently referenced bylaws on their website which set a minimum standard for neighbourhoods and help ensure that all Calgarians live in safe, clean, and healthy communities. You can find the list at Calgary.ca/property-owners/good-neighbour-practices.

Come Grow with Us!

WSCR Community Garden Bed Rentals

The WSCR Community Garden beds are open and available to rent on our website at <https://wscr.ca/whats-happening>.

Community gardening is a great way to help get you moving, and the WSCR community garden offers a relaxing place where you can meet your neighbours. In addition, community gardening is a great way to help reduce your grocery bill. With the rising cost of food, paying less to eat is something we can all benefit from.

Join the WSCR Community Garden:

- We welcome all skill levels from beginners to expert gardeners
- Great social activity for you and your family/friends
- Helps build a sense of community with you and your neighbours
- Nourishes your body and spirit
- Gardening tools and water access are included
- We also grow vegetables for the Calgary Food Bank in our philanthropic beds

Bed rentals cost \$50 for the season, and 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 <https://wscr.ca/whats-happening>.

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

For any other details, please email us at communitygarden@wscr.ca.

See you there!

Spring Hiking Tips

Hiking in the spring offers a wonderful opportunity to explore the natural beauty of the region as the landscape comes to life after the winter months. Here are some tips for spring hiking:

- **Check Trail Condition:** Spring can bring melting snow, muddy trails, and potential hazards like slippery surfaces. Check trail conditions and closures before heading out to ensure a safe and enjoyable hike.
- **Dress in Layers:** Spring weather in Calgary can be variable, with cool mornings and warmer afternoons. Dress in layers that can be easily added or removed to stay comfortable throughout your hike.
- **Wear Proper Footwear:** Trails may be muddy or wet in the spring, so wear sturdy and waterproof hiking boots with good traction to navigate varying terrain safely.
- **Be Bear Aware:** Spring is when bears start becoming active after hibernation. Be bear aware by making noise while hiking, carrying bear spray, and knowing how to react if you encounter wildlife.
- **Stay on Designated Trails:** Stick to designated trails to protect fragile vegetation and wildlife habitats. Avoid creating new trails or shortcuts that can damage the ecosystem.
- **Respect Trail Etiquette:** Yield to other hikers, keep dogs on a leash where required, and leave no trace by packing out all trash and waste.





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WEST SPRINGS



COUGAR RIDGE



Grilled Lemon Herb Chicken with Spring Pea Risotto



As the days grow longer and the air fills with the sweet promise of blooming flowers, it's time to welcome the flavours of spring into our kitchens. In this recipe, we invite you to embark on a culinary journey that celebrates the freshness and vibrancy of the season with a delightful pairing of Grilled Lemon Herb Chicken and Spring Pea Risotto.

Grilled Lemon Herb Chicken

Ingredients:

- 4 boneless, skinless chicken breasts
- ¼ cup olive oil
- Juice of 2 lemons
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- Salt and pepper to taste

Instructions:

1. In a bowl, whisk together olive oil, lemon juice, minced garlic, oregano, thyme, salt, and pepper.
2. Place the chicken breasts in a resealable plastic bag or shallow dish and pour the marinade over them. Ensure the chicken is coated evenly. Marinate in the refrigerator for at least 30 minutes.
3. Preheat the grill to medium-high heat.
4. Grill the chicken breasts for about six to seven minutes per side or until they are cooked through and have nice grill marks.
5. Remove from the grill and let them rest for a few minutes before serving.

Spring Pea Risotto

Ingredients:

- 1 cup Arborio rice
- 4 cups chicken or vegetable broth
- 1 cup fresh or frozen peas
- ½ cup grated Parmesan cheese
- ¼ cup white wine
- 2 tablespoons butter
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- Salt and pepper to taste

Instructions:

1. In a saucepan, heat the broth until simmering, then reduce the heat to low to keep it warm.
2. In a separate large pan, melt the butter over medium heat. Add the chopped onion and garlic, sauté until softened.
3. Add the Arborio rice to the pan and stir to coat the grains with butter.
4. Pour in the white wine and cook until it is absorbed by the rice.
5. Begin adding the warm broth one ladle at a time, stirring constantly, and allowing each addition to be absorbed before adding more.
6. When the rice is almost cooked (after about 18 to 20 minutes), stir in the peas and continue cooking until they are heated through.
7. Remove the pan from heat, stir in the Parmesan cheese, and season with salt and pepper.
8. Serve the grilled lemon herb chicken alongside the spring pea risotto for a delicious and satisfying meal. Enjoy!



Although the origins of April Fools' Day are a bit murky, some historians believe it originated in the 16th century when France changed from the Julian to Gregorian calendar. Julian calendar New Years began in April, folks clinging to the old date got teased as they celebrated New Years on April 1 instead of January 1.

Preparing for Drought Season

Even though the City does not currently have any water restrictions in place, they are encouraging Calgarians to continue to seek out ways they can use water wisely inside the home. This can include fixing leaks, taking shorter showers, and only doing full loads of laundry. As Calgarians look ahead to spring and the likelihood of outdoor water restrictions, the City encourages Calgarians to consider ways they can adapt their yards and gardens to use less water and to seek out ways they can conserve water inside the home.

The City of Calgary is proactively accelerating plans, procedures, and communications to be ready for a drought or water shortage situation and will ensure that citizens and businesses are informed along the way. They are planning extensive communications to provide Calgarians with the support and information they need to take action to conserve water and use it wisely.

Making small changes in our daily water use in the home can add up to make a difference. Washing only full loads in your laundry and dishwasher, turning off the tap while shaving or brushing your teeth, or taking shorter showers, can help a typical household save water, which saves money on their utility bill too.

As Calgarians look ahead to spring and plan their garden, they're encouraged to prepare their yard for dry conditions. Adding mulch to gardens will help reduce evaporation and installing a rain barrel (or two) will capture rainwater to use for watering gardens and plants. If you are planning new landscaping or gardening projects this year, use drought-tolerant native plants.

Businesses can also do their part to make a difference by making water-efficient choices. Start by identifying essential and less essential water uses and seeing if there are potential water savings opportunities – from fixing leaks to installing water efficient fixtures.

For more details on drought conditions, as well as tips and resources to use water wisely visit calgary.ca/drought.





Farm Stand Program



West Springs Cougar Ridge: Community Hub & Garden
Saturdays 3pm-6pm
744 73 St SW
May 2024



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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 .				

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Choosing the right contractor is an important step when renovating your property. Learn about the most important factors to consider when starting your home improvement projects, discover best practices for selecting a licensed contractor and make sure you have all the essentials in place before starting your renovation!

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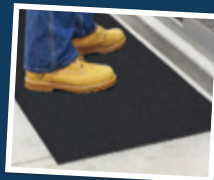
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- Available mat types: Outdoor Scrapers, Entry Mats, Logo'd Mats, and Waterhogs
- Multiple different mat sizes available to suit your unique work environment



Wedding and Party Linen Cleaning

- Tablecloths & napkins
- Flexible pick up / drop off scheduling
- Quick turnaround times

Linen Cleaning Services

- Towels, Sheets, Pillow Cases, & Face Cradles
- Ideal services for Hotels, Massage, Physiotherapy, and Chiropractic



Workwear Cleaning Services & Supplies:

- Uniforms, Coveralls, Gowns, Rags
- Tork Dispensers and Supplies



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*Guarantee is being offered by Greater Property Group. Terms and Conditions apply.

WEST SPRINGS COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
February	24	18	10	\$469,450	\$480,500
January	24	20	16	\$666,500	\$667,500
December	23	7	10	\$554,900	\$538,500
November	23	12	14	\$719,900	\$715,000
October	23	23	16	\$747,450	\$741,150
September	23	11	18	\$775,000	\$768,250
August	23	15	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

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
February	24	7	10	\$750,000	\$752,000
January	24	3	5	\$729,900	\$715,000
December	23	7	0	\$0	\$0
November	23	2	5	\$710,000	\$703,000
October	23	3	7	\$849,900	\$865,000
September	23	15	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

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

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