

JANUARY 2024

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 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.



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.



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.

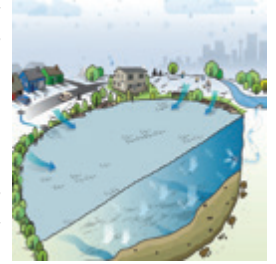
Thank you for supporting your local community!



Stay Off River, Lake, and Pond Ice

The Calgary Fire Department reminds people to stay off river, lake, and pond ice.

When rivers, community lakes, storm ponds, or waterways start to freeze, the ice around and covering these bodies of water, can be very dangerous. Stay safe by staying off the ice near waterways unless it is a City or community-designated ice rink.



- For outdoor skating, only skate on City of Calgary or community rinks; for locations visit outdoor skating rinks.
- Always keep a safe distance from riverbanks and lakeshores to avoid accidentally falling through the ice.
- Don't walk on ice-covered bodies of water, including storm ponds. It's difficult to assess the thickness of the ice and its ability to hold the weight of a person or animal. Storm ponds are off limits year-round.
- Keep your pets off the ice as they are not aware of the dangers.

What to do if you fall through ice into water

- Stay calm and try to keep your head out of the water and control your breathing.
- Call for help and keep your hands on the ice shelf.
- Try to pull yourself up on the ice on your stomach and roll towards the shore, where the ice may be thicker.
- If you can't get out of the water in less than ten minutes, stop kicking and trying to pull yourself out, and anchor yourself to the ice shelf. Continue to call for help.

What to do if you witness a person or pet fall through the ice

- If a person or an animal fall through ice into water, call 9-1-1. Do not attempt to rescue them yourself. Encourage the person to kick and pull themselves up onto the ice and roll, rather than walk, towards the shore. Keep your eyes on them to provide 9-1-1 and fire crews with their exact location.
- If the person does get out of the water and on to the ice, reach or throw an aid to the person such as a branch, or rope.

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Santa Event 2023

The West Springs Cougar Ridge Community Association hosted the annual Santa Claus event on December 2, 2023, at West Springs Church, with approximately 400 community members in attendance. Thanks to the wonderful weather, we were able to offer horse-drawn wagon rides and host the cutest critters from Butter Field Acres, with the most popular critter being the miniature piglet!

Live music was provided by the West Springs Church Choir and piano music by the talented Eleanor Benterud.

Little ones enjoyed interactive performances by the Christmas Elves, who told stories and got them up dancing and singing throughout the afternoon! Participants also enjoyed wonderful and interactive displays set up by the students and staff at the Calgary French and International School and took part in STEM activities provided by Code Ninjas West Springs.

Participants got to enjoy Christmas crafts, Santa letter writing, Christmas cookies, and hot chocolate. Especially important for the season, families were able to visit with Santa and Mrs. Claus, and have their visit professionally photographed.

A big thank you to our sponsors for supporting our event: West Springs Church, Lara Mitchell Real Estate, the Calgary French and International School, and Code Ninjas West Springs.

A huge shout out to the WSCRCA Santa Claus Event Committee and the numerous volunteers who generously donated their time. Without your enthusiasm and support, we would not have been able to host this amazing event!

A warm thank you to our vendors: Simply Sweet Ltd. (Krista Kienitz), YYC Princess/Sky Castle Events (Alissa Grams), Meet the Clauses (Keith and Elaine Viklund), Inspired by A&A Photography (Alayna Burn), Horse Drawn Rides for all Occasions (Connie Challice), and Butterfield Acres.

Mark your calendar! We hope to see everyone back for next year's WSCRCA Santa Claus event on December 7, 2024.

Keep your eyes open for more details to follow later this fall (2024).



BEST PICTURE

Oscar season is an exhilarating time of year. With so many categories and nominees, it can be hard to keep track of what's going on! One thing of note is that only three animated films have ever been nominated for Best Picture. Up, Toy Story 3, and Beauty and the Beast in 1991 which was the first ever animated Best Picture nomination.





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.

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	

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/wscribabysitters/>.

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

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X (Twitter): @WSCRCA

Instagram: @wscrca

Website: <https://wscr.ca>

Winter is Here!

Winter is a time for family fun, but there can be several risks associated with the changing weather. Knowing the risks ahead of time will help keep you and your family safe this winter.

Winter storms increase the risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice, and high winds. They can last a few hours or several days, knocking out heat, power, and communication services. These storms can also place seniors, young children, and sick individuals at greater risk.

Here are some ways to prepare for a winter storm ahead of time:

- Know the risks. Include your kids in the discussion and use it as a way to talk about emergencies, how you will communicate with each other about your whereabouts and how to evacuate the house if needed.
- Winterize your home.
- Pay attention to weather reports and warnings from Environment Canada. Sign up for Alert Ready for notifications.
- Gather supplies in case you need to stay home during a power outage. Keep in mind each person's specific needs, including medication. Don't forget the needs of pets. Have extra batteries for radios and flashlights.
- Create an emergency kit for your car: include jumper cables, sand, flashlight, blankets, water, and non-perishable food. Make sure always to keep your gas tank at least half full!

For more information on how to prepare for other emergencies? Visit calgary.ca/getready to learn more.



Healthy Recipe for the New Year: Roasted Vegetable Quinoa Salad

As we begin the new year, it is an ideal time to give priority to our health and well-being. A great way to start your journey towards a healthier lifestyle is by trying out a delicious Roasted Vegetable Quinoa Salad! This colourful salad brings together the benefits of roasted veggies and the nourishing goodness of quinoa.

Here's how you can prepare it:

Ingredients

- 1 cup quinoa
- Assorted vegetables (e.g., bell peppers, zucchini, cherry tomatoes, red onion)
- 2 tablespoons olive oil
- 1 teaspoon dried herbs (such as thyme or rosemary)
- Salt and pepper to taste
- Juice of 1 lemon
- Fresh parsley or basil for garnish

Instructions

1. Preheat the oven to 400°F (200°C).
2. Cook quinoa according to package instructions and set aside.
3. Chop the vegetables into bite-sized pieces.
4. In a large bowl, toss the vegetables with olive oil, dried herbs, salt, and pepper.
5. Spread the vegetables on a baking sheet and roast in the preheated oven for about 20 to 25 minutes or until they are tender and slightly browned.
6. In a serving bowl, combine the cooked quinoa and roasted vegetables.
7. Squeeze the lemon juice over the salad and toss gently to combine.
8. Garnish with fresh parsley or basil.
9. Serve warm or at room temperature.



Douglas Fir Trail: Partial Closure

November 2023

Partial Closure of Douglas Fir Trail

A portion of the Douglas Fir Trail (from just north of approximately 150 Wildwood Drive S.W. to 38 Wildwood Drive S.W.) will be closed starting in late November 2023. The trail boardwalk features have deteriorated significantly. As a result, and out of an abundance of caution for the safety of trail users, we will be closing this section of the trail and installing the necessary closure signage.

The City of Calgary will be studying the erosion and drainage on this portion of the trail. Once we have completed the study, we will inform the public on our next steps regarding the Douglas Fir Trail. Our goal is to provide a safe trail for all users.

Although the trail will not be fully accessible from end-to-end during this closure, **the west portion of the Douglas Fir Trail will remain open** and connect to the community of Wildwood near 150 Wildwood Drive S.W. We are only closing the portion of the trail where the boardwalk, railing and steps have failed, and where the terrain has been deemed hazardous for public use.

Project Information and Questions

For more information, please email our project team at DouglasFirTrail@calgary.ca.



A Big Thank You To Our Local Sponsors:

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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
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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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WEST SPRINGS



COUGAR RIDGE



How to Deal with Those Long Sleepless Nights

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

As we turn the corner from the longest nights of the year, sleeplessness is a common issue for many. Sleep is a basic human need and is essential for good mental and physical health. Sleep-wake disorders involve excessive sleepiness, breathing-related sleep disturbances, and abnormal experiences during sleep.

Common symptoms of insomnia and sleep-wake disorders include difficulty falling asleep, staying asleep, and having trouble waking up most days.

Factors that contribute to sleep disturbances are things like anxiety, stress, depression, chronic pain, stimulants (caffeine, nicotine, and some medications), and having an irregular sleep schedule. Some groups of people are at higher risk than others such as doctors and nurses, shift workers, truck drivers, and parents with very young children.

Lack of deep sleep causes a multitude of issues such as daytime fatigue, difficulty paying attention, concentration challenges, decrease in productivity, irritability, angry outbursts, memory challenges, and an inability to multitask.

To overcome these challenges, keep track of the time you fall asleep and wake up, how long it takes you to fall asleep, how often you wake through the night, and how long it takes to fall back asleep. Bring your answers to a psychologist or doctor who specializes in sleep disorders.

Your doctor can send you to a sleep clinic to see if you have sleep obstruction (sleep apnea). Your partner or roommate may tell you how loud or how much you snore. Doctors can prescribe you short term medication to get you back on track. However, compared to medication, your psychologist can teach you drug free techniques by assessing your sleep problems, teaching you better sleep hygiene, and offering evidence-based psychotherapy, and self-care practices such as:

1. Cognitive Behavioural Therapy
2. Relaxation techniques



3. Specific exercise routines
4. Exploration of nicotine and caffeine use (caffeine is hidden in many foods)
5. Help create consistent sleep routines
6. Help you learn to limit naps
7. Teach you how to create a healthy sleep environment
8. Night-time brain dump

Sleep is essential to your well-being. Don't put off seeking the help that's available.

BRAIN GAMES SUDOKU

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						2	3	6
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	3						5	

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ST. MARTIN'S CHURCH: An Anglican Community: 1009 Prominence Way SW in Patterson Heights. Sunday service at 10:00 am (in-person and on Zoom). Sunday School each week. ESL Conversation Club on Tuesdays from 9:30 to 11:00 am. Sandwich Making - Wednesdays at 1:00 pm. Free pancake dinner, Tuesday, February 13 at 5:30 pm.

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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)



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Bylaws Related to Snow and Ice

Calgary winters are safer and more manageable when everyone pitches in to clear snow and ice. While The City does its part clearing roads, designated pathways, sidewalks, and other high-use public areas, section 67 of the Street Bylaw requires Calgary property owners to:

- Remove snow and ice – down to bare surface – from public sidewalks bordering their private property within 24 hours of a snowfall ending. Owners of rental properties are responsible for arranging for snow and ice removal when they reside elsewhere.
- Remove a minimum width of 1.5 meters of snow and ice – down to bare surface – from a public pathway bordering their property, also within 24 hours of a snowfall ending. Applicable pathways are those that run parallel and adjacent to a street, with or without separation between the pathway and street (e.g. a grass boulevard).
- Pile snow from their private driveway or walkway on their own property (e.g. front lawn). Snow from a public sidewalk or pathway may be shovelled onto another public property, such as a road.



Puzzled Why There's No Water?

Check your front door – If a water outage happened overnight City crews may have left a notice.

Consult calgary.ca/wateroutages – Water main breaks and repair plans are listed by community.

Call 3-1-1 - To report an outage if your water is off and you have not been notified.

Under normal circumstances, water main breaks are repaired, and water is back on within 48 hours. However, the time it takes to fix a break varies due to several factors including the condition of the pipe, frost depth, how quickly the break can be located, the size of the break and the current weather conditions.

The City of Calgary will prioritize breaks based on factors such as the risk of property damage, impact to critical facilities (like hospitals or schools) and the number of customers out of water.

Visit calgary.ca/wateroutages for answers to your questions about water main breaks and to see if a break has been reported in your area.



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WEST SPRINGS COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
November 23	12	14	\$719,900	\$715,000
October 23	26	16	\$747,450	\$741,150
September 23	11	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

COUGAR RIDGE COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
November 23	2	5	\$710,000	\$703,000
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

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

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



David.

KNOWS THE WESTSIDE

Why your neighbours choose **David** when it's time to sell their home

101.1% more

David's listings have sold at 101.1% of list price on average vs the rest of the market at 100.4%.*

36% faster

When it's time to sell your home, David sells it 36% faster. David's listings averaged 14 days on market vs the rest of the market at 22 days.*

460 sold since 2012

With 460 sales since 2012, David continues to establish himself as the top producing Realtor here on the Westside.*

* Detached Homes - sold in Calendar 2023, West Springs, Aspen Woods, Springbank Hill, Discovery Ridge, Signal Hill, Christie Park, Strathcona, Coach Hill, Patterson & Cougar Ridge
Photos represent David's detached homes SOLD in calendar '23 on the Westside.

Friend
Neighbour
Realtor®
David Pellettier

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