

JULY 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.



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.

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- Facebook: <https://www.facebook.com/wscrca/>
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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	Karla Gibson	president@wscr.ca
Vice President	Kelly Smith	vicepresident@wscr.ca
Secretary	Gloria Wilkinson	secretary@wscr.ca
Treasurer	Tenzin Sangalabrang	treasurer@wscr.ca
Board Executive Assistant	Kaitlin Mitchell	admin@wscr.ca

COMMITTEES

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 Nessel Patrick Sinclair Yvonne Harper Renee Alessio Gloria Wilkinson	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	
Recycling Event	Faheem Ahmed	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	Boyd England Stavrianna Kodellas

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/>.

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Mobile Skate and Scoot Spot

A free Calgary skatepark program for all ages.

- West Springs/Cougar Ridge Community Association
- West Ridge School - 8903 Wentworth Ave SW
- July 18 to July 30, 2024
- Monday to Sunday, 11:00 am to 7:00 pm

All participants must have a signed waiver, if under 18, the participant will need it signed by a parent/guardian before being able to participate in this program. Waivers are available on-site and on www.calgary.ca/register - forms and waivers for skateboarding.

You are welcome to bring your skateboard, rollerblades, or scooters to the park. Helmets are mandatory when using the park. This program is weather dependent.

For more information call 3-1-1 or visit www.calgary.ca/free.

Free Skateboarding Lessons

- Saturday, July 20, 1:00 to 2:00 pm, 6 to 12 years. Course ID: 90269
- Wednesday, July 24, 4:30 to 5:30 pm, 6 to 12 years. Course ID: 90270

Participants must bring their own helmet and skateboard. Knee and elbow protection is recommended.

Location: West Ridge School Parking Lot - 8903 Wentworth Ave SW.

To register by phone, call 403-268-3800 during the following times: Monday to Friday, 8:30 am to 4:00 pm.

To register in-person, visit any City-operated Aquatic Recreation facility or Arts Centre during posted business hours.



City of Calgary Launches Secondary Suite Incentive Program

The Secondary Suite Incentive Program, which is a component of Home is Here: The City of Calgary's Housing Strategy, provides a qualifying homeowner up to \$10,000 to cover a portion of construction costs to develop and register a safe secondary suite.

The Secondary Suite Incentive program will provide extra incentives through an energy efficiency bonus of up to \$1,250. An additional amount of up to \$5,000 is available if the suite meets requirements for accessibility improvements. All program funding is made possible through both Municipal and Federal budgets. To foster equity and transparency, the incentives will be limited to one property per homeowner.

Calgarians can learn more at Calgary.ca/suite-incentive. For general information about secondary suites, how to register your suite or apply for permits, visit Calgary.ca/secondariesuites.

To learn more about development, building and trade inspections visit Calgary.ca/inspections.



Fun, Free Outdoor Activities for Children, Youth, and Families This Summer

The City of Calgary is once again offering a variety of free programs across the city for residents to participate in their local communities.

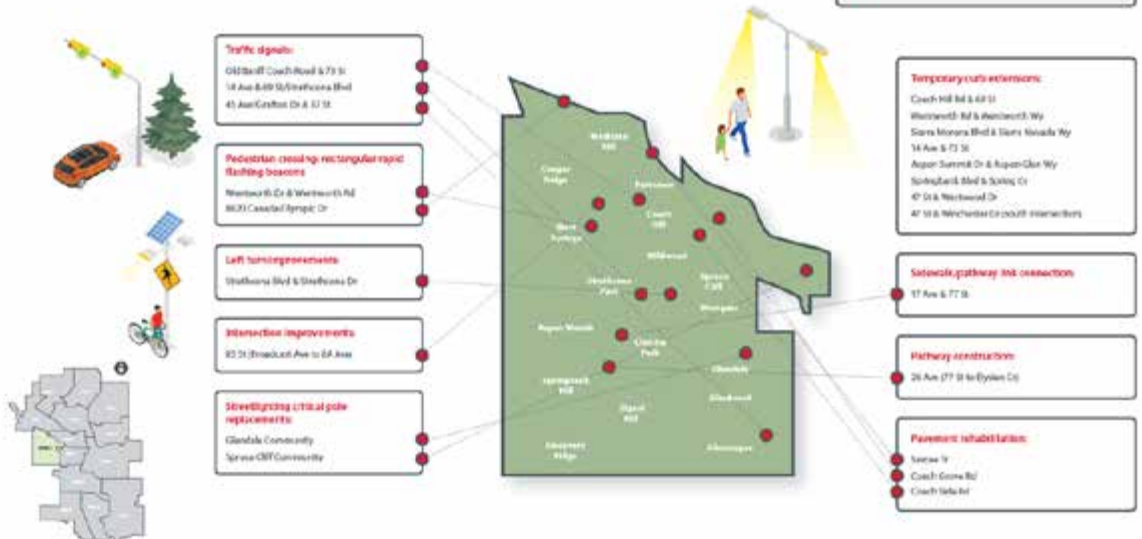
Visit www.calgary.ca/parks-rec-programs/free-activities to view the specifics of the available programs.





Ward 6 Mobility Programs for 2024

22 Pavement rehabilitation projects
62 Concrete repairs
5 New signals



To view a map of all Mobility's operational programs across Calgary, please visit calgary.ca/mobilityprograms



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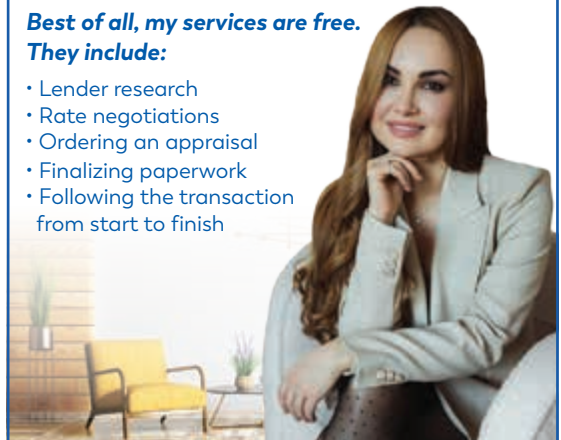


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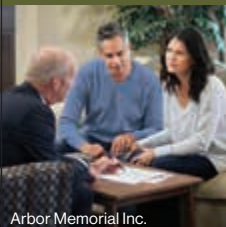
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Level Up Calgary Season 3: Parks and Portals Celebrates Students Creativity and Community Engagement in Minecraft

After months of hard work, Level Up Calgary once again celebrated students' creativity, community engagement, and design skills using Minecraft Education.

This competition provided a unique way for all grade students to grow their digital skills while preparing them to be future changemakers in a fun and creative way and inspiring the imaginations of young designers, planners and city-builders across the city.

From thousands of entries, 34 students were honoured during the inaugural in-person award ceremony. The event highlighted winning Minecraft designs, for their exceptional ability to create vibrant, sustainable public spaces that celebrate diversity, promote equity and foster unity among Calgarians.

Finalist entries will be showcased at the Calgary Central Library throughout the month of July, and the winning builds will be available for viewing on calgary.ca/levelup.



Oxymoron is an Oxymoron!

The word "oxymoron" is an oxymoron itself. It's true! It combines two Greek words: "oxy" meaning sharp and "moron" meaning dull. So, the next time you hear "bittersweet", or "open secret" remember, the word describing these contradictions is also a delightful contradiction!



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Silver Level

West Springs Church	Code Ninjas		
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Learn more about sponsoring your local WSCRCA Community Association at www.wscr.ca/sponsors.



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Seeking participants for youth mental health studies

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- Are you 12-30 years old?

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

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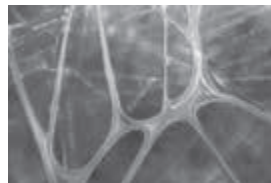


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We view pain from two different perspectives. In Western medicine we avoid pain, “mask” the symptoms and teach the patient to cope with their problem. It does not cause direct trauma, but forces people to be satisfied with limited results. This leads to the possibility of cumulative trauma. Untreated restrictions can cause microtrauma to the patient’s system over time. This microtrauma is like a ticking time bomb left in the system, forcing a return of symptoms or a shift to another area.

The other perspective is “no pain, no gain.” Many times patients have been instructed to exercise and force their way through the pain. Which means a lot of strong patients in agony. Or aggressive manual techniques and manipulations producing force into structures with little or no attention to the tight surrounding myofascial environment. The force used creates the possibility of increased pain, injury or a return of symptoms. This is because the environment of every structure, the myofascial system, had not been released first.

Would you consider a third possibility? Myofascial Release Massage can safely free the structures and/or create a more open environment to enhance the effectiveness of manipulation, mobilization procedures, exercise and flexibility programs. One aspect of the Myofascial Release Approach is where the therapist applies gentle, sustained pressure into the fascial system, creating what the patient reports as a feeling of good pain or a good stretch. Release of the pressure of the fascial system around the muscles, nerves, blood vessels and the osseous structures creates a free, mobile environment of these pain-sensitive structures, producing consistent results in relieving pain and restoring functional mobility. The other aspect is the sophisticated technique called Myofascial Unwinding. The therapist takes gravity out of the system so the body can tap into its own self-correcting mechanism (Barnes).

The Myofascial Release Approach is more than just an assemblage of techniques. Instead, it creates a whole-body awareness allowing the health professional to facilitate change, growth and the possibility for total resolution of restrictions, emotions and belief systems that impede patient progress.

Sheena Taggart RMT
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References
Today Vol. 5, No. 40 Mind & Body by John F. Barnes



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WEST SPRINGS COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	24	34	32	\$764,450	\$770,000
April	24	26	19	\$874,900	\$875,000
March	24	25	27	\$729,231	\$755,000
February	24	18	10	\$469,450	\$480,500
January	24	19	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

COUGAR RIDGE COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	24	20	17	\$799,900	\$822,000
April	24	15	13	\$725,000	\$805,000
March	24	8	8	\$774,450	\$800,000
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

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.

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