

APRIL 2025

YOUR OFFICIAL COMMUNITY NEWSLETTER

**the**  **news**

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### EXECUTIVE COMMITTEE

Position	Name	Email
Interim 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	<b>Eileen Teasdale</b> <b>Kimberly Paw</b>	casino@wscr.ca
Communications	<b>Heather Zaba</b>	communications@wscr.ca
Newsletter	Brianna Norgaard	newsletter@wscr.ca
Membership	<b>Eileen Teasdale</b>	membership@wscr.ca
Planning and Development	<b>Joe Healey</b> <b>Eileen Teasdale</b> <b>Denis Ho</b> Linda Nessel Patrick Sinclair Yvonne Harper Renee Alessio Gloria Wilkinson	planning@wscr.ca
Sponsorship	<b>Latosia Campbell-Walters</b>	sponsorship@wscr.ca
Treasurer Coordinator	Vacant	
Website Editor	Caroline Anderson	
Soccer	<b>Kimberly Paw</b> <b>Steve Berman</b> <b>Stravianna Kodellas</b>	soccer@wscr.ca
Skating	<b>Kimberly Paw</b>	skating@wscr.ca
Volunteers	Vacant	
Recycling Event	Kelly Smith	communityrecycling@wscr.ca
Director of Community Mobility	<b>Denis Ho</b>	traffic@wscr.ca
Stampede Breakfast	<b>Justin Barrett</b>	
Community Garden	Evan Ashdown Bhavna Lobo	
Directors at Large	<b>Boyd England</b> <b>Stavrianna Kodellas</b>	

## WSCRCA Board Meetings

Meetings are held on the third Tuesday of every month in the upstairs community room of the Calgary Co-op on 85 Street SW and online via Zoom. 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.



### Volunteer Board Opportunities

**Board President**  
**Sponsorship Coordinator**

**Support Your Community**  
Sign up at [www.wscr.ca](http://www.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: [www.facebook.com/groups/wscribabysitters/](http://www.facebook.com/groups/wscribabysitters/).

Follow the main WSCRCA page here: [www.facebook.com/wscrca/](http://www.facebook.com/wscrca/).

# A Big Thank You to Our Local Sponsors

## Platinum Level

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## Silver Level

West Springs Church	Code Ninjas		
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## Bronze Level

Barricades & Signs	Beaners	Blink eyewear optometry	The Co- operators
KFC	Mercato	Nirvana Nail Bar	Orange Theory Fitness
Shoppers Drug Mart	Momentum Health West Springs	Homeward Bound Pet Food Delivery	AKIDEMY Preschool

Learn more about sponsoring your local WSCR Community Association at [www.wscr.ca/sponsors](http://www.wscr.ca/sponsors).

# Volleyball Drop-in Starts April 2025!

To register visit [www.wscr.ca](http://www.wscr.ca).



The WSCRCA is pleased to offer a new adult-only (18+) drop-in volleyball program on Sunday nights from 7:00 to 9:00 pm at the Calgary French & International School, 700 77 St SW (north gym).

The program will accommodate players of all skill levels looking to get out and have some fun, fine tune your volleyball skills and meet your neighbours.

The spring program will run from April 20 to June 22 and the cost per game to register is \$10 for members and \$20 for non-members.

You do not need live within West Springs or Cougar Ridge to become a member.

To register for any of the drop-in events, please visit [www.wscr.ca](http://www.wscr.ca).

For more information, email [volleyball@wscr.ca](mailto:volleyball@wscr.ca).

# Mother's Day

For all the things your mother was to you, honour her this Mother's Day with a complimentary flower to place on her resting place.

**Sunday, May 11 • 10:00 am – 2:00 pm • All welcome for a Free Family BBQ**

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

## FOLLOW US ON

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

# Carrot Cake Recipe

Spring is here, and with it comes the perfect opportunity to bake a delightful carrot cake! This flavourful cake is packed with fresh carrots and warm spices, making it a favourite for any spring gathering.

## Ingredients:

- 2 cups all-purpose flour
- 2 cups granulated sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- 1 cup vegetable oil
- 4 large eggs
- 2 cups grated carrots (about 4 medium carrots)
- 1 cup crushed pineapple (drained)
- ½ cup chopped walnuts or pecans (optional)

## For the Cream Cheese Frosting:

- 8 oz cream cheese (softened)
- ½ cup unsalted butter (softened)
- 4 cups powdered sugar
- 1 teaspoon vanilla extract

## Instructions:

1. Preheat your oven to 350°F (175°C). Grease and flour two 9-inch round cake pans.
2. In a large mixing bowl, whisk together the flour, sugar, baking powder, baking soda, cinnamon, and salt until well combined.
3. In another bowl, beat together the oil and eggs until smooth. Stir in the grated carrots and crushed pineapple.
4. Gradually add the wet mixture to the dry ingredients, mixing until just combined. If you're using nuts, fold them in gently.
5. Divide the batter evenly between the prepared cake pans. Bake for 25 to 30 minutes, or until a toothpick inserted into the centre comes out clean.
6. Once baked, remove the cakes from the oven and let them cool in the pans for about 10 minutes. Then, transfer them to a wire rack to cool completely.
7. In a mixing bowl, beat the softened cream cheese and butter together until smooth. Gradually add the powdered sugar and vanilla extract, mixing until creamy and well combined.

8. Once the cakes are completely cooled, place one layer on a serving plate. Spread a generous amount of cream cheese frosting on top. Place the second layer on top and frost the top and sides of the cake.



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# 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 COMMUNITY REAL ESTATE ACTIVITY

	Properties	Median Price			
		Listed	Sold	Listed	Sold
February	25	28	16	\$814,900	\$780,243
January	25	24	9	\$725,000	\$725,000
December	24	15	11	\$598,000	\$588,400
November	24	18	20	\$629,950	\$627,500
October	24	26	16	\$707,000	\$693,250
September	24	21	19	\$789,900	\$772,500
August	24	28	17	\$819,900	\$850,000
July	24	24	22	\$694,450	\$685,000
June	24	22	19	\$600,000	\$605,000
May	24	33	32	\$764,450	\$770,000
April	24	25	19	\$874,900	\$875,000
March	24	24	27	\$729,231	\$755,000

## COUGAR RIDGE COMMUNITY REAL ESTATE ACTIVITY

	Properties	Median Price			
		Listed	Sold	Listed	Sold
February	25	4	4	\$937,450	\$937,575
January	25	11	10	\$759,900	\$764,250
December	24	4	4	\$911,950	\$888,750
November	24	6	9	\$750,000	\$778,000
October	24	8	11	\$799,900	\$802,000
September	24	11	6	\$834,450	\$845,000
August	24	4	2	\$584,450	\$584,000
July	24	12	12	\$732,000	\$726,250
June	24	11	9	\$700,000	\$751,000
May	24	17	18	\$774,900	\$821,000
April	24	15	13	\$725,000	\$805,000
March	24	8	8	\$774,450	\$800,000

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)

# Simple Tips to Be Greener This Earth Day!

On Tuesday, April 22 celebrate Earth Day with some easy ways to make a positive impact on our planet.

## Reduce, Reuse, Recycle

- Reduce waste by choosing products with minimal packaging.
- Reuse items whenever possible—think reusable bags, bottles, and containers.
- Recycle materials like paper, plastic, and glass to keep them out of landfills.

## Conserve Water

- Turn off the tap while brushing your teeth.
- Fix leaks promptly to prevent water waste.
- Collect rainwater for gardening.

## Save Energy

- Switch to LED light bulbs to reduce energy consumption.
- Unplug devices when not in use.
- Use natural light during the day instead of relying on artificial lighting.

## Choose Sustainable Transportation

- Walk, bike, or use public transport whenever possible.
- Carpool with friends or coworkers to reduce emissions.

## Plant Trees and Gardens

- Join local tree-planting events or start your own garden.
- Plant native species that require less water and care.



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## Blue Cart Fee to Be Reduced April 1, 2025!

Calgarians will soon see big savings on their Blue Cart fee, which will drop to just \$2.17 per month—that's a \$7.17 per month savings for every household!

The City of Calgary collaborated with the Province of Alberta and has established new partnerships with producer groups to implement EPR for Calgarians. The Alberta's new Extended Producer Responsibility (EPR) system, where manufacturers and brands will be responsible for collecting, sorting, processing, partially funding and recycling the materials they create.

What Calgarians can expect:

- Reduced blue cart fee on their ENMAX bill (after April 1, 2025).
- Continued high-quality collection and customer service from The City of Calgary with a seamless transition and maintained service levels.
- More efficient, effective, and consistent recycling system.

For more information, visit [www.calgary.ca/waste/residential/extended-producer-responsibility](http://www.calgary.ca/waste/residential/extended-producer-responsibility).



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## Noise Barrier Retrofit Program

by *The City of Calgary*

The City of Calgary is committed to reducing the impact of transportation noise heard in residential areas through the Noise Barrier Program. Where residential areas next to an eligible roadway exceed The City's noise level criteria, a barrier may be constructed.

Several approved noise barrier locations across Calgary will be moving forward with construction in 2025, with completion expected by the end of 2026. You can check the status of the noise barrier construction in your community on our website here: [calgary.ca/roads/noise-barriers.html](http://calgary.ca/roads/noise-barriers.html).

To learn more about the Noise Barrier Program, or to submit a request to have a noise measurement completed, visit [calgary.ca/NoiseBarriers](http://calgary.ca/NoiseBarriers).



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