

NOVEMBER 2025

YOUR OFFICIAL COMMUNITY NEWSLETTER

the news

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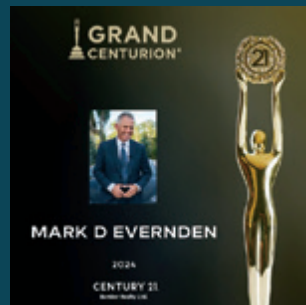
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*A comprehensive hearing assessment is provided to adults ages 19 and older at no cost. The results of this assessment will be communicated verbally to you. Depending on the province you're located in, an administrative fee may apply if a copy of an Audiological Report is requested. Child hearing tests are conducted at select locations for a fee, please contact us for more information. Offer not applicable for industrial hearing tests. Up to \$2,100 off offer expires on 01/31/2026. Information within this offer may vary or be subject to change. Interest rates starting at 0%. Deposit may be required. Borrower must be age of majority and have a Canadian bank account. Financing is available on select core-brand hearing aids and at select HearingLife locations. Some conditions apply, see clinic for details. Offers not valid in Quebec. [1] Source: review.nps.today/r/HearingLife-Canada. See clinic for details. [2] Source: Joyce Sampson is a Campaign recipient who benefited from the Campaign for Better Hearing Give Back program. Learn more at campaignforbetterhearing.ca/blog/campaign-recipients



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	Vacant	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
Membership	Eileen Teasdale	membership@wscr.ca
Planning and Development	Joe Healey	planning@wscr.ca
Sponsorship	Latosia Campbell-Walters	sponsorship@wscr.ca
Website Editor	Caroline Anderson	
Soccer	Kimberly Paw	soccer@wscr.ca
Skating	Kimberly Paw	skating@wscr.ca
Volunteers	Vacant	
Community Mobility	Denis Ho	traffic@wscr.ca
Recycling Event	Kelly Smith	communityrecycling@wscr.ca
Community Garden	Evan Ashdown David Hall	

WSCRCA Board Meetings

Meetings are held on the second Wednesday of every month at Wolfe Cadillac Calgary - 756 101 Street SW and online via Microsoft Teams. 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.

Green Cart Collection Update

Green cart collection moves to every-other-week in November. Never miss a pickup, get schedule changes and reminders with the Calgary Garbage Day app! See calgary.ca/cartschedule.



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Santa is Coming!
Saturday, December 13, 2025
1:00 pm - 5:00 pm
West Springs Church | 816 78 Street SW
Details at wscr.ca

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Learn more about sponsoring your local WSCR
Community Association at www.wscr.ca/sponsorship.

Support Your Community — Become a Sponsor



We are deeply grateful to the local businesses whose generous support helps us build a stronger, more connected community.

Your sponsorship allows us to deliver meaningful programs, support local initiatives, and enhance the lives of West Springs and Cougar Ridge residents.

We invite you to join us as a valued sponsor and help us continue building a vibrant, thriving community.

To learn more, visit www.wscr.ca or contact us at sponsorship@wscr.ca.

Your Community Needs You - Become a WSCRCA Volunteer

We love bringing you great programs, events, and activities—but here's the truth: without more volunteers, some of these won't be able to happen.

We are always in need of enthusiastic volunteers like you to contribute their time and ideas to further enhance our community. Your contribution makes a huge difference!

Volunteering with WSCRCA means:

- A free household membership for one year.
- Opportunity to meet your neighbours, make new friends, and give back.
- Sharing your ideas for events and programs to build a strong community.
- WSCRCA swag at select events.

Whether you have a little time or a lot, your contribution matters. Let's work together to keep our community vibrant, connected, and fun.

Visit current opportunities at www.wscr.ca or if you have a specific interest in volunteering that is not listed, please reach out to us at volunteer@wscr.ca.



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Community Cleanup and Recycling Event

Thank you, West Springs Cougar Ridge!

Our 18th annual Community Cleanup and Recycling Event on September 27 was a fantastic success—thanks to you! We welcomed hundreds of vehicles and once again filled four full City packer trucks with waste.

In addition to general waste, we:

- Filled an extra-large bin of metal for recycling, generously handled by ReCon Metals.
- Collected a truckload of household goods for the Women in Need Society.
- Donated another truckload of items (including several bikes) to Cerebral Palsy Kids and Families.
- Kept the electronics team at Shankd Computer Recycling busy with two full loads for processing.
- Provided ReMatt with several mattresses and child car seats for recycling.

A heartfelt thank you to our generous sponsors:

- Tim Hortons (West Springs) for the free coffee and donuts.
- Chopped Leaf at 722 85 St SW for providing lunch to our volunteers and vendors.

Special thanks also go to The Calgary French & International School for once again hosting us in their parking lot—we're so grateful for your continued support.

This year, we also raised:

- \$235 in donations, and
- 537 pounds of non-perishable food for the Calgary Food Bank.

And of course, none of this would be possible without the hard work and dedication of our incredible volunteers from the West Springs Cougar Ridge Community Association, Coach Hill Patterson Heights Community Association, and Sir Winston Churchill High School. Thank you for spending the day outdoors, making sure everything ran smoothly!

Thank you again for making this event such a success.

If you're inspired to make a difference in your community—big or small—visit wscr.ca to learn how you can get involved.

Your community needs you!

WSCRCA Recycling Event Committee



Become a Member

Gain access to exclusive member-only programs & events such as youth soccer & community garden beds.

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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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Hearty Roasted Root Vegetable and Kale Salad

As the air turns crisp, it's the perfect time to enjoy hearty meals that celebrate the flavours of fall. This Roasted Root Vegetable and Kale Salad combine warm, roasted vegetables with fresh kale, making it a delicious and nourishing dish for chilly days.

Ingredients

For the Salad:

- 2 cups kale, chopped
- 2 medium carrots, peeled and diced
- 2 medium beets, peeled and diced
- 1 medium parsnip, peeled and diced
- 1 medium turnip, peeled and diced
- 2 tablespoons olive oil
- Salt and pepper to taste
- ½ cup cooked quinoa (optional)
- ¼ cup feta cheese, crumbled (optional)
- ¼ cup walnuts or pecans, chopped (optional)

For the Dressing:

- 3 tablespoons balsamic vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon maple syrup (or honey)
- ¼ cup olive oil
- Salt and pepper to taste

Instructions

1. Preheat the Oven: Preheat your oven to 400°F (200°C).
2. Roast the Vegetables:
 - In a large bowl, toss the diced carrots, beets, parsnip, and turnip with olive oil, salt, and pepper.
 - Spread the vegetables on a baking sheet in a single layer.



- Roast in the preheated oven for about 25 to 30 minutes, or until tender and slightly caramelized, stirring halfway through.
3. Prepare the Dressing:
 - In a small bowl, whisk together balsamic vinegar, Dijon mustard, maple syrup, olive oil, salt, and pepper until well combined.
4. Combine the Salad:
 - In a large bowl, combine the chopped kale, roasted vegetables, and cooked quinoa (if using).
 - Drizzle the dressing over the salad and toss gently to combine.
5. Add Toppings:
 - If desired, sprinkle the salad with crumbled feta cheese and chopped nuts for added flavour and texture.
6. Serve:
 - Serve the salad warm or at room temperature. It can be a main dish or a side dish!

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* Research conducted by Willful and Arbor Memorial Inc. in a 2020 survey.

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Stay Connected to Your Community!

by Recovery Alberta – Community Health Promotion Services

Belonging and connection go together. Connectedness is feeling cared for, supported, and like you belong in your school, work, with friends and family, and in community. Experiencing connectedness is good for people of all ages. Connected children do better at school and with friends.

Connection reduces feelings of loneliness and isolation. Connecting to resources and support can help people meet their basic needs. Saying “good morning” to the transit driver, having a meal with friends, toasting marshmallows around a fire pit, attending church, mosque, or synagogue, or walking through the neighbourhood with your family to look at holiday lights are great examples of actions that connect. Connecting activities help us be healthy and mentally well, strengthen relationships, and create belonging in our larger community. Forming connections in our daily lives is important for good mental, emotional, spiritual, and physical health.

One thing that can improve the connections in our lives is mindfulness. Mindfulness happens when we are completely “in” the present moment. Getting rid of distractions allows us to be fully with others and increases our appreciation of social connections in the community.

Below are some tips that can help us practice connection and belonging:

- Be present! Listen to listen instead of listening to respond.
- Let go of feeling like you must “do it all.” Think about and act on your own values and beliefs instead of trying to meet unrealistic expectations.
- Let yourself create healthy boundaries. There is no need to always do more or force yourself to do things when you would rather not.
- Create opportunities for connection. If you cannot meet in person, can you connect on the phone or meet virtually?
- Be open and say “yes” to new experiences and opportunities—food, events, hobbies!



- Get to know your community! Who are your neighbours? Are they locally owned? Can you help by volunteering?
- Do what recharges your batteries! Take time for yourself—make “you” a priority. Filling your own cup gives you the energy to connect with others!



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Raising Non-Anxious Kids

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

Modern parenting has become highly involved. Many of us may hover, protect, and step in quickly to solve problems for our kids. While this comes from love, too much intervention can make it harder for children to build resilience, confidence, and coping skills. Add in the constant pull of screens and social media, and many kids grow up struggling with boredom, frustration, and independence.

A New Approach: Obstacle Parenting

Instead of removing every challenge, obstacle parenting gives kids space to face small struggles and learn from them. It's about doing less, not more, and trusting that kids can figure things out.

1. Resilience Comes Through Struggle

- Shielding kids from every difficulty robs them of practice in handling life's challenges.
- Small frustrations (like a tricky puzzle or waiting a few minutes for help) build patience and problem-solving skills.

2. Boredom Isn't Bad

- Constant stimulation from screens can dull curiosity.
- Letting kids experience boredom creates space for imagination, creativity, and self-discovery.

3. Screens and Social Media

- Technology isn't going away, but heavy use can lead to loneliness and anxiety.
- Balance matters: limiting screen time, teaching mindful use, and modelling healthy habits are key.

4. Parents Need Restraint Too

- Kids notice when adults are glued to their phones.
- Modelling presence—reading, drawing, or simply sitting quietly—teaches kids that life doesn't have to be constantly filled with screens.

Practical Tips for Parents

- Pause Before Helping: If your child asks for help, wait a few minutes. Encourage them to try first.
- Make Things Just a Bit Harder: Give challenges that require effort—like board games, chores, or puzzles.
- Encourage Real-World Play: Let kids play outside, climb, build, and explore with peers—even if it's messy or imperfect.



- Embrace Boredom: Remind kids (and yourself): "It's okay to be bored." Often, creativity follows.
- Create Screen-Free Zones: Mealtimes, bedtime routines, and family outings can be tech-free moments.
- Model Healthy Habits: Put your own phone down. Show your kids how to be present, curious, and engaged in the real world.
- Build Community: Rely on neighbours, friends, and extended family. Kids need more than just parents—they thrive with a wider circle of support.

Obstacle parenting isn't about making life hard for children. It's about giving them space to:

- Build confidence.
- Develop focus and endurance.
- Learn how to handle frustration.
- Discover creativity in boredom.
- Grow into resilient, less anxious adults.

Sometimes, the best gift we can give our kids is to step back, let them struggle a little, and trust that they can rise to the challenge.



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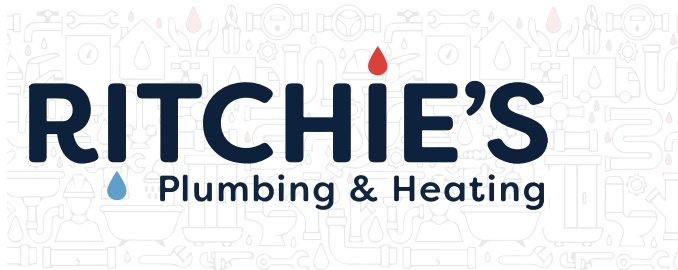
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Tasty Art

What do "The Persistence of Memory" and the Chupa Chups logo have in common? Well, they were both created by surrealist Salvador Dalí! Asked by founder Enric Bernat to improve the candy wrapper, Dalí sketched the now-iconic daisy-shaped logo in a café on a piece of newspaper.



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WEST SPRINGS COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
September	25	35	16	\$757,450	\$740,000
August	25	31	15	\$749,900	\$749,000
July	25	28	24	\$758,950	\$736,000
June	25	29	22	\$749,900	\$752,000
May	25	28	21	\$875,000	\$845,000
April	25	36	22	\$836,950	\$849,000
March	25	42	25	\$899,900	\$895,000
February	25	24	17	\$759,900	\$710,486
January	25	19	9	\$725,000	\$725,000
December	24	13	11	\$598,000	\$588,400
November	24	18	20	\$629,950	\$627,500
October	24	25	16	\$707,000	\$693,250

COUGAR RIDGE COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
September	25	13	9	\$762,500	\$762,500
August	25	13	10	\$769,500	\$755,000
July	25	6	9	\$835,000	\$820,000
June	25	17	22	\$799,900	\$814,000
May	25	24	10	\$772,450	\$757,500
April	25	10	6	\$882,500	\$864,000
March	25	9	6	\$798,944	\$805,250
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

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



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

38% faster

When it's time to sell your home, David sells it **38% faster**. David's listings averaged **20 days on the market** vs the rest of the market at 32 days, over the past 5 years.**

100%

Over the past 5 years, David's listings have sold at **100%** of list price on average, vs the rest of market at 99.4%.**

489 sales

With **489 sales** dating back to 2012, David has established himself as the top producing Realtor here on the Westside.*

David's sales are fast approaching twice that of his closest competitor, over the past 10 years!***

Detached homes – Listed & Sold – *Calendar 2012 – 2024; **Calendar 2020 – 2024; ***Calendar 2015 - 2024 – The combined Westside communities of: West Springs, Aspen Woods, Springbank Hill, Discovery Ridge, Signal Hill, Christie Park, Strathcona Park, Coach Hill, Patterson & Cougar Ridge.

Friend
Neighbour
Realtor®
David Pellettier

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