JUNE 2026 YOUR OFFICIAL COMMUNITY NEWSLETTER

the WSCR COMMUNITY ASSOCIATION news

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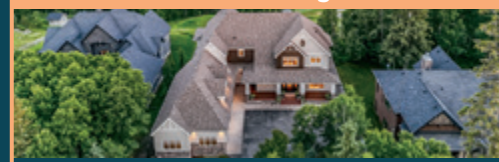

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EXECUTIVE COMMITTEE	
Position	**Name**
President	Karla Gibson
Vice President	Kelly Smith
Secretary	Vacant
Treasurer	Tenzin Sangalabrang
Executive Assistant to the Board (Contracted, Non-voting Support Role)	Joyce Li

COMMITTEES	
Committee	**Member(s)** **Bold font indicates Board Director*
Charity Casino	**Eileen Teasdale** **Kimberly Paw**
Communications	**Heather Zaba**
Newsletter	Sucheta Chaudhary Ayaan Chaudhary
Membership	**Eileen Teasdale**
Planning and Development	Joe Healey
Sponsorship	**Latosia Campbell-Walters**
Website Editor	Caroline Anderson
Soccer	**Kimberly Paw**
Skating	**Kimberly Paw**
Volunteers	Vacant
Community Mobility	**Denis Ho**
Recycling Event	Kelly Smith
Community Garden	**Evan Ashdown** David Hall
Charity Stampede Breakfast	Karla Gibson Heather Zaba

Become a Member

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

Visit www.wscr.ca to sign up

WSCRCA Board Meetings

Meetings are held on the second Wednesday of every month at Wolfe Chevrolet GMC Buick 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 Executive Assistant by email a week before the meeting at admin@wscr.ca.

SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

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WEST SPRINGS COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
April 26	42	22	$1,024,950	$997,000
March 26	26	21	$1,039,000	$999,000
February 26	39	12	$1,072,000	$1,067,100
January 26	24	7	$650,000	$758,000
December 25	13	11	$600,000	$589,000
November 25	19	17	$779,900	$774,900
October 25	24	11	$789,900	$779,000
September 25	27	16	$757,450	$740,000
August 25	25	15	$749,900	$749,000
July 25	22	24	$758,950	$736,000
June 25	29	22	$749,900	$752,000
May 25	27	21	$875,000	$845,000

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
April 26	13	12	$787,450	$786,000
March 26	15	12	$749,950	$764,000
February 26	10	11	$849,900	$877,400
January 26	10	3	$869,900	$859,000
December 25	0	6	$789,950	$756,000
November 25	4	6	$759,900	$744,950
October 25	8	7	$800,000	$787,500
September 25	11	9	$762,500	$762,500
August 25	11	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

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

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 admin@wscr.ca.

COMMUNITY WSCR ASSOCIATION

Executive Board Opportunities

Treasurer
Secretary

Support Your Community

Sign up at www.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 admin@wscr.ca.

COMMUNITY WSCR ASSOCIATION

Become a Volunteer

Support Your Community While Making a Meaningful Impact

Sign up at www.wscr.ca

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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X (Twitter): **@WSCRCA**

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WSCRCA Neighbour Day Party

Save the date! Join us from 10:00 am to 2:00 pm in the West Springs/Cougar Ridge Community Hub and Garden, located at 25 Weston Park SW, for a free neighbourhood block party on Saturday, June 20, 2026!

Come by for some delicious treats and stay for a fun filled celebration of connection, community, and summer. There will be a Fit Set Ninja course, crafts, face painting and much more!

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West Springs Church			

Bronze Level			
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Pharmasave West Spring	Momentum Health	Hounds Like Fun	Alive Danceworks
Hula Poke West			

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

What is Intimate Betrayal Trauma?

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

Intimate betrayal trauma occurs when someone you deeply trust—most often a romantic partner—violates the emotional, physical, or relational safety of the relationship. This can include infidelity, compulsive sexual behaviour, hidden relationships, financial deception, or ongoing dishonesty. What makes this type of trauma so uniquely painful is not just the behaviour itself, but who it comes from: the person you rely on for safety, connection, and truth.

This isn't just "being hurt" or "going through a breakup." Intimate betrayal trauma disrupts your sense of reality. Many people describe it as having the ground pulled out from beneath them. The relationship you thought you were in suddenly feels uncertain or even false, and your nervous system reacts accordingly.

What It Feels Like

The experience can be overwhelming and disorienting. Emotionally, there may be waves of shock, anger, grief, anxiety, and deep sadness—sometimes all within the same hour. Many people feel obsessive, unable to stop thinking about what happened, replaying conversations, or searching for more information.

Cognitively, confusion is common. You may question your judgment, your memory, or your ability to trust yourself. Thoughts like "How did I not see this?" or "What else don't I know?" can become constant companions.

Physically, betrayal trauma often shows up in the body. Sleep disruption, loss of appetite, nausea, fatigue, and heightened startle responses are common. Your body is reacting to a perceived threat—because, in many ways, your sense of emotional safety has been threatened.

Relationally, you may feel torn. Part of you may want answers, closeness, or repair, while another part wants distance or protection. This internal push-pull can feel exhausting and confusing.

All of this is a normal response to an abnormal situation. Your system is trying to make sense of something that doesn't fit.

1. Slow Things Down
You don't need to decide the future of your relationship right now. Give yourself permission to pause. Trauma creates urgency, but clarity comes with time and regulation.

2. Get Support—But Choose Carefully
It's important to not go through this alone, but be mindful about who you tell. Well-meaning friends or family may react strongly, offer advice that doesn't fit, or unintentionally increase your distress. Look for grounded, non-reactive support. A therapist trained in betrayal trauma can be especially helpful.

3. Prioritize Your Nervous System
Focus on basics: sleep, hydration, nutrition, and gentle movement. Even if you don't feel like eating or resting, small consistent efforts matter. Grounding practices—like slow breathing, going for a walk, or placing your feet firmly on the floor—can help regulate overwhelming emotions.

4. Limit Information Overload
The urge to know everything immediately is understandable. However, excessive questioning, checking, or investigating can intensify distress. Work toward pacing information in a way that feels manageable, ideally with professional support.

5. Create Immediate Safety
Ask yourself: What do I need right now to feel a bit safer? This might mean emotional boundaries, physical space, or clarity about immediate next steps. Safety doesn't have to be permanent—it just needs to help you get through the moment.

6. Be Cautious with Big Decisions
Avoid making major choices (like ending the relationship, moving out, or making financial decisions) while in acute shock. Your thinking will likely shift as the intensity settles.

7. Remind Yourself: Your Reactions Make Sense
You are not "overreacting." Your mind and body are responding to a rupture in trust and safety. This is what trauma looks like.

Tropical Fruit Punch Recipe

Ingredients
For the base:
- 2 cups pineapple juice
- 1 cup orange juice
- 1/2 cup mango nectar

For the sparkle:
- 1 cup sparkling water
- 1 tbsp lime juice

For garnish:
- 1/4 cup fresh mint leaves
- 1/2 cup mixed tropical fruit chunks (pineapple, mango, and kiwi)

Instructions
1. In a large pitcher, combine the pineapple juice, orange juice, and mango nectar. Stir gently to mix.
2. Chill the juice mixture in the refrigerator for at least 1 hour to enhance the flavors.
3. Just before serving, add the sparkling water and lime juice to the pitcher. Stir lightly to combine, preserving the bubbles.
4. Fill glasses with ice cubes to keep the punch cool and refreshing.
5. Pour the tropical fruit punch over the ice, filling each glass three-quarters full.
6. Garnish each glass with a few fresh mint leaves and a skewer of mixed tropical fruit chunks for a vibrant presentation.

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