

SEPTEMBER 2026

YOUR OFFICIAL COMMUNITY NEWSLETTER

# the WSCR news

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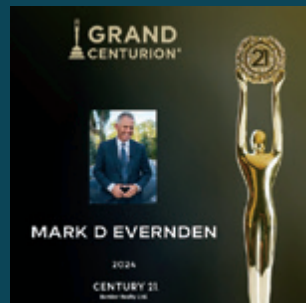
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#### EXECUTIVE COMMITTEE

| Position                                                                  | Name                |
|---------------------------------------------------------------------------|---------------------|
| President                                                                 | Karla Gibson        |
| Vice President                                                            | Kelly Smith         |
| Secretary                                                                 | Kathy Clauge        |
| Treasurer                                                                 | Tenzin Sangalabrang |
| Executive Assistant to the Board<br>(Contracted, Non-voting Support Role) | Joyce Li            |

#### COMMITTEES

| Committee                  | Member(s)                                     |
|----------------------------|-----------------------------------------------|
|                            | <i>*Bold font indicates Board Director</i>    |
| Charity Casino             | <b>Eileen Teasdale</b><br><b>Kimberly Paw</b> |
| Communications             | <b>Heather Zaba</b>                           |
| Newsletter                 | Sucheta Arora<br>Ayaan Arora                  |
| Membership                 | <b>Eileen Teasdale</b>                        |
| Planning and Development   | <b>Joe Healey</b>                             |
| Sponsorship                | Jacynthe Jaggur                               |
| Santa Event                | Vacant                                        |
| Website Editor             | Caroline Anderson                             |
| Soccer                     | <b>Kimberly Paw</b>                           |
| Skating                    | <b>Kimberly Paw</b>                           |
| Volunteers                 | Vacant                                        |
| Community Mobility         | <b>Denis Ho</b>                               |
| Recycling Event            | Kelly Smith                                   |
| Community Garden           | <b>Evan Ashdown</b><br>David Hall             |
| Charity Stampede Breakfast | Vacant                                        |
| Adult Volleyball           | Bruce Nelligan                                |

West Springs Cougar Ridge  
Community Association

## Executive Board Opportunity

### Treasurer



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- Accounting/Finance background preferred
- Detail-oriented
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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.

## 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](mailto:admin@wscr.ca).

## Volunteers Urgently Needed— A Message from Our President

My name is Karla Gibson, and I have had the privilege of serving on the West Springs/Cougar Ridge Community Association Board for more than 10 years. As the current President, I have seen firsthand what can happen when neighbours come together with a shared goal of making our community a better place to live.

I'm reaching out to ask for your help.

Everything we do, from the Stampede Breakfast and Santa Event to youth soccer, senior programming, recycling events, and many other community initiatives, is made possible by volunteers. These programs don't happen without people willing to share their time, ideas, and talents.

As our community continues to grow, so does the need for volunteers. Without new people stepping forward, we will unfortunately have to reduce or make the difficult decisions to cancel some of the programs and events that so many families have come to enjoy.

We are urgently looking for a Treasurer to join our Board, a Volunteer Coordinator, and Program Coordinators and Committee Members for the following initiatives:

- Santa Event
- Stampede Breakfast
- Youth Soccer
- Volunteer Recruitment
- Senior Programming
- Community Recycling Event

We are also looking for general event volunteers.

Volunteering is one of the most rewarding ways to give back. You'll meet wonderful neighbours, build lasting

friendships, develop new skills, and play a direct role in shaping the future of our community.

You don't need previous experience, just a willingness to get involved. We will support you every step of the way.

If you've ever attended one of our events, watched your children participate in one of our programs, or simply appreciate living in a connected and vibrant neighbourhood, I invite you to consider becoming a volunteer.

Together, we can ensure that West Springs and Cougar Ridge continue to be a community where neighbours know one another, families thrive, and traditions continue for generations to come.

I truly hope you'll join us. For more information, visit [www.wscr.ca](http://www.wscr.ca).

OUR COMMUNITY NEEDS YOU

# Volunteers Urgently Needed



Volunteers make many of the programs, events & initiatives our community enjoys possible. To keep them going, we need more volunteers to get involved.

**Could one of our volunteers be you?**

Scan to see current volunteer opportunities





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**Non-Members \$20/drop-in**



## Aviation Experience

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Saturday Sep 26 2026  
10:00 AM - 12:00 PM  
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## WEST SPRINGS COMMUNITY REAL ESTATE ACTIVITY

|           |    | Properties |      | Median Price |             |
|-----------|----|------------|------|--------------|-------------|
|           |    | Listed     | Sold | Listed       | Sold        |
| July      | 26 | 26         | 21   | \$685,000    | \$685,000   |
| June      | 26 | 36         | 31   | \$869,900    | \$860,000   |
| May       | 26 | 51         | 23   | \$650,000    | \$640,000   |
| April     | 26 | 41         | 22   | \$1,024,950  | \$997,000   |
| March     | 26 | 23         | 21   | \$1,039,000  | \$999,000   |
| February  | 26 | 37         | 12   | \$1,072,000  | \$1,067,100 |
| January   | 26 | 22         | 7    | \$650,000    | \$758,000   |
| December  | 25 | 12         | 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 | 24         | 15   | \$749,900    | \$749,000   |

To view more detailed information that comprise the above  
MLS averages please visit [wsp.mycalgary.com](http://wsp.mycalgary.com)

## COUGAR RIDGE COMMUNITY REAL ESTATE ACTIVITY

|           |    | Properties |      | Median Price |           |
|-----------|----|------------|------|--------------|-----------|
|           |    | Listed     | Sold | Listed       | Sold      |
| July      | 26 | 9          | 7    | \$895,000    | \$895,000 |
| June      | 26 | 12         | 10   | \$772,000    | \$775,750 |
| May       | 26 | 10         | 12   | \$799,900    | \$793,650 |
| April     | 26 | 11         | 12   | \$787,450    | \$786,000 |
| March     | 26 | 14         | 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 |

To view more detailed information that comprise the above  
MLS averages please visit [cgr.mycalgary.com](http://cgr.mycalgary.com)

## RECIPE



### Fall Salad

Embrace the flavours of fall!

Fall is the perfect time to enjoy hearty meals and sweet treats that make gatherings with family and friends feel extra special. Seasonal ingredients like pumpkin, apple, squash, sweet potato, and root vegetables not only taste delicious but also bring vibrant colors to the table. This season encourages experimenting with cozy flavours.

#### Ingredients

- 1 small, sweet potato
- 1 large carrot shredded
- 4 medium radishes shredded
- ½ fennel bulb trimmed and cored. Cut into quarters and sliced thinly
- 3 cups red cabbage thinly sliced (about ¼ of a cabbage)
- ½ cup chopped parsley
- 4 to 6 tablespoon fresh lemon juice (about 2 lemons)
- 5 tablespoon extra-virgin olive oil
- Salt and pepper to taste
- ¼ cup toasted pumpkin seeds or as needed
- 4 ounces of Goat Cheese

#### Instructions

1. Preheat oven to 400°F. Peel and dice sweet potato into ½-inch cubes. Roast for 20 minutes or until softened. Let it cool.
2. Remove core and thinly sliced cabbage and fennel using a slicer or a sharp knife. Shred the carrots and radish using a grater. Mix together shredded carrots, radishes, fennel, cabbage, parsley, and cooled sweet potato in a large bowl. Drizzle with olive oil and fresh lemon juice. Mix well and add salt and pepper to taste. Just before serving, top with toasted pumpkin seeds and goat cheese.

**CODE NINJAS**  
 West Springs Calgary

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|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
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|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|

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## Become a Member

### MEMBERSHIP BENEFITS:

- Access to exclusive member-only programs & events such as youth soccer & community garden beds.
- Priority access to public programs & events such as our annual Movie in the Park and Santa Event
- Eligibility to vote at the AGM
- Access to up-to-date information about upcoming events & programs including offers from our sponsors

[WWW.WSCR.CA](http://WWW.WSCR.CA)

# A Big Thank You to Our Local Sponsors

| Platinum Level       |                                     |                                   |                     |
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| Blair's No Frills    | Calgary French International School | Wolfe Chevrolet GMC Buick Calgary |                     |

| Gold Level           |                    |                              |                          |
|----------------------|--------------------|------------------------------|--------------------------|
| Scholars             | CO-OP West Springs | Planes, Trains & Kids Travel | Code Ninjas West Springs |
| Blue Diamond Medical |                    |                              |                          |

| Silver Level        |  |  |  |
|---------------------|--|--|--|
| West Springs Church |  |  |  |

| Bronze Level           |                |                   |                   |
|------------------------|----------------|-------------------|-------------------|
| Pharmasave West Spring | Hula Poke West | AKIDEMY Preschool | West Hills United |
| Alive Danceworks       |                |                   |                   |

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



## Let's Get Social!

Follow us at:






[wscr.ca](http://wscr.ca)



## Become a Sponsor

We are thankful to the local businesses whose trust & support empower us to make a lasting impact on our community.

As we foster growth, support local initiatives, & enhance residents' lives, we invite you to join us as a valued sponsor.



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- ✓ Lock door between garage & house
- ✓ Close & lock all external doors
- ✓ Ensure windows are shut
- ✓ Turn on an exterior light

# Curbside Treasure Hunt: One Weekend, Countless Finds.

by The City of Calgary

On September 12 and 13, join the city-wide Curbside Treasure Hunt! Set out gently used items on your curb and label them with a sign saying “free” for neighbours to take and/or explore your neighbourhood for free finds as well. It’s a fun and easy way to give your things a second life and keep usable items out of the landfill.

### How It Works:

#### 1. Clear the Clutter.

Look around your home for items you no longer need, but someone else might love.

#### 2. Label It “FREE”.

Clearly mark each item with a “FREE” sign so people know it’s part of the Treasure Hunt. Download a template at [calgary.ca/treasurehunt](http://calgary.ca/treasurehunt).

#### 3. Set It Out.

Place your items neatly at the curb Saturday morning.

#### 4. Remove items that are NOT part of the hunt.

Make sure anything on your lawn or on the curb that you plan to keep is removed, put away, or secured so it’s clear what’s free to take and what’s not.

#### 5. Treasure Hunt!

Explore your neighbourhood and discover free finds all weekend long (only take items clearly labelled as “free”).

#### 6. Wrap It Up.

By Sunday, September 13 at 5:00 pm, remove any untaken items from your curb and consider donating them to a local charity.

For safety reasons, **please don’t put out** items that could be hazardous or not safe to reuse, such as:

- Mattresses
- Toilets
- Unsafe or recalled items
- Baby gear or safety equipment that may not meet current standards

Do you live in a condo or apartment? You can participate as well! Coordinate with your property manager to establish a shared drop-off location.

Let’s keep good things out of the landfill. Happy treasure hunting!



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## When Grief Becomes Complicated: Strategies for Dealing with Complex Grief

by Nancy Bergeron, R.Psych | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



Grief is a natural response to loss, but it does not follow a fixed timeline. For many of us, the pain slowly softens and life begins to open up again. For others, grief stays intense, persistent, and disruptive long after the loss. This is often called complex grief.

Complex grief is more than missing someone. It can feel as if time has stopped. Months or even years after the loss, we may still feel as though the death happened yesterday. You may struggle with intense longing, difficulty accepting the loss, or trouble imagining a meaningful future without the person who died. Everyday reminders can bring overwhelming pain, making it hard to work, maintain relationships, or enjoy activities you once valued.

Complex grief can sometimes be mistaken for depression because both can involve sadness and withdrawal. The difference is that grief is centred on the loss of a specific person and the longing for that relationship. Depression usually involves a broader loss of pleasure, ongoing hopelessness, and negative beliefs about oneself. It is also possible to experience both at the same time.

### Six Coping Strategies for Complex Grief:

While complex grief can feel overwhelming, there are approaches that can help. Evidence-based treatment

often includes grief-focused therapy, which offers a safe space to process the loss, explore painful emotions, and gradually rebuild meaning and connection. Some people also benefit from cognitive behavioural strategies, which can help identify unhelpful thoughts such as guilt, self-blame, or the belief that life can never feel meaningful again.

Other helpful coping strategies include:

- **Maintaining routines:** Create a simple daily structure that adds predictability, even in small ways. For example, wake up at the same time each morning, eat breakfast before checking your phone, or take a short walk after lunch.
- **Allowing space for grief:** Set aside time to feel, remember, or express your grief instead of holding it in all day. You might journal before bed, light a candle on a certain day, or look through photos and write down a memory.
- **Staying connected to supportive people:** Reach out to people who can listen without trying to fix your feelings. You might text a trusted friend, attend a grief support group, or invite a family member for coffee.
- **Caring for your body:** Focus on one or two basic physical needs each day, since grief can make self-care harder. You might drink a glass of water when you wake up, eat something with protein at breakfast, stretch for five minutes, or go to bed at a consistent time.
- **Practicing self-compassion:** Notice harsh self-talk and replace it with a more understanding response. If you think, "I should be over this by now," try reminding yourself, "I am grieving something important, and healing takes time."

These strategies do not erase grief, but they can make it more manageable and support healing over time.

### When to Seek Professional Help

It may be time to seek professional support if your grief feels stuck or overwhelming for a long period, especially if it is affecting work, relationships, sleep, or daily functioning. You may also benefit from help if you are avoiding reminders of the loss, struggling to imagine a future, or experiencing intense guilt, numbness, or hopelessness that does not ease with time.



**MP Calgary Signal Hill**  
**David GL McKenzie, KC, MP**  
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### Alberta Separation Referendum

As Albertans prepare to vote in the upcoming referendum on Alberta's future within Canada, I believe it is important to clearly state my position: I support Alberta remaining in Canada.

Like many Albertans, I recognize the legitimate frustrations that have fuelled support for separation. Concerns about equalization, unfair representation in Parliament, excessive federal regulation, and a perceived lack of respect for Alberta are real and deserve attention. Alberta has contributed significantly to Canada's prosperity and Albertans rightly expect acknowledgement and fair treatment in return.

However, I do not believe separation is the solution.

As a landlocked province, Alberta relies on access through other jurisdictions to reach global markets. Independence would not automatically solve challenges around pipelines and tidewater access. Instead, Alberta would need to negotiate with Canada as a separate country, likely weakening our position and creating new barriers for trade and energy exports.

Claims that separation would dramatically reduce taxes are also uncertain. While federal taxes would no longer be paid to Ottawa, Alberta would assume major new responsibilities, including national defence, border security, tax collection and foreign relations. These costs, combined with the loss of economies of scale, could offset many anticipated savings.

There is also significant uncertainty regarding Alberta's future relationship with the United States and the broader international community. Such risks should not be dismissed lightly.

Importantly, Alberta already enjoys substantial autonomy within Confederation. Successive provincial governments have demonstrated the ability to challenge federal policies and defend Alberta's interests while remaining part of Canada.

Canada is not perfect, but it remains one of the most stable, prosperous, and respected countries in the world. Rather than abandoning Confederation, we should continue working to address Alberta's legitimate concerns and build a stronger future together. I firmly believe Alberta's best days remain ahead, as part of Canada.

For my full statement visit [davidmckenziemp.ca/alberta-separation-referendum/](http://davidmckenziemp.ca/alberta-separation-referendum/).

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# BUSINESS CLASSIFIEDS

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**AMPLE TUTORING:** If your kid is struggling in school or if the explanations the teachers are giving your child just don't seem to click, then shoot me a text or email to book a trial session today! Email [AmpleTutoring@gmail.com](mailto:AmpleTutoring@gmail.com) or phone 587-581-0834.

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

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