

FEBRUARY 2023

YOUR OFFICIAL COMMUNITY NEWSLETTER

# the news

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Auto thefts are crimes of opportunity. Do your part to keep your vehicle safe.



# 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 communitybased 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).

**SCAN HERE**



**To View Additional West Springs/Cougar Ridge Content**

INCLUDING

- ▶ **News and Events**
- ▶ **Real Estate Statistics**
- ▶ **Crime Statistics**

and more...

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### EXECUTIVE COMMITTEE

Position	Name	Email
President	Paul Ghazar	president@wscr.ca
Vice President	Karla Gibson	vicepresident@wscr.ca
Secretary	Virginia D'Souza	secretary@wscr.ca
Treasurer	Lavender Murray	treasurer@wscr.ca
Board Executive Assistant	Katie Suen	admin@wscr.ca

### COMMITTEES

Committee	Director/Volunteer	Email
Building Safer Communities	Heather Zaba	safercommunity@wscr.ca
Charity Casino	Eileen Teasdale	casino@wscr.ca
Communications	Heather Zaba	communications@wscr.ca
Newsletter	Karen Riordan	newsletter@wscr.ca
Community Recycling Event	Faheem Ahmed Angelina Marian	communityrecycling@wscr.ca
Membership	Eileen Teasdale	membership@wscr.ca
Sponsorship	Taiwo Adetola	sponsorship@wscr.ca
Planning and Development	Joseph Healey Linda Nessel Eileen Teasdale Denis Ho Yvonne Harper Renee Alessio	planning@wscr.ca
Soccer	Steve Berman Kimberly Paw	soccer@wscr.ca
Skating	Kimberly Paw	skating@wscr.ca
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Volunteers	Tyler Norgaard	volunteer@wscr.ca
Directors at Large	Justin Barrett Latosia Campbell-Walters	

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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](mailto: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](mailto:planning@wscr.ca).

### WSCR Babysitters



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/>.

## Santa Event

The WSCRCA hosted their annual Santa Claus event on December 17, 2022. The event was held at West Springs Church, with approximately 80 families from our community attending. Although the weather turned cold, and the horse-drawn wagon rides had to be cancelled, the event was a huge success!

We had live musical Christmas performances by Darcy Daniels and Cyndi Cave, and interactive performances by the Christmas Elves, who told stories and got the little ones up dancing and singing throughout the afternoon!

Participants also enjoyed wonderful and interactive displays set up by the students and staff at the Calgary French & International School and took part in STEM activities provided by Code Ninjas West Springs.

The event also included Christmas crafts, Santa letter writing, Christmas cookies, hot chocolate, and visits with Lionel from Boston Pizza.

Most importantly, families and their little ones were able to visit with Santa and Mrs. Claus, and have their visit professionally photographed.

A big thank you to West Springs Church, Boston Pizza West Springs, the Calgary French & International School, Code Ninjas West Springs and Truman Homes for sponsoring the event.

Also, a huge shout out to the WSCRCA Santa Claus Event Committee and the numerous volunteers who generously donated their time. Without your enthusiasm and support, we would not have been able to host this wonderful event!

A warm thank you to our vendors, Simply Sweet Ltd., YYC Princess, Meet the Clauses, A&A Photography, and Horse Drawn Carriages for all Occasions.

Mark your calendar! We hope to see everyone back for the WSCRCA Santa Claus event on December 2, 2023.

Keep your eyes open for more details to follow late this fall.



### February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

#### Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

#### Heart Attack Risk Factors

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*
- High cholesterol\*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

#### What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



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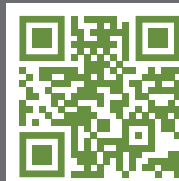
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## WEST SPRINGS COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
December 22	5	11	\$459,000	\$459,000
November 22	8	11	\$499,999	\$498,000
October 22	13	12	\$797,400	\$779,400
September 22	15	15	\$748,900	\$720,000
August 22	14	13	\$709,999	\$660,000
July 22	21	14	\$682,400	\$677,500
June 22	24	21	\$649,000	\$652,500
May 22	22	31	\$679,888	\$731,000
April 22	38	35	\$739,900	\$825,000
March 22	53	35	\$699,900	\$750,000
February 22	31	33	\$680,000	\$708,000
January 22	18	24	\$731,900	\$728,750

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
December 22	3	3	\$749,900	\$720,000
November 22	5	7	\$619,900	\$620,000
October 22	6	3	\$380,000	\$370,000
September 22	6	6	\$599,900	\$607,000
August 22	5	11	\$679,900	\$680,000
July 22	13	8	\$734,900	\$764,244
June 22	13	17	\$750,000	\$755,000
May 22	20	17	\$685,000	\$675,000
April 22	25	25	\$650,000	\$670,000
March 22	29	25	\$625,000	\$650,000
February 22	21	22	\$687,450	\$740,000
January 22	11	10	\$585,000	\$602,500

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



## Moose on the Loose!

If you come across a moose, the Government of Alberta has the following advice.

Normally, moose are not aggressive; however, a moose that is stressed, a bull moose in the fall rut, or a cow moose protecting her young may be easily provoked into an attack.

### An agitated moose may show some of the following behaviours:

- Neck and back hairs standing up
- Ears going back against its head
- Snorting
- Lip licking

Always keep your distance from any wildlife, even if they appear calm or friendly.

### What to do if charged by a moose

If you are charged by a moose, run away as fast as you can and try to find a car, tree, or building to hide behind. If the moose knocks you down before you reach safety, do not fight - curl up into a ball and cover your head.

### How to prevent confrontation with a moose

To help prevent a possible confrontation, do not allow your dog to harass the moose and do not try to scare the moose off by yelling or throwing things.

Never approach moose calves that have been left alone by their mothers. The mother may have temporarily left the calf in a safe spot and may not be too far away. Moose mothers can also be very protective. If she senses that you are too near her calf, she may defend them.

### What to do if there is a moose in your yard

If you live in an urban neighbourhood where the moose may have difficulty returning to the wild because of roads, buildings, or other barriers, contact the nearest Fish and Wildlife office at 310-0000, or if outside business hours, call the Report a Poacher line at 1-800-642-3800.



## This Year, Be a Snow Angel!

A Snow Angel can be especially helpful to older adults, people with limited mobility, and anyone else needing help—even on a temporary basis.

If there's a Snow Angel that you would like to thank, download a recognition certificate at [calgary.ca/SnowAngels](http://calgary.ca/SnowAngels).



## BRAIN GAMES

## SUDOKU

9	2	6			7		8	
5			6	8	9	2	3	
1					5	9	6	
7	5		8		2	6		
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		4		3		5	7	6
	7	3		6				4
	1	5		7				

FIND SOLUTION ON PAGE 15

## Stay Safe, Stay Off Storm Ponds

Storm ponds are not like regular ponds. They collect runoff to protect communities from overland flooding and help clean water before returning it to the river. Any recreational activity on or in these ponds is not safe and is strictly prohibited under the Stormwater Bylaw.

Keep your family and pets healthy and safe by keeping them off storm ponds.

Ice on storm ponds can be unstable even when it looks solid.

It's not safe to skate, walk, or play on storm ponds. Here's why:

The water in these ponds contains sediment and contaminants (e.g., road salt, vehicle fluids, bacteria, fertilizers, pesticides) that are collected as water travels through the community on their way to the storm pond, which can weaken the ice.

Water levels are constantly changing as water moves between inlet and outlet pipes creating unstable air gaps between the ice and water.

For more information on storm pond safety, visit [calgary.ca/water/stormwater/storm-ponds](http://calgary.ca/water/stormwater/storm-ponds).



## Dog Leash Guidelines

Dog leash guidelines are regulated by the Responsible Pet Ownership Bylaw, as well as the Parks and Pathways Bylaw. Calgary is an "on-leash city", meaning that dogs must be on a leash unless they are on their own property or in an area that is designated by signs as an off-leash area.

### A dog must be on a leash:

- At all times when not on the owner's property.
- On all pathways (pathways have a surface of asphalt, concrete, or brick).

### When on a pathway the following rules apply to dogs:

- A dog's leash cannot be more than two meters long.
- A dog must stay on the right-hand side of the pathway, unless moving around other pathway users.
- A dog must be under the owner's control at all times, and not interfere with or obstruct any other pathway user.

### A dog can be off leash:

- In areas designated by signs as off-leash areas.
- Some pathways cut through off-leash areas. On some of these pathways, dogs may be off leash if there are signs indicating that this is allowed.

For more information, visit [calgary.ca/pets/dog-leash-guidelines](http://calgary.ca/pets/dog-leash-guidelines).



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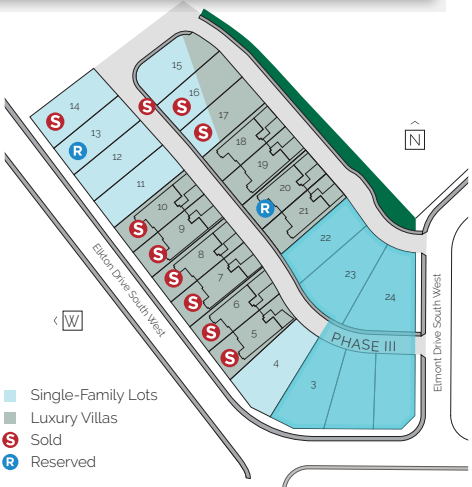
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## Mardi Gras

On February 24, 1857, New Orleans held its first Mardi Gras parade. Interestingly, attendees wore masks to conceal their identities and in so doing, they were able to escape society's rigid class constraints. Masks gave them the freedom to act however they wanted, with whomever. To this day, masks and parades remain sacred Mardi Gras traditions!



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## BRAIN GAMES SUDOKU

9	2	6	3	1	7	4	8	5
5	4	7	6	8	9	2	3	1
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8	9	4	2	3	1	5	7	6
2	7	3	5	6	8	1	9	4
6	1	5	9	7	4	3	2	8

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Real Estate (Central)

\* MLS data, Calendar 2022. Detached homes on the Westside – the combined communities of West Springs, Aspen Woods, Springbank Hill, Discovery Ridge, Signal Hill, Christie Park, Strathcona Park, Coach Hill, Patterson, & Cougar Ridge.