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		Listed	Sold	Listed	Sold
February	23	8	10	\$299,950	\$295,000
January	23	13	3	\$400,000	\$435,000
December	22	2	9	\$352,000	\$340,000
November	22	4	8	\$527,400	\$518,500
October	22	6	6	\$599,900	\$589,000
September	22	11	8	\$553,352	\$559,827
August	22	12	7	\$649,900	\$645,000
July	22	9	12	\$649,900	\$635,000
June	22	16	13	\$664,900	\$644,250
May	22	13	12	\$657,400	\$655,000
April	22	19	15	\$574,900	\$580,000
March	22	27	34	\$549,950	\$602,500

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

KINCORA BOARD OF DIRECTORS

PO BOX 47146, Creekside, Calgary, AB, T3P 0B2
www.kincora.org • communications@kincora.org

NAME	VOLUNTEER POSITION
Travis Merrick	President
Shannon Tompkins	First Vice-President
Kris McPherson	Second Vice-President
Murray Stene	Treasurer
Neila Ben Amar	Secretary
Gurmeet Sindhu	Director of Communications
Dicky Sum	Director at Large
Annie Chio	Director at Large
Chad Rowe	Director of Stampede
Charles Zhang	Director at Large
Mallika Velamuri	Director at Large
Brad Theissen	Chair of Outdoor Rink

Connect with Kincora Community Association – KCA

KCA is a non-profit organization run by volunteers from Kincora. We have many ways of engaging with you. You can also communicate with us! Take a moment to connect to your community, receive regular updates, and have your voice heard.

Our Website

Go to www.kincora.org to register for a free account. You can access information about upcoming events, becoming a volunteer, paying your membership fees, and other useful community links. For assistance with your website account, please contact members@kincora.org.

Emails

Once you create an account on our website, you can choose to receive emails from us. You must choose to get them. To do this, simply log in, go to the "Members" tab; click "Profile", then "Email Options". Emails are typically sent once a month, or to announce event info.

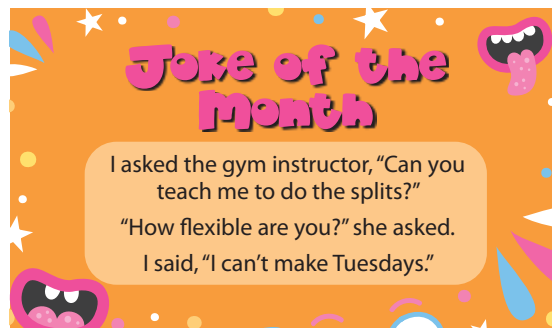
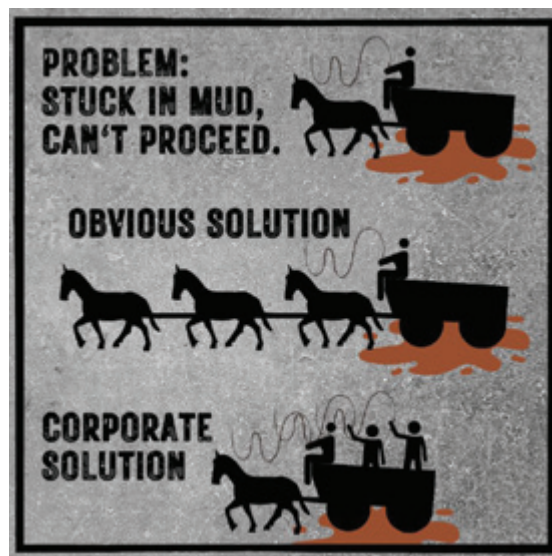
Our Newsletter

Our official newsletter – "Kincora News" will provide meaningful information that your family will find useful. All your editorial submissions will be considered for printing and must be submitted by the first day of the month for the following month's publication.

Social Media

We can also be reached on our Facebook pages @KincoraCommunity and @KincoraResidents, on Twitter @Kincora_YYC, or on Instagram @kincora_art. There you will be able to interact with us, receive regular updates, and connect with other engaged residents of Kincora.

SOCIAL FEED



Hi Kincora,

Well, this is going to be a bit of a different newsletter this month as it will be my last one. You should be receiving this in early April which will give you time to add to your calendar our AGM on April 25 at the Symons Valley United Church (7:00 pm, Valley View Room). At that AGM, I will be resigning as president as my family and I will be moving out of Kincora in the summer. It has been an absolute honour to serve with this board and group of volunteers in this role for the past three years and on the board itself for the past seven. I will be chairing that meeting and then stepping aside. We do have a new president in place (board member Mallika Vellamuri) to take over the reins. With the dedicated returning volunteers and board members, I don't expect much, if any, transition time.

I'd like to note that this is the 15th anniversary for the KCA which is an accomplishment in itself. Community associations across the city are struggling to remain relevant and engaged. We have a board in Kincora that is the shining star of this northwest corner of Calgary. Our previous presidents, Bruce Simpson, Neil Chapman, Annie Dudder, and Drew Englot were great stewards for this organization and I hope the KCA continues to fill a role in the day-to-day of your community well into the future.

If you've taken the time to read this newsletter, glance through it; you're interested in your community. Here's my ask to you: make sure you have a membership. It's only \$20 but it funds youth, senior, and all ages activities in the community: Stampede Breakfast, Winter Festival, Seniors' Socials, the rink, and so much more. If you've done that, take the time to think if you can volunteer, whether that be at an event, or possibly even look at joining the board (or the KRA Residents' Association Board). You get back so much more than you give, and you get to see the immediate impact of your efforts right in your community.

I'd like to thank a few people who have helped me in my time on the board; like all thank-yous, this is going to miss some people and you know who you are. Thank you to Bruce Simpson, Erin Wilson, Stephen McDonald, Al Baecker, Kris McPherson, Shannon Tompkins, Dicky Sum, Gurmeet Sidhu, Annette Hall, Aaron Taylor, and most importantly, the three people who allow me to give my time away from them, Abigail, Addison, and my wife, Melissa.

Thank you, Kincora,

Travis Merrick

President

587-917-3125 | President@Kincora.org

Hello Community Neighbours,

It's starting to feel like spring is right around the corner! We've started our year off by developing our 2023 goal-setting and fundraising plans. We believe that with the right volunteers, those plans will become our successes come year end.

We have immediate volunteer opportunities available for people to step in and make a difference. We have openings on our board of directors and volunteer committees, and if you've been looking for a great initiative to invest your time and efforts into, why not start in your own backyard?

If it's your first time becoming a volunteer, this is a great way to give back to something that will benefit your community and family. Plus, volunteering also looks fantastic on your resume!

Volunteer Roles/Activities We are Recruiting for Includes:

- **Director Vacancies:** Secretary, Director of Fund Development, Vice-President, Director-at-Large.
- **Fundraising:** Volunteers will help the Fund Development Director develop strategies and apply for funding from all levels of government, corporate, and private donors.
- **Communications:** Volunteers will assist the Communications Director in providing information to our members and stakeholders, including marking materials and social media.
- **Finance and Audit:** Volunteers will assist the Treasurer with development of organizational policies such as charitable donations, audit, financial reporting, accountability, and investment.

If you'd be able to help in one or more of these areas, reach out to us on our website. We look forward to seeing you at the upcoming community association AGM, as well as around the communities this year as we continue to participate and volunteer at local events.

Kris McPherson, President – Symons Valley Park



More Time in Nature May Reduce the Risk of Dementia

by MPC Foundation

In a recent article by The Washington Post, Meeri Kim detailed that spending a few hours each week can result in several health benefits, such as:

- Enhanced cognitive function
- Lower blood pressure
- Improved mental health
- Better sleep
- Reduced body stress
- A lower risk of dementia, Parkinson's, Alzheimer's, and other neurodegenerative disorders



It is still unclear why this is, but theorists suggest that being around greener areas like forests and parks encourages more physical activities and provides opportunities to connect with others.

There have also been other reports that indicate nature is good for one's health. A study of almost 62 million Medicare recipients showed that U.S. residents aged 65 and older who lived in the greener residential areas had a lower rate of hospitalizations concerning Parkinson's, Alzheimer's, and other forms of dementia. Those who lived near bodies of water, like lakes, rivers, and oceans, with dedicated land space towards parks, also showed fewer hospital admissions for just Parkinson's disease.

Furthermore, Jochem Klompmaker, a research fellow at the Harvard T.H. Chan School of Public Health, has looked into the relationship between air and sound pollution to one's health, believing that these factors may be associated with dementia-related diseases. When observing the different environments, researchers concluded that better air quality that came from greener spaces like parks led to fewer hospitalizations. However, the number of cases was still large. This indicates that other issues are responsible for most dementia-related hospitalizations.

Therefore, to reduce your chances of developing dementia, Parkinson's or any other neurodegenerative disease, it is important to keep your brain mentally active and healthy. To do this while also incorporating nature, make sure to:

- Regularly exercise – Walk, run, swim, or bike to ensure you maintain a healthy weight.
- Be socially active – Continuing to learn and interact with others can support brain health.

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A MESSAGE FROM THE KRA

As we enjoy more time outdoors and the memories of winter melt away, watch out for increased activity in our community. The KRA will be working on our community landscaping starting next month. If there are no weather delays, like in 2022, this year will have final sculpting of some corner beds, perennials will be added, as well as mulch replacement. The gazebo will be going through a multi-stage rejuvenation with repainting being the first phase.

Thank you, these projects are possible due to our homeowners who keep their accounts in good standing. KRA accounts with arrears will have their reminder notices issued.

The KRA AGM is scheduled for June 27, 2023, starting at 7:00 pm. Attend in-person at the Symons Valley United Church. For owners who are not able to attend, there is the option of submitting a proxy. Virtual attendance will be an option. The KRA AGM package is distributed before the AGM and will confirm voting eligibility, including for virtual attendance. Extended invitations to our regional representatives have been sent. The Kincora Residents' Association is looking for an additional four board members to help share the load. Meetings are once a month and your efforts show right back in the community!

If you have an interest in being involved with a multi-community project, check out the Symons Valley Park Association for volunteering opportunities. You can help to build an amazing NW Calgary amenity and keep Kincora the amazing community it is. The park is also actively looking for board members.



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Yoga For Sleep

by MPC Foundation

Yoga is a gentle and restorative way to wind down your day. Research has found that over 55% of people who did yoga discovered that it helped them get better sleep. Some 85% of those who practice yoga for sleep said that doing yoga regularly helped them reduce stress and achieve better sleep quality.

For those who are new to Yoga, having the right guidance and equipment will go a long way towards easing smoothly into this form and exercise. For example, you can use supportive props like bolsters, towels, and yoga blocks to make poses comfortable so that you can stay in the pose for longer and continue to breathe gently. You can also begin with fewer repetitions and gradually add more repetitions as you progress. The beauty about this form of exercise is that you can do as much or as little as your body can tolerate. When done properly, you will experience the wonderful sensation of having a good workout and without any pain or exertion.



There are several restorative yoga poses that relieve tension and stress, and thus, help promote restful sleep throughout the night. Additionally, deep breathing during yoga is key to be able to relax in these poses. Using a gentle and calming yoga breathing technique, this form of exercise will enhance meditative mindfulness that serves us well, not just at bedtime, but throughout the day as well.

As with all things worth doing, the more that you practice Yoga poses regularly, the more likely you can get a good night's rest. Start by learning the right techniques from a qualified practitioner, after which you can successfully embrace this exercise into your daily self-care routine.

MPC Foundation offers Yoga for Sleep for all seniors and older adult residents in the area. These classes are offered free of charge, thanks to generous support from the Calgary Foundation.

SCAN HERE TO VIEW ADDITIONAL KINCORA CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



The Quietest Place on Earth

A laboratory in Minneapolis has the quietest room in the world! As an anechoic chamber, it prevents the reverberation of sound waves. It's said to be so quiet inside that you can hear your bodily functions, such as the blood circulating in your veins. Being in this room is so off-putting to the senses that no one has stayed inside for longer than 45 minutes!



Symons Valley United Church

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Services - Sundays at 10:30 am. Sunday School and
Youth Group meet during the worship service.



KINCORA COMMUNITY ASSOCIATION MEMBERSHIP

www.kincora.org (Online Registration and Payment)

KCA Membership Fee: \$20

Cheque is payable to the Kincora Community Association (NO CASH)

Mail: P.O. Box 47146 Creekside, Calgary, AB T3P 0B2

Last Name: _____ First Name: _____

Email: _____

Address: _____

Home Phone: _____ Alternative Phone: _____

Are you interested in
volunteer
opportunities? ☐

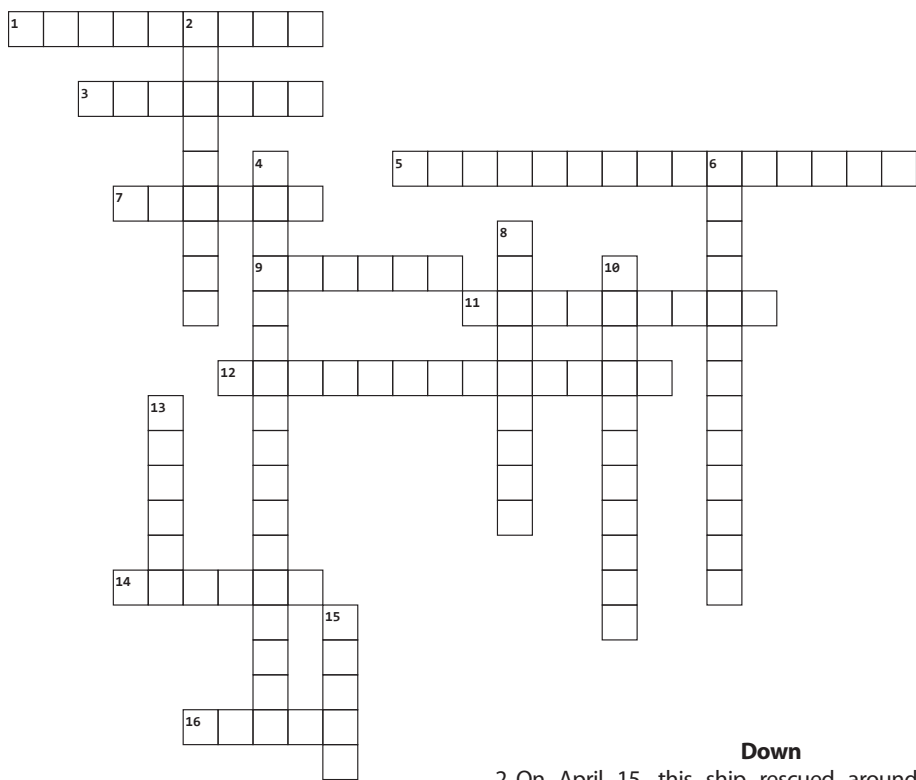
Date (dd/mm/yy) _____

Registration confirmation is sent out from wpadmin@kincora.org. Please contact members@kincora.org for inquiries.

Information is collected under the authority of the Freedom of Information and protection of Privacy Act, section 33(c). This information is used to record your Kincora Community Association membership household payment history. This information will only be used in whole or in part for internal statistical reporting. It will never be shared with a third party. If you have any questions or concerns regarding the use or collection of this information, please contact us.



April Crossword Puzzle



Across

- 1. The smell that is caused by the mixture of rainwater and various earthly compounds.
- 3. Kids will leave these out for the Easter bunny in case he gets hungry.
- 5. Born on April 15, 1452, this artist's painting was famously stolen.
- 7. On April 11, this national observance advocates against animal violence and cruelty.
- 9. The Latin root for the word 'April.'
- 11. This Calgary-born competitive pair skater won gold at the 2002 Olympics with her partner David Pellettier.
- 12. This Vancouver-born actress is best-known for playing Robin Scherbatsky on the CBS sitcom *How I Met Your Mother*.
- 14. Literature lovers will know that April is National _____ Month.
- 16. A colourful and popular marshmallow Easter treat.

Down

- 2. On April 15, this ship rescued around 705 people from a famous shipwreck 595 km off the coast of Newfoundland.
- 4. What makes April 9, 1917, an important date to many Canadians?
- 6. It is said that this day began in 1852 when France started using the Gregorian calendar and the new year no longer began on April 1.
- 8. Born on April 21, 1816, she is the oldest Brontë sister and author of *Jane Eyre*.
- 10. This Chilean-American *The Last of Us* actor was born on April 2, 1975.
- 13. In the United States, spring is said to have arrived when this bird comes to town.
- 15. One of April's birth flowers that comes from the Old English phrase 'dæg-es-eage'.

SCAN THE QR CODE FOR THE ANSWER KEY



GAMES & PUZZLES

Trivia: Calgary Edition

1. What year did the Calgary Flames win the Stanley Cup?
2. What was Calgary's original name?
3. What iconic indie pop duo hails from Calgary?
4. In 1969, what cocktail did Walter Chell invent in Calgary?
5. Who was Canada's flag bearer at Calgary's 1988 Winter Olympics?

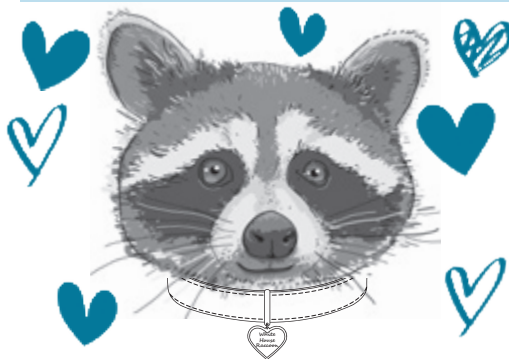


SCAN THE QR CODE
FOR THE ANSWERS!



Presidential Raccoon

In 1926, US President Calvin Coolidge was sent a raccoon who was supposed to be cooked for Thanksgiving dinner! Coolidge decided instead to adopt the critter. The family named her 'Rebecca' and gifted her with an engraved collar saying, "White House Raccoon."



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Tai Chi – Gentle Exercise for All Abilities



by MPC Foundation

The Harvard Health journal describes Tai Chi as 'meditation in motion' and calls it the 'perfect activity for the rest of your life.' Over the years, this ancient form of martial arts has evolved into a hugely popular form of exercise that incorporates mind-body practices and has created legions of fans who attest to its health benefits, added to the fact that it is easy to get started and readily adaptable for all skill levels.

Indeed, the health benefits of embracing Tai Chi as part of an exercise routine are well documented. In Tai Chi exercise, its movements are low impact, slow-motion, relaxed, and never forced. When combined with deep breathing actions and the need to pay attention to each movement in order to maintain the flow and sequence of motions throughout the routine, practitioners of Tai Chi exercise are engaged in mindfulness while performing this routine. In addition, Tai Chi also improves muscle strength and flexibility, which makes it easier to recover from a stumble. The fear of falling can often induce the likelihood to fall and some studies have found that Tai Chi training helps reduce that fear.

According to another study published by the Harvard Medical school, Tai Chi appears to improve executive functions. This includes the ability to multitask, manage time, and make decisions, and the benefits are more pronounced in people without any cognitive decline. In those with mild cognitive impairment, Tai Chi slowed the progression of dementia more than other types of exercise and improved their cognitive function in a comparable fashion to other types of exercise or cognitive training.

The benefits of Tai Chi are generally greatest if you begin before the onset of a chronic illness or functional limitation. Tai Chi is safe, no fancy equipment is needed, and it is easy to get started.

The successful adoption of Tai Chi to your daily exercise routine requires good instruction to begin with, followed by the 3 Ps – Practice, Practice, and more Practice! Once you reap the physical and mental health benefits from this form of exercise, you can continue enjoying this well into your senior years. It is worth the investment of time and effort!

SAFE & SOUND



Bicycle Helmet Safety

from Alberta Health Services

Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life
- Brain injuries can cause permanent disability or death
- Reduce your risk by always wearing your helmet
- Replace any helmet that has been involved in a crash, even if it appears undamaged

Getting started

- Allow children to assist when buying their helmet
- Cyclists who choose their own helmet are more likely to wear them
- Start the habit early. Young children learning to ride tricycles need to wear helmets
- Parents must lead by example – always wear a helmet when cycling

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash
- When worn properly, helmets should fit level, not tilted up, or down over the forehead
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened
- Adjust the chin straps to form a "Y" below and slightly forward from the ears
- Only one finger should be able to fit under the chin strap when it is fastened
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

* Parachute Canada: <http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>.



News from the Friends of Nose Hill

by Anne Burke

There is an annual global community science competition to document urban diversity. Public bioblitzes will be held across Calgary with local stewardship groups. The challenge engages citizen scientists in finding and documenting plants, animals, and other living organism in urban areas. The 2023 City Nature Challenge involves taking pictures between April 28 and May 1 and then identifying them. Results will be announced on May 8. This will be the fifth year for Calgary region participation and there are awards for the top cities. For more information, go to inaturalist.ca/projects/city-nature-challenge-2023-calgary-metropolitan-region.

Although the City introduced two new program, Green Leader and Water Steward, its decision to temporarily discontinue its Adopt-a-Park program was unpopular. Now you can join the Parks Environmental Education team on a Green Initiative project to restore habitat with tree and shrub planting, tree wiring, weed pulling, or painting projects. These group projects are seasonal (May to October) and typically require a 3-to-4-hour commitment. A screening policy is in place, which may include checks by police. Once accepted, volunteers receive orientation, training, and other support. For more information and to register, please call 3-1-1.

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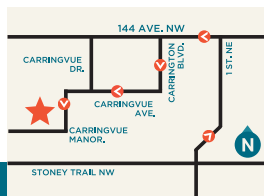
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