

JANUARY 2023

DELIVERED MONTHLY TO 2,590 HOUSEHOLDS

# KINCORANEWS

YOUR OFFICIAL KINCORA COMMUNITY NEWSLETTER



*Happy  
New Year!*



**SAVE A BUNCH  
OF CASH**

Expert advice | Excellent rates  
Better mortgages



403-771-8771

[anita@anitamortgage.ca](mailto:anita@anitamortgage.ca)



**Yip the dishes.**



**Come on!  
Dinner's  
served!**

Unsecured food waste attracts wildlife. Keep clever coyotes hunting in the wild by ensuring garbage, compost, and recycling are in secure bins.

Please visit [www.calgarywildlife.org](http://www.calgarywildlife.org) for more information.



# OFFICIAL

PLUMBING & HEATING

Plumbing Services

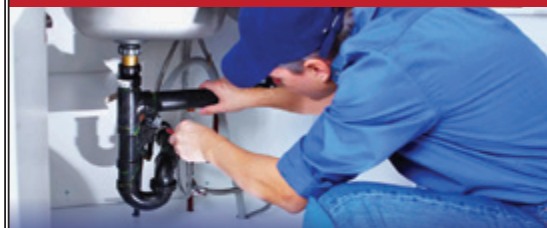
Furnace Repair

Drain Cleaning

Boiler Repair

**\$50**

**Service Call Fee**



**403-837-4023**

[info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca)

[official-plumbing-heating.ca](http://official-plumbing-heating.ca)



## SAVE A BUNCH OF CASH

Expert advice  
Excellent rates  
Many options  
Better mortgages



**ANITA** 403-771-8771  
[anita@anitamortgage.ca](mailto:anita@anitamortgage.ca)

Licensed by Avenue Financial



2-storey Wildwood home with over 4,500 sq. ft. on 3 levels with developed basement.

**VIEW LISTING HERE:**

**Call Len T Wong  
at 403-606-8888  
for more info.**



# Cultivate Good Mental Health Habits

by MPC Foundation

Depression is one of the most common disorders in older adults. Among adults aged 60 and older, 15% to 20% have some depressive symptoms. However, depression is often unrecognized and untreated in older adults. One of the reasons for that is the tendency to communicate psychological distress by complaining about physical symptoms such as sleep problems, fatigue, and lack of energy. These symptoms are naturally occurring in older adults and hence, often mis-attributed to normal aging rather than depression. The myth that it is normal for older adults to feel some form of depression may result in depression being overlooked. Depression cannot be ignored. It is important to recognize the problem and take action.



## Recognizing the Problem

Although symptoms vary with each person, depression in older adults can include the following cognitive, behavioral, and physical changes:

- Persistent sad, anxious, or “empty” mood
- Loss of interest or pleasure in ordinary activities, including sex
- Decreased energy, fatigue, or feeling “slowed down”
- Sleep problems (insomnia, oversleeping, early-morning waking)
- Eating problems (loss of appetite, weight loss, weight gain)
- Difficulty concentrating, remembering, or making decisions

- Feelings of hopelessness or pessimism, guilt, worthlessness, or helplessness
- Thoughts of death or suicide; a suicide attempt
- Irritability
- Excessive crying
- Recurring aches and pains that don’t respond to treatment

## Taking Action

Depression symptoms are manageable when treated early. In fact, research has shown that the regular practice of self-care routines can be effective in keeping depression at bay. With guidance from mental health professionals, good self-care habits can be acquired and will go a long way towards increasing resiliency to deal with life’s challenges. To learn more about a free 6-week self-care course delivered by MPC Foundation, please email [info@mpcfdn.ca](mailto:info@mpcfdn.ca).

SCAN HERE

To View Additional  
*Kincora Content*



## CRIME STATISTICS

### Kincora Crime Activity was Down in November 2022

The Kincora community experienced 0 crimes in November 2022, in comparison to 2 crimes the previous month, and 9 crimes in November one year ago. Kincora experiences an average of 4.5 crimes per month. On an annual basis, Kincora experienced a total of 54 crimes as of November 2022, which is up 8% in comparison to 50 crimes as of November 2021. To review the full Kincora Crime report visit [kinc.mycalgary.com](http://kinc.mycalgary.com).

*How To Report Crime In Kincora | Sherwood: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at [crimestoppers.ab.ca](http://crimestoppers.ab.ca), or text ttTIPS to 274637.*



## KINCORA BOARD OF DIRECTORS

PO BOX 47146, Creekside, Calgary, AB, T3P 0B2  
[www.kincora.org](http://www.kincora.org) • [communications@kincora.org](mailto: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](http://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](mailto: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.

## PRESIDENT’S MESSAGE

### Happy New Year, Kincora!

Our board is very excited to share that we are back in full force for 2023. We’ve got a full slate of events and activities for our KCA members. What does this mean for you? If you want to take full advantage of these events, make sure that your household has your KCA membership. It’s still the best \$20 you can invest in your own community!

### Upcoming Events

- KCA 5th Annual Winter Festival – February 12
- KCA Easter Egg Hunt – March 1
- Kincora Earth Day Cleanup – April 22
- KCA Annual General Meeting – April 25
- Parade of Garage Sales – TBD
- Community Cleanup – TBD
- City of Calgary Neighbour Day – TBD
- KCA 14th Annual Stampede Breakfast – July 16
- Food Truck Rallies – May to October

Here’s the wild thing, we have plans to add to this list! We have a few more events that we are working on that aren’t yet ready to confirm. So, what does twenty dollars get you if we pretend that you’re a family of four? Save \$20 on Hitmen tickets, save \$20 on Roughnecks tickets, free entry to the Easter Egg Hunt saving \$5, a free pizza for picking up litter, a free garage sale listing, an opportunity to receive a \$100 reimbursement for hosting a Neighbour Day event, and free breakfast for the family at Stampede Breakfast saving \$20. \$65 of savings, \$100 to host an event, and a free pizza! Find a deal better than that for \$20; you simply can’t!

You live in a community with a community board that wants to ensure that we are the best kept secret in Calgary. Your family and friends will wonder why there are always so many things going on in Kincora; you can tell them we have a dedicated board of volunteers who make it all happen. On that note, thank you to our current board for a wonderful year. We have some new faces, some experienced ones, but a great representation of our community that helps bring all of this together. I’m very proud of what we have accomplished, and I am excited to see how we do in 2023!

As always, I love to hear from our neighbours whether it’s good, bad, feedback, improvements, volunteering... anything you like. I’m happy to engage.

*Travis Merrick*

President

587-917-3125 | [President@Kincora.org](mailto:President@Kincora.org)

### AMAZING HEALTH BENEFITS OF TURMERIC

#### BLOOD SUGAR SUPPORT

Turmeric is shown to lower blood glucose levels and reverse insulin resistance.

#### SUPPORT YOUR IMMUNITY

Turmeric's antibacterial, antiviral and antifungal properties help strengthen the immune system.

#### FIGHT AGING AND INCREASE SKIN HEALTH

Turmeric is wonderful at improving the texture of the skin because it is an exfoliant and is also rich in antioxidants.

#### SUPPORT CHOLESTEROL LEVELS

Research has shown that simply using turmeric as a food seasoning can reduce serum cholesterol levels.

#### HEALS WOUNDS

Turmeric is a natural antiseptic and antibacterial agent and can be used as an effective disinfectant.

#### SUPPORTS COGNITIVE FUNCTION

By taking turmeric, you can improve the oxygen intake of the brain, which helps in all of the brain's functions and processes.

#### ARTHRITIS MANAGEMENT

Curcumin is known for its powerful anti-inflammatory and pain reducing characteristics.



### BENEFITS OF STRETCHING

#### Injury prevention and less muscle soreness

Stretching before and after physical activities help warm the body up, thereby decreasing the risk of injury and muscle soreness.

#### Increased flexibility and joint range of motion

Flexible muscles can improve your daily performance. Tasks such as lifting packages and bending down become easier and less tiring.

#### Improved circulation

Stretching increases blood flow to your muscles. Blood flowing to your muscles brings nourishment and gets rid of waste in the muscle tissue thereby shortening recovery period.

#### Better posture

Frequent stretching can help keep your muscles from getting tight, allowing you to maintain proper posture.

#### Stress relief

Stretching relaxes tight, tense muscles that often accompany stress.



## New Year's Eve in Times Square

New Year's Eve in Times Square is quite the spectacle, with live entertainment, fireworks, and a ball drop at midnight. But did you know that the first New Year's celebration held in this square had a slightly different purpose? In 1904, Adolph Ochs organized the event to celebrate the new headquarters of his publishing company, The New York Times!

## A MESSAGE FROM THE KRA

Happy New Year from the Kincora Residents' Association. We hope everyone had the opportunity to spend time with family and friends and were able to take a break and reflect on the year that was. We would like to thank our members that have provided comments and suggestions for improvements. These have been considered and some already acted upon.

The KRA is excited to partner with the City of Calgary ELM (Enhanced Landscape Maintenance). The Enhanced Landscape Maintenance program allows communities to collect and use community generated funds to add additional landscaping and maintenance to parks, green spaces, boulevards, or pathways in their neighbourhood – beyond the standard provided by the City of Calgary. The ELM program is community-led to encourage community involvement and community pride, while improving visual aesthetics of neighbourhoods. When a community enters the ELM program, it allows citizens to become active stewards of the greenspaces, boulevards, pathways, or parks within their neighbourhood. A participating ELM community, through their stewardship ensures the following are completed:

- Mowing and trimming of grass areas
- Litter control (loose litter clean up, not garbage can clean up)
- Curb sweeping
- Tree well and shrub bed maintenance

Utilizing the expertise of our landscaping and maintenance contractors, the KRA is looking forwards to some Kincora rejuvenation projects in 2023.

We take great pride in our inclusive community, and we want to celebrate your traditional holidays with you! If you want to "light" up your holiday celebration on the Kincora tower, please submit a request via our website. Please ensure that you provide this information at least a week prior to your holiday, along with an appropriate colour scheme that honours the holiday's traditions.

This is a reminder that the 2023 HOA fees were due January 1. Invoices have already been mailed. Owners that have enrolled in the pre-authorized payment option will have their fees automatically withdrawn. Accounts in arrears will have interest calculated to December 31, 2022 added.

On behalf of the KRA and SIMCO Property Management, we wish you and your family a wonderful 2023!

*Kincora Residents' Association*

[kincoraresidents.org](http://kincoraresidents.org)



*by Anne Burke*

The Calgary Naturalists' Club was started in the late 1940s. Its activities included plant, bird, and star study groups. After the Calgary Bird Club was formed, the Calgary Naturalists' Club was discontinued, due to lack of support, since so many of its members had transferred their membership. The Calgary Bird Club evolved and became the Calgary Field Naturalists' Society, an advocate for the ongoing protection of parks and other natural areas by letters and through engagement with city officials.

According to the Provincial Archives of Alberta, when the first meeting of the Federation of Alberta Naturalists was held, it was attended by representatives from six regional naturalist clubs: the Calgary Field Naturalists' Society (now known as Nature Calgary), the Edmonton Bird Club, the Edmonton Natural History Club, the Lethbridge Natural History Society, the Alberta Natural History Society (of Red Deer), and the Bow Valley Naturalists. Membership in the Federation has since grown to include over 40 clubs, representing thousands of individuals.

The Federation (now known as Nature Alberta) was registered under the Societies Act to increase knowledge of natural history and understanding of ecological processes; to promote the exchange of information and views among natural history clubs and societies; and to foster and assist in the formation of additional natural history clubs and societies in Alberta. The aims are to promote new natural areas and nature reserves; to conserve and protect species, communities, or other features of interest; as well as to organize or coordinate conferences, field meetings, nature camps, research, and other activities. The group offers naturalists a forum in which questions relating to the conservation of the natural environment may be discussed, united positions are developed, and the means of translating these positions are put into action.



# mybabysitterlist

## Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

## Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



# Symons Valley United Church

## An affirming congregation of the United Church of Canada.

Your church at the centre of the community.  
Welcome Home!

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



### KINCORA COMMUNITY ASSOCIATION MEMBERSHIP

[www.kincora.org](http://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](mailto:wpadmin@kincora.org). Please contact [members@kincora.org](mailto: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.





**Councillor, Ward 2**  
**Jennifer Wyness**

403-268-2430  
[Jennifer.Wyness@calgary.ca](mailto:Jennifer.Wyness@calgary.ca)  
[Calgary.ca/ward2](http://Calgary.ca/ward2) [Ward2Wyness](https://www.facebook.com/Ward2Wyness)  
[@WynessJennifer](https://www.instagram.com/WynessJennifer) [@JenniferWyness](https://www.tiktok.com/@JenniferWyness)

Happy New Year Ward 2!

As 2022 wraps up, I would like to wish you and your loved ones a Happy New Year heading into 2023. As Council resumes this week, I want to remind citizens that I am available to be reached by email or by phone, and I look forward to hearing from you on what matters most. Please visit my website to stay up to date on all the latest news.

### Traffic Safety Measures in Ward 2

Whether you're walking, biking, or driving, our office is committed to keeping Calgarians safe and on the move, within your communities and on Calgary's road network. By working together, we can improve traffic safety.

I am pleased to share the following Safety and Mobility Improvements confirmed for Ward 2:

Completed:

- Citadel Link and Citadel Hills Gr - Temporary traffic calming curb extension(s) and starburst pedestrian signs
- Hamptons Dr and Hampstead Rd - Temporary traffic calming curb extension(s)
- Nolan Hill Bv and Nolan Hill Av - Marked and signed crosswalk
- Arbour Crest Dr and Arbour Crest Cl - Ladder crosswalk pavement markings
- Hawkcliff Ga and Hawkwood Bv - Pedestrian sleeves and ladder crosswalk markings
- Hidden Valley Dr and Shaganappi Tr - New traffic signal

In Progress:

- Evansford Ci/Evanspark Ci and Symons Valley Pkwy - New traffic signal (Jan 2023)
- Nolanridge Co/Nolanridge Cr and Sarcee Tr - New traffic signal (Q2 2023)
- Evanstone Vw and Evansbrooke Link (Kenneth D. Taylor School) - Temporary traffic calming curb extension(s) (Q2 2023)
- Kincora Glen Rd (Concept being developed) - Temporary traffic calming curb treatment (Q2 2023)
- Ranchview Dr and Ranch Estates Dr (Concept being developed) - Temporary traffic calming curb extension(s) (Q2 2023)
- Nolan Hill Bv and Nolancrest Ga - Marked and signed crosswalk (Q2 2023)



**MP Calgary Rocky Ridge**  
**Pat Kelly**

202 – 400 Crowfoot Crescent NW  
 Calgary, AB T3G 5H6  
 403-282-7980 403-282-3587  
[pat.kelly@parl.gc.ca](mailto:pat.kelly@parl.gc.ca)

Happy New Year! My hope for you and your family is a happy, healthy, and successful year ahead.

In October 2022, I was honoured to be appointed to the Conservative Shadow Cabinet as Shadow Minister for Prairie Economic Development and as Advisor to our Leader (Economy).

I am also now a member of the National Defence Committee where we are studying Canada's Arctic Security. Experts have testified about the urgent need to modernize NORAD and improve Canada's Arctic defence capabilities. I also recently travelled to Washington, DC where the committee received Arctic defence briefings.

As your voice in Parliament, I take every opportunity to raise concerns about affordability and the important role of Alberta's energy industry in the Canadian economy and in world energy security, including my recent statement on the impact of high energy prices on vulnerable people:

"Mr. Speaker, cold kills, not often by direct exposure, but quietly. People who are stuck in cold homes are more likely to die from high blood pressure and cardiac events resulting from their body's struggle to maintain circulation.

Reports say that 150,000 people will likely die from the cold in Europe this winter due to soaring energy costs amid Putin's murderous war on Ukraine. While Germany restarts its coal-powered plants, the Liberal government continues to block LNG projects and pipelines that could supply the world with affordable cleaner energy.

Thousands of Canadians also cannot afford to heat their homes due to inflation, taxes, and supply constraints. It is time for the government to cut the carbon tax and get out of the way so that Canada can supply the world with affordable energy. Its failure to do so will likely cause some vulnerable people to lose their lives this winter."

You are always welcome to contact my office at 403-282-7980 or [pat.kelly@parl.gc.ca](mailto:pat.kelly@parl.gc.ca).



# 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.

# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media  
at 403-720-0762 or [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email [info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca); [www.official-plumbing-heating.ca](http://www.official-plumbing-heating.ca).

**KINCORA MORTGAGE BROKER:** SAVE A BUNCH OF CASH! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | [anita@anitamortgage.ca](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

**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.

**ACCOUNTANT DELIVERS RESULTS:** Chartered Professional Accountant has 12 years' experience. Services include individual tax filings, tax review/audit assistance, corporate and estate taxes filings, tax planning, bookkeeping, GST and payroll reporting. Visit #218 in Beddington Towne Centre, call Jack at 403-719-0627, or visit [commonsenseaccounting.ca](http://commonsenseaccounting.ca) for the fees schedule.

## Olympic Medals for Artists

The founder of the modern Olympic Games, Baron Pierre de Coubertin, believed that a true Olympian was not only athletic, but also artistic. As a result, for the first four decades of these international games, artists were awarded medals for painting, sculpture, architecture, literature, and music, so long as their work was inspired by athletic endeavours.



# 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!





LEN T WONG + ASSOCIATES



GREATER PROPERTY GROUP



## KINCORA COMMUNITY REAL ESTATE ACTIVITY

## YOUR HOME SOLD GUARANTEED!\*

Call to find out more about our  
Innovative Consumer Programs

Virtual Tours

Guaranteed Sale Program\*

Trade Up Program\*

Blanket Home Warranty Program\*

Accepting Crypto Currency

Call us to help you navigate through  
the changing real estate world

**Call or Text 403-606-8888**

**Email [len@lentwong.com](mailto:len@lentwong.com)**

\*Guarantee is being offered by Greater Property Group.  
Terms and Conditions Apply.

		Properties		Median Price	
		Listed	Sold	Listed	Sold
November	22	4	8	\$527,400	\$518,500
October	22	9	6	\$599,900	\$589,000
September	22	12	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
February	22	25	13	\$524,900	\$585,000
January	22	10	7	\$600,000	\$590,000
December	21	5	10	\$529,450	\$547,250

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

# got digital?

**ACQUIRE AND RETAIN NEW CUSTOMERS**

**Your Ad Geofenced Precisely in Your Target Market  
on our Carefully Selected Network of Premium Sites.**

Call 403-720-0762 | [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)

*Happy New Year!*  
from

**GREAT NEWS MEDIA**

**LEADERS IN COMMUNITY FOCUSED MARKETING**

Scan for an  
advertising  
quote

