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		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	23	12	3	\$400,000	\$435,000
December	22	2	9	\$352,000	\$340,000
November	22	4	8	\$527,400	\$518,500
October	22	7	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
February	22	25	13	\$524,900	\$585,000

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

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## KINCORA BOARD OF DIRECTORS

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

NAME	VOLUNTEER POSITION
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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

Hi Kincora,

Thank you once again, Kincora; our 5th Annual Winter Festival was another smashing success. Although mother nature didn't provide us with any snow, the wagon rides and skating were jam packed all afternoon! If you ever wonder what a community association provides, it's events like this that bring the community together. Thank you as always to our volunteers and sponsors: Home Sweet Home – Century 21 team for providing refreshments and TELUS for providing a monetary donation and making sure this event can continue every year. Our largest sponsor for 2023 was the Ward 2 Community Fund from Councillor Jennifer Wyness and the City of Calgary. A special thank-you to her office for helping us make this event as big as it is.

Be sure to check out our calendar of events here in the newsletter as we have a large number of items coming up in the next few months. However, with the timing of our newsletter, be sure to add the return of our Easter Egg Hunt at the Symons Valley United Church to your calendar. On April 1 from 2:00 to 4:00 pm, we will have crafts, a photo booth, activities, and of course the biggest hit, our easter egg scramble in the soccer field where each child must sort through hundreds of eggs to find six that spell E-A-S-T-E-R! Return the eggs to our volunteers and receive a goodie bag. As always, this event is free for KCA member families and \$5 for non-member families. If you want to breeze through the line as a member, be sure to sign up at [Kincora.org](http://Kincora.org) before the event.

Kincora Blizzards soccer returns in April; there is still time to sign up if you're reading this. Bonus of signing up your household is that it comes with a KCA membership!

As the calendar turns to March and the weather warms up, our outdoor skating rink is going to come to its end here shortly. I want to take this space to thank our group of very dedicated rink maintenance volunteers for the season. In no particular order (and if you see these gentlemen in the neighbourhood be sure to thank them!): Kris McPherson, Ian Tompkins, Chris Standing, Daniel Cassavant, Bradley Thiessen, Chad Rowe, and Ski Kearsley. Ski passed away in January but has volunteered at the rink every year since 2018.

As always, feel free to reach out!

Travis Merrick

President

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



## News from the Friends of Nose Hill

*by Anne Burke*

Since the 1960s, various groups have lobbied to have Nose Hill preserved as a natural park. In 1972, a group representing eight communities pursued the matter. The result was the Nose Hill Design Brief, a City plan to set aside 1,600 hectares.

In 1976, however, the City rezoned part of the land for housing. In response to public discontent, the City reviewed the zoning issue, and in 1980, approved the Nose Hill Park Master Plan, which aimed to preserve 1,096 hectares as a park.

In 1981, the Nose Hill Park Communities Board was formed to provide public input into implementation of this plan. Twelve community associations were represented on the board, and it kept the issue in the public eye. The City finally reached a deal with remaining landowners in 1989 and the 1,052 hectare Nose Hill Park became a reality.

The remarkable Glenbow Library and Archive, a collection that documents the history of Western Canada, is now housed at the University of Calgary as the Glenbow Western Research Centre. The Nose Hill Park Communities Board files contain historical information: briefs, plans, proposals, reports, submissions, legal papers, maps, and drawings.



MPC Foundation

Meet other members in the community  
and join in fun activities together!



## Afternoon Tea & Social for Adults 55+

Meet & Greet!  
Thursdays at 1:30pm



Symons Valley United Church

Contact:

(587-480-7373)

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Walnuts have ALA, a plant-based omega-3 fatty acid that benefits the bones.



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Almonds significantly reduce cardiovascular and diabetes risks.



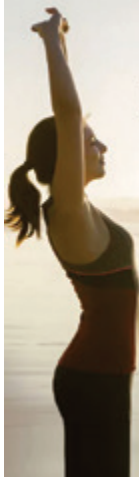
### CASHEWS

Cashews are high in unsaturated fats, dietary fiber, and plant-based protein.



### PECANS

Pecans help lower cholesterol levels; they are an ideal antioxidant.



## Reduce Visceral Body Fat

- Aerobic exercise combined w/ strength training. Train large muscle groups.
- Eliminate sugar, processed carbs
- 7+ hours of sleep nightly
- Stress management to lower cortisol
- Little or no alcohol
- Avoid all trans-fat



## A MESSAGE FROM THE KRA

Spring! March 2023 gives us the opportunity to enjoy the daylight savings time change, Pi Day, and St. Patrick's Day all in one week!

As much as the Kincora Residents Association would like, March is too early to start some of the landscaping projects in the works for this year. The KRA has been planning for some perennials, mulch, and the painting of the gazebo. Please note that the City of Calgary green bin garbage collection should be changing to a weekly pickup schedule in late April.

The Kincora Residents Association works with the Kincora Community Association for the betterment of our community members and for our beautiful city of Calgary. If you are not able to volunteer on a board, please consider attending both of our 2023 AGMs. Find out more about each group and what's happening in and for Kincora. Through the efforts and input from our residents and yourself, we can continue to make Kincora a great place to be.

### **Kincora Community Association AGM (All of Kincora)**

April 25, 2023

[www.Kincora.org](http://www.Kincora.org)

### **Kincora Residents Association AGM (KRA Owners/Residents)**

June 27, 2023

[www.KincoraResidents.org](http://www.KincoraResidents.org)

## Pig Beach

Major Cay, an island in the Bahamas, has been home to a colony of feral, swimming pigs for decades. No one knows for sure how they got there. Some suspect that the pigs were survivors of a shipwreck and swam ashore, while others believe they were put there by inhabitants of a neighbouring island who didn't want them living on their island.



## SYMONS VALLEY PARK UPDATE

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*



## SCAN HERE TO VIEW ADDITIONAL KINCORA CONTENT

### News, Events, & More



### Crime Statistics



### Real Estate Statistics



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# Symons Valley United Church

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

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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](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: \_\_\_\_\_

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Are you interested in  
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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.

## 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!

## GAMES & PUZZLES

### St. Patrick's Day Trivia

by Shelly Smith

Test your knowledge of St. Patrick's Day. Have fun!



1. What country is St. Patrick the patron saint of?
  - a. Canada
  - b. Ireland
  - c. Scotland
2. According to Irish lore, what did St. Patrick drive out of Ireland?
  - a. Snakes
  - b. Rats
  - c. Witches
3. What colour is worn on St. Patrick's Day?

- a. Blue
- b. Red
- c. Green

4. What date in March is St. Patrick's Day?

- a. March 1
- b. March 16
- c. March 17

5. How many pints of Guinness are consumed worldwide on St. Patrick's Day every year?

- a. 13,000,000
- b. 1,300,000
- c. 1,000,000

6. What is St. Patrick's nickname?

- a. St. Paddy
- b. St. Patty
- c. St. Irish

7. When and where was the first St. Patrick's Day parade held in Canada?

- a. Quebec City in 1765
- b. Ottawa in 1870
- c. Halifax in 1790

SCAN THE QR CODE  
FOR THE ANSWERS!





# 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.

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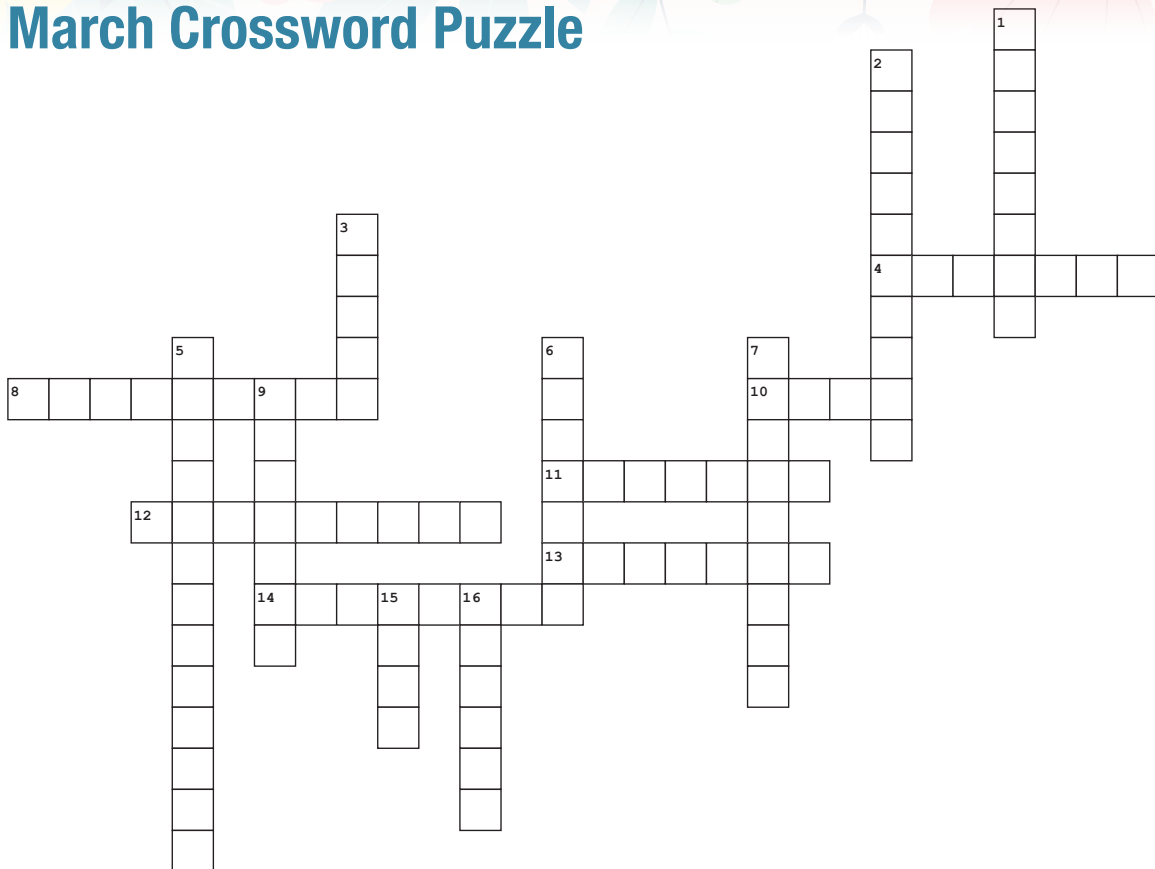
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# March Crossword Puzzle



## Down

1. March's birth flower
2. This best-selling French-Canadian singer was born on March 30, 1968
3. You get pinched if you don't wear this
5. Both a dessert and a celebration of mathematics that takes place on March 14
6. The saint most popularly associated with March 17
7. Popular chocolate and what you might find at the end of a rainbow
9. This children's author and cartoonist was born on March 2, 1904
15. Roman god of war who shares a name with this month
16. On March 25, 1990, Canada took home gold at the Women's World Hockey Championship in this city

## Across

4. This day signals the start of spring in the northern hemisphere
8. Born on March 27, this Calgary-born singer and songwriter is famous for her hit single "Insensitive"
10. On March 6, we celebrate this cookie's 111th birthday
11. According to ancient Greeks and Romans, this was believed to be a path from the gods
12. An important international holiday celebrating gender equality
13. Each March, this city's river is dyed green
14. Another word for a three-leaf-clover

**SCAN THE QR CODE FOR  
THE ANSWER KEY**



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## Preparing or Updating Your Will



Vilma Mydliar, LLB

It is important for everyone to have a will—people often have more assets than they think. An important part of estate planning is having a will along with an *Enduring Power of Attorney (EPA)* and a *Personal Directive (PD)*.

To prepare a will you need to decide who your executor(s) will be, name a guardian for your children if they are under the age of 18, and who will benefit from your estate. You can prepare a will at any time and existing wills should be updated especially if there are major changes in your life, such as getting married, starting a family, the death of a

family member or a divorce. We make this process easy and help to ease your mind.

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