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December	23	3	7	\$349,900	\$340,000
November	23	9	10	\$642,900	\$644,000
October	23	10	11	\$449,900	\$445,000
September	23	15	12	\$422,450	\$418,000
August	23	11	8	\$354,950	\$350,250
July	23	11	16	\$404,900	\$405,000
June	23	18	16	\$455,000	\$447,000
May	23	12	12	\$458,000	\$455,000
April	23	19	21	\$409,900	\$407,000
March	23	15	14	\$544,450	\$527,250
February	23	8	10	\$299,950	\$295,000

To view more detailed information that comprise the above
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epilepsycalgary.com

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

NAME	VOLUNTEER POSITION
Mallika Velamuri	President
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This could be you!	Director of Communications
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Annie Chio	Director at Large
Chad Rowe	Director of Stampede
Charles Zhang	Director at Large
Brad Theissen	Director at Large

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 information.

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 X (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

Hello Kincora,

What a wonderful turn out it was at the Kincora Winter Festival on February 11! Early on that day, I had the honour of attending the land acknowledgement blessing at the Kincora gazebo (70 Kincora Drive NW) organized by the Kincora Residents Association (KRA). Noella Wells, an aboriginal elder performed the smudging ceremony. It was a wonderful ceremony. I was both humbled and fascinated to hear from the KRA president, Annette Hall, as well as from Noella, about how we live on what is a geographically and historically significant land. A true blessing indeed! Do check out the new panels on our beautiful gazebo when you get a chance. They are looking fabulous.

Hope you were able to come out with your families to the Kincora Winter festival to enjoy the Timbits, hot chocolate, skating rink, and the horse wagon rides. It was definitely a great day to be out and about; sunny, but not too warm so that the skating rink did not melt.

I cannot emphasize how much of a behind the scenes effort it was by Brad Theissan, our outdoor rink director, to keep the rink in that perfect condition.

I would also like to thank each one of the board members of the Kincora Community Association and all the volunteers for making another event successful.

In this respect I have a favour to ask you. Our board currently has two to three vacancies. I request you to please consider being on the board. Individually it is a few hours per month of commitment but together it adds up to bringing about the most wonderful events into the community which can be enjoyed by families. It is also a great way to get to know new people, make friends, and give back to the community that you live in.

When I joined the board, it was with this same idea. Today after hearing families come and personally thank me and my board members and tell us how much they enjoyed the winter festival; I am glad I joined it.

I thank all those residents who have paid or are considering paying the \$20 association membership. Your \$20 is what is bringing these events to you.

March will be the month of Easter and as always Kincora Community Association will partner with the Symons

Valley church to bring you the Easter Egg hunt. As advertised on the website it will be on March 23 from 2:00 to 4:00 pm. Do plan to bring your egg hunters along for another fun event. I will be looking forward to seeing you there.

If you are interested in volunteering at any of our events, do write to us at volunteers@kincora.org and we will set you up at the upcoming events. Do visit the Kincora.org website and/or our Kincora Community Association Facebook page to catch our updated events. If you would like to serve on the board, do write to me at president@kincora.org.

Have a great spring ahead!

Mallika Velamuri

KCA President



Get Ready to Spring Forward

DST kicks in on March 10 at 02:00 am! And yes, it's 'Daylight Saving Time' but we won't judge if you say 'savings' as it has become a popular variant in conversations. However, the perfectionists out there will likely remind you that the dictionary says the word saving is singular because it refers to saving time.



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A MESSAGE FROM THE KRA

Happy St. Patrick's Day from the KRA. And for those who celebrate, we wish you a Happy Easter.

Safety First

Earlier this year, a child was injured while crossing the street, thankfully the individual only received minor injuries. This incident serves as a reminder for both pedestrians and drivers to share the road equally, and to be mindful, especially during the dark morning hours.

If you have wondered why school busses do not use flashing red lights and crossing arms when children are getting on and off busses, a city bylaw prohibits this. In 1986, the city amended its traffic bylaw. In its decision the city cited marked crosswalks and intersections. Motorists generally expect pedestrians to cross the street at these locations. and school children are taught to properly use them. The use of flashing red lights and stop arms on busses encourages children to cross the street mid-block instead, wherever the bus has stopped to load or unload passengers.

Kincora Events

In other news, did you know that Kincora groups can request a community event be added to the Simco CCC portal events calendar? Events must be open to all residents of Kincora. Submit through the KRA website, www.KincoraResidents.org, 'Contacts' page or email Kincora at residents.association@outlook.com.

Simco and HOA Fees

Owners are requested to keep their Simco account contact information updated. In April, accounts in their second year of arrears will be charged a late fee to cover expenses incurred to verify property ownership contact information. Reach out to our HOA Manager, Kali Jenkins at KincoraRA@SimcoMgt.com to update your account. The KRA website www.KincoraResidents.org has additional Simco contact methods.

Until next time, take care of yourselves and each other.

kincoraresidents.org

WINNIE IS CANADIAN

In World War I, Canadian soldier Harry Colebourn adopted a black bear cub, Winnipeg (Winnie). Donated to the London Zoo in 1914, Winnie captured the heart of Christopher Robin Milne. He named his teddy bear after her, inspiring A. A. Milne's creation of the timeless Winnie the Pooh stories. The rest is cuddly, whimsical history!



SCAN HERE TO VIEW ADDITIONAL KINCORA CONTENT

News, Events, & More



Crime Statistics



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Real-Life Fairy Tale



Did you know that the magical world of Disney extended beyond the screen for the voices of Mickey and Minnie Mouse? Wayne Allwine (Mickey from 1977 to 2009) and Russi Taylor (Minnie from 1986 to 2019), added a real-life fairy tale twist to their story. In 1991, they tied the knot, bringing the iconic mouse couple's love to life off-screen.

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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: _____

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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.

Ten Tips for Dealing with Parental Estrangement

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



Parental estrangement is emotional and physical distancing between a parent/s and their adult child, resulting in a strained or severed relationship. It can be triggered by various factors such as disagreements, misunderstandings, differing values, or more serious issues like emotional or physical neglect or abuse. The reasons behind parental estrangement are complex, and individuals may choose to distance themselves from a parent for their own wellbeing. The experience is emotionally challenging for both the parent/s and the adult child involved.

The following are tips which offer help for either person of the estrangement:

- 1. Acknowledge Your Feelings:** Accept and validate your emotions. Feelings of loss, anger, and confusion are valid responses to the situation.
- 2. Build A Support Network:** Surround yourself with friends or support groups who can offer understanding and encouragement.
- 3. Establish Healthy Boundaries:** Clearly communicate and enforce boundaries that protect your emotional wellbeing.
- 4. Practice Self-Compassion:** Be kind to yourself and avoid self-blame. Estrangement is a complex situation.
- 5. Focus On Personal Growth:** Use the experience as an opportunity for self-discovery and personal development.
- 6. Journaling:** Write down your thoughts and feelings to gain clarity and process your emotions.
- 7. Engage In Activities You Enjoy:** Invest time in hobbies and activities that bring you joy and fulfillment.

8. Explore Forgiveness: Consider forgiveness as a personal process, recognizing that it doesn't necessarily mean reconciliation.

9. Give It Time: Healing from parental estrangement is a gradual process. Be patient with yourself and the situation.

10. Seek Professional Help: Consider therapy to help navigate and express the complex emotions that come with parental estrangement. Therapists can teach effective communication skills to navigate difficult conversations if your child wants to talk. Therapy offers a chance to explore the root causes of the estrangement, helping individuals gain insight into their own contribution to the misunderstanding. Therapists will teach you healthy coping strategies to manage emotions. Finally, therapy can help you understand, create, and enforce healthy boundaries for the repaired relationship moving forward.

Therapy is a personalized journey, and the specific benefits can vary depending on individual circumstances and goals. Remember, there is help and hope.



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Dear Neighbours,

It's hard to believe that we are already through February and into March. That means winter only has a couple more months left, and we'll be working on plans for springtime.

At Symons Valley Park, our board met in January and started developing our plans for the year. We are actively recruiting volunteers so that we can accomplish our plans, which includes fundraising, and a special outdoor event sometime in late summer. We will also be hosting our Annual General Meeting on May 28, and ask that you please mark your calendars to attend. The AGM serves as a pivotal moment in our organization's calendar, allowing us to reflect on our achievements over the past year and to outline our strategic direction for the future.

Our bylaws require us to have a certain number of attendees from the four communities of Symons Valley, so your support is needed on that night. We encourage all members/supporters to attend this important meeting and participate in the decision-making process. Your input and engagement are vital to the success and growth of our organization.

In addition to the AGM, we are also seeking talented individuals who are passionate about our cause to join our team as grant writers. Grant writers play a crucial role in securing funding opportunities that enable us to continue our work and expand our impact within the community. If you have experience in grant writing or a desire to learn and contribute your skills, we invite you to submit your application.

If you're ready to contribute your skills and time to our cause, we would love to hear from you! Please reach out to us through our website, <https://www.symonsvalleypark.ca>, Facebook page, or by email at hello@symonsvalleypark.ca, so that together, we can make a difference and create positive change in our community.

Sincerely,

Kris McPherson

President

The 110th Calgary Guide unit in Aurora Sky district has been having a great year! We have a large unit with 24 guides, four Guiders, and many parent volunteers. We still have a large waitlist for our unit and need more adult volunteer Guiders to open another Guide unit. If you are interested in getting involved in Guiding, please contact our District Commissioners: any-calgaryaurorasky@girlguides.ca.

The 110th Guides got out camping early in the year with a tenting camp at Camp Jubilee in Cochrane at the end of September. We were lucky with a beautiful, sunny, warm weekend. It was the first time sleeping in a tent for many of the guides and they all did great! Overnight events are popular with this group, so we have a sleepover planned at Heritage Park and another weekend camping in tents in May.

The eleven first year guides were enrolled into our unit during a ceremony in November. For some of our other highlights, the Guides have enjoyed an after dark night hike at Big Hill Springs Provincial Park, a high school musical theatre performance, a public library scavenger hunt, and a Taylor Swift party. Our upcoming plans include some STEM (science, technology, engineering, math) activities using Let's Talk Science Canada programming, as well as some service projects. The unit will choose a service project to work on as a group and third year guides will organize a service project if they are working towards the Lady Baden Powell award. Our third-year guide is organizing the preparation of scent hearts for babies in the NICU.

We sold out of the 100 cases of mint Girl Guide cookies we ordered in the fall. Thank you to the many community members who support Guiding by buying our cookies!



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