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www.kincora.org • communications@kincora.org

NAME	VOLUNTEER POSITION
Mallika Velamuri	President
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Dicky Sum	Director at Large
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](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,

Stampede time in summer is such a wonderful time in Calgary. Let me start this newsletter by expressing gratitude and thanks for our biggest event in the KCA’s event calendar, our 14th annual Stampede Breakfast, which was so well received and went off smoothly. I hope you had as much fun attending it as much as we had in organizing it. Thank you to our sponsors and vendors, without whose support this event simply could not have been possible. Please check out the rest of the newsletter for a listing of our sponsors. Many thanks to our dedicated volunteers who came out and ensured that every one of our guests had a wonderful experience, and of course you, the local community who came out and enjoyed the event! Your \$20 membership gets multiplied many times and giving back in your community is money well invested. Thank you for taking advantage of the membership drive.

I’d also like to take the time thank our KCA board who are a group of 11 volunteers in the community who are your neighbours and friends, who take time away from their families to donate their time and efforts to ensure an event like this can take place. I would like to especially thank our new Stampede Director, Chad Rowe, who took on the responsibility of the Stampede Breakfast after our previous director left. He has done a fabulous job this year and will continue to do so with our support and encouragement.

Don’t forget that YYC Food Trucks will be here on August 10, from 4:00 to 8:00 pm as part of our Monthly Food Truck Rally.

The Stampede Breakfast is the last event of summer, as after this, the KCA takes the rest of the summer off and reconvenes in early September. Thank you for your support, Kincora. We’ll still be monitoring our emails and Facebook, but maybe not quite as quickly.

As always, we hope to bring more exciting events for you in the fall. Please keep a look out for them in these pages as well as the website.

Have a wonderful, fun-filled summer, everyone!

*Mallika Velamuri*

President

President@Kincora.org



# 101 Ways to Reduce Stress

by Nancy Bergeron R. Psych | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

- Get up 15 minutes earlier
- Prepare for the morning the night before
- Avoid tight fitting clothes
- Avoid relying on chemical aids
- Set appointments ahead
- Don't rely on your memory, write it down
- Practice preventative maintenance
- Make duplicate keys
- Say 'no' more often
- Set priorities in your life
- Avoid negative people
- Use time wisely
- Simplify meal times
- Always make copies of important papers
- Anticipate your needs
- Repair anything that doesn't work properly
- Ask for help with the jobs you dislike
- Break large tasks into bite size portions
- Look at problems as challenges
- Look at challenges differently
- Unclutter your life
- Smile
- Be prepared for rain
- Tickle a baby
- Pet a friendly cat or dog
- Remember you don't have to know all the answers
- Look for the silver lining
- Say something nice to someone
- Teach a kid to fly a kite
- Walk in the rain
- Schedule play time into every day
- Take a bubble bath
- Be aware of the decisions you make
- Believe in yourself
- Stop saying negative things to yourself
- Visualize yourself winning
- Develop your sense of humour
- Stop thinking tomorrow will be a better day
- Have goals for yourself
- Dance a jig
- Say 'hello' to a stranger
- Ask a friend for a hug
- Look up at the stars
- Practice breathing slowly
- Learn to whistle a tune
- Read a poem
- Listen to a symphony
- Watch a ballet
- Read a story curled up in bed
- Do a brand new thing
- Stop a bad habit
- Buy yourself a flower
- Take stock of your achievements
- Find support from others
- Ask someone to be your sounding board
- Do it today
- Work at being optimistic
- Put safety first
- Do everything in moderation
- Pay attention to your appearance
- Strive for excellence, not perfection
- Stretch your limits a little each day
- Look at a work of art
- Hum a tune
- Maintain your weight
- Plant a tree
- Feed the birds
- Practice grace under pressure
- Stand up and stretch
- Always have a plan B
- Learn to draw
- Memorize a joke
- Be responsible for your feelings
- Learn to meet your own needs
- Become a better listener
- Know your limitations and let others know them too
- Tell someone to have a good day
- Throw a paper airplane
- Exercise everyday
- Learn the words to a new song
- Get to work early
- Clean out one closet
- Play patty cake with a toddler
- Go on a picnic
- Take a different route to work
- Leave work early
- Put an air freshener in your car
- Watch a movie and eat popcorn
- Write a note to a faraway friend
- Go to a sports event and cheer loudly
- Cook a meal and eat by candlelight
- Recognize unconditional love
- Remember that stress is an attitude
- Keep a journal
- Have a support network of people, places, and things
- Quit trying to fix other people
- Get enough sleep
- Talk less and listen more
- Freely praise other people
- Relax, take each day as it comes

# Tips to Save Money on Fuel

by MPC Foundation

Recently, you may have visited a gas pump and shaken your head in resignation at the triple digit numbers staring back at you or braved the ten-mile-long line at Costco to fill up at a discount. While you may not be planning a cross-Canada trip this year, there are still groceries to be hauled home in your family's truck and so many places to go! With gas prices at an all-time high, here are some useful tips from AMA to save money at the pump:

**Reduce your speed.** Just by slowing down, you can save 30% on fuel costs – so let the speeders pass right by as you revel in saving money.

**Don't drive aggressively.** Speeding, fast starts, and hard stops increases fuel consumption by 33% on highways and 5% around town.

**Change your oil regularly.** How many times you have ignored the dreaded "engine oil low" blinker because it always seems to show on the busiest week you've ever had? Scheduling regular oil changes increases gas mileage by up to 12%.

**Reduce idling.** As you idle at the A&W drive-thru, every 10 seconds that you leave your engine on uses about one-third of a liter of fuel. Those cents add up when your cheeseburger takes seven minutes to make!

**Travel light.** Do you pack your car like you're moving across the country? Reduce your baggage – extra bags, your brand-new dumbbells – and save on gas.

**Replace air filters.** Changing your clogged air filters can improve mileage by 10%.

By combining these tips, you can smile in victory as your trips to the gas station will be less frequent and you can treat yourself to an extra meal out or continue to save up for that new gadget you've been eyeing. Happy summer travels!



## SAFE & SOUND

### Accidental Poisoning

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

#### Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle
- Install child locks on all cabinets, or drawers where medications are stored

#### Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups
- Promptly dispose of any medications or toxic household products no longer in use

#### Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers
- Install child latches on cabinets children might also access by climbing on counters or chairs
- Label all plants in and around your home and garden
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

## Guess That Canadian City!

1. This city hosted Canada's first and only Summer Olympics in 1976.
2. Ginger beef was invented in this city in the 1970s.
3. Terry Fox began his "Marathon of Hope" in this city.
4. This city has the highest population and is the most visited in the country.
5. In the 1900s, illegal tunnels were built in this city to hide Chinese immigrants who were avoiding discrimination or who couldn't afford the head tax.
6. This town is dubbed the "polar bear capital of the world."



SCAN THE QR CODE FOR THE ANSWERS!

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

SCAN THE QR CODE FOR THE SOLUTION



### 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.



## STAY SAFE THIS SUMMER!

 Use sunscreen	Take a first aid kit 
 Play in shaded areas	Wear lightweight clothing 
 Wear a helmet	Use insect repellent 
 Avoid intense activity on hot days	Wear sunglasses 
 Take breaks	<b>HYDRATE!</b> 

### Stay Hydrated

Fill a reusable bottle with water and bring it with you

### Summer clothes

Wear lightweight, light colored clothes

### Plan Your Day

Avoid going out or exercising at the hottest times of the day

### Stay Cool

Stay inside an air conditioned place or go to a pool

### Help Others

Check in on those at risk, like the sick, older adults, children

## Stay Healthy in the Heat



## MY PRESCHOOL SHOPPING CHECKLIST

- #2 Pencils & Zippered pencil case
- Erasers & Sharpeners 
- Glue Sticks & Markers
- Crayons & Watercolor paints (8 ct.)
- Regular size backpack & Zip lock bags
- Paper Plates & Cups
- Change of clothes 
- Tissues & Wet wipes container





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A place to connect with others, be yourself, and find the support you need.

[wellspringalberta.ca](http://wellspringalberta.ca) | 1.866.682.3135  
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## GREEN SAND BEACH

Carved into a cinder cone volcano on Hawai'i's Big Island, Papakōlea Beach is one of four green sand beaches in the world! Its green shores are made of granulated olivine, an olive-coloured mineral known as peridot when it is of high quality. Olivine is present in lava on the Big Island and continues to be washed out of the cinder cone and onto the beach!





# Golden Moves: Five Light and Easy Exercises

by MPC Foundation

Do you ever feel like you're pulling a muscle or getting cramps the moment you do something physical? That might be a sign to get your body moving so that those muscles don't go stiff. Exercises may seem like a daunting task, but they don't have to be!

According to MedlinePlus.gov, exercise not only helps to strengthen bones and muscles, but it can also help improve your mood and sleep cycles.

Here are the top five easy exercises you can do in the morning. You can even play your favourite song and move to the beat!

- **Seated Arm Circles:** Sit in a chair with your feet flat on the ground and your arms placed at your sides. Slowly lift your arms out to the sides and make a circular motion. Repeat 10 to 15 times. Reverse the direction of the circles and repeat.



- **Wall Push-Ups:** Stand facing a wall with your feet shoulder-width apart. Place your hands on the wall at chest height and lean in, then push back. Repeat 10 to 15 times.



- **Toe Taps:** Sit in a chair with your feet flat on the ground. Make a tip toe motion and tap your toes on the ground, then switch to your heel. Repeat 10 to 15 times.



- **Leg Raises:** Sit in a chair with your feet flat on the ground. Lift one leg straight out in front of you, then lower it back down. Repeat on the other leg 10 to 15 times.



- **Shoulder Rolls:** Sit in a chair with your arms at your sides. Roll your shoulders forward and up, then back and down. Repeat 10 to 15 times.



Once you get into the habit of exercising every day, it'll surely get easier. Your body will also thank you for it! Tell us what type of exercise makes you feel rejuvenated. More importantly, what are your strategies to keep motivated to do it every day? We'd love to hear from you.

There is certainly no shortage of exercise classes in this city. Whether it is online or in-person, find something that suits your fitness level and progress from there. Better yet, find a buddy to do this with. That way you can motivate each other and make fitness a part of your everyday routine.

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<b>News, Events, &amp; More</b> 	<b>Crime Statistics</b> 	<b>Real Estate Statistics</b> 
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## News from the Friends of Nose Hill

by Anne Burke

The Open Space Plan says that our city's greatest asset is the natural environment and wildlife, so we should foster stewardship with nature education programs. Calgary parks are linked by pathways and green belts. We must protect and conserve the river valley system, unique prairie, urban forest, and foothill ecosystems.

The Plan conforms with provincial land use policies and the Municipal Government Act. There are some general principles. We will preserve natural environment parks and environmentally significant areas, enhanced by restoration to prevent loss. Site-specific plans recommend that we record biophysical inventories and historical resources for cultural landscapes such as Nose Hill.

The Open Space Plan is under review. One of the aims is learning how to improve natural environment parks through decision-making that puts the environment first. Natural habitats offer places for wildlife to find food, water, cover, and to raise their young. We can reconnect, rest, and mentally recharge. Nose Hill offers sacred indigenous spaces of culture—past, present, and future.

*Connect: Calgary's Parks Plan*, Phase 1 engagement ran from April 17 to May 19. A *What We Heard Report* will be published online this summer. Phase 2 starts in October 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

Prior to the summer adjournment I raised questions in the House of Commons about the high cost of living and the impact of interest rate increases on homeowners with mortgages, and on those who want to buy their first home.

Many homeowners are concerned about the impact of high interest rates on monthly budgets when their mortgages renew. The cost of government is driving up the cost of living and pushing up interest rates. Persistent deficits, which began well before the COVID crisis, contribute to inflation, which causes interest rates to go up, resulting in higher payments.

Many young Canadians are giving up on the dream of homeownership, and renting is increasingly unaffordable. I urged the government to reign in its spending to get inflation and interest rates under control, and to stop blocking energy infrastructure projects to preserve and create high paying jobs in Alberta.

The government has also made necessities like fuel, food, and home heating more expensive with a significant increase to the carbon tax on April 1, and the introduction of a second carbon tax (clean fuel regulation) which came into effect on July 1. I repeatedly asked the government to stop raising taxes that increase the price of basic necessities and disproportionately impact the vulnerable.

I worked on two Parliamentary reports recently tabled in the House of Commons. The Defence committee tabled "Cyber Defence of Canada", and the Access to Information Privacy and Ethics committee tabled "The State of Access to Information in Canada". Both reports contain important recommendations that I hope the government will act upon.

I have enjoyed spending time with people at community events this summer. If you would like me to participate in an event, please contact my office with the details, and I will be pleased to attend if my schedule allows.



**Joke of the Month**

Why do seagulls fly over the sea?  
Because if they flew over a bay, they would be bagels.



**Councillor, Ward 2**  
**Jennifer Wyness**  
 403-268-2430  
 Jennifer.Wyness@calgary.ca  
 Calgary.ca/ward2 | Ward2Wyness  
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## Parks Wayfinder: Discover Calgary Parks

Summer is in full force and it's the perfect time to enjoy the outdoors and visit Calgary's many parks. The Parks Wayfinder Map is a tool that helps you search for the nearest washroom, drinking fountain, waste/recycling disposal, firepit, picnic table, off-leash area, sports field, park vendor, and other amenities available in City parks.

Visit <https://maps.calgary.ca/ParksWayfinder/> to learn more.

## When it Roars, Stay Indoors

Summer is a beautiful time of year to spend outside under the warm sun, but it's also Calgary's most active storm season. While storms can be mesmerizing and exciting, they can also be dangerous.

Summer storms often bring hail which can damage property and cause injuries. Plan ahead by parking under shelter, securing items that might blow away, removing weak branches from trees, and clearing debris from your yard.

During a storm, it's best to stay in an enclosed building or hard-topped vehicle. Stay away from high ground, trees, telephone poles, picnic shelters, and open spaces, to avoid being hit by lightning.

Sign up for emergency alerts and learn more about how you can prepare by visiting [calgary.ca/getready](http://calgary.ca/getready).

## Four-Legged Friends Seeking Homes

The City has reinstated its adoption program to help more animals find homes. For a limited time, adopt your furever companion at Animal Services at a reduced rate!

Now only \$100, the adoption fee covers:

- Spay or neutering surgery
- Microchip implant for identification
- A twelve-month City of Calgary license
- First set of vaccinations (excluding rabies)
- De-worming
- A bag of pet food

By adopting from a local shelter, you can make a direct impact by saving a life and contributing to the overall welfare of animals in your area.

Interested in adopting a pet? Check out the adoptable animals on [calgary.ca/pets](http://calgary.ca/pets).

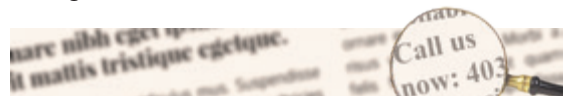
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**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

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		Properties		Median Price	
		Listed	Sold	Listed	Sold
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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
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

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