

JULY 2023

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KINCORANEWS

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Joke of the Month

What happened when the strawberry tried to cross the road?

A traffic jam!



Lunenburg

Old Town Lunenburg, Nova Scotia, is one of 20 Canadian UNESCO World Heritage Sites. Founded in 1753, this historic port holds the world's best preserved "model town" – a pre-designed British colonial settlement plan. If you look at Old Town Lunenburg from above, you'll see that all streets are straight with all corners square!

KINCORA BOARD OF DIRECTORS

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

NAME	VOLUNTEER POSITION
Mallika Velamuri	President
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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 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

“Be the change you want to see,” a very simple statement made by the architect of Indian Independence, Mahatma Gandhi. What does it truly mean though?

This question was answered for me this May 27 on the day of the Holi event organised by Kincora Community Association.

Years ago, when I was in Houston, I attended a Holi event. That being Houston, the crowd was large, and the fun was manifold. After we moved away from Houston, I couldn’t find a similar event to attend to with my family.

When I joined KCA, I suggested it as an event, thinking what is the worse that could happen other than hearing a “no”? I wanted something closer to us here in the northwest where we could have fun and feel connected to each other. But I was so mistaken. Instead of a no, I got a resounding “yes” with a promised budget from the board. Every member of the KCA board not only encouraged but also helped me with many inputs on how to organise an event, from what to plan for, how to do it, and helped with the actual physical set up and take down. This was hours spent away from family to give enthusiastic visitors some summer fun. And that is what KCA is about. If you have an idea, we will listen, and if feasible, help you implement it. As you browse through the colourful pictures of the event in the newsletter, do think about this: “Be the change you want to see.” Glad that this first-time event was taken well. Thank you to all those who attended it and made it a success.

Holi done! Stampede to start! July brings the Stampede event in full swing in Calgary and the Stampede Breakfast at Kincora. Our 14th annual Stampede Breakfast will be held on July 16 from 9:00 am to 12:00 pm, rain or shine (hopefully lots of shine!). The menu will include pancakes, beef sausages, halal sausages, oranges, bananas, granola bars, coffee, water, and juice boxes. We sincerely apologize, but gluten-free pancakes will not be available. On site entertainment will be Butterfield Acres petting zoo, Blizzard Soccer mini games, Girl Guides face painting, bouncy houses, an outdoor playground, and a 5-person live band!

We’ll also have a vendor alley of local businesses promoting as well. How do you get in? Well, if you have a KCA membership (still \$20) your entire household can join for free! If you’re not a member household, each plate is \$5. Don’t miss it, we’ll be out in the Kincora fields and if you see me, please say hi!

If you want to avoid the lines at the Stampede Breakfast, the easiest way to do that is to become a member before June 17. We are running a membership drive from June

15 to 16, where if you sign up to become a member or renew your existing membership, we will enter you to win one of two \$200 gift cards to the Blowers & Grafton restaurant in Creekside. We will draw the winners live at the Stampede Breakfast. Join the KCA, get breakfast for the whole family, and have a chance to win a gift card!

We are also actively recruiting volunteers for the breakfast as well. If you or someone you know could come out and help us, we would greatly appreciate it. These types of activities can only work with volunteers; we need you! Ages 12 and up can volunteer and the KCA is happy to provide a reference letter after if you need one. Please email volunteers@kincora.org with your desired activity and our volunteer coordinator will reach out with directions.

Don't miss out on this much anticipated event of the summer! See you soon Kincora!

Mallika Velamuri

President

President@kincora.org



How to Get the Most Out of Your Counselling/Therapy Sessions

by Nancy Bergeron, R.Psych. | nancy@viewpointcalgary.ca

Adapted from Dr. David Burns

We understand that therapy can sometimes be challenging

People often report that unburdening their emotions and past experiences in the first few sessions is relieving. However, therapy often uncovers deeper issues. Opening up and getting to the heart of these concerns takes patience, persistent effort, and fostering a positive relationship with your counsellor. It takes time to build a strong therapeutic bond and rapport, and this is essential in creating the trust necessary to go to those deeper places where real change takes place.

Consistency will help you reach your goals

If you wanted to improve your fitness and saw your physical trainer once every three months, you probably wouldn't be surprised when you didn't see the results you wanted. Similarly, therapy needs commitment and consistency to work through your concerns and be effective. Of course, your counsellor understands there are many demands on your time and resources. By collaborating with your counsellor, you can create a reasonable plan that balances your commitment to your wellbeing with all your other commitments. This is also why sometimes your therapist may assign you homework or other types of activities to practice between sessions.

Providing feedback will help your counsellor know what is/isn't working for you

Counsellors strive to build positive, non-judgmental, and compassionate therapeutic relationships, understanding this is beneficial for you and the therapeutic process. Despite this emotional and professional commitment, challenges in therapy can sometimes break down open communication and hinder the process. Providing feedback allows your counsellor to understand what has happened and work to repair any concerns you may have. A great therapist will provide a feedback form that can be filled out at

the end of each session. Here you can let your therapist know what you liked best in the session, what you liked the least, and if there were things you had hoped to discuss that may have been missed. This allows your therapist to constantly adjust and better hone their skills to your needs.

Mutually agreeing to end therapy when you are ready

When you and your counsellor recognize you are ready to move on, it can be exciting for both of you. In order to ensure you finish on a positive note, your counsellor will help you plan how to maintain your progress and what to do if you encounter concerns again. You have a fresh start, and your counsellor will be there in the future if needed.

Sometimes clients end therapy without talking with their counsellor, leaving their counsellor to wonder what happened. Not only can this make it more difficult for clients to maintain progress, but they may also feel they have lost a potential future support. If the counsellor can't reach the client, it also leaves the counsellor wondering what happened. Did my client feel enough progress had already been made? Did something go wrong? Did I say or do something that upset my client? Counsellors invest emotionally and professionally in the therapeutic relationship and appreciate feedback that lets them know what is happening. Your counsellor will always strive to treat you and your decisions with compassion and respect. In return, you can help your counsellor by communicating any concerns and showing that you understand they deserve compassion and respect too.

SCAN HERE TO VIEW ADDITIONAL KINCORA CONTENT

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



A MESSAGE FROM THE KRA

Hello summer! Happy Canada Day! As we celebrate our great nation, please be mindful of our ravines and natural spaces as they remain very dry and need our support to keep our community safe from grassfires. If you plan to use fireworks, a permit is required from the City. With our beautiful pathways and our tree-lined streets, many families are taking the opportunity to enjoy them either by biking or strolling. Please be mindful of the increased activity as we see our neighbours enjoying the sunshine. Please remember to obey the posted speed limits.

Have you got your cowboy hat ready? It's that time of year again when our fabulous KCA cooks up some flapjacks for our annual Stampede Breakfast. To help support the KCA Stampede Breakfast, please consider pre-paying your \$20/year community association membership and come on over to the field to chinwag with your neighbours.

With the warmer weather, many families will leave their windows open for fresh air and nature's air conditioning. Did you know that more than 400 children end up in the emergency department due to falling out of the

windows in homes? To help prevent accidents, keep windows out of reach, and move furniture such as cribs, beds, stools, and change tables away from windows. Teach children never to lean against windows or open screens. It takes very little force to push through an open screen. Consider installing window opening control devices. They restrict the window opening to four inches. Another option is a device that is like a baby gate for a window. If you are using safety devices in a bedroom window, an adult must be able to quickly remove or disable these devices in an emergency. Please remember that window screens do not prevent falls.

When out mowing your lawn, please be aware that if your home has developer installed fencing, it is your responsibility to maintain the areas next to these fences. Please include them when mowing or fertilizing your lawn as it only beautifies our whole community!



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.



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	HYDRATE! 

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

Help Others

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

Stay Cool

Stay inside an air conditioned place or go to a pool

Stay Healthy in the Heat




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Cute but not cuddly



Don't be fooled by these cutelings! Most wild babies just need to be left alone. Fledging birds are learning to fly while leverets (baby hares) and fawns rely on camouflage for protection while mom forages! Keep pets secure when wild young are around.

Do you have teaching experience and a passion for wildlife? Apply today!
Scan to learn more or visit:
www.calgarywildlife.org



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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CRIME STATISTICS

Kincora Crime Activity was Down in May 2023

The Kincora community experienced 1 crime in May 2023, in comparison to 4 crimes the previous month, and 2 crimes in May one year ago. Kincora experiences an average of 4.2 crimes per month. On an annual basis, Kincora experienced a total of 50 crimes as of May 2023, which is down 9% in comparison to 55 crimes as of May 2022. To review the full Kincora Crime report visit 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, or text ttTIPS to 274637.



Hello Neighbours,

Summer is finally here, and with summer comes plenty of outdoor activities and fun in the sun. We recently hosted our AGM on May 30. More than 20 people from our four communities came out to hear about us, and we are thankful for your support. We also elected a new board and are happy to announce the 2023 SVLAS Board of Directors, including four new directors:

Kris McPherson	President
Courney Hunt	Treasurer
Peggy Tse	Director of Communications
Bahaa Al Neama	Director of Project Development
Razaq Mohammed	Director of Fund Development
Anandha Arumugam	Director at Large
Amna Syeda	Director at Large
Kevin Matieshin	Director at Large
Monyc Abraham	Director at Large

We also want to say thank you to our volunteer director Andrew Bradley who stepped down this past year. We are grateful for your efforts in helping us grow our project.

Community outdoor amenities play a crucial role in enhancing the quality of life and well-being of our community members. Overall, Symons Valley Park will offer a wide range of benefits, ranging from physical and mental health improvements to social interaction, environmental sustainability, and community development. Our park will contribute to the overall quality of life and happiness of residents and will be essential to the Symons Valley area. Our aim in building Symons Valley Park is to deliver key benefits to the residents such as:

- Promoting physical health:** The park playgrounds, sports fields, and walking trails will encourage physical activity and exercise, and help people maintain a healthy lifestyle.
- Enhancing mental well-being:** Spending time in nature and outdoor environments has been linked to improved mental health and well-being. The park gives individuals a place to relax, reduce stress, and enjoy nature.

- Fostering social connections:** With the park as a gathering place, people can come together and interact by socializing, meeting neighbours, and in so doing, help build a sense of community.
- Increasing property values:** People are often willing to pay a premium for homes located near parks, trails, and recreational facilities, making our park a valuable community asset.
- Promoting inclusive and equitable spaces:** Our park will ensure that individuals with disabilities or mobility limitations can participate in outdoor activities.
- Encouraging active and vibrant communities:** Our park will promote and stimulate the use of local businesses.

If you agree that the benefits of building Symons Valley Park are significant, then we ask you to join us today. We are still looking for volunteers to help move our project forward.

Best regards,

Kris McPherson - President, Symons Valley Park

GAMES & PUZZLES

Guess That Song!



- This Grammy award winning pop song is about being foolishly apologetic for constantly playing with new lovers' hearts. Oops!
- This thrilling hit pop song is about a woman being stalked by a beast about to strike.
- This 2014 electro-pop song is about meeting someone in the summer, falling in love in the fall as the leaves turned brown, and then being betrayed by lies.
- This heartfelt alternative rock ballad is all about wanting to skip right to October because summer has come and passed.
- This country song is about going out and having fun with no inhibitions, just feeling womanly and dancing with your girlfriends on a night out.
- This gentle pop rock song is about being so in love with someone that they colour your world and make the stars shine for you.

SCAN THE QR CODE FOR THE ANSWERS!



Councillor, Ward 2
Jennifer Wyness
 ☎ 403-268-2430
 ✉ Jennifer.Wyness@calgary.ca
 🌐 Calgary.ca/ward2 📘 Ward2Wyness
 📱 @WynessJennifer 📺 @JenniferWyness

I hope everyone is enjoying the summer! Read more for some tips on gardening in Calgary and how to keep our off-leash parks enjoyable for everyone.

‘Bee’ YardSmart

YardSmart is an online resource that can help you grow a healthy garden.

Visit calgary.ca/yardsmart to learn how to create a beautiful yard that is easy to maintain and is suited for Calgary’s unique climate.

YardSmart offers advice on choosing garden bed layouts – wet, dry, or a combination of sun and shade. It also offers plant lists to help you choose beautiful and low-maintenance plants at your local garden centre, and how-to videos for gardening on a budget. You can also visit calgary.ca/droughtinfo for tips on caring for your yard during the dry season.

Off-Leash Dog Parks

Calgary is a haven for dog lovers, and there are plenty of off-leash parks across the city. In the summer, many pet owners are eager to enjoy the warm weather and spend time with their furry friends. However, it’s important to ensure that off-leash parks are enjoyable for everyone. Here are some guidelines on how to create a secure environment for pets and fellow park-goers.

- Know the regulations of each dog park you visit. This includes size restrictions, leash policies, and keeping your dog’s vaccinations up to date.
- Make sure your dog is well-trained and socialized. Basic commands like “sit,” “stay,” and “come” can go a long way in managing their behaviour.
- Keep a close eye on your dog. Stay within a reasonable distance and maintain control over their actions.
- Communicate with fellow dog owners. Respect their space and recognize any signs of discomfort or tension between dogs.
- Carry essential supplies like water and waste bags. Clean up after your pet to keep our parks hygienic.

To learn more, check out our video series at calgary.ca/pets/licences.

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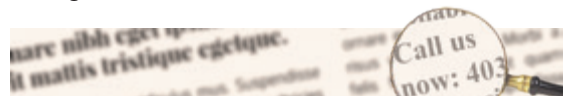
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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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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

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