

MAY 2023

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# KINCORA NEWS

YOUR OFFICIAL KINCORA COMMUNITY NEWSLETTER



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

		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	23	14	13	\$489,000	\$475,000
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
June	22	16	13	\$664,900	\$644,250
May	22	13	12	\$657,400	\$655,000
April	22	19	15	\$574,900	\$580,000

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

## 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
Mallika Velamuri	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
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.



# OFFICIAL

## PLUMBING & HEATING

Plumbing Services  
 Furnace Install & Repair  
 Drain Cleaning  
 Boiler Install & Repair  
 Electrical

# \$50

**Service Call Fee**



**403-837-4023**  
[info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca)  
[official-plumbing-heating.ca](http://official-plumbing-heating.ca)



## Your Patio Furniture Superstore!



**Located Three Blocks East of Chinook Mall**  
 6125 Centre Street S, (403) 258-2506  
[WickerLand.ca](http://WickerLand.ca)

## PRESIDENT'S MESSAGE

Hi Kincora,

I am your incoming President of Kincora Community Association. I am taking over from Travis Merrick, who after serving the KCA board as a member and president is leaving Kincora with his family. I know those are quite big shoes to fill and I will need all your help and support as I take on this wonderful opportunity.

My husband, Shashank, and I first came to the USA, me to Louisiana Tech University, and he to the University of Tennessee, Knoxville, to pursue our Master's in Engineering back in 2003/2004. Post completion of my Master's, I moved into information technology and have lived and worked in various cities of the US as a systems specialist advisor.

In 2008, we visited Calgary for the first time to get our work visas stamped. It was a short trip of one week. Little did we know that Calgary would beckon us again and again as we lived our lives, getting married, having a child, living briefly in Royal Oak/Rocky Ridge, and him getting a PhD in Applied Math and Fluid Dynamics in Oregon State University.

In 2021, we made our final decision to make Calgary our permanent home. As my favorite author Ruskin Bond has said, "It is always the same with mountains. Once you have lived with them for any length of time, you belong to them. There is no escape."

As we looked for a home to buy all over Calgary last July, Kincora struck us as having a good mix of the beauty of hills and yet closer to all the amenities needed for a modern family with a child. My husband and I remembered how we used to be fascinated with the Kincora tower in the past. We planted our roots here.

My decision to join KCA was in part to be able to connect with other families as well as to create that much needed village for my child which as a first-generation immigrant, I have often missed. My almost 11-year-old daughter is the current reigning pageant title holder. She is very friendly and easy going. My family and I would very much like to forge our friendships here in Kincora. Please feel free to introduce yourself to us.

As Travis has pointed out in the previous newsletter, this is the fifteenth-year anniversary for KCA and our board is the shining star in the northwest corner of Calgary. With the help of my fellow board members and the

Kincora Residents' Association, I hope to keep this star shining without ever losing its sheen.

I repeat what Travis has said so many times in the previous newsletters: your KCA membership of \$20 funds so many activities at Kincora, be it Stampede Breakfast, Winter Festival, Seniors' Socials, or the rink. I will be organising a Festival of Colours – Holi at the end of May at the Symons Valley Park. Details of this will be on the KCA Facebook page and the website soon. Meanwhile, don't forget to buy/renew a membership. As always, your volunteering helps, so come, let's create the village together.

Thank you, Kincora,

*Mallika Velamuri*

President

587-575-0285 | [President@Kincora.org](mailto:President@Kincora.org)



## GAMES & PUZZLES

### Guess That Movie!

1. On Amity Island, beachgoers are harassed by a bloodthirsty sea beast.
2. An unlikely chef fulfills his dream of working in a famous Parisian restaurant.
3. A visit to a theme park full of genetically modified creatures goes very wrong.
4. The anti-social protagonist embarks on a journey to rescue a princess and save his home.
5. An overwhelmed princess escapes her duties and explores Rome with a stranger.



**SCAN THE QR CODE  
FOR THE ANSWERS!**



“Breast cancer survivors who have higher levels of lignans in their bloodstreams and diets appear to survive significantly longer.”



## HEALTH CONSEQUENCES OF INSUFFICIENT SLEEP

PEOPLE WHO SKIMP ON SLEEP FACE A HIGHER RISK OF NUMEROUS HEALTH PROBLEMS.

**MENTAL**  
MORE PRONE TO DEPRESSION & ANXIETY

**RESPIRATORY**  
MORE LIKELY TO CATCH A COLD

**CARDIOVASCULAR**  
BOOST IN BLOOD PRESSURE & HIGHER LIKELIHOOD OF A HEART ATTACK

**METABOLIC**  
PROPENSITY FOR PACKING ON POUNDS INCREASES RISK OF DIABETES



## 4 KINDS OF LEADERS WHO CREATE THE FUTURE

Infographic by @agrasoblog

### THE LEARNING ZEALOT



Am I learning as fast as the world is changing?

### THE PERSONAL DISRUPTOR

You can't invent the future if you cling to out-of-date ideas



### THE TOUGH-MINDED OPTIMIST



Future is created by highly motivated enthusiasts who want something very much or believe very much.

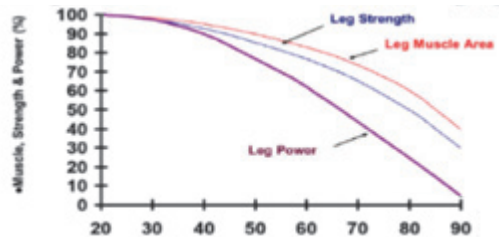
### THE EAGER EXPERIMENTER



Support a lot of ideas to find a few that work

data science stream

Figure: Loss of Power with Advancing Age



## Cats, Canines, & Critters of Calgary



Miki, Haysboro



Rigby, Huntington Hills



Riley, Dover



Whiskey, Walden

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)



## 2023 Annual General Meeting

Notice is hereby given that the Annual General Meeting of the Symons Valley Leisure and Amenities Society will be held both in person and online on Tuesday May 30, 2023, on or about the hour of 7:00 pm at Symons Valley United Church (38 Kincora Rise NW) in the Valley Room. The purpose is to receive reports, approval, and confirmation of actions taken by the board since the last Annual General Meeting and for the transaction of such other business as may properly be brought before the meeting.

Symons Valley residents need permanent public recreational amenities. Join us at the AGM so you can stay informed and/or get involved in this exciting and much-needed multi-community project.

### Agenda

1. Call to Order
2. Approval of Agenda
3. Approval of Minutes of the 2022 Annual General Meeting
4. President's Report
5. Finances Review and Approval
6. Bylaws Review and Approval
7. Approval of Directors
8. Vote on a special resolution brought forward by the current president of the society to waive articles 5.2.2 and 6.4.3 of the bylaws for Kris McPherson to remain both an officer of the board and president of the society if no other appointed directors stand for the president position.
9. Committee Reports
10. New Business
11. Adjournment

### Board Vacancies

- Secretary
- Vice-President
- Director of Fund Development
- Two (2) Directors-at-Large
- Committee Positions (Communications, Fund Development, Finance, Project Development)

### Option to Join Online

Google Meet video call link: <https://meet.google.com/ihk-xysu-zhd>

Or dial: (CA) +1 289-323-9378 PIN: 990 594 027

We look forward to seeing you there,

*Kris McPherson, President*



## AURORA SKY DISTRICT

Edgemont, Evanston, Hamptons, Hidden Valley, Hanson Ranch, Kincora, Nolan Hill, Sherwood, and Sage Hill

It is sometimes hard to write an article six weeks in advance of the article being published but here goes.

In late April, our entire district will be attending a District Camp Skills Day at Charles Butler Memorial Park just north of the city. The older girls (Pathfinders, Rangers, third year Guides) will be running the stations, and the younger girls (Sparks, Embers, younger Guides) will be participating. We will have stations like First Aid, Fire Safety, Outdoor Cooking, and Campsite Safety and Preparation. We will end the day with a campfire and singalong.

Our units have also been very busy selling our Girl Guide cookies – the classic ones with a row of chocolate and a row of vanilla. The price of a box of cookies is now \$6 this year – the first price raise in 10 years. We really do appreciate every single box of cookies that you buy. Selling Girl Guide cookies is our main fundraiser every year.

Thank you for all of your support of your local Girl Guides. If you'd like to become a leader, see below.

Join our valued team of volunteers. Find out more at [www.girlguides.ca/volunteer](http://www.girlguides.ca/volunteer) or email the District Commissioner Aurora Sky at [any-calgaryaurorasky@girlguides.ca](mailto:any-calgaryaurorasky@girlguides.ca).



**SCAN HERE TO VIEW ADDITIONAL KINCORA CONTENT**

**News, Events, & More**



**Crime Statistics**



**Real Estate Statistics**



# 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.

## THE EMERALD

The emerald is May's official birthstone. Unlike some birthstones, emerald is classified as one of four precious gemstones. Although the oldest emeralds date back 2.97 billion years and were first mined in Egypt, emeralds have been found in Canada, although they're rare. Canada's first emeralds were found in 1998 in Yukon Territory!



**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.

# Egg Hunt Photo Gallery





## A MESSAGE FROM THE KRA

### A Message from the KRA

With the sun's rays lasting longer everyday, it's that time of year when our maintenance and landscaping contractors will be out in the community to begin the spring cleanup. As part of a revitalizing community project, this year, our gazebo is being painted.

As the snow melts away leaving a myriad of winter debris on the streets, we will soon be hearing street sweepers brushing away. Please ensure to remove any vehicles that are parked, as this helps to keep our community tidy. Please check [www.calgary.ca/roads/maintenance/spring-street-cleaning](http://www.calgary.ca/roads/maintenance/spring-street-cleaning) for the 2023 street sweeping schedule or to sign up for street sweeping alerts.

It's also the time of year where the grasses are vulnerable to fires. In the past, we've had residents who have lost their homes to grass fires. Please keep an eye out for discarded cigarette butts or leaving backyard firepits left unattended.

As we head into the summer months, and residents are starting on yard work, please ensure to remove holiday decorations and recycle or put in the garbage any debris that doesn't belong in your front lawn.

The KRA AGM is scheduled for June 27, 2023, starting at 7:00 pm. Attend in-person at the Symons Valley United Church. For owners who are not able to attend, there is the option of submitting a proxy. Virtual attendance will be an option. The KRA AGM package is distributed before the AGM and will confirm voting eligibility, including for virtual attendance. Extended invitations to our regional representatives have been sent. The Kincora Residents' Association welcomes additional board members.

If you have an interest in being involved with a multi-community project, check out the Symons Valley Park Association for volunteering opportunities. You can help to build an amazing NW Calgary amenity and keep Kincora the amazing community that it is.

Thank you to our retiring KRA Board Member Sochi for your contributions to our community. We wish him all the best with the family's new adventures.



## SAFE & SOUND

### Window and Balcony Safety

*from Alberta Health Services*

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

#### Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children's' reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

#### Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

#### Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window can open to a maximum of 10cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.
- EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.



# JASON LUAN

## for Calgary-Foothills

### UCP Candidate

**It's a privilege to serve you as your MLA. Here is what we have accomplished together and our future goals:**

#### LOCAL ACCOMPLISHMENTS

- ✓ Fully funded new K-9 school in Nolan Hill
- ✓ Middle school in Evanston
- ✓ Multi-year funding for Crowfoot Village Family Practice
- ✓ Over \$250,000 for Crowfoot Arena
- ✓ \$136,000 for YMCA Arbour Lake
- ✓ \$50,000 for Muslim Family Network Society
- ✓ Community outreach and events

#### FUTURE PLANS

- ✓ Make life more affordable for all Albertans
- ✓ Through job creation and diversification, we will continue to be the economic engine of Canada
- ✓ Have the right supports in place to ensure Albertans get the health care they need and deserve
- ✓ Stand up for Alberta and ensure provincial jurisdictions are respected

#### **I am honoured to have served in three cabinet positions and delivered the following:**

- ✓ Bringing back the Alberta Advantage for economic prosperity (promise made, promise kept!)
  - Alberta leads Canada for job creation with 221,000 jobs added since 2021
- ✓ Investing \$2 Billion to support primary health care
  - Reduced wait times for surgeries and EMS response
  - \$200 million to train more doctors and nurses
- ✓ \$2.3 billion to modernize, replace, and plan new and existing schools
- ✓ Over \$414 million for student transportation
- ✓ Nearly \$4.3 billion for community care for seniors
- ✓ \$8 million for additional police officers and crisis teams

*Authorized by the Calgary Foothills UCP Constituency Association*



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**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 | 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, 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 for the fees schedule.

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**How to BEE a Community Scientist**  
Help us document the different pollinators in Calgary!

- 1 Go to **inaturalist.ca** or download the app.
- 2 Take 2 clear photos of an insect and 1-2 photos of the plant/flower that it is visiting.
- 3 Upload your photos to iNaturalist and add your insect observations to the Calgary Pollinators Project.

sustain@ucalgary.ca  
 @dollecology



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COME FIRST



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2 PONDS &  
PATHWAYS



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SCHOOL SITE



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For Families Who Want More

THE NW'S BEST SELECTION  
OF AMENITY LOTS

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EASY ACCESS TO SHOPPING,  
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**Single-Family Laned**

FROM THE MID

**\$500s**

BY **EXCEL HOMES 35** 

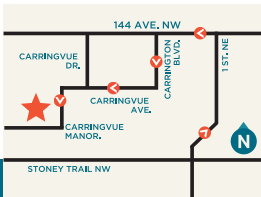
**Single-Family Front-Drive Garage**

FROM THE LOW

**\$600s**

BY **EXCEL HOMES 35**  

Prices & terms are subject to change without notice.



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