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KINCORA NEWS

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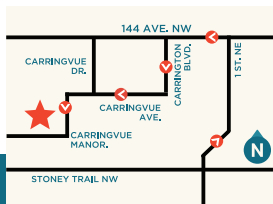


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GAMES & PUZZLES

Guess the Invention!

1. This delicious, chocolatey treat was created by mistake by Ruth Graves Wakefield in 1930.
2. This Canadian-born technological invention gave the public a more immersive film experience in theatres.
3. James Naismith, a Canadian-born P.E. instructor invented this indoor team sport in 1891.
4. Hollywood actress Hedy Lamarr famously created a frequency-hopping technology, which would eventually lead to this modern wireless network technology.
5. Canadian artist Joe Shuster co-created this iconic comic book character in 1938.
6. In 1940, Norman Breakey of Toronto created this tool which would save time applying paint.



KINCORA BOARD OF DIRECTORS

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

NAME	VOLUNTEER POSITION
Mallika Velamuri	President
Shannon Tompkins	First Vice-President
Kris McPherson	Second Vice-President
Murray Stene	Treasurer
This could be you!	Secretary
This could be you!	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	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,

Happy Spring to everyone! Hope you are celebrating the spring festivals of your respective religions with festive fervour and aplomb. Kincora Community Association came together with the Symons Valley United Church to host the Easter Egg Hunt. Hope you took advantage of this event with your little egg hunters. To give a look ahead of spring and summer I am giving a list of the event dates here. Please be on the lookout on the Kincora.org website as well as our Facebook page for the details as the event dates come closer.

- Earth Day Cleanup – Saturday, April 27
- Colours Festival, Holi – Saturday, May 25, 2:00 to 5:00 pm
- Parade of Garage Sales – Tentatively Sunday, May 26
- Community Cleanup – Preferred date: Saturday, June 1 (pending application approval by City)
- Stampede Breakfast – Sunday, July 14

For those who are may be new to Kincora or just need a quick refresher. Earth Day Cleanup is making Kincora look clean, Garage Sale is to help your house get clean, and the Community Cleanup is to ensure anything missed gets clean!

Kincora Community Association Annual General Meeting (AGM) will be held on Tuesday, April 30, 7:00 pm at the Symons Valley Church. One year ago, I joined this board as the President. It has been an equally challenging and rewarding experience so far. It would be wonderful to see you in person at the AGM. Please come and hear from me about the health of the association. There will be a zoom link for those who cannot be in person. Details will be posted on the website as well as social media soon.

Last year when I joined the board, I introduced the Colours Festival - Holi to our Northwest quadrant. My idea was to share this wonderful festival of spring from my home country with my friends and family of my adopted country. I was impressed with the turn out and the way people really took to playing with colours and dancing to the music. KCA will host this event this year too on May 25 from 2:00 to 5:00 pm. Be on the lookout for the details.

Please note these events are not “free” and the KCA needs your support. Whether that be by purchasing your \$20 yearly membership or becoming a sponsor at one of these events. If you have a business that needs access to local neighbours, the KCA is your gateway to that. Reach out to me below for more details.

KCA has partnered again with Calgary Blizzards Soccer Club to bring soccer right into our neighbourhood. From April to June, they will run programming in the Kincora Soccer fields for kids aged 4 to 9 (there's still time to sign up if you're reading this). Every family that signs up for soccer will receive an annual KCA membership as part of their fees. <https://calgaryblizzard.com/> for more details.

Lastly the KCA board is made up of volunteers right here in the community, your neighbours, and friends. Our board will have two openings for new board members at our upcoming AGM. We have multiple roles to fill but understand as a volunteer board we can find a role you can be happy in. We meet once a month for about 90 minutes and your commitment outside of that is based on your availability. With our increased event schedule, we need help! Reach out to me if you are interested.

Mallika Velamuri

KCA President


president@kincora.org

BRAIN
GAMES

SUDOKU

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

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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: _____

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.



Save The Date: May 28 Is Our Annual General Meeting!

Dear Neighbours,

Did you know that for the past seven years, 30 different community volunteers have devoted over 1,200 hours to work on building relationships, raising awareness, and getting your input on the design and build of Symons Valley Park?

30 people who work and raise families just like you, have given that extra time towards the mission of building an outdoor amenity and recreation destination that the people of Symons Valley so desperately need and deserve. Even after dedicating all these hours, and many successes, we still need our community neighbours engaged, interested, and involved in a project that can be the true centrepiece of the four communities of Kincora, Nolan Hill, Sage Hill, and Sherwood.

Every day is a new opportunity for people to get involved in community initiatives, and you would be giving us a generous gift if you took the time on May 28 to attend our Annual General Meeting (AGM). The AGM is important to us because it allows us to achieve a vote of confidence towards our activities and ensure the business of the board can be conducted.

Imagine with me what Symons Valley Park could bring to our communities:

- Providing affordable and financially sustainable community-level recreational programs, events, and services.
- Serving a culturally, age, and economically diverse population.
- Promoting community well-being by providing recreational and leisure amenities that support opportunities for physical activities, mental health, and social interactions.
- Being a recreational and community hub where all residents (and the public) are welcomed and can experience a sense of community belonging.
- Providing leisure amenities that encourage people to connect in public spaces.
- Continuing to bring residents from four area communities together, volunteering and serving

our neighbours, in the spirit of collaboration and partnership.

- Promoting the development of bicycling skills of all ages with an onsite bicycle park.
- Providing a direct connection to community and regional pathway networks.
- Being accessible to those with mobility concerns.
- Being designed as an outdoor space, with minimal maintenance needed.

Come join us and be part of the group that steers this project forward towards completion. Volunteering can be as simple as helping out on a committee, or as fulsome as joining the board as a director. The AGM is where ordinary community members become extraordinary by stepping up and joining us as that 26th or 27th volunteer.

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, and see you on the 28th!

Sincerely,

Kris McPherson

President

Vancity

April is a special month for Canada! Now a bustling hub of community, film, and diversity, the city of Vancouver was incorporated on April 6, 1886. Can you imagine a Canada without Vancouver?!



A MESSAGE FROM THE KRA

Happy Eid to our residents that celebrate the holiday.

April showers bring May flowers and yes, weeds!

Weed control on public land is controlled by the City of Calgary. Natural reserve areas, ravines, and turf maintenance follow the City Parks maintenance guidelines. Areas within the KRA boundary use dandelion control methods, other than chemical applications which affect people, animals, and beneficial critters such as bees. The KRA uses approved fertilizers targeting turf as well as aeration on the Kincora field to strengthen the grasses and overcrowd dandelions. The KRA's enhanced landscaping provides mowing once per week, otherwise the mowing schedule would be every 10 to 14 days. This allows for the trimming of flower stalks to interrupt the next generation of seeds.

A strategy for the ravines and natural reserve areas is cutting thistle so new shoots emerge and succumb to the City thistle control methods better than the mature stalks. Less chemicals being used are best for everyone. This requires planning, budgeting and manpower so not everywhere can be done right away. The north ravine (Rotary Mattamy Greenway Trail) has had success with these methods and the south ravine will hopefully improve as well.

Upcoming Projects

The board is busy planning projects for the upcoming spring and summer season. One of these projects will focus on the stone wall, located at the Kincora entrance on Kincora Boulevard. The wall is over 22 years old and requires masonry repairs in order to maintain its structural integrity. Further details and updates will be provided on our website and in our newsletters in the coming months.

Parking Reminders 101

Parking too close for safety. You may receive a ticket and/or be towed, if you park any portion of your vehicle within five meters of a stop or yield sign, fire hydrant, intersection, and marked crosswalk. Parking too close to the curb break, garage, or driveway - you must keep driveways and garage entrances clear regardless of who owns the driveway or garage. In alleys, the driveway or garage entrance no parking zone stretches across the width of the alley. If you park in front, or within 1.5 meters, of a driveway or garage, you may get a ticket and/or be towed.

To avoid getting a ticket park well back as 1.5 meters is approximately five feet, five meters is approximately

sixteen feet. If your vehicle is towed, the towing and storage fees must be paid in full to pick up your vehicle, however, an associated parking ticket may be paid at a later date. Parking Fine payment schedule is based on when parking fine payment is made and increases the later the fines are paid.

For RV owners there is specific bylaws. If an RV is parked on the front of the property, it must be on a hard-surfaced driveway or parking stall and cannot be parked for more than 36 consecutive hours. This limited-term front area parking allows for reasonable use like cleaning, loading, unloading, etc., and is intended to help mitigate issues of visibility, safety, and aesthetics of RV parking in residential areas. The bylaw does not limit the time for side or rear parking in residential areas.

To report an illegally parked vehicle, call 403-537-7000 option 3. Response times may vary.

For full Calgary parking information visit www.calgaryparking.com/tickets/bylaws-fines.html.

KRA Owner Accounts

KRA accounts in their second year of arrears will have a \$25 late fee applied to recoup the costs of confirming owner contact information. HOA arrear notices will be issued as well.

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

Kincora Residents Association

kincoraresidents.org



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News, Events,
& More



Crime
Statistics



Real Estate
Statistics





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Joke of the Month



What did the grape
do when it got
stepped on?

It let out a little wine.

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Learning How to Remember

by MPC Foundation



Do you sometimes have problems remembering things that were just told to you? A name, a detail, a word? Well, you're not alone. This feeling where you just can't remember is called "blocking" which is essentially diminished memory recall.

But why does this happen? Well, as your brain ages, its ability to easily recall information tends to weaken. Lydia Cho, a psychologist at McLean Hospital, details that the brain shrinks about 5% every decade after you turn 40, with the regression speeding up when you hit 70. A smaller brain means there are fewer neurotransmitters to carry signals between brain cells. This makes the brain less efficient. Cho also suggests certain habits and conditions contribute to blocking, such as depression, stress, lack of exercise, etc. Even though all of these factors can occur naturally, it doesn't mean you can't improve your ability to recall.

The next time when you are struggling to remember information, try giving your brain "hints" about what you want to recall. To do this, try the following strategies:

1. Create Association: When you learn something new, try to associate it with something you already know. A strong association can help your brain recall the idea later.

For example, Sally is your friend's sister. Your brain is more likely to remember the name Sally since it is associated with something familiar, your friend.

2. Look, Snap, Connect: This practice involves paying attention in the moment of learning something new and then using imagining to solidify your memory.

For example, you park your car in section 4B of a parking garage. In terms of this method, "Look" refers to what you are supposed to remember (4B), and "Snap" means that you are attempting to remember the information. Finally, "Connect" involves associating the information with something else (4B = 4 Bananas).

3. Retrieving Words and Memories: When you are trying to retrieve the right word or memory, pausing, and giving your brain time to focus allows it to send the necessary signals to obtain information.

4. Brute Force: Sometimes, if you skip over the mental barrier and just ramble around the conversation, you give your brain time to think and find the correct information.



An advertisement for "Wicker Land Patio". The top half shows two sets of outdoor wicker furniture: a large sectional sofa and a smaller set with a coffee table. The text "Your Patio Furniture Superstore!" is overlaid in large, bold, yellow letters. The bottom half has a bright yellow background with logos for "YETI", "WICKER LAND PATIO" (with a lightning bolt graphic), "TRAERGER", "BBQ LAND", "RATANA", and "Modern Patio". At the bottom, it says "Located Three Blocks East of Chinook Mall", "6125 Centre Street S, (403) 258-2506", and "WickerLand.ca".



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December	23	3	7	\$349,900	\$340,000
November	23	9	10	\$642,900	\$644,000
October	23	9	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

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Vilma Mydliar, LLB

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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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