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# KINCORA NEWS

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[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: \_\_\_\_\_

Are you interested in volunteer opportunities?

Date (dd/mm/yy) \_\_\_\_\_

Alternative Phone: \_\_\_\_\_

Registration confirmation is sent out from [wadmin@kincora.org](mailto:wadmin@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.

## Preparing or Updating Your Will



Vilma Mydliar, LLB

It is important for everyone to have a will—people often have more assets than they think. An important part of estate planning is having a will along with an *Enduring Power of Attorney* (EPA) and a *Personal Directive* (PD).

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

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NAME	VOLUNTEER POSITION
Mallika Velamuri	President
Kris McPherson	First Vice-President
Chad Rowe	Second Vice-President
Murray Stene	Treasurer
Vlad Rudko	Secretary
Mallika Velamuri	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](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 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.

## Symons Valley United Church (Kincora Community Hall)

36 Kincora Rise NW, Calgary, AB

Sunday Worship and Livestream at 10:30 am

Contact Reverend Vicki McPhee and Reverend Hillary van Spronsen at 403-274-2361 or visit [symonsvalleyuc.com](http://symonsvalleyuc.com).



# DYNAMITE!



When K-Pop group BTS released their single "Dynamite" on August 21, 2020, they changed the music industry forever. Their upbeat music video set an impressive world record by becoming the first video to be watched more than 100 million times in just 24 hours on YouTube! Talk about explosive popularity!

## GAMES & PUZZLES

### Guess The Drink!

1. On August 28, 1898, Caleb Bradham invented this sweet, carbonated drink originally called "Brad's Drink" which was used to relieve dyspepsia (indigestion).
2. In 1969, Walter Chell invented this drink in Calgary which is typically made from Clamato juice, Worcestershire sauce, spices, and vodka.
3. This non-alcoholic drink is named after an iconic 1930s Hollywood child actress.
4. This drink has been around for thousands of years. Legend has it that in 2737 BC, Chinese emperor Shen Nung discovered it while sitting underneath a tree with boiling water.
5. This sparkling wine is named after the region from which it is produced.
6. This caffeinated energy drink from Austria "gives you wings".



SCAN THE QR  
CODE FOR THE  
ANSWERS!



## PRESIDENT'S MESSAGE

Hi Kincora,

I hope you took part in the KCA organised Stampede Breakfast on July 14 and had fun taking part in it as much as our Stampede Director, Chad Rowe, and other board members had in bringing it to you. As always, a huge thank you goes out to our sponsors and vendors for participating in this much appreciated community event. No acknowledgement is complete without mentioning the wonderful volunteers who make such events even more enjoyable.

Remember to keep your KCA membership active. That \$20 is what matters!

It has been a hot summer so far. Kincorians, a friendly reminder to wear your hats and your sunscreen, and to carry a water bottle. Be cognizant of the needs of young and the old. Help them stay hydrated and in the shade. Some precautions I found on the web:

- Reschedule outdoor activities to cooler hours.
- Take frequent breaks in cooled indoor spaces.
- Stay hydrated with water and non-alcoholic, non-caffeinated beverages.
- Never leave children or pets in a closed vehicle.

High body temperature, lack of sweat, confusion, fainting, and unconsciousness are some of the symptoms of heat stroke. As per the Mayo Clinic website, applying a cool water sponge on someone, fanning the person while misting with cool water, placing ice packs or cool wet towels on the neck, armpits, and groin are some ways to mitigate a heat stroke. Let's just take precautions and enjoy the great outdoors as much as we can. This is Calgary, you blink, and the warm days are gone!

You can always write to me if there is some idea you think will benefit the community. What I have found is that more than just sharing an idea, if you can come and participate in the meetings and volunteer your time to your favourite cause, that is the biggest help you can give. There are some things which will get to the finish line sooner with the involvement of more people. Just like you, everyone on this board is trying to juggle work, family, school, and vacation with board activities and trust me this balancing act is not simple. I would like to reiterate - you are more than welcome to attend our meetings and join our board.

As you already know 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.

Have a wonderful fun filled summer everyone!

*Mallika Velamuri*

President

President@Kincora.org

### Volunteer in Your Community!

In the Lead is a **leadership program for youth** who may struggle to believe in their leadership abilities. We match youth with adult volunteers to support their leadership journey while evolving your leadership skills.



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## How to 'Hold Space' for Someone

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



As a therapist I do many things that are educational, directive, and methodological. However, there is a magic that happens in the room when I seem to do nothing at all. All it looks like is a slight nodding of my head and/or a concerned expression on my face. But what's really happening is that I am holding space for my client.

To hold space for someone means to offer them your presence, attention, and support without judgement or interruption. It involves creating a safe and accepting environment for them to express themselves fully, without feeling rushed or invalidated. It's about being fully present for someone, and allowing them to share their thoughts, feelings, and experiences openly.

People are starving for a witness to their existence. Why do you think Instagram and TikTok are so popular? Sometimes the therapist is just there to listen, not to fix anything. A majority of the time, the answers lie within my clients. We live in a society where we praise those who are always talking and say so little about those who are great at listening.

Therapists hold space by actively listening, being empathetic, and creating a safe environment for our clients. We provide unconditional support and encouragement for our clients to explore their thoughts, feelings, and experiences. Therapists also offer validation, understanding, and guidance as needed, while allowing our clients to lead the conversation and set their own pace for their healing journey. We live in a fast paced, fix it, task-oriented world, and we miss the opportunities to hold space.

Many times, my first session starts with a client stating their problem and asking me how to fix it. That's my cue to slow things down. When they say, "what do you think I should do?" I like to answer with "how do you see this unfolding, or what are your thoughts on some of the choices you've thought about?" Most times, just slowing things down and allowing folks to feel relaxed, safe, and heard, they can come to their own decisions and empowerment. They truly just needed to feel okay with being in their emotions and that I will listen without judgement.

How can you hold space for the people in your life? Be present. Your physical presence can be more powerful than any words. Listen actively by not interrupting and allowing them to express their feelings. When they are done pouring out their heart, validate the feelings they shared. Do not engage in clichés as they can feel dismissing. Respect their process of working through intense feelings. Check in with them regularly. And finally, offer practical support by asking if you can take over a specific task. Asking them to reach out to you if they need anything falls flat as they are in their emotional brain and do not have the capacity to constructively think about what they actually need help with.

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KINCORA CONTENT

News, Events,  
& More



Crime  
Statistics



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Welcome August as the stocks of corn sway, and the sun starts settling to go to bed earlier and earlier. Kincora is a community of dog lovers, and to enjoy the final dog days of summer, Calgary has a number of off-leash parks to enjoy. To keep rover safe, here are some steps you can take:

1. Keep your dog license up-to-date, and make sure your pup is wearing theirs in case they get lost. The cost of having an unregistered dog is a \$250 fine. Fido would rather you save that money for treats!
2. Some of our off-leash parks have fenced areas while others do not. Pick the park that works best for your fur baby.
3. Keep a close eye on your dog and work on their recall skills.
4. Always clean up after your pooch to help maintain the cleanliness and hygiene of the park.
5. On hot days, make sure to carry water and visit the park during the cooler part of the day.

Planning a trip out of the country and want to take the kids, but leave your partner at home? Often it is better to have documented consent to leave the country. Our MLA Court Ellingson is here to help! Did you know you can pop by his office as they offer free notary services for all your documentation needs? Below is the contact information for his office.

Address: #202 1829 Ranchlands Boulevard NW, Calgary, AB, T3G 2A7

Phone: 403-216-5444

Email: [Calgary.Foothills@assembly.ab.ca](mailto:Calgary.Foothills@assembly.ab.ca)

Finally, back-to-school routines will begin by the end of the month. Please bear in mind that we have a number of bus stops in Kincora with excited little ones who will be attending. Please be mindful of the location of the bus stops and your speed.

Wishing you a wonderful final month of summer!

*Kincora Residents Association*

[kincoraresidents.org](http://kincoraresidents.org)



## News from the Friends of Nose Hill

by Anne Burke

Urban green spaces enhance our lives in cities. Parks serve as spaces for physical activity, mental health, social contact, and connection with nature across Canada. As sanctuaries, they strengthen our bonds with nature and promote biodiversity. According to the 2023 Canadian City Parks Report, parks had high use and reflected great value during the period studied. Indeed, 94% of cities reported increased use of parks in the last year. Parks were also used more in the winter for 50% of Canadians and 73% expected this use to continue. Of all park types, Canadians say they preferred to visit local neighbourhood parks (71%), natural areas (61%), and trails (60%) for nearby green spaces. Community Park groups continued to use their local parks across the country.

There were interviews with 44 senior parks staff from 30 municipalities, who shared challenges they are facing, the projects and people that inspire them, and the vision for the future of city parks. About 64% of city residents said they visit parks two to three times per week or more, including 29% who visit every day or almost every day; while 51% of city residents said they'd like to spend more time in parks than they currently do. Addressing impacts from climate change/extreme weather is one of the challenges for 94% of cities; 60% said they feel equipped with the knowledge and tools to address climate change through their work in parks. Only 57% of cities agreed that most parks are well-designed and planned to withstand the impacts of climate change, but 3% strongly agreed. When many informal parallel bike trails lead to the same place, "during certain periods of the year, maybe we close the park and allow wildlife to migrate through it." See: [ccpr.parkpeople.ca/2023/](http://ccpr.parkpeople.ca/2023/) for more on this report.



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## JOKE OF THE MONTH

**WHAT KIND  
OF KEY OPENS A  
BANANA?  
A MONKEY**







Hello from Symons Valley Park,

We hope that your summer in Symons Valley has been spent enjoying the community and outdoors, maybe by attending one of the Stampede events hosted by our local Community Associations, as these were great opportunities to reconnect with your neighbours, along with enjoying some food and fun in the sun.

In the coming months, we are working on some exciting things, including building relationships and collaborating with stakeholders in government and businesses to work together to advance our project. We've developed a business plan and a fundraising strategy that's meant to help us raise the first \$500,000 of our project finances. While we worked through these critical activities, we also kicked off a committee to organize a Movie in the Park on Saturday, September 21.

With all this going on, we also wanted to reach out to our biggest stakeholders in the community, you.

We are asking your family or your business to consider donating to our project today, so that we can fund the development of our park. Donating to an outdoor park project can be a wonderful way to contribute to the community and support the development of our local public space, along with these other great benefits:

**Make a difference in the lives of others.** By donating, you can contribute to our efforts aimed at improving the well-being and quality of life for the residents of Symons Valley and beyond.

**Create positive social change.** By donating, you support our initiative to build a space that will make a lasting impact and improve the overall well-being of the community.

**Tax benefits.** By donating to our project through our partner, Parks Foundation Calgary, it could allow you to reduce your taxable income and potentially receive tax credits.

We have established some sponsorship levels, and ask that you consider donating today:

**Supporter Level (\$50 to \$749):**

- Thank you email or letter
- Name listed in the annual report

**Friend Level (\$750 to \$1,999):**

- All Supporter level benefits
- Personalized thank you note
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**Benefactor Level (\$2,000 to \$9,999):**

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- Personal tour of the amenities
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**Visionary Level (\$50,000+):**

- All Champion level benefits
- Exclusive VIP access to events
- Naming opportunities

If you agree that the benefits of donating to Symons Valley Park are significant, then we ask you to give today. Please go to [www.symonsvalleypark.ca](http://www.symonsvalleypark.ca) to learn more about safely donating or reach out to us directly by email at [hello@symonsvalleypark.ca](mailto:hello@symonsvalleypark.ca).

Stay cool and enjoy the outdoors,

*Kris McPherson*

President, Symons Valley Park

## BRAIN GAMES SUDOKU

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# How Art Can Add Years to Your Life

by MPC Foundation

Engaging with art, be it through creating or appreciating it, offers significant health benefits on par with those of exercise, nutrition, and sleep, according to experts. Research details that interacting with art can rewire our brains, releasing beneficial neurochemicals, hormones, and endorphins. As a result, more healthcare practitioners are prescribing arts engagement to treat various conditions, including obesity, heart disease, chronic pain, dementia, loneliness, and depression. Authors Susan Magsamen and Bianca Bosker emphasize that art is fundamental to human existence, not a luxury, and should be integrated into daily life for its profound impact on well-being.



The impact that art has goes beyond mere enjoyment; it has a profound physiological effect, activating multiple neurological and physiological systems simultaneously, engaging the brain, body, and spirit. Unlike viewing a photo of artwork on your phone, experiencing art in person, such as standing before a massive painting, can have powerful physical effects and sometimes cause strong emotional reactions. This idea is similar to meeting a person in real life versus online. Engaging with art can break our usual thinking patterns, giving us fresh ideas and making us better at handling stress. Additionally, the process of making art, regardless of skill level, has been shown to reduce stress and improve cognitive functions, highlighting the importance of art in maintaining mental and physical health.



For those looking to incorporate art into their lives, the key is to engage with curiosity and attention. Simple practices like noticing details in a piece, recognizing how those details make you feel, or trying to understand the artist's decisions behind certain actions can deepen one's experience with art. You do not need to be an art expert or create museum-worthy pieces to benefit; Magsamen points out that a monthly art experience can extend your life by up to ten years. The emphasis should be on the process of understanding the art rather than the product itself, allowing for a richer, more fulfilling life through the regular practice of art.



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March	24	14	10	\$677,750	\$683,750
February	24	8	10	\$307,000	\$322,500
January	24	9	7	\$699,900	\$687,000
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

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