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A CHRISTMAS CAROL

The first edition of the Christmas classic *A Christmas Carol*, written by Charles Dickens, was originally published in London on December 19, 1843. This story was published as a novella by Chapman & Hall and the first edition sold out by Christmas Eve that first year!



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August	24	10	8	\$749,900	\$739,500
July	24	5	9	\$379,000	\$475,000
June	24	11	7	\$743,900	\$750,000
May	24	15	16	\$439,843	\$427,750
April	24	20	20	\$714,500	\$725,500
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

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

KINCORA BOARD OF DIRECTORS

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

NAME	VOLUNTEER POSITION
Mallika Velamuri	President
Kris McPherson	First Vice-President
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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
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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.

SCAN HERE TO VIEW ADDITIONAL
KINCORA CONTENT

News, Events,
& More



Crime
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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.

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.

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents’ Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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PRESIDENT'S MESSAGE

Hello Kincora,

To those of you celebrating Christmas, a very Merry Christmas to you and your loved ones! May the blessings of the season be with you.

It is that time of the year when the weather gets colder, and we yearn for warmer places. If your family is looking for some ice fun, our board is working on getting the rink ready weather permitting. Just please be mindful of keeping garbage off the surface and remember to use helmets while you skate. Safety first! Our volunteer crew spends many hours building and maintaining the ice and with your help we can continue to have the best Adopt-a-Rink in Calgary!

Our rink maintenance crew is always looking for more volunteers. Our crew shovels, floods, and keeps the area clean and maintained for safe and fun use all winter. Normally, we flood between 8:00 and 11:00 pm, with as much notice as we can provide based on the weather. We'll get the firepits going to keep warm, enjoy some beverages, and make sure we get in and out as quickly as we can. Please come and join us if you are interested.

This past year was a busy year for the board. We worked hard to bring the various events to you throughout the year. The board has also been working on the business plans for the pond playground and the sporting amenity planned for the Kincora fields. It is a lot of work on the shoulders of nine members of this board to file the paperwork necessary to keep the board in good stead; to look after finances; to manage vendor relationships; to manage memberships, website, and emails; to plan, organize and bring events to fruition; and on top of all this to work on business plans. In this aspect I have a request to all of Kincora. We are

still looking for a Communications Director - someone to put our newsletter content together and manage our social media and/or a person to be the main point of contact to organize the Easter Egg Hunt event in collaboration with the Symons Valley Church. If this sounds interesting to you or someone you know please reach out to me. Also, our membership is at 149. I know we can do better. So, if you or any of your friends have not purchased/renewed their KCA membership, please encourage to renew as soon as possible. Your \$20 helps the board to bring the various exciting events we have lined up for you in the New Year.

Winter Festival will soon be announced on the KCA website and Facebook page. It sets off our New Year event planning. Do please look out for the date as it is announced. As always there will be horse wagon rides, hot chocolate, donuts, and more. Anyone willing to sponsor this event or want to have a booth with a few winter games, please write to me at president@kincora.org.

We have already begun planning for 2025 events - Winter Festival, Easter Egg Hunt, Colours Festival - Holi, Earth Day Cleanup, Parade of Garage Sales, Community Cleanup, and our grand Stampede Breakfast. If you would like to see more events or have an idea for community involvement, do not hesitate to write to me at president@kincora.org.

Catch you at the rink soon!

Until we meet again, be nice to each other and stay warm!

Mallika Velamuri

President, Kincora Community Association
president@kincora.org



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Discovering the Joys of Music in Later Life

by MPC Foundation

Listening to music can have significant benefits for older adults. Even if the music isn't their favourite, it can still activate parts of the brain associated with pleasure and reward. This understanding is important for improving treatments for conditions like Alzheimer's and dementia, potentially leading to better care and quality of life. By enhancing our knowledge of how music affects the brain, researchers can develop more effective therapeutic approaches and support healthier aging. Music interventions can also play a role in managing pain for older adults, as listening to soothing music has been shown to reduce perceived discomfort. These benefits make music an incredibly flexible tool in improving both physical and mental health among seniors.



Music offers numerous benefits beyond simple entertainment. It helps reduce stress, enhance mood, keep minds sharp, and foster social connections. Many older adults find that music has a positive impact on their health. For example, a majority of adults aged 50 to 80 report that music helps them relax, improves their mood, and boosts their energy. Engaging with music, whether by listening or participating, also provides a sense of accomplishment and joy, enriching daily life and contributing to overall well-being. Additionally, music has the potential to reconnect older adults with cherished memories, sparking joy and nostalgia. This emotional connection can be especially meaningful

for those experiencing memory loss, as familiar songs may evoke strong, positive feelings. Music therapy programs are increasingly being implemented in senior care settings to harness these benefits and improve quality of life. For instance, structured group sessions that include music can help foster stronger connections among participants, reducing feelings of social isolation.



Music can positively influence overall well-being, affecting areas like blood pressure and mood. Regular engagement with music, whether through singing, playing an instrument, or simply listening, can help address feelings of loneliness and social isolation. Community events, such as local concerts or group sing-alongs, can further enhance these benefits by providing opportunities for social interaction and connection. Recognizing the benefits of music and incorporating it into daily routines can be an important part of maintaining a healthy and connected lifestyle.





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: _____

Are you interested in volunteer opportunities?

Email: _____

Address: _____

Date (dd/mm/yy) _____

Home Phone: _____ Alternative Phone: _____

Registration confirmation is sent out from wadmin@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.



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News from the Friends of Nose Hill

by Anne Burke

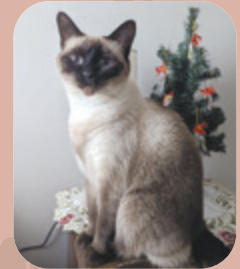
Phase 3 of the Connect: Calgary's Parks Plan is underway, and the draft plan was shared with the public and partners before Council's expected approval in early 2025. You can send questions or comments directly to the project team by emailing parksplan@calgary.ca. Please note that these will not be included in the final Phase 3 What We Heard Report. A Park is a space set aside for enjoyment, recreation, education, cultural or aesthetic use, or for the protection of wildlife or natural habitats. An urban forest includes trees and shrubs intentionally planted, naturally occurring, or accidentally seeded within city limits. This means all trees in parks, river valleys, streets, roadways, natural areas, and commercial and private lands.

A Natural Area is a City-owned park or open space where the primary role is protection of a (relatively) undisturbed parcel or with a natural/native plant community. Natural areas are categorized to provide guidance for management and permitted uses according to habitat sensitivity and conservation needs. Habitat is the environment where the life cycle of a species is found and characteristics of the place (climate or suitable food and shelter). A Habitat Management Plan means a ten-year operational plan on how we manage natural areas that help maintain or improve the health and function of a park. Calgary's natural ecosystems are categorized by their habitat type (e.g., grassland, forest, wetland). There are also categories for classifying parks with natural environments: Special Protection or Major; Supporting (may be buffers), and other naturalized parks. Naturalization means improving management or repairing some function. For Environmentally Significant Areas, some key natural components recognized by the City of Calgary are Water Quality and Quantity; Rare, Intact, or Biologically Diverse content; and Habitat for Native Species of Interest. Read more at engage.calgary.ca/parksplan.

Cats, Canines, & Critters of Calgary



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Echo, Signal Hill



George, Huntington Hills



George, McKenzie Towne



Lola, Calgary



Misty, Queensland



Pedro, Sandstone Valley



Walden

To have your pet featured, email news@mycalgary.com

Five Benefits of Longer-Term Therapy

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



Longer-term therapy offers a more comprehensive, sustainable, and transformative approach to mental health compared to crisis management. While both approaches serve important roles; longer-term therapy provides deeper benefits beyond immediate relief, by addressing the root causes of psychological distress and fostering long-lasting personal growth.

1. Addresses Root Causes – Crisis management focuses on immediate stabilization and symptom relief. Its primary goal is to help us regain control in acute moments of psychological distress or trauma. While this is vital in emergencies, crisis management often lacks the time or depth to explore the underlying causes of our mental health challenges. Longer-term therapy allows us to delve into the root causes of our issues that may stem from our childhood experiences, unresolved trauma, or ingrained behavioural patterns. By addressing these underlying factors we can work through our long-standing issues, leading to more profound and enduring changes in our mental health.

2. Develops Self-Awareness – One key advantage of longer-term therapy is the opportunity to gain a deeper understanding of ourselves over time. Therapy is a journey of self-exploration where we learn to recognize patterns in our thoughts, emotions, and behaviours. Conversely, crisis management doesn't usually allow the time needed for introspection. With regular sessions over time, we can identify our emotional triggers, unhealthy coping patterns, or self-defeating behaviours. This heightened self-awareness helps us not only resolve our current issues but helps to prevent future crises due to the healthier strategies we've adopted through longer-term practice and accountability.

3. Builds A Therapeutic Relationship – The relationship between the therapist and ourselves is a crucial element of our healing process. In longer-term therapy, the relationship has the chance to develop trust, safety, openness, and healthy boundaries attachment. Overtime, we may feel more comfortable in sharing deeply personal experiences, feelings, and vulnerabilities that might not have surfaced during a short-term crisis intervention. This formation of trust creates a space where we can process painful emotions and difficult truths, allowing us to work through our challenges more effectively. Unfortunately, crisis management often doesn't allow for the time necessary for such a deep therapeutic relationship to form.

4. Prevents Relapse – Crisis management is reactive. It helps us cope with a crisis after it has occurred. It may provide immediate relief, but it does little to prevent future episodes. Longer-term therapy takes a proactive approach to mental health. Through ongoing support, we can build coping strategies, resilience and emotional regulation skills that reduce the likelihood of future crises. By working through the issues that contributed to past crisis, we can learn to manage stressors more effectively, decreasing the chances of relapse or recurrence of acute mental health episodes.

5. Personal Growth and Transformation - Longer-term therapy is not only about symptom reduction; it's also about personal growth and transformation. In the process of therapy, we often discover new aspects of ourselves, develop a stronger sense of identity, and cultivate a greater capacity for emotional and relational intimacy. This leads to a more fulfilling and authentic life, which crisis management, with its focus on immediate stabilization, cannot provide. Longer-term therapy encourages growth beyond just managing symptoms, helping us to thrive, not just survive.

While crisis management is necessary for short-term stabilization during emergencies, longer-term therapy offers a far more in-depth and sustainable approach. It allows us to explore root causes of our distress, build self-awareness, foster a strong therapeutic relationship, prevent future crises, and experience deep personal transformation. These benefits make longer-term therapy a more effective and holistic option for achieving lasting mental health and well-being.



Girl Guides
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AURORA SKY DISTRICT

City Kids: Exploring 4-H Beyond the Farm

by Lori Nielsen, Senior Program Coordinator for 4-H Intro Clubs

The Intro Clubs in our city have been buzzing with excitement! We're wrapping up another round of daytime and evening programs, filled with hands-on workshops that let kids try new things and make connections with friends over six weeks.

Kids have enjoyed a wide range of activities, from pottery and beekeeping to crafting their own Grinch trees. Each workshop sparked creativity and teamwork, and the feedback from families has been fantastic. Along the way, the kids picked up core 4-H skills like leadership, communication, record-keeping, and community service.



One highlight was our Sourdough Workshop, where participants got a taste of bread dough-making, complete with a wheat grinding demonstration! They also learned about the science behind sourdough and had fun making pizzas with sourdough crust. The aroma of fresh pizza filled the air, and the favourite part was tasting their creations.

We're excited to announce that the Sourdough Workshop will be back in January as part of our next round of clubs, so those who missed it will get another chance!

The Intro Clubs are a great place for kids to grow, make friends, and have fun. We can't wait for the new workshops and activities coming up! For more information on upcoming clubs, please email introclubs@4hab.com. Thank you to all the families who've joined us on this journey—stay tuned for updates, and we hope to see you at our next workshop!

Aurora Sky District includes the following communities: Edgemont, Evanston, Glacier Ridge, Hamptons, Hidden Valley, Hanson Ranch, Kincora, Nolan Hill, Sherwood, and Sage Hill.



Unit 229 is a sparks/embers unit that kicked off the guiding year with welcoming ten new girls into the unit. The girls spent the last couple of weeks getting to know each other.

Over the past couple of weeks, we have played some introduction games to get to know the girls better. We also learnt how to express emotions appropriately, learnt about respect, and also spent a week learning about truth and reconciliation.

We took our first field trip of the year to a seniors home in our community. The girls spent some time interacting with the seniors and reading to them. The girls also worked with seniors on making thank you cards for the veterans.

We are looking forward to our enrolment on November 4. We are also hosting a meet and greet with parents and guiders that day.

We are looking forward to an eventful guiding year and seeing the girls build friendships with one another over the year.

If you'd like to register your daughter, please visit www.girlguides.ca and use the unit finder to find an open unit in your area. If you cannot find a unit in your neighbourhood, it might be because the unit is full (you can modify the search – try searching "all" units; the default is to show only units with space available). You might want to consider becoming a leader – with more leaders, we can take in more girls. For more information, please email any-calgaryaurorasky@girlguides.ca.



A MESSAGE FROM THE KRA

Season's Greetings from the KRA,

A shout out and thank you to the Kincora Community Association Board members for this year's skating rink build. Please note that participation with community projects should not be expected by only board members. When a request for volunteers is announced and no one responds it increases board member burnout and shows a decrease in support for the events that make Kincora a special place to live. Many hands make light work, and some of your time is worth so much more than realized.

As the community celebrates, Kincora can look forward to additional holiday lighting. In addition to Kincora Boulevard NW, a couple trees on Kincora Glen Road NW, and the Kincora Drive NW gazebo park should have some trees lit up! This winter has more holiday planter displays as well.

With colder temperatures, our furnaces will be working overtime! Calgary fire crews see an increase in carbon monoxide calls. Carbon monoxide (CO) is a poisonous gas that has no colour, smell, or taste. Long-term exposure can cause sickness or lead to death. The Calgary Fire Department wants you to have working CO alarms in your home, to warn you in case of exposure. Working CO alarms provide the only warning of dangerous CO gases in your home. Most commonly, the main source of CO gas in your home is your furnace, but of course you should monitor any household appliances which run on fossil fuels, like natural gas and propane.

If you are exposed to CO gas, you may get flu-like symptoms such as: headaches, nausea, dizziness, confusion, fatigue, and loss of consciousness. Other warning signs that you might have CO gas in your house include stale or stuffy air, a lot of moisture on windows and walls, a pilot light that keeps going out.

If you or anyone in your house experiences the symptoms of CO poisoning or your CO alarm goes off leave your house and call 9-1-1. Do not go back into the house until the Fire Department tells you to.

For more information regarding Carbon Monoxide check out www.calgary.ca/council/ward-2/articles/carbon-monoxide-safety.html.

The 2025 KRA HOA fee invoices have been issued and includes the 2025 KRA budget. For paperless recipients, select 'Click here to view the announcement' to see the full details. These are not account statements. If you cannot locate your invoice or want a copy of your account statement, contact the KRA HOA Manager at KincoraRA@SimcoMgt.com. 2025 HOA fees have not increased and cover the fiscal year of January 1, 2025, to December 31, 2025.

Interest charges of 18% are applied semi-annually as per the Articles of Association and will be next updated to accounts for December 31, 2024. Balances of \$210 = \$37.80 interest, and \$105 = \$18.90 interest. Thank you to our homeowners that maintain their accounts in good standing.

As we wrap up another year, the Kincora Residents Association wish our community all the best for the remainder of the year and the newest year 2025.

kincoraresidents.org

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Cold Weather Safety

by Alberta Health Services

Emergency Medical Services (EMS) paramedics respond to a number of cold weather-related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water until fully re-warmed;
- Call 9-1-1 or seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;



- Early recognition and prompt medical attention is key. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.



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Season's Greetings from Symons Valley Park,

Hello everyone, I hope your families have been healthy and happy. This year the volunteer board of Symons Valley Park focused our efforts on developing relationships with community groups and prospective partners. The board also moved forward with applying for an LOC or License of Occupation, which is the legal expression of the relationship between social recreation organizations with The City of Calgary. This arrangement will give us the ability to move closer to applying for a development permit for construction.

One of our proudest moments this year was hosting the Movie in the Park event, a wonderful evening where families, friends, and neighbours gathered to enjoy a movie under the stars. This event was more than just a movie screening—it was a celebration of our shared community and the spirit of togetherness that makes Symons Valley so special. We couldn't have made the Movie in the Park a reality without the support of our dedicated volunteers, community members, and generous local business sponsors. Your support allowed us to create a memorable evening, and we're so grateful for your involvement in making events like these possible. A big thank you to our sponsors:

- Calgary Blizzard Soccer (Platinum Sponsor)
- Fresh Air Cinema (Gold Sponsor)
- Calgary Foundation (Gold Sponsor)
- Servus Credit Union (Gold Sponsor)
- The City of Calgary (Silver Sponsor)
- Cottage Care North (Silver Sponsor)
- The Kincora Community Association (Silver Sponsor)

This year also saw two reputable studies done to highlight the current and future state of parks in North-Central Calgary. The first one, Place Matters: A North Calgary Project, was co-authored by Vivo for Healthy Generations and Parks Foundation Calgary. The study set out to discover what creates a sense of belonging in North-Central Calgary, and also helped to build tools for organizations like ours to use, along with generating a list of priorities of community-driven outdoor space projects for the future. The Symons Valley area was at the top of the list of communities with potential projects.

The second document is Connect: Calgary's Parks Plan. The City of Calgary's Parks and Open Spaces is creating a 20-year plan on how the city will develop, redevelop, and manage parks to connect Calgarians with nature, wellness, and each other. This plan has commitments to important priorities like inclusive parks, sustainable community funding, tree (canopy) coverage, and climate resilient landscaping and water use. Our project is aligned with what the City of Calgary is planning and would suggest that we are the perfect candidate for the City to partner with to achieve their goals of building parks and promoting volunteerism.

As the year draws to a close, now is a great time to maximize your tax credit through charitable giving. If you believe that we need more recreational amenities in our neighbourhood that bring our community together, please consider making a donation to Symons Valley Park. Every contribution helps us build toward our goals and bring more vibrant experiences to the area. Find a link to donate at www.symonsvalleypark.ca/donate.

At Symons Valley Park, we believe in creating spaces that bring people together, foster friendships, and strengthen our local bonds. The Movie in the Park event highlighted the importance of these connections, helping everyone feel part of something greater. These gatherings align with our vision of Symons Valley Park as a welcoming, vibrant hub for all. We're excited to bring even more events, programs, and improvements to the Symons Valley area in 2025. Our commitment to building an outdoor destination for our community remains at the heart of everything we do, and we can't wait to create more opportunities for us all to connect, celebrate, and grow together.

Thank you for being a part of our journey this year. We look forward to everything we'll accomplish together in the year ahead. Have a very Happy Holidays and a Happy New Year. See you in 2025!

Kris McPherson

President, Symons Valley Leisure and Amenities Society



Easy Turkey Chili

by Jennifer Puri

Turkey is a large bird which is rich in protein and other nutrients such as iron, zinc, and selenium. It provides many of the same calories as chicken and most people are easily able to digest it.

Ground turkey is an inexpensive way to consume turkey and over the years has grown in popularity as a substitute for ground chicken. Rich in vitamins and minerals it can contribute to a healthy diet as it is low in fat. Dark meat is more flavourful but has more calories than white meat without the skin.

Turkey can be added to soups, salads, sandwiches, burgers, or Chili as shown in this Easy Turkey Chili recipe below.

Prep Time: 15 minutes

Cook Time: 1 hour

Servings: 6

Ingredients:

- 1 lb lean ground turkey
- 2 tbsps. olive or vegetable oil
- 3 garlic cloves finely chopped
- 1 medium yellow onion chopped
- 1 red bell pepper finely chopped
- 1 900 ml carton (low sodium) chicken broth
- 1 28 oz can diced tomatoes
- 1 small can corn niblets drained and rinsed
- 1 540 ml can black beans drained and rinsed
- 1 540 ml can red kidney beans drained and rinsed
- ½ tsp Chili powder
- 2 tsps. ground cumin
- 1 tsp dried oregano
- 1 tsp salt
- ½ tsp ground black pepper

Directions:

- In a large pot add olive or vegetable oil, chopped onion, garlic, and red pepper. Sauté the vegetables for 3 to 4 minutes until onions are softened and then add the ground turkey. Sauté the turkey for 4 to 5 minutes until cooked through.
- Add the Chili powder, ground cumin, oregano, salt and black pepper and continue to cook for a couple of minutes.

- Add the black beans, kidney beans, corn, and diced tomatoes and blend in with the turkey.
- Add the chicken stock and bring to a boil and then reduce heat and allow the Chili to simmer for approximately 45 minutes, stirring occasionally.
- Garnish the Turkey Chili with sour cream, shredded cheddar cheese and chopped coriander leaves or taco chips and sliced avocado if preferred.

Bon Appétit!





Councillor, Ward 2
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 @WynessJennifer | @JenniferWyness

As we enter the final month of the year, the spirit of the holidays is in full swing. Whether you're busy with festive preparations, winter activities, or simply enjoying the cozy indoors, we're looking ahead to the new year while focusing on ways we can give back and support each other. As we welcome the holiday season, it's the perfect time to reflect on what truly makes our community special. Family traditions, time with loved ones, and faith are all part of why we celebrate.

I'd like to give a heartfelt thank-you to our amazing community association volunteers, who have worked tirelessly throughout the year to make Ward 2 a welcoming place for everyone. From hosting events to creating spaces where neighbours can connect, your dedication is part of what makes our community great.

From the Ward 2 Office, we wish everyone a very Merry Christmas and Happy Holidays! May this season be filled with warmth, joy, and time spent with those who matter most.

Drive Safe and Prepare for Winter

With winter on its way, the season brings new challenges. Here are some winter driving tips to help you stay safe:

- Find a safe place or empty parking lot to learn how your vehicle responds to snowy, icy conditions.
- Test your brakes gently to get a feel for slippery surfaces and keep your distance from the car in front of you.
- Equip your car with essentials like tire chains and an ice scraper. A bag of sand or a floor mat can help add traction if you're stuck on ice.
- Clear any snow from your exhaust pipe to avoid carbon monoxide issues.
- Keep a tow truck contact on hand.
- Download a rideshare or taxi app in case you need alternative transportation in an emergency or after holiday parties.

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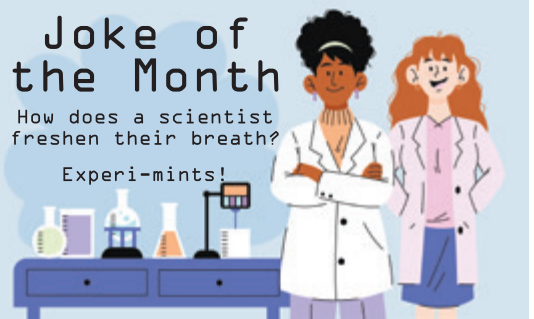
NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.



Joke of the Month

How does a scientist freshen their breath?

Experi-mints!



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