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NAME	VOLUNTEER POSITION
Mallika Velamuri	President
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Murray Stene	Treasurer
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Vacant	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.



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PRESIDENT'S MESSAGE

A Very Happy New Year Kincora!

Hope you had a great Holiday season and had time to recap a year gone by with your family and friends. I hope reading this newsletter provides you with infotainment as you think about resolutions. It has been six months of being a President of Kincora and I must say the most exciting six months. Whenever I felt unsure, I have been ably supported by our very experienced board members. On that note, thank you to our current board for a wonderful year. I'm very proud of what we have accomplished so far and am excited to see how we do in 2024!

I have exciting news to share about the Kincora fields which I will be sharing in the coming months.

As you must have seen from the pictures that have been coming out in the newsletters, we have had our hands full. I am looking forward to serving as the Kincora President in the upcoming year and to bring a line-up of events to you. If you want to take full advantage of these events, make sure your household has your KCA membership. This will be the best \$20 invested for your own community.

- Sixth Annual Winter Festival – February 11
- KCA Easter Egg Hunt – March 23 (Tentative)
- Kincora Earth Day Cleanup – TBD
- KCA Annual General Meeting – TBD
- Parade of Garage Sales – TBD
- Community Cleanup – TBD
- Festival of Colors – Holi – May 25
- City of Calgary Neighbour Day – TBD
- Fifteenth Annual Stampede Breakfast – July
- Food Truck Rally's – May to October

Please be on the lookout for the exact dates and times on the www.kincora.org website and on our Facebook page.

If you want to volunteer at any of these events, please reach out. If you have ideas that you would like to implement, please come, and join the board. We are always looking for enthusiasts who can join the board and steer us in the right direction. I am still looking for someone who can prepare the Newsletter content every month. The communications director position is still open. If you or anyone you know is interested in putting together content for a great newsletter, please direct them to me or to anyone on the board. If this is not your idea of serving on the board, but something else, is

again, feel free to join our KCA meetings and decide for yourself. We meet on the first Monday of every month at Symons Valley Church (if the first Monday happens to be a holiday, we meet the following Monday).

Here's hoping to see you at the various events listed.

Mallika Velamuri

President

President@Kincora.org



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News, Events,
& More



Crime
Statistics



Real Estate
Statistics



How to Deal with Those Long Sleepless Nights

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

As we turn the corner from the longest nights of the year, sleeplessness is a common issue for many. Sleep is a basic human need and is essential for good mental and physical health. Sleep-wake disorders involve excessive sleepiness, breathing-related sleep disturbances, and abnormal experiences during sleep.

Common symptoms of insomnia and sleep-wake disorders include difficulty falling asleep, staying asleep, and having trouble waking up most days.

Factors that contribute to sleep disturbances are things like anxiety, stress, depression, chronic pain, stimulants (caffeine, nicotine, and some medications), and having an irregular sleep schedule. Some groups of people are at higher risk than others such as doctors and nurses, shift workers, truck drivers, and parents with very young children.

Lack of deep sleep causes a multitude of issues such as daytime fatigue, difficulty paying attention, concentration challenges, decrease in productivity, irritability, angry outbursts, memory challenges, and an inability to multitask.

To overcome these challenges, keep track of the time you fall asleep and wake up, how long it takes you to fall asleep, how often you wake through the night, and how long it takes to fall back asleep. Bring your answers to a psychologist or doctor who specializes in sleep disorders.

Your doctor can send you to a sleep clinic to see if you have sleep obstruction (sleep apnea). Your partner or roommate may tell you how loud or how much you snore. Doctors can prescribe you short term medication to get you back on track. However, compared to medication, your psychologist can teach you drug free techniques by assessing your sleep problems, teaching you better sleep hygiene, and offering evidence-based psychotherapy, and self-care practices such as:

1. Cognitive Behavioural Therapy
2. Relaxation techniques



3. Specific exercise routines
4. Exploration of nicotine and caffeine use (caffeine is hidden in many foods)
5. Help create consistent sleep routines
6. Help you learn to limit naps
7. Teach you how to create a healthy sleep environment
8. Night-time brain dump

Sleep is essential to your well-being. Don't put off seeking the help that's available.

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The advertisement for Barker's Fine Dry Cleaning features a background image of a rack filled with various items of clothing, including shirts and jackets, in shades of blue and white. The text is overlaid on this image, with 'BARKER'S' in large, bold, dark blue letters at the top, followed by 'FINE DRY CLEANING' in smaller, spaced-out letters. Below that, 'PICK UP & DELIVERY SERVICES' is written in large, white, bold letters, and the phone number '403-282-2226' is at the bottom in large, white, bold letters.

A MESSAGE FROM THE KRA

Happy New Year from the KRA!

HOA Fees are due, effective January 1, this coincides with the Association's fiscal year, January 1 to December 31. Late payments will be subject to added interest and additional fees. The KRA board is pleased to announce that there are no changes to the fees for the upcoming fiscal year. The yearly fee for single family homes will continue to be \$210. The yearly fee for multi-family homes will continue to be \$105.

Paying fees has never been easier. SIMCO property managements communication portal Condo Control offers online payment options. By using the portal, it saves your association money, by reducing postage and paper. Please visit their website attached for more information: www.condocontrolcentral.com/secure/site/login.aspx. We thank owners for keeping their accounts up to date.

The 2024 KRA budget has been approved and is available to be viewed, via the portal and the KRA website. Part of the budget includes project work. For example, the gazebo located on Kincora Drive, was recently updated with LED lighting and refreshed informational panels and imagery capturing the history of the land and the community we all call home. From start to finish, the project was a full year in the making. Without our volunteer board members, projects such as these would not be completed. If you are interested in representing our community, as a volunteer board member, please contact us. Speaking of board members, we would like to welcome our newest member, Drew Englot. Welcome Aboard, Drew!

January and February are some of the coldest months in Alberta! Here are some helpful tips from our city councillor Jennifer Wyness on what to do, if your water freezes.

Check your front door – If a water outage happened overnight City crews may have left a notice.

Consult calgary.ca/wateroutages – Water main breaks and repairs are listed by community.

Call 3-1-1 - To report an outage if your water is off and you have not been notified.

Under normal circumstances, water main breaks are repaired, and water is back on within 48 hours. The city prioritizes breaks based on the risk of property damage,


impact to critical facilities like hospitals or schools and the number of customers out of water. For extended outages, the city will provide residential customers with a temporary water source. For shorter outages, and to support you without water wagons, we recommend keeping a small emergency supply of water on hand.

Visit calgary.ca/wateroutages to learn more.


On behalf of the KRA, we wish our community all the best for a healthy and happy 2024.

kincoraresidents.ca





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The Joy of Giving

by MPC Foundation

In a world that often seems chaotic and fast-paced, finding moments of joy and fulfilment can be a challenging endeavour. However, one powerful and often overlooked source of well-being is charitable giving. Beyond the immediate benefits of helping those in need, contributing to charitable causes has a profound impact on mental health. This article sheds light on the numerous ways in which acts of kindness can positively influence our state of mind.

Giving is a Natural Mood Booster

Charitable giving is linked to the release of dopamine and oxytocin, commonly associated with pleasure and social bonding. When individuals engage in acts of kindness, whether through monetary donations or volunteering their time, they experience an uplifting emotional response. This surge of positive feelings contributes to an improved mood and a sense of fulfilment, creating a positive feedback loop that enhances overall mental well-being.

Sense of Purpose and Meaning

A key contributor to mental health is the sense of purpose and meaning in one's life. Charitable giving provides individuals with the opportunity to connect with causes they are passionate about, aligning their actions with their values. This alignment fosters a deep sense of purpose, as individuals feel they are making a meaningful impact on issues that matter to them. Research has shown that having a sense of purpose is associated with lower levels of stress and a decreased risk of mental health disorders.

Giving Facilitates Social Connection and Community Engagement

Participating in charitable activities often involves collaboration with others who share similar values. This fosters a sense of community and social connection, crucial elements for maintaining good mental health. Engaging in charitable endeavours provides opportunities to build and strengthen social bonds. Whether through volunteering at a local charity or participating in community-driven initiatives, the shared experience of giving back creates a support network that contributes to emotional well-being.

Stress Reduction Through Perspective Shift

Charitable giving can act as a powerful tool for shifting one's perspective on life's challenges. When individuals focus on helping others, they gain a broader understanding of the world and develop gratitude for their own circumstances. This shift in perspective can be particularly beneficial for reducing stress and anxiety, as individuals begin to appreciate the positive aspects of their lives. By recognizing the impact of their contributions, individuals can develop a more optimistic outlook, enhancing their mental resilience.

The Long-Term Benefits

The positive effects of charitable giving extend beyond momentary feelings of joy. Studies have shown that individuals who engage in regular and sustained acts of altruism experience long-term mental health benefits. Whether it's contributing to a favourite charity or volunteering consistently over time, the sustained commitment to giving back can lead to increased life satisfaction, reduced symptoms of depression, and a greater overall sense of well-being.

In a world where the pursuit of happiness is a common goal, the path to well-being may be found in unexpected places. Charitable giving not only addresses the immediate needs of those less fortunate but also serves as a powerful catalyst for positive mental health outcomes. As individuals engage in acts of kindness, they not only contribute to the betterment of society but also embark on a personal journey toward fulfilment, purpose, and a more resilient state of mind. The ripple effect of charitable giving extends far beyond the initial act, creating a harmonious cycle of generosity and well-being for both givers and receivers.



Guess the Sport!

1. This is commonly known as the only sport that has been played on the moon.
2. This incredibly physical two-person activity is considered the world's oldest sport.
3. In this sport, goal posts are painted yellow.
4. In _____, a score of zero is called "love".
5. An elegant show of talent, this is the oldest winter Olympic sport.
6. When you miss three times in a row, it's called a turkey in this sport.



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Happy New Year Residents of Calgary-Foothills!

I hope you enjoyed a safe and healthy holiday season! I am kicking off the new year in Calgary before heading to the provincial legislature in Edmonton. January/February is a great time to book a meeting with me to share your thoughts about our government or an issue you care about. I will be hosting "Coffees with Court" on most Fridays from January 12 to February 23 from 9:00 to 10:30 am at Good Earth Coffee House (31 Crowfoot Terrace NW). Please drop by and email Calgary.Foothills@assembly.ab.ca to sign up!

My priorities remain the same – to represent and serve you and your neighbours, amplify your voice, and highlight the issues that concern our community. Top of my list continues to be advocating for the construction of local schools and ensuring adequate funding for the schools we have. I am also concerned about upcoming healthcare changes, and the fact that the government has not provided enough investment into attracting more doctors, healthcare, and frontline workers to reduce our wait times and surgery backlog. I'm continuing to promote Calgary's tech ecosystem to grow our economy and am calling on the government to repeal the renewable energy ban that put \$33 billion of projects at risk. We must prioritize ways to attract investment while also protecting our environment.

Finally, I continue to hear from folks concerned about the removal of their CPP. Please join me on January 23 from 6:30 to 8:00 pm for a Pension Town Hall at Dalhousie Community Association (5432 Dalhart Road NW) to share your thoughts. RSVP at tinyurl.com/pensiontownhall.

A reminder that you can keep up with my work by following me on social media @CourtEllingson. Don't hesitate to contact Calgary.foothills@assembly.ab.ca to volunteer or to learn how your MLA can support you!

SYMONS VALLEY PARK UPDATE



Dear Symons Valley Communities,

Happy New Year! As I bid farewell to the year behind us, I find myself filled with gratitude and excitement for the adventures that await us in the coming year, and I am genuinely grateful to be a part of such a vibrant and caring community.

Our community is a canvas painted with unique stories, experiences, and individuals. Let's cherish this diversity that makes our community truly special. Let's continue to uplift each other, celebrate our achievements, and navigate challenges hand in hand, building up our communities together.

Last month I reflected on the challenges we faced in the past, and I recognize that our journey is far from over. In the spirit of unity and generosity, we are reaching out to you, our cherished community, seeking your support through donations and volunteerism.

Your contributions can be the catalyst for transformative initiatives, providing vital amenities that will create a lasting impact. Whether it's supporting our project financially, or by volunteering, every donation, big or small, plays a crucial role in building a stronger and more resilient community.

To make a donation or learn more about how you can get involved, please visit www.symonsvalleypark.ca/give or contact us at hello@symonsvalleypark.ca.

Your kindness and support can be the driving forces behind our shared success.

Wishing you a New Year filled with joy, prosperity, and the satisfaction of knowing you've made a difference!

Warm regards,

Kris McPherson

President



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.



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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
February 23	8	10	\$299,950	\$295,000
January 23	13	3	\$400,000	\$435,000
December 22	2	9	\$352,000	\$340,000

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



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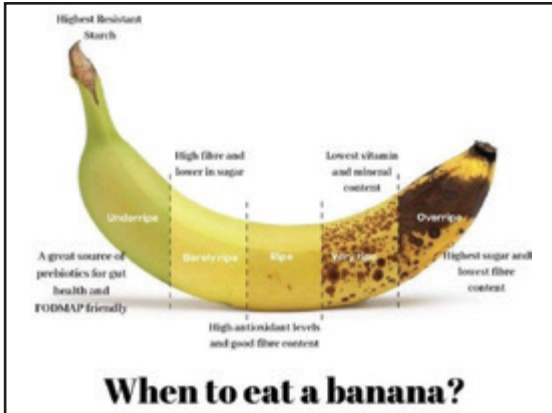
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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.



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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

family member or a divorce. We make this process easy and help to ease your mind.

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