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		Listed	Sold	Listed	Sold
May	24	14	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
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

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



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PRESIDENT'S MESSAGE

Happy Canada Day Kincora!

What a beautiful day it was on May 25, even rain had to step back to give way to a beautiful sunshine filled day as the Kincora Community Association celebrated the much-awaited Holi festival.

A big thanks goes out to the City of Calgary – Your Local Government for providing the funds for this event. A huge appreciation to our representatives, Pat Kelly, Court Ellingson, Ward 2 Councillor Jennifer Wyness and their staff for not only coming and gracing the occasion with their words of encouragement but also getting truly immersed in the cultural experience.

A shout out to Calgary's local artist DJ Tenzing for collating foot tapping music from all languages. As always thank you to KCA board members and high school volunteers for helping in putting together the event. St. John Ambulance - Alberta were so supportive by providing us with their First Aid volunteers. In the end it was a day filled with loads of colour and lots of fun. Earth Day, Garage Sales, Holi – three events under the belt. One more to go for summer. Don't forget to catch the pictures from some of these events in the newsletter.

July brings the Stampede Event in full swing in Calgary and the Stampede Breakfast at Kincora.

On July 14 we are going to be hosting our 15th Annual Kincora Stampede Pancake Breakfast. The event starts at 9:00 am and runs until noon. Our breakfast includes three bouncy castles (for separate age groups), an outdoor playground, face painting, petting zoo, pony rides, and a performance by a live folk band.

As always, we'll also have a vendor alley of local businesses promoting as well. How do you get in? Well, if you have a KCA membership (still \$20) your entire household can join for free! If you're not a member household each plate is \$5. Don't miss it, we'll be out in the Kincora fields! If you want to avoid the lines at the Stampede Breakfast the easiest way to do that is to become a member before the 14th.

We are also actively recruiting volunteers for the breakfast as well. If you or someone you know could come out and help us, we would greatly appreciate it. These types of activities can only work with volunteers, we need you! Ages twelve and up can volunteer and the KCA is happy to provide a reference letter after if you need one. Please email volunteers@kincora.org with your desired activity and our volunteer coordinator will reach out with directions.

Don't miss out on this much anticipated event of the summer!

We here at the KCA board take a break in the summer months but we will be returning back in Fall with more exciting events and news. Stay tuned.

Happy Stampede month Kincora!



my babysitter list

Calling All BABYSITTERS
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.

Oh Kanata!

The name “Canada” comes from “Kanata”, a Huron-Iroquois word for village. However, in 1535, explorer Jacques Cartier misunderstood the meaning of this word. The Iroquois used the word to tell Cartier the way to Stadacona (now known as Quebec City). But Cartier thought it referred to the entire region, and the name stuck!



Holi Celebration



Oral Health Care for Older Adults

by MPC Foundation

A study published in the Journal of the American Medical Directors Association suggests that older adults with missing teeth are at a higher risk of cognitive decline and dementia. This concern only increases with each additional tooth a person is missing. While it may not be surprising that cognitive decline and oral health issues like cavities, gum disease, and tooth loss are more common in older adults, through analysing the medical records of over 30,000 participants, researchers at New York University have found a link between these two issues.



According to their studies, participants with more missing teeth had on average, a 48% higher risk of cognitive decline and a 28% higher risk of dementia. The analysis further detailed that each

additional tooth lost accounted for a 1.4% increase in cognitive impairment and a 1.1% increased risk of dementia. Ultimately, those who were missing all of their teeth held a 54% risk of cognitive impairment and a 40% higher risk of developing dementia. While the following statistics can be daunting, participants who took reasonable precautions and used dentures as a substitute for their missing teeth did not demonstrate a higher risk of dementia than participants without missing teeth. The relationship between tooth loss and cognitive decline is still not fully understood, but researchers have suggested that tooth loss may lead to difficulties with chewing, resulting in nutritional deficiencies, chemical imbalances, and changes in how one's brain naturally functions. Poor oral hygiene can also lead to increased bacteria in the mouth, causing gum disease and inflammation that may contribute to dementia. Alternatively, this case could be an example of causality, where it's possible that a person's cognitive decline could lead to neglect of their oral hygiene, resulting in tooth loss.



While researchers continue to investigate the connection between diminishing oral hygiene and cognitive decline, the findings of this study indicate that timely intervention, such as using dentures, regular brushing and flossing, and orthodontic treatments like annual teeth cleanings, may help prevent or slow down cognitive decline due to tooth loss.

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
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 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.

ZOMBIE JELLYFISH

When jellyfish are no longer alive, their stinging cells (called nematocysts) can still release venom. These cells are like tiny, venom-filled harpoons that are activated by touch, not by the jellyfish’s brain. So, if you touch a jellyfish, alive or dead, those jellyfish tentacles can still pack a punch!

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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News, Events,
& More



Crime
Statistics



Real Estate
Statistics



A MESSAGE FROM THE KRA

Happy Canada Day Kincora. We would like to acknowledge the land heritage which consists of the Blackfoot Confederacy, Stoney Nakoda, Tsuu T'ina and Northwest Métis, who lived, hunted, and travelled throughout the Treaty 7 region. Kincora, like all communities in Calgary, is enriched by the presence and contributions of the Indigenous community, and we are grateful for their continued presence and influence.

Kincora has over 120 acres of parkland and environmental reserves, making it the perfect place for families to live and grow. Recently, there has been three incidents where our greenspaces have been damaged by human behaviour:

- A cricket pitch in the sports field that is designated for soccer. Turf needs for cricket and soccer are different. The soccer turf will be repaired, and the cricket pitch removed. Future repairs may be at the expense of the groups involved. If there is an interest in a cricket pitch area in Kincora please reach out to the City via 3-1-1, the KRA, or the KCA.
- In the sport field area, there has been a vehicle driven down to the soccer field(s). The ruts that have been repaired have new tracks in them. Future repairs may be at the expense of the individual involved.
- Biking in the ravine and leaving track marks in the natural reserve park area. The ravines are protected areas by the City of Calgary for the preservation of our biodiversity and not a bike park. There are several City of Calgary Policies, Plans, and Bylaws that support the management, conservation, and protection of natural areas. Visit www.calgary.ca/parks/natural-areas for more information. The pathways are there for a purpose and shared between pedestrians and cyclists – please use them.

Natural Parks and Wetlands

Natural areas are a type of park space that are managed to maintain natural characteristics. They are natural environment spaces where plants, insects, birds, and other wildlife (broadly known as biodiversity) can live, while balancing public access and enjoyment.



Thank you to our residents that participated in the KRA's June AGM. We would like to welcome our new Simco HOA Manager, Erika Rodriguez, and thank you to Kali Jenkins for your support over the years.

While our KRA volunteer board is on summer break, we continue with the business of our community. We welcome questions, comments, and suggestions to kincoraresidents.org.

Wishing our residents a happy and safe summer!

Kincora Residents Association

kincoraresidents.org



GAMES & PUZZLES

Guess That Fruit!

1. This fruit is known for how well it bounces.
2. Typically, this fruit has the most seeds.
3. This fruit is known as the worst smelling fruit in the world.
4. There is a constant argument about whether this is actually a fruit.
5. The volume of this fruit is 25% air.
6. The _____ plant produces only one fruit per plant at a time.



SCAN THE QR
CODE FOR THE
ANSWERS!



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 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.

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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Hello Neighbours,

Summer is finally here, and with summer comes plenty of outdoor activities, and fun in the sun. We recently hosted our AGM on May 28. More than 25 people from our four communities came out to hear about us, and we are thankful for your support. We also elected a new board and are happy to announce the 2024 SVLAS Board of Directors, including three new Directors:

- Kris McPherson - President
- Chad Rowe - Vice President
- Jarret Miller - Treasurer
- Moncy Abraham - Secretary
- Peggy Tse - Director of Communications
- Braden Swab - Director of Project Development
- Kevin Matieshin - Director of Fund Development
- Anandha Arumugam - Director at Large
- Sarah Kromm - Director at Large
- Vacant - Director at Large

We also want to say thank you to our volunteer directors Courtney Hunt and Razaq Mohammed, who stepped down this past year. We are grateful for your efforts in helping us grow our project.

In the coming months, we will be launching a robust sponsorship program that will hopefully generate some donations towards our project. Right now, there are some terrific grant opportunities available for us to receive matching dollars, however we need support to get our portion of money secured first.

Community outdoor amenities play a crucial role in enhancing the quality of life and well-being of our community members. Overall, Symons Valley Park will offer a wide range of benefits, ranging from physical and mental health improvements to social interaction, environmental sustainability, and community development. Our park will contribute to the overall quality of life and happiness of residents and will be essential to the Symons Valley area. Our aim in building Symons Valley Park is to deliver key benefits to the residents such as:

1.) Promoting Physical Health: The park playgrounds, sports fields, and walking trails will encourage physical activity and exercise, and help people maintain a healthy lifestyle.

2.) Enhancing Mental Well-Being: Spending time in nature and outdoor environments has been linked to improved mental health and well-being. The park gives individuals a place to relax, reduce stress, and enjoy nature.

3.) Fostering Social Connections: With the park as a gathering place, people can come together and interact by socializing, meeting neighbours, and building a sense of community.

4.) Increasing Property Values: People are often willing to pay a premium for homes located near parks, trails, and recreational facilities, making our park a valuable community asset.

5.) Promoting Inclusive and Equitable Spaces: Our park will ensure that individuals with disabilities or mobility limitations can participate in outdoor activities.

6.) Encouraging Active and Vibrant Communities: Our park will promote and stimulate the use of local businesses.

If you agree that the benefits of building Symons Valley Park are significant, then we ask you to join us today. We are still looking for volunteers and sponsorship partners to help us raise funds to move our project forward. Please find us on the web at www.symonsvalleypark.ca or reach out by email at hello@symonsvalleypark.ca.

Best Regards,

Kris McPherson

President, Symons Valley Park

Yahoo Cowtown!

Cowtown (that's Calgary's fun nickname) hosts its annual Stampede from July 5 to 14 this year. Back in 1912, when the very first Stampede kicked off, it drew a whopping 80,000 folks to town! Now, here's the kicker, at that time, Calgary's population was just 47,000!



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to call 9-1-1

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heartandstroke.ca/FAST

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