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KINCORA NEWS

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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
May	23	12	12	\$458,000	\$455,000
April	23	19	21	\$409,900	\$407,000

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



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

NAME	VOLUNTEER POSITION
Mallika Velamuri	President
Shannon Tompkins	First Vice-President
Kris McPherson	Second Vice-President
Murray Stene	Treasurer
This could be you!	Secretary
This could be you!	Director of Communications
Dicky Sum	Director at Large
Annie Chio	Director at Large
Chad Rowe	Director of Stampede
Charles Zhang	Director at Large
Brad Theissen	Director at Large

Connect with Kincora Community Association – KCA

KCA is a non-profit organization run by volunteers from Kincora. We have many ways of engaging with you. You can also communicate with us! Take a moment to connect to your community, receive regular updates, and have your voice heard.

Our Website

Go to www.kincora.org to register for a free account. You can access information about upcoming events, becoming a volunteer, paying your membership fees, and other useful community links. For assistance with your website account, please contact members@kincora.org.

Emails

Once you create an account on our website, you can choose to receive emails from us. You must choose to get them. To do this, simply log in, go to the "Members" tab; click "Profile"; then "Email Options". Emails are typically sent once a month, or to announce event information.

Our Newsletter

Our official newsletter – *Kincora News* will provide meaningful information that your family will find useful. All your editorial submissions will be considered for printing and must be submitted by the first day of the month for the following month's publication.

Social Media

We can also be reached on our Facebook pages @KincoraCommunity and @KincoraResidents, on X (Twitter) @Kincora_YYC, or on Instagram @kincora_art. There you will be able to interact with us, receive regular updates, and connect with other engaged residents of Kincora.

PRESIDENT'S MESSAGE

Hi Kincora,

I hope you all had as much fun at the recently concluded Easter Egg Hunt as much as we did in bringing it to you. It was the vision of Annie Chio, who serves on the KCA board as a Director at Large. It was the second year since she started the event, and it seems like a huge success. We thank all the volunteers who helped make this event a success. Do look at the pictures in this newsletter and on our Facebook page.

I want to provide an update of our events lined up from May to July.

We are celebrating Earth Day in Kincora on May 4, 10:00 am to 2:00 pm. We will have a volunteer available at the Kincora Fields between 10:00 am to 2:00 om on Saturday, May 4 to provide every participant with a pair of rubber gloves, a trash bag, and a small route. KCA has teamed up with Bow Tie Pizza to get all KCA members a \$20 gift card for participating by returning a bag of trash (Only one gift card per person). Register to participate by emailing events@kincora.org, include the number of people in your party and your approximate start time. Include your address if you want to clean up Kincora closer to home! We unfortunately are not doing the Community Cleanup this year. Evanston has one going on if you need to dispose of larger stuff. Please check out their details.

The Kincora Community Association will be hosting the Colours Festival – Holi for the second year now. Holi is a festival which marks the beginning of spring and the end of winter. The tradition is to apply colours (herbal dyes) to those in your community as a fun way to invite spring into each other's lives. It is customary to come dressed in white on this day and go back in tie dye colours as a memento of the event. Accompanied by music, dancing, and eating good food, this festival defines fun. KCA will be hosting this event at their Kincora fields on May 25 this year from 2:00 to 5:00 pm. This is a free event hosted by the KCA in association with the City of Calgary (it is a rain or shine event). YYC Food trucks will be present on site with their offerings for a price. Each person will be given two packets of colours to play, apply it to your neighbour, or just sprinkle in the air. Tenzin Chakdor will be providing the music for the evening. Do check him out on Instagram. It is a great

way to encourage a local artist. Everyone is welcome. There is absolutely no restrictions. Please pass on the information to your family and friends and to all those interested. Let's all be drenched in colours of joy and togetherness this May.

Kincora Parade of Garage Sales is scheduled for June 1 this year. The KCA is happy to host and promote our annual Parade of Garage Sales. Garage, driveway, and/or yard. Link to Google map of houses: <https://tinyurl.com/yz5dvbcd>. To have your home added to our pinned map simply email events@kincora.org with your address. All KCA members will be pinned. Advertising the parade in the Herald, Sun, Kijiji, and on Facebook to get the most buyers possible has been arranged. All homes are responsible for their own hours of operation.

Finally, the 15th Annual KCA Stampede Breakfast will be on Sunday, July 15, 2024, from 9:00 am to 12:00 pm. I will be adding more details in the June newsletter.

All the information about our events calendar for this year and much more is easily found on our website: <https://kincora.org/>. If you're not a member, your \$20 donation to become a member supports the KCA which in turn helps to organize all these events. Sign up at <https://kincora.org/register/>.

As you can see the next few months is busy for KCA. If you would like to volunteer for any of these, please email volunteers@kincora.org. Volunteering is a rewarding and high-impact way to give back to your community. This can be as simple as a couple of hours at one of our events or taking on a key role for our Stampede Breakfast or joining our board. Hope I will see you at these events having fun and volunteering.

On May 12, do remember to honour a female figure in your life who has played a prominent role in shaping you.

Happy May everyone!

Mallika Velamuri

KCA President



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SYMONS VALLEY PARK UPDATE



2024 Annual General Meeting



Notice is hereby given that the Annual General Meeting of the Symons Valley Leisure and Amenities Society will be held in person on Tuesday, May 28, 2024,

on or about the hour of 7:00 pm at Symons Valley United Church in the Valley Room for the purpose of receiving reports, approval and confirmation of actions taken by the Board since the last Annual General Meeting, and for the transaction of such other business as may properly be brought before the meeting.

We encourage all our neighbours, especially those who live in Kincora, Nolan Hill, Sage Hill, and Sherwood to attend our meeting, so that you can stay informed and become involved in this multi-community project.

Agenda

1. Call to Order
2. Approval of Agenda
3. Approval of Minutes of the 2023 Annual General Meeting
4. President's Report
5. Finances Review and Approval
6. Approval of Directors
7. Committee Reports
8. New Business
9. Adjournment

Board Vacancies

- Secretary
- Treasurer
- Director of Fund Development
- Two Directors at Large
- Committee Positions (Communications, Fund Development, Finance, Project Development)

AGM - Symons Valley Leisure and Amenities Society Tuesday, May 28, 2024, 7:00 to 8:00 pm

Google Meet joining info: <https://meet.google.com/xnc-cueq-dvk>.

Or dial: (CA)+1 647-733-3826 Pin:960 954 607#

Please reach out to us on our website www.symonsvalleypark.ca or visit our Facebook Page at www.facebook.com/SymonsValleyPark.

We look forward to seeing you there,

Kris McPherson

President – Symons Valley Park (On Behalf of the Board of Directors)



4-H Alberta Six-Week Intro Clubs Popular Among Calgary Families

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



Ever since the launch of the initiative in September, 4-H Alberta's Intro Clubs have achieved success in various communities throughout Calgary. This pilot program has now hosted four introductory clubs dedicated to introducing the youth to the world of 4-H with two more currently running in April. Among these clubs are the renowned Explore 4-H program, a baking club, and four daytime homeschool clubs, each tailored to cater to the diverse interests of the young individuals in the region.

Youth programs like 4-H help develop positive well-being in young people. The 4-H Intro Club initiative is a great way for young people to develop important life skills and make new friends without a huge time commitment. This innovative program offers a refreshing alternative to year-long commitments, making it highly accessible for families with busy schedules.



4-H Intro Clubs will continue to be offered in various locations throughout the city until July. There will be two new clubs offered this spring including a six-week program starting on May 1 at the Kingsland Community Hall from 6:00 to 8:00 pm, and a "touring" club in June. The program is open to youth ages 9 to 18 and is limited to 15 members per club. Email introclubs@4hab.com or visit www.4hab.com/member-programs for more information.



GAMES & PUZZLES

Guess The Day in May!

1. On May 3, musicians who play the largest, lowest-pitched, brass musical instrument are recognized.
2. This day celebrated on May 4 is a play on words from an iconic line in an epic space movie created by George Lucas.
3. This day is observed on the second Sunday of May and honours the maternal figures in our lives.
4. On Florence Nightingale's birthday, May 12, hardworking healthcare workers are honoured.
5. World _____ Day, observed on May 20 this year, acknowledges the role of our favourite yellow pollinators.
6. On May 24, a date dedicated to this magnificent, jewelled crown, everyone can feel like royalty.



Soccer in the Community

Open to players ages 4-19



northsidesoccer.ca

SCAN HERE TO VIEW ADDITIONAL KINCORA CONTENT

News, Events, & More	Crime Statistics	Real Estate Statistics
		

A MESSAGE FROM THE KRA

Happy Mother's Day to all mom's and soon to be mom's, thanks for all you do! May is also Cinco De Mayo. Cinco de Mayo is a yearly celebration held on May 5 to celebrate Mexico's victory over the Second French Empire at the Battle of Puebla in 1862.

Landscaping

With the May long weekend and snow out of the way (fingers crossed), it's time to prepare our flower beds and entrance wall for the summer season. Flower planting is dependent of weather and usually starts at the end of May/beginning of June.

Keeping Storm Drains Clear This Spring

Did you know...? Calgary has about 60,000 storm drains working to capture water from streets and roads. If it's safe and possible to do, remove debris, to help water flow.

In newer communities, including Kincora, the City installs devices in the storm drain to control how fast water flows into the system.

During and after a rainfall event, these devices allow water to pool on the road (usually in a low spot, called a trap low), until the storm water system can accept the extra water.

If the storm drain remains submerged for more than 90 minutes, take a photo and submit it via the 311 App or a web request. Attaching a photo goes a long way in helping the crews respond on a priority basis. For more information on storm drains and to locate the closest one to you, visit calgary.ca/stormdrains.

Street Sweeping 101

The City's Spring Cleanup program, or street sweeping, removes debris and leftover materials from winter on the roadway. The program begins in mid-April (weather permitting) and runs through June, with community sweeping happening Monday through Fridays, between 8:00 am and 4:00 pm. Calgarians can stay notified by watching for signs in their community, using the address lookup, or signing up for e-mail and/or text notifications. As of printing deadline, the schedule is in the process of being finalized. You can check back with the city's website to view Kincora's schedule at: <https://www.calgary.ca/roads/maintenance/spring-street-cleaning.html>.

Additionally, you can sign up for street sweeping alerts to receive email and/or text message notification 24 hours before your street is scheduled to be swept.

The City's street sweeping program cleans over 16,000 lane kilometres of paved roads. Here's what you can do to help:

- Watch for signs in your community, use the address lookup or sign-up for e-mail/text notifications.
- On your sweeping day, move your car. Driveways, garages, and alleyways are great alternatives (be sure to leave enough clearance).
- If you have front street collection on your sweeping date, keep your bin off the road. Other locations include grassy boulevards and your lawn. Please don't block the sidewalk.
- Be sure to remove any non-standard, prohibited driveway ramps from the curb and gutter of a road that provides access to a front driveway onto private property. Please ensure any other obstructions, such as basketball nets, are also removed from the roadway.

Speaking of spring cleanup, there is no scheduled event for Kincora this year. You can check out the following website for nearby communities that are participating: <https://www.calgary.ca/communities/community-cleanups.html>.

KRA Board Update

The proxy for the 2024 KRA AGM is now available on our website and the Simco portal. The portal also includes community events in Kincora.

The Simco portal calendar includes information such as KRA account deadlines, local theatre, coffee talks, activities, and community association events. The KRA tries to keep the information updated and recommends checking out the different organizations' websites for up-to-date information.

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

Kincora Residents Association

kincoraresidents.org

Top Five Light and Easy Exercises

by MPC Foundation

Do you ever feel like you're pulling a muscle or getting cramps the moment you do something physical? That might be a sign to get your body moving so those muscles don't go stiff. Exercises may seem like a daunting task, but it doesn't have to be!

According to MedlinePlus.gov, exercises not only help to strengthen those bones and muscles, but it can also help improve your mood and sleep cycles.

Here are top five easy exercises you can do in the morning. You can even play your favourite song and move to the beat!

1. Seated Arm Circles



Sit in a chair with your feet flat on the ground and your arms placed at your sides. Slowly lift your arms out to the sides and make a circular motion. Repeat for

10 to 15 times. Reverse the direction of the circles and repeat.

2. Wall Push-Ups



Stand facing a wall with your feet shoulder-width apart. Place your hands on the wall at chest height and lean in, then push back. Repeat for 10 to 15 times.

3. Toe Taps



Sit in a chair with your feet flat on the ground. Make a tip toe motion and tap your toes on the ground, then switch to your heel. Repeat for 10 to 15 times.

4. Leg Raises



Sit in a chair with your feet flat on the ground. Lift one leg straight out in front of you, then lower it back down. Repeat on the other leg for 10 to 15 times.

5. Shoulder Rolls



Sit in a chair with your arms at your sides. Roll your shoulders forward and up, then back and down. Repeat for 10 to 15 times.

Once you get into the habit of exercising every day, it'll surely get easy. Your body will also thank you for it! Tell us what type of exercises make you feel rejuvenated. We'd love to hear it.

Together with Kincora Community Association and Symons Valley United Church, MPC offers a free exercise program at the Church on Tuesdays and Thursdays at 1:00 pm. These are led by qualified and experienced instructors and is free to join. Plus, you will make new friends and have fun too!



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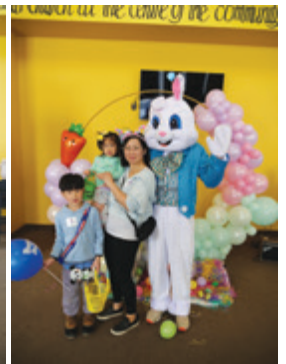
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EASTER EGG HUNT





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.

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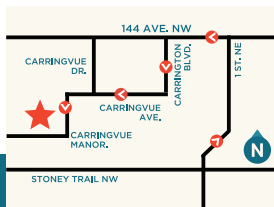
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