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KINCORA NEWS

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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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	Listed	Sold	Listed	Sold
September 24	14	5	\$799,998	\$790,000
August 24	13	8	\$749,900	\$739,500
July 24	6	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
October 23	9	11	\$449,900	\$445,000

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
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.

SCAN HERE TO VIEW ADDITIONAL KINCORA CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



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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Guess the Landmark!

1. This gorgeous UNESCO World Heritage Site in India was built to be a mausoleum.
2. The _____ was made across many dynasties and states, taking over 2,500 years to construct.
3. This stunning Italian landmark is also called the Bell Tower and is over 180 feet tall.
4. This iconic structure was built for the 1889 World Fair; it celebrated the 100th anniversary of the French Revolution.
5. This famous ancient city was frozen in time due to almost the exact opposite circumstance.
6. There are no straight lines in this ancient temple structure, located on the Athenian Acropolis.



SCAN THE QR CODE FOR THE ANSWERS!



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Hello Kincora,

Hope you had a wonderful Thanksgiving last month. The season of getting together and pumpkin spice and of first weeks of snow for Calgary.

As always please come out and enjoy the community rink and the firepits. The firepits are for public use. Whether it is a get together or a warm marshmallow evening, please feel free to make use of this amenity arranged by board members and our excellent volunteers. Remember that we also sell bunches of wood for \$10 a bundle. Please email me below and we can arrange to get that to you. If you would like to reserve a time for one of the firepits, please use the same email. You can bring your own firewood but please no burning anything else. We do have a fire extinguisher, shovel, and ash garbage can located in our rink bin.

Happy Diwali to those who celebrate this wonderful festival of the win of good over evil and light over darkness. Let this month be a reminder that the darkness of our hearts can be driven away by the light of positive thoughts.

Let's give a thought, a prayer and warm wishes to our veterans on this Remembrance Day. If you have someone in the forces in your family do not forget to thank them and be with them on this day.

On the Mexican Day of the Dead let's remember to honour our ancestors and elders without whom we wouldn't have been here.

The KCA will soon be releasing our events calendar for the year 2025. Please be on the lookout for the dates and think about lending a helping hand.

Keep safe and keep warm!

Mallika Velamuri

President, KCA



Tips and Gifts for a Less Stressful Holiday Season

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



1. Plan Ahead: You know how it goes with procrastination – Christmas Eve spent scrambling through stores and madly wrapping gifts. Plan your shopping list a month ahead and schedule time to shop early. Prepare any meals or holiday treats a few weeks before the holidays.

2. Make Time to Relax: Take time for activities you enjoy and find relaxing. For example, enjoy reading in front of a fire, or go skating with a friend or the family. Don't compromise a relaxing winter evening for another night in the shopping mall. Stay home with the family having a hot chocolate creation day, holiday movies and popcorn night, or family and friend potluck.

3. Put Expectations in Check: If you're hoping for perfection (from yourself or your holiday experience), you might be setting yourself up for disappointment. Be realistic in your holiday preparations and the holiday experience itself.

4. Look For Help: Try not to take it all on yourself. Connect with your spouse, family, and friends and share the responsibilities for holiday shopping, preparing, and cooking. Perhaps a cookie exchange or a potluck style traditional dinner where you are only responsible for the turkey and the guests all bring another part of the feast.

5. Set Limits: Commit yourself to a budget to alleviate post-holiday financial stress. Stick to a certain number of gifts purchased and/or money to be spent. Say “no”

to extra holiday work and be honest with yourself about the amount of energy and time you can devote to holiday events and guests. If your social calendar is over-booked, say “no” to an extra pre-Christmas party.

6. Eat, Drink... But Be Healthy: Holidays are usually full of all your favourite things – including sweets, treats, and cocktails. Practice moderation while enjoying parties and holiday meals. This is the time of year, we need to get sufficient rest, healthy foods, and hydration to ward off colds and flus.

7. Let Things Go: If family and relative interactions this time of year tend to turn into blow-ups and unmet expectations, the holidays are not the time to resolve old issues. We've had eleven months to confront these challenges with others in a more controlled, respectful, and healthy way. Write your grievances down to address in the early new year to allow time to work through or resolve some of these ongoing issues.

8. Don't Forget the Fun! Remember the reason for all your holiday planning... a season for celebration and time spent enjoying your family and friends. Take the time to remember what this holiday season means to you and enjoy it! This is where mindfulness comes in... be present and take in all the wonder of the season with all of your senses.

Gift Ideas to Calm the Nervous System:

- Weighted Blankets – Great for easing anxiety, sensory challenges, providing a feeling of safety, and self-soothing.
- Journal Books – With guided prompts or blank – getting your thoughts out of your head and onto paper is a good way to dump over thinking and anxiety.
- Aroma Therapy Diffusers – There are many scents to choose from based on the effect you are looking for such as energize, relax, etc.
- Colouring Books and Pencil Crayons – To reconnect with your inner child, take the focus off your anxiety, or just a quiet activity to destress.
- Puzzles – I'm referring to good, old-fashioned, lay it on the dining room table puzzles. Great to do alone or with others.
- Sound Machines – Whether it's the sound of waves crashing, a thunderstorm, or sound of a rainforest, the soothing noise calms your nervous system.
- Sunshine Lamps – The SAD (Seasonal Affective Disorder) season is upon us and even if you don't think you suffer from SAD these lights are sure to perk you up.
- Chill-Out and Meditation Playlists – Meditation apps to get your Zen on, and practice mindfulness and being present.
- Massage Gift Certificates – If you don't care for a body massage, you could try reflexology or reiki.
- Warm Socks or Slippers, Wraps and Blankets – Warming up in something cozy brings comfort and allows us to relax our tense muscles.
- Gratitude Jar and Fancy Paper – Throughout the year write something you are grateful for at the end of each day and then on New Year's Day you can read them all and count your blessings!
- Bubble Bath, Bath Bombs, and Candles – Nothing better than a hot scented bath to soak your stresses away.
- Fuzzy Hat, Gloves, and Scarf – To crunch along the crisp snow and get some fresh air and sunshine.
- Herbal Teas – Something aromatic and soothing or spicy and invigorating depending on the mood you want to create.

Wishing all of you a wonderful and stress-free holiday season.

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Word of the Month

Accismus:

noun (uhk-siz-muhs)

When someone pretends to be indifferent about or feigns refusal of something they desire.

"Oh no, you shouldn't have," Sara said with a hint of accismus as her friend purchased her long-awaited coffee for her.



News from the Friends of Nose Hill

by Anne Burke

For two weeks in fall 2024 about 800 goats grazed a 58-hectare area of the Rubbing Stone Hill Natural Parkland Zone in Nose Hill Park. The number of goats has increased from past years because it allows the same amount to be done in half the time. Like elk and bison, the herd of livestock reduces overgrown vegetation, shrubs, and trees in grasslands. Parking was limited when the Nose Hill 64 Avenue NW parking lot partially closed to accommodate moving the goats in and out of the park. Program Ambassadors were on site at Nose Hill Rubbing Stone Hill north of the parking lot. As a precaution, parts of the park and pathways were temporarily fenced off to public access during this grazing period. Park users were asked to follow all posted signage and closures. They were not to approach the goats and were directed to avoid electric fences used to contain the animals. Cyclists should have slowed down near grazing areas. Visitor dogs had to be kept on leash for their safety because off-leash herding dogs were working in the park.

In 2016 City Council approved an amendment to the Parks and Pathways bylaw to permit targeted grazing and help recover rough fescue habitat. Depending on terrain, there have also been goats in Confluence Park, McHugh Bluff, and Ralph Klein Park, while sheep were used in an area of the Weaselhead. Goats are preferred for woody material and undergrowth, but sheep are considered better for pasture-like areas. Other methods of vegetation control combine mechanical (hand pulling) and chemical spraying. The use of grazing comes with value added for biodiversity which helps native seeds to germinate and grow. The City gains both citizen interest and engagement to promote public education.



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RIVER HORSE

Did you know that hippopotamuses can't swim! Despite spending most of their time in the water (almost 16 hours per day) they are unable to float on the water because of their dense bones. Instead, they gallop, quite gracefully, on the riverbed.





Girl Guides

Everything she wants to be.

AURORA SKY DISTRICT

(Edgemont, Evanston, Glacier Ridge, Hamptons, Hidden Valley, Hanson Ranch, Kincora, Nolan Hill, Sherwood, and Sage Hill)



The 110th Calgary Guides in Aurora Sky district have started off the Guiding year with a bang! After a few introductory meetings, they spent an evening swimming and doing some swim evaluations needed for canoeing. The first weekend in October, they had a full day camp at Camp Westover, a wilderness campsite and Girl Guides of Canada property. Most of the day at Westover was spent on the lake getting an introduction to canoeing.

This unit is a large unit with lots of active Guides who like crafts. The Guiders try to keep the regular meetings as active as possible with games and hands-on activities. The Guides will help plan the remainder of the Guiding year, and so far, have asked for cooking or baking lessons, sleepovers, and a spring tenting camp.

There are several third year Guides in the unit who will be working on their Lady Baden-Powell awards this year - the highest award you can earn in Guides. Among many other requirements, the Guides will be planning and undertaking their own service projects. Keep an eye out for them supporting others!

The Guides have been out in the community selling the chocolatey mint Girl Guide cookies and are very appreciative of the community support. The fundraising helps them buy regular meeting supplies, earned badges, fun crests, and lowers the costs for camps and outings. Thank you to everyone who has purchased cookies and helped with the fundraising efforts!

A MESSAGE FROM THE KRA

As we head into the month of November, we acknowledge the courage and sacrifice of those who served their country and acknowledge the responsibility to work for the peace they fought hard to achieve, during Remembrance Day.

Recently residents have brought to our attention the increase in mice, voles, and gophers in the community. There are hazards to children, pets, and natural predators when using chemicals to control a rodent population. Pest problems often point to ecological imbalances. The City of Calgary Pest Management Policy is one of the leading municipal PM strategies in Canada that also takes into consideration aquatic life and migratory birds. The goal is to plan and manage ecosystems to reduce the dependence of chemical controls. For more information on the City's policy, visit the following website: www.calgary.ca/our-services/parks-pest-management.html.

With the New Year just around the corner, the KRA wanted to remind residents of upcoming timelines:

- 2025 invoices for Homeowner Association Fees (HOA) will be sent out in early December.
- 2025 HOA fees will be added to accounts with a due date of January 1, 2025.

Single Family Home: \$210 (\$200 plus \$10 GST)

Multi-Family Home: \$105 (\$100 plus \$5 GST)

There have been no increases to the HOA fees since the 2002 inception of HOA fees.

*Accounts in arrears will have interest of 18% per year updated to December 31, 2024.

As we prepare our operating budget for next year, we welcome ideas and suggestions for projects and ideas that will benefit our community that we all call home!

Wishing you all the best for the continued fall season.

kincoraresidents.org





MP Calgary Rocky Ridge
Pat Kelly
 202 – 400 Crowfoot Crescent NW
 Calgary, AB T3G 5H6
 ☎ 403-282-7980 📠 403-282-3587
 ✉ pat.kelly@parl.gc.ca

Parliament resumed on September 16, and I continue to stand up for Canadians struggling with the price of food, gas, heating, and housing. On September 18, Conservatives gave notice of a motion of non-confidence and are calling on the other opposition parties to join Conservatives and vote to bring down the government so that Canadians can have a federal election this fall.

I have returned to the Finance Committee where I will have the opportunity to hold this government to account for increasing taxes, excessive spending, and ongoing deficits. The Finance Committee is currently studying the current Government's proposed increase in the capital gains inclusion rate. This tax increase does not only affect the "ultra rich", but it is also a tax increase that will be paid by doctors, small businesses, farmers, homebuilders, seniors, and many other middle-class Canadians. It will discourage investment in Canada at a time when Canada desperately needs investment to reverse declining per capita GDP which has left Canadians poorer than they were ten years ago. Canadians are encouraged to write to the Finance Committee about how the proposed capital gains tax will affect them. Contact my Calgary office for more information.

I saw many people at community events this fall. Thank you, to the local organizations for inviting me to participate. I attended the third Annual Canadian Walk for Veterans. I also spoke at, and participated in, local community and cultural celebrations, including Hong Culture Day, the LDS Church Annual Corn Bust, the Silver Springs Botanical Gardens Celebration, and the Hawkwood Fall Festival.

It remains my honour to represent you at the House of Commons as your Member of Parliament.

Feedback from Calgarians is very important to me. If you would like to share your thoughts with me on national issues, please feel welcome to contact me through my Calgary office.



Councillor, Ward 2
Jennifer Wyness
 ☎ 403-268-2430
 ✉ Ward2@calgary.ca
 🌐 Calgary.ca/ward2 📘 Ward2Wyness
 📷 @WynessJennifer 🐦 @JenniferWyness

Dear Friends and Neighbours,

As we move into November, the chill in the air reminds us that winter is just around the corner. With the holidays on the horizon, there's plenty happening in Ward 2! This month, we're highlighting important tips and tricks on how to get ready for the winter and keep your pipes clean and clear. Stay tuned and stay connected as we navigate the last few weeks of autumn together!

Visit the Homeowner Fall Checklist to help prepare your home for winter. You'll find tips like:

- Check your toilets, taps, humidifier, hot water heater, and other water using devices for leaks.
- Turn off your outdoor water supply and winterize your irrigation system to avoid leaks.
- Leave plant debris in plant beds over winter to provide habitat for pollinators.

When it comes to residential and household leaks, toilets, faucets, and outdoor irrigation are the most common culprits. The online Homeowner Water Guides provides step-by-step guidance to identify and repair leaks in our homes, ideas to improve water efficiency, and tips to prepare yards for winter.

To find everything you need, visit calgary.ca/waterguide.

Protect Your Pipes!

Autumn is a season for gathering with family, enjoying delicious meals, and making lasting memories. With Christmas around the corner, the thought of savory dishes like turkey, gravy, and bacon might already be top of mind.

But don't forget: Any fats, oils and grease can block your pipes and may result in messy (and costly) sewage backups.

Remember to:

- Cool it: in a disposable can or container.
- Scrape it: into a certified, compostable bag or paper bag.
- Compost it: place the rolled up or tied up bag in your green cart.

Smaller amounts of oils can be wiped with a paper towel and placed in your green cart. Learn more at calgary.ca/protectyourpipes.

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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

Dogs can't operate MRI machines.

But catscan.



BRAIN GAMES

SUDOKU

						5	6	
	8		5		6	7		3
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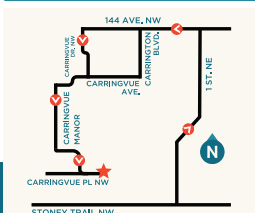


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