# KINCORANEWS

YOUR OFFICIAL KINCORA COMMUNITY NEWSLETTER





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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:		in volunteer opportunities?
Address:		Date (dd/mm/yy)
Home Phone:	Alternative Phone:	

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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		Properties		Mediar	ı Price	
		Listed Sold		Listed	Sold	
August	24	14	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	
September	23	15	12	\$422,450	\$418,000	
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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.

# 

#### **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.

#### **Fmails**

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.

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# PRESIDENT'S MESSAGE

Hello Kincora,

I hope everyone had a great summer break and is now falling back into fall routine. Those who have school-aged kids, remember to be careful during drop off and pick up as the streets are becoming guite busy where the school buses park. We have raised the issue of speeding on Kincora Glen Rd and near the Gazebo with the city. If you feel the same way about it, I suggest calling 3-1-1. The more reports they receive, the more traction the issue will get, and the more likely it is that the City will try to take some measures to help with it.

I spent this summer in India. I become hyper aware of space and natural resources whenever I go there. Let's remember that we are blessed with the natural resources of Canada and make sure we practice the three Rs – Reduce, Reuse, Recycle, to continue to keep it this way. I hope the City can lift the water restriction soon as they have really affected us this summer. But in the meantime, let's all play our part in preserving this beautiful community and city of ours.

The KCA board is now actively working on the pond playground project as well as the Kincora fields development project. We have also been working on writing applications and business plans. If you are interested in these activities, please reach out to me. We are also doing our part to help KRA to install three benches in our beautiful ravines and we will be preparing for the outdoor rink build soon. Look out for the Facebook post if you are interested in volunteering.

Make sure to catch the last Food Truck event on October 3 and mark your calendars for the Symons Valley United Church organized Trunk or Treat event.

For KCA, the winter months are for planning our year ahead beginning with the Winter Festival in February.

Have a wonderful pumpkin filled fall season everyone!

Happy Thanksgiving and happy Halloween to those who celebrate these wonderful fall festivals!

Mallika Velamuri

President, KCA



# 4-H in the City - It's Not Just for Farm Kids!

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

4-H Intro Clubs are returning and they're ready to give Calgary youth a taste of what 4-H is all about for another year! Since its launch last fall, 4-H Alberta's Intro Clubs have introduced 4-H in the City to 75 Calgary youth ages nine to 16. With the support of



the Calgary Foundation, we are thrilled to extend this pilot program for another year.

While 4-H has its origins in agriculture, urban 4-H clubs have expanded the program to include projects that cover a wide array of projects, including foods, science, crafts, health and fitness, performing arts, photography, and much more! The 4-H program combines youthled activities with adult-guided instruction to teach members lifelong skills such as effective communication, leadership, and friendships. After attending an intro club program, one mom commented, "My daughter is growing in confidence and creativity. This program is her favourite day of the week. She loves the new skills each week, the friends she has made, and the "club" format with special jobs for each member."

Now, more youth will see what 4-H is all about through these six-week programs. During Intro Clubs, participants will "Learn to do by Doing" with hands-on activities as



they explore a variety of different 4-H projects including Health and Fitness, Food Sustainability, All About Bees, Art, Pottery, Baking with Sourdough, Floral Arranging, and more. With options available for both homeschool families during the day and evening sessions in NW Calgary starting in November, there's something for everyone. If you're intrigued and eager to learn more, feel free to reach out via email at introclubs@4hab.com.



by Anne Burke

Nose Hill Park is one of the largest urban parks in North America and is distinguished by its unique geological, ecological, and anthropological history (https:// inaturalist.ca/projects/nose-hill-park-bioinventory). With an abundance of remarkable flora and fauna, this project aims to record observations made by Park users. This information and a quick update were posted on our Facebook page about how the Nose Hill Park iNaturalist project is going. There have been many awesome observations this year. Since January over 2,600 observations have been added. We have nearly 10,000 iNaturalist posts made for the Park. Let's keep the momentum going! Hopefully, we will be close to 11,000 by 2025 and encourage everyone to share their photos of flora and fauna on the Hill. We recently surpassed 200,000 posts made within the City of Calgary municipal boundaries. Of course, you can post (on iNaturalist generally) your biodiversity photos from anywhere in the world, including your own yard and other favourite parks. All this data will help to guide the Nature Calgary updated "Green Book" which is currently in the data collection phase.

World Migratory Bird Day is on the second Saturday in October and again in May. The goal is to raise awareness of issues affecting migratory birds and to inspire action around the world to take measures for their conservation. Migrating birds may fly from 24 kms to 960 kms or more per day. Hawks, swifts, swallows, and waterfowl migrate primarily during the day, while many songbirds migrate at night. Calgary has over 200 bird species and is one of Canada's first Bird Friendly Cities certified by Nature Canada. Bylaws preventing off leash dogs and encouraging people to stay on designated paths can lessen disturbance and decrease the risks to sensitive grasslands species.



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

In September and October, all of our units have started their first meetings of the year. Many units are doing 'getting to know you' activities so that the girls and leaders become familiar with each other and start learning how to work well together.

Embers get to choose their circles ('Fairies', 'Elves', or 'Leprechauns') – small groups they can break off into to do their attendance and dues. Dues are also known as 'Fairy Gold' – girls can earn \$1 per week at home by doing a good deed, by lending a hand either at home, at school, or out in their community. It is a great way for young girls to learn how to care for others. Guides also choose smaller groups called 'Patrols' ('Bluebirds', 'Violets', etc.).

Some of our Guide and Pathfinder units will be taking advantage of the warm autumn weather to go camping. Many camps have been booked for months already – September and October are busy times at area Girl Guide camps.

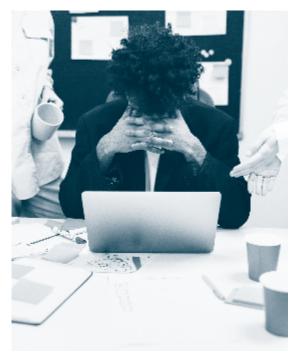
One last major event for all our units in September and October would be selling our famous Girl Guide cookies. You may have already seen girls selling cookies at Beacon Hill Canadian Tire, Creekside Calgary Co-op, Nolan Hill Sobeys, or pretty much anywhere in Calgary starting mid-September. Thank you for all your support.

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.



# **Eight Reasons Why You Should Leave a Toxic Workplace**

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



Leaving a toxic workplace is essential for your mental, emotional, and even physical well-being. It may not necessarily be a workplace; it could be a team, board or volunteer position, or partnership. Here are eight great reasons why it's crucial to move on from such an environment.

- 1. Mental Health: Toxic workplaces are often characterized by chronic stress, anxiety, and burnout, all of which can lead to serious mental health issues like depression. Continuous exposure to negativity, unbalanced productivity by others, and high-pressure environments can severely impact your mental well-being.
- **2. Physical Health:** The stress from a toxic workplace doesn't just stay in your head - it can manifest physically. Chronic stress is linked to a range of health problems, including headaches, high blood pressure, heart disease, and a weakened immune system.

- 3. Emotional Well-being: Being in a toxic workplace can erode your self-esteem and self-worth, especially if you're subjected to micromanaging, criticism, bullying, lack of trust, or blame. Overtime this can lead to a loss of confidence and a sense of helplessness.
- 4. Career Growth: Toxic environments often lack opportunities for professional development or advancement. Staying in such a place can stunt your career growth, keeping you stuck in a job where you are not learning or progressing.
- 5. Relationship Strain: The stress and negativity from a toxic workplace can spill over to your personal life, affecting your relationships with family and friends. You might find yourself irritable, withdrawn, or too exhausted to engage meaningfully with your loved ones.
- 6. Reduced Productivity and Job Satisfaction: It's hard to stay motivated or productive in a toxic environment. When your workplace is filled with negativity and stress, it can be challenging to find satisfaction in your work. This can lead to disengagement and a decline in productivity.
- **7. Ethical Considerations:** Sometimes, toxic workplaces encourage or demand unethical behaviour, putting you in a position where your values are compromised. Leaving such an environment is critical to maintaining your integrity.
- **8. Long-Term Happiness:** In the long run, staying in a toxic workplace can erode your happiness and overall quality of life. Your work should be a place where you feel valued, respected, and able to grow - not one that drains you.

Leaving a toxic workplace, or any place that affects you in the above ways, might be challenging. There can be worry about financial stability, letting people down that you enjoy working with, loyalty to other teammates, or the fear of finding another job. However, prioritizing your health and well-being needs to come first. Many times, taking steps to move on can open up opportunities for a more positive and fulfilling work life. If you need some help navigating the steps and script of terminating that relationship, don't hesitate to reach out to a psychologist, counsellor, or coach. The lightness you will feel from putting yourself first will be well worth the short discomfort of cutting ties.



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# A MESSAGE FROM THE KRA

Happy Thanksgiving from the KRA! We have a lot to be thankful for in our community, including the beauty of mother nature and the walking trails. The KRA is happy to announce the installation of three park benches, to be installed in the ravines and are in the final approval stages. The locations that have been selected are:

- · North ravine (Mattamy Trail) by pathway access to Kincora Glen Rise NW
- South ravine by pathway access to Kincora View NW
- South ravine by pathway access to Kincora Park NW

Whether you're taking a relaxing break from your walk or simply want to enjoy the beauty of the ravines, these benches will make welcome additions to Kincora

As work continues on the affected houses from August's storm, please be mindful that roofing and siding replacement in our community may result in loose nails. Check your yards and roadways for nails that may have ended up on the road and sidewalks. For homeowners that have replaced shingles or upgraded to a more durable siding (cement siding for example), advise your insurance company when the work is completed. These improvements could reduce your insurance premiums.

The refurbishment of the Kincora entry wall located at the intersection of Symons Valley Road and Kincora Blvd is now complete. The wall is nearing its 25th year and was beginning to show signs of erosion and deterioration. Masonry slabs were placed on top of the wall to cap and seal the interior.

The City of Calgary has a great resource on its website that talks about preparing and protecting your home from a hailstorm and how to proceed if your home is damaged. Hopefully, the hailstorm season has passed. www.calgary.ca/development/home-building/hail. html?redirect=/hail.

As our kids head back to school and we look towards a new semester, you might start wondering about ways you can support your community, or what resources are available to help you launch your new business or permit your basement suite. You can register for an upcoming home and small business webinar where City experts share their insights on a variety of planning and development topics. Live and recorded webinars cover everything you need to know about home renovation requirements, small businesses best practices, and more. For more information, visit calgary.ca/webinars.

Another season of sports, dancing, scouts, and guiding is upon us. If your organization is fundraising (bottle drives for example), you can add your event to Condo Control, the online website managed by SIMCO property management. Be sure to submit your event in advance, so it can be added to the online calendar of events. You can also reach out to us as well to request it be added at kincoraresidents.org.

Speaking of activities, be on the lookout for ghosts, goblins, and all things that go "bump in the night." Halloween is Thursday, October 31. We ask that you remain mindful of your speed and anticipate an increase in residents on our streets.

Until next time, take of yourselves and each other.

kincoraresidents.org

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□ pat.kelly@parl.gc.ca

The parliamentary session returns from break mid-September, and I will resume holding the government in Ottawa to account on several issues, including the housing crisis. The government has mismanaged housing policy, resulting in not enough homes being built for Canadians to live in. The cost of downpayments, mortgages, and rent have all doubled over the last nine years. Rentals.ca published a report confirming the average asking rent reached \$2,201 in July 2024, matching the highest average rent recorded. We need to fire the gatekeepers who block housing construction and tie federal infrastructure funding to building homes that Canadians can afford.

I enjoyed spending summertime in Calgary where I saw many people at community events. Thank you, to the local organizations for inviting me to participate. This year's Stampede gave me the opportunity to serve breakfasts and meet hundreds of Calgarians at amazing volunteer driven events in our communities. I also toured facilities and received feedback from workers. I attended a ceremony of remembrance for those who died at Dieppe 82 years ago, and celebrated the life of Calgary's Bill Stewart, the last remaining survivor of the Dieppe raid who passed away this summer at age 103. I also spoke at, and participated in, local community and cultural celebrations, including IndiYEAH! Fest, Azadi Fest, Igbo Day, and the Arbour Lake Residents Association Seniors' BBO.

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 and informs the work I do on your behalf in Ottawa. 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

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Autumn is here, and while many of us are getting ready for the cold season, now may be a good time to consider thinking about the year ahead. Many communities in Calgary have taken part in the Enhanced Landscape Maintenance (ELM) program, which helps ensure your neighbourhoods get the care and attention they need to keep community spaces clean and safe, lawns neatly trimmed, litter cleared, flower beds maintained, and more. If this interests you, read on to find out how you and your neighbours can take part.

# What Is the ELM Program?

The ELM program is a community-led initiative designed to elevate the beauty of our public spaces.

To join the program, your group must be a non-profit representing your entire neighbourhood. Your local Community Association, Residents Association, or Homeowners Association would be involved with this process and running the program, so be sure to work with them if the ELM program interests you.

Participation involves entering into a Landscape Maintenance Agreement (LMA). Once the LMA is in place, your community will receive a municipal operating grant for the ELM program.

### What Does the ELM Program Cover?

Mowing/trimming, litter control, curb sweeping, spring cleanup, and fall cleanup, shrub bed and tree well maintenance, flower bed installation and maintenance and watering/irrigation.

#### What Isn't Covered Under the ELM Program?

Infrastructure enhancements or maintenance (e.g., community entrance signage, pathways, transit buildings/ shelters, playgrounds) and private land enhancements, including tree planting.

The City provides additional support based on need and assessment, ensuring these services meet municipal standards, including integrated pest management, tree care and planting, natural areas and urban conservation work, pathway infrastructure maintenance.

By participating in the ELM program, you help foster a sense of belonging and pride, ensuring our neighbourhoods remain well-maintained for everyone to enjoy.

Visit calgary.ca/communities/enhanced-landscape -maintenance-funding to learn more.

# YOUR CITY OF CALGARY

# **Tips For Using Your Green Cart This Fall**

by the City of Calgary Waste and Recycling Services

- Yard waste like leaves, branches, grass, and plants can go directly inside the green cart.
- Always fill your green cart first, then fill paper yard waste bags. Roll tops of bags closed to prevent spills and allow your collector to pick up the bags.
- Place extra yard waste bags at least two feet to the side of your green cart for collection. Make sure you can lift the bag with one hand.
- Do not use plastic bags in your green cart.

Starting in November, the City will pick up your green cart once every other week. Weekly green cart collection will resume in the spring.

Visit calgary.ca/collection to check your schedule and sign up for reminders.



# A Canadian Gem

October 23, 1976, is the birthday of one of Canada's biggest gems in the movie industry. He was born in the lovely city of Vancouver, British Columbia before moving to LA in the late 90s. A charismatic, goofy, fun-loving guy, Mr. Ryan Reynolds turns 48 this year!

Looking good, Ryan!

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