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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: _____

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Date (dd/mm/yy) _____

Registration confirmation is sent out from wpsadmin@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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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
August	23	11	8	\$354,950	\$350,250

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

KINCORA BOARD OF DIRECTORS

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NAME	VOLUNTEER POSITION
Mallika Velamuri	President
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Dicky Sum	Director at Large
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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.



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PRESIDENT'S MESSAGE

Hello Kincora,

During the month of August, I was in India visiting family. It had been five years since I last visited them. If you have been writing to me with no response, it's probably because of my travels here. I have been busy meeting my extended family. Please bear with me as I get back to my normal schedule.

It was sad to hear and read about the devastating hailstorm in Calgary. As much as rains are welcome here in the West, hailstorms are not. Kincora Residents Association has written some very important points on how to deal with this weather event. Do take a peek. Hope things will settle down soon.

On September 30, the day for Truth and Reconciliation, Canadians learn, recognize, and reflect upon the history and ongoing legacy of residential schools, the trauma experienced by many, and the hope for a healthy future. Here is a good link about the ways to learn about it and engage - <https://dailynews.mcmaster.ca/articles/8-ways-to-engage-in-truth-and-reconciliation/>.

As fall starts, we will all start looking for fall fun and pumpkin patches. Be on the lookout for Symons Valley United Church's organized Trunk or Treat event. It is a lot of fun for those young ones who would like to stay in a smaller area.

Kincora Community Association rink building will be coming up late October. We need your help! Our rink crew is looking for people who want to come out and learn how we build the rink and maintain the ice and ensure that we have people to take care of the rink into the future. If you've ever thought about helping out in your community, this winter is it!

We have also started working on setting up a committee for building a sports complex in the Kincora fields. If you have ideas for the sports complex, do write to me or any of the board. We also need people to be on the committee to help us out.

As always, your questions or comments are welcome.

Mallika Velamuri

President, Kincora Community Association



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Korean Beef Bowl

by Jennifer Puri

Ceramic rice bowls are believed to have originated in Japan and then migrated to Korea, China, and other parts of Asia. Distinguished by their nature influenced designs, motifs, durability, and water absorbency, Japanese earthenware is perhaps the oldest ceramic tradition in the world.

Incredibly versatile, rice bowls combine fresh vegetables, grains, and protein making them a colourful and healthy dinner choice.

You can create different versions of rice bowls by layering the bowls with a combination of cooked white, brown, or yellow rice, raw or roasted vegetables, chicken or beef. Toppings could include pickled ginger, basil leaves, toasted peanuts or sesame seeds and a drizzle of gochujang or sriracha sauce.

This quick and easy to prepare Korean Beef Bowl is a combination of fresh flavours and just the right amount of spice.

Prep Time: 12 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 1 lb lean ground beef
- 1 cup chopped red bell pepper
- 1 tsp minced ginger
- 1 tsp minced garlic
- ½ tsp salt
- ½ tsp coarsely ground black pepper
- 1 tbsp soya sauce
- 1 tsp sesame oil
- 1 tbsp honey
- 1 tbsp gochujang sauce
- 2 cups of thinly sliced cucumber
- 2 cups of thinly sliced carrots
- 2 cups of thinly sliced radish
- 3 green onions thinly sliced
- 4 fried or boiled eggs
- 4 cups cooked white rice



Directions:

- In a frying pan or skillet cook the ground beef until browned about three to four minutes. Add the ginger, garlic and red pepper and continue to cook.
- In a small bowl blend together the soya sauce, honey, salt, pepper and the gochujang sauce. Pour the sauce over the browned beef and continue cooking for another two to three minutes or until beef is fully cooked. Add the sesame oil and remove the pan from the heat.
- Assemble four bowls with warmed cooked rice, beef, sliced cucumbers, carrots, radishes, and fried or boiled eggs. Garnish with green onions and a drizzle of gochujang or sriracha sauce and serve.

Bon Appétit!



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A MESSAGE FROM THE KRA

Hail and high wind events in Calgary might be isolated events, but can produce significant, high-cost impacts. According to climate projections, we expect to see larger hailstones in the future, and it's more likely that hailstorms will occur throughout more of the year. With a changing climate, we will also continue to experience high wind gust events.

Calgary is located in "hail alley", the epicentre for hailstorms in Canada. Depending on the size of hailstones, the wind speed and the duration of the storm, hail can cause significant damage to your home's roof, exterior walls, doors and windows, and outdoor structures like porches and decks. This type of damage to your home can allow water in, leading to even more damage.

For information on how to climate proof your home against hail and high winds, check out the following on the City of Calgary's website: <https://www.calgary.ca/development/home-building/hail.html>.

In light of last month's hailstorm, the KRA wanted to pass on some best practices to households that require replacement of siding and roofs. The continuity of community aesthetics has been the primary comments from the Kincora community. For example, an east coast colour theme would not pair well with existing homes, including alternate roofing materials, for example, clay tile or wood shingles. There are more architectural controls documents for the earlier developed parts of Kincora (2002's) than the later built areas (2004's and onwards). Restrictive Covenants (alias RCs) are the documents that would have this information, which are referred to on the Land Title. Most RCs are concerned about overland drainage – soffit/facia/gutters and the cement troughs along backyards (swales), as well as fencing types, shapes, materials, and colours.

With the variety of housing exterior finishes in the community (stone, siding, and stucco), an upgrade to cement siding (like Hardy Board) would not be an issue. Some rebuilt homes have slight differences to them than the original architectural designs of their neighbours.

If you are looking for a new roof, siding, windows, repair, or inspection, it's important to be cautious of scams. These individuals often target homeowners who are

trying to manage their home repairs on a budget. They also tend to focus in on neighbourhoods with a high number of senior citizens, or areas that have recently experienced major storms. These companies may use low-quality materials that can cause more damage to your property and rush the job. In some instances, they may simply take the money and vanish. To protect yourself from these scams, it's important to take your time, do your research, and listen to your instincts. If a door-to-door salesperson is pressuring you or you feel uncertain about the information they're providing, it's okay to decline their offer and seek out other options. Don't feel obligated to make a quick decision or sign a contract before you've had a chance to fully understand the terms and conditions. Also consider the following:

- Is the individual or company bonded and insured? For example, covered by Worker's Compensation Board (WCB).
- Accredited with an association or organization? Alberta Allied Roofing Association website: <https://www.albertaroofting.com>.
- Registered with the Better Business Bureau? <https://www.bbb.org/ca/ab/calgary>.
- Provides recent references.
- Contracts are put in place to protect you from price increases and no-show jobs. Your agreement should always show the full scope of work, payment terms, timelines, and warranty information. Without a contract, you have no legal recourse if the roofer doesn't follow through on the agreed-upon work or if they use subpar materials.

By being cautious and following your intuition, you can avoid falling victim to fraudulent home repair scams "If in doubt...check it out!"

As residents of Treaty 7, it is important to acknowledge September 30, as Truth and Reconciliation Day, also known as Orange Shirt Day. Information on this day, can be found at: <https://orangeshirtday.org/>.

A friendly reminder to obey speed limits in our community, schools are back in session, we thank you in advance for taking care of our school-aged Kincorains.

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

kincoraresidents.org

How to Deal with Resentment: A Better Way to Process the Poison We Drink, Expecting the Other to Die

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



In the recovery community, resentment is a hot topic. It's often referred to as "drinking poison hoping the other person will die." Psychologist Susan Albers, PsyD, shares some of the signs you might be harbouring resentment, along with ways you can pull yourself out of it.

Resentment is a complex emotional reaction to being or feeling mistreated or wronged by another person, situation, or series of circumstances. Resentment can feel like a mix of anger, bitterness, disgust, or disappointment toward the person or events from your perception. It can be triggered by several things:

- Being taken advantage of by others.
- Being put down, dismissed, or ignored.
- Feeling inadequate, overlooked, or unheard.

- Having unrealistic expectations of others or the world around you.
- Maintaining relationships with people who insist their needs are more important than your own.
- Having interactions with people who undermine your authority.

The challenge with resentment is that if you hold onto it tightly, it becomes harder to forgive or let go and move on from the situation. When you've been mistreated or wronged, it's common to experience an overlap of negative emotions that continue to resurface and return whenever you're confronted with these individuals, situations, or memories. These emotions may include anger, hostility, hate, bitterness, discomfort, or disgust. Suppressing these emotions over time, can lead to resentment, which can have significant negative effects on your mental and physical health. "In the short-term, suppressing feelings may seem like a way of coping. However, in the long run, pushing down or ignoring emotions can be an entry into mental health issues like PTSD, trauma, depression, and anxiety," warns Dr. Albers.

Resentment can make it difficult to let go of your anger. You find yourself hyper-focusing on these feelings, especially whenever you're confronted by the person or situation that caused them in the first place. You might even be enraged or experience strong urges to seek revenge. These things can take a significant toll on your mental and physical health. "Emotions are not solely confined to our minds; they can also take residence in our bodies," clarifies Dr. Albers. "Anger, if left unaddressed, can manifest physically by increasing your heart rate and blood pressure, causing muscle tension and headaches, digestive issues, weakening your immune system, and causing sleep disturbances. These can all put you at higher risk for cardiovascular issues like high blood pressure and heart disease or chronic conditions like diabetes and autoimmune disorders."

When emotions like resentment linger, we tend to associate it with other feelings like regret, shame, guilt, or remorse, especially if we're made to feel like we're at fault. When you're resentful, you're on guard. Why would you ever surround yourself with the same people or situations that hurt you again from the start? We see this often in relationships. If you've been wronged in the past by a previous partner, you might resent them

and anyone else who reminds you of them or presents that kind of behaviour because it triggers your fears and anxiety around betrayal and lack of commitment. On the surface, resentment may appear to offer you the ability to have power and control over the situation. But internally, it can cause real, long-lasting damage to your mental health. "At first, it may seem like avoiding the situation is a way of coping. However, by engaging in avoidance behavior, we inadvertently fuel the flames of resentment, allowing it to fester and intensify inward," says Dr. Albers.

When you're ready to let go, and leave resentment in the past, these steps are useful:

- Do a personal inventory of what's important to you. What would it take for you to "settle the score"? Are you looking for an apology? Are you looking for an explanation? Or are you looking to make amends?
- Acknowledging where you stand on the issue, what you need in order to heal, and what your expectations are for yourself and the other party involved are the keys to handling any unresolved conflict.
- "Empathy plays a vital role in putting a stop to resentment, as it allows us to step into the shoes of others and understand their perspective," says Dr. Albers. "Coming to terms with the person or situation that caused resentment can open the door to healing and closure, as it enables us to find empathy towards ourselves and create space for forgiveness and growth."
- When you're steeped in doubt and negativity, lean on the people, places, and things that bring you peace and positivity by practicing gratitude. Try keeping a gratitude journal of all the things that make you happy and serve as a positive step toward improving your well-being.

"It's OK to seek support because navigating resentment alone is not easy," reaffirms Dr. Albers. "Working with a therapist can help you to see the situation from a new perspective and access self-compassion, which becomes key to making a manageable journey of healing and growth."

Finding ways to practice self-love and compassion will not only set you up for success in the future. It will also help you recognize that when you feel like you're caught in the throes of resentment, you can stop drinking the poison hoping the other person will die.



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Do you remember the 21st night of September? Neither does Earth. Wind & Fire! The legendary band chose that date for their hit "September" simply because it flowed perfectly with the music. Even without a profound backstory, this funky disco anthem has endured, keeping dance floors alive and kicking!

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SYMONS VALLEY PARK UPDATE



Hello from Symons Valley Park,

We are excited to invite you to a special Movie in the Park event, where neighbours and friends from multiple communities will come together for an evening of fun, film, and friendship that is meant to raise awareness on our project and raise money for its construction.



What to Expect: A family-friendly movie, food trucks, concession, local vendor exhibitions, face painting, and other family activities.

Date and Time: Saturday, September 21, 2024, starting at 6:00 pm, with the movie beginning at 8:00 pm.

Location: The future home of Symons Valley Park, 465 Kincora Glen Road NW (on the south side of Symons Valley Parkway across from Sage Hill Crossing).

This event isn't just about watching a great movie under the stars—it's about celebrating the spirit of unity that makes our communities so special. Volunteers from Evanston, Kincora, Nolan Hill, Sage Hill, Sherwood, and beyond have come together to make this night possible, and we'd love for you to join us!

Whether you're coming with family, friends, or just looking to meet new people, this evening promises to be a delightful experience for everyone. Bring your blankets, chairs, and a smile, and let's enjoy a night of entertainment together. This is a chance to connect with neighbours and make new friends.

Don't miss out on this opportunity to be part of something special. Bring your friends, bring your family, and let's make memories together. We can't wait to see you at the park! Please go to www.symonsvalleypark.ca

to learn more about safely donating or reach out to us directly by email at hello@symonsvalleypark.ca.

We look forward to seeing you there and making this a night to remember.

Kris McPherson

President, Symons Valley Park

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WORD OF THE MONTH



Thaumaturgy: noun
(thaw-muh-tur-jee)

The workings of magic or miracles.

They used thaumaturgy to ensure the people felt at peace.

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GAMES & PUZZLES

Guess the Musician!

1. This individual holds the Guinness World Record for best-selling solo artist.
2. Before going solo, this world dominating musician was in a supergroup called 'Destiny's Child'.
3. On his debut album, this musician is said to have played 27 different instruments.
4. At 1,560 words, this artist has the most words spoken in a single song.
5. This famous musician's stage name came from a popular song by the band 'Queen'.
6. This incredible artist was the first woman to be inducted into the Rock and Roll Hall of Fame.



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