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		Listed	Sold	Listed	Sold
February	25	16	10	\$764,450	\$763,750
January	25	12	5	\$689,900	\$667,250
December	24	4	5	\$719,900	\$715,000
November	24	4	7	\$505,000	\$492,500
October	24	10	7	\$699,800	\$687,500
September	24	11	5	\$799,998	\$790,000
August	24	10	8	\$749,900	\$739,500
July	24	5	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

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

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NAME	VOLUNTEER POSITION
Mallika Velamuri	President
Kris McPherson	First Vice-President
Chad Rowe	Second Vice-President
This could be you!	Treasurer
Vlad Rudko	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
This could be you!	Director of Outdoor Rink

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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2025 Annual General Meeting

Notice is hereby given that the Annual General Meeting of the Kincora Community Association will take place on Tuesday, April 29 at the Symons Valley United Church here in Kincora at 7:00 pm in the Valley View 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 residents to attend this meeting to know more about the activities of the board.

Agenda

1. Greetings and Meeting call to order
2. Special Guests
3. Approval of Agenda and 2024 AGM Minutes
4. President's Report
5. Introduction of Current Board Members
6. Treasurer Report
7. Approval of Financials
8. Appointment of Audit Committee
9. Board and Volunteer Recognition
10. Board 2024 Nominations
11. Returning and New Board Members
12. Open to Questions

Board Vacancies

- President
- Treasurer
- Director of Rink
- Communications Director
- Events Coordinator

AGM – Kincora Community Association, Tuesday, April 29, 2025, 7:00 to 9:00 pm, Link to join: teams.microsoft.com/join/19%3ameeting_YTliMTcyNGltOGIzOS00MjQ3LWJhZDUtZTcxYmYzZjcxODM5%40thread.v2/0?context=%7b%22Tid%22%3a%224b2a8376-1d09-4151-9b5d-a4e341e2ccd9%22%2c%22Oid%22%3a%22818d7970-a8f9-42d9-9833-ef7fc41dd692%22%7d.

Meeting ID: 226 801 208 869

Passcode: Fx6v8BN6

Please reach out to us on our website [kincora.org/](https://www.kincora.org/) or visit our Facebook Page at facebook.com/KincoraCommunity/.

We look forward to seeing you there!

Mallika Velamuri

President (On Behalf of the Board of Directors)





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PRESIDENT'S MESSAGE

Hello Kincora,

It was brilliantly sunny day on the Annual Winter Festival Day on February 23. Hope you took part in it. We had great fun in bringing it to you. A big shout out to our sponsors and volunteers who help us immensely in bringing these events to you.

Seeing by the number of conversations on the KCA Facebook page, I understand that there has been an interest on Kincora fields. To summarize, the KCA board is working (with the KRA) on rebuilding the pond playground, with the aim of starting the work in 2026. After that, the board will be focusing on building sport amenities on the Kincora fields. It cannot be a permanent structure as the land is owned by the CBE. If there is a decision to build a school, it needs to be removed. These past months the KCA board has been brainstorming for ideas about this and has been working on fund application and business plans. If you are interested in participating in the build of these, I urge you to join the board and provide your time.

We are regular people on the board with work, lives, and other stuff going on, doing this out of an aim to give back to the community that we live in. This is like the third or fourth job for us and it is not easy. What keeps us going is the smiles that we see on your faces when you come to the events.

In this month's newsletter you will see an announcement of the Annual General Meeting happening on April 29. This is your community, so I urge all of you to take interest in its activities. Please attend the AGM and ask us about our activities.

After serving many years on the board our Treasurer, Murray Stene, and Director of Outdoor Rink, Brad Theissen, have resigned. They have each been very hard working and wonderful in the expertise they brought to the board. The board will miss them immensely as they continue to thrive in whatever they do. Even though I have been serving as the Director of Communications we would like to fill this position with someone specifically designated to the job. The main responsibility of this role is to put the monthly newsletter together and send it over to our editors. The person in this role is free to update the newsletter as they see fit.

Together we can do this, without help we will all crumble.

March and April are the months of spring, of change, of Easter, and other spring festivals in various cultures around the world. I hope you and your little ones can join us to hunt for eggs and other fun activities on April 5 at the Symons Valley Church from 2:00 to 4:00 pm.

Holi, the colours festival typically celebrated in India around March is being held at our very own Kincora fields on May 3, 2:00 to 4:00 pm. As per the weather forecast it is predicted to be a sunny day. Let's hope it stays that way. Please wear your whitest outfit and be ready to go back in colours. Hop on with your dancing shoes on. Calgary's local artist DJ Tenzin is all set to bring the latest hits from around the world to make you swing. Remember it's a free event. Rain or shine it will happen!

Happy spring Kincora!

Mallika Velamuri

President, KCA



HELP KEEP LOVE IN THE HOME

ElderDog Canada is a national registered charity whose mission is to assist and support older adults in the care and wellbeing of their dogs.

We have a vibrant presence here in Calgary! Reach out to us if you are a senior in need of dog care support (dog walking, transportation to a groomer/vet clinic), to volunteer with us, or for more information at calgaryldr@elderdog.ca.

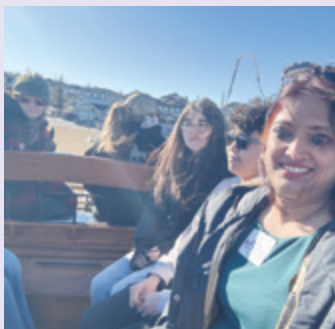
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Learn more: 

Scenes from KCA Winter Fest





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: _____

Are you interested in volunteer opportunities?

Email: _____

Address: _____

Date (dd/mm/yy) _____

Home Phone: _____ Alternative Phone: _____

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.



COME JOIN OUR OPEN HOUSE

Saturday, April 26th, 1-4 PM

- Tours
- Entertainment
- Refreshments
- Prizes



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AURORA SKY DISTRICT



News from the Friends of Nose Hill

by Anne Burke

Connect: Calgary's Parks Plan will determine how Calgary's 2,900+ parks are managed, developed, and redeveloped over the next 20 years. A draft will be presented to City Council after review by the Community Development Committee. Parks connect urban communities, but the city is projected to grow to two million people within the next two decades (<https://engage.calgary.ca/parksplan>).

Calgary has over 200 natural areas in the parks system. Our relationship with the natural world is primarily to preserve undisturbed land, wildlife, and native plant communities. In a natural area all uses and activities must comply with the approved habitat management plan to protect the natural environment and not cause damage. New natural areas should be designated. There are different types, but all need to be protected to conserve nature now and for the future. The landscape offers access to the natural world which helps our physical and mental well-being. Special places like Nose Hill, a major natural area, foster stewardship, support biodiversity, and reduce impacts of heat, flooding, and drought. Some areas are sacred spaces for Indigenous Nations and provide opportunities to learn about cultural history.

Controlled burns and animal grazing are encouraged as alternate land management practices. We must assess and update the cost of maintenance to ensure the value of natural areas with a compensation model. We can allow litter-control-only (with guidance) in natural areas to be included in enhanced landscape maintenance requirements. We should develop ten-year operational Habitat Management Plans for all natural areas, including those required as part of the development approval process. Prior to subdivision the developer is responsible for restoration and compensation must be paid to the City when there is damage or disturbance to land dedicated to environmental reserve. Back sloping should not be allowed.



The 85 Embers had a fun couple of months. In February we did get out to the Apple Store for a group booking - Make Your Own Emoji. The emojis the girls created were very imaginative!

We also were very fortunate to get a tour of the Nolan Hill Veterinary Hospital. Dr. Rowe had some interesting X-rays of pets - one with a ball in its stomach and another with a sewing needle. Both animals had needed surgery, and we got to see some of the instruments they would use in surgery. We also got to listen to a dog's heartbeat using a stethoscope - he had such a rapid heartbeat!

In April our unit was very fortunate to get into the Ember Camp Academy run by Calgary Area at Camp Jubilee in Cochrane. The girls learned various camping skills such as lighting a fire, basic first aid, and knot tying. All in all, it has been a great spring!

Special note - we have been writing these articles for a few years now. We are thinking of discontinuing them as interest might be waning. If you still like to read articles such as these, please reach out to guiderkarlayyc@gmail.com. It will be interesting to see if anyone responds. Thank you.

Overcoming Dating Anxiety

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

Dating anxiety is common, but you can manage it with the right mindset and strategies. Here are some suggestions to get you started:

1. Shift Your Mindset

Lowering the pressure or expectations. Treat dates as casual meetups instead of stressful interviews.

Reframe any rejections. Not every match works out, and that is normal. See each time as a learning experience.

Focus on the enjoyment of the date. Instead of trying to impress your date, focus more on whether you are enjoying their company.

2. Prepare and Practice

Start small. Get comfortable with social interactions by practicing with friend or in low pressure environments.

Plan ahead. Choose a familiar setting for the date to feel more at ease.

Have conversation starters. Think of a few topics in advance to avoid awkward silences.

3. Manage Anxiety in the Moment

Breathe deeply. Try slow breathing exercises.

Use grounding techniques. Focus on your senses - what you see, hear, feel to stay present.

Accept your nervousness. It's normal. A little anxiety can make you appear more engaged and authentic.

4. Build Confidence Overtime

Expose yourself gradually. The more you date, the more natural it will feel.

Positive self-talk. Remind yourself of your strengths and why you are a great person to date.

Don't overanalyze. Avoid replaying the date in your head. Just move forward.

5. Seek Support if Needed

Talk to friends. They can offer their encouragement and a different perspective.



Consider therapy. If your anxiety is overwhelming, a therapist can help with confidence building strategies.

6. Confidence Tips

Before the Date: Dress in a way that makes you feel good and comfortable. Listen to music that pumps you up. Visualize the date being successful. Remind yourself why you are going to be a great date.

During the Date: Open body language by maintaining good posture, an open smile, and making eye contact. Try to slow your speech, reminding yourself that it's okay to pause and breathe. Focus on the other person as it helps keep away self-consciousness. Laugh off any mistakes you make. Humility is actually attractive.

After the Date: Don't overanalyze the date in your head. It is what it is, they either like you or they don't. It's a two-way street...you're evaluating them as well. Celebrate that you took a chance even if the date wasn't perfect. You break your anxiety cycle by facing your fears and learning as you go!

Practice makes each attempt easier and builds confidence. Get out there and have some fun.

A MESSAGE FROM THE KRA

Happy Spring!

As we welcome the new season, we're sharing some important tips on conserving water, keeping our streets clear, and preparing for the upcoming dry season.

Keeping Storm Drains Clear This Spring

Spring brings melting snow and rain, making it vital to keep storm drains clear. Calgary has around 60,000 storm drains working to manage water and runoff from sidewalks, streets, and roads.

If it's safe and possible, please remove any debris or snow blocking the storm drains in your area. Creating a small channel can also help water flow freely. In communities built after 1990, devices have been installed in storm drains to control the speed at which water enters the system. These devices allow water to pool on the road in certain low spots, known as "trap lows," until the stormwater system is able to accept the excess water.

If the storm drain is submerged for more than 90 minutes, or if you're unable to safely clear ice and snow, take a photo and submit it through the 3-1-1 App or a web request. This helps our crews prioritize their response.

For more information and to locate your nearest storm drain, visit calgary.ca/stormdrains.

Rezoning for Housing Strategy: Public Hearing – April 22

The Public Hearing will take place on April 22, and there are several ways you can share your feedback before then:

- Until April 11, you can submit your comments via the Engage Portal for Rezoning for Housing. These comments will be used to create the "What We Heard" report for City Administration and Council. Rest assured; all submissions are anonymous.
- You can also have your submission included in the Public Report which will be attached to the Calgary Planning Commission's "Public Submissions" for the April 22 Public Hearing.

The deadline for public submissions is April 15. If you're interested in speaking at the April 22 Public Hearing, you can learn more about the process and sign up at calgary.ca/publichearing.

For further details and an interactive map of zoning changes, visit Calgary.ca/rezoningforhousing.

Homeowner Association (HOA) Fees

Past due accounts relating to HOA fees should be receiving your notices this month.

Thank you for your continued engagement in making our community a great place to live. Wishing you all a wonderful spring season!

Stay safe, stay informed, and enjoy the season ahead.

Kincora Residents Association

kincoraresidents.org



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SYMONS VALLEY PARK UPDATE

Dear Neighbours,

Spring has arrived, and the time to get outside to enjoy our community is right around the corner. We are working hard to build a destination that our residents can enjoy; a place where everyone has fair access to amenities and community connections. We can't do it alone though. Our AGM is coming up in May, and we invite all community members to attend! This is your opportunity to hear updates on our outdoor recreation project, share your thoughts, and participate in important decisions for the future of our society.

Open Board Positions – Get Involved!

We are looking for passionate community members to join our board! Serving on the board is a great way to contribute to the development of our recreational space and make a lasting impact.

Available positions include:

- Fund Development Director
- Project Development Director
- Director(s) at Large

If you are interested in learning more or applying, please reach out to us at hello@symonsvalleypark.ca.

Discover More About Our Exciting Project!

We are slowly making progress on the development of our outdoor recreational space, which will feature playgrounds, BBQ pits, tennis courts, a hockey rink, and an amphitheatre. Stay up to date and get involved by scanning the QR code below!



Thank you for taking an interest in our volunteer-led project. We can't wait to see you outside!

Sincerely,

Kris McPherson

President

Her SAIT Graduation

by Garth Paul Ukrainetz

She took the risk and made the move

Enrolled in courses, paid tuition

Embarked upon a journey bold

Nothing worthwhile makes it easy

She hit the books and studied hard

Placed hopes and dreams upon her desk

Homework structured every evening

The future more important now

From class to class, through rain and snow

Lectures, essays, midterms, finals

And once a week she volunteered

Community, connection, care

Good coffee always faithful friend

Wide awake for morning learning

Then soon, bright shining GPA

No more her forward path unknown

She pushed with all her might, she did

Propelled that boulder up the mountain

She's reached the top, SAIT graduation

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Tips On Quitting Smoking for Good

by Alberta Health Services

Thinking about quitting smoking in 2025? You're not alone. More than half of adults who smoke cigarettes are seriously thinking about stopping.

Quitting can be hard, but there are things you can do to make it easier. Everyone is different, so it's important to get the right kind of help for you. Use the tools, programs, and services that make sense for you.

The following tips can help you on your journey.

Know Your Reasons for Quitting Smoking

Reflect on why you want to quit smoking. Write down or say out loud the reasons that matter most to you. For example:

- I want to feel better.
- I want to save money.
- I want to protect my family and friends.

Taking stock of why you want to quit is a good first step on the path to quitting for good. This activity can help you decide if you're ready to make a change. It can help you set a goal and stick with it.

Make a Plan

When you're ready, pick a day to quit smoking in the next three weeks. As this date gets closer, pay attention to your urges to smoke. Keep track of the routines, places, and emotions that trigger you. Think about how you'll handle these cravings and stay in control when you're quitting.

Planning ahead helps you stay on track when you're quitting. It sets you up for success in the long run.

Consult the Experts

Reach out for advice and support:

- Call 1-866-710-7848 to speak with an AlbertaQuits counsellor. They'll listen with no judgment and offer you free, confidential advice and helpful tips.
- Ask a physician, pharmacist, or other healthcare provider about medications to reduce cravings, limit withdrawal, and help you feel comfortable when you're quitting.
- Join a QuitCore program in your local area or online.



In six facilitated sessions, you'll learn skills to quit smoking and connect with other people who are trying to quit. Call the AlbertaQuits helpline at 1-866-710-QUIT (7848) to find a QuitCore group in your local area or online.

- Go to AlbertaQuits.ca for guidance and tools to build a quit plan.
- Text 123456 to ABQUITS for free text messages to keep you motivated.

Getting help to quit smoking really works. Research shows that by combining different methods of support, you can double or even triple your odds of success.

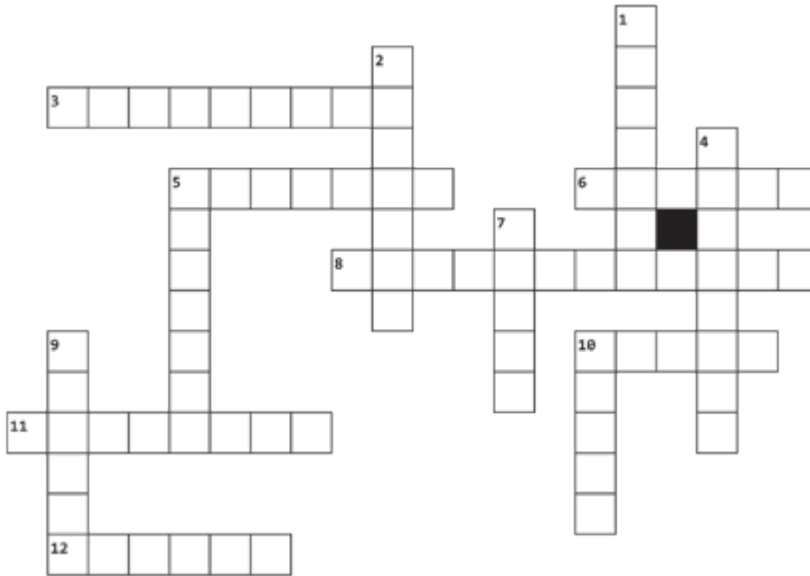
Stick With It!

Be mindful that it can take more than one attempt to quit smoking. If you have setbacks, keep trying! Count the days and weeks you were able to go smoke-free as wins and think about what you can learn from them. Reflecting on what worked will help you next time.

Quitting is one of the best things you can do for your health, no matter how old you are or how long you've been smoking. Quitting lowers your risk of heart disease, cancer, lung disease, and diabetes. It improves your health in ways you can see and feel. Within 20 minutes of putting out your last cigarette, your blood pressure and heart rate go down with less stress on your heart and blood vessels.

For more information on smoking and your health, go to MyHealth.Alberta.ca/Tobacco-Smoking-Vaping. For more tips to quit smoking for good, go to AlbertaQuits.ca.

April Crossword



Across

3. Simon & Schuster released the first-ever _____ puzzle book on April 18, 1924, delighting word game enthusiasts around the world.
5. On April 1, 1919, the Stanley Cup Final between the Montreal Canadiens and the Seattle Metropolitans was cancelled due to the _____ flu pandemic.
6. On April 30, 1952, Mr. _____ Head became the first toy ever to be advertised on television.
8. Terry Fox started his Marathon of Hope on April 12, 1980, in St. John's, _____.
10. This meteor shower takes place in April every year.
11. ABBA won the 1974 Eurovision Song Contest with their song _____ on April 6.
12. This space telescope was first deployed into orbit by the space shuttle Discovery on April 25, 1990.

Down

1. April's birthstone is the _____, a popular choice for engagement rings.
2. Stanley Kubrick's sci-fi adventure film, *2001: A Space _____*, premiered in April 1968.
4. The Royal _____ Air Force was officially established on April 1, 1924.
5. _____ *Island* by Dennis Lehane was first published on April 15, 2003, and later became a film starring Leonardo DiCaprio and Mark Ruffalo.
7. Comedian and actor Seth _____ was born on April 15, 1982, in Vancouver, BC.
9. The World _____ Organization was established by the United Nations on April 7, 1948.
10. On April 16, 2018, Kendrick _____ won the Pulitzer Prize for Music, becoming the first rapper to do so.



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Collection Days Are Changing in April

by *The City of Calgary*

Starting April 22, many Calgary households will see blue, black, or green cart pick-up days moving to improve routes. These updates also align with the return of city-wide weekly green cart collection. The new collection schedules will be available on calgary.ca/cartschedule by April 8. Check your schedule to:

- Find out whether your blue, black, or green cart pick-up day is changing.
- Know when your weekly green cart begins.

Collection schedule changes update automatically if you have signed up for reminders.

Did you know that The City provides free reminders for your blue, black, and green cart pick-up days? All you need to do is sign up! When it's time to put your carts out for collection, we'll send you a reminder. When you sign up, you will get:

- Instant access to your pick-up schedule.
- Notifications about any changes to your collection schedule.
- Useful tips for using your blue, green, and black carts.

It's Easy!

Option 1: Go to calgary.ca/cartschedule.

- Type your address in the search box to view your collection days.
- Click on 'Get a reminder' to receive your preferred method. Choose to be notified by email, calendar, or phone, either the day before or the day of your collection.

Option 2: Download the Garbage Day App onto your phone.

- Available on the App Store or Google Play.
- Set notifications to remind you of your cart collection days.

Never miss another cart collection day again.

BUSINESS CLASSIFIEDS

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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.

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