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KINCORA COMMUNITY ASSOCIATION MEMBERSHIP

www.kincora.org (Online Registration and Payment)

KCA Membership Fee: \$20

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Mail: P.O. Box 47146 Creekside, Calgary, AB T3P 0B2

Last Name: _____ First Name: _____

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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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March	25	12	7	\$699,900	\$695,000
February	25	13	10	\$764,450	\$763,750
January	25	10	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

To view more detailed information that comprise the above
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KINCORA BOARD OF DIRECTORS

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Vlad Rudko	Secretary
Sydney Kennedy	Director of Membership
Charles Zhang	Director at Large
Dicky Sum	Director at Large
This could be you!	Director of Events
This could be you!	Director of Outdoor Rink
Zach Kennedy	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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VICE-PRESIDENT'S MESSAGE

Community Cleanup and More – All Happening in Kincora

Happy August Kincora neighbours! The activities just keep rolling in our community this summer. We are delighted to organize a Community Cleanup to help residents get rid of unwanted household items and property waste, in partnership with The City of Calgary, Technotrash, Symons Valley United Church, and Cerebral Palsy Alberta. This event saves residents a trip to the landfill for items that otherwise would need to go there. This service is free to all Calgarians and takes place Saturday, August 9 from 9:00 am to 2:00 pm at the Symons Valley United Church parking lot.

July brought us another successful Stampede Breakfast. We want to take a moment to thank all our volunteers who made it possible to deliver such a wonderful family event. It brings us hope and great joy to see so many young adults and teenagers stepping up to volunteer. We also want to thank all our sponsors who partnered with us this year, including Servus Credit Union, Ward 2 Councillor Jennifer Wyness, Calgary Blizzards Soccer, Sage Hill Bottle Depot, Hillside Dental of Sage, Nolan Hill Physiotherapy and Massage, Momentum Health, MLA Court Ellingson, and Calgary Co-op. We couldn't have done it without all your support.

Welcoming Two New Board Members

We'd like to take a moment to welcome our news board members, Sydney Kennedy and Zach Kennedy. Sydney will be taking on our Director of Membership position, while Zach will be a Director at Large. Thank you for stepping up and joining us!

We are still looking for passionate community members to step into the role of President, Director of Stampede, and Director of Outdoor Rink. We are a fun, professional group of volunteers, and we'd love to hear from you. We meet in person each month from September to June and want to keep doing great things for the community. If you're interested in helping shape the future of our neighbourhood, reach out to us by contacting vicepresident@kincora.org.

See you out in the community,

Kris McPherson, CRSP

Vice-President

GAMES & PUZZLES

Guess the Musical!

1. The 1962 version of this modern-day Romeo and Juliet story received 10 Oscars.
2. This musical of a masked, disfigured virtuoso holds the record for the most performances on Broadway.
3. Jennifer Hudson won an Oscar for her role as Effie White in this movie also featuring Beyoncé.
4. Pop sensation Dame Oliva Newton-John starred in this 1950s-inspired musical comedy.
5. Canadian actor Ryan Gosling stars in this romantic musical.
6. This heartwarming movie is based on the real-life story of the Von Trapp family.



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Curried Shrimp and Mixed Greens Salad

by Jennifer Puri



Food from the sea; shrimp have been a popular food source for a very long time. Shrimp are usually smaller than prawns but are similar in taste and texture.

Quick and easy to cook, shrimp can be found in just about every cuisine and are a popular ingredient in appetizers, salads, soups, pastas, and curries.

Shrimp are also recognized for their nutritional value and are a good source of protein, zinc, iron, vitamin B12, Omega 3, and selenium. They are low in calories, fat, and carbohydrates, and are a healthy food source that can fit well into a balanced diet.

Shrimp are lean and high in protein and can be poached, broiled, sautéed, or grilled. A flavourful curry dressing with shrimp like the one in the curried shrimp and mixed greens salad, also makes a delightful appetizer.

Prep Time: 15 minutes

Cook Time: 0

Servings: 4

Ingredients:

- 1 lb. cooked shrimp (peeled and tails removed)
- ½ cup mayonnaise
- ½ tsp. curry powder
- ⅓ cup Greek yoghurt

- 1 green onion, finely sliced
- 1 celery rib, finely chopped
- ¼ tsp. coarsely ground black pepper
- 2 tbsp. chopped coriander leaves
- 150 gm mixed greens

Direction:

- In a small bowl, blend the mayonnaise, curry powder, Greek yoghurt, celery, green onion, and black pepper.
- Next, add the cooked shrimp and coriander leaves and gently mix together. Cover and place in the refrigerator for at least an hour before serving.
- To serve, divide the mixed greens between four salad bowls. Place the shrimp salad on top and garnish with fresh strawberries, melon, or papaya slices if desired.
- Curried shrimp salad can be served with crackers, on a bun, or wrapped in lettuce leaves.

Bon Appétit!





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News from the Friends of Nose Hill

by Anne Burke

Long ago, what we know as Alberta was underwater, covered by the ocean and surrounded by tropical forests. As many as 20 major glacial advances and retreats reshaped the landscape, including the continuous plateau of Nose Hill and Lake Calgary. Nose Hill provides spectacular views of the Bow River Valley and the uplands across the valley. Their geological history began in the floodplain of the Bow River which flowed at the top level of the present Hill where the river deposited gravel, sand, and mud. These are relatively thin on the steeper slopes. Nose Hill is bounded by the overflow spillway system, now Beddington and Nose Creek. Big Hill Springs Coulee is what remains.

Erratics are stones, boulders, or big blocks picked up and moved from one place to another during the last ice age. There are many in Nose Hill Park traced to a landslide from Mount Edith Cavell in Jasper National Park; they are part of a series across the Foothills region of Alberta. The Foothills Erratics Train runs from near Hinton, Alberta, to the Montana border. Some large boulders, such as the Nose Hill Buffalo Rubbing Stone, were used centuries ago. You can hike up to the Nose Hill 64 Avenue Glacial Erratic from the parking lot off 14 Street NW. At the top of Nose Hill Park there are several scattered glacial erratics of different sizes grouped close together. The Nose Hill Brisebois Glacial Erratic is between the south Nose Hill Parking Lot at Brisebois Drive and John Laurie Blvd. The Nose Hill Tower Glacial Erratic is on the top of the hill near transmission poles and a small building. Access is by an uphill hike from the North Hill SE Parking Lot along an old access road.

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Healing in Green: How Houseplants Boosts Health and Happiness

by MPC Foundation

Houseplants and indoor greenery can bring a comforting sense of nature into any home, creating a more inviting and nurturing environment. While many people initially purchase houseplants for decorative purposes, research shows that their benefits go far beyond aesthetics. Houseplants have been found to offer both psychological and physical health advantages. Whether it be from alleviating anxiety, depression, and feelings of isolation to improving indoor air quality and regulating humidity levels. The daily routine of plant care, such as watering, pruning, and observing growth, further enhance these benefits by fostering a sense of routine and purpose. Studies show that these simple tasks can potentially help reduce feelings of loneliness and encourage mindfulness, making a home feel more alive and emotionally fulfilling.



Moreover, simply being around greenery has been shown to lower cortisol levels which is the body's main stress hormone and promote a more relaxed state of mind. This is because nature has a calming effect on the brain, as it helps to shift focus away from stressors. The sight of greenery also engages the parasympathetic nervous system, which helps slow the heart rate and reduce blood pressure, contributing to its relaxing effects on the mind.

In fact, even the decorative element of houseplants supports cognitive and emotional well-being. The presence of natural colour, warmth, and vibrancy contributes to a soothing atmosphere, brightening living spaces and uplifting mood. Various researched studies found that these effects have been linked to greater life satisfaction and overall emotional balance.

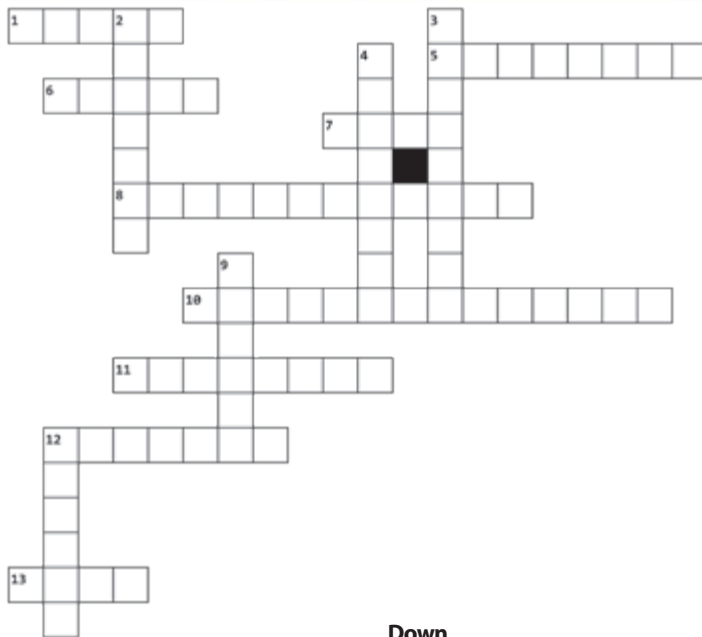


On the physical health side, many plants including peace lilies and snake plants are known to purify the air by removing toxins and increasing oxygen levels. Others, such as bamboo palms and spider plants, contribute to humidity control, which is especially beneficial in dry climates or during colder months.



Overall, incorporating houseplants into living spaces offers a multifaceted approach to enhancing daily life through various boons. The presence of house plants supports mental, emotional, and physical well-being, while adding a sense of beauty and serenity. These small touches of greenery not only decorate a space, but they cultivate a sense of comfort, joy, and belonging in one's home or living space.

August Crossword



Across

1. This classic Disney film about a young deer premiered in August 1942.
5. Canadian astronaut, Chris _____, was born in Sarnia, Ontario on August 29, 1959.
6. Canadian American actor Patrick J. Adams was born on August 27, 1981, in Toronto and is best known for his role as Mike Ross in this legal drama series.
7. *The Wizard of Oz* premiered on August 15, 1939, and was based upon the book written by Lyman Frank _____.
8. English navigator John Rut sent the first known letter from North America in August 1527 while anchored at St. John's, _____.
10. In August 1837, pharmacists John Lea and William Perrins started production of this condiment containing soy sauce and vinegar.
11. People born in August are lucky to have three birthstones to choose from: peridot, spinel, and _____.
12. The _____ Chapel in Vatican City was consecrated by Pope Sixtus IV on August 9, 1483.
13. International _____ Handers Day is observed annually on August 13.

Down

2. In August 2008, the _____ Summer Olympics became one of the most watched television events in history with approximately 4.7 billion viewers.
3. On August 4, 1693, it is believed that Dom Pérignon invented this sparkling wine.
4. Delia Owen's murder mystery novel, *Where the _____ Sing*, was published in August 2018.
9. Usain Bolt won the 200m at this Olympic Games on August 9, 2012, becoming the first man to win both the 100m and 200m at two consecutive Olympics.
12. Inventor Isaac _____ was granted a patent for his eponymous sewing machine on August 12, 1851, revolutionizing garment production.



Living with Chronic Pain or Illness: What We Wish Friends and Family Knew

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

Living with chronic pain or illness is an ongoing challenge that impacts every aspect of a person's life—physically, emotionally, mentally, and socially. It's not just about the pain or symptoms themselves, but about learning to function, cope, and find meaning in a life that no longer looks or feels the way it once did. For those who care about someone facing this reality, your support matters deeply—but it may not always be clear how to help. Here's what we need you to know.

Chronic Means Ongoing, Not Just Inconvenient

When someone lives with chronic pain or illness, they're not just having a bad day or a tough week. This is a long-term reality, and while there may be good days and better moments, the underlying struggle is constant. Pain and fatigue can be invisible, which makes it easy to overlook or misunderstand. Please don't assume that just because we look okay, we feel okay. We often mask what we're going through to avoid burdening others or to maintain some sense of normalcy.

We're Grieving Too

Chronic illness often brings a quiet, ongoing grief—the loss of the life we once had or imagined. We may grieve the ability to work, travel, exercise, or socialize like we used to. Sometimes we feel isolated, left out, or forgotten when our limitations make it hard to keep up. When you acknowledge this grief with compassion instead of trying to “cheer us up” or push us to be more positive, it helps us feel seen and validated.

We're Doing Our Best—Even When It Looks Different

We often have to weigh every activity, conversation, or commitment against how much energy we have. What might seem like a simple errand or casual hangout could mean days of recovery afterward. Cancelling plans, needing accommodations, or asking for help isn't laziness or lack of motivation—it's self-preservation. Trust that we want to show up for life and for you; sometimes, our bodies just won't let us.



What Helps the Most Is Empathy, Not Solutions

Unless you're asked, please don't offer cures, diets, or miracle treatments. We've likely tried many things or are already overwhelmed with information. What we need most is your presence—your willingness to sit with us in the hard stuff without judgment or pressure to “fix” it. Simple statements like “I'm here,” “That sounds really hard,” or “You're not alone” go a long way.

Support Looks Like Consistency and Flexibility

Reach out, even if we sometimes don't respond right away. Be okay with changing plans. Offer help but ask first. Say, “Can I drop off dinner?” or “Would a short visit work today?” rather than, “Let me know if you need anything.” The more you learn to meet us where we are instead of where you wish we could be, the more supported we feel.

Chronic pain or illness doesn't define us, but it does shape us. With patience, empathy, and a willingness to understand, you can become a vital part of our resilience. We may not always say it, but your care matters more than you know.

A MESSAGE FROM THE KRA

We hope you're enjoying the sunshine and long summer days. As August heats up, it's a great time to soak in the season and take care of a few home maintenance tips to keep things cool and running smoothly.

Summer HVAC Tips for Your Home

With the hotter weather upon us, remember to check for debris in and around your air conditioning units. Gently clean cooling fins with a fine mist of water to help maintain efficiency.

If you're using your furnace fan for extra air circulation, please note filters may need replacing more frequently due to the ongoing construction dust from north of Kincora and recent smoke from forest fires. Keeping air systems clean ensures better airflow and healthier indoor air quality.

Symons Valley Centre and Sage Hill Library – Progress Update

Exciting developments are underway on the Symons Valley Centre, a long-anticipated project that will add much-needed amenities to our northwest communities—including Kincora! Over the next five years, this seven-acre site will be developed in five phases, bringing services to Kincora, Sherwood, Sage Hill, Nolan Hill, and Evanston. The first milestone will house a permanent 15,000 square foot library, slated to open in 2028. The future site of this development is located at 251 Sage Hill Blvd NW.

For full project details, visit: calgary.ca/planning/projects/symons-valley-centre.

KRA Account Update and Projects Moving Forward

As highlighted at the recent KRA Annual General Meeting, your support is making a difference! Thanks to the many owners who continue to keep their KRA accounts in good standing, several important community projects are now able to move forward this year—thank you!

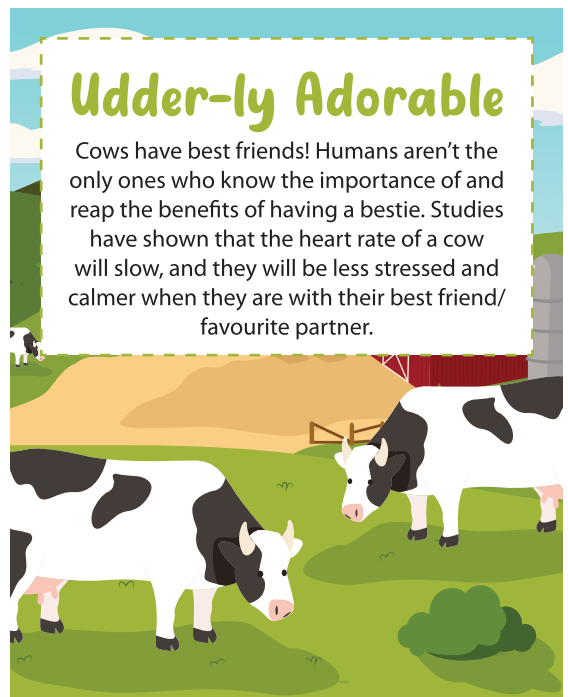
Unfortunately, for a very small number of owners now in their third year of arrears, final notices were issued earlier this summer. Accounts not resolved by August 1 have now been forwarded to collections. If you received a notice, please refer to the letter for contact and payment information.

Thank you for being a valued part of the Kincora community. Stay cool, stay connected, and enjoy the rest of your summer!

Warmly,

The Kincora Residents Association (KRA)

kincoraresidents.org



The Art of Finding Work: Rare is the Jobseeker Who Does Their Homework

by Nick Kossovan

In the late '90s, I was interviewing for a call centre management position with a well-known insurance company. Karl, my interviewer, and I clicked. Small talk revealed we shared a love of golf and agreed that Rhum Corner makes the best mojitos in Toronto. Karl seemed impressed by my STAR stories and experience creating incentive programs that drove sales. Forty minutes into the interview, Karl asked, "Knowing you'd be interviewing here, did you call the call centre?"

I hadn't.

I didn't get the job.

Hard lesson learned.

Since my interview with Karl, I have always made it a point to contact the company's call centre, use their products if I'm not a current user, speak to previous employees, and review recent media coverage. My goal is to gather as much information as possible, which I can leverage in my interview. If it's a job I'm eager to land, I'll gather information to mention in my cover letter.

"Last night, I called your call centre and waited more than three minutes before speaking with Stacy, who was pleasant. What's the average wait time for customers calling the Bank of Galicia call centre? While managing NOLA Bank's 60-seat call centre, I reduced the average wait time from 2:45 minutes to less than 42 seconds by..."

Candidates who've done their homework are few and far between, and those who have always stood out in my mind.

When I say "homework," I'm not talking about visiting the company's website and simply reviewing the rudimentary aspects of the business, such as what they do, annual revenue, the name of the CEO, and such. I'm talking about doing a deep dive—thinking like a private investigator—looking to uncover possible pain points (read: challenges) the employer is experiencing, such as my above example regarding average wait time and explaining how you'd resolve it.



In preparation for an interview, start by visiting the company's website; then go the extra mile. Here are some examples:

Call the employer's call centre (or visit their stores, branches, dealerships, etc.)

Since I'm in the call centre management space, my interviews have been for call centre management positions. Karl's question made me realize that calling the employer's call centre to gauge its performance is worthwhile, even if only to understand what I'm getting into and what challenges I'll encounter. Whether you're applying for a call centre management position or not, calling the company's call centre will give you an insight into the company's culture and how important customer service is to the employer,

In my case, I'll call the employer's call centre several times and assess how easy it is to navigate their IVR (Interactive Voice Response), how long it takes for an agent to answer my call, how their agents introduce themselves, etc. During the interview, I'll discuss my experiences with the call centre and how I would resolve any issues.

Experience the employer's product

While overseeing Crocs' customer service department, I had to hire several agents. Although all the candidates I interviewed knew what Crocs did, few wore them. Several candidates even admitted they weren't "a fan of" Crocs. Crocs have been a part of my life for a few years, so when I interviewed with Crocs, I wore a pair of my Crocs, which my interviewer and to-be boss noticed. During the interview, I shared the good and bad aspects of wearing Crocs, how I felt Crocs compared to Birkenstock, Skechers, Teva, and Vans, and how I see Crocs positioned in the footwear market.

Demonstrating that you use the employer's products and why you choose them over their competitors will give you an edge over other candidates. What employer wouldn't want to hire one of their fans, someone enthusiastic about their brand? If you have never experienced the employer's product(s), you should do so and let your interviewer know what you think.

Imagine you're interviewing for a social media manager position at a Mexican restaurant chain called Taco Loco. You've never eaten at a Taco Loco before, so you go to Taco Loco for lunch two days before your interview.

"The other day, I had lunch at your Dundas Square location. I had the Tres Quesabirria Tacos. Both the food and the atmosphere were on point. Something you should consider is offering keto-friendly and gluten-free options since these diets have become mainstream. As Taco Loco's social media manager, I'd lean more towards creating behind-the-scenes content, such as videos of meal preparations and customer testimonials, instead of simply posting pictures of dishes. Furthermore, I would increase followers and engagement by offering a 25% off coupon to anyone who follows Taco Loco's Instagram account or by hosting a contest where you can win a \$200 Taco Loco gift card by posting a selfie of yourself eating at Taco Loco and tagging Taco Loco."

Other ways to do in-depth homework:

- Read the company's annual report.
- Read reviews and look for common complaints.
- Google [company name] under 'News.'
- Speak to current and former employees.

Doing more homework than most job seekers shows that you're committed to contributing to the company's success, making it harder not to hire you.



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Greetings Residents of Calgary-Foothills!

I hope you've been enjoying your summer! It's been fun and busy for me - I've attended summer events, participated in Stampede Breakfasts, and supported community association events put on by local volunteers. I highly encourage you to become a member of your local community association as they play an important role in improving our local neighbourhoods.

With cost of living continuing to be a challenge, 2025 has been a difficult year for many. There have been growing concerns on various issues; ranging from the government making it easier to hold a referendum on Albertan separatism, education workers feeling burned out and unappreciated, questions about the UCP government's integrity around healthcare contracts, and the impact of trade uncertainty due to US tariffs.

In response to these concerns, I, as your local MLA and provincial representative, along with my Alberta New Democrats Caucus colleagues can empathetically say that we firmly believe Alberta should remain with Team Canada. Our New Democrat caucus will always invest in, and support public healthcare and education workers, and we believe economic diversification, innovation, and local investment are more critical than ever with the ongoing threat of tariffs.

To discuss this and more, I invite you to another "Ask Me Anything" Town Hall that I'm hosting at Arbour Lake Residents Association from 7:15 to 8:30 pm on Thursday, September 25. I hope to see you there! To RSVP, visit albertasfuture.ca/events/calgaryfoothillsamabettogether.

Meanwhile, don't hesitate to contact Calgary.foothills@assembly.ab.ca to learn how your MLA can support you! Please request to be added to our e-newsletter list so that we can keep you updated on local events, and changes to provincial legislation.

If you have any questions or would like to volunteer with my office, please contact me! A reminder you can follow my work by connecting on social media: [@CourtEllingson](https://www.youtube.com/courtellingson).

More Progress with Symons Valley Park

The Board is happy to announce another major milestone with our project. We've officially entered into a License of Occupancy agreement with the City of Calgary, which effectively gives us permission to start the next stage of our project, building a full size, all-season rink.

Did you know that the nearest outdoor rink in North Calgary is either Royal Oak or Hidden Valley?

Building our rink in the heart of Symons Valley means people young and old living in Kincora, Nolan Hill, Sage Hill, and Sherwood can easily walk, ride, or drive a short distance to enjoy all the benefits of this amenity, including skating, hockey, and basketball.

We're Actively Looking for Funding Partners

Help us bring our vision to life! We're creating a vibrant, multi-use community space that will serve families, youth, and residents of all ages—but we can't do it alone. We're inviting individuals, local businesses, and developers to partner with us in building something truly impactful. Your contribution will directly support high-quality amenities, events, and recreational opportunities that strengthen community connection. Whether it's a one-time donation or a larger investment, your support will leave a legacy in our growing neighbourhood. You can donate to our project safely and securely thanks to our partnership with Parks Foundation Calgary. That partnership also allows us to provide tax receipts too!

Donate today at www.symonsvalleypark.ca/donate.

Join Us at Our Annual Movie in the Park

On Saturday, September 13, we're bringing the big screen back to the great outdoors with our annual Movie in the Park—a fun, free, family-friendly evening under the stars. We want to make this year's event the biggest and most fun yet! To make this possible, we're calling on businesses, community leaders, and individuals to partner with us through sponsorship and donations.

Join our Board

Have you ever thought about becoming more active in the community in hopes of making a difference in the neighbourhood you live in?

We've got two open spots on our board of directors and would love to have you join us. We have an urgent need for volunteers who would be willing to support our fundraising efforts. This includes developing tactics to engage the business communities, individual donors, and prepare available grants.

We are a highly motivated, professional group of people who want to build Symons Valley Park. Come join us and help make our communities better!

Have a great finish to the summer!

Kris McPherson

President

www.symonsvalleypark.ca

WORD OF THE MONTH

Galumph: Verb (guh-LUMF)

To move in a noisy or awkward style.



They galumphed around the living room looking for Sara's phone.



Huntington Hills Skating Club

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