# KINCORANE

### YOUR OFFICIAL KINCORA COMMUNITY NEWSLETTER



### **Bringing Joy to Every Pup, Every Day!**

- 🐣 Dog Daycare 🐣 Dog Boarding 👚 🐣 Dog Wash

- - Pet Grooming AP Pet Party Room AP Pet Food

- Dog Massage
- Pet Merchandise



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### **GAMES & PUZZLES**

### **Guess the Couple!**

- 1. These two periodic elements make for a salty pair.
- 2. These semi-aquatic rodents mate for life and form strong bonds with their partners.
- 3. These two Disney pups celebrate their 70<sup>th</sup> anniversary in 2025.
- 4. This British celebrity supercouple are fondly known as Posh and Becks.
- 5. This fictional couple's sweet love story started in an office of all places!
- 6. This prehistoric couple lived amongst dinosaurs with their daughter, Pebbles.





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SCAN THE QR CODE

FOR THE SOLUTION



# **Bringing Joy to Every Pup, Every Day!**

- Dog Daycare
- Dog Boarding
- Pet Grooming Pet Party Room
- 🐣 Dog Massage 🔗 Dog Wash
- Pet Food
- Pet Merchandise







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### 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.

**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.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

### PRESIDENT'S MESSAGE

Hello Kincora,

Hope you are all doing good. If you have been following the news like me recently there was a distressing incident in Kincora. Kincora Community Association regrets this tragic event and sends its condolences and prayers to the surviving members of this lovely family. KCA in association with Kincora Residents Association has decided to donate to the planting tree initiative the family has set up in lieu of flowers (https://www.evanjstrong.com/obituary/Stanislaw-Wardzala).

Here is the link to Gofundme page that has been set up for the family: https://www.gofundme.com/f/help-supportkazio-kalinka-katsper-during-this-time. Please do the needful as you see fit.

I would like to remind everyone to please take this moment and pay real attention to your mental and physical health. One of the things I have done time and again in life is that whenever I have felt low is to volunteer in whatever capacity I could. Joining the KCA was also done in such a moment where I suddenly felt very lonely in life. KCA members and the events and activities we bring to Kincora drove away the loneliness. The people I have met in this journey be it the public representatives or the volunteers, have only added to a positive feeling. Sometimes all it takes is a moment to step out of our own lives to look at something else, a few moments of distraction. At the end of this message, you fill find links to some useful resources which might come handy to you or those you know.

On a different note, KCA will be hosting its Annual Winter Festival on February 23, 1:00 to 3:00 pm. As always there will be wagon rides, hot chocolate, a skating rink, some warm fires, and so much more. The Winter Festival is weather dependent as you know and is subject to change. Please check our website and Facebook page to make sure you have the right time and date of the event. Our Easter Egg Hunt will be on April 5, 2:00 to 4:00 pm. Neighbour Day will be organized by the Symons Valley Church on June 21, 2:00 to 4:00 pm.

The KCA Annual General Meeting will be on April 29, 7:00 to 9:00 pm. We are short of two board members, someone who can be our Communications Director and another who can help us with events and memberships. If you or anyone you know is interested, please do plan to attend the AGM.

Although the Colours Festival - Holi event (May 3, 2:00 to 4:00 pm) has been hosted twice now, I am afraid the attendance numbers haven't been promising. I urge all of you to take time to participate in this fun festival where you get to throw colours, dance, and enjoy good food with your friends, family, and neighbours.

See you soon at the Winter Festival,

Mallika Velamuri

President, KCA

### **Useful Resources**

- https://www.sagesse.org/
- If you require emergency supports to meet basic needs, income support is available 24/7. Income Support Contact Centre: 1-866-644-5135

For anyone facing family violence, bullying or abuse, the following resources are available 24 hours a day, seven days a week:

- Find Family Violence Resources and Services (https:// www.canada.ca/en/public-health/services/healthpromotion/stop-family-violence/services.html)
- Family Violence Info Line: 310-1818
- Child Abuse Hotline: 1-800-387-KIDS (5437)
- Bullying Helpline: 1-888-456-2323
- Crisis Support: Distress Centre Calgary: 403-266-4357

Help is also available 24/7 for anyone struggling with mental health challenges. Life can be stressful, but it is important to remember that you are not alone:

- Help in Tough Times | Alberta Health Services (https:// www.albertahealthservices.ca/amh/Page16759.aspx)
- Alberta Health Link (811) 24/7 health advice, phone lines answered by registered nurses.
- Hope for Wellness Help Line Indigenous mental health support 1-855-242-3310

You can also visit alberta.ca for a full list of all available government services or call 3-1-1 to help find the right community and social services supports.



### YOUR CITY OF CALGARY

# **Protect Your Household Water Lines and Meter from Freezing**

by The City of Calgary



Every winter, some Calgarians will experience frozen water pipes, service lines, and water meters, resulting in a water outage. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth, and configuration of water pipes and a history of freezing.

Recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing. Ways to avoid freezing include:

- Keep your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
- Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit calgary.ca/frozenpipes to learn more, including actions you can take if you suspect you have frozen pipes.

1	KINCORA COMMUNITY ASSOCIATION MEMBERSHIP www.kincora.org (Online Registration and Payment)				
Kincora	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?			
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.



by Anne Burke

Natural parkland is green space with a (relatively) low level of maintenance and natural or naturalizing vegetation. Natural areas are accessible (by trail networks) or have limited/little public access. A master plan deals with current and future needs by population for park/greenspace. The Municipal Protected Areas Program demonstrates how biodiversity will be protected, conservation lands connected, and how Canadians will gain an appreciation for local nature. A Municipal Eco Toolkit by the Miistakis Institute for Alberta municipalities will help maintain their natural infrastructure systems (municipal30x30.ca).

Nature Canada is building a web of partners to help Canada achieve its biodiversity conservation goals to protect 30% of land, water, and marine areas by 2030. As of 2022, Canada has only protected 13.7% of land. The Canadian City Parks Report surveyed 35 Canadian municipalities, 2,500+ residents of Canadian cities, as well as park staff and other professionals across the country. One-third of cities said addressing federal biodiversity and land protection goals are a high priority. When 81% of Canadians are living in urban areas, protecting land in urban areas is vital. Cities are in dire need of new space for parks. Park budgets are not keeping pace. Partnerships are critical when cities need policies and structures. Park issues are increasing and require more training and collaborations. Departmental structures can promote collaboration or disconnection. Some residents feel disempowered but still want to engage. Mental and physical health benefits are key although there is a lack of programs. There are nine case studies in the 2024 Report which includes analysis of key data from surveys of both municipal staff and residents of Canadian cities, for new and ongoing issues facing parks, and how to help city staff make better decisions about programs, policies, and funding. Read more at parkpeople.ca.



(Aurora Sky District includes the following communities: Edgemont, Evanston, Glacier Ridge, Hamptons, Hidden Valley, Hanson Ranch, Kincora, Nolan Hill, Sherwood, and Sage Hill)

The 85 Embers have had a great start to our year. We are a unit of twelve Embers (girls ages 7 to 8 years). In October we had a sleepover, a first for many of them, sleeping away from home. The theme was "Animals", which included decorating and assembling butterfly houses, and building bear dens out of graham crackers and teddy grahams.



Other highlights this fall included learning about money – how much do grocery items actually cost for your favourite recipe at Evanston Sobeys. Girls also had the chance to scan their items through and take turns as cashier/shopper/packer. They really seemed to enjoy the role playing. Then the next week we had a very successful auction where donated items from our families (books, toys) were auctioned off. Each girl only had \$10 to spend, so many hard decisions had to be made. Our auctioneer (Guider Heather) was fantastic - she had experience going to many cattle auctions from when she was a kid growing up on the family farm.

In January, we will be doing a day event at the Calgary Gymnastics Centre – the option they overwhelmingly ended up voting for (other options included Telus Spark, Bow Habitat Fish Station, and the Zoo). Should be a great way for them to earn their My Physical Self badge. We are also hoping to do a 'behind the scenes' tour of Evanston Sobeys. As well we are planning a visit or two to a local Seniors home to play games with the Seniors. And we have a spring camp planned at Camp Jubilee in Cochrane. It is shaping up to be a great year.

### **MENTAL HEALTH MOMENT**

### How to Know if You Are Ready For Couples Therapy or Not

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



There are many approaches to couples therapy such as Gottman Method, Emotionally Focused Therapy, and IMAGO to name a few. The decision to seek couples therapy requires evaluating your relationship and your willingness to work through challenges. The following are some key signs that you may be ready:

- **1. Communication Issues** Do you struggle to express your feelings without arguing or shutting down? Are there unresolved conflicts that keep resurfacing?
- 2. Feeling Disconnected Has the emotional or physical intimacy in the relationship declined? Do you feel like roommates rather than partners?
- **3. Recurring Problems** Are you stuck in repetitive arguments or unhealthy patterns? Have individual efforts to fix these issues failed?
- 4. Life Changes or Stressors Have recent events (moving, new baby or job) put a strain on your relationship?
- 5. Trust Issues Has there been a betrayal such as an infidelity or broken promises? Are you struggling to rebuild trust?
- **6. Desire to Improve** Are you both willing to put in the effort to strengthen the relationship? Do you believe the relationship has potential for growth?
- 7. Mutual Commitment Are you both open to exploring therapy, even if one of you is more hesitant at first?
- **8.** Individual Challenges Impacting the Relationship Are personal issues such as stress, trauma, or mental health affecting how to connect with each other?

If you relate to some of the above, couples therapy could be beneficial. Even if you're unsure, seeking therapy to explore some of these concerns and set goals can be a proactive step.

The following are some signs that couples therapy could be unproductive or even counter- productive:

- **1. Lack of Commitment to Change** One or both of you are not genuinely willing to work on the relationship. Going to therapy just to 'check the box' or appease the other.
- **2. Blaming Without Accountability** If either of you is solely focused on blaming the other without reflecting on your own role in the relationship's challenges.
- **3. Unwillingness to Communicate Honestly** If either of you are unwilling to be vulnerable, open, and honest, your therapist won't have a full picture to be able to help you.
- **4. Hidden Agendas** If therapy is being used as a way to justify leaving the relationship rather than to repair it, the process won't be effective.
- 5. One of You is Being Forced into Therapy If one of you does not want to attend or doesn't believe in the process, lack of engagement can hinder the process.
- 6. Ongoing Abuse Couples therapy is not the right setting to address physical, emotional, or verbal abuse. These situations require specialized interventions to ensure safety and require individual therapeutic attention.
- 7. Unresolved Individual Issues If personal issues such as active addiction or untreated mental health conditions are dominating the relationship dynamics, individual therapy is a better starting point before engaging couples therapy.
- **8. Timing is Off** If there are active external factors like intense work stress, a recent traumatic event, or other life circumstances, it will leave little energy or focus for therapy. It may be better to wait.
- 9. Desire for Separation If one of you has already decided to end the relationship and sees therapy as a formality, it will obviously prevent any genuine engagement.

Being ready for couples therapy requires mutual willingness and effort, but readiness can evolve with time and self-reflection.

### **Staying Healthy and Active During Winter**

by MPC Foundation

Winter's chilly days can bring unique challenges, but with some thoughtful preparation, seniors can stay healthy, active, and happy throughout the season. Remaining physically active is especially important during these colder months, as it helps maintain strength, balance, and overall health. Regular exercise can improve mood, boost the immune system, and reduce the risk of chronic conditions, helping seniors feel their best even when the days are shorter and darker. Staying engaged in meaningful activities can also promote a sense of purpose and mental well-being.



Staying active doesn't have to mean braving the cold. As suggested by the Mayo Clinic, there are plenty of ways to keep moving indoors. Chair yoga or seated stretches are excellent for improving flexibility and balance, while simple exercises like standing up from a chair multiple times can strengthen the legs. Everyday household items, such as soup cans, can also be used as hand weights for light strength training. For something fun, turn on your favourite music and dance around your living room. It's a great way to lift your spirits and get some cardio in. Technology also offers great solutions for staying fit. Seniors can explore virtual fitness classes or online exercise videos tailored specifically for their needs. These programs provide structure, variety, and motivation, helping you stick to a routine even when it's cold outside.



Winter can sometimes feel isolating, so staying socially connected is equally important. Consider participating in friendly phone call programs, joining virtual social groups, or calling loved ones to stay in touch. On milder days, getting outside for some fresh air and sunshine can help you feel revitalized. When venturing out, remember to dress warmly, wear sturdy footwear, and watch for icy spots.



Good hydration, balanced nutrition, and a regular sleep schedule are also vital for winter well-being. Seniors often drink less water in the colder months, but staying hydrated is essential for overall health. Pair this with a nutrient-rich diet, emphasizing warm, comforting foods, and you'll have the energy to stay active and engaged. By prioritizing both physical activity and social connections, seniors can turn winter into an enjoyable season.

### **SYMONS VALLEY PARK UPDATE**



# A New Year, A New Opportunity to Build Together

Dear Symons Valley Neighbours,

As we welcome a new year, we reflect on the incredible progress we've made together and look forward to the exciting possibilities ahead. At Symons Valley Leisure and Amenities Society (SVLAS), our mission is to provide social and recreational amenities, and promote social and recreational activities, to members of the four communities in the Symons Valley residential area of NW Calgary: Nolan Hill, Sage Hill, Kincora, and Sherwood.

This year, we continue to work on our ambitious project that has the power to transform lives: the creation of Symons Valley Park. This amenity will serve as a cornerstone for our neighbourhood, bringing the community together, all while providing the muchneed amenities that our residents deserve.

### **Why This Matters**

Every great accomplishment starts with a dream—and we dream of a community hub, a recreation destination, to be a reliable place for enhancing the health and wellbeing of area residents.

### Our Goal for 2025

To bring the first part of our vision to life, we need to raise \$250,000. This will cover the engineering, project management, permitting, and earthworks on our site.

We've been working so hard, but there's still a way to go. We'd be lucky to have you as a partner on this project.

### **How You Can Help**

Donate: Every dollar brings us closer to making this dream a reality. You can make a secure donation and find a link to donate at www.symonsvalleypark.ca/donate.

Spread the Word: Share our mission with your family and friends. The more people who know, the stronger our impact.

Volunteer: Join us in making this vision come to life! Sign up to volunteer at hello@symonsvalleypark.ca.

### Together, We Can Build a Better Future

The beginning of a new year reminds us of the power of hope and community. By coming together, we can turn this vision into a space that benefits our community for generations to come.

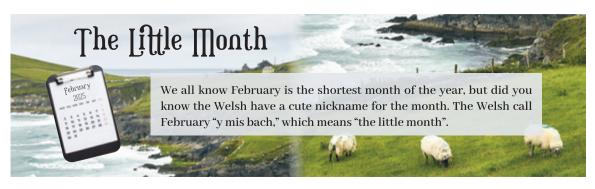
### Want to Learn More?

Visit our website today at www.symonsvalleypark.ca and see what we're so excited about. Help us build Symons Valley Park, a destination for you to Play; Connect: Unwind.

Let's make this a year to remember,

Kris McPherson

President, Symons Valley Leisure and Amenities Society



### YOUR CITY OF CALGARY

### Together Let's Send Winter Down the Drain

by The City of Calgary

In Calgary, a Chinook can sometimes turn inches of snow into puddles within hours. If storm drains are clogged with snow and ice it can lead to large puddles on our streets.

### **How You Can Help**

We maintain more than 60,000 storm drains across Calgary, but a sudden melt can make it difficult to attend to all of them within a short period of time. This is why we ask Calgarians for their help.

- Check the storm drain near your home to clear debris (e.g. leaves, sticks) or remove ice and snow.
- If there's a buildup of snow or ice and it's safe to do so, create a channel to help water flow towards the drain.

If the storm drains in your area are covered with snow and difficult to find, visit calgary.ca/stormdrains and use our map to find the location.

### We're Here to Help If Your Storm Drain Is Frozen

If water is pooling on your street and you suspect the storm drain is frozen, contact 3-1-1. We have specialized boiler equipment that pushes out steam to get the storm drain thawed and running again.

- Submit a "Storm Drain/Catch Basin Concern" through the 3-1-1 web or mobile app.
- Take a photo and attach it to your request. This goes a long way in helping us respond on a priority basis.

Our crews respond to requests attending first to areas impacting public safety and where excess water may cause property damage.



### A MESSAGE FROM THE KRA

Happy Valentine's Day, we love our community!

Thank you to our owners for keeping their accounts in good standing. Due to the 2024 postal strike, mailed in HOA payments have been reviewed and some interest charges to December 31, 2024, have been adjusted. The next interest review will be completed in June or July. The KRA proudly contributes funds to the KCA for community initiatives such as the skating rink, Winter Festival, Easter Egg Hunt, and Stampede Breakfast. We also are working with other parties to maintain progress in our long-term projects. External auditors have been engaged for a review of the KRA's 2024 financials in preparation for the 2025 AGM.

As winter continues and temperatures fall, cozy up with a cup of hot chocolate during YYC Hot Chocolate Fest, now until the end of the month.

Later this month, Kincora can look forward to the annual Winter Festival, tentatively scheduled for February 23. As always, the KCA would appreciate volunteers to assist.

Website: kincora.org

Email: volunteers@kincora.org

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

Kincora Residents Association

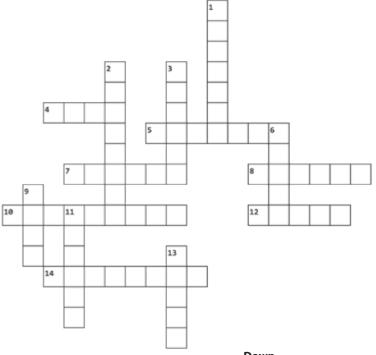
kincoraresidents.org



# **50 WORDS**

Most people are familiar with the imaginative children's author Dr. Seuss, but did you know that one of his popular stories, *Green Eggs and Ham* actually came from a bet! Dr. Seuss was challenged that he wouldn't be able to write a good book for kids using only 50 different words... guess he proved them wrong!

## February Crossword





### Across

- 4. Canadian filmmaker, Denis Villeneuve's sci-fi adventure film \_\_\_\_\_: Part Two first premiered in February 2024.
- 5. Fleetwood Mac's best-selling album, \_\_\_\_\_, was released on February 4, 1977, featuring songs such as "Dreams" and "Go Your Own Way".
- 7. Born on February 1, 1994, England-born pop sensation, Harry rose to fame as part of a boy band before going off on his own.
- 8. On February 21, 1948, the National Association for Stock Car Auto Racing, best-known as \_\_\_\_\_, was founded.
- 10. Something that is typically given to a significant other or friend(s) during the month of February.
- 12. February is National \_\_\_\_\_ Month, highlighting the importance of cardiovascular health.
- 14. Singer-songwriter and multi-instrumentalist, Joni , was inducted into Canada's Juno Hall of Fame on February 5, 1981.

### Down

- 1. In February of 1917, this famous Spanish artist, best known for Cubism made his first trip to Italy.
- 2. February's purple birthstone, the \_\_\_\_\_\_ is believed to be a symbol of protection.
- 3. The Grammy Award-winning song "No\_\_\_ by TLC was released on February 2, 1999.
- 6. 2025's Chinese Zodiac is this slippery, slithery creature.
- 9. Angie Thomas' young adult bestseller, *The U Give* was originally published on February 28, 2017.
- 11. Canadian actor, Page, was born on February 21, 1987, in Halifax, Nova Scotia.
- 13. \_\_\_\_\_ History Month was made official by U.S. President Gerald Ford in 1976 and is observed every February.



### RESIDENT PERSPECTIVES

### Landlord and Tenant Law -**Sublets and Options in DV Situations**

by Charmaine Coutinho

As a volunteer lawyer with Calgary Legal Guidance, I advise clients who would otherwise be unable to access (paid) legal services to empower them to take the next steps in their legal matters independently. I commonly deal with landlord and tenant disputes.

This article discusses only leases covered by Alberta's Residential Tenancies Act (RTA). The RTA excludes tenants sharing living space with a landlord, supported living accommodations, and a few other scenarios. I aim to help our community become more familiar with a few RTA topics, at a time when landlords and tenants are under stress and possibly looking for options.

### Subletting

As the cost of living dramatically increases, the proportion of income we allocate to rent may shrink. Many now find themselves unable to afford what may once have been a comfortable rent. The solution, particularly for those in a fixed term lease, may be to sublet.

However, many leases purport to ban sublets. According to the RTA, a tenant can ignore any term in a lease that purports to erase a protection offered to tenants by the RTA. So, a tenant can ignore a lease term that bans subletting.

Under the RTA, a tenant needs a landlord's written consent to sublet, and a landlord cannot refuse to provide consent without reasonable grounds. If a landlord has not given the tenant their written reasons for denial within 14 days of receiving the request, a tenant can assume that the landlord agrees to the sublet. A landlord also cannot charge the tenant a fee for giving consent for the sublease.

Before subletting, a tenant should understand how a sublet works: the primary lease between the tenant and the landlord still exists. As such, all of the tenant's responsibilities and obligations under that primary



lease continue despite the sublet. If the subletter fails to meet their tenancy obligations, the primary tenant would be responsible for meeting these obligations. For example, if a subletter fails to pay rent, the primary tenant is responsible for paying rent to the landlord. If a subletter damages the rental unit during or at the end of the tenancy, the primary tenant would be responsible for repairing the unit before surrender to the landlord or could be sued by the landlord for repairing the cost of damages done by the subletter. Any tenant planning to sublet should seriously consider the risks involved before entering into a sublease.

It is possible for a landlord to voluntarily agree to end the primary lease early, with pre-defined or no penalty fees, and set up a new lease with the interested subletter; this would be exclusively at the discretion of the landlord and cannot be forced by the tenant.

### Domestic Violence and Tenancies

Victims of domestic violence can end a tenancy early and without financial penalty, without a landlord's consent. This right arises in circumstances where the tenant's or a dependant individual's safety is at risk. There is a process to request an authorization certificate from the Alberta government; once the required documents are submitted, the applicant can receive a certificate within seven days. This certificate must be served on the landlord at least 28 days before the applicant terminates the tenancy.

If the applicant fears for their continued safety, they may leave the rental unit before receiving a certificate or before the end of the 28-day period.

Please reach out - there are supports from the city, province, and legal organizations serving vulnerable individuals, ready to offer confidential advice and assistance to those escaping domestic violence.



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### YYC West Runway Rehabilitation community information sessions

Session d'information publique : Réhabilitation de la piste ouest de YYC

### February 18, 6 - 8 p.m.

18 Février de 18:00 à 20:00

Crossroads Community Association (1803 14 Ave NE)

### February 19, 6 - 8 p.m.

19 Février de 18:00 à 20:00

Vivo for Healthier Generations (11950 Country Village Link NE)

### February 20, 6 - 8 p.m.

20 Février de 18:00 à 20:00

Vivo for Healthier Generations (11950 Country Village Link NE)

### February 25, 6 - 8 p.m.

25 Février de 18:00 à 20:00

Genesis Centre (7555 Falconridge Blvd NE)

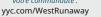
### February 26, 6 - 8 p.m.

26 Février de 18:00 à 20:00

Genesis Place (800 East Lake Blvd NE, Airdrie, AB)

### Learn more about how this project will impact your community:

En savoir plus sur l'impact de ce projet sur votre communauté :







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		Properties		Median Price		
		Listed	Sold	Listed	Sold	
December	24	5	5	\$719,900	\$715,000	
November	24	4	7	\$505,000	\$492,500	
October	24	11	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	
February	24	8	10	\$307,000	\$322,500	
January	24	9	7	\$699,900	\$687,000	
<b>-</b> .						

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