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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
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GAMES & PUZZLES

Guess the Instrument!

1. Dating back at least 50,000 years, this is considered the oldest known musical instrument in the world.
2. This instrument's name comes from the Persian word meaning "three-stringed."
3. This instrument is made up of 88 keys that strike 230 strings.
4. Along with the shamrock, this instrument is the official State emblem of Ireland.
5. This instrument is played with a bow made up of at least 150 individual hairs.
6. The Fender Stratocaster is this kind of instrument.



SCAN THE QR CODE FOR THE ANSWERS!

KINCORA BOARD OF DIRECTORS

PO BOX 47146, Creekside, Calgary, AB, T3P 0B2
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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.

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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PRESIDENT'S MESSAGE

Happy New Year Kincora!

After a warm and fuzzy time spent with our loved ones, it is time to make resolutions, think about the future year, and make the changes we want to see in our life. I had a wonderful time being the President of Kincora Community Association, (the most successful community association of the Northwest) for 2024. We have successfully been able to bring to you the various events such as the Winter Festival, Easter Egg Hunt, Colours Festival - Holi, Stampede Breakfast, Earth Day, and the Parade of Garage Sales. I hope you had fun eating at the Food Trucks throughout the summer and fall. I have been ably supported by a team of eight members and we take great pride in keeping this association alive with energy and enthusiasm. This year Vlad Rudko joined the board during the AGM meeting in April and since then has done an amazing job taking on the KCA secretary role. He was someone who used to volunteer at the KCA events in the past and eventually decided to join the board.

That said we have space for more. We are looking for a Communications Director, someone who can put together the monthly newsletter content, manage our communications email, and possibly keep Facebook and Instagram updated. If this something you would be interested in, please write to me at my President's email. As always everyone is welcome to volunteer at any of the events.

Onto exciting news. Mark your calendars for our annual Winter Festival activities on February 23, 1:00 to 3:00 pm. As some of you already know there will be sleigh rides, music, skating, and refreshments at the Kincora fields. This is another one of our free events for anyone in the City of Calgary brought to you by your very own Kincora Community Association paid for by your \$20 membership. Don't forget to renew your membership if you haven't done so already.

- We will have two horse-drawn sleigh rides going through the Kincora fields.
- The KCA will have the "Skate Shack" onsite for free skate and helmet rentals.
- Firepits will be going.
- Light refreshments such as hot chocolate and donuts will be provided onsite.

Please be on the lookout on the kincora.org website and the Facebook page for updates. We always need help setting up and taking down before and after the event and helping people out with skates and refreshments during the event itself.

I hope you have been enjoying the pictures of the various events published in our monthly newsletters. I am looking forward to serving as the Kincora President in the upcoming year and to bring a line-up of events to you. If you want to take full advantage of these events, make sure your household has KCA membership. This will be the best \$20 invested for your own community. Given below are some of the events and their tentative dates that KCA is planning on organizing this coming year.

- Annual Winter Festival – February 23 (subject to change based on weather)
- KCA Easter Egg Hunt – April 5 (Tentative)
- KCA Annual General Meeting – April 29
- Festival of Colours – Holi - May 4
- Annual Stampede Breakfast – July 13
- City of Calgary Neighbour Day - TBD
- Kincora Earth Day Cleanup – TBD
- Parade of Garage Sales – TBD
- Community Cleanup – TBD
- Food Truck Rally's – May to October

Please be on the lookout for the exact dates and times on the <https://kincora.org> website and on our Facebook page.

Wishing for a prosperous, healthy, and peaceful year ahead for everyone!

Mallika Velamuri

President

President@Kincora.org



Warm Up to Winter in Calgary Parks

by the City of Calgary

Winter makes it possible to enjoy Calgary parks in a different way than during any other season. Many cold-weather park activities are also free with minimal equipment needed. Only in winter can you skate on outdoor rinks, marvel at beautifully lit ice trails, play Crokicurl, and ride an ice bike in our parks.

We have several established outdoor rinks and two new ones this year - Prince's Island Park lagoon rink and the Lot 6 Pop-Up rink, making a total of ten outdoor, natural ice skating rinks, over 60 volunteer-run Adopt-a-Rinks, and indoor skating at 12 arenas with 19 rinks. Have you visited Prairie Winds Park in the winter before? There are two skating rinks and decorative winter displays to enjoy.

Plan an afternoon at your local community park snowshoeing or cross-country skiing. For easier skiing, visit a park or golf course that has groomed cross-country trails.

Take a walk through a park on a sunny winter day. You are sure to see birds and other wildlife. You can also pre-book an outdoor firepit at a park and have a winter picnic with friends.

For more ideas about how to stay active during cooler temperatures at city parks, visit calgary.ca/winteractivities.



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

KCA Membership Fee: \$20

Cheque is payable to the Kincora Community Association (**NO CASH**)

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

Last Name: _____ **First Name:** _____

Email: _____

Address: _____

Home Phone: _____

Alternative Phone: _____

Are you interested in volunteer opportunities?

Date (dd/mm/yy) _____

Registration confirmation is sent out from wadmin@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.

Learning About Food: Cooking for Health and Happiness

by MPC Foundation

As we get older, eating well becomes increasingly important. Healthy food can help prevent diseases like diabetes and dementia. Community programs like The Good Life in Oakland, California, and Goodlife Makan in Singapore are helping seniors learn to cook healthier meals and understand the importance of good nutrition. For instance, at Goodlife Makan, seniors join cooking classes to learn how to prepare tasty meals using fresh fruits and vegetables. One simple change they might make is using apples instead of sugar to sweeten fried rice, which can significantly improve their health, especially for those with diabetes. Learning to cook with fresh, wholesome ingredients not only supports physical health but also enhances the overall well-being of seniors.



The Singapore General Hospital (SGH) is also working to help seniors understand healthy eating. They are gathering information from seniors about their nutrition knowledge, aiming to provide guidelines for active aging centres by the end of 2027. At Goodlife Makan, seniors learn about the “healthy plate” concept, which helps them balance different food types. These cooking classes are not just about preparing meals; they also foster community. By cooking together, seniors can reduce feelings of loneliness, which is essential for mental health. Participants at The Good Life enjoy sharing meals, exchanging cooking tips, and creating a sense of friendship, making the learning process enjoyable and meaningful.



Research by SGH shows that many seniors want to learn more about nutrition. To make this process engaging, they use games and activities to teach healthy eating habits. By empowering seniors with knowledge about food, these programs help them make better choices for their health. As one participant from The Good Life said, “Cooking can be a way to heal,” highlighting the joy and benefits of good food in our lives. Through learning and cooking together, these community initiatives demonstrate how simple changes can lead to improved health, stronger connections, and greater happiness. Together, seniors can embrace the joy of cooking and enjoy the many benefits of healthy eating.



Tortellini and Spinach Soup

by Jennifer Puri



Tortellini is an Italian bite-sized pasta which is stuffed with ricotta or parmesan cheese, pork, sausage, dried mushrooms, herbs, and vegetables.

This ring-shaped pasta is traditionally served in a broth, but tomato, mushroom, and meat sauces are also popular. Italy is recognized for its food culture and the work of rolling out the dough evenly and then cutting it into small squares, followed by the stuffing and shaping of the tiny tortellini which is an art in itself.

Tortellini and spinach soup is the perfect weeknight supper that can be enjoyed by every member of the family. It is delicious on its own or with a tossed salad and garlic or crusty bread.

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 4 to 5

Ingredients:

- 1 package spinach or cheese stuffed tortellini (350 gm)
- 1 tbsp. olive oil
- 3 garlic cloves, finely chopped
- 1 small yellow onion, finely chopped
- 6 tbsp. tomato paste
- 3 cups fresh spinach leaves, stems removed
- 2 carrots, chopped
- 10 cups of low sodium chicken broth

- ½ tsp. ground black pepper
- Salt to taste
- 1 tsp. Italian seasoning
- 1 cup half and half cream

Garnish:

- Grated parmesan cheese
- Parsley leaves
- Red chili flakes (optional)

Directions:

- Place the olive oil, onion, garlic, and carrots in a medium size pot or Dutch oven. Sauté the vegetables until the onions are translucent, approximately 4 to 5 minutes.
- Add the tomato paste, Italian seasoning, salt, and pepper, stirring frequently. Next add the broth and bring to a boil. Add tortellini and cook until the tortellini is al dente, about 5 minutes.
- Reduce heat to low and gently add the half and half cream and the spinach leaves and continue to simmer for a couple of minutes or until spinach leaves are wilted and then remove from heat.
- Ladle the soup into bowls and garnish with grated parmesan cheese, parsley leaves, and chili flakes (optional).

Note:

- Leftover soup can be stored in an airtight container and refrigerated for up to three days.
- Vegetarians can substitute the chicken broth with vegetable broth.

Bon Appétit!

A Shot at Life

On January 11, 1922, 14-year-old Leonard Thompson became the first person to receive insulin as a treatment for diabetes. Canadian scientist Frederick Banting, co-discoverer of insulin, injected Thompson with insulin saving his life and marking the start of this groundbreaking medical breakthrough.

How to Be a Great Communicator

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



Just because we speak and understand the same language doesn't necessarily mean we are good communicators. One of the most common reasons couples seek my services is to learn better ways to communicate. The list below is for anyone who would like to hone their own skills.

Let's Start with Some Bad Habits in Communication:

- 1. Interrupting** – This can make it seem like you don't care what the other person is saying. Yes, sometimes I get excited and blurt things out but it's important to acknowledge the other and be respectful to allow them to continue. This can also be an issue if you are neurodivergent, and the speaker doesn't know this.
- 2. Story-Topping** – This can shift the conversation from connection to competition.
- 3. Bright-Siding** – Always encouraging others to be positive or look on the bright-side can be invalidating. Toxic positivity is a thing, allow others to feel what they are feeling.
- 4. Being Right** – The conversation becomes a debate or about being right. Try to listen to understand the other's point of view... you might learn something new.
- 5. Being All-Knowing** – Explaining information without being asked for your expertise. This can sometimes make you look like a know-it-all.

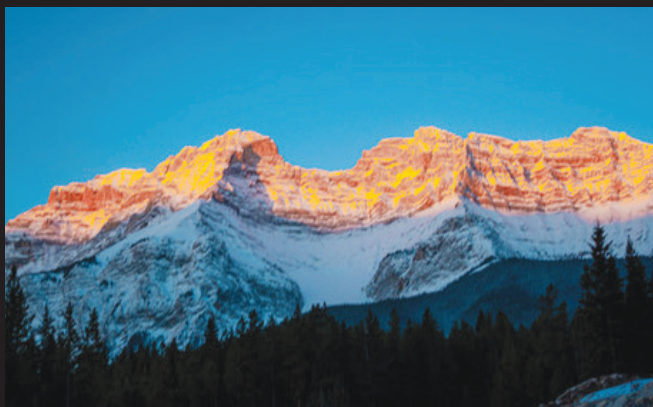
6. Advising – Sometimes people just want empathy or just to be heard. They didn't ask for your advice. Do not offer it unsolicited. This can also be seen a boundary violation.

Here Are Some Habits of Good Communicators:

- 1. They create conversational safety** free from judgement, fault finding, or rejection. Just be there to listen.
- 2. They validate other people's feelings** with statements like; that makes sense, of course, or I get that. It doesn't mean you have to feel the same way, but you are showing that how they feel is valid.
- 3. They follow their natural curiosity** by asking questions that show interest and seeking to know more. Nothing feels better than someone showing interest in what you have to say or wanting to get to know you better.
- 4. They listen with their whole body** by being fully present while listening; not looking around or looking at their phone and are giving non-verbal cues that they are fully engaged such as eye contact and facing the speaker.
- 5. They hear what's beneath the words** by reading the speaker's body language, tone of voice, and facial expressions. This is an art form of attuning to another.

Photo Gallery

by Jirapan Nilmanee (Mik)



A MESSAGE FROM THE KRA

Happy New Year from the KRA!

With the recent snowfalls, winter is top of mind. Keeping warm and enjoying the season is what Calgarians do best, so now is the perfect time to pull those skates and toques out of storage. Resist the urge to hibernate by looking forward to winter activities uniquely available during the colder months of the year. Check out the City's website for more information: <https://www.calgary.ca/events/winter-city/activities.html?redirect=/winteractivities>.

Showing up for your fellow neighbours is vital to our community! Take some time to be a snow angel for your fellow neighbours who may be unable to shovel their sidewalk and driveway.

You can take advantage of the City of Calgary's free salt and sand mixture, the "pickle" mixture is available at fire station #40, located at 12920 Symons Valley Drive NW. Be sure to bring a container (under 25 kg) and your own shovel, we recommend a Rubbermaid or a repurposed ice cream pail! This is a friendly reminder to clear your driveways and sidewalks within the first 24 hours within a snowfall, as per the City of Calgary.

The KCA is hosting its sixth annual Winter Festival on February 23, from 1:00 to 3:00 pm. More information to come!

Wishing you all the best for a healthy and happy 2025.

Kincora Residents Association

kincoraresidents.org



Happy Birthday, eh!

January is a superstar month for Canadian hockey birthdays! Among them are Wayne Gretzky, Tim Horton, Connor McDavid, Frank Mahovlich, Mark Messier, Tyler Seguin, and Ryan Reaves, just to name a few! Happy birthday to these legends and all the other January-born stars!



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



The 9th Trex have gone canoeing, and tent camped with 110th Guides, participated in Nite Trek (an area camp where they do a night hike and do tasks along the way), went to Colour Me Mine and painted lovely bowls. We finished stuffing and closing up about 30 Izzy dolls (kind of like African Comfort Dolls) and sent them off to be used in packing for medical supplies for remote areas. The dolls are given to children when they get vaccinations or other medical care. The girls also learned how to start a crochet chain so they can work on making the Izzy Dolls themselves! We also wrote postcards to Navy personnel on the HMCS Calgary for Remembrance Day. We did a Banff day where the participants went to the Historic Cave and Basin, did a Scavenger Hunt downtown, visited the Whyte Museum, Banff Park Museum National Historic building, and of course, the hot springs! In December, our service project was to help with Stephen's Backpack's and had a Winter PJ party! The girls have a list of things they would like to do in the New Year that include a hostel stay in Kananaskis, tubing and swimming! We have a yurt camp already planned for May!

If you'd like to register your daughter, please visit www.girlguides.ca and use the unit finder to find an open unit in your area. If you cannot find a unit in your neighbourhood, it might be because the unit is full (you can modify the search – try searching "all" units; the default is to show only units with space available). You might want to consider becoming a leader – with more leaders, we can take in more girls. For more information, please email any-calgaryaurorasky@girlguides.ca for more information.



The Art of Finding Work - Jobseekers: Introduce Yourself with Style

by Nick Kossovian

Years ago, I attended a dinner party at which a relationship therapist was present. We were twelve, and some of us had never met. As you've probably experienced when attending a gathering, there's a tendency to split into pairs or trios, resulting in fragmented discussions. However, the relationship therapist took control by asking everyone at the table: "What's on your unofficial résumé? I'm a relationship therapist with a private practice. I enjoy hearing people's stories and how they got to where they are today."

Not

- "How you're doing?"
- "What do you do for a living?"
- "How do you know Jackie and Nunzio [our hosts]?"

Her question probed deep, and all eyes were on her. How she introduced herself was an education in making a memorable introduction by being interesting and interested.

More impressive, while fictional, is how James Bond introduces himself to a glamorous woman, Sylvia Trench, and subsequently to the movie viewer, who's going head-to-head with him while playing chemin de fer at one of London's finest clubs, Les Ambassadeurs.

Bond: I admire your courage, Miss...?

Sylvia: Trench... Sylvia Trench... and I admire your luck, Mr...?

Bond: Bond... James Bond.

Of course, there's much more to this scene, such as Bond's playful mirroring of "Trench... Silvia Trench." After Sylvia loses her next hand, a man taps Bond on the shoulder, and Bond politely excuses himself. While walking to the front door, he arranges dinner with Sylvia and casually tips the doorman as we see on Sylvia's face, "Who is this man?" At no time does Bond linger.

I bring up the opening scene of the first Bond film, Dr. No (1962), because in under two minutes, you know

everything you need to know about James Bond: smooth, debonair, supremely self-confident, and risk-taking.

It's an art to introduce yourself in such a way that the other person wants to learn more about you, an art well worth learning. Whenever you meet someone for the first time, at a dinner party, the person you're paired up to play golf with, a new neighbour and especially your interviewer, how you introduce yourself is everything!

Are you introducing yourself as effectively as Bond or as memorable as the relationship therapist, cutting to the essence of who you are?

Most people are bad at introducing themselves—fumbling, rambling, and underselling themselves—even more so, thanks to social media eroding social skills. This is a problem. Like it or not, the first impression we make makes or break opportunities.

Being aware of what you're projecting about yourself is the first step in formulating an introduction that makes you interesting and, therefore, memorable so the other person is compelled to learn more about you.

Don't Get "Lumped In"

When introducing themselves, people usually state their title and workplace. Wrong! When you say, "I'm an accountant for Wayne Enterprises," the other person immediately lumps you into their preconceived notion(s) of what you do and whom you work for. Engage their imagination instead.

Bad: "I'm a software engineer at Yoyodyne."

Good: "I build tools for venture capitalists at a quirky startup called Yoyodyne; it's been a great ride so far! Technically, I am an engineer; therefore, I find myself dealing with product and design work, which I've discovered I'm good at."

Tell A Micro-Story

If you want to make a memorable introduction, introduce yourself in the form of a story. Storytelling is how humans learn because stories are mentally sticky.

Bad: "I moved to Toronto for work. I'm a project manager at BXJ Technologies."

This introduction is boring because most (hand-raised) people in Toronto moved to Toronto for work.



by Anne Burke

Alberta's Provincial Parks Act, introduced in 1930 and amended in 2000, provides for preservation of provincial parks, wildland parks, and provincial recreation areas to benefit current and future generations. There are rules and regulations about certain activities and restrictions. Important sites for conservation management are the Wilderness Areas, Ecological Reserves, Natural Areas, and Heritage Rangelands. More information at <https://albertaparks.ca/>.

The original Plan for Parks (2009-2019) is archived online. A new Plan for Parks: Engagement guide and fact sheet were posted. The first phase of engagement collected feedback from Albertans to inform a Plan. In the second phase, Albertans review the draft and provide input. The proposed vision statement has added cultural benefits and Indigenous reconciliation. There may be additional fees, some partner groups, increased tourism, recreation, and campgrounds.

An Online Survey asked how often you visit parks, what do you most value, what will Alberta Parks look like 100 years from now? If you agree that Albertans should be informed and engaged in park issues, what ways are important to you: a) increase opportunities to provide input into decision making for provincial parks; b) establish clear deliverables and milestones in the new ten-year Plan for Parks; c) consistently report on progress and achievement?

Since Parks conserve nature and connect people with nature, providing access to a variety of nature-based experiences will be important, so that building an appreciation for natural values is a key priority. Which of the following options would you support? a) create more parks to increase conservation and nature access; b) collaborate to improve how information about conservation activities in parks is shared; c) expand interpretive and educational programs to inform and inspire visitors; d) add volunteer opportunities to promote hands-on nature and conservation education.

Good: "I'm a bit of a third culture kid. I grew up in Singapore and London, which explains my accent. I moved to Toronto to experience new energy. Ultimately, I fell in love with project management, Cabano's Cheeseburgers and Toronto's bubbly art scene."

Consider "Hooks"

Ideally, your introduction should lead to a meaningful conversation; therefore, try to fill your introduction story with a hook, such as a unique experience, an interesting fact or a comparison—a great way to create a visual—to arouse interest and spark a conversation.

Bad: "I'm a financial lawyer."

Good: "Have you seen the movie Dark Waters about the guy who took Dupont to court for millions of dollars? Well, I'm like that guy, only less stressed and famous, and I work for a bank."

Highlight Your Unique Journey

Everyone has a story. Introducing what makes yours unique will make you interesting and memorable.

Most likely, like me, you've had an unconventional career path:

"Believe it or not, I began my career as a barista. Pouring coffee gave me considerable experience in customer service and time efficiency. With those skills, I now manage St. Eligius Hospital's administration staff, ensuring the inpatient experience is as stress-free as possible."

Consider weaving into your introduction:

- Countries or cities you've lived in: "I've called three continents home..."
- An unusual hobby: "When I'm not crunching numbers, I'm usually rock climbing..."
- Volunteer experience: "I spend my weekends..."
- An unexpected skill: "My theatre experience often proves useful in board meetings..."





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October 24	14	7	\$699,800	\$687,500
September 24	12	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
December 23	3	7	\$349,900	\$340,000

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

Cats, Canines, & Critters of Calgary



Bear, *Palliser*



Buster, *Hamptons*



Lizzy, *Huntington Hills*



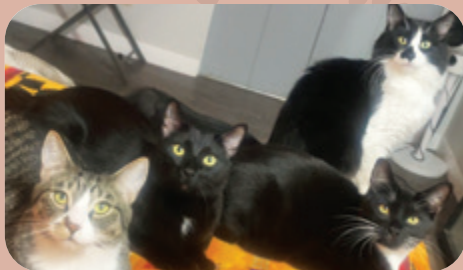
Mirabella,
Lower Mount Royal



Poupie, *Deer Run*



Toby, *Douglasdale*



Luka, Kiba, Shinji, and Von, *Shawnessy*

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