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### KINCORA COMMUNITY ASSOCIATION MEMBERSHIP

[www.kincora.org](http://www.kincora.org) (Online Registration and Payment)

KCA Membership Fee: \$20

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

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

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

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Are you interested in volunteer opportunities? ☐

Date (dd/mm/yy) \_\_\_\_\_

Registration confirmation is sent out from [wpadmin@kincora.org](mailto:wpadmin@kincora.org). Please contact [members@kincora.org](mailto: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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NAME	VOLUNTEER POSITION
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Chad Rowe	Second Vice-President
Wesley Hall	Treasurer
Thouseef Usman	Director of Communications
Vlad Rudko	Secretary
Dicky Sum	Director of Membership
Charles Zhang	Director at Large
This could be you!	Director of Events
This could be you!	Director of Stampede
This could be you!	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](http://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](mailto: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](http://symonsvalleyuc.com).

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## VICE-PRESIDENT'S MESSAGE

# Kincora Community Association Update – Spring Into Summer!



Thank you to everyone who joined us for our recent Annual General Meeting! We're excited to welcome two new

members to our Board: Wesley Hall as Treasurer and Thouseef Usman as Director of Communications. We are still looking for passionate community members to step into the role of President, Director of Stampede, Director of Events, and Director at Large as well as other volunteer positions. If you're interested in helping shape the future of our neighbourhood, we'd love to hear from you!

We'd also like to extend our heartfelt thanks to outgoing board members Mallika Velamuri, Murray Stene, Annie Chio, and Brad Thiessen, whose dedication and service to our community have made a lasting impact.

We are also excited to announce that our pond playground replacement project is fully funded and will be replaced in spring of 2026. Thank you to both the Kincora Residents Association for the generous donation of \$150,000, which allowed us to receive a matching provincial grant of \$125,000. Thank you again for investing in the community.

Our summer of Food Trucks is now underway - come out, enjoy great food, and connect with our neighbours! YYC Food Trucks will be in our community on June 12, July 10, August 14, September 11, and October 9. Come on down to the Kincora fields and find them parked just off Kincora Drive.

And don't forget, our Annual Stampede Breakfast is right around the corner! This year, we're expecting over 500 attendees, so mark your calendars and bring the whole family for pancakes, fun activities, music, and community spirit. We're currently seeking sponsors to join us as part of the vendor village that day, which is a great way for local businesses to get involved and gain visibility. If you're interested, please reach out to us by email at [stampede@kincora.org](mailto:stampede@kincora.org).

Here's to a great summer together, Kincora!

*Kris McPherson*

Vice-President



## News from the Friends of Nose Hill

*by Anne Burke*

We are celebrating the 10<sup>th</sup> Anniversaries of the City Nature Challenge and of iNaturalist Canada. The 7<sup>th</sup> Annual Calgary City Nature Challenge was on April 25 to 28, 2025. So far, the previous year was most successful with 13,000+ observations. Other micro bioblitzes will happen all this summer. The iNaturalist platform is being used to help provide up to date records of the occurrence of the flora and fauna of Nose Hill with particular emphasis on the native vascular and nonvascular plants, fungi, birds, mammals, butterflies, moths, and bees.

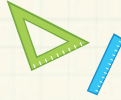
Nature Calgary is a community that promotes the preservation of natural habitats, provides educational opportunities, and supports the collection of natural history observations. This year, the group is focusing their efforts on Nose Hill and Bowmont Park. We were contacted to encourage our members to take pictures of the Nose Hill biota (animal and plant life of a particular region, habitat, or geological period) and submit the photographs to <https://inaturalist.ca/projects/nose-hill-park-bioinventory>.

The goal is to publish an updated version of "The Green Book" in time for its 50<sup>th</sup> Anniversary and to monitor the changes in eleven Calgary Natural Areas. Whenever you visit a park, you can upload your observations to eBird and there are links to all these Parks at <https://inaturalist.ca/>. The project is being spearheaded by Nature Calgary and the Native Plants Council of Alberta - Calgary Chapter. In 1980 "The Green Book" was called "Calgary's Natural Areas: A Popular Guide" as one of the City's most extensive repositories of biodiversity. The first of its kind when data collection began in 1975, it was cited during the planning and creation of several of our Natural Parks. Many contributions provided by citizen scientists will add to the accuracy of the new publication and are greatly appreciated.



**SAB CONNECTIONS**

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## More Than Breakfast



# Scenes from Holi



# Sleep on It: How Short Naps Can Improve Mind and Body

by MPC Foundation

Napping can be a valuable and restorative habit, particularly for older adults. When done with intention and in moderation, it has the potential to support both cognition and overall well-being. More specifically, research suggests that naps ranging from 30 to 90 minutes may offer notable benefits, though the timing, duration, and frequency of these naps are crucial factors. Whereas longer naps during the day may sometimes indicate poor nighttime sleep quality. In contrast, shorter naps, especially those around the 30-minute mark have been linked to significant improvements in cognitive function.



Studies show that brief, intentional naps can enhance memory, focus, attention span, problem-solving abilities, and general mental clarity. Another aspect to note is that individuals who nap no more than four times per week appear to receive the greatest cognitive benefits. Furthermore, research suggests that people who plan their naps at specific times, rather than napping sporadically or whenever they feel tired, tend to score higher on cognitive assessments. Some findings even indicate that regular nappers may have brain function that appears 2.6 to 6.5 years younger compared to those who don't nap at all.



Another important thing to that these studies focus on is the timing of a nap and how it plays a vital role in its effectiveness. Most studies suggest that the optimal window for napping falls between 1:00 and 4:00 pm, a period when the body naturally experiences a dip in energy levels. This is because napping during this midday window is the least likely to interfere with nighttime sleep and has been shown to improve mood, alertness, and cognitive performance. Whereas, morning naps, taken too soon after waking, can disrupt the body's circadian rhythm and reduce the natural buildup of sleep pressure, making it harder to fall asleep at night. Similarly, late afternoon or evening naps may leave individuals feeling groggy and wide-awake during bedtime hours.

Research continues to show that when naps are brief, deliberate, and part of a healthy routine, they can be a powerful tool for enhancing mental and physical health. It's important to note that naps are not a substitute for good nighttime sleep, but rather as a supplement that can improve one's well-being.





# Stop Apologizing Already

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

This is something that really took me some time and awareness to change. Maybe it's because I'm Canadian...sorry?! Over-apologizing can be rooted in people-pleasing, a fear of conflict, feeling like you're a burden, or that you don't have a place to express yourself freely. The good news is you can unlearn it by becoming more aware of when you say "sorry" and replacing it with more confident or accurate expressions.

Here's how to start:

### 1. Notice Your Patterns

Start paying attention to when you say "sorry." Is it when you:

- Ask a question?
- Express a need?
- Walk past someone?
- Take up space?

Awareness is the first step.

### 2. Swap "Sorry" for More Empowering Phrases

a). When you're late

Instead of: "Sorry I'm late."

Try: "Thanks for your patience." or "I appreciate you waiting for me."

b). When you didn't respond right away

Instead of: "Sorry I didn't get back to you."

Try: "Thanks for your patience while I got back to you." or "I appreciate your patience."

c). When you need something

Instead of: "Sorry to bother you, but..."

Try: "Do you have a moment?" or "Can I ask you something?" or "Are you free for a consult?"

d). When you accidentally bump into someone

Instead of: "Sorry!"

Try: "Excuse me." or "Pardon me."

e). When you disagree

Instead of: "Sorry, but I think..."



Try: "I see it differently." or "Here's another perspective..." or just be curious and ask for more information on the topic.

f). When you're expressing emotion

Instead of: "Sorry I'm crying." or "I'm sorry I'm so angry."

Try: "Thanks for being here while I process this." or "I'm feeling a lot right now." or "Wow, this is overwhelming."

### 3. Use Apologies Intentionally

Apologize when you genuinely hurt someone or made a mistake. That keeps apologies meaningful. For everything else, aim for assertiveness and gratitude.

# GREAT NEWS MEDIA

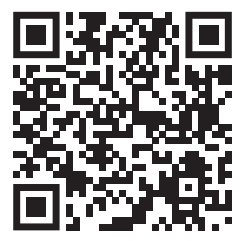
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**HAPPY  
Father's  
DAY**



**SCAN ME**

## A MESSAGE FROM THE KRA

### **KRA Annual General Meeting – June 24, 2025**

Join us for the Kincora Residents Association AGM on Tuesday, June 24 at 7:00 pm at Symons Valley United Church. AGM packages have been mailed. This is a great opportunity to meet the Board, hear about upcoming projects, and have your say in our community's future. Can't attend in person? Proxy forms and virtual attendance options are available. Find the links in your resident portal under 'Announcements' or email [KincoraRA@SimcoMgt.com](mailto:KincoraRA@SimcoMgt.com).

### **HOA Fee Reminder**

Interest updates coming soon. Please ensure your 2025 HOA fees are paid. Interest charges will be applied at the end of June. Invoices were sent in November/December 2024, with reminders issued in April/May 2025. Need help locating your invoice? Check 'Past Announcements' in your portal or email [KincoraRA@SimcoMgt.com](mailto:KincoraRA@SimcoMgt.com) for assistance.

### **Lights Will Guide You Home**

Have you noticed the new lighting on the stone wall at the front entrance? These modern fixtures match the gazebo lighting, creating a warm and cohesive aesthetic that enhances Kincora's charm.

### **Kincora Tower Lighting Update**

The LED bar lighting on the Kincora Tower has been an ongoing issue. We're pleased to share that the manufacturer has extended the warranty and even sent a representative from Texas to investigate on-site. We hope to see a final resolution soon.

### **Seasonal Landscaping**

Weather permitting, flower planting will begin shortly to brighten up our shared spaces for the summer season.

### **Pest Management and Weed Control**

The KRA has requested support from the City's Integrated Pest Management team to address ground squirrels (which create large holes) and gophers (which leave mounds of dirt) in selected areas. The goal is to control the population—not to eliminate them entirely from Kincora. We are engaging with the City of Calgary to learn more about its weed control program, particularly for the field area within Kincora. Ravines remain natural reserve spaces, but the management of invasive thistles will be a focus of discussion.

### **Safety First! Outdoor Smoking Safety Reminder**

With warmer weather here, many are enjoying balconies and patios. Please be mindful when smoking outdoors. For everyone's safety use outdoor-safe ashtrays. Never discard cigarette butts in planters, on the grass, or off balconies. Fully extinguish smoking materials before disposal. Improperly discarded items are a serious fire risk. Let's keep Kincora safe and beautiful.

### **Green and Growing**

The City of Calgary is excited to share the launch of the City of Calgary's Capital Projects Map – a new interactive tool that highlights ongoing and upcoming infrastructure developments. Whether it's roadwork, parks, or new public facilities, this map gives insight into project status, budgets, and timelines. Currently in its pilot phase, the tool will be regularly updated to improve accessibility and scope. Explore the map at [calgary.ca/capitalprojectsmap](http://calgary.ca/capitalprojectsmap).

Happy Father's Day! To all our dads and soon-to-be dads – we celebrate you! Wishing you a joyful and relaxing Father's Day from all of us at the KRA.

[kincoraresidents.org](http://kincoraresidents.org)

## WORD OF THE MONTH

**Acumen: noun (uh-kyoo-muhn, ak-yuh-)**

A keenness; the ability to make quick, good decisions.

Her sharp business acumen meant she would be a great CEO at the company.





# The Art of Finding Work: Which Candidate Would You Hire? A or B?

by Nick Kossovan



Speaking from personal experience, a bad hire isn't a good look. The last thing you want is to hear, "Who the hell hired Bob?" and have your hiring judgment questioned.

The job seeker who's empathetic to the employer's side of the hiring desk, which controls the hiring process, is rare.

One of the best things you can do to enhance your job search is to practice perspective-taking, which involves seeing things from a different perspective.

It's natural for employers to find candidates who have empathy and an understanding of their challenges and pain points more attractive. Candidates like these are seen as potential allies rather than individuals only looking out for themselves. Since most job seekers approach employers with a 'what's in it for me' mindset, practicing perspective-taking sets you apart.

"If there is any one secret of success, it lies in the ability to get the other person's point of view and see things from that person's angle as well as from your own."  
- Henry Ford.

Perspective-taking makes you realize that from an employer's POV hiring is fraught with risks employers want to avoid; thus, you consider what most job seekers don't: How can I present myself as the least risky hiring option?

Here's an exercise that'll help you visualize the employer's side of the hiring process.

### Candidate A or B?

Imagine you're the Director of Customer Service for a regional bank with 85 branches. You're hiring a call centre manager who'll work onsite at the bank's head office, overseeing the bank's 50-seat call centre. In addition to working with the call centre agents, the successful candidate will also interact with other departments, your boss, and members of the C-suite leadership team; in other words, they'll be visible throughout the bank.

The job posting resulted in over 400 applications. The bank's ATS and HR (phone interview vetting, skill assessment testing) selected five candidates, plus an employee referral, for you to interview. You aim to shortlist the six candidates to three, whom you'll interview a second time, and then make a hiring decision. Before scheduling the interviews, which will take place between all your other ongoing responsibilities, you spend five to ten minutes with each candidate's resume and review their respective digital footprint and LinkedIn activity.

In your opinion, which candidate deserves a second interview?

**Candidate A:** Their resume provides quantitative numbers—evidence—of the results they've achieved. (Through enhanced agent training, reduced average handle time from 4:32 minutes to 2:43 minutes, which decreased the abandon rate from 4.6% to 2.2%.)

**Candidate B:** Their resume offers only opinions. ("I'm detail-oriented," "I learn fast.")

**Candidate A:** Looks you in the eye, has a firm handshake, smiles, and exudes confidence.

**Candidate B:** Doesn't look you in the eye, has a weak handshake.

**Candidate A:** Referred by Ariya, who's been with the bank for over 15 years and has a stellar record, having moved up from teller to credit analyst and is tracking to become a Managing Director.

**Candidate B:** Applied online. Based on your knowledge, they did nothing else to make their application

more visible. (e.g., reached out to you or other bank employees)

Candidate A: Well-educated, grew up as a digital native, eager and energetic. Currently manages a 35-seat call center for a mid-size credit union. They mention they called the bank's call centre several times and suggest ways to improve the caller experience.

Candidate B: Has been working in banking for over 25 years, managing the call center at their last bank for 17 years before being laid off eight months ago. They definitely have the experience to run a call centre. However, you have a nagging gut feeling that they're just looking for a place to park themselves until they can afford to retire.

Candidate A: Has a fully completed LinkedIn profile (picture, eye-catching banner) packed with quantifying numbers. It's evident how they were of value to their employers. Recently, they engaged constructively with posts and comments and published a LinkedIn article on managing Generations Y and Z call centre agents. Their Facebook, Instagram, and Twitter/X accounts aren't controversial, sharing between 'Happy Birthday' and 'Congratulations' messages, their love of fine dining, baseball, and gardening.

Candidate B: Their LinkedIn profile is incomplete. The last time they posted on LinkedIn was seven months ago, ranting about how the government's latest interest rate hike will plunge the country into a deep recession. Conspiracy theories abound on their Facebook page.

Candidate A: Notices the golf calendar on your desk, the putter and golf balls in the corner, and a photograph of Phil Mickelson putting on the green jacket at the 2010 Masters hanging on your wall. While nodding towards the picture, they say, "Evidently, you golf. Not being a golfer myself, what made you take up golf, which I understand is a frustrating sport?"

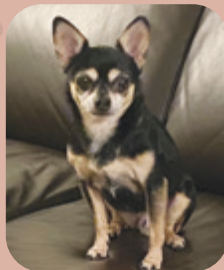
Candidate B: Doesn't proactively engage in small talk. Waits for you to start the interview.

Which of the above candidates presents the least hiring risk? Will likely succeed? Will show your boss, upper management, and employees you know how to hire for competence and fit?

## Cats, Canines, & Critters of Calgary



Bart, Heritage Park



Chico, Shawnessy



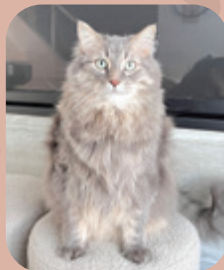
Elsbeth, Airdrie



Harry, Lakeview



Icy, North Glenmore Park



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Millie, North Glenmore Park

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# Welcome Summer with Fresh Faces and Exciting News!

The Symons Valley Leisure and Amenities Society is growing, and we're thrilled to share our latest updates with you. From welcoming new board members to planning our much-anticipated Movie in the Park event, there's a lot happening in our community!

### Meet the New SVLAS Board Members

We recently held our AGM and wanted to thank everyone for coming out to support our group. We're pleased to introduce the newest members of our volunteer board - leaders who bring energy, experience, and a strong commitment to enhancing leisure and outdoor spaces in Symons Valley:

- Susan Lamola - Director at Large
- Shelley Wiart - Director at Large
- Sarah Kromm - Director at Large

We're excited about what this team will accomplish for our community in the months ahead. We want to thank Chad Rowe and Anandha Arumugam for their efforts in helping our board work towards our goals.

We are also still looking for volunteers to assist us with our fundraising efforts. This is not hard work, but it does take time, and the more people we can get to help us, the easier it is for us to be successful. If this is something that might interest you, please contact us at [hello@symonsvalleypark.ca](mailto:hello@symonsvalleypark.ca).

### Grant Applications Submitted/Looking for Partners

SVLAS has been actively pursuing funding through several recent grant applications to support our first goal of building a four-season hockey rink for the site. This includes requesting

\$500,000 from the City of Calgary and applying for two separate grants from the Province of Alberta that can match up to one million dollars. We have also contacted many developers and other businesses in the area and are hoping to have some of them reach out to contribute to the project. We're hopeful and will keep the communities informed as decisions are made.

### Movie in the Park - September 2025 - Seeking Sponsors and Partners!

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

A \$750 sponsorship includes:

- Logo placement on event materials and screen.
- Vendor and promo booths at the event.
- Recognition in newsletters and social media.

No contribution is too small. Every dollar helps bring this community event to life and allow us to cover costs!

If you are a business that is interested in joining us, let's connect by reaching out to [sarah@symonsvalleyleisure.org](mailto:sarah@symonsvalleyleisure.org).

Stay connected by following us online on Facebook, visiting our website, or by reaching out anytime with your ideas and questions.

Don't forget to wear sunblock,

*Kris McPherson*

President

[www.symonsvalleypark.ca](http://www.symonsvalleypark.ca)

# Coronation Month

June is royally packed with coronations! Queen Elizabeth II (June 2, 1953), King George V (June 22, 1911), and Queen Victoria (June 28, 1838) all took the throne. Joining the June coronation club: Spain's King Felipe VI (June 19, 2014) and Norway's King Haakon VII (June 22, 1906) - just to name a few!





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**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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*Soccer in the Community*

**Summer: July - Sept**



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Guaranteed Sale Program\*

Trade Up Program\*

Blanket Home Warranty Program\*

Accepting Crypto Currency

Call us to help you navigate through  
the changing real estate world

**Call or Text 403-606-8888**

**Email [len@lentwong.com](mailto:len@lentwong.com)**

\*Guarantee is being offered by Greater Property Group.  
Terms and Conditions Apply.

		Properties		Median Price	
		Listed	Sold	Listed	Sold
April	25	12	8	\$654,950	\$668,250
March	25	15	7	\$699,900	\$695,000
February	25	14	10	\$764,450	\$763,750
January	25	11	5	\$689,900	\$667,250
December	24	4	5	\$719,900	\$715,000
November	24	4	7	\$505,000	\$492,500
October	24	10	7	\$699,800	\$687,500
September	24	11	5	\$799,998	\$790,000
August	24	10	8	\$749,900	\$739,500
July	24	5	9	\$379,000	\$475,000
June	24	11	7	\$743,900	\$750,000
May	24	15	16	\$439,843	\$427,750

To view more detailed information that comprise the above  
MLS averages please visit [kca.mycalgary.com](http://kca.mycalgary.com)