

MARCH 2025

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# KINCORANEWS

YOUR OFFICIAL KINCORA COMMUNITY NEWSLETTER



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

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- 🐾 Dog Wash
- 🐾 Pet Grooming
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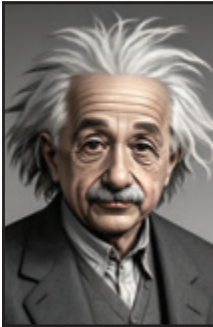
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## Pi and Einstein, a Perfect Pair!

Many may know Pi Day is celebrated on March 14 - but it also marks the birthday of Albert Einstein. Born in Ulm, Germany in 1879, Einstein's birthday coincides with this mathematical celebration, making March 14 a double treat for both math and science enthusiasts!



## *Birthday Sunflowers*

On Vincent van Gogh's 134<sup>th</sup> birthday, March 30, 1987, his painting "Sunflowers" sold for a whopping £22.5 million! Talk about a priceless birthday tribute. Van Gogh, born in 1853 in Groot-Zundert, Netherlands, never saw fame in his lifetime, but his art now blooms in value like his beloved sunflowers.

# Bringing Joy to Every Pup, Every Day!

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- 🐾 Pet Grooming    🐾 Pet Party Room
- 🐾 Dog Massage    🐾 Dog Wash
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## Word of the Month

**Limerence:** *noun* (li-mer-uhns)

A state of mind resulting from romantic feelings for someone.

*Amelie experienced limerence for her coworker after they worked the event together.*



# 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
Vacant	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.

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).

**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

Hello Kincora,

I hope you have been having fun at the rink. Remember, it is open till April 1. By the time this newsletter reaches you, Kincora Community Association (KCA) would have hosted our first event of the New Year, the Annual Winter Festival. I hope you enjoyed some hot chocolate and donuts at the Winter Festival and the wagon rides.

Don't forget to catch some spring fun at our annual Easter Egg Hunt on April 5, 2:00 to 4:00 pm. As always lot of events are being planned, make sure your KCA membership is up to date for this year. We have been updating our website with the list of events. Please do make a note. By this time next month, we will also announce our Parade of Garage Sales. We will advertise it here in the newsletter as well as on the website.

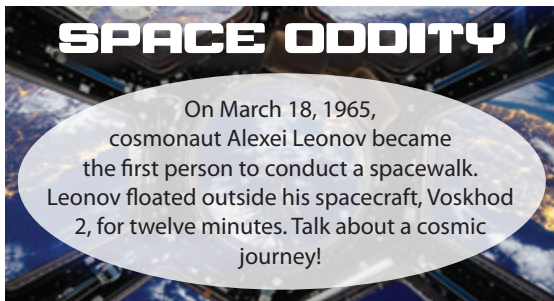
Bit of sad news, Murray Stene, who served as the treasurer on the board has resigned. He has always done an excellent job of keeping our books intact and filing the paperwork for keeping the board afloat year after year. His absence will be a significant gap in the board. If you are a numbers person and wouldn't mind keeping books, we would love to have you on our team. Treasurer is a very important role. In fact, KRA is also looking for a treasurer on their board. We are the most successful community association in NW Calgary. Our local public representatives support us. With the help of the KRA we are able to bring some amazing events to the community. So come on in, join the board and do your bit to this amazing community of Kincora which we all call home.

Have a wonderful spring season ahead!

*Mallika Velamuri*

President, KCA

president@kincora.org



### SPACE ODDITY

On March 18, 1965, cosmonaut Alexei Leonov became the first person to conduct a spacewalk. Leonov floated outside his spacecraft, Voskhod 2, for twelve minutes. Talk about a cosmic journey!

## YOUR CITY OF CALGARY

### What Goes Where?

by *The City of Calgary*



Sorting can be tricky, but every decision counts, and we're here to help you become a sorting pro.

Green bins are for food scraps and yard waste, and your blue bin is for acceptable household paper, cardboard, and container packaging.



Some old and broken household items don't always have to end up in the black bin, there are a range of programs and services to help divert waste from our landfills and give items a second life.

Together, we can make a big impact and become recycling and composting champions.

If you're unsure where an item belongs, visit [calgary.ca/whatgoeswhere](http://calgary.ca/whatgoeswhere) to find the 'Right Bin for the Win!'



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## Earth Hour 2025

by *The City of Calgary*

Calgary Unplugged is an annual family-friendly Earth Hour event. Join us for music, entertainment, and learn about environmental actions you can take in your community. Bring along some personal LED lighting and dance to the DJ when the lights go down for the Earth Hour party!

- Location: Central Library (800 3 Street SE)
- Date: Saturday, March 22
- Time: 7:00 to 9:30 pm

You can still participate in Earth Hour if you can't make it to the event! Reduce your impact by turning off nonessential lights, "unplug" from electronics at 8:30 pm, and take this time to reconnect with people, play games, or enjoy hobbies.

Share your participation in Earth Hour on social media with #EarthHour and #EarthHourYYC.

Calgary Unplugged is hosted by The Arusha Centre, with support from The City of Calgary and community agencies.



### **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:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_ **Alternative Phone:** \_\_\_\_\_

**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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		Properties		Median Price	
		Listed	Sold	Listed	Sold
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December	24	4	5	\$719,900	\$715,000
November	24	4	7	\$505,000	\$492,500
October	24	10	7	\$699,800	\$687,500
September	24	11	5	\$799,998	\$790,000
August	24	10	8	\$749,900	\$739,500
July	24	5	9	\$379,000	\$475,000
June	24	11	7	\$743,900	\$750,000
May	24	15	16	\$439,843	\$427,750
April	24	20	20	\$714,500	\$725,500
March	24	14	10	\$677,750	\$683,750
February	24	8	10	\$307,000	\$322,500

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

# The Benefits of Walking in Your Older Years

by MPC Foundation

As we age, staying active becomes essential to maintaining our health and independence, and walking is one of the simplest and most beneficial exercises for seniors. Walking is low-impact, easy to do, and can be done anywhere, making it suitable for almost everyone. It helps improve circulation, lower blood pressure, and strengthen the heart. Regular walking also supports bone health, reducing the risk of osteoporosis, and can alleviate joint pain, especially in the knees and lower back. By walking daily, you strengthen the muscles that support your joints, making it easier to stay mobile and independent.



Another major benefit of walking is its ability to improve balance and coordination. These are key factors in reducing the risk of falls, which become more common as we age. Walking also improves flexibility, which helps with everyday tasks like bending over to tie your shoes or reaching for items on high shelves. Cognitive health also benefits from regular walking, as studies show it can improve memory, reduce the risk of dementia, and even boost mood by decreasing anxiety and depression. The physical and mental health benefits of walking work together to help you feel better both inside and out. Spending time outdoors while walking can also enhance your mental well-being by providing fresh air and sunlight. It's an easy way to escape from screens and enjoy the peacefulness of your surroundings.



The recommended goal for seniors is to aim for 7,000 to 10,000 steps per day, though starting with shorter walks and gradually increasing your distance is just as important. Even walking ten minutes a day is a great start, and you can slowly work your way up to longer sessions. A pedometer or smartphone app can help track your steps and keep you motivated. However, it's always important to listen to your body. If you feel discomfort or dizziness, stop and rest.

Lastly, walking doesn't have to be an independent activity. Joining a walking group or inviting a friend or loved one to walk with you can make the experience more enjoyable. With the right attitude and some planning, walking can become a fulfilling part of your daily routine, improving both your physical and emotional well-being as you age.





# Epilepsy Awareness Month

## Shine a Light on Epilepsy

This March, let's unite in support of the 30,000 individuals living with epilepsy in Southern Alberta. Together, we can make a meaningful impact. Wear purple, light up spaces, and be part of the movement!

MARCH 26  
**Purple Day**



**Light up the Night in Violet Vibes!** Light up your homes, offices, and public spaces in purple to show your solidarity.



**Dress in Grape Glory!** Show your support by wearing purple clothing or accessories on March 26th.



**Spark a Purple Revolution!** Be a part of the change! Donate or start a fundraiser.



[epilepsycalgary.com](http://epilepsycalgary.com)

Share your purple moments using

**#postyourpurple**





## Join Our Team: Seeking a Fund Development Director for Our Board!

Dear Community Members,

Are you passionate about enhancing our community's amenities and making a lasting impact?

We are thrilled to announce an exciting opportunity to join our team as a Fund Development Director.

Our community is known for its vibrant spirit and dedication to enhancing the quality of life for all residents. From parks and recreational facilities to community events and cultural programs, having amenities play a vital role in bringing our community together.

As our Fund Development Director, you will lead efforts to secure funding and support for the expansion and improvement of our amenities. You will collaborate closely with the board members, community leaders, and stakeholders to identify funding opportunities, cultivate relationships with donors, and implement strategic fundraising initiatives.

### Key Responsibilities:

- Help us execute fundraising strategies.
- Build and maintain relationships with individual donors, corporate sponsors, and foundations to secure financial support.
- Prepare compelling grant proposals and applications to secure funding from various sources.
- Oversee fundraising campaigns.

### Qualifications:

- Proven experience in fundraising, preferably in a nonprofit or community organization setting.
- Strong interpersonal and communication skills with the ability to build rapport and partnerships.
- Strategic thinker with the ability to develop and execute fundraising plans effectively.
- Knowledge of grant writing and fundraising best practices.
- Passion for community development and improving amenities for residents.

### Why Join Us

By joining our team, you will play a pivotal role in shaping the future of our community's amenities and leaving a lasting legacy. This position offers the opportunity to make a meaningful impact, work alongside dedicated board members and volunteers, and contribute to the continued growth and enhancement of our community.

### How to Apply

If you are enthusiastic about fundraising, community development, and making a difference, we invite you to apply for the Fund Development Director position by reaching out to us at [president@symonsvalleyleisure.org](mailto:president@symonsvalleyleisure.org) or [hello@symonsvalleypark.ca](mailto:hello@symonsvalleypark.ca).

We look forward to welcoming a passionate and driven individual to our team who shares our commitment to building a vibrant community with exceptional amenities for all. As always, we welcome anyone to learn more about our project and contribute to our success by visiting [www.symonsvalleypark.ca](http://www.symonsvalleypark.ca) and safely donating today.

Sincerely,

*Kris McPherson*

President, Symons Valley Leisure and Amenities Society





## News from the Friends of Nose Hill

by Anne Burke

Across North America vast herds of bison destroyed woody plants in the area by horning, rubbing, and feeding on bark. Males made their mark during “rutting” (mating season). Trees are not naturally part of our vegetation in a tallgrass prairie landscape, due to risks from severe weather events, drought, insects, diseases, and climate change. Calgary has trees on both public and private lands, in parks, natural areas, and green spaces. However, 77% of the urban canopy is on private land. A Guide for Plant Appraisal estimates our urban forest on public land is valued at \$1.3 billion. The urban forest is aging, and other trees are lost to development. Planting 3,500 trees per year will maintain the status quo. The plan is to plant another 4,000 trees per year by 2060.

The City owns and offers Calgary Open Data. Enter your address to view City trees and zoom in to the neighbourhood level. A mobile device near a tree will pan to your location. Rank trees by The Alberta Tree Species Rating Guide. Reporting a City tree? You can now use the 3-1-1 Mobile App. Ask about a young tree that needs help, a mature tree, or a Heritage Tree. On your property, you may need a permit to remove a tree. Where a tree once was may be a good spot to plant a new one. Enjoy YYC Trees Guided Walks. In-person workshops and online programs are Pruning Q and A, Keep Your Tree Happy and Healthy, and Pest and Disease Treatment. Information sessions are 1.5 hours long. Urban Forestry Technicians offer advice. Space is limited. Register for one session only, since the content at each will be the same. For locations and dates check out <http://www.calgary.ca/parks/trees/education-workshops.html>.



As spring approaches, we're excited to announce that the 2025 flowers have already been preordered for planting in June. It's a step towards keeping our community beautiful and thriving!

### Important Reminder for Homeowners

A quick reminder to all residents that fence maintenance, repairs, and painting are the responsibility of the homeowner. These tasks are part of your encumbrance, and we encourage everyone to stay on top of these duties to maintain the charm of our neighbourhood.

### Pond Playground Replacement

The Kincora Community Association (KCA), with support from the Kincora Residents Association (KRA), is hard at work on the Pond playground replacement. We're excited about the new updates and improvements to the playground space that will benefit all families in the area!

### Financial Updates

The 2024 financials have been sent to our independent auditor in preparation for the Annual General Meeting (AGM) in June 2025. If you have any questions, feel free to reach out to the KRA. Additionally, we are currently reviewing mailed HOA payments, delays due to mail strikes, and any associated interest charges.

### Ravine Benches

The benches for the ravine are now in storage and ready for installation. We are working on a plan to install them in the coming months, further enhancing the community's public spaces.

### Volunteer Opportunity – Treasurer Needed

Both the KRA and KCA are actively seeking volunteers to fill the position of Treasurer. If you have the skills and are interested in giving back to the community, please get in touch with us for more information.

Thank you for your ongoing support in making Kincora a wonderful place to call home!

Best regards,

*Kincora Residents Association*

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



# The Art of Finding Work: Hiring Is a Process of Elimination

by Nick Kossovan

Job seekers owe it to themselves to understand and accept; fundamentally, hiring is a process of elimination. Regardless of how many applications an employer receives, the ratio revolves around several applicants versus one job opening, necessitating elimination.

Essentially, job gatekeepers (recruiters, HR, and hiring managers) are paid to find reasons and faults to reject candidates to find the candidate most suitable for the job and the company.

Nowadays, employers are inundated with applications, which forces them to double down on reasons to eliminate. It's no surprise that many job seekers believe that "isms" contribute to their failure to get interviews, let alone get hired. Employers have a large pool of highly qualified candidates to select from. Job seekers attempt to absolve themselves of the consequences of actions and inactions by blaming employers, the government, or the economy rather than trying to increase their chances of getting hired by not giving employers reasons to eliminate them because of:

### **Typos, Grammatical Errors, Poor Writing Skills**

"Communication, the human connection, is the key to personal and career success." - Paul J. Meyer.

The most vital skill you can offer an employer is above-average communication skills. Your resume, LinkedIn profile, cover letters, and social media posts should be well-written and error-free.

### **Failure to Communicate the Results You Achieved for Your Previous Employers**

If you can't quantify (e.g. \$2.5 million in sales, \$300,000 in savings, lowered average delivery time by six hours, answered 45 to 75 calls daily with an average handle time of three and a half minutes), then it's your opinion. Employers care more about your results than your opinion.

### **An Incomplete LinkedIn Profile**

Before scheduling an interview, the employer will review your LinkedIn profile to determine if you're

interview-worthy. I eliminate any candidate who doesn't have a complete LinkedIn profile, including a profile picture, banner, start and end dates, or just a surname initial; anything that suggests the candidate is hiding something.

### **Having a Digital Footprint That's a Turnoff**

If an employer is considering your candidacy, you'll be Googled. If you're not getting interviews, before you assert the unfounded, overused excuse, "The hiring system is broken!" look at your digital footprint. Employers are reading your comments, viewing your pictures, etc. Ask yourself, is your digital behaviour acceptable to employers, or can it be a distraction from their brand image and reputation? On the other hand, not having a robust digital footprint is also a red flag, particularly among Gen Y and Gen Z hiring managers. Not participating on LinkedIn, social media platforms, or having a blog or website can hurt your job search.

### **Not Appearing Confident When Interviewing**

Confidence = fewer annoying questions and a can-do attitude.

It's important for employers to feel that their new hire is confident in their abilities. Managing an employee who lacks initiative, is unwilling to try new things, or needs constant reassurance is frustrating.

Job searching is a competition; you're always up against someone younger, hungrier, and more skilled than you.

Besides being a process of elimination, hiring is also about mitigating risk. Therefore, being seen as "a risk" is the most common reason candidates are eliminated, with the list of "too risky" being lengthy, from age (will be hard to manage, won't be around long) to lengthy employment gaps (raises concerns about your abilities and ambition) to inappropriate social media postings (lack of judgement).

Envision you're a hiring manager hiring for an inside sales manager role. In the absence of "all things being equal," who's the least risky candidate, the one who:

- Offers empirical evidence of their sales results for previous employers, or the candidate who "talks a good talk"?
- Is energetic, or the candidate who's subdued?

## Guess the Toy!

1. This fashion doll, created by Ruth Handler, made her debut at the American Toy Fair on March 9, 1959.
2. This toy originates from the Swahili word “kujenga” which means “to build”.
3. This was the first toy ever advertised on television, featuring parts that could be stuck into a fruit or vegetable.
4. Max Park holds the record for solving this 3D combination puzzle toy at 3.13 seconds.
5. This stretchy, bouncy, moldable toy was used aboard Apollo 8 to help secure tools and equipment in zero gravity.
6. This toy was named after Theodore Roosevelt who famously refused to shoot a captured animal during a hunting trip in 1902.



SCAN THE QR CODE FOR THE ANSWERS!



- Asks pointed questions indicating they’re concerned about what they can offer the employer or the candidate who seems only concerned about what the employer can offer them.
- Posts on social media platforms, political opinions, or the candidate who doesn’t share their political views?
- On LinkedIn and other platforms, criticizes how employers hire or the candidate who offers constructive suggestions?
- Has lengthy employment gaps, short job tenure, or a steadily employed candidate?
- Lives ten minutes from the office or 45 minutes away?
- Has a resume/LinkedIn profile that shows a relevant linear career or the candidate with a non-linear career?
- Dressed professionally for the interview, or the candidate who dressed “casually”?

An experienced hiring manager will lean towards candidates they feel pose the least risk. Hence, presenting yourself as a low-risk candidate is crucial to job search success. It is worth noting, the employer determines their level of risk tolerance, not the job seeker, who doesn’t own the business—no skin in the game—and has no insight into the challenges the employer has experienced due to bad hires and are trying to avoid similar mistakes.

“Taking a chance” on a candidate isn’t in an employer’s best interest. What’s in an employer’s best interest is to hire candidates who can hit the ground running, fit in culturally, and are easy to manage. You can reduce the odds (no guarantee) of being eliminated by demonstrating you’re such a candidate.



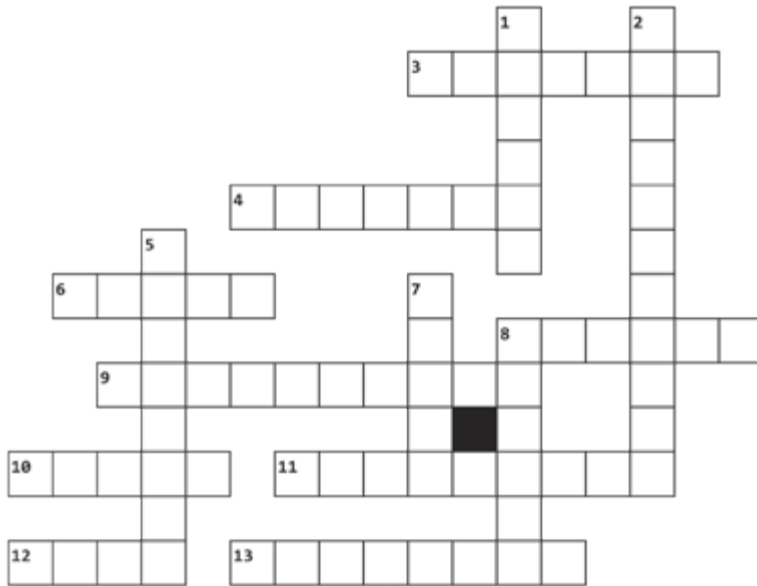
## BRAIN GAMES SUDOKU

					7			8
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	6		1					
3								5
					8		2	
	4	1			6		7	
				1	2	9	5	4
9			3					

SCAN THE QR CODE FOR THE SOLUTION



# March Crossword



## Across

3. Known as the “Fight of the Century”, on March 8, 1971, Muhammad Ali’s 31-fight winning streak was ended by Joe \_\_\_\_\_ in Madison Square Garden.

4. Nathan \_\_\_\_\_ was born on March 27, 1971, in Edmonton, Alberta, and is best known for his role as Captain Malcolm on *Firefly*.

6. Pink \_\_\_\_\_’s album *The Dark Side of the Moon* was released on March 1, 1973, and stayed on the Billboard Top 200 album charts for 741 weeks!

8. A \_\_\_\_\_ *Life*, an emotional novel following the lives of four friends and written by Hanya Yanagihara, was first published on March 10, 2015.

9. This pale-blue gemstone is one of March’s birthstones.

10. On March 26, 1953, Dr. Jonas Salk successfully tested a vaccine for this disease that has affected notable individuals such as Frida Kahlo, Franklin D. Roosevelt, Joni Mitchell, and Neil Young in the past.

11. Known for her roles in *Schitt’s Creek*, *Home Alone*, and *Beetlejuice*, \_\_\_\_\_ O’Hara was born on March 4, 1954, in Toronto, Ontario.

12. The month of March is named after this Roman god of war.

13. This iconic film about a giant ape causing chaos in New York City first premiered on March 2, 1933, at Radio City Music Hall.

## Down

1. Daylight \_\_\_\_\_ Time will start on Sunday, March 9 this year.

2. This national park with geothermal features spanning across Wyoming, Montana, and Idaho became the first national park in the world on March 1, 1872.

5. Daffodils and \_\_\_\_\_ are the official birth flowers of March.

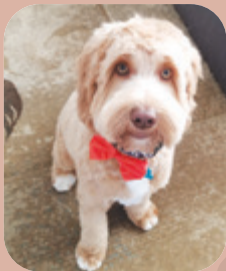
7. March is officially \_\_\_\_\_ Heritage Month in Canada and celebrates the history and impact of individuals, past and present, from the country nicknamed the “Emerald Isle”.

8. On March 2, 2024, \_\_\_\_\_ James made NBA history by becoming the first player to score 40,000 career points.



Visit [bit.ly/mycalgaryanswers](https://bit.ly/mycalgaryanswers) or scan the QR code for the answers

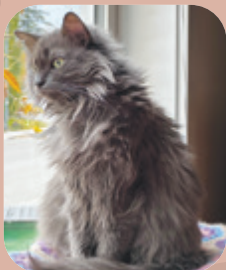
## Cats, Canines, & Critters of Calgary



Jax, McKenzie Towne



Louie, Panorama Country Hills



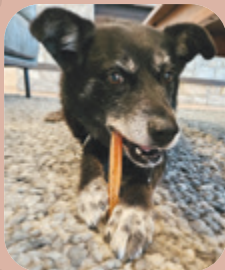
Luna, Marda Loop



Luna, West Hillhurst



Lutik, Douglas Quarry



Mystery, Christie Park



Neville, Douglas Glen



Snoop, Southwood

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## Joke of the Month



Which is faster,  
hot or cold?

Hot, because you  
can catch a cold.

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