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# KINCORA NEWS

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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: \_\_\_\_\_

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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
This could be you!	President
Kris McPherson	First Vice-President
Chad Rowe	Second Vice-President
This could be you!	Treasurer
Vlad Rudko	Secretary
This could be you!	Director of Communications
Dicky Sum	Director at Large
This could be you!	Director at Large
Chad Rowe	Director of Stampede
Charles Zhang	Director at Large
This could be you!	Director of Outdoor Rink
Mallika Velamuri	Past President

**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 your families took advantage of the bright weather on April 5 and were able to collect some goody bags during our Easter Egg Hunt. If you haven't renewed your membership, I urge you to renew it now.



As you must know by now, at this year's AGM I had stepped down as the President of this amazing board. It has not been an easy decision for me as I had great satisfaction on serving this board for the past two years. Considering Kincora is about to enter into an exciting phase of building some much

needed projects it was not an easy decision to make. I will still serve on the board just not in the capacity of a President. I will be there to mentor and teach the ropes to anyone stepping into this position. Trust me, I had never been on any board before this. I just had the curiosity, willingness, and enthusiasm to learn. All it takes is the will to do something good. The rest of it is learned easily.

I would like to take this opportunity to thank each and every board member of the Kincora Community Association, who have helped me be a successful President, especially the past president Travis Merrick and the current Vice President, Kris McPherson, who is not only trying to make Kincora a better place to live in but has also been trying to get a sporting and recreational facility built as the President of the Symons Valley Park Association. Without his guidance my journey on this board would have been very difficult. I would also like to thank Annette Hall, the President of Kincora Residents Association who has helped me immensely. I have seen her work, and I have come to the conclusion she is a big part of why Kincora looks so sparkly year after year.

I would like to express my gratitude to Ward 2 Councillor, Jennifer Wyness for rewarding me. She and her team have been very encouraging to me. Kincora Community

Association has been well supported by Ward 2 in our various initiatives and in the funding of our events.

Annie Chio, who has been with the board for many years now has also resigned. With her we are losing a great organizer and a brilliant person.

I cannot emphasize enough what a rewarding experience it is to watch the smiles on the faces of young and old during events. The many events that I helped organize be it the Winter Festival, Easter Egg Hunt, or Stampede, it was always a pleasure to be there amongst all of you. Holi was just a thought a few years ago and now it is a reality.

Remember to enjoy the Holi Colours Festival, being held at our very own Kincora fields on May 3, 2:00 to 4:00 pm. Bring your friends and family from everywhere to participate in this free event. Rain or shine it will happen! See you getting coloured on May 3!

*Mallika Velamuri*

President, KCA

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# Girl Guides

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## AURORA SKY DISTRICT

## Amazing Dedication of Calgary Area Committees

by Karla W.



A while back I was volunteering at a Calgary Area STEM Day event. One of the unit's Guiders stopped to talk with me and wanted to say how amazed she was at the sheer number of Calgary Area Girl Guide large events that are available here. She had moved here from Quebec, and she said they had nothing like this where she was from.

The larger events here in Calgary include things such as STEM Day, Nite Trek, Sparklefest, Ember Camp Academy, Guide Camp Skills, the Camp Cook-off, Thinking Day Fireworks (over 2,000 people!), and the list goes on. These are events that run every year, and I don't think people realize the sheer amount of effort that goes into even just the logistics of running these events.

As an example, I would like to focus on just one event – Ember Camp Academy. This event helps Embers (and Guiders!) learn key camping skills out at Camp Jubilee in Cochrane. About 250 participants are expected at this event each year.

From the perspective of organizing this event – it starts months in advance. But it includes prep things like booking the camp (all of Camp Jubilee likely), booking the school buses to transport everyone out there, determining what stations to run and who is going to run it, and submitting Safe Guide paperwork (which includes collecting permission slips for 250 kids!).



Even once registrations come in, we are in charge of answering all the questions from all the units, who are from across the city and from different districts.

There are people on the camping and program committee who have done events like these for years, and I do think they need to be acknowledged for all the work they do leading up to the event, as well as during the event. It is a lot of work, and we are very fortunate to have these people dedicating a huge amount of volunteer time to running these large events. We are very lucky to have them.

## Cats, Canines, & Critters of Calgary



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Riley, Woodbine



Serendipity, Calgary



Tita, New Brighton

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## Scenes from KCA Easter Egg Hunt









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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

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



# Connecting for Health and Well-Being

by MPC Foundation

Research shows that maintaining strong connections with others is just as important as staying physically active, especially as we age. Socialization plays a key role in promoting both mental and physical health, particularly for older adults, and can ultimately contribute to a longer, healthier life.

A recent article by the Spanish news outlet *La Vanguardia* discusses how gyms have become social hubs for seniors. In Spain, gyms provide more than just exercise; they serve as spaces where older adults can meet new friends and strengthen existing bonds. A fitness coordinator explains that social interaction among seniors helps prevent loneliness, a significant issue for this age group. Many older adults, especially those living alone, find companionship and emotional support in these settings, which motivates them to maintain a regular exercise routine. Research also supports the idea that an active social life reduces the risks of depression, anxiety, and cognitive decline. In fact, socializing while exercising enhances both physical health and emotional well-being.



Similarly, an article by Dr. Freeborne, an expert in community health, emphasizes the importance of socializing for senior longevity. In Ikaria, Greece, known for its high population of centenarians, residents stay active through daily activities like gardening, housework, and walking to visit friends. This active lifestyle is complemented by strong social ties, as

people regularly meet in public spaces to socialize. Researchers found that daily social interactions were common among seniors in this region, contributing to their exceptional longevity. The article also highlights the role of social relationships in reducing the risk of chronic illnesses, including dementia. As we age, staying connected with others and engaging in meaningful activities are vital for preserving mental sharpness and overall well-being.



These examples remind us that social communication is essential for seniors' health. Whether through exercise, community events, or simply spending time with friends and family, staying socially engaged helps combat loneliness, boosts emotional health, and can even lead to a longer life. Communities should support seniors by offering opportunities for socialization and creating environments that promote active living. Encouraging seniors to stay connected can greatly improve their quality of life.





## News from the Friends of Nose Hill

by Anne Burke

We were contacted about restoration work at Nose Hill. Alberta Native Plant Rescue has some native grasses they've rescued from development sites around Calgary and can plant them out. Past stewardship projects were in Fish Creek Park and Cochrane area. Native species are popular but are at increasing risk from invasive species (weeds) and land development. This Volunteer Group gathers a variety of native grasses and rare plants, then safely relocates them. Some are rough fescue grass, the Prairie sage, blanket flower, blazing star, yarrow, and more. When the native grassland restoration project involves sharing seedlings with the public, participants should bring clean tools and be dressed appropriately.

This year's World Migratory Bird Day theme, Shared Spaces: Creating Bird-friendly Cities and Communities, highlights the urgent need for urban planning and protecting birds. It's time to rally our community and Calgary is certified as bird friendly. Saturday, May 10 marks peak spring migration in Canada. Every action counts to help save bird lives. <https://www.birdday.ca/>.

Nature Alberta is the coordinator of Important Bird and Biodiversity Areas (IBAs) for Habitat Stewardship, enlisting community and government support. National partners include Birds Canada and Nature Canada. The program was initiated in the 1980s by BirdLife International. Nature Alberta is responsible for recruiting volunteer caretakers who collect bird data; they conduct at least one bird count per year (preferably during migration) and submit the results to eBird Canada. Some other duties are conducting site assessments, restoring habitat, raising awareness, and advocacy efforts. There are currently over 600 IBAs across Canada, including 48 in Alberta all viewable on a Google map. An online directory tracks locations, birds, habitats, threats, and conservation issues. You can access the database, interactive maps, desktop tools, and downloadable PDF maps at <https://naturealberta.ca/habitat-stewardship/>.

## YOUR CITY OF CALGARY

### Create a Beautiful and Resilient YardSmart Yard This Spring!

by The City of Calgary

A YardSmart yard stays beautiful longer during hot and dry weather compared to yards completely planted with grass. The City's YardSmart program provides helpful resources that show you how to plan, build, and maintain your yard, including:

- Layouts and plant lists for all over your yard – wet, full sun, partial sun, and shade areas.
- Easy to follow information on planting, watering, and maintenance.
- How-to videos including how to garden on a budget and creating a pollinator-friendly yard.

Remember, new plants need lots of water to get established, especially during the heat of summer. You can do your part to reduce your water consumption and help your yard and garden retain moisture by:

- Installing a rain barrel to use in your yard and garden. It is a simple, yet effective way to reduce your water use by acting as a backup source of water.
- Only giving plants the water they need.
- Mowing less often to keep your grass five to seven cm (two to three inches) high to shade the soil.
- Replacing portions of your lawn with garden features that use less water and help absorb rainwater such as low water-use perennials and shrubs, lawn alternatives, or groundcovers.
- Adding good quality soil to help retain moisture and mulch on top to reduce evaporation.

To learn more about how to create a beautiful, resilient yard and garden that uses less water, visit [calgary.ca/YardSmart](http://calgary.ca/YardSmart).



## A MESSAGE FROM THE KRA

As the warmth of spring fills the air in Calgary, it's time for residents to get outdoors and enjoy all that our community has to offer. However, with the changing seasons come some important safety tips and community updates that we want to share.

### Ice Safety

This time of year, the ice on rivers, lakes, and storm ponds becomes even more dangerous because of the rising temperatures. While these bodies of water may still appear frozen, the ice is thinning and becomes unpredictable. Falling through can happen in an instant, putting individuals at risk of hypothermia or drowning. Ice safety tips: avoid the ice. As ice weakens, it becomes unsafe for any activity. Stay off all ice-covered rivers, lakes, and storm ponds. Stay back from the edges. Melting ice along riverbanks and lakeshores is unstable and can collapse under your weight. Call 9-1-1 in an emergency. If someone, or a pet, falls through the ice, do not attempt a rescue yourself. Call for help immediately.

### Nails, Nails, and More Nails...

As part of ongoing construction in the area, please be aware that roofing nails and siding nails may be found in your yard, sidewalks, roads, and even your neighbour's yard. Roofing contractors use magnetic sweepers, but nails can still travel far distances. Please take extra care when walking or playing outdoors.

### 2024 Mail Strike Update

Mailed in account payments have been reviewed and some December 31, 2024, interest charges reversed due to the postal delivery delays. Accounts with arrears - payment reminders for the balance owing along with an account statement have been sent. Paperless subscribers - if you can't find the email, check your Condo Control account for your account statement in the link on your 'Announcement'. Mail subscribers - check your mailbox. If you are unsure, contact our Simco HOA Manager. Your contact information or pre-authorized banking information may need updating. Information on the KRA website - [www.KincoraResidents.org](http://www.KincoraResidents.org). Accounts eligible to be sent for collections will be sent one additional Simco final notice before the end of June.

### 2025 KRA AGM

Scheduled for June 24, 2025, 7:00 pm at the Symons Valley United Church. For voting privileges, your account will need to be in good standing. Proxy documents are available for those that are not available to attend in-person. Virtual attendance proxies will also be available for those attending online. The board of directors has positions open for additional members. We encourage all residents to attend the AGM or participate via proxy, as this is your opportunity to have a say in shaping our community's future. If you're interested in volunteering or joining the board, please reach out—we'd love to have you involved!





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## Thai Curry Chicken

by Jennifer Puri

Thai food is a blend of four cuisines – Indian, Chinese, Malay, and Thai.

Thai curry can be mild or spicy and contain meat, chicken, seafood, or vegetables, and is typically served with rice or noodles.

The “reddish” colour and flavour of the curry comes from the red chillies used to make the paste which would also include lemongrass, shrimp paste, ginger and garlic, turmeric, coriander, and cumin seeds.

Full fat coconut milk has been used in the Thai curry chicken recipe as it helps to offset the heat and give it a creamy consistency. The curry is actually quite mild, but you can increase the heat by stirring in the garnish of fresh, sliced red Thai chillies prior to serving.

**Prep Time:** 20 minutes

**Cook Time:** 35 minutes

**Servings:** 4 to 6

### Ingredients:

- 3 lbs. boneless, skinless chicken breasts
- 1 medium size onion, finely sliced

- 3 garlic cloves, finely chopped
- 4 tbsp. vegetable oil
- 4 to 5 tbsp. Thai curry paste
- 3 tsp. fish sauce
- 1 tsp. sugar
- 2 ½ cups full fat coconut milk

### Garnish:

- 3 Thai red chillies, deseeded and thinly sliced
- 10 to 12 fresh mint leaves or Thai basil leaves

### Directions:

1. Cut the chicken breasts into small pieces.
2. Heat oil in a large pan or skillet (which has a lid), add the sliced onion and garlic and sauté for 2 to 3 minutes.
3. Add the chicken pieces to the pan and fry until they change colour and are no longer pink.
4. Add Thai curry paste, followed by the sugar, salt, and fish sauce, and blend in with the chicken.
5. Pour in the coconut milk and simmer on low heat until the chicken is tender, about 20 minutes.
6. Garnish with 2 to 3 thinly sliced Thai red chillies with seeds removed and fresh mint or basil leaves.
7. Serve with Jasmine or Basmati rice or rice noodles if desired.

Bon Appétit!

# Six Ways to Stand Up for Yourself

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

People-pleasing is a common pattern where individuals prioritize others' needs or desires over their own...often at the expense of their well-being. Overcoming this behaviour takes self-awareness, boundary-setting, and practicing self-care. Here are six ways to stop people-pleasing:

### 1. Recognize and Acknowledge the Behaviour

The first step in breaking free from people-pleasing is to recognize when you're doing it. Notice if you're constantly agreeing to things you don't want to do, neglecting your own needs, or avoiding conflict at all costs. Once you can identify these patterns, you can start taking steps to address them.

### 2. Set Clear Boundaries

Setting healthy boundaries is essential to stopping people-pleasing. This means learning to say no without guilt and making it clear what you can and cannot do. Practice asserting yourself calmly and confidently when someone asks for something that goes beyond your limits. You don't have to provide an explanation for your boundaries — just saying "I can't do that right now" or "That doesn't work for me" is enough.

### 3. Understand and Prioritize Your Own Needs

People-pleasers often suppress their own needs in favour of others. To stop this, be mindful of your own feelings and desires. Make a habit of checking in with yourself regularly. What do you need in the moment? What are your values? Prioritizing your own emotional, mental, and physical well-being helps you stop being overly concerned with other people's approval.

### 4. Challenge Your Fear of Disappointment or Conflict

A lot of people-pleasers fear disappointing others or facing conflict. Shift your mindset by reminding yourself that it's okay to disagree or say no. You don't need to make everyone happy, and people's reactions to your boundaries don't define your worth. Over time, you'll become more comfortable with discomfort and realize that you can handle others' feelings without compromising your own.



### 5. Learn to Tolerate Guilt and Discomfort

It's natural to feel guilty when you start saying no or standing up for your needs, especially if you're used to pleasing others. Practice tolerating that guilt and discomfort. Understand that feeling bad doesn't mean you've done something wrong — it simply means you're making a change. As you practice, this guilt will lessen, and you'll become more comfortable with acting in ways that align with your values.

### 6. Surround Yourself with Supportive People

Having people around who respect your boundaries and encourage your personal growth can help you feel empowered to stop people-pleasing. Seek relationships that are balanced and reciprocal, where your needs are valued just as much as others'. Positive, supportive people will help you feel more confident and less likely to fall back into people-pleasing behaviours.

Changing people-pleasing habits takes time, but with consistent effort and practice, you can learn to prioritize your own needs and create healthier, more authentic relationships.



### 2025 Annual General Meeting



Notice is hereby given that the Annual General Meeting of the Symons Valley Leisure and Amenities Society will be held in person and online on Tuesday May 20, 2025, on

or about the hour of 7:00 pm at Symons Valley United Church in the Valley Room, for the purpose of receiving reports; approval and confirmation of actions taken by the Board since the last Annual General Meeting; and, for the transaction of such other business as may properly be brought before the meeting.

We encourage all our neighbours, especially those who live in Kincora, Nolan Hill, Sage Hill, and Sherwood to attend our meeting, so that you can stay informed and become involved in this multi-community project.

#### Agenda

1. Call to Order
2. Approval of Agenda
3. Approval of Minutes of the 2024 Annual General Meeting
4. President's Report
5. Finances Review and Approval
6. Approval of Directors
7. Committee Reports
8. New Business
9. Adjournment

#### Board Vacancies

- Director of Fund Development
- Director of Project Development
- Director at Large
- Committee Positions (Communications, Fund Development, Finance, Project Development)

#### Annual General Meeting - Symons Valley Leisure and Amenities Society

Tuesday, May 20, 7:00 to 8:00 pm

Video call link: [meet.google.com/qui-uyqo-agc](https://meet.google.com/qui-uyqo-agc)

Or dial: (CA) +1 289-351-7332 | PIN: 934 308 479#

Please reach out to us on our website [www.symonsvalleypark.ca](http://www.symonsvalleypark.ca) or visit our Facebook Page at [www.facebook.com/SymonsValleyPark](https://www.facebook.com/SymonsValleyPark).

We look forward to seeing you there,

*Kris McPherson*

President – Symons Valley Leisure and Amenities Society



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SCAN ME





Councillor, Ward 2

**Jennifer Wyness**

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Our communities are growing, and with that growth comes exciting improvements to roads, parks, and public spaces. To help you stay informed about what's happening near you, I have worked with The City to launch the Capital Projects Map – an interactive tool that highlights upcoming and ongoing infrastructure projects.

Want to know if roadwork will affect your commute? Curious about new community spaces being built nearby? This tool provides details on project timelines, budgets, and current status, so you can see how these developments may impact and benefit your daily life.

Currently, the map is in its pilot phase, featuring select projects while The City fine-tunes its functionality. More updates are coming soon, making it even easier to track improvements across Calgary.

Check it out and explore what's happening in your community today! Visit [calgary.ca/capitalprojectsmapp](http://calgary.ca/capitalprojectsmapp) for more.

### Preparing for Warmer Weather and Snow Melt

With warmer temperatures expected in Calgary, The City is preparing for the spring melt – and you can help!

As ice melts during the day and refreezes at night, storm drains can become blocked. City crews are already working to inspect and thaw key drains using specialized steam equipment.

### How You Can Help:

- Clear storm drains around your property when it's safe to do so. Removing ice, snow, and debris helps prevent pooling water. Find storm drain locations at [calgary.ca/stormdrains](http://calgary.ca/stormdrains) and learn more.
- Report blocked drains to 3-1-1 if water is pooling or if the drain is covered in thick ice. Submitting a photo through the 3-1-1 app helps crews prioritize urgent concerns.
- Drive with care. Slushy roads can hide hazards like potholes, and water spray can reduce visibility for others.

As always, my office is open if you have any questions or concerns. You can reach us at Ward2@Calgary.ca. I look forward to hearing from you soon.

# BUSINESS CLASSIFIEDS

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