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SCAN THE QR CODE
FOR THE SOLUTION



Word of the Month

Magnanimous: Adjective
(mag-nan-uh-muhs)

Generous and high-minded.
Not petty or resentful.

She paid for both her and her
friend in a magnanimous gesture.



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: _____

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Address: _____

Home Phone: _____

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Are you interested
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Date (dd/mm/yy) _____

Registration confirmation is sent out from **wpadmin@kincora.org**. Please contact **members@kincora.org** for inquiries.

Information is collected under the authority of the Freedom of Information and protection of Privacy Act, section 33(c). This information is used to record your Kincora Community Association membership household payment history. This information will only be used in whole or in part for internal statistical reporting. It will never be shared with a third party. If you have any questions or concerns regarding the use or collection of this information, please contact us.

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NAME	VOLUNTEER POSITION
Dicky Sum	President
Kris McPherson	First Vice-President
Vacant	Second Vice-President
Wesley Hall	Treasurer
Vlad Rudko	Secretary
Thouseef Usman	Director of Communications
Charles Zhang	Director of Rink Operations
Sydney Kennedy	Director of Membership
Zachary Kennedy	Director at Large
Vacant	Director of Events

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.

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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.

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PRESIDENT'S MESSAGE

Hi, Kincora Neighbours,

It has been a while since we had a KCA president's message. I hope you are enjoying the last bit of autumn and have already started winterizing.

My name is Dicky, and I am your new KCA president, here to make our community a safe, healthy, and enjoyable neighbourhood. Before I talk about myself, I would like to remind you that Remembrance Day is observed on November 11. I encourage you to wear your poppy as a gesture of respect to those who fought for our freedom and to donate to the Poppy Fund to support our veterans. Also, congratulations to all our elected City officials and school trustees. KCA is ready to work with you to build a better and awesome community.

Who Am I?

Now, about myself. I have been volunteering as a KCA board member since 2018. I have lived in Kincora for over 15 years, and started a family with my lovely wife, Hilda, who also volunteered for KCA for a couple of years before I joined. I also have two fun-loving school kids; one attends Colonel Irvine and the other attends Simon Valley School. I graduated from the University of Alberta with a degree in Computer Engineering and am currently working as a software developer at a transit technology company. If you notice someone biking around the neighbourhood, that could be me.

Volunteerism

Before getting into updates, I would like to thank the current board members for keeping KCA running. With many caring volunteers and awesome board members, I am confident in my ability to handle this role. I would also like to thank all the past board members who have

dedicated their time and energy to establishing and operating KCA since its inception in 2008. Lastly, I would like to extend a special thanks to Kris McPherson for taking care of the KCA president's duties, in addition to his many other responsibilities, including being the president of Symons Valley Park, which involves raising funds to build a leisure and sports park.

Board Updates

I am excited to announce that we have picked the playground design that will replace the existing one by the Kincora pond near the gazebo. The new design looks great and is expected to bring joy to many families with children over the next decade. Also, the frame of the outdoor skating rink has been built. Once the weather permits, we will put the liner and flood the rink to build the ice sheet. Last, the board is actively planning upcoming events. Please keep an eye out for the volunteers' callout or event updates on our website, Facebook group, or newsletters.

Dicky Sum, P.Eng

President



Tasty Art

What do "The Persistence of Memory" and the Chupa Chups logo have in common? Well, they were both created by surrealist Salvador Dalí! Asked by founder Enric Bernat to improve the candy wrapper, Dalí sketched the now-iconic daisy-shaped logo in a café on a piece of newspaper.



Raising Non-Anxious Kids

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

Modern parenting has become highly involved. Many of us may hover, protect, and step in quickly to solve problems for our kids. While this comes from love, too much intervention can make it harder for children to build resilience, confidence, and coping skills. Add in the constant pull of screens and social media, and many kids grow up struggling with boredom, frustration, and independence.

A New Approach: Obstacle Parenting

Instead of removing every challenge, obstacle parenting gives kids space to face small struggles and learn from them. It's about doing less, not more, and trusting that kids can figure things out.

1. Resilience Comes Through Struggle

- Shielding kids from every difficulty robs them of practice in handling life's challenges.
- Small frustrations (like a tricky puzzle or waiting a few minutes for help) build patience and problem-solving skills.

2. Boredom Isn't Bad

- Constant stimulation from screens can dull curiosity.
- Letting kids experience boredom creates space for imagination, creativity, and self-discovery.

3. Screens and Social Media

- Technology isn't going away, but heavy use can lead to loneliness and anxiety.
- Balance matters: limiting screen time, teaching mindful use, and modelling healthy habits are key.

4. Parents Need Restraint Too

- Kids notice when adults are glued to their phones.
- Modelling presence—reading, drawing, or simply sitting quietly—teaches kids that life doesn't have to be constantly filled with screens.

Practical Tips for Parents

- **Pause Before Helping:** If your child asks for help, wait a few minutes. Encourage them to try first.
- **Make Things Just a Bit Harder:** Give challenges that require effort—like board games, chores, or puzzles.
- **Encourage Real-World Play:** Let kids play outside, climb, build, and explore with peers—even if it's messy or imperfect.



- **Embrace Boredom:** Remind kids (and yourself): "It's okay to be bored." Often, creativity follows.
- **Create Screen-Free Zones:** Mealtimes, bedtime routines, and family outings can be tech-free moments.
- **Model Healthy Habits:** Put your own phone down. Show your kids how to be present, curious, and engaged in the real world.
- **Build Community:** Rely on neighbours, friends, and extended family. Kids need more than just parents—they thrive with a wider circle of support.

Obstacle parenting isn't about making life hard for children. It's about giving them space to:

- Build confidence.
- Develop focus and endurance.
- Learn how to handle frustration.
- Discover creativity in boredom.
- Grow into resilient, less anxious adults.

Sometimes, the best gift we can give our kids is to step back, let them struggle a little, and trust that they can rise to the challenge.

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by Caplan's Living



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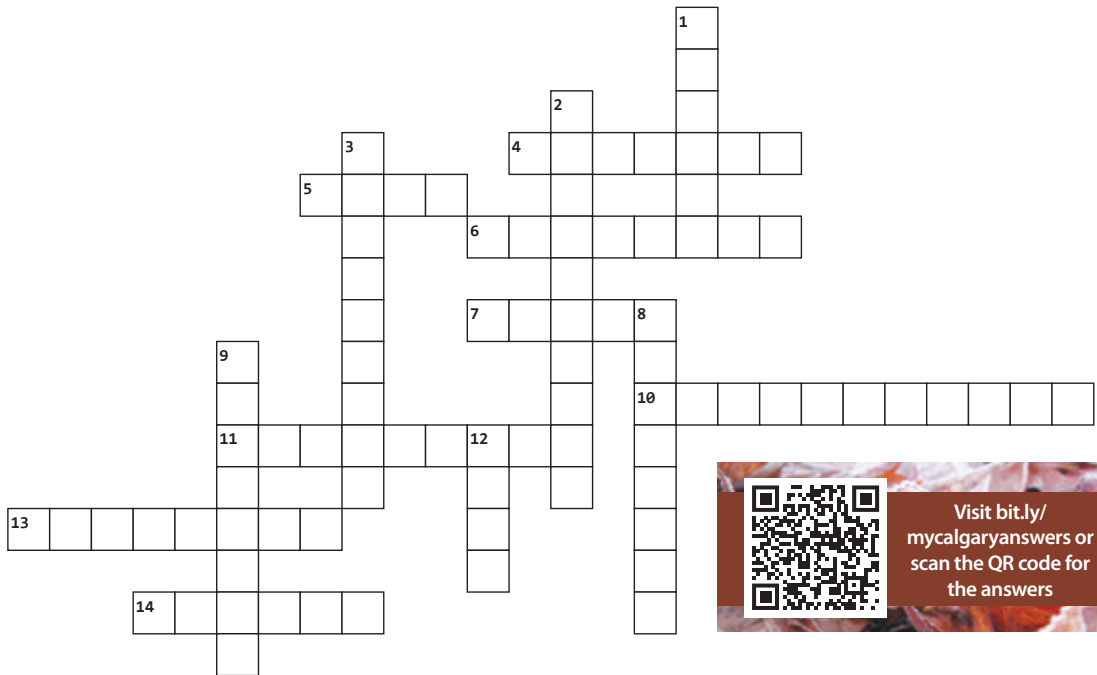


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November Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Across

4. In November 1896, the hydroelectric powerplant at _____ Falls started operating.
5. "Novem" is the Latin word for what number?
6. The sci-fi novel, _____ *Park*, by Michael Crichton was published in November 1990.
7. World _____ Day is celebrated annually on November 1 and raises awareness about the ethical, environmental, and health issues related to animal consumption.
10. On November 4, 1922, Howard Carter discovered the first steps to the tomb of this ancient Egyptian Pharaoh.
11. This fast-food chain served its 50 billionth hamburger on November 20, 1984.
13. On November 30, 1982, Michael Jackson released his hit album "_____".
14. On November 27, 2013, this winter wonderland Disney animation was released.

Down

1. This Britney received her star on the Hollywood Walk of Fame at the age of 21 on November 17, 2003.
2. Jacques Plante became the first NHL goalie to wear a _____ protective face mask on November 1, 1959.
3. Canadian Music Hall of Fame inductee Gordon _____ was born on November 17, 1938, in Orillia, Ontario.
8. Stars of the romantic film *The _____*, Canadians Rachel McAdams and Ryan Gosling both celebrate their birthdays in November.
9. On November 15, 2020, Lewis _____ won his record-equalling seventh F1 World Drivers' Championship at the Turkish Grand Prix.
12. One of the most complete early human ancestor skeletons (*Australopithecus afarensis*), nicknamed _____, was discovered in Ethiopia on November 24, 1974.

A MESSAGE FROM THE KRA

Bringing neighbours together, one season at a time.

A Message for November

As the crisp autumn air gives way to the first hints of snow, November invites us to pause, reflect, and prepare. It's a time for remembrance, gratitude, and readiness—for both the colder days ahead and the meaningful moments this month brings.

Remembrance Day – November 11

This month, we honour the courage and sacrifice of those who served—and continue to serve—our country in times of war, conflict, and peacekeeping.

Please join us in observing a moment of silence at 11:00 am on November 11 to remember the men and women who gave their lives for the freedoms we enjoy today.

If you're able, consider attending a local Remembrance Day ceremony or visiting the Field of Crosses along Memorial Drive. It's a moving tribute to Calgary's fallen soldiers and a reminder that remembrance is an act of community as much as memory.

"At the going down of the sun and in the morning, we will remember them."

Preparing Your Home for a Calgary Winter

As Calgary's winter approaches, now is the perfect time to get your home ready for the season ahead. A little preparation now can go a long way in keeping your home warm, safe, and energy-efficient when those sub-zero temperatures hit.

1. Warm Up Your Furnace: Book a professional furnace inspection and cleaning before the cold sets in. Replace air filters regularly and do a quick test run—this gives you time to handle any repairs before the busy winter season.

2. Prioritize Home Safety: Check that your smoke and carbon monoxide detectors are working properly and replace batteries if needed. Have chimneys and vents cleaned and inspected to ensure safe airflow throughout your home.

3. Inspect the Exterior: Clear gutters, trim branches, and check your roof for loose shingles or damage. Seal any cracks or gaps around doors and windows to block out drafts and prevent ice buildup. Taking care of these tasks now can save you major headaches later.

4. Insulate and Weatherproof: Check the insulation in your attic, crawl spaces, and walls. Caulk and weatherstrip doors and windows to boost energy efficiency. Look for potential entry points for small animals—they'll be looking for warmth, too!

5. Protect Outdoor Plumbing: Drain and insulate outdoor pipes, faucets, and sprinkler systems before the first snowfall. This simple step helps prevent frozen or burst pipes once the deep freeze arrives.

By planning ahead and tackling these maintenance tasks early, you'll keep your home cozy, secure, and ready for whatever winter throws your way.

Final Word

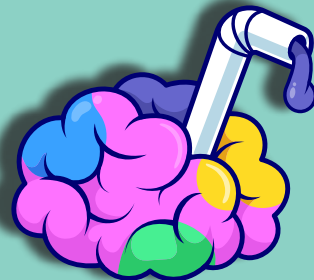
November is about both reflection and preparation—a chance to remember the past and get ready for what's next. As neighbours, let's look out for one another: check in on those who may need help with winterizing their homes, share a cup of coffee, and keep our community warm in more ways than one.

Stay safe, stay warm, and take a moment this month to remember.

Your Kincora Residents Association

Brain Freeze

That sharp headache from cold treats? Doctors call it "sphenopalatine ganglioneuralgia". Try saying that the next time you eat an ice cream and get brain freeze!



Winter Is Coming!

Sharpen your skates, dust off your jackets, and get ready — winter fun is just around the corner! While Symons Valley Park isn't built yet, we're already imagining the future: families lacing up skates at the rink, kids racing through fresh snow, and neighbours gathering for hot chocolate after a game of shinny. This park will be a true four-season hub, bringing our community together year-round. Your support ensures this vision becomes reality.

Giving Tuesday

On Tuesday, December 2, communities across Canada will celebrate Giving Tuesday — a global day dedicated to generosity and impact. This year, we're adding an extra reason to give: anyone who donates \$30 or more to Symons Valley Park, from November 1 to November 30, 2025, will be entered into a draw for a \$50 gift card to a local restaurant. It's our way of saying thank you for investing in the future of our neighbourhood. Make a donation on our website and send us a copy of the receipt to hello@symonsvalleypark.ca.

The Side Effect of Parks

Parks don't just provide places to play — they strengthen communities in countless ways. Studies show that neighbourhoods with strong recreational spaces see higher physical activity, lower stress levels, and stronger social connections. Parks can even increase local property values and attract new families to an area. Learn more in our article "Urban Green Spaces: How recreational parks make communities stronger" on our website.

Fun Park Fact

Did you know? In outdoor "shinny" hockey — the kind of pickup games we'll all enjoy on a community rink —

there are no goalies and no refs, just friends, neighbours, and plenty of fun. It's the simplest form of hockey, and one of the best ways to bring people together in the winter.

How You Can Help

- **Donate:** Every dollar counts — and this November, your gift could win you dinner out!
- **Spread the word:** Share our project with friends, family, and neighbours.
- **Volunteer:** Join the team making Symons Valley Park possible.
- **Follow us:** @SymonsValleyPark on Facebook and Instagram.

Together, we're building more than a park — we're creating a legacy of community, connection, and joy for generations to come. Thank you for being part of this journey!

Symons Valley Leisure & Amenities Society

www.symonsvalleypark.ca



Stay Steady This November: Fall Prevention Month for Seniors

by MPC Foundation



Each November in Canada is Fall Prevention Month! This serves as an important reminder for older adults to take steps to stay safe and steady. Falls are the leading cause of injury among seniors, but most can be prevented with a few simple changes. This month is the perfect time to assess your environment, health, and habits to reduce your risk and maintain your independence.

Why Fall Prevention Matters

Falls are the leading cause of injury among seniors, often resulting in broken bones, hospital stays, and a loss of independence. However, fall prevention isn't just about avoiding injury—it's about maintaining confidence, mobility, and quality of life.



Stay Active to Stay Balanced

Keeping your body strong and flexible helps prevent falls. Gentle exercises like walking, stretching, chair yoga, or Tai Chi can improve balance, strength, and coordination; even a few minutes a day can make a difference. Staying active not only helps with balance—it also boosts confidence and mood. Proper footwear ensures optimal stability when exercising, especially taking strolls outside during these colder months when ice and snow pose a hazard.

Make Your Home a Safe Space

Many falls happen right at home. Start by removing common tripping hazards like loose rugs, clutter, and cords. Install grab bars in the bathroom, add non-slip mats in the shower, and ensure all areas of your home are well-lit—especially stairs and hallways. Using night lights can make nighttime trips to the bathroom much safer. Small adjustments like these can have a big impact on your safety.

Conclusion

Fall Prevention Month is more than just a reminder—it's a call to action. Taking steps now can prevent serious injury and help you stay independent longer. Whether it's making a few home adjustments or adding gentle exercise to your routine, every small effort counts. This November, give yourself the gift of safety, stability, and peace of mind.

News from the Friends of Nose Hill

by Anne Burke

Norma Frances Bicknell (née Rose) (1926-2025) passed away at the age of 98 years. Norma was an ardent crusader for many causes dear to her heart—women's rights and equality, saving Nose Hill Park, the South McDougal Area Structure Plan, to name a few. As some remember: "Though it has been a few decades since Norma walked upon the hill, she was always interested to hear about the first reports of crocus blooms in the spring". Another, "From the first kite fly on Nose Hill (to bring attention to it), the recording of animal life and monitoring of plant species no one influenced me more. The past 50 years on Nose Hill were all because of her influence". Moreover, "She led such a great life. I lost touch after I left Calgary and am pleased, she has enjoyed another 30 years since. When we had to fight to keep Nose Hill mostly unpaved, she was the heart and soul behind our efforts." Calgary's Centennial in 1975 was to celebrate the city's first 100 years. I first met Norma when we were fundraising for educational signage on Nose Hill. Without her, there would have been no such Park. Whatever we all did to contribute as volunteers was in her name and avidly following her lead. An astonishing woman who accomplished so much for so many, she enjoyed a well-lived life in all respects. Nose Hill was declared one of Canada's largest urban parks in 1980. There is a lovely colour photo of Norma, with other members of the Nose Hill Steering Committee. She is holding a copy of the Nose Hill Master Plan. In the snow on Nose Hill, Norma appears very happy, even girlish, with a glint in her eye, as well she might. www.calgaryguardian.com/historical-photos-nose-hill-park/.

The Art of Finding Work: Myths Job Seekers Believe or Are Sold

by Nick Kossovan

Mythologies arose to explain natural phenomena. Many Greek and Roman gods—like Apollo (sun and light), Athena (war and wisdom), and Zeus (sky and justice)—represented various forces of nature. Eventually, mythology gave rise to organized religion, which developed more imaginative, almost human-like characters. While myths are, by definition, false or inaccurate, they remain as relevant today as they were to the ancients.

Myths aren't just stories. Ancient and modern cultures use them to explain the world and our experiences, answer timeless questions, and serve as a [moral] compass. Because myths aren't substantiated, they're not considered factually credible in the same way as documented history, scientific studies, and empirical evidence; however, they can have profound impacts on a person or community, often in negative ways, such as creating limiting beliefs that inhibit a person's thoughts, actions, and experiences.

Every day, I see job seekers cling to myths about job searching, often sold to them by self-professed career coaches peddling fear, false hope, and outright snake oil because it serves their self-interests to sell you their supposed magic bullet services.

The most common myths I encounter:

Using LinkedIn's "Open to Work" Banner Makes You Look Desperate

I find the often-heated ongoing debate about whether someone should use LinkedIn's "Open to Work" banner feature childish and ridiculous. The banner is nothing more than a signal, no different than a bakery hanging a 'Help Wanted' sign in its window or standing on the side of a road with your thumb out because your car broke down and you now need a lift. You do you; let others do themselves. Your job search strategy is yours to design. Ultimately, your job search results will speak for themselves.

The ATS is Rejecting Your Application Because of Keywords

Excuses abound:

- "Recruiters aren't doing their jobs."
- "I'm getting ghosted by bots."

- "It's all about keywords."

Here's the harsh truth. Job searching is a competition. You're competing against many candidates just as qualified as you, many more so. As I've stated in previous columns, there's always someone younger, more skilled, qualified, and hungrier than you.

Most of the time, your resume is seen by a human being, but like most resumes, it's not compelling. Then there's the common scenario, where your resume presents you as a "rockstar," but your LinkedIn profile and/or digital footprint, which employers study to determine whether you are interview-worthy, raises red flags and is an employer turnoff. Give this possibly serious consideration.

Resume Advice: Most resumes and LinkedIn profiles are mere lists of opinions. Employers hire results, not opinions.

Numbers are the language of business; therefore, your resume and LinkedIn profile should be populated with numbers (revenue increase, savings created, time efficiency, amount of work done, scope of work) that clearly show employers the value you've brought to previous employers, which demonstrates what value you can bring to a new employer.

It's All Just Luck

"You just need to get lucky" translates to "I don't want to take ownership of my actions." Success in today's market isn't about luck; it's about strategy, clarity, positioning, and relentless repetition. How many job seekers can say they're focusing on, even mastering, these four action pillars?

There's a lot of truth for job seekers in the words of Canadian writer and humourist Stephen Leacock: "I am a great believer in luck, and I find the harder I work, the more I have of it."

Employers Should Talk to All Applicants

This myth stems from a sense of entitlement. Employers don't owe applicants—who've freely chosen to apply—anything. Yet, I hear: "If I could just talk to someone, they'd see how great I am," and "Employers should stop making us jump through hoops and just call people."

Reality Check: Employers receive hundreds, sometimes thousands, of applications per advertised job opening. Expecting every applicant to receive a call is unrealistic. If you didn't get a call, it's not because the system is broken; it's likely because your resume didn't align with



the role or, as I mentioned, wasn't compelling enough (read: didn't convey your value), or your LinkedIn profile/digital footprint is an employer turnoff.

Biases and "Isms" are Why I'm Not Getting Hired

This myth can be filed under the many "I'm a victim!" excuses job seekers have. Yes, biases exist. Every person on this planet carries a bucket of biases; it comes with the human condition. You and I have biases, so pointing out what you perceive as an employer's bias is hypocritical.

Biases aren't what's holding you back. I've seen countless candidates prove biases inaccurate by showing up prepared with a clear message and evidence of their value, and most importantly, without an "I'm a victim!" mindset. Do your actions support common biases, such as older people being less energetic or exhibiting health issues, or do they challenge them?

Today's job market is the new norm. Believing in the face of ongoing rapid advancements in AI and automation, the myth that we'll one day return to an employee-led market is believing a comforting lie. More than ever, job search success requires clearing your head of unsubstantiated myths.

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Buster and Knuckles, Huntington Hills



Shai and Star, Copperfield



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Happy Autumn Calgary-Foothills!

As I write this article, teachers are about to go on strike for the first time in almost 25 years. Teachers are frustrated. Frustrated with salaries that have fallen far behind the cost of living. Frustrated with unmanageable class sizes and classroom complexity. Frustration levels are so high that 40% of new teachers leave the profession in their first five years. This UCP government is promising more teachers and more schools. But those promises, which will take years to deliver, won't even match the resources required today. Alberta's New Democrats are committed to a robust public education system that delivers for our children.

I want to thank everyone who attended our MLA Ask me Anything Townhall. I'll continue fighting for investment in public education, for the construction of local schools, and the hiring of teachers and educational assistants.

With the changing of the seasons come other changes – like changing up our tires. I know I'll be swapping out summer for winter tires as I resume my weekly commute to Edmonton for the fall session of the legislature.

We also change up our sporting activities from baseball, soccer, and cricket for skiing, snowboarding, and skating.

Join us for our 'Skate and Smile' event at Crowfoot Arena on Saturday, November 15, 1:30 to 4:30 pm. This is a free event including free skate rentals! We will have hot chocolate and snacks to keep you warm and energized!

Meanwhile, don't hesitate to contact Calgary.foothills@assembly.ab.ca to learn how your MLA can support you! Ask about our e-newsletter list to stay updated on local events, and changes to provincial legislation. If you would like to volunteer with my office or have questions, please contact my email above, and follow my work on social media. Until next time!

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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.



Musical Birthdays

November is a special month for Canadian music legends as many celebrate their birthday! Among the legends are Joni Mitchell, Neil Young, Bryan Adams, Gordon Lightfoot, Denny Doherty, and k.d. lang.





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		Properties		Median Price	
		Listed	Sold	Listed	Sold
September	25	16	8	\$544,950	\$535,000
August	25	12	9	\$335,000	\$320,000
July	25	9	18	\$427,500	\$414,250
June	25	21	7	\$524,900	\$510,000
May	25	21	8	\$712,450	\$710,250
April	25	7	8	\$654,950	\$668,250
March	25	11	7	\$699,900	\$695,000
February	25	12	10	\$764,450	\$763,750
January	25	10	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

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