

OCTOBER 2025

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# KINCORANEWS

YOUR OFFICIAL KINCORA COMMUNITY NEWSLETTER



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Don't Wait – Act Today!



**ANITA RUSSELL**

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## Unlock Your Dream Home Now!

Low Rates,  
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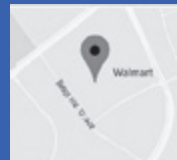
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### FREE WATER GUN GIVEAWAY FOR KINCORA FAMILIES!



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**BRAIN  
GAMES**

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FOR THE SOLUTION





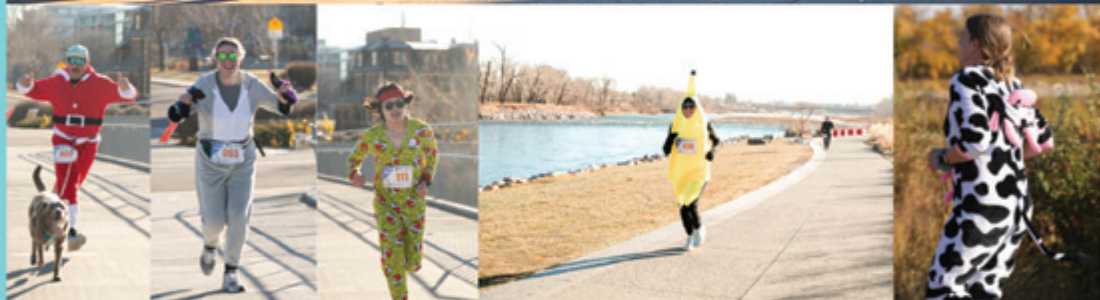
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**SATURDAY, NOVEMBER 15, 2025**

**[WWW.ONESIERUN.CA](http://WWW.ONESIERUN.CA)**



# KINCORA BOARD OF DIRECTORS

**PO BOX 47146, Creekside, Calgary, AB, T3P 0B2**  
**[www.kincora.org](http://www.kincora.org) • [communications@kincora.org](mailto:communications@kincora.org)**

NAME	VOLUNTEER POSITION
Vacant	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
Dicky Sum	Director at Large
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.

### 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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## VICE-PRESIDENT'S MESSAGE

Fall is always an exciting season in Kincora, and your KCA has lots of news to share as we head into October.

### Board Updates

We're thrilled to announce that Charles Zhang has taken on the role of Director of Rink Operations and will be leading the charge in organizing and maintaining one of Kincora's most-loved amenities—the community adopt-a-rink. This role is a big part of making sure our rink is safe, fun, and ready for the winter months, and we're very grateful to have this important position filled.

That said, we still have two major vacancies on the board: President and Events Director. These roles are essential to helping the KCA continue to run smoothly and offer programs for residents. Being part of the board is a great way to get to know your neighbours, build leadership skills, and directly shape the future of our community. You don't need previous board experience—just energy, creativity, and a passion for Kincora.

### Mark Your Calendars for Rink Build Day

Join us Saturday, October 18 from 12:00 to 3:00 pm at the Kincora Fields, when we'll be holding our Rink Build Day. This is when volunteers come together to set up the boards and get everything in place for the winter season. If you've never helped before, it's a fun, hands-on way to give back. It doesn't take special skills—just a willingness to lend a hand (and maybe a power drill if you have one!). The more helpers we have, the quicker the work goes, and the sooner we can enjoy skating under blue skies.

### Kudos to the KRA

We'd also like to take a moment to recognize the Kincora Residents Association (KRA) for all the hard work they've

been putting into our community. Their efforts with enhanced landscaping and ongoing improvements have kept Kincora looking beautiful and welcoming. They even jumped quickly to repair the "A" that had fallen off our neighbourhood sign wall—thank you for stepping in so fast and helping keep our community looking its best. Your dedication does not go unnoticed, and we are proud to share our neighbourhood with such a committed group of volunteers.

### Why Your Support Matters

The KCA is run entirely by volunteers who dedicate their time and energy to making our neighbourhood a vibrant and welcoming place. From organizing events to building the rink, from keeping communication flowing to managing community spaces, everything we do depends on resident involvement. Even small contributions of time or energy make a big difference.

We're proud of what we've accomplished together, and we know there's so much more we can achieve with your support. Whether you join us at an event, volunteer for the rink build, or consider stepping into a board role, your involvement strengthens our community.

Thank you for being part of what makes Kincora special.

*Kris McPherson, CRSP*

Vice-President



# Rightsizing vs Downsizing: It's Not About Less, It's About What's Next

by Christopher Matlashewski, Calgary Realtor and Rightsizing Specialist



The word downsizing can feel heavy. For many, it brings up thoughts of giving something up — losing space, letting go of memories, or saying goodbye to a home that's been filled with life. But what if we shifted the conversation? What if this next move wasn't about less, but about more? More freedom. More simplicity. More time. That's what I call rightsizing — finding the space that fits the life you're living now, not the one you had ten or 20 years ago.

### Living in Alignment with Today

The home that served your family beautifully for decades might not serve your life today — and that's okay. Rightsizing is about recognizing that life evolves, and your space should, too. Maybe you no longer need a big backyard to mow or multiple levels of stairs to climb. Maybe those extra bedrooms are just collecting dust — or storage bins. When your home reflects your current stage of life, it becomes a place of comfort, not upkeep. Rightsizing doesn't mean lowering your standards. In fact, it often means raising them. It's about creating a home that supports your lifestyle, your values, and your next chapter.

### It's Not About Square Footage — It's About Quality of Life

A smaller space can still feel luxurious. In fact, when your space is intentional, well-designed, and filled

only with the things you truly love, it becomes easier to enjoy the home and the life that comes with it. Without the burden of excess rooms, maintenance, or unneeded furniture, your time opens up. You can focus on what really matters: your health, your hobbies, your relationships, or that trip you've been meaning to take for years. Rightsizing means prioritizing freedom over square footage — and that shift can be incredibly empowering.

### Making Space for What's Next

We often think of moving as leaving something behind. But what if it's about making space for what's next? Whether that means locking the door and heading south for the winter, spending weekends with grandkids, or finally taking up painting or golfing; the right-sized home is the launchpad, not the limit. By choosing a home that fits your life (rather than the other way around), you open the door to more experiences, more flexibility, and less stress.

### You're Not Giving Up — You're Moving Forward

If you've been wrestling with the idea of downsizing but something about the word feels off — trust that instinct. You're not settling. You're evolving. Rightsizing is a move made with clarity, intention, and vision. It's not about having less. It's about creating more of what matters.

## GAMES & PUZZLES

### Guess the Squash!

1. This winter squash is popular in making Jack-o'-lanterns.
2. The British refer to this summer squash as a courgette.
3. This elongated squash grows on a vine and has a bulbous bottom that stores its seeds.
4. This squash resembles the shape of a flying saucer!
5. This squash shares its name with an elongated yellow fruit.
6. Like the fruit of an oak tree, this squash shares the same name and shape.



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What did the duck say  
when it bought lipstick?

Put it on my bill





### 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.

# How You Can Support an Emotionally Avoidant Partner

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



Supporting a partner who struggles with emotional vulnerability can be challenging—especially if your own emotional needs aren't being met. You can offer support, but you are not responsible for doing their emotional work for them. Here are some ways you can create a safer environment for emotional connection:

### 1. Model Emotional Safety

- Be open with your own emotions in a grounded, non-blaming way.
- Use “I feel” statements instead of “You never” accusations.
- Normalize vulnerability by showing that emotions are human, not shameful.

### 2. Respect Their Pace—but Hold Boundaries

- Understand that emotional change takes time.
- Avoid forcing deep conversations when they're emotionally shut down.
- At the same time, be clear about your own needs. It's okay to say, “I need emotional openness in this relationship to feel connected.”

### 3. Affirm Effort, Not Just Outcomes

When your partner makes even a small attempt to open up, acknowledge it gently. “Thank you for sharing that.

It means a lot.” “I know that wasn't easy for you to say.” Positive reinforcement helps override the fear that emotional vulnerability will lead to shame or rejection.

### 4. Don't Take Avoidance Personally

Their emotional withdrawal is usually about self-protection, not about you. Try not to interpret their distance as lack of care—it's more often fear, confusion, or discomfort.

### 5. Encourage—but Don't Rescue

- Invite them into deeper connection but avoid doing all the emotional work.
- Encourage therapy or men's support groups where they can build emotional awareness in a safe space.

### 6. Stay Connected to Your Own Emotional Needs

Supporting someone else emotionally doesn't mean abandoning your own needs. Therapy, journaling, or support groups can help you stay grounded and clear about what you need in the relationship.

Emotional avoidance doesn't mean a man is incapable of love—it means he may be stuck in old protective patterns. With patience, boundaries, and the right kind of support, many emotionally avoidant men can learn to build deeper, more connected relationships.



## A MESSAGE FROM THE KRA

Here are some important updates and reminders from your KRA team as we head into the busy fall season!

### Portal Reminder

Please take a moment to log into your KRA portal account.

- Is your email address up to date?
- Have you turned off announcement notifications by mistake?
- Have you recently changed your banking details? This may automatically cancel your preauthorized payment arrangement—please double-check to avoid service interruptions.

### Winter Holiday Lighting – Share Your Ideas!

Do you have ideas for additional community holiday lighting this winter? Now's the perfect time to submit them! Visit our website: [kincoraresidents.org](http://kincoraresidents.org). Deadlines for City of Calgary approval and coordinating with our lighting contractor are fast approaching.

### Stay Connected – Official KRA Communication

Please note that comments on Facebook are not monitored by the KRA.

For questions, feedback, or assistance related to the community managed by the Kincora Residents Association (KRA), please use our official website: [kincoraresidents.org](http://kincoraresidents.org).

Remember: The KRA is separate from the Kincora Community Association (KCA).

### Halloween Safety Reminder

Halloween falls on a Friday this year (October 31), so please expect trick-or-treaters to be out later than usual. Let's all help keep our streets safe:

- Drive carefully
- Keep sidewalks clear
- Ensure your home is well-lit if you're participating

### Happy Thanksgiving!

Wishing you and your loved ones a warm and joyful Thanksgiving. We have so much to be thankful for.



## News from the Friends of Nose Hill

by Anne Burke

The first recorded land occupancy of Nose Hill was an 88,000-acre lease in 1882. Large range leases were bought by well-financed ranchers, such as Senator Patrick Burns, who purchased most of two sections of Nose Hill. Cattle grazing occurred until Nose Hill was established as a park. Crops, such as wheat, oats, and rapeseed, were first grown on the plateau in 1907. Privately held farmland was horse pasture until 1912. The negative impact of horse and cattle grazing was widespread on slopes and ravines. However, it helped to control taller nuisance weeds, such as thistle and common nettle.

By 1910, Calgary's boundaries extended north to 48 Avenue. Residential development between 1945 and 1959 pushed as far north as Capri Avenue and east of 14 Street as far north as 56 Avenue. Aerial photographs reveal traffic to and from fields on the Hill to sites in the ravines and gullies along the escarpment. There were many old vehicle trails. Pickups and 4x4 trucks on the Hill used the sloping benches south of 56 Avenue and east of 24 Street. Trail development and use by walkers increased with the Winter Club.

Gravel mining began in 1961. Many Owls Valley was part of the route for commercial trucks on the main road and along the ridge on the south slope of the valley. Severe damage was caused to slope crests and the top of hummocky areas. Construction of John Laurie Boulevard in 1968-69 caused overuse in areas without fencing. More people trespassed on private lands north of the Boulevard or drove to riding club stables south of the gravel pit. There were many horse trails and dirt bikes, walkers, and joggers from 1975 to 1980. Agriculture on the Hill was suspended in 1979.



## SYMONS VALLEY PARK UPDATE

### Thank You for Joining Us!

Thank you to everyone who joined us for our annual Movie in the Park night! It was wonderful to see neighbours coming together for an evening of fun, laughter, and connection. Events like these remind us why Symons Valley is such a special place to live—and why we're working so hard to bring Symons Valley Park to life.

#### Looking Ahead

The future park will be a space designed for everyone: children racing across playgrounds, families enjoying BBQs, athletes using tennis courts and the hockey rink, and neighbours gathering at the amphitheatre for performances, festivals, and—yes—movie nights just like this one. With your enthusiasm and support, this vision is becoming a reality.

#### Fun Park Fact

Did you know? The very first public playground in North America was built in 1887 in San Francisco. It was created so kids could have a safe, fun place to play together—the same goal we have for Symons Valley Park today!

#### Why This Project Matters

Building Symons Valley Park isn't just about amenities—it's about creating a central hub for connection, wellness, and recreation. Parks give kids a safe place to grow, adults a chance to stay active, and families a destination to enjoy time together close to home. Every event we host, every conversation we share, and every donation we receive is another step closer to making this vision real.

#### How You Can Help

- Spread the word: Share our story with friends and neighbours.
- Volunteer: Help us plan and fundraise for our Park.
- Donate: Every contribution brings us closer to breaking ground.
- Connect with us: Visit our website and follow us on social media for updates and opportunities.

Together, we're creating more than just a park—we're building a community gathering place that will serve Symons Valley for generations to come. Thank you for being part of this journey!

*Kris McPherson, CRSP*

President

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

## YOUR CITY OF CALGARY

### The 2025 General Election Is Here

*by The City of Calgary*

Eligible voters can cast their ballots for the 2025 General Election starting October 6, 2025.

During Advance Vote, from October 6 to 11, voters can vote at any of the Advance Vote stations, regardless of the ward in which they reside.

On Election Day, October 20, voters must vote at their designated voting station.

Voters can use the "Where Do I Vote?" tool on the Elections Calgary website to find their nearest Advance Vote location, as well as their designated voting station on Election Day.

Special (mail-in) ballots are available for request for voters who cannot vote during the Advance Vote or on Election Day for any reason. The last day to request a mail-in ballot to be mailed to you is October 3. The last day for in-person pick-up is October 20 at 10:00 am. All mail-in ballots must be received by the Elections Calgary office by 12:00 pm (noon) on October 20. Mail-in packages can be requested online or by calling 403-476-4100.

More information on where, when and how to vote, voter identification requirements and other important information about the 2025 General Election can be found at [electionscalgary.ca/vote](http://electionscalgary.ca/vote) or by calling 403-476-4100.



## Cats, Canines, & Critters of Calgary



Charlie, Copperfield



Cody, Glenbrook



Dobby, Huntersen Place



Guzel, Huntersen Place



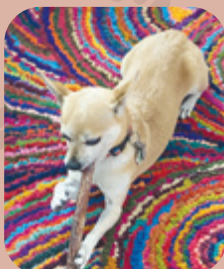
Nelly, Dalhousie



Poppy, Tuxedo Park



Sugar, Signal Hill



Todd, Lake Chaparral

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

## Journaling for the Mind and Imagination

by MPC Foundation



Journaling is a simple yet powerful activity that can have a meaningful impact on both creativity and mental well-being. Taking time each day to put thoughts on paper provides a safe space for reflection, imagination, and personal expression by allowing emotions, memories, and new ideas to flow freely.

One of the most valuable benefits of journaling is how it nurtures creativity. When we write without pressure or judgment, we give ourselves permission to explore new ideas, experiment with storytelling, or capture fleeting thoughts that might otherwise be forgotten. This kind of open-ended writing can spark fresh inspiration for other creative pursuits such as art, music, or even problem-solving in daily life. Journaling does not require perfect grammar or polished sentences—what matters is the freedom to express oneself. That sense of freedom often leads to surprising insights and imaginative thinking.



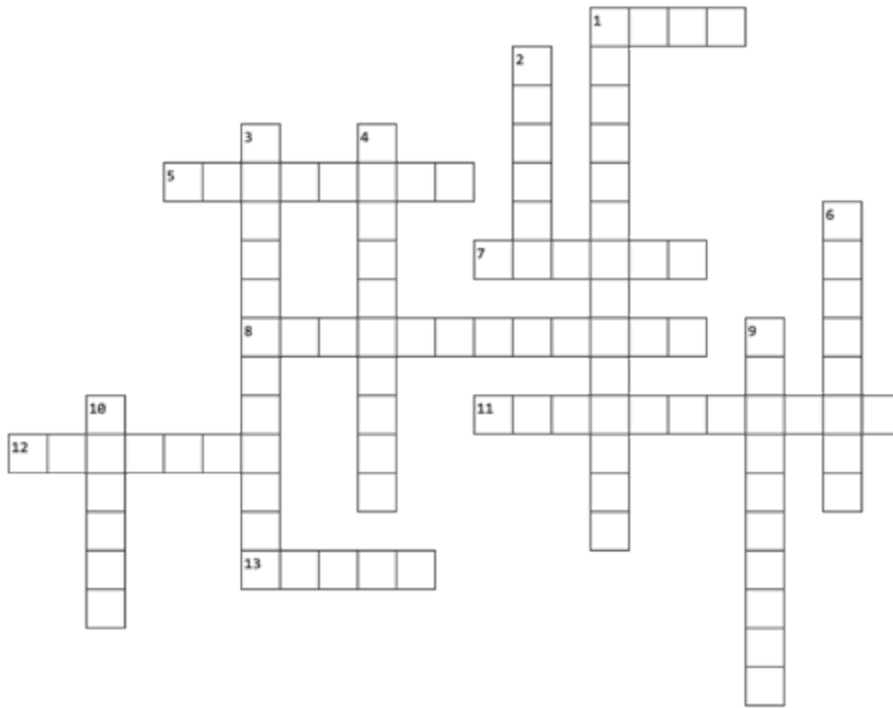
Alongside boosting creativity, journaling is also an excellent tool for mental health. Writing about experiences, feelings, and challenges can bring clarity and help reduce stress. By organizing thoughts on paper, worries may feel more manageable and less overwhelming. Journaling also encourages mindfulness, as it requires slowing down, paying attention to the present moment, and connecting with one's inner voice. Many people find that this process improves their mood and helps them cope better with everyday stresses.



Another benefit is the sense of accomplishment that comes with keeping a journal. Looking back at previous entries can highlight progress, resilience, and personal growth. It can also serve as a reminder of joyful moments that may have been overlooked in the busyness of life. In this way, journaling becomes not only a creative outlet but also a meaningful record of lived experiences.

Whether it's a few lines each morning or longer reflections whenever inspiration strikes, journaling can be adapted to fit any lifestyle. All it takes is a notebook and pen—or even a keyboard—and the willingness to begin. Over time, this small daily habit can bring both a brighter outlook and a spark of creativity to everyday life.

# October Crossword



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

## Across

1. This Andrew Lloyd Webber musical debuted on Broadway at the Winter Garden Theatre in October 1982.
5. On October 5 World \_\_\_\_\_' Day is celebrated to honour those who educate us.
7. Queen Elizabeth II officially opened this iconic Opera House on October 20, 1973.
8. Canadians celebrate this holiday on the second Monday of October.
11. The vibrant hues of autumn leaves are due to a lack of what pigment.
12. This iconic single by John Lennon was released on October 11, 1971, in the United States.
13. On October 8, 2004, Wangari Maathai was awarded the \_\_\_\_\_ Peace Prize, making her the first African woman ever to receive the award.

## Down

1. The Orient Express departed on its first journey from Paris on October 4, 1883, to this city now known as Istanbul.
2. Stock markets crashed worldwide on October 19, 1987, and became known as Black \_\_\_\_\_.
3. NHL star Glenn Hall, nicknamed Mr. Goalie, was born on October 3, 1981, in Humboldt, \_\_\_\_\_.
4. Canadian filmmaker James Cameron released the sci-fi action hit, *The \_\_\_\_\_* in October 1984.
6. This beloved Canadian Ryan was born on October 23, 1976, in Vancouver, B.C.
9. The dystopian novel where books are banned and burned, \_\_\_\_\_ 451 by Ray Bradbury, was published on October 19, 1953.
10. The "Thrilla in \_\_\_\_\_" on October 1, 1975, saw Muhammad Ali beat Joe Frazier after 14 rounds.



## Salmon and Broccoli Rice Bowl

by Jennifer Puri

Raw or cooked, broccoli is a nutrient-rich vegetable packed with vitamins, minerals, and fibre.

Steaming or roasting tends to preserve the most nutrients and flavour, but raw broccoli is also a great option when paired with dips or in salads.

Cooking broccoli can soften the tough fibres making it easier to chew and digest. Nutrient-rich and low in fat, broccoli can be a healthy, low-calorie snack.

When purchasing broccoli, choose bright green broccoli with crisp, dark green leaves and tightly closed buds. Store in the refrigerator and wash only when you plan to use it.

Create your own stir-fry sauce or use a store-bought one as shown in this simple and easy to prepare salmon and broccoli rice bowl recipe below.

**Prep Time:** 15 minutes

**Cook Time:** 20 minutes

**Servings:** 2

### Ingredients:

- 2 fillets of Salmon (4 oz. each)
- ¼ tsp. pepper
- ½ tsp. salt
- 1 tbsp. olive oil
- 2 tsp. black sesame seeds
- 1 crown of broccoli sliced
- ½ cup store-bought stir-fry sauce
- ½ tsp. crushed garlic
- ½ tsp. crushed ginger
- 1 tbsp. sesame seed oil
- 2 cups cooked white, brown, or black rice
- ½ avocado sliced

### Directions:

1. Preheat oven to 400 degrees Fahrenheit.
2. Place salmon fillets on a foil lined baking sheet. Drizzle the olive oil on the fillets, sprinkle the salt and pepper, and then bake on the middle rack of the oven for 18 minutes or until salmon is cooked through. Remove salmon from oven, sprinkle with black sesame seeds,



and cut into small chunks.

3. Heat 1 tbsp. of sesame seed oil in a skillet, add the broccoli florets, and sauté on medium heat for 3 to 4 minutes.
4. Next add the garlic, ginger, and stir-fry sauce and continue to sauté until broccoli is tender.
5. To serve, divide the rice into two bowls and top with salmon pieces, broccoli, sliced avocado, and lemon wedges. Spoon additional stir-fry sauce on the broccoli if desired.

Bon Appétit!

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**KINCORA MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita Russell at 403-771-8771 | [anita@anitamortgage.ca](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

**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](http://www.communitymediation.ca), 403-269-2707.

**GUTTER DOCTOR!** Home exterior service experts. Services include gutter cleaning, repairs, and installations as well as fascia, soffit, siding, roofing, cladding, heat cables, gutter guards, window cleaning, and pressure washing. Local business for over 23 years with more than 70,000 happy customers! Licensed, insured, WCB, A+ BBB member, multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.

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## Sulphur Mountain Sasquatch

by Garth Paul Ukrainetz

Where hot springs flow from long ago  
Where mountain trees did younger grow  
A Sasquatch soaked in water hot  
And all his problems there forgot

But then one day his world would change  
His dear ol' Rocky Mountain range  
Banff National Park, the first to be  
Now tourists flocked for all to see

Up Sulphur Mountain Sasquatch climbed  
His favourite hot pool left behind  
He at the top made cave of snow  
And cried alone in moonlight's glow

From high above he got to scheming  
He'll go back down while Banff was dreaming  
So, down below he'd go at night  
And back up top by morning light

Where hot springs flow from long ago  
Where mountain trees now older grow  
A Sasquatch soaks in water hot  
With one eye open, lest he be caught



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		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	25	13	9	\$335,000	\$320,000
July	25	12	18	\$427,500	\$414,250
June	25	22	7	\$524,900	\$510,000
May	25	22	8	\$712,450	\$710,250
April	25	7	8	\$654,950	\$668,250
March	25	11	7	\$699,900	\$695,000
February	25	13	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
September	24	11	5	\$799,998	\$790,000

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