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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
August	24	10	8	\$749,900	\$739,500

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

KINCORA BOARD OF DIRECTORS

PO BOX 47146, Creekside, Calgary, AB, T3P 0B2
www.kincora.org • communications@kincora.org

NAME	VOLUNTEER POSITION
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Sydney Kennedy	Director of Membership
Charles Zhang	Director at Large
This could be you!	Director of Events
This could be you!	Director of Outdoor Rink
Zach Kennedy	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 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.

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

Kincora Needs Your Help – Adopt-a-Rink Coordinator Urgently Needed!

Dear Kincora Neighbours,

September has arrived and the warm (wet) months of summer are now starting to leave us. The board of directors has been grateful and proud to be able to deliver a series of successful events to the residents of the community. In August we hosted a community cleanup in partnership with The City of Calgary and Symons Valley United Church to help residents get rid of unwanted household items and property waste. A big thank you to our Director Dicky Sum for taking on this event and organizing it single-handedly. We also want to thank all the board and community volunteers who came out to ensure the event ran smoothly, and finally to Bow Tie Pizza Sage Hill for donating pizza! We'll be sure to report back on how much waste was collected, so keep an eye on our socials!

The last events of the summer are our pop-up food trucks on September 11 and October 9. This is a perfect opportunity for people to get out of the kitchen and treat yourselves to some tasty cuisine from some of Calgary's coolest mobile restaurants!

We are still looking for passionate community members to step into the role of President and Director of Rink Operations.

For many years the volunteers in Kincora have dedicated countless hours to providing a pleasure rink for the community to skate on each winter. This year we find ourselves without a Director of Rink Operations, and without a volunteer to step up into that Adopt-a-Rink Coordinator role, we won't be able to install and maintain the outdoor rink this winter. This cherished community space brings together families, friends, and neighbours, and is the centrepiece of our Annual Winter Festival each February. We need one passionate person to help make it happen. If we don't fill this role soon, we won't have the capacity to install a rink this year.

- No experience? No problem!
- Full support and guidance provided

- You won't be doing it alone—we'll help you recruit a team!

Interested or want to learn more?

Email me directly at vicepresident@kincora.org.

Let's keep the rink alive, Kincora!

Kris McPherson, CRSP

Vice President





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So Long and Thanks for All the Fish

This will be my last Girl Guides community newsletter article. I only received four responses back from my last article where I asked people if they were still interested in reading articles about what Girl Guides are up to in their communities (thanks to those of you who emailed me, I appreciate it!).

I've been submitting these articles for over ten years now. Some have been written by other leaders, some have been submitted by me about what's been going on in our Ember unit; it has been a slice.

This will also be my last year as a Girl Guide leader. Because reasons.

Over the last 22 years, I have had so much fun planning meetings and seeing girls grow in their abilities and relationships. I've also made good friends with other leaders I've worked with. It is definitely one of the most rewarding volunteer positions I've ever held. Being a Girl Guide leader can also bring out the inner child in you - playing games you haven't played since you were a kid yourself, or doing crafts with them, it can be really fun!

I do hope others sign up as Girl Guide leaders in the future. Leaders are always in short supply, as volunteering does take time and commitment. But is time to hang up my hat as a leader myself.

So long and thanks for all the fish.

Karla W.

guiderkarlayyc@gmail.com

Why Become a Girl Guide Leader?

- For women, Guiding is a chance to be part of their community by helping girls develop their potential. It's a place for personal growth, mentoring, and travel opportunities.
- Fostering a sense of belonging. Leaders create an inclusive environment where girls can feel accepted, supported, and valued.
- The widest range of activities of any extracurricular program for girls and of any volunteer experience for women. Guiding is unique in the breadth of its focus, which ranges from leadership development to global awareness to environmental stewardship.
- Belonging to the world's largest organization of girls and women, the World Association of Girl Guides and Girl Scouts (WAGGGS).



Cartoon Month

Yabba Dabba Doo! September seems to have been a lucky month for the animation studio Hanna-Barbera. Many of their iconic cartoons premiered in September, including *The Flintstones* (1960), *The Jetsons* (1962), *Scooby-Doo, Where Are You!* (1969), and their production of *The Smurfs* (1981).



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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Are you interested
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opportunities? ☐

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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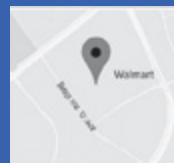
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child gets a FREE Sage Hill Water Blaster!

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News from the Friends of Nose Hill

by Anne Burke

Learn how citizens fought to preserve Nose Hill, its history, how it unfolded. The Calgary Local Council of Women recommended that all development of Nose Hill be delayed, until after a major study by the Calgary Planning Commission of city growth. The only existing control was the absence of zoning approval for development and should be delayed, until such time as the City had sufficient funds. Calgary had never expended significant monies for parkland. In its natural state, the only cost for their proposal would be land acquisition, without any capital expenses, facilities, and maintenance.

They believed that Nose Hill is a beautiful natural area. We must preserve prime natural areas to offset urban sprawl and the concrete City Centre. Nose Hill is to Calgary what Citadel Hill is to Halifax; Battlefield's Park to Quebec City; Mount Royal to Montreal; Stanley Park to Vancouver; and Beacon Hill Park to Victoria. Calgary would become the first city in Western Canada to have a natural area of prairie vegetation. Tourists will visit the natural grassland of Nose Hill or view it from the Calgary Tower.

The group proposed that approximately 3,500 acres, bounded on the West by the Sarcee Trail right-of-way, South by the John Laurie Boulevard, East by the existing development adjacent to the escarpments of Nose Hill, and North by the highlands and escarpments of Nose Hill to and beyond 80 Avenue NW, be zoned as Natural Parkland in perpetuity.

The Hill is a dominant geographical feature in Calgary since its southern slopes can be seen from most locations, providing a constant reminder to citizens of the prairie landscape surrounding them which has played such an influential role in our economic and cultural development.



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Decaf Delights: Tasty Alternatives to Coffee and Strong Tea

by MPC Foundation

For many older adults, sipping a warm drink is more than just a habit, it's a ritual. Whether it's the first thing in the morning or a relaxing moment in the evening, that cup in hand brings comfort and routine. However, as we age, the body often becomes more sensitive to caffeine. For some, even a single cup of coffee or strong tea can lead to restlessness, a racing heart, or trouble falling asleep. Fortunately, there are many enjoyable caffeine-free alternatives that can bring the same warmth and pleasure, while also supporting both physical health and mental well-being.



Cutting back on caffeine can be a smart move. Research shows that excess caffeine in older adults may contribute to disrupted sleep patterns, increased anxiety, and even elevated blood pressure. Reducing caffeine intake especially in the afternoon or evening can lead to deeper, more restful sleep, improved focus during the day, and fewer moments of jitteriness or heart palpitations. Many people also find that lowering caffeine helps ease digestive discomfort or acid reflux, both of which tend to become more common with age.

One of the simplest and most enjoyable ways to ease away from caffeine is by exploring herbal teas. These naturally caffeine-free blends come in a wide variety of flavours and offer subtle health benefits. Chamomile tea is well-known for its calming qualities and is often used to reduce anxiety or prepare the body for sleep. Peppermint tea, with its refreshing flavour, can soothe the stomach and aid digestion. Rooibos, a sweet and earthy tea from South Africa, contains antioxidants that may help reduce inflammation and support heart



health. Lemon balm tea has been linked to improved memory and a more relaxed mood, making it a gentle choice for mental clarity.

Of course, tea isn't the only option. Some people enjoy warm drinks made with turmeric or ginger, both of which are known for their anti-inflammatory properties. A popular choice is "golden milk," a warm beverage made with turmeric and milk (or a milk alternative). Turmeric contains a compound called curcumin, which has been studied for its role in supporting brain health and easing joint discomfort. Ginger tea or simply warm water with fresh ginger can help calm the stomach, reduce nausea, and support circulation.

For those who miss the bold, roasted flavour of coffee, there are satisfying caffeine-free alternatives made from roasted chicory root, dandelion, or barley. These drinks mimic the taste of coffee without the stimulating effects of caffeine. Some of them are also thought to promote liver function and support gut health. While these alternatives may not replace coffee entirely for some, they can offer a welcome break during the day or serve as a comforting evening beverage.



Replacing even one or two caffeinated drinks each day with a decaf option can lead to noticeable changes. People often report feeling more rested, more at ease, and more in tune with their natural energy levels. Simple changes like these can make a difference in how we feel each day. These warm drinks also offer a moment of pause or an opportunity to slow down, reflect, and take care of oneself.

Back to School Safety

by Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you.

- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: Children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

A MESSAGE FROM THE KRA

As summer says farewell for another year, it's time to settle back into routine and prepare for the back-to-school season. We would like to remind residents to obey speed limits in our community. We thank you in advance for helping ensure the safety of our school-aged Kincorians. Unlike other jurisdictions in the province, Calgary does not require flashing red stop lights when boarding and unloading children.

According to Traffic City Bylaw 26M96:

"The operator of a vehicle bearing the sign 'School Bus' must not activate the alternately flashing red or amber lights on the vehicle while loading or unloading passengers on a street in the City.

(1.1) Despite subsection (1), the operator of a vehicle bearing the sign 'School Bus' may activate the alternately flashing red or amber lights while loading or unloading passengers on a street that does not have a curb on both sides of the roadway."

Please be mindful and stay alert when driving in areas with children boarding or unloading from buses.

Symons Valley Park Update

We're excited to share that the Kincora Residents Association (KRA) has contributed \$300,000 in funding to the Symons Valley Leisure and Amenities Society (SVLAS) to support the development of Symons Valley Park.

SVLAS is a non-profit organization responsible for planning, building, and eventually operating the park. The original KRA funds was set aside for our own sports amenities park, adjacent from the church. With the recent provincial government announcement for the school building budget and along with Calgary Board of Education, the land will now house a new school, complete with its own playground facilities.

In partnership with a \$500,000 sponsorship from Ward 2 Councillor Jennifer Wyness, our funding will now contribute to the recreational area.

The park will serve residents from Kincora, Sherwood, Nolan Hill, and Sage Hill and will include the following:

- Natural forest with walking and bike paths
- Paved NHL-size multipurpose rink

- Basketball hoops
- Tennis and pickleball courts
- Bicycle skills park
- Playground
- Barbecue and picnic area
- Amphitheatre

This park will become an important hub for health, wellness, and recreation in the Northwest, and we want to give a special shoutout to Kris McPherson and his team for their hard work and dedication to making this happen!

For more details, visit symonsvalleypark.ca.

2026 Budget Discussions

The KRA Volunteer Board of Directors will resume monthly meetings starting this month, with the 2026 budget as our first priority. If you have any questions, suggestions, or would like to provide feedback, please reach out to us!

Check out our new website at kincoraresidents.org.

HOA Updates

For accounts contacted by SVR Lawyers:

Please ensure you follow the contact and payment information provided in your letter. Failure to do so may result in delays in processing your payment.

Truth and Reconciliation Day

As residents of Treaty 7, it's important that we come together to recognize September 30 as Truth and Reconciliation Day, also known as Orange Shirt Day. For more information and resources, visit orangeshirtday.org.

New and Improved Website

We are excited to announce the launch of our new website! Check it out at kincoraresidents.org.

Stay connected, stay informed, and be a part of making Kincora a wonderful place to live!

Thank you, Kincora residents! Your continued support and involvement make our community a better place for all.

Understanding Why Some Men Struggle with Emotional Avoidance in Relationships

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

As a relationship counsellor many women ask me: “Why is my partner so emotionally unavailable?” or “Why won’t he open up to me?”. If you’re in a relationship with a man who seems emotionally distant, you’re not alone. Emotional avoidance is incredibly common among men (and women too). While it can feel confusing or painful in a relationship, it’s often rooted in early life experiences and cultural messages, not a lack of love or care.

1. Cultural and Social Conditioning

From a young age, many boys are taught to suppress their feelings. Messages like:

“Don’t cry.” “Man up.” “Be strong.” are often used to discourage boys from expressing emotions like sadness, fear, or vulnerability.

Over time, this social conditioning can lead men to associate emotional expression with weakness or failure. Vulnerability feels unsafe. Many men grow up believing they must always appear “in control,” which means avoiding emotions, both their own and others’.

2. Early Childhood Attachment Patterns

Many emotionally avoidant men learned, early in life, that emotional needs wouldn’t be met. Perhaps their caregivers were:

Emotionally distant. Critical or punishing when they expressed feelings. Overwhelmed and unavailable themselves.

As a result, these men developed an avoidant attachment style. They learned to cope by shutting down emotional needs, relying only on themselves, and avoiding dependence on others. In adult relationships, this can look like:

Withdrawing during conflict. Struggling to express affection or emotional presence. Feeling overwhelmed when their partner expresses strong emotions.

3. Fear of Shame and Vulnerability

Opening up emotionally requires risk. For many men,



emotional intimacy feels like stepping into unknown and possibly dangerous territory. They may fear:

Being judged. Saying the wrong thing. Being seen as “not enough”.

To protect themselves from the possibility of shame or rejection, they pull back emotionally. This doesn’t mean they don’t care. It means their nervous system is trying to protect them.

4. Lack of Emotional Awareness or Language

Many men simply haven’t been taught how to identify, name, or communicate their feelings. Emotional intelligence is a skill set, one that needs modelling and practice. Without that early modelling, men may not even recognize what they’re feeling, much less how to express it in a way that feels safe or clear.

This lack of emotional literacy can come across as:

“I don’t know what I’m feeling.” “I’m fine.” (when they’re clearly not). Defensiveness or silence during emotionally charged moments.

5. Modelling and Role Expectations

Most men were raised in environments where male role models modelled emotional detachment or stoicism. If their fathers, uncles, or coaches didn’t show emotional vulnerability—or worse, shamed it—they may not have any roadmap for what emotional availability looks like. In adulthood, many men feel emotionally “lost” and unsure how to engage on a deeper level.

6. Protective Coping from Past Wounds

If a man has experienced trauma, betrayal, or loss in the past, emotional avoidance may be a protective strategy. Avoiding closeness can feel like a way to prevent being hurt again. Unfortunately, what once served as protection can eventually become a barrier to healthy connection.

Book Suggestion: *The New Rules of Marriage: What You Need to Know to Make Love Work* by Terrance Real.



Join Us at Our Annual Movie in the Park

On Saturday September 13, we're bringing the big screen back to the great outdoors with our annual Movie in the Park—a fun, free, family-friendly evening under the stars. We want to make this year's event the biggest and most fun yet! To make this possible, we're calling on businesses, community leaders, and individuals to partner with us through sponsorship and donations.

A Needed Space - \$800,000 Reasons to Act Now

Calgary's NW communities of Kincora, Nolan Hill, Sage Hill, and Sherwood do not have the same permanent recreational amenities for residents as other established communities. Located along Symons Valley Parkway, Symons Valley Park will be a vibrant outdoor space for everyone to play, connect, and unwind year-round.

Thanks to a \$500,000 City of Calgary investment and another \$300,000 from the Kincora Residents Association, we've taken a major step forward. Now more than ever, your support is needed to build momentum, unlock matching grants, and bring this vision to life.

Whether you're a business leader, community builder, or passionate neighbour, your financial gift will help create a vibrant community hub where kids learn to skate, friends meet to play, families gather for picnics, and neighbours connect year-round. Donate safely and securely at www.symonsvalleypark.ca.

Check Out Our New Website and Parks are Great for People and Property

A huge kudos to our communications volunteers, who have given our website a refreshed look along with publishing some engaging content for our community. We recommend you head on over and check out www.symonsvalleypark.ca and tour around to learn more about us and our project. Afterwards, click on 'News & Events' to learn more about how parks not only contribute to our physical and mental well-being, but also how parks create better social cohesion, community engagement, and increase our property values.

We're not just working to build a park. We're working for a place where people will laugh, learn, gather, enjoy, play, and grow. A place where memories will be made. If you believe in that vision too, we'd love to have you with us on this journey. Whether you donate, volunteer, or simply spread the word, every action helps bring Symons Valley Park closer to reality.

See you outdoors!

Kris McPherson

President

www.symonsvalleypark.ca



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SCAN ME

Get the Lowdown on Slow Downs: How We Keep Calgarians Moving

by The City of Calgary



We know construction season can be frustrating; The City of Calgary's Mobility teams work in close collaboration with project managers and city event organizers to avoid multiple delays and plan for traffic flow congestion. The City's Traffic Management Centre monitors roadways 24/7 by using traffic cameras, live traffic data, and digital road signs.

It's not a pain when you have a plan, and we have Waze to help. The City's partnership with Waze means you can get real-time traffic flow and construction updates right in the app. This free download is our preferred navigation tool because it syncs with The City's advanced traffic system. With the right tools you can get to where you need to go.

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What Is Cart Contamination?

by The City of Calgary, Waste and Recycling Services

We talk a lot about putting the right items into your blue, black, and green carts to avoid contamination. But what exactly is contamination?

Contamination is when the wrong items are put in the wrong bins. Sorting your waste into the right carts ensures material ends up at the right facility to be turned into new products or to be disposed of properly.



Most people do a good job with their carts. But the consequences of contamination create real challenges that impact the waste facilities, the health and safety of workers, and increase program costs for Calgarians.

Working together, we can keep our facilities and staff safe while ensuring our waste programs run properly.

Learn more at calgary.ca/contamination.





MLA, Calgary-Foothills
Court Ellingson
Shadow Minister for Finance
 202-1829 Ranchlands Blvd NW, Calgary
 ☎ 403 216 5444
 ✉ Calgary.Foothills@assembly.ab.ca
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Greetings Residents of Calgary-Foothills!

It's been a wet summer, impacting plans from outdoor sports to events. Our increasingly volatile climate has consequences. From wildfires to floods to hail, Albertans have faced extreme weather events firsthand and have seen increased home and auto insurance premiums as a result.

Unfortunately, the UCP Government's plan for auto insurance raises premiums by 15% across the next two years and removes the right to sue. The Insurance Bureau of Canada has already stated the plan is unlikely to reduce costs. Higher premiums and potentially lower benefits? Sounds like a bad idea. If you have concerns about an insurance claim, contact IBC at 1-844-227-5422.

September is back to school season. Teachers are frustrated with the UCP Government, leading 94.5% to vote to strike in June. Their concerns stem from difficult working conditions, a lack of funding to address large class sizes, lack of educational assistants, and more. New Democrats and I believe your kids deserve the best education to prepare for the future, yet under the UCP Government, Alberta has consistently been lowest in per-student funding in Canada. I'll continue fighting for adequate investment in public education, and for construction of local schools in Calgary Foothills so students and parents can stop long daily commutes across the city.

Reminder: You're invited to my "Ask Me Anything" Town Hall at Arbour Lake Residents Association from 7:15 to 8:30 pm on Thursday, September 25. I hope to see you there!

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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