

AUGUST 2026

DELIVERED MONTHLY TO 3,350 HOUSEHOLDS

KINCORA NEWS

YOUR OFFICIAL KINCORA COMMUNITY NEWSLETTER



Trusted Home Care, Right Where You Need It

Compassionate, reliable, and professional care designed to help you live safely, comfortably, and independently.



403-375-7242

OUR SERVICES

- ✓ Personal Care
- ✓ Respite Support
- ✓ Physiotherapy
- ✓ Family Doctor
- ✓ Companion Care
- ✓ Nursing Services
- ✓ Specialized Care

www.aglowhomehealth.ca

SCAN TO
GET STARTED



Soccer in the Community

Players ages 4 - 19

northsidesoccer.ca



the Gutter Doctor Home Exterior Services

Gutter Clean/Fix/Install • Leaf Screens
Window Cleaning • Fascia/Soffit/Siding
Pressure/Soft Wash • Cladding
Permanent Lights • Roofing

Senior Discount • Warranty • WCB • Insured

403-714-0711 • gutterdoctor.ca



25¢ FLYERS
(INCLUDING DELIVERY)

- ✓ FULL COLOUR PRINTING
- ✓ DOUBLE-SIDED DESIGN
- ✓ PREMIUM 70 LB GLOSS STOCK
- ✓ FULL BLEED FOR EDGE-TO-EDGE IMPACT

Let's get your business into the hands of thousands of local customers.

CONTACT US
403-720-0762
sales@greatnewsmedia.ca
greatnewsmedia.ca

GREAT NEWS MEDIA
LEADERS IN COMMUNITY FOCUSED MARKETING



Samaritan Club of Calgary

Semi-Annual Super Thrift Sale

Entry \$2 Adults Kids Free

Saturday, September 26
9:00am-1:00pm
Hillhurst-Sunnyside Community Centre
1320 - 5th Avenue NW

Vintage and Boutique items

Get great deals on household goods, clothing & shoes for all, fashion accessories, vintage & boutique items, collectibles, art, books, toys & much more

Don't forget to bring your tote bag

Back by popular demand:

- Concession
- Parcel Pickup

For More Information:
samaritanclub.ca

All proceeds will benefit
Calgarians in need

Cash Only





Mortgage Renewal Coming Up?

Before you sign your renewal offer, see how refinancing could help you:

- ✓ Lower payments
- ✓ Consolidate debt
- ✓ Improve cash flow
- ✓ Save thousands over time

Your lender gave you an offer — not necessarily the best one.



**ANITA
RUSSELL**

403-771-8771
anita@anitamortgage.ca



THE MORTGAGE GROUP

OFFICIAL

PLUMBING & HEATING

Furnace and A/C Install & Repair

Plumbing Services

Drain Cleaning

Boiler Install & Repair

Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca



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: _____

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. 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.

KINCORA BOARD OF DIRECTORS

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

NAME	VOLUNTEER POSITION
Dicky Sum	President
Kris McPherson	First Vice-President
Vacant	Second Vice-President
Wesley Hall	Treasurer
Vacant	Secretary
Sandra Rose	Director of Communications
Charles Zhang	Director of Rink Operations
Sydney Kennedy	Director of Membership
Vlad Rudko	Director at Large
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 to register for a free account. You can access information about upcoming events, members' benefits, 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, private group, and @KincoraResidents, @Kincora_YYC on X (Twitter), or on Instagram @kincora_calgary. There you will be able to interact with us, receive regular updates, and connect with other engaged residents of Kincora.



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.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

GAMES & PUZZLES

Guess the Flower

1. This native wildflower, known as the Devil's Nettle, grows in small clusters of single-coloured blooms. The most common variety is white, but other light colours, such as yellow and peach, may also be found.
2. This flower, featuring bright red and orange hues, became the floral emblem of the province of Saskatchewan in 1956.
3. This member of the buttercup family is one of the first plants to bloom during Alberta's spring.
4. This flower is famously known for following the sun – but mature plants primarily face east.
5. This plant, known for its unique heart-shaped bloom, has cultivars native to both North America and Eastern Asia.
6. This blue flower, a native perennial, is easy to remember from its distinctive yellow centre!

SCAN THE QR CODE
FOR THE ANSWERS!



Kincora Community Association Instagram



@KINCORA_CALGARY

PRESIDENT'S MESSAGE

Happy Summer, Kincora,

I hope everyone is enjoying the warmer weather and has a safe trip if you are leaving town for vacation. The KCA board is also taking a break this August, so there won't be any community events, and we can spend more time with our friends and families.

July brought another successful Kincora Stampede Breakfast. We want to take a moment to thank all our volunteers for making this wonderful family event possible. We would also like to thank all of our sponsors who partnered with us this year.

Gold Sponsors

- Servus Credit Union
- Ward 2 Councillor Jennifer Wyness
- Calgary Co-op
- Silver Sponsors
- Calgary Blizzards Soccer
- Sage Hill Bottle Depot
- Mr. Kerry George (running nominee for UCP MLA)

Bronze Sponsors

- MP Michelle Rempel Garner
- Nolan Hill Physiotherapy and Massage
- Nani's Gelato
- Scholars of Calgary Northwest
- Hillside Dental of Sage

Additional Sponsors

- MLA Calgary Foothills Court Ellingson
- Soul Connexion
- Cloudland
- Nolan Hill Halal Meat & Convenience
- Kincora Residents Association

Please don't forget, we are always looking for someone to join our KCA Board.

See you all in the community!

Dicky Sum, P. Eng.

President, Kincora Community Association



Find Some Fun This Summer!

by The City of Calgary



Spend this summer getting outside, staying active, and making memories.

The City of Calgary offers a wide range of fun and free programs for all ages in communities across Calgary.

- Drop off your kids aged 6 to 12 at a Park n' Play site, where they will spend the day enjoying field games, creative activities, and visits from special guest speakers.
- Check out The City of Calgary's LEAD, LEAD 2.0, and Nature LEAD program, where youth 11 to 15 can earn a leadership certificate, build skills, and gain hands-on experience in the community.
- Drop in for some free wheeled activities at The City's Mobile Skate and Scoot sites or sign up for a Skate Spot Skateboard lesson. All ages and skill levels are welcome.
- Join your family in exploring local wildlife at Inglewood Bird Sanctuary's Birding Breaks or learn about underwater critters at Wetland Wonders in Ralph Klein Park.
- Explore parks and learn about local plants and wildlife through Community Nature Walks and YYC Trees: Guided Walks.

Find some fun at calgary.ca/free.



News from the Friends of Nose Hill

by Anne Burke

As I write, it is Calgary Aboriginal Awareness Week. In 1979, the Native Urban Affairs Committee was established to represent Aboriginal issues and concerns. In 1987, the name was changed to the Calgary Aboriginal Urban Affairs Committee. I was contacted by a grade nine Math and Social Studies teacher who wanted to plan a tour of Nose Hill by a First Nations guide. There are a few documents related to the protocol for inviting Indigenous Elders. If you are in the Calgary area and need to connect with an Elder or Knowledge Keeper, you can consult the City of Calgary Indigenous Collaboration policy or the CBE Indigenous Education Protocol for local guidance. In First Nations, Métis, and Inuit cultures, the Elders are leaders, teachers, role models, and mentors. The CBE Indigenous Education team has kept wisdom and teachings shared orally from Elders and community Knowledge Keepers for several years. The CBE document represents a summary of those teachings. It also includes knowledge gained from other organizations and districts. The Alberta Teachers Association offers a guide to accompany the Association's Stepping Stones, Truth and Reconciliation resources. Crystal Manyfingers and her family are all members of the Kainai Nation of the great Blackfoot Confederacy who signed Treaty 7 in 1877. Crystal holds a B.A., B.Ed., and a Master's degree in Education (Adult and Workplace Learning) from the University of Calgary. She has written numerous magazine articles, published a children's book, and was awarded the Faculty of the Year Award for 2020 from Bow Valley College as a Learning Design Consultant for Indigenization and Decolonization of Curriculum, Research, and Innovation. Crystal serves on the Board of Directors for the Calgary Public Library as well as the Alberta Library Trustees Association.

A MESSAGE FROM THE KRA

Happy Heritage Day

The Calgary Folk Arts Council 2026 Heritage Day Festival is at Eau Clair Plaza on Monday, August 3, 2026. Enjoy six hours of multicultural performances, food vendors, and cultural kiosks.

Hi Neighbours!

How do you say “hi”? Kincora is proud of its multicultural diversity (61% vs. Calgary’s 41%). 30% of over 7,000 ‘Kincorites’ know multiple languages with less than 2% not fluent in English or French.

A Booming Community

The KCA Community Residents Facebook page shared a 10-story Assisted Living development proposal on a portion of 12855 Kincora Gate NW (Kincora Care Home). This is separate from:

- 465 Kincora Glen Road NW (Outdoor Recreation Area),
- 12825 Kincora Gate NW (Kincora Towers), and
- 1100 Kincora Drive NW (possible CBE K-5 school).

The Kincora Gate properties are ‘reserved’ for high-density projects. Kincora will still have undeveloped land as these projects are completed.

3-1-1 Reporting

The City of Calgary’s 3-1-1 system is a great tool for everyone to use. You can call, use the website, or use the app to file a report. Reporting helps the City locate needed maintenance with the data being used to identify locations that require additional attention.

Community issues such as broken storm sewer grates, burnt-out streetlights, pothole locations, missed street sweeping, tree issues, water service valve heights, broken sidewalks, and ravine garbage are some of the

3-1-1 options. Posting concerns on Facebook won’t get the same results as sharing that you’ve submitted a service report.

Enjoying Summer

August is our final time to enjoy summer freedom. Please drive safely. Let’s watch out for back-to-school students, community trees, and the huge planters in the medians. None of these want to be hit by vehicles (yes, we’ve had another tree destroyed and another planter hit).

The KRA board appreciated meeting people at the Community Association’s July Stampede Breakfast. The KRA board doesn’t hold meetings during the summer. Projects are still progressing with the Kincora Boulevard infrastructure, pond playground replacement, and KRA’s 272 accounts (totalling over \$100,000) with outstanding balances.

Kincora Residents Association



Let’s Canvas

the Situation

On August 21, 1911, Leonardo da Vinci’s Mona Lisa was stolen from the Louvre. It took twenty-eight months for the painting to be returned. Today, the Mona Lisa is valued so highly that most would simply call it priceless.





Nose Creek Watchers

Community stepping into the watershed collecting valuable data that keeps an eye on the health of the Nose Creek watershed.

by Kristina Stephens, NCPS Council Member



Since 2023, the Nose Creek Preservation Society has been testing the waters of Nose Creek in partnership with the Alberta RiverWatch Institute's CreekWatch program. CreekWatch empowers citizen scientists to perform water quality tests and sample invertebrate diversity to provide the institute with valuable information on the health of our waterways.

Our scientifically accurate data is shared with the government and conservation organizations, which can aid in supporting sustainable watershed management. Our hope is that information we have been gathering about Nose Creek will aid in its preservation, especially in the wake of future developments.

Volunteers test the water on a weekly basis throughout the summer months (May to October). Tests are designed so that anyone can follow the step-by-step sampling guide, and gather accurate water quality data that includes:

- pH,
- dissolved oxygen,
- chloride,
- phosphates,
- ammonia,
- and turbidity.

There is a thing as too salty.

As a freshwater water source, Nose Creek should naturally have very little salt. However, the draining from agricultural fields and roadways within Nose

Creek's thousand square kilometre watershed area has increased the salinity of the watershed. This has been shown through one of our most important water metrics, chlorine.

This increase in chlorine data has been evident at our 15 Street Bridge testing location in Northeast Calgary. It has consistently been above the 120mg/mL maximum that the Alberta Surface Waters' Environmental Quality Guidelines recommends for maintaining a healthy freshwater ecosystem. Increased salinity reduces the health of Nose Creek and will impact the plant, fish, and invertebrate diversity in the creek over time.

CreekWatch teams also sample for diversity of invertebrates, such as insects, snails, clams, and worms, where their presence, or lack thereof, as well as their abundance are important indicators of the quality of the water. Using a fine mesh sieve to catch invertebrates floating in the water and those that are stirred up from the creek bed, we identify and roughly count invertebrates that are present such as:

- caddisfly larvae,
- midges,
- water boatman,
- and the invasive Northern Crayfish.

Thankfully our team has been finding several types of pollution-sensitive invertebrates in Nose Creek, which indicates that the water is healthy enough for them to live and reproduce.

The more we know, the better choices we can make along the Nose Creek Watershed.

Our dream is to have several testing locations along the trajectory of both West Nose Creek and Nose Creek to monitor how the water quality is changing overtime, but we need an army of volunteers to make that dream a reality!

So far, our only active testing site is the 15 Street Bridge in Calgary, but we would love to have a consistent testing location in Airdrie in the Nose Creek Regional Park; where West Nose Creek meets Nose Creek in West Nose Creek Park; and at the confluence of Nose Creek and the Bow River by the Wilder Institute Calgary Zoo.

If you are interested in volunteering with our Creek Watch team, you can sign up on our website savenosecreek.com/creek-watch. We would love to see you out on the creek!

Enjoy the Best of Summer This August

Summer is in full swing, and we hope you're making the most of the longer days by getting outside, exploring your neighbourhood, and spending time with family and friends.

With the August Long Weekend (Heritage Day) just around the corner, it's a great time to slow down, enjoy the outdoors, and spend time with the people who matter most.

At Symons Valley Park, we're excited to continue working toward creating a vibrant space where neighbours of all ages can gather, play, and connect. Thank you for being part of this journey and for your continued support.

Board Openings – Join Our Team

We are still looking to fill the following volunteer Board positions:

- Two (2) Director at Large

These roles offer a unique opportunity to make a lasting impact on a project that will benefit thousands of residents for years to come. If you are passionate about community development and would like to get involved, we'd love to hear from you.

For more information, please contact hello@symonsvalleypark.ca. We would love to hear from you!

Save the Date: Movie in the Park 2026

Our annual Movie in the Park is almost here, and we can't wait to see everyone again!

It's happening on September 12, 2026. Join us at the future home of Symons Valley Park for an evening of family fun, community spirit, and entertainment under the stars. This event continues to be one of our favourite opportunities to bring residents together and celebrate the future of our park.

More details are being shared on our social media. Follow us to not miss any updates.

Help Build the Best Backyard Around

Symons Valley Park is being built through the collective support of residents, volunteers, donors, businesses, and funding partners.

Every contribution, large or small, helps move the project forward.

Ways You Can Help

- Donate online at www.symonsvalleypark.ca/donate
- Share our project with friends, family, and neighbours
- Follow us on Facebook and Instagram @SymonsValleyPark
- Volunteer your time and expertise

Together, we can build the best backyard around.

Beginner's Corner: New to Roller Skating?

Thinking about giving roller skating a try? Here are a few simple tips to help you get started:

1. Wear protective gear. A properly fitted helmet, wrist guards, knee pads, and elbow pads can make learning safer and build confidence.
2. Start on a smooth, flat surface. Tennis courts or paved pathways with little traffic are great places to practice.
3. Bend your knees. Keeping your knees slightly bent improves your balance and makes it easier to recover if you feel unsteady.
4. Take small steps. Instead of trying to glide right away, begin by taking short, controlled steps until you become comfortable on your skates.
5. Practice stopping first. Learning how to stop safely is just as important as learning to move.

Everyone starts somewhere. Take your time, practice regularly, and most importantly: have fun!

Warm regards,

Symons Valley Leisure and Amenities Society

www.symonsvalleypark.ca



Dating Safely: Recognizing the Red Flags of an Unsafe Relationship

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



Dating can be exciting. However, it's a time when we overlook warning signs because our attraction leads us to want to believe the best about someone. According to security expert and author Gavin de Becker in his bestselling book *The Gift of Fear*, our intuition is one of our greatest tools for recognizing danger. Learning to trust our instincts and identify red flags can help us avoid unhealthy or unsafe relationships before they become deeply established.

One of de Becker's central messages is that fear is not something to dismiss. It is valuable information.

Many people who later experienced emotional abuse, coercion, or violence report that they had an uneasy feeling early on but talked themselves out of it. Rather than ignoring these feelings, de Becker encourages us to pay attention to them.

A common red flag is boundary violations. Healthy people respect your "no," your need for space, and your personal preferences. An unsafe person may repeatedly push your boundaries while disguising their persistence as affection or determination. One of de Becker's most important observations is that when someone ignores

a small “no,” they are often testing whether they can ignore a larger one later.

Another warning sign is forced teaming. This occurs when someone creates an artificial sense of connection by speaking as though you are already a team. Statements such as “We’re exactly alike,” “No one understands me like you do,” or “We’re in this together” early in a relationship may be attempts to accelerate trust and intimacy before it has naturally developed.

Becker also describes the danger of love bombing, where a person overwhelms you with attention, gifts, praise, or declarations of love very early in dating. While genuine affection develops gradually, love bombing often creates pressure to reciprocate feelings that have not had time to develop authentically.

Another tactic he identifies is charm versus genuineness. Genuine people do not need to work hard to convince you they are good people. Excessive charm, flattery, and polished behaviour can sometimes be used to lower your guard. As de Becker notes, charm is often a strategy intended to persuade, while genuine kindness expects nothing in return.

Watch for loan sharking, another concept from *The Gift of Fear*. This occurs when someone does favours, buys gifts, or provides help that you did not ask for, then expects gratitude, access, attention, or compliance in return. Healthy generosity is freely given without creating a sense of obligation.

Becker also discusses typecasting, a manipulation tactic where someone makes a subtle negative comment in order to provoke you into proving them wrong. For example, “You’re probably too busy to talk,” or “You seem like someone who wouldn’t give people a chance.” The goal is often to influence your behaviour by triggering a need to defend yourself.

The most important lesson from *The Gift of Fear* is simple: trust your instincts. If you feel pressured, confused, manipulated, or unsafe, you do not need to justify those feelings. Your intuition exists to protect you. Healthy relationships feel respectful, safe, and consistent. When something feels off, listen to that inner voice, it recognizes danger before your conscious mind can explain it.

Cats, Canines, & Critters of Calgary



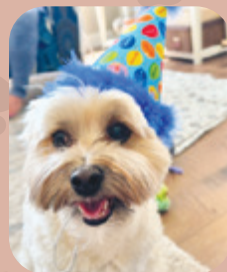
Bear, Cranston



Chico, Richmond



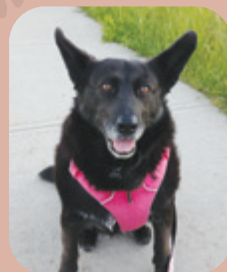
Dexter, Tuscany



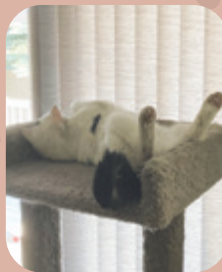
Ferland, Cranston



Honey, Cranston



Kenna, Bridlewood



Pixel, Chaparral

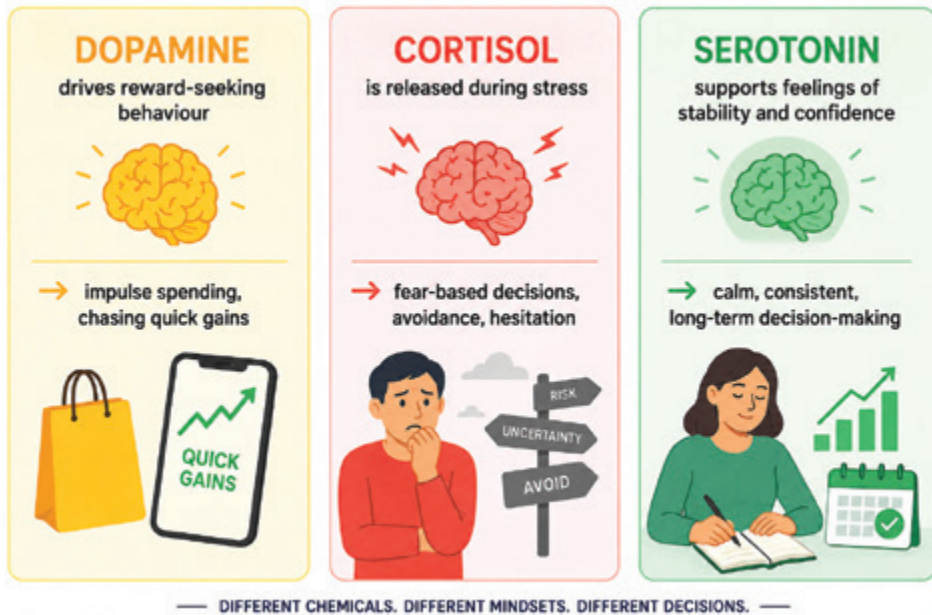


Tui, Hillhurst Sunnyside

To have your pet featured, email news@mycalgary.com

The Emotional Side of Money: Fear, Confidence, Stress, and the Roles They Play

by Karen Boudewyn, Senior Wealth Advisor



Money decisions are rarely driven by logic alone. While we often tell ourselves we'll act based on facts and analysis, emotions tend to lead, with logic following behind to justify the decision. Fear, confidence, stress, and subtle daily triggers all influence how we spend, save, and invest and often without conscious awareness.

Understanding this isn't about removing emotion from financial decisions. It's about recognizing its role so we can respond more intentionally rather than react automatically.

Fear and Financial Paralysis

Fear is one of the most powerful forces in financial decision-making, and it often shows up quietly as hesitation rather than panic.

It can lead to:

- Delaying investing decisions.
- Avoiding financial planning conversations.
- Holding excessive cash for "safety."
- Not reviewing accounts or progress.

For example, after a market downturn, many investors step back and wait for things to feel more stable. The challenge is that markets often recover before confidence returns, meaning opportunities are missed. Fear is designed to protect us but in financial planning, it can also keep us stuck.

Confidence and the Ability to Act

On the other side of fear is confidence. Financial confidence allows individuals to make decisions, stay consistent, and navigate uncertainty more effectively.

Confidence often shows up as:

- Following a long-term plan despite market volatility.
- Making timely financial decisions.
- Staying invested during uncertain periods.
- Focusing on strategy rather than short-term noise.

Importantly, confidence doesn't come from knowing everything. It comes from having clarity and structure. A well-designed financial plan reduces uncertainty and

provides a framework for decision-making, even when emotions are present.

Emotional Triggers and Everyday Spending

Many financial decisions happen in small, everyday moments not major life events. These decisions are often emotionally driven.

Common triggers include:

- Stress: “I deserve this” spending.
- Boredom: impulse purchases.
- Celebration: reward spending.
- Comparison: keeping up with others.

In the moment, these behaviours feel justified. Over time, they can create patterns that quietly impact long-term financial outcomes.

The Impact of Stress on Financial Thinking

Stress has a direct effect on how we make decisions. When stress levels rise, our thinking becomes more reactive and short-term focused.

This can lead to:

- Avoiding financial decisions altogether.
- Making quick, emotionally driven purchases.
- Abandoning long-term plans during uncertainty.
- Focusing on immediate relief instead of future outcomes.

Stress narrows our perspective, making it harder to evaluate decisions clearly or stay aligned with long-term goals.

The Brain Chemistry Behind Money Decisions

There is also a biological layer influencing financial behaviour. Our brains use chemical signals that affect how we respond to money-related situations.

- Dopamine drives reward-seeking behaviour (impulse spending, chasing quick gains).
- Cortisol is released during stress (fear-based decisions, avoidance, hesitation).
- Serotonin supports feelings of stability and confidence (calm, consistent, long-term decision-making).

These systems are essential for survival, but they are not designed for long-term financial planning. Understanding them helps explain why even well-intentioned individuals sometimes act against their own best interests.

Bringing Awareness to Emotional Patterns

The goal is not to eliminate emotion that’s neither realistic nor necessary. Instead, the objective is to build awareness and create structure, so emotions don’t dictate decisions.

Simple strategies can make a meaningful difference:

- Pausing before making financial decisions.
- Noticing patterns around spending and stress.
- Creating a clear financial plan with defined goals.
- Automating savings and investment contributions.

Over time, consistency matters more than perfection. Small, intentional actions help build both confidence and better financial habits. Money is not just mathematical, it’s emotional. When you begin to understand how fear, confidence, and stress shape your financial behaviour, you gain more control over your decisions and your long-term outcomes.

The goal isn’t to remove emotion, it’s to make better decisions alongside it.

BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

SHOP LOCAL



Support the local businesses
that make our neighbourhood
thrive, and make this
publication possible.

403-720-0762
grow@greatnewsmedia.ca



SCAN ME



MLA, Calgary-Foothills
Court Ellingson
Shadow Minister for Finance
 202-1829 Ranchlands Blvd NW, Calgary
 ☎ 403 216 5444
 ✉ Calgary.Foothills@assembly.ab.ca
 📘 facebook.com/CourtEllingsonYYC
 @courtellingson @CourtEllingson_

Greetings residents of Calgary-Foothills!

I hope you've been enjoying your summer! It's been fun (and busy) for me – I've attended neighbourhood events, participated in Stampede Breakfasts, and supported community association events hosted by local volunteers. I encourage you to become a member of your local community association - they play an important role in creating opportunities for residents and families to get together.

An important date coming up: the UCP Government has officially set a referendum voting date of October 19, 2026. If you are a resident of Alberta eligible to vote in a provincial election, you can vote in this referendum. Premier Smith has created ten long and detailed questions for you to respond to. One on separation, several related to immigration, and provincial control on policies. I recommend reading the full list on Elections Alberta's referendum website.

People have asked me where I stand – Alberta New Democrats and I (as your local MLA/provincial representative) empathetically believe **Alberta should remain within Canada, and I will be voting "no" to the other nine questions.** Contact my office for more information.

As always, we hope not to be impacted by extreme weather such as floods, hail, and wildfires, but each year has reminded us that we must take preventative action to protect our homes and mitigate damage from various storms. If you have concerns regarding your insurance, you can **contact the Insurance Bureau of Canada at 1-844-2ask-IBC or ibc.ca.**

Meanwhile, don't hesitate to contact my office to learn how your MLA can support you! Ask about our e-newsletter list to stay updated on local events, changes to provincial legislation, and referendum information. 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!

BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media
 at 403-720-0762 or sales@greatnewsmedia.ca

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

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 at 403-771-8771 | 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, 403-269-2707.

GUTTER DOCTOR: Home Exterior Services. Gutter cleaning/repair/installation, window cleaning, gutter guards/leaf screens, fascia, soffit, siding, permanent outdoor holiday lighting, roofing, cladding, heat cables, pressure/soft washing. Local business since 2003 with more than 70,000 happy customers! Licensed, insured, WCB, A+ rated BBB member, multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.





LEN T WONG + ASSOCIATES

RE/MAX
COMPLETE REALTY



KINCONA COMMUNITY REAL ESTATE ACTIVITY

YOUR HOME SOLD GUARANTEED!*

Call to find out more about our
Innovative Consumer Programs

Virtual Tours

Guaranteed Sale Program*

Trade Up Program*

Blanket Home Warranty Program*

Accepting Crypto Currency

Call us to help you navigate through
the changing real estate world

Call or Text 403-606-8888

Email len@lentwong.com

*Terms and Conditions Apply.

		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	26	13	12	\$554,450	\$533,250
May	26	19	10	\$527,500	\$514,500
April	26	12	9	\$669,000	\$635,000
March	26	15	6	\$369,950	\$362,450
February	26	6	3	\$764,999	\$739,999
January	26	8	6	\$688,950	\$671,000
December	25	6	7	\$374,000	\$365,000
November	25	5	7	\$629,000	\$608,000
October	25	7	6	\$699,900	\$676,500
September	25	8	8	\$544,950	\$535,000
August	25	9	9	\$335,000	\$320,000
July	25	7	18	\$427,500	\$414,250

To view more detailed information that comprise the above
MLS averages please visit mycalgary.com/calgary-real-estate