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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: \_\_\_\_\_

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Are you interested  
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Date (dd/mm/yy) \_\_\_\_\_

Registration confirmation is sent out from [wpadmin@kincora.org](mailto:wpadmin@kincora.org). Please contact [members@kincora.org](mailto:members@kincora.org) for inquiries.

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

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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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## PRESIDENT'S MESSAGE

Hello, Kincora,

I hope everyone is doing well. Hopefully, by the time this newsletter is published, the water main break will have been fixed, we passed the peak of the flu season, and we will no longer feel the post-holiday fatigue.

February may feel "blue," but there are actually a lot of things going on. In February, we have Valentine's Day, Family Day, and Lunar New Year (Year of the Horse). It is also Black History Month, which honours the legacy and contributions of Black people in Canada and their communities.

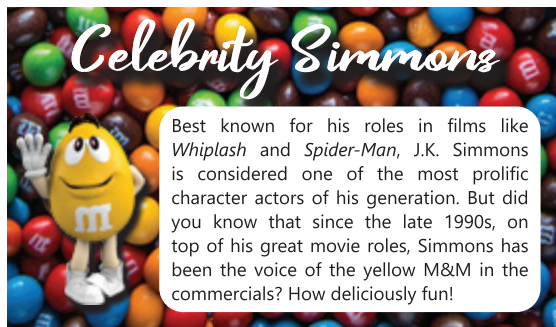
More importantly, we have:

- Skate Night - February 21, 6:00 to 9:00 pm
- 8th Annual Winter Festival - February 22, 1:00 to 3:00 pm

As always, there will be wagon rides, hot chocolate, a skating rink, warm fires, and so much more. Both events are free, and skates are provided if needed. However, these events are weather-dependent, so please stay tuned to our Facebook page, Instagram, and website for any updates.

One more thing, please mark April 21, 7:00 to 9:00 pm on your calendar for our AGM. We will begin with a brief social gathering with some wine and cheese, followed by the AGM. This meeting is the best time to learn what's happening in Kincora and our city.

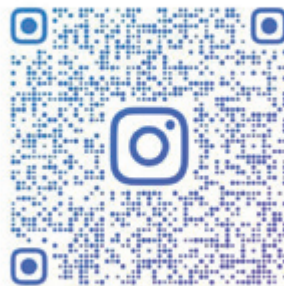
Lastly, we have several open positions on the KCA Board. Joining the board is a great way to build connections within your community and expand your network, which could lead to new opportunities. Please contact me at [president@kincora.org](mailto:president@kincora.org) if you are interested.



**Celebrity Simmons**

Best known for his roles in films like *Whiplash* and *Spider-Man*, J.K. Simmons is considered one of the most prolific character actors of his generation. But did you know that since the late 1990s, on top of his great movie roles, Simmons has been the voice of the yellow M&M in the commercials? How deliciously fun!

## Kincora Community Association Instagram



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# Happy Valentine's Day



# Family Day

by Danielle Robbertze



From big to small, blood related or chosen, family forms an important aspect in all our lives.

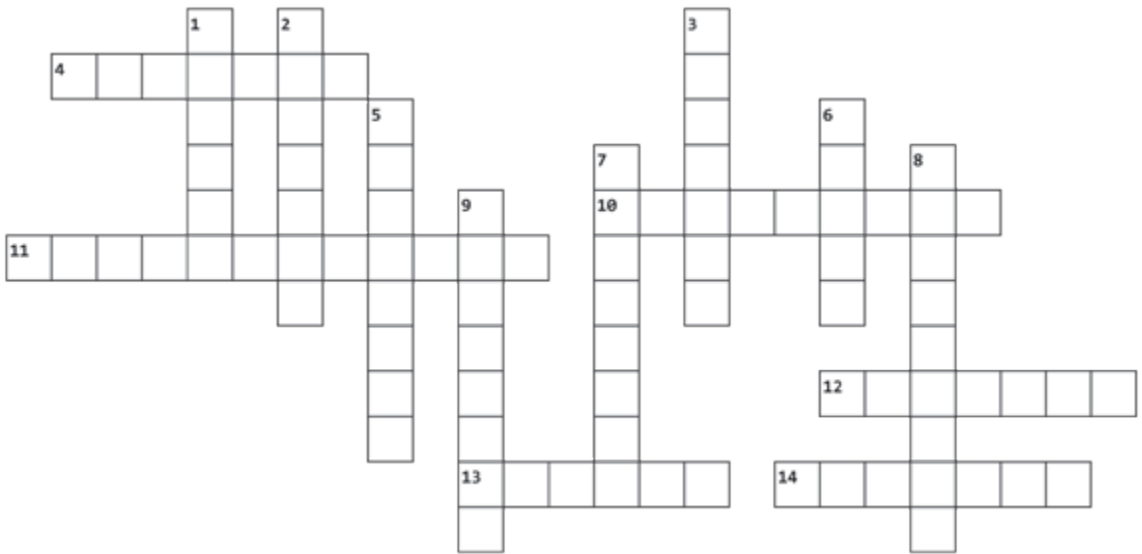
That is why Family Day, celebrated on February 16 this year, is a delightful honour to those we hold so near and dear in our lives. Family Day in Alberta was first celebrated in 1990 and introduced by then Premier Don Getty. In fact, Alberta was the first province to declare Family Day as a statutory holiday. Over the years, other provinces followed Alberta's example. They include British Columbia, New Brunswick, Ontario, and Saskatchewan.

The aim of the day? To highlight the importance of family values. Moreover, Family Day gives us a much-needed break during one of the coldest months of the year. Before Family Day there was a large gap between statutory holidays (New Year's Day to Good Friday).

So, what exactly is family? Family can be defined in many different ways depending on the person you ask. From nuclear to single-parent families, adoptive to chosen families, blended to extended families, and even work families—we all find a way to be part of a familial bond. With such a diverse population in this province, a single Albertan's family could be separated by five kilometres to 15,000 kilometres.

And with Family Day falling so close to Valentine's Day each year, February truly is solidified as the month of love in Alberta. Remember this Family Day to call that long-distance relative, hug the ones close by, and celebrate all the family memories created over the years, and while you do all that you can create even more long-lasting memories.

# February Crossword



## Across

4. Islam's holy month of fasting, prayer, and reflection, called \_\_\_\_\_ starts on February 17 this year.
10. On February 2, 1653, what is now called New York City officially became a city, but it was known as New \_\_\_\_\_ at the time.
11. Comedian Leslie Nielsen was born on February 11, 1926, in Regina, \_\_\_\_\_.
12. Canada's twelfth Prime Minister, Louis St. \_\_\_\_\_, was born on February 1, 1882, in Compton, Québec.
13. The first volume of this English Dictionary was published on February 1, 1884.
14. The first documented street celebration of Mardi Gras in New \_\_\_\_\_ took place on February 27, 1827.

## Down

1. This North American country celebrates National Flag Day on February 15 annually.
2. During the 1988 Calgary Winter Olympics, the bobsleigh team from this Caribbean nation inspired the movie *Cool Runnings*.
3. At the 26th Grammy Awards on February 28, 1984, Michael \_\_\_\_\_ won an astonishing eight Grammys!
5. Pope \_\_\_\_\_ XVI announced his resignation from the papacy on February 11, 2013.
6. The 2026 Chinese Zodiac is this equine beauty.
7. Min Jin Lee's New York Times bestselling novel, \_\_\_\_\_, follows a Korean family who immigrate to Japan and was first published on February 7, 2017.
8. The XXI Winter Olympic Games were held in this Canadian city in 2010.
9. On February 4, 2004, this social media platform was launched from a Harvard dorm room.



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

## A MESSAGE FROM THE KRA

Hello Kincora Neighbours,

February may be chilly, but our community spirit is anything but. This month is all about connection, kindness, and care—for partners, friends, families, and ourselves. Whether you're celebrating Valentine's Day, Palentine's Day, or simply community, there are plenty of free and meaningful ways to connect right here in Kincora.

On behalf of the Kincora Community Association (KCA), we are delighted to invite you to our 8th Annual Winter Festival at our City of Calgary Adopt-a-Rink location on February 22 from 1:00 to 3:00 pm, in the field adjacent to Symons Valley United Church.

We're excited to bring back a variety of fun, family-friendly activities, including:

- Skating, with free skate and helmet rentals provided by the Skate Shack.
- Firepits and music to keep you warm.
- Free refreshments and beverages, generously sponsored by the Home Sweet Home Team of Century 21 Calgary.
- Horse-drawn sleigh rides through the surrounding fields.

This event is free and open to all Kincorians. We hope you'll join us to say hello, connect with neighbours, and enjoy the winter outdoors together.

Until next month, take care of yourselves and each other

*Kincora Residents Association*

[kincoraresidents.org](http://kincoraresidents.org)

## A Modern Jonah

On February 13, 2025, Adrián Simancas experienced something truly biblical. While kayaking off Chile's Patagonian coast, Simancas was briefly swallowed by a humpback whale. The encounter, filmed by his father, lasted only a few seconds with the whale luckily spitting him out. What an over-whale-ming experience!



## News from the Friends of Nose Hill

*by Anne Burke*

The Calgary area has been the subject of many geological studies in scientific papers, field guides, and monographs, including glacial mapping of Nose Hill. The top of Nose Hill contains gravel deposited by the ancient Bow River, also carrying sand and mud, flowing east out of the mountains and reaching the level of the present hilltop. There may have been as many as 20 major glacial advances and retreats in what is now the Calgary area.

During the last one to two million years of earth history, ice sheets shaped the landscape. The continuous plain to the north, and on the east and west flanks of Nose Hill, were shaped by glacial meltwater from nearby ice. As the modern Bow River developed, it created a broad valley and the southern flanks of the Hill. A large lake was produced by an ice dam on the River. On its North and East, Nose Hill is bounded by Beddington and Nose Creeks. To the west, Big Hill Springs Coulee is what remains of the earlier glacial spillway system.

Nose Hill provides spectacular views from which to interpret the geological history of the Bow River Valley and its tributaries, as well as the uplands across the valley to the south. The boundary between eastern and western ice sheets is the result of a landslide from Mt. Edith Cavell. As the valley glacier advanced it was deflected southward by eastern ice and glacial erratics (large boulders) mark its former path.

# Staying in Relationships Thinking the Other Person Will Change, Now What?

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



In romantic relationships, the hope that someone will change is incredibly common, and very human. Here's the why:

We fall in love with potential, not just reality. Early connection, chemistry, and shared dreams can make us focus on who someone could be rather than who they consistently are.

Love activates optimism and attachment. Attachment bonds naturally create hope. Our nervous system prefers security over loss, so we hold onto the idea that change will come rather than face the pain of disappointment or separation.

We confuse influence with control. Healthy relationships do involve growth and compromise, but that can slide

into the belief that love, patience, or suffering will eventually motivate change in areas that are actually character-based or deeply ingrained.

Familiar patterns feel safer than unfamiliar outcomes. Even dissatisfaction can feel safer than the uncertainty of leaving—especially if someone grew up adapting to others or earning love by tolerating discomfort.

Cultural narratives reinforce it. We're taught that love "fixes," that commitment means endurance, and that leaving equals failure rather than discernment.

Acceptance doesn't mean approval. It means clearly seeing who someone is right now, and asking: Can I live peacefully with this if it never changes? If the answer is no, the work isn't to force acceptance—it's to honor that

truth. Real intimacy grows when we choose people for who they are, not who we hope they'll become.

Here are practical ways to shift your inner narration and cultivate acceptance of your partner—without abandoning your own needs or values (unless the situation is unsafe or abusive):

### 1. Separate “preferences” from “deal-breakers”

Narration shift: “I don’t like this” to... “This is uncomfortable, but not unsafe or violating.”

### 2. Replace fantasy with reality statements

Narration shift: “They would be perfect if...” to... “This is who they are today, consistently.”

### 3. Translate irritation into meaning

Ask: What does this trigger in me; fear, unmet needs, old wounds?

Narration shift: “They’re the problem” to... “This brings up something important in me.”

### 4. Use compassion without justification

Narration shift: “They shouldn’t be this way” to... “I can understand why they’re this way, without agreeing or excusing.”

### 5. Practice present-tense acceptance language

Use phrases like: “This is what’s here right now.” or... “I don’t have to solve this today.”

### 6. Stop future-bargaining

Narration shift: “Once X happens, then I’ll be okay” to... “If nothing changes, how do I feel about this life?”

### 7. Name your choice clearly

Narration shift: “I’m stuck” to... “I am choosing to stay for now, with eyes open.”

Choice restores agency and reduces resentment.

### 8. Practice grief, not resistance

Acceptance often requires grieving the partner you hoped for.

Narration shift: “This shouldn’t hurt” to... “Of course this hurts.”

### 9. Anchor acceptance in boundaries

Narration shift: “I have to accept everything” to... “I accept who they are and I choose how close I stand.”

### 10. Use curiosity over judgment.

Narration shift: “They’re wrong” to... “This is different from me—what does that mean for us?”

## Winter Tips to Keep Our Rivers Healthy

by *The City of Calgary*

When snow melts, water runs off our streets, driveways, and yards, and ultimately ends up in our rivers, creeks, and wetlands. This runoff is called stormwater. Stormwater picks up garbage, chemicals, pet waste, salt, gravel, dirt, and other debris, washing it into our storm drains and our rivers.

The City of Calgary and Calgarians need to work together to manage our stormwater. In newer communities, The City uses storm ponds to help naturally treat stormwater by slowing the flow, allowing sediment and pollution to settle before entering our rivers. While these are found in newer communities, stormwater is not cleaned by a treatment plant, which is why keeping it pollution free is so important. Clean stormwater ensures our rivers, creeks, and wetlands, as well as local wildlife and fish, remain healthy for future generations.

Together we can keep our rivers and creeks healthy by:

- Shovelling shortly after it snows to prevent ice and reduce salt, sand, or gravel use.
- Following the manufacturer’s instructions if using salt on your driveway or sidewalks, so you’re not using more than needed.
- Sweeping up excess salt, sand, and gravel from your driveway and sidewalks.
- Continuing to pick up pet waste and litter off the ground and dispose of them in the right disposal bin.

What ends up on our streets, ends up in our rivers. For more tips and information, visit [calgary.ca/stormwater](http://calgary.ca/stormwater).





## Face Your Stress

by Recovery Alberta – Community Health Promotion Services

Stress is typically viewed as negative; not all stress is bad and in fact, avoiding it can be more harmful. Stress is the response to a stressor that one may be experiencing. Stressors are anything in your life that causes the release of stress hormones. Some stressors in our life are unavoidable. There are three different types of stress you can experience. Let's dive deeper into each:

- 1. Positive:** Yes, stress can be positive. This is short-term but helps us to adapt and build resiliency. Situations to cause this stress can include work, writing an exam, or calling someone you don't know.
- 2. Tolerable:** Tolerable stress includes situations where the impact may be more serious, such as, loss of someone or divorce of parents, and can occur many times throughout your life, however, with supportive relationships, it is unlikely to have lasting negatives impacts.
- 3. Toxic:** When one thinks of stress, we tend to think of this for all situations. This stress is prolonged and extreme and can result in complex outcomes without any adequate support.

Stress can impact our physical, mental, emotional, and behavioral health and it is different for everyone. It can show up as headaches, feeling tired, having trouble focusing, feeling short-tempered or lonely, having sleep issues, unable to relax, and use of unhealthy coping techniques.

Signs of stress are different for everyone but there is a need for stress to keep us alert, healthier, and more understanding human beings! So, what can you do? Mental Health Literacy has developed a toolbox to help you manage your own stress. Here are a few things to consider:

- **Change:** You want to change the way you think of stress. As you can see, it can be essential to tackle life's situations.
- **Choose:** When faced with a stressor, have a toolkit of strategies that work best for you. This can include breathing strategies or talking to others.
- **Engage:** If there are stressors that heighten your body's response, try incorporating planning strategies beforehand. When we face the stressor and solve the problem, we have successfully adapted and are left with a new skill!

# February Heart Month: Protecting Heart Health for Seniors

by MPC Foundation



February is recognized in Canada as Heart Month, a time dedicated to raising awareness about heart health. For seniors, this observance is especially important.

Heart disease remains one of the leading health concerns for older adults, but the good news is that many heart-related issues can be managed or reduced through healthy lifestyle choices and regular care. February offers a helpful reminder for seniors to focus on habits that support a strong and healthy heart.

As we age, changes in the heart and blood vessels can increase the risk of high blood pressure, high cholesterol, and other cardiovascular conditions. While aging itself cannot be prevented, seniors can take meaningful steps to support heart health. Eating a balanced diet rich in fruits, vegetables, whole grains, and lean proteins helps provide essential nutrients while limiting excess salt, sugar, and unhealthy fats. Staying hydrated and enjoying heart-friendly foods, such as fish, nuts, and legumes, can also support overall cardiovascular wellness.



Physical activity is another key factor in maintaining a healthy heart. For seniors, regular movement does not have to be intense to be effective.

Activities like walking, stretching, chair exercises, or light strength training can help improve circulation, manage weight, and support heart function. Always choosing activities that feel safe and enjoyable makes it easier to stay consistent, especially during the colder winter months when outdoor activity may be limited.

Emotional well-being also plays an important role in heart health. Stress, loneliness, and depression can

affect the heart over time. Staying socially connected, practicing relaxation techniques, and maintaining hobbies can help reduce stress levels. Regular checkups with healthcare providers are equally important, as they allow seniors to monitor blood pressure, cholesterol, and other heart-related indicators and address concerns early.

In conclusion, February Heart Month is a valuable opportunity for seniors to reflect on their heart health and make small, positive changes. By focusing on nutritious eating, regular physical activity, emotional well-being, and routine medical care, older adults can support their hearts at every stage of life. Taking steps today can help seniors enjoy healthier, more active years ahead.



BRAIN  
GAMES

SUDOKU

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Councillor, Ward 2  
**Jennifer Wyness**

✉ Ward2@calgary.ca

☎ 403-268-2430

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As we move through February, I want to share a few timely reminders that affect households across Ward 2. From property assessments to winter habits that protect our rivers, there are a couple of simple steps residents can take right now that make a real difference.

### **2026 Property Assessment Customer Review Period**

If you own property in Calgary, your 2026 property assessment was mailed on January 14. The Customer Review Period runs until March 23 and is your opportunity to review the information on file and make sure it is accurate.

When reviewing your assessment, consider whether the market value reflects a reasonable estimate as of July 1, 2025, whether your property details are correct, and whether your assessment is fair compared with similar properties in your neighbourhood.

Your property tax bill will arrive in May, but you can estimate it now using the calculator at [calgary.ca/taxcalculator](http://calgary.ca/taxcalculator). Helpful tools are also available at [calgary.ca/assessment](http://calgary.ca/assessment) and through the secure myTax portal at [calgary.ca/mytax](http://calgary.ca/mytax), where you can review property details, compare values, and better understand how assessments are determined. If you have questions, call 3-1-1. The review period ends March 23.

### **Winter Tips to Protect Our Rivers**

As snow melts, runoff from our streets and yards flows directly into storm drains and eventually into our rivers and creeks. Stormwater is not treated, which means what we leave behind matters.

You can help keep our waterways healthy by shovelling early to reduce ice buildup, using salt sparingly and according to instructions, and sweeping up excess salt, sand, and gravel once conditions improve.

Small actions at home help protect our environment for future generations.

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

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		Listed	Sold	Listed	Sold
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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
June	25	21	7	\$524,900	\$510,000
May	25	21	8	\$712,450	\$710,250
April	25	7	8	\$654,950	\$668,250
March	25	11	7	\$699,900	\$695,000
February	25	12	10	\$764,450	\$763,750
January	25	10	5	\$689,900	\$667,250

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