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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
Vlad Rudko	Secretary
Thouseef Usman	Director of Communications
Charles Zhang	Director of Rink Operations
Sydney Kennedy	Director of Membership
Zachary Kennedy	Director at Large
Vacant	Director of Events

Connect with Kincora Community Association – KCA
KCA is a non-profit organization run by volunteers from Kincora. We have many ways of engaging with you. You can also communicate with us! Take a moment to connect to your community, receive regular updates, and have your voice heard.

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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PRESIDENT'S MESSAGE

Happy New Year, Kincora!

2026 has arrived. I hope everyone had a chance to rest and relax during the holiday season, or at least spend some quality time with friends, family, or even neighbours. If last year didn't go well for you, I wish this new year would bring you better luck and good fortune. For those setting New Year's resolutions, I wish you success in reaching your goals.

Reflection of 2025

KCA had accomplished a lot last year, from the annual Winter Festival, Easter Egg Hunt, Festival of Colours, Community Cleanup, to the popular Stampede Breakfast; they were well organized and well received. Without the amazing KCA board and the volunteers, these events wouldn't be possible. Also, I would like to give another big thanks to our last year's events' sponsors, from A to Z:

- Apollo Dental
- Bow Tie Pizza, Sage Hill
- Calgary Blizzard Soccer
- Calgary Co-op
- Cindy Dubray | Candidate CBE School Trustee for Ward 1 and 2
- City of Calgary - WCEF Fund
- Comox Realty
- Court Ellingson, MLA | Calgary Foothills
- Government of Alberta - Kincora Playground Project
- Hillside Dental of Sage
- Home Sweet Home
- Jennifer Wyness, City Councillor | Ward 2 Council
- John Garden | Candidate Ward 2 Council
- KRA - Kincora Residents Association
- Momentum Health
- Nolan Hill Physiotherapy and Massage
- Nolan Hill Physio
- Paw Paradise
- Sage Hill Bottle Depot
- Servus Credit Union
- YYC Food Trucks

Sponsors, please continue to support us as we build a vibrant and welcoming community in Calgary NW!

Challenges Ahead

While last year was a success, KCA could face challenges organizing some popular events; we are still seeking someone to fill several essential board positions.

Are you passionate about making a difference or being a voice in Kincora? Join our KCA board and help shape the future of our vibrant community! No prior experience is necessary—just bring your enthusiasm and willingness to contribute. As a board member, you'll meet once a month, gain valuable insights into what's happening in Kincora and the city, and play a crucial role in driving positive changes. Plus, you'll be part of an inclusive team that welcomes your ideas and input. If you are interested or even just curious to know more, please email me at president@kincora.org.

What's in 2026?

Finally, what's coming up in 2026? Even though we are shorthanded, we are keeping our popular events going. Please mark these events on your calendar:

- Annual Winter Festival – February 22 (weather dependent)
- Easter Egg Hunt - March 28 (Tentative)
- AGM - April 21
- Earth Day Litter Pickup - April 25 (Tentative)
- Parade of Garage Sales - May 9
- Stampede Breakfast - July 12
- Community Cleanup - TBD

Don't forget: our eighth Annual Winter Festival is coming up soon and is open to everyone. We will continue our tradition of two horse-drawn sleigh rides through the Kincora fields. We will have the "Skate Shack" on-site for free skate and helmet rentals. Combining the firepits and light refreshments like hot chocolate and donuts, we shall beat the winter blues!

Please support us by getting or renewing your household membership at www.kincora.org.

Peace out!

Dicky Sum, P. Eng

President



Caring for an Aging Parent: Strategies for When the Going Gets Tough

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



Emotional Strategies (Inner Work and Regulation)

1. Acknowledge Complex Feelings

Allow yourself to feel grief, anger, guilt, resentment, or sadness—without judgment. Write or talk about your emotions rather than suppressing them. “It’s okay to love my parent and still feel hurt by them.”

2. Release the Hope for Transformation

Accept that your parent may never change, apologize, or become kind. Focus on who you want to be in this relationship—not who you wish they were. Acceptance is not approval—it’s choosing peace over constant disappointment.

3. Separate Compassion from Tolerance

Compassion = understanding their limitations and pain. Tolerance = letting them mistreat you. You can have empathy while maintaining strong boundaries.

4. Name and Limit Emotional Triggers

Identify patterns that consistently lead to hurt (e.g., criticism, manipulation, guilt trips). Develop calm exit strategies when tension rises (“I need to step out for a minute,” or “Let’s talk later.”)

5. Practice Grounding Techniques

Use breathing exercises, mindfulness, or sensory grounding before and after visits. Create “emotional decompression rituals”—e.g., a walk, journaling, or music after caregiving tasks.

6. Reframe Your Role

Instead of “being the good child,” think of yourself as a care coordinator—doing what’s necessary, not what’s emotionally reciprocal. This mental shift reduces guilt and over-responsibility.

7. Find Validation Outside the Relationship

Seek empathy and support from friends, therapy, or caregiver groups. Don’t expect emotional reciprocity from your parent; that’s not where healing will come from.

Situational Strategies (Practical Boundaries and Care Structures)

1. Clarify What You Can and Cannot Do

Define your caregiving “job description.” Example: “I manage their medication and groceries, but I can’t

handle daily visits." Say it out loud, write it down, and share with other family members if needed.

2. Establish Firm Communication Boundaries

Limit exposure to verbal abuse or manipulation. End conversations that become cruel or degrading: "I'm not willing to be spoken to that way. I'll come back when you're ready to talk respectfully."

3. Use Neutral, Brief Responses

When provoked, respond with calm neutrality ("I hear you," "That's your opinion," "Okay"). Avoid arguing, explaining, or defending—it fuels conflict.

4. Set Structured Routines

Predictability helps both you and your parent. Schedule visits or calls at consistent times to minimize last-minute demands.

5. Engage Outside Help When Possible

Look into: Home care aides or respite programs, adult day centers, geriatric care managers, volunteer respite programs or faith-based support. Even a few hours of relief can help you sustain caregiving long-term.

6. Protect Your Physical Space

If your parent lives with you, designate "off-limits" areas or private times. If you live separately, establish boundaries around unannounced visits or excessive calls.

7. Use Written Communication for Sensitive Topics

For logistics (medications, finances, appointments), use texts or emails—it reduces emotional escalation and provides a record.

8. Plan for Respite and Breaks

Schedule non-negotiable downtime—a full day or weekend off every few weeks. Even short breaks prevent burnout and resentment.

9. Involve Professionals for Tough Conversations

Use a doctor, social worker, or counselor to mediate when your parent refuses help or denies issues. Hearing it from a professional, lands better than hearing it from a child.

10. Prepare for Emotional Pushback

Difficult parents often use guilt, martyrdom, or control when they feel powerless. Recognize it as fear, not truth. "They're scared of losing control—that's not mine to fix."

Cats, Canines, & Critters of Calgary



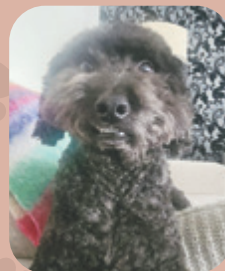
Betty White, Cranston



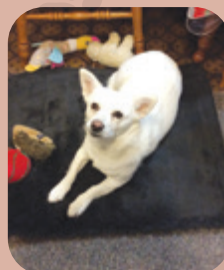
Dazi, North Glenmore Park



Jack, Seton



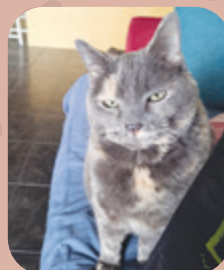
Leo, Nolan Hill



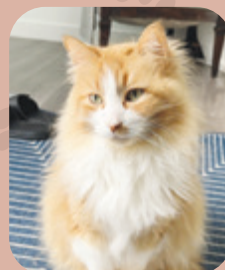
Rosie, Renfrew



Tango, Palliser



Teffy, Mount Pleasant



Toulouse, Killarney

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SCAN ME

A MESSAGE FROM THE KRA

Happy New Year!

The KRA is Seeking New Board Members

The KRA is looking for additional board members. If you are interested in volunteering on an administrative-focused board, please email KincoraRA@SimcoMgt.com.

2026 HOA Fees and Budget Package

The 2026 HOA fee and budget package was sent out in December. If you have not received your package, please:

- Check your email inbox
- Log into the Simco portal under Announcements
- Or check your Canada Post mailbox

For any questions, contact KincoraRA@SimcoMgt.com.

Fee Reminder:

- Detached unit: \$210
- Multi-unit: \$105 per unit

There are no changes to the 2026 rates.

Please note: Updates to your personal banking information will automatically stop any pre-authorized HOA payment arrangements.

Interest on past HOA balances has been updated to December 31, 2025.

Owners with invalid email addresses were mailed physical copies of the package.

Sidewalk Snow Removal — Your Responsibility

A friendly reminder that all property owners and occupants must clear snow and ice within 24 hours after snowfall ends. This requirement is not just a city bylaw—it helps keep our community safe for seniors, children, and anyone using mobility aids.

Key Points from City of Calgary Bylaws:

Street Bylaw 20M88

- Snow may be moved from a public sidewalk onto a public street.
- Snow cannot be moved from private property (driveways, parking pads, private walkways) onto public streets.
- Snow cannot be pushed into designated wheeling lanes such as cycle tracks.

Street Bylaw Section 67

Property owners must:

- Remove snow and ice down to the bare surface from public sidewalks bordering their property within 24 hours.
- Clear a minimum width of 1.5 meters on public pathways adjacent to their property within 24 hours.
- Pile snow from private walkways/driveways on their own property (e.g., front lawn).
- Snow from a public sidewalk or pathway may be shovelled onto another public area such as a roadway.

Thank you to everyone who consistently clears their sidewalks. These small efforts keep our neighbourhood safe all winter long.

Traffic Safety in Kincora (“WTF? — Why That Fast?”)

Please help keep our community safe by obeying posted speed limits throughout Kincora.

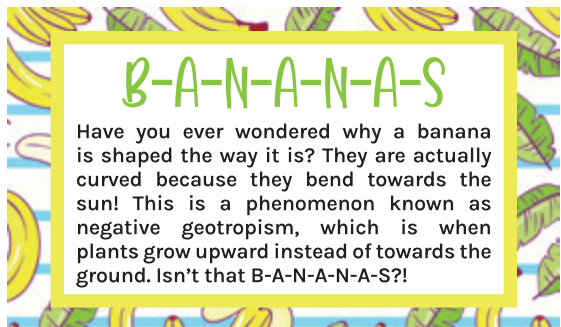
To report ongoing traffic concerns—speeding, pedestrian safety issues, or intersection problems—you can submit a service request at: calgary.ca/cps/traffic/traffic-service-requests.

You may also share concerns with our Ward 2 Councillor, Jennifer Wyness.

Wishing everyone a wonderful year ahead filled with safety, community, and prosperity!

Kincora Residents Association

kincoraresidents.org



Tobogganing/Sledding Safety

by Alberta Health Services



Emergency Health Services (EHS) – Alberta would like to remind parents and children about toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe on the hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.

- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; try not to toboggan alone.
- Sledding at night is not advised.

Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.
- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until rewarmed.



SYMONS VALLEY PARK UPDATE

A New Year, A New Opportunity to Build Together

As we welcome a new year, we reflect on the incredible progress we've made together and look forward to the exciting possibilities ahead. At Symons Valley Leisure and Amenities Society (SVLAS), our mission is to provide social and recreational amenities, and promote social and recreational activities, to members of the Symons Valley residential area of NW Calgary: Nolan Hill, Sage Hill, Kincora, and Sherwood.

Key Achievements in 2025

- Selected The TULA Project as our Landscape Architect and Project Manager.
- Kicked off our project design, costing, and engineering processes.
- Entered into a License of Occupation (LOC) with the City of Calgary, effectively leasing the Project land for a period of 15 years.
- Achieved project stage gate 1 with the City of Calgary.
- Successfully raised over \$800,000 towards the first phase of the Project.
- Hosted another hugely successful Movie at the Park.
- Continued to build strong relationships with our community partners and government officials.

Our Goals for 2026

- Complete our project design, costing, and engineering.
- Achieve project stage gate 2 with the City of Calgary.
- Fundraise an additional 1.5 million dollars to fully fund phase 1 of the Project.
- Submit and receive our Project development permit from the City of Calgary.
- Be shovel-ready for construction in spring 2027.

Help Us Achieve Our Goals

Volunteer: We are desperately in need of volunteers to help us with fundraising. Applying for grants and following up with potential donors is a lot of work, and if we want to hit our funding goal, we need more help.

Sign up to volunteer at hello@symonsvalleypark.ca.

Donate: Every dollar brings us closer to making this dream a reality. You can make a secure donation at www.symonsvalleypark.ca/donate.

Spread the Word: Share our mission with your family and friends. The more people who know, the stronger our impact.

Why This Matters

Every great accomplishment starts with a dream—and we dream of a community hub, a recreation destination, to be a reliable place for enhancing the health and well-being of area residents.

Together, We Can Build a Better Future

The beginning of a new year reminds us of the power of hope and community. By coming together, we can turn this vision into a space that benefits our community for generations to come.

Want To Learn More?

Visit our website today at www.symonsvalleypark.ca and see what we're so excited about. Help us build Symons Valley Park, a destination for you to Play. Connect. Unwind.

Let's make this a year to remember,

Kris McPherson, CRSP

President, Symons Valley Leisure and Amenities Society
www.symonsvalleypark.ca



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News from the Friends of Nose Hill

by Anne Burke

On the Park's northern boundary, Alberta Government Telephone, in 1982, and Canadian Western Natural Gas, in 1990, had access rights. Carma Developments put waste in the MacEwan Glen ravine. Construction sites attracted four-by-fours and dirt bikes. Nose Hill Trail condition and use were studied between July 20 and September 20, 1993. Volunteers working in pairs came from the Nose Hill Park Users Group, Nose Hill Communities Board, and Calgary Field Naturalists Society. Their goal was to measure trail type and surface, width, and depth. An aerial photo mosaic marked the survey areas. Data was collected for the glacial moraine (the Hill plateau and side slopes), ravines (Many Owls and Porcupine Valley), and disturbed land. The time of day was morning (7:00 am to noon), afternoon (noon to 6:00 pm), and evening (6:00 pm to dark). During both the week and weekend, Hill use was greatest in the afternoon and evenings. On the weekend, people spent time in the ravines. However, during the week more were recorded on the plateau and side slopes. Pathway routes were widened by braiding but less rutted than trails. The greatest use was in disturbed sites, rather than on the moraine. All pathways and trails were used by cyclists, who preferred gravel pathways to grass trails. Walkers without dogs used pathways, unlike dog walkers in the ravines. A review revealed that areas damaged by vehicles, horse and cattle grazing, and gravel extraction were slowly regenerating, including severely damaged areas. Although some trails were rutted (and may remain so for a time) others had high grass growing in them without horse and vehicle traffic. Ravine trails were overgrown by tall grasses, thistles and nettles, so many people no longer used them.



4-H INTRO CLUB

Grow Something New This Winter With 4-H Intro Clubs



Have you heard of 4-H? Many know 4-H for its long history in rural and agricultural communities, but today 4-H is thriving in cities, including right here in Northwest Calgary. Alongside our traditional, year-long 4-H clubs, we also offer a short-term program designed for families who want to explore 4-H before making a longer commitment.

4-H Intro Clubs are a six-week program for youth ages 9 to 15 that provides a hands-on introduction to the 4-H experience. These are not traditional clubs. During intro clubs, youth attend once a week for two hours, learn all about running meetings and try a different hands-on activity each session, giving them a fun and friendly way to explore what 4-H has to offer.



One popular winter activity is the Potato Pet Hair Garden, where youth learn about seeds, plant growth, and patience in a silly and hands-on way. Using a potato, paper towel, water, and chia or alfalfa seeds, participants create a "potato pet" with sprouting hair, then track growth over the week. Along the way, they practice observation skills, explore plant life cycles, and get a taste of science in action, all indoors during the cold winter months.

Try It at Home: Create your own Potato Pet Hair Garden:

- Wrap a potato in a damp paper towel or cotton strip.
- Draw a face and add googly eyes.
- Place it on a jar of water so the bottom touches the water.
- Spread chia or alfalfa seeds on top, like hair.
- Mist daily and watch the sprouts grow in four to seven days!

Learn more about intro clubs starting in January by visiting 4hab.com/member.

Send us your potato head photos or ask us a question at introclubs@4hab.com.

Combatting the January Blues

by MPC Foundation

January can feel long, dark, and emotionally draining—especially for seniors. After the excitement of the holidays fades and colder weather keeps many people indoors, feelings of sadness or sluggishness may creep in. The good news is that there are practical, enjoyable ways for older adults to lift their spirits and stay connected during the winter months.



One of the most powerful tools against the January blues is staying socially engaged. Even small moments of connection can brighten a day. Seniors can schedule regular phone calls or video chats with loved ones, join a local club or hobby group, or attend community events at senior centres or libraries. Group activities—like book clubs, crafting circles, or gentle group exercise classes—offer both companionship and structure. If going out is difficult, virtual groups and online communities provide meaningful ways to stay involved without leaving home.

Physical movement is another important mood booster. Exercise stimulates the release of endorphins, which can help reduce feelings of stress and sadness. Seniors might try daily walks, chair yoga, tai chi, or simple stretching routines. Exposure to natural light during outdoor walks can be especially helpful during the darker months. Keeping a consistent sleep schedule and eating balanced, nourishing meals also support overall well-being and energy levels.



Finally, January is a great time to focus on hobbies, creativity, and personal enrichment. Pursuing activities like painting, knitting, puzzles, or journaling can provide a sense of purpose and accomplishment. Learning something new—such as a musical instrument, a language, or a craft—can refresh the mind and create a sense of forward momentum. Seniors might also consider volunteering, which not only supports the community but also fosters connection and fulfilment.

In conclusion, while January can be challenging, seniors have many tools at their disposal to stay positive and engaged. By nurturing social connections, staying active, and embracing creativity and routine, older adults can navigate the winter months with resilience and optimism—and perhaps even discover new joys along the way.



On Deerfoot Trail

by Garth Paul Ukrainetz

On Deerfoot Trail the potholes grow
A little larger every day
They never seem to fill them in
We zig and zag along the way

On Deerfoot Trail bad tempers show
The need for speed in rush hour mess
The faster lane ain't always faster
The quicker route ain't always best

On Deerfoot Trail the snow plows blow
They clear the slushy slop away
But cars still slide into the ditch
On icy road there's hell to pay

On Deerfoot Trail the tail lights glow
Like blood cells flow within a vein
The city's major artery
Bright Stampede Red this freeway train

On Deerfoot Trail a rodeo
Corralled commuters, Calgary
Bronc riding on this road together
Until we exit, until we're free

Monthly Property Tax Payments Save You Time and Money

by The City of Calgary



Tax Instalment Payment Plan (TIPP) is the most popular way to pay property tax in Calgary. Here's why:

- You pay the same amount as your tax bill, but in smaller, easier to manage monthly payments.
- Automatic monthly payments come out on the first day of each month, helping you avoid late payment penalties.
- No extra fees and no need to re-enroll each year. TIPP continues until you cancel.

It's easier than ever to join TIPP. Our online process streamlines registration and confirms your enrolment, allowing you to join fast and easily from the comfort of your home. All you need is your property's roll number and your banking details.

You can enroll anytime during the year, and we'll adjust your payments to ensure your tax bill is fully paid by year's end. If you join for January 1, your tax payments will be spread over 12 months, if you join for February 1, your payments will be spread over 11 months, and so on.

Your 2026 property tax bill will be mailed out in May. To avoid late payment penalties, you must join TIPP or pay the total amount of your 2026 property tax bill before the payment deadline of June 30, 2026.

Join TIPP today at calgary.ca/TIPP to get started and enjoy easier budgeting for the years ahead!

Protect Your Household Water Lines and Meter from Freezing

by The City of Calgary



Every winter, some Calgarians will experience frozen water pipes, service lines, and water meters, resulting in a water outage. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth and configuration of water pipes, and a history of freezing.

Recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing. Ways to avoid freezing include:

- Keep your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
- Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit calgary.ca/frozenpipes to learn more, including actions you can take if you suspect you have frozen pipes.



Councillor, Ward 2
Jennifer Wyness
☎ 403-268-2430
✉ Ward2@calgary.ca
🌐 Calgary.ca/ward2 📺 Ward2Wyness
📷 @WynessJennifer 📺 @JenniferWyness

Happy New Year Ward 2!

As we start 2026, I want to share a few important updates that matter to households across our community.

Review Your 2026 Property Assessment

Property assessments arrive on January 14, and the Customer Review Period runs until March 23. Your assessment helps determine your share of property taxes, and this is your chance to confirm that your assessment is accurate and reflects real market value. When reviewing, check that the value is reasonable as of July 1, 2025, confirm that the property details are correct, and compare your assessment with similar homes in your neighbourhood.

You can estimate your 2026 bill at calgary.ca/taxcalculator. For detailed property information and comparison tools, log in at calgary.ca/mytax. Questions can be directed to 3-1-1 or calgary.ca/assessment.

Nominate a Neighbour for the Calgary Awards

Do you know a Ward 2 resident, group, or business making a meaningful impact? Consider nominating them for a Calgary Award. Categories include Community Advocate, Youth, Arts, Education, Accessibility, Environmental Achievement, and more. Nominations close January 26 at calgary.ca/calgaryawards.

Stay Safe Around Storm Ponds

Storm ponds may look frozen, but ice conditions on them are never safe. Water levels change constantly and contaminants weaken the ice. Please keep children and pets away. For safe winter activities and outdoor rinks, visit calgary.ca/winteractivities and calgary.ca/rinks.

Prevent Frozen Household Water Lines

Frozen pipes can cause major damage, but simple steps can reduce the risk. Keep your thermostat set to at least 15°C, seal cold drafts in basements and crawl spaces, insulate exposed pipes, and disconnect exterior hoses. Allow warm air to circulate around plumbing and run water regularly. More information is available at calgary.ca/frozenpipes.

Thank you for staying informed. My office is here to support you throughout the year, and you can always reach us at ward2@calgary.ca.

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.



	<p>What kind of cow wears a crown? A dairy queen</p>
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		Properties		Median Price	
		Listed	Sold	Listed	Sold
November	25	10	7	\$629,000	\$608,000
October	25	9	6	\$699,900	\$676,500
September	25	10	8	\$544,950	\$535,000
August	25	10	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
December	24	4	5	\$719,900	\$715,000

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