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September 26	9	8	$657,450	$646,500
August 26	13	7	$599,999	$590,000
July 26	12	5	$419,900	$402,000
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

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

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PO BOX 47146, Creekside, Calgary, AB, T3P 0B2

www.kincora.org • communications@kincora.org

NAME	VOLUNTEER POSITION
Dicky Sum	President
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Shahir Jannah	Second Vice-President
Wesley Hall	Treasurer
Vacant	Secretary
Sandra Rose	Director of Communications
Charles Zhang	Director of Rink Operations
Vacant	Director of Membership
Shahadatul Karim	Director of Volunteers
Sunny Mangat	Director of Website
Vacant	Director of Events
Marc Dennis	Director at Large

Connect with the Kincora Community Association

The 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 info.

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 1 of the month for the following month's publication.

Social Media

We can also be reached on our Facebook page @ KincoraCommunity and private group, @KincoraResidents, 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.



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Kincora Community Association Instagram

@KINCORA_CALGARY



Winter Green Cart Schedule Starts in November

Starting in November, your green cart will be collected every other week. This seasonal schedule helps match service to the lower volumes of yard waste during colder months.

Weekly collection will return in April 2027, when spring clean-up season begins. Visit calgary.ca/reminders to get the free Calgary Garbage Day App!

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.

PRESIDENT'S MESSAGE

Hello, Kincora!

Time flies! By the time you are reading this, it should already be November. With the adoption of permanent Alberta Time (ABT), you no longer need to advance or reset your clock. Hopefully, this hasn't caused too much confusion or chaos for those who collaborate with those outside of Alberta. For me, who have many recurring meetings with folks in EST, it will be interesting to see how we sync up when we're only an hour apart instead of two, just for the winter.

To many, November is an important month because of Remembrance Day. This is the day we honour those who have sacrificed to serve and protect our country, so we can enjoy peace and freedom in Canada. Please remember to take a moment to observe a moment of silence and support our veterans.

Pond Playground Reopened

On a lighter note, after two years of planning and fundraising, our pond playground has officially reopened. The new replacement playground wouldn't have happened without financial and logistical support from the City of Calgary, the Alberta Government, Parks Foundation Calgary, the Kincora Residents Association, and many volunteers who built it. On behalf of the KCA, thank you for making this possible.

Also, thank you to those who joined us at the Playground Reopening Ceremony in October. It was great to see many kids come out to enjoy the new playground, and the mini donuts, under the warm, sunny sky. The playground is a place where community members connect, and kids can play physically to build better health.

Lastly, I want to thank Charles Zhang, our KCA Director of Rink Operations, who managed this project from start to finish and made a strong impact in our community.

Outdoor Rink

In our last board meeting, we made a challenging decision, which is to continue our tradition of building the outdoor skating rink despite the forecasted warm winter due to Super El Niño. The skating rink had always been the centrepiece of our Winter Festival and a tradition that the KCA board felt strongly about keeping. I hope the skating rink will continue to be well used once it is built.

New Board Members

I am excited to welcome two new board members, Sunny Mangat as Director of Website and Shahir Jannah as Second Vice-President. Sunny moved to Kincora not long ago with his family from Sage Hill and is super ready to contribute to our community. Shahir, who moved to Kincora over four years ago, is living here to build his family and is excited to help our team bring more events to Kincora.

Last but not least, we still have a couple of board positions open. If you want to make an impact in Kincora, please drop me an email at president@kincora.org.

Take Care!

Dicky Sum, P.Eng.

President, Kincora Community Association

A Flower to Remember

Red poppy seeds can remain dormant in the soil for years. During the First World War, artillery and trench warfare disturbed the earth along the Western Front, allowing poppies to bloom across the landscape. The sight inspired Canadian Lieutenant-Colonel John McCrae's 1915 poem "In Flanders Fields", helping the red poppy become an enduring symbol of remembrance.



The Power of Conversation

by MPC Foundation





A simple conversation is all it takes for a small action to constitute a significant and lasting impact on an individual's health and well-being. Whether it's a porch chat with a neighbour, catching up with a friend over coffee, or calling a family member; intentional social interaction allows people to feel connected. While conversations may appear as a mundane part of daily life, they fulfil the fundamentally human need for social connection, contributing to the maintenance of both physical and mental health for people, especially as they grow older.

For many seniors, opportunities for regular conversation become few and far between after retirement or the loss of a spouse. Without consistent social interaction, feelings of loneliness and isolation perpetuate, deterring overall well-being.

According to the National Institute on Ageing, approximately one in four older Canadians experiences social isolation, while between 30% and 38% report feeling lonely. Social isolation has been linked to an increased risk of depression, cognitive decline, heart disease, and reduced quality of life. Regular conversations and social engagement, however, can improve mood, reduce stress, and help maintain memory and cognitive function by keeping the brain active.

The benefits of conversation extend beyond emotional well-being. Talking with others encourages people to share experiences, exchange ideas, and offer support during difficult times. It can also increase confidence, strengthen relationships, and create a sense of belonging. Community centres, volunteer programs, clubs, and group activities provide valuable opportunities for people to meet others and build meaningful connections through conversation.

Conversation is one of the simplest ways to support health, yet it is often overlooked. Taking a few minutes each day to check in with someone can make a meaningful difference. Every conversation has the potential to improve someone's day and strengthen the connections that keep communities healthy. Sometimes, the greatest act of kindness is simply taking the time to listen.





A MESSAGE FROM THE KRA

Veterans' Week and Remembrance Day
Veteran's Week, November 5 to 11, is our national week of commemoration through events and stories. Watch out for media advertising of dates and locations. Remembrance Day, Wednesday, November 11, is our solemn day to honour the memory of over 118,000 Canadian soldiers who have served and sacrificed their lives. Over 3,700 Southern Albertans are recognized within Calgary's Field of Crosses Memorial.

To offer support or find local events:

Royal Canadian Legion	www.legion.ca
Field of Crosses Memorial	www.fieldofcrosses.com
The Military Museums	www.themilitarymuseums.ca

Budget Update
The 2027 budget is being prepared and will be distributed shortly. Thank you for sharing your project ideas. Several have been completed in 2026.

Outstanding Balances
20% of KRA owners have outstanding balances on their accounts. Approximately:

$23,000	16 accounts are legally being collected
$32,000	63 accounts have 2 years of HOA fees, interest, and late fees
$32,000	138 accounts have not paid 2026 HOA fees and interest
$2,000	63 accounts have odd balances
$4,900	of interest will be added to accounts on December 31, 2026

The KRA is working with Simco to provide account statements to owners. Otherwise, each owner has to request a copy of their account statement to know their balance. Invoices for 2027 HOA fees are being issues which may not show the full account balance. Email KincoraRA@SimcoMgt.com.

Kincora Residents Association

www.KincoraResidents.org

YOUR CITY OF CALGARY

Create More Memories and Less Waste this Holiday Season



The best holiday memories aren't found under the tree. They're made with the people we spend time with.

During the holidays, Calgarians generate about 25% more waste from wrapping paper, packaging, and leftover food. As you get ready for the season, here are a few simple ways to create more memories and less waste:

- Gift experiences instead of things, like tickets, memberships or a day out together.
- Make a gift with a personal touch, such as homemade cookies, a photo book or a handmade gift.
- Shop locally to reduce shipping materials and packaging waste.
- Borrow, swap or share decorations with neighbours, friends or family.
- Reuse gift bags and bows or wrap gifts with fabric.
- Stick to a grocery list, use leftovers or send extras home with guests.

For more holiday waste reduction tips, visit calgary.ca/our-city/articles/calgary-conversations-podcast-015-howland-wark.html.

Winter Parking Choices Matter Around Schools



As days get shorter and winter conditions arrive, visibility around schools becomes even more important. Snowbanks, early darkness, and icy roads can make it harder to see children crossing streets. Parking rules help reduce these risks by keeping corners, crosswalks, and sidewalks clear. Parking too close to intersections or in prohibited areas can further limit sightlines when visibility is already reduced. Choosing safe, legal parking options and allowing extra time during winter conditions helps protect students and families during the busiest parts of the school day. Learn more: calgaryparking.com/safeschools.

Can You See? Winter Conditions can Make School Areas Harder to Navigate

When visibility is reduced, small parking choices can make a big difference near schools. Shorter days, snow, ice, and changing weather can make it harder for children and drivers to see each other. School areas remain busy during drop-off and pick-up times, with children and families walking, wheeling, cycling, taking the bus, and driving. When vehicles stop or park in the wrong place, they can block sightlines at crosswalks, corners, sidewalks, driveways, bus zones, and school entrances. Even a quick stop can make it harder for children, families and drivers to see one another clearly.

The Calgary Parking School Patrol Program helps support safer school journeys throughout the school year. Parking Safety and Compliance Officers visit school areas where there are recurring parking or stopping concerns. They focus on education, reminders, and visibility. Enforcement may be used when unsafe parking continues or creates a safety or access issue.

Drivers can help by slowing down, leaving extra travel time, and choosing a safe, legal place to stop or park. Sometimes the safest choice is parking a little farther away and walking the remaining distance. Keeping crossings, corners, and travel lanes clear helps everyone move more safely. Before stopping near a school, ask yourself a simple question: Can children and drivers see each other clearly?

Students can help make school journeys safer by entering the Travel Safe Student Video Contest Parking category. Students are encouraged to submit creative video ideas that show how safe parking choices help everyone travel to and from school. Learn more about school-area safety and the Travel Safe Student Video Contest at CalgaryParking.com/SafeSchools.

November Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Across

6. Directed by Guillermo del Toro, this retelling of a famous novel was released November 7, 2025.

7. This warm yellow gemstone is said to prevent injury and bring strength. It is also November's birthstone.

8. Born November 10, 1989, this actor is most recently known for his role as Dr. Frank Langdon on *The Pitt*.

10. As a treat during the fall, this fruit is typically dipped in melted chocolate or caramel and then covered with various toppings.

11. In Greek mythology this man is cursed to push a boulder up a mountain for all eternity.

12. Born November 7, 1913, Albert ____ was the French philosopher who wrote *The Stranger* in1942.

Down

1. Good for tea and relaxation, these spidery flowers are the birth flower of November.

2. Remembrance Day is celebrated in Canada on what day of November?

3. Watch your French fries! Despite their oceanic nickname, these white and gray birds are found inmany parts of Alberta, including Calgary parking lots.

4. This Indian celebration known as the "Festival of Lights" happens between mid to late-October and mid-November.

5. Toni _____, born November 1, 1972, is an Australian actress who has been in an impressive collection of movies including, *"The Sixth Sense, Little Miss Sunshine, and Knives Out"*.

9. These small brown nuts come from oak trees and have a distinct cup shape.

SYMONS VALLEY PARK UPDATE

Thank You for Joining Us at Movie in the Park!
On September 12, around 300 people gathered at the future home of Symons Valley Park to watch Minions and Monsters at our annual Movie in the Park event. Thank you to everyone who joined us and to those who made donations on-site. Your support helps us continue working toward bringing Symons Valley Park to life. We loved seeing so many community members come together for a movie night, and we appreciate everyone who helped make the event possible!

Project Update: Geotechnical Work Completed
The geotechnical work at the future Symons Valley Park site is now complete, and the poles used during the work have been removed. This is another step in preparing the site for construction. Completing this work helps us move ahead with project planning and puts us in a stronger position to pursue new funding opportunities.

We still have planning and fundraising to do before construction can begin, but we're making progress toward our goal of creating an all-season recreation space for Nolan Hill, Sage Hill, Kincora, and Sherwood.

Get Involved!
We're looking for community members to join the Symons Valley Leisure and Amenities Society Board of Directors. As a volunteer-led organization, we rely on people willing to share their time, skills, and experience to help guide the park project.

We currently have two vacancies:

- Director at Large
- Director of Fund Development

If you're interested in helping shape the future of Symons Valley Park, or would like to learn more about these roles, please email hello@symonsvalleypark.ca.

Help Us Fund the Park
Fundraising remains an important part of preparing Symons Valley Park for construction. Donations help support the work needed to develop the project and pursue future funding.

You can make a secure online donation at www.symonsvalleypark.ca/donate.

If you're unable to donate, sharing the project with friends and neighbours is another great way to help spread the word. Thank you for supporting this community initiative!

Did You Know? Symons Valley Park Plans to Include a Bike Skills Park
A pump track is a type of cycling course made up of rolling bumps and banked turns. Riders use their body movements to gain momentum around the track, making it a fun way to practise bike-handling skills. A bike skills park is one of the features included in the current Symons Valley Park concept plan. Alongside the planned playgrounds, outdoor rink, tennis courts, walking paths, and picnic areas, it would give residents another way to get outside and stay active.

We look forward to continuing work on this project and sharing more updates with you!

Warm regards,

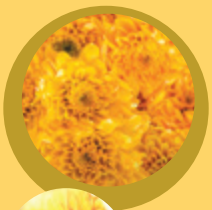
Symons Valley Leisure and Amenities Society

www.symonsvalleypark.ca



A Bloom You Can Brew

Did you know? Chrysanthemums are November's birth flower—but some varieties are more than decorative! Certain chrysanthemum flowers and leaves are edible, and chrysanthemum tea, made by steeping the dried flowers, is a traditional beverage enjoyed across parts of East Asia.







Healthy Conflict: Why Children Need to See Us Work Through Our Differences

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



Many parents worry about arguing in front of their children. They may believe that being good parents means keeping disagreements private and presenting a picture of a relationship where everyone gets along. However, healthy relationships are not conflict-free relationships.

Children benefit from seeing that two people can disagree, experience difficult emotions, and still remain connected. When handled respectfully, conflict can become an opportunity to teach children some of life's most important relationship skills.

What does healthy conflict look like?

Healthy conflict isn't about never becoming frustrated. It is about learning what we do with that frustration. Healthy conflict might sound like:

"I'm feeling frustrated right now. I need a few minutes before we continue this conversation."

"I see this differently, but I want to understand your perspective."

"I don't agree with you, but I can understand why you feel that way."

"I didn't handle that well. I'm sorry."

"Let's figure out what we can do differently next time."

Children who hear these kinds of conversations learn that disagreement doesn't automatically mean rejection, abandonment, or the end of a relationship.

Children need to see repair

One of the most important things children can witness is what happens after conflict.

Parents sometimes lose their patience. They may misunderstand one another, become defensive, or say something they regret. What matters most is what happens next.

When children see a parent return to the conversation, take responsibility, apologize, listen, and reconnect, they learn that relationships can survive difficult moments.

This is a powerful lesson in resilience. The message becomes:

"We can have a hard moment and find our way back to one another."

Conflict can teach emotional regulation. Children learn emotional regulation partly through observing the adults around them.

When parents demonstrate that strong emotions can be acknowledged without becoming destructive, children are given a model for managing their own feelings.

They learn that being angry doesn't mean they have permission to hurt someone. Being disappointed doesn't mean they have to withdraw completely. And being upset doesn't mean the relationship is no longer safe.

Parents can model that it is possible to pause, calm down, return to a difficult conversation, and work toward understanding.

What children shouldn't have to witness

Healthy conflict is very different from destructive conflict. Children should not be placed in the middle of adult disagreements or exposed to intimidation, threats, humiliation, contempt, physical aggression, or ongoing hostile conflict.

They should not be expected to take sides, carry messages between parents, or become responsible for repairing the relationship.

There are also circumstances where safety must come first. When there is violence, coercive control, or fear within a relationship, the goal is not simply to teach children how to witness conflict differently. The focus needs to be on safety and appropriate professional support.

Your children don't need to see a perfect relationship

When parents demonstrate respectful disagreement and genuine repair, children learn that relationships require communication, accountability, patience, and forgiveness.

They learn that conflict is something we can work through, not something we have to fear.



News from the Friends of Nose Hill

by Anne Burke

The Glenbow Archives entry for Robert Aramant refers to the researcher and author who spent time in Calgary, during the early 1980s. He is primarily recognized in local archives for his field research and documentation on Nose Hill. For in library use only, Calgary Public Library has a copy of his report: "The Tipi Rings Nose Hill: Calgary April 1982 to May 1983."

Robert Bo Ararmant (1932-2022) in the Natural Areas Group of the Calgary Field Naturalists' Society surveyed stone circles along the southern margin of Nose Hill uplands. Studies were done during the months when ground conditions were suitable. His research detailed bearing and distance information between tipi rings and on the diameter and number of stones with each ring. He recorded 60 new rings as well as mapping previously identified sites. Vehicle tracks, rubbing stones, and an unknown group of poplars were indicated.

Other maps show roads, critical bearings to Nose Hill Tower and horse barn. Following his study, the site was revisited. New rings related to recorded sites were compared. Some rings matched the original Lifeways of Canada definition by Alberta's first and longest-operating heritage and historical resources consulting company. Robert wrote it is very important to point out that this report only surveyed a small part of the proposed Nose Hill Park area. Even the southeast part of Nose Hill, where the report presents newly found tipi rings, has been very incompletely surveyed.

Consequently, there are many more tipi rings on natural prairie grassland areas and probably also many other kinds of archaeological sites and artifacts as well that are undiscovered on Nose Hill. It is very desirable that the natural prairie grassland still left on Nose Hill be preserved and protected. Read more at: www.newcomerkentuckiana.com/obituaries/robert-aramant.

New Abilities

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

If you could wake up tomorrow with the ability to do something new, what would it be? What if it were a completely far-fetched or magical skill? How would you use it, and where would it take you?

Dear reader,

Considering magically gaining a skill overnight made me think of many potential scenarios. One of the first things that came to me was having unlimited home and car maintenance skills because I would be able to use them frequently to support my family. However, when I thought about it, I realized I would not want to spend my time on those tasks because they are messy, time-consuming, and often done alone.

I would want a skill that is more social and homes in on my interests. So, I thought about what I've been attracted to learning in the past. One skill I've worked on for many years is speaking Spanish. It's been an on-and-off process since my twenties, and I'm still at the intermediate level. This gets me by when I'm traveling, but I've always felt frustrated not being fluent because it holds me back from fully expressing myself or truly understanding the people I meet. Wouldn't it be wonderful to communicate effortlessly in another language and just say what's on your mind?

Since we're considering magically gained abilities, I'd take it a step further than fluency in Spanish; I'd wake up ready to communicate in any language. Imagine the opportunities it would open up! I could use multilingualism to immerse myself entirely in any place and culture.

I absolutely love to travel. I find it's the best way to learn and gain new perspectives. The more different the destination from my home, the more it opens my mind. Being able to speak the local language would vastly improve my understanding of things I'm curious about: history, politics, geography, regional customs, and culture. Reading about these things in books or watching videos online can never match the insights gained by speaking directly with people who have lived the history and experience its culture every day.

My magical language skills could be used for a greater purpose: recording endangered languages before they disappear, deciphering ancient manuscripts or petroglyphs, and even collecting valuable international intelligence. The possibilities feel endless!

Your turn! If you could wake up tomorrow with a new skill, what would it be? Write in your journal or to your pen pal.

Happy writing,

Michelle

Now it's your turn to write it forward. Write a friend, neighbour, or family about our monthly reflection.

Write It Forward



Now it's your turn to write it forward. Write a friend, neighbour, or family member about our monthly reflection.

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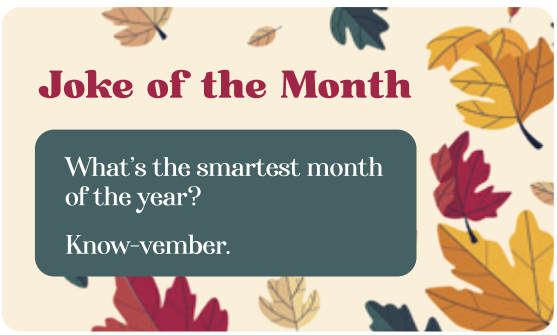
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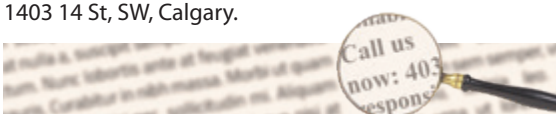
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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.



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Local • Family-Owned • Trusted

A CLEAN YOU CAN FEEL GOOD ABOUT



We are a family-owned local cleaning company proud to serve our community with care, consistency, and attention to detail. With over 20 years of experience, we treat every home and office as if it were our own. From routine cleanings, carpet cleaning to deep cleans and move-in/move-out services, our trained team delivers reliable, high-quality results you can trust.

- ✔ Fully insured
- ✔ Excellent local reviews
- ✔ Residential & commercial cleaning
- ✔ Eco-friendly options available

★ **New Clients Offer: 10% OFF your first clean** ★

Experience the peace of mind that comes from a clean done right.

Call/Text: 587-439-4919
Email: lanacleaningyyc@gmail.com