

SEPTEMBER 2026

DELIVERED MONTHLY TO 3,350 HOUSEHOLDS

KINCORA NEWS

YOUR OFFICIAL KINCORA COMMUNITY NEWSLETTER



**MOTION FOCUS &
SPORTS CLINIC Inc.**

MOVE BETTER. FEEL BETTER. LIVE BETTER.

**CARE FOR EVERY BODY.
SUPPORT FOR EVERY GOAL.**

From everyday aches to sports injuries,
we're with you every step of the way.

PHYSIOTHERAPY | WORK AND AUTO INJURIES | SPINE AND SPORTS | MASSAGE



403-375-7676



[motionfocusclinics.com](https://www.motionfocusclinics.com)



Serving Calgary
& Surrounding
Communities

**LET'S GET
YOU MOVING!**



BOOK YOUR APPOINTMENT TODAY!

NEW PATIENTS WELCOME!

Scan to book
online now!



the academy

A · W O R L D · O F · W O N D E R

Now Enrolling

Register Before November 2026 & Enjoy **No Registration Fee**

Opening September 15th

At The Academy
imagination leads
the way.

Our **Imagine
Program** brings
together play,
discovery and
learning through
artistic expression
and experiential
learning

Why Families Choose the Academy

- Licensed Childcare
- Caring, experienced educators
- Safe, welcoming environment
- Play-based learning
- Social, emotional & academic development



Give Your Child the Best Start

Every registrant gets a
Ready Set Pack – which
includes a Nap Sack and
a Backpack.

Affordable Childcare

Supported by Alberta's
Affordability Grant

Scan to
enroll today



Location

100 Nolanridge Ct NW

Contact Us

P: (403) 984-4475

E: nolanhill@theacademy.ca

W: theacademykids.ca

Affordability Grant funding is subject to Government of Alberta eligibility, program requirements, funding availability and change. The Academy does not determine government funding eligibility.



Grand Opening
October 4th

Find peace and healing at Calming Waters Wellness

Counseling and massage therapy services
in Calgary, helping you achieve mental
clarity and physical wellness.

Ready to start your wellness journey?

Book your first appointment today and take the
first step towards a healthier, more balanced life.

📍 #114, 251 Sage Valley Common NW,
Calgary, AB T3R 1X7

✉ info@calmingwaterswellness.ca



OFFICIAL

PLUMBING & HEATING

Furnace and A/C Install & Repair

Plumbing Services

Drain Cleaning

Boiler Install & Repair

Electrical

\$50

Service Call Fee

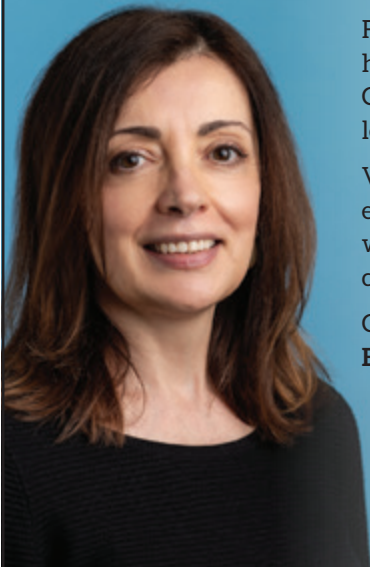


403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca

Part of your community.



For 30 years, **Shibley & Company** has supported our northwest Calgary neighbours in all their legal matters.

Vilma and her team deliver effective legal counsel combined with personalised service, for all client circumstances.

Conveniently located in the
Beddington Towne Centre Mall.

WILLS AND ESTATES

REAL ESTATE AND FAMILY LAW

NOTARIES AND COMMISSIONS

**INCORPORATIONS, CONTRACTS,
AND ANNUAL RETURNS**

219, 8120 Beddington Blvd. NW,

Calgary, Alberta T3K 2A8

Phone: 403.275.3230

Web: ShibleyandCompany.ca

SCAN TO
VISIT US
ONLINE



**SHIBLEY
& COMPANY**
BARRISTERS, SOLICITORS & NOTARIES PUBLIC

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
---------------	-----------------------------

Vacant	Director of Membership
--------	------------------------

Shahadatul Karim	Director of Volunteers
------------------	------------------------

Marc Dennis	Director at Large
-------------	-------------------

Vacant	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.

Kincora Community Association Instagram



@KINCORA_CALGARY

BRAIN
GAMES

SUDOKU

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

SCAN THE QR CODE
FOR THE SOLUTION



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: _____

Are you interested
in volunteer
opportunities? ☐

Date (dd/mm/yy) _____

Home Phone: _____ Alternative Phone: _____

Registration confirmation is sent out from wadmin@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

Hi Kincora,

September is here! With kids going back to school and traffic volume increasing, many of us are busy getting back into our work routine. KCA has also resumed our monthly Board Meeting to plan and resolve community matters.

Summer Recap

Summer went by fast. Once again, I want to thank the volunteers and the sponsors for making the KCA Stampede Breakfast happen. Also, there was incorrect formatting in the August newsletter for the Silver Sponsors. So, I would like to once again thank Calgary Blizzards Soccer, Sage Hill Bottle Depot, and Kerry George, UCP running nominee for MLA, for their generous financial support of our KCA Stampede Breakfast.

September Events

Symons Valley Park is having its annual Movie in the Park on Sept 12, 2026. This event is free and offers an evening of family fun to build community spirit and promote our future park that serves the recreation needs of the NW communities at Kincora.



New Playground

Construction of the new playground started in mid-August, and it should be completed by the time you read this newsletter. We will share media of the new playground when it is ready via e-newsletter and Facebook group.

New Board Members

Sharing some more good news. Shahadatul Karim has stepped up to join as the Director of Volunteers, and he goes by Karim. Karim and his family have lived in Kincora for several years and have actively volunteered in the community. Additionally, Marc Dennis, who has lived in Kincora for only a couple of years, is joining KCA as the Director at Large to contribute his time and build skills in our community. I look forward to working with the new and existing board members to build a vibrant Kincora community.

Volunteerism

Once again, I would like to thank our community hero, Amy Taylor, who regularly cleans up litter in Kincora. She even cleaned up litter around the Creekside Shopping Centre area. Amazing!

Also, I would like to thank Sydney and Zach for their strong support in organizing and running the past KCA events, including the recent Stampede Breakfast. They have recently resigned from the KCA board to focus their energy on their family. I wish them the best and hope to see them around in our community.

Lastly, we are still looking for someone to fill the Secretary position. This is an important role to keep us on track to get the job done on time. No experience is required. We are all here to learn and support each other for the common goal of making Kincora a better place to live. If you are interested, please visit <https://kincora.org/volunteer/> for more details, or email president@kincora.org.

Dicky Sum. P. Eng.,

President, Kincora Community Association



Apple Crisp

by S. Law



If you have had the chance to stop by your local Farmers' Market, I'm sure you've seen an abundance of apples. What better way to deal with such an overhauled then by making something delicious. Personally, my favourite way of using fresh apples is making apple crisp. It's easy, requires almost no tools, and is always a hit. If you've got some apples to spare, why not give it a try!

Ingredients

Filling:

- 2 cups of apples, sliced or chopped
- ½ cup of white sugar
- 2 tablespoons of cinnamon
- 1 teaspoon of nutmeg

Base/Topping:

- 1½ cups of rolled oats
- 1 cup of flour
- ¼ cup of brown sugar
- ½ cup of butter or margarine
- 1 teaspoon of salt

Directions

1. Preheat your oven to 425°F degrees and prepare a 9 x 9-inch baking pan.
2. Begin by washing and cutting your apples into thin

slices or small chunks. There is no need to peel them unless desired. Place all the apples in a bowl with your white sugar, cinnamon, and nutmeg. Massage everything together until your apples are well coated. If the mixture seems too dry you can add a teaspoon of lemon juice to add a bit more liquid.

3. In another bowl, combine your oats, flour, and salt.
4. Take your butter or margarine and tear it into chunks overtop of the mixture. Begin crumbling the butter between your fingers, turning the dry ingredients into a slightly wet mixture.
5. Press around 1/3 of the oat mixture into the bottom of your pan. Press very firmly to create a solid base.
6. Pour the apples into the pan and spread evenly.
7. Taking the remainder of your oat mixture, add the brown sugar and mix gently, do not fully combine, the lines of brown sugar are what caramelize on top of your crisp.
8. Add the rest of the oat mixture to the top of your crisp, it doesn't need to be pressed, just evenly distributed across the top.
9. Bake in the oven for 30 to 45 minutes until golden and bubbling. Remove it from the oven and let it rest for at least 20 minutes. Serve with vanilla ice cream, whipped cream, or anything else of your choosing!

A MESSAGE FROM THE KRA

Labour Day is on Monday, September 7

It recognizes workers in Canadian society and the historic role of unions for workplace fairness and equity. It was declared a national holiday in 1894 with decades of activism leading up to that year.

Cochrane Will be Having a Labour Day Parade

Location: Historic Downtown, Cochrane (1 Street to Railway Street)

9:00 am: Pre-parade entertainment

10:00 am: Parade officially starts

For information and parking shuttle/transit options, see www.cochraneevents.ca.

National Day for Truth and Reconciliation is on Wednesday, September 30

This day recognizes the intergenerational impact of residential schools on children, families, and communities. The orange shirt symbolizes the loss of culture, freedom, and self-esteem that many indigenous children experienced. Wearing an orange shirt honours the thousands of survivors.

Co-existing with Kincora Wildlife—City of Calgary Advice

We are fortunate to have nature at our doorstep. Urban coyotes help control populations of other wildlife (especially rodents), from becoming problematic. Enjoy all wildlife from a distance. Let them do their thing. There are actions we can do in Kincora to minimize potential human-coyote conflict by addressing problem behaviours of both the coyote and humans.

Avoid attracting coyotes:

- Never feed coyotes.
- Don't leave dog poop while out for a walk and in your yard.
- Don't drop pet food, bird seed, and jackrabbit treats on the ground.
- Don't improperly dispose of garbage.

Things to consider doing:

- Use a shorter dog leash as it can keep dogs safer.
- Scare the coyote by shouting and waving your arms overhead.
- Carry a loud whistle or other noise-making device with you in areas that have coyotes.
- Bang sticks or clang pots together at the animal.
- If you need to, maintain eye contact and back away slowly.

The City of Calgary supports and encourages peaceful co-existence and follows a response process outlined in the Coyote Conflict Response Guide.

Appreciation to everyone using 3-1-1 to report coyote sightings. It helps the City get population and migratory patterns. Kincora has been great at de-escalating coyote encounters. If it does become an emergency situation, call 9-1-1.

A Huge Thank You to the Volunteers That Helped with the New Kincora Pond Playground!

The Kincora Community Association has taken the reins and completed this much needed playground replacement.

Kincora Boulevard Infrastructure

At the time this article was written, the Kincora Boulevard infrastructure was to start in July/ August 2026 as well as two ravine benches were to be installed around August 2026. These projects are being monitored by the KRA to ensure that they are completed.

Budget Planning

The KRA board will be starting its 2027 budget planning. There have been some project ideas submitted and more are welcome. Along with this is the review of accounts that have not paid their fees. If you are not sure of your HOA balance, submit a service request for your account statement or contact Jill at KincoraRA@SimcoMgt.com. The interest charges will be updated in December.

Condo Control Portal Payment Update

Simco's online portal Condo Control has updated their payment system. A previously set-up credit card payment will need to be re-entered. No action is required if you have not set-up a re-occurring credit card payment. Contact Jill at KincoraRA@SimcoMgt.com if you require assistance.

Kincora Residents Association





Building More Than a Park

It's been a while since I provided an update through these pages! Thanks to the efforts of our communications volunteers doing a lot of the writing but work on Symons Valley Park has continued steadily behind the scenes—and there is plenty to be excited about.

Symons Valley Park is being created as a year-round destination where neighbours from Kincora, Nolan Hill, Sage Hill, and Sherwood can play, connect, and unwind. The vision includes playgrounds, sport courts, pathways, gathering areas, picnic and barbecue spaces, an amphitheatre, and other amenities designed for residents of all ages.

One of our most significant recent milestones is a \$500,000 commitment from Parks Foundation Calgary. This support brings us another important step closer to making the community's vision a reality. We are incredibly grateful for the Foundation's confidence in the project and for the residents, volunteers, partners, and supporters who have helped build momentum.

September also brings another opportunity to gather as neighbours. Movie at the Park is planned for September 12. Please watch our website and social media channels for the latest event details. Whether you are reading this before the movie or it has already taken place, thank you to everyone who participates in community events and helps create the sense of connection this park is intended to foster.

There is still considerable work ahead, particularly as we continue building the partnerships and funding needed to move toward construction. Community support remains essential. Every share, donation, volunteer hour, and introduction to a potential partner helps move the park forward.

Symons Valley Park is about more than amenities. It is about creating a welcoming place where children can play, families can gather, and neighbours can build lasting connections.

Thank you for continuing to believe in this project. Together, we are building something that will serve our communities for generations.

Warm regards,

Symons Valley Leisure and Amenities Society

www.symonsvalleypark.ca



News from the Friends of Nose Hill

by Anne Burke

A Nose Hill supporter told me there used to be a plaque in memory of John Lee Laurie at the Brisebois parking lot entrance to Nose Hill Park (Many Owls parking area). It appears that the plaque has now gone missing. He said, "Do you happen to know what happened to it and whether there are any plans for it to be reinstalled in the future?" I responded that my city contact would ask our Infrastructure folks to see if they knew.

A colleague did walk over to read the plaque once, but that was many years ago. It spoke of the help Laurie gave to First Nations. The official name of Mount Yamnuska is Mount John Laurie, but he has no knowledge of the installation of the plaque. When I chaired the Nose Hill Park Management Advisory Committee, the John Laurie Rock Society obtained the City's permission to install the boulder that was moved during construction of the roadway.

John Lee Laurie (1899-1959) was a prominent educator and political activist in Calgary, best known for First Nations advocacy. From 1944 to 1956, he was the honorary secretary of the Indian Association of Alberta. When adopted by the Stoney Nakoda Nations, he was named "White Cloud" and recognized by having a major Calgary roadway and a Canadian Rockies peak named after him. Mount Yamnuska was officially renamed at the request of the Stoney Nakoda First Nation in 1961. Its original Stoney Nakoda name, Îyâmnathka, combines root words of "mountain" and "flat", so "flat-faced mountain". In 1979, concerned citizens collected over 5,000 signatures on a petition and on the Sunday before Monday's Council meeting, marched along John Laurie Blvd in defence of Nose Hill Park. City Council voted against any development rezoning of Nose Hill Park lands.

When Grief Becomes Complicated: Strategies for Dealing with Complex Grief

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



Grief is a natural response to loss, but it does not follow a fixed timeline. For many of us, the pain slowly softens and life begins to open up again. For others, grief stays intense, persistent, and disruptive long after the loss. This is often called complex grief.

Complex grief is more than missing someone. It can feel as if time has stopped. Months or even years after the loss, we may still feel as though the death happened yesterday. You may struggle with intense longing, difficulty accepting the loss, or trouble imagining a meaningful future without the person who died. Everyday reminders can bring overwhelming pain, making it hard to work, maintain relationships, or enjoy activities you once valued.

Complex grief can sometimes be mistaken for depression because both can involve sadness and withdrawal. The difference is that grief is centred on the loss of a specific person and the longing for that relationship. Depression usually involves a broader loss of pleasure, ongoing hopelessness, and negative beliefs about oneself. It is also possible to experience both at the same time.

Six Coping Strategies for Complex Grief:

While complex grief can feel overwhelming, there are approaches that can help. Evidence-based treatment

often includes grief-focused therapy, which offers a safe space to process the loss, explore painful emotions, and gradually rebuild meaning and connection. Some people also benefit from cognitive behavioural strategies, which can help identify unhelpful thoughts such as guilt, self-blame, or the belief that life can never feel meaningful again.

Other helpful coping strategies include:

- **Maintaining routines:** Create a simple daily structure that adds predictability, even in small ways. For example, wake up at the same time each morning, eat breakfast before checking your phone, or take a short walk after lunch.
- **Allowing space for grief:** Set aside time to feel, remember, or express your grief instead of holding it in all day. You might journal before bed, light a candle on a certain day, or look through photos and write down a memory.
- **Staying connected to supportive people:** Reach out to people who can listen without trying to fix your feelings. You might text a trusted friend, attend a grief support group, or invite a family member for coffee.
- **Caring for your body:** Focus on one or two basic physical needs each day, since grief can make self-care harder. You might drink a glass of water when you wake up, eat something with protein at breakfast, stretch for five minutes, or go to bed at a consistent time.
- **Practicing self-compassion:** Notice harsh self-talk and replace it with a more understanding response. If you think, "I should be over this by now," try reminding yourself, "I am grieving something important, and healing takes time."

These strategies do not erase grief, but they can make it more manageable and support healing over time.

When to Seek Professional Help

It may be time to seek professional support if your grief feels stuck or overwhelming for a long period, especially if it is affecting work, relationships, sleep, or daily functioning. You may also benefit from help if you are avoiding reminders of the loss, struggling to imagine a future, or experiencing intense guilt, numbness, or hopelessness that does not ease with time.

Curbside Treasure Hunt: One Weekend, Countless Finds.

by The City of Calgary



On September 12 and 13, join the city-wide Curbside Treasure Hunt! Set out gently used items on your curb and label them with a sign saying “free” for neighbours to take and/or explore your neighbourhood for free finds as well. It’s a fun and easy way to give your things a second life and keep usable items out of the landfill.

How It Works:

1. Clear the Clutter.

Look around your home for items you no longer need, but someone else might love.

2. Label It “FREE”.

Clearly mark each item with a “FREE” sign so people know it’s part of the Treasure Hunt. Download a template at calgary.ca/treasurehunt.

3. Set It Out.

Place your items neatly at the curb Saturday morning.

4. Remove items that are NOT part of the hunt.

Make sure anything on your lawn or on the curb that you plan to keep is removed, put away, or secured so it’s clear what’s free to take and what’s not.

5. Treasure Hunt!

Explore your neighbourhood and discover free finds all weekend long (only take items clearly labelled as “free”).

6. Wrap It Up.

By Sunday, September 13 at 5:00 pm, remove any untaken items from your curb and consider donating them to a local charity.

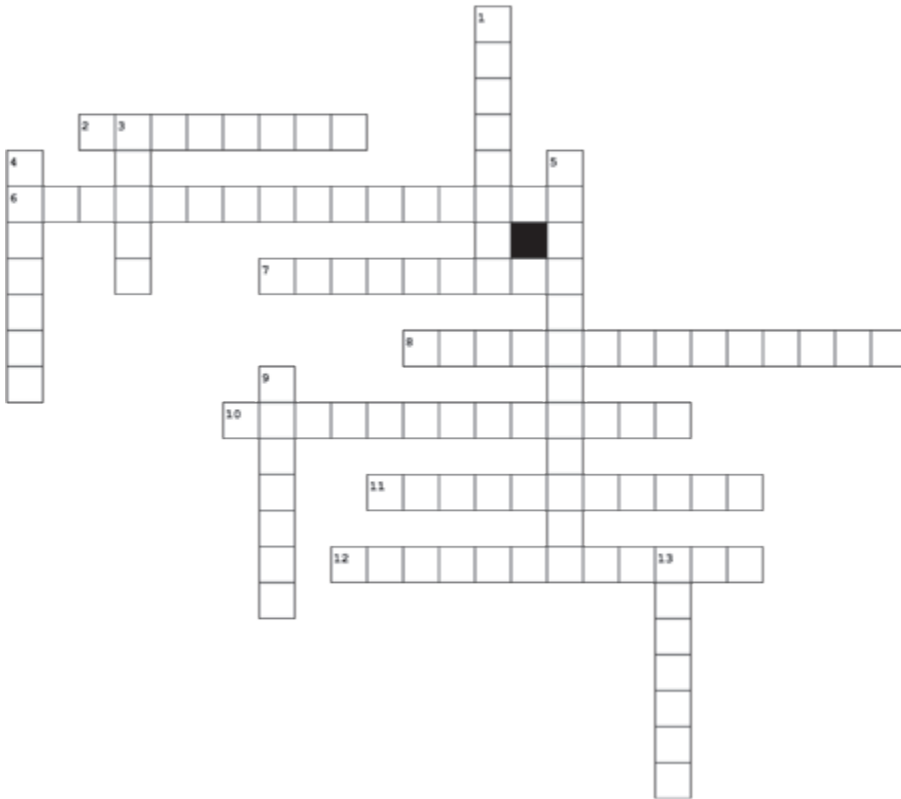
For safety reasons, **please don’t put out** items that could be hazardous or not safe to reuse, such as:

- Mattresses
- Toilets
- Unsafe or recalled items
- Baby gear or safety equipment that may not meet current standards

Do you live in a condo or apartment? You can participate as well! Coordinate with your property manager to establish a shared drop-off location.

Let’s keep good things out of the landfill. Happy treasure hunting!

September Crossword



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

Across

2. Used for carrying textbooks and other school supplies, this item is a back-to-school essential.
6. This American band is known for their classic songs, "Let's Groove" and "September."
7. These bears are the smallest variety found in Canada.
8. First airing in 2013, this fun kid's cartoon follows a young boy with his gem companions across the galaxy.
10. Make a stop here in September and you will find a variety of apples, pears, and figs for sale.
11. *The Long Walk*, a film starring Copper Hoffman, is an adaptation of the novel by this famous author.
12. *The Rise and Fall of a Midwest Princess*. The album released September 22, 2023 was written by this up-and-coming pop singer.

Down

1. This vibrant blue stone representing loyalty and the divine is also the birthstone for September.
3. This bright purple flower is considered September's primary birth flower.
4. Born September 4, 1981, in Houston Texas; this famous singer got her start in the girl group Destiny's Child.
5. This English author wrote *Animal Farm* and *1984*. These novels are typically assigned reading in schools even 80 years after their release.
9. In the world of theatre, speaking the name of this Shakespearean play is considered bad luck. Instead, they refer to it as, "The Scottish Play."
13. This mythical beast is sometimes called, "Canadian Nessie."

Back to School Safety

by Alberta Health Services



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

Motorists

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

Around School Buses

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

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

Pedestrians

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



Self-Employed?

Your bank said no. That doesn't mean you can't get approved.

- ✓ Alternative mortgage solutions
- ✓ Flexible income qualification
- ✓ Options for purchases, refinancing & renewals

Don't let traditional bank rules stop you from getting the mortgage you need.



ANITA RUSSELL 403-771-8771
anita@anitamortgage.ca



THE MORTGAGE GROUP

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



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

Greetings residents of Calgary-Foothills!

I hope you've had a great summer! As September arrives, I wish all the best to students and families preparing to go back to school and offer a huge thank you to teachers and education workers who work tirelessly to inspire our students to do their best. We know the UCP government hasn't effectively addressed concerns in schools—95% of teachers reported feeling stressed about the future of teaching in Alberta. I will continue to advocate for more support for teachers, educational assistants, and push to build more local schools to reduce commute times for families.

Reminder: the UCP government scheduled a **referendum** vote for **October 19, 2026**. Premier Smith created **ten long, detailed questions** on Alberta separation, restricting healthcare & education for immigrants, and more. I recommend you read the full list on Elections Alberta's website. **Residents of Alberta eligible to vote in a provincial election can vote in the referendum.** There are advance voting days, and you can vote by mail. Contact my office, info@elections.ab.ca or **780-427-7191** to learn more.

People have asked me where I stand—Alberta New Democrats and I (as your local MLA/provincial representative) strongly believe **Alberta should remain within Canada**, and I will be **voting "NO" to the other nine questions**. We can't have a low turnout. Separatists are motivated to vote so the pro-Canada side must vote too. Today, and after October 19, I will remain a **proud Albertan AND Canadian**.

Don't hesitate to contact my office if you need any support. Ask about our e-newsletter list to stay updated on local events, changes to provincial legislation, and referendum information. We have volunteer opportunities and can sign off on volunteer hours for students. Please contact my email above and follow my work on social media.

Take care!

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 neighbours 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.

NOW HIRING: The Uplands in Hawkwood, a non-profit HOA, seeks a skilled, community focused Facility/Property Manager. This permanent parttime, onsite role 24 hours/week, oversees financial administration, facility operations, vendor coordination, and resident support. Salary: \$33-\$37/hr. Start Date: mid Oct, 2026. Full details at uplandsrecreationcenter.com.

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.

PRIVATE FRENCH TUTORING FOR FRENCH IMMERSION AND FRENCH SCHOOL STUDENTS: All levels welcome (K-Gr. 12). Build confidence with real-life French, conversation, grammar, reading, writing, and homework assistance. Personalized, one-on-one lessons. www.lechatsavantfrenchtutoring.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



THE FUN RUN OF THE YEAR!

1KM & 5KM
INCREDIBLE RIVER VIEWS

Supporting
Calgary's Homeless Society

ONESIERUN.CA

SATURDAY, NOVEMBER 14TH 2026



LEN T WONG + ASSOCIATES

RE/MAX
COMPLETE REALTY



KINCORA 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
July	26	12	5	\$419,900	\$402,000
June	26	13	12	\$554,450	\$533,250
May	26	18	10	\$527,500	\$514,500
April	26	11	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

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