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KINCORANEWS

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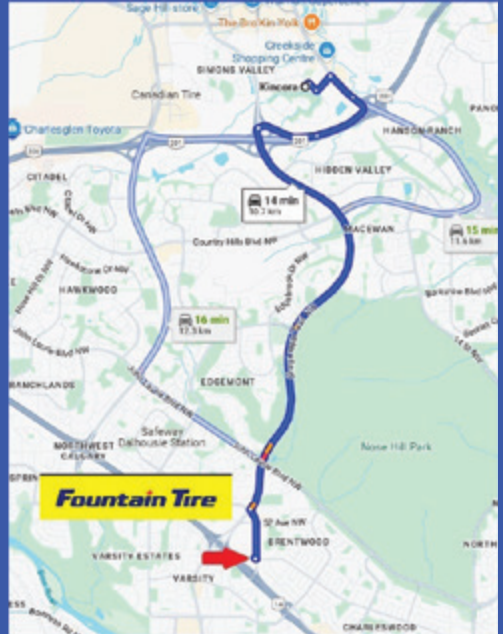
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KINCORA COMMUNITY ASSOCIATION MEMBERSHIP

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.



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|-----------|----|------------|------|--------------|-----------|
| | | Listed | Sold | Listed | Sold |
| May | 25 | 25 | 8 | \$712,450 | \$710,250 |
| April | 25 | 9 | 8 | \$654,950 | \$668,250 |
| March | 25 | 13 | 7 | \$699,900 | \$695,000 |
| February | 25 | 13 | 10 | \$764,450 | \$763,750 |
| January | 25 | 11 | 5 | \$689,900 | \$667,250 |
| December | 24 | 4 | 5 | \$719,900 | \$715,000 |
| November | 24 | 4 | 7 | \$505,000 | \$492,500 |
| October | 24 | 10 | 7 | \$699,800 | \$687,500 |
| September | 24 | 11 | 5 | \$799,998 | \$790,000 |
| August | 24 | 10 | 8 | \$749,900 | \$739,500 |
| July | 24 | 5 | 9 | \$379,000 | \$475,000 |
| June | 24 | 11 | 7 | \$743,900 | \$750,000 |

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

KINCORA BOARD OF DIRECTORS

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

| NAME | VOLUNTEER POSITION |
|------|--------------------|
|------|--------------------|

| | |
|--------------------|----------------------------|
| This could be you! | President |
| Kris McPherson | First Vice-President |
| Chad Rowe | Second Vice-President |
| Wesley Hall | Treasurer |
| Thouseef Usman | Director of Communications |
| Vlad Rudko | Secretary |
| Dicky Sum | Director of Membership |
| Charles Zhang | Director at Large |
| This could be you! | Director of Events |
| This could be you! | Director of Stampede |
| This could be you! | Director at Large |



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.

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.

**SCAN HERE TO VIEW ADDITIONAL
KINCORA CONTENT**

| | | |
|-------------------------------------|-----------------------------|-----------------------------------|
| News, Events, & More | Crime Statistics | Real Estate Statistics |
| | | |

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VICE-PRESIDENT'S MESSAGE

Kincora Community Association Update – Summer is in Full Swing!

The KCA is excited because July brings you our biggest event of the year, the Annual Stampede Breakfast. Mark July 13 on your calendars and bring the whole family out for pancakes, fun activities, music, and community spirit. The event is free to members. Families can beat the rush and renew your membership now. It's only \$20 and can be done securely by visiting www.kincora.org. It's not too late to participate as a sponsor. We host a vendor village, which is a great way for local businesses to get involved and gain visibility. If you're interested, please reach out to us by email at stampede@kincora.org.

Community Crime is Down

Each month our community association is updated by the Calgary Police Service on the crime statistics for our area. This past month, we had no crime in Kincora. This is great news, as we've always been a reasonably quiet neighbourhood, but knowing we have a low crime rate is reassuring. We certainly aren't immune to activities like car prowling, and to help with that, the Kincora Residents Association (KRA) has recently invested in security patrols. Hopefully this will discourage any future criminal activity, but we encourage our residents to contact the police if and when you see suspicious activity. If you see something, say something.

Please Join Our Board

We are still looking for passionate community members to step into the role of President, Director of Stampede, Director of Rink Activities, as well as other volunteer positions. We are a fun, professional group of volunteers, and we'd love to hear from you. If you're interested in helping shape the future of our neighbourhood, reach out to us by contacting vicepresident@kincora.org.

Have fun and be safe, Kincora!

Kris McPherson

Vice-President



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Downtown Summer Festivals and Events

by The City of Calgary

Bow River

by Garth Paul Ukrainetz

Bow River, Bow River, O where is your quiver
Where are the arrows you hide deep inside
Take aim for the moon, let them fly thru the heavens
Shooting like stars over Calgary skies

Bow River, Bow River, melt of glaciers deliver
Water flows pure from the mountaintops high
Your destiny's duty to guard and protect it
Transporting for all under big prairie sky

Bow River, Bow River, always generous giver
Jubilation you bring to Alberta's dry land
For water is life, you bestow of it freely
Grateful animals drink from the palm of your hand

Bow River, Bow River, mighty warrior consider
While forward you lead, we'll be watching your back
To be perfectly clear, we can't take you for granted
Drought and pollution will sneak and attack



Calgary's Summer Festival Season is in full-swing and downtown is where you'll find the electric energy as people come to experience the ultimate celebration of community, creativity, and culture. With over 100 festivals and events happening downtown this summer, the heart of our city will be bursting with fun and entertainment for everyone.

Whether you are a resident or a visitor, this is your invitation to immerse yourself in the vibrant spirit of our Downtown Summer Festival Season. Downtown is home to some of our proudest landmarks and our biggest celebrations, like Canada Day, Stampede, Carifest, and the Calgary Folk Music Festival. The best of our city is reflected in these festivals and events, as people come together to have fun, celebrate, and enjoy life's moments.

With a wide variety of entertainment, the Downtown Summer Festival Season has something for everyone and this year, we want to make sure you're just a click away from staying connected. That's why we've created the Downtown Summer Festival Itinerary; a guide to keep you informed about the festivals and events happening downtown from now until the end of September.

Mark your calendars, gather your friends and family, and get ready for an unforgettable Downtown Summer Festival Season. Ready, set, explore! To learn more about the exciting festivals and events happening downtown, visit calgary.ca/exploredowntown.

GAMES & PUZZLES

Guess the Canadian Legend!

1. This famous hockey player holds or shares 61 NHL records.
2. This inventor's mom and wife were both deaf.
3. This inspirational man ran for 143 days, beginning in St. John's, Newfoundland.
4. The first band this incredible musician was ever in was called "The Jades".
5. This popular scientist and media personality is best known for hosting *The Nature of Things*.
6. This *Matrix* star is an avid motorcyclist and even co-founded a motorcycle manufacturing company.



SCAN THE QR
CODE FOR THE
ANSWERS!

BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE
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Cats, Canines, & Critters of Calgary



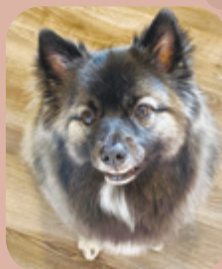
Lily and Fern, Calgary



Enzo, Calgary



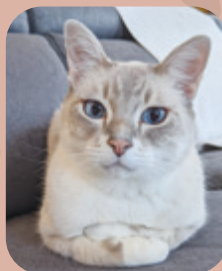
Molly, Elbow Scene



Roscoe,
McKenzie Towne



Stella,
Elbow Scene



Tigger,
Elbow Scene



Willow,
McKenzie Towne

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

Chamomile Tea's Natural Health Boost: Nature's Remedy for Rest, Digestion, and More

by MPC Foundation

Chamomile tea is a gentle, natural remedy that has been used for centuries to promote relaxation and support overall wellness. Known for its calming effects, chamomile is often consumed to ease sleep difficulties, soothe digestive discomfort, and alleviate mild stress or anxiety. Moreover, beyond its long-standing use as a traditional remedy, modern research has begun to validate many of its medicinal benefits, showing that chamomile contains powerful antioxidants known as flavonoids, which contribute to its overall health-promoting properties. These compounds not only enhance chamomile's calming effects but may also support long-term health in various ways.



Furthermore, emerging studies suggest that chamomile tea may provide specific benefits for individuals with chronic health conditions. For instance, it has shown promise in helping to lower blood sugar levels in people with type 2 diabetes, likely due to its impact on insulin sensitivity and glucose metabolism. Additionally, chamomile's antioxidant and anti-inflammatory properties may help lower the risk of chronic diseases such as cardiovascular issues, osteoporosis, and certain types of cancer. Its anti-inflammatory nature also makes it a potentially useful aid for managing arthritis, gastrointestinal discomfort, and autoimmune conditions. While chamomile tea is not a substitute for prescription medications, it can serve as a safe and supportive addition to a broader wellness routine.

Chamomile's benefits also reach beyond chronic or complex health concerns. Anecdotal evidence and some research suggest that drinking the tea may reduce symptoms of anxiety and depression, support

the immune system, and promote healthier skin. Moreover, the tea is generally regarded as safe and well-tolerated, making it a gentle option for those looking to boost their health naturally. However, individuals who are pregnant, nursing, or allergic to chamomile should consult a healthcare provider before using it. These various factors, make it easy to see why many people enjoy this warm beverage. Because not only does chamomile offer natural health benefits, but its availability and accessible in supermarkets and health food stores around the world making it a convenient beverage option. Accounting for its health factors and the teas pleasant floral flavour, it is not surprising why chamomile tea is a soothing and commonly chosen beverage in many households.



Age-Friendly Calgary Essential Numbers for Seniors in Calgary

9-1-1 Emergency (24-Hour)

For EMERGENCY medical, fire, and police response. Call the non-emergency police line at **403-266-1234** to report an incident that is not an emergency.

8-1-1 Health Link (24-Hour)

Health advice (including dementia advice) from a registered nurse.

3-1-1 City of Calgary (24-Hour)

Information on all City of Calgary services. www.calgary.ca.

2-1-1 Community Resources (24-Hour)

Information and referrals for community and social services. www.ab.211.ca.

403-SENIORS (403-736-4677) The Way In

Information, advice, and help accessing programs and benefits for older adults.

403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)

Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).

403-943-1500 Access Mental Health

Non-urgent advice on navigating the addiction and mental health system.

403-705-3250 Elder Abuse Resource Line (24-Hour)

Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

GRANDPARENT SCAM ALERT

WHAT IS THE SCAM?

Scammers are calling seniors claiming to be family members in need of immediate money for bail or hospital expenses.

The scammer will often send someone to the door to pick up payment.

BAIL FACTS:

- Police, lawyers, judges or jails do not call people to get money.
- Bail/ fines are typically paid at a courthouse, police station or jail.
- Bail in Alberta is typically \$10-\$500.
- Bail can't be paid using gift cards.



"Court appointed" couriers don't exist. If someone asks to come to your home to pick up payment, it's a scam.



If it has to be now, it has to be no. Using fear or high-pressure tactics are usually a red flag.



Always ask for proof of identification and call-back numbers. Talk to family, friends or other people you trust to help verify claims or requests.

CALGARY
POLICE
SERVICE

If you have lost money or the scam is in progress, contact the Calgary Police Service at [403-266-1234](tel:403-266-1234)

To report a scam in general, contact the Canadian Anti-Fraud Centre at [1-888-495-8501](tel:1-888-495-8501)

What Is a Boundary Really? Understanding the Rules We Set for Ourselves

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

When most of us hear the word boundary, we tend to think of rules we place on other people: “Don’t speak to me like that,” or “You can’t come over without asking first.” But in truth, boundaries aren’t rules for others—they’re rules for ourselves. They define our comfort zone, and they guide our actions when someone crosses a line we’ve drawn.

“A boundary means you are responsible for what’s in your yard, which would be your thoughts, your feelings, your actions, and your opinions,” explains Dana Skaggs, therapist. “And your neighbours also have a right to their thoughts, their feelings, their opinions, and their actions.” In other words, you tend your own garden—and you don’t try to control what someone else grows in theirs.

This is one of the most empowering (and humbling) aspects of boundaries: they remind us that we don’t get to control others. We can’t force people to think like us, behave in ways we prefer, or rescue them from their own beliefs. What we can do is make choices about how we’ll respond when someone acts in ways that don’t feel good to us.

That’s where the real work of boundaries begins. As therapist Laura Vladimirova puts it: “There’s no boundary without internal consequence.” It’s not enough to say, “I don’t want you to come over unannounced anymore.” The assumption might be that the person will simply comply. But what if they don’t? That’s when the boundary is tested—not when it’s spoken, but when it’s ignored. Do we let them in anyway? Ask them to leave and come back later? Decide to spend less time with them moving forward? Our boundary is only as strong as the action we’re willing to take when it’s crossed.

An example of this could be for a romantic relationship. We have a list of behaviours that make us uncomfortable, and we would leave the relationship if those boundaries weren’t respected. In practice, what they demonstrate is this core truth: a boundary includes a limit and a consequence. We are clear on what we would do if our boundaries weren’t respected.



This principle applies just as much in parenting. Parents often think of boundaries as rules for their children: “Put your shoes on before going outside.” But children test rules—that’s what they do. The real boundary isn’t whether the child follows the rule, but how the parent responds when they don’t. Do you put the shoes on for them if they don’t? That’s the boundary in action: your response, not their behaviour.

Another common misunderstanding is that boundary violations should always result in cutting someone off. “Sometimes, with boundaries, we think the most severe consequence is what’s always needed,” says therapist Nedra Tawwab. However, if we ejected every person who crossed a line, we’d be left with very few relationships. Realistically, the first time someone violates a boundary, a reminder may be all that’s needed. The second time, you might take space or limit contact. Only in cases of repeated violations or extreme harm do more permanent consequences become necessary.

Ultimately, boundaries are an act of personal responsibility. They require clarity, consistency, and courage—not control. They aren’t about changing other people. They’re about protecting our own well-being and honouring our own limits, even when others don’t. And that’s where true empowerment lies.

A MESSAGE FROM THE KRA

School's out and summer is in full swing! With Pedalheads Camp back in the neighbourhood, you may have noticed more cyclists, kids, and pedestrians out and about in Kincora. Let's all do our part to stay safe and watch out for one another.

Speaking of bikes, here's some tips to keep your ride safe and secure:

Bicycle theft continues to be a concern in Calgary, but there are easy ways to protect your bike and boost your chances of getting it back if it goes missing.

Have you registered your bike with the Bike Index?

It's a free, online tool that helps police and the community return stolen bikes to their rightful owners. During a recent Calgary Police operation, officers encouraged all cyclists to take advantage of this valuable resource.

Top Tips to Prevent Bike Theft:

- Lock your bike properly by securing both wheels and the frame to a solid object.
- Use multiple locks for added security.
- Take removable items with you (e.g., lights, bells, and seats).
- Avoid leaving your bike in visible or accessible places for long periods—especially overnight.
- Keep your garage and storage sheds locked.
- Record your bike's details: make, model, serial number, and colour—and take photos.
- Register your bike with Bike Index and report it if lost or stolen.

Found a bike? Report it at ifoundabike.ca.

Let's work together to keep our community safe and our bikes secure!

Stampede Breakfast

Yahoo! The community association has been busy organizing events, and the Stampede Breakfast is just around the corner. This year's event takes place on Sunday, July 13 from 9:00 am to 12:00 noon. Be sure to thank our dedicated board members and amazing volunteers who make these events possible!

HOA Fees and Summer Updates

While the KRA board takes a summer meeting break, work continues behind the scenes. Please note:

- Interest has been updated on all accounts with outstanding HOA fees (as of June 30, 2025).
- Accounts in arrears for over three years may be forwarded for collections soon.

Fencing Reminder: Good Fences, Good Neighbours

If your property has a developer-installed fence, upkeep—including painting and repairs—is the responsibility of the homeowner. This is outlined in your property encumbrance. A well-maintained fence helps keep Kincora looking great!

Thank you for helping to keep Kincora beautiful and a proud place to call home.

Kincora Residents Association

kincoraresidents.org



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Musical Houseflies

We've all had the annoying experience of being chased around by a housefly, but you probably didn't realize that they were actually playing music! Well...not really, but the noise they make when flying is always in they key of F! Isn't that neat? Maybe next time, see if you can harmonize!

BBQ Beef Patties on Buns

by Jennifer Puri

Alfalfa can be termed a super food due to its remarkable antioxidant properties. Antioxidants are highly effective against inflammation and may help protect cells from damage.

Alfalfa sprouts are made from germinated alfalfa seeds. These small stringy sprouts are filled with nutrients and are a good source of protein, fibre, vitamins, and minerals.

Alfalfa, radish, broccoli, kohlrabi, or red and green cabbage sprouts are all healthy and can be added to a sandwich, salad, soup, smoothie, or an omelette.

Alfalfa sprouts not only add a crunchy texture to any dish but can also make a dish look “gourmet” as shown in the BBQ Beef Patties on Buns recipe below.

Prep Time: 20 minutes

Cook Time: 10 minutes

Servings: 4

Ingredients:

- 1 lb lean ground beef
- ½ cup fine dry breadcrumbs
- ½ tsp. coarsely ground black pepper
- 1 egg
- ⅓ cup barbeque sauce
- 2 tsps. finely chopped parsley
- 4 slices mozzarella cheese
- 4 hamburger buns

Toppings:

- Red onion
- Lettuce leaves
- Mayonnaise
- Mustard
- Alfalfa or radish sprouts

Directions:

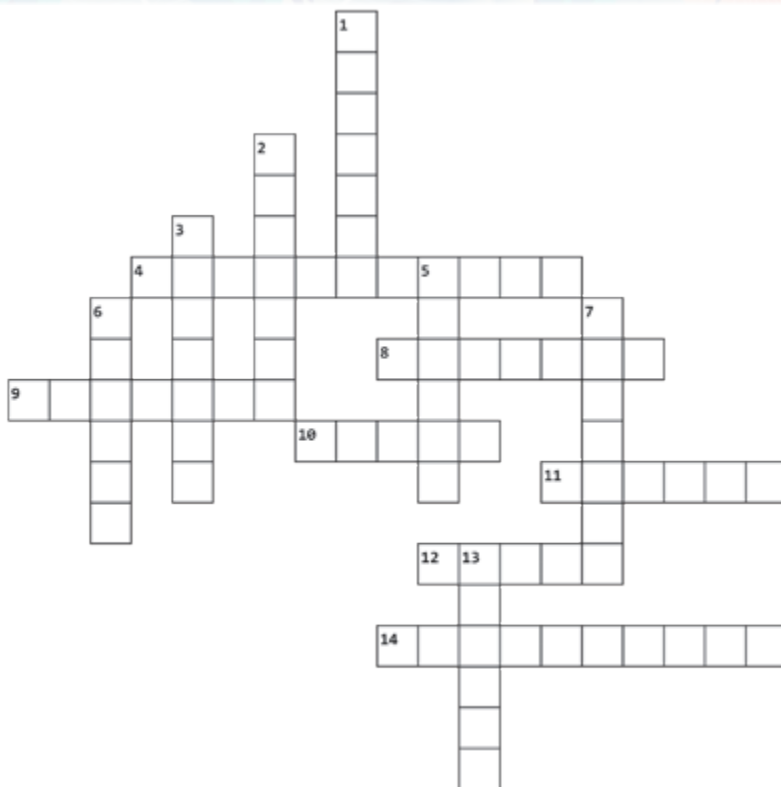
1. In a medium size bowl mix together ground beef, egg, breadcrumbs, barbeque sauce, chopped parsley and black pepper until mixture is smooth.



2. Divide the mixture into 4 equal size portions and form balls. Flatten the balls into ¾ inch patties on a cutting board. Use your thumb to create a depression in the centre of each patty which helps to keep them in shape while cooking.
3. Oil the grilling grates and then grill the patties, covered, on medium high heat or until brown on the first side about 5 to 6 minutes.
4. Flip the patties and continue cooking for a few more minutes until desired doneness is reached. Use a meat thermometer to check the internal temperature of the patties aiming for at least 160 degrees Fahrenheit.
5. Top each patty with a slice of mozzarella cheese and allow cheese to melt.
6. Slice buns in half and toast on the grill if desired. Spread a little mayo and mustard followed by lettuce leaves, onion slices, and patties on one half of the buns then top with alfalfa sprouts and remaining half buns. Serve with French or sweet potato fries if desired.

Bon Appétit!

July Crossword



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

Across

4. Harper Lee's Southern Gothic novel, *To Kill a _____*, was published on July 11, 1960.
8. In July 1930 this South American country hosted the first FIFA World Cup.
9. The revolutionary portable audio player made by Sony launched in July 1979.
10. Gymnast _____ Comăneci scored a perfect ten on July 18, 1976, at the Montreal Olympic Games.
11. The name "Canada" comes from this Huron-Iroquois word for "village".
12. Talented Calgarian Tate _____ celebrates her 22nd birthday on July 1.
14. Lucy Maud _____, author of *Anne of Green Gables*, got married on July 5, 1911, in Park Corner, PEI.

Down

1. On July 30, 1935, this well-known publishing company, named after an Antarctic animal, published their first books.
2. The action thriller *Die Hard* starring Bruce Willis and Alan _____ premiered on July 22, 1988.
3. The popular mobile game, _____ GO, launched in July 2016.
5. Starring Canadian actor Ryan Gosling, this positively pink film premiered on July 9, 2023.
6. Founded by Canadian musician Sarah McLachlan, the first _____ Fair, an all-female music festival, occurred on July 5, 1997.
7. On July 8, 1996, the Spice Girls released this song as their debut single.
13. This North American country made their national anthem official on July 1, 1980.

Have You Heard? Major Sponsorship Received

We are excited to announce that Calgary City Council has approved a \$500,000 funding grant to support Symons Valley Park! This funding is critical to our eligibility for other matching grant programs. Thank you, Ward 2 Councillor Jennifer Wyness and the entire city council, for seeing the value in our project.

With this news, we are now able to apply for matching grant streams, and as such, we are looking for volunteers to assist us with our fundraising efforts. This is not hard work, but it does take time, and the more people we can get to help us, the easier it is for us to be successful. If this is something that might interest you, please contact us at president@symonsvalleyleisure.org.

Join Us at Our Annual Movie in the Park

On Saturday, September 13, we're bringing the big screen back to the great outdoors with our annual Movie in the Park—a fun, free, family-friendly evening under the stars. We want to make this year's event the biggest and most fun yet! To make this possible, we're calling on businesses, community leaders, and individuals to partner with us through sponsorship and donations.

A \$500 sponsorship includes:

- Logo placement on event materials and screen
- Vendor and promo booths at the event

No contribution is too small. Every dollar helps bring this community event to life and allow us to cover costs! If you are a business that is interested in joining us, let's connect by reaching out to sarah@symonsvalleyleisure.org.



We've got a lot on the go and will do our best to keep the communities informed. Stay connected by following us online on Facebook, visiting our website, or by reaching out anytime with your ideas and questions.

Have a great summer!

Kris McPherson

President

www.symonsvalleypark.ca





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News from the Friends of Nose Hill

by Anne Burke

Connect: Calgary's Parks Plan replaced the Open Space Plan and the Natural Areas Management Plan. Calgarians have historically and consistently had a strong desire for the inclusion of natural areas as Open Space. As early as 1914, The Mawson Plan recommended protection for the riverbanks. In the 1940s, the public wanted natural park environments to be preserved. Little or no management was considered. In the early 1970s, The Calgary Bird Club assessed several natural areas, including East and West Nose Hill, before specific natural areas management policies were identified. By 1980, City Council adopted the first Nose Hill Park Master Plan, to ensure that natural habitat would remain for wildlife species that use it. The Nose Hill Biophysical and Land Use Inventory was a major project, but any unexpected problem or difficulty was beyond its scope. Instead, The Nose Hill Park Management Advisory Committee was followed by the Nose Hill Park Trail and Pathway Plan.

The Natural Areas Management Plan called for long-term conservation methods to support appropriate public uses. Some activities were dog walking, hiking trails, and weed control. For Nose Hill, as a Major Natural Environment Area, there were guidelines about grazing, wildlife, signage, fallen trees, and brush. As in all Natural Environment Parks, the approach was based on habitat types, with the general principles being fire management, life cycling, planting, restoration, and reclamation. To communicate the aims of protection, management, and permitted uses in a natural environment park, staff training and public education were planned, so as to share information regarding natural areas and natural history in Calgary. The plan was to evolve, with more research and new techniques for managing urban natural areas, as the public perception of Open Space changed, not only in Alberta but across North America.

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