

OCTOBER 2023

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# KINCORA NEWS

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		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	23	10	8	\$354,950	\$350,250
July	23	12	16	\$404,900	\$405,000
June	23	19	16	\$455,000	\$447,000
May	23	12	12	\$458,000	\$455,000
April	23	19	21	\$409,900	\$407,000
March	23	15	14	\$544,450	\$527,250
February	23	8	10	\$299,950	\$295,000
January	23	13	3	\$400,000	\$435,000
December	22	2	9	\$352,000	\$340,000
November	22	4	8	\$527,400	\$518,500
October	22	6	6	\$599,900	\$589,000
September	22	11	8	\$553,352	\$559,827

To view more detailed information that comprise the above  
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## KINCORA BOARD OF DIRECTORS

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

NAME	VOLUNTEER POSITION
Mallika Velamuri	President
Shannon Tompkins	First Vice-President
Kris McPherson	Second Vice-President
Murray Stene	Treasurer
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Gurmeet Sidhu	Director of Communications
Dicky Sum	Director at Large
Annie Chio	Director at Large
Chad Rowe	Director of Stampede
Charles Zhang	Director at Large
Brad Theissen	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](http://www.kincora.org) to register for a free account. You can access information about upcoming events, becoming a volunteer, paying your membership fees, and other useful community links. For assistance with your website account, please contact [members@kincora.org](mailto:members@kincora.org).

### Emails

Once you create an account on our website, you can choose to receive emails from us. You must choose to get them. To do this, simply log in, go to the “Members” tab; click “Profile”, then “Email Options”. Emails are typically sent once a month, or to announce event information.

### Our Newsletter

Our official newsletter – “Kincora News” will provide meaningful information that your family will find useful. All your editorial submissions will be considered for printing and must be submitted by the first day of the month for the following month’s publication.

### Social Media

We can also be reached on our Facebook pages @KincoraCommunity and @KincoraResidents, on X (Twitter) @Kincora\_YYC, or on Instagram @kincora\_art. There you will be able to interact with us, receive regular updates, and connect with other engaged residents of Kincora.

## PRESIDENT’S MESSAGE

Hello Kincora,

As we get into our fall routines and start enjoying pumpkin spice lattes, KCA comes together to prepare the Kincora skating rink so that our community can enjoy some ice skating and have fun with fire pits when the temperature drops. Please note the date - October 21 at 1:00 pm. As always, we need volunteers to build the outside frame of the rink. So, email the president’s email address, the volunteer email address, or message us on Facebook.

Note the date for Trunk or Treat, sponsored by the Kincora Community Association and the Symons Valley United Church. It will be on Sunday, October 29 from 1:00 to 3:00 pm in the Symons Valley United Church parking lot. Kids will be allowed to tour 20+ parked decorated cars for the event. Look on the KCA website for more details as the date approaches.

As always, a reminder to pay your dues for your KCA membership. If you’re new to Kincora, were previously a member but let it lapse, or have been here for awhile but never thought about it, please sign up. You can find a sign-up sheet in this newsletter or on our website, [Kincora.org](http://Kincora.org). Membership and volunteer involvement is what keeps us going to bring you events appropriate to each season.

Let’s all get ready for the colder months with a hot chocolate in hand and warm thoughts in mind.

*Mallika Velamuri*

[President@kincora.org](mailto:President@kincora.org)



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# AGGRIEVED ENTITLEMENT

looks like this:



## 5 Food Safety Tips

1. Wash your hands with warm water and soap before and after handling any food products.
2. Wash raw vegetables and fruit really well.
3. Keep raw meat away from fruits and vegetables.



4. Always keep your food surfaces clean.
5. Clean up after cooking.



## THE HEALTH BENEFITS OF Oats & Oatmeal



\* Not all oats are equal. Choose less processed groats, steel-cut or Irish oats.



- Boost Heart Health** - Beta-glucan in oats lowers LDL cholesterol and antioxidant avenanthramides opens blood vessels
- Keep Asthma at Bay** - Oatmeal for babies before 6 months old may lower odds of getting asthma, hay fever or skin allergies later
- Keep You Regular** - Fiber-full oats moves your bowels and its prebiotics feed good bacteria
- Help With Weight Loss** - Fill up faster because beta-glucan boosts a hormone that tells the brain it has eaten enough
- Provide Nutrients** - High in phosphorus, magnesium, copper, iron, zinc, folate, and vitamin B1
- Soothe Your Skin** - Antioxidant avenanthramides calms itch and inflammation, good for eczema symptoms



## HAPPY NATIONAL SENIORS DAY!



## A MESSAGE FROM THE KRA

Happy October, Kincora!

As the summer leaves have turned colour and the wind has turned colder, the KRA would like to wish the community a very restful Thanksgiving weekend for those who celebrate. The KRA has already resumed board meetings in preparation for the 2024 budget year and is now in the final stages of completing the Kincora Drive NW gazebo refurbishment.

Fall is a time of rest and preparation before the winter season. As such, it is important to remember a few key things to keep our neighbourhood up and running safely. Weather changes in Alberta can be unpredictable, which makes living conditions change rapidly; any debris from the summer gardening season or fallen leaves can wreak havoc on gutters and swale in the neighbourhood. This can lead to surface flooding and icy conditions in backyards. This is a friendly reminder that it is the homeowner's responsibility per land title documents.

Additionally, any homeowners with overdue HOA fees have been contacted and should follow the information given; this will ensure that homeowners have been credited accordingly. As October comes to a close, we will have trick-or-treaters crossing the street on Halloween. This is a friendly reminder to drive slowly and watch out for any ghouls or goblins dashing across the street in excitement!

Until next month. Take care!

*Kincora Residents' Association*

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

### SCAN HERE TO VIEW ADDITIONAL KINCORA CONTENT

News, Events,  
& More



Crime  
Statistics



Real Estate  
Statistics



## Tips to Save Money on Fuel

*by MPC Foundation*

Recently, you may have visited a gas pump and shaken your head in resignation at the triple digit numbers staring back at you or braved the ten-mile-long line at Costco to fill up at a discount. While you may not be planning a cross-Canada trip this year, there are still groceries to be hauled home in your family's truck and so many places to go! With gas prices at an all-time high, here are some useful tips from AMA to save money at the pump:

**Reduce your speed.** Just by slowing down, you can save 30% on fuel costs – so let the speeders pass right by as you revel in saving money.

**Don't drive aggressively.** Speeding, fast starts, and hard stops increases fuel consumption by 33% on highways and 5% around town.

**Change your oil regularly.** How many times you have ignored the dreaded "engine oil low" blinker because it always seems to show on the busiest week you've ever had? Scheduling regular oil changes increases gas mileage by up to 12%.

**Reduce idling.** As you idle at the A&W drive-thru, every 10 seconds that you leave your engine on uses about one-third of a liter of fuel. Those cents add up when your cheeseburger takes seven minutes to make!

**Travel light.** Do you pack your car like you're moving across the country? Reduce your baggage – extra bags, your brand-new dumbbells – and save on gas.

**Replace air filters.** Changing your clogged air filters can improve mileage by 10%.

By combining these tips, you can smile in victory as your trips to the gas station will be less frequent and you can treat yourself to an extra meal out or continue to save up for that new gadget you've been eyeing. Happy summer travels!



## Cats, Canines, & Critters of Calgary



Bonnie, Bridgeland



Moose, Canyon Meadows



Ash, Mckenzie Towne



Sparky, Douglas Glen

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

## Unofficial National Food



Some claim that donuts are Canada's 'unofficial national food.' This is probably because we have the highest concentration of donut shops per capita. If that isn't enough, we also consume the most donuts per capita compared to any other country in the world!

## Nature's Philosophy

by Victor Timmons



Nocturnal birds in sibilant causerie  
 Forest creatures in distant revelry  
 While nature's blanket dims their rivalry  
 And stills the air to peaceful reverie  
 How brief is this tranquillity  
 As hostile meetings in darkened shrubbery  
 Remind, if only momentarily  
 That man alone enjoys in camaraderie



### KINCORA COMMUNITY ASSOCIATION MEMBERSHIP

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

# Signs You May Have Depression

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

For many people with depression, symptoms are usually severe enough to cause noticeable problems in day-to-day activities, such as work, school, social activities, or relationships with others. Some people may feel generally miserable or unhappy without really knowing why.

Although depression may occur only once during your life, people typically have multiple episodes. During these episodes, symptoms occur most of the day, nearly every day, and may include:

- Feelings of sadness, tearfulness, emptiness, or hopelessness
- Angry outbursts, irritability or frustration, even over small matters
- Loss of interest or pleasure in most or all normal activities, such as sex, hobbies, or sports
- Sleep disturbances, including insomnia or sleeping too much
- Tiredness and lack of energy, so even small tasks take extra effort
- Reduced appetite and weight loss or increased cravings for food and weight gain
- Anxiety, agitation, or restlessness
- Slowed thinking, speaking, or body movements
- Feelings of worthlessness or guilt, fixating on past failures or self-blame
- Trouble thinking, concentrating, making decisions, and remembering things
- Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts, or suicide
- Unexplained physical problems, such as back pain or headaches

### Some differences in symptoms you may see in teens and children:

- In younger children, symptoms of depression may include sadness, irritability, clinginess, worry, aches and pains, refusing to go to school, or being underweight.
- In teens, symptoms may include sadness, irritability, feeling negative and worthless, anger, poor performance or poor attendance at school, feeling misunderstood and extremely sensitive, using recreational drugs or alcohol, eating or sleeping too much, self-harm, loss of interest in normal activities, and avoidance of social interaction.



### Differences in symptoms seen in older adults:

Depression is not a normal part of growing older, and it should never be taken lightly. Unfortunately, depression often goes undiagnosed and untreated in older adults, and they may feel reluctant to seek help. Symptoms of depression may be different or less obvious in older adults, such as:

- Memory difficulties or personality changes
- Physical aches or pain
- Fatigue, loss of appetite, sleep problems or loss of interest in sex — not caused by a medical condition or medication
- Often wanting to stay at home, rather than going out to socialize or doing new things
- Suicidal thinking or feelings, especially in older men

For some, depression is caused by a neurochemical deficit. While for others, depression is brought on by an event such as a breakup, death, job loss, postpartum, or a major stressful life event. Those with a neurochemical imbalance may need to seek life-time pharmacological treatment and therapy. Others, with less severe symptoms may recover quite well with just therapy alone. Some may need a combination of both for short term (four to six months). Never stop an antidepressant cold turkey as you can have life threatening side effects. Always speak with your doctor first and follow their protocol.

No matter what age group you or a loved one may fall under, it is important to seek help if your symptoms last for more than two to three weeks.



## Court Ellingson

MLA, Calgary-Foothills

Critic for Technology & Innovation

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☎ 403 216 5444

✉ Calgary.Foothills@assembly.ab.ca

📘 facebook.com/CourtEllingsonYYC

📷 courtellingson    📧 @CourtEllingson



Hello to residents of the riding of Calgary-Foothills. My name is Court Ellingson, and I am honoured to be your new MLA and provincial representative in the Alberta legislature. Having grown up in Valleyview, AB and living most of my adult life in Calgary, I bring both an urban and rural perspective to my work. I served as Vice President, Strategy with Calgary Economic Development and Program Director with the Calgary Innovation Coalition, and look forward to representing you, as well as our technology ecosystem, as Alberta's Official Opposition Critic for Technology and Innovation.

I live in Sherwood and I'm happy to call Calgary-Foothills home. Our constituency is diverse, and I'll work hard to represent all our communities in the legislature. As we prepare for the fall sitting of the legislature, I'd like to invite you to join MLA Julia Hayter and I as we celebrate the opening of our office space together on Thursday October 19, 2023 from 5:30 pm - 7:30 pm. Our Constituency Office address is 202-1829 Ranchlands Blvd. NW, Calgary. RSVP here: [tinyurl.com/edgemontfoothillsofficeopening](https://tinyurl.com/edgemontfoothillsofficeopening).

Throughout the election campaign, we heard that Calgary-Foothills needs additional public schools. In the Symons Valley communities, there are only two Catholic schools. Thousands of children are bussed or driven up to 30 minutes away to attend overcrowded schools in other parts of the city. We would love to hear from you on this important topic and are inviting you to join our Schools Town Hall on Monday, October 23 from 6:30 pm - 7:30 pm at 12 Arbour Lake Drive NW. RSVP here: <https://tinyurl.com/courtellingsonschoolstownhall>.

Should you require assistance with services such as notarizing documents, letters of support, or access to provincial resources, please feel free to book an appointment with my office.

# BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)

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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](http://www.communitymediation.ca), 403-269-2707.

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## Join Our Team: Board Secretary Wanted!

Dear Neighbours,

Are you passionate about community involvement and want to play a vital role in shaping the future of our neighbourhood? We're currently searching for a dedicated and enthusiastic individual to join our team as a board secretary!

### Role Description:

As the board secretary, you will serve as an essential link between board members and community residents. Your responsibilities will include:

- **Recording minutes:** Accurately record meeting minutes during board meetings, ensuring all decisions, discussions, and action items are documented.
- **Communication:** Maintain effective communication with board members, ensuring they have access to relevant documents and updates in a timely manner.
- **Archiving:** Organize and maintain historical records, ensuring easy access to past meeting minutes, reports, and other essential documents.
- **Meeting preparation:** Assist with meeting preparation, including creating agendas and distributing them to board members and residents.
- **Collaboration:** Work closely with the board president and other board members to support the smooth operation of the board and facilitate productive discussions.

### Qualifications:

- Strong organizational and time-management skills.
- Excellent written and verbal communication skills.
- Attention to detail and a commitment to accuracy.
- Ability to maintain confidentiality.
- Proficiency with basic office software (e.g., Microsoft Word, Google Docs).

### Why Join Us?

- Make a meaningful impact on our community.
- Collaborate with dedicated and passionate board members.
- Gain valuable experience in community leadership and governance.
- Strengthen your organizational and communication skills.
- Be part of a supportive and close-knit team.

## How to Apply:

If you are excited about the opportunity to contribute to the growth and success of our project, we encourage you to apply! Please reach out to [president@symonsvalleyleisure.org](mailto:president@symonsvalleyleisure.org).

The deadline for applications is October 31. Don't miss this chance to become an integral part of our community's future!

We look forward to welcoming a new board secretary who shares our passion for Symons Valley and its residents!

Sincerely,

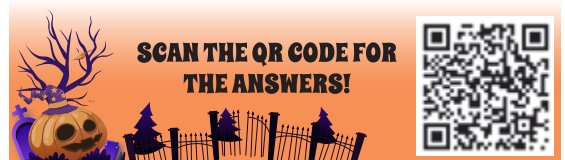
*Kris McPherson - President, Symons Valley Park*



## GAMES & PUZZLES

### Halloween Edition

1. In the 1800s, these immigrants brought the tradition of Halloween to the US.
2. Based on Stephen King's novel, this 2017 film is the highest grossing horror movie of all time.
3. The two Ms in M&M's candy-coated chocolates stand for \_\_\_\_\_ and \_\_\_\_\_.
4. In the *Halloween* film series, a mask of this *Star Trek* character was spraypainted and worn by serial killer Michael Myers.
5. Jack-o'-lanterns were originally carved out of \_\_\_\_\_.
6. Stephen Clarke holds the Guinness World Record for fastest carved pumpkin, completing it in \_\_\_\_ seconds.



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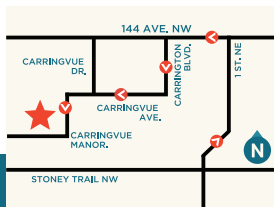
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