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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
August	22	12	7	\$649,900	\$645,000

To view more detailed information that comprise the above
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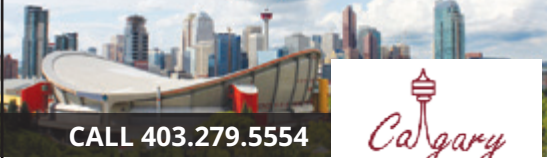
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Connect with Kincora Community Association – KCA

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.

PRESIDENT’S MESSAGE

Hello Kincora,

As we come to the end of summer and the beginning of fall, KCA comes back to business after the summer break and the Stampede Breakfast. I always think of fall as that in between time after summer and before winter where you prepare for the oncoming weather change and take long walks in changing colours. Let’s say welcome to fall with its pumpkin patches, pies, and lattes.

Remember to take advantage of the YYC Food Truck Rally out in the Kincora Fields from 4:00 to 8:00 pm on September 7 and October 8. It is a good opportunity to skip making dinner for at least one day of the week.

Better get those Halloween costumes ready as the Symons Valley United Church will be organizing their annual Trunk or Treat at 1:00 pm on Sunday, October 29. Look for the event details on their website as well the KCA website.

As always, we will be planning our rink building activity soon to make it ready on time for October. If you are interested, please come and help us. This is another opportunity to volunteer for your favourite community. KCA members appreciate any help we can get.

Finally, some news from our Ward 2 Councillor, Jennifer Wyness: if you want a chance to participate in the next city-wide food drive, it is happening on September 23.

Mallika Velamuri, President

President@kincora.org



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SOCIAL FEED



CINNAMON

1/4 to 1/2 teaspoon daily has been found to lower blood sugar, LDL (bad) cholesterol and triglycerides. Try cinnamon sprinkled on oatmeal or apple sauce, or mixed with honey.



CUMIN

Contains potent anti-inflammatory and antioxidant compounds that may help stop tumor growth. Try cumin in tacos, or use it as a rub on meats.



DRIED RED PEPPER

The compound capsaicin gives the heat to chiles. It may lower the risk of skin and colon cancers; studies show it also helps people eat fewer calories. Try hot pepper on pizza, pasta or other savory dishes.

Six Super Spices

A couple of sprinkles a day can keep the doctor away.



GINGER

Fresh ginger tea may stop nausea & bloating and relieve heartburn. Numerous other benefits. Try adding a few slices of fresh ginger to stir-fries or salad dressings.



NUTMEG

Contains antibacterial compounds that may help fight listeria, E. coli and salmonella bacteria, according to research. Try nutmeg in soups or chicken dishes or on sweet potatoes.



TURMERIC

Contains active compound curcumin, which may possibly stop cancer from spreading and help prevent type 2 diabetes. Try turmeric in soups, stews, curry dishes or capsules.



Fall in Alberta



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)

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Last Name: _____ First Name: _____

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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.

A MESSAGE FROM THE KRA

Batta boom, batta bing and just like that, we are now in the final months of 2023! We hope everyone has enjoyed the sunshine of summer, and as we head into the fall season, please be aware of the increased pedestrian and bus traffic as the new school year begins. As we are a bussing community, we have many parents who do drop-offs at bus stops. Please be on the lookout for little ones who may dart between cars or be on their cellphones as they cross the street. Let's have a safe start to the new academic year.

Over the summer months, Kincora just got greener with the addition of over 100 trees that the City of Calgary planted. If any owners did not get their City trees replaced on their front lawn this year, they can reach out via 311 to request a tree. Search for 'Calgary tree map' on the City of Calgary website to see if your property has a City registered tree!

Our tower has been shining brighter as the lighting has been replaced while under warranty! Our tower will be illuminated in holiday colours over the coming months. Also, you may have noticed activity in the gazebo area. It's a refurbishment project! Keep an eye out for the announcement of the project completion.

Do you have a question as it relates to the KRA? If so, check out the new Simco online portal which now has a FAQ resource. This is in the Service Request section. Click on 'Access Knowledge Base' to access. Please keep asking questions so this resource can be updated and improved.

Thank you to our owners for keeping their KRA accounts in good standing and their contact information up to date. If you miss getting online notifications, please review your online account listed email address. It has been noticed that some contact emails are no longer valid. By going paperless, our mailout expenses are reduced and owners get information quicker.

The KRA wishes you a healthy and happy fall season ahead.

Kincora Residents' Association

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!



10 Signs That You May Be Suffering from Anxiety

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



Feeling anxious at times is completely normal. However, unchecked it can become maladaptive and cause distress in our daily lives. How can we tell if our feelings of anxiousness have crossed over into a disorder? Sometimes it's not easy, as anxiety can show up in many different forms such as phobias, social anxiety, and panic attacks.

You may be suffering from unchecked anxiety if you experience any of the following on a regular basis.

- 1. Perfectionism.** Putting expectations on yourself that are not realistic to meet, setting yourself up to fail or not even starting a task due to fear of failure.
- 2. Compulsive Behaviour.** Repeated behaviours like checking locks and washing your hands, overindulging in mood altering substances to relax, or experiencing constant intrusive thoughts.
- 3. Self-Doubt.** Constant negative thoughts or talk that is negative about yourself.
- 4. Muscle Tension.** May cause discomfort around the neck and shoulder area, leading to ongoing headaches and other physical problems.
- 5. Chronic Indigestion.** Trouble enjoying meals because of chronic indigestions and stomach issues.
- 6. Self Consciousness.** Frequent worry about how you present yourself to others in terms of appearance, speech, and mannerisms.
- 7. Panic and Flashbacks.** Feelings of doom and extreme worry that may cause shortness of breath, dizziness, and nausea. This may include flashes of something traumatic from your past.
- 8. Irrational Fears.** Frequent thoughts that are causing fear and discomfort about certain situations. These thoughts lead you to equate those experiences with feelings of dread and worry resulting in self-limiting behaviour.
- 9. Sleep Problems.** Trouble falling asleep or staying asleep, with frequent thoughts related to worry waking you up.
- 10. Excessive Worry.** Difficulty focusing due to intrusive thoughts and frequent worry. This may lead to nervousness, the inability to focus, and feelings of panic.

If any of these symptoms describe how you feel on a regular basis, please seek professional guidance from a psychologist for a formal diagnosis. Cognitive Behavioural Therapy (CBT) is generally the first step and the gold standard for anxiety management. Additionally, your psychologist can help you decide if seeking medical/pharmaceutical intervention from your doctor may also be necessary.

Five Ways to Keep Cool

by MPC Foundation



We've had our fair share of experiences with the blistering heat, and this year is no exception. With extreme temperatures and wildfires happening all around us, staying cool will require some forethought and planning. From simple measures like wearing the right clothing to keeping the shades drawn, it's important to be ready for any sudden changes in temperature and air quality. Taking extra precautionary measures is especially important for older adults and vulnerable groups.

Here are five ways to stay in tip top shape during these summer months:

Stay Hydrated

Don't wait until you're thirsty to grab a drink. Older adults tend to lose fluids faster than other age groups so be sure to drink plenty of water regularly to avoid heat-related health issues.

Keep Your Space Well-Ventilated

Crank up your A/C or turn on those tower fans if you're feeling a bit stuffy. As much as possible, try to stay in cool indoor spaces when the sun is shining at its peak.

Have a Face Mask on Hand

Wildfires are unpredictable and can happen at any time. Having a face mask with you at all times will offer some level of protection from dust and other harmful substances that may trigger asthma, shortness of breath, and other health complications. Be sure to consult your health care provider if symptoms persist.

Keep Track of Any Public Service Announcements

Be on the lookout for any extreme heat warnings or special air quality statements in your area.

Maintain Adequate Medical Supplies at Home

Keep those inhalers with you and stock up on first aid supplies. Place them in an accessible space so that you can easily grab them at a moment's notice.

No matter where you are, staying prepared is key. Stay safe and keep cool!



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News from the Friends of Nose Hill

by Anne Burke

What Happened 50 Years Ago to Preserve Nose Hill?

The Calgary Council of Women wanted a legacy. In 1973, the City created the park after a lengthy debate. Council rejected a development application when communities favoured a major natural environment park. "Citizens for Nose Hill" presented a "Citizens' Brief." Then a steering committee produced the "Nose Hill Design Brief."

A rezoning challenge was only one of the obstacles because much of the land was privately owned. It was urgent to preserve it because some was already sold to developers, with a parcel to a homebuilder.

Community leaders and concerned citizens collected over 5,000 signatures on a petition opposing the rezoning. They organized a march along John Laurie Boulevard in defence of Nose Hill. There was even a children's petition, and their voices were heard.

City Council voted against any rezoning. However, the City still needed more time to buy up the land. The Supreme Court of Canada gave Calgary the right to purchase land on Nose Hill at its own pace. The provincial government agreed and declared that the Nose Hill lands be retained as a public open space in perpetuity.



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Hello from Symons Valley Park,

We hope that your summer in Symons Valley has been spent enjoying the community and outdoors. We've been spending time outdoors as well, attending the events hosted right in our home communities. We hope you attended one of the Stampede events hosted by our local Community Associations, as these were great opportunities to reconnect with your neighbours, along with enjoying some food and fun in the sun. If you see us at an event, be sure to come say hello and learn more about our project.

In the coming months, we are working on some exciting relationship building and collaboration with stakeholders in government and business to work together on advancing our project. We're also developing a fundraising strategy to help us raise the first \$250,000 of our project finances. While we work through these critical activities, we wanted to reach out to our biggest stakeholders in the community, you.

We are asking you to consider donating to our project today, so that we can begin to fund the development of our park. Donating to an outdoor park project can be a wonderful way to contribute to the community and support the development of our local public space, along with these other great benefits:

- **Make a difference in the lives of others:** By donating, you can contribute to our efforts aimed at improving the well-being and quality of life for the residents of Symons Valley and beyond.
- **Create positive social change:** By donating, you support our initiative to build a space that will make a lasting impact on the community.
- **Tax benefits:** By donating to our project through our partner, Parks Foundation Calgary, it could allow you to reduce your taxable income and potentially receive tax credits.
- **Personal fulfillment and happiness:** By donating to a non-profit, it allows you to contribute to something larger than yourself, and we hope that our cause resonates with your values and gives you fulfillment and satisfaction.
- **Strengthen our communities:** By donating, you can support a project that will strengthen and improve the overall well-being of the community.

If you agree that the benefits of donating to Symons Valley Park are significant, then we ask you to give today. Please go to www.symonsvalleypark.ca to learn more about donating or reach out to us directly by email at hello@symonsvalleypark.ca.

Stay cool and enjoy the outdoors,

Kris McPherson

President, Symons Valley Park



BRAIN GAMES SUDOKU

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Preparing or Updating Your Will



Vilma Mydliar, LLB

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To prepare a will you need to decide who your executor(s) will be, name a guardian for your children if they are under the age of 18, and who will benefit from your estate. You can prepare a will at any time and existing wills should be updated especially if there are major changes in your life, such as getting married, starting a family, the death of a

family member or a divorce. We make this process easy and help to ease your mind.

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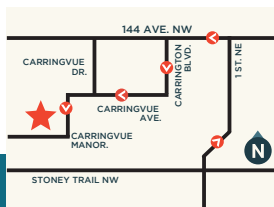
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