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Preparing or Updating Your Will



Vilma Mydliar, LLB

It is important for everyone to have a will—people often have more assets than they think. An important part of estate planning is having a will along with an *Enduring Power of Attorney* (EPA) and a *Personal Directive* (PD).

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

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Father's Day



Father's Day is a wonderful date to celebrate all father figures and paternal bonds. This celebratory day was proposed by Sonora Smart Dodd in 1909 and takes place on the third Sunday in June every year. How will you celebrate?

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PRESIDENT'S MESSAGE

Hello Kincora,

I held my very first AGM as a President on April 30. It went well although I would have liked the turn out to be a bit better. AGMs are a good way to learn about what is happening in the community around you and to voice your opinion. I would encourage each of you to take part whenever an opportunity arises. Symons Valley Leisure and Amenities Society AGM will be held in person on Tuesday, May 28, 2024, on or about the hour of 7:00 pm at Symons Valley United Church in the Valley Room. A Google meet link is also available in case you are not able to make it in person. Similarly, the KRA AGM is scheduled for Tuesday, June 25, 2024, and will be held in the Symons Valley United Church starting at 7:00 pm. All this information is available on their respective websites. Do try to attend them both.

In the KCA we have had eight board members returning. We look forward to serving you through the coming year with exciting activities and events as always. One new person has joined the board. Welcome aboard Vlad Rudko! We look forward to working with you on various initiatives.

We have two more positions open - Secretary and Director at Large. You don't have to wait till the next AGM if you want to give back to the community. You are always welcome to attend our monthly meetings which happen at the church. Please consider joining one of the most successful boards in the Northwest.

As we enter June looking ahead at July, don't forget to renew your \$20 KCA membership and/or buy new memberships as needed. The KCA needs members to not only help pay for our events but also to apply for grants or donations our association needs to keep strong. Your \$20 gets you free access to our Annual Stampede Breakfast, supports events and happenings right in Kincora, and ensures our neighbourhood is represented to our local governments.

As announced in the AGM, Kincora has been approved to build a sport amenity in the Kincora fields. If this is something you are interested to see happen, I suggest you reach out to us at the board. We are also looking for suggestions to rebuild the pond playground. Email me at president@kincora.org with ideas or come join the pond playground committee to see it get done.

Happy summer ahead!

Mallika Velamuri

President

KINCORA BOARD OF DIRECTORS

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

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Kris McPherson	First Vice-President
Chad Rowe	Second Vice-President
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Mallika Velamuri	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
Vlad Rudko	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.



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GAMES & PUZZLES

Guess That Artist!

1. Born on May 11, 1904, in Spain, this artist is probably best known for their work titled "The Persistence of Memory".
2. This Italian artist is often called the founder of the High Renaissance, and identified as one of the greatest painters of Western art.
3. Born in 1853, this artist famously cut off his left ear.
4. This artist is one of the most famous American visual artists for his pop art pieces.
5. Based in England, this street artist and political activist is well known across North America, with one of their popular artworks titled "Balloon Girl".
6. This Spanish painter and sculptor is best known for his cubism and surrealism.



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A MESSAGE FROM THE KRA

This month in Kincora, we kick off summer with the KCA's Parade of Garage Sales on June 1, 2024! If you have missed out on this wonderful opportunity to declutter, and build community, check out the Simco portal calendar! More information regarding community events will be posted here.

We would like to thank all community members who participated in the Kincora and Symons Valley Park Annual General Meeting. It was a wonderful opportunity to connect with other communities and elected officials regarding projects that have a positive impact on our community.

As such, we would like to welcome our own community members to share their voices at the KRA's AGM on Tuesday, June 25, 2024, at 7:00 pm at the Symons Valley United Church. If you cannot make the meeting in person, and can attend virtually, please submit a proxy that is available through the Simco portal. These proxies allow our association to continue with projects and continue our community board.

The KRA appreciates all community members who have HOA accounts in good standing. We would like to issue a friendly reminder to community members with unpaid HOA fees, arrear interest will be updated at the end of the month. For any questions or concerns, please reach out to Kali at KincoraRA@simcomgt.com to arrange payment, as some accounts will be sent to legal collections. Please visit the Simco communication portal www.simcomanagement.ca, and the KRA website for more information regarding annual fees and payment information.

There is a new landscaping company that will be taking care of our 2024 annual planting, the KRA would like to extend our deepest condolences to Able Landscaping, with the loss of their owner, Wayne.

The KRA will be taking a brief break over the summer months, we wish everyone a happy and safe summer!

Take care of yourselves and each other

Kincora Residents Association



RESIDENT PERSPECTIVES

A Day in the Life of a Girl Guide Leader

by Karla, Girl Guide Leader

Most people know, at least on a basic level, what it means to be a "Girl Guide". Sell cookies, go camping, have fun.



But what is it like to be a Girl Guide leader?

I can't speak for every leader out there, but I can speak from my own personal experience.

Over 20 years ago, I was talked into becoming a Girl Guide leader because there was no space available in any Spark unit for my daughter – they were all full. So, I signed up as a leader to open a brand-new Spark unit.

I will say that because I had zero experience in Girl Guides (I wasn't a Girl Guide when I was a child, plus I had little experience working with groups of kids), my co-leader really saved me that year; she was a great mentor. She was a kindergarten teacher, and I learned a lot from her. During that first year as a leader, I learned a lot about Girl Guides as an organization as well. The lingo, its policies, and procedures.

Fast forward to the present day, I no longer have a daughter in Girl Guides. She is now an adult. So, why do I still lead a unit without a kid in the program? I continue to work with young girls because I have fun doing it, and I can see their potential. It is great to see them enjoy learning new skills like building a tower out of just paper and tape. Or being able to ask a person they don't know if they would like to buy a box of girl guide cookies – and they get a yes!

It makes my heart sing to see girls getting along well, having fun together, and learning new skills. I don't do it "because I have to" anymore. It's because it makes me feel good inside to see young girls succeeding and having fun.

So, if you have ever thought of becoming a Girl Guide leader, know that it is one of the most rewarding things you'll ever do.

And Girl Guides has a new initiative this year – VolunTry. You can try being a leader for a short time, they'll fast track your application so that you can try it out for the remainder of this year. For more information, please email me at guiderkarlaycc@gmail.com.

One Pan Chicken Fajitas

by Jennifer Puri

Originating in South and Central America, bell peppers have been cultivated for thousands of years. Available in a variety of colours: red, orange, yellow, green, and even purple, they are related to chili peppers, tomatoes, and breadfruit.

All bell peppers start out as green, but their colour and ripeness depend on the amount of time the pepper spends on the plant. Red peppers are riper, and their flavour is typically sweeter, milder, and generally easier for most people to digest. They can be eaten raw, cooked, dried, or powdered.

Bell peppers are an excellent addition to a healthy diet as they are mainly composed of water with smaller amounts of carbohydrates, protein, fiber, and fat. Rich in many vitamins, antioxidants, and carotenoids they are beneficial for eye health and reduced risk of anaemia.

Peppers can be enjoyed as a snack, in a salad, stuffed, grilled, roasted, pickled, raw, or sautéed as shown in the one pan chicken fajitas recipe below.

Prep Time: 15 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 3 boneless chicken breasts
- 1 medium white onion
- 1 lime
- 3 red and yellow bell peppers
- 5 tbsp. extra virgin olive oil
- ¾ tsp. chili powder
- ½ tsp. paprika
- ½ tsp. garlic powder
- ½ tsp. cumin powder
- ¼ tsp. black pepper
- ¼ tsp. oregano
- Salt to taste

Directions:

- Slice onion and bell peppers (seeds and stems removed) into ¼ inch thick slices.

- In a small mixing bowl, combine 3 tbsp. of olive oil, juice of half a lime, chili and garlic powder, paprika, cumin, black pepper, oregano, and salt to taste. Slice chicken breasts into thin strips and add to the spice mixture.
- Add half the chicken pieces to a large non-stick frying pan or skillet and sauté over medium to high heat until cooked, about four to five minutes. Remove from pan and repeat with remaining chicken.
- Set cooked chicken aside and add 2 tbsp. of olive oil and the sliced onions to the frying pan. Sauté for two minutes then add the sliced peppers and continue sautéing until peppers are cooked and brown at the edges. Add the cooked chicken and combine with the peppers and onion until heated through.
- Serve chicken fajitas over warm tortillas with a squeeze of lime, avocado, sour cream, and pico de gallo.

Bon Appétit!



Enjoy Off-Leash Dog Parks Safely This Summer

by the City of Calgary

Calgary is a haven for dog lovers, with numerous off-leash dog parks across the city. As summer approaches, many pet owners are eager to enjoy the warm weather and spend quality time with their furry friends. However, it is crucial to ensure that off-leash interactions are safe and enjoyable for everyone. Here are some steps you can take:

Make Sure Your Licence is Up to Date

Make sure that your dog is wearing its licence tag and that the licence is up to date: if your dog becomes lost, its licence is its ticket home. The risk for having an unlicensed dog is a \$250 fine.

Know Your Dog

Some off-leash parks have fenced areas where owners can schedule a play date or utilize them if their pet isn't quite up to speed on their recall skills. This still allows their pet to get exercise and have some fun off-leash.



Supervision and Control

Keep a close eye on your dog. Stay within a reasonable distance and maintain control over their actions. One of the best ways to safeguard for a stress-free outing is to ensure your dog has strong recall skills.

Bring Essential Supplies

Carry essential supplies such as water, waste bags, and toys for your dog. Clean up after your pet to maintain cleanliness and hygiene in the park.

Calgary's off-leash dog parks provide a fantastic opportunity for dogs to socialize, exercise, and have fun during the summer months. To license your dog before you head out to the park, visit calgary.ca/pets/licences.



KINCORA COMMUNITY ASSOCIATION MEMBERSHIP

www.kincora.org (Online Registration and Payment)

KCA Membership Fee: \$20

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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.

Anxious Attachment Style? Ten Ways to Show up More Secure in Your Romantic Relationships and Ten Ways You Can Help Your Partner to Feel More Secure

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



Showing up as secure in romantic relationships involves fostering trust, communication, and self-awareness.

1. Work on Yourself – Build your self-esteem and confidence. Know your worth and understand that you are deserving of love and respect.

2. Communicate Openly – Express your thoughts, feelings, and needs openly and honestly with your partner. Encourage them to do the same.

3. Trust – Trust yourself and trust your partner. Trust is the foundation of a healthy relationship. Avoid unnecessary jealousy and possessiveness. Unless they truly show you otherwise, then trust your gut.

4. Set Boundaries – Establish clear boundaries and respect each other's boundaries. Boundaries help maintain a sense of safety and autonomy within the relationship.

5. Be Supportive – Offer support and encouragement

to your partner. Show empathy and understanding towards their experiences and emotions.

6. Maintain Independence – While it's important to be close to your partner, maintain your independence and individual interests. This helps prevent co-dependency and maintains a healthy balance in the relationship. This also helps you show up as a whole person.

7. Address Insecurities – Recognize and address your own insecurities. They can self-sabotage good relationships. Seek therapy or counselling if necessary to work through deeper issues. Do the personal work, you won't regret it.

8. Practice Self-Care – Take care of yourself physically, emotionally, and mentally. Prioritize activities and habits that promote your wellbeing. Your partner will support you in this if they too are healthy.

9. Focus on the Present – Avoid dwelling on past relationship traumas or projecting future fears onto

your current relationship. Stay present and focus on building a positive connection with your partner. Take the time to get to know the new person in your life before making big changes and decisions with them.

10. Seek Growth Together – Continuously work on personal growth and relationship skills together. Attend couples therapy or workshops to strengthen your bond and deepen your understanding of each other. A partner who is open to their own growth and self-awareness is a green flag.

The following are tips to help your anxious partner to feel more secure:

- 1. Communication** – Keep open and honest communication about your feelings, plans, and concerns.
- 2. Reassurance** – Offer regular affirmations of your love, commitment, and support.
- 3. Trust** – Build and maintain trust by being reliable, dependable, and transparent. This allows space for both of you to share and explore your vulnerabilities.
- 4. Empathy** – Listen actively (listen to understand, not defend) and empathize with your partner's emotions and experiences.
- 5. Boundaries** – Respect your partner's boundaries and communicate your own clearly.
- 6. Quality Time** – Spend meaningful time together, creating positive experiences and memories.
- 7. Appreciation** – Show appreciation for your partner's efforts, qualities, and contributions.
- 8. Consistency** – Be consistent in your actions and behaviours to foster a sense of security and stability.
- 9. Problem Solving** – Work together to address any concerns or challenges that arise in the relationship. A relationship is not one sided.
- 10. Self-Care** – Take care of yourself mentally, emotionally, and physically. Your own well-being contributes to the overall health of the relationship.

Book Suggestions:

- *The Power of Attachment* – Diane Poole Heller
- *You are the One You've Been Waiting For* – Richard C. Schwartz
- *Attached* – A. Levine & S. Heller



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News from the Friends of Nose Hill

by Anne Burke

Nose Hill is an isolated remnant of the upland plain that flanks the Bow River Valley. It also includes side slopes (escarpments) and ravines that cut into the upland plain. Domestic dogs are a major user of Nose Hill Park. The remaining large mammals on Nose Hill are deer and coyotes. Almost one third (31%) of users are dog walkers and many leave their animals unleashed. It was recommended that bird and rare plant inventory be conducted for Nose Hill as a baseline against which impact predictions can be tested. The Park is a grassland-dominated natural area, along the western edge of the Foothills Fescue Natural Subregion, where it abuts the Foothills Parkland Ecoregion. The deciduous forest (aspen and balsam poplar), native (rough fescue) grassland, and tall willow communities are primary foraging and breeding habitats in the Park.

The grass known botanically but popularly as “rough fescue” was adopted as the grass emblem of Alberta. It was designated officially in 2003 due to the efforts of the Prairie Conservation Forum. www.albertapcf.org/. The province has the largest area of rough fescue grassland in the world and is the only place in North America that hosts the plains, foothills, and northern variations. Rough fescue provides excellent year-round forage for wildlife and livestock; and is a symbol of Alberta’s prairie heritage and the need for the conservation of our rich biodiversity of native grasslands.

The City of Calgary has unveiled its new brand as “Blue Sky City.” The provincial shield already features blue skies over a range of snow-capped mountains with green hills, prairie land, and a wheat field in front. The great horned owl, which is a year-round resident, was adopted as Alberta’s official bird, in 1977, after a provincewide children’s vote.



Spring Break Girl Guide trip to Vancouver Island

Eight Pathfinders/Rangers and three Guiders went to Vancouver Island on March Spring break.

We left Calgary on March 23, 2024, flew to Victoria, rented two vehicles, and drove to Tofino. We stopped along the way to view a few sights and stayed in Tofino at the Tofino Hostel/HI Whalers on the Wharf.

Day 2 – We went Grey Whale watching (with Remote Passages) and saw cormorants, eagles, seals, many other birds, sea otters, and Grey Whales, including a mama and her calf. The mama whale was teaching the calf how to spy hop, something the guide hadn’t seen a grey whale do before! After going to Ucluelet for lunch, we stopped at the Ucluelet Aquarium (a small catch and release aquarium).

Day 3 – We went to Meares Island Boardwalk and Wickaninnish Beach to beach comb.

Day 4 – We drove back to Parksville, stopping at Horne Lake Caves to go caving, then met a Pathfinder/Trex unit for dinner!

Day 5 – We met up again with the island unit to go to the North Island Recovery Centre. The resident animals are wild animals who can’t be released back into the wild. There are owls, eagles, peregrine falcons, wild turkeys, pigeons, and ravens. There are also four white ravens! After our visit, our group shopped a bit, went into a few art galleries, then returned to the hotel to use the pool. We had a lovely dinner at a restaurant facing the ocean.

Day 6 – Everyone packed up, then stopped at Pipers Lagoon Park in Nanaimo to see some more amazing views! That evening, we hopped on the plane to come home!

All the participants had a great time on the trip! We made some amazing memories, and great connections!





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Don't Forget! Property Tax is Due Friday, June 28

Your property tax must be paid by Friday, June 28 to avoid late payment penalties. The City's Tax Instalment Payment Plan (TIPP) is the most popular payment method. You pay the same amount as your annual property tax bill, but instead of one large lump sum payment in June, you pay smaller monthly instalments. This makes budgeting easier, and you reduce the risk of late payment penalties. There is no filing fee or initial payment required.

The easiest and fastest way to join TIPP is using TIPP Online. It's easy, safe, and secure. Through TIPP online, your customized agreement will be processed automatically. Once you submit, you will receive an email confirming your enrolment. To access TIPP Online, go to calgary.ca/TIPP and click on the Join TIPP box.

You can also request a TIPP agreement by calling 3-1-1. If you're already on TIPP, you can visit calgary.ca/TIPP to learn how your monthly TIPP instalments are calculated and adjusted.

Celebrate Neighbour Day, June 15, 2024

Neighbour Day is our annual celebration of community. It's how we create welcoming and inclusive communities where neighbours form lasting connections. Get involved this year by joining your neighbours for a block party or community event. There will be lots to do across the city on June 15, so stay tuned! Calgary Public Library is hosting Indigenous programming at select locations, while Sport Calgary's "All Sport One Day" will offer children a free opportunity to try out a new sport.

Good things happen when you get to know your neighbours. You can visit calgary.ca/NeighbourDay to learn more.

As always, my office is open if you have any questions or concerns. You can reach us at Ward2@calgary.ca.

I look forward to hearing from you soon.

I have been busy in Ottawa holding the government to account for its actions.

This year, the carbon tax went up 23% despite an affordability crisis and persistent inflation. This is the next step in the NDP-Liberal government's plan to quadruple the carbon tax over the next six years, making everything more expensive for everyone.

In April, the Liberals released the 2024 budget. It includes nearly \$40 billion in new inflationary spending. Canada will now spend \$54.1 billion to service its debt, which is more money than the federal health care transfer. Struggling families can't afford higher taxes and more inflationary spending that drives up the cost of everything and keeps interest rates high. That is why Conservative leader Pierre Poilievre sent a letter to Justin Trudeau with three demands to fix the budget:

1. Axe the tax on farmers and food by immediately passing Bill C-234 in its original form.
2. Build the homes, not bureaucracy, by requiring cities to permit 15% more home building each year as a condition for receiving federal infrastructure money.
3. Cap the spending with a dollar-for-dollar rule to bring down interest rates and inflation. The government must find a dollar in savings for every new dollar of spending.

The current budget does not meet any of these conditions, therefore my colleagues and I will vote against it and vote non-confidence in the government.

Feedback from Calgarians is very important to me and informs the work I do on your behalf in Ottawa. If you would like to share your thoughts with me on national issues, please feel welcome to contact me through my Calgary office.

It remains my honour to represent you at the House of Commons as your Member of Parliament.



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CALGARY FRESH JOCK: We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

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.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.



the Gutter Doctor

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Summer: July - Sept

northsidesoccer.ca

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		Properties		Median Price	
		Listed	Sold	Listed	Sold
April	24	21	20	\$714,500	\$725,500
March	24	15	10	\$677,750	\$683,750
February	24	8	10	\$307,000	\$322,500
January	24	9	7	\$699,900	\$687,000
December	23	3	7	\$349,900	\$340,000
November	23	9	10	\$642,900	\$644,000
October	23	9	11	\$449,900	\$445,000
September	23	15	12	\$422,450	\$418,000
August	23	11	8	\$354,950	\$350,250
July	23	11	16	\$404,900	\$405,000
June	23	18	16	\$455,000	\$447,000
May	23	12	12	\$458,000	\$455,000

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