

DECEMBER 2016

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KINCORA NEWS

YOUR OFFICIAL KINCORA COMMUNITY NEWSLETTER



HELP END DIABETES

Diabetes is a complex disease with many causes and no known cure. In Alberta, an estimated 303,000 people have been diagnosed with diabetes and a further 600,000 live with prediabetes.

With your support, the Canadian Diabetes Association (CDA) can improve lives and make it possible to fund leading-edge research and innovative educational programs; send kids with type 1 diabetes to the CDA's D-Camps; and provide Albertans with access to programs, services and resources to manage their disease and live well.



HOW CAN YOU HELP?



JOIN TEAM DIABETES

Get active! Run, walk or hike in exciting international and Canadian events.



VOLUNTEER

We couldn't do what we do without the support of our volunteers.



GIVE TO CLOTHESLINE®

Donate your gently used clothing, books, toys, electronics, vehicle and more.



BECOME AN ADVOCATE

Interested in sharing your story and speaking on behalf of those living with diabetes?



HOLD A FUNDRAISING EVENT

Explore the fun and easy ways you can help raise funds for diabetes.



DONATE

Text "Diabetes" to 587-600-6088 or honour someone online at diabetes.ca/donate.

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dialogue)))



Learn About the Future Use of Learning Space at Area I & II Schools

Join us as we present the proposed changes for the future use of learning space at some Area I & II schools. Come review this proposal, which was developed from feedback gathered in 2016.

date | January 17, 2017

time | 5:00 – 8:00 p.m.

location | Senator Patrick Burns School
2155 Chilcotin Road N.W.



Calgary Board
of Education

To learn more about what we've heard so far, visit
cbe.ab.ca/dialogue

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This coupon must be redeemed by Dec. 24, 2016

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11 Calgary locations including Crowfoot Square and Dalhousie Station



Do You Get Community Emails?

We currently communicate with you through our website, www.kincora.org. Once you create an account on our site, we have the ability for us to send an email to those that have opted-in to receive emails from us. You **must opt in** to receive any emails about the community. You do not have to purchase a community association membership to get emails. Registering for an account is free!

Here's how to do that:

1. Visit www.kincora.org
2. Login to your account using the login & password that was provided to you via email if we created your account for you. (It is likely login=last name, password=membership number). Or this is a login & password you created yourself after you registered on the website.
3. Go to Members >>> Profile >>> Email Options
4. Check off "I want to receive special emails sent to all members from the webmaster."

Emails are only sent when we communicate something that we believe would be of interest to you – typically this is an average of two per month. You can also control if/when you are notified of other website activities, like when news or calendar items have been added.

If you have any questions about your account or email settings, or need help finding out your login or password, please email kca.member@gmail.com.



TRIVIA GREENERY

Holly, Ivy and other greenery, such as Mistletoe, were originally used in pre-Christian times to help celebrate the Winter Solstice Festival and ward off evil spirits and to celebrate new growth.



Mailing Address:

61 Kincora Landing N.W., Calgary, AB T3R 1L1
www.kincora.org • kincora.info@gmail.com

KCA Board of Directors

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Dir. Membership (1st VP)	Erin Wilson
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facebook.com/KincoraCommunity

Kincora Community Association
kca.ads@gmail.com

Editorial Content DEADLINE

7th



Kincora Community Association

Mailing Address:

61 Kincora Landing N.W., Calgary, AB T3R 1L1
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KINCORA COMMUNITY ASSOCIATION

MEMBERSHIP REGISTRATION FORM
www.kincora.org kca.member@gmail.com

LAST NAME(S)	FIRST NAME(S)	PHONE
		Home:
		Alternate:
STREET ADDRESS		POSTAL CODE
EMAIL ADDRESS(ES) <small>(please print carefully)</small>		

Volunteers are integral to the success of our community. Your involvement can range from assisting at events and with specific programs, or it may be through board membership or administrative support. As a volunteer, you have the opportunity to be directly involved in your community and to make a difference!

Are you interested in Volunteer Opportunities? (leave blank if no)

What are your interests?

Applicant's Signature:

The Kincora Community Association is committed to protecting the privacy of our members' personal information will use this personal information in a responsible and professional manner. No distribution to external sources will occur.

Mail your completed form with a \$20 cheque payable to the Kincora Community Association (**NO CASH**) to:
Kincora Community Association
P.O. Box 47146 Creekside
Calgary, AB T3P 0B2

You will receive confirmation by email (kca.member@gmail.com) and a profile will be created for you on our website, if you do not already have one. Alternatively, you can register and pay online at www.kincora.org.

In order to receive community emails, you must "OPT-IN" to this feature through your website profile.

Paid by: CASH or CHQ DATE: mth / dy / yr NEW or RENEWAL Membership No.

Symons Valley TIMN Fall/Winter Recreation Programming

As part of the "This is my neighbourhood" program, The City has been talking with residents in your neighbourhood to identify ways to help your community become an even better place to live, work and play. These discussions led to partnering with The City on a number of your requested improvement projects. One of those projects was increased recreation programming in the Symons Valley communities. Over the next few months keep your eyes open to your community newsletter, social media, websites, and for bold signs in the community advertising these recreation program opportunities for all ages. For more information about the "This is my neighbourhood" program visit www.calgary.ca/TIMN.



Kincora Outdoor Rink

The outdoor rink was a great success last year, and we will need some help to make it a success again this year. The Kincora Community Association is looking for volunteers to form a rink committee, and manage the day-to-day operations of the rink this winter. This committee will oversee the building of the rink in November, cleaning it during the season, and taking it down in April of 2017. The committee will have the full support of the Kincora Community Association and the Kincora Resident's Association. Please contact Annie Dudder at kca.pres@gmail.com if you can help. Without your help, the rink will not be put up again this year.

Kincora Home Owners Association has a NEW website: WWW.KINCORARESIDENTS.ORG

- Latest News**
- Resident's Association Boundaries
 - KRA Amenities
 - Annual Fees
 - AGM & More



Family Special Event

Parents, want to try yoga? Stop by and drop off your children for either a cooking or art class. After class, join us for family activities and games.

Date: December 3, 2016

Time: 1p.m. – 3:30 p.m.

Location: Symons Valley United Church in Kincora 38 Kincora Rise N.W. **Fee:** FREE for all participants

Please arrive by 1p.m. to complete registration information. ***Please note we have a limited number of spaces, so it will be first come first serve.**

Please wear runners or appropriate shoes for exercise.

Yoga Class - Ages 12 +, Time 1:30 – 2:30 p.m.

Cooking Class – Ages 8 – 12 limited spaces, Time 1:30 – 2:30 p.m.

Arts and Crafts – Ages 6 - 12 limited spaces, Time 1:30 – 2:30 p.m.

Families Activities & Games– All Ages, Time 2:30 – 3:30 p.m.

For more information contact:

Aaron Taylor, Neighbourhood Partnership Coordinator
T 403.476.7215 Aaron.Taylor@calgary.ca

A LETTER FROM THE PRESIDENT

by Annie Dudder

It's hard to believe that it's already December. This has been a great year with a lot of exciting growth in the community. To finish the year here are a few updates to share.

The Carlisle group has been working on their development parallel to 37th street and with that build there have been some big parking issues that came along with it. While the general contractor was cooperative it ultimately took some involvement with our area Councilor, Joe Magliocca, and Calgary Parking Authority to resolve this issue. The city has assured us that they are still watching the situation to try to ensure the issue does not return.

As a board there is a lot going on and as the community association we're hoping we can keep the lines of communication going between us and community members. With developments happening on roads and communities in the area we want to encourage you to check our website (Kincora.org) and Facebook page for regular updates as we get them. We will be looking to increase the communications through our digital methods to ensure we're always keeping residents updated.

Thanks for being a part of a great community and have a wonderful holiday season!



Symons Valley United Church

An affirming congregation of the United Church of Canada.

Your church at the centre of the community. Welcome Home!

Services – Sundays at 10:30 am. Sunday School and Youth Group meet during the worship service.

Please see our website for up-to-date schedules, events and activities www.symonsvalleyuc.com.

Some upcoming events from Symons Valley United Church

Beer & Carols

Friday, December 9, 7pm at Scotsman's Well

Join us for an evening of Holiday Joy. Come sing all your favourite Christmas Carols and celebrate the Spirit of the Season. All are welcome!

You are invited to join us at Symons Valley United Church during the Season of Christmas for one of the many wonderful worship services being offered. Come experience the joy and the peacefulness of the season in a family-friendly, welcoming environment. Be sure to check out our website (www.symonsvalleyuc.com) for all of the exciting details.

The staff and congregation of Symons Valley wish you a very Merry Christmas and Happy New Year!



Name	Age	Contact	Course
Aurora	18	587-999-3843	Yes
Brittany	20	403-399-8966	Yes
Justin	13	403-456-0712	Yes
Justin	13	403-970-2073	Yes
Samantha	27	587-577-1463	No
Taylor	16	403-874-9691	Yes

Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

Xmas mince pies

Mince pies - a traditional holiday meal from the UK - were originally filled with meat, such as lamb, rather than a dried fruit mix as they are today. They were also first made in an oval shape to represent the manger that baby Jesus slept in, with the top representing his swaddling clothes.



HANUKKAH

Trivia

In 2016, Hanukkah from in the evening of Saturday December 24th until the evening of Sunday, January 1st. During Hanukkah, on each of the eight nights, a candle is lit in a special menorah (candelabra) called a 'hanukkiyah'.



Healthy Eyes and Vision

By Sarah Thomson

Your eyes, like the rest of your body, benefit when you eat well. Did you know that certain foods can help keep your eyes healthy, and protect your vision?

There are three key nutritional groups to help protect your vision.

Vitamin C and beta carotene are antioxidants, which help to absorb some of harmful rays generated by the sun. The best food sources include colorful fruit and veggies such as grapefruit, strawberries, bell peppers, and broccoli. Kiwi is the highest fruit source of vitamin C. Vegetables such as carrots, yams, and sweet potato are packed with beta-carotene, an antioxidant that can help reduce the risk of age-related macular degeneration and cataracts.

Lutein and zeaxanthin are also antioxidants that help protect against the damaging effects of UV rays. The best food sources of lutein and zeaxanthin include dark leafy vegetables such as spinach, collard greens, and kale. Slightly cooked greens are best, since the heat helps release more nutrients.

Omega 3 fatty acids help reduce inflammation and can help prevent age-related macular degeneration and dry eye. They can be found in oily fish such as salmon, trout, and sardines as well as oil rich plant sources, such as flaxseed and nuts. Try to mix 1 tablespoon of ground flax seed or wheat germ into your daily diet for a big boost of eye nutrients.

To learn more about eye-health and nutrients to help protect your vision, ask your eye care professional.



Stop, Drop and Shop

Parents, need to get some holiday shopping done? Stop by and drop off your children for a festive time of arts, crafts, games and activities.

Date: December 19 – 23

Time: 10 a.m. – 3 p.m.

Location: Symons Valley United Church in Kincora - 38 Kincora Rise N.W. **Fee:** FREE for all participants

To register please call 403-268-3800. Registration starts November 14

Age Group: 5-6 years old

Monday, December 19 Barcode 375625

Tuesday, December 20 Barcode 375626

Wednesday, December 21 Barcode 375627

Thursday, December 22 Barcode 375628

Friday, December 23 Barcode 375629

Age Group: 7-12 years old

Monday, December 19 Barcode 375620

Tuesday, December 20 Barcode 375621

Wednesday, December 21 Barcode 375622

Thursday, December 22 Barcode 375623

Friday, December 23 Barcode 375624

Please arrive 15 minutes prior to the program start time to complete registration information. Please wear runners or appropriate shoes for exercise.

For more information contact:

Aaron Taylor

Neighbourhood Partnership Coordinator

T 403.476.7215 Aaron.Taylor@calgary.ca

IN & AROUND CALGARY

EMS: Cold Weather Safety

Alberta Health Services EMS responds to many cold weather related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes, and be prepared when out in the cold you can reduce your risk of sustaining a cold weather emergency. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets, and other road-side supplies.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin.
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip heals without complication;
- Move to a warm environment and immediately, but gently re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze solid;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water, until fully re-warmed;
- Call 9-1-1- or seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is crucial. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.



COUNCILLOR, WARD 2

JOE MAGLIOCCA

403-268-2430

Joe.Magliocca@calgary.ca

Calgary.ca/ward2

Facebook: Joe Magliocca • Twitter: @Joe_Magliocca

This holiday season let us take time out of our busy schedule to assist those of us who are less fortunate in our community. Many of our city food banks and charities have seen demand for their services increase dramatically over the last year. Let's ensure Calgary remains Canada's most generous city by supporting the many important charitable organizations in our city.

Another way to support our neighbours is to become a snow angel. Keeping sidewalks free of ice and snow can be very challenging for older adults and people with limited mobility. Through Snow Angels, you are encouraged to be good neighbours by clearing snow for those who need assistance. For more information, or to recognize your Snow Angel, please contact 311 or visit calgary.ca/SnowAngels. You and the Snow Angel you choose to recognize will each be entered into a draw for a pair of tickets to a Calgary Flames game on February 9, 2016. The draw will take place January 29, 2016 at noon.

I would like to wish Ward 2 and all Calgarians a Merry Christmas, Happy Hanukkah and all the best in the New Year.

Joe's Tip:

Joe's Holiday Eggnog

Ingredients:

4 eggs

120 ml sugar

500 ml of milk

½ tsp of vanilla

1 tsp. Rum flavouring

May add optional pinch of nutmeg and cinnamon

Directions:

Put the milk, vanilla, and optional cinnamon and nutmeg in a saucepan, and heat on low setting until mixture is brought to a boil.

In a bowl, combine egg yolks and sugar and thoroughly blend together.

Pour the eggs mixture into the saucepan with the milk mixture. Cook over medium heat, stir in rum flavouring and stir mixture until it reaches desired thickness (3-5 minutes).

Refrigerate until cool.

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MLA CALGARY-FOOTHILLS PRASAD PANDA

Suite 104, 3604 – 52 Ave NW
Calgary, AB T2L 1V9
403-288-4453
calgary.foothills@assembly.ab.ca

It has been another tough year for Albertans, especially here in Calgary. If you haven't been directly affected by the downturn, you certainly have friends or family dealing with loss of income and an uncertain future. As we enter the holiday season, let's help lift the spirits of those around us and be hopeful for a better year in 2017.

My job as the Official Opposition's Shadow Minister of Economic Development and Trade has kept me focused on what needs to be done to get Alberta back on its feet. In the months of August and October, I toured most of this great province. I consulted with regional leaders about their concerns and their ideas for improving their own local situation. What I heard time and again is that the government should not make a bad situation worse. Now is not the time to be implementing policy that discourages business investment and increases everyday costs to struggling families.

All year I have been asking tough questions of NDP Ministers. I am on record stating my opposition to the carbon tax because I believe it will cause even more job losses and will slow our recovery. I have implored them to support our energy sector by fighting harder for pipelines in all directions. When they create programs to diversify our economy, I requested that they spend taxpayer money wisely and not pick winners and losers. The Notley government seems bent on pushing through their favourite ideologically policies without care for regular Albertans.

I am proud that the Wildrose Official Opposition commissioned an Equalization Fairness Panel made up of experts from Alberta, Ontario, and Nova Scotia. They have produced recommendations to make equalization fair. You can find their report at www.wildrosecaucus.ca. For too long the taxpayers of this province have grossly over-contributed to the rest of the confederation through this program. At the same time, the level of our own services in health care and education have not kept pace in comparison to the recipient provinces. This transfer program enables have-not provinces to stay the course rather than helping themselves by lifting bans



Gardening by the phases of the moon

December 7 First Quarter (waxing)

Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

December 13 Full Moon (waning)

As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

December 20 Last Quarter (waning)

Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

December 28 New Moon (waxing)

Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.

on economic development in areas such as fracking and uranium mining. As the current terms of equalization expire in 2019, you can count on us to press for changes that are fair to Albertans.

My amazing volunteers and I have been very active in the riding. You may have met us door knocking as we listened to your concerns or collected non-perishable food donations for the Veterans' Food Bank. We always appreciate your honest feedback and generosity for those in need.

I wish you a very Merry Christmas and a Happy New Year!

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BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 17

NOVEMBER 25, 2016 - JANUARY 8, 2017 ZOOLIGHTS AT THE CALGARY ZOO

6:00 pm - 9:00 pm everyday, experience over 1.5 million lights, 200 displays, crackling fire pits, steamy hot chocolate and four fun-filled activity zones (with many new additions!), transforming the Zoo into a magical winter wonderland. More info www.calgaryzoo.com



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The Calgary Craft Beer Tour is all about spirited craftsmanship but more importantly it's about the delicious, refreshing beverages produced through the creativity of locals brewers. Experience the city's good-natured, welcoming breweries, including tastings at Village Brewery, CRAFT Beer Market, The Dandy Brewing Company, Tool Shed Brewing Company and Last Best Brewing and Distilling. More info www.calgarybeertours.beer/tours/



JANUARY 6 - JANUARY 8 THE MOTORCYCLE SHOW AT BMO CENTRE

Featuring brands like Vespa, BMW, Victory, Harley Davidson and many more, this exhibition is sure to blow your hair back. Regular admission is \$15 and kids under 5 get in free. More info www.calgarymotorcycleshow.ca



JANUARY

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

January 10 - January 21 All The Little Animals I Have Eaten by One Yellow Rabbit: Set in an unusually modern bistro, this latest of Karen Hines' darkly hilarious comedies embraces everything from plagiarism and insurance crimes to Golden Retriever conventions and lonely trolls to existential struggles and the transcendence of the human soul. Scenes are performed by well-heeled diners, glowing ghosts, tiny vertebrates, and other unexpected voices. More info www.oyr.org

January 13 Pop Fridays at Calgary Philharmonic Orchestra: Known as "The Ambassador of Soul" Ellis Hall is a master of classic R&B in the style of the genre's greatest legends. With an incredible career as former lead singer in Tower of Power and a protégé of the legendary Ray Charles, Soul Unlimited's hits include the music of Stevie Wonder, Marvin Gaye, The Temptations, Earth, Wind & Fire and more. More info www.calgaryphil.com

October 6 - January 8 ATB Storytellers Exhibition at National Music Centre: Discover Alberta's rich music history at the new ATB Storytellers Exhibition. Explore the untold history of some of Alberta's music pioneers and icons through artifacts, film and interactives. Free and accessible to the public inside Studio Bell's Drop-In Zone. The exhibit will feature a collection of artifacts and recorded oral histories with iconic Albertans. More info www.nmc.ca

January 5 - February 2 High Performance Rodeo multiple venues: Offering all types of theatre over the course of almost a month, the High Performance Rodeo can feel as exciting as its namesake if you are trying to fit all the great performances in from this annually jam-packed schedule. To keep up-to-the-minute informed check the Facebook page www.facebook.com/HPRodeo or more info and tickets www.hprodeo.ca

January 29 Bridal Fantasy at the Telus Convention Centre Brides can expect to see a dramatic fashion show and theatrical production featuring the latest trends in flowers, tuxedos, gowns, destination wear, hair and make-up. Brides have the opportunity to win over \$75,000 in prizes and the chance to win the Fantasy Wedding Package - Including prizes from all of the sponsors. More info www.bridalfantasy.com

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For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

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CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS: New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms. From cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

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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, 403-269-2707.

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GIVE THE GIFT OF MUSIC! Piano Lessons in Kincora. Music for enjoyment and RCM Piano/ Theory lessons in a fun, relaxed atmosphere. millerstudios@gmail.com for availability and studio information.



Books keep on giving this holiday season! Your family may be one of thousands that celebrate at this time of year, and giving gifts may be part of your tradition too.

Books make wonderful gifts for children because they expand your child's listening power, inspire their creativity and imagination and increase their vocabulary.

Book last forever! They can be lovingly placed on book shelves or in baskets and book bags to be enjoyed over and over again. Or, gently-used books that your children no longer need can be donated to the Calgary Reads Book Bank and we give them to Calgary children who have few or none of their own at home.

Whether you are buying books or borrowing from the Calgary Public Library, consider sharing some wonderful Canadian children's literature with your family:

Read Me a Story by Barbara Reid, **Preschool**

The Most Magnificent Thing by Ashley Spires, **K-G2**

Stella Star of the Sea by Marie-Louise Gay, **K-G2**

This is not my Hat by Jon Klassen, **Pre-school-G1**

A Visitor for Bear by Bonny Becker, **Pre-school-G2**

The Paper Bag Princess by Robert Munsch, **Pre-school-G1**

The Hockey Sweater by Roch Carrier, **G1+**

Lost in the Barrens by Farley Mowat, **G4+**

Jacob Two Two Meets the Hooded Fang by Mordecai Richler, **G2-5**

The Sky is Falling by Kit Pearson, **G4-6**

Anne of Green Gables by L.M. Montgomery, **G4+**

Calgary Reads helps children learn to read with confidence and joy. This includes helping children in Calgary to have their own books at home; supporting parents and caregivers to help their child develop literacy skills; and engaging businesses and the community to make reading a priority. Explore our website for ways you can support our work. You'll also find resources to help your child develop critical literacy skills and the joy of reading: calgaryreads.com



CALGARY PUBLIC LIBRARY

CALGARY PUBLIC LIBRARY

Happy Holidays

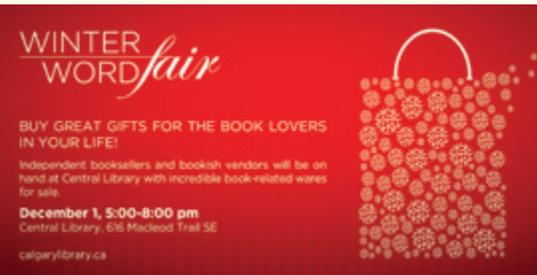
Calgary Public Library will be closed Christmas Day, Boxing Day, and New Year's Day. The Library is open until 4:30 pm on Christmas Eve and New Year's Eve.

Free Presents!

Need a last-minute stocking stuffer? Give everyone on your list FREE books, movies, magazines, eBooks, programs that teach and entertain, and so much more when you give the gift of a FREE Library Card!

The 2017 Reading Guide

The Library is excited to announce that the 2017 Reading Guide will be in community libraries this January! The Reading Guide has an amazing selection of books chosen by Librarians to keep everyone in your family reading all year long.



WINTER WORD fair

BUY GREAT GIFTS FOR THE BOOK LOVERS IN YOUR LIFE!

Independent booksellers and bookish vendors will be on hand at Central Library with incredible book-related wares for sale.

December 1, 5:00-8:00 pm
Central Library, 616 Macleod Trail SE
calgarylibrary.ca



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"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

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403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



Kincora Real Estate Update

Last 12 Months Kincora

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2016	\$487,400.00	\$478,000.00
September 2016	\$529,900.00	\$517,000.00
August 2016	\$502,450.00	\$493,500.00
July 2016	\$550,000.00	\$550,000.00
June 2016	\$549,900.00	\$535,000.00
May 2016	\$544,950.00	\$528,500.00
April 2016	\$504,900.00	\$487,250.00
March 2016	\$509,900.00	\$499,900.00
February 2016	\$587,500.00	\$572,750.00
January 2016	\$539,888.00	\$530,000.00
December 2015	\$609,000.00	\$592,500.00
November 2015	\$632,499.50	\$617,500.00

Last 12 Months Kincora

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
October 2016	10	6
September 2016	14	9
August 2016	7	6
July 2016	9	9
June 2016	12	9
May 2016	6	12
April 2016	14	4
March 2016	6	7
February 2016	7	4
January 2016	4	3
December 2015	0	1
November 2015	5	6

To view the specific SOLD Listings that comprise the above MLS averages please visit kincora.great-news.ca

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit



SUDOKU

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

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BOXING WEEK

Bonanza

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Store Hours: Mon, Dec 26/16 - 8:00 am - 6:00 pm
Tues, Dec 27/16 - Fri, Dec 30/16 - 9:00 am - 9:00 pm
Sat, Dec 31/16 - 9:00 am - 4:30 pm
Sun, January 1/17 - 12:00 pm - 5:00 pm

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No returns on Boxing Day



KC Dec 2016

Huntington Hills Skating Club

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HAMPTONS 2016 STATS	# SALES	AVERAGE PRICE
Bungalow	8	\$797,000
Two Storey	56	\$788,319
Townhouse	6	\$365,700
Villa	6	\$633,333
TOTAL	76	
Average Days on Market	39 Days	

Golf Course Lot

\$1,450,000

- 39 Hamptons Close NW**
- custom 5 bedroom+den two storey, A/C
 - 3 car garage, finished walkout, granite
 - hot tub & media room, upgrades/extras

Calbridge Beauty

\$849,900

- 112 Arbour Butte Cres NW**
- custom-built 5 bedroom+den two storey
 - designer kitchen, granite & hardwood
 - 2 fireplaces, fully finished, West yard

Backs onto Park

\$829,900

- 402 Edgebrook Rise NW**
- renovated 4 bedroom+den walkout bung
 - granite & hardwood, vaulted ceilings
 - fully finished, 2 fireplaces, upgrades

South Backyard

SOLD!

\$729,900

- 101 Hamptons Grove NW**
- Cedarglen 4 bedrooms up two storey
 - renovated kitchen, 3 car garage, granite
 - 2 fireplaces, fully finished, built-ins

Varsity Estates

\$1,100,000

- 57 Varsity Estates View NW**
- one-owner, 4 bedroom+den two storey
 - 3 car garage, fully finished, oak kitchen
 - built-ins, 2 fireplaces, close to LRT

Trickle Creek Stunner

\$1,499,000

- 23 Watermark Road**
- extensively upgraded 4 bedroom home
 - 3 car garage, designer kitchen, A/C
 - fully finished, West backyard, media room

Sweeping Mountain Views

\$1,209,900

- 272 Edenvold Drive NW**
- custom 4 bedroom two storey walkout
 - 3 car garage, fully finished, central air
 - extensive extras, prime ridge location

LaVita Townhome

\$388,000

- 78 Hamptons Link NW**
- spacious 2 bedroom two storey walkout
 - white kitchen, 9ft ceilings, fully finished
 - backs on greenbelt, balcony, views!



Royal LePage Benchmark
308, 5149 Country Hills Blvd. NW, Calgary, AB

403.247.5555