

OCTOBER 2016

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KINCORANEWS

YOUR OFFICIAL KINCORA COMMUNITY NEWSLETTER





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Kincora Community Association

Mailing Address:

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

www.kincora.org • kincora.info@gmail.com

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FOR 1 YEAR!**

KINCORA

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.



KINCORA

Mailing Address:

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

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Good Food Box Program now available at Symons Valley United Church

The Good Food Box (GFB) is a program under the Community Kitchen Program of Calgary whereby you can purchase a mix of fresh fruits and vegetables at a very low cost. We offer all Calgarians' sustainable access to nutritious food to ensure that no one has to go hungry.

Box Options

Small Box: \$25, 20-25lbs* of fruits and vegetables
Medium Box: \$30, 30-35lbs* of fruits and vegetables
Large Box: \$35, 40-45lbs* of fruits and vegetables
*Weights are approximate. They will vary depending on product size and density.

How The Good Food Box Works

The boxes are delivered once a month to Symons Valley UC. Orders can be placed by filling out a form and ensuring completed forms are dropped off at the church office (38 Kincora Rise NW) with payment – CASH ONLY – in advance of the order date.

Upcoming Order & Delivery Dates

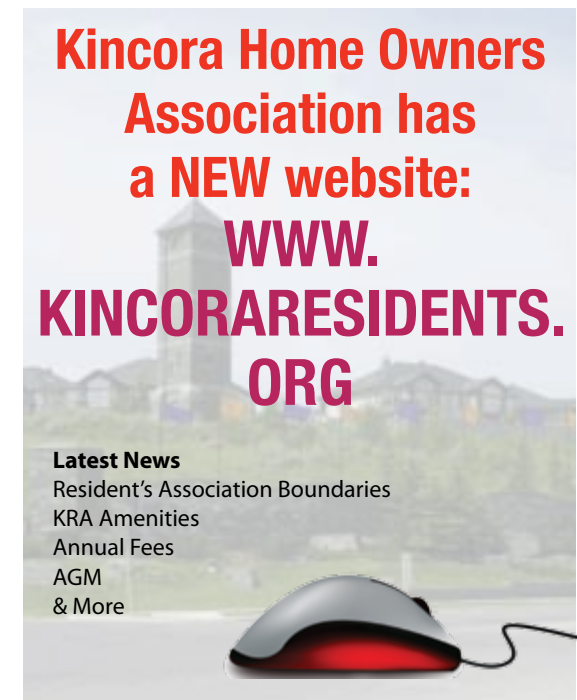
| Order Date | Delivery Date |
|-------------|---------------|
| October 18 | October 27 |
| November 15 | November 24 |

Deliveries can be picked up in the Board Room at Symons Valley UC between 7-8pm.

For more information or to request an order form please contact Karen at svuccommunications@gmail.com.



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 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) (please print carefully) | | |
| | | |
| | | |

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.

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KC OCT 2016



The Brown Creeper

By J.G. Turner
Photo credit: David Mitchell

This tree-climbing bird has a tiny, slim body that is well camouflaged with brown streaks on its back, white under parts, a yellowish bar across the wing and a buff stripe over the eye. The Brown Creeper--also known as the Tree-Creeper--is a permanent Alberta resident found in parkland, mountain and boreal forests at many elevations. These creepers are found in mixed woods but seem to prefer coniferous areas for their breeding

grounds; however, in the winter, they move to more varied environments and are easier to find in deciduous woodlands.

Fun Facts:

- The Brown Creeper got its name because it climbs (or creeps) in an upward spiral from the bottom of a tree while it forages for food. The short legs and long curved claws allow this creeper to hook into the bark.
- The Tree-Creeper uses its unique bill to probe into crevices in the bark to eat small insects and spiders.
- The male finds the materials for a nest but the female is the one that builds the nest. The male sings to the female (a high thin trill) from nearby while the female works.
- Although the Brown Creeper may pass a Nuthatch working its way from the top of a tree to the bottom, there is no competition between these birds as the Brown Creeper can reach into spots and find food where the Nuthatch cannot reach.
- Due to their tiny size and weak call, Brown Creepers are very inconspicuous birds, so it is thought that estimates of the birds' dispersal and numbers are conservative.
- You can attract this inconspicuous little bird to a feeder by offering suet (especially if it is smeared right onto a tree trunk), peanuts and bread crusts. During the winter, they will also eat seeds.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488 for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.

STEP INTO FALL

Are you thinking of becoming more active? The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:
-18 years of age or older
-Exercising less than 3 days per week
-Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:
-A pedometer (\$25 value)
-\$10 gift card
-Prize draw entry for \$1000 gift card

To participate contact:
Research Coordinator
403.210.7044 or perryr@ucalgary.ca

Ethics ID: REB15-2944
This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.



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.



| Name | Age | Contact | Course |
|----------|-----|--------------|--------|
| Justin | 12 | 403-456-0712 | Yes |
| Justin | 12 | 403-970-2073 | Yes |
| Taylor | 16 | 403-874-9691 | Yes |
| Aurora | 18 | 587-999-3843 | Yes |
| Brittany | 20 | 403-399-8966 | Yes |
| Samantha | 27 | 587-577-1463 | No |

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.

Bill's Book Café

It's the creation of a literary landmark. Join us for the launch of Bill's Book Café with Bill Ptacek, CEO, Calgary Public Library, and a local luminary. Participants are encouraged to read the featured book and come prepared for a rich and lively conversation. Watch for Bill's Book Café at your community library, but feel free to come to them all!

The first event features South East Calgary Communities Local Luminary Tom Huffaker, VP Public & Government Affairs, Imperial Oil and President, Imperial Oil Foundation, who selected the first featured book: *A River Runs Through It, and Other Stories* by Norman Maclean.

Quarry Park Library
Friday, October 28 | 7:00 pm

Author In Residence

Get inspired with the Library's Micheline Maylor!

Life Is Strange & Other Brave Leaps In Poetic Impressionism

Poetry is non-linear in nature; its insights come in flashes. Learn methods for building meaning in poetry using leaps and pattern rather than linearity. Implicit examples from poets John Wall Barger, Selima Hill, and Don Coles.

Central | Wednesday, October 5 | 6:30 pm

Improve Your Style & Find Your Voice
Improve your writing at the sentence and line level by learning the eight parts of speech and how best to craft them, as well as self-editing techniques. Every kind of writing will benefit.

Louise Riley | Tuesday, October 25 | 6:30 pm

Understanding Teens & Understanding Aging

Understanding Teens and Understanding Aging are two important series presented by the Library in partnership with Alberta Health Services. For full details, check the September-October Library Connect, available in libraries and at calgarylibrary.ca.





Halloween hazards! Keeping your Pet Safe

Happy October!

It's hard to believe but Halloween is just around the corner! Soon the streets will be flooded with little ghouls and goblins looking to fill bags full of sweet treats. Halloween is a great opportunity to meet your neighbours, admire some creative costumes and, of course, enjoy the occasional mini chocolate bar!

While Halloween is a fun time for people, it can be a scary time for pets! The strange visitors, ringing doorbell and unusual costumes may cause stress or even frighten a family pet. Just as families must take safety precautions to ensure a safe and happy Halloween for children, pet owners should be mindful of safety during the festivities. To make sure Halloween is fun for the whole family, Calgary Humane Society wants to remind you of a few safety tips for your pets!

1. Keep candy out of reach of pets! Chocolate, artificial sweeteners and certain types of nuts are toxic to animals.
2. Set up a safe space! Setting up a room with your pet's favorite items in a quiet area of the house will help to block out some of the stressful aspects of the holiday.
3. Leave Fido at home. Including the family pet on trick or treating may seem like fun, but strange costumes and fast moving children could cause your pooch a lot of stress.
4. Put a sign on the door asking trick or treaters to knock, especially if your pet reacts to the doorbell!
5. Be cautious with your costume, especially if your pet is easily frightened. Consider setting your pet up in a safe space before getting changed into your festive duds.
6. If your pet is dressing up, choose a costume that does not restrict your pet's airway or movement. Keep dress-up sessions short and watch for signs that your pet is becoming annoyed with their costume. Most pets do not like costumes so if you must dress up your pet, consider snapping a few photos and removing the costume right away.

7. Do not allow your cats to roam. A popular myth is that cats can fall victim to foul play on Halloween. While we have not seen that occur in Calgary, roaming cats can fall victim to the increased traffic or may become lost if they are frightened by all the little ghouls and goblins collecting candy.

8. Looking for more tools to help a stressed out pet at Halloween? Contact our FREE behaviour helpline at 403-723-6019 to speak to one of our behaviour consultants about different products and strategies that may work for your pet.

From all of us at Calgary Humane Society, have a safe and happy Halloween!

BRAIN GAMES

SUDOKU

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| | | | 6 | | 3 | 8 | 4 | |
| | 1 | | | 2 | | | | |

FIND SOLUTION ON PAGE 13

IN & AROUND CALGARY

Alberta Health Services: EMS

Halloween Safety

The members of Calgary's Halloween *Partners for Safety*: Calgary's Child Magazine, EMS, Calgary Police, Fire, 9-1-1, Bylaw, Transit, and Shaw Communications would like to remind parents and trick-or-treaters of some Halloween safety tips, as October 31st approaches. *Partners for Safety* vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Costumes

- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.

From conception up to six are some of the most vital years in a child's life

The Calgary NW ECD (Early Childhood Development) Coalitions consist of three coalitions who have joined forces with parents, community members, organizations and professionals, who are all working together to better the lives of young children and their families. We work hard to support five important developmental areas for children – social competence, emotional maturity, language and thinking skills, physical health and well-being, and communication skills and general knowledge. We do this through providing opportunities for parents and children to learn, grow, share, and participate in a variety of different programs, workshops, and events. We are always looking for interested parties to join our coalitions.

If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: ncecmap@weconnectyou.ca.

Halloween trivia

Pumpkins aren't just an orange vegetable; they also come in white, blue and green. Great for unique Halloween carvings!



New Website Helps Parents Manage Common Childhood Illnesses

Your toddler wakes up in the middle of the night with the sniffles, a cough and a fever. Your 5- year-old comes home from school with a red rash on their arm. Your 10-year old is hit in the head during gym class. Having a sick or injured child can be scary and not knowing how to best manage a child's illness can be daunting. Now, a new resource to help parents manage common childhood illnesses that don't require treatment in an Emergency Department (ED) is available online. Developed by a team of Emergency Department doctors and clinicians from both Alberta Children's Hospital and Stollery Children's Hospital, the HEAL (Health Education and Learning) website aims to provide families across Alberta with easily accessible and reliable information about common minor illness in children.

"We know that it can be scary when your child is sick. The good news is that there are times kids don't need Emergency Department treatment and can be taken care of safely at home," says Dr. Shirmeem Doshi, Alberta Children's Hospital Emergency Department physician.

"While children with certain illnesses such as cough, fever, or earaches may feel very uncomfortable, they are sometimes best cared for at home. The HEAL website provides parents and caregivers with credible information regarding common childhood illnesses we see in Alberta, as well as practical advice to care for their child with confidence, or help articulate their concerns to a health care provider."

Information on croup, cough, common colds, ear pain, nosebleeds, head injuries, vomiting and diarrhea, fever, febrile seizures and rashes is available on the site, including a detailed description of the illness, symptoms, treatment, and when to seek medical attention.

The HEAL website also contains videos, created by Mount Royal University students, about the staff your child will see while in the Emergency Department, as well as what to expect when coming to the hospital to

make both patients and parents more comfortable with their hospital experience.

Work on the project began five years ago when several Alberta Children's Hospital physicians and clinicians noticed the same common illnesses and injuries re-appearing in the Emergency Department.

"The health concerns featured on the website are based on the 10 most common minor illnesses and injuries seen in our pediatric Emergency Departments in Alberta that can be managed in the home environment", says Stephen Page, Registered Nurse and HEAL Project Coordinator. This resource is designed to address the concerns and questions most often raised by families in the ED."

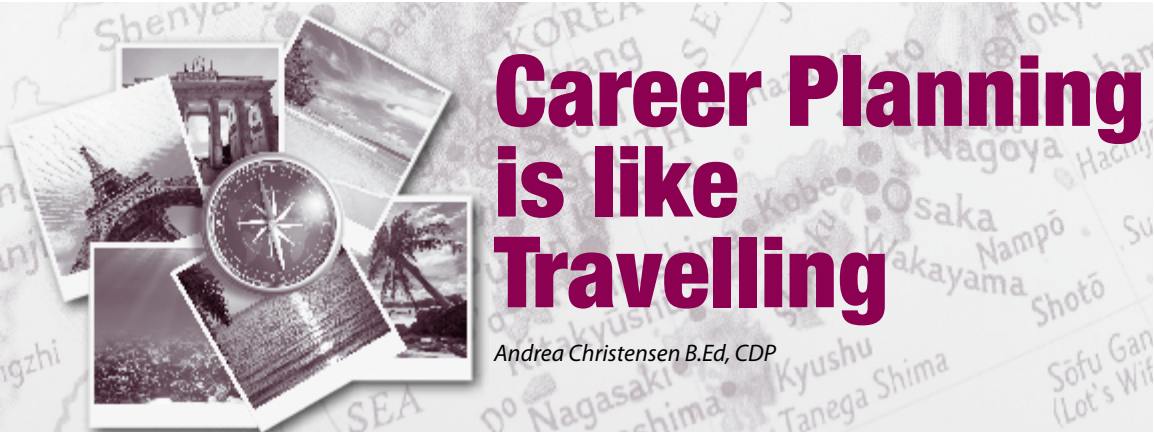
The new website is also connected with the AHS Know Your Options campaign that helps educate Albertans about the various health care options in their communities and provide accurate information on how to get the right care, in the right place for you and your family.

"The HEAL website is a tool to help families better understand common things that make kids feel unwell, and empower them with information on what can be done to care for their child at home.

HEAL is not intended to replace medical advice or care and if families are ever worried or unsure of how sick their child is, we encourage them to be seen by their family doctor, walk-in clinic, or if necessary, call 911 or go to the Emergency Department," says Doshi.

The website has been reviewed by staff and families to ensure it is user-friendly, understandable, and easy to navigate. The information is also available in a mobile-friendly format so parents and families can access it from any device.

To access HEAL, go to <http://www.ahs.ca/heal>



Career Planning is like Travelling

Andrea Christensen B.Ed, CDP

The process of career planning is similar to travelling in more than one way, but I'm not talking about one of those vacations where you park yourself on a beach for 7 days. I'm talking about taking a trip to an unfamiliar place that exposes you to new sights, and has the potential to alter your views about the world that we live in. Career guidance and planning has the possibility of uncovering some things about yourself that were hidden, or perhaps reinforce some things that you suspected, and ultimately give you a fresh perspective on what you should be doing with your life.

Sometimes people ask why one should go through the process of career planning when things won't end up like that anyway. Well, anyone who has gone on a long trip will tell you that certain destinations are pre-scheduled in the itinerary as "must-see", some things are "nice to see" and that everything else is open to where the travels may lead you. Any travel itinerary that is over-scheduled or planned to the last detail is bound to lead to disappointment and missed opportunities. However, an overall idea of where one wants to direct themselves is critical in the success of any trip.

Career planning is like that. ... You want to have an overall idea of where you should go based on your personality, values, talents and skills. Following opportunities that don't jive with your purpose can ultimately lead to job burnout, unhappiness and lack of vigor for work or life.

A career plan forces one to look into the future and consider possibilities that are desirable. With the image of this preferred future in mind, you can set goals and work towards them with success, keeping flexibility as

the key to not missing out on anything unexpected. Keep asking yourself "What do I really want?" The answer will enable you to stay focused, considering only the choices that are a good fit for you!

Andrea Christensen B.Ed, CDP, is an Independent Career Practitioner and works with teens and adults on career guidance, career transition and educational planning.

BRAIN GAMES SUDOKU

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

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Kincora Real Estate Update

Last 12 Months Kincora
MLS Real Estate Sale Price Update

| | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| 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 |
| October 2015 | \$586,450.00 | \$564,000.00 |
| September 2015 | \$489,000.00 | \$485,000.00 |

Last 12 Months Kincora
MLS Real Estate Number of Listings Update

| | No. New Properties | No. Properties Sold |
|----------------|--------------------|---------------------|
| August 2016 | 9 | 6 |
| July 2016 | 12 | 9 |
| June 2016 | 13 | 9 |
| May 2016 | 7 | 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 |
| October 2015 | 5 | 4 |
| September 2015 | 7 | 7 |

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



COUNCILLOR, WARD 2

JOE MAGLIOCCA

403-268-2430

Joe.Magliocca@calgary.ca

Calgary.ca/ward2

Facebook: Joe Magliocca • Twitter: @Joe_Magliocca

I would like to take this opportunity to wish residents of Ward 2 a Happy Thanksgiving. In spite of the economic challenges we face in both our city and province, as Calgarians we still have much to be grateful for.

This year's construction season is wrapping up and despite the many delays due to our wet summer, many infrastructure enhancements and community improvements were complete throughout the communities in Ward 2. Some of these improvements include:

- Stoney Trail / Sarcee Trail NW Interchange upgrade – to be completed by year end.
- Twinning of 112 Ave west of Sarcee Trail NW – to be completed by year end.
- Crowfoot Way NW Enhanced Crosswalk Markings & Rectangular Rapid Flashing Beacon (RRFB).
- RRFB for Crosswalk at Arbour Lake Road NW & Arbour Crest Drive NW.
- Re-development of the pathway under Symons Valley Parkway NW.
- New pathway at Robert Thirsk High School.

For Sage Hill and area transit riders Route 429 has been extended from the current terminus in Sherwood to the Sage Hill transit hub just north of the Sage Hill Walmart. This change will provide a new connection from the Sage Hill and Kincora area to the northwest LRT, as well as provide connections to Route 425 and the north central area of the city. It will also help connect the newly emerging shopping centre to surrounding communities.

Joe's Tip:
Halloween is coming up and with children excited and in costumes, please remember to slow down and be especially cautious in residential neighborhoods and around playground zones.

OCTOBER MOON CALENDAR

First Quarter
Oct 8

Full Moon
Oct 15

Last Quarter
Oct 22

New Moon
Oct 30

BUSINESS CLASSIFIEDS

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

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HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty-free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

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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KINCORA | OCTOBER 2016 15



Reap What You Sow...

By Dr. Alma Nenshi, Registered Chiropractor

What is your greatest asset? Is it your wealth, your kids, perhaps your intelligence? There is no greater asset than your health, without which you cannot live your life's full potential, physically, emotionally, or spiritually.

According to the World Health Organization, "Health is 100% function of every cell, tissue, organ and system, and not merely the absence of disease or infirmity." Anything less than 100 % function hints an underlying weakness that holds you back from living your life's full potential.

Let's take a moment to appreciate a few of the miracles of life. There are 100 billion nerve signals sending messages throughout your body this very moment! Your heart beats 3000 million beats in an average lifespan, and it's only the size of your fist! You have 100,000 miles of blood vessels in your body and you can hold 1 quadrillion (1 million billion) bits of information in your long-term memory over a lifetime. Ninety percent (90%) of your brain's resources are devoted to ensuring you are able to stand upright to gravity with good posture. You have breathed 24,000 times in the last 24 hours. And finally there are 7,000,000,000,000,000,000,000,000,000 (7 octillion) atoms that make up your adult body, all which started as two tiny cells that joined, multiplied, and differentiated in an organized fashion, creating your life and the wisdom within it to create life again.

You are naturally designed to be healthy, and the innate wisdom within you expresses health and healing through the nervous system as long as there is no interference in the communication pathways. The brain is the most adaptable organ in the human body as it has the ability to change physically and chemically based on experience and what is happening inside and outside the body. Eighty-five percent (85%) of the human genome is concerned with the brain and its development leaving only 15% for the rest of the body including the development of your heart, lungs, digestion etc.

A breakdown in spine flexibility causes a breakdown in brain-body communication, similar to driving in rush hour traffic. Signals want to move through rapidly but they may be slowed, diverted, or even blocked. Arthritis, curvatures, poor posture, unhealthy eating, inactivity, etc., all may produce constant, chronic, low levels of stress on the brain and nerves leading to functional breakdown of the cells they supply. The result may be headaches, blurred vision, neck and shoulder tension, back pain, poor balance, muscle weakness, fatigue, digestive concerns, allergies, bedwetting, learning and attention challenges, vertigo, etc.

Regular chiropractic care clinically clears the traffic jams, alleviating nerve stress and restoring your brain-body communication systems. This results in better posture and frontal lobe activation, the area of the brain that is responsible for human executive functions like learning, planning, reasoning, intelligence, and socialization. According to neurologist and Nobel Prize recipient Dr. Roger Sperry, "90% of ALL Nutrition and Stimulation to the brain comes from movement of the spine!"

So how invested are you in improving your life's greatest asset? You are worthy of enjoying the life of your dreams, it's all in your head just waiting to be nurtured and cultivated. So what's your next step?

Embrace your innate wisdom and appreciate all that your body provides. You are designed to be healthy, strong, and healing by nature. Reflect on your life and have gratitude for the gifts of experiences that have fashioned into this perfect You. Look ahead and visualize your desired future. Now make your vision a priority and resolve to take one action step today to enhance your health and move towards your goal.

After all, you do reap what you sow...

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

SUPPORTING FAMILIES WITH MENTAL HEALTH CONCERNS: Monday, Oct 3, 7-9 pm at Brentview Baptist Church, 3512 Charleswood Dr NW. Tools and strategies for caregivers of those with mental illness. No charge but limited seating, call to register 403-464-7244.

HUGE LULULEMON, IVIVVA AND TRIPLE FLIP SALE: at Triwood Community Association - 2244 Chicoutimi Dr NW; follow signs off Charleswood Drive. Big sale with 100's of used quality items. One day - Saturday, Oct 1st, 8am-Noon. Cash, Visa, MC and Debit accepted. Call 403.401.7851 or visit www.facebook.com/usedlululemonsale.

SALE OF BOOKS & LEARNING MATERIALS: ARE YOU an educator, parent, or grandparent looking for books, games, and posters? 3415 Caribou Dr. N. W. Calgary Sat. & Sun. Oct. 1 & 2, 2016, 10:00 a.m. to 2:00 p.m. Cash sales only.

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| KINCORA 2016 STATS | # OF SALES | AVERAGE PRICE |
|-----------------------------|----------------|---------------|
| Bungalow | 2 | \$580,000 |
| Two Storey/Two Storey Split | 52 | \$535,537 |
| Townhouse | 9 | \$327,544 |
| Condo | 9 | \$256,755 |
| TOTAL | 72 | |
| Average days on Market | 49 days | |

1190 EVANSTON DRIVE NW



\$399,900

Close to Shopping & Schools

- upgraded 3 bedroom two storey, A/C
- hardwood & granite, 9ft ceilings, porch
- detached garage, fenced yard w/deck

20 KINCORA GLEN RISE NW



\$589,900

Walk to Ravine & Parks

- upgraded 4 bedroom+den two storey
- granite & A/C, bonus room, hardwood
- fully finished, 2nd floor laundry, built-ins

713 EVANSTON SQUARE NW



\$329,900

Dual Master Suites!

- Streetside's Evanston Square townhome
- granite counters, hardwood & tile floors
- high ceilings, ensuite laundry, balcony

910, 881 SAGE VALLEY BV NW



\$319,900

SONOMA at Sage Hill

- sleek 2 bedroom townhome, end unit
- quartz counters, designer kitchen
- attached 1 car garage, close to ravine

321 KINCORA GLEN RISE NW



\$499,900

Central Air!

- Excel Homes 3 bedroom two storey
- fully finished, maple kitchen, bonus room
- new laminate floors, steps to playground

47 SAGE VALLEY COVE NW



\$734,900

Backing onto Park!

- upgraded 4 bedroom+den two storey
- maple kitchen, hardwood & granite, A/C
- built-in speakers, finished walkout

317, 195 KINCORA GLEN ROAD NW



\$259,900

Encore at Kincora!

- 3rd floor 2 bedroom / 2 bath condo
- 2 parking stalls, ensuite laundry, balcony
- maple kitchen, close to shopping

49 PANAMOUNT RISE NW



\$549,900

Jayman-Built with Central Air

- upgraded 4 bedroom+loft two storey
- maple floors & kitchen, huge windows
- fully finished, built-ins, close to schools



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