

MAY 2017

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KINCORA NEWS

YOUR OFFICIAL KINCORA COMMUNITY NEWSLETTER



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With a **Jayman BUILT** home, you'll get the quality you want at the best price. Visit a sales centre in these exceptional North communities and discover why you should call a Jayman home, home.



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10 front drive models to choose from. Single family homes from the **\$410's**.

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[CARRINGTON]

Limited lots remaining. New Semi-detached homes from the **\$360's**.



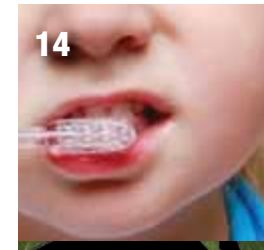
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KINCORA COMMUNITY ASSOCIATION

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

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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

Great News Publishing and Kincora Community Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

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

Give A Mile brings dormant loyalty points to life

Put your unused loyalty points into action and make a difference during someone's last days. The Calgary-based charity Give A Mile puts donated Aeroplan and loyalty program points to work by turning them into flights that bring together someone who is critically ill or dealing with palliative illness with a family member or close friend.

Plans that transfer loyalty points to Give A Mile include American Express, CIBC, Hertz and Wyndham Rewards, among others. One hundred percent of all donations go to flights of compassion and associated travel fees (taxes, transfers). The operating costs for Give A Mile are raised separately.

Give A Mile is recognized as a charity by Beyond Miles, the charitable pooling program operated by Aeroplan. In January 2017, the organization facilitated its 300th flight, reuniting a Calgarian with her dying mother in Argentina.

Visit giveamile.org to find out how your donation can make a difference.

GREAT NEWS PUBLISHING 28 YEARS

Did you know that your restaurant can put a menu in our newsletter?

YOUR INSERT HERE

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sales@great-news.ca

91 Monthly Community Newsletters
415,000 Households
152 Calgary Communities

CONSUMER CHOICE AWARDS 2017

You're invited to **PISCES PET EMPORIUM**

Customer Appreciation BBQ & SALE

SATURDAY JUNE 17TH 2017
11 am-3pm
4921 Skyline Way NE
Deerfoot & McKnight

Meet our team of pet experts & vendors. Check out our photobooth, face painting, raffle prizes, giveaways & lots of family fun!

PIJAC KC MAY 17

KINCORA

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

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Helping Your Children with Social and Emotional Skills for Kindergarten

Age 5 is a "big" age as these kids are getting ready for school! Now we have to focus on getting ready for Kindergarten and learning new skills.

Social emotional milestones at age 5 are:

- most concerned about family but are reaching out and making friends
- they are starting to learn about rules and behaviours outside of the home; they like rules as rules provide order
- becoming more independent and in control of their behaviour
- they better understand logic which leads to less tantrums and arguments
- sharing is better and they are starting to develop empathy
- they play mostly with the same gender, but are noticing more differences between genders
- may become clingy, bossy or show mixed emotions when tired
- can state family values and know that families have different values
- understanding the world around them better

Working with your child to reach these milestones is critical to a great start to school. Don't worry if your child reaches these milestones after his/her peers. Children develop differently; a guideline is that you should see these milestones be reached before they are 6 years old.

The Calgary NW ECD 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 & Thinking Skills, Physical Health & Well-being, and Communication Skills & General Knowledge. 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:

Outdoor Program Registration Open

FC Metro's Outdoor programs are open for registration now.

FC Metro's Outdoor Programs offer something for everyone including our Grassroots Academy Program for our U4-U8 Players, our Competitive TDP Academy Program for Players ages U9 & Up looking to play and train at the highest levels within a structured and positive environment; and our In-House Recreational Programs that caters to Players U9 & up that are looking for more of a relaxed environment where they can have fun and play a school-yard-type of pickup soccer.

Visit www.fcmetro.com/outdoor-2017-programs.html to register.

KINCORA AGM

It's almost that time of year again for the Kincora Community Association Annual General Meeting.

We're looking for more members of the board to help out in the community and make the decisions important to our community. This is your opportunity to learn about what's happening early and be involved and aware. If you're interested in this, you can apply at the AGM for numerous director positions.

The AGM will be held at the Symons Valley United Church on May 24, 2017. All residents are welcome and this is an opportunity to pay your annual fee to be a member of the community association.

We look forward to seeing you there!

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.



TRIVIA

Anna Jarvis, the creator of Mother's Day wanted "Mother's" to be spelled "singular possessive, for each family to honor its own mother, not a plural possessive commemorating all mothers in the world."





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.



IN & AROUND CALGARY

EMS

National Paramedic Services Week is May 28 – June 3, 2017.

National Paramedic Services Week honors the Emergency Medical Services (EMS) profession and recognizes the men and women providing this key public service. It is also an opportunity for the public to better understand the important role EMS has within both the health care system and our communities.

The year's national theme is, Paramedics: Always In Service.

Whether directly or indirectly, every Albertan has felt the importance of the service paramedics provide. Paramedics are trained health care professionals who stabilize and treat patients before and during transport to hospital. In some areas of the province, paramedics are now working side-by-side their health care colleagues in hospitals and community care facilities.

- There are over 4,000 EMS practitioners and 550 ambulances in the Alberta Health Services system province-wide;
- Approximately 5,500 patients will be transferred by fixed wing aircraft through contracted air ambulance providers in Alberta this year;
- EMS dispatch receives over 500,000 ground ambulance calls each year.

EMS practitioners across the Alberta and Canada will be celebrating National Paramedic Services Week in a variety of ways. Watch for information in your local media as well as AHS EMS Twitter and Facebook about events in your community.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million Albertans and it's more than 661,848 square kilometers. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.



2017 GOOD FOOD BOX

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:** \$25, 20-25lbs* of fruits & vegetables
- Medium:** \$30, 30-35lbs* of fruits & vegetables
- Large:** \$35, 40-45lbs* of fruits & vegetables

*Weights are approximate. They will vary depending on the product size and density.

How the GFB 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) during regular office hours (M-F, 9am-3pm) in advance of the order date. Cash only payment MUST accompany all orders. Orders cannot be placed without payment.

Upcoming Order & Delivery Dates

<i>Order Date</i>	<i>Delivery Date</i>
May 28	June 8
June 18	June 29
Sept 17	Sept 26
Oct 15	Oct 26
Nov 12	Nov 23

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

For more information and order form please visit our website (www.symonsvalleyuc.com) or email svuccommunications@gmail.com

CITY NEWS AND EVENTS

Celebrate Neighbour Day on Saturday, June 17

Do you miss the days when neighbours connected and got to know each other?

Held annually on the third Saturday of June, Neighbour Day is an opportunity for neighbours to come together in the form of a front yard barbecue, garden party, picnic, clean-up or afternoon tea in a local park to celebrate our strong community spirit in Calgary.

The idea is to meet your neighbours, make new friends, have fun and maybe work together on a project that benefits the entire community.

Make Saturday, June 17 the day you get to know your neighbours! Visit Calgary.ca/NeighbourDay for ideas to help you celebrate.

Planning a really BIG event? Special event and festival permit applications are due March 17. Block party and greenspace permit applications are due May 26.



BRAIN GAMES SUDOKU

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4	6	2						
		3			1			5

FIND SOLUTION ON PAGE 18



BOW CLIFF CENTRE 50+

ANNUAL

GARAGE SALE & CAR TRUNK SALE

SATURDAY, MAY 27, 2017

8AM TO 1PM

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Blue Cart Recycling Tip of the Month

Say no to Stringy Things!

Hoses, electrical cords and rope, oh my! Because they get caught in the machines at the recycling facility, keep stringy things out of your blue cart.

If it dangles, it will cause a tangle! Please do not put these items in your blue cart.

- No garden hoses
- No rope, string or yarn
- No electrical cords, cables or wire
- No Christmas tree lights

What should I do with these items instead?

- If the item is still usable, consider donating to charity, giving to family or friends or posting on an online bartering site like Kijiji.
- If the item is broken, it should go in your black cart as garbage.
- Still not sure what to do with your stringy item? Use the online search tool at calgary.ca/what-goeswhere to find the answers.

Green Cart service is coming to your home

As the Green Cart program rolls out this year, you'll see how a small change to your routine can cut your garbage in half and turn your food and yard material into valuable nutrient-rich compost. Here's what homeowners can expect from the program.

You'll receive everything you need to get started

When your green cart arrives look inside to find:

- Kitchen pail and samples of compostable bags to collect food scraps

-Samples of paper yard waste bags to use when your cart is full

-Instruction guide

-Collection schedule

You'll be amazed at how much can go in



All food and yard waste can go in the green cart. You can even put in things that you can't compost at home like meat, bones, cheese, bread, pasta, branches and pet waste too.

These materials can be safely composted because the material reaches and maintains a temperature of at least 55 degrees Celsius during the composting process, which kills any harmful bacteria.

Green carts will be rolled out by quadrant

Once everyone in your quadrant receives their carts, weekly green cart pick up will begin and garbage collection will move to once every two weeks.

Once the community rollout schedule is finalized it will be available on calgary.ca/greencart.

Live in an apartment or condo?

By Nov. 1, 2017 your building is required to separate food and yard waste from the garbage for composting or diversion. Talk to your building owner or manager or visit calgary.ca/multifamily.



Positive Habits Last a Lifetime

When parents and other caregivers have healthy eating habits, that's what children learn.

The eating habits children learn in their early years (birth to six years) last a lifetime. From a young age, we start to learn about food and eating by watching others. When parents and other caregivers have healthy eating habits, that's what children learn.

Ellen Parker's two boys Henry, 3, and Oliver, 5, are learning about healthy foods and healthy eating. She regularly gives them foods such as smoothies with spinach and quinoa and she grates vegetables onto pizzas and into veggie burgers. "They don't even know that they're eating healthy food," she says.

Here are other ways to make healthy eating a habit in your family.

Offer three meals and two to three snacks a day at regular times. Knowing when they'll be eating next helps kids feel safe and keeps them from wanting to eat throughout the day. If your child refuses to eat during a meal and asks for a snack 20 minutes later, it's okay to say no. Simply let them know they need to wait until the next meal or snack time.

Offer new foods often. It can take 15 or more tries before your child accepts a new food. Try offering small amounts of new food at the start of meals when your child is most hungry. Include food that your family likes

to eat along with new food prepared in different ways.

Offer choices. Try serving your family a variety of colourful vegetables, fruits and other healthy food, and let your child pick their own food from what you serve. Encourage them to take small amounts at first, and offer more if they are still hungry.

Think beyond a single meal or snack. Once in a while your child may eat little or nothing at a meal or snack. This is natural. Over time, children usually adjust what they eat at other meals and snacks.

If your child won't eat meat and alternatives. You could offer different types of fish, poultry and lean meat. You may need to offer them many times and prepare them in different ways. Other tips: try soft meats such as ground meat or poultry, or dice meat into small bites that your child can easily chew. Meat can also be more appealing when you add it to soups, stews or tomato sauces. And you can offer other sources of protein such as tofu, beans and legumes, or fish.

If your child won't eat vegetables, you can try these tips. Add vegetables such as carrots, zucchini and beets to soups, stews, casseroles, stir fries or sauces. Cook vegetables to different textures and tastes—such as raw or lightly cooked.

If you're worried your child is not getting enough nutrients, talk to your healthcare provider. For more tips, visit healthyparentshealthychildren.ca.

SAFETY SYNC
ONLINE SAFETY MANAGEMENT SYSTEM

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

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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.

Pecha Kucha

is a presentation style where the presenter shows twenty slides, each for only 20 seconds. But the word pechakucha is also the Japanese word for "chit chat".

CBE BOARD OF TRUSTEES

Website: <http://www.cbe.ab.ca> • Email: boardoftrustees@cbe.ab.ca

Message from the Calgary Board of Education Board of Trustees

Provincial Budget Announcement

We received the provincial budget on March 16 and are pleased that the Province continues to prioritize public education.

We are the largest school board in the province, representing about one-sixth of all Alberta students. Next year alone, we will welcome over 2,000 new students into our classrooms, bringing our enrolment to over 121,000 students. Each of our students deserves the high quality education that Calgary families have come to expect.

This government has stated it wants to protect and improve public education. Providing funding for each and every child is the responsibility of the provincial government. Even with funding for enrolment growth, we will still have a gap between the amount we receive, and the amount necessary to maintain current educational service levels for our students. Therefore, we are worried that government funding may not be able to protect and improve public education.

We are committed to working with the provincial government and our staff and parents to continue to make decisions based on our values; students come first, learning is our central purpose and public education serves the common good.

We support the government's intention to make life more affordable for all families with the introduction of Bill 1: An Act to Reduce School Fees. We also have some concerns about this. Our initial analysis indicates that about one in four students who currently ride a yellow school bus will benefit from Bill 1. The rest could see fees increased and services reduced or eliminated.

With Bill 1, the government has taken over responsibility for setting service levels and the related fees. We are worried that we will be required to make decisions contrary to what we heard from parents last year during our transportation engagement.

We look forward to working with the government to ensure we protect and improve public education for each and every student.

More information about the CBE's budget will be shared on our budget information page as it becomes available. You can also share your feedback with us through the form online at www.cbe.ab.ca/budget

Canada 150

Schools across the country are celebrating the 150th anniversary of Canadian confederation in 2017. Throughout the year, we'll be sharing stories from CBE schools that highlight how students and teachers are marking this milestone. Check our website regularly, as we will be posting stories throughout the year.

Follow the Calgary Board of Education on Twitter @yycbedu



The Indoor Gardener

by Cindy DeJager

Peace Lily (Spathiphyllum wallisii)

Peace Lilies are native to the South American rain forests where they grow on the forest floor. The soil is rich in peat moss and humus, providing the plant with decayed organic material, bark, and aeration for the roots.

The rain forests are warm and humid, and being on the forest floor under the cover of the tall trees provides shade from the hot sun; this is the perfect growing environment for Spathiphyllum.

So, what is the perfect growing environment for a Peace Lily in your home?

Simulate the natural environment of the forest floor where the sunlight is indirect and dappled; a north or western exposure is the best. Keep your lily about 6 – 8 feet away from the window; this allows for consistent light levels; maintain temperatures 65 – 80 degrees Fahrenheit and avoid cold drafts. Misting your lily often provides humidity and keeps the leaves clean and glossy allowing for better photosynthesis. Rich potting soil with humus or peat moss, such as an orchid type of soil will allow for drainage and the necessary aeration for the roots. Avoid potting mixtures that contain soil as they will be too heavy and may contain fungus or pests, and may also contain fertilizer, which the Peace Lily needs very little of.

Even when we provide all the necessary requirements for our lily, we may still see some symptoms of problems. The most common symptom is brown leaf tips. This could indicate that your Peace Lily has too much light or too much fertilizer.

A droopy Peace Lily is wilted, usually from a lack of water, but will recover quite quickly. Be sure to water your lily until the excess water runs out the bottom of the pot. A Peace Lily that droops often (more than once a week) may mean that it needs to be re-potted.

AHS: Oral Health



Oral Health: It's About More Than the Mouth

Most of us know that diet and exercise play an important role in keeping us healthy. Did you know that a healthy mouth is also an important part of your overall health?

Although the mouth is part of the body, we often think of it as something separate. Mounting evidence tells us otherwise.

Poor oral health is not only associated with potentially significant and lifelong health problems as diabetes, heart disease and respiratory illness, it has also been linked to pre-term and low-birth-weight babies.

Anyone who has experienced poor oral health can also attest to the negative impact it has on overall quality of life. Mouth pain, missing teeth or oral infections can influence the way a person speaks, eats and socializes, affecting their physical, mental and social well-being. Oral health problems can also be a sign of something more serious, including oral cancer.

The good news? Good oral health is something we can all maintain. Make it a habit to brush teeth at least twice a day with fluoride toothpaste (in the morning, and before bedtime), drink tap water with fluoride to prevent tooth decay. Be sure to visit an oral health professional regularly and ask about additional fluoride treatments to keep your teeth strong.

If you are experiencing signs of oral health concerns, including bleeding gums or irritation or pain in the mouth, don't ignore it. Visit an oral health professional.

To help prevent tooth decay in children at higher risk and in financial need, AHS delivers a preschool fluoride varnish program for eligible children aged 12 to 35 months, and a school-based fluoride varnish and dental sealant program for children in Kindergarten to Grade 2 and Grades 1 and 2, respectively.

For more information on oral health and AHS oral health services, visit www.ahs.ca/oralhealth.



BUSINESS CLASSIFIEDS

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

CALGARY FENCE & DECK: We are a trusted and referred leader in wood fence and deck construction. Specializing in fence and deck removal and replacement using pressure treated lumber. Call today for a free on-site quote. 403-461-6682. www.calgaryfence.ca.

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.

JEFFREY ELECTRIC: Friendly professional electrical service for your next residential project, large or small. City Qualified Trade, Master Electrician, insured, licensed, certified, bonded. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Sub-panels, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

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COMMUNITY ANNOUNCEMENTS

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

◆ Forty word limit

27TH ANNUAL CALGARY INTERNATIONAL FESTIVAL OF PINS: August 26-27, 2017. 9:00 A.M. to 5:00 P.M. Free Admission. Chapelhow Legion 606 38th Avenue N.E. Food donations to the Veteran's Food Bank will be gratefully accepted during the Festival. Bring along your pins to trade or sell, along with purchasing pins from vendors from across Canada. We also have hourly door prizes and a silent auction.

CALGARY PUBLIC LIBRARY

CALGARY PUBLIC LIBRARY

Walk150: Make Calgary feel like home, one step at a time!

Walk through Calgary neighbourhoods with Lori Beattie, author of *Calgary's Best Walks*, and discover new and familiar places with multilingual guides available.

Various Library Locations & Dates to Accommodate Your Schedule

Walk150 takes place in May & June

Book Discussion Groups

May Theme: Great Canadians!

Travel the world of ideas while talking about your favourite Canadian author or book that made you love Canada just a little bit more. Bring your book to a lively, facilitated discussion. No registration required.

Various Library Locations & Dates to Accommodate Your Schedule

Bill's Book Café with Julie Van Rosendaal

Join Library CEO Bill Ptacek & local cookbook author Julie Van Rosendaal on a rich culinary journey as they talk about *Feast: Recipes and Stories from a Canadian Road Trip*.

Alexander Calhoun Library

May 12 | 7 pm

Sage Hill Library

Temporary location to open in June! Visit our website for details.

To register or learn about other events, visit calgarylibrary.ca or call 403.260.2620.

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Gardening by the phases of the moon

May 2 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.

May 10 Full Moon (waning)

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

May 19 Last Quarter (waning)

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

May 25 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.



Kincora Real Estate Update

Last 12 Months Kincora

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2017	\$528,800	\$515,000
February 2017	\$627,000	\$606,500
January 2017	\$542,400	\$525,000
December 2016	\$529,900	\$522,800
November 2016	\$582,400	\$566,250
October 2016	\$487,400	\$478,000
September 2016	\$529,900	\$517,000
August 2016	\$502,450	\$493,500
July 2016	\$550,000	\$550,000
June 2016	\$549,900	\$535,000
May 2016	\$544,950	\$528,500
April 2016	\$504,900	\$487,250

Last 12 Months Kincora

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
March 2017	10	7
February 2017	14	4
January 2017	4	4
December 2016	3	5
November 2016	7	6
October 2016	8	6
September 2016	13	9
August 2016	7	6
July 2016	9	9
June 2016	12	9
May 2016	6	12
April 2016	14	4

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



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

I've received overwhelmingly positive feedback from you and many other Albertans about my Private Members Motion 505. Timely construction of pipelines is the means to secure energy independence, economic prosperity, good paying jobs, and the rejection of dictator oil!

As businesses in Alberta are struggling, and the size of our government keeps getting bigger, our government has decided that now is the time to review our labour laws. This opens up the door to new rules such as allowing non-secret union certification votes and limiting the ability of employers to hire replacement workers during a strike. As if our investment climate wasn't bad enough, this NDP government is causing further instability and providing less incentive for job creators to invest in Alberta. With only a five-week consultation process, I fear that the decisions have mostly already been made and new labour legislation is sure to follow.

One thing that concerns me is the emerging oligopolistic character of the Alberta oil patch. By way of mergers and acquisitions, a handful of local oil companies are dominating business in Alberta. My assessment is that given the low price of oil, and a comparatively unfriendly business climate here, many multi-nationals are choosing to redeploy their scarce capital into more favourable geographic markets like Saskatchewan and Texas. Alberta based companies are spending billions to buy these producing and near-producing assets, but this means they now have far less money to invest in new development projects. Many of the job losses we have seen in Calgary are from engineering, construction and support services directly related to cancelled and delayed oil sands projects.

Speaking of consolidation, unification of political parties of various stripes is a hot topic these days. The Alberta Legislature currently has members elected from five different parties, the most of any province. It seems to be the will of many people that a consolidation of political parties and their leadership should occur over the next few months, well in advance of the next provincial election. I encourage anyone who is concerned about the future of this province to get involved in the political process and have your say in determining the outcome.

I always feel secure and blessed when I think of my mother, always watching and blessing me from up above. I encourage you to do think about and do something special for your own mother on May 14!



Councillor, Ward 2
Joe Magliocca
 403-268-2430
Joe.Magliocca@calgary.ca
Calgary.ca/ward2
 Joe Magliocca
 @Joe_Magliocca

Many residents in Ward 2 have shared their concerns and suggestions with me on how to improve our public transit network in northwest Calgary. I have been working with Calgary Transit to ensure that some of these suggestions will be implemented. One significant improvement that has been implemented is the new transit service to Nolan Hill, which is the new Route 82. The new Route 82 connects Nolan Hill to the Sage Hill Hub (Walmart), the Brentwood LRT Station and to the Beacon Hill shopping centre. This route also provides bus stops near the communities of Sage Hill, Sherwood and Kincora. Route 82 runs every 30 minutes during peak hours. For more information on the new Route 82, please visit www.calgarytransit.com.

Calgary Transit has also changed the name of Route 429 Sherwood to Route 129 Dalhousie – Sage Hill to better represent the connections available on the route.

We are continuing to evaluate options for improvements to transit in the Evanston community so that there is a better connection to major destinations like the downtown. If you have any comments or suggestions on how to improve transit routes in your community, or to advocate for better transit services, please contact Calgary Transit at www.calgarytransit.com/sr or my office via webmail at www.joemagliocca.ca.

Held annually on the third Saturday of June, Neighbour Day is an opportunity for neighbours to come together in the form of a front yard barbecue, garden party, picnic, clean-up or afternoon tea in a local park to celebrate our strong community spirit in Calgary. The idea is to meet your neighbours, make new friends, have fun and maybe work together on a project that benefits the entire community. Mark Saturday, June 17 on your calendar and visit www.calgary.ca/NeighbourDay for ideas on celebrating Neighbour Day.

BRAIN GAMES SUDOKU

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



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
Queenie	13	778-928-4577	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.

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KINCORA 2017 STATS	# SALES	AVERAGE PRICE
Bungalow	0	-
Two Storey	16	\$548,302
Townhouse	2	\$309,000
Condo	3	\$278,333
TOTAL	21	
Average Days on Market	45 Days	

Backs on Ravine



\$649,900

260 Kincora Heights NW

- sunny 4 bedroom+bonus rm two storey
- maple kitchen, finished walkout, A/C
- hot tub, hardwood & tile, steps to park

Rock Lake Estates



\$949,999

84 Rockcliff Point NW

- custom-built 4 bedroom+den two storey
- hardwood, fully finished, 3 car garage
- designer kitchen, granite, cul-de-sac

Ridge Lot



\$949,900

59 Evansridge View NW

- custom-built 3 bedroom+den two storey
- hardwood, 3 car garage, finished walkout
- upgrades/extras, views, gourmet kitchen

Golf Course Home



\$1,378,000

39 Hamptons Close NW

- custom 5 bedroom+loft two storey, A/C
- finished walkout, hot tub, 3 car garage
- cherrywood kitchen, tile floors, hot tub

Cul-de-Sac



\$569,900

34 Tuscany Summit Grn NW

- Cardel 3 bedroom+flex room two storey
- hardwood & granite, bonus rm, great room
- maple kitchen, fenced backyard, by ravine

Walk to Schools



\$539,900

69 Sandalwood Court NW

- Jayman 3 bedroom+den two storey
- South backyard, newer roof, fully finished
- Brazilian cherry floors, granite, cul-de-sac

Backs on Ravine



\$429,900

12 Nolan Hill Heights NW

- upgraded 3 bedroom 3 storey townhome
- 2 car garage, end unit, quartz counters
- designer kitchen, 2 decks, fireplace, views

South Backyard



\$329,900

72 Berkley Close NW

- sunny 4 bedroom / 2 bath half-duplex
- newer roof & flooring, fully finished
- cul-de-sac, basement suite, fireplace



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