

SEPTEMBER 2017

DELIVERED MONTHLY TO 2,000 HOUSEHOLDS

KINCORANEWS

YOUR OFFICIAL KINCORA COMMUNITY NEWSLETTER

**STAMPEDE BREAKFAST
THANK YOU**

**NW BABYSITTING
CO-OP**

THE SVAS SURVEY



SERVING THE COMMUNITY

FOR OVER 8 YEARS



New Patients Always Welcome!


- General & Family Dentistry
- Emergency Patients Welcome
- IV Sedation for Extraction
- Implants

*All procedures performed by General Dentists
Drs. REDDY, JAFFER, PARMAR

CALL NOW
403.730.8020

WWW.CREEKSIDECLINICDENTAL.COM
 4-12192 SYMONS VALLEY RD. NW CALGARY





divine

intervention

Eligible Entrepreneur

Our 6'1, fit and handsome bachelor is a catch. Driven, well educated and down-to-earth, this dynamic, well traveled and successful entrepreneur enjoys life with a very flexible schedule.

He loves outdoor sporting activities, staying fit, and spending time with family and friends.

He is looking for a very pretty, slim, feminine, smart, 5'5" +, activity loving lady (age 28-38) who wants to build a family.

Contact in confidence (fees paid by client)
info@divinematchmaking.com
divinematchmaking.com | 403-456-4870



Letter to the editor

Dear Great News Publishing,

Please **DO NOT** run my ad next month. My ad has been **WAY TOO EFFECTIVE**. My phone won't stop ringing with people saying they saw my ad in the newsletter. I'm amazed at how well this worked!

Thanks for all your help,
 Sincerely,
 Laura
 Owner of Buds and Blooms

Contact us today to find out how you can make this customer's experience your reality!

403-263-3044
sales@great-news.ca

*Actual customer experience.

CONTENTS

| | |
|----|---|
| 5 | KINCORA RESIDENTS ASSOCIATION ANNUAL GENERAL MEETING |
| 7 | GOOD FOOD BOX |
| 7 | STAMPEDE BREAKFAST THANK YOU |
| 9 | NW BABYSITTING CO-OP |
| 10 | GET TO KNOW YOUR LOCAL FARMERS' MARKET: ALBERTA APPROVED AND PUBLIC |
| 12 | SYMONS VALLEY AMENITIES SOCIETY |
| 14 | REAL ESTATE UPDATE |
| 16 | AT A GLANCE |
| 18 | MY BABYSITTER LIST |
| 18 | FOR ART'S SAKE: VOLUNTEERING IN THE ARTS |





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

Delivered monthly to 2,000 households and businesses for 2 years!

Editorial Submissions

kca.ads@gmail.com
All editorial submissions must be submitted by the 7th
of the month for the following month's publication.

Advertising Opportunities

403-263-3044 | sales@great-news.ca
All advertisements must be submitted by the 1st of the month for the following month's publication.

Published by Great News Publishing

Serving Calgary communities for 28 years
87 newsletters reaching over 391,000 households
in Calgary and surrounding areas.

#34-4550 112 Ave SE
Calgary, AB
T2C 2K2

Check out our website:
www.great-news.ca



The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of the Kincora Community Association and Great News Publishing.

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 | |
| Weather Information | 511 |
| Gamblers Anonymous | 403-237-0654 |

The Kincora Residents Association

Annual General Meeting

has been scheduled for **Wednesday, September 13** at the Symons Valley United Church for 7pm. Please head to www.KincoraResidents.org to see agenda items. Your attendance helps direct the boards future decisions and is greatly appreciated.



BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 11

KINCORA

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

KCA Board of Directors

| | |
|---------------------------------|-----------------|
| President | Annie Dudder |
| Past President | Bruce Simpson |
| Treasurer | Erin Wilson |
| Director of Events | Sarah Kromm |
| Director of Communications | Jeff Clemens |
| Director of Sponsorship / SVLAS | Kris McPherson |
| Secretary | Carolina Rojas |
| Director of Website | Travis Merrick |
| Director at Large | Kunle Williams |
| Directors of Volunteers | Harick Hundal |
| Director of Membership | Kerry Vizbar |
| Director at Large /SVLAS | Christina Nsiah |

NOTE: SVLAS = Symons Valley Leisure Amenities Society

JOIN US ON
facebook
facebook.com/KincoraCommunity

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.



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

| Order Date | Delivery Date |
|----------------|----------------|
| 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

Stampede Breakfast Thank You

Once again the community has come together for an amazing Kincora Community Association Stampede Breakfast. Without the help of our sponsors we would never be able to hold something as amazing as this.

These sponsors have shown with their involvement that they are more than just a business in the community. Through their support they help to build and connect our community and show how much they care.

In no particular order we want to send out a huge thank you to these businesses:

Atco
Calgary Coop Creekside
City of Calgary
Creekside Dental
Easy Auto Glass
Islamic Supreme Council of Canada
Kincora Residents Association
Loblaws City Market Sage Hill
Momentum Health
MountainView Remax – Richard Fleming
Pengrowth Energy Corporation
Serene Escapes Day Spa
Servus Creekside
Sobeys Nolan Hill
Starbucks Creekside
Tammy K Hair Design

We also want to thank our amazing volunteers for the event. Without you, this wouldn't be possible.

One of the definitions of the word community is, "a feeling of fellowship with others as a result of sharing common attitudes, interests and goals." You bring these words in to action. Yesterday you showed up, dedicated your time and helped with the heavy lifting, in order to ensure a successful event which allows our neighbours to come together and enjoy each other's company. We are very fortunate to live in one of the best communities in the entire city.



FOCUS DENTAL

Providing Dental Care for your whole family

106, 4625 Varsity Dr. NW Calgary T3A 0Z9
403.265.4553

SERVICES OFFERED:

Fillings
Same Day Emergency Treatment
Nightguards and Sportsguards
Extractions
Crowns and Bridges

Children's Dentistry
Teeth Whitening
Full and Partial Denture
Root Canal Therapy

Accepting New Patients
Emergencies Welcome
We offer direct billing
Same Day Treatment Provided
All services provided by a general dentist



Dr. William Wei

www.focusdentalcalgary.com



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.



NW Babysitting Co-Op

Need a little time to yourself? Have errands to run and taking the kids slows you down? You and your spouse could use a date night? But who can you trust with the kids?

For more than 20 years moms in NW Calgary have been swapping childcare for free! The Caring Parents Babysitting Co-op started with three moms who just wanted to get out of the house once a week and has evolved into a more formal organization while still maintaining a warm, friendly, and caring atmosphere. It's really about moms helping other moms.

"It's been a lifesaver," says Megan, one of the members of the co-op. "I'm able to volunteer at the school frequently while another mom from the co-op watches my toddler. My daughter loves going to play with the other children from the co-op."

Another co-op participant, Bev, remarked on the benefit of being a member of a community of mothers, "The best part of the co-op for me is the community. Meetings are a great time to talk about parenting and the phases kids go through. I recall specifically talking about potty training and what worked for each of us. It helps to feel I'm not alone. We're all having some struggles and, within the co-op, other moms are willing to offer help and support!"

Potential members are interviewed by two current members and their home is evaluated with a view to child safety. Candidates for membership are given a copy of the group's policies and the opportunity to ask questions about the expectations of the co-op.

Members use poker chips as a form of currency to keep the trading of babysitting time fair and easily tracked. Babysittings can take place in the children's home or the sitter's home, whichever arrangement is mutually satisfactory. Eligible families must be non-smoking, live in the limited geographic region (Kincora, Hidden Valley/Hansen Ranch, Sandstone, MacEwan, Beddington and Panorama Hills), be willing to provide a police record check, agree to abide by the policies of the co-op, attend monthly meetings and be willing to both babysit and have their own children sat by others, during the day or evenings.

Membership is limited to 25 families. The focus for new membership is on families with very young children (under 4 years old). This unique organization is currently accepting new members and information can be found at <http://nwbabysittingcoop.wix.com/caringparents>.



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.



Get to Know Your Local Farmers' Market: Alberta Approved and Public

In Alberta, there are two different types of markets – Alberta approved farmers' markets and public markets. Both types of markets involve a gathering of vendors who sell their products directly to consumers. The difference lies in the ownership/management of the market and the privileges accorded to each type of market. One is not better than the other – they are simply different.

An Alberta approved farmers' market is one that has been approved by Alberta Agriculture and Forestry (AF) and as such meets the requirements of the program guidelines that have been approved by the Minister. These include:

- Being sponsored by a not-for-profit community group, local Chamber of Commerce, municipality or agricultural society or forming their own not-for-profit society under the Societies Act. Privately-owned markets are not eligible to operate under the banner of an Alberta approved farmers' market.
- Operate under the direction of an advisory body or board of directors. Public markets typically have for-profit ownership and there is no requirement for an advisory body or board of directors in that situation.
- 80 per cent of the vendors are Albertans who meet the "make it, bake it, grow it" criteria; the remaining 20 per cent of the vendors are selling products that complement the market mix.
- Sale of any used good or flea market products are prohibited.
- Must operate for no less than ten days per year and for two hours per market day.
- Have at least one vendor meeting per year.
- Have developed a set of rules which govern the operation of the market.

- A copy of these rules must be made available to AF and all the vendors at the market.
- Adhere to the administrative requirements of the program.
- As an approved farmers' market, it receives the following benefits:
 - All markets follow the same guidelines that set minimum standards thereby strengthening the markets across the province.
 - Approved farmers' markets are recognized as such in Part 3 of the Alberta *Public Health Act* Food Regulation.
 - Only Alberta approved farmers' markets can use the official mark - Sunnygirl - in their advertising and promotion and can make arrangements to use the Sunnygirl logo on highway signage.
 - Alberta approved farmers' markets can take advantage of the free promotion provided by AF.

A public market is generally one that is privately-owned and includes all types of operations, including flea markets. As a public market, each food vendor must have an individual food permit and be operating in a Health-approved facility. Most municipalities require each vendor at a public market to have a business or peddler's license, whereas often only a single license is required for the approved farmers' market because of its not-for-profit status. A public market does not receive any of the above noted benefits enjoyed by an approved farmers' market. To find more information about farmers' markets near you visit www.agric.gov.ab.ca.

With copy via alberta.ca.

YOUR CITY OF CALGARY

Never miss a collection day – Get a reminder every week

We know life is busy, so when it's time to put your carts out for collection we'll remind you. Enjoy the convenience of getting a reminder along with useful tips for using your green, blue and black carts.

Sign up for free collection day reminders in **three easy steps**:

1. Go to calgary.ca/collection and type in your home address.
2. Select "Get a reminder" and choose the type of reminder you'd like to receive including text, email, phone call, embed the schedule into your online calendar, etc.
3. Provide your contact details and we'll remind you of your collection day in advance.

There's also an app

A free 'Calgary Garbage and Recycling Day' app is available for iPhone and Android devices too. The app gives you instant access to your schedule and you'll also receive notifications before your collection day to let you know which carts are being picked up.

BRAIN GAMES SUDOKU

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

Starchevski SCHOOL OF BALLET
 Directors: **Kristof Star** former principal dancer of Alberta Ballet
Hanna Starchewski MA degree in ballet
 200 Country Hills Ld NW, Calgary
Cultural treasure in a State of the Art studio
 Ages 3 to Adult - Pre-ballet to professional & jazz
Register Online for 2017/18 season!
www.ssballet.ca
 403 226-8874

Calgary Registry Services

Ph 403.286.6824
Fax 403.288.9677
Mon - Fri 9am - 6pm
Sat 9am - 5pm
Sun closed

- License Plates
- Drivers Licenses
- Learners Permit
- Fine Payments
- Road Testing
- Lien Searches
- Land Titles
- Birth Certificates
- Marriage Licenses
- Corporate Registry
- Boat Books
- Commissioner for Oaths
- Alberta Health Care

Unit 312, 5149 Country Hills Blvd. NW
 (Across from Hamptons Superstore)
www.calgaryregistry.com

SAFETYSYNC

Manage Your Workplace Safety

safetysync.com

Blue Cart Recycling Tip of the Month

Make a difference, one straw at a time

Did you know? Plastic straws and cutlery **can't** be recycled in the blue cart. These small plastic items are too small to be sorted at the recycling facility and end up contaminating the proper recyclables instead.

Here are a few tips to follow:

- Refuse. Unless you actually need a plastic straw or cutlery don't take one.
- Reuse. Wash and reuse plastic straws and cutlery a few times before disposing in the garbage.
- Keep reusable cutlery on hand so you'll always have something to use.

If you're not sure what to do with an item, find the answer on the online search tool at calgary.ca/whatgoeswhere.



Farewell to the Leaf & Pumpkin program

The City of Calgary will no longer be offering the community Leaf & Pumpkin drop off sites this fall. With the roll out of the Green Cart program, residents will now have a convenient option to compost their yard waste right at their door.

For residents that would like to remove their yard waste quicker, a Fall Yard Waste program will be available from September 29 to October 29, 2017. If you choose to, you can bring yard waste to a City landfill for free composting at that time. More details can be found at calgary.ca/yardwaste. Please do not bring yard waste to former Leaf & Pumpkin depot sites.

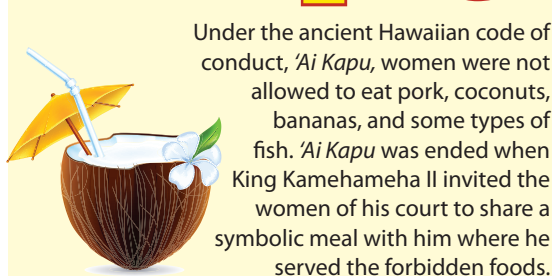
Thank you to Calgarians for helping to support the Leaf & Pumpkin program for over 20 years!

SYMONS VALLEY AMENITIES SOCIETY



Are you a resident of the Symons Valley Area?

If you live in Kincora, Nolan Hill, Sage Hill, or Sherwood, then YES... you are! The City of Calgary has set aside some land in Symons Valley for future recreation amenities. Members from the four communities have formed the Symons Valley Leisure and Amenities Society (SVLAS) with the purpose of fundraising money to develop recreation amenities that meet the needs of our residents. We want to hear from you! Please take the survey online at the following link by October 31, 2017: www.surveymonkey.com/r/symons-valley-amenities-society. Help us build our community together. Please watch for more information updates in the community newsletters and on social media.



Happy September!

We hope you all had a great summer! At Calgary Humane Society, we are winding down from another successful season of summer camps that saw hundreds of compassionate children and teens spend a summer learning how to care for animals.

Helping animals is a great way for kids to become involved with their community! Many children feel a connection to the natural world and enjoy learning about animals of all shapes and sizes, but these interactions build more than just knowledge! Research has shown that children who spend time with animals learn enhance many social skills including:

- **Empathy** – Empathy is considered by many psychologists to be the root of “pro-social” behavior. Pro-social behaviors are the behaviors that allow us to build relationships, maintain friendships and connect with our communities. Interacting with animals allows children to practice skills of non-verbal empathy as they try to understand how an animal is experiencing the world.
- **Compassion** – Empathy is a foundation for understanding others, but compassion moves those feelings into action. Through acting compassionately, children learn that they can have a profound impact on the community around them and that they play a key role in “creating the world they want to live in”.

- **Respect** – When children help others they learn more about why other people (and animals) sometimes need help, and why needing help is not a bad thing. Through helping animals, children learn that even the smallest fish deserves to have good food and a safe home by virtue of being a living, thinking, feeling being.

Are you looking for a great way for your child to become more involved in helping animals? We would love to help! While our minimum age to volunteer is 16 (for safety reasons) we have many great programs for kids of all ages!

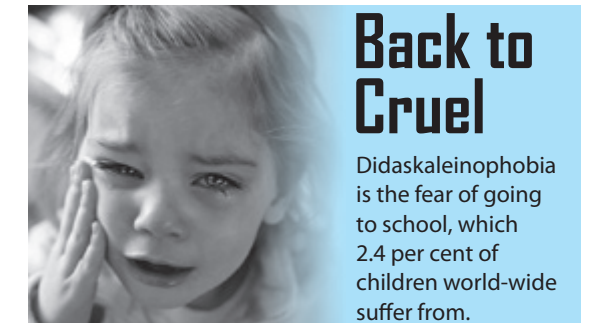
• **Attend a youth program!** Children in our kids' clubs and youth programs get to participate in select animal interactions with carefully chosen animals and complete fun activities with animal loving peers!

• **Party with a purpose!** Check out Calgary Humane Society's birthday party program and spend your next birthday with us! Our experienced birthday staff lead the party for you – all you do is bring the cake and presents!

• **Collect donations/wish list items** – Another great way to get kids involved in helping is to raise funds or collect items for animals in need! Kids who collect donations for the shelter can book a special 'behind the scenes' tour with our humane education department too!

• **Take great care of your pets!** Your child can be an “ambassador” for great animal care by encouraging them to learn more about your pets and help with their care.

Looking for more information on our programs or more ideas on how to get your child involved in helping animals? Our Humane Education team would love to help! Visit www.calgaryhumane.ca or call 403-205-4455 for more information.



Back to Cruel

Didaskaleinophobia is the fear of going to school, which 2.4 per cent of children world-wide suffer from.

Huntington Hills Skating Club

Programs run out of the
Huntington Hills Community
Centre and VIVO



COME SKATE
WITH US!

BEGINNER COMPETITIVE RECREATIONAL

Learn to Skate | Canskate
Pre-Power | Adult
Intro to Figure Skating
Figure Skating programs

National Certified Programs taught by
National Certified Coaches

REGISTER ONLINE

www.HHskatingClub.com

Twitter Facebook Instagram @HHskatingClub

403-275-6061



Kincora Real Estate Update

Last 12 Months Kincora

MLS Real Estate Sale Price Update

| | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| July 2017 | \$550,000 | \$540,000 |
| June 2017 | \$587,400 | \$564,500 |
| May 2017 | \$509,900 | \$496,000 |
| April 2017 | \$539,300 | \$537,500 |
| 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 |

Last 12 Months Kincora

MLS Real Estate Number of Listings Update

| | No. New Properties | No. Properties Sold |
|----------------|--------------------|---------------------|
| July 2017 | 12 | 2 |
| June 2017 | 12 | 10 |
| May 2017 | 11 | 9 |
| April 2017 | 16 | 12 |
| March 2017 | 8 | 7 |
| February 2017 | 13 | 4 |
| January 2017 | 3 | 4 |
| December 2016 | 3 | 5 |
| November 2016 | 7 | 6 |
| October 2016 | 8 | 6 |
| September 2016 | 13 | 9 |
| August 2016 | 7 | 6 |

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

We did it! We actually managed to unify small “c” conservatives into one United Conservative Party to challenge the NDP in the next provincial election. A lot of hard work went into ensuring this happened. I door knocked and sold memberships throughout my constituency and into neighboring ones to ensure that unity was the result.

The caucus of 29 MLAs has come together around Nathan Cooper, MLA Olds-Didsbury-Three Hills, as interim leader. I have joined the caucus leadership team as Chairman of UCP Caucus. This includes priorities and planning, setting the agenda and conducting the Caucus meetings. Come this fall, on October 28th we will find out who the first permanent leader of the party will be.

While the leadership contest carries on, I still have my important work to do as the MLA for Calgary-Foothills and as Shadow Minister of Economic Development and Trade.

In August, I travelled in North-West Alberta to communities like Hinton, Grande Cache, Grande Prairie, Beaverlodge, Valleyview, and Whitecourt, to hear the economic concerns of the community. This area is affected by the NDP government’s coal phase out, and the latest softwood lumber dispute with the USA.

But there are bright lights in the economy there like tourism in Jasper, the Philip J. Currie Dinosaur Museum in Wembly, and Lithium extraction for electric cars in Valleyview.

the Gutter Doctor
EAVESTROUGH
Cleaning • Repair • Installation
FASCIA • SOFFIT • SIDING • ROOFING
20,000 happy customers since 2003!
403-714-0711 gutterdoctor.ca



first2000days
Early Childhood Development Network
North West Coalitions

Helping Your Children with Social and Emotional Skills for Kindergarten

Age 5 is a “big” age as these kids are starting Kindergarten and developing so many more skills!

Children are becoming more independent and are capable of learning the rules and behaviours for getting along with others. Adults can help build self confidence by providing clear and consistent instruction about what is expected of them. Encourage and support them as they take on more “grown up” responsibilities. Self confidence comes from caring and consistent relationships with parents, teachers and other adults that play an important role in their lives. Let the child know you love them and value his unique traits and abilities. Also having regular routines at home and school help children to anticipate and prepare for events.

At home, you can have a sharing circle. A sharing circle supports good communication and promotes respect and kindness at home. Sit in a circle and say one nice thing about the person next to you. Once you said something nice about that person, say something nice about yourself. You can do this activity once or twice a month.

Another way to build self confidence is to let a different person pick a movie or activity to do for a weekly family night. Children can make choices for the family that show their individual style.

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: nwecdcoalitions@gmail.com.

HALLOWEENDS – CALAWAY PARK SEPT. 9 – OCT. 9

Enjoy Calaway in full spooky splendour with the Boo Crew, and don't miss: face painting, Thriller dance lessons, scavenger hunts, special guests, family photos and more! There will even be a costume contest on Sept. 16. More info: calawaypark.com.



ZACHARY LUCKY – GALLERY HOUSE CONCERT SOCIETY, OCT. 2

Check out this unapologetically old-school country performer. Armed with his husky, baritone voice, he has received comparisons to Gordon Lightfoot and Kris Kristofferson. He sings of Canadian places and people, and puts on a sultry and intimate performance. More info: galleryhouseconcerts.com.



CANADA SOCCER'S TOYOTA NATIONAL CHAMPIONSHIP U-15 CUP - CALGARY SOCCER CENTRE, OCT. 5 – 9

These championships are the definite amateur soccer event of the year, crowning the country's best community soccer clubs. Over 3,000 participants and spectators from across Canada are estimated to be part of the 2017 U-15 Cup in Calgary this year. More info: canadasoccer.com.



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Autumn Pumpkin Festival – Calgary Corn Maze & Fun Farm, Weekends in October

Celebrate Autumn each weekend in October at the corn maze, the fun farm and the petting zoo. Endless activities to keep the wee ones occupied and then pick a pumpkin to take home on your way home. Not all activities included in admission price. More info: calgarycornmaze.com.

The Great Grilled Cheese Cook-off – Jerome's Appliance Gallery, Oct. 1

Amateur and professional chefs will prepare their very own gourmet grilled cheese recipes in support of Brown Bagging for Calgary's Kids. Your mission is to taste 10 samples and then judge them along with a distinguished panel of judges, with a hand-crafted soda to wash it all down.

Piaf! The Show – Arts Commons, Oct. 4

A powerful and moving celebration of the life and music of the legendary French chanteuse, Edith Piaf. Starring Anne Carrere who has been hailed as "Edith Piaf's legitimate musical heiress," Piaf! The Show has received rave reviews around the globe. More info: artscommons.ca.

Wordfest – various venues, Oct. 10 – 15

Wordfest is a not-for-profit organization that hosts year-round literary events featuring the world's best writers at around 70 events in our city. More info: wordfest.com.

Reconciliation Journey: Walking a Path Together – Carriage House Inn, Oct. 12

This is the second conference planned this year by the Indigenous Advisory Committee through the Enough For All Catalyst Fund. Expect discussions of the organization's work on Reconciliation as they relate to the 94 Calls to Action, as well as special guests, keynote speakers and panel discussions about the exciting work happening across Calgary. More info: vibrantcalgary.com.

Ghoul's Night Out – Heritage Park, Oct. 26 – 27

Heritage Park will be transformed into a spooky extravaganza for families with children three to nine. Ghostly encounters, crafts, treats, festive festooning and so much more! Look for more info to come: heritagepark.ca.



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

As our kids get back to school, please pay extra attention when driving, especially around schools and playgrounds. At our last council meeting in July, I reintroduced a motion to have administration look into requiring school buses to use their flashing lights when picking up and dropping off children. This is the norm in most other jurisdictions and can be achieved at zero cost to taxpayers because buses are already equipped with these safety features. I thank council for voting 12-1 in favour of this motion.

Another important vote in council was on the issue of an Olympic Bid Plebiscite. I supported Councillor Sean Chu's Motion for a plebiscite because I believed that a decision of this magnitude, both financially and culturally, should be made directly by Calgarians. I also believed that by October, voters could have had sufficient information to make an informed decision on this matter. Unfortunately, the majority of City Council voted against a plebiscite. As exciting as an Olympic Bid may be, I do not want to see the kind of costs downloaded on Calgary taxpayers that have been prevalent in many other cities that have hosted Olympic events.

I was pleased to open the upgraded Sarcee Trail/Stoney Trail interchange and twinned 112 Avenue. This new interchange should help to alleviate the heavy truck traffic on Shaganappi Trail and Symons Valley Road, which has been a concern to many residents along these routes. The upgraded interchange was specifically designed to better accommodate trucks by providing a new ramp for trucks traveling southbound on Sarcee Trail to east-bound Stoney Trail. These improvements will also help alleviate congestion at this interchange which will allow for better traffic flow and improved safety for all vehicles.

BUSINESS CLASSIFIEDS

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

THE GUTTER DOCTOR! We install, fix and clean eaves-troughs and downspouts. We also install and fix fascia, soffit, drip-edge, siding, roofing, cladding. Over 20,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. 2017 Consumer's Choice Award Winner. www.gutterdoctor.ca 403-714-0711.

MILLER MUSIC STUDIO: We have a few spots left to fill in our busy Kincora Studio on Monday, Thursday, and Friday. Please email millermusstudio@gmail.com or phone 403-909-8948 to book your free intake interview today!



| Name | Age | Contact | Course |
|----------|-----|--------------|--------|
| 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 | 28 | 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.



Volunteering in the Arts

By Alex Bonyun

Want to be involved in the arts, but don't know where to start? A great way to dip your toe in without spending money is to volunteer. It may seem like a daunting proposition if you've never volunteered before, but non-profit cultural organizations are always looking for helpful volunteers, whether it's for ushering at a theatre performance, helping out at a festival booth, or lending a hand with administrative work at the office. The rewards of volunteering go beyond gaining access to tickets or other perks. It allows you to gain experience in a particular field or with a particular organization which can later lead to other opportunities such as serving as a Board Member for an organization that aligns with your values or joining committees in your community to boost the presence of arts in a particular discipline.

This year, Canada 150 is challenging everyone to lend a hand and give 150 hours of time volunteering before the end of 2017. The gift of your volunteer hours goes above and beyond the organization you benefit with your time. It can create a lasting impact throughout your community. You can register for the challenge and learn more at <https://volunteer150for150.ca>. It's not too late to complete the challenge as many organizations start their seasons full force in the fall, and are always in need volunteers.

In our community approximately 50,000 Albertans volunteer for not-for-profit arts organizations every year, creating opportunities for community engagement, service, and belonging. Additionally, volunteers can help an organization build capacity, which can result in more economic stability and growth.

For a comprehensive list of all of Calgary's non-profit organizations in need of volunteers, please visit <http://public.propellus.org/NonProfitMemberList.aspx>.

This column is provided by Arts Commons. Located in the heart of Calgary's vibrant downtown core, Arts Commons is home to six distinct performance venues.

Hoffman INSTITUTE

"The Hoffman Process helped me enormously. It was pivotal, enlightening and life-changing"
Brett Wilson - Dragon's Den judge, philanthropist and Hoffman Grad.

The Hoffman Process helps remove the barriers that are holding you back from being the best version of yourself.

- Make peace with your past
- Release from negative behaviors
- Emotionally heal and forgive
- Discover your authentic self

Email shift@hoffmaninstitute.ca to get more information on the Hoffman Process in Canada and receive a "free" book on how to live a happier life.

FREE TRIAL CLASS

Register for 2017 Fall Dance Programs

ACROBATIC ARTS
BALLET
CONTEMPORARY
HIP HOP & DIVA STYLE
JAZZ
KINDER COMBO DANCE
LYRICAL
MUSICAL THEATRE
PARENT & TOT
TAP
TINY TOTS DANCE

AGES 2 YEARS TO ADULT

WWW.URBANDANCEPROJECTS.COM

620 - 1110 Panatella Blvd NW
info@urbandanceprojects.com 403.253.4058

RBC Dominion Securities Inc.

QUESTIONING YOUR INVESTMENTS?

Get a professional second opinion on your portfolio

MARTIN ADVISORY GROUP OF RBC DOMINION SECURITIES

MICHAEL MARTIN, MBA, CFA, CFP
Investment Advisor
403-266-9655
michael.t.martin@rbc.com

If market volatility is making you second-guess your investments strategy, contact me today for a no obligation, objective evaluation of your portfolio. An unbiased review can help you answer key questions including:

- Is your portfolio still on the right track?
- Are you taking too much risk in your portfolio?
- Which investments are likely to recover and which ones aren't?

www.martinwealth.ca

RBC Wealth Management
Dominion Securities

There's Wealth in Our Approach.™

GREAT NEWS PUBLISHING 28 YEARS

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

YOUR INSERT HERE

Turn local residents into local customers.
Contact us:
403-263-3044
sales@great-news.ca

87 Monthly Community Newsletters
391,000 Households

GET ON BOARD!
WWW.SOUTHLAND.CA

THIS IS MY RETIREMENT GIG
I ♥ Free Bus Training

SOUTHLAND

My kids come to work with me
I get weekends and summers off!

KirbyCox^{REALTOR®} & Associates

www.kirbycox.com



Ranked the **#1 Team in Calgary** and **Alberta** for Royal LePage in 2016, Kirby can confidently provide the results you demand. Call 403.247.5555 today for your **complimentary, free** evaluation.



| KINCORA 2017 STATS | # SALES | AVERAGE PRICE |
|------------------------|-----------|---------------|
| Bungalow | 1 | \$565,000 |
| Two Storey | 48 | \$540,738 |
| Townhouse | 5 | \$316,400 |
| Condo | 9 | \$235,389 |
| TOTAL | 63 | |
| Average Days on Market | 44 Days | |

Cardel Family Home



\$449,900

389 Pantan Way NW

- sunny 3 bedroom two storey, hardwood
- white kitchen with granite, fenced yard
- 9ft ceilings, quiet location, close to parks

Beautifully Upgraded



\$789,900

19 Sage Bank Place NW

- custom-built 4 bedroom+bonus two storey
- RV parking, quartz counters, 2 fireplaces
- finished walkout, on greenbelt, views

Willow from Avi



\$394,900

11 Sherwood Row NW

- sunny 2 bedroom townhome, 2 car garage
- hardwood & caesarstone, backs on park
- 2nd floor laundry, close to shopping

Backs on Ravine



\$599,900

22 Kincora Park NW

- upgraded 3 bedroom+den two storey
- big windows, hardwood, lots of extras
- quiet location, close to transit & parks

Ravine Views

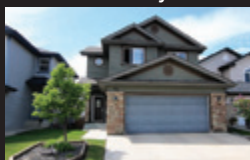


\$549,900

30 Sherwood Point NW

- fully finished 4 bedroom+den walkout bung
- hardwood & tile floors, granite, oak kitchen
- skylights, 3 full baths, quiet cul-de-sac

South Backyard



\$524,900

63 Covepark Mews NE

- sunny 4 bedroom+bonus room two storey
- built-ins, maple kitchen, cork & laminate
- fully finished, cul-de-sac, close to schools

Close to Parks



\$415,000

61 Evansmeade Close NW

- fully finished 3 bedroom two storey home
- 2 car garage, white kitchen with granite
- corner lot, deck & porch, close to schools

Backs on Ravine



\$435,000

122 Nolan Hill Heights NW

- Jayman's Trinity, upgraded townhome
- double master suites, heated garage
- fully finished, designer kitchen, 2 decks



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

403.247.5555