

FEBRUARY 2019

THE  
**KINCORA**  
**View**

*Family  
Day*

**Councillor  
REPORT**



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# Councillor Report

Calgary continues to have among the highest unemployment rate in Canada. That is why I believe we need to do more to stand up for our energy industry which provides hundreds of thousands of good jobs in our province. I was pleased to support a notice of motion in Council that asked City Administration to develop a strategy for the City of Calgary to advocate for Canada's responsible energy industry. This includes an analysis and review of other municipalities' efforts to influence the construction of pipelines; advocacy options, either in collaboration with or in response to the actions of other municipalities and options possible through city charter provisions. I also proposed an amendment to this notice of motion asking the Mayor to write the federal government to urge them to repeal the anti-oil Bill C-69 and Bill C-48. Council agreed to write the federal government on these items and others matters that are impacting our energy sector. Our energy sector follows among the strictest environmental policies and regulations in the world and I am pleased that council voted unanimously to stand in support of this industry.

The City of Calgary has mailed out property assessment notices and they are also now available online. The information contained in these assessment notices will be used to prepare the 2019 property tax bills. Please note that the Customer Review Period is from January 3 to March 12, 2019. If you have any questions about your property assessment, contact Assessment at 403-268-2888 during the Customer Review Period. You may also visit [calgary.ca/assessment](http://calgary.ca/assessment) to get more information. By logging into Assessment Search, you can review your assessment, compare it to other similar properties and more.

*Joe Magliocca, Councillor, Ward 2*

## This Month in History

**February 1, 2003**

Upon re-entry, Space Shuttle Columbia broke apart over Texas, killing all seven crew members. This was the second space shuttle lost in flight



### Elected Officials

**Councillor:** Joe Magliocca 403-268-2430

**MP:** Pat Kelly, MP Calgary Rocky Ridge 403-282-7980  
[pat.kelly@parl.gc.ca](mailto:pat.kelly@parl.gc.ca)

**MLA:** Prasad Panda 403-288-4453  
[calgary.foothills@assembly.ab.ca](mailto:calgary.foothills@assembly.ab.ca)

**Kincora Resident's Association**  
[www.KincoraResidents.org](http://www.KincoraResidents.org)

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# Nitanisak District Girl Guide News

Here's some of what we were up to this fall.

The 233rd Rangers started things off with a bridging activity with the 85th Brownies and taught them about safe cookie selling techniques. We helped the 90th Pathfinder unit plan a Halloween party for the 165th Sparks. In November, the 233rd Rangers attended the Calgary Area Fall Ranger Camp and learnt new recipes, discussed Camp Mockingbird, used the new adventure park at Camp Jubilee and walked into Cochrane for bowling.



We are starting off February with a weekend in Canmore with the 90th Pathfinders and will be learning how to cross country ski. We are also helping to plan the 110th Guides February Thinking Day camp in February. The 233rd Rangers were recently approved for a grant from the Alberta Traffic Safety Fund to teach about Pedestrian Traffic Safety. The grant will be going towards educating Girl Guides about how to be a safe pedestrian because accidents hurt. The rest of the year, volunteer work, physical recreation and skills building are all being worked upon in order to earn the Duke of Edinburgh award. - By Katherine Tonner

The 229th Brownies hit the ground running this year, and we haven't looked back! We started this year with a successful cookie sales campaign, which paid for a weekend at Camp Jubilee in Cochrane in October. We have also been working towards badges in Guide Together, Experiment & Create, Build Skills, and Connect & Question. Some of the activities we have done to support badge work this year have included a visit to the Apple Store, a Mad Scientist guest speaker, and Hug a Tree with Calgary Search and Rescue. We have also completed activities and lessons in friendship, crafts, and money sense. Finally, we participated in our service project, hosted a talent show for enrolment, and attended a Halloween party with the Monday night Sparks and Guides.

*Nitanisak District Girl Guides*

# Bringing Play Back To The Neighbourhood

Today's family is constantly on the go. Most of their time is spent inside, and is heavily scheduled with activities. With so much time spent sitting indoors it's no wonder Canadians of all ages feel less connected to each other, their communities, and the great outdoors.

In response to this, Vivo launched our Play Ambassador Program in 2013 to increase spontaneous play both in and beyond the walls of our facility. The initial feedback to this was encouraging – over the course of the program we saw a dramatic 71.1% increase in participants. This tells us our community has an innate desire to play!

With the help of the Public Health Agency of Canada and other incredible industry leaders, we're taking play to the next level with our 4-year Gen H Play Project. Part research project, part social innovation lab, the project will use outdoor unstructured play to change lives. We aim to create positive 10% shifts in north-central Calgary's physical activity, social connection, intergenerational socialization, outdoor engagement, and spontaneous play. Find out more about the Gen H play Project journey at [GenHPlay.com](http://GenHPlay.com).



# Calgary Connection

### **Volunteer Calgary:**

Visit the “Volunteer” page of [www.propellus.org](http://www.propellus.org) for volunteer opportunities in Calgary.

### **Home-Start:**

Home-Start is a free program coordinated by Boys and Girls Clubs of Calgary that offers to support to families with young children, who may be experiencing a variety of issues such as: feeling alone, caring for twins and triplets, postpartum depression, being new to Canada, parenting and/or family stresses, illness in the family. Interested in getting involved? For more information or to learn about upcoming training sessions, visit our website at [www.boysandgirlsclubsofcalgary.ca](http://www.boysandgirlsclubsofcalgary.ca).

### **Mentor Volunteers Needed at Hull Services:**

Mentors provide our kids with encouragement and guidance in making healthy choices. They help our young people realize their strengths, see that they are important and that they matter. “When close and caring relationships are placed at the center of a youth intervention, positive and healthy development happens.” Jean E. Rhodes, PHD. Join us in helping our youth lead healthy, productive lives and contact Jacky at [jsanderson@hullservices.ca](mailto:jsanderson@hullservices.ca) or 403-238-7974 or visit [www.hullservices.ca](http://www.hullservices.ca).

### **Making an Impact in Your Community - Supportive Home Providers**

Research shows that youth enter homelessness largely due to conflicts at home. What starts with couch surfing with friends to avoid going home, can escalate to prolonged episodes of homelessness. Youth can quickly become entrenched in street life. Supportive housing requires individuals who provide a safe and caring home to successfully transition youth into independence. Please call McMan Calgary & Area for further information. 403-508-7751.

### **+ 55 Connections Social Club**

Are you single and 55 years of age or over? Are you near

retirement or already retired? Are you interested in expanding your social network? Meet us for coffee any Thursday at 10:30 am. Enjoy a comfortable atmosphere. Meet others who have similar interests. Find out about monthly planned activities. Please note: this is not a matchmaking service. For more information. Call Sylvia at 403 281 0667 or Joan at 403-242-7793

### **Youth Employment Centre**

Do you know someone aged 15-24 who is looking for work? The City of Calgary’s Youth Employment Centre (YEC) offers year-round services and resources to help youth, secure employment and take the first step in their career. Youth who need support with their job search or career development are encouraged to drop by the office at 315 - 10 Avenue S.E. or visit [youthemploymentcentre.ca](http://youthemploymentcentre.ca).

### **Women’s English & Social Group**

Improve your English and meet new women at a New Friends and Neighbourhood Group. We have 16 group locations in the city. Groups meet once a week for 2 hours to practice English, make friends and have fun! No cost, no immigration requirements and no minimum English. Free childcare provided for children 6 months to 6 years old. Visit [www.ciwa-online.com](http://www.ciwa-online.com) or contact Debra Colley at [debrac@ciwa-online.com](mailto:debrac@ciwa-online.com) or 403-444-1752

### **The fun starts after the bell with Calgary AfterSchool**

This school year the fun starts after the bell. After school programs are offered by The City of Calgary for FREE or low cost. Youth are provided positive, fun and supervised after school programs in schools, recreation buildings and community facilities across Calgary. Children and youth grades 1-12 can drop into a weekday program in their community and take part in a variety of activities from 3-6 p.m. Activities may include basketball, swimming, arts, leadership, skating, sports and much more. At Calgary AfterSchool, it’s more than just getting children and youth active. These programs are designed to stay productive, increase self-esteem and teach them skills that will follow them throughout their life. Learn more at [calgary.ca/afterschool](http://calgary.ca/afterschool).



# Calgary Public Library

## Find a Career and Business Program for You

Whether you're looking for a job or changing career paths, Calgary Public Library can help. Our in-person Arthur J.E. Child Careers & Small Business programs cover topics like interview skills, resumé development, mid-life career changes, and mastering workplace culture. We also offer one-on-one career coaching and a drop-in job desk for employment advice. Plus, access books and online resources; learn more about all our careers and business resources at [calgarylibrary.ca/careers-and-business](http://calgarylibrary.ca/careers-and-business).

## Did You Know? Renovations at Community Libraries

Did you know that during the construction of the new Central Library, the entire Library system received a facelift? Renovations took place at community libraries, including new furniture, fresh paint, enhanced technology, more meeting spaces, and Early Learning Centres. The final two spaces to be freshened up are Village Square and Country Hills libraries. Find many new features at Village Square and an exciting Early Learning Centre at Country Hills.

## Download Audiobooks for Free

If you're looking for something fresh to listen to, try an audio book! Use your free Calgary Public Library card to instantly access thousands of eAudiobooks. Stream or download classic or new titles for adults and kids with easy-to-use eResources such as RBDigital, OverDrive, and Libby. Learn more at [calgarylibrary.ca/resources-types/audiobooks](http://calgarylibrary.ca/resources-types/audiobooks). Not yet a Library member? Sign up for free at [calgarylibrary.ca/card](http://calgarylibrary.ca/card).



## Important Phone Numbers

Access Mental Health Line	403-943-1500
Bullying Help Line	1-888-456-2323
Calgary Transit	403-262-1000
Child Abuse Hot Line	1-800-387-5437
City of Calgary Service Information	311
Community Information	211
Connect Family & Sexual Abuse Network	403-237-5888
Distress Centre	403-266-4357
Family Violence Information Line	403-310-1818
Gas leak (ATCO)	403-245-7222
Health Link	811
Kids Help Phone	1-800-668-6868
Poison and Drug Information	1-800-332-1414
Police Emergency Line	911
Police Non-Emergency Line	403-266-1234
Power Trouble (ENMAX)	403-514-6100
Service Alberta (Provincial)	403-310-0000
Service Canada (Federal)	1-800-622-6232

## Recycling tip:

### Snow and recyclables don't mix!

Calgary weather can bring lots of snow throughout the winter. Remember to clear the snow off your blue cart lid and keep the lid closed before putting your recycling out for pickup.

Why? When snow gets into your blue cart it melts and ruins the paper and other quality recyclables. Thanks for your help in recycling right Calgary!



# Help Put an End to Bullying

**B**ullying is acting in ways that scare or harm another person. Bullying can be a one-time event, but more often occurs over time. Bullying usually starts in elementary school, becomes most common in middle school, and is less common by high school.

Bullying can take many forms, including:

- Physical harm, such as hitting, shoving, or tripping.
- Emotional harm, such as making fun of the way a person acts, looks, or talks. Writing mean things about someone in emails or online journals (blogs) is also bullying.

Girls who bully are more likely to do so in emotional ways. Boys who bully often do so in both physical and emotional ways. For example:

- A girl may form a group and exclude another girl or gossip about her.
- A boy may shove another boy and call him names.

Both boys and girls take part in "cyberbullying." This means using high-tech devices to spread rumours or to send hurtful messages or pictures. The damaging effects of emotional bullying is real.

If you think your child is being bullied or is bullying someone else take action to stop the abuse.

### Why is it important to stop bullying?

Bullying is a serious problem for all children involved. Children who are bullied are more likely to feel bad about themselves and be depressed. They may fear or lose interest in going to school and withdraw from other social activities.

Children who bully others are more likely to drop out of school, have drug and alcohol problems, and break the law.

### What can children do if they are bullied?

Children are often scared and angry when they are

- bullied. They may not know what to do. Teach them to:
- Respond assertively. Say, "Leave me alone," or "You don't scare me." Have your child practice saying this in a calm, strong voice.
    - Walk away. Don't run, even if you are afraid.
  - Tell an adult. A parent, teacher or coach can then take steps to stop the bullying.



### What can you do to stop bullying?

Bullying can be prevented if people pay attention and take action.

If bullying is happening at your child's school, talk to the principal or vice principal. Urge the school to adopt a no-bullying policy. All children should know that those who bully will be disciplined.

Children who are bullied should be supported and protected.

As a parent, you can help your child get involved in new hobbies or groups, such as school clubs or church youth groups. Being part of a group can help reduce bullying. Having friends can help a child have a better self-image.

Children can help keep other kids from being bullied. If you are a child, don't let yourself be part of the problem.

- Speak up when you see someone else being picked on. It can help to say something like, "Cut it out. That's not funny." If this is too hard or scary to do, walk away and tell an adult.
- If someone sends you a mean email about another person, don't forward it to others. Print it out and show it to an adult.

*Alberta Health Services*

## DID YOU KNOW??

Chocolate sales represent 75% or more of Valentine's Day candy purchases.



# Feel Better Through Fitness

**F**itness helps you feel better and have more energy for work and leisure time. You'll feel more able to do things like playing with your kids, gardening, dancing, or biking. Children and teenagers who are fit may have more energy and better focus at school.

When you stay active and fit, you burn more calories, even when you're at rest. Being fit lets you do more physical activity. And it lets you exercise harder without as much work. It can also help you manage your weight.

Improving your fitness is good for your heart, lungs, bones, muscles, and joints. And it lowers your risk for falls, heart attack, diabetes, high blood pressure, and some cancers. If you already have one or more of these problems, getting more fit may help you control other health problems and make you feel better.

Being more fit also can help you to sleep better, handle stress better, and keep your mind sharp.

How much physical activity do you need for health-related fitness? Experts say your goal should be at least 2½ hours of moderate to vigorous activity each week. It's fine to be active in blocks of 10 minutes or more throughout your day and week. For example, you could:

- Do some sort of moderate aerobic activity, like brisk walking.
- Or do more vigorous activities, like running. This activity makes you breathe harder and have a much faster heartbeat than when you are resting.

Here's an easy way to tell if your exercise is moderate: You're at a moderate level of activity if you can talk but not sing during the activity. If you can't talk while you're



doing the activity, you're working too hard

Children need more activity. Encourage your child (ages 5 to 17) to do moderate to vigorous activity at least 1 hour every day.

*Alberta Health Services*

## Winter Eye Care

**Y**our eyes need extra care in the winter. We asked ophthalmologist Dr. Jessica Ting, from the Eye Institute of Alberta, and optometrist Dr. Scott Lopetinsky for advice to keep your eyes at their best all season long.

**Wear sunglasses.** In winter, around 80 per cent of the sun's UV rays bounce off the snow and into our eyes. Those UV rays increase the risk of cataracts and macular degeneration. Polarized lenses block harmful rays. If you're skiing or snowboarding, don't forget goggles.

**Use good eye drops and turn on the humidifier.** Cold, dry winter air can dry your eyes. Ask your eye doctor about lubricating eye drops. Consider getting a humidifier to keep air moist.

**Wash your hands.** Pinkeye, also known as viral conjunctivitis, is common during flu season and is very contagious. If you have it, avoid touching your eyes and wash your hands often.

If you have non-urgent health questions or concerns, call Health Link at 811 or visit [myhealth.alberta.ca](http://myhealth.alberta.ca)

*Alberta Health Services*

### DID YOU KNOW??

According to history.com, Richard Cadbury introduced the first box of Valentine's Day chocolates in 1868.



# 3 Tips to Turn Your House Into a Smart Home

Many of us want to integrate the latest tech gadgets into our homes to keep them safe, secure and efficient. From security cameras to wi-fi-enabled thermostats, smart plugs to 4K televisions, smart gadgets are here to seamlessly connect your living space.

The Electrical Safety Authority and tech expert Marc Saltzman have teamed up to share tips to optimize home automation.

Here are three ways to integrate tech effortlessly into your home while keeping electrical considerations in mind.

Smarten up your home security. Outdoor security features like video doorbells and cameras can keep your home secure. When choosing these types of security features, plan ahead with your licensed electrical contractor to have the transformer and associated wiring installed.

Introduce smart temperature controls. Wi-fi-enabled thermostats are an effective and efficient way to control the temperature in your house. They monitor



your schedule to help you save on energy and can be controlled from anywhere using a smartphone or smart home device. Remember, these wi-fi enabled thermostats require a specific voltage and may need additional wiring for installation.

Get smart with lighting. The right lighting will enhance any room in your home, and using smart plugs allows you to control it from anywhere. While many of these gadgets are available online, they may or may not be approved for use in Canada. Look for a recognized certification mark to ensure they are safe and have been properly inspected before you buy.

Find more tips online at [poweryourlife.ca](http://poweryourlife.ca).

*News Canada*

## Watch for Your 2019 Property Assessment Notice

Assessment notices are now available. The City of Calgary mailed the notices on Jan. 3, 2019 and they are also available online. The information contained in these assessment notices will be used to prepare the 2019 property tax bills. You can check, review and compare your notice online. Plus, sign up for Notices.

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Visit [calgary.ca/assessment](http://calgary.ca/assessment) to get more information, access Assessment Search, and sign up for paperless eNotices. By logging into Assessment Search, you can review your assessment, compare it to other similar properties and more.

*City of Calgary*

## DID YOU KNOW??

Caramels are the most popular flavor in chocolate boxes, followed by chocolate-covered nuts, chocolate-filled, cream-filled, and coconut.

