

THE
KINCORA

View

**Happy
St. Patrick's
Day!**

**Councillor
REPORT**



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Councillor Report

Auto thefts in Calgary continue to be a significant problem in our City. In 2018, there were 5,938 passenger vehicles stolen in Calgary, which is equivalent to just over 16 vehicles per day. Many of these stolen vehicles were taken with the vehicle's own key. During cold winter mornings, many people continue to leave their vehicles running, unattended, resulting in auto thefts that are completely avoidable. The Calgary Police Service reminds Calgarians who are planning to warm up their vehicle to:

- Never leave a running vehicle unattended, if the keys are inside the vehicle or if the vehicle has been started with a keyless ignition or push-button start.
- Use a remote starter whenever possible and keep your vehicle locked.
- Use a steering wheel lock to deter thieves.
- Never leave spare keys or garage door openers in or around your vehicle.
- Never leave children or pets in a running vehicle.
- Report suspicious activity to police immediately by calling 403-266-1234 or 9-1-1 for crimes in progress.

The City is reviewing its Municipal Development Plan (MDP) and Calgary Transportation Plan (CTP), and we need your help. The MDP and CTP are Calgary's long-range land use and transportation plans that look 60 years into the future, when our population is expected to reach over two million people. The Plans help shape how the communities we live and work in grow, develop and evolve over time. Within the next few months, we want to hear what's important to you, and your big picture ideas for making our city even better. Visit calgary.ca/Next20 to find out more about what these plans mean for you and how you can participate.

Joe Magliocca, Councillor, Ward 2



Elected Officials

Councillor: Joe Magliocca 403-268-2430

MP: Pat Kelly, MP Calgary Rocky Ridge 403-282-7980
pat.kelly@parl.gc.ca

MLA: Prasad Panda 403-288-4453
calgary.foothills@assembly.ab.ca

Kincora Resident's Association
www.KincoraResidents.org

Suburban Journals Publishing

Editor & Article Submissions:
editor@suburbanjournals.ca

Advertising Sales:
Pam, 403-880-1819
pam@suburbanjournals.ca

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DID YOU KNOW??

Lightning strikes the Earth 6,000 times every minute.

Nitanisak District Girl Guide News

The 70th Sparks had a very exciting December that was kicked off with our Mother-Daughter Princess Sleepover. Throughout the night the Sparks and their Moms created many different princess themed crafts including making crowns, wands, pumpkin carriages and princess masks. The event was topped off with a princess style tea party. We also were able to share in the fun of Sparks with our Dad this month as they joined us for a meeting to decorate gingerbread houses. This kicked off the rest of our month focused on celebrating the holiday season, which included writing letters to Santa, creating Christmas ornaments, decorating gingerbread cookies and even having a visit from Santa and Mrs. Clause!! In January, we started off the new year by working on the 'Explore Identities' program area. We started looking at the 'Different Together' theme by exploring what love is and what it looks like. The Sparks then created a song all about love! We finished the month and the Different Together theme by playing some games looking at what makes up a family, learning about different kinds of families and sharing about our own families. We are looking forward to many exciting events that are planned for the coming months including another sleepover, a community service project and attending camp in the spring!!



The 60th Rangers have had a great year so far! We kicked off the year right with a visit to Calaway Park in late September. In mid October, we had a blast at the Rothney Astrophysical Observatory with the 91st Pathfinders. We got to see the moon and other planets on a clear, starry night. We had a potluck Halloween party and watched movies to celebrate! For the rest of the year, the Rangers are looking forward to fun outings! Closing out January with our potluck holiday party, we are also planning a spring camp at Stan's Cottage! As a group we wanted to do activities on meeting nights as well, so we are anticipating doing spa nights, yoga classes, and a trip to the 4cats Art Studio. We are also excited about our trip to Edmonton to end the year in style!

Nitanisak District Girl Guides

Recycling 101

Get Back to the Recycling Basics

Paper and cardboard

Recycle all cracker boxes, delivery boxes, coffee cups, flyers and other paper items. Tip: Break down boxes to make more room in your blue cart.

Bundled plastic bags and wrap

Bag your bags. This includes all stretchy bags like grocery bags, shopping bags, bread bags, produce bags, shipping bags, cling wrap and bubble wrap. Stuff into one plastic bag and tie closed.

Plastic containers

Is your plastic item a container like a yogurt tub, pop bottle or milk jug? If yes – rinse and recycle it. If no, put in the garbage.

Tin cans and tin foil

Crumple up tin foil and pie plates into a ball before recycling.

Glass bottles and jars

Rinse out food residue before recycling.

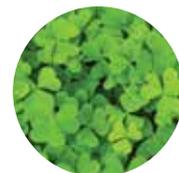
Your blue cart is for household paper, packaging and containers. If it isn't one of the materials listed above, don't put it in your blue bin.

Learn more at calgary.ca/recycling



DID YOU KNOW??

Your odds of finding a four-leaf clover are about 1 in 10,000.



Municipal Development Plan and Calgary Transportation Plan Review

The City is reviewing its Municipal Development Plan (MDP) and Calgary Transportation Plan (CTP), and we need your help.

The MDP and CTP are Calgary's long-range land use and transportation plans that look 60 years into the future, when our population is expected to reach over two million people. The Plans help shape how the communities we live and work in grow, develop and evolve over time.

Calgary is recognized as a great place to make a living and a great place to make a life, and was named the fourth most "livable city" in the world in 2018. How do we continue to shape our bright future? That's where we need to focus on priorities and actions over the next 20 years.

We're checking in on our long-range plans to see what's working well and contributing to the quality of life many Calgarians enjoy, and what needs to be updated or changed to make this a reality for more Calgarians over the next 20 years.

Within the next few months, we want to hear what's important to you, and your big picture ideas for making life better for everyone who calls this city home. With your help, we'll also delve deeper into core elements of our plans like transportation, jobs, housing and the environment.

Visit calgary.ca/Next20 to find out what our plans mean for you and how you can participate. Let's work together to plan our future.

City of Calgary



THE KINCORA VIEW

Be Prepared During an Unpredictable March

The month of March is full of surprises. Here in Calgary we can get snow storms, hail storms or warm sunny days! While we can hope that this march brings



warm sunny weather, it's good to be prepared for anything with a 72-hour kit. "The first 72 hours after an emergency hits can be very hectic and first responders may be busy assisting those in immediate danger. A 72-hour kit can support you and your family for three days in an emergency situation," says Sue Henry, Deputy Chief at Calgary Emergency Management Agency.

Ideally you will build your 72-hour kit in a waterproof piece of luggage or container with wheels so that it is mobile and protected from the environment. Pack enough to sustain all the members of your family for three days. In your kit you will want:

- Water (4 litres per person, per day)
- Food (non-perishable, and a can opener if needed)
- Medication, prescription glasses or other special needs items
- First aid kit
- Flash light
- Radio
- Powerbank and phone charger
- Important documents
- Cash
- Warm clothes and blankets
- Toiletries
- Whistle
- Supplies for babies and pets
- Entertainment (books, cards, low power options)

Check on your kit every six months or when you change your clocks, to replace used items and check expiry dates. Kits do not need to be built in one day, consider adding one item to your grocery list every week and build it over time.

For more information about how to prepare your family and your home for an emergency and take the Ready Calgary course, visit calgary.ca/getready.

City of Calgary

The Importance of Physical Activity

Increasing one's physical activity is a common goal and New Year's resolution. Every year people tell themselves they are going to get more steps in, get to the gym more often, or start a new activity. Boosting or maintaining a healthy level of physical activity is imperative for a healthy lifestyle.

The Canadian Society for Exercise Physiology (CSEP) recommends that adults ages 18 – 64 receive a minimum of 150 minutes of moderate to vigorous intensity aerobic physical activity per week. The weekly 150 minutes can be achieved in sessions of 10 or more minutes, making it manageable to fit into everyone's schedules. The CSEP also suggests incorporating strength training into one's routine a minimum of 2 days per week.

Some benefits of incorporating 150 minutes of physical activity into one's lifestyle are:

- Improved fitness
- Increased strength
- Improved mental health
- Reduced risks for chronic diseases
- Reduced risk for premature death

For everyone who is thinking that their schedule is already too full and how to achieve 150 minutes of physical activity, it is actually easier than you may think. Breaking it down, and thinking about 10 minutes versus 30 or even an hour can start to make incorporating physical activity into one's life more manageable and enjoyable.

Some examples of ways to integrate physical activity into your daily routine include:

- Biking to work
- Walking to work
- Joining a new activity
- Taking the stairs
- Snow shoveling
- Joining a recreational sports team
- Doing something active with the family, such as a hike on the weekend
- Cleaning the house



- Working on core exercises during TV commercials
- Joining a physical activity challenge
 - Making plans with a friend to workout at the gym vs meeting for coffee
 - Using your coffee and lunch break to go for a walk or pulling out the yoga mat
 - Suggest a walking meeting

Staying active should not have to be a chore, it should be something that you enjoy and can make time for in your life. Look out for new activities offered in your community; you might find something that you are keen on adding into your daily lifestyle.

Remember, you don't have to be an athlete or experienced to stay active, you just need to start moving your body.

Want to join our family of active and engaged Albertans, known as the AHS Fit Fam? Learn more by visiting ahs.ca/fitfam or use #AHSFitFam on your social networks.

Alberta Health Services

Joke Corner



- Q. How can you spot a jealous shamrock?**
A. It will be green with envy!
- Q. Why did the leprechaun turn down a bowl of soup?**
A. Because he already had a pot of gold!
- Q. Why do leprechauns recycle?**
A. They like to go green!
- Q. What kind of bow can't be tied?**
A. A rainbow
- Q. Why do frogs like St. Patrick's Day?**
A. Because they're always wearing green!

Burns and Scalds

Each year, Emergency Medical Services (EMS), respond to emergencies involving young children who have sustained severe burns, or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;
- 3°: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;



- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1

Alberta Health Services

Sudoku Corner

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes contains the digits 1 – 9 only one time each.

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

Answer on Page 15

DID YOU KNOW??

Legend says that each leaf of the clover has a meaning: Hope, Faith, Love and Luck.



Cross Country Skiing

Savour the pure alpine air as you glide along the dazzling white trail in the winter sunshine. Breathe in the fragrance of the evergreens and wonder what animals made the fresh sets of tracks crossing your path. The only sounds are the swish of your skis and the occasional birdsong. When the trees give way to a sublime panorama, you'll marvel that such a healthy activity can be this exhilarating.

With over 70 nordic hubs to choose from, what better place to start than the home of Canada's national cross country and biathlon ski teams? Designed for the 1988 Winter Olympics, Canmore Nordic Centre Provincial Park will challenge you with 65 km (37 mi) of groomed and track-set trails. And it's only about an hour's drive west of Calgary, so wax up those skis and follow in the footsteps of Olympians. Or follow your own path on hundreds of trails, front and backcountry, throughout the province.

Canada Trails

www.canadatrails.ca

Canmore Nordic Centre

www.canmorenordiccentre.org

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Jeff Bartlett @photojbartlett

Hooked on Ice Fishing

Adding a guided ice fishing adventure to a ski holiday is one way to experience Alberta like a local. Fishing guides provide all the equipment, set up a heated shelter and even introduce visitors to the simple pleasure of cooking and eating their own fresh catch.



Travel Alberta / Katie Goldie

Calgary Area

Ski or board at Canada Olympic Park or Nakiska and then ice fish near Calgary, Banff, or in Kananaskis Country. The professional guides at Ice Fishing Alberta use the newest techniques in ice fishing. Cutting-edge sonar helps locate the fish and an underwater video camera lets guests observe the exact moment when the fish takes their hook.

Banff Area

Ski the Big Three (Sunshine, Norquay, and Lake Louise) and then go with the specialists at Banff Fishing Unlimited, who have been fishing at Spray Lakes in Kananaskis for more than 25 years. Fish from the comfort of your own heated hut on the frozen lake. They'll even help you cook your catch. Banff Adventures Unlimited offers guided tours from Banff or Canmore and has special tours that combine snowmobiling with ice fishing.

Jasper Area

Ski Marmot Basin and then fish in Jasper National Park or nearby Hinton. Whether it's northern pike or rainbow trout, the guides from Rocky Mountain Fishing Adventures will teach guests how to land the big ones.

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Points of Interest

Rosebud

The tiny hamlet of Rosebud, an hour northeast of Calgary, or 35 km (22 mi) southwest of Drumheller on Hwy 840, looks like a typical prairie community, but don't be fooled; most of its 100 residents are involved with the Rosebud Theatre and its school of the arts. Productions are of the highest quality. Have dinner, see a show, stay in a B&B, or drive out for a matinee.

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I'm Voting for Kids (Part 3)!

Following up our fast facts about the economic impact of investing in early childhood, this month we'll be highlighting the rippling effects that every citizen's physical and mental health have on the whole of society. Use this information to start a conversation with candidates and representatives you encounter to help figure out where the best checkbox for your vote is!



Did You Know?

- A child who suffers from 3 or more Adverse Childhood Experiences (ACEs) is more likely to suffer from physical and mental health issues, including pulmonary, heart and liver disease, depression and substance abuse
- Healthy brain development and executive function skills are necessary for positive and level mental health, school readiness and academic success, workplace productivity, and civic participation
- Only 13% of 3- to 4-year-olds in Canada get enough daily exercise. Physical activity improves cognition, brain function and mental health

Ask candidates and representatives what their parties' plans are to address and improve mental health amongst children and their primary caregivers, and check out more facts (and their sources) at <http://www.2000days.ca/an-integrated-approach-to-early-childhood-development/>

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 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.

Calgary NW Early Childhood Coalitions

Calgary Public Library

Free Financial Literacy Programs

Calgary Public Library offers a variety of free financial literacy programs, all focused on helping you making informed and effective decisions regarding your finances. Programs offered at various libraries in March and April include Planning for Retirement, It's Your Money: Family Benefits, Raising Financially Fit Kids, and Finding the Right Financial Advisor. Find a full list of programs, locations, and times on page 35 in our program guide, Library Connect, or on our website.



Did You Know? Spend PD Days at the Library

Did you know that Calgary Public Library offers a free kids program on many PD Days, called School's Out All Day? Kids ages six to 12 can drop in to the Library anytime for games, crafts, and other fun activities. No registration is required. Search "School's Out All Day" on our website at calgarylibrary.ca/programs to find out when and where this program is offered.

Use Computers and Print for Free

Your free Calgary Public Library card comes with loads of membership benefits, including access to computers, Chromebooks, printing, and the internet. Your card gets you three hours of computer use per day, or you can borrow Chromebook laptops for in-Library use at some libraries. Additionally, all members get up to \$5 of free printing every month. Learn more at calgarylibrary.ca/technology. Not yet a Library member? Sign up for free at calgarylibrary.ca/card.

Sudoku Corner Solution

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