

MAY 2019

THE KINCORA View



**Councillor
REPORT**



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Councillor Report

As the weather warms up, more potholes develop along our city's 16,000 kilometres of paved streets and 2,900 km of back lanes. Repairing potholes is a priority when maintaining Calgary's roads. Work begins as soon as temperatures reach seasonal averages, and continues through the summer. Dry pavement and warm weather is needed for a lasting fix. In residential areas, we rely on citizens and City crews to report concerns. Please submit an online service request to report potholes in your community at calgary.ca/potholes.

The City is in the process of street sweeping the material left behind from winter. A parking ban is in effect when Street Sweeping community signs with "No Parking" symbols are placed around a community during Spring Clean-up. Any vehicle that has not been removed from the street in the area is subject to ticketing. Vehicles are also subject to be towed if the "No Parking" signs are placed along the road. These signs will be placed at least 12 hours prior to street sweeping. For more information, visit calgary.ca/sweep.

Neighbour Day is quickly approaching. Held annually on the third Saturday of June, Neighbour Day is an opportunity to get together with your neighbours and celebrate Calgary's strong community spirit. This year, Neighbour Day falls on Saturday, June 15. The City is once again waiving its greenspace booking fees for approved Neighbour Day events taking place on June 15. As of January 1, 2019 The City has waived fees for block party permits. Please note the deadline to apply for these permits is May 24, 2019. For more information on Neighbour Day, visit calgary.ca/NeighbourDay. You may also inform my office of planned Neighbour Day events at ward02@calgary.ca.

Joe Magliocca, Councillor, Ward 2



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DID YOU KNOW??

Peru has more pyramids than Egypt



Nitanisak District Girl Guide News

The 165th Sparks have had a wonderful March. We worked on our service project for AARCS and made dog cookies for all the animals at the shelter. We had an AARCS representative come in and talk to us and she brought her cute foster puppy. Together with the Guide, Grownie and Sparks units we collected a huge amount of donations for AARCS to take back to the shelter.

Spring brought in the delivery of COOKIES. We had a very successful cookie stand and everyone sold enough cookies on their own that we have none left!!

April brings in our last month of the year--WOW where did the year go. We have a field trip with London drugs, bring a friend night and finally the Advancement. The leaders are also busy preparing for our final Camp of the Year which will take place in May.

The 91st Pathfinders have been having a lot of fun this year! We kicked off the year with a camping trip in the fall where we bridged with 2 Guides units to teach them some camping skills and sing together around the campfire. We also attended Nite Trek - a hiking experience in the dark. The girls had an awesome time and loved the Harry Potter theme.

Our unit has provided valuable programming on Thinking Day for Guides and provided STEM meeting for Brownies. This work gives the girls the opportunity to develop their creativity and spread their leadership wings. These opportunities continue for the spring - the girls are planning and implementing a tent camp for Guides.

Our main Service project this year was a more personal experience - the girls wrote messages of thanks to veterans and delivered them on Valentine's Day at a local Legion. More service is currently being planned for the spring.

Activities have been chosen and planned by the girls - we have gone to experience the haunted houses at Grim Manor, been active skating at Bowness Lagoon and swimming at the YMCA, explored our creativity through clay and had a fabulous weekend sleepover in Canmore. And so much more adventure is in store this spring!

Nitanisak District Girl Guides

Common Signs of Stress

In tough times we can be more vulnerable to stress, worry, anxiety and depression. It's important to take care of ourselves. Tough times don't last. Tough people do.

At some point in our lives we all face tough times and we can be impacted directly or indirectly by such things as financial pressures or unexpected problems like what many Alberta farmers are facing with crop or livestock issues.

Remember, it's normal to feel stress from time to time in everyday life. Everyone who goes through stressful events can be affected in some way. Sometimes these stress reactions may not appear for weeks or months following an event. It is important to watch for warning signs.

The warning signs of stress can be physical or emotional. Some people call this "storing" stress in the body (physical) or in the mind (emotional).

Common physical symptoms of stress include:

- Rapid heartbeat.
- Headache.
- Stiff neck and/or tight shoulders.
- Backache.
- Rapid breathing.
- Sweating and sweaty palms.
- Upset stomach, nausea, or diarrhea.

You also may notice signs of stress in your thinking, behaviour, or mood. You may:

- Become irritable and intolerant of even minor disturbances.
- Feel irritated or frustrated, lose your temper more often, and yell at others for no reason.
- Feel jumpy or exhausted all the time.
- Find it hard to concentrate or focus on tasks.
- Worry too much about insignificant things.
- Doubt your ability to do things.
- Imagine negative, worrisome, or terrifying scenes.
- Feel you are missing opportunities because you cannot act quickly.

It's important to recognize signs of stress and know how to cope. Stress relief is different for each person. For some ideas to see which ones work for you visit: My Health Alberta at www.myhealth.alberta.ca and search managing stress.

If you are finding you are not coping well, contact Health Link at 811 to find help near you.

Alberta Health Services

Calgary Connection

Volunteer Calgary:

Visit the “Volunteer” page of www.propellus.org for volunteer opportunities in Calgary.

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 or 403-238-7974 or visit 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.

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 or contact Debra Colley at debrac@ciwa-online.com or 403-444-1752

Get ready to roll!:

The City of Calgary hosts temporary community mobile skateparks at various indoor and outdoor locations across the city. Each park is supervised by qualified staff, and has a combination of roll-ins, fun-boxes with rails, pyramids with rails, grind-boxes, quarter pipes, wall rides, and half pipes. Skateparks are free to use and are open to skateboarders, inline skaters and scooter users of all ages (waivers required). Locations and dates available April 1, 2019 at calgary.ca/skateparks.

Calling all gardeners to The City’s Perennial Plant Exchange!

Welcome, spring gardeners, to the annual Perennial Plant Exchange! Bring a plant, take a plant... or bring two or three or four and take the same. Please invite others so we can grow spirited conversations! Note: This event will be held rain or shine at North Mount Pleasant Art Centre (523 27 Ave. N.W.) from 10 a.m. to noon on May 26, 2019. Details at facebook.com/NorthMountPleasantArtsCentre.



The Unimposing House Finch

The House Finch (*Haemorhous mexicanus*), a passerine (a song bird) is found year round across the southern part of western Canada, and throughout the United States and Mexico. Their range in Alberta is expanding northward.

It is a medium sized finch (about the size of a House Sparrow) with a brown-streaked back and wing, and narrow dark stripes on its whitish under parts. The male's head, throat and rump are generally a pink-red. The female is easily mistaken for a female House Sparrow. Its tail is relatively dark brown, long and squared. The bill is short and thick, cone shaped, an obvious seed-eating bill. They eat seeds from plants, as well as buds, leaves and fruits. They can feed and drink while hovering!

This little songbird is very adaptable in terms of where it will live; including finding a home in deserts, grasslands, orchards, open woods, towns, cities and rural properties such as ranches. It will make its compact little woven nest in a bush, tree, natural cavity or building. They form breeding pairs and lay 6 to 8 eggs (lavender with black spots).

Fun Facts:

- The male House Finch colouring can range from deep red to golden yellow, depending on what its diet was during moulting!
- When it flies it makes several fast wing beats then has a brief period when it pulls its wings pulled in against its sides.
- This bird's song is a warbling one, with notes ending with "zeee".
- One can find House Finches hanging out with a group of House Sparrows, alone or in pairs.
- A group of House Finches are called a "development" of finches.
- If you want to attract these little birds to your backyard feeder, try tempting them with nyger or millet seed and shelled sunflower seeds.

If you find an injured or orphaned wild bird or animal, please contact the Calgary Wildlife Rehabilitation Society at 403-214-1312 for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.

J.G. Turner, CWRS



Photo from Creative Commons

Green Carts Spring Into Weekly Collection Schedule

Spring has sprung, and with it comes an increase in yard waste. Weekly green cart collection will resume the first week of April.

Calgarians can visit calgary.ca/collection to find out their new green cart schedule and to sign up for free reminders including phone, email and text alerts or download the free Garbage Day app to receive notifications on their smartphones.

There are no changes to blue or black cart collection.

City of Calgary



City Kicks Off Spring with Annual Community Cleanup Schedule

Once again, it's time to comb through your garage and purge your garden shed of that never-used stuff. Community Cleanup events run from April through September to help keep our city clean and safe while also saving residents a trip to the landfill.

These popular events are hosted by community associations with support from Calgary Community Standards and Waste & Recycling at The City. This year, The City is taking a slightly different approach. While every attempt was made to give communities their first choice of date, they may have been assigned their second or third choice based on proximity to an open landfill as not all landfills are open every weekend. This will help ensure trucks making drop-offs during events are travelling the shortest distance possible to save time and fuel.

Check calgary.ca/cleanup for the list of community associations hosting cleanup events and check your association web site or Facebook page for full details on the event in your community.

Please don't bring:

- Car batteries
- Glass (e.g. window panes, glass table tops)
- Household appliances with Freon (e.g. refrigerators, freezers)
- Microwaves

Street Sweeping is Happening in Your Community!

The City sweeps material left behind from winter operations on over 16,000 lane kilometres of paved roads, and getting the work done is a collaborative effort. We would like to thank Calgarians for their help in moving their cars from the street and their blue, black and green carts on to the curb when sweeping is scheduled.

For more information, visit calgary.ca/sweep.

City of Calgary



- Liquids (e.g. cooking oils)
- Large metal items (e.g. lawnmowers, barbeques)
- Rail way ties
- Sod or dirt (other yard waste is OK)
- Household hazardous waste (see here for drop-off locations)

Visit calgary.ca/whatgoeswhere for items that are recyclable. While there is no charge for putting items in City Waste & Recycling trucks, some events may include fee-based recycling services as well. Citizens can attend any event across Calgary.

City of Calgary

A Sampling of Concerts

- **The Tea Party:** May 3, Grey Eagle Event Centre
- **Highkicks & Wise Youngblood:** May 4, The Gateway (SAIT)
- **Thomas Rhett:** May 8, Scotiabank Saddledome
- **Rodriguez:** May 10, Southern Alberta Jubilee Auditorium
- **Celtic Woman Ancient Land:** May 12, Southern Alberat Jubilee Auditorium
- **Twenty One Pilots:** May 14, Scotiabank Saddledome
- **Daniel O'Donnell:** May 24, Grey Eagle Event Centre
- **Alessia Cara:** May 25, Grey Eagle Event Centre
- **Cher:** May 28, Scotiabank Saddledome



Storm Drains in Your Community

Storm drains (or catch basins) are a part of Calgary's stormwater drainage system. There are about 60,000 drains in Calgary which drain water off sidewalks, streets and roads.

Keep your storm drains free and clear of snow and debris

If it is safe and possible to do, remove debris or snow blocking the drain. Create a channel, if need be, to facilitate water flow. If you find that the storm drain is iced over, do not try to remove the ice yourself. Call 311 and a crew will clear the ice for you. Don't chip away at ice on storm drains as you may damage it or injure yourself.

Pooled water on your street

In communities built after 1990, The City installs devices in the storm drain to control how fast water flows into the system. During and after a rainfall event, these devices allow water to pool on the road (usually in a depression or low spot, called a Trap Low), until the system can accept the extra water. These devices prevent the storm system from being overwhelmed, which can cause water backups or flooding to houses, garages and businesses.

Pooled water will eventually drain. If water is pooled on a roadway, but is not causing a safety or property damage concern, only contact 311 if the water has not drained after 120 minutes.

Homeowner responsibility

Your property's drainage systems (eavestroughs, downspouts, lot grading, landscaping) interact with the public drainage systems (roadways, storm drains, stormpipes, storm ponds). Homeowners have responsibilities that are detailed in the Lot Drainage Bylaw, the Drainage Bylaw and Community Standards Bylaw:

- Maintaining positive drainage on your lot - away from structures without adverse effect to neighbours or public property.
- Ensuring prohibited substances do not enter storm drains from your lot. There are substantial fines for the dumping or pouring material down storm drains.

Protecting your Home

There are many ways you can ensure your home is resilient during storm events:

- Conduct regular maintenance and clear debris in eavestroughs and downspouts.
- Ensure downspouts discharge a minimum of 2 metres from public infrastructure (sidewalks & pathways), 1-2 m from any building foundations, and are directed towards the street, lane or swale, while not impacting your neighbours or public property.
- Keep any grassed or concrete swales on your property free from debris, ice or obstructions.
- Regularly inspect grading around your foundation and fill any settling or depressions.
- Conduct regular maintenance on sump pumps. Ensure sump pumps discharge away from 1-2 m from building foundations, while not impacting your neighbour or public infrastructure.

Visit calgary.ca/stormdrains for links to more information.

City of Calgary

Pothole Repair

Potholes can develop anywhere along our city's 16,000 kilometres of paved streets and 2,900 km of back lanes in Calgary, and become visible in the spring.

Repairing potholes is a priority when maintaining Calgary's roads. Work begins as soon as temperatures reach seasonal averages, and continues through the summer. Dry pavement and warm weather is needed for a lasting fix. Repairs are completed on a priority basis.

To identify pavement in need of repair, The City inspects major roads twice a month and collector roads once a month. In residential areas, we rely on citizens and City crews to report concerns. Please submit an online service request to report potholes in your community.

For more info, visit calgary.ca/potholes.

City of Calgary



Calgary Fire Department Home Safety Program

Fire safety is an important issue for everyone.

The Calgary Fire Department recognizes the complex needs of individuals with dementia, including the increased risk of home fire hazards.

During a fire, individuals with dementia may find it more difficult to escape or understand the situation.

Common dementia related fire hazards include:

- Leaving a pot on the stove unattended.
- Forgetting to turn off the oven.



- Mixing up the seconds and minutes when using a microwave.

If you are an individual with dementia or caring for an individual with dementia, the Calgary Fire Department can help reduce home fire hazards.

Contact 311

When you contact 311 and request a free Home Safety Visit, Community Safety Officers will visit the residence to:

- Share important home safety information.
- Inspect smoke and carbon monoxide alarms
- Replace and install free smoke alarms and batteries, if needed.

Together, we can help create dementia friendly communities and help individuals with dementia age-in-place safely in their homes.

Calgary Fire Department

It's Spring Cleaning Time

Did you know that the City of Calgary helps support community associations in helping residents clean up the neighbourhood? Residents can attend their Community Cleanup event and throw out waste, saving you a trip to the landfill.

The service is free and the purpose is for items that are not acceptable or do not fit in the regular waste (black carts) and recycling (blue carts) to be taken during a Community Cleanup. You can call your community association or go online to the official City of Calgary website to find a cleanup near you!

Acceptable items include:

- Furniture
- Yard waste (organic trucks will be available)



- Broken/unusable products like gym equipment
- Toilets

You and your neighbours can also organize a litter clean up. The City of Calgary provide kits that include garbage bags, gloves and hand sanitizer. You can pick up these kits at any City of Calgary leisure and aquatic centre.

You can get outside, meet neighbours and achieve a cleaner community at the same time!
Happy Spring Cleaning!

A message from the Federation of Calgary Communities

Evict Radon: Get Your Home Tested

University of Calgary researchers are working to find solutions to Alberta's radon problem as 1 in 6 homes tested in Western Canada had dangerously high levels of radon gas. Radon emits radiation that damages your DNA that can lead to cancer and currently, radon is the second leading cause of lung cancer, but it is entirely preventable. Knowing your home's radon level is the first step to determining if you're at risk. Go to evictradon.ca to find out how you can get a test for your home.