

THE
KINCORA

View

Happy Father's Day!

**Councillor
REPORT**



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Councillor Report

City Council has been discussing the downtown tax shift and looking at ways to address the impact of downtown vacancy rates and the decline in property values of downtown office buildings. Higher vacancy rates and less property values have led to approximately \$250 million of taxation to be shifted from primarily downtown office properties to other non-residential properties primarily outside the downtown. Council voted to transfer some property tax from non-residential properties to residential property accounts which will result in a 3.45% tax rate increase for combined residential property tax. I voted against this tax increase as I believed that more savings and efficiencies could have been found within City administration.

Senior's Week is a time to celebrate seniors and all that they do to make Calgary a great place to live. Whether it's their time, talent or life experience, the contributions of seniors are at the heart of many community programs and charitable organizations. During the week of June 2-8, 2019, the City is offering a wide variety of free registered and drop-in fitness classes just for Seniors at many of our recreation facilities. Visit calgary.ca/seniorsweek to learn more.

Register now for City of Calgary spring & summer recreation programs. Choose from day camps, swimming, arts, dance, fitness, sports, sailing, golf and more! There is something for everyone in your family. Find your fit at calgary.ca/register.

Please join me once again for our annual Ward 2 Stampede BBQ on Saturday, July 13th from 11am-2pm at Loblaws City Market in Sage Hill. This free BBQ will be a great opportunity for residents and businesses in Ward 2 to get to know each other and strengthen each other's community connections.

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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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 with Community Mobile Skateparks

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 at calgary.ca/skateparks.

Reach new heights with The City's climbing walls

Reach new heights with The City of Calgary's affordable, supervised, drop-in climbing for all ages and levels. Never climbed before? Sign up for a free belay orientation session at Beltline Aquatic & Fitness Centre (outdoor – weather permitting) and Southland Leisure Centre (indoor) to help you get started. Visit calgary.ca/climbing to learn more.

Mobile Adventure Playgrounds: a different way to play!

The City of Calgary hosts free outdoor Mobile Adventure Playgrounds in various locations for children to explore, create, imagine and learn in their own way. They contain a variety of materials and loose parts such as boards, tires, tape and cardboard that children are free to use to build, demolish, assemble and change their environments as they desire. Onsite play ambassadors are there to inspire play and keep the playground safe, but not directly supervise the children. Parents are encouraged to stay and watch their children play and see how their imaginations soar in this ever-changing adventure space. Locations and dates available at calgary.ca/play.



Backyard Play Safety

With summer approaching, Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children. Although direct supervision is the best method to reduce the chance of injury, ensure your play equipment in your yard is in good repair and is suitable for the age and skill of the children using it. Check play equipment often; replace or repair any worn or broken parts. Set up play equipment over a layer of shock-absorbing material.



Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions;
- Avoid wearing brightly coloured clothing outdoors;
- Consider destroying or relocating hives and nests situated near your home;
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors;
- If your child has received an 'EpiPen - Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it;
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

Water hazards

- Drowning contributes to unintentional injury-related death among children ages one to four;
- Children can drown in just a few centimetres of water if it covers their mouth and nose;
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres(*) high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and garden tools

- Keep young children away from outdoor power equipment;
- Serious burns may result from touching hot engine surfaces;
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Alberta Health Services

Green Cart Spring Tips

Get your yard and garden ready this spring with green cart!

- Take your green cart with you as you garden and fill it all your leaves, grass, branches and weeds.
- Separate it! Remove plants from bedding trays and pots before putting in your green cart. Rinse out any plastic containers and put in your blue cart.
- Old garden hoses and broken lawn furniture can't be recycled or composted. Put these items in the garbage.

Learn more at calgary.ca/compostright

City of Calgary

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.

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

Answer on Page **XXXXXX**

Calgary Public Library

Celebrate National Indigenous History Month

Enjoy free Library programs in June that mark Indigenous History Month, Aboriginal Awareness Week Calgary, and the International Year of Indigenous Languages. Programs include Sharing Stories Through an Indigenous Lens — a film festival at Central Library, Blackfoot Family Storytime at Forest Lawn Library, an Indigenous Drumming Circle with Cree8 at Memorial Park Library, and Indigenous art exhibits at multiple libraries. Learn more at calgarylibrary.ca.

Transform Your Commute with the Library

Whether you walk, drive, take transit, or bike to work, free Library eResources can help improve your commute. Download audiobooks using Libby for easy listening, watch Kanopy's collection of TV shows and movies on the bus, and read eBooks on your phone or catch up on the news with PressReader's digital newspapers. Visit calgarylibrary.ca/resource to discover more than 100 eResources, all free with your free Library card. Not a Library member? Sign up at calgarylibrary.ca/card or visit any Library location.



Join Ultimate Summer Challenge 2019

Spend your summer at the Library! Ultimate Summer Challenge involves free programs and awesome prizes for kids, teens, and families. Pick up an Ultimate Summer Challenge Adventure Guide from your local Library to find out what's on. Registration for Ultimate Summer Challenge starts May 15. Learn more at calgarylibrary.ca/summer.

- | | |
|-------------|----------|
| DADDY | LOVE |
| FATHER | MEMORIES |
| FUNNY | MENTOR |
| GOLF | NECKTIE |
| HANDSOME | PROTECT |
| HARDWORKING | SHAVING |
| HUGS | STRONG |
| HUSBAND | SUPPORT |
| JOKES | TEACHER |
| JUNE | TOGETHER |
| LEARN | TOOLS |

Word Search



N D U C G T V G T W A X P Z Z U H I
 V D J N G L Y C K E N U J S H T G N
 R S H A V I N G E S E I R O M E M R
 K P A G N Z R I Z M D E T C V A J A
 N Y I F Y E T B E U R F L O G C K E
 Y H U S H K Y N N U F Y U S Z I H L
 Q B F C C L T H A R D W O R K I N G
 F B A E M O Q Z V C C Q S T R O N G
 H E N J R T C E T O R P S S E K O J
 T L I N K O D A E E H U S B A N D B
 S N Y D D A D M P E A J X A M D L B
 A R E H T E G O T D N I V F K V T H
 H L A D R M Q A P A D Q A A N T O B
 H O S E O W N G R M S L P T E T O D
 F V A U P H U G S G O A C H E N L N
 T E Q A P P Q W O V M U F E U R S I
 Q G T W U Y A S F L E D M R D J I X
 T I D V S I S X D G K P O A F G G B

Protecting Yourself from Allergies

Seasonal allergies occur at the same time of the year, every year. Exposure to pollen and snow mold, a type of fungus on grass after snow melts, may cause allergic symptoms.

These symptoms may include itchy and watery eyes, sneezing, headache, fatigue and a runny, stuffy or itchy nose.

“Cleaning the inside of your nose with salt water, using a humidifier in the bedroom and taking hot showers may help relieve symptoms,” says Yvonne Ewanicke, a site manager at Health Link. “You can also try taking an over-the-counter antihistamine to relieve symptoms.”

If symptoms continue, ask your doctor if immunotherapy or allergy shots might help you. They help prevent and reduce allergies.

Visit myhealth.alberta.ca or call 811 for more information.

Alberta Health Services

World Elder Abuse Awareness Day

World Elder Abuse Awareness Day is every year on June 15. Drawing awareness about the abuse elders face can help the abuse end. Elder abuse can take many forms and affect any older adult, regardless of their background, health or heritage. Theft or financial control is the most common form of elder abuse but it can also be emotional, psychological, physical, sexual or neglect.

Learn the signs, break the silence

Some signs that could show up are unexplained injuries, changes in mood, changes in behaviour or physical status. Other possible signs could include changes in weight or appetite, hygiene or increased visits to the doctor or hospital.

Education is a big part of preventing elder abuse. The more families, friends and communities know about the signs of elder abuse, the more support can be provided and gives people the confidence to speak up if they fall victim to such abuse.

Alberta Health Services

Hantavirus Protection

If you're cleaning your yard and find mice, be careful.

Hantavirus Pulmonary Syndrome (HPS) is a potentially fatal respiratory illness. It is caused by Hantavirus, a virus found in the saliva, urine and droppings of deer mice.

People can get Hantavirus by breathing in contaminated dust or particles from the mouse urine or droppings, or by being bit by a deer mouse.

Symptoms occur two to three weeks after being exposed to the virus. They are similar to the flu and may include headache, fever and chills, muscle aches and shortness of breath, as fluid builds up in the lungs.

If you or someone you know shows symptoms and has been exposed to deer mice, seek medical care immediately.

And try to avoid exposure in the first place. “The best way to prevent Hantavirus is avoiding contact with deer mice. Eliminate their potential food sources.

Keep garbage covered in pest-proof containers and set traps to catch rodents at your home and workplace,” says Alberta Health Services public health inspector Nicole MacIntyre. “If there is evidence of rodents, you may need to call a professional exterminator.”

If you have to clean the area where deer mice have been, do not stir up the dust by sweeping or vacuuming the nest or droppings. Wear rubber or vinyl gloves and spray the urine and droppings with a disinfectant. Use paper towel to pick up the waste and dispose of promptly in the garbage. Thoroughly wash your hands with soap and water once you're done. For more information, search Hantavirus at ahs.ca.

Alberta Health Services



Illegal Encampments

Illegal encampments are complicated social issues involving people camping on ground they do not own or have authorization to do so by owners of the property. These illegal encampments can usually be found in wooded areas, parks or near bodies of water. Encampments can be abandoned or still in use. When illegal encampments are abandoned it can cost on average \$3,000 to clean up the site. If you find an illegal encampment in your neighbourhood call the City at 3-1-1.

Before it can be cleaned up and removed Calgary Police Service must place a 72 hour trespass notice before clearing out the area. It's recommended that residents wait for CPS or Bylaw Officers to dispose of the encampment properly. All together it could take up to 30 days for a site to be cleared and cleaned.

Additional Resource:

The City of Calgary has a team called the Joint Encampment Team that addresses illegal encampments, supporting occupants with social services and clearing the site. The Alpha House an agency that serves vulnerable populations in Calgary, the agency has an Encampment team that helps individuals who need relocation and provides support for those setting up illegal encampments with legal accommodations.

To file a complaint or learn more about what to do about an encampment in your area, call 3-1-1.

A message from the Federation of Calgary Communities

Sudoku Corner Solution

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

Safely Enjoy Your Outdoor Fire and be a Good Neighbour

Many Calgarians enjoy having an outdoor fire. Ensure your fire meets Calgary's Community Standards bylaw regulations for your safety and enjoyment, as well as your neighbours. Remember, always check www.calgary.ca/firebans to ensure no fire bans are in effect.



Fire Pit Safety

1. Fire pits must be at least two metres away from your property line, house, garage, or fence.
2. Fire pits must NOT be under any trees, branches, plants or other materials that can catch fire.
3. All fires in your fire pit must be kept to a reasonable size; 1 metre high and wide. A mesh screen or 'spark guard' is now required in order to reduce the spread of embers and sparks from wood-burning fire pits. The openings in the mesh screen must not be greater than 1.24 cm across.
4. Only burn clean, dry firewood. Do NOT burn:
 - a. Wood that is painted, treated or contains glue or resin
 - b. Wood from a different location, region or province
 - c. Wet or green/fresh cut wood
 - d. Yard waste (put cut grass and leaves in your green cart for composting)
 - e. Garbage
 - f. Rubber or plastic
 - g. Furniture
5. Always have a way to put out the fire close to your fire pit. Easy options are your watering hose or a bucket of water.
6. All fires in your fire pit must be continually supervised.

Fire pit hours

Fire pits may only be used:

- Between 10 a.m. and midnight, Sunday - Thursday; or
- Between 10 a.m. and 1 a.m., Friday and Saturday.

The bylaw includes fines for unsafe fires and burning prohibited materials, so it pays to understand the bylaw. For more information, visit Calgary.ca/firepits. If you have a concern or complaint about fire pits, call 311. If a fire is out of control, call 9-1-1.

Summer Fun On Northern Alberta Waterways

I'm a waterbaby at heart and I'm always amazed at the variety of adventures I can find on Alberta's rivers and streams. Here's a taste of some of my bucket list adventures in northern Alberta.

Poker on the Water

This little northern town was abuzz with more than 100 participants preparing to launch 30 jet boats, pick up a card from five destinations along 130 kilometres of river with the hope of being dealt a cash-winning hand. Curiosity brought me to Athabasca to check out the annual Jet Boat Poker Rally. By the evening I was sinking my teeth into barbecued Alberta beef on a bun and listening to local live music with some very friendly river lovers.

Down River by Tube

Alberta is teeming with river lovers. Water sprayed out of my nose as I snorted with laughter. River tubing wouldn't put me at risk of drowning but the water fight that had erupted amongst fellow tubers might. We hollered and howled as we drifted leisurely down the picturesque Pembina River, courtesy of Pembina River Tubing. Floating through a 62 metre gorge atop an inflated piece of rubber in my lifejacket made me realize I was experiencing a viewpoint reserved for a lucky few.

Battling a Bull Trout

My guide for the day took me to the Kakwa River, one of the most remote waterways just north of Grande Cache. A fish the size of my right arm was trying to claim the grayling I had just hooked. The mighty bull trout was the biggest I'd seen but there was no need for competition here. An endless stream of Rocky Mountain whitefish, brook trout and arctic grayling tempted my line till dusk. I packed out several trophies on that expedition.

Paddling in Peace

There's something undeniably Canadian about awakening wrapped in a Hudson Bay blanket nestled in a rustic cabin deep in the woods. My hosts at Blue Lake Centre, Margriet and Hans Kamperman, prepared a bagged lunch for me and showed me to my canoe. I set off with a group who had just paddled the interpretive canoe trip in William A. Switzer Provincial Park through Gregg, Jarvis, Cache, Blue and Graveyard Lakes. The



relaxed pace allowed me to take in the fragrant pine, spot an eagle circling above the water and recognize the mooing of a nearby moose. I've worked up quite an appetite that I know the Kamperman's home cooked buffet will more than satisfy tonight.

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Cycling & Mountain Biking

Pedaling hard, you reach the crest and plummet down the other side. Looking at the vast river valley spread out below, you know it was well worth the ride. Adrenaline pumping and wind whistling in your ears, you take the rise at the bottom and catch some air. Alberta has countless scenic treasures that are off the beaten track. Challenge yourself to some extreme mountain biking, or pedal leisurely through an alpine meadow, a boreal forest or under an endless prairie sky.

Cycle urban pathways through gorgeous river valleys. Two wheels will take you places where four wheels could never go. Hop on a bike and go for the morning, or plan an entire road trip. In terrain that varies from flatlands to rolling foothills to mountain passes, we have plenty of trails, wide-shouldered highways and byways for road riders and mountain bikers to savour.

Canada Trails: www.canadatrails.com

Canmore Nordic Centre: www.canmorenordiccentre.ca

Dirtworld: www.dirtworld.com

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