

SEPTEMBER 2019

THE  
**KINCORA**  
  
**View**



**Councillor  
REPORT**



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# Councillor Report

City Council continues to look at ways to reduce spending to keep taxes down. Council voted to reduce operating spending by \$60 Million. Despite what some have said in the media, the low-income transit pass and ambulance services were not cut. In fact, in Ward 2, we have seen a significant improvement in our fire service coverage as we now have a ladder truck and a District Chief operating out of the Symons Valley Fire Station #40. A majority of these spending reductions were efficiencies found within the bureaucracy. I believe it is important for all areas of City Administration to regularly review their spending to ensure there is value for taxpayers.

The City of Calgary and Calgary Sports and Entertainment Corporation (CSEC) agreed upon a deal for a new Arena and Event Centre. While this deal is not perfect, I felt that it was fair to both CSEC and Calgary taxpayers. Unlike previous proposals, this deal does not transfer tax dollars over to CSEC. In fact, CSEC will be providing 50% of the funding to build a City owned facility. Also, this deal allows for The City to have a continual revenue stream from a "ticket tax". It has been estimated that over the next 35 years, The City will receive over \$400 million in new revenue. I am hopeful that this new revenue stream will help provide for lower taxes for all Calgarians.

There will be an Information Session on the new Spyhill Arrest Processing Facility on Thursday, September 19, 2019 from 4 to 7 p.m. at the Shane Homes YMCA. Come and learn more about the new Calgary Police Service arrest processing facility currently under construction.

*Joe Magliocca, Councillor, Ward 2*



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**Kincora Resident's Association**  
www.KincoraResidents.org

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# Scouts News

## Trip of a Lifetime

So normally at this time of the month (last day of July) I sit down to write an article for the September community newsletters about Girl Guides. Honestly though, I got zip, nada, nothing right now. At this time of the year, all of the units are shut down for the summer.

But, I can write about something else somewhat related. My son is a Venturer Scout (“Boy Scout”), so youth ages 15-18, in the 193 Edgemont group, which has kids not only from Edgemont, but Hidden Valley and other neighbouring communities. For the past year and a half their group (11 youth and 4 leaders) has been fundraising like crazy for a trip they are currently on in the Netherlands. They are at the Haarlem Jamborette International Camp for 10 days; there are 3500 participants at this international camp.

The leaders have been nicely posting photos and events on a private Facebook page as they go, so we parents can see what grand and wonderful adventures they have been on.

Now, an article written by someone about the trip who is actually there would be ideal, but they are so busy they simply don't have time to write an article to make this particular deadline. So I will give you a sneak peek at this once-in-a-lifetime trip, thanks to their FB posts. And perhaps they can write a more first-person article in October.

For the first few days, they stayed in Haarlem at a Scout Hut and toured Amsterdam, taking in sights such as the Anne Frank House, Van Gogh museum and doing some windmill tours. The temperatures were record setting: +35C when they got there!!



The camp started on July 28, with cooler temperatures, which is really fortunate because now they are sleeping in tents. Highlights from camp so far include: a visit to a military museum, a railway museum, but perhaps the best out-trip they've taken so far is the Tour of Honour to the Vimy Ridge memorial in France. What an amazing and impactful stop this one is – seeing actual trenches, walls and walls of names. I'm sure this will stick with them for a long time.

Soon they will be making the journey home again. I did ask my son what his favourite part of the trip was, and he said he didn't have one, it has all been so much fun. This is what makes Scouting and Guiding worth it for so many youth. Not only the camps and field trips, but the opportunities to travel abroad as they get older opens up for them. The Girl Guides in Hidden Valley for example are also madly fundraising for a couple of international trips next year to England.

So, in conclusion, if you have kids who are at least 5 years old, consider enrolling them in Scouts or Guides this fall. It's not very expensive, and as they get older, the program gives them so many opportunities.

*Karla Williamson, Nitanisak District Girl Guides*



# Calgary Connection

### Volunteer Calgary:

Visit the “Volunteer” page of [www.propellus.org](http://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](mailto:jsanderson@hullservices.ca) or 403-238-7974 or visit [www.hullservices.ca](http://www.hullservices.ca).

### + 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

### 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](http://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](http://calgary.ca/play).

### City-Wide Food Drive

Saturday, September 14, 2019, 10 a.m. to 2 p.m.  
Join the Calgary Food Bank for the city’s largest one-day food drive and make a difference for a family this fall. Watch for donation bags on your doorstep! For information on the City-Wide Food Drive and the most needed items, visit [www.calgaryfoodbank.com](http://www.calgaryfoodbank.com)



# Calgary Public Library

## Free Bookable Meeting Rooms at 20 Libraries

Upgrade your meetings with more than 60 bookable rooms at 20 libraries, plus audio, video, and post-production studios at Central Library. At Nicholls Family Library, Rowena Liu-Poon uses a free meeting room to teach a free tai chi class. “I can share my interests, I can pass on what I’ve learned about tai chi to my students, and hopefully I am able to make a contribution,” Rowena says. “It’s a great way for me to stay connected with the community in my retirement years.” Learn more about Rowena and the Library’s free meeting rooms at [calgarylibrary.ca](http://calgarylibrary.ca).



design; enhanced eResources section; expanded pages for each location to make planning your visit easier; and a responsive design that works whether you’re visiting us on your phone, tablet, or desktop computer. Head to [calgarylibrary.ca](http://calgarylibrary.ca) to see the site for yourself.

## Fall Programs for Everyone at Calgary Public Library

Calgary Public Library offers hundreds of free in-person programs for families, kids, teens, newcomers, small business owners, job seekers, and anyone looking for enrichment. See everything we offer at [calgarylibrary.ca/programs](http://calgarylibrary.ca/programs). From Career Coaching and Settlement Services to Baby’s Big Playdate, Drop-in Family Storytimes, and a 50+ Lecture Series, there is truly something for everybody. Plus check out new programs, including Babies Go Boo!, a Creative Writing Club for kids, and Yoga at Central Library.

## Check Out Our New Website

If you’ve visited our website recently, you will have noticed a big change. The Library’s new website launched in July. Features include a clean, intuitive



- |           |            |
|-----------|------------|
| BACKPACK  | PENCIL     |
| BOOKS     | PLAYGROUND |
| CLASSROOM | PRINCIPAL  |
| COMPUTERS | READING    |
| CRAYONS   | RECESS     |
| DESK      | SCHEDULE   |
| FRIENDS   | SCHOOL     |
| GLUE      | SCIENCE    |
| HOMEWORK  | SCISSORS   |
| LUNCH     | STUDENT    |
| PAPER     | TEACHER    |

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## Back to School Safety

It's back to school time! A new school year often brings more congestion in playground zones, distraction, and more pedestrians than we have become accustomed to during the summer months.

Here are three tips to keep in mind when driving or walking in playground zones this September and all year round:

### 1. Follow the speed limit:

First and foremost, follow the posted speed limit of 30 km/h. Playground time zones are between the hours of 7:30 a.m. – 9:00 p.m., 7 days a week, year-round. A collision with a pedestrian at 30 km/h is more likely to end in injury rather than a possible fatality going at the residential speed of 50 km/h.

**2. Stop and look both ways:** We want to set good examples for young pedestrians. Stop, and look both ways. It's always good practice to look one more time to the left and then walk across the street between the cross-walk lines. Attempt to make yourself as visible as possible. These are all good habits to practice and to role model.

**3. Follow directions:** Whether you are driving, walking or biking, listen and watch for directions from school safety patrollers. Follow the direction of signals, signs, and the specific rules that the school has implemented. These directions are for your safety and others and are there to help reduce congestion and risks.

By exercising caution and care, we can make our communities safer! For more resources, check out our website at [calgarycommunities.com](http://calgarycommunities.com)

*A message from the Federation of Calgary Communities*

## DID YOU KNOW??

The opposite sides of a die always adds up to 7.



## Take Your Chemicals to a Household Hazardous Waste Drop-off

Doing some garage cleaning this month? Safely dispose of any leftover chemicals, paint, oil and propane tanks at a household hazardous waste drop-off. These items don't belong in any of your carts where it could harm your collector, staff at a processing facility or the environment.

**TIP:** If the item has a hazard symbol on it like poisonous, flammable etc. it needs to be taken to a designated fire station or City landfill for safe disposal.



### Before you drop off your hazardous waste:

- Keep chemicals in the original container.
- If you need to move it to a new container, make sure to package your chemicals in a leak-proof container and clearly label the container.
- Do not mix different products together.
- Make sure lids are on tight.

For a full list of acceptable items and drop-off locations, visit [calgary.ca/hhw](http://calgary.ca/hhw)

*City of Calgary*

## DID YOU KNOW??

The tradition of giving apples to teachers dates back to the 16th century in Denmark, where parents would pay their educators with food.



# Look for Ways to Lower Your Stress

Stress is a fact of life for most people. You may not be able to get rid of stress, but you can look for ways to lower it.

Consider trying some of these ideas:

- Learn different ways to manage your time. You may get more done with less stress if you make a schedule. Think about which things are most important, and do those first.
- Find healthy ways to cope. Look at how you have been dealing with stress. Be honest about what works and what does not. Think about other things that might work better.
- Take good care of yourself. Get plenty of rest. Eat well. Don't smoke. Limit how much alcohol you drink.
- Try new ways of thinking. When you find yourself starting to worry, try to stop the thoughts. Or write down your worries and work on letting go of things you cannot change. Learn to say "no."
- Speak up. Not being able to talk about your needs and concerns creates stress and can make negative feelings worse. Assertive communication can help you express how you feel in a thoughtful, tactful way.
- Ask for help. People who have a strong network of family and friends manage stress better.



Sometimes stress is just too much to handle alone. Talking to a friend or family member may help, but you may also want to see a counsellor. Call Health Link at 811 if you need help.

### How can you relieve stress?

You will feel better if you can find ways to get stress out of your system. The best ways to relieve stress are different for each person. Try some of these ideas to see which ones work for you:

- Exercise. Regular exercise is one of the best ways to manage stress. Walking is a great way to get started.
- Write. It can help to write about the things that are bothering you.
- Let your feelings out. Talk, laugh, cry, and express anger when you need to with someone you trust.
- Do something you enjoy. A hobby can help you relax. Volunteer work or work that helps others can be a great stress reliever.
- Learn ways to relax your body. This can include breathing exercises, muscle relaxation exercises, massage, aromatherapy, yoga, or relaxing exercises like tai chi and qi gong.

- Focus on the present. Try meditation and imagery exercises. Listen to relaxing music. Try to look for the humour in life. Laughter really can be the best medicine.

Source: [Myhealth.alberta.ca](http://Myhealth.alberta.ca)

*Alberta Health Services*

## Walking for Fitness

Warm summer days and evenings make getting outside for a walk an easy and enjoyable way to add exercise to your day. Health Canada recommends healthy adults under the age of 65 get at least 2.5 hours a week of moderate physical activity. Simply adding a brisk walk to your daily routine can improve overall health.

Create a few habits to help make your daily walks fun and help you maintain a healthy level of activity.

- Begin by setting a goal. You may want to start with a brisk 30 minute walk each day and work your way up to 10,000 steps a day.
  - Wear comfortable footwear that provides protection and supports the foot.
  - Try tracking your steps with a phone app or a pedometer.
  - Challenge friends and colleagues to join you.
  - Schedule a 15 or 30-minute walk before work in the morning, into your lunch hour or immediately after work.
  - Daily dog walks are also a great way to keep up both you and your four-legged friend healthy.
  - Whenever possible, walk to appointments, meetings or to run errands.
  - Get to know your neighbourhood by taking a slightly different route each time you walk. You just might find some hidden gems near home.
  - Find walks that include hills or stairs to increase your challenge and improve cardiovascular benefits.
- Using a few simple tips can help make a daily walk one of the most pleasurable parts of your day.

*Alberta Health Services*



# Exploding Pumpkins, Moonlight Corn Mazes And Other Autumn Adventures You Must Do Before The Snow Flies

You know us autumn people – we love this time of year in Alberta. We're happy to wear sweaters and scarves again. We appreciate cool mornings, fluttering yellow leaves and red harvest moons. We buy different kinds of pumpkins – and not just orange, but cool blue, knobby green and tiny bright white ghosts.

Soon enough, we'll be blanketed in glittering snow, so here are five ways to fall in love with fall in Alberta.

## Get lost in a corn maze

You deke right then left, lean into tight turns, and then run headlong into a dead end. Lost already? Welcome to the corn maze, an always fun, sometimes perplexing, Alberta fall tradition. Farmers across the province cut new mazes into their tall stalks of corn each year and challenge visitors to find their way through the puzzle. This season, celebrate with a moonlight run through one of the province's largest mazes at the Kraay Family farm near Lacombe. Or visit the Lethbridge Corn Maze to puzzle your way through their challenging sesquicentennial design then cuddle up around a roaring campfire.

## Shop, eat and stroll

Fall is a perfect time to swap your city for new neighbourhoods, street-front shopping and swanky fireplace suites. In Edmonton, eat, shop and lounge on Whyte Avenue, take an art gallery walk along 124th Street or hit the downtown market among the converted brick warehouses of 104th Street. An autumn urban getaway in Calgary must include shopping for handmade and vintage goodies in Inglewood, eating local on pedestrian-only Stephen Avenue downtown or learning something new, hand-in-hand with a loved one at a nerd-hip adults-only science night at Telus Spark.

## Wonder at the world

Feed your curiosity on a cornucopia of festivals throughout Alberta this fall. Both Edmonton and Calgary host literary festivals, international film festivals and lively Oktoberfests – plus celebrations of dance, burlesque and wine & food. This fall in Jasper, get even closer to the stars with a night-time ride up the SkyTram, walk on an ancient glacier after dark for a photography workshop and marvel at the wonders of

the universe with superstar particle physicist Brian Cox during the mountain park's annual Dark Sky Festival.

## Destroy stuff with pumpkins

Here's another fall tradition across Alberta: exploding pumpkins! The Calgary Corn Maze specially prepares their pumpkins to be blown up, sending a rain of candy down for the kids to enjoy. At Prairie Gardens, just outside of Edmonton, a mighty pumpkin cannon sends the gourds through the air for a satisfying splat that also raises money for the city's youth shelter. And if you really want to see a giant exploding squash, witness a 500 kg (1,000 pound) pumpkin crush a car to smithereens at the Smoky Lake Pumpkin Fair every October.

*Author: Heather Egger*

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