

FEBRUARY 2023

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your KINGSLAND POST

THE OFFICIAL KINGSLAND COMMUNITY NEWSLETTER



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Please allow us to introduce ourselves! We are
RAINBOW ELDERS CALGARY

A support group for 2SLGBTQ+ seniors



Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness.

As seniors, we also believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

To discover more, please contact us!

email: rainbowelderscalgary@gmail.com

www.rainbowelderscalgary.ca

*Friendships
Social Events
Picnics
Role Models
Companionship
Coffee &
Cookies
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Connecting
with Youth
Making a
Difference
Being Proud
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SUNDAY BRUNCHES, VALENTINE'S DAY TEAS, A NEW EXHIBIT, AND SO MUCH MORE...

Create lasting memories at Canada's largest living history museum. From Sunday Brunches and Valentine's Day Teas, to the grand opening of a Chinatown exhibit in Gasoline Alley Museum, there's something for everyone to enjoy this winter season! Your Annual Membership is the key to a full year of memorable experiences.

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Valid until Mar. 1, 2023. Must be presented at time of purchase. Excludes ice cream and sale items. Cannot be combined with any other offer. No cash value. heritagepark.ca



Check out all the upcoming events and activities at heritagepark.ca

PRESIDENT'S MESSAGE



Happy February Neighbours!

At the KCA we are moving into planning mode for 2023. We hope to continue some of the successful events that we held in 2022 and continue to look for new opportunities to bring events or other forms of enhancement to our community. We are always looking for input or ideas for events, activities, or community enrichment ideas from our residents, so please don't hesitate to reach out!

We have a couple openings for board positions including our social director role, so if you or someone you know have any interest in volunteering with us, please reach out! If you would like more information about any of the open positions or would like to chat a bit more about what volunteering with the KCA looks like, reach out to us at admin@kingslandcommunity.ca.

To stay up to date on all things Kingsland Community, make sure to check out our website's homepage to see what's new in our neighbourhood and follow us on social media at [@kingslandcommunityyc](https://www.instagram.com/kingslandcommunityyc)! We also have an email newsletter that goes out every month or two – subscribe to the eNewsletter using the purple button at the very bottom of our website.

As always, don't hesitate to reach out if you want to connect, have feedback, ideas, or questions. That's all for now. I hope you can all get outside and enjoy the ice rinks and the toboggan hill while our weather cooperates!

All the best,

Charlotte Quickel

KCA President

Psssttt...

We love featuring the community in the newsletter and on social media. We'd love to see your garden, your favourite tree, your summer activities, or your outdoor projects or a story, poem or painting you've been working on and we'd love to publish it in the newsletter. Please send to admin@kingslandcommunity.ca.

KINGSLAND COMMUNITY PRESCHOOL



Our learning journey is one of curiosity and growth. As we feel more comfortable in the classroom and our relationships with each other, we have found a rhythm in our time together. For many of us, it is our first experience with being on our own without our parents/siblings. A chance to test boundaries and gain confidence.

We spent the month of February talking about family, friendships, and love. We talked about what things we would see if we were able to see in our heart. We talked about how we would have more space for family and friends in our hearts, and perhaps a smaller space for things like sweets and flowers. The children discussed with each other what things they love to do with their time and what makes them happy. We made "heart maps" with black sharpie and then used watercolours to paint the pictures that we drew.

We like to freeze water outside and bring snow into the classroom to make ice and snow sculptures. Sometimes we add salt and warm water to see what would happen. There is so much to love about winter!

Registration for September 2023 opens on Monday, February 6 at 10:00 am online.

Registration will be ongoing after these dates.

If you missed our open house in January and would like to tour the preschool, or if you would like to register your child for the fall (or for the remainder of this school year), please contact us at kingslandpreschool@gmail.com or call 403-259-1308.

For more information, visit our website at www.kingslandcommunitypreschool.com.

WE HAVE A FACEBOOK GROUP!



Looking to connect with fellow Kingsland residents online? Look no further. We have recently created a Facebook group for residents to discuss community happenings! Search for "Kingsland Community Connection" on Facebook.



Kingsland Community Preschool is a Reggio-inspired, cooperative preschool offering classes for three and four year old children. Our bright and playful classroom is located in the Kingsland Community Hall.

Follow along with our little learners as they explore, discover and grow. We share lots of pictures about all the great things our students are up to in the classroom.

Check us out on social media:

Follow us on Instagram

Find us on Facebook

@kingslandpreschool

Kingsland Community Preschool



Please visit our website for more information about registration, news and upcoming events
www.kingslandcommunitypreschool.com

2023 Board of Directors and Community Contacts



KINGSLAND
COMMUNITY ASSOCIATION

Community Association Hall

🌐 www.kingslandcommunity.ca

📘 www.facebook.com/Kingsland-Community-Association-203240413043176/

Hall Manager: Jennifer Sherstabetoff

🏠 505 - 78 Avenue SW; Calgary, Alberta T2V 0T3

☎ 403-255-1400 📠 403-255-1407

✉ admin@kingslandcommunity.ca

Hours: Please book an appointment by email.

BOARD OF DIRECTORS		NAME
President		Charlotte Quickel
Vice President		Vacant
Treasurer		Jessica Pickel
Secretary		Ben Montgomery
Communications Director		Kaitlin Quickel
Lifecycle Director		Christine Dombroski
Membership Director		Terry Casey
Trico Partnership Liaison		Ben Ethier
Social Director		Vacant
Crime Prevention		Jeannine Konrad
Planning Director		Brandy MacInnis
Open Director		Lars Stevenson
OTHER KCA CONTACTS		
Casino Coordinator		Kathy Mitchell
Hall Manager and Admin		Jen Sherstabetoff
COMMUNITY CONTACTS		
Councillor Ward 11	Kourtney Penner	403-268-2430
Calgary-Acadia	MLA Tyler Shandro	587-885-1781
Neighborhood Partnership Coordinator (NPC)	Jenna Findlater	403-804-0312
Police Liaison	Cst. Jake Tyerman	403-428-6641

Our community board meetings are held on the fourth Thursday of each month at 7:00 pm
(Except July, August, and December) unless otherwise posted. Everyone welcome!

ARE YOU PLANNING AN EVENT?

The Kingsland Community Hall is an ideal location for any occasion such as:

- Wedding receptions
- Family reunions
- Barbeques
- Kids birthday parties
- Business meetings
- AGMs
- Corporate parties
- Bridal showers
- Baby showers
- Political forums
- Anniversary parties

Do you need a great local facility?

It's located just off Macleod Trail SW, 505 78 Ave SW.

Want to know more about our hall?

- Recently updated
- Wheelchair accessible
- Upper hall holds up to 100 people (85 seated)
- Bar area
- Wi-Fi included
- Chairs and 25 rectangular tables (Tables are 2.5ft x 5 ft) included
- Kitchenette with fridge, microwave, and coffee pots included
- Lower hall that can hold up to 25 people
- Ideal for board meetings

Rental rates

Weekday rentals (Monday to Thursday, and Friday before 4:00 pm) will be \$40 per hour with a minimum four-hour rental, or \$400 for a full day rental.

Weekend rentals (Friday at 4:00 pm to Sunday) will be \$50 per hour with a minimum four-hour rental, \$400 for a half day, or \$650 for a full day rental.

Plus, sanitation fee per event: \$25.

Outdoor hockey rink can be reserved for \$25 per hour plus GST.

Come check out the Kingsland Community Center, we would love to give you a tour of our hall; please call or email to book a time.

Phone: 403-255-1400

Email: admin@kingslandcommunity.ca

Book your event early!



KINGSLAND COMMUNITY ASSOCIATION MEMBERSHIP FORM

Your membership revenue helps to support a community-wide range of events, services, and facilities.

What we offer residents:

- Free annual Community Cleanup Day
- Family, social, and senior events
- Free use of the outdoor hockey and kiddie skating rinks
- Free use of the outdoor multi-sport courts

Exclusive member benefits:

- Reduced rates for Kingsland Community Hall rentals
- Reduced rates at eligible community events
- Perks from select local business partners!

The Kingsland Community Association annual membership year is July 1 to June 30

Choose your membership & provide your contact information:

Select One (✓)	Membership Type	Details	Vote at the AGM?
<input type="checkbox"/>	Individual (\$20)	Regular membership for Kingsland residents	Yes
<input type="checkbox"/>	Family (\$20)	Membership can be shared between all the members of a Kingsland household	Yes, one vote per family membership
<input type="checkbox"/>	Senior (by donation)	For residents 65 years of age and over	Yes
<input type="checkbox"/>	Business (\$25)	Available to businesses both inside and outside of the Kingsland community boundary	No
<input type="checkbox"/>	Associate (\$25)	For non-Kingsland residents. Membership can be shared between all the members of a household	No

Name(s): _____

Mailing Address: _____

Phone #: _____ Email: _____

Payment By: Cash _____ Cheque _____ E-transfer _____ to admin@kingslandcommunity.ca

Volunteer interests – Can you help us in any of these areas?

Social Events: _____ Casino: _____ Rink: _____ Membership Drive: _____ Social Media: _____

Other (specify): _____

Once complete, send this form & payment to the Kingsland Community Hall - 505 78 Avenue SW, Calgary, AB T2V 0T3 (by mail or using the drop box at the front door).

Memberships may also be purchased online at www.kingslandcommunity.ca/about-us/memberships

Personal information is being collected under Section 33c of the Freedom of Information and Privacy Act (FOIP). The information collected will only be used to contact you regarding Community Association matters and to keep a record of our members from year to year.

KINGSLAND PROGRAMS



Monday to Friday Kingsland Preschool

Three-Year-Old and Four-Year-Old Classes

Tuesdays

Broxburn Vegetable Mobile Market

Located in Kingsland Parking Lot

Thursday

Voix Des Rocheuses-French Choir

Visit Our KCA Website for Contact Info

Fridays

Jumma Prayers at 1:30 pm

All Welcome

MENTAL HEALTH MOMENT

An Exercise in Building Intimacy

by Nancy Bergeron, RPsych | info@nancybergeron.ca

The person we often crave to feel most known by is our partner. This is the person with whom we share the most intimate details of our lives. It's the person who sees us at our best and our worst. The one who knows our history and is a primary part of our future.

We want them to know us, to really know us, and these questions can help. Dr. Catron says, "Most of us think about love as something that happens to us, we fall and sometimes we get crushed. But what I like about this study is how it assumes that love is an action."

This activity should be done at a slow pace and should last at least 45 minutes.

Grab a couple of comfortable chairs and place them facing each other. Knees should be about a foot or so away from each other. Turn off phones and all other distractions.

1. Given the choice of anyone in the world, whom would you want as a dinner guest?
2. Would you like to be famous? In what way?
3. Before making a telephone call, do you ever rehearse what you are going to say? Why?
4. What would constitute a "perfect" day for you?
5. When did you last sing to yourself? To someone else?
6. If you were able to live to the age of 90 and retain either the mind or body of a 30-year-old for the last 60 years of your life, which would you want?
7. Do you have a secret hunch about how you will die?
8. Name three things you and your partner appear to have in common.
9. For what in your life do you feel most grateful?
10. If you could change anything about the way you were raised, what would it be?
11. Take four minutes and tell your partner your life story in as much detail as possible.
12. If you could wake up tomorrow having gained any one quality or ability, what would it be?

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13. If a crystal ball could tell you the truth about yourself, your life, the future, or anything else, what would you want to know?
14. Is there something that you've dreamed of doing for a long time? Why haven't you done it?
15. What is the greatest accomplishment of your life?
16. What do you value most in a friendship?
17. What is your most treasured memory?
18. What is your most terrible memory?
19. If you knew that in one year you would die suddenly, would you change anything about the way you are now living? Why?
20. What does friendship mean to you?
21. What roles do love and affection play in your life?
22. Alternate sharing something you consider a positive characteristic of your partner. Share a total of five items.
23. How close and warm is your family? Do you feel your childhood was happier than most other people's?
24. How do you feel about your relationship with your mother?
25. Make three true "we" statements each. For instance, "We are both in this room feeling ____."
26. Complete this sentence: "I wish I had someone with whom I could share ____."
27. If you were going to become a close friend with your partner, please share what would be important for him or her to know.
28. Tell your partner what you like about them; be very honest this time, saying things that you might not say to someone you've just met.
29. Share with your partner an embarrassing moment in your life.
30. When did you last cry in front of another person? By yourself?
31. Tell your partner something that you like about them already.

32. What, if anything, is too serious to be joked about?
33. If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?
34. Your house, containing everything you own, catches fire. After saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be? Why?
35. Of all the people in your family, whose death would you find most disturbing? Why?
36. Share a personal problem and ask your partner's advice on how he or she might handle it. Also, ask your partner to reflect back to you how you seem to be feeling about the problem you have chosen.

Now that you are done asking and answering questions, look into each other's eyes for four minutes (try not to giggle too much).

The formal activity is complete. Now, talk about how this exercise made you both feel.

☒ CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

9 PM
ROUTINE



Winter in Calgary

It's the season that lawn mowers and rakes have been stored away only to be replaced with our snow removal equipment and de-icers. As the snow starts to fall in Calgary, clearing sidewalks and driveways may not be an activity many look forward to; however, we all enjoy a cleaned walkway. Keeping our sidewalks clear ensures everyone can get around safely and is especially helpful for seniors and people with mobility challenges.

"But Officer, I Didn't Know!": City of Calgary Snow and Ice Bylaws

From <https://www.calgary.ca/bylaws/snow-ice.html>

Calgary winters are safer and more manageable when everyone pitches in to clear snow and ice. While The City does its part clearing roads, designated pathways, sidewalks, and other high-use public areas, section 67 of the Street Bylaw requires Calgary property owners to:

- Remove snow and ice – down to bare surface – from public sidewalks bordering their private property within 24 hours of a snowfall ending. Owners of rental properties are responsible for arranging for snow and ice removal when they reside elsewhere.
- Remove a minimum width of 1.5 meters of snow and ice – down to bare surface – from a public pathway bordering their property, also within 24 hours of a snowfall ending. Applicable pathways are those that run parallel and adjacent to a street, with or without separation between the pathway and street (e.g., a grass boulevard).
- Pile snow from their private driveway or walkway on their own property (e.g., front lawn). Snow from a public sidewalk or pathway may be shoveled onto another public property, such as a road.
- If you own a rental property but reside elsewhere, you're still responsible for ensuring adjacent sidewalks and pathways are cleared, regardless of who does the work.

In the spirit of being a good neighbour, please do not pile shovelled snow:

- On a road to the extent that it blocks access
- Into a crosswalk
- On top of a storm drain
- Into a neighbour's yard

Noise Exemption

Many people rely on motorized equipment to clear snow, including City crews. Noise restrictions for using such equipment are lifted for 48 hours after a snowfall ends to clear walkways for safety and accessibility. This means anyone is allowed to operate a motorized snow clearing device (including leaf and snow blowers) — at any time of day/night — during that 48-hour window to remove snow and ice. Outside of that window, night use is not permitted.

Penalties for Failing to Remove Snow

Property owners/occupants who do not comply with the bylaw and subsequent notices issued by The City may be subject to:

- An invoice to the property owner from The City for clearing the sidewalk on their behalf. The cost is a minimum flat rate of \$150 plus GST and an administration fee. The amount will be added to the owner's annual property tax if not paid by the invoice due date.
- A fine of \$250 to the property occupant for a first offence. Repeat offenders may be fined \$500 for a second offence and \$750 for a third offence and each offence thereafter within a 12-month period. Tickets issued to repeat offenders may require a court appearance. Unpaid fines will be collected by Alberta Registry Service at the time of license or registration renewal.

The City is Responsible for:

- Priority roads, applying anti-icing and/or traction material as needed
- Sidewalks bordering City properties, down to bare surface within 24 hours of snowfall ending
- 600 kilometres of pathway
- Reducing windrows at 500 crosswalks and wheelchair curb ramps, within 72 hours of a snowfall ending
- Transit properties, including bus pads
- Pedestrian overpasses and bridges
- Level out ruts on residential roads

"So now you know!"

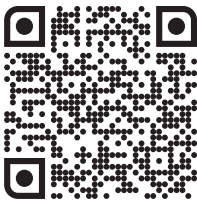
Final Notes: Our Unsung Heroes!

Snow Angels are the unsung Heroes of our neighbourhoods! They are individuals who lend a helping hand by shovelling a neighbour's sidewalk. Not everyone is able to get out and shovel snow safely. So, when the snow starts to fall, become someone's Snow Angel. Ask around in your neighbourhood to see if anyone needs a helping hand to keep their property clear - you never know what new friend you will make!

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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KINGSLAND MORTGAGE BROKER: SAVE A BUNCH OF CASH! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

CS HANDYMAN SERVICES: Serving Kingsland, Haysboro, Willow Park, Maple Ridge, Fairview, Acadia, and Southland, doing drywall repairs, fence repairs, painting, small plumbing repairs, and odd jobs around the house. Courteous and reliable. Licensed and insured. Low rates. Phone Cliff at 403-620-8170.

Your community plan is ready

Hey Heritage Communities!

That's you Kelvin Grove, Eagle Ridge, Chinook Park, Kingsland, Haysboro, Southwood, Willow Park, Maple Ridge, Acadia, and Fairview.

The Heritage Communities Local Area Plan is ready.

Wondering what the Plan's all about?

- ③ The Heritage Communities Local Area Plan sets the vision for the evolution of your community over the next 30 years, including direction on future development and investment.
- ③ A few of the key ideas in the plan include:
 - Foster vibrant transit station areas
 - Connect the Heritage Communities
 - Increase housing choice
 - Enhance parks, open spaces, and natural areas
 - Revitalize the Macleod Trail South area

Change is gradual, but having a plan in place to guide change – from proposals for new homes and businesses to future investment into community spaces – helps ensure change is aligned to the future vision for the area.

Visit calgary.ca/heritagecommunities to:

- ③ Review the final draft Heritage Communities Local Area Plan.
- ③ Learn how public input informed the Heritage Communities Local Area Plan.
- ③ Find out about upcoming Public Information Sessions (online and in person).

