

JANUARY 2025

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your **KINGSLAND** POST

THE OFFICIAL KINGSLAND COMMUNITY NEWSLETTER



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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.

MANY OTHER PACKAGES AVAILABLE!

BATHROOM RENOVATION SALE

SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$15,679

SALE **\$11,679**
Limited Supplies

TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Tile Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

ABSOLUTELY NO HIDDEN COSTS

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SCAN ME

GREAT NEWS MEDIA

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SCAN HERE TO VIEW ADDITIONAL KINGSLAND CONTENT

**News, Events,
& More**



**Crime
Statistics**

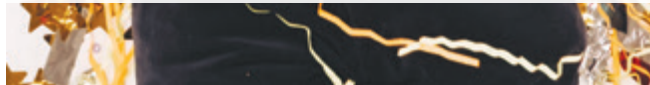


**Real Estate
Statistics**



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2025 Board of Directors and Community Contacts



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
admin@kingslandcommunity.ca
Hours: Please book an appointment by email.

BOARD OF DIRECTORS		NAME
President		David Sanderson
Vice President		Carmen Buckner
Treasurer		Jessica Pickel
Secretary		Ben Montgomery
Planning and Development Director		Brandy MacInnis
Social Director		Nik Mouwen
Membership Director		Terry Casey
Lifecycle Director and Hall Maintenance Coordinator		Christine Dombroski
Trico Partnership Liaison		Ben Ethier
Communications Director		Charlotte Quickel
Crime Prevention and Safety Director		Jeannine Konrad
Open Director		Lars Stevenson
OTHER KCA CONTACTS		
Casino Coordinator		Vacant
Hall Manager and Admin		Jen Sherstabetoff
COMMUNITY CONTACTS		
Councillor Ward 11	Kourtney Penner	403-268-2430
MLA Calgary-Acadia	Diana Batten	587-885-1781
Neighborhood Partnership Coordinator (NPC)	Jenna Findlater	403-804-0312
Police Liaison	Cst. Michael Colbert	mcolbert@calgarypolice.ca

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!

PRESIDENT'S MESSAGE



Happy New Years Neighbours,

I hope everyone had a fun and safe New Years Eve celebrations and we are each excited for what 2025 opportunities and memories lay ahead.

Thank you to all who volunteer to keep our Ice Rinks open and maintained, it takes a village of volunteers to keep the rinks operational, and I know all whom use the ice appreciate your efforts.

We have a new social director and look forward to all the ideas Laura has to inspire events to connect our community.

Personally, I am looking forward to our Winterfest coming up, with skating, tobogganing, and snacks—watch our website for further details.

Keep an eye on our social media and our website for upcoming events. As always, we seek your guidance and feedback as community residents about what you would like to see from your Community Association in terms of events and activities – so please reach out.

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! 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. We love input and ideas for events, activities, or community enrichment from our residents, connect with us!

Please see our website for open board positions and send an email to admin@kingslandcommunity.ca to discuss joining the board.

All the best,

David Sanderson

KCA President

president@kingslandcommunity.ca

*Note this message is written one month in advance

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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.

Word of the Month

Cynosure: noun (SIGH-noh-syoor)

A center of attraction or attention.

The bride was the cynosure of all eyes at the wedding.



KINGSLAND PROGRAMS



Monday to Friday

Kingsland Preschool in Lower Hall

Monday

Weekly - Norglen Rhythmic Gymnastic Club

Tuesday

Once Per Month - Calgary Camera Club

Wednesday

Last Wednesday of Each Month - Piecemakers's Guild of Calgary

Thursday

Voix Des Rocheuses - French Choir Practice

Friday

Jumma Prayers at 1:00 pm. Every Week. All Welcome

Sunday

Second Sunday of Each Month - St. Brigid Catholic Church

It's time to lock up. 9 p.m. Routine



- ✓ Remove valuables from car
- ✓ Lock your car
- ✓ Lock your house & windows
- ✓ Close & lock garage door
- ✓ Turn on exterior lights

BRAIN GAMES

SUDOKU

8						6		
7	5						1	8
		3			4	5	9	
1				8				
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SCAN THE QR CODE
FOR THE SOLUTION



Joke of the Month

Why did the pony get detention?

Because he was horsing around.



Crime Prevention and Safety: Winter Car Theft

It won't happen to me! It was one of those cold, dreary Calgary winter mornings. John braved the biting winds and went out to start his truck. His F150 truck didn't have a remote starter, but that was okay as he would simply stay warm in the house while his truck was warming up outside. After a few minutes, John returned to scrape the ice off the windshield. Satisfied his mode of transportation was warm enough, he quickly returned to the house to grab his briefcase for work. His vehicle wasn't out of his sight for more than a minute, but that's all it took - 60 seconds and it was gone! John sprinted back to his driveway, heart pounding. His eyes darted frantically across the empty space where his Ford truck had been just moments ago. Disbelief washed over him as reality sank in - his vehicle had been stolen! He stood there, briefcase clutched tightly in his hand, trying to process what had happened. As John reported the theft to police, he couldn't shake the unsettling feeling that this was only the beginning of a very long and complicated day.

This story is all common. Most people think vehicle theft could never happen to them, but it does. According to Calgary Police between October 26, 2023, and January 4, 2024, they received 114 reports of vehicles that were stolen while left running. Police are warning with temperatures starting to drop, they are seeing a rise in early morning vehicle thefts from people warming up their vehicles. These vehicles are easy targets for offenders as they are running and unattended.

Tips for Vehicle Owners

- Use remote starters when possible and keep the vehicle locked.
- Stay with the vehicle while it warms up. Never leave a running vehicle, where the keys are in the ignition, unattended.
- Ensure doors are locked and valuables are out of sight.
- Be vigilant and report suspicious activity.

In addition, consider theft prevention strategies such as the installation of GPS tracking devices, the use of the steering wheel locks and kill switches or upgrading to an advanced alarm system.

Staying Vigilant

While your vehicle is warming up, always keep an eye out for suspicious activity such as:

- Strangers loitering or walking aimlessly and appearing out of place.
- Unknown persons checking vehicles.
- Unfamiliar parked vehicles with multiple occupants or vehicles driving up and down the street multiple times.

Remember if you see suspicious activity, it's important to report it to police by calling 403-266-1234. However, should you witness a crime in progress such as a vehicle being stolen, immediately call 9-1-1. Provide as much descriptive information as you can, and always remember approaching a suspect or chasing a stolen vehicle is never safe.

A Thought About Remote Starters

While remote starters offer convenience and can be a good option for warming up your car in the winter months, there may be limitations in their compatibility with your specific vehicle. Many modern cars have built-in safety features that prevent them from being driven without the key fob present, even if started remotely. However, older models may lack this safeguard. Ensure your remote starter does not allow someone to drive away without the key.

John's Epilogue

Thankfully, John's truck was quickly recovered by the police. He no longer leaves his F150 running unattended or unlocked. John has peace of mind knowing that the newly installed antitheft device in his truck, is a powerful deterrent to potential thieves. Life is good once again.

Final Thought

Keep John's story in mind. By being proactive, we can significantly reduce the risk of vehicle theft during the winter months and throughout the year. Remember, most vehicle thieves are opportunists, so making your vehicle a less attractive target is key to prevention. It's really all about Crime Prevention and Safety.



Warm Up to Winter in Calgary Parks

by the City of Calgary

Winter makes it possible to enjoy Calgary parks in a different way than during any other season. Many cold-weather park activities are also free with minimal equipment needed. Only in winter can you skate on outdoor rinks, marvel at beautifully lit ice trails, play Crokicurl, and ride an ice bike in our parks.

We have several established outdoor rinks and two new ones this year - Prince's Island Park lagoon rink and the Lot 6 Pop-Up rink, making a total of ten outdoor, natural ice skating rinks, over 60 volunteer-run Adopt-a-Rinks, and indoor skating at 12 arenas with 19 rinks. Have you visited Prairie Winds Park in the winter before? There are two skating rinks and decorative winter displays to enjoy.

Plan an afternoon at your local community park snowshoeing or cross-country skiing. For easier skiing, visit a park or golf course that has groomed cross-country trails.

Take a walk through a park on a sunny winter day. You are sure to see birds and other wildlife. You can also pre-book an outdoor firepit at a park and have a winter picnic with friends.

For more ideas about how to stay active during cooler temperatures at city parks, visit calgary.ca/winteractivities.



Cats, Canines, & Critters of Calgary



Bear, Palliser



Buster, Hamptons



Lizzy, Huntington Hills



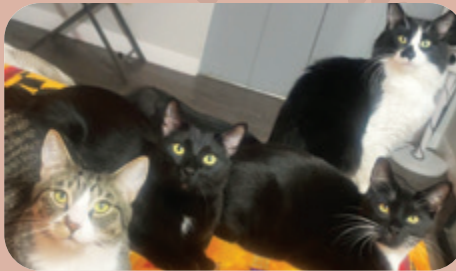
*Mirabella,
Lower Mount Royal*



Poupie, Deer Run



Toby, Douglasdale



Luka, Kiba, Shinji, and Von, Shawnessy

To have your pet featured, email news@mycalgary.com

Sledding Safety

by Alberta Health Services



Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.

- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Sledding at night is not advised.

Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.
- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until re-warmed.

How to Be a Great Communicator

by Nancy Bergeron, R. Psych. | info@nancybergeron.ca



Just because we speak and understand the same language doesn't necessarily mean we are good communicators. One of the most common reasons couples seek my services is to learn better ways to communicate. The list below is for anyone who would like to hone their own skills.

Let's Start with Some Bad Habits in Communication:

- 1. Interrupting** – This can make it seem like you don't care what the other person is saying. Yes, sometimes I get excited and blurt things out but it's important to acknowledge the other and be respectful to allow them to continue. This can also be an issue if you are neurodivergent, and the speaker doesn't know this.
- 2. Story-Topping** – This can shift the conversation from connection to competition.
- 3. Bright-Siding** – Always encouraging others to be positive or look on the bright-side can be invalidating. Toxic positivity is a thing, allow others to feel what they are feeling.
- 4. Being Right** – The conversation becomes a debate or about being right. Try to listen to understand the other's point of view... you might learn something new.
- 5. Being All-Knowing** – Explaining information without being asked for your expertise. This can sometimes make you look like a know-it-all.

6. Advising – Sometimes people just want empathy or just to be heard. They didn't ask for your advice. Do not offer it unsolicited. This can also be seen a boundary violation.

Here Are Some Habits of Good Communicators:

- 1. They create conversational safety** free from judgement, fault finding, or rejection. Just be there to listen.
- 2. They validate other people's feelings** with statements like; that makes sense, of course, or I get that. It doesn't mean you have to feel the same way, but you are showing that how they feel is valid.
- 3. They follow their natural curiosity** by asking questions that show interest and seeking to know more. Nothing feels better than someone showing interest in what you have to say or wanting to get to know you better.
- 4. They listen with their whole body** by being fully present while listening; not looking around or looking at their phone and are giving non-verbal cues that they are fully engaged such as eye contact and facing the speaker.
- 5. They hear what's beneath the words** by reading the speaker's body language, tone of voice, and facial expressions. This is an art form of attuning to another.

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GAMES & PUZZLES

Guess the Instrument!

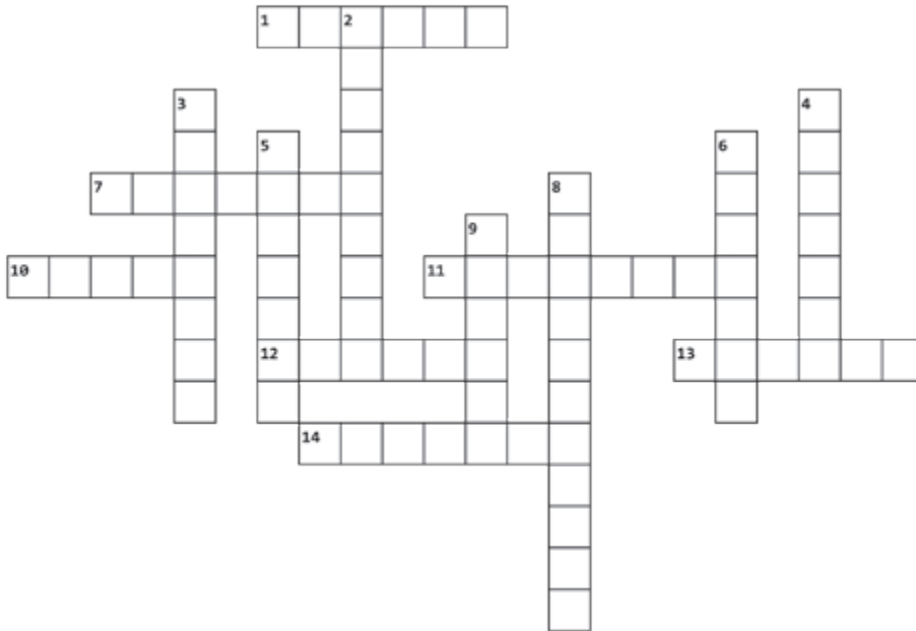
1. Dating back at least 50,000 years, this is considered the oldest known musical instrument in the world.
2. This instrument's name comes from the Persian word meaning "three-stringed."
3. This instrument is made up of 88 keys that strike 230 strings.
4. Along with the shamrock, this instrument is the official State emblem of Ireland.
5. This instrument is played with a bow made up of at least 150 individual hairs.
6. The Fender Stratocaster is this kind of instrument.



SCAN THE QR CODE FOR THE ANSWERS!



January Crossword



Across

1. Ice-hockey player and co-founder of a popular restaurant franchise, Miles Gilbert "Tim" _____, was born on January 12, 1930, in Cochrane, Ontario.
7. World _____ Day on January 4 marks awareness of a form of communication for blind and visually impaired people.
10. On January 2, 2010, American singer-songwriter _____'s debut single, "TiK ToK," reached number one on the Billboard Hot 100.
11. This iconic Aretha became the first female artist to be inducted in the Rock and Roll Hall of Fame on January 3, 1987.
12. This TV series first premiered on January 12, 1966, starring Adam West as the titular character and tells the story of a superhero who fights crime in Gotham City.
13. Legendary comedian, Jim _____, was born on January 17, 1962, in Newmarket, Ontario.
14. Disney's popular TV movie, *High School Musical*, premiered on January 20, 2006, starring Zac Efron, Ashley Tisdale, and Vanessa _____.

Down

2. Franklin D. _____ was sworn in for his fourth term as US President on January 20, 1945, becoming the only US President to do so.
3. Romance novel, *Call Me by Your Name*, by André Aciman, was published on January 23, 2007, and later became a film starring Timothée _____.
4. On January 7, 1610, Galileo Galilei discovered the first three moons of this planet – the largest in our solar system.
5. British actress and singer, Cynthia Erivo, who plays _____ in *Wicked*, was born on January 8, 1987.
6. Steve _____ and Steve Jobs officially incorporated Apple Computer, Inc. on January 3, 1977, in California.
8. "Wedding March", composed by Felix _____, was first played at the wedding of Princess Victoria and Prince Frederick William of Prussia on January 25, 1858.
9. The first Winter Olympic Games officially opened on January 25, 1924, in Chamonix, _____.



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