

DECEMBER 2023

DELIVERED MONTHLY TO 2,610 HOUSEHOLDS

your **KINGSLAND** POST

THE OFFICIAL KINGSLAND COMMUNITY NEWSLETTER



SPARK YOUR BUSINESS WITH US!

Place your ad here to promote your business and get noticed.

Contact us at **403-720-0762** or **grow@greatnewsmedia.ca**



GET A QUOTE NOW

www.kingslandcommunity.ca



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.

Proudly owned in *Calgary* serving Calgary businesses



CALL 403.279.5554



109 - 10836 24th Street SE



MATS

Commercial mat rentals and purchases



HOSPITALITY SERVICES

Linens for tables, chairs, and napkins. Laundry and pressing services



WORKWEAR

Workwear and cleaning of uniforms and coveralls



CLEANING

One-stop service for cleaning supplies and paper products

calgarymatandlinen.com



Jackson & Jackson
Landscaping

CUSTOMER SATISFACTION GUARANTEED

WE SPECIALIZE IN ALL FORMS OF CONSTRUCTION & LANDSCAPE
INCLUDING SMALLER IN-HOME PROJECTS



Services

Residential Landscaping

Landscape Construction

Year-Round Maintenance

Spring and Fall Cleanup

Commercial and Condo Property Management

Snow and Ice Removal

Contact Us

Address

20 Sunvale Place SE
Calgary, AB T2X 2R8

Call us now

(403) 256-9282

Email us

info@jacksonjackson.ca
contact@jacksonjackson.ca



www.jacksonjackson.ca

OFFICIAL



PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca

2023 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		Vacant
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		Kaitlin Quicquel
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. 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!

PRESIDENT'S MESSAGE



Hello Neighbours,

At this time of year, I enjoy the bright blue sky on my lunch hour walks, the holiday decorations lighting up our streets, and hearing the joyful kids have fun tobogganing at the dry pond, skating on our rinks, and having snowball fights.

A whole month has flown by as President of the board! We have had a KCA board meeting to plan the year ahead, a Ward 11 President's meeting, an Open House for the Midtown Development, a lunch hour meeting with Counsellor Penner to discuss development across the Ward, and the list goes on.

A huge thank you and shout out to my current board members, our planning and development committee members, those recently retired from the board, and our new volunteer coordinator for our casino fundraising, without all of you our community association could not function.

We can see that the demolition of the Kingsland School site is well underway – check our website for current information and a link to the City of Calgary's dedicated information page for the project. A subcommittee is being formed for those interested in helping shape the future of this site for our community.

Did you know the most effective treatment for Seasonal Affective Disorder (SAD), or winter depression is light exposure? So, make sure to spend time outdoors as often as you can! Grab your skates and enjoy one of the free ice rinks near the community hall.

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.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

Speaking of the ice rinks, we are always looking for volunteers to help with maintaining the ice rinks through the winter months. No experience is required as we have leaders to show you the ropes of cleaning the ice and using the fire hose to flood the rink! Please reach out if you are interested in joining this great group of volunteers.

Thinking of having a holiday event this month? Consider booking one of the community association's rentable areas. We have a large upper hall that was freshly renovated last year! This hall is great for group gatherings with a catering kitchen, large gathering space for up to 100 people, tables, and chairs. Our lower hall is excellent for smaller meetings with a maximum capacity of 25 people. Additionally, our large outdoor ice rink can be booked for private events! For more information on rental prices and bookings, visit our website at KingslandCommunity.ca or call our hall manager at 403-255-1400.

To stay up to date on all things Kingsland community, check out our website's homepage to see what's new in our neighbourhood and follow us on social media at [@kingslandcommunityyyyc!](https://www.instagram.com/kingslandcommunityyyyc/) We also have an email newsletter that goes out every month or two – subscribe to the e-Newsletter 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.

Whichever holiday you may celebrate, we wish you and your family Happy Holidays and a Happy New Year!

David Sanderson and the KCA Board

PLUMBER

PLUMBOB Father and Son

- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

Call Bob: 403-461-3490



The Great Disappearing Act

Some things are worth repeating and this is one of them: Parcel theft and thieves. Have you heard the term Porch Pirate? According to the dictionary, a porch pirate is a thief who takes packages left outside doors by couriers.

Winter has arrived and so has the holiday season. It's the time of year that brings a flood of online shopping. This modern service has increased in popularity over the years because of its time-saving convenience, ease, and often free delivery. For some however, this online carefree shopping has not turned out to be so perfect after all and the reason is all over the news.

The question people ask is "why would anyone do this?"

Like many crimes, they are known as crimes of opportunity. It's a crime that is committed when an opportunity presents itself and is taken advantage of. Simply put, offenders look for and choose targets that offer a high reward with little effort or risk. The hope is the package will contain valuable merchandise that could be resold, such as jewelry, phones, video game systems, electronics, or computers, etc. These opportunist criminals may be those who simply seek out the thrill of stealing.

Porch pirates usually strike during the day as many delivered packages sit unattended on people's front porches while the homeowner is away. Some thefts are calculated in advance. These are where the offenders enter a neighbourhood to wait and watch for a delivery truck such as UPS or FedEx. Once they see the package(s) have been delivered and the truck has driven away, the porch pirates simply make off with the goods.

Preventative Measures - Helping Yourself

It's incredibly disheartening and frustrating to have your packages stolen! Whether you've been the victim of porch theft or just want to avoid it happening in the future, the best way to deal with package thieves is through preventative security measures. The following are a few effective tips on how to protect your packages and frustrate porch pirates.

Take Advantage of Package Tracking

These days every major delivery company/postal service will have a tracking number system making it easy to track your package's transport progress, including an

updated time of delivery. Use this tracking information to retrieve your package once it has been delivered. If you aren't going to be home when a package is delivered, ask a trusted neighbour if you can have it sent there instead. Another option is to inquire about having it delivered to your workplace.

Delivery with Signature Needed

A simple way to prevent mail theft is to have your packages delivered to a person who has to sign for the delivery. This is usually set up when your online order asks for shipping information.

Ask That the Package Not Be Left Plain View

When checking out and filling in the shipping information, see if there is a place to leave delivery instructions. Ask that the package be left in a spot that is not visible from the road. It's also a good idea to make it clear you have a home security system.

Take Advantage of the 'Ship to Store' Option

Many retailers offer a 'ship to store' option. That means when you order items that aren't available in the store, they will have them shipped from the warehouse and delivered to the store itself. When notified, you then pick up your order at the store.

Have Canada Post Packages Held at Your Local Post Office

Simply use the address of your nearest post office with PO BOX added at the beginning of the address. Make sure your contact phone number is on the delivery label. The post office will contact you when your parcel arrives.

Install a Home Security System/Doorbell Camera

Advertise it. Make it clear you have a home security system! When a thief sees a package sitting on your porch, (a crime of opportunity), they may think twice about it if they see that your home is equipped with a security system. If the porch pirate is so bold as to steal your package, your security camera may provide evidence and vital information about the thief that can be provided to law enforcement. Police say any kind of video footage is a big help in these kinds of investigations.

Look for Other Options

Investigate other options on the internet such as porch pirate bags, lockbox services, the doorman app, amazon lockers, and/or insuring your packages.

Did You Know We're All in the Business of Crime Prevention?

Yes, we are, and Calgary Police want to know of any suspicious persons you see hanging out in our neighbourhood. If someone seems out of place, don't be afraid to call the non-emergency line at 403-266-1234, and whenever you see a crime in progress, call 9-1-1.

One Other Thing

As long as we have the convenience of parcel door delivery, discouraging porch pirate theft is our responsibility. Help to keep the fun in online shopping and the joy in this holiday season. Spread the news and share these crime prevention tips with family and friends.

Until next time, have a safe and fun-filled festive season!



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

Pssstt...

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.



Monday to Friday

Kingsland Preschool in Lower Hall

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

SCAN HERE TO VIEW ADDITIONAL KINGSLAND CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



Preschool News

"If we provide space and possibilities for moving freely, then the children will move as well as animals: skillfully, simply, securely, naturally." - Dr. Emmi Pikier

Our mornings start with a gentle transition outside. The children are bundled up in their warm winter clothing and they wander into our outdoor space to explore. They are excited to be together and to start the preschool morning with outdoor play. Our outside time provides opportunities for learning that aren't available indoors, including physical literacy and spatial knowledge. Importantly, navigation and nurturing nature, our little "forest", and green spaces provide children with the tools to learn environmental awareness, appreciation, and stewardship. When children are allowed to take risks and choose their own play outdoors, they gain confidence, resilience to overcome challenges, and skills to manage risk on their own.

The children have settled into our preschool community, and I am in awe of the relationships they have fostered with each other both inside and outside our classroom. We have an incredible, supportive parent group and extended families that help support our community building. This time of year, we are incredibly grateful for our community and how much they do to keep our preschool operating and thriving. Our community consists of current families and years of alumni students and families that show up for us each year to support our fundraising efforts, work on our board of directors, and offer support in various other ways. It is what creates such a wonderful place to work, play, and learn.

In the classroom we have been exploring winter and hibernation. The children have been talking about which animals like to sleep for the winter and how other animals change colour and adapt so that they can survive the winter. We have used loose parts and creative activities to foster their learning.

If you would like more information about our preschool, please check out our website at www.kingslandcommunitypreschool.com or call us at 403-258-1308.

You can also check out our Instagram page and our Facebook page at Kingsland Community Preschool.

GAMES & PUZZLES

Guess That Character!

1. Named after a month, this dark character is part of a famous fictional family and got her name from a Mother Goose nursery rhyme.
2. This character is voiced by Vin Diesel and can only rely on one line to emote throughout his screen time.
3. This quirky creature is the counterpart to Wallace in their wild escapades.
4. A cowboy being best friends with a space ranger seems unlikely, but that is exactly what this beloved children's character is.
5. This character is best known for her adventures and her bright red shoes.
6. The star of a film released in 1994, this character is best known for his love of life and chocolates.



SCAN THE QR
CODE FOR THE
ANSWERS!

BARKER'S

· FINE DRY CLEANING ·

PICK UP & DELIVERY SERVICES



403-282-2226

8 Tips for Beating Holiday Stress

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



Whether your holidays are celebrated in a secular way or are steeped in traditional religious meaning, they are meant to be filled with love, laughter, fun, and family closeness. However, for many of us, this can be a time of extreme stress. What we envision in our minds, see on social media, and depicted in holiday movies, can be truly unattainable. Trying to get everything just perfect to match our expectations evokes visions of the movie classic Christmas vacation. So much is well intended, however, the execution falls short at each turn. Making lists for gifts and groceries, cooking/baking, house guests, planning for celebrations, and family obligations can add up to stress for most people at holiday-time. Help prevent holiday stress with the following tips.

1. Plan ahead. You know how it goes with procrastination – Christmas Eve spent scrambling through shopping malls and madly wrapping gifts. Plan your shopping list a month ahead and schedule time to shop early. Prepare any meals or holiday treats a few weeks before the holidays.

2. Make time to relax. Take time for activities you enjoy and find relaxing. For example, enjoy reading in front of a fire, or go skating with a friend or the family. Don't compromise a relaxing winter evening for another night in the shopping mall. Stay home with the family having a hot chocolate creation day, holiday movies, and popcorn night or a family and friend potluck.

3. Put expectations in check. If you're hoping for perfection (from yourself or your holiday experience), you might be setting yourself up for disappointment. Be realistic in your holiday preparations and the holiday experience itself.

4. Look for help. Do not try to take it all on yourself. Connect with your spouse, family, and friends and share the responsibilities for holiday shopping, preparing, and

cooking. Perhaps a cookie exchange or a potluck style traditional dinner where you are only responsible for the turkey and the guests all bring another part of the feast.

5. Set limits. Commit yourself to a budget to alleviate post-holiday financial stress. Stick to a certain number of gifts purchased and/or money to be spent. Say “no” to extra holiday work and be honest with yourself about the amount of energy and time you can devote to holiday events and guests. If your social calendar is over-booked, say “no” to an extra pre-Christmas party.

6. Eat and drink but be healthy. Holidays are usually full of all your favorite things – including sweets, treats, and cocktails. Practice moderation while enjoying parties and holiday meals. This is the time of year, we need to get sufficient rest, healthy foods, and hydration to ward off colds and flus.

7. Let things go. If family and relative interactions this time of year tend to turn into blow-ups and unmet expectations, the holidays are not the time to resolve old issues. We've had 11 months to confront these challenges with others in a more controlled, respectful, and healthy way. Write your grievances down to address in the early new year to allow time to work through or resolve some of these ongoing issues.

8. Don't forget the fun! Remember the reason for all your holiday planning, a season for celebration and time spent enjoying your family and friends. Take the time to remember what this holiday season means to you and enjoy it! This is where mindfulness comes in, be present and take in all the wonder of the season with all your senses.

Wishing you and yours, good mental health and all the joys of the season.



Hate Your Renewal Rate? Call Me!

Expert advice
Excellent rates
Many options
Better mortgages



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial



No matter how much you sweat, we can get the stink out!

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone destroys 99.9% of bacteria and viruses it comes in contact with – this includes odour causing bacteria and illness causing viruses, like staph infections.

CALL US TODAY AT
403-726-9301
calgaryfreshjock.com

BRAIN
GAMES

SUDOKU

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

SCAN THE QR CODE
FOR THE SOLUTION



BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Kingsland. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

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.

CALGARY FRESH JOCK: We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

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.

SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING: Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, T4 Filings, and . Phone Katie 403-870-0737.

KINGSLAND PAINTER: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Gavin for a free estimate at 825-431-7944. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

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.



Get Noticed

ACQUIRE AND RETAIN NEW CUSTOMERS.

**Your Ad Geofenced Precisely in Your Target Market
on our Carefully Selected Network of Premium Sites.**

Call 403-720-0762 | sales@greatnewsmedia.ca



SCAN ME

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING