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## Coming to the Neighbourhood – The EDGE

### A New After-School Drop-In Program for Jr. Highs

Nutritious Snack  
 Gaming Place

Homework Corner  
 Computer Centre

Reading Nook  
 Board Games

3:30 – 5:00, Wednesdays starting September 20<sup>th</sup>

A non-religious program offered at St. Andrew's Presbyterian Church  
 703 Heritage Drive SW (403.255.0001)  
 9 minutes' walk from Woodman Jr. Highschool.



For more information, go to [www.standrewscalgary.ca/the-edge](http://www.standrewscalgary.ca/the-edge)

# 2023 Board of Directors and Community Contacts



## Community Association Hall

[www.kingslandcommunity.ca](http://www.kingslandcommunity.ca)  
[www.facebook.com/Kingsland-Community-Association-203240413043176/](https://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](mailto:admin@kingslandcommunity.ca)  
**Hours:** Please book an appointment by email.

BOARD OF DIRECTORS		NAME
President		Charlotte Quickel
Vice President		David Sanderson
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 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
Calgary-Acadia	MLA 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](mailto:admin@kingslandcommunity.ca)

Book your event early!

## Halloween Safety

from Alberta Health Services



The members of Calgary's Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 911, Bylaw, and Transit would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

### Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

### Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.

- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

### Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.



# 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](http://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.*

## PRESIDENT'S MESSAGE



Hello Neighbours,

With the arrival of fall, the KCA is looking forward to connecting with you at our AGM on Thursday, October 26 at 7:00 pm at the KCA hall (505 78 Avenue SW). Make sure that you mark your calendars to join us to hear what the KCA has been up to this past year and to have your say on what we have planned for next year! The AGM is open to all Kingsland residents and the agenda will include:

- A report on the year's activities
- The treasurer's report and audited financial statements
- Elections of the KCA board
- Report from the Planning Committee
- An opportunity for questions and feedback from community members

A slate of nominees for the 2023-2024 Kingsland Community Association's board of directors has been prepared and posted online at [kingslandcommunity.ca](http://kingslandcommunity.ca). As per our bylaws, we will not be taking board nominations from the floor at the AGM.

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 @kingslandcommunityyyyc!

As always, don't hesitate to reach out if you want to connect, or have feedback, ideas, or questions. Wishing everyone a spooky and safe Halloween this year!

All the best,

*Charlotte Quickel*

KCA President

## 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](mailto:admin@kingslandcommunity.ca).

## KINGSLAND PROGRAMS



### 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

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# SOYBEANS

Soybeans are one of the few legumes with all nine essential amino acids, meaning that they're a 'complete' source of protein. In the body, amino acids build muscle, carry nutrients, boost our immune system, and fuel chemical reactions. With uses within and outside the food industry, it's no surprise that this crop is gaining popularity!



## Anyone Interested in a Lacrosse Stick?

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# Signs You May Have Depression

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

For many people with depression, symptoms are usually severe enough to cause noticeable problems in day-to-day activities, such as work, school, social activities, or relationships with others. Some people may feel generally miserable or unhappy without really knowing why.

Although depression may occur only once during your life, people typically have multiple episodes. During these episodes, symptoms occur most of the day, nearly every day, and may include:

- Feelings of sadness, tearfulness, emptiness, or hopelessness
- Angry outbursts, irritability or frustration, even over small matters
- Loss of interest or pleasure in most or all normal activities, such as sex, hobbies, or sports
- Sleep disturbances, including insomnia or sleeping too much
- Tiredness and lack of energy, so even small tasks take extra effort
- Reduced appetite and weight loss or increased cravings for food and weight gain
- Anxiety, agitation, or restlessness
- Slowed thinking, speaking, or body movements
- Feelings of worthlessness or guilt, fixating on past failures or self-blame
- Trouble thinking, concentrating, making decisions, and remembering things
- Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts, or suicide
- Unexplained physical problems, such as back pain or headaches

### Some differences in symptoms you may see in teens and children:

- In younger children, symptoms of depression may include sadness, irritability, clinginess, worry, aches and pains, refusing to go to school, or being underweight.
- In teens, symptoms may include sadness, irritability, feeling negative and worthless, anger, poor performance or poor attendance at school, feeling misunderstood and extremely sensitive, using recreational drugs or alcohol, eating or sleeping too much, self-harm, loss of interest in normal activities, and avoidance of social interaction.



### Differences in symptoms seen in older adults:

Depression is not a normal part of growing older, and it should never be taken lightly. Unfortunately, depression often goes undiagnosed and untreated in older adults, and they may feel reluctant to seek help. Symptoms of depression may be different or less obvious in older adults, such as:

- Memory difficulties or personality changes
- Physical aches or pain
- Fatigue, loss of appetite, sleep problems or loss of interest in sex — not caused by a medical condition or medication
- Often wanting to stay at home, rather than going out to socialize or doing new things
- Suicidal thinking or feelings, especially in older men

For some, depression is caused by a neurochemical deficit. While for others, depression is brought on by an event such as a breakup, death, job loss, postpartum, or a major stressful life event. Those with a neurochemical imbalance may need to seek life-time pharmacological treatment and therapy. Others, with less severe symptoms may recover quite well with just therapy alone. Some may need a combination of both for short term (four to six months). Never stop an antidepressant cold turkey as you can have life threatening side effects. Always speak with your doctor first and follow their protocol.

No matter what age group you or a loved one may fall under, it is important to seek help if your symptoms last for more than two to three weeks.

## Statistically Speaking

At the May 2, 2023, Kingsland Crime Prevention Information Event, attendees asked if crime statistics could be made available. The following data from the Calgary Police is a response to that request.

For those interested, Community Crime and Disorder Statistics can be found at <https://www.calgary.ca/cps/statistics/calgary-police-statistical-reorts.html>.

CRIME	JUL 2023	JUN 2023	MAY 2023	APR 2023	MAR 2023	FEB 2023	JAN 2023
Assault (Non-domestic)	1	2	3	1	2	1	0
Commercial Robbery	0	0	0	0	1	1	0
Street Robbery	1	0	1	0	0	0	0
Violence Other (Non-domestic)	0	1	2	1	0	0	1
Break and Enter – Dwelling	2	0	0	4	0	0	2
Break and Enter – Commercial	0	0	0	1	0	0	4
Break and Enter – Other Premises	3	0	0	0	0	0	0
Theft OF Vehicle	6	2	1	3	5	4	3
Theft FROM Vehicle	4	4	5	3	10	4	7
Social Disorder	93	129	140	75	75	63	69
Physical Disorder	9	5	1	0	2	0	1

While Calgary Police play an active role in keeping crime down and our neighbourhood safe, community residents have a part to play as well. For example, looking at the number of crimes involving vehicles, this question comes to mind - what could be done to reduce the risk of becoming a victim? The answer is as simple

as following the 9PM Routine. Every evening at 9pm, remove valuables from your car, lock your car, turn on outside lights, and lock up your home. This takes a few minutes of your time, but you'll have the satisfaction of knowing you did your part to prevent crime of opportunity.



## 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.

## A HALLOWEEN DISGUISE

Halloween costumes have been around for over 2,000 years! This tradition began with the Celtic festival of Samhain, which marked the end of harvest season. It was believed that on October 31, spirits could walk the Earth. To honour the spirits and keep themselves safe by blending in, Celts donned disguises made of animal heads and skin.



# BUSINESS CLASSIFIEDS

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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](http://www.communitymediation.ca), 403-269-2707.

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