

AUGUST 2024

DELIVERED MONTHLY TO 2,710 HOUSEHOLDS

your **KINGSLAND** POST

THE OFFICIAL KINGSLAND COMMUNITY NEWSLETTER



COME JOIN US FOR FUN AND SOCIALIZING

We are the **HERITAGE 50+ SENIORS**

What do we do? Well, let me tell you...

Aerobic | Carpet Bowling
Yoga Stretch | Art Group

Why join us?

- Great rates: membership only \$25.00 per year
- Catered monthly luncheons

**Fall Registration: September 5th from 9:30 to 11:30 am at St. Andrews Presbyterian Church
703 Heritage Dr. SW | Call 403-255-0001 for more information**

www.kingslandcommunity.ca



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

\$50 for hockey bag full of gear. 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. Most 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 effectively annihilates 99% of bacteria and viruses upon contact, encompassing both odor-causing bacteria and those responsible for various illnesses, such as staph infections.

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403-726-9301
calgaryfreshjock.com

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.

Cleaning Services

- Dry Cleaning
- Tablecloths
- Napkins
- Table Skirts
- Chair Covers
- Massage Sheets
- Face Cradles
- Gym Towels
- Face Cloths
- Chef Coats
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THE SALVATION ARMY

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Glenmore Temple

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CAFÉ

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STARTING IN SEPTEMBER 2024

AGES: 1 – 5 YEARS

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2024 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. 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



Hi there neighbours,

What a hot summer it has been, and who would have thought a water main break could have been so impactful to so many Calgarians.

Stampede was a hit with hot days, new treats, music, and wonderful fireworks.

Thank you to all who volunteered for Cleanup Day and Neighbour Day, as a result of your efforts we were able to get a much-needed cleanup of our homes and alleyways. Live music, great eats (thank you Trico Living Well for your generous food donations), some fun crafts, and activities made Neighbour Day memorable. Speaking of events, keep an eye on our social media for an upcoming Amazing Race themed event in September.

The Kingsland School site activation has really brought energy and useability to the space, we are looking forward to seeing residents use and enjoy the amenities.

October is our AGM so keep an eye out for updates and watch our social media for any open board positions.

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!

If you have any interest in volunteering with us, please reach out by email to admin@kingslandcommunity.ca.

David Sanderson

KCA President

*Note this message is written one month in advance

JOKE OF THE MONTH

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OF KEY OPENS A
BANANA?

A MONKEY



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CRIME PREVENTION AND SAFETY

Your Peace of Mind

Alberta summers are a time of long, sun-filled days that stretch well into the evening, offering ample opportunities for outdoor activities and social gatherings. However, the extended daylight and increased outdoor activity can sometimes lead to a rise in property crime rates during these months. It's crucial to maintain a nightly routine that ensures your home, and belongings remain safe.

The Calgary Police Service has been emphasizing the importance of the 9PM Routine, a simple yet effective strategy aimed at reducing property crimes and increasing community safety. This routine involves residents setting a daily reminder to check their homes and vehicles at 9PM to ensure that all doors and windows are locked, valuables are removed from vehicles, and exterior lights are turned on. By making these actions a nightly habit, individuals can significantly reduce the risk of becoming victims of theft and break-ins.

The 9PM Routine is part of a broader community policing initiative that encourages proactive measures and community involvement in crime prevention. Calgary Police have reported that areas where residents consistently follow this routine often see a decrease in property crime rates. The principle behind this initiative is straightforward: by securing homes and vehicles, residents can make it more difficult for opportunistic criminals to access their property, thereby deterring crime. Furthermore, this routine promotes a sense of vigilance and responsibility within the community, fostering a safer and more connected neighbourhood.

The Routine recommends:

- Removing valuables from vehicles.
- Ensuring vehicles are locked, windows are closed, and if possible, parked in a garage.
- Closing garage doors and windows.
- Locking any person-doors in the garage, including those leading into a house. Checking that all house doors – front, back, side, and garage – are locked. Ensuring all windows are shut.
- Turning on an exterior light.

A Warning

The amount of car prowlings are up in a big way in Kingsland according to CRO Mike Colbert. Cst. Colbert

strongly recommends that the residents of Kingsland learn about and follow the 9PM Routine to bring down the number of thefts. Car prowling and thefts fall into the 'Crime of Opportunity' category. These crimes occur when a perpetrator sees an unexpected and convenient (e.g. unlocked car door) chance to commit an illegal act (theft of car contents) and seizes it. Typically, the opportunity presents itself in a way that makes the crime seem easy to execute with minimal risk of getting caught. If you see someone prowling or committing a break and enter, call 9-1-1 as it is an active crime.

To learn more, watch this video of an active vehicle prowling posted on Facebook by Calgary Police: <https://www.facebook.com/watch/?v=10155429162429530>.

Five Minutes

The brilliance of the 9PM Routine lies in its simplicity and the ease with which it can be integrated into daily life. Consistency is key; by making these actions a habitual part of one's evening, they become second nature, requiring minimal effort yet yielding significant results. It takes only five minutes to keep your property safe so you can enjoy your summer to the fullest!

Help Tip

So that you don't forget, please feel free to cut out and place this reminder on your fridge or door.



Declutter and Discover! Join Us for the Citywide Treasure Hunt: A Fun Event for All Ages!

by The City of Calgary, Waste and Recycling Services

We are excited to announce the upcoming Curbside Treasure Hunt, taking place across Calgary on September 7 and 8. This is a fantastic community event where residents can set out items they no longer need, giving others a chance to find a hidden gem.

Event Details:

- Dates: September 7 and 8
- Look through your home and gather any reusable items that you no longer need.
- Mark them with a “Free” label and place them at the curb on the designated event days.
- Treasure hunters rejoice! Anyone can come and pick up these items for their own use – it’s like a free garage sale right at your doorstep!
- If it’s still on the curb, let’s keep the community tidy and donate it!

The Treasure Hunt encourages Calgarians to explore their neighbourhoods, find unique items, and meet new people. It’s a wonderful opportunity to strengthen our community ties and supports our goal of reducing environmental impacts by reducing waste. Participants can place items they no longer need at the curb for others to pick up, fostering a spirit of sharing and community engagement.

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.



Friday

Jumma Prayer every week in lower hall for the summer

SCAN HERE TO VIEW ADDITIONAL KINGSLAND CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



GAMES & PUZZLES

Guess The Drink!

1. On August 28, 1898, Caleb Bradham invented this sweet, carbonated drink originally called “Brad’s Drink” which was used to relieve dyspepsia (indigestion).
2. In 1969, Walter Chell invented this drink in Calgary which is typically made from Clamato juice, Worcestershire sauce, spices, and vodka.
3. This non-alcoholic drink is named after an iconic 1930s Hollywood child actress.
4. This drink has been around for thousands of years. Legend has it that in 2737 BC, Chinese emperor Shen Nung discovered it while sitting underneath a tree with boiling water.
5. This sparkling wine is named after the region from which it is produced.
6. This caffeinated energy drink from Austria “gives you wings”.



SCAN THE QR
CODE FOR THE
ANSWERS!



How to 'Hold Space' for Someone

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



As a therapist I do many things that are educational, directive, and methodological. However, there is a magic that happens in the room when I seem to do nothing at all. All it looks like is a slight nodding of my head and/or a concerned expression on my face. But what's really happening is that I am holding space for my client.

To hold space for someone means to offer them your presence, attention, and support without judgement or interruption. It involves creating a safe and accepting environment for them to express themselves fully, without feeling rushed or invalidated. It's about being fully present for someone, and allowing them to share their thoughts, feelings, and experiences openly.

People are starving for a witness to their existence. Why do you think Instagram and TikTok are so popular? Sometimes the therapist is just there to listen, not to fix anything. A majority of the time, the answers lie within my clients. We live in a society where we praise those who are always talking and say so little about those who are great at listening.

Therapists hold space by actively listening, being empathetic, and creating a safe environment for our clients. We provide unconditional support and encouragement for our clients to explore their thoughts, feelings, and experiences. Therapists also offer validation, understanding, and guidance as needed, while allowing our clients to lead the conversation and set their own pace for their healing journey. We live in a fast paced, fix it, task-oriented world, and we miss the opportunities to hold space.

Many times, my first session starts with a client stating their problem and asking me how to fix it. That's my cue to slow things down. When they say, "what do you

think I should do?" I like to answer with "how do you see this unfolding, or what are your thoughts on some of the choices you've thought about?" Most times, just slowing things down and allowing folks to feel relaxed, safe, and heard, they can come to their own decisions and empowerment. They truly just needed to feel okay with being in their emotions and that I will listen without judgement.

How can you hold space for the people in your life? Be present. Your physical presence can be more powerful than any words. Listen actively by not interrupting and allowing them to express their feelings. When they are done pouring out their heart, validate the feelings they shared. Do not engage in clichés as they can feel dismissing. Respect their process of working through intense feelings. Check in with them regularly. And finally, offer practical support by asking if you can take over a specific task. Asking them to reach out to you if they need anything falls flat as they are in their emotional brain and do not have the capacity to constructively think about what they actually need help with.

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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.

Accidental Poisoning

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children.
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle.
- Install child locks on all cabinets, or drawers where medications are stored.

Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child.
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups.
- Promptly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers.
- Install child latches on cabinets children might also access by climbing on counters or chairs.
- Label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested.

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

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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, 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.

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the Gutter Doctor 403-714-0711
gutterdoctor.ca

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7					9			4
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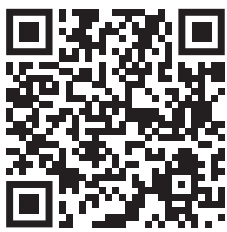
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