

DECEMBER 2024

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# your KINGSLAND POST

THE OFFICIAL KINGSLAND COMMUNITY NEWSLETTER



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[www.kingslandcommunity.ca](https://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](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.



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[www.canlearnsociety.ca/magic-carpet-ride](http://www.canlearnsociety.ca/magic-carpet-ride)



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SCAN HERE TO VIEW ADDITIONAL  
KINGSLAND CONTENT

News, Events,  
& More



Crime  
Statistics



Real Estate  
Statistics



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# 2024 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		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	<a href="mailto:mcolbert@calgarypolice.ca">mcolbert@calgarypolice.ca</a>

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!

## PRESIDENT'S MESSAGE



Happy December Neighbours,

Hard to believe Christmas is just around the corner! Wishing you and yours a merry, safe, and happy holiday season from all of us at the Kingsland Community Association.

Getting used to the darker days and cooler temperatures is always a challenge, take a peak at the City of Calgary's website for winter activities happening across our city to get you moving and have a bit of fun, <https://www.calgary.ca/events/winter-city/activities.html>.

Personally, I look forward to seeing our rinks being used and enjoyed! We appreciate all the help we can get with the rinks, and we need volunteers to make the outdoor ice rinks a success. Please see our website to sign up to volunteer or email us at [admin@kingslandcommunity.ca](mailto:admin@kingslandcommunity.ca).

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](mailto:admin@kingslandcommunity.ca) if you would like to meet with our succession committee to discuss joining the board.

All the best,

*David Sanderson*

KCA President

\*Note this message is written one month in advance



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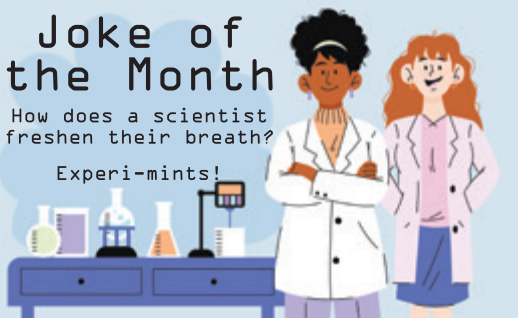
## Psssttt...

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](mailto:admin@kingslandcommunity.ca).

## Joke of the Month

How does a scientist freshen their breath?

Experi-mints!



## 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



### WORSHIP WITH US

Church @ 7pm Fridays

#ContempoCasual

Church @ 10am Sundays

#ComeAndSee

### CHRISTMAS SERVICES

December 22

Church @ 10am: Lessons & Carols

#OComeAllYeFaithful

December 24

Church @ 4:30pm with Pageant

#CutenessAlert

Church @ 7:30pm: Holy Eucharist

#OHolyNight

December 25

Church @ 10am: Holy Eucharist

#JoyToTheWorld

903 75th Ave SW

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## Easy Turkey Chili

by Jennifer Puri

Turkey is a large bird which is rich in protein and other nutrients such as iron, zinc, and selenium. It provides many of the same calories as chicken and most people are easily able to digest it.

Ground turkey is an inexpensive way to consume turkey and over the years has grown in popularity as a substitute for ground chicken. Rich in vitamins and minerals it can contribute to a healthy diet as it is low in fat. Dark meat is more flavourful but has more calories than white meat without the skin.

Turkey can be added to soups, salads, sandwiches, burgers, or Chili as shown in this Easy Turkey Chili recipe below.

**Prep Time:** 15 minutes

**Cook Time:** 1 hour

**Servings:** 6

### Ingredients:

- 1 lb lean ground turkey
- 2 tbsps. olive or vegetable oil
- 3 garlic cloves finely chopped
- 1 medium yellow onion chopped
- 1 red bell pepper finely chopped
- 1 900 ml carton (low sodium) chicken broth
- 1 28 oz can diced tomatoes
- 1 small can corn niblets drained and rinsed
- 1 540 ml can black beans drained and rinsed
- 1 540 ml can red kidney beans drained and rinsed
- ½ tsp Chili powder
- 2 tsps. ground cumin
- 1 tsp dried oregano
- 1 tsp salt
- ½ tsp ground black pepper

### Directions:

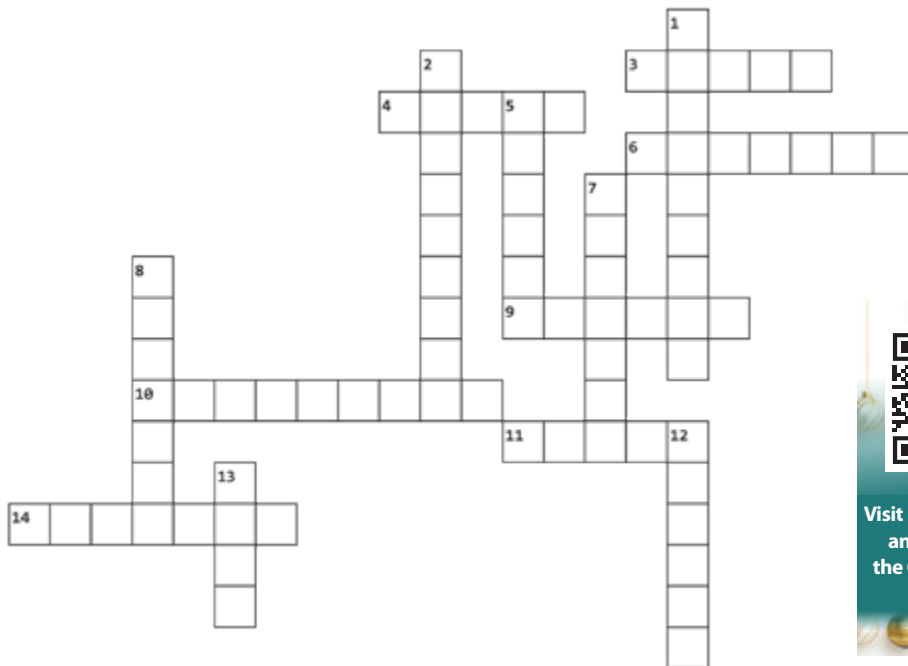
- In a large pot add olive or vegetable oil, chopped onion, garlic, and red pepper. Sauté the vegetables for 3 to 4 minutes until onions are softened and then add the ground turkey. Sauté the turkey for 4 to 5 minutes until cooked through.
- Add the Chili powder, ground cumin, oregano, salt and black pepper and continue to cook for a couple of minutes.

- Add the black beans, kidney beans, corn, and diced tomatoes and blend in with the turkey.
- Add the chicken stock and bring to a boil and then reduce heat and allow the Chili to simmer for approximately 45 minutes, stirring occasionally.
- Garnish the Turkey Chili with sour cream, shredded cheddar cheese and chopped coriander leaves or taco chips and sliced avocado if preferred.

Bon Appétit!



# December Crossword



Visit [bit.ly/mycalgary](https://bit.ly/mycalgary)  
answers or scan  
the QR code for the  
answers

## Across

3. On December 5, 1991, Jostein Gaarder's novel, *Sophie's \_\_\_\_\_*, was published and tells the story of a Norwegian teenager on a journey of discovery about the history of philosophy.
4. *Driving Miss \_\_\_\_\_*, starring Morgan Freeman as a chauffeur to an elderly widow played by Jessica Tandy, was released on December 13, 1989.
6. Canadian singer, Nelly \_\_\_\_\_, was born on December 2, 1978, in Victoria, British Columbia.
9. This Christmas tree decoration, originally made from real silver that was shredded, was first invented in Germany in 1610.
10. December's official birthstone has the same name as the colour that it is.
11. Dr. Martin Luther King Jr. was awarded the Nobel \_\_\_\_\_ Prize on December 10, 1964.
14. James Cameron's \_\_\_\_\_ was first released on December 19, 1997, and is one of the highest-grossing films ever.

## Down

1. International \_\_\_\_\_ Day was mandated by the UN General Assembly in 1985 and takes place every year on December 5.
2. December's birth flowers are the \_\_\_\_\_ (also known as paperwhites) and the holly.
5. On December 24, 1818, a choir in Austria first performed the popular Christmas carol "\_\_\_\_\_ Night".
7. This annual holiday celebrating African American culture is observed from December 26 to January 1.
8. On December 29, 1989, the Associated Press named hockey player Wayne Gretsky and tennis player \_\_\_\_\_ Navratilova Best Athletes of the Decade.
12. Canadian actor and comedian, \_\_\_\_\_ Levy, was born on December 17, 1946, in Hamilton, Ontario.
13. On December 1, 2003, the final film of *the Lord of the Rings* trilogy, *The Return of the \_\_\_\_\_*, premiered in New Zealand.

## Cold Weather Safety

by Alberta Health Services



Emergency Medical Services (EMS) paramedics respond to a number of cold weather-related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

### Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

### Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;

- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water until fully re-warmed;
- Call 9-1-1 or seek further medical attention as required.

### Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.



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**MLA, Calgary-Acadia**

**Diana Batten**

**Shadow Minister for Children & Family Services**

105, 10333 Southport Road SW, Calgary

403-640-1363

Calgary.acadia@assembly.ab.ca

facebook.com/dianabattenmla

@dianabatten\_ @DianaBatten\_

Hello Calgary-Acadia,

We hope you enjoyed the beautiful fall and the mature trees in Calgary-Acadia as much as we did! There was an incredible show of colours. As the year wraps up and the winter returns, our office has been reflecting on the changes, challenges, and successes of 2024.

We love being in the community and experiencing the dedication and passion of the people in Calgary-Acadia. The Youth Singers of Calgary have created a beautiful, collaborative mural that captures the spirit of their organization and was painted by over 100 volunteers. Community Associations were busy this fall creating fun community gatherings, organizing winter markets, and providing programming for all ages. We participated in local business openings and got to meet folks who embrace the opportunities in Calgary-Acadia. We have many quality pharmacies in the constituency that provide services, including administering flu and COVID-19 vaccines to keep you and your loved ones safe.

Our office was busy this fall responding to many emails and phone calls from constituents. We handled over 400 constituent concerns in the last three months. Close to half of these were about the state of healthcare in our province. Folks are afraid they will not have access to the help they need when they need it and, as they were a year ago, they are still having trouble accessing a family doctor. The housing crisis continues to affect our constituents as they struggle to pay skyrocketing rents. We appreciate hearing from you and will continue providing the best care while amplifying your concerns.

I returned to the Legislature at the end of October. As the Shadow Minister of Children and Family Services, I will bring solutions forward and advocate for just, equitable, and compassionate care for all Albertan children.

Wishing you and your loved ones a happy and healthy new year.



Women in Need Society (WINS)

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# Five Benefits of Longer-Term Therapy

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



Longer-term therapy offers a more comprehensive, sustainable, and transformative approach to mental health compared to crisis management. While both approaches serve important roles; longer-term therapy provides deeper benefits beyond immediate relief, by addressing the root causes of psychological distress and fostering long-lasting personal growth.

**1. Addresses Root Causes** – Crisis management focuses on immediate stabilization and symptom relief. Its primary goal is to help us regain control in acute moments of psychological distress or trauma. While this is vital in emergencies, crisis management often lacks the time or depth to explore the underlying causes of our mental health challenges. Longer-term therapy allows us to delve into the root causes of our issues that may stem from our childhood experiences, unresolved trauma, or ingrained behavioural patterns. By addressing these underlying factors we can work through our long-standing issues, leading to more profound and enduring changes in our mental health.

**2. Develops Self-Awareness** – One key advantage of longer-term therapy is the opportunity to gain a deeper understanding of ourselves over time. Therapy is a journey of self-exploration where we learn to recognize patterns in our thoughts, emotions, and behaviours. Conversely, crisis management doesn't usually allow the time needed for introspection. With regular sessions over time, we can identify our emotional triggers, unhealthy coping patterns, or self-defeating behaviours. This heightened self-awareness helps us not only resolve our current issues but helps to prevent future crises due to the healthier strategies we've adopted through longer-term practice and accountability.

**3. Builds A Therapeutic Relationship** – The relationship between the therapist and ourselves is a crucial element of our healing process. In longer-term therapy, the relationship has the chance to develop trust, safety, openness, and healthy boundaries attachment. Overtime, we may feel more comfortable in sharing deeply personal experiences, feelings, and vulnerabilities that might not have surfaced during a short-term crisis intervention. This formation of trust creates a space where we can process painful emotions and difficult truths, allowing us to work through our challenges more effectively. Unfortunately, crisis management often doesn't allow for the time necessary for such a deep therapeutic relationship to form.

**4. Prevents Relapse** – Crisis management is reactive. It helps us cope with a crisis after it has occurred. It may provide immediate relief, but it does little to prevent future episodes. Longer-term therapy takes a proactive approach to mental health. Through ongoing support, we can build coping strategies, resilience and emotional regulation skills that reduce the likelihood of future crises. By working through the issues that contributed to past crisis, we can learn to manage stressors more effectively, decreasing the chances of relapse or recurrence of acute mental health episodes.

**5. Personal Growth and Transformation** – Longer-term therapy is not only about symptom reduction; it's also about personal growth and transformation. In the process of therapy, we often discover new aspects of ourselves, develop a stronger sense of identity, and cultivate a greater capacity for emotional and relational intimacy. This leads to a more fulfilling and authentic life, which crisis management, with its focus on immediate stabilization, cannot provide. Longer-term therapy encourages growth beyond just managing symptoms, helping us to thrive, not just survive.

While crisis management is necessary for short-term stabilization during emergencies, longer-term therapy offers a far more in-depth and sustainable approach. It allows us to explore root causes of our distress, build self-awareness, foster a strong therapeutic relationship, prevent future crises, and experience deep personal transformation. These benefits make longer-term therapy a more effective and holistic option for achieving lasting mental health and well-being.

# BUSINESS CLASSIFIEDS

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## GAMES & PUZZLES

### Guess the Holiday!

1. This holiday seems like it could be named after a sport, but it has nothing to do with one.
2. This incredibly bright festival celebrates good winning over evil and the arrival of a new season.
3. This holiday typically revolves around one shape.
4. Eggnog, trees, and bells are classic elements of this holiday.
5. Costumes are a huge part of the fun of this holiday.
6. This holiday happens on the first Sunday after the full moon that occurs on or after the spring equinox.



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