

FEBRUARY 2024

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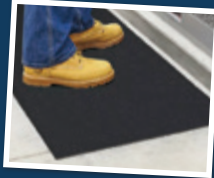
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Holly, Elboya



Luna, Canyon Meadows



Otto, Crescent Heights



Spook and TenSoon, Crescent Heights

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

# 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	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 Quickel	
Crime Prevention and Safety Director	Jeannine Konrad	
Open Director	Lars Stevenson	
OTHER KCA CONTACTS		
Casino Coordinator	Carman Buckner	
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](mailto:admin@kingslandcommunity.ca)

Book your event early!

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## PRESIDENT'S MESSAGE



Happy February Neighbours!

What a warm December and start to January – thankfully lots of blue skies too.

At the KCA we are moving into planning mode for 2024.

This month we are hosting our Family Day Winter Festival on February 19 – see our website for details.

We hope to continue the successful events we held in 2023 and to look for new opportunities to bring events and other forms of enhancement to our community.

We are always looking for input or ideas for events, activities, or community enrichment ideas from our residents, so please don't hesitate to reach out! We have a current opening for a board position, so if you or someone you know has any interest in volunteering with us, please reach out!

If you would like more information about any of the open positions or would like to chat a bit more about what volunteering with the KCA looks like, reach out to us at [admin@kingslandcommunity.ca](mailto:admin@kingslandcommunity.ca).

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 [@kingslandcommunityyyyc!](https://www.instagram.com/kingslandcommunityyyyc/) 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. As always, don't hesitate to reach out if you want to connect, have feedback, ideas, or questions.

That's all for now. I hope you can all get outside and enjoy the ice rinks and the toboggan hill while our weather cooperates!

All the best,

*David Sanderson*

KCA President



SCAN HERE TO VIEW ADDITIONAL  
KINGSLAND CONTENT

News, Events,  
& More



Crime  
Statistics



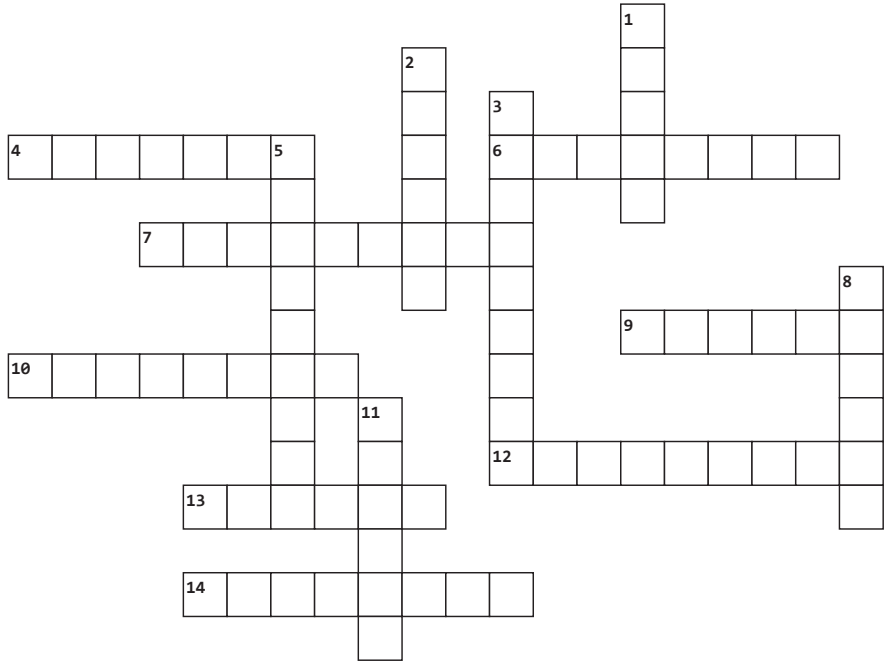
Real Estate  
Statistics



**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.

# February Crossword



## Across

4. This historical fiction novel was released on February 10, 2009, and made into a major motion picture starring Viola Davis, Octavia Spencer, and Emma Stone.
6. A ring made with this birthstone had a carved image of Cupid and is said to be worn by St. Valentine.
7. This American painter, well-known for his artwork "American Gothic" was born on February 13, 1891.
9. On February 15, 1965, this country officially received its flag, 100 years after becoming a country.
10. Tessa Virtue and Scott Moir won gold in this category in February 2010 at the Vancouver Winter Olympics.
12. This well-known annual league championship takes place every year on the second Sunday in February. It will be played on February 11 at Allegiant Stadium in Las Vegas this year.
13. The official flower that represents birthdays in February.
14. The popular heart-shaped candies with cute messages were originally used as \_\_\_\_\_.

## Down

1. This dwarf planet was discovered on February 18, 1930, and was named by 11-year-old, Venetia Burney.
2. February 10, 2024, marks the beginning of the Year of the \_\_\_\_\_.
3. This festival, which takes place on the same day as Shrove Tuesday, celebrates the end of the pre-Lenten season with colourful masks and parades.
5. Released in February 1940, this Disney motion picture featuring the beloved character Figaro, was the first animated feature to win a competitive Academy Award.
8. In 1990, the Lieutenant Governor of Alberta, Helen Hunley, introduced this day to celebrate and honour loved ones.
11. Abel Makkonen Tesfaye, better known as The \_\_\_\_\_, was born on February 16, 1990, in Scarborough.



KINGSLAND COMMUNITY ASSOCIATION

# FAMILY DAY

## Winter Festival

EVERYONE IS  
WELCOME!

### ACTIVITIES:

- Ice Skating
- Tobogganing
- Indoor minute-to-win-it games
- Roasting hotdogs and marshmallows

**Feb 19**  
10 am – 3 pm  
505 78 Ave SW

**Free, FAMILY event, BUT DONATIONS ARE welcome!**

## 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

## 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).



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[official-plumbing-heating.ca](http://official-plumbing-heating.ca)



### Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

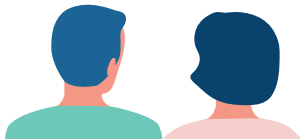
### Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.



## Guess The Duo!

1. This love-hate duo is on a quest to save a princess while fighting a fire-breathing dragon.
2. These stepbrothers create zany projects to make the most of their summer vacation.
3. This pop duo from the 60s are well known for their song "I Got You Babe".
4. These frenemies, created by William Hanna and Joseph Barbera, have been playing cat and mouse since 1940.
5. This fantasy duo set out on a journey through the misty mountains to save Middle Earth.
6. This superhero duo attempts to thwart the evil plans of villains in Gotham.



SCAN THE QR CODE FOR THE ANSWERS!

## February is Heart Month

by Alberta Health Services

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

### Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

### Heart Attack Risk Factors

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*
- High cholesterol\*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

### What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

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**April is Come Try Ringette month, and there will be many sessions in Calgary.**

## Scams and Fraud That Target Seniors

Fraud can happen to anyone, but older adults are particularly vulnerable to it. There are several reasons why seniors are targeted more than others. Firstly, they are usually at home during the day, making them more accessible to scammers who may come to their door or call them on the phone. Secondly, seniors are often more trusting and may be more willing to believe that the person on the other end of the line is genuinely trying to help them. Finally, they may not have family members or friends close by to ask for a second opinion, leaving them more susceptible to being taken advantage of. As with all crime prevention and safety, having a good understanding of how to prevent and protect oneself, is key.

### Fraud vs Scams, What's the Difference?

Fraud and scams are two very common and dangerous forms of deception that can have a huge impact on one's financial well-being. Fraud, in particular, is often carried out by criminals who gain unauthorized access to personal and sensitive information without the victim's knowledge or consent. This can include stealing credit card numbers, hacking into online accounts, or even stealing physical mail. The goal of fraud is usually to steal money or assets from the victim, often without them even realizing it.

Scams, on the other hand, are often carried out by individuals or groups who are looking to manipulate victims into willingly providing their personal and financial information. These scams can take many different forms, from phishing emails and phone calls to fake websites or even in-person solicitations. Scammers often use psychological manipulation to get their victims to trust them, and they may use various tactics to make it seem like they are legitimate, such as using official looking logos or pretending to be from a trusted organization.

### Looking at a Few Examples from the Calgary Police Service

<https://www.calgary.ca/cps/community-programs-and-resources/crime-prevention/scams-and-fraudtargeted-at-seniors.html>.

### Home Improvement Fraud

Home improvement contractors use several methods of targeting seniors: high pressure phone calls, flyers, advertisements, and door-to-door-sales. Fraudulent contractors can be very effective in making people think their services are needed, and then defrauding their victims.

Before you hire a contractor to do renovations or repairs to your home, do your homework:

- Use a local, well-established contractor. Ask for references and check them.
- Check with Service Alberta to find out if a contractor is licensed as a prepaid contractor. You can find out by calling the Consumer Contact Centre toll free in Alberta at 1-877-427-4088.
- Get competitive bids on all work and be wary of any bids that seem too good to be true. Don't accept high-pressure offers or offers that force you to make a quick decision.
- Determine exactly what work you want done. Make sure the project is explicitly described in your contract, including materials and labour specifics and dates for estimated start and completion.
- Never say yes to someone who wants money up front before the job is done or wants you to withdraw a large amount of money from your bank.
- Check to see that the work is complete and done correctly before paying.
- Find out when and how payment and/or billing will take place before the work begins.
- The best way to find a home renovations contractor is through other satisfied customers.

### Door-to-Door Sale Scams

Older adults are frequent victims of door-to-door scams and high-pressure sales tactics. While some door-to-door salespeople are honest, the chances are high that whoever answers the door is about to be swindled. Con artists often try to encourage older adults to buy unnecessary products or services. They usually appear friendly and sincere in their desire to help. They are successful because they seem so honest.

Avoid door-to-door scams with these tips:

- Never allow anyone you don't know into your home. It's easier to close the door on them before they get in than to get them out once they're inside.

- Don't buy on impulse. Tell the salesperson you will get back in touch after you have had a chance to carefully read all the materials given to you.
- Ask to see the salesperson's credentials and identification and request their business card.
- Never give cash up front to a salesperson or rely on verbal promises for delivered goods.
- If you sign a contract, make sure that it is complete, signed, and dated. Get all terms in writing, including the total price, warranties, return policy, and all conditions of sale.
- Ask them to give you the charitable tax number of the charity. Question any discrepancies.

### Dead Air Calls

"The phone is ringing but no one is there when I answer." If this happens to you, your phone may have a technical problem, but you may also be receiving calls from an automatic dialer that logs the time the phone is answered. A telemarketer uses the information to indicate when a person will be at your number to answer the phone.

### Service Scams

Service scams are any false, deceptive, or misleading promotion of services or solicitation for services. These scams typically involve third parties that make offers for telecommunications, internet, finance, medical, and energy services. This category of scams may also include, but is not limited to, offers such as extended warranties, insurance, and sales services.

If you or someone you know has become a victim of a crime or fraud, please call the Calgary Police Service non-emergency number at 403-266-1234 to report the crime.

You should also consider reporting any scams to:

- Canadian Anti-Fraud Centre - <https://antifraudcentre-centreantifraude.ca/indexeng.htm>
- Royal Canadian Mounted Police - <https://www.rcmp-grc.gc.ca/en>

Regardless of whether you are dealing with fraud or a scam, the best way to protect yourself is to be aware of the risks and take steps to protect your personal information. This can include things like using strong passwords, being cautious about who you share your information with, and keeping an eye out for suspicious

activity on your accounts. By staying vigilant and taking proactive steps to protect yourself, you can help minimize the risk of falling victim to fraud or a scam. Family members and friends should also be aware of these Elderly Crimes. Talk to the seniors you know to ensure they have not become a victim and keep our Kingsland seniors safe.



BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



# 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.

# 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."

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**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.

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

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**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.

## Leapers and Leaplings Special Day

Four million leap day babies? Did you know the odds of being born on February 29 is one in 1,461! Leap day babies are better-known as 'leapers' or 'leaplings'. Hats off to these time-defying, once-in-a-blue-moon birthday legends!



## Seven Key Things to Make Your Relationship Work

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



What can you do to create a lasting relationship? Get a copy of John Gottman's *Seven Principles for Making Marriage Work*. Below is a sneak peek:

**Enhance your love maps.** Happy couples are very familiar with their partner's world. According to Gottman, these couples have "a richly detailed love map — my term for that part of your brain where you store all the relevant information about your partner's life." You know everything from your partner's favourite movies to what's currently stressing them out, you know some of their life dreams, and they know yours.

**Nurture fondness and admiration.** Happy couples respect each other and have a general positive view of each other. Fondness and admiration are two of the most important elements in a satisfying and long-term relationship. If these elements are completely missing, the marriage can't be saved. A helpful activity to remind couples of the partner they fell in love with is called "I appreciate." List three or more of their partner's positive characteristics along with an incident that illustrates each quality. Then read your lists to each other.

**Turn toward each other.** Romance isn't a Caribbean cruise, an expensive meal, or a lavish gift. Rather, romance lives and thrives in the everyday, little things. "Real-life romance is kept alive each time you let your partner know they are valued during the grind of everyday life." For instance, romance is leaving an encouraging text for your partner when you know they are having a bad day. Or romance is when you are running late but take a few minutes to listen to your partner's bad dream and saying that you'll discuss it later (instead of saying "I don't have time"). This might seem boring but turning toward each other in these ways is the basis for connection and passion. Couples that turn toward each other have more in their "emotional bank account." This account distinguishes happy marriages from miserable ones. Happy couples have more goodwill and positivity stored in their bank accounts, so when rough times hit, their emotional savings cushions conflicts and stressors.

**Let your partner influence you.** Happy couples are a team that considers each other's perspective and feelings. They make decisions together and search out common ground. Letting your partner influence you isn't about

having one person hold the reins, it's about honouring and respecting both people in the relationship.

**Solve your solvable problems.** There are two types of marital problems: conflicts that can be resolved and perpetual problems that can't. It's important for couples to determine which ones are which. According to Gottman, "One way to identify solvable problems is that they seem less painful, gut-wrenching, or intense than perpetual, gridlocked ones." Solvable problems are situational, and there's no underlying conflict. Gottman devised a five-step model for resolving these conflicts that can be found in his book.

**Overcome gridlock.** The goal with perpetual problems is for couples to "move from gridlock to dialogue." What usually underlies gridlock is unfulfilled dreams. "Gridlock is a sign that you have dreams for your life that aren't being addressed or respected by each other." Happy couples believe in the importance of helping each other realize their dreams. The first step in overcoming gridlock is to determine the dream or dreams that are causing your conflict. The next steps include talking to each other about your dreams, taking a break (since some of these talks can get stressful), and making peace with the problem. "The goal is to 'declaim' the issue, to try to remove the hurt so the problem stops being a source of great pain."

**Create shared meaning.** "Marriage isn't just about raising kids, splitting chores, and making love. It can also have a spiritual dimension that has to do with creating an inner life together. A culture rich with rituals, and an appreciation for your roles and goals that link you, that lead you to understand what it means to be a part of the family you have become." And that's what it means to develop shared meaning. Happy couples create a family culture that includes both of their dreams. Being open to each other's perspectives and opinions, happy couples naturally come together.

**Bonus: Intentional date nights.** If you struggle with ideas for date nights, grab a copy of Gottman's *Eight Dates*. Being intentional about having regular date nights is an important factor to continued connection.

If you need some help along the way, look for a level three trained Gottman therapist to keep you accountable and help your relationship thrive.

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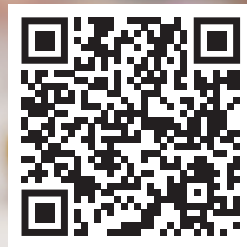
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