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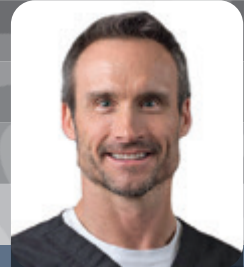
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BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER

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PRESIDENT'S MESSAGE



Happy March Neighbours!

What a bizarre winter El Niño has brought us this year.

A big thank you to the ice rink volunteers who helped get the rinks going and kept them maintained during a challenging season with both extreme colds and abnormally warm periods.

So happy to see all who made it out for our Winterfest on the Family Day long weekend, thank you to all who joined us and who volunteered to make the event happen.

April 14 and 15 is when our annual casino fundraising days occurs. This is the single most important source of funds for the Kingsland Community Association, and we need every volunteer we can get, so please reach out using the information on our website – either email us at admin@kingslandcommunity.ca or sign up under the 'Volunteers' section on our 'Get Involved' page.

We look forward to seeing everyone at Neighbour Day on Saturday, June 15. Watch for updates on our social media and website! Volunteers as always are appreciated. Clean Up Day will be announced once we have received notice from the City for our allocated day, and we anticipate organizing the Parade of Garage Sales given the great success of 2023.

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 to 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 [@kingslandcommunityyc](https://www.instagram.com/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, and community enrichment from our residents, connect with us!

All the best,

David Sanderson

KCA President

**Note this message is written one month in advance.*

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	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.

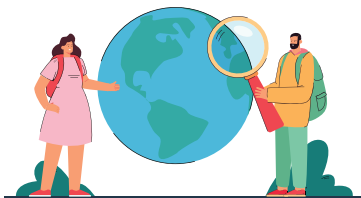
Come check out the Kingsland Community Center, we would love to give you a tour of our hall; please call or email to book a time.

Phone: 403-255-1400
 Email: admin@kingslandcommunity.ca
 Book your event early!

GAMES & PUZZLES

Guess the Country!

1. Over 80% of this Asian country is mountainous.
2. This European country is also known as The Emerald Isle.
3. Asmara is the capital of this African country.
4. It is mandatory in this South American country to play the national anthem twice on television and radio every day.
5. This Central American country's capital has a rain forest within its city limits, making it the only known one in the world.
6. This Oceanic country, known for its 7s rugby team, is composed of over 300 islands.



SCAN THE QR
CODE FOR THE
ANSWERS!

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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Home Security Cameras and You

from the Calgary Police Service

You see them everywhere - security cameras. Over the past decade home security systems have become common and more important due to the increasing crime and theft around us.

While Kingsland is generally considered a safe community, thieves and vandals have been known to target homes in the area. Having a camera security system may not only ensure the safety of your home and family but deter criminal activity. Another benefit may be the reduced cost of your home insurance.

Taking A Closer Look

The Pros

Overall, integrating security cameras within your home can provide numerous benefits, including instant access to footage, clear communication channels, evidence for insurance claims, deterring criminals, and supervising pets. With the latest technology, you can monitor your home environment in real-time from your mobile device, ensuring the safety of your family and property. Additionally, having a comprehensive security system in place can reduce your insurance premiums and prevent criminals from choosing your property as a target. Finally, security cameras give you peace of mind while you're away from home.

The Cons

When it comes to installing security cameras in your home, there are some downsides to consider. The first con is that some people, including visitors and family members, might feel uncomfortable being under surveillance. It's important to discuss the installation with everyone in your household and ensure they are comfortable with it. Additionally, choosing the wrong system or company to install your cameras could lead to security issues. It's important to do your research and select a reputable company with a proven track record. Something else to consider is that regular maintenance is necessary to ensure the system is functioning properly and providing adequate protection. Finally, improperly installed cameras can be vulnerable to hacking. It's important to invest in a modern security system that offers lasting protection

to your family and home. Despite these drawbacks, a security camera system can provide an increased level of safety for your family and property.

Home Surveillance Cameras and Law Enforcement

These systems have transformed the way law enforcement agencies approach crime investigation and prevention. In recent years, surveillance cameras have helped officers and prosecutors to solve cases quickly, efficiently, and with a higher conviction rate. Visual documentation has become a crucial tool for capturing and analyzing incidents. It provides an unbiased account of events that can be used to investigate and prosecute crimes. Overall, they increase the efficiency of investigations, reducing the time and resources required to solve crimes.

Should a suspicious situation or unlawful incident occur in your vicinity, and you have an outdoor security camera, don't be surprised if the police knock on your door. As part of their investigation, police may ask to view footage from your camera as the incident may have been recorded.

Let's Talk Doorbell Cameras

Video doorbells have become increasingly popular in recent years due to the convenience and security they offer. For example:

1. They monitor who's at your front door by allowing you to see and speak to anyone who approaches your front door, even when you're not at home. This is particularly useful if you're not expecting anyone or if you're concerned about potential intruders.
2. Your visible doorbell camera can deter potential burglars from attempting to break into your home. Knowing that they are being recorded and that their image is being captured can be a powerful deterrent, especially if the video is linked to a security system that can alert authorities if necessary.
3. They record suspicious activity as they can capture footage of suspicious activity, which can be used as evidence in the event of a break-in or other security breach. This footage can also be shared with law enforcement or used to identify suspects.

4. Doorbell cameras can also be used to monitor package deliveries. You can check the footage to confirm that your packages were delivered and to see if anyone attempted to steal them.

5. Knowing that you can see and monitor what's happening on your porch can help you feel more secure, even when you're away from home.

If you're not interested in having a full home security system installed, a Doorbell Camera may be all you need.

There is much more that could be said about this topic, but to conclude, as crime rates have continued to rise in many of our communities, home security cameras have become an essential tool for people wanting to feel safe and secure in their own homes. They not only deter criminal activity but can also aid law enforcement agencies in their fight against crime. If you're interested in learning more about home security cameras and how they can benefit you, talk with neighbours and friends who have one. Sometimes they are the best source of information.



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.

Burns and Scalds

from Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop
- 3°: Severe. The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1.



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.

Ten Tips for Dealing with Parental Estrangement

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



Parental estrangement is emotional and physical distancing between a parent/s and their adult child, resulting in a strained or severed relationship. It can be triggered by various factors such as disagreements, misunderstandings, differing values, or more serious issues like emotional or physical neglect or abuse. The reasons behind parental estrangement are complex, and individuals may choose to distance themselves from a parent for their own wellbeing. The experience is emotionally challenging for both the parent/s and the adult child involved.

The following are tips which offer help for either person of the estrangement:

- 1. Acknowledge Your Feelings:** Accept and validate your emotions. Feelings of loss, anger, and confusion are valid responses to the situation.
- 2. Build A Support Network:** Surround yourself with friends or support groups who can offer understanding and encouragement.

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3. Establish Healthy Boundaries: Clearly communicate and enforce boundaries that protect your emotional wellbeing.

4. Practice Self-Compassion: Be kind to yourself and avoid self-blame. Estrangement is a complex situation.

5. Focus On Personal Growth: Use the experience as an opportunity for self-discovery and personal development.

6. Journaling: Write down your thoughts and feelings to gain clarity and process your emotions.

7. Engage In Activities You Enjoy: Invest time in hobbies and activities that bring you joy and fulfilment.

8. Explore Forgiveness: Consider forgiveness as a personal process, recognizing that it doesn't necessarily mean reconciliation.

9. Give It Time: Healing from parental estrangement is a gradual process. Be patient with yourself and the situation.

10. Seek Professional Help: Consider therapy to help navigate and express the complex emotions that come with parental estrangement. Therapists can teach effective communication skills to navigate difficult conversations if your child wants to talk. Therapy offers a chance to explore the root causes of the estrangement, helping individuals gain insight into their own contribution to the misunderstanding. Therapists will teach you healthy coping strategies to manage emotions. Finally, therapy can help you understand, create, and enforce healthy boundaries for the repaired relationship moving forward.

Therapy is a personalized journey, and the specific benefits can vary depending on individual circumstances and goals. Remember, there is help and hope.

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KINGSLAND CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



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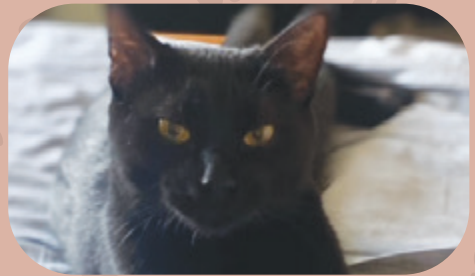
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Chloe, *Somerset*



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Epilepsy Awareness Month Shine a Light on Epilepsy

This March, let's unite in support of the 30,000 individuals living with epilepsy in Southern Alberta. Together, we can make a meaningful impact. Wear purple, light up spaces, and be part of the movement!



MARCH 26
Purple Day

Light up the Night in Violet Vibes! Light up your homes, offices, and public spaces in purple to show your solidarity.

Dress in Grape Glory!

Show your support by wearing purple clothing or accessories on March 26th.



Spark a Purple Revolution! Be a part of the change! Donate or start a fundraiser.



epilepsycalgary.com



Share your purple moments using
#postyourpurple

