

OCTOBER 2024

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your **KINGSLAND** POST

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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.

MANY OTHER PACKAGES AVAILABLE!

BATHROOM RENOVATION SALE

SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$14,679

SALE **\$10,769**
Limited Supplies

TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$12,679

SALE **\$9,379**
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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. Michael Colbert | mcolbert@calgarypolice.ca |

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



Hello neighbours,

Fall is upon us, a scorcher of a summer is behind us, and our upcoming Annual General Meeting is quickly arriving on October 24 at 7:00 pm at the hall.

In reflection it was a busy year, our Winterfest on Family Day brought many together to skate, roast hot dogs and marshmallows, and get to know our neighbours. The seniors' lunch and learn was a big hit with help and hosting from Trico Living Well. Our Neighbour Day BBQ/Cleanup event brought people together for some live music, food brought to us by Trico Living Well, crafts, and an army of volunteers to help clean up Kingsland and connect with one another.

The former Kingsland School site was activated with table tennis, mini golf, a Gaga Pit, and more; stay tuned as our subcommittee continues to work with the City on future plans for the park.

Our construction project began in September, and we will continue to keep updates on hand as they are available.

Looking forward to another year with the board whether that be helping with the annual spring flower fundraiser or connecting with the community.

Kingsland is a great place to be, and I am proud to call it home.

Cheers,

David Sanderson

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.

GAMES & PUZZLES

Guess the Colour!

1. This is the first primary colour a newborn can see.
2. Based on a worldwide study, this colour is the most popular favourite.
3. This colour and royalty have been linked since ancient times because of how expensive and exclusive the dye was.
4. This colour and red are thought to increase appetite.
5. The colour of night vision goggles.
6. Contrary to popular belief, this is the actual colour of the sun.



SCAN THE QR CODE FOR THE ANSWERS!

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Domestic Violence - A Difficult Subject

Domestic violence is a pervasive issue that affects individuals and families not only in Kingsland, but across all neighbourhoods in Calgary, regardless of socioeconomic status, race, or background. This is not an isolated problem confined to specific areas; rather, it is a widespread issue that can occur in any community. While it may be uncomfortable to discuss, raising awareness about domestic violence is crucial for fostering understanding, prevention, and support for those affected.

Understanding Helps

Domestic violence is also known as intimate partner violence. It includes controlling behaviours, sexual abuse, physical violence, verbal abuse, emotional abuse, and stalking and harassment between family members or persons in a relationship or related by virtue of children, marriage, or adoption. It can happen to anyone, regardless of age, gender, economic status, race, or sexual orientation. Recognizing the signs is the first step in addressing the issue. The impact of domestic violence extends beyond immediate physical harm. It can lead to long-term psychological trauma, financial instability, and social isolation. Children who witness domestic violence are also at risk of experiencing emotional and psychological issues.

The Signs

In adults, the warning signs of domestic violence include:

- Personality changes (angry, moody, agitated, etc.).
- Becoming withdrawn, closed, suddenly fearful or secretive.
- Difficulty sleeping or abnormally tired.
- Lower self-esteem, feeling negative about themselves.
- Neglecting personal hygiene or personal appearance.
- Physical signs of injuries like bruises, sores, and cuts.
- Making excuses for injuries which seem implausible.
- Hiding injuries with excessive make-up, sunglasses, extra clothing.
- Appetite changes - weight loss or weight gain.
- Starting to use substances or increasing in substance use.
- Stops attending usual activities (church, gym, family and holiday gatherings).

In children, the warning signs of domestic violence include:

- Physical signs of injuries like bruises, sores, or cuts.
- Unhappiness and withdrawal - may appear irritable and/or sad and withdraw from activities they once enjoyed.
- Regression - returns to an earlier stage in development, such as clinging to caregivers, thumb-sucking, or bed wetting.
- Changes in school performance - positively or negatively - or suddenly seeking more approval from teachers.
- Anger, violence, or bullying behaviour towards other children or animals.
- Difficulty sleeping, nightmares.
- Sexually acting out by using knowledge, language, and behaviour that is out of the scope of normal sexual development.
- Sexually transmitted infections (STIs) and signs like frequent yeast or bladder infections; pregnancy in older children; difficulty sitting or walking; injury to genital areas; or child complaining of headaches and stomach aches without medical explanation.

If you see any of these signs of domestic violence, be there for the victim and listen, be non-judgmental, and help your friend or family member develop safety plans and contact resources.

Reporting Domestic Violence

If you or someone you know is involved in an emergency situation, please call 9-1-1 immediately. Otherwise, call the police non-emergency line at 403-266-1234.

If you have to leave your home and need to return to get your belongings, Calgary Police Service can assist with what is called a domestic standby where you may remove your belongings.

Prevention and Support

1. Education and Awareness: Raising awareness through education can help individuals recognize the signs of domestic violence and understand the resources available for help.

2. Support Systems: Encouraging open communication and offering support to friends or family members who may be experiencing domestic violence can make a significant difference.

KINGSLAND PROGRAMS



3. Resources: Providing information about local shelters, hotlines, counseling services, and legal assistance can empower victims to seek help. The National Domestic Violence Hotline (1-800-799-SAFE) is a valuable resource.

If you or someone you know is experiencing domestic violence, it's important to reach out for help. Confidential support is available, and taking the first step can lead to safety and healing. Remember, domestic violence is never the victim's fault, and there are people and resources ready to help.

While domestic violence is a difficult subject, discussing it openly can help break the cycle of abuse. By raising awareness, supporting victims, and advocating for change, we can work towards a society where everyone feels safe. By working together, we can create a safer, more supportive environment for everyone in our community.

Domestic Violence Community Resources can be found at: www.calgary.ca/cps/community-programs-and-resources/victims-of-crime/victim-resources-domestic-violence.html.



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

Weekly - Norglen Rhythmic Gymnastic Club

Thursday

Voix Des Rocheuses - French Choir Practice

Friday

Jumma Prayers at 1:00 pm. Every Week. All Welcome

Sunday

Every Sunday - Truth Church of Calgary

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

SCAN HERE TO VIEW ADDITIONAL
KINGSLAND CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



Halloween Safety

by Alberta Health Services



The members of Calgary’s Partners for Safety: Calgary’s Child Magazine, AHS EMS, Calgary Police, Fire, 9-1-1, 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.

BRAIN GAMES SUDOKU

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

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Eight Reasons Why You Should Leave a Toxic Workplace

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



Leaving a toxic workplace is essential for your mental, emotional, and even physical well-being. It may not necessarily be a workplace; it could be a team, board or volunteer position, or partnership. Here are eight great reasons why it's crucial to move on from such an environment.

1. Mental Health: Toxic workplaces are often characterized by chronic stress, anxiety, and burnout, all of which can lead to serious mental health issues like depression. Continuous exposure to negativity, unbalanced productivity by others, and high-pressure environments can severely impact your mental well-being.

2. Physical Health: The stress from a toxic workplace doesn't just stay in your head – it can manifest physically. Chronic stress is linked to a range of health problems, including headaches, high blood pressure, heart disease, and a weakened immune system.

3. Emotional Well-being: Being in a toxic workplace can erode your self-esteem and self-worth, especially if you're subjected to micromanaging, criticism, bullying, lack of trust, or blame. Overtime this can lead to a loss of confidence and a sense of helplessness.

4. Career Growth: Toxic environments often lack opportunities for professional development or advancement. Staying in such a place can stunt your career growth, keeping you stuck in a job where you are not learning or progressing.

5. Relationship Strain: The stress and negativity from a toxic workplace can spill over to your personal life, affecting your relationships with family and friends. You might find yourself irritable, withdrawn, or too exhausted to engage meaningfully with your loved ones.

6. Reduced Productivity and Job Satisfaction: It's hard to stay motivated or productive in a toxic environment. When your workplace is filled with negativity and stress, it can be challenging to find satisfaction in your work. This can lead to disengagement and a decline in productivity.

7. Ethical Considerations: Sometimes, toxic workplaces encourage or demand unethical behaviour, putting you in a position where your values are compromised. Leaving such an environment is critical to maintaining your integrity.

8. Long-Term Happiness: In the long run, staying in a toxic workplace can erode your happiness and overall quality of life. Your work should be a place where you feel valued, respected, and able to grow – not one that drains you.

Leaving a toxic workplace, or any place that affects you in the above ways, might be challenging. There can be worry about financial stability, letting people down that you enjoy working with, loyalty to other teammates, or the fear of finding another job. However, prioritizing your health and well-being needs to come first. Many times, taking steps to move on can open up opportunities for a more positive and fulfilling work life. If you need some help navigating the steps and script of terminating that relationship, don't hesitate to reach out to a psychologist, counsellor, or coach. The lightness you will feel from putting yourself first will be well worth the short discomfort of cutting ties.

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Kingsland Real Estate Update

Last 12 Months Kingsland

MLS Real Estate Sale Price Update

| | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| August 2024 | \$344,900 | \$344,900 |
| July 2024 | \$648,800 | \$625,000 |
| June 2024 | \$479,900 | \$510,000 |
| May 2024 | \$450,000 | \$479,000 |
| April 2024 | \$459,900 | \$500,000 |
| March 2024 | \$285,000 | \$277,500 |
| February 2024 | \$734,900 | \$746,750 |
| January 2024 | \$789,974 | \$805,500 |
| December 2023 | \$397,450 | \$406,500 |
| November 2023 | \$424,900 | \$437,500 |
| October 2023 | \$389,900 | \$435,000 |
| September 2023 | \$249,900 | \$247,500 |

Last 12 Months Kingsland

MLS Real Estate Number of Listings Update

| | No. New Properties | No. Properties Sold |
|----------------|--------------------|---------------------|
| August 2024 | 4 | 7 |
| July 2024 | 9 | 5 |
| June 2024 | 12 | 11 |
| May 2024 | 9 | 11 |
| April 2024 | 12 | 7 |
| March 2024 | 3 | 5 |
| February 2024 | 5 | 4 |
| January 2024 | 5 | 4 |
| December 2023 | 4 | 4 |
| November 2023 | 5 | 9 |
| October 2023 | 7 | 7 |
| September 2023 | 9 | 7 |

To view more detailed information that comprise the above
MLS averages please visit king.mycalgary.com



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