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You can also reach us at 403-369-8249

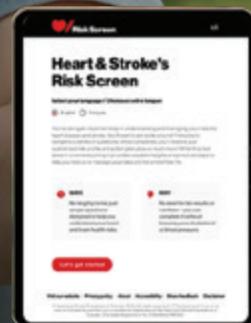
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**WINS**

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Our free Risk Screen tool helps you understand your risks for heart disease and stroke.



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# 2025 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  
**Hours:** Please book an appointment by email.

BOARD OF DIRECTORS	NAME
President	Carmen Buckner
Vice President	Vacant
Treasurer	Jessica Pickel
Secretary	Charlotte Quickel
Planning and Development Director	Brandy MacInnis
Social Director	Vacant
Membership Director	Terry Casey
Lifecycle Director and Hall Maintenance Coordinator	Vacant
Trico Partnership Liaison	Ben Ethier
Communications Director	Charlotte Quickel

OTHER KCA CONTACTS	NAME
Casino Coordinator	Carmen Buckner
Hall Manager and Admin	Jen Sherstabetoff

COMMUNITY CONTACTS	NAME	CONTACT INFO
Councillor Ward 11	Rob Ward	ward11@calgary.ca
MLA Calgary-Acadia	Diana Batten	calgary-acadia@assembly.ab.ca
Neighborhood Partnership Coordinator (NPC)	Jenna Findlater	jenna.findlater@calgary.ca
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,

As the year comes to a close and we head into the Christmas season, I want to extend a heartfelt thank you to David Sanderson for his leadership and dedication over the past two years. His time, energy, and commitment have made a lasting impact on our community.

As we move into the new year, my focus will be on connection, communication, and collaboration. I believe that a great community runs on participation and open dialogue, so I encourage everyone to get involved — attend meetings, participate in events, share your ideas, or volunteer when you can. Even small contributions go a long way toward shaping the neighbourhood we all call home.

If you haven't had a chance to see it yet, we were lucky to have Calgarian artist Deidre Lorraine paint the utility box at the corner of Elbow Drive and 75 Avenue (in front of Shoppers Drug Mart). It's a beautiful addition to our community!

We also have two festive events coming up this month:

- Seniors' Christmas Lunch – December 9
- Christmas Card Decorating – December 14 (with sweet treats and hot chocolate!)

We'd love to see residents of all ages join in the fun!

Speaking of volunteering, we still have a couple of open positions on the board. If you're interested or would like more information, please reach out to me directly at [president@kingslandcommunity.ca](mailto:president@kingslandcommunity.ca).

The holidays are a wonderful reminder of the warmth, generosity, and spirit that make Kingsland such a special place to live. I wish each of you a joyful Christmas season filled with peace, laughter, and time with loved ones.

Warmly,

*Carmen Buckner*

KCA President



## Cats, Canines, & Critters of Calgary



Addie, Renfrew



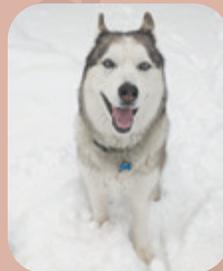
Billy, Woodbine



Charlie, Diamond Cove



Eowyn, Edgemont



Meeko, Cranston



Pepper, Evergreen



Sammie, Walden



Talbot, Queensland

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**KINGSLAND**  
Community Preschool

# OPEN HOUSE

Wednesday, Jan. 28th, 5-7pm

**BRING YOUR CHILDREN TO PLAY AND EXPLORE.**

Learn about our Reggio-Inspired & Play Based program. It's a nurturing safe environment where your child will unleash their creativity, develop language skills and build self-esteem.

Location  
505 78 Ave. SW



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Tour the space ✓

Learn about the Reggio-Inspired program ✓

@kingslandpreschool

www.kingslandcommunitypreschool.com



## **Walking Safely in the Dark in Calgary**

### **Darker Hours - What to Do**

Do you remember those early summer morning sunrises and late evening sunsets that filled the sky with a kaleidoscope of colours? It seems so long ago.

Now that winter has settled in, the days have grown shorter, ushering in longer stretches of darkness during both mornings and evenings. Darker hours present a range of challenges for pedestrians, inducing apprehension and a sense of vulnerability. The limited visibility during these hours can obscure potential hazards such as uneven pavement, obstacles, or misjudged distances, heightening the risk of accidents or mishaps. It's a time where the familiar can become unfamiliar. Whether it's a student heading home late after school, the office worker walking to the bus, or a couple simply enjoying a night out, being aware of your surroundings and knowing the best practices for safety is essential.

### **Plan Your Route**

Before you step out, it's important to plan your route. Familiarize yourself with the streets you'll be walking. Stick to well-lit areas, and avoid shortcuts through alleys, parks, or less-populated locations at night. Major streets and pathways in Calgary are often well-monitored and more secure. Technology can play a role as there are apps designed for walking that can provide route suggestions that are both safe and enjoyable.

### **Stay Alert and Aware**

When walking in the dark, it's crucial to remain aware of your surroundings. Avoid distractions like texting or scrolling through your phone. Instead, keep your head up and your senses attuned to the environment around you. If you are listening to music or podcasts, consider using just one earbud, allowing you to stay alert to the sounds of your surroundings. Don't assume others see you. Take extra precautions and always be alert when crossing the street or using crosswalks. Furthermore, staying informed about local weather advisories and road conditions can aid in pre-emptively avoiding dangerous situations.

### **Use Well-Lit Paths**

Calgary is home to many parks and pathways that can be alluring for evening walks, but it's vital to choose

trails that are well-lit and frequently used. Some popular areas, such as the Bow River pathway, are equipped with lights and have regular foot traffic, making them safer options for night outings.

### **Walk with Confidence**

Having an assertive posture can deter potential threats. Walk with purpose and confidence and avoid displaying signs of hesitation or fear. This not only helps you feel more empowered but may also deter anyone with harmful intentions.

### **Buddy Up**

If possible, walk with a friend or in a group. There is safety in numbers, and companions can provide support and a sense of security during your night walks. If friends are unavailable, consider joining community walking groups that schedule evening strolls.

### **Carry a Personal Safety Device**

Consider carrying a personal safety device such as a whistle, or a personal alarm. These tools can provide peace of mind and serve a valuable purpose in emergencies.

Additionally, having your phone fully charged before heading out can ensure you can contact someone if needed.

### **Trust Your Instincts**

If something feels off, don't hesitate to change your route or seek help. It's better to be safe than sorry. Additionally, be mindful of individuals approaching you and assess the situation before engaging in conversation.

### **Know Emergency Contacts**

Before heading out, store important emergency contacts in your phone, including local authorities and friends or family. In Calgary, you can reach emergency services by dialing 9-1-1. Familiarize yourself with local support resources, such as Calgary's police non-emergency number, which is 403-266-1234.

Remember, your safety is always the priority! Walking alone in the dark doesn't have to be intimidating if you're well-prepared and take the right precautions. By understanding your environment, being aware of your surroundings, and applying these tips, you can walk confidently and safely. Lastly, share these tips with family, friends, and those new to our community. They're worth knowing.

## Cold Weather Safety

by Alberta Health Services



Emergency Health Services (EHS) - Alberta responds to cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior – cover as much skin as possible. Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your mobile phone is fully charged.

### **Frostnip**

- Frost-nipped skin is extremely cold, but not yet frozen.
- 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**

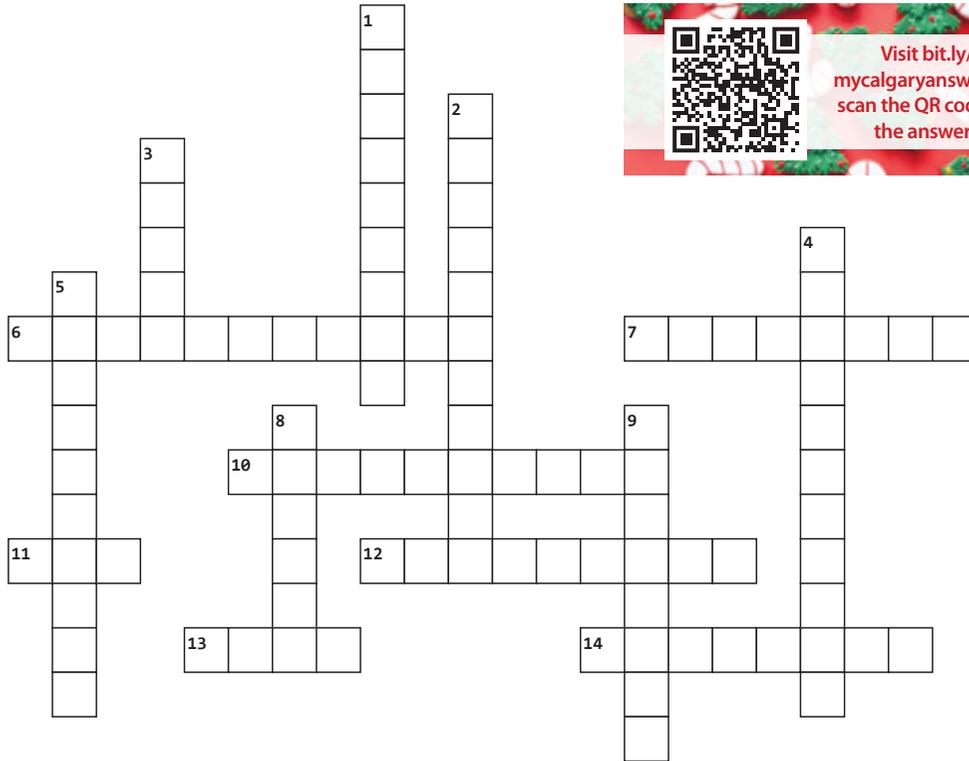
- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze.

- 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.
- Seek further medical attention as required.

### **Hypothermia**

- Hypothermia is abnormally low body temperature, less than about 35°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. 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.

# December Crossword



## Across

6. The Statute of \_\_\_\_\_ passed on December 11, 1931, granting Canada full legislative independence from the British Empire.
7. Known for his role in *Stranger Things*, Canadian actor Finn \_\_\_\_\_ celebrates his birthday on December 23.
10. The \_\_\_\_\_ is also known as the Christmas flower.
11. "Gangnam Style" by \_\_\_\_\_ became the first YouTube video to reach one billion views on December 21, 2012.
12. In December 1612, astronomer Simon Marius made the first known telescopic observation of this galaxy.
13. *Star \_\_\_\_\_: The Motion Picture* premiered on December 7, 1979.
14. December 14 marks the start of this Jewish holiday.

## Down

1. The bust of this Egyptian queen was found on December 6, 1912.
2. Annually on December 12, \_\_\_\_\_ House Day is celebrated.
3. The first human-to-human \_\_\_\_\_ transplant was performed on December 3, 1967, by Dr. Christiaan Barnard in Cape Town, South Africa.
4. \_\_\_\_\_'s ballet, *The Nutcracker*, premiered in Saint Petersburg on December 18, 1892.
5. Jane Austen's last novel, \_\_\_\_\_, was published on December 20, 1817.
8. Two years after being stolen, the "Mona Lisa" was returned to this museum on December 12, 1913.
9. Ferguson Jenkins born on December 13, 1942, in Chatham-Kent, was the first Canadian inducted into the \_\_\_\_\_ Hall of Fame.



# 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.

## KINGSLAND PROGRAMS



### Monday

Kingsland Preschool

### Tuesdays

Kingsland Preschool

Acrobatic Arts from 4:30 to 9:30 pm

### Wednesdays

Kingsland Preschool

### Thursdays

Kingsland Preschool

Voix Des Rocheuses Choir from 7:00 to 9:00 pm

### Friday

Kingsland Preschool

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

Beso De Tango. Adult Dance lessons at 7:00 pm

### 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

**BRAIN  
GAMES**

# SUDOKU

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7						1	3	
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4				1			9	
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				8		3	1	

SCAN THE QR CODE  
FOR THE SOLUTION



## 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).

# Self-Care Through the Holiday Season

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

The holiday season often arrives with a mix of excitement and exhaustion. Between family gatherings, financial pressures, and the weight of expectations, it's easy to lose sight of your own well-being. Yet caring for yourself—body, mind, and spirit—is one of the most meaningful ways to experience the season with more peace and joy.

Here are some simple ways to stay grounded and well through the holidays.

### 1. Slow Down and Simplify

The holiday rush can make even meaningful traditions feel like chores. This year, consider doing less so you can enjoy more.

Ask yourself:

- What truly brings me joy or connection?
- What could I let go of this year?

Simplifying plans, menus, or gift lists can make space for rest, laughter, and moments of genuine presence.

### 2. Nourish Your Body with Care

Cold weather, busy schedules, and rich food can leave you feeling depleted. Instead of striving for perfection, focus on gentle balance.

Eat regularly, stay hydrated, and make time for movement—even a short walk outside helps reset your nervous system. Rest when you can. Your body is not a machine; it's your home.

### 3. Set Emotional Boundaries

The holidays often highlight complicated relationships. You have the right to protect your emotional energy.

It's okay to say "no", leave early, or change plans that don't feel right.

Boundaries aren't unkind—they're how we create safety and preserve the capacity to show up with love where it matters most.

### 4. Stay Connected to What Matters

Amid the noise and marketing, take moments to remember what feels meaningful to you.



That might be spiritual reflection, gratitude, giving, or time in nature. Meaning doesn't come from doing more—it comes from doing what aligns with your heart.

### 5. Mind Your Inner Dialogue

Many people carry silent stress about doing the holidays "right." Notice the voice of pressure or guilt and replace it with compassion.

Instead of, "I should be happier," try, "It's okay to feel however I feel today."

Self-kindness softens expectations and makes room for authentic joy.

### 6. Create Restorative Moments

Small, intentional pauses can have a big impact:

- Light a candle and breathe deeply for one minute.
- Step outside and notice the winter air.
- Write down one thing you're grateful for each day.
- These simple rituals help your mind and body reset amid the busyness.

### 7. Ask for Support When You Need It

If the holidays stir up grief, loneliness, or old wounds, you don't have to face it alone. Reach out to a trusted friend, support group, or therapist.

Sometimes the bravest thing you can do is acknowledge that you're struggling and allow others to meet you there.

### 8. End the Year with Reflection, Not Resolution

Before jumping into goals for the new year, pause to reflect.

What did you learn? What moments mattered most? What are you ready to release?

Reflection honours your growth and sets the stage for gentle, sustainable change—no pressure required.

## GAMES & PUZZLES

### Guess the Christmas Song!

1. Brenda Lee was only 13 years old when she recorded this “new old-fashioned” Christmas favourite.
2. In December of 1965, this was the first song played in space. Hint: It is a classic written by James Lord Pierpont.
3. This song was originally called “Tinkle Bells”.
4. Thurl Arthur Ravenscroft, the singer of this mean, green song, was also the voice of Tony the Tiger.
5. Sammy Cahn and Jule Styne ironically wrote this romantic winter song during a heat wave.
6. There are three official music videos for this modern Christmas song, as well as a celebrity lip-syncing montage video.



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ANSWERS!



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## WORD OF THE MONTH

**FINAGLE: VERB**  
(FUH-NAY-GL)

To get something by  
indirect, involved, or  
devious means.

*She tried to finagle her  
way into the VIP party.*



## Age-Friendly Calgary Essential Numbers for Seniors in Calgary

### 9-1-1 Emergency (24-Hour)

For EMERGENCY medical, fire, and police response. Call the non-emergency police line at **403-266-1234** to report an incident that is not an emergency.

### 403-SENIORS (403-736-4677) The Way In

Information, advice, and help accessing programs and benefits for older adults.

### 8-1-1 Health Link (24-Hour)

Health advice (including dementia advice) from a registered nurse.

### 403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)

Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).

### 3-1-1 City of Calgary (24-Hour)

Information on all City of Calgary services. [www.calgary.ca](http://www.calgary.ca).

### 403-943-1500 Access Mental Health

Non-urgent advice on navigating the addiction and mental health system.

### 2-1-1 Community Resources (24-Hour)

Information and referrals for community and social services. [www.ab.211.ca](http://www.ab.211.ca).

### 403-705-3250 Elder Abuse Resource Line (24-Hour)

Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.



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contact@jacksonjackson.ca



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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\_

This past year has been one of growth and collaboration across Calgary-Acadia. From legislative work to local events, town halls, and community projects, I've seen the dedication and compassion that make our community so strong. I'm grateful for the trust you've placed in me and for the many residents, leaders, and volunteers who make Calgary-Acadia such a vibrant place to live.

Since returning to session in late October, our office has heard from hundreds of constituents about the issues that matter most. Education remains a top concern. The government's use of the notwithstanding clause to order teachers and students back into classrooms has left many Albertans feeling unheard and unsafe. Forcing people back into schools that lack adequate safety measures and resources does not solve the real challenges facing public education. I will always stand up for public education and for the educators who give so much of themselves to help every child learn and thrive. Every Albertan deserves the best start possible through smaller class sizes, safe classrooms, respect for staff, and a lasting commitment to inclusion. When our children and educators succeed, Alberta succeeds.

Many residents are also deeply concerned about the government's growing reliance on the notwithstanding clause and what it could mean for other rights and freedoms. I share those concerns and will continue to speak out against any misuse of power that threatens fairness and democracy.

Looking ahead, my focus remains on the priorities I hear most from Calgary-Acadia residents: strong public education, accessible health care, affordability, community safety, and inclusion. Your voices guide my work, and I'm committed to ensuring they are heard in the Legislature.

Thank you for your continued engagement and trust. It's an honour to serve as your MLA.

Cheers,  
*Diana*

# BUSINESS CLASSIFIEDS

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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.

**SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING:** Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

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**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.



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News, Events, & More



Crime Statistics



Real Estate Statistics



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