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your KINGSLAND POST

THE OFFICIAL KINGSLAND COMMUNITY NEWSLETTER





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anita@anitamortgage.ca
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News, Events, & More	Crime Statistics	Real Estate Statistics

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880,000 monthly readers

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Scan to see all the survey results

Great News Media 2026 Readership Survey, 11,104 respondents

The Nutcracker



In 1892 Tchaikovsky premiered his third ballet, "The Nutcracker" in Saint Petersburg, and while in recent times it is know globally and considered a Christmas tradition for many people, the ballet was not well-loved upon release. In fact, it did not gain popularity until closer to the 1950s when companies began performing it annually, marketing it as a Christmas feature.

2026 Board of Directors and Community Contacts

KINGSLAND COMMUNITY ASSOCIATION

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	Carmen Buckner	
Vice President	Teresa Bristow	
Treasurer	Jessica Pickel	
Secretary	Charlotte Quickel	
Planning and Development Director	Brandy MacInnis	
Social Director	Laura Niergarth	
Membership Director	Corey Fitzgerald	
Lifecycle Director and Hall Maintenance Coordinator	Vacant	
Communications Director	Charlotte Quickel	
Open Director	Lars Stevenson	
Crime Prevention and Safety Director	Jeannine Konrad	
OTHER KCA CONTACTS		
Casino Coordinator	Carmen Buckner	
Hall Manager and Admin	Jen Sherstabetoff	
COMMUNITY CONTACTS		
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 we move into the holiday season, it is a wonderful time to reflect on what makes Kingsland such a special place to call home.

First, a big thank you to Laura Niergarth and team of volunteers who helped make our Seniors' Lunch such a success last month! I know our seniors always look forward to this delicious meal and the chance for fellowship.

Interested in helping shape the future of Kingsland?

Our Planning Committee is looking for new members who are passionate about our neighbourhood and want to have a voice in its future. The committee provides an opportunity to review and share feedback on Development Permits and Land Use Designations as they come forward.

You don't need to sit on the Board of Directors to get involved! This is a great way to gain first-hand knowledge of what's happening in our neighbourhood and help ensure residents' voices are heard. All we ask is that you share your thoughts and feedback.

A Little Holiday Cheer!
We have two festive events happening at Kingsland Community Hall this month:

Christmas Card Decorating – December 5 | 11:30 am to 2:30 pm
This is an all-ages event! Come out, get creative, and help spread some Christmas cheer through handmade holiday cards.

Christmas Market – December 6 | (tentative, more details to come)
Looking to shop local and find some unique gifts? Look no further than our friendly neighbourhood makers! Come support local vendors, discover something special, and enjoy some holiday shopping right here in Kingsland.

Get Involved—We Need You!
Speaking of volunteering, we still have a couple of open positions on our Board of Directors. If you are interested in getting more involved, sharing your ideas, or simply learning more about what we do, I would love to hear from you. Please feel free to reach out to me directly at president@kingslandcommunity.ca.

As we approach the holiday season, I wish you and your families a wonderful Christmas filled with happiness, good health, and special moments with those who matter most.

Warm holiday wishes,

Carmen Buckner

President and Casino Coordinator, Kingsland Community Association

president@kingslandcommunity.ca

www.kingslandcommunity.ca



Age-Friendly Calgary Essential Numbers for Seniors in Calgary

9-1-1 Emergency (24-Hour)	**403-SENIORS (403-736-4677)** The Way In
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.	Information, advice, and help accessing programs and benefits for older adults.
8-1-1 Health Link (24-Hour)	**403-266-HELP (403-266-4357)** Distress Centre and SeniorConnect (24-Hour)
Health advice (including dementia advice) from a registered nurse.	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)	**403-943-1500** Access Mental Health
Information on all City of Calgary services. www.calgary.ca.	Non-urgent advice on navigating the addiction and mental health system.
2-1-1 Community Resources (24-Hour)	**403-705-3250** Elder Abuse Resource Line (24-Hour)
Information and referrals for community and social services. www.ab.211.ca.	Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

Why Do the Holidays Bring Up So Much Emotion?

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



Understanding family dynamics, grief, expectations, loneliness and the pressure to be happy.

The holiday season can bring joy and connection, but it can also stir up anxiety, grief, family conflict, and loneliness. Understanding why Christmas can feel emotionally challenging, and learning how to manage expectations, establish healthy boundaries, and cope with difficult family dynamics—can help us approach the season with greater compassion for ourselves and others.

Common Questions About Holiday Stress:
Why do I feel sad or anxious during the holidays? How can I manage difficult family relationships at Christmas? How do I cope with grief during the holiday season? How can I set healthy boundaries with family without feeling guilty? What can I do when Christmas no longer feels the same?

These are common experiences, and understanding them is an important first step toward navigating the holidays in a healthier way.

Why Can the Holidays be Emotionally Challenging?
Christmas often carries expectations about how we should feel and how our families should behave. We may feel pressure to create meaningful memories, maintain traditions, buy the perfect gifts, or ensure everyone is happy. When reality doesn't match these expectations, disappointment and stress can follow.

Family gatherings can also bring old patterns to the surface. Spending time with parents, siblings or other relatives may reactivate familiar feelings of being criticized, misunderstood, or overlooked. Even as adults, we can find ourselves slipping into childhood roles or reacting to family members in ways that surprise us. Recognizing these patterns can help us respond more intentionally rather than automatically repeating them.

For others, the holidays highlight what has changed. The death of a loved one, divorce, family estrangement, illness, or children leaving home can make familiar traditions feel painfully different. Grief doesn't follow a calendar, and the expectation to be cheerful can make it even harder to acknowledge what we are missing.

Financial pressures, social comparison and loneliness can add to the burden. Seeing images of seemingly perfect celebrations can leave us questioning why our own lives look different. However, what we see of others is rarely the whole story.

How Can we Make the Holidays More Manageable?
Start by giving ourselves permission to experience the

holidays as they are, rather than how we believe they should be. Consider these practical steps:

Adjust Our Expectations
We don't have to recreate the perfect Christmas or make everyone happy. Choose what matters most to us and let some things go.

Set Healthy Boundaries
We can limit the time spent at difficult gatherings, decline invitations or take breaks when needed. Saying no respectfully is not the same as rejecting someone.

Make Room for Grief
If we are missing someone, we can consider a meaningful way to honour their memory. We can appreciate moments of happiness while still acknowledging our sadness.

Protect our Relationships
When disagreements arise, we can aim for respectful communication rather than winning an argument. Sometimes, stepping away and returning to a conversation when emotions settle is the healthiest choice.

Seek Genuine Connection
A quiet visit, a meaningful conversation or time with someone who makes us feel understood may be more nourishing than a crowded celebration.

We are Allowed to Have a Different Christmas This Year.
Life changes, and our traditions and expectations may need to change with it. A meaningful holiday doesn't have to be elaborate, expensive or filled with constant happiness.

Perhaps the healthiest Christmas is not the one that looks perfect from the outside, but the one that feels authentic, connected and manageable on the inside.

If holiday-related distress feels persistent or difficult to manage, speaking with a mental health professional can help us understand our emotions and develop healthier ways to cope.

We don't have to make this Christmas perfect. We can simply make room for what is real, honour what matters and treat ourselves and others with compassion.

BRAIN GAMES

SUDOKU

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

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KINGSLAND
Community Preschool

www.kingslandcommunitypreschool.com







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Our program is:

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- Parent cooperative
- Play-based
- Half-day

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Contact: kingslandpreschool@gmail.com or @kingslandpreschool
 # 403-830-7956

KINGSLAND
Community Preschool





OPEN HOUSE

Wednesday, Jan 27th, 5-7pm

- Meet the teachers
- Tour the space
- Learn about the Reggio-Inspired & play based program
- Bring your kids!

REGISTRATION

AM & PM Classes for 3 and 4 year olds

- Current students & alumni register Jan 28th @ 9AM
- New students Register Feb 3rd @ 9AM
- Register on our website www.kingslandcommunitypreschool.com

@kingslandpreschool
403-830-7956

Location: 505 78 Ave. SW
www.kingslandcommunitypreschool.com

505 78 Avenue SW
Calgary, AB T2V 0T3
(403) 255-1400
admin@kingslandcommunity.ca

KINGSLAND
COMMUNITY ASSOCIATION

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?
☐	Individual ($20)	Regular membership for Kingsland residents	Yes
☐	Family ($20)	Membership can be shared between all the members of a Kingsland household	Yes, one vote per family membership
☐	Senior (by donation)	For residents 65 years of age and over	Yes
☐	Business ($25)	Available to businesses both inside and outside of the Kingsland community boundary	No
☐	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.

Updated March 17, 2022

KCA **Membership Form**

Cold Weather Safety

by Alberta Health Services



Emergency Health Services 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.

Recycle More This Holiday Season

by City of Calgary Waste and Recycling Services



Due to new upgrades at our recycling facilities, you can now recycle even more holiday waste this year. As you clean up after holiday gatherings, remember to put these items in your blue cart:

- Paper and plastic gift wrap
- Foam packaging
- Flexible plastic bags, wrappers, and food pouches
- Cardboard and shipping boxes
- Food and body aerosols, like cooking oil spray, whipped cream cans, and hairspray
- Metal food cans, glass jars, and plastic containers

Place all items empty, clean, and loose in your blue cart. Do not bag or bundle them.

Thank you for sorting right and helping keep more holiday waste out of the landfill!

Learn more at calgary.ca/holidaywaste.

Christmas Tree Composting

When the holidays are over, give your real Christmas tree a green goodbye by choosing one of the following options for composting.

Green Cart Pickup:

Remove all decorations (lights, tinsel, ornaments) and cut the tree into small pieces so it fits inside your green cart with the lid closed. Place any extra branches in a paper yard waste bag, rolled shut, and set it at least two feet away from your cart.

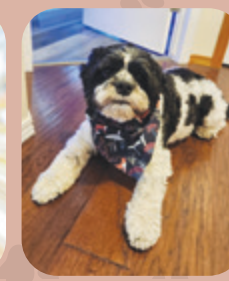
Drop-Off Site:

From December 26 to January 31, you can take your whole tree to a designated drop-off site. You can find the location closest to you at calgary.ca/christmastree. Please ensure all decorations have been removed and do not wrap or bag your tree when dropping off.

Cats, Canines, & Critters of Calgary



Jasmine, *Mount Pleasant*



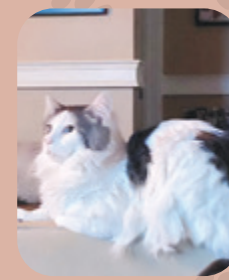
Jasper, *Arbour Lake*



Jewels, *Walden*



Kevin, *Acadia*



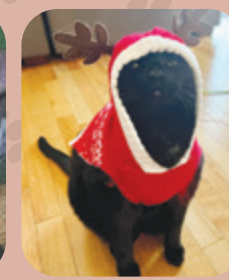
Lilly, *Millrise*



Princess Molly, *Acadia*



Sintra, *Midnapore*



Taco, *Woodbine*

To have your pet featured, email content@greatnewsmedia.ca

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
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.



Kingsland Real Estate Update

Last 12 Months Kingsland MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2026	$509,500	$500,000
September 2026	$549,900	$534,000
August 2026	$629,950	$597,500
July 2026	$669,000	$642,500
June 2026	$462,400	$444,250
May 2026	$345,000	$324,500
April 2026	$659,800	$635,000
March 2026	$660,000	$655,000
February 2026	$675,000	$650,000
January 2026	$449,875	$442,500
December 2025	$599,000	$565,000
November 2025	$494,900	$475,000

Last 12 Months Kingsland MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
October 2026	8	4
September 2026	10	3
August 2026	11	4
July 2026	3	5
June 2026	13	6
May 2026	9	4
April 2026	6	5
March 2026	5	4
February 2026	5	3
January 2026	3	2
December 2025	7	5
November 2025	7	9

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

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING



Support the local businesses that make our neighbourhood thrive, and make this publication possible.

403-720-0762
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SCAN ME

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 neighbours 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.

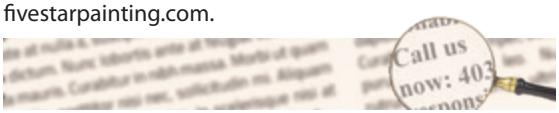
SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING: Snow removal starting at $160 per month. Christmas light installation starting at $150. Early season discounts! Window and gutter cleaning starting at $99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. 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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Joke of the Month

Who is the snowman's favourite relative?

Aunt Artica!



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COMMUNITY KITCHEN



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INCREDIBLE SAVINGS!

BOX OPTIONS

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MEDIUM	$40.00
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TOGETHER, WE BREAK THE CYCLE OF HUNGER.

QUESTIONS? WE'RE HERE TO HELP!

Filipe Carballo
403-538-3779
Filipe.carballo@ckpyyc.ca

Lorrie Herrick
403-538-7386
Lorrie.herrick@ckpyyc.ca

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39 4 St NE
www.womenscentrecalgary.org

info@womenscentrecalgary.org
403 264 1155

Hours of Operation:
Mon & Wed: 10 AM – 4:30 PM
Tues & Thurs: 11 AM – 7 PM
Friday: 9:30 AM – 12:30 PM