

SEPTEMBER 2023

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Coming to the Neighbourhood – The EDGE A New After-School Drop-In Program for Jr. Highs

Nutritious Snack
Gaming Place

Homework Corner
Computer Centre

Reading Nook
Board Games

3:30 – 5:00, Wednesdays starting September 20th

A non-religious program offered at St. Andrew's Presbyterian Church
703 Heritage Drive SW (403.255.0001)
9 minutes' walk from Woodman Jr. Highschool.



For more information, go to www.standrewscalgary.ca/the-edge



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2023 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 | Charlotte Quickel | |
| Vice President | David Sanderson | |
| 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 | Vacant | |
| Hall Manager and Admin | Jen Sherstabetoff | |
| COMMUNITY CONTACTS | | |
| Councillor Ward 11 | Kourtney Penner | 403-268-2430 |
| Calgary-Acadia | MLA 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!



KINGSLAND COMMUNITY PRESCHOOL

Hello September!

I love the change of the seasons and the start of the new Preschool year. New beginnings and fresh starts inspire me to be more present and creative in my classroom. It is exciting to meet all the new children and to get to know their families. September in the classroom is about getting to know ourselves, creating friendships, and building a classroom community. I believe that each child in our classroom brings a unique perspective, energy, and strength to our community.

We explore how each child is unique and has special interests, and how each family has their own special traditions and way of doing things. As a teacher I work hard to create space for each child to be themselves and to be accepted for who they are. By celebrating each child, we create a classroom that is safe and inviting for everyone who attends. In doing so, we set the foundation for a year of learning, growing, and thriving in our classroom environment.

The children have done self-portrait drawings, paintings, and self-portraits using loose parts. The children have so much fun gathering and sorting through all of the loose parts that are donated by Transalta. We are lucky to be gifted many amazing loose parts, office supplies, paper, and party supplies from the recent office move. We are so thankful for their support.

With wonderful weather, we are able to utilize the green space by our classroom along with the many wonderful parks in the neighborhood. We do have a few spaces in our four-year-old morning class which operates on Monday, Wednesday, and Friday morning. Please feel free to check us out at kingslandcommunitypreschool@gmail.com.

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An Honoured Citizen of Kingsland Community

*Submitted by Suzanne Boyd, Director of Development,
Calgary Opera*

Calgary Opera is celebrating a half century of bringing opera to the people of Southern Alberta. Did you know the company's founder, Maurice Lorieau, lives right here in our community!

Fifty years ago, Mr. Lorieau headed up a small but determined group of visionaries who had a dream to bring professional opera to Southern Alberta. They gave their time, talents, and finances to establish what is known today as Calgary Opera.

From the very beginning, the founders of the organization wanted to make sure that the opera would be for everyone. *La Bohème*, the company's debut production in March 1973, was the most exciting musical event Southern Alberta had seen in years. Thus, began the tradition of bringing the beauty of opera in real and living form to the people of Calgary. Today the company continues its mandate to present high-caliber opera and develop new audiences and looks forward to the next 50 years with great anticipation.

A long-time resident of the Kingsland community, Mr. Lorieau has lived at the same address for over 56 years and raised his family of 12 children, all of whom attended both St. Augustine and Our Lady of the Rockies Schools. At 92, he continues to keep Calgary Opera on its toes, both from the audience and behind-the-scenes.

This past spring, Maurice Lorieau was awarded the Queen Elizabeth II's Platinum Jubilee Medal (Alberta) to honour his contribution to the Province of Alberta as the founder of Calgary Opera. He was also the honoured guest at Calgary Opera's 50th Anniversary Founder's Dinner and attended the anniversary season opening production of *Carmen* with four generations of the Lorieau family represented.



PRESIDENT'S MESSAGE



Hello Neighbours,

I hope you are all having an excellent summer. We are looking forward to seeing you all at our AGM in October.

We are still working on recruiting a new Open Director. The Open Director role is one without a specific portfolio and is a great opportunity for someone to get some experience as a volunteer board member. This position has the flexibility to help out across the board – just let us know what you're passionate about and we will find a spot for you! For more information on this role, shoot us an email at admin@kingslandcommunity.ca.

A slate of nominees for the 2023-2024 Kingsland Community Association's board of directors will be prepared and posted online at kingslandcommunity.ca by September 30. As per our bylaws, we will not be taking nominations from the floor, so if you are interested in joining the board, please let us know before September 30.

Don't forget that the Broxburn Veggie Truck is at the Kingsland Community Hall every Tuesday for the summer. A great opportunity to grab some locally grown produce, cheese, pies, and more.

The board has been on a break for summer holidays, but we are back to regularly scheduled meetings as of this month. 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 [@kingslandcommunityyc!](https://www.instagram.com/kingslandcommunityyc/)

All the best,

Charlotte Quickel

KCA 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.

KINGSLAND PROGRAMS



**Monday to Friday
Kingsland Preschool**

**Fridays
Jumma Prayers at 1:30 pm**
All Welcome
Located in the Upper Hall

GAMES & PUZZLES

Guess That Animal!

1. Male _____ are the only creatures in the animal kingdom to undergo pregnancy and give birth.
2. This tree-hugging marsupial's fingerprints are almost indistinguishable from humans; which has confused some forensic crime scene investigators.
3. This monogamous species mates for life and courts one another by gifting each other pebbles.
4. This large rodent is one of the friendliest in the animal kingdom and has been known to befriend crocodiles, monkeys, dogs, and even humans!
5. The _____ is the only mammal that can truly fly and not simply glide.
6. _____ are the only venomous primates; their armpits secrete venom that they lick to coat their teeth before attacking and biting.



SCAN THE QR
CODE FOR THE
ANSWERS!



10 Signs That You May Be Suffering from Anxiety

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



Feeling anxious at times is completely normal. However, unchecked it can become maladaptive and cause distress in our daily lives. How can we tell if our feelings of anxiousness have crossed over into a disorder? Sometimes it's not easy, as anxiety can show up in many different forms such as phobias, social anxiety, and panic attacks.

You may be suffering from unchecked anxiety if you experience any of the following on a regular basis.

- 1. Perfectionism.** Putting expectations on yourself that are not realistic to meet, setting yourself up to fail or not even starting a task due to fear of failure.
- 2. Compulsive Behaviour.** Repeated behaviours like checking locks and washing your hands, overindulging in mood altering substances to relax, or experiencing constant intrusive thoughts.
- 3. Self-Doubt.** Constant negative thoughts or talk that is negative about yourself.
- 4. Muscle Tension.** May cause discomfort around the neck and shoulder area, leading to ongoing headaches and other physical problems.
- 5. Chronic Indigestion.** Trouble enjoying meals because of chronic indigestions and stomach issues.
- 6. Self Consciousness.** Frequent worry about how you present yourself to others in terms of appearance, speech, and mannerisms.
- 7. Panic and Flashbacks.** Feelings of doom and extreme worry that may cause shortness of breath, dizziness, and nausea. This may include flashes of something traumatic from your past.
- 8. Irrational Fears.** Frequent thoughts that are causing fear and discomfort about certain situations. These thoughts lead you to equate those experiences with feelings of dread and worry resulting in self-limiting behaviour.
- 9. Sleep Problems.** Trouble falling asleep or staying asleep, with frequent thoughts related to worry waking you up.
- 10. Excessive Worry.** Difficulty focusing due to intrusive thoughts and frequent worry. This may lead to nervousness, the inability to focus, and feelings of panic.

If any of these symptoms describe how you feel on a regular basis, please seek professional guidance from a psychologist for a formal diagnosis. Cognitive Behavioural Therapy (CBT) is generally the first step and the gold standard for anxiety management. Additionally, your psychologist can help you decide if seeking medical/ pharmaceutical intervention from your doctor may also be necessary.

Back to School

That special time of year is back. Parents celebrate that they will have a few hours of the day where the home is quiet, and they can enjoy a coffee without interruption.

Since Alberta has no more School Zones, they are all Playground Zones, and they may not have a school attached. Playground Zone times for urban areas are in effect from 7:30 to 21:00 hours, seven days a week. If the roadway has more than one lane of travel in one direction a motor vehicle shall not pass another, unless that vehicle is turning, also the max speed limit is 30 km/h.

As drivers, we must watch out for pedestrians using crosswalks, especially young children, as understandably they are excited to be back at school to see old friends and make new ones.

As a parent we also must be aware of congested roads around the schools. Some safe habits when dropping kids off are:

1. Don't block peoples' driveways
2. Don't block the entrance to the school staffs parking lot
3. Don't block crosswalks (must be five meters away from marked crosswalk lines and their signs)
4. Watch out for school patrols and teaching staff as they are making the crosswalks safe for your kids and others
5. Don't double park to drop off kids
6. Use designated crosswalks (no jaywalking across the roadway)
7. Try parking two blocks away and walking with your kids to school
8. Leave home with lots of time before the bell

Pedestrian Safety

As a pedestrian, always remember you will lose the battle against a motor vehicle even if you're in the right.

A crosswalk is defined as a location for a pedestrian to cross a roadway safely and where a motorist would also expect to see a pedestrian. Not every intersection is a crosswalk. A crosswalk can be marked with painted white lines, may have hatch marks, and can be signed with either a white or fluorescent backed sign. An unmarked crosswalk is established only by a break or curb of the roadway.

At a "T" intersection the only crosswalk is the section of roadway that is a curb edge to curb edge, no curb edge to straight unbroken curb.

As pedestrians, don't assume that a motorist sees you, keep your head on a swivel and continue to look at motorists. Also, when you come up to the crosswalk, don't just walk out thinking that the vehicles will stop, give the motorist time to see you and to bring the vehicle to a safe stop.

In regard to crosswalk signals, the legal time for a pedestrian to cross on a walk signal is when the little white man is present. When the flashing red hand starts, and the counter is counting down, it is illegal for you to cross. Fines for interfering with vehicles, crossing at a location other than a crosswalk, and crossing when a traffic signal says not to start at \$81.

Keep your head up when crossing the street, don't have it buried in your phone.



Anyone Interested in a Lacrosse Stick?

Great adult-sized lacrosse stick to donate to anyone interested in picking it up, would like it to go to a good home. Reach out to Ruth at 403-253-5377.

WE HAVE A FACEBOOK GROUP!



Looking to connect with fellow Kingsland residents online? Look no further. We have recently created a Facebook group for residents to discuss community happenings! Search for "Kingsland Community Connection" on Facebook.



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.



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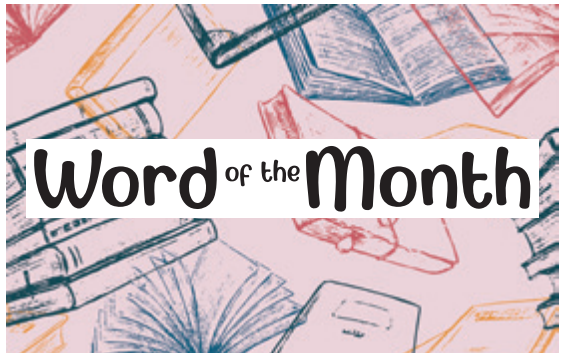
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Word of the Month

Metanoia: *noun*
(met-uh-noi-uh)

A transformative change of heart.

“Upon finishing her book, Alice experienced a metanoia.”

BUSINESS CLASSIFIEDS

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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.

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.

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& More



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Learn the signs of stroke

Face is it drooping?

Arms can you raise both?

Speech is it slurred or jumbled?

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Act **F A S T**. Lifesaving treatment begins the second you call 9-1-1.

heartandstroke.ca/FAST

