

SEPTEMBER 2024

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# your **KINGSLAND** POST

THE OFFICIAL KINGSLAND COMMUNITY NEWSLETTER



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[www.kingslandcommunity.ca](http://www.kingslandcommunity.ca)



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At **Fuse Fitness**, we offer a variety of gentle fitness classes specifically **designed for seniors**, providing a supportive environment tailored to your wellness goals.

### What is Gentle Fitness?

Instructors certified in Gentle Fitness modify exercises to accommodate different fitness levels and physical limitations while providing low-impact alternatives. Skills such as balance, flexibility, and mindfulness are practiced in an enjoyable, supportive environment.

### Classes Included:

Chair Yoga • Tuesday & Friday, 11-11:45am  
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Gentle Pilates • Coming Soon!  
Gentle Tai Chi Gong • Coming Soon!

*Join us today!*

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Seniors Only

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MONTH

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@FuseFitnessCalgary

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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**  
*Limited Supplies*

**We Also Specialize in En Suites & Custom Bathrooms**

**PLEASE CHECK OUT OUR REVIEWS ON HOMESTARS AND RATINGS ON BBB!!**



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**All Labour & Material Included**

All packages pertain to standard size bathrooms

# 2024 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](mailto: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	<a href="mailto:mcolbert@calgarypolice.ca">mcolbert@calgarypolice.ca</a>

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](mailto:admin@kingslandcommunity.ca)

Book your event early!

## PRESIDENT'S MESSAGE



Hi there neighbours,

What a joy to see so many using the Kingsland School site amenities, it really has added energy and useability to the space.

With the summer coming to a close, kids going back to school and preschool, and autumn approaching, it's a good time to start planning your year ahead.

As we are looking to build our events calendar for the year, we welcome recommendations and ideas residents would like to see – so send us an email!

For this month keep an eye on our social media for an upcoming Amazing Race themed event.

October 24 is our Annual General Meeting so keep an eye out for updates, and if you are interested in any board positions, please reach out prior to our AGM. On September 26 we will have a meeting to discuss the roles to see if you want to be part of the board this year.

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! 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, or community enrichment from our residents, connect with us!

If you have any interest in volunteering with us, please email [admin@kingslandcommunity.ca](mailto:admin@kingslandcommunity.ca).

*David Sanderson*

KCA President

\*Note this message is written one month in advance

## Psssttt...

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).

## BRAIN GAMES

# SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



# OFFICIAL



PLUMBING & HEATING

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**\$50**

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[official-plumbing-heating.ca](http://official-plumbing-heating.ca)



## Back-to-School Safety

from Alberta Health Services

Alberta Health Services EMS would like to remind parents and students of some safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

### Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

### Around School Buses

- Flashing amber lights mean that a bus is slowing down to stop – motorists should do so likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights unless the bus is on the opposite side of a divided highway from you.
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

### Pedestrians

- Cross only at marked crosswalks or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

## What is Cart Contamination?

by the City of Calgary, Waste and Recycling Services



We talk a lot about putting the right items into your blue, black, and green carts to avoid contamination. But what exactly is contamination?

Contamination is when the wrong items are put in the wrong bins. Sorting your waste into the right carts ensures materials end up at the right facility to be turned into new products or to be disposed of properly.

Most people do a good job with their carts. But the consequences of contamination create real challenges that impact the waste facilities, the health and safety of workers, and increase program costs for Calgarians.

Working together, we can keep our facilities and staff safe while ensuring our waste programs run properly.

Learn more at [calgary.ca/contamination](http://calgary.ca/contamination).

## 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



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info@jacksonjackson.ca  
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[www.jacksonjackson.ca](http://www.jacksonjackson.ca)



## 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

Every Sunday - Truth Church of Calgary

Second Sunday of Each Month - St. Brigid Catholic Church

### Cleaning Services

- Dry Cleaning
- Tablecloths
- Napkins
- Table Skirts
- Chair Covers
- Massage Sheets
- Face Cradles
- Gym Towels
- Face Cloths
- Chef Coats
- Coveralls
- Microfibre Cloths
- Dish Rags

### Mat Rentals

- Standard
- Waterhog
- Scraper
- Logo

### Paper Products

- Tork Dispensers
- Paper Towel
- Centre Pulls
- Toilet Paper
- Facial Tissues

## CALGARY MAT & LINEN SERVICES

Pick-Up & Drop-Off Services



[calgarymatandlinen.com](http://calgarymatandlinen.com) | 403-279-5554

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## SCAN HERE TO VIEW ADDITIONAL KINGSLAND CONTENT

### News, Events, & More



### Crime Statistics



### Real Estate Statistics



**THE SALVATION ARMY**

**PRACTICE ENGLISH WITH US!**

**ESL CLASSES**

**THE SALVATION ARMY, GLENMORE TEMPLE**  
**EVERY WEDNESDAY 7:00 – 8:30 PM**

CALL (403) 253-1700 921 68 AVENUE SW, T2V 0N7  
 EMAIL: [GLADIS.KOSHKARIAN@SALVATIONARMY.CA](mailto:GLADIS.KOSHKARIAN@SALVATIONARMY.CA)

**The Salvation Army**

**Glenmore Temple**

**FAMILY JAM**

**CAFÉ**

**THURSDAY MORNINGS FROM 10:00 TO 11:30 AM**  
**STARTING IN SEPTEMBER 2024**

**AGES: 1 – 5 YEARS**

**MUSIC AND FUN ★ FOR KIDS AND PARENTS**

CALL (403) 253-1700  
 921 68 AVENUE SW, T2V 0N7  
 EMAIL: [GLADIS.KOSHKARIAN@SALVATIONARMY.CA](mailto:GLADIS.KOSHKARIAN@SALVATIONARMY.CA)

**GAMES & PUZZLES**

**Guess the Musician!**

1. This individual holds the Guinness World Record for best-selling solo artist.
2. Before going solo, this world dominating musician was in a supergroup called 'Destiny's Child'.
3. On his debut album, this musician is said to have played 27 different instruments.
4. At 1,560 words, this artist has the most words spoken in a single song.
5. This famous musician's stage name came from a popular song by the band 'Queen'.
6. This incredible artist was the first woman to be inducted into the Rock and Roll Hall of Fame.



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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](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.*

## Diana Batten

MLA, Calgary-Acadia

Critic for Childcare, Child & Family Services

105, 10333 Southport Road SW, Calgary

403-640-1363

Calgary.acadia@assembly.ab.ca

facebook.com/dianabattenmla

dianabatten\_ @DianaBatten\_



Hello Calgary-Acadia!

Summer will be wrapping up by the time this newsletter finds its way to your mailbox. The Calgary Stampede formed the bookends around my first year in office and it was a great privilege to have that opportunity to meet so many of you at events across Calgary-Acadia.

Being in the community for the spring and summer allowed me the pleasure of attending a huge variety of community events. A few highlights:

- Enjoying delicious pierogies and spectacular dancing at the Calgary Ukrainian festival taking place at the Acadia Recreation Centre.
- Experiencing government through the questions asked by Calgary-Acadia grade 6 and 9 students, both at the Legislature and in their schools.
- Enjoying year-end celebrations, fiestas, concerts, and graduations at neighbourhood schools.
- Visiting with folks at the many Neighbour Day celebrations throughout the constituency.
- Celebrating volunteers at the community cleanups.
- Stampede Breakfasts and barbeques throughout the constituency!
- Hearing from you on your doorsteps.

My office was busy this spring and summer responding to the concerns of constituents. Most concerns over the last few months have come from folks who are worried about government overreach in municipal affairs, concerned about new rules that allow a grizzly bear hunt, struggling with affordability and rent increases, and who are uncertain about their ability to access healthcare. We are committed and will head back to the Legislature in October to continue fighting as Albertans struggle with high unemployment, lack of family doctors, and a skyrocketing cost of living.

As I prepare for the sitting of the next Legislature this fall, I want to hear from you. Please reach out by email, phone, or dropping by our office, to let me know what concerns you would like brought to the government.



Fresh Jock

**No matter how much you sweat,  
we can get the stink out!**

\$50 for hockey bag full of gear. We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves. Most equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



### OUR OZONE PROCESS

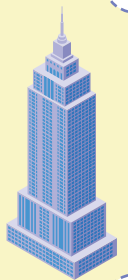
Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone effectively annihilates 99% of bacteria and viruses upon contact, encompassing both odor-causing bacteria and those responsible for various illnesses, such as staph infections.

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403-726-9301  
calgaryfreshjock.com**

## JOKE OF THE MONTH

Can a kangaroo jump higher  
than the Empire State Building?

Of course. The Empire State  
Building can't jump!



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Gutter  
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Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

# 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 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.

**CALGARY FRESH JOCK:** We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

**K2 BOOKKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

**LANDSCAPING & WINDOW CLEANING:** Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

**KINGSLAND PAINTER:** Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. [www.fivestarpainting.com](http://www.fivestarpainting.com).

**BARKER'S FINE DRY CLEANING:** We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

**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](http://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.

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.

# Kingsland Haysboro Indigenous Friendship Day

**Saturday,  
September 28**

**Heritage Drive  
at Haddon Road  
(old YMCA lot)**

**Experience  
Indigenous  
Culture**



## Schedule

11:00am – 1:00pm  
Opening Ceremony  
Help Us Raise a  
TeePee! Crafts,  
Games, Displays,  
Traditional Stories,  
Drumming, Vendors

1:00 – 2:00pm  
“Feast” Free Meal

2:00 – 3:00pm  
Dance Performance &  
Join In a Circle Dance

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