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Support Victoria Fortuna and Her Family After a Tragic Highway Accident



Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton. Donate to this GoFundMe to help ease the inconceivable financial hardship the Fortuna family is facing.

Scan to donate or visit gofund.me/31fddef6f
Any help is appreciated ♥



GAMES & PUZZLES

Guess the Book!

1. Calgarian Danielle L. Jensen wrote this New York Times bestselling fantasy novel in 2018.
2. This 2020 bestselling novel by Mexican Canadian author Silvia Moreno-Garcia follows a debutante in 1950s Mexico.
3. This novel by J.R.R. Tolkien follows the adventures of Bilbo Baggins.
4. This book is a record of Charles Darwin's journal entries during his first voyage.
5. This literary fiction was Nigerian author Chinua Achebe's debut novel.
6. Yann Martel wrote this philosophical novel with protagonist Piscine Molitor Patel.



SCAN THE QR CODE FOR THE ANSWERS!

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BRAIN GAMES **SUDOKU**

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

SCAN THE QR CODE FOR THE SOLUTION

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: \$17,679

SALE **\$13,879**
Limited Supplies

SUPREME 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
- Tile 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 new corner caddy with 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

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$20,679

SALE **\$15,679**
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2026 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		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

Hi Neighbours,

Spring has sprung, and it's been wonderful to enjoy the longer days and warmer weather!

Our annual Plant Fundraiser is now underway. The deadline to order is April 24 at noon, and plants will be delivered to the hall for pickup on May 10. We can't wait to see the beautiful flower baskets and veggies brightening up your yards this season.

A huge thank you to the many Kingsland residents who volunteered at our casino fundraiser last month. We truly couldn't do it without you and are so grateful for your time and support.

We're also looking for volunteers to join our Social Committee. Laura, our Social Director, would love to connect with anyone interested in helping plan and support KCA events. Please reach out to social@kingslandcommunity.ca to get involved.

We're currently planning our annual Neighbourhood Clean-Up and Neighbour Day celebration and will share dates once they're confirmed with the City.

If you'd like to make a difference in our community, please visit our website for open board positions, or feel free to contact me directly at president@kingslandcommunity.ca with any questions.

Looking forward to a great spring together!

Warmly,

Carmen Buckner



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Egypt is a treasure trove of ancient history and most of it seems to have been discovered. However, on April 8, 2021, archaeologists found the "lost golden city" near Luxor. Egyptologists say it is the largest ancient city ever uncovered in Egypt and approximately 3,000 years old!

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KINGSLAND CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



CRIME PREVENTION AND SAFETY

Know What's Coming

This Alberta Safety Calendar shows you what police will be looking for.

Alberta Traffic Safety Calendar

Transportation and Economic Corridors

<p>January Intersection safety</p>  <p style="font-size: x-small;">Winter driving Alcohol and drug impairment Fatigue</p>	<p>February Distracted driving</p>  <p style="font-size: x-small;">Winter driving Fatigue</p>	<p>March Seatbelts</p>  <p style="font-size: x-small;">Aggressive drivers Fatigue</p>	<p>April Speed</p>  <p style="font-size: x-small;">Aggressive drivers Motorcycles</p>
<p>May Motorcycle safety</p>  <p style="font-size: x-small;">Cycling Alcohol and drug impairment Construction zones Off-highway vehicles New drivers</p>	<p>June Commercial vehicle safety</p>  <p style="font-size: x-small;">Cycling Construction zones Off-highway vehicles Fatigue</p>	<p>July Impaired driving</p>  <p style="font-size: x-small;">Cycling Construction zones Off-highway vehicles</p>	<p>August New drivers</p>  <p style="font-size: x-small;">Cycling Alcohol and drug impairment Aggressive drivers Motorcycles</p>
<p>September Back to school</p>  <p style="font-size: x-small;">Cycling Alcohol and drug impairment Speed</p>	<p>October Pedestrian safety</p>  <p style="font-size: x-small;">Wildlife Fatigue</p>	<p>November Child safety seats</p>  <p style="font-size: x-small;">Pedestrian safety Wildlife Winter driving</p>	<p>December Impaired driving</p>  <p style="font-size: x-small;">Winter driving Fatigue</p>

The calendar was developed using collision information, stakeholder input and the public's perceptions of issues.

Alberta

Two Wheels



As road conditions improve and the weather dries, there is a significant increase in the number of bicycles and motorcycles on Calgary roads. Please remain vigilant and mindful of these smaller vehicles. While bicyclists typically stay near the curb, motorcyclists usually position themselves closer to the centre of the lane. Please drive safely, look twice and share the road responsibly with all users.



Although we don't have an exact date, William Shakespeare, the playwright, is believed to have been born on April 23, 1564, in the English town of Stratford-upon-Avon. Happy birthday!

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

COSMIC LATTE



Did you know that the universe is beige? Cosmic Latte is considered to be the average colour of the universe and has a hex code of #FFF8E7. This discovery was made by scientists at John Hopkins University in 2002.

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SAFE AND SOUND

Bicycle Helmet Safety

by Alberta Health Services

Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist or pedestrian. It is the law in Alberta that cyclists under the age of 18 must wear a helmet (and recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.



Getting Informed

- Wearing a helmet while cycling can prevent significant injury.
- Brain injuries can cause permanent disability or death.
- Reduce your risk by always wearing your helmet.
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting Started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them.
- Start the habit early. Young children learning to ride need to wear helmets.
- Parents can lead by example by wearing a helmet when cycling.

Getting the Right Fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash.
- When worn properly, helmets should fit level, not tilted up, or down over the forehead.
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened.
- Adjust the chin straps to form a "Y" below and slightly forward from the ears.
- Only one finger should be able to fit under the chin strap when it is fastened.
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.



Registration is Ongoing for the 2026-2027 School Year



- **Morning & Afternoon** classes for 3 & 4 year old children
- Located in the **Kingsland Community Association**
- **Reggio-Inspired** program
- **Parent Cooperative** program
- Developmentally appropriate **Emergent Curriculum**
- **Play-Based** learning



Register online at our website:
www.kingslandcommunitypreschool.com

Contact: kingslandpreschool@gmail.com or [@kingslandpreschool](https://www.instagram.com/kingslandpreschool)
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Word of the Month

Effervescent: adjective (eh-fur-veh-sent)

Describes a person who is enthusiastic, full of energy, or lively. It may also describe a bubbly drink!

They have a strong and effervescent personality.



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.

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

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

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.	

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.

How Past Trauma Affects Our Romantic Relationships

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



All of us enter a relationship with a nervous system shaped by our past. If we have experienced trauma, whether from childhood, past relationships, or significant life events, our nervous system learned ways to protect us. These protective responses don't turn off automatically when we enter a loving relationship. They often show up most strongly in close relationships because intimacy involves vulnerability.

Trauma doesn't just live in our memories. It lives in our expectations, emotional reactions, and our body's sense of safety.

1. Trauma Shapes How Safe We Feel with Closeness

If we learned that people were unpredictable, hurtful, or unavailable, our nervous system may stay alert for signs of danger, even with a caring partner.

This can look like: Difficulty trusting fully, expecting rejection or abandonment, feeling uneasy when things are going well, and watching closely for changes in mood or tone.

This isn't intentional mistrust. It's the nervous system trying to prevent future pain.

2. Trauma Influences How We Respond to Conflict

Conflict can feel threatening to those of us with past trauma because it activates fears of loss, abandonment, or emotional harm.

Different people respond in different protective ways: Some pursue and seek reassurance, some withdraw and shut down, some become defensive or reactive, and some become overly accommodating to avoid tension.

These reactions are usually about protection, not rejection of the partner.

3. Trauma Affects Emotional Regulation

When we have experienced trauma, our nervous system can become more sensitive. Emotional reactions may feel stronger and harder to calm.

This can look like: Feeling overwhelmed more easily, difficulty calming down after an argument, shutting down emotionally, and feeling intensely hurt by situations others might handle more easily.

This is because the nervous system is responding not just to the present moment, but to past experiences as well.

4. Trauma Creates Protective Patterns in Relationships

Many behaviours that cause tension in relationships actually began as survival strategies.

For example: Withdrawing protects from rejection, controlling situations protects from unpredictability, seeking reassurance protects from abandonment, avoiding vulnerability protects from emotional pain.

These patterns are attempts to stay safe, even if they unintentionally create distance.

5. Trauma Can Lead to Misunderstandings Between Partners

Without understanding trauma, partners may misinterpret each other's protective responses.

One partner may think: "They don't trust me, they're too sensitive, or they're emotionally unavailable."

The other partner may actually be feeling: "I don't feel safe, I'm afraid of being hurt, or I don't know how to calm my nervous system."

Understanding this difference is essential.

6. Trauma Often Shows Up Most Strongly in Close Relationships

This can be confusing for couples. We may function well in other areas of life but struggle emotionally in our relationship.

This happens because romantic relationships activate vulnerability, emotional dependence, fear of loss, and deep attachment needs.

These are the same areas where our past wounds often exist.

7. We Can Help Each Other Heal

Healthy relationships can help reshape our nervous system over time.

Healing happens through consistent experiences of: emotional safety, reliability, calm responses during conflict, repair after misunderstandings, and feeling seen, heard, and understood.


Over time, our nervous system learns that closeness can be safe.

8. The Most Important Thing for Us to Understand

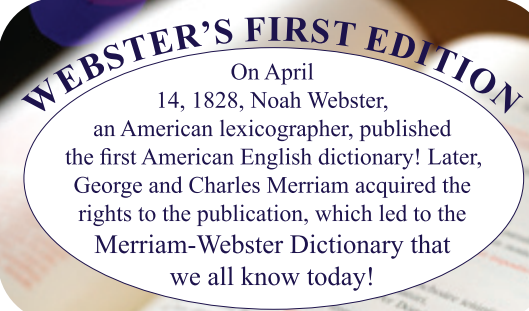
Most difficult reactions in our relationships are not intentional attempts to hurt each other. They are usually protective responses rooted in our past experiences.

When couples shift from asking "What's wrong with you?" to asking "What happened to you?" it creates space for understanding instead of blame.

And when we both understand that these responses come from protection, not rejection, we can begin working together instead of against each other.



The "978" or "979" prefix that appears on book barcodes represents the fictitious country of Bookland. This allows publishers to catalogue books by their International Standard Book Number (ISBN), rather than by a respective country code.



WEBSTER'S FIRST EDITION

On April 14, 1828, Noah Webster, an American lexicographer, published the first American English dictionary! Later, George and Charles Merriam acquired the rights to the publication, which led to the Merriam-Webster Dictionary that we all know today!



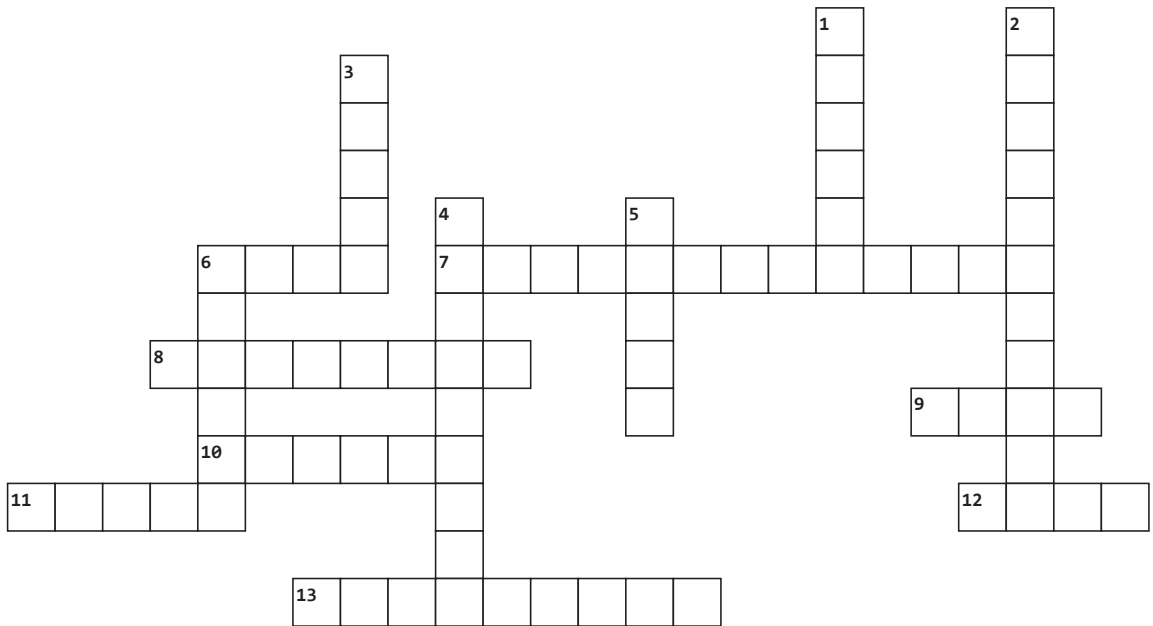
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April Crossword



Across

6. The express mail service, the _____ Express, started delivering mail by horse-and-rider relay teams on April 3, 1980.
7. The first exhibition of this type of art opened in Paris on April 15, 1874, featuring artists such as Monet, Degas, and Renoir.
8. The dystopian novel *Never Let Me Go* by Kazuo _____ was originally published on April 5, 2005.
9. Johnny _____ released one of his biggest hits "Ring of Fire" in April 1963.
10. On April 6, 1896, the first modern Summer Olympics opened in Greece's capital city.
11. On April 1, 2004, Google launched this email service.
12. This Queen of England knighted scientist Isaac Newton on April 16, 1705, at Trinity College.
13. Ludwig van _____ dated the manuscript of one of his most popular compositions "Für Elise" on April 27, 1810.

Down

1. Grace Kelly married Prince Rainier III, a prince of this European microstate, in April 1956.
2. Canadian actor Hayden _____, famous for his role as Anakin Skywalker, celebrates his birthday on April 19.
3. One of April's birth flowers, the _____, is a symbol of innocence and purity.
4. This technology company was founded by Bill Gates and Paul Allen on April 4, 1975.
5. David Lynch's crime drama series, *Twin _____*, premiered on April 8, 1990.
6. *Last of Us* star, Pedro _____, was born on April 2, 1975, in Santiago, Chile.



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

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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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