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Caño Cristales is a multi-coloured river located in Colombia’s Serranía de la Macarena National Natural Park. Its rainbow hues are caused by red riverbed plants, green algae, black rocks, yellow sand, and blue water. Be sure to visit between July and November, as that’s when the colours are the most vibrant!

GAMES & PUZZLES

Guess That Song!



1. This Grammy award winning pop song is about being foolishly apologetic for constantly playing with new lovers’ hearts. Oops!
2. This thrilling hit pop song is about a woman being stalked by a beast about to strike.
3. This 2014 electro-pop song is about meeting someone in the summer, falling in love in the fall as the leaves turned brown, and then being betrayed by lies.
4. This heartfelt alternative rock ballad is all about wanting to skip right to October because summer has come and passed.
5. This country song is about going out and having fun with no inhibitions, just feeling womanly and dancing with your girlfriends on a night out.
6. This gentle pop rock song is about being so in love with someone that they colour your world and make the stars shine for you.

SCAN THE QR CODE FOR THE ANSWERS!

PRESIDENT'S MESSAGE



Hello Neighbours,

Hard to believe it is already July!

Thank you all for participating in our June events! We hope you had fun and are looking forward to more programming in the fall. The board is on a break for summer holidays, so we will not be meeting again until September.

With that in mind, we're thinking about recruiting new members for our October AGM! As it stands, we are in the market for a Casino Coordinator and an Open Director. The Casino Coordinator is responsible for the planning and organization of our biggest fundraiser. Our next casino is booked for Q2 of 2024, so we are hoping to get someone into this position as quickly as we can to make sure we have time to show them the ropes. Much of this role involves volunteer recruitment, so if you are someone who enjoys reaching out and making connections, this is the role for you! 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, from social media to events planning, crime and safety, and more – let us know what you're passionate about and we will help find a spot for you! For more information on either of these roles, shoot us an email at admin@kingslandcommunity.ca.

An update on the playgrounds at the Kingsland School Site has been posted to our website. Being that both playgrounds will be removed, the KCA will be pulling together a working group of residents to help with the re-imagining of that space and what a future park could look like. If you are interested in learning more or joining the working group, please reach out to us at 403-255-1400 or admin@kingslandcommunity.ca.

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

All the best,

Charlotte Quicquel

KCA President

KINGSLAND COMMUNITY PRESCHOOL



Well, that is a wrap for the 2022-2023 school year. We had so much fun with the children and it was an honour to watch them grow throughout the school year. We love being part of such a caring and vibrant community. Our last few days were filled with lots of outdoor fun. We were so excited to be able to collaborate with St. Augustine and the Grade 8 students. We had so much fun playing outside together, painting, and making new friends. Watch for our upcoming art installation that we worked on together. We celebrated the end of the school year with a picnic in the park where we released our butterflies and had special treats.

We are now closed for the summer and will resume classes in September. We are offering summer camps so check out our Instagram page for details.

We have limited spaces available for our classes starting in September 2023. If you would like to register your child or would like more information, the best way to reach the preschool is our email at kingslandpreschool@gmail.com. You can also leave a message at 403-258-1308 and we will get back to you. There is also lots of information on our website, www.kingslandcommunitypreschool.com.

Have a happy and healthy summer!



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.

Heat Related Illness

from Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.



- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

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 📠 403-255-1407
 ✉ 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	NAME
Casino Coordinator	Vacant
Hall Manager and Admin	Jen Sherstabetoff

COMMUNITY CONTACTS	NAME	PHONE
Councillor Ward 11	Kourtney Penner	403-268-2430
Calgary-Acadia	MLA Tyler Shandro	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 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.

from Calgary Police Service

Fire Pit Safety

Ahhhh, summer. How pleasant are the sounds of the songbirds, leaves rustling in the wind, and friends enjoying conversation out on the patio. It's one of those beautiful evenings, the perfect time to relax around a crackling cozy fire pit.

A fire pit in the backyard is a wonderful way to unwind and stay warm at night, but when it's not safely used, it can be dangerous and cause a lot of damage. That is why before lighting your first fire, it's important to know the fundamental fire pit safety rules to keep everyone safe.

First, Always Check if a Fire Ban or Advisory is in Effect.

A Fire Ban is issued because of an increased danger of fire and poor air quality. It lists and restricts for a time certain types of fire use within the city such as fire pits, barbecues, and other forms of open flame devices.

Fines for Violating a Fire Ban Range From \$500 to \$5,000.

The purpose of a Fire Safety Advisory is to notify citizens of conditions that have a moderate to high risk of fire. Typically, it is released prior to the conditions leading to a fire ban. It could be issued for short-term conditions like major windstorms, unusually dry weather, or hot temperatures. This Advisory may continue to be in effect even if the weather changes and it rains or snows because there is still a greater risk of fire. The City's preparedness for any shift in the risk of fire is ensured by the Calgary Fire Department's ongoing monitoring of weather forecasts and conditions that could lead to a fire ban.

Smoke - Important to Consider.

Before using your fire pit for the first time, learn about the best wind conditions. Consider not only the conditions in your yard, but your neighbours as well. High winds not only cause a fire risk but can carry smoke a long way. Low wind speeds make it difficult for smoke to disperse and can worsen the air quality. Until you've taken reasonable precautions, you should not engage in any activity that is likely to allow smoke or any other airborne matter to escape your location as it could adversely affect another person's health.

City bylaws related to smoke are found at <https://www.calgary.ca/bylaws/smoke.html>.

Where You Buy It - You Burn It.

While often not thought of, your choice of firewood can have a direct effect on the health of the trees in your neighbourhood. Non-native pests and diseases are easily spread when brought in by firewood from outside your area. To keep your neighbourhood trees beautiful, burn wood from within your locality. For additional information go to <https://www.calgary.ca/parks/pests/firewood.html>.

From City of Calgary - Rules for Fire Pits Safety

<https://www.calgary.ca/safety/fire-bans.html>.

1. Backyard fire pits should be built into the ground, on brick or stone, or in a fire-proof container. Portable fire pits may be used on a deck as long as they sit on brick or stone and not directly on the wood.
2. Fire pits must be at least two metres away from your property line, house, garage, or fence.
3. Fire pits must not be under any trees, branches, plants, or other materials that can catch fire.
4. All fires in your fire pit must be kept to a reasonable size; one metre high and wide. A mesh screen or 'spark guard' is required in order to reduce the spread of embers and sparks from wood-burning fire pits. The openings in the mesh screen must not be greater than 1.24 cm across.
5. Only burn clean, dry firewood. Do not burn:
 - Wood that is painted, treated, or contains glue or resin
 - Wood from a different location, region, or province
 - Wet or green/fresh cut wood
 - Yard waste (cut grass or leaves)
 - Garbage
 - Rubber or plastic
 - Furniture
6. Always have a way to put out the fire close to your fire pit. Keep a watering hose or a bucket of water nearby.
7. All fires in your fire pit must be continually supervised.
8. No Person shall ignite or allow an outdoor fire to burn on a premises:
 - between 12:00 am and 10:00 am from Monday to Friday; or
 - between 1:00 am and 10:00 am on Saturday or Sunday

KINGSLAND PROGRAMS

Monday to Friday Kingsland Preschool Summer Camps

Cerebral Palsy - Light Up a
Child's Life Summer Camp

Fridays Jumma Prayers at 1:30 pm

All Welcome

Located in the lower hall

To report an unattended fire, such as when the residents have been away from the fire pit for an extended period of time, call 311.

To report an out-of-control fire that is spreading outside of the fire pit, call 911.

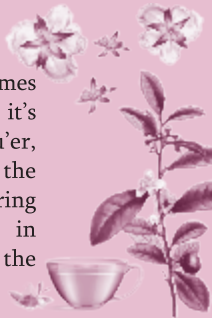
In Closing

A crackling fire in your fire pit with family and friends is a wonderful way to create those special memories. Follow the rules, stay safe, and have a fun-filled summer!



The Tea Plant

Did you know that all tea comes from the same plant? Whether it's green, black, white, oolong, pu'er, or matcha, it all comes from the Camellia sinensis plant, a flowering evergreen. The difference in flavour has to do with the way the leaves are processed!



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.

BRAIN GAMES

SUDOKU

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

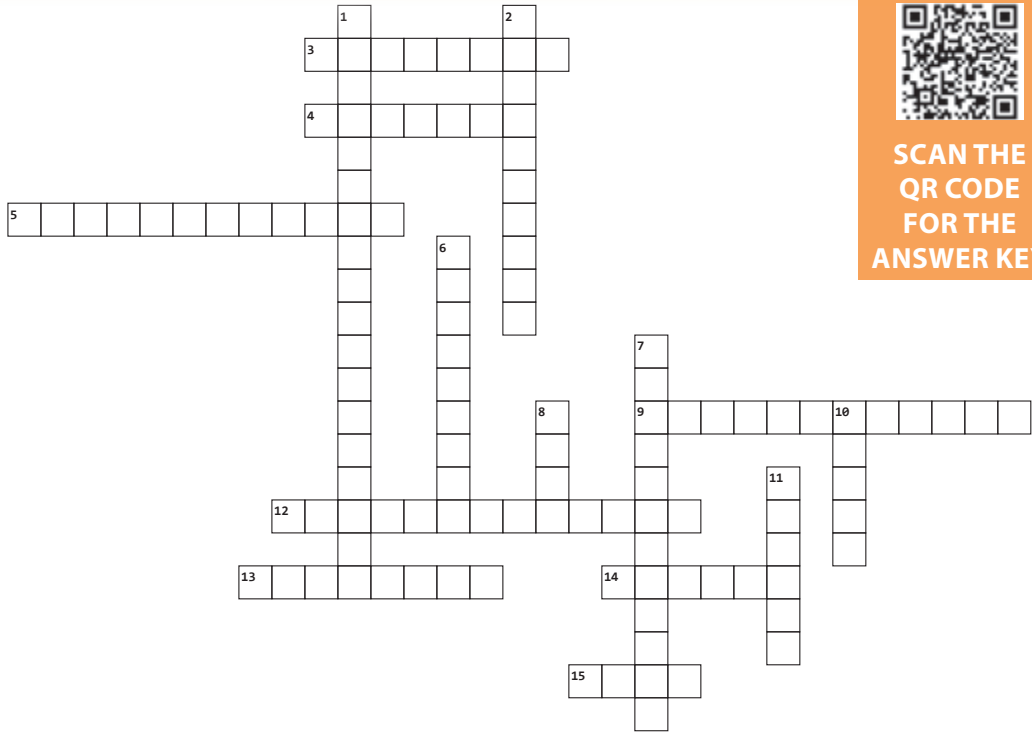
SCAN THE QR CODE
FOR THE SOLUTION



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July Crossword Puzzle



SCAN THE
QR CODE
FOR THE
ANSWER KEY

Across

3. The first Canadian-hosted Olympic games took place in this city.
4. 7-year-old Roger Woodward became the first person to survive going over these falls without a barrel.
5. The month of July is named after this Roman political figure.
9. This Canadian province experienced the hottest temperatures ever officially recorded in Canada (45 degrees Celcius) on July 5, 1937.
12. The first human to walk on the moon, which occurred on July 20, 1969.
13. This Canadian American actress, born on July 20, 1971, is best known for her role in *Grey's Anatomy*.
14. On July 5, 1946, just after World War 2, the modern version of this risqué piece of women's clothing was introduced due to the rationing of materials.
15. Filmed in Alberta, this 2022 motion picture was referred to as "Skull" during production to keep it a secret.

Down

1. *Go Set A Watchman* was the original manuscript for this classic Pulitzer Prize winning novel.
2. This iconic Coldplay album was released on July 10, 2000, and features the hit single *Yellow*.
6. In the summer of 2019, this folk horror film depicting Scandinavian paganism and starring Florence Pugh was released.
7. This Canadian artist rose to fame on YouTube and was the most Googled celebrity in July 2010.
8. National _____ Day is observed on July 31 and December 2 to raise awareness and help these dogs get adopted.
10. World _____ Day celebrates this intellectual two player board game.
11. On July 6, 1885, Louis Pasteur successfully administered this vaccination for the first time, replacing the previous treatment, mad stones.

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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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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.

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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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KINGSLAND CONTENT

News, Events,
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PLUMBER



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Call Bob: **403-461-3490**



Cute but not cuddly



Don't be fooled by these cutelings! Most wild babies just need to be left alone. Fledging birds are learning to fly while leverets (baby hares) and fawns rely on camouflage for protection while mom forages! Keep pets secure when wild young are around.

Calgary Wildlife is a registered charity and the only wildlife hospital within the City of Calgary. We promote positive wildlife-human interactions by giving educational talks at schools, community groups, and associations throughout the city.

Do you have teaching experience and a passion for wildlife? If so, we need YOU! Apply today to join our urban wildlife education team.



Scan to learn more or visit:
www.calgarywildlife.org