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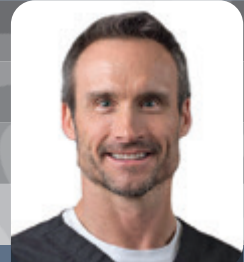
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Partnership:

12th Annual Kingsland Community Clean Up & Recycling Event



Saturday June 15th, 2024

505-78th Ave. SW

9:00 am - 2:00 pm



We will accept:

- **General garbage** (City of Calgary - Garbage Trucks)
- **Metals** (Federal Metals)
- **Electronics** (TechnoTrash) recycling rebates via ARMA
- **Gently used** small housewares items, appliances, furniture [complete with all smaller components bagged & taped together], clothing (Women-in-Need).
- **“Free table”** “One person’s trash is another person’s treasure”.

We will NOT accept:

- Organic Waste *
- Cardboard **
- Glass **
- Batteries, paint, household chemicals **
- Liquids (motor oil, etc) **
- Smoke detectors, microwaves **
- Refrigerators, freezers **
- Pressure containers (ie. propane tanks, etc) **
- Railroad ties, tires **
- Large amounts of sod or concrete **
- Medical waste and expired prescription drugs **

* take to City Spring Yard Waste Program (Free Drop-off Friday, April 12 – Sunday, June 2 are the dates for 2024), or use your Green Bin.

** take to City Waste Depots at <https://www.calgary.ca/waste/drop-off/community-recycling-depots.html>

WE NEED SOME HELP! The Annual Kingsland Community **CLEAN UP DAY** is on **JUNE 15th, 2024**, and **WE NEED** a few volunteers with trucks and helpers to come out and pick up articles from back alleys in Kingsland, site traffic control, unloading vehicles, etc. If you can **HELP, PLEASE** contact Kingsland at Admin@kingslandcommunity.ca or leave a message at (403) 255-1400. Thank you.

Please check out the Kingsland webpage for further details <http://www.kingslandcommunity.ca/events.htm>

2024 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	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. 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 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

Second Sunday of each month - St. Brigid Catholic Church

PRESIDENT'S MESSAGE



Happy May Neighbours!

Spring is here and I cannot wait until I can get my flowers into the ground after the May long weekend! A big thank you to all whom participated in our Annual Spring Flower fundraising campaign.

Our Annual Casino Fundraiser took place April 14 and 15, our largest source of funds for the Kingsland Community Association and we truly appreciate everyone who volunteered.

A big shoutout to Carmen Buckner, Casino Coordinator for all her efforts getting the Casino Fundraiser sorted and complete.

Our Seniors Spring Lunch will happen Monday, May 6, 2024, at the Kingsland Community Association Hall, from 11:30 am to 1:30 pm – see our website for details.

We look forward to seeing everyone at Neighbour Day and Cleanup Day Saturday, June 15, 2024, watch for updates on our social media and website.

Stay tuned for the Parade of Garage Sales the weekend prior to Neighbour Day.

The Kingsland School Site demolition should be completing by the end of Q2 2024, currently we are working together with the City and our subcommittee to activate the space for summer 2024, as planning the future of the park will take time.

We welcomed Carmen Buckner to be our new Vice President and look forward to her contributions.

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 e-newsletter 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!

Any interest in volunteering with us, please reach out by email through admin@kingslandcommunity.ca.

All the best,

David Sanderson

KCA President

**Note this message is written one month in advance.*

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GAMES & PUZZLES

Guess The Day in May!

1. On May 3, musicians who play the largest, lowest-pitched, brass musical instrument are recognized.
2. This day celebrated on May 4 is a play on words from an iconic line in an epic space movie created by George Lucas.
3. This day is observed on the second Sunday of May and honours the maternal figures in our lives.
4. On Florence Nightingale's birthday, May 12, hardworking healthcare workers are honoured.
5. World _____ Day, observed on May 20 this year, acknowledges the role of our favourite yellow pollinators.
6. On May 24, a date dedicated to this magnificent, jewelled crown, everyone can feel like royalty.



SCAN THE QR
CODE FOR THE
ANSWERS!

Seniors Lunch and Learn

Kingsland seniors are invited to a free lunch followed by a conversation with Cst. Jansen who will talk on elder scams and fraud abuse.

Date: May 6 from 11:30 am to 1:30 pm

Location: Kingsland Community Hall (505, 78 Ave SW)

For more information call 403-255-1400.



Long Live the Queen in White!

Ever heard of Victoria Day? It's an annual shindig in May celebrating Queen Victoria's birthday! Speaking of celebrations, did you know Queen Victoria revolutionized wedding fashion by strutting down the aisle in white. Before Victoria, brides would just wear their favourite dresses, no matter the colour, down the aisle.

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.

SCAN HERE TO VIEW ADDITIONAL KINGSLAND CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



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by Jeannine Konrad

As I sat watching the snow fall in a month that usually brings rain showers and pondered the importance of community, these ancient sayings (known as the Golden Rule), came to mind: "Love your neighbour as yourself and treat others as you would like others to treat you". Summed up: "What you give out, comes back to you" - it's Karma.

These ancient truths and the belief in them, can be encapsulated in the principles of love, kindness, and mutual respect. These values not only foster a desirable living environment but are also foundational in building a safe and secure community.

Going Back in Time

Crime Prevention and Safety, where did it begin?

I've lived in Kingsland for over 40 years, but it wasn't until 2020, that I became aware of the increased crime in this community I love so much. That happened when two houses in three days on my street were burglarized!

In talking with my neighbours who had their garages broken into, I discovered neither had their back gate nor garage door locked. These criminal acts would not have been successful if the homeowners had an understanding of how to protect their property. For me these incidents of burglary so close to home served as a wake-up call. This realization spurred a proactive approach to Crime Prevention, leading to my coming on board with the Kingsland Community Association (KCA) as the Crime Prevention and Safety Director. To gain a better understanding in the prevention of the criminal activity within Kingsland, I connected with our Community Resource Officer, Constable Jake Tyerman. This became a pivotal step in understanding how to safeguard our community and the importance of passing that information onto the residents of Kingsland. To that end, every month Constable Tyerman provides an overview of the criminal activities within our community and trends to be aware of. These can be found in the KCA monthly meeting minutes.

Putting It into Practice

The landscape of Kingsland is changing. Calgary's city council is moving forward with the densification of certain neighbourhoods, one of which is Kingsland. This means an

increased population within the small boundaries of our community. As Kingsland continues to grow, welcoming an influx of new faces and families into our community, the dynamics of how we live together inevitably will evolve. With this growth, the onus is on each one of us to maintain the safety and harmony in our neighbourhood. Unfortunately, crime is a reality in any society, but with each of us doing our part, we can ensure Kingsland remains a safe, welcoming, and thriving community. Understanding that being educated about ways to keep our community safe is invaluable, yet the true measure of this information lies in its application. An excellent example of this principle in action is when we notice a neighbour struggling to maintain their property, such as shovelling snow from their sidewalk. Offering a helping hand not only eases their burden but also ensures the safety of everyone who happens to come by that way.

Bringing It Together

The passion behind Crime Prevention and Safety is driven by the philosophy that prevention is the best form of protection. By providing residents with knowledge and encouraging the practice of safety tips, such as the 9 PM routine, the aim to minimize opportunities for criminal activity and keeping people safe, is achieved. By fostering a community spirit where people look out for one another, potential criminals are less likely to find easy targets. This could mean simple actions like being mindful of suspicious activities, offering to keep an eye on a neighbour's house while they're away, or ensuring communal areas are well-lit and secure. These acts of kindness and vigilance, inspired by the Golden Rule, not only help in crime prevention but also in building a safer, more caring community. And that's the goal - together we are Keeping Kingsland Safe!



How to Create Personal Happiness

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

Creating personal happiness is a multifaceted journey that varies for each individual. The following are some tips to guide you to a more fulfilling and content life:

1. Self-Awareness – Understand yourself. What are your values, strengths, weaknesses, and what already makes you feel happy. Think about how you show up in the world. Read a book or listen to a podcast on emotional intelligence.

2. Positive Mindset – Cultivate a positive outlook on life. Focus on gratitude, optimism, and self-compassion. Smile more and give compliments. It's okay to acknowledge unhappy times and feelings, accept them and then move on.

3. Healthy Relationships – Seek to surround yourself with supportive, positive people who uplift you, encourage your growth, and contribute to your happiness. Become friends with yourself. Go out to dinner or a movie alone.

4. Work-Life Balance – Create healthy boundaries around working hours and away from work disconnection. Prioritize activities that bring you joy and fulfilment outside of your work and work responsibilities. Create weekly structure and habits.

5. Self-Care – Take care of your physical, emotional, and mental well-being. Focus on exercise, nutrition, sleep, and stress management. Slow down and breathe. Journal your thoughts and feelings. Spend less time on socials and your phone.

6. Set Goals – Establish realistic and meaningful goals. Ensure these align with your personal values, character, and aspirations. Remember to celebrate your progress and milestones along the way. Avoid comparing yourself to others. What you see outwardly may not be as it seems. Plan something new, like a trip, to look forward to.

7. Be Mindful and Present – Practice mindfulness to stay in the moment. Appreciate the small things happening daily. Declutter your space. A disorganized, cluttered space creates anxiety and can be distracting.

8. Contribute – Find a purpose. Seek the fulfilment of giving back to others. Volunteer, practice random acts of kindness, or support a cause you believe in. Having things to do keeps your mind engaged leaving less time for rumination.

9. Learn and Grow – Seek opportunities for personal and professional development. Learning new things and personal growth significantly contribute to happiness. Trying new things is also a great way to meet new people.

10. Acceptance – Embrace imperfections and accept yourself as you are, while also striving for growth and improvement. Accept the things you have the power to change and let go of the ones that are out of your control. It's okay to fail. Learn to let go and practice forgiveness. Forgiveness is for you, not the other. Holding onto resentments is like drinking poison and expecting the other to die.

Personal happiness is an ongoing journey. You don't have to do it all alone. Seek support from friends, family, coaches, mentors, or mental health professionals along the way.



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the Gutter Doctor 403-714-0711
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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

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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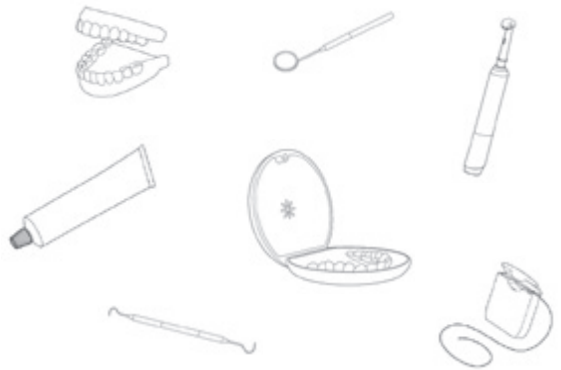
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Father & Daughter



Dr. Murray Knebel
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