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www.kingslandcommunity.ca



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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: \$15,679

SALE \$11,679

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: \$17,789

SALE \$13,879

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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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**SCAN HERE TO VIEW ADDITIONAL
KINGSLAND CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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.

2025 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	Charlotte Quickel	
Planning and Development Director	Brandy MacInnis	
Social Director	Laura Niergarth	
Membership Director	Terry Casey	
Lifecycle Director and Hall Maintenance Coordinator	Vacant	
Open Director	Ben Ethier	
Communications Director	Charlotte Quickel	
Crime Prevention and Safety Director	Jeannine Konrad	
Open Director	Lars Stevenson	
OTHER KCA CONTACTS		
Casino Coordinator	Carmen Buckner	
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	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!



Kingsland Community
Preschool

Open House

Wednesday April 9th, 5-7pm

Meet the teachers, tour the classroom &
learn about the Reggio-Inspired program

Bring your children
505 78th Ave. SW



PROGRAM FEATURES:

- DEVELOPMENTALLY APPROPRIATE & EMERGENT CURRICULUM
- PLAY-BASED LEARNING
- PROVOCATIONS AND MATERIAL EXPLORATION
- COLLABORATION, DOCUMENTATION AND CALM LEARNING ENVIRONMENT

Visit our website and instagram for
regular updates, pictures and
upcoming events



Contact Us



Email:
info@kingslandcommunitypreschool.com



Visit Our Website
www.kingslandcommunitypreschool.com



Instagram
[@kingslandpreschool](https://www.instagram.com/kingslandpreschool)

Registration for 2025-2026 school year is ongoing



Crime Prevention and Safety

Keep Your Bike Safe - Another Way!

From the City of Calgary Police at <https://www.calgary.ca/cps/public-services/bikeindex.html>

The best way to deter bike theft and recover a stolen bike is to register it.

The Calgary Police Service (CPS) has partnered with Bike Index, a free, online bike registration service, to aid in returning stolen bikes recovered by CPS back to their rightful owners.

Bike thefts in Calgary have always been an issue, however in recent years, we have seen a growing trend in our city, prompting our members to explore ways to address thefts and better support victims.

To date, Calgary has surpassed 50,000 registered Bike Index users, and returned hundreds of bikes, with an estimated value of \$330,000, to victims of theft.

An important step in returning stolen bikes to their rightful owners is that officers require owners to supply their bike's serial number, which can often escape some owners.

Register with Bike Index

By registering a bike with Bike Index, owners are provided with easily accessible documentation of their bike's information and serial number, which can be looked up by police and aid in a stolen bike's return to its rightful owner.

You will be asked to provide information about your bike, including:

- Make
- Model
- Colour
- Serial Number
- Other Defining Characteristics
- Photos, If Possible
- A phone number or email for police to contact you if your stolen bike is recovered. CPS district offices and other participating partners provide free bike index stickers when you register your bike. your bike index sticker:

- Is a unique identifier and allows anyone with a smart phone to connect to your registry page
- Acts as a deterrent for potential thieves

Report Your Stolen Bike

If your bike goes missing:

First, report it to police, then report it as lost or stolen on Bike Index.

Found Your Stolen Bike Listed for Sale?

Many stolen bikes can be found for sale online. If you find your bike being sold online:

- Take screenshots of the ad or write down the ad information, including the ad number and seller information.
- Contact police immediately at 403-266-1234 or come to a district office. Make sure you have the ownership information from your Bike Index account.
- Very important: For your safety and to ensure a proper investigation, do not contact the seller or arrange to meet them yourself.

Don't Put It Off - Sign Up and Register

Bike Index is a free, voluntary, universal bike registration database used by individual bike owners, bike shops, and police services. If a registered bike is stolen, an owner can login and make note that their bike is missing. In the event it is recovered by police, or looked up by an unsuspecting buyer, its status on Bike Index will appear as stolen and alert those searching that serial number.

Found a Bike?

Found bikes are no longer required to be reported to the Calgary Police Service (CPS) through the non-emergency line or a district office. Instead, fill out the form on ifoundabike.ca and a CPS employee will come to you to collect the bike within three to- five business days.

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PRESIDENT'S MESSAGE



Happy April Neighbours,

Spring has sprung and it is time to plan for our gardens and lawns! Our annual Plant Fundraiser is upon us, the deadline to order is April 25 at noon. Plants are delivered to our hall on May 10, and available for pick up on the 11th. We are looking forward to seeing the beautiful flower baskets and veggies in your yard. Take a peek at our website for current fundraisers (a fertilizer fundraiser may be coming).

For the social calendar, take a look at our website. We are looking to partner with our City of Calgary Community Connectors for a multi-cultural event in May and are awaiting our confirmed date for the neighbourhood cleanup. We're also planning a Neighbour Day celebration, Parade of Garage Sales, and an upcoming volunteer appreciation event.

We are working on our social calendar for the year and seek community members for our Social Committee to help plan and facilitate KCA social events for the year. Please reach out to social@kingslandcommunity.ca to join!

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!

Please see our website for open board positions and send an email to admin@kingslandcommunity.ca to discuss joining the board.

All the best,

David Sanderson

KCA President

president@kingslandcommunity.ca

*Note this message is written one month in advance

Bicycle Helmet Safety

by Alberta Health Services EMS



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 a serious injury or even save a life.
- 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 tricycles need to wear helmets.
- Parents must lead by example – always wear 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.



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elderdog.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

Second Sunday of Each Month - St. Brigid Catholic Church

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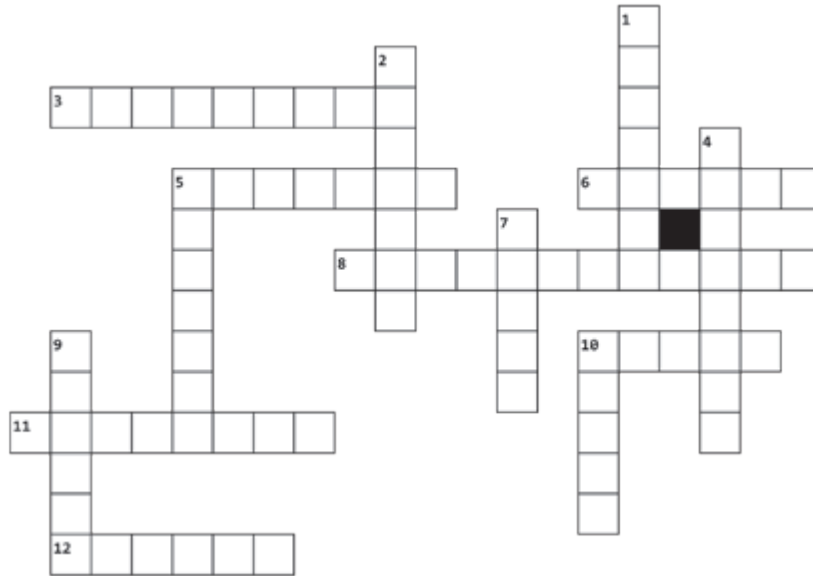


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Pssstt...

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.

April Crossword



Across

3. Simon & Schuster released the first-ever _____ puzzle book on April 18, 1924, delighting word game enthusiasts around the world.
5. On April 1, 1919, the Stanley Cup Final between the Montreal Canadiens and the Seattle Metropolitans was cancelled due to the _____ flu pandemic.
6. On April 30, 1952, Mr. _____ Head became the first toy ever to be advertised on television.
8. Terry Fox started his Marathon of Hope on April 12, 1980, in St. John's, _____.
10. This meteor shower takes place in April every year.
11. ABBA won the 1974 Eurovision Song Contest with their song _____ on April 6.
12. This space telescope was first deployed into orbit by the space shuttle Discovery on April 25, 1990.

Down

1. April's birthstone is the _____, a popular choice for engagement rings.
2. Stanley Kubrick's sci-fi adventure film, *2001: A Space _____*, premiered in April 1968.
4. The Royal _____ Air Force was officially established on April 1, 1924.
5. _____ *Island* by Dennis Lehane was first published on April 15, 2003, and later became a film starring Leonardo DiCaprio and Mark Ruffalo.
7. Comedian and actor Seth _____ was born on April 15, 1982, in Vancouver, BC.
9. The World _____ Organization was established by the United Nations on April 7, 1948.
10. On April 16, 2018, Kendrick _____ won the Pulitzer Prize for Music, becoming the first rapper to do so.



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

Overcoming Dating Anxiety

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

Dating anxiety is common, but you can manage it with the right mindset and strategies. Here are some suggestions to get you started:

1. Shift Your Mindset

Lowering the pressure or expectations. Treat dates as casual meetups instead of stressful interviews.

Reframe any rejections. Not every match works out, and that is normal. See each time as a learning experience.

Focus on the enjoyment of the date. Instead of trying to impress your date, focus more on whether you are enjoying their company.

2. Prepare and Practice

Start small. Get comfortable with social interactions by practicing with friend or in low pressure environments.

Plan ahead. Choose a familiar setting for the date to feel more at ease.

Have conversation starters. Think of a few topics in advance to avoid awkward silences.

3. Manage Anxiety in the Moment

Breathe deeply. Try slow breathing exercises.

Use grounding techniques. Focus on your senses - what you see, hear, feel to stay present.

Accept your nervousness. It's normal. A little anxiety can make you appear more engaged and authentic.

4. Build Confidence Overtime

Expose yourself gradually. The more you date, the more natural it will feel.

Positive self-talk. Remind yourself of your strengths and why you are a great person to date.

Don't overanalyze. Avoid replaying the date in your head. Just move forward.

5. Seek Support if Needed

Talk to friends. They can offer their encouragement and a different perspective.



Consider therapy. If your anxiety is overwhelming, a therapist can help with confidence building strategies.

6. Confidence Tips

Before the Date: Dress in a way that makes you feel good and comfortable. Listen to music that pumps you up. Visualize the date being successful. Remind yourself why you are going to be a great date.

During the Date: Open body language by maintaining good posture, an open smile, and making eye contact. Try to slow your speech, reminding yourself that it's okay to pause and breathe. Focus on the other person as it helps keep away self-consciousness. Laugh off any mistakes you make. Humility is actually attractive.

After the Date: Don't overanalyze the date in your head. It is what it is, they either like you or they don't. It's a two-way street...you're evaluating them as well. Celebrate that you took a chance even if the date wasn't perfect. You break your anxiety cycle by facing your fears and learning as you go!

Practice makes each attempt easier and builds confidence. Get out there and have some fun.

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

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1. This flower's colour depends on the acidity of the soil.
2. Named after the Greek messenger of the gods, this flower comes in nearly all colours of the rainbow except red.
3. Despite misconceptions, this spring-blooming bulbous plant is not officially the Dutch national flower.
4. This prickly pink plant became Alberta's floral emblem in 1930.
5. The national flower of South Africa belongs to one of the oldest families of flowering plants on Earth – approximately 300 million years!
6. This flower's Greek name, Galanthus, translates to "milk flower".



SCAN THE QR
CODE FOR THE
ANSWERS!

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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 **the Gutter Doctor** 403-714-0711
gutterdoctor.ca

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