

AUGUST 2025

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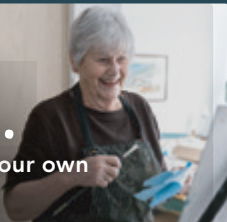
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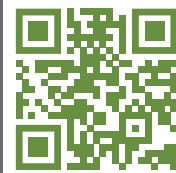
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## Hey Neighbours!

We're throwing a big Alberta Day party  
at Heritage Park—and you're invited!

In partnership with the Government of Alberta, we're celebrating with live music, tasty eats, kids' fun and more on Sunday, August 31 from 11 a.m. to 9:15 p.m. There'll be extra buzz and traffic in the area, so thanks for your patience—and come join the party! Let's celebrate Alberta together!



Reserve your tickets today! [Heritagepark.ca](http://Heritagepark.ca)

Alberta





# 2025 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		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	<a href="mailto:ward11@calgary.ca">ward11@calgary.ca</a> / <a href="mailto:kourtney.penner@calgary.ca">kourtney.penner@calgary.ca</a>
MLA Calgary-Acadia	Diana Batten	<a href="mailto:calgary-acadia@assembly.ab.ca">calgary-acadia@assembly.ab.ca</a>
Neighborhood Partnership Coordinator (NPC)	Jenna Findlater	<a href="mailto:jenna.findlater@calgary.ca">jenna.findlater@calgary.ca</a>
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



Happy August Kingsland Residents,

A big shout out and thank you to Laura Niergarth, our Social Director, for leading, organizing, and executing our great Neighbour Day BBQ. We couldn't have fed our residents without the generous support of Trico Living Well who provided food for the BBQ, along with donations from MLA Dianna Batten's office and MP Stephanie Kusie's office. A huge thank you to all our volunteers who contributed to the success of the event and our City of Calgary Youth leaders too.

Cleanup Day was another success! Under the steady hand of Dick Bergman and his volunteers we were able to clear out more items and garbage from Kingsland residents, to repurpose one person's trash as another's treasure, and help put the right items in the right place versus all going to the landfill.

Next year our Parade of Garage Sales will be back. This fall we are working on a volunteer appreciation event so stay tuned.

We currently have open board positions starting in November of 2025, please reach out to [admin@kingslandcommunity.ca](mailto:admin@kingslandcommunity.ca) to express your interest. Check out our website and social media for updates and ways to connect and to sign up for our email newsletter.

Enjoy the rest of our summer days ahead.

Cheers,

*David Sanderson*

President - KCA

\*Please 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).

## READY TO INCREASE YOUR CURB APPEAL?

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News, Events,  
& More



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Statistics



Real Estate  
Statistics





# We all deserve to feel safe and be safe.

**No matter who we are or where we are in Calgary.**

A safe community means feeling comfortable wherever you are at all times of day. This list helps you connect to local teams that can help you when you are presented with situations that could make you feel unsafe.

<b>EMERGENCY</b>	<b>9-1-1:</b> Call in an emergency
<b>DISTRESS CENTRE</b>	<b>211 or text INFO to 211:</b> Social resources
<b>BYLAW, CITY INFO</b>	<b>311:</b> City information and bylaw requests
<b>HELP TEAM</b>	<b>403-998-7388:</b> Unhoused persons support
<b>TRANSIT WATCH</b>	<b>403-262-1000 or text 74100:</b> Transit safety issues
<b>POLICE NON-EMERGENCY</b>	<b>403-266-1234:</b> Police non-emergency situations

**Right call. Right response.**

Scan to learn more about  
community safety and  
wellbeing in Calgary.



# 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

**BRAIN  
GAMES**

## SUDOKU

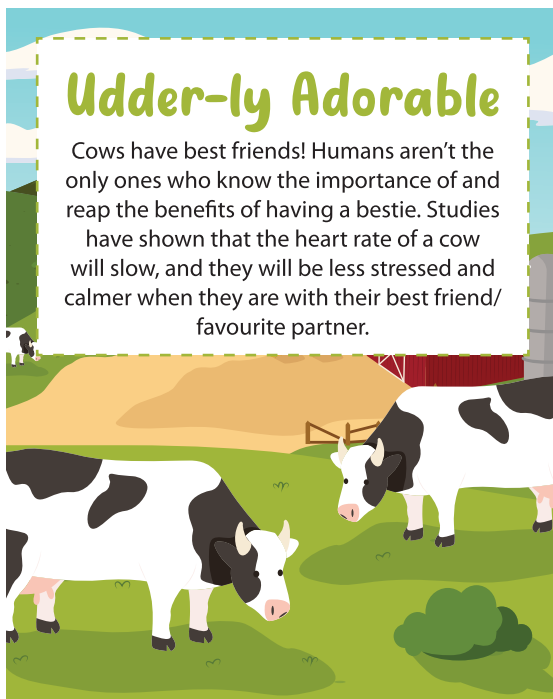
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					4	1		3

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## Udder-ly Adorable

Cows have best friends! Humans aren't the only ones who know the importance of and reap the benefits of having a bestie. Studies have shown that the heart rate of a cow will slow, and they will be less stressed and calmer when they are with their best friend/favourite partner.



## KINGSLAND PROGRAMS



### Friday

Jumma Prayers at 1:00 pm. Every Week. All Welcome

### Sunday

Second Sunday of Each Month - St. Brigid  
Catholic Church

## PLUMBER



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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.

## YOUR CITY OF CALGARY

### What Really Happens to Your Green Cart Waste?

*by The City of Calgary Waste and Recycling Services*



Food and yard waste collected through the Green Cart program is turned into nutrient-rich compost for use by farmers, gardeners, and landscapers.

If you don't separate your food scraps from your garbage it will end up buried in the landfill where it doesn't break down or turn into soil.

Separating your food scraps in your green bin makes a big difference.

Follow these tips for separating food scraps and using your green cart:

- Remove food from its packaging before putting it in your green cart.
- Use a kitchen pail or reuse any container with a lid (like an ice cream bucket) to store food scraps until you throw them in your green cart.
- You can control odours and keep your cart clean by using a certified compostable bag, paper bag, or newspaper liner in your kitchen pail.
- Use a small amount of baking soda in your kitchen pail to prevent odours.

Check [calgary.ca/foodscraps](http://calgary.ca/foodscraps) for more tips to make your green bin a winner!





## 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.



4 year old  
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Space in  
afternoon  
classes & 3  
year old  
morning

Kingsland Community  
Preschool

# Preschool Registration

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

**Contact Us**



Email:  
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Visit Our Website  
[www.kingslandcommunitypreschool.com](http://www.kingslandcommunitypreschool.com)



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# Lake Windermere

by Garth Paul Ukrainetz

Through the Valley of Columbia  
Ribbon blue flows from her hair  
To her west the Purcell Mountains  
On her eastside Rockies flair

Lovely lake, a charming daughter  
Princess Windermere her name  
Children playing, laughing water  
Cooling heatwave summer game

Golden sunrise, glowing sunset  
Alpine peaks tiara high  
Fair her mirror of the valley  
Gazing midnight starry sky

Gentle waves from glistened water  
Holding sunshine near and dear  
Captivating is the feeling  
Princess true, Lake Windermere

## GAMES & PUZZLES

### Guess the Musical!

1. The 1962 version of this modern-day Romeo and Juliet story received 10 Oscars.
2. This musical of a masked, disfigured virtuoso holds the record for the most performances on Broadway.
3. Jennifer Hudson won an Oscar for her role as Effie White in this movie also featuring Beyoncé.
4. Pop sensation Dame Oliva Newton-John starred in this 1950s-inspired musical comedy.
5. Canadian actor Ryan Gosling stars in this romantic musical.
6. This heartwarming movie is based on the real-life story of the Von Trapp family.



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# Living with Chronic Pain or Illness: What We Wish Friends and Family Knew

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

Living with chronic pain or illness is an ongoing challenge that impacts every aspect of a person's life—physically, emotionally, mentally, and socially. It's not just about the pain or symptoms themselves, but about learning to function, cope, and find meaning in a life that no longer looks or feels the way it once did. For those who care about someone facing this reality, your support matters deeply—but it may not always be clear how to help. Here's what we need you to know.

### Chronic Means Ongoing, Not Just Inconvenient

When someone lives with chronic pain or illness, they're not just having a bad day or a tough week. This is a long-term reality, and while there may be good days and better moments, the underlying struggle is constant. Pain and fatigue can be invisible, which makes it easy to overlook or misunderstand. Please don't assume that just because we look okay, we feel okay. We often mask what we're going through to avoid burdening others or to maintain some sense of normalcy.

### We're Grieving Too

Chronic illness often brings a quiet, ongoing grief—the loss of the life we once had or imagined. We may grieve the ability to work, travel, exercise, or socialize like we used to. Sometimes we feel isolated, left out, or forgotten when our limitations make it hard to keep up. When you acknowledge this grief with compassion instead of trying to “cheer us up” or push us to be more positive, it helps us feel seen and validated.

### We're Doing Our Best—Even When It Looks Different

We often have to weigh every activity, conversation, or commitment against how much energy we have. What might seem like a simple errand or casual hangout could mean days of recovery afterward. Cancelling plans, needing accommodations, or asking for help isn't laziness or lack of motivation—it's self-preservation. Trust that we want to show up for life and for you; sometimes, our bodies just won't let us.



### What Helps the Most Is Empathy, Not Solutions

Unless you're asked, please don't offer cures, diets, or miracle treatments. We've likely tried many things or are already overwhelmed with information. What we need most is your presence—your willingness to sit with us in the hard stuff without judgment or pressure to “fix” it. Simple statements like “I'm here,” “That sounds really hard,” or “You're not alone” go a long way.

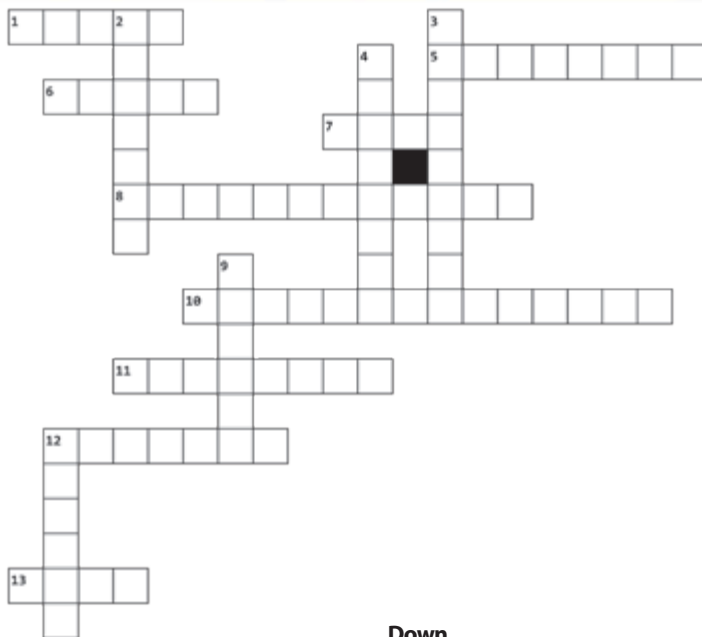
### Support Looks Like Consistency and Flexibility

Reach out, even if we sometimes don't respond right away. Be okay with changing plans. Offer help but ask first. Say, “Can I drop off dinner?” or “Would a short visit work today?” rather than, “Let me know if you need anything.” The more you learn to meet us where we are instead of where you wish we could be, the more supported we feel.

Chronic pain or illness doesn't define us, but it does shape us. With patience, empathy, and a willingness to understand, you can become a vital part of our resilience. We may not always say it, but your care matters more than you know.



# August Crossword



## Across

1. This classic Disney film about a young deer premiered in August 1942.
5. Canadian astronaut, Chris \_\_\_\_\_, was born in Sarnia, Ontario on August 29, 1959.
6. Canadian American actor Patrick J. Adams was born on August 27, 1981, in Toronto and is best known for his role as Mike Ross in this legal drama series.
7. *The Wizard of Oz* premiered on August 15, 1939, and was based upon the book written by Lyman Frank \_\_\_\_\_.
8. English navigator John Rut sent the first known letter from North America in August 1527 while anchored at St. John's, \_\_\_\_\_.
10. In August 1837, pharmacists John Lea and William Perrins started production of this condiment containing soy sauce and vinegar.
11. People born in August are lucky to have three birthstones to choose from: peridot, spinel, and \_\_\_\_\_.
12. The \_\_\_\_\_ Chapel in Vatican City was consecrated by Pope Sixtus IV on August 9, 1483.
13. International \_\_\_\_\_ Handers Day is observed annually on August 13.

## Down

2. In August 2008, the \_\_\_\_\_ Summer Olympics became one of the most watched television events in history with approximately 4.7 billion viewers.
3. On August 4, 1693, it is believed that Dom Pérignon invented this sparkling wine.
4. Delia Owen's murder mystery novel, *Where the \_\_\_\_\_ Sing*, was published in August 2018.
9. Usain Bolt won the 200m at this Olympic Games on August 9, 2012, becoming the first man to win both the 100m and 200m at two consecutive Olympics.
12. Inventor Isaac \_\_\_\_\_ was granted a patent for his eponymous sewing machine on August 12, 1851, revolutionizing garment production.



## Curried Shrimp and Mixed Greens Salad

by Jennifer Puri



Food from the sea; shrimp have been a popular food source for a very long time. Shrimp are usually smaller than prawns but are similar in taste and texture.

Quick and easy to cook, shrimp can be found in just about every cuisine and are a popular ingredient in appetizers, salads, soups, pastas, and curries.

Shrimp are also recognized for their nutritional value and are a good source of protein, zinc, iron, vitamin B12, Omega 3, and selenium. They are low in calories, fat, and carbohydrates, and are a healthy food source that can fit well into a balanced diet.

Shrimp are lean and high in protein and can be poached, broiled, sautéed, or grilled. A flavourful curry dressing with shrimp like the one in the curried shrimp and mixed greens salad, also makes a delightful appetizer.

**Prep Time:** 15 minutes

**Cook Time:** 0

**Servings:** 4

### Ingredients:

- 1 lb. cooked shrimp (peeled and tails removed)
- ½ cup mayonnaise
- ½ tsp. curry powder
- ⅓ cup Greek yoghurt

- 1 green onion, finely sliced
- 1 celery rib, finely chopped
- ¼ tsp. coarsely ground black pepper
- 2 tbsp. chopped coriander leaves
- 150 gm mixed greens

### Direction:

- In a small bowl, blend the mayonnaise, curry powder, Greek yoghurt, celery, green onion, and black pepper.
- Next, add the cooked shrimp and coriander leaves and gently mix together. Cover and place in the refrigerator for at least an hour before serving.
- To serve, divide the mixed greens between four salad bowls. Place the shrimp salad on top and garnish with fresh strawberries, melon, or papaya slices if desired.
- Curried shrimp salad can be served with crackers, on a bun, or wrapped in lettuce leaves.

Bon Appétit!



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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](http://www.communitymediation.ca), 403-269-2707.

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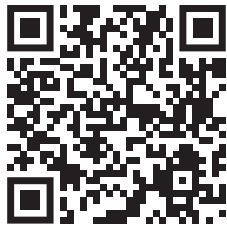


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