

FEBRUARY 2025

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# BATHROOM RENOVATION SALE

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- Remove all old materials from bathroom and job site
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- 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*

## 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 one corner caddy with soap dish

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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](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.

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**News, Events,  
& More**



**Crime  
Statistics**



**Real Estate  
Statistics**



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# 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		Vacant
Membership Director		Terry Casey
Lifecycle Director and Hall Maintenance Coordinator		Vacant
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. 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.

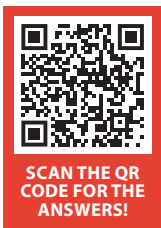
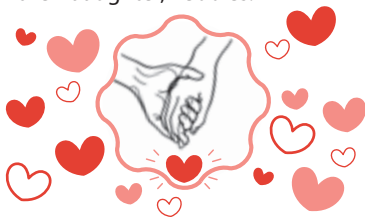
Outdoor hockey rink can be reserved for \$25 per hour plus GST.

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!

## Guess the Couple!

1. These two periodic elements make for a salty pair.
2. These semi-aquatic rodents mate for life and form strong bonds with their partners.
3. These two Disney pups celebrate their 70<sup>th</sup> anniversary in 2025.
4. This British celebrity supercouple are fondly known as Posh and Becks.
5. This fictional couple's sweet love story started in an office of all places!
6. This prehistoric couple lived amongst dinosaurs with their daughter, Pebbles.



Happy February Neighbours,

The days are slowly getting longer and next month Daylight Savings will spring us forward an hour – making the evenings brighter and the mornings a touch darker.

We are working on our social calendar for the year and our upcoming Winterfest with skating, tobogganing, and snacks – watch our website for further details.

Thank you to all who volunteer to keep our ice rinks open and maintained; it takes a village of volunteers to keep the rinks operational, and I know all who use the ice appreciate your efforts.

Keep an eye on our social media and our website for upcoming events. As always, we seek your guidance and feedback as community residents about what you would like to see from your community association in terms of events and activities – so please reach out.

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.





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# Crime Prevention and Safety

## Winter Wonderland 2025

Winter in Calgary, it's always a surprise as to what you'll wake up to. Cold, grey days with snow piled high and slippery roads or bright sunshine and warm Chinook winds that turn winter into spring-like conditions. The cycle of melting and refreezing turns pedestrian pathways and roadways into treacherous surfaces, posing significant hazards.

### Calgary Bylaws - What You Need to Know

While the snow brings beauty, it also presents several challenges that require careful management. To ensure safety and accessibility, the City enforces several bylaws concerning snow and ice removal. Below is an overview of these regulations.

#### Snow and Ice Removal on Sidewalks

Property owners and occupants are required to clear snow and ice from adjacent sidewalks within 24 hours after a snowfall ends.

This responsibility is crucial for pedestrian safety and accessibility. Both property owners and tenants must ensure compliance. It's good to know the City of Calgary provides a sand and salt-coated gravel mixture (also called pickle) at no cost to Calgarians for use on public walkways. You can find this mixture in sandboxes at most fire stations and road maintenance district offices around the city. City sanding trucks and snow ploughs look after Calgary roads.

#### You Will Receive a Fine

Failure to clear sidewalks can result in fines. To maintain order and adherence to property guidelines, a structured fine system is in place for property occupants in case of violations. This system is designed to encourage compliance and address repeat offences with increasing penalties.

- **First Offense:** The initial violation incurs a fine of \$250. This serves as a warning and a financial penalty to discourage future infractions.
- **Second Offense:** If a second offense occurs within 12 months of the first, the fine increases to \$500. This is intended to underscore the importance of adhering to property rules.
- **Third and Subsequent Offenses:** For a third offense and any further offenses within a 12-month period, the fine is raised to \$750. This significant penalty reflects the seriousness of repeated violations.

- **Additional Consequences for Repeat Offenders:** Tickets issued to repeat offenders may necessitate a court appearance. This legal requirement emphasizes the critical nature of compliance and the potential for increased consequences beyond financial penalties.

#### City Guidelines for Disposing of Shovelled Snow

- **Allowed:** Shovel snow from public spaces (e.g., sidewalks) onto other public spaces (e.g., roads).
- **Not Allowed:** Shovel snow from private property (e.g., driveways) onto public spaces.

#### Street Parking During Snowfalls

During heavy snowfalls, parking restrictions may be enforced to facilitate snow removal from roads.

- **Snow Route Parking Bans:** These are temporary parking restrictions activated during significant snowfalls.
- **Notification:** Residents can sign up for alerts to know when a Snow Route Parking Ban is in effect.
- **Enforcement:** Vehicles parked on snow routes during a ban may be ticketed or towed.

#### Handling the Neighbour Who Never Shovels Their Sidewalk

Dealing with a neighbour who neglects to shovel their sidewalk can be frustrating, especially during the winter months when snow and ice can create hazardous conditions. With that in mind, here are some thoughtful strategies to address the situation effectively and maintain a positive relationship with your neighbour.

#### Understand the Situation

Before taking action, it's important to understand why your neighbour might not be shovelling their sidewalk.

Consider that they may have health issues or physical limitations that make shovelling difficult or impossible. They could also have a busy schedule that prevents them from taking care of the snow in a timely manner.

When you feel ready to discuss the issue with your neighbour, approach the situation with empathy and understanding. Be polite and non-confrontational. Use "I" statements to express your concerns, such as "I noticed the sidewalk can get quite slippery when it snows, and I worry about someone getting hurt." If you're able, offer to help shovel their sidewalk, especially if you suspect they have physical limitations or time constraints.

It may be appropriate to let them know Calgary offers assistance for residents who may have difficulty complying with these regulations such as:



- Snow Angels Program: Encourages community members to help neighbours who are unable to clear their sidewalks.
- Volunteer Opportunities: Residents are invited to volunteer for the program to help those in need.

### Reporting Non-Compliance

As a last resort, if the problem remains unsolved and poses a safety risk, contact the 3-1-1 service. Bylaw officers will be notified and can enforce local laws to ensure the sidewalk is cleared.

Winter in Calgary is a season of beauty and responsibility. While the snow creates a magical atmosphere, it also demands effective management to ensure safety and accessibility for all. By understanding and following these City bylaws, we all help create a safe and welcoming environment for everyone during the winter months when we all do our part.

Happy winter, spring will soon be upon us!



## 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 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

## 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](mailto:admin@kingslandcommunity.ca).

# How to Know if You Are Ready For Couples Therapy or Not

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



There are many approaches to couples therapy such as Gottman Method, Emotionally Focused Therapy, and IMAGO to name a few. The decision to seek couples therapy requires evaluating your relationship and your willingness to work through challenges. The following are some key signs that you may be ready:

- 1. Communication Issues** – Do you struggle to express your feelings without arguing or shutting down? Are there unresolved conflicts that keep resurfacing?
- 2. Feeling Disconnected** – Has the emotional or physical intimacy in the relationship declined? Do you feel like roommates rather than partners?
- 3. Recurring Problems** – Are you stuck in repetitive arguments or unhealthy patterns? Have individual efforts to fix these issues failed?
- 4. Life Changes or Stressors** – Have recent events (moving, new baby or job) put a strain on your relationship?
- 5. Trust Issues** – Has there been a betrayal such as an infidelity or broken promises? Are you struggling to rebuild trust?
- 6. Desire to Improve** – Are you both willing to put in the effort to strengthen the relationship? Do you believe the relationship has potential for growth?
- 7. Mutual Commitment** – Are you both open to exploring therapy, even if one of you is more hesitant at first?
- 8. Individual Challenges Impacting the Relationship** – Are personal issues such as stress, trauma, or mental health affecting how to connect with each other?

If you relate to some of the above, couples therapy could be beneficial. Even if you're unsure, seeking therapy to explore some of these concerns and set goals can be a proactive step.

The following are some signs that couples therapy could be unproductive or even counter-productive:

- 1. Lack of Commitment to Change** – One or both of you are not genuinely willing to work on the relationship. Going to therapy just to 'check the box' or appease the other.
- 2. Blaming Without Accountability** – If either of you is solely focused on blaming the other without reflecting on your own role in the relationship's challenges.
- 3. Unwillingness to Communicate Honestly** – If either of you are unwilling to be vulnerable, open, and honest, your therapist won't have a full picture to be able to help you.
- 4. Hidden Agendas** – If therapy is being used as a way to justify leaving the relationship rather than to repair it, the process won't be effective.
- 5. One of You is Being Forced into Therapy** – If one of you does not want to attend or doesn't believe in the process, lack of engagement can hinder the process.
- 6. Ongoing Abuse** – Couples therapy is not the right setting to address physical, emotional, or verbal abuse. These situations require specialized interventions to ensure safety and require individual therapeutic attention.
- 7. Unresolved Individual Issues** – If personal issues such as active addiction or untreated mental health conditions are dominating the relationship dynamics, individual therapy is a better starting point before engaging couples therapy.
- 8. Timing is Off** – If there are active external factors like intense work stress, a recent traumatic event, or other life circumstances, it will leave little energy or focus for therapy. It may be better to wait.
- 9. Desire for Separation** – If one of you has already decided to end the relationship and sees therapy as a formality, it will obviously prevent any genuine engagement.

Being ready for couples therapy requires mutual willingness and effort, but readiness can evolve with time and self-reflection.

# February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

### Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

### Heart Attack Risk Factors

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*
- High cholesterol\*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

### What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

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contact@jacksonjackson.ca



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## Together Let's Send Winter Down the Drain

by *The City of Calgary*

In Calgary, a Chinook can sometimes turn inches of snow into puddles within hours. If storm drains are clogged with snow and ice it can lead to large puddles on our streets.

### How You Can Help

We maintain more than 60,000 storm drains across Calgary, but a sudden melt can make it difficult to attend to all of them within a short period of time. This is why we ask Calgarians for their help.

- Check the storm drain near your home to clear debris (e.g. leaves, sticks) or remove ice and snow.
- If there's a buildup of snow or ice and it's safe to do so, create a channel to help water flow towards the drain.

If the storm drains in your area are covered with snow and difficult to find, visit [calgary.ca/stormdrains](http://calgary.ca/stormdrains) and use our map to find the location.

### We're Here to Help If Your Storm Drain Is Frozen

If water is pooling on your street and you suspect the storm drain is frozen, contact 3-1-1. We have specialized boiler equipment that pushes out steam to get the storm drain thawed and running again.

- Submit a "Storm Drain/Catch Basin Concern" through the 3-1-1 web or mobile app.
- Take a photo and attach it to your request. This goes a long way in helping us respond on a priority basis.

Our crews respond to requests attending first to areas impacting public safety and where excess water may cause property damage.



## Help Shape the Future of Calgary's Transit: MAX Purple East Extension Functional Planning Study

by *The City of Calgary*

We're excited to expand the MAX Purple bus rapid transit (BRT) further east, improving transit for communities along 17 Avenue SE and connecting to Belvedere. This extension will create a faster, easier, and more reliable way to travel.

### What Is Changing?

The MAX Purple East Extension will enhance your daily commute with:

- Faster, more reliable service with dedicated bus lanes and signal priority.
- Better connections between communities like Inglewood, International Avenue, and East Hills.
- Plans for future growth, with potential service extensions reaching Chestermere and other key destinations.

### Get Involved - We Want Your Feedback

Your input is crucial to creating a transit solution that meets the needs of you and your community.

Here is how you can participate:

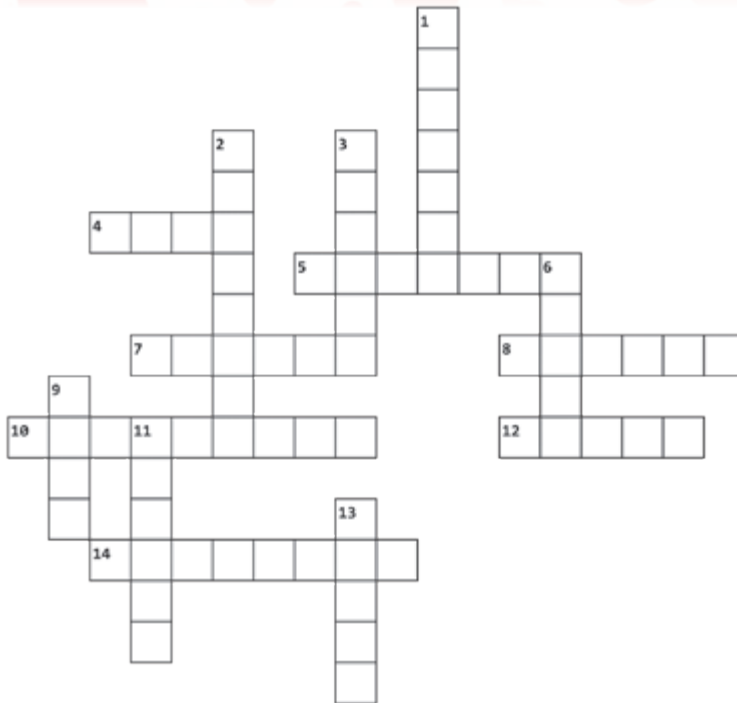
- Online feedback: Share your thoughts at [engage.calgary.ca/MaxPurple](http://engage.calgary.ca/MaxPurple) from February 10 to March 3.
- Pop-up events: Join us for in-person consultations at local events near the 17 Avenue corridor.
- Stay Connected: Sign up for our newsletter for project updates.

Your feedback will directly shape the future of the MAX Purple East Extension. Don't miss this exciting opportunity to be part of Calgary's evolving transit network.

For more information visit [engage.calgary.ca/MaxPurple](http://engage.calgary.ca/MaxPurple) or email [engage@calgary.ca](mailto:engage@calgary.ca).

Together, we can create a better, more connected Calgary.

# February Crossword



## Across

4. Canadian filmmaker, Denis Villeneuve's sci-fi adventure film \_\_\_\_\_: *Part Two* first premiered in February 2024.
5. Fleetwood Mac's best-selling album, \_\_\_\_\_, was released on February 4, 1977, featuring songs such as "Dreams" and "Go Your Own Way".
7. Born on February 1, 1994, England-born pop sensation, Harry \_\_\_\_\_ rose to fame as part of a boy band before going off on his own.
8. On February 21, 1948, the National Association for Stock Car Auto Racing, best-known as \_\_\_\_\_, was founded.
10. Something that is typically given to a significant other or friend(s) during the month of February.
12. February is National \_\_\_\_\_ Month, highlighting the importance of cardiovascular health.
14. Singer-songwriter and multi-instrumentalist, Joni \_\_\_\_\_, was inducted into Canada's Juno Hall of Fame on February 5, 1981.

## Down

1. In February of 1917, this famous Spanish artist, best known for Cubism made his first trip to Italy.
2. February's purple birthstone, the \_\_\_\_\_ is believed to be a symbol of protection.
3. The Grammy Award-winning song "No \_\_\_\_\_" by TLC was released on February 2, 1999.
6. 2025's Chinese Zodiac is this slippery, slithery creature.
9. Angie Thomas' young adult bestseller, *The \_\_\_\_\_ U Give* was originally published on February 28, 2017.
11. Canadian actor, \_\_\_\_\_ Page, was born on February 21, 1987, in Halifax, Nova Scotia.
13. \_\_\_\_\_ History Month was made official by U.S. President Gerald Ford in 1976 and is observed every February.



# BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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## Queen B's Grammy Reign



With the Grammys on February 1, Beyoncé could surpass her own record of 32 Grammy wins, cementing her place as the most Grammy-awarded artist ever! Adding to this remarkable achievement, she has 11 nominations for the 2025 Grammy Awards, bringing her grand total to an incredible 99 nominations. Truly the Queen of the Grammys!

## Joke of the Month



Why aren't dogs good dancers?

They have two left feet.

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