

JUNE 2025

DELIVERED MONTHLY TO 2,760 HOUSEHOLDS

# your KINGSLAND POST

THE OFFICIAL KINGSLAND COMMUNITY NEWSLETTER



[www.kingslandcommunity.ca](http://www.kingslandcommunity.ca)

# Glenmore Temple Stampede BBQ & Concert

with the Glenmore Temple Band & Choir

featuring



The Canadian Staff Band

**Saturday, July 5, 2025**

**BBQ at 5 pm**

\* contact the office for BBQ tickets, \$15 each

**Free Concert at 7 pm**



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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*

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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		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 June Neighbours, and a Happy Father's Day to all the dads in Kingsland!

A big thank you to all who purchased rain barrels through our rain barrel fundraiser; here is hoping we hit our minimum as deliveries start early this month.

Our partners, the City of Calgary Community Connectors hosted a 'Together We Thrive: A Community Showcase and Multi-Cultural Celebration' on Sunday, May 25 from noon to 3:00 pm at the Kingsland Community Association Hall. Thank you to all who attended and supported the event! Saturday, June 28 will be our combination cleanup day and Neighbour Day celebration – so please put your hands up and volunteer for either or both events and send us an email letting us know you want to help to [social@kingslandcommunity.ca](mailto:social@kingslandcommunity.ca). Details of the day will come shortly and be posted on our website. Given low attendance at last year's Parade of Garage sales, we are postponing that event to next spring. We are also working on a Volunteer Appreciation event to thank our wonderful volunteers!

Annual membership renewal for the Kingsland Community Association is coming up! Flyers have been delivered, and as always online payment and setup of membership is available on our website, [www.kingslandcommunity.ca/about-us/memberships](http://www.kingslandcommunity.ca/about-us/memberships).

We are looking for community members for our Social Committee to help plan and facilitate KCA social events for the year. Please reach out to [social@kingslandcommunity.ca](mailto: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 [@kingslandcommunityyyyc](https://www.instagram.com/kingslandcommunityyyyc/)! 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](mailto:admin@kingslandcommunity.ca) to discuss joining the board.

All the best,

*David Sanderson*

KCA President

[president@kingslandcommunity.ca](mailto:president@kingslandcommunity.ca)

\*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).

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## 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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official-plumbing-heating.ca

**BRAIN  
GAMES**

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

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**Partnership:**

Alberta Recycling  
Management Authority

# 13<sup>th</sup> Annual Kingsland Community Clean Up & Recycling Event



**Saturday, June 28<sup>th</sup>, 2025**

**505-78th Ave. SW**

**9:00 am - 2:00 pm**



## We will accept:

- **General garbage** (City of Calgary - Garbage Trucks)
- **Metals** (Inland Steel)
- **Electronics** (TechnoTrash) recycling rebates via Alberta Recycle Management Authority.
- **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 \*\*

\* Free yard waste drop-off at City Eco Centres: April 11 – June 1 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 28<sup>th</sup>, 2025**, 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](mailto:Admin@kingslandcommunity.ca) or leave a message at (403) 255-1400. Thank you.

## Please:

- Check the Kingsland webpage for further details <http://www.kingslandcommunity.ca/events.htm>
- Note: City services at these events are **FREE** of charge to all Calgarians (See [Community Cleanups](#)).





Kingsland Community  
Preschool

# Preschool Registration

Reggio-inspired, cooperative preschool  
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Located in Kingsland Community Center.

**Registration ONGOING**



## 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](mailto:info@kingslandcommunitypreschool.com)



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



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







## 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.

# CRIME PREVENTION AND SAFETY

## **The Welcomed Change in Calgary Policing**

Life comes with waves of calm and peace that can be interrupted by a sudden tragedy and trauma.

That's where Calgary Police Service Victim Assistance Support Team can help. The following information is from The Calgary Police Service. [calgary.ca/cps/community-programs-and-resources/victims-of-crime/victim-assistance-support-team.html](http://calgary.ca/cps/community-programs-and-resources/victims-of-crime/victim-assistance-support-team.html).

## **Victim Assistance Support Team (VAST)**

The Calgary Police Service Victim Assistance Support Team (VAST) promotes and advocates for the rights and entitlements of victims of crime and trauma. VAST provides assistance to both primary victims (persons who have experienced direct injury, loss, or trauma) and secondary victims (those who are impacted by the repercussion of a crime or trauma including witnesses, friends, family, and coworkers).

To lessen the effects of a traumatic incident, the Victim Assistance Support Team provides non-judgmental emotional support, a listening ear, and practical assistance to victims of crime or tragedy. If you're interested in becoming involved, find out more about volunteering with the Victim Assistance Support Team.

## **Services Offered by VAST**

The Calgary Police Service Victim Assistance Support Team has been a source of support to thousands of victims of crime and tragedy in Calgary since 1977. Our role is to reduce the impact you may experience from a crime or tragedy. All services are free of charge. The following are offered services:

## **The Call Centre**

- Contact: 403-428-8398 or toll-free 1-888-327-7828
- Hours: Monday to Thursday - 8:00 am to 9:00 pm, Friday - 8:00 am to 4:00 pm

Victim support advocates (volunteers) provide phone contact with victims of personal crime or tragedy offering case and court information and updates, emotional support, and referrals to community agencies for counselling, bereavement, and other appropriate support agencies.

## **Court Support**

Victim support advocates inform victims of their rights, their role, and their obligations when participating in the criminal justice system once charges are laid. Advocates

provide court updates, court preparation, court orientation, and, when required, court accompaniment for victims, families, and witnesses during preliminary hearings and trial.

The Court Support Program also works in partnership with the Child Witness Court Preparation Program for children aged three to 17, and the Domestic Violence Legal Intervention Program.

## **Crisis Call Response**

Victim support advocates provide 24/7 on-scene response to an incident and offer immediate crisis intervention, emotional support, and practical assistance to victims of crime and tragedy. Teams are dispatched under the direction of Calgary Police Service members.

## **Accredited Facility/Trauma Dogs**

Our trauma dogs assist the Victim Assistance Support Team with victims of crime and tragedies. Their comforting presence makes them excellent supports to those who have witnessed or experienced traumatic incidents. Like other service dogs, our trauma K9s wear a blue and yellow vest with the PADS and CPS crests on it to indicate they are working.

The Calgary Police Service is the third police agency in Canada to have trauma dogs, but the first to have sworn handlers. VAST currently has two dogs, both provided by Pacific Assistance Dogs Society (PADS). They both hold the title of accredited facility dog and, with their handlers retake their public access test every 12 months to maintain access rights to court buildings, schools, hospitals, and other public buildings.

## **Other Programs and Services**

The following programs are offered by the Alberta Government:

## **Victim Impact Statement**

Once charges are laid, victims have a right to complete a victim impact statement, as legislated under section 722 of the Criminal Code of Canada. The victim impact statement is intended to give crime victims a voice in the criminal justice process. A victim impact statement is a written account of the personal harm suffered by a victim of crime. It provides an opportunity to participate in the sentencing of an offender by explaining to the court, and the offender, how the crime has affected them.

## Restitution

Once charges are laid, victims have a right to apply for restitution from the offender if they have suffered financial loss because of a crime. Restitution is a way for the offender to repay the victim.

## In Conclusion

The Calgary Police Service Victim Assistance Support Team (VAST) plays a crucial role in supporting victims of crime in Calgary. By providing compassionate support, expert guidance, and referrals to resources, VAST helps individuals access the support they need to heal and move forward.

We all need a little help from our friends at times. If you or someone you know has been a victim of a crime, don't hesitate to reach out to VAST for assistance.



**It's time to lock up.  
9 p.m. Routine**

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**MLA, Calgary-Acadia**

**Diana Batten**

**Shadow Minister for Children & Family Services**

105, 10333 Southport Road SW, Calgary

403-640-1363

Calgary.acadia@assembly.ab.ca

facebook.com/dianabattenmla

dianabatten\_ @DianaBatten\_

Hello Neighbours,

I hope this message finds you well!

Now that the legislature has wrapped up for another session, I am excited to spend more time in the fantastic riding of Calgary-Acadia.

Thank you for your emails and phone calls sharing your concerns around the many Bills brought to the legislature this session. The top concerns I heard from folks in Calgary-Acadia reflected a strong desire to protect our natural resources, take care of the vulnerable, and ensure healthcare is available for all Albertans.

Your voice is important and every contact with the office is counted and noted. Many of you are writing or calling for the first time and I deeply appreciate the time and energy it takes to be an advocate. Your efforts truly make a difference.

From bike parades to pickleball tournaments, I am eager to connect while learning how I can best serve the constituents of Calgary-Acadia.

A highlight for me is spending time in classrooms and listening to students' questions. As this school year wraps up, I want to wish the graduates all the best and hope everyone has a restful and safe summer break.

Save the date for our Stampede Breakfast scheduled for July 6! This annual event is a great way to celebrate our community spirit. Please contact my office for more information and for anything else we can help you with.

Cheers, and I look forward to seeing you at upcoming community events!

Diana

# Stop Apologizing Already

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

This is something that really took me some time and awareness to change. Maybe it's because I'm Canadian...sorry?! Over-apologizing can be rooted in people-pleasing, a fear of conflict, feeling like you're a burden, or that you don't have a place to express yourself freely. The good news is you can unlearn it by becoming more aware of when you say "sorry" and replacing it with more confident or accurate expressions.

Here's how to start:

### 1. Notice Your Patterns

Start paying attention to when you say "sorry." Is it when you:

- Ask a question?
- Express a need?
- Walk past someone?
- Take up space?

Awareness is the first step.

### 2. Swap "Sorry" for More Empowering Phrases

a). When you're late

Instead of: "Sorry I'm late."

Try: "Thanks for your patience." or "I appreciate you waiting for me."

b). When you didn't respond right away

Instead of: "Sorry I didn't get back to you."

Try: "Thanks for your patience while I got back to you." or "I appreciate your patience."

c). When you need something

Instead of: "Sorry to bother you, but..."

Try: "Do you have a moment?" or "Can I ask you something?" or "Are you free for a consult?"

d). When you accidentally bump into someone

Instead of: "Sorry!"

Try: "Excuse me." or "Pardon me."

e). When you disagree

Instead of: "Sorry, but I think..."



Try: "I see it differently." or "Here's another perspective..." or just be curious and ask for more information on the topic.

f). When you're expressing emotion

Instead of: "Sorry I'm crying." or "I'm sorry I'm so angry."

Try: "Thanks for being here while I process this." or "I'm feeling a lot right now." or "Wow, this is overwhelming."

### 3. Use Apologies Intentionally

Apologize when you genuinely hurt someone or made a mistake. That keeps apologies meaningful. For everything else, aim for assertiveness and gratitude.

**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.

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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.

**KINGSLAND PAINTER:** Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. [www.fivestarpainting.com](http://www.fivestarpainting.com).

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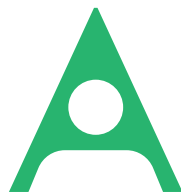
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