

MARCH 2025

DELIVERED MONTHLY TO 2,760 HOUSEHOLDS

your **KINGSLAND** POST

THE OFFICIAL KINGSLAND COMMUNITY NEWSLETTER



THE SELKIRK



Come enjoy a taste of history with delicious food at The Selkirk! With a menu inspired by local heritage, every meal is a celebration of history and flavour.

This season, we're excited to offer a special menu inspired by our new travelling exhibit, *Bison*, blending culinary creativity with stories of the past. For the complete experience, visit Gasoline Alley Museum and the Bison Exhibit.

Discover, explore, and enjoy a memorable meal—your next adventure starts here!

heritagepark.ca/the-selkirk

www.kingslandcommunity.ca

Epilepsy Awareness Month

Shine a Light on Epilepsy

MARCH 26
Purple Day



Light up the Night in Violet Vibes! Light up your homes, offices, and public spaces in purple to show your solidarity.

Dress in Grape Glory! Show your support by wearing purple clothing or accessories on March 26th.

Spark a Purple Revolution! Be a part of the change! Donate or start a fundraiser.



epilepsycalgary.com

Share your purple moments using
#postyourpurple



BRAIN GAMES

SUDOKU

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

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403-252-7731

www.haysborodentalcare.ca

info@haysborodentalcare.ca



Birthday Sunflowers

On Vincent van Gogh's 134th birthday, March 30, 1987, his painting "Sunflowers" sold for a whopping £22.5 million! Talk about a priceless birthday tribute. Van Gogh, born in 1853 in Groot-Zundert, Netherlands, never saw fame in his lifetime, but his art now blooms in value like his beloved sunflowers.

GAMES & PUZZLES

Guess the Toy!

1. This fashion doll, created by Ruth Handler, made her debut at the American Toy Fair on March 9, 1959.
2. This toy originates from the Swahili word "kujenga" which means "to build".
3. This was the first toy ever advertised on television, featuring parts that could be stuck into a fruit or vegetable.
4. Max Park holds the record for solving this 3D combination puzzle toy at 3.13 seconds.
5. This stretchy, bouncy, moldable toy was used aboard Apollo 8 to help secure tools and equipment in zero gravity.
6. This toy was named after Theodore Roosevelt who famously refused to shoot a captured animal during a hunting trip in 1902.



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ANSWERS!

OFFICIAL



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Service Call Fee



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official-plumbing-heating.ca



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 |
| 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 | | 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!

MANY OTHER PACKAGES AVAILABLE!

BATHROOM RENOVATION SALE

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

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

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$13,679

SALE **\$9,879**
Limited Supplies

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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)



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PRESIDENT'S MESSAGE



Happy March Neighbours,

Soon Daylight Savings will spring us forward an hour so we may enjoy more and more daylight hours. Spring is just around the corner, and I am just starting up my dahlias from their slumber in my crawl space. A big thank you to Laura,

Cris, and all our volunteers who made Winterfest 2025 happen. Skating, tobogganing, and roasting of hotdogs was great fun – not to mention the minute-to-win-it games were a success as always. The day could not have happened without our reliable and handy ice rink volunteers either – a big shout out to our ice rink angels.

Our renovation to the back entrance and deck and ramp is complete, thank you Cris Dombroski – Lifecycle Director (retired) for quarterbacking this massive undertaking. Your efforts and time are greatly appreciated, and the Community Centre building has benefited greatly under your care.

We are working on our social calendar for the year and will be setting up a Social Committee to help plan and facilitate KCA social events for the year. 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.

Burns and Scalds

by Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe. The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over-the-counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.



- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.

THE
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3023 16 Street SW, Calgary | edwardliving.com | 403-265-3023 | Independent Living (55+)

What Goes Where?

by *The City of Calgary*



Sorting can be tricky, but every decision counts, and we're here to help you become a sorting pro.

Green bins are for food scraps and yard waste, and your blue bin is for acceptable household paper, cardboard, and container packaging.



Some old and broken household items don't always have to end up in the black bin, there are a range of programs and services to help divert waste from our landfills and give items a second life.

Together, we can make a big impact and become recycling and composting champions.

If you're unsure where an item belongs, visit calgary.ca/whatgoeswhere to find the 'Right Bin for the Win!'

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



- ✓ Remove valuables from car
- ✓ Lock your car
- ✓ Lock your house & windows
- ✓ Close & lock garage door
- ✓ Turn on exterior lights



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

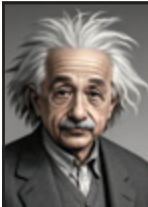
Jumma Prayers at 1:00 pm. Every Week. All Welcome

Sunday

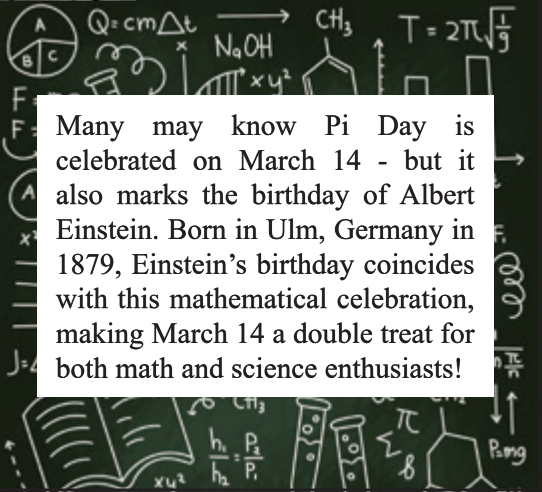
Second Sunday of Each Month - St. Brigid Catholic Church

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.



Pi and Einstein, a Perfect Pair!

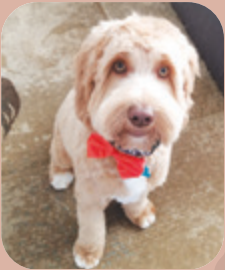


Many may know Pi Day is celebrated on March 14 - but it also marks the birthday of Albert Einstein. Born in Ulm, Germany in 1879, Einstein's birthday coincides with this mathematical celebration, making March 14 a double treat for both math and science enthusiasts!



Penny For Your Thoughts
Some hummingbirds weigh less than a penny! The Bee Hummingbird, the tiniest bird in the world, weighs only 1.6 to 2 grams.

Cats, Canines, & Critters of Calgary



Jax, McKenzie Towne



Louie, Panorama Country Hills



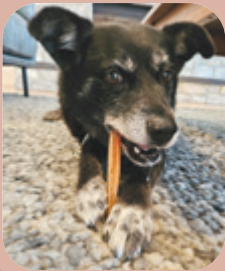
Luna, Marda Loop



Luna, West Hillhurst



Lutik, Douglas Quarry



Mystery, Christie Park



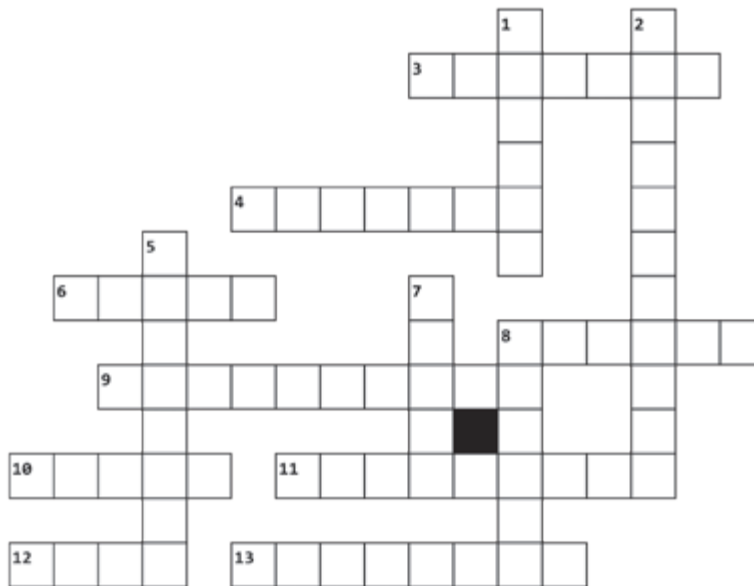
Neville, Douglas Glen



Snoop, Southwood

To have your pet featured, email news@mycalgary.com

March Crossword



Across

3. Known as the “Fight of the Century”, on March 8, 1971, Muhammad Ali’s 31-fight winning streak was ended by Joe _____ in Madison Square Garden.
4. Nathan _____ was born on March 27, 1971, in Edmonton, Alberta, and is best known for his role as Captain Malcolm on *Firefly*.
6. Pink _____’s album *The Dark Side of the Moon* was released on March 1, 1973, and stayed on the Billboard Top 200 album charts for 741 weeks!
8. A _____ *Life*, an emotional novel following the lives of four friends and written by Hanya Yanagihara, was first published on March 10, 2015.
9. This pale-blue gemstone is one of March’s birthstones.
10. On March 26, 1953, Dr. Jonas Salk successfully tested a vaccine for this disease that has affected notable individuals such as Frida Kahlo, Franklin D. Roosevelt, Joni Mitchell, and Neil Young in the past.
11. Known for her roles in *Schitt’s Creek*, *Home Alone*, and *Beetlejuice*, _____ O’Hara was born on March 4, 1954, in Toronto, Ontario.
12. The month of March is named after this Roman god of war.

13. This iconic film about a giant ape causing chaos in New York City first premiered on March 2, 1933, at Radio City Music Hall.

Down

1. Daylight _____ Time will start on Sunday, March 9 this year.
2. This national park with geothermal features spanning across Wyoming, Montana, and Idaho became the first national park in the world on March 1, 1872.
5. Daffodils and _____ are the official birth flowers of March.
7. March is officially _____ Heritage Month in Canada and celebrates the history and impact of individuals, past and present, from the country nicknamed the “Emerald Isle”.
8. On March 2, 2024, _____ James made NBA history by becoming the first player to score 40,000 career points.



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

Word of the Month



Limerence: noun (li-mer-uhns)

A state of mind resulting from romantic feelings for someone.

Amelie experienced limerence for her coworker after they worked the event together.



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 Calgary-Acadia,

This has been a roller-coaster of winter, both in the weather and in politics. The office has seen an increase in healthcare concerns with over 200 emails in the three months before this article was published. The restructuring, firing of health boards, non-scientific COVID report, removing funding for vital eye health checkups for seniors and children, and a general lack of planning for solving the primary care crisis have continued to concern Calgary-Acadians. I returned to the legislature at the end of February and with my colleagues in opposition, we continue to advocate for the health of all Albertans.

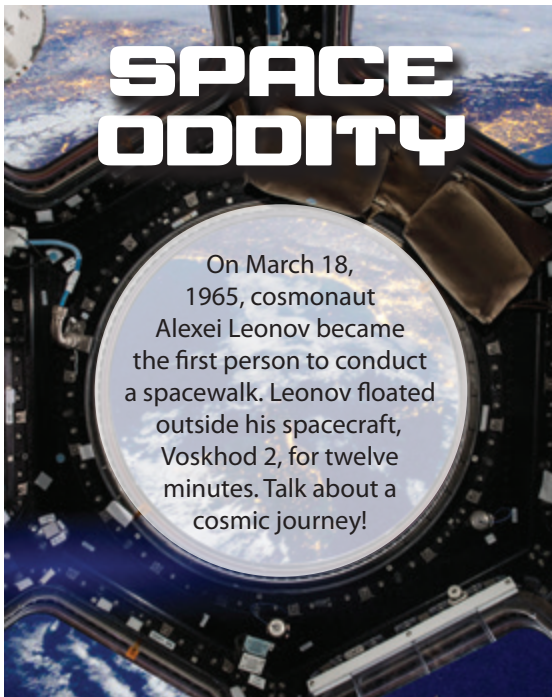
The Government has recently made changes to both the Child Care Subsidy and AISH without consultation or providing details. In my role as Shadow Minister, I am meeting with families and daycare providers affected by childcare funding changes. The announced changes will make childcare less affordable for some of our most vulnerable Albertans. This is cruel.

The constituency office received an overwhelming response to changes made to coal activity on the Eastern slopes. Many of you are concerned that Minister Jean's promise to uphold water and environmental standards is not a priority. This decision affects all of us and Calgary-Acadians made their voices heard. Thank you for this advocacy and continued engagement. Your voice is important.

I hosted a Healthcare town hall at the end of January with my neighbour in Calgary-Glenmore, MLA Nagwan Al-Guneid. Medical experts who are leaders in their profession answered many passionate questions from the audience and untangled some healthcare misinformation. The full event showed how engaged the folks in Calgary Acadia are. I will continue to find ways to engage with everyone in Calgary-Acadia whether in town-halls, Brews with Batten, or on your doorstep. Please let me know what you are concerned about.

Cheers,

Diana



On March 18, 1965, cosmonaut Alexei Leonov became the first person to conduct a spacewalk. Leonov floated outside his spacecraft, Voskhod 2, for twelve minutes. Talk about a cosmic journey!

BUSINESS CLASSIFIEDS

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

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Kingsland. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

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KINGSLAND MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

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.

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, 403-269-2707.

CS HANDYMAN SERVICES: Serving Kingsland, Haysboro, Willow Park, Maple Ridge, Fairview, Acadia, and Southland, doing drywall repairs, fence repairs, painting, small plumbing repairs, and odd jobs around the house. Courteous and reliable. Licensed and insured. Low rates. Phone Cliff at 403-620-8170.

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Joke of the Month



Which is faster,
hot or cold?

Hot, because you
can catch a cold.



LAND OF THE
LAKES AND
ENDLESS SHORES

Canada is home to 60% of the world's lakes, this equates to over 2 million shimmering bodies of water across this beautiful country we call home. But that's not all - Canada also has the longest coastline in the world stretching an astonishing length of 202,080 kilometres.

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