

MAY 2025

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your KINGSLAND POST

THE OFFICIAL KINGSLAND COMMUNITY NEWSLETTER



A young child in a striped shirt and shorts is playing with a toy train on a grassy field at sunset.

Play Big

The logo for Heritage Park, featuring a red crown-like emblem above the words "HERITAGE PARK" in a red, stylized font.

All Summer Long

A square QR code with the text "GET TICKETS" below it.

GET TICKETS

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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

SUPREME TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Tile Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install new corner caddy with soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$17,789

SALE \$13,879

Limited Supplies

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KINGSLAND COMMUNITY ASSOCIATION MEMBERSHIP FORM

Your membership revenue helps to support a community-wide range of events, services, and facilities.

What we offer residents:

- Free annual Community Cleanup Day
- Family, social, and senior events
- Free use of the outdoor hockey and kiddie skating rinks
- Free use of the outdoor multi-sport courts

Exclusive member benefits:

- Reduced rates for Kingsland Community Hall rentals
- Reduced rates at eligible community events
- Perks from select local business partners!

The Kingsland Community Association annual membership year is July 1 to June 30

Choose your membership & provide your contact information:

Select One (✓)	Membership Type	Details	Vote at the AGM?
<input type="checkbox"/>	Individual (\$20)	Regular membership for Kingsland residents	Yes
<input type="checkbox"/>	Family (\$20)	Membership can be shared between all the members of a Kingsland household	Yes, one vote per family membership
<input type="checkbox"/>	Senior (by donation)	For residents 65 years of age and over	Yes
<input type="checkbox"/>	Business (\$25)	Available to businesses both inside and outside of the Kingsland community boundary	No
<input type="checkbox"/>	Associate (\$25)	For non-Kingsland residents. Membership can be shared between all the members of a household	No

Name(s): _____

Mailing Address: _____

Phone #: _____ Email: _____

Payment By: Cash _____ Cheque _____ E-transfer _____ to admin@kingslandcommunity.ca

Volunteer interests – Can you help us in any of these areas?

Social Events: _____ Casino: _____ Rink: _____ Membership Drive: _____ Social Media: _____

Other (specify): _____

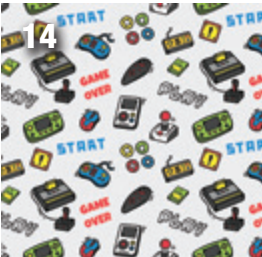
Once complete, send this form & payment to the Kingsland Community Hall - 505 78 Avenue SW, Calgary, AB T2V 0T3 (by mail or using the drop box at the front door).

Memberships may also be purchased online at www.kingslandcommunity.ca/about-us/memberships

Personal information is being collected under Section 33c of the Freedom of Information and Privacy Act (FOIP). The information collected will only be used to contact you regarding Community Association matters and to keep a record of our members from year to year.

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**SCAN HERE TO VIEW ADDITIONAL
KINGSLAND CONTENT**

**News, Events,
& More**



**Crime
Statistics**

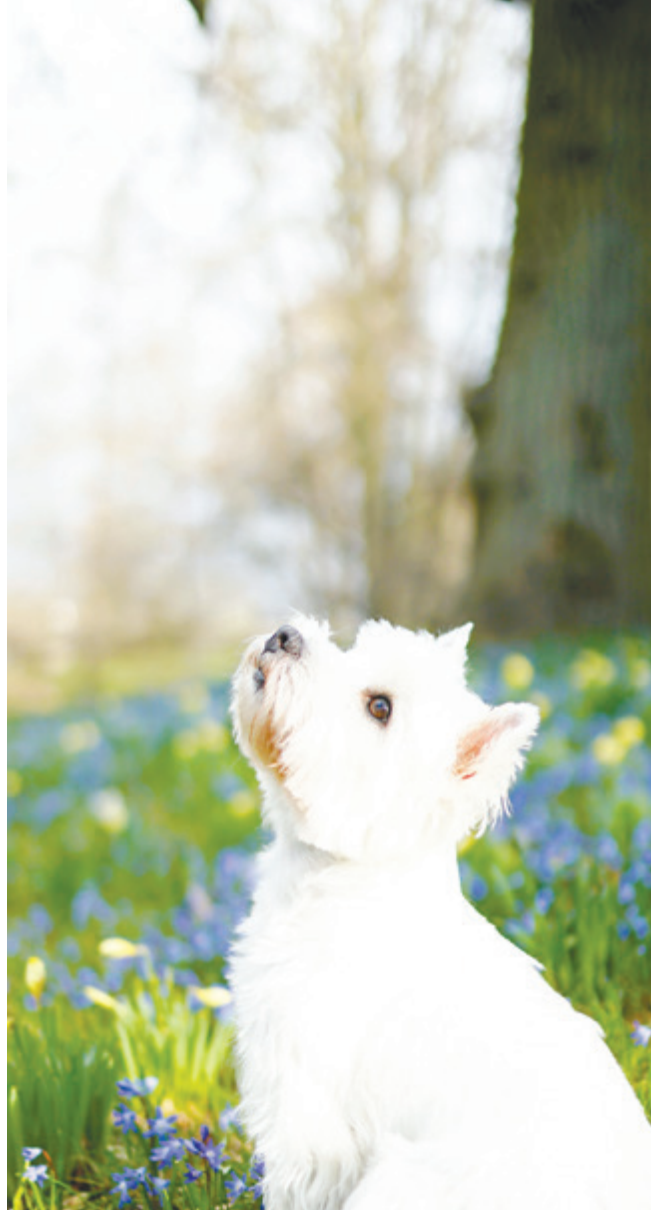


**Real Estate
Statistics**



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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.



2025 Board of Directors and Community Contacts



Community Association Hall

www.kingslandcommunity.ca
www.facebook.com/Kingsland-Community-Association-203240413043176/

Hall Manager: Jennifer Sherstabetoff
 505 - 78 Avenue SW; Calgary, Alberta T2V 0T3
 403-255-1400
admin@kingslandcommunity.ca
Hours: Please book an appointment by email.

BOARD OF DIRECTORS	NAME
President	David Sanderson
Vice President	Carmen Buckner
Treasurer	Jessica Pickel
Secretary	Charlotte Quickel
Planning and Development Director	Brandy MacInnis
Social Director	Laura Niergarth
Membership Director	Terry Casey
Lifecycle Director and Hall Maintenance Coordinator	Vacant
Open Director	Ben Ethier
Communications Director	Charlotte Quickel
Crime Prevention and Safety Director	Jeannine Konrad
Open Director	Lars Stevenson

OTHER KCA CONTACTS	
Casino Coordinator	Carmen Buckner
Hall Manager and Admin	Jen Sherstabetoff

COMMUNITY CONTACTS		
Councillor Ward 11	Kourtney Penner	ward11@calgary.ca / kourtney.penner@calgary.ca
MLA Calgary-Acadia	Diana Batten	calgary-acadia@assembly.ab.ca
Neighborhood Partnership Coordinator (NPC)	Jenna Findlater	jenna.findlater@calgary.ca
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!

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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)



Crime Prevention and Safety

The Welcomed Change in Calgary Policing - Part One

According to Stats Canada, approximately one in five contacts with police involved someone with a mental or substance use disorder. Sending individuals who struggle with substance abuse issues to prison does not resolve the problem; rather, it exacerbates it. Incarceration rarely addresses the root causes of addiction, often leaving individuals worse off than before their arrests. Having that understanding, the Calgary Police Service (CPS) offers mental health training to its officers, including crisis communication, de-escalation, and strategic communication, to help them identify and respond to individuals in crisis, including those with mental health conditions.

When police identify an individual with mental health issues during a call, instead of arresting them they may choose to take them to a health facility for assessment, support, and consultation regarding treatment options. This shift in dealing with vulnerable persons not only aims to provide immediate support to those in need but also seeks to reduce the stigma surrounding mental health issues in the community.

The following is from the Calgary Police Service page - Vulnerable Persons in Calgary. It gives a detailed look at various supportive agencies CPS partners with.

Vulnerable Persons in Calgary

The Calgary Police Service Vulnerable Persons Team coordinates with homelessness and addiction-serving agencies to meet the needs of vulnerable people in our city. The team includes resource officers who try to address the root causes of behaviour in situations involving chronic homelessness and other related issues. <https://www.calgary.ca/cps/community-programs-and-resources/vulnerable-persons/vulnerablepersons.html>.

Police and Crisis Team

The Police and Crisis Team (PACT) is a partnership between Alberta Health Services and the Calgary Police Service that offers assessment, support, and or consultation for people experiencing a mental health crisis in the City of Calgary. Each PACT has a police officer and a mental health professional working together to assist persons with serious mental health issues who have come into contact with the law. PACT typically responds to incidents involving people experiencing

a mental health, addiction, or psychosocial crisis and when they are a danger to themselves or others.

The Downtown Outreach Addictions Program (DOAP)

The Downtown Outreach Addictions Program (DOAP) assists vulnerable individuals in the community to get to a safe place. The DOAP team is a program of the Calgary Alpha House, and it is designed to support emergency services such as police officers and Emergency Medical Services. DOAP is a service that helps link those who come into contact with individuals that have substance abuse issues with the appropriate social service agency. It is also an alternative response to calling 9-1-1 for someone who is intoxicated in the community. The DOAP team can help transport those under the influence of any drug and or alcohol for addiction treatment and related appointments.

DOAP also provides referral services for shelters, detoxification, addiction treatment services, health needs, crisis counselling, advocacy, and basic needs like food, housing, and clothing. The team can travel anywhere in the city and is a great resource for questions around addiction issues. The DOAP team can also provide referrals to more appropriate youth services for young people experiencing homelessness.

Contact DOAP

DOAP Outreach: 403-998-7388 (cell) – Operates 24/7

DOAP Encampment Team (for people sleeping outside): 403-805-7388 (cell) – Operates Monday to Friday, 8:00 am to 4:00 pm.

Help For Troubled Children and Youth

The Calgary Police Service has a Youth Resource Officer who works with agencies to provide a more coordinated service response to young people frequently in conflict with the justice system.

If your child or someone you know is experiencing mental health or addiction concerns, you can access the following resources for support:

- Alberta Health Services Access Mental Health line: 403-943-1500 (adults and youth)
- Alberta Health Services 24-hour Addictions Help Line: 1-866-332-2322 (adults and youth)
- Wood's Homes 24-hour Crisis Response Team (CRT): 403-299-9699

PRESIDENT'S MESSAGE



Happy May neighbours and a happy Mother's Day to all the moms in Kingsland,

A big thank you to all whom purchased plants through our annual Plant Fundraiser, plants are available for pick up on May 11. We are working this year with Rainbarrels.ca for a rain barrel fundraiser and need your help – so please check out our website, and share with your friends and family, by checking the Calgary Home Delivery link on www.rainbarrel.ca. We have to hit 300 rain barrels, and this year the City of Calgary has a rebate of \$50 a barrel with a max of two rebates a household to encourage Calgarians to harvest rainwater for our gardens, which helps reduce water usage and provides us gardeners water for any water restrictions or droughts. The rain barrels will be delivered to your home (\$10 delivery fee) so need to worry about getting it in your car or borrowing a truck. The City Rebate caps at 3,000 applications so get your order in soon!

Our partners, the City of Calgary Community Connectors, are hosting a Together We Thrive: A Community Showcase and Multi-Cultural Celebration Sunday, May 25 from noon to 3:00 pm at the Kingsland Community Association Hall so please come out and support this great event!

Saturday, June 28 will be our combination Cleanup Day and Neighbours 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. 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.

A special shout out to Dick Bergman for his excellent fire making skills at our Winterfest – we could not have made the memories, marshmallows, or hotdogs without your efforts and great conversation! Apologies for missing you in my March Post.

Annual Memberships for your Kingsland Community Association are coming up! Flyers will be delivered in the weeks to come, and as always online payment and setup of membership is available on our

website www.kingslandcommunity.ca/about-us/memberships.

We are working our social calendar for the year and seek community members for our Social Committee to help plan and facilitate KCA social events for the year. Please reach out to social@kingslandcommunity.ca to join! To stay up to date on all things Kingsland Community, make sure to check out our website's homepage to see what's new in our neighbourhood and follow us on social media at [@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 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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Partnership:

Alberta Recycling
Management Authority

13th Annual Kingsland Community Clean Up & Recycling Event



Saturday, June 28th, 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 28th, 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 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](#)).



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info@officialplumbingheating.ca
official-plumbing-heating.ca

KINGSLAND PROGRAMS



Monday to Friday

Kingsland Preschool in Lower Hall

Tuesday

Once Per Month - Calgary Camera Club

Wednesday

Last Wednesday of Each Month - Piecemakers's Guild
of Calgary

Thursday

Voix Des Rocheuses - French Choir Practice

Friday

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

Sunday

Second Sunday of Each Month - St. Brigid
Catholic Church

BRAIN
GAMES

SUDOKU

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

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THURS: 8AM-4PM
FRI: 8AM-3PM
SAT & SUN: CLOSED

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📍 #215 - 7720 Elbow Drive SW,
Calgary, AB T2V 1K2

☎ (403) 253-6100

✉ smilestudiocalgary@outlook.com



Scan to request
an appointment

Six Ways to Stand Up for Yourself

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

People-pleasing is a common pattern where individuals prioritize others' needs or desires over their own...often at the expense of their well-being. Overcoming this behaviour takes self-awareness, boundary-setting, and practicing self-care. Here are six ways to stop people-pleasing:

1. Recognize and Acknowledge the Behaviour

The first step in breaking free from people-pleasing is to recognize when you're doing it. Notice if you're constantly agreeing to things you don't want to do, neglecting your own needs, or avoiding conflict at all costs. Once you can identify these patterns, you can start taking steps to address them.

2. Set Clear Boundaries

Setting healthy boundaries is essential to stopping people-pleasing. This means learning to say no without guilt and making it clear what you can and cannot do. Practice asserting yourself calmly and confidently when someone asks for something that goes beyond your limits. You don't have to provide an explanation for your boundaries — just saying "I can't do that right now" or "That doesn't work for me" is enough.

3. Understand and Prioritize Your Own Needs

People-pleasers often suppress their own needs in favour of others. To stop this, be mindful of your own feelings and desires. Make a habit of checking in with yourself regularly. What do you need in the moment? What are your values? Prioritizing your own emotional, mental, and physical well-being helps you stop being overly concerned with other people's approval.

4. Challenge Your Fear of Disappointment or Conflict

A lot of people-pleasers fear disappointing others or facing conflict. Shift your mindset by reminding yourself that it's okay to disagree or say no. You don't need to make everyone happy, and people's reactions to your boundaries don't define your worth. Over time, you'll become more comfortable with discomfort and realize that you can handle others' feelings without compromising your own.

5. Learn to Tolerate Guilt and Discomfort

It's natural to feel guilty when you start saying no or standing up for your needs, especially if you're used to pleasing others. Practice tolerating that guilt and discomfort. Understand that feeling bad doesn't mean you've done something wrong — it simply means you're making a change. As you practice, this guilt will lessen, and you'll become more comfortable with acting in ways that align with your values.

6. Surround Yourself with Supportive People

Having people around who respect your boundaries and encourage your personal growth can help you feel empowered to stop people-pleasing. Seek relationships that are balanced and reciprocal, where your needs are valued just as much as others'. Positive, supportive people will help you feel more confident and less likely to fall back into people-pleasing behaviours.

Changing people-pleasing habits takes time, but with consistent effort and practice, you can learn to prioritize your own needs and create healthier, more authentic relationships.

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GAMES & PUZZLES

Guess the Video Game!

1. This video game was developed and published by Atari in 1972, making it one of the earliest and most well-known video games.
2. With over 300 million copies sold, this is the best-selling video game of all time.
3. Physicist William Higinbotham created the very first game called _____; and no, it's not what you think!
4. A video game classic, the character of Mario was originally called _____.
5. Beginning as a joke, this 1999 Nintendo 64 game included an unlikely rap about its main characters.
6. The Stalfos are the only enemy creatures to appear in every edition of this video game since its creation.



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ANSWERS!



 Calgary
Humane
Society

REPORT

ANIMAL ABUSE

ANIMAL NEGLECT

ANIMAL ABANDONMENT

END ANIMAL CRUELTY

To report animal cruelty call 403-205-4455

Learn more at CalgaryHumane.ca

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

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."

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

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.

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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, 403-269-2707.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

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.



the Gutter Doctor

403-714-0711
gutterdoctor.ca

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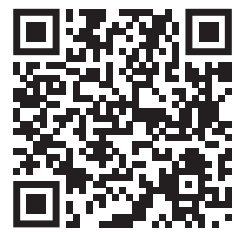
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