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## 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: \$17,679*

**SALE \$13,879**

*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

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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



Hi there neighbours,

It is hard to believe fall is already here, summer vacations have come to a close, kids are back to school, and rush hour traffic is as thick as ever. Time sure flies.

On Thursday, October 23 at 7:30 pm we have our Annual General Meeting (AGM), where new and current board members who wish to stay on the board will be put forward for the new fiscal. Attendance of Kingsland community members is needed and greatly appreciated, all are welcome—current and future members. The purpose of the AGM is to highlight what has happened over the prior fiscal year and make any board changes needed. A big thank you to current board members, retiring board members, and future board members, your time and work on the board is greatly appreciated.

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! Without this committee and our volunteers, it is challenging as a volunteer-based organization to have the people power to put on our events.

To stay up to date on all things Kingsland community, make sure to check out our website's homepage and follow us on social media, [@kingslandcommunityyc!](https://www.instagram.com/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! If you are interested in board positions, please see our website for open roles 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)

\*This message is written one month in advance.

## KINGSLAND PROGRAMS



### **Monday**

Kingsland Preschool

### **Tuesdays**

Kingsland Preschool

Acrobatic Arts from 4:30 to 9:30 pm

### **Wednesdays**

Kingsland Preschool

### **Thursdays**

Kingsland Preschool

Voix Des Rocheuses Choir from 7:00 to 9:00 pm

### **Friday**

Kingsland Preschool

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

Beso De Tango. Adult Dance lessons at 7:00 pm

### **Sunday**

Second Sunday of Each Month - St. Brigid  
Catholic Church

## 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).



# Age-Friendly Calgary Essential Numbers for Seniors in Calgary

## 9-1-1 Emergency (24-Hour)

For EMERGENCY medical, fire, and police response. Call the non-emergency police line at **403-266-1234** to report an incident that is not an emergency.

## 8-1-1 Health Link (24-Hour)

Health advice (including dementia advice) from a registered nurse.

## 3-1-1 City of Calgary (24-Hour)

Information on all City of Calgary services. [www.calgary.ca](http://www.calgary.ca).

## 2-1-1 Community Resources (24-Hour)

Information and referrals for community and social services. [www.ab.211.ca](http://www.ab.211.ca).

## 403-SENIORS (403-736-4677) The Way In

Information, advice, and help accessing programs and benefits for older adults.

## 403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)

Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).

## 403-943-1500 Access Mental Health

Non-urgent advice on navigating the addiction and mental health system.

## 403-705-3250 Elder Abuse Resource Line (24-Hour)

Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

BRAIN GAMES

SUDOKU

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

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## CRIME PREVENTION AND SAFETY

### Community Traffic and Pedestrian Safety

As Kingsland has experienced a surge in population and urban activity, the dynamics of traffic and pedestrian safety have become increasingly complex. With more families moving into the area and children playing in the parks or commuting to school, both roads and sidewalks have become busier, which brings a unique set of challenges. The uptick in both traffic and pedestrians—especially near schools and in playground zones in Kingsland and area, means we need to keep an eye on how safe we all are while navigating our neighbourhood.

### Areas of Concern

Areas surrounding schools, parks, and busy intersections are often the scene of accidents. There are certain hotspots in our community that need special attention when it comes to safety. Police say locations like the pedestrian crosswalks at Elbow Dr and both 75 Ave and 73 Ave are especially problematic. The most frequent complaint is drivers not coming to a stop at the stop signs causing close calls with people crossing the street. However, it's not just the drivers; sometimes crowds of students are not always considerate of road traffic by crossing the street against the 'Do Not Walk' sign. Following road signs and traffic signals is a legal requirement.

It's been said before and deserves repeating: Drivers should put away their phones, and pedestrians must remember to look before crossing the street; it's up to everyone to pay attention. Distractions, speeding, and failure to yield/stop are major contributors to road accidents in Calgary. Add in the ever-changing weather conditions and you have a dangerous mix. Many incidents stem from a lack of awareness, whether it's a driver not scanning for pedestrians or a pedestrian wearing earbuds and looking at a cell phone instead of looking both ways. Safety is everyone's responsibility.

### Calgary Police remind all Calgarians to:

- Slow down in playground zones: these zones have a maximum speed of 30 km/h from 7:30 am to 9:00 pm every day.
- Watch for buses: Always be alert for children around a stopped school bus.
- Avoid distractions: While driving, do not use electronic devices, read printed material, or engage in activities that will take your eyes off the road.

- Stop and park only in designated zones: do not stop or park: within five metres of a crosswalk, in 'No Stopping' zones, or in designated bus zones. Do not double park.
- Never leave your car running and unattended.
- Avoid jaywalking: Use marked crosswalks and activate pedestrian crossing signals wherever possible.
- Be aware of surroundings: as a pedestrian, even if you have the right of way, look and listen before crossing the road. Avoid walking with headphones or earbuds.

Police say Calgarians can expect to see an increased presence from The City of Calgary's Traffic Safety Team around schools/playground zones. They are there to enhance traffic enforcement, creating safer communities.

### Have You Seen Them?

Those high-visibility photo radar police cars with bright green decals that clearly state "Drive Safe" parked along one of the Playground Zones in the Kingsland area? Yes, they've been seen in our neighbourhood.



Thank you, Calgary Police Traffic Safety Team!

It's the season—pumpkin spice and everything nice. Happy and safe fall everyone!



**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



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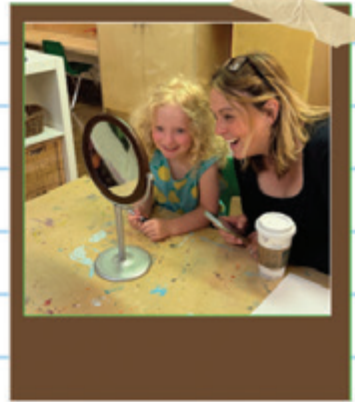
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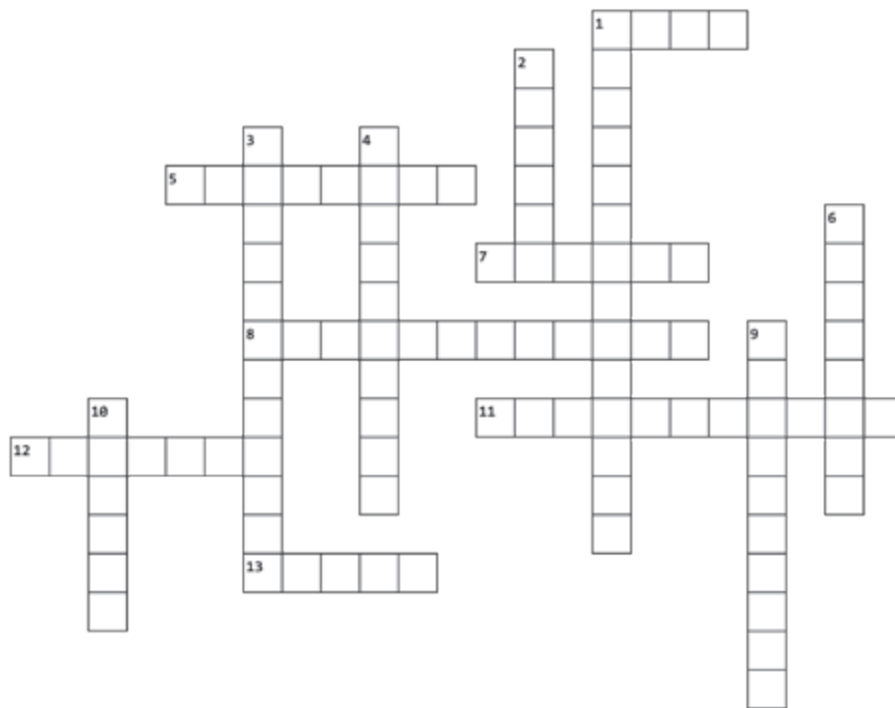
[www.kingslandcommunitypreschool.com](http://www.kingslandcommunitypreschool.com)



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



# October Crossword



Visit [bit.ly/mycalgary](https://bit.ly/mycalgary)  
answers or  
scan the QR  
code for the  
answers

## Across

1. This Andrew Lloyd Webber musical debuted on Broadway at the Winter Garden Theatre in October 1982.
5. On October 5 World \_\_\_\_\_' Day is celebrated to honour those who educate us.
7. Queen Elizabeth II officially opened this iconic Opera House on October 20, 1973.
8. Canadians celebrate this holiday on the second Monday of October.
11. The vibrant hues of autumn leaves are due to a lack of what pigment.
12. This iconic single by John Lennon was released on October 11, 1971, in the United States.
13. On October 8, 2004, Wangari Maathai was awarded the \_\_\_\_\_ Peace Prize, making her the first African woman ever to receive the award.

## Down

1. The Orient Express departed on its first journey from Paris on October 4, 1883, to this city now known as Istanbul.
2. Stock markets crashed worldwide on October 19, 1987, and became known as Black \_\_\_\_\_.
3. NHL star Glenn Hall, nicknamed Mr. Goaltender, was born on October 3, 1981, in Humboldt, \_\_\_\_\_.
4. Canadian filmmaker James Cameron released the sci-fi action hit, *The \_\_\_\_\_* in October 1984.
6. This beloved Canadian Ryan was born on October 23, 1976, in Vancouver, B.C.
9. The dystopian novel where books are banned and burned, \_\_\_\_\_ 451 by Ray Bradbury, was published on October 19, 1953.
10. The "Thriller in \_\_\_\_\_" on October 1, 1975, saw Muhammad Ali beat Joe Frazier after 14 rounds.



## 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.

## Halloween Safety

by Alberta Health Services

As a member of Calgary's Child Magazine Partners for Safety initiative, AHS EMS would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

### Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

### Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

### Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.



- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

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## Salmon and Broccoli Rice Bowl

by Jennifer Puri

Raw or cooked, broccoli is a nutrient-rich vegetable packed with vitamins, minerals, and fibre.

Steaming or roasting tends to preserve the most nutrients and flavour, but raw broccoli is also a great option when paired with dips or in salads.

Cooking broccoli can soften the tough fibres making it easier to chew and digest. Nutrient-rich and low in fat, broccoli can be a healthy, low-calorie snack.

When purchasing broccoli, choose bright green broccoli with crisp, dark green leaves and tightly closed buds. Store in the refrigerator and wash only when you plan to use it.

Create your own stir-fry sauce or use a store-bought one as shown in this simple and easy to prepare salmon and broccoli rice bowl recipe below.

**Prep Time:** 15 minutes

**Cook Time:** 20 minutes

**Servings:** 2

### Ingredients:

- 2 fillets of Salmon (4 oz. each)
- ¼ tsp. pepper
- ½ tsp. salt
- 1 tbsp. olive oil
- 2 tsp. black sesame seeds
- 1 crown of broccoli sliced
- ½ cup store-bought stir-fry sauce
- ½ tsp. crushed garlic
- ½ tsp. crushed ginger
- 1 tbsp. sesame seed oil
- 2 cups cooked white, brown, or black rice
- ½ avocado sliced

### Directions:

1. Preheat oven to 400 degrees Fahrenheit.
2. Place salmon fillets on a foil lined baking sheet. Drizzle the olive oil on the fillets, sprinkle the salt and pepper, and then bake on the middle rack of the oven for 18 minutes or until salmon is cooked through. Remove salmon from oven, sprinkle with black sesame seeds,



and cut into small chunks.

3. Heat 1 tbsp. of sesame seed oil in a skillet, add the broccoli florets, and sauté on medium heat for 3 to 4 minutes.
4. Next add the garlic, ginger, and stir-fry sauce and continue to sauté until broccoli is tender.
5. To serve, divide the rice into two bowls and top with salmon pieces, broccoli, sliced avocado, and lemon wedges. Spoon additional stir-fry sauce on the broccoli if desired.

Bon Appétit!



# How You Can Support an Emotionally Avoidant Partner

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

Supporting a partner who struggles with emotional vulnerability can be challenging—especially if your own emotional needs aren't being met. You can offer support, but you are not responsible for doing their emotional work for them. Here are some ways you can create a safer environment for emotional connection:

### 1. Model Emotional Safety

- Be open with your own emotions in a grounded, non-blaming way.
- Use “I feel” statements instead of “You never” accusations.
- Normalize vulnerability by showing that emotions are human, not shameful.

### 2. Respect Their Pace—but Hold Boundaries

- Understand that emotional change takes time.
- Avoid forcing deep conversations when they're emotionally shut down.
- At the same time, be clear about your own needs. It's okay to say, “I need emotional openness in this relationship to feel connected.”

### 3. Affirm Effort, Not Just Outcomes

When your partner makes even a small attempt to open up, acknowledge it gently. “Thank you for sharing that. It means a lot.” “I know that wasn't easy for you to say.” Positive reinforcement helps override the fear that emotional vulnerability will lead to shame or rejection.

**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.



### 4. Don't Take Avoidance Personally

Their emotional withdrawal is usually about self-protection, not about you. Try not to interpret their distance as lack of care—it's more often fear, confusion, or discomfort.

### 5. Encourage—but Don't Rescue

- Invite them into deeper connection but avoid doing all the emotional work.
- Encourage therapy or men's support groups where they can build emotional awareness in a safe space.

### 6. Stay Connected to Your Own Emotional Needs

Supporting someone else emotionally doesn't mean abandoning your own needs. Therapy, journaling, or support groups can help you stay grounded and clear about what you need in the relationship.

Emotional avoidance doesn't mean a man is incapable of love—it means he may be stuck in old protective patterns. With patience, boundaries, and the right kind of support, many emotionally avoidant men can learn to build deeper, more connected relationships.

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## GAMES & PUZZLES

### Guess the Squash!

1. This winter squash is popular in making Jack-o'-lanterns.
2. The British refer to this summer squash as a courgette.
3. This elongated squash grows on a vine and has a bulbous bottom that stores its seeds.
4. This squash resembles the shape of a flying saucer!
5. This squash shares its name with an elongated yellow fruit.
6. Like the fruit of an oak tree, this squash shares the same name and shape.



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## THE ROCKET

On October 19, 1957, hockey history was made. Montreal Canadiens star Maurice "Rocket" Richard became the first player in NHL history to score 500 goals. He reached the milestone on home turf at the Montreal Forum, cementing his legacy as one of hockey's greatest legends.



## WORD OF THE MONTH

**Phantasmagoria: Noun**  
(phan-tas-ma-go-ria)

A rapidly shifting scene or sequence of pictures, like those in a dream.

What happens next was a  
phantasmagoria of mystery.

# BUSINESS CLASSIFIEDS

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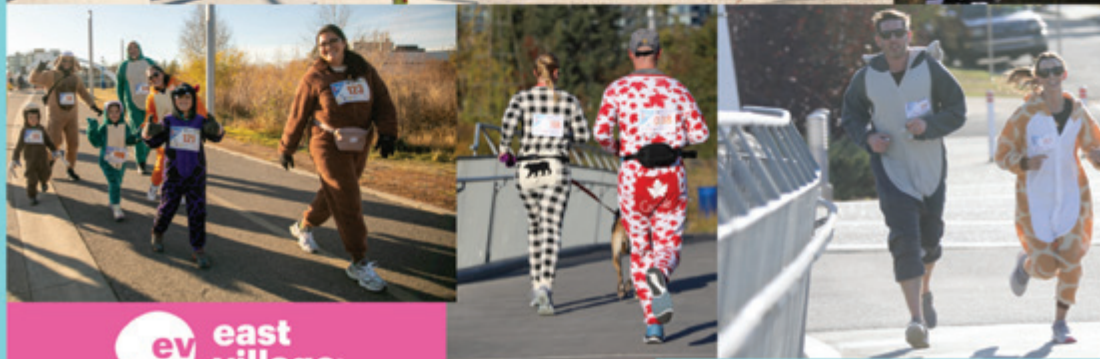
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