

SEPTEMBER 2025

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We all deserve to feel safe and be safe.

No matter who we are or where we are in Calgary.

A safe community means feeling comfortable wherever you are at all times of day. This list helps you connect to local teams that can help you when you are presented with situations that could make you feel unsafe.

EMERGENCY	9-1-1: Call in an emergency
DISTRESS CENTRE	211 or text INFO to 211: Social resources
BYLAW, CITY INFO	311: City information and bylaw requests
HELP TEAM	403-998-7388: Unhoused persons support
TRANSIT WATCH	403-262-1000 or text 74100: Transit safety issues
POLICE NON-EMERGENCY	403-266-1234: Police non-emergency situations

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BRAIN
GAMES

SUDOKU

	7		4	5	9			
5			7			4	6	
		2						3
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SCAN THE QR CODE
FOR THE SOLUTION



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!

PRESIDENT'S MESSAGE



Hi there neighbours,

What a wild and wet summer we have had thus far, to those of us who feel the frustration of a wet basement I know your pain too well. It seems like once every ten years or so we get a wet and grey summer – let's hope for a stunner of a fall with sunshine, warm days, and crisp evenings, and a very delayed first frost so us gardeners can get a little bit more from the season.

Next month on October 23 at 7:30 pm we will have our Annual General Meeting, where new and current board members who wish to stay on the board will be put forward for the new fiscal. This month's meeting is when we put forward our list of new board members, so if you are interested in a position please reach out to us ASAP.

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 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 to see what's new in our neighbourhood and follow us on social media, @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 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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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.

SCAN HERE TO VIEW ADDITIONAL KINGSLAND CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



Creamy Beef Enchiladas

by Jennifer Puri

The idea of rolling tortillas around food originated in Aztec times but it was the Spanish Conquistadors who adopted the dish and added new ingredients like cheese, pork, and chicken.

Enchiladas, meaning “to season with chilies”, refers to stuffed corn tortillas that have been dipped in a chili sauce. A traditional Mexican dish, Enchiladas have a unique flavour and are a perfect combination of tortilla, meat, cheese, and sauce.

Smothered in sauce and baked, creamy beef enchiladas are filling and rich, so they are best paired with a simple bean salad or Mexican rice.

Prep Time: 20 minutes

Cook Time: 30 minutes

Bake Time: 30 minutes

Servings: 5 to 6

Ingredients:

- 1 ½ lbs lean ground beef
- 1 tbsp. canola oil
- ½ cup yellow onion, sliced
- 1 cup cooked and rinsed black beans
- 2 packets (24 gm each) hot and spicy taco seasoning
- 6 large flour tortillas
- 1 ½ tsp. powdered cumin
- ¼ cup all purpose flour
- 1 can diced green chili peppers
- 1 cup milk
- 2 cups light sour cream
- ½ cup low fat Greek yoghurt
- 2 cups Mexican shredded cheese

Directions:

1. Heat oil in a medium size pan, add onion and sauté until it turns a light brown. Then add the ground beef and brown about 3 to 4 minutes. Next add the taco seasoning and the black beans and continue to stir for 2 to 3 minutes.
2. Add the water and simmer the beef and bean mixture for about 20 minutes or until the liquid has dried up. Remove from heat and allow to cool.



3. Preheat oven to 350 degrees Fahrenheit.
4. Grease a large, rectangular oven-proof dish with butter. Place the tortillas on a flat surface and divide the cooled meat mixture between the tortillas. Fold tortillas and place them in the baking dish seams side down.
5. Prepare the cream sauce by combining the flour, cumin, sour cream, milk, yoghurt, and chilies in a bowl. Then spoon the sauce over the tortillas and sprinkle the cheese over it. Cover with non-stick foil and bake in the oven for 30 to 40 minutes.
6. Garnish with chopped tomato, avocado, and coriander leaves, and serve with a salad, salsa, and sour cream if desired.

Bon Appétit!

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



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

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ANSWERS!**

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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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118 St Andrew's Scouts

118 St Andrew's Scouts asks: "What did the Baby Corn say to the Mama Corn?"

"Where's Popcorn?"

Don't worry Baby Corn, Scouts Popcorn will be coming in September! We're pleased to be partnering with Olde Fair Gourmet Popcorn again this year. We'll be back in full swing just after the school year starts, we'll be around door to door on most streets and accepting online orders soon.

While you wait, here is a fun fact for you:

The first built Scout Hall in Calgary is still standing, our neighbour group 10th Sara has a lovely building at 609 Rideau Rd SW. Since being opened as a Scout Hall in 1927, the building has burned and flooded but is beautifully restored. We can't wait for its upcoming 100th year anniversary.

Scouting is open to youth members ages 5 to 26 and volunteers starting at age 14. Everyone is welcome at our Campfire.

Age-Friendly Calgary Essential Numbers for Seniors in Calgary	
9-1-1 Emergency (24-Hour)	403-SENIORS (403-736-4677) The Way In
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.	Information, advice, and help accessing programs and benefits for older adults.
8-1-1 Health Link (24-Hour)	403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)
Health advice (including dementia advice) from a registered nurse.	Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).
3-1-1 City of Calgary (24-Hour)	403-943-1500 Access Mental Health
Information on all City of Calgary services. www.calgary.ca .	Non-urgent advice on navigating the addiction and mental health system.
2-1-1 Community Resources (24-Hour)	403-705-3250 Elder Abuse Resource Line (24-Hour)
Information and referrals for community and social services. www.ab.211.ca .	Confidential information and support, or to report a suspected case of elder abuse.
Telephone language interpretation service available on all lines.	



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Back to School Safety

by Alberta Health Services

Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you.
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions.



- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: Children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

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WORD OF THE MONTH

RIGMAROLE: NOUN
(RIG-MUH-ROHL)
Something long, tedious, and complicated.

Mr. Scott went through the usual social rigmaroles at the party.



Understanding Why Some Men Struggle with Emotional Avoidance in Relationships

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

As a relationship counsellor many women ask me: "Why is my partner so emotionally unavailable?" or "Why won't he open up to me?". If you're in a relationship with a man who seems emotionally distant, you're not alone. Emotional avoidance is incredibly common among men (and women too). While it can feel confusing or painful in a relationship, it's often rooted in early life experiences and cultural messages, not a lack of love or care.

1. Cultural and Social Conditioning

From a young age, many boys are taught to suppress their feelings. Messages like:

"Don't cry." "Man up." "Be strong." are often used to discourage boys from expressing emotions like sadness, fear, or vulnerability.

Over time, this social conditioning can lead men to associate emotional expression with weakness or failure. Vulnerability feels unsafe. Many men grow up believing they must always appear "in control," which means avoiding emotions, both their own and others'.

2. Early Childhood Attachment Patterns

Many emotionally avoidant men learned, early in life, that emotional needs wouldn't be met. Perhaps their caregivers were:

Emotionally distant. Critical or punishing when they expressed feelings. Overwhelmed and unavailable themselves.

As a result, these men developed an avoidant attachment style. They learned to cope by shutting down emotional needs, relying only on themselves, and avoiding dependence on others. In adult relationships, this can look like:

Withdrawing during conflict. Struggling to express affection or emotional presence. Feeling overwhelmed when their partner expresses strong emotions.

3. Fear of Shame and Vulnerability

Opening up emotionally requires risk. For many men,



emotional intimacy feels like stepping into unknown and possibly dangerous territory. They may fear:

Being judged. Saying the wrong thing. Being seen as "not enough".

To protect themselves from the possibility of shame or rejection, they pull back emotionally. This doesn't mean they don't care. It means their nervous system is trying to protect them.

4. Lack of Emotional Awareness or Language

Many men simply haven't been taught how to identify, name, or communicate their feelings. Emotional intelligence is a skill set, one that needs modelling and practice. Without that early modelling, men may not even recognize what they're feeling, much less how to express it in a way that feels safe or clear.

This lack of emotional literacy can come across as:

"I don't know what I'm feeling." "I'm fine." (when they're clearly not). Defensiveness or silence during emotionally charged moments.

5. Modelling and Role Expectations

Most men were raised in environments where male role models modelled emotional detachment or stoicism. If their fathers, uncles, or coaches didn't show emotional vulnerability—or worse, shamed it—they may not have any roadmap for what emotional availability looks like. In adulthood, many men feel emotionally "lost" and unsure how to engage on a deeper level.

6. Protective Coping from Past Wounds

If a man has experienced trauma, betrayal, or loss in the past, emotional avoidance may be a protective strategy. Avoiding closeness can feel like a way to prevent being hurt again. Unfortunately, what once served as protection can eventually become a barrier to healthy connection.

Book Suggestion: *The New Rules of Marriage: What You Need to Know to Make Love Work* by Terrance Real.



Kingsland Real Estate Update

Last 12 Months Kingsland
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2025	\$232,400	\$221,500
June 2025	\$439,950	\$454,950
May 2025	\$1,199,900	\$1,169,000
April 2025	\$564,394	\$583,185
March 2025	\$657,900	\$670,100
February 2025	\$259,900	\$255,300
January 2025	\$279,900	\$265,000
December 2024	\$569,500	\$559,500
November 2024	\$392,400	\$379,950
October 2024	\$582,000	\$575,000
September 2024	\$699,900	\$690,000
August 2024	\$344,900	\$344,900

Last 12 Months Kingsland
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2025	8	4
June 2025	8	4
May 2025	4	1
April 2025	8	10
March 2025	7	5
February 2025	3	3
January 2025	2	1
December 2024	3	2
November 2024	3	6
October 2024	8	7
September 2024	7	3
August 2024	4	7

To view more detailed information that comprise the above
MLS averages please visit **king.mycalgary.com**



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
f facebook.com/dianabattenmla
@dianabatten_ @DianaBatten_

Happy Autumn, Calgary-Acadia!

As summer winds down and we trade in sandals for sweaters, I wanted to take a moment to reflect on what a truly special season it's been here in the riding of Calgary Acadia.

From the excitement of Stampede to the warmth of local events, this summer has been packed with energy, laughter, and good old Calgary-Acadia spirit. Whether it was chatting over pancakes or karaoke, we felt the heartbeat of our communities.

Our team had the joy of attending many Stampede breakfasts across the riding—early mornings made brighter by stacks of pancakes, sizzling sausages, and lively conversations with all of you. A special shoutout to everyone who joined us for our Caucus Stampede Breakfast in Haysboro—it was a highlight filled with music, laughter, and the kind of community connection that makes Calgary-Acadia feel like family. But it wasn't just about syrup—we've also been out on your doorsteps, connecting with neighbours, hearing your stories, and listening to what matters most to you. Whether you greeted us with gardening gloves on or a curious kid in tow, we're so thankful for the conversations and insight you've shared.

As September approaches, we want to wish students, teachers, and school staff all the best for the new school year. Whether it's a first day of kindergarten, a leap into middle school, or the last lap of high school, we're cheering you on! (And to the parents out there—you've got this. May your coffee be strong and your lunch-packing stress-free!)

Come October, we'll be back in the Legislature, ready to bring your voices to Edmonton and advocate for the issues that matter to you.

Thank you for making this summer one to remember. Let's carry that spirit into the fall—pumpkin spice and all.

With gratitude,
Diana

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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.

HOLLYBURN AESTHETICS: Now accepting clients for neuromodulator injection treatments by Christine, a licensed family Nurse Practitioner. Services include medical treatment for concerns such as jaw pain, chronic migraines and excessive sweating as well as aesthetic treatments to help soften expressive lines. Aesthetic treatments are offered at a rate of \$6 per unit depending on supplies. Please email hollyburnaesthetics@gmail.com. Instagram @hollyburnaesthetics.

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