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Dr. Milena Hobbs



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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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SALE \$15,679

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2026 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	Carmen Buckner
Vice President	Teresa Bristow
Treasurer	Jessica Pickel
Secretary	Charlotte QuickeL
Planning and Development Director	Brandy MacInnis
Social Director	Laura Niergarth
Membership Director	Corey Fitzgerald
Lifecycle Director and Hall Maintenance Coordinator	Vacant
Communications Director	Charlotte QuickeL
Open Director	Lars Stevenson
Crime Prevention and Safety Director	Jeannine Konrad

OTHER KCA CONTACTS

Casino Coordinator	Carmen Buckner
Hall Manager and Admin	Jen Sherstabetoff

COMMUNITY CONTACTS

Councillor Ward 11	Rob Ward	ward11@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 Neighbours,

2026 is in full swing, and the KCA is busy planning our social calendar for the year. We'd love to hear your ideas and suggestions for events you'd like to see in our community.

As mentioned last month, we are currently looking for 40+ volunteers for our largest fundraiser of the year on March 16 and 17 at Pure Casino. There are three shift options available:

- 11:00 am to 7:00 pm
- 6:30 pm to 3:30 am
- 11:00 pm to 3:30 am

This is a great opportunity to meet your neighbours, volunteer at a casino, and enjoy a free meal. No experience is required. Sign-up is available on our website under "Current Volunteer Opportunities."

We also have a Lifecycle Directions and Hall Maintenance Coordinator board position available. If you are interested or would like more information, please reach out to me at president@kingslandcommunity.ca.

Lastly, we are looking for photos of neighbours and residents enjoying the rink. If you have any great pictures that you're willing to share, we would love to see them—please send them my way.

Warmly,

Carmen Buckner



Celebrity Simmons



Best known for his roles in films like *Whiplash* and *Spider-Man*, J.K. Simmons is considered one of the most prolific character actors of his generation. But did you know that since the late 1990s, on top of his great movie roles, Simmons has been the voice of the yellow M&M in the commercials? How deliciously fun!

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Smoke Alarms Save Lives!

by *The City of Calgary Fire Department*

Working smoke alarms save lives by alerting occupants to harmful smoke and can reduce your risk of dying in a home fire. The toxic effects of inhaled smoke can overwhelm occupants before they can escape or even wake up from sleep. When properly installed, tested, and maintained, smoke alarms are the best early warning system in the event of a home fire.

What You Should Know

Test smoke alarms once a month by pressing the test button and replacing the batteries as required. Certain smoke alarms have a ten-year battery that does not need to be replaced for the life of the alarm, while others have replaceable batteries; consult your manual for the proper maintenance and replacement. Replace smoke alarms after ten years. If you discover a smoke alarm is defective or broken after testing, replace it immediately.

Install at least one smoke alarm on every level of your home, including the basement, and ensure there is a smoke alarm inside every bedroom or outside every sleeping area.

Sleep with bedroom doors closed. Test smoke alarms to ensure you and your family will be able to hear and wake up at the sound of the alarm and if not, install smoke alarms inside bedrooms to ensure residents will hear when sleeping.

There are several types of smoke alarms and detectors. Alarms using ionization technology are best suited for detecting fast-flaming fires. Alarms using photoelectric technology are best suited for detecting slow, smouldering fires. For the best protection, install both ionization and photoelectric smoke alarms in your home or consider installing dual-sensor smoke alarms. When purchasing a smoke alarm, look for a product that has been manufactured and tested to an acceptable standard, as indicated by a marking for the Underwriters Laboratories of Canada (ULC).

How To Tell If Your Smoke Alarm Is Expired?

Smoke alarms expire after ten years.

To find out how old your smoke alarm is, follow these steps below:

1. Remove the smoke alarm from the wall or ceiling.
2. Look at the back of the alarm for the date of manufacture.
3. If it was made less than ten years ago, put the alarm back on the ceiling or wall.
4. If it was made ten or more years ago or you cannot find the manufacture date, replace the alarm with a new one.

What Kind of Smoke Alarms Are Available?

Smoke alarms may be powered by battery (nine volt), hard-wired to your home's electrical system, or hard-wired to your home with a battery backup. Regardless of how a smoke alarm is powered, it should be replaced after ten years.

Basic care instructions for a smoke alarm include:

- Regular vacuuming with a soft bristle attachment can help keep a smoke alarm working properly. Follow manufacturer's instructions for cleaning.
- Do not paint or decorate smoke alarms.

Installation Information

Install all alarms as per the manufacturer's recommendations, keeping in mind the required clearances. Installing smoke alarms on the ceiling is recommended as smoke, heat, and combustion products rise to the ceiling and spread horizontally.

Smoke alarms may be installed inside bedrooms and can be interconnected with alarms installed in hallways and common areas.

When your smoke alarm is activated without the presence of smoke or fire, it is called a 'nuisance alarm'. This may happen because the smoke alarm needs to be cleaned or is too close to kitchen appliances that emit smoke or steam and set the smoke alarm off.

Consider relocating the smoke alarm further away from kitchens and bathrooms or install a smoke alarm with a 'hush' feature, which allows temporary silencing of the alarm.

Hard-wired smoke alarms can be interconnected so that every smoke alarm sounds when smoke is detected by just one alarm. This is an advantage because residents are given more time to escape if they are in one part of the home and a fire breaks out in another part. Alarms that are hard-wired should have battery back-ups in case of a power outage.

If There Is a Fire

1. Evacuate Immediately: Get out fast, closing doors behind you to contain the fire.
2. Alert Others: Shout "Fire!" to wake everyone.
3. Go to Meeting Spot: Meet at your pre-planned outdoor location.
4. Call 9-1-1: Phone from a safe spot outside your home.
5. Stay Out: Never re-enter for belongings or people; tell firefighters if someone is missing.
6. If Trapped (High-Rise): Go to a room with a window, close the door, block smoke (towels under door/vents), call 9-1-1 with your location, and signal for help from the window.

If It's a False Alarm (No Smoke/Fire)

1. Ventilate: Open windows and doors to clear smoke/steam.
2. Silence/Reset: Press the "Test/Hush" button on the alarm; remove the battery if needed for battery-only alarms.
3. Investigate: Check for dust, insects, or burnt food near the detector.
4. Clean: Vacuum or use compressed air to clean the detector.
5. Replace: If the unit is over ten years old, replace it.
6. When in Doubt: If you can't identify the cause or are nervous, treat it as real and call 9-1-1, or 3-1-1 for non-emergency fire info, as per The City of Calgary.

Assistive Alerting Devices for Deaf and Hard of Hearing

The Calgary Fire Department provides free assistive alerting devices to eligible deaf and hard of hearing Calgarians. These devices are designed to provide early warning safety alerts for smoke and carbon monoxide emergencies.

City of Calgary Emergency Number: 9-1-1

Non-Emergency Fire Information: 3-1-1



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Staying in Relationships Thinking the Other Person Will Change, Now What?

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



In romantic relationships, the hope that someone will change is incredibly common, and very human. Here's the why:

We fall in love with potential, not just reality. Early connection, chemistry, and shared dreams can make us focus on who someone could be rather than who they consistently are.

Love activates optimism and attachment. Attachment bonds naturally create hope. Our nervous system prefers security over loss, so we hold onto the idea that change will come rather than face the pain of disappointment or separation.

We confuse influence with control. Healthy relationships do involve growth and compromise, but that can slide

into the belief that love, patience, or suffering will eventually motivate change in areas that are actually character-based or deeply ingrained.

Familiar patterns feel safer than unfamiliar outcomes. Even dissatisfaction can feel safer than the uncertainty of leaving—especially if someone grew up adapting to others or earning love by tolerating discomfort.

Cultural narratives reinforce it. We're taught that love "fixes," that commitment means endurance, and that leaving equals failure rather than discernment.

Acceptance doesn't mean approval. It means clearly seeing who someone is right now, and asking: Can I live peacefully with this if it never changes? If the answer is no, the work isn't to force acceptance—it's to honor that

GAMES & PUZZLES

Guess the Olympic Sport!

1. Prince Albert II of Monaco competed in this winter sport at the Calgary 1988 Olympics.
2. This sport includes two events: rifle shooting and cross-country skiing.
3. This team sport involves sliding granite stones on a sheet of ice towards a target circle.
4. This sport also known as "skimo" will make its Olympic debut at Milano Cortina 2026.
5. Marit Bjørgen is the most decorated winter Olympian and competed in this sport.
6. This elegant sport is widely recognized as the most popular event at the Winter Olympics.



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QR CODE
FOR THE
ANSWERS!



BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE
FOR THE SOLUTION





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.

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

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

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.

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

Information and referrals for community and social services. www.ab.211.ca.

Telephone language interpretation service available on all lines.

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

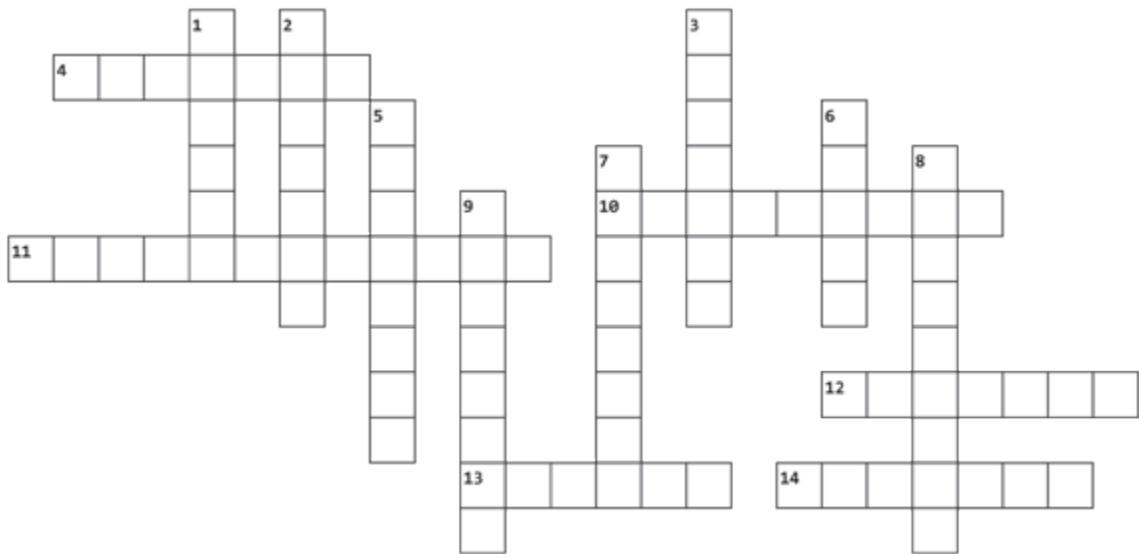
Elder Abuse Resource Line (24-Hour)

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

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.

February Crossword



Across

4. Islam's holy month of fasting, prayer, and reflection, called _____ starts on February 17 this year.
10. On February 2, 1653, what is now called New York City officially became a city, but it was known as New _____ at the time.
11. Comedian Leslie Nielsen was born on February 11, 1926, in Regina, _____.
12. Canada's twelfth Prime Minister, Louis St. _____, was born on February 1, 1882, in Compton, Québec.
13. The first volume of this English Dictionary was published on February 1, 1884.
14. The first documented street celebration of Mardi Gras in New _____ took place on February 27, 1827.

Down

1. This North American country celebrates National Flag Day on February 15 annually.
2. During the 1988 Calgary Winter Olympics, the bobsleigh team from this Caribbean nation inspired the movie *Cool Runnings*.
3. At the 26th Grammy Awards on February 28, 1984, Michael _____ won an astonishing eight Grammys!
5. Pope _____ XVI announced his resignation from the papacy on February 11, 2013.
6. The 2026 Chinese Zodiac is this equine beauty.
7. Min Jin Lee's New York Times bestselling novel, _____, follows a Korean family who immigrate to Japan and was first published on February 7, 2017.
8. The XXI Winter Olympic Games were held in this Canadian city in 2010.
9. On February 4, 2004, this social media platform was launched from a Harvard dorm room.



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

February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.

- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 9-1-1, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

Cats, Canines, & Critters of Calgary



Ash and Bella, Cranston



Flair and Little Lady, Strathcona Park



Meatball and Cleo, Renfrew



Talbot and Scout, Queensland

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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.



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