

JANUARY 2026

DELIVERED MONTHLY TO 2,850 HOUSEHOLDS

your KINGSLAND POST

THE OFFICIAL KINGSLAND COMMUNITY NEWSLETTER



Dr. Milena Hobbs

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that make our neighbourhood
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SCAN ME

MANY OTHER PACKAGES AVAILABLE!

BATHROOM RENOVATION SALE

SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. **Reg: \$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

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. **Reg: \$20,679**

SALE \$15,679

Limited Supplies

We Also Specialize in En Suites & Custom Bathrooms

PLEASE CHECK OUT OUR REVIEWS ON HOMESTARS AND RATINGS ON BBB!!



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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

Happy New Year, Neighbours!

I hope you all had a wonderful New Year's celebration and are looking forward to everything 2026 has to offer.

With winter upon us, I want to extend a heartfelt thank you to Lars Stevenson and our dedicated volunteers who brave the cold to flood and maintain our outdoor rinks for everyone to enjoy.

Every 18 months, the KCA participates in AGLC's Charitable Gaming program—our largest fundraiser of the year. Our next casino fundraiser takes place March 16 and 17, and it's a great opportunity to meet neighbours and get a behind-the-scenes peek into the inner workings of a casino. Sign-up will be available on our website under 'Current Volunteer Opportunities', and we would love to have you join us!

To stay up to date on all things Kingsland, follow us on Instagram @kingslandcommunityyycc and join our Kingsland Community Association group on Facebook. You can also subscribe to our eNewsletter, sent every month or two, using the purple button at the bottom of our website. We always welcome ideas and input for events, activities, and community enrichment—please connect with us!

Note, we still have a couple of open board positions. If you're interested or would like more information, please reach out to me directly at president@kingslandcommunity.ca.

Warmly,

Carmen Buckner



Egyptian Gem

January's birthstone is the garnet, but did you know that this gem was used by ancient Egyptians! As far back as 3000 BC, Egyptians used garnets for their jewellery, amulets, and burial artifacts. The Egyptians considered garnets a symbol of royalty and power. Perfect for any Pharaoh!

GAMES & PUZZLES

Guess the Cartoon!



1. Mojo Jojo is always trying to cause havoc in this female-led cartoon.
2. Joe Barbera first considered calling this classic cartoon *The Gladstones*.
3. This group of mystery solvers was brought to life in 1969 and led to multiple shows and movies.
4. One of the main characters of this cartoon is named Finn and though he is an adventurer, he is afraid of the ocean.
5. Stephen Hillenburg, creator of _____, was actually a marine biologist!
6. This cartoon follows a family who lives life in Orbit City with their dog Astro.

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FOR THE ANSWERS!



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KINGSLAND
Community Preschool

OPEN HOUSE

Wednesday, Jan. 28th, 5-7pm

BRING YOUR CHILDREN TO PLAY AND EXPLORE.

Learn about our Reggio-Inspired & Play Based program. It's a nurturing safe environment where your child will unleash their creativity, develop language skills and build self-esteem.

Location
505 78 Ave. SW



Meet the teachers
Tour the space
Learn about the Reggio-Inspired program

@kingslandpreschool www.kingslandcommunitypreschool.com

CRIME PREVENTION AND SAFETY

Operation Cold Start: Calgary Police's Winter Safety Initiative

What Is Operation Cold Start?

The Calgary Police Service launched Operation Cold Start to address the surge in vehicle thefts during winter months. This proactive initiative aims to educate residents about the risks of leaving vehicles unattended while warming up. Operation Cold Start, a crime prevention initiative, started in December 2016 to address the high number of warm-up thefts in our city. Between October 26, 2023, and January 4, 2024, the CPS received 114 reports of vehicles that were stolen while they were left running.

Key aspects of the operation include:

- Increased patrols in residential areas during peak morning hours
- Distribution of informational pamphlets on vehicle theft prevention
- Social media campaigns to raise awareness

Statistics and Impact

Since its inception, Operation Cold Start has:

- Reduced vehicle thefts during winter months
- Engaged with over 5,000 residents through direct interactions
- Generated significant media coverage, amplifying the safety message

Police would like to warn Calgarians that "any running, unattended vehicle can be a target, however, work vehicles (including delivery vehicles) and pickup trucks are among the most common vehicles stolen in Calgary. We are also reminding Calgarians to never leave children, pets, valuable or sentimental items inside their vehicles and to keep our tips in mind to avoid auto theft this winter season."

While remote starters offer convenience and can be a good option for warming up your car in the winter months, there may be limitations in their compatibility with your specific vehicle. Many modern cars have built-in safety features that prevent them from being driven without the key fob present, even if started remotely. However, older models may lack this safeguard. Check your vehicle's manual.

In conclusion, Calgary's Operation Cold Start represents a comprehensive commitment to improving community safety through proactive policing, and community engagement. As Kingsland continues to grow and evolve, initiatives like this are essential in fostering a safer, more connected community for all our residents. Don't let theft happen to you! Remember, leaving vehicles unattended while warming up, opens the door for a crime of opportunity to happen. If you do, you may find a police officer knocking on your door.

Stay safe - follow the tips.



The poster features the Operation Cold Start logo at the top left, which includes a blue triangle with a car icon and the text 'OPERATION COLD START'. To the right, the text 'AUTO THEFT PREVENTION' is written. The main title 'NEVER LEAVE A VEHICLE RUNNING & UNATTENDED' is displayed in large, bold, yellow and white letters. Below the title, there are three blue text boxes with white borders: 'INSTALL A REMOTE STARTER OR STAY WITH YOUR RUNNING VEHICLE' and 'DON'T LEAVE KIDS OR PETS IN A VEHICLE'. At the bottom, a white box contains the text 'REPORT SUSPICIOUS ACTIVITY IMMEDIATELY BY CALLING 403-266-1234'. A small line of text at the bottom right reads 'Auto thefts are crimes of opportunity. Do your part to keep your vehicle safe.' The bottom right corner features the Calgary Police Service logo.



The advertisement features a large red 'PLUMBER' in bold letters at the top. Below it, the text 'PLUMBBOB Father and Son' is written in a smaller, blue, italicized font. To the left, there is a photo of a smiling man wearing a blue baseball cap and a dark blue jumpsuit, holding a red pipe. To the right, a list of services is provided with checkmarks: '✓ Small Company', '✓ Low Overhead, Great Rates', '✓ Sewer and Drain Cleaning', '✓ Free Estimates & Advice', '✓ Hot Water Tank Specials', and '✓ Gas Fitter'. At the bottom, the phone number 'Call Bob: 403-461-3490' is displayed in blue.

Caring for an Aging Parent: Strategies for When the Going Gets Tough

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



Emotional Strategies (Inner Work and Regulation)

1. Acknowledge Complex Feelings

Allow yourself to feel grief, anger, guilt, resentment, or sadness—without judgment. Write or talk about your emotions rather than suppressing them. “It’s okay to love my parent and still feel hurt by them.”

2. Release the Hope for Transformation

Accept that your parent may never change, apologize, or become kind. Focus on who you want to be in this relationship—not who you wish they were. Acceptance is not approval—it’s choosing peace over constant disappointment.

3. Separate Compassion from Tolerance

Compassion = understanding their limitations and pain. Tolerance = letting them mistreat you. You can have empathy while maintaining strong boundaries.

4. Name and Limit Emotional Triggers

Identify patterns that consistently lead to hurt (e.g., criticism, manipulation, guilt trips). Develop calm exit strategies when tension rises (“I need to step out for a minute,” or “Let’s talk later.”)

5. Practice Grounding Techniques

Use breathing exercises, mindfulness, or sensory grounding before and after visits. Create “emotional decompression rituals”—e.g., a walk, journaling, or music after caregiving tasks.

6. Reframe Your Role

Instead of “being the good child,” think of yourself as a care coordinator—doing what’s necessary, not what’s emotionally reciprocal. This mental shift reduces guilt and over-responsibility.

7. Find Validation Outside the Relationship

Seek empathy and support from friends, therapy, or caregiver groups. Don’t expect emotional reciprocity from your parent; that’s not where healing will come from.

Situational Strategies (Practical Boundaries and Care Structures)

1. Clarify What You Can and Cannot Do

Define your caregiving “job description.” Example: “I manage their medication and groceries, but I can’t

handle daily visits." Say it out loud, write it down, and share with other family members if needed.

2. Establish Firm Communication Boundaries

Limit exposure to verbal abuse or manipulation. End conversations that become cruel or degrading: "I'm not willing to be spoken to that way. I'll come back when you're ready to talk respectfully."

3. Use Neutral, Brief Responses

When provoked, respond with calm neutrality ("I hear you," "That's your opinion," "Okay"). Avoid arguing, explaining, or defending—it fuels conflict.

4. Set Structured Routines

Predictability helps both you and your parent. Schedule visits or calls at consistent times to minimize last-minute demands.

5. Engage Outside Help When Possible

Look into: Home care aides or respite programs, adult day centers, geriatric care managers, volunteer respite programs or faith-based support. Even a few hours of relief can help you sustain caregiving long-term.

6. Protect Your Physical Space

If your parent lives with you, designate "off-limits" areas or private times. If you live separately, establish boundaries around unannounced visits or excessive calls.

7. Use Written Communication for Sensitive Topics

For logistics (medications, finances, appointments), use texts or emails—it reduces emotional escalation and provides a record.

8. Plan for Respite and Breaks

Schedule non-negotiable downtime—a full day or weekend off every few weeks. Even short breaks prevent burnout and resentment.

9. Involve Professionals for Tough Conversations

Use a doctor, social worker, or counselor to mediate when your parent refuses help or denies issues. Hearing it from a professional, lands better than hearing it from a child.

10. Prepare for Emotional Pushback

Difficult parents often use guilt, martyrdom, or control when they feel powerless. Recognize it as fear, not truth. "They're scared of losing control—that's not mine to fix."

Zomak Medical Clinic FAIRVIEW

Formerly Deerfoot Meadows Medical Clinic.
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MEDICINE SPECIALIST IN-HOUSE

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- DRIVER'S MEDICAL**
- WOMEN'S HEALTH CARE**
- MEDICAL PIERCINGS**
- BABY'S GENDER DNA TEST**



 **403-251-2690**

7640 Fairmount Dr SE

**WE ARE JUST A
PHONE CALL
AWAY!**





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.

Tobogganing/Sledding Safety

by Alberta Health Services



Emergency Health Services (EHS) – Alberta would like to remind parents and children about toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe on the hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.

- Children should be supervised by an adult; try not to toboggan alone.
- Sledding at night is not advised.

Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.
- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until rewarmed.

BRAIN GAMES

SUDOKU

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

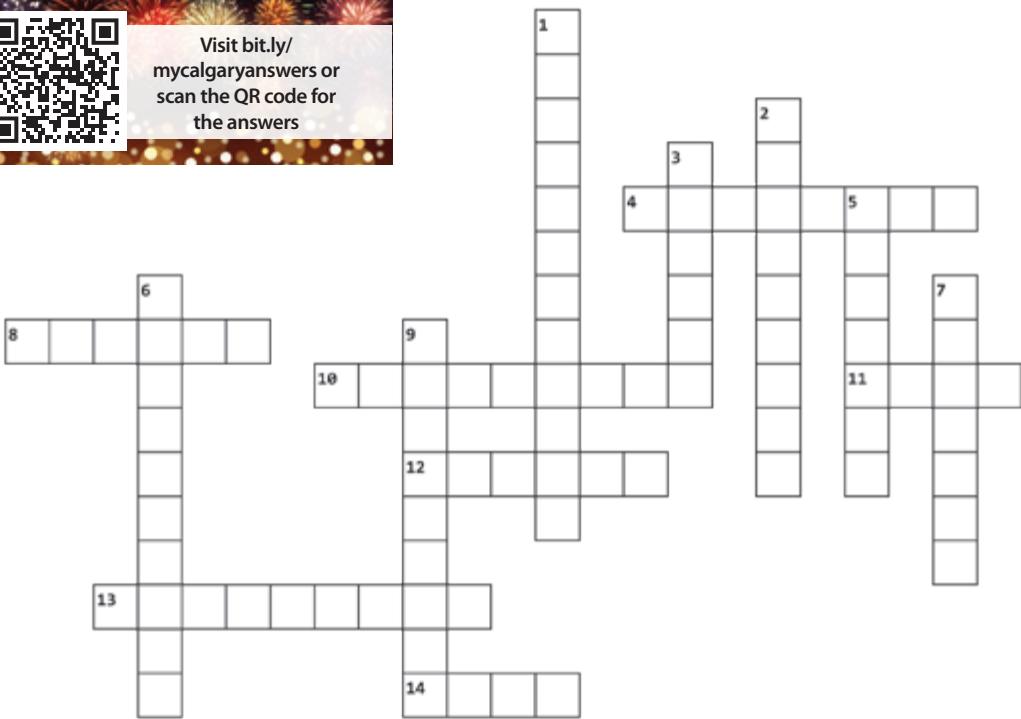
SCAN THE QR CODE
FOR THE SOLUTION



January Crossword



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



Across

4. The world's largest office building, which houses the U.S. military, was completed on January 15, 1943.
8. Rare snowfall occurred on this North African desert on January 7, 2018.
10. January's birth flower is also the official flower of Mother's Day.
11. In 2015, New Zealander Lydia Ko became the youngest person to be ranked number one in the world in this club-and-ball sport at the age of 17.
12. In 45 BC this calendar took effect for the first time as decreed by Roman ruler Julius Caesar.
13. This free-content online encyclopedia launched on January 15, 2001.
14. On January 15, 2024, Elton John won an _____ award for his television special *Elton John: Farewell From Dodger Stadium*, completing his status as an EGOT winner.

Down

1. On January 3, 1892, writer J.R.R. Tolkien was born in this South African capital city.
2. World _____ Day is celebrated on January 2 to honour quiet, reserved, and sometimes shy individuals.
3. On January 23, 2018, _____ James became the youngest player to reach 30,000 NBA points.
5. The first Prime Minister of Canada, John A. Macdonald, was born on January 11, 1815, in _____, Scotland.
6. The crime drama series, *The Sopranos*, starring James _____ premiered on January 10, 1999.
7. Former professional footballer, Owen Lee Hargreaves was born on January 20, 1981, in _____, Alberta.
9. Jane Austen's romance novel *Pride and _____* was originally published on January 28, 1813.



MP Calgary Midnapore

Stephanie Kusie

204 – 279 Midpark Way SE
Calgary, AB T2X 1M2
• 403-225-3480 • 403-255-3504
✉ stephanie.kusie.c1@parl.gc.ca
🌐 stephaniekusiemp.ca

Dear Constituents of Calgary Midnapore,

I hope your homes were filled with joy over the holidays and that you were able to rest and recharge.

Since returning home to the riding in mid-December, I've had the pleasure of attending several local events, including a special visit with the Mid-Sun Seniors group. I also hosted my annual Christmas Jingle and Mingle and constituent meetings.

Sadly, I continue to hear about how the high cost of living is negatively impacting constituents of all ages. Whether it's being able to afford groceries or the pay rent/mortgage, Canadians are struggling. Many of you have also expressed deep concerns about Bills C-2 (Strong Borders Act), C-8 (An Act respecting cyber security), and C-9 (Combatting Hate Act). Conservatives agree and have been working hard to ensure these Bills are amended to protect your privacy and individual freedoms. You can follow the progress of all legislation before the House of Commons and the Senate online at www.parl.ca/legisinfo.

Parliament resumes in late January and as Shadow Minister for the Treasury Board, I will continue to hold the Liberal government's feet to the fire at Public Accounts Committee. According to the Canadian Taxpayers Federation, a baby born today already owes Ottawa \$32,000. The government must stop borrowing money and start making it. Alberta's energy industry, if unleashed, would be key in generating the revenue Canada so desperately needs. Time will tell whether the Prime Minister will remove the Liberal legislation that has landlocked our resource industry and chased away investment for over a decade.

I sincerely hope that this new year brings with it a fresh mindset and renewed optimism for one and all. Please keep in touch and stay updated on my work by following me on social media and subscribing to my e-newsletter at stephaniekusiemp.ca.

Sincerely,

Stephanie



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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.

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

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KINGSLAND PAINTER: Experienced Calgary Painter

- Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

NEIGHBOURHOOD CONFLICT? Community Mediation

Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.



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**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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Feb. 6 – 15, 2026 | All Over Calgary | Over 70+ Sports |

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ALL
SPORT
ONE
CITY

