

JUNE 2026

DELIVERED MONTHLY TO 2,850 HOUSEHOLDS

your KINGSLAND POST

THE OFFICIAL KINGSLAND COMMUNITY NEWSLETTER



Give Your Parents Comfort with a Reverse Mortgage

- Extra income, no monthly payments
- Stay in the home they love
- Leave a living inheritance

Call today to give them freedom and peace of mind.



ANITA RUSSELL

Licensed by Avenue Financial

403-771-8771
anita@anitamortgage.ca

www.kingslandcommunity.ca

Great News Media

| Call 403-720-0762 for advertising opportunities

| www.greatnewsmedia.ca



HEAD IN THE CLOUDS

Clouds are heavier than you think!

The average cloud, at one cubic kilometre in size, weighs around 1.1 million pounds!

SCAN HERE TO VIEW ADDITIONAL KINGSLAND CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



GAMES & PUZZLES

Space Trivia

1. Which galaxy is closest to the Milky Way?
2. Which planet in our solar system has the most moons?
3. What gas is Saturn mostly made of?
4. What is the coldest planet in our solar system?
5. What was the name of the spaceship that recently flew past the moon before landing back on Earth?



www.kilbco.com

CONCRETE SEALING

Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays.

Please call Kilbco to maintain the value of your investment.

FREE ESTIMATES

SEALED

UNSEALED

KILBCO
CONCRETE CURBING

Locally Owned &
Operated

Free Estimates to 403.870.0737

3 DAYS OF ADVENTURE A LIFETIME OF IMPACT



KidneyMarch



Learn More
**MARCH
CREW
DONATE**

Join us this September for a life-changing **100KM** journey in support of kidney disease & organ donation.



1 in 10 Canadians has kidney disease.
Most don't even know it until it's too late.
We're marching to change that. You could too.

KidneyMarch.ca • 403.255.6139 • kidneymarch@kidney.ca



Charitable registration
No. 10756 7388 RRC001

You might be at risk of kidney disease.
Don't wait until it's too late. Know your risk and learn how to prevent kidney failure with our 10-minute risk awareness quiz at kidney.ca/risk



OFFICIAL

PLUMBING & HEATING

Furnace and A/C Install & Repair

Plumbing Services

Drain Cleaning

Boiler Install & Repair

Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca



JK LAW

LAWYERS & NOTARIES

Your Neighbourhood Lawyers

Now serving Kingsland from Macleod Trail

30+

YEARS COMBINED EXPERIENCE

5.0

GOOGLE RATING

FREE

INITIAL CONSULTATION

Buying or Selling a Home?

Our real estate lawyers handle purchases, sales, mortgages, refinancing and title transfers — smoothly and affordably.

Need a Will or Going Through Probate?

Protect your family with proper estate planning. We draft wills & other estate planning documents, and help you with the probate process.

Starting or Growing a Business?

Incorporations, shareholder agreements, contracts, and corporate governance — all at reasonable fees.

LEARN MORE



Book Your Free Consultation. Mention This Ad When You Call

403-454-9864

207-7500 Macleod Trail SE. Calgary
jk@jklawoffice.ca

jklawoffice.ca

Calgary



15 cm

Noxious weeds



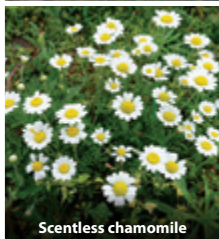
Canadian thistle



Purple loosestrife



Common tansy



Scentless chamomile



Be a good neighbour

Care for your property.
Care for your community.

Property owners in Calgary are responsible for:

- Keeping grass and herbaceous plants trimmed to 15 cm (6 in) or less
- Controlling noxious weeds and destroying prohibited noxious weeds
- Maintaining properties that are safe, clean and free of nuisances

Non-compliance may result in fines and cleanup costs.



Learn more:
calgary.ca/bylaws/weeds

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!

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!!



WESTERN BATHROOMS & RENOVATIONS

Serving Calgary since 1989

403-257-3222 | WWW.WESTERNBATHROOMS.CA

All Labour & Material Included

All packages pertain to standard size bathrooms

PRESIDENT'S MESSAGE

Hi Neighbours,

Happy Father's Day to all the hardworking dads in Kingsland, and Happy Neighbour Day to everyone in our community!

We have a great lineup of events happening this month:

Together We Thrive

Sunday, June 7 | 12:00 to 5:00 pm

A community event showcasing local arts, crafts, and talents in a mini-market-style format at the Kingsland Community Hall.

Parade of Garage Sales

Sunday, June 20 | 9:00 am to 2:00 pm

A great opportunity to discover treasures and/or declutter! Sellers can register their sale online by June 13 at www.kingslandcommunity.ca. Maps for buyers will be posted online by June 19, with printed copies available at the KCA Hall (505 – 78 Ave SW) while supplies last.

Neighbour Day Celebration and Community Cleanup Day

Saturday, June 27 | 9:00 am to 3:00 pm (Cleanup) 11:00 am to 2:00 pm (BBQ)

Garage trucks, recycling, and donation tables will be available, followed by a community BBQ and fun play area for the kids.

Our annual membership renewal for the Kingsland Community Association is also here! Flyers have been delivered, and memberships can be purchased or renewed online at www.kingslandcommunity.ca/about-us/memberships. Community membership fees help fund local programs, events, advocacy, and improvements that directly benefit residents while strengthening the community's ability to represent neighbourhood interests.

New this year: memberships purchased or renewed between June 30 and July 31 will be entered to win a local gift basket graciously supplied by our business partners valued at \$150+!

To stay up to date on all things Kingsland, follow us on Instagram at @kingslandcommunityyc or on Facebook at Kingsland Community Association. We also send out an email newsletter every month or two — subscribe using the purple button at the bottom of our website.

We always welcome input and ideas for events, activities, and community enrichment initiatives — connect with us! president@kingslandcommunity.ca.

Looking forward to seeing you at our events,

Carmen Buckner



Community Shout Out!

Big thank you to Sandy in our community for donating a high-end projector!

KCA Thanks you!





the Gutter Doctor Home Exterior Services

Gutter Clean/Fix/Install • Leaf Screens
Window Cleaning • Fascia/Soffit/Siding
Pressure/Soft Wash • Cladding
Permanent Lights • Roofing

Senior Discount • Warranty • WCB • Insured

403-714-0711 • gutterdoctor.ca



Kindergarten Enrichment, 3 and 4 Year Old Registration is Open for the 2026-2027 School Year



- **Morning & Afternoon** classes for 3 and 4's (based on enrollment)
Afternoon classes for Kindergarten children (Monday, Tuesday and Thursday)
- Located in the **Kingsland Community Association**
- **Reggio-Inspired** program
- **Parent Cooperative** program
- Developmentally appropriate **Emergent Curriculum**
- **Play-Based** learning, **Sensory** play & **Art** exploration



Register online at our website:
www.kingslandcommunitypreschool.com

Contact: kingslandpreschool@gmail.com or @kingslandpreschool
403-830-7956

14th Annual Kingsland Community Clean Up & Recycling Day

Saturday June 27th, 2026

505-78th Ave. SW

9:00 am - 2:00 pm



We will accept:

- **General garbage** (City of Calgary - Garbage Trucks)
- **Metals** (Inland Steel), batteries (lead acid only), purged pressure vessels
- **Electronics** (TechnoTrash) recycling via Alberta Recycle Management Authority (ARMA).
- **Gently used** small housewares items, appliances, furniture [complete with all smaller components bagged & taped together], clothing (Women-in-Need).
- **"Free table"** *"One person's trash is another person's treasure"*.

We will NOT accept:

- Organic Waste *
- Cardboard **
- Glass **
- Batteries (Li-Ion), paint, household chemicals ***
- Liquids (motor oil, etc) ***
- Smoke detectors, microwaves ***
- Refrigerators, freezers ***
- Pressure containers (ie. propane tanks, etc) ***
- Railroad ties, tires ***
- Large amounts of sod or concrete ***
- Medical waste and expired prescription drugs ****

* **Free** yard waste drop-off at City Eco Centres: April 10 – May 31 or use your Green Bin.

** Take to City Recycling Depots at <https://www.calgary.ca/waste/drop-off/community-recycling-depots.html>

*** Take to City Eco Centres at <https://www.calgary.ca/waste/drop-off/eco-centres.html>

**** Take to local Pharmacy for proper disposal

WE NEED SOME HELP! The Annual Kingsland Community **CLEAN UP DAY** is on **JUNE 27th, 2026**, and **WE NEED** a few volunteers with trucks and helpers to come out and pick up articles from back alleys in Kingsland, site traffic control, unloading vehicles, etc. If you can **HELP, PLEASE** contact Kingsland at Admin@kingslandcommunity.ca or leave a message at (403) 255-1400. Thank you.

Please:

- Check the Kingsland webpage for further details <http://www.kingslandcommunity.ca/events.htm>
- Note: City services at these events are **FREE** of charge to all Calgarians (See [Community Cleanups](#)).



Alberta Recycling
Management Authority



MACLEOD TRAIL DENTAL

WELCOME, KINGSLAND

Trusted Dental Care. Real Relationships.

At Macleod Trail Dental, we believe exceptional care starts with listening. Dr. Jennifer Silver and our dedicated team take the time to understand your goals, explain your options, and create treatment that's right for you.

Conveniently located near Heritage Square in Acadia, we're proud to provide personalized, thoughtful, and family-focused dental care—right here in our community.



\$ 100

Amazon
Gift Card



New Patient Package required, including cleaning, exam, and X-rays.
We follow the Alberta Dental Fee Guide, direct bill most insurance plans,
eligible CDCP patients, and offer seniors discounts.
Coverage and eligibility vary by plan and patient.



DIRECT BILLING



EVENING HOURS



RESERVED PARKING



ACROSS FROM
HERITAGE C-TRAIN



8500 Macleod Trail SE, Suite 232



403-253-1248



macleodtraildental.ca



MACLEOD TRAIL DENTAL

WHY KINGSLAND PATIENTS CHOOSE US

Accessible Care. Thoughtful Coverage.

At Macleod Trail Dental, we combine premium patient experience with practical affordability and convenience.

We believe exceptional dental care should be within reach. That's why we offer transparent pricing, insurance-friendly options, and flexible appointments designed to fit your schedule and your life.



The Heritage Square Experience

Our modern clinic is located in Heritage Square—Acadia's premier professional destination. Enjoy a calm, sophisticated setting with the convenience of everything you need, right where you need it.



ALBERTA
FEE GUIDE



DIRECT
BILLING



CDCP
ACCEPTED



SENIORS
DISCOUNT



FREE
RESERVED
PARKING



ACROSS FROM
HERITAGE
C-TRAIN

\$100 | Amazon Gift Card

New Patient Package required, (cleaning, exam, and X-ray package)

We follow the Alberta Dental Fee Guide, direct bill most insurance plans, eligible CDCP patients, and offer seniors discounts.

Coverage and eligibility vary by plan and patient.



8500 Macleod Trail SE, Suite 232



403-253-1248



macleodtraildental.ca



MACLEOD TRAIL DENTAL

MEET DR. JENNIFER SILVER

Experience you can feel.

Dr. Jennifer Silver combines advanced training with a calm, thoughtful approach to care. She takes the time to listen, answer your questions, and make sure you feel completely comfortable and confident in every decision.

With a focus on prevention, precision, and long-term oral health, Dr. Silver partners with you to create personalized treatment plans that fit your needs, your goals, and your life.

“

I believe exceptional dentistry starts with listening. My goal is to provide care that is comfortable, transparent, and tailored to you—so you feel informed and genuinely cared for.”

— DR. JENNIFER SILVER



WHAT PATIENTS VALUE

- Clear communication
- Gentle, comfortable care
- Unhurried appointments
- Modernizing modern spaces



CARE PHILOSOPHY

- Listen deeply
- Educate clearly
- Personalize every plan
- Build lasting relationships



CARE & COVERAGE

- Alberta Fee Guide
- Direct Billing
- CDCP Accepted
- Seniors Discount

NEW PATIENT PROMOTION!

\$100 | **Amazon
Gift Card**



New Patient Package required (including cleaning, exam, and X-rays).



8500 Macleod Trail SE, Suite 232



403-253-1248



macleodtraildental.ca



MACLEOD TRAIL DENTAL

WELCOME, KINGSLAND

Ready to Book?
We're Easy to Find.
Easy to Visit.

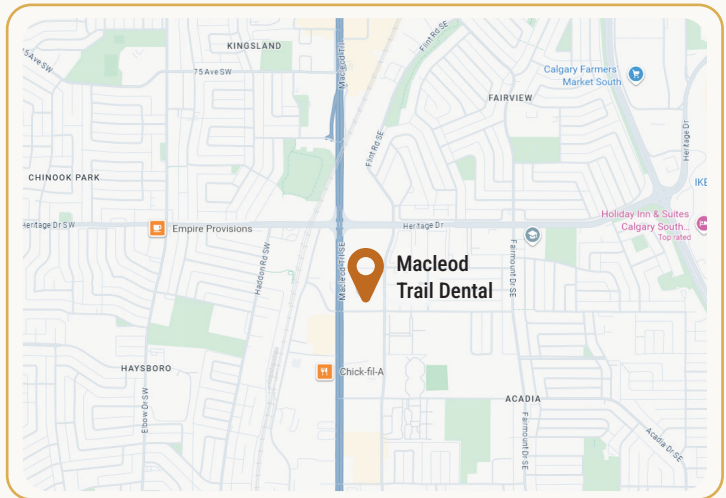
You'll find Macleod Trail Dental in Heritage Square—right in the heart of community and easy to get to from anywhere in Acadia.

We're here to make your dental care convenient, comfortable, and stress-free with direct billing and flexible appointment times that work for you.

HOURS THAT WORK FOR YOU

Monday	7:30 a.m. - 5:00 p.m.
Tuesday	7:30 a.m. - 8:00 p.m.
Wednesday	7:30 a.m. - 8:00 p.m.
Thursday	7:30 a.m. - 5:00 p.m.
Friday	7:30 a.m. - 5:00 p.m.
Saturday	APPOINTMENT ONLY
Sunday	APPOINTMENT ONLY

Evening & Sunday appointments available.



Convenient
Heritage Square
Location



Quick Access
from Acadia



Free
Reserved
Parking



Across from
Heritage
C-Train

\$100

Amazon Gift Card

for new patients

New Patient Package required, including cleaning, exam, and X-rays.



8500 Macleod Trail SE, Suite 232

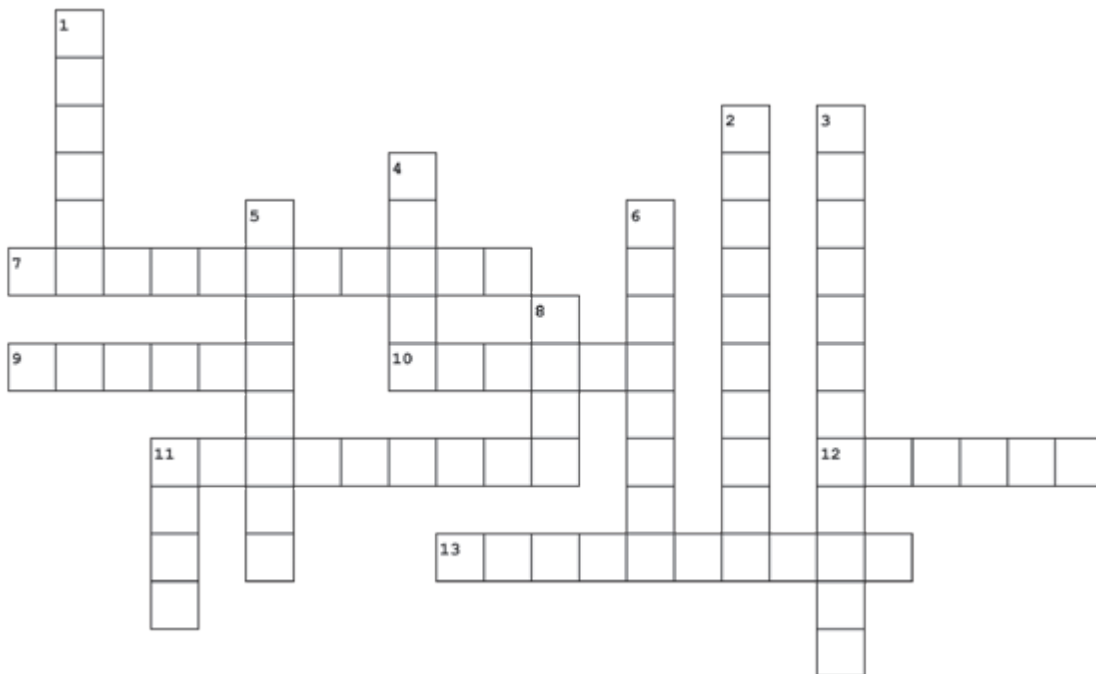


403-253-1248



macleodtraildental.ca/kingsland-dentist

June Crossword



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

Across

7. This colourful *My Little Pony* represents the element of loyalty.
9. June 2025 saw the premiere of this live action adaptation; *How to Train your* _____.
10. These citrus fruits can be made into a refreshing drink on a hot June day.
11. This famous author published what she claims to be her final book, *In the Unlikely Event*, on June 2, 2015.
12. This water zodiac sign covers the last of June's birthdays.
13. This holiday, established Sonora Smart Dodd occurs on June 21, 2026.

Down

1. This famous singer, _____ Grande, was born on June 26, 1993, and was recently in the 2024 movie adaptation *Wicked*.
2. National _____ Peoples Day is celebrated in Canada on June 21.
3. This classic Spielberg movie about dinosaurs was released in theatres on June 11, 1993.
4. This gem associated with wisdom is also the birthstone for June.
5. *Elvis Presley* performed this song on June 5, 1956, on the *Milton Berle Show*.
6. The summer _____ marks the beginning of longer days in the Northern Hemisphere.
8. This white bird is commonly a symbol of peace.
11. _____ is the Roman counterpart to Hera, the Greek goddess of marriage.



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?
☐	Individual (\$20)	Regular membership for Kingsland residents	Yes
☐	Family (\$20)	Membership can be shared between all the members of a Kingsland household	Yes, one vote per family membership
☐	Senior (by donation)	For residents 65 years of age and over	Yes
☐	Business (\$25)	Available to businesses both inside and outside of the Kingsland community boundary	No
☐	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)	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.	

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.

Backyard Play Safety

by Emergency Health Services

Emergency Health Services (EHS) Alberta would like to encourage parents and caregivers to ensure that their backyard play area(s) is made safe for children. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts.

Lawn and Garden Tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Water Hazards

- Drowning contributes to unintentional injury-related death among young children.
- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, and lockable gate.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.



- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen Junior' prescription from your physician (for anaphylactic reactions) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention or call 9-1-1.

Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria (21) and her father, Paul (53), were the innocent victims of a tragic vehicle accident that occurred in Edmonton. Sadly, her father succumbed to his injuries at the scene, and Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

Donate to this GoFundMe by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing.

Scan to
donate or visit
gofund.me/31fdeef6f



Any help is
appreciated ♥

The Invisible Load Behind Modern Burnout

by Shayla Moulton



Nearly half of Canadian workers report feeling burned out, and more than three in ten say burnout is on the rise, according to a March 2025 report from Robert Half. While much of the conversation focuses on work and performance, a quieter reality is setting in for many people: modern life itself is becoming harder to manage.

Digital tools have made it faster to communicate, organize, and stay on top of tasks. But they have also introduced new layers of complexity. More notifications, more platforms, and more decisions competing for attention throughout the day. What was intended to simplify life has, in many cases, made it feel constant.

Across Calgary, many people are navigating increasing demands on their time and energy outside of work as well. Personal scheduling, errands, coordination, and day-to-day responsibilities continue to build, often without pause. Over time, this combination can contribute to a steady buildup of mental load and fatigue. There is a difference between getting things done and feeling supported. That gap is where many people are experiencing burnout.

While tools and systems can help organize tasks, they cannot always account for shifting priorities, competing responsibilities, or the mental effort required to keep life running smoothly. As a result, small details and ongoing obligations accumulate in ways that are not always visible, but are consistently felt.

This is part of a broader shift in how support is being understood in everyday life. Increasingly, people are recognizing the value of approaches that create more clarity, reduce friction, and restore a sense of ease in how daily responsibilities are managed. It also reflects a changing definition of balance. Rather than trying to do everything personally, there is growing interest in how life can function more smoothly when certain responsibilities are simplified or shared. It is not just about saving time, it is about creating time for what matters most, whether that is family, health, hobbies, or self-care.



What is notable is how widely this is resonating. From busy Calgary households to executives, professionals, and entrepreneurs managing full personal schedules, there is increasing recognition that doing everything alone is not always the most sustainable approach. Some are beginning to rethink how they structure their time outside of work. Others are exploring different ways to reduce the ongoing mental load that comes with managing everyday life.

There is no single solution to feeling overwhelmed. But there is a growing understanding that how daily responsibilities are handled plays an important role in overall well-being. As modern life continues to evolve, so does the realization that not everything needs to be managed alone. Finding ways to simplify and offload parts of everyday life is becoming a more accepted approach for those looking to create more space, clarity, and balance. For many, that shift is opening the door to a more sustainable way of living, where time and attention feel less fragmented and more intentional.

As the nature of work continues to evolve, so does the realization that not everything needs to be managed individually. Delegating and offloading parts of day-to-day life is becoming a more accepted approach for those looking to create more freedom and balance. For many, that shift is opening the door to more intentional forms of support that help lighten the cognitive load of everyday life and make time feel more manageable again.

READY TO INCREASE YOUR CURB APPEAL?

KILBCO
LANDSCAPING

Design and install
Concrete curbing
Garden planting, mulch and stone
Artificial turf
Retaining walls and patios
Sprinkler systems
Grading and sod
Decks and fences

Free Estimates
www.kilbco.com | 403-870-0737

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.

PLUMBER

PLUMBOB Father and Son

- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

Call Bob: 403-461-3490



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

📘 facebook.com/dianabattenmla

📍 [dianabatten_](#) 📺 [@DianaBatten_](#)

Hello Calgary-Acadia!

Summer has finally arrived, and Calgary-Acadia is buzzing with activity and connection! This spring, we celebrated volunteers and community builders at local events and supported one another as we build stronger neighbourhoods. From Fairview to Canyon Meadows, what I see are people showing up for their neighbours, for local initiatives, and each other.

The spring session ended with the swift passage of legislation impacting key areas including healthcare, education, seniors' benefits, and electoral boundaries. We continue to hear from constituents about the real and immediate effects of these decisions. Concerns have been raised about proposed changes to electoral boundaries and the extent to which public input has been respected and reflected. The expansion of for-profit healthcare services funded with public dollars has also been a consistent point of concern. Your input is critical. Please continue to share your experiences and perspectives so I can advocate clearly and effectively on your behalf.

Summer offers ample opportunity to spend more time out in the community, connecting in meaningful and accessible ways. Whether it's meeting people where they are at a neighbourhood gathering, sitting down for a chat over coffee, or enjoying an ice cream on a sunny afternoon, these moments matter. They create space to listen, to learn, and to better understand the day-to-day experiences of those I represent.

These informal conversations often provide the most honest and helpful insight, and they play an important role in shaping the work I bring forward. Staying connected in this way ensures that the voices of Calgary Acadia are reflected clearly and consistently. If there are new opportunities to connect, let me know!

It is a privilege to represent a community that is so engaged, thoughtful, and committed to one another.

Cheers,

Diana

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.

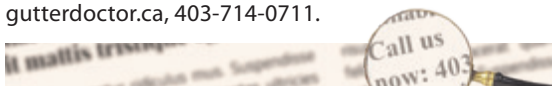
LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

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.

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.

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.

GUTTER DOCTOR: Home Exterior Services. Gutter cleaning/repair/installation, window cleaning, gutter guards/leaf screens, fascia, soffit, siding, permanent outdoor holiday lighting, roofing, cladding, heat cables, pressure/soft washing. Local business since 2003 with more than 70,000 happy customers! Licensed, insured, WCB, A+ rated BBB member, multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.



BRAIN GAMES SUDOKU

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

SCAN THE QR CODE
FOR THE SOLUTION



GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

SHOP LOCAL



Support the local businesses that make our neighbourhood thrive, and make this publication possible.

403-720-0762

grow@greatnewsmedia.ca



SCAN ME



Give Your Parents Comfort with a Reverse Mortgage

- Extra income, no monthly payments
- Stay in the home they love
- Leave a living inheritance

Call today to give them freedom and peace of mind.



**ANITA
RUSSELL**

403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial



Jackson
& Jackson
Landscaping

CUSTOMER SATISFACTION GUARANTEED

WE SPECIALIZE IN ALL FORMS OF CONSTRUCTION & LANDSCAPE

INCLUDING SMALLER IN-HOME PROJECTS



Services

Residential Landscaping

Landscape Construction

Year-Round Maintenance

Spring and Fall Cleanup

Commercial and Condo
Property Management

Snow and Ice Removal

Contact Us

Address

20 Sunvale Place SE
Calgary, AB T2X 2R8

Call us now

(403) 256-9282

Email us

info@jacksonjackson.ca
contact@jacksonjackson.ca



www.jacksonjackson.ca