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News, Events, & More	Crime Statistics	Real Estate Statistics



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	1	3	4				8	9
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5			8		9			
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SCAN THE QR CODE FOR THE SOLUTION

2026 Board of Directors and Community Contacts

KINGSLAND COMMUNITY ASSOCIATION

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.
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Email: admin@kingslandcommunity.ca
Book your event early!

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anita@anitamortgage.ca
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Winter Green Cart Schedule Starts in November

Starting in November, your green cart will be collected every other week. This seasonal schedule helps match service to the lower volumes of yard waste during colder months.

Weekly collection will return in April 2027, when spring clean-up season begins. Visit calgary.ca/reminders to get the free Calgary Garbage Day App!

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

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.

PRESIDENT'S MESSAGE

Hi Neighbours,

Fall is in full swing, with all the leaves falling off the trees and the cool weather upon us. For residents who were unable to attend our Annual General Meeting on Thursday, October 22, we wanted to share some updates regarding changes to the Kingsland Community Association Board.

Jeannine Konrad has retired from her role as Crime Prevention and Safety Director after five years on the Board. Jeannine has been passionate about educating residents on ways to prevent crime, a staunch advocate of the 9 PM Routine, and the leader of our annual Seniors' Christmas Lunch. We will certainly miss her positive outlook and warm smile.

Brandy MacInnis has also made the tough decision to retire from her role as Planning and Development Director after more than ten years on the Board. Brandy has worked tirelessly, drawing on her planning background, to help support the look and feel of the Kingsland skyline. We are grateful that she has graciously offered to continue as an ad hoc volunteer, when time permits, to assist with upcoming Development Permits (DPs) and Licenses of Occupation (LOCs).

Maria Tejada has put her name forward for the role of Lifecycle Director and Hall Maintenance Coordinator. Maria is a Trico resident with a mechanical engineering background, and we look forward to welcoming her fresh ideas and perspective to the Board.

Please check our website as we update director photos and bios and learn more about our new members and their backgrounds. You can also visit kingslandcommunity.ca for information about current open roles.

A big thank you to our current Board members, retiring Board members, and future Board members. Your time, dedication, and hard work on behalf of the Kingsland community are greatly appreciated!

Save the Date: Seniors' Lunch

Our annual Seniors' Lunch is scheduled for Sunday, November 29. Please keep an eye out for more information.

Join Our Social Committee

We are looking for community members to join our Social Committee and help plan and facilitate KCA social events throughout the year. If you're interested in getting involved, please reach out to social@kingslandcommunity.ca to join! Our community events would not be possible without the support of our volunteers. As a volunteer-based organization, having enough people to help plan and run these events makes a tremendous difference.

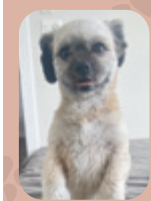
Carmen Buckner

President and Casino Coordinator, Kingsland Community Association

president@kingslandcommunity.ca
https://www.kingslandcommunity.ca/



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Seton



Coco,
New Brighton



Ember,
Seton



Kato,
McKenzie Lake



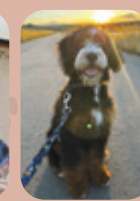
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Whiskers,
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Zeke,
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BATHROOM RENOVATION SALE

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
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New Abilities

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

If you could wake up tomorrow with the ability to do something new, what would it be? What if it were a completely far-fetched or magical skill? How would you use it, and where would it take you?

Dear reader,

Considering magically gaining a skill overnight made me think of many potential scenarios. One of the first things that came to me was having unlimited home and car maintenance skills because I would be able to use them frequently to support my family. However, when I thought about it, I realized I would not want to spend my time on those tasks because they are messy, time-consuming, and often done alone.

I would want a skill that is more social and homes in on my interests. So, I thought about what I've been attracted to learning in the past. One skill I've worked on for many years is speaking Spanish. It's been an on-and-off process since my twenties, and I'm still at the intermediate level. This gets me by when I'm traveling, but I've always felt frustrated not being fluent because it holds me back from fully expressing myself or truly understanding the people I meet. Wouldn't it be wonderful to communicate effortlessly in another language and just say what's on your mind?

Since we're considering magically gained abilities, I'd take it a step further than fluency in Spanish; I'd wake up ready to communicate in any language. Imagine the opportunities it would open up! I could use multilingualism to immerse myself entirely in any place and culture.

I absolutely love to travel. I find it's the best way to learn and gain new perspectives. The more different the destination from my home, the more it opens my mind. Being able to speak the local language would vastly improve my understanding of things I'm curious about: history, politics, geography, regional customs, and culture. Reading about these things in books or watching videos online can never match the insights gained by speaking directly with people who have lived the history and experience its culture every day.

My magical language skills could be used for a greater purpose: recording endangered languages before they disappear, deciphering ancient manuscripts or petroglyphs, and even collecting valuable international intelligence. The possibilities feel endless!

Your turn! If you could wake up tomorrow with a new skill, what would it be? Write in your journal or to your pen pal.

Happy writing,

Michelle

Now it's your turn to write it forward. Write a friend, neighbour, or family about our monthly reflection.

Write It Forward





Now it's your turn to write it forward. Write a friend, neighbour, or family member about our monthly reflection.

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www.kingslandcommunitypreschool.com







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Our program is:

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- Parent cooperative
- Play-based
- Half-day

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admin@kingslandcommunity.ca

KINGSLAND
COMMUNITY ASSOCIATION

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.

Updated March 17, 2022

KCA **Membership Form**



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

Healthy Conflict: Why Children Need to See Us Work Through Our Differences

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



Many parents worry about arguing in front of their children. They may believe that being good parents means keeping disagreements private and presenting a picture of a relationship where everyone gets along. However, healthy relationships are not conflict-free relationships.

Children benefit from seeing that two people can disagree, experience difficult emotions, and still remain connected. When handled respectfully, conflict can become an opportunity to teach children some of life's most important relationship skills.

What does healthy conflict look like?

Healthy conflict isn't about never becoming frustrated. It is about learning what we do with that frustration. Healthy conflict might sound like:

"I'm feeling frustrated right now. I need a few minutes before we continue this conversation."

"I see this differently, but I want to understand your perspective."

"I don't agree with you, but I can understand why you feel that way."

"I didn't handle that well. I'm sorry."

"Let's figure out what we can do differently next time."

Children who hear these kinds of conversations learn that disagreement doesn't automatically mean rejection, abandonment, or the end of a relationship.

Children need to see repair

One of the most important things children can witness is what happens after conflict.

Parents sometimes lose their patience. They may misunderstand one another, become defensive, or say something they regret. What matters most is what happens next.

When children see a parent return to the conversation, take responsibility, apologize, listen, and reconnect, they learn that relationships can survive difficult moments.

This is a powerful lesson in resilience. The message becomes:

"We can have a hard moment and find our way back to one another."

Conflict can teach emotional regulation. Children learn emotional regulation partly through observing the adults around them.

When parents demonstrate that strong emotions can be acknowledged without becoming destructive, children are given a model for managing their own feelings.

They learn that being angry doesn't mean they have permission to hurt someone. Being disappointed doesn't mean they have to withdraw completely. And being upset doesn't mean the relationship is no longer safe.

Parents can model that it is possible to pause, calm down, return to a difficult conversation, and work toward understanding.

What children shouldn't have to witness

Healthy conflict is very different from destructive conflict. Children should not be placed in the middle of adult disagreements or exposed to intimidation, threats, humiliation, contempt, physical aggression, or ongoing hostile conflict.

They should not be expected to take sides, carry messages between parents, or become responsible for repairing the relationship.

There are also circumstances where safety must come first. When there is violence, coercive control, or fear within a relationship, the goal is not simply to teach children how to witness conflict differently. The focus needs to be on safety and appropriate professional support.

Your children don't need to see a perfect relationship

When parents demonstrate respectful disagreement and genuine repair, children learn that relationships require communication, accountability, patience, and forgiveness.

They learn that conflict is something we can work through, not something we have to fear.

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
Sunday
Second Sunday of Each Month - St. Brigid Catholic Church

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.

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Diana Batten
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105, 10333 Southport Road SW, Calgary
403-640-1363
Calgary.acadia@assembly.ab.ca
facebook.com/dianabattenmla
dianabatten_ @DianaBatten_

This fall, Albertans were asked to consider significant questions about the future of our province. I appreciate the thoughtful conversations and perspectives shared through coffee chats, on the doorsteps, and at our referendum open house. I am encouraged by the consideration, respect, and care constituents brought to these discussions. Participating in our democracy is one of the most meaningful ways we can contribute to the future of our communities. It reflects a shared commitment to service, respect for one another, and a desire to help build the Alberta we want for future generations.

As we mark Remembrance Day, we honour those who served and sacrificed to protect the freedoms we enjoy today. They answered a call greater than themselves, not for recognition, but because it was the right thing to do. Their example reminds us that each generation has a responsibility to serve its community, support one another, and help build a stronger future.

From community events and local celebrations to conversations on doorsteps and over coffee, I have been reminded time and again that our greatest strength is the people who call this community home. While many Albertans continue to face challenges, I remain encouraged by the resilience, compassion, and determination I see across our communities.

I am optimistic about what we can achieve together. Every day, I see neighbours supporting one another, volunteering their time, and working to make Calgary-Acadia an even better place to live. By continuing to listen, engage, and support one another, we can build on the strengths of our community and create a brighter future for the generations that follow. Thank you for your engagement, your generosity, and your commitment to Calgary-Acadia. It is a privilege to serve as your MLA and represent our community in the Alberta Legislature.

Cheers,

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.

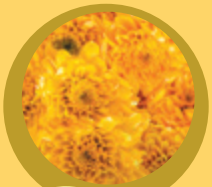
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A Bloom You Can Brew



Did you know? Chrysanthemums are November's birth flower—but some varieties are more than decorative! Certain chrysanthemum flowers and leaves are edible, and chrysanthemum tea, made by steeping the dried flowers, is a traditional beverage enjoyed across parts of East Asia.







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