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- Supply & install new showerhead & diverter spout
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- 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
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- Supply & install new drain system & pop-up stopper

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SALE \$13,879

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- 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

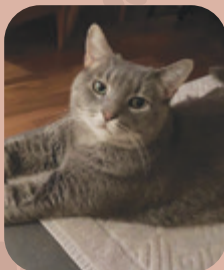
Email: admin@kingslandcommunity.ca

Book your event early!

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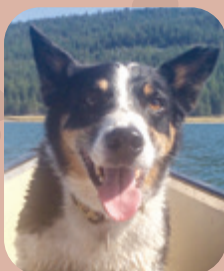
Chet, Auburn Bay



Chet, Erlton



Georgia Bell, Auburn Bay



Jack, Dalhousie



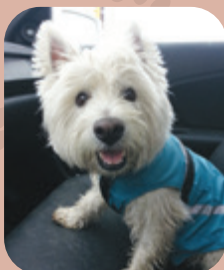
Pete, Rosemont



Rear Admiral Zao, Crescent Heights



Theodore, Cranston



Tokio, Crescent Heights

To have your pet featured, email news@mycalgary.com

BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE
FOR THE SOLUTION



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.

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.

Telephone language interpretation service available on all lines.

PRESIDENT'S MESSAGE

Hi Neighbours!

As summer begins to wind down, I hope you've enjoyed warm summer days in the park and watched your gardens and flowers bloom.

September marks the return of the Kingsland Community Association's monthly Board meetings as we prepare for another exciting year of serving our community. Our Board members generously donate their time, skills, and energy behind the scenes to advocate for our neighbourhood, organize events, support community projects, and keep the Association running. Their commitment makes a meaningful difference, and I want to extend my sincere thanks to each and every one of them for all they do.

Our Annual General Meeting will be held on Thursday, October 22 at 7:00 pm, and all Kingsland residents are encouraged to attend. During the meeting, members will vote for both new and returning Board members for the upcoming fiscal year. If you've been looking for an opportunity to make a difference and help shape the future of Kingsland, this is the perfect time to get involved. We have several volunteer board opportunities available. If you're interested in learning more, please reach out to me at president@kingslandcommunity.ca.

Speaking of simple ways to support our community, I encourage everyone to download the Calgary 3-1-1 app on your mobile phone. It is one of the easiest and most effective ways for residents to help keep Kingsland safe,

clean, and well maintained. Whether you're reporting potholes, damaged sidewalks, graffiti, overgrown grass, missed waste collection, or other municipal concerns, submitting a 3-1-1 request ensures the issue is logged directly with the City and tracked through to resolution.

Every 3-1-1 report also helps the City identify recurring issues and prioritize future maintenance and improvements. The more residents who report concerns, the better the City understands where resources are needed. It only takes a few minutes, but it can have a lasting impact on our neighbourhood.

To stay up to date on everything happening in Kingsland, be sure to visit our website regularly and follow us on social media: @kingslandcommunityyc on Instagram and Kingsland Community Association on Facebook. We also publish an E-Newsletter every month or two with community updates, upcoming events, volunteer opportunities, and important neighbourhood news. You can subscribe using the purple button at the bottom of our website.

Thanks,

Carmen Buckner

President & Casino Coordinator

Kingsland Community Association

president@kingslandcommunity.ca

<https://www.kingslandcommunity.ca/>



Support Victoria Fortuna and Her Family After a Tragic Highway Accident



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 to help ease the inconceivable financial hardship the Fortuna family is facing.

Scan to donate or visit
gofund.me/31fdeef6f

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Register online at our website:
www.kingslandcommunitypreschool.com

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

Curbside Treasure Hunt: One Weekend, Countless Finds.

by The City of Calgary



On September 12 and 13, join the city-wide Curbside Treasure Hunt! Set out gently used items on your curb and label them with a sign saying “free” for neighbours to take and/or explore your neighbourhood for free finds as well. It’s a fun and easy way to give your things a second life and keep usable items out of the landfill.

How It Works:

1. Clear the Clutter.

Look around your home for items you no longer need, but someone else might love.

2. Label It “FREE”.

Clearly mark each item with a “FREE” sign so people know it’s part of the Treasure Hunt. Download a template at calgary.ca/treasurehunt.

3. Set It Out.

Place your items neatly at the curb Saturday morning.

4. Remove items that are NOT part of the hunt.

Make sure anything on your lawn or on the curb that you plan to keep is removed, put away, or secured so it’s clear what’s free to take and what’s not.

5. Treasure Hunt!

Explore your neighbourhood and discover free finds all weekend long (only take items clearly labelled as “free”).

6. Wrap It Up.

By Sunday, September 13 at 5:00 pm, remove any untaken items from your curb and consider donating them to a local charity.

For safety reasons, **please don’t put out** items that could be hazardous or not safe to reuse, such as:

- Mattresses
- Toilets
- Unsafe or recalled items
- Baby gear or safety equipment that may not meet current standards

Do you live in a condo or apartment? You can participate as well! Coordinate with your property manager to establish a shared drop-off location.

Let’s keep good things out of the landfill. Happy treasure hunting!

Crime Prevention and Safety

Your Peace of Mind

Alberta summers are a time of long, sun-filled days that stretch well into the evening, offering ample opportunities for outdoor activities and social gatherings. However, the extended daylight and increased outdoor activity can sometimes lead to a rise in property crime rates during these months. It's crucial to maintain a nightly routine that ensures your home and belongings remain safe.

The Calgary Police Service has been emphasizing the importance of the 9PM Routine, a simple yet effective strategy aimed at reducing property crimes and increasing community safety. This routine involves residents setting a daily reminder to check their homes and vehicles at 9PM to ensure that all doors and windows are locked, valuables are removed from vehicles, and exterior lights are turned on. By making these actions a nightly habit, individuals can significantly reduce the risk of becoming victims of theft and break-ins.

The 9PM Routine is part of a broader community policing initiative that encourages proactive measures and community involvement in crime prevention. Calgary Police have reported that areas where residents consistently follow this routine often see a decrease in property crime rates. The principle behind this initiative is straightforward: by securing homes and vehicles, residents can make it more difficult for opportunistic criminals to access their property, thereby deterring crime. Furthermore, this routine promotes a sense of vigilance and responsibility within the community, fostering a safer and more connected neighbourhood.

The Routine recommends:

- Removing valuables from vehicles.
- Ensuring vehicles are locked, windows are closed and if possible, parked in a garage.



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



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

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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.

Accidental Poisoning

by Emergency Health Services

Emergency Health Services (EHS) paramedics would like to remind parents and caregivers of precautions they can take to help prevent accidental childhood poisonings around the home. Ingesting prescription or over-the-counter medication is a frequent cause of accidental childhood poisonings. Other causes include ingesting or contact with household items such as dishwasher/laundry tablets, mouthwash, chemicals such as paints/solvents, cleaning products, and button batteries.

Storage

- Place all medications in locked containers and store in an area inaccessible to children.
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle.
- Install child locks on all cabinets, or drawers where medications and button batteries are kept.

Safety tips

- Child-resistant medication bottles are not necessarily child-proof. They can still be opened by a child.
- Take extra precautions with medicines designed to appeal to children such as chewable vitamins or flavoured cough and cold syrups.
- Promptly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers.
- Install child latches on cabinets children might also access by climbing on counters or chairs.
- Label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even a small amount can cause serious illness if ingested.

Find poisoning information by calling the Poison and Drug Information Service (PADIS) at 1-800-332-1414.

In Case of a Poisoning Emergency, Call 9-1-1

Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EHS paramedics to inspect on their arrival.



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

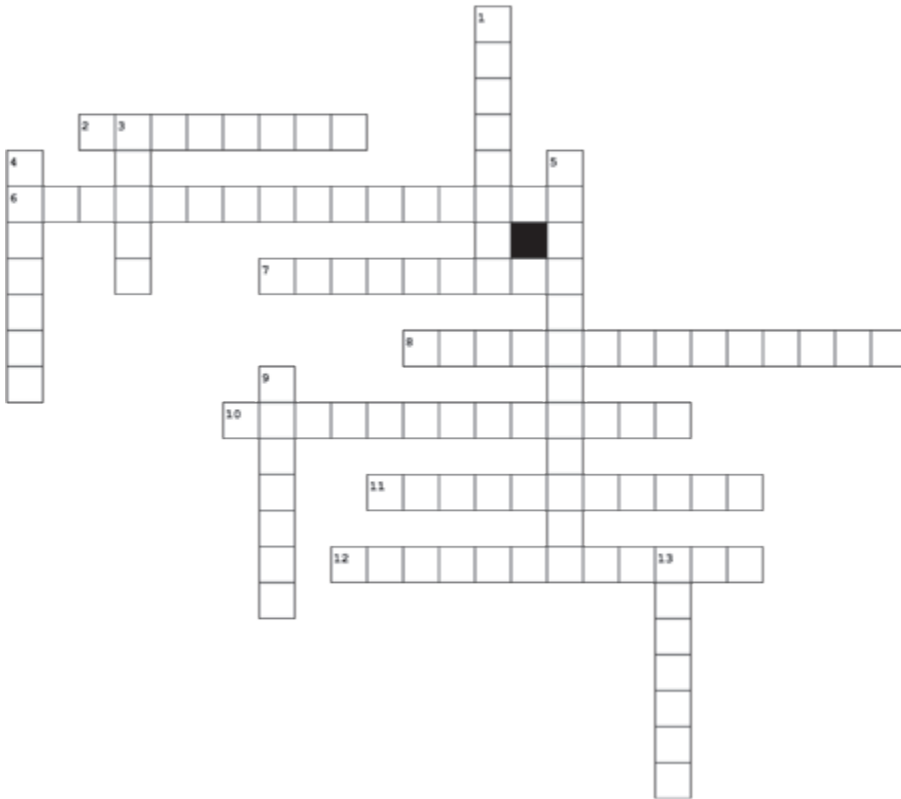
Sunday

Second Sunday of Each Month - St. Brigid Catholic Church

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.

September Crossword



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

Across

2. Used for carrying textbooks and other school supplies, this item is a back-to-school essential.
6. This American band is known for their classic songs, "Let's Groove" and "September."
7. These bears are the smallest variety found in Canada.
8. First airing in 2013, this fun kid's cartoon follows a young boy with his gem companions across the galaxy.
10. Make a stop here in September and you will find a variety of apples, pears, and figs for sale.
11. *The Long Walk*, a film starring Copper Hoffman, is an adaptation of the novel by this famous author.
12. *The Rise and Fall of a Midwest Princess*. The album released September 22, 2023 was written by this up-and-coming pop singer.

Down

1. This vibrant blue stone representing loyalty and the divine is also the birthstone for September.
3. This bright purple flower is considered September's primary birth flower.
4. Born September 4, 1981, in Houston Texas; this famous singer got her start in the girl group Destiny's Child.
5. This English author wrote *Animal Farm* and *1984*. These novels are typically assigned reading in schools even 80 years after their release.
9. In the world of theatre, speaking the name of this Shakespearean play is considered bad luck. Instead, they refer to it as, "The Scottish Play."
13. This mythical beast is sometimes called, "Canadian Nessie."

When Grief Becomes Complicated: Strategies for Dealing with Complex Grief

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



Grief is a natural response to loss, but it does not follow a fixed timeline. For many of us, the pain slowly softens and life begins to open up again. For others, grief stays intense, persistent, and disruptive long after the loss. This is often called complex grief.

Complex grief is more than missing someone. It can feel as if time has stopped. Months or even years after the loss, we may still feel as though the death happened yesterday. You may struggle with intense longing, difficulty accepting the loss, or trouble imagining a meaningful future without the person who died. Everyday reminders can bring overwhelming pain, making it hard to work, maintain relationships, or enjoy activities you once valued.

Complex grief can sometimes be mistaken for depression because both can involve sadness and withdrawal. The difference is that grief is centred on the loss of a specific person and the longing for that relationship. Depression usually involves a broader loss of pleasure, ongoing hopelessness, and negative beliefs about oneself. It is also possible to experience both at the same time.

Six Coping Strategies for Complex Grief:

While complex grief can feel overwhelming, there are approaches that can help. Evidence-based treatment

often includes grief-focused therapy, which offers a safe space to process the loss, explore painful emotions, and gradually rebuild meaning and connection. Some people also benefit from cognitive behavioural strategies, which can help identify unhelpful thoughts such as guilt, self-blame, or the belief that life can never feel meaningful again.

Other helpful coping strategies include:

- **Maintaining routines:** Create a simple daily structure that adds predictability, even in small ways. For example, wake up at the same time each morning, eat breakfast before checking your phone, or take a short walk after lunch.
- **Allowing space for grief:** Set aside time to feel, remember, or express your grief instead of holding it in all day. You might journal before bed, light a candle on a certain day, or look through photos and write down a memory.
- **Staying connected to supportive people:** Reach out to people who can listen without trying to fix your feelings. You might text a trusted friend, attend a grief support group, or invite a family member for coffee.
- **Caring for your body:** Focus on one or two basic physical needs each day, since grief can make self-care harder. You might drink a glass of water when you wake up, eat something with protein at breakfast, stretch for five minutes, or go to bed at a consistent time.
- **Practicing self-compassion:** Notice harsh self-talk and replace it with a more understanding response. If you think, "I should be over this by now," try reminding yourself, "I am grieving something important, and healing takes time."

These strategies do not erase grief, but they can make it more manageable and support healing over time.

When to Seek Professional Help

It may be time to seek professional support if your grief feels stuck or overwhelming for a long period, especially if it is affecting work, relationships, sleep, or daily functioning. You may also benefit from help if you are avoiding reminders of the loss, struggling to imagine a future, or experiencing intense guilt, numbness, or hopelessness that does not ease with time.



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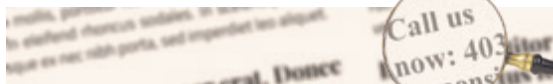
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