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THE OFFICIAL KILLARNEY & GLENGARRY COMMUNITY NEWSLETTER



Cover photo by Heather Mansfield



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NOTE FROM THE EDITOR



Dear Neighbours,

I hope that you all had a great holiday season and that 2023 sees you well!

The new year always feels to me like I am opening the cover of a brand new, exciting book that I am looking forward to journeying through. I always feel that it brings about a blank page, a fresh start, and a whole year of the promise of the adventure. I really do love this time of year despite the chilly weather.

I would love to hear from you if you have anything that you would like to see in the newsletter and encourage you to submit to me at the below email address.

Happy New Year everyone!

Until next time!

Jane Phillips

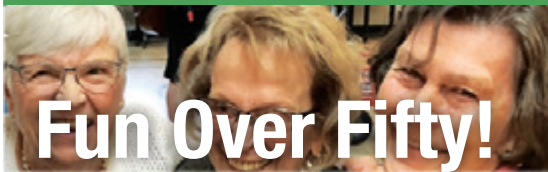
Editor, editor@kgca.ca

VOLUNTEER WITH US!

If you are interested in volunteering for the Killarney-Glengarry Community Association, please email pres@kgca.ca.



GOOD COMPANIONS 50 PLUS CLUB



It's getting cooler outside, but things continue to heat up at Good Companions 50 Plus! We offer in-person and online programming so check us out. Join us for Lunch, Social Suppers, Pub Night, or join us on our 8-night FUNdraiser Cruise to the Eastern Caribbean this December! We have dozens of in-person programs including Cards & Coffee, Bridge, Bingo, Rhythm Kats, Square Dancing, Floor Curling, BYO Crafts, Pool, and Shuffleboard. Online programs include Monday Melodies, Active Aging Yoga, StrongerU Senior Fitness, Mindfulness & Meditation, and Tai Chi with Qi Gong. Visit our website at www.gc50plus.org for our monthly newsletter for details on all events and programs or call us at 403-249-6991 to set up a tour. We are located at 2609 19 Ave SW and we hope to see you soon!



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VOLUNTEERS NEEDED TO RUN A TOT-TIME GROUP @KGCA HALL

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If you are interested, please contact Elena
secretary@kgca.ca

Safety Corner

Can you believe it? It is now 2023! What a year 2022 was. New Year's resolutions are made and broken. The parties from the night before are being felt through hangovers and such.

So, how can we start 2023 on a very safe note as a community? Well, let us all remember that safety starts with each and every one of us.

Here are a few family-friendly tips to start 2023 off:

1. Include some family fun at home.
2. Instead of drinking alcohol on New Year's Eve, try sparkling apple juice (great for kids as well).
3. Limit computer and gaming console time to two hours
4. Simply enjoy the company of your loved ones.
5. If you have children, list some resolutions for the year. They can be anything, like reaching for the moon.

Other Thoughts

Although this is quite off topic, and I meant it to be this way. Over the past year, I have had the immense pleasure of sharing my thoughts in this column on many topics on how we can be safe within this awesome community. Some months have been quite difficult, as I didn't want to sound redundant. I hope that these columns have taught every one of us how to be safe within the community.

I have lived in this community since 2015 and have seen many changes. Even some of the small businesses on 26 Ave have changed, which has been awesome.

In 2023, my resolution is simple: to keep the dream of our fine community as the safest in the entire city of Calgary. With everyone in Killarney-Glengarry community, I believe that this is possible. In 2023, let's strive to be the best and safest community ever!

From my house to all of yours, Happy New Year!

Richard Bankert, Director – Safe Streets/Traffic



Christmas Tree Recycling Drive

The Calgary 18th Scouts will be running a Christmas tree recycling drive on Saturday, January 14, from 9:00 am to 12:00 pm. Please register via the link, <https://forms.office.com/r/F6Jb1T0Nmc>, or QR code below. Suggested donation for tree pickup is \$20 and all proceeds go to supporting the Scouts 2024 British Columbia camp.

Calgary 18th Scouts

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**The 'J'
is Born!**

You may think that 'Z' was the last letter added to the alphabet, but it was actually 'J'! In the Roman alphabet, 'J' wasn't a letter, it was only a fancy way of writing the letter 'I.' It wasn't until 1524 that Italian grammarian, Gian Giorgio Trissino, made a distinction between the two characters, helping the 'J' to become the last letter added to the modern alphabet.

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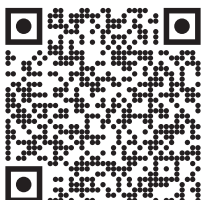
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Nicholas Milliken
Your MLA for Calgary-Currie

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HOW?

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WHY?

To encourage involvement and to inspire pride in both our residents and visitors.



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HALL STAFF

Natalie Palmer	General Manager	gm@kgca.ca
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KILLARNEY-GLENGARRY VOLUNTEERS

Brown Bag for Kids	Allie Ronellenfitch	aronellenfitch@gmail.com
Tot Time	Elena Gadaeva	secretary@kgca.ca
Community Garden	Chris Knobel and Dan Hauser	garden@KGCA.ca
Newsletter Editor	Jane Phillips	editor@kgca.ca

KGCA Members That Inspire Community

KGCA is committed to supporting local. If you are a member with a local business that inspires community building, we want to hear about what you’re doing! Please email editor@kgca.ca or comms@kgca.ca with details!



Imagine: Nora Arnold – 70 Years in Killarney

by Joey Stewart

I first wrote about Nora when she celebrated her 90th birthday at the Killarney-Glengarry community hall in September 2016. This year, Nora is celebrating her 96th birthday and her 70th year in Killarney.



In 1952, when Nora was a young bride, she and her husband Cec bought a lot in Killarney on 31 Street, just as a new wave of homes were being built. There were only five lots to choose from and they decided on the “flat one” so they could have a big garden. That was 70 years ago and she’s still growing flowers and veggies in her garden.



Nora is truly the “very best kind of neighbour” whom everyone covets. She was a “community builder” before the expression was invented. She grew up on a farm and farmers counted on everyone in the surrounding community to support each other.

When Nora moved into her new home in 1952, she quickly introduced herself to the neighbours who were sparsely scattered over Killarney, in between the horse pastures and the dairy farm on 36 Street. Nora was a devout horse lover from childhood and so that was a gift.

As new neighbours moved in, Nora was there to greet them. She was fast friends to all of them and still, to this day, she’s in touch with everyone who lived on her block. People from other parts of Canada and the United States still come to visit her.

Over the 70 years, she’s kept notes on people’s birthdays, their children and dogs’ names, and calls them on

significant dates. Nora “was there” for her neighbours when someone needed a babysitter, a bowl of hot soup for the sick, or just a neighbourly chat.

She’s as bright as a button and sharp as a tack. She still passes her driver’s test every two years and is as helpful to her neighbours as always. She’s frank and always honest. She passes comments on her opinion of how she’s seen Calgary grow over the decades.

She has two sons, three grandkids, and five great-grandkids in Cochrane and regularly visits them. As she drives along Crowchild Trail and sees the rows and rows of houses that all look the same, she thinks if someone came home drunk, they’d probably end up in the wrong house!



She is generous of spirit and exceptionally healthy, only having been in hospital once in her life for an appendectomy in 1944, other than having her three children, of course!

Killarney is incredibly rich to have people like Nora in our midst. I know that we have many others who have lived here for a long time – I’d love to know who they are so we can highlight their lives and memories of their experiences in Killarney. They have much to teach us. Please call me at 403-305-2980 and let’s talk.

Olympic Medals for Artists

The founder of the modern Olympic Games, Baron Pierre de Coubertin, believed that a true Olympian was not only athletic, but also artistic. As a result, for the first four decades of these international games, artists were awarded medals for painting, sculpture, architecture, literature, and music, so long as their work was inspired by athletic endeavours.





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We have ancient China to thank for tea, the most consumed beverage in the world aside from water. According to myth, tea was discovered when a dead leaf from a wild tea bush fell into an emperor's cup of boiled water. Thousands of years later, we still love tea, so much so that January 12 is National Hot Tea Day. In honour of this day, why not brew yourself a nice hot cup of tea!





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New Year's Eve in Times Square

New Year's Eve in Times Square is quite the spectacle, with live entertainment, fireworks, and a ball drop at midnight. But did you know that the first New Year's celebration held in this square had a slightly different purpose? In 1904, Adolph Ochs organized the event to celebrate the new headquarters of his publishing company, The New York Times!

The Nine Superpowers of a Hug

by Nancy Bergeron RPsych | info@nancybergeron.ca



The past few years of limited physical contact have taken their toll as something essential has been missing. We celebrate, comfort, and show our affection with it. Yes, I'm speaking of a simple hug. The average length of a hug is three seconds. However, when a hug lasts at least 20 seconds, there is a therapeutic effect on the body and mind. Psychotherapist Virginia Satir stated, "We need four hugs a day for survival. We need eight hugs a day for maintenance. We need 12 hugs a day for growth." There is a great deal of scientific evidence related to the importance of hugs and physical contact. Here are nine of their superpowers:

1. Stimulates Oxytocin

Oxytocin is a neurotransmitter that affects the brain's emotional centre, promoting feelings of contentment, reducing anxiety and stress, and even making mammals monogamous. When we hug someone, oxytocin is released into our bodies by our pituitary gland, lowering both our heart rates and our cortisol levels. Cortisol is the hormone responsible for stress, high blood pressure, and heart disease.

2. Cultivates Patience

A hug is one of the easiest ways to show appreciation and acknowledgement of another person. The world is a busy, hustling-bustling place. By slowing down and taking a moment to offer sincere hugs throughout the day, we're benefiting ourselves, others, and cultivating better patience within ourselves.

3. Prevents Disease

Hugs have a direct response on the reduction of stress which prevents many diseases. The Touch Research Institute at the University of Miami School of Medicine says it has carried out more than 100 studies into touch and found evidence of significant effects, including faster growth in premature babies, reduced pain, decreased autoimmune disease symptoms, lowered glucose levels in children with diabetes, and improved immune systems in people with cancer.

4. Stimulates Thymus Gland

Hugs strengthen the immune system. The gentle pressure on the sternum and the emotional charge this creates activates the Solar Plexus Chakra. This stimulates the thymus gland, which regulates and balances the body's production of white blood cells, which keep you healthy and disease free.

5. Nonverbal Communication

Almost 70 percent of communication is nonverbal. The interpretation of body language can be based on a single gesture and hugging is an excellent method of expressing yourself nonverbally to another human being.

6. Boosts Self-Esteem

Hugging boosts self-esteem, especially in children. Tactile sense is all-important in infants. A baby recognizes its parents initially by touch. From the time we're born, our family's touch shows us that we're loved and special. The association of self-worth and tactile sensations from our early years are still imbedded in our nervous system as adults. The cuddles we received from our mom and dad while growing up remain imprinted at a cellular level, and hugs remind us at a somatic level of that. Hugs, therefore, connect us to our ability to self-love.

7. Stimulates Dopamine

Low dopamine levels play a role in the neurodegenerative disease Parkinson's, as well as mood disorders such as depression. Dopamine is responsible for giving us that feel-good feeling and is also responsible for motivation! Hugs stimulate brains to release dopamine, the pleasure hormone. Dopamine sensors are the areas that many stimulating drugs such as cocaine and methamphetamine target.


8. Stimulates Serotonin

Hugging releases endorphins and serotonin into the blood vessels. The released endorphins and serotonin cause pleasure and negate pain and sadness, and decrease the chances of getting heart problems, help fight excess weight, and prolong life. Even the cuddling of pets has a soothing effect that reduces stress levels. Hugging for an extended time lifts one's serotonin levels, elevating mood and creating happiness.

9. Activates Parasympathetic System

Hugs balance out the nervous system. The skin contains a network of tiny, egg-shaped pressure centres called Pacinian corpuscles that can sense touch, and which are in contact with the brain through the vagus nerve. The skin response of someone receiving and giving a hug shows a change in skin conductance and suggests a more balanced state in the nervous system.

Make the new year a good one by using the superpower we all have. But don't forget to ask permission first!



Happy New Year's: It's About Time

by Joey Stewart

Scientists, physicists, and ordinary people have been pondering "time" for millennia. There are only six principal calendars in current use: Gregorian, Jewish, Islamic, Indian, Chinese (also called the lunisolar), and Julian Calendars. All of these calendars replicate astronomical cycles according to fixed rules.

All of this is context to talk about how we celebrate New Year's. Every culture has their own way of welcoming the new year. But first, we need to know the history and the rigour that scientists used to create the exact calendar.

The Gregorian calendar is the calendar used in most parts of the world. It was introduced in October 1582 by Pope Gregory XIII as a replacement for the Julian calendar because the Julian calendar was not sufficiently exact in counting the length of the years. The main change made was to space leap years differently so as to make the average calendar year 365.2425 days long, more closely approximating the 365.2422-day tropical or solar year that is determined by the Earth's revolution around the sun.

The rule for leap years is that every year that is exactly divisible by four is a leap year, except for years that are exactly divisible by 100, but these centennial years are leap years if they are divisible by 400. For example, the years 1700, 1800, and 1900 were not leap years, but the year 2000 was, according to the United States Naval Observatory.

Enough about the science, let's talk about the celebrations. Civilizations around the world have been celebrating the start of each new year for at least four millennia. Today, most festivities begin on December 31 (New Year's Eve), the last day of the Gregorian calendar, and continue into the early hours of January 1 (New Year's Day), with parties, eating special foods, making resolutions for the new year, and watching firework displays.

The earliest recoded festivities were about 4,000 years ago, by the Babylonians, on the first new moon following the vernal equinox (the day in late-March with an equal amount of sunlight and darkness).

Did you know? In order to align the Roman calendar with the sun, Julius Caesar had to add 90 extra days to the year 46 BCE when he introduced his new Julian calendar.

It hasn't been easy making the transition from ancient customs to the Gregorian calendar that we use today. It's not possible to talk about New Year's without talking about the exact minute that the year begins. Greenwich Mean Time (GMT) is the time measured on the Earth's zero-degree line of longitude, or meridian. This runs from the North Pole to the South Pole, passing through the Old Royal Observatory in the London, England suburb of Greenwich.

This line has been called the Greenwich Meridian since 1884, and it is from here that all terrestrial longitudes are measured, and the world's time zones are calculated.

The first country and city to celebrate New Year's Eve every year is Kiritimati, Kiribati, an island in the Pacific Ocean with a population of 120,000. Chatham Islands, New Zealand, Chukotka and Kamchatka, Russia, and Sydney, Australia follow close behind.

The 1.5 billion Asians who celebrate the lunisolar calendar, whose date moves from year to year, thoroughly clean the house to remove any bad luck that might be lingering inside, a custom called "sweeping of the grounds." New Year's Eve and Day are reserved for families, including religious ceremonies honouring the ancestors. Family members receive red envelopes (lai see or hongbao) containing small amounts of money as a symbol of good luck for the coming year. The colour red is associated with energy and happiness. There are dances and fireworks culminating in the Lantern Festival with hanging glowing lanterns and dragon dances for good fortune.

I have participated in these celebrations - they are amazing! Everyone gets dressed up and there are massive flower displays on the streets where everyone gathers to greet friends and neighbours. There is gift giving, divine food, and generous amounts of drink. It feels very much like Christmas and New Year's.

Happy New Year from my house to yours!

Sledding Safety

by Alberta Health Services, EMS



Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. 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 and have fun on the toboggan 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 too 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; never toboggan alone.
- Tobogganing at night is not advised.

Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- 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.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.

**MLA Calgary-Currie
Nicholas Milliken**

Minister of Mental Health & Addiction
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T2T 0E3

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Dear Neighbours,

Your government is working hard to support you. In fact, in 2022 the government's commitment to fiscal discipline and economic growth allowed for unprecedented economic development and recovery. However, some of Alberta's most vulnerable communities are still struggling. To help these Albertans, the government is working on Bill 2. Upon successful passage, Bill 2 will increase supports for individuals on Assured Income for the Severely Handicapped (AISH), Persons with Developmental Disabilities (PDD), and Income Support monthly benefits. As an example, AISH recipients will see their benefits indexed to inflation, and will receive six monthly payments of \$100, for a total of \$600 in additional support.

I've also heard from many seniors and families that the rising cost of living has had an impact on your day-to-day life. Government is focused on finding solutions that will make a real difference. That's why we're raising the Alberta Senior's Benefit and the Alberta Child and Family Benefit. Families and seniors with household incomes below \$180,000 per year will receive six monthly payments of \$100, for a total of \$600 in additional financial support for seniors and \$100 per dependant child under 18 years of age.

Your government understands the far-reaching impact that this inflation-driven affordability crisis is having on all Albertans. As a result, we have extended the Fuel Tax Relief Program, pausing the 13-cent provincial fuel tax so you can save at the pumps. Also, we expanded the Electricity Rebate Program, putting up to \$500 back into the pockets of Albertans, and we're reindexing personal income tax, meaning most people will receive a higher refund or owe less tax for 2022. But we're not stopping there. Government is also helping low-income Albertans with the cost of transit and providing millions of dollars to Food Banks supporting those most in need.

As we head into a new year, know that I will continue working hard to support you and our entire community here in Calgary-Currie. I hope you had the opportunity to spend time with loved ones over the holidays and I wish you and your family all the best for a healthy and prosperous new year.

Nicholas Milliken MLA
Calgary – Currie



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HELLO NEIGHBOURS: My Name is Chantal Mailey. I am a Professional care attendant, End of Life companion. Looking to work with seniors in the area to help with light chores, or just be a companion. Please email goodchantal@hotmail.com or call 825-365-6671.

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FLORAL CLASSES: A fun and engaging indoor activity now that the weather is turned. Learn some floral and plant skills, get your hands dirty, meet some other locals. Join a class or book a custom event. Dates and offerings can be found at www.peaseblossoms.com under classes, or email marika@peaseblossoms.com.



9 PM
ROUTINE

CALGARY
POLICE
SERVICE

☒ **CHECKLIST**

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light



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