

JANUARY 2026

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THE OFFICIAL KILLARNEY & GLENGARRY COMMUNITY NEWSLETTER



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Monday	10am-6pm
Tuesday	7am-6pm
Wednesday	7am-3pm
Thursday	7am-6pm
Friday	7am-3pm
Saturday (1st/3rd)	9am-3pm

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 ”

KGCA VISION

YOUR KGCA

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gm@kgca.ca

KILLARNEYGLENGARRY.COM

TO SUPPORT AND CONNECT OUR COMMUNITY.

HOW?

Through the creation and delivery of program, events, and strategic initiatives.

WHY?

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

KGCA MISSION



KGCA Board of Directors

BOARD POSITION	NAME	EMAIL
President	Thomas Mo	pres@kgca.ca
Vice President	Kristi Mulrain	vicepres@kgca.ca
Treasurer	Amanda Spennath	treasurer@kgca.ca
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Director of Facilities	Vinod Balakrishnan	facilities@kgca.ca
Director of Traffic and Safe Streets	Olawale Tijani	traffic@kgca.ca
Director of Development	Tory Reade	development@kgca.ca
Director of Volunteers	Vacant	
Director of Membership	Vacant	
Director of Communications	Vacant	
Director of Events	Vacant	
Director at Large	Vacant	
HALL STAFF		
GM	Andrea Nagle	gm@kgca.ca
Bookkeeper	Natalie Palmer	

KGCA Hall Happenings

MONDAYS	TIME	DETAILS
High Fitness	5:50 to 6:50 pm	kgca.ca/events
Monday Yoga	7:05 to 8:05 pm	kgca.ca/events
TUESDAYS		
Paint Kids Club	5:00 to 6:00 pm, 6:15 to 7:45 pm	kgca.ca/events
Family Yoga	5:45 to 6:30 pm	kgca.ca/events
Core/Pilates	7:00 to 7:50 pm	kgca.ca/events
WEDNESDAYS		
Sportball	5:00 to 7:00 pm	sportball.com
Wednesday Yoga (bi-weekly)	7:30 to 8:30 pm	kgca.ca/events
THURSDAYS		
Meditation	7:00 to 7:30 pm	kgca.ca/events
Neuro Tai Chi	5:45 to 6:45 pm	kgca.ca/events
FRIDAYS		
New Covenant Assembly	7:00 pm	newcovenantassembly.ca/ncacalgarysw
SATURDAYS		
Sportball	9:00 am to 12:00 pm	sportball.com
SUNDAYS		
New Covenant Assembly	9:00 am	newcovenantassembly.ca/ncacalgarysw/

KGCA WINTER FITNESS SCHEDULE

2828 28 St SW | PH: 403-246-6668 | gm@kgca.ca

MONDAY

5:50PM High Fitness Jan. 12 - Mar. 16

7:05PM Monday Yoga Jan. 12 - Mar. 16

TUESDAY

5:45PM Family Yoga Jan. 13 - Mar. 17

7:00PM Core / Pilates Jan. 13 - Mar. 24
(one week break TBD)

WEDNESDAY

7:30PM Wednesday Yoga Jan. 14 - Mar. 18

THURSDAY

5:45PM Neuro Tai Chi Dec. 11/25 - Mar. 19/26
(no class Dec 25 or Jan 1)

7:00PM Meditation Jan. 8 - Mar. 19



Learn more or register for
a fitness class by scanning
the QR code or visiting
kgca.ca/events.



What's happening

KGCA News

www.kgca.ca | gm@kgca.ca



Community Rink Is Open!

Thanks to our amazing rink crew, our rink next to the hall is open! Please pay attention to posted signage as fluctuations in weather may cause closures. Enjoy the season and skate safely!



Photo: Paint Ur Art Out

Winter Programs Are Live!

Looking to get more active this winter? We offer a selection of fitness programs including yoga, pilates, meditation, and high fitness at the hall. Have a child interested in art? Check out our new Kids Art Club put on by Paint Ur Art Out. Full weekday evening schedule online at kgca.ca/events.

Upcoming Events:

Suds Social:

Feb. 28

For more info on events visit our website.

Email us to volunteer with event set up/take down.

Follow us on Instagram
[@kgca.yyc](https://www.instagram.com/kgca.yyc)

Nora Arnold: The Very Best Kind of Neighbour

It is with great sadness that we announce the passing of Nora at 99 years old on September 17, 2025. She was one of Killarney Glengarry's very early citizens and was truly 'The Very Best Kind of Neighbour'. She knew everyone within her realm and was always there for her neighbours. We will miss her so much. To honour the very special person that she was, we are reprinting the article that appeared in the newsletter in 2024.



Nora Arnold is the kind of neighbour every one of us would love. She's fun loving, loves to cook, fiercely loyal, and is impeccable about everything she does from gardening to being a legal secretary.



Nora was born an Albertan in Vulcan 98 years ago on July 5. She was raised on a farm near Vulcan where her grandparents came from Ontario in 1905 to start - she still owns and loves that piece of land today.



She came to Calgary as an 18-year-old in 1944 and started a career as a billing clerk and secretary that culminated in retiring from Union Oil in 1986 where she had worked as a legal and executive secretary. She spent 49 years as a member of the renowned Desk and Derrick Club where she passionately kept track of every conceivable statistic over all those years and still does.

She and first husband, Cec chose their lot in Killarney in 1952 because it was flat and would be best for gardening; there were only two at the time to choose from. All around them were only scattered houses and lots of horse pasture. She fondly remembers the horses at Barns Riding Academy where Viscount High School once was.

Five houses were being built simultaneously by Jager Homes on their block and this one was finished first - it is a beautiful house complete with sunroom - immaculate in every way. The original hardwood floors glisten and the 1970s red and

white booth style kitchen table are legendary. She loves her home, and it shows - particularly this beautiful birch tree that she has nurtured for its entire life.

She tells me that she knows almost everyone who has ever lived on her block and has albums and records that indicated who lived in which house and for how long. She is an amazing photographer and archivist - every photo is labelled and dated and albums organized by year without a scrap of dust that I could see.

The moving (literally) of Jason and Gina's house next door is carefully catalogued with photos and newspaper clippings.

This woman values friends in a way that is remarkable - one neighbour who moved on to Texas even came back to visit with their old neighbourhood friends. Wilda Wiggins lived next door to her for 49 ½ years. In all those years there was never a harsh word between them! How's that for a neighbour?

Nora said Killarney was the perfect place to raise her three children, who ran free with friends, to keep an eye on them. Her kids attended Killarney School which is now the Montessori School.

Nora remarried in 1973 to Wayne Arnold who had six children, and they became a cherished part of her extended family.

Since Nora retired from Union Oil in the 1986 recession, she has loved retirement - gardening, looking after family and friends - she's famous for her dill pickles (no garlic, please!), keeping track of everyone and continuing her track record of being a loyal friend to all. She hasn't given up making lists and crossing items off as completed, which keeps her archivist skills honed.

Her 90th birthday party held at Killarney Hall on July 5, was filled with people and Nora was continuing her quest to connect people with other people she knew they'd love.

Nora has three children; six grandchildren, and nine great grandchildren, of whom she is very proud. She is a much-loved woman who has given so much to her family and her community. Killarney is proud that she is one of us!

Nora is now 98 and going strong; as bright as a button and still keeping track of all her friends.

Photos courtesy of Nora Arnold

RENT THE HALL!



The Killarney-Glengarry Community Hall is open for rental for any event. Whether it's a party, regular classes, a meeting, concert, or any other occasion, you can make it happen! Find more details about renting on our website at www.kgca.ca/rentals.

AVAILABILITY

\$99/hour

Saturdays: 8:00AM-12:00AM

Sundays: 12:30PM-12:00AM

FEATURES

- Tables and chairs
- Parking lot
- Full kitchen
- Coat check
- Washrooms
- Tennis courts
- City fields
- Playground

ADD-ONS

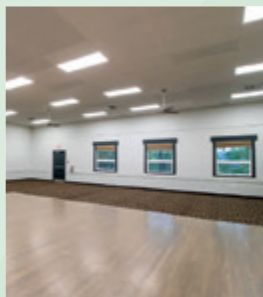
- Bouncy castle & games
- Speaker system
- Projector and screen
- Greenspace

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Learn more here



Message from the Director of Traffic and Safe Streets

Happy New Year, Killarney-Glengarry! January brings winter's full intensity: long nights, freeze-thaw cycles, icy sidewalks, and the return to school routines. These conditions demand extra caution from everyone using our streets and pathways. Snow-banked intersections, limited visibility, and busy drop-off zones mean safety, accessibility, and timely snow clearing are more important than ever. Together, we can keep Killarney-Glengarry safe, considerate, and welcoming throughout the winter season.

For Drivers

- Prepare your vehicle for deep-winter conditions: winter tires, proper antifreeze levels, functioning wipers, and a reliable defroster.
- Expect slippery intersections and extended braking distances during freeze-thaw periods.
- Watch closely for pedestrians at bus stops, crosswalks, and school zones, especially during dark mornings and late afternoons.
- Observe 30 km/h in school zones and be patient during morning drop-off congestion.
- Clear frost and snow from all windows, mirrors, headlights, and taillights to maintain visibility.
- Respect snow routes and parking bans to support efficient plowing and roadway access.
- Minimize distractions—phones down, eyes up—particularly where snow piles reduce reaction time.
- For vehicles parked outside during deep freezes, ensure the engine block heater is plugged in and the battery is charged.
- Keep a set of booster/jumper cables in your vehicle for emergencies or to assist others if needed.

For Cyclists

- Equip your bike with wider winter tires and ensure lights are fully charged.
- Dress in reflective, layered clothing to stay warm and visible.
- Ride cautiously on black ice, compacted snow, slush, or salted surfaces; signal early and maintain predictable movements.
- Be aware that stopping distances increase on icy roads; dismount if conditions are unsafe.
- Clean and lubricate your chain frequently to prevent corrosion.

- Use maintained cycling lanes or multi-use pathways designated as winter-priority routes.

For Pedestrians, Students, and Families

- Walk carefully on icy sidewalks and crosswalks — choose footwear with strong traction or ice cleats.
- Wear reflective gear or carry lights to improve visibility.
- Stick to cleared sidewalks and marked winter walking routes; avoid shortcuts through icy areas.
- Keep devices down; snowbanks and parked cars reduce sightlines.
- Parents: supervise children at crossings and reinforce safe walking routes as school resumes.
- Teens should stay visible at transit stops and avoid stepping into roadways unexpectedly.
- Watch for plugged-in vehicles and cords across sidewalks to avoid tripping hazards.

For Residents and Community Members

- Clear snow and ice from sidewalks within 24 hours to support seniors, mobility-challenged residents, and families with strollers.
- Maintain functional porch lights and motion lighting for evening visibility.
- Keep fire hydrants, storm drains, and transit stop approaches free of snow.
- Assist neighbours who may struggle with snow removal during freeze-thaw cycles.
- Use sand or grit on icy patches and follow local bylaws for snow clearing.
- Be mindful of parking and noise during gatherings — avoid blocking driveways, corners, or alleyway access.
- Trim overgrown foliage and maintain clear sightlines to support safety.

Community and Enforcement Updates

- CPS and Bylaw Services continue enhanced patrols to support safe driving, enforce school-zone speeds, and monitor winter parking compliance.
- Pedestrian volumes increase near schools, transit stops, and community facilities — allow extra time and use caution.
- Snow route parking bans may be activated during heavy snowfall; monitor City alerts and move vehicles promptly.
- City crews prioritize high-traffic corridors, school routes, and winter walking routes — delays may occur during major weather events.

Winter Preparedness and Collision Prevention

- Keep a winter kit in your vehicle: warm layers, small shovel, traction aids, reflectors, washer fluid, first aid kit, booster cables, and flashlight.
- Plan safe travel routes during cold snaps, avoiding intersections with poor visibility or steep grades.
- Drive below posted limits on icy streets; residential roads often freeze overnight.
- Ensure headlights are on during dim or snowy conditions.
- Allow plows and sanding trucks ample space to operate.
- Stagger errands during extreme weather to reduce congestion.

Stronger Together: Lending a Hand in Our Community

- Support vulnerable neighbours by checking on seniors or those with mobility challenges to ensure sidewalks and pathways are clear.
- Offer snow-clearing assistance for neighbours unable to manage icy areas themselves.
- Accompany children, older adults, or anyone who feels unsafe walking during dark or icy conditions.
- Share shovels, salt, sand, or reflective gear with neighbours.
- Volunteer for KGCA initiatives and community programs.
- Encourage friendly check-ins to foster social support, visibility, and collective safety.

For any traffic or safety issues in Killarney-Glengarry, call 3-1-1 or submit an online request. Frequent reporting helps the City prioritize snow clearing, streetlight repairs, and hazard mitigation.

As we begin 2026, let's recommit to winter safety. Clearing sidewalks, slowing near schools, using lights during dark commutes, and supporting vulnerable neighbours all contribute to a safer, more connected community. KGCA will continue crosswalk audits, pathway visibility reviews, and traffic initiatives in early 2026.

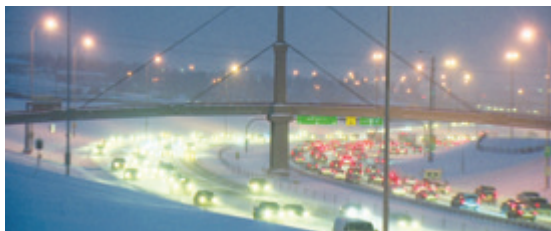
Wishing everyone a healthy, safe, and steady start to the year.

Olawale Tijani

Director of Traffic and Safe Streets

Killarney Glengarry Community Association

KGCA.ca



On Deerfoot Trail

by Garth Paul Ukrainetz

On Deerfoot Trail the potholes grow
A little larger every day
They never seem to fill them in
We zig and zag along the way

On Deerfoot Trail bad tempers show
The need for speed in rush hour mess
The faster lane ain't always faster
The quicker route ain't always best

On Deerfoot Trail the snow plows blow
They clear the slushy slop away
But cars still slide into the ditch
On icy road there's hell to pay

On Deerfoot Trail the tail lights glow
Like blood cells flow within a vein
The city's major artery
Bright Stampede Red this freeway train

On Deerfoot Trail a rodeo
Corralled commuters, Calgary
Bronc riding on this road together
Until we exit, until we're free

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Lynne and the Garden She Built for Everyone

by Titash Choudhury

We're beginning 2026 with the story of Lynne.



January in Calgary is one of the hardest and coldest months. We survive the coldest weeks while quietly dreaming of spring. Most of us are still shaking off the weight of the holidays. The ground is frozen, and garden season is still four months away, but planning season has already begun.



That's what makes this story perfectly timed. We're opening the year with a garden story, because even in the depths of winter, long before the first seed ever touches the soil, something else always comes first: Intention. For Lynne, that intention began with the view from her apartment window.

When Lynne arrived in Killarney three years ago, she came with a full life of adventure behind her and uncertainty ahead. She moved into Silvera Apartments, where her unit overlooked a partially built garden. A third-party company maintained it for the building, with neat rows of low-maintenance perennials, clean lines, practical, and tidy. It was fine. But it didn't feel alive.

At a moment when she was looking for a new beginning, the garden kept returning to her as something unfinished, something that needed care and intention. Slowly, it became her reason to begin again.

Over the next three years, season after season, she worked steadily at it. Through rain and heat, she gave it her time, her energy, and resources. She bought flowers and soil. Some planters were scavenged. Others were donated. Neighbours began stopping by with fertilizer, pots, and helping hands. Little by little, the space changed. What had once been a generic front garden became something else entirely, a shared place of pride. She named it "The New Life".



The instinct to build something from nothing didn't start with the garden. It's rooted in Lynne's life. She was born in Nova Scotia and later moved to Montreal, where her father worked for TCA. She spent time moving between Montreal and her grandmother's home. Years later, her father settled near the ocean in St. Margaret's, where she also spent time.

In 1980, when her mother moved to Alberta, Lynne joined her. School never held much interest for her; she dreamed instead about art and creativity. Despite many hardships, she carried forward a strong personality, independence, and resilience. She worked in retail and

fashion, industries shaped by instinct and presentation. She has always had a way of seeing beauty where others pass it by. She has found treasures in alleys, refurbished old furniture and lamps, and painted pots. That same instinct now lives in her garden.



Lynne was diagnosed with ADD later in life. She laughs when she says it helped explain many lifelong struggles. Despite health challenges, Lynne is full of life and laughter. She is spiritual, and she believes the garden saved her.

After travelling and living in different parts of the country,

Lynne believes Calgary has been good to her. However, not having a vehicle makes simple things harder in a city like Calgary. Carrying bags of soil, plants, and supplies across transit routes isn't easy. But this is one of the reasons Lynne values Killarney. The neighbourhood is accessible. Garden centres, grocery stores, and essentials are all within reach by transit. She makes the trips with whatever she can carry, soil, pots, plants, one trip at a time.

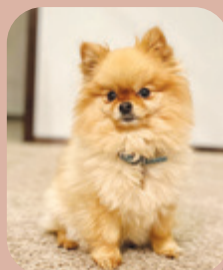
Although the garden sits at the front of the apartment building, Lynne is clear that it does not belong solely to the building. It belongs to the neighbourhood. People stop every day to admire it. Over time, the garden has done what she hoped it would: it has brought people together. Through it, she has built community. She now feels like she truly has a home. When asked what one life lesson she would share, she doesn't hesitate. She repeats the words her father used to tell her: "You can take anything and make it pretty."

She also knows the garden may not always look the same. As she grows older, she is realistic about what she can continue to take on. Others will need help. Others will need to take over. "It's not mine," she says. "It's yours."

For anyone thinking of starting a garden in their community this summer, she keeps the advice simple. She says it just comes down to time, patience, and caring enough to keep going, and being willing to get things wrong along the way.

Thank you for taking the time to read our series, Humans of Killarney. To share your story, your neighbour's story, or the story of an inspiring community member with Humans of Killarney, email Titash Choudhury at titash.choudhury@gmail.com.

Cats, Canines, & Critters of Calgary



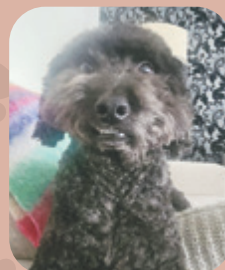
Betty White, Cranston



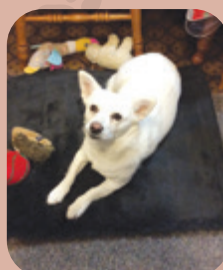
Dazi, North Glenmore Park



Jack, Seton



Leo, Nolan Hill



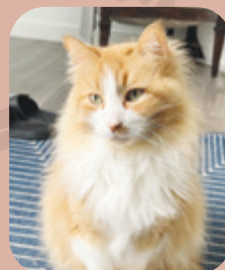
Rosie, Renfrew



Tango, Palliser



Teffy, Mount Pleasant



Toulouse, Killarney

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Interests (dance, soccer, etc): _____

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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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