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KILLARNEY GLENGARRY

THE OFFICIAL KILLARNEY & GLENGARRY COMMUNITY NEWSLETTER

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JULY 26 AND 27**



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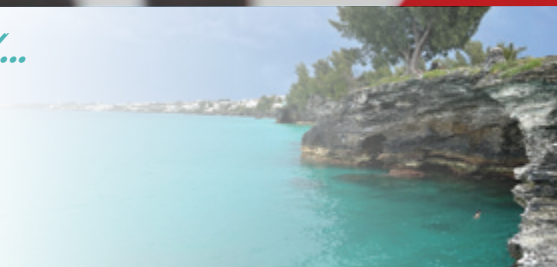
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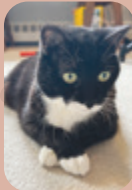
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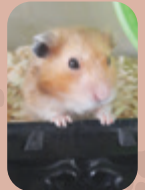
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KGCA VISION

YOUR KGCA

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**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
Secretary	Sage Wheeler-Ramnauth	secretary@kgca.ca
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Director of Traffic and Safe Streets	Olawale Tijani	traffic@kgca.ca
Director of Development	Tory Reade	development@kgca.ca
Director of Fundraising	Gloria Esionye	fundraising@kgca.ca
Director of Facilities	John Hallett	facilities@kgca.ca
Director of Events	Vacant	
Director at Large	Vacant	
Secretary	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
WEDNESDAYS		
Wednesday Yoga	7:30 to 8:30 pm	kgca.ca/events
THURSDAYS		
Neuro Tai Chi	5:45 to 6:45 pm	kgca.ca/events
FRIDAYS		
New Covenant Assembly	7:00 pm	newcovenantassembly.ca/ncacalgarysw
SUNDAYS		
New Covenant Assembly	9:00 am	newcovenantassembly.ca/ncacalgarysw/



What's happening

KGCA News

www.kgca.ca | gm@kgca.ca



Food Truck Frenzy

We didn't let a little rain dampen our spirits! Volunteers pivoted quickly, moved the event indoors and everyone enjoyed food, Cabin beer gardens, a vendor market, kids entertainment and live music all day, inside the KGCA hall! Thank you to all the food trucks and business partners that accommodated us and to everyone who braved the weather to support! This event means a lot to the KGCA, and we truly appreciate being part of such an incredible community!



Casino Fundraiser

Can you volunteer at the KGCA Casino on July 26-27? This fundraiser helps support the hall and its programming. We have a variety of roles and shifts available—it's fun and a great way to connect with the community! Email GM@KGCA.CA to get involved. We appreciate your support!

Upcoming Events:

July 26 - 27 | Casino Fundraiser @ Pure Casino

The Casino is our biggest fundraiser of the year, many volunteers are needed! Email gm@kgca.ca for info.

For more info on events visit our website.

Spring Fitness Schedule Live on KGCA.ca

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

Darn Mosquitos!

by Joey Stewart

June ushers in summer and with it comes the darned mosquito. We are all familiar with them, much to our chagrin; but what do we really know about them.

They have been around forever! While the dinosaurs roamed the earth even they, too, were bugged by them. They attacked them by biting them in places where they had thinner skin. The dinosaurs, too, got sick and died by the pathogens they left behind.

Today, mosquitoes are considered nature's worst enemy and the deadliest creatures on earth causing between 700,000 to one million deaths annually.

Their danger stems from their roles as vectors for deadly diseases rather than their physical attacks, making them a threat to humanity.

The female needs blood to develop their eggs and in the process the transmission of pathogens that cause malaria, dengue, yellow fever, Zika, West Nile virus, and other diseases which makes them so deadly.

The *Culex pipiens*, known as the West Nile mosquito, has been confirmed in Edmonton and Southern Alberta.

A few years ago, we were in Bali. One morning in a living room sized shower, with soap in my eyes I heard an enormous thump. When I looked down, my husband was out cold on the floor. I raced to the room next door where our friends from Quebec; Pierre and Celine were sleeping. I was screaming. They raced over. Within 20 minutes the owner of our hotel had a doctor beside my husband in the shower.

Two ambulance rides later with our devoted friends we were in Denpasar, the capital of Bali and in a hospital with doctors surrounding us. Their diagnosis: dengue fever from a mosquito bite a few days before. We had no idea; we'd never heard of it before. The fall resulted in a fractured anterior third vertebrae and a broken nose.

It took several weeks before my husband was fit to travel home and when we got here, he saw his general practitioner, Dr. Lee. She was puzzled by his case, not



Photo CDC with permission

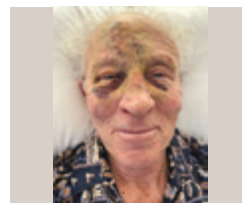


Photo Celine Lamarre

convinced it was dengue. She had worked in Haiti and was familiar with mosquito-borne diseases. Eventually, she diagnosed chikungunya, another of the dreaded mosquito-borne diseases.

Since we have been home, a word that had never entered our minds before, is now heard on radio and TV broadcasts.

So, what can we do about protecting ourselves from mosquito-borne irritations and diseases, at home and abroad? The US Center for Disease Control (CDC) recommends:

1. Get rid of standing water.
2. Blow them away with a fan.
3. Avoid peak hours around dawn and dusk when they are most active.
4. Apply DEET before going outdoors.
5. Use other repellents if you don't like DEET. The US Center for Disease Control and Protection recommends picaridin (their favourite), IR3535, oil of lemon eucalyptus, para-menthane-diol PMD, or 2-undecanone.
6. Try to stay cool. Mosquitos are drawn by pheromones released in your sweat.
7. Wear light, tightly woven, and light-coloured clothes.
8. Carbon dioxide from your exhaled breath is how they find you and so, avoid vigorous exercise, drinking alcohol, eating spicy foods, or anything that cranks up your metabolism.
9. Add plants to your garden that repels them like citronella, lavender, lemongrass, marigolds, and basil.
10. Spray your yard by hiring a professional.
11. Avoid scented products.

As our climate is changing, mosquitos are migrating to places they've never been seen before. So, none of us should be complacent about our thinking that we are immune to more varieties here.

The CBC's *The Nature of Things* has done a terrific program on mosquitos that is worthwhile and there is a marvellous new book out, a New York Times Bestseller, called *The Mosquito: A Human History of our Deadliest Predator* by Timothy C. Winegard that I recommend if you want to know more.

Bless winter for their demise!



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Interests (dance, soccer, etc): _____

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The Killarney-Glengarry Community Association is redeveloping our community playground to create a safe, welcoming space for children, families, and neighbours across Calgary.

We're raising \$500,000 over 10 months to bring this project to life — and we invite local businesses and community members to be part of it.

How You Can Help

- Financial donations
- Door prizes or raffle items
- Support for upcoming fundraising events

Your support invests directly in a vibrant, family-friendly community — today and for generations to come.

Contact pres@kgca.ca to learn more.





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Joining this FREE walking group!

Meet at the KGCA hall by the picnic tables on
Sundays at 2:30 PM

July 5 and 19, Aug 2, 16, 30, Sept 13 and 27.



REGISTER
HERE



KGCA Sunday Running Club

JOIN THIS FREE GROUP!

SUNDAYS AT 2:00 PM

JULY 5 AND 19, AUG 2, 16, 30, SEPT 13 AND 27.

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Register
Here



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Sundays from 1:00 - 3:00 PM

July 5 and 19, Aug 2, 16, 30, Sept 13 and 27.

Meet families in the
community, socialize
and build connections!

Register Here!



At the KGCA Playground, 2828 28 ST SW



KGCA Stroller Walking Club

Join this FREE
parent's group!

Meet at the KGCA
hall doors and stroll!

Wednesdays from
11:00 AM - 1:00 PM.



Register Here

July 8 and 22,
Aug 5 and 19, Sept
2, 16 and 30.





HUMANS OF KILLARNEY

Nick's Barber Shop

by Titash Choudhury

On 26 Avenue Southwest, there is a small barbershop that has remained largely unchanged over the years. The chairs are classic, and the walls and space are lined with photographs, newspaper articles about Nick himself, and memories of his family and the business. This is Nick's barbershop.



It is a place many people in the neighbourhood know well. The shop has become something of a local landmark, and Nick himself is a familiar face to generations in Killarney. Nick Corea came to Calgary from Italy in 1959, when his parents immigrated here. He remembers those early days, arriving without speaking English and growing up within a small Italian community, trying to find his place in a new country. Killarney, as he knew it then, felt very different from what it is today.

Over time, that neighbourhood became home. Hairstyling and cutting hair were always his passions, so right after high school, he started working at a barbershop to master the skill. When Nick was ready, he decided to open his own shop on 26 Avenue. For decades, Nick has worked out of the same location. He has seen people build lives, raise families, and eventually pass on. And through it all, Nick stayed. He has now been in service for close to 60 years.

There is also a photograph from the 1960s Stampede BBQ, a glimpse into an earlier time, when the neighbourhood felt smaller.



A barbershop like his has never been just about haircuts. People come in to talk, to share stories about their lives, their work, and their families. They come to sit for a while, to listen, and to be part of something familiar. Over time, the barber becomes part of those stories too.

Nick's path has not always been linear. He learned barbering early, carried that skill with him, and built a life around it here in Calgary. Over the years, he has held onto an important belief. "If you want to start a business," he says, "you can't always focus on profit. You have to believe in the passion that made you start. There will be ups and downs. If you think it's only about making money, you'll be disappointed."



Like many who have lived and worked in Killarney for a long time, Nick has also witnessed the changing landscape of the neighbourhood. He understands that the city is growing and that more housing is needed. But to him, it has lost some of its sense of community. Neighbours don't always talk to each other the way they used to. The warmth and sense of community that once defined the area feels different. It is something he has noticed not only through his own experience, but also in conversations with others who have lived and worked in the community for many years.

And yet, he believes that sense of community can still be built. It starts with simple things, taking the time to know your neighbours, and to show up for one another. Nick leads a simple life. He keeps strict hours of operation, sometimes closing during lunchtime to enjoy a slice of pizza from Inglewood Pizza next door, or for a short nap, and locks his shop at 4:00 pm sharp. Through it all, the door to his shop continues to open. On any given day, someone might walk in after years away and be greeted as if no time had passed. What he has built is not just a business. It is a place where people return, where stories are shared, and where Killarney holds a special place.

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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.

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gofund.me/31fdeef6f

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