

AUGUST 2023

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# KILLARNEY GLENGARRY

THE OFFICIAL KILLARNEY & GLENGARRY COMMUNITY NEWSLETTER



Cover Photo by Heather Mansfield



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sarinahomes



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

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All procedures are done by general practitioners



# Killarney-Glengarry Community Association Board of Directors

“  
**TOGETHER, LET’S HELP  
 TO BUILD A COMMUNITY  
 THAT IS SAFE, VIBRANT,  
 AND INCLUSIVE.**

**KGCA VISION**

## YOUR KGCA

2828 - 28 Street SW  
 Calgary, Alberta, T3E 2J3  
 403-246-6668  
 admin@killarneyglengarry.com

[KILLARNEYGLENGARRY.COM](http://KILLARNEYGLENGARRY.COM)

### ELECTED BOARD MEMBERS

Alan Slagorsky	President	pres@KGCA.ca
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Elena Gadaeva	Secretary	secretary@KGCA.ca
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Vacant	Director at Large	dal@KGCA.ca
Kristi Mulrain	Business Outreach	bizoutreach@kgca.ca
Vacant	Fundraising	fundraising@kgca.ca

### 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

## 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 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](mailto:editor@kgca.ca) or [comms@kgca.ca](mailto:comms@kgca.ca) with details!





# 101 Ways to Reduce Stress

by Nancy Bergeron R. Psych | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

- Get up 15 minutes earlier
- Prepare for the morning the night before
- Avoid tight fitting clothes
- Avoid relying on chemical aids
- Set appointments ahead
- Don't rely on your memory, write it down
- Practice preventative maintenance
- Make duplicate keys
- Say 'no' more often
- Set priorities in your life
- Avoid negative people
- Use time wisely
- Simplify meal times
- Always make copies of important papers
- Anticipate your needs
- Repair anything that doesn't work properly
- Ask for help with the jobs you dislike
- Break large tasks into bite size portions
- Look at problems as challenges
- Look at challenges differently
- Unclutter your life
- Smile
- Be prepared for rain
- Tickle a baby
- Pet a friendly cat or dog
- Remember you don't have to know all the answers
- Look for the silver lining
- Say something nice to someone
- Teach a kid to fly a kite
- Walk in the rain
- Schedule play time into every day
- Take a bubble bath
- Be aware of the decisions you make
- Believe in yourself
- Stop saying negative things to yourself
- Visualize yourself winning
- Develop your sense of humour
- Stop thinking tomorrow will be a better day
- Have goals for yourself
- Dance a jig
- Say 'hello' to a stranger
- Ask a friend for a hug
- Look up at the stars
- Practice breathing slowly
- Learn to whistle a tune
- Read a poem
- Listen to a symphony
- Watch a ballet
- Read a story curled up in bed
- Do a brand new thing
- Stop a bad habit
- Buy yourself a flower
- Take stock of your achievements
- Find support from others
- Ask someone to be your sounding board
- Do it today
- Work at being optimistic
- Put safety first
- Do everything in moderation
- Pay attention to your appearance
- Strive for excellence, not perfection
- Stretch your limits a little each day
- Look at a work of art
- Hum a tune
- Maintain your weight
- Plant a tree
- Feed the birds
- Practice grace under pressure
- Stand up and stretch
- Always have a plan B
- Learn to draw
- Memorize a joke
- Be responsible for your feelings
- Learn to meet your own needs
- Become a better listener
- Know your limitations and let others know them too
- Tell someone to have a good day
- Throw a paper airplane
- Exercise everyday
- Learn the words to a new song
- Get to work early
- Clean out one closet
- Play patty cake with a toddler
- Go on a picnic
- Take a different route to work
- Leave work early
- Put an air freshener in your car
- Watch a movie and eat popcorn
- Write a note to a faraway friend
- Go to a sports event and cheer loudly
- Cook a meal and eat by candlelight
- Recognize unconditional love
- Remember that stress is an attitude
- Keep a journal
- Have a support network of people, places, and things
- Quit trying to fix other people
- Get enough sleep
- Talk less and listen more
- Freely praise other people
- Relax, take each day as it comes

# APPLICATION

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Family: \$25  
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Individual | Business: \$15

*GST is included in all these prices.*



Family  Senior  Business

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Interests (dance, soccer, etc): \_\_\_\_\_

Thanks for supporting your local community association

Cut out and mail with cheque made payable to Killarney Glengarry Community Association or sign up online at [www.killarneyglengarry.com](http://www.killarneyglengarry.com)

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Send cover photo submissions, story ideas, and community event announcements to [comms@killarneyglengarry.com](mailto:comms@killarneyglengarry.com)



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This is Felix the Cat! He is a three-year-old ragdoll Siamese who loves attention! He also loves to run around the house, play hide and seek, and even plays fetch!



Nermal is a four-year-old grey smoke and Remington is an almost two-year-old orange tabby. Both are rescues. They love to be in their cat bed and sleep most days, cuddling at night. They also love watching out the windows on sunny days.



This is Stanley; he is a five-year-old rescue and is a total goof ball who makes his cat mom laugh every day with his shenanigans.

If you would like your pet featured as the KGCA Pet of the Month, please email a photo and description of your pet to [editor@kgca.ca](mailto:editor@kgca.ca).



# Staying Healthy When You Travel

from Alberta Health Services

The best way to stay healthy on your trip is to plan ahead. Talk with your doctor several months before you travel to another country. It's also important to allow enough time to get the vaccine doses that you need. For example, if you need the hepatitis A vaccine, you'll need two doses spaced at least six months apart. Also ask your doctor if there are medicines or extra safety steps that you should take. Check with your local health unit or travel health clinic for other travel tips.

### Get Necessary Vaccines

Make sure that you are up to date with your routine shots. They can protect you from diseases such as polio, diphtheria, and measles. These diseases are still a problem in some developing countries.

Get other vaccines that you may need. Your doctor or a health clinic can tell you which ones you need for your travels. Here are some examples:

- Hepatitis A vaccine - if you are traveling to developing countries.
- Yellow fever vaccine - if you are visiting places in South America and Africa where the disease is active.
- Typhoid fever vaccine - if you are traveling to Central and South America, Africa, or some areas of Asia.

### Bring Medicine with You

If you take medicine, bring a supply that will last the length of your trip. Get a letter from your doctor that lists your medical conditions and the medicine that you take. Bring prescriptions for refills if you will be gone for a long time. Also bring any medical supplies that you may need, such as blood sugar testing supplies or insulin needles.

If you are going to an area where malaria is a risk, ask your doctor or health clinic for a prescription to help prevent infection. This medicine works best if you take it before, during, and after your trip.

You may want to bring medicine for traveller's diarrhea. Over-the-counter medicines include:

- Bismuth subsalicylate (Pepto-Bismol)
- Loperamide (Imodium)



Your doctor may also prescribe an antibiotic to take with you. If so, take it as directed. This can treat diarrhea if you're going to an area where modern medical care isn't readily available.

### Make Safer Choices as You Travel

Practice safer sex. Using condoms can prevent sexually transmitted infections.

In areas where mosquito-borne illnesses are found, use DEET insect repellent. Wear long pants and long-sleeved shirts. Use mosquito netting to protect yourself from bites while you sleep.

Many developing countries don't have safe tap water. Only have drinks made with boiled water, such as tea and coffee. Canned or bottled carbonated drinks, such as soda, beer, wine, or water, are usually safe. Don't use ice if you don't know what kind of water was used to make it. Don't use tap water to brush your teeth.

Be aware that you could be injured in cars, boats, or public transportation. Driving can be dangerous due to bad roads, poor driver training, and crowded roadways. Always wear your seat belt if available. If you hire a driver or taxi, ask the driver to slow down or drive more carefully if you feel unsafe.

Air pollution in some large cities can be a problem if you have asthma or other breathing problems. Avoid such cities when air quality is poor or stay indoors as much as possible.

Be careful around dogs and other animals. Dogs in developing countries are often not tame and may bite. Rabies is more common in tropical and subtropical regions.

If you're going to a place that's much higher above sea level than you're used to, ask your doctor how to avoid altitude sickness. Your doctor may also prescribe medicine to help treat it.

# Killarney School Update

This September, students at Killarney Elementary School will be able to learn outdoors. During the last three years, you may have noticed some landscaping occurring along the west side of the school. The Legacy Project at the school was built to honour Maria Montessori: "When children come into nature, they reveal their strength."

Many parents and students at the school are residents of our community and KGCA was happy to support this community green space enhancement project. The funds from KGCA helped ensure the Outdoor Learning Commons could purchase troughs, permaculture supplies, and native plants.



*Carolyn Johnson, Project Lead (former KGCA President); Andrea Purdy, Parent Council Chair; Angela Brady, Gardening Chair (and Killarney resident).*



*Killarney School students enjoying the new space.*



*Natalie Palmer, KGCA General Hall Manager pictured with the \$6,500 cheque donation.*



## Life 'n Balance Wellness Centre

**\$10 off any one service at the clinic, per month.**

## 10% off lessons School of Rock

**for new customers**

## Coffee Cats Café

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### For all patients:

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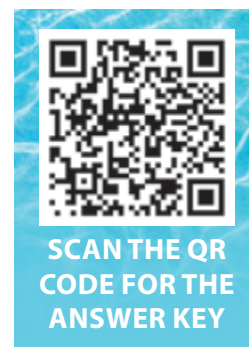
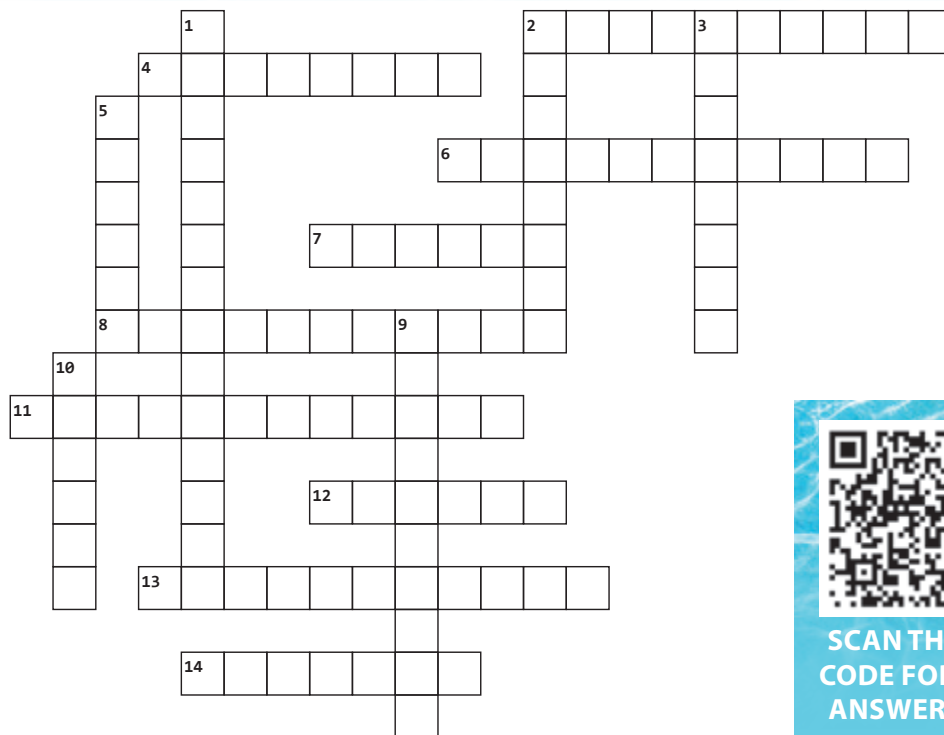
## Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

## Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

# August Crossword



## Across

2. This Pickering, Ontario singer-songwriter rose to fame on Vine.
4. This heroic 18-year-old from Port Coquitlam, BC aimed to complete a cross-Canada run to raise funds for cancer after being diagnosed and having his leg amputated.
6. The cities of Pompeii and \_\_\_\_\_ were destroyed on August 24, 79 A.D., by the eruption of Mount Vesuvius.
7. National \_\_\_\_\_ Day, celebrated on August 24, commemorates the patent for this modern breakfast appliance.
8. Born on August 28, she is Canada's "queen of country pop."
11. This Cole Harbour-born hockey player was the youngest NHL captain to lead his team to a Stanley Cup victory in the modern era.
12. National \_\_\_\_\_ Day celebrates the accidental invention of this helical children's toy.
13. This holiday is observed on the first Monday in August in Alberta.
14. This lime green stone is August's primary birthstone.

## Down

1. This dystopian debut novel is narrated by Wil Wheaton, who is also briefly mentioned in this well-known sci-fi book by Ernest Cline.
2. In August, the \_\_\_\_\_ moon appears in the sky and is named such because of the abundant fish that Algonquin tribes were able to catch at this time of year.
3. On August 21, 1911, this artwork was stolen, making it one of the most famous pieces in the world.
5. The reason August is referred to as the "dog days" of summer is because of this star that rose at the same time as sunrise in August during Roman times.
9. On August 28, 1963, Martin Luther King Jr. famously delivered his "I Have a Dream" speech in this city.
10. August 1, 1997, was the Canadian release date of the first movie in this popular family-friendly series featuring an athletic golden retriever.

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## Joke of the Month

Why do seagulls fly over the sea?  
Because if they flew over a bay,  
they would be bagels.



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## GAMES & PUZZLES

### Guess That Canadian City!

1. This city hosted Canada's first and only Summer Olympics in 1976.
2. Ginger beef was invented in this city in the 1970s.
3. Terry Fox began his "Marathon of Hope" in this city.
4. This city has the highest population and is the most visited in the country.
5. In the 1900s, illegal tunnels were built in this city to hide Chinese immigrants who were avoiding discrimination or who couldn't afford the head tax.
6. This town is dubbed the "polar bear capital of the world."




SCAN THE QR CODE  
FOR THE ANSWERS!

## BRAIN GAMES SUDOKU

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

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MP Calgary Centre  
**Greg McLean**  
 445 – 1414 8 Street SW  
 Calgary, AB T2R 1J6  
 ☎ 403-244-1880 📠 403-245-3468  
 ✉ [greg.mclean@parl.gc.ca](mailto:greg.mclean@parl.gc.ca)

Friends,

I hope you are thoroughly enjoying the delightful summer season. I am making the most of it by embracing the great outdoors, spending quality time in the beautiful parks and on scenic pathways of Calgary.

National Peacekeepers' Day is observed on the nearest Sunday to August 9, a significant date in Canadian history. On August 9, 1974, a United Nations Canadian transport plane was tragically shot down by Syrian missiles, resulting in the loss of all nine Canadian peacekeepers on board. This day serves as a solemn reminder of the sacrifice made by 130 Canadian peacekeepers who lost their lives during active missions since 1948. A commemorative event is scheduled for August 13 at Peacekeeper Park in Garrison Green, marking the 75th anniversary of United Nations peacekeeping. This anniversary compels us to recognize the challenges ahead, including rising violence and a more divided world, which hinder the mission of upholding the rule of law and safeguarding democracy.

I will be visiting with many of you that day, as I have a booth at Marda Gras. This is one of our city's most interesting street fairs, and it is always filled with families from the neighbourhood. I will also be at the Chinatown Street Festival later this month, and I hope to see many friends at Calgary Pride.

I know many of you will be enjoying vacations, but August is the month I get the chance to meet constituents the most! I am looking forward to hearing your thoughts and views.

My office is open all summer serving constituents, so please do not hesitate to contact me at [Greg.McLean@parl.gc.ca](mailto:Greg.McLean@parl.gc.ca) or by phone at 403-244-1880 and keep up to date on my work in Parliament on my website, [GregMcLeanMP.ca](http://GregMcLeanMP.ca).

Sincerely,

*Greg McLean*

## Cats, Canines, & Critters of Calgary



Baloo and Walter, *Springbank Hill*



JC Cat, *Evanston*



Pepper, *Evergreen*



Tuxedo Joe, *Cranston*

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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](http://www.communitymediation.ca), 403-269-2707.

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