

DECEMBER 2023

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THE OFFICIAL KILLARNEY & GLENGARRY COMMUNITY NEWSLETTER



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KGCA VISION

YOUR KGCA

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

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



Killarney-Glengarry Community Association Board of Directors

BOARD POSITION	NAME	EMAIL
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KILLARNEY-GLENGARRY VOLUNTEERS		
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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!



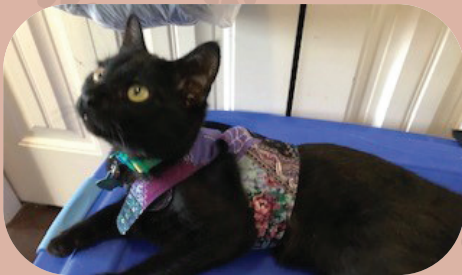
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If you are interested, please contact Elena for more information at secretary@kgca.ca

LETTER FROM THE EDITOR



Dear Neighbours,

Well, this is the last newsletter of 2023. The year sure has gone by quickly! I wish each and everyone of you all the best over the holiday season!

Until next time!

Jane Phillips

Editor, editor@kgca.ca



Last Minute MARKET

December 21st
3:00 - 8:00PM

@ The KGCA Hall
2828 28 St SW

Free Entry*

*A Donation to the food bank will be appreciated

APPLICATION

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News, Events,
& More



Crime
Statistics



Real Estate
Statistics





Killarney/Glengarry Real Estate Update

Last 12 Months Killarney/Glengarry MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2023	\$ 585,000	\$ 575,000
September 2023	\$ 629,900	\$ 612,500
August 2023	\$ 679,995	\$ 710,000
July 2023	\$ 599,800	\$ 610,000
June 2023	\$ 646,500	\$ 650,500
May 2023	\$ 742,450	\$ 765,500
April 2023	\$ 649,000	\$ 640,000
March 2023	\$ 769,950	\$ 755,750
February 2023	\$ 648,000	\$ 650,000
January 2023	\$ 624,750	\$ 611,125
December 2022	\$ 617,000	\$ 600,000
November 2022	\$ 514,900	\$ 513,000

Last 12 Months Killarney/Glengarry MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
October 2023	21	9
September 2023	20	15
August 2023	24	22
July 2023	21	23
June 2023	25	30
May 2023	40	30
April 2023	26	29
March 2023	32	30
February 2023	29	23
January 2023	19	10
December 2022	9	12
November 2022	16	17

To view more detailed information that comprise the above MLS averages please visit kil.mycalgary.com

Impaired Driving

Impaired driving is a tricky subject and can encompass many aspects not just impairment by drug or alcohol. Impairment can include sleep, fatigue, medical issues, or distractions.

Impairment starts at just having one alcoholic drink as it affects perception, reaction, judgement, and narrows vision. However, for impairment the Province and Federal laws must attach a number for charging. Studies have shown that a person's driving is impaired at 80mg of alcohol in 100ml of blood.

Impairment is different from being drunk which is the gross extreme of impairment. Signs of impairment can include glassy blood shot eyes, smell of liquor from breath, exaggerated motor skills, and slurred speech.

In Alberta, we have the Mandatory Alcohol Screening or MAS. This program allows police, on a lawful traffic stop, to demand the driver submit to a roadside breath test without suspicion or admittance of alcohol consumption. It is illegal to refuse the test.

There is different license suspension, vehicle seizure times, and fines dependent on previous Immediate Roadside Sanctions, IRS WARN Program. The program was developed for several reasons and is not used in place of criminal charges where injury or loss of life occurs.

With the legalization of cannabis, signs of impairment can still be present and different physical testing is done for drugs.

Drink in moderation and if you have drunk to much use car hire services (taxi, Uber) or use Keys Please (a service which will drive you and your car home safely), or Calgary Transit.

Cst. Jeff LEIMER #3503

Calgary Police Service, CPS, Traffic Section

Residential Traffic Safety Unit, RTSU





It's the Most Wonderful Time of the Year

Since ancient times many cultures around the world have celebrated something during December, maybe to come together despite the cold to warm their spirits and their hearts with good company, good food and great feelings of love for each other. Festivities help us find joy and hope during the winter months: It is in fact the most wonderful time of the year!

In our family, filled with people who are mesmerized with how the planet works, Winter Solstice is always important. Solstice is a brief moment when the northern half of the earth is tilted as far away from the sun as possible, but nothing stops moving. It is the longest night and the shortest day in terms of daylight and longer days begin. 'Hoorah' screams the likes of me who loves the daylight!

The date and time of Solstice changes just a little every year and this year in our part of the world it occurs on December 21 at 8:27 pm. Our anniversary is on December 21 and so it has special significance for us!

For the past 4000 years, the Iranians celebrated the lengthening of the days after Solstice (Yalta in Persian) that pays homage to Mirth, the symbol of the Sun God of Light, that represents the victory of light over darkness which

symbolizes the triumph of good over evil. Shouts of 'Happy Nowruz' greet you as you come in the door.

When we lived in Guatemala learning Spanish, we had African American friends who introduced us to Kwanzaa. It was created in 1966 and is celebrated from December 26 to January 1. The word Kwanzaa is from Swahili meaning "first fruits of the harvest". It is a time of learning, family, and celebration. During the week of Kwanzaa families and communities come together to share a feast, to honour ancestors, affirm the bonds between them and to celebrate African and American culture. There is beautiful colourful clothing of sumptuous fabrics, candles, and an abundance of food with an emphasis on fresh fruits to represent African idealism. All toast 'Joyous Kwanzaa'.

Our Jewish friends celebrate Hanukkah, known as the festival of lights, it is an eight-day Jewish holiday, this year celebrated from December 7 to 15. The word Hanukkah in Hebrew means dedication and celebrates the rededication of the Temple of Jerusalem after it was retaken from the Greeks in the 164 BCE. 'Happy Hanukkah' is shouted and 'Hanukkah Sameach'!

For Canadians, Christmas is both a religious and a cultural event. It is a grand time of year for feasting, spending time with family and friends, gift giving, church going, and hockey tournaments. There are so many ways to celebrate and in the great Canadian tradition, let me wish you a very Merry Christmas and a Happy New Year to you and yours!



8 Tips for Beating Holiday Stress

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



Whether your holidays are celebrated in a secular way or are steeped in traditional religious meaning, they are meant to be filled with love, laughter, fun, and family closeness. However, for many of us, this can be a time of extreme stress. What we envision in our minds, see on social media, and depicted in holiday movies, can be truly unattainable. Trying to get everything just perfect to match our expectations evokes visions of the movie classic Christmas vacation. So much is well intended, however, the execution falls short at each turn. Making lists for gifts and groceries, cooking/baking, house guests, planning for celebrations, and family obligations can add up to stress for most people at holiday-time. Help prevent holiday stress with the following tips.

1. Plan ahead. You know how it goes with procrastination – Christmas Eve spent scrambling through shopping malls and madly wrapping gifts. Plan your shopping list a month ahead and schedule time to shop early. Prepare any meals or holiday treats a few weeks before the holidays.

2. Make time to relax. Take time for activities you enjoy and find relaxing. For example, enjoy reading in front of a fire, or go skating with a friend or the family. Don't compromise a relaxing winter evening for another night in the shopping mall. Stay home with the family having a hot chocolate creation day, holiday movies, and popcorn night or a family and friend potluck.

3. Put expectations in check. If you're hoping for perfection (from yourself or your holiday experience), you might be setting yourself up for disappointment. Be realistic in your holiday preparations and the holiday experience itself.

4. Look for help. Do not try to take it all on yourself. Connect with your spouse, family, and friends and share the responsibilities for holiday shopping, preparing, and

cooking. Perhaps a cookie exchange or a potluck style traditional dinner where you are only responsible for the turkey and the guests all bring another part of the feast.

5. Set limits. Commit yourself to a budget to alleviate post-holiday financial stress. Stick to a certain number of gifts purchased and/or money to be spent. Say “no” to extra holiday work and be honest with yourself about the amount of energy and time you can devote to holiday events and guests. If your social calendar is over-booked, say “no” to an extra pre-Christmas party.

6. Eat and drink but be healthy. Holidays are usually full of all your favorite things – including sweets, treats, and cocktails. Practice moderation while enjoying parties and holiday meals. This is the time of year, we need to get sufficient rest, healthy foods, and hydration to ward off colds and flus.

7. Let things go. If family and relative interactions this time of year tend to turn into blow-ups and unmet expectations, the holidays are not the time to resolve old issues. We've had 11 months to confront these challenges with others in a more controlled, respectful, and healthy way. Write your grievances down to address in the early new year to allow time to work through or resolve some of these ongoing issues.

8. Don't forget the fun! Remember the reason for all your holiday planning, a season for celebration and time spent enjoying your family and friends. Take the time to remember what this holiday season means to you and enjoy it! This is where mindfulness comes in, be present and take in all the wonder of the season with all your senses.

Wishing you and yours, good mental health and all the joys of the season.

Cold Weather Safety

by Alberta Health Services



Emergency Medical Services (AHS EMS) responds to many cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior- and don't forget a toque! Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your cell phone is fully charged.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C).
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C).
- Left untreated, severe hypothermia may progress to unconsciousness or death.
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation.
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with

blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen.
- It commonly affects the ears, nose, cheeks, fingers, and toes.
- The skin may look red and possibly feel numb to the touch.
- When treated promptly, frostnip usually heals without complication.
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin-to-skin contact (i.e., hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze.
- Affected skin may look white and waxy and will feel hard to the touch.
- Move to a warm environment immediately and place the affected area in warm, not hot, water, until fully re-warmed.
- Seek further medical attention as required.

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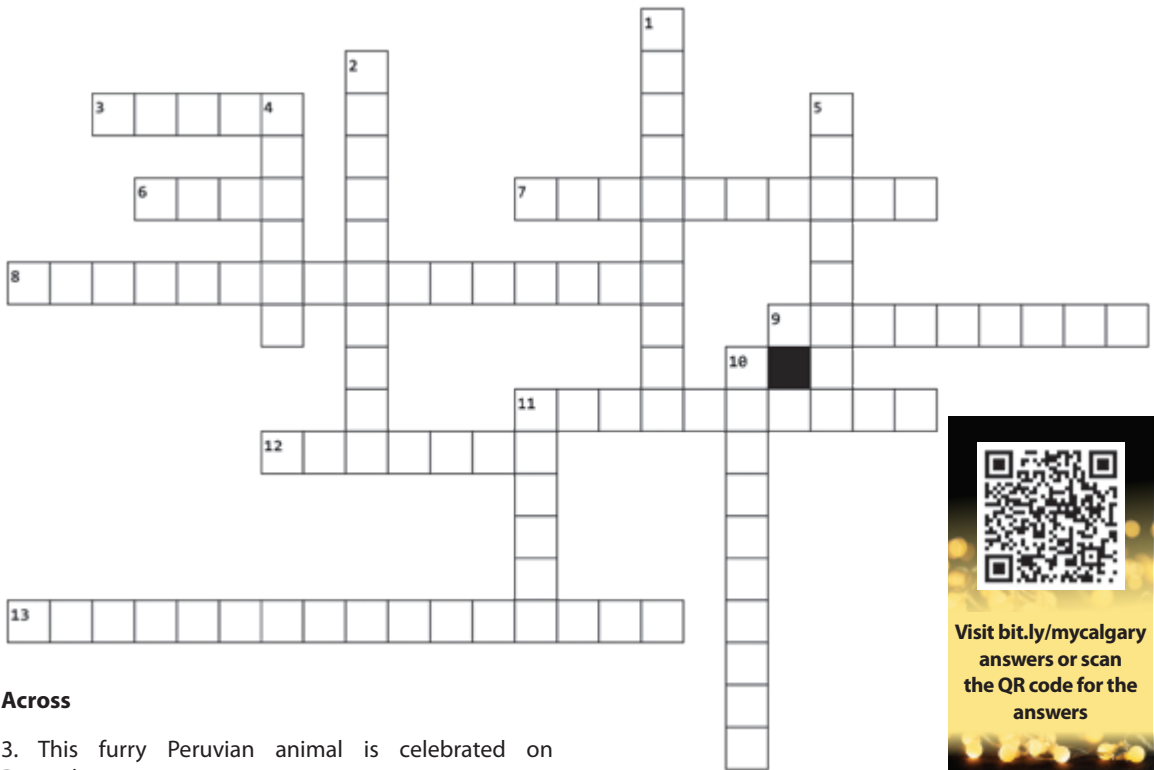
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December Crossword



Across

3. This furry Peruvian animal is celebrated on December 9 every year.
6. The Canadian Soccer Association formally became a member of this important sporting organization in December of 1912.
7. This sweet Canadian export has its own national day on December 17.
8. In December of 1982, TIME Magazine named this popular object Man of the Year.
9. This famous holiday candy is made to resemble a shepherd's staff.
11. This Schitt's Creek star was born on December 17, 1946.
12. This romantic New Year's Eve tradition originated from the Roman's Saturnalia festival.
13. This book concerning two rival families living in the moors of England, written by Emily Brontë, was published in December 1847.

Down

1. These prestigious awards celebrating and honouring academics and philanthropists, were first awarded in December of 1901.
2. Sint Nikolaas, one of the most popular saints in Europe during the Renaissance, is better known as _____.
4. The highest grossing film of all time was released on December 18, 2009.
5. On December 17, 1903, the Wrights' first powered _____ was successfully used.
10. This Canadian singer won the 1998 Billboard award for 'Hot Soundtrack Albums' for her work on Titanic.
11. Canadians drink just under six million litres of this beverage in December.



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Greg McLean**

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Calgary, AB T2R 1J6

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✉️ greg.mclean@parl.gc.ca

In late October, the City of Calgary unveiled the results of its Fall 2023 city-wide survey. For the first time ever, “poverty, homelessness, and housing affordability” was the biggest issue of concern for Calgarians. The survey is meant to guide city council’s priorities, but all elected officials should be paying attention because each order of government has a responsibility to address the housing crisis. Every week, another constituent contacts my office in distress because they’re facing rent increases, sometimes up to 40 and 50 per cent higher. Some are being evicted for renovations and can’t find a new home that fits their budget. Members of Bow Cliff Seniors expressed to me how much they fear a sudden change to their precarious living situations. Students are accessing campus food banks in greater and greater numbers as they try to afford rent and their ever-increasing tuition.

The housing crisis keeps me up at night. As the critic for Mental Health and Addiction, I’m extremely worried about the long-term impacts of the stress and anxiety caused by the lack of affordable housing, that’s also safe and well-maintained. At the same time, inadequate housing and chronic poverty can exacerbate existing mental illness and substance use disorders. Housing is an essential social determinant of health.

Unfortunately, without a minister dedicated to housing we can’t tell if this is even on the government’s radar. They’ve announced funding for affordable housing but those are years away from being built. We need action now and we’ve invited the government to the table to create solutions together. This is the top issue in Calgary today and it demands more attention than it’s currently getting.

If you’re having any issues with finding housing, my best advice is to call 211. They are trained to guide you through anything and can direct you to numerous helpful resources.



As the world becomes less secure, with regional conflicts flaring in many parts of the world, we need to remind ourselves of the importance of National Defence. It’s an essential service of our government that frequently gets overshadowed by more politically attractive issues. The risks of under-delivering on this service is a hazard, and a risk that will only be clear in retrospect. Yet, the current scenario reveals an alarming picture; our Canadian Armed Forces face a 16,000 personnel shortfall, coupled with a cumbersome procurement system and significant underfunding. This is merely the surface of issues facing the forces.

Protecting our Arctic region is of utmost importance. It is rich in untapped resources and has emerged as a focal point of interest from numerous foreign parties. Events like Russia’s invasion of Ukraine have heightened concerns about the vulnerabilities of this strategic region. Presently, the defence infrastructure in the Arctic oscillates between being outdated and entirely non-existent, emphasizing the area’s exposure. It is an expensive environment in which to operate, but our presence there is paramount to enforcing our sovereignty.

Another layer of complexity is our substantial reliance on the United States for our defence needs. Should Americans gravitate towards more self-interest, our mutual priorities may diverge. While it is not feasible to advocate for a completely independent defence policy, Canada must bolster its armed forces to act autonomously in some matters, including taking the funding of our defence partnerships like NATO and NORAD seriously. Consider peacekeeping where we were once pioneers, but now our contributions pale in comparison. Simply put, our Armed Forces do not have the essential resources to fulfil their fundamental role of defending our own territory – let alone create a significant impact internationally. For the sake of our brave and committed armed forces personnel, and the proud history they uphold on our behalf, this needs to change.

Please contact me at 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, Greg.McLean.mp.ca.

Sincerely,
Greg McLean

Fuelling Young Athletes

by Alberta Health Services



Nutrition is important for young athletes (ages 12 to 18) because it supports both healthy growth and sports performance. Young athletes who fuel their bodies with healthy choices will get more out of their training and perform better during competition.

Here are some tips for young athletes:

Before your activity

Drink 1.5 to 2.5 cups of water two to three hours before activity to hydrate your body.

Plan to eat a meal two to three hours before an activity to give your body time to digest and convert it to fuel for your muscles. If you only have one to two hours before an activity, eat a smaller snack instead. Choose foods that contain carbohydrates and proteins, as well as foods that are lower in fat and fibre. For example, try a fruit smoothie, a chicken wrap or an egg and toast.

During an activity

Water is the best fluid to keep you hydrated when you are active for less than one hour. Bring a water bottle with you and drink every 15 to 20 minutes during an activity. If you are active for more than one hour and sweating a lot, you may benefit from a sports drink. A sports drink provides carbohydrates (energy) and replaces the electrolytes you lose when you sweat. Avoid low carbohydrate sports drinks and drinks with caffeine or carbonation (fizz).

After activity

After an activity, drink fluids and eat food to help you refuel and recover. Drink one to two cups of fluid and eat foods with carbohydrates and proteins. Choose foods such as cereal and milk, fruit and Greek yogurt or a nut butter sandwich.

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