

JULY 2023

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THE OFFICIAL KILLARNEY & GLENGARRY COMMUNITY NEWSLETTER



Cover Photo by Heather Mansfield



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# 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)

## 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.

### ELECTED BOARD MEMBERS

Alan Slagorsky	President	pres@KGCA.ca
Hilary Stout	Vice President	vp@kgca.ca
Darren Munnich	Treasurer	treasurer@KGCA.ca
Elena Gadaeva	Secretary	secretary@KGCA.ca
Halyna Tataryn	Director of Facilities	facilities@KGCA.ca
Jude Hanen	Director of Membership	membership@KGCA.ca
Richard Bankert	Director of Safe Streets	traffic@KGCA.ca
Michael Heuchert	Director of Communications	comms@KGCA.ca
Jeff Davidson	Director of Development	development@KGCA.ca
Odessa Tataryn	Director of Events	events@KGCA.ca
Vacant	Director at Large	dal@KGCA.ca
Kristi Mulrain	Business Outreach	bizoutreach@kgca.ca
Vacant	Fundraising	fundraising@kgca.ca

### HALL STAFF

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



## SAFETY CORNER



Allow me to begin by saying Safety Corner will not be published during the summer. I will be taking the summer off from writing this article. For those who wish to write on a safety topic, please feel free to do so and send it my way, and I will be more than happy to send it in to the editor.

For the summer 2023 season, I know camping will be on everyone's minds. Please remember to arrive both to your campground and home alive and safe.

Until September, have a great summer.

*Richard Bankert*

KGCA Director – Safe Streets



## New Drivers

*by Cst. Jeff Leimer #3503*

*Calgary Police Service, CPS, Traffic Section, Residential Traffic Safety Unit, RTSU*

A Class 7 license is for new drivers no matter what age and is dependent on driving experience. A Class 7 license allows a person to operate a motor vehicle which falls under Class 5 and 6 descriptions, car, pick-up truck, or van, and a motorcycle. The driver must have a person observing/training them that has a valid Class of license for that vehicle and whom is not a Graduated Driver (GDL).

A person who holds a Class 7 or has the GDL classification has several conditions that they must comply to. Some of these conditions are no alcohol, no more people than there are seatbelts, and curfews. They are also evaluated at half the demerit count then a qualified driver, seven instead to 15.

## SAFE & SOUND

### Heat Related Illness

*from Alberta Health Services*

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

#### Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

#### Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

#### First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

#### Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

# APPLICATION

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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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## Why Calcium Matters

from Alberta Health Services



Calcium keeps your bones and muscles—including your heart—healthy and strong.

Your body needs vitamin D to absorb calcium. People who do not get enough calcium and vitamin D throughout life have an increased chance of having thin and brittle bones (osteoporosis) in their later years. Thin and brittle bones break easily and can lead to serious injuries. This is why it is important for you to get enough calcium and vitamin D at every age.

Your body also uses vitamin D to help your muscles absorb calcium and work well. If your muscles don't get enough calcium, then they can cramp, hurt, or feel weak. You may have long-term (chronic) muscle aches and pains.

### How much calcium do you need?

How much calcium you need each day changes as you age. Here are the recommended dietary allowances (RDAs) for calcium:

- Ages one to three years: 700 milligrams
- Ages four to eight years: 1,000 milligrams
- Ages nine to 18 years: 1,300 milligrams
- Ages 19 to 50 years: 1,000 milligrams
- Males 51 to 70 years: 1,000 milligrams
- Females 51 to 70 years: 1,200 milligrams
- Ages 71 and older: 1,200 milligrams

If you are pregnant or breastfeeding, you need the same amount of calcium as other people your age.

### How can you get enough calcium?

Calcium is in foods such as milk, cheese, and yogurt. Vegetables such as broccoli, kale, and Chinese cabbage also contain calcium. You can also get calcium if you eat the soft edible bones in canned sardines and canned salmon. Foods with added (fortified) calcium include some cereals, juices, soy beverages, and tofu. The food label will show how much calcium was added.

You can figure out how much calcium is in a food by looking at the percent daily value section on the nutrition facts label. The food label assumes the daily value of calcium is 1,100 mg. If one serving of a food has a daily value of 20 percent of calcium, that food has 220 mg of calcium in one serving.

Two common calcium supplements are calcium citrate and calcium carbonate. Calcium carbonate is best absorbed when it is taken with food. Calcium citrate can be absorbed well with or without food. Spreading calcium out over the course of the day can reduce stomach upset and allows your body to absorb it better. Try not to take more than 500 mg of calcium supplement at one time.

For more information, call Health Link toll-free at 811.

# Enjoy Off-Leash Dog Parks Safely This Summer

from the City of Calgary



Calgary is a haven for dog lovers, with numerous off-leash dog parks across the city. As summer approaches, many pet owners are eager to enjoy the warm weather and spend quality time with their furry friends. However, it is crucial to ensure that off-leash interactions are safe and enjoyable for everyone. By following simple guidelines, dog owners can create a positive and secure environment for their pets and fellow park-goers.

### Know the Rules

Familiarize yourself with the specific rules and regulations of each dog park you plan to visit. Be aware of any size restrictions, leash policies, and speak to your veterinarian about the vaccinations your dog will require.

### Training and Socialization

Before heading to the park, ensure that your dog is well-trained and socialized. Basic commands like “sit,” “stay,” and “come” can go a long way in managing their behaviour.

### Supervision and Control

Keep a close eye on your dog. Stay within a reasonable distance and maintain control over their actions.

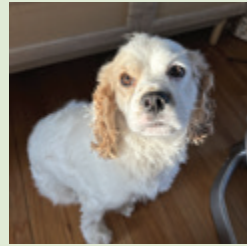
### Communication with Other Owners

Establish open lines of communication with fellow dog owners. Respect their space and recognize any signs of discomfort or tension between dogs.

### Bring Essential Supplies

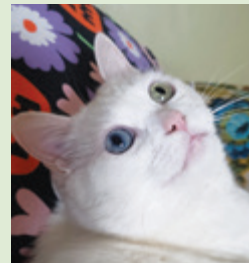
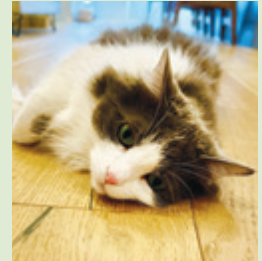
Carry essential supplies such as water and waste bags. Clean up after your pet to maintain cleanliness and hygiene in the park.

Calgary’s off-leash dog parks provide a fantastic opportunity for dogs to socialize, exercise, and have fun during the summer months. To learn more about responsible pet ownership, check out our video series at [calgary.ca/pets/licences](http://calgary.ca/pets/licences).



Meet Bill, a one-year-old cocker spaniel/basset hound mix. He loves playing with his toys, cuddling his toys, looking out the front window, and evening walks with mom, dad, and sister.

This is Mischa. She’s a seven-year-old fluffy cat who loves food and more food. When she’s not napping or hanging out with her siblings, she’s begging for treats.



Here is Zoey, who is eight-years old. She loves to bird-watch and to play with bottle caps.

*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).*



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## Precious Pets



"Suna the Wonder Dog" by Artist Rita Wildschut, Brooks, AB

Our precious pets sustain us all year 'round. They are our company, they are never judgmental, never critical, and love us under all circumstances.

Canadians and Calgarians love our pets, no matter who they are. 56% of Canadian households have pets; 23% have cats and 20% have dogs. And imagine this, 13% have cats and dogs.

We have grand dogs; two of our daughters have dogs, so we get the joyous benefits of their company without the vet bills. Yes!

Cats plummeted to lows not seen in 20 years to 70,000. In 2021, there were 91,568 registered dogs from chihuahuas to rottweilers.

### The Top Dog Breeds Are:

- Labrador Retrievers: 10,609
- German Shepherds: 6,435
- Golden Retrievers: 4,606
- Border Collies: 3,711
- Shih Tzu: 3,549
- Yorkshire Terrier: 3,238
- Chihuahuas: 3,157
- Bichon Frise: 3,014
- Australian Shepherd: 2,232
- Cocker Spaniel: 2,217

From our experience at Sue Higgins Dog Park in the south, it seems to us that the majority of dogs are poodle crosses!

Cranston, McKenzie Town, McKenzie Lake, and Auburn Bay are among the top five neighbourhoods with the highest dog populations. Tuscany in the northwest has the most dogs with 1,926.

These are all 2021 numbers, and after COVID we can surmise there are many more, although now we're hearing that the animal shelters have an abundance of pets being returned as people return to work at the office.

Pets are our consolation and have become important members of the family. So much so that veterinarians now call pets their patients and don't refer to them as animals. It seems to be true that they are genuine members of our households.

*"The bond between humans and animals is not just good for human health, it can also help build community. People with pets often find that activities with their companion animal creates connections with other people."* – Anonymous. So true!

## VOLUNTEER WITH US!

If you are interested in volunteering for the Killarney-Glengarry Community Association, please email [pres@kgca.ca](mailto:pres@kgca.ca).



# How to Get the Most Out of Your Counselling/Therapy Sessions

by Nancy Bergeron, R.Psych. | [nancy@viewpointcalgary.ca](mailto:nancy@viewpointcalgary.ca)

Adapted from Dr. David Burns



### **We understand that therapy can sometimes be challenging**

People often report that unburdening their emotions and past experiences in the first few sessions is relieving. However, therapy often uncovers deeper issues. Opening up and getting to the heart of these concerns takes patience, persistent effort, and fostering a positive relationship with your counsellor. It takes time to build a strong therapeutic bond and rapport, and this is essential in creating the trust necessary to go to those deeper places where real change takes place.

### **Consistency will help you reach your goals**

If you wanted to improve your fitness and saw your physical trainer once every three months, you probably wouldn't be surprised when you didn't see the results you wanted. Similarly, therapy needs commitment and consistency to work through your concerns and be effective. Of course, your counsellor understands there are many demands on your time and resources. By collaborating with your counsellor, you can create a reasonable plan that balances

your commitment to your wellbeing with all your other commitments. This is also why sometimes your therapist may assign you homework or other types of activities to practice between sessions.

### **Providing feedback will help your counsellor know what is/isn't working for you**

Counsellors strive to build positive, non-judgmental, and compassionate therapeutic relationships, understanding this is beneficial for you and the therapeutic process. Despite this emotional and professional commitment, challenges in therapy can sometimes break down open communication and hinder the process. Providing feedback allows your counsellor to understand what has happened and work to repair any concerns you may have. A great therapist will provide a feedback form that can be filled out at the end of each session. Here you can let your therapist know what you liked best in the session, what you liked the least, and if there were things you had hoped to discuss that may have been missed. This allows your therapist to constantly adjust and better hone their skills to your needs.

### **Mutually agreeing to end therapy when you are ready**

When you and your counsellor recognize you are ready to move on, it can be exciting for both of you. In order to ensure you finish on a positive note, your counsellor will help you plan how to maintain your progress and what to do if you encounter concerns again. You have a fresh start, and your counsellor will be there in the future if needed.

Sometimes clients end therapy without talking with their counsellor, leaving their counsellor to wonder what happened. Not only can this make it more difficult for clients to maintain progress, but they may also feel they have lost a potential future support. If the counsellor can't reach the client, it also leaves the counsellor wondering what happened. Did my client feel enough progress had already been made? Did something go wrong? Did I say or do something that upset my client? Counsellors invest emotionally and professionally in the therapeutic relationship and appreciate feedback that lets them know what is happening. Your counsellor will always strive to treat you and your decisions with compassion and respect. In return, you can help your counsellor by communicating any concerns and showing that you understand they deserve compassion and respect too.



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# SUDOKU

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

SCAN THE QR CODE  
FOR THE SOLUTION

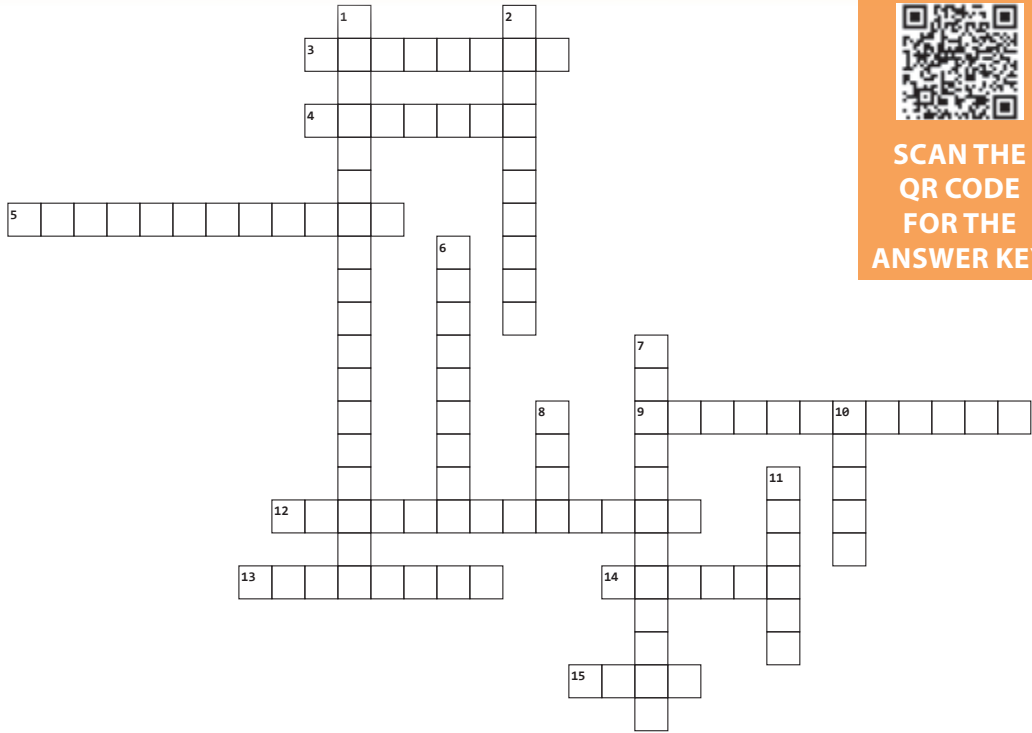


# ONE SMALL STEP

On July 20, 1969, humans landed on the Moon for the first time. Commander Neil Armstrong was first to step onto its surface, and he's believed to have said "That's one small step for man, one giant leap for mankind." He said later that he was misquoted; his first line was actually "That's one small step for *a* man."



# July Crossword Puzzle



SCAN THE  
QR CODE  
FOR THE  
ANSWER KEY

## Across

3. The first Canadian-hosted Olympic games took place in this city.
4. 7-year-old Roger Woodward became the first person to survive going over these falls without a barrel.
5. The month of July is named after this Roman political figure.
9. This Canadian province experienced the hottest temperatures ever officially recorded in Canada (45 degrees Celcius) on July 5, 1937.
12. The first human to walk on the moon, which occurred on July 20, 1969.
13. This Canadian American actress, born on July 20, 1971, is best known for her role in *Grey's Anatomy*.
14. On July 5, 1946, just after World War 2, the modern version of this risqué piece of women's clothing was introduced due to the rationing of materials.
15. Filmed in Alberta, this 2022 motion picture was referred to as "Skull" during production to keep it a secret.

## Down

1. *Go Set A Watchman* was the original manuscript for this classic Pulitzer Prize winning novel.
2. This iconic Coldplay album was released on July 10, 2000, and features the hit single *Yellow*.
6. In the summer of 2019, this folk horror film depicting Scandinavian paganism and starring Florence Pugh was released.
7. This Canadian artist rose to fame on YouTube and was the most Googled celebrity in July 2010.
8. National \_\_\_\_\_ Day is observed on July 31 and December 2 to raise awareness and help these dogs get adopted.
10. World \_\_\_\_\_ Day celebrates this intellectual two player board game.
11. On July 6, 1885, Louis Pasteur successfully administered this vaccination for the first time, replacing the previous treatment, mad stones.



# URGENT!

## VOLUNTEERS NEEDED

Support your KGCA by volunteering  
for this year's Casino Fundraiser

### Casino dates:

Wednesday, July 26 & Thursday, July 27, 2023

Cowboys Casino: 421 - 12 Avenue SE



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**OPEN CANOPY TREE CO.:** We are located right next door in Glamorgan. Our Arborists have been servicing trees since 2015 and offer a top notch, fully insured service for all of your tree care and removal needs. Visit our website [www.opencanopytree.com](http://www.opencanopytree.com) or call 403-466-1656 to request a quote.

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**TIP OF THE TAIL - DOG WALKS AND TRAINING IN KILLARNEY / GLENGARRY!** Pick ups for morning and afternoon group walks at Edworthy park! Temperament matched groups keep your dog happy and healthy, guaranteed nap ready upon return! Check us out on Instagram, Facebook, or [www.tipofthetail.ca](http://www.tipofthetail.ca). Call, text, or email to book a meet and greet now! 587-969-6959 | [tipofthetailyyc@gmail.com](mailto:tipofthetailyyc@gmail.com).





# Cute but not cuddly



**Don't be fooled by these cutelings! Most wild babies just need to be left alone. Fledging birds are learning to fly while leverets (baby hares) and fawns rely on camouflage for protection while mom forages! Keep pets secure when wild young are around.**

Calgary Wildlife is a registered charity and the only wildlife hospital within the City of Calgary. We promote positive wildlife-human interactions by giving educational talks at schools, community groups, and associations throughout the city.

Do you have teaching experience and a passion for wildlife? If so, we need YOU! Apply today to join our urban wildlife education team.



Scan to learn more or visit:  
[www.calgarywildlife.org](http://www.calgarywildlife.org)