

NOVEMBER 2023

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7			3		5			2

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“
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 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

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
President	Alan Slagorsky	pres@kgca.ca
Vice President	Hilary Stout	vp@kgca.ca
Secretary	Elena Gadaeva	secretary@kgca.ca
Treasurer	Darren Munnich	treasurer@kgca.ca
Development	Jeff Davidson	development@kgca.ca
Facilities	Halyna Tataryn	facilities@kgca.ca
Membership	Vacant	
Traffic/Safe Streets	Vacant	traffic@kgca.ca
Business Outreach	Kristi Mulrain	bizoutreach@kgca.ca
Fundraising	Halyna Tataryn	Fundraising@kgca.ca
Communications	Vacant	
Events	Vacant	events@kgca.ca
HALL STAFF		
Hall GM	Natalie Palmer	gm@kgca.ca
Events Manager	Ana Rose	events@kgca.ca
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 or comms@kgca.ca with details!





Seven Ways to Break Free of a Trauma Bond

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

What is a trauma bond or traumatic bonding? Trauma bonding happens when someone who has been in an abusive relationship, develops strong feelings for those who have abused them. A term you may have heard is Stockholm Syndrome. The abuse may range from emotional abuse to physical abuse and sexual assault. The victim may develop an emotional connection with the abuser, which can lead to incongruent intense feelings of attachment. These bonds can be challenging to overcome the longer the victim is with their abuser. There are 2 main factors involved in establishing trauma bonds: a power imbalance, and an intermittent reinforcement of good and bad treatment. These relationships are based on intensity, domination, and unpredictability.

What are some causes?

Attachment and dependence trauma bond can be formed when a victim experiences abuse and then remorse. For example: love bombing, trust and dependency, criticism, resignation of personal control, gaslighting, loss of self/self-esteem, addiction (to the cycle of push and pull).

Another cause can be biological responses which can aid the formation of trauma bonds such as: freeze response to a threat, and a cycle of dopamine and oxytocin (A.K.A. the honeymoon phase of abuser remorse and romancing).

When you feel trapped in a trauma bond, please know there is hope and help for you.

Here are seven ways to break free from a trauma bond:

Educate Yourself – learn the red flags of what relationships could turn into a toxic or abusive relationship, and the personality traits of an abuser. Read Patrick Carnes' *Betrayal Bond* and Gavin De Becker's *The Gift of Fear*.

Zero Contact – cut all contact, change your phone number, block, or quit all social media, ask friends to not give any personal information away.

Examine the Evidence – focus on what the abuser was/is doing, not what they are saying. Their words mean nothing if their behaviour never matches them.

Practice Self-Compassion – don't blame yourself. This was not your fault. You are not stupid.

Personal Affirmations – work on self-esteem by connecting with your friends and family who support and love you. Practice positive self-talk. Treat yourself with the same kindness you would a friend.

Mindfulness – journal daily and keep your focus on the present not the past. Looking back can cloud your judgement of how bad things really were as we tend to reminisce about mostly the good.

Professional Help – look for a therapist that has the training and experience to help you overcome the challenges of leaving a toxic relationship. A therapist who will help hold you accountable in taking care of yourself, and help you build back your eroded self-esteem.

APPLICATION

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Home Phone: _____ Email: _____

Interests (dance, soccer, etc): _____

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News, Events,
& More



Crime
Statistics



Real Estate
Statistics



LETTER FROM THE EDITOR



Dear Neighbours,

I hope that you are enjoying Fall so far. This month we see the last Safety Corner as Richard Bankert has moved out of the community. Richard's column will be missed! If anyone is interested in taking over the column, then please do send me an email as we always welcome your input for this newsletter.

Jane Phillips

Editor, editor@kgca.ca



VOLUNTEERS NEEDED TO RUN A TOT-TIME GROUP FOR KGCA

Tot Time is a free, one-day-per-week drop-in (9 am -12 pm), and parented community program, brought to you by KGCA and our wonderful volunteers. Join us for unstructured play for the kids, coffee and potlucks, and enjoy monthly guest artists (music, storytime, face-painting)



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



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GAMES & PUZZLES

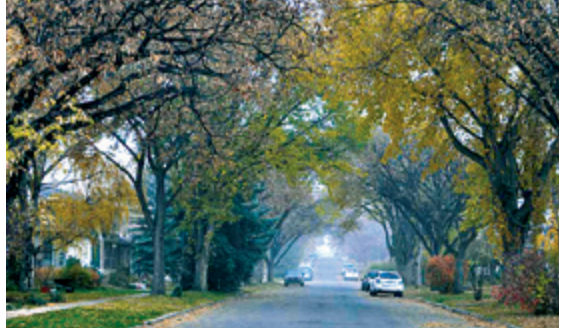
Guess That Food!

1. This sweet treat was invented by dentist William Morrison and confectioner John C. Wharton in 1897 in Nashville, Tennessee.
2. Greek immigrant Sam Panopoulos created this controversial type of pizza in Chatham, Ontario.
3. The first food planted in space.
4. This chocolatey cereal dessert is thought to have been invented by Alfred James Russell in Red Deer, Alberta.
5. US president, Thomas Jefferson, and his chef, James Hemings, brought this classic dish to America from Paris.
6. A Québec staple, this dish was invented in 1957 and is Québécois slang for a "mess."



VOLUNTEER WITH US!

If you are interested in volunteering for the Killarney-Glengarry Community Association, please email pres@kgca.ca.



Killarney/Glengarry Real Estate Update

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

	Average Asking Price	Average Sold Price
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
October 2022	\$ 684,800	\$ 650,000

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

	No. New Properties	No. Properties Sold
September 2023	21	15
August 2023	26	22
July 2023	21	23
June 2023	26	30
May 2023	40	30
April 2023	26	29
March 2023	32	30
February 2023	31	23
January 2023	19	10
December 2022	9	12
November 2022	16	17
October 2022	20	13

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

Yielding to Emergency Vehicles

by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles with their lights and sirens activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road.

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection.
- On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- Move right or left to the nearest curb on one-way streets.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.

- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., to pass other traffic.

When operating a vehicle:

- Motorists must reduce speed to 60 km/h or the posted speed, whichever is lower, when passing emergency vehicles or tow trucks that are stopped with their lights flashing. This law applies to the lane(s) immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.

The Fruit That Made It into the News

by Kosha Vaidya, MBBS, CH

Chinese gooseberries are also known as kiwi fruit. Since they have made it into the news, kiwi fruits are becoming more popular.

Kiwi fruit is a good source of vitamin C; it's been said that they have the same amount of vitamin C as an orange, if not more. Kiwis have a good amount of fibre and are beneficial for people suffering from constipation. They are also a good source of potassium, which has been known to prevent strokes and to provide other health benefits as well. This fruit also has many antioxidants such as lutein and has been shown to be good for the prevention of age-related macular degeneration.



According to research, kiwi fruit has beneficial effects in relation to lowering blood pressure in people suffering from high blood pressure. In these studies, people who ate three kiwis a day for eight weeks had a drop of upper/systolic blood pressure by 3.6mm. Therefore, including them in a healthy diet plan of getting five to seven servings of fruits and vegetables per day would be beneficial. However, I would be careful eating three kiwis a day as that would add up to 21 kiwis per week.

Kiwi fruit, like other fruits, should be eaten in moderation. This Chinese gooseberry contains oxalates, so people with oxalate kidney stones or gallbladder stones should limit kiwi intake. Some people may be allergic to them, and oddly, others who are allergic to latex are more prone to being allergic to kiwi fruit as well.

Whenever possible, try to buy organic kiwis. The best ones are not too firm or too soft.

I used to love to decorate cakes and fruit salads with kiwis as they add a nice colour contrast, which appealed to me. I guess after hearing the latest news about them, I will be adding them for all their known health benefits too!



Meet Cheezie, this month's KGCA Pet of the month!

Cheezie is a seven-year-old orange tabby cat who loves to play fetch and to cuddle but only on his terms!

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.

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Imagine - Lest We Forget

by Joey Stewart

Memory can either be a profoundly unforgettable experience or it can be ethereal and difficult to find in your mind, fleeting as if on air and fragile.

When I speak to my daughter about her childhood experiences, we're both surprised at how different they are in both our minds. When I speak to my mom, our memories about my childhood are very different. How can that be?

Some things we want to forget but if they have been emotionally impactful, try as we might, we can't forget them. I didn't learn to swim as a child. I was all packed and standing on the doorstep ready to go to camp when it was cancelled. Polio struck and no one was allowed in the algae covered water. Not knowing how to swim has been an impediment in my life and that memory is profound. A little boy down the street, Dougie Duff, was afflicted. There were huge signs on their fence. Do Not Enter. Infectious. We were all afraid for him: he recovered but not without challenges. We all breathed a sigh of relief.

Not forgetting infectious disease outbreaks is important so that we don't repeat them. If we do, there is a chance that we're not prepared for the next outbreak. Without thinking very hard, Covid is still around and will be for some time to come. The pain and disruption to families was terrible, to say nothing of the hardship to many businesses, and the cost to governments.

But there's more to memory: Forgetting or ignoring the realities of war, drought, disease, flooding, or economic downturns are important too. It could be lack of preparedness, reduced resilience, or diminished empathy that has led to historical amnesia and that spells trouble.

The Canadian Military have done a magnificent job of not allowing Canadians to forget the effects of war. November 11 is an important day in Canada and beyond our borders. We all wear poppies to honour the sacrifice that the veterans of World War I and World War II made for our lives we have today.

Remembrance Day was first observed in 1919 to commemorate the Armistice Agreement that ended the First World War on Monday November 11, 1918, at 11 am - on the eleventh hour of the eleventh day of the eleventh month.

Every year on November 11, Canadians pause in a moment of silence to honour and remember the men and women who serve during times of war, conflict, and peace.

My Grandpa Joe, for whom I am named, had shrapnel in his hip and lung disease from mustard gas in World War I. From the age of 8 eight, I sold poppies on the streets of Swift Current, Saskatchewan, to assist veterans, every November because I lived with him and knew how he suffered. A very profound memory for me and I never go without a poppy in November.

Join me in forever remembering the 2,300,000 Canadians who served throughout our nation's history and the 118,000 who made the ultimate sacrifice.

Lest We Forget: Honouring and Remembering.

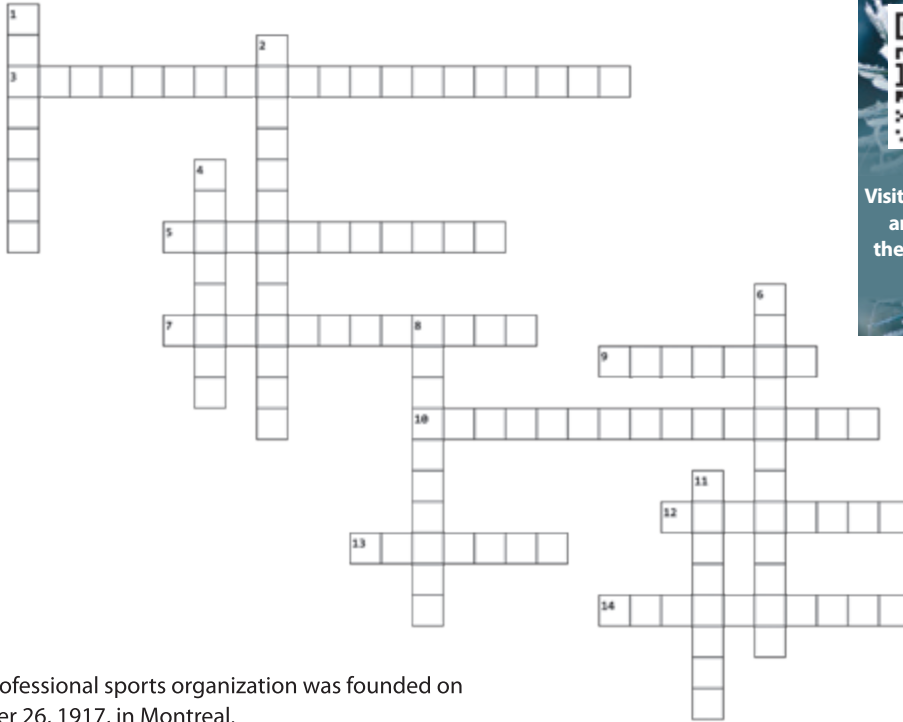


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November Crossword



Visit bit.ly/mycalgary answers or scan the QR code for the answers

Across

3. This professional sports organization was founded on November 26, 1917, in Montreal.
5. Born on November 12, 1980, but he's just Ken.
7. November is National _____ Month, and during this 30-day period, thousands of writers around the world attempt to complete a full manuscript – minimum 50,000 words.
9. On November 1, 1946, the fist NBA game occurred between the New York Knickerbockers and the Toronto _____.
10. This weekly country music radio broadcast premiered in Nashville, Tennessee on November 28, 1925.
12. This month is the only month used in the 26-letter NATO phonetic alphabet.
13. Pink Floyd's iconic 11th album, _____, was released on November 30, 1979.
14. On November 29, 1961, the Mercury-Atlas 5 circled the Earth twice with Enos, a male _____ onboard; thankfully, he survived the three hour and 20-minute space flight.

Down

1. On World _____ Day, celebrated on November 13, many wear cardigans in honour of Fred Rogers who promoted love and self-esteem building on his show.
2. November's official flower, which originates from East Asia.
4. Released on November 22, 1995, this film featuring Tom Hanks and Tim Allen was the first feature-length film made entirely by CGI technology.
6. The world's longest running play, written by Agatha Christie, premiered on November 25, 1952, in London.
8. November 1, 1611, was the first recorded performance of this Shakespearean tragicomedy. It was performed for King James.
11. The reason people grow moustaches in November.



In the last safety corner, I mentioned I would start writing about certain types of crime within the community. However, due to this being my final Safety Corner as a member of the community, I would like to take this moment and remind everyone of some things that can be done to keep the community safe.

- **Watch for pedestrians/cyclists** – remember, these people may be your neighbours or others travelling through the community.
- **Traffic** – please watch your speed when in the community. Remember, the speed limit is posted at 50 km/h. However, I recommend going 40 km/h when possible.
- **Motorists and cyclists** – please remember to share the road. Make sure you are aware of your surroundings as much as possible.
- **House safety** – remember the 9 pm rule. Before you go to bed, remember to make sure all doors are locked (even your vehicle) and all valuables are taken from your car to the house.
- **Reporting** – remember to keep reporting any and all crimes and speeding to the Calgary Police Service.

To report a crime: <https://www.calgary.ca/cps/report-a-crime.html>.

For traffic reporting: <https://www.calgary.ca/cps/traffic/traffic-service-requests.html>.

For an immediate response for any kind of crime in progress, always call 911.

Thank you for allowing me to share my thoughts with you each month. I hope I have shared enough information as best I can with all of you.

Signing off for the final time,

Richard Bankert

Child Safety

I take this month as an opportunity to tackle safe practises with kids not only when talking about child restraints in vehicles, but as pedestrian and cyclist safety.

Section 111(1) of the Vehicle Equipment Regulation (VER), any person under the age of 18 must wear a bicycle helmet. Fine: \$97

Section 82(1)(c) VER child under 18 kg not in car seat. Fine: \$162

Teach your kids how to properly cross a street, watching for cars, don't run out onto the street, use proper crosswalks (don't jaywalk).

Watch out for playground zones as kids may be ahead of their parents and excited to be going to school or the park.

Cst. Jeff Leimer #3503

Calgary Police Service, CPS, Traffic Section

Residential Traffic Safety Unit, RTSU

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CANADIAN BROADCASTING

CBC/Radio-Canada, very well known for both television and radio broadcasting, was founded and established as a Crown Corporation in Ottawa on November 2, 1936. That makes it 87 years old this month!





**MLA Calgary-Currie
Janet Eremenko**

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Calgary, AB T2T 0E3

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✉️ calgary.currie@assembly.ab.ca



**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

November is a time for remembrance in tribute to the brave men and women who fought for the peace we enjoy today. It was an honour to join the annual Walk for Veterans back in September, which raised money for the Calgary Military Family Resource Centre situated in Calgary-Currie. I look forward to proudly wearing a poppy in the Legislature and attending several Remembrance Day ceremonies in Calgary.

Following a Throne Speech delivered on October 30, we're now officially back in session! Government hasn't sat in the Legislature since a month prior to the election. We're committed to holding the UCP to account on issues around healthcare, education, energy, and housing affordability. In addition, I will be focused on my Mental Health and Addiction critic portfolio, calling for the evidence and transparency that the government's approach to addiction is in fact saving lives and producing the outcomes our communities deserve.

The conversation around the Alberta Pension Plan is also a top priority. During the election, Danielle Smith told Albertans, "No one is touching anybody's pension." And yet, the government has launched a \$7.5 million campaign to convince you that pulling out of the CPP is a good thing.

The CPP is recognized as one of the best-managed pension plans in the world, made stronger and more resilient because of its size. Albertans are counting on that stability and performance record to provide for them in retirement, and Premier Smith's plan would undermine that. The idea is risky and reckless.

Most Calgary-Currie constituents I've heard from are against pulling out of the CPP. I'm very interested in hearing your opinions on the Alberta Pension Plan proposal. Please send your feedback by email or feel free to give my office a call.



November 11 is Remembrance Day, a time of reflection and gratitude. The sacrifices made, the lives lost, and the hopes for a peaceful tomorrow are etched in our collective memory. In knowing our past, we pave the way for a brighter future. We pledge to remember, ensuring that such devastation is never repeated.

To the brave souls who served and the indomitable spirit of those affected, we salute and honour you. Your resilience continues to guide us.

They shall grow not old, as we that are left grow old: Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning, we will remember them.

The conflict between Russian and Ukraine has continued for over a year and a half now. That tells us a few things: that the world is still subject to conflict between nations who believe that their relative size and strength are more important than people's free will to choose their own way of life; and, despite the relative differences in apparent capabilities, there is no quick subjugation of a people who will fight to uphold their values. The latter is good (in my opinion), but it means that the awful price in lives and destruction will continue. I think the resolve of our free world is being tested, and we must rise to the occasion. If this Russian 'annexation' of an independent and democratic country is not stopped, then this behaviour will continue in the world. There is much at stake, and it is imperative that our support for Ukraine's continued independence remains strong.

This is a moment in history, and we ignore the consequences of complacency at our peril.

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, GregMcLeanMP.ca.

Sincerely,

Greg McLean

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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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9 PM ROUTINE

 CALGARY POLICE SERVICE

CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

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