

OCTOBER 2023

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# KILLARNEY GLENGARRY

THE OFFICIAL KILLARNEY & GLENGARRY COMMUNITY NEWSLETTER



*Pumpkins by Heather Mansfield*



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Dear Neighbours,

I am writing this at the beginning of September in Nova Scotia where I am on a much needed and relaxing vacation visiting friends and family. It has been over 30 years since I visited Canada's East Coast and I am enjoying the change of scenery. Of course, by the time this newsletter comes out I will be back in Alberta, and we will be well into fall and preparing for Halloween! As always, I welcome your input for this newsletter - The Pet of the Month feature has been hugely popular! Keep those cute pet pictures coming!

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](mailto:secretary@kgca.ca)



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“  
**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.

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



# APPLICATION

2828 28 St S W Calgary, Alberta T3E 2J3  
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Student (Under 25) | Senior: \$10  
Individual | Business: \$15

*GST is included in all these prices.*



Family  Senior  Business

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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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& More



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Statistics



Real Estate  
Statistics



# Signs You May Have Depression

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

For many people with depression, symptoms are usually severe enough to cause noticeable problems in day-to-day activities, such as work, school, social activities, or relationships with others. Some people may feel generally miserable or unhappy without really knowing why.

Although depression may occur only once during your life, people typically have multiple episodes. During these episodes, symptoms occur most of the day, nearly every day, and may include:

- Feelings of sadness, tearfulness, emptiness, or hopelessness
- Angry outbursts, irritability or frustration, even over small matters
- Loss of interest or pleasure in most or all normal activities, such as sex, hobbies, or sports
- Sleep disturbances, including insomnia or sleeping too much
- Tiredness and lack of energy, so even small tasks take extra effort
- Reduced appetite and weight loss or increased cravings for food and weight gain
- Anxiety, agitation, or restlessness
- Slowed thinking, speaking, or body movements
- Feelings of worthlessness or guilt, fixating on past failures or self-blame
- Trouble thinking, concentrating, making decisions, and remembering things
- Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts, or suicide
- Unexplained physical problems, such as back pain or headaches

### **Some differences in symptoms you may see in teens and children:**

- In younger children, symptoms of depression may include sadness, irritability, clinginess, worry, aches and pains, refusing to go to school, or being underweight.
- In teens, symptoms may include sadness, irritability, feeling negative and worthless, anger, poor performance or poor attendance at school, feeling misunderstood and extremely sensitive, using recreational drugs or alcohol, eating or sleeping too much, self-harm, loss of interest in normal activities, and avoidance of social interaction.



### **Differences in symptoms seen in older adults:**

Depression is not a normal part of growing older, and it should never be taken lightly. Unfortunately, depression often goes undiagnosed and untreated in older adults, and they may feel reluctant to seek help. Symptoms of depression may be different or less obvious in older adults, such as:

- Memory difficulties or personality changes
- Physical aches or pain
- Fatigue, loss of appetite, sleep problems or loss of interest in sex — not caused by a medical condition or medication
- Often wanting to stay at home, rather than going out to socialize or doing new things
- Suicidal thinking or feelings, especially in older men

For some, depression is caused by a neurochemical deficit. While for others, depression is brought on by an event such as a breakup, death, job loss, postpartum, or a major stressful life event. Those with a neurochemical imbalance may need to seek life-time pharmacological treatment and therapy. Others, with less severe symptoms may recover quite well with just therapy alone. Some may need a combination of both for short term (four to six months). Never stop an antidepressant cold turkey as you can have life threatening side effects. Always speak with your doctor first and follow their protocol.

No matter what age group you or a loved one may fall under, it is important to seek help if your symptoms last for more than two to three weeks.

## Killarney Mural Project 2023

We've got exciting news... Killarney has a new mural!

The work celebrates community through images of sustainable growth, honouring native plants species and seeks to bring beauty to the area - a hub for residential and commercial connection. This project was created by local artist, Daniel J. Kirk of Blank Page Studio in consultation with the Killarney-Glengarry Community Association, local business owner Dr. Doug Meldrum (Chiropractor/ Owner, Life 'n Balance Wellness Centre), and Treaty 7 Elder.

In the words of the artist, "the mural provides a glimpse into the beauty of southern Alberta. It is an interpretation of the land and sky, a celebration of the place that we live and call home. The wild rose is depicted and provides that anchor point for the entire work. Through colour and shape, the work illustrates an interconnection between all things and hopes to provide the community of Killarney an opportunity to position itself in the prairie-foothill landscape of Treaty 7."

By transforming the wall space into a bright and beautiful space we hope to support the collective mental health of our community and offer a place of learning and inspiration.

Check it out at the corner of 26 Ave and 33 St SW.

This work was made possible through the generous support of the City of Calgary Arts and Culture Microgrant program, the Killarney-Glengarry Community Association, Life 'n Balance Wellness Centre, and Blank Page Studio.



*New mural painted July 2023 at the corner of 26 Ave and 33 St SW in Killarney.*



*Before image of the wall.*

## VOLUNTEER WITH US!

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



### 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.



## A Green Space Legacy in Killarney

How the parent council at Killarney Elementary used the LAP in their design:

The Westbrook Communities Local Area Plan (LAP) approved April 2023 sets the vision for the evolution of our wider community over the next 30 years.

As an inner-city neighbourhood, we know the Municipal Development Plan for Calgary aims to increase density in Killarney over the next 50 years and we can see this happening rapidly.

As an active resident, Carolyn Johnson, former KGCA president and Development committee member was keen to ensure the minimal green spaces in Killarney were preserved and activated as density increased.

When she moved on to manage the Killarney school green space project in 2021, Johnson commented, "After being part of the LAP working group with KGCA, I wanted to ensure any public greenspace the school enhanced also followed the guidelines for great communities as implemented in the new Local Area Plan vision."

### This is how the project achieved that:

Policy in Westbrook Local Area Plan 2.2.3.2 Parks and Open Space	How the Project Achieved it
Offer opportunities to gather and participate in civic, arts, cultural, and entertainment activities, in both public and private spaces.	Culturally, the design integrated an Alberta agricultural theme, creating a new space that can be used for public events.
Provide varied and inclusive spaces and facilities for recreation, play, and outdoor activities close by.	An accessible pathway was established to link public realm sidewalk to the sporting fields.
Provide spaces that foster and enhance a sense of place and are designed for everyone.	A previously underutilized area will now have seating and plants for the community to enjoy.
Ensure natural areas, biodiversity, and ecological functions are protected, restored, and enjoyed.	The area was restored back to native species and plants. In so doing, it hopes to encourage the original biodiversity of the neighbourhood.
B.iv) Use landscaped areas to delineate open space and property boundaries, where possible.	We wanted to ensure the west side berm acted as a natural boundary, adding a walking path so as not to disturb the other planted material.
B.vi) Provide accessible connections within the site.	The project built a wheelchair accessible pathway to improve the safety of a corridor and connect the sidewalk pedestrian realm to the sporting fields.
C.ii) Urban plazas, which support a broad range of programming and amenities year-round.	The outdoor classroom and the amphitheatre have created new gathering commons which incorporate observation opportunities for teaching, performances, and cultural activities.
H. Parks and open space areas may identify and integrate cultural landscapes in their design and layout.	The outdoor learning commons replicates the Alberta Landscape with three distinct "land rooms" = Alberta Rivers, Agricultural homestead, Foothills.
I. Encourage the provision and incorporation of space for local food production.	A gardening circle was introduced with three deep permaculture containers for accessible planting. This will enable the students to learn about plant and food growth as part of their studies.

Do take the opportunity to go check out the new space off 33 street on the west side of the school!

If you have a community project idea, have a look at our website for ideas on how your project could seek financial support: <https://www.killarneyglengarry.com/community-projects>.

## Halloween Safety

from Alberta Health Services



The members of Calgary's Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 911, Bylaw, and Transit would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

### Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

### Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.

- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

### Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

### Pedestrian Safety

As a pedestrian always remember, you will lose the battle against a motor vehicle even if you're in the right.

A crosswalk is defined as a location for a pedestrian to cross a roadway safely and where a motorist would also expect to see a pedestrian. Not every intersection is a crosswalk. A crosswalk can be marked with painted white lines and may have hatch marks; and can be signed with either a white or fluorescent backed sign. An unmarked crosswalk is established only by a break or curb of the roadway.

In a 'T' intersection, the only crosswalk is the section of roadway that is a curb edge to a curb edge, no curb edge to straight unbroken curb.

As pedestrians, don't assume that a motorist sees you, keep your head on a swivel and continue to look at motorists. Also, when you come up to the crosswalk, don't just walk out thinking that the vehicles will stop, give the motorist time to see you and to bring their vehicle to a safe stop.

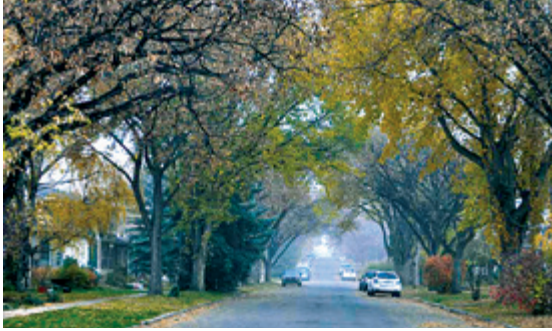
When utilizing crosswalk signals, the legal time for a pedestrian to cross on a walk signal is when the little white man is present. When the flashing red hand starts, and the counter is counting down, it is illegal for you to cross. Fines for interfering with vehicles, crossing at a location other than a crosswalk, and crossing when a traffic signal says not to start at \$81.

Keep your head up when crossing the street, don't have it buried in your phone.

*Richard Bankert*

KGCA Director – Safe Streets/Traffic

traffic@kgca.ca



## Killarney/Glengarry Real Estate Update

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

	Average Asking Price	Average Sold Price
August 2023	\$679,995.00	\$710,000.00
July 2023	\$599,800.00	\$610,000.00
June 2023	\$646,500.00	\$650,500.00
May 2023	\$742,450.00	\$765,500.00
April 2023	\$649,000.00	\$640,000.00
March 2023	\$769,950.00	\$755,750.00
February 2023	\$648,000.00	\$650,000.00
January 2023	\$624,750.00	\$611,125.00
December 2022	\$617,000.00	\$600,000.00
November 2022	\$514,900.00	\$513,000.00
October 2022	\$684,800.00	\$650,000.00
September 2022	\$615,000.00	\$597,500.00

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

	No. New Properties	No. Properties Sold
August 2023	28	22
July 2023	23	23
June 2023	27	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
September 2022	18	13


To view more detailed information that comprise the above MLS averages please visit [kil.mycalgary.com](http://kil.mycalgary.com)

## 9 PM

### ROUTINE

### ✓ 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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SERVICE



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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

I am in month four as your MLA for Calgary-Currie and I'm delighted to be writing my first letter to you. The summer has been full! Stampede events, meetings with community groups and constituents, travel to Edmonton, and outreach related to my critic file has kept me moving. I am open to meeting with you any time to help, listen, and learn, and to advocate on your behalf.

I want to express my gratitude once again for entrusting me to be your MLA. No matter how you voted in May, my job is to represent your interests, and I have a terrific team to help me fulfill that commitment. This team includes Andrew or Kayla who you might connect with when you contact the office. Together, we've laid out our goals for the months and years ahead: My team and I had some long conversations about what it takes to be a respected and effective MLA. We produced quite an extensive list but here's what we're committed to:

- being prompt and productive in our responses to your inquiries and correspondence
- being respectful and effective in all that we do
- being a strong voice in the Legislature
- increasing our presence and visibility in all Currie communities

With that in mind, you will see my team and I regularly engaging with Calgary-Currie residents at events, community association meetings, coffee shops, and parks over the course of this term. You can also expect timely responses to your emails, and we might show up at your door to get your thoughts on the direction the government is taking our province. We're also lining up monthly volunteer opportunities for folks to come and join us. I really hope to see you sometime!

Please don't hesitate to email or call with your questions and comments. I'm here to work for you.

Take care for now.



Many of you who have spoken to me over the summer – at festivals, when I knocked on your doors, or at random meetings – are deeply troubled by the intensifying inflation and cost of living crisis. This is being felt particularly in the increased cost of housing; cost of a single-family home in Canada has risen over 80% in the past eight years. Nowhere is the failure of bad fiscal and monetary policy of our federal government being felt more profoundly. Let me caution that the worst is not yet upon us. If mortgage interest rates stay high in Canada for two more years, the impact on mortgagors in Canada will be severe. That is because many Canadians re-mortgaged their homes in 2020, when interest rates were at historic lows. And the most popular mortgage term in Canada is the five-year mortgage. If these homeowners face the increased mortgage cost that is coming, it will increase their payments significantly.

It is essential to recognize this as a policy choice. This is not an accident – it is the outcome of incompetent fiscal and monetary policy. There is a price to pay for this profligacy.

It is not just homes. Even school materials and lunches are now burdensome for many. Recently, the average back-to-school expenditure in Canada reached \$700 per student, with school supply costs jumping a staggering 24% in just two years. StatsCan warns parents of skyrocketing lunch box items: bread and rolls by 8.1%, apples 7.8%, and cookies and crackers a staggering 12.4%. Many families are at their breaking point. We need to change this ASAP.

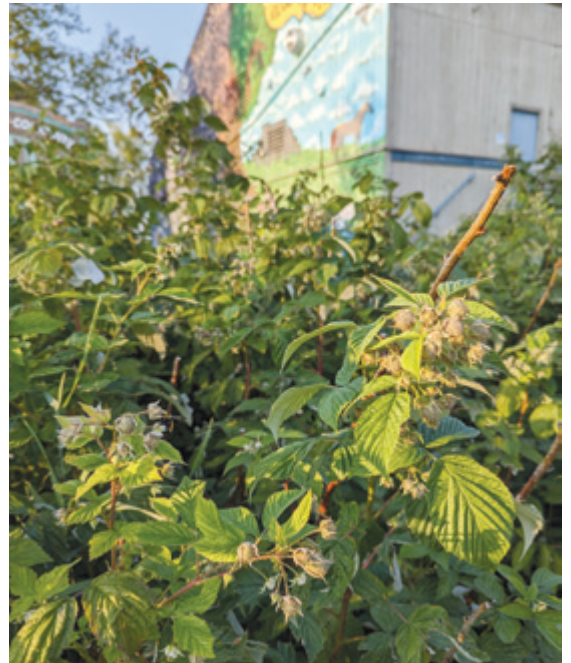
Please contact me at [Greg.McLean@parl.gc.ca](mailto:Greg.McLean@parl.gc.ca) or by phone at 403-244-1880 and keep up to date on my work in Parliament on my website, [GregMcLeanMP.ca](http://GregMcLeanMP.ca).

Sincerely,

*Greg McLean*



# 2023 Fall Garden Program Update



The KGCA community garden program continues to be a huge success! The plots were fully booked up in record time, the weather played along, and all the plots took off producing a bountiful variety of vegetables including corn, purple beans, nasturtiums, potatoes, beets, lettuce, spinach, tomatoes, rhubarb, garlic, carrots, arugula, kale, yellow zucchini squash, asparagus, and even some cutting flowers!

We were able to welcome a bunch of new gardeners and Killarney-Glengarry newcomers. The garden program helps connect our neighbours, creates friendships, and provides a learning ground. Here are some impressions from our gardeners:

- "This was my first experience with gardening and proved to be such a fun way to spend our summer days."
- "I met lovely people from the neighbourhood."
- "It was great family time and something we looked forward to."
- "There wasn't a large harvest, but we enjoyed everything we tried - cucumbers especially!"
- "We will absolutely renew our plot next year."

The raspberry bushes on the corner of 26 Ave and 26 St continue to thrive. This is their sixth season, and we are starting to get an early crop in June and a second crop in late September. Raspberries are a great choice for our climate because they grow like crazy and provide a lot of nectar for bees, which in turn are great pollinators for our garden plots so it's a huge win-win!

Our three-bin compost process continues to work well and we appreciate that users continue to follow the instructions on each so that the compost can mature properly. When adding materials, chop them up, add some water, and give the pile a good mix. This helps accelerate the breakdown process. Also, please do not use compostable plastic bags as these don't work in a residential process and we end up having to manually fish them out. The finished compost is used by our gardeners to amend the soil.

We encourage your comments and suggestions for the garden area.

Would you like to try gardening yourself? If so, get on the wait list for next season by emailing the garden coordinators, Chris or Dan at [garden@kgca.ca](mailto:garden@kgca.ca).



Apollo is a six-year-old mini Aussiedoodle who loves to play all day, every day. His favourite games are ball and frisbee, and he recently learned how to swim!



Meet Monty, aka The Mont. This handsome two-year-old loves cat nip and chilling out with the fish.

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).

KGCA PRESENTS  
 KILLARNEY  
**OCTOBERFEST**

**OCTOBER 7TH, 2023  
 6-9 PM**

Sample beer and cider from some of Calgary's best micro-breweries!

Tickets on sale at [kgca.ca](http://kgca.ca)  
 Tickets will not be sold at the door.  
 \$20 for KGCA members  
 \$30 for non-members

## CRIME STATISTICS



### Killarney-Glengarry Crime Activity was Up in July 2023

The Killarney-Glengarry community experienced 18 crimes in July 2023, in comparison to 14 crimes the previous month, and 14 crimes in July one year ago. Killarney-Glengarry experiences an average of 13.7 crimes per month. On an annual basis, Killarney-Glengarry experienced a total of 164 crimes as of July 2023, which is down 42% in comparison to 281 crimes as of July 2022. To review the full Killarney-Glengarry Crime report visit [kilg.mycalgary.com](http://kilg.mycalgary.com).

*How To Report Crime In Killarney-Glengarry: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at [crimestoppers.ab.ca](http://crimestoppers.ab.ca), or text tttTIPS to 274637.*

# BUSINESS CLASSIFIEDS

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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.

**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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