

AUGUST 2024

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KILLARNEY GLENGARRY

THE OFFICIAL KILLARNEY & GLENGARRY COMMUNITY NEWSLETTER



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☎ 403-816-9613

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🌐 calgaryhopak.wordpress.com

📱 @CalgaryHopak

Love to dance, sing, or play music? Come join us for the 2024-2025 season

The Calgary Hopak Ensemble is part of a family-oriented organization that offers several programs to share and promote our Ukrainian Cultural Heritage with the community.

The Hopak Ensemble Dance School offers classes Thursday evenings for children ages 4 to 15. Please call 403-809-6520 for additional information.

Our Hopak Ensemble Folk Orchestra rehearses Monday evenings from 7pm-9pm. The requirements to play in the folk orchestra are to read music and have your own instrument.

Our Hopak Ensemble Adult Dance group rehearses Tuesday evenings from 7pm-9:30pm.

We invite singers to join our Hopak Ensemble Folk choir on Wednesday evenings. The repertoire is in both English and Ukrainian.

No experience is necessary, and Ukrainian heritage is not required.

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 TO BUILD A COMMUNITY
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 AND INCLUSIVE.**
 ”

KGCA VISION

YOUR KGCA

2828 - 28 Street SW
 Calgary, Alberta, T3E 2J3
 403-246-6668
 gm@kgca.ca

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

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GM		gm@kgca.ca
KILLARNEY-GLENGARRY VOLUNTEERS		
KGCA Programs and Volunteer Lead	Elena Gadaeva	secretary@kgca.ca
KGCA Community Garden	Chris Knobel Dan Hauser	garden@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 comms@kgca.ca with details!



What's happening

KGCA News

www.kgca.ca | gm@kgca.ca



Market & Clean-Up Success

A big thank you to all who contributed to the success of our Summer Market and Community Clean-Up Day. With more than 30 vendors at the Summer Market and an outstanding 13,160 kg of waste and 1542 tonnes of e-waste collected during the Clean-Up Day, we had a very successful June!



Rent the Hall

Our hall is the perfect venue for children's birthday parties! We've even got a brand new bouncy castle available as an add-on. Did you know you can also rent the green space where the ice rink and fire pit is for outdoor events? Email us for more info.

Upcoming Events:

Every Wednesday
Farm Stand (3-6pm)
Ice Cream Truck (1-8pm)

September 9
Meet the KGCA Board @
the hall (530-7pm)

September 14
Miracle on 34 St Party

For more info on events visit our website.

Email us to volunteer with event set up/take down.

Follow us on Instagram
@kgca.yyc

A Dietitian's Guide: Tips for Making Back-to-School Lunches Your Kids Will Enjoy

by the Primary Care Network

Packing healthy lunches kids will actually eat can be a difficult task for parents and caregivers during the back-to-school season. While balanced meals are an important part of fuelling minds and bodies, it can be hard to juggle enjoyment with nutrition.

Dietitians from the Primary Care Network share their tips for making back-to-school lunches nutritious, delicious, and enjoyable.

1. Involve Your Kids

Involving kids in meal prepping is key to helping them discover their own preferences and teaching healthy eating habits. Giving kids the opportunity to make choices – like at the grocery store – helps to foster positive connections with food. When kids can be

involved, there's more buy-in.

2. Presentation is Key

Presenting food in a fun and easy way can make healthy food more appealing – especially when faced with a short school lunch break. Instead of a sandwich, try a meat and cheese kebab or offer sliced apples instead of a whole apple. Opting for a bento-style lunch box can also make packing easier and allow kids to select from a variety of foods – proteins, carbohydrates, colourful fruits, veggies, and healthy fats.

3. Balance and Variety

Aim to add an assortment of fruits, vegetables, whole grains, and lean proteins. Pairing new foods with familiar favourites is a great way to help kids add variety to their diet. Don't be afraid to include a fun food, like a cookie or chocolate. Enjoyment is an important part of balanced eating and building a healthy relationship with food.

FASTEST MAN ALIVE



Back in 2012 at the London Olympics, Usain Bolt made history by becoming the first athlete ever to win both the 100 metre and 200 metre races in consecutive Olympics. Talk about lightning speed! Bolt still holds the record for the fastest 100 meters at 9.58 seconds and the fastest 200 meters at 19.19 seconds.



We are a vibrant, Torah observant, Messianic community of believers.

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What is **TORAH**? Come and see. Who is **MESSIAH**? Come and hear. What is **MISHPACHA**? Come and experience! Visit us in August to hear special guest speakers from Israel. Attend our community dinner and hear the amazing life story of a man from Sudan (see website for details)!

APPLICATION

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403-246-6668 | admin@killarneyglengarry.com

Family: \$25
Student (Under 25) | Senior: \$10
Individual | Business: \$15

GST is included in all these prices.



Family Senior Business

Name: _____

Address: _____ Postal Code: _____

Home Phone: _____ Email: _____

Interests (dance, soccer, etc): _____

Thanks for supporting your local community association

Cut out and mail with cheque made payable to Killarney Glengarry Community Association or sign up online at www.killarneyglengarry.com

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Send cover photo submissions, story ideas, and community event announcements to comms@killarneyglengarry.com



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Creamy Potato Salad

by Jennifer Puri

Potatoes are normally used in place of bread, pasta, or rice. More than a billion people consume potatoes, and they are considered the third most valuable food crop around the world.

Potatoes contain several important vitamins and are 99% fat-free. They also contain half the number of calories of an equivalent portion of cooked rice or pasta as they have a high-water content.

To get the most antioxidants out of potatoes, leave the skins on and choose colourful varieties like red or purple. Baked potato skin is a good source of potassium, magnesium, and fiber which is beneficial for digestive health.

Raw potatoes contain a lot of water making them unsuitable for freezing so only cooked or partially cooked potatoes should be frozen.

Boiled, roasted, or mashed potatoes can be found in soups, casseroles, latkes, gnocchi, samosas, or curries to name a few, or as shown in this crowd-pleasing recipe below.

Prep Time: 15 minutes

Cook Time: 20 minutes

Servings: 4 to 6

Ingredients:

- 2 lbs. mixed red, purple, or golden baby potatoes
- 1 cup thinly sliced celery
- ½ cup thinly sliced green onions
- ½ cup chopped dill pickles
- 1 cup mayonnaise or veganise
- 2 tbsp. whole grain Dijon mustard
- ¾ tsp. salt
- ½ tsp. coarsely ground black pepper
- 4 hard boiled eggs, peeled and quartered
- 1 cup whole black or green pitted olives
- Juice of half a lime
- 1 tsp. paprika (optional)



Directions:

- Place potatoes in a large saucepan or pot and add enough salted water to cover. Bring to a boil and then reduce heat and simmer covered for about 15 minutes or until potatoes are tender. Drain and set aside to allow potatoes to cool.

- In a medium sized bowl, add mayonnaise or veganise, mustard, dill pickles, salt, pepper, olives, celery, green onions, and the lime juice. Next slice the cooked potatoes in halves (leaving the skins on) and add to the dressing.
- Finally, gently stir in the cooked eggs until potatoes and eggs are nicely covered. Cover with saran wrap and allow potato salad to chill in the refrigerator for a minimum of six hours, preferably overnight.
- Prior to serving, garnish the creamy potato salad with green onions and smoked paprika if desired.

Bon Appétit!



KGCA Membership Perks Program



We are working on revamping our Perks Program for members. As of now, members receive discounts on the following:

- Hall rentals (20%)
- Event tickets (e.g. Beer and Wine Tasting events)

Plus, freebies for kids at community events:

- Snacks provided at our free movie nights
- Face painting and balloon animals at Food Truck Frenzy

And the introduction of member only events.

Stay tuned for details as we unfold more offers!

KGCA YOGA:

Fall Renewal



SEPTEMBER TO DECEMBER
AT THE KGCA HALL
2828 28 ST SW

Every Monday 7:00 - 8:00 pm

*Runs Sept. 9 to Dec. 9
(no class on Thanksgiving, Oct. 14)*

\$169 for all 13 classes

Register here



Declutter and Discover! Join Us for the Citywide Treasure Hunt: A Fun Event for All Ages!

by The City of Calgary, Waste and Recycling Services

We are excited to announce the upcoming Curbside Treasure Hunt, taking place across Calgary on September 7 and 8. This is a fantastic community event where residents can set out items they no longer need, giving others a chance to find a hidden gem.

Event Details:

- Dates: September 7 and 8
- Look through your home and gather any reusable items that you no longer need.
- Mark them with a “Free” label and place them at the curb on the designated event days.
- Treasure hunters rejoice! Anyone can come and pick up these items for their own use – it’s like a free garage sale right at your doorstep!
- If it’s still on the curb, let’s keep the community tidy and donate it!

The Treasure Hunt encourages Calgarians to explore their neighbourhoods, find unique items, and meet new people. It’s a wonderful opportunity to strengthen our community ties and supports our goal of reducing environmental impacts by reducing waste. Participants can place items they no longer need at the curb for others to pick up, fostering a spirit of sharing and community engagement.

Bottle Depot Day

by Cheryl Dunkley

Off to the bottle depot, six bags in tow
Loading up the car is finally done, Let’s go!
Parking is scarce, line up out the door.
There’s room on the sidewalk for barely one more.

Once inside, there’s workers counting fast,
They do this for hours, how long can they last?
The noise, the clatter, everything is sticky.
No one is smiling, the job is too icky.

The cash machine states the refund to obtain.
Today the machine is broken, back to human help
once again.

Don’t go on Monday, after a big weekend of sports.
Remember to tip the workers for all their sorts.

The thousands of recyclables in giant bags piled up
to the sky
Where do they end up, one wonders how and why...



international Left-Handers Day



August 13 is a special day for those who have the unique distinction of being left-handed. Approximately 10% of the global population are left-handed. But don’t fret, left-handers! Some influential people who share your uniqueness include Prince William, Barack Obama, Justin Bieber, Oprah Winfrey, and Jennifer Lawrence, just to name a few.

Accidental Poisoning

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children.
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle.
- Install child locks on all cabinets, or drawers where medications are stored.

Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child.
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups.
- Promptly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers.
- Install child latches on cabinets children might also access by climbing on counters or chairs.
- Label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested.

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.



VOLUNTEER WITH US!

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



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For more information
miracleon34street@gmail.com

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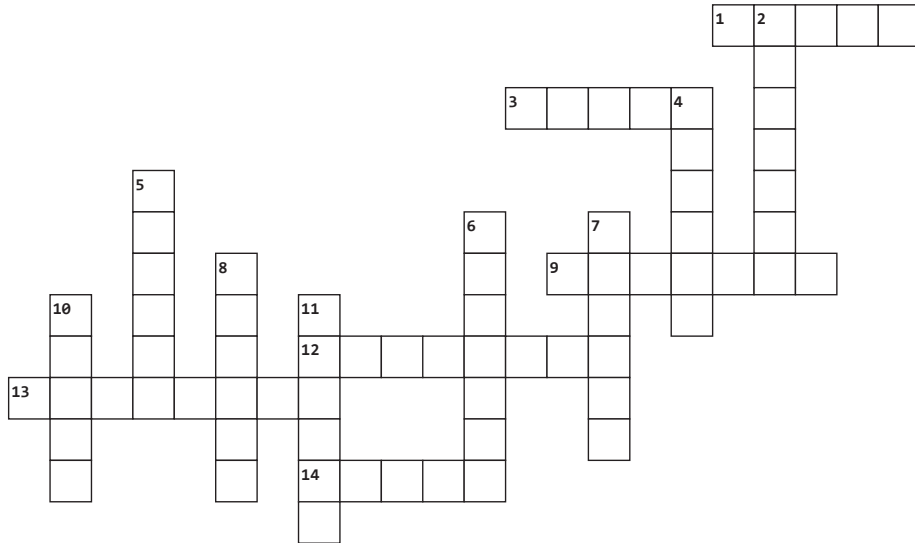
JOKE OF THE MONTH

WHAT KIND OF KEY OPENS A BANANA?

A MONKEY



August Crossword



Across

- One of two birth flowers for August, this flower symbolizes remembrance and is often used to honour veterans who have passed away in war.
- On August 28, 1963, in Washington D.C., civil rights activist and reverend, Martin Luther King Jr. gave his inspiring "I Have a _____" speech.
- This yellowish-green gemstone is one of three birthstones for August, the others being the spinel and sardonyx.
- On the first Monday in August, Albertans celebrate _____ Day, which recognizes the multicultural landscape of the province.
- In August of 1896, George Carmack was the first to find gold at Bonanza Creek, Yukon, sparking the _____ Gold Rush.
- The Summer Olympics takes place in which French city from July 26 to August 11 this year?

Down

- Canadian filmmaker James Cameron, famous for movies such as *Titanic*, *Avatar*, and *The Terminator*, was born on August 16, 1954, in Kapuskasing, _____.
- The fantasy novel *A Game of Thrones*, written by George R.R. _____, was first published in August of 1996.
- August is a popular name for boys in this Scandinavian country.
- On August 8, 1969, The _____, took to the street to take the cover photo for their album *Abbey Road* which featured songs such as "Here Comes the Sun", "Come Together", and "Octopus's Garden".
- The Perseid _____ shower is one of the best shooting stars displays which Canadians can view on the eve of August 12 this year.
- The saying "The Dog Days of Summer" is linked to the rising of the star called _____, also known as the Dog Star.
- Canadian actress, Evangeline _____, famous for her role as Kate Austen in the drama series *Lost*, was born on August 3, 1979, in Fort Saskatchewan, Alberta.
- Michael _____ set the record for the most gold medals by an athlete in a single Olympic Games in Beijing, 2008.



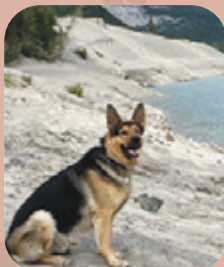
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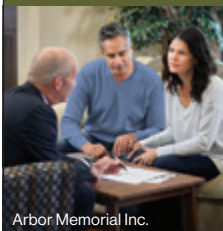
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2024-2025 PRESCHOOL FALL ENROLLMENT

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Some program features include:

- Play-based curriculum
- 2 Outdoor play spaces
- Snacks

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