

FEBRUARY 2024

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Swans by Heather Mansfield



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Family Senior Business

Name: _____

Address: _____ Postal Code: _____

Home Phone: _____ Email: _____

Interests (dance, soccer, etc): _____

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KGCA VISION

YOUR KGCA

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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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President	Alan Slagorsky	pres@kgca.ca
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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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Love Songs Kiss the Air

Killarney has a myriad of amazing people: entrepreneurs, professionals, film industry people, pilots, painters, writers, musicians and so much more. One of them lives half a block from our house. We came to know Shari Chaskin when we heard the most beautiful voice singing in the neighbourhood on a Sunday afternoon. She was singing on her front lawn and neighbours from all around brought their lawn chairs to enjoy the music. People were known to be dancing on the sidewalks. Who knew that such a talent lived nearby?

Shari Chaskin grew up in a loving and nurturing home in Montreal. She was surrounded from the start by her mother's beautiful singing voice and her dad's love of music. Shari's older sister was her biggest groupie (and still is) and she knew that all Shari wanted to do was sing.

When she was five her kindergarten was launching a new music program, she was introduced to many instruments, and for her the guitar stood out. Her teacher and other students noticed her beautiful voice and started to ask her to sing and play guitar; without knowing it she had found 'her voice' and she was hooked on singing for the rest of her life.

When she was 16, her parents encouraged her to enter a Talent Show and she won. As a result, she was signed to the Quebec Record Label and Management Company. She was now singing with orchestras in many large venues like Montreal's "Jardin Des Etoiles" with three shows a day, six days a week, singing and dancing!

In the early 90s she belonged to the cast of Les Misérables/Montreal and National tour for two years in the 'swing role', which meant she had to know eight roles and be prepared every day to play in any one of those roles on a moment's notice, an incredible feat!



In 1992, while performing in Calgary she met the love of her life, Jeff Love (no kidding that's his real name), who was the perfect fit for Shari. They married in 1994 and this year they celebrate their thirtieth anniversary!

In 1994 she began to sing with Calgary's Big Band, Prime Time, and sang with them for eighteen years. And so, is well known to Calgary's dance crowd.

In 2008, Farah Fawcett was starring in the movie Hollywood Wives, a movie adapted from Jackie Collins book and Fawcett lip synced the song "Beautiful for You" sung by Shari.

Shari's stunning voice has led her to share the stage with Al Jarred, Chantel Kreviazuk, Colin James, Celine Dion, Tommy Banks, Sass Jordan, Oliver Jones, and many more.

Shari has always loved love songs and lives every word she sings. She captivates audiences with her contemporary and soulful songs that touch the heart. She commands attention whether in the grandest concert halls or in the most intimate of venues. She takes you on a powerful emotional ride from intimate moments to soaring heights.

In February as we celebrate the ones we love, Shari is working on a new album "How I Breathe" all songs are about every kind of love: finding romance, keeping love alive and so much more to be released in 2024/25.

How wonderful to find her in Killarney!

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The Himalayan • Heritage Bakery & Deli • Coffee Cats
School of Rock • Alberta Apparel • Knocked Consignment
The Dorset Pub & Eatery • Glamorgan Bakery
Marda Loop Brewing • Olive Branch Skin Therapy
Village Ice Cream

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GRAND PRIZE DRAW
FEBRUARY 14, 2024
(PLUS EARLY BIRD DRAWS)
OVER \$4500 IN PRIZES!



SCAN TO BUY TICKETS



Grand Prize Draw held at 3PM on February 14, 2024 at 2825 28th Street SW. Early bird draws on December 21, January 12, 24, February 9, 2024. Raffle Licence #666295. 100 \$20 tickets and 450 3/\$50 tickets will be printed. Tickets must be purchased in Alberta. Must be 19+ to purchase.

February is Heart Month

by Alberta Health Services

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.



What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

Medieval Tinder

Wearing your heart on your sleeve is more than just a phrase. Did you know that in the Middle Ages, love was a fashion statement? Back then, singles played a name-lag game, pinning their Valentine's name on their sleeves for a week! Talk about wearing your heart on your sleeve - literally!



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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

BARKER'S

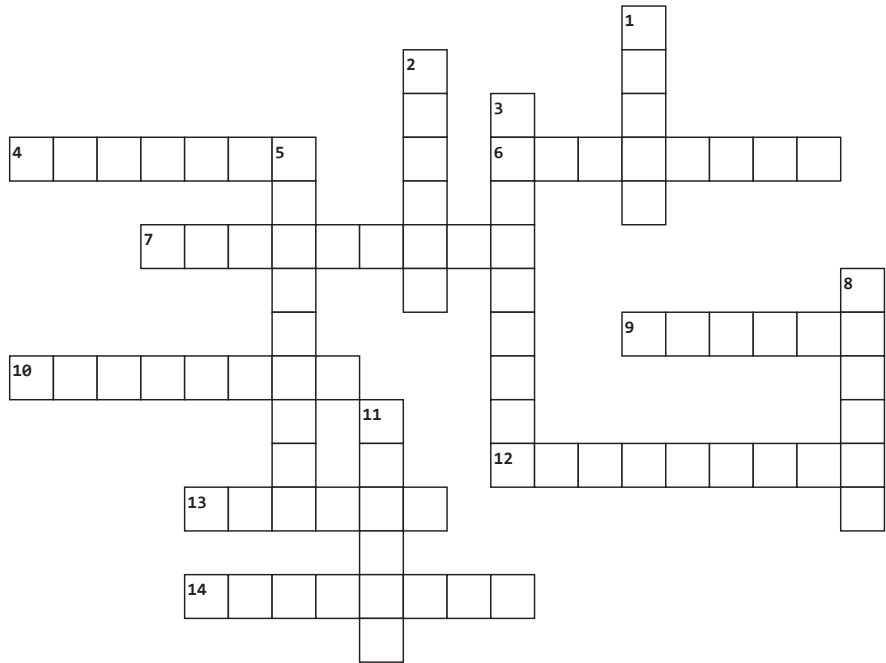
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February Crossword



Across

4. This historical fiction novel was released on February 10, 2009, and made into a major motion picture starring Viola Davis, Octavia Spencer, and Emma Stone.
6. A ring made with this birthstone had a carved image of Cupid and is said to be worn by St. Valentine.
7. This American painter, well-known for his artwork "American Gothic" was born on February 13, 1891.
9. On February 15, 1965, this country officially received its flag, 100 years after becoming a country.
10. Tessa Virtue and Scott Moir won gold in this category in February 2010 at the Vancouver Winter Olympics.
12. This well-known annual league championship takes place every year on the second Sunday in February. It will be played on February 11 at Allegiant Stadium in Las Vegas this year.
13. The official flower that represents birthdays in February.
14. The popular heart-shaped candies with cute messages were originally used as _____.

Down

1. This dwarf planet was discovered on February 18, 1930, and was named by 11-year-old, Venetia Burney.
2. February 10, 2024, marks the beginning of the Year of the _____.
3. This festival, which takes place on the same day as Shrove Tuesday, celebrates the end of the pre-Lenten season with colourful masks and parades.
5. Released in February 1940, this Disney motion picture featuring the beloved character Figaro, was the first animated feature to win a competitive Academy Award.
8. In 1990, the Lieutenant Governor of Alberta, Helen Hunley, introduced this day to celebrate and honour loved ones.
11. Abel Makkonen Tesfaye, better known as The _____, was born on February 16, 1990, in Scarborough.

The Importance of Healthy Snacking

by Alberta Health Services

Maintaining a healthy lifestyle, especially in today's fast-paced world, can be a challenge. Busy schedules often lead to rushed meals and unhealthy eating habits.

Packing snacks is a great way to keep you energized and nourished throughout the day. Having a quick bite at work, home, school, or on-the-go can be an important addition to your daily eating habits. Ensuring you always have healthy snacks on hand may also prevent you from stopping at a convenience store or vending machine and purchasing a higher cost food which often is lower in nutritional value and hard on the budget.

Five Reasons to Snack!

1. Sustained energy levels – Choosing nutrient-dense snacks provides your body with the energy needed to function optimally throughout the day. Snacks rich in complex carbohydrates, fibre, and healthy fats release energy slowly, helping you maintain steady blood sugar levels and avoid energy crashes.
2. Nutrient Intake – Snacks are an excellent way to increase your daily intake of essential nutrients. Opting for snacks like fruits, vegetables, nuts, and whole grains provides your body with vitamins, minerals, and antioxidants crucial for your overall health. These nutrient-rich snacks support your immune system, boost your metabolism, and aid in various bodily functions.
3. Improved Concentration – Healthy snacks can have a positive impact on cognitive performance. When the brain is fed with balanced snacks, focus and concentration are enhanced. Nutrient-dense snacks provide the brain with the necessary nutrients for optimal functioning, helping you stay alert and productive throughout the day.
4. Reduced Cravings – Packing healthy snacks can reduce unhealthy cravings for sugar, salt, and junk food. By eating nourishing snacks, you feel more satisfied for longer.

5. Convenient and cost-effective – Preparing snacks in advance ensures you always have healthy options readily available. This saves not only time but also money, compared to purchasing expensive and, often, unhealthy snacks on the go.

Snack-Making Tips and Ideas

To help make it easier to bring snacks from home, prepare in advance by following these simple tips:

- Plan your week's snacks before heading to the grocery store and include them in your meal preparation.
- Think outside the box! Use a "bento box" filled with a variety of different snacks to keep things interesting.
- Chop extra vegetables and fruit and have them ready in the fridge to grab-and-go.
- Make muffins ahead of time and store them in the freezer.
- Buy hummus when grocery shopping or make some at home.
- Hard boil eggs and keep them in the fridge with the shell on (they will keep for about a week).

If you have the option to store snacks at your workplace, here are some options that do not need refrigeration:

- Apples, oranges, or canned fruit
- Dry oatmeal
- Canned tuna
- Whole grain crackers
- Nuts, pumpkin, or sunflower seeds

Kids Need Snacks Too!

While adults and teenagers benefit from eating snacks during their busy, activity-filled lives, it's also important for children to consume snacks. They have smaller stomachs than adults and teenagers and may have trouble eating the foods they need at mealtime. Food choices established in childhood often continue into adulthood, so building a healthy foundation is important.

Add Protein

To help satisfy hunger between meals protein provides a sustained release of energy, preventing blood sugar spikes and crashes. To help satisfy hunger between meals, snack on nuts and seeds or hummus and veggies. Pair one or two slices of cheese with a couple of whole grain crackers or cook some hard-boiled eggs for an easy protein-filled snack on the go.

Happy Snacking!

For more snack ideas, check out this snack resource to help you to choose healthy snacks every day. Visit ahs.ca/nutritionhandouts and search for the handout called Snacks.



VOLUNTEER WITH US!

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



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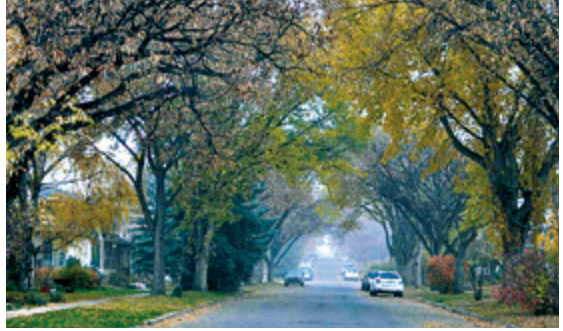
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Killarney/Glengarry Real Estate Update

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

	Average Asking Price	Average Sold Price
December 2023	\$ 765,000	\$ 750,000
November 2023	\$ 786,994	\$ 772,500
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

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

	No. New Properties	No. Properties Sold
December 2023	7	9
November 2023	23	16
October 2023	17	9
September 2023	17	15
August 2023	24	22
July 2023	21	23
June 2023	23	30
May 2023	40	30
April 2023	26	29
March 2023	32	30
February 2023	29	23
January 2023	19	10

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



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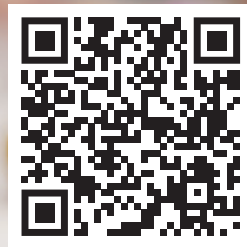


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