

JANUARY 2024

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THE OFFICIAL KILLARNEY & GLENGARRY COMMUNITY NEWSLETTER



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 ”

**KGCA VISION**

## YOUR KGCA

2828 - 28 Street SW  
 Calgary, Alberta, T3E 2J3  
 403-246-6668  
 admin@killarneyglengarry.com

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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

BOARD POSITION	NAME	EMAIL
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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

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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](http://www.killarneyglengarry.com)

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KILLARNEY-GLENGARRY CONTENT

News, Events,  
& More



Crime  
Statistics



Real Estate  
Statistics



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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)



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COMMUNITY ASSOCIATION

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Grand Prize Draw held at 3PM on February 14, 2024 at 2828 28th Street SW. Early bird draws on December 21, January 12, 24, February 9, 2024. Raffle Licence #666296. 100 \$20 tickets and 450 3/\$50 tickets will be printed. Tickets must be purchased in Alberta. Must be 18+ to purchase.

# How to Deal with Those Long Sleepless Nights

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



As we turn the corner from the longest nights of the year, sleeplessness is a common issue for many. Sleep is a basic human need and is essential for good mental and physical health. Sleep-wake disorders involve excessive sleepiness, breathing-related sleep disturbances, and abnormal experiences during sleep.

Common symptoms of insomnia and sleep-wake disorders include difficulty falling asleep, staying asleep, and having trouble waking up most days.

Factors that contribute to sleep disturbances are things like anxiety, stress, depression, chronic pain, stimulants (caffeine, nicotine, and some medications), and having an irregular sleep schedule. Some groups of people are at higher risk than others such as doctors and nurses, shift workers, truck drivers, and parents with very young children.

Lack of deep sleep causes a multitude of issues such as daytime fatigue, difficulty paying attention, concentration challenges, decrease in productivity, irritability, angry outbursts, memory challenges, and an inability to multitask.

To overcome these challenges, keep track of the time you fall asleep and wake up, how long it takes you to fall asleep, how often you wake through the night, and how long it takes to fall back asleep. Bring your answers to a psychologist or doctor who specializes in sleep disorders.

Your doctor can send you to a sleep clinic to see if you have sleep obstruction (sleep apnea). Your partner or roommate may tell you how loud or how much you snore. Doctors can prescribe you short term medication to get you back on track. However, compared to medication, your psychologist can teach you drug free techniques by assessing your sleep problems, teaching you better sleep hygiene, and offering evidence-based psychotherapy, and self-care practices such as:

1. Cognitive Behavioural Therapy
2. Relaxation techniques
3. Specific exercise routines
4. Exploration of nicotine and caffeine use (caffeine is hidden in many foods)
5. Help create consistent sleep routines
6. Help you learn to limit naps
7. Teach you how to create a healthy sleep environment
8. Night-time brain dump

Sleep is essential to your well-being. Don't put off seeking the help that's available.

## A New Year and New Beginnings

As the clock strikes midnight and the calendar turns a page, we find ourselves in the embrace of 2024. So many of us think about how we can make the world a better place during trying times: New Years Resolutions! I have been pathetically bad at both making them and carrying them out.

I do want to be a better person each and every year: I do small things, being kinder and saying hello and smiling at people on the street especially if they seem lonely - a very Canadian thing to do and being more generous to people who are struggling. I keep a small stack of \$5 and \$10 bills in my pocket and give them to people who look like they could use them.

A few years ago, my daughter was living in Chile and learning to speak Spanish. When I went to visit, I was very envious of her abilities. We learned that when companies were transferring people to Latin American countries, they sent their families to Antigua or Guatemala to learn Spanish.

So, we decided, as a retirement project, we would try to learn Spanish, too. In the year 1543 CE (Common Era) the village in Guatemala used to be the capital of Central America. About 30 years ago the village was struggling economically. Someone had the idea that if they had about 1000 Spanish teachers, they could attract 1000 foreign Spanish learners, who would stay with about 500 families willing to open their homes and their lives to these foreigners and voila! A whole new industry was born!

The idea has been a brilliant success. The first time we went, my one-to-one teacher was about eight months pregnant with their third child and she was not welcome at the Spanish Schools and so my teacher, Lis and I studied in her kitchen garden. She delivered Christian, a child who turned out to be a very lively and bright.

In Guatemala, the gangs recruit bright young kids into their realm, they don't want stupid people, they want the cream of the crop: up and comers! Christian's parents were very worried that Christian might be of interest to

them. So, we stepped in and sent Christian to a private school that was a safer place for a child like Christian to be. One US dollar goes a long way in Guatemala.

When Christian was 18, he applied to Medical School at the University of Guatemala. He was accepted and we're very proud of the hard work he has put in - we had become his quasi-Grandparents. One day we learned that Christian was copying his classmates' textbooks because he couldn't afford to buy them. We stepped in and each January 1 and July 1 we sent him US \$1500 to cover tuition, books, transportation, and sundries - as I said, US dollars go a very long way in Central America.

He sent us photos of him holding tiny babies when he worked on his Paediatric rotation, photos of him in his scrubs in the OR, always with a huge smile on his face.

Two weeks ago, Dr Christian graduated! We have never been happier or felt more satisfied in our lives.

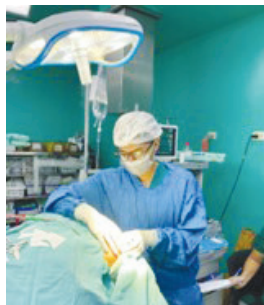
What did we give up being able to do this for him: fewer restaurant meals, more deliberation about the 'stuff' we thought we needed. We don't give money to canvassers at the door for many reasons anymore, we don't know how authentic they are and sending money to Christian has been much more satisfying. The man of the house calls us "Independently Frugal"!

In the long run, Christian will be better off, his family will be better off, and his country will be better off.

So, the message is: be kind and generous in places that you think will make a difference: so Canadian and so needed in the world.

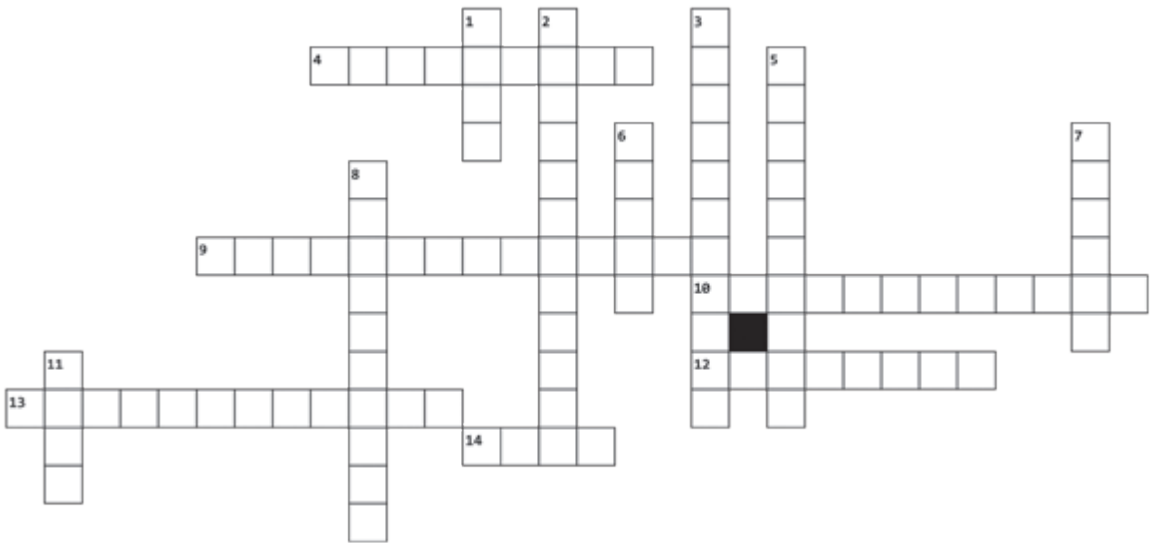
Happy New Year!

*\*Photos with permission of Dr. Christian*





# January Crossword



## Across

4. Every year on January 11, Sir John A. \_\_\_\_\_ Day is observed in Canada.
9. Premiering on January 6, 1975, this game show features multiple contestants working with the alphabet to try and solve a puzzle. It has 41 seasons.
10. In 1904, the first New Year's celebration was held in Times Square to celebrate the new headquarters of this popular publishing company.
12. January is known for being the coldest month in this hemisphere.
13. Before being turned into a film, *The Girl on the Train* was written by \_\_\_\_\_ and published on January 6, 2015.
14. Born on January 25, 1981, this talented Alicia sings "No one" and "If I Ain't Got You".

## Down

1. People born between December 22 and January 22 are considered Capricorns. Interestingly, this word comes from 'Capricornus' which means \_\_\_\_\_ in Latin.
2. A true Canadian icon, this former hockey player was born on January 26, 1961, and holds the nickname "The Great One".
3. This gruelling survival film came out on January 8, 2016, finally winning Leonardo DiCaprio his long-awaited Oscar.
5. This British singer songwriter was born on January 10, 1945, and is known for his raspy voice and his album *Every Picture Tells a Story*.
6. This two-faced God is the symbol of January in ancient Roman myth.
7. This stone is the official birthstone for January and is meant to keep you safe when travelling.
8. On January 25, 1961, Disney put out the spotted masterpiece, *101* \_\_\_\_\_.
11. This iconic single from Canada's own Justin Bieber features Ludacris and was released and available for digital download on January 18, 2010.



Visit [bit.ly/mycalgaryanswers](https://bit.ly/mycalgaryanswers) or scan the QR code for the answers

# VOLUNTEER WITH US!

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



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# Sledding Safety

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

### Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

### Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.

- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

### Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.



## Say Cheese? Or Maybe Not...

Back in the 1840s, instead of saying "cheese," folks opted for "prunes" during photo sessions. Flashing a big grin was considered juvenile at the time. A savvy London photographer advised people to say "prunes" to maintain a more composed expression. This practice, predating the modern "fish face" selfie, harks back a good 180 years.



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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
November 2023	\$786,994.00	\$772,500.00
October 2023	\$585,000.00	\$575,000.00
September 2023	\$629,900.00	\$612,500.00
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

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

	No. New Properties	No. Properties Sold
November 2023	22	16
October 2023	19	9
September 2023	18	15
August 2023	24	22
July 2023	21	23
June 2023	25	30
May 2023	40	30
April 2023	26	29
March 2023	32	30
February 2023	29	23
January 2023	19	10
December 2022	9	12

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

## CRIME STATISTICS



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

The Killarney-Glengarry community experienced 11 crimes in November 2023, in comparison to 8 crimes the previous month, and 16 crimes in November one year ago. Killarney-Glengarry experiences an average of 11.3 crimes per month. On an annual basis, Killarney-Glengarry experienced a total of 135 crimes as of November 2023, which is down 49% in comparison to 263 crimes as of November 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.*

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Greg McLean**

445 – 1414 8 Street SW  
Calgary, AB T2R 1J6

📞 403-244-1880 📠 403-245-3468

✉️ greg.mclean@parl.gc.ca

Over the summer, we saw incredible spikes in our utility bills as power usage went up with the temperature. Now that usage is going up again with the cold winter weather, I felt it was important to comment on the topic. Despite what some say, the federal carbon tax is not the reason for our higher bills. In fact, the tax doesn't even apply to Alberta's electricity generation.

Calgarians are uniquely susceptible to those spikes because the local access fee on your bill is tied to the price of electricity. As one goes up and down, so does the other. This is set up by the city and has been in place since the early 1990s. Then there's the price of the electricity itself. When the NDP were in government, customers on the regulated rate option (RRO) had their price capped at 6.8 cents per kilowatt hour. In 2019, the UCP government removed that cap. That, plus a few other factors, led to the price increasing to anywhere between 22 and 30 cents per kilowatt hour. That's how bills got to be four times higher than they were before. Some measures to reduce the cost of electricity were mentioned in the Throne Speech including new provincial home energy efficiency grants but nothing new has materialized so far.

In the meantime, consider switching to a fixed rate if you aren't on it already. It requires a strong credit score so unfortunately, it's not an option for everyone. If you're stuck on an RRO, you could look elsewhere for savings, like Calgary's Fair Entry program. It recently expanded so eligible clients can access low-cost internet, wireless, and TV services.

We continue to fight for more cost-of-living relief from the UCP government. We don't need ads stoking fears of being left in the cold. We need to see real, tangible action now.



Dear Friends,

Happy New Year!

For those of you that follow closely, you know that my parliamentary work is interesting – and I largely focus on the areas where my prior experience and skills lead me to provide input for better solutions than the government is proposing.

This term I was shuffled around, and as Calgary Centre is the most urban riding present in my party, we need voices addressing what is one of the most broken departments in the government, the Standing Committee on Immigration.

We've all seen the problems associated with files touching on immigration:

- Long delays in bringing in new Canadians.
- Family reunification that causes unnecessary angst.
- The botching of getting our allies and their families out of Afghanistan when that regime changed.
- The backlogs in programs from movement in priorities that cause more delays in other areas, and, of course,
- The effect that large immigration flows is having on our national infrastructure combined with the need for the skillsets that are not being provided in our own economy; and,
- The growing out-migration of new Canadians to other countries.

Canada is a country of immigrants, and our doors will always be open to those seeking to build lives, families, and futures here. As much as our government has faltered these past years – in failing to deliver basic services, mismanaging our economy, and becoming less relevant on the international stage – we are still a beacon to many.

Expect to hear more from me on this critical social issue going forward.

Let me take this opportunity to wish you and yours all the best in the new year.

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

Thank you,

*Greg McLean, MP*

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