

JULY 2024

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# KILLARNEY GLENGARRY

THE OFFICIAL KILLARNEY & GLENGARRY COMMUNITY NEWSLETTER



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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  
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

BOARD POSITION	NAME	EMAIL
President	Hilary Stout	pres@kgca.ca
Vice President	Thomas Mo	vp@kgca.ca
Treasurer	Ted Bobier	treasurer@kgca.ca
Secretary	Elena Gadaeva	secretary@kgca.ca
Business Outreach	Kristi Mulrain	bizoutreach@kgca.ca
Director at Large	Vinod Balakrishnan	dal@kgca.ca
Director of Communications	Jason Smiechowski	comms@kgca.ca
Director of Events	Jessica Blaney	events@kgca.ca
Director of Development	Colin Knoll	development@kgca.ca
Director of Facilities and Fundraising	Halyna Tataryn	facilities@kgca.ca fundraising@kgca.ca
Director of Membership	Titash Choudhury	membership@kgca.ca
HALL STAFF		
GM	Duke Christensen	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](mailto:comms@kgca.ca) with details!





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\$50 for hockey bag full of gear. We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves. Most equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



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What's happening

# KGCA News

www.kgca.ca | gm@kgca.ca



## Food Truck Frenzy 2024

Thanks to everyone who attended our Annual Food Truck Frenzy in May! We had 9 food trucks, a beer garden, rockin' live music, face painting and balloon animals.



## 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 is for outdoor events? Email us for more info.

## Upcoming Events:

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

July 27  
Family Bike Event

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

# APPLICATION

2828 28 St S W Calgary, Alberta T3E 2J3  
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](http://www.killarneyglengarry.com)**

**Connect  
& Share**

Send cover photo submissions, story ideas, and community event announcements to [comms@killarneyglengarry.com](mailto:comms@killarneyglengarry.com)



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[facebook.com/YourKGCA](https://facebook.com/YourKGCA)

[@kgca.yyc](https://www.instagram.com/kgca.yyc)

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KILLARNEY-GLENGARRY CONTENT**

**News, Events,  
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**Crime  
Statistics**



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## 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!



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		9					4	
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				1		4		2
		6			4	1		
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2								3
	7			8				

SCAN THE QR CODE  
FOR THE SOLUTION



# Heat Related Illness

by Alberta Health Services



EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

### Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).

- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

### Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

### First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

### Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.



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**Calling All PARENTS**  
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# PARKING LOT BIKE PARTY

AT THE KILLARNEY-GLENGARRY  
COMMUNITY HALL

JULY 27, 2024  
9 AM - 12 PM

Join us for this fun free family event!  
For more info and to register visit our website:  
[www.kgca.ca](http://www.kgca.ca)



# Need Tax Help?

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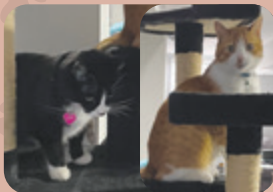
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**Upcoming Events: Canada Day Pancake Breakfast - Monday, July 1<sup>st</sup> from 9am to noon**

**Saturday Movie Night - July 20<sup>th</sup> at 6:30pm**

# Miracle on 34<sup>th</sup> Street

## Killarney Block Party is Back

**Saturday 14 2024**  
**September**  
3pm-10pm

an evening  
campfire  
bike decorating  
and parade  
face painting  
bouncy castle

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corn hole and giant jenga

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For more information  
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30 Ave SW  
34 Street SW

# VOLUNTEER WITH US!

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



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**the Gutter Doctor**

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## GOOEY GOODNESS



Have you ever wondered why it is called a marshmallow? The gooey treat we love today was originally enjoyed by Ancient Egyptians and made from the mallow plant (*Athaea officinalis*), which grows wild in marshes!

# Screening Tests for Better Health

by Alberta Health Services

Regular screening tests and checkups can help you stay healthy and are a preventative measure for certain diseases, even before any symptoms appear.

Often, the earlier a disease is diagnosed, the more likely it is that it can be cured or successfully managed. When you treat a disease early, you may be able to prevent or delay problems from the disease. Treating the disease early may also make the disease easier to live with.

### What Kinds of Screening Tests Are Available?

Adults may have several screening tests available to them, such as testing for heart attack, stroke risk, and certain cancers. Your doctor can help you determine the tests you may need and how often to have them.

Visit [myhealth.alberta.ca](https://myhealth.alberta.ca) to find out more about screening tests.

### How Do You Decide When to Get a Screening Test?

When and how often you get screening tests may depend on your age, your sex, your health status, and your risk factors. These are things you can discuss with your doctor, and, in some cases, testing is done as part of a routine checkup.

Your doctor may suggest screening tests based on expert guidelines. Sometimes different expert panels make different recommendations. In these situations, talk with your doctor to decide which guidelines best meet your health needs.

You also may need some screening tests earlier or more often if:

- You have a higher risk for a certain disease, such as diabetes, heart disease, or colon cancer.
- You have a long-term health problem, such as diabetes.

When you are thinking about getting a screening test, talk with your doctor. Find out about the disease, what the test is like, and how the test may help you or hurt you. You may also want to ask what further testing and follow-up will be needed if a screening test result shows a possible problem.



Ask your doctor about the limits of the test and treatment. For example:

- Ask your doctor how likely it is that the test would miss a disease (false negative), show something that looks like you have a disease when you don't (false positive), or find a disease that will never cause a problem.
- Ask your doctor about the treatment for the disease that the test looks for. There may be no treatment that helps with symptoms or helps you live longer. In this case, you may decide that you don't want the screening test.

Also think about what you would do if a test showed that you have the disease. For example, if you are going to be tested for osteoporosis, are you willing to take medicine or make lifestyle changes if the test shows that you have it?

Regular screening tests and checkups can help you stay healthy. Talk with your doctor whenever you have concerns about your health.

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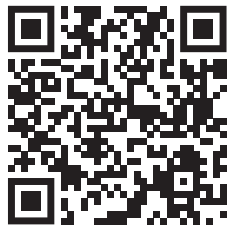
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## Know the signs of **STROKE**

# F

### Face

is it drooping?

# A

### Arms

can you raise both?

# S

### Speech

is it slurred or jumbled?

# T

### Time

to call 9-1-1

## Beat stroke

## Call 9-1-1 **FAST**

[heartandstroke.ca/FAST](http://heartandstroke.ca/FAST)

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