

JUNE 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
 admin@killarneyglengarry.com

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	Vacant	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

HALL STAFF

GM	Duke Christensen	gm@kgca.ca
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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 editor@kgca.ca or comms@kgca.ca with details!



APPLICATION

2828 28 St S W Calgary, Alberta T3E 2J3
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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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& Share

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



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KILLARNEY-GLENGARRY CONTENT

News, Events,
& More



Crime
Statistics



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RESIDENT PERSPECTIVES

A Day in the Life of a Girl Guide Leader



by Karla, Girl Guide Leader

Most people know, at least on a basic level, what it means to be a "Girl Guide". Sell cookies, go camping, have fun.

But what is it like to be a Girl Guide leader?

I can't speak for every leader out there, but I can speak from my own personal experience.

Over 20 years ago, I was talked into becoming a Girl Guide leader because there was no space available in any Spark unit for my daughter – they were all full. So, I signed up as a leader to open a brand-new Spark unit.

I will say that because I had zero experience in Girl Guides (I wasn't a Girl Guide when I was a child, plus I had little experience working with groups of kids), my co-leader really saved me that year; she was a great mentor. She was a kindergarten teacher, and I learned a lot from her. During that first year as a leader, I learned a lot about Girl Guides as an organization as well. The lingo, its policies, and procedures.

Fast forward to the present day, I no longer have a daughter in Girl Guides. She is now an adult. So, why do I still lead a unit without a kid in the program? I continue to work with young girls because I have fun doing it, and I can see their potential. It is great to see them enjoy learning new skills like building a tower out of just paper and tape. Or being able to ask a person they don't know if they would like to buy a box of girl guide cookies – and they get a yes!

It makes my heart sing to see girls getting along well, having fun together, and learning new skills. I don't do it "because I have to" anymore. It's because it makes me feel good inside to see young girls succeeding and having fun.

So, if you have ever thought of becoming a Girl Guide leader, know that it is one of the most rewarding things you'll ever do.

And Girl Guides has a new initiative this year – VolunTry. You can try being a leader for a short time, they'll fast track your application so that you can try it out for the remainder of this year. For more information, please email me at guiderkarlaycc@gmail.com.

Managing Seasonal Allergies

by Alberta Health Services

Allergies occur when your immune system overreacts in response to certain substances, mistaking harmless elements as harmful germs or viruses. Numerous triggers can cause this to happen such as pollens, medicine, food, dust, animal dander, and mould.

If your allergy symptoms occur seasonally, it's likely due to an allergy to specific pollens from trees, grasses, or weeds.

Allergies can range from mild to severe, and some over-the-counter allergy medications may alleviate certain symptoms. Remember to carefully read and follow the instructions on medication labels.

Effectively managing your allergies is key to maintaining good health. Your healthcare provider might recommend tests to pinpoint the exact cause of your allergies. Once you identify your triggers, you can take steps to avoid them, which will help prevent allergy symptoms and potential health complications.

In some cases, immunotherapy could be beneficial. This treatment involves injections or pills containing small amounts of specific allergens. Over time, your body becomes desensitized to these allergens, resulting in reduced or prevented allergic reactions.

Symptoms and Treatment of Seasonal Allergies

Seasonal allergies can happen during any season and are very common. Some symptoms include:

- Itchy, watery eyes
- Sneezing
- Runny, stuffy, or itchy nose
- Temporary loss of smell
- Headache and fatigue
- Dark circles under the eyes (“allergic shiners”)
- Drainage from the nose down the back of the throat (post-nasal drip)
- Sore throat, coughing, or snoring

Home treatments are usually all you need to treat seasonal allergies, depending on your symptoms. Medicines you can try for a stuffy nose include steroid nasal sprays, which can also help with red, itchy, watery eyes.

Other treatments include:

- Clean the inside of your nose with salt water to provide relief of a stuffy nose.
- Use a humidifier in the bedroom and take hot showers to help clear a stuffy nose. Follow the directions for cleaning the humidifier.
- If your nose is red and raw from rubbing, put petroleum jelly on the sore area.
- Use over-the-counter allergy medicine to help your symptoms. Use a nasal or oral decongestant (such as Drixoral) to relieve a stuffy nose. For itchy, watery eyes; sneezing; or a runny, itchy nose, try a non-sedating over-the-counter antihistamine, like fexofenadine (such as Allegra) or loratadine (such as Claritin). To help relieve pain, try acetaminophen or ibuprofen.

Preventing Seasonal Allergies

You can reduce your exposure to pollen and other allergens that cause seasonal allergies by:

- Keeping your house and car windows closed.
- Checking the Air Quality Health Index before you go outside.
- Limiting the time you spend outside when pollen counts are high (during midday and afternoon).
- Wearing a pollen mask or dust mask if you need to mow the lawn.
- Limiting your mowing tasks if you can.
- Rinsing your eyes with cool water or saline eyedrops to remove clinging pollen after you come indoors.
- Taking a shower and changing your clothes after you work or play outside.






MOUNT ROYAL
Early Learning Centre

2024-2025 PRESCHOOL FALL ENROLLMENT

Mount Royal Early Learning Centre (formerly known as Mount Royal University Preschool) offers experienced educators and an engaging curriculum that provides children the opportunity to learn and grow in a safe, nurturing environment.

Some program features include:

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




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KGCA NEWS

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KGCA NEWS

- **Ice Cream Truck @ KGCA**
Wednesdays 1-8pm
- **Farm Stand @KGCA** Wednesdays
3-6pm
- For **Summer Camp** info, email
vp@kgca.ca
- New **bike racks** have been
installed at the hall
- **Bouncy castle** available for rent
- City to lower speed limit on 26Ave
to 40kph

IG: kgca.yyc

UPCOMING EVENTS & PROGRAMS

- **Summer Market** - June 1
- **Community Clean-Up** - June 16
- **KGCA Summer Camp** - July/Aug
- **Dinner Under the Stars** - Aug/TBD

Event/Program details: kgca.ca



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For more information on hall rentals,
visit our website at [kgca.ca/hall-
details](http://kgca.ca/hall-details) OR contact our GM at
gm@kgca.ca





COMMUNITY CLEAN-UP DAY



JUNE 16, 9AM - 2PM

Killarney Glengarry Community Association
Parking Lot

- GENERAL WASTE/COMPOST
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- ELECTRONIC RECYCLING
- CEREBRAL PALSY ALBERTA DONATIONS
- LEGION 289 SWAP TABLE DONATIONS

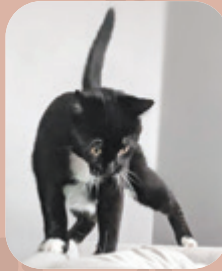


Volunteers needed
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Backyard Play Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four.
- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, lockable gate (*Alberta Building Code).

Lawn and Garden Tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.



Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.
- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 911.



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

www.bethshechinah.com

Join us for weekly services on Shabbat: Saturdays at 10:30 am. 2636 32 St. SW, Calgary, AB

Upcoming Events: Shavuot - Experience the Spirit!

See the website for details on this festive celebration held on June 9!

VOLUNTEER WITH US!

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



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BRAIN
GAMES

SUDOKU

2				8	9		6	
	3			1				
9					3	8	7	
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				4				
8	5	3						
	1	2	3					9
				9			8	
	8		1	7				6

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Have Your Say on Calgary's Canada Day Celebrations

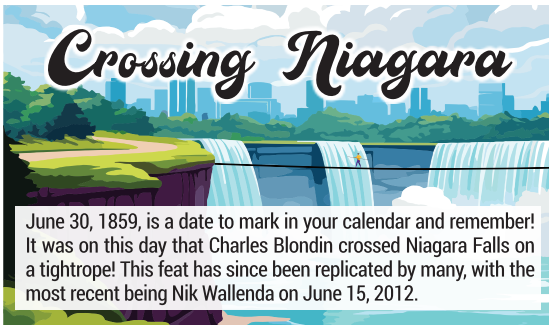
by the City of Calgary

Every year on July 1, Calgarians and visitors gather downtown for Canada Day. This City of Calgary event is free and family-friendly, featuring Indigenous and cultural performances, live music, activities, art, and more.

Canada Day is for everyone. It's a time to honour the rich traditions of Indigenous history and culture and welcome those who move here from all over the world. We can all be proud to live in a great city and country where people from all walks of life come together on Canada Day to celebrate culture and community.

We want Canada Day celebrations to reflect the many different interests and backgrounds of Calgarians. Whether you attend often or haven't attended for a while, this is your opportunity to tell us what's important to you on Canada Day and what an ideal downtown event looks like.

Have your say today at calgary.ca/CanadaDaySurvey. The deadline to provide your input is July 4, 2024. Feedback collected will be used to shape future Canada Day celebrations in Calgary.



June 30, 1859, is a date to mark in your calendar and remember! It was on this day that Charles Blondin crossed Niagara Falls on a tightrope! This feat has since been replicated by many, with the most recent being Nik Wallenda on June 15, 2012.



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