

MARCH 2024

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# KILLARNEY GLENGARRY

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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](http://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	Sue Blanchard	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	Natalie Palmer	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](mailto:editor@kgca.ca) or [comms@kgca.ca](mailto:comms@kgca.ca) with details!



# APPLICATION

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

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



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KGCA EVENTS

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News, Events,  
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# Burns and Scalds

*from Alberta Health Services*

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

### Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop
- 3°: Severe. The deepest layers of skin and tissue are injured; may appear charred or leathery.

### First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

### Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.

- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1.



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

**Upcoming Event: MOVIE NIGHT** March 16 @ 6:30 pm. Admission is \$2. Snacks for sale.  
Support our youth!

## Spicy Chicken Curry

by Jennifer Puri



Spice it up! Spices improve the natural flavour and appearance of food. There are over 300 spices but the most popular are Black pepper, Mustard, Cumin, Turmeric, Cloves, and Cinnamon.

Spices have been used for centuries for their medicinal and preservative qualities. In addition to their antibacterial and antifungal properties they are also a good source of vitamins, calcium, iron and antioxidants.

Saffron often referred to as "red gold" is the most expensive spice in the world and because of its distinctive yellow colour is used in everything from liquor, cheeses, curries, meat and rice dishes and soups.

Generally used in small amounts spices are probably the easiest way to create a great tasting meal.

**Prep Time:** 15 minutes

**Cook Time:** 40 minutes

**Servings:** 5 to 6

### Ingredients:

- 3 lbs boneless, skinless chicken breasts
- 2 small onions finely sliced
- ¾ cup Canola oil
- 1 ½ tbsps minced ginger
- 1 ½ tbsps minced garlic
- 3 tbsps curry powder
- 1 tsp ground cumin
- 1 tsp ground turmeric
- 1 ½ tsps powdered red chilli peppers

- 2 bay leaves
- 1.5 tsps salt
- 1 cup plain yoghurt
- ½ can (398 ml) crushed tomatoes
- 1 ½ cups water
- 1 tsp sugar
- ¾ cup coconut milk
- 1 ½ tsp Garam Masala
- 3 to 4 tbsps chopped cilantro

### Directions:

- Cut chicken breasts into bite size pieces. Heat oil in a large pot or skillet, add onions and sauté until onions are lightly brown. Add ginger and garlic and sauté for a minute then add chicken and continue sautéing until the chicken is no longer pink on the outside about two to four minutes.
- Add curry powder, cumin, turmeric, red chilli peppers and the bay leaves and stir fry for two to three minutes. If the mixture is sticking to the pot sprinkle a little water and reduce heat.
- Next add the yoghurt and blend in followed by the water. Cover the pot and allow the curry to simmer for approximately 15 to 20 minutes or until chicken is tender.
- You can now add the crushed tomatoes, sugar and coconut milk and simmer for two to three minutes.
- Remove the curry from the heat and garnish with garam masala and chopped coriander leaves.
- Serve Spicy Chicken Curry with a tossed salad, steamed rice or naan bread.

Bon Appétit!





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## 10% off lessons School of Rock

for new customers

## Coffee Cats Café

**10% off coffee**

## Vivo Dental Westbrook

### For all patients:

- 15% discount for take-home whitening kit
- 15% discount for in-office whitening

### For new patients after completing a new patient exam and all necessary x-rays\*:

- Complimentary in-office whitening\* or
- \$299 in-office credit\*

**Accept Direct Billing, all other forms of payment**

Disclaimer: If treatment is necessary, this will have to  
be complete before in-office whitening can be applied.

## GAMES & PUZZLES

### Guess the Country!

1. Over 80% of this Asian country is mountainous.
2. This European country is also known as The Emerald Isle.
3. Asmara is the capital of this African country.
4. It is mandatory in this South American country to play the national anthem twice on television and radio every day.
5. This Central American country's capital has a rain forest within its city limits, making it the only known one in the world.
6. This Oceanic country, known for its 7s rugby team, is composed of over 300 islands.



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# Stargazing with Pat J: The Ice giants – Uranus and Neptune

by Patricia Jeffery © 2024, Calgary Centre of the Royal Astronomical Society of Canada

Similar to Jupiter and Saturn, Uranus and Neptune's atmospheres consist of hydrogen and helium, but the bulk of each planet is a frozen slush of water, methane, and ammonia, hence their nickname 'ice giants.'

### Uranus

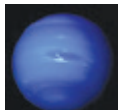
- Seventh planet from the Sun
- If the Sun is at a football field's goal post and Earth is on the 2-yard line, Uranus is at the 38-yard line
- Third largest planet, 63 Earths could fit inside
- Rotates on its axis in 17 hours. Takes 84 years to orbit the Sun
- Takes sunlight 2.5 hours to get there
- Lacks a hard surface. Despite being closer to the Sun than Neptune, Uranus is the coldest planet in the solar system at -224 degrees Celsius
- Has 27 moons and thirteen rings
- Very stormy atmosphere with wind speeds over 900 km/hr
- Early in life, a collision with an Earth sized object left it with a tilt of almost 90 degrees; meaning Uranus is literally lying on its side. As a result, summer on Uranus is 21 years of sunshine while winter is 21 years of darkness



Uranus

### Neptune

- Eighth planet and furthest from the Sun
- If the Sun is at a football field's goal post and Earth is on the 2-yard line, Neptune is at the opposing team's 50-yard line
- Fourth largest planet, 57 Earths could fit inside
- Rotates on its axis in 15 hours. Takes 165 years to orbit the Sun
- Takes sunlight four hours to get there
- Lacks a hard surface. Mean temperature: -200 degrees Celsius
- Has 14 moons and five very faint rings
- Stormiest atmosphere in the solar system with wind speeds over 2000 km/hr
- 8,000 km below the surface of both Uranus and Neptune, hydrogen and carbon are squeezed together under incredible pressure. The result is rain, not of water droplets, but of diamonds!



Neptune

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## VOLUNTEER WITH US!

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





# KGCA NEWS

403-246-6668 | gm@kgca.ca | 2828 28 St SW

**KGCA  
WINE TASTING**



**MARCH 16, 2024**  
**7-10:30PM**  
**2828 28 ST SW**

- Try 18 different wines from around the world
- Light snacks included
- \$65 for non-members/\$50 for members -- buy your membership at [kgca.ca/membership](http://kgca.ca/membership)

 **buy your tickets at**  
[kgca.ca/event-tickets](http://kgca.ca/event-tickets)

## KGCA NEWS

- Bouncy castle available for rent
  - **Pilot Yoga program** April/May (minimum 10 registrants - \$60 for 5 classes)
  - Weekly **Women's Circle** Mar-Jun
- For more info & fee/admissions, please visit [kgca.ca/event-tickets](http://kgca.ca/event-tickets)



## UPCOMING EVENTS - 2024

- **Spring Wine Tasting** - March 16
- **Beer Tasting Event** - April 20
- **Food Truck Frenzy** - May 26
- **Market** - Date TBD
- **Stampede Event** - Date TBD
- **Community Clean-Up** - Date TBD

Event details: [kgca.ca/events](http://kgca.ca/events)

 **TOT-TIME**  
Wednesdays 9:30-11am  
2600 Richmond Rd SW

Tot-time is a free, drop-in (9:30-11am), and parented community program, brought to you by the KGCA volunteers and out friends at First Mennonite Church.



Join us for unstructured play for the kids, coffee/tea for parents, and snacks. Seasonal celebrations & potlucks! All caregivers welcome.



## RENT THE HALL (OR GREENSPACE)

- The KGCA Hall is the perfect venue for birthday parties, weddings, fitness classes, board meetings, and more. 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](mailto:gm@kgca.ca)

# Preventing Cumulative Stress

by Alberta Health Services

Imagine running a marathon. Now imagine running another marathon immediately after with zero recovery time. Then another. Then another.

Cumulative stress is a bit like running consecutive marathons, except in this case there is little to show for it. Instead, chronically stressful situations with no reprieve have a harmful impact on your body and mind.

Cumulative stress has been defined as a common experience for people who work in chronically stressful situations. It can be the result of an accumulation of a heavy workload, poor communications, multiple frustrations, coping with situations in which you feel powerless, or the inability to rest or relax. It can be experienced in both work and personal lives and exacerbates stress levels in both areas of your life.

Moderate and contained stress can be a source of motivation, inspiration, and energy. However, prolonged, and negative stress stimulates the level of stress hormones that can impact your emotions, thoughts, and physiological responses.

### Possible Cumulative Stress Reactions

If you are experiencing cumulative stress, here are possible reactions you may notice:

- Difficulty concentrating
- Feelings of hopelessness, powerlessness, and cynicism
- Sleep disturbances and chronic exhaustion
- Irritability and angry eruptions
- Chronic criticism and blaming of others
- Withdrawal from others
- Depression and anxiety
- Increased substance use/abuse

### What Can You Do?

There are many things you can do to improve your stress levels. Keep in mind that resilience should be a key part of a well thought out self-care plan that supports your ongoing personal and professional wellness needs.

Here are some suggestions or ways of reframing your thoughts:

- If possible, can you spot the silver lining? Researchers suggest that perception plays a key role in how we manage stress.
- Manage your stress levels by regularly putting time aside through your day to relax your nervous system (i.e. by using breathing exercises, taking your breaks or a walk at lunch, etc.)
- Re-assess any self-blaming or negative thoughts patterns and instead, look for one or two positive aspects of your day that you have control over.
- Connect with your family, friends and/or coworkers. Human connection has been shown to be a key factor in supporting resiliency.
- Get some physical exercise. Exercising stimulates the release of stress-relieving chemicals (such as dopamine and endorphins) into our system.
- Find something that will help distract you from intrusive thoughts. Some people find it helpful to be engaged in leisure and social activities. Returning to daily routines can also be helpful.
- Maintain good sleeping habits. Avoid using electronics (i.e.: cellphone, tablet, laptop, etc.) at least one hour prior to bed. Having healthy sleep patterns will support your recovery.
- If you find yourself re-experiencing distressing thoughts or images, it's recommended to use grounding techniques and diaphragmatic breathing to keep you in the present moment. Information on these topics can be found on credible and well-known websites.
- Avoid comparing your recovery to that of your coworkers. We all recover differently based on our connection to the event, our interpretation of the incident and our life experiences.
- Connect with your leader at work to discuss your source of stress: they might be able to help and accommodate your needs during that time.

### Reducing Cumulative Stress

Experiencing Cumulative Stress for a prolonged duration of time can have a negative effect on your wellbeing, impacting everything from decision making to your immune system. Fortunately, there are several options you can choose from to bring yourself to a better and more positive head space and find your

healthy balance. The key is implementing your chosen strategies consistently, and to review your self-care plan on a regular basis to ensure it is working.

If you are struggling, you are not alone. AHS has resources and services available to help you. For information on supports in place to help, visit our support site at [AHS.ca](http://AHS.ca), or call the Mental Health Helpline at 1-877-303-2642.



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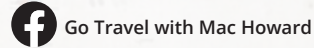
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# Explore the City of Calgary Roadway Activities Map

by the City of Calgary

Curious about the ongoing road projects in your area? Wondering when the last time your neighbourhood roads were repaved? Plan your routes with ease by checking out the City of Calgary Roadway Activities Map. This interactive map compiles information on construction projects, repair work, and special events across Calgary. Visit <https://maps.calgary.ca/RoadwayActivities/> to stay informed and navigate the city hassle-free.

To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.





**Gather**  **Commune** 

**Reset**  **Heal** 

**Learn** **Practice**

## WOMEN'S CIRCLES

Upcoming Dates	Location
March 1    March 8 March 15    March 22 March 29	2828 28 ST SW KILLARNEY GLENGARRY COMMUNITY ASSOCIATION 7:00-9:00 PM (6:45 DOORS OPEN)

**\$25 KGCA members/\$30 non-members per session**  
Sign Up and details: [kgca.ca/event-tickets](http://kgca.ca/event-tickets)  
Pre-registration is highly recommended  
Contact [secretary@kgca.ca](mailto:secretary@kgca.ca) for more info



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**TREES NEED PRUNING, REMOVAL, REPAIR? INSECTS OR DISEASE A PROBLEM?** Fall/Winter/Spring (the dormant seasons) are excellent times to have your trees/shrubs serviced by an established (est. 1995), professional tree service. Our goal is to educate and provide practical options. Call - The Yardist Ltd. Tree & Spray Service - 403-242-3332, mchasse@shaw.ca.

## Blindfolded Brainiac

Rajveer Meena holds the world record for memorizing the most digits of Pi at 70,000! To put his impressive feat into perspective, if we were to write down 70,000 decimal places of Pi, it would stretch over 21 kilometres in length. So, not only did Rajveer showcase an incredible memory, but he also managed to do it while blindfolded.



### Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

### Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.



MLA Calgary-Currie  
**Janet Eremenko**  
206B – 1615 10 Ave SW  
Calgary, T3C 0J7  
403-426-4794  
calgary.currie@assembly.ab.ca

We're back in Edmonton this month! And since I don't expect most folks are watching the Legislature livestream, I wanted to quickly review some of the debates we had in the Legislature in the fall.

The first month of work was more focused on abstract legal housekeeping instead of on what Albertans are facing right now. The Throne Speech promised actions like an income tax cut, relief from electricity bills and auto insurance, and fixes to our healthcare system. We didn't get any of those.

Bill 2 outlines some Alberta Pension Plan details including a referendum. The NDP suggested amendments that would've made its results legally binding, ensured transparency on the question being asked, and ensured that non-partisan information was provided for voters. They were all voted down by the UCP majority.

Bill 3 updates previous legislation regarding a class action lawsuit against opioid manufacturers and marketers. While it's a necessary amendment and I support it, again it's just housekeeping. We need real action immediately to turn the tide on the record amount of overdose deaths occurring in Alberta.

Bill 8 brought changes to the Conflicts of Interest Act. Most notably, it removes the \$200 value limit on gifts MLAs can receive from an individual, which I found deeply concerning. Also, the Ethics Commissioner can no longer conduct investigations nor release reports during an election period. If you recall, Danielle Smith was found to have breached the Act eleven days before the election. Imagine not getting to see that information before voting for your representatives. I made sure to point this out during the debate.

If you want to catch me in action, I'm uploading clips from the Legislature to my very own YouTube page. I hope you'll check it out!

The link is [youtube.com/@JanetCgyCurrie](https://youtube.com/@JanetCgyCurrie).

Take care for now.

# Epilepsy Awareness Month Shine a Light on Epilepsy

This March, let's unite in support of the 30,000 individuals living with epilepsy in Southern Alberta. Together, we can make a meaningful impact. Wear purple, light up spaces, and be part of the movement!



MARCH 26  
**Purple Day**

**Light up the Night in Violet Vibes!** Light up your homes, offices, and public spaces in purple to show your solidarity.

**Dress in Grape Glory!** Show your support by wearing purple clothing or accessories on March 26th.



**Spark a Purple Revolution!** Be a part of the change! Donate or start a fundraiser.



[epilepsycalgary.com](http://epilepsycalgary.com)



Share your purple moments using  
**#postyourpurple**



## No matter how much you sweat, we can get the stink out!

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 – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



### OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone effectively annihilates 99% of bacteria and viruses upon contact, encompassing both odor-causing bacteria and those responsible for various illnesses, such as staph infections.

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# MINUTES AWAY. MILES AHEAD!

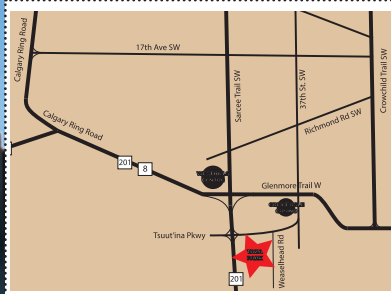
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