

MAY 2024

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KILLARNEY GLENGARRY

THE OFFICIAL KILLARNEY & GLENGARRY COMMUNITY NEWSLETTER



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“

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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!



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Interests (dance, soccer, etc): _____

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KGCA BLOG

killarneyglengarry.com/kgca-blog

KGCA EVENTS

killarneyglengarry.com/events

MAY THE FOURTH BE WITH YOU

The original Star Wars trilogy could have ended very differently if George Lucas had gone with his first idea. Luke Skywalker almost took a dark detour following in his father, Darth Vader's footsteps. Ultimately, the team decided against this and good prevailed over the dark side.

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**News, Events,
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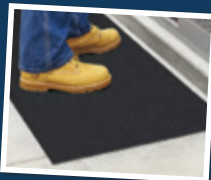
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VOLUNTEER WITH US!

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



BRAIN
GAMES

SUDOKU

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

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FOR THE SOLUTION



KGCA NEWS

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MORE INFO AT WWW.KILLARNEYGLENGARRY.COM/EVENT-TICKETS

KGCA NEWS

- **Bouncy castle** available for rent
- Weekly **Women's Circle** Mar-Jun

For more info & fee/admissions, please visit
kgca.ca/event-tickets



UPCOMING EVENTS

- **Food Truck Frenzy**
(Beer Gardens, Live Music, Balloon Artists & Face Painting) - May 26
- **Summer Market** - June 1
- **Community Clean-Up** - June 16

Event details: 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 OR contact our GM at gm@kgca.ca

Spring is Springing!

Photos by Deborah Mair

For all of you Killarnians that are gardeners, the joys of spring and how much we long for it are no surprise. The Calgary Horticultural Society prepares us for it all year long.

It is a truly amazing organization that got its start in Calgary in 1908 as a social movement to support the effects of turning the prairie landscape into the Calgary we have today.

Look around the outskirts of Calgary and it's easy to recognize what Calgary looked like then. The only trees were those that grew along the rivers. As a garden speaker, I remind gardeners that virtually all trees in Calgary were planted by human hands.

In 1908, William Reader, a gardener and plant lover came to Calgary from Britain, hired by Pat Burns to be his private gardener, and soon after, he was hired by the City of Calgary as Superintendent of Calgary's first Parks Department. He ensured that the budding Calgary Horticultural Society and the City of Calgary would always be in lock step together.

In 1914, the Society planted 10,000 tree seedlings and the City of Calgary planted another 10,000 tree seedlings. When you look around, remember that almost every tree your eye lands on was planted by our ancestors. Their foresight at the importance of those trees at that time is truly astonishing!

Central Memorial Park on 12 Avenue SW was designed in 1911 as an elaborate representation of the lush Victorian Parks of the time. Today, much of the park remains as it was more than a century ago thanks to Calgary's current Parks Department, so that we don't forget our roots.

Another character arrived in Calgary around that time, William Pearce, described as having "unchecked arrogance and a great vision". He saved the land along the Bow River that we now know as the Bow River Pathway, the Bow River Islands that are now the Calgary Zoo, and Prince's Island Park, as well as the land that is now the Shaw Millennial Park.

In 1930, he donated his own Pearce Estate that is at the curve in the Bow River and Pearce Estate Wetland in Inglewood. We have much to be grateful for from these early pioneers.

There are also 1,400 archeological sites within Calgary's boundaries, as of the spring of 2018. Many of those sites have become parks and remind us to honour those who lived and cared for this land before we arrived.

The Calgary Horticultural Society (the Society) has recently moved to 2725 33 Avenue SW, by the tennis courts, a stone's throw from Killarney Glengarry. This group of amazing people are there for us all the time!

When they moved to their new site, the City generously gifted them two of their redundant sheds and with the Society's usual verve and creativity, they turned them into a thing of beauty!

From this to this!



Before



After

Shrimp And Rice Noodle Stir Fry

by Jennifer Puri

Seafood has a variety of nutrients that contribute to our well-being and is also low in calories.

A great source of lean protein, seafood is good for our eyes, heart, brain, muscles, skin, and bones.

Generally, fatty fish such as salmon and mackerel are better as they contain fat soluble nutrients our bodies can absorb.

Raw shrimp should be firm, and their shells should always be translucent, greyish green, light pink, or a pinkish tan in colour.

Seafood is delicious, healthy, cost-effective, and easy to prepare as shown in the recipe below.

Prep Time: 15 minutes

Cook Time: 15 minutes

Servings: 3 to 4

Ingredients:

- 225 g rice noodles
- 16 jumbo size shrimp
- ½ red pepper thinly sliced
- 16 snow peas
- 12 baby carrots, sliced
- 8 broccoli florets



- 4 green onions thinly sliced
- 4 tbsp vegetable oil
- 4 to 5 tbsp dark soy sauce
- 4 tbsp green curry paste
- 1 tbsp red chilli flakes

Directions:

1. Prepare rice noodles in accordance with package instructions, drain and set aside.
2. Heat 3 tbsp of oil in a wok or skillet, add green onions and sauté until they turn a light brown.
3. Add the sliced carrots, red pepper, broccoli, and snow peas. Stir fry for about five minutes or until tender, then add the green curry paste and soy sauce and sauté for another two to three minutes. Remove from heat while you cook the shrimp.
4. In a frying pan or wok, heat the remaining oil, add the shrimp, and sauté for three to four minutes or until the shrimp turn pink and are no longer translucent.
5. Add cooked shrimp and noodles to the veggies and return skillet to the stove allowing it to heat through before serving.
6. Garnish individual bowls with sliced green onion and some chilli peppers if desired.

Bon Appétit!





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

May is Mental Health Awareness Month. As a critic for Mental Health and Addiction, I want to make sure mental health isn't forgotten amidst Alberta's devastating drug poisoning crisis. We can't ignore the significant barriers to addressing mental illness and the opportunities for government to improve access and reduce stigma.

With Mental Health and Addiction becoming a separate health organization, I'm hopeful this oft-forgotten branch of our health-care system gets the attention and resources it deserves. Alberta funds just 13 adult psychiatric beds per 100,000 population, less than half the national average. Patients commonly stay in a hospital unit for six months or more because there is no space with proper support for them in the community.

Demand from post-secondary students is higher than ever. Nearly half of them have sought mental health services on campus where they are met with long wait times. A full 60% waited four weeks to see someone, while another 25% couldn't get an appointment at all.

To enhance early intervention and prevention, we need to finalize the regulation of counselling therapists. They're more affordable than psychologists but without regulation they can't work to their full scope nor is there proper oversight and consumer protection. It also means their services aren't recognized by insurance companies. It was recently announced that the College of Psychologists would regulate therapists, but there's no timeline for when this will be made official.

Despite the challenges, some amazing organizations have stepped up to meet the demand. The Calgary Distress Centre is available 24/7 by calling 2-1-1. The Calgary Counselling Centre provides a low-cost, in-person or remote counselling service. There is a new national suicide helpline at 9-8-8. And for youth who are struggling, check out The Summit, a new world-class site in Calgary. Both children – and families of children independent of them – can access the space for help and support.



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Long Live the Queen in White!

Ever heard of Victoria Day? It's an annual shindig in May celebrating Queen Victoria's birthday! Speaking of celebrations, did you know Queen Victoria revolutionized wedding fashion by strutting down the aisle in white. Before Victoria, brides would just wear their favourite dresses, no matter the colour, down the aisle.

How to Create Personal Happiness

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



Creating personal happiness is a multifaceted journey that varies for each individual. The following are some tips to guide you to a more fulfilling and content life:

1. Self-Awareness – Understand yourself. What are your values, strengths, weaknesses, and what already makes you feel happy. Think about how you show up in the world. Read a book or listen to a podcast on emotional intelligence.

2. Positive Mindset – Cultivate a positive outlook on life. Focus on gratitude, optimism, and self-compassion. Smile more and give compliments. It's okay to acknowledge unhappy times and feelings, accept them and then move on.

3. Healthy Relationships – Seek to surround yourself with supportive, positive people who uplift you, encourage your growth, and contribute to your happiness. Become friends with yourself. Go out to dinner or a movie alone.

4. Work-Life Balance – Create healthy boundaries around working hours and away from work disconnection. Prioritize activities that bring you joy and fulfilment outside of your work and work responsibilities. Create weekly structure and habits.

5. Self-Care – Take care of your physical, emotional, and mental well-being. Focus on exercise, nutrition, sleep, and stress management. Slow down and breathe. Journal your thoughts and feelings. Spend less time on socials and your phone.

6. Set Goals – Establish realistic and meaningful goals. Ensure these align with your personal values, character, and aspirations. Remember to celebrate your progress and milestones along the way. Avoid comparing yourself to others. What you see outwardly may not be as it seems. Plan something new, like a trip, to look forward to.

7. Be Mindful and Present – Practice mindfulness to stay in the moment. Appreciate the small things happening daily. Declutter your space. A disorganized, cluttered space creates anxiety and can be distracting.

8. Contribute – Find a purpose. Seek the fulfilment of giving back to others. Volunteer, practice random acts of kindness, or support a cause you believe in. Having things to do keeps your mind engaged leaving less time for rumination.

9. Learn and Grow – Seek opportunities for personal and professional development. Learning new things and personal growth significantly contribute to happiness. Trying new things is also a great way to meet new people.

10. Acceptance – Embrace imperfections and accept yourself as you are, while also striving for growth and improvement. Accept the things you have the power to change and let go of the ones that are out of your control. It's okay to fail. Learn to let go and practice forgiveness. Forgiveness is for you, not the other. Holding onto resentments is like drinking poison and expecting the other to die.

Personal happiness is an ongoing journey. You don't have to do it all alone. Seek support from friends, family, coaches, mentors, or mental health professionals along the way.

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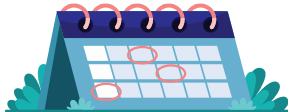
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GAMES & PUZZLES

Guess The Day in May!

1. On May 3, musicians who play the largest, lowest-pitched, brass musical instrument are recognized.
2. This day celebrated on May 4 is a play on words from an iconic line in an epic space movie created by George Lucas.
3. This day is observed on the second Sunday of May and honours the maternal figures in our lives.
4. On Florence Nightingale's birthday, May 12, hardworking healthcare workers are honoured.
5. World _____ Day, observed on May 20 this year, acknowledges the role of our favourite yellow pollinators.
6. On May 24, a date dedicated to this magnificent, jewelled crown, everyone can feel like royalty.



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Happy Mother's Day! Or Maybe Not...



This year in Canada, Mother's Day will be celebrated on May 12. But this is not the same for moms in other countries. In Arab countries it's March 21, and in the UK, it's on the fourth Sunday of Lent. Whenever it is, let's just agree moms deserve all the love, pampering, and chocolates they can get!

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Do you know a young person thinking about suicide?

Skills for Safer Living is a free four-week support group program for youth ages 12-24 with thoughts of suicide and their caregivers being offered by Centre for Suicide Prevention and community partners. A separate caregiver group will run at the same time and location.

This program is funded by the Government of Alberta and FCSS Calgary.

Learn more: www.suicideinfo.ca/workshops



centre for
suicide prevention