

OCTOBER 2024

DELIVERED MONTHLY TO 5,010 HOUSEHOLDS

KILLARNEY GLENGARRY

THE OFFICIAL KILLARNEY & GLENGARRY COMMUNITY NEWSLETTER



FREE Dental Cleaning Days!

We are now offering free dental cleanings on Mondays* to thank our amazing community for its support.

There's no catch – just drop in for a brighter smile, on us!

*Visit our website for more information. Appointments are limited.



CONVENIENCE

In a rush? Book your appointment online. We are open evenings and Saturdays!



EMERGENCIES

Got a tooth problem? Walk-in appointments often available.



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We direct bill your insurance. Payment plans and dental subscriptions are also available.

☎ (587) 871-5224

🌐 bowtraildental.com

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ACCEPTING NEW PATIENTS

- ✓ Work injuries, WCB
- ✓ Motor vehicle accidents
- ✓ Mobile physiotherapy services
- ✓ Pain, aches, sprains

WE ARE OPEN!

MONDAY TO FRIDAY
9AM-5PM

BOOK YOUR APPOINTMENT
TODAY

📞 587-997-3211

🌐 www.westcalgaryphysio.ca

📍 1107 37 St SW

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\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca

Joke of the Month



Did you hear about
the mathematician
who's afraid of
negative numbers?

He'll stop at nothing
to avoid them.

TRANSCEND-T2D-2 TRIAL

A study of Retatrutide vs.
Ozempic in people living
with Type 2 diabetes



This study has been approved by
the University of Calgary Conjoint
Health Research Ethics Board
Ethics ID: REB24-0229

Clinical Trial

Researching the effectiveness of a new
diabetes treatment on improving blood sugar
control.

Seeking Participants

Adults, diagnosed with Type 2 diabetes,
A1C level between 7.0 – 10.5%, and taking
metformin +/- an SGLT2i ('gliflozin').

Contact Research Nurse

Michelle Smith
403-955-8117
mahunter@ucalgary.ca
<https://www.ucalgary.ca/diabetes-clinical-trials>



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: The Fall Feasts are here! Come reflect and rejoice with us.

Special services for Rosh Hashanah, Yom Kippur (Day of Atonement), Sukkot (Feast of Tabernacles) and Simchat Torah. No seating charge. See website for special service dates and times.



“
**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
Director of Volunteers	Jasper Woodard	volunteer@kgca.ca
Director of Safe Streets	Vacant	
HALL STAFF		

GM	Natalie Palmer	gm@kgca.ca
Engagement Coordinator	Julie Patton	

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 with details!





THE KGCA PRESENTS

TOT TIME

EVERY WEDNESDAY

9:00 AM - 12:00 PM

FIRST MENNONITE CHURCH
2600 RICHMOND RD SW

KGCA Tot Time has been a cherished program of the KGCA for nearly a decade. This free, parented drop-in program features unstructured play for toddlers and complimentary coffee for caregivers, creating a welcoming space for both kids and parents to connect. Everyone is invited to join in!

The program relies on volunteers for its success. If you're interested in helping out, please reach out to secretary@kgca.ca

WWW.KGCA.CA



What's happening

KGCA News

www.kgca.ca | gm@kgca.ca



Busy September

The KGCA saw a busy September after hosting its Meet the Board event on Sept. 9 and assisting the Miracle on 34th Street block party on Sept. 14! Thanks to the volunteers who made these events run smoothly and our sponsors for making it possible. We have a few more events coming up this fall so keep an eye out on our website and social media.



Upcoming AGM

On Oct. 16 at 6:30PM, the KGCA will host its Annual General Meeting at the hall. If you're interested in making your voice heard, learning more about what we do, or would like to step into a role at KGCA, be sure to come by!

Upcoming Events:

October 16: 6:30PM
KGCA AGM

October 27: 1:30-5PM
Haunted Laboratory Kids
Halloween Party

November Date TBD:
Wine Tasting

December 7:
Last Minute Market

For more info on events visit our website.

Email us to volunteer with event set up/take down.

Follow us on Instagram
[@kgca.yyc](https://www.instagram.com/kgca.yyc)

Call for Vendors

We are accepting
applications for vendors
until November 1. Scan the
QR code below to apply!



Last Minute MARKET



DECEMBER 7, 2024 |

11:00am - 6:00pm

KILLARNEY GLENGARRY HALL
2828 28 ST SW

APPLICATION

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

Family: \$25
Student (Under 25) | Senior: \$10
Individual: \$15

GST is included in all these prices.



☐ Family ☐ Student/Senior ☐ Individual

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

**Connect
& Share**

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



#mykillarney

facebook.com/YourKGCA

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

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KILLARNEY-GLENGARRY CONTENT**

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Statistics**



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LOWER HALL FOR RENT

Did you know the KGCA has its lower hall for rent?
The perfect space for board meetings, AGM's, casual events, clubs, childcare, and more - make your booking today!

Only
\$50 an hour!

FEATURES

- Flexible hourly rates
- Set tables and chairs
- Parking lot
- Playground
- City fields
- Tennis courts

TIMES

Available all day Monday to Thursday and Fridays until 12:00 pm.

BOOK NOW

 gme@kgca.ca

 www.kgca.ca



HALL FOR RENT

The Killarney-Glengarry Community Hall is open for rental for any event. Whether it's a party, regular classes, a meeting, concert, or any other occasion, you can make it happen! Find more details about renting on our website.

FEATURES

- Flexible hourly rates
- Tables and chairs
- Parking lot
- Full kitchen
- Coat check
- Podium
- Washrooms
- Tennis courts
- City fields
- Playground



ADD-ONS

- Bouncy castle & games
- Speaker system
- Projector and screen
- Lower hall
- Greenspace

BOOK NOW

✉ gm@kgca.ca

🌐 www.kgca.ca



From
\$75 - \$95
per hour!



Navigating Development: Our Stance, An Update on City Development Plans, Westbrook, A Call for Volunteers, and More...

by Colin Knoll, Director of Development at Killarney Glengarry Community Association

I wanted to take a moment to share an update on development in Killarney-Glengarry. As your Director of Development at the Killarney-Glengarry Community Association (KGCA), I want to reaffirm our neutral stance on development – as our goal is to educate and inform all residents, ensuring that every voice is heard and respected.

The Planning and Development Committee in Killarney-Glengarry aims to educate and involve the community in local development by providing clear, unbiased information on projects, enabling residents to give meaningful feedback to the City. They focus on critical issues like greenspace, parking, and aesthetic appeal in discussions with developers and ensure that larger projects, including those outside the immediate area, are executed in a way that benefits the community.

In my latest article, I delve into key development related issues like parking, greenspace, and the impact of what larger and more scaled projects like Westbrook could have on the community. I also provide more details about wanting volunteers and encouraging you to get involved by providing feedback or joining our Planning and Development Committee. If you would like to get involved or have any feedback, please contact me at development@kgca.ca.

I also discuss broader city issues, such as the blanket rezoning in Calgary and the potential for development near transit areas, especially around the Westbrook LRT station. While these changes present challenges like increased density and infrastructure strain, they also offer opportunities for us to shape the future of our community together.

I hope you'll take the time to read the full article, put up your hand to volunteer, and join us at upcoming events. As a community association, we run various events and programming, provide discounts to businesses through membership, and have discounts for hall rentals at the KGCA.

Come join us and find out more by visiting www.kgca.ca.

I am looking forward to continuing our work together to make Killarney-Glengarry the best it can be!

Sincerely,

Colin Knoll

Director of Development at KGCA

Full article can be found online at www.killarneyglengarry.com/2024-blog.

Mark your calendars for our quarterly development meetings which are open to the public and present excellent opportunities to stay informed and involved:

- AGM: October 17, 2024, at 6:30 pm
- October 1, 2024: 6:00 to 7:30 pm
- January 7, 2025: 6:00 to 7:30 pm
- April 1, 2025: 6:00 to 7:30 pm
- October 7, 2025: 6:00 to 7:30 pm



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!

THE KGCA PRESENTS A SPOOKTACULAR FAMILY EXPERIENCE



THE HAUNTED LABORATORY

**27
OCT**

1:30 - 2:30PM: MAD SCIENCE DRY-ICE WORKSHOP

3:00 - 5:00PM: HALLOWEEN THEMED MOVIE

THIS FAMILY FRIENDLY EVENT IS MEMBERS-ONLY. TO SECURE YOUR SPOT FOR THE EXCITING MAD SCIENCE ACTIVITIES, MAKE SURE YOUR MEMBERSHIP IS ACTIVE AND THAT YOU REGISTER ONLINE AS SEATS ARE LIMITED. THE MOVIE WILL BE DECIDED THROUGH AN INSTAGRAM POLL AND SNACKS WILL BE PROVIDED FOR ATTENDEES.

KGCA HALL

2828 28 ST SW

WWW.KGCA.CA



MAD SCIENCE

**CALGARY
FOUNDATION**



VOLUNTEER WITH US!

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



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at 403-720-0762 or sales@greatnewsmedia.ca**

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

KILLARNEY | GLENGARRY MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.


SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING: Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

KILLARNEY PAINTER: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

Word of the
Month



Flibbertigibbet:
noun (flib-er-tee-jib-it)

An excessively talkative, flighty, or light-headed person.

She was sitting next to a flibbertigibbet on the train ride to work.

BUSINESS CLASSIFIEDS

CENTRAL MEMORIAL COSMETOLOGY PROGRAM:

Our students are excited to welcome members of our community to book in for services at our full service salon/spa. We offer appointments Tuesday to Thursday, from 9:00 am to 3:30 pm. Services are highly discounted and are supervised by Red Seal instructors. Please call 403-243-4500, ext. 7135. Thank you for your support.

CROWN RENOVATIONS: Beautiful kitchen, bathroom and complete basement renovations at affordable prices. Over 40 years' experience in quality renovations. Full service custom cabinetry manufactured in Calgary. Local, licensed, bonded, and insured. Free in-house estimates. Full house renovations. Check out our website at www.crownrenovations.com. Contact Susan at 403-801-1140 or crownreno@shaw.ca.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

OPEN CANOPY TREE CO.: We are located right next door in Glamorgan. Our Arborists have been servicing trees since 2015 and offer a top notch, fully insured service for all of your tree care and removal needs. Visit our website www.opencanopytree.com or call 403-466-1656 to request a quote.

INDEPENDENT DENTAL HYGIENIST: I am a home based dental hygiene clinic in the Knob Hill area. I provide dental hygiene cleaning - hand scaling, visual dental hygiene exam, polish, fluoride and teeth Zoom whitening. I accept consignment from your insurance company, and accept all types of payment for services rendered. Charlotte Cadrain RDH 403-680-6322. www.sparklingbritesmiles.ca.

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.

**Gutter Doctor**
403-714-0711
gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

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Enhancing Greenspace with ActivateYYC

In July, the KGCA received a \$2,000 grant from ActivateYYC, a community-focused program that supports initiatives to transform spaces into vibrant community places. The grant was a welcome opportunity for us to enhance our greenspace by providing more seating and gathering areas.

Our greenspace, featuring a large field and playground, has always been a hub for community activities, but lacked adequate seating. Thanks to the support of ActivateYYC, we were able to address this need by acquiring two picnic tables and six Adirondack chairs. These new additions have already begun to foster a more inviting environment for our community!

Additionally, recognizing the value of enhancing other local parks, we used part of the grant to purchase chairs for the playground at the Killarney Aquatic Centre and the playground at the Off-Leash Dog Park. This extension of our project allowed us to positively impact more areas within Killarney-Glenarry.

We purchased the picnic tables from Tim Hazlett, a carpenter based in Langdon and secured the chairs from two local RONA stores in Signal Hill and MacLeod. We are grateful to the store managers who generously offered a 50% discount, enabling us to stretch our grant funds further! With the leftover funds we purchased a few plants from Plant in Inglewood to bring more life to our community hall. Huge thank you to our volunteers from the board that dedicated their time to staining and assembling the chairs, demonstrating the community spirit that drives our initiatives!

Since the installation of the new seating options earlier this month, our community has embraced these enhancements wholeheartedly. Families are enjoying picnics, friends are gathering, and connections are being made over shared moments. We are proud to have played a role in creating this space for our community to come together, and we extend our heartfelt thanks to ActivateYYC, the City of Calgary, and the Federation of Calgary Communities for making it possible.

Special thanks also to the general manager of RONA in Signal Hill for their support and to RONA on MacLeod for matching the discount. Lastly, we express our gratitude

to the dedicated volunteers at KGCA who spearheaded the grant application, managed the purchases, and put in the hard work to prepare the chairs for use.

Looking ahead, as the KGCA continues to evolve, we are excited about the prospect of pursuing more initiatives that enrich our community spaces and bring people together!

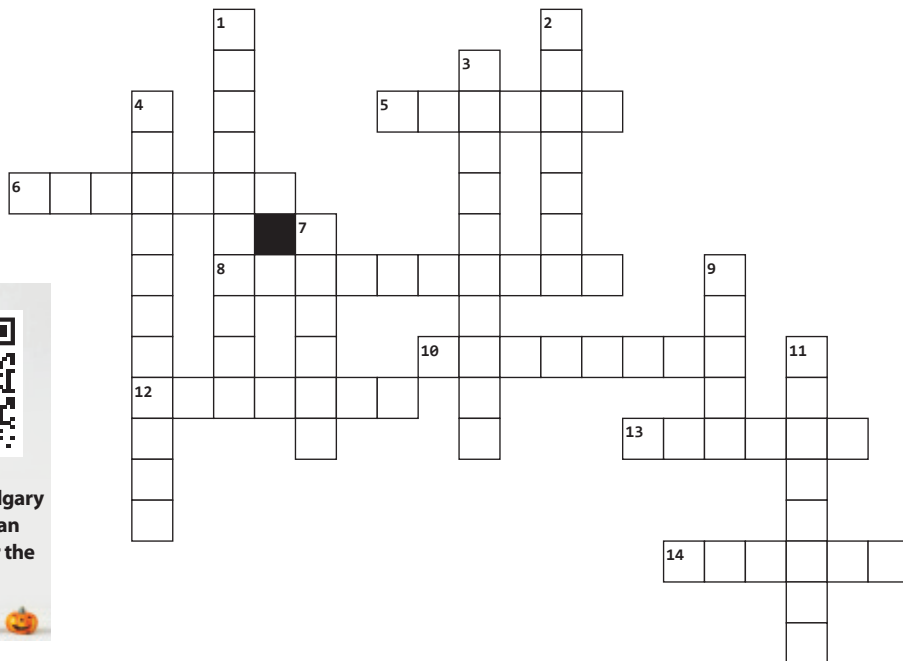


Nobel Canadians



Nobel Prize winners are announced in the first two weeks of October. Since the very first awards, Canada has won 27 Nobel Prizes. From 1923 to 2021, Canadians have received the award for everything from Economics and Physics to Literature.

October Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Across

5. Annually on October 4, people advocate for the rights and welfare of all furry, scaly, and feathery creatures for World _____ Day.
6. In October, Canadians commemorate Women's _____ Month, honouring women such as Agnes Macphail and Mary Ann Shadd Cary.
8. Other than the opal, this gem is also the official birthstone for October and can be found in various colours.
10. The World Series, Major League _____'s annual championship series, starts on October 25 this year.
12. *Dr. No*, the first movie in the *James Bond* series based on the novels by Ian _____, premiered on October 5, 1962.
13. Prime Minister of Canada from 1968 to 1979 and 1980 to 1984, _____ Trudeau, was born on October 18, 1919, in Montreal, Quebec.
14. Canadian-Belgian F1 driver, Lance _____, was born on October 29, 1998.

Down

1. American singer-songwriter, Bob Dylan, became the first musician to be awarded the Nobel Prize for _____ on October 13, 2016.
2. *Joker*, starring Oscar-winner _____ Phoenix as Arthur Fleck, was released on October 4, 2019.
3. On October 4, 2005, this famous Albertan rock band released their album "All the Right Reasons" which sold more than 18 million copies worldwide.
4. This world-famous festival first took place in Munich, Germany in 1810 celebrating the Bavarian royal wedding between Crown Prince Ludwig and Princess Therese.
7. Jack-O'-Lanterns were originally carved from this root vegetable.
9. *Winnie-the-Pooh*, written by A.A. _____, was first published on October 14, 1926.
11. October's birth flower, the _____, is a popular bright orange and yellow flower used during Día de los Muertos festivities.

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