

JANUARY 2025

DELIVERED MONTHLY TO 5,060 HOUSEHOLDS

# KILLARNEY GLENGARRY

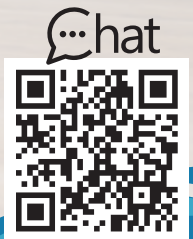
THE OFFICIAL KILLARNEY & GLENGARRY COMMUNITY NEWSLETTER



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# 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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“  
**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](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
Co-President	Thomas Mo	vp@kgca.ca
Vice President	Kristi Mulrain	bizoutreach@kgca.ca
Treasurer	Ted Bobier	treasurer@kgca.ca
Secretary	Elena Gadaeva	secretary@kgca.ca
Director of Communications	Jason Smiechowski	comms@kgca.ca
Director of Development	Colin Knoll	development@kgca.ca
Director of Fundraising	Gloria Esionye	fundraising@kgca.ca
Director of Membership	Titash Choudhury	membership@kgca.ca
Director of Volunteers	Jasper Woodard	volunteer@kgca.ca
Director of Facilities	Vinod Balakrishnan	facilities@kgca.ca
Director at Large	Vacant	
Director of Events	Vacant	
Director of Safe Streets	Vacant	

HALL STAFF		
GM	Julie Patton	gm@kgca.ca
Bookkeeper	Natalie Palmer	

## 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!





THE KGCA PRESENTS

# TOT TIME

EVERY WEDNESDAY

9:30 AM - 11:30 AM

FIRST MENNONITE CHURCH  
2600 RICHMOND RD SW

KGCA Tot Time is a beloved free drop-in program for toddlers and their caregivers, offering unstructured play and complimentary coffee for parents. It fosters connections in a welcoming environment and relies on volunteers for success. Interested individuals can contact [secretary@kgca.ca](mailto:secretary@kgca.ca) to help.



[WWW.KGCA.CA](http://WWW.KGCA.CA)



What's happening

# KGCA News

www.kgca.ca | gm@kgca.ca



## 2025 Programs

It's not too late! The KGCA has a ton of programs you can join to kick off the new year. Running Jan. 6 to March 10 on Mondays, you can join High Fitness from 5:50 - 6:50pm or Yoga from 7:05 - 8:05pm. On Saturdays, running Jan. 18 - March 1, we have Mom & Tots music class from 10:40 - 11:15am and Meditation from 12:15 - 1:15pm. Learn more online!



## New year, Volunteer!

The KGCA is always looking for volunteers! You can assist at our upcoming casino on January 9 & 10, help run our Tot Time program, join our Board of Directors, or lend a hand with setting up tables and chairs for any of our events. If you're interested, please reach out by emailing [volunteer@kgca.ca](mailto:volunteer@kgca.ca).



## Upcoming Events:

Jan. 9 & 10: KGCA Casino at Cowboys Casino

Jan. 6 - March 10:

High Fitness

Jan. 6 - March 10: Yoga

Jan. 18 - March 1:

Mom & Tots

Jan. 18 - March 1:

Meditation Program

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)



Community  
Perks

KILLARNEY-GLENGARRY COMMUNITY ASSOCIATION

## ENJOY EXCLUSIVE PERKS WITH YOUR KGCA MEMBERSHIP!

### **Sintras Pizza**

10% off

### **School of Rock**

10% off

### **Cabin Brewing**

10% off

### **Coffee Cats**

10% off

### **Life n Balance**

\$10 off one service  
per month

### **Buffalo 9**

10% off pints and  
growler fills

### **True Gents**

15% off hair cuts,  
with 25% off first cut

### **Village Flatbread**

10% off

### **Lukes**

10% off  
prescriptions, bus tickets, testing  
strips, concert tickets, post  
office services not included

### **Flame and Faucet**

10% off  
first hour of service

### **MHK Taekwondo**

Free uniform for the  
first 50 to sign-up

### **F45 bow Trail**

2 Weeks FREE  
trial

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AVAILABLE PERKS AT  
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# APPLICATION

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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](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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# 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

 gm@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!



## The Sweetest Little House

The house next door at 2618 is about to be torn down and it's triggered an abundance of memories.

I arrived in Killarney October 1, 1964, as a newly minted Registered Nurse from the Holy Cross Hospital and newly married. We arrived with clothing and not much else. Joanne and Larry and their two boys lived next door at 2612. They watched us move in, probably startled at how little we owned.

Joanne knocked on our door and asked if we could use some window drapes and flowers from her garden. We were so grateful. We'd bought a bedroom suite and table and chairs on credit, that would be delivered later in the day.

Our house was truly amazing in our young eyes. It was a cottage built in 1907 and moved onto this lot in 1953. It was white and had a white picket fence - I was in heaven!

Next door to the south, Mr. Leatherbarrow lived with his daughter, Eva, a Nursing Aid that I had worked with while I was a student. They were lovely people - wonderful neighbours.

Mr. Leatherbarrow had built his house at 2618 in 1911 while he worked at the CPR. At the time people bought materials for their building every two weeks, then built until they'd used it up and then waited for the next paycheque.

He was an amazing gardener and shared his knowledge and tools with us. We had a very large garden because the house was so small. He taught us to make a large circle in the garden, then to plant cucumbers around the edge of the circle; dig a deep hole in the middle and plunk a bucket that we'd punctured many holes in, into the hole. Then we filled the bucket with water and kept it full. The cucumbers loved it, they grew plentiful and large. There was one wire left on an old fence between our properties, and we all walked over the wire with nary a thought about ownership.

His garden had won many Calgary Horticultural Society prizes over the years and so he was a wonderful teacher.

As I think back, I realize that I have known every single person who has ever lived in that house; 114 years have

gone by, and the memories are rich and plentiful. Eight years after we moved in Mr. Leatherbarrow had a heart attack; Eva raced over to get me, we held him in our arms as he died, waiting for the ambulance. It was a blow!

When the family came to clear out the house, our daughter received many of their children's toys they had held onto, and we still have. I continue to use the pincushion and mountains of thread Mrs. Leatherbarrow used over her lifetime.

Then Lorraine lived there with an abusive husband and four tiny children. One day she ran over the wire fence and asked if we could help her escape to her mother in Regina because she could no longer tolerate the abuse. We developed a plan: her husband was a taxi driver who drove all over the city. She had no money, and we had little but we managed to buy four tickets for a flight to Regina - the baby didn't need one.

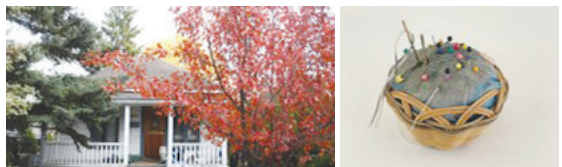
On the appointed morning, I tucked them into the back seat of our 1953 Pontiac, covered them with blankets so they couldn't be seen and drove to the airport. We got them onto the plane, missing only one shoe and a baby bottle.

Her mom was so grateful that we'd helped her daughter she made us beautiful, beaded medallions with our names on them. Treasured items!

When Sam and Joyce lived there with their identical twins, they decided they needed more light in the kitchen. A chainsaw cut out the south wall and we installed a sliding glass door and a patio that gleamed in the sun.

A few years later Bob and Wendy arrived with a grand piano, so we helped Bob take out the wall between the living room and a bedroom. Such joy Wendy provided for the neighbourhood.

These memories remind me of how things change: we have built a new house; Calgary has grown; life goes on.



*Photo Credits: Lorne Kingwell*

The KGCA Presents

# CASINO NIGHT

JANUARY 9TH & 10TH  
AT COWBOYS CASINO

*Volunteers needed*

VARIOUS SHIFTS AND POSITIONS NEED FILLING,  
CONTACT VOLUNTEER@KGCA.CA FOR MORE  
INFORMATION.

OUR CASINO NIGHT WILL HELP RAISE FUNDS TO  
SUPPORT THE HALL'S OPERATIONAL COSTS AND  
MAINTAIN THE BUILDING.

WWW.KGCA.CA

EVERY MONDAY  
5:50PM - 6:50PM

# HIGH FITNESS

RUNS JAN. 6 TO MARCH 10  
\$135 FOR ALL 10 CLASSES  
AT THE KGCA HALL  
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## KGCA YOGA

EVERY MONDAY  
7:05PM - 8:05PM

RUNS JAN. 6 TO MARCH 10  
\$135 FOR ALL 10 CLASSES  
AT THE KGCA HALL  
2828 28 STREET SW



## HUMANS OF KILLARNEY

### NORA ARNOLD- THE VERY BEST KIND OF NEIGHBOUR

BY  
JOEY STEWART

Nora Arnold is the kind of neighbour everyone of us would love. She's fun loving, loves to cook, fiercely loyal and is impeccable about everything she does from gardening to being a legal secretary. Nora was born an Albertan in Vulcan 98 years ago on July 5th. She was raised on a farm near Vulcan that her grandparents came from Ontario in 1905 to start- she still owns and loves that piece of land today. She came to Calgary as an 18 year old in 1944 and started a career as a billing clerk and secretary that culminated in retiring from Union Oil in 1986 where she had worked as a legal and executive secretary. She spent 49 years as a member of the renowned Desk and Derrick Club where she passionately kept track of every conceivable statistic over all those years and still does. She and first husband, Cec chose their lot in Killarney in 1952 because it was flat and would be best for gardening, there were only two at the time to choose from. All around them were only scattered houses and lots of horse pasture.

She fondly remembers the horses at Barns Riding Academy where Viscount High School once was. Five houses were being build simultaneously by Jager Homes on their block and this one was finished first it is a beautiful house complete with sunroom immaculate in every way. The original hardwood floors glisten and the 1970's red & white booth style kitchen table are legendary. She loves her home and it shows, particularly this beautiful birch tree that she has nurtured for it's entire life. She tells me that she knows almost everyone who has ever lived on her block and has albums and records that indicated who lived in which house and for how long



Young Nora Arnold at Barn Riding Academy



Be Part of the Community...



### Sledding Safety

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

#### Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

#### Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Sledding at night is not advised.

#### Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.

- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until re-warmed.



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At my November town hall, several attendees raised questions about the environment and climate change. The main concern was the apparent lack of attention from the party and me on these issues and their impact on Alberta’s economy.

Though climate change may not be front and centre as a priority when we talk to Albertans, it undoubtedly remains a critical issue.

Personally, I worked in our provincial and national parks for many years. I planted trees across BC and Alberta to pay for university. I have hiked and skied countless trails in the mountains and foothills. Like so many of you, I find solace and renewal in those ever-present mountains on the horizon.

Where you may not see ‘capital-C Climate Change’ in our daily statements, I trust you will see a clear position on the environment on various stand-alone issues on which we have been unequivocal:

- Ending any new coal mines in the eastern slopes.
- Demanding adequate resources for wildfire management.
- Advocating for water preservation and integrity of our headwaters.
- Calling out the short-sighted decision to restart hunting of grizzly bears, wolverine, lynx, and cougars.
- Seeking to amend Bill 35: the All-Season Resorts Act to respect the Land Stewardship Act and duty to consult Indigenous People.
- Condemning the strict regulations on new wind and solar projects.
- Taking meaningful action to reduce greenhouse gas emissions at extraction, processing, shipping, and end-user consumption.

Please know that even though it’s not in the everyday, I share your concerns about the health of the air, land, and water, and our future in relation to it. Moving forward, I will strive to highlight this and related issues so there’s no doubt I take my role as a steward of Alberta’s environment and ecosystem with the utmost importance.

**MOM AND TOTS**

**Saturdays, 10:40 - 11:15am**

**Jan. 18 - March 1**  
(no class Feb. 8)  
**At the KGCA Hall**  
2828 28 St. SW  
**\$84 for all 6 sessions**

**Every Saturday | 12:15 - 1:15pm**

**MINDFUL MEDITATION**

**Jan. 18 - March 1**  
(no class Feb. 8)  
**At the KGCA Hall**  
2828 28 St. SW  
**\$84 for all 6 sessions**

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Happy New Year! Wishing you good health and prosperity as we welcome 2025.

Thank you to the kids at Brenda's House for making these snowmen for us!



Janet Eremenko  
MLA, Calgary-Currie

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Send me an email!  
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