

JUNE 2025

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KILLARNEY GLENGARRY

THE OFFICIAL KILLARNEY & GLENGARRY COMMUNITY NEWSLETTER

COMMUNITY PAINT DAY!

JUNE 7

CLEANUP DAY

JUNE 8



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| <input checked="" type="checkbox"/> TMD PAIN CARE, SLEEP APNEA <input checked="" type="checkbox"/> SIMPLE AND SURGICAL EXTRACTIONS, ROOT CANALS <input checked="" type="checkbox"/> DENTAL IMPLANTS (SURGICAL AND CROWN/BRIDGE/ DENTURE PLACEMENT) <input checked="" type="checkbox"/> ORTHODONTICS INCLUDING CLEAR ALIGNERS. | Tuesday | 7am-6pm |
| | Wednesday | 7am-3pm |
| | Thursday | 7am-6pm |
| | Friday | 7am-3pm |
| | Saturday (1st/3rd) | 9am-3pm |
| | <p>📍 3200 - 17th Ave SW ☎ 403-249-0382 ✉ smile32dentistry3@gmail.com 🌐 www.smile32dentistry.com</p> <p>All procedures are done by general practitioners</p> | |

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 TO BUILD A COMMUNITY
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 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 | Thomas Mo | pres@kgca.ca |
| Vice President | Kristi Mulrain | vicepres@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 Facilities | Vinod Balakrishnan | facilities@kgca.ca |
| Director at Large | Vacant | |
| Director of Events | Vacant | |
| Director of Safe Streets | Vacant | |
| Director of Volunteers | Vacant | |
| Director of Membership | Vacant | |
| HALL STAFF | | |
| GM | Julie Patton | gm@kgca.ca |
| Bookkeeper | Natalie Palmer | |
| 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!



APPLICATION

2828 28 St SW Calgary, Alberta T3E 2J3
403-246-6668 | gm@kgca.ca

Family: \$35
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

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Send cover photo submissions, story ideas, and
community event announcements to gm@kgca.ca



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**News, Events,
& More**



**Crime
Statistics**



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Statistics**



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What's happening

KGCA News

www.kgca.ca | gm@kgca.ca



Safety Day

KGCA members took an exciting trip to Safety City in April, where kids had the opportunity to learn about pedestrian safety, traffic signs, and responsible roadway practices. It was a fun-filled afternoon packed with valuable lessons. A big thank you to everyone who joined, and a special thank you to the amazing team at Safety City for welcoming us.



Rental Fun!

Renting the KGCA Hall just got even more exciting. Bouncy castle rentals are now only \$50, reduced from \$100, and we've added even more fun with free games. Enjoy Giant Connect 4, Giant Jenga, Bean Bag Toss, Washer Toss, and Ladder Ball. To request a rental, visit kgca.ca or email gm@kgca.ca.

Upcoming Events:

June 7, 12PM-3PM:

Community Paint Day!

June 8, 9AM-2PM:

Community Clean-Up

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)

Itchy Fingers...

It's June and we can finally settle into gardening, getting our fingers into the soil, to feel the earth beneath our feet, to smell the freshness of spring, and to test our seedlings with what may or may not be the real beginning of spring.

The winter is the best time of year because there is ample time to sit in front of the fire to pour over our gardening books; my library is chock-a-block with gardening books, old and new because I can never send them off to a book sale as I'm still looking for the new ideas I missed last winter... I still have the first garden book I ever bought, *Better Ways to Successful Gardening* by Isabelle and Charles Young, published by the The Calgary Albertan.

Another of my favourites is *The Ultimate Container Gardening* that is filled with ideas on finding the perfect pot that accentuates form, shape, and the perfect colour combination. I love the use of indoor and outdoor plants; the use of carefully placed rocks - large and small that completes the scene.

Imagine in your mind how tiny seedlings will erupt into baskets filled with ivy dripping over the edge as oranges and yellows grasp your attention and fill the artist's eye with pleasure.

A great tip is to take your pots or photos on your phone to the Plant Nursery with you so you can imagine how your choice of colours will work with that particular pot. Spend time testing combinations of colours and carefully read the labels that give the height and other information for fully developed plants.

Take good care to check if the plants need sun or shade. For example, pansies quickly wilt in the hot sun. Find plants that need little water as we're learning that the snowpack in the mountains to the west is about half the normal amount this year.

April and early spring are always difficult for me, I'm so keen to clean up the garden and to soak up the spring sun and begin to tidy the scraggily winter mess that I run the risk of disturbing my darling ladybugs. They come out of hibernation to linger in the warm sun under the foliage, they, too are longing for the summer sun.

Ladybugs, whose botanical name means "small red sphere," are the natural enemies of a large number of pests, mainly aphids and can eat as many as 5,000 aphids in their lifetimes. They also feed on insect eggs and small larvae. Children love them, when they find them, they should be encouraged to put them back into the garden to do the work for their gardener friends as they contribute to a healthier garden ecosystem.

Plant marigolds, dahlias, daisies, asters, cosmos, calendula, coreopsis, tansies, and yarrow to attract them to your garden.

Don't forget to plant vegetables amongst your flowers. I love the rich deep green texture of potato leaves and the feathery carrot tops along with rich green lettuce varieties that add density and interest to your flower bed.

Normally by the May long weekend, but not always, we can begin to think it's safe to put out our precious seedlings. Caution - check the weather charts or be prepared to haul them in and out until the conditions are perfect. Night temps of at least 10°C.

The climate is changing and warming, so our old ideas on time and dates should be double checked. Plants are expensive and you don't want to have to replace them after a frost bite.

Once June is fully underway, we're safe to put our babies out for a full summer of flowering glory and a deep sense of satisfaction in preparation for another beautiful summer. Enjoy!

Joey Stewart is an award-winning gardener who lives in Killarney.



Photo Credit: Lorne Kingwell



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JULY 28 TO AUG 1

KGCA Hall 2828 28 ST SW

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Multi-sport camp (ages 6-11) includes Basketball, Yoga, Flag Football, and Soccer. Bring snacks, lunch, drinks, and water for an action-packed day. Drop-off at 8:30am, pick-up at 4:30pm.

www.kgca.ca

SATURDAY, JUNE 7 12:00 PM - 3:00 PM

COMMUNITY PAINT DAY!

LEAVE YOUR MARK

Add a splash of colour to Killarney-Glengarry by helping paint a new mural at the KGCA! Join artist, Nicole Kurceba, from 12-3pm, Saturday, June 7 for an artist led painting activity. **All ages are encouraged to join in the fun!** Paint and brushes will be supplied, just bring your creativity!

www.kgca.ca

KGCA HALL | 2828 28 ST SW

GAMES & PUZZLES

Guess the Year!

1. The Canadian dollar was established across Canada.
2. Canada sent its first national team to the summer Olympics in St. Louis.
3. Women get the right to vote.
4. Alberta becomes a province of Canada.
5. The first railway opens in Canada.
6. Terry Fox begins his Marathon of Hope.

2025

SCAN THE QR CODE FOR THE ANSWERS!

VOLUNTEER WITH US!

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

RENT THE HALL!



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 at www.kgca.ca

AVAILABILITY

\$95/hour

Saturdays: 8:00AM-12:00AM

Sundays: 8:00AM-12:00AM

FEATURES

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

ADD-ONS

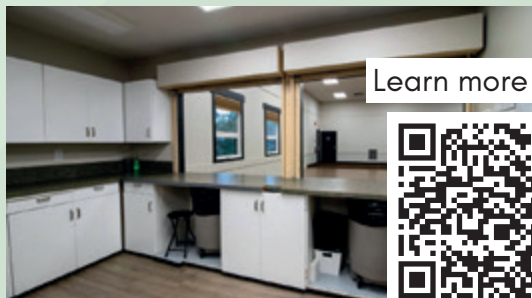
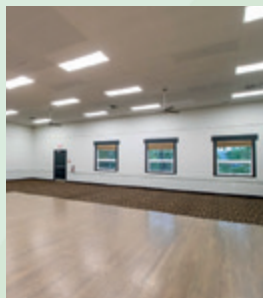
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Barb's Journey of Healing Through Food and Community

by Titash Choudhury

Barb and Colin celebrated their first year living in Killarney a year ago. Barb's partner, Colin, is an English professor at Mount Royal University. Barb is a chef, a teacher, a farmer, and so much more. Her kids are twenty-two and twenty-five, both in college. For her, Killarney was a moment of finding home, feeling a deeper connection to the neighbourhood, and beginning to build roots in a community where she finally feels at ease.

Born and raised in Edmonton, Barb moved to Calgary and spent many years in the southwest, living in Altadore and Marda Loop. She often drove through Killarney via 26 Avenue and always thought it was a lovely neighbourhood. On the day she and Colin moved in, they were greeted with warmth by their neighbours, and she immediately knew this would be their home for a long time.



Barb Sheldon has spent her career connecting people to food across cultures and communities. She runs a community garden in Sunalta for marginalized groups, recently completed a Master's degree in food

security, and is also an author and the host of the podcast *Food Stories*. Over the past twenty-five years, she has worked as a nutrition educator, researcher, writer, recipe developer, curriculum designer, caterer, lecturer, and advocate. Her teaching has taken her from home kitchens and food trucks to inner city schools, international restaurants, and universities.

Her work is rooted in food justice and building stronger local food systems. After teaching across North America, Barb realised that a nine-to-five job did not offer the freedom she needed to make impact in the food access world. Opening her kitchen allowed her to centre food literacy in everything she does. Shaped by her own experiences, she committed to supporting minorities who struggle to access education and groceries.

Barb shared that while Killarney Glengarry is diverse and, in many ways, well off, food insecurity is still a quiet reality as many face barriers to food access. In Calgary and Alberta, one in four households experiences it. Prices keep rising, and even homeowners feel the strain. For newcomers, the challenges grow with rising costs, limited transit, and language gaps.



Barb believes Calgary's Food Resilience Strategy is a good first step, but there is much more to do. That is why she started the Rainbow Garden Society, a community garden run by queer and marginalized groups. It offers free cooking and gardening programs, and all the food grown is donated back to the community.

She has learned that collaboration is key. She is inspired daily by the people in her garden program who, despite facing deep challenges, show kindness, help others, and lead change. Sharing seeds and working with other groups makes Calgary feel like one big garden.

The biggest barriers she sees are a lack of funding and people not feeling they deserve support. To her, belonging is as important as money. She dreams of food festivals led by equity-deserving groups, where diversity is not just welcomed but celebrated. She wants to see more neighbours step into leadership and feel seen.

As a Killarney Glengarry resident, Barb and her partner support local spots like 28 Beans, a small café that sells fresh-roasted coffee on an honour system, and Buffalo 9, her favourite tap room. She dreams of more volunteer-

run gardens, a community fridge or pantry, and spaces where food is shared freely. She says, “food, culture, and community belong together at the table, at a potluck, anywhere neighbours gather. When you know better, you do better.”

They love the neighbourhood, walking their dog, biking the streets, and trading rhubarb and potatoes with neighbours. If you meet Barb, she will give you a warm hug and definitely feed you.

Photos courtesy of Barb Sheldon.

Thank you for taking the time to read our new series, Humans of Killarney. Share your story, your neighbour’s story, or the story of inspiring community members with Humans of Killarney. Contact Titash Choudhury at titash.chodhury@gmail.com to nominate someone for Humans of Killarney.

As the KGCA celebrates its 75th anniversary this year, we’re excited to deepen our commitment to the community by introducing new events, programming, and initiatives designed to connect us all.

Stay tuned for next month’s issue!




Community Cleanup Day

JUNE 8, 9AM - 2PM

KGCA Hall Parking Lot
2828 28 Street SW

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





BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



Longest Day

Mark your calendars - this year’s summer solstice will take place on June 20. Calgary will experience approximately 16 hours and 35 minutes of daylight. That means there is plenty of time to play, relax, and maybe even forget what bedtime is!

Calgary



Started May 7th!



Weekly farm stands

Support local calgary.ca/localfood

Wednesdays 3-6pm

Killarney Glengarry: Community Association
2828 28 St SW

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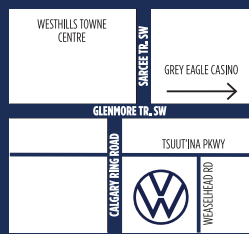


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