

NOVEMBER 2025

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 AND INCLUSIVE.**
KGCA VISION
 ”

YOUR KGCA

2828 - 28 Street SW
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 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



KGCA Board of Directors

BOARD POSITION	NAME	EMAIL
President	Thomas Mo	pres@kgca.ca
Vice President	Kristi Mulrain	vicepres@kgca.ca
Treasurer	Amanda Spennath	treasurer@kgca.ca
Secretary	Elena Gadaeva	secretary@kgca.ca
Director of Fundraising	Gloria Esionye	fundraising@kgca.ca
Director of Facilities	Vinod Balakrishnan	facilities@kgca.ca
Director at Large	Zach Hodder	dal@kgca.ca
Director of Traffic and Safe Streets	Olawale Tijani	traffic@kgca.ca
Director of Development	Tory Reade	development@kgca.ca
Director of Volunteers	Vacant	
Director of Membership	Vacant	
Director of Communications	Vacant	
Director of Events	Vacant	
HALL STAFF		
GM	Andrea Nagle	gm@kgca.ca
Bookkeeper	Natalie Palmer	

KGCA Hall Happenings

MONDAYS	TIME	DETAILS
High Fitness	5:50 to 6:50 pm	kgca.ca/events
Monday Yoga	7:05 to 8:05 pm	kgca.ca/events
TUESDAYS		
Family Yoga	5:45 to 6:30 pm	kgca.ca/events
Core/Pilates	7:15 to 8:15 pm	kgca.ca/events
WEDNESDAYS		
Sportball	5:00 to 7:00 pm	sportball.com
Sound Baths (bi-weekly)	7:15 to 9:15 pm	frequenciesofthesoul.com/events
Wednesday Yoga (bi-weekly)	7:30 to 8:30 pm	kgca.ca/events
THURSDAYS		
Neuro Tai Chi	5:45 to 6:45 pm	kgca.ca/events
FRIDAYS		
New Covenant Assembly	7:00 pm	newcovenantassembly.ca/ncacalgarysw
SATURDAYS		
Sportball	9:00 am to 12:00 pm	sportball.com
SUNDAYS		
New Covenant Assembly	9:00 am	newcovenantassembly.ca/ncacalgarysw/

APPLICATION

2828 28 St SW Calgary, Alberta T3E 2J3
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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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KILLARNEY-GLENGARRY CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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What's happening

KGCA News

www.kgca.ca | gm@kgca.ca



75 Years of the KGCA!

On Sept. 21, we celebrated 75 years of the KGCA! What an unforgettable afternoon it was as our amazing community came together to mark this major milestone. A huge thank you to our volunteers, Sinatra's Pizzeria, Cabin Brewing, and the Community Food Truck Group. Special thanks to the City of Calgary Arts & Culture Microgrant for helping make this event possible.



Playground Rebuild

Our Playground Committee has been busy planning an exciting rebuild of the KGCA playground, with construction scheduled for 2027! As we head into the new year, we'll be kicking off fundraising efforts to help bring this project to life—so stay tuned for ways you can support and get involved.

Upcoming Events:

Remembrance Day

Ceremony

Nov 11 | 10:30AM (Doors open at 10AM)

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

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Coffee Cats	MHK Taekwondo
F45 Bow Trail	School of Rock
Flame and Faucet	Sinatra's Pizza
Freo Breakfast	Struktur Studio
Le Family Dental	True Gents Barbershop
	The Village Flatbread Co.

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VOLUNTEER POSITION AVAILABLE

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WE ARE LOOKING FOR

Secretary

Must be residents of Killarney-Glengarry. The Secretary serves as a key member of the Board, supporting the effective governance of the KGCA. This role includes maintaining records, preparing agendas, distributing notices, recording and uploading meeting minutes, tracking attendance, and ensuring bylaw compliance. The Secretary also manages Board correspondence, serves on the Executive Committee, and may chair meetings in the absence of the President or Vice President.

Learn more about the position at kgca.ca.
Submit questions and inquiries to pres@kgca.ca.



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www.canlearnsociety.ca/magic-carpet-ride



Community Building and How It Works

This past fall the city and the province were filled with electioneering: some people were deeply engaged with forums, lawn signs and door knocking; others were so ho hum about the buzzing political activity.

Everywhere I went I heard people talking about community building and then I began to think about what community building looks like, who does it and does it matter. The first place I went to was voting behaviours. It feels like if people are engaged, of course they would vote and if not, why not.

The data shows that federal elections get the highest turnout with about 68% of people voting. Why? Does it seem more important to people's lives? Provincially about 60% of people vote and municipally about 40% vote. Why? Voting is such a critical part of our democracy, our freedom, and our way of life one would think more people would be determined to vote. Recent data shows that under 40s seem reluctant to vote.

That made me wonder about community building: what it means and why it's so important. Initially it seems so simple. We get to know our neighbours—we greet newcomers and are "Canadian friendly". We have a new neighbour, Josie who moved to Calgary from Vancouver to be near their daughter. She definitely knows how to be a community builder; within a few days she brought us zucchini chocolate cake to announce their arrival. We were delighted and she and their little dog Teddy are seen on the street as they go back and forth to see their daughter often—we are fast friends going back and forth to see each other's gardens.

Those small actions of being friendly, of chatting on the street, helping someone carry in groceries, shovelling neighbours snow, helping in times of sorrow, and celebrating important hallmarks. Those small actions build trust and that leads to getting to know people more personally.

When all of those small actions come together, gatherings and events break out. In the alley behind 26A Street they

have a Friday 5:00 pm gathering where the kids play and the adults share drinks of all sorts and share their friendships. It seems so civil and so friendly. Soon people share lawnmowers and other tools, gardening tips, and life experiences.

In strong communities, neighbours check in on each other, offer help during emergencies and before you know it people volunteer to clean the hockey rink, serve on the community association board and become politically active. All of this shapes our environment and policies that affect our lives.

As a lifelong volunteer serving on a wide variety of boards, I know that it enriches people's lives and influences our children's future behaviours. When I was a kid, my parents volunteered for political campaigns and served as scrutineers at the polls. As an adult it would never occur to me to not vote—it just seemed 'normal' which leads me to wonder why so many people don't.

I have a plea: greet your new neighbours so they know they always have an ally in the 'hood, entice them to participate in the community and heaven knows, even be willing to serve on City Council someday: that's community building in a big way. My hats off to every single person who is willing to throw their hat into the ring. They deserve our respect and help whenever they need it. Community building at its finest.



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Kathryn: Where Baking Meets Healing

by Titash Choudhury

The smell of vanilla and brown butter fills the kitchen as Kathryn unpacks her baking supplies. She is not sitting across a desk or behind a screen. Instead, she stands beside her client, mixing and kneading dough while talking about family recipes, resilience, vulnerability, and belonging. The conversation flows easily, in rhythm with the whisk and the quiet hum of the oven. Therapy here feels different, more natural, more human.

This month, we share the story of Kathryn, a proud Killarney neighbour, a psychologist by profession, and a baker whose business brings both worlds together.

Kathryn was born and raised in Calgary. A trained psychologist and family counsellor, she focuses her practice on children and youth. Over the years, she's seen how school, friendships, and social media, especially around body image, can weigh heavily on teens. Helping them grow, adapt, and thrive has become the work she loves most.

Earlier this year, Kathryn and her husband found their dream home in Killarney after years of searching for the right fit. Walkability sealed the deal. She works at the Richmond Diagnostic Centre and loves being able to walk to Marda Loop, the river, or a nearby café. They value bike-friendly neighbourhoods, and after living in several inner-city communities, settling in Killarney felt like the right choice.



The idea for her business came to Kathryn one day while watching the *Christmas Cookie Challenge* on TV. A contestant from the Pacific Islands spoke about baking as a social project that supported mental health, and something clicked. She had always been a good baker and loved the idea of food as a connection. Later, while working in children's mental

health at The Summit, she began wondering how she could merge her two worlds, therapy and baking. "It's funny," she says, "People come for therapy, but they end up finding comfort in the smell of cookies." In her sessions, Kathryn creates spaces where people feel safe, connected, and grounded while learning about mental health, self-care, and new ways of thinking. "Baking can be both sensory and mindful," she explains. "It helps people regulate emotions, connect, and feel safe enough to talk about hard things." She arrives with a recipe and a topic, and as participants mix, knead, and bake, conversation unfolds naturally. "It keeps your hands busy, like a natural fidget," she says. "You learn a skill, create something tangible, and talk while doing it."

Kathryn knows this concept is not new, others around the world are exploring it, but she is one of the first to bring it to Calgary. In Ontario, a group of women runs a bakery and clinic that helps fund therapy sessions. Kathryn joined a focus group called The Therapeutic Kitchen Collective and found others experimenting with similar ideas. Together, they are exploring how baking can become a safe, ethical space for healing.



Finding a physical space for her baking therapy sessions hasn't been easy. In the meantime, Kathryn has shifted her focus online, offering a mentorship-style program that helps people use baking as part of their self-care routine. The courses are self-paced and include recipes,

worksheets, and 'food for thought' prompts. "There's something special about passing down a cookie recipe your grandmother made," Kathryn says. "It's a piece of memory, love, and community."

As an entrepreneur, Kathryn leans on persistence and community. Surrounded by strong, supportive women, she finds motivation in watching them push forward, a reminder that she can too.

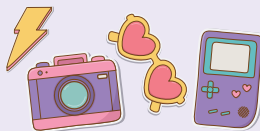
Her philosophy is simple: community over competition. For Kathryn, Killarney is home, and the perfect place to run a community-centred business. She loves the friendly neighbours and having everything she needs within reach. She hopes to host more community events and keep meeting inspiring people here.

When asked how she wants to be remembered, Kathryn smiles. "As someone friendly and someone who creates space for others." Her business is not about baking. It is about community, sharing love, caring for others, and remembering that small, kind acts are a form of self-care too. If you ever see Kathryn at Francesco's or walking through the park, say hello, or join one of her classes on a cozy winter Sunday afternoon with your family.

GAMES & PUZZLES

Guess the 2000s Movie!

1. This parody pokes fun at films like *Scream*, *I Know What You Did Last Summer*, and *The Sixth Sense*.
2. In this crime thriller, Guy Pearce plays Leonard who suffers from an untreatable form of memory loss that makes finding his wife's killer nearly impossible.
3. This legal drama involves Julia Roberts, a car accident, and a devastating legal cover-up.
4. Two cheerleading squads duel it out and uncover some shady practices going on during the national championship.
5. Bruce Willis and Samuel L. Jackson star in this sci-fi thriller that takes "survival of the fittest" to a whole new mysterious realm.
6. A handsome, young professional living in America lives two separate lives: one an urban businessman, the other a knife wielding killer.



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Tobi and Cherokee, Douglasdale

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Sun, Holiday: Closed

Welcoming New Patients

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The Killarney-Glenarry 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/rentals.

AVAILABILITY

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Sundays: 12:30PM-12:00AM

FEATURES

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- Tennis courts
- City fields
- Playground

ADD-ONS

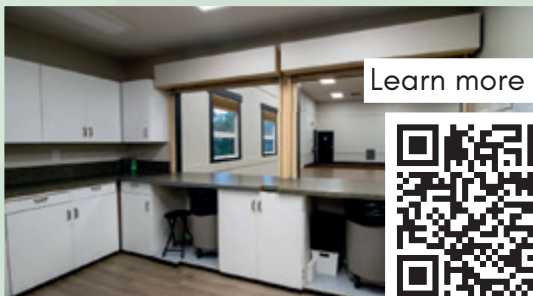
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Traffic and Safe Streets: November Reminders

November is a time for remembrance, seasonal transition, and community awareness. As the days grow shorter and temperatures drop, traffic patterns and street safety considerations evolve. With the shift from outdoor to indoor activities and seasonal events in our neighbourhood, it's important for everyone—drivers, cyclists, pedestrians, families, and residents—to remain vigilant and mindful of safety. Here's how our community can stay safe this month:

For Drivers

- Drive cautiously on wet, icy, or leaf-covered roads, as conditions can change quickly.
- Slow down near schools, events, and pedestrian-heavy areas, especially during holiday activities.
- Ensure your vehicle is winter-ready: check tires, brakes, lights, and windshield wipers.
- Stay alert for children and cyclists, particularly at dusk or during poor visibility.
- Follow all posted speed limits and street signage; unposted streets default to 40 km/h.
- Exercise extra caution near construction zones, roadways, and work sites.
- Avoid distractions—phones down, eyes on the road at all times.
- Plan extra travel time during seasonal events to allow for slower traffic and increased pedestrian activity.

For Cyclists

- Use bike lights front and rear, particularly as daylight hours decrease.
- Wear reflective clothing or accessories when riding near dusk or dawn.
- Be cautious of slippery roads, wet leaves, and icy patches, which can reduce traction.
- Follow all traffic rules, ride predictably, signal turns, and stop at intersections.
- Share the road with vehicles and pedestrians—stay visible and alert at all times.
- Plan routes to avoid heavily congested areas when possible and ride defensively.

For Pedestrians, Students, and Families

- Always use crosswalks and designated walking paths.
- Wear bright or reflective clothing or accessories during low-light hours.

- Stay on cleared sidewalks and designated walking or biking routes.
- Watch for vehicles backing out of driveways or turning at intersections.
- Stay alert—avoid distractions like phones or headphones near busy streets.
- Plan for indoor/outdoor transitions: fewer outdoor activities may increase traffic near schools and recreation centres.
- Parents: park safely and accompany younger children across streets, especially in busy areas.
- Encourage children to follow safe walking routines and model attentive behaviour near streets.

For Residents and Community Members

- Clear snow and ice from sidewalks and pathways near your home.
- Check outdoor lighting on driveways, porches, and entrances to guide pedestrians safely.
- Assist neighbours with winter preparations, especially the elderly or those with mobility challenges.
- Model safe street behaviour for youth during community events and remembrance ceremonies.
- Participate in community initiatives to help maintain a safe and welcoming environment for all residents.

Community Updates

- Expect increased foot traffic during Halloween wrap-ups, fall festivities, and early holiday events.
- Report hazards such as potholes, icy sidewalks, or broken streetlights promptly.
- Remind neighbours to stay alert and look out for each other as seasonal traffic patterns change.

For any traffic or safety concerns in Killarney, residents can dial 3-1-1 or submit a request online.

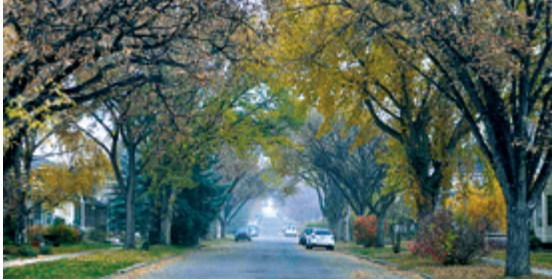
As we enter November, remember to drive cautiously, watch for pedestrians and cyclists, and follow all traffic signs. Keep sidewalks and pathways clear, use reflective clothing or lights when walking or cycling, and report hazards promptly. Together, we can keep our streets safe, accessible, and welcoming for everyone this season.

Stay safe, stay warm, and let's make every street in our community a place where neighbours look out for each other this November!

Olawale Tijani

Director of Traffic and Safe Streets

Killarney Glengarry Community Association



Killarney/Glengarry Real Estate Update

Last 12 Months Killarney/Glengarry MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2025	\$725,000	\$712,500
August 2025	\$799,000	\$825,000
July 2025	\$964,900	\$960,000
June 2025	\$764,900	\$745,000
May 2025	\$695,000	\$699,900
April 2025	\$932,450	\$900,000
March 2025	\$749,900	\$760,000
February 2025	\$707,500	\$721,310
January 2025	\$674,900	\$684,500
December 2024	\$899,900	\$878,000
November 2024	\$664,900	\$648,500
October 2024	\$676,955	\$671,500

Last 12 Months Killarney/Glengarry MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2025	38	15
August 2025	24	21
July 2025	28	19
June 2025	28	13
May 2025	27	29
April 2025	25	20
March 2025	26	25
February 2025	25	18
January 2025	21	8
December 2024	6	17
November 2024	14	25
October 2024	25	20

To view more detailed information that comprise the above MLS averages please visit kil.mycalgary.com

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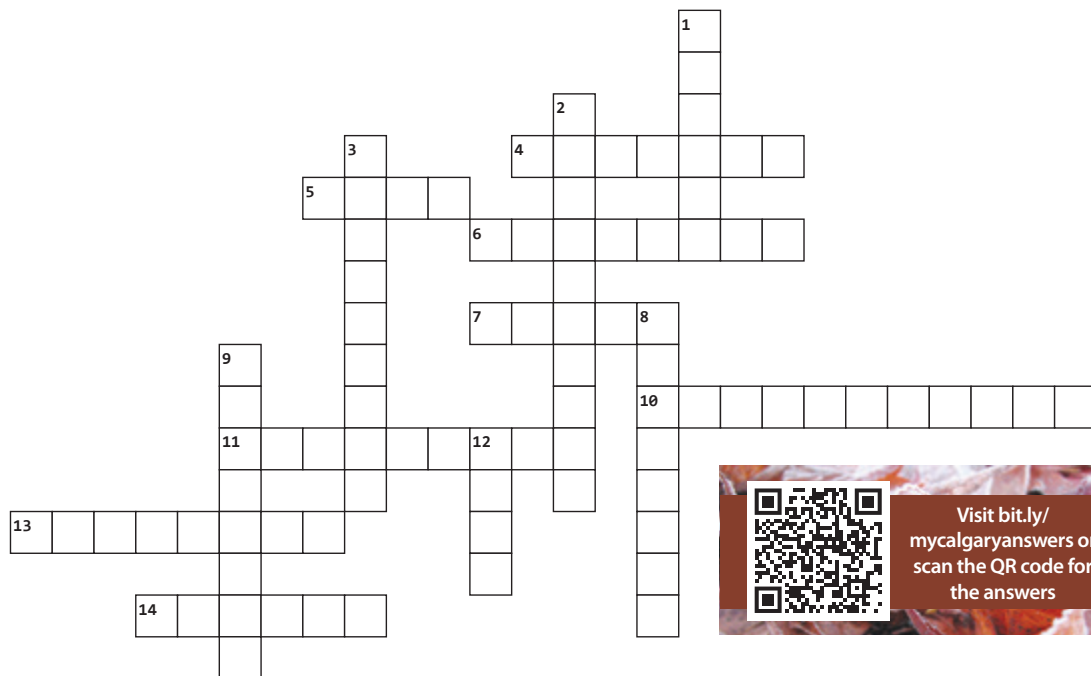
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November Crossword



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

Across

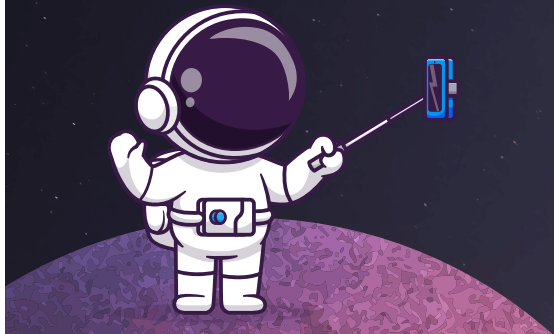
4. In November 1896, the hydroelectric powerplant at _____ Falls started operating.
5. "Novem" is the Latin word for what number?
6. The sci-fi novel, _____ *Park*, by Michael Crichton was published in November 1990.
7. World _____ Day is celebrated annually on November 1 and raises awareness about the ethical, environmental, and health issues related to animal consumption.
10. On November 4, 1922, Howard Carter discovered the first steps to the tomb of this ancient Egyptian Pharaoh.
11. This fast-food chain served its 50 billionth hamburger on November 20, 1984.
13. On November 30, 1982, Michael Jackson released his hit album "_____".
14. On November 27, 2013, this winter wonderland Disney animation was released.

Down

1. This Britney received her star on the Hollywood Walk of Fame at the age of 21 on November 17, 2003.
2. Jacques Plante became the first NHL goalie to wear a _____ protective face mask on November 1, 1959.
3. Canadian Music Hall of Fame inductee Gordon _____ was born on November 17, 1938, in Orillia, Ontario.
8. Stars of the romantic film *The _____*, Canadians Rachel McAdams and Ryan Gosling both celebrate their birthdays in November.
9. On November 15, 2020, Lewis _____ won his record-equalling seventh F1 World Drivers' Championship at the Turkish Grand Prix.
12. One of the most complete early human ancestor skeletons (*Australopithecus afarensis*), nicknamed _____, was discovered in Ethiopia on November 24, 1974.

SPACE SELFIE

On November 12, 1966, Buzz Aldrin snapped the first space selfie! With the earth as his background, Aldrin took a photo of himself while performing extravehicular activity in space during the Gemini 12 mission. Truly out of this world!



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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.

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