

OCTOBER 2025

DELIVERED MONTHLY TO 5,060 HOUSEHOLDS

KILLARNEY GLENGARRY

THE OFFICIAL KILLARNEY & GLENGARRY COMMUNITY NEWSLETTER

**KGCA AGM
OCTOBER 23**



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WORD OF THE MONTH

Phantasmagoria: Noun
(phan-tas-ma-go-ria)

A rapidly shifting scene or sequence of pictures, like those in a dream.

What happens next was a phantasmagoria of mystery.

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 ”

YOUR KGCA

2828 - 28 Street SW
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 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 Events	Sonu Sunuwar	events@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	
HALL STAFF		
GM	Julie Patton	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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& Share**

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



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**SCAN HERE TO VIEW ADDITIONAL
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



Little Library Locator

Did you know our community is home to several Little Free Libraries? These small book exchanges are a wonderful way to share stories, connect with neighbours, and discover new reads. Whether you're dropping off a novel or picking up a children's book, each visit offers a surprise. Want to find the one closest to you? Check out our Little Free Library Locator on the KGCA website!



KGCA Membership

Our community is built on the strength of its members, and recent data shows just how diverse that membership is! The majority memberships are Family, making up 239 members. This is followed by Associates at 61, Senior at 57, and Single at 37. Rounding out the list are Volunteers at 19 and Student 9!

Upcoming Events:

KGCA AGM:

Oct. 23 | 6PM

Halloween Movie:

October 26

Last Minute Market:

December 7

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)

FOR MORE CLASS INFORMATION PLEASE VISIT

KGCA.CA/EVENTS

2828 28 St SW | PH: 403-246-6668 | gm@kgca.ca

MONDAY

5:50PM High Fitness Sept. 15 - Dec. 8
7:05PM Monday Yoga Sept. 15 - Dec. 8

TUESDAY

5:45PM Family Yoga Sept. 16 - Dec. 9
7:15PM Core / Pilates Sept. 16 - Dec. 9

WEDNESDAY

7:30PM Wednesday Yoga Sept. 17 - Dec. 10
(biweekly)

THURSDAY

5:45PM Neuro Tai Chi Sept. 18 - Nov. 27



Learn more or register for
a fitness class by scanning
the QR code or visiting
kgca.ca/events.



VOLUNTEER POSITION AVAILABLE



JOIN OUR TEAM

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.



**Community
Perks**

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Freo Breakfast	Struktur Studio
Le Family Dental	True Gents Barbershop
	The Village Flatbread Co.

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MEMBERSHIP CARD AT CHECKOUT!**



LEARN MORE ABOUT THE
AVAILABLE PERKS AND
DISCOUNTS AT [KGCA.CA](https://kgca.ca)



SPIRIT HALLOWEEN



Halloween is a favourite holiday for many. One particularly exciting tradition that some enjoy is visiting the popular costume, mask, and makeup store called Spirit Halloween. Popping up all over Canada and the United States, Spirit Halloween is actually the largest Halloween retailer in the United States. What a Spooky Scary Superstore!



I Think I Shall Never See...

Trees have a profound impact on us: they touch our hearts in big ways that affect our lives.

If and when we plant them ourselves, they have even greater meaning. After we had built our house in 1975, the first thing we did was get permission from the Forestry Reserve to go and dig out two fir trees.

That Sunday it was an expedition. We donned our boots, took our shovels and set off. The process of choosing which ones would be perfect for the new berm we had built to plant them on was arduous—so many to choose from!

Even the youngster, Jane, had important opinions on the perfect little seedlings. Finally, we decided: a set of twins and a singling. When we got home, we rushed to get them into the soil to water them so they wouldn't dry out with the hope they would settle in nicely. And they did!

To be honest we didn't think much more about them, as you do. Oh, we watered them and propped them up in the fierce winds of winter, but we generally just took them for granted as you do when things in our lives become established.

Time passed... the little trees thrived and shaded us in summer, protected the car from hail in the hot summer thunderstorms, and parked the car under them in winter as shelter from the snow.

50 years passed; now we have a new luxury home next door and we are wanting solar panels on the roof. The only solution was to take down our precious single tree so the sun could reach the roof from the west. We also had to "spiralize" our daughter Jane's grade three seedling—now 53 years old, an 80-foot glorious fir tree in the backyard, to have the sun reach the roof from the east. Aughghgh! We all shed tears; the husband is still crying.

To save energy we had to do it. The arborist came; the deed was done! We knew for sure we had to save a tall, healthy stump so that a large planter of flowers could reside on top.

Because the tree had been placed on the berm, I saw an opportunity for art! I could see the beginnings of huge roots and the next thought was: if I dug out all the earth surrounding the roots I could create a sculpture. So, for seven days, ten hours a day you would find me belly down pulling out the soil so you could see under and between the roots. I was astonished at the size of the roots; they had even grown over the edge of the driveway!

Every ounce of energy was worth it. We created a plaque to tell the story of the tree:

"I was born in a forestry reserve. In 1975, Norm, Jane and Joey chose me, took me home and gently planted me. I've had a good life. Now I am Nature's Work of Art. Revealed by Joey Stewart 2025".



Photo credits: Lorne Kingwell

Title taken from Joyce Kilmer's 1913 poem "Trees".

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Traffic and Safe Streets: Fall Safety for Killarney

by Olawale Tijani

October brings increased activity to Killarney-Glenarry streets with school, commuting, and fall routines underway. Focus areas include road safety, school zones, active transportation, and seasonal precautions, in line with Calgary's August 25, 2025, safety update.

For Drivers

- **School Zones:** Follow posted speed limits: school zones and playground zones are treated the same, with a legal reduced speed of 30 km/h from 7:30 am to 9:00 pm, every day, year-round. Always watch for children and obey crossing guards.
- **Drop-off and Pick-up:** Use designated areas only; avoid double-parking or blocking driveways, bus stops, and hydrants. Stay in your car in drive-through lanes to keep traffic moving.
- **Cyclists and Pedestrians:** Give cyclists at least one meter of clearance. Check mirrors before turning. Stay alert near parks and schools during arrival and dismissal times.
- **Commutes:** Expect congestion. Leave extra time, use alternate routes, and practice patience.
- **Weather and Visibility:** Fog, rain, and wet leaves can reduce traction. Drive slower, increase stopping distances, and use headlights as daylight shortens.

For Residents and Community Members

- **Neighbourhood Awareness:** Anticipate more pedestrian and cycling activity. Stay cautious on residential streets and talk with your family about safe travel routines.
- **Active Transportation:** Encourage walking, biking, or carpooling to ease traffic. Participate in walking school buses or cycling groups.
- **Seasonal Safety:** Keep sidewalks clear of leaves and ensure outdoor lighting is adequate. Encourage reflective clothing and bike lights for early or late travel.
- **Community Engagement:** Support safety campaigns, volunteer as a crossing guard or patrol, and report unsafe conditions such as blocked crosswalks or damaged signage.

For Students and Families

- **Pedestrian Safety:** Cross only at marked crosswalks, make eye contact with drivers, and avoid distractions like phones or headphones.
- **Cycling and Scooters:** Always wear a properly fitted helmet. Use bike lanes, ride predictably, and install lights and reflectors for low-light conditions. Learn and use hand signals.
- **Safe Travel Habits:** Practice routes with parents until confident. Carry backpacks with both straps. Walk or bike with friends and follow school bus safety rules.

Community and Enforcement Updates

- **School Zone Patrols:** Police and bylaw officers will increase their presence in high-traffic areas. Fines are higher in school zones.
- **Traffic Calming:** New crosswalks, signage, markings, and temporary speed bumps are in place near schools.
- **Education Initiatives:** Safety campaigns, "Bike to School Day," and pedestrian workshops may occur through schools and community centres.

City of Calgary's Proactive Measures

Beyond safety reminders, Calgary has completed or nearly completed improvements at over 50 school sites. Upgrades include refreshed crosswalks, new signage, and other infrastructure enhancements—demonstrating a city-wide commitment to long-term traffic safety.

Reference: newsroom.calgary.ca/safety-a-top-priority-as-students-head-back-to-classes-after-september-long-weekend/.

Final Reminders

Safe streets are a shared responsibility. By slowing down, yielding to pedestrians, and encouraging active transportation, we foster a culture of safety and respect. Small actions—like leaving a few minutes early, modelling safe habits for children, or volunteering in local initiatives—add up to significant improvements for our community.

Together, let's make October a safe and supportive month for all.

Olawale Tijani

Director of Traffic and Safe Streets

Killarney-Glenarry Community Association

KILLARNEY-GLENGARRY COMMUNITY ASSOCIATION



ANNUAL GENERAL MEETING



6:00 PM



OCTOBER 23, 2025



KGCA HALL



RENT THE HALL!



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

\$95/hour

Saturdays: 8:00AM-12:00AM

Sundays: 12:30PM-12:00AM

FEATURES

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

ADD-ONS

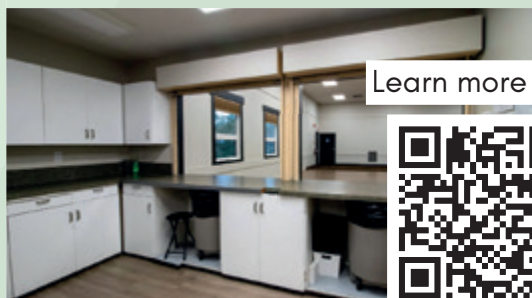
- Bouncy castle & games
- Speaker system
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- Greenspace

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Learn more here





Katrina's Story of Small Acts with Big Impact

by Titash Choudhury

Katrina grew up in Elkford, a small mountain town in British Columbia's South Kootenays. Like many, she left for higher studies and moved to Lethbridge to pursue a business degree at the University of Lethbridge.

After graduating, Katrina moved to Calgary to start her career at Suncor, even spending time in Germany through an exchange program. Three years in, she felt the pull of a different dream and left her corporate job to pursue a career in fashion. She earned a diploma in fashion design from Blanche Macdonald Centre in Vancouver. She then interned with a bridal designer and worked in the industry for a while before returning to Calgary, the city she realized suited her best, and financially, it made more sense to keep fashion as a passion on the side.

Calgary has been home since her twenties. She has always loved inner-city life, first Sunnyside, then Mission, and later Marda Loop, where she and her now-husband began building their life together. She loved the neighbourhood because she could bike downtown for work, walk to yoga, grab groceries, or treat herself to ice cream at a specialty shop. She and her husband, Nathaniel, share that love of cycling, swimming, and community.

Today, she works as an IT emergency response planning lead at Suncor, is married, and has a beautiful two-year-old daughter, Rowan. When it came time to buy a home, they wanted to stay close to transit in the southwest part of the city, so they chose Glendale, right next to Killarney. The location gave them everything they wanted: easy transit, bike lanes, shops, playgrounds, and a strong sense of community. Katrina laughs that while their address says Glendale, they spend most of their time in Killarney. Rowan loves the library, playgrounds, and pool at the Killarney Recreation Centre, where Katrina also took yoga and prenatal classes. They wanted to be in a neighbourhood that reflected their values.



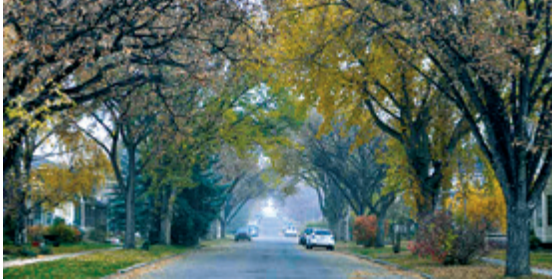
Her husband, Nathaniel, is a lawyer and musician, serving some of Calgary's most vulnerable communities through legal aid. Together, they've built what they call an urban, eco-conscious family. They try to live sustainably, avoiding meat at home, minimizing plastic, and buying almost everything pre-loved, from cribs and furniture to toys, through consignment or Facebook Marketplace. "Please don't buy us anything new," they tell friends and family during birthdays or Christmas.

Nathaniel's commitment to helping others has inspired their whole family to stay involved in local causes, whether it's environmental conservation, policy advocacy, or simply picking up garbage in the neighbourhood during the pandemic. That deep sense of care for their city is what led Nathaniel to take the next step: running for City Council. Life in Glendale and Killarney isn't just about work and service. They love eating out, trying new restaurants, or stopping for a soft serve at Luke's. Lusi is a current favourite for their pasta, and they love stopping at Food World to pick up South Asian Curry mix packs and frozen parathas.

When asked how she'd like to be remembered, Katrina doesn't hesitate: "As someone who is kind, thoughtful, and makes the world a better place through the small things we can all do in our own capacity." She believes that in a world that's changing so quickly, kindness and care will matter more than anything. "If neighbours and all of us can each just do our small part, it will be more than enough."



She's been reading *Humans of Killarney* for a while and loves seeing how many different voices make up the neighbourhood. "It's inspiring," she says. "Everyone, in their own way, is doing their part, big or small." And when Katrina isn't working or volunteering, you'll probably find her and Nathaniel exploring Calgary's restaurants, grabbing pizza from one of the many great Killarney pizza places, or hiking just outside the city, all reminders of how much they care about the place they call home. If you see Katrina at the KGCA Park, the Killarney Recreation Centre, or the Westbrook Public Library, say hi.



Killarney/Glengarry Real Estate Update

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

	Average Asking Price	Average Sold Price
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
September 2024	\$815,000	\$808,000

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

	No. New Properties	No. Properties Sold
August 2025	26	21
July 2025	31	19
June 2025	30	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
September 2024	31	17

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

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How You Can Support an Emotionally Avoidant Partner

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



Supporting a partner who struggles with emotional vulnerability can be challenging—especially if your own emotional needs aren't being met. You can offer support, but you are not responsible for doing their emotional work for them. Here are some ways you can create a safer environment for emotional connection:

1. Model Emotional Safety

- Be open with your own emotions in a grounded, non-blaming way.
- Use “I feel” statements instead of “You never” accusations.
- Normalize vulnerability by showing that emotions are human, not shameful.

2. Respect Their Pace—but Hold Boundaries

- Understand that emotional change takes time.
- Avoid forcing deep conversations when they're emotionally shut down.
- At the same time, be clear about your own needs. It's okay to say, “I need emotional openness in this relationship to feel connected.”

3. Affirm Effort, Not Just Outcomes

When your partner makes even a small attempt to open up, acknowledge it gently. “Thank you for sharing that.

It means a lot.” “I know that wasn't easy for you to say.” Positive reinforcement helps override the fear that emotional vulnerability will lead to shame or rejection.

4. Don't Take Avoidance Personally

Their emotional withdrawal is usually about self-protection, not about you. Try not to interpret their distance as lack of care—it's more often fear, confusion, or discomfort.

5. Encourage—but Don't Rescue

- Invite them into deeper connection but avoid doing all the emotional work.
- Encourage therapy or men's support groups where they can build emotional awareness in a safe space.

6. Stay Connected to Your Own Emotional Needs

Supporting someone else emotionally doesn't mean abandoning your own needs. Therapy, journaling, or support groups can help you stay grounded and clear about what you need in the relationship.

Emotional avoidance doesn't mean a man is incapable of love—it means he may be stuck in old protective patterns. With patience, boundaries, and the right kind of support, many emotionally avoidant men can learn to build deeper, more connected relationships.

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BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



BUSINESS CLASSIFIEDS

GLASS SERVICES: Maintenance, repairs, replacements & new designs for windows, doors, patio sliders, screens, showers, mirrors, railings, shelves, tables, cabinets & anything glass. We honour a 3-year warranty on our installs and workmanship. Flow Rite Glass Systems. 403-667-2134. Steve, 20-year Tradesman/Glazier, Strathcona Park resident.

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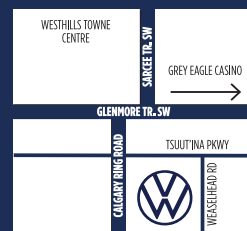
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