

SEPTEMBER 2025

DELIVERED MONTHLY TO 5,060 HOUSEHOLDS

KILLARNEY GLENGARRY

THE OFFICIAL KILLARNEY & GLENGARRY COMMUNITY NEWSLETTER

KGCA 75TH ANNIVERSARY PARTY
SEPTEMBER 21



VOTE NATHANIEL
SCHMIDT

LAWYER. ADVOCATE. DAD.
A STRONG, INDEPENDENT VOICE FOR WARD 8.

NATHANIELSCHMIDT.CA





MIGUEL CORTINES

**FOR CITY COUNCILLOR
WARD 8**

I BELIEVE IN CALGARY

**LET'S BUILD A MORE VIBRANT, SAFE,
PROSPEROUS, AND COSMOPOLITAN
CITY TOGETHER.**



**I BELIEVE IN CALGARY
DO YOU?**

MIGUEL'S PRIORITIES

RESPONSIBLE GROWTH

SUPPORT RESPONSIBLE DEVELOPMENT THAT RESPECTS COMMUNITY CHARACTER, IMPROVES INFRASTRUCTURE, AND ADDRESSES HOUSING AFFORDABILITY.

BETTER PUBLIC SERVICES

ACCESSIBLE, RELIABLE, AND COMMUNITY-CENTERED SERVICES TO ENSURE SAFETY, CLEANLINESS, AND WELL-BEING IN OUR CITY AND EVERY NEIGHBOURHOOD.

COMMUNITY ENGAGEMENT

EMPOWER RESIDENTS IN WARD 8 BY HAVING CONVERSATIONS AND ENCOURAGING ACTIVE PARTICIPATION AND COLLABORATION IN DECISION-MAKING PROCESSES.

VIBRANT ECONOMY

FOSTER INNOVATION, ENTREPRENEURSHIP, AND CREATIVITY BY SUPPORTING BUSINESSES, CREATORS, AND INNOVATIVE ECOSYSTEMS, TO MAKE CALGARY A MORE VIBRANT PLACE.

MIGUEL

For Calgary City Councillor Ward 8

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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

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	
Director of Events	Sonu Sunuwar	events@kgca.ca
Director of Traffic and Safe Streets	Olawale Tijani	traffic@kgca.ca
Director of Development	Tory Reade	dal@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
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

**Connect
& Share**

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



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@kgca.yyc

**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



Upcoming AGM & Available Board Positions

The KGCA has its AGM coming up on Oct. 23 at 6:00PM at the KGCA Hall. All new board members are voted in at the AGM, so if you're interested in joining the team, let us know! Check out all vacant position at kgca.ca/board. Learn more about the board and available positions by emailing pres@kgca.ca.



Multi-Sport Summer Camp

Thank you to everyone who joined us for our first ever Multi-Sport Summer Camp! With 11 kids in attendance, we're excited to expand this camp in the future. Although we faced a few challenges, we had an incredible time throughout the week, enjoying basketball and soccer, as well as engaging in yoga and crafts.

Upcoming Events:

Ward 8 Forum:

Sept. 3 | 6-7:30PM

Mayoral Forum:

Sept. 4 | 6-7:30PM

KGCA 75th Anniversary:

Sept. 21 | 3-7PM

KGCA AGM:

Oct. 23 | 6PM

Halloween Movie: Oct. 26

Last Minute Market: Dec. 6

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)

Is It Possible...?

Many of us in Killarney are feeling the effects of new construction continuing all around us. How are we managing? Is it possible to live our usual peaceful lives amid the sounds and inconvenience of huge trucks, endless staple guns and mud?

On our alley out of 32 houses only five original homes are still standing. Almost every neighbour has felt the joy and discomfort of new homes coming to fruition. The new neighbours who have come from well-established neighbourhoods may have never had the pleasure of the construction boom and with that, lots of misunderstandings of what it involves.

We were very lucky, within two hours of owning the property next door our new neighbours came to our door announcing: "we want to be your neighbours". From that moment we've had a great relationship with the builders.

It took a short time for the supervisor to get to know us. We lend them our water hose and our electrical outlets. We were glad to do it because it laid the groundwork for a good relationship.

The process of building a new home in a well-established 'hood is not simple. Mountains of earth gets taken out and then piled back in; enormous cement trucks, bulldozers, and a myriad of other gigantic trucks arrived with material that will magically be turned into a new house.

Our first task was to get to know the superintendent on the job. Rob turned out to be a gem. He patiently answered every question; when will the old house come down, when will the utilities be installed, when will it be back filled, when will the garage be built, when will the sidewalk be replaced, and on and on. Rob was incredibly patient, that allowed us to share the information with neighbours so that they knew when the alley would be blocked or the front street was unavailable, or the alley was covered in mud.

Rob helped us when we were having a music recital and needed some semblance of quiet even if it meant that in addition to the piano we had 'construction music' of

staple guns—it worked out, or when we needed access to our side yard when we had an "Open Garden" for the Calgary Horticulture Society.

When we had a fundraiser one evening we even borrowed fencing material from the construction site to hang art for the Artful Garden Party. We helped them get done what they needed to do, and they helped us when we needed it. It couldn't have been a better match.

We got to know their workers and they got to know who we were. We helped when they needed their water bottles refilled or to use the bathroom before the port-a-potty arrived.

Of course, we had a few misunderstandings—it's inevitable. It is puzzling why they want to run another fence alongside ours but that's ok we can make it work. I'm sure we'll learn later why it was so important.



Photo by Joey Stewart

The only real sticky wicket of the project was our desire to have solar panels on our roof. The new house takes away a lot of our sun. So, we took out one fir tree at the front of the house and made a sculpture out of it and we had another fir tree, my daughter's grade 3 seedling we planted over 50 years ago, at the back of the house "spiralized." The spiralized tree is so called by

taking out every other branch to allow more sun to shine through. We think this will allow sufficient sun to make solar panels work.

It's not always the case that you have builders that care about the neighbours but establishing a relationship that works towards that goal, is always worth it.

In the end, the real joy is having a new house and new neighbours. And we look forward to that! It is possible!





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FOR MORE CLASS INFORMATION PLEASE VISIT

KGCA.CA/EVENTS

2028 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.



KILLARNEY-GLENGARRY COMMUNITY ASSOCIATION

ENJOY EXCLUSIVE PERKS WITH YOUR KGCA MEMBERSHIP!

COMMUNITY PARTNERS INCLUDE:

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

TO ACTIVATE YOUR PERKS, SHOW YOUR KGCA
MEMBERSHIP CARD AT CHECKOUT!



LEARN MORE ABOUT THE
AVAILABLE PERKS AND
DISCOUNTS AT KGCA.CA



ALBERTA RENSHIKAN KARATE DO ASSOCIATION

Learn the Japanese Martial Art of Shito-ryu through qualified instructors of the Alberta Shito-ryu Renshikan Karate Do Association. Practice ancient Okinawan methods of self defense as they were traditionally taught. Classes available for Juniors, Youths, Adults and Seniors. Learn optional classes of traditional Okinawan Kobudo (farming weapons) to help preserve the Art. Classes are taught by registered Black Belts recognized by the Japanese (Mabuni) Shito-ryu Karate Association in Osaka Japan. Black Belt head instructors undergo Police, Criminal, and Vulnerable Sector Checks on a regular basis to ensure the integrity of the individual instructors.

If you would like more information or are interested in classes please contact the following individuals:
Frank Prystupa at (403) 988-6813 in the Parkland area or Seichi Yamashiro at (403) 271-9637 in the Killarney area.



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

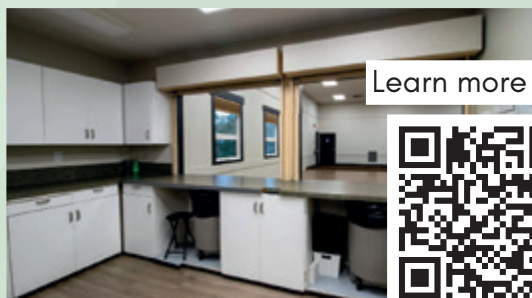
- Bouncy castle & games
- Speaker system
- Projector and screen
- Greenspace

BOOK NOW

✉ gm@kgca.ca

☎ (403) 246-6668

🌐 www.kgca.ca



Learn more here





75 Years of the K G C A

When: Sept. 21 | 3-7PM

Where: KGCA Hall

Details:

Join us at the KGCA to celebrate our 75th anniversary! We'll have food trucks, live music, a beer garden, face painters, games, and more. Let us know you're coming by registering online.

75





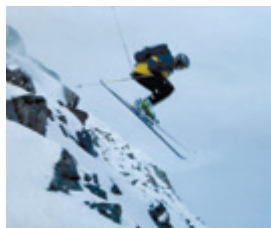
Healing in Motion: Denis Simons on Movement, Purpose, and Community

by Titash Choudhury

Born in Ontario, Dr. Denis Simons moved to Calgary in 1986 when his parents joined Petro-Canada. He's called the city home ever since. Now in Killarney with his family, he serves as a Clinic Director and has shaped a life centred on health, purpose, and community. His path to chiropractic care wasn't linear. After earning a science degree from the University of Lethbridge, he spent a year working and taking courses in Vancouver and Ontario before moving to Portland, Oregon for four years of chiropractic school. Drawn by a deep fascination with the complexity of the human body and his own experience as an athlete, he found the wellness and functional approach of chiropractic care to be a natural fit. The idea of treating the root cause of an issue rather than just the symptoms felt both intuitive and exciting to him.

After returning to Canada, Denis joined the ski patrol at Lake Louise.

Denis has always led an active life, and the hands-on, wellness-based approach of chiropractic care felt like a natural fit. Early in his career, Denis volunteered for over a decade with the Canadian Ski Patrol Association, served as an emergency first responder and associate patrol leader at the Lake Louise ski area.



While he enjoyed his time there and learned a lot about his career path, seeing athletes lose their confidence, joy, and sense of identity after an injury was heartbreaking. "When someone gets injured,

especially if it's their first time, they suddenly feel vulnerable and mortal," he says. "The effort it takes

to heal mentally, physically, and emotionally can be painful, but it changes their entire outlook on life." Dr. Simons embraces the bio-psycho-social model of pain, which recognizes that injuries affect the whole person, often bringing emotional, social, and psychological losses alongside the physical ones.

While sport and movement remain central to Dr. Simons' life, his deepest strength comes from learning to trust himself. If he could speak to his younger self, he'd say, "Worry less about what others think. Don't chase approval, trust your beliefs, your thoughts, and your feelings. Then act accordingly."



That mindset led him to launch his practice, become his boss, and create a clinic that reflects his values, a place where patients feel safe, supported, and informed. For Denis, travel, surfing, skiing, time with his family, and being in nature are just as essential; they feed his need for freedom and

genuine connection. That same desire for balance and belonging drew him to Killarney, where he bought his home in 2006. He was drawn by the neighbourhood's quiet charm and walkable streets. Since then, he's seen the neighbourhood grow denser and busier but also more vibrant. He still grabs slices from Inglewood Pizza, browses the toy-model shop, and meets friends at Bulgogi House or the Newcastle Pub. He loves the neighbourhood because it's a place where neighbours introduce themselves, share referrals, shovel each other's walks, and even pick up stray litter. As a business owner, Denis is excited about the proposed development near Westbrook Station. He hopes the changing neighbourhood brings wider sidewalks, more green space, additional daycare spots, and parks.

At home, life is a constant shuffle between activities, like swim sessions at Southland Leisure Centre with his kids, and planning camping trips. Dr. Simons believes in treating neighbours with compassion as one never knows the burdens they're carrying, whether emotional, physical, or psychological. Chronic pain can change people. So can loneliness. Learning our neighbours' names, exchanging numbers, these are small actions one can take. For Dr. Simons, community engagement is about belonging as it connects us with like-minded people and reminds you that the world can be both humane and kind.

This outlook shapes how one can show up for family and for oneself. He leaves off with a quiet offer: “If anyone wants to live a little healthier or needs a hand, I’m always happy to help whatever that looks like.” He carries his struggles and meets others without judgment. In a world that often rushes past pain and connection, Denis Simons slows down. He listens, he shows up, and he reminds us that leadership isn’t always loud.



GET TO KNOW YOUR

WARD 8

CANDIDATES

PRESENTED BY

Banview
Community Association

KILLARNEY

Richmond Knab Hill
Community Association

Mardo Loop
Community Association

SEPT. 3

6:00 PM TO 7:30 PM
KGCA HALL | 2828 28 ST SW

AGENDA

6PM - INTRODUCTION
6:30PM - Q&A PERIOD
7PM - MEET AND GREET

WARD 8 CANDIDATES

DAVE CREE, CORNELIA WIEBE,
MIGUEL CORTINES, NATHANIEL SCHMIDT, GARY BOBROVITZ

REGISTER

YOU MUST REGISTER TO ATTEND.
MAX 2 PER REGISTRATION.

KGCA.CA

REGISTER HERE

THE CITY OF CALGARY

Presents This Certificate To :

*Killarney Glengarry
Community Association*

For collecting the following weight in waste

12,215 KG

Congratulations on your successful cleanup on Sunday, June 08, 2025.
A big thank you to the Community Association and residents for your
commitment to keeping our communities healthy, safe and vibrant.

MAYORAL CANDIDATE FORUM

ABOUT

Join us at the KGCA Hall for a moderated forum featuring five mayoral candidates. This is an opportunity to hear directly from the candidates, ask questions, and engage in meaningful dialogue. A social gathering will follow the forum. You must register to attend, max 2 people per registration.

THURSDAY, 4 SEPT

2828 28 St SW
KGCA.CA

CANDIDATES

Sonya Sharp

Brian Thiesen

Jeff Davison

Jeremy Farkas

Zyrl Gondek

REGISTER HERE

Banview
Community Association

KILLARNEY

Richmond Knab Hill
Community Association

Mardo Loop
Community Association



VOLUNTEER POSITION AVAILABLE

JOIN OUR TEAM

WE ARE LOOKING FOR

Secretary

Must be residents of Killarney-Glenarry. 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.



KILLARNEY-GLENGARRY COMMUNITY ASSOCIATION

ANNUAL GENERAL MEETING

6:00 PM

OCTOBER 23, 2025

KGCA HALL

KILLARNEY

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In September 2001, Kylie Minogue released "Can't Get You Out of My Head" - and the world couldn't! The hypnotic pop song topped charts in over 40 countries and became the biggest smash hit of her career. La la la... you'll be humming it all day now.



What Is Cart Contamination?

by The City of Calgary, Waste and Recycling Services



We talk a lot about putting the right items into your blue, black, and green carts to avoid contamination. But what exactly is contamination?

Contamination is when the wrong items are put in the wrong bins. Sorting your waste into the right carts ensures material ends up at the right facility to be turned into new products or to be disposed of properly.

Most people do a good job with their carts. But the consequences of contamination create real challenges that impact the waste facilities, the health and safety of workers, and increase program costs for Calgarians.

Working together, we can keep our facilities and staff safe while ensuring our waste programs run properly.

Learn more at calgary.ca/contamination.

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Thursday 7am-6pm
Friday 7am-3pm
Saturday (1st/3rd) 9am-3pm

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Elect

HEHR

WARD 8



\$2.6 billion. That's the federal funding I delivered to Calgary as your MP, supporting seniors, people with disabilities, homes, roads, transit, arts, and the economy.

As your independent Ward 8 councillor, I'll keep fighting – and winning – for our communities.

My #1 job will be championing your interests to:

- Grow communities thoughtfully
- Create safer communities
- Modernize transportation
- Attract jobs & opportunity
- And, most importantly, ensure your voice is respected at city hall

On October 20, let's start building a stronger Ward 8 together.

Vote Kent Hehr for Ward 8.



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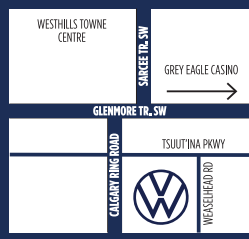


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