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FEBRUARY 28



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 ”

KGCA VISION

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**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
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Director of Fundraising	Gloria Esionye	fundraising@kgca.ca
Director of Facilities	Vinod Balakrishnan	facilities@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	
Director at Large	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	7:00 to 7:50 pm	kgca.ca/events
WEDNESDAYS		
Sportball	5:00 to 7:00 pm	sportball.com
Wednesday Yoga	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/

What's happening

KGCA News

www.kgca.ca | gm@kgca.ca



Last Minute Market

A huge thank you to everyone who joined us at the Last Minute Market in December! We can't wait to welcome you all back next year. Thank you to Servus Credit Union and Le Family Dental for sponsoring the event. Thank you to our volunteers for organizing, our vendors for attending, and the community for your continued support!



Rent the Lower Hall

Our Lower Hall is available to rent for meetings, parties, and special programs. This versatile space is ideal for community gatherings, workshops, celebrations, and more. With flexible seating arrangements and a welcoming atmosphere, the Lower Hall can be set up to fit your needs. Reach out to gm@kgca.ca for more info!



Upcoming Events:

Suds Social:

Feb. 28

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)

100 thousand Ways to Say I Love You

From the Middle Ages, poets and writers like Shakespeare romanticized Valentine's Day, associating it with chivalry, courtly love, and affections through poems and songs. Kids in school do it exchanging Valentine's cards; lovers do it and even friends do it! On a cold February day, it's an opportunity to pause from daily stresses to appreciate those people in our lives that are important.

For me, I love the unspoken but powerful 100 thousand ways to say "I Love You". Recently I've had a health scare that set me back on my heels that made me realize how much I relied on my husband and my daughter. I thought I knew all those things but when you're dependent it casts a whole new light on love. When you're not mobile; when nothing tastes good, when you're in pain and you're generally not feeling great, you become very dependent—a condition not particularly appreciated in our busy lives.

A whole new world opened up... asking for help for the simplest things—a glass of water, help to the bathroom. Where was my independent self, I shouted to myself. The husband began to call the sofa my "office" because I was spending so much time there, usually asleep.

Here are some ideas for a rich varied collection of ways to say "I Love You"—across moods, moments and meanings.

Simple and timeless: "Good morning honey, here's your coffee"; "text me when you get home"; "I saved you the last piece"; "I'm proud of you"; "I believe in you."

Playful and light: "You're stuck with me"; "You're my favourite human"; "I like you more than pizza"; "You make my heart do backflips."

Through actions: holding their hand; listening without interrupting; showing up; forgiving; choosing patience.

Words spoken in a heated discussion: "Perhaps you're right". These words were gifted to us on the day we were married and usually work to lower the temperature.

Long-lasting love: "We're a team"; "Every day again"; "Forever starts now"; "You are my person"; "I still choose you."

Unspoken but felt: a glance across the room; a shared laugh; comfortable silence; remembering little things; knowing what you need; missing you when you're gone.

Elizabeth Barrett Browning's *Sonnets from the Portuguese* says it best:

"How do I love thee?
Let me count the ways.
I love thee to the depth and breadth and height
My soul can reach."

She lived from 1806 to 1861.





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MESSAGE FROM THE DIRECTOR OF TRAFFIC AND STREETS

February challenges our streets with cold, snowbanks, and freeze–thaw cycles. Icy surfaces, narrowed sightlines, and winter fatigue heighten risk. This season calls for renewed attention to visibility, patience, and shared responsibility. By staying alert and supporting one another, we can keep Killarney-Glenarry safer and more accessible during winter.

For Drivers

- Maintain winter tires, antifreeze, wipers, and heating/defrost systems.
- Monitor municipal alerts, local news, and trusted sources to adjust travel plans.
- Expect icy intersections and longer stopping distances during freeze–thaw cycles.
- Stay attentive near bus stops, crosswalks, and school zones in low light.
- Observe school-zone speeds and clear all snow and ice from windows, mirrors, lights, and roofs.
- Follow snow-route signage, park considerately, and limit distractions.
- Use block heaters properly, maintain batteries, and carry booster cables and emergency supplies.

For Cyclists

- Use winter tires, bright lights, and high visibility layered clothing for warmth and visibility.
- Ride cautiously on ice, slush, and snow; signal early, allow extra stopping distance, and dismount when unsafe.
- Stick to maintained winter cycling routes and clean/lubricate components regularly.

For Pedestrians, Students, Families, and Pets

- Walk carefully on icy sidewalks and crossings; use traction footwear or ice cleats.
- Wear reflective elements or carry a light; stay on cleared sidewalks and avoid shortcuts.
- Keep phones away while crossing and supervise younger children.
- Remind teens to remain visible at transit stops and avoid sudden roadway entry.
- Keep pets leashed, use reflective collars/LED tags, avoid road edges, and protect paws from ice or salt.
- Allow extra time at intersections and clean up after pets to maintain safe walkways.

For Residents and Community Members

- Clear sidewalks within 24 hours of snowfall and maintain trimmed vegetation.
- Ensure porch and motion lighting works and keep hydrants, drains, and transit points clear.
- Check in on neighbours who may need help and apply sand or grit to icy areas.
- Park considerately to avoid blocking driveways, corners, or service routes.

Community and Enforcement Updates

- CPS and Bylaw Services enforce school-zone safety, speed limits, and parking restrictions.
- Pedestrian activity is high near schools and transit; motorists should allow extra time.
- Snow-route bans and winter maintenance may be activated; residents should monitor City alerts.

Expecting Winter and Freeze–Thaw Conditions

- Stock vehicles with warm clothing, shovel, traction aids, and emergency supplies.
- Plan routes to avoid low-lying areas, poor drainage, and limited visibility zones.
- Reduce speeds on slick roads, use headlights consistently, and give maintenance vehicles space.
- Adjust travel timing when possible and remain alert to sudden freeze–thaw patches.

Stronger Together: Lending a Hand in Our Community

- Check in on seniors, neighbours living alone, and those with mobility challenges.
- Offer assistance with snow clearing, sanding, or errands for those unable to manage safely.
- Accompany community members who feel unsafe navigating icy or low-light conditions.
- Share tools or reflective safety gear and maintain connection through acts of kindness that strengthen safety and community resilience.

For traffic or safety concerns, residents may call 3-1-1 or submit requests online. Reporting helps the City prioritize community needs.

Small daily choices—slowing down, staying alert, clearing walkways, and watching out for one another—can significantly improve safety for all.

Wishing our community a February rooted in caution, preparedness, and resilience.

Olawale Tijani

Director of Traffic and Safe Streets

Killarney-Glengarry Community Association

KGCA.ca

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WINTER FITNESS SCHEDULE

3536 50 St SW | PH: 403-246-6665 | gm@kgca.ca

MONDAY

5:50PM	High Fitness	Jan. 12 - Mar. 16
7:05PM	Monday Yoga	Jan. 12 - Mar. 16

TUESDAY

5:45PM	Family Yoga	Jan. 13 - Mar. 17
7:00PM	Core / Pilates	Jan. 13 - Mar. 24 (one week break TBD)

WEDNESDAY

7:30PM	Wednesday Yoga	Jan. 14 - Mar. 18
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THURSDAY

5:45PM	Neuro Tai Chi	Dec. 11/25 - Mar. 19/26
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Learn more or register for a fitness class by scanning the QR code or visiting kgca.ca/events.



Word of the Month

Malapropism: noun (mal-uh-prop-iz-uhm)

The unintentional use of a word that sounds somewhat like the one intended but is very wrong in the context.

Jane was so nervous about her speech she did not realize she had made a malapropism until an audience member made a joke about her word use.



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HOURS

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Sun, Holiday: Closed



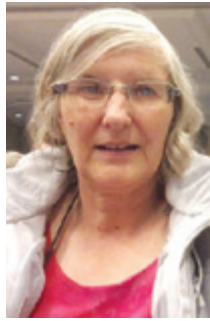
A Lifetime on 34th Street: Kathy Loveday's Killarney

by *Connie Loveday*

As a lifelong resident of Killarney, Kathy Loveday can speak to how the community that started in the 1950s has evolved. Kathy has lived on 34 Street all her 69 years.

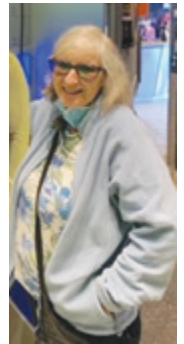
She still remembers many of the names of the original families with whom she grew up. She recalls that it started as a community where you knew every neighbour within a four-block radius; where road hockey could literally be played on the street because there weren't that many cars; where neighbourhood kids would eat at each other's houses; and where the Loveday kids would put on an annual Christmas production for all of the neighbours in their backyard. There were often competing snow forts and snowball fights across streets, with many children playing in their front yards together late into the summer evenings.

Kathy still lives in the same bungalow where her parents raised all seven Loveday children. The family bungalow remains a haven and a gathering spot for what is now a large extended family. Over the years, Kathy has babysat for countless neighbours, volunteered at the very first Terry Fox Run, and gone door to door canvassing for three different charities, back when that was still how community fundraising worked. The canvassing (for the Heart and Stroke Foundation, the Cancer Society, and the Diabetes Foundation) allowed her to meet the more isolated neighbours, and Kathy often stayed and visited with them on her route. She helped with many family and community garage sales, and with both Killarney and Holy Name elementary school fundraising events.



Kathy went to Holy Name Elementary School, advanced to St. Gregory's, then on to Bishop Carol, and eventually the University of Calgary to study education. She grew up in a neighbourhood where Blain MacLean, the pharmacist, knew all of his customers by name, and she was happy to see when Luke's, which is another independent pharmacy, took over. The Leong family ran the local 'corner' shop in the strip mall (Leong's Food Store), and her parents did their weekly grocery store at what is now called Maple Leaf Food Store. And Nick, well, Nick's Barber Shop has been there since the beginning. Over the years, members of Kathy's family have rented and/or owned 12 homes in the community, and all of her siblings still live within a two-block radius of each other, taking care of and looking out for one another.

When new development really started to take over, her siblings organized a meet and greet for some of the more mature neighbours to get to know each other or get re-acquainted, to be able to call each other by name when out for a walk, and to look out for each other as the Killarney community continues to evolve. This meet and greet has now expanded and involves different neighbours taking turns hosting.



Kathy remains an active and committed advocate for mental health and wellness, with a long history of both working and volunteering with the Cancer Society. Today, Kathy works and volunteers for the Schizophrenia Society, as well as Creative Community Living Activities (CCLA). Kathy is a long-time actress with schizophrenia Society's educational production "Starry Night", a traveling production that educates and enlightens audiences on the disease. She teaches art classes for the CCLA and does outreach and phone support for isolated people living with schizophrenia.

You can often find Kathy browsing the thrift store on the corner of 34 Street and 26 Avenue, a familiar stop in her daily routines, or walking up to the Westbrook

Imagine The Future of Recreation in Southwest Calgary

by The City of Calgary

We're planning the future Belmont Recreation Centre and Community Hub to give residents more places to swim, play, stay active, and connect. This project is part of GamePLAN, The City's vision and strategy for the future of public recreation that supports healthy, active communities.

The facility will be located within the Belmont Civic Site at Creekside Blvd SW and 210 Ave SW, alongside the Belmont Fieldhouse and Library which began construction in 2025.

What's Happening and Why

Southwest Calgary communities like Belmont are growing quickly, creating a need for more recreation opportunities.

The Belmont Recreation Centre and Community Hub will include an aquatics and fitness centre, gymnasium(s), multipurpose rooms, and two athletic turf fields, designed to bring people together through sport, fitness, and community.

What Feedback

We want to hear about the recreational activities you value most to help refine the draft concept for the facility.

Next Steps

Share your thoughts at an event or online at calgary.ca/Belmont between February 9 and February 27, 2026.

Once we've gathered your input, we'll review it and share the results. In spring 2026, look for our "What We Heard" and "What We Did" reports to see how your feedback helped shape the plan.



LRT to catch a train to one of her many jobs at the Schizophrenia Society or CCLA. These activities and opportunities to get out and about are what keep her motivated and feeling connected to the greater community and her city. She hopes that Killarney can continue to be the neighbourhood where seniors are respected and can safely walk the sidewalks all year round. She is grateful to know that neighbours continue to shovel each other's sidewalks, support mental health and wellness organizations, and both the new and old neighbours and the local businesses come to know her.

Thank you for taking the time to read our series, Humans of Killarney. To share your story, your neighbour's story, or the story of an inspiring community member with Humans of Killarney, email Titash Choudhury at titash.choudhury@gmail.com.



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☐ 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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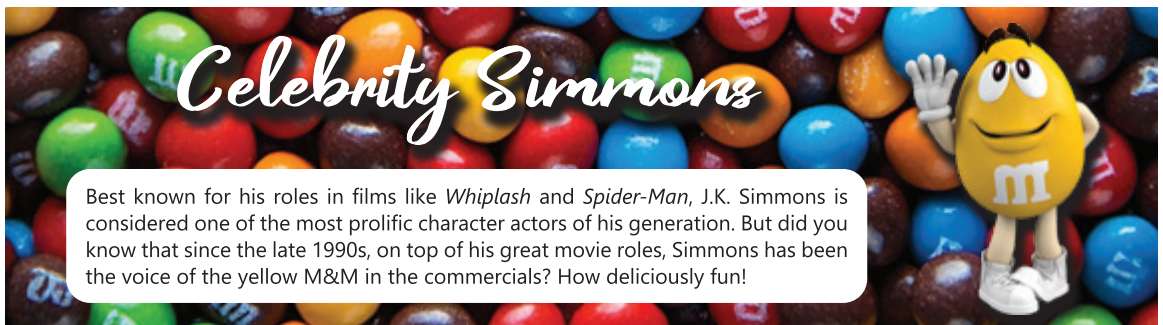
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Celebrity Simmons

Best known for his roles in films like *Whiplash* and *Spider-Man*, J.K. Simmons is considered one of the most prolific character actors of his generation. But did you know that since the late 1990s, on top of his great movie roles, Simmons has been the voice of the yellow M&M in the commercials? How deliciously fun!

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