

APRIL 2016

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# KILLARNEY GLENGARRY

THE OFFICIAL KILLARNEY & GLENGARRY COMMUNITY NEWSLETTER

**COMMUNITY CLEAN-UP  
& RECYCLE DAY**  
SUNDAY, MAY 1, 9AM-2PM



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<b>Tuesday to Friday</b>	
Lunch	11:30am - 2:00pm
Dinner	5:00pm - 10:00pm
<b>Saturday &amp; Sunday</b>	
Brunch & Lunch	11:00am - 2:30pm
Dinner	5:00pm - 10:00pm



Killarney/Glengarry  
Community Association

2828 - 28th Street SW Calgary, Alberta T3E 2J3

Phone: 403-246-6668 | [info@killarneyglengarry.com](mailto:info@killarneyglengarry.com)

[www.killarneyglengarry.com](http://www.killarneyglengarry.com)

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## Your KGCA

Contact Your KGCA:  
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T3E 2J3  
www.killarneyglengarry.com  
twitter / instagram @killarneyyyyc  
403-246-6668  
Email: admin@killarneyglengarry.com

*Community Association (noun): An organization of people and groups working for the common good of a neighbourhood.*

This is your community – all are welcome.

Come down, get a membership, enjoy the wide range of facilities, join the board, volunteer, and make new friends of your neighbours.

If you have any questions or concerns, or would like to find out more about how you can participate in your community, call us at the hall at 403-246-6668. If we are busy flooding the rink or setting up for a community function, please leave us a message and we'll get right back to you.



## Killarney-Glengarry Community Association Board of Directors

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Vice-President	Gina Hastie	vp@killarneyglengarry.com
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Engagement	Cortney Steinwand	engagement@killarneyglengarry.com

### KILLARNEY GLENGARRY COMMUNITY



## VISION STATEMENT

Together, let's build and live  
and thrive and love Killarney,  
and make it the best place in the world

## KGCA Facilities KGCA Hall Rental Perfect for any function!

Your Killarney-Glengarry Community Association Hall is available for rental use at competitive rates, with preferred rates for KGCA members.

The KGCA Hall is a valuable resource for the citizens of Killarney-Glengarry. When you hold your birthday parties, special events, team parties, and group meetings there, you invest in your community.

Weekdays	(Monday – Thursday)
Non-members	\$35/hr (min 4 hrs)
Members	\$30/hr (min 4 hrs)
Weekends	(Friday – Sunday)
Non-members	\$55/hr (min 4 hrs)
Members	\$50/hr (min 4 hrs)

- A \$250 damage deposit is required to secure booking.
- \$75 janitorial fees charged on ALL bookings.
- GST will be added to all rental fees.

Renting the KGCA Hall is easy! Just call Lola at 403-474-3845 or email killarneyhallrentals@gmail.com.



## MESSAGE FROM THE KGCA BOARD

Happy Spring! This neighbourhood is beautiful in the Spring. Well, in our opinion, it's beautiful all the time. But there is something about the blooming flowers and watching your neighbour sweep out his garage that just makes you happy, right? Here are a few things happening around Killarney:

- Our annual Community Clean-Up and Recycle Day is happening on May 1! This is a wonderful way to keep large unwanted items out of our alleyways. We need volunteers to help organize cars and let people know where they can place their items, so please lend a hand if you can! See the poster in this newsletter for more information.
- After you have cleaned out your house for the clean-up day, what do you do with all of your items that are still in great shape? Our answer: the annual garage sale will be May 14 this year! Start making a little pile of things that you can save from the landfill and sell to a new home. Look for our poster in the newsletter for how to book your table.
- These shoes are made for walking... Interested in learning more about your community or sharing interesting information about Killarney? Participate in our Jane's Walks! Take a look at Joey's article in this month's newsletter to find out how to be involved.

We want to say a HUGE thank you to the volunteers who helped at our casino fundraising night in February! Without volunteers working at this casino, our Hall would have a difficult time keeping our doors open. This gives us most of the money we need for our operational costs. Can you believe that we filled up all of our volunteer spots, even those from 7:00pm – 3:30 am?! Those people are troopers. To the new volunteers who signed up because you saw our pleas on Facebook or the message board, a special thank you. We hope you met some new neighbours!



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# Jane's Walk

## Citizen led walking tours towards community building

### Jane's Walks May 6, 7 & 8

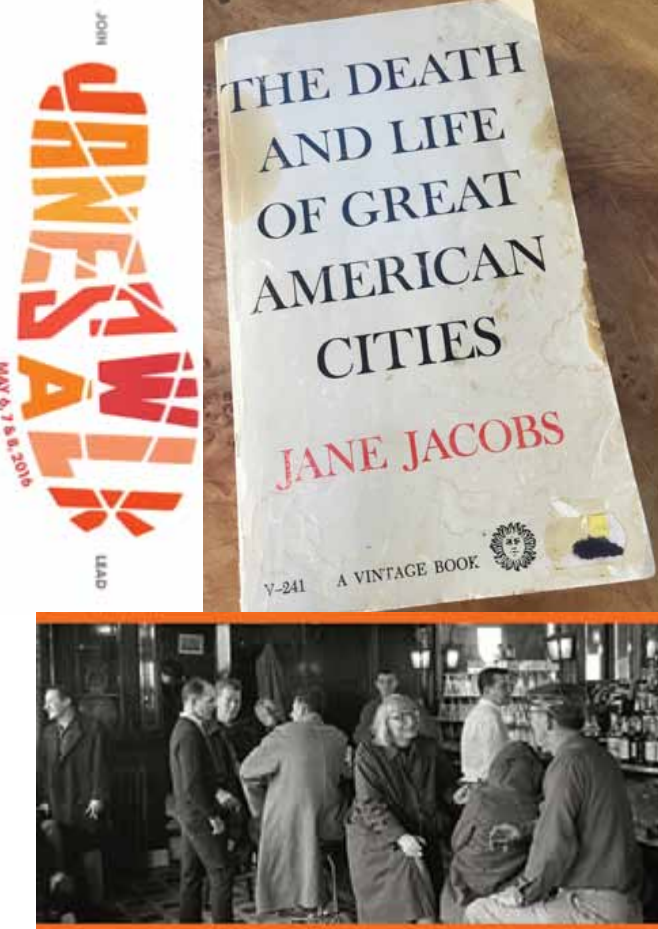
*"No one can find what will work for our cities by looking at suburban garden cities, manipulating scale models, or inventing dream cities. You've got to get out and walk."*  
Jane Jacobs, Downtown is for People, 1957.

Jane Jacobs (1916-2006) was an urbanist and activist whose writings championed a fresh, community-based approach to city building. She had no formal training as a planner, and yet her 1961 treatise, *The Death and Life of Great American Cities*, introduced ground-breaking ideas about how cities function, evolve and fail.

Jacobs saw cities as ecosystems that had their own logic and dynamism which would change over time according to how they were used. With a keen eye for detail, she wrote eloquently about sidewalks, parks, retail design and self-organization. She promoted walking, higher density in cities, short blocks, local economies and mixed uses. Jacobs helped derail the car-centred approach to urban planning in both New York and Toronto, invigorating neighbourhood activism by helping stop the expansion of expressways and roads in the wrong places. She lived in Greenwich Village for decades, then moved to Toronto in 1968 where she continued her work and writing on urbanism, economies and social issues until her death in April 2006.

She was a firm believer in the importance of local residents having input on how their neighbourhoods develop. Jacobs encouraged people to familiarize themselves with the places where they live, work and play. Jacobs wrote incisively and beautifully on the importance of dense and vibrant cityscapes, famously uncovering the 'sidewalk ballet', that intricate dance between neighbours and passers-by that make a street enjoyable and friendly.

She was born in Pennsylvania and married Robert Hyde Jacobs, a Columbia educated architect in 1944. They had two sons and a daughter and lived in Greenwich Village. Jane worked as a journalist in New York City for *Architectural Digest* and became known for her views



on Urban Planning and her concern for 'urban blight'.

In 1968, Robert and Jane, concerned for their son's safety as the US ramped up for the Vietnam War, moved to Toronto. While living in New York, she effectively led the defeat of the Cross Bronx Expressway which would have destroyed Greenwich Village. It would have displaced 132 families and ruined 1000 businesses. She dealt with Robert Moses, the chief architect of the plan, head on. She was arrested and charged with inciting a riot, criminal mischief and obstructing public administration - after months of trials her charge was reduced to disorderly conduct.

When she arrived in Toronto, the Spadina Expressway was designed to plough through downtown Toronto effectively destroying what is now known as the most vibrant part of Toronto. Jacobs applied her recently found skills in New York to influence the city to abandon those plans preserving downtown Toronto for future

generations. She became an internationally renowned writer and activist and her ideas are what have made modern cities today, more liveable.

When Jane died in 2006, her friends got together to find a way to honour her huge contribution to the preservation of cities. They talked about plaques and statues but in the end decided that the most fitting memorial would be to encourage people worldwide to walk and talk to their neighbours about their favourite places in their neighbourhoods. And "Jane's Walks" were born. They are a series of free neighbourhood walking tours held in cities around the world that helps put people in touch with their environment and with each other, creating a space for cities to discover each other.

For the past 10 years ordinary people have been leading their friends and neighbours through their 'hoods to discover hidden gems and to honour and respect the places they live. This is Calgary's ninth year to foster people in the city to lead walks to enjoy their communities. This year Killarney is encouraging people to look around their neighbourhood and create a walk about the things they like best in their corner of Killarney.

In Calgary in the past 10 years, 241 walks led by 84 citizens have walked and talked their way through fascinating parts of Calgary.

Children do it. Ordinary people do it. Seniors do it. Think of a place you'd like to tour. It can be anywhere. Go there for a walk and observe the things and people around you. Take notes. As you walk think about a few places along the route that would make good places to stop. What is interesting and what could offer a good starting point for a discussion with your neighbours?

Once you have your walk idea, go online and create an

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account on [janeswalk.org](http://janeswalk.org)

Use the Create a Walk application to bring your idea to life. You can see my walk

Joey's Jaunt: Explore Glengarry as an example.

A Jane's Walk by someone who has lived in Killarney for a long time to share their thoughts on their little piece of Killarney would be very special and a Jane's Walk to hear the thoughts on people who are new to Killarney would give us a 'fresh eyes' view of the 'hood.

I will hold two sessions on "How to Lead a Jane's Walk" on March 19 and April 16 from 10 - 11 a.m. at 2616 - 26 St SW. for 12 people at each session. Register at [joeycalgary@aol.com](mailto:joeycalgary@aol.com) or 403-246-9469 if you're curious about how you could lead a walk in your little corner of Killarney. We can create opportunities for children led tours, too! Prepare yourself for leading a Jane's Walk May 6, 7 or 8 and be a part of this world wide movement by celebrating Killarney.

Join Joey Stewart on her walk Joey's Jaunt: Explore Glengarry and end up at a Garden Party. Photos courtesy of Lorne Kingwell and Janes Walk Toronto

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### Our squirrels are getting fat!

While they sure can be cute, please refrain from feeding the neighbourhood squirrels shelled peanuts or other nuts that they can bury. Squirrels create messes of the gardens around the 'hood by digging up flowers and bulbs. Let's try to keep our squirrels healthy and less chubby.

killarneyglengarry.com

# Editorial Content DEADLINE

1<sup>st</sup> of each month for the next month's issue

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CBE	
A. E. Cross	7-9
Alexander Ferguson	K-6
Ernest Manning	10-12
Glendale	K-6
Richmond	K-6
Vincent Massey	7-9
CSSD	
St. Thomas Aquinas	K-5
St. Gregory	6-9
Bishop Carroll	10-12
St. Mary's	10-12
Holy Name (FR)	K-6
St. Michael (FR)	K-9



## Playgroup at the Hall for Kids!

Parents & Tots is a community-based drop-in program that is open to everyone! We are a playgroup that meets every Wednesday morning from 9am to noon. We have cars to drive, an arts and crafts table, and a bouncy castle! If you have a little one and are looking for an indoor activity in the cooler weather or need to connect with other parents in the neighbourhood, please come out and join us for some fun and conversation! There is a small \$2.00 fee per family to help with toy replacement and some craft materials.

# Join Us!

Top Reasons To become a Member:

- > BECOMING MORE CONNECTED TO YOUR COMMUNITY
- > GETTING TO KNOW YOUR NEIGHBOURS - NEW FRIENDS
- > HAVING A VOICE ON PLANNING AND DEVELOPMENT
- > ACCESS TO NEWS, UPDATES, FACILITIES & EVENTS
- > SAFETY, FUNDRAISING, COMMUNITY-BUILDING

## The Royal Canadian Legion

### Millennium Branch #289

2828 -28th Street S.W.  
Entrance at southside of the hall  
The Legion continues to extend a warm welcome to all residents of the Killarney/Glengarry Community.

### NEW Hours of Operation

Friday: 4:00pm - 9:00pm  
Saturday: 1:00pm - 9:00pm  
Sunday: 1:00pm - 7:00pm

If you are looking for a venue for a small birthday or anniversary celebration, the Legion may be your answer. For more details, please leave your number at (403) 685-8820 and someone will get back to you as soon as possible.

## FAMILY MEMBERSHIP APPLICATION

2828 28th St S.W. Calgary, Alberta T3E 2J3  
403-246-6668 | [admin@killarneyglengarry.com](mailto:admin@killarneyglengarry.com)

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Interests: (dance,soccer,etc.) \_\_\_\_\_

**Thanks for supporting your local community association!**  
Cut out and mail with cheque for \$25 made payable to Killarney Glengarry Community Association or sign up online at [www.killarneyglengarry.com](http://www.killarneyglengarry.com)



# Our Pets And UNWANTED Passengers

Parasites, both external and internal, are present in Calgary, but traditionally because of Calgary's elevation, dry climate, and extreme winters the risks of infection were low. This may be changing with our changing weather; Calgary never hit minus 30 degrees winter 2014-2015, we are still waiting for winter this year, and we've had two wet summers. Review your pet's annual anti-parasitic regime. The absolute minimum recommended by veterinary professional associations is an annual fecal examination, but this is now inadequate for all but a strictly indoor pet. It is also imperative you examine your pet's lifestyle and travel plans to determine his or her individual needs.

As far as external parasites go we haven't seen fleas in Calgary except on pets travelling in or through, but this summer the number of cases of lice and ticks is expected to dramatically increase. Ticks are usually seen April to October in Alberta but studies reveal ticks can become active seeking a host at 4 degrees centigrade. All ticks received by veterinarians are submitted to Alberta Tick Surveillance project to determine species and if they are carrying secondary diseases, such as Lyme disease. Lyme disease is carried by the black-legged tick. That tick is rare in Alberta but may be carried in by a migratory bird. Dogs rarely become clinically ill if the Lyme disease or *Borrelia burgdorferia* pathogen is in the tick; but if the tick moves onto a human host, people get very ill. Lyme disease is considered endemic to parts of B.C. and east of Winnipeg. Previously our clinic recommended tick and louse protection if lifestyle and travel dictated it. This year we recommend prophylactic anti-parasitic medications for all dogs and cats that go outdoors.

Heartworm disease is not in mosquito populations in Alberta, but provincial and national bodies monitor the situation to keep veterinarians members informed. As with tick and louse prevention, monthly protection is easier than finding out what areas have the parasite.

West Nile Virus is in Alberta mosquito populations but dogs and cats do not tend to become clinically ill. This disease affects birds, horses, and people. Use repellents during mosquito season.

A type of microscopic tapeworm known as *Echinococcus multilocularis* has recently been identified in the coyote populations around Edmonton and Calgary and in Nose Hill Park. The lifecycle of this tapeworm carries it between the wild carnivores, such as fox and coyotes, and the rodent populations. If a dog or cat picked up this parasite from a rodent they ingested, they may show no symptoms. A person contracting this parasite from a pet is an atypical host and the alveolar form of tapeworm infection in humans can be devastating. Regularly deworm any pet known to catch rodents.

We have become a population of people and pets that travel and move all over this continent and world. Contact your veterinarian for advice about the parasites that can infect your pets, and initiate prophylactic prevention as required. Also be conscious of the changing weather in our own backyard increasing our risk as we invite our furry family members onto the couch, into the kitchen, and onto our beds. Prevention is easy but treatment is often not as simple. Also tell your vet if you have dogs and cats as some dog products are toxic to cats.

*Jennifer L. Scott, D.V.M.*



## KGCA Annual Garage Sale!

**Saturday May 14, 10am – 4pm**

All welcome! Come to the Hall – 2828 28<sup>th</sup> St SW – to find a bargain and enjoy a BBQ lunch from 11am-1pm

Book your table now for only \$20 – just call

Lola on 403-474-3845.

Plus, you can donate any leftover items to the Canadian Cancer Society at the end of the day.

See more events at [killarneyglengarry.com](http://killarneyglengarry.com)

Brought to you by the Killarney-Glengarry Community Association



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**IN & AROUND  
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**EMS: Bicycle Helmet**

**Safety**  
Head injuries are a leading cause of serious injury and death to children riding bicycles\*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, or cycling.

**Getting informed**

- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

**Getting started**

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example – always wear a helmet when cycling.

**Getting the right fit**

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a "Y" below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.

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## Happy 110th Birthday, Killarney!

Calgary was incorporated as a town in 1884 and by 1894, Calgary had grown so much, it was incorporated as a city. It was prime Canadian real estate, situated on the Bow River, 220 km north of the American border nestled between the western prairies and the mountain foothills.

Though the earliest evidence of human settlement dating back 12,000 years consists of spear points found in fields east of the city - European ancestors are essentially late comers. Our indigenous neighbours' civilizations are ancient. Fireplaces, storage pits and tipi rings date back more than 4,000 years. Sites depicting religious customs also exist in the form of fieldstone medicine wheels, cairns and effigies, while a pictograph panel can be seen on the Big Rock near Okotoks, south of Calgary, a glacial erratic left as a gift from the last ice age.

The word Calgary, of Gaelic origin, means "bay farm" or possibly "Kali's Garden" - an interpretation that tickles me.

As the calendar turned over to 1900, Calgary was a bustling boom town.



Cattle ranching was already established as a strong economic industry. The southern Alberta farmer's cash crops also brought rapid growth to Calgary, whose population increased by more than 1000%, if you can imagine, between 1900 and 1911. Because the rail lines stretched in all directions, Calgary was a prime distribution centre for goods in southern Alberta and therefore, attracted thousands of people.

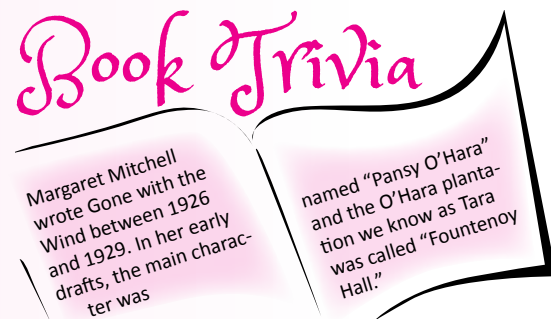


Calgary currently grows about 2% per year - a remarkable difference!

It was during that time that there was a huge housing boom. Calgary was needing to expand as new immigrants were enticed to come. Thomas Jackson, a local cattle rancher with land that spread from the sandstone quarry in the Crowchild Trail valley to Twin Bridges, took the opportunity to subdivide part of his land and registered Killarney and Glengarry in 1906 with the Alberta Land Titles office. He knew that Canada was interested in attracting the Irish from Ireland and Scots from Scotland to make new lives as Canadians and he wanted to make them feel welcome.

Happy 110th Birthday Killarney!

*Joey Stewart is a long time Glengarry resident who loves the 'hood. Photos courtesy of the Glenbow Archives and the public domain taken before 1949 in Canada.*



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## Community Clean-Up & Recycle Day Sunday May 1, 9am – 2pm

Come to the KGCA Hall – 2828 28<sup>th</sup> St SW – and dispose of unwanted items including:

Electronics, Furniture, Metal, Glass, Yard Waste, Household Batteries, Gently-Used Clothing (to be accepted by W.I.N.S) & Bicycles in any condition (donated to Bicycles for Humanity)

You **MUST** be a Legion or KGCA member to take advantage of this – only \$25 on the day or buy in advance at [www.killarneyglengarry.com](http://www.killarneyglengarry.com)

*Volunteers needed – call Lola at 403-474-3845 for info*

*Brought to you by the Killarney-Glengarry Community Association*



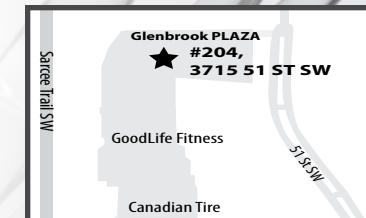
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## MAY 6 AND 7 CALGARY INTERNATIONAL BEERFEST

The Calgary International Beerfest occurring May 6 and 7 at the BMO Centre and will be the largest beer festival in Western Canada! More info at [www.albertabeerfestivals.com](http://www.albertabeerfestivals.com).



## MAY 20 AND 21 E.T. FILM WITH ORCHESTRA

Experience Steven Spielberg's classic film in a new way — screened while the Calgary Philharmonic Orchestra performs John Williams' Academy Award-winning score live. [www.calgaryphil.com](http://www.calgaryphil.com)



## MAY 21 - KENT SANGSTER'S OBSESSIONS OCTET

Jazz YYC presents the Obsessions Octet. The group is a Juno Award-nominated ensemble that mixes classical tango and jazz. [www.jazzyyyc.com](http://www.jazzyyyc.com)



## YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- 1 • **February 3 to May 29 - Herein We Dwell: Unexpected**
- 2 **Images of Calgary in the 1890s:** A rare glimpse into the
- 3 everyday life of 1890s Calgary is presented with little-seen
- 4 historical images of early neighbourhoods and people. [www.lougheedhouse.com](http://www.lougheedhouse.com)
- 5 • **April 22 to June 26 - Young Frankenstein:** Young
- 6 Frankenstein tells the story of Frederick Frankenstein, Victor
- 7 Frankenstein's grandson, and how he inherits the family's
- 8 estate in Transylvania. With the help of two sidekicks, he
- 9 tries to fill his mad scientist grandfather's shoes. [www.stagewestcalgary.com](http://www.stagewestcalgary.com)
- 10 • **April 28 to May 1 - Arab Nights Film Festival:** The
- 11 Calgary Arab Arts and Culture Society presents the annual
- 12 Arab Nights Film Festival at Festival Hall. The organization
- 13 uses a variety of film to present a positive view of Arab life
- 14 and society. [www.calgaryarabartssociety.ca](http://www.calgaryarabartssociety.ca)
- 15 • **April 29 to May 5 - 2016 YYC Taco Fiesta:** The city's first
- 16 YYC Taco Fiesta kicks off on April 29. It is a week-long
- 17 celebration of the best tacos in the city. The inaugural
- 18 food festival comes to a close on May 5 with a Cinco de
- 19 Mayo bash. [www.yycacofiesta.ca](http://www.yycacofiesta.ca)
- 20 • **May 2 to 21 - Flora and Fawna's Field Trip:** As well as
- 21 developing survival skills and creating crafts that your
- 22 mom will love and put up on the fridge, the heartwarming
- 23 play is all about the power of being a little bit different. [www.lunchboxtheatre.com](http://www.lunchboxtheatre.com)
- 24 • **May 6 to 8 - Jane's Walks:** Jane's Walk is a weekend
- 25 festival of free neighbourhood walking tours. Register
- 26 to learn about different neighbourhoods and buildings
- 27 in the city from passionate volunteers, and share your
- 28 knowledge of the areas, too. [www.janeswalk.org](http://www.janeswalk.org)
- 29 • **May 13 to 15 - Calgary Reads Big Book Sale:** More than
- 30 1,000,000 used books can be purchased over the three-
- 31 day event. As well as a shopping event, there are also
- special events taking place during the three-day sale. [www.calgaryreads.com](http://www.calgaryreads.com)
- **May 26 to 29 - Ella:** This isn't the story of Cinderella that
- you already know and love. The local opera company
- takes Rossini's *La Cenerentola* and performs it with a few
- Calgary twists. [www.cowtownoperacompany.com](http://www.cowtownoperacompany.com)
- **May 28 - 2nd Annual Bridgeland Cultura Fest:** Spend a
- day exploring the neighbourhood of Bridgeland this spring.
- The second annual Bridgeland Cultura Festival showcases
- all that the neighbourhood has to offer. [www.facebook.com/Bridgeland-Cultura-Festival-520066664797700/](http://www.facebook.com/Bridgeland-Cultura-Festival-520066664797700/)



Article by J. Turner

Photo by Andrea S. H. Hunt

## THE PORCUPINES A Prickly Subject

The North American Porcupine, *Erethizon dorsatum*, Canada's second largest rodent (after the beaver), is a well known mammal, with many legends related to it. It was a part of the life of early settlers and First Nations communities across the country, the quills (or spines) being dyed and used for decorative purposes, and the meat providing food through the winter.

The porcupine, when described, seems an odd looking animal, having: a short blunt nose, small (short sighted) eyes, almost invisible short round ears, orange continuously growing front teeth, humped shoulders, bowed legs, long curved claws for climbing trees, a thick rounded muscular tail, and a soft woolly undercoat with long yellow tipped guard hairs that conceal its quills. It plants its feet fully on the ground when walking (like humans and bears), moving with a slow swaying walk, and a clumsy looking gallop when threatened. The larger male porcupine can weigh up to 18 kgs (40 lbs) and be up to 90 cm (36 in) long (not including its tail of up to 30 cm or 12 in long).

This usually quiet, peaceful animal lives alone for most of the year, in a well-treed area, just going about its business. It's a herbivore eating a diet that varies from season to season: mostly inner bark and things like pine needles in the winter; when the sap rises in the spring,

adding leaves and catkins to its diet; over the summer enjoying herbs, dandelions, thorn apple, clover, grasses, water lily and arrowheads; and seeking out beech and acorn nuts, wild fruit, and raiding cornfields and orchards as fall comes. The porcupine relies on its nose to find food, and knowledge of its home territory, as it rarely strays far from its den (in caves and crevices, under logs or rocks) to find food.

But what about the stuff of legends? The porcupine's most well known feature are those quills, some 30,000 of them. Many believe that porcupines 'shoot' quills at their predators to drive them away. The quills are actually modified (keratin coated) thick hairs and there are none on the muzzle, legs or under part of the belly. Quills are longest on the back and tail (up to 10 cm or 4 in) and when raised push the guard hairs forward forming a crest. Each quill is hollow and embedded in the skin, where they are attached to a small muscle that pulls it upright in the fur when the animal feels threatened. Quills have black tips and yellow or white shafts. The tip tapers to a fine point covered by dozens of small black barbs, which feel rough to the touch. When they are moist (such as when embedded in skin) they swell up working the quill into the flesh. When a porcupine feels threatened, it will chatter its teeth to warn off its predator and make for the closest shelter (rock, log, or up a tree). If caught on the ground it pulls its head in, stomps its back feet, stands up its quills, and lashes its tail sending loose quills through the air, appearing to "shoot" them at the threat. All a predator has to do though is touch a porcupine with raised quills for the quills to transfer to them. If treed, the porcupine will only act if the threat climbs the tree, then it will back down the tree flicking its tail and sending quills flying. In addition to being used for defence these air filled quills make excellent flotation devices for accessing food sources growing in watery areas, and help insulate the animal in the winter.

The porcupine's most troublesome habit (as far as humans are concerned) is its penchant for chewing to keep the size of its front teeth in check. It is known to chew tires, leather, and wood in areas where humans (unwittingly) provide the materials. They will chew on cast off antlers and bones where there are no humans around.

**If you find an injured or orphaned porcupine, or other wild animal or bird, please contact the Calgary Wildlife Rehabilitation Society for further instructions.**



# Taking Care of Your Teeth as You Age

By Stephanie McIntyre

Aging happens to the best of us – and even leaves its mark on our smile. From dull, yellow teeth to hyper sensitivity – the years can really show when we smile. But just like anti-wrinkle creams – there are a few dental treatments that can peel back the years.

## Aging Teeth

**Nothing can give away your age more than your smile.** Creams, makeup and clothes can hide a multitude of signs that your twenties are well and truly gone – but your teeth – how can the average person disguise gum recession, worn teeth and tooth discoloration – all common ailments of an aging mouth. **Anti-aging dentistry may not be available in a bottle, but there are certain procedures that can help to restore your smile and youthful appearance.** Teeth Whitening is an easy, safe and affordable method to reverse the effects aging has on the colour of teeth – and though anti-aging dentistry doesn't come in a bottle it may just come in a syringe of whitening gel – a solution that contains ingredients that will lighten stains and other colour imperfections such as yellowing and greying of tooth enamel.

## Dental Procedures That Reverse The Signs of Aging

The amount of candles on your birthday cake may have grown – but the desire to have healthy looking teeth

has never been stronger. And though there are several dental procedures that help reverse the signs of an aging mouth – nothing works quite as well as prevention. Taking care of your teeth throughout every year of life will help ensure that your smile not only looks good but functions optimally. Addressing the destructive habit of clenching and grinding will prevent teeth becoming worn, short and flat. The grinding of tooth enamel increases tooth sensitivity – making enjoying your favourite foods challenging as enamel gets thinner and dentin exposure becomes more pronounced. Gum recession is another symptom of clenching and grinding as the force and movement of grinding causes gums to become inflamed and pull away from teeth. Increased root exposure does nothing to help tooth sensitivity – as roots don't have the protective covering of enamel to help insulate the tooth from temperature and sugar stimuli.

Talking to your dentist about clenching and grinding as soon as you become aware of the habit will help your dental team intervene and slow the damaging impact. Wearing a night guard and discussing options of correcting bite issues that may be influencing the grinding habit is a great place to start in age-proofing your smile.

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Killarney/Glengarry Real Estate Update

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

	Average Asking Price	Average Sold Price
February 2016	\$585,900.00	\$565,000.00
January 2016	\$609,450.00	\$575,000.00
December 2015	\$725,000.00	\$677,500.00
November 2015	\$739,999.00	\$717,500.00
October 2015	\$694,900.00	\$675,000.00
September 2015	\$689,900.00	\$662,500.00
August 2015	\$725,000.00	\$715,000.00
July 2015	\$769,499.50	\$751,500.00
June 2015	\$699,000.00	\$688,500.00
May 2015	\$772,450.00	\$757,500.00
April 2015	\$624,900.00	\$608,750.00
February 2015	\$823,000.00	\$816,250.00

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

	No. New Properties	No. Properties Sold
February 2016	16	3
January 2016	12	4
December 2015	8	9
November 2015	14	9
October 2015	16	6
September 2015	16	8
August 2015	21	9
July 2015	12	14
June 2015	17	17
May 2015	23	10
April 2015	13	12
February 2015	15	6
Total	194	113

To view the specific SOLD Listings that comprise the above MLS averages please visit [killarney\\_glengarry.great-news.ca](http://killarney_glengarry.great-news.ca)



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This month I would like to talk about one of the backbones of our city: Community Associations. These volunteer organizations are run by our friends and neighbours, often acting as the voice of the community, and they bring us together as Calgaryans.

Making the community a great place to live work and play is probably one of the most important things Community Associations do. People come together to create the kind of community they want. We have stunning community gardens to enjoy, a variety of locally organized youth sports, seniors activities and several farmers markets, all thanks to Community Associations.

Working with the city, Community Associations are often those consulted first on changes coming to the community. Whether that be a new school zone, community garden, or changes to zoning, Community Associations are the front line our communities have representing our local interests.

It never ceases to amaze me how much creativity, hard work and commitment I see from people, taking time out of their busy lives to strengthen the community around them. There's the soccer coach who is so dedicated to their kids that, even if it means driving around playing taxi before and after games, the coach ensures that all the kids in his community have a chance to play. There are the people who tend to the community skating rinks and make their phone number available to neighbours, so that when problems arise, as they always do, the first step of problem solving is kept local, with supportive friends and neighbours.

I try very hard to get out and participate in as many events that local Associations put on as I can. Recently I attended the Rosscarrock AGM. I've been skating and tasting delicious popcorn at the winter festivals in Glenbrook, Glendale and Westgate, and I've sat in the basement and had a beer in Killarney Glengarry with veterans from the legion.

If you have an event taking place in your community and might be interested in having me out, do not hesitate to give the office a call at 403-246-4794.

I am proud to represent so many communities supporting one another in such great ways. I would like to sincerely thank all of the hard working and talented community organizers we have here in Calgary Currie.

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**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

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~continued on page 25~



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It has been over 100 days since I was appointed Minister of Veterans Affairs and Associate Minister of National Defence. Each and every day I am honoured and proud to serve those who wear—or who have worn—our nation's uniform.

The opportunity to work with my caucus colleagues from across Canada is rewarding, and being a strong voice for Calgary and Alberta at the cabinet table is a tremendous privilege and responsibility that I do not take lightly.

The Prime Minister has given me an aggressive mandate, one that I plan to fulfill through stronger relationships with veterans and the organizations that represent them.

During my first days, I participated in a number of Veterans' Week activities, including Remembrance Day ceremonies in Ottawa. This special day was humbling and concluded a week of learning and listening. It reconfirmed my commitment to ensuring that we get Veterans the care they need, when and where they need it.

Within the first month, I travelled across the country to engage with Veterans and Veterans' organizations, and held my first Veterans' Stakeholder Summit in Ottawa in December. Next, I travelled to Poland and Ukraine to meet our Canadian Armed Forces troops during the holidays and to thank them for their service on behalf of all Canadians.

Veterans will once again be able to access services in offices closed in recent years. And, we have already rehired more than 175 front-line staff to provide more support to Veterans across Canada.

I know that times are tough for Alberta and Canada. In the first 100 days as a government, we have quickly begun work on key campaign promises that I believe will make a real difference in the lives of Canadians.

We have already reduced taxes to the middle class. This will put more money in to 9 out of every 10 Canadian pockets.

We have implemented a consultation process for pipeline projects that allows for industry, communities, first nations and people who are concerned about the environment to take part. I truly believe we are on a path to build public trust in our approach so that we can move forward in a thoughtful manner that will see success for our industry in the long run.

The Prime Minister confirmed that \$700 million in Infrastructure funds would start flowing to Alberta in the weeks ahead. Those investments in projects identified by our Provincial partners and their municipal partners will create thousands of jobs and generate economic benefits for our great province.

My first 100 days have been exciting and I look forward to achieving much more in the future. My door, and my mind, will always remain open to the input and ideas of Canadians. We were elected on a mandate of real change, and part of that real change is a commitment to evidence based decisions and consultation with all of you.

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According to blog writers Kelley House and Kate Norvell, both certified professional soil scientists, plant "litter" that remains after a harvest is called "residue." Leaving the residues in place over the winter, instead of pulling them up or tilling them into the soil surface, provides numerous benefits for the soil and your garden.

- <https://www.sciencedaily.com/releases/2016/02/160215124440.htm>

COMMUNITY ANNOUNCEMENTS

Deadline – 1<sup>st</sup> of each month for the next month's publication  
Contact [news@great-news.ca](mailto:news@great-news.ca)  
♦ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.  
♦ Forty word limit

**VOLUNTEERS NEEDED:** The Calgary Performing Arts Festival seeks volunteers for the 2016 Festival, April 18 to May 7 at Mount Royal University. Positions are available mornings, afternoons, evenings and Saturdays. For more information contact Holly at 403-283-6009 or [volunteer@cpafestival.ca](mailto:volunteer@cpafestival.ca).

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Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
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Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Kerby Centre for the 55 plus	403-265-0661
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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**CLINIC LOCATIONS**

**NW - Momentum Health Creekside**  
Creekside Medical Clinic  
#4 12192 Symons Valley Road NW  
P. 403-239-6773

**NW - Evidence Sport and Spinal Therapy**  
Cambrian Wellness Centre  
201 2000 Veteran's Place NW  
P. 403-210-9969  
Physiotherapy & Physiatry services only  
\*Not redeemable at this location

**SE - Future Locations**  
Momentum Health Seton  
Momentum Health Mahogany

**DT - Momentum Health Mission**  
Mission Centre  
#909 2303 4th Street SW  
P. 403-228-7968

**SW - Momentum Health Westbrook**  
Conus Centre  
312 3320 17 Ave. SW  
P. 403-454-1600

**SE - Momentum Health Ogden**  
Lynnwood Shopping Centre  
1C 7005 16 Street SE  
P. 403-236-0106

**SW - Momentum Health West Springs**  
West 85th  
2200 85th Avenue SW  
P. 403-453-3373

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- Manipulative Therapy
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**Dr. Linda Geng**



**Dr. Erika Schroeder**



**Hours of operations**

Alt Mon	8-4	Tues	10-6
Wed	8-4	Thur	10-6
Fri	7-3	Alt Sat	8-2

Suite 102, 636-45 st. SW,  
Calgary, AB T3C 2G2  
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**welcome**