

FEBRUARY 2016

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THE OFFICIAL KILLARNEY & GLENGARRY COMMUNITY NEWSLETTER

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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

www.killarneyglengarry.com

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www.killarneyglengarry.com
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403-246-6668
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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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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

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It just doesn't get better than this

OUR JOB IS TO KEEP IT THIS WAY



Your city employees want to start the new year with a big *Thank You* for appreciating our efforts in keeping Calgary clean and green. You gave our garbage and recycling teams a *97% satisfaction* rating last year.

CUPE
Calgary's city employees

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work for you**

And we'd also like to thank the City for reaffirming their commitment to keeping this service public — and saying *No Thank You* to a for-profit service that would have cost taxpayers *5-20% more!*

Here's to another great year, in Canada's greatest city.

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FIND SOLUTION ON PAGE 9

IN & AROUND CALGARY

Crowchild Tr. Study: Upcoming Events

Attend an upcoming public drop-in session to see how the ideas gathered from Calgarians in fall 2015 look when applied to the Crowchild Trail corridor. Learn more about why some ideas will not move forward for further consideration. As well, help us review and evaluate the remaining ideas and the associated benefits, impacts, constraints and trade-offs against the project key principles. Feedback received will help the project team identify concepts for further development.

Drop-in Session #1: Saturday, February 27

Time: 2 to 5 p.m.

Location: Sunalta School, Gym – 536 Sonora Ave. S.W.

Drop-in Session #2: Thursday, March 10

Time: 5 to 8 p.m.

Location: Red and White Club, McMahon Stadium – 1833 Crowchild Tr. N.W.

Drop-in Session #3: Saturday, March 12

Time: 10 a.m. to 1 p.m.

Location: Queen Elizabeth (Senior) High School, Auxiliary Gym – 512 - 18 St. N.W.

In addition to the events above, similar drop-in sessions for residents, businesses and other stakeholders located within a block of Crowchild Trail have been scheduled in February. These invite-only events provide those with homes and businesses in close proximity to Crowchild Trail an opportunity to participate in the same sessions with others who share their unique perspective or concerns. An opportunity to provide feedback online will also be available in late February. For more information about this study and opportunities to provide your input, visit calgary.ca/crowchild.

Editorial Content DEADLINE
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for the next month's issue
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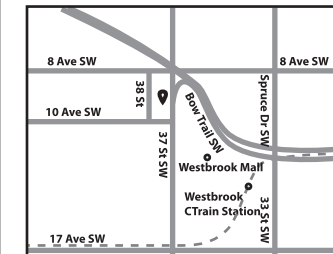
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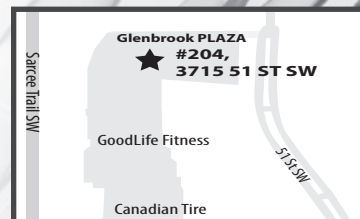
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Killarney Christmas Sparkle

Thanks to everyone who made Killarney sparkle over the Christmas season! Stunning lights made the 'hood very festive!

Photography by Joey Stewart & Lorne Kingwell



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Trivia

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IN & AROUND CALGARY

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery.

February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack

(Any or all of these signs & symptoms may occur)

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

Reduce your risk

- Heart attack risk factors include:

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age / Gender
- Family history

Speak with your doctor about how to treat your modifiable(*) risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

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3	1	6	5	7	8	4	9	2
9	4	2	3	1	6	8	5	7



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welcome

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

- **January 16 to May 31 - Body Worlds Vital:** The exhibition celebrates the living human body and allows visitors to learn about human anatomy in a far more real way than any textbook. www.sparkscience.ca
- **March 3 - The Harlem Globetrotters:** The Harlem Globetrotters, a world-famous exhibition basketball team, combines athletic feats and teamwork with theatre and comedy. www.harlemglobetrotters.com
- **March 3 - Sgt. Pepper's Lonely Hearts Club Band:** The Art of Time Ensemble is a chamber group that merges chamber music and pop music in this concert. The ensemble reinvents The Beatles' soundtrack to The Summer of Love. www.calgaryphil.com
- **March 4 to 13 - The Big Taste:** Each year for The Big Taste, a number of Calgary restaurants offer prix fixe menus, giving Calgarians the chance to try the best of what each restaurant offers. www.calgarydowntown.com
- **March 5 - The Black and White Ball:** Decidedly Jazz Danceworks' annual fundraising party is a black and white evening. Dress up in your finest (make sure it's black or white) and dance the evening away. www.decidedlyjazz.com
- **March 13 to 15 - Earth Science for Society Exhibit:** Earth Science for Society (ESfS) is a free, family-friendly event that is open to the public. It showcases the importance of Earth Science in our everyday lives. www.esfscanada.com
- **March 17 to 19 - ACAD Student's Association Spring Show + Sale:** See what Calgary's up-and-coming young artists have produced during their school year. www.acad.ca
- **March 24 to 29 - Disney On Ice presents Dare to Dream:** Disney princess stories are coming to the ice. The whole family will have fun seeing these favourite stories come to life on the ice rink. www.disneyonice.com
- **March 29 to April 9 - Taking Flight:** Festival of Student Work: Each year, the Taking Flight festival showcases the range of work conceived, directed and performed by University of Calgary graduate and undergraduate students. www.scpa.ucalgary.ca
- **March 30 to April 16 - Macbeth:** Darkness, dishonesty and murder fill Shakespeare's supernatural tragedy Macbeth. Macbeth timelessly highlights how ambition can cause one's downfall. www.shakespearecompany.com

**MARCH 5
BLITZ SNOWSHOE FUN
RUN — LAKE LOUISE**

Snowshoeing is one of the fastest growing outdoor winter activities. Get involved in the trend and participate in a 5 kilometre of 10 kilometre snowshoe fun race. www.snowshoe.blitzevents.ca



**MARCH 5 TO 6
ALGARY MAPLE FESTIVAL
DES SUCRES**

Running all weekend at Heritage Park, this event is a celebration of francophone music, culture and food. www.calgarymaplefest.com



**MARCH 18 TO 28
SPRING RALLY
IN THE ALLEY**

This annual, family-friendly event offers a range of activities centered around different modes of transportation. www.heritagepark.ca



MARCH

...*imagine*.....

Reaching out to enhance Killarney

When the Killarney Board set out to create a Vision for the community, it was created to be wide reaching and long lasting. Because we were so influenced by Calgary's imagineCALGARY 100 year plan, it was designed to last for the next 100 years. It is meant to reflect that we are committed to collaborating and co-creating with anyone that would make us better than we could have ever imagined.

In the expanded Vision it states: "The world is our inspiration and Killarney is our laboratory where we learn how to make it all work." So, the implementation of our Vision included reaching into the community to work with others to find innovative ideas and expertise that we could collaborate with.

The University of Calgary has one of Canada's leading Environmental Design Faculties which was established 40 years ago and grants graduate degrees in Architecture, Planning, and Landscape Architecture. Their focus is on Sustainable Design and have established a record of research excellence in three areas: Ecological Systems Design, Sustainable Development & Design and Urban and Regional Planning & Design.



Calgary is seen as having a young, multinational, professional and highly educated population and is well positioned to take on future urban and environmental challenges. When you combine Calgary's dynamic social and geographic location with experience and expertise in the Faculty of Environmental Design (EVDS), we have the opportunity to create world class ideas and solutions that provide for a high quality community and civic life.



Killarney is excited at the prospect of working with their expertise that will take us to the next level of community development. In 2000, Dr. Beverly Sandarack, Associate Dean (Academic Environmental Design), established the "Urban Lab", which mentors students through the development of student projects that document and analyze issues and opportunities for the community. They work with the Board's committees, residents, the City of Calgary, local businesses, as appropriate and other interested parties that educates and inspires the community to find solutions that work for us.

The product they leave as a legacy is a report that we can use as a guide for future development or specific recommendations that enhances community life.



Much to our delight, we discovered that the Urban Lab has already studied several aspects of Killarney in a variety of projects - one, done for Killarney alone but, others, done with neighbouring communities that have similarities with Killarney. In 2007, the Killarney Board at that time requested that the Urban Lab work with them to assist with concerns regarding the rapid infill development that was occurring in the 'hood. At that time, the Community Association was particularly interested in strategies that would assist them in managing growth and change. We have a copy of that report and will build on the findings. It

is interesting that eight years later those issues continue and, presumably will be ongoing issues into the foreseeable future.

This is a portion of the model of the Westbrook Transportation Hub at the corner of 33 St & 17 Ave SW that the EVDS students have constructed as a demonstration tool.



This is an example of the analysis that is conducted to ensure that all aspects of robustness within the community are addressed.

Examples what we might expect included with the reports.



We will keep you posted on our progress as projects unfold. We will be consulting with you for your ideas and opinions.

Joey Stewart is a champion for making Killarney better than we ever imagined. Photos by Joey Stewart and others with permission from the University of Calgary and the City of Calgary.



Men always want to be a woman's **FIRST LOVE.**
Women like to be a man's **LAST ROMANCE.**
Oscar Wilde

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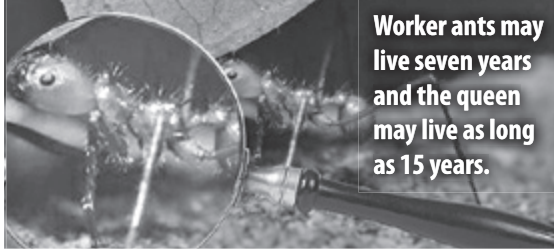
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IN & AROUND SCHOOLS

Montessori School of Calgary

We, at Montessori School of Calgary, cannot believe that it is February already. This short month is always a busy one!



Our POW, Physical Outdoor Wellness, program has kept our elementary children very busy. They enjoyed a visit to Fountain of Mission Seniors Home as well as a full day of skiing and snowboarding at **Nakiska**. The seniors enjoyed the presentations of learning from the children, as well as the games they played and their singing. The skiing and snowboarding day was AWESOME! After the lessons, children were free to ski in small groups and enjoy a beautiful day in the mountains. This month elementary children will spend two afternoons at the Talisman Centre enjoying a variety of activities including **gymnastics, volleyball and badminton**.

Thanks to Rick Williams and Carter Siebens, our outdoor skating rink is in process. The first few layers are on, and it is looking great. The children will enjoy spending their POW time ice skating at school.

Our staff will be enjoying a variety of professional learning activities during the Teachers' Convention break. Our families will enjoy a five day break to enjoy family time and travel. On February 25 and 26, we will hold our parent guide conferences, before taking that extra day, February 29, to LEAP into March. Happy Valentine's Day!

Lindy Arndt, Head of School, Montessori School of Calgary

Oliver and Haydon enjoying the snow in Killarney!



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Winter in Calgary is unlike anywhere else in Canada. Bitter cold and blowing snow can be followed up the next day with chinook winds melting it all away. Even with those chinook winds, sometimes winter can get to us.

I find one of the best ways to kick the wintertime blues is to get out in the community and take advantage of some of the snowy weather recreational activities that this city has to offer.

While I like taking advantage of the mountains close by for skiing, with so many community skating rinks scattered throughout Calgary Currie, you don't need to go far to enjoy the benefits of living in such a great place as Calgary.

February is the Heart and Stroke foundation's Heart month. It is important to remember to stay physically active for both our bodies and our minds. The Heart and Stroke Foundation recommends that adults do at least 150 minutes of moderate to vigorous physical activity per week, in bouts of 10 minutes or more. The activity doesn't have to be non-stop, nor does it need to be strenuous. You can do 10 minutes or more at a time throughout the day to reach your daily total. A brisk 10 minute walk during lunch, playing for 10 minutes with your kids after work, and then another 15 minutes walking your dog in the evening. Five minutes here and there add up to better health.

If you're like me and sometimes like a bit more excitement, there is little that exemplifies the Canadian spirit more than a game of pickup shinny at the outdoor community rink where coming together for community recreation has no need for formal organization. All it takes is people coming together to have fun.

I love the sense of community these rinks bring to our city, and despite my busy schedule with my work at the Legislature in Edmonton, I spend as much time as I can at these meeting places at the heart of our communities. You may have seen me out there over the past couple months warming people up with coffee and hot chocolate, and if you keep your eyes open, you might catch me out there again before the end of skating season.



COUNCILLOR, WARD 8 EVAN WOOLLEY

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Phone: 403-268-2430

Housing and Homelessness

At the end of last year I wrote an article for CBC's "Calgary at a Crossroads", in which I expressed my optimism for our city's future as well as my frustration with how we take care of those less fortunate. I said that we have failed on affordable housing and homelessness. With our shelters full and housing too expensive, people sleep out in the cold every night. It's getting worse, and pretty soon we will be too far behind.

I am determined to do what I can as the Councillor for Ward 8 to turn this around. We will need to build a future from our shared dreams and strengths, not our precedents. We will need to embrace the idea of progress and work our asses off in order to achieve it. But this is no easy feat, and it will require all of us to pitch in. Here's how you can help.

Volunteer

There are many organizations across Calgary that care for those who don't have a place to stay, and all of them rely on volunteers. It is not only important for us as citizens to help out where we can, but it is personally enriching and rewarding as well. Serve lunches and suppers, teach a child to read, assist with special events. There are a number of groups you can approach, but aside from the obvious four (The Mustard Seed, The Drop-In Centre, Inn from the Cold, and Alpha House) a good start is the Calgary Homeless Foundation's list of all agencies they fund – visit calgaryhomeless.com.

Donate

Donate your used clothes, purses, backpacks, bedding, curtains, towels and shoes at locations all around Calgary. An easy way to find out where to go is to contact the Alberta Recycling Hotline: call 1-800-463-6326 or visit recyclinghotline.ca.

Make Your Voice Heard

To solve the complex issues of affordable housing and homelessness, we need new energy and fresh ideas. We need you to speak up and speak out, and join the conversation about how we can end homelessness instead of just bandage it day after day, year after year. Write me. Join your community association. Reach out to those who live on the street, or in a shelter, or in affordable housing. Help build inclusive communities and a compassionate city – it all starts with you and your voice.

As always, please don't hesitate to contact me by email (ward08@calgary.ca), phone (403-268-2430) or on my website (www.calgary.ca/ward8). Let's be real. Let's be smart. Let's be bold. Let's tackle these challenges once and for all.

If there was ever a time...



If there was ever a time when community is important, it's when the oil price is plummeting, unemployment in Calgary has reached 7%, and we as Albertans have felt the economic punch to our solar plexus.

This is the time when our families, friends and neighbours are more vital to our well-being than ever. If ever there was a time when the kindness of friends and strangers feels better than ever, it's now. A kind word from someone you don't know yet, a smile in the street, a friendly phone call, or an invitation to a neighbour's for a potluck dinner can help someone going through depression, having black thoughts, or contemplating suicide.

This is the time when for many there is less money for gas, for food and maybe even medications. For all of us having to tell our children they can't have the latest clothing, toys or gadgets is painful. This is when our local economy can sustain us, when what we need is within walking distance and when neighbours we had not befriended become real genuine friends.

Todd Hirsch, ATB Financial's Economist, reminds us that Calgary and Alberta still have opportunities that will spring to life as our economic conditions are changing. Other diverse sectors of the economy get a chance to come alive and thrive. Life will just be different. Alberta's typical high salaries will come closer to matching the Canadian average salary; we'll all be making adjustments to our expectations and lifestyles.



Lisa Fox, CEO of Sustainable Resources, a thriving Calgary company that recognizes our new future, points out that our economy IS in transition, it will never be the same again - by choice or by imposition. She makes the point that waste is the new resource.

A friend returning from Israel and Jordan was appalled at the abundance of this new resource and she and her husband see great potential for a waste management business in those countries.

This is a time of opportunity for optimism and discovering ideas that may never have crossed your mind. It is also the opportunity to get to know your neighbours better - either to draw on their support or to give generously to people you can help, in some small way.

Think about joining the Rink Rats at the Community when they're flooding the skating rink, take your kids and the neighbour's kids skiing over at Shaganappi Golf Course or organize a neighbour's potluck dinner and please, for certain, be the best kind of Snow Angel, you can be.

It is what makes Canada, Calgary and Killarney great - our reputation for friendliness and caring, not only those closest to us but to the Syrian refugees that are being welcomed into Canada at another one of the pivotal moments in our history

*Joey Stewart is a passionate community volunteer; join her.
Photo credit: Lorne Kingwell*

BUSINESS CLASSIFIEDS

For Business Classified Ad Rates Call Great News Publishing at 403 263-3044 or sales@great-news.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Killarney and Glengarry. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

RIGHTWAY PLUMBING AND HEATING: Has been happily serving the Killarney/Glengarry area with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

ALS PAINTING: Interior/exterior painting, free estimates. No job too small. Twelve years experience, reliable quality workmanship, satisfaction guaranteed. Ask about New Years specials, 10% discounts for seniors call Allan at 403-714-5229 or allanroeke@me.com.

A & B TAX WILL HELP TO MINIMIZE YOUR TAX BILLS: Small Business, Corporate Returns, Bookkeeping, Payroll, GST. Bring this ad and receive \$50 off your service. Call 403-457-3991, 587-717-5283 or email info@aandbtax.ca.

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, 403-269-2707.

DOUBLE DIAMOND PLUMBING AND HEATING LTD: A 24 hour residential service company with qualified journeyman plumbers. As qualified journeyman plumbers, we are here to address any issues for you. We are your local plumbing and heating experts - call us first and let our service shine! Call 403-875-0166 or Email: doublediamondplumbingltd@gmail.com. www.doublediamondplumbingltd.com.

DOUG GREEN CONTRACTING: Handi-gal home repairs. We are licensed and insured with 20 years experience in Calgary. Services include all forms of carpentry and interior finishing work. Specializing in replacing counter tops. Painting, drywall repairs, moldings, and baseboards. Free estimates, small jobs are welcome. Call Doug or Terrie at 403- 686-1526 or 403-815-9304 or email dgreen.contracting@gmail.com.

THE RONOATOR - INTERIOR RENOVATION, CABINET INSTALLATION & FINISH CARPENTRY: Be assured with many years of experience under my tool belt your project will be completed efficiently with expertise and quality my customers deserve. Insured and Guaranteed. Please call Ron: 403-701-1584 or e-mail: theronovator@gmail.com.

K2 BOOKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

MUELLER BROTHERS CONTRACTING LTD: Fully licensed, insured, bonded, member of the Better Business Bureau. Journeyman carpenter, very experienced in fences, decks, and home renovations/development of all kinds. Let us help you with your next project from design to completion. For more information, please contact Tim at 403-560-8169. Website at Muellerbrothers.ca.

TDS DECORATING SERVICES LTD: 34 years painting experience interior and exterior. Drywall repairs, ceilings, woodwork, walls: spray, brush and roll. Quality workmanship, colour consultation, seniors discounts, no deposits, wcb, liability insurance Call Tom at 403-452-3648 for your complimentary estimate or visit www.paintingservicescalgaryalberta.ca.

~continued next page~

DESIGNATED SCHOOLS FOR KILLARNEY/GLENGARRY

CBE	
Alexander Ferguson	K-6
Glendale	K-6
A.E. Cross	7-9
Vincent Massey	7-9
Killarney School	K-6
École de la Rose sauvage (FR)	10-12
École de la Source (FR)	K-9
CSSD	
Bishop Carroll	10-12
St. Gregory	6-9
St. Mary's	10-12
St. Michael	K-9
St. Thomas Aquinas	K-5
Ste-Marguerite-Bourgeoys (FR)	K-12
Holy Name (FR)	K-6



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.

BUSINESS CLASSIFIEDS

TREES NEED PRUNING, REMOVAL, REPAIR? INSECTS OR DISEASE A PROBLEM? Fall/Winter/Spring (the dormant seasons) are excellent times to have your trees/shrubs serviced by an established (est. 1995), professional tree service. Our goal is to educate and provide practical options. Call - The Yardist Ltd. Tree & Spray Service - 403-242-3332.

HANDYMAN/CONTRACTOR: experienced in carpentry, drywall, painting, fencing, decks, laminate floors, and ceramics, hire a husband type of tasks performed. Call Rob at 403-606-8876 or E-mail robziffle@gmail.com.

CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS: New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

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4 year olds: Mon/Wed/Fri PM

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FEBRUARY MOON CALENDAR





Name	Age	Contact	Course
Abigail	18	705-706-4338	No
Alana	24	587-888-4854	Yes
Alison	24	587-999-1278	Yes
Amber	30	587-438-4789	Yes
Andrea	23	403-465-0933	No
Anna	18	403-803-5823	Yes
Anna	16	587-969-5335	Yes
Avery	14	403-891-8149	Yes
Blaise	24	587-223-8583	Yes
Bree	17	905-376-9229	No
Brooke	13	403-212-1014	Yes
Camila	27	403-680-0942	No
Carla	32	403-890-9467	Yes
Catherine	27	514-293-1395	Yes
Cathy	29	403-390-8600	No
Chandria	26	587-227-4107	Yes
Charlee	17	587-225-6323	Yes
Chiara	16	587-585-5652	Yes
Christoph	24	587-998-6172	Yes
Connie	16	403-862-2081	No
Danita	21	403-990-0205	Yes
Elaura	18	403-471-5051	Yes
Emily	23	403-999-8525	Yes
Emma	15	403-220-1537	Yes
Erika	18	403-685-4645	Yes
Eugene	18	403-703-4488	Yes
Evelyn	49	403-714-3969	Yes
Evelyn	12	403-475-0919	Yes
Faith	14	403-618-6040	Yes
Genevieve	25	581-307-6165	Yes
Harvinder Kaur	31	587-830-6217	Yes
Heather	29	403-966-5233	Yes
Henry	15	403-719-8282	Yes
Izzy	17	403-483-1218	Yes
Jakarta	18	403-808-8503	No
Jamie-Lyn	21	403-892-0176	No
Jordan	25	403-966-1647	No
Josefa	25	587-437-1252	Yes

Julianna	16	403-604-0034	Yes
Kaiden	17	403-926-3399	Yes
Kaitlynn	15	403-874-4034	Yes
Kelsea	23	403-370-7170	Yes
Kelsey	20	403-835-6083	Yes
Kiera	13	403-922-6067	Yes
Lev	12	587-891-7789	Yes
Lilly	15	403-719-8282	Yes
Linda	60	587-892-9731	No
Maddy	18	587-888-7298	Yes
Maddy	18	587-888-7298	Yes
Makenzie	18	403-796-7733	Yes
Maria	45	403-818-0560	No
Maude	15	587-890-2828	Yes
Maxine	13	403-455-8427	Yes
Megan	24	403-861-3718	Yes
Melissa	21	587-436-9260	Yes
Melissa	25	902-393-3619	Yes
Michelle	31	403-923-5111	Yes
Nia	17	403-991-8045	Yes
Nkiru	27	403-402-0777	No
Olivia	20	587-889-9043	Yes
Paige	14	403-241-0487	Yes
Salma	38	403-252-5052	Yes
Sam	15	403-287-3740	Yes
Samantha	15	403-249-0581	Yes
Samantha	15	403-287-3740	Yes
Sarah	23	819-679-3059	Yes
Sarah	13	403-246-8444	Yes
Sarah	15	403-702-5549	Yes
Sarah	16	403-671-7724	No
Shannon	24	403-614-2570	Yes
Sheena	19	403-383-5348	Yes
Sienna	13	403-240-1128	Yes
Silvia	32	403-467-8756	Yes
Siobhan	22	403-923-9499	No
Sophia	13	403-708-0601	No
Sydney	24	403-993-5441	Yes
Yena	19	403-479-7911	Yes

Calling All BABYSITTERS Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
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
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
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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COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication

Contact 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.

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**avenue
magazine**





Killarney/Glengarry Real Estate Update

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

	Average Asking Price	Average Sold Price
December 2015	\$765,933	\$727,611
November 2015	\$756,777	\$724,596
October 2015	\$699,083	\$675,833
September 2015	\$688,462	\$669,062
August 2015	\$740,255	\$719,677
July 2015	\$782,638	\$767,439
June 2015	\$711,116	\$693,970
May 2015	\$705,470	\$687,112
April 2015	\$591,083	\$570,658
March 2015	\$722,700	\$703,361
February 2015	\$769,316	\$752,916
January 2015	\$703,450	\$687,750

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

	No. New Properties	No. Properties Sold
December 2015	8	9
November 2015	13	9
October 2015	17	6
September 2015	19	8
August 2015	21	9
July 2015	12	14
June 2015	17	17
May 2015	23	10
April 2015	13	12
March 2015	20	9
February 2015	15	6
January 2015	16	4
Total	194	113

To view the specific SOLD Listings that comprise the above MLS averages please visit killarney_glengarry.great-news.ca



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 IN PLANNING AND DEVELOPMENT
- > ACCESS TO NEWS, UPDATES, FACILITIES & EVENTS
- > SAFETY, FUNDRAISING, COMMUNITY-BUILDING





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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 & Psychiatry services only
*Not redeemable at this location

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

SW - Momentum Health Westbrook
Corus Centre
312, 3320 17 Ave. SW
P. 403-454-1600

SE - Momentum Health Ogden
Lynnwood Shopping Centre,
1C, 7005 18 Street SE,
P. 403-236-0106

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- Muscle Release Techniques
- Exercise Therapy
- Prolotherapy & PRP
- Shockwave Therapy
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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.