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MR. MIKES

PLUMBING

+ HEATING

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on no-dig sewer & water line

replacement options



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WWW.MRMIKESPLUMBING.CA/JOIN-OUR-TEAM



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Wipers

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APPROVAL. ALL OFFERS ARE SUBJECT TO MANAGEMENT
APPROVAL. WE RESERVE THE RIGHT TO DECLINE OFFERS.



TOGETHER, LET'S HELP
TO BUILD A COMMUNITY
THAT IS SAFE, VIBRANT,
AND INCLUSIVE.

KGCA VISION

YOUR KGCA

2828 - 28 Street SW Calgary, Alberta, T3E 2J3 403-246-6668 admin@killarneyglengarry.com

KILLARNEYGLENGARRY.COM

TO SUPPORT AND CONNECT OURCOMMUNITY.

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



Killarney-Glengarry Community Association Board of Directors

BOARD POSITION	NAME	EMAIL
President	Hilary Stout	pres@kgca.ca
Vice President	Thomas Mo	vp@kgca.ca
Treasurer	Ted Bobier	treasurer@kgca.ca
Secretary	Elena Gadaeva	secretary@kgca.ca
Business Outreach	Kristi Mulrain	bizoutreach@kgca.ca
Director at Large	Vinod Balakrishnan	dal@kgca.ca
Director of Communications	Sue Blanchard	comms@kgca.ca
Director of Events	Jessica Blaney	events@kgca.ca
Director of Development	Colin Knoll	development@kgca.ca
Director of Facilities and Fundraising	Halyna Tataryn	facilities@kgca.ca fundraising@kgca.ca
HALL STAFF		
GM	Duke Christensen	gm@kgca.ca
KILLARNEY-GLENGARRY VOLUNTEERS		
KGCA Programs and Volunteer Lead	Elena Gadaeva	secretary@kgca.ca
KGCA Community Garden	Chris Knobel Dan Hauser	garden@kgca.ca

KGCA Members That Inspire Community

KGCA is committed to supporting local. If you are a member with a local business that inspires community building, we want to hear about what you're doing! Please email editor@kgca.ca or comms@kgca.ca with details!



APPLICATION

2828 28 St S W Calgary, Alberta T3E 2J3 403-246-6668 | admin@killarneyglengarry.com

Family: \$25

Student (Under 25) | Senior: \$10 Individual | Business: \$15

GST is included in all these prices.





☐ Family ☐ Senior ☐ Business	
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.killarnevglengarry.com

Connect Share

Send cover photo submissions, story ideas, and community event announcements to comms@killarneyglengarry.com



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killarneyglengarry.com/kgca-blog

KGCA EVENTS

killarneyglengarry.com/events



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RESIDENT PERSPECTIVES

Stargazing with Pat J: Mars - More Than a Bit Weird



by Patricia Jeffery © 2024 of the Calgary Centre of the Royal Astronomical Society of Canada

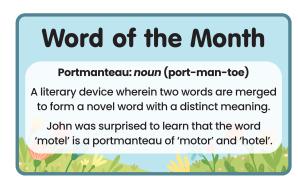
Mars hasn't always been a dry, dusty, desolate planet. It used to be a much nicer place with an atmosphere and oceans of water. The ravages of time, however, have not been kind to this little planet, leaving it with a host of bizarre features.

- Fourth planet from the sun.
- If our sun is the goal post of a CFL football field, Earth would be at the two-yard line; Mars on the three.
- Half the size of Earth; its red colour is because iron in the rocks and soil has rusted.
- · Rotation: 24.6 hours.
- Revolution: 687 days. It has an egg-shaped orbit due to Jupiter's powerful gravitational field tugging on it.
- Tilted 25 degrees gives Mars four distinct seasons.
- Mean temperature: -65 degrees Celsius.
- Two tiny moons: Phobos is 22 kms in diameter and

Deimos is even smaller at 13 kms. Shaped like potatoes, they may actually be captured asteroids.

- A thin atmosphere of 95% carbon dioxide.
- Mars' small size meant it couldn't retain enough heat to drive plate tectonics. Without tectonics, it lost its protective magnetic field, and as a result, its atmosphere is gradually being stripped away by the sun's solar wind.
- Lack of plate tectonics is what allowed Olympus Mons to grow into the largest volcano in the solar system at three times the height of Mount Everest.
- Of the abundant water Mars once possessed, some is frozen in the polar ice caps, some is trapped inside minerals in the planet's crust, and the rest escaped into space.
- A massive crack called Valles Marineris spans nearly a quarter of its surface. At 4,800 km long, 320 km wide, and 7 km deep, it is ten times larger than Earth's Grand Canyon.



















VOLUNTEER WITH US! If you are interested in volunteering for the Killarney-Glengarry Community Association, please email pres@kgca.ca.



KGCA NEWS

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



KGCA NEWS

- Bouncy castle available for rent
- Pilot Yoga program April/May (minimum 10 registrants - \$60 for 5 classes)
- Weekly **Women's Circle** Mar-Jun

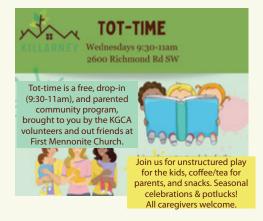
 For more info & fee/admissions, please visit
 kqca.ca/event-tickets



UPCOMING EVENTS - 2024

- Suds Social April 20
- Food Truck Frenzy May 26
- Market June 1
- Stampede Event Date TBD
- Community Clean-Up -Date TBD

Event details: kgca.ca/events



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 The KGCA Hall is the perfect venue for birthday parties, weddings, fitness classes, board meetings, and more. For more information on hall rentals, visit our website at kgca.ca/halldetails OR contact our GM at gm@kgca.ca

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YOUR CITY OF CALGARY



Get Ready Calgary – Green Line Is on Its Way!

by The City of Calgary

Main construction of the Green Line LRT is starting this year, and the benefits will last Calgarians a lifetime. Phase one spans 18 kilometers from Shepard Station at 130 Ave SE to Eau Claire at the north end of downtown. With 13 stations, it provides connections to the Red and Blue LRT lines and three MAX rapid bus routes.

The Green Line will provide transit options for 70,000 people living within a ten-minute walk of the line, unlocking land for development, and increasing access to housing options. This leads to a more vibrant and diverse community for all Calgarians to enjoy.

As the largest infrastructure project in Calgary's history, the Green Line will also improve social equity by providing direct access to 190,000 jobs in downtown, Quarry Park, and industrial areas. The project is also expected to create over 20,000 direct and supporting jobs by the end of construction.

With an estimate of 55,000 daily Green Line riders, there will be less congestion on existing transit routes, and fewer cars on the road. This is great news for the environment and public transit riders!

As construction begins and excitement grows, stay up to date on the project by visiting calgary.ca/GreenLine or following @GreenLineYYC on social media.



We are a vibrant, Torah observant, Messianic community of believers.

www.bethshechinah.com

Join us for weekly services on Shabbat: Saturdays at 10:30 am. 2636 32 St SW, Calgary, AB

Upcoming Events: Passover Play, April 27 (Shabbat Service) Passover Seder, April 28

See website for details.



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Ham and Pineapple Bake

by Jennifer Puri

Cheap and easy to prepare eggs are an inexpensive source of high-quality protein. Eating enough protein can help with weight loss, increase muscle mass, optimize bone health, and lower blood pressure.

A whole egg contains a tiny bit of every nutrient you need and there are many ways to prepare eggs but poaching or boiling them preserves most of their nutritional benefits.

Tasty and filling, eggs have been popular for thousands of years and in many cultures, eggs are a symbol of new life, fertility, and rebirth.

Eggs are a breakfast mainstay and frittatas, quiches, burritos, quesadillas, devilled, pickled, or creamed eggs are just some of the delicious ways to consume eggs.

This Ham and Pineapple Bake can be enjoyed any time of the day and pairs well with a side of fingerling potatoes and a tossed salad.

Prep Time: 20 minutes

Cook Time: 45 minutes

Servings: 4

Ingredients:

- 1 small loaf of French bread
- 4 tbsps butter
- 1/2 lb cooked ham cut into small pieces
- 1 cup shredded cheddar cheese
- ¾ cup drained pineapple bits
- 4 eggs
- 2 1/4 cups milk
- 1 tsp ground mustard
- ½ tsp salt
- ½ tsp black pepper
- 1 tbsp chopped chives

Directions:

- 1. Butter a medium size glass baking dish. Slice the French bread and then spread butter on one side of each slice.
- 2. Next slice the bread into one-inch cubes and place in baking dish. Spread the ham cubes and pineapple bits on top of the bread and sprinkle with cheddar cheese.

- 3. In a mixing bowl, beat the eggs and then blend in the mustard, salt, pepper, milk, and chives. Pour the mixture evenly over the bread mixture. Cover tightly with saran wrap and refrigerate overnight.
- 4. The next day preheat oven to 350 degrees Fahrenheit.
- 5. Remove baking dish from refrigerator and place on middle rack of oven. Bake uncovered for 45 minutes or until puffed and golden in colour. A knife inserted in the centre should come out clean. Serve immediately.

Bon Appétit!



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