

AUGUST 2016

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"To promote and facilitate community spirit and involvement in Queensland and Diamond Cove"

2016

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Linda Brown
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PRESIDENT'S MESSAGE

Wow!!!!

Where did the month of July go to? Have you noticed how fast our summer months go? I can't believe that August is here already. I hope everyone has been able to enjoy this time as well as take in some of the community events we had during the month of July.

During the month of August we will be having some great events as well.

August 9: Registration for Kid's Craft Club 7:00 p.m. Grade 3 to junior high. There will be classes on knitting, crocheting, embroidery, clay modelling, ceramics, art and design and many more activities. They will run Friday afternoons 12 p.m. to 5 p.m. The registration fee is \$25.00. A community membership is required. A list of crafts and projects will be available upon registration. Please phone Judy at 403 271-2176 for more info.

August 15 to August 19: Park N Play, Stay N Play Programs

August 18: Lawn Chair Theatre. This is a really fun and enjoyable evening for all ages
 August 28: Community Play Day. This is put on by the Community and Neighbourhood Services

Seniors, we are looking forward to having a program for you. We would like everyone in the community to enjoy our facilities and that most definitely includes you. Please phone me or contact Linda at the community center for your ideas.

There will be a games day or board games, for after school on Mondays from 3:00 to 5:00p.m. starting in September. More info to follow in September.

Boys and girls ages 8 and up. Would you like to have a Yugio or Pokemon Club start up in September? Please phone me and let me know.

We have quite a number of ideas floating around for the fall program. In order for them to take place, we need to have registrations and input support from all of you. Please let us know. This is a community for every one of all ages. Give us your support and ideas and we will plan and organize them for you.

Well that is all of the information for the month of August.

New memberships are available. I think that \$20.00 for a year is a great deal and remember it entitles you for a discount into the Trico Center.

Have a safe and enjoyable summer.

Until next time

Judith



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BEGINNER TO BLACK BELT

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OPENINGS FOR BEGINNERS



McKenize Lake School
 Mondays 4:30 - 5:30pm Ages 6 - 12 years

Deer Run Community Centre
 Saturdays 9:30 - 10:45am Ages 6 - Adults

West Island College (Blackfoot & Glenmore)
 Tuesdays 5:15 - 6:30pm Ages 6 - Adults

Dr. Morris Gibson School (Okotoks)
 Tuesdays 5:30 - 6:30pm Ages 7 - Adults
 Thursdays 5:30 - 7pm Ages 12 - Adults





403-257-4638 or Online Registration calgarywadokai.com / okotokswadokarate.com

YOUR COMMUNITY - PROGRAMS - EVENTS



AUGUST CALENDAR

MONDAYS	Jazzercise Basket ball
TUESDAYS	Jazzercise
WEDNESDAYS	Jazzercise Basket ball Garden Club
First Wed. THURSDAYS	Quilting
FRIDAYS	Playgroup Private Functions
SATURDAYS	Private functions
SUNDAYS	Basketball



Pre-teen dance

September 16, 2016
 7:00 - 9:00 pm
 Admission \$3
 Adult Chaperones Welcome

649 Queensland Drive SE 403.278.3366



FAMOUS FIVE DISTRICT

The sunny days of summer are coming to a close and parents and youth are starting to think about the fall activities. Girl Guides in your community welcomes all girls ages 5 and up to join them for a year of fun, friendship and adventure as they explore their community, their world and themselves. Girl Guides promotes teamwork, self-esteem, confidence building and environmental awareness in an atmosphere of self-discovery and leadership. Register your daughter today, online at www.girlguides.ca. We look forward to her participation.

We're also looking for women to be leaders in a team of women to guide the girls in their learning. Training is available, no experience is necessary. It isn't necessary for you to have a daughter. Contact Pat Istead at isteads@telus.net for more details. Join us to make friends, learn and support young girls in our community.




Plant Trivia

The oldest living thing in existence is not a giant redwood, but a bristlecone pine in the White Mountains of California, dated to be aged 4,600 years old.

403 225-2419

**GREAT BEGINNINGS
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	7			3	8			5
				5			8	9
5		9	2		7			
	5				9	3		
9								8
		8	4				9	
			7		1	4		3
7	3			2				
1			5	9			7	

FIND SOLUTION ON PAGE 15

**IN & AROUND
CALGARY**

**August and September
in Fish Creek**

A Taste of Autumn – Wine & Beer Tasting and Silent Auction Fundraiser
Friday, September 16, 2016; 6:30pm - 9:00pm
Meadow Muse Pavilion, Bow Valley Ranch, Fish Creek Provincial Park

Show your support for one of Calgary's most cherished green spaces by contributing to the Friends of Fish Creek's conservation efforts here in Fish Creek Provincial Park. Celebrate over 20 years of community based environmental stewardship in Fish Creek Provincial Park by attending A Taste of Autumn. Bid on amazing silent auction items, enjoy a variety of delicious appetizers, and meet with local producers of fine beer, wine and spirits. Must be 18 years of age or older to purchase tickets. Sponsorship opportunities are available! To purchase tickets, contact the Friends of Fish Creek at 403-238-3841 or visit www.friendsoffishcreek.org/event/autumn.

Autumn Birding Course

Autumn is a good time to begin birding. As the leaves drop off the trees, many of the smaller birds, which will be migrating, are much easier to see. All sessions are held in the great outdoors - in Fish Creek Provincial Park and other natural areas in Calgary. Outings are conducted by Gus Yaki, a lifelong naturalist who has birded around the world - and other experienced instructors. Each outing is approx. 2.5 hours. 15-week course starts Aug 29. Registration Required and fees apply. For course times and to register visit www.friendsoffishcreek.org/programs/birding-course

Painting in Fish Creek

With the park as your backdrop, join the Friends in a restorative session of outdoor painting, facilitated by one of several experienced local artists. Three different classes are offered, all with a focus on acrylic media.

Capturing Nature: Painting Day in the Park: Aug. 20, 9:00 am – 12, Instructed by Debbie.lee Miszaniec.

Painting in the Autumn Breeze: Sep. 14, 5:00 – 7:30 pm, Instructed by Sylvia Prochownik.

Paint What You See: Sep. 24, 10:00 am – 2:00 pm, Instructed by Jim Pescott.

For more info or to register for these or other Wellness programs, including Yoga, Qi Gong and Full Moon Meditations, visit: www.friendsoffishcreek.org/programs/wellness-clinics.

**DIAMOND COVE
NEWS**

Diamond Cove Neighbours

Neighbours! The annual parade of Garage Sales is scheduled for Saturday September 10th ... This event has been incredibly successful for those that have participated over the last couple of years. Having our parade in September separates us from the bulk of area garage sales that are all in the spring and suffer from unpredictable weather and too much competition. J Our sponsors, Laura and Glen McIntosh of Royal LePage Solutions are stepping up again this year. To sign-up and get your free signage, call or email (see below for contact info for Laura). We hope if you are considering a move to another neighborhood you will give Laura a call at 403-607-2274 or lauramcintosh@shaw.ca to chat about your options.

Residents should be aware of any restrictions, responsibilities or requirements for their property, especially as it relates to fences and walls (both stub and attenuation). Please remember that homeowners are responsible for their fences, on both sides. If it is a wooden fence, it is required that everyone use the right colour of "Diamond Cove White" which is available at Benjamin Moore-Overwall in Midnapore. It should be based on the Flood-pro pastel base. Of course, this colour can also be matched at any other paint dealer. One of our Board members has spoken with the good people at Benjamin-Moore in Midnapore and they are offering to pre-mix your Diamond Cove White paint if you call ahead, and provide a special rate to incent purchase at their store.

Your homeowners association continues to manage the maintenance of the community and thanks everyone who has given to the maintenance fund. Your generosity has provided for the repairs and painting of our entrance sign and some minor repairs to the long common attenuation wall that separates Diamond Drive from Bow Bottom Trail. Our next project is the continued repair and complete repainting of the common attenuation wall. This is an expensive undertaking and will require a few years of funding. We understand that giving to the maintenance fund should be easy for resi-

dents. This year we are providing e-transfers for anyone who banks on-line. This is a simple and easy way to send funds electronically. Anyone who wishes to use this service, please send an email to guy.huntingford@gmail.com with the subject line 'e-transfer' and the reply will provide complete instructions. Thank you in advance for your support for our community.

If you see graffiti or any other community concern, please call 311. The more people who call in, the quicker the response will be for cleanup.

Please note that complete minutes of the annual general meeting in April are available on the website at <https://sites.google.com/site/diamondcovecommunity/Home/annual-general-meeting>

We would like to thank all the residents who walk the community and take the time to pick up garbage. This act of community spirit improves the look and feel of the Cove for all of us. We truly appreciate it!!

As always, if you have suggestions, comments or questions about our community, please email them to me. Guy Huntingford, guy.huntingford@gmail.com

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YOGABEARS PLAYSCHOOL CLASSES: Yoga, relaxation, songs, games, stories. Tuesdays September 20-December 13, 2016. 9:30-11:00am or 1-2:30pm. Ages 3 - 5 years. Cost: \$175 for 13 classes or \$15.00/class. Deer Run Community Centre. Maximum 10 students. More info call/text 403-809-1930 or visit www.yogabears.ca.

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Trivia
Ann Franklin
1762 – 1st woman to hold the title of newspaper editor, "The Newport Mercury" in Newport, RI.

Lawn Chair Theatre

Bring your lawn chair, enjoy great snacks and live entertainment for the entire family. Drop in.

Queensland
Thursday, August 18
649 Queensland Dr. S.E.
6 p.m. - 8 p.m.


Park n' Play

These safe, supervised programs help children make new friends and learn games and activities that they can use on their path to healthy and active lifestyles. Programs run weekdays and are weather dependant. Age: 6Y - 12Y
Monday - Friday 10 a.m. - 3:30 p.m.

Stay n' Play

These safe, supervised programs help young children make new friends and stay active over the summer break. Participants learn games and activities that they can use on their path to healthy and active lifestyles. Children must be accompanied by an adult and programs are weather dependant. Age: 3Y - 5Y + Adult
Monday - Friday 10 a.m. - 12 p.m.

August 15 to August 19
Park N Play, Stay N Play Programs in Queensland



T-Ball will be played on Saturday mornings @ 11:00 a.m. weather permitting
\$20.00 per child. Ages 4-6 yrs
Equipment required - Baseball & a Glove
Season runs June 11-July 30
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Call 278-3366 for more information
649 Queensland Dr. • qca99@hotmail.com
Community Membership Required



HOME GARDENING WITH BARBARA

SAN MIGUEL DE ALLENDE

Barbara Shorrock

Mexico is a popular travel destination for Canadians; it is a wonderful country. Having visited coastal resorts many times, I chose a different city this past January – San Miguel de Allende in the state of Guanajuato. San Miguel (SMA) is high up in the Sierra Madre Occidental Mountains, at an elevation of 6400 ft (Calgary is 3500 ft) situated at almost the geographical centre of the country, northwest of Mexico City. It was cool at night and warm, dry and sunny during the day. Because it is in mountainous terrain, there is no airport, and you have to either land in Mexico City or Leon. I chose Leon, and the shuttle had me at my little house in about 90 minutes. San Miguel is one of several colonial cities settled by the Spanish in the 16th century. Their quest for precious metals was successful when they discovered vast quantities of silver, and they proceeded to build cities with impressive architecture that has been preserved and continues to enchant visitors and expats hundreds of years later. Recognized as a Unesco National Heritage Site, the city centre has been maintained and looks much the same as it did in the 1500's and 1600's with massive stone mansions and narrow cobblestone streets. It is very walkable but some streets are so steep that a taxi is necessary.

The Parroquia, a unique church that was originally built in the colonial style, then remade in the 19th century by a local builder who copied the façade from a picture of a European Gothic church has become SMA's emblem. It faces El Jardin (The Garden), a square which is the gathering place for visitors and locals alike. This part of town is full of shops, restaurants, banks, language schools and markets. The biblioteca (library) has a large collection of Spanish and English books, theatres, meeting rooms and a café. I attended Spanish classes there and met many new friends. The city has a population of about 140,000 of which 10,000 are American and 1,000 are Canadian. Some have chosen to live there full time,

some come down for the winter every year, and many were like me, visiting for only a month or two. If you are interested in history, arts or culture, San Miguel offers unlimited quantities. It is full of artists, both native and foreign, some of the best showing their work at La Fabrica, a huge building that was formerly a muslin factory in days gone by. The local markets bring in artisans from the surrounding countryside and there is no shortage of beautiful fabrics, jewellery and objects of art to choose from. The restaurants are among the best Mexico has to offer. On weekends, it felt not unlike Banff, as families from Mexico City flocked into town for a short getaway. Weddings in the famous church are popular with young lovers. Every Sunday there is a guided "House and Garden" tour to 2 or 3 homes, some massive and grand, others smaller and quaint. Once a week an English language newspaper hits the street with everything that is happening for the next week listed – an essential resource if you don't read Spanish. Festivals with parade and fireworks are frequent as celebrations are an integral part of the Mexican culture. The most impressive one in January was the birthday celebration of Ignacio Allende, the leader of the rebellion against Spain that resulted in Mexico's independence.

The city has many language schools, a university, and several colleges. El Charco, the large botanical garden featuring native cactus, succulents, and birds is just a short bus ride away. An enormous plant sale takes place in a downtown park in January, with every perennial and annual you can imagine for sale. So many were recognizable as they also are sold in our local nurseries in the spring; it was difficult to look and not buy.

If you are looking for a different sort of Mexican holiday, I highly recommend San Miguel de Allende.

Barbara Shorrock is a traveler, gardener, ESL teacher, retired realtor, and book lover. She can be found most first Wednesdays at the Queensland Garden Club.

IN & AROUND CALGARY

Backyard Fire Safety tips from your Calgary Fire Department

Enjoying a recreational fire in your backyard can be a great way to spend a summers evening. Here are some Safety and bylaw considerations for you.

- Always confirm that a Fire Ban is not in effect before starting a fire for recreational purposes.
- Fires may only be burned in fire pits between 10 a.m. and 1 a.m.

Rules for fire pits

1. Backyard fire pits should be built into the ground, on brick or stone, or in a fire-proof container. Portable fire pits may be used on a deck as long as they sit on brick or stone, and not directly on your wooden deck. Always refer to the Fire pit manufacturer for approved fire pit locations.

2. Fire pits must be at least two metres away from your property line, house, garage, or fence.
3. Fire pits must **NOT** be under any trees, branches, plants or other materials that can catch fire.
4. All fires in your fire pit must be kept to a reasonable size; 1 metre high and wide. This helps to ensure embers, sparks or smoke don't harm anyone or cause a nuisance to your neighbours.
5. Only burn clean, dry firewood. **Do NOT burn:**
 - Wood that is painted, treated or contains glue or resin
 - Wet or green/fresh cut wood
 - Yard waste (cut grass or leaves)
 - Garbage
 - Rubber or plastic
 - Furniture
6. Always have a way to extinguish the fire in the event of an emergency. Easy options are having your watering hose or a bucket of water nearby.
7. All fires in your fire pit must never be left unattended.

Aside from safety considerations, not following these rules can lead to fines of \$500, \$1000 or even \$5000. For more information, go to Calgary.ca/fire.

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Summer truly flies by as we usher in the glorious month of August. The weeks ahead are for appreciating long summer days, warm evenings and creating special memories with family and friends. Pancakes were a daily staple before and during Stampede and it was great to connect at many events across the constituency. I hope you had as much fun as I did! This year marked my first Stampede BBQ in Bonavista Downs and included games, food (sizzling Spolumbo's!), and music. Mark Saturday, July 8 on your calendar now for 2017!

In my last newsletter I noted great stay-cation opportunities right here in Calgary. One of my Festival-Faves is **GlobalFest**, which runs from August 18th to 27th, where I will be thrilled to host a booth with my Calgary Caucus colleagues. Please stop by and say "Hi" if GlobalFest is in your calendar. GlobalFest offers world-class pyro-musical entertainment while celebrating and showcasing culture, art and food from around the globe. On a starry summer night, the spectacular fireworks are a perfect back-drop for a fun and economical family night out...creating memories to cherish for years to come.

Another great stay-cation is **Alberta Farm Days**. Launched four years ago, this provincial initiative highlights the great work and contribution of farmers and ranchers across Alberta. Did you know that 1 in 8 jobs in Canada and over 80,000 jobs in Alberta are agriculture based? Agriculture contributes over 100 billion dollars annually to Canada's GDP. Here in Alberta, we are blessed with rich farmland, sprawling ranchlands, and what I believe is the best beef in the world! This year farmers and ranchers will open their doors to the public on August 20th and 21st. If you want to see how honey is made, visit a bison ranch, or meet an alpaca, here is your chance to get up close and personal. There are unique opportunities for both young and old and I welcome you to visit www.albertafarmdays.com for locations, times and details.

If you wish to venture outside of Calgary please visit www.TravelAlberta.com for a complete listing of events and attractions across our province. As I often say, we are truly blessed to enjoy such rich natural resources, scenic beauty and friendly, industrious and hospitable people across our great province.

WHAT'S HAPPENING

Kids Help Phone

24 hour 1-800-668-6868, kidshelpphone.ca

- Anonymous and confidential
- Toll-Free professional, bilingual counselling and referral services for youth up to 20.
- Online and phone counselling available.

Scrapbooking with Grandma Judi

Any child from the age of 6 onward and interested in learning the art of scrapbooking, is welcome to join Grandma Judi at the Queensland Community Centre. Dates: Saturdays. Time: 10 a.m. to 2 p.m. Adult Classes—Fridays— Call for dates. There is a limited amount of space for this date, so please contact Judi 271-2176 to reserve a spot. Hope to hear from you soon!

These are for children ages 6 to 12 years. The times are from 10:00 a.m. to 2:00 p.m. Also, on Friday evenings we will be having a monthly Scrapbooking program for students 12 plus to adults.

Guides – Girls can join at anytime of the year if there are spaces in the unit and we have opportunities for women over 18 years of age. Please contact 1-800-565-8111, answered locally.

Queensland Playgroup: *Are your children bored or lonely? Do you crave some adult conversation? Need to get out of the house?* Drop in to meet some new friends for you and playmates for your little ones!

Large gym to run in, lots of toys, weekly crafts ...

Queensland Community Centre. Mondays, Wednesdays, and Fridays, 9:00 – 11:00 am. \$1 per child per visit (or bring a snack to share). Call for Fall Schedule.

"**MLA Gone Walkabout**" is what I will be doing over much of the rest of the summer and fall to connect with as many businesses, community organizations and people in Calgary–Fish Creek. I have already heard from many regarding the impact of government policies and legislation on you, your businesses and personal finances. Nonetheless, I want to hear from as many constituents as possible to ensure I fully understand and appreciate the struggles you and your family currently face as I share my vision for a brighter future. As always, my office and I are ready, willing, and able to connect and assist in any way we can with community issues. My MLA Cafés will recommence in September, so keep an eye out for future dates and join me for a chat and a coffee!



COUNCILLOR, WARD 14 PETER DEMONG

www.calgary.ca/ward14
eaward14@calgary.ca or 403 268-1653

Hello Ward 14. I hope you're having a great summer. I know it's easy to let the idea that summer is almost over creep in, but in reality our best weather is still ahead...

Ward 14 Communities BBQ

That is exactly why I hold my Ward 14 Communities BBQ in September. I learned my lesson after holding the very first version of the BBQ in June. It was fun, but also rainy. You can expect the likelihood of rain to be much less in late September.

The Ward 14 Communities BBQ is on September 24 to be exact. We will be in the Southcentre Mall parking lot from 11 a.m. to 2 p.m., and even if the weather does not cooperate you will be able to find shelter.

Given the state of our economy, I have been nothing short of amazed by the generosity of local businesses this year. So far Great News Publishing, No Bull Book-keeping, Qualico, United Communities, Jack Carter Chevrolet Cadillac Buick GMC, Genstar, Southcentre Mall, Progressive Waste Solutions, Calgary Co-op, Safeway, and Southgate Chevrolet Buick GMC have all stepped up with their support. Because of their help there will be plenty of free community association memberships for attendees, and also a burger and beverage for everyone.

There will be all sorts of exhibits ranging from the interesting to the informative and everything in between. You will be able to visit everyone from your MLA, to a local scout troop, to reps from the Calgary Zoo. Every City of Calgary department that you can think of will be there for you to visit, and there will be much more.

I invite you to join me on September 24! Visit calgary.ca/ward14bbq for more information.

Stay Connected!

You can visit calgary.ca/ward14 to get updates on things like Counciltalk, my BBQ, and other City related things, or you could let me do the work for you. I send email updates about those things and others, but you need to give me permission first. You can do so by filling out the online form at calgary.ca/ward14connect.

Flying your drone safely and legally

With the help of our friends at the Calgary Police Service, I would like to share with some small but helpful tidbits for staying safe and preventing crime over the next several columns. I will start with what seems like the most summer-related topic of them all—recreational drones.

I know that it may seem like an odd subject, but in the future it could be very important: even the City is investigating how drones can be used.

The Federal Government regulates the use of drones, but to launch from City property (like a park) you must get permission from the City (as with any property owner).

Use common sense! Don't operate your drone near large groups of people; near moving vehicles, or anywhere you could distract drivers; within restricted, or controlled airspace; or anywhere that may interfere with first responders. You may not fly your drone closer than 9 km to an airport; higher than 90 metres above the ground; or closer than 150 metres to people, animals, buildings, structures, or vehicles.

This is not an exhaustive guide for drone use, but is a window into it. Visit tc.gc.ca/safetyfirst for more information.

Thanks for reading, and please feel free to contact me anytime.

BRAIN GAMES SUDOKU

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

Swimming Word Search



- BREASTSTROKE POOL
- DIVE RIVER
- DOG PADDLE SCUBA
- FINS SIDE STROKE
- FLOATING SNORKEL
- FRONT CRAWL SPLASH
- HORSEPLAY SUMMER
- LAKE SURFING
- LIFEGUARD SWIMSUIT
- OCEAN WATER

S A B U C S D W F I R M M I N
 G C R A N B E I B E O T H H L
 A U E L S E N S V F U S L A W
 N D A R D S E I C E A H R E A
 A K S T R I R D O L N O A L R
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 N E R A I O X E R C I T S I N
 G U A N N N E L D D A P G O D
 S D G S U M M E R W S P O R T

COOK CORNER



Summer potato salad

Ingredients

- 750g new potatoes 1 tbsp white wine vinegar
- 75ml buttermilk ½ tsp caster sugar
- 1 tbsp light mayonnaise 100g sliced radish
- 1 tbsp Dijon mustard 1 tbsp poppy seed

Method

Put potatoes in a pan of salted water, bring to the boil, then simmer for 12 mins until cooked through. Drain and cool. Whisk buttermilk, light mayonnaise, mustard, vinegar and caster sugar with seasoning. Once spuds are cool, toss with the buttermilk dressing, radishes and poppy seeds.

THANK YOU TO THE FOLLOWING VOLUNTEERS FOR WORKING AT THE



June 21

Lisa Carlson
 Blanche Sheridan
 Debbie Klein
 Doug Brown
 Zoe Nelson

Tammy Baldwin
 Shannon Shaw
 Nicky McDowell
 Amber Vergo
 Linda Brown

Thanks also to The Multicultural Arts Society for sharing the bingo with us!

Volunteers are needed for August 12 Evening and Late night at Grey Eagle Bingo Hall. Please call Linda at 403-278-3366 if you are available to volunteer.



Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

August at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week (more than 55 in the summer months), use the gymnasium, skate, or play shinny, plus with a membership you get 20% off our fun, active registered programs. Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

Pool Grand Opening

This month we're excited to announce the re-opening of our pool (anticipated project completion of Aug 15, 2016). Once open, the pool will be available for members and patrons to drop-in and enjoy. Programmed swim lessons will begin in September.

At a projected cost of over 4.25 million (provided through government grants and lifecycle and reserve funds), aquatic centre improvements include: Myrtha pool liner (one of 2 in Alberta to have this technology), pool deck tile replacement, hot tub with expanded capacity, new play spray features, re-gelling of the waterslide, ceiling tiles to reduce sound reverberation, replacement of upper windows to energy efficient, glare-resistant panes and replacement of lighting to energy-efficient LED fixtures.

Summer Fun for Children & Youth

Summer Day Camps: Trico Centre is known for its summer camps. Want your child to have fun *and* learn over the summer? Quality themed camps. 3-14 yrs, weekly or daily, full day, half, day, pre and post care. See the Summer Program Guide or check www.tricocentre.ca for all the details.

Summer drop-ins include Drop-In Playtime (walking and up, Thursdays, 5-6:30pm), Drop-In Craft (2 yrs and up, Tuesdays, 5-6:30pm) Drop-In Dodgeball (15 yrs +, Wednesday, 7:15-8:15pm.) Check the Summer 2016 Program Guide for details.

Fall/Winter Program Guide and Registration

Member registration begins August 2 and 3 (ongoing.) General Public: August 4 and ongoing. Trico has something for everyone! Swimming lessons, skating lessons, adult fitness, older adult fitness and wellness, parent & tot, preschool, children & youth. Lots of new programs; see www.tricocentre.ca for a pdf of the Fall/Winter Program Guide or pick up a copy at Trico Centre.

New for Fall: Adults

Ballet Barre Blast: A unique blend of dance, Pilates, yoga, and cardio moves—it's a kick for the midline, glutes, and legs. Myofascial Stretch and Release: Maximize your mobility and reduce pain. Also new is The Focus Series - Goal-focused small groups that are affordable and fun! Groups include fat burning, healthy back & joints, basics, power lifting and strength training.

New for Fall: Tots/Preschoolers

Combo classes: Art N' Gymnastics (4-6 yrs), Funky Fridays (3-5 yrs) - Each week focuses on a different theme inspired by science experiments, music, cooking, crafts, or sports, and includes a supervised dip in the pool for the last half hour. Kangaroos and Crocodiles (3-5 yrs.) Get ready, get wet...go! This program starts in the gym with games, sports, songs, and tons of fun—and finishes up with a swim lesson!

New for Fall: Youth

Hip Hop (6-10 yrs): learn how to Hip Hop to the beat in this grooving dance class. Gym n' Swim Fridays (6-10 yrs & 10-14 yrs): This high-energy program starts with active games and play in the gym and ends with free water play in the pool! Perfect fun for Friday!

Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

DISCLAIMER

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of the Queensland Community Association and Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The Queensland Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

GOOD FOOD box

The Food Box is a program where you can purchase fresh fruit and vegetables for a very low cost. This program is available to everyone to promote a healthy and nutritional living.

Apples	Celery	Oranges
Bananas	Cucumber	Potatoes
Broccoli	Lettuce	Tomatoes
Carrots	Mushroom	Green Pepper
Cauliflower	Onions	

*(selection will vary)

Large Family 40-45 pounds	Family 30-35 pounds	Senior/Single 20-25 pounds
\$35.00	\$30.00	\$25.00

Good Food Boxes are ordered once a month. Payment for your Good Food Box will be required when you place your order. All food boxes need to be picked up from Queensland Community hall on the day of delivery.

For more information or to place an order:
Email: mavergo@shaw.ca

No Good Food Boxes in the summer!
Order by Sept. 13 for Sept. 22 Delivery



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Queensland/Diamond Cove Real Estate Update

Last 12 Months Queensland
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2016	\$349,900.00	\$350,100.00
May 2016	\$392,500.00	\$383,000.00
April 2016	\$322,900.00	\$309,500.00
March 2016	\$372,000.00	\$360,000.00
February 2016	\$396,000.00	\$386,250.00
January 2016	\$335,900.00	\$325,000.00
December 2015	\$335,900.00	\$336,000.00
November 2015	\$379,900.00	\$369,000.00
October 2015	\$431,450.00	\$425,000.00
September 2015	\$414,888.00	\$409,500.00
August 2015	\$329,900.00	\$330,000.00
July 2015	\$395,000.00	\$393,750.00

Last 12 Months Diamond Cove
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2016	\$0.00	\$0.00
May 2016	\$725,000.00	\$709,350.00
April 2016	\$729,900.00	\$695,000.00
March 2016	\$0.00	\$0.00
February 2016	\$500,000.00	\$485,000.00
January 2016	\$0.00	\$0.00
December 2015	\$0.00	\$0.00
November 2015	\$0.00	\$0.00
October 2015	\$569,900.00	\$512,500.00
September 2015	\$0.00	\$0.00
August 2015	\$1,099,000.00	\$1,049,000.00
July 2015	\$634,900.00	\$619,500.00

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

Like us on Face book!
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Come Learn through play at
QUEENSLAND PLAYGROUP!

- Free play
- Wide games
- Arts & Crafts
- Play dough & much more!

Lots of fun and stimulating activities to encourage meaningful play.

Connect with other parents and caregivers while playing in a fun, safe environment. \$1 per child or bring a healthy snack to share.

649 Queensland Dr SE

Footloose Photography
BY SHERI

MATERNITY, NEWBORN AND FAMILY PHOTOGRAPHY

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sherimacdonald.zenfolio.com

IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

On January 1, 2017, the federal government is amending regulations that will significantly decrease the tax efficiency of current "wealth transfer" strategies.

PLEASE JOIN US FOR AN EXCLUSIVE AND INFORMATIVE EVENT

TAX-SMART INVESTMENT AND ESTATE STRATEGIES

GUEST SPEAKERS:



PETER BOWEN, B.A.(Econ), CA
Vice-President, Tax Research and Solutions



M.C. (MIKE) MACOUN, CLU, CHS, TEP
Vice-President, Estate Planning Specialist



DATE: Tuesday, August 30, 2016

LOCATION: Canada's Sports Hall of Fame
169 Canada Olympic Road S.W.
Canada Olympic Park
Calgary, AB T3B 6B7

RSVP: Kara Weber
(403) 299-7374
kara.weber@rbc.com

All guests must be registered to attend. (Space is limited.)

Refreshments will be provided
Complimentary parking on site
Includes access to interactive sports,
Hall of Fame Gallery & Museum Tour

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Councillor Peter Demong

WARD 14 COMMUNITIES

BBQ

SAT, SEPTEMBER 24

11 AM TO 2 PM



Get there early for a

FREE BURGER

and a **FREE COMMUNITY
MEMBERSHIP**

At Southcentre Mall parking lot

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