

FEBRUARY 2016

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QUEENSLAND DIAMONDCOVE CRIER

THE OFFICIAL QUEENSLAND & DIAMOND COVE COMMUNITY NEWSLETTER



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649 Queensland Dr SE

The Best Neighbourhoods Survey is now open.

HAVE YOUR SAY

Tell us what makes great neighbourhoods great and what's most important to you in choosing where to live.

Closes February 28, 2016
AvenueCalgary.com/survey

avenue magazine

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	Family	Senior/Single
40-45 pounds	30-35 pounds	20-25 pounds
\$30.00	\$25.00	\$20.00

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

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Email: qca99@hotmail.com

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Guides	Answered locally	1-800-565-8111
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Scouts	Chris Forsyth	587-287-9934
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"To promote and facilitate community spirit and involvement in Queensland and Diamond Cove"

2016 **QUEENSLAND COMMUNITY ASSOCIATION MEMBERSHIP FORM** \$20.00

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Method of payment: Cash: _____ Cheque: _____

Cut out this coupon and mail or drop off at the Queensland Community Hall

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 Susan Fortunka at 403-278-7093 or email sfortunka@hotmail.com.

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.

Art Classes for Kids

WINTER TRIMESTER FEBRUARY TO APRIL 2015

The Winter theme is Australia & New Zealand – Culture, Landscapes, Animals, People, Still Life
Wednesday - Feb 18 to April 29 - Queensland Comm. Centre 4:30 - 6 pm (10 classes)

YOUR COMMUNITY - PROGRAMS - EVENTS



MONDAYS	Play Group Jazzercise Basketball
TUESDAYS	After School Program Sparks/Brownies/Guides
WEDNESDAYS	Playgroup Art Class Jazzercise Basketball Garden Club
THURSDAYS	After School Program Quilting Beavers/Cubs and Scouts
FRIDAYS	Playgroup Private Functions
SATURDAYS	Private functions
SUNDAYS	Men's Soccer Basketball

Linda Brown
qca99@hotmail.com

Editorial Content DEADLINE 1st

of each month for the next month's issue

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PRESIDENT'S MESSAGE

Wow! February is here already. Where did January go to?

I hope everyone had a fantastic holiday season. The outdoor Christmas lights and decorations were really great again this year and I thank you all for helping our community to celebrate the season with so many different displays in your yards. Maybe next year, it would be nice to have a competition for the best yard and light displays. I will discuss this with our executives at a future board meeting.

Have you had a chance to enjoy our fabulous hockey and pleasure rinks yet? They are both incredible. The rink crew have gone way above everything to make them so awesome for us. I think they are the best outdoor rinks in Calgary.

We have had some skating parties during the holidays. I attended one of them and I was so thrilled to see children and parents taking it all in. We had hot chocolate for everyone and also had some surprise visitors. I was really impressed with the portable fire pit that had been made as well. It is quite the invention. You know, even though I am not able to skate any more, I get such a joy just watching young parents teaching their children to skate. My goodness, it brings back memories. I think my biggest thrill was watching a young father from another country, helping his children to skate. This was their first winter and they were enjoying every minute of it. Oh what joy these rinks are. If you want to go skating or play some hockey then please come and enjoy. It is great exercise. If you are like me and don't skate anymore, then just walk over and take a look at all of the excitement happening. You will see what I mean. Oh yes. It is all free. We do not charge anything.

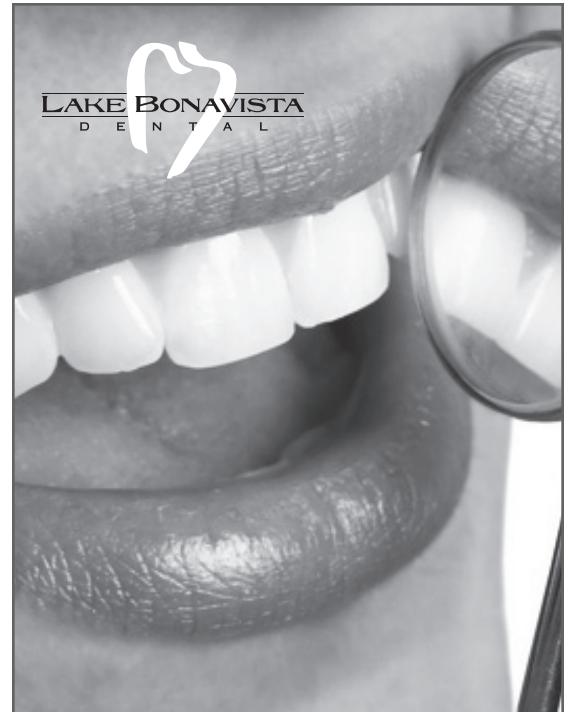
All of our programs are in full swing again so be sure to contact Linda Brown at the community centre if you are interested in any of the programs. Phone 403 278-3366.

Our Drop In Coffee time will be on February 5, from 8:30 a.m. to 11 a.m. or maybe later. This is open to any person who would like to have coffee and breakfast goodies (muffins, bagels). We will be in the Jensen Room up near the hockey rink so come and have a visit with us.

Adult Scrapbooking is also on February 5, from 9:30 a.m. to 4 p.m. in the Jensen Room.

Valentine's Day will soon be here and this is a wonderful time to show our friendship, love and how we care for

~continued on page 9~



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Many thanks to the Calgary Multicultural Art Society for sharing the bingo with us!

THANK YOU TO THE FOLLOWING JANUARY 2 BINGO VOLUNTEERS!

Linda McDowell	Sonia Ayres
Nicky McDowell	Maegan Payne
Erica Sterzik	Quinn Ball
Melanie Sterzik	Zoe Nelson
Bob Sterzik	Doug Brown
Reta Doyle	Linda Brown
Blanche Sheridan	

Volunteers are needed for February 20 bingo at Grey Eagle Bingo Hall for the bingo-evening and late night! Call Linda at 403-278-3366 if you are available to volunteer.

THANK YOU TO THE FOLLOWING DECEMBER BINGO VOLUNTEERS!

Zoe Nelson	Anthony Janicki
Sue Read	Ashley Berger
Blanche Sheridan	Braden Brickner
Nicky McDowell	Dave Drebit
Shannon Shaw	Kurt Kluba
Meagan Payne	Linda Brown

Valentine's Day Word Search

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

candy
card
chocolate
cuddle
flowers
friend
heart
hugs
kisses
love
roses
smooch
snuggle

PRESIDENT'S MESSAGE CONT'D

one another. I would like to share an interesting show of friendship that happened to me this past spring.

I met a young couple from Africa when I was at a community workshop that was organized by the city. The young couple sat with us at the table and introduced themselves. They told us that they had been in Calgary for a year in a lovely community but there hadn't been anyone from their community to welcome them or give them any information about the community or the city. They said that they felt lonely at times and decided to go and meet people in their community but the neighbours weren't very friendly. They saw the advertisement for this workshop and they decided to check it out. They thought that maybe they could find out how to help their community and meet some new friends. Now here was a young couple thousands of miles away from home willing to take that first step towards obtaining friendships and giving back to the community after only being here for one year. I was totally impressed with them. They asked many questions and participated in the group discussion times. At the end of the workshop we all came out of the building with great ideas for our community, new friendships and a very special thank you from this young couple for including them.

The point I want to make is that it only takes one person to say "hello and how are you?" My name is and welcome. It is great to have you as my neighbour." This can be the start of a wonderful friendship. It isn't just new residents that we must show our friendship to and the way we care about things. It is for our single parents, seniors, special needs people etc. who are living in our community and the community association as well. Our community needs to stay strong in order to survive these fast paced times.

Since I am on my soap box about things, I would like to put out a plea for volunteering some of your time at the community centre. It doesn't matter if you are 16 or 80. We really need your help. Our mature residents have been down this route before but you may have a hobby that we could teach to others. I have met a lady who is setting up her genealogy and would love to meet some others interested in this to share any ideas you may have. We are interested in setting up the history of Queensland which we started when we were organizing our 40th Anniversary in 2014. I really could use some help with this.

Most of you know that I am in the more mature age of residents living in Queensland. When I retired I was very afraid of my future and how I could handle not being out in the hustle and bustle of life that I was used to. Being a volunteer has taken that fear away because now I can volunteer and give assistance to groups that need it. It gives you a purpose and still makes you feel young and included. Also with all of the new families I am learning all about their cultures which I find fascinating.

LETS MAKE 2016 THE BEST YEAR IN QUEENSLAND YET!

If you could spare some time for the community, please contact the community office at 403 278-3366. I will get back to you immediately.

Until next time,

Judith

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BRAIN GAMES

SUDOKU

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

FIND SOLUTION ON PAGE 16



Heart Shaped Cupcakes

Prepare your regular cupcake recipe. Put the liners in your cupcake pans. Then either put a marble or a wadded circle of tin foil between each of the cupcake liners and the cupcake pan. Bake as usual. When the cupcakes come out they are heart shaped. Frost them and decorate. Very easy.



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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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.

February 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, use the gymnasium, swim, skate, or play shinny, plus 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 Refurbishment

After 33 years in operation, Trico Centre's Aquatics Centre is undergoing a major refurbishment. This project will address lifecycle issues, improve health and safety components, and take the Aquatics Centre into the next 10 to 15 years. **The Aquatics Centre including pool, hot tub, and slide will be CLOSED starting February 19.** Trico Centre is very excited about the new enhancements and can't wait to share the progress with you. We will be hosting a pool grand opening, so watch for details.

Adults

- Registered adult programs starting in February: Sore Joints Training, Fit 101 for the Absolute Beginner, Strong is the New Skinny: Weight Training for Women by Women
- Check www.tricocentre.ca for two **new registered adult programs that are not in the program guide:** Triathlon Brick Training and What's What of Watts: Spinning for Power in Eight Weeks.
- February workshops include Foundation of Alignment Yoga Workshop and Mindful Relaxation.

Older Adults

- Bone Builders, Chair Yoga multi-week programs starting in January include Balance Builders, Bone Builders, Chair Yoga, Sore Joints Training. Workshops and clinics include Foam Roller Workshop and Strike It for Seniors!

~continued on page 12~

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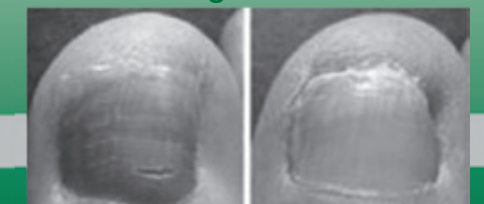
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February at Trico Centre cont'd

- **New registered program** (not in the program guide so check the website for details): Brain Builders helps develop coordination, agility, and a smooth, synchronized gait through different walking conditions by improving reflexes and increasing neurologic control over movement.
- Ease Parkinson's Disease Workshop, Friday, February 26, members \$32, non-members \$40.
- Check out the Drop-In Gym schedule for drop-in Pickleball times.

Families, Children & Youth

Check out the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for lots of cool activities including leisure skate, adult shinny, youth shinny, women's shinny, and stick & puck.

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.trico-centre.ca to find out more.



Queensland/Diamond Cove Real Estate Update

Last 12 Months Queensland
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2015	\$335,900	\$336,000
November 2015	\$379,900	\$369,000
October 2015	\$407,900	\$404,875
September 2015	\$426,897	\$420,700
August 2015	\$337,940	\$329,800
July 2015	\$407,750	\$403,875
June 2015	\$421,920	\$411,477
May 2015	\$373,425	\$367,500
April 2015	\$381,199	\$374,916
March 2015	\$400,000	\$387,500
February 2015	\$408,000	\$400,000
January 2015	\$319,900	\$308,000

Last 12 Months Diamond Cove
MLS Real Estate Sale Price Update

	No. New Properties	No. Properties Sold
December 2015	2	2
November 2015	3	1
October 2015	4	4
September 2015	3	5
August 2015	7	5
July 2015	7	4
June 2015	3	5
May 2015	8	4
April 2015	8	6
March 2015	4	1
February 2015	2	3
January 2015	2	1
Total	53	41

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

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January has passed and I trust that your New Year's resolutions are holding strong. It has been a busy month; spending time with family, connecting with residents, and meeting local stakeholders has given me time to listen and learn. It has also been a pleasure visiting grade 6 students from area schools over the last month and I am encouraged by their curiosity and knowledge of political issues. Gaining awareness of how democracy works and how blessed we are to live in a free country are key to future participation and engagement in their communities. The Legislature offers educational programming for individuals and schools alike. If you are interested in visiting the Legislature for a tour or watching session live, please contact my office. Our right to vote is essential to our free society.

February is a great month to get out and explore our province. Family Day is February 15 and provincial museums will be free of charge to the public. This is a wonderful oppor-

tunity to explore some sights and attractions around our province. Look to my Facebook page for more information.

The Legislature will soon be sitting for the spring session. A couple of key items to look for will be Carbon Tax legislation and the 2016/17 Budget. Traditionally the budget has come out the first week in March. With respect to the Carbon Tax, exactly how this will affect us, has not been clearly defined. I believe all Albertans are committed to being environmental leaders and our energy industry is constantly innovating to deliver the best product. These private sector initiatives are essential to affirming the sectors social license. As businesses innovate to be more environmentally responsible, I believe each of us at home and in our community can do our part. Our world-leading technology can also be exported globally where it will have more of an impact than anything we do locally. This is where I believe we need to focus our efforts to make a real difference in global climate change. My concern is that by imposing additional Carbon Taxes on individuals and businesses, investment opportunities will dry up and new business will choose not to come to Alberta. On average individuals can expect to pay an additional \$400-600/year by 2017 and by 2018 upwards of \$800/year. The tax will be charged at the pumps, tacked onto our natural gas bills, and on each KWatt of

~continued next page~

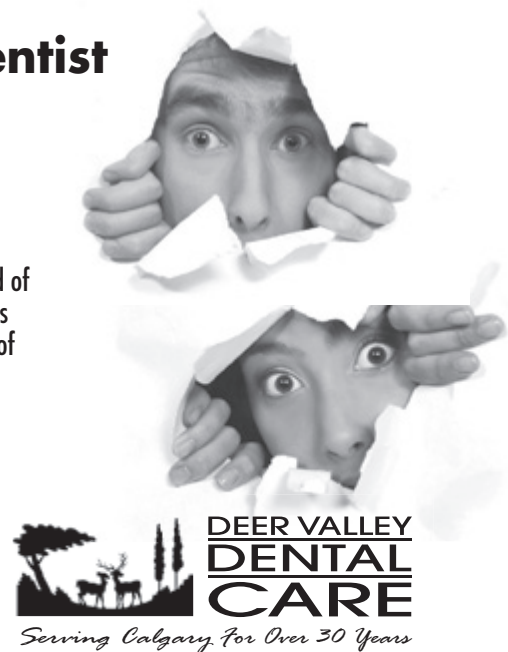
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COUNCILLOR, WARD 14
PETER DEMONG
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 eaward14@calgary.ca or 403 268-1653

Greetings Ward 14!

Great news! You have an extra day in February! I'll be making sure that the City is using that extra day—and the other 365—wisely, and I want to mention a couple of ways we'll be doing. Let's leap right in to it.

LED Streetlights in Ward 14

The lights we use to brighten our streets at night have a huge impact on this city, and not just in terms of better visibility. They require us to produce energy, they can cause light pollution, and they often need to be replaced. I am happy to say that in 2015 we began retrofitting streetlights for new light emitting diode (LED) bulbs, and will continue into 2018 until the retrofitting of 80,000 streetlights is complete. They will be replacing the high pressure sodium lights that the City has been using for some time now.

The financial benefits of the project are clear. With all the lights installed we expect to save \$1 million annually on maintenance costs, and \$5 million in annual electricity costs. But there are also some benefits that are not as easily represented in a financial statement. They will reduce energy consumption by up to 50%—the equivalent of powering 2,820 homes per year—and will drastically reduce light pollution. I think you'll find you'll be able to see better too.

The LED streetlights are coming to Ward 14 very soon. Silverado is scheduled for retrofitting during the first quarter of 2016, and the rest of Ward 14 will be done during the third and fourth quarters. Let me know what you think of them!

Interactive Parks and Roads Map

As I write this just a little before Christmas, the Roads department, Parks department, and I are hoping for some snow to test a project that we have been working on. We had an exceptional amount of snow during the winter of 2013/2014, and we learned many things from the experience. Based on people's comments to my office, the lack of communication between the City's crews and its headquarters became very apparent. A highlighted map was literally the only way for us to know what had been cleared and what had not.

The result of our work will be real-time information not only on what roads and pathways have been cleared of snow, but eventually what parks have been mowed as well. It will be available to the public in an online map made possible with GPS outfitted equipment. It is a significant step forward in the level of service that we provide citizens. All we need are two significant snowfalls to test the system out. Hopefully we will have had them by the time you read this.

February Counciltalk

Thank you to everyone who attend Counciltalk in January. If you didn't get a chance, or would like another opportunity, the next one will be on February 27 at the Chaparral Resident's Association Lakehouse (225 Chaparral Drive SE) from noon to 2 p.m. If you can't make that one there are other opportunities listed at calgary.ca/counciltalk, or you could sign up to get reminders of all the Counciltalk dates at calgary.ca/ward14connect.

Have a wonderful February, and don't forget that you can always contact me.

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MLA CALGARY - FISH CREEK RICHARD GOTFRIED CONT'D

electricity we use. In this time of economic uncertainty and lack of employment in many sectors, I believe this is an irresponsible approach to fiscal management of our natural resources and the livelihoods of Albertans. The Carbon Tax is not revenue neutral.

Although 2016 looks to be a challenging year, let's all band together to do our part in supporting one another in the community, and maintain our optimism for Alberta in the future.

Your comments and opinions help make a better Alberta. Please join me every Friday in February at my office for coffee and treats at 10am for an informal opportunity to talk. Thank you.

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

Building Family Assets at home

Ideas for all family members

Family assets are the everyday things families do to be strong, even in challenging times. They are the actions we take to build healthy relationships and healthy family members. Whether you are a child, teen, or parenting adult, everyone in the family plays a role in building these assets. Here are some ideas for how you can build assets at home.

Maintaining Expectations

Families are stronger when they have clear expectations for each other, including talking about tough issues, setting fair rules and boundaries, and expecting everyone to contribute to family life. Here are some ways you can build these assets in your family.

- Use the news to bring up tough topics. It can be hard to bring up a difficult issue with your parent or with your teen. Sometimes a story in the local or national news can help get those conversations started. Ask others in your family what they thought about a story you read or how they would respond in those situations.
- Think through tough conversations. Sometimes you need to have a difficult conversation. Think it through in advance. What questions do you need to ask? What questions will the other person ask of me? What can you do to make it go well? When would be a good time that everyone involved would be able to focus?
- Be proactive in setting expectations together. Sometimes we avoid setting expectations and addressing tough topics because they can be uncomfortable. So we wait until there's a problem, which is often the most difficult time to bring up a topic or set new expectations. This can often be counterproductive. It's much more effective to be proactive, bringing up issues long before they become a problem or a big deal.

For information on the research behind the family assets, visit www.search-institute.org/familyassets. For practical ways to build assets in your family, visit www.ParentFurther.com/familyassets.

Submitted on behalf of the DDQ (Deliberate Directions for Quality of Life) by Sharon Cirankewitch, Prevention Counsellor, AHS Youth Addictions Services.

IN & AROUND SCHOOLS

St. Bonaventure School

St. Bonaventure has had a busy start to 2016 with many exciting events to celebrate within the areas of athletics, spirituality, and community building.

Athletically, the annual senior boys and girls basketball tournament was an overwhelming success. We would like to extend a sincere note of thanks to all parents, staff, students, and community sponsors who supported the event. Falcons' players and coaches are to be commended for continuing the tradition of basketball excellence at St. Bonaventure. Good luck in the playoffs! Our junior basketball players are enjoying an introduction into the game of basketball.

Spiritually, the entire school community had the opportunity to join in the St. Bonaventure Feast Day and Shrove Tuesday. We are truly blessed to be able to continue on our faith journey with the support of the St. Bonaventure parish. The students certainly continue to enjoy learning more and more about the life of St. Bonaventure. Related to this, the theme of humility continues to come to life at St. Bonaventure through our global charity focus. Humility indeed!

In terms of engaging students for success, our senior band students are looking forward to participating in the annual band camp along with the Alberta International Band Festival. Good luck to our students and thanks to our band volunteers! Furthermore, students will once again have the chance to receive instruction from Alberta Netball.

Important Dates:

Teachers' Convention: February 11 and 12
Family Day: February 15
Professional Day: February 16

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ROCK GARDENS

Barbara Shorrock

By the end of January, the Calgary gardener has had a pretty good rest, and is possibly thinking of what might be a good project for the coming spring and summer. Let me help you...

The newest book in my library came as a Christmas gift from another gardener, and I offer it to you as inspiration for a project that can be as small as a generous shallow bowl or as large as an acreage. The Prairie Rock Garden by Donna Balzer isn't a new book (published in 2000 by Red Deer Press) but the ideas it contains are as current as the day she wrote it. Drawing upon her experience as the first horticulturist for the Calgary Zoo and Botanical Gardens and designer of many commercial and private landscapes, she leads the reader through planning, material choices, construction and finally planting a new garden that features rock as its prominent feature.

What is a rock garden, exactly? Briefly, it is a combination of rocks and plants in a single space. Some people will emphasize the geological – choosing big dramatic stones, with low plantings. Another gardener will have a dazzling array of alpine perennials that live naturally on rocky slopes with only a small fraction of the rocks visible to give structure to the scene. There is no right or wrong – what pleases the creator is the best way. There are, however, a few rules: The first to consider is location - where in your garden this feature should be, and how it will be oriented to the sun. Because the focus of this book is the prairie environment, she emphasizes the power of the sun and lack of natural moisture for a great part of the year. The rock garden can face any direction, but its design and choice of plants will vary considerably depending upon how much direct sun it receives during the growing season. The second most important consideration is slope, as it must have good drainage or the alpine plants will not thrive. Third, what is your style? Do you love the precision of a formal garden such as the

Japanese, with its carefully chosen and placed rocks and minimal plantings? Do you tend more towards the informality of the English country garden, with lush foliage and overlapping textures? Or perhaps you are drawn to the natural scenes around us such as a river cutaway, prairie coulee or mountain slabs and faces with their rocky cracks and crevices. The design section of the book was my favourite part, as she takes us through all the different styles, complete with photos of both nature and local gardens fully planted and complete.

Texture of both the hard and soft material needs to be considered, as does one's budget. A small space using local rocks you have gathered on your travels through the province may cost almost nothing except for your time and energy. If you choose to buy your stone, landscape suppliers and garden centres will give you many options, among which our local tufa is the most lightweight and porous. The Rocky Mountains are all limestone, so this material is abundant and available in a range of colours. Sandstone, fieldstone and river rock also make attractive designs. For the ambitious project, bobcat and crane may be involved, along with strong labourers and a substantial bank account.

Once you have the bones of the rock garden constructed (having followed the practical advice in Chapter 4) you get to choose and plant the alpine plant varieties that will thrive in their new home. Pages of detailed descriptions and many photos help with this part, followed by instructions on how to maintain your new rock garden. If you have planned carefully, it should be a joy for many years to come, with four season beauty and minimal work.

Barbara Shorrock is a local gardener and member of the Queensland Garden Club, which meets every first Wednesday of the month in the Queensland Community Centre. Everyone is welcome.



Dr. Bob

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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.

Photo by Jeff Wallace: facebook.com/jeffwallacephotography/
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