WALK WITH US TO END BLOOD CANCERS

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“To promote and facilitate community spirit and involvement in Queensland and Diamond Cove”

2016

QUEENSLAND COMMUNITY ASSOCIATION MEMBERSHIP FORM

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Method of payment: Cash:__________ Cheque: __________

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

$20.00

QUEENSLAND • DIAMOND COVE | OCTOBER 2016 5
PRESIDENT’S MESSAGE

Hello Again!

Harvest time has begun, the trees are turning colour, flower beds are being put to rest and some of us are enjoying canning or making of jams or preserves. I just love the smell of cinnamon, pumpkin spice, nutmeg etc. and all of the other fall spices at this time of year. It reminds me of all the blessing we are given and how fortunate we are.

I would like to thank those of you who attended and supported our summer programs this year. They were all very successful. A great time was held at our Mural Unveiling and Lawn Chair Theatre Evening. The evening was a chilly one so everything was held in the gym. The circus performances and the magician were fantastic. It is such a joy to hear children’s laughter and there was plenty of that as well as ooos and awwws. This was a really enjoyable and fun evening for everyone. I still have my balloon figures that were made for me.

During the summer I stopped in and had a look at the Jazzercise Program. This is an awesome group. If you want to look good, feel great and build up your confidence, then this is the group for you. Their class is a mix of dance, interval, fusion, core strike and strength. I was breathless just watching them. Everyone was really enjoying themselves and I discovered that it is lots of work but also lots of fun.

A new program the city is offering to us, is a great sport called PICKLE BALL. This is held at the tennis courts. Oh my!!! This is a great game. It is fantastic for all ages. We were taught by an instructor and had loads of fun. This definitely is a game you should try. If we can get enough people interested, then this could be another club formed along with our badminton etc. that we have.

Yoga For Older Adults is another great program. Even though it is for older adults, it is open for others who would like to participate.

There is a new youth program for ages 11 to 14. This is held on Wednesdays from 3:45 to 5:45. Any youth who are in this age range can join in for basketball, volleyball, badminton etc.

As well as our regular community programs, we are still working with the city to help bring you well organized and safe programs for you and your children. We do have a problem though. WE NEED VOLUNTEER HELPERS Every year it is always the same volunteers that come out to help. They have families and other commitments as well but they always seem to find the time to come out and help us. WE REALLY APPRECIATE THIS SO VERY MUCH. You know if we could get enough new volunteers to work with all of us, then we could work on a rotation system and everyone would be able to take a break to be with their families. This is known as a good community involvement program and the community would become stronger for it. It is all of us and the volunteers that make or break a community association. PLEASE REALLY CONSIDER HELPING US OUT!

HELP US TO MAKE THE 2016/2017 YEAR, THE BEST ONE EVER.

Until Next Time: Judith

YOUR COMMUNITY - PROGRAMS - EVENTS

October Calendar

<table>
<thead>
<tr>
<th>MONDAYS</th>
<th>TUESDAYS</th>
<th>WEDNESDAYS</th>
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</thead>
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<tr>
<td>Playgroup</td>
<td>Yoga</td>
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<td>Jazzercise</td>
<td>Sparks, Brownies, Guides</td>
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Shrimp/Crab Dip

Ingredients:
- 8 oz cream cheese
- 8 oz shrimp cocktail sauce (If you like it spicy get the hotter cocktail sauce).
- Small can crab meat (drained)
- Small can shrimp (drained)
- 4 green onions

Directions:
1. Soften cream cheese and spread on the bottom of a favorite serving dish.
2. Pour 4 to 5 oz of cocktail sauce and spread it evenly around on the cheese.
3. Chop shrimp and crab meat and sprinkle over sauce. (For variation you can sprinkle shrimp on 1/2 and the crab on the other so they’re separate for guests).
4. Chop green onions, including meat of the green tops and sprinkle over shrimp and crab meat.
5. Pour the remaining cocktail sauce over the top and spread around evenly with a knife-careful not to move onion and seafood around.
6. For best results, refrigerate for at least an hour or two.
7. Serve with Wheat Thins or Triscuit, Ritz or Town House crackers

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Call Bob: 403.257.3465 / 403.461.3490

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Safetiesync

SafetySync online safety management system is an effective health and safety management system that helps prevent losses, reduce costs and provide evidence of due diligence.

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Deer Park Winter Clothing Event

The Annual FREE Clothing Give-A-Way is happening again this year, for one day only!

*Clothing is donated and is gently used.

When: Saturday, Oct. 1st from 10am-1pm
Where: Deer Park United Church, 77 Deerpoint Road SE
Who: Everyone!

Do you have WINTER clothing to give away?

We will be accepting clean, gently-used winter clothing on the following days only:

Day Time Drop-offs: Sept. 26, Sept. 27, Sept. 28, and Sept. 29 from 9 am-noon and 1-4pm
Evening Drop-off: Wednesday, Sept. 28 from 5 pm-8 pm

Winter Clothing can be dropped off at Deer Park United Church (77 Deerpoint Road SE)

Wednesday, Sept. 28 from 5 pm-8 pm

If you have any questions or would like to volunteer, please call Deer Park United Church at 403-278-8263.

We are always looking for volunteers to help organize and sort clothing for the event!

Diamond Cove Neighbors,

I am writing this piece for the October Crier in late August as the deadline is far in advance of the production and delivery. Therefore when you read this our parade of garage sales will be over and I am trusting that it will have been another successful day in the Cove. I want to emphasize our true thanks and appreciation to our friends Laura and Glen McIntosh. They stepped up again this year, in some very challenging economic times, and sponsored the parade for us. Laura and Glen are associated with the Real Estate Professionals and their business is focused on neighbourhoods in our area. They spend their own money to provide us with sponsorship and provide support and signage for our participants. Again I want to thank them and ask the residents of the Cove to consider calling them if you are looking to make a move or know someone who wants to move into the area.

Laura: 403-607-2274; Glen: 403-835-8000.

For many residents in the Cove, it has been a tough year and one filled with economic hardship. This has understandably presented some challenges for our maintenance fund participants. If you can provide support for the fund we have tried to make it as easy as possible to donate. We are offering 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.

As we always do at this time of year, we must thank the good people at the City of Calgary Parks dept. for their exceptional care and maintenance of our parks and flower pots that line Diamond Drive as you enter the Cove. Again this year, Parks kept the flowers in those pots in amazing condition and somehow kept them looking beautiful through the rain and hail that we endured this summer.

As always, if you have suggestions, comments or questions about our community, please email them to me.

Guy Huntingford, guy.huntingford@gmail.com.

Have a great Thanksgiving!!

Queensland Scouts will be taking orders for Scout Popcorn in our neighbourhood

Starting September 25th

If we miss you and you would like to order popcorn, email us at qa172@gmail.com or call us at 587-287-9934.

Thank you for your continued support of local youth programming!
BUSINESS CLASSIFIEDS

NEPTUNE PLUMBING & HEATING LTD: Qualified journeyman plumbers/gasfitters, very experienced in Queensland and Diamond Cove. 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.”

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HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty-free business. Clinicair supplies you with all the training, marketing support and sales tools you need to get started. Great business opportunity. Please call or e-mail for more information: John at 403-835-0458 or johnhuber77@gmail.com.

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GUITAR, BASS, DRUMS & KEYBOARDS: Guitar/multi-instrument teacher has openings for any of the above instruments. Music college graduate with 25 years’ teaching experience. All levels for kids or adults - Beginner to advanced. Call or email John at 403-835-0458 or johnhuber77@gmail.com.

THE FINISHER: I am here to finish what your husband started and husbands, I’m here to start and finish those projects that need to be done. From complete bathroom renos, basements developed and upgraded, to fences, decks, and sidewalks. Your SnapPower® distributor. References available. Wendell at 403-613-6807.

IN & AROUND CALGARY

October in Fish Creek

Fish Creek Speaker Series

Exploiting the Native Grassland Elements of Fish Creek Provincial Park

Thursday, Oct. 27, 2016 7:00 – 8:00 pm

Presented by Ian Macdonald, Professional Biologist and Botanist

Fish Creek Environmental Learning Centre at Shannon Terrace in Fish Creek Provincial Park (13931 Woodpath Rd. SW, access via 130 Ave. SW and 37 St. SW).

Fish Creek Provincial Park is one of the largest natural environments in Canada. It has been heavily impacted over decades by a variety of human uses and the growth of Calgary around all of its borders. However, even with all of this disturbance there remain many traces of the native grasslands that once flourished here. Join us to explore and learn about these grassland elements still in existence today. Ian Macdonald, a professional Biologist and Botanist, who has spent a great deal of his personal time over the last several years surveying the north slopes of Fish Creek examining, recording and reporting on his findings of the native grassland. To register or for more info: friendsoffishcreek.org/event/grassland.

Your Show Support for Fish Creek - Renew Your Membership or Become a Member

Members are the foundation of our Society and share our vision of a sustainable Fish Creek Provincial Park that improves the quality of life for present and future generations. We encourage you to renew your commitment to Fish Creek Provincial Park for the October 1, 2016 – September 30, 2017 season. Friends’ membership benefits include discounts on courses like the popular Autumn, Winter and Spring Birding Courses, a subscription to our newsletter Voice of the Friends, regular notifications about programs and events happening year-round in Fish Creek Provincial Park and admission to educational Fish Creek Speaker Series presentations.

We hope that you and your family have enjoyed some of the programs that we have organized here in Fish Creek Provincial Park, such as Parks Day & Creekfest. A Taste of Autumn, the Fish Creek CommUnity Fair and the Wellness Showcase. Minibus tours and wellness programs provide new and innovative ways to bring people together and celebrate nature.

All of our volunteer programs and community engagement activities are made possible by our modest membership fees. Please visit www.friendsoffishcreek.org/friends-of-fish-creek-membership-signup to renew your membership. We thank you for your continued support and look forward to seeing you in the park.

Ghosts in Fish Creek

Wednesday, October 26, 6:30 - 7:30 pm

Join us if you dare! Tour the historic Bow Valley Ranch area of Fish Creek Provincial Park to learn about the ghosts that are rumored to haunt here! Great for all ages (although it may be a bit scary for younger listeners). Tickets only $7 per person, registration is required. For more info or to register: www.friendsoffishcreek.org/programs/other-tours

For business classified aAd rates call Great News Publishing at 403-263-3044 or sales@great-news.ca
**Christmas Craft Baking and Gift Fair**

November 19, 10:00-3:00 pm

Tables are $25.00

Call Linda at 403-278-3366 to book your table now!

---

**Children’s Halloween Party**

Saturday, October 29

6:00-8:00 pm

Food Bank donations welcome

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**Queensland**

**Call 403-263-3044 for advertising opportunities**

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**NEW: Get Certified! October certification classes include CPR/AED original and recert, First Aid/CPR Full original and recert.**

- Register now for Mommy & Me Fitness, Mommy & Me Barre, and Mommy/Daddy/Me AquaKids new sessions beginning in November.
- 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, youth shiny, and stick & puck.

---

**October 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.)

**Price Freeze**

Recession-busting price freeze in effect at Trico Centre on memberships, admissions, and program fees. No increase from September 2015 to April 2017.

**Adults**

- Register now for adult fitness starting in November: Cardio Kickboxing, Ballet Barre Blast, Cardio Dance, and DANCEP3SY.
- More than 70 drop-in fitness classes every week – including aquafitness in our newly refurbished pool. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
- October Wellness Workshops include: Foam Roller Workshop, Mindful Relaxation Intro Workshop, and Straighten Up (free info session followed by a 4-week workshop – for youth and adults.)

**Older Adults**

- Bones and Balance, Chair Yoga, and Balance Builders: Fall Prevention Program for Older Adults: These multi-week registered programs start in November.
- Drop-in Pickleball is offered several times a week. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

**Families, Children & Youth**

- All children’s programs – from tots to teens – start in November. Swim lessons, skating lessons, dance, gymnastics, sport, and creative classes – lots of new options.

---

**FAMOUS FIVE DISTRICT**

The fun and friendship of Girl Guides is underway again for the 2016-2017 year. Haven’t registered your daughter yet? Registration is open year round! So, go to www.girlguides.ca and locate the unit/finder button to find the unit best suited for you.

Girls joining Girl Guides at all ages (5 to 17) look forward to a fun and active time. Camps are being planned, program work is decided, outings are chosen, and so much more. Thanks to all those volunteer leaders and parent helpers who make it happen. It doesn’t happen without your time, talents and energies. Want to join us? Contact Pat, isteads@telus.net for info.

Have you seen the girls out with the fall Chocolaty Mint cookies yet? They are available now. If you were missed in the sales campaign, contact isteads@telus.net and we’ll see that you get them. Cookie sales are the main fundraiser for Girl Guides and all proceeds stay in the community to support the girls at camp and provide program opportunities. Cookies are more than just money, though; cookies provide the girls with the opportunity to practice their sales skills, learn money management and get to know their community. Thank you for your support.

---

**Carnivorous animals will not eat another animal that has been hit by a lightning strike.**

---

**November 19, 10:00-3:00 pm**

**Tables are $25.00**

Call Linda at 403-278-3366 to book your table now!

---

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Saturday, October 29

6:00-8:00 pm

Food Bank donations welcome

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**Tables are $25.00**

Call Linda at 403-278-3366 to book your table now!
Yoga for Older Adults

Please come join us for a drop-in beginner yoga class designed for older adults. No previous experience necessary.

When: Starts Tuesday Sept 13, 2016 until Dec 13, 2016
Location: Queensland Community Centre
Time: 10:00am-11:30am
Cost: Free for Fall
Equipment: yoga mat provided but you can bring your own

**Only 20 spots available so please sign up with Linda Brown.

After School Drop-In Program

This drop-in After School program will provide a safe and fun environment for youth to have the opportunity to be active through basketball, volleyball, badminton and other fun activities. The activities will be supervised and lead by recreational leaders.

When: 13 weeks of Drop-in programming starting Wednesdays Sept 21, 2016 until Dec 14, 2016
Location: Queensland Community Centre
Time: 3:45-5:45pm
Cost: Free for Fall - Ages 11-15

**Only 30 spots available so please sign up with Linda Brown to reserve your spot.

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 1:00 p.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.

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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.
Greetings Ward 14!

Thank you to those who attended my Ward 14 Communities BBQ! It was a great time! Don’t worry if you couldn’t make it. There will be another chance next year—all though it will look slightly different because of the upcoming election. I will speak more about that next month.

I do want to remind you that I send email notifications about events like my BBQ, Counciltalk, and other important information relating to municipal government. To receive them you must sign up at calgary.ca/ward14connect. I encourage you to do so.

Free Leaf and Pumpkin Drop-off
We are undeniably in autumn now, and the remains of summer are likely lying on your lawn waiting to be raked and bagged. My October column is the perfect opportunity to remind you of a great program we have at the City: the Leaf and Pumpkin Composting Program. It is currently underway, and runs until November 6. Bring your bagged leaves and pumpkins to one of our 35 drop-off locations around the city. By composting this material it stays out of the landfill, reduces harmful greenhouse gas emissions and helps turn the leaves and pumpkins into useful compost. We recommend using paper yard waste bags as they can be composted with the rest of the material. No sod or rocks please.

For a full list of Leaf & Pumpkin drop-off locations, please visit calgary.ca/leaf.

Check your smoke detectors
Now I want to make what you might call a public service announcement. Did you know that your smoke detector needs to be replaced every ten years? You should be replacing its batteries every year at least, and checking that it works every month.

October 9th to 15th is Fire Prevention Week. It may be the perfect opportunity to learn what you can do to protect your home and your family. There is a lot of great information about that and more at calgary.ca/fire.

Being prepared for snow
We didn’t get much snow last winter, but if I have learned anything from this spring and summer, it is probably best to be prepared for anything. That is why I’m getting an early start on my usual snow clearing reminder this year.

Not much has changed. The City still aims to have all roads in drivable shape within seven days. Crews work on a priority basis. If necessary, the snow on your street will be packed down, and ruts will be removed anywhere between three and seven days after the end of the snowfall.

There are many ways to stay informed during a snowfall event. You can follow @yyctransport on twitter, download the City of Calgary Roads App, or visit calgary.ca/roadconditions for current road conditions and progress. There is much more information about snow and ice control on calgary.ca/snow too.

One last thing: please pay attention to snow parking bans, and any other signage. Doing so will help everything get done as quickly and painlessly as possible.

That’s it for October! Have a great month, and remember you can contact me anytime.

PETER DEMONG
COUNCILLOR, WARD 14

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

Thanksgiving Word Search

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

Thank you to the following volunteers for working at the Bingo

August 12

Vanessa Pedersen
Wade Pedersen
Robert Sterzik
Melanie Sterzik
Erica Sterzik
Joanne Ogilvie
Melissa Ogilvie
Eva Reid
Lisa Carlson
Ralph Nichols
Debbie Klein
Doug Brown
Zoe Nelson
Sue Read
Tammy Baldwin
Linda Brown

Volunteers are needed for October 13 evening & late night at Grey Eagle Bingo Hall. Please call Linda @ 403-278-3366 if you are available to volunteer.

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Being prepared for snow
We didn’t get much snow last winter, but if I have learned anything from this spring and summer, it is probably best to be prepared for anything. That is why I’m getting an early start on my usual snow clearing reminder this year.

Not much has changed. The City still aims to have all roads in drivable shape within seven days. Crews work on a priority basis. If necessary, the snow on your street will be packed down, and ruts will be removed anywhere between three and seven days after the end of the snowfall.

There are many ways to stay informed during a snowfall event. You can follow @yyctransport on twitter, download the City of Calgary Roads App, or visit calgary.ca/roadconditions for current road conditions and progress. There is much more information about snow and ice control on calgary.ca/snow too.

One last thing: please pay attention to snow parking bans, and any other signage. Doing so will help everything get done as quickly and painlessly as possible.

That’s it for October! Have a great month, and remember you can contact me anytime.

PETER DEMONG
COUNCILLOR, WARD 14

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

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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
Bananas
Broccoli
Carrots
Cauliflower
Celery
Cucumber
Lettuce
Mushroom
Onions
Oranges
Potatoes
Tomatoes
Green Pepper
*(selection will vary)

Large Family
40-45 pounds $35.00
Family
30-35 pounds $30.00
Senior/Single
20-25 pounds $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
Order by Oct. 13 for Oct. 20 Delivery

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