

OCTOBER 2016

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# QUEENSLAND DIAMOND COVE

CRIER

THE OFFICIAL QUEENSLAND & DIAMOND COVE COMMUNITY NEWSLETTER



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1st Vice President	Steve Foote Queenslandtrafficcommittee@gmail.com	403-541-0400
2nd Vice President	Brian Heritage	403-278-0950
Treasurer	Blanche Sheridan	403-278-5294
Secretary	Eva Reid	403-278-1517

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Civic Affairs	Anita Sukhdeo	403-463-4051
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Social Director	R.J. Macdonald	403-805-8746
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Director at Large	Roy Reid	403-278-1517

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Scouts	Chris Forsyth	587-287-9934
Calgary Police Service		
Community Resource Officer Dist 6	Cst. Matt Forest	403-428-6600

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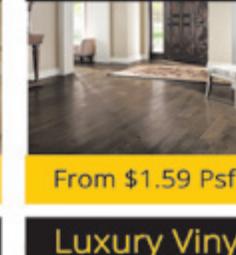
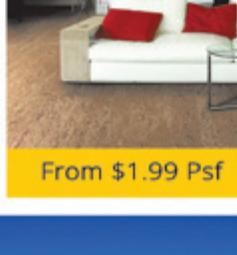
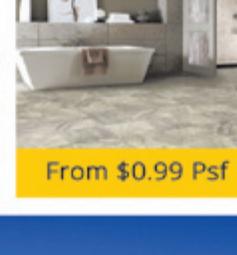
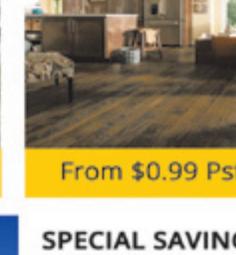
Cut out this coupon and mail or drop off at the Queensland Community Hall

Linda Brown  
qcac99@hotmail.com  
**Editorial Content DEADLINE 1st**  
of each month for the next month's issue

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# 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 oos and awws. This was a really enjoyable and fun evening for everyone. I still have my balloon figures that were made for me.



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Residents of partnered communities enjoy additional savings! Pay 20% less for memberships than non-residents with payment of the Community Support Fee or presentation of a valid community association membership.



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 PICKEL 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.

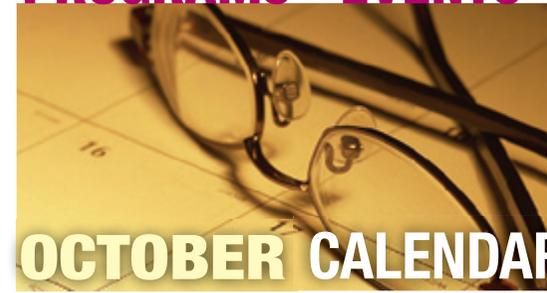
As well as our regular community programs, we are still working with the city to help bring you well organized and safe programs for you and your children. We do have a problem though. WE NEED VOLUNTEER HELPERS

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



<b>MONDAYS</b>	Playgroup Jazzercise Basket ball
<b>TUESDAYS</b>	Yoga Sparks, Brownies, Guides Jazzercise
<b>WEDNESDAYS</b>	Playgroup Jazzercise Basket ball Garden Club
First Wed.	
<b>THURSDAYS</b>	Quilting Beavers, Cubs, Scouts
<b>FRIDAYS</b>	Playgroup Private Functions
<b>SATURDAYS</b>	Private functions
<b>SUNDAYS</b>	Basketball

**SAFETY SYNC**  
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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



## 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 shrimp (drained)
- Small can crab meat (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 crabmeat 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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Need winter clothes for you and your family?

# 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. 1<sup>st</sup> 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)

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!*

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## DIAMOND COVE NEWS

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](mailto:guy.huntingford@gmail.com)

[guy.huntingford@gmail.com](mailto: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](mailto: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 [qsa172@gmail.com](mailto:qsa172@gmail.com) or call us at 587-287-9934.

Thank you for your continued support of local youth programming!



**SCOUT POPCORN**  
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# BUSINESS CLASSIFIEDS

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Great News Publishing at 403-263-3044  
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**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen 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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**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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**YOGABEARS PLAYSCHOOL CLASSES:** Yoga, relaxation, songs, games, stories. Tuesdays, September 20 - December 13, 2016. 9:30-11:00 am or 1:00-2:30 pm. 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.

## IN & AROUND CALGARY

### October in Fish Creek

#### Fish Creek Speaker Series

*Exploring 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 environment parks located in a large urban centre anywhere 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, is 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 elements. To register or for more info: [friendsoffishcreek.org/event/grassland](http://friendsoffishcreek.org/event/grassland).

#### Show Your 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 community-focused activities we help organize 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](http://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 - 7:30pm**

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](http://www.friendsoffishcreek.org/programs/other-tours)



# 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!




**Animal Trivia**

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

Queensland



# CHILDREN'S HALLOWEEN PARTY

Saturday, October 29  
6:00-8:00 pm

Food Bank donations welcome



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](http://www.tricocentre.ca) to find out more.

## 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 DANCEPI3Y.
- 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](http://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.

- Li'l Spooks Halloween Party, Sunday, October 30 from 4:30 to 7:30pm. Join us for games, activities, and wave pool fun. Members \$15 per family, Non-Members \$20 per family.

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

- Register now for Mommy & Me Fitness, Mommy & Me Barre, and Mommy/Daddy/Me Aquafit 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 shinny, and stick & puck.



Guides Canada

# 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](http://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](mailto:isteads@telus.net) for info.

Have you seen the girls out with the fall Chocolate Mint cookies yet? They are available now. If you were missed in the sales campaign, contact [isteads@telus.net](mailto: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.

Dr. Diane Fennell  
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**CALGARY**

**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.



**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.

**DISCLAIMER**

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# Thanksgiving Word Search

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

COOK MAIZE  
 CORN PILGRIMS  
 DINNER PUMPKIN  
 FALL RELATIVES  
 FAMILY SETTLERS  
 FEAST SQUASH  
 FOOD STUFFING  
 GRAVY THANKS  
 HARVEST TURKEY



**COUNCILLOR, WARD 14**  
**PETER DEMONG**

[www.calgary.ca/ward14](http://www.calgary.ca/ward14)  
[eaward14@calgary.ca](mailto:eaward14@calgary.ca) or 403 268-1653

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—although 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](http://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](http://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 9<sup>th</sup> to 15<sup>th</sup> 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](http://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](http://calgary.ca/roadconditions) for current road conditions and progress. There is much more information about snow and ice control on [calgary.ca/snow](http://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.

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## THANK YOU TO THE FOLLOWING VOLUNTEERS FOR WORKING AT THE



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 Debbie Klein  
 Zoe Nelson  
 Tammy Baldwin

Wade Pedersen  
 Melanie Sterzik  
 Joanne Ogilvie  
 Eva Reid  
 Ralph Nichols  
 Doug Brown  
 Sue Read  
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**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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I ask for your support in my bid to become your next Member of Parliament. I have been a member of Jason Kenney's board for the last ten years, most recently as President and am further endorsed by Richard Gotfried, MLA for Calgary, Fish Creek.




For More Information Visit: [WWW.JACKREDEKOP.CA](http://WWW.JACKREDEKOP.CA)



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# 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
<b>\$35.00</b>	<b>\$30.00</b>	<b>\$25.00</b>

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](mailto:mavergo@shaw.ca)

**Order by Oct. 13 for Oct. 20 Delivery**



## OCTOBER MOON CALENDAR

 First Quarter Oct 8	 Full Moon Oct 15
 Last Quarter Oct 22	 New Moon Oct 30



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