

SEPTEMBER 2016

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

2016

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\$20.00

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Method of payment: Cash: _____ Cheque: _____

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Linda Brown
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PRESIDENT'S MESSAGE

WHERE DOES THE TIME GO?

That is a question I keep asking myself. Here we are starting the month of September. School will be in soon and everyone will be getting into their fall routines. It just seems like I was preparing the President's Message for the month of June. Oh well, onward and upward as the saying goes, so let's enjoy our good weather while we can.

I have been informed that our wonderful Garden Club is celebrating their 10th year anniversary. Talk about time flying by. They have done an incredible job creating the flower garden at the front of the community center. Special thanks to all of you who help out with the upkeep of it. It truly is a beautiful display in the summer.

Their meetings are still held on the first Wednesday of every month at the community center at 7 p.m. Their meeting on September 7 will be a Tomato Tasting Event. Bring samples of your favourite tomatoes for everyone to have a taste. Or, if tomato growing is not your thing, bring something made with tomatoes to share (pot luck). Sounds like a very enjoyable evening. MMMMM Yummy!

Please see further information inside the Crier.

While I am on the subject of gardens and yards, I would like to thank the volunteers who have stopped by and cut the grass at the community center. We greatly appreciate this act of kindness. Also to everyone who has picked up any litter that has been dropped on the streets or in the children's playground, thank so very much. Visitors to our community this summer have made the comment that our community is so clean especially around the playground, fields and parking lots.

We will be having our annual Community Clean up on September 18 from 9 a.m. – 2 p.m. Gather all of your items that you need to get rid of at the dump and bring them to us. We will be in the community parking lot with all of the city trucks to take it away for you. It is free so let's work on getting our houses, yards and streets cleaned up. This is a great time to get rid of tree branches, old fencing etc.

Please contact Linda at the community center 403 278-3366. For further details.

Would you like to get your community membership for free? Peter DeMong will be holding his annual membership BBQ, September 24, 11 a.m. – 2 p.m. Come and enjoy a free burger and beverage as well and you can visit many interesting exhibits. Also to all of our residents who are empty nesters, please come to get your memberships. We need your support in order to have the community association available for all and not have our doors close permanently. This will also give you a discount at the Trico Center. All of this takes place at South Center in the South Parking Lot. We hope to see you there.

Have you seen the beautiful mural at the back of the community center? It is finished. I went to the community center the other night after dark, to see what it looked like with the night lights on. The colours are awesome. Thank you Mark, all of your art students, and the community children who did the art work. It is definitely the conversation piece. We really appreciate your dedication to the design and the story behind this mural. Many of our children will remember the painting that they did and will say, "I did that part," and be very proud of their contribution. They will hold the memory of working with you on that very hot day and the fun they had.

Here are some activities to check out for the month of September:

- September 7 Garden Club (tomato tasting)
- September 9 Open House Coffee time with Judith: 8:15 a.m.–12 p.m.
- September 9 Kid's Craft Club: 12 p.m. 5 p.m. (registered students only)
- September 16 Preteen Dance: 7–9 p.m. Admission \$3.00
- September 18 Community Clean up: 9 a.m. – 2 p.m.
- September 24 Peter DeMong B.B.Q: FREE MEMBERSHIPS & FREE BURGER (South Center)

Well that is all for now. Please watch the community outside bulletin board for new programs starting. All of the details have not been finalized as of today's date, so we will post them to keep you informed.


Take care and until next time,

Judith

YOUR COMMUNITY - PROGRAMS - EVENTS

SEPTEMBER CALENDAR

MONDAYS	Playgroup Jazzercise Basket ball
TUESDAYS	Sparks, Brownies, Guides Jazzercise
WEDNESDAYS	Playgroup Jazzercise Basket ball Garden Club
First Wed. THURSDAYS	Quilting Beavers, Cubs, Scouts
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



Pita Lunch for kids

"Kids can assemble these pita meals themselves, right there at the lunch table!"

Ingredients

- 1/2 cup deli ham, chopped
- 1/2 cup shredded lettuce
- 1/4 cup shredded carrot
- 1/4 cup Ranch dressing
- 1 pita bread round, cut in half

Directions

Place ham, lettuce, and carrot in a re-sealable plastic bag. Pour Ranch dressing into a small re-sealable container. Wrap the pita bread in plastic wrap. Pack the ham mixture, Ranch dressing, and pita bread along with a spoon in a lunch box or bag until lunch time.

Assemble pita pocket by spooning the ham mixture into each pita half and drizzling the Ranch dressing on top.

Insect Trivia



Mosquitoes dislike citronella because it irritates their feet.

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. 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)

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 Neighbours,

As delivery of the Crier occurs over a few days, you may read this before our parade of Garage Sales on Saturday, September 10th. If so, please participate or just enjoy the parade and look for some treasures! Neighbours who join the parade have had some very good sales! Our parade in September is unusual so the turnout has just kept increasing over the last few years. If the parade is already over, thank you to everyone who joined in this year.

This summer has seen a lot of repair and upgrade activity in the Cove. Everything from complete exterior and interior renovations to new roofs, fences and driveways. This activity is welcomed as it keeps our community looking great and improves our property values. If you are still contemplating a wooden fence repair, please remember that everyone must 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.

As discussed in last month's Crier, we thank everyone who has given generously to the Diamond Cove Maintenance fund. We want to make it as easy as possible to donate so 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.



Clean Up Day

Deer Ridge & Queensland/Diamond Cove

September 18
QCA Parking Lot
9am-2 pm

- Trash Compactor Trucks
- Electronics & Metals



I don't want to jinx this issue, but it has been a good year for graffiti, in that we haven't had very much! However, if you do see graffiti or any other community concern, please call 311. The more people who call in, the quicker the response will be for cleanup.

We would once again like to thank all the residents who walk the community and take the time to pick up garbage. Unfortunately we have our fair share of garbage that blows across Bow Bottom Trail and the inevitable paper that gets away when bins are being dumped on Garbage pick-up day J Thanks again!. We truly appreciate it!!

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

BUSINESS CLASSIFIEDS

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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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INTRODUCTION TO MUSIC: Great for students starting in band or studying an instrument. Piano Lessons or accordion lessons - Weekly 1/2 hour private lessons in Deer Ridge area, \$80. per month. 30 years teaching experience. All ages and levels welcome. Learn classical, blues, jazz, pop. Call Barb Chapin at 403-285-9492.

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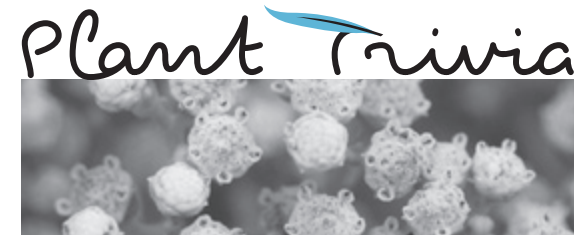
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YOGABEARS PLAYSCHOOL CLASSES: Yoga, relaxation, songs, games, stories. Tuesdays September 20-December 13, 2016. 9:30-11:00am or 1-2:30pm. Ages 3 - 5 years. Cost: \$175 for 13 classes or \$15.00/class. Deer Run Community Centre. Maximum 10 students.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

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Quinine, one of the most important drugs known to man, is obtained from the dried bark of an evergreen tree native to South America.

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

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

Queensland Kids (ages 6 - 12)
Recreation and skill development program for children.
Queensland
Queensland Community Association
649 Queensland Dr. S.E.
Tue. and Thu. from 3:15 - 5 p.m.
Jan. - May 2016 (no program Feb 11, March 22 and 24)





T-BALL

REGISTRATION
ONGOING

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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Trivia

Aspirin went on sale as the first pharmaceutical drug in 1899, after Felix Hoffman, a German chemist at the drug company Bayer, successfully modified Salicylic Acid, a compound found in willow bark to produce Aspirin.

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.

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M.C. (MIKE) MACOUN, CLU, CHS, TEP
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DATE: Tuesday, August 30, 2016
3:00 pm - 5:00 pm

LOCATION: Canada's Sports Hall of Fame
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RSVP: Kara Weber
(403) 299-7374
kara.weber@rbc.com

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

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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.



FIRST CLASS FREE

649 Queensland Dr. S.E. Mondays & Wednesday 6:30 pm
9202 Horton Rd. S.W. Royal Canadian Legion Sat 8:30 am

Wear comfortable clothing that does not restrict your movements and allows for sweat evaporation. Also be sure to bring a water bottle and towel. To view basic movements performed in class, go to jazzercise.com. Patsy 403-651-7421 ptjazz@telus.net [facebook.com/patsyjazzercise](https://www.facebook.com/patsyjazzercise)

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LEAF COLOR

Barbara Shorrock

September in Canada is one of our most beautiful months. Alberta does not have the climate for many of the red maples that grow in the eastern part of our country, but our deciduous trees and shrubs nonetheless provide us with wonderful displays.

How does this come about? Photosynthesis is the process by which the plant takes water from the ground, carbon dioxide from the air, and sunlight to turn them to glucose, which is the food of life – not just for plants, but for people too. Chlorophyll is the chemical in the leaves that gives them a green colour. All spring and summer the trees and shrubs are busy making glucose as they grow and store for the winter. Always thinking ahead, the trees know that there will not be enough light and water for photosynthesis during the winter, so they store what they have saved up during the summer. Each leaf has a special layer of cells called an abscission or separation layer at its base. During the summer little tubes pass through this layer carrying nutrients in and out of the leaf. As the days shorten, the tubes close up, the supply of water and removal of waste stops, and the leaf prepares to fall. The chlorophyll disappears, and the yellow and orange pigments that were there all along become visible. The orange colour comes from carotene (like carrots) and the yellows from xanthophylls (also found in banana skins and marigolds). Different combinations of these two pigments give us a variety of brilliant colors.

The reds and purples come from anthocyanin, also found in beets, apples and red grapes. The maple leaves

actually make this compound in the fall before shedding their leaves. Tannins produce the browns common to oaks and are merely visible waste products.

The most spectacular displays are in the eastern part of the continent due to the climate and wide variety of deciduous trees and shrubs. On a good year, the late summer will be dry, and the autumn will have bright sunny days and cool, frost-free nights. A very early frost or a fall with dull cloudy days and warm nights produces only drab color. Even here in the Chinook belt, we notice a difference in the brilliance of our fall colors from year to year. When Willow Park, Maple Ridge, Lake Bonavista and Parkland were developed in the 1960's and 1970's, the developer planted thousands of Northwest Poplars. Love 'em or hate 'em, you have to admit that the show they put on in autumn is a feast for the eyes. Many of the boulevards and front yards still contain mature specimens and I for one will be sorry to see them reach the end of their short lives, for they are indeed beautiful when dressed in their luminous gold foliage. This year, with our hot dry spring and wild and wet summer, it is anyone's guess what the fall colours will turn out to be.

The Queensland Garden Club will celebrate its 10th anniversary this month. We are very proud of our little community of gardeners (who come from many neighbourhoods across the city, not just Queensland) and all the knowledge and enjoyment we have gleaned from the members and visiting guest speakers. Happy Birthday to us! First Wednesdays are when we meet, and all are welcome.

QUEENSLAND GARDEN CLUB est 2006

The Queensland Garden Club is celebrating our 10 Year Anniversary. We meet the first Wednesday each month at 7:00PM in the Queensland Community Centre (Meeting Room access is at the SW corner of building). Typically, our guest speaker or presentation starts at 7:40PM.

We currently have 47 members, with an average of 25 people in attendance each meeting. We are a fun, diverse group with a passion for home gardening. Our member's gardening experiences vary from vegetables, native plants, to flower gardening and everything in-between. Memberships include a monthly newsletter which includes photos and info from our Garden Club members.

There is plenty of time to visit and enjoy the presentation each meeting. The guest speakers are entertaining and experts in their field that provide a fantastic evening out. Meeting topics include specific plant overviews, gardening tips, how-to workshops and demonstrations. The Garden Club has our own projector and PA system to enhance presentations. In addition to monthly meetings, the garden club hosts local plant shares, member garden visits, and have gone on group field trips. The garden club also maintains the flower garden located at the front of the Queensland Community Centre.

Annual Memberships are \$10 each, spouse included. You are welcome to attend our next meeting, Wednesday September 7, for a Tomato Tasting event. For more details about our garden club or the upcoming meetings, please contact Joanne Ogilvie at 403-804-0546.



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.

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School Word Search

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 September 24
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- | | |
|----------------------|-----------------|
| Vanessa Pedersen | Wade Pedersen |
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| Blanche Sheridan | Matt Sheridan |
| Ralph Nichols | Nessie Hollicky |
| Debbie Klein | Tom Forsyth |
| Dawn Forsyth | Doug Brown |
| Linda Brown | |

Volunteers are needed for September 17, Evening and Late night at Grey Eagle Bingo Hall. Please call Linda at 403-278-3366 if you are available to volunteer.



COUNCILLOR, WARD 14
PETER DEMONG
www.calgary.ca/ward14
eward14@calgary.ca or 403 268-1653

Hi Ward 14! I hope you had a great summer!

Ward 14 Communities BBQ

You are invited to my Ward 14 Communities BBQ. I hope to see you there.

The BBQ is on Saturday, September 24 in the Southcentre Mall Parking lot. It will run from 11 a.m. to 2 p.m. but you might want to get there during the first couple of hours in case supplies dwindle. I encourage you to visit calgary.ca/ward14bbq.

As I write this some of the fine details of what you will see at the BBQ are still yet to be determined. Fear not! I can assure you that you will not be disappointed!

Here is a description of how your trip to my Ward 14 Communities BBQ might go.

The first thing you might do is pick up your free community association membership. One of the main purposes of my BBQ is to raise money for the community associations of Ward 14. This is a win/win situation. The community association gets a new member, you get a free membership, and hopefully people learn more about what their community association does. Your community association will have their own table at the BBQ. Find them, say hello, and pick up your free membership.

Of course giving away memberships does not raise any money for the community associations. That is where the sponsors of the BBQ come in. Mattamy Homes, Great News Publishing, No Bull Bookkeeping, Qualico, United Communities, Jack Carter Chevrolet Cadillac Buick GMC, Genstar, Southcentre Mall, Progressive Waste Solutions, Calgary Co-op, Safeway, and Southgate Chevrolet Buick GMC are the ones who are supporting Calgary communities by buying you a free membership.

When you're picking up your membership you will likely notice all sorts of exhibitors. The other main purpose of the BBQ is to give you an opportunity to visit with representatives from the City of Calgary's various departments, its partners, and other community groups. We have had everything from horses to helicopters at the BBQ in the past. While those things can't be planned in advance, I can promise that you will see something relevant to you. Apart from every customer facing department in the City of Cal-

gary organization, there will also be representation from local scout groups, local MLA's, local school board trustees, and other community organizations like the Trico Centre, the South Calgary Primary Care Network, and the Friends of Fish Creek.

Finally, it wouldn't be much of a BBQ without food so you will want to get in line for a free burger and beverage at some point. You will pass the Ward 14 booth along the way where you can get some free swag and enter the prize draw.

Don't hesitate to approach me at the BBQ. I will be running around and making announcements, but always have time to chat.

Macleod Trail & 162 Avenue Interchange Update

Free-flow traffic on Macleod Trail is coming soon. The next major phase of detour for construction of the interchange—which includes free-flow traffic on Macleod Trail—is set to begin at the end of September. I do not have details on the exact date, but you will soon be able to find them at calgary.ca/macleod162ave.

Please don't hesitate to contact me about the interchange, or anything else.

See you at the BBQ!

Guides Canada

FAMOUS FIVE DISTRICT

The fun and friendship of Girl Guides will soon be 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. We're hoping your daughter will join us for some fun and friendship.

We still have some of the Classic cookies left. If you are interested in purchasing another supply or if we missed you in the spring, please let Pat, isteads@telus.net, know and we'll get them to you.

Several units are looking for unit leaders. Leaders are female adult volunteers who are supported by a team and participate in training for their roles. If you are interested in more information about being a leader, please contact Pat, isteads@telus.net. You can join in the fun and fellowship even if you were not a girl member or don't have a daughter. Consider adding Girl Guides to your resume and be a role model for girls in your community.

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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
\$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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Councillor Peter Demong
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11 AM TO 2 PM

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Mon - Thur 8:30 am - 4:30 pm Fri 8:30 am - 12:00 noon