

APRIL 2017

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THE OFFICIAL QUEENSLAND & DIAMOND COVE COMMUNITY NEWSLETTER

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IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
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Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	
Weather Information	511
Gamblers Anonymous	403-237-0654



Queensland 2017 Parade of Garage Sales

It's that time of year again – Spring Cleaning Time!

Clean out your closets, drawers, garages, basements and sheds and turn those unwanted items into \$\$ on **Saturday May 27 from 9:00am to 3:00pm**. If you do not have enough stuff, join up with a neighbour or make it a street event! Last year's participants were very pleased with the turnout and we know this year should be another big success for all of us out there "selling our stuff".

To register and have your garage or yard sale advertised free of charge, please contact **Dorothea Sautter** or **Linda Brown** at the Queensland Community Centre with your full name, address, phone number, and email address.

Lawn signs, directional maps, and a list of all participating homes will be available for pick-up at the community centre the evening before the sale.

On the morning of the sale, directional signs will be placed on the main streets directing buyers into the community.

Registration deadline is May 20
Dorothea Sautter
 403-301-7615 leave message, or
 dorothea@royalpage.ca



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

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

YOUR COMMUNITY - PROGRAMS - EVENTS



APRIL CALENDAR

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



ATTENTION

Queensland and Diamond Cove
Community Memberships Holders

ANNUAL GENERAL MEETING

Saturday, April 22

6:30 pm
Wine & Cheese 6:30
Meeting 7:00

Volunteer Appreciation to follow

Everyone (over 18) is invited to attend,
but you must hold a valid membership to vote

Open House

April 22
1:00 pm to 3:00 pm

Free to every community resident

There will be tables advertising all of the great activities we have available to the community.

This is not for registration but an information day only.

You can talk to the organizers and see what they have to offer and maybe you just might like to attend in the fall.

We will also have a suggestion box for any ideas you may have.

PRESIDENT'S MESSAGE

April Is Here What a pleasure to see that this month has arrived. The sun is stronger and a lot warmer, everything is growing and happy days are here. Easter is this month and it gives me the time to take notice of all the wonderful blessings I have been given. I marvel at Mother Nature and how a small acorn can grow into the mighty oak tree, or in our area, the small pine cone can make a huge solid pine tree. I feel that as community members and volunteers working together, we are planting seeds for the future of our children and young families. It is so very important to have programs for everyone so that Queensland will always have strong solid roots for a long time. Just think about all of the volunteers that have come forward in past years to make this community what it is today. It is over 40 years old and even though we have had some tough times, we have all persevered to keep it strong. On that note, I would like to remind you that we are having our annual AGM on April 22 at 6:30 p.m. This is so important for all of you to attend. This is the day that you can have your say on any opinions or ideas you may have. There is so much information on everything we do in the running of the Queensland Community Association. If you have a community membership, it entitles you to vote on any issues that are on the agenda. If you do not have a membership, you are still entitled to voice your opinions as well, you just can't vote. We do have some positions available if you have ever considered being on the board. I have a saying, "You cannot get anywhere if everything is all talk and no action." We need to get things done and right now there is a lot to do. Please come and support the association. We need all of you to keep this community strong. We will also be having our Volunteer Appreciation Night following the AGM. This is so much fun. If you would like to play darts, get door prizes, dancing and enjoy a free fun filled evening with your neighbours, then please join us. We will also be recognizing our volunteer of the year award. This is going to be an awesome time. Come and help us celebrate the positive results of a very challenging year. Another activity we will try to have for that day, (April 22) is an Open House. It will run from 1:00 p.m. to 3:00 p.m. and is free to every

community resident. There will be tables advertising all of the great activities we have available to the community. This is not for registration but an information day only. You can talk to the organizers and see what they have to offer and maybe you just might like to attend in the fall. We will also have a suggestion box for any ideas you may have. Would you like to check out our Pickle Ball? If you have not been able to join us because our program runs in the daytime and you are at work, then come and join us. We will have 1 court set up in the gym and we have people that would love to teach you the game. If you would like an evening time for playing pickle ball, then sign up on our sheet and we will try to set that up for you. With the great weather coming you will want to play this game on the tennis courts. They have been marked out for pickle ball as well as tennis. We do have the equipment at the community center and for a small charge, you can rent them if you are playing outside during the warm months Here some dates that are coming up for you to mark on your calendar.

April 22

Community Open House
1:00 p.m. to 3:00 p.m.

April 22

AGM
6:30 p.m.

Kid's Craft Club

April 7 12:00p.m. to 4:30 p.m.

Parade of Garage Sales

May 27

Community Clean Up Day

June 25

I forgot to mention that we are trying to get our web site up and running. I will keep you posted. Remember that we have all of our programs up and running so please phone Linda at the community center 403 278-3366 if you would like more information. Well that is all for now. Hope to see you all at the AGM.

HAPPY EASTER!

Judith

COOKS' CORNER



HOT CROSS BUNS makes 24

Ingredients:

- 1 cup milk
- 2 Tbsp yeast
- 1/2 cup sugar
- 2 tsp. Salt
- 1/3 cup butter, melted and cooled
- 1 1/2 tsp. cinnamon
- 1/2 tsp. nutmeg
- 4 eggs
- 5 cup flour
- 1 1/3 cup currants or raisins
- 1 egg white

Glaze (you can use this one or your favorite)

- 1 1/3 cup confectioner's sugar
- 1 1/2 tsp. finely chopped lemon zest
- 1/2 tsp. lemon extract
- 1-2 Tbsp milk

Instructions:

This may be difficult for younger children to do themselves, but they'll enjoy helping to mix and measure the ingredients, helping to knead the dough, forming the dough into balls and adding the glaze.

-In a small saucepan, heat milk to very warm, but not hot (110°F if using a candy thermometer). Pour warm milk in a bowl and sprinkle yeast over. Mix to dissolve and let sit for 5 minutes.

-Stirring constantly, add sugar, salt, butter, cinnamon, nutmeg and eggs. Gradually mix in flour, dough will be wet and sticky. Continue kneading until smooth, about 5 minutes. -Cover bowl with plastic wrap and let the dough "rest" for 30-45 minutes.

-Knead again until smooth and elastic, for about 3 more minutes. Add currants or raisins and knead until well mixed. At this point, dough will still be fairly wet and sticky. Shape dough in a ball, place in a buttered dish, cover with plastic wrap and let rise overnight in the refrigerator. Excess moisture will be absorbed by the morning.

-Let dough sit at room temperature for about a half-hour. Line a large baking pan (or pans) with parchment paper (you could also lightly grease a baking pan, but parchment works better). Divide dough into 24 equal pieces (in half, half again, etc., etc.). Shape each portion into a ball and place on baking sheet, about 1/2 inch apart. Cover with a clean kitchen towel and let rise in a warm, draft-free place until doubled in size, about 1 1/2 hours.

-In the meantime, pre-heat oven to 400° F.

-When buns have risen, take a sharp or serrated knife and carefully slash buns with a cross. Brush them with egg white and place in oven. Bake for 10 minutes, then reduce heat to 350° F, then bake until golden brown, about 15 minutes more. Transfer to a wire rack. Whisk together glaze ingredients, and spoon over buns in a cross pattern. Serve warm, if possible.

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STEP INTO SPRING

Recruitment ends April 21, 2017



Are you thinking of becoming more active?

The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

To participate contact Research Coordinator:
perryr@ucalgary.ca



Ethics ID: REB15-2944
This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.

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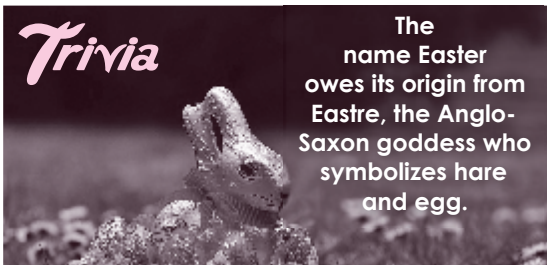
St. Bonaventure School

Athletically, the badminton season is in full swing with city finals scheduled for the beginning of May. St. Bonaventure is looking to defend their title as tier champions. In addition, a group of 12 dancers performed at Bishop Carroll on April 4th. Danceworks is a celebration of all that is dance. Our performers wowed the crowd with their Bollywood presentation choreographed by their teacher.

In the fine arts department, both the junior and senior bands will be performing at various competitions in April. We are anticipating some superior marks as that was an assessment of an earlier performance the bands attended in February. In other academic areas, the grade 7's will be participating in an Invention Convention which is held at the school. The top 6 students will continue on to represent St. Bonaventure at a city competition in April. A group of grade 8's are honored to attend a Career Expo followed by a group of grade 9 girls who will attend the Explore IT conference hosted at MRU. Another group of grade 8's and 9's are looking forward to competing in a robotics competition to be held in spring. As you can see, this time of the year results in many culminating competitions so that students can put the skills they have acquired throughout the year to use.

For those of you interested in attending St. Bonaventure next year, our **Open House** is scheduled for **April 25** with the Hockey Skills Academy presentation at **6:30** followed by a general presentation about the school for our incoming grade 6's at **7:00** and concluding with a presentation highlighting the Spanish Program at **7:45**. You are invited to the presentation(s) that apply to your situation.

With our Lenten journey coming to a close at Easter, the staff and students at St. Bonaventure School would like to extend greetings for a most blessed Easter.



Trivia

The name Easter owes its origin from Eastre, the Anglo-Saxon goddess who symbolizes hare and egg.



Gentle Yoga at Queensland

Come and join us!

We have a new instructor for the Gentle Yoga class at Queensland, her name is Helen Cheung and she has many years of experience in the fitness industry and within the City of Calgary. She has many different fitness certifications and is certified in Older Adult fitness, Pilates and Yoga so she will be a great fit for the Gentle Yoga class.

Yoga class will run from 10:00-11:00am on Tuesday Mornings!

Cost will be \$75.00 for the 14 week session or \$10.00 drop-in fee!



Pickle Ball

Pickle Ball is every Wednesday afternoon from 1:00 p.m. to 2:30 p.m. The fee is \$2.00 for Queensland Membership holders and \$3.00 for anyone who does not have a membership. No experience necessary!

IN & AROUND SCHOOLS

St. Philip Fine Arts Elementary School

Spring has sprung and April is a very busy month here at St. Philip. We have our spring production featuring grades 3-6. Students and staff have been very busy preparing for this production and we are excited for the show! In recognition of Canada's 150th Birthday, students have been working on The 'Eh'mazing Race performance celebrating this truly incredible country we live in.

We enjoyed another engaging Travelling Art Exhibition (Trex) from the Alberta Foundation of the Arts titled Geometric Abstraction. This exhibit features artwork by 12 different artists. The subject of these artworks, rather than being an object, figure or scene, are the formal properties of the image itself— colour, line, composition, light, texture and space.

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Gym Use	\$50.00 per hour
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Children's Parties	\$150.00 plus \$100.00 for cleaning
Boardroom	\$25.00 per hour
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Small Meeting Room	\$25.00 per hour



Councillor, Ward 14
Peter Demong
www.calgary.ca/ward14
eward14@calgary.ca or 403-268-1653

Hello people of Ward 14!

Last month I did a bit of a primer for the new season. Since we are now entering the first full month of spring, I want everyone to remember a couple of seasonal tidbits that I wrote about in March.

Street sweeping, civic census, & voter registration are all online

You can still find all of the information that you need—including the latest information on when to move your vehicle—at calgary.ca/sweep. You should also have received your access code for the online civic census and voter registration by mail in March. All of these things are very important, and all of them are now available online (which saves taxpayers money).

Ward 14 Traffic Safety Meeting (another reminder from last month)

Traffic Safety is constantly one of the most popular topics in Ward 14. Anyone who is concerned with traffic safety (especially those who are Star Wars fans) will be happy to hear that they can join the Calgary Police Service, and the City's transportation department on *May the 4th* to discuss the topic. I will also *be with you*. Join us from 5:30 p.m. to 8 p.m. at the Mid-Sun Community Centre.

Roadway Activity Map

I really like maps. Those close to me know this very well. I like them because they teach me all sorts of new things, and because they are incredibly useful. That is why I am happy to share the newest addition to the City of Calgary's collection of online maps: the Roadway Activity Map.

The map combines a number of data sources to provide real-time information on both planned and active road construction work projects. It includes both short term, and long term projects like construction paving, sidewalk closures, and microsurfacing, as well as special event closures like parades and festivals.

You can find the map at maps.calgary.ca/roadwayactivities, or find the entire City of Calgary Map collection by clicking 'maps' on calgary.ca.

Should Calgary Bid on the 2026 Winter Olympics

The topic of bidding on the 2026 Winter Olympics is go-

ing to be one that is discussed for months to come, if not years. The decision making process will begin with a thorough investigation of how the Olympic bid will impact Calgary.

There are many factors to consider in the decision to bid, and the website shouldcalgarybid.com contains lots of information. Our investigation will also include learning what Calgarians think about the bid. The website that I mentioned also contains a survey. If you want to take the survey do it soon. I am not sure how long it will be available.

April Counciltalk

This month Counciltalk will be in the main gym at the Deer Run Community Centre (2223 146 Avenue S.W.) from 1 p.m. to 3 p.m. (please note the later than usual start time). There are only three more opportunities (including April) to hold Counciltalk before the summer, so please make sure you get out to one. The other dates and times for Counciltalk are posted on calgary.ca/counciltalk, or you can get reminders by signing up at calgary.ca/ward14connect. Tell your friends to join too. The more, the merrier!

Thanks for reading, and don't hesitate to contact me anytime!



Guides
Canada

FAMOUS FIVE DISTRICT

Thank you to so many who supported our District Carnival. It was a fun time and the money raised will be used by units in our district for camps, activities, and program.

We're sorry that the Classic Cookies didn't arrive in time for the carnival. But they have arrived now! Some units are going door to door, but if we've missed you, please contact Pat, isteads@telus.net with your address and we'll see that someone delivers your order to you. Cookies are the major fundraising for Girl Guides and your purchase allows us to provide programming that teaches self-respect, community awareness, safety, leadership and so much more.

Watch for information about girl registration for the fall of 2017.

Ladies, would you like to become a leader for the fall? We're always looking for women to help. Why not start the registration process now, take advantage of some training offered in June and be ready for a fun time in September. Contact Pat, isteads@telus.net, for more info.

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Legislature Update/Budget:
 By the time this newsletter comes out we will be in full swing for the Spring Session. I am hopeful that the temperature outside and inside the halls of the Legislature will be not too hot and not too cold, just right for respectful debate and discussion. The budget was released on March 16th, and that means a lot of work for me and my team in quite literally, holding government to account. Budget discussions and constituent input are very important to me; consequently, my MLA Café for April will specifically focus on budget issues. As our province slides deeper into debt, tough questions on what to fund vs how to fund must be continually evaluated. We know that our present course of action is unsustainable, meaning that our daily operational costs significantly outstrip revenue generated from personal and corporate taxes, royalties and other revenue. With this in mind, please join me **Monday April 27th from 5-7pm** at the office to discuss how to "better the budget" for Albertans.

Did you know? Did you know that I offer notary and commissioner for oaths services free of charge? Did you know that MLA's visit schools and give students an understanding of the political process and that democratic studies are included in the Grade 6 curriculum? Did you know that commemorative Birthday and Anniversary Scrolls from various levels of government can be coordinated through my office? Did you know that I love attending and supporting events in the community? Did you know that we can assist in filling out and submitting government forms? Many individuals are not aware of the services that our office is able to assist with. Please use me and my staff as a community resource and information hub. We are here to help, so if you are not sure, ask!

Communication:
 All of you should have received our newsletter through Canada Post by now. If not, please contact me and I will get a copy for you. I would encourage you to fill out the comment card on the newsletter to give us an indication of what matters most to you. There is not a lot of space for feedback, so I would encourage you to send an email, make a call, write a letter or come into the office to give

greater detail on issues of importance to you. We all need to have a voice in our communities and in our province.

Education:
 Much has been discussed recently regarding education curriculum and funding of public vs. independent schools. My children have gone through the public system here in Calgary. I am a strong advocate for a great public system. With this said, I also feel that the public system cannot meet the needs of all students and other options need to be available. Choice in our education system is paramount for a strong public and independent system. All who pay property taxes, pay an education portion to the Alberta Government regardless of whether you have children in the system or not. All of us benefit from an educated population. As everyone contributes, I feel that continuing to fund independent schools is important in meeting the needs of a diverse student population, Strengthening resources in the public system is also in some ways achieved by savings in capital and per student funding of independent schools. I will continue to strongly support choice, and both public and independent schools options going forward.
 As always, I welcome your feedback and would encourage you to become involved in your community, and engaged in issues of importance to Albertans.

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Planting Spring Bulbs

Barbara Shorrock

As I write this in February for your reading pleasure in March, I think ahead to preparation for spring, even though our gardens are still snow covered. If you have empty spaces in your flower garden or large pots waiting for something showy, why not consider tender summer-blooming bulbs? Now remember, "tender" means they are tropical species who like warmth and cannot survive freezing temperatures, so you will either plant them in pots in the house about 6 weeks before last frost date (June 1 in Calgary, plus or minus 2 weeks, depending upon Mother Nature's whimsy each year) or directly into the garden a week or two before that unreliable date. If you are a thrifty gardener, you will bring these bulbs inside (basement or heated garage) before they freeze in the fall, to be stored for enjoyment the next year. If that isn't your thing, treat them as annuals and buy new each year.

Dahlias offer a dazzling range of size and colour ranging from tiny Mignons to enormous Giants (think "Dinner Plate"). They start at white and continue all through the warm shades of yellow, red, orange, and so on. Breeders have been successful in producing extravagant varieties that look like a crazy painter has been at work on each bloom. The taller ones will need staking as they become top heavy later in the summer and I don't need to tell you what our July storms can do. Smaller bushier ones need nothing more than sunshine and lots of water (dahlias are thirsty). Native to Mexico, the dahlia is not a true bulb, but has a tuberous root which multiplies and grows through the summer. You must dig this up before it has a chance to freeze, dry it, and store in sand, vermiculite or peat moss over the winter.

Gladiola corms may be planted directly into the garden or started indoors a few weeks early. The second most popular cut flower (second only to roses) they belong at the back of the flower bed where their tall spikes can be appreciated over their neighbours. There are over 10,000 varieties, so you will be spoiled for choice at the garden centre. The giants will produce one spike with multiple blooms; others will be smaller with several stalks and can be most charming in pots on the patio.

Begonias have a roundish tuber, and present a dramatic display of colour for weeks and weeks, most effective in pots and hanging displays. If you are buying them for the first time, be aware that size really does matter with begonia tubers, the bigger ones producing the most numerous and voluptuous blooms. This is one plant that doesn't need full sun to be happy and will produce a lovely display on a partially shaded deck or patio. Note: begonias come with fibrous roots, rhizomes and tubers, so be sure you know what you are buying. The first two are best treated as annuals in our climate, but you can store tubers for next year.

Canna and **Calla Lilies** are also becoming more popular in our gardens as newer hybrids are developed. These are often grown to spectacular effect in large pots, shared with lower growing annuals. Like all the others in this article, the rhizomes should be dug up and stored over the winter, as they are also native to the tropics.

If you are looking for some new and dramatic colour in your garden, check out spring bulbs. Some are already in the garden centres.

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~continued next page~

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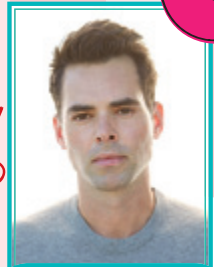
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