

APRIL 2023

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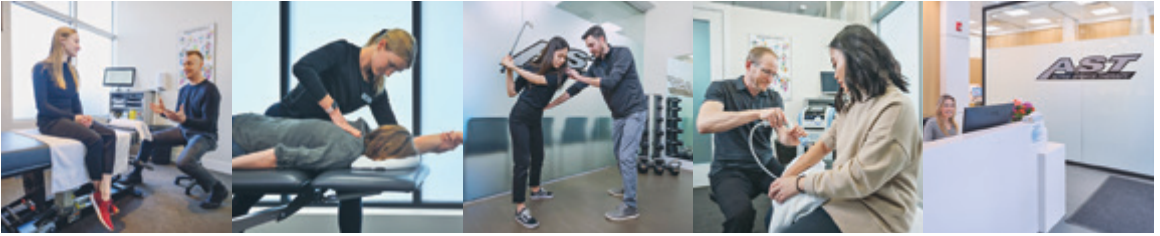
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- ✓ **DISCOVER
NEW SKILLS**
- ✓ **BE PART OF
A TEAM**
- ✓ **MAKE
FRIENDS**
- ✓ **GET ACTIVE**
- ✓ **HAVE FUN**



**April 23
2:00-3:30PM
Flames Community Arena**



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27 Ways to Say No

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

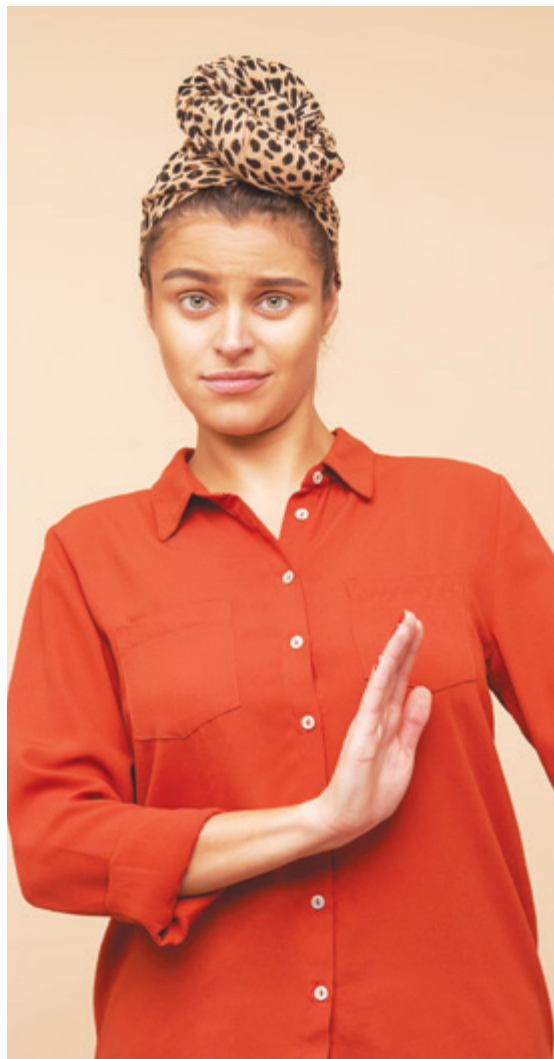
Are you a people pleaser? Do you have trouble finding the words to say no? Maybe you just need some time to evaluate whether you want to say yes. Don't let others rush or pressure you into something you may not have the capacity for.

Here are 27 ways to say no or defer your answer:

- I am not comfortable with that.
- I have some other things that need my attention right now.
- I need to focus on myself/personal life/job.
- I'm sorry but I just don't feel qualified to help with that.
- I wish I could but I am unable to help.
- I can see you want my help but I am just unable to.
- I just don't have that to give right now.
- That sounds wonderful but I just can't commit.
- Gee, I wish I could, but I just can't right now.
- I'm sorry but I can't help you at this time.
- I'm just too occupied at this time, so I can't.
- Unfortunately, it's not a good time.
- Circle back to me in few weeks.
- I can't make it this month, week, day, year.
- Perhaps another time.
- I am not available for this.
- Sorry, this is something I can't do right now.
- I really appreciate you asking me, but I can't commit to that right now.
- Sorry, I can't make it, maybe another time.
- I'm afraid I don't have any open time for that/this.
- I can't as I have some other pressing commitments.
- I've filled my schedule.
- I'm really swamped right now.
- I'm so overwhelmed these days that I can't take on any more.
- Right now, I've got way too much on my plate.
- I'm not taking on any more work/tasks/projects at the moment.
- No.

*Remember that you do not have to provide any explanations for saying no.

People pleasers are constantly getting manipulated. You are not responsible for other people's emotions.



Every time you say yes to something or someone, you are unwittingly saying no to someone or something else at the same time (usually your own needs). In trying to please everyone, you end up disappointing almost everyone, especially yourself.

People will actually learn to respect you more if you stay true to your values. It's empowering to say yes when you truly want to. You are of value; you have the right to say no.

Queensland Diamond Cove Community Association Annual Cleanup Day

June 10 from 9:00 am to 1:30 pm

Community cleanup events save residents a trip to the landfill for items that do not fit in their waste and recycling carts or for residents who do not have access to cart service. This service is free of charge to all Calgarians. Residents simply bring any of the accepted items to the Queensland Diamond Cove Community Hall on June 10 between 9:00 am and 1:30 pm where a group of volunteers will direct and assist them in recycling/discarding those materials. Scroll down to see what items we can and cannot accept.

What Can I bring to Community Cleanup Day?

We Will Accept:

- General garbage (City of Calgary Garbage Trucks)
- Metals (Recon Metal)
- Electronics (TechnoTrash)

We Will Not Accept:

- Organic waste
- Cardboard
- Glass
- Batteries, paint, household chemicals
- Liquids (motor oil, etc.)
- Smoke detectors
- Refrigerators, freezers, microwaves
- Pressure containers (i.e., propane tanks, etc.)
- Railroad ties
- Tires
- Large amounts of sod or concrete
- Medical waste and expired prescription drugs



QUEENSLAND DIAMOND COVE COMMUNITY ASSOCIATION PRESIDENT'S MESSAGE

Upcoming Events

April 1 – Spring Fling

12:00 to 2:00 pm

Free! Crafts, games, and refreshments.

May 13 – AGM

Everyone is invited. Only members can vote. Some open positions!

May 27 – Parade of Garage Sales

Saturday, May 27 from 9:00 am to 3:00 pm

Register online at www.queenslandgaragesale.com.

June 10 – Cleanup Day



Meat Loaf Recipe

Ingredients:

- 1 ½ pounds ground beef
- 1 egg
- 1 onion, chopped
- 1 cup milk
- 1 cup dried bread crumbs
- Salt and pepper to taste
- 2 tablespoons brown sugar
- 2 tablespoons prepared mustard
- ½ cup ketchup



Preparation:

1. Preheat oven to 350 °F (175 °C).
2. Combine the meat, egg, onion, milk, and bread crumbs in a large mixing dish. Season to taste with salt and pepper and bake in a lightly greased 9x5-inch loaf pan or baking dish.
3. In a separate small bowl, combine the brown sugar, mustard, and ketchup. Mix well and pour over the meatloaf.
4. Bake at 350 °F (175 °C) for 1 hour. Serve and enjoy!

BOARD OF DIRECTORS

649 Queensland Dr. SE • Phone: 403.278.3366

Fax: 403.278.3366 • QueenslandDiamondCove.com

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Crier Newsletter	Linda Brown	Crier@QueenslandDiamondCove.com
Hockey	Knights HC	
Baseball	Fish Creek Little League	
Guides	Kiran McKee	Kiranamckee@gmail.com
Scouts	Chris Sutton	QSA172@gmail.com
Calgary Police Service	Jonathan Guilloux	Pol5331@calgarypolice.ca

If you are interested in any of the open board positions, please email Volunteer@QueenslandDiamondCove.com.



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

40-45 pounds **\$35**

Medium

30-35 pounds **\$30**

Small

20-25 pounds **\$25**

Order by	Delivery by
April 25	May 4

2023

QUEENSLAND/DIAMOND COVE COMMUNITY ASSOCIATION MEMBERSHIP FORM

\$20

Name: _____

Address: _____

Phone: _____ Email: _____

Method of payment: Cash: _____ Cheque: _____

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



Spring Fling Party

Queensland Diamond Cove
and Deer Ridge Community Associations

Community children are invited to
our Spring Fling Party.

Please join us at the
Queensland Community Centre on

Saturday, April 1 from 12:00 to 2:00 pm

for an afternoon of spring crafts and games.

Refreshments will be served.

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Hall Rental Rates

Gym use	\$60/hr + GST
Gym (weddings)	\$500 + GST + \$100 cleaning fee; damage deposit \$250
Children's parties	\$175 + GST + \$100 cleaning fee
Boardroom, multi-purpose small meeting rooms	\$30/hr + GST

MLA Calgary - Fish Creek

Richard Gottfried

☎ 403-278-4444

✉ calgary.fishcreek@assembly.ab.ca

📷 @RichardGottfried

📄 RichardGottfriedAB



This is my last newsletter as your MLA, and I write it with mixed emotions. I am grateful, honoured and humbled for the privilege of representing the people of Calgary-Fish Creek for the past eight years, and it is a role I will cherish forever. Thank you.

My last Legislative Session ends on March 30th. Throughout the month of April, my amazing Constituency Manager Christina Steed and I will be available for notarizations and appointments. Please plan on attending my Budget Open House on April 11th – drop-in basis from 5pm-7pm at the office where I will address any questions you might have on the Budget. On May 1st, it is anticipated that the Premier will ask the Lt. Governor to drop the writ (call the election). Once the election is called, all 87 MLAs across the province become private citizens and the election period begins. The office will remain open during the election to serve you, so please use the general office inbox, calgary.fishcreek@assembly.ab.ca, if any services or assistance are required during the month. Election Day will be May 29th after which Calgary-Fish Creek will have elected a new MLA. During the first two weeks of June, the office will be required to cease operations to prepare for the incoming MLA. I would ask for your patience with my successor as their office will take some time to become fully operational after the election. Succession planning looks very different than in public or private companies, but I am hopeful for Alberta's bright future ahead. Please know that Calgary-Fish Creek remains as my home of over 30 years, so the issues of this area will still matter to me and my family. And I would be remiss not to thank my wife, Cathy, my family, and my dedicated supporters who are gratefully far too many to mention, for their love, confidence and commitment to me and to the great communities we call home.

I am grateful for the opportunity to serve you and the great province I was born in, and please know that I will continue to speak up for #YYCFishCreek at every turn as I return to private life. All the best in the future and looking forward to seeing you all in the community!

With gratitude,

Richard

QUEENSLAND 2023 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 - 9 AM to 3 PM**. 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 go to our website to register:

www.queenslandgaragesale.com

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 23 (no exception, sorry)

For questions please contact:

Dorothea Sautter & Viki Fairbairn (sponsors)
Royal LePage Benchmark

Linda Brown
Queensland Community Centre
403.278.3366

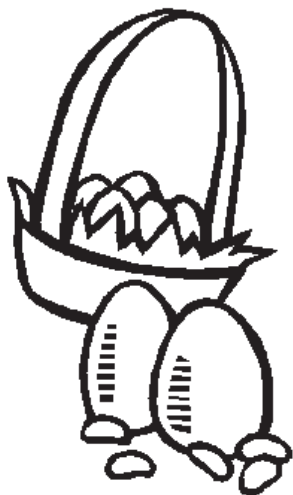
**GARAGE
SALE**

ROYAL LEPAGE

Easter Word Search

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

BASKET
BUNNY
CHICK
CHOCOLATE
CRACKING
CUDDLY
DUCKY
DYED
EASTER



EGGS
MARSHMALLOW
PAINTING
PASTEL
QUACK
RABBIT
SPRING
TREATS
YUMMY



**QUEENSLAND DIAMOND COVE
COMMUNITY ASSOCIATION**

**Annual General
Meeting**

May 17/2023

7:00 p.m.

Everyone is invited, but you must have a
valid membership to vote.

VISION STATEMENT

"The heart of a thriving community that fosters a sense of belonging."

MISSION STATEMENT

*We provide a welcoming place for information events and services through
partnerships and an accessible facility for all members of our community.*

FRIENDS *of* Fish Creek

April in Fish Creek

Fish Creek Community Terrace

Phase 3 Bricks are Available – Reserve Yours Before June 1

Dedicate a brick within the Fish Creek Community Terrace to help support the Friends and our conservation efforts here in Fish Creek Provincial Park. A brick would also make an amazing gift for anyone you know who enjoys visiting this unique and ecologically diverse urban park. If you have a small business near the park, consider dedicating a brick for your company. Bricks are only \$250 each and you will receive a tax receipt for your contribution. There are limited spaces available in the Fish Creek Community Terrace so make sure to dedicate your brick today! For more information, please contact the Friends of Fish Creek or visit <https://friendsoffishcreek.org/programs/brick>.

Volunteers Needed

Do you have free time and want to take part in volunteering opportunities occurring in Fish Creek Provincial Park? The 2023 volunteering season is just around the corner, and no matter your skill level or availability, we have a volunteer activity that is perfect for you. If you are looking to get outside and get your hands dirty, then you might like stewardship programs like invasive species management or restoration. One of the biggest environmental concerns in the park is invasive plant species and we need your help to locate and remove these plants and help minimize their impact on this park. You can also support biodiversity in Fish Creek through our restoration program by helping with pruning, staking, flagging, weeding, repairing fences, maintaining the stewardship vehicles, and so much more! The Friends are also looking for Park Watch Stewards and Fish Creek Ambassadors to help park visitors and engage with community members. Get to know the park and meet some amazing people here in the Fish Creek community. We look forward to working with you to bring the Friends' 2023 volunteer programs to life! For more information, please visit <https://friendsoffishcreek.org/volunteering-basics>.



Park Protectors Needed

Now is the perfect time of year to become a Fish Creek Provincial Park Protector! Fish Creek is a cherished natural green space that we are fortunate to have in the city, and all of the Friends' programs and activities are designed to help preserve biodiversity and ensure a sustainable park environment. The Park Protector monthly donor program is the most convenient way to support Fish Creek Provincial Park every day and you can rest assured that your hard-earned donation will be used effectively and efficiently right here in Fish Creek. For more information, please visit <https://friendsoffishcreek.org/park-protector-signup>.

Tru Earth Household Products – A New Partnership with Fish Creek

The Friends are pleased to partner with Tru Earth, a Canadian company that focuses on creating eco-friendly household goods. Order your Tru Earth household products today and the Friends of Fish Creek will earn at least 20% of every sale made through this exciting ongoing fundraiser.

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SENIOR
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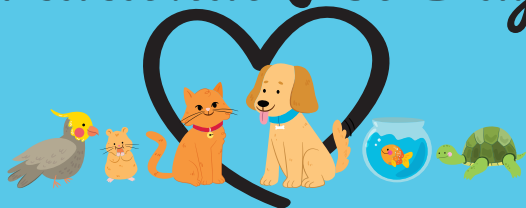
MAJOR BRANDS WE CARRY

ACANA ALMO ARTISAN
BENNY BULLY'S CHUCK IT
CANADA POOCH CARNIVORA
CANADIAN NATURALS
CRUMPS' FARMINA
FROMM FRUITABLES' GO!
HEMP 4 PAWS KONG NOW
ORIJEN PUPPY LOVE
PUREBITES REDBARN
SMACK STELLA & CHEWY'S
SNAPPY TOM SQUARE PET
TUFFY STUFFY TILTED BARN
WHIMZEES WERUVA
ZIGNATURE ZUKE'S

AND
MANY
MORE!

CURB-SIDE PICK UP

National Pet Day



April 11 is National Pet Day! On this day, we show our love and appreciation to our furry, feathery, or scaly friends, even those still in need of a home. Pet Day is also used to advocate against animal violence and cruelty. This April 11, be sure to shower your pet friends with care and love, whether it means your own pet, someone else's, or a shelter animal in need.

BRAIN GAMES

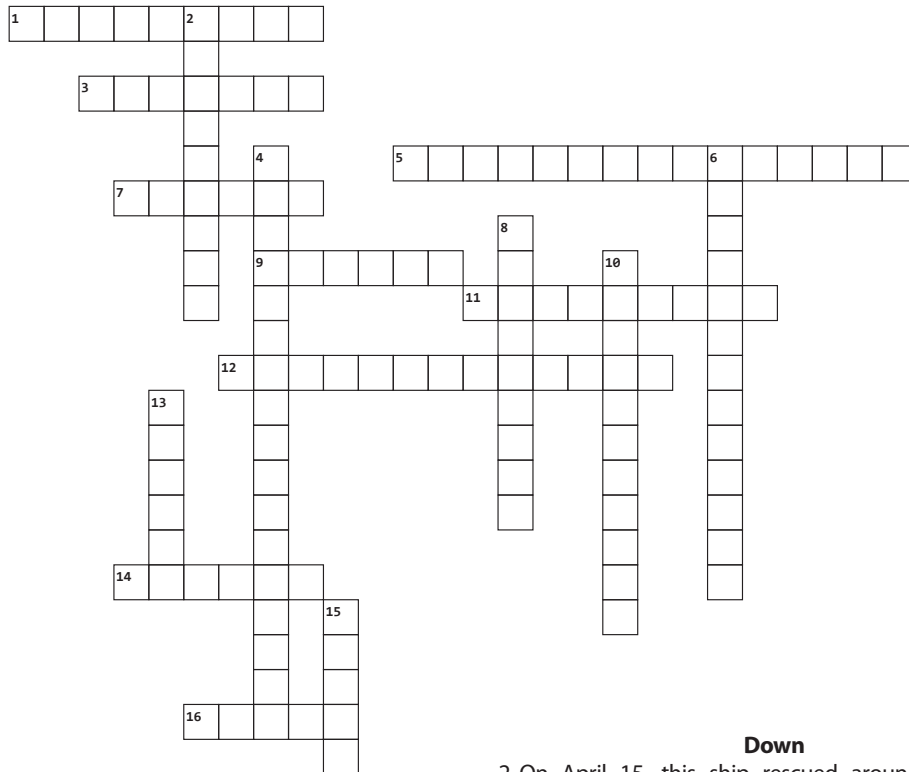
SUDOKU

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

**SCAN THE QR CODE
FOR THE SOLUTION**



April Crossword Puzzle



Across

1. The smell that is caused by the mixture of rainwater and various earthly compounds.
3. Kids will leave these out for the Easter bunny in case he gets hungry.
5. Born on April 15, 1452, this artist's painting was famously stolen.
7. On April 11, this national observance advocates against animal violence and cruelty.
9. The Latin root for the word 'April.'
11. This Calgary-born competitive pair skater won gold at the 2002 Olympics with her partner David Pellettier.
12. This Vancouver-born actress is best-known for playing Robin Scherbatsky on the CBS sitcom *How I Met Your Mother*.
14. Literature lovers will know that April is National _____ Month.
16. A colourful and popular marshmallow Easter treat.

Down

2. On April 15, this ship rescued around 705 people from a famous shipwreck 595 km off the coast of Newfoundland.
4. What makes April 9, 1917, an important date to many Canadians?
6. It is said that this day began in 1852 when France started using the Gregorian calendar and the new year no longer began on April 1.
8. Born on April 21, 1816, she is the oldest Brontë sister and author of *Jane Eyre*.
10. This Chilean-American *The Last of Us* actor was born on April 2, 1975.
13. In the United States, spring is said to have arrived when this bird comes to town.
15. One of April's birth flowers that comes from the Old English phrase 'dægeseage'.

SCAN THE QR CODE FOR
THE ANSWER KEY



Budget 2023

\$1.1 billion

Calgary Transportation Projects

- Calgary LRT projects
- Upgrades to Deerfoot Trail
- Completion of Stoney Trail

\$396.4 million

Calgary Health Centres

- Calgary Cancer Centre
- Foothills Medical Centre
- Peter Lougheed Centre

\$57 million

For Calgary Universities

- Plus, 200 new university seats for doctors and 1,800 for nurses and healthcare aides.



Richard Gotfried

MLA, Calgary-Fish Creek

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SENIOR ASSISTANCE: Tiffs Assist specializes in helping seniors stay in their own homes with greater ease! From cleaning and organizing to light yard work, shopping and more! Weekly/biweekly/monthly schedules available. Services are a flat hourly rate of \$50 per hour, with a minimum one hour charge. Contact Tiffany Thomson at 403-801-8036 or explore my website at tiffsassist.ca.

SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

QUEENSLAND



DIAMOND COVE



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