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QUEENSLAND - DIAMOND COVE COMMUNITY ASSOCIATION PRESIDENT'S MESSAGE

Hi Everyone,

Well, we are a month into 2023, and I hope everyone had a good start to this new year. I don't have that much to say this month, so this will be a rather brief message.

There are many families enjoying both the pleasure skating on the pleasure rink and the hockey rink daily. We must thank Aaron and his volunteers for a job well done maintaining the rinks.

We are planning a Valentines Family Dance on February 10. Details will follow. So, keep an eye on our Facebook page, Mail Chimp, and the signage outside the community hall for more information.

We would like to welcome Ramadan back again this year from March 21 to April 21. Also, watch for information regarding our upcoming AGM.

We are also looking forward to another busy year at the community hall and possibly some more renovations.

As I said at the beginning, this was going to be a brief message. Take care and talk to you again next month.

Cheers,

Brian

COOK'S CORNER



Grilled Chicken Parmesan

Ingredients

- 1 medium eggplant, cut into 1/4-inch-thick rounds
- 4 tomatoes, cut into 1/2-inch-thick rounds
- 5 tablespoons olive oil
- Kosher salt and black pepper
- 4 boneless, skinless chicken breasts
- 2 ounces Parmesan, thinly sliced

Directions

1. Heat grill to medium.
2. On a rimmed baking sheet, place the eggplant and tomato slices in a single layer.
3. Brush both sides of the vegetables with four tablespoons of the oil.
4. Season with 3/4-teaspoon salt and 1/2-teaspoon pepper.
5. Grill until tender. about two minutes per side for the tomatoes, and five minutes per side for the eggplant.
6. Transfer to a large bowl and toss gently (the tomato slices will fall apart slightly).
7. Brush the chicken with the remaining tablespoon oil and season with 1/4-teaspoon salt and 1/2-teaspoon pepper.
8. Grill until cooked through, about 6 minutes per side.
9. Transfer chicken to a cutting board and slice each breast into quarters.
10. Spoon the eggplant and tomatoes over the chicken and top with the Parmesan.



LIVING DINOSAURS



Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!



Queensland/Diamond Cove Real Estate Update

Last 12 Months Queensland
MLS Real Estate Sale Price Update

	Median Asking Price	Median Sold Price
December 2022	\$379,950	\$369,950
November 2022	\$350,000	\$333,250
October 2022	\$399,987	\$430,000
September 2022	\$299,900	\$297,500
August 2022	\$467,450	\$450,000
July 2022	\$299,900	\$291,500
June 2022	\$425,000	\$446,500
May 2022	\$435,000	\$445,000
April 2022	\$329,950	\$350,500
March 2022	\$364,360	\$404,500
February 2022	\$437,450	\$477,500
January 2022	\$225,200	\$212,750

Last 12 Months Diamond Cove
MLS Real Estate Sale Price Update

	Median Asking Price	Median Sold Price
December 2022	\$739,000	\$715,000
November 2022	\$0	\$0
October 2022	\$0	\$0
September 2022	\$630,000	\$630,000
August 2022	\$674,900	\$655,000
July 2022	\$0	\$0
June 2022	\$599,888	\$565,000
May 2022	\$689,888	\$670,000
April 2022	\$0	\$0
March 2022	\$499,900	\$499,000
February 2022	\$829,900	\$785,000
January 2022	\$0	\$0

To view more detailed information that comprise the
above MLS averages please visit qld.mycalgary.com or
dia.mycalgary.com

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

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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Polar Bear Capital of the World

In Churchill, Manitoba, locals leave their cars and houses unlocked. Dubbed the 'polar bear capital of the world,' unlocked doors in this town are meant to give pedestrians safe refuge from polar bears in the streets. Churchill even has a Polar Bear Holding Facility, AKA 'polar bear jail,' for troublesome bears who spend too much time in the town!





Casino Thank Yous

Thank you to the following volunteers who helped out at our Casino Event:

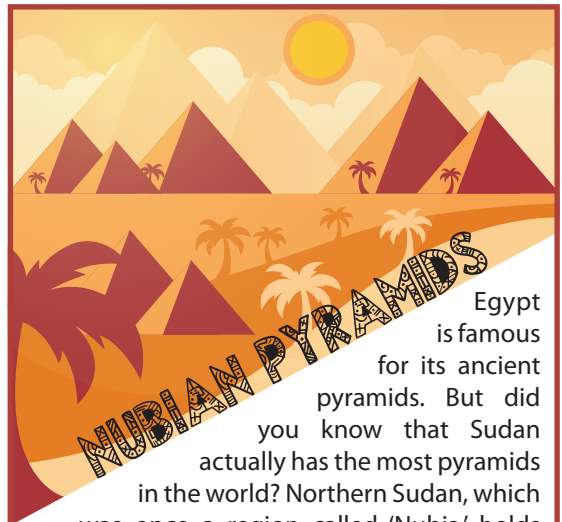
- Chris and Roseanna Sheridan
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- Heather Hansen
- Craig Grewar
- Meagan Payne
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- Anita Sukhdeo
- Amanda Young
- Velma Quon
- Linda and Doug Brown
- Karen Smith
- Johanne Smith
- Jeff, Logan, Genevieve, and Martine Myrthu

Valentine's Family Dance

February 10, 2023

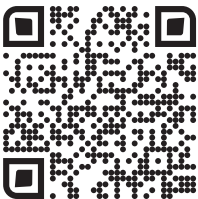
6:00 to 8:00 pm

More details to follow



Egypt is famous for its ancient pyramids. But did you know that Sudan actually has the most pyramids in the world? Northern Sudan, which was once a region called 'Nubia', holds 220 Nubian pyramids made of sandstone and granite. These structures were built by the ancient Kushite kingdoms and were ruled by Egyptian pharaohs who had fled Egypt.

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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.

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Onions | Oranges | Potatoes
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2023

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Overcaffeinated?

Many people don't realize that caffeine is a drug. It's a stimulant that's found in many types of pain and cold medicine, as well as in foods and drinks, including coffee, tea, chocolate, some energy drinks, and some painkillers.

What Are the Short-Term Effects?

The effects of caffeine usually start within five to 30 minutes and can last from eight to 12 hours.

Larger amounts of caffeine can:

- cause shaking
- make you have trouble sleeping
- make you very agitated
- cause a fast, irregular heartbeat (might feel like your heart is racing)
- make you feel irritable, restless, and nervous

People who have panic attacks shouldn't use large amounts of caffeine. It can trigger nervousness and anxiety, and they might be more sensitive to its effects.

It's rare for adults to die from a caffeine overdose. However, children can die from as little as one gram of caffeine. A single cup of coffee contains between 40 and 180 mg.

Caffeine doesn't decrease your appetite so there's no point in using it to diet or decrease your hunger.

Caffeine doesn't help you sober up if you are drunk.

As your body gets used to caffeine, it needs more and more of it to get the same effect. As the amount of caffeine goes up, so does the risk of side effects.

You can become mildly dependent on caffeine from regularly drinking 350 mg (about two to four cups of coffee) a day. If you suddenly stop drinking caffeine, you might have withdrawal symptoms such as:

- headaches
- problems sleeping
- feeling irritable, tired, and depressed
- lack of energy
- feeling down
- having trouble focusing or concentrating

Withdrawal symptoms begin 12 to 24 hours after you stop caffeine. Most symptoms go away within a few days.



What Are the Long-Term Effects of Caffeine?

More than 300 mg of caffeine (about two to three cups of coffee) in a day may be linked to miscarriages and low-birth weight babies. Caffeine is passed through breastmilk, which might make your baby irritable or have trouble sleeping. If you're pregnant or breastfeeding, you may want to limit or avoid all caffeine.

Some women who drink more than three cups a day may be at risk of bone fractures as they get older.

Regular use of more than 600 mg of caffeine might cause long-term effects including chronic insomnia, constant anxiety, depression, and stomach problems. It can also cause high blood pressure or make high blood pressure worse.

Caffeine and Young People

Because their bodies are smaller, caffeine may have a stronger effect on a child than on an adult. Children who drink pop or energy drinks with caffeine might feel anxious, be irritable, have trouble sleeping, or wet the bed.

Some teens and young adults who use a lot of caffeine may have health problems like an increased or abnormal heart rate or chest pain. If this happens, they may need to go to the hospital or need an ambulance.

For more information on caffeine and health, call the 24-hour Addiction Helpline at 1-866-332-2322.

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February is most often associated with Valentine's Day and love; but it is also a great reminder of what we value – family, friends and our health. It is with these values in mind that we celebrate Family Day on Monday, February 20th. A reminder that all Alberta Museums will be open free of charge on Family Day. This includes the Royal Alberta Museum in Edmonton, and closer to home Lougheed House, Head Smashed in Buffalo Jump and the Royal Tyrrell Museum. February is also HEART month – in which the Canadian Heart and Stoke Foundation highlight the importance of taking care of our “tickers”. Prior to COVID, heart disease was the leading cause of death in Canada and remains worthy of continued education and vigilance.

As our government continues to work to improve health delivery, each of us can play a role in improving our “heart/health” capacity. One critical component in the Government's Healthcare Action Plan is improved EMS response times. We are all aware that EMS services can mean life or death when a patient faces a critical health event. Our amazing Paramedics are highly skilled health professionals trained to respond in times of acute crisis. Instead of using ambulances for patients who do not require medical support during transport, AHS will now be arranging alternate transportation. This would utilize options like community shuttles and wheelchair accessible taxis for patients needing non-emergency transport. Improving EMS response times has multiple ripple effects and will help in supporting emergency department efficiency, reducing acute care recovery time, impacting surgical queues and improving overall patient flow. This new program is one of several currently underway focused on better serving Albertans. But Government cannot do it alone, so each of us should do our part in improving “heart health” for ourselves and our loved ones in 2023. Studies have consistently shown that 5 lifestyle changes help improve our hearts. 1. Balanced Diet – pass on the extra salt and ask for the veggies. 2. Reduced alcohol intake – too much can damage your heart's ability to fight off the extra cholesterol. 3. Exercise – our heart is a muscle and it needs to be worked to be efficient. 4. Managing stress – each of us should ask ourselves what we do to help manage daily stressors. 5. Quit smoking – if you have not stopped, now is a great time. Albertans have huge and compassionate hearts – we already generously share of ourselves, our time and our money - so let's work in partnership with government and civil society to build our HEART capacity to new levels. Keep your comments and communication coming as the New Session of the Legislature will start just after Family Day – and please watch for community signage and social media for our next MLA Café!



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A support group for 2SLGBTQ+ seniors



Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness.

As seniors, we also believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

To discover more, please contact us!

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