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THE OFFICIAL QUEENSLAND & DIAMOND COVE COMMUNITY NEWSLETTER







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Service rates starting at \$185(+657)
Take advantage of this promotion before April 17, 2023.

Use CODE "2023" for our special rate starting at \$165(+651)

Call to book your service today!

*Does not include parts replacement cost or return trip charges.



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.

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 \$30/hr + GST

small meeting rooms

QUEENSLAND - DIAMOND COVE COMMUNITY ASSOCIATION PRESIDENT'S MESSAGE

Hi Everyone,

Another month has gone by and I, for once, have a bunch of stuff to go over with everyone. So, sit back and relax, because here I go.

The first thing I want to mention is that three people in our community have received the Queen Elizabeth II's Platinum Jubilee Medal (Alberta). These three people have worked with the community association for years, contributed their efforts to make the community centre a success, and by extension, made the community a better place for all. These medals were presented to these folks by our MLA, Richard Gotfried, and were given (his own words) because these three are the quiet unsung volunteers of the community. I'd like to recognize Judith Nichols, Linda Brown, and Aaron Allard Pang for all their help and congratulate them on the medals.

The next item I wish to talk about is the playground area at Haultain Memorial. It has come to my attention that the Haultain Memorial Parents' Association is beginning a project to replace the aging playground at Haultain. I know that all three of my kids used this playground, and it wasn't just because that was the school they went to. I know that all the kids in the community use it. The Parent's Association is asking for donations, and the Queensland Diamond Cove Association has put a link to a donation page on our Facebook page. I know our kids who make use of this playground would appreciate it.

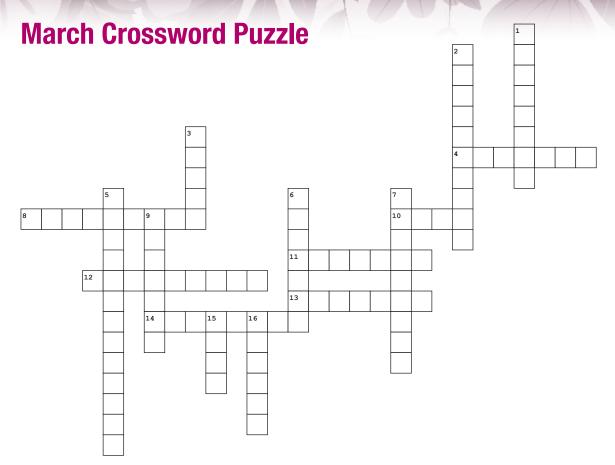
We will be having another Cleanup Day again this year. We are currently waiting on the City to let us know when our designated day will be. We should be hearing about it sometime in February, so I'll be able to let everyone know in my next message. So, please stay tuned.

Welcome to Ramadan, March 21 to April 21. Happy St. Paddy's Day. Oh, and just so everyone knows, we now have an AED on site.

That's it for now. I hope everyone has a great month and talk to you all again next month.

Cheers,

Brian



Down

- 1. March's birth flower
- 2. This best-selling French-Canadian singer was born on March 30, 1968
- 3. You get pinched if you don't wear this
- 5. Both a dessert and a celebration of mathematics that takes place on March 14
- 6. The saint most popularly associated with March 17
- 7. Popular chocolate and what you might find at the end of a rainbow
- 9. This children's author and cartoonist was born on March 2, 1904
- 15. Roman god of war who shares a name with this month
- 16. On March 25, 1990, Canada took home gold at the Women's World Hockey Championship in this city

Across

- 4. This day signals the start of spring in the northern hemisphere
- 8. Born on March 27, this Calgary-born singer and songwriter is famous for her hit single "Insensitive"
- 10. On March 6, we celebrate this cookie's 111th birthday
- 11. According to ancient Greeks and Romans, this was believed to be a path from the gods
- 12. An important international holiday celebrating gender equality
- 13. Each March, this city's river is dyed green
- 14. Another word for a three-leaf-clover

SCAN THE QR CODE FOR THE ANSWER KEY



DOLLARS & SENSE

Choosing a Meal Delivery Service

from the Better Business Bureau

Meal delivery services give consumers a more convenient way to make home-cooked dinners by delivering fresh, pre-measured ingredients and easy-to-follow recipes to your doorstep. But just like any other service, each company is different.

Pricing, ingredients, and preparation requirements vary greatly between services. You'll need to do some homework to pick the one that best meets your family's needs. If the appeal of a meal delivery subscription is learning new recipes and experimenting with ingredients, you might choose one company. But if your main interest is speed and simplicity, another may be a better fit.

The following tips will help select an ideal meal delivery service for your household:

- Research the delivery service. Ask friends and family, read reviews, and check BBB.org to learn about past customers' experiences.
- Set a budget and check the fine print. Pricing can vary from one company to the next. Make certain the service aligns with your budget. In addition, not all meal delivery services include shipping fees in their pricing read the fine print.
- Know your skill level. Before committing to a plan, research what kind of cooking techniques you'll need to know. If a company's recipes require searing, roasting, and braising, do you know how? If not, make sure you have the time to learn new techniques.
- Consider ingredient quality. Not all companies offer organic, non-GMO, or free-range meal ingredients. If these are must-haves for your family, make sure the company offers them.
- Determine how much prep work you want. Some companies do more chopping and sauce-making than others. This seemingly small difference can make a big difference in how long each meal takes to make.
- Consider the customer service. If there is ever a problem – a missing recipe card or ingredient, for

- example you want to know that you can count on customer service. Make sure there are clear, easy ways to contact the company, even late in the evening. Read the company's reviews and keep an eye out for any indication that customer service is lacking.
- Check the cancellation policy. Before making a decision to subscribe to meal delivery, understand the cancellation policy. Each company is different and some may have very strict policies.
- Be careful with personal information. Most food delivery services process payments online. Make sure the company is legitimate before offering up personal information such as financial information and address.
- Review BBB tips for shopping online. Since meal delivery services don't usually have brick and mortar storefronts, consider BBB's tips for smart shopping online.

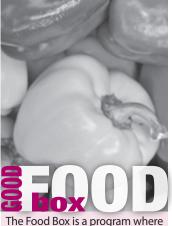


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If you are interested in any of the open board positions, please email Volunteer @Queensland Diamond Cove.com.					



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	
March 21	March 30	

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JELLYBEANS SPRING

SUNDAY GRASS MARCH GAMES

RESURRECTION

Two Sides

by Jennifer Puri

They say there are two sides to everything, and this is particularly true of side dishes.

A side dish refers to a smaller portion and can add vitamins, minerals, nutrients, and flavours that you may not get from the main dish.

Garden or fruit salads, sautéed or roasted veggies, mashed potatoes or couscous, corn on the cob or garlic bread; all of these are side dishes that excite our taste buds and can in some cases serve to soak up sauces and gravies.

French beans and rainbow carrots are available to be enjoyed year-round. They pair well with grilled, baked, or roasted chicken, meat, or fish entrees.



Glazed Rainbow Carrots
Prep Time: 10 minutes
Cook Time: 20 minutes

Servings: 4
Ingredients:

• 1 lb organic rainbow carrots

• 2 tbsps olive oil

2 tsps sugar

2 tbsps fresh thyme

• ¼ tsp salt

1 cup water

Directions:

- Peel and wash carrots and place in a large pan.
- Add water, olive oil, sugar, thyme, and salt and then cover and cook over medium heat until carrots are tender, about 10 to 12 minutes.
- Allow carrots to continue cooking another five minutes or until they are glazed and lightly browned.
- · Serve immediately.



French Beans with Red Pepper and Onion

Prep Time: 15 minutes **Cook Time:** 15 minutes

Servings: 4 Ingredients:

- 1 lb French beans with ends trimmed
- 1 red bell pepper, thinly sliced
- · 1 white onion, thinly sliced
- · 2 tbsps olive oil
- 1 tbsp butter
- 2 garlic cloves, finely chopped
- 1 tbsp lemon zest (optional)
- · Salt and black pepper to taste

Directions:

- Cook French beans in salted water until tender. Then drain and set aside.
- Melt butter and olive oil in a pan and then add the red pepper, onion slices, and garlic, and sauté until tender.
- Add the beans, salt, and pepper and stir for a couple of minutes until heated through.
- · Sprinkle with lemon zest and serve.

Bon Appétit!





Councillor, Ward 14
Peter Demong

403-268-1653

≥ eaward14@calgary.ca

www.calgary.ca/ward14

Hey, Ward 14!

Do not feel bad about your thoughts drifting to warmer weather—mine are too. We all know that there is probably a brief regression to coldness coming, as it always does, but we are headed in the right direction. The days are getting longer...

In the full version of the March column, I will start with a quick reminder about your last few days to address potential changes to your property assessment. I will also talk about another one of the City's useful online maps, and new financing options available for those looking to make their homes more energy efficient. Finally, I will finish off by addressing safety on transit, both in terms of what you can do and what the City is doing.

Feel free to contact me any time, and don't forget to visit calgary.ca/ward14newsletter for the full version of this column. The best way to contact me is by visiting calgary.ca/contactward14 or calling 403-268-1653.

Councillor Peter Demong



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Dear Constituents,

The House of Commons returned from its winter break in late January and was immediately pushed into another government scandal. In my role as Shadow Minister for Treasury Board, I have been extremely focused on this government's fifty-fold increase in contracts with the consulting firm McKinsey & Company since 2015.

In his seven-years of government, Justin Trudeau has outsourced \$101.4 million in government contracts to McKinsey & Company instead of utilizing Canada's public service to deliver the services Canadians expect. A united opposition on OGGO committee passed a motion demanding the government hand over documents and provide witness testimony on this front. OGGO continues to investigate this concerning mismanagement of Canadian's tax dollars.

For Valentines Day, my office partnered with Midnapore School in providing handcrafted Valentines to residents of the AgeCare Midnapore facility. This annual tradition of partnering with a local school in Calgary Midnapore to deliver Valentines is an important reminder for our seniors that they are not alone and are always in our thoughts.

The budget for the 2023 fiscal year is also expected to be tabled at the end of March. My colleagues and I have been clear in our calls for the government to end any planned tax hikes, including the carbon tax, and ensure that every dollar spent is matched by a dollar in government revenue.

To stay up to date on my ongoing work in Ottawa on yourbehalf please sign up for my monthly e-newsletter. You can do so online at StephanieKusieMP.ca.

Sincerely,

Stephanie Kusie



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Pig Beach

Major Cay, an island in the Bahamas, has been home to a colony of feral, swimming pigs for decades. No one knows for sure how they got there. Some suspect that the pigs were survivors of a shipwreck and swam ashore, while others believe they were put there by inhabitants of a neighbouring island who didn't want them living on their island.



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South Calgary Community

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