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Word of the Month



Absquatulate: Verb (ab-skwoch-uh-leyt)

To run away or leave abruptly.

The sneaky cat managed to absquatulate any time the door was open.

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Scouts	Chris Sutton	QSA172@gmail.com
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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.

Apples | Bananas | Broccoli | Carrots
Cauliflower | Celery | Cucumber | Lettuce
Mushroom | Onions | Oranges | Potatoes
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35 to 40 pounds \$40

Medium

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December 2	December 12

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2025

\$20

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The Simpsons



The Simpsons made their grand debut on Fox with the holiday episode "Simpsons Roasting on an Open Fire" on December 17, 1989. That means Homer, Marge, Bart, Lisa, and Maggie have been making us laugh for 35 years – and counting!

Hello,

Update on the proposed row house on Queensland Drive. We would like to report that the development that was proposed has been declined. Thank you to the 300 community members who sent in their thoughts as to why this proposal would not fit into our community. Some of the reasons that the proposal was declined were not enough parking for all tenants (there needed to be eight parking spots not only four), the infrastructure needed to be updated to meet the needs to the new property, and the lot coverage exceeded 60%. Please continue to look at the development permits in our area, this will allow us all to be better educated as to what is going into our community and the ones directly around us.

Please help the community with shovelling your sidewalks after snowfall; we have many people walking around our neighbourhood. If you live by a crosswalk, consider moving the snow away from the ramps allowing people to move freely, there are young families using strollers and wagons who need to have those paths cleared to get around the neighbourhood, if you live by a bus stop, please consider helping out the citizens using the bus stops and shovel a bit for them. Be a snow angel to your senior neighbours, this is a little gesture that means a whole lot. Your selfless gesture can help a senior get out of their house safely with the walk shovelled.

Rink etiquette, if you see that the rink needs to be shovelled, please help us; there are usually shovels around to clear the rink, we are so fortunate to have two rinks in our community. One for hockey and one for pleasure; ice surfaces are created by a team of volunteers who work tirelessly to provide the community these surfaces to skate on. If you would like to join this team please contact the community centre, your name will be forwarded to Aaron Pang. We also have room to change into your skates along the back of the community centre; it is open from time to time. If the room is not available, please use the benches provided by the pleasure rink.

Wishing you a wonder holiday season, Merry Christmas and Happy New Year to all!

Kind Regards,

Martine

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Christmas Cookies

Original recipe yields 48 servings.

Ingredients

- 3 ¾ cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 ½ cups white sugar
- 1 cup margarine, softened
- 2 large eggs
- 2 teaspoons vanilla extract



Directions

1. Gather all ingredients.
2. Sift flour, baking powder, and salt together in a medium bowl; set aside.
3. Beat sugar and margarine in a large bowl with an electric mixer until smooth.
4. Beat first egg into butter mixture. Beat second egg into mixture along with vanilla extract; add flour mixture and stir until dough is just combined.
5. Wrap dough; chill in the refrigerator for two hours.
6. Preheat the oven to 400 degrees Fahrenheit (200 degrees Celsius). Grease two cookie sheets.
7. Roll out dough on a clean floured surface to ¼-inch thickness. Cut out shapes using cookie cutters; arrange them on the prepared cookie sheets. Gather scraps and repeat this step.
8. Bake in batches in the preheated oven until edges are golden, about 6 to 8 minutes. Cool on the baking sheet briefly before removing to a wire rack to cool completely.
9. Serve and enjoy!



Halloween Family Dance

Thank you to everyone for making this event so successful.

Many thanks to the following volunteers:

Anita, Nevelda, Roy, Julie, Karen, Martine, Jeff, Logan, Brian, Lisa, Sawyer, Linda, and to the awesome "Haultain Memorial Concession Crew": Charlie, River, London, Riley, Kaleb, and Meagan.

Great job Karen Smith (Spider Queen) for volunteering to give treats to all of the children!

The many donations from Kathy McLean, Jodi Pedersen, Karen Smith, Patsy-Jazzercise, 7/11, and Judith Nichols were greatly appreciated!

DJs Jason and Steven from Monarch Music did a fantastic job entertaining everyone!

Lastly, a special thanks to all of the families that dressed up and came out to celebrate and support our wonderful community!



Hall Rental Rates (GST Included)

	Rate	Period
Gym Use	\$65	Per hour
Gym Weddings	\$550	Event
Damage Deposit	\$250	
Daytime Function (maximum 5 hours prior to 5:00 pm)	\$190	Event
Boardroom, multi-purpose small meeting rooms	\$33	Per hour
Cleaning Fee for Functions (when required)	\$110	



WINTER WORD SEARCH

FIND THE WORDS!



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

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 COLD
 FREEZING
 HAT
 SCARF
 SLEDDING
 SNOWFLAKE

CHRISTMAS
 DECEMBER
 FROST
 ICE
 SHOVEL
 SNOWANGEL
 SNOWMAN

COAT
 FEBRUARY
 GLOVES
 JANUARY
 SKIING
 SNOWBALLS
 WINTER

Cold Weather Safety

by Alberta Health Services

Emergency Medical Services (EMS) paramedics respond to a number of cold weather-related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water until fully re-warmed;
- Call 9-1-1 or seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;



- Early recognition and prompt medical attention is key. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

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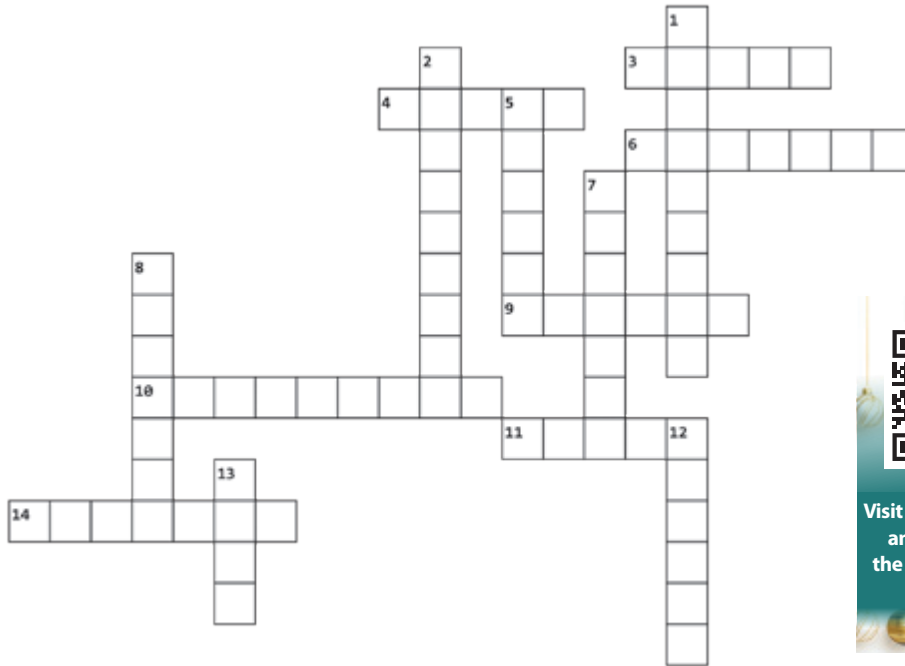
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December Crossword



Across

3. On December 5, 1991, Jostein Gaarder's novel, *Sophie's _____*, was published and tells the story of a Norwegian teenager on a journey of discovery about the history of philosophy.
4. *Driving Miss _____*, starring Morgan Freeman as a chauffeur to an elderly widow played by Jessica Tandy, was released on December 13, 1989.
6. Canadian singer, Nelly _____, was born on December 2, 1978, in Victoria, British Columbia.
9. This Christmas tree decoration, originally made from real silver that was shredded, was first invented in Germany in 1610.
10. December's official birthstone has the same name as the colour that it is.
11. Dr. Martin Luther King Jr. was awarded the Nobel _____ Prize on December 10, 1964.
14. James Cameron's _____ was first released on December 19, 1997, and is one of the highest-grossing films ever.

Down

1. International _____ Day was mandated by the UN General Assembly in 1985 and takes place every year on December 5.
2. December's birth flowers are the _____ (also known as paperwhites) and the holly.
5. On December 24, 1818, a choir in Austria first performed the popular Christmas carol "_____ Night".
7. This annual holiday celebrating African American culture is observed from December 26 to January 1.
8. On December 29, 1989, the Associated Press named hockey player Wayne Gretsky and tennis player _____ Navratilova Best Athletes of the Decade.
12. Canadian actor and comedian, _____ Levy, was born on December 17, 1946, in Hamilton, Ontario.
13. On December 1, 2003, the final film of *the Lord of the Rings* trilogy, *The Return of the _____*, premiered in New Zealand.



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Royal Flush

Alfred Hitchcock's movie Psycho is thought to be the first Hollywood movie to show (and really focus on) a toilet flushing on-screen. You can hear it as well! This was very unusual in 1960 when this movie was released. I guess you could say the movie was a Royal Flush!



DIAMOND COVE HOMEOWNERS' ASSOCIATION

PRESIDENT'S MESSAGE

Dear Residents,

As we embrace the winter season, we want to take a moment to reflect on how we can support one another during these colder months. Our close-knit community is a true blessing, and now is the perfect time to embody the spirit of neighbourliness. We have elderly residents and neighbours who may need a little extra help with snow shovelling and taking out their bins. If you're able, consider being a snow angel this year — lend a hand, clear a sidewalk, brush off a car, or offer to take care of someone's bins. Small acts of kindness go a long way in making Diamond Cove a wonderful place to live.

Winter Safety Tips

In addition to looking out for our neighbours, here are some important steps you can take to protect your home and family during the winter months:

1. **Winterize Your Home:** Check for drafts around windows and doors and use weather stripping or caulk to seal any gaps. This will help keep your home warm and reduce heating costs.
2. **Maintain Your Heating System:** Schedule an annual inspection/cleaning of your furnace or heating system to ensure it is operating efficiently. Change filters regularly to maintain air quality and prevent breakdowns.
3. **Inspect and Clean Gutters:** Clear gutters and downspouts of leaves and debris to prevent ice dams that can cause water to back up into your home.
4. **Prepare Your Pipes:** Insulate pipes in unheated areas to prevent freezing and bursting. Turn off water to outdoor faucets and leave them open so they drain.
5. **Stock Emergency Supplies:** Keep an emergency kit ready, including food, water, flashlights, batteries, and a first-aid kit. It's always better to be prepared for power outages or severe weather.
6. **Test Smoke Alarms and Carbon Monoxide Detectors:** As you check the batteries in your smoke alarms this month, also remember to test your carbon monoxide detectors. Both devices are critical for your family's safety. Changing batteries once a year is always a good idea!

Community Festivities

We are also excited to announce the return of our

Christmas Light Contest this year! Get ready to spread some holiday cheer by decorating your homes. Prizes will be awarded for first through third place, so let your creativity shine and start planning your displays. This is a fantastic opportunity for us to come together as a community, celebrate the season, and showcase the beauty of our neighbourhood. Judging will take place between December 11 and 24!

In case you missed it, our recent playground event was a resounding success, thanks to our sponsors Horizon Compliance Group and an anonymous donor. A heartfelt thank you to the #19 Station fire crew for attending and giving tours of the fire truck! The kids loved climbing aboard and exploring the equipment.

We had a wonderful selection of refreshments, including fruit trays, a cheese platter, mini muffins, and drinks. It was a great opportunity to connect with other families and neighbours, and we were fortunate to enjoy sunny weather that day — especially since the snow arrived shortly after!

Responsible Waste Disposal

As winter progresses, please remember that some fire stations accept household hazardous waste for drop-off. Items like aerosol cans (hairspray, sunscreen, shaving cream, wasp spray, bear spray), nail polish remover, garden and pest chemicals, cleaning chemicals, paint, paint remover, propane tanks, automotive chemicals, automotive batteries, and motor oil do not belong in your black cart. Cedarbrae Fire Station #24 and Seton Fire Station #41, along with the Shepard Landfill, are designated locations for these items.

If you're unsure about where to dispose of a specific item, please check the "What Goes Where" section on the City of Calgary website or call 3-1-1 for assistance.

Thank you for being a part of our wonderful Diamond Cove community. We wish you all a joyful holiday season filled with warmth, kindness, and connection!

Wishing you all a joyful season ahead!

Warm regards, on behalf of the board,

Sonia Dantu

President, Diamond Cove Homeowners Association

It's Christmastime in Calgary

by Garth Paul Ukrainetz

It's Christmastime in Calgary
In foothills west a silent night
The constellations fill the sky
Forever sharing starry light

The whitetail deer in Nose Hill Park
Prancing over city's glow
Sweet homes of dancing candlelight
Gentle as the falling snow

And high on top of every tree
The stars and angels overlook
For bleak and icy winter hearts
The melting grace of warm chinook

It's Christmastime in Calgary
Though heights of mountains cold in snow
Our gifts stay warm beneath the trees
Wrapped with love by River Bow



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QUEENSLAND



DIAMOND COVE





Councillor, Ward 14
Peter Demong

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Season's Greetings!

It is that time of year again. The days are short, the snow has flown, and that holiday spirit is in the air. Whether it be around the house or out and about, I hope you get a chance to spend special time with your loved ones. There will be many festivities to take part in. I will do my best to summarize them for you in the online version of my column and highlight some of the need-to-know municipal topics for the season like snow and ice control.

Feel free to contact me any time, and don't forget to visit calgary.ca/ward14 for the full version of this column. The best way to contact me is by visiting calgary.ca/contactward14 or calling 403-268-1653.

Merry Christmas and Happy Holidays!

Sincerely,

Councillor Peter Demong



MLA Calgary - Fish Creek
Myles McDougall

7 - 1215 Lake Sylvan Drive SE

☎ 403-278-4444

✉ Calgary.FishCreek@assembly.ab.ca

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Building a Brighter Alberta: Progress Update for 2024

As we close out 2024, the Government of Alberta is making strong strides to improve affordability, strengthen essential services, enhance community safety, and protect the rights of Albertans. Here's a look at some key achievements from this year.

Affordable Housing and Education Expansion

Alberta is on track for a record year in housing, with nearly 30,000 new homes under construction from January through August—an impressive 44% increase over 2023. In education, the School Construction Accelerator Program (SCAP) is investing \$8.6 billion to create 200,000 new student spaces across the province, preparing for Alberta's growing K to 12 student population.

Healthcare Improvements

To better recruit and retain healthcare professionals, Alberta has introduced a competitive compensation package for resident physicians. As a result, the province had over 12,000 registered doctors by the end of September, a gain of more than 500 compared to last year.

Protecting Alberta's Energy Sector

In defense of Alberta's jobs and energy future, the government has launched a national "Scrap the Cap" campaign to raise awareness of the potential impacts of Ottawa's proposed cap on energy production. This campaign encourages Canadians to speak out against this plan and support Alberta's position.

Looking Ahead

The Alberta Government remains committed to building a strong, prosperous future for all residents. By focusing on affordability, essential services, and defending Alberta's energy sector, we're laying the groundwork for a thriving province for generations to come.

As the year wraps up, and we enter into the holiday season, I want to wish you all a Merry Christmas, and a bright New Year filled with joy, health, and happiness! May this spiritual season bring warmth to your heart and peace to your home.

If you have any questions or input, please feel free to reach out to my office anytime at Calgary.FishCreek@assembly.ab.ca.

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🌐 stephaniekusiemp.ca

Merry Christmas and Happy Holidays!

As 2024 comes to a close, I'd like to take a moment to reflect on some of the work I've done in Calgary in addition to my Parliamentary duties.

To kick off the new year, my office collected nine boxes of food items (thanks to generous Calgary Midnapore residents) and donated them to the Veterans Food Bank of Alberta. In February, I partnered with Don Bosco School in Deer Ridge to deliver handmade valentines to residents of the Canyon Meadows Retirement Home for my fifth annual Valentines for Seniors campaign.

In the spring I participated in Telus' annual Kits for Kids campaign, which provides school supplies to students in need. My team attended the Willow Ridge Community Association's Civic Affairs Night on my behalf. Also in the spring, nominations opened for the King Charles III Coronation Medal, I look forward to celebrating the twenty deserving constituents who were selected for the medal in early 2025.

As the House of Commons rose for the summer break, I jumped straight into events across the riding from Ukrainian Fest in Acadia to the 50th anniversary of the Queensland Diamond Cove Community Association. I spent Canada Day in Parkland and then began the Stampede season with pancake breakfasts in Lake Chaparral, Deer Run, Lake Sundance, Acadia, Silverado, Lake Bonavista, and more! As the summer wrapped up, I spent some time with Calgary's Korean, Filipino, Venezuelan, Francophone, and Hong Kong communities.

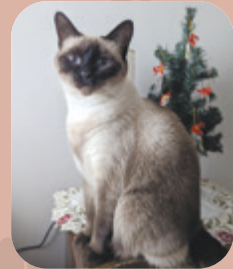
Finally in the fall, I visited with volunteers at Deer Run's Annual Cleanup and paid respects to our fallen soldiers at the Field of Crosses.

This is just some of the work I've done over the past year. If you'd like to learn more about my work both here and in Ottawa, please sign up for my monthly e-newsletter at StephanieKusieMP.ca.

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