# **QUEENSLANDDIAMONDCOVE**

THE OFFICIAL QUEENSLAND & DIAMOND COVE COMMUNITY NEWSLETTER





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VISIT: SAMMYSCALGARY.CA

QueenslandDiamondCove.com

## CHRISTMAS CRAFT, BAKING AND GIFT FAIR



**Oueensland Diamond Cove** Community Centre November 16/2024

10:00 a.m. to 3:00 p.m.

Looking for Crafters

and Bakers



Call Linda (403) 278-3366





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We specialize in maximizing the sale value of businesses by attracting multiple offers from targeted, qualified buyers.

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Crier Newsletter	Linda Brown	Crier@QueenslandDiamondCove.com		
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Baseball	Fish Creek Little League			
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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.				



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

35 to 40 pounds **\$40** 

#### Medium

25 to 30 pounds **\$35** 

#### Small

15 to 20 pounds **\$30** 

Order by	Delivery by		
November 11	November 21		

For more information or to place an order, email ambervergo@gmail.com or call 403-278-3366.

2025 QUEENSLAND/DI	AMOND COV	E COMMUNITY	ASSOCIATION	\$20 MEMBERSHIP FORM
Name:				
Address:				
Phone:		Email:		
Method of payment:	Cash:	Cheque:		
	ut out this counc	on and mail or drop	off at the Communi	v Hall

#### **COOK'S CORNER**

#### **Chicken Noodle Soup**



#### **Ingredients:**

- 1 tablespoon butter
- ½ cup chopped onion
- ½ cup chopped celery
- 4 (14.5 ounce) cans chicken broth
- 1 (14.5 ounce) can vegetable broth
- ½ pound chopped cooked chicken breast
- 1 ½ cups egg noodles
- 1 cup sliced carrots
- 1/2 teaspoon dried basil
- ½ teaspoon dried oregano
- · Salt and ground black pepper to taste

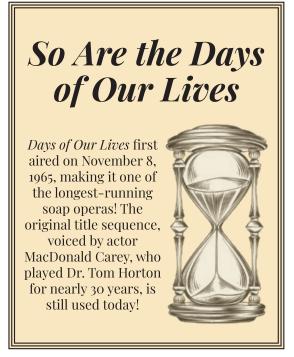
#### **Directions:**

- 1. Melt butter in a large pot over medium heat. Add onion and celery and cook until just tender, about five minutes.
- 2. Add chicken broth, vegetable broth, chicken, egg noodles, carrots, basil, oregano, salt, and pepper. Stir to combine and bring to a boil.
- 3. Reduce heat and simmer for 20 minutes.



Hall Rental Rates (GST Included)					
	Rate	Period			
Gym Use	\$65	Per hour			
Gym Weddings Damage Deposit	\$550 \$250	Event			
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				





#### QUEENSLAND DIAMOND COVE COMMUNITY ASSOCIATION PRESIDENT'S MESSAGE

Hello,

This month we would like to recognize all the veterans and current military and peacekeepers that help to keep Canada safe. We also would like to thank their families who have also sacrificed time with their loved ones in times of trouble. Please take some time to reflect on the sacrifice that these individuals have made and are currently making for our country. Consider donating to the Veteran's Food Bank and Poppy Fund.

This month we have a few planned activities at the community centre.

November 16 will be our annual Craft Fair from 10:00 am to 3:00 pm. Stop by to see what our vendors have to purchase. Free admittance to this event.

November 30 will be our Children's Christmas Craft Party from 12:00 to 2:00 pm. This event is sponsored by Queensland and Deer Ridge community associations. Children aged 3 to 12 will enjoy crafts and a visit from Santa Clause. Light refreshments will be provided to all. This is a free event; however, we will be accepting Veteran's Food Bank donations.

Have you ordered a good food box? We have them each month to order (November 11) there are small, medium, and large boxes. Anyone can order one to help subsidize your monthly grocery bill. Each month different produce is available prepackaged ready to pick up from the community centre (November 21). Please stop by and place your order with Linda Brown.

Kind Regards,

Martine

**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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#### **SAFE AND SOUND**

## Stay Steady: It's Fall Prevention Month

by Calgary and area Primary Care Networks

It's not unusual to occasionally take a tumble — uneven sidewalks, slippery conditions in the winter, or even misjudging the height of a stair are all common culprits.

As we age, falls become an increasing health concern.

"Falls are a significant health concern for seniors," says Faiza Karim, a registered occupational therapist with the Primary Care Network (PCN). "They are the leading cause of injury in older Canadians."

#### The Ripple Effects of a Fall

Up to one-third of seniors experience one fall per year. As the rate of falls goes up, so does the reason for concern. For people over the age of 65, falls are the source of 85% of injury-related hospitalizations, including almost all hip fractures. They are also the leading cause of injury-related deaths for seniors.

Falls can also contribute to social isolation, affecting mental health and well-being. Karim says after a fall, some people will become more afraid to move — concerned about falling again — and may not do as many activities.

#### **Tips for Preventing Falls**

Raising awareness and actively preventing falls is important to maintaining health and safety, particularly for older adults. Simple measures may include:

- Staying active to maintain balance, strength, and flexibility
- Keeping floors clutter free
- Wearing supportive, well-fitting footwear, both inside and outside of your home



 Reviewing medications with your family doctor or a pharmacist to understand side effects

#### Find Support

If you or a loved one is considered at risk, or there has been an increase in the number of near-misses or falls, talk to your family doctor.

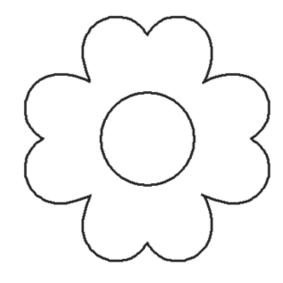
You can also access free health support through the Primary Care Network. Visit albertapens.ca to learn more.

# Remembrance Day Word Search

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battle peace bravery poppy courage remember flanders sacrifice freedom soldier hero troops honor valor infantry veteran liberty victory loss war November wreath

patriot



## DIAMOND COVE HOMEOWNERS' ASSOCIATION PRESIDENT'S MESSAGE

Dear Diamond Cove Residents,

As we transition from the crisp days of fall into the chilly embrace of winter, we hope this message finds you well. First, we'd like to extend our heartfelt thanks to everyone who participated in the Parade of Garage Sales this past September; we hope it was a resounding success for you! For those who didn't join in, we encourage you to plan for next year—it's always a great time to clean house, right?

With Halloween just behind us, we hope everyone had a safe and enjoyable celebration. Our community has welcomed many new families with young children, and we appreciate everyone's efforts to stay vigilant during trick-or-treat hours.

As the seasons change and winter approaches, it's time to think about how we can support one another during the colder months. We are fortunate to have a close-knit community, and this 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.

While Christmas is still a few months away, we are excited to announce that the Christmas Light Contest is returning this year! Get ready to spread some holiday cheer by decorating your homes for this contest. 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! The board is also working on a few other exciting events for 2025, and we will keep everyone posted as details are finalized.

We hope you were able to join us for the playground opening event on October 19! It was a wonderful opportunity to celebrate the improvements and enjoy some refreshments with neighbours. What an amazing playground we have! The board is committed to keeping the community involved and informed, and we encourage all homeowners to share their thoughts

and updates with us via email. Your input is invaluable as we strive to make Diamond Cove a welcoming place for everyone. We are also looking for volunteers to help with upcoming events, so if you'd like to contribute, please let us know!

On a practical note, you should have received information from the City of Calgary regarding the special tax levy for Diamond Cove in 2025. The \$47.93 per household per year is dedicated to covering the costs of extra snow removal not handled by the City, maintaining the seasonal planters along the drive, and ensuring the upkeep of the trees and general landscaping. It also contributes to the insurance costs for the association. With only 271 households in our neighbourhood, the funds raised through this levy are limited. The current board is actively exploring other sources of funding.

If you or someone you know is willing to contribute to our maintenance fund or one of our events, please don't hesitate to get in touch with us via email at dcovehoa@ gmail.com. Your support, whether big or small, can make a significant difference.

Thank you to everyone for the time and care you put into maintaining your homes and yards. Together, we can keep Diamond Cove clean, beautiful, and a place we're all proud to call home.

Please keep an eye out for the upcoming Annual General Meeting (AGM), usually held from late April into early May. This year, we will have a Special General Meeting in conjunction with the AGM to approve a new set of bylaws, as required by our current governing documents. The board is working on a way to ensure all homeowners receive a copy of the 2025 draft bylaws in a timely manner before the meeting. Your participation in these meetings is crucial, as it allows us to make informed decisions that benefit the entire community. All homeowners in Diamond Cove have a vote at each Special and General meetings of the Association.

Lastly, I want to share a touching story from our Diamond Cove community. Some of you who are on our Facebook page (if you aren't, please join!) may have seen the post about an elderly resident who reached out to me for help with her bins, as she could no longer roll them in and out on her own. While I was more than

willing to assist, I thought it would be nice to reach out to our community on social media. The response was incredible! A family in our community has effectively adopted this resident; they visit regularly, connect with her family, and have become close friends. This heartwarming gesture highlights the kindness that exists among us and reminds us that small acts of caring can make a significant difference in someone's life.

As we navigate the complexities of today's world — where many people feel rushed, busy, and stressed — we encourage everyone to consider how we can help each other. No matter how small, our actions can transform our community into a better place.

Wishing you all a joyful season ahead!

Warm regards, on behalf of the board,

Sonia Dantu

President, Diamond Cove Homeowners Association



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

QUEENSLAND

DIAMOND COVE



MLA Calgary - Fish Creek
Myles McDougall

7 – 1215 Lake Sylvan Drive SE

**4**03-278-4444

✓ Calgary.FishCreek@assembly.ab.ca

X @MylesYYC | @ MLAFishCreek

Thank you to everyone who attended my October Town Hall. It was wonderful to see so many of you actively engaged in the issues affecting our province. I look forward to continuing these important conversations in the new year at my next Town Hall. In the meantime, stay connected by following me on social media for the latest government updates.

Every year on November 11, Remembrance Day honours the military personnel who died in wars, particularly since World War I. It is a day marked by silence, ceremonies, and red poppies. A time for reflection and gratitude for the sacrifices made for peace and freedom.

#### Introducing the Rate of Last Resort

Alberta's government is helping Albertans take control of their electricity options and protecting Alberta's ratepayers from power price spikes.

New regulations and legislation are set to come into effect on January 1, 2025, to help Albertans better understand their energy options and encourage them to find the rate best suited to meet their needs. Following the Utilities Affordability Statutes Amendment Act, 2024, the default electricity rate is being renamed from the Regulated Rate Option (RRO) to the Rate of Last Resort (ROLR). Alberta's government has also introduced a rate confirmation requirement. The Utilities Consumer Advocate, under the Ministry of Affordability and Utilities, will contact all customers on the ROLR every 90 days to confirm whether they would like to stay on the ROLR or not, and encourage them to explore their options.

Albertans are encouraged to find the competitive rate best suited to their needs. Last year, tens of thousands of households moved off the Rate of Last Resort to competitive contracts for a more affordable option. Albertans who are looking for help with their utility bills or are experiencing a dispute with their provider should contact the Utilities Consumer Advocate at 310-4855 or through their website at www.ucahelps.alberta.ca.

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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#### **GAMES & PUZZLES**

#### **Guess the Landmark!**

- 1. This gorgeous UNESCO World Heritage Site in India was built to be a mausoleum.
- 2. The \_\_\_\_\_ was made across many dynasties and states, taking over 2,500 years to construct.
- 3. This stunning Italian landmark is also called the Bell Tower and is over 180 feet tall.
- 4. This iconic structure was built for the 1889 World Fair; it celebrated the 100<sup>th</sup> anniversary of the French Revolution.
- 5. This famous ancient city was frozen in time due to almost the exact opposite circumstance.
- 6. There are no straight lines in this ancient temple structure, located on the Athenian Acropolis.





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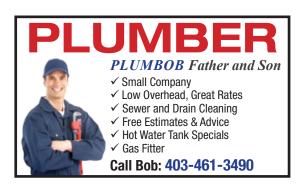
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