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QUEENSLAND DIAMOND COVE COMMUNITY ASSOCIATION PRESIDENT'S MESSAGE

Hello,

We unfortunately had to cancel our Oktoberfest adultonly event, due to low interest; we will continue to plan family-friendly events.

Join us this month with our kick off to the holidays, our annual Christmas Craft Market on November 15 from 10:00 am until 3:00 pm. This market has something for everyone; please bring cash and card as some vendors only accept cash.

Our joint venture with Deer Ridge Community Association is also fast approaching. Our Children's Christmas Party takes place on Saturday, November 29 from 12:00 until 2:00 pm, come visit with neighbours and Santa. This free event comes with activities for children ages 3 to 12, crafts, bouncy castle, and light snacks.

Memberships are currently on sale at the community centre.

Senior's Friendship Club still meets on Tuesdays from 10:00 am to 12:00 pm in the Jensen room, admission is \$2 (please note the change in start and end time).

Good Food Boxes are still for sale; contact Linda Brown to place your order.

Upcoming Events

Our biggest fundraiser is almost here; we will be looking for volunteers to help us with our Casino. It will be scheduled during January to March; official date will be announced shortly.

Family Winter Party to be announced in the next newsletter usually takes place in January or February.

Kind regards,

Martine



COOK'S CORNER

One Pot Pizza Pasta Bake

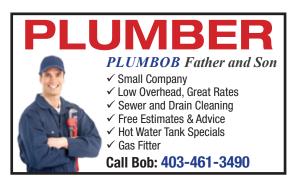


Ingredients

- 1 tablespoon olive oil
- 8 ounces spicy Italian sausage, casing removed
- 1/2 cup mini pepperoni, divided
- 1 (15-ounce) can tomato sauce
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/4 teaspoon garlic powder
- 8 ounces rotini pasta
- Kosher salt and freshly ground black pepper, to taste
- 1 cup shredded mozzarella cheese
- 2 tablespoons chopped fresh parsley leaves

Directions

- 1. Preheat oven to broil.
- 2. Heat olive oil in a large oven-proof skillet over medium high heat. Add Italian sausage and cook until browned, about 3 to 5 minutes, making sure to crumble the sausage as it cooks; drain excess fat. Stir in ¼ cup pepperoni until heated through, about 1 minute.
- 3. Stir in tomato sauce, oregano, basil garlic powder, pasta and 1 ½ cups water; season with salt and pepper, to taste. Bring to a boil; cover, reduce heat and simmer until pasta is cooked through, about 12 to 14 minutes.
- 4. Remove from heat; top with mozzarella and remaining ¼ cup pepperoni. Place into oven and cook until melted and golden brown, about 2 minutes.
- 5. Serve immediately, garnished with parsley, if desired.





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		



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)

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Medium

25 to 30 pounds \$35

Small

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Remembrance Day

armistice flanders silence wreath war ceasefire memorial soldier field

sacrifice remember veteran medal conflict freedom battle peace

eleventh service sunday poppy

CHRISTMAS CRAFT, BAKING, AND GIFT FAIR



Queensland Diamond Cove Community Centre November 15/2025 10:00 a.m. to 3:00 p.m.

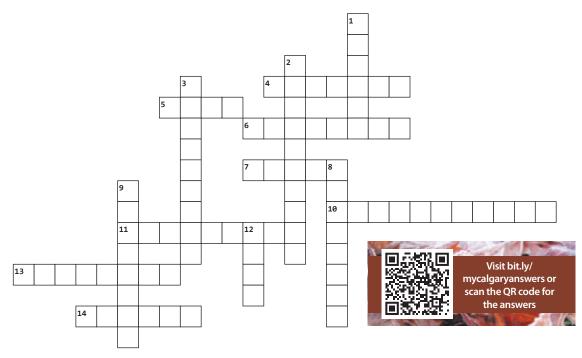
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November Crossword



Across

- 4. In November 1896, the hydroelectric powerplant at Falls started operating.
- 5. "Novem" is the Latin word for what number?
- 6. The sci-fi novel, ______ Park, by Michael Crichton was published in November 1990.
- 7. World _____ Day is celebrated annually on November 1 and raises awareness about the ethical, environmental, and health issues related to animal consumption.
- 10. On November 4, 1922, Howard Carter discovered the first steps to the tomb of this ancient Egyptian Pharoah.
- 11. This fast-food chain served its 50 billionth hamburger on November 20, 1984.
- 13. On November 30, 1982, Michael Jackson released his hit album ".
- 14. On November 27, 2013, this winter wonderland Disney animation was released.

Down

- 1. This Britney received her star on the Hollywood Walk of Fame at the age of 21 on November 17, 2003.
- 2. Jacques Plante became the first NHL goalie to wear a protective face mask on November 1, 1959.
- 3. Canadian Music Hall of Fame inductee Gordon was born on November 17, 1938, in Orillia, Ontario.
- 8. Stars of the romantic film *The* ______, Canadians Rachel McAdams and Ryan Gosling both celebrate their birthdays in November.
- 9. On November 15, 2020, Lewis won his record-equalling seventh F1 World Drivers' Championship at the Turkish Grand Prix.
- 12. One of the most complete early human ancestor skeletons (Australopithecus afarensis), nicknamed _____, was discovered in Ethiopia on November 24, 1974.

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 meeting 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

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YOUR CITY OF CALGARY

Green Cart Collection Update

by the City of Calgary

Starting in November, green cart collection will shift to an every-other-week schedule. This seasonal change helps match service to the lower volumes of yard waste we typically see once colder weather arrives.

Weekly green cart collection will return in April 2026, just in time for spring clean-up season when yard waste begins to pick up again.

We understand Calgary's weather can be unpredictable, and to keep the Green Cart program reliable and cost-effective, we set the schedule using long-term trends. This means collection times are based on when green cart volumes usually decline and when snowier conditions are more likely. By planning well in advance, the City ensures the right number of trucks, drivers, and resources are in place to keep the program running smoothly.

There are a few easy ways to stay on top of your collection days and keep things simple:

- Visit calgary.ca/cartschedule to check your cart pickup schedule or sign up for free reminders.
- · Download the Calgary Garbage Day app to get automatic notifications about collection days and seasonal changes.

Thank you for helping keep Calgary clean and green, no matter the season!



FRIENDS Fish Creek

The Friends of Fish Creek Have Saved Over 45,000 Native Plants This Year!

Ahh, summer. It was a time for enjoying beautiful weather, getting outside, and—of course—rescuing plants. Saving mature plants from sites slated for development and transplanting them into the grasslands where they can not only survive, but thrive, is a no-brainer for us here at the Friends.

And thanks to our developer partners Genesis Land Development Corp, Qualico Communities, and Calbridge Developments, we've had an extremely successful (if sometimes muddy) plant rescue season.

So far in 2025, across four sites, we estimate that we've saved over 45,000 plants—and these have all found a new home in the grasslands at Bow Valley Ranch! This not only gives our grassland and creekside habitat restoration projects a big boost, but these plants will produce harvestable seeds that we can then use to continue propagating and planting new plants, keeping the circular seed cycle going!

Here's a look at just a few of the incredible species we've been lucky enough to rescue this year. We hope you enjoy the beauty of these amazing native plants and grasses. If you want to get involved in plant salvage, you can volunteer to come out with us on weekends to help rescue plants for grassland restoration (or grab some for your own garden). Learn more about volunteering at friendsoffishcreek.org/volunteer or email us at info@ friendsoffishcreek.org.



Nodding onion (Allium cernuum)



Porcupine Grass (Hesperostipa curtiseta)



Blue grama grass (Bouteloua gracilis)



Dotted Blazing Star (Liatris punctata)



Rhombic-leaved Sunflower
(Helianthus pauciflorus
subrhomboideus)



Yellow Owl's Clover (Orthocarpus luteus)



Parry's Oatgrass (Danthonia parryi)

MENTAL HEALTH MOMENT

Raising Non-Anxious Kids

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

Modern parenting has become highly involved. Many of us may hover, protect, and step in quickly to solve problems for our kids. While this comes from love, too much intervention can make it harder for children to build resilience, confidence, and coping skills. Add in the constant pull of screens and social media, and many kids grow up struggling with boredom, frustration, and independence.

A New Approach: Obstacle Parenting

Instead of removing every challenge, obstacle parenting gives kids space to face small struggles and learn from them. It's about doing less, not more, and trusting that kids can figure things out.

1. Resilience Comes Through Struggle

- Shielding kids from every difficulty robs them of practice in handling life's challenges.
- Small frustrations (like a tricky puzzle or waiting a few minutes for help) build patience and problem-solving skills.

2. Boredom Isn't Bad

- Constant stimulation from screens can dull curiosity.
- Letting kids experience boredom creates space for imagination, creativity, and self-discovery.

3. Screens and Social Media

- Technology isn't going away, but heavy use can lead to loneliness and anxiety.
- Balance matters: limiting screen time, teaching mindful use, and modelling healthy habits are key.

4. Parents Need Restraint Too

- Kids notice when adults are glued to their phones.
- Modelling presence—reading, drawing, or simply sitting quietly—teaches kids that life doesn't have to be constantly filled with screens.

Practical Tips for Parents

- Pause Before Helping: If your child asks for help, wait a few minutes. Encourage them to try first.
- Make Things Just a Bit Harder: Give challenges that require effort—like board games, chores, or puzzles.
- Encourage Real-World Play: Let kids play outside, climb, build, and explore with peers—even if it's messy or imperfect.



- Embrace Boredom: Remind kids (and yourself): "It's okay to be bored." Often, creativity follows.
- Create Screen-Free Zones: Mealtimes, bedtime routines, and family outings can be tech-free moments.
- Model Healthy Habits: Put your own phone down. Show your kids how to be present, curious, and engaged in the real world.
- Build Community: Rely on neighbours, friends, and extended family. Kids need more than just parents they thrive with a wider circle of support.

Obstacle parenting isn't about making life hard for children. It's about giving them space to:

- Build confidence.
- Develop focus and endurance.
- · Learn how to handle frustration.
- Discover creativity in boredom.
- Grow into resilient, less anxious adults.

Sometimes, the best gift we can give our kids is to step back, let them struggle a little, and trust that they can rise to the challenge.



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Honouring Our Past

On Remembrance Day, we pause to honour the courage and sacrifice of the men and women who served our country in times of war, conflict, and peacekeeping. Their bravery secured the freedoms we enjoy today, and their legacy reminds us of the importance of unity, resilience, and service to others.

Across Alberta and Canada, ceremonies will bring communities together to reflect, remember, and express our gratitude. We owe it to our veterans and fallen heroes to build a future worthy of their sacrifice—one that is strong, prosperous, and inclusive. Let us take this time to listen to their stories, learn from their example, and recommit ourselves to the values they fought to protect.

Building Our Future

Alberta's government is stepping forward to lead a project of national significance: a new pipeline to the West Coast. This initiative goes beyond infrastructure—it's about securing Canada's energy future and unlocking our full economic potential.

Indigenous communities in Alberta and British Columbia are engaged from the outset as partners. Their leadership and perspectives will guide every stage of development, ensuring the project reflects shared values and long-term vision.

With \$14 million committed to early planning and a technical advisory group that includes South Bow, Enbridge, and Trans Mountain, Alberta is showing real leadership in advancing responsible energy development. This project will create jobs, drive economic growth, and open up new opportunities for Canadians across the country. It is our intention that any future pipeline costs will be covered by the private sector.

If you have questions, concerns, or ideas you'd like to share before the townhall or session begins, please don't hesitate to reach out to my office at Calgary.FishCreek@assembly.ab.ca. I always appreciate hearing from you.

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