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

Word of the Month

Malapropism: noun (mal-uh-prop-iz-uhm)

The unintentional use of a word that sounds somewhat like the one intended but is very wrong in the context.

Jane was so nervous about her speech she did not realize she had made a malapropism until an audience member made a joke about her word use.



QUEENSLAND DIAMOND COVE COMMUNITY ASSOCIATION

PRESIDENT'S MESSAGE

Hello,

Happy February, this is the month that seems to fly by faster than all the other months, this month we celebrate Black History, Groundhog Day, Valentine's Day, and Family Day. The community association will be hosting another family dance with concession on Saturday, February 14. Please remember that this event is cash only, free to member families and \$10 to non-member families.

We have also tried to focus on a new demographic this year our children ages 12 to 15. Our yet to be named group (formerly Tween night) have been meeting on Fridays once a month. This group have been playing board games, listening to music, and having snacks. The cost for this group is \$5 to cover the cost of the snacks, it is being supervised by Anita and Julie R., and parents need to complete a permission form that is used for the whole year. We have tentatively set up the following dates for this group to meet in the Jensen room (back room by the skating rinks): February 20, March 13, April 17, May 22, and June 12. If you are interested in volunteering, please email info@queenslanddiamondcove.com.

Our AGM will be held on April 25 this year; we wanted to make sure that you are aware of the positions that are up for renewal. If you are interested in volunteering for any of these positions, please ask Linda Brown to see the detailed information.

- President two-year term – currently Martine Myrthu
- Second Vice President two-year term – currently Steve Foote
- Secretary two-year term – currently Eva Reid
- Treasurer two-year term - still open from last AGM
- Memberships two-year term – currently Kevin Kiejko
- Ways and Means two-year term – open since 2024-2025 AGM
- Digital Media two-year term – currently Genevieve Myrthu
- Two Directors at Large renewed yearly – currently Julie Jack and Ian Murphy

Upcoming Events

- Valentine's Dance – Saturday, February 14
- Friday Hang Out Group (ages 12 to 15) – Friday, February 20
- Spring Children's Party (ages 3 to 12) – Saturday, March 28
- Good Food Box available each month

Kind Regards,

Martine



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	

Family Day

by Danielle Robbertze



From big to small, blood related or chosen, family forms an important aspect in all our lives.

That is why Family Day, celebrated on February 16 this year, is a delightful honour to those we hold so near and dear in our lives. Family Day in Alberta was first celebrated in 1990 and introduced by then Premier Don Getty. In fact, Alberta was the first province to declare Family Day as a statutory holiday. Over the years, other provinces followed Alberta's example. They include British Columbia, New Brunswick, Ontario, and Saskatchewan.

The aim of the day? To highlight the importance of family values. Moreover, Family Day gives us a much-needed break during one of the coldest months of the year. Before Family Day there was a large gap between statutory holidays (New Year's Day to Good Friday).

So, what exactly is family? Family can be defined in many different ways depending on the person you ask. From nuclear to single-parent families, adoptive to chosen families, blended to extended families, and even work families—we all find a way to be part of a familial bond. With such a diverse population in this province, a single Albertan's family could be separated by five kilometres to 15,000 kilometres.

And with Family Day falling so close to Valentine's Day each year, February truly is solidified as the month of love in Alberta. Remember this Family Day to call that long-distance relative, hug the ones close by, and celebrate all the family memories created over the years, and while you do all that you can create even more long-lasting memories.



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

35 to 40 pounds \$40

Medium

25 to 30 pounds \$35

Small

15 to 20 pounds \$30

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February 16	February 26

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VALENTINE

word search



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DIAMOND HELPUOC
ECNAMORH YRAURBEF
VALENTINEOTRUELOVE
TEEWSRAEBYDDETRING
LTRAETHTEEWSSTFAMILY
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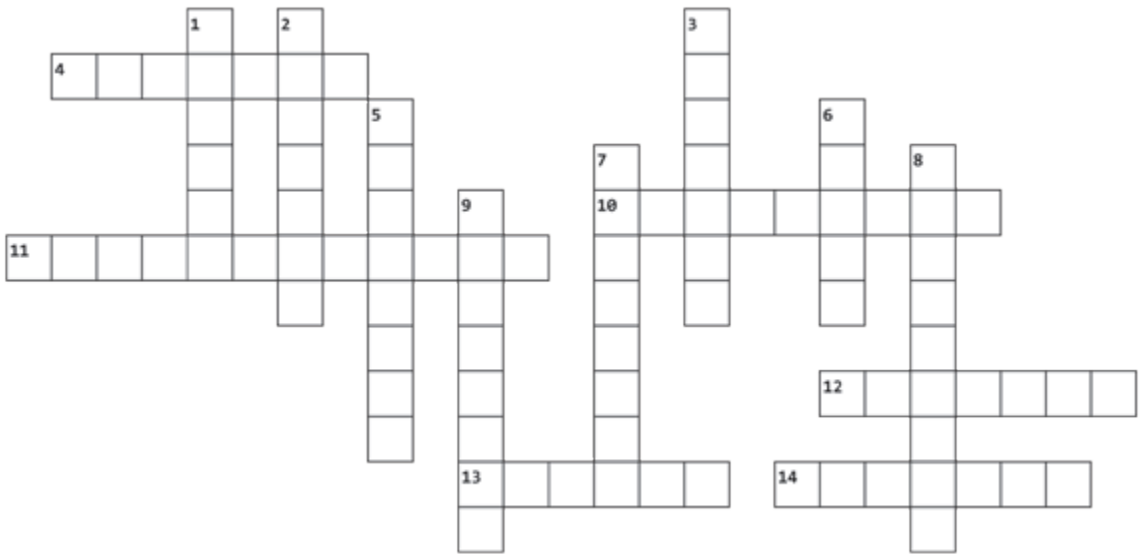
WORD LIST:

VALENTINE
HEART
LOVE
FLOWERS
CUPID
FRIENDSHIP
KISS
SWEETHEART
TRUE LOVE

COUPLE
CHOCOLATE
CANDY HEARTS
FEBRUARY
PINK
HUG

CARD
DIAMOND
RING
TEDDY BEAR
ROSES
FAMILY
ROMANCE
SWEET
AFFECTION

February Crossword



Across

4. Islam's holy month of fasting, prayer, and reflection, called _____ starts on February 17 this year.
10. On February 2, 1653, what is now called New York City officially became a city, but it was known as New _____ at the time.
11. Comedian Leslie Nielsen was born on February 11, 1926, in Regina, _____.
12. Canada's twelfth Prime Minister, Louis St. _____, was born on February 1, 1882, in Compton, Québec.
13. The first volume of this English Dictionary was published on February 1, 1884.
14. The first documented street celebration of Mardi Gras in New _____ took place on February 27, 1827.

Down

1. This North American country celebrates National Flag Day on February 15 annually.
2. During the 1988 Calgary Winter Olympics, the bobsleigh team from this Caribbean nation inspired the movie *Cool Runnings*.
3. At the 26th Grammy Awards on February 28, 1984, Michael _____ won an astonishing eight Grammys!
5. Pope _____ XVI announced his resignation from the papacy on February 11, 2013.
6. The 2026 Chinese Zodiac is this equine beauty.
7. Min Jin Lee's New York Times bestselling novel, _____, follows a Korean family who immigrate to Japan and was first published on February 7, 2017.
8. The XXI Winter Olympic Games were held in this Canadian city in 2010.
9. On February 4, 2004, this social media platform was launched from a Harvard dorm room.



Visit bit.ly/mycalgaryanswers
or scan the QR code for the answers

COOK'S CORNER



Two-Ingredient Strawberry No-Bake Fudge

Ingredients

- 1 16 oz container strawberry frosting
- 12 oz white melting candy
- Red sprinkles optional

Instructions

1. Line an 8x8" baking dish with parchment paper. Set aside.
2. Place the frosting and white melting chocolate into a microwavable safe bowl.
3. Microwave in 30 second increments and stir each time until completely melted and smooth.
4. Pour into prepared baking dish and sprinkle with the red sprinkles if using.
5. Place in the fridge for about 45 minutes or until completely set. Remove and cut into squares.
6. Enjoy!



Cats, Canines, & Critters of Calgary



Ash and Bella, *Cranston*



Flair and Little Lady, *Strathcona Park*



Meatball and Cleo, *Renfrew*



Talbot and Scout, *Queensland*

To have your pet featured, email news@mycalgary.com

Staying in Relationships Thinking the Other Person Will Change, Now What?

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



In romantic relationships, the hope that someone will change is incredibly common, and very human. Here's the why:

We fall in love with potential, not just reality. Early connection, chemistry, and shared dreams can make us focus on who someone could be rather than who they consistently are.

Love activates optimism and attachment. Attachment bonds naturally create hope. Our nervous system prefers security over loss, so we hold onto the idea that change will come rather than face the pain of disappointment or separation.

We confuse influence with control. Healthy relationships do involve growth and compromise, but that can slide

into the belief that love, patience, or suffering will eventually motivate change in areas that are actually character-based or deeply ingrained.

Familiar patterns feel safer than unfamiliar outcomes. Even dissatisfaction can feel safer than the uncertainty of leaving—especially if someone grew up adapting to others or earning love by tolerating discomfort.

Cultural narratives reinforce it. We're taught that love "fixes," that commitment means endurance, and that leaving equals failure rather than discernment.

Acceptance doesn't mean approval. It means clearly seeing who someone is right now, and asking: Can I live peacefully with this if it never changes? If the answer is no, the work isn't to force acceptance—it's to honor that

GAMES & PUZZLES

Guess the Olympic Sport!

1. Prince Albert II of Monaco competed in this winter sport at the Calgary 1988 Olympics.
2. This sport includes two events: rifle shooting and cross-country skiing.
3. This team sport involves sliding granite stones on a sheet of ice towards a target circle.
4. This sport also known as "skimo" will make its Olympic debut at Milano Cortina 2026.
5. Marit Bjørgen is the most decorated winter Olympian and competed in this sport.
6. This elegant sport is widely recognized as the most popular event at the Winter Olympics.



SCAN THE
QR CODE
FOR THE
ANSWERS!



truth. Real intimacy grows when we choose people for who they are, not who we hope they'll become.

Here are practical ways to shift your inner narration and cultivate acceptance of your partner—without abandoning your own needs or values (unless the situation is unsafe or abusive):

1. Separate "preferences" from "deal-breakers"

Narration shift: "I don't like this" to... "This is uncomfortable, but not unsafe or violating."

2. Replace fantasy with reality statements

Narration shift: "They would be perfect if..." to... "This is who they are today, consistently."

3. Translate irritation into meaning

Ask: What does this trigger in me; fear, unmet needs, old wounds?

Narration shift: "They're the problem" to... "This brings up something important in me."

4. Use compassion without justification

Narration shift: "They shouldn't be this way" to... "I can understand why they're this way, without agreeing or excusing."

5. Practice present-tense acceptance language

Use phrases like: "This is what's here right now." or... "I don't have to solve this today."

6. Stop future-bargaining

Narration shift: "Once X happens, then I'll be okay" to... "If nothing changes, how do I feel about this life?"

7. Name your choice clearly

Narration shift: "I'm stuck" to... "I am choosing to stay for now, with eyes open."

Choice restores agency and reduces resentment.

8. Practice grief, not resistance

Acceptance often requires grieving the partner you hoped for.

Narration shift: "This shouldn't hurt" to... "Of course this hurts."

9. Anchor acceptance in boundaries

Narration shift: "I have to accept everything" to... "I accept who they are and I choose how close I stand."

10. Use curiosity over judgment.

Narration shift: "They're wrong" to... "This is different from me—what does that mean for us?"

BRAIN GAMES SUDOKU

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SCAN THE QR CODE
FOR THE SOLUTION





Face Your Stress

by Recovery Alberta – Community Health Promotion Services

Stress is typically viewed as negative; not all stress is bad and in fact, avoiding it can be more harmful. Stress is the response to a stressor that one may be experiencing. Stressors are anything in your life that causes the release of stress hormones. Some stressors in our life are unavoidable. There are three different types of stress you can experience. Let's dive deeper into each:

- 1. Positive:** Yes, stress can be positive. This is short-term but helps us to adapt and build resiliency. Situations to cause this stress can include work, writing an exam, or calling someone you don't know.
- 2. Tolerable:** Tolerable stress includes situations where the impact may be more serious, such as, loss of someone or divorce of parents, and can occur many times throughout your life, however, with supportive relationships, it is unlikely to have lasting negatives impacts.
- 3. Toxic:** When one thinks of stress, we tend to think of this for all situations. This stress is prolonged and extreme and can result in complex outcomes without any adequate support.

Stress can impact our physical, mental, emotional, and behavioral health and it is different for everyone. It can show up as headaches, feeling tired, having trouble focusing, feeling short-tempered or lonely, having sleep issues, unable to relax, and use of unhealthy coping techniques.

Signs of stress are different for everyone but there is a need for stress to keep us alert, healthier, and more understanding human beings! So, what can you do? Mental Health Literacy has developed a toolbox to help you manage your own stress. Here are a few things to consider:

- **Change:** You want to change the way you think of stress. As you can see, it can be essential to tackle life's situations.
- **Choose:** When faced with a stressor, have a toolkit of strategies that work best for you. This can include breathing strategies or talking to others.
- **Engage:** If there are stressors that heighten your body's response, try incorporating planning strategies beforehand. When we face the stressor and solve the problem, we have successfully adapted and are left with a new skill!



Cupid and the Mighty Bow

by Garth Paul Ukrainetz

Cupid has a plan they say
 To change the world on Valentine's Day
 The opposite of nuclear war
 Where love bombs fall forevermore
 Projectiles full of love's sweet glow
 These arrows need a Mighty Bow
 Creating new reality
 Great river flows thru Calgary
 The arrows launch like missiles fly
 Around the world they'll fill the sky
 London, Moscow, Houston, Seoul
 From Mighty Bow they'll reach their goal
 On city streets we'll look above
 The mountains shall bring peace and love
 Descending to all jaded land
 From Mighty Bow and angel's hand
 Yes, all is fair in love and war
 A cherub stands on rivershore
 Lil' Cupid has a plan they say
 To change the world on Valentine's Day



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Myles McDougall

7 – 1215 Lake Sylvan Drive SE

✉ Calgary.FishCreek@assembly.ab.ca

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As I get ready to head back to the legislature, I want to make sure your voices are heard and guide the work I do for you as your MLA. To that end, I am planning my next town hall for early spring 2026, so please stay tuned for the confirmed date.

Our town hall is a valuable opportunity for the constituents of Calgary-Fish Creek to share your thoughts, concerns, and ideas. Your input helps me better represent our community in Edmonton. I encourage everyone to attend and participate in this important conversation. Together, we can make a difference.

I would like to wish everyone a happy Family Day. I hope you are all able to share the day with family and friends!

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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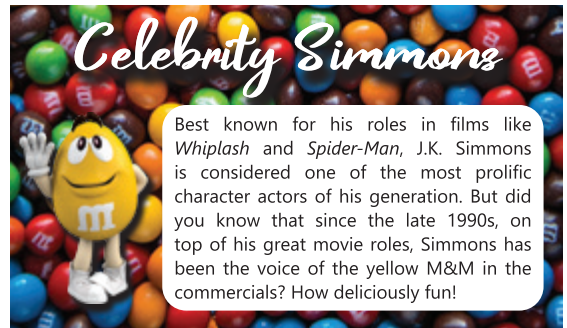
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