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



Egyptian Gem

January's birthstone is the garnet, but did you know that this gem was used by ancient Egyptians! As far back as 3000 BC, Egyptians used garnets for their jewellery, amulets, and burial artifacts. The Egyptians considered garnets a symbol of royalty and power. Perfect for any Pharaoh!

QUEENSLAND DIAMOND COVE COMMUNITY ASSOCIATION

PRESIDENT'S MESSAGE

Happy New Year,

I hope that everyone was able to enjoy the holiday season with the ones that you love.

We would like to give a big thank you to all the volunteers who helped to make this year's Children's Christmas party a success Julie R., Sawyer, Linda, Carmen, Char, Hope, Tanner, Bob, Nevelda, Roy, Karen, and Martine. Thank you to the Maxwell family for donating the wonderful 3D printed items that were in our goody bags. A big thank you for sharing the cost of this event for both of our communities goes out to Deer Ridge community association. It is wonderful working with all of your board of directors; we look forward to working together in the near future. A big thank you for Santa and Mrs. Claus for coming to say hello to all the children.

By now our community should be skating on our two great ice rinks, we are so thankful to all who help flood, shovel, and maintain our rinks. Without all of you winter would be less enjoyable, come out and skate with your families, we have a heated skate room to change into your skates, if this is not open, we also have a few benches to do this. It is always fun to see our rinks being enjoyed by all.

Please remember to shovel your sidewalk, there are a lot of people depending on you to clear the walkways. If you live by a bus stop, consider shovelling this as well, we have quite a few transit riders who appreciate a cleared spot to wait. If you notice your neighbour is unable to clear their sidewalks, please help them out by being a snow angel, this selfless act means the world to them.

Our casino dates are now available, Monday, May 25 and Tuesday, May 26 at Deerfoot Inn and Casino. We will be setting up a sign-up genius for this event in March so stay tuned. If you are interested about doing a role, please let Linda Brown know and we will save that spot for you. We look forward to filling all positions.

Upcoming Events

- Saturday, February 14 – Valentine's Family Dance as always free to community members and \$10 for non-member families. Cash only concession will be available for this event.

- Good Food Boxes are always available monthly so check them out, a good way to cut down on your grocery bill.
- Casino on May 25 and 26 at Deerfoot Inn and Casino.
- Seniors Club every Tuesday.

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	

Ogden Road SE Realignment

by The City of Calgary



To prepare for the future Lynnwood/Millican and Ogden Green Line LRT stations, North Star Contracting Inc. has started the realignment of Ogden Road SE, between the Canadian National Railway rail bridge and 69 Avenue SE. Ogden Road will shift to the west to make space for the Green Line, which will run between the new road alignment and the Canadian Pacific Kansas City (CPKC) railway.

What Is Happening?

- Road construction, utility work, and tree removals, followed by restoration, will be conducted into next spring.
- New multi-use pathways will be added on both sides of Millican Road and along the west side of Ogden Road to improve mobility near Pop Davies Athletic Park.
- A new parking lot with about 100 spaces will be built at the south end of the park supporting public parking and continued use of the park.
- Construction on the Lynnwood/Millican Road Transit facility and corresponding parking lot will also begin.

Access During Construction

- Parking and access to Pop Davies Athletic Park will remain available.
- Two-way vehicle access along Ogden Road and Millican Road will be maintained.
- Pedestrian and cyclist access connecting Ogden Road and Millican Road will be maintained via a temporary multi-use pathway.
- The informal gravel parking lot on the west side of Ogden Road will be permanently removed for the new alignment.

The community should anticipate partial lane closures, truck traffic, and construction noise, dust, and debris. This project is scheduled for completion by early summer 2026.

For more information, please visit calgary.ca/GreenLine.



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

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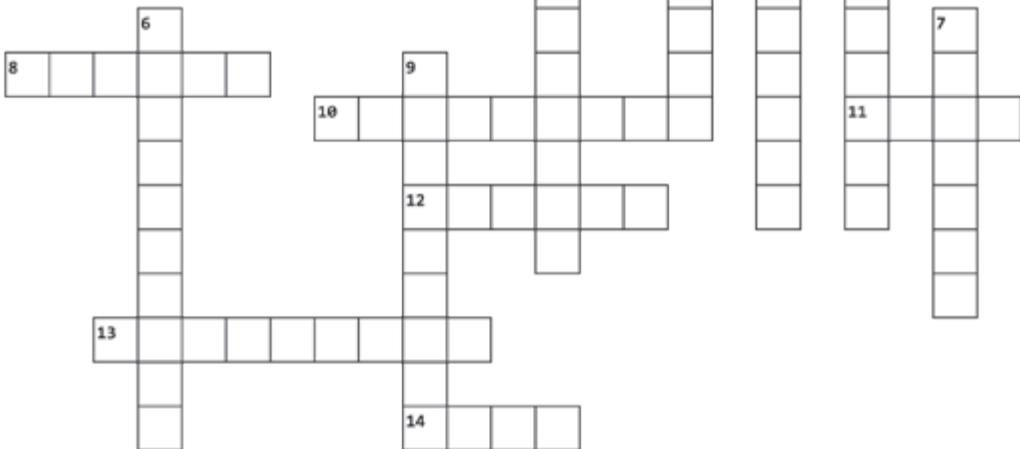
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Alder	Cottonwood	Pine
Apple	Cypress	Poplar
Ash	Dogwood	Redwood
Aspen	Elm	Sequoia
Birch	Fir	Spruce
Buckthorn	Hawthorn	Sweetgum
Cedar	Hazel	Sycamore
Cherry	Larch	Walnut
Chestnut	Maple	Willow
Chinkapin	Oak	Yew

January Crossword



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



Across

4. The world's largest office building, which houses the U.S. military, was completed on January 15, 1943.
8. Rare snowfall occurred on this North African desert on January 7, 2018.
10. January's birth flower is also the official flower of Mother's Day.
11. In 2015, New Zealander Lydia Ko became the youngest person to be ranked number one in the world in this club-and-ball sport at the age of 17.
12. In 45 BC this calendar took effect for the first time as decreed by Roman ruler Julius Caesar.
13. This free-content online encyclopedia launched on January 15, 2001.
14. On January 15, 2024, Elton John won an _____ award for his television special *Elton John: Farewell From Dodger Stadium*, completing his status as an EGOT winner.

Down

1. On January 3, 1892, writer J.R.R. Tolkien was born in this South African capital city.
2. World _____ Day is celebrated on January 2 to honour quiet, reserved, and sometimes shy individuals.
3. On January 23, 2018, _____ James became the youngest player to reach 30,000 NBA points.
5. The first Prime Minister of Canada, John A. Macdonald, was born on January 11, 1815, in _____, Scotland.
6. The crime drama series, *The Sopranos*, starring James _____ premiered on January 10, 1999.
7. Former professional footballer, Owen Lee Hargreaves was born on January 20, 1981, in _____, Alberta.
9. Jane Austen's romance novel *Pride and _____* was originally published on January 28, 1813.

Creamy Chicken Pot Pie Pasta Bake



Ingredients

- 12 oz pasta (penne or rotini work best)
- 2 cups cooked chicken, shredded
- 2 cups mixed vegetables (peas, carrots, and corn)
- 1 can (10.5 oz) cream of chicken soup
- 1 ½ cups milk
- 1 tsp garlic powder
- ½ tsp onion powder
- Salt and pepper to taste
- 1 cup shredded cheddar cheese
- ½ cup panko breadcrumbs (optional, for topping)

Directions

1. Cook the pasta: Boil the pasta in salted water according to package directions until al dente. Drain and set aside.
2. Prepare the sauce: In a large skillet over medium heat, whisk together the cream of chicken soup and milk. Add garlic powder, onion powder, salt, and pepper. Stir until the sauce is smooth and creamy.
3. Combine ingredients: Stir the cooked chicken and mixed vegetables into the sauce. Let it simmer for 5 to 7 minutes until the vegetables are tender and the chicken is heated through.
4. Mix in the pasta: Add the cooked pasta to the skillet, stirring everything together to coat the pasta evenly with the sauce.
5. Add cheese: Sprinkle shredded cheddar cheese over the top. Cover and cook until the cheese melts, about 2 to 3 minutes.
6. Optional breadcrumb topping: If you prefer a crispy top, sprinkle panko breadcrumbs on top of the dish and place under the broiler for 2 to 3 minutes, until golden brown.

Serve and enjoy! Dish up the pasta and serve warm.



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Monthly Property Tax Payments Save You Time and Money

by The City of Calgary



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- You pay the same amount as your tax bill, but in smaller, easier to manage monthly payments.
- Automatic monthly payments come out on the first day of each month, helping you avoid late payment penalties.
- No extra fees and no need to re-enroll each year. TIPP continues until you cancel.

It's easier than ever to join TIPP. Our online process streamlines registration and confirms your enrolment, allowing you to join fast and easily from the comfort of your home. All you need is your property's roll number and your banking details.

You can enroll anytime during the year, and we'll adjust your payments to ensure your tax bill is fully paid by year's end. If you join for January 1, your tax payments will be spread over 12 months, if you join for February 1, your payments will be spread over 11 months, and so on.

Your 2026 property tax bill will be mailed out in May. To avoid late payment penalties, you must join TIPP or pay the total amount of your 2026 property tax bill before the payment deadline of June 30, 2026.

Join TIPP today at calgary.ca/TIPP to get started and enjoy easier budgeting for the years ahead!

Protect Your Household Water Lines and Meter from Freezing

by The City of Calgary



Every winter, some Calgarians will experience frozen water pipes, service lines, and water meters, resulting in a water outage. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth and configuration of water pipes, and a history of freezing.

Recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing. Ways to avoid freezing include:

- Keep your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
- Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit calgary.ca/frozenpipes to learn more, including actions you can take if you suspect you have frozen pipes.

FRIENDS *of* Fish Creek

It's a Great Time to Start Thinking About Your Native Plant Gardens!

There's nothing like a chilly January to make you look forward to spring. Something we like to do when winter seems to drag on is to start planning our gardens, and at the Friends, that means starting seeds for a ton of different native plants! If you're interested in starting your own native plants from seed, there are a lot of species that are beginner-friendly, even if you don't have any experience growing plants from seeds at all. We're highlighting two species that are easy to get started with and how you can germinate and grow them this winter!

Did you know that the Friends have a native plant growing program called 'Grow with Us' that also acts as a native species seed bank? Learn more and sign up at friendsoffishcreek.org/grow-with-us/.



Plant 1: Smooth Blue Aster

These beautiful blue flowers are a cheery addition to any garden, plus, they support native pollinators and insects. Easy to germinate and grow, you could easily see the plants flower their first year when grown from seed, and they may even produce seed to harvest the first season too!

To grow this native species, sprinkle seeds on top of a pot of soil at least 6" deep then cover with a handful of soil, about ½ cm. Lightly press down on the top layer of soil and then mist the top of the soil with a sprayer to moisten the seeds and begin the germination process. Germination can take up to a few weeks, so check back often to make sure the soil (and most importantly, the seeds) is still damp.



Plant 2: Prairie Coneflower

The prairie coneflower is a classic native species that often comes to mind when we think of the word "wildflower". It can be found growing all across the North American Great Plains North America, so why not bring the sunny yellow hues of this native plant to your garden bed?

To grow prairie coneflower from seed, you'll start by "cold stratifying" the seed. This means putting seeds outside in cold weather, or in the fridge in a moist substrate (like sand or paper towel) for a few weeks to a month. Then, plant seeds in sandy, well-draining soil in a pot at least 6" deep and water daily until germination. From there, you can move your seedlings outside or gradually transition them by bringing them outside for increasing durations during the day in April or May.

Wondering where to get seeds for native species? Sign up for our 'Grow with Us' program for smooth blue aster seeds, prairie coneflower seeds, and more. Plus, be a part of our circular seed economy and increasing species diversity in Fish Creek Provincial Park and beyond. You can find more information on our website.



Rethinking New Year's Resolutions: A Kinder Approach to Food and Health

by Andrea Kroeker

January is often framed as a month of fresh starts and for many that means making resolutions about food, weight, or exercise. Often resolutions built on restriction don't last past February. When we set rules that feel rigid or punishing our natural response is to rebel against them. Then comes guilt, frustration, and the sense of "failing" before the year has even begun.

But there is another way to think about the new year, one that moves away from dieting and toward a more compassionate, sustainable relationship with food.

Why Diet-Focused Resolutions Backfire

Traditional resolutions tend to sound like this:

- "No sugar for 30 days."
- "Cut carbs."
- "Lose X pounds."

But these rules ignore how human behaviour works. When we restrict food, our brain interprets it as a threat. Hunger hormones increase, cravings intensify, and the foods we try to avoid become even more appealing. This isn't a lack of willpower, it's biology.

Diet-focused resolutions also reduce health to a number on the scale, overlooking emotional well-being, social connection, culture, and daily rhythms that shape eating habits.

A Non-Diet Alternative: Intention Over Restriction

Intuitive eating is a framework developed by dietitians and supported by evidence where it invites people to step away from dieting and reconnect with their body's cues: hunger, fullness, satisfaction, and emotional needs.

Instead of making weight-centered promises, consider intentions that foster curiosity and self-trust. For example:

- "I will pause before meals to check in with my hunger level."
- "I will add foods that help me feel energized, rather than cutting foods out."



- "I will explore movement that feels good instead of forcing punishing workouts."
- "I will practice being kinder to myself when I eat emotionally or feel stressed."

These intentions are flexible. They honour daily life and recognize that eating is not only physical but also social, emotional, and joyful.

Honouring Satisfaction, Not Perfection

A key idea in intuitive eating is satisfaction. When meals feel satisfying, flavourful, comforting, and nourishing it becomes easier to stop eating when full. In contrast, when meals are very low in calories or overly "clean," we often roam the kitchen afterwards searching for something to "hit the spot" and satisfy our hunger.

Allowing preferred foods (yes, including treats or fun foods) within a balanced pattern reduces the urgency and guilt that often lead to overeating.

A More Compassionate January

The new year does not need to be a self-improvement project. It can be a moment to practice gentleness, to notice small wins, and to reconnect with what truly matters—energy, pleasure, connection, and care.

Resolutions don't have to shrink you. They can expand your life.

As you step into January, consider what it would look like to trust your body a little more and judge it a little less. You might find that the most meaningful change comes not from tightening rules but from letting them go.



MP Calgary Midnapore

Stephanie Kusie

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✉️ stephanie.kusie.c1@parl.gc.ca

🌐 stephaniekusiemp.ca

Dear Constituents of Calgary Midnapore,

I hope your homes were filled with joy over the holidays and that you were able to rest and recharge.

Since returning home to the riding in mid-December, I've had the pleasure of attending several local events, including a special visit with the Mid-Sun Seniors group. I also hosted my annual Christmas Jingle and Mingle and constituent meetings.

Sadly, I continue to hear about how the high cost of living is negatively impacting constituents of all ages. Whether it's being able to afford groceries or the pay rent/mortgage, Canadians are struggling. Many of you have also expressed deep concerns about Bills C-2 (Strong Borders Act), C-8 (An Act respecting cyber security), and C-9 (Combatting Hate Act). Conservatives agree and have been working hard to ensure these Bills are amended to protect your privacy and individual freedoms. You can follow the progress of all legislation before the House of Commons and the Senate online at www.parl.ca/legisinfo.

Parliament resumes in late January and as Shadow Minister for the Treasury Board, I will continue to hold the Liberal government's feet to the fire at Public Accounts Committee. According to the Canadian Taxpayers Federation, a baby born today already owes Ottawa \$32,000. The government must stop borrowing money and start making it. Alberta's energy industry, if unleashed, would be key in generating the revenue Canada so desperately needs. Time will tell whether the Prime Minister will remove the Liberal legislation that has landlocked our resource industry and chased away investment for over a decade.

I sincerely hope that this new year brings with it a fresh mindset and renewed optimism for one and all. Please keep in touch and stay updated on my work by following me on social media and subscribing to my e-newsletter at stephaniekusiemp.ca.

Sincerely,

Stephanie



MLA Calgary - Fish Creek

Myles McDougall

7 – 1215 Lake Sylvan Drive SE

✉️ Calgary.FishCreek@assembly.ab.ca

📞 403-278-4444 | 📧 MLAFishCreek

🌐 MylesMcDougallYYC | 🗺 MylesYYC

Happy New Year! I hope your holiday season was filled with joy, peace, family, and friends.

Last fall's legislative session was busy. Bill 3: The Private Vocational Training Act, my first piece of legislation, was passed with unanimous support from all parties.

As Minister of Advanced Education, passage of this bill was an important milestone. Alberta's private career colleges play a vital role in training workers for in-demand jobs; however, the previous regulatory framework was no longer adequate for today's realities. Bill 3 modernizes the regulatory system, strengthens protections for students, and ensures programs remain aligned with the needs of our labour market.

I'm proud of the collaboration that made this possible. Students, institutions, employers, and partners across the province provided valuable feedback throughout the process. Their insights helped shape a stronger, more effective piece of legislation.

Thank you for your continued support. I look forward to building on this momentum as we keep expanding opportunities for Albertans and ensuring our post-secondary system remains responsive, innovative, and focused on results.

I look forward to continuing my work as your MLA in 2026.





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