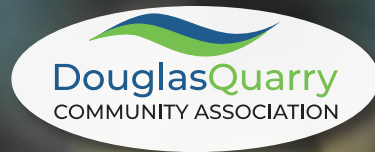


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## GAMES & PUZZLES

### Guess That Food!

1. This sweet treat was invented by dentist William Morrison and confectioner John C. Wharton in 1897 in Nashville, Tennessee.
2. Greek immigrant Sam Panopoulos created this controversial type of pizza in Chatham, Ontario.
3. The first food planted in space.
4. This chocolatey cereal dessert is thought to have been invented by Alfred James Russell in Red Deer, Alberta.
5. US president, Thomas Jefferson, and his chef, James Hemings, brought this classic dish to America from Paris.
6. A Québec staple, this dish was invented in 1957 and is Québécois slang for a "mess."



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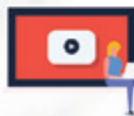
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## Joke of the Month

What did the yoga  
instructor say when  
his landlord tried to  
evict him?

**Namaste.**



# CANADIAN BROADCASTING

CBC/Radio-Canada, very well known for both television and radio broadcasting, was founded and established as a Crown Corporation in Ottawa on November 2, 1936. That makes it 87 years old this month!



# DOUGLASQUARRY COMMUNITY ASSOCIATION CONTACTS

Isn't it time to get involved? Join the board. Volunteer for an event. Purchase a membership. Support your newsletter and its advertisers.

Website: [www.dqca.ca](http://www.dqca.ca) • Facebook: DouglasQuarryCA

## Questions?

Email [info@dqca.ca](mailto:info@dqca.ca)

### EXECUTIVE

President	Jason Doering
Vice President	Renee Gallant
Treasurer	Robb Myroon
Secretary	Vacant - <b>Urgent!</b>
Past President	Ken Rossi

### DIRECTORS

MacNeil Cornez
Heather Davis
Darrin Gallant
Ruth Nickel

### TALENTED ASSOCIATED GROUPS AND VOLUNTEERS

DouglasDale Maintenance Association [ddmaint@outlook.com](mailto:ddmaint@outlook.com)

DouglasGlen Maintenance Association [info@dqca.ca](mailto:info@dqca.ca)

Timbits Soccer [timbits@dqca.ca](mailto:timbits@dqca.ca)

Community Garden [garden@dqca.ca](mailto:garden@dqca.ca)

Guides  
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[dan\\_b80@telus.net](mailto:dan_b80@telus.net)  
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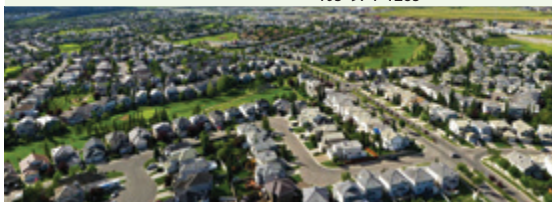
Scouts Canada  
Ryan Collier  
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[twitter@kourtpenner](mailto:twitter@kourtpenner)  
403-268-2430

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587-392-8850

MP Calgary Shepard  
Tom Kmiec  
[tom.kmiec@parl.gc.ca](mailto:tom.kmiec@parl.gc.ca)  
403-974-1285



# VOLUNTEER OPPORTUNITY

## Board of Directors: Secretary

We are seeking a current resident to join the Executive Board of the DQCA.

### Duties Include:

- Attend Monthly Board Meetings (virtual) and keep accurate minutes.
- Coordinate and collaborate with other Board Members to achieve goals.

This is a volunteer position, requiring approx. 5 hours per month commitment. We run from Sept to June each year, and try to pack in as much fun as we can while supporting the community.

If you would like to get involved in our Community contact us at: [info@dqca.ca](mailto:info@dqca.ca)



## THE FIRST CREW

On November 2, 2000, the first crew reached the International Space Station. The residing team was made up of NASA Astronaut Bill Shepherd and cosmonauts Yuri Gidzenko and Sergei Krikalev.





# SUPPORT YOUR COMMUNITY

**Purchase or renew your annual DouglasQuarry Membership today!**

Visit [www.dqca.ca/membership](http://www.dqca.ca/membership) and download your membership card instantly.

1. Save, Save, Save \$\$\$ by showing your card at the vendors participating in the Benefit Partner Program. Visit [www.dqca.ca](http://www.dqca.ca) and click on Business Partners.
2. Register your children in Timbits Soccer – our local U4, U6, U8 soccer league.
3. Be an active contributor and supporter of your community.
4. Vote at the Annual General Meeting.
5. Sit on the board, or become involved in regional committees and initiatives.
6. Be aware of planning and development issues.
7. Maintain and improves outdoor rinks and sheds.
8. Support your community newsletter.
9. Pay-it-forward bottle drive program.
10. Make a difference and be an ambassador for your community.

You don't have to live in the community to use the Benefit Partner Program. Encourage your nearby friends and family to buy a Membership too!



Dr. Nikola Vranjes, DDS



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Dr. Megan Lawless, DDS



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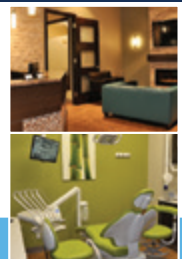
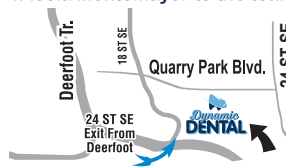
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\*all services performed by a licensed general dentist

# PHOTO GALLERY

Photos by Marni Cain



# Stay Connected to Your Community!

by Alberta Health Services



Belonging and connection go together. Connectedness is feeling cared for, supported, and like you belong at school, work, with friends and family, and in community. Experiencing connectedness is good for people of all ages. Connected children do better at school and with friends. Connection reduces feelings of loneliness and isolation. Connecting to resources and supports can help people meet their basic needs. Saying “good morning” to the transit driver, having a meal with friends, toasting marshmallows around a fire pit, attending church, mosque, or synagogue, or walking through the neighbourhood with your family to look at holiday lights are great examples of actions that connect. Connecting activities help us be healthy and mentally well, strengthen relationships, and creates belonging in our larger community. Forming connection in our daily lives is important for good mental, emotional, spiritual, and physical health.

While connecting comes naturally to some, it is more difficult for others. One thing that can improve the connections in our lives is mindfulness. Mindfulness happens when we are completely “in” the present moment. Getting rid of distractions allows us to be fully with others and increases our appreciation of social connections in community.

### **Below are some tips that can help us practice connection and belonging:**

- Be present! Listen to listen instead of listening to respond.
- Let go of feeling like you must “do it all.” Think about and act on your own values and beliefs instead of trying to meet unrealistic expectations.
- Let yourself create healthy boundaries. There is no need to always do more or force yourself to do things when you would rather not.
- Create opportunities for connection. If you cannot meet in person, can you connect on the phone or meet virtually?
- Be open and say “yes” to new experiences and opportunities - food, events, hobbies!
- Get to know your community! Who are your neighbours? Are there locally owned businesses? Can you help by volunteering?
- Do what recharges your batteries! Take time for yourself – make “you” a priority. Filling your own cup gives you the energy to connect with others!



# BENEFIT PARTNER REWARD PROGRAM

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## Health & Wellness



**Joy & Vitality Centre** | 403-452-5183 | 163 Quarry Park Blvd. SE. www.joyandvitalitycentre.ca

joyandvitalitycentre@gmail.com. Family owned and operated. Joy and Vitality is the only. Centre that treats You as part of our big family and provides You with Joyful, Distinct experiences in a one stop destination. We have a wide selection of supplements, vitamins, sport nutrition, beauty and home care products, books, crystals and essential oils. But we are more than just products, we are also an organic café, an oasis for wellness programs, Tibetan bowls therapy, donation – based meditation, yoga studio and salt room for people of all ages, genders, races, abilities, belief systems and income levels who are seeking health fulfillment. **10% centre discount, including yoga, salt cave, supplements, body care and cosmetics.**



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With a current annual DQCA membership card, you receive benefits from the excellent local businesses listed below!



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**By Request Painting & Decorating Inc.** | 403-246-5309 | [www.byrequestpainting.ca](http://www.byrequestpainting.ca) | [byrequestpainting@shaw.ca](mailto:byrequestpainting@shaw.ca). Specializing in home renovations & new home construction. Remove/install wallpaper. Full WCB \$5 million liability, 31 yrs. experience. Free estimates. **20% off premier interior painting for commercial/residential.**



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# The End of Time

by Danielle Robbertze

It's that time of year again to change all your clocks and timers in the house. It comes every year, yet it doesn't get less annoying or confusing. Of course, I am talking about Daylight Saving Time (DST) which ends November 5, 2023.

This change of time addresses the polarizing seasons in Canada and brings up polarizing opinions. Not everyone in Canada implements Daylight Saving Time to their time zones. But here in Calgary we do. So how did it come to be?

In 1895, George Vernon Hudson, an entomologist, submitted a paper to the Wellington Philosophical Society in New Zealand. In his paper he proposes that there be a two-hour shift forward and backward in October and March respectively. Hudson thought this shift would encourage productivity. But secretly, it gave him more time to chase insects after work (his favourite pastime).

However, there are some indications that Daylight Saving Time had been practiced by ancient civilizations such as the Roman Empire. The Romans utilized water clocks to tell time and would use different scales in different months to suit solar time (a method of recording time using the Sun's movement).

DST was first introduced in Canada in 1908, in Ontario. Other provinces would soon follow suit and adjust their clocks by one hour. And in 1918, DST was formally introduced by the Canadian government to increase productivity during both World Wars.

However it came to be, it is important to remember a few changes that need to be implemented in your home. It is not only the time that is changing but also the season. So, prepare for DST by closing crawl space vents, swapping clothes for winterwear, adjusting your sleep schedule, setting up emergency winter kits, and last but not least, don't forget to change those clocks!



## WAR CATS

Ancient Egyptians worshipped cats and believed them to be magical symbols of good luck. The Persian army used this knowledge to their benefit by putting cats on their frontlines in the battle of Pelusium. The Egyptian army would not attack in any way so as not to hurt the cats, and the Persian army ended up winning!

# FRIENDS *of* Fish Creek

## **Dedicate a Bench in Fish Creek and Leave a Lasting Legacy!**

You may have seen Friends of Fish Creek Dedication Benches throughout Fish Creek Provincial Park. There are approximately 105 bench locations and each year several benches become available. Donors can dedicate a bench for ten years for a fee of \$5,250 as a tax-deductible donation, and have a personalized plaque affixed to the bench. At the end of the term the donor will have the opportunity to renew the contract or cancel it.

These beautiful and sturdy dedication benches provide the perfect opportunity for you to show your support for Fish Creek Provincial Park while providing a comfortable place for park visitors to rest and appreciate nature. In 2024, there will most likely be some benches available in the west end of the park namely Bebo Grove, Shannon Terrace, and Marshall Springs areas. So, if you have been thinking about dedicating a bench, this may be the perfect opportunity for you. Special thanks to Alberta Forestry and Parks and the Venturers Society of Calgary for supporting the Friends in the delivery of this very special program in Fish Creek. For more information, please visit [friendsoffishcreek.org/dedication-bench](https://friendsoffishcreek.org/dedication-bench).

## **GivingTuesday – November 28**

After the excitement of Black Friday take some time to give back on GivingTuesday. GivingTuesday is a global movement designed to support the spirit of philanthropy and generosity. This year, the Friends are asking you to help support our conservation initiatives in Fish Creek by making a tax-deductible donation. Your hard-earned donation dollars will be used effectively and efficiently right here in Fish Creek Provincial Park. To support Fish Creek this GivingTuesday, please visit [friendsoffishcreek.org/ffc-donate](https://friendsoffishcreek.org/ffc-donate).

## **The Fish Creek Community Terrace**

Every brick tells a story! Share your story with the Fish Creek Community. If you have been to the Bow Valley



Ranch recently, you may have seen the Fish Creek Community Terrace, which consists of personalized bricks installed just in front of the Cookhouse. The Friends are now offering bricks for Phase 4 of the Terrace to be installed in 2024. For more information, please visit [friendsoffishcreek.org/brick](https://friendsoffishcreek.org/brick).

## **Membership Shows You Care**

Now is the best time of the year to renew your Friends of Fish Creek membership or to become a member. The Friends do not receive regular support to run our programs that benefit the park and community and rely on a variety of funding sources like grants, program fees, personal donations, and memberships. Friends' members receive benefits like admission to our Fish Creek Speaker Series programs, a discount on the popular Birding Courses, a discount at select local businesses, and the ability to vote at our Annual General Meeting. Show your support for this park by becoming a member or renewing your membership today. Memberships will be valid until December 31, 2024. To renew your commitment to Fish Creek please visit [friendsoffishcreek.org/membership](https://friendsoffishcreek.org/membership).



### World Kindness Day

by Danielle Robbertze

World Kindness Day is being celebrated this year on November 13.

The word “kindness” was first used in the year 1201. From the beginning, the word kindness was defined, according to the etymological dictionary, as “friendly, deliberately doing good to others; compassionate”. The word appears in early scriptures and songs of various religions and cultures across the world.

The definition of kindness may differ from one person to another but there is one thing that I think many people can agree on - kindness is an expression of compassion. Kindness is how we show humanity.

There are so many ways we can express kindness to one another especially on this day. Ways which will only take a few minutes out of your day and will not ask too much from you. A simple smile to a stranger, a thank you to a bus driver, an embracing hug to a loved one or an uplifting comment to a coworker.

People may not overtly express their gratitude for your kindness but deep down it is something that could make their day just a little bit better. You never know how your kindness can affect others in positive ways. Expressions of kindness can not only make another person feel better, but they can also make you feel just as special.

Kindness is universal, open to anyone to express or receive. Kindness is not only abstract, it is also physical, spiritual, and visible.

I leave you with these words from the Greek storyteller, Aesop: “No act of kindness, no matter how small, is ever wasted”.



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**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

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## Beaver Moon

Traditionally, the full moon in November is called the Beaver Moon because, in need of warm furs for the winter, people in the Colonial Era set beaver traps to catch them before the lakes froze over. This year, the Beaver Moon will be on November 27!



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### Douglasdale

Detached Home Stats - Last 45 Days



**27**

# New Properties



**17**

# Sold Properties



**20**

Average Days on Market



**\$641,176**

Median Sold Price

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Detached Home Stats - Last 45 Days



**7**

# New Properties



**5**

# Sold Properties



**13**

Average Days on Market



**\$622,800**

Median Sold Price

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