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THE OFFICIAL DOUGLAS QUARRY COMMUNITY NEWSLETTER

DOUGLASDALE MAINTENANCE ASSOCIATION AGM

MARCH 24
7:00 PM
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**DOUGLASDALE/
GLEN**



**QUARRY
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Dr. Nikola Vranjes, DDS



Dr. Tasha Chrbet, DDS



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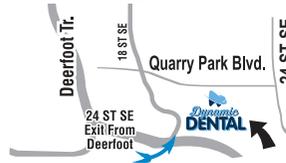
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Dr. Vranjes & Associates at Dynamic Dental would like to welcome Dr. Isela Montemayor & Dr. Jia Tang to the team



Dentistry is our profession, but people are our focus.

*all services performed by a licensed general dentist

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 • Facebook: DouglasQuarryCA

Questions?

Email info@dqca.ca

EXECUTIVE	
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DouglasGlen Maintenance Association	info@dqca.ca
Timbits Soccer	timbits@dqca.ca
Community Garden	garden@dqca.ca
Guides	Debra Brisbane dan_b80@telus.net 403-255-3414
Scouts Canada	Ryan Collier 227douglasdalescoutgroup@gmail.com 403-815-0912

REPRESENTATIVES	
Councillor - Ward 11	Rob Ward ward11@calgary.ca
MLA Calgary Peigan	Tanya Fir calgary.peigan@assembly.ab.ca 587-392-8850
MP Calgary Shepard	Tom Kmiec tom.kmiec@parl.gc.ca 403-974-1285



VOLUNTEER OPPORTUNITY

Timbits Soccer Coordinators Needed

The DouglasQuarry Community Association is looking for volunteers to help coordinate our Timbits Soccer program.

Shared coordinator duties include:

- Managing player and team equipment
- Booking fields
- Coordinating picture vendor
- Forming teams and setting schedules
- Organizing volunteers
- Responding to program inquiries

This is a team effort — responsibilities are shared among several volunteers, so no one does it alone.

Interested or want to learn more? Please contact timbits@dqca.ca.

Help support a fun, active program for kids in our community!

DouglasQuarry
COMMUNITY ASSOCIATION



MANY OTHER PACKAGES AVAILABLE!

BATHROOM RENOVATION SALE

SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$17,679

SALE \$13,879

Limited Supplies

SUPREME TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Tile Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install new corner caddy with soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$20,679

SALE \$15,679

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Ice Rink Sponsorship Opportunity — \$3,000

Support Community. Build Local Visibility.

The DouglasQuarry Community Association (DQCA) serves the neighbourhoods of Douglas Glen, Douglasdale, and Quarry Park in SE Calgary. We bring residents together and maintain safe, welcoming spaces through events, programs, and recreational amenities.

Why Sponsor Our Outdoor Ice Rinks?

The DQCA's outdoor ice rinks in Douglas Glen and Douglasdale are heavily used each winter by families, kids, and recreational skaters. Your sponsorship helps keep these rinks safe, well-maintained, and free for the community—while showcasing your business to local residents.

What's Included?

- Four rink-board logo signs (two at each rink)
- Two full years of exposure with industry exclusivity
- High-visibility placement in a trusted community setting
- Recognition on DQCA website and social media
- Direct support for rink maintenance, equipment, and safety

Your Investment

Ice Rink Sponsor — \$3,000: Includes signage production and installation, two years of exposure, digital recognition, and meaningful community impact.

Support a beloved local amenity while growing your brand in the community.



Switch

by Cheryl Dunkley

One last chore - today that make four!

Yawn, oh what a bore

That kind of week,

Both my knees are sore...

It's snowing! I don't want to go out the door.

But you know, Life is good.

I'm grateful for my home, family and friends.

The very best neighbours live on either side

Everyone on this street takes great pride.

There's good stuff every day

Express my gratitude every time I pray

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

SUPPORT YOUR COMMUNITY

Purchase or renew your annual DouglasQuarry Membership today!

Visit 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 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 shacks.
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!

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Mr. Lube | 403-257-4617 | 200, 4307 - 130 Ave. SE | www.mrlube.com
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Membership card must be presented at time of service.



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Business & Personal Services



Titan Ink-Jet | 403-225-6530 | #129, 755 Lake Bonavista Drive SE | www.islandinkjet.com
titaninkjet@shaw.ca. The cartridge refill experts for Brother, Canon, Dell, Epson, HP, Lexmark.

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Edgeworxx Hair Studio | 403-236-9188 | #24, 20 Douglas Woods Dr SE
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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.**

Health & Wellness



OpTik Boutik | 403-457-EYES | 206, 163 Quarry Park Blvd. SE
www.optikboutik.com | optikboutik@gmail.com

15% off a complete pair of glasses and sunglasses. Not valid with any other coupon or special.
Free glasses (select glasses) for kindergarten students who require correction - part of Alberta Eye See Eye Learn Program.

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



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www.budgetblinds.com/SECalgary/

35% off Custom Window Coverings. DQCA membership must be mentioned at time of booking.



By Request Painting & Decorating Inc. | 403-246-5309 | www.byrequestpainting.ca | byrequestpainting@shaw.ca.

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ECCO Recycling | 403-800-0877 | 10114 – 24 St. SE | www.eccorecycling.com | info@eccorecycling.com

FREE waste disposal. Loads cannot be larger than a pick-up truck (with or without trailer), and waste must be dry non-hazardous material such as drywall, wood, cardboard, plastic, construction/demolition material.



Evergreen Lawn Services | 403-837-6976 | www.evergreenlawnservicesyyc.ca

evergreenlawnservicesltd@gmail.com. Aaron Cull, 'Master Gardener' & Arborist.

20% discount for tree & flowerbed services.



Rob's Roofing Solutions | 403-700-0600 | www.robsroofingsolutions.ca

\$500 off a roof system at time of signing.



A Vacuum Store & Service Inc. | 403-228-6228 | 218, 4600 - 130 Ave. SE

www.avacuum.ca | info@avacuum.ca

10% off any retail item and free at home estimate.



Barker's Fine Dry Cleaning | 403-282-2226 | #109, 10836 24 St. SE

For wedding gowns, heirlooms, couture style, environmentally friendly.

10% off your bill.



Boston Pizza Riverbend | 403-236-7000 | 8338 18 St. SE

Flames Packages available. **10% off all regularly priced food items. Some conditions may apply.**



Boston Pizza South Trail | 403-257-6661 | 4307 130 Ave. SE

Flames Packages available. **10% off all regularly priced food items. Some conditions may apply.**



Pizza Hut - The Market at Quarry Park | 825-413-2389 | 163 Quarry Park Blvd SE

Contact Jaivic at ph32871@fmigroup.ca for details about fundraiser nights and generous in-kind donations.

10% off all regularly priced food items. Pick-up only. Some conditions may apply.



YYC Patisserie Brunch & Bakery

10% off purchases over \$50. Applies to dine in only.



Eaglequest Douglasdale Golf Course | 7 Douglas Woods Drive SE | 403-279-7913

www.eaglequestgolf.com. **10% off restaurant, range, green fees, retail and lessons**

(cannot be combined with any other offer).



Fresh Jock | #109, 10836 24 St. SE (inside Barker's) 403-726-9301 | calgaryfreshjock.com

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Rally Pointe | www.rallypointe.com/pickleball

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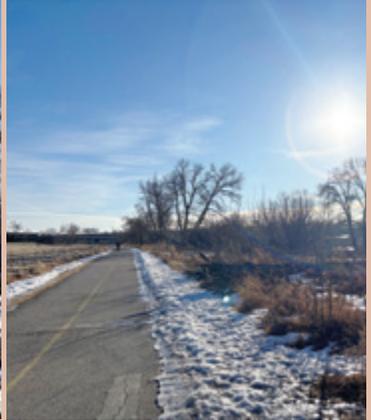
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Photo Gallery

by Marni Cain



A Modern Jonah

On February 13, 2025, Adrián Simancas experienced something truly biblical. While kayaking off Chile's Patagonian coast, Simancas was briefly swallowed by a humpback whale. The encounter, filmed by his father, lasted only a few seconds with the whale luckily spitting him out. What an over-whale-ming experience!



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DTA RENOVATIONS & HANDYMAN SERVICES: We assist in making your visions a reality and bringing your renovation dreams to life. Over 30 years of experience. Also, help with any handyman project you may require. No job is too big or too small. Please feel free to contact Darin at 403-471-9020 or dta.renovations@gmail.com.

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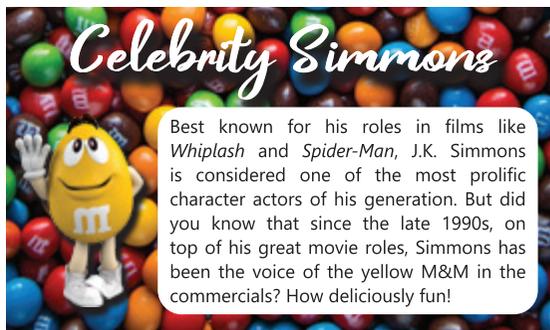
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GAMES & PUZZLES

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!



BRAIN GAMES

SUDOKU

6	5	8					7	
	7			5		8		
	3	9				5	4	
		2	6		5			7
	6		9	7	4			
7			3			6		
	4	6				2	5	
		7		6				
						7	6	8

SCAN THE QR CODE
FOR THE SOLUTION



Winter Tips to Keep Our Rivers Healthy

by The City of Calgary

When snow melts, water runs off our streets, driveways, and yards, and ultimately ends up in our rivers, creeks, and wetlands. This runoff is called stormwater. Stormwater picks up garbage, chemicals, pet waste, salt, gravel, dirt, and other debris, washing it into our storm drains and our rivers.

The City of Calgary and Calgarians need to work together to manage our stormwater. In newer communities, The City uses storm ponds to help naturally treat stormwater by slowing the flow, allowing sediment and pollution to settle before entering our rivers. While these are found in newer communities, stormwater is not cleaned by a treatment plant, which is why keeping it pollution free is so important. Clean stormwater ensures our rivers, creeks, and wetlands, as well as local wildlife and fish, remain healthy for future generations.

Together we can keep our rivers and creeks healthy by:

- Shovelling shortly after it snows to prevent ice and reduce salt, sand, or gravel use.
- Following the manufacturer's instructions if using salt on your driveway or sidewalks, so you're not using more than needed.
- Sweeping up excess salt, sand, and gravel from your driveway and sidewalks.
- Continuing to pick up pet waste and litter off the ground and dispose of them in the right disposal bin.

What ends up on our streets, ends up in our rivers. For more tips and information, visit calgary.ca/stormwater.



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