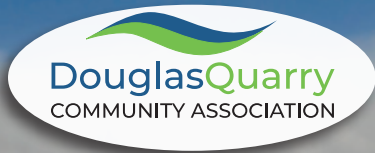


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Questions?

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VOLUNTEER OPPORTUNITY

Volunteers Needed for Casino Fundraiser!

The DouglasQuarry Community Association is looking for volunteers to help with our upcoming casino fundraiser!

- Dates: August 7 and 8, 2026
- Location: Deerfoot Inn and Casino

No membership is required—everyone is welcome to lend a hand!

Interested in volunteering? Please reach out to events@dqca.ca to sign up.

Your support helps strengthen our community—thank you!


DouglasQuarry
COMMUNITY ASSOCIATION



the Gutter Doctor Home Exterior Services

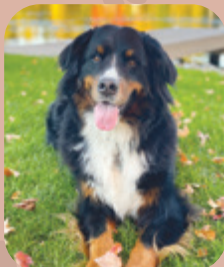
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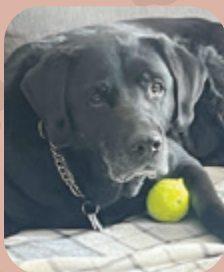
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Ice Rink Sponsorship Opportunity — \$3,000

Support Community. Build Local Visibility

The DouglasQuarry Community Association (DQCA) serves the neighbourhoods of Douglas Glen, Douglasdale, and Quarry Park in Southeast 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.

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



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It's more than a membership—it's your all-access pass to savings, connection, and community pride!

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Visit www.dqca.ca/membership and download your membership card instantly!

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- Family/Regular: \$25 per household per year.
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- Save money all year long with exclusive local deals.
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- Have your say at the Annual General Meeting.

- Get involved—join the board or local initiatives.
- Stay informed on what's happening in your area.
- Support community spaces like outdoor rinks and gardens.
- Keep the community thriving through local programs and newsletters.
- Give back by volunteering for a casino or community social activity.
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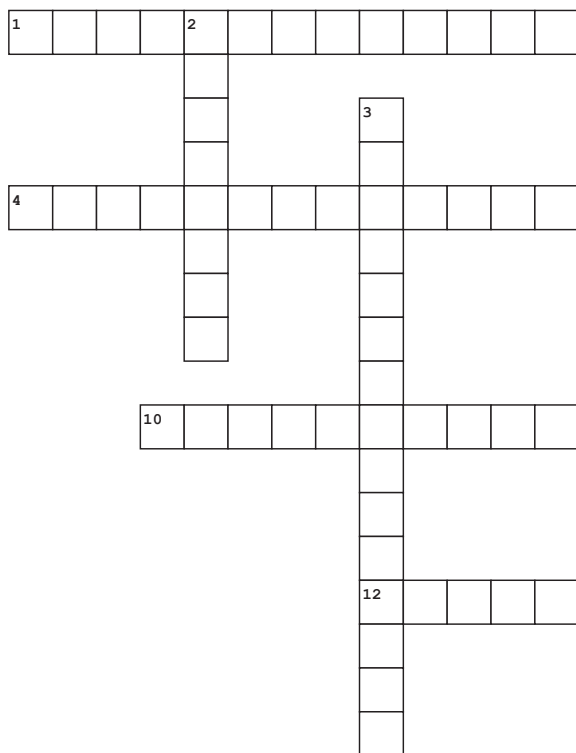
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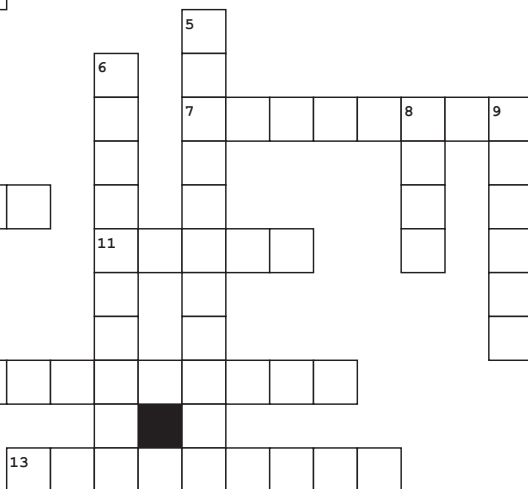
Did you know the Mariana Trench reaches a depth of over 35,000 ft? That's the height of 63 CN Towers!



July Crossword



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



Across

1. On July 20, 1969, this astronaut took humanity's first steps onto the surface of the moon.
4. This rom-com released on July 13, 2001, follows a very fashionable college student attending Harvard Law.
7. These ducks can be seen all over Calgary; identified by the male's green head.
10. This Noah Kahn song was released as a single in 2022 before appearing on his 2024 album with the same name.
11. Florence + The Machine released this album July 3, 2009, featuring the famous song, *Dog Days Are Over*.
12. This very popular member of the royal family married Prince Charles III on July 29, 1981.
12. This event on July 1 is normally celebrated with red and white fireworks.

Down

2. On July 6, Earth will reach this part of its orbit—the furthest distance from the sun.
3. This annual event is known as "The Greatest Outdoor Show on Earth."
5. These tiny birds can fly backwards and upside down.
6. This Canadian author and illustrator is most known for his children's books, *I Want My Hat Back* and *The Skull*.
8. This fiery July birthstone was worn by Burmese warriors; they believed the stone made them invincible.
9. These tiny stickers were released to the public July 1, 1847, with the intention of preventing unpaid mail.



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FRIENDS *of* Fish Creek

What's blooming in FCPP this July and August

Who's up for going out into the park this summer to take in some blooming native plants? One thing a few of us who are at the beginning of our native plant species journey have noticed is that once you start to learn a few native plants, you see them everywhere. So, we thought we would share with you, Fish Creek Community, a condensed list of some of the plants you can expect to see blooming in July and August in Fish Creek Provincial Park.

July



Northern sweetvetch
Hedysarum boreale



Stiff sunflower
Helianthus pauciflorus



Nodding onion
Allium cernuum



Purple prairie clover
Dalea purpurea



Silky lupine
Lupinus sericeus

We can't guarantee all of these will be blooming in the exact month they're listed in, so don't fret if you see blooms a little earlier or later than expected.

Love native plants and Fish Creek Provincial Park? Our programs will help you connect with nature in the park, from volunteering with grasslands restoration and engaging with the public, to our new kids' summer day camp, and beyond. Visit our website at www.friendsoffishcreek.org or follow us on Instagram or Facebook @fishcreekpp to learn more about summer day camp and all our exciting programs.

August



Tufted fleabane
Erigeron caespitosus



Missouri goldenrod
Solidago missouriensis



Dotted blazing star
Liatris punctata



Blue grama grass
Bouteloua gracilis



Tufted white prairie aster
Symphotrichum ericoides

The Village We Lost: Why Modern Parents Need Community More Than Ever

by Saadah Shehu | The Smart Sitters Club



It wasn't that long ago that raising children was a community effort. Grandparents lived nearby. Neighbours knew one another by name. Aunts, uncles, cousins, and family friends were woven into daily life. If a parent was running late, someone stepped in. If a child needed a ride to practice, another family helped. Parents didn't carry the entire weight of childcare, household responsibilities, and emotional support on their own.

Today, many families are raising children in a very different world. Families are more mobile than ever. Parents often move away from their hometowns for work, education, or housing opportunities. Grandparents may live in another province, relatives may be hours away, and neighbours may remain strangers.

At the same time, the demands on parents have increased. Many households rely on two working parents. Children's schedules are packed with activities. Work doesn't always end at 5:00 pm, and parenting certainly doesn't come with weekends off. The result is that many parents are trying to do what once took an entire village.

The consequences aren't always obvious. Parents

may postpone date nights, decline invitations, miss professional opportunities, or simply push through exhaustion because they believe they should be able to manage everything themselves.

But perhaps the problem isn't that parents need to do more. Perhaps the problem is that they were never meant to do it alone.

The phrase "it takes a village to raise a child" may sound cliché, but its message remains as relevant today as ever. Children benefit from having trusted adults in their lives, and parents benefit from having support systems that allow them to rest, strengthen relationships, participate in their communities, and maintain their well-being.

I have had the privilege of working with families across Calgary and the surrounding area. One thing I have learned is that parents are not looking for someone else to raise their children—they are looking for support.

Many of the families we serve are newcomers, have relocated for work, or simply do not have family nearby. They are dedicated parents doing their best, but often without the support network previous generations relied upon. Their stories are a reminder that the challenges facing families today are not individual failures; they are the result of a village that has become harder to find.

Rebuilding that village requires all of us. Sometimes it means checking in on a neighbour. Sometimes it means creating family-friendly spaces and events that make it easier for parents to participate fully in community life. Through my work, I have seen firsthand how something as simple as providing on-site childcare at conferences, community gatherings, and professional events can open doors for parents who might otherwise be unable to attend. Sometimes it means supporting services and organizations that help families access trusted childcare when they need it most.

The village may not look the same as it did generations ago, but the need remains unchanged. Parents do not need to be superheroes. They need support. They need community. They need a village. Perhaps one of the most important conversations we can have is not how parents can do more, but how we can do more to support parents. Because when families are supported, children thrive, communities grow stronger, and everyone benefits.

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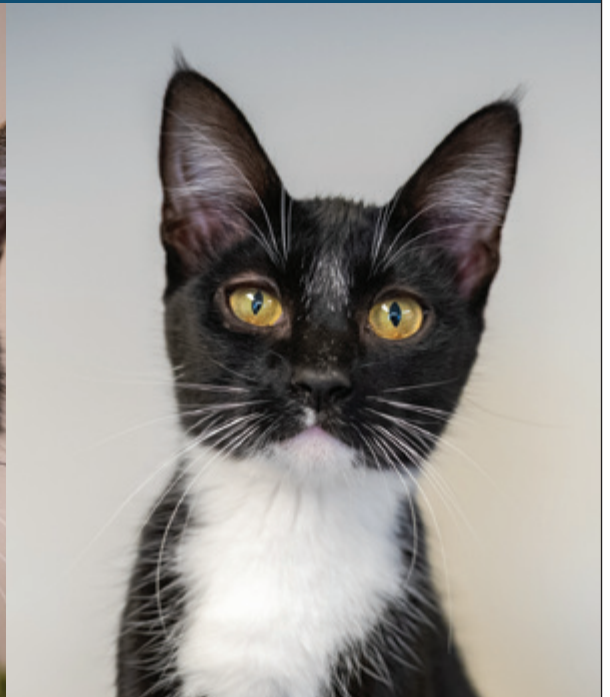


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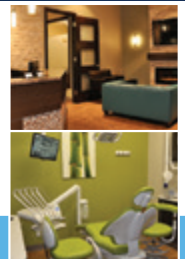
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