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Dr. Nikola Vranjes, DDS



Dr. Tasha Chrbet, DDS



Dr. Megan Lawless, DDS



We Proudly Follow the Alberta Dental Association Fee Guide

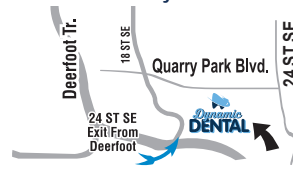
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**DOUGLAS GLEN**



**DOUGLASDALE**



**QUARRY PARK**



# 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  
Debra Brisban  
[dan\\_b80@telus.net](mailto:dan_b80@telus.net)  
403-255-3414

Scouts Canada  
Ryan Collier  
[227douglasdalescoutgroup@gmail.com](mailto:227douglasdalescoutgroup@gmail.com)  
403-815-0912

### REPRESENTATIVES

Councillor - Ward 11  
Kourtney Penner  
[ward11@calgary.ca](mailto:ward11@calgary.ca)  
[twitter@kourtpenner](https://twitter.com/kourtpenner)  
403-268-2430

MLA Calgary Peigan  
Tanya Fir  
[calgary.peigan@assembly.ab.ca](mailto:calgary.peigan@assembly.ab.ca)  
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)



**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

# 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 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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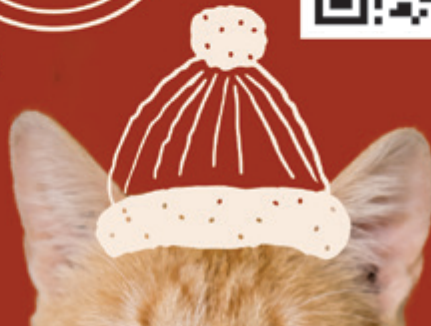
Kick off event Dec 2nd  
12:30-4:30PM  
4455 110 Avenue SE



Learn More:



All December long:  
Donate for the Holidays  
Adopt for the Holidays  
Foster for the Holidays



# Hockey

by Cheryl Dunkley

Hockey is my favourite sport,  
My one and only dream  
It runs through my blood  
Like water in a stream.

I could score one hundred goals,  
Or make a great glove save  
And when I step on that ice  
The arena would echo like a cave.

There's nothing like the feeling  
Blades on ice, skates a speeding  
Cross the red, cross the blue,  
"Hi there goalie, I see you!"

Pass the puck, get there first,  
Be determined with an energy burst.  
Where's the ref, I see a fight  
Drop the gloves, I think I might!

Oh, the crowd would love me  
They'd chant my name out loud  
And when the game is over,  
I'll be standing on the All-Star cloud!



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## Join Us as the DouglasQuarry Timbits Soccer League Manager!

Are you passionate about kids' sports and community engagement? The DouglasQuarry Community Association is excited to find the perfect candidate for the role of League Manager for our 2024 Timbits Soccer season. If you're dedicated, organized, and ready to make a positive impact on the lives of over 400 young athletes, we want to hear from you!

### About Us:

DouglasQuarry Timbits Soccer is a vibrant and non-competitive outdoor league, and we take pride in creating a fun and inclusive environment for children. The league is entirely run by dedicated volunteers, making it a true community effort.

### Role Overview:

As the League Manager, you'll play a pivotal role in planning, coordinating, and overseeing the upcoming season. Here's a snapshot of what to expect:

- **Timeline:** Planning kicks off in December, registration opens in January-February, team assignments and equipment distribution take place in March, and the active season runs from April to June. The primary time commitment falls between February and April.
- **Ideal Candidate:** We're looking for an enthusiastic parent with child(ren) in the league, (ideally) someone who can commit to more than a single season, and who is willing to mentor the next successor in the role.
- **Skills:** Proficiency in Gmail and Excel is required, but don't worry if you're not a soccer expert – in-depth knowledge of soccer rules is not mandatory. What's most important is your planning, coordination, and time management skills.

### Support and Mentorship:

You won't be on this journey alone. You'll receive support from the DQCA board and the outgoing League Manager, ensuring a smooth transition into the role.

### Contact Us:

If you're ready to contribute to a fantastic community-driven initiative and help children have a blast on the soccer field, please contact us at [membership@dqca.ca](mailto:membership@dqca.ca) now!

Join us in making the DouglasQuarry Timbits Soccer League an unforgettable experience for the kids in our community.



# BENEFIT PARTNER REWARD PROGRAM

Automobile



**Easy Auto Glass** | 403-265-0007 | Bay 1, 10820 - 27 St. SE

[www.easyautoglass.ca](http://www.easyautoglass.ca) | [info@easyautoglass.ca](mailto:info@easyautoglass.ca)

**Free rock chip repairs on any windshield we install. Conditions Apply.**



**Integra Tire Auto Centre** | 403-257-6465 | #9, 11450 - 29 St. SE

[www.integratire.com](http://www.integratire.com) | [calgarydouglasdale@integratire.com](mailto:calgarydouglasdale@integratire.com)

**10% off parts and servicing (excludes tire purchases, some conditions may apply).**



**Mr. Lube** | 403-257-4617 | 200, 4307 - 130 Ave. SE | [www.mrlube.com](http://www.mrlube.com)

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**Membership card must be presented at time of service.**



**Mr. Lube** | 587-296-7000 | 10834 - 50 Street SE | [www.mrlube.com](http://www.mrlube.com)

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**Membership card must be presented at time of service.**

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[www.edgeworxxstudio.com](http://www.edgeworxxstudio.com) | [edgeworxxstudio@shaw.ca](mailto:edgeworxxstudio@shaw.ca). It's all about Hair.

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Business & Personal Services



**C-Techs Computer Services** | 403-261-8998 | #4, 675 Acadia Dr SE

[www.c-techs.com](http://www.c-techs.com) | [support@c-techs.com](mailto:support@c-techs.com)

**10% off any computer repairing service.**



**Titan Ink-Jet** | 403-225-6530 | #129, 755 Lake Bonavista Drive SE | [www.islandinkjet.com](http://www.islandinkjet.com)

[titaninkjet@shaw.ca](mailto:titaninkjet@shaw.ca). The cartridge refill experts for Brother, Canon, Dell, Epson, HP, Lexmark.

**10% off inkjet cartridge refills.**

Health & Wellness



**Joy & Vitality Centre** | 403-452-5183 | 163 Quarry Park Blvd. SE. [www.joyandvitalitycentre.ca](http://www.joyandvitalitycentre.ca)

[joyandvitalitycentre@gmail.com](mailto: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.**



**OpTik BoutiK** | 403-457-EYES | 206, 163 Quarry Park Blvd. SE

[www.optikboutik.com](http://www.optikboutik.com) | [optikboutik@gmail.com](mailto: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!



**Budget Blinds of South East Calgary** | 403-251-5515 | 6430 2 Street SE  
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. 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.**



**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  
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**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.**



**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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		6					5	
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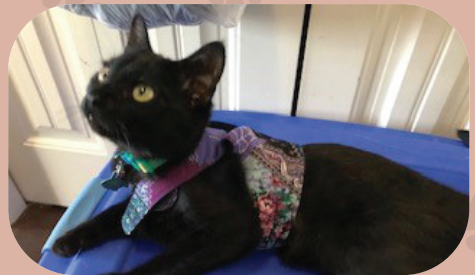
## Cats, Canines, & Critters of Calgary



Chiche, Douglas Glen



Guapo, Douglas Glen



Jeni, Patterson



Molly, Renfrew

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)



## TRAILERS



If you've ever thought about the term "trailer" when speaking of movies, you might have found it a bit odd that they play before the movie instead of after (hence the name). Interestingly enough, they used to show after the film, but people rarely stuck around to see them, so they reversed the order! It's a catchy name though so we can't blame them for keeping it.

# FRIENDS *of* Fish Creek



## Make Sure to Get Your Year-End Donations In

We hope that you have found some time this year to visit Fish Creek Provincial Park, whether you spent time enjoying a favourite park location or exploring a new area. Fish Creek holds a special place in the hearts of countless individuals and citizens of Calgary and has for generations. The Friends of Fish Creek is a small non-profit group that is dedicated to protecting the park's environmental sustainability through conservation programs, community engagement initiatives, and self-directed fundraising endeavours. As a member of the Fish Creek Community, we know that you share our vision of a sustainable park environment that enhances the quality of life for both current and future generations.

Donations from community members like you provide essential support for our conservation efforts and we are profoundly grateful for your contributions. As we approach the end of the year, we invite you to make a tax-deductible gift in support of Fish Creek Provincial Park, as even a modest donation would go a long way in supporting this beautiful natural area. With your help we can face the challenges of our small but far-reaching local charity, and you can rest assured that your hard-earned donation dollars will be used efficiently right here in Fish Creek Provincial Park.

Please stay tuned to our newsletter *Voice of the Friends*, our website, and our social media channels for all the latest news and updates about our programs and activities in Fish Creek. To donate, 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. A brick would also make an amazing gift for anyone on your list who enjoys visiting Fish Creek and would like to

see it preserved. You will receive a tax receipt and we will provide a certificate for bricks dedicated by December 21. The Friends are now offering bricks for Phase four of the Fish Creek Community 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 year to renew your Friends of Fish Creek membership or become a member! The Friends do not receive regular support for our programs that benefit the park and community, and we 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 good until December 31, 2024. To renew your commitment to Fish Creek, please visit [friendsoffishcreek.org/membership](https://friendsoffishcreek.org/membership).



## Douglasdale/Glen Real Estate Update

Last 12 Months Douglasdale/Glen  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2023	\$ 669,000	\$ 665,000
September 2023	\$ 625,000	\$ 651,000
August 2023	\$ 637,500	\$ 650,000
July 2023	\$ 639,900	\$ 655,800
June 2023	\$ 599,450	\$ 605,000
May 2023	\$ 649,900	\$ 649,900
April 2023	\$ 597,500	\$ 586,000
March 2023	\$ 579,900	\$ 580,000
February 2023	\$ 584,900	\$ 618,000
January 2023	\$ 538,900	\$ 525,000
December 2022	\$ 599,000	\$ 587,000
November 2022	\$ 575,000	\$ 570,000

Last 12 Months Douglasdale/Glen  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
October 2023	18	15
September 2023	17	21
August 2023	29	32
July 2023	32	24
June 2023	44	34
May 2023	18	21
April 2023	22	23
March 2023	26	23
February 2023	20	9
January 2023	7	5
December 2022	7	9
November 2022	7	9

To view more detailed information that comprise the above  
MLS averages please visit [doug.mycalgary.com](http://doug.mycalgary.com)



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## Contact Us

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[contact@jacksonjackson.ca](mailto:contact@jacksonjackson.ca)



[www.jacksonjackson.ca](http://www.jacksonjackson.ca)

## Take Steps to Help Protect Your Household Pipes from Freezing

by City of Calgary



Every winter some Calgarians experience frozen water pipes which can result in water outages. 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 history of freezing.

However, 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.

1. Keep your thermostat at a minimum of 15°C, even if you're away from home.
2. 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.
3. Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
4. Insulate your hot and cold-water pipes located in cold areas.
5. Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
6. Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
7. If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
8. Regularly run water in your pipes through everyday use.

Visit [calgary.ca/frozenpipes](http://calgary.ca/frozenpipes) to learn more, including actions you can take if you suspect you have frozen pipes.



*Thank You*

to the 36 community members who volunteered at the Deerfoot Inn & Casino on June 20th and 21st, 2023!

Your generous donation of time allowed us to raise

**\$77,527.29**

to be used to fund various projects within our community.

Our next casino is planned for January - March, 2025. Please consider volunteering if you are able.

**DouglasQuarry**  
COMMUNITY ASSOCIATION

# BUSINESS CLASSIFIEDS

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**DOUGLAS QUARRY MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | [anita@anitamortgage.ca](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

**HERITAGE WEST PLUMBING AND HEATING:** Boiler and tankless repairs, servicing and replacements. 5-star Google rating, factory trained plumbers and gasfitters. Competitive prices with quality, 24-hour service! Heritage West, we are one of the best, put us to the test! BBB Accredited. 403-993-0639.

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**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

**SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING:** Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. Insured. WCB. 403-265-4769 | [YardBustersLandscaping.com](http://YardBustersLandscaping.com).

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## WORD OF THE MONTH

**Stalwart: Adjective (Stawl-wert)**

Loyal, reliable, diligent, and brave.

She is a stalwart supporter of animal rights.

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## Douglasdale

Detached Home Stats - Last 45 Days



**24**

# New Properties



**12**

# Sold Properties



**25**

Average Days on Market



**\$726,900**

Median Sold Price

## Douglasglen

Detached Home Stats - Last 45 Days



**45**

# New Properties



**5**

# Sold Properties



**11**

Average Days on Market



**\$622,000**

Median Sold Price

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