

JULY 2023

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Calgary Wildlife is a registered charity and the only wildlife hospital within the City of Calgary. We promote positive wildlife-human interactions by giving educational talks at schools, community groups, and associations throughout the city.

Don't be fooled by these cutelings! Most wild babies just need to be left alone. Fledging birds are learning to fly while leverets (baby hares) and fawns rely on camouflage for protection while mom forages! Keep pets secure when wild young are around.

Do you have teaching experience and a passion for wildlife? If so, we need YOU! Apply today to join our urban wildlife education team.

Scan to learn more or visit: [www.calgarywildlife.org](http://www.calgarywildlife.org)

# 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)

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# 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!

## BRAIN GAMES

## SUDOKU

		6					5	
7			6	4				
	1	8		5			7	
				6				7
1			4		8			2
3				1				
	3			2		8	4	
				3	1			9
	2					5		

SCAN THE QR CODE FOR THE SOLUTION



## GAMES & PUZZLES



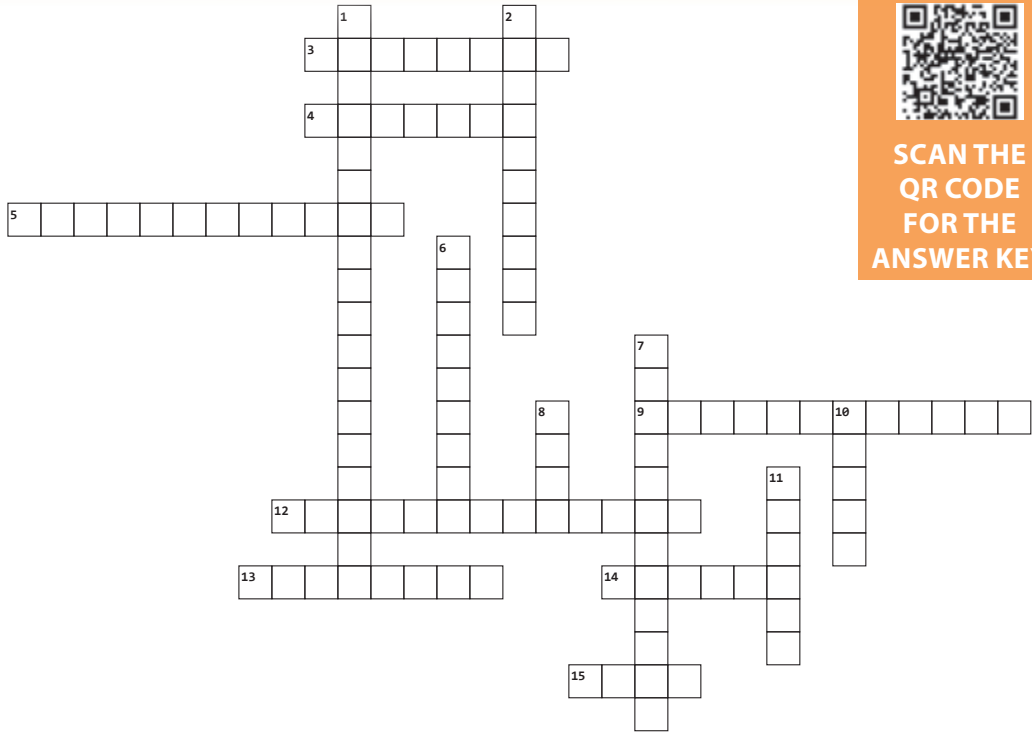
### Guess That Song!

1. This Grammy award winning pop song is about being foolishly apologetic for constantly playing with new lovers' hearts. Oops!
2. This thrilling hit pop song is about a woman being stalked by a beast about to strike.
3. This 2014 electro-pop song is about meeting someone in the summer, falling in love in the fall as the leaves turned brown, and then being betrayed by lies.
4. This heartfelt alternative rock ballad is all about wanting to skip right to October because summer has come and passed.
5. This country song is about going out and having fun with no inhibitions, just feeling womanly and dancing with your girlfriends on a night out.
6. This gentle pop rock song is about being so in love with someone that they colour your world and make the stars shine for you.

SCAN THE QR CODE FOR THE ANSWERS!



# July Crossword Puzzle



SCAN THE  
QR CODE  
FOR THE  
ANSWER KEY

## Across

3. The first Canadian-hosted Olympic games took place in this city.
4. 7-year-old Roger Woodward became the first person to survive going over these falls without a barrel.
5. The month of July is named after this Roman political figure.
9. This Canadian province experienced the hottest temperatures ever officially recorded in Canada (45 degrees Celcius) on July 5, 1937.
12. The first human to walk on the moon, which occurred on July 20, 1969.
13. This Canadian American actress, born on July 20, 1971, is best known for her role in *Grey's Anatomy*.
14. On July 5, 1946, just after World War 2, the modern version of this risqué piece of women's clothing was introduced due to the rationing of materials.
15. Filmed in Alberta, this 2022 motion picture was referred to as "Skull" during production to keep it a secret.

## Down

1. *Go Set A Watchman* was the original manuscript for this classic Pulitzer Prize winning novel.
2. This iconic Coldplay album was released on July 10, 2000, and features the hit single *Yellow*.
6. In the summer of 2019, this folk horror film depicting Scandinavian paganism and starring Florence Pugh was released.
7. This Canadian artist rose to fame on YouTube and was the most Googled celebrity in July 2010.
8. National \_\_\_\_\_ Day is observed on July 31 and December 2 to raise awareness and help these dogs get adopted.
10. World \_\_\_\_\_ Day celebrates this intellectual two player board game.
11. On July 6, 1885, Louis Pasteur successfully administered this vaccination for the first time, replacing the previous treatment, mad stones.

# Are You Struggling with Gambling?

from Alberta Health Services



Gambling is risking money or something else of value on an activity that has an uncertain outcome. That can mean a lot of things. Playing cards or videogames for money, buying raffle tickets, betting on who's going to win a pool match, or betting your in-game video purchases or digital currency on a hockey game—it's all gambling.

People with gambling problems may also have trouble in other areas of their lives where they need support. These could include health concerns, financial problems, feeling lonely, mood swings, school issues, using digital technology too much, or, in the case of young people, school issues or conflicts with parents or guardians.

### Where to get help

If you are worried that you or someone you know may be having problems with gambling, there is help available. Addiction treatment services are voluntary and confidential. For more information and to find an addiction services office near you, call the Addiction Help Line at 1-866-332-2322. Help is available 24 hours a day, seven days a week.

## The Tea Plant

Did you know that all tea comes from the same plant? Whether it's green, black, white, oolong, pu'er, or matcha, it all comes from the *Camellia sinensis* plant, a flowering evergreen. The difference in flavour has to do with the way the leaves are processed!



### 9 PM ROUTINE



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### CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light



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Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

### Calling All PARENTS

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[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.**



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**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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# FRIENDS *of* Fish Creek



## July in Fish Creek

### Capture Nature Photo Contest 2023

Each year, the Friends of Fish Creek offer a Capture Nature photo contest as a fun and creative opportunity for park users to engage with their natural surroundings as they search and explore for the best images of the year. From beginning photographers to amateur professionals and youth, we invite you to submit your best park images for consideration. As a contest participant, you may see your images used on our website, program posters, and other media publications as they become part of our ever-growing library of beautiful, high-quality park images. The sale of photo submissions may also support our organizational fundraising efforts down the road. The themes for 2023 are Winter Wonderland, The Elements, and As Above So Below. All submissions must be images taken in Fish Creek Provincial Park.

Registration runs until July 31, 2023. The public will be able to vote for their favourite photos through our online gallery. Voting will be open until August 15 at midnight, and we will announce the contest winners on September 1. To register and for more information, please visit <https://friendsoffishcreek.org/programs/capturenature>.

### Shaw Birdies for Kids Presented by AltaLink

Support outdoor education in Fish Creek and your donation will be matched up to 50%. The Friends of Fish Creek are honoured that our Learning Naturally program has once again been chosen as one of over 270 local charities to participate in the Shaw Birdies for Kids presented by AltaLink program! This essential fundraiser runs until August 31 in conjunction with the Shaw Charity Classic Golf Tournament. It costs only \$10 to support one Learning Naturally field trip for one student, and through Birdies for Kids, your donation will be matched up to 50%! Learning Naturally does not receive regular funding and its continuation is in jeopardy. Please consider making a donation and speak to your employer or co-workers about this amazing opportunity to support outdoor education in Fish Creek. Donate today at <https://bit.ly/3IUUYAw>.

### Volunteers Needed in Fish Creek Provincial Park

Branch out and explore all the exciting chances to give back to Fish Creek Provincial Park through direct intervention in its wellbeing! This summer, the Friends of Fish Creek need

volunteers to help with a variety of stewardship activities. Programs like invasive species control, poplar planting, tree wrapping, and nursery tending require the dedication of an amazing team. There is always a chance to be out in the field during the summer months and opportunities are available for people of every ability and availability. If you only have one day to volunteer, we offer many opportunities that require your presence for only a few hours, such as riparian restoration, invasive species control, tree wrapping, poplar planting, and willow staking. Planting trees is the activity most people probably have in mind when it comes to restoration. We provide the trees and supplies so that our volunteers can work to add trees to the aging poplar forests in the park. This summer, we are focusing on the beautiful Hull's Wood area. Newly planted trees ensure that in the years to come, wildlife habitat is maintained as older trees die off. Watering trees and other vegetation is one of the most important jobs that one can take on in the park, as the summers in Calgary are hot and dry. To help with poplar planting, restoration, or other programs, please sign up as a volunteer online at <https://friendsoffishcreek.org/volunteering-basics>.

### Stop into the Bow Valley Ranch Visitor Centre

If you have been down to the Bow Valley Ranch in the past year or so, you may have noticed that the Visitor Information Centre is now open six days a week. The exhibit area features cultural artifacts and a wealth of information about the history of the city and the park. Since the beginning of the Friends' Enhanced Partnership Project with Alberta Parks in 2020, we have trained over thirty volunteers in the new role of Fish Creek Ambassador to work in the centre. We invite you to stop into the Bow Valley Ranch Visitor Centre to pick up a park map or outreach material, learn about some of the unique history of this area, and chat with our friendly and knowledgeable Fish Creek Ambassadors.

## CRIME STATISTICS

### Douglasdale Crime Activity was Down in May 2023

The Douglasdale community experienced 9 crimes in May 2023, in comparison to 12 crimes the previous month, and 12 crimes in May one year ago. Douglasdale experiences an average of 10.4 crimes per month. On an annual basis, Douglasdale experienced a total of 125 crimes as of May 2023, which is down 14% in comparison to 146 crimes as of May 2022. To review the full Douglasdale Crime report visit [doug.mycalgary.com](http://doug.mycalgary.com).

*How To Report Crime In Douglasdale: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at [crimestoppers.ab.ca](http://crimestoppers.ab.ca), or text tttTIPS to 274637.*



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# PHOTO GALLERY

Photos by Marni Cain



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Big Earl, Capitol Hill



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# Douglasdale Real Estate Update

## Last 12 Months Douglasdale MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 23	\$649,900	\$649,900
April 23	\$597,500	\$586,000
March 23	\$579,900	\$580,000
February 23	\$584,900	\$618,000
January 23	\$538,900	\$525,000
December 22	\$599,000	\$587,000
November 22	\$575,000	\$570,000
October 22	\$538,944	\$525,000
September 22	\$559,900	\$552,500
August 22	\$589,900	\$579,500
July 22	\$639,000	\$616,000
June 22	\$574,950	\$596,000

## Last 12 Months Douglasdale MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 23	17	21
April 23	22	23
March 23	26	23
February 23	21	9
January 23	7	5
December 22	7	9
November 22	7	9
October 22	17	20
September 22	19	19
August 22	18	15
July 22	19	17
June 22	38	22

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

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Douglasdale and Quarry Park. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

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# BUSINESS CLASSIFIEDS

**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](mailto:dta.renovations@gmail.com).

**PLUMBING PARAMEDICS:** Your community plumbing and furnace experts! Licensed, insured, and fully guaranteed! Specializing in residential plumbing and furnace repairs. BBB accredited. Call today to experience our world class service! 587-205-6657.

**LANDSCAPING SPECIALISTS:** AS/F Contracting specializes in concrete installation & removal, decks, fences, sod, retaining walls and paving stones. Call Shawn for a free estimate at 403-651-0424 | [www.asfcontracting.com](http://www.asfcontracting.com).

**AFFORDABLE DENTAL CARE MINUTES FROM DOUGLAS QUARRY!** Cut through the noise. Message received loud and clear! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit [CalgaryDentalCenters.com](http://CalgaryDentalCenters.com). Save money, smile, be happy!

**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.

**CROWN RENOVATIONS:** Beautiful kitchens, bathrooms, and basements at affordable prices. Over 30 years' experience in quality renovations. Full service custom cabinetry. Local, licensed, bonded, and insured. Free in-house estimates. Visits to former clients can be arranged. Full house renovations. Check out our latest before and after renovation at [www.crownrenovations.com](http://www.crownrenovations.com). Call Bill at 403-819-8588 or email [crownreno@shaw.ca](mailto:crownreno@shaw.ca).

**PAINTING:** Calgary's wall repaint experts. Fast, free estimates and colour consults. Friendly, clean, and on time. Check out our great reviews! Father and son power team. Fully insured. Please call/text Eric at 587-893-0326. [www.elementpaintinginc.ca](http://www.elementpaintinginc.ca). Thank you.

**FEMALE PHYSICIAN ACCEPTING PATIENTS:** Dr Amy Adilih is accepting new and walk-in patients at Douglaswood Family Medicine & Walk-In Clinic in Douglasdale. Call 587-471-9467 or email [info@douglaswoodfamilymedicine.ca](mailto:info@douglaswoodfamilymedicine.ca).

**HANDYMAN – 403-257-5999:** Large and small repairs and renovations. Develop your basement, re-do your bathroom, or finish your garage. Also booking decks and fences. Call Darcy.

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.

**PAINTING INTERIOR/EXTERIOR:** Qualified painter with 20+ years' experience. Reliable, conscientious, and fully guaranteed. I will work with you to make the job fit your budget. We always go the extra mile with no surprises! Reasonable rates and a job that ends in your satisfaction! Call or text MenZ Painting & Fine Finishing at 403-993-9591. No jobs are too small!

**PR HANDYMAN:** All exterior repairs and renovations: fences, decks, railings, stairs, sheds, garages. Prep/place/repair all styles of concrete/parging. All interior repairs/renovations: drywall, paint, plumbing. Kitchen and bathroom renovations, basement renovations. No job too small! Seniors' discount. Fully-insured. Sheldon, 403-975-5562.

**RESIDENTIAL CLEANING:** Need help with your cleaning? R&N can help you. We have an affordable rate and well experienced cleaners. Available weekly, bi-weekly, monthly and one time clean. Call Rachell at 403-708-3119 to book.

**SMITH PROPERTY RENOVATIONS:** Experienced general contractor with high attention to detail. From kitchens to bathrooms, and everything in between. Check out my website and homestars page for pictures and reviews. Free estimates, licensed and insured. Website: [Sp-renos.ca](http://Sp-renos.ca), phone: 587-333-5568, email: [craig@sp-renos.ca](mailto:craig@sp-renos.ca).



If you are considering selling, call us for a **Zero Obligation Home Evaluation** and strategy discussion on how to achieve **Top Dollar** for your home!

## Douglasdale

Detached Home Stats - Last 45 Days



**24**

# New Properties



**13**

# Sold Properties



**18**

Average Days on Market



**\$732,961**

Median Sold Price

## Douglasglen

Detached Home Stats - Last 90 Days



**3**

# New Properties



**3**

# Sold Properties



**3**

Average Days on Market



**\$575,666**

Median Sold Price



**JH** **JORDY HUNTRODS**  
CALGARYREALESTATEPLUS.COM

**LB** **LINDSEY BEZANSON**  
CALGARYREALESTATEPLUS.COM

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