

SEPTEMBER 2023

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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

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

DIRECTORS

MacNeil Cornez
Heather Davis
Darrin Gallant
Ruth Nickel

TALENTED ASSOCIATED GROUPS AND VOLUNTEERS

DouglasDale Maintenance Association ddmaint@outlook.com

DouglasGlen Maintenance Association info@dqca.ca

Timbits Soccer timbits@dqca.ca

Community Garden garden@dqca.ca

Guides
Debra Brisban
dan_b80@telus.net
403-255-3414

Scouts Canada
Ryan Collier
227douglasdalescoutgroup@gmail.com
403-815-0912

REPRESENTATIVES

Councillor - Ward 11
Kourtney Penner
ward11@calgary.ca
twitter@kourtpenner
403-268-2430

MLA Calgary Peigan
Tanya Fir
tanya.fir@assembly.ab.ca
587-392-8850

MP Calgary Shepard
Tom Kmiec
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



SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

**DOUGLAS
GLEN**



DOUGLASDALE



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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!

GAMES & PUZZLES

Guess That Animal!

1. Male _____ are the only creatures in the animal kingdom to undergo pregnancy and give birth.
2. This tree-hugging marsupial's fingerprints are almost indistinguishable from humans; which has confused some forensic crime scene investigators.
3. This monogamous species mates for life and courts one another by gifting each other pebbles.
4. This large rodent is one of the friendliest in the animal kingdom and has been known to befriend crocodiles, monkeys, dogs, and even humans!
5. The _____ is the only mammal that can truly fly and not simply glide.
6. _____ are the only venomous primates; their armpits secrete venom that they lick to coat their teeth before attacking and biting.



SCAN THE QR CODE FOR THE ANSWERS!



BRAIN GAMES

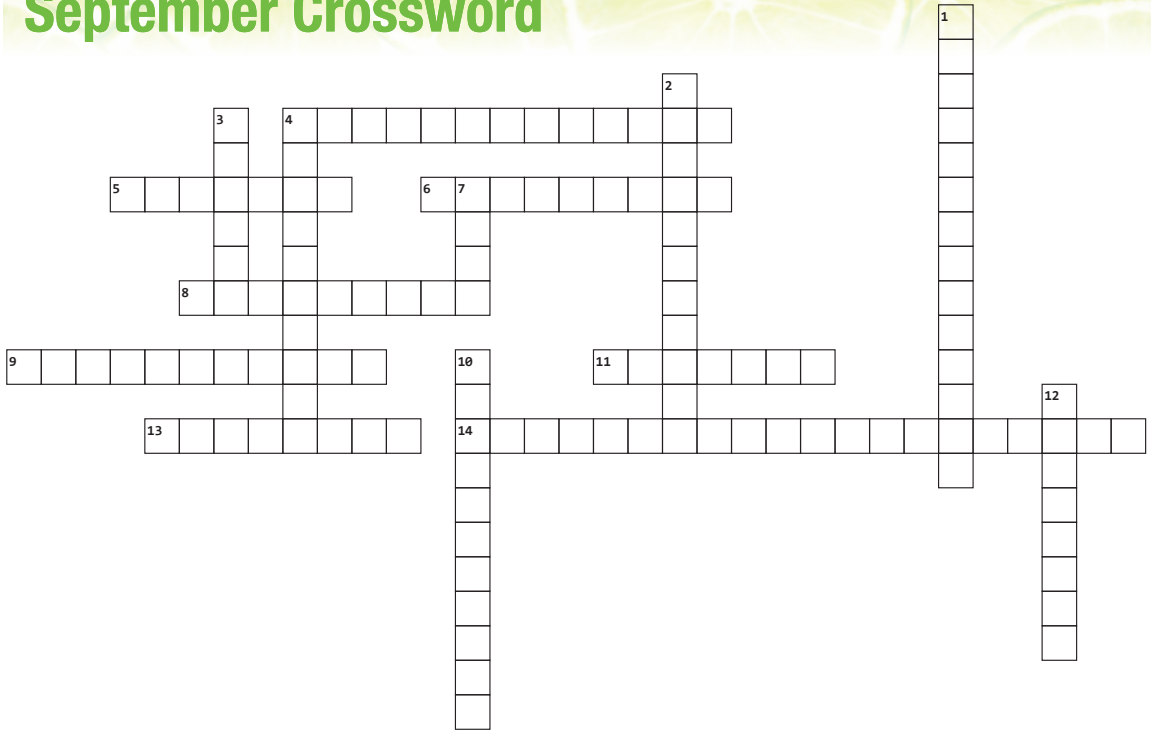
SUDOKU

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	5	8				6	
4	3		5	8		7	

SCAN THE QR CODE FOR THE SOLUTION



September Crossword



Across

4. On September 23, 2023, also known as the _____, night and day are approximately the same length.
5. On September 1, 1905, this Canadian province was named after Queen Victoria's daughter.
6. Published by John Ronald Reuel on September 21, 1937, this novel is a prequel to one of the most popular fantasy series of all time.
8. On September 13, 1969, CBS aired this cartoon mystery series, and as a result, this day is known as _____ Day.
9. Born on September 21, 1947, this well-known horror author's work has been adapted over 50 times for film.
11. Once called the Mayor Daley Marathon, this marathon, which first took place on September 25, 1977, is one of the world's six major marathons, the others being Berlin, Boston, London, New York, and Tokyo.
13. This Kyoto-based company was founded by Fusajiro Yamauchi on September 23, 1889, and originally produced handmade Japanese playing cards.
14. Published by Gaston Leroux on September 23, 1909, this novel was originally published in segments in a French newspaper called *Le Gaulois* but has also been adapted into a film and musical.

Down

1. Set in the Stone Age, this popular animated family show premiered on September 30, 1960.
2. On September 12, 1970, the _____ was the first to launch a robotic probe that brought back rock samples from the Moon to Earth.
3. The Battle of the Plains of Abraham, which lasted 15 minutes and took place on a farm, led to the surrender of this city.
4. On September 13, 1899, the first ever recorded fatal _____ crash occurred in the United States.
7. This iconic Enrique Iglesias song was released on September 3, 2001.
10. This coming-of-age novel, set in 19th century Massachusetts and written by Louisa May Alcott, was published on September 30, 1868.
12. International _____ Day is observed on the third Saturday of September and is intended to bring awareness to this endangered, ring-tailed mammal.



SCAN THE QR CODE
FOR THE ANSWER KEY

10 Signs That You May Be Suffering from Anxiety

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



Feeling anxious at times is completely normal. However, unchecked it can become maladaptive and cause distress in our daily lives. How can we tell if our feelings of anxiousness have crossed over into a disorder? Sometimes it's not easy, as anxiety can show up in many different forms such as phobias, social anxiety, and panic attacks.

You may be suffering from unchecked anxiety if you experience any of the following on a regular basis.

- 1. Perfectionism.** Putting expectations on yourself that are not realistic to meet, setting yourself up to fail or not even starting a task due to fear of failure.
- 2. Compulsive Behaviour.** Repeated behaviours like checking locks and washing your hands, overindulging in mood altering substances to relax, or experiencing constant intrusive thoughts.
- 3. Self-Doubt.** Constant negative thoughts or talk that is negative about yourself.
- 4. Muscle Tension.** May cause discomfort around the neck and shoulder area, leading to ongoing headaches and other physical problems.
- 5. Chronic Indigestion.** Trouble enjoying meals because of chronic indigestions and stomach issues.
- 6. Self Consciousness.** Frequent worry about how you present yourself to others in terms of appearance, speech, and mannerisms.
- 7. Panic and Flashbacks.** Feelings of doom and extreme worry that may cause shortness of breath, dizziness, and nausea. This may include flashes of something traumatic from your past.
- 8. Irrational Fears.** Frequent thoughts that are causing fear and discomfort about certain situations. These thoughts lead you to equate those experiences with feelings of dread and worry resulting in self-limiting behaviour.
- 9. Sleep Problems.** Trouble falling asleep or staying asleep, with frequent thoughts related to worry waking you up.
- 10. Excessive Worry.** Difficulty focusing due to intrusive thoughts and frequent worry. This may lead to nervousness, the inability to focus, and feelings of panic.

If any of these symptoms describe how you feel on a regular basis, please seek professional guidance from a psychologist for a formal diagnosis. Cognitive Behavioural Therapy (CBT) is generally the first step and the gold standard for anxiety management. Additionally, your psychologist can help you decide if seeking medical/pharmaceutical intervention from your doctor may also be necessary.

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FRIENDS of Fish Creek



The September Fish Creek Speaker Series - Bats of Alberta

Thursday, September 14, 2023, 7:00 to 8:00 pm - Online and in person

Fish Creek Environmental Learning Centre, Shannon Terrace, 13931 Woodpath Rd SE

Presented by Susan Holroyd MSc, Calgary Regional Coordinator, Alberta. The Alberta Community Bat Program's mission is to raise awareness of bat conservation issues, help residents manage bats in buildings, and to collect data needed to monitor and better understand bats in the province. Susan Holroyd of the Alberta Community Bat Program will discuss this province's bat species, the threats bats face, the ecological services that they provide, and how Albertans can help with bat conservation. At this presentation, you can also learn about what to do if you find a bat, how to construct a bat house, and have your questions answered about these fascinating flying mammals. Free for Friends members and \$10 for non-members. Free for youth 16 years of age and younger with a registered adult. Registration is required. To register, visit www.friendsoffishcreek.org/event/fishcreekbats.

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

You may have seen Friends' dedication benches throughout Fish Creek Provincial Park. These beautiful and sturdy benches present 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. If you are interested in a bench, please complete the online dedication bench form. This will ensure that you are added to the waitlist for a bench so that we can contact you in the future when a bench becomes available. There are approximately 105 bench locations in the park and each year several benches become available. In 2024, there will most likely be some benches available in the west end of the park - Bebo Grove, Shannon Terrace, and Marshall Springs areas. 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 www.friendsoffishcreek.org/dedication-bench.

Become a Fish Creek Provincial Park Protector Today!

Fish Creek Provincial Park is a cherished natural green space that we are fortunate to have in the city. All the Friends' programs and activities are designed to help preserve biodiversity and ensure a sustainable park environment so that future generations can enjoy this area as much as we do. We rely on a variety of funding sources like grants, memberships, program fees, sponsorships, fundraising efforts, as well as corporate donations and personal donations from community members like you to support our conservation, stewardship, and engagement activities here in this park. We are inviting community members to become Park Protectors and help support the Friends and the park. Through the Park Protector program, a monthly donation will be effortlessly withdrawn from a credit card of your choosing, and you will receive a valuable tax receipt for your contribution. The Park Protector monthly donor program is the most convenient way to support Fish Creek Provincial Park everyday. For more information on becoming a Park Protector, please visit www.friendsoffishcreek.org/park-protector-signup.

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- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

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Detached Home Stats - Last 45 Days



35

New Properties



20

Sold Properties



23

Average Days on Market



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12

New Properties



7

Sold Properties



11

Average Days on Market



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**ROYAL LEPAGE**
Solutions

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