

NOVEMBER 2024

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your DOUGLAS QUARRY

THE OFFICIAL DOUGLAS QUARRY COMMUNITY NEWSLETTER



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NEW PATIENTS**

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Dr. Nikola Vranjes, DDS



Dr. Tasha Chrbet, DDS



Dr. Megan Lawless, DDS



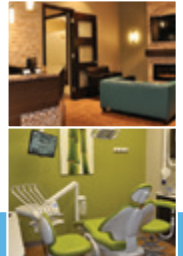
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Isn't it time to get involved? Join the board. Volunteer for an event. Purchase a membership. Support your newsletter and its advertisers.

Website: www.dqca.ca • Facebook: DouglasQuarryCA

Questions?

Email info@dqca.ca

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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 Brisbane 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 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 Coordinator

Shared Duties include:

- Managing player and team equipment, booking fields, managing picture vendor, forming teams, setting schedules, organizing volunteers, responding to inquiries, etc.

This is a team effort - we need several volunteers to help manage the responsibilities together.

Please contact timbits@dqca.ca for more information.

Casino Volunteers Needed!

Casino Fundraiser for DouglasQuarry Community Association

January 17 and 18, 2025

Deerfoot Inn & Casino

Please contact events@dqca.ca to sign up.

*DQCA Membership is not required to volunteer.

If you would like to get involved in our Community contact us at: info@dqca.ca



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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Landlord and Tenant Law – Signing and Moving In

by Charmaine Coutinho



As a volunteer lawyer with Calgary Legal Guidance, I advise clients who would otherwise be unable to access legal services to empower them to take the next steps in their legal matters independently. I frequently advise on landlord and tenant disputes.

This article only discusses leases covered by Alberta's Residential Tenancies Act (RTA). This excludes tenants sharing living space with a landlord and a few other scenarios. I aim to help our community become more familiar with a few RTA topics, at a time when both landlords and tenants are under stress and looking for ways to improve their circumstances.

Security Deposit, Damage Deposit, Key Deposit, Pet Deposit

Under the RTA, they're all the same: any amount payable by the tenant to the landlord, returnable if some specified circumstance occurs (end of tenancy, etc.), is called a "security deposit." The RTA limits the amount of all the deposits together to one month's rent. A landlord is not permitted to ask for more if the rent increases.

There is no exception for pet deposits. However, a landlord is permitted to ask for a non-refundable pet fee in addition to the rent, monthly or upon signing.

A landlord is permitted to retain the security deposit only if there are valid move-in and move-out inspection reports and damage to the unit, or there is money owing.

To keep any portion of the security deposit, the landlord must give the tenant a statement detailing the specific costs to be reimbursed. Any deposit amount not covered by this statement must be returned within ten days of the end of the tenancy. If the statement includes any estimates (e.g.: cleaning or repairs), the landlord must send the tenant a final statement and return any unused funds within 30 days of the end of the tenancy.

The tenant can apply to the Residential Tenancy Dispute Resolution Service (RTDRS) to contest the landlord retaining a deposit. Conversely, a landlord can sue the tenant if the deposit is insufficient to cover the landlord's costs or missing rent. Neither the RTDRS nor the civil courts have automatic enforcement mechanisms though, so collection may be difficult.

Repairs

There is little a tenant can do to force a landlord to repair a rental unit.

A tenant can pay for repairs, then ask the RTDRS for a rent abatement, but cannot withhold rent to incentivize a landlord to make repairs.

If the damage to the rental unit is endangering a tenant's health, the tenant can call Alberta Public Health (APH). Alberta has Minimum Housing and Health Standards regarding critical amenities like clean air and water, plumbing and sewage disposal, overcrowding, access to the unit, electricity, and heating. If a tenant contacts APH and APH finds evidence that the minimum standards are not being met, APH can mandate repairs.

However, a tenant should prepare for all eventualities: APH may do nothing, may force a landlord to make repairs, or may even condemn a rental space requiring that the tenant move out immediately. In the current market, housing is scarce and may be difficult to acquire quickly. If a tenant is not prepared for all possibilities from an APH investigation, it may be better to rethink contacting APH.

A landlord is not permitted to evict a tenant just for contacting APH. However, there is no ban on eviction for other reasons after a tenant has called public health authorities.

Thanks for spending a few minutes of your time with me. If you have a friend renting, be a good neighbour and share your new knowledge with them!

MANY OTHER PACKAGES AVAILABLE!

BATHROOM RENOVATION SALE

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- Remove all old materials from bathroom and job site
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- 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: \$14,679

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We Follow the ADA&C Fee Guide!			SAME FEE
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02144	4 X-Ray Bite Wings	\$100.36	\$100.36
11113	3 Units Scaling	\$240.90	\$240.90
11101	Polishing	\$71.54	\$71.54
12112	Fluoride Treatment	\$34.66	\$34.66
02601	Panorex	\$101.53	\$101.53

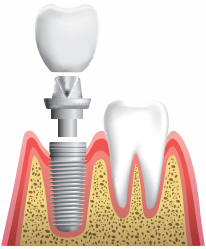
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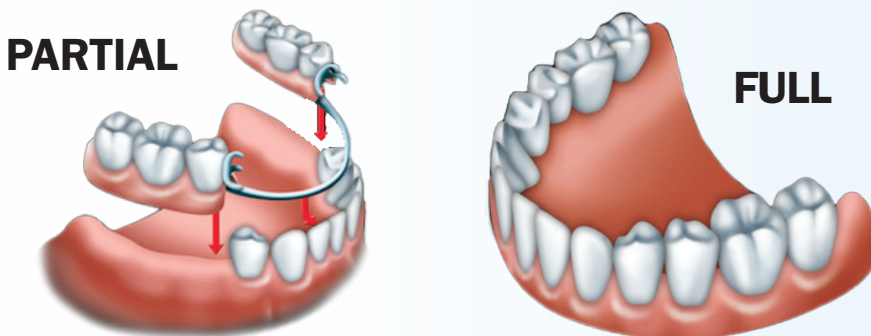


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WHITENING



DENTAL
IMPLANTS



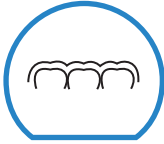
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Photo Gallery

by Marni Cain



Stay Connected to Your Community!

by Community Health Promotion Services



Belonging and connection go together. Connectedness is feeling cared for, supported, and like you belong in your school, work, with friends and family, and in community. Experiencing connectedness is good for people of all ages. Connected children do better at school and with friends.

Connection reduces feelings of loneliness and isolation. Connecting to resources and support can help people meet their basic needs. Saying “good morning” to the transit driver, having a meal with friends, toasting marshmallows around a fire pit, attending church, mosque, or synagogue, or walking through the neighbourhood with your family to look at holiday lights are great examples of actions that connect. Connecting activities help us be healthy and mentally well, strengthen relationships, and create belonging in our larger community. Forming connections in our daily lives is important for good mental, emotional, spiritual, and physical health.

One thing that can improve the connections in our lives is mindfulness. Mindfulness happens when we are completely “in” the present moment. Getting rid

of distractions allows us to be fully with others and increases our appreciation of social connections in the community.

Below are some tips that can help us practice connection and belonging:

- Be present! Listen to listen instead of listening to respond.
- Let go of feeling like you must “do it all.” Think about and act on your own values and beliefs instead of trying to meet unrealistic expectations.
- Let yourself create healthy boundaries. There is no need to always do more or force yourself to do things when you would rather not.
- Create opportunities for connection. If you cannot meet in person, can you connect on the phone or meet virtually?
- Be open and say “yes” to new experiences and opportunities - food, events, hobbies!
- Get to know your community! Who are your neighbours? Are they locally owned? Can you help by volunteering?
- Do what recharges your batteries! Take time for yourself – make “you” a priority. Filling your own cup gives you the energy to connect with others.

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1. This gorgeous UNESCO World Heritage Site in India was built to be a mausoleum.
2. The _____ was made across many dynasties and states, taking over 2,500 years to construct.
3. This stunning Italian landmark is also called the Bell Tower and is over 180 feet tall.
4. This iconic structure was built for the 1889 World Fair; it celebrated the 100th anniversary of the French Revolution.
5. This famous ancient city was frozen in time due to almost the exact opposite circumstance.
6. There are no straight lines in this ancient temple structure, located on the Athenian Acropolis.



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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, 403-269-2707.

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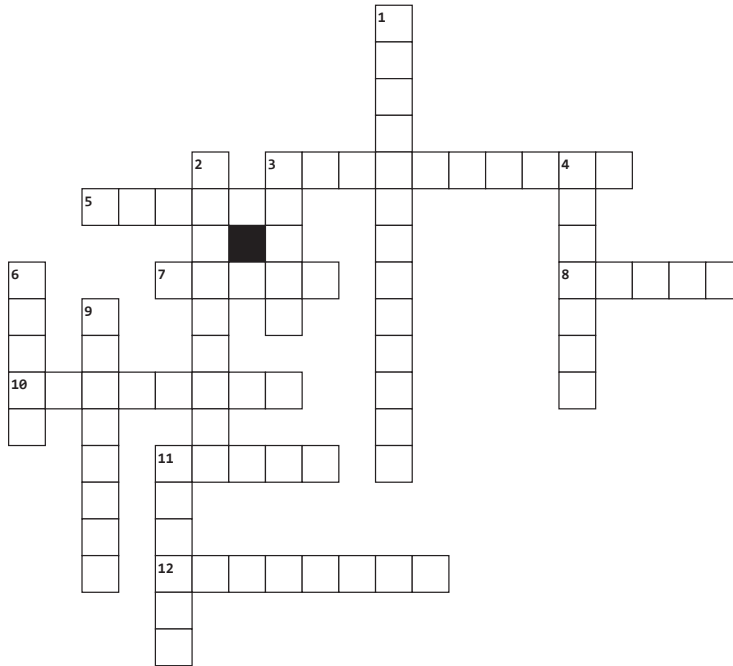
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November Crossword



Across

3. Frederick Banting, co-discoverer of insulin and recipient of the Nobel Prize in _____/Medicine, was born on November 14, 1891, in Alliston, Ontario.
5. In November 1999, beloved musician, _____ Dion, was inducted into the Canadian Broadcast Hall of Fame.
7. In November 2020, Baby _____ by Pinkfong became the most watched YouTube video of all time with over 7 billion views.
8. November has two birthstones, _____ and Citrine, best known for their warm yellow hue.
10. World _____ Day, celebrated on November 13, reminds everyone to show compassion and be helpful in their communities.
11. Canadian rock musician, _____ Adams, was born on November 5, 1959, in Kingston, Ontario and has sold more than 100 million records worldwide.
12. Known as Remembrance Day in Canada, the U.S. celebrates _____ Day on November 11 annually.

Down

1. November's birth flower, also called "mum", comes in a variety of colours and generally symbolizes longevity and happiness.
2. On November 22, 1995, *Toy Story* was released introducing the world to Woody and Buzz _____.
3. *Friends, Lovers, and the Big Terrible Thing*, written by Canadian actor Matthew _____, was released on November 1, 2022.
4. "The Great One", Wayne _____, scored his 600th career goal in the National Hockey League (NHL) on November 23, 1988.
6. This mixed-breed dog was the first live animal sent to space in Sputnik 2 on November 3, 1957.
9. The _____ Broadcasting Corporation was founded and established as a Crown Corporation on November 2, 1936.
11. November's full moon is named after Canada's national animal, the _____.



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