

JANUARY 2025

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your DOUGLAS QUARRY

THE OFFICIAL DOUGLAS QUARRY COMMUNITY NEWSLETTER



Cover Photo by Marni Cain

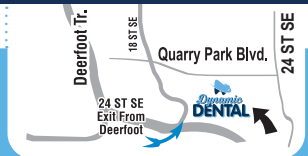
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DOUGLASQUARRY COMMUNITY ASSOCIATION CONTACTS

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	Dustin Klatt
Vice President	Vanessa Jollimore
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Secretary	Chandy Megaw
Past President	Jason Doering

DIRECTORS

MacNeil Cornez	Hilary Smashnuk
Heather Davis	

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 Coller
227douglesdalescoutgroup@gmail.com
403-815-0912

REPRESENTATIVES

Councillor - Ward 11
Kourtney Penner
ward11@calgary.ca
[twitter@kourtpenner](https://twitter.com/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!

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

DOUGLAS
GLEN



DOUGLASDALE



QUARRY
PARK



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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.



A Shot at Life

On January 11, 1922, 14-year-old Leonard Thompson became the first person to receive insulin as a treatment for diabetes. Canadian scientist Frederick Banting, co-discoverer of insulin, injected Thompson with insulin saving his life and marking the start of this groundbreaking medical breakthrough.

Photo Gallery

by Marni Cain



Friendship

by Cheryl Dunkley

Is there anything better than a buddy on whom you can depend?

Always comes running when you call, "Help"

When she shows up, you know trouble is soon at an end.

Confiding, sharing, laughing, crying too

Many things in our lives make us happy or blue.

We don't always agree, but that's okay...

Giving each other time to have our say.

Careful with advice... is that a request?

Knowing when to be silent,

A hug can sometimes be the best.

We have different lives, our choices miles apart

No judgments, thank you

Just a close feeling in the heart.

I'm grateful, smiling, peaceful too

And remembering to thank God

For a wonderful friend like you.



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www.calgaryweightlossclinic.com

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SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- 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: \$15,679

SALE **\$11,679**
Limited Supplies

TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Tile Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$13,679

SALE **\$9,879**
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Membership card must be presented at time of service.



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Titan Ink-Jet | 403-225-6530 | #129, 755 Lake Bonavista Drive SE | www.islandinkjet.com
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Edgeworxx Hair Studio | 403-236-9188 | #24, 20 Douglas Woods Dr SE
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Joy & Vitality Centre | 403-452-5183 | 163 Quarry Park Blvd. SE. www.joyandvitalitycentre.ca
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.**

Health & Wellness



OpTik BouTik | 403-457-EYES | 206, 163 Quarry Park Blvd. SE
www.optikboutik.com | 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.

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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.

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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

10% off any retail item and free at home estimate.



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.**



Pizza Hut - The Market at Quarry Park | 825-413-2389 | 163 Quarry Park Blvd SE

Contact Jaivic at ph32871@fmigroup.ca for details about fundraiser nights and generous in-kind donations.

10% off all regularly priced food items. Pick-up only. Some conditions may apply.



YYC Patisserie Brunch & Bakery

10% off purchases over \$50. Applies to dine in only.



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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Rally Pointe | www.rallypointe.com/pickleball

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STICK-FIX | 2850 107 Ave SE #101, Calgary, AB T2Z 3R7 |

www.facebook.com/stickfixyyc/ | stickfixcalgary@gmail.com

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Lizzy, Huntington Hills



Mirabella,
Lower Mount Royal



Poupie, Deer Run



Toby, Douglasdale



Luka, Kiba, Shinji, and Von, Shawnessy

To have your pet featured, email news@mycalgary.com

YYC West Runway Rehabilitation community information sessions

Session d'information publique :
Réhabilitation de la piste ouest de YYC

February 18, 6 - 8 p.m.

18 Février de 18:00 à 20:00

Crossroads Community Association (1803 14 Ave NE)

February 19, 6 - 8 p.m.

19 Février de 18:00 à 20:00

Vivo for Healthier Generations (11950 Country Village Link NE)

February 20, 6 - 8 p.m.

20 Février de 18:00 à 20:00

Vivo for Healthier Generations (11950 Country Village Link NE)

February 25, 6 - 8 p.m.

25 Février de 18:00 à 20:00

Genesis Centre (7555 Falconridge Blvd NE)

February 26, 6 - 8 p.m.

26 Février de 18:00 à 20:00

Genesis Place (800 East Lake Blvd NE, Airdrie, AB)

Learn more about how this project will
impact your community:

En savoir plus sur l'impact de ce projet sur
votre communauté :

yyc.com/WestRunway



YYC Yukon, Yukon, and Yukon

BRAIN GAMES SUDOKU

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

SCAN THE QR CODE
FOR THE SOLUTION



Sledding Safety

by Alberta Health Services



Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

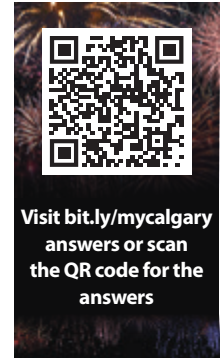
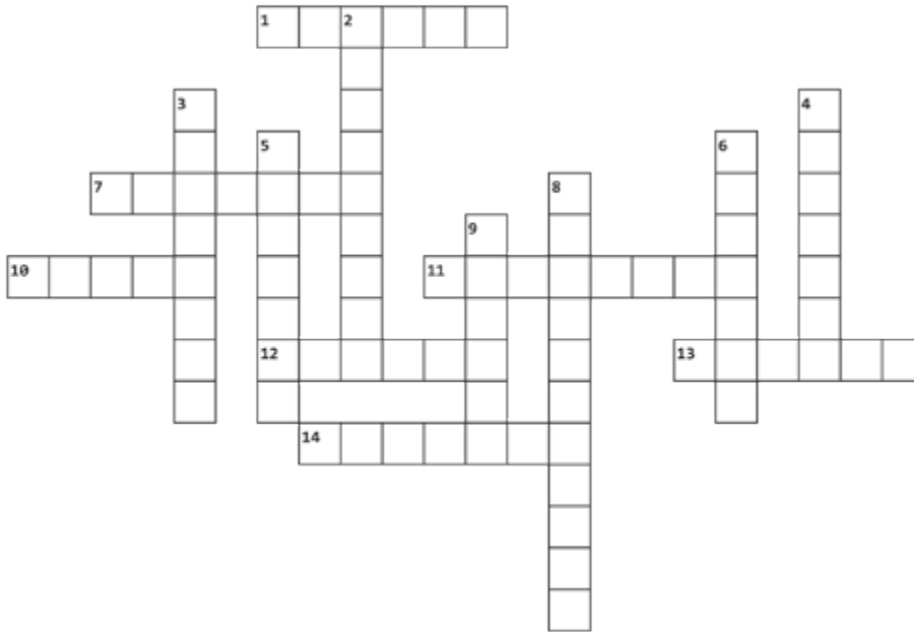
- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.

- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Sledding at night is not advised.

Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.
- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until re-warmed.

January Crossword



Across

1. Ice-hockey player and co-founder of a popular restaurant franchise, Miles Gilbert "Tim" _____, was born on January 12, 1930, in Cochrane, Ontario.
7. World _____ Day on January 4 marks awareness of a form of communication for blind and visually impaired people.
10. On January 2, 2010, American singer-songwriter _____'s debut single, "TiK ToK," reached number one on the Billboard Hot 100.
11. This iconic Aretha became the first female artist to be inducted in the Rock and Roll Hall of Fame on January 3, 1987.
12. This TV series first premiered on January 12, 1966, starring Adam West as the titular character and tells the story of a superhero who fights crime in Gotham City.
13. Legendary comedian, Jim _____, was born on January 17, 1962, in Newmarket, Ontario.
14. Disney's popular TV movie, *High School Musical*, premiered on January 20, 2006, starring Zac Efron, Ashley Tisdale, and Vanessa _____.

Down

2. Franklin D. _____ was sworn in for his fourth term as US President on January 20, 1945, becoming the only US President to do so.
3. Romance novel, *Call Me by Your Name*, by André Aciman, was published on January 23, 2007, and later became a film starring Timothée _____.
4. On January 7, 1610, Galileo Galilei discovered the first three moons of this planet – the largest in our solar system.
5. British actress and singer, Cynthia Erivo, who plays _____ in *Wicked*, was born on January 8, 1987.
6. Steve _____ and Steve Jobs officially incorporated Apple Computer, Inc. on January 3, 1977, in California.
8. "Wedding March", composed by Felix _____, was first played at the wedding of Princess Victoria and Prince Frederick William of Prussia on January 25, 1858.
9. The first Winter Olympic Games officially opened on January 25, 1924, in Chamonix, _____.

BUSINESS CLASSIFIEDS

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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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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.

PAINTER SERVICING DOUGLASDALE & QUARRY PARK: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

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CERTIFIED LYMPHATIC THERAPY: Helps boost immune system, circulation, detox, rejuvenation, reduces migraines, swelling, pain, a few of many benefits. It's natural, gentle, relaxing, covered through massage benefits (if applicable). Save 10% on your first visit. Call Denise at 587-700-1246 or email deniseengel.lymph.clt@gmail.com. Located in South Calgary.

continued on next page

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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.

HERITAGE WEST PLUMBING AND HEATING: 5-star Google rating, Senior and Veteran discounts. Highly trained plumbers and gasfitters. Water heaters, furnaces, boilers, drain cleaning, leaks, and renovations! 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.

KITCHEN CABINETS REFINISHED: Hate the orange in your oak cabinets? Restore wood cabinets, water damage, get grime removed for approximately \$1495. Or change the look with a new colour spray finish for about \$3695. Environmentally friendly alternative to replacing or refacing. Call Doug at 'Not Just Paint' for a free estimate/consult. 403-671-0324.

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CHARTERED PROFESSIONAL ACCOUNTANT: Taking care of your small business needs: accounting, bookkeeping, personal and corporate taxes, GST filing, and payroll. Wendy CPA, CGA, 403-607-4617.

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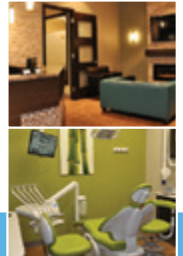
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*some restrictions apply

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