

NOVEMBER 2025

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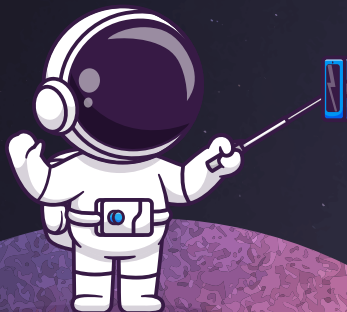
Call 403-720-0762 | grow@greatnewsmedia.ca



SCAN ME

SPACE SELFIE

On November 12, 1966, Buzz Aldrin snapped the first space selfie! With the earth as his background, Aldrin took a photo of himself while performing extravehicular activity in space during the Gemini 12 mission. Truly out of this world!



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Word of the Month

Magnanimous: Adjective (mag-nan-uh-muhs)
Generous and high-minded. Not petty or resentful.

She paid for both her and her friend in a magnanimous gesture.



Dr. Nikola Vranjes, DDS



Dr. Tasha Chrbet, DDS



Dr. Megan Lawless, DDS



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Dentistry is our profession, but people are our focus.

*all services performed by a licensed general dentist

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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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DouglasGlen Maintenance Association	info@dqca.ca
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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

November Update: It's Ice Time!

The temperatures have dropped.

The snow's starting to stick.

And you know what that means... it's rink season in Douglas Glen and Douglasdale!

We're looking for awesome volunteers to help keep our community rinks in top shape this winter.

That means:

- Flooding
- Shoveling
- Keeping the ice in great shape once the snow flies

No experience needed — just a warm heart, a bit of time, and a willingness to embrace the cold. (Think of it as your winter workout... and a great way to meet your neighbours!)

Why volunteer?

- Community pride
- Bragging rights
- Bonus: You get to play with a giant hose or drive a tractor!

Interested? Email us at info@dqca.ca. Sign up today before your leftover Halloween candy turns into holiday cookies!


DouglasQuarry
COMMUNITY ASSOCIATION



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 sheds.
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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Plumbing Services
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Service Call Fee



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DOUGLASDALE/
GLEN



QUARRY
PARK



Cats, Canines, & Critters of Calgary



Prairie Chickens, Calgary



Buster and Knuckles, Huntington Hills



Shai and Star, Copperfield



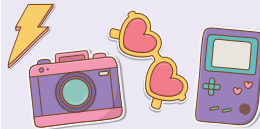
Tobi and Cherokee, Douglasdale

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

GAMES & PUZZLES

Guess the 2000s Movie!

1. This parody pokes fun at films like *Scream*, *I Know What You Did Last Summer*, and *The Sixth Sense*.
2. In this crime thriller, Guy Pearce plays Leonard who suffers from an untreatable form of memory loss that makes finding his wife's killer nearly impossible.
3. This legal drama involves Julia Roberts, a car accident, and a devastating legal cover-up.
4. Two cheerleading squads duel it out and uncover some shady practices going on during the national championship.
5. Bruce Willis and Samuel L. Jackson star in this sci-fi thriller that takes "survival of the fittest" to a whole new mysterious realm.
6. A handsome, young professional living in America lives two separate lives: one an urban businessman, the other a knife wielding killer.



SCAN THE QR CODE FOR THE ANSWERS!



BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



MANY OTHER PACKAGES AVAILABLE!

BATHROOM RENOVATION SALE

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: \$17,679

SALE **\$13,879**
Limited Supplies

SUPREME TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
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- 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 new corner caddy with 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

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$20,679

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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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			SAME FEE
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02144	4 X-Ray Bite Wings	\$105.35	\$105.35
11113	3 Units Scaling	\$250.53	\$250.53
11101	Polishing	\$74.40	\$74.40
12113	Fluoride Treatment	\$36.05	\$36.05
02601	Panorex	\$106.61	\$106.61

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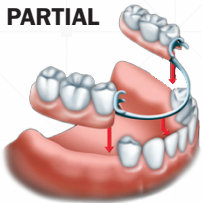


Get the smile you've always wanted with the clear alternative to braces for as little as \$70/week. Book a FREE consultation today and find out if you're a candidate.

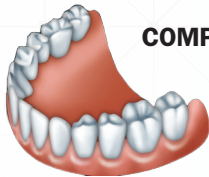
Dentures

Dentures are artificial replacements for your natural teeth and gums. If an accident, a disease or poor oral health care has left you with only a few healthy teeth or none at all, your dentist might suggest dentures to replace your missing teeth. There are 2 types of dentures: partial and complete. Contact us today for more information on tooth replacement options for you!

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for the month of November!

*Christmas
Wish List*
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services



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www.avacuum.ca | info@avacuum.ca
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Pizza Hut - The Market at Quarry Park | 825-413-2389 | 163 Quarry Park Blvd SE
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10% off all regularly priced food items. Pick-up only. Some conditions may apply.



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Restaurants

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Stuffed Red and Yellow Bell Peppers

by Jennifer Puri

Red bell peppers belong to the capsicum family. All bell peppers start out green and progress through the yellow and orange stages before reaching their most flavourful red stage.

Red bell peppers are considered the healthiest because they contain high levels of vitamins like C and A, and antioxidants. All bell peppers offer nutritional benefits but the red, yellow, and orange are the most flavourful.

Bell peppers can be used in every aspect of cooking, but the hollow insides of the peppers make them ideal for stuffing with ground meats, cheeses, and grains as shown in the stuffed red and yellow bell peppers recipe below.

Prep Time: 10 minutes

Cook Time: 25 minutes

Bake Time: 35 minutes

Servings: 4

Ingredients:

- 4 red and yellow bell peppers
- 1 lb. lean ground beef
- 2 tbsp. olive or canola oil
- 1 tsp. minced garlic
- ½ cup chopped yellow onion
- 1 tsp. minced ginger
- 2 bay leaves
- 1 cinnamon stick
- ¼ tsp. ground cloves
- ½ tsp. salt
- ½ tsp. black pepper
- 2 cups cooked long grain rice
- 2 cups shredded mozzarella or cheddar cheese

Directions:

1. Preheat oven to 425 degrees Fahrenheit.
2. Wash and dry the bell peppers, then slice in half and remove the pith and seeds.
3. Brush the bell peppers with a little oil and sprinkle some salt and black pepper. Place the peppers cut side up on a baking tray and roast in the oven for about 10 minutes.



3. While the peppers are baking, prepare the filling by heating the remaining oil in a skillet. Then add onions and sauté for a few minutes until softened.
4. Next add the garlic, ginger, bay leaves, cloves, cinnamon stick, and the ground beef. Sauté the mixture until the beef turns brown then add a cup of water, cover and cook for about 12 to 15 minutes or until the beef is cooked and the liquid dries up.
5. Remove from heat and discard the bay leaves and cinnamon stick before adding the cooked rice and half the cheese.
6. Arrange roasted bell pepper halves in a baking dish and spoon the beef and rice mixture into them. Bake on middle rack of oven for about 20 minutes then sprinkle remaining cheese and bake peppers uncovered for about 5 minutes or until cheese is melted.
7. Serve with mashed potatoes, garlic bread, or cornbread if desired.

Bon Appétit!

Photo Gallery

by Marni Cain



FRIENDS *of* Fish Creek

The Friends of Fish Creek Have Saved Over 45,000 Native Plants This Year!

Ahh, summer. It was a time for enjoying beautiful weather, getting outside, and—of course—rescuing plants. Saving mature plants from sites slated for development and transplanting them into the grasslands where they can not only survive, but thrive, is a no-brainer for us here at the Friends.

And thanks to our developer partners Genesis Land Development Corp, Qualico Communities, and Calbridge Developments, we've had an extremely successful (if sometimes muddy) plant rescue season.

So far in 2025, across four sites, we estimate that we've saved over 45,000 plants—and these have all found a new home in the grasslands at Bow Valley Ranch! This not only gives our grassland and creekside habitat restoration projects a big boost, but these plants will produce harvestable seeds that we can then use to continue propagating and planting new plants, keeping the circular seed cycle going!

Here's a look at just a few of the incredible species we've been lucky enough to rescue this year. We hope you enjoy the beauty of these amazing native plants and grasses. If you want to get involved in plant salvage, you can volunteer to come out with us on weekends to help rescue plants for grassland restoration (or grab some for your own garden). Learn more about volunteering at friendsoffishcreek.org/volunteer or email us at info@friendsoffishcreek.org.



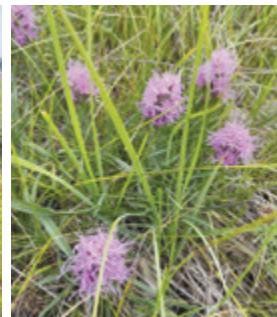
Porcupine Grass (*Hesperostipa curtiseta*)



Blue grama grass (*Bouteloua gracilis*)



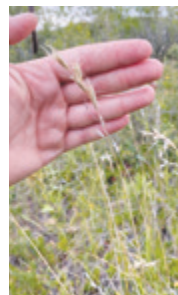
Nodding onion (*Allium cernuum*)



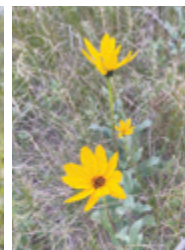
Dotted Blazing Star (*Liatris punctata*)



Yellow Owl's Clover (*Orthocarpus luteus*)



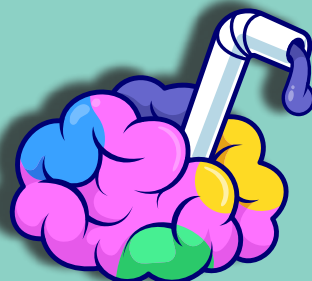
Parry's Oatgrass (*Danthonia parryi*)



Rhombic-leaved Sunflower (*Helianthus pauciflorus subrhomboideus*)

Brain Freeze

That sharp headache from cold treats? Doctors call it "sphenopalatine ganglioneuralgia". Try saying that the next time you eat an ice cream and get brain freeze!



BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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continued on next page

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Age-Friendly Calgary Essential Numbers for Seniors in Calgary

9-1-1 Emergency (24-Hour)	403-SENIORS (403-736-4677) The Way In
For EMERGENCY medical, fire, and police response. Call the non-emergency police line at 403-266-1234 to report an incident that is not an emergency.	Information, advice, and help accessing programs and benefits for older adults.
8-1-1 Health Link (24-Hour)	403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)
Health advice (including dementia advice) from a registered nurse.	Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).
3-1-1 City of Calgary (24-Hour)	403-943-1500 Access Mental Health
Information on all City of Calgary services. www.calgary.ca .	Non-urgent advice on navigating the addiction and mental health system.
2-1-1 Community Resources (24-Hour)	403-705-3250 Elder Abuse Resource Line (24-Hour)
Information and referrals for community and social services. www.ab.211.ca .	Confidential information and support, or to report a suspected case of elder abuse.
Telephone language interpretation service available on all lines.	



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