



IT'S ALWAYS
GREEN
IN QUARRY PARK

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QUARRY PARK NEWS



QUARRY PARK NEWSLETTER
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Deep summer is when laziness finds respectability.

Sam Keen

Gardening and BBQ season is finally in full swing – that beautiful time when we can relax in a shady spot, enjoy the outdoors or check out one of the numerous open-air activities and events that Calgary has to offer. Some of us will pack our bags and travel to an exotic location, others prefer a staycation in their own back yard or a close-to-home escape. Whatever your preference, after a long winter and busy spring we all deserve to slow down, take a break and smell the roses over the next couple of months. Have a fabulous summer!

Quarry Park Infrastructure

At this time of the year Calgarians experience frequent thunderstorms, often with torrential rain falls. You may have wondered why water is pooling in some locations on the streets but not in others. This could simply be because a storm drain is plugged with debris, or it could be one of the storm drains that is equipped with an inlet control device. These devices manage how fast rain water flows from the storm drain into the underground pipes and are designed to keep extra water on the road until the stormwater system can accept more water, thus preventing the system from becoming overwhelmed which could lead to water backing up into basements or flooding into houses. If you see water pooling on a street, please allow for up to two hours for the water to drain prior to calling 311, unless water is entering a building or vehicle or there are other safety concerns. You can see where the storm drains in Quarry Park are located and which of them have a control device for intentional surface pooling on the City's storm drain location map at <https://www.calgary.ca/UEP/Water/Pages/Water-and-wastewater-systems/Storm-drainage-system/Storm-Drains.aspx>.



A big part of Calgary's road maintenance program is repairing potholes. The City inspects major roads twice a month and collector roads once a month. In residential areas, however, it relies on citizens and City crews to report concerns. If you notice a pothole developing along one of the paved streets or back lanes in the community, you can submit an online service request at <https://www.calgary.ca/Transportation/Roads/Pages/Road-Maintenance/Pothole-repair.aspx>.





IN AND AROUND QUARRY PARK

Luxe Nail Bar

The Market's newest addition, Luxe Nail Bar, is located between Starbucks and The Chopped Leaf. Open seven days a week, the team at Luxe will make sure that you are taken care of. Beyond nail services, they offer professional waxing, wedding and corporate packages. The owner has always had a passion for art and customer service, and is excited to share it with you. Please visit www.luxenailbaryyc.com for more information.



DouglasQuarry Community Garden

If you would like to try your hand at gardening but don't want to dig up a section of the lawn for something you may decide isn't for you after all, or if you live in a condo and are unable to plant a garden, check out the DouglasQuarry Community Garden. It is located between the rink and the baseball diamond in Douglasdale Park along Douglasdale Boulevard, and is made up of individual plots that members of the DouglasQuarry Community Association can lease for the growing season. You do not need to have a green thumb to grow your own fresh, organic food, and more experienced gardeners are always happy to share tips and tricks that have worked for them. If you have any questions or would like to register for a plot, please email garden@dqca.ca.

An annual membership in the DouglasQuarry Community Association is only \$25 per household (\$10 for seniors) and entitles you to a number of benefits and discounts from over 20 local businesses. For more information please visit <https://dqca.ca/>.





QUARRY PARK EVENTS & PROGRAMS

Happenings at the Y

3rd Annual Remington YMCA Stampede Breakfast – July 4

Head over to the Remington YMCA in Quarry Park on Thursday, July 4th from 7 am to 9 am for their 3rd Annual Stampede Breakfast with kids' activities, face painting and line dancers!

Summer Sport Programs – starting July 2

This year, the Remington YMCA is offering 4 different Summer Sports Programs in July and August. Basketball, Soccer, Badminton and the Young Athlete programs are starting on July 2 and run for 4 weeks each.

Summer Soccer Camp – August 19-23

Kids 8 to 9 years will have fun and learn new skills at the Summer Soccer Camp from August 19-23. The camp will run daily from 8:30 am to 4:30 pm.

Visit member services for more information, or register online at www.ymcacalgary.org/registration. Please also note: The training pool at the Remington YMCA in Quarry Park will be closed from August 26 to September 1 for yearly maintenance.



Events at the Joy and Vitality Centre

Joy and Vitality Centre is offering a variety of events this summer, from yoga workshops to psychic development nights, to help you achieve your health and wellness goals. The Centre's Facebook page at <https://www.facebook.com/InVCentre/> will provide you with a complete list and further details.

This fall, a new 6-week series "Introduction to Meditation" will be added, starting Friday, September 13 from 7 pm to 8 pm. Scientific research has shown that meditation has many physical, mental, emotional and spiritual benefits. The course will teach you the tools and techniques required to build a strong meditation practice which will nourish your body, mind and soul.





MISCELLANEOUS

Calgary Wildlife – Birds

At this time of year, thousands of birds are being hatched all over Calgary, and some of the nestlings find themselves prematurely out of their home, either having fallen out of the nest or having been kicked out by a sibling. If you find a nestling on the ground, you can pick it up gently, place it in a small container with some paper towel or soft tissue around it to keep it warm, and drop it off at the Calgary Wildlife Rehabilitation Society where it will be fed and kept in an incubator until it is ready to be released.

If the bird already has feathers on it and is hopping around, it has entered the fledgling stage and has left the nest to develop its flight muscles and learn how to find its own food. Fledglings haven't quite mastered the art of flying yet, so they will spend a week to 10 days on the ground. Their parents will still be close-by, keeping an eye on their young and protecting them, and will feed the fledgling until it is independent. If you find a fledgling in your yard, the best thing to do is to leave it alone, unless it is obviously injured. If the fledgling is in an inappropriate location or in immediate danger, it can be moved to a nearby location that is safer.

Songbirds like to nest in available spaces around the house, which includes vents and eavestroughs. If you find a nest in one of these locations, it is best to remove it as it can pose a health and safety hazard. If the nest already has eggs or nestlings in it, you can move it to a nearby tree or make a new nest out of a berry container with drainage holes. Watch the nest from a distance to ensure that the mother can find the new nest and will continue to care for the young birds. If it appears that she has abandoned the nest or if relocation is not possible, contact a wildlife rehabilitation society for advice on how to proceed.

For help with nestlings or if you find an injured bird, phone the wildlife hotline at (403) 214-1312. Visit www.calgarywildlife.org for more information.

Calgary Stampede



Stampede is just around the corner and that means..... pancakes! Whether you like them loaded with bacon and syrup or gluten-free and vegan, this city has a Stampede breakfast for every kind of cowboy and cowgirl. For a complete listing of the 2019 Calgary Stampede pancake breakfasts, visit www.stampedebreakfast.ca and enjoy!

