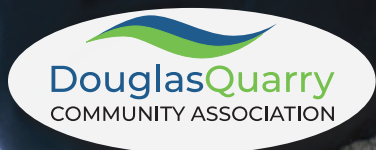


FEBRUARY 2023

DELIVERED MONTHLY TO 5,870 HOUSEHOLDS

your DOUGLASQUARRY

THE OFFICIAL DOUGLAS QUARRY COMMUNITY NEWSLETTER



**SAVE A BUNCH
OF CASH**

Expert advice | Excellent rates
Better mortgages



403-771-8771

anita@anitamortgage.ca



2022 SAW RECORD-HIGH SALES AND DOUBLE-DIGIT PRICE GROWTH

December sales eased, however, slowing sales over the second half of 2022 were not enough to offset earlier gains as sales reached a record high of 29,672 units in 2022.

Over the past several months, the pullback in sales was also met with a significant pullback in new listings, causing further declines in inventory levels. As of December, there were 2,214 units available in Inventory, making it the lowest level of inventory reported for December in over a decade.

“Housing market conditions have changed significantly throughout the year, as sales activity slowed following steep rate gains throughout the later part of the year,” said CREB® Chief Economist Ann-Marie Lurie. “However, Calgary

continues to report activity that is better than levels seen before the pandemic and higher than long-term trends for the city. At the same time, we have faced persistently low inventory levels, which have prevented a more significant adjustment in home prices this year.”

Benchmark prices eased to \$518,800 in December, down nearly five percent from the peak price in May but almost eight percent higher than last December. While prices have trended down annually, they remain over 12 percent higher than last year’s levels.

The housing market in 2022 generally outperformed expectations both in terms of sales and price growth.



ROYAL LEPAGE
SOLUTIONS

Derek Davidson

403.651.6282

www.douglasdalehomes.com

Building Relationships, One Home at a Time Since 2002

Not intended to solicit properties already under contract

ACADEMY

www.academydenture.com

DENTURE CLINIC

Modern Solutions for Missing Teeth

STOP:

- Avoiding foods you love
- Using messy adhesives
- Being self-conscious of your smile
- Looking older than your age

WE OFFER:

- Denture on implant options
- Conventional and flexible denture options
- Direct billing for private insurance
- Complimentary initial consultations

NEW! Suction-Enhanced BPS® Dentures

Due to the current COVID pandemic, we are seeing patients by appointment only, and have implemented enhanced infection control protocols.



Southcentre Mall
Suite 126A, 100 Anderson Rd SE

Book an Appointment
(403) 269-8308

Mon - Thur 8:30 am - 4:30 pm
Fri 8:30 am - 12:00 noon

SelPhone Lab
Phones are amazing when they work

BROKEN GADGET?

FIX IT!



CALL 403-430-2222

contact@sellphonelab.ca

36 Riverglen Dr SE, Calgary

www.sellphonelab.ca

SPL COMMUNITY OFFERS

UP TO
\$25 OFF
ON REPAIRS

UP TO
25% OFF
ON ACCESSORIES



OFFICIAL
PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50
Service Call Fee



403-837-4023
info@officialplumbingheating.ca
official-plumbing-heating.ca



**When You Step Out,
WE Step In**

Vacation and Vacant
Home Watch Service for
Insurance Requirements

Lynda Binder | Launa Germiquet | Pam Taylor

1-844-3-ATTEND info@greatattenders.com

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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.

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
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](https://twitter.com/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

SCAN HERE

**To View Additional
Douglas Quarry Content**



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!



Dr. Nikola Vranjes, DDS



Dr. Tasha Chrbet, DDS



Dr. Megan Lawless, DDS



We proudly follow the Alberta Dental Association Fee Guide

ACCEPTING NEW PATIENTS!

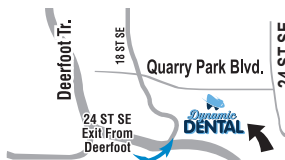
- Early AM, Evening, & Saturday Appointments
 - Children & Emergencies Welcome
- Dental Implants, Crowns, Whitening, Dentures, Snoring Appliances, Oral Sedation, Extractions
 - We Direct Bill to Insurance
- English, French, Croatian, Spanish, and Polish Languages Spoken.

#210 - 163 Quarry Park Blvd SE

LOCATED IN THE MARKET AT QUARRY PARK ACROSS FROM THE CO-OP

403.453.5588 www.dynamicdentalcalgary.com

Dr. Vranjes & Associates at Dynamic Dental would like to welcome Dr. Megan Lawless and Dr. Isela Montemayor to the team



Dentistry is our profession, but people are our focus.

*all services performed by a licensed general dentist

DQCA TIMBITS SOCCER

Our 2023 season will run from the week of Apr. 24 to the week of Jun. 19.

The DouglasQuarry Timbits league includes U4, U6 and U8 programs for kids. It is a recreational outdoor league of over 450 children, run entirely by volunteers, sponsored by Tim Hortons and the Calgary Minor Soccer Association.

REGISTRATION IS OPEN!

Jan. 1 - Feb. 28, 2023

www.dqca.ca

**DouglasQuarry**
COMMUNITY ASSOCIATION

FRIENDS *of* Fish Creek

February in Fish Creek

Show Your Love for Fish Creek this Valentine's Day

Are you looking for a gift for that special someone this Valentine's Day? The Friends have some amazing gift ideas that will not only warm the heart of your valentine, but will also help support Fish Creek Provincial Park. Through the Friends' brick program, you can donate a personalized brick within the Fish Creek Community Terrace at the Bow Valley Ranch. Bricks will be installed this summer and the Friends will provide a certificate that you can give to your valentine. You can also make a dedication donation to the Friends in honour of your special someone and we will provide them with a personalized certificate. A dedication gift is perfect for anyone who cares about Fish Creek, enjoys visiting this park, and would like to see it preserved for future generations. For more information, please visit the Friends' website.

Brick Program: <https://friendsoffishcreek.org/brick>

Dedication Gift: <https://friendsoffishcreek.kindful.com/?campaign=1048472>

Fish Creek Speaker Series 2023

We are so happy to announce that the Fish Creek Speaker Series is returning to the Fish Creek Environmental Learning Centre for the 2023 season, and in an even more accessible format! Now we are putting technology to work to increase accessibility for audience members who may not be able to attend in-person, and so we can bring in presenters from further afield. Presentations from February to March will take place virtually through Zoom. Online presentations may also be provided if presenters are located in a distant region. Upcoming Fish Creek presentations include Wild Wolf Watching in Yellowstone National Park on Thursday, February 9, presented by Kelly Hazen, and Environmental Impacts of Effluent Release on Thursday, March 9, presented by Matthew Bogard, University of Lethbridge. Stay tuned to the Friends website for more information about Fish Creek Speaker Series talks: <https://friendsoffishcreek.org/programs/speaker-series>.



Park Protectors Needed

Now is the perfect time of year to become a Fish Creek Provincial Park Protector! Fish Creek is a cherished natural green space that we are fortunate to have in the city, and all of the Friends' programs and activities are designed to help preserve biodiversity and ensure a sustainable park environment. The Park Protector monthly donor program is the most convenient way to support Fish Creek Provincial Park every day and you can rest assured that your hard-earned donation will be used effectively and efficiently right here in Fish Creek. For more information, please visit <https://friendsoffishcreek.org/park-protector-signup>.

Tru Earth Household Products – A New Partnership with Fish Creek

The Friends are pleased to partner with Tru Earth, a Canadian company that focuses on creating eco-friendly household goods. Tru Earth's products are designed to function the same - or better - than traditional products, but without all the plastic and other chemicals that are harmful for the planet. Order your Tru Earth household products today and the Friends of Fish Creek will earn at least 20% profit on every sale made through this exciting ongoing fundraiser. Check out Tru Earth and make a purchase to support the Friends of Fish Creek today. Visit the Friends' Tru Earth page at <https://bit.ly/37kyppt>.

BENEFIT PARTNER REWARD PROGRAM

Automobile



Easy Auto Glass | 403-265-0007 | Bay 1, 10820 - 27 St. SE

www.easyautoglass.ca | info@easyautoglass.ca

Free rock chip repairs on any windshield we install. Conditions Apply.



Integra Tire Auto Centre | 403-257-6465 | #9, 11450 - 29 St. SE

www.integratire.com | calgarydouglasdale@integratire.com

10% off parts and servicing (excludes tire purchases, some conditions may apply).



Mr. Lube | 403-257-4617 | 200, 4307 - 130 Ave. SE | www.mrlube.com

10% off all parts and service. Cannot be combined with other offers.

Membership card must be presented at time of service.



Mr. Lube | 587-296-7000 | 10834 - 50 Street SE | www.mrlube.com

10% off all parts and service. Cannot be combined with other offers.

Membership card must be presented at time of service.

Beauty & Personal Care



Edgeworxx Studio | 403-236-9188 | #24, 20 Douglas Woods Dr. SE

www.edgeworxxstudio.com | edgeworxxstudio@shaw.ca. It's all about Hair.

5% off all products and services (cannot be combined with any other offer).

Business & Personal Services



C-Techs Computer Services | 403-261-8998 | #4, 675 Acadia Dr SE

www.c-techs.com | support@c-techs.com

10% off any computer repairing service.



Titan Ink-Jet | 403-225-6530 | #129, 755 Lake Bonavista Drive SE | www.islandinkjet.com

titaninkjet@shaw.ca. The cartridge refill experts for Brother, Canon, Dell, Epson, HP, Lexmark.

10% off inkjet cartridge refills.

Health & Wellness



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.**



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. Specializing in home renovations & new home construction. Remove/install wallpaper. Full WCB \$5 million liability, 31 yrs. experience. Free estimates. **20% off premier interior painting for commercial/residential.**



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.
20% discount for tree & flowerbed services.



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.**



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).**



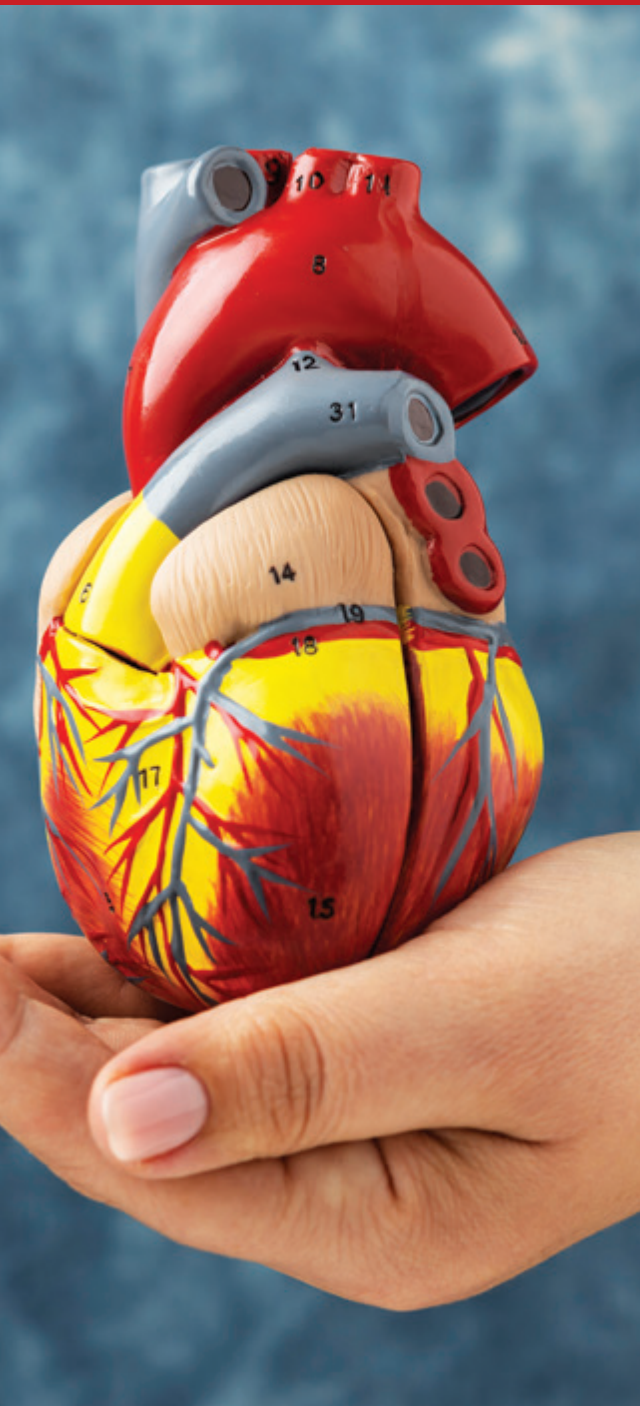
Fresh Jock | #109, 10836 24 St. SE (inside Barker's) 403-726-9301 | calgaryfreshjock.com
 Sports and protective equipment cleaning services. **10% off your bill.**

Home Improvement & Maintenance

Home & Care Services

Restaurants

Sports & Fitness



February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



MLA Calgary–Peigan

Tanya Fir

Parliamentary Secretary
for Status of Women

📞 587.392.8850

✉️ Calgary.Peigan@assembly.ab.ca



Douglasdale Real Estate Update

Last 12 Months Douglasdale
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2022	\$ 599,000	\$ 587,000
November 2022	\$ 575,000	\$ 570,000
October 2022	\$ 538,944	\$ 525,000
September 2022	\$ 559,900	\$ 552,500
August 2022	\$ 589,900	\$ 579,500
July 2022	\$ 639,000	\$ 616,000
June 2022	\$ 574,950	\$ 596,000
May 2022	\$ 575,000	\$ 575,000
April 2022	\$ 592,450	\$ 594,950
March 2022	\$ 579,900	\$ 597,500
February 2022	\$ 530,000	\$ 581,189
January 2022	\$ 517,450	\$ 530,000

Last 12 Months Douglasdale
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2022	7	9
November 2022	7	9
October 2022	18	20
September 2022	19	19
August 2022	18	15
July 2022	19	17
June 2022	38	22
May 2022	29	33
April 2022	27	26
March 2022	37	40
February 2022	41	31
January 2022	14	14

To view more detailed information that comprise the above
MLS averages please visit doug.mycalgary.com

Dear Neighbours,

Fish Creek Provincial Park is a treasure enjoyed by many Calgarians, and our government is investing \$750,000 into the park to enhance visitor experiences. We are working to protect our provincial parks and advance sustainable partnerships for recreation, conservation, and education. Investing in provincial parks helps protect Alberta's wild spaces for future generations while driving tourism and supporting local economies. This investment in the Friends of Fish Creek Provincial Park Society ensures the park has the staff, resources, and programming needed to be enjoyed by Albertans for generations to come.

As Parliamentary Secretary for Status of Women, I was pleased to join Women and Gender Equality Canada in announcing \$3 million is being directed to 211 to ensure that the crisis supports Albertans need are there when they need them. This investment will help continue to build a reliable, streamlined 24/7 service that connects Albertans to the resources that serve their urgent needs. 211 is an essential service that helps Albertans find the right resource at the right time. 211 provides information and referral to a wide range of community, social, health, and government services, no matter where you live.

As part of the Healthcare Action Plan, our government is working with Alberta Health Services (AHS) to improve EMS response times and open acute care beds in emergency departments faster. Using EMS more efficiently means they will be on the road and available for emergency calls. This new program is one of several actions underway designed to better serve Albertans. AHS has a plan to improve four priority areas and is taking steps to reduce pressures and improve system performance. This includes improving EMS response times, decreasing emergency department wait times, reducing wait times for surgeries, and improving overall patient flow and capacity.

PHOTO CORNER BY MARNI CAIN



Stargazing with Pat J: Celestial Bumper Cars

by Patricia Jeffery © 2022, Calgary Centre of the Royal Astronomical Society of Canada

While the Moon and planets may appear to peacefully traverse the night sky, in reality, all have been victims of catastrophic fender-benders with their solar system siblings.

Venus: Every planet spins anti-clockwise; except for Venus. Sometime in the distant past, something knocked Venus completely upside down, causing it to appear to rotate backwards; where the sun rises in the west and sets in the east. Equally weird, its axis rotation is so slow that a Venus day is longer than its year.

Earth: A Mars-sized object named Theia collided with Earth about 4.5 billion years ago. The gigantic impact blasted material into orbit which eventually consolidated into our Moon. The collision is also thought to be the reason Earth is tilted 23.5 degrees which is a good thing for us as otherwise there would be no seasons.

Saturn's Moon Mimas: The object that nearly destroyed Mimas left an impact crater 130 kms across; a comparable crater on Earth would be wider than Australia.

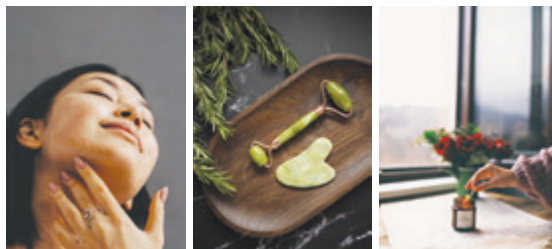
Uranus: All planets in the Solar system are tilted to some degree, but Uranus takes it to a whole new level. Early in life, a collision with an Earth-sized object left it with a tilt of almost 98 degrees; meaning Uranus is literally lying on its side.

As a result of the extreme tilt, summer on Uranus is 21 years of continuous sunshine while winter is 21 years of complete darkness. Despite being closer to the Sun than Neptune, Uranus is the coldest planet in the solar system at -224 degrees Celsius. And you thought our Canadian winters were bad.

***Asteroid Belt:** Located between Mars and Jupiter, these rocky fragments are not from a smashed planet, but merely material left over from when the solar system formed.



Self-Care O'Clock



Taking care of your whole self, mentally, emotionally, physically, and spiritually, is important. Bringing our body and brain into harmony can bring upon improvements in all areas of our lives.

As humans, we are programmed to help others. However, to do this in an effective and sustainable way, we need to take care ourselves. As the saying goes "you cannot help others if you do not help yourself first." So, when is the last time you truly focused on you?

Self-care looks different for everyone. It is a journey to find what you need to prioritize as actions for yourself to feel relaxed, energized, and strong! Here are some ways you can take care of your whole self:

Eat: Bake some treats, make a tasty salad, or cook your favorite meal. Say "yes" to what you want and enjoy every bite. You need to nourish to flourish!

Make Space: Have a space in your home that you can call your own and where you can reset. This could be a beanbag chair in a cozy corner, or a window with a view.

Heart Health: Take a deep breath and let it out slowly. Breathing exercises power our nervous system, helping us push away distractions and make decisions with a clear mind.

Connect: Surround yourself with people who support and uplift you. Focus on face-to-face interactions and connecting with a meaningful community.

Unplug: Limit daily technology use. Try to shut down screens an hour before bed and set up healthy boundaries with use during your day.

Most importantly, listen to what your body and brain need and meet those needs in ways that make sense for you!



CUSTOMER SATISFACTION GUARANTEED

WE SPECIALIZE IN ALL FORMS OF CONSTRUCTION & LANDSCAPE

INCLUDING SMALLER IN-HOME PROJECTS



Services

Residential Landscaping
Landscape Construction
Year-Round Maintenance
Spring and Fall Cleanup
Commercial and Condo
Property Management
Snow and Ice Removal

Contact Us

Address

20 Sunvale Place SE
Calgary, AB T2X 2R8

Call us now

(403) 256-9282

Email us

info@jacksonjackson.ca
contact@jacksonjackson.ca

www.jacksonjackson.ca



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

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."

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

DOUGLAS QUARRY MORTGAGE BROKER: SAVE A BUNCH OF CASH! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

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.

BRYAN'S PLUMBING MASTER PLUMBER: Local plumber, great prices, and over 30 years' experience. Renos and repairs, hot water tanks and humidifiers, and faucet replacements. Free estimates and advice. Seniors discount. No job too small. Call Master Plumber at 403-560-6547, or email brenmak@telus.net.

PLUMBING PARAMEDICS: Your community plumbing and furnace experts! Licensed, insured, and fully guaranteed! Specializing in residential plumbing and furnace repairs. BBB accredited. Call today to experience our world class service! 587-205-6657.

BUSINESS CLASSIFIEDS

DTA RENOVATIONS & HANDYMAN SERVICES: We assist in making your visions a reality and bringing your renovation dreams to life. Over 30 years of experience. Also, help with any handyman project you may require. No job is too big or too small. Please feel free to contact Darin at 403-471-9020 or dta.renovations@gmail.com.

AFFORDABLE DENTAL CARE MINUTES FROM DOUGLAS QUARRY! Cut through the noise. Message received loud and clear! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit CalgaryDentalCenters.com. Save money, smile, be happy!

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.

CROWN RENOVATIONS: Beautiful kitchens, bathrooms, and basements at affordable prices. Over 30 years' experience in quality renovations. Full service custom cabinetry. Local, licensed, bonded, and insured. Free in-house estimates. Visits to former clients can be arranged. Full house renovations. Check out our latest before and after renovation at www.crownrenovations.com. Call Bill at 403-819-8588 or email crownreno@shaw.ca.

PAINTING: Calgary's wall repaint experts. Fast, free estimates and colour consults. Friendly, clean, and on time. Check out our great reviews! Father and son power team. Fully insured. Please call/text Eric at 587-893-0326. www.elementpaintinginc.ca. Thank you.

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.

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.

GOUGH WELDING LTD: Over 18 years of experience welding and fabricating. Capable of completing residential jobs, light structural or steel, stainless and aluminum repair, and alterations. Pick up available for repair jobs. Can provide quotes in a timely manner. Please contact Michael at 403-479-3556 or goughwelding@hotmail.com.

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.

RESIDENTIAL CLEANING: Need help with your cleaning? R&N can help you. We have an affordable rate and well experienced cleaners. Available weekly, bi-weekly, monthly and one time clean. Call Rachell at 403-708-3119 to book.



mybabysitterlist

Calling All BABYSITTERS
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.



**SOFTBALL FOR BOYS
AGED 7 TO 18
THROUGHOUT CALGARY
BEGINNERS WELCOME**

 **www.calgaryboysfastpitch.com**
403-245-3008
inquiry@calgaryboysfastpitch.com

If you are considering selling, call us for a
Zero Obligation Home Evaluation and
 strategy discussion on how to achieve
Top Dollar for your home!

Douglasdale

Detached Home Stats - Last 45 Days



14

New Properties



8

Sold Properties



24

Average Days on Market



\$618,062

Median Sold Price

Douglasglen

Detached Home Stats - Last 90 Days



8

New Properties



8

Sold Properties



25

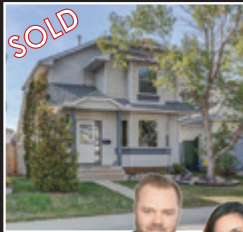
Average Days on Market



\$550,400

Median Sold Price

Your Home is in High Demand!



JORDY HUNTRODS
 CALGARYREALSTATEPLUS.COM

403-681-4457

jordy@royallepage.ca

&

LINDSEY BEZANSON
 CALGARYREALSTATEPLUS.COM

403-827-3055

lindseyb@royallepage.ca

ROYAL LEPAGE *Solutions*