

JANUARY 2023

DELIVERED MONTHLY TO 5,870 HOUSEHOLDS

your DOUGLASQUARRY

THE OFFICIAL DOUGLAS QUARRY COMMUNITY NEWSLETTER



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2022 on track to be a record year for sales

Residential sales in the city slowed to 1,648 units, a year-over-year decline of 22 per cent, but 12 per cent above the 10-year average.

The pullback in sales over the past six months was not enough to erase gains from earlier in the year as year-to-date sales remain nearly 10 per cent above last year's record high. The year-to-date sales growth has been driven by a surge in both apartment condominium and row sales.

"Easing sales have been driven mostly by declines in the detached sector of the market," said CREB® Chief Economist Ann-Marie Lurie. "Higher lending rates are impacting purchasers buying power and limited supply choice in the lower price ranges of the detached market is likely causing many purchasers to place buying decisions on hold."

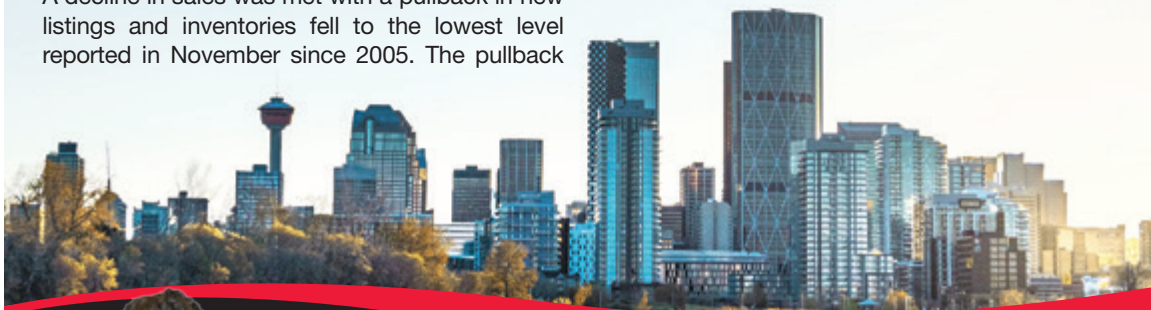
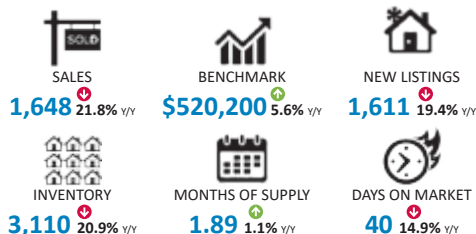
A decline in sales was met with a pullback in new listings and inventories fell to the lowest level reported in November since 2005. The pullback

in both sales and new listings kept the months of supply relatively tight at below two months. The tightest conditions are occurring in the lower-price ranges as supply growth has mostly been driven by gains in the upper-end of the market.

Despite the lower supply levels, prices have trended down from the peak reached in May of this year. Even with the adjustments that have occurred, November benchmark prices continue to remain nearly nine per cent higher than levels reported last year.

HOUSING STATISTICS

CITY OF CALGARY - NOVEMBER 2022



Derek Davidson

403.651.6282

www.douglasdalehomes.com

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Dr. Nikola Vranjes, DDS



Dr. Tasha Chrbet, DDS



Dr. Megan Lawless, DDS



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



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**COME ON IN & GET YOUR
CLAWS CHECKED & YOUR
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Thank you for all your support

#7 - 675 Acadia Drive SE
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SCAN HERE



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Douglas Quarry
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INCLUDING

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and More...

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.

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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 | Website: www.dqca.ca

Mailing Address: P.O. Box 87031 160 – 11520 24 Street SE
Douglas Square R.P.O., Calgary Alberta Canada, T2Z 3E0

****Send all inquiries to info@dqca.ca**

EXECUTIVE

President	Jason Doering
Vice President	Renee Gallant
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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	ddgstimbits@gmail.com
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
Councillor - Ward 14	Peter Demong Ward14@calgary.ca twitter @ Peter Demong 403-268-1653
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

SUPPORT YOUR COMMUNITY

Buy/Renew Your Douglas Quarry Membership Today!

Preferred method: visit [www.dqca.ca/membership] for secure online purchase or renewal (2 to 4 weeks processing).
Or, fill out the application form in this newsletter and drop off at Swifty's / mail to our PO Box (4 to 6 weeks processing).
Keep your current DQCA membership cards. You will receive your renewal in the mail.

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. Timbits Soccer – local U4, U6, U8 soccer club.
3. Active contributor and supporter of your community.
4. Vote at the Annual General Meeting.
5. Sit on the board or become a committee member coordinating special events.
6. Community involvement on regional committees and initiatives.
7. Awareness and responsive to planning and development issues.
8. Maintains and improves outdoor rinks, 2 rink shacks.
9. Supportive of your community newsletter.
10. Pay it forward bottle drive program.
11. Making a difference in your community and become an ambassador for your community.

You don't have to live in the community to own a DQCA membership card. Encourage your friends or family to buy a card!

DouglasQuarry Community Association Membership Application Form

You can drop off the application form with your payment (cash not accepted) at Swifty's gas station located at Douglasdale Blvd. and Douglas Woods Drive or mail to P.O. Box 87031 160 – 11520 24 Street SE Douglas Square R.P.O., Calgary Alberta Canada, T2Z 3E0.

☐ Regular - \$25/Household

☐ Senior (+50) - \$10/Household

Date Paid: _____

Current membership card number: _____

1st Card Holder: _____

2nd Card Holder: _____

Address: _____

Postal Code: _____ Telephone: _____

Email Address: _____

Wish to receive community email updates? ☐ Yes

Would you be interested in hearing about volunteer opportunities? ☐ Yes

Douglasdale Maintenance Association: Keeping Our Community Attractive

Winter Arrangements

The winter arrangements will be in place late November, early December.

Wrapping of Garbage Bins

There are five bins that need to be wrapped. This was scheduled to be completed this fall.

Trees

The Douglasdale Maintenance Association is not responsible for any trees in the neighbourhood. Urban Forestry, a City of Calgary program, manages Calgary's public trees in the parks and on the boulevards. Should you have any concerns regarding trees such as broken branches, diseased, require pruning, etc. please call 311.

What Does the Annual Tax Levy Cover?

We frequently receive inquiries from homeowners wanting to know what the annual tax levy covers. The following is a list of where the funds are spent.

1. Maintenance of boulevards, main entrances, and other park areas including planters, flowers and shrubs, grass, etc.
2. Purchase of plant materials, spring planting, aerating, fertilizing, herbicide application, and mulching.
3. Weekly mowing and trimming above the city standard of four mowings a summer.
4. Water for park irrigation, planters, and boulevard shrub beds.
5. Spring/fall cleanup of boulevards, main entrances, and other park areas.
6. Special projects such as the enhanced boulevard projects at the front gates, Douglasbank Green entrance, Douglasdale Boulevard across from 7-11, and wrapping of the garbage bins.

The Enhanced Tax Levy was voted in by Douglasdale residents after the developer handed over landscape maintenance to the City. The Association was incorporated on September 17, 2001.

Contact Us

If you have any comments, questions, or concerns, send them to us at ddmaint@outlook.com.

We ask that you include pictures, if possible. They make it so much easier to understand an issue. Also include as much detail as possible concerning the location.

We recently discovered that since May, not all emails arrived in our inbox. They have now been received and we are in the process of responding to each of them. We apologize for this delay.

**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.



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403-245-3008
inquiry@calgaryboysfastpitch.com

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

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

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Old Fashioned Fish Pie

by Jennifer Puri



Simple and traditional, Fish pie is a comfort food that originated in Scotland and is an integral part of the culinary heritage of the British Isles.

Sweet, soft, salty, and smooth, comfort foods are associated with a feeling of emotional well-being.

Mashed or fried potatoes were the original comfort food, along with Chicken soup, meatloaf, perogies, and Mac and Cheese.

Comfort foods are a trend that is constantly evolving and is reflected in our modern-day versions such as chips, ice cream, cookies, pizza, pasta, and burgers.

A classic cold weather dish, Old Fashioned Fish Pie uses white fish fillets, prawns, leeks, and spoonfuls of fresh herbs. It pairs well with soups, salads, cooked peas, or carrots.

The mashed potatoes used in this recipe can be substituted with sliced potatoes, puff, or crust pastry.

Prep Time: 40 minutes

Cook Time: 1 hour 45 minutes

Servings: 4 to 6

Ingredients:

- 1 ½ lbs skinless white fish fillets
- 12 raw tiger prawns
- 2 ½ lbs of peeled potatoes
- 3 ½ cups milk

- 2 cups leeks finely chopped
- 2 Bay leaves
- 10 peppercorns
- 10 tbsps. of butter
- ½ cup all purpose flour
- 5 tbsps. of chopped fresh parsley
- 4 tbsps. of chopped fresh dill
- Salt and black pepper to taste

Directions:

Place the milk, bay leaves, peppercorns, and leeks in a saucepan and bring to boil. Simmer on low heat for 10 minutes and then strain the mixture and set aside.

Arrange the fish fillets in a large pan and pour the strained mixture over them and simmer on stove for 5 to 7 minutes. Remove fish fillets from pan, flake the fish, and then place in a medium size baking dish. Arrange shelled prawns on top of the fish and set aside.

Melt half the butter in a saucepan over medium heat, stir in the flour, and gradually add the flavoured milk. Simmer until sauce thickens (about 10 minutes). Remove saucepan from stove and stir in the parsley, salt, and pepper to taste. Pour the sauce over the fish and prawns.

Boil peeled potatoes in salted water until soft then drain and mash. Add the remaining butter, chopped dill, and salt to taste. Spoon the mashed potatoes onto the fish and prawns spreading it evenly. Bake in a pre-heated oven at 350 degrees Fahrenheit for about 45 minutes or until the potatoes are crusty and golden brown. Serve immediately.

Bon Appétit!



FRIENDS *of* Fish Creek

The Fish Creek Community Terrace

Every brick tells a story, and we invite you to share your story with park visitors by dedicating a brick along the Fish Creek Community Terrace. We are now offering bricks in Phase 3 of the Fish Creek Community Terrace at the Bow Valley Ranch. There are only 100 spaces available so make sure to get yours today. If you have a local business, consider having a brick inscribed for your business - it's great advertising in a very busy area! We are planning to install the bricks this summer and registration for this amazing program will close June 1. For more information, please contact the Friends of Fish Creek at 403-238-3841, ext. 1 or visit <https://friendsoffishcreek.org/brick>.

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 we are fortunate to have in the city. As a non-profit organization based in Fish Creek and serving the Calgary community, the Friends of Fish Creek do not receive regular funding and rely on grants, sponsorships, program fees, donations, and fundraising to continuously support Fish Creek. Through the Park Protector program, a monthly donation will be effortlessly withdrawn from a credit card of your choosing, and you will receive a valuable tax receipt for your contribution. The Park Protector monthly donor program is the most convenient way to support Fish Creek Provincial Park every day. 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>.

Membership Shows You Care

Now is the best time of year to renew your Friends of Fish Creek membership or to become a member. Friends of Fish Creek members receive benefits like admission to our Fish Creek Speaker Series programs, a discount on the popular Birding Courses, a discount at select local businesses, and the ability to vote at our Annual General Meeting. Show your support for this park by becoming a member or renewing your membership today. Memberships will be good until December 31, 2023. To renew your commitment to Fish Creek, please visit <https://friendsoffishcreek.org/membership>.



Volunteer Opportunities

Do you have free time and want to volunteer in Fish Creek Provincial Park? The 2023 volunteer season is just around the corner, and we are looking for people to assist with various programs starting this spring. To begin volunteering, please visit our website and create an account on our online volunteer system, MyImpactPage. We look forward to working with you to bring the Friends' 2023 volunteer programs to life! For more information, please visit <https://friendsoffishcreek.org/volunteering-basics>.

Stay Up to Date on Fish Creek Provincial Park

Did you know that there are 18 communities that directly border Fish Creek and thirty neighbourhoods within proximity to this park? Fish Creek is such an important part of the lives of countless people who live near the park and visit regularly. You may be familiar with the Friends of Fish Creek and some of our programs, and we invite you to learn more about Fish Creek Provincial Park and all our conservation activities by signing up to be on our email list. The Friends' seasonal newsletter, the Voice of the Friends, now in its 27th year, provides up to date information and in-depth articles about programs, courses, events, and activities here in Fish Creek. Please check out our newsletter online and sign up for regular updates about park events at friendsoffishcreek.org > Contact Us > Sign Up for Email List.

Calgary Winters Are Safer When Everyone Pitches in to Clear Snow and Ice

from the City of Calgary

While our crews are clearing roads, designated pathways, and overpasses, residents and business owners are reminded to remove snow and ice from their property's adjacent sidewalk within 24 hours of snowfall ending.

The fine for not removing snow/ice from a sidewalk/pathway is \$250, with an escalating scale for subsequent convictions to the same property owner/occupant over a 12-month period.

Uncleared sidewalks can be reported to 311. Make sure to include the address or specific location details. A photo can be included with the 311 app.

When a complaint is submitted to 311, a Community Peace Officer issues a Snow and Ice Removal Notice, which gives the owner/occupant of a parcel 24 hours to clear the sidewalk. If after 24 hours the sidewalk has not been cleared, the file is then sent to a contractor to clear the sidewalk at the owner's expense.

Consider being a Snow Angel and clear the sidewalk of a neighbour who could use your help.

Learn more at calgary.ca/snowfines.



Douglasdale Real Estate Update

Last 12 Months Douglasdale

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
December 2021	\$ 555,000	\$ 555,000

Last 12 Months Douglasdale

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2022	6	9
October 2022	19	20
September 2022	20	19
August 2022	18	15
July 2022	19	17
June 2022	39	22
May 2022	29	33
April 2022	27	26
March 2022	37	40
February 2022	41	31
January 2022	14	14
December 2021	10	13

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

MLA Calgary–Peigan

Tanya Fir

Parliamentary Secretary
for Status of Women

📞 587.392.8850

✉️ Calgary.Peigan@assembly.ab.ca



Dear Constituents,

Affordability is a challenge faced by many Albertans right now. That is why we are delivering timely and meaningful support. The measures announced so far include, but are not limited to, extending the fuel tax cut, taking action on utilities, including expanding the electricity rebate to a total of up to \$500, reindexing benefits like AISH, PDD, and Income Support, as well as the Alberta Seniors Benefit and the Alberta Child and Family Benefit, providing targeted payments for kids under 18, seniors 65 and over, and vulnerable Albertans with household incomes below \$180,000, and providing additional support for low-income transit programs. Our government is in a position to provide this suite of financial help because of our balanced budget and strong fiscal position.

The Deerfoot Trail expansion project, which is expected to begin in 2023, will ease congestion on Alberta's busiest highway. It will include improving Bow Bottom Trail and Anderson Road, Southland Drive and Glenmore Trail interchanges, building seven new bridge structures at Anderson Road and Bow Bottom Trail, Bow River, Southland Drive, and Glenmore Trail, and adding more lanes to Deerfoot Trail along the highway and through the Anderson Road/Bow Bottom Trail and Glenmore Trail interchanges.

Patients receiving cancer care in Calgary are another step closer to receiving that care in a world-class medical centre. The new Calgary Cancer Centre will increase care capacity by consolidating and expanding existing services to support integrated and comprehensive cancer care. The hospital will serve as a hub for medical education and research activities, providing jobs and educational opportunities for Albertans. AHS is preparing the hospital for clinical services, including installing equipment and furniture, and training staff. Once operational, the 186,000 square metre facility will have 160 inpatient beds, 100 patient exam rooms, and will provide a wide range of health care services for patients.

Wishing you a healthy and prosperous 2023 filled with blessings.

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

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.

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.

IS THERE MORE TO LIFE THAN THIS? ALPHA: Ask anything about life, faith, and God, Thursdays, 6:30 to 8:30 pm starting February 2, 2023 at the Deerfoot Campus of First Alliance Church (12345 40 St SE). To learn more and register (free) call 403-252-7572 or visit faccalgary.com.

HURTING? We're here for you. Grief Support: Thursdays starting January 12; Divorce Care: Wednesdays starting January 18; Celebrate Recovery: Tuesdays year-round; Marriage 911: Sundays starting January 22; Living Within Your Means (financial) and Renewing Hope (mental health) starting March 6. For locations, times, and to register, call 403-252-7572 or visit faccalgary.com.

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.

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6

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6

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