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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.

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This is the major fundraiser for the DouglasQuarry Community Association, which helps us maintain and upgrade community infrastructure & equipment.




DouglasQuarry
COMMUNITY ASSOCIATION

For more info or to volunteer, contact Ruth at:
DIRECTOR2@DQCA.CA or 403-801-6472
DouglasQuarry COMMUNITY ASSOCIATION

Thoughts from a Senior

by Cheryl Dunkley



Be kind to seniors; you'll be one someday.
We need your patience now more than ever.
For this and other help, you can hear us often pray.
We are slower, don't hear or see like we used to.
We forget, repeat ourselves, and can't find that other darn shoe!

Some of us use canes, some use walkers.
Some wear hearing aides, some are slow talkers.
We miss the years when everything worked just so...
Where the dickens does the time go?

The past went fast.
Now we take a nap and time goes slow.
We often drop stuff, can't shovel the sidewalk snow.
We sit too much, need your arm to take a walk.
Wish you would come by soon to have a little visit,
talk.

We look about and think, "I used to go that fast,"
"I used to look like that."
Was there a warning the easy laugh and dancing
would disappear?
Did we take it all for granted year after year?

Just hold on, we're not done yet...
We have more smiles, fun, and one more friend to
go get!

GAMES & PUZZLES



Guess That Book!

1. A nurse accidentally time travels to the 18th century.
2. On Long Island, a bond salesman rents a bungalow next to a wealthy man.
3. Humans are artificially bred and sorted based on intelligence.
4. A former physics postdoctoral student goes on a road trip with his girlfriend.
5. A forbidden romance ruins the lives of two close-knit Yorkshire families.
6. The 200-year-old protagonist is interviewed by a reporter.

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BRAIN GAMES

SUDOKU


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

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FOR THE SOLUTION





JOKE OF THE MONTH



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Adoption Event

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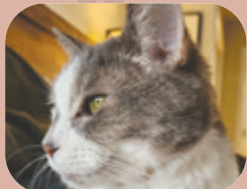
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Lemon Chicken Salad

by Jennifer Puri

Nothing says fresh like lemons.

Believed to have originated about eight million years ago, lemons are a hybrid between a bitter orange and a citron. The lemon's ancestors are the mandarin orange, pomelo, and citron, but the lemon is the most used of the citrus fruits.

Lemons start small and green but turn yellow as they grow and ripen. A lemon tree, properly cared for, can live up to a hundred years and can produce six hundred pounds of lemons per year. Lemons play an important economic and cultural role in our world. They are used to make medicines, beauty products, candles, cleansers, preservatives, and even invisible ink.

Regarded as one of the world's healthiest foods, lemons are rich in Vitamin C and fiber and are an important ingredient in the preparation of food such as tarts, meringues, liqueurs, the flavouring and seasoning of poultry, fish, and of course lemonade.

The acidity of lemons is perfect for salad dressings as shown in this lemon chicken salad recipe.

Prep Time: 25 minutes

Cook Time: 35 minutes

Marinade Time: 6 to 24 hours

Servings: 3 to 4

Ingredients:

- 3 boneless, skinless chicken breasts
- 1/3 cup fresh lemon juice
- 2 garlic cloves, finely chopped
- 1 tbsp. Dijon mustard
- 1 tsp. Worcestershire sauce
- ¾ tsp. salt
- ½ tsp. coarse black pepper
- ¾ cup extra virgin olive oil
- 2 tbsp. honey
- 1 large head of organic romaine lettuce
- ½ pint of cherry tomatoes
- 1 cup seedless black olives
- 2 cups seasoned croutons
- 1 cup grated parmesan cheese

Directions:

- Prepare lemon dressing by combining lemon juice, garlic, Dijon mustard, Worcestershire sauce, salt, pepper, honey, and olive oil in a small bowl. Stir well or pour dressing into a small blender and blend for about one minute. Transfer dressing into a Mason jar for easy storage.
- Place chicken breasts on a cutting board and pat dry with a paper towel. Use a mallet to flatten any parts of the breasts that are more than ¾ inch thick. Transfer chicken breasts to a bowl and add 3 to 4 tablespoons of lemon dressing. Cover and refrigerate for a minimum of six hours or a maximum of 24 hours. Refrigerate remaining lemon dressing.
- Pre-heat oven to 400 degrees Fahrenheit.
- Remove chicken from marinade and place in a large non-stick frying pan. Allow the breasts to brown or caramelize, approximately two minutes on each side.
- Place browned chicken breasts on a baking sheet lined with foil. Bake uncovered until cooked, about 25 minutes or until a meat thermometer placed in the thickest part of the breast reads 165 to 170 degrees Fahrenheit. Remove from oven, cover, and let sit for about 10 minutes.
- In a large bowl, prepare salad by tearing romaine lettuce into bite size pieces. Add cherry tomatoes, olives, croutons, and lemon dressing to taste. Portion salad on four plates and add sliced chicken breasts topped with a little lemon dressing to each one. Sprinkle with parmesan cheese, garnish with lemon slices, and serve.



Bon Appétit!





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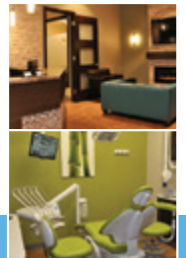


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Douglasdale Real Estate Update

Last 12 Months Douglasdale MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
April 2023	\$597,500	\$586,000
March 2023	\$579,900	\$580,000
February 2023	\$584,900	\$618,000
January 2023	\$538,900	\$525,000
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

Last 12 Months Douglasdale MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
April 2023	23	23
March 2023	27	23
February 2023	21	9
January 2023	7	5
December 2022	7	9
November 2022	7	9
October 2022	17	20
September 2022	19	19
August 2022	18	15
July 2022	19	17
June 2022	38	22
May 2022	29	33

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

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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.

SMITH PROPERTY RENOVATIONS: Experienced general contractor with high attention to detail. From kitchens to bathrooms, and everything in between. Check out my website and homestars page for pictures and reviews. Free estimates, licensed and insured. Website: Sp-renos.ca, phone: 587-333-5568, email: craig@sp-renos.ca.

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.

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.



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



23

New Properties



15

Sold Properties



34

Average Days on Market



\$626,400

Median Sold Price

Douglasglen

Detached Home Stats - Last 90 Days



4

New Properties



4

Sold Properties



6

Average Days on Market



\$570,500

Median Sold Price



JH **JORDY HUNTRODS**
CALGARYREALSTATEPLUS.COM

LB **LINDSEY BEZANSON**
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