# **DOUGLASQUARRY**

THE OFFICIAL DOUGLAS QUARRY COMMUNITY NEWSLETTER





Cover Photo by Marni Cain



Family & Cosmetic Dentistry

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Complimentary Electric Toothbrush with an Adult New Patient Exam and Cleaning
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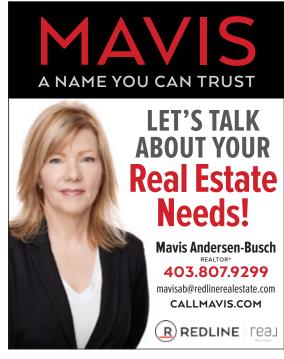






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# DOUGLASQUARRY COMMUNITY ASSOCIATION CONTACTS

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

EXECUTIVE				
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Timbits Soccer	timbits@dqca.ca			
Community Garden	garden@dqca.ca			
Guides	Debra Brisban dan_b80@telus.net 403-255-3414			
Scouts Canada	Ryan Coller 227douglasdalescoutgroup@ gmail.com 403-815-0912			
REPRESENTATIVES				
Councillor - Ward 11	Kourtney Penner ward11@calgary.ca twitter@kourtpenner 403-268-2430			
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			





#### **Timbits Soccer Coordinator**

Shared Duties include:

 Managing player and team equipment, booking fields, managing picture vendor, forming teams, setting schedules, organizing volunteers, responding to inquiries, etc.

This is a team effort - we need several volunteers to help manage the responsibilities together.

Please contact timbits@dqca.ca for more information.

If you would like to get involved in our Community contact us at: **info@dqca.ca** 









#### 

## COSMIC TRUCE: THE ECLIPSE THAT STOPPED A BATTLE!



On April 6, 648 BC, the Ancient Greeks recorded one of the earliest solar eclipses! Greek historian Herodotus described how the eclipse coincided with the battle between the Lydians and the Medes, scaring the armies into a truce. Talk about a cosmic peacekeeper!

#### 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

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$15,679

- 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

SALE \$11,679 Limited Supplies

#### SUPREME TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and iob site
- Supply & install one custom shower stall 60" x 30"
- 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

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$17,789

- · 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

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### BENEFIT PARTNER REWARD PROGRAM



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MR. LUBE

Mr. Lube | 403-257-4617 | 200, 4307 - 130 Ave. SE I 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 I www.mrlube.com 10% off all parts and service. Cannot be combined with other offers. Membership card must be presented at time of service.

Business & ersonal Services

Automobile



**Titan Ink-Jet** | 403-225-6530 | #129, 755 Lake Bonavista Drive SE I www.islandinkjet.com titaninkjet@shaw.ca. The cartridge refill experts for Brother, Canon, Dell, Epson, HP, Lexmark. **10% off inkjet cartridge refills.** 



**Edgeworxx Hair Studio** | 403-236-9188 | #24, 20 Douglas Woods Dr SE **5% off all products and services. Cannot be combined with any other offer.** 



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.



**Budget Blinds of South East Calgary**  $\mid$  403-251-5515  $\mid$  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 I 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.



Pizza Hut - The Market at Quarry Park | 825-413-2389 | 163 Quarry Park Blvd SE Contact Jaivic at ph32871@fmigroup.ca for details about fundraiser nights and generous in-kind donations. 10% off all regularly priced food items. Pick-up only. Some conditions may apply.



YYC Patisserie Brunch & Bakery

10% off purchases over \$50. Applies to dine in only.



**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.** 



**Rally Pointe** | www.rallypointe.com/pickleball

Discount on pickleball court bookings. Volume discounts available. \$30 per hour + GST for one hour, \$20 per hour + GST for two hours, and \$10 per hour + GST for three hours.

# **Photo Gallery**

by Marni Cain



# BMAX BROKERS MERGERS & ACQUISITIONS

We specialize in maximizing the sale value of businesses by attracting multiple offers from targeted, qualified buyers.

#### **Services**

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- Managing the Bid Process
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### **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 shacks.
- 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!



**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.



#### **Admiration... Always**

by Cheryl Dunkley

Seventy years fly by fast
Live in the present, not the past.
What's your secret, we have to ask
Joan would say: "at everything you just laugh!"

Joan is a special gal -

A loyal friend through and through. The world would be a better place If this skill was one everybody knew.

Her circle has been busy and wide Golf, curling, travel, bridge But, if you need a friend Joan is right there by your side.

She has tackled many sports,
Always showed up with a smile
If you need love and support,
Joan always goes the extra mile.

A kind word, a compliment, a laugh
She understands what's on your mind.
She listens, has a thought, perhaps an idea new
Joan cares about each and everyone of you!

Happy birthday, dear Joan!

Thank you for being a good friend to all of us.

We are all better for knowing you and could learn from your example.

We have watched you approach life with compassion and intention putting others' need first while making light of your own.

#### **GAMES & PUZZLES**

#### **Guess the Flower!**

- 1. This flower's colour depends on the acidity of the soil.
- Named after the Greek messenger of the gods, this flower comes in nearly all colours of the rainbow except red.
- 3. Despite misconceptions, this spring-blooming bulbous plant is not officially the Dutch national flower.
- 4. This prickly pink plant became Alberta's floral emblem in 1930.
- 5. The national flower of South Africa belongs to one of the oldest families of flowering plants on Earth – approximately 300 million years!
- 6. This flower's Greek name, Galanthus, translates to "milk flower".





SCAN THE QR CODE FOR THE ANSWERS!

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# **BUSINESS CLASSIFIEDS**

**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.

**LANDSCAPING & WINDOW CLEANING:** Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265- 4769 | YardBustersLandscaping.com.

**K2 BOOKKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

**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.

**DOUGLASDALE CONTRACTOR FOR HIRE:** Over 20 years' experience completing renovations in and around Douglas Quarry. Lefroy Construction is happy to quote, organize and execute any renovation or new construction project. Call 403-616-0880 to discuss your project. www.lefroyconstruction.com.

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HOUSE CLEANING SERVICE: We can make your house shine so you can spend more time doing what you enjoy. Hard-working, dependable, bonded, insured. Over 10 years of experience. Custom cleaning service to fit your needs. References available upon request. Available for move out, weekly, bi-weekly, or monthly service. For a free estimate, call Val/Valldina at 403-614-8528.

**CROWN RENOVATIONS:** Book your kitchen reno and have it installed for spring. Beautiful kitchen, bathroom and complete basement renovations at affordable prices. Over 40 years' experience in quality renovations. Full service custom cabinetry manufactured in Calgary. Local, licensed, bonded, and insured. Free in-house estimates. Full house renovations. www.crownrenovations.com. Contact Susan at 403-801-1140 or crownreno@shaw.ca.

**EXPRESS APPLIANCE REPAIR:** We are a family owned company specializing in the repair and installation of washers, dryers, ranges/ovens, dishwashers, fridges, and microwaves. Quality service, warranty, and competitive price. We make sure the repair is done quickly and efficiently. Most repairs can be done on the day of the quote. Call/text 587-319-6799, email service@expressappliance.ca.

**PHYSICIANS ACCEPTING NEW PATIENTS:** Dr. Tunde Rilwan is accepting new and walk-in patients at Douglaswood Family Medicine & Walk-In Clinic in Douglasdale. Call 587-471-9467 or email info@douglaswoodfamilymedicine.ca.

**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.

**HERITAGE WEST PLUMBING AND HEATING:** Furnace, boilers, and tankless repairs, servicing and replacements. 5-star Google rating, factory trained plumbers and gasfitters. 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.

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

WHEN WAS THE LAST TIME YOU CHECKED YOUR ATTIC!? Integral Insulation provides residential and commercial loose fill insulation and attic rain repair and prevention. We have insulated hundreds of homes in Calgary; trust the experts with experience and knowledge. Call today for a free quote: Brian 403-669-1102 or Nate 403-978-5553.

**JAKES TREE SERVICE:** ISA Certified Arborist offering professional tree services in your area. Services include tree cutting and removal, tree/hedge pruning or maintenance, and stump grinding. For a free quote call or text 403-667-3878 or visit jakestreeservice.jobbersites.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.

**PR HANDYMAN:** All exterior repairs and renovations: fences, decks, railings, stairs, sheds, garages. Prep/place/repair all styles of concrete/parging. All interior repairs/renovations: drywall, paint, plumbing. Kitchen and bathroom renovations, basement renovations. No job too small! Seniors' discount. Fully-insured. Sheldon, 403-975-5562.

**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.

continued on next page

### BUSINESS CLASSIFIEDS continued

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

WANT YOUR WINDOWS CLEANED THE RIGHT WAY? We scrub with soap and water, squeegee each window, wipe edges to prevent streaks then spray with a special rinsing agent & hand-polish with clean towels for perfectly clean windows. This is highly superior compared to the typical wet, squeegee and go. SouthWest Window Cleaning. 403-874-3265. https://southwestwindowcleaning.com/.

#### CHARTERED PROFESSIONAL ACCOUNTANT:

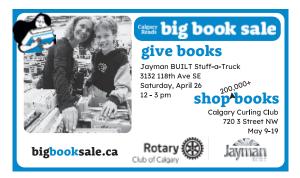
Taking care of your small business needs: accounting, bookkeeping, personal and corporate taxes, GST filing, and payroll. Wendy CPA, CGA, 403-607-4617.



# Gütter Doctor

403-714-0711 gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!





Lacey Wells
Chartered Accountant

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Complimentary Electric Toothbrush with an Adult New Patient Exam and Cleaning

\*some restrictions apply

#### ACCEPTING NEW PATIENTS!

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  - Children & Emergencies Welcome
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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. Isela Montemayor & Dr. Jia Tang to the team





Dentistry is our profession, but people are our focus

# Word of the Month



Ebullient: adjective (ih-buhl-yuhnt)

Liveliness, enthusiasm, overflowing with excitement.

He was in quite an ebullient mood.

# Say Cheese! It's Grilled Cheese Month!



April is celebrated as Grilled Cheese Month, a perfect time to indulge in a gooey and perfectly toasted sandwich. Why not honour this tasty tradition with your favourite cheesy creation all month long?









