

OCTOBER 2025

DELIVERED MONTHLY TO 6,100 HOUSEHOLDS

# your DOUGLAS QUARRY

THE OFFICIAL DOUGLAS QUARRY COMMUNITY NEWSLETTER



**Trucks, SUVs, Sedans & More!**  
Just a short 20 minute drive  
from South Calgary!



Top Service • Large Selection • Competitive Pricing

Full Service Department  
Low labour rates  
Same day service  
Courtesy shuttle



**HIGH RIVER  
TOYOTA**

**CONTACT OUR SERVICE  
DEPARTMENT TODAY!**

901-11 Ave SE, High River  
**403.652.1365**



# ALEX WILLIAMS FOR WARD 11



## Calgary's Future Announces Official Endorsement for Ward 11: Alex Williams

### Alex Williams is ready to listen

Calgary City Council candidate Alex Williams is a born and raised south Calgarian. Alex co-founded Calgary Transit Riders to improve public transit safety and reliability. He advocates for housing affordability to ensure all Calgarians have a place they can call home. His work in transit and housing advocacy reflects his commitment to building a better Calgary for everyone.

As a professional podcast editor, Alex has developed excellent listening skills and can understand diverse perspectives. Alex not only has years of experience driving meaningful change, he has lived experience of his community's challenges and is committed to being available to residents to hear their concerns.

### Here's why Alex Williams is the right choice

Alex is dedicated to making Ward 11 a safer, more connected, and affordable place to live. Because Alex prioritizes listening and transparency, he'll keep residents' needs at the heart of decision-making. His experience advocating for practical, people-focused solutions to local issues will make him a highly effective councillor.

## Here's why we're endorsing Alex Williams

- **Good listener:** Experienced podcast editor
- **Transit advocate:** Co-founded Calgary Transit Riders
- **Grassroots builder:** Takes action for housing to keep Calgary affordable

*"The city I want to build while on Council is the city I want to live in when I'm 60, a city built for people in all phases of life, a city I know the next generation will be proud to call home."*

**– Alex Williams, Calgary City Council Candidate for Ward 11**



If you want to hear more about where Alex Williams stands on the critical issues facing Calgarians, check out his answers to our Candidate Questionnaire

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
- 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

**ABSOLUTELY NO HIDDEN COSTS**

*Some restrictions may apply. Reg: \$17,679*

SALE **\$13,879**  
*Limited Supplies*

### SUPREME TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job 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
- 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

**ABSOLUTELY NO HIDDEN COSTS**

*Some restrictions may apply. Reg: \$20,679*

SALE **\$15,679**  
*Limited Supplies*

**We Also Specialize in En Suites & Custom Bathrooms**

**PLEASE CHECK OUT OUR REVIEWS ON HOMESTARS AND RATINGS ON BBB!!**



**WESTERN BATHROOMS & RENOVATIONS**

*Serving Calgary since 1989*

**403-257-3222 | WWW.WESTERNBATHROOMS.CA**

**All Labour & Material Included**

**All packages pertain to standard size bathrooms**

# 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](http://www.dqca.ca) • Facebook: DouglasQuarryCA

## Questions?

Email [info@dqca.ca](mailto:info@dqca.ca)

| EXECUTIVE                                 |  |
|---|--|
| President                                 | Vanessa Jollimore  |
| Vice President                            | Carl Sharein   |
| Treasurer                                 | Robb Myroom  |
| Secretary                                 | Chandy Megaw   |
| Past President                            | Jason Doering  |
| DIRECTORS                                 |  |
| Heather Davis                             | Leslie Mann  |
| Hilary Smashnuk                           | Stuart Rose  |
| Matt Hayhurst                             | Matt Chaisson  |
| TALENTED ASSOCIATED GROUPS AND VOLUNTEERS |  |
| DouglasDale Maintenance Association       | <a href="mailto:ddmaint@outlook.com">ddmaint@outlook.com</a>   |
| DouglasGlen Maintenance Association       | <a href="mailto:info@dqca.ca">info@dqca.ca</a>   |
| Timbits Soccer                            | <a href="mailto:timbits@dqca.ca">timbits@dqca.ca</a>   |
| Community Garden                          | <a href="mailto:garden@dqca.ca">garden@dqca.ca</a>   |
| Guides                                    | Debra Brisbane<br><a href="mailto:dan_b80@telus.net">dan_b80@telus.net</a><br>403-255-3414   |
| Scouts Canada                             | Ryan Collier<br><a href="mailto:227douglasdalescoutgroup@gmail.com">227douglasdalescoutgroup@gmail.com</a><br>403-815-0912                                       |
| REPRESENTATIVES                           |  |
| Councillor - Ward 11                      | Kourtney Penner<br><a href="mailto:ward11@calgary.ca">ward11@calgary.ca</a><br><a href="https://twitter.com/kourtpenner">twitter@kourtpenner</a><br>403-268-2430 |
| MLA Calgary Peigan                        | Tanya Fir<br><a href="mailto:calgary.peigan@assembly.ab.ca">calgary.peigan@assembly.ab.ca</a><br>587-392-8850  |
| MP Calgary Shepard                        | Tom Kmiec<br><a href="mailto:tom.kmiec@parl.gc.ca">tom.kmiec@parl.gc.ca</a><br>403-974-1285  |



## VOLUNTEER OPPORTUNITY

### Let's Talk Ice!

We're looking for awesome volunteers to help with flooding, shoveling, and keeping our ice in top shape once the snow hits.

No experience needed — just a warm heart and a willingness to embrace the cold later. (Think of it as your future winter workout... and a great way to meet your neighbours.)

### Why Sign Up?

- Community pride
- Bragging rights
- Bonus: You get to play with a giant hose

### Interested?

Email us at [info@dqca.ca](mailto:info@dqca.ca). Sign up today—before your pumpkin spice takes over!



**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.

# SUPPORT YOUR COMMUNITY

Purchase or renew your annual DouglasQuarry Membership today!

Visit [www.dqca.ca/membership](http://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](http://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!

## OFFICIAL

PLUMBING & HEATING

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

### \$50

Service Call Fee



403-837-4023

[info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca)  
[official-plumbing-heating.ca](http://official-plumbing-heating.ca)

## SNOW REMOVAL SPECIALISTS

**AS**  
CONTRACTING

FOR A FREE ESTIMATE  
ON SNOW REMOVAL

CALL SHAWN 403.651.0424  
[ASFCONTRACTING1@GMAIL.COM](mailto:ASFCONTRACTING1@GMAIL.COM)  
[WWW.ASFCONTRACTING.COM](http://WWW.ASFCONTRACTING.COM)

COMMERCIAL/RESIDENTIAL SNOW REMOVAL  
FALL CLEAN UPS • PLOWING AND SANDING

SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS,  
EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

DOUGLASDALE/  
GLEN



QUARRY  
PARK





**CALL NOW FOR A FREE QUOTE!**  
**587-585-8451**

**REPLACE YOUR POLY B PIPES BEFORE IT'S TOO LATE!**

Did you know Poly B piping is prone to leaks and catastrophic floods? Thousands of homes are still at risk—and now many insurance companies require Poly B replacement before they'll offer or renew coverage.

- Protect your home from water damage
- Stay compliant with insurance requirements
- Increase your home's resale value

At Poly B Pros, we specialize in fast, clean, and code-compliant Poly B replacements by certified plumbers. Don't wait for disaster to strike—get peace of mind today.



**Cats, Canines, & Critters of Calgary**



Charlie, Copperfield



Cody, Glenbrook



Dobby,  
Hunterson Place



Guzel,  
Hunterson Place



Nelly, Dalhousie



Poppy,  
Tuxedo Park



Sugar, Signal Hill



Todd,  
Lake Chaparral

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)



Dr. Nikola Vranjes, DDS



Dr. Tasha Chrbet, DDS



Dr. Megan Lawless, DDS



**Now Accepting the Canadian Dental Care Plan**  
**We Proudly Follow the Alberta Dental Association Fee Guide**

**Complimentary Electric Toothbrush with an Adult New Patient Exam and Cleaning**  
\*some restrictions apply

**ACCEPTING NEW PATIENTS!**

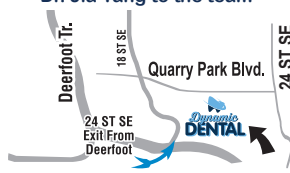
- Early AM, Evening, & Saturday Appointments
  - Children & Emergencies Welcome
- Dental Implants, Crowns, Whitening, Dentures, Snoring Appliances, Oral Sedation, Extractions
  - We Direct Bill to Insurance
- English, French, Croatian, Spanish, and Polish Languages Spoken.

**#210 - 163 Quarry Park Blvd SE**

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

**403.453.5588 [www.dynamicdentalcalgary.com](http://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.

\*all services performed by a licensed general dentist

# How You Can Support an Emotionally Avoidant Partner

by Nancy Bergeron, R. Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



Supporting a partner who struggles with emotional vulnerability can be challenging—especially if your own emotional needs aren't being met. You can offer support, but you are not responsible for doing their emotional work for them. Here are some ways you can create a safer environment for emotional connection:

### 1. Model Emotional Safety

- Be open with your own emotions in a grounded, non-blaming way.
- Use “I feel” statements instead of “You never” accusations.
- Normalize vulnerability by showing that emotions are human, not shameful.

### 2. Respect Their Pace—but Hold Boundaries

- Understand that emotional change takes time.
- Avoid forcing deep conversations when they're emotionally shut down.
- At the same time, be clear about your own needs. It's okay to say, “I need emotional openness in this relationship to feel connected.”

### 3. Affirm Effort, Not Just Outcomes

When your partner makes even a small attempt to open up, acknowledge it gently. “Thank you for sharing that.

It means a lot.” “I know that wasn't easy for you to say.” Positive reinforcement helps override the fear that emotional vulnerability will lead to shame or rejection.

### 4. Don't Take Avoidance Personally

Their emotional withdrawal is usually about self-protection, not about you. Try not to interpret their distance as lack of care—it's more often fear, confusion, or discomfort.

### 5. Encourage—but Don't Rescue

- Invite them into deeper connection but avoid doing all the emotional work.
- Encourage therapy or men's support groups where they can build emotional awareness in a safe space.

### 6. Stay Connected to Your Own Emotional Needs

Supporting someone else emotionally doesn't mean abandoning your own needs. Therapy, journaling, or support groups can help you stay grounded and clear about what you need in the relationship.

Emotional avoidance doesn't mean a man is incapable of love—it means he may be stuck in old protective patterns. With patience, boundaries, and the right kind of support, many emotionally avoidant men can learn to build deeper, more connected relationships.

# BENEFIT PARTNER REWARD PROGRAM

## Automobile



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

[www.easyautoglass.ca](http://www.easyautoglass.ca) | [info@easyautoglass.ca](mailto:info@easyautoglass.ca)

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



**Mr. Lube** | 403-257-4617 | 200, 4307 - 130 Ave. SE | [www.mrlube.com](http://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](http://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 & Personal Services



**Titan Ink-Jet** | 403-225-6530 | #129, 755 Lake Bonavista Drive SE | [www.islandinkjet.com](http://www.islandinkjet.com)

[titaninkjet@shaw.ca](mailto: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.**

## Health & Wellness



**Joy & Vitality Centre** | 403-452-5183 | 163 Quarry Park Blvd. SE. [www.joyandvitalitycentre.ca](http://www.joyandvitalitycentre.ca)

[joyandvitalitycentre@gmail.com](mailto: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](http://www.optikboutik.com) | [optikboutik@gmail.com](mailto: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.

# Fall Into a Healthier Smile This October!

**FALL  
SPECIAL \$80**



## Why You'll Love the Power Flosser

- Effortless plaque removal
- Perfect for braces, bridges, and sensitive gums
- Freshens breath and improves gum health



## October is National Dental Hygiene Month

403.723.2273 | [info@embracedentalcare.ca](mailto:info@embracedentalcare.ca)



**Embrace**  
Dental Care

MAKE THE MOST OF YOUR  
DENTAL INSURANCE

USE IT  
OR  
LOSE IT

The end of the year is when most flexible spending,  
health savings accounts, and insurance benefits expire!

We Follow the ADA&C Fee Guide!

|       |                       |                         | SAME FEE                      |
|-------|-----------------------|-------------------------|-------------------------------|
| Code  | Treatment Description | ADA&C Fee Guide Pricing | Embrace Dental Care's Pricing |
| 01103 | New Patient Exam      | \$137.65                | <b>\$137.65</b>               |
| 02144 | 4 X-Ray Bite Wings    | \$105.35                | <b>\$105.35</b>               |
| 11113 | 3 Units Scaling       | \$250.53                | <b>\$250.53</b>               |
| 11101 | Polishing             | \$74.40                 | <b>\$74.40</b>                |
| 12113 | Fluoride Treatment    | \$36.05                 | <b>\$36.05</b>                |
| 02601 | Panorex               | \$106.61                | <b>\$106.61</b>               |

NOW ACCEPTING CANADIAN DENTAL CARE PLAN

# Family and Cosmetic Dentistry

Whether you're looking for a simple cleaning and check-up for your family or more advanced Cosmetic work, we can help. We offer a full range of services, from Dental Cleanings and Fillings to Cosmetic Procedures such as Dental Implants, Veneers, Crowns & Bridges, Tooth Coloured Fillings, Teeth Whitening, and more. Oh, and did we mention we're great with kids?

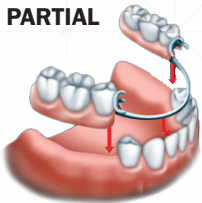


Get the smile you've always wanted with the clear alternative to braces for as little as \$70/week. Book a FREE consultation today and find out if you're a candidate.

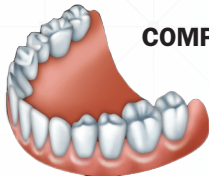
## Dentures

Dentures are artificial replacements for your natural teeth and gums. If an accident, a disease or poor oral health care has left you with only a few healthy teeth or none at all, your dentist might suggest dentures to replace your missing teeth. There are 2 types of dentures: partial and complete. Contact us today for more information on tooth replacement options for you!

**PARTIAL**



**COMPLETE**



# iTero®

## We are a digital impression practice.

**Visualize a better smile.**

Do you have a strong gag reflex? Hate the mess of gooey impression materials? The iTero 3D Oral Scanner comfortably captures the intricate contours of your teeth with high levels of precision for Crowns, Bridges, Invisalign, and much more without the goop or gag.



**Flexible In-Office  
Financing Options  
Available at 0%!**

# services



**TEETH  
WHITENING**



**DENTAL  
IMPLANTS**



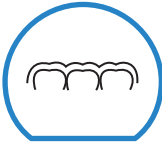
**CERAMIC  
RESTORATION**



**BOTOX  
TREATMENTS**



**PORCELAIN  
VENEERS**



**INVISALIGN**



**SMILE  
MAKEOVER**



**TEETH  
CLEANING**



**CROWNS**



**SNORE  
GUARDS**



**ORTHODONTICS**



**BRIDGES**



**TMD THERAPY**



**TOOTH COLOURED  
FILLINGS**

**DIRECT BILLING  
TO INSURANCE**

**OPEN EVENINGS  
AND WEEKENDS**

**NOW ACCEPTING  
NEW PATIENTS**



**Embrace  
Dental Care**

## **LOCATION**

**DOUGLASVIEW CENTRE**

**#12, 20 Douglas Woods Dr SE**

## **CONTACT US**

**P 403.723.2273**

**E [info@embracedentalcare.ca](mailto:info@embracedentalcare.ca)**

**W [embracedentalcare.ca](http://embracedentalcare.ca)**



All services performed  
by a general dentist

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.**



**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.**

Home Improvement & Maintenance

Home & Care Services

Restaurants

Sports & Fitness



# THE FUN RUN OF THE YEAR!

1KM & 5KM  
INCREDIBLE RIVER VIEWS

Supporting




Calgary Humane Society



SATURDAY, NOVEMBER 15<sup>TH</sup> 2025

**ONESIERUN.CA**






# SUDOKU

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 6 |   |   |   |   |   |   |   |   |
|   |   |   | 1 |   |   |   | 8 | 9 |
|   | 7 |   |   | 6 |   |   |   |   |
|   |   |   |   | 9 | 1 | 3 |   |   |
|   |   | 4 | 3 |   |   |   | 1 |   |
|   |   |   | 4 |   |   |   |   | 6 |
|   |   | 1 |   | 4 | 8 |   |   |   |
|   | 2 |   |   |   |   |   | 1 | 3 |
|   |   | 9 | 6 |   |   |   |   |   |

SCAN THE QR CODE FOR THE SOLUTION





## Jackson & Jackson Landscaping

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

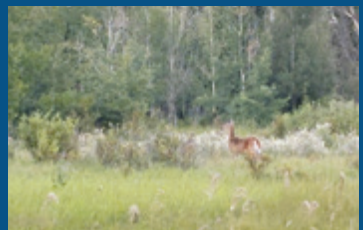
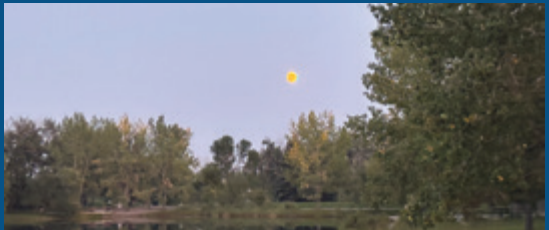
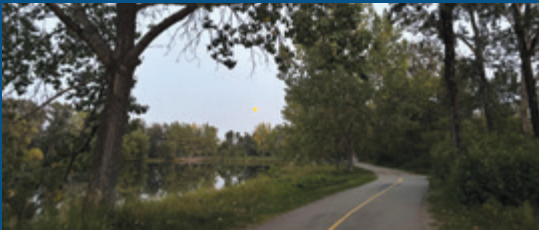
**Email us**  
info@jacksonjackson.ca  
contact@jacksonjackson.ca

**www.jacksonjackson.ca**



# Photo Gallery

by Marni Cain



# Rightsizing vs Downsizing: It's Not About Less, It's About What's Next

by Christopher Matlashewski, Calgary Realtor and Rightsizing Specialist

The word downsizing can feel heavy. For many, it brings up thoughts of giving something up — losing space, letting go of memories, or saying goodbye to a home that's been filled with life. But what if we shifted the conversation? What if this next move wasn't about less, but about more? More freedom. More simplicity. More time. That's what I call rightsizing — finding the space that fits the life you're living now, not the one you had ten or 20 years ago.

### Living in Alignment with Today

The home that served your family beautifully for decades might not serve your life today — and that's okay. Rightsizing is about recognizing that life evolves, and your space should, too. Maybe you no longer need a big backyard to mow or multiple levels of stairs to climb. Maybe those extra bedrooms are just collecting dust — or storage bins. When your home reflects your current stage of life, it becomes a place of comfort, not upkeep. Rightsizing doesn't mean lowering your standards. In fact, it often means raising them. It's about creating a home that supports your lifestyle, your values, and your next chapter.

### It's Not About Square Footage — It's About Quality of Life

A smaller space can still feel luxurious. In fact, when your space is intentional, well-designed, and filled



only with the things you truly love, it becomes easier to enjoy the home and the life that comes with it. Without the burden of excess rooms, maintenance, or unneeded furniture, your time opens up. You can focus on what really matters: your health, your hobbies, your relationships, or that trip you've been meaning to take for years. Rightsizing means prioritizing freedom over square footage — and that shift can be incredibly empowering.

### Making Space for What's Next

We often think of moving as leaving something behind. But what if it's about making space for what's next? Whether that means locking the door and heading south for the winter, spending weekends with grandkids, or finally taking up painting or golfing; the right-sized home is the launchpad, not the limit. By choosing a home that fits your life (rather than the other way around), you open the door to more experiences, more flexibility, and less stress.

### You're Not Giving Up — You're Moving Forward

If you've been wrestling with the idea of downsizing but something about the word feels off — trust that instinct. You're not settling. You're evolving. Rightsizing is a move made with clarity, intention, and vision. It's not about having less. It's about creating more of what matters.



# the Gutter Doctor®

Home Exterior Services

GUTTER CLEAN, FIX & INSTALL  
FASCIA • SOFFIT • ROOFING  
GUTTER GUARDS • WINDOW CLEAN  
SIDING • CLADDING • HEAT CABLES

403-714-0711 • gutterdoctor.ca



## Unlock Your Dream Home Now!

Low Rates,  
Fast Approval,  
Big Savings!  
Don't Wait – Act Today!



**ANITA RUSSELL** 403-771-8771  
anita@anitamortgage.ca

Licensed by Avenue Financial



# BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or [sales@greatnewsmedia.ca](mailto: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](mailto:info@officialplumbingheating.ca); [www.official-plumbing-heating.ca](http://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 Russell at 403-771-8771 | [anita@anitamortgage.ca](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

**SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING:** Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. Insured. WCB. 403-265-4769 | [YardBustersLandscaping.com](http://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](http://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](http://www.lefroyconstruction.com).

**PAINTER SERVICING DOUGLASDALE & QUARRY PARK:** Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. [www.fivestarpainting.com](http://www.fivestarpainting.com).

**DENTAL CARE ... AFFORDABLE, ACCESSIBLE & ESSENTIAL!** Easy drive from Douglas Quarry. 100% coverage means no cost to you. All dental insurance accepted, direct billing OAC. Consistency with dental staff. No fluff, no frills. Call 403-272-7272 or 403-287-6453 today or book online at [calgarydentalcenters.com](http://calgarydentalcenters.com). Est. 1989. Tax receipt same day. Save money, live better!

**CROWN RENOVATIONS:** Beautiful kitchen and bathroom 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](http://www.crownrenovations.com). Contact Bill at 403-819-8588 or [crownreno@shaw.ca](mailto:crownreno@shaw.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.

**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](http://jakestreeservice.jobbersites.com).

*continued on next page*

# BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.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](mailto:service@expressappliance.ca).

**PHYSICIANS ACCEPTING NEW PATIENTS:** Dr. Tunde Rilwan (Male) and Dr. Nneka Okereke (Female) are accepting new and walk-in patients at Douglaswood Family Medicine & Walk-In Clinic in Douglasdale. Call 587-471-9467 or email [info@douglaswoodfamilymedicine.ca](mailto:info@douglaswoodfamilymedicine.ca).

**GUTTER DOCTOR!** Home exterior service experts. Services include gutter cleaning, repairs, and installations as well as fascia, soffit, siding, roofing, cladding, heat cables, gutter guards, window cleaning, and pressure washing. Local business for over 23 years with more than 70,000 happy customers! Licensed, insured, WCB, A+ BBB member, multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.

**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/paving. 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.

**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.

**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](http://Sp-renos.ca), phone: 587-333-5568, email: [craig@sp-renos.ca](mailto:craig@sp-renos.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/>.

**PROFESSIONAL CARPENTER:** 35+ years restoring and renovating homes and businesses. Expert-level finish carpentry, painting, drywall, vinyl siding, doors, windows, and blown-in insulation. Projects small and large, and everything in-between. Integrity is my expertise. Call your local professional Shawn at 250-882-9588.

**STAMPEDE PLUMBING AND HEATING:** 5-star Google rating, Senior and Veteran discounts. Highly trained plumbers, gasfitters & HVAC technicians. Water heaters, furnaces, boilers, air conditioning/heat pumps, drain cleaning, leaks, Poly-b replacement and renovations! Competitive prices with quality, 24-hour service! Stampede Plumbing and Heating. Established 1998. Call 403-225-1037. [www.stampedeplumbingandheating.com](http://www.stampedeplumbingandheating.com).



# ACADEMY

[www.academydenture.com](http://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**

Accepting CDCP.  
Coverage starting  
May 1<sup>st</sup>, 2024.  
Ask about our  
digital scans and  
printed dentures.



**Southcentre Mall**  
Suite 126A, 100 Anderson Rd SE

Book an Appointment  
**(403) 269-8308**

Tues, Wed, Thur: 8:30 am - 4:30 pm  
Monday by appointment only.

## WORD OF THE MONTH

**Phantasmagoria: Noun**  
(phan-tas-ma-go-ria)

A rapidly shifting scene or  
sequence of pictures, like  
those in a dream.

What happens next was a  
phantasmagoria of mystery.

## GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

We make your phone ring.  
We bring you more customers.  
We grow your sales.

Call 403-720-0762 | [grow@greatnewsmedia.ca](mailto:grow@greatnewsmedia.ca)



SCAN ME



# LYNNWOOD DENTAL

Oral/IV Sedation | Invisalign | Wisdom Tooth Removal | Children's Dentistry  
Dental Implants | Payment Plans | Oral Surgery | 3D Imaging | Grafting



**Beat the End of Year Rush...**

Reserve your dental appointment today before it's too late!

**Book your dental appointment now!**

**Email: [admin@lynnwooddental.ca](mailto:admin@lynnwooddental.ca)**

**Phone: 825-540-7299**

**Website: [www.lynnwooddental.ca](http://www.lynnwooddental.ca)**

**Address: #7 - 7005 18 St SE**

**RECEIVE A FREE ELECTRIC TOOTHBRUSH WHEN YOU BOOK IN  
FOR A NEW PATIENT EXAM AND CLEANING.**

**OPEN EVENINGS AND WEEKENDS FOR YOUR CONVENIENCE**