

SEPTEMBER 2025

DELIVERED MONTHLY TO 6,100 HOUSEHOLDS

your DOUGLAS QUARRY

THE OFFICIAL DOUGLAS QUARRY COMMUNITY NEWSLETTER



GET A HEAD START

PLACE YOUR AD HERE AND PROMOTE YOUR BUSINESS

403-720-0762 | grow@greatnewsmedia.ca





**Samaritan Club
of Calgary**

Celebrating
115 years
of helping
Calgarians
in need

Semi-Annual Super Thrift Sale

Saturday, September 27

9:00am-1:00pm

**Hillhurst-Sunnyside Community Centre
1320 - 5th Avenue NW**



**Get great deals on household goods,
clothing & shoes for all, fashion accessories,
vintage & boutique items, collectibles,
art, books, toys & much more**

Don't forget to bring your tote bag!



**For More Information:
samaritanclub.ca**

**All proceeds will benefit
Calgarians in need (Cash Only)**

Back by popular demand:

- Concession
- Parcel Pickup

Tanya Fir
MLA for Calgary-Peigan

MLA Constituency BBQ

Ric McIver
MLA for Calgary-Hays



Friday, September 19th
3:00pm to 6:00pm
222, 5126 – 126 Avenue SE



Join us for FREE FOOD and FUN
with your MLA



OFFICIAL

PLUMBING & HEATING

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

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca

**BRAIN
GAMES**

SUDOKU

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

**SCAN THE QR CODE
FOR THE SOLUTION**



DOUGLASQUARRY COMMUNITY ASSOCIATION CONTACTS

Isn't it time to get involved? Join the board. Volunteer for an event. Purchase a membership. Support your newsletter and its advertisers.

Website: www.dqca.ca • Facebook: DouglasQuarryCA

Questions?

Email info@dqca.ca

EXECUTIVE	
President	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	ddmaint@outlook.com
DouglasGlen Maintenance Association	info@dqca.ca
Timbits Soccer	timbits@dqca.ca
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
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



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



It's Still Warm... But Let's Talk Ice!

Yes, the sun's still shining.

Yes, your sandals are still in rotation.

But... winter is on the way — and our Douglas Glen and Douglas Dale community rinks need you!

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. Sign up today — before your pumpkin spice takes over!


DouglasQuarry
COMMUNITY ASSOCIATION

The David

As a symbol of the strength and independence of the Florentines, the statue of David was commissioned to be placed at the entrance of Palazzo Vecchio. On September 8, 1504, this marvellous piece was revealed to the city. Unsurprisingly, everyone loved it!





News from the Friends of Fish Creek

Watershed Management in Fish Creek Provincial Park

by the Friends of Fish Creek Provincial Park Society

If you're reading this, you're probably located somewhere within one of the watersheds that make up the Bow River Basin. A watershed is made up of all the land that drains into a specific river, lake, marsh, creek, or other body of water. "Our" watershed, Fish Creek, is one of the twenty sub-watersheds that makes up the Bow River Basin, and all these watersheds drain into—you guessed it—the Bow River.

"People need water and rely on water. You need water for everything—farming, food, living—anything, so it's important to care about watersheds" – Ross Anderson, Watershed Field Coordinator.

Water is essential for life, and clean water is especially vital. That's why it's so important to collect and share data on watershed health. Historically, data collection in Fish Creek Provincial Park has been sparse, but we at the Friends are changing that! Together with a team of

dedicated volunteers, our ecology team is examining the watershed from multiple angles, including:

- Creek health (water temperature, quality, and flow)
- Beaver activity mapping and management
- Cataloguing areas of bank erosion
- Invasive plant monitoring and removal
- And much more

By collecting data and performing large studies like the current fish inventory, we're creating baseline measurements for our watershed. We'll use this data to get a better understanding of the creek's health and manage and protect the critical ecosystem that is Fish Creek for generations to come.

"Once you have all that data, and you have a better idea of what's going on in the creek, you can manage things differently. If you find areas [that are] struggling or unhealthy, then you can focus on those to improve them" – Ross Anderson.

To learn more about the Friends of Fish Creek, or to volunteer, please visit us at www.friendsoffishcreek.org or follow us on social media: @fishcreekpp (Facebook, Instagram).

SUPPORT YOUR COMMUNITY

Purchase or renew your annual DouglasQuarry Membership today!

Visit www.dqca.ca/membership and download your membership card instantly.

1. Save, Save, Save \$\$\$ by showing your card at the vendors participating in the Benefit Partner Program. Visit www.dqca.ca and click on Business Partners.
2. Register your children in Timbits Soccer – our local U4, U6, U8 soccer league.
3. Be an active contributor and supporter of your community.
4. Vote at the Annual General Meeting.
5. Sit on the board, or become involved in regional committees and initiatives.
6. Be aware of planning and development issues.
7. Maintain and improves outdoor rinks and sheds.
8. Support your community newsletter.
9. Pay-it-forward bottle drive program.
10. Make a difference and be an ambassador for your community.

You don't have to live in the community to use the Benefit Partner Program. Encourage your nearby friends and family to buy a Membership too!

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.

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

DOUGLASDALE/
GLEN



QUARRY
PARK



Hey neighbour,

ever tried the
front crawl?

Bring a friend & try it out!
ymcocalgary.org/neighbour



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.



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.

Business & Personal Services



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.



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

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.

**FALL
SPECIAL** **\$99**
(reg. price \$125)

**Philips Sonicare
Teeth Whitening Kit —
Just grab and go.**

Whiten your teeth
up to 5 shades

**Brighter smiles for
patients in 3 easy steps.**



403.723.2273 | info@embracedentalcare.ca



Embrace
Dental Care

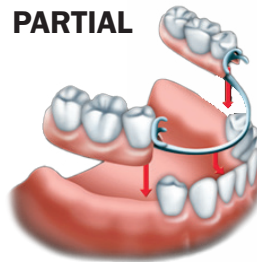
**We provide
life-changing
solutions for
those with
missing teeth**



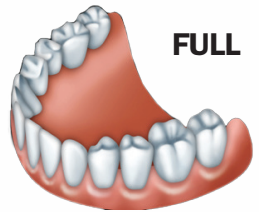
Dentures

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



FULL



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	\$137.65
02144	4 X-Ray Bite Wings	\$105.35	\$105.35
11113	3 Units Scaling	\$250.53	\$250.53
11101	Polishing	\$74.40	\$74.40
12113	Fluoride Treatment	\$36.05	\$36.05
02601	Panorex	\$106.61	\$106.61

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.



Dental Implants

Are you missing a tooth? Dental implants offer a natural looking solution for tooth loss.



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**



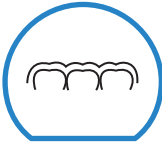
**CERAMIC
RESTORATION**



**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

W 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



Starting Fall SMART

by Recovery Alberta – Community Health Promotion Services

Fall is the time to set goals! Goals help us make positive changes in our day-to-day lives that move us towards our hopes for the future. Goals are like a map – they guide us. They provide us with a sense of ease and comfort knowing we have a plan. Setting them gives us an opportunity to reflect and prioritize what we find most meaningful. Goals that we share and work on with our family, friends or colleagues can also build stronger relationships and closer connections.

Goal setting should not have to be overwhelming, which is why many reframe it and call it “intention” setting. Intention is rooted in our beliefs and values but focuses on present actions rather than far-off outcomes. Whether we set goals or intentions, we need to give ourselves the freedom to change our minds and adjust our goals as we move towards them.

One tool that can support your process in setting goals is using the SMART strategy.

- **Specific** – What exactly would you like to do? What is your aim?

- **Measurable** – How will you know if you are moving towards your goal? What will you see?
- **Achievable** – Can you act to reach your goal? Is it something you can do?
- **Relevant** – Does this goal have meaning for you?
- **Time** – When would you like to reach this goal?

All parts of our lives can benefit from setting meaningful goals. Here are a few ideas on where you could get started today:

- **Attitude** (e.g. Being positive, hopeful, and grateful or seeing the good)
- **Physical Health** (e.g. Being active, eating healthy food, sleeping, and drinking water)
- **Relationships** (e.g. Spending more time with family and friends)
- **Public Service** (e.g. Volunteering, helping your community)

Taking the time to write, type, or vocalize our goals, will set the stage for us to reach them! Another important piece is to celebrate our successes along the way. Focus on all that you have done rather than on things you still need to do.

Remember to be kind to yourself. This is a good year to think about what is important and fall gently back into our routines again!

Back to School Safety

by Alberta Health Services

Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you.
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions.



- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: Children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

LANDSCAPING SPECIALISTS



FOR A FREE ESTIMATE
ON LANDSCAPING
CALL SHAWN 403.651.0424
ASFCONTRACTING1@GMAIL.COM
WWW.ASFCONTRACTING.COM

COMMERCIAL/RESIDENTIAL LAWN MAINTENANCE • PAVING
STONE • SOD • RETAINING WALL INSTALL • FENCES • DECKS



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

**Vacation and Vacant
Home Watch Service for
Insurance Requirements**

Lynda Binder | Launa Germiquet | Pam Taylor

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

Creamy Beef Enchiladas

by Jennifer Puri

The idea of rolling tortillas around food originated in Aztec times but it was the Spanish Conquistadors who adopted the dish and added new ingredients like cheese, pork, and chicken.

Enchiladas, meaning “to season with chilies”, refers to stuffed corn tortillas that have been dipped in a chili sauce. A traditional Mexican dish, Enchiladas have a unique flavour and are a perfect combination of tortilla, meat, cheese, and sauce.

Smothered in sauce and baked, creamy beef enchiladas are filling and rich, so they are best paired with a simple bean salad or Mexican rice.

Prep Time: 20 minutes

Cook Time: 30 minutes

Bake Time: 30 minutes

Servings: 5 to 6

Ingredients:

- 1 ½ lbs lean ground beef
- 1 tbsp. canola oil
- ½ cup yellow onion, sliced
- 1 cup cooked and rinsed black beans
- 2 packets (24 gm each) hot and spicy taco seasoning
- 6 large flour tortillas
- 1 ½ tsp. powdered cumin
- ¼ cup all purpose flour
- 1 can diced green chili peppers
- 1 cup milk
- 2 cups light sour cream
- ½ cup low fat Greek yoghurt
- 2 cups Mexican shredded cheese

Directions:

1. Heat oil in a medium size pan, add onion and sauté until it turns a light brown. Then add the ground beef and brown about 3 to 4 minutes. Next add the taco seasoning and the black beans and continue to stir for 2 to 3 minutes.
2. Add the water and simmer the beef and bean mixture for about 20 minutes or until the liquid has dried up. Remove from heat and allow to cool.



3. Preheat oven to 350 degrees Fahrenheit.
4. Grease a large, rectangular oven-proof dish with butter. Place the tortillas on a flat surface and divide the cooled meat mixture between the tortillas. Fold tortillas and place them in the baking dish seams side down.
5. Prepare the cream sauce by combining the flour, cumin, sour cream, milk, yoghurt, and chilies in a bowl. Then spoon the sauce over the tortillas and sprinkle the cheese over it. Cover with non-stick foil and bake in the oven for 30 to 40 minutes.
6. Garnish with chopped tomato, avocado, and coriander leaves, and serve with a salad, salsa, and sour cream if desired.

Bon Appétit!

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



BUSINESS CLASSIFIEDS

For business classified ad rates contact 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.

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.

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.

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.

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.

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. Est. 1989. Tax receipt same day. Save money, live better!

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.

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

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.

continued on next page

BUSINESS CLASSIFIEDS

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

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.

CROWN RENOVATIONS: 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 Bill at 403-819-8588 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.

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, 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.

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.

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.

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.

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/>.

NEED SOME INTERIOR DECORATING OR EVENT PLANNING OR HOUSE CLEANING ASSISTANCE? Certified Interior Decorator and Event Manager available in Douglasdale Estates for your job scope needs. Renovation, painting, catering and decor connections in #YYC. Additionally a reliable, trustworthy, housecleaner - afternoons only. Free consultation provided. Reasonable rates. Call in the afternoon Jennifer at 250-812-0017.

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.



Cats, Canines, & Critters of Calgary



Harley, Cranston



Jasper, Glenbrook



Lulu, Signal Hill



Mika, Richmond Knob Hill



Mr. Fuggs, Christie Park



Rollie, Auburn Bay



Ruby, Glenbrook



Rusty, Glenbrook

To have your pet featured, email news@mycalgary.com

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



SCAN ME



**Need Mortgage
Solutions?
We've Got You
Covered!**

Prime, Alternative,
Reverse – We Do It
All! Let Us Find Your
Perfect Fit Today!



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial



NO-DIG SEWER & WATER LINE UPGRADES

We replace or rehabilitate underground pipes without disturbing trees, landscaping, or interior flooring and finishings.

SOLUTIONS FOR

- Root Intrusions
- Water Line Breaks
- Pipe Corrosion
- Sewer Belly or Low Spot
- Pipe Offsets
- Aging Pipes

Upgrade Your Infrastructure, Increase Your Property Value & Preserve Your Asset

75% OFF Sewer Camera Inspection

Present this coupon for 75% off a sewer line camera inspection.

This offer includes a sewer camera inspection, video recording, and assessment from an expert technician.

Valid until 2026/03/31

403-450-0087 | TerraBurst.ca | info@terraburst.ca



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!

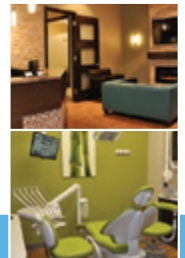
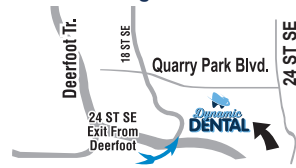
- Early AM, Evening, & Saturday Appointments
 - Children & Emergencies Welcome
- Dental Implants, Crowns, Whitening, Dentures, Snoring Appliances, Oral Sedation, Extractions
 - We Direct Bill to Insurance
- English, French, Croatian, Spanish, and Polish Languages Spoken.

#210 - 163 Quarry Park Blvd SE

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

403.453.5588 www.dynamicdentalcalgary.com

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