

APRIL 2023

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# HILLHURST SUNNYSIDE

## VOICE

PRESERVING AND ENHANCING THE QUALITY OF LIFE FOR RESIDENTS OF HILLHURST SUNNYSIDE

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HILLHURST SUNNYSIDE!  
COMMUNITY UPDATES INSIDE**



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A compelling new dance work created and choreographed by **Kimberley Cooper** featuring the DJD Dance Company and original live music played by a four piece band led by Calgary musician and trombonist **Carsten Rubeling**.

**April 27 –  
May 14**

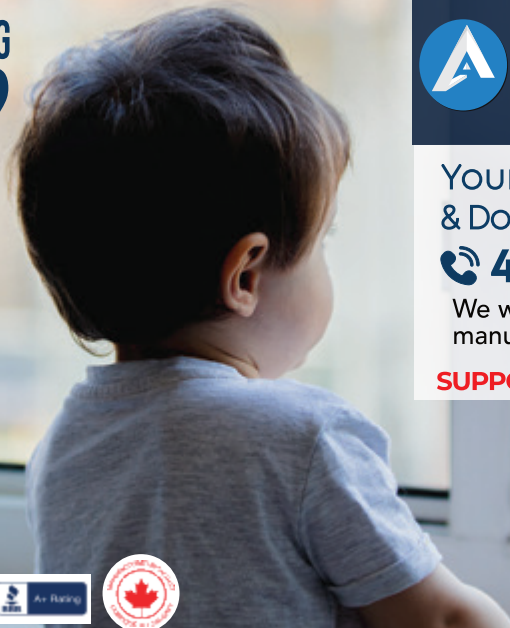
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## BOARD OF DIRECTORS

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Director-at-Large	Brian Ceelen
Director-at-Large	Hailey Doney
Director-at-Large	Qian (Becky) Tan
Director-at-Large (Planing Committee Chair)	Shirley Wong
Director-at-Large	Jaimie Graham
Director-at-Large	Vacant

## STAFF LISTING

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Childhood Director/Daycare Program Manager	Shannon Martel	<a href="mailto:shannon.m@hsca.ca">shannon.m@hsca.ca</a> 403-270-9703
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Seniors' Connection Coordinator ext. 224	Debbie Olson	<a href="mailto:debbie.o@hsca.ca">debbie.o@hsca.ca</a>
Controller ext. 225	Amy Kettenbach	<a href="mailto:accounting@hsca.ca">accounting@hsca.ca</a>
Sunshine and Rainbow Rooms	Hillhurst Sunnyside Daycare	403-270-9703
Flea Market Coordinator ext. 231 (Drop in on Sundays, or leave a message. Calls returned on Wednesdays and Sundays only)	Angel Davis	<a href="mailto:fleamarket@hsca.ca">fleamarket@hsca.ca</a>
Community Programs Coordinator ext. 248	Alex Walz	<a href="mailto:alex.w@hsca.ca">alex.w@hsca.ca</a>
Community Connections Coordinator ext. 247	Shaye Radford	<a href="mailto:shaye.r@hsca.ca">shaye.r@hsca.ca</a>



**HSCA**  
Hillhurst Sunnyside Community Association

# FLEA MARKET

**SUNDAYS 7:00 AM- 3:00 PM**

403-283-0554, ext 231  
1320 5 Ave NW



**A community program since 1985!**

**OPEN WEEKLY | YEAR ROUND | FREE ADMISSION**

**140+ vendor tables**



## Program Phone Numbers

Chair Yoga	Debbie 403-283-0554 ext. 224
Farmers' Market Fresh Food Basket	Alex Walz 403-617-6094
Flea Market	Angel 403-283-0554 ext. 231
<i>(Drop in on Sundays or leave a message. Calls returned on Wednesdays and Sundays only)</i>	
Neighbour Night	Shaye 403-283-0554 ext. 247



## The Good Food Box (GFB)

The Good Food Box is a program under the Community Kitchen Program of Calgary whereby you can purchase fresh fruits and vegetables at a very low cost. The Good Food Box is a hands-up program as opposed to hands-out.

**Large Box:** Includes approximately 40 pounds of produce. Cost: \$35

**Medium Box:** Includes approximately 30 pounds of produce. Cost: \$30

**Small Box:** Includes approximately 20 pounds of produce. Cost: \$25

### Orders Accepted:

Online at the HSCA Web Store: [www.hsca.ca/community-food-program](http://www.hsca.ca/community-food-program).

Orders may be placed during the pick-up times – cash orders only.

### New 2023 Order and Delivery Dates (Area B)

Order by 2:00 pm	New Pick-Up Time 2:00 pm to 6:00 pm
April 11	April 20
May 2	May 11
May 30	June 8
June 20	June 29
August 22	August 31
September 19	September 28
October 17	October 26
November 14	November 23



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

**HILLHURST**



**SUNNYSIDE**



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Hillhurst Sunnyside Community Association

# Join us at the Hillhurst Sunnyside Fields

May 2 to June 28, Tuesdays/Thursdays  
Play-Train-Play Modules  
Advanced Soccer Pathways  
U12-16 by Calgary Rockies FC

CALGARY ROCKIES  
FOOTBALL CLUB

Led by US-Soccer Federation A-licensed Technical Director Glenn Ramsay!  
Train with Calgary Rockies Coaches! No Volunteers.



**Cost: U4 (2019-21) \$80 - 8 sessions**  
**U5/6 (2017/18) \$105 - 16 sessions**  
**U8 (2015/16) \$137 - 16 sessions**  
**U10 (2013/14) \$147 - 16 sessions**

(Payment Plans Available)



## Register at **SoccerTECH.ca**

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# Heritage Update

The Upton residence is on the move!

Built in 1908, one of Sunnyside's oldest homes (if not the oldest) has been temporarily moved so that a new foundation can be poured, and a large functional addition be built. The Upton residence is considered significant by Heritage Calgary and is on the City's Inventory of Evaluated Historic Resources.

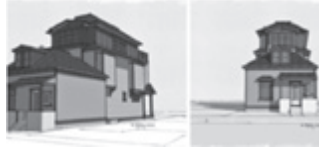
We are thrilled that the new owners have the vision and foresight to work with the City and Heritage Calgary to restore and retain this Edwardian worker's cottage through adaptive reuse. Once the work has been completed, the Upton residence will be designated by the City in partnership with the owners.

More on designation in our community: Heritage Calgary (civic partner of the City) is experiencing a significant increase in demand from homeowners asking to have their homes added to the Municipal Inventory and potentially designated. This increase may be attributed to a shifting focus and interest in Calgary's built history, support/grants available for maintenance, and more education on the business case for designation.



*The Upton residence moved off its foundation. Image courtesy of Christie Page.*

Currently, our community contains three designated residences: the William J. Gray home in Hillhurst, and in Sunnyside, the Orman residence and Glenwood Manor. However, this will be changing soon. In the past year, at least four homeowners have asked that their homes be added to the Municipal Inventory and potentially designated. More information to come!



*Draft design of completed residence. Upton residence in forefront. Image courtesy of Marre Design Group.*

For more information on built or cultural heritage in our community, contact the HS Heritage sub-committee at [planning@hsca.ca](mailto:planning@hsca.ca).

## 2023 Event Schedule

<b>Spring Fling</b> - April 8	<b>Local Food Week</b> - August 16
<b>Pollinator Party</b> - May 6	<b>Salsa Fest</b> - September 6
<b>Outdoor Season Opener</b> - May 31	<b>Harvest Fair</b> - October 11
<b>Teddy Bear Picnic</b> - June 21	<b>Indoor Season Opener</b> - October 25
<b>Anniversary Market</b> - July 5	<b>Fall Fundraiser</b> - November 22
	<b>Very Local Holiday</b> - December 13 & 20

## The Quietest Place on Earth



A laboratory in Minneapolis has the quietest room in the world! As an anechoic chamber, it prevents the reverberation of sound waves. It's said to be so quiet inside that you can hear your bodily functions, such as the blood circulating in your veins. Being in this room is so off-putting to the senses that no one has stayed inside for longer than 45 minutes!

## Hillhurst Sunnyside Community Association

# 2023 ANNUAL GENERAL MEETING

**APRIL 26, 2023, 6:30 - 8:30 PM**

FORMAT TO-BE-DETERMINED

YOUR HSCA MEMBERSHIP MUST BE RENEWED BY MARCH 26TH TO VOTE!

# Hillhurst Sunnyside's Truck Route

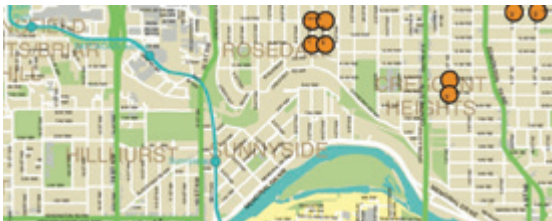
by Tim Schaefer, Sunnyside Resident

The City of Calgary's truck route bylaw has been on the books since 1990. It spells out which streets and roads people can operate trucks on and which ones they cannot. The idea behind the bylaw is to maintain safe, quiet, and comfortable streets for people by limiting what roads trucks can use to move around the city.

The truck route bylaw (60M90) defines what a truck means according to its maximum weight. The threshold is 5,450 kg, so anything above that weight is a "truck" according to the bylaw. That's a pretty heavy weight, so in case you're wondering, most personally owned pickup trucks will be less than that but some new EV trucks are getting close.

What does a truck weighing more than 5,450 kg look like? Generally speaking, it's a vehicle that has a cab with a large square box behind it. But it could also have a flatbed or a trailer. A sure-fire way to verify is to look at the posted weight listed on the side of the truck, usually on its door. All commercial trucks above 4,500 kg are required to list both their unloaded weight (TARE) and their maximum loaded weight (GVW). If the maximum weight value is greater than 5,450 kg, then the truck route bylaw applies to that vehicle.

To help truck operators understand where they can operate, the City of Calgary provides a map to explain the truck route bylaw. Streets and roads marked in green are okay, while white streets are "No Trucks Allowed." The only exception is if the truck is being operated for local delivery or for work that is being conducted in the area.



The streets in Hillhurst Sunnyside that are part of Calgary's truck route are:

- 10 Street NW
- 14 Street NW
- Kensington Road NW
- Memorial Drive but only west of 10 Street NW

That means trucks are not allowed on any other streets, unless of course it's for a local delivery or for conducting work specific to the area. Note: Memorial Drive is not on the truck route between 10 St NW and Edmonton Trail NW. This is to avoid turning Memorial Drive into a major truck thoroughfare. Calgary does not have many east-west truck route roads, but 16 Ave NW is one that's not too far away. Despite this, many truck operators will still attempt to use Memorial Drive as a short cut. It's a risky proposition as the fine is \$500 if caught.

Enforcement of Calgary's Truck Bylaw is handled by the Calgary Police Service's dedicated Truck Unit. If you have a concern with where trucks are operating, you can submit a Traffic Service Request with the Calgary Police (see QR code). The CPS Truck Unit will be assigned your request and they will investigate your concern which may include focused enforcement of a problem area.

Calgary's truck bylaw has not really changed in 30 years, so the question bears asking, does it still work for Calgary or for Hillhurst Sunnyside? For example, is it still appropriate for Kensington Road NW to be a designated part of the truck route? This is likely a relic from the past when it

was the only major east-west road to reach the Louise 10 St NW bridge. Maybe it's time to remove it as a designated truck route and allow this area to become a little quieter and safer for kids making their way to school.

Another question is whether \$500 still serves as enough of a deterrent to stay on designated truck roads. It seems that inflation has diminished the effectiveness of a \$500 fine, because anecdotally, many trucks seem to use Memorial as a short cut despite there being signs advising that trucks are not allowed.

It may be time to revisit this bylaw to ensure it's still delivering on its objective.



Traffic service requests

[www.calgary.ca](http://www.calgary.ca)





# Purchase Your HSCA Membership!

By purchasing an HSCA membership, you are supporting the Hillhurst Sunnyside Community Association in a variety of ways, but also, you are making a statement that you care about our community and that you want to play an active part in the community movement. Purchase your membership online at [www.hsca.ca/membership](http://www.hsca.ca/membership).

## HSCA Membership Benefits

In addition to making a difference in the community, purchasing a membership now earns you perks and/or discounts at local businesses!

Memberships are valid for one year from the date of purchase, you can use your HSCA membership card to receive discounts with the following local businesses:

- **Sunnyside Natural Market:** Save 5% with your HSCA card (case discounts not included).
- **Vine Styles Kensington:** 10% off total purchase. Show your HSCA membership to Vine Styles staff to create your customer profile with built-in discount. Not applicable to already existing discounted items and/or case discounts.
- **Flippn' Burgers:** 10% discount on all purchases.
- **OXBOW:** 10% discount on breakfast/brunch or dinner.
- **Hotel Arts Kensington:** 10% discount on guest room accommodation.
- **Framed on Fifth:** 10% discount on all framing.
- **Rejuve your Body:** Get a 30-minute massage free when you book the next 30 minutes for \$49. For first visit clients only. Also 15% off on all other services at Rejuve.
- **Beagle 14 (formerly Regal Beagle):** 10% off your order (excludes daily specials).
- **Pho HouZ Vietnamese:** 10% off regular orders (excludes alcohol).
- **Tania MediSpa:** Family and individual members receive 20% off facials and body wraps, 10% off massages, botox, fillers, permanent makeup and fillers. Senior members receive 20% off facials, nails, and massages, 10% off product.
- **Free House YYC:** Enjoy 15% off pickup orders through our website, just click Order Online and use the promo code HSCA15, when you arrive to pickup your order show our lovely staff your card and enjoy.
- **Dignity Memorial Funeral Services:** 10% savings on all preneed or at-need funeral or cremation products and services, cemetery interment rights, products and services\* [\*On already discounted Dignity Memorial plans, the employee or member is entitled to the greater of the two discounts.] National Transferability on prearranged services at no additional charge, Thirteen (13) months of unlimited access to the 24-Hour Compassion Helpline®, Access to the Dignity Memorial Bereavement Travel Program.
- **Cadence Chiropractic, Sport and Health:** 20% off your first 60- or 90-minute massage.
- **Sunny Cider:** 10% off to all HSCA members.
- **Canary Refillery and Zero Waste Market:** 10% off purchases.
- **Wheels Training Centre:** HSCA members will receive \$50 off any course. Use coupon code community50 when registering for the course through the website.
- **Good Trade Coffee Company:** 10% off all beverages with a valid HSCA membership card.
- **PB and J YYC:** Show your valid HSCA membership card and receive 10% off your order.
- **Gummi Boutique:** HSCA members will receive 10% off on regular bulk items.
- **D'Orient Spa:** Receive 15% off spa services and 5% off products when you show your valid HSCA membership card.
- **Indie counterculture:** 10% off your purchase with a valid HSCA membership card.
- **Villages Calgary:** \*New\* 10% off purchase (excludes rugs and clearance items).
- **Coco Bath and Soap:** \*New\* 10% off your purchase.
- **The Plaza Theatre:** \*New\* 10% off beverages at the café.

# Ongoing Programming at HSCA

## Mondays

**Senior Connections Group, 10:00 to 11:00 am**

Contact Debbie at 403-283-0554 for the Zoom link.

**Sustainable Food Programming, 4:00 to 6:00 pm**

Something for everyone! Fresh Routes affordable mobile grocery store is onsite for all to shop, and grocery credits and free food are available for folks in need.

## Tuesdays

**Chair Yoga (Online), 10:00 to 11:00 am**

If you would like to join or would like more information, contact Debbie.o@hsc.ca or call 403-283-0554, ext. 224 and leave a message.

**Sip 'n' Chat, 2:00 to 4:00 pm**

Weekly drop-in time for all community members to enjoy a coffee or snack together. All ages welcome.

## Wednesdays

**Cribbage, 12:30 to 3:00 pm**

Join a lively game of cribbage with community members and area seniors.

## Thursdays

**Chair Yoga (Online), 10:00 to 11:00 am**

If you would like to join or would like more information, contact Debbie.o@hsc.ca or call 403-283-0554, ext. 224 and leave a message.

**Neighbour Night**

Neighbour Night will only be on the first Thursday of the month – April from 5:30 to 7:30 pm – featuring a simple vegetarian meal and a fun activity. Supervised kids are welcome to join in too.

## Saturdays

**The HSCA Farmers' Market Indoor Season runs from 11:00 am to 3:00 pm.**

## Sundays

**The Sunday Flea Market runs 7:00 am to 3:00 pm.** Check out the crafts, furniture, antiques, books, treasures, and community building every Sunday at HSCA.

## Other Programming

**HSPC meetings are the first Thursday of each month from 7:00 to 9:00 pm online.**

Please contact [planning@hsc.ca](mailto:planning@hsc.ca) to participate in a meeting.

**Caregiver Connections (Online), 7:00 to 9:00 pm on the third Thursday of each month.**

Providing a safe and welcoming space for all caregivers to share their journeys and connect with others in similar situations. Contact Debbie for the Zoom link.



HSCA  
HILLHURST SUNNYSIDE  
COMMUNITY ASSOCIATION  
1320 5 Ave NW

# DROP-IN BADMINTON

Mondays and Thursdays  
10:30 am to 1:30 pm

January 2 - April 27  
(see programs and recreation calendar  
for blackout dates)

\$4 pay-to-play

punch-cards available at  
[hsc.ca/badminton](http://hsc.ca/badminton)

\*The schedule will be posted to the HSCA Program & Recreation Calendar as it is determined. Blackout dates may occur on which there will NOT be badminton. Please see [hsc.ca/programsrecreationcalendar](http://hsc.ca/programsrecreationcalendar) for details

Please provide your own racket and birdies.



FARMERS' MARKET  
HILLHURST SUNNYSIDE MARKET

## Outdoor Summer Farmers' Market

Wednesdays 3pm - 7pm  
May 31st to October 15th, 2023

Interested in Becoming a  
Vendor?  
Applications Are Open!

Apply on our website @  
[www.farmersmarkethsc.ca](http://www.farmersmarkethsc.ca)





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## Community Connections

### Income Tax Clinic Returning to HSCA!

If you, or someone you know, live on a low income, you can get your taxes done for free by a Chartered Professional Accountant!

Contact Edward for details at [taxclinic@hsc.ca](mailto:taxclinic@hsc.ca) 403-283-0554 ext. 229.

### Neighbour Night

The first and third Thursday of each month, come on over to enjoy a simple vegetarian meal with neighbours, a fun activity or craft, and some great company! Children welcome to attend with their caregivers.

Free | 5:30 to 7:30 pm

\*Exception! April will have one Neighbour Night: Thursday April, 6.

No Neighbour Night on April 20 – cancelled for Samaritan's Annual Super Sale happening on Saturday, April 22 from 9:00 am to 1:00 pm.

Check the April e-newsletter for event details.

### Community Walk About

Want to experience the neighbourhood in a new way? Join HSCA and Tyson from CDLI for a casual stroll in the community to explore and talk about the assets!

Contact [shaye.r@hsc.ca](mailto:shaye.r@hsc.ca) for the date!

Drop in at the front doors of HSCA. If it is cold, we will

shorten the walk and provide some hot drinks inside HSCA afterwards!

If it is cold, we will shorten the walk and provide some hot drinks inside HSCA afterwards!

### Sip 'n' Chat

Drop in any Tuesday for hot drinks, snacks, laughter and conversation with neighbours.

Tuesdays | 2:00 to 4:00 pm | In the Hearth Room

### \*New\* Volunteer Opportunity!

Now recruiting gardeners and gardeners-in-training for the 2023 Shared Garden season!

Spend a few hours a week tending to this volunteer-run community garden and feeding your community! The Shared Garden differs from a traditional community garden because everyone works together to tend to all the plots, instead of having your own. All volunteers are welcome to share in the bounty, and the extra produce is donated to HSCA's Sustainable Food Program to feed neighbours struggling to afford good food.

The Sunnyside Shared Garden is seeking lead garden volunteers (folks with enough knowledge of gardening to help keep things moving forward) and general garden volunteers (to support planting, watering, weeding, and harvesting – no experience necessary!).

Sign up link for this and all current volunteer opportunities through our volunteer portal at [www.hsc.ca](http://www.hsc.ca).



## SENIOR CONNECTIONS

For seniors related support, information, or volunteering, contact Debbie at 403-283-0554 ext. 224 (and leave a message) or be emailing [debbie.o@hsc.ca](mailto:debbie.o@hsc.ca). We appreciate any opportunity to connect with you!

### **\*Unique Volunteering Opportunity!\* 2023 Casino Fundraiser**

Looking to spend a unique day volunteering for the community? HSCA's next casino is in August at ACE Casino Airport located at 40 Aero Crescent NE (Formerly Cash Casino).

No experience needed! Join neighbours for the next casino that provides a large donation of casino funds to HSCA! Duties include cashing out casino chips and counting casino earnings, but don't worry, there is a paid advisor there to lead the volunteers!

Dates: Saturday, August 19 and Sunday, August 20

Shifts are available from 11:00 am to 7:00 pm, 7:00 pm to 3:30 am, and 11:00 pm to 3:45 am. Yes, you read those shifts correctly, so drink all the free casino coffee you want to pull off an important night shift for community!

Sign up on [www.hsc.ca/volunteering](http://www.hsc.ca/volunteering) through our volunteer portal and note your interest in 'Casino Volunteer'. For more information, contact Debbie.

### **Thank You**

To all the residents and volunteers who helped with snow removal this past season, thank you so much for helping to make the walks in our community safer for everyone and for helping seniors make sure their walks were cleared. You have helped to make a difference and it is appreciated by all residents in our community.

Check out the HSCA website under 'Senior Community Connections,' 'Online Programming,' and 'Caregiver Connections Online' for more links and information, or call Debbie.

### **Caregiver Connections**

If you are a caregiver for another person, this online drop-in opportunity lets you connect with someone outside of family and friends who can empathize.

When: Third Thursday of each month (until June) from 7:00 to 9:00 pm over Zoom. Contact Debbie for the private link.

If the idea of a caregiver chat appeals to you but this time doesn't work, just send an email or call and we can chat through other options. If you don't have a computer or internet access, connect with me over the phone for other options.

### **Chair Yoga**

A gentle exercise class led by an experienced instructor, Sharon! Anyone is welcome.

When: Every Tuesday and Thursday (until the end of July) from 10:00 to 11:00 am. In-person and online options available!

Contact Debbie for the private Zoom link. The room opens at 9:30 am for chatting before the class.

Or, come by HSCA and join from the Hearth Room to watch the class live on a projector.

### **\*New!\* Cribbage Group**

When: Wednesday afternoons from 12:30 to 3:00 pm in the Hearth Room.

Join this established and well-organized group in their new location at HSCA! They play four games, break for coffee, tea, and snacks, and then play until 3:00 pm. There is a \$1 admission fee to cover coffee supplies and a sign-up sheet for snacks.

Each game is \$.25, which goes to the winner, then the winners move to the next table and there is an extra \$.10 for a skunk. Anyone who wishes to play is welcome.

### **Senior Connections**

I really want to hear from you whether you are a senior, are looking to help a senior you know, are concerned about a senior, are a potential volunteer, or if you have any ideas that you would like to explore around seniors. I can also arrange to connect with you on another day or at another time if that works better for you. Please let me know by email or leave a phone message and I will connect with you.

If there is anything related to seniors that you would like to explore or know about, or if there are other programs or supports that would be of benefit to you or another family member, reach out! We look forward to connecting.

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*Dr. Kolby Rieger*

### Dentistry for Children

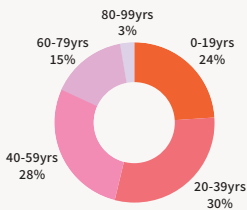
- Happy Visits for first time tots (1yr and up)
- Invisalign
- Nitrus oxide
- Silver diamine fluoride application
- Fillings

### Dentistry for Adults

- Botox (Cosmetic & Therapeutic)
- Crowns
- Implant restorations
- Invisalign
- Teeth Whitening
- Wisdom tooth extraction

### Dentistry for Seniors

- Partial Dentures
- Bridges
- Crowns
- Cleanings
- Fillings



Our team takes care of the dental needs of all age groups. We believe in dentistry for all.  
**Call us today and book your appointment.**

**403-289-9185 | WWW.BRIARHILLDENTAL.CA**

*\*All services provided by a General Dentist*

# Income Tax Clinic

If you meet the following requirements, the CPA will do your taxes for free!:

Have a household income that does not exceed:

- \$35,000 or less with no dependents
- \$52,500 or less with dependents

Not have interest or investment income:

- beyond the \$35,000/\$52,000 threshold

Not have earnings from:

- self-employment income, rental income, or real estate holdings (land and/or buildings, including a house or condo that provides income)

By filing your taxes, you could be eligible to RECEIVE money!

- monthly Canada Child Benefit payments
- quarterly Goods and Services Tax (GST) payments
- quarterly Alberta Child Benefit payments
- semi-annual Alberta Family Employment Tax Credit payments

Many free and low-cost programs and initiatives also require information from your filed taxes.

In-person file drop off dates (after registration):  
**Tuesdays & Thursdays from March 21 to April 6**

To reserve your spot, contact Edward:  
403-283-0554 Ext. 229 | taxclinic@hscsa.ca



At the Hillhurst Sunnyside Community Association  
1320 5 Ave NW

**The HSCA Farmers' Market Indoor Season**

Every Saturday, 11 am - 3 pm  
Beginning October 15th, 2022

1320 5 AVE NW

HSCSA logo

# BUSINESS CLASSIFIEDS

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

**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.

**HILLHURST | SUNNYSIDE 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.

**HILLHURST / SUNNYSIDE CARPENTER / CONTRACTOR:** Licensed carpenter for home or office renos or repairs. Small fixes to full renos. Whatever you need - framing, drywall and taping, painting, bathrooms and basements. Clean, safe work. Prompt service. 403-286-1788.

**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.

**CUSTOM CLEANING SERVICE:** One person cleaning service. Hard-working, dependable, bonded, insured. Over 10 years of experience. Custom cleaning service to fit your needs. References available upon request. Available for move in, move out, weekly, bi-weekly, or monthly service. For a free estimate, call Val/Valldina at 403-614-8528.

**LOCAL HANDYMAN IN HILLHURST/SUNNYSIDE:** Repairs/replacements and odd jobs. Plumbing (e.g. fix/replace leaky/running faucet or toilet, install new garburator), electrical (e.g. repair/replace wall switch or light fixture not working, exhaust fan), install new window hardware and/or coverings, fix sticky door, drywall repairs, painting, etc. Call/text Tom 403-970-4466, or email tomh5566@gmail.com.

**JOSHUA BLAIR CLASSICAL OSTEOPATHY:** Helps find and fix the cause of your aches and pains through gentle manipulation so you can improve your wellbeing and be your best self! Better Structure. Better Function. Located at 1904-B 20th Avenue NW in Capitol Hill. Book online: www.jblairosteopathy.ca or by phone: 587-225-9734.

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

**TLC CLEANING:** Over 20 years' experience in the business! TLC Cleaning is a small and personalized house cleaning company with an eye for detail. Licensed, insured, bonded, and WCB covered for your peace of mind. Excellent rates and references; environmentally-friendly options too. Everyone needs a little TLC! Free estimates; please call Carol at 403-614-8522 or email tlc.cleaning@shaw.ca.

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