

MARCH 2023

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BEHIND HSCA'S NEW MURAL



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Hillhurst Sunnyside Community Association

Community Centre

1320 5 Avenue NW, Calgary, AB T2N 0S2

Phone: 403-283-0554 • Fax: 403-270-3130 • www.hsca.ca

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Community Programs Coordinator ext. 248	Alex Walz	alex.w@hsca.ca
Community Connections Coordinator ext. 247	Shaye Radford	shaye.r@hsca.ca



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.

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
March 7	March 16
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



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HILLHURST



SUNNYSIDE



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Unlock Your Walk with a Cart

by Tim Schaefer, Sunnyside Resident

Call them a trolley dolly, a rolling cart, or a shopping caddy, those personal rolling carriers that are used to carry your shopping items back home just have a certain persona to them. It's a strange cultural phenomenon that I hit head-on one day when I bought one and had several family members say, "You're a grown man, why did you buy a granny cart?"

It wasn't exactly the warm enthusiastic welcome I was expecting to hear, but I was familiar with this sentiment, so I wasn't entirely surprised. I too have often looked at these carts with a disparaging lens, but I have noticed many more people using them these days. So why did I buy it?



Well, it starts with my family's habit of going for walks on a daily basis. Hillhurst Sunnyside is a great walkable neighbourhood, so walking is an easy thing to do here. Hillhurst and Sunnyside rank as the twelfth and thirteenth most walkable in Calgary, both with a score of 75. That's impressive!

When I go for walks, I'll often include a shopping trip for groceries or other items in Kensington at the same time.

Accomplishing a recharge of the mind after a day's work, connecting with a family member, and tending to some errands is really a win-win-win. But when there are more than a few items, it becomes a bit challenging

to carry it all home. I have brought a backpack on some occasions and still do, but sometimes there's just too many items or it's just a bit too heavy to carry everything in a backpack. This is where your own mini shopping cart becomes a great option.

In the past, when I reached such a point, I would have simply chosen to unlock my vehicle and drive. When you own a vehicle, it can be too easy to cave in and drive. Like most people, my vehicle sits most of the time just waiting to be used. It's an easy choice to make. The trouble is that when I drive to run an errand, it means I don't get to integrate a walk into the task. With a busy schedule, it might also mean foregoing the opportunity to recharge and get some mild exercise on an otherwise busy weeknight. When we live in a walkable neighbourhood like Hillhurst Sunnyside, that's a missed opportunity!

While I don't use my cart every time I shop, it has proven to be a great option. Plus, the great thing with shopping trolleys is that they fold up nicely so you can store them away without requiring much space. There are also lots of styles and colours of carts to choose from these days. Carts are no longer just wire baskets on wheels, most come with an insulated compartment to keep things cool in the summer and keep things from freezing in the winter. You can even get stylish rollerblade type wheels. So, if you've been eyeing up a cart yourself, my advice: go for it! You'll find yourself unlocking your walk instead of your car.



Pig Beach

Major Cay, an island in the Bahamas, has been home to a colony of feral, swimming pigs for decades. No one knows for sure how they got there. Some suspect that the pigs were survivors of a shipwreck and swam ashore, while others believe they were put there by inhabitants of a neighbouring island who didn't want them living on their island.





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!

The Full Worm Moon

The third full moon of 2023 occurs in March! It is aptly named the 'Full Worm Moon' as March signals the start of spring, thawed grounds, and the return of earthworms!



Meet the Artist Behind HSCA's Mural: Daniel J. Kirk

Can you describe your relationship to the community of Hillhurst Sunnyside?

Daniel: I am a long-time resident of Hillhurst Sunnyside. Currently, I live in Sunnyside and operate a creative studio in Kensington.

How would you describe your art to someone who's never seen it?

Daniel: I work in many different mediums, exploring connections and relationships. My paintings use transitions of colour to explore natural forms and rhythms.

What are some notable past projects of yours in the neighbourhood?

Daniel:

- The HSCA mural project, to be completed in spring 2023 (currently being reworked) based upon an artist in residency in 2012.
- Dale – A pedal powered USB charging station on the corner of Memorial Dr and 10 St.
- The Kensington Mural Project – Behind the Plaza Theatre that spans five commercial buildings in the alleyway of the Kensington business district.
- Sunnyside Lift Station murals by the curling club.

How did this recent mural project come about?

Daniel: The result of my work as the artist in residence in 2012 was a mural on the exterior wall of the HSCA building. This work connects to a compilation of stories, gathered from the community that circles the main hearth room inside. Now that that mural project is 10 years old and showing its age, I was asked to rethink the outside mural, to explore and expand upon the content within the stories.

How do you hope the mural will be received? What effect do you hope it will have on the community?

Daniel: I hope that the work will be something enjoyable for folks passing by and for those who use the space regularly. I see the project as an offer of beauty to our community, something to soften the edges of the challenging times we are navigating together.

What role do you feel public art/beautification plays in urban living, more generally?

Daniel: Public art offers the opportunity to have discourse about our shared world in an open and unsolicited way. It is a vital part of an urban space and can not only connect people to each other and their world, but can function to build/create community. It beautifies spaces and creates a feeling of place for folks, as well as it provides vital economic support for artists, fabricators, designers, and other professionals to exist and make Calgary their home.



St. Barnabas
ANGLICAN CHURCH

Join us for Holy Week and Easter at St. Barnabas

April 7 Good Friday Children's Activity 10 am,
Stations of the Cross 11 AM, Choral Cantata at Noon

April 9 Easter Sunday Outdoor Sunrise Service
at 7:30 AM, Holy Communion at 8:30 AM, Choral
Eucharist at 10:15, followed by Children's Egg Hunt

St. Barnabas Anglican Church
1407 7th Ave NW (by Riley Park)
403-283-3035 | www.stbarnabas.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.

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.



Meet Edward, HSCA's Newest Practicum Student!

Where are you from originally? Have you lived elsewhere before now?

I was born and raised in Newfoundland. In the 1970s, I got a Bachelor of Arts and a Bachelor of Education at Memorial University. For about 15 years, I taught high school and worked as a school board administrator. I also taught in Ontario and Quebec. I moved to Toronto in the 1980s. After battling an addiction to alcohol, I finally got sober in 1984. I have been continuously sober for the past 38 years. Around the same time, I also came out as a gay man when I realized that the main reason for my drinking was living a closeted life trying to hide my sexual orientation.

What were you up to before beginning your internship?

In the 1990s, I studied addiction counselling at George Brown College and sat on their Board of Governors for two years. I graduated with an honours diploma in addiction counselling. I did various jobs including crisis counselling at the AIDS Committee of Toronto, helping people who were diagnosed with HIV and later AIDS. It was challenging work.

After moving to Alberta in 2010, I learned how to drive the largest haul truck in the world, a Caterpillar 797 – even though I had never even driven a pick-up truck! I learned that, with a focused mind, I can reach any goal that I want to achieve. However, the shift work required for driving haul trucks was not for me. Instead, I worked in remote camp kitchens in Fort McMurray for 10 years.

Despite the great salary, I was still not happy and decided to return to university in 2021. I almost didn't succeed with this goal as I was diagnosed with cancer for the second time in 2020. After that, cancer went into remission, I was diagnosed with cancer again in 2022, along with diabetes. I am currently working on reversing both diagnoses by adopting a whole foods plant-based way of eating. So far, so good!

What's your current field of study and why did you choose it?

Before this internship, I did a practicum at the Calgary Distress Centre answering crisis calls including suicide calls. I am currently in my final year of studies for a Bachelor of Social Work. In 2024, I will start studying for

a Master of Social Work. I chose social work because of a growing sense of urgency to make positive change in the world. I think change begins with building relationships. Mahatma Ghandi said, "Relationships are based on four principles: respect, understanding, acceptance and appreciation," and I think that by building relationships in the community, we can better address addictions, poverty, homelessness, oppression and discrimination, and give vulnerable people a helping hand. And this is not easy work. Famed American social worker, Dr. Brené Brown, has said that in our work, we often need to choose courage over comfort. In short, I think the job of social workers can be summed up by the phrase "comfort the disturbed and disturb the comfortable."

Did you have a pre-existing relationship with our community? What is your impression of Hillhurst-Sunnyside?

I am relatively new to Hillhurst-Sunnyside and in fact to Calgary. I moved to the city from Edmonton in July 2021 to start my studies. I became familiar with the Hillhurst-Sunnyside Community Association (HSCA) last year when one of our social work classes used the Heritage Room to do a pop-art display of works by residents of James House. At that time, I began to learn about the community development work that HSCA does, including the daycare and out-of-school care programs. In my practicum, I like that HSCA builds relationships through Community Connections programs such as Sip 'n Chat, the Sustainable Food program, and Neighbour Nights, to mention a few. Also, I recently visited HSCA's Farmers' Market and Flea Market which were all abuzz with visitors. I am glad I decided to do my final practicum at HSCA before finishing my studies in the spring of 2023.

I really like Hillhurst-Sunnyside area and I am starting to explore the neighbourhood. Just recently during a morning stroll, I stumbled on The Roasterie. I really enjoyed stopping by there to have an Americano and want to explore more. I like the neighbourhood so much that I am considering moving here once I finish my studies and move out of campus. I'm proud to be part of the community development work that HSCA does and I admire the genuine commitment by volunteers and staff to help HSCA reach its goals.



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@hsca.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@hsca.ca or call 403-283-0554, ext. 224 and leave a message.

Neighbour Night

Neighbour Night will be the first and third Thursdays on the month – March 2 and 16 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@hsca.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
hsca.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 hsca.ca/programsrecreationcalendar for details.

Please provide your own racket and birdies.

Female Clergy



On March 12, 1994, the Church of England, which is headed by the British monarch, ordained 32 female priests. Prior to this, all clergy in the Church of England were male. As a result, 700 male clergy and thousands of church members left the church in protest. On a happier note, in 2015, the Church of England welcomed its first female bishop, Libby Lane!

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@hsca.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!

5:30 to 7:30 pm | Free | Children welcome to attend with their caregivers.

Thursday, March 2 and Thursday, March 16

Check the March 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!

Wednesday, March 8 | 6:00 to 7:00 pm

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!

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.hsca.ca.



**SPRING
SUPER SALE**

Saturday, April 22, 2023
9 am to 1 pm
Hillhurst Sunnyside Community Centre
1320 - 5th Avenue NW

**Clothing, shoes, books,
toys, art, collectibles,
jewelry, linens,
sporting equipment,
and household goods.**

**All proceeds go to
Calgarians in need.**

Samaritan
Club of
Calgary

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@hsc.ca



Hillhurst Sunnyside Community Association

At the Hillhurst Sunnyside Community Association
1320 5 Ave NW

SENIOR CONNECTIONS

For all the programs listed below, or if you need to connect with me for anything related to seniors (support, information, or volunteering), call the office and leave me a message (403-283-0554 ext. 224) or send me an email at debbie.o@hsc.ca.

Snow Removal

Winter still has some time to go before the season ends. If you are having some difficulty clearing your snow, connect with me and I will see if I can find a volunteer who can help for the rest of the season.

If you are able to help a senior for the rest of the season, please let me know and I will match you if there is someone who is needing help. You will be helping to keep our seniors and other members of the community safe while travelling the sidewalks in our community.

Caregiver Connections

Caregiver Connections occurs online from 7:00 to 9:00 pm on the third Thursday of the month from January until June 2023, but I can connect with you at anytime. Connecting with someone outside of family and friends can help when we are feeling overwhelmed or just need someone to talk to. Just send me an email or call and I will be more than happy to send you the link or find a different time or way to connect with you.

HSCA Website

Check out the HSCA website, under 'Senior Community Connections,' 'Online Programming,' and 'Caregiver Connections Online,' for more links and information. If you don't have a computer or internet access but would like more information about supports and programs, please send me an email or call me and leave a message. I will get back to you and provide you with contact numbers, information, and supports that may be helpful. If there is something you would like to see added to the site, please let me know.

Chair Yoga

Chair yoga takes place from 10:00 to 11:00 am on Tuesdays and Thursdays, until the end of July. For the link to the class, please contact me directly. The online room opens at 9:30 am to connect. Be sure to join five minutes before 10:00 am to make sure your link is working.

If you would like to join the class in person at the community centre, the front door to the centre will be open at about 9:30 am. You will be joining Sharon and the online class from a screen in the Hearth Room. Continued in person programming will be dependent on attendance moving forward. I know that winter can make this a challenge with weather and driving conditions, etc. Increased interest will help to keep this program running in person. We do still ask that all participants in person please bring a mask to wear during the class for everyone's safety.

This is a gentle exercise class that will help you to move and stay limber, especially during the winter when you may not be walking as much. Come join us.

Monday Connections

An online support group for seniors every Monday from 10:00 to 11:00 am. Contact me for the link.

Cribbage Group

Cribbage is a new card group that meets on Wednesday afternoon from 12:30 to 3:00 pm in the Hearth Room. This group has been together for many years and is joining our Community Connections program from another location. We are excited to bring you another opportunity for connections.

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. If you are looking for another opportunity to connect with others, enjoy playing crib or would like to learn to play crib, come check them out; everyone is welcome.

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, please connect with me. I am more than happy to talk and share connections, links, and explore other possibilities for connecting and supporting seniors and their families in our community.

BUSINESS CLASSIFIEDS

For business classified ad rates call 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.

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.

DETAILED HOUSE CLEANING: Weekly, bi-weekly and monthly. Also move-in and move-out. Licensed, insured and bonded. We work according to our clients' needs. We also do Air B&B Hosting. Call 403-470-6548.

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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The intermingling of detailed & thoughtful design with simplistic living encompass this hillside home. Features include a 2-storey vaulted entrance, top-floor bedroom oasis with incredible views & a park-like backyard.



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MLS #A2017896

A beautifully appointed home with outstanding craftsmanship boasting a radiant layout, dream kitchen & unique third floor loft with private deck & downtown views.



81 Tusslewood Heights NW

List Price: \$667,500

New home, new beginnings. Heartfelt congratulations to my client.



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List Price: \$600,000

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