

AUGUST 2023

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HILLHURST SUNNYSIDE VOICE

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Have you considered renting a spare bedroom in your home to a UCalgary student?

Calgary is experiencing a housing shortage, and university students are actively seeking rooms to rent for September. Your guest room could be the perfect solution!

By renting a room to a student, you can provide them with a comfortable living environment while earning some extra income for yourself.

We recommend posting your spare room for rent on either [spaceshared.ca](https://www.spaceshared.ca) or [places4students.com](https://www.places4students.com) if you're interested. SpacesShared connects older adults interested in homesharing with students, and UCalgary's Students' Union works in partnership with Places4Students.



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REPAIR EXCHANGE CALGARY



THE HILLHURST SUNNYSIDE COMMUNITY ASSOCIATION WILL BE HOSTING A REPAIR EXCHANGE.

HAVE ITEMS THAT NEED REPAIR? WANT TO LEND A HELPING HAND TO YOUR COMMUNITY? HELP GIVE BROKEN ITEMS A SECOND CHANCE! TO LEARN MORE OR GET INVOLVED CONTACT PROJECTS@ARUSHA.ORG

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Flea Market Coordinator ext. 231 (Drop in on Sundays, or leave a message. Calls returned on Wednesdays and Sundays only)	Angel Davis	fleamarket@hsca.ca
Community Programs Coordinator ext. 248	Alex Walz	alex.w@hsca.ca
Community Connections Coordinator ext. 247	Reiko Yamagishi	reiko.y@hsca.ca
Planning Coordinator	Beky Poschmann	planning@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	Reiko 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: \$40

Medium Box: Includes approximately 30 pounds of produce. Cost: \$35

Small Box: Includes approximately 20 pounds of produce. Cost: \$30

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
August 22	August 31
September 19	September 28
October 17	October 26
November 14	November 23



Bike Bus to Sunnyside School

by Tim Schaefer, Sunnyside Resident

The very first bike bus to Sunnyside School was held on June 7, 2023. What's a bike bus? It's a group ride of children, parents, and community members where everyone travels together to school on bicycles. The idea behind a group ride is it encourages young riders to ride who may not otherwise be confident to ride to school on their own. It also allows busy parents to feel comfortable having their kids ride to school in the company of others.

The bike bus concept may be new to Sunnyside, but they have been happening all over North America with one of the more famous ones organized by Coach Balto in Portland, Oregon. In that bike bus they regularly have around 100 participants.

Back here in Calgary, the bike bus to Sunnyside School on June 7 also happened to be bike day at Sunnyside School, which was part of a weeklong engagement with Ever Active, an Alberta charity that promotes active mobility in youth. The result was a great turn out of about 30 riders on the bike bus. There were also many children who arrived on bicycle after the bus arrived, so the newly upgraded racks were filled beyond their 50 bike capacity!



Sunnyside's first bike bus was more of a parade where everyone started and finished the ride together. Subsequent bike busses held in June 2023 were held more like a bus route where kids joined in from specific meeting places or wherever they liked.

The bike bus to Sunnyside School is an event organized by parents in the community. It is not organized by the school or the Calgary Board of Education. There are plans to hold regular bike buses next school year. To get involved or participate look for updates through the parent council communications.

Use this QR code to view a video of the first bike bus.



Cats, Canines, & Critters of Calgary



Baloo and Walter, Springbank Hill



JC Cat, Evanston



Pepper, Evergreen



Tuxedo Joe, Cranston

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

ONGOING PROGRAMMING AT HSCA

Be sure to check the HSCA e-newsletter for the most up-to-date information on programs, events, and activities. Visit hsca.ca/newsletter-sign-up.

Mondays

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

On hold until September.

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 – On hold until September

If you would like to join or would like more information, email 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. In the Hearth Room at HSCA.

Wednesdays

Cribbage, 12:30 to 3:00 pm

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

HSCA Outdoor Farmers' Market runs from 3:00 to 7:00 pm

May 31 to October 18.

Thursdays

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

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

Neighbour Night, 5:30 to 7:30 pm

Free. Children welcome to attend with their caregivers. First and third Thursdays of every month. Come on over to enjoy a simple vegetarian meal, a fun activity or craft, and some neighbourly company!

In the case of any bad weather and/or poor air quality, we will have an indoor activity.

- Thursday, August 3 – Japanese Origami Crafting! Don't miss our first origami crafting!
- Thursday, August 17 – Strolling through Riley Park. Let's enjoy every single moment of our summer!

Sundays

The Sunday Flea Market runs 7:00 am to 3:00 pm

Check out the crafts, furniture, vinyl 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, 7:00 to 9:00 pm on the Third Thursday of Each Month (Online)

On hold until September.

Volunteer Opportunities at HSCA

Our volunteer management system has been upgraded! Check out the new site to easily sign up for shifts or browse new opportunities! www.hsca.ca/volunteer.

Interested in getting involved? Check out our current volunteer opportunities like:

- Community Connector
- Neighbour Night Cook
- Outdoor Season Farmers' Market Crew
- Special Events Crew
- Casino Volunteers

HSCA appreciates all volunteers for all reasons. Looking to build connections with community? Great! Looking for work experience and a reference letter? Fantastic! We can't wait to connect! www.hsca.ca/volunteer.



PERIDOT

August-borns are lucky to have three birthstones to choose from: peridot, spinel, and sardonyx. Of these three, peridot is the rarest as it is one of only two gems to be found deep in Earth's mantle, which can make it more difficult to find and mine.

SENIOR CONNECTIONS

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

Grandparent Reading Program

Sunnyside School is seeking community members to join the Grandparent Reading Program at Sunnyside School! Volunteers will be trained by a teacher on strategies to use when reading with children.

Commitment: one or two mornings per week for 1.5 hours

To apply: Call the school office at 403-777-6390 to apply and receive instruction on a CBE Police Check (no cost)

Monday Connections: Senior Support

Our Monday Connections group will take a break for July and August and will return in September.

Resources

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

Our Caregiver Connections group will take a break for July and August and will return in September.

Connecting with someone outside of family and friends can help when we are feeling overwhelmed or just need someone to talk to. Just email or call Debbie at 403-283-0554, ext. 224 or Debbie.o@hsca.ca and she will be more than happy to set up a different time to connect with you. There are other connections that you may be interested in, so don't hesitate to explore the possibilities.

Chair Yoga (On hold for August and will return in September)

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

When: Returns every Tuesday and Thursday (until December 21) from 10:00 to 11:00 am.

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

If you would like to join the class in-person at the community centre, connect with Debbie to make sure that nothing has changed. This information was posted

in July, but changes could occur before the September classes. This is a gentle exercise class that participants continually express how participation has a positive impact. Come check us out!

*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.

Connect with Us

We want to hear from you if 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 ideas that you would like to explore around seniors.

Mondays don't work? Contact Debbie and we will try to find a time that works better for you. Are you interested in the following?

- Looking for information around senior supports or other programs or connections.
- Volunteering to provide support for a senior in the community.
- Learning about the programming for seniors in the community.
- Connecting to learn more about the Seniors' Connections program.
- Anything you would like to learn more about, explore etc.
- If you just want to talk to someone.

Volunteer Opportunity: HSCA's 2023 Casino Fundraiser is Saturday, August 19 and Sunday, August 20

HSCA's casino is this month! Looking to spend a unique day volunteering for the community? This year, it will take place at ACE Casino Airport located at 40 Aero Crescent NE (Formerly Cash Casino).

No experience required! Join neighbours for this important fundraising event for 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 the community!

If you can help or would like to know more about the positions or the casino and why this is an important fundraiser for HSCA, please connect with Debbie by phone at 403-283-0554, ext. 224 and leave a message.

Help Us Build a Seniors Support Network


The new Monday Connections is meant to build a seniors' support network of volunteers who would like to help provide support to seniors in our community. Building a network would give us the opportunity to respond quicker when a need arises and make connections with seniors on a regular basis to check on how they are doing and explore any support they might be needing. If you would like to explore the possibilities and help to build this program, contact Debbie (contact information above) or feel free to connect with Debbie online during our Monday Connections group at 10:00 am (email Debbie for the Zoom link).

Please note, the Monday Connections group will take a break for July and August and return in September.



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

<p>HILLHURST</p> 	<p>SUNNYSIDE</p> 
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HILLHURST SUNNYSIDE
COMMUNITY ASSOCIATION
1320 5 Ave NW

DROP-IN BADMINTON

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

May 1 - August 31
(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.

UNIVERSITY
DISTRICT
— CALGARY —

WE'RE HAVING A BLOCK PARTY!

JOIN US FOR AN AFTERNOON OF FUN.
FAMILY-FRIENDLY, PET-FRIENDLY.
LIVE MUSIC, ENTERTAINMENT & MORE!

SEPTEMBER 17, 1-4 PM

 **BLOCK PARTY** For details visit:
myuniversitydistrict.ca/blockparty

Local Farmers Markets: A Bounty of Freshness and Community

Farmers markets are not just a place to buy fresh produce; they are vibrant hubs of community engagement, culinary exploration, and sustainable living. With an array of locally grown fruits, vegetables, artisanal products, and the opportunity to connect with local farmers, farmers markets offer a unique experience that transcends the act of shopping. Let's dive into the delights of farmers markets and uncover why they have become beloved destinations for food enthusiasts and community members alike.

1. A Cornucopia of Freshness

One of the most compelling aspects of farmers markets is the unmatched freshness of their offerings. Unlike supermarket produce, which may travel long distances before reaching shelves, the produce at farmers markets is typically harvested at its peak ripeness, often on the same day. This translates into exceptional flavour, nutritional value, and extended shelf life. Strolling through the market, one can find a rich assortment of vibrant fruits, vegetables, herbs, and even exotic or heirloom varieties that may be hard to find elsewhere. The opportunity to savor these fresh treasures is a genuine treat for the taste buds.

2. Supporting Local Agriculture

Farmers markets play a vital role in supporting local agriculture and the farmers who work tirelessly to cultivate our food. By buying directly from farmers, consumers help sustain small-scale, family-owned farms and promote environmentally friendly practices. These markets provide a platform for farmers to showcase their hard work and dedication, ensuring fair compensation and fostering a deeper connection between consumers and producers. Through this direct relationship, consumers gain a better understanding of where their food comes from, while farmers receive the recognition and support they deserve.

3. Culinary Exploration and Artisanal Goods

Farmers markets are not limited to fresh produce alone; they also boast a diverse array of culinary delights and artisanal products. Bakers, brewers, butchers, and other local artisans bring their craft to the market, offering unique and high-quality goods. From freshly

baked bread and pastries to homemade jams, local honey, and handcrafted soaps, the market becomes a treasure trove of flavours and craftsmanship. Exploring these stalls encourages consumers to expand their culinary horizons, experiment with new ingredients, and savor the creativity of local producers.

4. Fostering Community Engagement

Farmers markets serve as community gathering spaces, fostering social connections and a sense of belonging. They provide an opportunity to interact with farmers, fellow shoppers, and local vendors, creating a vibrant atmosphere of camaraderie. Farmers markets often feature live music, cooking demonstrations, and educational workshops, enriching the experience and offering a platform for community learning. Sharing recipes, exchanging cooking tips, or simply engaging in friendly conversation cultivates a deeper appreciation for the food we consume and the people who produce it, strengthening the bonds within the community.

Farmers markets are more than just a place to buy fresh produce; they are vibrant hubs that celebrate the joys of local agriculture, culinary exploration, and community engagement. By supporting farmers markets, we embrace sustainability, nurture our local economy, and savor the abundance of flavours and experiences they offer. So, let's explore the delights of farmers markets and bask in the rich tapestry of freshness and community they provide.

The HSCA Farmers Market is an accredited Alberta Farmers Market, open year-round. Summer hours are 3:00 to 7:00 pm on Wednesdays.



Calgary's Secret: The HSCA Flea Market

by Ozair Khan

They say, "one man's junk is another man's treasure." That certainly is true at the HSCA (Hillhurst Sunnyside Community Association) Flea Market that has been a regular feature every Sunday at HSCA (1320 – 5 Avenue NW) from 7:00 am to 3:00 pm. Hillhurst and Sunnyside are two of the oldest neighbourhoods of Calgary and have been populated since the 1880s. Today the Hillhurst Sunnyside community, just north of downtown, is a nice residential location which people of diverse backgrounds call home.

Although there are other community markets in Calgary, the HSCA Flea Market is unique in that it is neither strictly an antique market nor a farmers market and has been around since 1985! The community feeling is strong as the same vendors set up stalls weekly. Some sell their own belongings before moving on, whereas for others it is a hobby and they do not earn much out of it. Some are into collecting rare items or antiques. Some test the market for their product here before selling them elsewhere. We all love the vibe and the social interaction with so many interesting people. Bartering is rife and vendors build and refine their collections over the years.

If you want to go down nostalgia lane head for the 100 or so stalls of the flea market. Whether it is hardware tools, bicycles, toys, semi-precious stones, handmade soap, perfumes, books, VHS video tapes, CDs, DVDs, clothes, collectables, arts, crafts, or decoration pieces, it's all there. For a couple of hours, we can be swept back to our childhood days while chatting with the vendors about what they are passionate about. The whole social cross section of Calgary is represented at the HSCA flea market. Some vendors travel every week from other neighbourhoods to set up stalls there. The indigenous, francophones, immigrants, and long-term Calgary residents brush shoulders as they hunt for that special bargain in a cacophony of languages. Social interaction is all about learning from each other - whether it is about how Calgary was in the 1960s, or what the use of dream catchers was in the indigenous cultures, or all about the crocheting yarn from Brazil. There are many hidden treasures for the seeker if they are patient and thorough in their hunt.

The vendors and the visitors are regulars here and know each other on a first name basis. In a world where the mainstream markets try to set the trends in shopping, the HSCA flea market is a grassroots alternate phenomenon that weaves the community together. In an age when it seems difficult to make our money stretch, every week it is still possible to scoop up goodies which have special meaning to us while meeting interesting people and spending perhaps \$10.



Hillhurst Sunnyside Streetcar System

This is an excerpt from the Hillhurst Sunnyside Historical Context paper, 'Early Commerce & Industry' section (pp.28-38). For more on the history of our neighborhood, check out the full paper: <https://www.hsca.ca/historical-context-paper>.

Hillhurst-Sunnyside's streetcar system was one of the earliest to develop - from 1909 - and offered the best service outside the city centre. Part of the rollout of the Calgary Municipal Railway's first network in 1909, it was the only service north of the Bow. The river crossing selected was the Louise Bridge at 10 Street in favour of Centre Street which had steeper grades⁴⁹. The streetcars ran across the Louise Bridge along 10 Street to a turn-around near 5 (Victoria) Street at Riley Park; naturally 10 Street saw the community's first commercial development.

By 1912 the neighbourhood's service had significantly expanded. In Hillhurst, it expanded west with a loop (the 'red line') that ran along 5 Avenue from 10 to 14 Street, along 14 Street to Kensington Road - enabling those two roads to develop commercially after 1912 - and returned to 10 Street. On 10 Street the line also extended further north to 16 Avenue where it accessed areas outside the community to the northeast.

In Sunnyside, a new route was introduced to residential streets along 2, 7, and 6 Avenues, traversing most of the subdivision before reaching a turnaround. In July 1912, Hillhurst was part of the inaugural run of an impressive new 50-passenger scenic car which ran along various scenic routes in the city, including the panoramic Sunnyside Loop. The canvas-covered open car featured bronze gates and varnished seats in elevated tiers.

The neighbourhood's streetcar service expanded further between 1913 and 1921. In Hillhurst, service on 8 Avenue, 14 Street, and Kensington Road was extended west to interface a loop that accessed the west-most part of Hillhurst, 'Grand Trunk', and east Parkdale in 1913. Residents recall the smaller-sized trams (another name for streetcars) employed on this route which they nicknamed the 'Toonerville Trolley'. Service in Sunnyside was extended by the short distance east required to reach Centre Street

(an extension that was discontinued in 1944 due to recurring washouts that year)⁵⁰. Also in 1921, streetcar service in the community was significantly facilitated by the construction of the new concrete-arch Hillhurst Bridge just east of the Louise Bridge.

As with the rest of the city, the conversion from trams to buses (also called coaches) began taking place in 1946. The first step was a new corporate name that did not include 'railway': the Calgary Transit System. The same year, an interim phase began during which streetcars were converted to trolley trams. For a period both the converted trolley trams and trolley coaches were operating in the system, until eventually only trolley coaches remained in the system and the tracks were dug up from roadways. The trolley system was eventually replaced by diesel-powered buses. Electric railways would not return to the community until light rail transit was introduced in 1987.

Sources:

- 49 Foran (1978); Melnyk (1985).
- 50 Hatcher (1975).

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from the City of Calgary



The City has reinstated its adoption program to help more animals find homes. For a limited time, adopt your forever companion at Animal Services at a reduced rate!

Now only \$100, the adoption fee covers:

- Spay or neutering surgery
- Microchip implant for identification
- A twelve-month City of Calgary license
- First set of vaccinations (excluding rabies)
- De-worming
- A bag of pet food

By adopting from a local shelter, you can make a direct impact by saving a life and contributing to the overall welfare of animals in your area.

Interested in adopting a pet? Check out the adoptable animals on calgary.ca/pets.

Recreation at HSCA

Bowview Pool 2023 Season

The Bowview Swimming pool is open. This year, registration is required and must be done through the Calgary Outdoor Swimming Pool Association's (COSPA) online booking system. A limited number of tickets may be available for walk-up patrons as well. Visit www.hsca.ca/bowview-swimming-pool for the schedule, information on lessons, registration, and pool rentals.

HSCA Tennis Courts

Registration for use of the HSCA tennis courts is now open. All registrants must have a valid HSCA membership. Tennis courts will be open from April 28 to October 31, weather permitting. Visit www.hsca.ca/tennis.

Drop-In Badminton

Most Mondays and Thursdays from 10:30 am to 1:30 pm. Visit www.hsca.ca/badminton for full schedule and blackout dates. No registration is required, \$4 per session.

GAMES & PUZZLES

Guess That Canadian City!

1. This city hosted Canada's first and only Summer Olympics in 1976.
2. Ginger beef was invented in this city in the 1970s.
3. Terry Fox began his "Marathon of Hope" in this city.
4. This city has the highest population and is the most visited in the country.
5. In the 1900s, illegal tunnels were built in this city to hide Chinese immigrants who were avoiding discrimination or who couldn't afford the head tax.
6. This town is dubbed the "polar bear capital of the world."



SCAN THE QR CODE
FOR THE ANSWERS!

HILLHURST-SUNNYSIDE FARMERS' MARKET



1320-5th Ave NW
at the HSCA

FRESH LOCAL FOOD

SUPPORT YOUR
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WEDNESDAYS
OUTDOORS

3PM-7PM

May 31st- October 18th

FARMERSMARKET@HSCA.CA | FARMERSMARKET.HSCA.CA

587-700-9387 | 1320 - 5TH AVE NW | FOLLOW US!



2023 Event Schedule

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

HSCA
Sip 'n' Chat

TUESDAYS 2 - 4 PM
IN THE HEARTH ROOM AT HSCA

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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.

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.

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.

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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