HILLHURST SUNNYSIDE

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



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CARDINAL

BY TREVOR RAMAGE

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Please allow us to introduce ourselves! We are RAINBOW ELDERS CALGARY A support group for 2SLGBTQ+ seniors



We make a significant difference in the lives of 2SLGBTO+ seniors and provide support and address issues such as social isolation, housing, and loneliness.

To discover more, please contact us!

email: rainbowelderscalgary@gmail.com Ching k Fund www.rainbowelderscalgarv.ca













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

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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

a message. Calls returned on Wednesdays and Sundays only)

Community Programs Coordinator ext. 248

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



A community program since 1985!

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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

(Drop in on Sundays or leave a message.

Calls returned on Wednesdays and Sundays only)

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To View Additional Hillhurst **Sunnyside Content**



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COME CHECK US OUT!

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
February 7	February 16
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

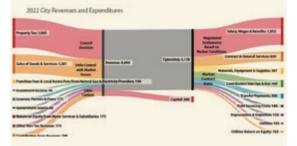
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Calgary's Property Tax Productivity Dilemma

by Tim Schaefer, Sunnyside Resident

In November 2022, Calgary's City Council approved a 4-year service plan and budget that included a revenue expenditure infographic to help explain where its revenue comes from and where it spends its budget.



Over the years, Calgary has slowly shifted revenue away from property tax and over to fees based on services provided. This is demonstrated in the infographic where in 2022 less than half of the City's revenue came from property tax. The same will be true over the next 4-year budget cycle. This fee-based approach is viewed as more equitable as it places the cost of the services on the people who use them. It also influences consumption when proportion of use is tied to cost (Example: Entry fees at City of Calgary recreation facilities).

One aspect of property tax that was also discussed in council but did not receive much attention is the idea of property tax productivity. This is the concept of measuring how much property tax is generated in a unit of area (say 0.1 square km). As any property owner will know, in Calgary, property is taxed based on its assessed value multiplied by a mill rate to cover the City budget. This is considered a progressive or 'fair' approach because those with lesser valued property, and presumably less income, will pay proportionately less in property tax.

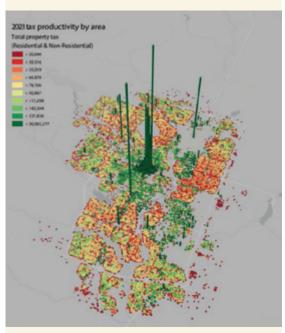
Where this approach fails the city and its residents is when property tax productivity is so disproportionately high in some specific areas of the city that it causes many other areas to have a very low tax productivity. It can be so low that the tax collected in a low area doesn't even come close to covering the costs. In short, those areas operate at a loss to

the City. On the surface this may also seem as being progressive. Neighbourhoods with low property value are presumed to have low tax productivity, right?

Unfortunately, the opposite is what typically happens in North America. Neighbourhoods with high assessed property values will typically have low tax productivity. Likewise, neighbourhoods with low property values will often have high tax productivity. This happens because of the relative density of the properties. In other words, having many lower valued properties in the same amount of area as a single high value property will bring in more tax revenue for the City compared to a single property.

Managing property tax productivity can become a big problem if a city doesn't recognize the issue and continues to allow too much development that is not productive from a property tax perspective.

In a December 2022, a tweet by Evan Spencer (Ward 12 Councillor), a 3D graph was shared that clearly shows an intense concentration of property tax productivity in the inner-city and a few other spots. There are also large vast areas with very low tax productivity that are best described as residential neighbourhoods built less than 70 years ago.



From an income statement perspective, this 3D graph for Calgary shared by Spencer is an incomplete picture because the costs have not been factored. At this time, the City has not yet determined how to assign costs in this sort of model. However, it is safe to say that Calgary has built and continues to focus on building neighbourhoods that, from a city cost-to-serve perspective, are likely financially insolvent.

What can Calgary do to address this dilemma? The City must complete the work of determining the costs to serve properties throughout the city so that areas that are costing the City more than the revenue they generate are understood and minimized. From there, property tax needs to evolve further so the costs to serve a given property are reflected in the taxes collected. With that in place, the real estate market will evolve. People will continue to buy property based on what they value, but instead it will factor City taxes and fees that better match what it costs to actually serve those properties and not a subsidized model that we seemingly have today.



Distracted Driving

by Cst. Jeff Leimer

Did you know that distracted driving encompasses many things, not just cell phones? All penalties that fall under Distracted Driving carry a minimum \$300.00 fine and 3 demerits; further, the courts can also raise the specified penalty upon each conviction.

Under the Alberta Traffic Safety Act (TSA)

Section 115.1(1)(a): Drive or operate a motor vehicle while holding/viewing/using cell phone or other communication device. Even holding the device creates the offence and you must be legally parked. So, no holding your phone while at a traffic light.

Section 115.1(1)(b): Drive or operate a motor vehicle while viewing/holding or using a handheld wireless electronic device. This would be an iPad, notebook, or separate GPS system.

Section 115.2(1): Display screen active and visible to the driver other than GPS, cell phone, etc. This would be watching YouTube or videos on a screen while driving. Yes, I have seen this happen: a person watching music videos and another watching a movie while driving.

Section 115.4(1): Drive or operate a motor vehicle while reading/viewing printed material, writing, sketching, or engaged in personal grooming/hygiene. So, no shaving, doing makeup, or brushing teeth.

For people that like or allow their dog/cat to sit on their lap and watch the world go by or hang out the window, Section 115(2)(i): Driver permits person, animal, or thing to impede safe operation of a motor vehicle, a \$243.00 Specified Penalty.

In a busy world filled with electronics, taking pets on road trips, reviewing documents from work, we should be setting aside all these things. All these actions remove your responsibility from what you should be concentrating on: safe operation of your motor vehicle. It's best to make it home so that we can enjoy the special things in life.

Drive and be safe.



Bonnie, Our Flea Market Manager, is Retiring!

After 37 years managing the HSCA Flea Market, Bonnie Constable is moving on to greener pastures.

Bonnie started part-time in July of 1985 and never looked back. "The Flea Market became the love of my life," she says. "The vendors are like family. I never in 37 years woke up Sunday morning not looking forward to going to work. It wasn't like a normal job. It was a family Sunday, and you never knew what adventure, good or bad, awaited the day. Or what treasure would surface."

When asked about the more memorable moments during her incredible tenure, Bonnie notes some emotional highs but also some terrible lows. Vendors stepping up to the plate to donate goods and financial aid to their community during the 2013 flood remains a highlight for her, but the passing of certain vendors have also meant some darker days. All in all, the social need the flea market fulfills for community members, as well as the positive environmental impact, have made the Flea Market an important part of neighbourhood life, according to Bonnie. "I will always be grateful for having been a part of that for so many years," she says.

Stepping in for Bonnie as Flea Market Manager is the wonderful Angel Davis, who will be introduced in a future piece here in The Voice. All of us at HSCA would like to thank Bonnie for her remarkable dedication to our community and wish her the best of luck in her future, which already sounds bright! "I will be retiring to do whatever makes me happy. Hobby of jewelry making, looking forward to a garden this year. Might even do a little travelling." Sounds great, Bonnie; you've earned it!



SAFE & SOUND

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/ vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- · High cholesterol*
- · Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

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.

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@hsca.ca. The need to connect doesn't stop during the year, so don't hesitate to connect with me at anytime.

Snow Removal

Shoveling snow can be hazardous for many. The heavy snow can be difficult to lift and move; the colder weather means that our blood vessels constrict, making the blood flow more restricted which can drive up our blood pressure and could lead to a heart attack. The heart attack does not always happen while removing the snow. It can come later in the day. Even the most active and healthy individual can be at risk.

For seniors, this can be an even more hazardous challenge. If you can help a senior neighbour with their snow removal or see that someone's snow hasn't been removed from the City sidewalk especially, please lend a hand. If not cleared within 24 hours, there is a hefty fine that can be charged to the homeowner as snow covered sidewalks are hazardous to everyone. Having sidewalks cleared up to the door means that the mail will be delivered, individuals can get out of their house more safely, and for the City sidewalks, we can navigate our community on foot without fear of falling.

If you are a senior and cannot clear your sidewalk, or if you know a senior who needs some help with this, please connect with me. I will do my best to find a volunteer who can help. If you would like to help a senior in the community remove their snow this winter, please let me know. I will be glad to make the connection. This will help improve the safety of all community residents during the winter snowfalls.

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 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. If you don't have a computer or internet access, connect with me for other ways to connect.

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 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 returns in February at a new time, from 10:00 to 11:00 am on Tuesdays and Thursdays, until the end of July. For the link to the class, please connect with me directly. The online room opens at 9:30 am to connect. Be sure to join 5 minutes before 10:00 am to make sure your link is working.

If you would like to join the class from the community centre moving forward, you will need to let me know by email or by leaving me a voice message (403-283-0554, ext. 224). The in-person class at the centre will only happen if there is enough interest in returning, so please let me know as soon as possible if you are interested in joining the online class from the centre at this time.

Joining the class in person means that you will be following Sharon on the screen in the Hearth Room. We do 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.

Senior Connections

Monday Connections will return on Mondays from January 9 until the end of February (except statutory holidays) for anyone who would like to connect for any reason.

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 ideas that you would like to explore around seniors.

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, please connect with me. I am more than happy to talk and share connections, links, and explore other possibilities.





Foothills Little League offers baseball to girls and boys aged 4-16. All skill levels are welcome!

Spring season runs from mid-April to mid-June. www.foothillslittleleague.org

Ongoing Programming at HSCA

Mondays

Senior Connections Group (Online) will return on Mondays starting January 9, from 10:00 to 11:00 am. Contact Debbie at 403-283-0554 for the 700m 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 – February 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 Wednesday 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.

Heritage Moment: The Riley Family, a Legacy in the Landscape

Excerpt from hsca.ca/historical-context-paper

The Riley pioneer ranch family settled in today's Hillhurst, gradually increasing their land holdings until they owned a significant portion of inner-city Calgary north of the Bow River. City-builders, the Rileys left a legacy in the landscape with the subdivisions they established, the land they donated for park space and education, and the institutions they created and supported.

Thomas and Georgiana Riley

Thomas Riley (1842-1909) immigrated to Canada from Derbyshire, England in 1862, first settling in eastern Canada where he and Georgiana Hounsfield (1843-1907) married and raised their family of ten before putting down roots in Calgary in 1887. They arrived with their youngest children, the older siblings joining them over time until the whole family was together in Calgary. Within a year they were homesteading just north of the town's limits at that time, on the northwest quarter of Section 20 (today's Briar Hill). By 1903, their farm had barns, stables, granaries, and a corral, and after receiving patent in 1904, they built their permanent dwelling, Hounsfield Lodge (nonextant). Thomas raised livestock and crops, including wheat, oats, and potatoes. He also had a strong interest in politics, was active in the Liberal party and ran for political office for the North-West Territories.



Thomas Riley homestead house and farm building. Thomas and Georgiana Riley in pony cart, daughters Louise and Emily and son Thomas on horseback, between 1895 and 1899 [Credits: Glenbow Archives M-8375-11-2].

His sons worked on the family farm and also acquired homesteads nearby as they reached the eligible age to apply. They entered into partnership with their father as the Riley & Sons agricultural enterprise. Georgiana acquired the east half of Section 20 in 1902, and in 1902-3, Georgiana and her son Albert purchased Section 31 from the CPR for ranching, their two portions flanking the Morley Trail. The Riley & Sons lands were known collectively as the Ranche. In 1906, the Rileys sold 1280 acres of their lands near Nose Creek as well as 400 cattle to P. Burns & Co, retaining their horses but moving from grade cattle to raising pure breeds. The same year, plans were drawn up for a second permanent house by an architect referred to in Thomas' diary as Wilson 30. Following Georgiana's death in 1907, her portion of Section 31 and her land in Section 20 went to her family; Thomas reserved a 10-acre parcel for the new house. Upon Thomas' passing in 1909, Riley & Sons dissolved; their three daughters - Louise, Emily, and Maria - inherited the original homestead and Hounsfield Lodge. In 1910, Edmunde and Thomas Jr registered the northeast guarter of Section 20 as the Hounsfield Heights subdivision Plan 5625AC. By 1912, the daughters had married: it was son Frank's family who would next live in the Hounsfield Lodge until sometime after his death in 1939. The lodge and almost five acres were sold to the Bethany Care Society which opened in that house in 1946.

To be continued... pick up The Voice next month to read on about the Riley family!

CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

9 PM ROUTINE



RESIDENT PERSPECTIVES

Stargazing with Pat J: Celestial Bumper Cars

by Patricia Jeffery © 2022, Calgary Centre of the Royal Astronomical Society of Canada

While the Moon and planets may appear to peacefully traverse the night sky, in reality, all have been victims of catastrophic fender-benders with their solar system siblings.

Venus: Every planet spins anti-clockwise; except for Venus. Sometime in the distant past, something knocked Venus completely upside down, causing it to appear to rotate backwards; where the sun rises in the west and sets in the east. Equally weird, its axis rotation is so slow that a Venus day is longer than its year.

Earth: A Mars-sized object named Theia collided with Earth about 4.5 billion years ago. The gigantic impact blasted material into orbit which eventually consolidated into our Moon. The collision is also thought to be the reason Earth is tilted 23.5 degrees which is a good thing for us as otherwise there would be no seasons.

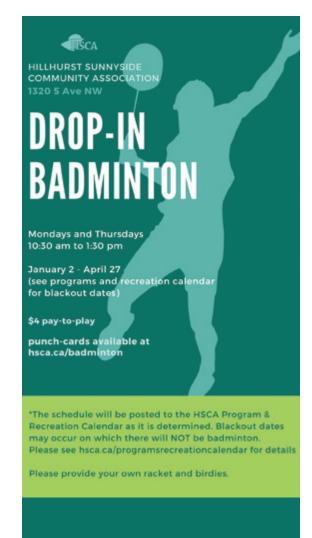
Saturn's Moon Mimas: The object that nearly destroyed Mimas left an impact crater 130 kms across; a comparable crater on Earth would be wider than Australia.

Uranus: All planets in the Solar system are tilted to some degree, but Uranus takes it to a whole new level. Early in life, a collision with an Earth-sized object left it with a tilt of almost 98 degrees; meaning Uranus is literally lying on its side.

As a result of the extreme tilt, summer on Uranus is 21 years of continuous sunshine while winter is 21 years of complete darkness. Despite being closer to the Sun than Neptune, Uranus is the coldest planet in the solar system at -224 degrees Celsius. And you thought our Canadian winters were bad.

*Asteroid Belt: Located between Mars and Jupiter, these rocky fragments are not from a smashed planet, but merely material left over from when the solar system formed.





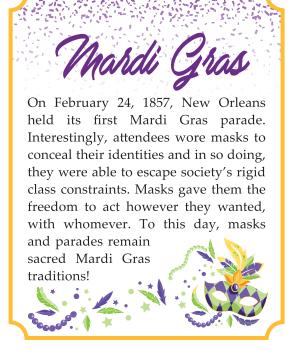




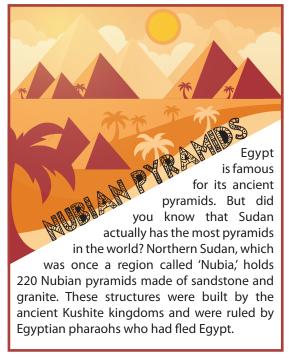
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HILLHURST | SUNNYSIDE MORTGAGE BROKER: SAVE A BUNCH OF CASH! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@ anitamortgage.ca | Licensed by Avenue Financial.

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.

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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