

OCTOBER 2023

DELIVERED MONTHLY TO 6,325 HOUSEHOLDS

HILLHURST SUNNYSIDE VOICE

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



REPAIR EXCHANGE

OCTOBER 15

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BEGINS OCTOBER 25

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For more information, call 403-536-6558 or email FinancialWellness@CaryaCalgary.ca.





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

BOARD OF DIRECTORS

Chair	Bekah Callaghan
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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

Executive Director ext. 221	Kate Stenson	kate.s@hsca.ca
Communications Coordinator ext. 226	Stephanie Corbett	stephanie.c@hsca.ca
Daycare Program Manager	Kerin Brice	dcmanager@hsca.ca 403-270-9703
OOSC Program Manager	Chelsea Wroblewski	camie.c@hsca.ca
Facility Services Manager ext. 223	Karl Kingsley	karl.k@hsca.ca
Seniors' Connection Coordinator ext. 224	Debbie Olson	debbie.o@hsca.ca
Controller ext. 225	Amy Kettenbach	accounting@hsca.ca
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	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	Becky Poschmann	planning@hsca.ca

Recreation at HSCA

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.

Thank You, Casino Volunteers!

A huge shoutout to all our 2023 casino volunteers! Thank you for committing your weekends on August 19 and 20! While we had a few unexpected challenges, we had some last-minute volunteers who were able to step up and help. Words never seem to be enough, but we are sincerely grateful to each and every person who generously gave their time to support this year's casino fundraiser - we couldn't have done it without you! Our casino nights are so important in helping us keep our community centre up and running and your efforts help us continue to connect our community.

**THANK YOU,
VOLUNTEERS!**

Shoutout to all of our
2023 Casino Volunteers!
We thank you for
supporting HSCA!

HSCA

Matching Families

Once again, HSCA will be matching Hillhurst Sunnyside neighbours for the 2023 holiday season!

Community members who would like to give a little extra, HSCA residents, our active volunteers, and those who wish to receive a little something, are welcome to participate!

More details to come! Registration will open on November 1.

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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)

Important Notice from Community Kitchen Program of Calgary: Effective immediately, Community Kitchen's Good Food Box Program will increase by an additional \$5 per box. See the updated prices below. For more information on this price increase, we encourage you to read the Community Kitchen's notice posted on our website: [hsca.ca/community-food-program](https://www.hsca.ca/community-food-program).

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
October 17	October 26
November 14	November 23

With Momentum's Money Management workshops, you can

Learn to budget and manage your debt
momentum.org/money-management

Complete a workshop and be entered to win a \$200 grocery gift card!




ONGOING PROGRAMMING AT HSCA

Mondays (Except Stat Holidays)

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

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

Fresh Routes affordable mobile grocery store is onsite every Monday (Except stat holidays).

HSCA offers residents of Hillhurst Sunnyside experiencing food insecurity resources and assistance, including access to the free table. Questions? Connect with one of our team members at the Sustainable Food Program (SFP) for more information.

Tuesdays

Chair Yoga (Online and In-Person), 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. 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 Farmers' Market, 3:00 to 7:00 pm

Indoor season begins on October 25.

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, 5:30 to 7:30 pm on the first and third Thursday of Each Month

Come on over to enjoy a simple vegetarian meal, a fun activity or craft, and some neighbourly company!

Free. Everybody is welcome. Child friendly. Please RSVP by emailing reiko.y@hsc.ca or call 403-283-0554, ext 247.

October's Neighbour Night theme is 'Emotional Wellness'

- Thursday, October 5 – Origami Night with Renato and Enzo
- Thursday, October 19 – Emotional Regulation with Susan

Sundays

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

Concession now open! Check out the crafts, furniture, vinyl records, 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 to participate in a meeting.

Caregiver Connections (Online), 7:00 to 9:00 pm on the Third Thursday of Each Month

Volunteer Opportunities at HSCA

Interested in volunteering at HSCA? Check out our easy volunteer sign-up system for various rewarding volunteer opportunities! www.hsc.ca/volunteer.

We are especially looking for volunteer opportunities in:

- Writing/Photography
- Community Connector
- Neighbour Night Cook
- Donation Pick-up Driver
- Farmers' Market Crew
- Volunteers for Seniors

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.hsc.ca/volunteer.

You can also email reiko.y@hsc.ca.



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

HILLHURST



SUNNYSIDE



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! Visit HSCA's Seniors page for more information and updated Zoom links at www.hsca.ca/seniors.

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 (Online) 10:00 to 11:00 am

Our Monday Connections group has returned for the fall/winter. Call or Email Debbie for the link.

A message from Debbie, Seniors' Connections Coordinator (Monday Connections):

"I will send the link out to the seniors in our community for whom I have an email address so that you have a connection if needed already in your email.

If you would like to volunteer with seniors, are looking for information, have questions or would like to explore more about how we can have a positive connection and/or impact on seniors in our community, you can also connect with me on Mondays using the same link."

Caregiver Connections

The Third Thursday of the Month, 7:00 to 9:00 pm

Our Caregiver Connections group returned online from 7:00 to 9:00 pm on the third Thursday of the month from September 21, 2023, until June 20, 2024, but please connect with Debbie at any time.

Next meeting: Thursday, October 19

Connecting with someone outside of family and friends can help when we are feeling overwhelmed or just need someone to talk to. Just send Debbie an email or call 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. If you don't have a computer or internet access, give Debbie a call at 403-283-0554, ext. 224.

Chair Yoga

Tuesdays and Thursdays from 10:00 to 11:00 am

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

Returned September 5. 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.

New! Cribbage Group

Wednesday Afternoons from 12:30 to 3:00 pm in the Hearth Room

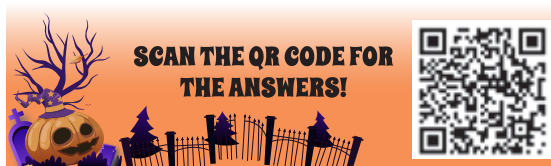
Join this established and well-organized group in their new location at HSCA! They play four games, break for coffee, tea, and snacks, and then play again until 3:00 pm. There is a \$1 admission fee to cover coffee supplies and a sign-up sheet for snacks.

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.

GAMES & PUZZLES

Halloween Edition

1. In the 1800s, these immigrants brought the tradition of Halloween to the US.
2. Based on Stephen King's novel, this 2017 film is the highest grossing horror movie of all time.
3. The two Ms in M&M's candy-coated chocolates stand for _____ and _____.
4. In the *Halloween* film series, a mask of this *Star Trek* character was spraypainted and worn by serial killer Michael Myers.
5. Jack-o'-lanterns were originally carved out of _____.
6. Stephen Clarke holds the Guinness World Record for fastest carved pumpkin, completing it in _____ seconds.



HSCA Mobility Sub-Committee

by Tim Schaefer, Sunnyside Resident

Hillhurst-Sunnyside is a great community for walking, wheeling, and using public transportation. This is thanks to the fact that it was developed in the early 1900s before vehicles became a dominant form of mobility in Calgary. However, from the 1950s onwards the influence of the car changed the streetscape in the neighbourhood, making it more challenging for people seeking to move about outside of the car. Hillhurst-Sunnyside was also impacted during this time by the choice the city made to use the community's streets for residents outside the neighbourhood to drive through to reach downtown. For example, 14 Street NW in 2019 served a daily volume of 38,000 vehicles per day.

The HSCA Mobility Sub-Committee represents the community's interests in seeking out equity for people moving about the neighbourhood by active means. This involves working with the City of Calgary to identify and create safe routes (streets, bikeways, pathways, and sidewalks) and safe crossing points across streets. This will in turn allow residents, particularly our kids, to be able to safely use active means to reach everyday destinations like schools, parks, and friends. It will also position the neighbourhood to better support mobility for seniors who wish to continue living here when they can no longer drive themselves.

The Mobility Sub-Committee values choice in transportation and ensuring our neighbourhood streets are for people of all ages and abilities. Not everyone will want to walk, bike, or use transit every time they go out and that's okay. However, the infrastructure made available for vehicles must not discourage or effectively

dissuade residents from choosing active means due to safety concerns or because it is impractical.

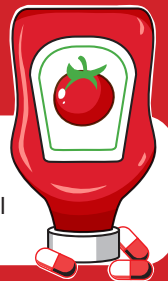
Are you passionate about walking, riding a bike, or using your accessibility device to make your way around Hillhurst and Sunnyside? Do you think our community would serve us better if we had less car dependency and had safer routes for traditional means of local transportation? If so, you may want to join or get involved with the mobility sub-committee. To learn more, connect with the Community Planning Coordinator who will place you in contact with the Chair of the mobility team.

HSCA's Community Planning Coordinator, Becky, can be reached at planning@hsca.ca or 403-283-0554, ext 229.



The Medicinal Condiment

Ketchup is one of the most popular condiments in Canada, with 87% of us having a bottle in our fridge! But did you know that ketchup was once thought to have healing properties? In the 1830s, Dr. John Cook Bennett claimed that it could cure indigestion and jaundice and sold his recipe in pill form. It wasn't until the 50s that such claims turned out to be false.





Flea Market

Concession NOW Open

Every Sunday
7 A.M. - 3 P.M.
1320 5 Ave. NW
FREE ADMISSION

Crafts, vinyl records, antiques,
books, household items, & more!

For vendor inquiries:
403-283-0554, ext 231
fleamarket@hsc.ca



Visit www.hsc.ca/flea-market



2023 Event Schedule

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

HSCA

Sip 'n' Chat



TUESDAYS 2 - 4 PM
IN THE HEARTH ROOM AT HSCA

EVERY WEDNESDAY, 3-7PM • YEAR-ROUND

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INDOOR SEASON BEGINS OCT 25TH



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Moose, Canyon Meadows



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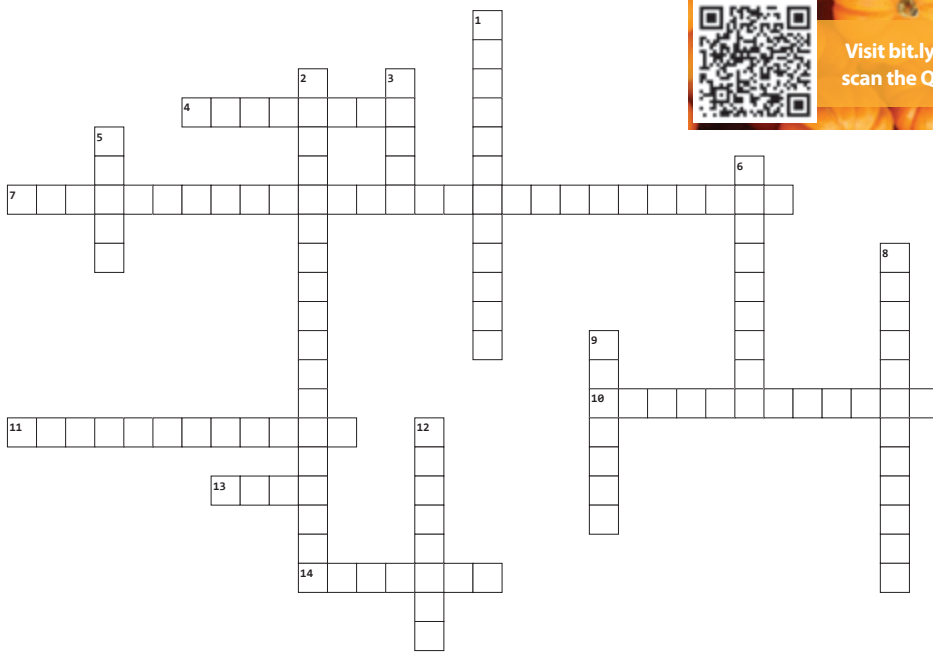
Sparky, Douglas Glen

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

October Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers



Down

- In October of 2018, the longest postseason Baseball World Series game took place; the LA Dodgers beat the _____ after 7 hours and 20 minutes.
- Every fall, these majestic, winged insects migrate 4,000 kilometres from Canada to Mexico.
- Born on October 24, 1986, this Canadian rap artist rose to fame on the television drama, *Degrassi*.
- In the Middle Ages, this was used to sweeten candy.
- This traditional Halloween candy was originally called 'Chicken Feed.'
- Hailing from Transylvania, Vlad the Impaler served as inspiration for novelist Bram Stoker's blood-thirsty protagonist, _____.
- In North America, this fruit becomes very popular in October.
- Harvested in October and November in Canada, these legumes are a complete protein, meaning that they have all nine essential amino acids.

Across

- Published on October 27, 2016, this novel by Naomi Alderman depicts a world where females develop the ability to release an electrical charge from their fingers, thus becoming the dominant sex.
- Released on October 29, 1993, this stop-motion film, written by Tim Burton, is a Halloween classic.
- Born on October 9, 1823, _____ was the first woman to own and publish her own newspaper, *The Provincial Freeman*, in Canada.
- Observed on October 11, International _____ aims to celebrate and empower young girls while advocating for their rights and recognizing the unique challenges that they face.
- October's official birthstone and Australia's national gemstone.
- This 2,000-year-old Celtic festival marks the end of harvest and honours the spirits that are believed to walk the Earth on this day.

Suicide Prevention

from Alberta Health Services

Suicide affects people from all ages, genders, socioeconomic, cultural, and ethnic groups, and it has emotional, financial, and psychological impacts on individuals, families, and communities.

You can help prevent suicide.

One of the major ways to help is to reduce the stigma around suicide. Stigma contributes to feelings of fear, shame, and guilt. We can help decrease stigma by talking about suicide with understanding and compassion.

When talking about suicide, use people-first language (someone with suicidal thoughts instead of a suicidal person). Phrases such as death by suicide, died by suicide, or suicide describe what really happened and respect family and friends left behind.

It is hard to know if someone is thinking about suicide, but if you are or know someone who is, help is available. Recognizing the risk factors and warning signs is important in preventing suicide.

Risk Factors May Include:

- Barriers to accessing social and health services.
- Mental illnesses such as depression, anxiety, and bipolar disorder.
- Traumatic life events such as the death of a partner or friend, divorce, or financial issues.
- Family violence, including physical or sexual abuse.
- Diagnosis of a serious physical illness.

Warning Signs May Include:

- Planning or saying they want to hurt or kill themselves or someone else.
- Talking, writing, reading, or drawing about death, including writing suicide notes and talking about items that can cause physical harm, such as pills, guns or knives.
- Saying they have no hope, they feel trapped, or there is no point in “going on.”

Take any mention of suicide seriously and get help right away if someone you know is in immediate risk of suicide.

What You Can Do:

- Call 911, a suicide hotline (see telephone numbers below), or the police.
- Stay with the person or ask someone you trust to stay with the person until the crisis has passed.
- Encourage the person to seek professional help.
- Don't argue with the person (“It's not as bad as you think”) or challenge the person (“You're not the type to attempt suicide”).
- Tell the person that you are there to support them. Talk about the situation as openly as possible.

When thinking about how to help someone, use the REACH Pathway (Recognize, Engage, Ask, Connect, and Heal) to help remember what you can do: recognize when someone is struggling, engage in conversation and listen, ask about suicidal thoughts and feelings, connect to support and resources, and take care of your own mental health.

To learn more, visit MyHealth.Alberta.ca.

Here are More Resources to Help:

- Health Link, 811
- Kids Help Phone
Visit: kidshelpphone.ca
Call: 1-800-668-6868
- AHS Mental Health Line
Call: 1-877-303-2642
- Hope for Wellness: First Nations & Inuit Populations
Call: 1-855-242-3310
Online chat: hopeforwellness.ca
- Canada Suicide Prevention Service
Call: 1-833-456-4566
Online chat: crisisservicescanada.ca
Text: 45645
- National Trans Lifeline



Repair Exchange at HSCA

The Repair Exchange is here (again!). Stop in at HSCA on Sunday, October 15 for an exciting community building event! Instead of throwing away broken items, we encourage everyone to bring them to one of the Repair Exchanges, where community volunteers will help fix and give them a second life, avoiding the landfill. The Repair Exchange will run alongside our Sunday Flea Market (7:00 am to 3:00 pm) and is in partnership with the City of Calgary and the Arusha Centre.

Items that volunteers at the HSCA are prepared to help fix:

- Small household appliances (lamps, countertop appliances)
- Bike tune ups (oil and cable adjustments)
- Clothing repairs (sewing patches or holes)
- Zipper slider maintenance and replacement.

Items and services that will not be accepted or provided are large appliances, furniture, vehicle repairs, custom tailoring and hemming, full zipper replacements, etc.

Become a fixer or join us on the day of the event to work together to give items a second life. Find out more below!

What is a Repair Exchange?

Repair Exchanges are free family-friendly events hosted by community associations where community volunteers will help you fix your broken item. Learn new skills and give items a second life!

Toronto's Repair Cafe

We're thrilled to share an amazing success story from Toronto. The city's Repair Cafe has been around since 2013, marking this year as its tenth anniversary. They have regular events that encourage sustainability and connection. Let's get Calgary's Repair Exchange Started! For more information, visit arusha.org/repair-exchange.



Hillhurst Real Estate Update

Last 12 Months Hillhurst MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2023	\$ 434,950	\$ 406,250
July 2023	\$ 465,000	\$ 445,000
June 2023	\$ 489,900	\$ 482,900
May 2023	\$ 459,500	\$ 452,500
April 2023	\$ 652,450	\$ 643,000
March 2023	\$ 619,000	\$ 612,715
February 2023	\$ 726,900	\$ 748,150
January 2023	\$ 709,900	\$ 675,000
December 2022	\$ 450,000	\$ 450,000
November 2022	\$ 1,250,000	\$ 1,152,500
October 2022	\$ 784,900	\$ 740,000
September 2022	\$ 749,900	\$ 685,500

Last 12 Months Hillhurst MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
August 2023	11	20
July 2023	25	21
June 2023	31	19
May 2023	20	14
April 2023	8	6
March 2023	15	15
February 2023	13	10
January 2023	14	5
December 2022	4	11
November 2022	4	9
October 2022	15	9
September 2022	13	7

To view more detailed information that comprise the above
MLS averages please visit hill.mycalgary.com



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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.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING: Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

BLUE WAGON LANDSCAPING: A student-owned business offering fall leaf cleanup and lawn aeration services now! Get your yard ready for the holidays! 700+ homes served so far. Limited spots are available. Contact Michael at 403-585-6128, team@bluewagon.ca, or visit www.bluewagon.ca to get a free instant quote!

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.

BUSINESS CLASSIFIEDS

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.

HEART & HANDS FOR SENIORS: A trustworthy company with a big heart providing companionship services. Someone to lift spirits, provide friendship, help around the house, and with errands. Heart & Hands provides comfort and peace of mind so that we can assist you or your loved one to stay home. www.heartandhands.ca or 368-999-4447.

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.

LOTUS LANDSCAPING: Is an independently owned and operated landscape and handyman company. At Lotus, we provide competitively low rates for high quality services specializing in snow removal, junk removal, irrigation, lawn maintenance, masonry, fence and decks and all other home and yard needs. 403-483-2162, lotus-landscaping@outlook.com.

VIRTUAL ASSISTANCE FOR BUSY PROFESSIONALS: Bookkeeping, invoicing, PowerPoint presentations, research on special projects, translation of websites in Spanish and French. More than 20 years of experience, reliable, professional. www.riliservices.com. Lilia Saro - riliservices@gmail.com.

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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