

fresh

HANDS-ON HELPERS

TIME-SAVERS FOR BUSY DIVAS

compiled by Helen Peterson

We like to think we can "do it all." Raise the kids, go to work, socialize with friends, run errands, take extra courses, do volunteer work, exercise, travel... and, in the case of those with partners... spend quality time with the spouse.

Well, truth be told, there's often not enough hours in the (waking) day, or gas in the tank, to get it all done on our own. For those in need of "a pair of extra hands" now and then, some Vancouver businesses have rolled out their versions of Santa's helpers, for a fee of course:

Cooking on the Clock

The **Dizzy Whisk** provides cooking instruction for kids, but as a bonus, they also offer amazing hands-on cooking and baking experiences for adults, right in the comfort of your own kitchen. Themes include "Girls

Night Out." Planning a party or just having friends over? Simply choose a couple of dishes from their menu and the chef will come to your home with all the necessary ingredients for a great hands-on culinary experience. Recipes included. Founder/pastry chef Hilit Nurick can also teach your nanny to cook delicious meals! Her two great passions in life are children and the kitchen. She has combined these passions at The Dizzy Whisk; check out www.dizzywhisk.com.

The Butler Did It

Time-challenged Vancouverites can get it all accomplished with the assistance of **The Bizzy Butler**, deemed "your personal assistant for life's busy days." If you need someone to help drive you for shopping and appointments such as doctors, dentists, lawyers in the Greater Vancouver area; grocery shop, deliver the food to your home and put everything away; make trav-

el arrangements. The options are endless, and being on-call means things get done when you need them done. Even if it's just some light housekeeping when recovering from an illness. Plus, The Bizzy Butler can be concierge, organizer, caterer... a jack or jill of all trades. Contact www.bizzybutler.com for full details.

Don't Shop til You Drop

When shopping and errands and assorted tasks are weighing you down, a personal shopper / errand person can make all the difference. From buying groceries or gifts, household items, flower deliveries, books and videos, to office supplies and pet needs, an errand person is invaluable. **Pace Services** (www.paceservices.ca) in Vancouver can pick up, drop off and deliver just about anything. Another great service is the vacation coverage plan, whereby an absentee home owner can rest assured that all



necessary security, plant care, etc. is taken care of.

Taking Care of Business

Marc, **The Car Butler**, serves the West Side and if you have a vehicle that's valuable to you, he can also save you time. This is by providing a single, central resource, which manages and oversees all the servicing, repairs, paperwork, upgrades

and cleaning your vehicle needs in order to continue performing at an optimal level. By regularly inspecting your vehicle, inside and out, The Car Butler ensures that any mechanical problems are detected at the earliest possible stage. Go to www.thecarbutler.ca to get a free trial and fee estimate. You'll never worry about your precious wheels again!