

MARCH 2023

DELIVERED MONTHLY TO 2,600 HOUSEHOLDS

your HAMPTONS

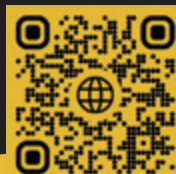


THE OFFICIAL HAMPTONS COMMUNITY NEWSLETTER



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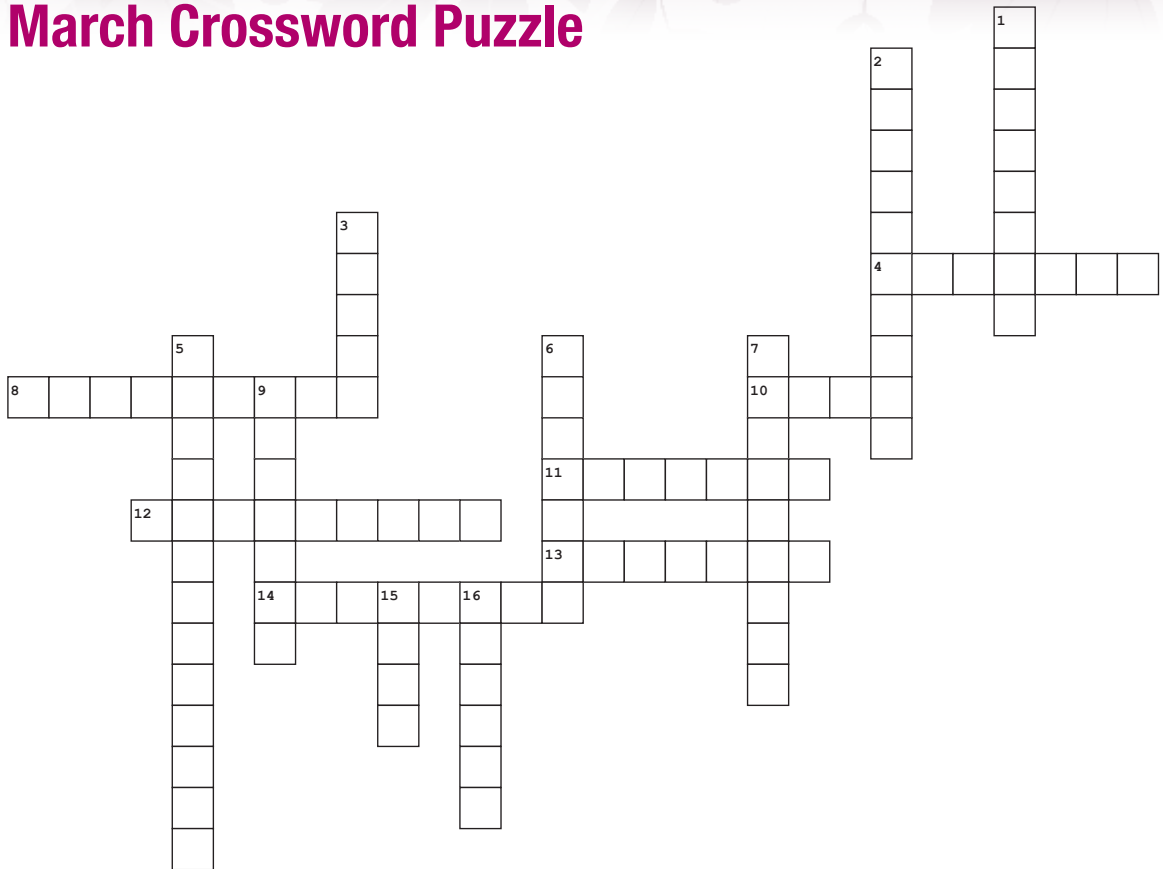
The image features a vibrant, stylized border composed of various cleaning tools and floral motifs. In the top left, there's a green sponge and a yellow brush. The top right shows a green spray bottle and a yellow brush. The bottom left includes a blue spray bottle and a red brush. The bottom right features a red vacuum cleaner and a yellow brush. Interspersed among these items are several colorful flowers in shades of yellow, orange, and purple. The background is white, and the text is centered within this frame.

Hamptons

Spring Cleaning

Events Coming Soon!

March Crossword Puzzle



Down

1. March's birth flower
2. This best-selling French-Canadian singer was born on March 30, 1968
3. You get pinched if you don't wear this
5. Both a dessert and a celebration of mathematics that takes place on March 14
6. The saint most popularly associated with March 17
7. Popular chocolate and what you might find at the end of a rainbow
9. This children's author and cartoonist was born on March 2, 1904
15. Roman god of war who shares a name with this month
16. On March 25, 1990, Canada took home gold at the Women's World Hockey Championship in this city

Across

4. This day signals the start of spring in the northern hemisphere
8. Born on March 27, this Calgary-born singer and songwriter is famous for her hit single "Insensitive"
10. On March 6, we celebrate this cookie's 111th birthday
11. According to ancient Greeks and Romans, this was believed to be a path from the gods
12. An important international holiday celebrating gender equality
13. Each March, this city's river is dyed green
14. Another word for a three-leaf-clover

**SCAN THE QR CODE FOR
THE ANSWER KEY**



Community Designated Schools

(FR) Denotes French Immersion Program

Hamptons Elementary
Captain John Palliser Elementary
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Sir Winston Churchill Senior High
St. Dominic Fine Arts
St. Jean Brebeuf Junior High
St. Francis Senior High
St. Luke Elementary (FR)
Madeleine d'Houet Junior High (FR)
École Terre des Jeunes (FR)
Ste-Marguerite-Bourgeoys (s)(FR)
École de la Rose sauvage (FR)

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News, Events,
& More



Crime
Statistics



Real Estate
Statistics



Choosing a Meal Delivery Service

from the Better Business Bureau

Meal delivery services give consumers a more convenient way to make home-cooked dinners by delivering fresh, pre-measured ingredients and easy-to-follow recipes to your doorstep. But just like any other service, each company is different.

Pricing, ingredients, and preparation requirements vary greatly between services. You'll need to do some homework to pick the one that best meets your family's needs. If the appeal of a meal delivery subscription is learning new recipes and experimenting with ingredients, you might choose one company. But if your main interest is speed and simplicity, another may be a better fit.

The following tips will help select an ideal meal delivery service for your household:

- Research the delivery service. Ask friends and family, read reviews, and check BBB.org to learn about past customers' experiences.
- Set a budget and check the fine print. Pricing can vary from one company to the next. Make certain the service aligns with your budget. In addition, not all meal delivery services include shipping fees in their pricing – read the fine print.
- Know your skill level. Before committing to a plan, research what kind of cooking techniques you'll need to know. If a company's recipes require searing, roasting, and braising, do you know how? If not, make sure you have the time to learn new techniques.
- Consider ingredient quality. Not all companies offer organic, non-GMO, or free-range meal ingredients. If these are must-haves for your family, make sure the company offers them.
- Determine how much prep work you want. Some companies do more chopping and sauce-making than others. This seemingly small difference can make a big difference in how long each meal takes to make.

- Consider the customer service. If there is ever a problem – a missing recipe card or ingredient, for example – you want to know that you can count on customer service. Make sure there are clear, easy ways to contact the company, even late in the evening. Read the company's reviews and keep an eye out for any indication that customer service is lacking.
- Check the cancellation policy. Before making a decision to subscribe to meal delivery, understand the cancellation policy. Each company is different and some may have very strict policies.
- Be careful with personal information. Most food delivery services process payments online. Make sure the company is legitimate before offering up personal information such as financial information and address.
- Review BBB tips for shopping online. Since meal delivery services don't usually have brick and mortar storefronts, consider BBB's tips for smart shopping online.





News from the Friends of Nose Hill

by Anne Burke

Since the 1960s, various groups have lobbied to have Nose Hill preserved as a natural park. In 1972, a group representing eight communities pursued the matter. The result was the Nose Hill Design Brief, a City plan to set aside 1,600 hectares.

In 1976, however, the City rezoned part of the land for housing. In response to public discontent, the City reviewed the zoning issue, and in 1980, approved the Nose Hill Park Master Plan, which aimed to preserve 1,096 hectares as a park.

In 1981, the Nose Hill Park Communities Board was formed to provide public input into implementation of this plan. Twelve community associations were represented on the board, and it kept the issue in the public eye. The City finally reached a deal with remaining landowners in 1989 and the 1,052 hectare Nose Hill Park became a reality.

The remarkable Glenbow Library and Archive, a collection that documents the history of Western Canada, is now housed at the University of Calgary as the Glenbow Western Research Centre. The Nose Hill Park Communities Board files contain historical information: briefs, plans, proposals, reports, submissions, legal papers, maps, and drawings.

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Houseplant Design

by Carolyn Brown. Credits to the Calgary Horticultural Society

Whether you start with your home office, the family room, or the bathroom, create living harmony with the three 'P's of houseplant design: plant, pot, position. For example, plant a bold sansevieria (snake plant) in a solid square pot for impact, utilize a series of similar shaped pots to create flow with say, miniature ferns, or create a planter with varieties of succulents.

Tree-like tropicals like banana and figs bring an element of scale to larger rooms. Have a high ceiling? Climbing philodendron and vines like pothos are a perfect way to create a more intimate space. Do you live in an apartment or basement suite with low light? Try a zebra, snake, or cast iron plant. Choose beautiful pots as these slow growers may be with you for a lifetime!

Typically, the room with highest humidity, such as a bathroom with a window or skylight, is perfect for growing ferns and orchids. Did you know that mirrors will reflect even more light onto your plants? So, go ahead and find cute hanging pots and mini containers to add some 'funk factor' to this small utilitarian space. Have some fun with shape, colour and texture.

How about a string of pearls? Dolphins? Turtles, anyone? These diminutive trailing plants are often referred to as 'plant babies,' adding a touch of whimsy to the kitchen. How about an artillery or candystick plant to spark conversation in the den? Foliage colour can enhance a room or provide contrast within it. Gold, variegated, and deep purple leaves will make a statement or blend in seamlessly.

From big bold leaves to fluffy ferns, incorporating texture adds drama and interest throughout the house. Repeat patterns and plant varieties for a sense of calm and touch of class. Keep these design principles in mind to bring any room to life beautifully.

Fun Fact

The benefits of green leafy plants are proven to boost mood and the wellbeing of humans and animals alike. A natural air freshener, plants help to remove toxins and improve the quality of the air that we all breathe. With proper selection and care, plants bring pleasing aesthetics to any space when given the right environment.

Spring Cleaning Your Way to Better Health

by Nina Wilder



March is here and we all know what that means: time for spring cleaning! This time of year is all about hitting that 'refresh' button and tackling the chores

that we have been putting off. But this tradition doesn't have to just be about dusting the blinds and decluttering our garages, it can also be a great opportunity to set our environment up to support healthy habits.

To form new habits, we must make them attractive, easy, and satisfying. We can do this by cleaning and organizing our homes in such a way as to encourage us to do certain behaviours. For example, if we want to increase our activity and aren't interested in going to a gym, we can create a designated activity space in our home. We can clear out a corner or – if you have the luxury – an unused room and make it appealing for activity: set out a music player, hang up motivating images or quotes, and lay out equipment in an organized and accessible way. The more appealing the room is, the more you'll want to use it!

Conversely, to kick a bad habit, we must make it harder to do, unattractive, and unsatisfying. If our goal is to eat less junk food, we can start by reorganizing the kitchen. We can declutter our pantries and fridges of things that tempt us and put them somewhere harder to reach such as that cupboard in the garage, or the freezer downstairs. We can also organize the contents in our fridge so that healthier snacks are more towards the front so they're easier to grab and give us a strong visual reminder to go for those instead. If you find yourself throwing out uneaten vegetables and fruits that have gone bad, stop putting them in the fridge drawer, out of sight!

With a little elbow grease, we can not only make our homes cleaner and more organized, but also conducive to having better health. How's that for a new tradition?

Business Map: Online Map Shows Calgary Businesses and Business Licence Information

from the City of Calgary



Wondering what businesses are open in Calgary? The business map shows commercial businesses and business licence information. You can search businesses by area through community districts, local area plans, and business improvement areas, or by business licences through license type categories or tradename. This map is located at <https://maps.calgary.ca/businessmap/>. To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.

A Perfect Game



In baseball, a 'perfect game' refers to a complete nine inning game that is pitched without the opposing team making it to base. In Major League Baseball's 147 years, only 23 perfect games have ever occurred! The most recent took place in 2012 when Félix Hernández pitched a perfect game for the Seattle Mariners against the Tampa Bay Rays.

Joke of the Month

What's the difference between a hippo and a Zippo?

One is really heavy, and the other is a little lighter.

Burns and Scalds

from Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe: The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.




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Hamptons Real Estate Update

Last 12 Months Hamptons MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2023	\$659,900	\$650,000
December 2022	\$774,345	\$762,450
November 2022	\$779,900	\$759,500
October 2022	\$677,000	\$677,000
September 2022	\$849,000	\$822,500
August 2022	\$874,900	\$846,500
July 2022	\$784,900	\$764,450
June 2022	\$859,000	\$830,000
May 2022	\$899,900	\$892,000
April 2022	\$799,900	\$801,500
March 2022	\$734,450	\$761,400
February 2022	\$748,900	\$733,000

Last 12 Months Hamptons MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2023	3	5
December 2022	4	6
November 2022	7	7
October 2022	6	2
September 2022	5	7
August 2022	5	6
July 2022	10	6
June 2022	2	7
May 2022	14	8
April 2022	12	12
March 2022	15	10
February 2022	10	12

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

Working Together to Make Calgary Transit Safer

Improving safety on our transit network has been a top priority for my office over the past several months. While safety measures have been implemented by Calgary Transit, we are aware that many issues still persist. I will be participating in a ride-along with Transit peace officers to gain firsthand perspective on how we can address these issues. My office and I will also be touring the Operations Centre to fully understand the current scope of surveillance levels and response times.

My office and I have held several meetings with the leaders in Calgary Transit, Calgary Police, City Administration, and community partnerships to express concerns we've heard from residents regarding transit safety and cleanliness on the network.

Since our meetings, we have been notified that further safety measures will be added:

- Increased transit patrols;
- Enhanced surveillance;
- Establish downtown location for two teams along the LRT lines; and
- Hiring of 808 Calgary Transit employees, including additional sergeant positions, corporate security, and transit peace officers (to partner with the DOAP team) to support the unhoused population.

All levels of government must work together to help make transit safer for everyone. The ATU union, representing 35,000 transit workers in Canada, are calling for a national task force involving all levels of government to come up with constructive methods on how we can mitigate the risks. We must provide the best possible protections and look at all fundamentals needed to increase safety for riders and staff while ensuring the appropriate resources are deployed to those most vulnerable.

Transit Watch Text Line

If you see something, say something. The Transit Watch text messaging tool is available 24/7, and passengers can discreetly text 74100 to communicate with Calgary Transit staff and dispatch officers in real-time.

Other ways to report a concern:

- To the bus or CTrain operator, uniformed peace officer, or law enforcement authorities;
- Through the help phones located on CTrain stations, platforms, and MAX Purple stations;
- By phone at 403-262-1000; and
- In case of emergencies, always call 9-1-1.

MLA Calgary - Edgemont

Prasad Panda

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According to Statistics Canada's latest labour force survey, our province created 20,600 new jobs in January. That means Alberta has created a total of 129,900 jobs since 2021.

At \$1,278, Alberta workers are making more per week than workers in any other province (a 12 percent increase from 2019), and we expect average weekly earnings to continue to grow.

This kind of tremendous job growth doesn't happen by accident. Our government has spurred this growth by implementing policies that support Alberta job-creators and entrepreneurs, in doing what they do best – creating jobs and growing the economy.

By cutting taxes, balancing the budget, reducing red tape, making life more affordable, and supporting pro-growth policies, we have renewed the Alberta Advantage and re-established Alberta as a top destination for businesses and families to invest.

According to numbers recently released by Statistics Canada, interprovincial migration to Alberta has surged, with our province's population increasing by 135,190 since the fourth quarter of 2021. This influx of people is needed to meet growing labour demands in a diverse field of industries. Companies like Garmin Canada, Sidetrade, De Havilland, HBO, Amazon Web Services, Walmart, and Air Products are investing in Alberta.

There are other reasons people are coming to Alberta besides our high-paying jobs. We have low taxes, no sales tax, and the cleanest land, air, and water in the world. We also have a booming venture capital sector, a burgeoning film and television industry, world-class universities, affordable housing compared to other provinces, and accessible, affordable, and high-quality childcare.

Alberta is back and people are going back to work in a wide variety of fields, industries, and sectors. Now, we want to build on our success to ensure Alberta is strong and resilient for generations to come.

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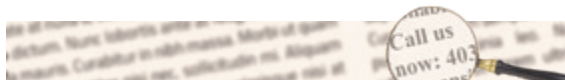
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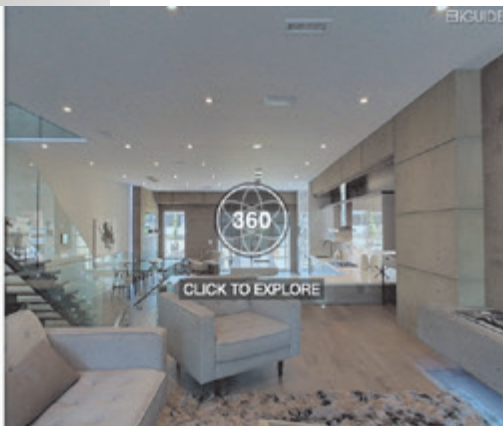


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