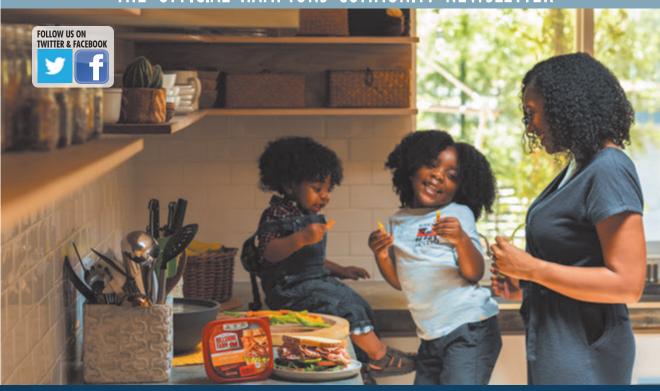
# **EHAMPTONS**



# THE OFFICIAL HAMPTONS COMMUNITY NEWSLETTER





# THIS SPACE IS AVAILABLE!

Use this ad space to promote your business and get noticed! Contact us at 403-720-0762 or grow@greatnewsmedia.ca



www.hamptonscalgary.ca



# FITNESS EQUIPMENT SALES AND SERVICE RESIDENTIAL AND COMMERCIAL

### WHAT WE OFFER:

- Fitness Equipment Repairs & Preventive Maintenance
- Secure Equipment for Moves and/or Relocation
- · High-Quality Gym Flooring Options

#### OUR SERVICES ARE FITFIX FIX'D OR IT'S FREE! CUSTOMER SATISFACTION GUARANTEED

TREADMILLS - BIKES - ELLIPTICALS STRENGTH EQUIPMENT - AND MORE!

AUGUST 19-20, 2023

SAT-SUN I 8:00 AM - 8:00 PM **BAY #7, 4115-61 AVE SE, CALGARY** 

#### **Summer Special Limited Time ONLY!**

Use this AD for \$50 OFF before October 1/2023

GET A CHANCE TO WIN A BIKE AT OUR GRAND OPENING!

#### FOR MORE INFORMATION

VISIT US:

ദേത

**∰ WWW.FITFIX.CA** 

Go online to book an appt now!



Or email us: service@fitfix.ca



Contact us today for a FREE estimate

info@mainstreetexteriors.ca



PRUNING





**TREE REMOVAL** 

MADE FOR BETTER SAFETY COMMUNITIES & LIVING PLACE



# TREE CARE

**Calgary & Airdrie** 





Charitable Reg. #809013675RR0001





# **Hamptons Homeowners Association**

234 - 5149 Country Hills Blvd, Box 120 Calgary, ABT3A 5K8

Phone: 403-208-0205 • Fax: 403-208-0206 Email: admin@hamptonscalgarv.ca Web page: www.hamptonscalgary.ca

#### 2023 BOARD MEMBERS

Mark Seland Angelo Salina Scott Livingstone Turin Chowdhury Riaz Padamsev Ahmed Shaheen Reese Hilland Vikas Upadhyay

President Vice President Treasurer Director at Large Director at Large Nusrat Alam Director at Large Director at Large Director at Large Director at Large

# **Community Designated Schools**

(FR) Denotes French Immersion Program Hamptons Elementary Captain John Palliser Elementary Tom Baines Junior High 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)

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

# **Traffic Service Request**

The Calgary Police Service would like to introduce the Traffic Service Request program. If you see patterns and problem areas within our community, please visit www.calgary.ca/cps/ traffic/traffic-service-requests.html.

We appreciate your participation.





#### SCAN HERE TO VIEW ADDITIONAL **HAMPTONS CONTENT**

News, Events, & More



Crime Statistics



Real Estate **Statistics** 

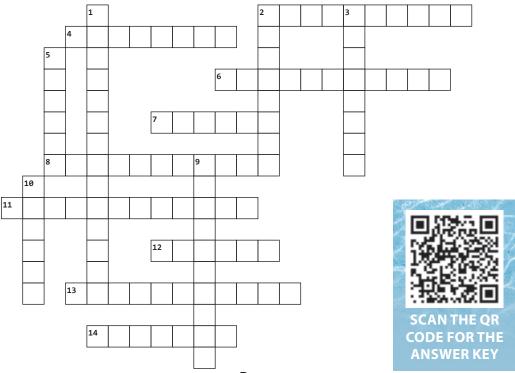


# Thank You

We had and incredible turn out for our stampede event on Saturday. Based on previous years we expected 350 people but were very surprised to have double that in attendance! The increase was unpredictable and we quickly learned that our preparation for 500 servings was far too conservative. This jump in numbers will absolutely be taken into consideration in years to come, we appreciate your patience as we ajust and begin planning for next year.

A very special thanks to:
Hammer Hill stables
Balloon Blast
Crossroads Band
Great Events Catering
Blazing Saddles

# **August Crossword**



#### Across

- 2. This Pickering, Ontario singer-songwriter rose to fame on Vine.
- 4. This heroic 18-year-old from Port Coquitlam, BC aimed to complete a cross-Canada run to raise funds for cancer after being diagnosed and having his leg amputated.
- 6. The cities of Pompeii and \_\_\_\_\_\_ were destroyed on August 24, 79 A.D., by the eruption of Mount Vesuvius.
- National \_\_\_\_\_\_ Day, celebrated on August 24, commemorates the patent for this modern breakfast appliance.
- 8. Born on August 28, she is Canada's "queen of country pop."
- 11. This Cole Harbour-born hockey player was the youngest NHL captain to lead his team to a Stanley Cup victory in the modern era.
- 12. National \_\_\_\_\_\_ Day celebrates the accidental invention of this helical children's toy.
- 13. This holiday is observed on the first Monday in August in Alberta.
- 14. This lime green stone is August's primary birthstone.

#### Down

- This dystopian debut novel is narrated by Wil Wheaton, who
  is also briefly mentioned in this well-known sci-fi book by
  Ernest Cline.
- 2. In August, the \_\_\_\_\_ moon appears in the sky and is named such because of the abundant fish that Algonquin tribes were able to catch at this time of year.
- 3. On August 21, 1911, this artwork was stolen, making it one of the most famous pieces in the world.
- 5. The reason August is referred to as the "dog days" of summer is because of this star that rose at the same time as sunrise in August during Roman times.
- 9. On August 28, 1963, Martin Luther King Jr. famously delivered his "I Have a Dream" speech in this city.
- 10. August 1, 1997, was the Canadian release date of the first movie in this popular family-friendly series featuring an athletic golden retriever.
- 6 AUGUST 2023 | Call 403-720-0762 for advertising opportunities

#### **SAFE & SOUND**

# **Accidental Poisoning**

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

#### **Medication Storage**

- Place all medications in locked containers and store in an area inaccessible to children
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle
- Install child locks on all cabinets, or drawers where medications are stored

#### **Safety Tips**

- Child-resistant medication bottles are not child proof.
   They can still be opened by a child
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups
- Promptly dispose of any medications or toxic household products no longer in use

#### Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers
- Install child latches on cabinets children might also access by climbing on counters or chairs
- Label all plants in and around your home and garden
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.



# Hamptons Real Estate Update

Last 12 Months Hamptons MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price				
June 23	\$814,350	\$855,250				
May 23	\$829,394	\$836,000				
April 23	\$769,950	\$791,751				
March 23	\$719,450	\$720,000				
February 23	\$699,800	\$755,000				
January 23	\$659,900	\$650,000				
December 22	\$774,345	\$762,450				
November 22	\$779,900	\$759,500				
October 22	\$677,000	\$677,000				
September 22	\$849,000	\$822,500				
August 22	\$874,900	\$846,500				
July 22	\$784,900	\$764,450				

Last 12 Months Hamptons
MLS Real Estate Number of Listings Update

	3-1				
	No. New Properties	No. Properties Sold			
June 23	15	12			
May 23	10	6			
April 23	5	12			
March 23	13	6			
February 23	3	1			
January 23	3	5			
December 22	4	6			
November 22	6	7			
October 22	6	2			
September 22	5	7			
August 22	5	6			
July 22	10	6			

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



by Anne Burke

The Open Space Plan says that our city's greatest asset is the natural environment and wildlife, so we should foster stewardship with nature education programs. Calgary parks are linked by pathways and green belts. We must protect and conserve the river valley system, unique prairie, urban forest, and foothill ecosystems.

The Plan conforms with provincial land use policies and the Municipal Government Act. There are some general principles. We will preserve natural environment parks and environmentally significant areas, enhanced by restoration to prevent loss. Site-specific plans recommend that we record biophysical inventories and historical resources for cultural landscapes such as Nose Hill.

The Open Space Plan is under review. One of the aims is learning how to improve natural environment parks through decision-making that puts the environment first. Natural habitats offer places for wildlife to find food, water, cover, and to raise their young. We can reconnect, rest, and mentally recharge. Nose Hill offers sacred indigenous spaces of culture—past, present, and future.

Connect: Calgary's Parks Plan, Phase 1 engagement ran from April 17 to May 19. A What We Heard Report will be published online this summer. Phase 2 starts in October 2023.

# GREEN SAND BEACH

Carved into a cinder cone volcano on Hawai'i's Big Island, Papakolea Beach is one of four green sand beaches in the world! Its green shores are made of granulated olivine, an olive-coloured mineral known as peridot when it is of high quality. Olivine is present in lava on the Big Island and continues to be washed out of the cinder cone and onto the beach!



Councillor, Ward 2 **Jennifer Wyness** 

- 403-268-2430 ✓ Jennifer.Wyness@calgary.ca
- Calgary.ca/ward2 Mard2Wyness

#### Parks Wayfinder: Discover Calgary Parks

Summer is in full force and it's the perfect time to enjoy the outdoors and visit Calgary's many parks. The Parks Wayfinder Map is a tool that helps you search for the nearest washroom, drinking fountain, waste/recycling disposal, firepit, picnic table, off-leash area, sports field, park vendor, and other amenities available in City parks.

Visit https://maps.calgary.ca/ParksWayfinder/ to learn more.

#### When it Roars, Stay Indoors

Summer is a beautiful time of year to spend outside under the warm sun, but it's also Calgary's most active storm season. While storms can be mesmerizing and exciting, they can also be dangerous.

Summer storms often bring hail which can damage property and cause injuries. Plan ahead by parking under shelter, securing items that might blow away, removing weak branches from trees, and clearing debris from your yard.

During a storm, it's best to stay in an enclosed building or hard-topped vehicle. Stay away from high ground, trees, telephone poles, picnic shelters, and open spaces, to avoid being hit by lightning.

Sign up for emergency alerts and learn more about how you can prepare by visiting calgary.ca/getready.

#### **Four-Legged Friends Seeking Homes**

The City has reinstated its adoption program to help more animals find homes. For a limited time, adopt your furever 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.

# **BUSINESS CLASSIFIEDS**

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating. ca; www.official-plumbing-heating.ca.

HAMPTONS 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.

**JEFFREY ELECTRIC:** Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. www. cejelectric.com or call Clayton at 403-970-5441.

**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.

**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.

**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.

**FALCONER HANDYMAN SERVICES LTD:** Stucco patching, re-stucco, small renovations, flooring, drywall and painting, foundation parging, and small concrete work. We can also build or fix decks, fences, etc. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644 or email handyfalconer@gmail.com.



	BR GA	NES		S	SU	D	<u>Ok</u>	<b>(</b> U	
			2	6		7		1	
6	8			7			9		
1	9				4	5			
8	2		1				4		
		4	6		2	9			
	5				3		2	8	
		9	3				7	4	
	4			5			3	6	
7		3		1	8				
	SCAN THE QR CODE								

FOR THE SOLUTION

#### **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."







After a cancer diagnosis and leg amputation in 1977, 18-year-old Terry Fox began a cross-Canada run to raise funds for cancer research. He ran from 4:30 am to 7:00 pm for 143 days!

Thanks to Terry and his incredible legacy, a total of \$850M has been raised! In honour of this indomitable Canadian, August 7 is National Terry Fox Day.













# No matter how much you sweat, we can get the stink out!

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.













## **OUR OZONE PROCESS**

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone destroys 99.9% of bacteria and viruses it comes in contact with — this includes odour causing bacteria and illness causing viruses, like staph infections.

CALL US TODAY AT 403-726-9301 calgaryfreshjock.com





# WORKWEAR Workwear and cleaning of uniforms and coveralls



# One-stop service for cleaning supplies and paper products

calgarymatandlinen.com













Seller's Market Lowest Ever Inventory Levels!







# YOUR HOME WILL STAND OUT

3D tours, detailed floor plans, and much more with our proven marketing and state-of-the-art technology.



Scan to check out our current listings.

## **Selling Your Home?** Check out our proven marketing plan.

In-house Showing Coordinator – No 3<sup>rd</sup> party call centres.

wing Professional high
No 3<sup>rd</sup> dynamic photography
tres. and videos.

State-of-the-art website with over 40,000 unique hits monthly.







**#1 Real Estate Team in Calgary 2022\*** 

\*Royal LePage

ROYAL LEPAGE

kirbycox.com Royal LePage Benchmark

403.247.5555