

JULY 2023

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official-plumbing-heating.ca

## Cats, Canines, & Critters of Calgary



Big Earl, Capitol Hill



Blue and Jere, Mount Pleasant



Max, Temple



Tali, Temple

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

## Calgary Summers are Getting Increasingly Hotter and Drier

*from the City of Calgary*

Extreme heat can put your health at risk, causing illnesses like heat stroke and even death. An extreme heat warning is issued when two or more consecutive days of daytime maximum temperatures are expected to reach 32 degrees Celsius or warmer and nighttime minimum temperatures are expected to be 16 degrees Celsius or warmer.

The following tips will help keep you safe during this extreme heat:

- Avoid working or exercising intensely in the heat or humidity when possible.
- Drink plenty of water to decrease your risk of dehydration.
- Have cool drinks in your vehicle and keep your gas tank full.
- Wear sunscreen.
- Never leave people or pets inside a parked vehicle.
- Close curtains and blinds during the day.
- Open windows for cooler air if safe.
- Avoid using your oven, if possible.
- Take cool showers/baths or go to an air-conditioned public space.
- Look at weather forecasts to know when to take extra care.
- Call 911 if you see an animal left in a hot parked vehicle.
- Look out for your pets. Avoid hot surfaces that might hurt to walk on and ensure that they have plenty of water.
- Heat stroke is a medical emergency. If you experience any symptoms, call 9-1-1 immediately.

To learn more about what you can do to protect yourself and your family, visit [calgary.ca/getready](http://calgary.ca/getready).





# Hamptons Homeowners Association

234 - 5149 Country Hills Blvd, Box 120  
Calgary, AB T3A 5K8

Phone: 403-208-0205 • Fax: 403-208-0206

Email: [admin@hamptonscalgary.ca](mailto:admin@hamptonscalgary.ca)

Web page: [www.hamptonscalgary.ca](http://www.hamptonscalgary.ca)

## 2023 BOARD MEMBERS

Mark Seland	President
Angelo Salina	Vice President
Scott Livingstone	Treasurer
Turin Chowdhury	Director at Large
Riaz Padamsey	Director at Large
Nusrat Alam	Director at Large

## 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](http://www.calgary.ca/cps/traffic/traffic-service-requests.html).

We appreciate your participation.



## 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)

**Calling All BABYSITTERS**  
 Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS**  
 Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

**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.

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### SCAN HERE TO VIEW ADDITIONAL HAMPTONS CONTENT

News, Events,  
& More



Crime  
Statistics



Real Estate  
Statistics





## Guess That Song!

1. This Grammy award winning pop song is about being foolishly apologetic for constantly playing with new lovers' hearts. Oops!
2. This thrilling hit pop song is about a woman being stalked by a beast about to strike.
3. This 2014 electro-pop song is about meeting someone in the summer, falling in love in the fall as the leaves turned brown, and then being betrayed by lies.
4. This heartfelt alternative rock ballad is all about wanting to skip right to October because summer has come and passed.
5. This country song is about going out and having fun with no inhibitions, just feeling womanly and dancing with your girlfriends on a night out.
6. This gentle pop rock song is about being so in love with someone that they colour your world and make the stars shine for you.

SCAN THE  
QR CODE  
FOR THE  
ANSWERS!



**Your Patio Furniture Superstore!**

**YETI** **weber**

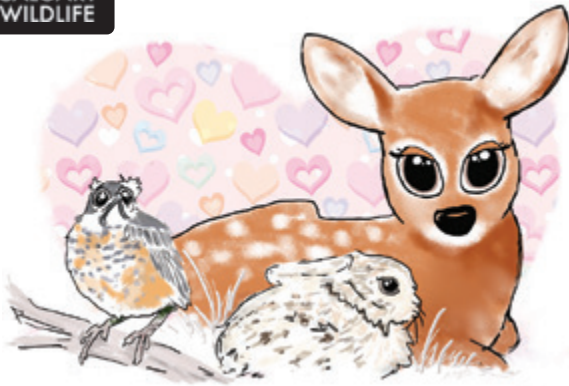
**Wicker Land Patio**

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WickerLand.ca



## Cute but not cuddly



Calgary Wildlife is a registered charity and the only wildlife hospital within the City of Calgary. We promote positive wildlife-human interactions by giving educational talks at schools, community groups, and associations throughout the city.

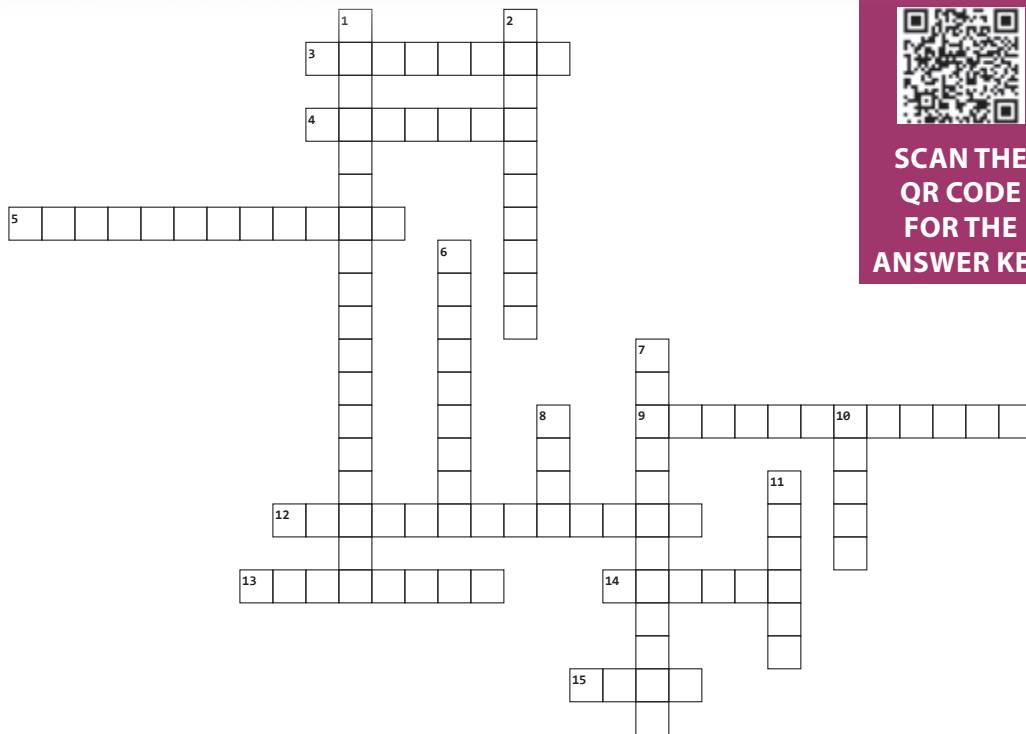
Don't be fooled by these cutelings! Most wild babies just need to be left alone. Fledging birds are learning to fly while leverets (baby hares) and fawns rely on camouflage for protection while mom forages! Keep pets secure when wild young are around.

Do you have teaching experience and a passion for wildlife? If so, we need YOU! Apply today to join our urban wildlife education team.

Scan to learn more or visit:  
[www.calgarywildlife.org](http://www.calgarywildlife.org)



# July Crossword Puzzle



SCAN THE  
QR CODE  
FOR THE  
ANSWER KEY

## Across

3. The first Canadian-hosted Olympic games took place in this city.
4. 7-year-old Roger Woodward became the first person to survive going over these falls without a barrel.
5. The month of July is named after this Roman political figure.
9. This Canadian province experienced the hottest temperatures ever officially recorded in Canada (45 degrees Celcius) on July 5, 1937.
12. The first human to walk on the moon, which occurred on July 20, 1969.
13. This Canadian American actress, born on July 20, 1971, is best known for her role in *Grey's Anatomy*.
14. On July 5, 1946, just after World War 2, the modern version of this risqué piece of women's clothing was introduced due to the rationing of materials.
15. Filmed in Alberta, this 2022 motion picture was referred to as "Skull" during production to keep it a secret.

## Down

1. *Go Set A Watchman* was the original manuscript for this classic Pulitzer Prize winning novel.
2. This iconic Coldplay album was released on July 10, 2000, and features the hit single *Yellow*.
6. In the summer of 2019, this folk horror film depicting Scandinavian paganism and starring Florence Pugh was released.
7. This Canadian artist rose to fame on YouTube and was the most Googled celebrity in July 2010.
8. National \_\_\_\_\_ Day is observed on July 31 and December 2 to raise awareness and help these dogs get adopted.
10. World \_\_\_\_\_ Day celebrates this intellectual two player board game.
11. On July 6, 1885, Louis Pasteur successfully administered this vaccination for the first time, replacing the previous treatment, mad stones.

## Are You Struggling with Gambling?

from Alberta Health Services

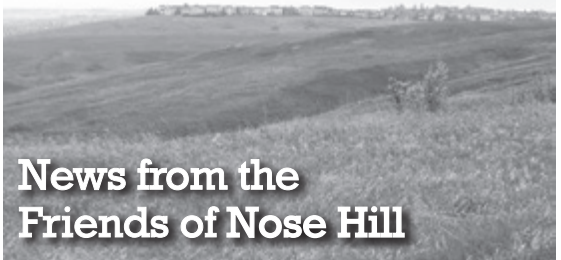


Gambling is risking money or something else of value on an activity that has an uncertain outcome. That can mean a lot of things. Playing cards or videogames for money, buying raffle tickets, betting on who's going to win a pool match, or betting your in-game video purchases or digital currency on a hockey game—it's all gambling.

People with gambling problems may also have trouble in other areas of their lives where they need support. These could include health concerns, financial problems, feeling lonely, mood swings, school issues, using digital technology too much, or, in the case of young people, school issues or conflicts with parents or guardians.

### Where to get help

If you are worried that you or someone you know may be having problems with gambling, there is help available. Addiction treatment services are voluntary and confidential. For more information and to find an addiction services office near you, call the Addiction Help Line at 1-866-332-2322. Help is available 24 hours a day, seven days a week.



## News from the Friends of Nose Hill

by Anne Burke

### Guided Plant and Herb Walk

A guided plant and herb walk on Nose Hill taught attendees about local landscape and ecology (living things and habitat). The group identified plants, whether edible or poisonous ones, as well as invasive plants (weeds) and native species.

There is much interest in traditional medicine and modern uses. Agrology deals with the natural, economic, and social sciences related to environmental protection. The walk leader, as a member of the Alberta Institute of Agrologists, has studied the application of science to agriculture. It is important to understand that Calgary's Parks & Pathways Bylaw prohibits foraging as part of these events.

### City Nature Challenge 2023

Here are the results for the City Nature Challenge 2023! Across Canada, 43 cities were in this year's challenge. Calgary was first for observers, with 9,185 who reported 775 species. Calgary came in fourth for 347 observations. Globally, there were 482 cities, with 66,394 participants who reported 57, 227 species, including 2,570 rare, endangered, or threatened ones.

### World Migratory Bird Day

Light pollution remains a threat to migrating birds. To raise awareness in Canada, World Migratory Bird Day was on the second Saturday in May and, in South America, will be on the second Saturday in October.

## Joke of the Month

What happened when the strawberry tried to cross the road?

A traffic jam!



# How to Get the Most Out of Your Counselling/Therapy Sessions

by Nancy Bergeron, R.Psych. | [nancy@viewpointcalgary.ca](mailto:nancy@viewpointcalgary.ca)

Adapted from Dr. David Burns

### We understand that therapy can sometimes be challenging

People often report that unburdening their emotions and past experiences in the first few sessions is relieving. However, therapy often uncovers deeper issues. Opening up and getting to the heart of these concerns takes patience, persistent effort, and fostering a positive relationship with your counsellor. It takes time to build a strong therapeutic bond and rapport, and this is essential in creating the trust necessary to go to those deeper places where real change takes place.

### Consistency will help you reach your goals

If you wanted to improve your fitness and saw your physical trainer once every three months, you probably wouldn't be surprised when you didn't see the results you wanted. Similarly, therapy needs commitment and consistency to work through your concerns and be effective. Of course, your counsellor understands there are many demands on your time and resources. By collaborating with your counsellor, you can create a reasonable plan that balances your commitment to your wellbeing with all your other commitments. This is also why sometimes your therapist may assign you homework or other types of activities to practice between sessions.

### Providing feedback will help your counsellor know what is/isn't working for you

Counsellors strive to build positive, non-judgmental, and compassionate therapeutic relationships, understanding this is beneficial for you and the therapeutic process. Despite this emotional and professional commitment, challenges in therapy can sometimes break down open communication and hinder the process. Providing feedback allows your counsellor to understand what has happened and work to repair any concerns you may have. A great therapist

will provide a feedback form that can be filled out at the end of each session. Here you can let your therapist know what you liked best in the session, what you liked the least, and if there were things you had hoped to discuss that may have been missed. This allows your therapist to constantly adjust and better hone their skills to your needs.

### Mutually agreeing to end therapy when you are ready

When you and your counsellor recognize you are ready to move on, it can be exciting for both of you. In order to ensure you finish on a positive note, your counsellor will help you plan how to maintain your progress and what to do if you encounter concerns again. You have a fresh start, and your counsellor will be there in the future if needed.

Sometimes clients end therapy without talking with their counsellor, leaving their counsellor to wonder what happened. Not only can this make it more difficult for clients to maintain progress, but they may also feel they have lost a potential future support. If the counsellor can't reach the client, it also leaves the counsellor wondering what happened. Did my client feel enough progress had already been made? Did something go wrong? Did I say or do something that upset my client? Counsellors invest emotionally and professionally in the therapeutic relationship and appreciate feedback that lets them know what is happening. Your counsellor will always strive to treat you and your decisions with compassion and respect. In return, you can help your counsellor by communicating any concerns and showing that you understand they deserve compassion and respect too.



## The First Author

Texts have always had writers, but historically, they haven't always named the authors. The world's first known author was a woman named Enheduanna, a Mesopotamian high priestess, poet, and writer from 23 century BCE. Many creative and religious texts are attributed to her despite the male dominance in scribal tradition!





**Councillor, Ward 2**  
**Jennifer Wyness**  
 403-268-2430  
 Jennifer.Wyness@calgary.ca  
 Calgary.ca/ward2 f Ward2Wyness  
 @WynessJennifer @JenniferWyness

I hope everyone is enjoying the summer! Read more for some tips on gardening in Calgary and how to keep our off-leash parks enjoyable for everyone.

**‘Bee’ YardSmart**

YardSmart is an online resource that can help you grow a healthy garden.

Visit [calgary.ca/yardsmart](http://calgary.ca/yardsmart) to learn how to create a beautiful yard that is easy to maintain and is suited for Calgary’s unique climate.

YardSmart offers advice on choosing garden bed layouts – wet, dry, or a combination of sun and shade. It also offers plant lists to help you choose beautiful and low-maintenance plants at your local garden centre, and how-to videos for gardening on a budget. You can also visit [calgary.ca/droughtinfo](http://calgary.ca/droughtinfo) for tips on caring for your yard during the dry season.

**Off-Leash Dog Parks**

Calgary is a haven for dog lovers, and there are plenty of off-leash parks across the city. In the summer, many pet owners are eager to enjoy the warm weather and spend time with their furry friends. However, it’s important to ensure that off-leash parks are enjoyable for everyone. Here are some guidelines on how to create a secure environment for pets and fellow park-goers.

- Know the regulations of each dog park you visit. This includes size restrictions, leash policies, and keeping your dog’s vaccinations up to date.
- Make sure your dog is well-trained and socialized. Basic commands like “sit,” “stay,” and “come” can go a long way in managing their behaviour.
- Keep a close eye on your dog. Stay within a reasonable distance and maintain control over their actions.
- Communicate with fellow dog owners. Respect their space and recognize any signs of discomfort or tension between dogs.
- Carry essential supplies like water and waste bags. Clean up after your pet to keep our parks hygienic.

To learn more, check out our video series at [calgary.ca/pets/licences](http://calgary.ca/pets/licences).

**CRIME STATISTICS**



**Hamptons Crime Activity was Down in May 2023**

The Hamptons community experienced 1 crime in May 2023, in comparison to 4 crimes the previous month, and 4 crimes in May one year ago. Hamptons experiences an average of 2.4 crimes per month. On an annual basis, Hamptons experienced a total of 29 crimes as of May 2023, which is down 15% in comparison to 34 crimes as of May 2022. To review the full Hamptons Crime report visit [hamp.mycalgary.com](http://hamp.mycalgary.com).

*How To Report Crime In Hamptons: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at [crimestoppers.ab.ca](http://crimestoppers.ab.ca), or text tttTIPS to 274637.*

**CHECKLIST**

**9 PM**  
**ROUTINE**

**CALGARY  
POLICE  
SERVICE**

- 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

Soccer in the Community

Summer Program: July through mid-September

northsidesoccer.ca



## Hamptons Real Estate Update

Last 12 Months Hamptons

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
June 22	\$859,000	\$830,000

Last 12 Months Hamptons

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 23	11	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
June 22	2	7

To view more detailed information that comprise the above  
MLS averages please visit [hamp.mycalgary.com](http://hamp.mycalgary.com)



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**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.

**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](http://www.communitymediation.ca), 403-269-2707.

**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](http://www.cejelectric.com) or call Clayton at 403-970-5441.

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**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.

**PR HANDYMAN:** All exterior repairs and renovations: fences, decks, railings, stairs, sheds, garages. Prep/place/repair all styles of concrete/parging. All interior repairs/renovations: drywall, paint, plumbing. Kitchen and bathroom renovations, basement renovations. No job too small! Seniors' discount. Fully-insured. Sheldon, 403-975-5562.





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