

JUNE 2023

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Nusrat Alam	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)

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

We appreciate your participation.




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

News, Events, & More



Crime Statistics



Real Estate Statistics





**Girl Guides**  
Everything she wants to be.

## AURORA SKY DISTRICT

(Edgemont, Evanston, Hamptons, Hidden Valley, Hanson Ranch, Kincora, Nolan Hill, Sherwood, and Sage Hill)

### New Aurora Sky District Crest

Formerly known as Nitanisak District, we changed our name to better reflect Girl Guides of Canada's commitment to Truth and Reconciliation.

Aurora Sky District serves the communities of Edgemont, Evanston, Hamptons, Hidden Valley, Hanson Ranch, Kincora, Nolan Hill, Sherwood, and Sage Hill.

Aurora is a mystical and romantic name that means "dawn" in Latin. An aurora also refers to a natural light display in Earth's sky called the aurora borealis, or northern lights, visible only in high-latitude regions like the north and south poles.

Being one of the most northern districts in Calgary, when the conditions are right, we are able to see the polar lights in the northern night sky during the summer.

### Camp Skills Day

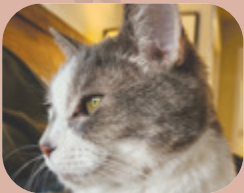
We were very fortunate to have beautiful weather on our inaugural District Camp Skills Day on April 29. We were also very lucky to have a great venue at Charles Butler Memorial Park just north of the city. Being that our district is on the north edge of town, it made for very easy access. We had 97 girls attend the event. The stations were run by the older girls for the younger girls, a wonderful way for older girls to show leadership and teach skills to the younger ones.

Activities included tent setup, making fire starters, creating their own camp snack, and Camp Jeopardy. At lunchtime, one of the highlights was an impromptu gathering of 50 girls or so all around the parachute. This was all rounded out with a traditional campfire – an actual fire (despite the wind) and singing songs around it.

With all of the fun that was had, we will definitely be holding this event in future years.



## Cats, Canines, & Critters of Calgary



Squeeks, Mount Pleasant



Ravioli, Lower Mount Royal



Tegan, Bowness



Umer, Calgary

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

9	2	6			7		8	
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**SCAN THE QR CODE  
FOR THE SOLUTION**



## Guess That Book!

1. A nurse accidentally time travels to the 18<sup>th</sup> century.
2. On Long Island, a bond salesman rents a bungalow next to a wealthy man.
3. Humans are artificially bred and sorted based on intelligence.
4. A former physics postdoctoral student goes on a road trip with his girlfriend.
5. A forbidden romance ruins the lives of two close-knit Yorkshire families.
6. The 200-year-old protagonist is interviewed by a reporter.

**SCAN THE QR CODE  
FOR THE ANSWERS!**



## Midsummer Day

In Sweden and Finland, Midsummer Day is a national holiday that takes place on June 24. As one of the longest days of the year, Midsummer Day celebrates the summer solstice and traditionally, the midpoint of planting season. Celebrations commence the night before and involve bonfires, feasting, singing, dancing around the Maypole, and time spent with loved ones.



# JOKE OF THE MONTH

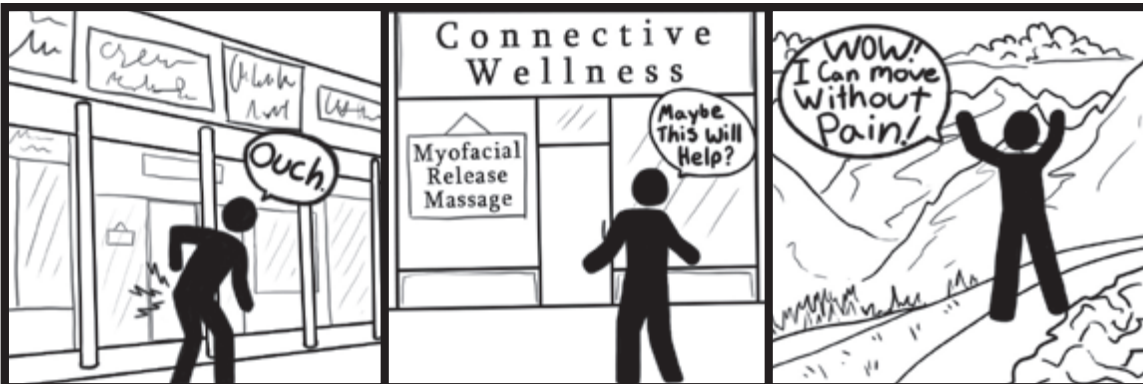
**Why do cows wear bells?**  
**Because their horns don't work!**



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## CONNECTIVE WELLNESS

**Myofascial release is considered to be the most important and effective form of therapy in the history of healthcare.**

A form of massage, it is safe, gentle and consistently effective. Using gentle sustained pressure into myofascial restrictions, pain and headaches are eliminated and the body's motion restored. Traditional massage therapy only produces limited and temporary results.

Fascia is a tough connective tissue that spreads throughout the body in a three-dimensional web from head to toe without interruption. In its healthy state, fascia is relaxed and wavy in configuration to allow it to stretch and move. When people experience surgery, physical trauma or inflammation the fascia loses its flexibility; it becomes a "straight jacket" of crushing pressure (approximately 2000 lbs. per square inch) on muscles, nerves, blood vessels, bones and organs.

Myofascial restrictions cannot be seen on any traditional testing such as X-rays, CAT scans, and MRI's. Many medical practitioners do not have proper knowledge of the fascial system and western medicine completely ignores it. Thus, an extremely high percentage of people suffering with pain, headaches, fibromyalgia or lack of motion have fascial problems that are misdiagnosed.

In addition to my certification in massage therapy, I have trained over 180 hours with John F. Barnes, the physical therapist who created the myofascial release techniques and his staff. This has led me on my own path of self-healing from shoulder, back, and sciatic pain and am living proof of what myofascial release can do.

– Sheena Taggart RMT

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## News from the Friends of Nose Hill

by Anne Burke

Spring brought renewal and awakening of Mother Earth in April. There was a three-hour interpretive walk to connect with cultural landscapes through the ages in Nose Hill Park where attendees could be closer to the stars.

The group at the John Laurie Blvd parking lot began the 2.2 km route on pathway and gravel trail. The leaders were Crystal Many Fingers, a Blackfoot member of the Kainai First Nation of Treaty 7, and Lauren Bryant, a professional archaeologist who focused on human occupation.

Legends and sharing stories are an integral part of an oral culture. The importance of Nose Hill to pre-contact indigenous people is highlighted by sites such as the buffalo rubbing stone for ceremonies, vision questing, and fasting.

A natural area is a City-owned park with a natural/native plant community. Our primary role is to preserve the natural significance. Conservation protects these (relatively) undisturbed parcels of land. Damage can be repaired while loss can be restored.

Public engagement and feedback from tourists will contribute to Calgary's 20-year Park Plan. After a draft proposal, there comes a final version by spring 2024, before presentation to City Council. For more information, visit <https://engage.calgary.ca/parksplan>.

# calendar Baby Names

June is one of the top three calendar baby names, along with May and April/Avril (French). From 1915 to 1941, June was a top 100 name for boys and girls, peaking at #39 in 1925. Since 2008, the name June has been making a comeback, particularly as a middle name for girls.

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## Adoption Event

In collaboration with:



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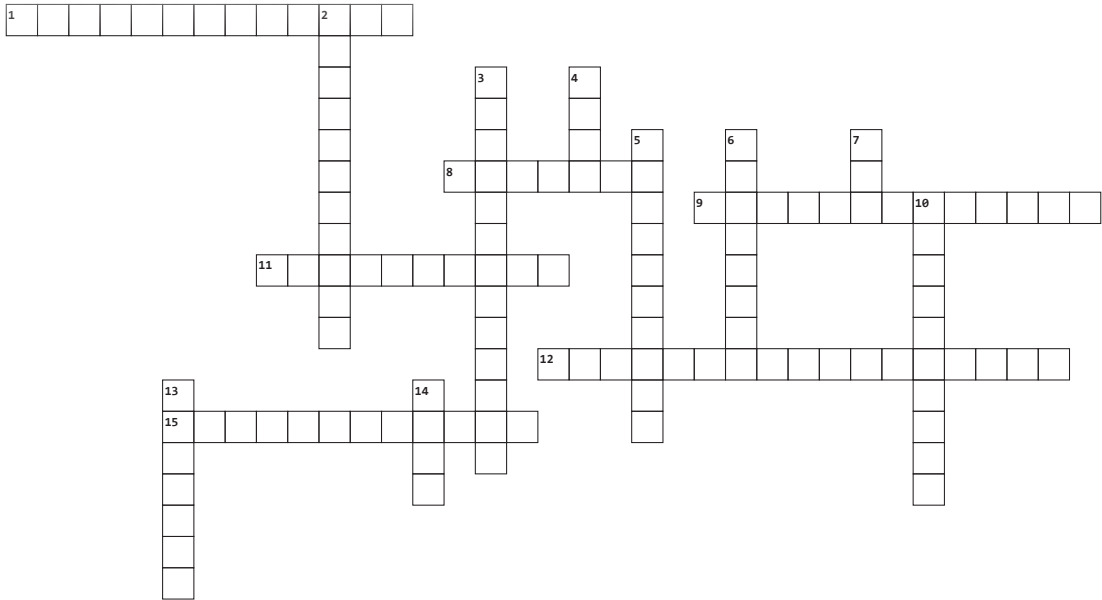


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# June Crossword Puzzle



## Across

- Born on June 27, 1859, Mildred J. Hill composed this song, which is considered to be one of the most well-known songs in the English language.
- In Sweden and Finland, Midsummer Day is traditionally celebrated by singing and dancing around this.
- Canadian singer-songwriter Alanis Morissette wrote this breakup song in about 30 minutes.
- Midland, Ontario holds an annual festival in honour of this classic Canadian pastry every June.
- Canadian author Lucy Maud Montgomery's debut novel, which was released in June of 1908.
- This Calgary landmark was opened to the public on June 30, 1968.

## Down

- The song "I Will Always Love You," first recorded on June 12, 1973, by \_\_\_\_\_ gained renewed popularity with a re-release by Whitney Houston.
- 43 years ago, this NHL hockey team relocated to Calgary.
- The month of June is named after this Roman goddess.
- In North America, National \_\_\_\_\_ Day is celebrated on June 8.
- 29 years ago, this popular Disney movie, based on Shakespeare's play, *Hamlet*, was released.
- The first Friday after Father's Day is National Take Your \_\_\_\_\_ to Work Day.
- On June 2, 1967, this band released their iconic album, "Sgt. Pepper's Lonely Hearts Club Band," in the US.
- This European country experiences the longest summer solstice due to its geographical location.
- The official Father's Day flower.

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






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

## Hamptons Real Estate Update

Last 12 Months Hamptons  
 MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
April 2023	\$769,950	\$791,751
March 2023	\$719,450	\$720,000
February 2023	\$699,800	\$755,000
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

Last 12 Months Hamptons  
 MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
April 2023	5	12
March 2023	13	6
February 2023	3	1
January 2023	3	5
December 2022	4	6
November 2022	6	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

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

This Stampede, stay safe and have fun!

Sometimes, the best way to avoid the crowds and enjoy the Stampede is by using taxis and rideshare apps like Uber. Here are some things you can do to stay safe while having a good time.

Passengers should make some checks before they get into any vehicle, during Stampede and throughout the year. Apps like Uber provide a photo of the driver, the licence plate number, the make/model of the vehicle, and GPS tracking. If you're hailing a taxi, make sure to check that the driver and vehicle are both licensed. A taxi plate verifies these on the car's rear bumper, and the driver's ID must be posted in a visible location. Also, make sure to take note of the taxi number, company, and colour of the vehicle. For more information and safety tips, visit [calgary.ca/taxi](http://calgary.ca/taxi).

### Preparing Your Property for Rain

Along with warm weather, Calgary summers can also bring heavy rainfall. Here are some tips to help you prepare:

- Be sure to clean out eavestroughs, downspouts, and any storm drains near your house.
- Extend downspouts away from your home. Direct them onto your garden or lawn so the water can soak into the ground.
- If you have a swale on your property, remove yard debris to ensure water flow.
- If you have a sump pump, check to make sure it's working. Consider adding a circuit breaker alarm to the pump to notify you if the power supply is lost.

During intense rainfalls, storm drains can become overwhelmed and may take time to drain. If you see water pooling around storm drains and it hasn't drained within 90 minutes, take a photo and submit it at [calgary.ca/stormdrains](http://calgary.ca/stormdrains). If immediate safety is a concern or water is entering a building, call 311.



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