

OCTOBER 2023

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THE OFFICIAL HAMPTONS COMMUNITY NEWSLETTER

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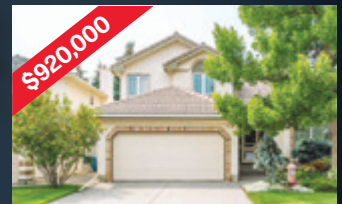


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REMINDER



HHOA fees are now past due

Payments must include **account number** and can be made by:

Cheque

Online Direct Debit

etransfer to fees@hamptonscalgary.ca

HAMPTONS HOMEOWNERS ASSOCIATION



Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

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Hamptons Homeowners Association

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Email: admin@hamptonscalgary.ca

Web page: www.hamptonscalgary.ca

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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.

We appreciate your participation.



NEW CONDOS COMING TO U/D!

University District is excited to announce a new luxury bungalow-style condo project launching this fall. We can hardly wait to share all the exciting details with you! Visit our website for more information.

UNIVERSITY
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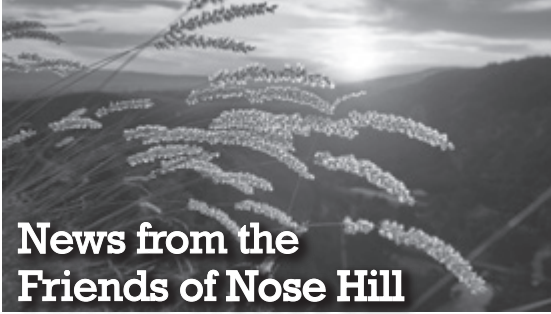
myuniversitydistrict.ca

Choosing a Safe

Halloween Costume



- Pick something with bright colors or add glow sticks or reflective strips.
- Make sure it's going to be warm or can be layered with a coat.
- Choose makeup over a mask. If you do choose a mask be sure that it fits well.
- Make sure costume won't be a tripping hazard.



News from the Friends of Nose Hill

by Anne Burke

Exploring Nose Hill: A Hands-On Field Guide by Jill Kirker and Diana Kary was published by Grassroots NW: Environmental Awareness Society; it offers an introduction explaining why people should study Nose Hill Park and “how to” use this guide. There are maps of tours such as the NW Interpretive one and those of Meadowlark Prairie, Many Owls Valley, Wintering Hill, (Buffalo) Rubbing Stone Hill, and Porcupine Valley. After Nose Hill geology and an erratic boulder as part of a glacial lake, there is more about Nose Hill human history.

Check out tepee rings, native stories, the Blackfoot Nation, and exploration and settlement. The six habitats are fescue grasslands, previously cultivated land, shrubs, aspen groves, gravel, and wetlands. Suggested activities are for biodiversity, prairie field study, a mural of the prairie community, a grasslands species and food web, or hands-on weed control. With so many animal types there are also activities related to grouse, raptors, bird migration, ants, grasshoppers, gophers, ground squirrels, and mule deer on the Island Game. Learn more about the food chain, ecosystem, and sampling life in the pond-area wetlands. Studies can lead to other native grass areas of Calgary and designing wildlife corridors. Another important topic that is touched on is the world-wide issue of endangered species and grasslands.

Phase 2 engagement begins in October focusing on Calgary’s 20-year plan for how we develop, redevelop, and manage parks. Fall 2023 feedback will be on public park policies. Input is also needed from businesses, agencies, and organizations. A ‘What We Heard’ report from Phase 2 will be published in winter 2023. Phase 3 engagement will inform a draft plan. By spring 2024, the ‘Connect: Calgary’s Parks Plan’ will be final and then presented to City Council in summer 2024. Have your say at <https://engage.calgary.ca/parks-plan>.



Hamptons Real Estate Update

Last 12 Months Hamptons
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2023	\$ 742,450	\$ 727,500
July 2023	\$ 948,800	\$ 948,800
June 2023	\$ 799,900	\$ 852,000
May 2023	\$ 829,394	\$ 836,000
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

Last 12 Months Hamptons
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
August 2023	15	8
July 2023	8	9
June 2023	15	11
May 2023	9	6
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

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

Signs You May Have Depression

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

For many people with depression, symptoms are usually severe enough to cause noticeable problems in day-to-day activities, such as work, school, social activities, or relationships with others. Some people may feel generally miserable or unhappy without really knowing why.

Although depression may occur only once during your life, people typically have multiple episodes. During these episodes, symptoms occur most of the day, nearly every day, and may include:

- Feelings of sadness, tearfulness, emptiness, or hopelessness
- Angry outbursts, irritability or frustration, even over small matters
- Loss of interest or pleasure in most or all normal activities, such as sex, hobbies, or sports
- Sleep disturbances, including insomnia or sleeping too much
- Tiredness and lack of energy, so even small tasks take extra effort
- Reduced appetite and weight loss or increased cravings for food and weight gain
- Anxiety, agitation, or restlessness
- Slowed thinking, speaking, or body movements
- Feelings of worthlessness or guilt, fixating on past failures or self-blame
- Trouble thinking, concentrating, making decisions, and remembering things
- Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts, or suicide
- Unexplained physical problems, such as back pain or headaches

Some differences in symptoms you may see in teens and children:

- In younger children, symptoms of depression may include sadness, irritability, clinginess, worry, aches and pains, refusing to go to school, or being underweight.
- In teens, symptoms may include sadness, irritability, feeling negative and worthless, anger, poor performance or poor attendance at school, feeling misunderstood and extremely sensitive, using recreational drugs or alcohol, eating or sleeping too much, self-harm, loss of interest in normal activities, and avoidance of social interaction.



Differences in symptoms seen in older adults:

Depression is not a normal part of growing older, and it should never be taken lightly. Unfortunately, depression often goes undiagnosed and untreated in older adults, and they may feel reluctant to seek help. Symptoms of depression may be different or less obvious in older adults, such as:

- Memory difficulties or personality changes
- Physical aches or pain
- Fatigue, loss of appetite, sleep problems or loss of interest in sex — not caused by a medical condition or medication
- Often wanting to stay at home, rather than going out to socialize or doing new things
- Suicidal thinking or feelings, especially in older men

For some, depression is caused by a neurochemical deficit. While for others, depression is brought on by an event such as a breakup, death, job loss, postpartum, or a major stressful life event. Those with a neurochemical imbalance may need to seek life-time pharmacological treatment and therapy. Others, with less severe symptoms may recover quite well with just therapy alone. Some may need a combination of both for short term (four to six months). Never stop an antidepressant cold turkey as you can have life threatening side effects. Always speak with your doctor first and follow their protocol.

No matter what age group you or a loved one may fall under, it is important to seek help if your symptoms last for more than two to three weeks.

Fall Candle Care: How to Prevent Tunneling

by Evermore Handmade, Local Candle Business



Fall is a popular time for candlelight and cozy nights in, which means dusting off your candle collection. You might notice that some have developed a deep “tunnel” around the wick, making it difficult to light. Tunneling also shortens the life of your candle as only the wax in the centre of the candle will burn down.

Here are a few easy ways to prevent or fix tunneling so you can enjoy your favourite candles this season:

Prevention

When you light a candle for the first time, allow it to burn long enough to melt all the way to the edges of the candle jar. This ensures an even burn for the duration of your candle’s life as wax has a “memory” so to speak. The first burn sets the tone for subsequent burns and will help you get the most burn-time out of your new candle.

If you find that your candles are constantly tunneling, despite letting the wax melt to the edges of the jar, consider buying higher quality candles. Most candles on the market are made of paraffin wax (a toxic byproduct of petroleum) and are more predisposed to tunneling. Higher grade waxes like coconut, soy, or beeswax burn cleaner, longer, and more evenly.

The Fix

If you have an old candle that’s already tunneling, here are two easy ways to fix it:

1. Set your oven to 80°C (176°F) then remove anything flammable from your candle, such as labels or string. Once the oven is hot, place your candle on a baking tray for five minutes. This should heat the entire surface of the wax, making it smooth. With oven mitts, remove the candle and let it cool before lighting it.
2. Wrap aluminum foil around the top of your candle and angle it inwards like a dome. Ensure that the flame is far enough away from the foil and that there is still a hole to vent air. The foil will help the wax to heat up evenly. Keep a careful eye on your candle until the top layer of wax has melted, leaving a smooth surface, then remove the foil.

With these easy steps, you can enjoy your candles this season without any tunneling. If this article helped you, be sure to share it with a friend or loved one!

BUSINESS CLASSIFIEDS

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

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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.

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News, Events, & More



Crime Statistics




Real Estate Statistics





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MLA Calgary-Edgemont
Julia Hayter
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 @NDPjulia
 @NDPjulia

As the leaves change and autumn arrives, I'm excited to bring you the latest updates on how you can discover Calgary's heritage and to offer you the chance to learn about new eco-friendly ways we can build a sustainable city.

Exploring Calgary's History: Follow the Map!

Calgary has a rich history filled with stories, unique architecture, and important landmarks that have shaped the city's character. Dive into this history by using the Inventory of Evaluated Historic Resources Map. This interactive map showcases more than 900 heritage sites in Calgary.

Experience a journey through time by visiting the map at <https://maps.calgary.ca/HeritageInventory> – it's even accessible on mobile devices. For additional maps related to the City of Calgary, check out the Map Gallery at www.maps.calgary.ca.

Join the Move Towards a Greener Future: Attend a Webinar!

Are you passionate about protecting the environment and sustainable building in Calgary? If so, you're invited to a free webinar on embodied carbon during the Calgary Climate Symposium. Embodied carbon refers to the greenhouse gas emissions tied to producing, transporting, installing, maintaining, and disposing of building materials over their lifecycle.

Join us for The New Metric – Embodied Carbon webinar on October 25, 2023, from 12:00 to 1:00 pm. The webinar, in partnership with Light House, will cover:

- The impact of building materials on CO2 emissions
- How embodied carbon influences building design and frameworks
- Innovations in low-carbon building materials to address embodied carbon

Part of the Going Circular in the Built Environment series, this is the third webinar and is part of the Calgary Climate Symposium. Don't miss this exciting opportunity to learn about taking climate action. Find out more at calgary.ca/climatesymposium.

Let's stay connected and make this month amazing together!

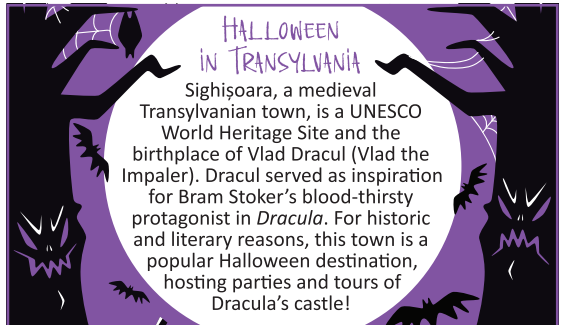
Hello to everyone who calls the beautiful communities in Calgary-Edgemont Home. I'm Julia Hayter, and it is an honour to be your new MLA. I look forward to representing you and bringing your needs and interests into the upcoming legislative session starting on Monday, October 30.

The communities within Calgary-Edgemont have so much to offer, including the amazing restaurants, businesses, organizations, and community groups, and I am proud to call this area of Calgary home with you all. I have recently been named the Official Opposition Critic for the Status of Women and am so thrilled about the strong and caring climate we have here in the Northwest. It is an area I'm lucky to raise my children in and to get to call you all my neighbours.

Should you require assistance with services such as notarizing documents or letters of support, please feel free to book an appointment with my office located at 202-1829 Ranchlands Blvd NW, Calgary, AB, T3G 2A7.

Please don't hesitate to reach out to my office if you have any questions or concerns, especially as they relate to provincial matters. We will do our best to help you navigate resources available to you. You can also reach our office at Calgary.Edgemont@assembly.ab.ca or 403-288-4453.

I look forward to connecting with so many of you.

HALLOWEEN IN TRANSYLVANIA
 Sighişoara, a medieval Transylvanian town, is a UNESCO World Heritage Site and the birthplace of Vlad Dracul (Vlad the Impaler). Dracul served as inspiration for Bram Stoker's blood-thirsty protagonist in *Dracula*. For historic and literary reasons, this town is a popular Halloween destination, hosting parties and tours of Dracula's castle!

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SOLD!



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