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Community Designated Schools

(FR) Denotes French Immersion Program

- Hamptons Elementary
- Captain John Palliser Elementary
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- St. Francis Senior High
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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.



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HAMPTONS HOMEOWNERS ASSOCIATION

Word ^{of the} Month

Metanoia: *noun* (met-uh-noi-uh)

A transformative change of heart.

“Upon finishing her book, Alice experienced a metanoia.”

10 Signs That You May Be Suffering from Anxiety

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



Feeling anxious at times is completely normal. However, unchecked it can become maladaptive and cause distress in our daily lives. How can we tell if our feelings of anxiousness have crossed over into a disorder? Sometimes it's not easy, as anxiety can show up in many different forms such as phobias, social anxiety, and panic attacks.

You may be suffering from unchecked anxiety if you experience any of the following on a regular basis.

- 1. Perfectionism.** Putting expectations on yourself that are not realistic to meet, setting yourself up to fail or not even starting a task due to fear of failure.
- 2. Compulsive Behaviour.** Repeated behaviours like checking locks and washing your hands, overindulging in mood altering substances to relax, or experiencing constant intrusive thoughts.
- 3. Self-Doubt.** Constant negative thoughts or talk that is negative about yourself.
- 4. Muscle Tension.** May cause discomfort around the neck and shoulder area, leading to ongoing headaches and other physical problems.
- 5. Chronic Indigestion.** Trouble enjoying meals because of chronic indigestions and stomach issues.
- 6. Self Consciousness.** Frequent worry about how you present yourself to others in terms of appearance, speech, and mannerisms.
- 7. Panic and Flashbacks.** Feelings of doom and extreme worry that may cause shortness of breath, dizziness, and nausea. This may include flashes of something traumatic from your past.
- 8. Irrational Fears.** Frequent thoughts that are causing fear and discomfort about certain situations. These thoughts lead you to equate those experiences with feelings of dread and worry resulting in self-limiting behaviour.
- 9. Sleep Problems.** Trouble falling asleep or staying asleep, with frequent thoughts related to worry waking you up.
- 10. Excessive Worry.** Difficulty focusing due to intrusive thoughts and frequent worry. This may lead to nervousness, the inability to focus, and feelings of panic.

If any of these symptoms describe how you feel on a regular basis, please seek professional guidance from a psychologist for a formal diagnosis. Cognitive Behavioural Therapy (CBT) is generally the first step and the gold standard for anxiety management. Additionally, your psychologist can help you decide if seeking medical/pharmaceutical intervention from your doctor may also be necessary.

A Shopper's Guide to Premiumization

by the Better Business Bureau

Premiumization is when companies offer higher-end products and services for a premium price. Airlines selling both business class and economy seats is a classic example. Another is car manufacturers offering a standard model and one featuring heated seats and leather trim.

While these two examples have been around for decades, premiumization has expanded since the COVID-19 pandemic. Now, businesses selling everything from beauty products to booze are adding new premium options and services. As a consumer, evaluating premium options can be tricky. Here are BBB's tips for weighing new premium options and ensuring you get the promised value.

Tips for Navigating Premiumization as a Shopper

Do Your Homework. Brands that offer premium products or services may look like luxury, but as with any purchase, doing some research is vital. Before paying a premium price, ensure the vendor is a trustworthy business with a reputation for good customer service. Look up businesses online to review business ratings and comments from customers.

Understand What Makes a Product Premium. Many business owners are working to maintain profit margins by offering their clients added value in a premium package. However, if a product or service claims to be premium, find out why. Specifically, what makes it better than the basic option? If a vendor can't give you a good answer, skip the premium price and shop elsewhere.

Comparison Shop. To get the best deal on anything, comparison shopping is a must. This is also true when considering a company's premium offerings. Find out what similar companies offer and their price point to see if you are really getting added value for the higher price.

Watch for "Greenwashing." Many companies promote premium options as more sustainable, lower waste, or all-natural. But be wary of misleading green marketing claims. The Federal Trade Commission advises consumers to look for specific information on packages and products that explain why the product is green.



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News from the Friends of Nose Hill

by Anne Burke

What Happened 50 Years Ago to Preserve Nose Hill?

The Calgary Council of Women wanted a legacy. In 1973, the City created the park after a lengthy debate. Council rejected a development application when communities favoured a major natural environment park. "Citizens for Nose Hill" presented a "Citizens' Brief." Then a steering committee produced the "Nose Hill Design Brief."

A rezoning challenge was only one of the obstacles because much of the land was privately owned. It was urgent to preserve it because some was already sold to developers, with a parcel to a homebuilder.

Community leaders and concerned citizens collected over 5,000 signatures on a petition opposing the rezoning. They organized a march along John Laurie Boulevard in defence of Nose Hill. There was even a children's petition, and their voices were heard.

City Council voted against any rezoning. However, the City still needed more time to buy up the land. The Supreme Court of Canada gave Calgary the right to purchase land on Nose Hill at its own pace. The provincial government agreed and declared that the Nose Hill lands be retained as a public open space in perpetuity.



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Nature's Ottoman

Capybaras, the largest rodents on Earth, are one of the friendliest creatures in the animal world. They're referred to as "nature's ottomans" because they'll allow birds, monkeys, rabbits, and other small critters to cuddle with them or hitch a ride on their backs. Capybaras will even befriend crocodiles and ride on their backs!



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Hamptons Real Estate Update

Last 12 Months Hamptons
 MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
August 2022	\$ 874,900	\$ 846,500

Last 12 Months Hamptons
 MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
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
August 2022	5	6

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

Welcome back to school! If you're a parent like me, you know that September can be a busy but exciting time of year. This month, we're offering tips on preparing for school and launching new projects for your business.

Catch up on Our Home and Small Business Webinar Series

Are you looking to renovate your space, but don't know where to start? Maybe you want to start a home business, but all the regulations are making your head spin. Not to worry! We have a library of webinars to help you navigate the permits needed to get your project up and running. New webinar topics will be launching this month, so visit our video series and stay in the know by visiting calgary.ca/webinar.

Tips for Preparing Children for Emergencies

With kids returning to school, now is the perfect time to review your home emergency preparedness plan so that your family is ready for anything. As parents, there are lots of things that we can do to prepare our little ones and keep them safe. Here are four key steps that we can all take to help prepare for an emergency:

1. Talk to your kids about disaster risks in Calgary.
2. Include them in your household's emergency planning.
3. Look for opportunities to learn more about emergency preparedness.
4. As a family, walk through how to prepare your home for an emergency.

The Ready Squad e-course was designed to teach kids about Calgary's disaster and emergency risks, how they can prepare, and how to stay safe during an emergency. Children can also download the Junior Weather Forecaster's Challenge – a fun and creative way for everyone to learn more about the weather and its effects in Calgary.

Visit calgary.ca/ReadySquad to find out more.

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