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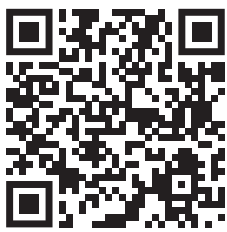
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PARKING LOT CONSTRUCTION



JULY & AUGUST

This project will consist of repaving and improvements to layout and flow of the parking lot. Weather permitting the project will conclude by the end of August.

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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)

YOUR CITY OF CALGARY

Declutter and Discover! Join Us for the Citywide Treasure Hunt: A Fun Event for All Ages!

by The City of Calgary, Waste and Recycling Services

We are excited to announce the upcoming Curbside Treasure Hunt, taking place across Calgary on September 7 and 8. This is a fantastic community event where residents can set out items they no longer need, giving others a chance to find a hidden gem.

Event Details:

- Dates: September 7 and 8
- Look through your home and gather any reusable items that you no longer need.
- Mark them with a “Free” label and place them at the curb on the designated event days.
- Treasure hunters rejoice! Anyone can come and pick up these items for their own use – it’s like a free garage sale right at your doorstep!
- If it’s still on the curb, let’s keep the community tidy and donate it!

The Treasure Hunt encourages Calgarians to explore their neighbourhoods, find unique items, and meet new people. It’s a wonderful opportunity to strengthen our community ties and supports our goal of reducing environmental impacts by reducing waste. Participants can place items they no longer need at the curb for others to pick up, fostering a spirit of sharing and community engagement.

SCAN HERE TO VIEW ADDITIONAL HAMPTONS CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



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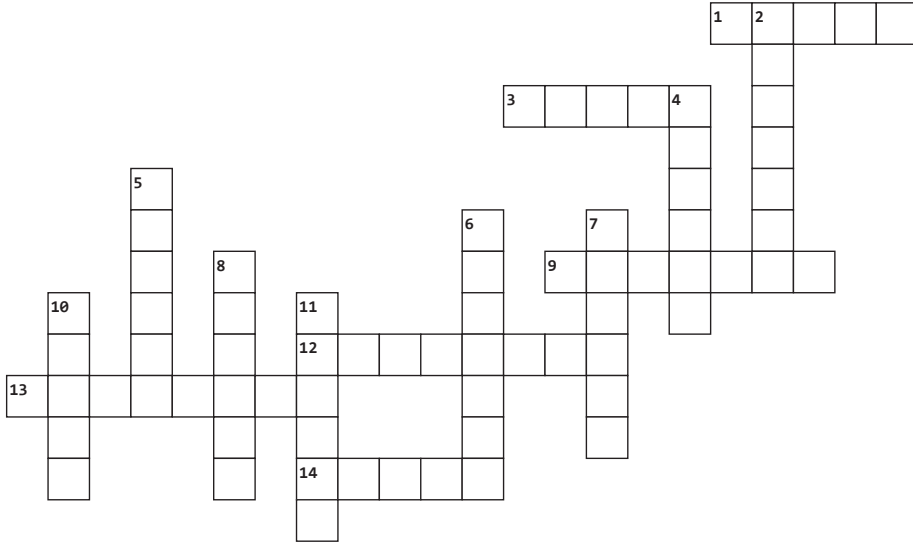
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Open to players ages 4-19



northsidesoccer.ca

August Crossword



Across

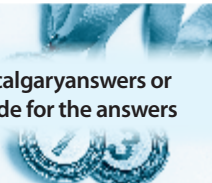
- One of two birth flowers for August, this flower symbolizes remembrance and is often used to honour veterans who have passed away in war.
- On August 28, 1963, in Washington D.C., civil rights activist and reverend, Martin Luther King Jr. gave his inspiring "I Have a _____" speech.
- This yellowish-green gemstone is one of three birthstones for August, the others being the spinel and sardonyx.
- On the first Monday in August, Albertans celebrate _____ Day, which recognizes the multicultural landscape of the province.
- In August of 1896, George Carmack was the first to find gold at Bonanza Creek, Yukon, sparking the _____ Gold Rush.
- The Summer Olympics takes place in which French city from July 26 to August 11 this year?

Down

- Canadian filmmaker James Cameron, famous for movies such as *Titanic*, *Avatar*, and *The Terminator*, was born on August 16, 1954, in Kapuskasing, _____.
- The fantasy novel *A Game of Thrones*, written by George R.R. _____, was first published in August of 1996.
- August is a popular name for boys in this Scandinavian country.
- On August 8, 1969, The _____, took to the street to take the cover photo for their album *Abbey Road* which featured songs such as "Here Comes the Sun", "Come Together", and "Octopus's Garden".
- The Perseid _____ shower is one of the best shooting stars displays which Canadians can view on the eve of August 12 this year.
- The saying "The Dog Days of Summer" is linked to the rising of the star called _____, also known as the Dog Star.
- Canadian actress, Evangeline _____, famous for her role as Kate Austen in the drama series *Lost*, was born on August 3, 1979, in Fort Saskatchewan, Alberta.
- Michael _____ set the record for the most gold medals by an athlete in a single Olympic Games in Beijing, 2008.



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers





News from the Friends of Nose Hill

by Anne Burke

Urban green spaces enhance our lives in cities. Parks serve as spaces for physical activity, mental health, social contact, and connection with nature across Canada. As sanctuaries, they strengthen our bonds with nature and promote biodiversity. According to the 2023 Canadian City Parks Report, parks had high use and reflected great value during the period studied. Indeed, 94% of cities reported increased use of parks in the last year. Parks were also used more in the winter for 50% of Canadians and 73% expected this use to continue. Of all park types, Canadians say they preferred to visit local neighbourhood parks (71%), natural areas (61%), and trails (60%) for nearby green spaces. Community Park groups continued to use their local parks across the country.

There were interviews with 44 senior parks staff from 30 municipalities, who shared challenges they are facing, the projects and people that inspire them, and the vision for the future of city parks. About 64% of city residents said they visit parks two to three times per week or more, including 29% who visit every day or almost every day; while 51% of city residents said they'd like to spend more time in parks than they currently do. Addressing impacts from climate change/extreme weather is one of the challenges for 94% of cities; 60% said they feel equipped with the knowledge and tools to address climate change through their work in parks. Only 57% of cities agreed that most parks are well-designed and planned to withstand the impacts of climate change, but 3% strongly agreed. When many informal parallel bike trails lead to the same place, "during certain periods of the year, maybe we close the park and allow wildlife to migrate through it." See: ccpr.parkpeople.ca/2023/ for more on this report.

Have you paid your fees yet?

Fees are now **PAST DUE**

Past Due terms:
18% penalty per annum
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*Please include your account number or address when making a payment.

VIDEO KILLED THE RADIO STAR

On August 1, 1981, MTV made its broadcast debut and changed the landscape of music forever. The first music video they aired was "Video Killed the Radio Star" by British duo The Buggles. How fitting!



Hamptons Real Estate Update

Last 12 Months Hamptons

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2024	\$874,900	\$878,950
May 2024	\$803,500	\$795,000
April 2024	\$819,900	\$845,000
March 2024	\$839,900	\$849,500
February 2024	\$881,944	\$898,444
January 2024	\$828,500	\$828,500
December 2023	\$699,000	\$690,000
November 2023	\$849,900	\$818,750
October 2023	\$809,900	\$810,001
September 2023	\$999,949	\$967,500
August 2023	\$742,450	\$727,500
July 2023	\$948,800	\$948,800

Last 12 Months Hamptons

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2024	16	8
May 2024	14	14
April 2024	10	9
March 2024	10	8
February 2024	7	10
January 2024	4	3
December 2023	2	5
November 2023	4	4
October 2023	9	9
September 2023	7	6
August 2023	12	8
July 2023	7	9

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



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Hydration and You

by Alberta Health Services



Water keeps every part of your body working properly. It helps your body flush waste and stay at the right temperature. It can help prevent kidney stones and constipation.

You lose water throughout the day through your breath, sweat, urine, and bowel movements. If you live somewhere hot, you could lose even more fluid.

It is important to replace this lost fluid to stay healthy. If you don't get enough water, you could become dehydrated. If you get very dehydrated, your body no longer has enough fluid to get blood to your organs which can be very dangerous.

What is the Right Amount of Water to Drink Each Day?

All liquids help you stay hydrated, but water is usually the best choice. A common recommendation is to drink six to eight glasses of water per day (250 ml or 8 fl oz). Some adults may need more depending on your overall health, how much you exercise, and how hot or dry the climate is.

Most people get enough fluid through the beverages they normally drink each day. You also get water through food. Some fruits and vegetables contain a lot of water, such as watermelon and lettuce.

Did you know? Experts say it is not true that beverages containing caffeine – coffee, tea, and cola drinks – are

dehydrating. Healthy individuals who consume moderate amounts of caffeine do not lose more fluid than people who don't have any caffeine. A moderate amount of caffeine is about 200 to 300 mg per day which is about two to four cups (250 ml or 8 fl oz) of coffee.

If you are feeling well, you urinate every few hours during the day, and are not feeling thirsty often, you are likely drinking enough water.

People with certain health problems, especially heart and kidney problems, need to speak with a doctor about how much water to drink.

Ways to Consume More Water During the Day

If you struggle with consuming water or remembering to drink enough throughout your day, these suggestions may help:

- Drink a glass of water when you get up in the morning, before drinking coffee or tea.
- Keep a cup or water bottle by your desk at work. Take several sips of water each hour. If you don't have a desk job, carry a container of water with you and take sips throughout the day.
- Take a sip whenever you pass a drinking fountain.
- Mix it up! Add sugarless flavouring to your water or a slice of lemon/lime. Alternate with sparkling water.

Saving Grandma's Garden

Article and Photos by Monika Smith

As my mom descended into dementia last year and could no longer live in her home, I had to sell her property. As with so many older residential properties on the market, many of my mom's and baby boomer generation had gorgeous gardens.

I needed to save a few token plants that she had tended over the years. They had brought her joy and a funny and often acrimonious relationship with Joe. Joe was born into a farming family, and although he became citified, he was a proud vegetable grower. But flowers? Heck no. He'd occasionally get into a mood and just rip out my mom's hard work, because they were not food.

Just before the new owner took over, I had a moment of, "I have to bring some of mom's plants to my place!" She had been growing them for decades. I broke a number one rule: if you get a plant, there's a hole in the ground ready for it! I basically dug out a big bunch of plant shoots and roots and dumped them into a bucket of soil.

What did I take home, dig in, and promptly forgot about? Primroses (*Primula auricula*), bergenia (*Bergenia crassifolia*), and leopard's bane (*Arnica cucanlis*).

There's another very good rule about plants, 'right plant in the right space'. However, plants want to survive and will make an effort. Just don't expect anything lush or healthy looking.

I was surprised in late May by a few leaves emerging in strange places, like near my Colorado spruce. What is that? Primroses! Ok, so that's where I put them. They were shorter than normal and looking a bit stunned. That's what a spruce tree and lean soil will do. We did have a wet-ish May that helped, and June has coaxed more plant out of the ground.

Mom had a big row of bergenia that I chopped apart and shovelled into a bucket. A gorgeous umbel of pink flowers emerged in the spring where I didn't remember putting them. Those famous big leaves were small! Another super hardy and evergreen perennial, if conditions are right.

Last but not least is leopard's bane. Such a cheerful yellow and the earliest blooming daisy. None of these

plants are 'native,' but that got me to thinking of maybe leaving those plants in a 'cultivated' zone? Not large — as I prefer native plants — but these are from my mom's garden, and I needed something that is more than a piece of jewelry, art, or her favourite baking pan.

My message is simple. Save those old garden plants! If they are your grandmother's, aunt's, family members', or an aging friend's that has to move, ask if you can dig up a few favourites. Or chat with the developer if the house is sold. They don't care as long as you are not in the way or trespassing.

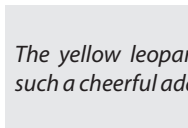
If you're new to gardening, these old plants are time tested to grow well. Find out how to remove a batch from a knowledgeable friend, or contact Calgary Horticulture, or even myself.

Keeping these hardy and old-fashioned plants lovingly tended to by my mom is a special legacy which I honour.

Thanks mom, your plants will remind me of you and wonderful memories of gardening and growing up.



This lovely pink umbel is one of the early flowering bergenia. An old fashioned, but lovely addition to any yard.



The yellow leopard's bane daisy is such a cheerful addition in a garden.



You've all seen this kind of primula. It's super hardy and will brighten a spring day.



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