

DECEMBER 2024

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Hamptons Homeowners Annual Fees

Annual Homeowner Fees are due every year on June 15th. We appreciate that most of our residents pay these fees in a very timely manner every year. However, there are always a few residents who do not, despite repeated past due notices. Sending out past due notices are time consuming and an material cost to all who live in the Hamptons. As we indicated on our invoices this year, a new administrative fee would be added to accounts that have not been paid to recover some of these costs. Please be advised **ANY 2024 FEES NOT PAID BEFORE THE END OF THE YEAR, will have the administrative fee of \$200 +GST** added to their account on January 1, 2025. If you are unsure if you have paid your fees please contact our office at admin@hamptonscalgary.ca or call us at 403 208 0205.

[Alfred] Nobel Prize



The very first Nobel Prize award ceremony took place on December 10, 1901. These were created due to Alfred Nobel's will and his interest in science, society, and culture, and are described as prizes given for "the greatest benefit to humankind."

Word of the Month

Absquatulate:

Verb (ab-skwoch-uh-leyt)

To run away or leave abruptly.



The sneaky cat managed to absquatulate any time the door was open.



Magic Carpet Ride

Family Literacy Program

A family that reads together, grows together.

The Magic Carpet Ride program is for 3-5 year olds and their parents or caregivers. We help families learn to use everyday activities to build a love of literacy and learning. Held at convenient locations across Calgary.



Reading



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**SCAN HERE TO VIEW ADDITIONAL
HAMPTONS CONTENT**

**News, Events,
& More**



**Crime
Statistics**

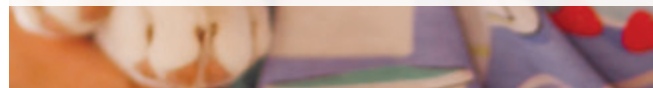


**Real Estate
Statistics**



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Hamptons Homeowners Association

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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)



Hamptons Real Estate Update

Last 12 Months Hamptons

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2024	\$924,900	\$900,000
September 2024	\$1,106,900	\$1,077,500
August 2024	\$844,450	\$800,000
July 2024	\$1,075,000	\$1,068,000
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

Last 12 Months Hamptons

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
October 2024	8	7
September 2024	12	4
August 2024	6	6
July 2024	10	9
June 2024	15	8
May 2024	13	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

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

9 PM ROUTINE

CALGARY POLICE SERVICE

CHECKLIST

- 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

A CHRISTMAS CAROL

The first edition of the Christmas classic A Christmas Carol, written by Charles Dickens, was originally published in London on December 19, 1843. This story was published as a novella by Chapman & Hall and the first edition sold out by Christmas Eve that first year!



Girl Guides

Everything she wants to be.

AURORA SKY DISTRICT

Aurora Sky District includes the following communities: Edgemont, Evanston, Glacier Ridge, Hamptons, Hidden Valley, Hanson Ranch, Kincora, Nolan Hill, Sherwood, and Sage Hill.



Unit 229 is a sparks/embers unit that kicked off the guiding year with welcoming ten new girls into the unit. The girls spent the last couple of weeks getting to know each other.

Over the past couple of weeks, we have played some introduction games to get to know the girls better. We also learnt how to express emotions appropriately, learnt about respect, and also spent a week learning about truth and reconciliation.

We took our first field trip of the year to a seniors home in our community. The girls spent some time interacting with the seniors and reading to them. The girls also worked with seniors on making thank you cards for the veterans.

We are looking forward to our enrolment on November 4. We are also hosting a meet and greet with parents and guiders that day.

We are looking forward to an eventful guiding year and seeing the girls build friendships with one another over the year.

If you'd like to register your daughter, please visit www.girlguides.ca and use the unit finder to find an open unit in your area. If you cannot find a unit in your neighbourhood, it might be because the unit is full (you can modify the search – try searching “all” units; the default is to show only units with space available). You might want to consider becoming a leader – with more leaders, we can take in more girls. For more information, please email any-calgaryaurorasky@girlguides.ca.



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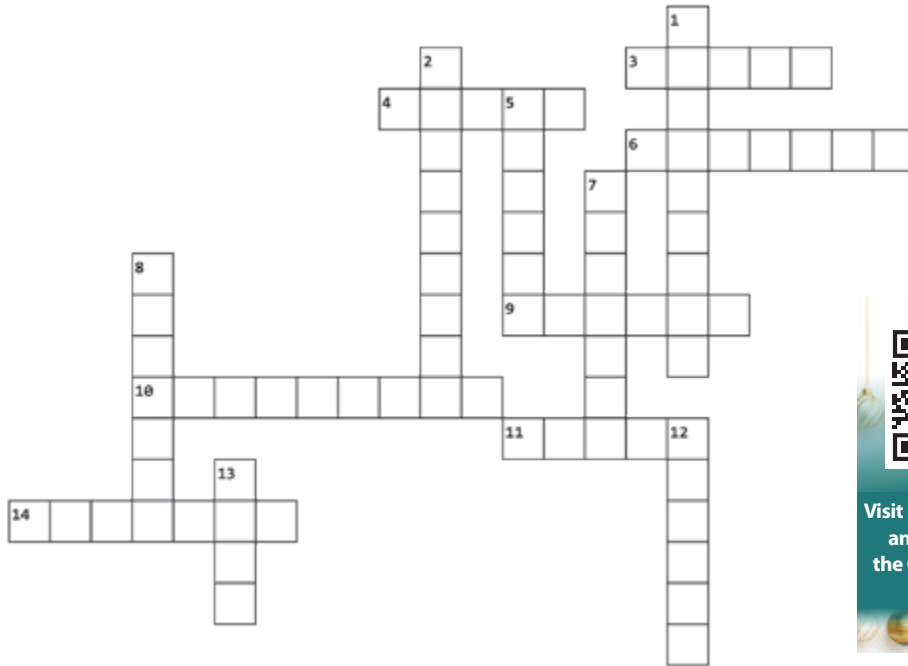
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December Crossword



Across

3. On December 5, 1991, Jostein Gaarder's novel, *Sophie's _____*, was published and tells the story of a Norwegian teenager on a journey of discovery about the history of philosophy.
4. *Driving Miss _____*, starring Morgan Freeman as a chauffeur to an elderly widow played by Jessica Tandy, was released on December 13, 1989.
6. Canadian singer, Nelly _____, was born on December 2, 1978, in Victoria, British Columbia.
9. This Christmas tree decoration, originally made from real silver that was shredded, was first invented in Germany in 1610.
10. December's official birthstone has the same name as the colour that it is.
11. Dr. Martin Luther King Jr. was awarded the Nobel _____ Prize on December 10, 1964.
14. James Cameron's _____ was first released on December 19, 1997, and is one of the highest-grossing films ever.

Down

1. International _____ Day was mandated by the UN General Assembly in 1985 and takes place every year on December 5.
2. December's birth flowers are the _____ (also known as paperwhites) and the holly.
5. On December 24, 1818, a choir in Austria first performed the popular Christmas carol "_____ Night".
7. This annual holiday celebrating African American culture is observed from December 26 to January 1.
8. On December 29, 1989, the Associated Press named hockey player Wayne Gretsky and tennis player _____ Navratilova Best Athletes of the Decade.
12. Canadian actor and comedian, _____ Levy, was born on December 17, 1946, in Hamilton, Ontario.
13. On December 1, 2003, the final film of *the Lord of the Rings* trilogy, *The Return of the _____*, premiered in New Zealand.



Happy Holidays

FROM THE HAMPTONS HOMEOWNERS ASSOCIATION

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Eye Matey!



It is common for media to portray pirates wearing eye patches, but it is likely not for the reasons you think! Eye patches were used to keep one eye adjusted to low light conditions so when the pirate went below deck, they could immediately see by swapping the eye patch to the other eye. What a bright eye-dea!



News from the Friends of Nose Hill

by Anne Burke

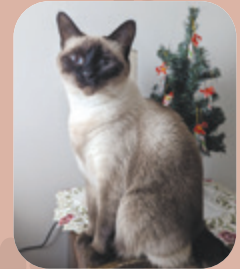
Phase 3 of the Connect: Calgary's Parks Plan is underway, and the draft plan was shared with the public and partners before Council's expected approval in early 2025. You can send questions or comments directly to the project team by emailing parksplan@calgary.ca. Please note that these will not be included in the final Phase 3 What We Heard Report. A Park is a space set aside for enjoyment, recreation, education, cultural or aesthetic use, or for the protection of wildlife or natural habitats. An urban forest includes trees and shrubs intentionally planted, naturally occurring, or accidentally seeded within city limits. This means all trees in parks, river valleys, streets, roadways, natural areas, and commercial and private lands.

A Natural Area is a City-owned park or open space where the primary role is protection of a (relatively) undisturbed parcel or with a natural/native plant community. Natural areas are categorized to provide guidance for management and permitted uses according to habitat sensitivity and conservation needs. Habitat is the environment where the life cycle of a species is found and characteristics of the place (climate or suitable food and shelter). A Habitat Management Plan means a ten-year operational plan on how we manage natural areas that help maintain or improve the health and function of a park. Calgary's natural ecosystems are categorized by their habitat type (e.g., grassland, forest, wetland). There are also categories for classifying parks with natural environments: Special Protection or Major; Supporting (may be buffers), and other naturalized parks. Naturalization means improving management or repairing some function. For Environmentally Significant Areas, some key natural components recognized by the City of Calgary are Water Quality and Quantity; Rare, Intact, or Biologically Diverse content; and Habitat for Native Species of Interest. Read more at engage.calgary.ca/parksplan.

Cats, Canines, & Critters of Calgary



Chip, Woodbine



Echo, Signal Hill



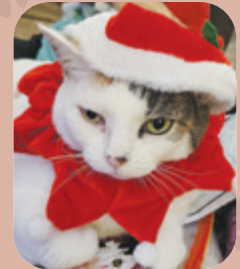
George, Huntington Hills



George, McKenzie Towne



Lola, Calgary



Misty, Queensland



Pedro, Sandstone Valley



Walden

To have your pet featured, email news@mycalgary.com

Five Benefits of Longer-Term Therapy

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



Longer-term therapy offers a more comprehensive, sustainable, and transformative approach to mental health compared to crisis management. While both approaches serve important roles; longer-term therapy provides deeper benefits beyond immediate relief, by addressing the root causes of psychological distress and fostering long-lasting personal growth.

1. Addresses Root Causes – Crisis management focuses on immediate stabilization and symptom relief. Its primary goal is to help us regain control in acute moments of psychological distress or trauma. While this is vital in emergencies, crisis management often lacks the time or depth to explore the underlying causes of our mental health challenges. Longer-term therapy allows us to delve into the root causes of our issues that may stem from our childhood experiences, unresolved trauma, or ingrained behavioural patterns. By addressing these underlying factors we can work through our long-standing issues, leading to more profound and enduring changes in our mental health.

2. Develops Self-Awareness – One key advantage of longer-term therapy is the opportunity to gain a deeper understanding of ourselves over time. Therapy is a journey of self-exploration where we learn to recognize patterns in our thoughts, emotions, and behaviours. Conversely, crisis management doesn't usually allow the time needed for introspection. With regular sessions over time, we can identify our emotional triggers, unhealthy coping patterns, or self-defeating behaviours. This heightened self-awareness helps us not only resolve our current issues but helps to prevent future crises due to the healthier strategies we've adopted through longer-term practice and accountability.

3. Builds A Therapeutic Relationship – The relationship between the therapist and ourselves is a crucial element of our healing process. In longer-term therapy, the relationship has the chance to develop trust, safety, openness, and healthy boundaries attachment. Overtime, we may feel more comfortable in sharing deeply personal experiences, feelings, and vulnerabilities that might not have surfaced during a short-term crisis intervention. This formation of trust creates a space where we can process painful emotions and difficult truths, allowing us to work through our challenges more effectively. Unfortunately, crisis management often doesn't allow for the time necessary for such a deep therapeutic relationship to form.

4. Prevents Relapse – Crisis management is reactive. It helps us cope with a crisis after it has occurred. It may provide immediate relief, but it does little to prevent future episodes. Longer-term therapy takes a proactive approach to mental health. Through ongoing support, we can build coping strategies, resilience and emotional regulation skills that reduce the likelihood of future crises. By working through the issues that contributed to past crisis, we can learn to manage stressors more effectively, decreasing the chances of relapse or recurrence of acute mental health episodes.

5. Personal Growth and Transformation - Longer-term therapy is not only about symptom reduction; it's also about personal growth and transformation. In the process of therapy, we often discover new aspects of ourselves, develop a stronger sense of identity, and cultivate a greater capacity for emotional and relational intimacy. This leads to a more fulfilling and authentic life, which crisis management, with its focus on immediate stabilization, cannot provide. Longer-term therapy encourages growth beyond just managing symptoms, helping us to thrive, not just survive.

While crisis management is necessary for short-term stabilization during emergencies, longer-term therapy offers a far more in-depth and sustainable approach. It allows us to explore root causes of our distress, build self-awareness, foster a strong therapeutic relationship, prevent future crises, and experience deep personal transformation. These benefits make longer-term therapy a more effective and holistic option for achieving lasting mental health and well-being.

Easy Turkey Chili

by Jennifer Puri

Turkey is a large bird which is rich in protein and other nutrients such as iron, zinc, and selenium. It provides many of the same calories as chicken and most people are easily able to digest it.

Ground turkey is an inexpensive way to consume turkey and over the years has grown in popularity as a substitute for ground chicken. Rich in vitamins and minerals it can contribute to a healthy diet as it is low in fat. Dark meat is more flavourful but has more calories than white meat without the skin.

Turkey can be added to soups, salads, sandwiches, burgers, or Chili as shown in this Easy Turkey Chili recipe below.

Prep Time: 15 minutes

Cook Time: 1 hour

Servings: 6

Ingredients:

- 1 lb lean ground turkey
- 2 tbsps. olive or vegetable oil
- 3 garlic cloves finely chopped
- 1 medium yellow onion chopped
- 1 red bell pepper finely chopped
- 1 900 ml carton (low sodium) chicken broth
- 1 28 oz can diced tomatoes
- 1 small can corn niblets drained and rinsed
- 1 540 ml can black beans drained and rinsed
- 1 540 ml can red kidney beans drained and rinsed
- ½ tsp Chili powder
- 2 tsps. ground cumin
- 1 tsp dried oregano
- 1 tsp salt
- ½ tsp ground black pepper

Directions:

- In a large pot add olive or vegetable oil, chopped onion, garlic, and red pepper. Sauté the vegetables for 3 to 4 minutes until onions are softened and then add the ground turkey. Sauté the turkey for 4 to 5 minutes until cooked through.
- Add the Chili powder, ground cumin, oregano, salt and black pepper and continue to cook for a couple of minutes.

- Add the black beans, kidney beans, corn, and diced tomatoes and blend in with the turkey.
- Add the chicken stock and bring to a boil and then reduce heat and allow the Chili to simmer for approximately 45 minutes, stirring occasionally.
- Garnish the Turkey Chili with sour cream, shredded cheddar cheese and chopped coriander leaves or taco chips and sliced avocado if preferred.

Bon Appétit!



#HealthyTechnologyUse

by Community Health Promotion Services

Technology is not going anywhere, in fact, it will continue to advance in the coming years. We use it everywhere, for school, work, and leisure. Strong connections and relationships are a protective factor for us that has been shown to help buffer risk and boost resilience. The availability of computers, smartphones, video consoles, and other electronic devices have given many the opportunity to always be connected. However, it is the time, the content, and reason of use that we want to focus on.

To ensure healthy technology use among the young people in your life, there are 4 Ms that you can refer to:

- **Manage:** The information online can be easily accessed but you can manage this by setting limits and clear expectations of use. It is also useful to continually learn about different platforms, especially those most popular in your life. For instance, using your phone during certain times of the day, what you can post, having limit checks, or learning about privacy settings on apps like TikTok to ensure healthy use.
- **Meaningful:** To see the positive impacts of technology, you want to make sure that the use is active, educational, and social. Is social media being used to post and connect with peers or are the people you love feeling FOMO “fear of missing out” on an event that may be posted by their peers.
- **Model:** If you are setting rules and expectations, you want to also follow what you are asking the young people in your lives to do. Review your own use, are you on your phone during dinner or before bed? Ask them to show you platforms they are using and ask questions about the posts they see, for example, how this makes you feel, or do you know what filters are?
- **Monitor:** The monitoring of use will help you to see if there are any warning signs of problematic use. When they are not using technology, are they bored or angry, have low self-esteem, are they exhibiting worsening symptoms of mental health issues such as anxiety, or does it interfere with school, social interactions, or sleep?

There are pros and cons when using technology. We encourage the use of the 4 Ms as a tool to ensure the positives of technology outweigh the negatives.





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Tis' the Season to Spread Joy!

The holidays are coming fast, and I extend my best wishes to everyone this December.

I appreciate everyone who has taken the time to come over to say hi while I've been at your community events. It is exciting to be out in the community to deliver some holiday cheer to different organizations and attend some holiday celebrations and markets.

This month is a reminder to be grateful for our loved ones and for the blessings that we have in our lives. We sometimes take things for granted that others do not have, like a roof over our heads, food on the table, and healthy family members. It's important to take a breath sometimes and appreciate all that we have.

There are many people in Calgary-Edgemont that do not have these luxuries. During this affordability crisis, I'm hearing more and more that families may not be able to afford gifts for their children, big family dinners, or are maybe missing a family member all together. It's important to spread kindness and love this holiday season. My office is currently collecting period products, diapers, and baby formula that will be donated to families living in Calgary-Edgemont.

As promised, I continue to be out in the community speaking with you and your neighbours. You can follow me on social media at @NDPjulia to hear about all my adventures. Please do not hesitate to contact my office if you have questions or need assistance related to provincial matters: calgary.edgemont@assembly.ab.ca or 403-288-4453.

Enjoy the memory making with your friends and family.

Happy Holidays.



As we enter the final month of the year, the spirit of the holidays is in full swing. Whether you're busy with festive preparations, winter activities, or simply enjoying the cozy indoors, we're looking ahead to the new year while focusing on ways we can give back and support each other. As we welcome the holiday season, it's the perfect time to reflect on what truly makes our community special. Family traditions, time with loved ones, and faith are all part of why we celebrate.

I'd like to give a heartfelt thank-you to our amazing community association volunteers, who have worked tirelessly throughout the year to make Ward 2 a welcoming place for everyone. From hosting events to creating spaces where neighbours can connect, your dedication is part of what makes our community great.

From the Ward 2 Office, we wish everyone a very Merry Christmas and Happy Holidays! May this season be filled with warmth, joy, and time spent with those who matter most.

Drive Safe and Prepare for Winter

With winter on its way, the season brings new challenges. Here are some winter driving tips to help you stay safe:

- Find a safe place or empty parking lot to learn how your vehicle responds to snowy, icy conditions.
- Test your brakes gently to get a feel for slippery surfaces and keep your distance from the car in front of you.
- Equip your car with essentials like tire chains and an ice scraper. A bag of sand or a floor mat can help add traction if you're stuck on ice.
- Clear any snow from your exhaust pipe to avoid carbon monoxide issues.
- Keep a tow truck contact on hand.
- Download a rideshare or taxi app in case you need alternative transportation in an emergency or after holiday parties.

It's Christmastime in Calgary

by Garth Paul Ukrainetz

It's Christmastime in Calgary
In foothills west a silent night
The constellations fill the sky
Forever sharing starry light

The whitetail deer in Nose Hill Park
Prancing over city's glow
Sweet homes of dancing candlelight
Gentle as the falling snow

And high on top of every tree
The stars and angels overlook
For bleak and icy winter hearts
The melting grace of warm chinook

It's Christmastime in Calgary
Though heights of mountains cold in snow
Our gifts stay warm beneath the trees
Wrapped with love by River Bow

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Soccer in the Community

Winter: Jan - Feb

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4642 Hamptons Way NW

5 Bdrms, Across from Golf Course
\$999,900

SOLD!



107 Edforth Crescent NW

4 Bdrms, Backs onto School Field
\$729,900

SOLD!



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