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# BATHROOM RENOVATION SALE

## SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

**ABSOLUTELY NO HIDDEN COSTS**

*Some restrictions may apply. Reg: \$14,679*

SALE **\$10,769**  
*Limited Supplies*

## TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

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Web page: [www.hamptonscalgary.ca](http://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)



## Hamptons Real Estate Update

Last 12 Months Hamptons  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
October 2023	\$809,900	\$810,001
September 2023	\$999,949	\$967,500

Last 12 Months Hamptons  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
August 2024	7	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
October 2023	9	9
September 2023	7	6

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

## Scary, Spooky. Skeletons

Of the total body weight of an average human, about 14% is made up of bone mass. Typically, our bones reach their maximum mass between 25 and 30 years old. When we are born, we have around 270 bones, but as we grow into adulthood these fuse together, leaving us with about 206.





## News from the Friends of Nose Hill

by Anne Burke

Nose Hill Park is one of the largest urban parks in North America and is distinguished by its unique geological, ecological, and anthropological history (<https://inaturalist.ca/projects/nose-hill-park-bioinventory>). With an abundance of remarkable flora and fauna, this project aims to record observations made by Park users. This information and a quick update were posted on our Facebook page about how the Nose Hill Park iNaturalist project is going. There have been many awesome observations this year. Since January over 2,600 observations have been added. We have nearly 10,000 iNaturalist posts made for the Park. Let's keep the momentum going! Hopefully, we will be close to 11,000 by 2025 and encourage everyone to share their photos of flora and fauna on the Hill. We recently surpassed 200,000 posts made within the City of Calgary municipal boundaries. Of course, you can post (on iNaturalist generally) your biodiversity photos from anywhere in the world, including your own yard and other favourite parks. All this data will help to guide the Nature Calgary updated "Green Book" which is currently in the data collection phase.

World Migratory Bird Day is on the second Saturday in October and again in May. The goal is to raise awareness of issues affecting migratory birds and to inspire action around the world to take measures for their conservation. Migrating birds may fly from 24 kms to 960 kms or more per day. Hawks, swifts, swallows, and waterfowl migrate primarily during the day, while many songbirds migrate at night. Calgary has over 200 bird species and is one of Canada's first Bird Friendly Cities certified by Nature Canada. Bylaws preventing off leash dogs and encouraging people to stay on designated paths can lessen disturbance and decrease the risks to sensitive grasslands species.



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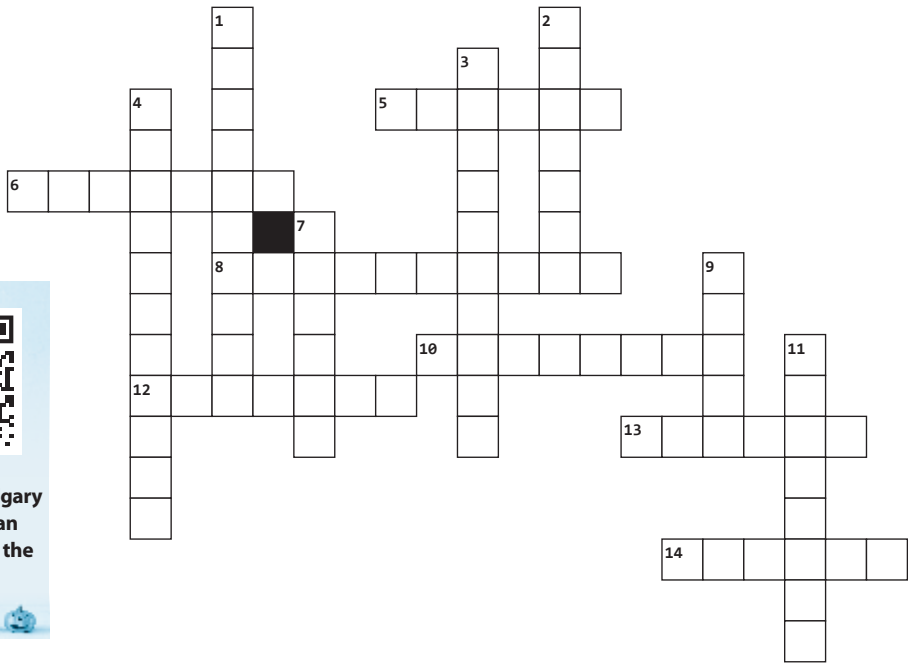
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# October Crossword



## Across

5. Annually on October 4, people advocate for the rights and welfare of all furry, scaly, and feathery creatures for World \_\_\_\_\_ Day.
6. In October, Canadians commemorate Women's \_\_\_\_\_ Month, honouring women such as Agnes Macphail and Mary Ann Shadd Cary.
8. Other than the opal, this gem is also the official birthstone for October and can be found in various colours.
10. The World Series, Major League \_\_\_\_\_'s annual championship series, starts on October 25 this year.
12. *Dr. No*, the first movie in the *James Bond* series based on the novels by Ian \_\_\_\_\_, premiered on October 5, 1962.
13. Prime Minister of Canada from 1968 to 1979 and 1980 to 1984, \_\_\_\_\_ Trudeau, was born on October 18, 1919, in Montreal, Quebec.
14. Canadian-Belgian F1 driver, Lance \_\_\_\_\_, was born on October 29, 1998.

## Down

1. American singer-songwriter, Bob Dylan, became the first musician to be awarded the Nobel Prize for \_\_\_\_\_ on October 13, 2016.
2. *Joker*, starring Oscar-winner \_\_\_\_\_ Phoenix as Arthur Fleck, was released on October 4, 2019.
3. On October 4, 2005, this famous Albertan rock band released their album "All the Right Reasons" which sold more than 18 million copies worldwide.
4. This world-famous festival first took place in Munich, Germany in 1810 celebrating the Bavarian royal wedding between Crown Prince Ludwig and Princess Therese.
7. Jack-O'-Lanterns were originally carved from this root vegetable.
9. *Winnie-the-Pooh*, written by A.A. \_\_\_\_\_, was first published on October 14, 1926.
11. October's birth flower, the \_\_\_\_\_, is a popular bright orange and yellow flower used during Día de los Muertos festivities.



# Girl Guides

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## AURORA SKY DISTRICT

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

In September and October, all of our units have started their first meetings of the year. Many units are doing 'getting to know you' activities so that the girls and leaders become familiar with each other and start learning how to work well together.

Embers get to choose their circles ('Fairies', 'Elves', or 'Leprechauns') – small groups they can break off into to do their attendance and dues. Dues are also known as 'Fairy Gold' – girls can earn \$1 per week at home by doing a good deed, by lending a hand either at home, at school, or out in their community. It is a great way for young girls to learn how to care for others. Guides also choose smaller groups called 'Patrols' ('Bluebirds', 'Violets', etc.).

Some of our Guide and Pathfinder units will be taking advantage of the warm autumn weather to go camping. Many camps have been booked for months already – September and October are busy times at area Girl Guide camps.

One last major event for all our units in September and October would be selling our famous Girl Guide cookies. You may have already seen girls selling cookies at Beacon Hill Canadian Tire, Creekside Calgary Co-op, Nolan Hill Sobeys, or pretty much anywhere in Calgary starting mid-September. Thank you for all your support.

If you'd like to register your daughter, please visit [www.girlguides.ca](http://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](mailto:any-calgaryaurorasky@girlguides.ca).



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# Bacon And Herb Wrapped Chicken

by Jennifer Puri

Thanksgiving is a holiday when family and friends gather to express gratitude and enjoy a festive meal, which usually includes a roasted turkey.

However, bacon and herb wrapped chicken is a great option for a smaller gathering. Bacon is the key ingredient to locking in moisture and flavour and this dish pairs well with mashed potatoes, garlic green beans, broccoli, caramelized carrots, or pumpkin and cranberry sauce.

Thighs or drumsticks can be substituted instead of chicken breasts. If using chicken breasts, make sure that each piece is roughly the same size, approximately four to five ounces.

**Prep Time:** 15 minutes

**Cook Time:** 30 to 40 minutes

**Servings:** 4

**Ingredients:**

- 4 skinless chicken breasts, 4-5 oz. each
- 12 thin slices of bacon
- 2 tbsp. olive oil
- 1/3 cup maple syrup



- 2 tsps. Dijon mustard
- 2 garlic cloves, finely chopped
- ½ tsp. of salt
- ¼ tsp. of coarsely ground black pepper
- 1 tbsp. finely chopped parsley
- 1 tbsp. finely chopped thyme

**Directions:**

- Preheat oven to 375 degrees Fahrenheit.
- In a small bowl, mix together olive oil, garlic, maple syrup, Dijon mustard, parsley, thyme, salt, and pepper.
- Place the chicken breasts on a cutting board and brush the olive oil mixture over each one making sure that each side of the breast is covered. Wrap two to three slices of bacon around each breast and then place them seam side down on a foil covered baking pan or tray.
- Drizzle any leftover olive oil mixture over the breasts and then bake for 30 to 40 minutes or until chicken is cooked and the bacon is crisp. Insert a meat thermometer in the thickest part of the breast to check if chicken is cooked through, which should be at least 165 degrees Fahrenheit.
- Allow the chicken to rest for a few minutes and garnish with parsley before serving.

Bon Appétit!



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# Eight Reasons Why You Should Leave a Toxic Workplace

by Nancy Bergeron, R.Psych | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



Leaving a toxic workplace is essential for your mental, emotional, and even physical well-being. It may not necessarily be a workplace; it could be a team, board or volunteer position, or partnership. Here are eight great reasons why it's crucial to move on from such an environment.

**1. Mental Health:** Toxic workplaces are often characterized by chronic stress, anxiety, and burnout, all of which can lead to serious mental health issues like depression. Continuous exposure to negativity, unbalanced productivity by others, and high-pressure environments can severely impact your mental well-being.

**2. Physical Health:** The stress from a toxic workplace doesn't just stay in your head – it can manifest physically. Chronic stress is linked to a range of health problems, including headaches, high blood pressure, heart disease, and a weakened immune system.

**3. Emotional Well-being:** Being in a toxic workplace can erode your self-esteem and self-worth, especially if you're subjected to micromanaging, criticism, bullying, lack of trust, or blame. Overtime this can lead to a loss of confidence and a sense of helplessness.

**4. Career Growth:** Toxic environments often lack opportunities for professional development or advancement. Staying in such a place can stunt your career growth, keeping you stuck in a job where you are not learning or progressing.

**5. Relationship Strain:** The stress and negativity from a toxic workplace can spill over to your personal life, affecting your relationships with family and friends. You might find yourself irritable, withdrawn, or too exhausted to engage meaningfully with your loved ones.

**6. Reduced Productivity and Job Satisfaction:** It's hard to stay motivated or productive in a toxic environment. When your workplace is filled with negativity and stress, it can be challenging to find satisfaction in your work. This can lead to disengagement and a decline in productivity.

**7. Ethical Considerations:** Sometimes, toxic workplaces encourage or demand unethical behaviour, putting you in a position where your values are compromised. Leaving such an environment is critical to maintaining your integrity.

**8. Long-Term Happiness:** In the long run, staying in a toxic workplace can erode your happiness and overall quality of life. Your work should be a place where you feel valued, respected, and able to grow – not one that drains you.

Leaving a toxic workplace, or any place that affects you in the above ways, might be challenging. There can be worry about financial stability, letting people down that you enjoy working with, loyalty to other teammates, or the fear of finding another job. However, prioritizing your health and well-being needs to come first. Many times, taking steps to move on can open up opportunities for a more positive and fulfilling work life. If you need some help navigating the steps and script of terminating that relationship, don't hesitate to reach out to a psychologist, counsellor, or coach. The lightness you will feel from putting yourself first will be well worth the short discomfort of cutting ties.

# Tips For Using Your Green Cart This Fall

by the City of Calgary Waste and Recycling Services

- Yard waste like leaves, branches, grass, and plants can go directly inside the green cart.
- Always fill your green cart first, then fill paper yard waste bags. Roll tops of bags closed to prevent spills and allow your collector to pick up the bags.
- Place extra yard waste bags at least two feet to the side of your green cart for collection. Make sure you can lift the bag with one hand.
- Do not use plastic bags in your green cart.

Starting in November, the City will pick up your green cart once every other week. Weekly green cart collection will resume in the spring.

Visit [calgary.ca/collection](http://calgary.ca/collection) to check your schedule and sign up for reminders.




**Councillor, Ward 2**  
**Jennifer Wyness**  
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Autumn is here, and while many of us are getting ready for the cold season, now may be a good time to consider thinking about the year ahead. Many communities in Calgary have taken part in the Enhanced Landscape Maintenance (ELM) program, which helps ensure your neighbourhoods get the care and attention they need to keep community spaces clean and safe, lawns neatly trimmed, litter cleared, flower beds maintained, and more. If this interests you, read on to find out how you and your neighbours can take part.

### What Is the ELM Program?

The ELM program is a community-led initiative designed to elevate the beauty of our public spaces.

To join the program, your group must be a non-profit representing your entire neighbourhood. Your local Community Association, Residents Association, or Homeowners Association would be involved with this process and running the program, so be sure to work with them if the ELM program interests you.

Participation involves entering into a Landscape Maintenance Agreement (LMA). Once the LMA is in place, your community will receive a municipal operating grant for the ELM program.

### What Does the ELM Program Cover?

Mowing/trimming, litter control, curb sweeping, spring cleanup, and fall cleanup, shrub bed and tree well maintenance, flower bed installation and maintenance and watering/irrigation.

### What Isn't Covered Under the ELM Program?

Infrastructure enhancements or maintenance (e.g., community entrance signage, pathways, transit buildings/shelters, playgrounds) and private land enhancements, including tree planting.

The City provides additional support based on need and assessment, ensuring these services meet municipal standards, including integrated pest management, tree care and planting, natural areas and urban conservation work, pathway infrastructure maintenance.

By participating in the ELM program, you help foster a sense of belonging and pride, ensuring our neighbourhoods remain well-maintained for everyone to enjoy.

Visit [calgary.ca/communities/enhanced-landscape-maintenance-funding](http://calgary.ca/communities/enhanced-landscape-maintenance-funding) to learn more.



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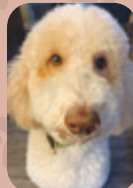
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