

SEPTEMBER 2024

DELIVERED MONTHLY TO 2,625 HOUSEHOLDS

your HAMPTONS



THE OFFICIAL HAMPTONS COMMUNITY NEWSLETTER

FOLLOW US ON
(X)TWITTER & FACEBOOK



GET A QUOTE NOW

GROW YOUR BUSINESS

PLACE YOUR AD HERE AND PROMOTE YOUR BUSINESS

403-720-0762 | grow@greatnewsmedia.ca



www.hamptonscalgary.ca

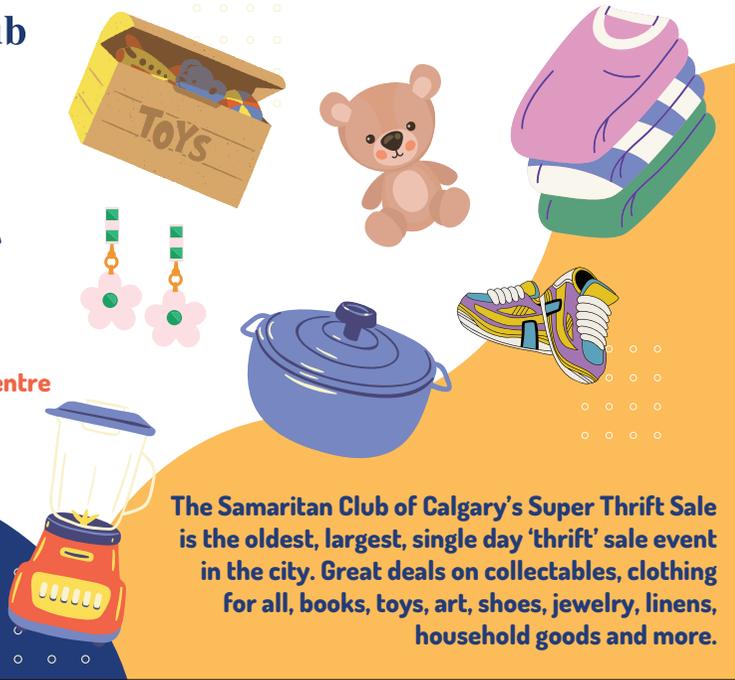


Fall Super Thrift Sale

Saturday, September 28
9:00am-1:00pm
Hillhurst-Sunnyside Community Centre
1320 - 5th Avenue NW

For More Information:
samaritanclub.ca

All proceeds will benefit
Calgarians in need



The Samaritan Club of Calgary's Super Thrift Sale is the oldest, largest, single day 'thrift' sale event in the city. Great deals on collectables, clothing for all, books, toys, art, shoes, jewelry, linens, household goods and more.

Preparing or Updating Your Will



Vilma Mydliar, LLB

It is important for everyone to have a will—people often have more assets than they think. An important part of estate planning is having a will along with an *Enduring Power of Attorney (EPA)* and a *Personal Directive (PD)*.

To prepare a will you need to decide who your executor(s) will be, name a guardian for your children if they are under the age of 18, and who will benefit from your estate. You can prepare a will at any time and existing wills should be updated especially if there are major changes in your life, such as getting married, starting a family, the death of a

family member or a divorce. We make this process easy and help to ease your mind.

For over 25 years, *Shibley & Company* has been supporting clients in northwest Calgary, and we take pride in consistently delivering personalised service.

219, 8120 Beddington Blvd. NW, Calgary T3K 2A8
Phone: 403.275.3230 | ShibleyAndCompany.ca

Conveniently located in the Beddington Towne Centre Mall.

SHIBLEY
& COMPANY
BARRISTERS, SOLICITORS & NOTARIES PUBLIC

MANY OTHER PACKAGES AVAILABLE!

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

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$12,679

SALE **\$9,379**
Limited Supplies

We Also Specialize in En Suites & Custom Bathrooms
PLEASE CHECK OUT OUR REVIEWS ON HOMESTARS AND RATINGS ON BBB!!



WESTERN BATHROOMS & RENOVATIONS

Serving Calgary since 1989

403-257-3222 | WWW.WESTERNBATHROOMS.CA

All Labour & Material Included

All packages pertain to standard size bathrooms



Hamptons Homeowners Association

234 - 5149 Country Hills Blvd, Box 120
Calgary, AB T3A 5K8

Phone: 403-208-0205 • Fax: 403-208-0206

Email: admin@hamptonscalgary.ca

Web page: www.hamptonscalgary.ca

BOARD MEMBERS

Mark Seland	President
Angelo Salina	Vice President
Scott Livingstone	Treasurer
Turin Chowdhury	Director at Large
Riaz Padamsey	Director at Large
Nusrat Alam	Director at Large
Ahmed Shaheen	Director at Large
Reese Hilland	Director at Large
Vikas Upadhyay	Director at Large

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

What is Cart Contamination?

by the City of Calgary, Waste and Recycling Services

We talk a lot about putting the right items into your blue, black, and green carts to avoid contamination. But what exactly is contamination?

Contamination is when the wrong items are put in the wrong bins. Sorting your waste into the right carts ensures materials end up at the right facility to be turned into new products or to be disposed of properly.

Most people do a good job with their carts. But the consequences of contamination create real challenges that impact the waste facilities, the health and safety of workers, and increase program costs for Calgarians.

Working together, we can keep our facilities and staff safe while ensuring our waste programs run properly.

Learn more at calgary.ca/contamination.



SCAN HERE TO VIEW ADDITIONAL HAMPTONS CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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.

Hamptons Homeowners Association
Clean Up
Coming Soon!



We all have a role to play

Date TBD

Please watch our website for announcements
www.hamptonscalgary.ca

*Proof of Hamptons Address will be required for event

OFFICIAL

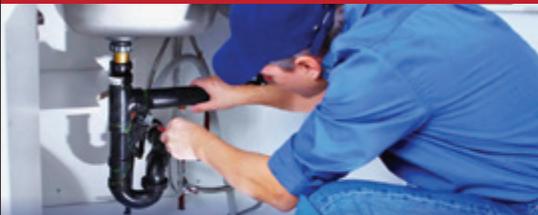


PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca

StudioBell

National Music Centre | Centre National de Musique



NMC
Mid-Autumn
中秋节
FESTIVAL

SEPTEMBER
20 - 22

DAYTIME ACTIVITIES + EVENING PERFORMANCES

Pop-up Market • Instrument Demonstrations
• Costume Displays • Lion and Dragon
Dances • Singing Contest • Matinee
Performances by Vancouver Chinese Music
Ensemble (Sept 21) and Calgary's Gai Lan
Ensemble (Sept 22) • **SEPT 20:** Evening
performance by 2023 Western Canadian Music
Instrumental Artist of the Year Award Winner,
Jasmine Jazz featuring JUNO-nominated
bassist and composer, Jodi Proznick Trio and
Vancouver Chinese Music Ensemble •
SEPT 21: Evening performance by instrumental
fusion ensemble XIA-3

In collaboration with:



With support from:



Alberta

Bell

850 4 Street SE Calgary, AB
Tickets and info at studiobell.ca/whats-on
or call 403-543-5115

Bike Safety for Everyone

by Alberta Health Services

Biking can be a great way to get around and to keep fit. To ride safely though, good balance, control, strength, and judgement are key tools to remember each time you get on your bike.

Here are some important safety tips to lower the risk of injuries while biking:

- Obey the same rules when you ride on the road as you do when you drive a car. This includes riding on the right side of the road so you're going in the same direction as traffic and stopping at all intersections.
- Look behind you (shoulder check) each time you turn or move out to pass.
- Learn and use hand signals.
- Look left, right, and left again before going ahead.
- Watch the road for hazards like debris, grates, or holes.
- Be extra careful in wet or cold weather that could affect the road conditions or how well you can see.
- Watch for people walking, animals, and others on bicycles when you ride in shared spaces like bike paths or trails.
- Plan your route and choose the safest way to your destination.
- Ensure your bike fits you correctly. Adjust the seat to fit your height. Ensure your bicycle is working properly and do an ABC quick check before every ride: A for air (make sure the tires are firm), B is for brakes, bar, and bell (check your brake levers are working, handlebars are at the right height, and test your bell.)

Do You Have Protective Gear?

Bike helmets protect people of all ages. It's the law in Alberta that anyone younger than 18 years must wear a helmet when riding a bicycle. Here are some things to consider when selecting a helmet and ensuring you will be well protected on your bike:

- Make sure your bike helmet meets current, approved helmet safety standards. Look for a CSA, Snell, or ASTM sticker to know if the helmet is approved.
- Take the Bike Helmet YES Test to make sure your helmet fits properly. It should be snug, level, and stable.
- Replace your helmet every five years, or whenever recommended by the helmet manufacturer or, after you've been in a crash.



- Set a good example for children by wearing your bike helmet.
- Let your child choose their own bike helmet because they'll be more likely to wear it.

Other protective gear includes things like a bell or horn for your bike, gloves for a better grip on the handlebars, proper supportive shoes, reflective tape, reflectors, and lights so it's easier to see you at night. Reflectors should be on the front, back, and spokes of the bicycle. Wear bright clothing during the day so it's easier for other people to see you on your bike.

Staying Safe While Riding with Children

Children can often ride a bicycle before they understand how to be safe. Children aren't ready to ride alone until they understand road safety rules, know how to signal, and know how to avoid major risks. When riding bicycles, young children should always:

- Ride with an adult.
- Ride in a single line behind an adult who knows how to ride safely.
- Use hand signals.
- Get off their bicycles to cross the street.

Most children have the skills they need to ride on the road alone at ten-years-old. But every child is different, so supervise actively. Stay where you can see, hear, and reach them, and pay close attention to what they're doing. Lead by example and show children how to be safe. Teach them the safety rules and make sure they follow them.



News from the Friends of Nose Hill

by Anne Burke

The BiodiverCity Advisory Committee advises the City about urban biological diversity in the natural world in all its forms. The aim is to advance a Plan based on The Durban Commitment: Local Governments for Biodiversity. The City must work toward better protection of natural area biodiversity and has introduced targeted grazing, naturalization, and the elimination and prevention of invasive plant species. While the City has developed certain policies and procedures, the Advisory Committee continues reviewing City initiatives impacting biodiversity and measures their progress against the City's strategic plan.

The Advisory Committee reports to the Community Development Committee and to City Council when it provides an annual progress report. The Committee has 15 members appointed by Council, ten from the public with specialized knowledge and relevant experience, including one youth (18 to 30) and five staff from specific departments who meet regularly in person (or join online). Meetings are open to the public. However, despite many accomplishments, the mandate to engage Council as citizen scientists who make recommendations has proven to be difficult.

The Committee struggled in past years to gain their attention and staff time is limited. Now even the status of the Committee is in doubt. With the end of the Calgary ten-year Biodiversity Strategic Plan (2015-2025), City Council voted to dissolve the Committee next year on what will be its 10th anniversary. ("2024 Annual Update from Boards, Commissions, and Committees") An option to collaborate with the Anti-racism Committee, regarding access to natural areas, was put on hold to explore the merger of the BiodiverCity Advisory Committee with the Climate Advisory Committee. Nevertheless, the members are preparing a full and final report for 2025. Past reports are available at www.calgary.ca/committees/biodiversity-advisory.html.

Have you paid your fees yet?

Fees are now **PAST DUE**

Past Due terms:
18% penalty per annum
NEW as of June 15, 2024 - \$200
admin fee per annum

* Please include your account number or address when making a payment

WORD OF THE MONTH

Thaumaturgy: noun (thaw-muh-tur-jee)
The workings of magic or miracles.
They used thaumaturgy to ensure the people felt at peace.

Soccer in the Community

Open to players ages 4-19

northsidesoccer.ca

How a Girl Guide Unit Works, Generally Speaking

by Karla W.

I wanted to write an article in my own words about how a Girl Guide unit works – a little birdie told me it might interest some of you who have never been in a unit or haven't been in Girl Guides for some time.



To register youth in a unit, there needs to be a unit open. In order to have a unit open:

- There always needs to be at least two female supervisors. One could be a Girl Guide leader, and one could be a (PRC-cleared) parent volunteer.
- Even though Girl Guides of Canada used to have a basic minimum number of youth members in a unit, a unit can vary from two youth members (e.g. the older units like Rangers) to over 30. Most units tend to have between ten and 20 members.
- There are “branches”. Sparks: ages 5 to 6 years, Embers: ages 7 to 8 years, Guides: ages 9 to 12 years, Pathfinders: ages 13 to 15 years, and Rangers: ages 16 to 18 years.
- Planning meetings – even at the youngest age level, units aim to make the program girl-driven. Whether it be through dot-mocracy, or brainstorming their favourite activities for example, leaders try really hard to plan activities that the girls want to try doing.
- The program is also based on badges. There are a total of 32 badges that can be earned, but it is harder (i.e. takes more time and effort) for say a Ranger to earn a badge, versus a little Spark.

The Girl Guide program has morphed over the years, but generally speaking, Girl Guides aim to make their members confident young people who contribute meaningfully to their community and have fun doing it. This can be through volunteering in the community with service projects, gaining outdoor skills while camping, or learning new non-traditional skills like fixing cars or building structures.

If you would like more information about Girl Guides, please email any-calgarypr@girlguides.ca.

Happy Hobbit Day!

September is a legendary month in Hobbit history! On September 21, 1937, J.R.R. Tolkien's *The Hobbit* hit the shelves, kicking off the journey through Middle-earth. Then, on September 22 — known as Hobbit Day — both Bilbo and Frodo Baggins, two of the most cherished hobbits ever, celebrate their birthdays!



Cleaning Services

- Dry Cleaning
- Tablecloths
- Napkins
- Table Skirts
- Chair Covers
- Massage Sheets
- Face Cradles
- Gym Towels
- Face Cloths
- Chef Coats
- Coveralls
- Microfibre Cloths
- Dish Rags

Mat Rentals

- Standard
- Waterhog
- Scraper
- Logo

Paper Products

- Tork Dispensers
- Paper Towel
- Centre Pulls
- Toilet Paper
- Facial Tissues

CALGARY MAT & LINEN SERVICES

Pick-Up & Drop-Off Services



calgarymatandlinen.com | 403-279-5554



the **Gutter Doctor**

403-714-0711
gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

BUSINESS CLASSIFIEDS

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

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

HAMPTONS MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

CALGARY FRESH JOCK: We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up / Drop-Off Service Available.

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.

FALCONER HANDYMAN SERVICES LTD: Stucco patching, re-stucco, small renovations, flooring, drywall and painting, foundation parging, and small concrete work. We can also build or fix decks, fences, etc. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644 or email handyfalconer@gmail.com.

JEFFREY ELECTRIC: Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

TAX, BOOKKEEPING, GST: Are you behind in filing your taxes? I can help. Offering professional accounting/tax services in your community for both personal and corporate tax. Monthly or annual bookkeeping available. 403-850-4628.

PR HANDYMAN: All exterior repairs and renovations: fences, decks, railings, stairs, sheds, garages. Prep/place/repair all styles of concrete/parging. All interior repairs/renovations: drywall, paint, plumbing. Kitchen and bathroom renovations, basement renovations. No job too small! Seniors' discount. Fully-insured. Sheldon, 403-975-5562.

WINDOW AND GUTTER CLEANING: In business since 2003. Fully licensed and insured. 20% off your first cleaning. We also offer pressure washing, gutter guard installation, yard cleanup, and snow removal. Free quotes and competitive pricing. Senior discounts also offered. Please call 403-660-9167.



Councillor, Ward 2
Jennifer Wyness
 403-268-2430
 Ward2@calgary.ca
 Calgary.ca/ward2
 @WynessJennifer @JenniferWyness



MLA Calgary-Edgemont
Julia Hayter
 juliahayter@albertandp.ca
 @NDPjulia
 @NDPjulia
 @NDPjulia

As our kids head back to school and we look towards a new semester, you might start wondering about ways you can support your community, or what resources are available to help you launch your new business or permit your basement suite. If this is you, read on!

City of Calgary Home and Small Business Webinars

Register today for an upcoming home and small business webinar where City experts share insights on a variety of planning and development topics. Live and recorded webinars cover everything you need to know about home renovation requirements, small business best practices, and more.

For home renovation DIYers, we walk you through topics like building permit types and how to apply, safety code requirements, land use bylaws, and tips on how to hire a contractor and prepare for inspections.

Whether you're a small business owner or thinking about starting one, join us as we share best practices for both commercial and home-based businesses and show you how to apply for a business licence and register your business.

For more information, visit calgary.ca/webinars.

Call for Volunteers!

If you have first-hand insight on living as an older adult or as a caregiver to an older adult, your experience and ideas are needed. Consider volunteering for the Older Adult Advisory Table, where you can help make Calgary more age friendly. Your expertise will be used to inform strategies and actions for the Age-Friendly Calgary Steering Committee, action teams, and staff.

Requirements

Aged 45 or over, lives in Calgary, passionate about your community, understand older adults' needs now or in the future/have experience as a caregiver, feel comfortable to share and to provide feedback in a group setting, commit to take part in monthly meetings and a two-year term.

Deadline for online applications is Wednesday, September 11. For more information visit calgary.ca/OAAT.

September has already arrived.

I had a fantastic time over the summer connecting with constituents of Calgary-Edgemont during community events, Stampede Breakfasts, and of course, at people's doorsteps. I am proud to say that this community has some of the best events in the city!

September means that the kids are back in the classrooms. It is also an opportune time to remind the government that our students are currently learning in overcrowded classrooms with an inadequate curriculum and that Alberta has the lowest per-student funding in Canada.

During the spring session, I introduced Bill 208 in the Legislative Assembly. Not only does the Psycho-Educational Assessment Access Act ensure that students who need psych-eds receive them, but it goes a step further, ensuring teacher training and funding for complex classrooms are also addressed. It is a critical step to ensure students, teachers, and staff have the support they need to ensure Alberta education stays world-class.

I will continue to be out enjoying the warm fall weather at your community events, as well as chatting with you and your neighbours on the doorstep. I hope I have the opportunity to connect with you. If you see me out and about in your community, please come over and say hi! You can follow me on social media at @NDPJulia to hear about all my adventures.

Did you know that as your MLA, I can provide services such as notarizing documents and letters of support. My office can arrange a commemorative scroll of congratulations on a life event such as a wedding, anniversary, or a milestone birthday.

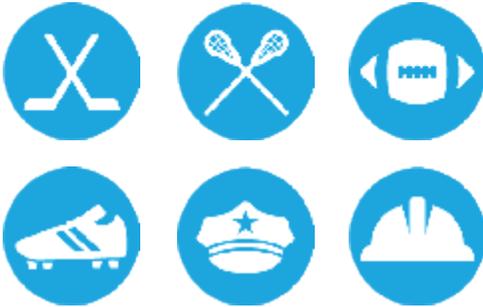
Please do not hesitate to contact my office if you have questions or need assistance related to provincial matters: calgary.edgemont@assembly.ab.ca or 403-288-4453.





No matter how much you sweat, we can get the stink out!

\$50 for hockey bag full of gear. We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves. Most equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone effectively annihilates 99% of bacteria and viruses upon contact, encompassing both odor-causing bacteria and those responsible for various illnesses, such as staph infections.

CALL US TODAY AT
403-726-9301
calgaryfreshjock.com

GET NOTICED

ACQUIRE AND RETAIN NEW CUSTOMERS.

Your Ad Geofenced Precisely in Your Target Market on our Carefully Selected Network of Premium Sites.

Call 403-720-0762 | sales@greatnewsmedia.ca



SCAN ME

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING



Need Mortgage Solutions? We've Got You Covered!

Prime, Alternative, Reverse – We Do It All! Let Us Find Your Perfect Fit Today!



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial



**Don't roll the dice on home advice.
Call the #1 Real Estate Team in Calgary***



KirbyCox
& ASSOCIATES

*Royal LePage 2023

KirbyCox
REALTOR®

Sell your home quickly for asking price, possibly above!!



105 Hamptons Close NW

5 Bdrms, Finished Walkout
\$1,249,900



232 Varsity Crescent NW

Updated 5 Bdrms, Fully Finished
\$1,099,900



SOLD!

72 Hamptons Drive NW

Mint 3 Bdrms, 3-Car Garage
\$899,900



143 Hamptons Terrace NW

5 Bdrms + Den, on Golf Course
\$1,289,900



8 Villosa Ridge Point

5 Bdrms + Den, 3-Car Garage
\$1,789,900



SOLD!

51 Hamptons Close NW

6 Bdrms, Finished Walkout
\$1,279,900

3D tours, detailed floor plans, plus much more with our proven marketing and state-of-the-art technology. Call for your free home evaluation today!



kirbycox.com
Royal LePage Benchmark

403.247.5555