

APRIL 2025

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**GARAGE SALE REGISTRATION**  
**APRIL 3 TO 24**  
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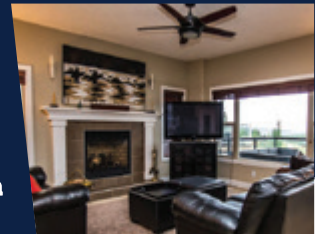
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- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
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- Supply & install new drain system & pop-up stopper

**ABSOLUTELY NO HIDDEN COSTS**

*Some restrictions may apply. Reg: \$15,679*

**SALE \$11,679**  
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- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install new corner caddy with 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

**ABSOLUTELY NO HIDDEN COSTS**

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## Say Cheese! It's Grilled Cheese Month!



April is celebrated as Grilled Cheese Month, a perfect time to indulge in a gooey and perfectly toasted sandwich. Why not honour this tasty tradition with your favourite cheesy creation all month long?

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**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
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## Jane's Walk Calgary

May 2, 3, 4, 2025

Jane's Walk is an annual festival of free, community-led walking conversations inspired by urbanist and writer Jane Jacobs. On the first weekend of May every year, Jane's Walk festivals take place in hundreds of cities around the world. This event encourages people to share stories about their neighbourhoods, discover unseen aspects of their communities, and use walking as a way to connect with their neighbours.

Get your feet to the street: [@janeswalkcalgary](https://twitter.com/janeswalkcalgary), [janeswalk.calgarycommunities.com](http://janeswalk.calgarycommunities.com).

Proudly hosted by Federation of Calgary Communities.



*Reminder*

*2025 Homeowners fees are due June 15*

*Invoices will be mailed in May*

HAMPTONS HOMEOWNERS ASSOCIATION

**HAMPTONS HOMEOWNERS ASSOCIATION**

# **GARAGE SALE PARADE**

**MAY 3**

**9 AM - 3 PM**

**REGISTRATION APRIL 3-24**  
**HAMPTONSCALGARY.CA**

**DUE TO A DECLINE IN PARTICIPATION WE MUST HAVE 30 SALES  
REGISTERED TO PROCEED, AND TO CONTINUE HOLDING THIS  
EVENT IN THE FUTURE.**

**\*EVENT WEATHER PERMITTING**



# Overcoming Dating Anxiety

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

Dating anxiety is common, but you can manage it with the right mindset and strategies. Here are some suggestions to get you started:

### 1. Shift Your Mindset

Lowering the pressure or expectations. Treat dates as casual meetups instead of stressful interviews.

Reframe any rejections. Not every match works out, and that is normal. See each time as a learning experience.

Focus on the enjoyment of the date. Instead of trying to impress your date, focus more on whether you are enjoying their company.

### 2. Prepare and Practice

Start small. Get comfortable with social interactions by practicing with friend or in low pressure environments.

Plan ahead. Choose a familiar setting for the date to feel more at ease.

Have conversation starters. Think of a few topics in advance to avoid awkward silences.

### 3. Manage Anxiety in the Moment

Breathe deeply. Try slow breathing exercises.

Use grounding techniques. Focus on your senses - what you see, hear, feel to stay present.

Accept your nervousness. It's normal. A little anxiety can make you appear more engaged and authentic.

### 4. Build Confidence Overtime

Expose yourself gradually. The more you date, the more natural it will feel.

Positive self-talk. Remind yourself of your strengths and why you are a great person to date.

Don't overanalyze. Avoid replaying the date in your head. Just move forward.

### 5. Seek Support if Needed

Talk to friends. They can offer their encouragement and a different perspective.



Consider therapy. If your anxiety is overwhelming, a therapist can help with confidence building strategies.

### 6. Confidence Tips

**Before the Date:** Dress in a way that makes you feel good and comfortable. Listen to music that pumps you up. Visualize the date being successful. Remind yourself why you are going to be a great date.

**During the Date:** Open body language by maintaining good posture, an open smile, and making eye contact. Try to slow your speech, reminding yourself that it's okay to pause and breathe. Focus on the other person as it helps keep away self-consciousness. Laugh off any mistakes you make. Humility is actually attractive.

**After the Date:** Don't overanalyze the date in your head. It is what it is, they either like you or they don't. It's a two-way street...you're evaluating them as well. Celebrate that you took a chance even if the date wasn't perfect. You break your anxiety cycle by facing your fears and learning as you go!

Practice makes each attempt easier and builds confidence. Get out there and have some fun.





## News from the Friends of Nose Hill

by Anne Burke

Connect: Calgary's Parks Plan will determine how Calgary's 2,900+ parks are managed, developed, and redeveloped over the next 20 years. A draft will be presented to City Council after review by the Community Development Committee. Parks connect urban communities, but the city is projected to grow to two million people within the next two decades (<https://engage.calgary.ca/parksplan>).

Calgary has over 200 natural areas in the parks system. Our relationship with the natural world is primarily to preserve undisturbed land, wildlife, and native plant communities. In a natural area all uses and activities must comply with the approved habitat management plan to protect the natural environment and not cause damage. New natural areas should be designated. There are different types, but all need to be protected to conserve nature now and for the future. The landscape offers access to the natural world which helps our physical and mental well-being. Special places like Nose Hill, a major natural area, foster stewardship, support biodiversity, and reduce impacts of heat, flooding, and drought. Some areas are sacred spaces for Indigenous Nations and provide opportunities to learn about cultural history.

Controlled burns and animal grazing are encouraged as alternate land management practices. We must assess and update the cost of maintenance to ensure the value of natural areas with a compensation model. We can allow litter-control-only (with guidance) in natural areas to be included in enhanced landscape maintenance requirements. We should develop ten-year operational Habitat Management Plans for all natural areas, including those required as part of the development approval process. Prior to subdivision the developer is responsible for restoration and compensation must be paid to the City when there is damage or disturbance to land dedicated to environmental reserve. Back sloping should not be allowed.



The 85 Embers had a fun couple of months. In February we did get out to the Apple Store for a group booking - Make Your Own Emoji. The emojis the girls created were very imaginative!

We also were very fortunate to get a tour of the Nolan Hill Veterinary Hospital. Dr. Rowe had some interesting X-rays of pets - one with a ball in its stomach and another with a sewing needle. Both animals had needed surgery, and we got to see some of the instruments they would use in surgery. We also got to listen to a dog's heartbeat using a stethoscope - he had such a rapid heartbeat!

In April our unit was very fortunate to get into the Ember Camp Academy run by Calgary Area at Camp Jubilee in Cochrane. The girls learned various camping skills such as lighting a fire, basic first aid, and knot tying. All in all, it has been a great spring!

Special note - we have been writing these articles for a few years now. We are thinking of discontinuing them as interest might be waning. If you still like to read articles such as these, please reach out to [guiderkarlayyc@gmail.com](mailto:guiderkarlayyc@gmail.com). It will be interesting to see if anyone responds. Thank you.

# Getting Your Gut on Track

by Alberta Health Services

You may have heard of the gut microbiome – it's the community of microbes (example: bacteria) that live in your colon (or gut) that influences your health.

It's an exciting area of nutrition research because what you eat and drink can affect the health of your gut and the microbiome. This can affect your risk of chronic diseases like obesity, heart disease, and even certain cancers.

There are many foods that support a healthy gut microbiome which is linked to better overall mental and physical health.

### Whole Plant Foods

It's recommended that whole plant foods make up the majority of what you eat. Whole plant foods are vegetables, fruits, whole grains, beans, legumes, and nuts that have undergone limited processing. These foods have fibres that feed your gut microbes. For example, whole grains have benefits for metabolism and immunity. Gut microbes feast on parts of the bran layer in whole grains, which has an anti-inflammatory effect. This is important as many chronic diseases are linked to inflammation.

Having a variety of whole plant foods has been shown to help improve feeling of fullness and can help your body to be more sensitive to the insulin, which regulates blood sugar in your body. Choose a variety of plant foods.

As many Canadians struggle with getting enough whole grains, where possible look for opportunities to replace refined grains with whole grain options.

### Protein Foods

The protein foods to support gut health are plant-based protein foods and fatty fish. Examples of plant-based protein foods are kidney beans, chickpeas and lentils, nuts like walnuts or almonds, and fatty fish like Arctic char, mackerel, herring, salmon, sardines, and trout.

Beans and nuts contain fibre and phytochemicals (plant chemicals) which can help to increase the helpful gut microbes. Fatty fish has omega-3 fatty acids which help lower inflammation.

### Low Fat and Fermented Dairy Products

Fermented dairy foods that have live bacteria (like kefir and yogurt) can increase the good bacteria in the gut microbiome.

Look for milk, yogurt, and kefir with little or no added sugar and lower milk fat (M.F.). Lower fat dairy (2% M.F. or less) is recommended over higher fat dairy foods like cheese because they are lower in saturated fat.

Saturated fat is linked to inflammation.

### What to Limit or Avoid

**Red Meat:** Small amounts of lean red meat can be included in a healthy eating pattern, as red meat has many nutrients including protein. It is recommended to be included in smaller amounts because it can contribute to inflammation.

**Processed meat:** Avoid or minimize them because the curing agents in processed meats contribute to cancer forming compounds when they are digested by gut microbes.

### Try Mediterranean Style Eating!

The Mediterranean style of eating has been shown to help support a healthy gut microbiome. It includes lots of vegetables, fruits, beans, peas, lentils, fish, nuts, and olive oil. There is some research that it can help support brain function and it can also reduce inflammation as well as frailty in older adults.

If you are looking for practical ways to eat in a way to support a healthy gut microbiome, visit [ahs.ca/nutritionhandouts](https://ahs.ca/nutritionhandouts) and search for Mediterranean Style of Eating.



# Vaping and Youth

by Alberta Health Services



Vapes or e-cigarettes are one of the most popular ways of consuming substances such as nicotine, cannabis, or chemical flavouring among youth. This trend has spiked over the years due to marketing around it being “safer” than cigarettes. What we do know is that any use of vaping can cause harm.

There is still a lot more information needed but below is what we do know when addressing vaping among youth.

## Educate Yourself and Others

You do not have to be an expert on the topic but it’s important to understand the basics and have access to knowledge on the facts and where to access supports and resources.

## Educate Children and Youth

We want schools and natural supports to teach and implement lesson plans as soon as possible. At home we want to share the facts, have open conversations about safety, and support healthy choices. There are free lesson plans and information for different age ranges so you can have the conversations in ways that make sense to them!

## Focus on Prevention

To help reduce rates of use among youth we need to implement effective prevention strategies that teach life skills, involves young people that are led by young people, and connect youth to the community. This helps strengthen core social competencies such as problem solving, decision making, and critical thinking.

Have open conversations about vaping with the young people in your life. This will help build relationships and trust so if there are questions, you are the person they will lean towards!

# Her SAIT Graduation

by Garth Paul Ukrainetz

She took the risk and made the move  
Enrolled in courses, paid tuition  
Embarked upon a journey bold  
Nothing worthwhile makes it easy

She hit the books and studied hard  
Placed hopes and dreams upon her desk  
Homework structured every evening  
The future more important now

From class to class, through rain and snow  
Lectures, essays, midterms, finals  
And once a week she volunteered  
Community, connection, care

Good coffee always faithful friend  
Wide awake for morning learning  
Then soon, bright shining GPA  
No more her forward path unknown

She pushed with all her might, she did  
Propelled that boulder up the mountain  
She’s reached the top, SAIT graduation  
A new career, a rolling stone

## Word of the Month



**Ebullient: adjective**  
(ih-buhl-yuhnt)

**Liveliness, enthusiasm,**  
**overflowing with**  
**excitement.**

**He was in quite**  
**an ebullient mood.**



# Collection days are changing in April

Starting April 22, many Calgary households will see blue, black or green cart pick-up days moving to improve routes. These updates also align with the return of city-wide weekly green cart collection. The new collection schedules will be available on [calgary.ca/cartschedule](http://calgary.ca/cartschedule) by April 8.

Did you know that The City provides free reminders for your blue, black and green cart pick-up days?

All you need to do is sign up! When it's time to put your carts out for collection, we'll send you a reminder. When you sign up, you will get:

- instant access to your pick-up schedule,
- notifications about any changes to your collection schedule and,
- useful tips for using your blue, green and black carts.

**It's easy!**

Option 1: Go to [calgary.ca/cartschedule](http://calgary.ca/cartschedule)

- Type your address in search box to view your collection days.
- Click on 'Get a reminder' to receive your preferred method. Choose to be notified by email, calendar or phone, either the day before or the day of your collection.

Option 2: Download the Garbage Day App onto your phone

- Available on the App Store or Google Play.
- Set notifications to remind you of your cart collection days.

Never miss another cart collection day again.



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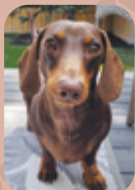
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## Cats, Canines, & Critters of Calgary



Chestnut,  
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Clifford, Patterson



Essex, Bridlewood



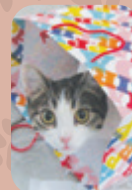
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