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SCAN THE QR CODE
FOR THE SOLUTION



GAMES & PUZZLES

Guess the Musical!

1. The 1962 version of this modern-day Romeo and Juliet story received 10 Oscars.
2. This musical of a masked, disfigured virtuoso holds the record for the most performances on Broadway.
3. Jennifer Hudson won an Oscar for her role as Effie White in this movie also featuring Beyoncé.
4. Pop sensation Dame Oliva Newton-John starred in this 1950s-inspired musical comedy.
5. Canadian actor Ryan Gosling stars in this romantic musical.
6. This heartwarming movie is based on the real-life story of the Von Trapp family.



SCAN THE QR
CODE FOR THE
ANSWERS!

Calgary Hail

by Garth Paul Ukrainetz

They say it starts from tips of mountains
Ice and snow on summits high
Taken by the gales of summer
Blown towards the prairie sky

Across the foothills with a vengeance
Hard blizzard grows within the cloud
Alberta you must run for cover
Distant rumbling growing loud

Big city, heed the alpine warning
Keep rivers clean and clear within
The Rockies send a stark reminder
From glaciers pure it all begins

Thru flashing lightning, thunder shaking
High avalanche comes crashing down
They say it starts from tips of mountains
And ends in Calgary on the ground



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**SCAN HERE TO VIEW ADDITIONAL
HAMPTONS CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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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)

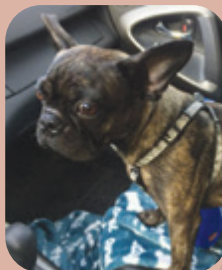
Madeleine d'Houet Junior High (FR)

École Terre des Jeunes (FR)

Ste-Marguerite-Bourgeoys (s)(FR)

École de la Rose sauvage (FR)

Cats, Canines, & Critters of Calgary



Bugsy, Dalhousie



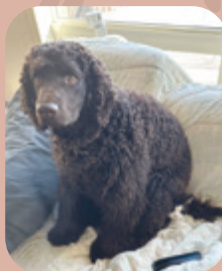
Ella, Mount Royal



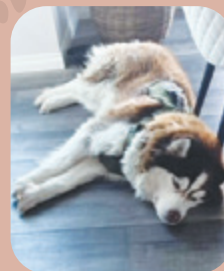
Mac, Evanston



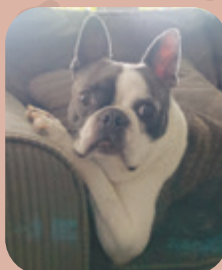
Mango, Evanston



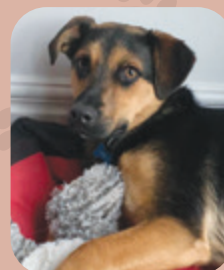
Mick and Turd,
Hidden Creek



Mishka, Evanston



Moseley, Strathcona



Winston, Sunnyside

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Letting Go of Space: A Guide to Downsizing

by Christopher Matlashewski, Calgary Realtor and Downsizing Specialist



Have you been thinking about downsizing lately? Maybe the kids have moved out and now you're walking past empty rooms every day. Maybe the yard work and upkeep just feel like too much. Or maybe you're ready to tap into the equity in your home and put it to better use—whether that's boosting retirement savings, traveling, or just simplifying life. Whatever your reason, if the home you're living in no longer fits the life you're living, you're not alone.

The idea of downsizing can be both exciting and overwhelming. Because let's face it, you're not just moving. You're sorting through years—sometimes decades—of memories. Deciding what to take and what to part with can feel like a full-time job. And even once you've chosen a new home, trying to figure out where everything goes can be just as stressful. Here's the good news: when you move into a more accommodating space, you're not taking everything—you're taking the best. The best pieces. The best memories. The things that truly matter. And today, I want to share a few simple, calming strategies to help take the anxiety out of downsizing and help you move forward with confidence.

1. Start by Defining What's Most Important

Begin by deciding on your non-negotiables. That might be a favourite reading chair, a family heirloom table, or your go-to sofa. Know what's essential before you even start packing or shopping for your next place.

2. Take Only Furniture That Truly Fits

Remember, you're not just eliminating space, you're

creating flow. In a smaller home, space needs to work for you. That means no oversized furniture. Make sure pieces allow for conversation without needing to raise your voice. Keep furniture heights consistent, as this helps the room feel cohesive and balanced.

3. Curate Your Artwork Thoughtfully

Choose one focal piece per room. Something meaningful and calming. And don't hang it too high—art should sit roughly at eye level when standing, not floating toward the ceiling. As with everything else, only the best comes with you.

4. Be Selective with Accessories

Accessories are where the memories live. But this is also the perfect time to let go of things that are broken, no longer relevant, or that you've outgrown. It's not that you're erasing the past but curating what moves forward with you.

5. Use Lighting to Reflect Your New Lifestyle

Lighting can completely change how your home feels. Think beyond just overhead bulbs. Use directional lighting, recessed lights, and well-placed lamps or mirrors to create warmth, highlight favourite spots, and help a smaller space feel bigger.

I get it, downsizing is more than just moving. It's emotional. It's a big change. But with a little sorting, a bit of planning, and the right support, it doesn't have to be stressful. And here's what I've seen again and again: the moment you step into your new right-sized home, you breathe easier. You feel lighter. You've brought the best with you. And you've made space for what's next.

2025 Homeowners fees
are now

Past Due

Late fees will be applied to unpaid
accounts

HAMPTONS HOMEOWNERS ASSOCIATION

Happy Birthday

Born in St. Matthews, South Carolina, Viola Davis is one of the most incredible actresses of our time. She was born on August 11, 1965, making this date a very important one in pop culture! How will you be celebrating this Woman King?



Hamptons Homeowners Association

Hamptons Community Cleanup

Services Available:
Garbage
Paper Shredding
Electronics Recycle
Used Sport Donation

Aug 16, 2025

10am-2pm

Hamptons Community Parking lot

**Please see website for further information on what each
service will accept and event rules**

***Event weather permitting**

hamptonscalgary.ca



News from the Friends of Nose Hill

by Anne Burke

Long ago, what we know as Alberta was underwater, covered by the ocean and surrounded by tropical forests. As many as 20 major glacial advances and retreats reshaped the landscape, including the continuous plateau of Nose Hill and Lake Calgary. Nose Hill provides spectacular views of the Bow River Valley and the uplands across the valley. Their geological history began in the floodplain of the Bow River which flowed at the top level of the present Hill where the river deposited gravel, sand, and mud. These are relatively thin on the steeper slopes. Nose Hill is bounded by the overflow spillway system, now Beddington and Nose Creek. Big Hill Springs Coulee is what remains.

Erratics are stones, boulders, or big blocks picked up and moved from one place to another during the last ice age. There are many in Nose Hill Park traced to a landslide from Mount Edith Cavell in Jasper National Park; they are part of a series across the Foothills region of Alberta. The Foothills Erratics Train runs from near Hinton, Alberta, to the Montana border. Some large boulders, such as the Nose Hill Buffalo Rubbing Stone, were used centuries ago. You can hike up to the Nose Hill 64 Avenue Glacial Erratic from the parking lot off 14 Street NW. At the top of Nose Hill Park there are several scattered glacial erratics of different sizes grouped close together. The Nose Hill Brisebois Glacial Erratic is between the south Nose Hill Parking Lot at Brisebois Drive and John Laurie Blvd. The Nose Hill Tower Glacial Erratic is on the top of the hill near transmission poles and a small building. Access is by an uphill hike from the North Hill SE Parking Lot along an old access road.



Hamptons Real Estate Update

Last 12 Months Hamptons
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2025	\$1,099,350	\$1,035,000
May 2025	\$889,999	\$901,500
April 2025	\$929,900	\$928,000
March 2025	\$914,900	\$912,900
February 2025	\$1,048,800	\$1,020,000
January 2025	\$949,900	\$945,900
December 2024	\$800,000	\$790,000
November 2024	\$995,000	\$940,000
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

Last 12 Months Hamptons MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2025	13	8
May 2025	21	14
April 2025	9	3
March 2025	8	5
February 2025	1	7
January 2025	10	5
December 2024	3	5
November 2024	3	5
October 2024	7	7
September 2024	11	4
August 2024	5	6
July 2024	10	9

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

Living with Chronic Pain or Illness: What We Wish Friends and Family Knew

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

Living with chronic pain or illness is an ongoing challenge that impacts every aspect of a person's life—physically, emotionally, mentally, and socially. It's not just about the pain or symptoms themselves, but about learning to function, cope, and find meaning in a life that no longer looks or feels the way it once did. For those who care about someone facing this reality, your support matters deeply—but it may not always be clear how to help. Here's what we need you to know.

Chronic Means Ongoing, Not Just Inconvenient

When someone lives with chronic pain or illness, they're not just having a bad day or a tough week. This is a long-term reality, and while there may be good days and better moments, the underlying struggle is constant. Pain and fatigue can be invisible, which makes it easy to overlook or misunderstand. Please don't assume that just because we look okay, we feel okay. We often mask what we're going through to avoid burdening others or to maintain some sense of normalcy.

We're Grieving Too

Chronic illness often brings a quiet, ongoing grief—the loss of the life we once had or imagined. We may grieve the ability to work, travel, exercise, or socialize like we used to. Sometimes we feel isolated, left out, or forgotten when our limitations make it hard to keep up. When you acknowledge this grief with compassion instead of trying to “cheer us up” or push us to be more positive, it helps us feel seen and validated.

We're Doing Our Best—Even When It Looks Different

We often have to weigh every activity, conversation, or commitment against how much energy we have. What might seem like a simple errand or casual hangout could mean days of recovery afterward. Cancelling plans, needing accommodations, or asking for help isn't laziness or lack of motivation—it's self-preservation. Trust that we want to show up for life and for you; sometimes, our bodies just won't let us.



What Helps the Most Is Empathy, Not Solutions

Unless you're asked, please don't offer cures, diets, or miracle treatments. We've likely tried many things or are already overwhelmed with information. What we need most is your presence—your willingness to sit with us in the hard stuff without judgment or pressure to “fix” it. Simple statements like “I'm here,” “That sounds really hard,” or “You're not alone” go a long way.

Support Looks Like Consistency and Flexibility

Reach out, even if we sometimes don't respond right away. Be okay with changing plans. Offer help but ask first. Say, “Can I drop off dinner?” or “Would a short visit work today?” rather than, “Let me know if you need anything.” The more you learn to meet us where we are instead of where you wish we could be, the more supported we feel.

Chronic pain or illness doesn't define us, but it does shape us. With patience, empathy, and a willingness to understand, you can become a vital part of our resilience. We may not always say it, but your care matters more than you know.

3-1-1 Calgary App Gets an Update

by The City of Calgary

The newly updated 3-1-1 Calgary app empowers Calgarians to work together, covering more than 90 City services. Every photo and report submitted helps The City respond more quickly and helps improve service delivery keeping our communities running smoothly. “Use the app when you notice issues and encourage your neighbours and friends to do the same,” says Gilberto Ancheta, 3-1-1 Coordinator.

How to Use the App

Report issues you see like potholes, graffiti, or missed waste collection. Simply describe the concern, upload photos, tag the location, and submit your request.

New Changes

New features include real-time status updates on submitted requests, allowing users to track progress and receive notifications. The app also includes a built-in City news feed sharing key programs, services, and updates. With only 30 percent of 3-1-1 requests coming through the app, there's opportunity to grow this efficient digital option. Download the Calgary 3-1-1 app today and help spread the word.



Celebrate Calgary Culture Days All September Long!

by The City of Calgary



Arts and culture help shape the unique character of our city by bringing people together, telling our stories, and adding vibrancy to our communities. Whether it's murals and music, film and festivals, or dance and delicious food, culture is all around us.

Calgary Culture Days is a month-long celebration that highlights the diverse artists, cultural groups, and community organizations that make Calgary special. Throughout September, events and activities will take place in neighbourhoods across the city — many of them free and family-friendly.

From live performances and art exhibits to hands-on workshops and cultural showcases, there's something for everyone to discover and enjoy.

Explore what's happening near you and be part of the celebration! Visit calgary.ca/culturedays to learn more.

WORD OF THE MONTH

Galumph: Verb (guh-LUMF)

To move in a noisy or awkward style.

They galumphed around the living room looking for Sara's phone.



Summer Is a Great Time to Try Something New in Calgary Parks

by The City of Calgary

Are you looking for ways to keep the young people in your life and yourself active with fun, free activities this summer? Calgary's parks have so much to offer. Ward off boredom and stay busy with new adventures all summer by trying the following activities.

- **Cool off with a trip to a spray park or wading pool that you haven't visited before.** Check out calgary.ca/sprayparks for a list of all City spray parks and wading pools. Did you know that select parks also have aquatic wheelchairs that you can borrow for free?
- **Explore a new playground.** Check out the playground finder map on calgary.ca that has all City playgrounds, including inclusive playgrounds (square icons) with something for everyone. The map includes information about the play surface for each playground (e.g., gravel or inclusive playgrounds that have accessible rubber surfaces).
- **Golf, disc golf, bike pump tracks, and more.** The City has seven City of Calgary courses, family golf nights and several youth programs, and golf lessons. Our parks also have four permanent and some temporary disc golf courses for you to enjoy during a nice summer day. Take a break during your bike ride along the City's regional pathway to try a bike pump track. Find out where you can play beach volleyball this summer and much more at calgary.ca.



What Really Happens to Your Green Cart Waste?

by The City of Calgary Waste and Recycling Services



Food and yard waste collected through the Green Cart program is turned into nutrient-rich compost for use by farmers, gardeners, and landscapers.

If you don't separate your food scraps from your garbage it will end up buried in the landfill where it doesn't break down or turn into soil.

Separating your food scraps in your green bin makes a big difference.

Follow these tips for separating food scraps and using your green cart:

- Remove food from its packaging before putting it in your green cart.
- Use a kitchen pail or reuse any container with a lid (like an ice cream bucket) to store food scraps until you throw them in your green cart.
- You can control odours and keep your cart clean by using a certified compostable bag, paper bag, or newspaper liner in your kitchen pail.
- Use a small amount of baking soda in your kitchen pail to prevent odours.

Check calgary.ca/foodscraps for more tips to make your green bin a winner!

Curried Shrimp and Mixed Greens Salad

by Jennifer Puri



Food from the sea; shrimp have been a popular food source for a very long time. Shrimp are usually smaller than prawns but are similar in taste and texture.

Quick and easy to cook, shrimp can be found in just about every cuisine and are a popular ingredient in appetizers, salads, soups, pastas, and curries.

Shrimp are also recognized for their nutritional value and are a good source of protein, zinc, iron, vitamin B12, Omega 3, and selenium. They are low in calories, fat, and carbohydrates, and are a healthy food source that can fit well into a balanced diet.

Shrimp are lean and high in protein and can be poached, broiled, sautéed, or grilled. A flavourful curry dressing with shrimp like the one in the curried shrimp and mixed greens salad, also makes a delightful appetizer.

Prep Time: 15 minutes

Cook Time: 0

Servings: 4

Ingredients:

- 1 lb. cooked shrimp (peeled and tails removed)
- ½ cup mayonnaise
- ½ tsp. curry powder
- ⅓ cup Greek yoghurt

- 1 green onion, finely sliced
- 1 celery rib, finely chopped
- ¼ tsp. coarsely ground black pepper
- 2 tbsp. chopped coriander leaves
- 150 gm mixed greens

Direction:

- In a small bowl, blend the mayonnaise, curry powder, Greek yoghurt, celery, green onion, and black pepper.
- Next, add the cooked shrimp and coriander leaves and gently mix together. Cover and place in the refrigerator for at least an hour before serving.
- To serve, divide the mixed greens between four salad bowls. Place the shrimp salad on top and garnish with fresh strawberries, melon, or papaya slices if desired.
- Curried shrimp salad can be served with crackers, on a bun, or wrapped in lettuce leaves.

Bon Appétit!



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