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Soccer in the Community

Indoor
Pre-season: Mar - Apr



northsidesoccer.ca

Joke of the Month



Why aren't dogs
good dancers?

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left feet.

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- Remove all old materials from bathroom and job site
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- 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: \$15,679

SALE **\$11,679**
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
- Tile 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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CONTENTS

- 7 FAMILY DAY SKATE
- 8 GIRL GUIDES: AURORA SKY DISTRICT
- 9 MENTAL HEALTH MOMENT: HOW TO KNOW IF YOU ARE READY FOR COUPLES THERAPY OR NOT
- 12 TAKE ON WELLNESS: GETTING ACTIVE IN THE NEW YEAR
- 15 BUSINESS CLASSIFIEDS



**SCAN HERE TO VIEW ADDITIONAL
HAMPTONS CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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234 - 5149 Country Hills Blvd, Box 120
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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)



News from the Friends of Nose Hill

by Anne Burke

Natural parkland is green space with a (relatively) low level of maintenance and natural or naturalizing vegetation. Natural areas are accessible (by trail networks) or have limited/little public access. A master plan deals with current and future needs by population for park/greenspace. The Municipal Protected Areas Program demonstrates how biodiversity will be protected, conservation lands connected, and how Canadians will gain an appreciation for local nature. A Municipal Eco Toolkit by the Miistakis Institute for Alberta municipalities will help maintain their natural infrastructure systems (municipal30x30.ca).

Nature Canada is building a web of partners to help Canada achieve its biodiversity conservation goals to protect 30% of land, water, and marine areas by 2030. As of 2022, Canada has only protected 13.7% of land. The Canadian City Parks Report surveyed 35 Canadian municipalities, 2,500+ residents of Canadian cities, as well as park staff and other professionals across the country. One-third of cities said addressing federal biodiversity and land protection goals are a high priority. When 81% of Canadians are living in urban areas, protecting land in urban areas is vital. Cities are in dire need of new space for parks. Park budgets are not keeping pace. Partnerships are critical when cities need policies and structures. Park issues are increasing and require more training and collaborations. Departmental structures can promote collaboration or disconnection. Some residents feel disempowered but still want to engage. Mental and physical health benefits are key although there is a lack of programs. There are nine case studies in the 2024 Report which includes analysis of key data from surveys of both municipal staff and residents of Canadian cities, for new and ongoing issues facing parks, and how to help city staff make better decisions about programs, policies, and funding. Read more at parkpeople.ca.

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Please visit www.hamptonscalgary.ca for updates



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, Kincoira, Nolan Hill, Sherwood, and Sage Hill)

The 85 Embers have had a great start to our year. We are a unit of twelve Embers (girls ages 7 to 8 years). In October we had a sleepover, a first for many of them, sleeping away from home. The theme was "Animals", which included decorating and assembling butterfly houses, and building bear dens out of graham crackers and teddy grahams.



Other highlights this fall included learning about money – how much do grocery items actually cost for your favourite recipe at Evanston Sobeys. Girls also had the chance to scan their items through and take turns as cashier/shopper/packer. They really seemed to enjoy the role playing. Then the next week we had a very successful auction where donated items from our families (books, toys) were auctioned off. Each girl only had \$10 to spend, so many hard decisions had to be made. Our auctioneer (Guider Heather) was fantastic – she had experience going to many cattle auctions from when she was a kid growing up on the family farm.

In January, we will be doing a day event at the Calgary Gymnastics Centre – the option they overwhelmingly ended up voting for (other options included Telus Spark, Bow Habitat Fish Station, and the Zoo). Should be a great way for them to earn their My Physical Self badge. We are also hoping to do a 'behind the scenes' tour of Evanston Sobeys. As well we are planning a visit or two to a local Seniors home to play games with the Seniors. And we have a spring camp planned at Camp Jubilee in Cochrane. It is shaping up to be a great year.



Hamptons Real Estate Update

Last 12 Months Hamptons
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
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

Last 12 Months Hamptons
MLS Real Estate Number of Listings Update

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

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

How to Know if You Are Ready For Couples Therapy or Not

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



There are many approaches to couples therapy such as Gottman Method, Emotionally Focused Therapy, and IMAGO to name a few. The decision to seek couples therapy requires evaluating your relationship and your willingness to work through challenges. The following are some key signs that you may be ready:

- 1. Communication Issues** – Do you struggle to express your feelings without arguing or shutting down? Are there unresolved conflicts that keep resurfacing?
- 2. Feeling Disconnected** – Has the emotional or physical intimacy in the relationship declined? Do you feel like roommates rather than partners?
- 3. Recurring Problems** – Are you stuck in repetitive arguments or unhealthy patterns? Have individual efforts to fix these issues failed?
- 4. Life Changes or Stressors** – Have recent events (moving, new baby or job) put a strain on your relationship?
- 5. Trust Issues** – Has there been a betrayal such as an infidelity or broken promises? Are you struggling to rebuild trust?
- 6. Desire to Improve** – Are you both willing to put in the effort to strengthen the relationship? Do you believe the relationship has potential for growth?
- 7. Mutual Commitment** – Are you both open to exploring therapy, even if one of you is more hesitant at first?
- 8. Individual Challenges Impacting the Relationship** – Are personal issues such as stress, trauma, or mental health affecting how to connect with each other?

If you relate to some of the above, couples therapy could be beneficial. Even if you're unsure, seeking therapy to explore some of these concerns and set goals can be a proactive step.

The following are some signs that couples therapy could be unproductive or even counter-productive:

- 1. Lack of Commitment to Change** – One or both of you are not genuinely willing to work on the relationship. Going to therapy just to 'check the box' or appease the other.
- 2. Blaming Without Accountability** – If either of you is solely focused on blaming the other without reflecting on your own role in the relationship's challenges.
- 3. Unwillingness to Communicate Honestly** – If either of you are unwilling to be vulnerable, open, and honest, your therapist won't have a full picture to be able to help you.
- 4. Hidden Agendas** – If therapy is being used as a way to justify leaving the relationship rather than to repair it, the process won't be effective.
- 5. One of You is Being Forced into Therapy** – If one of you does not want to attend or doesn't believe in the process, lack of engagement can hinder the process.
- 6. Ongoing Abuse** – Couples therapy is not the right setting to address physical, emotional, or verbal abuse. These situations require specialized interventions to ensure safety and require individual therapeutic attention.
- 7. Unresolved Individual Issues** – If personal issues such as active addiction or untreated mental health conditions are dominating the relationship dynamics, individual therapy is a better starting point before engaging couples therapy.
- 8. Timing is Off** – If there are active external factors like intense work stress, a recent traumatic event, or other life circumstances, it will leave little energy or focus for therapy. It may be better to wait.
- 9. Desire for Separation** – If one of you has already decided to end the relationship and sees therapy as a formality, it will obviously prevent any genuine engagement.

Being ready for couples therapy requires mutual willingness and effort, but readiness can evolve with time and self-reflection.

Photo Gallery

by Khoa Nguyen



YOUR CITY OF CALGARY

Protect Your Household Water Lines and Meter from Freezing

by The City of Calgary



Every winter, some Calgarians will experience frozen water pipes, service lines, and water meters, resulting in a water outage. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth, and configuration of water pipes and a history of freezing.

Recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing. Ways to avoid freezing include:

- Keep your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
- Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit calgary.ca/frozenpipes to learn more, including actions you can take if you suspect you have frozen pipes.

Landlord and Tenant Law – Sublets and Options in DV Situations

by Charmaine Coutinho

As a volunteer lawyer with Calgary Legal Guidance, I advise clients who would otherwise be unable to access (paid) legal services to empower them to take the next steps in their legal matters independently. I commonly deal with landlord and tenant disputes.

This article discusses only leases covered by Alberta's Residential Tenancies Act (RTA). The RTA excludes tenants sharing living space with a landlord, supported living accommodations, and a few other scenarios. I aim to help our community become more familiar with a few RTA topics, at a time when landlords and tenants are under stress and possibly looking for options.

Subletting

As the cost of living dramatically increases, the proportion of income we allocate to rent may shrink. Many now find themselves unable to afford what may once have been a comfortable rent. The solution, particularly for those in a fixed term lease, may be to sublet.

However, many leases purport to ban sublets. According to the RTA, a tenant can ignore any term in a lease that purports to erase a protection offered to tenants by the RTA. So, a tenant can ignore a lease term that bans subletting.

Under the RTA, a tenant needs a landlord's written consent to sublet, and a landlord cannot refuse to provide consent without reasonable grounds. If a landlord has not given the tenant their written reasons for denial within 14 days of receiving the request, a tenant can assume that the landlord agrees to the sublet. A landlord also cannot charge the tenant a fee for giving consent for the sublease.

Before subletting, a tenant should understand how a sublet works: the primary lease between the tenant and the landlord still exists. As such, all of the tenant's responsibilities and obligations under that primary



lease continue despite the sublet. If the subletter fails to meet their tenancy obligations, the primary tenant would be responsible for meeting these obligations. For example, if a subletter fails to pay rent, the primary tenant is responsible for paying rent to the landlord. If a subletter damages the rental unit during or at the end of the tenancy, the primary tenant would be responsible for repairing the unit before surrender to the landlord or could be sued by the landlord for repairing the cost of damages done by the subletter. Any tenant planning to sublet should seriously consider the risks involved before entering into a sublease.

It is possible for a landlord to voluntarily agree to end the primary lease early, with pre-defined or no penalty fees, and set up a new lease with the interested subletter; this would be exclusively at the discretion of the landlord and cannot be forced by the tenant.

Domestic Violence and Tenancies

Victims of domestic violence can end a tenancy early and without financial penalty, without a landlord's consent. This right arises in circumstances where the tenant's or a dependant individual's safety is at risk. There is a process to request an authorization certificate from the Alberta government; once the required documents are submitted, the applicant can receive a certificate within seven days. This certificate must be served on the landlord at least 28 days before the applicant terminates the tenancy.

If the applicant fears for their continued safety, they may leave the rental unit before receiving a certificate or before the end of the 28-day period.

Please reach out - there are supports from the city, province, and legal organizations serving vulnerable individuals, ready to offer confidential advice and assistance to those escaping domestic violence.

Getting Active in the New Year

by Alberta Health Services

The New Year is a perfect opportunity to embrace healthier habits and prioritize well-being. You can start today.

Start by finding activities you enjoy, whether it's jogging, swimming, lifting weights, or joining a fitness class. Make movement a regular part of your routine. Although adding more activity to your life may seem overwhelming, it helps to start small. Make one lifestyle change that helps you move more regularly at an effort level that matches your current condition.

One Step at a Time

Walking is a great way to be active. For most people, walking is a safe activity, and it helps make the bones stronger and keep the joints healthy. It can make you feel less tired and can put you in a good mood. To help get into the habit of walking, try wearing a pedometer for a day or even a week. At the start, you might be surprised to see how few steps you take each day. To boost your daily step count, make simple changes in your daily routines like:

- Park a few blocks away from work and walk.
- Take the stairs instead of escalators or elevators.
- Walk in your neighbourhood before or after supper. Start with short walks and slowly increase the distance. Set new goals when you're ready.
- Invite a friend or family member to join. You may find you can walk longer when you walk with another person.

Remember, some activity is better than none. The more you do, the better. Finding activities you enjoy and that are practical is an important first step to becoming active.

Get Outside!

Spending more time being active outdoors offers many benefits like boosting your mental health, increasing energy, or lowering your risk of diabetes, heart disease, and some types of cancer. Although Alberta winters can be difficult because of the shorter days, cold weather, and snow and ice, there are many reasons to still get outside. Check out hard-to-reach places on snowshoes or skis or go skating outside. Being outdoors more can also make you feel good about your community.

It Doesn't Have to Be Hard

Most people who dance, swim, play tennis, or go hiking do these activities because they enjoy them. Having fun is good for your health. Taking part in an activity that you enjoy will help you relax and help lower your stress. It will help you feel good about yourself, which is good for your mental health. Physical activity doesn't have to be hard to be good for your body. If you don't like going to a gym, do something outside or walk in a mall.

What activity appeals to you? Try to find an activity you enjoy doing by yourself or with others. If you like what you're doing, you'll probably keep doing it. Find out about activities in your community to try new things and learn new skills.

Physical activity can help you live better as you grow older. Staying active will help you reach, bend, lift, carry, and move around easier, so you can keep doing things you like to do. The more you sit or lie around, the stiffer your joints get. Stretching and strength exercises will keep your muscles and joints moving and help stop falls and injuries.

Being active is safe for most people. Start slowly and work your way up. If you aren't sure about how much activity you can do, talk to your healthcare provider.

Physical activity doesn't need to be dull or boring. Do activities you enjoy more often. You may be surprised how quickly you start to feel stronger and like you have more energy.



Cats, Canines, & Critters of Calgary



Basha and Molly, *Elbow Scene*



Daisy Nulo and Nulo Pickles, *McKenzie Towne*



Howie and Pepper, *Crestmont*



Tucker and Bentley, *McKenzie Towne*

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February is all about celebrating community and embracing the best of Calgary's winter season. From lending a hand as a Snow Angel to enjoying the vibrant festivities of Chinook Blast, there's no shortage of ways to connect, support, and enjoy what makes our city so special. Read on for all the details and get involved!

Become a Snow Angel

Being a Snow Angel is simple—just adopt a sidewalk and keep it clear of snow! Keep an eye out for neighbours who may need a hand, like older adults, those with limited mobility, or anyone temporarily unable to shovel. By lending a helping hand, you're making your community safer and more connected.

The City recognizes these everyday heroes with printed certificates during the annual Snow Angels campaign, which runs from December to mid-April. If you know someone who deserves to be celebrated for their kindness, don't forget to nominate them! Visit calgary.ca/volunteer/snow-angels to learn more.

Chinook Blast, January 31 to February 17

February is here, and with it comes Chinook Blast, Calgary's iconic winter celebration! From now until February 17, this vibrant festival will light up the city with world-class entertainment, cultural experiences, and free outdoor programming for all ages. This year, while Olympic Plaza undergoes construction, the festival's core activities will take place at Stephen Avenue and The Confluence, with additional events happening throughout Calgary. Whether you're exploring stunning light installations, enjoying live music, or taking in the city's unique cultural offerings, Chinook Blast is a chance to embrace the magic of winter and celebrate the best of Calgary. For schedules and updates, visit the Chinook Blast website at www.chinookblast.ca.

As always, my office is open if you have any questions or concerns. You can reach us at Ward2@calgary.ca. I look forward to hearing from you soon.

Jennifer



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