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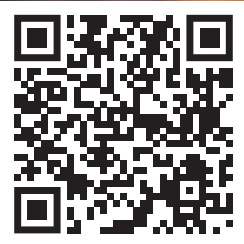
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- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
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SALE \$11,679
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TUB TO SHOWER CONVERSION

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- Supply & install one corner caddy with soap dish

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Hamptons Homeowners Annual Fees

Annual Homeowner Fees are due every year on June 15th. We appreciate that most of our residents pay these fees in a very timely manner every year. However, there are always a few residents who do not, despite repeated past due notices. Sending out past due notices are time consuming and an material cost to all who live in the Hamptons. As we indicated on our invoices this year, a new administrative fee would be added to accounts that have not been paid to recover some of these costs. Please be advised **ANY 2024 FEES NOT PAID BEFORE THE END OF THE YEAR, will have the administrative fee of \$200 +GST** added to their account on January 1, 2025. If you are unsure if you have paid your fees please contact our office at admin@hamptonscalgary.ca or call us at 403 208 0205.



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Soccer in the Community



Winter: Jan - Feb



northsidesoccer.ca

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HAMPTONS CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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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
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
December 2023	\$699,000	\$690,000

Last 12 Months Hamptons

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2024	4	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
December 2023	2	5

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

9 PM ROUTINE



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CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

How to Be a Great Communicator

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

Just because we speak and understand the same language doesn't necessarily mean we are good communicators. One of the most common reasons couples seek my services is to learn better ways to communicate. The list below is for anyone who would like to hone their own skills.

Let's Start with Some Bad Habits in Communication:

1. Interrupting – This can make it seem like you don't care what the other person is saying. Yes, sometimes I get excited and blurt things out but it's important to acknowledge the other and be respectful to allow them to continue. This can also be an issue if you are neurodivergent, and the speaker doesn't know this.

2. Story-Topping – This can shift the conversation from connection to competition.

3. Bright-Siding – Always encouraging others to be positive or look on the bright-side can be invalidating. Toxic positivity is a thing, allow others to feel what they are feeling.

4. Being Right – The conversation becomes a debate or about being right. Try to listen to understand the other's point of view... you might learn something new.

5. Being All-Knowing – Explaining information without being asked for your expertise. This can sometimes make you look like a know-it-all.

6. Advising – Sometimes people just want empathy or just to be heard. They didn't ask for your advice. Do not offer it unsolicited. This can also be seen as a boundary violation.

Here Are Some Habits of Good Communicators:

1. They create conversational safety free from judgement, fault finding, or rejection. Just be there to listen.

2. They validate other people's feelings with statements like; that makes sense, of course, or I get that. It doesn't mean you have to feel the same way, but you are showing that how they feel is valid.

3. They follow their natural curiosity by asking



questions that show interest and seeking to know more. Nothing feels better than someone showing interest in what you have to say or wanting to get to know you better.

4. They listen with their whole body by being fully present while listening; not looking around or looking at their phone and are giving non-verbal cues that they are fully engaged such as eye contact and facing the speaker.

5. They hear what's beneath the words by reading the speaker's body language, tone of voice, and facial expressions. This is an art form of attuning to another.



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News from the Friends of Nose Hill

by Anne Burke

Alberta's Provincial Parks Act, introduced in 1930 and amended in 2000, provides for preservation of provincial parks, wildland parks, and provincial recreation areas to benefit current and future generations. There are rules and regulations about certain activities and restrictions. Important sites for conservation management are the Wilderness Areas, Ecological Reserves, Natural Areas, and Heritage Rangelands. More information at <https://albertaparks.ca/>.

The original Plan for Parks (2009-2019) is archived online. A new Plan for Parks: Engagement guide and fact sheet were posted. The first phase of engagement collected feedback from Albertans to inform a Plan. In the second phase, Albertans review the draft and provide input. The proposed vision statement has added cultural benefits and Indigenous reconciliation. There may be additional fees, some partner groups, increased tourism, recreation, and campgrounds.

An Online Survey asked how often you visit parks, what do you most value, what will Alberta Parks look like 100 years from now? If you agree that Albertans should be informed and engaged in park issues, what ways are important to you: a) increase opportunities to provide input into decision making for provincial parks; b) establish clear deliverables and milestones in the new ten-year Plan for Parks; c) consistently report on progress and achievement?

Since Parks conserve nature and connect people with nature, providing access to a variety of nature-based experiences will be important, so that building an appreciation for natural values is a key priority. Which of the following options would you support? a) create more parks to increase conservation and nature access; b) collaborate to improve how information about conservation activities in parks is shared; c) expand interpretive and educational programs to inform and inspire visitors; d) add volunteer opportunities to promote hands-on nature and conservation education.



(Aurora Sky District includes the following communities: Edgemont, Evanston, Glacier Ridge, Hamptons, Hidden Valley, Hanson Ranch, Kincora, Nolan Hill, Sherwood and Sage Hill)

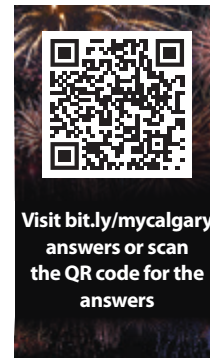
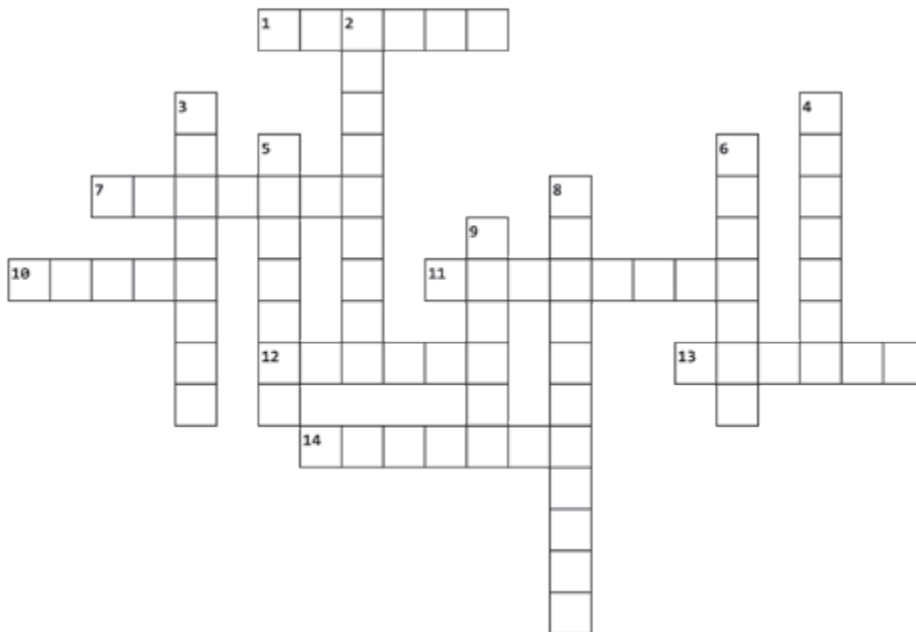


The 9th Trex have gone canoeing, and tent camped with 110th Guides, participated in Nite Trek (an area camp where they do a night hike and do tasks along the way), went to Colour Me Mine and painted lovely bowls. We finished stuffing and closing up about 30 Izzy dolls (kind of like African Comfort Dolls) and sent them off to be used in packing for medical supplies for remote areas. The dolls are given to children when they get vaccinations or other medical care. The girls also learned how to start a crochet chain so they can work on making the Izzy Dolls themselves! We also wrote postcards to Navy personnel on the HMCS Calgary for Remembrance Day. We did a Banff day where the participants went to the Historic Cave and Basin, did a Scavenger Hunt downtown, visited the Whyte Museum, Banff Park Museum National Historic building, and of course, the hot springs! In December, our service project was to help with Stephen's Backpack's and had a Winter PJ party! The girls have a list of things they would like to do in the New Year that include a hostel stay in Kananaskis, tubing and swimming! We have a yurt camp already planned for May!

If you'd like to register your daughter, please visit 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 for more information.



January Crossword



Across

1. Ice-hockey player and co-founder of a popular restaurant franchise, Miles Gilbert “Tim” _____, was born on January 12, 1930, in Cochrane, Ontario.
7. World _____ Day on January 4 marks awareness of a form of communication for blind and visually impaired people.
10. On January 2, 2010, American singer-songwriter _____’s debut single, “TiK ToK,” reached number one on the Billboard Hot 100.
11. This iconic Aretha became the first female artist to be inducted in the Rock and Roll Hall of Fame on January 3, 1987.
12. This TV series first premiered on January 12, 1966, starring Adam West as the titular character and tells the story of a superhero who fights crime in Gotham City.
13. Legendary comedian, Jim _____, was born on January 17, 1962, in Newmarket, Ontario.
14. Disney’s popular TV movie, *High School Musical*, premiered on January 20, 2006, starring Zac Efron, Ashley Tisdale, and Vanessa _____.

Down

2. Franklin D. _____ was sworn in for his fourth term as US President on January 20, 1945, becoming the only US President to do so.
3. Romance novel, *Call Me by Your Name*, by André Aciman, was published on January 23, 2007, and later became a film starring Timothée _____.
4. On January 7, 1610, Galileo Galilei discovered the first three moons of this planet – the largest in our solar system.
5. British actress and singer, Cynthia Erivo, who plays _____ in *Wicked*, was born on January 8, 1987.
6. Steve _____ and Steve Jobs officially incorporated Apple Computer, Inc. on January 3, 1977, in California.
8. “Wedding March”, composed by Felix _____, was first played at the wedding of Princess Victoria and Prince Frederick William of Prussia on January 25, 1858.
9. The first Winter Olympic Games officially opened on January 25, 1924, in Chamonix, _____.

Tortellini and Spinach Soup

by Jennifer Puri



Tortellini is an Italian bite-sized pasta which is stuffed with ricotta or parmesan cheese, pork, sausage, dried mushrooms, herbs, and vegetables.

This ring-shaped pasta is traditionally served in a broth, but tomato, mushroom, and meat sauces are also popular. Italy is recognized for its food culture and the work of rolling out the dough evenly and then cutting it into small squares, followed by the stuffing and shaping of the tiny tortellini which is an art in itself.

Tortellini and spinach soup is the perfect weeknight supper that can be enjoyed by every member of the family. It is delicious on its own or with a tossed salad and garlic or crusty bread.

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 4 to 5

Ingredients:

- 1 package spinach or cheese stuffed tortellini (350 gm)
- 1 tbsp. olive oil
- 3 garlic cloves, finely chopped
- 1 small yellow onion, finely chopped
- 6 tbsp. tomato paste
- 3 cups fresh spinach leaves, stems removed
- 2 carrots, chopped
- 10 cups of low sodium chicken broth

- ½ tsp. ground black pepper
- Salt to taste
- 1 tsp. Italian seasoning
- 1 cup half and half cream

Garnish:

- Grated parmesan cheese
- Parsley leaves
- Red chili flakes (optional)

Directions:

- Place the olive oil, onion, garlic, and carrots in a medium size pot or Dutch oven. Sauté the vegetables until the onions are translucent, approximately 4 to 5 minutes.
- Add the tomato paste, Italian seasoning, salt, and pepper, stirring frequently. Next add the broth and bring to a boil. Add tortellini and cook until the tortellini is al dente, about 5 minutes.
- Reduce heat to low and gently add the half and half cream and the spinach leaves and continue to simmer for a couple of minutes or until spinach leaves are wilted and then remove from heat.
- Ladle the soup into bowls and garnish with grated parmesan cheese, parsley leaves, and chili flakes (optional).

Note:

- Leftover soup can be stored in an airtight container and refrigerated for up to three days.
- Vegetarians can substitute the chicken broth with vegetable broth.

Bon Appétit!

A Shot at Life

On January 11, 1922, 14-year-old Leonard Thompson became the first person to receive insulin as a treatment for diabetes. Canadian scientist Frederick Banting, co-discoverer of insulin, injected Thompson with insulin saving his life and marking the start of this groundbreaking medical breakthrough.

Sledding Safety

by Alberta Health Services



Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.

- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Sledding at night is not advised.

Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.
- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until re-warmed.

The Art of Finding Work - Jobseekers: Introduce Yourself with Style

by Nick Kossovan

Years ago, I attended a dinner party at which a relationship therapist was present. We were twelve, and some of us had never met. As you've probably experienced when attending a gathering, there's a tendency to split into pairs or trios, resulting in fragmented discussions. However, the relationship therapist took control by asking everyone at the table: "What's on your unofficial résumé? I'm a relationship therapist with a private practice. I enjoy hearing people's stories and how they got to where they are today."

Not

- "How you're doing?"
- "What do you do for a living?"
- "How do you know Jackie and Nunzio [our hosts]?"

Her question probed deep, and all eyes were on her. How she introduced herself was an education in making a memorable introduction by being interesting and interested.

More impressive, while fictional, is how James Bond introduces himself to a glamorous woman, Sylvia Trench, and subsequently to the movie viewer, who's going head-to-head with him while playing chemin de fer at one of London's finest clubs, Les Ambassadeurs.

Bond: I admire your courage, Miss...?

Sylvia: Trench... Sylvia Trench... and I admire your luck, Mr...?

Bond: Bond... James Bond.

Of course, there's much more to this scene, such as Bond's playful mirroring of "Trench... Silvia Trench." After Sylvia loses her next hand, a man taps Bond on the shoulder, and Bond politely excuses himself. While walking to the front door, he arranges dinner with Sylvia and casually tips the doorman as we see on Sylvia's face, "Who is this man?" At no time does Bond linger.

I bring up the opening scene of the first Bond film, Dr. No (1962), because in under two minutes, you know

everything you need to know about James Bond: smooth, debonair, supremely self-confident, and risk-taking.

It's an art to introduce yourself in such a way that the other person wants to learn more about you, an art well worth learning. Whenever you meet someone for the first time, at a dinner party, the person you're paired up to play golf with, a new neighbour and especially your interviewer, how you introduce yourself is everything!

Are you introducing yourself as effectively as Bond or as memorable as the relationship therapist, cutting to the essence of who you are?

Most people are bad at introducing themselves—fumbling, rambling, and underselling themselves—even more so, thanks to social media eroding social skills. This is a problem. Like it or not, the first impression we make makes or break opportunities.

Being aware of what you're projecting about yourself is the first step in formulating an introduction that makes you interesting and, therefore, memorable so the other person is compelled to learn more about you.

Don't Get "Lumped In"

When introducing themselves, people usually state their title and workplace. Wrong! When you say, "I'm an accountant for Wayne Enterprises," the other person immediately lumps you into their preconceived notion(s) of what you do and whom you work for. Engage their imagination instead.

Bad: "I'm a software engineer at Yoyodyne."

Good: "I build tools for venture capitalists at a quirky startup called Yoyodyne; it's been a great ride so far! Technically, I am an engineer; therefore, I find myself dealing with product and design work, which I've discovered I'm good at."

Tell A Micro-Story

If you want to make a memorable introduction, introduce yourself in the form of a story. Storytelling is how humans learn because stories are mentally sticky.

Bad: "I moved to Toronto for work. I'm a project manager at BXJ Technologies."

This introduction is boring because most (hand-raised) people in Toronto moved to Toronto for work.

Good: "I'm a bit of a third culture kid. I grew up in Singapore and London, which explains my accent. I moved to Toronto to experience new energy. Ultimately, I fell in love with project management, Cabano's Cheeseburgers and Toronto's bubbly art scene."

Consider "Hooks"

Ideally, your introduction should lead to a meaningful conversation; therefore, try to fill your introduction story with a hook, such as a unique experience, an interesting fact or a comparison—a great way to create a visual—to arouse interest and spark a conversation.

Bad: "I'm a financial lawyer."

Good: "Have you seen the movie Dark Waters about the guy who took Dupont to court for millions of dollars? Well, I'm like that guy, only less stressed and famous, and I work for a bank."

Highlight Your Unique Journey

Everyone has a story. Introducing what makes yours unique will make you interesting and memorable.

Most likely, like me, you've had an unconventional career path:

"Believe it or not, I began my career as a barista. Pouring coffee gave me considerable experience in customer service and time efficiency. With those skills, I now manage St. Eligius Hospital's administration staff, ensuring the inpatient experience is as stress-free as possible."

Consider weaving into your introduction:

- Countries or cities you've lived in: "I've called three continents home..."
- An unusual hobby: "When I'm not crunching numbers, I'm usually rock climbing..."
- Volunteer experience: "I spend my weekends..."
- An unexpected skill: "My theatre experience often proves useful in board meetings..."



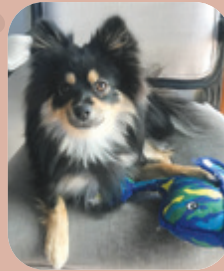
Cats, Canines, & Critters of Calgary



Bear, *Palliser*



Buster, *Hamptons*



Lizzy, *Huntington Hills*



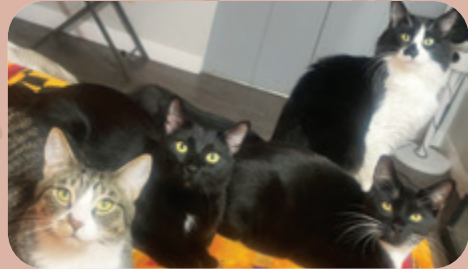
Mirabella,
Lower Mount Royal



Poupie, *Deer Run*



Toby, *Douglasdale*



Luka, Kiba, Shinji, and Von, *Shawnessy*

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MLA Calgary-Edgemont

Julia Hayter

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Happy New Year Everyone!

I hope all of you had a fantastic holiday season and were able to enjoy your time with family and friends.

I was thankful to go to so many wonderful community events such as the Christmas Markets held by the Dalhousie, Edgemont, and Ranchlands Community Associations. Ranchlands also held a Holiday Lights contest, and it was thrilling to see how beautiful and elaborate some of the houses were.

I want to thank everyone who has donated to these and other organizations for their Food Hamper Programs during the Christmas season, as well as to my office for the Period Poverty campaign. I encourage everyone to continue donating items such as period products, diapers, and baby formula throughout the year as there are always people in need of these expensive products.

Before session sits again this spring, I will be attending schools in Calgary-Edgemont for MLA presentations to Grade 6 classes on how the legislature works and the role of a provincially elected representative. I always enjoy these visits as it's a chance to speak with kids on the importance of civil engagement and hear directly from teachers on some of the challenges they face on a daily basis.

Keep an eye out for me in your community as I continue to knock on doors in the constituency. It is truly one the best ways to hear directly from folks about the issues that are most important to them.

As always, I am looking forward to the opportunity to connect with you, whether it's at a community event or if you want to reach out through email. You can also follow me on social media at @NDPJulia to hear about all my adventures.

Please do not hesitate to contact my office if you have questions or need assistance related to provincial matters.



Councillor, Ward 2

Jennifer Wyness

☎ 403-268-2430

✉ Ward2@calgary.ca

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Happy New Year!

As we step into 2025, I hope everyone had a restful holiday season and is feeling energized for the year ahead. January is a time for fresh starts and new goals, and our community is no different. Stay tuned for updates, and let's make this year a great one!

Budget 2025

This past November, I was among several Councillors who brought forward amendments to reduce spending in this year's budget and focus the City's dollars on core infrastructure. I ultimately voted no against the budget, which passed with a 9-6 vote. I have released my full statement with rationale for how I voted and a summary of the amendments I supported. You can find this statement on our webpage at Calgary.ca/ward2.

Are You Between the Ages of 18 and 24 and Looking for Work?

If you're a young Calgarian looking for work or guidance on kickstarting your career, now is the perfect time to check out the City of Calgary's Youth Employment Centre (YEC)! Offering free, drop-in employment services, the YEC can help you with resume targeting, job search strategies, interview prep, and more.

Located at 315 10 Avenue SE, the YEC connects you with local employers who are actively hiring. With spring around the corner, it's a great time to get ahead of the game and prepare for job openings. Whether you're just starting your job search or aiming to take your career to the next level, the YEC can support you every step of the way.

No appointment is needed. Call 403-268-2490 for more details or visit the YEC during their open hours. You can also visit calgary.ca/careers/youth-employment for more information.

As we kick off the new year, let's work together to make 2024 a year of growth, connection, and positive change. Stay warm, and we'll see you around the neighbourhood!

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