

MAY 2025

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**\*Find our ad inside for more info.**

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Mountain View Painters is a full-service painting company, specializing in elastomeric stucco coatings.

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*Stucco Repair*

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## GAMES & PUZZLES Guess the Video Game!

1. This video game was developed and published by Atari in 1972, making it one of the earliest and most well-known video games.
2. With over 300 million copies sold, this is the best-selling video game of all time.
3. Physicist William Higinbotham created the very first game called \_\_\_\_\_; and no, it's not what you think!
4. A video game classic, the character of Mario was originally called \_\_\_\_\_.
5. Beginning as a joke, this 1999 Nintendo 64 game included an unlikely rap about its main characters.
6. The Stalfos are the only enemy creatures to appear in every edition of this video game since its creation.



SCAN THE QR  
CODE FOR THE  
ANSWERS!



## Your Patio Furniture Superstore!

**YETI** **Wicker Land Patio** **weber**

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**Located Three Blocks East of Chinook Mall**  
6125 Centre Street S, (403) 258-2506  
[WickerLand.ca](http://WickerLand.ca)

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: \$15,679*

**SALE \$11,679**

*Limited Supplies*

### SUPREME 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 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**

*Some restrictions may apply. Reg: \$17,789*

**SALE \$13,879**

*Limited Supplies*

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**PLEASE CHECK OUT OUR REVIEWS ON HOMESTARS AND RATINGS ON BBB!!**



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**All packages pertain to standard size bathrooms**



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## 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

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Reese Hilland	Director at Large
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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)

### Reminder

*2025 Homeowners fees are  
due June 15*

*Invoices will be mailed in May*

HAMPTONS HOMEOWNERS  
ASSOCIATION



### Word of the Month

**Filipendulous: adjective (fil-i-pen-du-lous)**  
Suspended by a thread.

The artist crafted a gallery full of filipendulous drawings and artworks.

# CONTENTS

- 6 ANNUAL GENERAL MEETING
- 7 MENTAL HEALTH MOMENT: SIX WAYS TO STAND UP FOR YOURSELF
- 9 STAMPEDE BBQ
- 11 RECIPE: THAI CURRY CHICKEN
- 13 BUSINESS CLASSIFIEDS



SCAN HERE TO VIEW ADDITIONAL HAMPTONS CONTENT

News, Events,  
& More



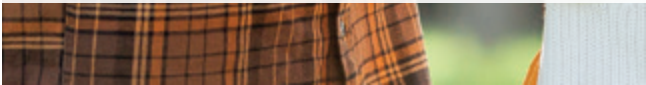
Crime  
Statistics



Real Estate  
Statistics



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Hamptons Homeowners Association  
Hamptons Community Association

# ANNUAL GENERAL MEETING

DAY	TIME	
JUNE 5	6:45	Foothills Alliance Church Simpson Hall

Resgister by June 2

[hamptonscalgary.ca](http://hamptonscalgary.ca)

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## Stampede Tickets

Reserve your plate for our most popular event of the season!

Presale plate tickets will be available after the meeting for

HHOA members in good standing

\$5 per plate - Cash only

# Six Ways to Stand Up for Yourself

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

People-pleasing is a common pattern where individuals prioritize others' needs or desires over their own...often at the expense of their well-being. Overcoming this behaviour takes self-awareness, boundary-setting, and practicing self-care. Here are six ways to stop people-pleasing:

### 1. Recognize and Acknowledge the Behaviour

The first step in breaking free from people-pleasing is to recognize when you're doing it. Notice if you're constantly agreeing to things you don't want to do, neglecting your own needs, or avoiding conflict at all costs. Once you can identify these patterns, you can start taking steps to address them.

### 2. Set Clear Boundaries

Setting healthy boundaries is essential to stopping people-pleasing. This means learning to say no without guilt and making it clear what you can and cannot do. Practice asserting yourself calmly and confidently when someone asks for something that goes beyond your limits. You don't have to provide an explanation for your boundaries — just saying "I can't do that right now" or "That doesn't work for me" is enough.

### 3. Understand and Prioritize Your Own Needs

People-pleasers often suppress their own needs in favour of others. To stop this, be mindful of your own feelings and desires. Make a habit of checking in with yourself regularly. What do you need in the moment? What are your values? Prioritizing your own emotional, mental, and physical well-being helps you stop being overly concerned with other people's approval.

### 4. Challenge Your Fear of Disappointment or Conflict

A lot of people-pleasers fear disappointing others or facing conflict. Shift your mindset by reminding yourself that it's okay to disagree or say no. You don't need to make everyone happy, and people's reactions to your boundaries don't define your worth. Over time, you'll become more comfortable with discomfort and realize that you can handle others' feelings without compromising your own.



### 5. Learn to Tolerate Guilt and Discomfort

It's natural to feel guilty when you start saying no or standing up for your needs, especially if you're used to pleasing others. Practice tolerating that guilt and discomfort. Understand that feeling bad doesn't mean you've done something wrong — it simply means you're making a change. As you practice, this guilt will lessen, and you'll become more comfortable with acting in ways that align with your values.

### 6. Surround Yourself with Supportive People

Having people around who respect your boundaries and encourage your personal growth can help you feel empowered to stop people-pleasing. Seek relationships that are balanced and reciprocal, where your needs are valued just as much as others'. Positive, supportive people will help you feel more confident and less likely to fall back into people-pleasing behaviours.

Changing people-pleasing habits takes time, but with consistent effort and practice, you can learn to prioritize your own needs and create healthier, more authentic relationships.





# Girl Guides

Everything she wants to be.

## AURORA SKY DISTRICT

## Amazing Dedication of Calgary Area Committees

by Karla W.



A while back I was volunteering at a Calgary Area STEM Day event. One of the unit's Guiders stopped to talk with me and wanted to say how amazed she was at the sheer number of Calgary Area Girl Guide large events that are available here. She had moved here from Quebec, and she said they had nothing like this where she was from.

The larger events here in Calgary include things such as STEM Day, Nite Trek, Sparklefest, Ember Camp Academy, Guide Camp Skills, the Camp Cook-off, Thinking Day Fireworks (over 2,000 people!), and the list goes on. These are events that run every year, and I don't think people realize the sheer amount of effort that goes into even just the logistics of running these events.

As an example, I would like to focus on just one event – Ember Camp Academy. This event helps Embers (and Guiders!) learn key camping skills out at Camp Jubilee in Cochrane. About 250 participants are expected at this event each year.

From the perspective of organizing this event – it starts months in advance. But it includes prep things like booking the camp (all of Camp Jubilee likely), booking the school buses to transport everyone out there, determining what stations to run and who is going to run it, and submitting Safe Guide paperwork (which includes collecting permission slips for 250 kids!).



Even once registrations come in, we are in charge of answering all the questions from all the units, who are from across the city and from different districts.

There are people on the camping and program committee who have done events like these for years, and I do think they need to be acknowledged for all the work they do leading up to the event, as well as during the event. It is a lot of work, and we are very fortunate to have these people dedicating a huge amount of volunteer time to running these large events. We are very lucky to have them.





HAMPTONS HOMEOWNERS ASSOCIATION

# STAMPEDE BBQ

**JULY 5 | 12-2pm**

**\$5 per plate**

**Cash Only**



Presale for HHOA members at AGM June 5  
& June 26, 4-7pm at 16 Hampstead Close NW

Reserve your tickets before the sell out!

[www.hamptonscalgary.ca](http://www.hamptonscalgary.ca)

## Cats, Canines, & Critters of Calgary



Honey, Woodcreek



Kona, Woodlands



Marjory, Walden



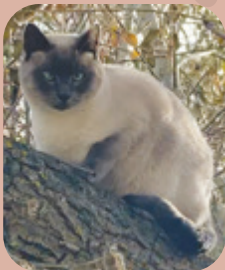
Mavis, Calgary



Puff the Magic Dragon,  
McKenzie Towne



Riley, Woodbine



Serendipity, Calgary



Tita, New Brighton

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

## In Loving Kindness

by Garth Paul Ukrainetz

Be not abashed when life is tough  
No shame in having need  
At times the road is harsh and rough  
Confused this world indeed

It's crucial that we all reach out  
In giving and receiving  
To rise above the walls of doubt  
Together we're believing

We're here to care, we're here to share  
For that's what life's about  
In loving kindness, hearts prepare  
The Food Bank helping out



## Belonging To May

The bell-shaped flower Lily of the valley's scientific name is *Convallaria majalis*, with *majalis* meaning "of or belonging to May"—making it the perfect birth flower for the month.



## Thai Curry Chicken

by Jennifer Puri

Thai food is a blend of four cuisines – Indian, Chinese, Malay, and Thai.

Thai curry can be mild or spicy and contain meat, chicken, seafood, or vegetables, and is typically served with rice or noodles.

The “reddish” colour and flavour of the curry comes from the red chillies used to make the paste which would also include lemongrass, shrimp paste, ginger and garlic, turmeric, coriander, and cumin seeds.

Full fat coconut milk has been used in the Thai curry chicken recipe as it helps to offset the heat and give it a creamy consistency. The curry is actually quite mild, but you can increase the heat by stirring in the garnish of fresh, sliced red Thai chillies prior to serving.

**Prep Time:** 20 minutes

**Cook Time:** 35 minutes

**Servings:** 4 to 6

### Ingredients:

- 3 lbs. boneless, skinless chicken breasts
- 1 medium size onion, finely sliced

- 3 garlic cloves, finely chopped
- 4 tbsp. vegetable oil
- 4 to 5 tbsp. Thai curry paste
- 3 tsp. fish sauce
- 1 tsp. sugar
- 2 ½ cups full fat coconut milk

### Garnish:

- 3 Thai red chillies, deseeded and thinly sliced
- 10 to 12 fresh mint leaves or Thai basil leaves

### Directions:

1. Cut the chicken breasts into small pieces.
2. Heat oil in a large pan or skillet (which has a lid), add the sliced onion and garlic and sauté for 2 to 3 minutes.
3. Add the chicken pieces to the pan and fry until they change colour and are no longer pink.
4. Add Thai curry paste, followed by the sugar, salt, and fish sauce, and blend in with the chicken.
5. Pour in the coconut milk and simmer on low heat until the chicken is tender, about 20 minutes.
6. Garnish with 2 to 3 thinly sliced Thai red chillies with seeds removed and fresh mint or basil leaves.
7. Serve with Jasmine or Basmati rice or rice noodles if desired.

Bon Appétit!





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ANIMAL NEGLECT

ANIMAL ABANDONMENT

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## ELEPHANT CAT



Did you know elephants can purr like cats when they're content? Unlike a cat's purr, which comes from its larynx, an elephant's purr-like sound is actually a deep rumble created by airflow through its vocal cords—how purr-fect!



**the Gutter Doctor**

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**[gutterdoctor.ca](http://gutterdoctor.ca)**

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BRAIN GAMES

SUDOKU

6								
				1		6		
	7	9			6			
		2					7	8
	9						5	
	3		4	5		9		
9				8	2	5	6	
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3								1

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Mother's  
Day!*



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