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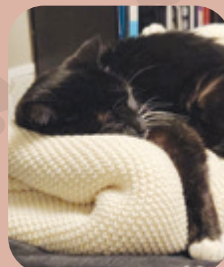
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Jasper, Glenbrook



Lulu, Signal Hill



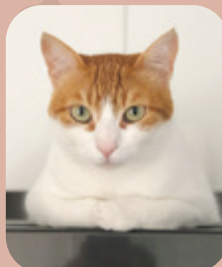
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**News, Events,  
& More**



**Crime  
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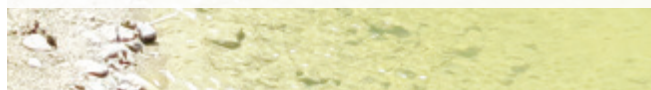


**Real Estate  
Statistics**



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## The Library Ship

*by Garth Paul Ukrainetz*

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HAMPTONS HOMEOWNERS ASSOCIATION



## A 'WICKET' DAY!

On September 25, 1844, the USA were totally stumped when Canada beat them by 23 runs in the first international cricket match. Played at St. George's Cricket Club in New York, it was a totally 'wicket' moment in Canadian sports history!

# The Art of Finding Work: Jobseekers Need to Learn to 'Move On'

by Nick Kossovan

Everyone knows ghosting and rejection are inherent parts of job searching. Yet, job seekers waste vast amounts of energy and time lamenting what they can't control. There's a prevalent sense of entitlement that employers owe job seekers, which goes against the universal truth that nobody is owed anything, be it a job, to make a living, or even happiness.

Job searching, regardless of the economic climate, has always required resilience. The key to resilience is having realistic expectations, such as understanding that employers you don't work for don't owe you anything. Having a 'F\*ck it!' mindset that empowers you to move on quickly is how you foster resilience.

### **Ghosted: You didn't get the job. Move on.**

- You didn't hear from an employer after submitting your resume: There were candidates with more relevant experience and were a better cultural fit. Move on.
- When a networking attempt fails: A stranger isn't willing to drop everything to help you. Move on.
- Not taking down a job posting: Some people never take down their Christmas decorations. If a job can be left open for a significant amount of time, assume it isn't critical. Do you want a non-critical or non-essential job? Move on.

### **Thinking about how the hiring process should be won't get you a job.**

Getting frustrated and angry at how an employer designed their hiring process won't get you a job.

Getting upset over being ghosted won't get you a job. It wasn't the employer who ghosted you; it was an employee whose behaviour doesn't speak for an entire company.

Life is too short to spend time and energy dwelling on "what could have been" and "whys." This is especially true regarding things out of your control, such as how an employer designs their hiring process or runs their business. The most common false belief I repeatedly see people hold, and which causes much of their

frustrations and anger, is that they can change other people's behaviour—as if it's their place to do so.

While it's natural to feel disheartened, it's crucial to understand that wallowing in the many disappointments you'll experience throughout your job search and believing you can control other people's behaviour hinders your progress.

When you invest your heart and soul into an application only to be met with silence or rejection, it's easy to spiral into self-doubt. Consider why you're giving a hiring manager—a stranger—influence over your self-esteem. Hence why I recommend embracing a 'F\*ck it!' mindset as a defence against rejection eroding your confidence.

I've been rejected many times, more than I've been accepted. I've learned the hard way, a running theme throughout my life, that if I permit it to do so, repeated rejection triggers a cycle of negative thinking that paralyzes me, regardless of whether I'm searching for work, submitting my writing, or reaching out to someone hoping to form a relationship. Dwelling on past disappointments sabotages future opportunities.

There are many reasons why quickly moving on, as opposed to wallowing, playing the "I'm a victim!" card, getting angry, or venting on LinkedIn and other social media platforms—which is never a good look—benefits your job search.

### **There's no shortage of opportunities.**

In several previous columns, I've mentioned that opportunities are all around you, with one caveat: they're attached to people. In 2024, employers are turning to their employees for referrals since job postings result in avalanches of applications, predominantly from job seekers who spray and pray. This underscores the importance of networking rather than applying to online job listings.

Clinging to rejections, being ghosted, or whatever is frustrating you is wasting mental energy you could be using to speak to people who may be able to refer you to job openings where they work. Starting right now, shift your focus away from past disappointments—forget about them, what's done is done, you can't change the past—and focus on future possibilities aligned with your skills and aspirations and start making



## Let's Keep Our Kids Safe as They Head Back to School

by The City of Calgary



As we gear up for the school year, we are asking people who drive to prioritize the safety of our students, and remember these safety tips:

- The kids are counting on us. Slow down and look out for them, especially in playground zones and around schools. It takes less than a minute to travel through most playground zones and speeding typically only “saves” a driver ten seconds. Be safe and slow down.
- Watch the crosswalks. Stopping or parking too close to a crosswalk creates dangerous conditions for pedestrians. People crossing the street cannot see past a car that is parked too close and approaching drivers cannot see pedestrians. Stopping too close to a crosswalk, even for just a minute, is too long. Be safe and watch out—please do not block crosswalks.
- Double parking creates unsafe conditions. Double parking is when a vehicle stops or parks in the roadway alongside another already parked car. Double parked vehicles not only obstruct the flow of traffic but can block the view of other drivers, making it difficult to see pedestrians or other vehicles. Encouraging passengers to get out of the car when double parked puts them in harm's way. When you choose to double park, even just for a minute, our kids are at risk of getting hurt. Be safe, park smart!

When driving, please choose safety over convenience—the kids are counting on us.

Learn more at [calgary.ca/besafe](http://calgary.ca/besafe).



it a point to meet people, because you never know what opportunities they may be attached to.

### **Much of the hiring process is out of your control.**

In the same way that you can't control the behaviour of others, you can't control how an employer hires. Many factors influence hiring decisions, notably internal politics and team dynamics. Instead of internalizing these setbacks, remind yourself of your skills, experiences, and past achievements.

### **Not quickly moving on is counterproductive.**

Dwelling on why you were ghosted or didn't get the job—instances in which you'll never know the actual reason—drains your energy, energy better spent on proactive measures to enhance your candidacy for future roles.

The key to a successful job search is to keep moving forward and stay focused on what you can control, such as optimizing your LinkedIn profile—arguably the most critical tool in a job seeker's arsenal—resume, and expanding your network to take advantage of all the opportunities around you.

# Understanding Why Some Men Struggle with Emotional Avoidance in Relationships

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

As a relationship counsellor many women ask me: “Why is my partner so emotionally unavailable?” or “Why won’t he open up to me?”. If you’re in a relationship with a man who seems emotionally distant, you’re not alone. Emotional avoidance is incredibly common among men (and women too). While it can feel confusing or painful in a relationship, it’s often rooted in early life experiences and cultural messages, not a lack of love or care.

### 1. Cultural and Social Conditioning

From a young age, many boys are taught to suppress their feelings. Messages like:

“Don’t cry.” “Man up.” “Be strong.” are often used to discourage boys from expressing emotions like sadness, fear, or vulnerability.

Over time, this social conditioning can lead men to associate emotional expression with weakness or failure. Vulnerability feels unsafe. Many men grow up believing they must always appear “in control,” which means avoiding emotions, both their own and others’.

### 2. Early Childhood Attachment Patterns

Many emotionally avoidant men learned, early in life, that emotional needs wouldn’t be met. Perhaps their caregivers were:

Emotionally distant. Critical or punishing when they expressed feelings. Overwhelmed and unavailable themselves.

As a result, these men developed an avoidant attachment style. They learned to cope by shutting down emotional needs, relying only on themselves, and avoiding dependence on others. In adult relationships, this can look like:

Withdrawing during conflict. Struggling to express affection or emotional presence. Feeling overwhelmed when their partner expresses strong emotions.

### 3. Fear of Shame and Vulnerability

Opening up emotionally requires risk. For many men,



emotional intimacy feels like stepping into unknown and possibly dangerous territory. They may fear:

Being judged. Saying the wrong thing. Being seen as “not enough”.

To protect themselves from the possibility of shame or rejection, they pull back emotionally. This doesn’t mean they don’t care. It means their nervous system is trying to protect them.

### 4. Lack of Emotional Awareness or Language

Many men simply haven’t been taught how to identify, name, or communicate their feelings. Emotional intelligence is a skill set, one that needs modelling and practice. Without that early modelling, men may not even recognize what they’re feeling, much less how to express it in a way that feels safe or clear.

This lack of emotional literacy can come across as:

“I don’t know what I’m feeling.” “I’m fine.” (when they’re clearly not). Defensiveness or silence during emotionally charged moments.

### 5. Modelling and Role Expectations

Most men were raised in environments where male role models modelled emotional detachment or stoicism. If their fathers, uncles, or coaches didn’t show emotional vulnerability—or worse, shamed it—they may not have any roadmap for what emotional availability looks like. In adulthood, many men feel emotionally “lost” and unsure how to engage on a deeper level.

### 6. Protective Coping from Past Wounds

If a man has experienced trauma, betrayal, or loss in the past, emotional avoidance may be a protective strategy. Avoiding closeness can feel like a way to prevent being hurt again. Unfortunately, what once served as protection can eventually become a barrier to healthy connection.

**Book Suggestion:** *The New Rules of Marriage: What You Need to Know to Make Love Work* by Terrance Real.



# Girl Guides

Everything she wants to be.

## AURORA SKY DISTRICT

Edgemont, Evanston, Glacier Ridge, Hamptons, Hidden Valley, Hanson Ranch, Kincora, Nolan Hill, Sherwood and Sage Hill

### So Long and Thanks for All the Fish

This will be my last Girl Guides community newsletter article. I only received four responses back from my last article where I asked people if they were still interested in reading articles about what Girl Guides are up to in their communities (thanks to those of you who emailed me, I appreciate it!).

I've been submitting these articles for over ten years now. Some have been written by other leaders, some have been submitted by me about what's been going on in our Ember unit; it has been a slice.

This will also be my last year as a Girl Guide leader. Because reasons.

Over the last 22 years, I have had so much fun planning meetings and seeing girls grow in their abilities and relationships. I've also made good friends with other leaders I've worked with. It is definitely one of the most rewarding volunteer positions I've ever held. Being a Girl Guide leader can also bring out the inner child in you - playing games you haven't played since you were a kid yourself, or doing crafts with them, it can be really fun!

I do hope others sign up as Girl Guide leaders in the future. Leaders are always in short supply, as volunteering does take time and commitment. But is time to hang up my hat as a leader myself.

So long and thanks for all the fish.

Karla W.

[guiderkarlayyc@gmail.com](mailto:guiderkarlayyc@gmail.com)

### Why Become a Girl Guide Leader?

- For women, Guiding is a chance to be part of their community by helping girls develop their potential. It's a place for personal growth, mentoring, and travel opportunities.
- Fostering a sense of belonging. Leaders create an inclusive environment where girls can feel accepted, supported, and valued.
- The widest range of activities of any extracurricular program for girls and of any volunteer experience for women. Guiding is unique in the breadth of its focus, which ranges from leadership development to global awareness to environmental stewardship.
- Belonging to the world's largest organization of girls and women, the World Association of Girl Guides and Girl Scouts (WAGGGS).



## WORD OF THE MONTH

**RIGMAROLE: NOUN (RIG-MUH-ROHL)**

Something long, tedious, and complicated.

*Mr. Scott went through the usual social rigmaroles at the party.*





## Creamy Beef Enchiladas

by Jennifer Puri

The idea of rolling tortillas around food originated in Aztec times but it was the Spanish Conquistadors who adopted the dish and added new ingredients like cheese, pork, and chicken.

Enchiladas, meaning “to season with chilies”, refers to stuffed corn tortillas that have been dipped in a chili sauce. A traditional Mexican dish, Enchiladas have a unique flavour and are a perfect combination of tortilla, meat, cheese, and sauce.

Smothered in sauce and baked, creamy beef enchiladas are filling and rich, so they are best paired with a simple bean salad or Mexican rice.

**Prep Time:** 20 minutes

**Cook Time:** 30 minutes

**Bake Time:** 30 minutes

**Servings:** 5 to 6

### Ingredients:

- 1 ½ lbs lean ground beef
- 1 tbsp. canola oil
- ½ cup yellow onion, sliced
- 1 cup cooked and rinsed black beans
- 2 packets (24 gm each) hot and spicy taco seasoning
- 6 large flour tortillas
- 1 ½ tsp. powdered cumin
- ¼ cup all purpose flour
- 1 can diced green chili peppers
- 1 cup milk
- 2 cups light sour cream
- ½ cup low fat Greek yoghurt
- 2 cups Mexican shredded cheese

### Directions:

1. Heat oil in a medium size pan, add onion and sauté until it turns a light brown. Then add the ground beef and brown about 3 to 4 minutes. Next add the taco seasoning and the black beans and continue to stir for 2 to 3 minutes.
2. Add the water and simmer the beef and bean mixture for about 20 minutes or until the liquid has dried up. Remove from heat and allow to cool.



3. Preheat oven to 350 degrees Fahrenheit.
4. Grease a large, rectangular oven-proof dish with butter. Place the tortillas on a flat surface and divide the cooled meat mixture between the tortillas. Fold tortillas and place them in the baking dish seams side down.
5. Prepare the cream sauce by combining the flour, cumin, sour cream, milk, yoghurt, and chilies in a bowl. Then spoon the sauce over the tortillas and sprinkle the cheese over it. Cover with non-stick foil and bake in the oven for 30 to 40 minutes.
6. Garnish with chopped tomato, avocado, and coriander leaves, and serve with a salad, salsa, and sour cream if desired.

Bon Appétit!



MLA Calgary-Edgemont

**Julia Hayter**

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## Hamptons Real Estate Update

Last 12 Months Hamptons

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2025	\$954,450	\$925,000
June 2025	\$1,099,350	\$1,035,000
May 2025	\$890,000	\$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

Last 12 Months Hamptons

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2025	13	10
June 2025	11	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

To view more detailed information that comprise the above  
MLS averages please visit **[hamp.mycalgary.com](http://hamp.mycalgary.com)**

As we head into September, I want to take a moment to welcome students, teachers, and staff back to school. I hope everyone had a fun, restful summer and is feeling ready for a fresh start. In my role as your MLA, I continue to stand with Alberta's educators in their call for fair wages, smaller class sizes, and improved learning environments. These are more than individual school issues; they are community issues. Strong public schools help to build strong communities, and every child deserves the chance to thrive.

This summer, I had the chance to attend a number of community celebrations that really showed off the best of our province. Stampede offered a great reminder of Alberta's history and culture, while Folk Fest highlighted the incredible diversity that makes this province feel so welcoming. Despite the rainy weather, Neighbour Day was full of thoughtful, creative gatherings, and Canada Day events were a great chance to reflect on what it means to build a strong Alberta within a strong Canada.

I've also continued doorknocking throughout the summer and hearing from many of you. Some of the most common concerns remain consistent: the rising cost of living, the measles outbreak (please check your vaccine status!), and worries about the unsettling conversations around separation.

As always, I am here to listen and help however I can. If you have questions about provincial services, need support navigating a program, or would like to invite me to a community event, please reach out at [edgemont@assembly.ab.ca](mailto:edgemont@assembly.ab.ca) or 403-288-4453.

Wishing everyone a great start to the fall!





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	2				4			8
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