NOVEMBER 2026 DELIVERED MONTHLY TO 2,650 HOUSEHOLDS

your HAMPTONS

HAMPTONS HOMEOWNERS ASSOCIATION

THE OFFICIAL HAMPTONS COMMUNITY NEWSLETTER

FOLLOW US ON (X)TWITTER & FACEBOOK



GET A QUOTE NOW

Lest We Forget – We Remember

Honouring the courage, sacrifice, and service of Canada's heroes.

Advertise locally with Great News Media.

Contact us at 403-720-0762 | sales@greatnewsmedia.ca

GREAT NEWS MEDIA
www.greatnewsmedia.ca
www.mycalgary.com/magazines

Calming Waters Wellness

Direct billing services are available for most insurance plans

NOW OPEN

Calming Waters Wellness

COUNSELLING SERVICES PROVIDED FOR:
Children, Teens, Adults, Couples, and Families

Ready to start your wellness journey?

Complimentary 15-minute virtual meet-and-greets with our providers

#114, 251 Sage Valley Common NW, Calgary, AB T3R 1X7

info@calmingwaterswellness.ca

ANITA MORTGAGE

Self-Employed?

Your bank said no. That doesn't mean you can't get approved.

- ✓ Alternative mortgage solutions
- ✓ Flexible income qualification
- ✓ Options for purchases, refinancing & renewals

Don't let traditional bank rules stop you from getting the mortgage you need.



ANITA RUSSELL

403-771-8771

anita@anitamortgage.ca

THE MORTGAGE GROUP

Kidney Car

Trusted for over 30 years

TURN YOUR UNWANTED VEHICLE INTO A LIFE SAVING MACHINE!



Fast Free Towing | Valuable Tax Receipt

Donate your vehicle TODAY!

kidney car

kidneycar.ca

Calgary: 403-279-7707

25¢ FLYERS

(INCLUDING DELIVERY)



- ▶ FULL COLOUR PRINTING
- ▶ DOUBLE-SIDED DESIGN
- ▶ PREMIUM 70 LB GLOSS STOCK
- ▶ FULL BLEED FOR EDGE-TO-EDGE IMPACT

Let's get your business into the hands of thousands of local customers.

CONTACT US

403-720-0762

sales@greatnewsmedia.ca

greatnewsmedia.ca

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

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: $17,679**

SALE $13,879

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: $20,679**

SALE $15,879

Limited Supplies

We Also Specialize in En Suites & Custom Bathrooms

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

WESTERN BATHROOMS & RENOVATIONS

Serving Calgary since 1989

403-257-3222 | WWW.WESTERNBATHROOMS.CA

All Labour & Material Included

All packages pertain to standard size bathrooms

OFFICIAL
PLUMBING & HEATING

Furnace and A/C Install & Repair
Plumbing Services
Drain Cleaning
Boiler Install & Repair

$75
Service Call Fee



403-837-4023
info@officialplumbingheating.ca
official-plumbing-heating.ca

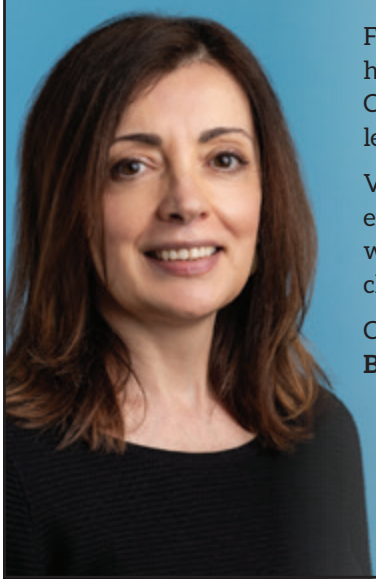
GREAT NEWS MEDIA
LEADERS IN COMMUNITY FOCUSED MARKETING



Support the local businesses that make our neighbourhood thrive, and make this publication possible.

403-720-0762
grow@greatnewsmedia.ca

SCAN ME



Part of *your* community.

For 30 years, **Shibley & Company** has supported our northwest Calgary neighbours in all their legal matters.

Vilma and her team deliver effective legal counsel combined with personalised service, for all client circumstances.

Conveniently located in the **Beddington Towne Centre Mall.**

WILLS AND ESTATES
REAL ESTATE AND FAMILY LAW
NOTARIES AND COMMISSIONS
INCORPORATIONS, CONTRACTS, AND ANNUAL RETURNS

219, 8120 Beddington Blvd. NW,
Calgary, Alberta T3K 2A8
Phone: 403.275.3230
Web: **Shibley*and*Company.ca**

SCAN TO VISIT US ONLINE

SHIBLEY &COMPANY
BARRISTERS, SOLICITORS & NOTARIES PUBLIC

CONTENTS

7 COMMUNITY UPDATE

8 A FRESH PERSPECTIVE: REMEMBERING AND RECONNECTING

10 NOVEMBER CROSSWORD

14 WRITE IT FORWARD: NEW ABILITIES

15 BUSINESS CLASSIFIEDS









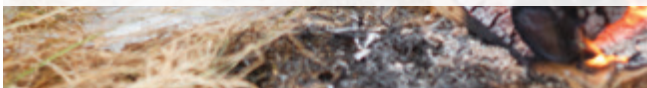
SCAN HERE TO VIEW ADDITIONAL HAMPTONS CONTENT

News, Events, & More	Crime Statistics	Real Estate Statistics



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



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

Mark Seland	President
Angelo Salina	Vice President
Scott Livingstone	Treasurer
Reese Hilland	Special Projects Director
Turin Chowdhury	Director at Large
Riaz Padamsey	Director at Large
Vikas Upadhyay	Director at Large
Raymond Chang	Director at Large
Erin Chan	Director at Large
Bonnie Huang	Director at Large

Community Designated Schools

(FR) Denotes French Immersion Program

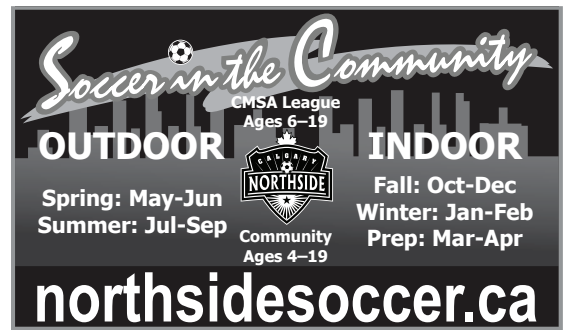
Hamptons Elementary
Captain John Palliser Elementary
Tom Baines Junior High
Sir Winston Churchill Senior High
St. Dominic Fine Arts
St. Jean Brebeuf Junior High
St. Francis Senior High
St. Luke Elementary (FR)
Madeleine d'Houet Junior High (FR)
École Terre des Jeunes (FR)
Ste-Marguerite-Bourgeoys (s)(FR)
École de la Rose sauvage (FR)

Reminder

2026 FEES ARE NOW PAST DUE

Interest charges will be added to all unpaid accounts as per the terms listed on the invoice. If you are unsure of your account balance inquire by email to admin@hamptonscalgary.ca

Hamptons Homeowners Association



Not Your Newsletter?

Receiving a newsletter for a neighbouring community? No worries, all editions of all community newsletters made by Great News Media can be viewed at www.mycalgary.com.

Community Update:
Planned School Development in the Hamptons

The HHOA and HCA would like to provide residents with an update regarding one of the designated school sites located within the large green space, adjacent to the rink and tennis court. The site has been assigned to FrancoSud for the development of a French Catholic school, with a hybrid private-public format.

The HHOA and HCA have limited information and are actively working alongside the City of Calgary to obtain updates regarding the project. We have requested FrancoSud provide transparency and to engage directly with residents of our comunity.

We understand there will be concerns and ask that you please direct all questions, concerns to FrancoSud and Alberta's Minister of Education, Demetrios Nicolaides.

FrancoSud

https://francosud.ca/accueil/english/contact/

- Phone : 403.686.6998
- Email: infoconseil@francosud.ca

Minister of Education, Demetrios Nicolaides

https://www.alberta.ca/minister-of-education-and-childcare

- Email: education.minister@gov.ab.ca
- Phone: (780) 427-5010
- Mailing Address: 423 Legislature Building, 10800 – 97 Avenue, Edmonton, AB, T5K 2B6

Remembering and Reconnecting

by Rebecca Pink



November gives us a moment to pause and honour, with deep gratitude, those who served and sacrificed for others, and those who continue to serve today. It is also a reminder that remembering is something we all carry in different ways. Remembrance is not limited to one day or one kind of loss, it can take many shapes, often quietly woven into our everyday lives. Sometimes remembering brings comfort; other times, it brings sadness, longing, or emotions we weren't expecting. There is no right way to remember or feel. We can continue to try to make room for whatever comes, with a little gentleness and self-compassion,

Grief is something that many people carry quietly. I know this from my own experience as well. It can be complicated, heavy, and unpredictable, bringing waves of emotions that can shift from one day to the next. We don't always talk about it, and sometimes we may feel as though we are expected to "move on" or "be fine". However, grief doesn't follow a timeline and is never linear. We can make room for both the sadness of what is no longer here and the gratitude for once was.

November can be a challenging month for many of us. The days grow shorter, the temperatures drop, and for many of us, our energy shifts with the season. Rather than seeing this as something we need to push through, maybe it can be an invitation to slow down and check in with ourselves. What might you need a little more of right now? Rest? Connection? Time for yourself and your loved ones?

November gives us an opportunity to pause, remember, and reconnect. We might reach out to someone we haven't spoken to in a while, revisit a memory, or make a little more room for the people and experiences that matter to us. For those carrying grief, these moments of connection can be especially meaningful. Sometimes remembering together is a way of reminding ourselves that we don't have to carry it alone.

As we move through November, I also want to take a moment to remember and honour those who have served and continue to serve, and the families who stand alongside them.

Lest We Forget.



Your pee shouldn't be red either.

SEE RED?

SEE YOUR DOCTOR. GET SUPPORT.

BLADDER CANCER CANADA | CANCER DE LA VESSIE CANADA

bladdercancercanada.org
1-866-674-8889

Real Housemaids YYC

We use Eco-Friendly Products.

Residential and Commercial Cleaning

Reliable. Bonded. Insured.

Book Here

or text 587-225-7995

COME HOME TO CLEAN

BRAIN GAMES SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



News from the Friends of Nose Hill

by Anne Burke

The Glenbow Archives entry for Robert Aramant refers to the researcher and author who spent time in Calgary, during the early 1980s. He is primarily recognized in local archives for his field research and documentation on Nose Hill. For in library use only, Calgary Public Library has a copy of his report: "The Tipi Rings Nose Hill: Calgary April 1982 to May 1983."

Robert Bo Ararmant (1932-2022) in the Natural Areas Group of the Calgary Field Naturalists' Society surveyed stone circles along the southern margin of Nose Hill uplands. Studies were done during the months when ground conditions were suitable. His research detailed bearing and distance information between tipi rings and on the diameter and number of stones with each ring. He recorded 60 new rings as well as mapping previously identified sites. Vehicle tracks, rubbing stones, and an unknown group of poplars were indicated.

Other maps show roads, critical bearings to Nose Hill Tower and horse barn. Following his study, the site was revisited. New rings related to recorded sites were compared. Some rings matched the original Lifeways of Canada definition by Alberta's first and longest-operating heritage and historical resources consulting company. Robert wrote it is very important to point out that this report only surveyed a small part of the proposed Nose Hill Park area. Even the southeast part of Nose Hill, where the report presents newly found tipi rings, has been very incompletely surveyed.

Consequently, there are many more tipi rings on natural prairie grassland areas and probably also many other kinds of archaeological sites and artifacts as well that are undiscovered on Nose Hill. It is very desirable that the natural prairie grassland still left on Nose Hill be preserved and protected. Read more at: www.newcomerkentuckiana.com/obituaries/robert-aramant.

November Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Across

6. Directed by Guillermo del Toro, this retelling of a famous novel was released November 7, 2025.

7. This warm yellow gemstone is said to prevent injury and bring strength. It is also November's birthstone.

8. Born November 10, 1989, this actor is most recently known for his role as Dr. Frank Langdon on *The Pitt*.

10. As a treat during the fall, this fruit is typically dipped in melted chocolate or caramel and then covered with various toppings.

11. In Greek mythology this man is cursed to push a boulder up a mountain for all eternity.

12. Born November 7, 1913, Albert ____ was the French philosopher who wrote *The Stranger* in1942.

Down

1. Good for tea and relaxation, these spidery flowers are the birth flower of November.

2. Remembrance Day is celebrated in Canada on what day of November?

3. Watch your French fries! Despite their oceanic nickname, these white and gray birds are found inmany parts of Alberta, including Calgary parking lots.

4. This Indian celebration known as the "Festival of Lights" happens between mid to late-October and mid-November.

5. Toni _____, born November 1, 1972, is an Australian actress who has been in an impressive collection of movies including, *"The Sixth Sense, Little Miss Sunshine, and Knives Out"*.

9. These small brown nuts come from oak trees and have a distinct cup shape.



40 YEARS

Serving the Calgary Real Estate Market

Kirby Cox & ASSOCIATES

Over 200 Homes Sold in 2025!!

33 Consecutive Years @ Top 1% in Canada

609, 16 Varsity Estates Circle NW



- Groves of Varsity
- 2 Bedrooms & 2 Full Baths
- Hardwood Floors
- 1 Underground Parking
- Onsite Fitness Centre

$429,900

2 | 2F | 1047 sqft | 1 Car

8516 Hawkford Gate NW



- 4 Bedrooms
- Maple Kitchen
- Original Owners
- Fenced Yard with Deck
- Steps to Playground

$749,900

4 | 2F1H | 2097 sqft | 2 Car

73 Rockyvale Green NW



- 4 Bedrooms + Den
- Hardwood & Tile Floors
- 3 Car Garage
- Fully Finished, Central Air
- Backs on Field, Mtn Views

$1,250,000

4 | 4F1H | 2703 sqft | 3 Car

307 Hampstead Way NW — SOLD!!



- Walkout on Golf Course
- 3 Bedrooms + Den
- Original Owners
- Hardwood Floors
- Wonderful Views

$1,169,900

3 | 2F1H | 3125 sqft | 2 Car

52 Edgeland Road NW



- Fully Finished 4-Level Split
- 3 Bedrooms & 2.5 Baths
- Eat-in Oak Kitchen
- Huge Crawlspace
- Private 0.18 Acre Pie Lot

$699,900

3 | 2F1H | 1372 sqft | 2 Car

78 Hamptons Circle NW



- Updated Two Storey
- 4 Bedrooms + Loft Up
- Vinyl Plank Floors
- Main Floor Bedroom & Bath
- South Backyard

$974,900

5 | 3F | 2595 sqft | 2 Car

Contact Us Today and Let Our Experience Work for You! **403-247-5555**

ROYAL LEPAGE Benchmark

Healthy Conflict: Why Children Need to See Us Work Through Our Differences

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

Many parents worry about arguing in front of their children. They may believe that being good parents means keeping disagreements private and presenting a picture of a relationship where everyone gets along. However, healthy relationships are not conflict-free relationships.

Children benefit from seeing that two people can disagree, experience difficult emotions, and still remain connected. When handled respectfully, conflict can become an opportunity to teach children some of life's most important relationship skills.

What does healthy conflict look like?
Healthy conflict isn't about never becoming frustrated. It is about learning what we do with that frustration. Healthy conflict might sound like:

"I'm feeling frustrated right now. I need a few minutes before we continue this conversation."

"I see this differently, but I want to understand your perspective."

"I don't agree with you, but I can understand why you feel that way."

"I didn't handle that well. I'm sorry."

"Let's figure out what we can do differently next time."

Children who hear these kinds of conversations learn that disagreement doesn't automatically mean rejection, abandonment, or the end of a relationship.

Children need to see repair
One of the most important things children can witness is what happens after conflict.

Parents sometimes lose their patience. They may misunderstand one another, become defensive, or say something they regret. What matters most is what happens next.

When children see a parent return to the conversation, take responsibility, apologize, listen, and reconnect, they learn that relationships can survive difficult moments.

This is a powerful lesson in resilience. The message becomes:

"We can have a hard moment and find our way back to one another."

Conflict can teach emotional regulation. Children learn emotional regulation partly through observing the adults around them.

When parents demonstrate that strong emotions can be acknowledged without becoming destructive, children are given a model for managing their own feelings.

They learn that being angry doesn't mean they have permission to hurt someone. Being disappointed doesn't mean they have to withdraw completely. And being upset doesn't mean the relationship is no longer safe.

Parents can model that it is possible to pause, calm down, return to a difficult conversation, and work toward understanding.

What children shouldn't have to witness
Healthy conflict is very different from destructive conflict. Children should not be placed in the middle of adult disagreements or exposed to intimidation, threats, humiliation, contempt, physical aggression, or ongoing hostile conflict.

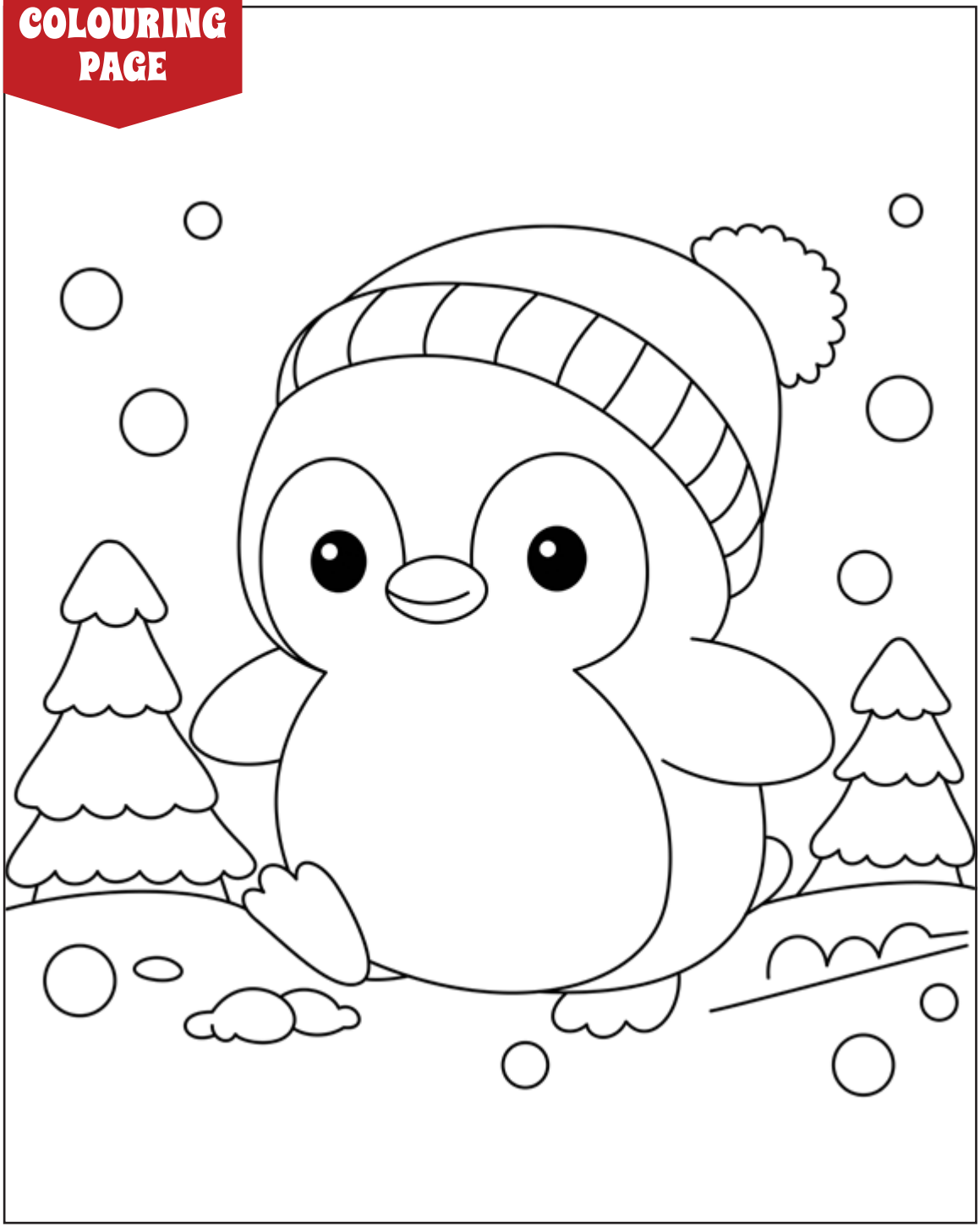
They should not be expected to take sides, carry messages between parents, or become responsible for repairing the relationship.

There are also circumstances where safety must come first. When there is violence, coercive control, or fear within a relationship, the goal is not simply to teach children how to witness conflict differently. The focus needs to be on safety and appropriate professional support.

Your children don't need to see a perfect relationship
When parents demonstrate respectful disagreement and genuine repair, children learn that relationships require communication, accountability, patience, and forgiveness.

They learn that conflict is something we can work through, not something we have to fear.

COLOURING PAGE



New Abilities

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

If you could wake up tomorrow with the ability to do something new, what would it be? What if it were a completely far-fetched or magical skill? How would you use it, and where would it take you?

Dear reader,

Considering magically gaining a skill overnight made me think of many potential scenarios. One of the first things that came to me was having unlimited home and car maintenance skills because I would be able to use them frequently to support my family. However, when I thought about it, I realized I would not want to spend my time on those tasks because they are messy, time-consuming, and often done alone.

I would want a skill that is more social and homes in on my interests. So, I thought about what I've been attracted to learning in the past. One skill I've worked on for many years is speaking Spanish. It's been an on-and-off process since my twenties, and I'm still at the intermediate level. This gets me by when I'm traveling, but I've always felt frustrated not being fluent because it holds me back from fully expressing myself or truly understanding the people I meet. Wouldn't it be wonderful to communicate effortlessly in another language and just say what's on your mind?

Since we're considering magically gained abilities, I'd take it a step further than fluency in Spanish; I'd wake up ready to communicate in any language. Imagine the opportunities it would open up! I could use multilingualism to immerse myself entirely in any place and culture.

I absolutely love to travel. I find it's the best way to learn and gain new perspectives. The more different the destination from my home, the more it opens my mind. Being able to speak the local language would vastly improve my understanding of things I'm curious about: history, politics, geography, regional customs, and culture. Reading about these things in books or watching videos online can never match the insights gained by speaking directly with people who have lived the history and experience its culture every day.

My magical language skills could be used for a greater purpose: recording endangered languages before they disappear, deciphering ancient manuscripts or petroglyphs, and even collecting valuable international intelligence. The possibilities feel endless!

Your turn! If you could wake up tomorrow with a new skill, what would it be? Write in your journal or to your pen pal.

Happy writing,

Michelle

Now it's your turn to write it forward. Write a friend, neighbour, or family about our monthly reflection.

Write It Forward



Now it's your turn to write it forward. Write a friend, neighbour, or family member about our monthly reflection.

BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

HAMPTONS MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbours navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

PR HANDYMAN: All exterior repairs and renovations: fences, decks, railings, stairs, sheds, garages. Prep/place/repair all styles of concrete/parging. All interior repairs/renovations: drywall, paint, plumbing. Kitchen and bathroom renovations, basement renovations. No job too small! Seniors' discount. Fully-insured. Sheldon, 403-975-5562.

FALCONER HANDYMAN SERVICES LTD: New decks, fences and repairs. Stucco patching, re-stucco, foundation parging, interior and exterior painting, flooring, drywall, concrete, landscaping, and renovations. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644 or email handyfalconer@gmail.com.

PAINTER SERVICING HAMPTONS: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

HAMMERTIME ROOFING: Award-winning roofing, siding, soffit, fascia, & eavestrough specialists. Premium roofing systems backed by manufacturer warranties on both materials and workmanship. Free inspections, detailed quotes, and professional installation. Serving Calgary and area. Call 403-493-9599, email calgary@hammertimeroofing.ca, or visit www.hammertimeroofing.ca.

JEFFREY ELECTRIC: Friendly, professional electrical service for your next residential project, large or small. Since 2012, WCB, CQT, Master Electrician, licensed, insured. Competitive rates for quality electrical work. Panel upgrades from 60amp to 200amp. Car chargers, aluminum rewiring, custom lighting and LED install. Call for estimates. www.cejelectric.com. Clayton Jeffrey. 403-970-5441.

Word of the Month

Psithurism: Noun (sith-yuh-riz-uhm)

The soft, whispering sound of the wind moving through trees and leaves.

"A faint psithurism at the edge of the woods could be heard as the evening air began to cool".



the academy
A WORLD OF WONDER

Now Enrolling

Register Before January 2027 & Enjoy No Registration Fee

Opening Soon

Why Families Choose the Academy

- Licensed Childcare
- Caring, experienced educators
- Safe, welcoming environment
- Play-based learning
- Social, emotional & academic development

At The Academy imagination leads the way.

Our Imagine Program brings together play, discovery and learning through artistic expression and experiential learning



Give Your Child the Best Start

Every fall registrant gets a Ready Set Pack – which includes a Nap Sack and a Backpack.

Affordable Childcare

Supported by Alberta's Affordability Grant

Affordability Grant funding is subject to Government of Alberta eligibility, program requirements, funding availability and change. The Academy does not determine government funding eligibility.

Scan to enroll today

Location
100 Nolanridge Ct NW
Contact Us
P: (403) 984-4475
E: nolanhill@theacademykids.ca
W: theacademykids.ca



THE VISTA
AT SAGE HILL

Your next chapter is for **living life to the fullest**. Try new hobbies, explore inspiring activities, and let us handle the chores.

Restaurant-Style Dining
Resident Fitness & Yoga Studio
Heated Underground Parking

JOIN US FOR OUR

Open House | November 24th 5PM-7PM

VistaSageHill.com **587.205.4054** 3865 Sage Hill Dr. NW Calgary