

OCTOBER 2026

DELIVERED MONTHLY TO 2,650 HOUSEHOLDS

your HAMPTONS



THE OFFICIAL HAMPTONS COMMUNITY NEWSLETTER



Give Your Parents Comfort with a Reverse Mortgage

- ✓ Extra income, no monthly payments
- ✓ Stay in the home they love
- ✓ Leave a living inheritance

Call today to give them freedom and peace of mind.



ANITA RUSSELL

403-771-8771
anita@anitamortgage.ca

www.hamptonscalgary.ca

Kidney Car

TURN YOUR UNWANTED VEHICLE
INTO A LIFE SAVING MACHINE!

Trusted
for over
30 years

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

the academy

A WORLD OF WONDER

Now Enrolling

Register Before November 2026 & 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

Scan to enroll today

Location
100 Nolanridge Ct NW

Contact Us
P: (403) 984-4475
E: nolanhill@theacademykids.ca
W: theacademykids.ca

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

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 \$15,679
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



Magic Carpet Ride

Family Literacy Program



**A family that reads together,
grows together.**

The Magic Carpet Ride program is for 3-5 year olds and their parents or caregivers. We help families learn to use everyday activities to build a love of literacy and learning. Held at convenient locations across Calgary.

FREE! Contact us to learn more:

famlit@canlearnsociety.ca

(403) 686-9300 ext. 128



www.canlearnsociety.ca/magic-carpet-ride

OFFICIAL

PLUMBING & HEATING

\$50

Service Call Fee

Furnace and A/C Install & Repair

Plumbing Services

Drain Cleaning

Boiler Install & Repair



403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca

**BRAIN
GAMES**

SUDOKU

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

**SCAN THE QR CODE
FOR THE SOLUTION**



CONTENTS

- 7 COMMUNITY UPDATE
- 8 OCTOBER CROSSWORD
- 10 MENTAL HEALTH MOMENT: HEALTHY RELATIONSHIP FOR OUR CHILDREN
- 12 SAFE AND SOUND: HALLOWEEN SAFETY
- 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

Winged Creatures

Did you know that bats are the only mammal that can fly? This is possible because of their elongated finger bones and thin skin that stretches across their bodies creating a wing.



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 community.

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/>

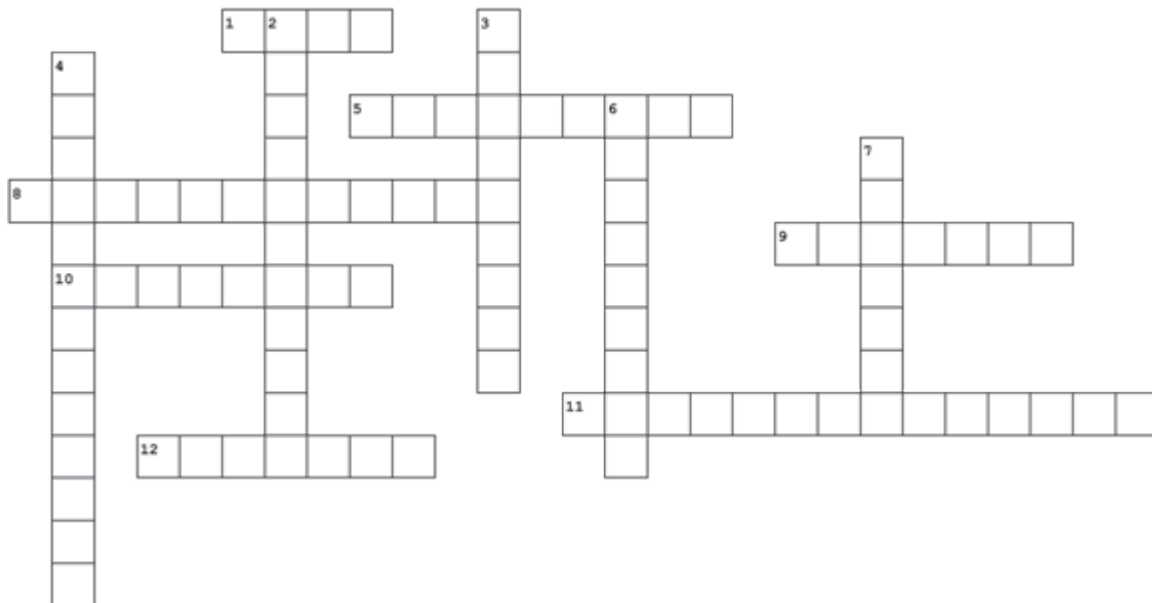
- Phone : [403.686.6998](tel:403.686.6998)
- Email: infoconseil@francosud.ca

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

October Crossword



Across

1. Known as October's birth stone, this iridescent gem is sometimes worn by artists to inspire creativity.
5. These tall, friendly faces are full of straw and often seen in the middle of corn fields.
8. Celebrated this year on October 12, this holiday encourages generosity, connection, and the consumption of a delicious meal.
9. This large orange squash is traditionally carved the night before Halloween
10. Twists and turns; this fall activity is generally held in large fields of a certain tall grain.
11. This Oscar-winning actress was the "final girl" in the classic horror movie series, *Halloween*.
12. Known as the Greek Goddess of harvest, she is the mother to Persephone.

Down

2. Bright red and sour, the seeds of this fruit were consumed by Persephone in Greek mythos.
3. These bright yellow and red flowers are the birth flowers of October, representing joy, warmth, and remembrance.
4. Horace Walpole's *The Castle of Otranto*, published in 1764, is most famously known as the first novel of this literary genre.
6. "In Rainbows" an album released October 10, 2007, was the seventh studio album for this alternative rock band.
7. This monster has a variety of features but is most often depicted with long fangs and red eyes.



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

Divorce—Business Income is Personal Income

by Christopher Bungay, Divorce Lawyer



In many divorces, one spouse is the owner/operator of a business. In these families, the line between business income and personal income is often blurred. Many business owners (intentionally or not) often use their company credit cards and corporate money to pay for personal family and home expenses. As a result of this, the personal tax returns of a business owner often do not reflect their true personal income.

In the above scenario, the personal tax return of a business owner might show a very low amount of personal income, while their business tax return can show a very high amount of corporate earnings. It is also common to see personal expenses counted as “business expenses” on business tax returns. This is sometimes done intentionally so that CRA will think the business earns less and thus would be taxed less than it otherwise should be.

The mixing of personal/business income and expenses can cause significant problems in divorce cases. The amount a spouse must pay for child support and spousal support is often based on his or her reported personal income. A spouse who owns a business sometimes uses a false lower income amount on a personal tax return to argue they should pay a lower amount of support. Unfortunately, in many cases, the actual personal earnings power of the spouse is hidden within the business income.

Judges and divorce lawyers are keenly aware of

situations where business owners try to muddle their personal and business income. Fortunately, the law can protect vulnerable spouses and children in these cases. If a judge believes that a spouse is hiding income within a company, the business income can be used as the correct amount for determining support payments. Similarly, the law gives judges power to examine business expenses to ensure these are not actually personal expenses. In an Alberta divorce case, if a spouse is self-employed, he or she must demonstrate their business expenses are reasonable and that they are truly business expenses. If a self-employed spouse cannot show their business expenses are reasonable, a judge can add these expenses back into the spouse's income amount. In these situations, the higher income level, after adding back in the unreasonable expenses, is used to determine that spouse's support obligations.

It is also important to remember that many business-owning spouses are not intentionally hiding their income. The mixing of personal and business income can result from someone not understanding tax laws. Sometimes, a business owner is just too busy and is not paying enough attention to their personal/business spending patterns. However, whether intentional or not, divorce law is clear: business income and business expenses can both be used to determine the true personal earning power of a spouse.

Healthy Relationship for our Children

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



How Does My Relationship with My Partner Affect My Children?

Children learn about relationships long before they begin having relationships of their own. They watch how their parents speak to one another, handle disagreements, show affection, repair hurts, and navigate life's challenges. The relationship between parents becomes one of the first models children have for understanding what love, safety, trust, and partnership look like.

A healthy marriage does not mean a marriage without conflict. In fact, children can benefit from seeing that disagreements are a normal part of relationships when those disagreements are handled with respect and ultimately repaired.

Children Feel Safer When Their Parents' Relationship Feels Secure

A strong parental relationship can provide children with an important emotional foundation. When children

experience their parents as a team who care about one another and are committed to working through difficulties, they are more likely to experience their family as a safe and predictable place.

This sense of security gives children room to focus on the important work of childhood: learning, exploring, developing friendships, making mistakes, and discovering who they are.

Children Learn How Healthy Relationships Work

Children are constantly observing. They notice whether parents listen to each other, express appreciation, apologize when they are wrong, and respect one another's boundaries.

When parents demonstrate healthy communication, children learn that it is possible to express difficult feelings without attacking or humiliating another person. They learn that differences do not have to

threaten a relationship and that problems can be discussed and resolved.

These lessons become part of their developing understanding of relationships.

Children Learn Resilience by Watching Parents' Repair

One of the most powerful lessons parents can provide is not perfection, it is repair.

Parents will sometimes become frustrated, misunderstand each other, or say something they wish they had said differently. When children see their parents take responsibility, apologize, listen, and reconnect, they learn an important message: relationships can experience difficulty without falling apart.

This is a foundation for resilience.

Children begin to understand that mistakes are not necessarily disasters, conflict can be managed, and difficult emotions can be worked through.

A Healthy Relationship Creates Emotional Space for Parenting

When parents feel connected and supported by one another, they often have greater emotional resources available for their children. A strong partnership can make it easier to share parenting responsibilities, problem-solve together, and support one another through the inevitable stresses of raising a family.

This doesn't mean parents must agree on everything. Healthy couples can have different perspectives while still communicating respect and presenting a united commitment to their children's wellbeing.

Children Don't Need Perfect Parents

Perhaps most importantly, children don't need a perfect marriage. They need parents who are willing to keep learning, growing, communicating, and repairing.

A healthy relationship between parents can teach children that love is not simply about getting along when everything is easy. It is about showing up, listening, taking responsibility, extending compassion, and finding your way back to one another after difficult moments.

When parents invest in the health of their relationship, they are not only strengthening their marriage, they are helping their children develop the emotional security, relationship skills, and resilience they will carry into the rest of their lives.



News from the Friends of Nose Hill

In 1973, Calgary City Council voted to reserve 4,100 acres as parkland on the top and escarpments of the east end of Nose Hill. The result was a combination of vigorous and sustained political pressure due to the activities of citizen groups who promoted the creation of the park. The decision to acquire it was influenced by public and private lobbying, including civic servants. A citizens' task force was appointed by the City Parks and Recreation Board; their report identified Nose Hill as of the highest priority and should be immediately purchased outright. There was strong support for large natural areas when the Calgary Field Naturalists' Society completed their year-long study. Although the land had been a subject of speculation since World War I, the City was freed by provincial policy to plan for a major park on Nose Hill. The Calgary Municipal Airport, in the late 1950s, decided that Nose Hill was on a flight path, so that the Federal Department of Transport imposed a development ban. Some farmers had to relocate and during the 1960s' suburban sprawl, people believed the open space would remain, unless or until the jet soon replaced the propeller. The Calgary Planning Commission requested a sector plan for the Nose Hill Highlands from the City Planning Department. The North Hill Community Associations asked for a delay to help prepare the plan. Calgary Field Naturalists' Society, Society for Pollution and Environment Control, The Junior League, and Local Council of Women asked to speak at a Public Hearing, before City Council voted 11 to 2 to put a freeze on Nose Hill development. Read more of "Fish Creek and Nose Hill Parks: A case study in contrasting forms of public participation" by Harvey A. Buckmaster (1929 to 2018) and his wife Margaret who advocated for Alberta's special places. www.fonhs.org/xdocuments.html.

Halloween Safety

by Alberta Health Services



As a supporter of Calgary's Child Magazine's Partners for Safety initiative, Emergency Health Services (EHS) Alberta would like to remind parents and trick-or-treaters of important Halloween safety tips as October 31 approaches.

Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks or at well-lit corners. It is safest to work your way up one side of the street and then cross once to the other side.
- You may choose to avoid houses that are not well lit. Do not accept rides from strangers or enter any home where you feel unsafe.
- Let your parents know where you are going and what route you plan to take. Let them know if you will be late returning home.

Parents

- Be certain that an adult accompanies young trick-or-treaters. Older children should stay in groups.
- Predetermine the boundaries for trick-or-treating and

establish a time for children to return home.

- Advise children not to eat anything until they return home. Dispose of any items that have been tampered with or are not properly wrapped.

Costumes

- Choose brightly coloured costumes that are highly visible. Adding reflective tape to costumes can further increase visibility.
- Consider sending your children with a flashlight for additional safety and visibility.
- When purchasing or making costumes, look for materials and accessories labelled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic makeup instead of masks that may impair breathing or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not extend below your child's ankles.
- Ensure your child is wearing adequate footwear that takes the weather conditions and walking into consideration.

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

SHOP LOCAL



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

403-720-0762
grow@greatnewsmedia.ca



SCAN ME

Soccer in the Community
CMSA League
Ages 6-19

OUTDOOR
Spring: May-Jun
Summer: Jul-Sep

INDOOR
Fall: Oct-Dec
Winter: Jan-Feb
Prep: Mar-Apr

Community
Ages 4-19

northsidesoccer.ca

Joke of the Month

*How do you repair a
broken jack-o'-lantern?
Use a pumpkin patch!*




ANITA MORTGAGE

**Mortgage Renewal
Coming Up?**

Before you sign your renewal offer, see how refinancing could help you:

- ✓ Lower payments
- ✓ Consolidate debt
- ✓ Improve cash flow
- ✓ Save thousands over time

Your lender gave you an offer — not necessarily the best one.




ANITA RUSSELL **403-771-8771**
anita@anitamortgage.ca

 **THE MORTGAGE GROUP**

**Find peace and healing at
Calming Waters Wellness**

SERVICES PROVIDED: Child Counselling, Teen Counselling, Adult Counselling, Couples Counselling, Family Counselling

AREAS OF INTEREST: ADHD, Anxiety, Communication skills, Depression, Emotional regulation, Family conflict, Grief/loss, Parenting skills, Relationship issues, Self-esteem, Separation/divorce, Stress management, Workplace stress

*Calming Waters
Wellness* 

**Direct billing services
are available for most
insurance plans**



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

✉ info@calmingwaterswellness.ca

Ready to start your wellness journey?

Complimentary 15-minute virtual meet-and-greets allow you to meet a provider and determine if they are a good fit for you.

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.

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.

GUTTER DOCTOR: Home Exterior Services. Gutter cleaning/repair/installation, window cleaning, gutter guards/leaf screens, fascia, soffit, siding, permanent outdoor holiday lighting, roofing, cladding, heat cables, pressure/soft washing. Local business since 2003 with more than 70,000 happy customers! Licensed, insured, WCB, A+ rated BBB member, multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

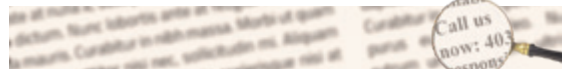
HAMMERTIME ROOFING: Award-winning roofing, siding, soffit, fascia, & eavestrough specialists. Premium roofing systems backed by manufacturer warranties on both materials and workmanship. Free inspections, detailed quotes, and professional installation. Serving Calgary and area. Call 403-493-9599, email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

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.

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.

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.

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.



Gutter Doctor Home Exterior Services

Gutter Clean/Fix/Install • Leaf Screens
Window Cleaning • Fascia/Soffit/Siding
Pressure/Soft Wash • Cladding
Permanent Lights • Roofing

Senior Discount • Warranty • WCB • Insured
403-714-0711 • gutterdoctor.ca



Serving the Calgary
Real Estate Market

KirbyCox
& 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

15 Hampstead Rise NW

SOLD!!



- Former Showhome
- Backs on Golf Course
- Hardwood Floors & A/C
- Fully Finished
- Renovated Kitchen

\$999,900

2 2F1H 1838 sqft 2 Car

92 Hamptons Link NW

SOLD!!



- Two Storey Walkout
- 2 Bedrooms & Central Air
- Granite Counters
- Beautiful Views
- Fully Finished on Park

\$547,900

2 2F2H 1482 sqft 1 Car

307 Hampstead Way NW



- 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

