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Coffee & Conversations

The Housing Market Today

Saturday, Sept 26th | 10AM

Thinking about the future? Whether you're considering a move, curious about today's housing market, or simply looking for valuable information, this informative event is for you. We are pleased to welcome **Brandie Young of Seniors Realty**, who will share her expertise!



587.205.4054 • VistaSageHill.com

Presentation Room, 45 Sage Hill Road NW, Calgary | Suite 106

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

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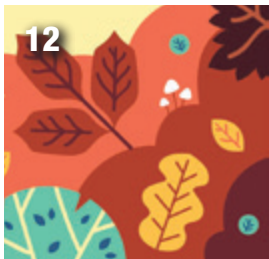
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**SCAN HERE TO VIEW ADDITIONAL
HAMPTONS CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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Hamptons Homeowners Association

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Web page: www.hamptonscalgary.ca

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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



2026 FEES ARE NOW PAST DUE

Interest charges will be added to all unpaid accounts as per the terms listed on the invoice

Hamptons Homeowners Association

BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE
FOR THE SOLUTION



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

When Grief Becomes Complicated: Strategies for Dealing with Complex Grief

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



Grief is a natural response to loss, but it does not follow a fixed timeline. For many of us, the pain slowly softens and life begins to open up again. For others, grief stays intense, persistent, and disruptive long after the loss. This is often called complex grief.

Complex grief is more than missing someone. It can feel as if time has stopped. Months or even years after the loss, we may still feel as though the death happened yesterday. You may struggle with intense longing, difficulty accepting the loss, or trouble imagining a meaningful future without the person who died. Everyday reminders can bring overwhelming pain, making it hard to work, maintain relationships, or enjoy activities you once valued.

Complex grief can sometimes be mistaken for depression because both can involve sadness and withdrawal. The difference is that grief is centred on the loss of a specific person and the longing for that relationship. Depression usually involves a broader loss of pleasure, ongoing hopelessness, and negative beliefs about oneself. It is also possible to experience both at the same time.

Six Coping Strategies for Complex Grief:

While complex grief can feel overwhelming, there are approaches that can help. Evidence-based treatment

often includes grief-focused therapy, which offers a safe space to process the loss, explore painful emotions, and gradually rebuild meaning and connection. Some people also benefit from cognitive behavioural strategies, which can help identify unhelpful thoughts such as guilt, self-blame, or the belief that life can never feel meaningful again.

Other helpful coping strategies include:

- **Maintaining routines:** Create a simple daily structure that adds predictability, even in small ways. For example, wake up at the same time each morning, eat breakfast before checking your phone, or take a short walk after lunch.
- **Allowing space for grief:** Set aside time to feel, remember, or express your grief instead of holding it in all day. You might journal before bed, light a candle on a certain day, or look through photos and write down a memory.
- **Staying connected to supportive people:** Reach out to people who can listen without trying to fix your feelings. You might text a trusted friend, attend a grief support group, or invite a family member for coffee.
- **Caring for your body:** Focus on one or two basic physical needs each day, since grief can make self-care harder. You might drink a glass of water when you wake up, eat something with protein at breakfast, stretch for five minutes, or go to bed at a consistent time.
- **Practicing self-compassion:** Notice harsh self-talk and replace it with a more understanding response. If you think, "I should be over this by now," try reminding yourself, "I am grieving something important, and healing takes time."

These strategies do not erase grief, but they can make it more manageable and support healing over time.

When to Seek Professional Help

It may be time to seek professional support if your grief feels stuck or overwhelming for a long period, especially if it is affecting work, relationships, sleep, or daily functioning. You may also benefit from help if you are avoiding reminders of the loss, struggling to imagine a future, or experiencing intense guilt, numbness, or hopelessness that does not ease with time.

Discover, Experience and Celebrate Arts and Culture This September

by The City of Calgary



Calgary Culture Days is back this month—and the city is ready to celebrate. From September 1 to 30, Calgary comes alive with creativity, connection, and the vibrant arts and culture experiences that make our city so special.

Think film screenings, art exhibitions, live performances, festivals, and hands-on experiences—all happening in neighbourhoods across the city. Whether you're bringing the kids, planning a date night, or meeting up with friends, there's always something to discover. Even better, many events are free and family-friendly, making it easy to jump in and explore.

Calgary Culture Days celebrates the artists, organizations, and communities that shape our city's thriving arts and culture scene. It's a chance to connect with local talent, experience different cultures, and see Calgary from a fresh perspective. Behind every event are community members bringing ideas to life—helping make Calgary a more creative, connected, and vibrant place to live.

Start exploring events happening across the city this September at calgary.ca/culturedays.



News from the Friends of Nose Hill

by Anne Burke

A Nose Hill supporter told me there used to be a plaque in memory of John Lee Laurie at the Brisebois parking lot entrance to Nose Hill Park (Many Owls parking area). It appears that the plaque has now gone missing. He said, "Do you happen to know what happened to it and whether there are any plans for it to be reinstalled in the future?" I responded that my city contact would ask our Infrastructure folks to see if they knew.

A colleague did walk over to read the plaque once, but that was many years ago. It spoke of the help Laurie gave to First Nations. The official name of Mount Yamnuska is Mount John Laurie, but he has no knowledge of the installation of the plaque. When I chaired the Nose Hill Park Management Advisory Committee, the John Laurie Rock Society obtained the City's permission to install the boulder that was moved during construction of the roadway.

John Lee Laurie (1899-1959) was a prominent educator and political activist in Calgary, best known for First Nations advocacy. From 1944 to 1956, he was the honorary secretary of the Indian Association of Alberta. When adopted by the Stoney Nakoda Nations, he was named "White Cloud" and recognized by having a major Calgary roadway and a Canadian Rockies peak named after him. Mount Yamnuska was officially renamed at the request of the Stoney Nakoda First Nation in 1961. Its original Stoney Nakoda name, Îyâmnathka, combines root words of "mountain" and "flat", so "flat-faced mountain". In 1979, concerned citizens collected over 5,000 signatures on a petition and on the Sunday before Monday's Council meeting, marched along John Laurie Blvd in defence of Nose Hill Park. City Council voted against any development rezoning of Nose Hill Park lands.

Photo Gallery

Images by Syed Adeel Hussain



Widowmaker Eh



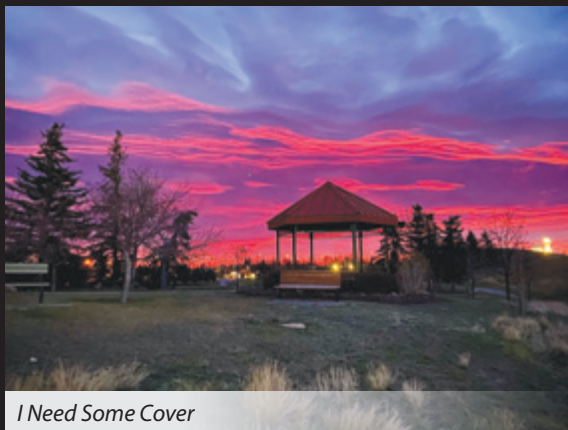
Bow River



Clouds in the Forest



The Ice Caves



I Need Some Cover

Apple Crisp

by S. Law



If you have had the chance to stop by your local Farmers' Market, I'm sure you've seen an abundance of apples. What better way to deal with such an overhaul then by making something delicious. Personally, my favourite way of using fresh apples is making apple crisp. It's easy, requires almost no tools, and is always a hit. If you've got some apples to spare, why not give it a try!

Ingredients

Filling:

- 2 cups of apples, sliced or chopped
- ½ cup of white sugar
- 2 tablespoons of cinnamon
- 1 teaspoon of nutmeg

Base/Topping:

- 1½ cups of rolled oats
- 1 cup of flour
- ¼ cup of brown sugar
- ½ cup of butter or margarine
- 1 teaspoon of salt

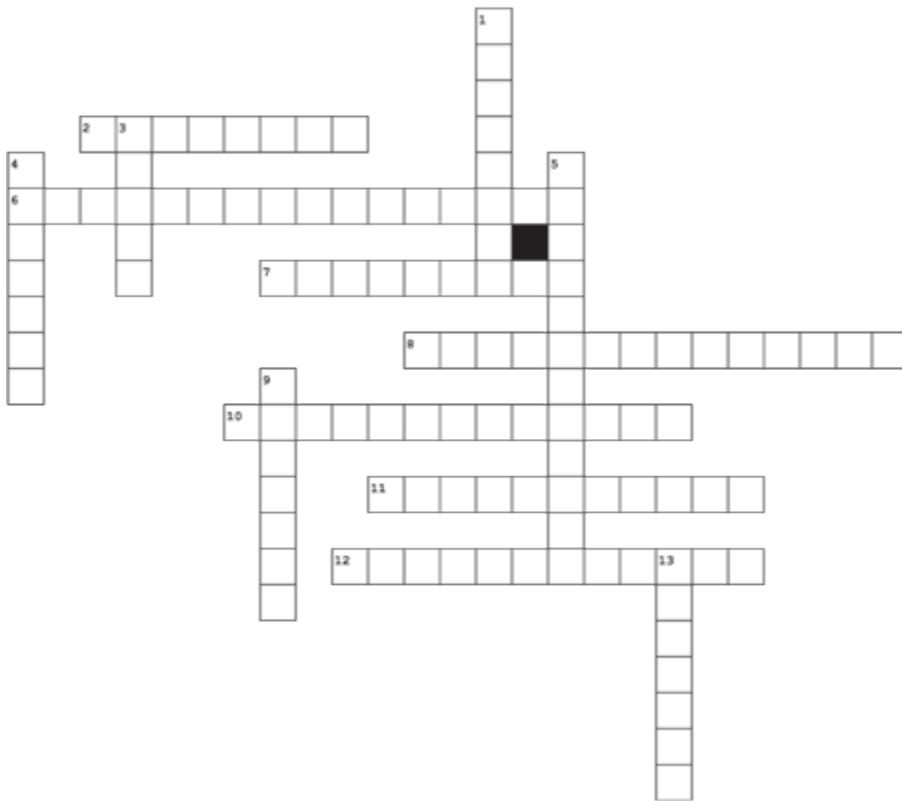
Directions

1. Preheat your oven to 425°F degrees and prepare a 9 x 9-inch baking pan.
2. Begin by washing and cutting your apples into thin

slices or small chunks. There is no need to peel them unless desired. Place all the apples in a bowl with your white sugar, cinnamon, and nutmeg. Massage everything together until your apples are well coated. If the mixture seems too dry you can add a teaspoon of lemon juice to add a bit more liquid.

3. In another bowl, combine your oats, flour, and salt.
4. Take your butter or margarine and tear it into chunks overtop of the mixture. Begin crumbling the butter between your fingers, turning the dry ingredients into a slightly wet mixture.
5. Press around 1/3 of the oat mixture into the bottom of your pan. Press very firmly to create a solid base.
6. Pour the apples into the pan and spread evenly.
7. Taking the remainder of your oat mixture, add the brown sugar and mix gently, do not fully combine, the lines of brown sugar are what caramelize on top of your crisp.
8. Add the rest of the oat mixture to the top of your crisp, it doesn't need to be pressed, just evenly distributed across the top.
9. Bake in the oven for 30 to 45 minutes until golden and bubbling. Remove it from the oven and let it rest for at least 20 minutes. Serve with vanilla ice cream, whipped cream, or anything else of your choosing!

September Crossword



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

Across

2. Used for carrying textbooks and other school supplies, this item is a back-to-school essential.
6. This American band is known for their classic songs, "Let's Groove" and "September."
7. These bears are the smallest variety found in Canada.
8. First airing in 2013, this fun kid's cartoon follows a young boy with his gem companions across the galaxy.
10. Make a stop here in September and you will find a variety of apples, pears, and figs for sale.
11. *The Long Walk*, a film starring Copper Hoffman, is an adaptation of the novel by this famous author.
12. *The Rise and Fall of a Midwest Princess*. The album released September 22, 2023 was written by this up-and-coming pop singer.

Down

1. This vibrant blue stone representing loyalty and the divine is also the birthstone for September.
3. This bright purple flower is considered September's primary birth flower.
4. Born September 4, 1981, in Houston Texas; this famous singer got her start in the girl group Destiny's Child.
5. This English author wrote *Animal Farm* and *1984*. These novels are typically assigned reading in schools even 80 years after their release.
9. In the world of theatre, speaking the name of this Shakespearean play is considered bad luck. Instead, they refer to it as, "The Scottish Play."
13. This mythical beast is sometimes called, "Canadian Nessie."



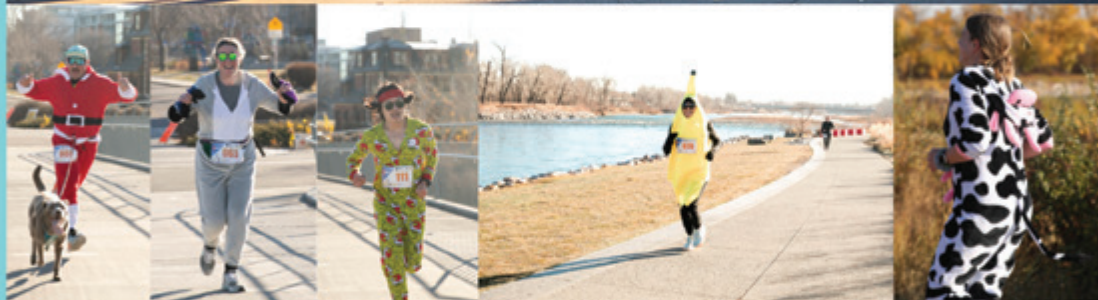
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Winter: Jan-Feb
Prep: Mar-Apr

Community
Ages 4-19

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- Renovated Kitchen

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🏠 2 🚗 2F1H 📏 1838 sqft 🚗 2 Car

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78 Hamptons Circle NW



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- 4 Bedrooms + Loft Up
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