EHAMPTONS





dialogue))









Learn About the Future Use of **Learning Space at Area I & II Schools**

Join us as we present the proposed changes for the future use of learning space at some Area I & II schools. Come review this proposal, which was developed from feedback gathered in 2016.

> January 17, 2017 time 5:00 – 8:00 p.m.

Senator Patrick Burns School location

2155 Chilcotin Road N.W.

Calgary Board of Education

To learn more about what we've heard so far, visit cbe.ab.ca/dialogue



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HAMPTONS | DECEMBER 2016 3

Community Designated Schools

(FR) denotes French Immersion program

()	J
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Captain John Palliser Elementary	403-777-6170
Tom Baines Junior High	403-777-7190
Sir Winston Churchill Senior High	403-289-9241
St. Dominic Fine Arts	403-500-2058
St. Jean Brebeuf Junior High	403-500-2046
St. Francis Senior High	403-500-2026
St. Luke Elementary (FR)	403-500-2039
Madeleine d'Houet Junior High (FR)	403-500-2008
École Terre des Jeunes (Fr)	403-247-2458
Ste-Marguerite-Bourgeoys (s)(Fr)	403-240-2007
École de la Rose sauvage (Fr)	403-230-3112





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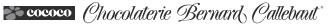
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NEWSLETTER AD SALES

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IN & AROUND SCHOOLS

Hamptons School Message

We have been celebrating all of the good work at The Hamptons School. We are working on thinking critically in all areas of the curriculum. We have completed so many tasks that have helped us build these skills. The students learn which strategies help them so that they can explain their thinking to others.

All of the clubs are winding up for this semester. The Gr 2 students are involved with the Mad Science Club. They learn how to experiment and they learn new scientific information. The Grade 3 students, who have been knitting squares, will see their squares made into blankets for Inn From the Cold. We will present the blankets to Inn From the Cold at an assembly on December 16. This assembly will be hosted by our Grade 2 classes showing us some of the things they have learned about pioneer life.

We are preparing for report cards and interviews the first week of December. Parents and teachers work together to support the learning of the child. Our Book Fair will coincide with interviews to promote our love of reading and the importance of literacy skills.

We wish to thank all of the volunteers who gave their time to help at a casino to raise money for the school. It is this dedication to help us that makes our school such a great place. We will have many new activities, performances, technologies and library books because of their willingness to help.

We will be taking part in the Mayor's Food Drive in December. We will be accepting monetary donations as the money can buy four times the amount of food that individuals can buy. The students and their families take great pride in helping out in this way especially this year as we find many more people needing support.

We wish everyone a wonderful winter holiday season from The Hamptons School.





CALGARY PUBLIC LIBRARY

Happy Holidays

Calgary Public Library will be closed Christmas Day, Boxing Day, and New Year's Day. The Library is open until 4:30 pm on Christmas Eve and New Year's Eve.

Free Presents!

Need a last-minute stocking stuffer? Give everyone on your list FREE books, movies, magazines, eBooks, programs that teach and entertain, and so much more when you give the gift of a FREE Library Card!

The 2017 Reading Guide

The Library is excited to announce that the 2017 Reading Guide will be in community libraries this January! The Reading Guide has an amazing selection of books chosen by Librarians to keep everyone in your family reading all year long.





In Spain, December 28th is 'Día de los santos inocentes' or 'Day of the Innocent Saints' and is very like April Fools Day in Canada and US. People try to trick each other into believing silly stories and jokes. Newspapers and TV stations also run silly stories.



Hamptons Real Estate Update

Last 12 Months Hamptons
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
October 2016	\$829,000.00	\$796,000.00
September 2016	\$778,800.00	\$767,500.00
August 2016	\$767,450.00	\$737,000.00
July 2016	\$748,444.00	\$723,000.00
June 2016	\$644,900.00	\$630,000.00
May 2016	\$809,900.00	\$818,690.00
April 2016	\$709,900.00	\$707,700.00
March 2016	\$1,172,500.00	\$1,067,500.00
February 2016	\$669,000.00	\$640,000.00
January 2016	\$940,900.00	\$895,000.00
December 2015	\$769,900.00	\$750,000.00
November 2015	\$799,900.00	\$775,000.00

Last 12 Months Hamptons MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
October 2016	5	7
September 2016	13	9
August 2016	7	6
July 2016	11	6
June 2016	8	8
May 2016	10	12
April 2016	13	11
March 2016	9	2
February 2016	5	5
January 2016	5	2
December 2015	4	3
November 2015	7	7

To view more detailed information that comprise the above MLS averages please visit **hamptons.great-news.ca**

IN & AROUND CALGARY

Did You Know?

Cloverdale Paint Now Offers Discounts to Community Association Members!

Cloverdale Paint is now offering club member pricing to community association members and organizational members of the Federation of Calgary Communities!

What does this mean for you? Well, whenever you need to buy paint you simply go to Cloverdale and say you are a "Federation of Calgary Communities Club Member" and you will receive more than 25% off paint and more than 15% off paint accessories!

Cloverdale Paint approached us to set up this discount program as they understand that community associations, their volunteers, and their members are at the heart of our city, and they wanted to give back in some way.

Thanks to Cloverdale Paint for their support and commitment to the community association network and for helping improve neighbourhood life in Calgary!







provide protection for your tree and presents.

Holiday baking? Yes please! Looking for a great way to amuse younger housequests AND include your pet on

the fun? Bake and decorate delicious dog cookies with pet-friendly ingredients like cheese powder, yogurt 'icing', flax seed and carob chips. Need a recipe? Email humane.education@calgaryhumane.ca and we'll be happy to share our favorites!

- 5. Put Santa's cookies on the mantle, not the floor! To keep your pet from getting a lump of coal (or a pricey vet visit) for Christmas, store Santa's cookies and other holiday goodies up and away from curious noses. Better vet? Keep a bowl of approved treats on hand for houseguests that want to share the holiday cheer.
- 6. Spend some quality time together! Holidays are a busy time, but they are also a great chance to spend some quality time with your pet. Bundle up Fido and head out to check out the holiday light displays or curl up on the couch with Fluffy to enjoy your favourite festive film.
- 7. Give your pet a space of their own. When houseguests come calling some pets may prefer to sneak off for some relaxation. Providing a 'safe haven' in your house is as easy as placing a comfy bed and some of your pet's favorite items in a room that company will not be spending time in.
- 8. **Spread some holiday cheer!** Drop by the shelter to find the 'purr-fect' gift at our Pet Gear Store or drop off a pet toy for our "Stuff a Pooch Pad campaign". We're all decked out for the holidays and we would love to hear from you!

From all of us at Calgary Humane Society, have a safe and happy holiday season!

Happy Holidays from Calgary Humane Society!

December is always a time filled with a lot of festivity at the shelter and we hope you are enjoying your own holiday traditions at home. As always, we are starting out the season with our Christmas Party for the Animals, a free family event, on December 3, 2016. All December long we will also be collecting treats and toys for the shelter pets to enjoy on Christmas morning, as part of our "Stuff a Pooch Pad" campaign. At Calgary Humane Society we believe that every pet should have a special festive season, so with that in mind we are bringing you our top suggestions on how to make the holidays fun and safe for you and your pet!

- 1. Distract Fido with special treats! Having family and friends join you for a meal is a fantastic holiday tradition, and with a little creativity your pet can also join the dinner fun. Freezing hard rubber "Kong" toys stuffed with soft food is not only a delicious indulgence, it can also distract Fido while you enjoy dinner in peace!
- 2. Choose "Fluffy friendly" wrapping and decorations! Many pets, especially cats, love to investigate holiday décor. Put plastic or metal decorations towards the bottom of the tree and consider skipping ribbons and tinsel as these could be dangerous if swallowed. If you have a wrapping paper scraps left over you can create a fun diversion for your feline friend by hiding a treat or two inside a crumpled paper ball.
- 3. **Secure the tree!** If you have pets (or small children) visiting your house over the holiday season you can safeguard your 'silent night' by securing your tree to the wall. A strategically placed pet exercise pen can also

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\$5 Craft Beer by the Bottle.

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\$5 Domestic Beer by the Bottle.

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SHARE WITH FRIENDS WEDNESDAYS

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IN & AROUND CALGARY

Crowchild Trail Study

Mark your calendar for upcoming events!

Thanks Calgary for helping us review the draft recommendations for the study area. We used your input to refine and finalize the draft recommendations.

We invite you to join us at one of the open houses in November and December to view the final recommendations and provide your feedback on the engagement process. We'll be asking for your feedback on the engagement process. These events are part of **Phase 6: Reporting and Completion** of the study process.

Open House #1: Tuesday, November 29, 2016

(No RSVP required)

Time: 5 to 8 p.m.

Location: Red and White Club, McMahon Stadium – 1833 Crowchild Tr. N.W.

Open House #2: Saturday, December 3, 2016

(No RSVP required)

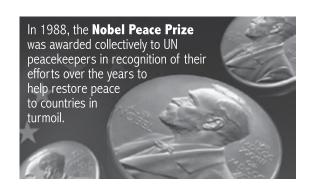
Time: 10 a.m. to 1 p.m.

Location: Sunalta School, Main Gym - 536 Sonora Ave. S.W.

We anticipate presenting the final recommendations to Council in early 2017.

If you're unable to attend one of the open houses, there will be an opportunity to provide your input online. For a complete list of engagement opportunities, go to calgary.ca/crowchild

Source: The City of Calgary





Books keep on giving this holiday season! Your family may be one of thousands that celebrate at this time of year, and giving gifts may be part of your tradition too.

Books make wonderful gifts for children because they expand your child's listening power, inspire their creativity and imagination and increase their vocabulary.

Book last forever! They can be lovingly placed on book shelves or in baskets and book bags to be enjoyed over and over again. Or, gently-used books that your children no longer need can be donated to the Calgary Reads Book Bank and we give them to Calgary children who have few or none of their own at home.

Whether you are buying books or borrowing from the Calgary Public Library, consider sharing some wonderful Canadian children's literature with your family:

Read Me a Story by Barbara Reid, Pre-school
The Most Magnificent Thing by Ashley Spires, K-G2
Stella Star of the Sea by Marie-Louise Gay, K-G2
This is not my Hat by Jon Klassen, Pre-school-G1
A Visitor for Bear by Bonny Becker, Pre-school-G2
The Paper Bag Princess by Robert Munsch, Pre-school-G1

The Hockey Sweater by Roch Carrier, G1+ Lost in the Barrens by Farley Mowat, G4+ Jacob Two Two Meets the Hooded Fang by Mordecai Richler, G2-5

The Sky is Falling by Kit Pearson, G4-6
Anne of Green Gables by L.M. Montgomery, G4+

Calgary Reads helps children learn to read with confidence and joy. This includes helping children in Calgary to have their own books at home; supporting parents and caregivers to help their child develop literacy skills; and engaging businesses and the community to make reading a priority. Explore our website for ways you can support our work. You'll also find resources to help your child develop critical literacy skills and the joy of reading: calgaryreads.com



This summer some residents had concerns about pet rabbits released into the wild. Would this problem be part of the City's jurisdiction, as it was in Canmore? The General Manager of Community Services reported to City Council that most of the rabbits in communities are jack rabbits, which are feral (wild) animals.

The City does have authority over pet rabbits, under the Community Standards Bylaw, for example. Feral animals are up to the province's Animal and Wildlife Services. The Community Services Department at the City will work with Council to provide information on how to direct residents and ensure that their concerns are properly addressed.

At a council committee on Community & Protective Services, a motion was passed to propose bylaw changes in order to use livestock grazing as a land management and weed control tool on City lands in 2017.

Natural areas provide multiple ecosystem services, which are of value to city residents. For example, there is computer

software to measure the urban forest in at least 3 environmental services: cleansing the air; storing carbon; and reducing storm water in the City.

So far, it was found that the average benefit per tree in Edmonton's urban forest was US \$74.73 (\$97.96 Canadian). The cost for caring for each tree is US \$18.38 (\$24.09 Canadian), resulting in a net benefit of US \$56.35 (\$73.87 Canadian).

Cities and local governments play a crucial role in the pursuit of a greener existence through efficiently integrating urban development and biodiversity management at the local level. With rapid human development and expansion, biodiversity is being lost, but there are some new urban biodiversity guidelines.

In the fall of 2016, the Mayor signed the Durban Commitment. Calgary is the 3rd Canadian city, after Edmonton and Montreal, to formally join an international program directed by Local Action for Biodiversity, for local governments from across the world to improve biodiversity planning and management. It is estimated that 90% of the world's population will live in urban areas by 2100.

By 2025, Calgary will:

- Evaluate landscapes in Calgary and set targets for conservation measures to identify, protect, and manage ecological cores and corridors.
- Restore 20% of Calgary's current open space to increase biodiversity.
- Identify invasive species in Calgary's open space and complete strategies for their management.

Help Those in NeedThis Holiday Season

with The Calgary Food Bank

Every year Calgary's 150 community associations, the Federation of Calgary Communities, and other community partners across the city join Mayor Naheed Nenshi in the Mayor's Annual Christmas Food Drive, in support of the Calgary Food Bank.

Last year, over 40 community associations participated in the event and with their residents helped raise more than \$16,000 in food and funds!

We invite YOU to help us raise even more this year by donating non-perishable food items at your local community association throughout the month of December!

Items on this year's "Holiday Wish List" include canned fish, vegetables and fish, soup, rice, pasta, pasta sauce, peanut butter, fruit juice, baby food and formula, and diapers.

In addition to your local community association donations can also be made at any of the Calgary Food Bank partners including Safeway, Co-op, Superstore, Sobeys, Costco, and many more. Visit www.calgaryfoodbank.com for more information on items to donate and drop-off locations.





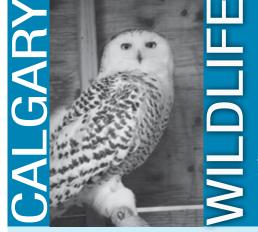
Get Ready For Entertaining Season with a **Layered, Luxurious Living Room**

Combining new design concepts with vintage artisanal furniture creates living spaces that are simultaneously more functional and luxurious than ever before. With indoor entertaining season around the corner, it's the perfect time for a rejuvenation.

Update your space with these tips for creating a cozy, well-designed living room

- Blend old with new: Make your blended space look considered and intentional, not chaotic.
- Break the mould with moulding: Crown moulding always adds architectural interest and a sense of luxury to any room. For an affordable and easy update, consider polyurethane or MDF moulding.
- 3. Complement with cozy finishes: Vintage accessories, low-pile shag rugs, heaps of hand-sewn pillows in different materials, and old fashioned candle holders will give any living room a warm vibe.

www.newscanada.coi



Snow White: The Snowy Owl

Article by Cheryl Bowman Photo by Andrea S. H. Hunt

The Snowy owl, a majestic bird, is the largest owl in North America by weight. The Snowy owl is 52–71 cm long, with a 125–150 cm wingspan. The adult male is completely white while females and young birds have some dark spots. Snowy owls migrate to Alberta during the winter months, after spending the spring and summer in Alaska. The Snowy owl is the provincial bird of Ouébec.

Fun Facts:

- The Snowy owl is an exceptional hunter:
- The Snowy owl can fly silently due to the fact that its flight feathers are tipped with soft down, allowing this predator to swoop down silently on its prey.
- The Snowy owl has exceptional hearing and sight, allowing it to capture its favourite prey, lemmings, as lemmings are unable to hide under the snow to avoid capture.

- Snowy owls are crepuscular, which mean they hunt and are active both day and night, whereas other owls are nocturnal and hunt at night.
- Snowy owls form a monogamous pair and vigorously defend their territory, even against large carnivores such as wolves.

On average, the Calgary Wildlife Rehabilitation Society (CWRS) receives 4-6 Snowy owls per year. These birds have a well-known migration pattern in Alberta and because of this, treatment must be administered quickly to avoid the Snowy owl being 'over summered' (whereas the risk to other migratory birds is being 'over wintered'). Releasing the Snowy owl in time for their regular migration allows this majestic bird a greater chance of survival.

Should you discover an injured Snowy owl, please visit our website at www.calgarywildlife.org for more information or contact the CWRS at 403-239-2488 for assistance.





In 2016, Hanukkah from in the evening of Saturday, December 24th until the evening of Sunday, January 1st. During Hanukkah, on each of the eight nights, a candle is lit in a special menorah (candelabra) called a 'hanukkiyah'.





MP CALGARY NOSE HILL HON. MICHELLE REMPEL

201-1318 Centre Street NE, Calgary, AB, T2E 2R7
Phone: 403-216-7777
Email: michelle.rempel@parl.gc.ca
Website at www.michellerempel.ca

Year-end update - December 2016

It's hard to believe that we will soon be saying goodbye to 2016 and ushering in a new year. It has been a busy and productive year, as your Member of Parliament, and I have been working hard on your behalf. There are a few important issues I would like to update you on:

- 1) The Alberta jobs crisis continues to be a primary focus for me. As you may know, my colleagues and I launched the Alberta Jobs Taskforce this fall. I have been consulting with community members and employers to get their feedback regarding policy solutions and budget requests that we will be presenting to the government. If you, or anyone you know, would like to be involved in the Taskforce's work please contact me at michelle.rempel@parl.gc.ca or visit www.AlbertaJobsTaskforce.ca.
- 2) Earlier this year I presented a motion in Parliament calling on the government to respond to the Yazidi genocide. After months of inaction and enormous pressure, the government finally agreed to support my motion to save Yazidis. I am proud to report that this motion passed unanimously in the House. This is a testament to sexual slavery survivors like Nadia Murad, who was present in Ottawa to witness the vote. I encourage you to visit my website to watch this historic vote and a tribute to Nadia.
- 3) Over 1300 of you provided your input on the issue of electoral reform during my consultations over the course of the year. 91.91% of respondents to the survey indicated that a referendum should be held prior to any changes being made to Canada's electoral system. 79.13% of respondents did not think we need to replace our current system of voting. I have conveyed the feedback received via a letter to the chair of the Special Committee on Electoral Reform. You can also find a copy on my website: www.MichelleRempel.ca. I will continue to keep you informed about this important issue as the committee reports back to Parliament.

Lunderstand that this Christmas season will be challenging for many due to unemployment. There are many important organizations that will be stretched further than most years and I encourage you to take some time to volunteer or donate financially to these organizations. For those that are struggling with the mental and physical challenges associated with unemployment, and the added stress the holidays can present, please reach out to an organization like the Distress Centre. They have 24 hour support and can be reached at their crisis line at 403.266.HELP(4357). I will be hosting a Christmas Open House on December 10th at the Berkshire Citadel (222 Sandarac Drive N.W.) from 2:00 PM -5:00 PM. I will be collecting non-perishable food items for the Calgary Food Bank and chatting with constituents. Please feel free to stop by, drop off you donation, and say hello. And while an RSVP is not required to attend, you may do so at www.MichelleRempel.ca or by calling 403-216-7777. I hope you all have a Merry Christmas, a Happy New Year and a joyous holiday season.

GAMES SUDOKU

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FIND SOLUTION ON PAGE 17

BUSINESS CLASSIFIEDS

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NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Hamptons. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

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BMP MECHANICAL LTD: is a professional mechanical company offering plumbing, heating, air conditioning and drain cleaning services for Calgary and area homeowners. Our services include: repairs and installation of new furnaces; hot water tanks and air conditioning systems; regular maintenance and emergency drain cleaning - including drain video inspections. Contact us at 403-816-4409 or service@bmpmechanical.com.

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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.

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

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MLA CALGARY-FOOTHILLS PRASAD PANDA

Suite 104, 3604 – 52 Ave NW Calgary, AB T2L 1V9 403-288-4453 calgary, foothills@assembly.ab.ca

It has been another tough year for Albertans, especially here in Calgary. If you haven't been directly affected by the downturn, you certainly have friends or family dealing with loss of income and an uncertain future. As we enter the holiday season, let's help lift the spirits of those around us and be hopeful for a better year in 2017.

My job as the Official Opposition's Shadow Minister of Economic Development and Trade has kept me focused on what needs to be done to get Alberta back on its feet. In the months of August and October, I toured most of this great province. I consulted with regional leaders about their concerns and their ideas for improving their own local situation. What I heard time and again is that the government should not make a bad situation worse. Now is not the time to be implementing policy that discourages business investment and increases everyday costs to struggling families.

All year I have been asking tough questions of NDP Ministers. I am on record stating my opposition to the carbon tax because I believe it will cause even more job losses and will slow our recovery. I have implored them to support our energy sector by fighting harder for pipelines in all directions. When they create programs to diversify our economy, I requested that they spend taxpayer money wisely and not pick winners and losers. The Notley government seems bent on pushing through their favourite ideologically policies without care for regular Albertans.

I am proud that the Wildrose Official Opposition commissioned an Equalization Fairness Panel made up of experts from Alberta, Ontario, and Nova Scotia. They have produced recommendations to make equalization fair. You can find their report at www.wildrosecaucus.ca. For too long the taxpayers of this province have grossly over-contributed to the rest of the confederation through this program. At the same time, the level of our own services in health care and education have not kept pace in comparison to the recipient provinces. This transfer program enables have-not provinces to stay the course rather than helping themselves by lifting bans

on economic development in areas such as fracking and uranium mining. As the current terms of equalization expire in 2019, you can count on us to press for changes that are fair to Albertans.

My amazing volunteers and I have been very active in the riding. You may have met us door knocking as we listened to your concerns or collected non-perishable food donations for the Veterans' Food Bank. We always appreciate your honest feedback and generosity for those in need.

I wish you a very Merry Christmas and a Happy New Year!







Hosting a get-together can sometimes be a challenge when you've invited friends from different groups and a few coworkers. One of the biggest stresses of inviting different groups of people is planning for everyone to interact and deciding how to keep them entertained.

Set up different food stations. Instead of putting down platters of food on one table, mix it up with themed stations. Not only does this show thoughtful planning, but it becomes a great conversation piece for your guests. Whether your guests compliment your arrangement skills or discuss your creativity in including a "seacuterie" board, you can take comfort knowing you've given them some food for thought.

Have your guests highlight their uniqueness. While everyone is enjoying their first cocktail, circle around and have everyone mention something unique about themselves. This is a great way for people to share stories and some good laughs. This icebreaker will keep the conversation going until the late hours of the night.

Make some unexpected twists on classic snacks. We all love our classic appetizers like cheese and crackers or chips and dip. But why not surprise guests with an unexpected take on something you know they already love?

Don't have too many seats. Having a seat for each guest can take up too much room and can also make people inclined to stay in one spot. Minimizing the seating forces your guests to mingle, encouraging them to circulate the room and integrate into different groups.

www.newscanada.com

COMMUNITY ANNOUNCEMENTS

- Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

LOVE TO SING? Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see www. vocalatitudes.org.

SUDOKU

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This holiday season let us take time out of our busy schedule to assist those of us who are less fortunate in our community. Many of our city food banks and charities have seen demand for their services increase dramatically over the last year. Let's ensure Calgary remains Canada's most generous city by supporting the many important charitable organizations in our city.

Another way to support our neighbours is to become a snow angel. Keeping sidewalks free of ice and snow can be very challenging for older adults and people with limited mobility. Through Snow Angels, you are encouraged to be good neighbours by clearing snow for those who need assistance. For more information, or to recognize your Snow Angel, please contact 311 or visit calgary.ca/ SnowAngels. You and the Snow Angel you choose to recognize will each be entered into a draw for a pair of tickets to a Calgary Flames game on February 9, 2016. The draw will take place January 29, 2016 at noon.

I would like to wish Ward 2 and all Calgarians a Merry Christmas, Happy Hanukkah and all the best in the New Year.

Joe's Tip: Joe's Holiday Eggnog

Ingredients:

4 eggs

120 ml sugar

500 ml of milk

½ tsp of vanilla

1 tsp. Rum flavouring

May add optional pinch of nutmeg and cinnamon

Directions:

Put the milk, vanilla, and optional cinnamon and nutmeg in a saucepan, and heat on low setting until mixture is brought to a boil.

In a bowl, combine egg yolks and sugar and thoroughly blend together.

Pour the eggs mixture into the saucepan with the milk mixture. Cook over medium heat, stir in rum flavouring and stir mixture until it reaches desired thickness (3-5 minutes).

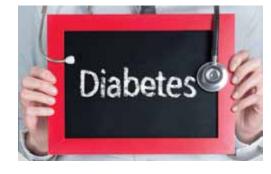
Refrigerate until cool.

HELP END DIABETES

Diabetes is a complex disease with many causes and no known cure. In Alberta, an estimated 303,000 people have been diagnosed with diabetes and a further 600,000 live with prediabetes.

With your support, the Canadian Diabetes Association (CDA) can improve lives and make it possible to fund leading-edge research and innovative educational programs; send kids with type 1 diabetes to the CDA's D-Camps; and provide Albertans with access to programs, services and resources to manage their disease and live well.





HOW CAN YOU HELP?



JOIN TEAM DIABETES

Get active! Run, walk or hike in exciting international and Canadian events.



VOLUNTEER

We couldn't do what we do without the support of our volunteers.



GIVE TO CLOTHESLINE®

Donate your gently used clothing, books, toys, electronics, vehicle and more,



BECOME AN ADVOCATE

Interested in sharing your story and speaking on behalf of those living with diabetes?



HOLD A FUNDRAISING EVENT

Explore the fun and easy ways you can help raise funds for diabetes.



DONATE

Text "Diabetes" to 587-600-6088 or honour someone online at diabetes.ca/donate.

diabetes.ca | 1-800-BANTING (226-8464) | 403-266-0620 (Calgary)

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HAMPTONS 2016 STATS	# SALES	AVERAGE PRICE
Bungalow	8	\$797,000
Two Storey	56	\$788,319
Townhouse	6	\$365,700
Villa	6	\$633,333
TOTAL	76	
Average Days on Market	39 Days	



39 Hamptons Close NW

- custom 5 bedroom+den two storey, A/C
- 3 car garage, finished walkout, granite
- · hot tub & media room, upgrades/extras



- one-owner, 4 bedroom+den two storey
- · 3 car garage, fully finished, oak kitchen
- · built-ins, 2 fireplaces, close to LRT



- 112 Arbour Butte Cres NW
- · custom-built 5 bedroom+den two storey
- · designer kitchen, granite & hardwood
- 2 fireplaces, fully finished, West yard Trickle Creek Stunner

Calbridge Beauty Backs onto Park \$849,900 \$829,900

402 Edgebrook Rise NW

- renovated 4 bedroom+den walkout bung
- granite & hardwood, vaulted ceilings
- fully finished, 2 fireplaces, upgrades



- 272 Edenwold Drive NW • custom 4 bedroom two storey walkout
- 3 car garage, fully finished, central air
- · extensive extras, prime ridge location



\$729,900

101 Hamptons Grove NW

- Cedarglen 4 bedrooms up two storey
- renovated kitchen, 3 car garage, granite
- · 2 fireplaces, fully finished, built-ins



78 Hamptons Link NW

- · spacious 2 bedroom two storey walkout
- · white kitchen, 9ft ceilings, fully finished
- backs on greenbelt, balcony, views!



Royal LePage Benchmark 308, 5149 Country Hills Blvd. NW, Calgary, AB

• 3 car garage, designer kitchen, A/C

\$1,499,000

23 Watermark Road • extensively upgraded 4 bedroom home

• fully finished, West backyard, media room

