EHAMPTONS





STOP MEN DYING TOO YOUNG



JOIN THE FIGHT FOR MEN'S HEALTH. WWW.MOVEMBER.COM

There are three ways to get involved with Movember and support men's health:

		WHAT	H O W	WHEN
01	GROW	Grow a Mo, save a Bro	The moustache is our ribbon for men's health	For the 30 days in the month formerly known as 'November'
02	MOVE	Get active for men's health	Raise funds for men's health while you do something good for your own health	Anytime, anywhere, during the month of Movember
03	HOST	Throw or go to a Movember event	Any excuse for a good time. Events are a great way to have fun and raise funds for	Anytime, anywhere, during the month of Movember



men's health



Hamptons Community Association

Suite 120, #234, 5149 Country Hills Blvd. NW
Calgary, AB – T3A 5K8
Phone: 403.208.0205 | Fax: 403.208.0206
hamptonshomeowners@shaw.ca
www.hamptonscalgary.ca
Twitter: @hamptonscalgary
Facebook: hamptonscommunity

CONTENTS

Hamptons School 5
Real Estate Update 6
Nitanisak Guides 7

NEWSLETTER AD SALES

GREATNEWS 7 27 PUBLISHING

Great News Publishing Ltd. 403.720.0762 | 403.263.3044 sales@great-news.ca | www.great-news.ca



FOR 7 YEARS!

Community Designated Schools

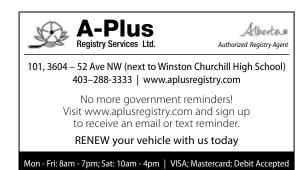
(FR) denotes French Immersion program

(* 1.)	
Hamptons Elementary	403-777-7300
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









Hamptons School

Welcome back to another great year at The Hamptons School. It is wonderful to see old friends and make new friends as the year begins.

We have had our annual Meet & Greet. Parents came and met the staff and other parents. Parents learned about our School Council and Parent Society. It was a beautiful day and many new families joined us.

We have many events to anticipate this year such as: **Physical Activities**

Tennis

- Yoqa
- Netball
- Soccer
- Golf
- Volleyball

Performances

- Infinitus String Trio
- Power of One
- Edmonton Band
- Calgary Opera

Hands On

- Grade 4 Government School
- Heritage Park
- Kananaskis in the Classroom
- Teacher's Pet programs

Also we will be offering many clubs for the students such as: Running Club, Knitting Club, Leadership Club, Maker Club, Chess Club and Mad Science Club.

We will be inquiring about many things and students are encouraged to share their ideas and be involved in their learning. We will develop qualities found in the CBE's Results of Personal Development, Citizenship, Character and Academic Success.

It is going to be a great year of learning!



Universal 🥯 Health It's all about "U"

Transfer your prescriptions to Universal Health and enjoy the benefit of your

Rx Loyalty Program and earn *\$30 worth of gift cards.

Our Everyday Health Centre Services:

- Direct billing of Almost All Drug
- Supplies Easy Prescription Blister and Dosette Refills and Transfers Packaging
- Immunizations. Free Flu Shots **Vaccination and** Free Injections Service for Travel necessary

Vaccines

7 days a week No Appointment

Medication Reviews

Diabetic Care

6 LOCATIONS TO SERVE YOU Southwood Pharmasave 10233 Elbow Dr SW 403.255.2354

Woodlands Unit 1 & 2, 523 Woodpark Blvd SW 403.259.5506

Ranchlands Pharmasave Unit 137.

1829 Ranchlands Blvd NW 403.452.5554

Scenic Acres Pharmasave

8555 Scurfield Dr NW 403.547.4323

Beacon Hill

Unit 250, 12024 Sarcee Tr NW 587.755.7955

Forest Lawn

#03. 1704 61 St SE 587,470,7751

FREE DELIVERY IN CALGARY

All locations conveniently located within the walk-in clinic and accepts new patients

RBC Dominion Securities Inc.



MOTIVATED WORKFORCE?

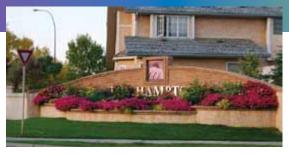
RBC Group Advantage is a comprehensive program designed to help business owners meet their employees' financial needs by providing:

- In-person financial advice for all employees
- Group retirement savings plans
- Comprehensive and discounted banking solutions

Support your employees and keep your competitive advantage. Call Investment Advisor Michael Martin at 403-266-9655 to learn more.



RBC Wealth Management **Dominion Securities**



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 the specific SOLD Listings 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!





Red and purple leaves are actually caused by the presence of sugars from sap that is trapped inside of the leaves.





Here is some of what we were up to in September and October, and some upcoming events in November. Many units are already planning their fall camps.

Our district covers the communities of: Edgemont, Evanston, Hamptons, Hidden Valley, Hanson Ranch, Kincora, Nolan Hill, Sherwood and Sage Hill. We have units for all age groups – Sparks (ages 5-6), Brownies (ages 7-8), Guides (ages 9-12), Pathfinders (ages 12-15) and Rangers (ages 15-17).

Sparks

#165 Sparks-September and October are jammed pack months for us. We are learning the Spark promise and new campfire songs. Getting ready for enrolment to welcome the new girls into guiding. We have fun thanksgiving crafts planned and a Halloween party planned by the Pathfinders for us and the Brownies. We also have a Princess themed mother daughter sleep over planned for October.

The 145th and 70th Spark units have had a very fun time meeting all of the new girls and leaders! We still have a few spots open in the Tuesday and Thursday night Spark units.

In our few meetings so far we have played get to know you games, practiced our Promise for when the new Sparks will be enrolled and have learned about the yummy mint cookies. Looking forward to our upcoming mother daughter Princess sleepover.

Brownies

4th Brownies is a new Tuesday night unit in our district. September and October have been busy months for our unit. We have sold cookies at Sage Hill Walmart, learned our Brownie promise and law in preparation for enrolment, and we will be having a sleepover in early November with another Brownie unit.

85th Brownies have had a great start to the guiding year! In September, we got to know each other and learned all about Brownies. We have been selling cookies to our families and friends and had a cookie stand at Canadian Tire in Beacon Hill. In October, we will be busy working on badges and preparing for our November camp.

151st Brownies - We have an excited group of girls keen to sell cookies. We have introduced our girls to the opening and ending songs, our campfire songbook and they have had an opportunity for outdoor nature scavenger hunt with the pathfinders. We are attending a nutritional tour at save on foods

and some activities we have planned include teddy bear first aid, making pasta at pc cooking school and guest speaker from memory project for Remembrance Day.

Guides

25th Guides - We have had an exciting few weeks for our unit, lots of new girls this year. September has been busy with cookie sales selling door-to-door and having a cookie stand at Walmart in Sagehill. We are excited to attend a big camp with two other units in a our district at our Fall Camp at Camp Jubilee in Cochrane. October will be fun with planning a Halloween party, and preparation for enrollment.

Pathfinders

The 90th Pathfinders, who meet on Monday evenings, have been busy with a tent camp already completed in September. We will be selling cookies at our 'Drive Thru' in the Co-op parking lot, participating in the Calgary Area Nite Trek and having a Halloween party for the Sparks and Brownies in October. November will bring us into another sleepover and our enrolment with many more events planned to follow.

Trex

The 9th Trex is a new unit to the district. It is open for girls from 12-17 years old. The girls in the Trek units do activities but not any programming. This year there are 4 girls and they have planned most of the Guiding year with some Hostelling in Canmore, a stay in Banff and the girls are planning a service project!

As many of our units are full, please consider becoming a leader, even if you don't have a daughter in Girl Guides! Relatives such as aunts, cousins, grandmas, or even university students can become leaders, and volunteer experience looks great on a resume! No previous experience is required to become a leader and training is offered through Girl Guides to help you become a great leader. If you are interested, please email guiderkarlayyc@gmail.com

Why Become a Girl Guide Leader?

For women, Guiding is a chance to be part of their community by helping girls develop their potential. It's a place for personal growth, mentoring and travel opportunities.

The widest range of activities of any extracurricular program for girls and of any volunteer experience for women. Guiding is unique in the breadth of its focus, which ranges from leadership development to global awareness to environmental stewardship.

Belonging to the world's largest organization of girls and women, the World Association of Girl Guides and Girl Scouts (WAGGGS).

The chance to challenge yourself with the emotional safety that can only come from an all-girl environment- and you get to spend time with up to **30** other girls!

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

NEPTUNE PLUMBING & HEATING LTD: Oualified 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."

RIGHTWAY PLUMBING AND HEATING: Has been happily serving the Hamptons area with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

DO YOU NEED AN EXTRA SET OF HANDS? C & L Helping Hands can provide them! We offer handy-man services, personal assistant, kitchen helper, cleaning and much more! Email: cl@clhelpinghands.ca. Call Craig or Laurie at 403-880-7125 or 403-510-8551.

CONCRETE CUTTING FOR BASEMENT WINDOWS, **DOORS & FLOORS:** New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms. From cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

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.

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.

EDGEMONT / HAMPTONS HOME CHECK: Do you need your property to be attended to while you are on a business trip, a vacation, or because you are a snow bird? Call Edgemont retired couple, James and Linda, phone: (403) 374-1380 or email: edgemonthomecheck@gmail. com for availability.

JEFFREY ELECTRIC: Friendly professional electrical service for your next residential project, large or small. City Qualified Trade, Master Electrician, insured, licensed, certified, bonded. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Sub-panels, aluminum rewiring, custom kitchens and basements. Free estimates. www. cejelectric.com or call Clayton at 403-970-5441.

LOOKING FOR A NEW FAMILY DOCTOR? Mount Pleasant Medical Clinic currently has 2 physicians accepting new patients, Dr. Rene Lee (female, speaks Cantonese) and Dr. Jeffrey Dai (male, speaks Mandarin). Book ASAP before they fill up their practices! Phone: 403-247-6966, address: 519-23 Ave. NW.

TILE AND STONE INSTALLATION: 15 years of experience in residential and commercial tile installation, grouting, and water proofing. Quality service and very reliable. Free estimates. Fully insured and WCB. Please visit www.portobellotile.ca or contact 403-619-9962.

COMPUTER AND SMARTPHONE HELP: Windows PC problems, repairs, setup, upgrades, internet security, backups, data recovery, virus removal, printers, wireless, questions, training. Computer purchasing advice, setup, data transfer. Email sync Smartphones and Tablets. Inhome and small business on-site service (daytime or evening appointments). 30 years' experience. Seniors' discount. Contact Dave at 587-323-7304, PCHelp. Service17@outlook.com.





COUNCILLOR, WARD 2 **JOE MAGLIOCCA**

Joe.Magliocca@calgary.ca Calgary.ca/ward2 Facebook: Joe Magliocca • Twitter: @Joe Magliocca

On September 25, an additional southbound lane was added onto the Shaganappi Trail Bridge over Stoney Trail. The purpose of the additional lane is to help with traffic congestion during the morning rush hour. So far, I have heard and observed that this enhancement has made a significant improvement in reducing traffic congestion. The City of Calgary has also adjusted the traffic light timing to allow for improved traffic flow on Shaganappi Trail south of the Stoney Trail interchange.

City of Calgary Crews are keeping an eye on the forecast all winter long, preparing roads with anti-icing solution before the snow falls, and maintaining City streets as soon as snowflakes hit the ground. Stay informed during every snowfall by following @yyctransport on Twitter and downloading the Road Conditions App for frequent updates. You can also see where crews are plowing on the live map at Calgary.ca/RoadConditions.

After each snowfall, Roads crews follow a priority clearing system called the Seven Day Plan:

- Priority 1 routes, which carry more than 20,000 vehicles per day, are cleared to bare pavement within 24 hours after the snow stops falling.
- Priority 2 routes, which carry between 5,000 and 19,000 vehicles per day, are cleared within 48 hours after snowfall has stopped.
- · Playground zones, designated hills, and residential streets on Residential roadways are cleared on Days 3-7. These roads are flat-bladed, which means snow is packed down so it is easier to drive on, and ruts are removed.

For more information on snow and ice control, including FAQs, snow route parking information, and free sand and gravel locations, visit Calgary.ca/snow.

Joe's Tip:

Please take a moment on November 11th to remember the sacrifices made by our veterans for the freedom that we enjoy today.

- ◆ 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.



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

The Hamptons Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.



MP CALGARY NOSE HILL HON. MICHELLE DEMDE!

201-1318 Centre Street NE, Calgary, AB, T2E 2R7

Phone: 403-216-7777

Email: michelle.rempel@parl.gc.ca Website at www.michellerempel.ca

November presents Canadians with an annual reminder of the sacrifices made by brave men and women who have defended our country and our freedom. As we pause to reflect on their selfless acts, at Remembrance Day ceremonies across the country, let us also be reminded to always be thankful for the country we call home and the service members that have given us so much. I encourage you to attend a ceremony this November 11 at one of the many locations throughout Calgary.

The 42nd Parliament has included debate on a number of important issues. I continue to work hard on your behalf and I appreciate the feedback you provide me on topics of importance to you. Of course, the issue of most critical importance remains the condition of Alberta's economy and the current job situation here at home. I have received countless emails and phone calls from individuals who are concerned about their future. I share these concerns and am committed to raising the issue of Alberta's economy and job situation in Parliament and the media whenever possible. In October I, along with several other Alberta M.P.s, launched the Alberta Jobs Taskforce in response to the growing jobs crisis here at home. You can find more information about the Taskforce, its objectives, and how you can help on my website: www.MichelleRempel.ca/ABJobs As always, please continue to contact me on any issue. I care deeply about our community and I appreciate the time you take to write, email or call me about issues of importance to you.



MLA CALGARY-FOOTHILLS PRASAD PANDA

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

You may have noticed that a new southbound lane appeared on Shaganappi Trail over Stoney Trail in late September. There is also an extra lane on the off-ramp from westbound Stoney Trail at the same location that allows dual left turns south on Shaganappi.

Credit must be given to the Symons Valley community associations who initially raised this important issue with me, and to Councilors Chu and Magliocca who championed this issue with the City. We had terrific cooperation with the transportation departments of the city and provincial government to get this small but important project completed before the end of construction season.

As a result, the early morning commute has dramatically improved for many people coming from Kincora, Sherwood, Nolan Hill and Sage Hill. Over the winter, we will have more meetings with all involved to address how soon we can make further permanent improvements to this interchange.

More than a few Albertans have been inadvertently caught driving their vehicles with an expired license plate sticker, receiving hefty fines of over \$300. The provincial government no longer sends reminders in the mail – so please check your current sticker to confirm which month yours needs to be renewed. Also check your operator's permit, which expires every 5 years on your birthday.

The Legislature resumes sitting on October 31. We expect it to be a short but lively session as there is much work to get done.







LIVERight Health Forum

EDMONTON - SATURDAY, NOVEMBER 19

A free educational session on liver health and liver disease

Visit liver.ca/edmontonhealthforum today!





CALGARY - FRIDAY, DECEMBER 9

3rd Annual LIVERight Gala in support of liver research

Visit liver.ca/CalgaryGala today!





Canadian Liver Foundation Fondation canadienne du foie

Bringing liver research to life Donner vie à la recherche sur le foie



A customized plan to get more for your home. Quicker.

Ranked the #1 Team in Calgary and #9 in Canada for Royal LePage in 2015, Kirby and his team can confidently provide the results you demand. Call 403.247.5555 today for your free evaluation.



HAMPTONS 2016 STATS	# OF SALES	AVERAGE PRICE
Bi-Level	1	\$595,000
Bungalow	6	\$830,333
Two Storey	44	\$801,543
Two Storey Split	2	\$743,000
Townhouse	5	\$364,840
Villa	6	\$633,333
TOTAL	64	
Average days on Market	38 days	



- 3 bedroom+den walkout bungalow · concrete tile roof, fully finished
- · estate area, close to Hamptons School



- extensive extras, prime ridge location 47 SAGE VALLEY COVE NW
- custom 4 bedroom two storey walkout · 3 car garage, fully finished, central air



- Beattie 3 bedroom+den two storey split · 3 skylights, granite counters, hardwood
- · vaulted ceilings, TREX deck, steps to park



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



- upscale 2 bedroom+den walkout bung
- hardwood & tile, granite, oak kitchen
 2 fireplaces, finished walkout on golf course
- \$734.900 upgraded 4 bedroom+den two storey
 maple kitchen, hardwood & granite, A/C
 built-in speakers, finished walkout



- lovely updated 2 bedroom townhome
- fully finished, new kitchen, 2 fireplaces
 fenced yard, vaulted ceilings, 2 decks



- upgraded 4 bedroom+den two storey hardwood & granite, finished walkout
 built-ins, white kitchen, loft, corner lot

