

NOVEMBER 2017

DELIVERED MONTHLY TO 2,500 HOUSEHOLDS

your

# HAMPTONS

HAMPTONS



HOMEOWNERS  
ASSOCIATION

THE OFFICIAL HAMPTONS COMMUNITY NEWSLETTER

FOLLOW US ON  
TWITTER & FACEBOOK



[www.hamptonscalgary.ca](http://www.hamptonscalgary.ca)

Great News Publishing

| Call 403-263-3044 for advertising opportunities

| [www.great-news.ca](http://www.great-news.ca)



**Ornamental**  
landscape **maintainers**

**Full Service Landscape Company specializing in:**

- Tree pruning
- Shaping
- Trimming
- Tree removal
- Tree Health Assessments



**Don MacDonald, Arborist**  
*Over 45 years' experience*




*One of Calgary's most respected professional Arborists & Journeyman Landscape Gardeners  
Graduated of Horticulture - Dalhousie University*

*Onsite ISA Certified Arborists at every job*  
**TOP QUALITY EXPERT SERVICE**

**403-273-7957 | 403-371-7847**  
**www.ornamentallandscape.ca**

**NEWMAN LOSS PREVENTION**  
Barring Burglars From Your Home



**Hinged Steel Window Bars**  
**HD Security Camera Systems**  
**Commercial and Residential**



**CALL TODAY!**  
**403-710-3322**

# CONTENTS

5	<b>YOUR CITY OF CALGARY: NOVEMBER IS ADOPT-A-SENIOR-PET MONTH</b>
8	<b>GUIDES CANADA: NITANISAK DISTRICT</b>
9	<b>RESIDENT PERSPECTIVES: TREATING THE LITTERBOX BLUES</b>
10	<b>NEWS FROM THE FRIENDS OF NOSE HILL</b>
13	<b>AT A GLANCE</b>
14	<b>REAL ESTATE UPDATE</b>
14	<b>FOR ART'S SAKE: NOVEMBER</b>
15	<b>MLA PRASAD PANDA'S REPORT</b>
15	<b>MP MICHELLE REMPEL'S REPORT</b>
16	<b>CALGARY WILDLIFE: THE HOUSE SPARROW</b>
18	<b>SAFE &amp; SOUND: UNDERSTANDING MENTAL ILLNESS</b>

**Bag to Earth®**  
**Food Waste Bags**



Approved for use in the City of Calgary Green Bin Collection Program. Our Bags are a Proven Alternative to Keep Your Kitchen & Curb-side Food Scraps Collection Bins Clean & Odour-free.

- Our Paper Bag **is made entirely of renewable and sustainable resources**
- Features Unique Leak-Resistant Cellulose Lining... **it's "clear paper" - not plastic**
- Tough... **No need to double-bag as with other bag products**
- Environmentally Friendly... **and completely compostable**
- Certified Compostable... **Meets BPI/ASTM industry standards**
- Used in Households Across Canada
- Available in 2 Convenient Sizes ... **Small 10-pack & Large 5-pack**

Available at major Grocery, Club, Mass Merchandiser, Pharmacy and Home Improvement stores in the Calgary Area. **Made in Canada** 🇨🇦

Visit **www.bagtoearth.com**  
for more product information & how to purchase







## 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  
 Delivered monthly to 2,500 households and businesses for 8 years!

### Editorial Submissions

hamptonshomeowners@shaw.ca  
 All editorial content must be submitted by the 10<sup>th</sup> of the month for the following month's publication.

### Advertising Opportunities

403-263-3044 | sales@great-news.ca  
 All advertisements must be submitted by the 1st of the month for the following month's publication.

### Published by Great News Publishing

Serving Calgary communities for 28 years  
 87 newsletters reaching over 391,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE  
 Calgary, AB  
 T2C 2K2

Check out our website:  
[www.great-news.ca](http://www.great-news.ca)



*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 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 any advertisements should not be considered an endorsement of any goods or services.*

## IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403-237-0654

## YOUR CITY OF CALGARY



### November is Adopt-a-Senior-Pet Month

The City of Calgary's Animal Services is proud to feature their Seniors-for-Seniors adoption program during 'adopt-a-senior-pet' month. The program's focus is to connect mature dogs and cats with owners who are 60 and over. Through this, a 60% adoption fee discount is offered to seniors when adopting a senior animal (age 7 or order).

Senior cats and dogs, while mature and well-socialized, are often overlooked by adopters because of their age. However, when well cared for, senior animals can be a source of love and companionship for many years to come. Ideally, the owner and pet will complement the lifestyle and pace of each other.

The program's goal is to enrich the lives of both pets and people. The adopter can benefit from reduced loneliness, increased opportunities for exercise, socialization and companionship. Owning a pet also has added health benefits (such as lowering blood pressure and cholesterol).

To inquire about adopting a senior pet, please visit [www.calgary.ca/adoptapet](http://www.calgary.ca/adoptapet).

**Flip Factory** Toddlers to Adults • Beginners to Pros

GYMNASTICS • CIRCUS • PARKOUR • TRAMPOLINE • NINJA WARRIOR • STUNTS

Programs for every age and skill level! With diverse, non-competitive programs you are sure to find fun fitness for the whole family.

Flip Factory @Flip\_Factory @Flip\_FactoryYYC [www.flip-factory.com](http://www.flip-factory.com) 403.265.2656

**SAFETYSYNC**  
 Manage Your Workplace Safety

[safetysync.com](http://safetysync.com)

**GRAND OPENING SAGE HILL BOTTLE DEPOT**

**Saturday, November 18, join us from 11 AM - 2PM**  
**FOR A FREE LUNCH & KIDS ACTIVITIES!**  
**BRING YOUR BOTTLES IN TODAY & ENTER FOR A CHANCE TO WIN:**  
**2 TICKETS TO LAS VEGAS, ROYAL BBQ & MANY MORE PRIZES!**

70 Sage Hill Plaza NW 403-275-7003 [www.sagehillbottledepot.ca](http://www.sagehillbottledepot.ca) Like us on Facebook! 🍷

## CALLING LOCAL PHOTOGRAPHERS

SUBMIT YOUR PHOTOS FOR A CHANCE TO BE PUBLISHED IN THE NEXT EDITION OF THIS NEWSLETTER

Please submit your best captioned photos with your name for the photo credit and mention what community you're from. Send to [news@great-news.ca](mailto:news@great-news.ca). If you'd like to see your work on our social media channels—Twitter and Facebook—submit your social media information as well.

## DO YOU HAVE A CONCERN ABOUT AN ILLEGAL SUITE IN OUR NEIGHBOURHOOD?

If you do, please access the complaint process by contacting 311 and supplying the address of the suspected illegal suite. As part of this process you will need to provide your name, address, phone number # and a password so only you can have access to the complaint file. A file number will be provided for any required follow-up.

Within 5 days a bylaw officer will contact you, usually by phone, to verify he/she has the complaint and will be investigating it. The investigation requires the bylaw officer to inspect the interior of the suspected illegal secondary suite home to determine if an actual illegal suite exists. Usually that is a 30 day or more process but the bylaw officer will get back to you, usually again by phone, to let you know the result.

If you have filed a complaint, you may wish to advise the Hamptons Community Association ([hamptonshomeowners@shaw.ca](mailto:hamptonshomeowners@shaw.ca)) and Councillor Joe Magliocca in the event you may require their assistance.



## Hamptons Homeowner Association

#234, 5149 Country Hills Blvd, Box 120  
Calgary, AB T3A 5K8  
Phone: 403-208-0205 • Fax: 403-208-0206  
Email: [hamptonshomeowners@shaw.ca](mailto:hamptonshomeowners@shaw.ca)  
Web page: [www.hamptonscalgary.ca](http://www.hamptonscalgary.ca)

### 2017 BOARD OF DIRECTORS

<b>President</b>	Mark Seland
<b>Vice President</b>	Theresa Koscielnuik
<b>Treasurer</b>	Vince Amabile
<b>Director at Large</b>	Evelyn Kam
<b>Director at Large</b>	Priti Jere
<b>Director at Large</b>	Adele Zuchetto
<b>Director at Large</b>	Brian Petovello
<b>Director at Large</b>	Bruce Davies

## Community Designated Schools

(FR) denotes French Immersion program

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

BRING YOUR  
**BRAND**  
INTO FOCUS



BUSINESS PROFESSIONALS, EXECUTIVES, COACHES, MUSICIANS, ARTISTS, MODELS, REAL ESTATE AGENTS, ENTERTAINERS, LAWYERS AND ANYONE WHO NEEDS A VARIETY OF OF IMAGES FOR WEBSITES AND MARKETING

403-228-2099

**ILLUSIONS STUDIO**  
[WWW.ILLUSIONSPHOTOGRAPHIC.COM](http://WWW.ILLUSIONSPHOTOGRAPHIC.COM)

HEADSHOTS • PASSPORTS

## Calgary Registry Services



Ph 403.286.6824  
Fax 403.288.9677

Mon - Fri 9am - 6pm  
Sat 9am - 5pm  
Sun closed

License Plates  
Drivers Licenses  
Learners Permit  
Fine Payments  
Road Testing  
Lien Searches  
Land Titles  
Birth Certificates  
Marriage Licenses  
Corporate Registry  
**Boat Books**  
Commissioner for Oaths  
Alberta Health Care

Unit 312, 5149 Country Hills Blvd. NW  
(Across from Hamptons Superstore)  
[www.calgaryregistry.com](http://www.calgaryregistry.com)

**Letter to the editor**

Dear Great News Publishing,

Please **DO NOT** run my ad next month. My ad has been **WAY TOO EFFECTIVE**. My phone won't stop ringing with people saying they saw my ad in the newsletter. I'm amazed at how well this worked!

Thanks for all your help,  
Sincerely,  
Laura  
Owner of Buds and Blooms

Contact us today to find out how you can make this customer's experience your reality!

**403-263-3044**  
**sales@great-news.ca**

\*Actual customer experience.

RBC Dominion Securities Inc.

**QUESTIONING YOUR INVESTMENTS?**  
Get a professional second opinion on your portfolio

MARTIN ADVISORY GROUP OF RBC DOMINION SECURITIES



**MICHAEL MARTIN, MBA, CFA, CFP**  
Investment Advisor  
403-266-9655  
michael.t.martin@rbc.com

If market volatility is making you second-guess your investments strategy, contact me today for a no obligation, objective evaluation of your portfolio. An unbiased review can help you answer key questions including:

- Is your portfolio still on the right track?
- Are you taking too much risk in your portfolio?
- Which investments are likely to recover and which ones aren't?

www.martinwealth.ca

RBC Wealth Management  
Dominion Securities

There's Wealth in Our Approach.™



## Nitanisak Girl Guides

Our district covers the communities of: Edgemont, Evanston, Hamptons, Hidden Valley, Hanson Ranch, Kin-cora, 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). You can register online through [www.girlguides.ca](http://www.girlguides.ca).

Here's some of what we were up to in September and October (there's lots more activities and units, but we are limited to 300 words now, so we are selecting two units per month to highlight).

The 70th Sparks have had a great start to the year! We had a successful Mint Cookie campaign and celebrated with our first Mother/Daughter sleepover at the Calgary Girl Guide at the end of October. November is also chock full of fun activities including scone making at a local bakery, a Karate Class to learn more about taking care of ourselves and finishing the month with a tour of a local grocery store! We are making great memories and focusing our efforts on learning about our community! We can't wait for the new year to continue our adventures.

The Nitanisak District 9th Trex\* unit planned and executed their first trip for the Guiding year. The trip was to Jasper on Sept. 29-Oct. 1, 2017. We stayed at the Hosteling International Hostel, did a scavenger hunt in downtown Jasper, did a few crafts, hiked Maligne Canyon, visited the disappearing Medicine Lake and on the way home planned to stop at Athabasca Falls and then go to the Columbia Ice Fields for lunch. Most of the girls had not experienced any of these places and loved everything, except maybe the rain!

*\*Trex units are Girl Guide units for girls in grades 7-12, who want to continue in Guiding but are unable to commit the needed time for program work.*



A cat missing the litterbox or refusing to use the litterbox is easily the first, second, and third most common reason a cat owner will seek out veterinary advice. Unfortunately, if not successfully treated, it is also why an owner may elect to euthanize or rehome a pet cat. Effective treatment with a single simple solution is often difficult.

Seeking help for inappropriate urination early is critical. What started as a medical problem can become a habit the longer the cat continues to urinate outside the litter box, then treatment becomes more complicated. Minimal medical workup should include physical examination, bloodwork and urinalysis, and radiographs of the bladder. Radiographs or x-rays will also allow evaluation of a cat's bones for arthritic changes. Back pain may make a cat avoid stepping into the box and being squeezed into uncomfortable shapes. Very old cats may have some cognitive problems.

Basic management to try and treat cats peeing and/or pooping outside the litterbox starts with keeping the litterbox clean. Use a litterbox that is one and one-half times the length of the cat from nose to base of the tail. Try uncovered and covered litter boxes, if possible. Try cutting a second hole at the other end of the litterbox cover. Keep the litterbox out of high traffic, noisy, drafty areas and provide a little light, especially for elderly cats. Older cats may also need a slightly lower entrance if it hurts to step into the box. Long-haired cats may need hair between the toes and around the rear end trimmed.

Get creative. Try different kinds of litter in boxes, and avoid perfumed litters. Try moving the litterbox to a

# Treating the Litterbox Blues

By Jennifer L. Scott, D.V.M.

new location. If the cat had a painful infection or bladder stones, it may associate the current location with pain when he urinated. A litterbox by a furnace that turns on now and then with a loud roar is not the best location.

Rule of thumb in multiple cat households is to offer one more litterbox than the number of cats. If there is conflict between cats in the household it may need to be addressed. If the cat is marking around windows and doors because it's seeing cats outside the house, that may require action to prevent the cat seeing out of that window or door. Marking territory and anxiety are two of many underlying reasons a cat may eliminate outside the litterbox.

Appropriate medical treatment can be started if your veterinarian finds a medical reason. Behavioral causes are much more complicated. Veterinarians stock two products sold over the counter which can be plugged into the wall to release a pheromone into the air which may reduce anxiety and competition between cats. There is also a veterinary diet called Calm diet, which many of my clients have had success with. There are many effective anti-anxiety drugs on the market today to treat cats, as well as some alternative treatments. In most cases, more than one tool needs to be utilized and finding the combination of effective tools can be a journey before success is achieved.

Over the last few decades, the veterinary profession has become more successful at treating inappropriate elimination in cats, but still treating difficult cases demands a huge commitment and partnership between pet owner and veterinarian.

# News from the Friends of Nose Hill

by Anne Burke



for Nose Hill Park, the City authorized the purchase of land in the park.

The Court determined that: when a municipality makes a firm decision to create a park and demonstrates this in a land-use bylaw, this does not mean that the municipality must create the park immediately.

Under the 1963 law, land could not be zoned as parkland unless the municipality owned the land at the time. Once the decision was made, it had to acquire the land within 6 months. Otherwise, the bylaw was no longer in force.

In 1984, the Court observed that the law has gradually moved away from the rights of the property owner as paramount to planning flexibility and public interest as more important. Alberta decided that, if the rights of individuals and the public conflict, then to the extent necessary, the “greater public interest” must prevail. Ottawa agreed. In other words, *there is nothing inherently wrong with a development freeze*. The Appeal was dismissed with costs.

Join us on Wednesday November 15 at Triwood Community Centre Lounge at 7 p.m. for our annual members meeting. Details on [www.fonhs.org](http://www.fonhs.org).

The Supreme Court of Canada played a role in the creation of Nose Hill Park. Planned public purchase of land for a park can be a legitimate reason for refusing to grant a building permit or for a refusal of an application for rezoning.

In 1973, Calgary passed a resolution restricting urban development on 4100 acres in the Nose Hill area and requiring investigation by the City of “all available means” to acquire the land. In 1976, the City reduced the size of the proposed Nose Hill Park by deleting the western parcel of 1500 acres. The Municipal Plan in 1979 said there will be a plan for Nose Hill Park. Then the City passed an area structure plan called Crowchild III which refers to the “proposed Nose Hill Park”.

The City adopted the Nose Hill Master Plan by Parks and Recreation to outline the types of recreational activity desirable in the park. This plan put forward 3 alternative park concepts which were evaluated and with recommendations. As a policy document, it was incorporated in the Municipal Plan in June 1980. (There was a Master Plan Review in 1993). With approval of its plan

# Hoffman

INSTITUTE

**“The Hoffman Process helped me enormously. It was pivotal, enlightening and life-changing”**  
*W. Brett Wilson – Dragon Emeritus, Philanthropist and Hoffman Graduate*

**The Hoffman Process** helps remove the barriers that are holding you back from being the best version of yourself.

Make peace with your past  
 Release from negative behaviors  
 Emotionally heal and forgive  
 Discover your authentic self

Email [shift@hoffmaninstitute.ca](mailto:shift@hoffmaninstitute.ca) to get more information on the Hoffman Process in Canada and receive a “free” book on how to live a happier life.

**DIVA** SALONspa

**\$20 OFF ANY HAIR SERVICE**

Country Hills | 403.239.2349  
 Market Mall | 403.289.0808  
[divasalonspa.com](http://divasalonspa.com)

One voucher per visit. Only valid at our Country Hills & Market Mall locations. Valid with New Talent or Stylists only. Not valid with any other promotion. No cash value. Present this ad at time of purchase.

Valid from January 1 - February 28, 2018

**\$10 OFF ANY SPA SERVICE**

Country Hills | 403.239.2349  
 Market Mall | 403.289.0808  
[divasalonspa.com](http://divasalonspa.com)

One voucher per visit. Not valid on Express Services. Only valid at our Country Hills & Market Mall locations. Not valid with any other promotion. No cash value. Present this ad at time of purchase.

Valid from January 1 - February 28, 2018

**AVEDA** | **DIVA** SALONspa

**CALGARY PUBLIC LIBRARY**

**Explore expanded access to TumbleBookLibrary**  
 Calgary Public Library has partnered with the Calgary Board of Education and Calgary Catholic School District to expand our access to TumbleBookLibrary. This free online resource for kids offers more than 1,100 titles, including talking picture books, narrated chapter books, ebooks, and graphic novels, all available at [calgarylibrary.ca/tumblebooklibrary](http://calgarylibrary.ca/tumblebooklibrary).

**\$1M grant transforms early learning at the Library**  
 The Calgary Foundation Early Learning Centre at Saddlestone Library opened September 16. This new space for children ages zero to five to play and learn in is the first of four Calgary Foundation Early Learning Centres set to open this year, thanks to a transformational \$1 million investment from the Calgary Foundation and an anonymous donor. Discover the new space today!

**What does Calgary Public Library mean to you?**  
 In celebration of Canadian Library Month this October, Calgary Public Library is part of a nation-wide initiative sparking conversation about the importance of libraries. Share your most vivid memory or meaningful library moment on social media using #Library-Moments and tag us @calgarylibrary.

**Math is No. 1 at this free after-school program**  
 Students ages 6 to 12 are invited on a Math Quest! Explore the library while completing numeracy challenges at this one-hour drop-in program, offered at 18 Library locations. Quests are connected to Alberta’s curriculum, have real-world applications, and demonstrate math can be fun. For more details, visit [calgarylibrary.ca](http://calgarylibrary.ca), click programs, and search Math Quest.

## Nominations Open for Advisory Committee on Accessibility's Annual Awards

Do you know an individual, group or organization who is removing barriers for people with disabilities in Calgary? Nominate them for one of three annual accessibility awards sponsored by the Advisory Committee on Accessibility. Categories include:

- Advocacy Award
- Access Recognition Award
- The Ella Anderson Accessible Transportation Award

The nomination deadline is Friday, November 17. Visit [calgary.ca/accessibility](http://calgary.ca/accessibility) for more information.



## BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 17

## Yielding to Emergency Vehicles

Time is the enemy in an emergency. For everyone's safety, it is important for motorists to understand how to correctly yield right of way to emergency vehicles with lights and siren activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road:

### When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection;
- On a one or two-lane road, motorists should move to the right side of the road, slow down, and then stop. Remember to signal;
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal;
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one) before re-entering traffic flow. Remember to signal;
- Emergency vehicles might use *any* available road space to maneuver. This could include the shoulders, turning lanes, in order to pass other traffic.

### When operating a vehicle:

- Drive attentively and defensively at all times. Be cognizant to sirens and be prepared to yield the right of way;
- It is Alberta law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving past a stopped emergency vehicle. This includes EMS, police, fire, and tow trucks with their lights activated;
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light, or making an illegal turn. Actions such as these jeopardize all motorists in the area;
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$287.00;
- Always leave plenty of space between your vehicle and an emergency vehicle, should it be required to stop suddenly.

## YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

### International Christmas Market – Spruce Meadows, Dec 1 - 3

This final weekend of the International Christmas Market invites you to take in over 250 vendors in the indoor comfort of Spruce Meadows. Take in the lively, festive atmosphere while crossing those last few gifts off of your list. Live entertainment, dining, choirs, and much more. More info: [sprucemeadows.com](http://sprucemeadows.com).

### Boy film screening – Esker Foundation, Dec. 7

Boy is a dreamer who loves Michael Jackson. Boy's other hero, his father Alamein, is the subject of Boy's fantasies, and he imagines him as a hero and a close relation of Michael Jackson. In reality Alamein is an inept, wannabe gangster who has been in jail for robbery. When his father returns home, Boy is forced to Sidewalk Citizen will be providing complimentary treats for this screening. Dir. Taika Waititi, 2010, 87 mins. Event is free, registration essential. [www.eventbrite.ca/e/boy-registration-37158757845?aff=es2](http://www.eventbrite.ca/e/boy-registration-37158757845?aff=es2).

### A Cowtown Christmas by Cowtown Opera Company – Central United Church, Dec. 9

Do you hear what I hear? It's your annual get-together with your opera-singing relatives! This year dress in your pajamas and most festive onesie receives a prize. Baby, it's cold outside and Cowtown is the musical equivalent of a warm cup of cocoa. You'll laugh, sigh, and sing-along (of course!) to your favourite Christmas tunes. Hosted by Calgary's beloved Heebie-Jeebees, and featuring Calgary's top musical talent, come celebrate the most wonderful time of the year. More info: [cowtownoperacompany.com](http://cowtownoperacompany.com).

### The Brick Teddy Bear Toss – Scotiabank Saddledome, Dec. 10

The annual Teddy Bear Toss is hosted by the Calgary Hitmen in support of children in need in Calgary. Bring a teddy bear or plush toy of your choice and at the end of the first period all in attendance will toss their toys onto the ice. Last year almost 24,000 toys were collected to put under trees all over the city. This year the hitmen will square off against the Moose Jaw Warriors. Tickets and info: [hitmenhockey.com/teddy-bear-toss](http://hitmenhockey.com/teddy-bear-toss).

### THE SANTALAND DIARIES – LUNCHBOX THEATRE, NOVEMBER 27 – DECEMBER 23

This is one elf that won't make the nice list. His name is Crumpet and he'll tell you the truth about Santaland. An out of work and broke actor in New York city takes a job as an elf in Macy's Santaland Village. The behind-the-scenes reality of holiday cheer is not the blissful peppermint dream that he had imagined. Based on David Sedaris' hilarious book chronicling his outlandish experience working as an elf in a Macy's Santaland, The Santaland Diaries is a one-man riff on one elf's truly odd encounters with his fellow man. More info: [lunchboxtheatre.com/the-santaland-diaries/](http://lunchboxtheatre.com/the-santaland-diaries/)



### TREES WITH TEA – YYC BEESWAX HQ, DECEMBER 5

Join us for a fun evening of candle making fun! We'll have hot tea for you to enjoy as you learn about bees and beeswax. After that, we'll celebrate the season by making some adorable beeswax tree candles. This is a perfect workshop for kids to make Christmas gifts! Instruction and all materials are included. More info: <https://www.eventbrite.ca/e/trees-with-tea-tickets-3625547811?aff=es2>.

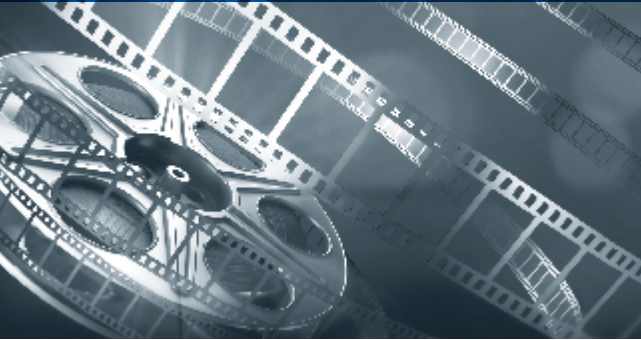


### A CHRISTMAS TALE CARRIAGE HOUSE INN, DECEMBER 17

An incredible event for the whole family in Calgary! Beautiful, full of fun and magic Christmas show with Santa will take you into the world of music and dance. Magic tricks and games with Santa and his friends will provide you and your family with an unforgettable experience of the Christmas spirit and fill your holidays with joy. Children under 2 years old are free. More info: [artstarcreations.net/category/news/](http://artstarcreations.net/category/news/).



DECEMBER DECEMBER DECEMBER



## November

By Hilary Angrove

November: the month where there's too much snow for hiking but not enough for skiing, when the snowbirds go south and potential tourists stay south. Not a snowbird and don't have a November vacation lined up? Luckily, November in Calgary offers many opportunities to get cultured, from just a stone's throw away.

The Calgary Underground Film Festival elevates Calgary's cultural landscape with the best in local and international independent cinema. Recently, they noticed Calgarian's growing desire for non-fiction films so from November 16th – 19th they will be presenting a unique roster of never before screened in Calgary documentaries.

Without a doubt, Calgarians have an appetite for engaging, educational, cinematic output. From November 16-19, The Marda Loop Justice Film Festival will be screening films on issues important to us as individuals, Canadians, global citizens, and humans. Improve your dinner table discussion and hang out for post-show discussions with local and international cinematographers, and take advantage of the Festival's different opportunities to interact with experts.

Not a cinephile? Explore the untold stories of lemurs in Madagascar with Mireya Mayor during the National Geographic Live presentation at Arts Commons on November 5th and 6th. The talk includes a post-show Q & A - a chance for you to fully engage with this inspiring explorer.

Calgary is a wonderful place with much to offer - and there are a multitude of places to get cultured, beyond this list.



## Hamptons Real Estate Update

### Last 12 Months Hamptons MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
September 2017	\$749,900	\$720,500
August 2017	\$699,900	\$673,000
July 2017	\$852,450	\$819,000
June 2017	\$799,900	\$780,000
May 2017	\$738,950	\$737,250
April 2017	\$646,900	\$645,000
March 2017	\$662,450	\$646,250
February 2017	\$724,900	\$698,000
January 2017	\$568,000	\$538,800
December 2016	\$569,800	\$552,500
November 2016	\$727,450	\$705,000
October 2016	\$829,000	\$796,000

### Last 12 Months Hamptons MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
September 2017	11	5
August 2017	10	7
July 2017	11	8
June 2017	18	15
May 2017	15	12
April 2017	14	9
March 2017	9	2
February 2017	3	5
January 2017	3	3
December 2016	1	3
November 2016	8	4
October 2016	4	7

To view the specific SOLD Listings that comprise the above MLS averages please visit [hamptons.great-news.ca](http://hamptons.great-news.ca)



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

Most working Canadians are employed by small (1-99 employees) and medium (100-500) sized businesses. In 2015, small businesses contributed 32% to Alberta's GDP (StatsCan). These businesses are significantly affected by the price of oil and gas, either because they directly service the energy industry, or because they provide housing and other consumer items to a less confident marketplace.

In today's Alberta economy, it is important that we do not implement policies that will make a bad situation worse. This has been my consistent message since before the Calgary-Foothills by-election. Unfortunately, we keep hearing how small businesses in Alberta are feeling unsupported by their governments.

At 8.1%, Alberta has the 4th highest unemployment rate in the country yet the NDP government insists on an aggressive plan to increase the minimum wage to be highest in the country (by far). A recent C.D. Howe report predicts that this will cause 25,000 job losses here in Alberta by next year. I worry that this will disproportionately affect young people who are eager to get some job experience.

Last spring, with minimal consultation, the NDP government forced through new labour legislation that will facilitate more unionized work places. This sends a signal to investors that Alberta is a riskier and less attractive place to do business.

In the city of Calgary, many small businesses were recently hit with sharp property and business tax increases. This is like rubbing salt into the wound of already lower revenues.

Not to be outdone, the Trudeau government is planning to take away long standing tax measures that have proven to be effective in creating and growing small businesses. Our provincial NDP government has remained silent on this.

On a bright note, my colleague MLA Grant Hunter will be introducing a Private Members Bill this fall that would force government departments to eliminate one or more regulations for every new regulation introduced. Perhaps this small proposal will garner multi-party support.



Calgary Nose Hill  
**Hon. Michelle Rempel, MP**  
201-1318 Centre Street NE,  
Calgary, AB, T2E 2R7  
403-216-7777  
michelle.rempel@parl.gc.ca  
www.michellerempel.ca

Small businesses are vital to the Canadian economy. Business owners work hard and have often sacrificed a great deal in order to become successful. That is why I am deeply concerned about the small business tax increases that the Federal Government has proposed. Any changes to Canada's tax system must ensure that small businesses are given every opportunity to grow, create good paying jobs, and contribute to our economy. With those principles in mind, I have supported legislation in the past, and will continue to support legislation in the future, that lowers taxes for small and medium-sized businesses, reduces government red tape, and allows entrepreneurs to create jobs.

The formal consultation on the Federal Government's proposals closed on October 02, 2017 but, if you would like to learn more about the proposed changes please visit my website [www.MichelleRempel.ca](http://www.MichelleRempel.ca).

In order to hear directly from those in our community on this issue I held a Town Hall Meeting at the end of September that was attended by over 300 individuals. Due to the short notice of the event I was unable to advertise the meeting via billboard signs and apologize if you were not aware of the event. The overwhelming majority of the individuals who attended, and who have contacted me through my office, are opposed to the proposed changes.

Now that the consultation period has closed the debate shifts to Parliament. Please continue to send me your feedback and suggestions on this topic as we debate these changes.

I have also sponsored an online petition which you can access via: [www.e1239.ca](http://www.e1239.ca)

Thank you to those who have contacted me on this issue already. I will continue to bring the voices of small business owners in our community forward as the debate proceeds.





**Fun Facts:**

- The House Sparrow is part of the weaver finch family of birds which is not related to North America's native sparrows.
- The males have a grey crown and underparts, white cheeks, a black throat bib and black between the bill and eyes. Females are brown with a streaked back (buff, black and brown).
- These little birds have only been in Alberta for about 100 years made themselves at home here by taking advantage of urban human environments, where food and home sites are provided.
- In Alberta, House Sparrows can be found in backyards, parks, suburban and cultivated fields, and urban areas. They are rarely found in far northern areas.
- House Sparrow make untidy nests in boxes (sometimes taking over another bird's nest), under eaves, in crevasses in buildings or masonry or stone structures, in spruce trees, and, in cold climates, even in the heat vent outlets of commercial laundries. These birds may raise up to three broods a season.
- These birds usually travel, feed and roost in assertive, noisy, sociable groups, but always maintain wariness around humans.
- Although often disliked for their raucous and unsanitary manners, the House Sparrow provides great fodder for the study of bird behaviours in general because they are so commonly found in areas populated by humans.

*If you find an injured or orphaned House Sparrow or other wild bird or animal, please contact the Calgary Wildlife Rehabilitation Society at 403-239-2488 for tips, instructions and advice, or visit our website at [www.calgarywildlife.org](http://www.calgarywildlife.org) for more information.*

# The House Sparrow

Article by JG Turner; Photo by Andrea Hunt

The House Sparrow is a member of the Old World sparrow family native to most of Europe and Asia. This little bird has followed humans all over the world and has been introduced to every continent except Antarctica. In North America, the birds were intentionally introduced to the United States from Britain in the 1850s as they were thought to be able to help with insect control in agricultural crops. Being a hardy and adaptable little bird, the House Sparrow has spread across the continent to become one of North America's most common birds. However, in many places, the House Sparrow is considered to be an invasive species that competes with, and has contributed to the decline in, certain native bird species.

# REMEMBRANCE

Canada observes the tradition of Remembrance Day on the eleventh hour of the eleventh day of the eleventh month. Other nations observe a solemn day but at different dates. For example, ANZAC Day is observed in New Zealand on April 25. In South Africa, Poppy Day is marked on the Sunday that falls closest to November 11.



# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or [sales@great-news.ca](mailto:sales@great-news.ca)

**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."

**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 handyman services, personal assistant, kitchen helper, cleaning and much more! Email: [cl@clhelpinghands.ca](mailto:cl@clhelpinghands.ca). Call Craig or Laurie at 403-880-7125 or 403-510-8551.

**EXPERIENCED ELA TEACHER AND ELA 30-1 DIPLOMA EXAM MARKER:** will improve your student's reading comprehension and academic/personal/creative writing skills. I am also familiar with grades 7-12 ELL and grades 10-12 IB students, and I employ a relaxed but effective approach with all. Please call 403-993-7495 or email [mrenglish61@gmail.com](mailto:mrenglish61@gmail.com). for more information.

**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.

**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](http://www.cejelectric.com) or call Clayton at 403-970-5441.

**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](http://www.communitymediation.ca), 403-269-2707.

**RELIABLE SNOW SHOVELLING!** Seniors' discount. We also fix and install eavestroughs, downspouts, fascia, soffit, siding and roofs. A+ rated BBB member, 2017 Consumers Choice Award winner, 2017 Reader Choice Award winner, WCB covered and fully insured. We are Gutter Doctor! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.

**OFFICIAL PLUMBING & HEATING:** Home of the \$25 service fee. Lower service fees, better warranties. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call/text 403-837-4023.

## BRAIN GAMES SUDOKU

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



## Understanding Mental Illness

Each year, more than 810,000 individuals in Alberta consult a physician for addiction and mental health services.

Mental health problems are health conditions that impair an individual's thinking, mood, and/or behaviour (or a combination of these). This impairment leads to distress and/or reduced functioning, such as trouble going to work, completing daily activities, and carrying on with usual relationships.

Although there are many types of mental health problems, the most common ones are depression and anxiety. Depression affects about 2 million Canadians 20 years of age and older at some point in their lives. Depression is often seen with other mental health problems and physical illnesses including heart disease, stroke, and physical disabilities. About 2.5 million Cana-

dians 20 years of age and older live with an anxiety disorder. Schizophrenia and bipolar disorder (also known as manic depression) are less common, but can have a huge effect on the quality of life of people living with these illnesses.

With support and treatment, people with mental illnesses can lead full, productive lives. Early intervention and support is vital. Research shows that half of all lifetime cases of mental illness begin by age 14.

AHS provides mental health services to all Albertans, including children and youth, adults and seniors, as well as indigenous people, new immigrants and refugees.

Providing support to a family member or friend with a mental illness can be rewarding as well as stressful. It's important to also take care of yourself. For more information about how to take care of a loved one with a mental illness, please contact the 24/7 Mental Health Helpline at: 1-877-303-2642 (toll free within Alberta).

Should a crisis occur, there are a number of crisis services offered throughout the province, these include the following:

- 24/7 mental health helpline and 24/7 addictions helpline
- Crisis/Distress Lines:
  - Edmonton 780-482-4357 / 780-342-7777 (Mobile Response Team)
  - Calgary 403-266-1605 / 403-266-HELP (4357)
  - For other locations: <http://suicideprevention.ca/alberta-crisis-centres/>
  - Text: Calgary Connect Teen
  - Online Chat Distress Centre: <http://www.distresscentre.com/>



### Large and Sparse

The sprawl of Calgary covers roughly the same area as New York City, but only has about 10% of the population.

  
**fishman's**  
 Drycleaning • Shoe Cobbler  
 Sewing Studio • Heirloom Rug Care

*Calgary's premier destination for drycleaning, laundry service, clothing alterations and footwear repairs*

## Alterations and Fine Tailoring

*Professionals On-site*

**Hemming while you wait!**



**Shoe Cobbler**  
*Professional Shoe Technician*

**Shoe repair and protection.**

Present this coupon and receive

**\$10 OFF**  
**ALL SERVICES!**

Country Hills Village Mall  
 222 - 5149 Country Hills Blvd NW  
 403-228-6995  
[www.fishmans.ca](http://www.fishmans.ca)

# Kirby Cox REALTOR® & Associates

www.kirbycox.com



Ranked the **#1 Team in Calgary and Alberta** for Royal LePage in 2016, Kirby can confidently provide the results you demand. Call 403.247.5555 today for your **complimentary, free** evaluation.



HAMPTONS 2017 STATS	# SALES	AVERAGE PRICE
Bungalow	7	\$764,929
Two Storey	52	\$754,719
Townhouse	0	-
Villa	11	\$575,464
<b>TOTAL</b>	<b>70</b>	
Average Days on Market	<b>34 Days</b>	

### Backs on Golf Course



**\$1,099,900**

1211 Varsity Estates Rd NW

- custom-built 4 bedroom+den two storey
- 2 fireplaces, oak kitchen, fully finished
- heated 3 car garage, vaulted ceilings

### Central Air



**\$689,900**

239 Hamptons Drive NW

- mint condition 3 bedroom+den bungalow
- finished walkout, huge windows, skylights
- newer roof, white kitchen, private yard

### Newer Roof



**\$589,900**

8317 Edgebrook Drive NW

- sunny 3 bedroom+loft Shane two storey
- vaulted ceilings, hardwood floors, granite
- West backyard, newer siding, by schools

### Golf Course Home



**\$1,325,000**

39 Hamptons Close NW

- custom 5 bedroom+loft two storey, A/C
- cherrywood kitchen, heated 3 car garage
- finished walkout, media room, hot tub

### Mountain & Pond Views



**\$998,800**

117 Royal Crest Bay NW

- Albi 4 bedroom+den walkout bung, A/C
- hardwood & granite, 2 fireplaces, built-ins
- fully finished, cul-de-sac, backs on pond

### Extensively Renovated



**\$829,900**

130 Scenic Park Crescent NW

- Maillot 3 bedroom two storey walkout
- Brazilian cherry floors, granite, 2 fireplaces
- fully finished, gourmet kitchen, upgrades

### On the Golf Course



**\$889,900**

133 Hamptons Square NW

- fully finished 3 bedroom+den walkout bung
- A/C, hardwood & tile, granite, solarium
- heated 3 car garage, skylights, views

### Backs on Ravine



**\$999,900**

223 Silver Hill Way NW

- custom 4 bedroom two storey, 3 fireplaces
- finished walkout, hardwood & granite
- newer roof, maple kitchen, mountain views



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

403.247.5555