

MAY 2019

DELIVERED MONTHLY TO 2,500 HOUSEHOLDS

your HAMPTONS



THE OFFICIAL HAMPTONS COMMUNITY NEWSLETTER

**HAMPTONS
HOMEOWNERS'
AGM DATE CHANGE!**
DETAILS INSIDE

FOLLOW US ON
TWITTER & FACEBOOK



www.hamptonscalgary.ca

Great News Media

|

Call 403-720-0762 for advertising opportunities

|

www.greatnewsmedia.ca

REJOICE. LIFE'S SMALL VICTORIES.

If you're without employer-sponsored benefits, we have a plan that fits your needs and your budget—so you can spend time enjoying the little things.



1-800-AB-CROSS | ab.bluecross.ca

©**The Blue Cross symbol and name are registered marks of the Canadian Association of Blue Cross Plans, an association of independent Blue Cross plans. Licensed to ABC Benefits Corporation for use in operating the Alberta Blue Cross Plan. ©*Blue Shield is a registered trade-mark of the Blue Cross Blue Shield Association. IP18-021 2019/04



Dr. Tammy
Nighswander



Dr. Asim Hussain

Pediatrician
and
Internist
joining soon

走進家庭診所

خاندانی طبی کلینک
عيادة الأسرة الطبية
clinique médicale familiale
Phòng khám y tế gia đình
clínica médica familiar
medikal na klinika ng pamilya
குடும்ப மருத்துவ கிளினிக்



**Male and Female Doctors
Accepting New Patients**

Walk in and Family Medical Clinic

In the heart of the Edgemont Community, Opposite the World
Health Gym, A New Family Practice and Walk in Clinic.
Accepting new patients, Open 6 days a week

Mon – Friday 9 am – 6:30 pm and Saturday 10 am – 3 pm

Call now : 587-434-4332

Unit 10 – 34 Edgedale Drive NW Calgary T3A 2R4

www.edgemontmedical.com
edgemontmedical@gmail.com



Visit our facebook page
Edgemont Medical
Centre

CONTENTS

6	OUR AGM DATE IS CHANGING!
7	CALLING LOCAL RUNNERS TO PARTICIPATE IN 'PARKRUN'
8	MP HON. MICHELLE REMPEL'S REPORT
9	GUIDES: NITANISAK DISTRICT
10	NEWS FROM THE FRIENDS OF NOSE HILL
10	COUNCILLOR JOE MAGLIOCCA'S REPORT



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

Great News Media and the Hamptons Homeowners Association does 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.



Your Hamptons - Designed, manufactured, and delivered monthly to 2,500 Households by:

GREAT NEWS MEDIA
LEADERS IN COMMUNITY FOCUSED MARKETING



Magazine Editors

Vanessa Gillard
Alexa Takayama
news@greatnewsmedia.ca

Design | Graphics

Rosemarie Bartschak
Joanne Bergen
Marina Litvak
Freddy Meynard
Carolina Tatar

Advertising Sales

Sam Brown
Susan Lavoie
Kay Petryk
sales@greatnewsmedia.ca | 403 720 0762

5 Excellent Reasons to Advertise in Community Newsletter Magazines

- 1. Top of Mind Brand Awareness:** Consistent advertising leads to increased sales. Companies maintain and gain market share when community residents are consistently reminded of their brands.
- 2. Payback:** Community residents trust, and call businesses that advertise in their community magazines.
- 3. High Readership:** 68% female | Even distribution of Millennial, Gen X, and Baby Boomer readers
- 4. Cost Effective:** With advertising rates as low as \$0.01 cent per household, advertising in our community magazines is incredibly affordable.
- 5. Geofence Your Audience:** Manage your budget, optimize your returns and target your audience by specific community magazines.

Nearby Community Newsletter Magazines:



To Advertise Call 403 720 0762
Email sales@greatnewsmedia.ca

GREAT NEWS MEDIA
LEADERS IN COMMUNITY FOCUSED MARKETING



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
Web page: www.hamptonscalgary.ca

2019 BOARD OF DIRECTORS

Mark Seland	President
Angelo Salina	Vice President
Scott Livingstone	Treasurer
Priti Jere	Director at Large
Evelyn Kam	Director at Large

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

**THINK
TRAVEL**
THE BEST PRICES AND SERVICE
GUARANTEED!

Celebrating 37 years!

NOW OPEN

@ Northland Village Mall
(Next to GoodLife Fitness)

587-392-6622
www.thinktravel.ca

Enter Draw to Win **\$500** Travel Gift Card!
Visit Store for More Details



Alberta Authorized Registry Agent
Calgary Registry Services

Mon to 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

☎ 403.286.6824
☎ 403.288.9677
✉ info@calgaryregistry.com
🌐 calgaryregistry.com



#312, 5149 Country Hills Blvd. NW



Hamptons Homeowners: **OUR AGM DATE IS CHANGING!**

Please be advised our 2019 AGM reviewing our 2018 financials will be held on **THURSDAY JUNE 13, 2019** at **Foothills Alliance Church.**

More details will be available online at the end of May.

Your Worry-Free Lifestyle Starts Here
So Elegant. So Warm.
Experience Vibrant Seniors Living



RSVP for these upcoming events

May 9 at 6:30pm

Join us and Destination Seniors Downsizing in a **Free seminar** to learn how to downsize successfully and with ease.

After the seminar our Sales and Marketing Manager Kim Smith will be available to offer all visitors to tour Rocky Ridge Retirement Community.

May 16 at 3:30pm

Join us for an **Open House** Tour of our Retirement Community
Followed by a Complimentary Buffet

May 27 at 10:45am

Slideshow presentation on
White Water Rafting in **Patagonia**
(Southern Chile)



10715 Rocky Ridge Blvd. NW
Calgary, AB T3G 4G1

info@rockyridgeretirement.com

403-930-4848

www.RockyRidgeRetirement.com



Calling Local Runners to Participate in 'parkrun'

by Suzanne Brooks, Event Director and parkrun Ambassador

In September 2016, a very special community event started at Nose Hill Park called parkrun. A fantastic FREE, WEEKLY, TIMED 5k run/walk.

It started in the UK, in London in 2004 and has spread to many countries around the world.

If you want to get active in your local community and can walk/run/volunteer, then anyone can do so for FREE. It is very easy to sign up online (find the link on www.parkrun.ca/nosehill) and you receive an email with your own personal barcode. Print out your barcode and bring it with you to any event in the world if you would like your time recorded.

Nose Hill parkrun starts just in from the Edgemont Blvd, Shaganappi car park every Saturday at 9am. No need to sign up each week in advance, you just turn up!

You won't get lost, as the route is a simple two loops and well marked with signs. You will never be "last" as that is

the job of the volunteer tail walker. It is the same course each week, so a great way to keep track of your fitness and progress.

After the event, we go to "Friends" cafe in Edgemont for a well-earned coffee, a chat, and to process the results. We also keep in touch through the Nose Hill parkrun Facebook page and a Facebook group called Calgary parkrun members.

Results are kept online, and it is very motivational to see your progress and work towards your 50- or 100-mile-stone run. All ages and abilities take part, and you can run with 1 dog on a lead.

There are now 23 parkruns throughout Canada and we now have 3 in Alberta too (check the website www.parkrun.ca).

So, what are you waiting for? Get signed up, print out your barcode, and come and join us!





Calgary Nose Hill
Hon. Michelle Rempel, MP
#115 – 70 Country Hills Landing N.W.
Calgary, AB, T3K5P3
📞 403-216-7777
✉️ michelle.rempel@parl.gc.ca
🌐 www.michellerempel.ca

As of February 2019, Calgary had the worst unemployment of any Canadian city. So, it comes as no surprise to our community that jobs and the economy are issues that are of great importance to me. I continue to fight for the workers and families in my riding as your Member of Parliament in Ottawa.

On May 23, I will once again be hosting a Career Services event at Foothills Alliance Church. The event, which **is not a job fair**, will start at 6:00 PM and run until 8:00 PM. This event aims to assist those who are looking for work by connecting them with service providers and resources that can assist with job search, resume writing, interview skills, and enhance online job search techniques.

This event is free to attend and will showcase local organizations and resources available to individuals in Calgary that can assist with a job search or help with the challenges that come from unemployment. For a full list of participating organizations please visit www.MPRempel.ca

YOUR CITY OF CALGARY

Green Carts Spring into Weekly Collection Schedule

Spring has sprung, and with it comes an increase in yard waste. Weekly green cart collection will resume the first week of April.

Calgarians can visit calgary.ca/collection to find out their new green cart schedule and to sign up for free reminders including phone, email and text alerts or download the free Garbage Day app to receive notifications on their smartphones.

There are no changes to blue or black cart collection.

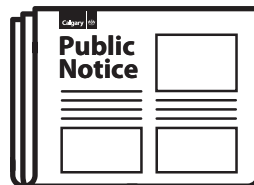


Calgary



Development Permit Notices are Moving Online

Development Permit Notices will no longer be published in the newspaper after May 16th. Visit **Calgary.ca/publicnotices** to see detailed information on development activity in your neighbourhood.



19-0037417



Girl Guides NITANISAK DISTRICT

The 165th Sparks have had a wonderful March. We worked on our service project for AARCS and made dog cookies for all the animals at the shelter. We had an AARCS representative come in and talk to us and she brought her cute foster puppy. Together with the Guide, Brownie and Sparks units we collected a huge amount of donations for AARCS to take back to the shelter.

Spring brought in the delivery of COOKIES. We had a very successful cookie stand and everyone sold enough cookies on their own that we have none left!

April brings in our last month of the year—WOW, where did the year go? We have a field trip with London Drugs, bring a friend night, and finally the Advancement. The leaders are also busy preparing for our final Camp of the Year which will take place in May.

The 91st Pathfinders have been having a lot of fun this year! We kicked off the year with a camping trip in the fall where we bridged with two Guides units to teach them some camping skills and sing together around the campfire. We also attended Nite Trek—a hiking experience in the dark. The girls had an awesome time and loved the Harry Potter theme.

Our unit has provided valuable programming on Thinking Day for Guides and provided STEM meeting for Brownies. This work gives the girls the opportunity to develop their creativity and spread their leadership wings. These opportunities continue for the spring—the girls are planning and implementing a tent camp for Guides.

Our main Service project this year was a more personal experience—the girls wrote messages of thanks to veterans and delivered them on Valentine's Day at a local Legion. More service is currently being planned for the spring.

Activities have been chosen and planned by the girls—we have gone to experience the haunted houses at Grim Manor, been active skating at Bowness Lagoon and swimming at the YMCA, explored our creativity through clay and had a fabulous weekend sleepover in Canmore.

And so much more adventure is in store this spring!

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email officialplumbingandheating@outlook.com; www.official-plumbing-heating.ca.

SPRING SPECIAL: Power rake, aerate, cut, free fertilizer \$170. Weekly cuts \$40. Calgary owned and operated since 1995. Call the father-son team now. 403-247-2292 or 403-796-9377.

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.

NEIGHBOURHOOD PAINTING COMPANY - HARDING'S PAINTING: Let us help you love and protect your home. Experienced painting crews available to complete exterior and interior painting projects. We've been painting homes just like yours in the neighbourhood for over 21 years. \$5 million liability insurance, bonded, and WCB. Call us for a free estimate today. 403-254-4726.

HANDYMAN SERVICES: Stucco patching, small additions, re-stuccos, drywall and painting, foundation parging, and small concrete work. We can also build or fix decks, fences, etc. No job is too small. For free estimates, please call Wes 403-809-3644.

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.

THE GUTTER DOCTOR! Eavestrough repairs, cleaning, and replacements. Fascia, soffit, cladding, roofs, and siding. For over 15 years and 20,000 projects we have done the job right – and it's always guaranteed! Full liability insurance and WCB. A+ rated BBB member. Calgary's top award winner! www.gutterdoctor.ca, 403-714-0711.



**Councillor, Ward 2
Joe Magliocca**
 ☎ 403-268-2430
 ✉ Joe.Magliocca@calgary.ca
 📍 Calgary.ca/ward2
 📱 Joe Magliocca
 📧 @Joe_Magliocca



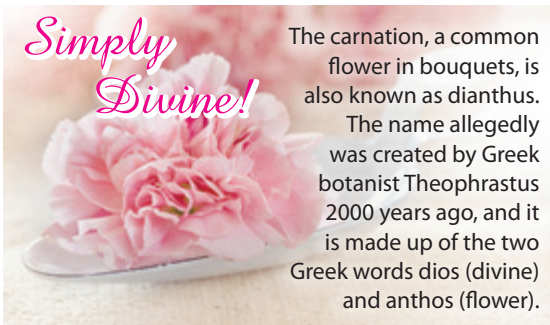
News from the Friends of Nose Hill

by Anne Burke

As the weather warms up, more potholes develop along our city's 16,000 kilometres of paved streets and 2,900 km of back lanes. Repairing potholes is a priority when maintaining Calgary's roads. Work begins as soon as temperatures reach seasonal averages and continues through the summer. Dry pavement and warm weather are needed for a lasting fix. In residential areas, we rely on citizens and City crews to report concerns. Please submit an online service request to report potholes in your community at calgary.ca/potholes.

The City is in the process of street sweeping the material left behind from winter. A parking ban is in effect when Street Sweeping community signs with "No Parking" symbols are placed around a community during Spring Clean-up. Any vehicle that has not been removed from the street in the area is subject to ticketing. Vehicles are also subject to be towed if the "No Parking" signs are placed along the road. These signs will be placed at least 12 hours prior to street sweeping. For more information, visit calgary.ca/sweep.

Neighbour Day is quickly approaching. Held annually on the third Saturday of June, Neighbour Day is an opportunity to get together with your neighbours and celebrate Calgary's strong community spirit. This year, Neighbour Day falls on Saturday, June 15. The City is once again waiving its greenspace booking fees for approved Neighbour Day events taking place on June 15. As of January 1, 2019, The City has waived fees for block party permits. Please note the deadline to apply for these permits is May 24, 2019. For more information on Neighbour Day, visit calgary.ca/NeighbourDay. You may also inform my office of planned Neighbour Day events at ward02@calgary.ca.



The carnation, a common flower in bouquets, is also known as dianthus. The name allegedly was created by Greek botanist Theophrastus 2000 years ago, and it is made up of the two Greek words dios (divine) and anthos (flower).

Don't forget to check out our website at www.fonhs.org for all the information you will need about Plants in Bloom for the May Flower Count, during the last week of May (25-31). This is an **annual event**, when volunteers survey their favourite natural areas and provide valuable data on the distribution of flowering plants in Alberta. Conduct a fun "trek and check" through your favourite natural space. Expertise in wildflower identification is valuable, but not mandatory. Use our alphabetical flower list, which has space to record how far in bloom the flowers are.

Urban ecology and biodiversity are free and family friendly, in backyards, gardens, schoolyards, local parks, and community green spaces. At any time, citizen scientists can find nature, take photos of their finds, and share their observations by iNaturalist.ca. The app is free, enables identification, and operates all over the world now.

The Calgary City Nature Challenge involves taking photos of plants and animals (26-29 April) and then identifying them (30 April-5 May). Winners are announced 6 May (www.calgarynatureyc.ca). Calgary, Halifax, and Richmond, B.C. are only 3 of the **over 160 cities** worldwide to compete for the most observations, number of species, and participants (www.citychallenge.org). Started in 2016 with 2 cities, the City Nature Challenge went national, in 2017, and, in 2018 with 68 cities, became an international event!

The new City Parks and Pathways Bylaw states: "natural area" is a park or portion of park space where the primary role is the protection of an **undisturbed (or relatively undisturbed)** area of land with characteristics of a natural or native plant community. The Director, Calgary Parks, may close or restrict the use of any park (or portion of a park) to protect endangered or at-risk species; to preserve vegetation required for wildlife; and to rehabilitate a natural area.

To disturb wildlife in a park (\$200-\$300), to disturb or damage park vegetation (\$200-\$300), and to remove park vegetation (\$150-\$250) are only a few of the minimum and specified fines for offences.

KIDS' SUMMER TENNIS CAMPS – Citadel 2019

Citadel Tennis Professional

Shawna Lalande-Weber (403 990-1515)

Go to www.calgaryacademyoftennis.com to register for programs

TENNIS FUN DAY AT SATURDAY, AUG 24TH, 2019

Prizes, Food, Drinks

LOTS of Fun!

\$12⁰⁰ Entry Fee

9:00 – 10:00 AM
(Ages 5–7 years)

10:00 – 11:00 AM
(Ages 8–10 years)

11:00 – 12:00 PM
(Ages 11–16 years)

DATE	TIME	AGE	LEVEL	COST
July 1 - 5	9:00 - 10:00 am	5 - 7 years	Beginner/Novice	\$75.00
	10:00 - 11:00 am	8 - 10 years	Beginner/Novice	\$75.00
	11:00 - 12:00 pm	11 - 16 years	Beginner/Novice	\$75.00
July 8 - 12	9:00 - 10:30 am	6 - 10 years	Novice/Intermediate	\$100.00
	10:30 - 12:00 pm	11 - 16 years	Novice/Intermediate	\$100.00
July 15 - 19	9:00 - 10:30 am	6 - 10 years	Novice/Intermediate	\$100.00
	10:30 - 12:00 pm	11 - 16 years	Novice/Intermediate	\$100.00
July 29 - Aug 2	9:00 - 10:00 am	5 - 7 years	Beginner/Novice	\$75.00
	10:00 - 11:00 am	8 - 10 years	Beginner/Novice	\$75.00
	11:00 - 12:00 pm	11 - 16 years	Beginner/Novice	\$75.00
Aug 5 - 9	9:00 - 10:30 am	6 - 10 years	Novice/Intermediate	\$100.00
	10:30 - 12:00 pm	11 - 16 years	Novice/Intermediate	\$100.00
Aug 12 - 16	9:00 - 10:30 am	6 - 10 years	Beginner/Novice	\$100.00
	10:30 - 12:00 pm	11 - 16 years	Beginner/Novice	\$100.00
Aug 19– 23	9:00 - 10:00 am	6 - 10 years	Novice/Intermediate	\$100.00
	10:30 - 12:00 pm	11 - 16 years	Novice/Intermediate	\$100.00

* All cheques payable to Shawna Lalande-Weber. (For more information please call 403-208-1515) • Note: To ensure quality instruction, programs will be limited to 10 kids per class.

* (Jr. sized Tennis Rackets and Tennis Balls will be made available) Wilson Rackets are available for purchase.



In need of stucco paint and repair?

We can help!

Mountain View Painters is a full-service painting company, specializing in elastomeric stucco coatings.

We specialize in:

Stucco Coatings

Stucco Repair

Exterior Painting

Interior Painting



FREE ESTIMATES!

mvpcanada.ca



403-607-0316
info@mvpcanada.ca



KirbyCox^{REALTOR®} & Associates



Ranked the **#1 Team in Calgary** and **Alberta**
for Royal LePage in 2018. Call Kirby 403.247.5555
today for your **complimentary, free** evaluation.

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

WEST

221, 88 Arbour Lake Rd NW
\$269,900

- 2 bedroom+den / 2 bath condo, 2nd floor
- granite, 2 U/G parking, insuite laundry

Maintenance-Free Living

91 Hamptons Rise NW
\$549,900

- Calbridge 2 bedroom+den walkout villa
- fully finished, hardwood & central air

Backs on Golf Course

169 Hamptons Link NW
\$489,900

- LaVita 2 bedroom+den walkout villa
- fully finished, hardwood, oak kitchen

Vistas of Arbour Lake

2 Arbour Vista Road NW
\$719,900

- Albi-built 4 bedroom+den two storey
- fully finished, hardwood, mint condition

Backs on Greenbelt

SOLD!

121 Hampstead Heath NW
\$900,000

- custom 4 bedroom+den walkout bung
- cherry kitchen, granite, A/C, fully finished

South Backyard

10202 Hamptons Blvd NW
\$578,800

- Calbridge 4 bedroom+den two storey
- fully finished, oak kitchen, walk to transit

On the Golf Course

137 Hamptons Gardens NW
\$929,900

- renovated 3 bedroom+den walkout bung
- fully finished, A/C, 2 fireplaces, cul-de-sac

Backs on Golf Course

327 Hampstead Way NW
\$749,900

- mint 3 bedroom+den walkout bungalow
- fully finished, hardwood, new roof, views

HAMPTONS 2019	# SALES	AVG PRICE
Bungalow	4	\$748,875
Two Storey	5	\$692,000
Townhouse	2	\$372,000
Villa	1	\$577,500
TOTAL	12	
Avg Days on Market	70 Days	

On the Golf Course

4685 Hamptons Way NW
\$1,289,900

- mint 5 bedroom+den two storey walkout
- 3 car garage, extensive upgrades/extras

Quiet Cul-de-Sac

208 Hampshire Court NW
\$699,900

- renovated 5 bedroom two storey walkout
- fully finished, A/C, granite & hardwood



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

403.247.5555