

DECEMBER 2023

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LISTINGS NEEDED IN EDMONTON

Did you know there are less than 10 houses for sale in Edgemont under \$1,000,000. If you would like to sell your home, CALL ME. My office is around the corner.



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It's the most

wonderful

time of the year

Warm wishes to you and yours
From all of us at the
Hamptons Homeowners Association



Skating Season
Coming Soon



Three great places to Skate
Main Rink
Middle Rink & Ice Track

The Main Rink will be open this Season

It's been a long process and we greatly appreciate your patience through it all. We are finally over all the big hurdles and are thrilled to announce the Main rink will be open for use this season. Bundle up, grab your skates and meet us at the rink!

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TRAILERS

If you've ever thought about the term "trailer" when speaking of movies, you might have found it a bit odd that they play before the movie instead of after (hence the name). Interestingly enough, they used to show after the film, but people rarely stuck around to see them, so they reversed the order! It's a catchy name though so we can't blame them for keeping it.

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Community Designated Schools

(FR) Denotes French Immersion Program

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RESIDENT PERSPECTIVES

Polaris Hasn't Always Been the North Star

by Patricia Jeffery © 2023, Calgary Centre of the Royal Astronomical Society of Canada



Like a child's top, the Earth has a bit of a wobble as it spins on its axis. This is called precession and over the course of about 26,000 years, it causes the Earth's celestial poles to slowly move in a circle. As a result, the star closest to true north (or south) changes over time.

Occasionally, there is no bright star near the celestial pole, as is the case in the Southern Hemisphere today.

4,500 years ago, it is believed the Egyptians used the star Thuban to align the Khufu pyramid with true north. As Thuban never set and all the other stars appeared



to revolve around it, the Egyptians regarded the North Star as the portal to heaven. This played a vital role in their belief of the afterlife. There were many, many otherworldly steps involved when a pharaoh died, but eventually his soul travelled to Thuban where he joined with the Sun god Ra. From this lofty perch, he then ruled over the celestial realm, just as he had on Earth.

The following stars have repeatedly reigned as the North Star:

- Present day: Polaris
- 4,000 AD: Gamma Cephei
- 10,000 AD: Deneb
- 14,000 AD: Vega
- 21,000 AD: Thuban will once again wear the North Star crown

The South Star

While there is currently no bright star close to the South celestial pole, for the past 2,000 years, people have used the constellation Southern Cross to find true south.



It won't be until 4,200 AD that Gamma Chamaeleontis will lay claim to the title.

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GAMES & PUZZLES

Guess That Character!

1. Named after a month, this dark character is part of a famous fictional family and got her name from a Mother Goose nursery rhyme.
2. This character is voiced by Vin Diesel and can only rely on one line to emote throughout his screen time.
3. This quirky creature is the counterpart to Wallace in their wild escapades.
4. A cowboy being best friends with a space ranger seems unlikely, but that is exactly what this beloved children's character is.
5. This character is best known for her adventures and her bright red shoes.
6. The star of a film released in 1994, this character is best known for his love of life and chocolates.



SCAN THE QR CODE FOR THE ANSWERS!

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News from the Friends of Nose Hill

by Anne Burke

Grazers have played an important part in controlling taller, nuisance weeds such as thistle and common nettle. The first recorded land occupancy of Nose Hill was an 88,000-acre lease granted in 1882 and the activity continued in some form until 1989. By 1910, the City's expanded boundaries extended as far north as 48 Avenue. Residential development rapidly occurred north of 16 Avenue after the war. From 1945 to 1959 it began to approach Nose Hill. By 1959, development was as far north as Capri Avenue and east of 14 Street and as far north as 56 Avenue. When Nose Hill was still privately held land, more people were cutting fences and trespassing north of John Laurie Boulevard.

Aerial photos reveal various human uses and their effects on Hill activities. There were many old 1959 vehicle trails, with severe damage on slope crests and the top of hummocky areas. Although cultivation of Nose Hill was suspended in 1979, other uses led to an extensive trail network in almost all areas of the Hill. A six-foot high mesh fence was built along part of 14 Street and John Laurie Boulevard in the 1970s. There were vehicle impacts north and south of Porcupine Valley. The heavily scarred hillside due west of Berkley Gate parking lot was a challenge from dirt bikers and trucks, as were the ravine slopes and trails up the north face of the bluff that rises from the south side of the Valley. Although regeneration was slow, scarring of the Hill by vehicle traffic was reduced. Much of what is now the south portion of Nose Hill Park was owned by the City in 1982, when AGT developed a three-mile utility easement in the Park for a conduit and cable between MacEwan Glen and the new Edgemont development.

Hockey

by Cheryl Dunkley

Hockey is my favourite sport,
My one and only dream
It runs through my blood
Like water in a stream.

I could score one hundred goals,
Or make a great glove save
And when I step on that ice
The arena would echo like a cave.

There's nothing like the feeling
Blades on ice, skates a speeding
Cross the red, cross the blue,
"Hi there goalie, I see you!"

Pass the puck, get there first,
Be determined with an energy burst.
Where's the ref, I see a fight
Drop the gloves, I think I might!

Oh, the crowd would love me
They'd chant my name out loud
And when the game is over,
I'll be standing on the All-Star cloud!




mybabysitterlist

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Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.



As we enter the holiday season, here are some tips to make sure you're keeping safe, warm, and prepared for the winter season.

What do you do if your water isn't working?

If you wake up one morning and the taps aren't running, here's what you can do:

- Check your front door. If a water outage happened overnight City crews may have left a notice.
- Consult calgary.ca/wateroutages. Water main breaks and repairs are listed by community.
- Call 311 to report an outage if your water is off and you have not been notified.

We know you rely on us to provide reliable access to clean and safe water. When outages happen, we work to notify you and restore service as quickly as possible.

Under normal circumstances, water main breaks are repaired, and water is back on within 48 hours. We prioritize breaks based on the risk of property damage, impact to critical facilities like hospitals or schools, and the number of customers out of water.

For extended outages we will provide residential customers with a temporary water source. For shorter outages, and to support you while water wagons, we recommend keeping a small emergency supply of water on hand.

Visit calgary.ca/wateroutages to learn more.

Stay Warm: Online Map Shows Winter Emergency Services

Weather in Calgary can be unpredictable. In the events of extreme cold weather, there are services around the city to support residents experiencing homelessness. The Cold Weather Emergency Support's online map shows the location of each service station, including overnight shelters, daytime services, and warming stations. Visit the interactive map at maps.calgary.ca/ColdWeatherEmergencySupport.

As always, everyone is welcome to contact my office if you have any questions or concerns. Stay warm!

Jennifer

Happy Holidays to all the constituents of Calgary-Edgemont.

Thank you to everyone who stopped by to help us celebrate the opening of the Calgary-Edgemont and Calgary-Foothills office space. It was a pleasure to gather and meet community members face-to-face.

It is an honour to represent this riding and be a voice for your concerns as the fall session has begun for the 31st Legislative Assembly. I appreciate the letters from you to let me know what is important to you and how it is best to represent your needs and interests during this sitting. We are hearing loudly from you that you are opposed to Alberta pulling out of the CPP, as well as to clearcut logging in Kananaskis Country's Upper Highwood region along the Highwood River and its tributaries. I proudly brought a motion to the house asking the Legislative Assembly to urge the Government to take whatever steps necessary to universal access to free prescription contraception, including oral hormone pills, contraceptive injections, copper and hormonal intrauterine devices, subdermal implants, and Plan B.

Our Caucus has a vision for Alberta that works for everyone, so we are engaging in a long-term project to hear from Albertans and work on solutions together.

Have you ever wondered "What can my MLA do for me?" Here are some of the many ways the office and I can support you and your community:

- Listen to your concerns and discuss options, including policy suggestions.
- Attend and participate in community events.
- Issue certificates to commemorate important milestones.
- Limited Notary Public and Commissioner of Oath Services.
- Arrange visits to schools, community associations, and places of worship to answer questions and provide in person updates.
- Provide letters of support for community projects and grants.
- Answer questions about programs and services that are provincially regulated and managed.
- Direct you to organizations in your community that can advocate on your behalf or help fill forms and applications.

You can reach our office at Calgary.Edgemont@assembly.ab.ca or 403-288-4453. Our new Constituency Office is located at 202-1829 Ranchlands Blvd. NW, Calgary, AB T3G 2A7.



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News, Events,
& More



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Statistics



Real Estate
Statistics



LITTLE TOES

Because humans typically have five fingers on each hand and five toes on each foot, it might lead one to believe that cats follow that same format. However, this is actually incorrect! Most cats only have 18 toes, rather than 20. A typical cat will have five toes on each of its front paws, but only four on its back ones!



Fuelling Young Athletes

by Alberta Health Services



Nutrition is important for young athletes (ages 12 to 18) because it supports both healthy growth and sports performance. Young athletes who fuel their bodies with healthy choices will get more out of their training and perform better during competition.

Here are some tips for young athletes:

Before your activity

Drink 1.5 to 2.5 cups of water two to three hours before activity to hydrate your body.

Plan to eat a meal two to three hours before an activity to give your body time to digest and convert it to fuel for your muscles. If you only have one to two hours before an activity, eat a smaller snack instead. Choose foods that contain carbohydrates and proteins, as well as foods that are lower in fat and fibre. For example, try a fruit smoothie, a chicken wrap or an egg and toast.

During an activity

Water is the best fluid to keep you hydrated when you are active for less than one hour. Bring a water bottle with you and drink every 15 to 20 minutes during an activity. If you are active for more than one hour and sweating a lot, you may benefit from a sports drink. A sports drink provides carbohydrates (energy) and replaces the electrolytes you lose when you sweat. Avoid low carbohydrate sports drinks and drinks with caffeine or carbonation (fizz).

After activity

After an activity, drink fluids and eat food to help you refuel and recover. Drink one to two cups of fluid and eat foods with carbohydrates and proteins. Choose foods such as cereal and milk, fruit and Greek yogurt or a nut butter sandwich.

REMINDER



HHOA fees are now past due

Payments must include **account number** and can be made by:

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etransfer to fees@hamptonscalgary.ca

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