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CANADA 150

Coming Events in Hampton Village

- | | |
|----------|--|
| April 26 | Canada Revenue Presentation @ Hampton Free Methodist Church
7- 9 pm |
| May 10 | Monthly HVCA Board Meeting
6:30 – 8:30 |
| May 13 | HVCA Garage Sale & Pancake Breakfast |
| June 17 | Family Fest |

More events may be added at later dates

Volunteer? Who? Me?!

Why do you choose to volunteer? For me, volunteering has been part of my life as long as I can remember. In my early teen years, I am pretty certain my mother “volunteered” me for all kinds of activities -- probably just to get me out of her hair. I recall her sending me to visit sick friends! She also arranged for my sister and me to volunteer at a facility for disabled and elderly people. I remember all of these as adventures where I had fun! I laughed with my sick friend and brightened her day. I wrote and read letters to elderly blind ladies. I supported disabled children in shallow pools during the heat of the summer. On Sunday nights my sister and I were among the volunteers who pushed residents in their wheelchairs to the free outdoor concert at the nearby outdoor bandshell.

Did my mother plant a seed of volunteering in me? I wonder, because I can hardly recall a time since my teenage years when I have not volunteered. I didn't do it to give something back to the community or make a difference to the people around me, but that probably happened. I didn't do it to develop new skills or build on existing experience and knowledge. Nor did I do it to build an impressive resume. Sometimes, like many of you, my volunteering was a requirement for a sport or activity in which my child was involved at the time. And sometimes I participated in volunteer activities to honour the memory of a loved one. Regardless of the volunteer activity, I have been challenged, rewarded and made friends along the way!

This year all Canadians can focus on the importance of volunteering and give back to our country and our community through the “Canada 150 for 150 Volunteer Challenge.” This is a nationwide movement led by Volunteer Ottawa in partnership with Volunteer Centres across the country. Their goal is to have Canadians volunteer 150 hours of time in 2017 in celebration of Canada's 150th anniversary. The Challenge includes a special focus on diversity, seniors and youth. Will you take the challenge? Will you volunteer 150 hours? You can register at

<https://volunteer150for150.ca/sign-in/>



Hampton Village Community Association

P.O. Box 30048
1624 33rd street
Saskatoon, SK S7L 7M6

saskhvca.com and on Facebook www.facebook.com/hamptonvillage



Troy DAVIES

CITY COUNCILLOR WARD 4

**"Proud to be the voice at City Council
for the Community that I grew up in"**

troy.davies@saskatoon.ca

Hello Hampton Village residents.

The neighbourhood traffic review for Hampton Village was a success. It was important for City Planners to receive feedback from the residents who drive these streets daily. As a result of the traffic review, 22 traffic calming measures were recommended. The City will be reporting these recommendations to Council for approval in the next few months.

City Council approved \$800,000 to be divided between the new schools being built in Saskatoon. Hampton Village Schools will receive \$200,000 to construct playgrounds for the Catholic and Public Schools. The playgrounds are to be completed before the schools open in the fall.

As a result of a motion I made at City council, two new arenas and two gymnasiums are coming to Saskatoon. The approved motion proposed the City partner with the U of S Campaign to start building two new rinks this May. This motion means the City of Saskatoon will contribute 3 million dollars over the next 6 years (\$500,000 per year), interest free to the rink project. The U of S will operate and run the 41 million dollar facility. This will add a minimum of 1500 more hours of ice time for Saskatoon Minor Hockey Association.

Special thanks to all of the volunteers and to Jan Cunningham from the City of Saskatoon who worked hard to ensure Hampton Village has one of the nicest outdoor rinks in Saskatoon.

I am currently working with DREAM and the City administration to sell the land beside the Church and bring commercial amenities to Hampton Village. We are also working on a plan to properly finish McClocklin Road from East Hampton Blvd. to Claypool Drive.

If you have any questions please email me at troy.davies@saskatoon.ca or feel free to give me a call at 306-361-0201



HEALTH CENTRE

3118 Laurier Drive, Saskatoon, SK. S7L 5J7

Phone: (306)978-1025 www.cbi.ca

We offer rehabilitation services for:

Work (WCB) and Motor vehicle accident (SGI) injuries* Sports injuries*

Neck and back dysfunction* Joint and muscle conditions.

Physiotherapy* Chiropractic therapy* Acupuncture* Exercise therapy* Occupational Therapy

Balance and dizziness (Vestibular)* Bracing.

Physiotherapists on staff: Andrea Dodge, Melissa Koenig, Nycole Pataki, Katt Zimmer, Marcus Halcro and Adrian Cochet

	Monday to Thursday	Friday	Saturday
Hours of operation	7:30am to 7:30pm	7:30am to 6:30pm	9:00am to 5:00pm

Hampton

Free Methodist

2930 McClocklin Rd
Saskatoon, SK S7R 0A1
(306) 242-4500
office.hfmc@sasktel.net
www.hamptonfreemethodist.com
Check us out on Facebook!

**Sunday Morning Service at 10:30 am*
**Mountain Movers for K - Grade 5*
**Preschool Sunday School for ages 3 & 4*
**Nursery 0 - 4*
**Junior Youth (Gr. 6 - 9) every 2nd & 4th*
Thursday of the month at 7 - 9 pm
**Senior Youth (Gr. 10 - 12) every 1st & 3rd*
Thursday of the month from 7 - 9 pm

~ Easter Celebration ~



Good Friday Service
April 14th at 10:30 am

Easter Sunday Service
April 16th at 10:30 am

~ Spring Trade Show ~ at HFMC



Saturday, April 29th
from 10 am to 4 pm
Bake sale with proceeds
going to the HFMC Preschool



HFMC's Preschool is fun and interactive.
Children learn in both English and French
through play, songs, crafts and exploration.

We offer a 3 year old class on
Tuesday & Thursday mornings and a 4 year old
class on Monday, Wednesday & Friday
morning and afternoon.

For more information, please email
office.hfmc@sasktel.net or call
(306) 242 - 4500

Youth for Christ Mobile Unit

Coming to HFMC June 15th - end of Aug. 2017
every Thursday evening from 6 - 9 pm

***Skateboarding Rails *Basketball**

***Video Games *Street Hockey**

Youth (Gr. 5 & up) are welcome to hang out
and join in the activities
website: yfcsask.com



HFMC Vacation Bible School

For kids in K - Grade 5

Coming this July 24 - 27 @ 6:30 pm

Cost \$5 - Registration forms will be available
June 15th at the church office

**François Rivard, Principal
St. Lorenzo Ruiz School**



frivard@gscs.sk.ca
or 306-659-714

St. Lorenzo Ruiz Catholic School Updates

It is funny how time flies when we are having fun. We are a mere 3 months away from getting the keys to the new St. Lorenzo Ruiz School. We have had a busy couple of months and much progress has been made. The facility looks amazing. It is slated to be completed on time and on budget. The Playground Association has met several times and have sent in their concept for tender. St. Lorenzo currently has just over \$160 000 for our new playground. If all works out as planned we should have the structures installed in the fall ready for kids to use.

The school learning resources are ordered and currently being processed. Library books, math manipulatives, science equipment and technology are but a few of the many items that are currently being processed. It is incredible.

I wanted thank all of the families who have already registered. Our registrations are quickly moving towards what we had projected. In late March, I will be calling all families currently attending a Greater Saskatoon Catholic School and living in Hampton Village who have not yet registered. The purpose of these phone calls will be to provide any additional information that families may need to allow them to decide if their children are staying at their current school or if they are registering at St. Lorenzo. Families who have yet to register can do so by clicking on the following link.

<https://www.gscs.ca/studentsandfamilies/schools/lor>

It has been a pleasure to meet many of the St. Lorenzo families at different information nights. I look forward to meeting all of our families as we get closer to opening day.

**Mitch Kachur, Principal Ernest
Linder School**



kachurm@spsd.sk.ca
or 306.683.7560

Ernest Lindner Public Elementary School Updates

We continue to accept registrations for Ernest Lindner School. Excitement is building for our school opening in the fall. Families registered with us will be notified via email of school tour times this fall where families can tour our amazing facility. We will be working with the Hampton Village Community Association to work with a timeline and process to book the shared community spaces. More information to come.

Please do not hesitate to contact me if you have any questions. My email address is kachurm@spsd.sk.ca and phone number is 306.683.7560

The childcare provider for all new schools was announced on March 21, 2017. **Tykes and Tots** will provide childcare for St. Lorenzo and Ernest Lindner Schools. Childcare registration commenced on April 1. Registration inquiries should be directed to Tykes and Tots. Contact information is included below.

Website: www.tykesntots.ca

Email: executivedirector@tykesntots.ca

Phone: 306-659-7199



Sat. May 13, 2017 HVCA Community Garage Sale & Pancake Breakfast



2017 marks HVCA's 8th annual community wide garage sale.
We are having a pancake breakfast instead of a BBQ this year.
HVCA is partnering with Hampton Free Methodist Church to host a pancake breakfast the morning of the garage sale.

Breakfast begins at 7:30 a.m.

Pick up your garage sale map at the pancake breakfast.

The cost to advertise the location of your garage sale on the map is \$5.00.

For more information email:

hvcagaragesale@gmail.com

Garage sales advertised on our map will also
be advertised on our **paid** ad on **kijiji**.
Your participation benefits our community!

DONATION GUIDELINES

Fill your bags with the following items:



CLOTHING

SHOES

BOOTS

ACCESSORIES

JACKETS

LINENS

OTHER WEARABLES & SOFT ITEMS

All items should be clean, bagged & in sellable condition.

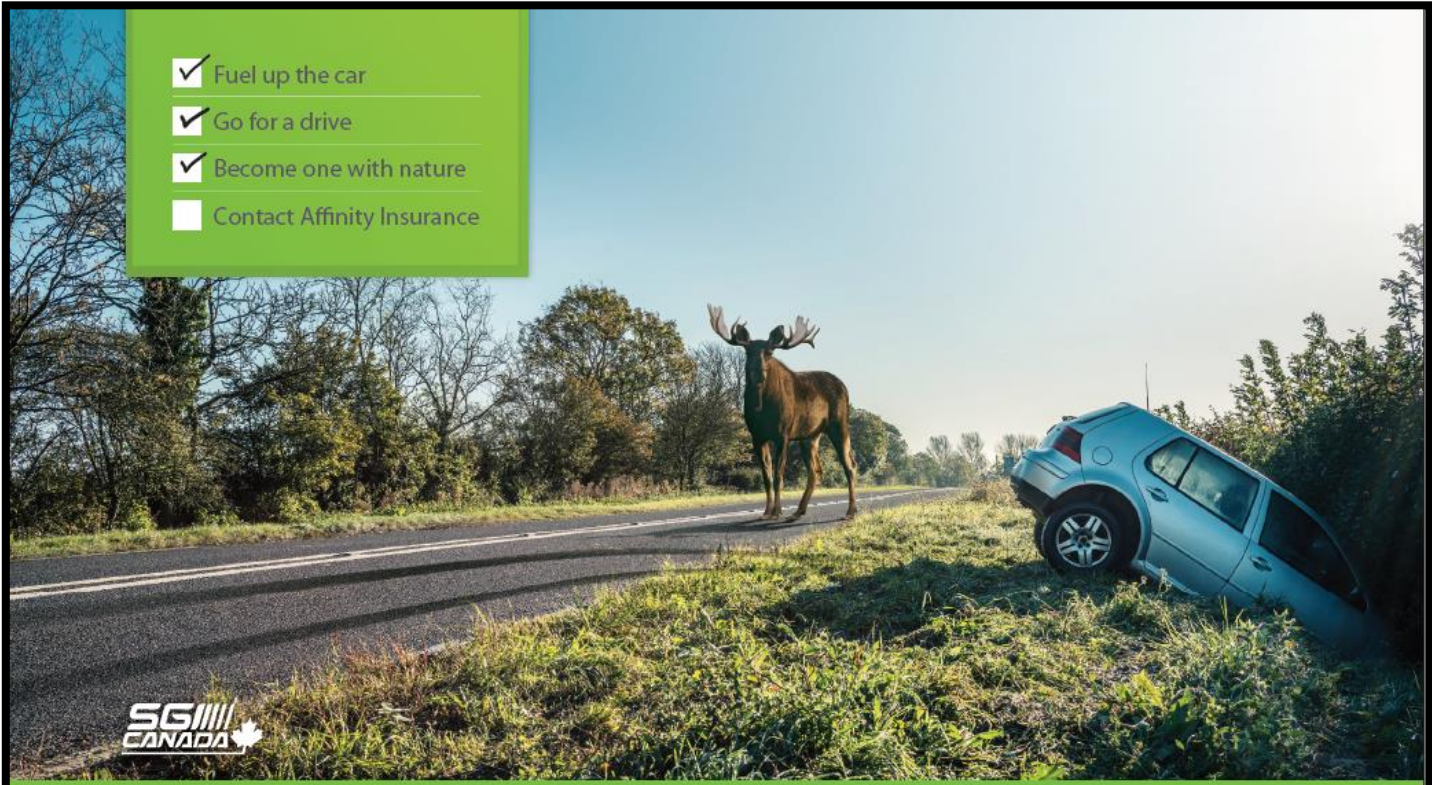


Ernest Lindner Playground Fundraiser

Left over garage sale clothing and linens? Spring cleaning? Kids have too many stuffed animals? Make room in your closets! Donate soft items- clothing, towels, sheets, hats, boots, and soft toys! Help fundraise for the Ernest Lindner Playground!

Donations can be dropped off at
1203 Korol Green on

Monday, May 15 between 5-9p.m. or
request pick up by emailing
ernestlinderplayground@gmail.com or
by messaging the Facebook page.



✓ Fuel up the car
✓ Go for a drive
✓ Become one with nature
☐ Contact Affinity Insurance

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Hampton Village Branch Saskatoon | #20-102 Hampton Circle | 306.933.9800

Affinity Insurance
affinityis.ca

Canada Revenue Agency



is hosting a
“Get Your Benefits and Credits Presentation”

Attend this **FREE** session! Pre-registration is **not** required.
Find out why filing your income tax return ensures you receive all your
eligible benefits and credits!

Where: Hampton Free Methodist Church

When: Wednesday, April 26, 2017

Time: 7:00 PM to 9:00 PM

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BOOK YOUR DIRTY DOG IN TODAY!

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Hampton Village Community Association is very happy to announce that Sum Theatre will be returning to Anita Langford

Park this summer! This outdoor summer production is yet to be announced but, as with previous years, it is sure to delight. The production is provided free of charge to all attendees. Watch for the date to be announced on our Facebook and web page. Remember to bring your own chair or blanket for your viewing pleasure. See you in July!

CITY WIDE FOOD DRIVE

**Saturday
 May 6th
 10 am - 2 pm**

- Watch your mailbox for a donation bag
- Fill your bag with nutritious donations
- Place your bag on your door step by **10 am on May 6th**
- Volunteers will collect your donation between 10 am & 2 pm
- If you live in a condo/ apartment, or your bag is mistakenly missed, please bring your donation to your nearest grocery store collection bin

On behalf of the **21,000+** people the Saskatoon Food Bank & Learning Centre serves each month,
THANK YOU for your generous donation.



#CWFD2017

306.664.6565
saskatoonfoodbank.org



SHERI BENSON

MP Saskatoon West

Your voice in the House of Commons

As we see a rise in the politics of division, this spring, let us plant seeds of inclusion, compassion and openness.

Be Social

@sherirbenson
facebook.com/sheribensonNDP

Contact Us

306-975-6555
sheribenson@parl.gc.ca

904E 22nd Street West, Saskatoon, SK S7M 0S1



Big Shred

4th annual

McClure United Church parking lot

4025 Taylor St E,

Saturday, May 6, 2017

9 am - 12 noon



Protect against personal identity theft as your old papers go into the Shred-It company truck's shredders!

*Protect your family by removing that unwanted--yet personal paper!
Quickly destroy old bank and utility statements, tax returns (2010 and earlier), old files, outdated documents, etc.*

The service is by donation (suggested \$10 per paper box, or \$5 per shopping bag)

Proceeds assist the McClure Place Foundation in paying down the mortgage at Amy McClure House.

(Note: In 2016, nearly 14,000 pounds of paper was safely shredded in three hours!)

RUN TO QUIT

WALK / RUN
TO A
Smoke-Free Life



PARTICIPANTS
are **7X** MORE
LIKELY

TO QUIT SMOKING
than those trying to quit
ON THEIR OWN



Run to Quit: Walk or Run to a smoke-free life!

What is Run to Quit?

Run to Quit helps smokers quit for good by taking up walking and running. Walking and running can help people cope with discomfort and cravings while cutting down and quitting smoking. The program pairs the quit smoking expertise of the Canadian Cancer Society with the Running Room's Learn to Walk or Run 5 km clinics and is funded in part by the Public Health Agency of Canada.

How Does Run to Quit Work?

Participants can join the DIY personal challenge OR, can get extra support by joining, a 10-week Training Program. When smokers successfully quit they are eligible to win prizes. Quit smoking for 5 weeks and be eligible to win \$1000. Go the extra step and complete a 5 km event, and be eligible to win 2017 Honda Civic LX or cash prizes.

Ways to Join:



Virtual or In-store Training Programs

Participants are guided through a gentle and progressive 10-week walking or running program while receiving practical support on quitting smoking. You will also receive some extra tools to help you quit:

- ✦ Access to quit smoking resources
- ✦ Group support with in-person clinics and online dashboards
- ✦ Personalized guidance on learning how to walk or run
- ✦ Provincial Quitline support
- ✦ Free entry to the Running Room Run Club
- ✦ Coupons for NICORETTE® or NICODERM®

Do it Yourself

Participants are provided with smoking cessation information and resources and the rest is up to them. This format is for smokers who prefer to quit on their own while having the option to receive free support and cessation counselling from an expert quit coach with the National Quit Smoking Line.

Learn more at runtoquit.com or contact:

Diana Ng
Health Integration Coordinator
Canadian Cancer Society
Email: dng@sk.cancer.ca
Phone: (306) 244-7600

Researchers with the University of British Columbia are proud evaluation partners of Run to Quit: studying various outcomes and applications of the program.



Canadian Cancer Society
Société canadienne du cancer



Public Health Agency of Canada
Agence de la Santé publique du Canada
This program has been made available in part through funding from the Public Health Agency of Canada.



WALK/RUN
TO A
Smoke-Free Life

WHAT IS YOUR REASON TO QUIT?

Smoking ran in the family.
Carolyn quit smoking so her
son wouldn't start.



Carolyn,
former smoker
and Run to Quit
Champion

Participants are **7X more likely to quit** smoking
than those trying on their own.



2 WAYS TO JOIN



10 WEEK
COACH - LED
TRAINING
PROGRAMS



TRAIN ON
YOUR OWN

You can quit, we can help. Register today at runtoquit.com



Canadian Cancer
Society
Société canadienne
du cancer



Public Health
Agency of Canada

Agence de la santé
publique du Canada
This program has been made possible in part through
funding from the Public Health Agency of Canada.

NO PURCHASE NECESSARY. Enter online (www.runtoquit.com), in-person (at participating Running Room locations) or by telephone (1-800-419-2996 ext.264) by 11:59 PM ET on January 22, 2017 to qualify for the winter "Interim Prize" or 11:59 PM ET on May 5, 2017 to qualify for the spring "Interim Prize" (each a form of initial entry). Entrants also have the option of completing a survey entry (which must be received by 11:59 PM ET on August 18, 2017). Open to residents of Canada who are the age of majority. Must remain tobacco-free between February 26, 2017 to April 3, 2017 to qualify for the winter "Interim Prize" or June 9, 2017 to July 14, 2017 to qualify for the spring "Interim Prize". Must remain tobacco-free for five consecutive weeks before August 9, 2017 at 11:59 PM ET (successful winners must consent to submit test to confirm tobacco-free) and must complete a publicly organized 5km run/walk marathon before July 31, 2017 to qualify for an Initial Prize. There is one winter Initial Prize and one spring Initial Prize (each \$1,000 CAD). The "Initial Prize" are: 1 grand prize (2017 Honda Civic EX-L) approximate retail value = \$25,000 CAD; 3 secondary prizes (each \$2,000 CAD); 10 provincial prizes (each \$1,000 CAD) and 1 survey prize (\$250 CAD). Odds of winning an Initial Prize depend on the number of entries in each of the winter draw or spring draw, as applicable. Odds of winning the grand prize, a secondary prize or a provincial prize, depend on the number of Initial Prizes received. Odds of winning the survey prize depend on the number of survey entries received. Skill-testing question required. Limit of 1 Initial Prize per person and 1 Interim Prize per person. The same entrant may win both an Initial Prize and an Interim Prize. Further terms and conditions apply. Full contest rules at www.runtoquit.com.

279617

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Hall* Comm Trust Summer Sports Camps Bursaries

Who is eligible? Saskatchewan youth ages 8 - 16 years of age

Why? To enable these youth to afford fees to attend sports camps held in Saskatoon or Regina

When? For sports camps during July and August, 2017

What? Eligible applicants will receive up to \$100.00 per camp or session per youth

How to apply? Bursary applications may be submitted from March 1 until August 1.

Application forms available at: www.hall-comm.com

For more information contact:

Brian North, Volunteer Administrator, Hall*Comm Trust, (306) 931-4040



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BRADY MOORE
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SHAUN BZDEL

Monty Python's Spamalot is presented through special arrangement with and all authorized performance materials are supplied by Theatrical Rights Worldwide, 1180 Avenue of the Americas, 8th Floor, New York, NY 10036. (866) 378-9758 www.theatricalrights.com



Sat. June 17, 2017

2 – 8 P.M.

Al Anderson Park



Fun for the whole family!

**HFMC Games
Van**

Giant Games

Pony Rides

Crafts

Door Prizes

**Photos with
Shrek the
Donkey**

**Face Painting
&
Glitter Tattoos**

Petting Zoo

**Karla the
Hoola
Hoopster**

Balloon Man

**Saskatoon's Batman
&
Supergirl**

Concessions

For more information go to <http://saskhvca.com> or
<https://facebook.com/hamptonvillage>

This event is made possible by Little John Rentals, SCYAP face painters, J & S Entertainment, Hampton Free Methodist Church, Heroes for Hire, City of Saskatoon Library, Trail Appliances, Hampton Shoppers Drugmart, Fantasyland Dayhome.