

# THE HAMPTON VILLAGER

Winter 2014/15/15

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## Hampton Village's Year at a Glance

- Jan 4 Christmas Tree  
Pickup
- Jan 6 Indoor Registration
- Mar 3 Soccer Registration
- May 9 Annual Garage  
Sale & BBQ
- June 25 Hampton's  
Family Fest
- Oct 14 HVCA Annual  
General Meeting
- Nov 1 Pumpkins in  
the Park

More events may be added at later dates



Have some FUN this winter in our Beautiful Parks!

Sledding, Skating, Skiing and just playing in the snow are all great ways to enjoy winter with your friends and family!

## "MOM!! I'M BORED!!"

Sound like the kids in your house?? Have some FUN with them during the Holidays & enjoy the FREE Programs brought to you by your Hampton Village Community Association!!

## Holiday Family Fun

Join Monica Aspiazu, for an hour of Christmas fun.

### Celebrate Christmas

Tuesday, December 23<sup>rd</sup>, 2014

Christmas stories, songs and crafts

2:00-3:00pm • Age 4 and Up

### Free Origami Workshop

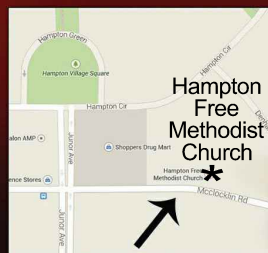
Tuesday, December 30<sup>th</sup>, 2014

Learn to create with Origami

2:00-3:00pm • Age 7 and up

Register at: [preschool.hfmc@sasktel.net](mailto:preschool.hfmc@sasktel.net)

306-242-4500



2930 McClocklin Road



Hampton Village Community Association

P.O. Box 30048

1624 33rd Street

Saskatoon, SK S7L 7M6

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

# Call for Volunteers!!

Need something to do?

**Bored?**

Interested in supporting your community??

**Nosy?**

Come out and join the Hampton Village Community Association!!

The HVCA is looking for volunteers to fill a number of positions. Volunteers & Members are the cornerstone to any community. Share the feeling of community pride! When we all GET INVOLVED it's amazing what we can accomplish! Join us at one of the monthly meetings to find out how you can help! Meetings are held every second Wednesday of the month at 6:30pm at the Hampton Free Methodist Church.

Questions? email us at: [contact@saskhvca.com](mailto:contact@saskhvca.com)

## LANGUAGE ASSESSMENT AND REFERRAL CENTRE

201-336 5th Avenue North  
Saskatoon, SK  
Tel: 306-651-5272  
[info@larcsaskatoon.org](mailto:info@larcsaskatoon.org)  
[www.larcsaskatoon.org](http://www.larcsaskatoon.org)

### Free Language Testing for Newcomers (PRs)

Contact the Office for details

Office Hours: M/T/F: 9am-5pm W/Th: 9am-8pm Sat: 10am-2pm

Child-minding is only available Tues 9am-5pm and Wed 12pm-5pm

Agency



International Women of Saskatoon

Funder



Citizenship and  
Immigration Canada

Citoyenneté et  
Immigration Canada

### Christmas Ho Ho Ho's:

Q: What do you call a kid who doesn't believe in Santa?

A: A rebel without a Claus!

Q: What Christmas Carol is a favorite of parents?

A: Silent Night

**real  
fitness**

*Fitness classes in your community!*

**Mondays at Hampton  
Free Methodist Church**

Zumba® Kids Jr (age 4-6) (5 pm) 10 classes \$40  
Zumba Kids (age 7-11) (6 pm) OR 2 kids \$70

Full Body Circuit (7 pm) Drop in \$10 / 5 class pass  
Zumba® (8 pm) \$40 / 10 class pass \$70

[REALFitnessSaskatoon@gmail.com](mailto:REALFitnessSaskatoon@gmail.com) / 306-291-3215

*rhythm • energy • action • lifestyle*

**THE NEW YEAR IS ALMOST HERE!! BELIEVE IT  
OR NOT, WITH THE NEW YEAR COMES SPRING!  
THAT MEANS ITS ALMOST TIME FOR THE:**

## HAMPTON VILLAGE ANNUAL COMMUNITY



**MAY 9th, 2015**

**Get that spring cleaning  
started and be ready!!**

Support the HVCA by purchasing a membership for \$10/family. Memberships are recognized by all Saskatoon Community Associations and allows you to register for programs in other communities. To purchase a membership, please come to one of our Community Association Meetings which take place every 2nd Wednesday evening at 6:30pm at the Hampton Free Methodist Church, or email us at [contact@saskhvca.com](mailto:contact@saskhvca.com)



# Hampton Village

COMMUNITY ASSOCIATION

## Christmas Tree Pick Up

January 4, 2015 @ 1 p.m.

Cost of tree pick up is \$10  
All proceeds going to the Hampton Village  
Community Rink lights

Trees should be placed outside by  
10:00 a.m. on the day of collection.

Please call Justine at 717-9516  
to have your tree picked up.



### We are currently seeking:

**An Accountant** – We need someone who is willing to do our review. As a non-profit community association, funds are limited, so we would appreciate anyone who has a certification that does reviews that would be willing to help perform the review for a reduced fee, possibly some free advertising in our newsletter, etc.

**Memberships** – Our Membership Coordinator is someone who is responsible for building and maintaining our volunteer and membership lists and managing memberships.

**Newsletter** – Our newsletter team is always looking for people to help come up with good content for the newsletter, people willing to help put it together & deliver it to our residents.

**Garage sale/bbq Committee** – Help plan our annual community garage sale/bbq. The more volunteers, the less work. It's a fun day that is also fun to plan!

**General Volunteers** – We are always looking for people to help with everything that we do in the community.

**Rink** – We are in need of people to supervise our public skate times.

Interested in helping? Email us or come to one of our meetings!

### Hampton Village Babysitter Registry

Hampton Village is Full of Families!! And  
sometimes, parents need a night off!

If you are a babysitter & would like your name  
added to the registry, please submit your name,  
age & phone number to


[newsletter@saskhvca.com](mailto:newsletter@saskhvca.com). For anyone under  
the age of 18, please provide the name & phone  
number of a guardian to confirm consent.


Please indicate if you have babysitter course  
training, preferred ages, availability times & any  
other information you would like potential  
families to know.

These names will NOT be posted on our website  
or included in our newsletter for safety reasons.

If you would like a copy of the babysitter list,  
please apply via email to  
[newsletter@saskhvca.com](mailto:newsletter@saskhvca.com).

306.384.7200

 @cambroten

 cambroten

**NDP** leader

# cambroten

MLA saskatoon massey place





Yoga

Pilates

Girls on the move

Scrabble

Toddler Dance

Boys on the go

**Winter Registration Night**Tuesday January 6<sup>th</sup>, 2015

6:30 – 8:30

Hampton Free Methodist Church

**\*\* Remember registration for classes are 1<sup>st</sup> come 1<sup>st</sup> serve based on class sizes!**

kettlebell

Hello again everyone!

Fall programs have officially "Wrapped UP" just in time for the holiday season! A huge thank you to all of our wonderful instructors for all of their hard work and dedication to our community.

I know all of you are curious and eager for the upcoming winter programming! Our programs and registration night are quickly approaching in January. The winter leisure guides should have arrived to homes over the last couple weeks, if you have not received one let the city know!

We are very excited to offer the following programs in the New Year:

Tuesdays

Kettlebell 18+

WednesdaysScrabble Babble 15+  
(Every other week)Thursdays

Toddler Dance 2-5  
Boys on the Go 8-13  
Pilates 18+  
Yoga 18+

Fridays

Girls on the Move

**Registration Night**JANUARY 6<sup>th</sup>, 2015

6:30 - 8:30 PM

Hampton Free Methodist Church  
2930 McClocklin Rd.

**\*\*Just a friendly reminder that registration is first come first serve for programs as there is limited spaces available in each program.**

I am sure many of you are looking forwards to spring, I know I am! Keep an eye out, we will be offering a few fitness classes before summer arrives.

I would also like to remind "football parents" like myself that Saskatoon Minor Football has taken over the Flag Football program this past year. If you would like more information regarding this program Matt Yausie is you guy to talk too. You can check out the SMF website [www.saskatoonminorfootball.com](http://www.saskatoonminorfootball.com) or call them in the office @ 306-975-0848.

If there are any activities or programs you want to see offered in Hampton Village that are not currently being offered, I want to hear from you! You can email me at [indoor@saskhvca.com](mailto:indoor@saskhvca.com) or stop by our Registration Night and pop a note in the suggestion Box!

I would just like to take a moment and thank everyone in Hampton Village for making this past year a wonderful experience for my family. We have made many new friends and have had many many opportunities to get out and get involved!

From my family to yours, we wish you all the best in the New Year!

See you then,

Chelsey Shaw - Indoor Program Coordinator



Dog & Cat Grooming  
Locally made treats  
& More!

Ask about our  
Birthday Cakes!

Specializing in your pets needs!

Located at:  
#6-110 Wedge Road

### Premium Pet Foods



### Treats & Accessories



Like us on  
**Facebook**



and Instagram!

Book your  
appointment online!  
[www.peticoat.ca](http://www.peticoat.ca)

or give us a Call at  
306-384-PETS (7387)

[peticoatjunction@sasktel.net](mailto:peticoatjunction@sasktel.net)

**\$5.00** off grooming  
services worth  
\$25.00 or more



Exp: 03/15/15

**\$3.00** off of a food  
purchase worth  
\$25.00 or more



Exp: 03/15/15



## Best Ever 5 Minute Fudge

2 tbsp margarine  
 2/3 cup evaporated milk  
 1 2/3 cup sugar  
 1/4 tsp salt  
 1 1/2 cups chocolate chips  
 1 1/2 to 2 cups marshmallows  
 1 tsp vanilla



Melt margarine over low heat. Add next 3 ingredients and bring to a boil. Stir constantly for 5 minutes. Remove from heat. Add remaining ingredients and stir until blended. Pour into 9 x 9 greased pan and cool before cutting into pieces. Enjoy!

## Old Fashioned Hot Chocolate



1/3 cup unsweetened cocoa powder  
 3/4 cup white sugar  
 1 pinch salt  
 1/3 cup boiling water  
 3 1/2 cups milk  
 3/4 tsp vanilla extract  
 1/2 cup half-and-half cream



Combine the cocoa, sugar and pinch of salt in a saucepan. Blend in the boiling water. Bring this mixture to an easy boil while you stir. Simmer and stir for about 2 minutes. Watch that it doesn't scorch. Stir in 3 1/2 cups of milk and heat until very hot, but do not boil! Remove from heat and add vanilla. Divide between 4 mugs. Add the cream to the mugs of cocoa to cool it to drinking temperature.

## Hampton Family Fest!

Our 3rd Annual Family Fest will be:

**Thursday June 25, 2015**  
**Al Anderson Park**

**Bouncy Castles - Food - Friends**  
**Music - Loads of Fun!**

More details to come. Visit our website or email us if you are interested in helping out!

Clip and attach this coupon to your Young Athlete Saskatchewan (YAS) 2015 summer basketball camp registration form and save \$20.00 off the regular camp fee. See our 2015 summer basketball camps choices and contact information at [www.yas.ca](http://www.yas.ca)

Limit one coupon per youth per registration.  
 Must be used at the time of registration.  
 Expires July 31, 2015



**HAVE YOU  
 TRIED THAT  
 CRAZY  
 WRAP  
 THING?**



IT'S EASY



**Kerry Isbister**

(306) 281-7575

FB: Soccer Mom Wrapstar - It Works  
[http://soccer\\_mom.myitworks.com](http://soccer_mom.myitworks.com)

IT'S FUN

HOST A PARTY  
 AND TRY IT  
**FREE**

WITH COUPON

### Upcoming Programs at Carlyle King Branch Library

#### Teen Homework Help

Students ages 12 - 18 in grades 6 - 12

Are your kids struggling with their schoolwork or having trouble preparing for exams? Free homework help is available at several Saskatoon Public Library locations.

Apply through Frontier College to have a teen matched one-to-one with a volunteer tutor for a one-and-a-half-hour session. For more information, call 306.374.7323.

Presented in partnership with Frontier College.

Carlyle King Branch

Mondays / 7 - 8:30 p.m. (No program Feb 16)

#### Introduction to Cree Language Classes

All materials (including soup, bannock and refreshments) for this language course will be provided. For more information, call Jessica Gordon at Saskatchewan Indian and Metis Friendship Centre (SIMFC) at 306.244.0174 or email [jessicagordonsimfc@gmail.com](mailto:jessicagordonsimfc@gmail.com)

Carlyle King Branch/Meeting Room

Thursdays / January 8th to March 26th / 4:30-6:30 pm

#### Saturdays at CK

All ages

Looking for something to do on a Saturday? Come and watch a movie, do some crafts or play board games and, most importantly, have fun!

Carlyle King Branch / Story Room

Saturdays / 3 - 4 p.m.



## Cross Country Skiing – a second chance to try skiing!

What is your New Year's resolution?

If it is to get more exercise, fresh air or sun, then check this out...

For the second year in a row, the City of Saskatoon has made cross country ski trails in Al Anderson Park, located in Hampton Village. Al Anderson is a long park, with beautiful trees & elevation changes, perfect for a wonderful cross country skiing experience!



Cross country ski trails are groomed and maintained by the City of Saskatoon along the east and west banks of the beautiful South Saskatchewan River and in a variety of parks and open spaces throughout Saskatoon. Call *Ski Trail Information* at 306-975-3300 (Mon-Fri) to find out more about ski locations and daily snow conditions.

The trail in Hampton Village is a pilot project – we would love to know what you think! The City will assess the response to the trails, and will then decide if the trails will be a permanent winter feature of Al Anderson Park.

Call Jan in Community Development at 306-975-3379 to share feedback. As always, you can let us know your thoughts by emailing us at [contact@saskhvca.com](mailto:contact@saskhvca.com) or better yet: come to a meeting and let us know in person! Thank you!

## Christmas Memories

Recently, during an interview on CBS "This Morning," the lead singer of the popular rock band, R.E.M., shared what the band's initials meant to his grandmother--**Remember Every Moment**. Alas, most of us do not remember every moment, but we do remember some--especially the happy ones we carry in our hearts during this holiday season. I would like to share some of my Christmas moments with you.

As a young child, my siblings & I did not see our Christmas tree until Christmas morning. My parents brought it into the house & decorated it while my three siblings & I slept. Seeing the tree that morning was part of our Christmas magic. As we grew up, this tradition changed because we realized our friends had their trees long before Christmas Day.

My pre-teen years were spent growing up in a small hamlet outside of Hamilton, Ontario. We lived in a bungalow located on a grid road with only four houses east of ours. Without

street lights, the road was dark, and, across the road, the forest was even darker. Even a few Christmas lights would shine brightly in the darkness. I recall one year my father & I worked on a Christmas light project. We made a Christmas tree decoration which my Dad mounted beside our front door. Dad cut the shape of the tree from a large piece of peg board. Together, we fastened pine boughs & a string of red Christmas lights to the cut-out shape. It probably wasn't fancy, but I thought it was marvelous. Maybe this early experience explains why I still enjoy Christmas lights so much today.

Another Christmas memory is the time spent with my English grandmother celebrating Christmas. Nana, as we called her, was my Mother's mother. She had emigrated from England in 1923, married in 1927, and had six children over the next eight years. At Christmas time, we saw all but one of Nana's children, along with their spouses & their children. It was quite the gathering in the basement of my Nana's apartment! All of us sat together around a large L-shaped table, eating, visiting & singing while wearing the tissue paper hats from the Christmas crackers that were always present at these functions. The food was delicious and wonderfully presented, but, to be with family, was the best present.

I hope you make memories this Christmas season with your families and friends. You may not **Remember Every Moment**, but I hope you will remember some!

Merry Christmas from Cathy Baerg



Jacqueline  
Rybachinski  
Star Manager  
(306) 384-8673

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[www.jrybachinski.my.tupperware.ca](http://www.jrybachinski.my.tupperware.ca)  
[jrybachinski@gmail.com](mailto:jrybachinski@gmail.com)



# HAMPTON VILLAGE RINK

Hampton Village Kinsmen Community Rink is now OPEN for our 2nd Year!! Haven't been there yet?? The best rink in the city (we think!) is located just East of the playground in Al Anderson Park. Please remember to respect all others skating!



Supervised Skate times are:  
Tuesdays & Thursdays 6-8pm  
Saturdays 1-3pm



please note: Supervised Skate times are weather permitting  
temperature between -5 and -25

A friendly reminder: the nets, lights, shovels etc have been paid for and are the property of the Hampton Village Community Association. Please do not remove any of these items from the rink.

If you would like to help out with supervising public skate times, clearing snow or flooding the ice, please contact our Rink Coordinator at [rink@saskhvca.com](mailto:rink@saskhvca.com) to volunteer!

## Tips for those starting out in ice skating

- **Don't look down when skating** -- Keep your head up and look in front of you so at least you can see who or what you are about to collide with!
- **Get some good skates** -- Buy a decent pair of skates that will last and most importantly, fit well and provide good support.
- **Tie skates the correct way** -- Make sure your skates are not too tight or your feet will likely go numb, while having your skates too loose will not provide the proper support for your ankles.
- **Get some skating lessons** -- If you really want to master the basics, then taking some lessons is an absolute must.
- **Don't lean backwards when skating** -- The best advice is to keep your knees bent and your weight forward. Hold your arms out in front of you and open them wide to help you stay balanced.
- **There's no stopping you!** -- To stop, bend your knees, turn the toes of each foot inwards, point your heels out, and push out on your heels.
- **Skate in the correct direction** -- Don't try skating the wrong way round the ice rink as you'll end up hurting others and quite possibly yourself.
- **Don't take skating too seriously** -- When you fall down (and be sure you will), have a laugh about it and get right back up on your skates again. Don't take yourself or your skating too seriously, after all, even the best end up on their backs from time to time. It's even funnier if you do it in style!

If you are skating purely for fun or even skating for fitness, then make sure you actually *have* fun on the ice, and if the worst comes to the worst, make sure you have a good friend to hang onto!

# Winterizing your Family...

**In Saskatoon, blizzards are a fact of life throughout the winter months. When they hit, getting around can be very difficult, even dangerous. The Saskatoon Fire Department urges you to winterize your family by planning how you will best manage a disruption in your routine during a blizzard. An effective plan includes what you will do before, during & after a blizzard; & covers all aspects of the normal daytime & evening routine/activities for each family member. Plan to take care of your family's needs for a minimum of 72 hours during any emergency, including a blizzard.**

## **BEFORE A BLIZZARD**

- **Check out local media for developing weather situations. It is best to anticipate a storm rather than be surprised by it.**
- **Plan a safe place for each family member to go if they cannot make it home.**
- **Plan a way to contact each other.**
- **Plan to use non-voice channels like text messaging, email or social media. These use less bandwidth than voice communications and may work even when phone service doesn't.**
- **Plan to reunite your family.**
- **Include an alternate plan in case you don't have enough gas in your vehicle, it breaks down, or transit service is disrupted.**
- **Have on hand at least a three-day supply of food, water and medical requirements.**
- **Contact neighbours to see if you can work together to deal with potential problems associated with a blizzard ie. power outage or transportation.**

## **DURING A BLIZZARD**

- **Stay calm.**
- **Avoid travel.**
- **If you are safe where you are, stay where you are.**
- **If travel is unavoidable make sure you have:**
  - enough fuel.
  - a vehicle emergency kit.
  - a winterized, reliable vehicle.
- **Check out local media for weather updates, road conditions & level of civic services avail.**

## **AFTER A BLIZZARD**

- **Assess the damage to your property, if any.**
- **Check out local media regularly for the level of civic services available.**
- **If you must travel, plan your route accordingly. The first priority for City snow clearing is to ensure movement of traffic on the freeway and major streets, access to emergency locations and Saskatoon Transit DART routes.**
- **Be prepared to move your vehicle if you live on a designated Snow Route street/street segment.**
- **Exercise caution and care when shovelling snow, especially during very cold weather.**
- **Re-evaluate your family's Winterization Plan.**



## Be a Snow Angel

If your neighbour is elderly, has health concerns or mobility restrictions, lend a hand by clearing their sidewalks.

*And when clearing sidewalks, please exercise caution and care, especially during extremely cold weather.*

If you receive help from your neighbour, nominate them as a "Snow Angel".

Visit [saskatoon.ca](http://saskatoon.ca) & search for snow angel to nominate your Snow Angel using the online form or write your story to  
Public Works, City of Saskatoon,  
222 - 3rd Avenue North,  
Saskatoon SK S7K 0J5,  
along with the name and address of your Snow Angel.

The City will send an anonymous thank-you to the Snow Angel, and enter them into monthly prize draws made this winter.



**A Christmas Cookie Recipe** by Cathy Baerg

Christmas, a time when lots of us like to do some baking. I would like to share my Christmas cookie recipe with you. I found this recipe in a soft cover cookbook called: Pillsbury Holiday Classics II at a check-out stand at my local grocery store. The subtitle is: A cookbook of festive traditions. The original print date on the booklet was 1983 but I did not discover it until 1986--28 years ago. The condition of the soft cover book tells how much I have used this book to make the recipes inside. About two days after I made these cookies for the first time, my twin nephews were born. I lived in British Columbia at that time and they were born in Ontario. I was so excited, I wanted to share in the celebration, so I shared **ALL** my freshly baked cookies with my colleagues at work. Every time I bake these cookies I think of my twin nephews.

I have made these cookies for other special occasions too--like a shower for my niece. On that occasion the cookies were shaped like hearts and made into sandwich cookies with jam in the middle. I have also shaped these cookies like hands and raised money for the Children's Miracle Network Telethon. This cookie recipe is not just for Christmas!

Perhaps you and maybe Santa will enjoy them too!

**Cream Cheese Sugar Cookies**

Yield: 5 - 6 dozen cookies.

1 cup sugar	½ teaspoon almond extract
1 cup margarine or butter, softened	½ teaspoon vanilla
3 ounces cream cheese, softened	1 egg yolk (reserve white)
½ teaspoon salt	2 ¼ cups All Purpose or Unbleached Flour

In large bowl, combine sugar, margarine, cream cheese, salt, almond extract, vanilla & egg yolk; blend well. Lightly spoon flour into measuring cup; level off. Stir in flour until well blended. Chill dough 2 hours.

Heat oven to 375F. On a lightly floured surface, roll out dough, one third at a time, to 1/8 inch thickness. Cut into desired shapes with lightly floured cookie cutters. Place 1 inch apart on ungreased cookie sheets. Leave cookie plain or if desired, brush with slightly beaten egg white and sprinkle with coloured sugar. Bake at 375F for 7 to 10 minutes or until light golden brown. Cool completely. Frost and decorate plain cookies, if desired.



**SUDOKU** - Complete the puzzle so that each row, column & region contains the numbers one through nine only once.  
- Solution on page 17

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



Q: Why is it always cold at Christmas?

A: Because it's in Decembrrrrr!





Sunday Morning Services at 10:30 am  
Mountain Movers for grade K- Grade 5  
Nursery provided for age 0- 4

2930 McClocklin Road  
Saskatoon, SK  
office.hfmc@sasktel.net  
306 242 4500  
www.hamptonfreemethodist.com



Monica and Smitha  
HFMC Preschool Teacher and Assistant



*Accepting Registrations for January 2015!*

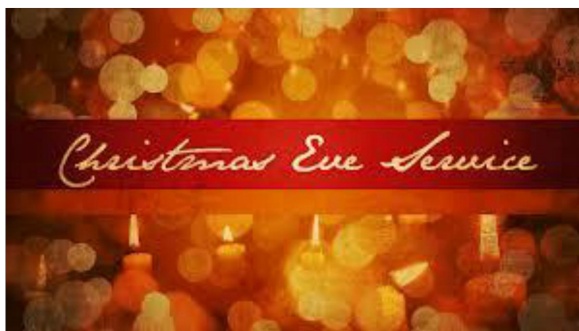
### **3& 4 Year Old Class**

**Tuesday and Thursday**

**9:15-11:30 am**

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

For more information email:  
preschool.hfmc@sasktel.net  
or call: 306-242-4500



**Join us on Christmas Eve  
for our annual  
Candlelight Service  
and celebrate the  
Joy of Christmas!  
8:00 pm - 9:00 pm**

### **FREE HOLIDAY FAMILY FUN**

#### **Celebrate Christmas**

**Tuesday, December 23, 2014**

**2:00-3:00pm**

**Christmas Songs, Crafts and Stories**

**For Children Age: 4 and Up**

**RSVP to preschool.hfmc@sasktel.net**

#### **Origami Workshop**

**Tuesday, December 30, 2014**

**2:00-3:00 pm**

**Come and make some Christmas origami**

**For Children Age: 7 and Up**

**RSVP to preschool.hfmc@sasktel.net**



### Holiday Safety Tips:

**Celebrating** - Whether you're a guest or a host, you need to have a plan to prevent drinking and driving. Remember that it's not always easy to tell if someone is over the legal limit to safely drive and that time is the only thing that can sober someone up.

- determine who the designated drivers will be or have a plan to take public transit or taxis ahead of time
- as a host, consider limiting your own drinking so you can be more aware of how much your guests are drinking
- if you believe one of your friends is too drunk to drive, ask them for their keys and call them a cab; alternatively, you can stay with them until they are sober or offer them a spare bed for the night
- if you are unable to stop someone who shouldn't be driving, you will need to call the police - it may be difficult to do when it's a friend, but the potential for serious or deadly harm to your friend and others is a very real possibility if they get behind the wheel

### Decking the Halls

- if your Christmas tree is visible from the outside, consider not placing gifts under it until the last minute
- if you have pets, they may be attracted to ribbons and parcels and they could pose a choking hazard
- once the presents have been unwrapped, consider taking boxes for things such as computers, electronics and televisions straight to recycling yourself - no need to alert a thief what new toys Santa brought you by leaving the boxes outside your home

**Travelling by Car** - This time of year the roads can become slippery and you may encounter black ice.

- get directions & check road conditions before you set out
- always wear a seatbelt
- stick to well-travelled roads when possible and take a cell phone and car charger for emergencies
- ensure your car is in good mechanical condition & that you have appropriate tires for the road conditions
- have the correct car seats for children and make sure they are installed properly
- keep an emergency kit and blankets in your trunk
- if you need to use your GPS or your cell phone, pull over to the side of the road when it's safe to do so
- advise someone of your travel route and the times you plan to leave home and arrive at your destination

Q: What do snowmen eat for breakfast?

A: *Frosted flakes!*

Q: What did one snowman say to another snowman?

A: *Can you smell carrot?*

Q: Where do snowmen go to dance?

A: *A snow ball!*

**Going Away?** - If your holiday plans include travel elsewhere, you will want to take steps to protect your home and its belongings while you are away.

- have a friend or neighbour visit your home often to check on things
- invest in a timer for your lights
- cancel your newspaper and arrange for your mail to be brought inside every day
- you may be excited about your big trip, but it's not wise to advertise your plans on social media, ie Facebook & Twitter

**Fire Safety** - Lastly, holiday safety tips wouldn't be complete without some fire prevention advice.

- if you have a fresh-cut Christmas tree, make sure to water it regularly to help it retain its moisture; if you purchase an artificial tree, make sure that it is fire retardant
- be cautious on a ladder when installing and removing your Christmas lights and inspect your lights for excessive wear before you install them; if you have any doubt about the age and safety of your strand of lights, it's probably time to get new ones - be power smart and purchase energy efficient LED lights
- use only approved CSA and UL tested extension cords and power bars for all your electrical needs
- keep all flammable items at least three feet from your space heaters & ensure your heaters are CSA/UL approved
- kitchen fires are a major concern at this time of year; don't leave pots unattended on the stove and be extremely cautious when cooking with oil
- have and learn how to use a fire extinguisher
- keep candles away from combustible materials and never use lighted candles on or near a Christmas tree; don't ever leave your home or go to bed with candles burning
- working smoke alarms save lives; press the test button on your smoke alarm once a month to ensure it is working and don't forget to change the battery once a year - if your smoke alarm is older than ten years, it's time to change it
- remember, smoke from a fire can hurt or kill you long before the flames ever get near you, so make a point of sleeping with your bedroom door closed

Skate Sharpening  
By Tyler Rybchinski  
311 Korol Cres  
\$5/sharpen  
Saskatoon  
(306) 280-6565  
ribber58@hotmail.com

Player and Goalie skates



## January 2015 - Dietitian Events

Sobeys *extra* Stonebridge

Sobeys' Dietitians Have a World of Healthy Ideas for You

### Meet the Extras Team– Healthy 2015 Kick-Off!

FREE

- It's a New Year and what better way to start it off than by dropping by to see our extras team members – whether you want to quit smoking, cook more meals at home or eat healthier – we've got you covered!
- **Saturday, January 10<sup>th</sup> 12-4pm** **In the Community Room**

### CLASS! Get the Facts – Nutrition Label Reading Tour

FREE

- Tour the store with me to learn more about what information you can find on a nutrition label and to learn what you CAN do to take charge of your diet
- **Wednesday, January 7<sup>th</sup> 2-4pm** **In the Community Room**

### CLASS! 'Healthy Weight' 8-Week Weight Loss Program

FREE

- Learn the foundations for successful weight loss & healthy eating. Each week builds on the week prior for enhanced success
- **Runs Thursdays: January 8, 15, 22, 29 and February 5, 12, 19, 26 6-8pm**
- ***Note: This series is a weekly program, registration is for the duration of the 8-week program***

**In the Community Room**

### CLASS! Meal Planning made EASY!

FREE

- Come and learn how to decrease meal time stress, save money and time with some simple meal planning solutions!
- **Friday, January 16<sup>th</sup> 2-4pm** **In the Community Room**

### CLASS! Cooking with Beans!

FREE

- Join me and our Wellbeing Counselor, Brittany for this interactive class where you can learn how to cook and incorporate a variety of healthy beans and legumes into everyday recipes. *Samples and recipes will be provided.*
- **Wednesday, January 28<sup>th</sup> 2-4pm** **In the Community Room**

***\*\*Registration is required for classes –To register for a class, please visit the Pharmacy or contact Registered Dietitian, Brooke directly:***

Phone: 306-244-6320

Email: Brooke.Rideout@sobeys.com



## Asthma in Winter

"There are two challenges for people with asthma in the winter. One is that they spend more time inside. The other is that it's cold outside," says H. James Wedner, MD, an asthma expert at Washington University in St. Louis. While you're indoors, you breathe in asthma triggers such as mold, pet dander, dust mites, and even fires in the fireplace. When you venture out, you could have an asthma attack from inhaling the cold air. Here's how to breathe easier during the cold months.

**Learn Your Triggers** - When you inhale something that triggers your asthma, your airways -- the tubes in your lungs that carry air -- can become tight and clogged with mucus. You may cough, wheeze, and struggle to catch your breath.

Talk to your doctor about having tests to find out what your triggers are. Once you know them, you can make some changes at home that may help:

- **Limit time around pets.** Having a dog or cat in your home may trigger your asthma. Try to keep it out of the bedroom. Curbing allergy triggers where you sleep can make a big difference, Wedner says.
- **Cover bedding.** If mites are a trigger, use mite-proof covers on the mattress, box springs, and pillows, he says. These help keep dust mites away overnight.
- **"Keep the house cool and dry --** dust mites as well as mold don't grow very well when it's cool and dry," Wedner says. Ways to help keep your home dry during the winter include:

1. Run the fan in your bathroom when taking a bath or shower.
2. Use the exhaust fan in the kitchen when cooking or using the dishwasher.
3. Fix leaky pipes and windows.

The common cold and flu are both more likely to strike in the winter and can lead to asthma flare-ups. You can lower your family's risk of these illnesses, though:

- **Wash your hands.** This helps keep viruses from getting into your body when you touch your eyes, nose, or mouth.
- **Stay away from people who are ill.** If a coworker or friend has the cold or flu, keep your distance.

**Tips to Avoid Cold Air** - To protect yourself from asthma flare-ups due to chilly weather, Wedner offers these suggestions:

- **Cover your face:** Drape a scarf across your mouth and nose, or wear a winter face mask that covers the bottom half of your face.
- **Exercise indoors.** Work out at a gym or inside your home, or walk laps inside a mall.

**Treating Winter Asthma** - People with asthma not only use quick-relief meds; they often need to take medicine every day for long-term asthma control. But sometimes they make the mistake of stopping the medications when they no longer feel symptoms, Wedner says.

So, even if you haven't had a flare-up for a long time, be sure to follow your doctor's directions for controlling your asthma.

Talk to your doctor about an asthma action plan. The plan should make it clear when to take each type of medication and when to call the doctor or call for emergency medical help. Divide the plan into three categories or zones:

- How to handle asthma when you're feeling good with no symptoms.
- What to do if you start to have symptoms.
- Steps to take if your symptoms are severe or you can't control them.

### Tips for Children

As winter approaches, you can help your child have fewer asthma problems, too:

- Give them some responsibility for keeping their asthma under control. This includes knowing how to avoid triggers and how to follow their action plan.
- Discuss your child's action plan with the school nurse.
- Teach the importance of proper hand washing, especially during cold and flu season.

## Hampton Village Crime Stats - November 2014

The  
Number of  
Crimes in  
our area  
have **risen**  
this past  
year. It's  
**TIME** for  
**HAMPTON**  
**VILLAGER'S**  
to **TAKE**  
**ACTION!!!**

Date	Offence	Location
November 2, 2014	Mischief/Willful Damage	400 BLOCK HARGREAVES GREEN
November 6, 2014	Other Theft Under \$5000	1400 BLOCK KOROL MEWS
November 6, 2014	Sexual Violation	100 BLOCK WEST HAMPTON BLVD
November 6, 2014	Mischief/Willful Damage	100 BLOCK DENHAM CRES
November 6, 2014	Other Theft Under \$5000	3000 BLOCK MCCLOCKLIN RD
November 6, 2014	Other Theft Under \$5000	3000 BLOCK MCCLOCKLIN RD
November 7, 2014	Other Theft Under \$5000	3000 BLOCK MCCLOCKLIN RD
November 8, 2014	Mischief/Willful Damage	500 BLOCK EAST HAMPTON BLVD
November 8, 2014	Fraud	400 BLOCK COAD MANOR
November 10, 2014	Mischief/Willful Damage	1200 BLOCK KOROL GREEN
November 12, 2014	Other Theft Under \$5000	100 BLOCK HAMPTON CIRCLE
November 12, 2014	Other Theft Under \$5000	100 BLOCK HAMPTON CIRCLE
November 12, 2014	Break and Enter - Business	100 BLOCK HAMPTON CIRCLE
November 12, 2014	Bicycle Theft Under \$5000	200 BLOCK GEARY CRES
November 14, 2014	Other Theft Under \$5000	3000 BLOCK 37TH ST W
November 14, 2014	Other Theft Under \$5000	1100 BLOCK HARGREAVES WAY
November 14, 2014	Assault	300 BLOCK KLASSEN CRES
November 15, 2014	Other Theft Under \$5000	300 BLOCK DAWSON CRES
November 16, 2014	Break and Enter - Other	100 BLOCK DENHAM CRES
November 16, 2014	Mischief/Willful Damage	400 BLOCK MCKAGUE CRES
November 17, 2014	Other Theft Under \$5000	800 BLOCK KOROL WAY
November 17, 2014	Other Theft Under \$5000	300 BLOCK MCCALLUM LANE
November 17, 2014	Other Theft Under \$5000	200 BLOCK MCCALLUM WAY
November 17, 2014	Other Theft Under \$5000	200 BLOCK DAWSON CRES
November 17, 2014	Bicycle Theft Under \$5000	300 BLOCK HARGREAVES GREEN
November 27, 2014	Other Theft Under \$5000	100 BLOCK HAMPTON CIRCLE
November 27, 2014	Break and Enter - Business	100 BLOCK HAMPTON CIRCLE
November 30, 2014	Theft of Motor Vehicle	200 BLOCK HAMPTON GREEN

### Tips to keep our Neighborhood safe:

- **Get to know your Neighbors & their routines!**
- **Be on the lookout for strangers or suspicious activity! Note licence plate numbers of suspicious vehicles and descriptions of suspicious people. Criminals are often caught after alert neighbors contact police.**
- **Share Information with neighbors & on our Hampton Village Neighborhood Facebook Page!**
- **If you find a door or window that has been forced or broken while you were absent, do not enter: call police from a cell phone or from neighbors.**
- **If your home has been unlawfully entered, do not clean up or touch anything until the police have inspected for evidence.**

### ► MOST IMPORTANTLY: REPORT CRIME OR SUSPICIOUS ACTIVITY!

In order to increase police presence & help prevent crime, we need to report criminal activity!!

Please call 306-975-8300 for non-emergency situations OR report a crime **ONLINE @**  
[www.police.saskatoon.sk.ca/onlinereporting](http://www.police.saskatoon.sk.ca/onlinereporting)

# Outdoor Soccer Registration

**Hampton Village / Dundonald**

**Tuesday March 3 - 5:30pm to 8:00pm**

**Dundonald School Large Gym**

## Kinder Soccer

- ⚽ Ages 3 to 4 (must be 3 by May 1, 2015)

- ⚙ \$40.00

It is very interactive, lots of games, playing and fun.



## Mini Soccer – Saskatoon Youth Soccer

- ⚽ Under 6 (born 2009/2010)

- ⚙ \$65.00 – Sponsored by Tim Hortons (no uniform deposit)

- ⚙ Mini FOS Tournament fee included

- ⚽ Under 8 (born 2007/2008)

- ⚙ \$80.00 – Uniform deposit of \$45.00 required

- ⚙ Mini FOS Tournament fee included

- ⚽ Under 10 (born 2005/2006)

- ⚙ \$95.00 – Uniform deposit of \$45.00 required

- ⚙ Mini FOS Tournament fee included

- You are welcome to play with any community association within the city
- Any community association membership accepted
- All payment made payable to **Hampton Village Community Association (HVCA)**
- Applications for KidSport will be available
- Late registrations will be subject to a \$40.00 late fee

## Coaches & Assistant Coaches needed:

No experience necessary; additional coaching resources and clinics are available.

Contact Melanie: [soccer@saskhvca.com](mailto:soccer@saskhvca.com)





*"I wish you enough!"* © 2001

Originally included in "Chicken Soup for the Grieving Soul" By Bob Perks

I never really thought that I'd spend as much time in airports as I do. I don't know why. I always wanted to be famous and that would mean lots of travel. But I'm not famous, yet I do see more than my share of airports.

I love them and I hate them. I love them because of the people I get to watch. But they are also the same reason why I hate airports. It all comes down to "hello" and "goodbye." I must have mentioned this a few times while writing my stories for you. I have great difficulties with saying goodbye. Even as I write this I am experiencing that pounding sensation in my heart. If I am watching such a scene in a movie I am affected so much that I need to sit up and take a few deep breaths. So when faced with a challenge in my life I have been known to go to our local airport and watch people say goodbye. I figure nothing that is happening to me at the time could be as bad as having to say goodbye.

Watching people cling to each other, crying, and holding each other in that last embrace makes me appreciate what I have even more. Seeing them finally pull apart, extending their arms until the tips of their fingers are the last to let go, is an image that stays forefront in my mind throughout the day.

On one of my recent business trips, when I arrived at the counter to check in, the woman said, "How are you today?" I replied, "I am missing my wife already and I haven't even said goodbye."

She then looked at my ticket and began to ask, "How long will you...Oh, my God. You will only be gone three days!" We all laughed. My problem was I still had to say goodbye.

But I learn from goodbye moments, too. Recently I overheard a father and daughter in their last moments together. They had announced her departure and standing near the security gate, they hugged and he said, "I love you. I wish you enough." She in turn said, "Daddy, our life together has been more than enough. Your love is all I ever needed. I wish you enough, too, Daddy."

They kissed and she left. He walked over toward the window where I was seated. Standing there I could see he wanted and needed to cry. I tried not to intrude on his privacy, but he welcomed me in by asking, "Did you ever say goodbye to someone knowing it would be forever?"

"Yes, I have," I replied. Saying that brought back memories I had of expressing my love and appreciation for all my Dad had done for me. Recognizing that his days were limited, I took the time to tell him face to face how much he meant to me.

So I knew what this man experiencing.

"Forgive me for asking, but why is this a forever goodbye?" I asked.

"I am old and she lives much too far away. I have challenges ahead and the reality is, the next trip back would be for my funeral," he said.

"When you were saying goodbye I heard you say, 'I wish you enough.' May I ask what that means?"

He began to smile. "That's a wish that has been handed down from other generations. My parents used to say it to everyone." He paused for a moment and looking up as if trying to remember it in detail, he smiled even more. "When we said 'I wish you enough,' we were wanting the other person to have a life filled with just enough good things to sustain them," he continued and then turning toward me he shared the following as if he were reciting it from memory.

I wish you enough sun to keep your attitude bright.

I wish you enough rain to appreciate the sun more.

I wish you enough happiness to keep your spirit alive.

I wish you enough pain so that the smallest joys in life appear much bigger.

I wish you enough gain to satisfy your wanting.

I wish you enough loss to appreciate all that you possess.

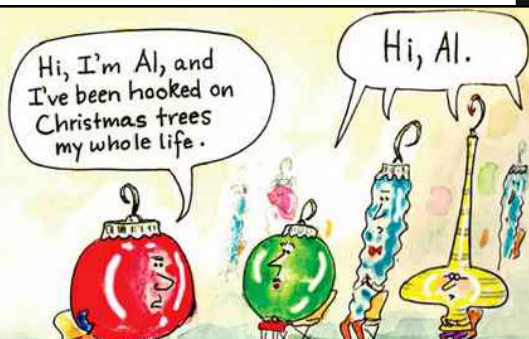
I wish enough "Hello's" to get you through the final "Goodbye."

He then began to sob and walked away.

My friends, I wish you enough!

**SUDOKU Solution**

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

**DOGGIE TAILS****Reasons to Scoop the Poop!****Poop is not fertilizer.**

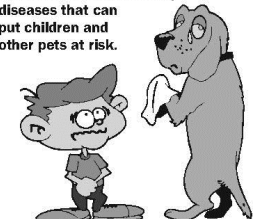
Dog feces do not fertilize the ground and has negative effects on grass and plants.

**Poop is expensive.**

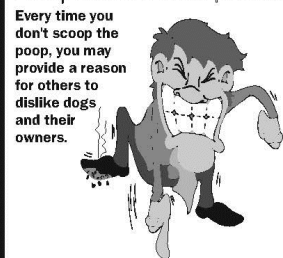
Fines start at a \$100 for failure to immediately remove pet feces from public or private property.

**Poop will make you sick.**

Dog feces carry bacteria that pollute the environment and many diseases that can put children and other pets at risk.

**Poop doesn't make friends.**

Every time you don't scoop the poop, you may provide a reason for others to dislike dogs and their owners.



**Please be a good neighbour and clean up after your pet.**

Find more responsible pet owner information at [saskatoon.ca](http://saskatoon.ca).



Could you imagine how scary this would be?



Well, this can be just as scary to some.



**Be a considerate neighbour and keep dogs on a leash.**



[www.saskatoon.ca/go/animalservices](http://www.saskatoon.ca/go/animalservices)

**Merry Christmas**

*From your Hampton Village Community Association!*

## BOARD MEMBERS

Justine McCaffrey	President	president@saskhvca.com
Rob Huck	Vice President	vicepresident@saskhvca.com
Alan Bent	Treasurer	treasurer@saskhvca.com
Lynn Heale	Secretary	secretary@saskhvca.com
Jennifer Upton	Communications	communications@saskhvca.com
Vince Layahe	Advertising	advertising@saskhvca.com
Heather Wright	Memberships	memberships@saskhvca.com
Brent Upton	Webmaster	webmaster@saskhvca.com
Melanie Litvenenko	Soccer Coordinator	soccer@saskhvca.com
Stephanie Jorgensen	Kinder Soccer	kindersoccer@saskhvca.com
Chelsey Shaw	Indoor Coordinator	indoor@saskhvca.com
Ron Laurans	Rink Coordinator	rink@saskhvca.com
Cathy Baerg	Sign Coordinator	sign@saskhvca.com
Members at Large:	Jorge Murrieta, Jessica Huges, Tanner Ethridge, Lisa Sookerokoff, Vanessa Ethridge, Pam Laurans	

# GET INVOLVED

*Concerned about something in our Neighborhood??  
See crime increasing and want to DO something about it??*

**HELP US!!**

*Have a fabulous Idea??  
Want your voice to be heard??*

**TELL US!!**

*Think there's a need for more programs in Hampton Village??  
Want to help your children and others grow and flourish??*

**TEACH US!!**

*Tired of COMPLAINING and want to actually DO something??  
Want to do all of the above while meeting new people and having FUN??*

**JOIN US!!**

**We're bunch of busy, Nice People (promise!) just like you!!**  
**Join us every second Wednesday of the month at 6:30 in the Hampton Free Methodist Church.**

## Hampton Village Community Association Advertising Rates

Full page ad \$100  
Half page ad \$75  
Quarter page ad \$50  
Business card size ad \$25

Prices are per newsletter. All ads will be published in our newsletter & on our webpage.

Camera ready ads must be provided in pdf format.

For more information or to submit an ad, email our Advertising Co-ordinator Abby Schoonmaker at

[advertising@saskhvca.com](mailto:advertising@saskhvca.com)