

THE
HAMPTON
VILLAGER

Hampton Village Community Association

Winter 2011

Contents:

- 2 Outdoor Soccer Registration
President Needed
- 4 Is Your Back Healthy
Snow Angel Info
- 7 Board Members
- 8 Dundonald/ St. Peters
Kindergarten Reg. Info
- 9 Volunteer Information
Pancake Breakfast/ Easter
Extravaganza
- 11 Membership Form

Dates to Remember:

Outdoor Youth Soccer & Kinder Soccer
Registration
February 28th – 6:00 to 7:30
St. Peters School – Large Gym

2012 – 13 Kindergarten Registration for
children 5 by January 31, 2013

Pancake Breakfast & Kids Easter
Extravaganza
April 14th – 9:00
Dundonald School Large Gym

Dear Hampton Village,

This letter is bitter sweet for me to write as it will be my last message to you all as the president. I stepped down at our last meeting as I have new family commitments and will also be leaving this great neighbourhood. The president position is vacant; however Josh (the vice president) will be filling in the interim.

It was a chilly November day when I went door to door (with help from a couple neighbors) delivering a flyer, which put forward a meeting for November 30, 2009. A few confused people (including myself) showed up and we decided to start the Hampton Village Community Association. Since that day we have now hosted two annual garage sales and bbq's, developed newsletters, a website, brought in adult fitness classes, kinder soccer, and starting another soccer program this year. Unbelievable accomplishments from some very amazing volunteers.

At our 2011 AGM, we welcomed more amazing volunteers to the team. Going forward in 2012 is going to be great for Hampton Village. As the volunteer base grows, more programs and opportunities can be brought to the neighborhood with less work. I encourage you to show your support by volunteering at an event, joining the board, help with registration nights, or if you have a specific skill, offer to teach it to others in your community.

Hampton village is a wonderful place to call home and being part of the community association is something I am going to miss. I wish everyone a great 2012 year and thank you all for allowing me to be your president.

Now go volunteer!

Matt Ingrouille
HVCA former President



Hampton Village Community Association – c/o Dundonald School

162 Wedge Road • Saskatoon, SK • S7L 6Y4

www.hamptonvillagecommunity.com

Outdoor Soccer Registration

Tuesday Feb 28, 2012 - 5:30pm to 7:30pm
St. Peter's School Large Gym

Kinder Soccer

- Ages 3 to 5
 - \$35.00

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

Mini Soccer – Saskatoon Youth Soccer

- Under 6 (born during or after 2006)
 - \$45.00 – Sponsored by Tim Hortons (no uniform deposit)
- Under 8 (born 2004/2005)
 - \$65.00 – Uniform deposit of \$45.00 required
- Under 10 (born 2002/2003)
 - \$125.00 – Uniform deposit of \$45.00 required

All payment made payable to Hampton Village Community Association, community association membership required. We recognize other association memberships
Applications for KidSport will be available
*Late registrations will be subject to a \$40.00 late fee *

Coaches & Assistant Coaches needed: No experience necessary; Saskatoon Youth Soccer puts on a free Mini Soccer Coaches Clinic. Without coaches your child will be unable to play soccer.

Contact: soccer@hamptonvillagecommunity.com



Hampton Village Community Association Advertising Rates

FULL PAGE AD - \$100.00
 ½ PAGE AD - \$75.00
 ¼ PAGE AD - \$50.00
 BUSINESS CARD - \$25.00

Prices are per newsletter. All ads will be published in our newsletter & on our website. Camera ready ads must be provided in .jpeg or .pdf format.

For more information or to submit an Ad please be in contact with Advertising Coordinator at:

advertising@hamptonvillagecommunity.com

President Needed

HVCA is currently seeking a resident to fill the role as President of the Community Association.

After 2 years as president Matt Ingrouille has stepped down as president. Matt did a wonderful job getting our association off its feet, Thank you.

For information regarding the role as president please contact Dave Godwin @ David.Godwin@Saskatoon.ca or Josh Teibroeb @ vicepresident@hamptonvillagecommunity.com

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Habitat for Humanity Saskatoon will be hosting an information night for families interested in affordable homeownership on **January 12th, 2012 from 7:00 pm to 9:00 pm** at **Princess Alexandra School**

Everyone is welcome to attend this information night! There will be a presentation explaining the Habitat program and families will be given an opportunity to ask any questions they might have as well as being provided with an application form. **Please note that applications will only be available to those who attend this meeting.**

Princess Alexandra School is located at:
210 Avenue H South
The gathering will be held in the gym.

For any questions or concerns regarding the information night please contact:
Simone O'Neil
Administrative Assistant
Habitat for Humanity
Phone: 343-7772
Email: reception@habitatsaskatoon.ca



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Be a Snow Angel

If your neighbour is elderly, has a health concern or mobility restrictions, lend a hand by clearing their sidewalks. *And when clearing sidewalks, please exercise caution and care, especially during extremely cold weather.*

And if you receive help from your neighbour, nominate them as a "Snow Angel." Email the **Snow Angels Program** 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.



Is Your Back Healthy?

The back is really part of the spine. These bones that make up the neck and back have three important functions. The first is to support the body. Without the structural support of this column of bones and discs, we would be unable to sit or stand.

Secondly, the spine allows for movement. If the spine did not bend we would have difficulty tying our shoes, seeing ourselves without a mirror and many other things we take for granted.

Lastly, the spine protects the spinal cord and nerves along the neck and back. These nerves are the communication system between our brain and all the other parts of our body. A spine that is not functioning as well as it should, can cause aggravation to the nerves, decreasing their ability to communicate effectively. This may show up as difficulty sleeping, indigestion, balance problems, leg or arm pains, muscle cramping, difficulty walking or as many other symptoms.

If the spine is healthy it will move well in all directions without pain or discomfort. Pain with movement is usually a sign that there is a loss of smooth motion within the joints, and that swelling has developed as a result. Saskatchewan Health's Spine Care Pathway cites research on low back pain, which indicates 90% or more of the people with back pain suffer as a result of a mechanical breakdown of motion within their spine.

The good news is that mechanical joint pain is treatable and generally responds quickly to conservative forms of care such as chiropractic, acupuncture, massage, and physical therapy.

It is also very important what a person is doing for themselves. Physical activity, exercises to strengthen the muscles that support the spine, and attention to good postural habits, are essential. Otherwise, the benefits from treatment will not last for long, and the health of the spine will continue to decay.

A healthy spine is something athletes can very easily understand. It relates to efficient movement, greater endurance and better performance. This can be the difference between getting the gold and not even placing.

The rest of us experience the benefits of a healthy and efficiently moving spine by performing our normal daily activities. How does your body tolerate walking to the corner store, standing to prepare meals, reaching to clean, vacuuming, raking the yard, or sitting on the floor to play a game with your child or grandchild?

To be able to move with ease and comfort is normal. Symptoms are a sign that something is wrong. Intervention to help improve the health of the spine should be pursued.

By:
Dr. Scott Harder
Harder's Family Wellness Centre
hardersfamilywellnesscentre.ca



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Magic Paint and Body is located at:
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Board Members

Vacate	President	president@hamptonvillagecommunity.com
Josh Teibroeb	Vice-President	vicepresident@hamptonvillagecommunity.com
Kim Peterson	Treasurer	treasurer@hamptonvillagecommunity.com
JustineMcCaffrey	Secretary	secretary@hamptonvillagecommunity.com
John Halashewski	Rink Coordinator	rink@hamptonvillagecommunity.com
Mario Degagne	Youth Coordinator	rec@hamptonvillagecommunity.com
Regan Courtney	Adult Rec Coordinator	rec@hamptonvillagecommunity.com
Jennifer Upton	Events Committee	events@hamptonvillagecommunity.com
Abby Schoonmaker	Newsletter Editor	newsletter@hamptonvillagecommunity.com
Abby Schoonmaker	Advertising	advertising@hamptonvillagecommunity.com
Brent Upton	Webmaster	webmater@hamptonvillage.com
Rob Huck	Memberships	memberships@hamptonvillagecommunity.com
Melanie Letvenenko	Youth Soccer	soccer@hamptonvillagecommunity.com
Pam Laurans	Kinder Soccer	soccer@hamptonvillagecommunity.com
Shar-Lee Haichert	Member at Large	
Volker Polan	Member at Large	
Heidi Langford	Member at Large	
Jacqueline Peters	Member at Large	

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DUNDONALD SCHOOL

It's time to register for Kindergarten!

Kindergarten registration has begun for the 2012/2013 school year. Children, who will be five years old by January 31 of 2013, can start Kindergarten in September 2012. We invite you to come in and register.

Registration forms for the 2012-2013 school year are available now! Choice of program will be *'first come- first served'*

On **Wednesday, January 25**, there will be a Kindergarten Parent Information presentation from 6:30-7:30 p.m. in the gymnasium. Parents and caregivers are welcome to visit our Kindergarten teachers, tour our school and meet our staff. Childcare will be provided.



St. Peters School

St. Peter School serves the Dundonald community and the Hampton Village community. Our school provides complementary bus service to our families living in Hampton Village. We are located at 202 Sumner Crescent in the Dundonald community. January is the month we begin registering for Kindergarten for the 2012-13 school year. If your child will be 5 years of age by January 31st, 2013 they will be eligible for Kindergarten in the fall. Our school offers half-time Kindergarten that includes Monday and Wednesday full day classes and Tuesday and Thursday full day classes with each group alternating full day classes on Fridays. We will be hosting an Open House on Tuesday, January 24th and Thursday, January 26th from 9:00 a.m. - 3:15 p.m. At our Open House you will have an opportunity to register your child, view the Kindergarten program, visit the Kindergarten classroom and have a tour of the school. Parents are asked to bring a **copy** of their child's **birth certificate, hospitalization card, immunization card** and if your child was baptized in the Catholic church, please bring a copy of the baptism certificate. If you are unable to attend one of our Open Houses, drop by the school office at your convenience to register your child. If you have any questions please call the school at 659-7440 or drop in to the school for a visit. We look forward to meeting you and your child.

Ken McIntosh
Principal
St. Peter School

Make it Happen!
VOLUNTEER
Strengthen your community, lend a helping hand, have fun together.

There are many ways you can volunteer for your Community Association:

- coach soccer
- flood the outdoor rink
- clean up your park
- help organize special events
- help coordinate recreation programs
- write a newsletter article
- take meeting minutes
- and more...

Volunteer for your Community Association.




Hampton Village Pancake Breakfast & Easter Extravaganza
Saturday April 14th, 2012
Dundonald large gym for breakfast
\$5 per person

Pancake breakfast - 9:00-11:00
Easter Extravaganza - 10:30-12:30

Dundonald Park - Easter Activities
Watch the website & Facebook for more information!



www.hamptonvillagecommunity.com

Considering French Immersion?



École St Gerard School offers a French Immersion program from Kindergarten to Grade 8



You are invited to an information evening on
Wednesday, January 31, 2012
At 7:00 p.m. at École St. Gerard School

- Children 5 years of age by Jan. 31, 2013 may register for Kindergarten
 - Children 6 years of age by Jan. 31, 2013 may register for Grade 1.
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Hampton Village Community Association

Membership Form

PLEASE COMPLETE ALL THE INFORMATION AND RETURN TO A
HAMPTON VILLAGE COMMUNITY ASSOCIATION BOARD MEMBER

<p>Adult Names:</p> <p>1. _____</p> <p>2. _____</p>	<p>Check if interested in</p> <p>___ Volunteering for events/activities</p> <p>___ Executive position</p> <p>My Specific skill that I am willing to contribute is</p> <p>_____</p>
-----------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Children	Age
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
Volunteer positions are available for teenagers (Contact a board member if interested)	

Address: _____	Postal Code: _____
Phone Number: _____	Email Address: _____

MEMBERSHIP FEE: HOUSEHOLD - \$10.00 (Cheque made payable to Hampton Village Community Association)	*** For Office Use Only*** Membership Number: _____ Paid By: _____ Received By: _____
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