



Hampton Village

COMMUNITY ASSOCIATION

Inside this issue:

HVCA Winter Programming	3
HV Winter Luau	5
Hampton Free Methodist Church News	7
Live Well Program	8 & 9
Family Skating Information	10
Curling @ CN Curling Club	12
Pumpkins in the Park	14



Coming Events

- Dec 15 Online Registration opens
- Jan 8 In Person Registration help
- Feb. 9 H V Winter Luau
- May 9 H V Garage Sale & BBQ



www.facebook.com/hamptonvillage/

President's Message and HVCA Updates:

It has been a busy fall for the Hampton Village Community Association. We had a successful second year of "Cinema Under the Stars" with many members of the community attending the children's activities or watching the movie. A huge thank you to all of our volunteers and sponsors for making this event possible. An extra special shout out to Dave, Kristy, Barb, and Cathy who planned this event.

We welcomed several board members to the association this fall. Myra and Krista took on the role of Co-Soccer Coordinator, Paula joined us as our Adult Fitness Coordinator, Booker and Chad became our Co-Rink Coordinators, Clara and Jess joined as Members-at-Large. In spring, Monica joined our board to fill the role of Child and Youth Coordinator. Our board member orientation and November board meetings were very productive. A big thank you to our board which puts in hundreds of hours each year planning programming and events.

Thanks to our new rink coordinators (Booker and Chad) and their hard-working volunteers the ice is now ready for skaters. If you are interested in helping with ice maintenance, send us an email and we will pass your information along to Booker & Chad. Supervised Family Skating will start in early January. Watch our Face Book page and website for more information. **No sticks or pucks are allowed during Family Skating.** (More info about Family Skating on page 10)

We are always looking for further support and volunteers to help with community events and programs. With increased volunteer support, our Community Association will be able to explore and provide more child and adult programming as well as community gatherings. We are currently in need of an Allocations Coordinator, Adult Rec Coordinator, Daytime Coordinator and Members-at-Large. If you are interested in seeing what we are about, we welcome you to attend our monthly board meetings. These are held the second Wednesday of every month in the Hampton Schools Community Resource Room. We start at 6:30PM.

MARK YOUR CALENDARS: Online Registration for Winter 2020 programming opens on **December 15th at 1 pm**. See our website for more information: www.saskhvca.com. Many of our fall adult and child programs filled up quickly. Register early to avoid disappointment. This fall we partnered with the Saskatoon Public Library to offer a family story time and dance party on Thursdays at 10AM. It has been a great success and will continue for the rest of the school year. If you have difficulty registering online there will be an in-person registration help session on Wednesday, January 8th from 5:00 - 6:30 pm in the Community Resource Room at 1055 Hampton Circle.

Direct your feedback or suggestions to Cinthia at president@saskhvca.com

Our Association would like to wish everyone a joyful and safe winter season!

Cinthia

HVCA Board Meetings

The HVCA Board meets the second Wednesday of every month, except July and August. Meetings are held in the Community Resource Room located between Ernest Lindner and St. Lorenzo Schools. The address is 1055 Hampton Circle. All residents of Hampton Village are welcome to attend board meetings. They start at 6:30 pm. 2020 meeting dates are:

January 8, 2020
February 12, 2020
March 11, 2020
April 8, 2020
May 13, 2020
June 10, 2020

Clara is one of our new HVCA board members. She was elected as a Member-at-Large at our AGM in October. Clara had been helping with HVCA activities and decided to make her commitment more formal. Clara brought some delicious homemade cookies to her first board meeting in November. We all enjoyed them and hope you do too!

Oatmeal Raisin Cookies

1 1/2 cups oatmeal
1 1/2 cups flour
1/4 tsp salt
3/4 cups sugar
1 cup raisins
3 tbsps milk
1 tsp vanilla
1 tsp baking soda
1 cup margarine or butter

Mix together milk, vanilla and baking soda.
Blend dry ingredients and cut in margarine then stir in raisins. Add milk and mix together with your hands to form a soft dough.
Form into balls and bake at 350° for 10-15 minutes.

Makes about 3 dozen



“The meaning of life is to find
your gift. The purpose of life
is to give it away.”

— William Shakespeare

PLEASE NOTE!

HVCA mailing address has changed to:
Unit #10 - 1055 Hampton Circle,
Saskatoon, Sk. S7R 0G7
Our email address, website and
Facebook contact information remain the same.



Hampton Village Community Association Winter 2020 Program Schedule

Known cancellation dates

January 16, 27

February 17-21

March 9, 19

ADULT PROGRAMS For more information email: adultprograms@saskhvca.com					
Class	Day	Dates	Time	Location	Cost
Yoga	Monday	Jan. 13–Mar. 30	7:00–8:00 pm	Multi-purpose Room (Hampton School)	\$60
Bootcamp	Tuesday	Jan. 14–Mar. 24	7:00–8:00 pm	Ernest Lindner Gym	\$60
Floor Hockey	Tuesday	Jan. 14–Mar. 24	8:30–10:00 pm	St. Lorenzo Gym	\$30
Zumba	Wednesday	Jan. 15–Mar. 25	7:00–8:00 pm	Ernest Lindner Gym	\$45
Bootcamp	Thursday	Jan. 16–Mar. 26	7:00–8:00 pm	Ernest Lindner Gym	\$60
Men's Volleyball	Thursday	Jan. 23–Apr. 2	8:00–10:00 pm	St. Lorenzo Gym	\$20
Tykes and Tots Parent Education	Thursday	Jan. 9, Feb. 13, Mar. 12	6:00–8:00 pm	Community Resource Room (Hampton School)	FREE*

CHILD & YOUTH PROGRAMS For more information email: childprograms@saskhvca.com					
Class	Day	Dates	Time	Location	Cost
Making Music (3-4 year old)	Monday	Jan. 13–Mar. 23	5:15–5:45 pm	Hampton Free Methodist Church	\$35
Making Music (5-7 year old)	Monday	Jan. 13–Mar. 23	5:50–6:20 pm	Hampton Free Methodist Church	\$35
Floor Hockey (5-7 year old)	Tuesday	Jan. 14–Mar. 24	6:00–6:50 pm	St. Lorenzo Gym	\$35
Floor Hockey (8-12 year old)	Tuesday	Jan. 14–Mar. 24	7:00–8:00 pm	St. Lorenzo Gym	\$35
Preschool Dance (3-4 year old)	Wednesday	Jan. 15–Mar. 25	5:15–5:45 pm	Hampton Free Methodist Church	\$35
Preschool Dance (3-4 year old)	Wednesday	Jan. 15–Mar. 25	5:50–6:20 pm	Hampton Free Methodist Church	\$35
Dance (5-7 year old)	Wednesday	Jan. 15–Mar. 25	6:30–7:00 pm	Hampton Free Methodist Church	\$35
Hip Hop (5-7 year old)	Wednesday	Jan. 15–Mar. 25	7:05–7:35 pm	Hampton Free Methodist Church	\$35
Hip Hop (8-12 year old)	Wednesday	Jan. 15–Mar. 25	7:40–8:20 pm	Hampton Free Methodist Church	\$40
Rec Basketball (12-17 year old)	Thursday	Jan. 23–Apr. 2	6:00–7:30 pm	St. Lorenzo Gym	FREE*
Cheer (5-7 year old)	Friday	Jan. 17–Apr. 3	6:00–6:50 pm	Multi-purpose Room (Hampton School)	\$40
Cheer (8-12 year old)	Friday	Jan. 17–Apr. 3	7:00–8:00 pm	Multi-purpose Room (Hampton School)	\$40

KINDER SOCCER For more information email: kindersoccer@saskhvca.com					
Age	Day	Dates	Time	Location	Cost
3-4 (must be 3 by Jan 2020)	Thursday	Jan. 23–Apr. 2	6:00–6:45 pm	Multi-purpose Room (Hampton School)	\$30
3-4 (must be 3 by Jan 2020)	Thursday	Jan. 23–Apr. 2	6:45–7:30 pm	Multi-purpose Room (Hampton School)	\$30

DAYTIME PROGRAMS For more information email: daytimeprograms@saskhvca.com					
Class	Day	Dates	Time	Location	Cost
Mom & Baby/Toddler Fitness	Tuesday	Jan. 14–Mar. 24	9:30–10:30 am	Community Resource Room (Hampton School)	\$50
LiveWell with Chronic Conditions	Tuesday	Jan. 21–Mar. 3	1:00–3:30 pm	Community Resource Room (Hampton School)	FREE
To register for LiveWell with Chronic Conditions, call: 306-655-LIVE (306-655-5483). Spaces are limited					
SPL Family Storytime & Dance Party	Thursday	Jan. 9–Mar. 26	10:00–11:00 am	Community Resource Room (Hampton School)	FREE
Cards, Games & Coffee	Thursday	Jan. 9–Mar. 26	1:00–3:00 pm	Community Resource Room (Hampton School)	FREE*

YOUTH SOCCER For more information email: soccer@saskhvca.com					
The Indoor Youth Soccer season is already in full swing. We will have registration for Outdoor Youth Soccer and Kinder Soccer in February, 2020. Stay tuned!					

*** Online Registration opens at 1:00 pm on December 15th, 2019 ***

Visit our website for details: www.saskhvca.com

Questions about online registration? Questions about a program?

We will have a Registration Information Night on Wednesday, January 8th, 2020 from 5:00–6:30 pm,
in the Community Resource Room at 1055 Hampton Circle (Community Entrance)

*A community association membership, from anywhere in Saskatoon, must be valid to register in a program.

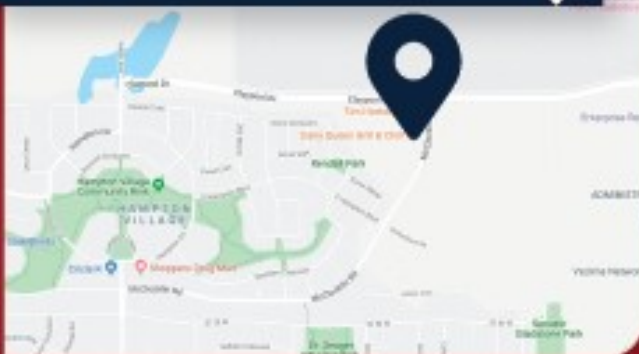
Annual HVCA Memberships are available for purchase at a cost of \$10.00 per family/household.

Membership fee is non-refundable.

YOUR \$0 SMARTPHONE* IS WAITING AT YOUR *HAMPTON VILLAGE* PRAIRIE MOBILE.

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HAMPTON VILLAGE WINTER LUAU

February 9th, 2020 | Hampton Village School
11am-2pm | Community Entrance

DOOR PRIZES
FACE PAINTING
CASH CONCESSION
BALLOON MAN
GAMES

\$5/CHILD
\$10/FAMILY
CASH ONLY

Brought to you by the Ernest Lindner & St. Lorenzo School Parent Councils,
Tykes & Tots and Hampton Village Community Association
Please email: cindy.goldie@shaw.ca to volunteer or to donate prizes

First Service January 12, 2020 @ 3:00pm
1055 Hampton Circle
Enter through the Community Entrance



www.bridgecitybiblechurch.com
(306)261-9218

Instagram @bridgecitybiblechurch
Facebook @BridgeCityBibleChurchYXE

Table Games & Coffee

Thursdays, Jan. 9th—June 18th

(no program February 20th or April 16th)

1:00 pm—3:00 pm



Use the Community Entrance (1055 Hampton Circle) between Ernest Lindner and St. Lorenzo Schools.

This program is free with a Community Association Membership (\$10/year)

Coffee is by donation.

Players pick the games to play!
Register online www.saskhvca.com
or drop in and check it out!

Questions? Ask Jan:

daytimeprograms@saskhvca.com; 306-975-3379

162 Wedge Road, Saskatoon, Saskatchewan, S7L 6Y4
Tel: (306) 683-7200 Fax: (306) 657-3911

ÉCOLE DUNDONALD SCHOOL

Is your child entering Kindergarten in Fall 2020?

Join us at our

French Immersion Kindergarten Open House

January 23, 6:00 – 7:00 pm

École Dundonald School

162 Wedge Road

RÊVER • CROIRE • ACCOMPLIR



DREAM • BELIEVE • ACHIEVE

Looking for a BABYSITTER?

Hello, My name is Isabelle. I am a 12 year old girl who lives in Hampton Village. I have my babysitting course, baby sitting experience and references. I attend school during the week so I am available to babysit Sunday -Thursday evening 5-10pm, Friday/Saturday nights until midnight. And during the day on Saturday/Sunday, If interested text me at **306-850-9493** or email Isabelle-hc@hotmail.com with questions or to arrange an interview.

Interested in advertising in the HVCA Newsletter?

Advertising costs are as follows:

Full page ad \$200.00

Half page ad \$100.00

Quarter page ad \$50.00

Business card size \$25.00

Dimensions are 4.75" x 7.5". Must be in **landscape** orientation.

Dimensions are 3.25" x 4.75". Must be in **portrait** orientation.

Prices are per newsletter edition. All ads are published in the newsletter and our webpage. ****As of spring 2020 all advertisements must be submitted in jpeg or png format, minimum 300dpi.**** Email advertisements to communications@saskhvca.com. Invoices are sent to advertisers when the newsletter is printed. Payment is requested within 30 days of receiving the invoice. Currently HVCA accept only cheques for payment.

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!

O, Come let us adore Him



HFMC Preschool

We offer a 3 year old class on Tuesday & Thursday mornings. Children must be 3 yrs old by September 1, 2020. We also offer two 4 year old classes on Monday, Wednesday & Friday, morning and afternoon.

Preschool 2020/21

Registration!

February 11, 2020 at 7 pm

Sunday Morning Service at 10:30 am

On Sunday mornings we also offer children's programming:

Mountain Movers for Grade 1 - 5

Mustard Seeds for age 3 - Kindergarten

Nursery for children age 0 - 3

Youth for Grades 6 - 12 is on Thursdays at the church.

The 1st & 3rd Thursdays are events from 7 - 9 pm.

The 2nd & 4th Thursdays are Bible studies from 7 - 8:30 pm. (does not meet on school breaks)

Family Games Night

Friday, Jan. 31st at 6:30 pm at the church. Everyone is welcome, please bring some table games and a snack to share.



Ladies Craft Day

Ladies Craft Day is a free event that runs the first Saturday of each month (January - June) beginning at 10 am at the church.

Please bring your own supplies and tables will be set up in the multi-purpose room. (not a sale or show)



HFMC Drop-in Play Group

Meets every TUESDAY morning at the church from 9:15 - 11:30 am. (does not meet on school breaks)

Cost is \$2/child, \$5 for a family of 3 and \$10 for families/daycares with 6+ children. Coffee and snacks are provided.

(for parents/caregivers with children age 5 and under)

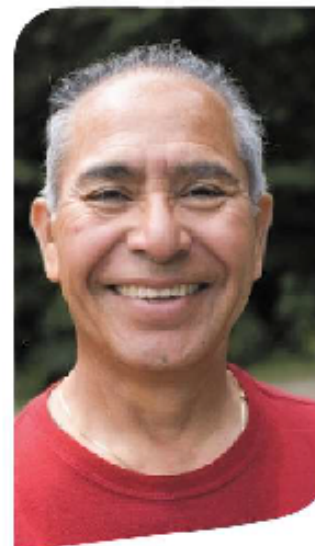
All money goes back into the program.



Christmas Eve Candlelight Service



**Tuesday,
Dec. 24th
at 7 pm**



The LiveWell with Chronic Conditions and LiveWell with Chronic Pain Self-Management Programs are workshops given two and a half hours, once a week, for six weeks

Who is it for?

Caregivers and individuals living with physical or mental chronic health condition(s) such as: Cancer, Chronic Pain, Diabetes, Heart Disease, Lung Disease, Kidney Disease, Parkinson's Disease, Stroke/Spinal Cord Injury, HIV, Osteoporosis, Multiple Sclerosis, Irritable Bowel Syndrome, Systemic Lupus Erythematosus, Anxiety, Depression, and Bipolar Disorder.

In the 6 week workshops, learn how to:

- Make action plans
- Solve problems
- Make informed decisions
- Incorporate activity into daily routines
- Manage symptoms
- Develop healthy eating habits
- Manage stress and fatigue
- Deal with difficult emotions
- Communicate with others (loved ones, health care providers)

It is the process in which the program is taught that makes it effective. Classes are highly interactive. Mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

The Self-Management Program will not conflict with existing programs or treatment. It is designed to enhance regular treatment. The program gives participants the skills to coordinate everything needed to manage their health, and help them keep active.

To register please call (306)655-LIVE

or 1-877-LIVE-898

(1-877-548-3898) toll free



saskhealthauthority.ca



Saskatchewan
Health Authority



with Chronic Conditions
with Chronic Pain



Workshops for caregivers &
people living with chronic
health condition(s)



Self-Management: Integral to Care

Self-management is a vital component of person-centred care

Self-Management empowers people to proactively and
confidently manage their own health condition(s).

What Does Self-Management Look Like?

Patients who self-manage:

- Have knowledge of their condition
- Implement a care plan in collaboration with their providers
- Are actively involved in decision making with their providers
- Monitor and manage signs and symptoms of their condition
- Manage the impact of the condition on their physical, emotional, and social life
- Embrace lifestyles that promote health
- Have confidence in their ability to access and utilize support services

Patients with self-management skills are able to develop action plans, problem solve when things don't go as planned, and communicate with others about their health. They work in partnership with their providers instead of expecting their providers to make decisions for them. As a result, they 1) have better health behaviours, 2) have better self-reported health, and 3) spend less time in hospital.

What Can Providers Do to Promote Self-Management?

Refer patients to Saskatchewan's evidence-based chronic disease self-management workshops:

- LiveWell with Chronic Conditions (LWCC)*
- LiveWell with Chronic Pain (LWCP)*

*Workshops run 2 ½ hours once a week for 6 weeks

Support self-management in practice. Incorporating self-management requires a shift in roles:

- Not **FOR** but **WITH**
- Not **COMPLIANCE** but **COLLABORATION**
- Not **1 EXPERT** but **2 PARTNERS**





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confederation-sk@ikumon.com

**Kumon Math & Reading Centre of
 Saskatoon - Confederation**
 3322 Fairlight Dr, Bay K (Fairlight Plaza)

*Valid until January 31, 2020 at this centre only. Cannot be combined with other offers. ©2019 Kumon Canada, Inc. All Rights Reserved.

FAMILY SKATE TIMES

AT HVCA RINK

Family Skate Times for 2020 start in January. This time is scheduled to ensure there is rink access for all levels and ages of skaters. Every Community Association is required to schedule family skating times to qualify for city grants to keep our rink operational.

HVCA Family Skate Times are held Thursdays from 6-8 p.m. as well as Saturday and Sunday from 2-4 p.m. An HVCA board member will be on hand to ensure there are no pucks or hockey sticks on the ice during these times. The board member in attendance can also provide access to "learn to skate" aids during Family Skate times. No board member will be present if the temperature is below -25C with the wind chill factor.

The board appreciates your cooperation with this schedule.





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Karina Abeleda

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Winter Play Program

FREE! The City of Saskatoon is pleased to present a lineup of exciting new programs for the 2020 Winter Play Program. Each is a great opportunity for children to engage in physical activity while developing new and improved skills in classic Canadian or Indigenous winter sports. All equipment is provided.

Learn to Curl

8-12 yrs. Develop skills in this classic Canadian sport involving sliding stones down a sheet of ice towards a target. Participants are asked to bring clean, indoor gym shoes.

CN Curling Club (1602 Chappell Drive)

Jan 27 M 01:00 PM-05:00 PM

Mar 9 M 01:00 PM-05:00 PM

Learn to Snowshoe*

6-12 yrs. Develop skills in this low-impact sport while exploring one of Saskatoon's community parks.

Dr. Seager Wheeler Park Rec Unit (2304 Richardson Road)

Feb 1 Sa 01:00 PM-04:00 PM

Learn to Snowskate*

6-12 yrs. Snowskating is a hybrid winter sport that combines elements of snowboarding and skateboards; think of skateboarding on snow!

Greystone Park Rec Unit (2711 Main Street)

Feb 8 Sa 01:00 PM-04:00 PM

Learn to Altai Skis*

6-12 yrs. Altai Skis is a hybrid ski that combines the maneuverability of snow shoes with the gliding qualities of cross-country skis.

Montgomery Park Rec Unit (3229 Caen Street)

Feb 9 Su 01:00 PM-04:00 PM

Snowshoe Making

10-12 yrs. An Elder will guide youth through the art of making the snowshoes while explaining their history and importance within Indigenous culture.

Saskatoon Indian & Métis Friendship Centre (168 Wall Street)

Jan 21 Tu 05:30 PM-08:30 PM

**Sessions will be cancelled if the temperature reaches -25°C or below with the windchill.*

– Amanda Gustafson



For more information about the Winter Play Program contact Amanda Gustafson at 306-975-1429. To register, visit leisureonline.saskatoon.ca or call any Leisure Centre.

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



Whatever life puts in your path, we're here to help when you need it most.

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

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CN CURLING CLUB



The CN Curling Club would like to extend a warm welcome to the residents of Hampton Village. We are hosting some community events this season that we hope will be of interest.

Our facility is open to anyone. Please feel free to stop in to watch a curling game, enjoy a Sunday breakfast, have a warm bowl of soup or spend an evening in our friendly pub where everybody knows your name.

Location: 1602 Chappell Drive, next door to the CN railyards.

Family and Friends Turkey Spiel after Christmas

Friends and family in town, kids craving some fun and fitness after Christmas?

The CN Curling Club will be hosting a mini curling bonspiel for families in the surrounding communities on December 28, 2019; from 1 – 4pm. Enter a team of 4 players. Each team will curl two, 4-end games. The top scoring team will win a turkey. Afterwards, the lounge will be serving hot chocolate and pizza. Grown-up refreshments will be available.

No experience required and no equipment needed other than a CLEAN pair of running shoes. \$60 per team; registration & payment to be made by Dec. 21, 2019



Wanted after Christmas:

Individuals or Couples looking for a little exercise and a lot of fun!

The CN curling club introduces *Club Curling Monday* evenings at 6:30. Join the league and you will be placed on a team for an evening of game play. An experienced member will assist each team with the basic aspects of the game, for the first two weeks.

The first 4-week session is \$25; January 6 – 27, 2020.

February and March sessions to follow.

No experience or equipment required other than a CLEAN pair of running shoes.

Register for any of the above by emailing Christina at ckulba@sasktel.net or call the rink at 382-3088.

A BIG THANK YOU TO OUR CINEMA UNDER THE STARS SPONSORS.



PUMPKINS in the PARK



Thank you to everyone who came out to Pumpkins in the Park. More than 100 people attended this event. The pumpkins lined the fountain and its base. This was many more pumpkins than we have had in the past. It was another great event in Hampton Village! Thank you to Larissa for baking delicious cookies, to 7-11 for donating the hot chocolate, to Panago Pizza for donating a prize which was won by Chad Hendricks. And last, but not least, our thanks to Len's Hauling for taking the pumpkins to compost. We look forward to seeing you and your pumpkins at Pumpkins in the Park next year on November 1st!

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2750 Faithfull Ave. Suite 214, Saskatoon, Sk.



David Buckingham

Saskatchewan Party MLA for Saskatoon Westview



*"It's an honour
to serve you."*

Bay 14 - 2345 Avenue C North
davidbuckinghammla@gmail.com
306-242-4440

*Strong Leadership
Strong Saskatchewan*

TROY DAVIES

City Councillor
Ward 4



troy.davies@saskatoon.ca

@troydavies4

Troy Davies Ward 4