



Hampton Village

COMMUNITY ASSOCIATION

Spring Newsletter
2021

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President's Report and HVCA Updates:

Well, let's just address the elephant in the room — this has probably been the strangest year we'll ever face (pending what happens for the rest of this year). On behalf of the HVCA, we want to say to everyone in this amazing neighbourhood, "Keep up the good work. We've got this."

Let me begin by introducing myself. I am Dave Cornelius, the new president of the HVCA. I have been on the board for the past three years. I have had the pleasure of being involved in many different events as a board member, particularly "Cinema Under the Stars." If you are on Facebook, you may have seen my posts about Trivia nights in this last year. I definitely love this community and am honoured to get to help in any way possible.

The HVCA board has continued to meet each month, and, as hard as it has been, we have become used to seeing each other digitally. We have been trying our best to navigate a pandemic world and have done all that we can with the ever-changing restrictions. The members of the board have been fantastic at trying to make sure the programs that we can run, run well.

We were thankful that the rink was operational, albeit with some new rules. On behalf of the board and the community, we would like to thank Booker and Chad for their hard work to make sure we had something to do this winter. With the warmer winter that we had, it was much easier to have consistent family skate times. We would like to thank the neighbourhood for accepting Family Skate times and putting their sticks away to let some of our very young (and some older) community members learn to skate.

As we continue this year, please follow us on Facebook, and watch the website for information about which programs are running and when registration will take place. We would also like to call for more volunteers. If you would like to join a team that strives to make this a better community, we have an opportunity for you. If you are interested in checking out a meeting or if you have questions/concerns, please feel free to contact me at president@saskhvca.com.

From all of us at HVCA board, stay safe and let's keep going strong so we can run full programs and have great events once again.

Dave



www.facebook.com/hamptonvillage/



Dates to Note

Hampton Village Spring Cleanup	May 8
Sum Theatre	July



Funded in part by:
Financé en partie par :

Canada

What's the
**BRIGHT
IDEA?**

Street Light Conversion Project



You have probably noticed the new banners on the light posts in Hampton Gate and the billboard in Hampton Village Green. Both of these announce the ongoing street light conversion project that is happening in the City of Saskatoon. In particular, they celebrate the near completion of this conversion project in the neighbourhood of Hampton Village. Street light conversion was contracted to a local company: Aim Electric. They brought four bucket trucks to Hampton Village on November 15th and 16th to change each street light from High-Pressure Sodium (HPS) to Light Emitting Diode technology (LED). Gord Stushnoff, at Saskatoon Light and Power indicated Aim electricians accomplished this task by converting one street light fixture every 4 minutes! Aim Electric returned on March 3rd and 4th to convert the lights along pathways in our parks.

As of March 8th, only one light in Hampton Village has yet to be changed to the new LED lights. This one is located on our toboggan hill and was inaccessible due to snow. Aim Electric will be back, but, if you blink, you will miss them!

The City of Saskatoon began the light conversion project in the fall of 2020. It will take over two years to complete as there are over 17,000 street light fixtures in residential neighbourhoods, commercial areas and along major streets slated for replacement. The project will cost \$6.12 million with forty per cent of the cost paid

for by the Federal Government's Low Carbon Economy Fund.

Annually, the City will see an energy savings of 8,878,386 kWh resulting in a reduction of around 5,787 tonnes of greenhouse gas emissions. That is equivalent to removing approximately 1,250 passenger cars off the road.

The lights are brighter in Hampton Village, they are more energy efficient, and they will last three times longer than the original lights! In addition, each light fixture is focused more on roadways versus private property. A bright idea indeed!

Hampton Village Community Clean-Up

Saturday, May 8th
10 am - 2 pm

(Check in between 9:30-10 am)

Located in the Hampton Free Methodist Church
parking lot on McClocklin Road



Bring your family out to help clean up Hampton Village!

There will be prizes for families and groups that pre-register to participate.

Saskatoon Fire Department and Loraas Recycle will be on site
to assist with safe and proper disposal.

COVID regulations will be in place. Please wear a mask on site and
appropriate gear for the weather. Work gloves are recommended.

Email: kindersoccer@saskhvca.com to sign up!



Hampton Village
COMMUNITY ASSOCIATION



YOUR HVCA VOLUNTEER TEAM!

President	Dave	president@saskhvca.com
Vice-President	Reann	vicepresident@saskhvca.com
Secretary	Kristy	secretary@saskhvca.com
Treasurer	Barb	treasurer@saskhvca.com
Online Registration & Membership Coordinator	Kelly	onlineregistration@saskhvca.com
Allocations Coordinator	Min	allocations@saskhvca.com
Indoor Coordinator—Adult	This could be you!	adultprograms@saskhvca.com
Indoor Coordinator—Child and Youth	Monica	childprograms@saskhvca.com
Indoor Coordinator—Daytime	This could be you!	daytmeprograms@saskhvca.com
Rink Coordinator	Booker	rink@saskhvca.com
Youth Soccer Coordinators	Myra & Krista	soccer@saskhvca.com
Kinder Soccer	This could be you!	kindersoccer@saskhvca.com
Communications Coordinator	Cathy	communications@saskhvca.com
Members at Large	Kristen, Clara, Jess, Kam, Cinthia	Some Member at large positions are vacant.

The board meets the second Wednesday of every month, except July and August.

To respond to COVID guidelines the meetings are held by Zoom.

All residents of Hampton Village are welcome to attend board meetings.

If you are interested in attending the Zoom meeting please contact :

secretary@saskhvca.com and the link will be provided.

Next meetings are: April 14, May 12 and June 9.

Interested in advertising in the HVCA Newsletter?

Advertising costs are as follows:

Full page ad \$200.00

Half page ad \$100.00

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

Quarter page ad \$50.00

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

Business card size \$25.00

Prices are per newsletter edition.

All ads are published in the newsletter and our webpage. ****All advertisements must be submitted in jpeg or png format, minimum 300dpi.****

Email advertisements or inquiries 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 accepts only cheques for payment.

Kinder Soccer

(3-4 year old)

Or 5 years entering
Kindergarten

Outdoor Program in Al Anderson Park

Thursdays, May 6th—June 24th, 2021

2 time slots available:

5:50-6:20 pm

6:30-7:00 pm

Instructor and Parent Coach
options available

COVID guidelines in place

\$30-\$45/child



Hampton Village
COMMUNITY ASSOCIATION

Online Registration Opens on
Monday, April 5th at 6:00 pm
www.saskhvca.com



VOLUNTEER

With HVCA

Several positions are open.

Contact :

president@saskhvca.com

for more information.



HERE FOR YOU. HERE FOR OUR COMMUNITY.



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THEATRE IN THE PARK

THE OTHER SIDE OF THE RIVER

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SUMTHEATRE.COM

**SUM
THEATRE**



Join Our Dragon Family!

Kindergarten Open House April 21st. Contact the school for more information.

**We are now accepting French
Immersion Kindergarten
Registrations for the Fall 2021
school year!**

Facebook: @EDDSDragons

Phone Number: 306-683-7200

Email: dundonaldschool@spsd.sk.ca

Website:

<https://www.spsd.sk.ca/school/dundonald/ProgramsServices/kindergarten/Pages/default.aspx#/=>



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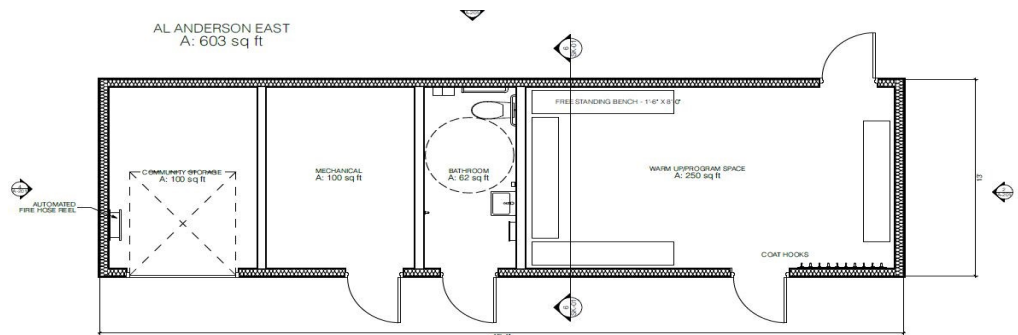
DREAM • BELIEVE • ACHIEVE

Please note some photos were taken prior to COVID mask regulations.

Changes at the Rink and Spray Park

Big changes are coming in Al Anderson Park! The City of Saskatoon will be constructing two new recreational amenity buildings within the park. These buildings will provide improved programming and recreational opportunities within the community, each with separate uses. The west building, located near the spray park, will be used primarily for the summer play program which is run by the City of Saskatoon. The east building, located near the rink (owned and operated by your Hampton Village Community Association), will be used exclusively by the Community Association for the operation of the rink. Work is expected start to in late June or July with completion expected in August. For updates on the project, please follow the Hampton Village Facebook page at www.facebook.com/hamptonvillage or the City of Saskatoon's website at www.saskatoon.ca/parkdevelopment

East Building

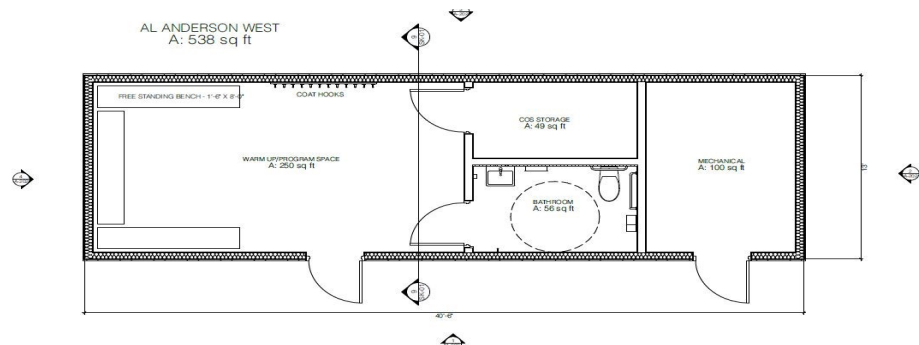


The East Building will replace the current Rink Building but sit on its current footprint. This new building will be larger and winterized.

It will include:

1. One washroom accessible from the outside by a time locked door.
2. An open area for 10—20 people (post COVID) to warm up or put on their skates.
3. A storage area for rink tools and equipment.
4. A separate Mechanical Room will house the power and water connections, and it will be accessible from outside of the building for ease of ice management.

West Building



The West Building will be located near the spray park. This building will primarily be used for summer recreation programs and activities provided by the City of Saskatoon.

This building will include:

1. One accessible washroom available from inside the building.
2. An open area for 10-20 people (post COVID).
3. Storage Space for the City of Saskatoon programs.
3. Mechanical Room to house power and water connections.

Penny in my thoughts

Brian Bradley

It's been over a year now since I, and countless others, traded in the office and social outings for the stay-at-home life.

It was an uncomfortable thought initially. I didn't think I would do well devoid of contact. But I failed to consider something, or someone, when the reality first presented itself. Her name is Penny, a black-and-grey coloured, aging shih zhu.

We've never been closer.

A bright spot of the COVID-19 era and working from home has been the ability to really enjoy her company and to get to know her. She has more personality than I ever noticed before. I knew some of her funny little ways but staying in lockdown was a chance to really see and live with them - how she must eat from a food bowl on carpet, not hardwood floor; how she sleeps so fitfully (and at times, noisily), her bed slides across the floor; the big smile she makes before a big sneeze, sometimes with a blueberry sized dollop of poop flying out the back of her in response; her fascination in peering at the neighbours through the cedar trees between us; how she loves a summer's nap in the sun on the lounge in the backyard.

She clears her throat - sounding like the low stuttered grumble of an aging engine - as an ask to go up on the furniture, and she crosses her front legs when she sits or lounges. She asks for help to get on and off the couch and the bed, and makes it clear when it is time to go outside, though her workings operate like clockwork (every three hours on the dot).

She keeps up the perfect speed to my gait on our walks, joyfully pattering ahead just a bit as her ears bounce with her step. She doesn't bark at other dogs, and shies away from sewer grates and curbs that are a bit too high. If her more excitable sister - a shih tzu named Ali - comes along and changes our leisurely dynamic and speed, it is not uncommon for Penny to plop down and refuse to budge.

"I am not putting up with this," she seems to say, limits in check. This girl knows how to stand up for herself.

That extends to grooming. She has long disdained assistance. Two strong adults can't subdue my little scrapper for a toe nail cut. It became a little COVID project of mine to sneak in a cut here and there when she was in the depths of sleep. Twelve months in this effort, I only got as many nails done. Penny was on to me quickly, and took to sleeping with her paws tucked in so I could not get at them. Who knew a dog could be so astute?

Ali has a soft spot for Penny, too. It's not uncommon for them to be excited to see each other after some time apart, happily greeting each other with a kiss or even a pat of a paw that looks like a hug. When Penny is unsettled, Ali will sniff out the situation and lie with her older sib until she drifts off to a nap. Then Ali is up and off to the downstairs couch she prefers, filial duty done with Penny at peace.

Penny is aging fast and it shows. I see that now, staying at home. She sleeps longer, her hearing is off and her eyes are clouded by cataracts. She goes outside dutifully but at times seems to forget why she went. She is used to me around full-time now and does not like to be alone in a room. She's developed a high-pitched yip to call out for me if I have stepped away too far.

She will be 16 in June. My heart races just typing the fact.

There have been a few unsettled nights where her mind won't let her rest. On one such night a few days ago, I held her in my arms attempting to calm her and couldn't help but sob. The division between man and pet are gone. She has moulded into my life. What will I do without her? The day is coming when I will have to figure that out.

Penny came into our family in 2007, after the early death of her predecessor, a delightful pup we called Jasper and a year of change and loss. I told myself I shouldn't get close to our new girl. No animal could replace the dog I had growing up. That seemed easy enough. She lived with my mother so I didn't see her often, and she wasn't much to look at. She was underweight and had a haircut that made her look more like an Ewok or baby baboon.



But, saved from a home with an aging owner who could not care for her, Penny was so excitable and happy it was impossible to not break into a smile at the sight of her. She licked without abandon, as if in thanks for taking her in. She needed us. And, it went unsaid, but we needed her too. I found I claimed her on visits and preferred to scoop her up to sleep with me, enjoying the warmth of her body tucked next to my feet.

We didn't co-habitate until 2019 when I left my solo life in Toronto for a duplex in the suburbs with my mother and the dogs in the adjoining unit. I didn't plan it, but Penny naturally fell in step with my living space. Her days are spent in my kitchen or office as I work, her evenings on my couch while I watch TV and her nights are spent at the bottom of my bed.

The COVID and work from home shift expanded our connection. It has been a real gift and I wouldn't trade it for the world.

Tending to her needs day in and day out has given me more purpose. Caring for her has helped care for me. We're out of bed at a good time every day. We get out into the fresh air. When the day's work is done, it is usually her who motions toward the bed at the end of the day so we get a full night's sleep.

She is in lockstep with my days, following me like a shadow. When I'm making breakfast, she is at my feet. When I'm working in the home office, she's wanting up on the love seat behind me (sometimes popping into Zoom calls). When I'm in the garden, she's in the ivy or on the deck.

Even now as I write this, looking over to her as I consider my thoughts, she looks back at me with a happy and content curiosity. She is on to me.

"Don't leave me, OK?" her face says.

I think the same thing.

Brian Bradley is a Hamilton, Ontario based journalist for the Toronto Star and nephew to Cathy, Communications Coordinator for Hampton Village Community Association in Saskatoon.



Location: [Civic Operations Centre \(57 Valley Road\)](#)

Dates: April 11, May 2, June 6, July 11, August 8, September 12, October 3, November 7

Time: 9:00 a.m.–3:30 p.m.





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**BIG Shout Out
to our Rink Coordinator,
Booker, and his team,
for another great
season of outdoor fun
at the rink!**

Hampton

Free Methodist

2930 McClocklin Rd
Saskatoon, SK S7R 0A1
(306) 242-4500

office@hamptonfreemethodist.com

Office Hours: Monday - Friday, 9 am to 3 pm

Website: www.hamptonfreemethodist.com

Check us out on Facebook, Instagram & YouTube!

HFMC Vacation Bible School Rocky Railway



"Jesus' Power Pulls Us Through"

When: July 26 - 30, 2021

Time: 1:30 - 3:30 pm

Cost: \$20/child or \$15/2 or more

Registration: Starts Tuesday,
June 22nd at the church for

Grades 1 - 5 ONLY! Limited space!

**"Let love and
kindness be the
inspiration behind
all that you do."**

1 Corinthians 14:14
The Passion Translation



Sunday Morning Service at 10:30 am

Join us Sunday mornings via Zoom for our service!

Please email the church office before Friday at 3 pm
if you would like to be sent the link.

Everyone is welcome!

office@hamptonfreemethodist.com

Mountain Movers (children's programming) is offered via
Zoom at 9:30 am on Sunday mornings. For the link,
please email our Children's Ministry Director at:
cessna@hamptonfreemethodist.com

Check our website for **in-house service dates** and for more
information about things happening at Hampton FM!
(Prayer group, Bible studies, Youth, College & Career, etc.)

www.hamptonfreemethodist.com

HFMC Preschool

We offer a 3 year old class on Tuesday & Thursday mornings.
Children MUST be 3 yrs old by September 1, 2021 and fully
potty trained. We also offer two, 4 year old classes on
Monday, Wednesday & Friday, one class in the morning and
one class in the afternoon. Registration forms for 2021/22
school year preschool year are posted on our website.
To register, please drop off forms at the church office.



The Spoken Word

Join us on the first Wednesday
of each month to hear a live
reading of the Bible. Masks are
required & seats will be set up
for social distancing.

Please book a seat (free) on our
website under the event.

The live reading will also be on
YouTube. This is an invitation to
a mid-week spiritual retreat.

Managing COVID Stress

Larisa Cornelius

It is an understatement to say that this past year has been stressful for many people. People across Saskatchewan are reporting an increase in symptoms of anxiety and depression during COVID (Muhajarine et al., 2021) as they grieve the many losses from this past year. Such mental health symptoms have a remarkably negative impact on us, even if we do not realize it. Our mental health affects our energy, sleep, appetite, concentration, and physical health. Although there is no single way to successfully navigate times of incredible stress (and a pandemic in particular), there are some simple places to start.

Limit how often you expose yourself to the news, especially COVID-related news, or to social media. Balance being informed without becoming overwhelmed. For example, instead of checking social media or news stories throughout the day, limit yourself to once in the morning.

Focus on your physical health. Ten minutes a day going for a walk or stretching is a good place to start. Enjoy the quiet time alone or encourage your family to join and get them moving too.

Introduce relaxation strategies into your day, such as deep breathing, mindfulness, or progressive muscle relaxation. These are simple things you can do almost anywhere. Although they may seem too simple to be much help, individuals who practice these strategies daily regularly report lower anxiety and stress. There are many apps to help you get started, such as Calm, Headspace, or Mindful.

Find creative ways to socialize. Although we are limited in how we can connect with others, it is still important to maintain relationships. Play some of your favourite games over Zoom, plan a socially distanced walk or coffee date, or write and send letters to those who are far away. It won't be the same as being in-person, but it can help for now.

Focus on what you can control rather than getting stuck in what you cannot control. It's easy to get overwhelmed with all the decisions we feel are being taken away from us right now and the lack of control we feel we have over our lives. However, the more we focus on what we cannot change, the greater our stress, anxiety, or mood will be negatively affected. Instead, remind yourself of what you can control, such as new hobbies you can begin, how much exercise you get in the day, decisions you get to make about your work or social life, or how you spend or save your money.

These are simple strategies for managing stress. However, if you are experiencing significant anxiety, difficulty coping on your own, or suicidal thoughts, it's important to reach out for more help. Talk to your family or friends, or contact mobile crisis (306-933-6200), Adult Mental Health and Addiction Services (306-655-7777), or your family physician for options in managing your mental health.

Larisa Cornelius is a Registered Doctoral Psychologist, resident of Hampton Village and wife of HVCA President, Dave.

For Emergency Mental Health help contact:
Mobile Crisis (306-933-6200),
Adult Mental Health and Addiction Services (306-655-7777),
or your family physician.



Hampton Village Branch
 #20 - 102 Hampton Circle
 306.933.9800

Affinity Insurance
 affinityis.ca



David Buckingham
 Saskatchewan Party MLA for Saskatoon Westview



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 davidbuckinghammla@gmail.com
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**Strong Leadership
Strong Saskatchewan**

TROY DAVIES
 City Councillor
 Ward 4



troy.davies@saskatoon.ca
 @troydavies4
 Troy Davies Ward 4



Do you have bottles and cans that are taking up space?

Hampton Free Methodist Church can help!

Hampton Free Methodist Church has a new fundraising initiative called, “Own Our Church” aiming to raise and set aside funds to help pay down the mortgage and outstanding loans for our neighborhood church facility.

The initiative is simple - collecting bottles and cans! “CAN” you help us? ??

The fundraiser utilizes Sarcan’s Drop & Go option for recyclables, which are now found within every Saskatoon Sarcan facility. Here are the drop off instructions:

- Step 1: Ensure bottle caps are removed (plastic & aluminum can be sorted together)
- Step 2: Glass is sorted by itself in a separate container
- Step 3: Visit a Sarcan Drop & Go location (no appointment necessary)
- Step 4: At Sarcan kiosk: Log into Hampton account by typing: **Own Our Church**
- Step 5: At Sarcan kiosk: Print tags & affix to bags or containers
- Step 6: Funds will automatically go to Hampton Church debt reduction fund

If for whatever reason, you are unable to drop off your recyclables at a Sarcan Depot, they can be dropped at the church office during office hours, Monday to Friday from 9 am to 3 pm. We would be most grateful to our neighbours in Hampton Village who would be willing to partner with us in achieving this goal. This is an ongoing initiative and we are appreciative of your support.

For more information, you can contact the church office or email any inquiries to: ownourchurch@hamptonfreemethodist.com

