



WELCOME TO YOUR NEWSLETTER - THE HAMPTON TIMES!

HERE'S WHAT YOU CAN EXPECT

The purpose of our newsletter is to provide you with a little something extra to look forward to each month. The Hampton Times will give you a chance to voice stories about your life. Relate activities, interests or whatever you want to tell your neighbors.

You'll also find interesting articles, information and helpful hints for day to day living. The Hampton Times can be a great way to connect as a community and learn new things. And have fun while doing it.

We look forward to hearing from you. Let us know what you'd like to see. After all, it's your newsletter!

Odds and Ends

A new concierge service for Hampton House residents. Mike Saccoia is expanding his services to include personal assistance. Reasonable rates. Details coming soon.

Did You Know?

At 2,300 acres, Regina's Wascana Centre park is bigger than Vancouver's Stanley Park and Central Park in New York City *combined*.

The Regina Symphony Orchestra is Canada's longest continuously operating orchestra.

Since 1956, Milky Way has been making the most amazing ice cream flavors, milkshakes, and donuts.

Canada's only medieval castle is right downtown here in Regina – Stone Hall Castle.

FUN NIGHT!

Come join us every last Friday of the month in the lobby for fun and great conversation.

Heck, if you feel like it you're more than welcome to bring your own beverage, snack or favorite dessert.

But don't be surprised if you're asked to share your dessert or at least a story.

Here's some Trivia for you



Do you recognize this blast from the past here in Regina?
If you're the first to correctly identify this structure we have a small tasty prize waiting for you!

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QUIPS & QUOTES

* If you don't read the newspaper you're uninformed. If you do read the newspaper, you're misinformed. – **Mark Twain**

* We hang the petty thieves and appoint the great ones to public office. – **Aesop**

* Life isn't about finding yourself, it's about creating yourself. – **George Bernard Shaw**

* I'm not afraid of death. I just don't want to be there when it happens. – **Woody Allen**

* If you can't convince them, confuse them. – **Harry S. Truman**

* O Lord help me to be pure, but not yet. – **St. Augustine**

THERE'S THOUSANDS OF STORIES IN THE CITY. AND SOME EVEN WEIRDER LAWS HERE ARE A FEW OF THEM...

* Petrolia, Ontario - "yelling, shouting, hooting, whistling or singing is prohibited at all times".

* In BC it's illegal to kill a Sasquatch.

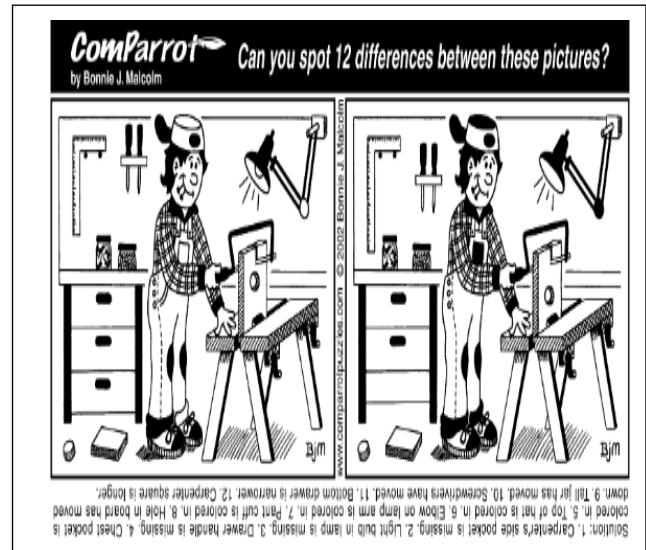
* In Oak Bay you could be fined \$100 if your parrot talks too loudly.

* In Oshawa it's illegal to climb a tree.

* A law in Alberta states it's against the law to paint a wooden ladder

* In Quebec City it's illegal to swear in French

Courtesy of: 36 Strange Laws You Didn't Know Existed in Canada.



Handy Hints and Tips

- * Put candles in the freezer before using them. They'll last much longer.
- * Toothpaste dabbed onto a pimple will dry it out.
- * To dry a damp load of laundry faster, add a dry bath towel to the mix.
- * To remove stems from strawberries, use a straw
- * Put a wooden spoon across a boiling pot of water to keep it from boiling over.
- * Use toothpaste to clear up hazy car light lenses

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