Welcome back after a well deserved summer break! Despite the less than perfect weather, I do hope that you had a chance to spend time with friends and family, do some sigh! seeing or snoozing at the beach, and reconnect with neighbours who come out of winter hibernation during the summer months.

We've been busy over the past couple of months at Norwood. There's the ongoing hall rentals that bring in revenues "thanks Morris, for keeping us afloat!" the continuing series of renovations we have begun under the leadership of our General Manager, Jack and our Director of Buildings & Grounds, Bruce; the upkeep and maintenance of the grounds and facilities by our Caretaker, Mike and Green Team sta$ member, Matt; and the ongoing planning and coordination by members of our Board of Directors especially Vice! Presidents, Leslie and Shelley. We're hoping this sets us up for smooth operations this coming year.

We're happy to be bringing back all of our usual programs, and we're always looking for new members to bring new programs and ideas to make our community centre one to be proud of. Fall Registration takes place on Sept 9 and 12th. We hope to see you there!

Enjoy the rest of the summer, and see you in September!

Dorothea Blandford, President NCC
TENNIS PROGRAMS

Kids INDOOR Tennis Lessons

Since the introduction of Progressive Tennis across Canada this year, tennis participation among young kids has been at an all time high. The use of mini nets on a shrunken court area, smaller racquets and larger, softer balls makes it not only fun to play tennis, but a lot easier to learn. This Fall we are offering lessons to kids aged 5-8 years old in Tennis Canada's sanctioned Bronze lesson program, inside the Community Club hall. The program will run weekly for 10 weeks and continue on with the Silver program over the winter, followed by the Gold in the spring, just in time to tear up opposition on the courts. Interested parents can call me, or visit during Fall registration where I'll have lots of information on this program.

Norwood Round Robin Rookie Event

On June 28th 37 kids participated in our Rookie event, which was sponsored by Tennis Canada and Rogers Communications. With 12 mini nets set up on 3 courts, there were 24 kids playing on the courts at one time! The kids were treated to fresh fruit and drinks, smokie lunch, water provided by mf.1 and a special tennis cookie by Sweet Impressions. The event closed with a tennis exhibition match by our two tennis coaches Anita and Clarissa, while the kids ate pizza. It was a great event and would not have been a success without the many volunteers from Norwood and parents. Thanks to everyone who helped out!! I'd like to sincerely thank the local sponsors for this event...
36 Auto, Canada Safeway, Sweet Impressions, Mf.1, Poulins Pest Control, Tennis Manitoba, Little Caesars Pizza and Bryan Kent, who donated a kids fishing rod.

Kids lessons will begin again in the Fall on Saturday mornings. Please call me to reserve a spot, lessons cost $6&per hour.

The tennis courts at Norwood are becoming the free tennis court choice of many for players across the city. Some local players may feel intimidated by the many outside players using the courts. Remember we have a sign in system in place and all players must abide by the rules, which are noted at the court entrance. Please remind players to use the system and chalkboard if existing players are not signing in their times.

Brian Pound
231.3383
Don’t miss out on your chance to sign up you or your family for any of the activities taking place at the Norwood Community Centre this year!

Registration Dates

Wednesday, September 9, 2009
6:30 pm - 8:00 pm

Saturday, September 12, 2009
10:00 am - 12:00 pm

Booster Fees

An annual club booster fee of $20.00 per family is required to register for any Norwood Community Centre program. If you did not pay this fee in March, it will be added to your registration fee at the Fall Registration. You will also be required to fill out a registration card so that we can keep our membership records up to date.

Late Registration Fees

If you do not register by September 12th, a $20.00 non-refundable late registration fee will be assessed per participant per program.

Questions?

If you have any questions, comments, and/or feedback, please contact Vicki at 233.6118 or vmagnif@mts.net

Low Impact Fitness at the Club

Come work out with your friends and neighbours. Open to all ages and fitness levels. Join us for a variety of exercise options with a certified fitness instructor.

We do step aerobics, high-low aerobics, skipping, boxercise, weight training, and interval and circuit classes.

Classes run from September 14 - December 7, 2009 on Mondays and Thursdays from 6:30 - 7:30 p.m. (except on Monday October 12th for Thanksgiving).

Cost is $65.00 for twice a week classes and $55.00 for once a week classes.

Drop-in fee is $5.00 per class.

For more information call Carrie at 233.2578 or Wendy at 237.3576.

Norwood Resident Leo Mol

Norwood lost a talented member of our community on July 4th, 2009. Leo Mol, a world-renowned artist and sculptor, leaves behind a legacy of creations which can be seen around the world. Leo Mol and his wife immigrated to Canada in 1948 and eventually settled in Norwood. Over 300 of his works can be enjoyed at the Leo Mol Sculpture Garden at Assiniboine Park.

"Leo Mol 1915 - 2009"

Image from Ukrainian Canadian Congress
KYOKUSHIN KARATE
Norwood Guardian Dojo Children’s Program

Designed for the specific needs of children ages 4-11, your child will gain knowledge of kyokushin karate, as well as incorporating teamwork, discipline and respect into each class.

With fun, cooperative workouts we strive to provide our students with the skills, energy and confidence to pursue their goals.

Through reinforcement of positive thinking, your child will gain mental and emotional strength and a strong, healthy body. The physical training involved in Kyokushin Karate develops coordination and increases strength and flexibility, which is important during these years of physical change.

Our Kyokushin Children’s Program is an exciting martial arts program that focuses on character development, physical fitness and practical self-defense. Children enrolled in not only learn to protect themselves, but also learn the value of finding non-violent ways to resolve conflict. We teach children fundamental skills that will help them throughout their lives.

Students gain a sense of accomplishment and achievement as they earn increasingly higher levels of Kyokushin belts. Because the length of time for achieving belts can range from three months to a year, we award stripes on the current belt as the child progresses between levels.

Classes are led by Shihan Diego Beltrán, 5th Degree Black Belt, with over 23 years experience competing and coaching internationally in Kyokushin Karate, Kickboxing and Self-Defense. Assisted by Sensei Sean Devlin & Rhea Beltrán.

Class Times:
Monday & Wednesday
6:00 PM - 7:00 PM
#65.00 per month 10% discount applies to memberships paid in full & * Family rates also available

Classes start September 16th, 2009 and run until June 16th, 2010.
Information & registration packages available during Fall Registration.

For more information on Kyokushin Karate, please visit us @ www.GuardianDojo.com

BEGINNER AND MODERATE FLOW YOGA

Join us for gentle beginner and moderate flow yoga classes at Norwood.

Please join us for Free Yoga Classes / Open House on! September 9th at 3:30 p.m. & 6:30 p.m.

Classes are scheduled to begin on September 14 & 16 for a twelve week session:
Mondays 7:30 - 8:30 p.m. - Moderate Flow Yoga
Wednesdays 3:30 - 4:30 p.m. - Gentle and Beginner Flow
Wednesday evening 6:30 - 7:30 p.m. - Gentle and Beginner Flow

www.bethmartens.com
HOCKEY PROGRAM

It is that time of year again as the Hockey season is just around the corner. Check out the St. Boniface Minor Hockey Association website at www.sbmha.ca for more information.

Registration information as follows:

House League and A Hockey Registration Fees for 2009/2010:

- 5 & 6 yr old & $25.00
- 7 & 8 yr old & $30.00
- 9 to 12 yr olds & $35.00
- 13 to 17 yr olds & $40.00

Winnipeg East Railcats AA Hockey Registration:

- McQuat Centre next to the Maginot Arena
- Thursday, September 3 from 7:00 to 9:00 p.m.

Note: registration is also required at your associated Community Club. A copy of the SBMHA registration form is required to be presented at the AA registration or at the first tryout session.

From the St. Boniface Female Hockey Program

We hope that you and your family consider the Female Hockey Program for your daughter's sport activity. We would be happy to answer all of your questions regarding the Female Hockey Program at any time.

Each year, our players receive support through several initiatives made possible by past committee volunteers and the Stars Cup for Life tournament. In past years, we have supported team development and clothing/equipment bags. As an added incentive, first time players will receive a gift bag during registration.

Winnipeg East Railcats AA Hockey Registration:

- McQuat Centre next to the Maginot Arena
- Thursday, September 3 from 7:00 to 9:00 p.m.

Note: registration is also required at your associated Community Club. A copy of the SBMHA registration form is required to be presented at the AA registration or at the first tryout session.

From the St. Boniface Female Hockey Program

We hope that you and your family consider the Female Hockey Program for your daughter's sport activity. We would be happy to answer all of your questions regarding the Female Hockey Program at any time.

Each year, our players receive support through several initiatives made possible by past committee volunteers and the Stars Cup for Life tournament. In past years, we have supported team development and clothing/equipment bags. As an added incentive, first time players will receive a gift bag during registration.

If you are interested in coaching please drop by on registration night to fill out an application form.

St. Boniface Minor Hockey Association will be hosting a NCMP Coaching Clinic on Sunday, September 13th at Notre Dame Arena from 8:00am to 3:00pm. This is a FREE clinic and all past and potential SBMHA coaches are encouraged to attend. If you are interested in attending or for more information contact Royce Manary at manaryr@shaw.ca.

If you have any further questions regarding the St. Boniface Minor Hockey program contact Caroline Deerpsaling at 237!0591 or by email at: roygochefs@shaw.ca.

Coaches

We are always fortunate to have many volunteers step up to support our hockey programs.
LET’S PARTY LIKE IT’S 1999!!

In 1999, Norwood Community Centre successfully bid on a tender to become the Pan Am Volunteer Hospitality Venue. We all know what a great community this is to live in so it was no surprise when over 200 neighbours and friends of NCC joined together to provide good food, incredible live entertainment, awesome souvenirs and superb hospitality every night during the games.

Groups with names like “Fundale”, “Miller Time”, “Old! timers” or “La$dale” provided countless hours of volunteer time with all the proceeds going towards the multi-purpose room addition. It was a party every night!

Now, ten years later......It’s time for everyone in our community %past and present ! to get together and party like it’s 1999. There will be live entertainment, cash bar, prize draws and memorabilia.

Friday October 3, 2009
Norwood Community Centre
8:00 PM

Tickets are $7.00 and go on sale at Fall Registration.

To donate memorabilia for display or further information contact Lynda Geary at 233-5792.

Qi Gong/Chi Kung

Qi Gong teaches us how to harness the power of our vital life force energy. We practice gently movement exercises with attention to breathing and focus on aligning our body, mind and spirit. This helps us release energetic blockages from the meridian pathways in our body for more vitality, clarity, flexibility, anti-aging and better function of our immune, nervous, digestive, respiratory and cardiovascular systems.

This form of exercise is recommended by Dr. Oz!(as seen on Oprah), "a two thousand year old series of bodily movements and breathing that calms the spirit and the mind and that we believe have a profound impact on both our health and the way we feel."

So come and learn how improve the quality of your life.....

Classes:

Beginners:!!!!! Tuesdays - ! Sept 29 to Nov. 24! - 7 - 8 p.m. (9 evenings)
Intermediate: ! Thursdays!- Oct 1 to Nov. 26 - 11 a.m. - 12 p.m. (9 mornings)

Fees - $42.00 plus booster fee

Call Shelley at 233.8333 if you have any questions.
Knitting at the Norwood

Yes we are back...the Norwood Knitters have returned for a second year. Every Sunday from 2-4 p.m. we meet at the club and yak and knit. It is a great form of relaxation and frustration depending how you knit.

We are always accepting new members of all ages and genders, experience or no experience. We don’t even mind if you want to crochet or do quilting or any other needle art (maybe not acupuncture or body piercing though!). Our first meeting is on September 20th and we continue on for the full year.

How do you join? Just come out on registration night and pay a small $20 booster fee and you are in. If you can’t make that call me - Shelley at 233-8333. Make a scarf...make a hat...something for a baby...make a mitt...make a second mitt...knit knit knit.

YARN...YARN!...SALE...SALE!

Two words that quicken my pulse rate...On September 27th, we will be having a Garage Yarn Sale at our!knitting club meeting. The sale starts at 2 p.m. and runs till 4 p.m. You don’t have to belong to the knitting club to buy. Just grab some cash and come on down...any questions call Shelley at 233-8333.

Green Team

A big thank you goes out to Matt Scales, our Green Team employee who did a great job taking care of a set of fields and facilities like those at the community club and Nordale School. We would like to thank Matt for all his hard work and wish him well in the upcoming school year. We know it wasn’t easy with all the rain we had this year!

Thank you also to the province, who provides a grant to make it possible for us to hire a summer student.

If you want to share something interesting about the neighbourhood, brag about your awesome Norwood Sports team, advertise your business, or comment on anything you’ve read in this newsletter, please call Katharine Cherewyk at 989.2380 or email at katherine.cherewyk@gmail.com or Darla McFarlane at 231.2717.
**PLAYGROUP**

Come join other neighbourhood parents for a morning of fun and activities. We have a play structure, lots of toys, dress-up clothes, and much more to offer the children! We provide snack time and coffee and treats for the parents.

Children from birth to 5 years old are welcome! We get together Tuesdays and Wednesdays from 9:00 am to 11:00 am, pick a morning that works for you.

$55.00 for the full year (mid September to mid June) or a drop in fee of $2.50. If you have any questions please feel free to call Monique at 256-8059 or email norwag@mts.net or call Alex at 237-5202. Hope to see you at registration!

**NURSERY SCHOOL**

We are currently accepting registration for the 2008-2009 school year. The programs we have available are:

- Preschool (3 & 4 year olds)
- KinderCare
- Before and After School

For more information please call 237-1572

**Special Needs Spots Available**

---

**PILATES**

Have a lazy summer? Start your fall off with a bang! Join us for pilates classes on Thursday nights at 8:15 p.m. for the cost of $53.00 + GST. You won’t believe how well you’ll sleep afterwards!

If you have any questions, call Tammy at 233.1916.

**Pilates is looking for a new convener!! Any takers? Please contact Tammy.**

---

**BADMINTON**

Badminton will be starting on Monday, October 5, 2009 and will run until the end of April.

It will take place in the Nordale School Gym: 7:30 – 10:00 p.m. every Monday night.

Cost is $10 per person for the season.

Equipment supplied. No experience necessary.

Contact Betty at 237.0830 or Teresa at 231.0175.

---

**VOLUNTEERS NEEDED**

Please consider getting involved in the community club by volunteering to be a convener for any activity running at the club!

You would help relieve those who have graciously accepted the role as convener in the past and would also help keep the Norwood Community Club an active and thriving place for community members such as yourself.

Everyone knows that the Community Club is a great place for all community members and is one of the reasons Norwood is a great place to live...so...

If you would like to volunteer to help with a current activity or would like to suggest a new activity at the club "Samba Aerobics anyone?" please talk to one of the current conveners or Board of Directors listed at the back of this newsletter!
Congratulations to all of our Norwood teams for another successful spring season! Thanks to our volunteer coaches, the Smurfs and 5/6 Minis had a great introduction to soccer, met some new friends, and had a lot of fun!

Look for more information on the fantastic season of the other Norwood soccer teams and information on the indoor soccer program in the next newsletter!

Mike Baillie! 233.6894
Jim Darcel! 633.9309

Contrary to some rumbling rumours, the Norwood Basketball Program is alive and well...we’re just looking for a new Convener! VP Leslie Johnston – the founder of the Norwood Basketball Program, has agreed to step in to continue the Norwood Basketball tradition.

Norwood Basketball is entering our 11th year as a Club of the Winnipeg Minor Basketball Association. For 10 years we have provided a basketball program for our community as well as for our neighbouring communities of Archwood, Champlain and Notre-Dame, and we’re hoping to build on our successes. Although small, Norwood boasts some City/Division Finalists (2000-01; 2001-02; 2002-03; 2003-04; 2007-08), City/Division Champions (Spring 2000; Spring 2007 (two teams); Spring 2008; and 2008-09), and winners of the University of Winnipeg/Winnipeg Free Press Community Classic (2002; 2003)!

WMBA is a community club based basketball league open to boys and girls between the ages of 5 and 18 years (as of December 31, 2009). The Fall/Winter league runs from mid-October to mid-March. The community club teams will be separated into the following age divisions:

Saturday Games – 5-7 (Co-Ed); 8-9 Girls; 8 Boys; 9 Boys; 10 Girls; 10 Boys; 11 Girls; and 11 Boys.

Sunday Games – 12 Girls; 12 Boys; 13 Boys; 14 Boys; 13-14 Girls; 15-18 Girls; 15 Boys; and 16-18 Boys.

Practices are usually held once a week at a local school, and games are played at school gyms throughout the city. Fees for 2009 will be approximately $175.00

For more information contact Leslie at 233-7699, or at info@norwoodcc.ca.
### NORWOOD COMMUNITY CENTRE
#### Board of Directors 2008-2009

**Executive:**

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>President</td>
<td>Dorothea Blandford</td>
<td>235-0031</td>
</tr>
<tr>
<td>Vice-President</td>
<td>Leslie Johnston</td>
<td>233-7699</td>
</tr>
<tr>
<td>2nd Vice-President</td>
<td>Shelley Kent</td>
<td>233-8333</td>
</tr>
<tr>
<td>Treasurer (CCB Rep)</td>
<td>Paul Pelletier</td>
<td>237-3244</td>
</tr>
<tr>
<td>Secretary</td>
<td>Alex Coutu</td>
<td>237-5202</td>
</tr>
<tr>
<td>Past President</td>
<td>Bruce Verry</td>
<td>233-7980</td>
</tr>
<tr>
<td>General Manager</td>
<td>Jack Juffs</td>
<td>793-8756</td>
</tr>
</tbody>
</table>

**Directors:**

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Building &amp; Grounds</td>
<td>Bruce Samson</td>
<td>237-8661</td>
</tr>
<tr>
<td></td>
<td>Jason Perring</td>
<td>231-1488</td>
</tr>
<tr>
<td>Canteen</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hall Rentals</td>
<td>Morris Stefanec</td>
<td>237-1112</td>
</tr>
<tr>
<td>Membership</td>
<td>Vicki Magnifico</td>
<td>233-6118</td>
</tr>
<tr>
<td>Newsletter</td>
<td>Katharine Cherewyk</td>
<td>989-2380</td>
</tr>
<tr>
<td></td>
<td>Darla MacFarlane</td>
<td>231-2717</td>
</tr>
<tr>
<td>Norwood Nursery School</td>
<td>Dave Beeusaert</td>
<td>233-1916</td>
</tr>
<tr>
<td>Security</td>
<td>Gary Oakley</td>
<td>237-5225</td>
</tr>
</tbody>
</table>

**Program Convenors/Directors (*):**

<table>
<thead>
<tr>
<th>Program</th>
<th>Name</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aerobics</td>
<td>Wendy McFadyen</td>
<td>237-3576</td>
</tr>
<tr>
<td></td>
<td>Carrie Beaudoin</td>
<td>233-2578</td>
</tr>
<tr>
<td></td>
<td>Carla Hatherly</td>
<td>237-1260</td>
</tr>
<tr>
<td>Badminton</td>
<td>Betty Cowan</td>
<td>237-0830</td>
</tr>
<tr>
<td></td>
<td>Teresa Maguet</td>
<td>231-0175</td>
</tr>
<tr>
<td>Basketball</td>
<td>Leslie Johnston</td>
<td>233-7699</td>
</tr>
<tr>
<td>Baseball/Softball</td>
<td>Karen Tarr</td>
<td>231-8434</td>
</tr>
<tr>
<td>Dance</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hockey</td>
<td>Caroline Deerpalsing</td>
<td>237-0591</td>
</tr>
<tr>
<td>Karate</td>
<td>Rhea Beltrán</td>
<td>487-1728</td>
</tr>
<tr>
<td>Pilates</td>
<td>Tammy Subtelny</td>
<td>233-1916</td>
</tr>
<tr>
<td>Playgroup</td>
<td>Monique Wagner</td>
<td>256-8059</td>
</tr>
<tr>
<td></td>
<td>Alex Coutu</td>
<td>237-5202</td>
</tr>
<tr>
<td>Soccer</td>
<td>Mike Baillie</td>
<td>233-6894</td>
</tr>
<tr>
<td></td>
<td>Jim Darcel</td>
<td>633-9309</td>
</tr>
<tr>
<td>Tennis</td>
<td>Brian Pound</td>
<td>231-3383</td>
</tr>
<tr>
<td>Yoga</td>
<td>Jane Nicholls</td>
<td>233-8756</td>
</tr>
</tbody>
</table>

**Members-at-Large:**

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bev Duthoit</td>
<td>237-6483</td>
</tr>
<tr>
<td>Lynda Geary</td>
<td>233-5792</td>
</tr>
<tr>
<td>Lorraine Lambert</td>
<td>233-5801</td>
</tr>
<tr>
<td>Leslie Perring</td>
<td>231-1488</td>
</tr>
<tr>
<td>Ross Kozielc</td>
<td>233-3675</td>
</tr>
<tr>
<td>Regan MacDonald</td>
<td>772-3134</td>
</tr>
</tbody>
</table>

* Directors of Norwood Community Centre (20); Quorum = 11