Hello Everyone! I hope you have been taking advantage of the fact that summer did finally arrive in Winnipeg; a couple of months late, but better late than never! And despite the fact that it has felt like summer, the Norwood Community Centre is well into the rhythm of fall activity.

Programming such as Aerobics, Karate, Yoga, Pilates, and Qi Gong has resumed, and our fall sports programs are underway as well. A big thank you goes out to everyone who helped with our fall registration. Everything listed above, plus kids’ tennis, knitting club, men’s fitness and even Zumba classes will be going on at the club over the long months of winter. There are lots of activities to help make those cold, dark months zip by!

October was an eventful month at the Centre. On October 17, we celebrated the amazing work of our volunteers at our annual Volunteer Appreciation Evening. As usual, the organizing committee for this event worked hard to provide an outstanding evening of fun and recognition for our wonderful volunteers. Special thanks to the Kent family for taking the lead role in putting on this event.

On October 22, we held our Annual General Meeting (thank you to Bruce Verry and Vicki Magnifico for organizing that event), and we welcomed some new faces to our Board, and to our Executive. Welcome to new Members-at-Large Geoff Ford and Marie Sinnock, and to Norwood Nursery School Liaisons Terry Moffat and Cheryl Dixon, and congratulations to Regan Macdonald, our new Vice-President of Operations, Bruce Samson, new Vice-President of Buildings and Grounds, and Ross Kozielec, who has assumed the position of Treasurer. A very heartfelt round of thanks to Bruce Verry, Paul Pelletier and Shelley Kent, who are leaving the Executive but who have thankfully agreed to stay on the Board as Members-at-Large. Bruce, Paul and Shelley have devoted countless hours to our club in their respective capacities as Past-President, Treasurer and Vice-President, and we are very happy that they will still be around to share their wisdom!

Remaining on the Executive, but stepping down as President, is Dorothea Blandford. There is an old adage in Vaudeville, “Never follow an animal act or a child act.” I would like to add to that “Never follow Dorothea Blandford as President of anything; you will only suffer in the comparison!” Truly, all kidding aside – she has set the bar unbelievably high in her tenure as President working tirelessly on behalf of our Club. She has devoted hours and hours of her time to improve the functioning of the centre, streamline operations and increase accountability and transparency. I can assure you that I will be relying heavily on her mentorship over the coming year. Thank you Dorothea for all that you have done for this community and for all that you continue to do. And to the rest of you – please bear with me as I attempt to fill some very big shoes!

And a few more words of thanks: to Morris and Colleen for making sure that Norwood continues to be everyone’s favourite social destination; to Darla and Katharine for putting together these impressive newsletters; to Ross for jumping into his new duties as Treasurer with both feet; to Soccer Convenors Mike and Jim for steadfastly representing the interests of our Norwood recreational soccer players; and to all of the other unsung heroes in our community.

Here’s to a short winter!

Leslie Johnston
President, NCC
NEW PROGRAM!  ZUMBA FITNESS

Zumba is a fitness cardio/toning total body interval-based workout, to the tune of Latin music mainly based on simple Latin dance steps and international urban steps. Unlike other cardiovascular fitness programs, Zumba is not so much about following the routine, as it is about moving and having fun to the rhythm of the music, in fact the music used is the original form instead of using step count and mostly there are no tough routines to follow nor too much cueing. Hence, it is suitable for all ages and levels.

It is exercise in disguise, we bring the party to the gym! It is a class that puts the fun back in the fitness class, which is the reason people stick with it, yet an intense Zumba class can burn up to 1000 calories! People sing along in the Zumba class while they exercise and have a blast. In fact, Zumba in Latin-American slang means: “move fast like a bee” (move and make the noise of a bee, sing along)

Classes at the Club will run for 12 weeks at a cost of $60 plus a Club Booster Fee. Registration will take place at the Zumba Christmas Dance Party

**Wednesdays, January 6!**
**March 24**
7:00 " 8:00 pm

**ZUMBA CHRISTMAS DANCE PARTY**

Take advantage of an opportunity to participate in a Zumba class at no charge with certified Zumba instructor Paula Fridman.

**Tuesday December 15**
**6:00 ! 7:30 pm**
**NO CHARGE**

Paula will cover Zumba Fitness (regular), Zumba Gold (gentle) and Zumba Kids (parent & child) to help you determine which class is right for you.

Registration for Paula’s regular session at the Club (Wednesday evenings) will be held at this time.

If you have any questions about the program, please contact Paula at 487-2342, or gilhaidau@shaw.ca. For registration information, please contact Regan MacDonald at 772-3134, or regmac@mts.net.

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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 katharine.cherewyk@gmail.com or Darla McFarlane at darlamefarlane@gmail.com or 772-2717.
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 January 4 - March 22, 2010 on Mondays and Thursday from 6:30 - 7:30 p.m. Cost is $60.00 for twice a week and $50.00 for once a week classes.

Drop-in fee is $5.00

For more information call Carrie at 233-2578 or Wendy at 237-3576.

Congratulations Mark Reid!!

Local Norwood Flats resident Mark Reid, who is the editor of The Beaver Magazine, is wrapping up a seven-city tour for his book "100 Photos that Changed Canada".

Mark was able to get contributors such as Peter Mansbridge, former Premier Brian Tobin, former Olympian Dick Pound, bestselling author Charlotte Gray as well as 33 other prominent Canadians to write essays about some of the most iconic photographs in Canadian history.

The book is on several best seller lists including the Globe and Mail and Amazon.ca. Congratulations Mark!

Read below for information on Norwood Nursery School, Playgroup, and Daycare.

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 too.

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

$55.00 for the full year (Sept-June) or a drop-in fee of $2.50. If you have questions, please contact Monique at 256-8059, email norwag@mts.net, or Alex at 237-5202, alexcoutu@shaw.ca.

Playgroup would like to say thank you to EJ Coutu & Co. for generously providing coffee for our group.

As of 2010, Tuesday AM Playgroup needs a parent to help coordinate the morning’s activities. Any takers? Please contact Monique at 256-8059.
MEN’S FITNESS PROGRAM

We gave the men of Norwood every reason to get out of the house and left them with no good excuse for sitting at home in 2010 and they responded! Registration in the Men’s Fitness Program exceeded the target, but the coordinators are willing to open up to 5 more spots for interested residents. If you’re 18 or over and looking for the hardest workout in the neighborhood, contact Greg Cherewyk at 989-2380 or gcherewyk@gmail.com to grab one of the last spots.

On day two you’ll be put through a killer conditioning routine followed by an introduction to basic elements of the art of Judo. Jeff Bond of the Balmoral Judo Club will run day two – emphasizing physical conditioning and an introduction to basic Judo techniques in a controlled environment.

Day three will be run by Sensei Darren Walsh, a Shodan Black Belt in Jishin-Do Jiu Jitsu. Again, conditioning is at the forefront, but Sensei Darren will also be teaching participants key Jiu-Jitsu techniques; giving you the strength, stamina, flexibility and confidence to carry out some basic elements of this ancient martial art.

A word on safety; in everything we do, safety is the number one concern. New equipment is being purchased, so things like mats will be of top quality. Techniques will be taught in a 100% controlled environment i.e. you come to learn and have fun, not to compete. The bottom line - you can't get in shape if you're hurt, so you can rest assured that safety will be a top priority.

Our expectation is that members of the program will create a community that drives individuals to not only attend as often as they can, but to test their physical and mental limits while learning some important new skills.

You don't need to be fit to join; you just need to be prepared to work hard.

To find out more now, or to book one of the remaining five spaces, contact:

Greg Cherewyk at 989!2380 or gcherewyk@gmail.com

YOGA WITH BETH MARTENS

New Family Class Added!!

Moderate & Vigorous Flow (12 weeks)
Mondays: 7:30 - 8:30 PM (Jan 4 to Mar 22)
Advance Cost: $120 + GST*

Gentle & Beginner Vinyasa Flow (12 weeks)
Wednesdays 3:30 - 4:30 PM (Jan 6 - Mar 24)
Advance Cost: $120 + GST advance*

Family & Beginner Vinyasa Flow (12 weeks)
Wednesdays 6:30 - 7:30 PM (Jan 6 - Mar 24)
Advance Cost: $120 + GST*

To register contact: Beth at (204) 775-1100
or email: lyoga@bethmartens.com
For more info visit: www.bethmartens.com

*$20 annual booster fee may apply
WINTER CARNIVAL

Norwood, mark your calendars and call your neighbours!

On Saturday, February 6, the Annual NCC Winter Carnival will be held from 1:00 ! 8:00 pm at the Club.

Most of these events are free and there is always something for everyone. Come out with your family and enjoy a winter day with us. In the afternoon, there will be both indoor and outdoor activities and games.

The evening winds down with a Community Potluck Supper from 5:00 ! 6:30 pm. Just bring a dish to share, with serving utensils please. After dinner, stay for more fun. There will be dancing and music, and a cash bar with beer and wine to enjoy. Soda pop will be free.

For more information, or if you are interested in making a small contribution of your time to help us out, please contact Lia at 237! 4444. We love hearing your requests and ideas! Hope to see you there.

Jar Bar - The Jar Bar is a fun idea for the children. We ask parents to get creative and donate a jar filled with some neat items, for each child that you are bringing. Then, for the small cost of a loonie, your child can 'buy' a jar at the end of the day. We have seen some great ideas in the past (i.e. jars filled with pennies, candies, small toys, hockey cards, even gold fish.) The kids are always thrilled to buy these jars, especially when they are fancily decorated.

Sleigh rides - Sleigh rides will be offered every half hour beginning at 1:00 pm and going until 4:30 pm. The decorated horses will pull you through the beautiful snow-filled streets of Norwood. The rides cost $2.00 per person. Children 2 years old or younger are free. Please call Lia to reserve a spot for your group; the rides fill up quickly.

SEE YOUR AD HERE!!

If would like to see your business advertised in the Norwood Community Newsletter, please contact Katharine Cherewyk at katharine.cherewyk@gmail.com or Darla McFarlane at darlamcfarlane@gmail.com for more information.
BRUNCH WITH SANTA

Join your neighbours and the Norwood Nursery School for a whole lot of fun at NCC’s annual Brunch with Santa.

Sunday, December 20, 2009
11:00 am - 1:00 pm
At the NCC #87 Walmar Street$.

Bring your pocket change as there is an optional silver collection to support the brunch event.

Please bring a non-perishable food item for Winnipeg Harvest.

If your New Year’s resolution is to be healthier in 2010, we have the solution!

Come strengthen and lengthen your core muscles with Pilates, offered by certified Stott Pilates (PUL-AH-TEASE) instructor, Alexandria.

Join us for Pilates classes on Thursday evenings 8:15 - 9:15 pm! You won’t believe how well you will sleep afterwards!

Winter Session starts January 7. $53.00 + GST for 10 sessions

For more information, please contact Terri Moffat at terimoffat@hotmail.com.
Public Skating Hours

<table>
<thead>
<tr>
<th>Day</th>
<th>Supervised Dressing Rooms Open</th>
<th>RINK 1</th>
<th>RINK 2</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>6:00 – 9:00pm</td>
<td>No sticks or pucks 6:00 – 8:00pm</td>
<td>Hockey Practice PeeWee 12A2 7:30 – 8:30pm</td>
</tr>
<tr>
<td>Tuesday</td>
<td>6:00 – 9:00pm</td>
<td>No sticks or pucks 6:00 – 7:15pm</td>
<td>Hockey Practice Norwood 5 &amp; 6 yrs 6:30 – 7:30pm</td>
</tr>
<tr>
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<td>Friday</td>
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<td>Saturday</td>
<td>1:00 – 5:00pm</td>
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<td>No sticks or pucks 2:00 – 4:00pm</td>
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</tbody>
</table>

Dressing Rooms are also open during the day (Monday to Friday) between 9:00am and 4:00pm. There is no supervision and dressing rooms will not be open if the temperatures (including windchill) are less than 28°C.

Please respect other skaters and have fun!
Thank You!

We would like to thank Dave Beeusaert & Tammy Subtelny for generously donating a microwave to the Club. Your WARM donation is appreciated!

Congratulations!

Congratulations to Morris and Vi Stefanec on celebrating their 50th Wedding Anniversary this year!

The Norwood Community Centre is proud to announce that on Tuesday, December 8th, our very own Brian Pound, Tennis Convenor extraordinaire, formally became a Canadian citizen!! Australia's loss is Canada's gain!! Congratulations Brian!
Norwood’s Own Golden Girls!

Claudia Blandford and Leah Kirchmann grew up only a couple of blocks apart from each other in the Norwood Flats. But Norwood is not the only thing they have in common. This past August, at the Canada Games in P.E.I., both of these remarkable young women struck gold! Claudia (20) is a rower from whom great things were expected at the games, and she delivered in spades, winning the gold medal in the women’s single scull. Leah (19) is a cyclist who won gold in the Criterium Female race later that same day.

Claudia’s gold-medal victory cemented what many had already suspected about her coming into the games — that she is one of the nation’s top young rowing prospects. For Leah, after competing at last year’s Mountain Bike World Championships, it was anticipated that she would take a leadership role on the cycling team at the games, and this prediction certainly proved correct.

Both of these young women are accomplished athletes in other sports as well; Claudia in basketball and Leah in cross-country skiing. Accomplished in the classroom as well, Claudia is a mechanical engineering student at the University of Virginia, where she attends on a rowing scholarship, while Leah is pursuing a liberal arts and science degree at Quest University in Squamish, B.C.

For both Claudia and Leah, their athletic participation began right here at the Norwood Community Centre. Claudia played soccer and basketball for the NCC and Leah played soccer under the Norwood banner. These gals have made us all very proud to be from Norwood. Congratulations Claudia and Leah and best of luck as you go forward in your respective sports!

NEW YEAR’S FAMILY DANCE

New this Year!! Ring in the New Year with your friends, neighbours and community!

Join us on December 31, from 7:00 pm – midnight, for a family dance party at the Club. The event will include activities, music, dancing, snacks, cash bar and FUN for the whole family.

If you have any ideas on how to make this event a success, or would like to help out in any way, please contact Darla McFarlane at darlamcfarlane@gmail.com or at 231-2717.
# NORWOOD COMMUNITY CENTRE
Board of Directors 2008-2009

## Executive:
- **President**: Leslie Johnston 233-7699
- **Vice-President (Operations)**: Regan MacDonald 772-7699
- **Vice-President (Building and Grounds)**: Bruce Samson 237-8661
- **Treasurer**: Ross Kozielec 233-3675
- **Secretary**: Alex Coutu 237-5202
- **Past President**: Dorothea Blandford 235-0031
- **General Manager**: Jack Juffs 793-8756

## Directors:
- **Canteen**: VACANT
- **Hall Rentals**: Morris Stefanec 237-1112
- **Membership**: Vicki Magnifico 233-6118
- **Newsletter**: Katharine Cherewyk, Darla McFarlane 231-2717
- **Norwood Nursery School**: Terri Moffat, Cheryl Dixon 237-6178, 475-8512
- **Security**: Gary Oakley 237-5225

## Program Convenors/Directors (*):
- **Aerobics**: Wendy McFadyen, Carrie Beaudoin, Carla Hatherly 237-3576, 233-2578, 237-1260
- **Badminton**: Betty Cowan, Teresa Maguet 237-0830, 231-0175
- **Basketball**: Patrick Andersen 233-7699
- **Baseball/Softball**: Karen Tarr 231-8434
- **Qi Gong**: Shelley Kent 233-8333
- **Dance**: VACANT
- **Hockey**: Caroline Deerpsaling 237-0591
- **Karate**: Rhea Beltrán 487-1728
- **Men’s Fitness**: Greg Cherewyk 989-2380
- **Pilates**: Terri Moffatt 237-6176
- **Playgroup**: Monique Wagner, Alex Coutu, Leslie Perring 256-8059, 237-5202, 231-1488
- **Soccer**: Mike Baille, Jim Darcel 233-6894, 633-9309
- **Tennis**: Brian Pound 231-3383
- **Yoga**: Glen Armstrong 253-7824

## Members-at-Large:
- **Bruce Verry**: 233-7980
- **Paul Pelletier**: 237-3244
- **Shelley Kent**: 233-8333
- **Jason Perring**: 231-1488
- **Geoff Ford**: 489-7332
- **Marie Sinnock**

* Directors of Norwood Community Centre (18); Quorum = 10