President’s Message

Hello Everyone!

There’s always a bit of lag time between when I write these messages and when you read them, and right now, it’s a steamy summer afternoon! 31 degrees, no wind, humidity 70% . Yes, summer actually arrived this year. I hope all of you had a chance to enjoy it in your own way and to make some special summer memories for you and your family. And if it’s a little chillier by the time you read this, I hope this reminds you of some of those special times.

As much fun as summer is, there is always fun to be had at the Norwood Community Centre regardless of the season, and our fall and winter activities are just around the corner. At our fall registration, you can sign up for everything from Yoga to Hockey.

Take a moment to look through the newsletter and review the wide variety of programs and sporting activities we are offering this fall. Most of us are becoming increasingly aware these days of the importance of staying active and keeping fit! at the Norwood Community Centre, there are opportunities to do that for everyone from toddlers to seniors.

As many of you will have noticed, our club was the site of some out of the ordinary activity this past spring. For a few days in May the NCC was transformed into a movie set for the filming of scenes from a major Hollywood movie “Faces in the Crowd.” Some of you may even have rubbed elbows with star Mila Jovavitch as she played with her toddler in our playground “between takes.” As you can imagine, the work involved in organizing such an undertaking was tremendous, and it was shouldered primarily by our Vice-President of Operations Regan MacDonald. Congratulations and thanks to Regan, and thanks also to the program convenors and participants who accommodated their schedules to help make this a success.

Most of us look forward to the pace of life slowing down a little in the summer. For some volunteers at the NCC however, the work involved in keeping our club functioning well does not stop during the summer months. The residents of Norwood are fortunate to have some unbelievably dedicated people who have volunteered many, many hours of their time this summer to do the work that keeps our club running smoothly. On behalf of everyone in our community, a huge thank you goes out to Dorothea Blandford, Regan MacDonald, Bruce Samson and Ross Kozielec for all of their hard work this summer!

Another volunteer who was extremely busy this summer was our Tennis Convenor Brian Pound. For the first time, we held weekly Tennis Camps for kids throughout the months of July and August, and the feedback from parents and kids has been enthusiastic and positive. Many thanks to Brian for all of his hard work organizing these camps.

And finally, I’d like to invite you all to attend the NCC Annual General Meeting on October 21. This is a chance for everyone in our community to come out and catch up on what’s been happening at the club over the past year, and to explore opportunities to become involved with the club in a more active way. I’d like to welcome each of you to come out and share your ideas, ask questions, or simply meet some neighbours over a cup of co$e.

Enjoy what’s left of this beautiful Manitoba summer!

Leslie Johnston, President

NCC Important Dates

September 8 & 11

Fall Program Registration

Come to the Norwood Community Club on Wednesday, September 8th or Saturday, September 11th to register you and your family for fall programs offered at the NCC!

October 21st

Annual General Meeting

Our Annual General meeting serves to provide you with information respecting the operation of the community club. It provides an opportunity for the Board to update the membership (you) of the previous year’s activities and provides an opportunity for the membership to put forward any questions or concerns. Look for more information about the AGM on our website (www.norwoodcc.ca) in September.

This year’s meeting will be held on October 21, 2010 at 8:30 p.m.
Thank You, Friends & Neighbours!

To our dear friends and neighbours:

It is with heartfelt appreciation that we write this letter to thank you for all your support following our house fire in December. We feel so blessed to live in a neighbourhood that is so caring and responsive! Throughout this heart-breaking experience there have been opportunities to remind ourselves, and show our children, the generosity and spirit of Norwood. We feel so grateful and humbled to have been on the receiving end.

On New Year’s Day I spoke with my uncle, who grew up on Ferndale and now lives in Halifax, and I shared with him the support from our community and his response was ‘of course, it’s Norwood’. Our children are fourth generation Norwood and I would not have it any other way. It has been a reminder and confirmation for the reason that we returned here when we moved back from Toronto, that this neighbourhood is more than mature trees, sidewalks and a variety of houses. It is a group of people and families that live the true meaning of the word ‘community’. Thank you so much!!

Jennifer Field and Family

Fall Registration Information

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 8, 2010
6:30 pm - 8:00 pm

Saturday, September 11, 2010
10:00 am - 12:00 pm

Booster Fees

An annual club booster fee of $20.00 per family (a bargain compared to what some community centres in the city charge!) 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 11th, 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

Ice Hockey Equipment Drive

Kidsport Manitoba is seeking hockey equipment for the upcoming season.

If you have new or used hockey gear in good condition to fit players from ages 5 to 17, please drop it off at one of the following locations:

Sport for Life Centre 145 Pacific Avenue
River Heights Community Centre 1370 Grosvenor Ave
Allard Arena 80 Allard Avenue
Gateway Recreation Centre 1717 Gateway Rd.

Help us remove the barriers that stop kids from playing organized sports.

Please direct inquiries to Dave Courrier at 925-5637 or dave.courrier@sportmanitoba.ca
Get in the best shape of your life on Sunday, Monday and Wednesday nights at the Norwood Community Centre this fall. Classes run from **8:30 to 9:30 p.m.** and there’s an option for everyone so get ready to burn off those beers, burgers and hotdogs you downed this summer.

**What should you expect?**

**Sunday night is circuit training night.** Join Sensei Darren Walsh and Je$ Bond as they move you from station to station doing a mix of traditional and non-traditional exercises designed to work your body from every angle. Both instructors stay after class to provide technique instruction for those interested in learning the basics of Jiu Jitsu and Judo.

**Monday night is boxing night.** Kevin Walker from the Pan Am Boxing Club is back for another season to put you through one of the toughest workouts you’ll find. You’ll be shadow boxing, punching focus mitts, skipping and doing lots of sit ups, push ups and burpees. Find your pace and stick to it, but know that Kevin will be right there pushing you to do the best you can.

**Wednesday night is conditioning kickboxing night.** Kru Kelly Westerlund, owner of Kwest Kickboxing is bringing the art of Muay Thai kickboxing to Norwood through his killer conditioning class. As with boxing class, you’ll be learning proper technique, but focusing on burning thousands of calories and getting in shape.

**Note:** The above are conditioning classes so you will not be kicking, punching or sparring with anything other than focus mitts, pads or your own shadow. Instructors are available for technique instruction after class or through their respective clubs for an additional fee.

**What does it cost?**

**Option 1:** Choose one of Sunday Circuit Training, Monday Boxing or Wednesday Conditioning Kickboxing for the price of **$104 + GST for 13 weeks (only $8/class).**

**Option 2:** Choose any two of Sunday Circuit Training, Monday Boxing or Wednesday Conditioning Kickboxing for the price of **$130 + GST for 13 weeks (that’s only $5/class for 26 classes).**

**Option 3:** The full program option which allows you to attend any class or any combination of classes in a given week. At **$156 + GST for 13 weeks (that’s only $4/class for 39 classes)** this is both the most cost effective and flexible option as your schedule and availability can change from week to week.

**Option 4:** The full program option for couples or families who cannot be away from home or the children at the same time. The price is the same as the full program option **$156 + GST for 13 weeks (again only $4/class for 39 classes),** but allows ONE person per family to attend any class during the week. Note that both can’t attend on the same night.

**ALSO NOTE:** for the boxing class and the kickboxing class you MUST have 14 oz boxing gloves. You can purchase them yourself or order them through Greg Cherewyk at an approximate cost of $75.

Spaces are limited ’only 20 spots left! For each option so contact Greg Cherewyk at 989-2380 or gcherewyk@gmail.com to reserve your spot now.
PLAYGROUP

Come join other neighbourhood parents for a morning of unstructured and open-ended fun and activities for your young ones.

We have a play structure, lots of toys, dress-up clothes, and much more to offer the children. We provide snacks for the kids and coffee and treats for the parents.

Children from birth to 5 years old are welcome! We will get together Wednesday mornings from 9:00 am to 11:00 am. The cost is $55.00 for the full year (mid-September to mid-June) or for a drop in fee of $2.50.

If you have any questions please feel free to call Katharine Cherewyk at 989.2380 or email katharine.cherewyk@gmail.com.

Hope to see you at registration!

KEYS PLEASE!

Anyone who has any keys for the Norwood Community Centre that they are not using please contact Gary Oakley.

Gary can pick them up or they could be dropped off at 158 Lyndale Drive. Phone Gary at 237 5225.

TEENIS

Indoor tennis lessons for kids age 5-10 years old.

Kids will have lots of fun while learning basic tennis skills.

We use mini nets and sponge balls to introduce the game to new players.

For more information, please call Brian Pound at 231-3383.

For the Kids

INDOOR TENNIS

Indoor tennis lessons for kids age 5-10 years old.

Kids will have lots of fun while learning basic tennis skills.

We use mini nets and sponge balls to introduce the game to new players.

For more information, please call Brian Pound at 231-3383.

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, please talk to one of the current conveners or Board of Directors listed on the NCC website (www.norwoodcc.ca).
ZUMBA FITNESS OPTIONS

Let's face it, working out can be healthy, rewarding and beneficial. Working out can be lots of things, but it's never been known to be an exhilarating experience... UNTIL NOW!

The Zumba® program fuses hypnotic Latin rhythms and easy to follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long term benefits while experiencing an absolute blast in one exciting hour of calorie burning, body energizing, awe inspiring movements meant to engage and captivate for life!

The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

In the past years, the Zumba® program has become nothing short of a revolution, spreading like wildfire, and positioning itself as the single most influential movement in the industry of fitness.

Why? Because it's the best party around!

Classes use music based on salsa, merengue, cumbia, reggaeton, calypso, soca, samba, African, cha cha, hip hop and other music. Classes are offered for all ages and abilities, with traditional Zumba, Zumba Gold 'for seniors or beginners', and Zumbatonic for kids.

Zumba Fitness
Wednesdays 7:30-8:30pm
September 15-November 24 'no class on Oct. 27'

ZumbAtomics
Thursdays #3:45-4:30pm 'Kids Zumba, ages 5%
September 16-November 25 'no class on Nov. 11'

Zumba/Boot Camp
Thursday #4:45-5:45pm
September 16-November 25 'no class on Nov. 11'

Instructor: Paula Fridman
10 week session
&5.00 + tax 'no GST on
ZumbAtomics' plus current NCC
Booster Fee

---

YOGA WITH BETH MARTENS

12 week session starts September 13, 15 & 16

Moderate Flow Yoga
Mondays, 7:30pm

Beginners and Continuing Beginners (Family Friendly)
Wednesdays, 6:30pm

Beginner Flow & Basic Alignment
Thursdays, 9:30am

Advance cost: $120 + GST/booster fee/5% levy
Late registration: $144 + GST/booster fee/5% levy

For more information call: (204) 775-1100
Email: yoga@bethmartens.com
Visit: www.bethmartens.com

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

*$20 annual booster fee may apply
NOTE: In order to assist the St. Boniface Minor Hockey Association in meeting their deadlines, HOCKEY registration at Norwood will only take place on Wednesday, September 8, 2010 ’6:30%8:00 p.m. (Hockey registration after September 8, 2010, will be considered LATE Registration and will be subject to a late registration fee of &20/participant.

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 2010/2011:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 &amp; 6 yr old</td>
<td>&amp;250.00</td>
</tr>
<tr>
<td>7 &amp; 8 yr old</td>
<td>&amp;375.00</td>
</tr>
<tr>
<td>9 to 12 yr olds</td>
<td>&amp;425.00</td>
</tr>
<tr>
<td>13 to 17 yr olds</td>
<td>&amp;425.00</td>
</tr>
</tbody>
</table>

Winnipeg East Railcats AA Hockey Registration:
McQuat Centre next to the Maginot Arena
Thursday, September 2 from 7:00 to 9:00pm

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.

St. Boniface Female Hockey Program

The 2010%11 hockey season is going to be an exciting year for female hockey in St. Boniface and Transcona. We are adding a Novice program and the Midget AA program to our wide selection of opportunities for female hockey players.

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 team clothing credits. As an added incentive, first time players will receive a gift bag during registration.

Female hockey is categorized into the following:
Novice: 8 and under
Atom: 9%10 yrs
Peewee: 11%12 yrs
Bantam: 13%14 yrs
Midget: 15%17 yrs

This September, St. Boniface Female Hockey will host a “Novice Bring A Friend Day” and an “Atom Bring A Friend Day”. The goal is to introduce females to hockey. We will have pizza and “hockey talk” after the free skate. Please see our website for additional information.

Registration: September 2 & 9 from 6:30 to 8:00 pm and September 11 from 10:00 to 2:00 pm at the Southdale Community Club.

Patrick Martin
St. Boniface Female Hockey www.starsfemalehockey.ca

Coaches

We are always fortunate to have many volunteers step up to support our hockey programs. If you are interested in coaching please drop by on registration night to fill out an application form.

If you have any further questions regarding the St. Boniface Minor Hockey program contact Caroline Deerpants at 237%591 or by email roygochefs@shaw.ca
Knitting at the Norwood

Knitting begins again at the club every Sunday from **2pm - 4pm**, starting **Sept. 19th**.

From socks to baby clothes to gnomes we knit anything and everything. If you are finding it hard to relax and disconnect from the world for awhile ....learn to knit. We have knitters as young as 6 years old and some who are ...let’s just say.. older than that.

You can learn to make mittens, knit on four needles, knit on a circular needle, skullcaps, puppets and yes, dishcloths. So come out and join us....make it every Sunday or just when you need help with a pattern. The fee is just the $20 club membership - so if you have signed the kids up for their stuff you’ve paid for your knitting club already.

Call me or visit me at registration...Shelley 233-8333.

Norwood Group Athletic Training

Come workout with your friends and neighbours! Open to women and men of all fitness levels, ages 16 and up. Come join us for a wide variety of exercise classes with a certified instructor.

Fitness classes offered include step, hi/lo, muscle strength and toning, interval training, skipping, boxercise and circuit training.

**Fall session:**

**September 13 through December 9, Mondays and Thursdays, 6:20pm to 7:20pm**

No classes October 11 and November 1.

Cost $65.00 for twice a week, or $55.00 for once a week

Drop-in fee is $5.00 per class

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

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 231.2717 or darlamcfarlane@gmail.com.
KYOKUSHIN KARATE
Norwood Guardian Dojo Children’s Program

Norwood Guardian Dojo
Ages 4-%2

Monday & Wednesday:
6:00 PM – 7:00 PM

Kyokushin Karate is a full contact martial art born out of Japan. Characterized by its integration of traditional martial arts with today's realistic applications, our children's program focuses on character development, physical fitness and practical self-defense. Children not only learn to protect themselves through techniques such as kicks, punches and blocks, light sparring and self-defense, but also learn the value of finding nonviolent ways to resolve conflict.

Students gain a sense of accomplishment and achievement as they learn increasingly higher levels of Kyokushin belts through quarterly belt testings. Training for these tests and succeeding at challenges enhances will enhance your child's ability to concentrate, focus and ability to triumph over learning hurdles. Your child will receive a handbook with the basic knowledge and skills required for their particular level to help them along the way.

Our instructors understand that each child has individual learning differences and therefore classes are tailored to each student's skill level and learning ability, creating a friendly and fun learning environment for all.

Classes are lead by Shihan Diego Beltrán, 5th Degree Black Belt, with over 25 years experience teaching, competing and coaching internationally in Kyokushin Karate, Kickboxing and Self-Defense. Classes are assisted by Sensei Rhea Beltrán.

Cost: $65.00 / month based on 2 classes per week

Family rates available!

Family classes available for all ages (combined with the adult program).

For more information on Kyokushin Karate, please visit us @ www.GuardianDojo.com
Kyokushin is a Full Contact/Bare Knuckle Style of Karate characterized by requiring of its participants strenuous training, conditioning and realistic contact while sparring. The Kyokushin style believes this contact is necessary in order to fully appreciate the resiliency of the human body and spirit and to prepare for any serious confrontation.

Our program emphasizes endurance, arduous conditioning and flexibility combined with a well organized curriculum of martial arts techniques and requirements. Our class helps you to reinforce things like positive thinking, positive attitude, and camaraderie. It serves to help you gain balance and harmony in life and to develop a strong body and spirit.

Benefits
First, Kyokushin Karate is an extremely efficient form of physical conditioning, which can be practiced by women, children and men of all ages and abilities. It develops aerobic fitness by raising the heart rate into the training zone and keeping it there for significant intervals. Strength is developed progressively. Emphasis is also placed on developing and maintaining flexibility through progressive stretching of major muscle groups.

Secondly, Kyokushin Karate is the most efficient form of self defense, which is very important in today’s urban society. Students learn basic kicks, punches and blocks that develop self-confidence. They are also taught to develop an inner awareness for avoiding threatening situations.

About the Instructor – Shihan Diego Beltrán

With over 25 years of experience instructing and competing in international tournaments, Shihan Diego Beltrán is a skilled veteran in Kyokushin Karate, Kickboxing and Self Defense. He currently holds a 5th Degree Black Belt in Kyokushin Karate, a 3rd Degree Black Belt in Wakkurkai Karate, and a 2nd Degree Black Belt in Kickboxing.

Some of his achievements include:
- Vice Champion, 2002 Kyokushin World Cup %Maine, USA.
- 6th Place, 2000 Kyokushin World Open Weight Tournament %Japan
- Canadian Kick Boxing Champion ’97%98
- Bolivian Full Contact Champion ’94%95
- Bolivian Kyokushin Vice Champion ’94

Classes are assisted by Sensei Adrian Shum & Sensei Markus Erkelenz

Classes Times & Pricing
Mondays, Tuesdays & Wednesdays: 6:00pm%8:00pm

Pricing: $85.00/month based on 3 times a week. Family rates and discounts available!

** SPECIAL NORWOOD OFFER **
Mention that you saw our ad in the NCC newsletter and receive your 1st month free! ’applicable to new students only
Pilates

Pilates (pronounced: puh-lah-teez) improves your mental and physical well-being, increases flexibility, and strengthens muscles. Pilates uses controlled movements in the form of mat exercises or equipment to tone and strengthen the body.

Pilates is a body conditioning routine that seeks to build flexibility, strength, endurance, and coordination without adding muscle bulk. In addition, pilates increases circulation and helps to sculpt the body and strengthen the body’s "core" or "powerhouse" (torso). People who do pilates regularly feel they have better posture, are less prone to injury, and experience better overall health.

Classes will run at the NCC on Thursday at 8:15 pm contingent on finding an instructor. More information will be available at fall registration or from terimoffatt@hotmail.com

Basketball

Norwood community club is hosting another season of fall basketball through the Winnipeg minor basketball association.

The league is open to boys and girls ages 7-18. Games and practices begin mid-October and runs until the end of March. Children under the ages of 8 will play in a co-ed league. Players under the age of 12 play on Saturdays and players 13 and up play on Sunday. Practices take place once a week.

For more information check out the WMBA website at www.wmba.ca.

Pat Anderson
Basketball Convener

What should young people do with their lives today? Many things, obviously. But the most daring thing is to create stable communities in which the terrible disease of loneliness can be cured.

- Kurt Vonnegut Jr.
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:

Intermediate: Tuesdays - Sept 23 to Nov. 25 - 11am - 12 noon (9 classes)

Fees - $42.00 plus booster fee

Call Shelley at 233.8333 if you have any questions.

Remember...

Register for programs at the Norwood Community Centre on:

**Wednesday, September 8, 2010**
6:30 pm - 8:00 pm

OR

**Saturday, September 11, 2010**
10:00 am - 12:00 pm