Hello Neighbours,

As I write this, the sculptors are just putting the finishing touches on their Festival du Voyageur masterpieces. As all Winnipeggers know, the minute the sculptures are complete, the weather will warm up and turn them into the half-melted, slush-splashed icons of the end of winter that we know and love! In other words, it won't be long now. The other sign of the approach of Spring is the announcing of Norwood's Spring Registration dates. This is the time to be thinking about the activities that you and your family may be interested in for the coming season. Norwood offers a truly amazing variety of programs, both sporting and otherwise. There really is something here for everyone. And if there is something you’re interested in that we don't offer, please contact our tireless Vice-President in charge of Programming, Regan MacDonald, and pitch your idea to her. If there is a demand for a particular program, and if we can accommodate it, we are always willing to provide that opportunity.

Over the past couple of months, our club has hosted three incredibly successful community events. The Breakfast with Santa, the New Year's Eve Family Event, and the recent Winter Carnival were all well-attended, well-organized and a ton of fun! The organizers of these events worked hard to make them memorable, and they deserve a huge round of thanks. For adding a little warmth to our Winnipeg winter – kudos to each and every one of you!

I'd like to take a moment also to recognize some of the other volunteers at our club whose efforts may not be so noticeable. When your child is registered in baseball or soccer, for example, you know he or she has a coach, and you appreciate (hopefully) the long hours that the coach devotes to that activity, but you may not realize that every sports program also has a convenor – someone who spends long hours on the phone, at meetings, and hunched over his or her computer taking care of the myriad of tiny details that go into running a sports program. Convenors recruit and supervise coaches, form teams, purchase and distribute uniforms, take registrations, facilitate transfers, handle complaints, etc., etc., etc. They are truly the unsung heroes of every community centre. When you come to register your child this spring, the person taking your registration will likely be the convenor for that program – in the midst of the registration-day chaos, please take a moment to let them know you appreciate their efforts.

Enjoy the lengthening of the days and the mild winter weather. Hope to see you all at registration!

Leslie Johnston
President, NCC

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**NCC Important Dates**

**March 9 & 13, 2010**

**NCC Spring Registration**

Registration for spring programs at the NCC will be on the following two dates:

- March 9th - 6:30pm - 8:00pm
- March 13th - 10am - 12pm

**May 9, 2010**

**Mother’s Day Pancake Breakfast**

Pancakes, syrup, neighbours, and your mom! Need we say more? Bring the whole family from 9am-12pm at the Club.

**August 21, 2010**

**Family Camp Out**

Come camping in the flood bowl with your family and neighbours. We can taste the s’mores already...
A Basic Boater Safety Course will be held at the NCC on a Saturday in April and/or May, depending on interest.

Currently by law, any person born after 1983, or anyone operating a motorized pleasure craft less than four meters in length, must have a Pleasure Craft Operator Card (PCOC). By September 15, 2009, if you operate any size pleasure craft you must carry a PCOC.

Participants will be tested at the course and, upon passing, will then be given the accreditation needed to obtain an official PCOC from the federal government. The course fee is $50 with the purchase of a manual or $42.50 without a manual and is suitable for ages ten and over.

Please send an email to Mike Teilet at mteilet@shaw.ca if you are interested in taking this course.

Mark your calendars!
Spring registration for our social and fitness programs will be on the following dates:

**Tuesday, March 9**
6:30 to 8:00pm

**Saturday, March 13**
10:00am to noon

We have a variety of programs for all ages and fitness levels, such as soccer, basketball, Zumba, pilates, yoga, tennis and more.

Just a reminder that Lyndale Drive is closed to vehicles on Sundays during the warmer months.

Cars are permitted to access the bays, but should take the shortest route on Lyndale Drive to do so. Let’s work hard as a community to respect this rule and to keep our kids safe.
IMPORTANT UPDATES FOR PLAYGROUP

Playgroup wishes everyone a Happy New Year!

Playgroup is on **Tuesdays and Wednesdays from 9:00 - 11:00am**. There is snack provided for the children and tea, coffee and treats for the parents. There is a drop in fee of $2.50, or the rest of the year is $25 until the third week of June. This year the carnival date will be Wednesday June 16, 10:00 - 1:00 pm. There will activities, games, a petting zoo and much more. Lunch will be provided. There is no fee for families that have already registered, for non-registered families the fee is $5.

There will be **NO** playgroup the week of **March 29** because of Spring Break. We will be back the following week **April 6**.

WE NEED two parent volunteers to coordinate Playgroup next year; one person for Tuesday and one person for Wednesday. This volunteer position will start in September 2010 and will continue until June 2011.

**A note from Monique:**
I, Monique, have volunteered as Playgroup Convenor for 3 years. The experience has been very rewarding for me and my two children and helped me become involved in our community. I have met many wonderful families and will miss socializing with the parents and watching their children grow. I would love to continue, but I am "out of children!"

**A note from Alex:**
Having been a "Playgroup Mom" since my son was 4 months old, I can’t express what the group of moms and dads have come to mean to me, especially in the past 2 years as Wednesday co-convenor. The wisdom I got from the more experienced moms and grandparents, the connections my kids and I have made and most of all the fun we’ve had have made this one of the best experiences of my life. I am returning to work next year and can only attend sporadically, so I hope someone picks up the torch and keeps it going - I want to be able to visit once in a while!

This will be a great opportunity to meet new families and become involved in the community. If you are interested, please stop by on Tuesday or Wednesday for a visit. If you have any questions, feel free to ask questions during the visit or call Monique 256-8059 or Alex 237-5202.

Unfortunately, if there is no one who volunteers to convene for playgroup, this wonderful program will not continue, so please consider volunteering!

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 231.2717.
NCC will offer tennis lessons to both children and adults, which will begin in the spring until the end of September. Kid’s spring lessons will take place on Saturday mornings, and adult group lessons will take place on a weeknight yet to be decided. Read below for all you need to know about tennis at the NCC!

More information will be available at spring registration.

ROGERS ROOKIE EVENT

Once again this year, Rogers Communications is sponsoring all Rookie events taking place in Manitoba. A rookie event is specifically designed for beginner players to compete for the first time in a friendly competitive environment. The event promises to be a lot of fun and is open to kids aged from 4 to 12 years old.

This year, Rogers is giving each player a complimentary sling bag, cell phone pouch, t-shirt, biodegradable water bottle, key chain, movie and game rentals and certificate for playing. Refreshments will be provided again, including fresh fruit and drinks, and the event will be concluded with a complimentary barbecue.

Our event is scheduled to take place on Saturday, June 26th and the cost to play is 20$.

More information will be available at spring registration and at www.tennismanitoba.com.

‘KIDS DENTAL’ TENNIS FEST / COMMUNITY OPEN HOUSE
Saturday, June 19th Noon – 3 pm

Kids Dental, a dental group in Winnipeg promoting children’s dental health, is sponsoring a series of 4 open house tennis events this year in Winnipeg. We are lucky enough to be one of the clubs hosting an event. All kids and parents are invited to come down to the courts to ‘have a hit’, have some fun, play fun tennis games, participate in tennis adult and children’s clinics and lots more. Racquets will be on hand to use if needed. All kids will receive a Tennis-Fest t-shirt and Kids Dental pouch including toothpaste, toothbrush and other freebies.

Volunteers will be needed to run the event so please contact Brian Pound (231.3383) if you can help out.

FULL DAY SUMMER TENNIS CAMPS

This year we’re hoping to run full day, weekly tennis camps over July and August. These camps would incorporate not only tennis instruction and play time, but also other activities such as soccer, basketball, crafts, table tennis and swimming. Camps will run from Monday to Friday from 9 am – 4 pm.

More information will be available at Spring Registration.
NORWOOD LADIES TENNIS ROUND ROBIN

Grab your racquet, find your old Billy Jean King tennis dress and get ready to play! A Round Robin doubles tennis event, open to beginner tennis players will take place on Sunday June 27th from 2pm - 4pm. Emphasis is on fun and all levels are welcome!! Racquets will be available if needed and lower compression balls will be used to make for some good rallies. Refreshments will be provided during the event, followed by a complimentary barbecue with salads at 4 pm.

Only 12 spots available so call Brian Pound (231.3383) to register.

KIDS SOCIAL TENNIS

Tennis is a life sport and has many benefits related to other sports, such as hand eye coordination, aerobic fitness and balance. This spring we’re hoping kids will come out and play tennis one evening each week for organized social play. The courts can be reserved for a set night and time, which would hopefully coincide with other sports your kids are already involved in.

This will only go ahead if there are volunteers so if there are parents interested please call me or let Brian Pound know at Spring Registration.

NORWOOD LADIES GOLF TOURNEY

Once again, we invite the ladies of Norwood to “abandon” their families to enjoy an evening just for themselves. The good times start with a little golf and end with a tailgate party and feast, with lots of laughs in between.

The event is on Thursday, June 10 at Harbourview Golf Course. We will tee off at 5:30, but get there early to meet your team and pick up your treats. As usual, the format will be alternate shot and you have the option to fill in your score card before, during or even after the round.

For the tailgate feast, all you need to bring is a lawn chair and your appetite. We had 40 ladies last year and hope for even more this year. So call Shelley at 233-8333 to register and tell your family they're on their own that night!

P.S. Dads, surprise the hardworking mom in your household with the perfect Mother's Day Gift ... an evening out on the golf course with the ladies! (Throw in a new set of clubs and she'll be really happy.)

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.
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.

ZumbAtomic (Ages 4-11 years)
Tuesdays
4:00-5:00pm
April 6-June 8/2010 (10 classes)
$55.00 + GST = $57.75 + Booster

Zumba Fitness (Intermediate)
Wednesdays
7:30-8:30pm
April 7 - June 9/2010 (10 classes)
$65.00 + GST = $68.25

Zumba Mommy & Me/Daddy & Me (with infants up to 24 months)
Thursdays
3:15-4:15pm
April 8-June 17/2010 (10 classes)
$55.00 + GST = $57.75 + Booster

Zumba Fitness/Zumba Gold
Gentle Beginner/Intermediate Combo Class
Thursdays
4:30-5:30pm
April 8-June 17/2010 (10 classes)
$55.00 + GST = $57.75 + Booster

**No class on June 10th**

Zumba Convener - Megan Land-McCarthy
meganland@hotmail.com
285-8502
Zumba Instructor - Paula Fridman

YOGA WITH BETH MARTENS

Deck* & Family Yoga with Beth Martens

Spring Session (12 weeks)
Mondays - March 29 - June 21
7:30 - 8:30 pm

Wednesdays - April 7 - June 23
6:30 - 7:30 pm

Sunset Summer Session (8 weeks)
Wednesdays - July 7 - August 25
6:30 - 7:30 pm

Early bird spring cost: $120 + GST + club booster
Early bird summer cost: $80 + GST + club booster
Late registration ($12/class) & drop ins ($15) welcome

*Weather Depending...please bring appropriate clothing and sun protection as the NW deck is very sunny!

Call Beth at (204) 775-1100
Or email to register: yoga@bethmartens.com

For more information visit:
www.bethmartens.com
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:
April 5 - June 7, 2010 on Mondays and Thursdays - 6:30 - 7:30 pm.
Cost is $55.00 for twice a week and $45.00 for once a week classes.
Drop-in fee is $5.00
For more information call Carrie at 233-2578 or Wendy at 237-3576.

PILATES

Spring Pilates
Thinking of getting fit and firm for summer? Come join our Pilates (PUL-AH-TEASE) class and see just how strong and long you can be! No equipment and no experience required. This is a great class for adults of all ages taught by the fabulous, certified Alexandria!

Classes will start in late March on Thursdays at 8:15 pm, run for 10 weeks, and it only costs $53 + GST (Booster fee of $20 is applicable).

Please register at Spring Registration on March 9 or 13, call Teri at 237-6178 or email terimoffatt@hotmail.com

MOTHER'S DAY PANCAKE BREAKFAST

Local Norwood Community Centre’s Annual Mother’s Day Pancake Breakfast is on Sunday, May 9 from 9 am to noon.

Please come join us for some delicious pancakes and to celebrate the wonderful moms in our community.

Thanks to the “Norwood Men” for doing the cooking and cleaning for this event.

Silver collection at the door.
URBAN GREEN TEAM WORKERS NEEDED

The Norwood Community Centre will be hiring up to two summer students to do general outdoor field maintenance at the Club.

Applicants must be between the ages of 16 and 24 and live in Winnipeg. One position is for a university student, beginning as soon as May 1, and the other position is for a high school student, with a start date of June 14.

If you enjoy working outdoors, are physically fit, can work independently, and like regular week hours with no weekend work, this is the job for you!

Please apply by Sunday, April 18 for the earlier position, or June 1 for the other. Please prepare a resume and cover letter to explain how you are well-suited for this job and deliver them to Bruce Samson, 152 Lawndale Avenue.

If you have any further questions you can call 237-8661. Interviews will be taking place after the application deadlines. You will be contacted by phone.

BASEBALL, SOFTBALL and LEARN-TO-PLAY

Come and register for:

T-Ball (Learn-to-Play I) - the perfect sport for 3-6 year olds (girls and boys) that will help build team spirit while giving each child his/her own turn at bat and in the field.

Baseball – for boys aged 8 and up. We work together with the Champlain Community Centre to offer levels for boys up to 18 years.

Softball – a wonderful sport for girls. It’s lively, great exercise and loads of fun! We run many levels for girls of all ages.

For more information, please contact Karen Tarr (k.tarr@uwinnipeg.ca or call 231-8434)

MOLLY’S SHOES FOR HAITI

Shoes, sandals, runners and work boots ... got some you can spare? Well, bring them to the club at registration, and we will send them to the devastated country of Haiti. This shoe donation actually began in Washington in an elementary school where Molly Hightower's aunt is the principal. Molly herself died in the earthquake that hit Haiti. Her body was found in the orphanage where she worked with abandoned children. So take a look around the house and see what you can find to help!!
Hello everyone. Once again, Norwood is offering a spring basketball program to boys and girls ages 8 through 18. The program is offered through the WMBA (Winnipeg Minor Basketball Association). The season lasts from April to June and consists of eight regular season games plus playoff games. Every team makes playoffs. The cost of the spring season is $110 all inclusive.

As the winter season comes to a close, I would like to take this opportunity to recognize Norwood’s only team this season. This year we had Norwood’s first ever Steve Nash Youth Basketball Team. This league is for kids ages 5-7. A big thank you goes out to Rebecca Kent for taking on this tall task. Although this was the only team that wore a Norwood jersey, we had many Norwood kids playing for other community centers.

We always welcome new players and are always looking for more coaches. Basketball is an excellent way to teach kids leadership, teamwork, respect and many other positive attributes. It is also a great way to keep kids active and live healthier lives. If you have any questions or comments you can email: Pat Anderson at: pat_anderson4@hotmail.com.

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TAX CREDIT RECEIPTS

If your child has participated in a fitness program with Norwood Community Centre, you may be eligible for a child fitness tax credit. The Club will not mail your Child Fitness Tax Credit receipt to you. Rather, you can pick it up after March 1 in the Norwood Community Club office, between 7am and 1:30 pm, Tuesdays and Thursdays.

If you require more information, please visit the website www.cra.gc.ca/fitness, or call Canada Revenue Agency 1-800-959-5525.

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WINNIPEG FORD & YOU CAN HELP KIDS PLAY

Winnipeg Ford has been an incredible support for the community centres of Winnipeg and, every year, donates large sums of money to ensure all kids have the opportunity to participate in recreational programs. The Winnipeg Ford 5 has challenged each community centre to join its fundraising effort and has agreed to match our collection up to maximum of $10,000. We have set up a donation box at the Club, so let’s see if we can hit the max and make a difference in the lives of some kids.
WHAT A PARTY!!

Over thirty families showed up with snacks and their dancing shoes to make the first annual New Year’s Eve Dance Party a huge success.

Thank you to the members of the organizing committee, the volunteer ticket sellers and the clean-up crew for making this night possible.

An extra-special thank you to Karen, Murray and the entire Tarr gang providing a steady flow of popcorn and good cheer (Yup, that’s code for BEER) from the kitchen and bar.

Also, thanks to Joe Madden for the sound system and to DJ “Jazzy” Jeff Sinnock for keeping the parents and kids moving and grooving on the dance floor. (What if the hokey-pokey is what it’s all about?)

If you have any suggestions on how to make next year’s event even better or want to get involved, please contact Darla at darlamcfarlane@gmail.com. Your comments and ideas are welcome.

CAMP OUT!

The Norwood Community Centre will be hosting a community campout in the flood bowl on August 21, 2010.

Mark your calendars, sweep out your tents, and brush up on your Frisbee skills. More information coming soon!

VOLUNTEERS ALWAYS NEEDED

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

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 Regan MacDonald (reganmac@mts.net).
NORWOOD APPAREL

Norwood Community Centre Apparel is now here. Please use the order form that follows to get the newest and coolest fashions!

78063 LADIES’ RECYCLED POLYESTER FLEECE VEST

LADIES: XS - 3XL

$40.00

78064 LADIES’ RECYCLED POLYESTER FLEECE JACKET

LADIES: XS - 3XL

$52.00

78058 LADIES’ RECYCLED POLYESTER LIGHTWEIGHT JACKET

LADIES: XS - 3XL

$48.00

88136 MEN’S RECYCLED POLYESTER LIGHTWEIGHT JACKET

MENS: S - 5XL

North End recycled polyester anti-pill fleece jacket with full zipper front and lower security pockets. Easy care.

75% recycled polyester/25% polyester. 4.9oz/yd²

88140 MEN’S RECYCLED POLYESTER FLEECE VEST

MENS: S - 5XL

North End recycled polyester anti-pill fleece vest with full zipper front and lower security pockets. Easy care.

75% recycled polyester/25% polyester. 4.9oz/yd²

441011 RECYCLED POLYESTER FLEECE TOQUE

One Size

$10.00

North End recycled polyester anti-pill fleece accessories. Experience warmth in these coordinating accessory pieces. Easy care. 75% recycled polyester/25% polyester. 4.9oz/yd²
NORWOOD APPAREL

Norwood Community Centre Apparel is now here. Please use the order form that follows to get the newest and coolest fashions!

SIZE CHART

IMPORT: For the most accuracy, follow the measuring instructions. See diagram at right.

CHEST: Measure just under the arms, across fullest part of chest, around shoulder blades holding tape firm and level.

HIP: In standing position, measure around the fullest point of hips.

SLEEVE LENGTH: With arm relaxed at side and slightly bent, measure from center back neck, over the shoulder, down to the outer wrist.

INSEAM: In standing position, measure from center crotch to bottom of ankle bone. (Please refer to specific style for garment inseam lengths.)

UNISEX: Men’s medium is similar to ladies’ large. Sleeve length will be about 1 ½” longer. Body of garment is not form fitting. Unisex medium is equivalent to men’s medium through chest and sleeve length.

NORTH END North End Sport has a closer fit for a modern style and silhouette.

MEN’S GARMENT SIZE

To fit Body Measurements:
- Neck/Collar Size
- Chest
- Sleeve Length

LADIES’ GARMENT SIZE

Equivalent Ladies’ Sizes
To fit Body Measurements:
- Chest
- Hip
- Sleeve Length

HAT SIZES

The strap is adjustable to cover a circumference ranging between 21 ¼” to 24” Head Circumference.

STRETCH CAPS

S/M - Measuring by specific gauge is 21 ¼” to 22 ¼” or a hat size of 7 to 7 ¼.
L/XL - Measuring by specific gauge is 22 ¼” to 22 ¾” or a hat size of 7 ¼ to 7 ½.

BEFORE ORDERING

- All apparel will be embroidered with NCC logo
- Apparel found with defects in materials or workmanship can be exchanged within 7 days for like item
- All apparel final sale
- Please determine your proper size before ordering
# APPAREL ORDER FORM

**ORDER TO:** NCC LOGO APPAREL  
**ATTN:** Jack Jufts  
Norwood Community Centre  
87 Walmer Street  
Winnipeg, MB

**DROP OFF COMPLETED ORDER FORM TOGETHER WITH YOUR CHEQUE FOR TOTAL AMOUNT AT THE CLUB PLEASE MAKE CHEQUES PAYABLE TO NORWOOD COMMUNITY CENTRE**

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**MORE INFORMATION AND SIZE CHART AVAILABLE AT THE CLUB**

**ORDER FORMS MUST BE IN NO LATER THAN MARCH 15, 2010**

TOTAL THIS PAGE