



NORWOOD COMMUNITY CLUB

87 Walmer

www.norwoodcc.ca

PRESIDENT'S MESSAGE

Hello Neighbours!

Well, for the first half of November, some of us were enjoying the unseasonably warm weather and joking about how we were "cheating" Mother Nature. The second half of November has taught us that Mother Nature always wins! Despite the fact that we gripe about the weather though, deep down many Winnipeggers actually appreciate the fact that we live in a place where we have the opportunity to enjoy the changing seasons and the unique joys that each season brings. (Yes, it's easy for me to say this in print, without fear of being pelted by snowballs!) Whether you agree or not though, I do hope you find ways to get out and enjoy the beauty of our Manitoba winter.

If you are looking for something to do to pass the long days of winter, you need look no further than your local community centre. In addition to all of our regularly scheduled programming, such as Yoga, Qi Gong, Karate and many others, in the coming months there will also be some very special seasonal events held at the club. Come out and Skate with Santa, have a blast at our Family New Year's Eve party, or take part in our annual Winter Carnival.

And with our winter sports programs now in full swing, I'd like to let everyone know that the Norwood Community Centre is currently looking for a new Hockey Convenor. We thank Carolyn Deerpalsing for her hard work in this capacity over the past four years, and we eagerly encourage all of our hockey parents to seriously consider taking on this role. As with our other sports and activities, without a convenor there is no Norwood hockey program. Carolyn will happily train and mentor anyone who wishes to give convening a try!

And finally, a word of support to long-time Norwood resident and volunteer Clay Wotherspoon, who is currently recovering at home after a recent heart attack. Who knew badminton was such a dangerous sport?? Clay, I know I speak for many in wishing you a speedy return to health!

Happy sledding everyone!

Leslie Johnston
President, NCC

NCC IMPORTANT DATES

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Skate with Santa - 2-4pm

Come to the NCC to skate with Santa! Gingerbread Cookie Decorating ~ Reindeer Food ~ Face Painting ~ Hot Chocolate & Afternoon snacks

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New Year's Family Dance

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

Join us on December 31, from 7:00pm - midnight, for a family dance party at the Club.

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Winter Carnival

Norwood, mark your Calendars and call your neighbours!

On Saturday, February 5th, the Annual NCC Winter Carnival will be held from 1:00 - 11:00 pm at the Club.

SKATE WITH SANTA

Saturday, December 18th
2-4 pm
Norwood Community Centre

Put the pencil down, move away from your "Things To Do" list and come celebrate the season with the fine folks of our neighbourhood!

Take a break and Skate with Santa (all ages)!

Gingerbread Cookie Decorating ~ Reindeer Food ~ Face Painting ~ Hot Chocolate & Afternoon snacks

What to Bring:

- Your skates, hockey sticks & sleds;
- Your Camera to capture all the action;
- Go Green and bring your own Hot Chocolate/ Coffee Mug;
- A Non-Perishable Food item for Winnipeg Harvest; and,
- Bring your Change (optional Sliver Collection to support the event).

If you have any questions or suggestions or if you would like to volunteer, please call Leslie Perring 231-1488 or email at theperrings@gmail.com

This event is a joint celebration with the Norwood Nursery School.



NAUGHTY KNITTERS CLUB

The Naughty Knitters of Norwood meet each Sunday from 2-4 pm in the Nursery School room at the Club. Want to learn? We have knitters of all ages and all levels, so come join us and we will get you started. Do you need help on a pattern? Drop in and we will help you figure it out or rip it out and start something new. We are a very relaxed and entertaining group. Knit, listen to some great music and, from time to time, enjoy a treat to snack on while knitting and chatting with friends.

If you or someone you know would like to join us, please call Shelley at 233-8333 for more information. Or, throw caution to the wind and show up with your needles and yarn!

SPRING 2011 NEWSLETTER

The next newsletter will be out in the spring of 2011. If you have something you would like to add to the next newsletter, such as information about a community event or a piece of Norwood history you would like to share, please contact either Katharine at katharine.cherewyk@gmail.com or 989.2380 or Darla at darlamcfarlane@gmail.com or 231.2717.

SECOND ANNUAL NEW YEAR'S EVE FAMILY DANCE

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

Join us on December 31st from 7pm – midnight for a family dance party at the Club. Bring a dish to share with your neighbours and your dancing shoes.

This event is free and will include music, dancing, skating, snowmobile rides, games, crafts and FUN for the whole family. Potluck food and cash bar.

Please email Darla McFarlane for tickets or more information at darlamcfarlane@gmail.com.



NORWOOD 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 newborn to 5 years old are welcome. We get together Wednesday mornings from 9:00 am to 11:00 am.

\$55.00 for the full year (Sept-June) or a drop-in fee of \$2.50. If you have questions, please contact Katharine at 989.2380 katharine.cherewyk@gmail.com, or Kim at 237-7601, kimchuck@mts.net.

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

Playgroup needs new toys! If you're cleaning out your basement and you have some lightly used, quality toys that you want to donate, please call Katharine 989.2380 to come and pick them up or drop them off at the NCC on Wednesday mornings between 9 and 11am in the large hall!



WINTER CARNIVAL

Norwood, mark your calendars and call your neighbours!

On **Saturday, February 5th**, the Annual NCC Winter Carnival will be held from **1:00 - 11:00 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 fun includes face-painting, a Jar Bar, skating, tobogganing, Mother Goose curling, sleigh rides through the neighborhood and a walking poker derby. To keep us warm, we will have bonfires burning and **FREE** hot chocolate all day long.

The evening winds down with a community **Potluck Supper** from **5-6:30pm**. Bring a dish to

share with serving utensils please. After dinner, stay for some dancing and music from **8-11pm**. The dance will include a cash bar with beer and wine and free soda pop.

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 you 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.

NORWOOD HISTORY - 137 TACHE AVENUE



My home was built in 1912 by Dr. and Mrs. Christopher R. Rice to accommodate his medical practice. One front door led into the doctor's offices which took up several rooms on the first floor; the other door opened into the family's home. Typical of the Arts and Crafts style of architecture, the house featured a large stone porch, numerous interesting windows, and beamed ceilings and wainscoting in the 15x32' living room. All rooms were very spacious and the second floor bedrooms measured 12x22' each. Also on this level was a large screened sleeping porch which looked out onto Tache from an eyebrow window.

While her husband fought overseas in W.W.1, Mrs. Rice spared no expense in completing the house ordering bathroom fixtures and fireplaces from England while the war raged. When she was finished, the house was magnificent. According to a neighbour, Dr. Rice could no longer afford to live in the house when he returned from the war and he sold the house to John Robert Hogg, a grain merchant in 1919.

When Mr. Hogg died in 1935, ownership passed to his wife Margaret and their son, Robert William, a single teacher. It seems that some renovations were made to the house at this time as we have found 1935 newspapers stuffed in the walls. According to another neighbour, Robert rented out rooms to other single gentlemen until he died in 1941 when The Canada Permanent Trust Company took over the administration of his estate until 1948 when the house was sold to Charles Nelson Pogue, an inventor.

Mr. Pogue had just made world-wide attention by building an automobile carburetor which supposedly drove two hundred miles on a gallon of gas. The invention caught the interest of would-be-investors, in all parts of the world, and Pogue was given laboratory space in the Amphitheatre Rink owned by W.J. Holmes to work on his invention. One day, while Pogue had lunch, thieves broke into the lab and stole his carburetors. It was speculated that oil companies had "bought him out". To avoid the rumours and questions that surrounded the carburetors' disappearance, the quiet man moved to Montreal. He left his two sisters-in-law to live in and take care of his house until he returned about sixteen years later. A wall was built to make a duplex out of the property and they all lived there until 1971 when I purchased the house.

Since buying the house, the second floor sleeping porch has been winterized and is now a comfortable den and a bathroom was added in an attic space on the same level. A wall was demolished to convert the house back to a single family dwelling; the kitchen has been up-dated several times. Little else has had to be done to this amazing house. I fell in love with 137 Tache the very first time that I saw it and still acknowledge my good fortune daily.

- Gail Nep

NORWOOD ADULT CONDITIONING CAMP - Winter Session

THE PROGRAM

Think boot camp, but unlike many other clubs and programs, we've brought in black belts, boxers and kick boxers. So when you join the boxing class, you don a pair of boxing gloves, learn how to punch and spend the evening training like a boxer. That means lots of shadow boxing, punching focus mitts and doing sit ups, pushups and burpees.



Kickboxing introduces you to a lot of unique techniques, but all in the name of conditioning. Yes, you'll learn to kick, punch and use your knees, but you do it for exercise and in the end - you'll also be doing it for fun.

Circuit training night will have you working through stations where you'll do a range of things including boxing exercises, kickboxing exercises, some unique

exercises on the mats and some straightforward traditional exercises.

Classes begins on January 2, 2011 and run through to March 29, 2011. **Please note that for this session, boxing will run on alternating Mondays and Tuesdays.**

THE COST

Option 1: Choose one of Sunday Circuit Training, Monday Cardio Boxing or Wednesday Cardio Kickboxing for the price of \$8/class or \$104 + GST for 13 weeks. Note that you must choose one class i.e. people selecting Option 1 can only attend the class/night they selected.

Option 2: Choose any two of Sunday Circuit Training, Monday Cardio Boxing or Wednesday Cardio Kickboxing for the price of \$5/class or \$130 + GST for 13 weeks (26 classes). Note again that you must choose two classes and you are only free to come to the two classes you selected.

***Option 3:** The full program option which allows you to attend any class or any combination of classes

in a given week. At \$4/class or \$156 + GST for 13 weeks (39 classes) this is both the most cost effective and flexible option as schedules and availability tend to 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 \$5/class or \$156 + GST for 13 weeks (39 classes), but allows ONE person per family to attend any class during the week.

NOTE: for the boxing class and the kickboxing class you MUST have 14 oz boxing gloves. You can purchase them yourself or order a starter pack through Greg Cherewyk complete with gloves, skipping rope and hand wraps at an approximate cost of \$51.50.

Spaces are limited for each option so contact Greg Cherewyk at 989-2380 or gcherewyk@gmail.com to reserve your spot now.

\$20 NCC membership fee applies if you haven't paid this year.

18 MOVEMENT QI GONG

Qi is the energy that circulates in and around our body. A free flow of qi is necessary for optimum health and vitality on all levels. Qigong is the practice of cultivating our energy/vital life force; it is the art and science of how to nourish, protect and store the qi.

The 18 Movement Qigong Set has been developed for our modern active lives. We practice specific meridian flow-related movements with coordinated breathing and mental imagery. Classes begin January 20 and end March 24.

Thursday 11am - noon
\$42 plus \$20 club membership if needed
Call Shelley at 233-8333 to register



	Supervised Dressing Rooms Open	RINK 1	RINK 2
Monday	6:00 – 9:00pm	No sticks or pucks 6:00 – 8:00pm Hockey Practice Minor Midget 15A2 7:30 – 8:30pm	Hockey Practice House League 7&8 yr olds 6:30 – 7:30pm
Tuesday	6:00 – 9:00pm	No sticks or pucks 6:00 – 7:15pm Hockey Practice PeeWee 12A2 7:30 – 8:30pm	Hockey Practice Minor PeeWee 11A2 6:30 – 7:30pm
Wednesday	6:00 – 9:00pm	No sticks or pucks 6:00 – 8:00pm Hockey Practice Minor Midget 15A2 7:30 – 8:30pm	Shared Hockey Practice House League 5&6/7&8 yr olds 6:30 – 7:30pm
Thursday	6:00 – 9:00pm	No sticks or pucks 6:00 – 7:15pm Hockey Practice PeeWee 12A2 7:30 – 8:30pm	Hockey Practice Minor PeeWee 11A2 6:30 – 7:30pm
Friday			
Saturday	1:00 – 5:00pm	No sticks or pucks 2:00 – 4:00pm	

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!

NORWOOD COMMUNITY CENTRE

Board of Directors 2010-2011

Executive:		
*	President	Leslie Johnston
*	1st Vice-President (Operations)	Regan MacDonald
*	2nd Vice-President (Building and Grounds)	Bruce Samson
*	Treasurer	Ross Kozielec
*	Secretary	Sarah Phillips
Directors:		
	Canteen	VACANT
*	Hall Rentals	Morris Stefanec
*	Membership	Monique Wagner
	Newsletter	Katharine Cherewyk/ Darla McFarlane
*	Norwood Nursery School	Terri Moffat
	Security	Gary Oakley
*	Member at Large	Bruce Verry
*	Member at Large	Paul Pelletier
*	Member at Large	Shelley Kent
*	Member at Large	Geoff Ford
*	Member at Large	Marie Sinnock
*	Member at Large	Alex Coutu
Program Convenors/Directors:		
	Dance	VACANT
*	Hockey	VACANT
	Karate	Rhea Beltrán
	Norwood Adult Conditioning Camp (NACC)	Greg Cherewyk
	Pilates	Terri Moffatt
	Playgroup	Katharine Cherewyk/Kim Kowpak
	Soccer	Jim Darcel
	Tennis	Brian Pound
	Yoga	Glen Armstrong
	Qi Gong	Shelley Kent
	Zumba	VACANT
	Softball	Karen Tarr
	Basketball	Patrick Anderson
	Badminton	Betty Cowan/Teresa Maguet
	Norwood Group Athletic Training (NGAT)	W McFayden/C Beaudoin/C Hatherly

* Directors of Norwood Community Centre (14); Quorum = 8