

NORWOOD COMMUNITY CLUB

87 Walmer

www.norwoodcc.ca

FALL REGISTRATION

The Norwood Community Centre offers a range of fall and winter activities from knitting to kickboxing. Come down to the Club to register for one of our many and varied programs:

Wednesday, Sept. 7 6:30-8:00 pm

OR

Saturday, Sept. 10 10:00am-noon

NCC IMPORTANT DATES

Sept. 7 and 10, 2011

Fall Registration

For all NCC programs, please come down to the club to register for you and your family!

Wed., September 7, 2011

6:30 pm - 8:00 pm

OR

Sat., September 10, 2011

10:00 am - 12:00 pm

NORDIC WALKING IN NORWOOD

You've seen lots of people walking with poles along Lyndale Drive and it's time to get in on the action! Nordic Walking is a fun easy way for anyone to get active and improve their fitness level.



Who should Nordic Walk?

- people interested in a convenient, low-impact, full body activity
- avid walkers looking for more from their workout
- people in weight loss programs
- people rehabilitating lower body injuries
- people looking to cross-train
- individuals with balance or step difficulties

\$115 for a 90 minute class, which includes a set of the highest quality urban poles on the market (to continue with your new activity) as well as the opportunity to take part in walking clubs in the neighbourhood.

Instructor: Lori Hildebrandt (BPE, BEd., Certified Nordic Walking Instructor) lori99@shaw.ca

When: Sunday Sept 11 at 11:00am at the Norwood Community Centre

We will walk rain or shine however if weather is stormy the alternate date will be Sunday, Sept.18 at 11:00am.

October 13th, 2011

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 years meeting will be held on **October 13th, 2011 at 7:00 p.m.**



NORWOOD HOCKEY NEWS

St. Boniface Minor Hockey registration has changed this year and will now be done online for all ages (5 through 17 years of age) and for all community clubs within St. Boniface.

All associated hockey fees will be listed on the St. Boniface Minor Hockey website along with information regarding “try outs” for the Winnipeg East Railcats AA Hockey. Check out the St. Boniface Minor Hockey Association website at www.sbmha.ca for more information.

Attention Prospective Coaches:

We are fortunate to have many volunteers step up and support our hockey programs. If you are interested in coaching, please fill out an online application form at www.sbmha.ca

If you have any questions regarding the St. Boniface Minor Hockey Program contact Dean Matthews at 667-8710 or by email dmatty@hotmail.ca.



NAUGHTY KNITTERS CLUB...as the yarn unravels

The Naughty Knitters of Norwood are still meeting every Sunday but have extended our time from 2:00-4:00 pm to the longer 1:00-4:00 pm, so we have more time for knitting and yakking. Our numbers continue to climb, and we now have 15 naughty knitters in our club.

Some of the knitters knit just for charity. For example, we have knit scarves for the Santa Claus parade volunteers and are now knitting and crocheting shawls for hospice and palliative care to be donated in April. If you would like to donate a soft, comfy shawl, please let me know. One of our knitters knits for her church and she knits fast and furious, anything from sweaters to mitts. Because she goes through yarn at a frightening speed, we always appreciate donations of yarn too. Please contact me if you have any donations.

If you would like to learn to knit, we are the group to join. You can join us for a couple Sundays or every Sunday. I hope to see you there!

Shelley - 233-8333



PRESIDENT'S MESSAGE

Hello Neighbours,

Wow – what a glorious summer we're having! I hope that by the time this newsletter hits your doorstep, the sun will still be shining and the mosquitoes will still be hiding. It's hard to switch gears from the less-structured summer lifestyle to the hustle and bustle of fall, but the truth is that every season has its charms - my cross-country skiing friends tell me this even includes winter! So at this point, we turn our attentions to the joys of fall and the excitement – perhaps – of embarking on a new program or activity at the Norwood Community Centre. And if one of the new things you find yourself interested in is the idea of becoming more involved with your community centre, we would love to hear from you. Call a board member, send us an email or come out to one of our meetings. We're always eager to recruit new volunteers and board members and to hear their ideas.

It's been a relatively busy summer at the club again. Things just don't seem to slow down in the summer like they used to, as many of our programs now continue throughout the summer months. In addition, Norwood is the site of City of Winnipeg children's camps, and of course our own Children's Tennis Camps. Now in their second year of operation, the Tennis Camps are a HUGE success, thanks in large part to our Tennis Convenor, Brian Pound. In addition, as in past years, the NCC provided financial support to enable the wading pool to stay open additional days. It was great to see so many people, old and young, having fun at the club all summer long!

This summer we said a reluctant good-bye to our long-time Social Supervisor/Hall Rentals Manager Colleen Menard. Colleen decided that after many years (17 if you ask her, 20- something if you ask Mo!) of spending every weekend at the club, it was time to hang up her keys and start enjoying some weekends at the lake. We will miss her, but we know that she has definitely EARNED those weekends off! Best wishes from all of us, Colleen.

Volunteer Spotlight - The Tarr Family

In our last edition, we began a feature called the 'Volunteer Spotlight'. In this edition, we've decided to spotlight not just one volunteer, but an entire family of volunteers. Karen Tarr has been a member of the NCC Board of Directors for almost a decade, and has served for much of that time as our Softball Convenor. In that capacity, she has spent many hours taking registrations, forming teams, attending meetings, sorting through uniforms and equipment, answering phone calls, advocating for kids, making sure that our diamonds are in good shape, etc. But Karen's involvement doesn't stop there. She has always been the first to volunteer to help out with special events at the club, including the New Year's Family Dance, the Flood Bowl Camp Out and many others. Along the way, she has infected her entire family with the 'volunteer bug'! Husband Murray and son Kevin have been regulars behind the grill at the Mother's Day Pancake Breakfast, Murray has been the bartender at the New Year's Eve Family Dance, and the whole family has helped out at events like the Winter Carnival, year after year.



Many of the things they do are behind-the-scenes - the hours of set-up or clean-up that are not necessarily the "fun" part of volunteering, but that are necessary in order for us to enjoy all of the activities and programs offered at our club. The entire Tarr family deserves the admiration and thanks of our community. I am extremely pleased to make them our Volunteers in the Spotlight! A great big Norwood thank you to Karen, Murray, Kevin, Shannon and Adrienne Tarr for all that you do.

Leslie Johnston
President, NCC

ANNUAL SANTA EVENT

Hello Norwood!!!

The time has come for me to "pass the torch".

Yes, with all this fabulous weather, Christmas still comes to mind. As many of you know, I have been involved with planning the Santa Event at Norwood Community Centre. It has been a lovely experience seeing the little faces arrive full of anticipation and creating an opportunity to spread Christmas cheer to the fine friends and neighbours within our community. I am hoping someone is interested in taking on the position of convenor. I know this event has been a Norwood tradition long before my time... Please contact me if you are interested in keeping the community spirit alive, I would be happy to show you the ropes!!



Leslie Perring 231-1488 or theperrings@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 will 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 Tonya Potter at spotter@compositesinnovation.ca, or Tracy at pniowsky@mts.net.

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 contact the convenors above to come and pick them up or drop them off at the NCC during playgroup hours!

ATHLETIC GROUP 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: Sept. 12th - Dec. 8th Mondays and Thursdays from 6:20 pm to 7:20 pm

*(No classes October 10th, 31st, or November 10th)

Cost \$65.00 for twice a week \$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

NORWOOD ADULT CONDITIONING CAMP

Fall/Winter Session (September 18th - December 14th)

The lazy days of summer are just about behind us now and it's time to get back on track. If getting back on track means making fitness a part of your routine again then the mix of circuit training, cardio boxing and cardio kickboxing offered at the NCC is just what you need to lose weight, strengthen your core and boost your cardiovascular endurance.

When?

Sunday, Monday and Wednesday nights at the Norwood Community Centre. All classes run from 8:30 to 9:30 pm.

What can you expect?

Sunday night is circuit training night. Join Sensei Darren Walsh as he moves you from station to station doing a mix of traditional and non-traditional exercises designed to work your body from every angle.

Monday night is cardio boxing night. 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 you'll be pushed hard to do the best you can.

Wednesday night is conditioning kickboxing night. Kru Kelly Westerlund, owner of Kwest Kickboxing is bringing back 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 through their respective clubs for an additional fee.

What does it cost?

Option 1: Choose one of Sunday Circuit Training, Monday Cardio Boxing or Wednesday Conditioning Kickboxing for the price of **\$104 + GST for 13 weeks (only \$8/class)**. Note that you must choose one class i.e. people selecting Option 1 can only attend the class/night they selected so as not to disrupt the progress an instructor expects from participants.

Option 2: Choose any two of Sunday Circuit Training, Monday Cardio Boxing or Wednesday Conditioning Kickboxing for the price of **\$130 + GST for 13 weeks (that's only \$5/class for 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 **\$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 a cost of \$51.50 taxes in (incl. skipping rope and hand wraps).

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

KYOKUSHIN KARATE

Norwood Guardian Dojo Children's Program

Norwood Guardian Dojo

Ages 4-12

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 non-violent 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

Keeping up with the Joneses was a full-time job with my mother and father. It was not until many years later when I lived alone that I realized how much cheaper it was to drag the Joneses down to my level.

~ Quentin Crisp

KYOKUSHIN KARATE

Guardian Dojo Karate Adult Program (Ages 13+)

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.

What can I expect in a class?

A typical class may involve a number of things such as a warm-up and cardio-vascular training, strength training, basic techniques, forms, bag and pad work, self defense, as well as controlled and free sparring.

You will learn how to kick and punch, block and evade, throw and be thrown. You will train for fighting. In the process, you will learn self-defense. More importantly, however, you will learn how little you need to rely on these abilities as you face yourself and learn more about yourself and the people around you. You will gain a sense of

accomplishment and achievement as you learn increasingly higher levels of Kyokushin belts through quarterly belt testings. A handbook is available for each belt to help you along the way.

What are the 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 & Wednesdays:
6:00pm-8:00pm

Pricing: \$75.00/month based on 2 times a week. Family rates available at a reduced rate!

ZUMBA

Next FREE Zumba session: Sept. 8 from 7-8 pm, featuring highlights from both Zumba and Zumba Toning classes. Join us and see what the buzz is about!

This fall, we have 3 fantastic choices up for grabs:

1. Zumba

- Thursdays, Sept 15 - Dec 1 (12 weeks)
- 7-8 pm in the small hall
- \$60, GST included*

2. Zumba Toning

- Tuesdays, Sept 13 - Nov 29 (12 weeks)
- 7-8 pm in the large hall
- \$60 + 20 for sticks = \$80, GST included*

3. Special offer: take both classes for \$120 + just \$5 for sticks = \$125, GST included*

*plus booster fee if required

Call Tamara at 233-3675 if you have any questions. Registration on Sept. 7th, 6:30 - 8:00 pm or Sept. 10, 10:00 - 12 noon. Hope to see you there!



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

IMPORTANT NOTE

The NCC will be looking for someone to fill the position of Treasurer as of October. Please contact Sarah Phillips at 231-5378 or Geoff Ford at 489-7332 if you are interested.



Qi Gong/Chi Kung

The practice of Qi Gong [chee gung] teaches us how to activate and preserve our vital life force energy. While practicing gentle movements, we pay attention to our breathing and to aligning our body/mind/spirit. This helps us release energetic blockages from the meridian pathways in our body for more vitality, clarity, flexibility, anti-aging and whole body wellness in general.

We will be learning a short morning set (10 min.) and one more qigong practice set during this session. Please wear layered, non-restrictive clothing.

Start date: Fall Session Sept 22 to Nov 8 (8 classes) - Thursdays 11:00am until noon

Cost: \$45 plus cub membership of \$20

Call Shelley 233-8333 or come out to registration night on September 7th.



Remember...

Register for programs at the Norwood Community Centre on:

Wednesday, September 7, 2011

6:30 pm - 8:00 pm

OR

Saturday, September 10, 2011

10:00 am - 12:00 pm