SPRING REGISTRATION

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

Thursday, March 3  6:30-8:00 pm
OR
Saturday, March 5 10:00am-noon

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, as of February 28, you can pick up your receipt from the club office between the hours of 8am - 4pm. If you require more information, please visit the website www.cra.gc.ca/fitness, or call Canada Revenue Agency 1-800-959-5525.

SOCCER

Norwood Community Centre encourages parents and children, and adults of all ages to develop their soccer sport skills together within our communities. From 3+, everyone can participate. Please go to www.norwoodcc.ca website for details on programmes, costs and volunteer opportunities!

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While the spirit of neighborliness was important on the frontier because neighbors were so few, it is even more important now because our neighbors are so many.

-- Lady Bird Johnson
MOTHER’S DAY PANCAKE BREAKFAST

Sunday, May 8th
9am - Noon
Norwood Community Centre

Norwood Community Centre’s annual Mother’s Day Pancake Breakfast is on Sunday, May 8 from 9:00am 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.

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

PAINT AND HAMMER

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204-803-5883
Hello Neighbours,

Well, it looks like we made it through another January – now all we have to do is try and keep our heads above water in the months to come! Spring is almost upon us, which means that we will soon be taking registrations for spring and summer programming at the club. As a quick read of this newsletter will tell you, the recreational options for you and your family at the Norwood Community Centre are many and varied.

As this edition of the newsletter goes to print, we have just enjoyed a fabulous day of fun at the annual Norwood Winter Carnival, thanks in part to Mother Nature, who came through with GREAT weather, but mostly thanks to Lia Anderson and her committee, who made it all happen. Thinking back to December, thanks also go out to Leslie Perring and her “Skate with Santa” organizing committee, and all of the people who helped with the New Year’s Eve Family Dance Party.

I’d also like to send a “shout-out” to our hard-working employees, Club Manager Barry Nacci and Hall Rentals Manager Colleen Menard. Between the two of them, they are keeping our club running smoothly and shining like a new dime!

And last but NEVER least, a great big “get well” wish goes out to Norwood’s longest-serving volunteer, Morris Stefanec. I don’t think it’s an exaggeration to say that this wish is shared by our entire community. Take care, Mo!

Volunteer Spotlight

This month, we are initiating a new feature in the newsletter, designed to recognize outstanding contributions made by our volunteers. And who better to be first under the spotlight than our very own Paul Pelletier!

Paul joined the Board of Directors in 2003. Since then, he has held the position of Member at Large, Treasurer, and Community Centre Board Representative. Paul continues to be Norwood’s representative at the CCB and is diligent and scrupulous in ensuring that Norwood’s voice is heard in that forum. Paul has also been a member of a number of board committees. However, beyond any of the official roles that Paul has filled on the board, he is even better known for being the club’s “go-to guy” whenever someone needs a hand with something. When it’s registration time, he’s there to help at the cash table; when an equipment room needs to be cleaned out or re-organized, he’s there to sort through dusty uniforms; when a new project is being launched, he’s there to do whatever he can to support it. Paul has worked quietly and without fanfare throughout the years, simply doing what needed to be done and being there whenever the club needed him. Perhaps even more importantly, he brings a warm smile and a positive attitude to every meeting and every task.

Paul, congratulations on being our very first volunteer in the “spotlight,” and thank you so much for all that you’ve done for the NCC!

Leslie Johnston
President
NEW YEAR’S FAMILY DANCE

Over fifty Norwood families came to the New Year’s Eve Family Dance making this year’s event even bigger and better than last year. For those who brought donations for Koats for Kids and Dress for Success, thanks you so much for your generosity. I would like to extend an extra special thanks to the volunteers who worked hard to make this event possible: Regan and Evan MacDonald, Eddie and Alex Coutu, Ross and Tamara Kozielec, Julian and Terri Moffatt, Murray and Karen Tarr, and my “right-hand man,” Sean Gautama. I believe, we have started a new Norwood tradition!

Darla McFarlane

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!

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.

Spring session: April 4- June 6 Mondays and Thursdays from 6:20 pm to 7:20 pm

*(No classes April 21 and May 23)

Cost $60.00 for twice a week $50.00 for once a week Drop-in fee is $5.00 per class

For more information call Carrie at 233-2578 or Wendy at 237-357
CONGRATULATIONS, STARS!

The St. Boniface Stars female Peewee A1 Team are having a tremendous season. In November, the team won Gold medals at a tournament in Brandon and followed up their victory with more Gold in December at the RKCC Christmas Challenge Tournament in Winnipeg. The team is currently in first place in their division. Go, Stars!

BIG THANKS !!

Thanks to two Norwood community members for their valuable contributions: Joe Madden who generously lent the Club his PA system for the New Year’s Eve Family Dance and Rob Baker of Pakmark Ltd. who made all the signs for Winter Carnival.

ZUMBA

The Norwood Community Centre is seeking both a new Zumba Convenor and a new instructor, so we can re-launch this fantastic program at a later date. Please contact Regan MacDonald if you can help: 772-3134 or reganmac@mts.net.
The 2010 hockey season has been an exciting one for Female minor hockey in the city and specifically St. Boniface. The St. Boniface Female Hockey program has 10 teams registered throughout the various programs, and this year, a new program for Novice (8 & under) was introduced in the Winnipeg Minor Hockey League and has been deemed a success! Eight Novice teams throughout the city are playing including one from St. Boniface, which includes three 6 year olds and four 7 year olds from right here in Norwood! The season is not yet over; however, playoffs and a year-end tournament are right around the corner.

According to Hockey Canada, Female hockey is one of the fastest growing sports in the world, creating more opportunities for everyone involved in the sport. There are provincial, regional, national, and international championships, which allow players more exposure and chances to compete. Players no longer have a chance to play – they have choices on where to play.

Number of Female participants in Minor Hockey (from Hockey Canada)
1990 - 8146
2000 - 51105
2005 - 69557
2010 - expecting 100000

For more information about the St. Boniface Stars (Female Hockey), visit www.starsfemalehockey.ca or feel free to contact me about the Novice program: Brent Wagner (Novice Ass’t Coach) 256-8059 or norwag@mymts.net

Next year consider registering your daughter in Female hockey and be part of the good times!

Female Hockey is categorized into the following:

Novice: 8 & under (A1)
Atom: 9 & 10 (A1, A2)
Peewee: 11 & 12 (A1, A2)
Bantam: 13 & 14 (AA, A1,A2)
Midget: 15 to 17 (AA, A1,A2)

-- Margaret Mead
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
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, Tuesdays & Wednesdays: 6:00pm-8:00pm

Pricing: $75.00/month based on 3 times a week. Family rates available at a reduced rate!
**NORWOOD ADULT CONDITIONING CAMP**
Spring/Summer Session (April 3rd - June 29th)

### It’s time to shed the winter coat!
And if you’ve been part of the Conditioning Camp’s fall and winter sessions, then it’s time for the final push. Summer is just around the corner and this year you can look and feel better than ever. 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. We’ve pulled together an amazing group of trainers with a combined 60 years experience in their respective art forms and they’re coming prepared to help you reach your goals for the summer season.

The spring/summer session of the Conditioning Camp will also feature a nutrition session with a local clinical dietician specializing in sports nutrition. You’ll also have the opportunity to ‘benchmark’ your fitness levels and monitor progress throughout the 3 month session as you move closer to your goals. And this session, the trainers will be working together to ensure each program and each night compliments the others in order to maximize the benefits to participants.

### When?
Sunday, Mon/Tues (alternating) 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 and Jeff 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.

**Monday/Tuesday night (alternating) 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, Mon/Tues Boxing or Wednesday Conditioning Kickboxing for the price of $104 + GST for 13 weeks (that's only $8/class for 26 classes). Note again 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, Mon/Tues 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 a cost of $51.50 (incl. skipping rope and hand wraps).

See you at Spring 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.
SPRING LEAGUE BASKETBALL

As a member club of the Winnipeg Minor Basketball Association, once again Norwood will be registering players for participation in the WMBA’s spring basketball season. Spring League is open to boys & girls ages 8-18 and runs from mid-April through to the end of June. Games are once a week, and players ages 8 through 11 will play on Saturdays, while players ages 12 and up will play on Sundays. All teams will practice once during the week over the course of the program. The cost of registration for Spring League is $125.00, and there are no extra costs or charges. Coaches and volunteers are always needed to help with the program, so if you’re interested in becoming involved in the basketball program at Norwood, please contact Pat Anderson at 295-5160.

Basketball is a great way to have fun and stay fit. It is also a very reasonably priced sport. See you on the court!

FLOW YOGA WITH BETH MARTENS

Moderate Flow (7:30-8:30 pm)
Mondays through April 4, drop ins welcome $15

Beginner & Family Yoga (6:30-7:30 pm)
Wednesdays through April 6, drop ins welcome $15

New spring yoga session begins April 11 & 13 (same classes/days as above)
For more information call 775-1100.

To register visit www.yogacourses.ca or email yoga@bethmartens.com

TENNIS

The tennis courts will be ready for use as soon as the snow melts. Once again this year, we’ll be offering kids and adults drop-in lessons starting in the spring. We’ll also be running our second annual full-day weekly summer camp program, with tennis instruction and play, swimming at the Norwood pool and many other indoor and outdoor fun activities with convenient drop off and pick up times. Sign up sheets for all lesson programs will be on hand at spring registration. A separate one page newsletter will be circulated closer to the tennis season. For any information or to get involved, please call Brian at 231-3383.
### BASEBALL, SOFTBALL, AND T-BALL

**The most fun you’ll have this year!**

Crack .... The ball leaves the bat and eludes the outstretched hands of your opponents. You run as fast as you can and experience the thrill of beating the ball to first base. Softball, Baseball and T-ball are fun, exciting, great for team spirit AND provide the added bonus of guaranteeing each child a chance at bat. Every child gets her/his moment in the sun. Children who learn to play ball often continue in fun leagues as adults long after they stop other sports ... this games has lasting appeal.

**Come and register for:**

**Learn-to-Play I & II**

The perfect sport for 4-8 year olds (girls and boys). Learn-to-

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| Play I is T-ball (hitting from a T) while Learn-to-Play II has the coach pitching to the players |

| Bantam C - Monday and Wednesday - Girls ages 15-16 |

| Midget - to be determined - Girls ages 17-18-19 |

**Baseball**
For boys aged 8 and up. Norwood is currently looking for a baseball convener. If you would consider taking on this role so that we can run our own teams from Norwood, please contact Karen Tarr. Softball – a wonderful sport for girls. It’s lively, great exercise and loads of fun! There are many levels for girls of all ages.

**Mite C - Tuesday and Thursday - ages 9-10**

**Squirt C - Monday and Wednesday - ages 11-12**

**PeeWee C - Tuesday and Thursday - ages 13-14**

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**PLEASE consider getting involved as a coach, assistant coach or equipment manager. A healthy community club needs LOTS of volunteers and you can make a real difference in the lives of kids in our neighborhood. If you are a youth or adult looking for extra cash consider being an UMPIRE.**

**LET’S PLAY BALL!**

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

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*We don’t accomplish anything in this world alone ... and whatever happens is the result of the whole tapestry of one’s life and all the weavings of individual threads from one to another that creates something.*

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*Sandra Day O’Connor*