

NORWOOD COMMUNITY CLUB

87 Walmer

www.norwoodcc.ca

BREAKFAST WITH SANTA

YOU ARE INVITED!

To a shared event between the Norwood Community Centre & the Norwood Nursery School

Sunday, December 18, 2011

8:30-11:30 AM

At the Club (87 Walmer St.)

A good wholesome tradition...

~ Gingerbread Cookie Decorating ~ Make your own Reindeer Food ~ Face Painting ~

Bring your camera, you don't want to miss THAT photo opportunity!!!

Go Green and bring your own Coffee Mug/Water Bottle ("Good Planets are hard to find")

Bring your change as there's an optional silver collection to support the breakfast

PLEASE BRING A NON-PERISHABLE FOOD ITEM FOR WINNIPEG HARVEST

Questions or suggestions, please contact Leslie Perring 231-1488

Leslie.Perring@gmail.com



NCC IMPORTANT DATES

December 18, 2011

Breakfast with Santa

Pancakes, syrup, neighbours, and pictures with Santa! Need we say more? Bring the whole family from 8:30 - 11:30am at the Club.

December 31, 2011

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.

February 4, 2012

Winter Carnival

Norwood, mark your Calendars and call your neighbours!

On Saturday, February 4, the Annual NCC Winter Carnival will be held from 1:00 - 8:00 pm at the Club.

CONGRATULATIONS!

NORWOOD RESIDENT MARK REID

Congratulations to Norwood resident, editor, writer and passionate historian, Mark Reid, on the release of his new book 100 Days that Changed Canada. This book is an impressive collection of photos and thought-provoking essays describing 100 days that formed our nation and features contributions from numerous prominent Canadians, such as Peter Mansbridge, Adrienne Clarkson and Bob Rae.

As part of his cross country book tour, Mark recently dazzled several of his Norwood neighbours at his book release event at Chapters Booksellers in Winnipeg where he proved history is anything but dull.

Congratulations, Mark. We are proud to call you our neighbor and friend!



NORWOOD RESIDENT ALLISON PRESTON

Congratulations Norwood resident and talented author, Alison Preston, on the release of her latest mystery novel "The Girl in the Wall" set right here in the Flats:

Norwood Flats is a long established leafy residential area in Winnipeg. On the surface nothing out of the ordinary happens but behind closed doors, indeed behind sealed walls, Alison Preston knows what you'll find. In her latest Norwood Flats mystery, "The Girl In The Wall," retired Winnipeg Police Inspector Frank Foote can't leave crime behind. After leaving the force he takes up home renovations. While doing a job, he discovers a skeleton of a small female behind a wall. Foote may be retired but his investigative instincts are strong and he soon finds himself on the trail of a series of abominable acts.

(Taken from the September issue of "The Bookseller" found on the website of www.mcnallyrobinson.com)



PRESIDENT'S MESSAGE

Hello Everyone!

And so begins another season of activities and fun at the Norwood Community Centre. I hope you have all been enjoying our extended fall and have taken advantage of the wonderfully warm weather. As I write this letter though, I think that Old Man Winter has finally arrived. Down at NCC our fall and winter programs are well under way. Programming such as Aerobics, Karate, Yoga, Pilates, and Qi Gong have resumed, and our fall sports programs are underway as well. A big thank you goes out to everyone who helped with our fall registration. Everything listed above, plus kids' tennis, knitting club, men's fitness and even Zumba classes will be going on at the club over the long months of winter. There are lots of activities to help make those cold, dark months zip by!

A community club is all about volunteers and ours is no exception. I would like to thank everyone who has donated their time and efforts, small and large, into ensuring that our neighborhood has such an active and thriving community centre. It is not always about the big things, so to those who contribute each in their own way I wish to say a heartfelt "thank you." This year our annual volunteer appreciation evening will be held in January. Please watch your mailbox for invitations

In October, we held our Annual General Meeting (thank you to Geoff Ford, Glen Holmes and Sarah Phillips for organizing that event), and we welcomed some new faces to our Board, and to our Executive. Welcome to: new Members-at-Large, Glen Holmes and Trina McFadyen; Playgroup convenors, Tanya Potter and Tracey Pniowsky; Convenors, Dean Matthews (hockey), Alex Anderson (basketball), and Tamara Kozieliec (Zumba). I would also like to thank outgoing board members Shelley Kent, Bruce Verry and Alex Coutu for their time and dedication.

This year, Leslie Johnston takes on the role of Past President. I would like to take this opportunity to thank Leslie for the energy, commitment and time she has donated to the Norwood Community Centre. She has worked tirelessly on tasks large and small. For example, she spearheaded the addition of our multi-purpose space that contains the nursery school and was a valuable member of the board and executive who could always be counted on to calm the waters when issues arose. So the next time you see Leslie, please take the opportunity, as I do here to, say THANK YOU!

In keeping with the saying "save the best for last," I wish Morris Stefanec a huge thank you for his 40 years of volunteer service at the Club and wish him the best in his "retirement." This year, Morris's unbelievable dedication to our club was recognized at the annual community clubs' Presidents' dinner where he received the Above and Beyond Award. Morris has been the lifeblood of our club for many years, so it will be very strange not to see him there every day. With this said, I would like to remind him that he is always welcome, so feel free to drop by often to check up on us.

As the days get shorter and the temperatures begin to drop, I hope everyone has an opportunity to come down and enjoy the Norwood Community Centre in some way. From participating in our evening programming and youth sports programs to just coming in to warm up after a chilly day on the rink or toboggan slide, I welcome everyone to spend time at our Club. Watch for our winter carnival, Breakfast with Santa, the New Year's Eve Family Dance and the arrival of our outdoor ice.

Here's to a short winter! (Or if you are like me, a long, snowy one filled with outdoor activities. (Why live somewhere cold if you are not going to take the opportunity to enjoy it?))

Bruce Samson

President, NCC

WINTER CARNIVAL

Norwood, mark your calendars and call your neighbours!

On Saturday, February 4, the Annual NCC Winter Carnival will be held from 1:00 - 8:00 pm at the Club.

Come out with your family and enjoy a winter day with us. Most of the fun is free with indoor and outdoor activities and games for everyone including face-painting, Jar Bar, skating, tobogganing, Mother Goose curling, sleigh rides 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 5:00 - 6:30 pm. Just bring a dish to share, with serving utensils please. After dinner, stay for more fun. There will be dancing and music, and a cash bar with beer and wine to enjoy. Soda pop will be free.

We require a team of volunteers to organize this fun-filled event. If you can make a small donation of your time, or if you have any questions or ideas regarding this event, please send an email to the Club at (gmnorwoodcc@shaw.ca).

Jar Bar - The Jar Bar is a fun idea for the children. You should bring one jar of treats and trinkets for each child that you are bringing to donate to the Jar Bar. 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.), so be creative!



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. To reserve your spot, please send an email to Barry the Club at (gmnorwoodcc@shaw.ca).

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 one of the current conveners or Board of Directors listed at the back of this newsletter!

NEW YEAR'S FAMILY DANCE

Once again, ring in the New Year with your friends, neighbours and community!

Join us on December 31 from 7:00 pm to midnight for a family dance party at the Club. The event will include activities for the kids, music, dancing, snacks, cash bar and FUN for the whole family. Please bring a finger food item or snack to share.

This event is free of charge but tickets are required for entry. Please email darlamcfarlane@gmail.com for your tickets or with any ideas you might have on how to make this event a success.



PILATES

Pilates is off to a great start this year but it is never too late to join! Come out and stretch and strengthen your body and enjoy the company of your neighbours in 2012.

Classes are Thursdays at 8:15 pm and winter session will start January 12. Cost is \$55.65 (including GST) and the \$20.00 booster fee if required.

Please contact Teri Moffatt at terimoffatt@hotmail.com or 237-6178 for more information or come out and bring a cheque to the 1st session in January.

THREE CHEERS FOR DEAN MATTHEWS...

... our new Norwood Hockey Convenor, for all his efforts in putting together a Norwood 4, 5 & 6 year old hockey team in the Timbits league. The Norwood Falcons have been busy practicing since October and playing hard at all their games, reigniting the tradition of a home club team! Go Falcons Go!

ZUMBA

Winter's here - time to turn up the heat on your fitness program! Join us for the Zumba winter session:

Zumba Fitness: Thursdays from Jan 12 – March 22 (11 classes) - \$55 incl. GST

Zumba Toning: Tuesdays from Jan 10 – March 20 (11 classes)

- Just the classes (i.e. if you already have your weights): \$55 incl. GST
- Cost for classes plus 1.5 lb weights: \$75 incl. GST
- Cost for classes plus 2.5 lb weights: \$85 incl. GST

Contact Tamara to register (or with any questions) at 233-3675.

VOLUNTEER IN THE SPOTLIGHT



That's our 'Volunteer in the Spotlight' Brian Pound doing what he does best - getting people fired up about tennis! Brian has been a Norwood volunteer since the early 2000s, most notably as our Tennis Convenor - or rather as Tennis Manitoba calls him, our "Tennis Champion". Brian was the driving force behind the fundraising and planning that led to the resurfacing of the Norwood tennis courts and basketball court a few years back. Since that time, Brian has been on a mission to introduce his adopted neighbourhood to the joys of his favourite sport. He has held tennis clinics in local schools, offered lessons to children and adults, held "open house" tennis events and children's tournaments, and has generally made the Norwood tennis courts 'the place to be' from spring to fall.

For the past two summers, he has organized summer-long tennis camps for neighbourhood kids at the Norwood Community Centre, and these have been wildly successful. In addition to all of the work that he does to promote tennis in our community, Brian has also been an active volunteer for the NCC in a variety of other ways, including delivering newsletters with his own kids, Julia and Joel, and helping out with the planning of special events. He is a great role model for the children with whom he volunteers, with his cheerful demeanour, his kindness, and his great sense of humour. Congratulations and thank-you to Brian Pound. Australia's loss is Norwood's gain!

NORWOOD ADULT CONDITIONING CAMP

Winter/Spring Session (January 8th - April 4th)

Time to start thinking about your New Year's resolution! Heck, it's time to *make* your New Year's resolution. If making fitness a part of your routine again is part of the plan 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 from January 8th to April 4th. All classes run from 8:30 to 9:30 pm.

What can you expect?

Sunday 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.

Monday night is core strength and conditioning night. Join Kru Kelly Westerlund as he runs you through a series of high intensity interval training routines designed to work your body from every angle.

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 Cardio Boxing, Monday Core Strength and Conditioning 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 Cardio Boxing, Monday Core Strength and Conditioning 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).

Registration for the winter session will be held at the Norwood Community Centre on **Wednesday, December 28th at 7:30 p.m.** 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.

NORWOOD HOCKEY NEWS

The winter season is here as Hockey is well under way for Norwood. There was a new online registration system this year and as always with something new there are a few glitches to work out. We had approximately 50 kids register for hockey this year. Norwood is hosting the 5/6yr old Timbits, 7/8yr olds and 16yr olds hockey teams and it is starting off as a promising season.

I would like to thank the coaches for stepping up and volunteering as this is very time consuming during the winter and without volunteers the hockey program would not take off.

The ice schedule for Norwood is done and will be posted at the club and in the newsletter.

Any questions feel free to contact me at dmatty@hotmail.ca



NORWOOD ATHLETIC GROUP TRAINING

Time to get up off the couch and work off those holiday pounds? We offer a wide variety of fitness options in a friendly, fun environment all with a certified fitness instructor.

Open to all fitness levels age 16 and up. Join in step, hi/low aerobics, weight and resistance training as well as athletic workouts, boxer-size, skipping, interval and circuit training.

Classes run every Monday and Thursdays from 6:20 PM to 7:20 PM starting Monday January 9 to Thursday, March 22.

Fees:

\$60.00 for twice a week

\$50.00 for once a week

Drop in fee is \$5.00 per class

*Fees include GST

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

Public Skating Hours

	Supervised Dressing Rooms Open	RINK 1	RINK 2
Monday	6:00 – 9:00pm	No sticks or pucks 6:00 – 7:15pm Hockey Practice Minor Midget 16 7:30 – 8:30pm	Hockey Practice House League 5&6 yr olds 6:00 – 7:00pm
Tuesday	6:00 – 9:00pm	No sticks or pucks 6:00 – 7:15pm	Hockey Practice House League 7 & 8 Yr olds 6:30 – 7:30pm
Wednesday	6:00 – 9:00pm	No sticks or pucks 6:00 – 7:15pm Hockey Practice Minor Midget 16 7:30 – 8:30pm	Hockey Practice House League 5 & 6 yr Olds 6:00 – 7:00pm
Thursday	6:00 – 9:00pm	No sticks or pucks 6:00 – 7:15pm	Hockey Practice House League 7 & 8 Yr olds 6:30 – 7:30pm
Friday			
Saturday	1:00 – 5:00pm	No sticks or pucks 2:00 – 4:00pm	
Sunday	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 2011-2012

Executive:		
	President	Bruce Samson
	Past President	Leslie Johnston
	1st Vice-President (Operations)	Regan MacDonald
	2nd Vice-President (Building and Grounds)	Vacant
	Treasurer	Ross Kozielec
	Secretary	Sarah Phillips
Directors:		
	Membership	Monique Wagner
	Newsletter	Katharine Cherewyk/ Darla McFarlane
	Norwood Nursery School	Mike Furness
	Security	Gary Oakley
	Member at Large	Jason Perring
	Member at Large	Paul Pelletier
	Member at Large	Trina McFadyen
	Member at Large	Glen Holmes
Program Convenors/Directors:		
	Hockey	Dean Matthews
	Karate	Rhea Beltrán
	Norwood Adult Conditioning Camp	Greg Cherewyk
	Pilates	Teri Moffatt
	Playgroup	Tracey Pniowsky/Tonya Potter
	Soccer	Jim Darcel
	Tennis	Brian Pound
	Yoga	VACANT
	Qi Gong	Shelley Kent
	Zumba	Tamara Kozielec
	Knitting Club	Shelley Kent
	Softball	Karen Tarr
	Basketball	Alex Anderson
	Badminton	Betty Cowan/Teresa Maguet
	Norwood Group Athletic Training (NGAT)	W McFayden/C Beaudoin/C Hatherly