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. 5  6:30-8:00PM**
**OR**
**Saturday, Sept. 8 10:00am-noon**

ART IN THE COMMUNITY CENTRE

In honour of Culture Days, which is occurring across Canada on September 30, come to the Community Centre to help us celebrate our talented local artists. We will be showcasing a variety of art forms: needle felting, spinning, the pottery process, Paverpol class, sewing/macrame, music, painting (just to name a few) and, of course, knitting with the Norwood Naughty Knitters. (Bring your own knitting/crocheting/spinning/needlework and join in if you like!)

Norwood Community Centre
87 Walmer Street
Sunday, September 30, 12:00-4:00PM

And if you happen to be a person who has a talent or craft and would like to participate, please call Shelley 233-8333 or Cathy 475-7889.

Please join us, we would love to meet you.

NCC IMPORTANT DATES

Sept. 5 and 8, 2012

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

**Wed., September 5, 2012**
6:30 pm - 8:00 pm
**OR**

**Sat., September 8, 2012**
10:00 am - 12:00 pm

October 18th, 2012

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](http://www.norwoodcc.ca)) in September.

This year’s meeting will be held on October 18th, 2012 at 7:00 p.m.
ZUMBA

Zumba Toning: Tuesdays, 7-8 p.m., Sept. 11 - Dec. 11 - Total of 14 classes for $80
Zumba Fitness: Thursdays, 7-8 p.m., Sept. 20 - Dec. 20 - Total of 14 classes for $80
Early Registration: Pay by September 4th and pay just $70 per class.
Please call Tamara with any questions at 204-233-3675. Bailamos!

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 NOTICE*

The newsletter is available for download from our website at www.norwoodcc.ca

Please note: In an effort to save trees, we will no longer deliver paper copies of the newsletter to the community. Paper copies are still available at the Club. Also, you may contact our General Manager at 204-986-7056 to request that we mail a paper copy to your home.
Welcome Back Neighbours,

I hope that everyone has been having a chance to enjoy the beautiful summer we’ve had this year. It seems like it hasn't rained in forever, and I can’t even remember the last time I swatted a mosquito. The days have been so consistent and warm it is hard to believe that summer is coming to a close but the days are getting shorter and the evenings cooler so fall must be on its way. As we begin to plan our fall routines, why not take the time to investigate the programs that Norwood Community Centre has to offer and come out to our registration sessions in September? We offer a variety of programs through the fall and winter, and we are always looking for new ideas. If you have a suggestion for a program for us to carry or have an idea for a new program, please feel free to contact one of the board executive members.

Speaking of programming and the operation of the Community Centre, why not take the time to think about volunteering at the Club? As you know Community Centres are run by the people living in the neighborhood, and we always welcome new faces. It’s always easier (and more fun) when we share the job. Look for the date for our Fall AGM and come on out and meet some of your neighbours. You can contact any one of the board members, if you would like more information.

It’s been a relatively busy summer at the Club again. Now that many programs continue to run during July and August, things just don’t seem to slow down in the summer like they used to. 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 third year of operation, the Tennis Camps are a HUGE success, thanks in large part to our Tennis Convener, 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!

**VOLUNTEER SPOTLIGHT - Regan MacDonald**

In this editions “Volunteer Spotlight” I would like to draw your attention to Regan MacDonald. Her title is VP Operations but it might well be “Super Planner.” In her role, she is responsible for coordinating all the programming at the Community Centre. She works tirelessly behind the scenes to make sure each program has space to operate and ensures all the T’s are crossed and the I’s dotted for the instructors and their programs. This means, she is the first one to receive calls about “issues,” which she consistently deals with fairly and equitably to always keep the peace in the “sandbox.” She also receives oddball requests whether it be requests for a movie shoot or coordinating a “camp out” in the field. She is often the face of the Community Centre and always projects an image of a professional and well-run organization. She is also one of our more creative members as the volunteers may remember from our last appreciation dinner and the music theme that made the event so much fun. In these endeavors, she has put in many hours of volunteer time that don’t always go noticed so please join me in a round of thanks. Regan, a big Norwood THANKS for all the work you do.

Bruce Samson
President, NCC
GET 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 your 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

If you are interested in learning more, please contact Lori Hildebrandt (BPE, BEd., Certified Nordic Walking Instructor) at lori99@shaw.ca

NAUGHTY KNITTERS CLUB...as the yarn unravels

Once upon a time there were a group of ladies that got together to knit and knit they did. Hats, scarves, socks, purses, bears, etc. — anything that could be created out of yarn, they would try to make it! Some items could be identified right away, but other stuff had to be explained. Whatever they made, they enjoyed making. Sometimes they start making one thing but it turns into something else. Some people might call these “mistakes” but these ladies call them “opportunities.” Sometimes they knit for themselves but mostly for others. For example, a whole bunch of kids at the Children’s Hospital are the proud owners of new hand knit bears ... a friend to cuddle when things get scary. Also, these ladies have made shawls to wrap around your shoulders for warmth when life gets a little tough to handle.

If you want to sit and chat and perhaps even create something, please come and join us. We welcome friends of any age or gender. We have lots of chairs ready to be filled, so what are you waiting for?

We meet on Sundays starting on September 11 from 2-4pm.
The cost is just your $20 club membership fee.

See you at registration or at the first or any Sunday.

Call me!
Shelley 233-8333
Check us out on Facebook
St. Boniface Minor Hockey registration will be online for all ages (5-17) and all Community Centres in St. Boniface.

The website will list all the associated hockey fee amounts and information regarding try outs including 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.

Prospective Hockey Coaches

We are fortunate to have many volunteers step up and support our hockey programs. If you are interested in coaching, please fill out a coaches’ application online 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

St. Boniface Female Hockey Program

The 2012-13 hockey season is going to be an exciting year for female hockey in St. Boniface and Transcona. We are tiering the Novice program and adding a PeeWee AA program to our wide selection of opportunities for female hockey players. In past years, we have supported team development, team clothing credits and specialized clinics for developing young female goalies.

Female hockey is categorized into the following:

- Novice: 8 and under
- Atom: 9-10 yrs
- PeeWee: 11-12 yrs
- Bantam: 13-14 yrs
- Midget: 15-17 yrs

On Saturday September 22 @ Southdale East rink, St. Boniface Female Hockey will host a free "Novice Bring-A-Friend Day" (10:45 am) and an "Atom Bring-A-Friend Day" (12:00 am). The goal is to introduce females to hockey. We will have pizza after the free skate. Full equipment is required for safety reasons.

Please see our website for additional information.

www.starsfemalehockey.ca
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!

NORWOOD PLAYGROUP

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: September 10 - December 6 (no class Thanksgiving)

Cost: $70 for twice a week and $60 for once a week. Drop-in fee $5.
A huge Norwood "thanks" to Glenn McRae for Donating an original 1956-57 Norwood Hockey Jersey to our Club along with this letter to share a special piece of our Norwood Hockey heritage with us.

In 1956, I was ten years old. The original Norwood Community Club was an old building then. I loved playing hockey and spent just about every day or evening at the rink. It was the era of the sacred six, before expansion: Montreal, Toronto, Boston, Detroit, New York and Chicago.

I played House League, which was then the ultimate hockey for kids my age. I was a right winger just like my hero Gordie Howe. It just so happens that another ten year old boy, soon to be famous, was the center on my team. Some of us were good players, some of us were not so good, the goalie was the worst, but one young lad stood out -- his name was a Butch Goring.

The only reason our team won the '57-'58 House League championship was Butch who in one season scored over 100 goals. I got one.

We should have realized then that Butch was headed for stardom, but at ten years old, the world was a day-to-day business. No one even thought about the future except maybe to plan the next game of hockey or "spongee," a game, by the way, that many Norwooders believed was invented at Norwood Community Centre. I still believe it to this day. You had to make your own sponge puck from the red, white and blue sponge balls favoured by the kids in that day. You would put the ball in the freezer for a couple of days and then take your dad's saw and carefully cut out the white centre ring. Then ta da! A sponge puck. A little different than today.

I hope this memento brings back some fond memories of those glory days when we were all innocent and hockey was our passion.

Glenn McRae
Always a Norwooder at heart

Congratulations to Norwood Flats residents Juliana Anderson (soccer) and Shannon Tarr (softball) who brought home Gold from the Manitoba Summer Games in Swan River. Way to go, girls!
Qi Gong/Chi Kung

Qi Gong 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. Qi gong is the practice of cultivating our energy/vital force, the art and science of how to nourish, protect and store the qi.

Our fall session begins September 20 and ends November 8. The classes are on Thursday from 11am to 12pm. The fee is $47.25 taxes included. There is also a yearly Club membership fee of $20.

There will be two sets:
Set 1: 8 Movements to relieve tension in the shoulders and neck.
Set 2: Open Qi flow in the orbit.

This will be the last class taught by Erika as she is leaving us. I would like to thank her for being a wonderful addition to our club and for bringing some peace and calmness in a world of rush rush rush. She will be missed. However, I shall hear her voice every time I shut my eyes and slowly breathe in and even slower breathe out ... mmmmmmm calmness.

For more information, please contact me. Shelley - 233-8333

Remember...

Register for programs at the Norwood Community Centre on:

Wednesday, September 5, 2012
6:30 pm - 8:00 pm

OR

Saturday, September 8, 2012
10:00 am - 12:00 pm