

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 16, 2012

8:30-11:30 AM

At the Club (87 Walmer St.)

The Norwood Community Centre & Norwood Nursery School invite you to come for breakfast and fun!

ACTIVITIES:

10:00-11:00 Santa Visits

8:30-11:00 Cookie decorating,

8:30-11:00 Reindeer food making, face painting

WHAT TO BRING:

A camera to snap a photo with Santa

Go green and bring your own mug/dishes

Bring non-perishable item for Wpg Harvest

Any contributions to the silver collection to cover the cost of your meal will be appreciated.

Help is needed to run this event. If you can help with set-up, decorating or clean-up please contact Eva at 237-0627 or Kevin at 231-8434



NCC IMPORTANT DATES

December 16, 2012

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, 2012

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 3, 2012

Winter Friends

Come meet your Riverview neighbours on the Red River!

On Sunday, February 3, the First Annual Winter Friends party will take place from 1-3pm on the Red River.

CONGRATULATIONS!

NORWOOD RESIDENTS

Congratulations and thank you to our Hockey Volunteer of the Year Award winner Caroline Deerpalsing who received her award at the volunteer appreciation dinner in November.

Also, congratulations to our Hockey Players of the Year award winners, Ava Memka and Anika Wagner, of the St. Boniface Stars female hockey team. Once again, both girls are having great seasons with the St. Boniface Stars A1 Novice team. Way to go, girls!



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 on **Wednesdays** from **7:30-8:30pm** in the small hall. We will start the winter session on **January 9, 2013** and it is **\$55.65** for the **10 week** session. Contact Teri Moffatt at terimoffatt@hotmail.com or 204.237.6178 for more information.

IMPORTANT NOTICE - NEWSLETTER

In an attempt to be greener, the NCC is reducing the number of printed newsletters.

Norwood Flats residents have **FOUR OPTIONS** to obtain upcoming issues of the newsletter:

1. Visit the website to view the most recent version at www.norwoodcc.ca
2. Pick up a paper version at the Norwood Community Centre
3. Request to have the newsletter sent to you electronically after each publication
4. Request to have the newsletter mailed to you after each publication by regular mail service

If you would like to receive the newsletter by regular or electronic mail, please let us know your mailing address or email address by phoning 204-986-7056 or use the online form available from the Contact Us link on the webpage www.norwoodcc.ca

Thanks for your cooperation!

NEW YEAR'S EVE FAMILY DANCE

The 4th annual family New Year's Eve celebration will be held at the Norwood Community Centre on December 31 from 7PM – midnight. Once again, the event will include a cash bar, music, dancing and snacks. The children's area will be supervised by onsite parent helpers and will include activities such as crafts, movies and games for children of all ages. If the weather is mild enough, outdoor activities will include skating and sliding. We will also go out to the bowl to view the Forks Market fireworks at 10PM, so bring your warm clothes.

Tickets Required

Although this event is FREE, in order to respect liquor licensing policies, you must register with me in order to come. Please email me to let me know how many adults and children will be attending. This is very important!

Volunteers Needed

If you would like to volunteer to help with this event, please contact me. I require help setting up the craft and games areas for the kids, recruiting babysitters and selling drink tickets throughout the night. Also, I need a small clean-up crew to help clean up the halls on New Years morning (not too early!). None of these duties will take more than a small bit of your time, so please pitch in where you can.

We will be collecting used women's clothing for Dress for Success so if you have some items to donate, please bring them.

For those of you new to the community or those who have yet to get involved in Club events, this is a great opportunity to come meet your neighbours in a fun, informal setting. We are all very friendly and would love to meet you, so please join in the family fun!

Happy winter friends and neighbours.

Darla McFarlane
231-2717
darlamcfarlane@gmail.com



ATHLETIC GROUP TRAINING

Come and workout with your friends and neighbours!

Open to all fitness levels, ages 16 and up. 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.

Winter Session: Monday, January 7-Thursday, March 21 6:20 -7:20PM.

Cost: \$60.00 for twice a week and \$50.00 for once a week.

Drop-in fee \$5.00

WINTER FRIENDS



Sunday, February 3, 2013 from 1:00-3:00PM

As the Red River starts to freeze we will soon be walking, skating and skiing along the River Trail.

Riverview and Norwood are so close in the winter that some of us have been inspired to organize a neighbourhood party ... and the middle of the river is a perfect place!

The planning is starting and the excitement is building. Fires crackling, children laughing and neighbours meeting neighbours. So far suggestions have come in for races, rope pulls, demonstrations, children's slide, hot chocolate, music.

Do you have any fun ideas? Send them in.

Think this is a great idea? Offer to help on the organizing committee, please email:
winterfriends2013@gmail.com

See you soon.

Riverview Community Centre and Norwood Community Centre

KYOKUSHIN KARATE

Guardian Dojo

Kyokushin Karate is a full-contact martial art born out of Japan. Characterized by the integration of traditional martial arts with today's realistic applications, our programs focus on character development, physical fitness, and practical self-defense. Students not only learn to protect themselves through techniques such as kicks, punches and blocks, 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 earn increasingly higher levels of Kyokushin belts through quarterly belt testings. Training for these tests and succeeding at challenges will enhance the individual's ability to concentrate, focus, and ability to triumph over life's hurdles. Handbooks containing basic knowledge and skills required for the students' particular level are available to help them along the way.

Our philosophy is to build a healthy mind, body, and spirit. To promote positive attitudes, courtesy, discipline and respect through the practice of Kyokushin Karate! Our instructors understand that each individual has 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.

CHILDREN'S PROGRAM (Ages 4-12)

Monday & Wednesday

6:00-7:00 PM

Designed for the specific needs of children ages 4-12, students are taught a general knowledge of karate, with aspects of teamwork, courtesy, discipline and respect incorporated into each class.

Cost: \$65.00 / month based on 2 classes per week.

- Family rates available!
- Family classes available for all ages (combined with the adult program)

ADULTS PROGRAM (ages 13+)

Mondays & Wednesdays

6:00-8:00 PM

Our teens and adults classes help students to reinforce things like positive thinking, positive attitude, and camaraderie. It serves to help gain balance and harmony in life and to develop a strong body and spirit. Karate is an extremely efficient form of physical conditioning, which can be practiced by women, children, and men of all ages and abilities

Cost: \$75.00 / month based on 2 classes per week.

- Family rates available!
- Family classes available for all ages (combined with the adult program)

Classes are lead by Sensei Adrian Shum, and Sensei Markus Erkelenz, and assisted by senior students of the Guardian Dojo.

For more information on Guardian Dojo, Kyokushin Karate, Instructors, and our programs please visit us @ www.GuardianDojo.ca



NORWOOD HOCKEY NEWS

The Norwood Community Centre is hosting the Norwood Classic Hockey Tournament Jan 28 - Feb 3, 2013. We are having a 5 & 6 yr old (TimBit) division and a 7 & 8 yr old (House League) division.

All community members are encouraged to come and support our Norwood teams in each division.

All weekend the canteen will be open with popcorn, candy & hot chocolate available. Saturday afternoon there will be beer gardens and pizza by the slice available for purchase. Also, on Saturday afternoon from 1-4PM, we will have horse-drawn wagon rides through the neighbourhood for a fee.

We're also doing a progressive 50/50 and a silent auction. Any community members that want to volunteer or make a donation from your business to the silent auction can contact

Monique Wagner @ 204.256.8059 or norwag@mymts.net.



VIVA LAS VEGAS!



The Norwood Community Centre held its annual Volunteer Appreciation Dinner on November 17th, and the Las Vegas theme was evident not only in the decorations and the entertainment, but also in the FABULOUS costumes worn by the partygoers.

We had the Rat Pack, we had rhinestone newlyweds, we had tourists - we even had Cirque du Soleil! And thanks to D.J. Jeremy Kozielec, we had killer tributes to our favourite Vegas entertainers.

It was a real Norwood Flats party, and a fabulous time was had by all. Many thanks to the organizing committee!

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 SBMHA 10A2 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 Old-Timers Hockey 8:30 - 9:30pm	Hockey Practice House League 7 & 8 Yr olds 6:00 – 7:00pm
Wednesday	6:00 – 9:00pm	Hockey Practice SBMHA 7/8 6:30 - 7:30pm	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 SBMHA 7:15 - 8:15pm	Hockey Practice House League 7 & 8 Yr olds 6:00 – 7:00pm
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 Contact Listing
2012-2013**

Executive				
*	President	Bruce Samson	237-8661	samsonfamily@mts.net
*	Past-President	Leslie Johnston	233-7699	lesliejohnston@gmail.com
*	1 st Vice President – Operations	Sarah Phillips	231-5378	sarahdp@mts.net
	2 nd Vice President – Buildings & Grounds	VACANT		
*	Treasurer	Ross Kozielec	233-3675	rkoz12@yahoo.com
*	Secretary	Monica Whiteway	255-6242	monicawhiteway@gmail.com
Directors				
*	Membership	Monique Wagner	256-8059	norwag@mts.net
*	Basketball	Alex Anderson	290-7699	forqansiar@gmail.com
*	Softball	Karen Tarr	231-8434	k.tarr@uwinnipeg.ca
*	Member at Large	Jason Perring	231-1488	theperrings@gmail.com
*	Member at Large	Paul Pelletier	237-3244	ppelletier@shaw.ca
*	Member at Large	Trina McFadyen	452-8148	lichkowski@yahoo.ca
*	Member at Large	Glen Holmes	453-5896	glen.holmes@gov.mb.ca
*	Member at Large	Regan Macdonald	772-3134	reganmac@mymts.net
Directors (Non Voting)				
	Norwood Group Athletic Training (NGAT)	Wendy McFadyen	237-3576	mcfadfam@mts.net
		Carrie Beaudoin	233-2578	carrie63@mts.net
		Carla Hatherly	237-1260	hatherly@mts.net
	Badminton	Betty Cowan	237-0830	no email address
		Teresa Maguet	231-0175	tmaguet@cbminc.ca
	Newsletter	Katharine Cherewyk	989-2380	katharine.cherewyk@gmail.com
	Newsletter	Darla McFarlane	231-2717	darlamcfarlane@gmail.com
	Website Manager	Dorothea Blandford	235-0031	dorothea@theblandfords.ca
	Norwood Nursery School Liaison	TBD		
	Security	Gary Oakley	237-5225	oaks@mts.net
	Baseball	VACANT		
	Knitting Club	Shelley Kent	233-8333	shelley.kent59@gmail.com
	Norwood Adult Conditioning Camp (NACC)	Greg Cherewyk	989-2380	gcherewyk@pulsecanada.com
	Hockey	Dean Matthews	667-8710	dmatty@hotmail.ca
	Karate	Adrian Shum	962-3181	sensei.adrian@guardiandojo.com
	Pilates	Teri Moffatt	237-6178	terimoffatt@hotmail.com
	Playgroup	Tracy Pniowsky		pniowsky@mts.net
		Tonya Potter		spotter@compositesinnovation.ca
	Soccer	VACANT		
	Tennis	Brian Pound	231-3383	bripou@shaw.ca
	Yoga	Rebecca Kent	229-3954	kent.rebecca@me.com
	Qi Gong	Shelley Kent	233-8333	shelley.kent59@gmail.com