“Arriving at one goal is the starting point to another.” - John Dewey

Discipline, knowledge and a reluctance to accept mainstream thinking are the characteristics which define the truly successful. Retail investors continue to believe they are taking full advantage of investment & tax options when they’re barely scratching the surface. While the term Wealth Management is bantered around, few can truly define it. From customized, back tested portfolio construction, pension style asset management, to tax & trusts solutions, we owe it to ourselves to dig deeper.

Contact Harbourfront Wealth Management
177-B St. Mary’s Road  Winnipeg, Manitoba, R2H 1J1
t: 204-256-5555 / 1-855-214-6400  f: 204-231-5520
harbourfrontwealth.com
hemmettanseeuw.com
GM Norwood C.C.

Barry Nacci

Baseball / Lacrosse July 31 - August 4, 2017

City Explore Sports July 7-21, 2017

Baseball / Lacrosse July 10-14, 2017

you have to register with the City for these camps:

Also hosting city camps again. Check out the Leisure Guide as

Don’t forget to sign up for Spring Registration! We will be

Please do not forget to register with the City for these camps:

This program is entirely parent run, so unfortunately, if we

It is 100% fun and past convener is able to provide support/ templates.

For more information, contact Jill Sutherland:

SEEING:

• Communications Committee: liaison to help gather content - keeping our community connected! Contact Leslie P.

(204)986-7056

• Flood Bowl Campout Convener: One doozie of a night: swimming, games, music, tent, camp fire, free-range kids! Interested? Contact Ross (204)986-7056

• Annual Rummage Sale: One man’s trash is another man’s treasure – recycle! Bring the community together for a cup of Joe… We need a convener. Contact Leslie P.

(204)986-7056

• Mother’s Day Breakfast: Need some Dads to convene! Interested? Contact Ann Downey (204)986-7056

There are past conveners waiting in the wings to guide you! Many hands maintain this (#1) Great Community!

UPDATE FROM THE DESK OF

THE GENERAL MANAGER

What a winter! I am hopeful everyone is enjoying the new

rinks. It took a while to get them up and orderly during the

Fall and ready for action over the Christmas break. It was

snow, snow and more snow! We had the largest piles

of snow I have seen in the six years that I have been here. Thanks to our ice crew Braden & Stephen for great ice

The Smurf (3/4 year old) and Mini (5/6 year old) needs one

or more conveners for the 2017 Spring Season. The goal is

to encourage fun, skill and fitness development, and enthusiasm to participate in organized sports for children of all abilities and their parents. It is a great way to meet your neighbours and become involved in the community. Children play inside the hockey rinks during May and June.

Convenor Responsibilities: take registration, make teams, set season schedule, organize/distribute equipment

This program is entirely parent run, so unfortunately, if we do not have a convenor, the program will not be offered.

- Saturday, March 11th 9am – 11:00am

www.norwoodcc.ca

NORWOOD COMMUNITY CENTRE
87 Walmer St.
Winnipeg, MB R2H 3H4
Ph: 204-986-7056
Website: www.norwoodcc.ca

General Manager: Barry Nacci
Barry.Nacci@norwoodcc.ca
Onsite M-F; 7:00AM-3:30PM

Production Manager: Terry Samborski
Ph: 204-986-7056
Winnipeg, MB R2H 3H4
87 Walmer St.

COMMUNITY CENTRE

Dr. Melissa Cavanagh, DVM
Dr. William Cooke, D.M.D.     704 Osborne Street   Winnipeg, MB   R3L 2B9
Ph: (204) 474-1424 ext. 2
fx: (204) 477-0646

Dr. Erica Worb, DVM
Ph: (204) 237-4555

Dr. Elizabeth Andree, DVM
Ph: (204) 237-4555

Dr. Roosel LePetit, DVM
Ph: (204) 237-3369

Dr. Rita McKay, DVM, CVA
Ph: (204) 237-3369

Dr. Roosel LePetit, DVM
Ph: (204) 237-3369

Dr. Melissa Cavanagh, DVM
Ph: (204) 237-3369

info@aahwc.com

www.aahwc.com

Many hands maintain this (#1) Great Community!

Interested? Contact Ann Downey (204)986-7056

NORWOOD COMMUNITY MEMBERS

Looking for a great space to host your parties - Birthdays, Anniversaries, Reunions, Baby/Bridal Showers, etc, etc.? Call Barry at the Club for details (204)986-7056

URGENT NEED FOR SOCCER CONVENER

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ZUMBA CLASSES
CONTINUE ON TUESDAYS & THURSDAYS, 7:00 PM
Drop in anytime and see what all the fuss is about or check out the website for details:
http://www.norwoodcc.ca/programs/zumba-fitness/

NORWOOD ATHLETIC GROUP TRAINING
Ladies...are you looking for a safe, fun and affordable way to get active, stay fit & lose weight? Why not check out the Norwood Athletic Group Training classes. 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 workouts, boxersize, skipping, interval and circuit training.
Classes run every Monday and Thursdays from 6:20 p.m. to 7:20 p.m. (early enough to still enjoy your evening) starting Monday April 3rd, 2017 through to Thursday June 1st, 2017.
FEES:
$73.50 for twice a week
$63.00 for once a week
Drop in fee is $7.00 per class
*Fees include GST

Please register at first class
For more information please call Wendy at 237-3576 or Carrie at 233-2278

NORWOOD FITNESS PROGRAM
Are you ready for a challenge in 2017? Come join the Norwood Fitness Program.
We will challenge you with our Extreme Boot Camp, up to three times a week.
The program is all about pushing you to your limit and getting you the results you deserve. We work hard and have fun doing it. 2017 will mark the beginning of our 7th year and our members still love it!
We also offer a great compliment to our boot camp with our Yoga program. We have something for everyone so get off the couch and make a positive change.
Winter/Spring Session January 9th - June 29th 2017 (6 months)
Boot Camp - Monday, Wednesday and Thursday - 8:30 - 9:30 pm.
Yoga - Tuesday - 6:00 - 7:00 pm
Session runs from January 9th - June 29th. Join anytime!
1 day per week membership - $225
2 days per week membership - $275
3 day per week membership - $325
Family Membership - $550
(split 4 days per week)

To register or get more info email Darren:
info.norwood.fitness@gmail.com

NORWOOD COMMUNITY CENTRE – 3
NORWOOD COMMUNITY CENTRE – 4

YOGA + PILATES = YOGALATES !!!
Yogalates is an athletic blend of Pilates and Yoga. A session includes exercises and poses to build core muscles and improve strength, stamina, stability and flexibility. Obtain the benefits of the two disciplines with this perfect workout that can help you get the body you’ve always wanted!
Experience not required. Exercises can be modified for beginners or for those more experienced in either or both disciplines!
All that you need is comfortable clothes, a good sense of humour and willingness to have fun while you exercise!
Class is at Norwood CC on Wednesday at 7 pm with Heather Fall, Winter and Spring sessions (10 classes per session)
Price $60.00 per session
Sign up at Spring Registration or contact Teri for more information at:
terimoffat@hotmail.com

TEEN TENNIS
The summer tennis/sports/activity camp will be in full swing again in 2017, beginning the week of July 3 and ending the week of August 31st.
Online registrations will begin early this year, beginning in the first week of March. Cost of a 5 day camp is $160. Register early to avoid disappointment. All other tennis program information, such as cardio tennis, wheelchair tennis and kids programs will be updated on the Norwood website (www.norwoodcc.ca) closer to tennis season.
If you have an interest in a tennis program or would like to get involved please contact me.
Brian briou@shaw.ca

NORWOOD CC SOCCER PROGRAMS
2017 CONVENER’S & CONTACTS:
2017 Youth Coordinator (9yrs+): Teri Moffatt email:
terimoffat@hotmail.com
2017 Junior Coordinator (7&8yrs): Jackie Culley: NorwoodCScoccer@gmail.com 2017 Smurf & Mini Coordinator (3-6yrs): VACANT: NorwoodCScoccer@gmail.com
Our goals are to encourage fun, fitness, skill development, and enthusiasm for organized sports for children of all abilities. We support and follow Respect in Sport and Fair Play as governed by Sport Manitoba.
We are hoping to have Online Registration and payment through PayPal or Credit card available for Spring Registration.
All fees are subject to change.

SOCCER FROM 3 TO 8 YEARS
(SMURF/MINI/JUNIOR)
A) SMURF SOCCER 3&4 yrs - born 2013/2014 (NCC Fee = $35)
When: 1x per week on Mondays,
thru May & June @ 6:30PM
B) MINI SOCCER 5&6 yrs - born 2011/2012
(NCC Fees = $50)

When: 2x’s per week, Tues & Thurs thru May and June @ 6:30PM
C) JUNIOR SOCCER – U7’s (born 2010) & U8’s (born 2009)
(NCC Fees $68.24 plus $11.76 field fee = $80 total)
When: 2x’s per week during May, June and also in September from 6:00 – 7:30PM.
(7 yrs olds play Tues & Thurs / 8yrs olds play Mon & Weds)
Under the “Riel Junior Soccer League,” games are played against other nearby CC teams. Majority of games are on the small fields at nearby Nordale and Beautiful Saviour, and also include other fields such as Chaplain, Windsor, Archwood, and Glenlee.

SOCCER FROM 9 TO 18 YEARS, BORN 2008 OR EARLIER
All rec youth players register through their local community centres. Developmental soccer is available through Bonivital at: www.bonivitalsoccer.com
*Rec Youth Fees for 2017:
City Field fee $11.76 + Equipment fee $38.24 (includes your Jersey, shorts and sock) and the Bonivital Registration fees:
U9-U11 = $130
U11-U12 = $155
U13-U17 = $160
These are current estimates and may change for Spring 2017.

Dan Vandal
MP / député
Saint Boniface - Saint-Vital
4-213 St. Mary’s Road
Winnipeg MB R2H 1Z2
204-913-3183
Dan.Vandal@parl.gc.ca
www.danvandal.ca

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E-mail: glenwood@shaw.ca
YOUTH DROP-IN NIGHT
Friday, May 26th, 2017
7pm – 9pm
Grade: 4+
Admission: Free!
WHAT’S ON:
• Ping Pong, Football & Pool Tables
• Street Hockey, Floor Hockey or Bring your Football
• Bring your guitar (music maker) for Busker’s Corner
• Music
• Mantracker
• The Classics: Tag and Hide & Go Seek
• The Classics: Tag and Hide & Go Seek
• Bring your favourite board/card game
• The Classics: Tag and Hide & Go Seek
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• The Classics: Tag and Hide & Go Seek
• Music
• Your Football
• Street Hockey, Floor Hockey or Bring your Football
• Bring your guitar (music maker) for Busker’s Corner

THANK YOU!
… to all the Breakfast with Santa volunteers, along with our special convenor, Eva Downey and her family for another fabulous event! …to Amanda Wolf, Ragan Valencia and planning committee for bringing back the Winter Carnival!

FALL FROM GRACE:
Warning to husbands: You do not have to read this story.
(Your wife will do it out of the recycling box where you have hidden it and read it out loud to you and the kids.)
During our winter, some of you testosterone laden readers may be
attempted to assist mother nature in removing the ice and snow, especially from high places. I thought I would share my own sad and embarrassing story as an object lesson of warning. It’s a story full of male ego, pride, ambition and not enough neurons firing above the eyebrows. May my fall from grace help you not to…
(To go to www.norwoodcc.ca to learn from Tim what “not to do.”)

FROM NORWOOD FALCONS TO TEAM CANADA!
Congratulations Alanna Sharman on being selected to represent the CIS Team Canada in Women’s Hockey at the 2017 Winter Universiade in Kazakhstan! See www.norwoodcc.ca for more details of Alanna’s journey & highlights of her hockey and academic success!

NORWOOD COMMUNITY CENTRE PLAY GROUP
The Norwood Community Centre Playgroup is designed to be a place where children, parents and caregivers can come together, share a snack and a laugh and make some new friends in the community. Below are some details about the NCC Playgroup:

Playgroup is for children from birth to five years old accompanied by a parent or childcare provider. It runs on Wednesday mornings, 9:15 to 11:15 am, from September 21, 2016 to June 14, 2017. There are many toys, activities, and crafts that children can enjoy. The morning includes free play, snack time, and circle time. Parents and caregivers take turns providing snacks for the children and adults. We celebrate the year with a carnival wind-up complete with petting farm, visits from a fire truck and police car, bouncer, painting, bubbles and a pizza lunch.

The membership fee is $70.00 per family for the year (September to June), or $35.00 for half the year (Feb 1 to June 7). There is also a drop-in fee of $5.00 per family. Membership is encouraged if you drop in more than four times during the year. The four drop-in fees are included towards the membership fee.

Lisa Plohman has resigned as co-convenor of the Norwood Community Centre Playgroup! Lisa’s little twin girls are moving on to partner with me as co-convenor. Hatherly has graciously accepted to sign on with me to represent both Playgroups! Lisa and her daycare family for a quarter of a century. Need I say more! Thank you Carla.

If you have any questions, please contact Debbie at timdeb56@gmail.com or 204-233-8236
We look forward to seeing you at playgroup!

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If you have any questions, please contact Debbie at timdeb56@gmail.com or 204-233-8236
We look forward to seeing you at playgroup!

NORWOOD NURSERY SCHOOL – BEFORE & AFTER PROGRAM
Norwood Nursery School has openings for 3 & 4 year olds!
We offer: “licensed facility” low ratios
Norwood Nursery School has openings for 3 & 4 year olds!
We offer: “licensed facility” low ratios

NORWOOD COMMUNITY CENTRE – 5

SANTA LUCIA FUN FACTS:

Best kept secret: Our fried chicken!!
Sports fans: We love sports! We have TV’s and promos for all your favorite sports!
What’s kept us in St. B since 1977? Working together with the community is how we thrive as a whole.

NORWOOD COMMUNITY CENTRE – 6