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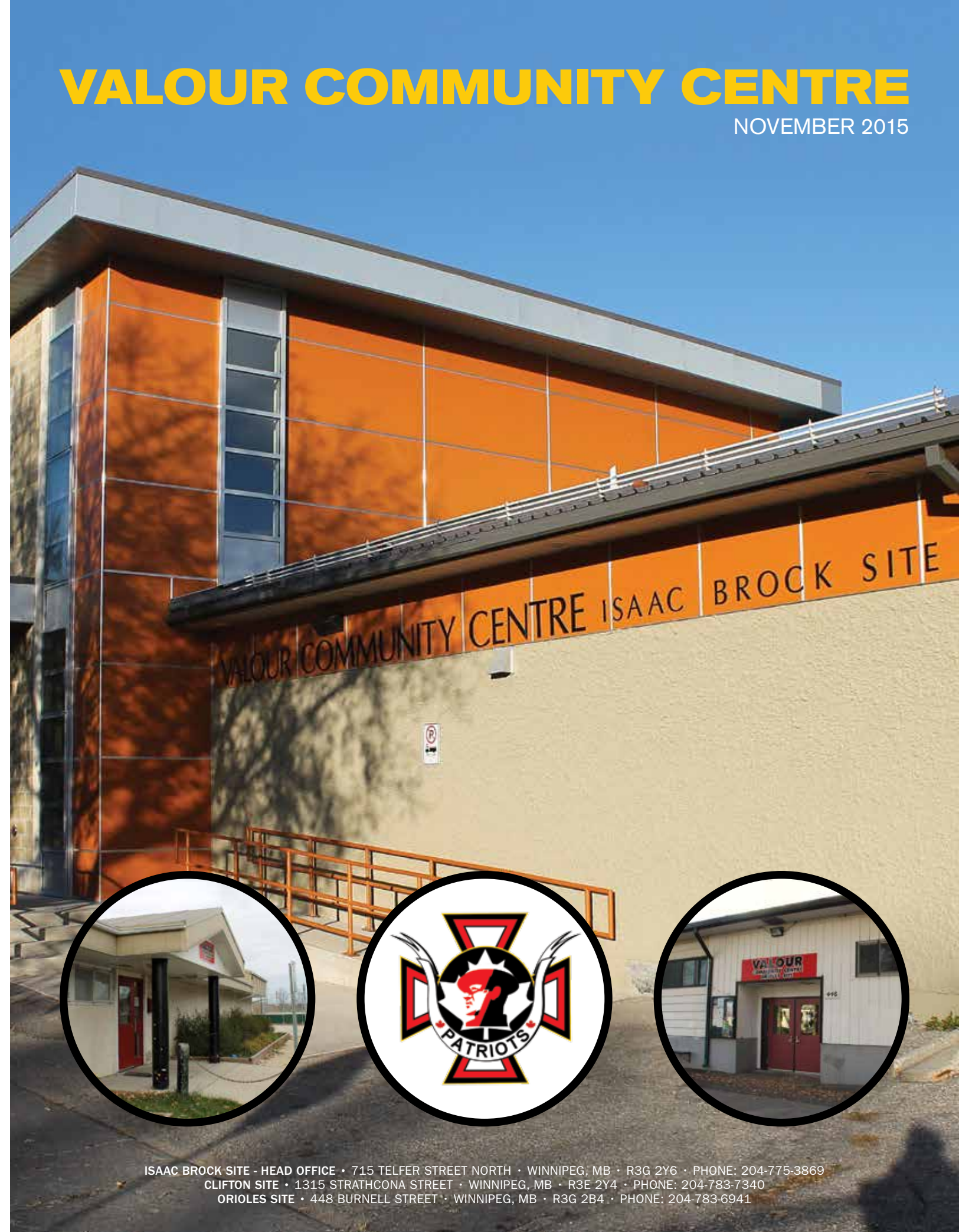
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WITHOUT YOUR SUPPORT, THIS NEWSLETTER WOULD NOT BE POSSIBLE.**

**AREA BUSINESSES: WE NEED YOUR HELP!
WE WERE NOT ABLE TO PUBLISH AN 8-PAGE NEWSLETTER THIS TIME AROUND. IF YOU ARE A BUSINESS OWNER IN THE AREA, PLEASE SHOW YOUR SUPPORT BY PLACING AN AD IN OUR NEXT NEWSLETTER, DUE OUT IN NOVEMBER. CALL TERRY AT 204-292-9678 FOR DETAILS.**



VALOUR COMMUNITY CENTRE

NOVEMBER 2015



ISAAC BROCK SITE - HEAD OFFICE • 715 TELFER STREET NORTH • WINNIPEG, MB • R3G 2Y6 • PHONE: 204-775-3869
CLIFTON SITE • 1315 STRATHCONA STREET • WINNIPEG, MB • R3E 2Y4 • PHONE: 204-783-7340
ORIOLES SITE • 448 BURNELL STREET • WINNIPEG, MB • R3G 2B4 • PHONE: 204-783-6941

BOARD MEMBERS

President – Anne Rarama
VP of HR & Administration – Sarah Hill
VP of Facilities & Grounds – Robert Younger
Secretary – Gloria Craciun
Treasurer – Mike Lennon
Social Activities – Liz Jackimec
Communications – Christina Hiebert
General Manager – Jimmy Marnoch
Soccer – Trish Goncalves
Basketball – Rosa Sousa
Mini Soccer – Sindy Ackerman-Stratton
Football – Jolene Schnerch
Boxing – Cesar Bermudez
Members at Large – Carole Bouchard-Langlois,
Rui Goncalves, Diane Proutt

CONTACT US

Addresses and telephone numbers for all three sites are shown on the front cover.

Other contact information:
Manager's Line: 204-775-5728
E-mail: vccmanager@mymts
Fax: 204-786-2723
Website: www.valourcc.ca
Facebook: [facebook.com/valourcc](https://www.facebook.com/valourcc)

MESSAGE FROM THE GENERAL MANAGER:

It's been another very busy summer at all three sites! The Clifton Site played host to a ton of soccer over the summer and the Orioles Site was buzzing with activity from our summer youth program. The Orioles Boxing Club moved up to the gymnasium permanently, which allows them to expand their program and to continue creating champions! The biggest development over the summer took place at our Isaac Brock location: the installation of a beautiful new hardwood floor in the Bob Gingras Memorial Gymnasium. This spectacular new court will host a wide array of programming, which you will find in this newsletter. Many thanks the City of Winnipeg, the General Council of Winnipeg Community Centres, and the various contractors and tradespeople who supported this project.

For more information on this exciting development or on any of Valour's programs, e-mail me at vccmanager@mts.net, visit our website www.valourcc.ca or find us on Facebook.

VOLUNTEER OPPORTUNITIES

Community centres rely on dedicated volunteers. These people work diligently to support community-led activities and are always brainstorming on their next project. There are always volunteer opportunities

within the Board of Directors as well. We have spots available on our Board for Hockey and Lacrosse convenors.

We are seeking to increase free recreational opportunities for teens in the community. We envision offering open gym nights and board game nights among other activities. This initiative will require volunteer participation from local parents.

Family Fun Nights run on the last Friday of every month. These nights are completely organized and run by parents and help is needed with the planning and supervision of activities.

If you are interested in volunteering please call Liz at (204) 775-3869. For more information about the board of directors please call Jimmy at (204) 775-5728.

FACILITY RENTALS

All three of our sites are available for renting. The Isaac Brock site is booked only for sports, while our Clifton site is great for parties/showers/socials, and our Orioles site is home to a smaller multi-purpose room perfect for meetings or small get-togethers.

Rates are as follows:

- Gym time for sports at our Isaac Brock Site (Bob Gingras Memorial Gymnasium): \$40.00 per hour + GST
- Parties/showers/get-togethers at our Clifton Site (Dave Fraser Memorial Hall) where alcohol is **NOT** served: \$45.00 per hour + GST.
- Socials/functions at our Clifton Site (Dave Fraser Memorial Hall) where alcohol **IS** served: \$975.00. Includes set-up, tear-down, 2 bartenders, 2 security staff, and access to kitchen.
- Small functions or meetings at our Orioles Site (the MPR): \$30.00 per hour + GST.

If you are interested in renting one of our facilities, please contact Jimmy Marnoch at: (204) 775-5728, or at vccmanager@mts.net.

SPORTS AND RECREATION

FOOTBALL

Valour Patriots Football Club just completed another very successful season, with all of our teams posting winning records in the regular season and making appearances in the post-season! Great job Patriots! Although the season is over, it is never too early to start planning for the next one. Registration will occur in early May 2016. Valour's football registration fees are the cheapest in the league and the teams are always competitive and FUN! Registration fee includes everything you need to play football except cleats. Practices begin late June with games in August and

September, with playoffs to follow. All ages have one game each weekend. If you have any questions about the Valour Patriots Football Club, please contact the President of Football Operations, Jeff Benson at email: presidentpatriotsfootball@gmail.com

ORIOLES BOXING CLUB

The Orioles Boxing Club is entering an exciting phase! They are moving from the basement at the Orioles Site to the main floor gymnasium (Charles Barbour Memorial Hall). This will allow the club to finally make use of their boxing ring for sparring, have a lot more room to work out, and give them an opportunity to grow their membership. They will continue their tradition of excellence and develop more boxing champions right here in the West End! The boxing gym is open Monday through Friday, 6:00 pm to 8:30 pm at the Orioles Site (448 Burnell St.). Registration for boxing is ongoing. Please register and pay directly with the instructors at the Orioles Site (448 Burnell St.). The program is open to all people aged 8 years and up, including adults, and costs just \$25.00 per month.

TAE KWON DO

Tae Kwon Do is open to all people aged 6 years and up, including adults. Classes happen on Mondays and Wednesdays from 6:00 pm to 8:00 pm at the Isaac Brock Site (715 Telfer St. N.). The focus on Monday is self-defence and Wednesday is for sparring. Classes run from September to June. Registration costs \$50.00/month and is ongoing so you can start anytime! Please register and pay at the Isaac Brock Site (715 Telfer St. N.).

KARATE

Tuesdays and Thursdays 6:00 pm to 7:00 pm at the Clifton site (1315 Strathcona)
5-12 years - \$45.00/month.
13-17 years - \$55.00/month.
18 years and up - \$65.00/month.
Family rate discounts in place! Inquire with the instructor on-site! Registration for karate is ongoing. Please register and pay at the Clifton site.

COMMUNITY YOGA

Wednesdays, 7:00 pm to 8:00 pm at the Orioles Site (448 Burnell St.)
Registration and payment for yoga goes directly through the instructor and is cash-only. Drop in \$8
5 class pass \$35
10 class pass \$60
Yoga is taught as a tool of self-empowerment and healing. Everyone is welcome regardless of experience or ability.

SOCCER

The St. Charles Soccer Association offers a winter indoor soccer program. Participants must register directly with St. Charles Soccer Association. For more information on all St Charles Soccer Association programs, please visit their website at www.stcharles-soccer.com.

MINI-SOCCER

Registration for next season will begin in March. See our next newsletter (due out in February 2016) for details or check www.valourcc.ca, call (204) 775-5728 or e-mail vccmanager@mts.net.

BASKETBALL

Registration for Fall/Winter Season is currently closed. Good luck to all players who registered! Registration for the Spring season will happen in early March 2016. Check our next newsletter, our website www.valourcc.ca, call (204) 775-5728, or e-mail vccmanager@mts.net for additional details.

ZUMBA

Offered every Tuesday and Thursday from 6:00 pm to 7:00 pm, and every Saturday from 9:30 am to 10:30 am at the Isaac Brock Site (715 Telfer St. N.). Please inquire with the instructor for more information. Registration and payment for Zumba goes directly through the instructor. First class is free!

COMMUNITY PROGRAMMING

VALOUR ROCKS MUSIC PROGRAM

FREE PROGRAM!

We have partnered with the Manitoba Conservatory of Music and Arts to provide free music instruction to youths aged 7-14. Working with talented local singer/songwriter and all around amazing musician Lindsey White, the participants will receive instruction on a variety of instruments (guitar, drums, keyboard, DJ), vocals, and song-writing.

7-14 years of age. Tuesdays and Thursdays from 4:00 pm to 6:00 pm at the Orioles Site (448 Burnell St.) Please register directly with the instructor at Orioles Site.

FABULOUSLY FREE FAMILY FUN NIGHT

FREE PROGRAM!

Family Fun Nights are held the last Friday of every month, except March, May, and June from 6:30 pm to 8:00 pm at the Isaac Brock Site (715 Telfer St. N.) This is a great way to get the whole family out together! Snacks and refreshments are provided. There are always games and arts and crafts. November 27 is Open Gym Family Night where parents can visit with their friends and let the kids burn off some energy. December 18 is our Holiday Family Night! Colouring contest, board games, snack

and of course a visit from the big red guy! Bring a tin for the bin and support Winnipeg Harvest.

Other dates:

January 29: Open Gym Family Night

February 26: Beach Night

April 29: Pajama Party

Children must be accompanied by an adult. For more information, see our website.

HEALTHY BABY PROGRAM FREE PROGRAM!

Program is for prenatal and postnatal moms with children under the age of one. Public Health Nurse and a Dietician on site to answer any questions you may have regarding yourself or your baby. We offer bus tickets to those who need them.

We provide a healthy snack (no outside food allowed)

Informal and fun and of course dads are welcome too!

This program requires no registration. Held at the Isaac Brock Site (715 Telfer St. N.) every Tuesday from 1:30 pm to 3:30 pm. For more information please call Liz at (204) 775-3869.

ISAAC BROCK LUNCH PROGRAM

We offer a lunch program at our Isaac Brock site that runs from September thru June. The cost is \$2.00/day and children must bring their own lunches. You will be billed monthly for this program. Although there is not time to actually cook food, we are happy to heat up your child's lunch should you want them to eat a hot meal. To register your child, come down to our Isaac Brock site and fill out a form.

For further information please call (204) 775-3869.

ISAAC BROCK BEFORE-AND-AFTER SCHOOL PROGRAM

We run a before-and-after school program at our Isaac Brock Site (715 Telfer St. N.) for children aged 4-12 years. We bill every 2 weeks for this program.

- \$6.00 each day before-school and \$6.00 each day after-school
- \$17.00 per full day, in-service day, or holiday
- \$11.00 for a half-day; \$11.00 for nursery or kindergarten

This program runs through the school year as well as the Christmas, spring, and summer holidays. Children must be toilet-trained.

We are open from 6:30 am to 6:00 pm, Monday - Friday (closed on statutory holidays).

While at the centre your child will be given the opportunity to socialize with other children, play in a large gym and with many new, age-appropriate toys. Art supplies are also readily

available for little artists! Over the school breaks we plan special activities or field trips. If you would like further information, please call (204) 775-3869. To register your child come down and fill out a form.

SENIORS PROGRAMMING

Valour Community Centre is pleased to offer a number of programs for seniors at our Clifton Site (1315 Strathcona St.). These programs include Table Tennis (Monday - Friday, 8:30 am to 11:00 am), Chinese Social Group featuring socializing, karaoke, and Tai Chi (Wednesday mornings), Beginner's Line Dancing (Wednesdays, 12:30 pm to 1:30 pm), and Woodcarving (Fridays, 1:00 pm to 3:00 pm)!

Please phone (204) 775-5728 for more information!

WEST END ACTIVE LIVING CENTRE

The Clifton Site (1315 Strathcona St.) is also home to the West End Active Living Centre. They offer several dance classes (ballroom, clogging, social dance, Latin dancing, Hawaiian dancing), occasional seminars, monthly luncheons, and choir group.

For more information, please call (204) 783-7340 and ask for a representative of the West End Active Living Centre, or leave a message for a call-back on the voice-mail box at (204) 775-8035.

COMMUNITY NEWS

FREE NURSERY SCHOOL

Isaac Brock School offers a free nursery school program for children who were born in 2011. They are still accepting registration. It is a half day program with availability in the afternoon that is FREE to those who live within catchment.

Please contact the school at 204-772-9527 for more information.

COMMUNITY SURVEY

Let us know what you would like from your community centre.

Valour Community Centre is currently engaging in a process to identify community needs and improve our overall direction and programming. As an initial stage in this process, we have put together a questionnaire to gather input from our community. You can complete the online survey by visiting the Valour Community Centre home page at www.valourcc.ca and following the survey link, <https://www.surveymonkey.com/s/WVDNMZJ>.

Copies of the survey will also be available at all three of our sites. Feel free to contact us with any questions by phone at 204-775-5728, by email at vccmanager@mymts.net, or in person at any of our sites.

Building Our Communities

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