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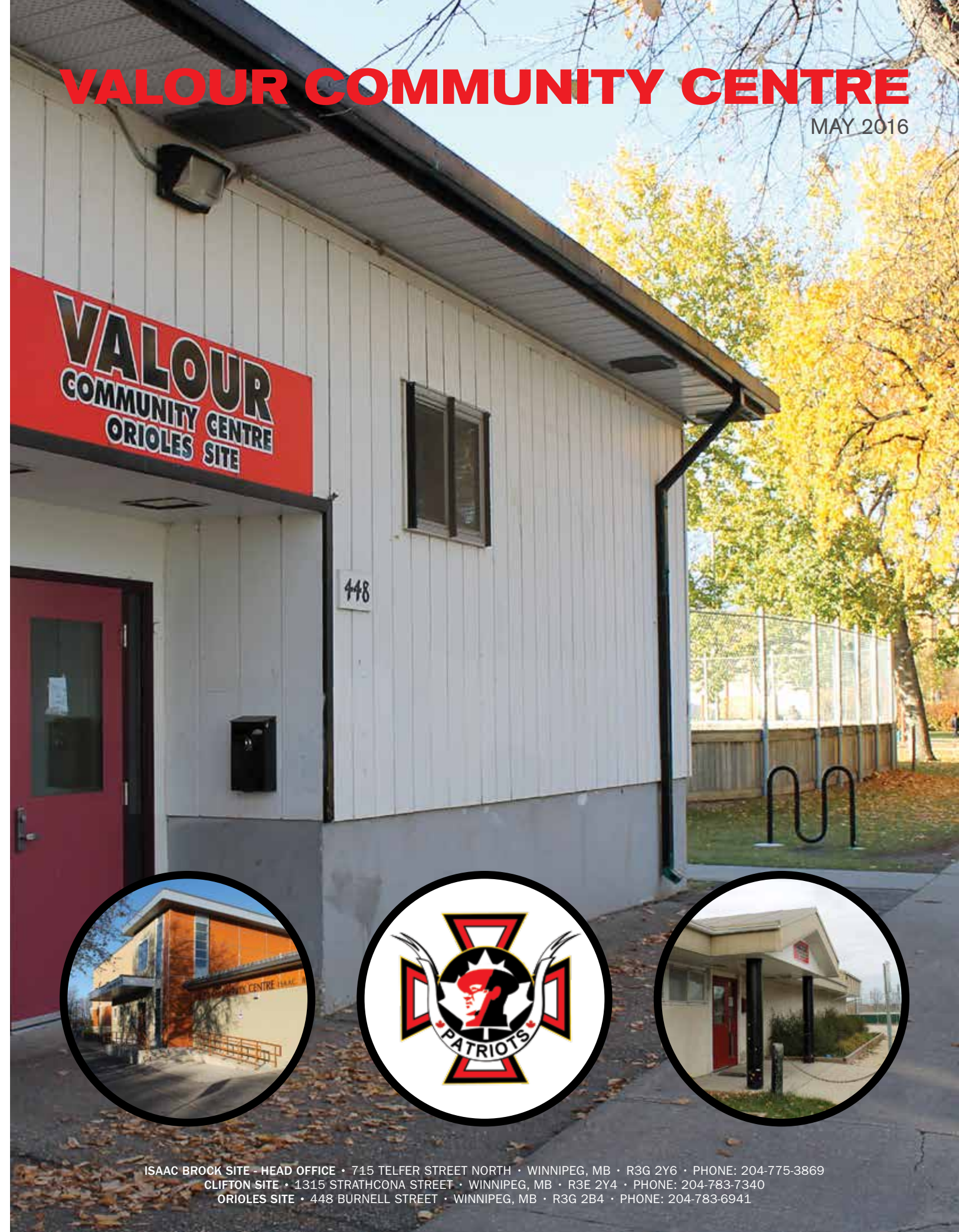


Cindy Gilroy

City Councillor for Daniel McIntyre

Let's work together

510 Main Street
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VALOUR COMMUNITY CENTRE

MAY 2016

VALOUR
COMMUNITY CENTRE
ORIOLES SITE

448



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

General Manager – Jimmy Marnoch

Soccer – Trish Goncalves

Basketball – Rosa Sousa

Mini Soccer – Sindy Ackerman-Stratton

Football – Jolene Schnerch

Boxing – Robert Bruce

Members at Large – Carole Bouchard-Langlois, Rui Goncalves, Diane Proutt, Christina Hiebert

CONTACT US

See front cover.

Manager's Line: 204-775-5728

Email: vccmanager@mymts.net

Fax: 204-786-2723

Website: www.valourcc.ca

Facebook: [facebook.com/valourcc](https://www.facebook.com/valourcc)

MESSAGE FROM THE GENERAL MANAGER

Another exciting summer coming up at Valour CC! Along with all of the soccer, mini-soccer, and football that will be played at the centre, we are thrilled to confirm that construction on a new outdoor basketball court will commence at the Clifton Site, and a full-scale renovation will be carried out at the Orioles Site's gymnasium to bring it into the 21st century! We look forward to improving our offering to the community with these improvements!

As always, if you have any questions about our programming or facilities, please feel free to call at 204-775-5728 or e-mail at vccmanager@mymts.net.

VOLUNTEER OPPORTUNITIES

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

There are always volunteer opportunities with sporting events, Family Fun Nights and positions on the board as a Sports Convener.

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

• 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

Football Registration is now closed but feel free to watch our Patriots play! Practices begin late June with games in August and September, with playoffs to follow. All ages have one game each weekend.

Registration for next season will occur May 2017. Registration fee includes everything you need to play football except cleats. Valour's football registration fees are the cheapest in the league and the teams are always competitive and FUN!

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. You can also visit our website <http://valourpatriotsfootball.ca/> or our Facebook page.

ORIOLES BOXING CLUB

The Orioles Boxing Club have completed their move from the basement at the Orioles Site to the main floor gymnasium (Charles Barbour Memorial Hall), complete with boxing ring. They are currently working towards offering new programs and opportunities for our new and more experienced boxers.

Valour Community Centre will be hosting the Golden Gloves tournament on June 18, 2016 at the Clifton Site (1315 Strathcona St.). Check out the Valour website for updates, or contact the community centre for more details.

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 Mondays is self-defence and Wednesdays are 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.).

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 registration for the summer season is now closed.

Indoor soccer registration will commence at the end of summer, and is done directly through the association.

For more information on all St Charles Soccer Association programs, please visit their website at www.stcharles-soccer.com.

MINI-SOCCER

Registration for the season is now closed. Registration for next year will begin March 2017.

BASKETBALL

Registration for the spring season is now closed. The winter season runs from October through March with registration beginning in early September.

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*

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 songwriting.

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.

FAMILY FUN NIGHT *FREE*

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.)

Family Fun Nights are a great way to get the whole family out together! Some months there is a theme and others are open gym. Snacks and refreshments are provided. There are always games and arts and crafts.

Our last one was April 29th: Pyjama Party! Our next event will be our community Carnival on Wednesday, June 1st from 3:30-6:00p.m. at the Isaac Brock site. Please check our website for more details closer to the date.

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

HEALTHY BABY PROGRAM *FREE*

Program is for prenatal and postnatal moms with children under the age of one. On site there is a Public Health Nurse and a Dietician available to answer any questions you may have regarding yourself or your baby. We offer bus tickets to those who need to get to and from group. We also provide a healthy snack and ask that no outside food be brought as we could have allergies. It is informal and fun and of course dads are welcome too!

This program is free and 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
- \$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 stat holidays).

Your child will have the opportunity to socialize with other children. We have a large gym and many new, age-appropriate toys and art supplies for our little artists! During 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, 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 2012. They are still accepting registration for classes for the Fall 2016-2017 school year. It is a half day program with classes available in the morning or afternoon. Please contact the school at 204-772-9527 for more information.

FUNDRAISING

We are currently raising funds for some of the various activities and improvements we are seeking to do with our community centre. Available until December 2016, we are selling Dominos Pizza Coupons, 5 cards for \$5. Each card is a Buy one Get 1 for \$0.99 pizza deal. They may be used at various locations in and around the city with an expiry date of

December 31, 2016.

The best part is the community centre keeps the entire \$5 raised from each sheet sold! If you are interesting in showing your support, please feel free to contact Liz at (204) 775-3869.

Please keep an eye out for other fundraising events we are planning for the future.

COMMUNITY GARAGE SALE

Have some junk that you would like made into someone else's treasure? Don't want to spend your summer weekends hosting your own yard sale? Come join us for our annual indoor "A Little Bit of Everything" sale, October 1st, 2016 located at the Isaac Brock Site (715 Telfer St. N.). Tables are \$10/6 foot or \$15/8 foot. We welcome crafters, bakers and garage sale items, as well as direct sale representatives! Please contact Liz at (204) 298-6741 for more information.

COMMUNITY SURVEY

As stated in our November 2015 newsletter, we put out a survey to the community to help us identify what needs the community might have, to improve our overall direction and programming. We have since gone over the results of the surveys we received and are working closely with a Strategic Planning Advisor to help us put some of the results into motion.

We envision offering a broader range of programming to include a larger demographic of the community with the opportunity to engage in more exciting activities that are affordable for family and friends to enjoy.

We would still like to welcome any and all input you may have in regards to improving the services we provide for the community or suggestions on new services you think would be beneficial to add to our pre-existing programming. Please feel free to send us an email at vccmanager@mymts.net, a message on our Facebook page or even come down in person to any of our sites!

YOUR AD HERE

VALOUR COMMUNITY CENTRE COUNTS ON THE SUPPORT OF LOCAL AREA BUSINESSES TO CREATE THIS NEWSLETTER EACH SPRING AND FALL. UNFORTUNATELY, WE DID NOT HAVE ENOUGH ADVERTISING TO COVER THE COST OF OUR REGULAR 8-PAGE NEWSLETTER THIS TIME AROUND.

DO YOU OWN A BUSINESS IN THE AREA? DO YOU KNOW SOMEONE WHO DOES? OUR AIM IS MAIL THIS PUBLICATION TO EVERY HOME IN THE VALOUR CATCHMENT. IF YOU ARE INTERESTED IN PLACING AN AD IN THE FALL 2016 ISSUE, CALL TERRY AT 204-292-9678 OR EMAIL HER AT TERRYWIR@SHAW.CA