



Valour COMMUNITY CENTRE

MARCH 2019
ISSUE #1

CLIFTON

ISAAC BROCK

ORIOLES

Vision Statement: to serve the whole community by providing inclusive programming and accessible facilities in a safe environment.
Mission Statement: a community hub with something fun for everyone.



Photos from the VCC Facebook Page

MESSAGE FROM THE GM

The past few years have seen a lot of improvements at Valour CC! From the installation of a new hardwood court at our Isaac Brock Site, the construction of a new outdoor basketball court at our Clifton Site, to multiple large-scale improvements at our Orioles Site (including a vastly upgraded hall/gym, a wholly redeveloped garden area, a fully repaved rink, and two new outdoor basketball courts).

The three Valour Sites now have better facilities to serve the community. But we're not done improving!

Long-term plans include redeveloping the asphalt pad at the Isaac Brock Site to make it a much more useful asset, and relocating the football field from Isaac Brock to Clifton (a major project that will include new lighting, and that will breathe new life into the Clifton Site athletic grounds). Thanks to funding from the City of Winnipeg, Valour CC will also be reducing our... *...Continued on page 2...*

BOARD MEMBERS:

President– Liz Jackimec
Past President– Anne Rarama
VP of HR & Admin– Anne Rarama
VP Facilities/Grounds– Rui Goncalves
Secretary– Dave Jackimec
Treasurer– Vacant
Social Activities– Jolene Schnerch
Communications– Sindy Ackerman-Stratton
Baseball– Holly Behringer
Basketball– Rosa Sousa
Football– Leanne Janzen
Mini Soccer– Christy King
Soccer– Trish Goncalves
Volleyball– Eliana Sorensen
Members at Large– Carole Bouchard-Langlois, Diane Proutt

Vacant positions: Treasurer, Boxing, Hockey, Lacrosse, 2x Members at Large

GENERAL MANAGER:

Jimmy Marnoch
Manager's Line: 204 775-5728
Email: vccmanager@shaw.ca
Fax: 204 786-2723

If you would like to fill one of the vacant positions on the Board, please inquire with Jimmy at the information provided above. We would love to have you as a part of our team!

ecological footprint by installing high-efficiency LED lighting in all three of our halls/gyms this summer.

We have lots of plans to continue upgrading the facilities to better serve the West End, and we are following through on these plans. The next step is to increase engagement from the community to put those facilities to good use. If you have ideas for new programs and would like to volunteer with the community centre to help positively impact your community, get in touch!

If you have any questions about programming, would like to volunteer or start a new program, or if you have inquiries about facility rentals, please call (204) 775-5728 or e-mail vccmanager@shaw.ca.

-Jimmy Marnoch
VCC General Manager

PRESIDENT'S MESSAGE

My name is Liz and I am the President of our volunteer Board of Directors. Thanks for reading our first newsletter! I'd like to take this opportunity to thank all of our community members who use our sites and to welcome all of you who haven't tried our facilities yet. We currently offer a wide variety of programming, with the focus on active living and sports. This is excellent as we all know the value of keeping active for kids and adults. We would like to expand further into other types of programs such as art or writing, cooking or baking and beading classes, as well as grow our current music and family oriented programs. With that in mind we are applying for grants to start a variety of art classes for kids and adults and we would really like to expand our Family Fun Nights to include Teen Nights and dances at our Clifton Site.

There are so many ways to become involved with Valour Community Centre. We always have open-

ings on our Board in a variety of positions. Meetings are one evening per month, usually for around an hour. We are a pretty fun group so bring your sense of humour. We also like to have a snack as food makes all meetings better! If meetings aren't your thing, there are family nights once a month, the carnival every June or mini soccer, football and baseball if you are sporty. No experience is necessary to volunteer for any of these programs. As mentioned above we want to hold Teen Nights and host a few dances for pre teens as an extension to our Family Fun Nights. To do this we need a few parents who are interested in helping to give their teens a safe place to hang out and play pool, foosball, air hockey, basketball, board games and other activities. The time commitment would be minimal; it would simply be supervising the kids and making sure the equipment is used properly. An added bonus is you'll know where your teen is and what they are doing! The pre teen dances would need supervision, as well as help with set up and take down. If anyone knows a DJ who would be willing to either donate their time or give us a deal on pricing please let us know.

Volunteering is a great way to get involved in your community. I have made many great friends through my involvement with the Board. I encourage you to come down and see us or get in touch through a phone call, email or Facebook. It's good for you, your kids and your community!

If you have any questions please call Liz at (204)298-6741 or email at ejackimec@gmail.com.

-Liz Jackimec
VCC President

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FACILITY RENTALS

Gym time for sports at our Isaac Brock Site (Bob Gingras Memorial Gymnasium): \$45.00 per hour.

Parties/showers/get-togethers at our Clifton Site (Dave Fraser Memorial Hall) or Orioles Site (Charles Barbour Memorial Hall) where alcohol is NOT served: \$50.00 per hour + GST.

Socials/functions at our Clifton Site (Dave Fraser Memorial Hall) where alcohol is served: \$1000.00. Includes set-up, tear-down, 2 bartenders, 2 security staff, and access to kitchen.

Small functions or meetings at our Orioles Site (the MPR): \$35.00 per hour + GST.

There are a few smaller meeting rooms available as well at our Clifton and Isaac Brock Sites.

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

Please note that all bookings must go through the General Manager and only the General Manager. Canteen, daytime, evening and weekend staff are not permitted to accept bookings.



Cindy with her daughters, Kayla and Hayley, at the redeveloped Valour Community Centre - Orioles Site.

WORKING TOGETHER TO REDEVELOP VALOUR COMMUNITY CENTER

Community centres are important hubs for programs serving children, families, and seniors in our area. One of my most satisfying projects as Councillor has been working together with our neighbourhood on redeveloping the Valour Community Centre.

On December 18, I was happy to take part in the announcement of new funding for the Valour Community Centre through the City of Winnipeg's Renovation Grant. Valour, which proudly hosted the announcement, was one of five City owned centres to receive this grant.

This \$20,792 grant will be used to install energy efficient LED lighting in Valour's Clifton and Isaac Brock sites. Once this work is done all three Valour sites will have LED lighting; increasing energy efficiency and reducing Hydro and maintenance costs.

In the past, Valour received grants of \$50,000 for gym renovations in 2015 and \$37,881 for security upgrades in 2017.

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Enter for your chance to win a \$50 gift card to Superstore just for reading our newsletter! Fill out the ballot below and either drop it off or mail it c/o Cindy A. Stratton to our Isaac Site. Winner will be drawn March 29th, 2019 and contacted by phone. Only one entry per household address.

Name: _____

Address: _____

Phone Number: _____

CALLING ALL WESTEND RESIDENTS!!

Have you lived in the area for a long time? Did you use any of our 3 sites when you were younger? We are looking for a few volunteers to help us go through the many boxes of trophies and memorabilia that has been boxed up. It's time to get it back into trophy cases and onto the walls where people can enjoy it! If you have knowledge of our sites and would like to help please call/text Liz at (204)298-6741 or email at ejackimec@gmail.com.

Over the last few years the club has redeveloped a number of features to make the Orioles site more inviting through the City of Winnipeg's Parks and Recreation Enhancement Program. It has been a real pleasure working with the Valour board and general manager Jimmy Marnoch to consult with the community on the kind of improvements they would like to see.

The front park space has been renovated into a bike park and picnic area that is an attraction for children and their parents to enjoy. The well-used Daniel McIntyre St. Matthews (DMSMCA) community garden boxes have been relocated and include new raised beds and compost bins.

Valour Community Centre has always been close to my heart. During my youth I played ringette at the Orioles Community Club and I volunteered at Clifton Community Centre for the summer program.

Congratulations to the Board of the Valour Community Centre on this first edition of their new community newsletter! What a great way to share information on programming and help people get more involved.

I look forward to continue working with you.

-Cindy Gilroy
Councillor for Daniel McIntyre

A NOTE FROM COMMUNICATIONS

It's been a long awaited project, but it is finally here! Our very first in-house newsletter delivered to the majority of our catchment! Our goal for this project was to reach more of our catchment with our message, information about programming and everything Valour Community Centre has to offer. We hope to publish another newsletter in September, completing our goal for 2019 of publishing two newsletters in one year! Eventually we hope to expand by adding two extra issues a year whether they are printed or just digital. We also hope to expand our content to include articles written by community members and writing or art contests for kids where the winner would be published for the community to see. With your support, we are sure we can make this goal a reality! Larger projects, such as these, are always in need of more volunteers. If you would be interested in helping with the production of future issues of our newsletter, or would like to purchase an ad to help fund the production of our newsletter, please feel free to

We've got you covered, so you can focus on what matters.



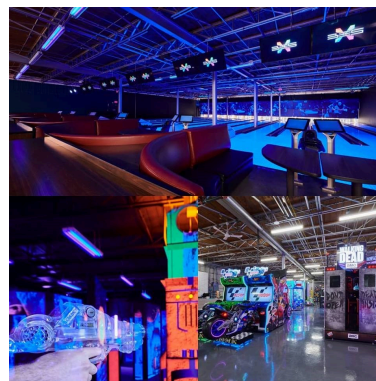


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contact me through email sindy.ackermanstratton@gmail.com.

-Sindy A. Stratton
VCC Communications Director

SPORTS & FITNESS

BASKETBALL

The Valour Patriots Basketball Club is a member in good standing of the Winnipeg Minor Basketball Association, and plays out of our Isaac Brock Site. Spring basketball season is approaching and registration will be open from February 25th, 2019 to March 11th, 2019. The league is open to any kids between the ages of 7-18. The fee is \$140 and the 2019 spring season runs from April 6th - June 16th. Registration is done directly through the Winnipeg Minor Basketball Association website at wmba.ca. Anyone applying for subsidy will have to go to the community centre - Isaac Brock site. Registration for the Fall-Winter League will commence in September with rates TBA. Please phone (204) 775-5728 or e-mail vccmanager@shaw.ca for more details.

VCC PATRIOTS FOOTBALL

Our Football program has the lowest fees in the city and includes all the equipment you need to play – excluding cleats. We do recycle cleats, and do have a small selection to offer for new and returning players.

The program is family oriented, volunteer run, and So Much Fun! Boys and girls ages 8 to 15 are

eligible to play, no experience necessary! Registration is held during the first week of May, with practices beginning in July and games running from August to October. Subsidy is available with your CRA Notice of Assessment.

Questions? Please contact our President at presidentpatriotsfootball@gmail.com. Be sure to find us on Facebook to stay up to date!

JUDO

The St. Boniface Judo club is now based out of our Clifton site. They train on Tuesdays and Thursdays from 6:30 pm to 8:30 pm. Registration for this program is done directly through the St. Boniface Judo club. If you'd like to check out the program, feel free to go down to the Clifton site on Tuesday or Thursday and inquire with the instructors on-site, or visit saintbonifacejudoclub.ca.

MINI-SOCCER

Registration for Timbits soccer starts March 1st, 2019 and runs until April 12th, 2019. No late registrations will be accepted. The child must be 4 years old by June of the registration year to play the season, no exceptions. The season runs from May through June pending condition of the fields (ie. late thaw). There are 2 games a week. Cost to play is

\$50 for ages 4-6 and \$65 for ages 7-9. Cost includes the price of pictures, wind-up and use of the jersey. Shin guards are required to play for both age groups, but cleats are optional for the 4-6 year olds. Both cleats and shin guards can be found at Walmart, Canadian Tire and even Once Upon a Child, just to name a few.

To register and pay, please come to Valour Community Centre – Isaac Brock site. If you would like your child to play on the same team as another child, please make note of the child's first and last name on your registration. Although we will try our best to accommodate all requests, we cannot guarantee all requests will be met.

Our mini soccer teams are run by volunteers and we are always looking for coaches. A willingness to run around and have fun is all you need – no experience is needed to coach mini soccer. Please consider volunteering your time. For more information, please call 204-775-3869.

SOCCER

Valour Community Centre runs a soccer program for children and youth ages 9-18. Teams are formed in partnership with other community centers in the St James, Wolseley and Charleswood areas.

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Working hard for Minto

Andrew Swan MLA for Minto

8 –794 Sargent Avenue | 204-783-9860 | AndrewSwan.ca
Andrew.Swan@YourManitoba.ca



Soccer is a great sport which allows children to develop soccer specific skills, build teamwork, communication and collaboration skills all while engaging in outdoor physical activity. Unlike mini soccer, these teams require travel to games and usually consist of 2 games and one practice per week and the opportunity to participate in tournaments.

For children who are interested in further developing their skills, St. Charles Soccer Association offers a developmental and premier program in addition to training sessions and camps.

If you would like further information regarding any of the soccer programs for 9 to 18 year olds please phone (204) 775-5728 or e-mail vccmanager@shaw.ca or you may contact our soccer convener directly at trishgoncalves@hotmail.com.

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. The focus on Monday is self-defence and Wednesday is for sparring. Classes run from September to June.

Registration is \$50.00/month and is ongoing so you can start anytime! Please register and pay at the Isaac Brock Site.

MINI T-BALL

Valour Community Centre started a new Mini-T-Ball Program in the summer of 2018. This program seeks to teach little ones the fundamentals of baseball in a fun environment. Throwing, catching, hitting, and running the bases are

all covered in a series of fun drills and games. This is not a formal team, where they play against other clubs. It is a fun skills program designed to introduce kids to baseball/softball to get them to a point where they may want to join a formal team as they get older. Registration will commence in March. Please phone (204) 775-5728 or e-mail vccmanager@shaw.ca for more details.

DROP-IN ADULT VOLLEYBALL

Gather your friends and get out of the cold for a fun night of volleyball at our Isaac Brock site. It runs weekly on Tuesdays 9:00 pm to 11:00 pm. Must be over 18 to participate. There is a limit of 21 people per night with a cost of \$3 per player. Enjoy some fun-spirited competition while meeting new people or getting together with old teammates. This co-ed drop-in is at an intermediate+ level, with both men and women spiking at the net.

Please show up 15 minutes before start to sign-in and pay the staff at the canteen before entering the gym, but no sooner as no one will be allowed in the gym before this time. Food and drink other than water is not permitted in the gym but is available for purchase at the canteen. Please remove all outdoor footwear before entering the gym and wear non-marking shoes for play.

Ready set go! Time to show off your skills!

COMMUNITY YOGA

We are currently seeking a new yoga instructor as our current instructor can no longer continue running this program. If you have the experience and have ever wanted to instruct yoga for others, consider running our Yoga

program as it's already started for you; all you have to do is teach!

ZUMBA

Strong by Zumba is offered at our Clifton site every Monday from 6-7pm. Zumba is offered on Tuesdays and Thursdays from 6-7pm and Saturdays from 9:30-10:30am at our Isaac Brock site.

Please inquire with the instructor for more information; email zumba4everkb@gmail.com. Registration and payment for Zumba goes directly through the instructor. First class is free so come check it out!

COMMUNITY PROGRAMMING

SENIORS PROGRAMMING

Valour Community Centre is pleased to offer a number of programs for seniors at our Clifton Site. The Wednesday Social Group is scheduled every Wednesday from 9:00 a.m. to noon at the Clifton Site. It is facilitated by members of the Chinese Social Club. Everyone from all cultures and ages are welcome to attend!

For those interested, a friendly game of Table Tennis starts at 9:00 a.m. Tea, coffee, and snacks are available at 10:00 a.m. Listen to some music or do some karaoke, in English or Chinese. Tai Chi takes place from 10:40 a.m. to 11:20 a.m.

Membership is \$15.00 per year and includes all the above activities. There is an additional user fee of \$3.00 per month for Table Tennis only.

Beginner's Line Dancing is scheduled on Wednesdays from 12:30 p.m. to 1:30 p.m. at Clifton Site. Cost is \$35.00 for 10...

...Continued on Page 7...

classes. Drop-ins are welcome, \$4.00 per class. Join us and learn the different line dance steps to a variety of popular music in a fun atmosphere. No dance experience or partner required. A great way to stay active and enjoy the music!

For more information on any of the above programs, please contact Anita at 204-996-5323.

There is also Woodcarving on Fridays, 1:00 p.m. to 3:00 p.m. Please phone (204) 775-5728 for more information!

You can also 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.

VALOUR ROCKS & DJ 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.

This program is open to youth 7-14 years of age on Tuesdays and Thursdays from 4:00 pm to 6:00 pm at the Orioles Site. Please register directly with the instructor at the Orioles Site.

FABULOUSLY FREE FAMILY FUN NIGHT - FREE PROGRAM!

Family Fun Nights are held the last Friday of every month from September to April, 6:30 pm to 8:00 pm at the Isaac Brock Site. They are a great way to get the whole family out together! Snacks and refreshments are

provided. There are always games and arts and crafts.

April is Pajama Party! Wear your pajamas and take part in some fun activities throughout the evening. A great way for kids to have fun and parents to relax in a safe environment.

As always, we are seeking volunteers! We are looking to expand our Family Fun Nights to also be held at our Orioles Site; all we need is a coordinator. We have everything to get you started, we just need you to run it! Interested? Please call Jolene at (204)898-8204 for more details.

COMMUNITY NEWS

FREE NURSERY SCHOOL

Isaac Brock School offers a free nursery school program for children who were born in 2015. They are still accepting...

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A HEALTHY BABY PROGRAM

Alternating Tuesdays from 1:30 p.m. to 3:30 p.m.

Valour Community Centre
Isaac Brock Site
715 Telfer Street North
Starting January 15th, 2019

West Central Women's
Resource Centre
640 Ellice Avenue
Starting January 8th, 2019



For pregnant women and
parents/caregivers with
babies up to 1 year old.

Public health nurse
and dietitian
available on site.

Child minding,
bus tickets,
snack and milk
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For more information call Liz at 204-298-6741
or visit www.valourcc.ca/community-programs/healthy-baby-program/



Valour COMMUNITY
CENTRE



HEALTHY BABY PROGRAM - FREE PROGRAM!

The Healthy Baby Program is for prenatal moms and postnatal parents and caregivers 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 tokens to those who need to get to and from group as well as free milk coupons. We also provide a healthy snack and ask that no outside food be brought as we could have allergies. It is informal and fun!

This program is free and requires no registration. Held at the Isaac Brock Site every 2nd Tuesday from 1:30 pm to 3:30 pm. Alternatively, on the other Tuesday, we are offering the program at the West Central Women's Resource Centre at 640 Ellice Ave also from 1:30 pm to 3:30 pm. Dates for where the program is located each week are located on our website, valourcc.ca.

For more information please call Liz at (204)298-6741.

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Scott JOHNSTON
MLA for St. James



Contact Info
204.615.6044
st.jamesmlajohnston@outlook.com

registrations. It is a half day program that is FREE to those who live within catchment. Please contact the school at 204-772-9527 for more information.

SPRING CARNIVAL

This year will mark our 10th annual Spring Carnival! It will take place on Thursday, June 6th, 2019. This is very exciting and we are hoping to make it one of our best! Valour Community Centre has been partnering with the Isaac Brock School Parent Council since 2010 to bring the community a fun filled day. There will be our usual fun carnival games and activities such as face painting, silent auction, our unique dunk-a-friend game, ring toss, water games, etc... And food of course, including cotton candy! In celebration of our 10th year we will be adding some new and exciting things so stay tuned. As always the event is free for all

community members to attend, but remember to bring some money for the silent auction (there is usually a bike!), and the food.

We are looking for volunteers. Whether that is people who can pull a few strings to get us a cool mascot to attend, someone who can donate an awesome prize for our silent auction or even if you just want to help out for the day, anything would be graciously accepted. The sky's the limit! Either through volunteering or attending, we hope to see you there! Watch out for more information on our website and facebook page around the month of May.

VALOUR CC AGM

Valour Community Centre's Annual General Meeting will happen in late April or early May of 2019. Please follow our Facebook Page (www.facebook.com/valourcc), or check in regularly on our website (www.valourcc.ca) for more details.

valourcc), or check in regularly on our website (www.valourcc.ca) for more details.

All are welcome and encouraged to attend the AGM! At the AGM, you will learn about the activities that occurred at the community centre throughout the previous year, get a run-down of the financial position of the centre, and hear our plans for the upcoming year.

This is also where you can directly exercise your voice as a member of the community. You can nominate fellow members of the community for positions on the Board of Directors, and participate in elections.

Come down to the AGM and get involved with Valour Community Centre!

*Thank you for
reading our newsletter!*