



Valour COMMUNITY CENTRE

SEPTEMBER 2019
ISSUE #2

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.



Photo credit Tara Magee

MESSAGE FROM THE GM

This marks my last newsletter message of my career at Valour Community Centre, as I move on to another opportunity.

The past seven years at Valour Community Centre have been incredibly rewarding for me. Working in the community every day, making meaningful connections with a great number of individuals and groups, interacting with the community at large, and putting in work to try and make Valour Community Centre all it can be has been, at times, challenging – but overall, it has been an overwhelmingly positive and valuable experience.

In the past seven years, Valour Community Centre has seen capital improvements in the form of a new hardwood court at the Isaac Brock Site, a new outdoor basketball court at the Clifton Site, a newly renovated hall at the Orioles Site, two new outdoor basketball courts at the Orioles Site, a wholly redeveloped greenspace along St. Matthews Avenue at the Orioles Site, and,...

...Continued on page 2...

BOARD MEMBERS:

President: Liz Jackimec
Past President: Anne Rarama
VP of HR & Admin: Anne Rarama
Secretary: Jolene Schnerch

Social Activities: Caleb Ackerman-Stratton
Communications: Cindy 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, John Frank, Glen Koroluk

Vacant positions: VP Facilities & Grounds, Treasurer, Boxing, Hockey, Lacrosse

GENERAL MANAGER:

GMs OFFICE

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 the General Manager at the information provided above. We would love to have you as a part of our team!

most recently, two new Bee & Butterfly Gardens at the Clifton and Isaac Brock Sites - built with volunteer planning and labour, and fully financed by Cascades Canada Inc. All three sites have seen new programs start up and thrive, and some other ones wrap up their operations throughout the years.

While the community centre has seen some fantastic improvements over the past 10 years, there is always much more to do.

Valour is always in need of input, and more importantly, volunteerism from the community. I urge residents of the West End to get involved with Valour Community Centre to broaden the scope of programming offered. If you have ideas, approach the Board, and get those ideas off the ground!

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

In closing, I want to thank the Board of Directors of Valour Community Centre, and the community as a whole, for entrusting me with the care of this amazing group of facilities for the last seven years. I know I'm leaving the centre in capable hands! Signing off,

*-Jimmy Marnoch
Former VCC General Manager*

PRESIDENT'S MESSAGE

My name is Liz and am the President of our volunteer Board of Directors. I'm very excited to be able to offer the community a second edition of our newsletter! This has been a busy time here at Valour CC. Our General Manager, Jimmy Marnoch, found a new job in August and we are still in the process of hiring for the position. I'd like to thank all our volunteers and staff for helping to fill in while we go through this process. We all wish Jimmy the best of luck in his new employment!

If you've walked past either our Clifton site or our Isaac Brock site this summer you may have noticed that we have new gardens! These are designed for our climate which means that they will need little maintenance once the plants have been in the ground for awhile. This was made possible by Cascades, a company who very generously donated \$3000.00 to pay for the gardens. We also had a couple of very dedicated volunteers who did all the legwork and organized the kids

from Isaac Brock School's Green Team to come and do the planting. They all did a fantastic job and we are very grateful!

One of our goals from last season was to expand our programming to include more than just sports. I'm happy to announce that we now have an art program and plans to start another one! For fun with all ages, we have our Family Fun Nights once a month. There are some new themes being planned so stay tuned!

There are so many ways to become involved with Valour Community Centre. We are still working on getting Teen Nights and pre teen dances up and running so if you have a teenager hanging around your house and you want to help out give us call. 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. Our Board of Directors always has openings; we meet once a month for around an hour. There are different positions open, from Treasurer to member at large. If meetings aren't your thing we also have monthly as well as yearly events for which volunteers are needed.

Volunteering is a wonderful way to get involved in your community. I have made some great friends through my volunteer work here. I encourage you come see us or to get touch via email, phone or Facebook.

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

*-Liz Jackimec
VCC President*

***On behalf of the Board of
Directors, thanks Jimmy!***

***Congratulations
and good luck!
You will be missed!***

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 the General Manager 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.

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.



Photo credit Leanne Janzen

VALOUR PATROIS FOOTBALL - PATROIS DAY 2019

Our 2019 Patriots Day was held on August 17th and was one of our most successful fundraising days to date! This year we were joined by Jermarcus Hardrick from the Blue Bombers, Energy 106, Lionel, and for the first time ever we hosted a dunk tank.

We want to thank all the community members who contributed to the day in anyway! From donations to simply attending the day, we couldn't have done it without you!

Watch for 2020 Football Registration information in the next newsletter!

-Leanne Janzen
VCC Football Convener

SEEKING ITEM DONATIONS FOR UP IN COMING ART PROGRAMS

We are seeking donations of anything that can be used for art! This includes any artist supplies that you may no longer be using or items such as old magazines, newspapers, egg cartons or toilet paper/paper towel tubes that can be used to create masterpieces! Art books are also welcome!

These items will be used to start some new programs that are in the works and help with supplies for some of our existing programs such as the Before and After School Program craft days and our Fabulously Free Family Fun Nights. Any donations would be greatly appreciated!

If you have items to donate, please contact Cindy at sindy.ackermanstratton@gmail.com.

WORKING TO IMPROVE OUR ROADS

City services like street and back lane renewal and repairs are a high priority for me.

As I write to you our office is in the middle of a road audit. I have been travelling throughout the entire Daniel McIntyre ward checking out the condition of our roads and back lanes to gain a better understanding of what residents are dealing with. Ever since being elected I have committed to do this twice a year - before and towards the end of construction season.

To my knowledge this had not been done before. Continuing street and back lane audits helps me bring attention to the need for more investment in better roads and infrastructure repairs.

You can also help by reporting potholes and bad stretches of road so they can be inspected by phoning the City's 311 line with details and the location of roads that need repair or emailing 311@winnipeg.ca. This service also allows you to attach a picture and your contact information so that you can track your service request.

I know we have work to do and I will continue these audits, advocate, and work with other Council members towards better roads and infrastructure repairs.

Please keep in touch as I share your concerns and value your insights and suggestions on how to make our neighbourhoods stronger, safer, and more supportive of everyone.

-Cindy Gilroy
Councillor for Daniel McIntyre

Want to make a difference in your community? Consider volunteering! We are always looking for help at our events or people willing to start up some new programs! Ask us how!



CINDY GILROY
City Councillor
Daniel McIntyre Ward

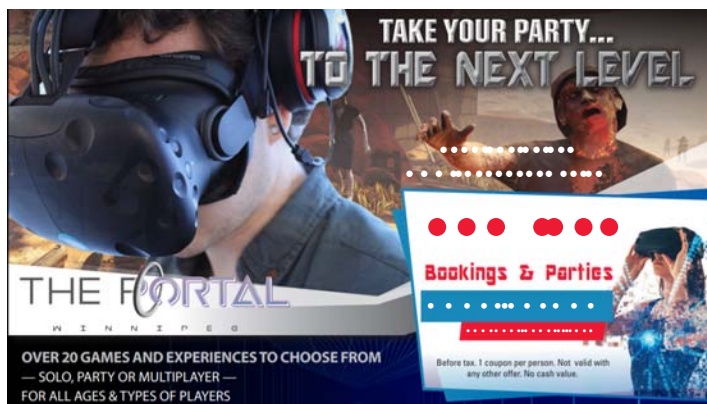
Council Building
510 Main Street
Winnipeg, MB R3B 1B9

cgilroy@winnipeg.ca

Tel: 204-986-5951

Fax: 204-986-3725

cindygilroy.com



WIN!

A \$250 Gift Card to The Portal Winnipeg
Just for Reading!

To Enter Visit:
<https://www.rafflecopter.com/rafl/display/5b09ba9b1/?>

OR visit our Facebook page or website
www.valourcc.ca and follow the links.

FABULOUSLY FREE FAMILY FUN NIGHT

Join us the last Friday of the month for a night of fun for the whole family. Listed below are the Family Fun Nights for the 2019-2020 school year. There is fun to be had by all with treats for the kids and coffee for the adults. Come on by and chat with some old friends or meet your neighbours while your kids play! Posters about the evening will be posted online, at the schools and community centre closer to the dates.

September 27th- Fancy Feet
A Back to School Dance Party

October 25th- Halloween Howl
Dress to impress! Costume contest!

November 29th- Open Gym
Let your kids run off some steam in between holidays. And right before bedtime too.

December 13th- Winter Wonderland
And a visit from Santa and his elf!

January 31st- Fairytale Friends
Dress-up like your favourite Fairytale Character. Will it be a prince or a dragon? You decide!

February 28th- Beach Night
Beach. Limbo. Ice Cream. Need I say more?

March 27th- Freaky Friday
Parents and kids switch places, just like in the movie! Come dressed like each other for a bit of chaotic fun!

April 24th- Pajama Party
A giant slumber party that ends with the parents taking their kids home and putting them straight to bed because they're already in their pajamas.

Children must be accompanied by an adult.



870 ELLICE AVENUE
TEL. (204) 774-4471
WWW.JEMINSURANCE.CA



Emerito Guevarra, Principal

HOME | AUTO | BUSINESS | GROUP BENEFITS

ALL THE BASICS AND SOME YOU
MAY NOT HAVE CONSIDERED.

OPEN Monday - Saturday
or Call for an Appointment.
Services in Tagalog.

autopac
A Manitoba Public Insurance product



Valour Community Centre's
Fifth Annual

A Little Bit of Everything



direct sales -
artisans -
vendors -

SALE

- garage sale items
- craft tables
- baking tables

Saturday, October 5th, 2019
10am to 3pm
Valour Community Centre Orioles Site
448 Burnell Street

Beverages and snacks available at the canteen. Silent Auction!
For more information call Liz at (204) 298-6741 or email ejackimec@gmail.com.
You may also reach Cindy at sindy.ackermanstratton@gmail.com.

LITTLE BIT OF EVERYTHING SALE - OCTOBER 5TH

Come check out our 5th annual Little Bit of Everything Sale. One of your last chances for Garage Saling (but so much more) before the winter hits! This sale not only has a number of garage sale tables all in one building but also direct vendors such Thirty-One, Usborne Books, Norwex, among others, as well as local bakers, crafters and soap makers! This is the sale you don't want to miss! Maybe get the last bit of your Christmas shopping completed before anyone else gets started! Details on the poster above and online.

PROGRAMMING BY SITE

ISAAC BROCK SITE

- Adult Drop-in Volleyball
- A Healthy Baby Program
- Elite Tae Kwon Do
- Fabulously Free Family Fun Nights
- Mini-Soccer (Spring)
- Outdoor Pleasure Skating Rink
- Stay and Play Group
- T-ball (Spring)
- Valour Patriots Football
- WMBA (Winnipeg Minor Basketball Association)
- WRL (Winnipeg Rec League)
- Zumba

CLIFTON SITE

- Assiniboine Wood Carvers Association
- Chinese Seniors Social Group, Tai Chi Club & Table Tennis Club
- Outdoor Basketball Court
- Outdoor Hockey Rink
- St. Boniface Judo Club
- Seniors Line Dancing
- Smitty's Terminators Softball
- Valour Historic European Martial Arts Club
- Valour Patriots Soccer
- West End Active Living Centre
- Zumba

ORIOLES SITE

- Bike Cage
- Boxing Club
- DMSMCA Community Gardens
- Outdoor Basketball Court
- Outdoor Hockey Rink
- Prairie Fire Food Co-op
- Valour Rocks & Valour DJ
- Zumba

All 3 sites have: open gym times, a wading pool & play structure.

If you would like more information on any of these programs, please check out our website valourcc.ca or call the centres at the numbers listed below.

A NOTE FROM COMMUNICATIONS

Wow! Such an accomplishment! We at Valour have managed to meet our goal of publishing two issues of our inhouse newsletter during 2019! It has been a lot of work but being able to reach all of our catchment has kept this project in the forefront. This project has been fully funded, which includes publishing and distribution, with the help of our awesome advertisers. And even better news! Next issue looks promising to have even more! We are looking at adding contests in the form of writing and photography as well as guest writers, providing information on what matters to them and our community. This is all very exciting.

If you would be interested in writing an article as a guest author, feel free to email me with your ideas at the email provided below. We will figure out more details closer to December with an issue to be published in February.

A special thank you to my partner in crime, Leanne! She has done all the leg work for me with finding our advertisers and I am in her debt! If you are looking to advertise with us in future issues, please feel free to email her for information at leannejanzen@outlook.com.

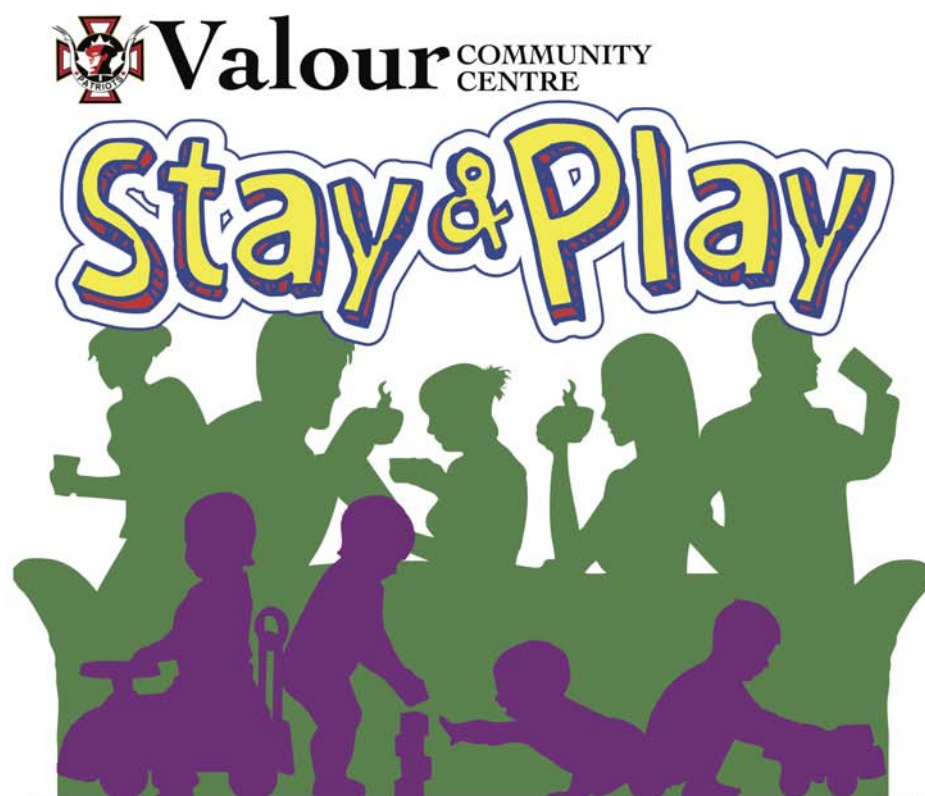
Larger projects, such as these, are always in need of more volunteers. If you would be interested in helping with the production of future issues of our newsletter, please feel free to contact me through email sindy.ackermanstratton@gmail.com.

Thank you so much for reading!

*-Sindy A. Stratton
VCC Communications Director*

STAY AND PLAY GROUP - FREE PROGRAM!

We are seeking parents with little ones who are needing an excuse to get out of the house! We are offering a Stay and Play Group at our Isaac Brock site Thursday mornings starting September 19th, 9:30 - 11:00am. One awesome parent has offered to start this program but she is seeking some friends to join her and maybe take turns starting group each Thursday. Whether you want to help out or just have someone for you and your young children to interact with, please come on down and check it out! There are lots of toys and colouring things supplied but please make sure you bring your own snack! Coffee will be supplied.



Valour Community Centre is now offering a FREE Stay and Play drop in group for parents/guardians and their children. This group is a great way to meet other neighbourhood parents and kids. There will be toys and art supplies available as well as time in the gym to run around! So come on down and have a cup of coffee with your neighbours! Please bring a snack for your child.

Parents **MUST** stay with their children.

Group will be every Thursday starting September 19th from 9:30am to 11:00am at Valour Community Centre, Isaac Brock site, 715 Telfer St. North.

For more information call (204)775-3869

FALL LEAGUES NOW FORMING!

YOUTH LEAGUES - SENIORS LEAGUES -
EVENING MIXED LEAGUES

Resgister today!

Bowling- Bistro-Arcade- Lasertag!



1301 ST MATTHEWS AVE
204 488 0000
BOWLING@UPTOWNALLEY.CA

A special thank you goes out to all of our advertisers for making this newsletter possible!

***Would you like to purchase ad space in our next newsletter?
To find out more, email
sindy.ackermanstratton@gmail.com.***



PIZZA BY THE SLICE OR WHOLE (18")

HOUSE MADE SODAS | LOCAL BEERS ON TAP

753 Wall Street Winnipeg, Manitoba R3G 2T6 TEL: 204.221.7272 WEB: www.wallstreetslice.com
Email: info@wallstreetslice.com FOLLOW US ON: Instagram, Twitter, Facebook - @wallstreetslice

AVON

www.avon.ca/boutique/annerarama01

Convenient online shopping is now also available using the above web address.



Anne Rarama
Independent Sales Representative
ararama@mymts.net
204 -997-7642 (call or text)



LORI MOTT

REGISTERED MASSAGE THERAPIST

BY APPOINTMENT ONLY
CALL OR TEXT 204.894.6995

MINTO AREA HOME BASED BUSINESS

Mention this ad and \$10 from your 1st appointment will be donated to Valour Community Club