



Valour COMMUNITY CENTRE

FEBRUARY 2020
ISSUE #3

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.



Top: Fit Kids Healthy Kids with IB School Rec Program, Kids at Family Ukulele (Photo credits Leanne Janzen) Bottom: December Family Fun Night (Photo Credit: Caleb Ackerman-Stratton), Movie Night (Photo credit Jolene Schnerch)

MESSAGE FROM THE GM

Hello West End!

My first few months here at the centre have been jam packed and filled with so much fun! It has been so great meeting everyone; learning about the different programs and the people that go with them. This centre is so important for the community and I will do my best to ensure the Valour CC does everything it can to provide this community with the best possible options we can provide.

In my short time here I have already been able to implement a family movie night that will be a regular staple for the centre's programming going forward. I will also be starting floor hockey, sponge polo and broom ball programs within the next little while so make sure to keep an eye out for more information. However, my plans don't stop there. I would also like to see the centres start growing to provide programs that go outside the scope of sports. ...Continued on page 2...

BOARD MEMBERS:

President: Liz Jackimec
Past President: Anne Rarama
Secretary: Jolene Schnerch
Social Activities: Caleb Ackerman-Stratton
Communications: Cindy Ackerman-Stratton
Basketball: Rosa Sousa
Football: Leanne Janzen
Mini Soccer: Christy King
Soccer: Trish Goncalves
Volleyball: Eliana Sorensen
Members at Large: Carole Bouchard-Langlois, Diane Proutt, Glen Koroluk

Interim:
VP of HR & Admin: John Frank
Boxing: Pam Sholdice
Football: Corey Janzen

Vacant positions: VP Facilities & Grounds, Treasurer, Mini T-Ball, Hockey, Lacrosse

GENERAL MANAGER:

GMs OFFICE - Adam Taplin
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!

I know some things have been overlooked or neglected in the past few months and for that I am sorry and ask that the community be patient with us. If you have any suggestions of things you would like to see happen at the centre, please feel free to reach out to me and I will always be happy to listen.

If you have any questions about current programming or ideas for new ones please contact me at 204-775-5728 or vccmanager@shaw.ca.

-Adam Taplin
VCC General Manager

PRESIDENT'S MESSAGE

My name is Liz, and I am the President of our volunteer Board of Directors. I'm very excited to be able to offer the community another edition of our newsletter!

We are looking forward to seeing our gardens again once all the snow melts! It will be fun to pull all the weeds and get them looking nice again.

Our after school volunteer run art program is going strong, as are our Valour Rocks and DJ music programs. These are free programs and very popular.

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 in 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

UPCOMING EVENTS

Many Sports Registrations: Spring Soccer, Mini-soccer and Basketball registration start soon. Check out our website and Facebook page for the most recent information.

Our Annual General Meeting: Usually held in April or May, this meeting votes in our board of directors and gives a general report as to what has been accomplished in the past year. All positions become available for nomination and election. They include: President, VP of HR & Administration, VP Facilities/Grounds, Secretary, Treasurer, Social Activities, Communications, Soccer Convener, Basketball Convener, Hockey Convener, Mini-Soccer Convener, Football Convener, Boxing Convener, Lacrosse Convener, Volleyball Convener, Baseball Convener and Members at Large. All members from the community are welcome and encouraged to attend. Don't want a position on the board? Sign-up to help under one of our board members! BE the change you want to see in your community! Watch our website and Facebook page for the date of our AGM.

Spring Carnival: In conjunction with the Isaac Brock School Parent Council, we host a Spring Carnival the first Wednesday in June (subject to change). This is a community event that allows our families to come together for a few hours of fun! Free to attend! Keep an eye on our website and Facebook page as well as the Parent Council Facebook page for more information closer to May. Posters will be put up around the neighbourhood closer to the event. If you would like to volunteer or have an idea of an activity you would like to add to our carnival, please contact Liz at (204) 298-6741 or email at ejackimec@gmail.com.

Family Friendly Evenings: We still have a few more Family Fun Nights left this school year. These happen most months, on the last Friday of the month. We also have started hosting Movie Nights! Please check out our website and Facebook page for dates of those events!

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.

****URGENT:** We are in need of more volunteers for our Family Fun Nights. Without more help, we may have to greatly reduce the number we have. If you would like to help, please contact Sindy at sindy.ackermanstratton@gmail.com. **

A NOTE FROM COMMUNICATIONS

A new year brings another issue of our newsletter! Thank you to all of our advertisers who took out an ad in our 2020 Spring issue. Without our advertisers, this newsletter would not be possible as it is fully funded by advertisement sales. With only another ad or two, we could bring you a larger newsletter full of contests, articles written by members of the community, short stories written by our children and pictures of artwork and photography from the talented artist we have within our neighbourhood- but we cannot do this without a little more help! If you have a business you would like to promote in our newsletter, please let us know!

Speaking of help, volunteering is something that is very near and dear to my heart. Martin Luther King Jr once said, *"Life's most persistent and urgent question is, what are you doing for others?"* Valour Community Centre, like all community centres, serves as a central point for the community. Community centres rely heavily on volunteers to help bring the community together to host various events and activities to help keep our neighbours active and engaged with one another. A common misconception is that in order to volunteer, one has to dedicate a lot of time to it. We know all too well that life is busy and finding time can be difficult but we are not asking for a lot of your time. Let me put it into perspective for you. There are 365 days in a year which equates to 8760 hours in a year. This newsletter is distributed to over 9000 homes. If one person from each one of those households dedicates only one hour out of that whole year to volunteering, we would have over a year covered in volunteer hours at our centres. *"Every person can make a difference, and every person should try."* -John F. Kennedy

There are many ways that we could use help at Valour. Our Family Fun Nights are in need of people to watch craft tables or coordinate a game in the gym. Our Spring carnival needs people to help monitor games or BBQ some hotdogs. Our team wind-ups need people to help cook food or supervise kids on bouncers. Any one of those events could easily do with an hour of volunteering to make a huge impact. For those wanting to do more but not knowing where to start, we have tons of ideas! Do you feel Valour needs a new sport to play? Volunteer to organize it and become the convener for that sport! Want to help teach kids some skills in a sport we already have? We always need coaches! Have a talent in a craft you think others would enjoy learning? Offer to do a workshop! Interested in one of the positions on our board but are unsure if you could do it? Offer to work with some of our current board members! We have the tools and the resources to help get you started, we just need the people with the heart and desire to get it going. *"Alone we can do so little; together we can do so much."* -Helen Keller

If you would like to offer your time, no matter the amount, to help out our centre and volunteer, feel free to message Adam, our General Manager at vccmanager@shaw.ca or call 204-775-5728. You can also email me at sindy.ackermanstratton@gmail.com.

Thank you so much for reading!

-Sindy A. Stratton
VCC Communications Director

Football Manitoba is accepting registrations to our Winnipeg Blue Bombers Spring Flag Football Season!

Flag Football is a great non-contact way of getting acquainted with our sport. This season we are offering Spring Sixes, which is a developmental tackle league for Atom (10/11) and PeeWee (12/13) aged players!



Blue Bomber Spring Flag Registration:
www.flagmanitoba.com

Spring Sixes Registration:
www.footballmanitoba.com

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 leannejanzen@outlook.com.



2019 PeeWee Champs

VALOUR PATRIOTS FOOTBALL

Our Football program has the lowest fees in the city, and includes all the equipment you need to play – excluding cleats!

The program is family oriented, volunteer run, and So Much Fun! Boy and Girls ages 8 to 15 are eligible to play, no experience necessary!

Early Registration dates will be available in March and April for the 2020 Season. Watch our Facebook page for the upcoming dates. Regular 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 valourpatriotspresident@gmail.com. Be sure to find us on Facebook and Instagram to stay up to date!

*We offer a cleat recycling program, and have a small selection of cleats available for new and returning players!

*-Corey Janzen
Patriots Football President
VCC Football Convener*



ENTER TO WIN!

A \$250 gift card for Flying Squirrel!

To enter, check out our Facebook page or website for the link to our Rafflecopter draw! Winner will be selected March 31st!

Flip to page 6 for more information on Flying Squirrel - The World's Largest Trampoline FUN Parks!

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Cindy with WRENCH's managing director Pat Krawec at the Cycle of Giving bike building marathon held at the VCC's Orioles site

VALOUR COMMUNITY CENTRE - AN IMPORTANT PART OF OUR NEIGHBOURHOOD

Community centres are important hubs for programs serving the children, families, and seniors in our area.

Everyone needs to feel part of where they live and have a sense of contribution by giving back. Participating in activities at our community centres builds peoples sense of belonging to our neighbourhoods and brings our families closer together.

That's why one of my most satisfying projects as Councillor for Daniel McIntyre has been working together with our neighbourhood on redeveloping the Valour Community Centre. It has been a real pleasure working with the Valour board and the general manager to consult with community on the kind of improvements they would like to see.

Last year I was happy to take part in the announcement of new funding for Valour Community Centre through the City of Winnipeg's Renovation Grant.

... continued on page 6...



CINDY GILROY

City Councillor

Daniel McIntyre Ward

Council Building

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FLYING SQUIRREL

Flying Squirrel is Winnipeg's premier indoor family entertainment centre. With a variety of attractions to suit family members of all ages, we'll have you bouncing off the walls and creating experiences everyone will remember for a long time! For just \$20 per hour, anyone can enjoy over 25,000 square feet of healthy, active fun.

Multi-use passes are the best value for your dollar at Flying Squirrel. Grab a 10-hour Family Pass for \$175 and enjoy the flexibility to use jump time as needed for all your immediate family members! A 10-hour Toddler Pass is only \$80, so children 6 and younger can jump for just \$8 per hour with this pass. We even offer a 10-class Fitness Pass for \$100 (call to confirm fitness class times)!

Looking out for your littlest family members? We are too! That's why we designed a special "Kiddie Court" reserved for ages 6 and younger, featuring trampolines, foam pit and a mini dunk hoop. Your toddlers can play anywhere in the park, but when it gets busy, this is a safe place to bounce away from the big kids. Children 6 and younger jump for half price – just \$10/hour, any time!

Neon Lights is our transformation into an all-ages dance club on trampolines! Every Friday & Saturday night from 9:00pm to Midnight, our DJ blasts the hits and our top-of-the-line laser and strobe lights take over. Pay just \$25 for 3 hours and enjoy the full Flying Squirrel experience under the glow of neon lights!

If you're anxious about the next birthday party, look no further than our stress-free Party Package options. Suitable for up to 10 or 20 jumpers, all parties are 2.5

hours long, which includes 2 hours of jump time and half an hour for cake and presents. Pizza and bottles of water are included at your reserved party table, which is decorated by your dedicated Party Host. Plates, utensils, cups, napkins and cake service are provided—just bring your own special dessert and don't forget the candles!

For groups requiring a little less structure but the same fun and activities, we can book a custom event for your corporate team builder, school field trip, non-profit organization, church group or anything in between! With room for up to 200 jumpers and tailored food & drink options, Flying Squirrel is the perfect location to entertain a crowd! Contact our Director of Sales at groups@flyingsquirrelsports.com for more information.

Our facility features a water fountain, stroller parking, lockers (\$2 per use), baby changing table in both washrooms, free wifi, wheelchair accessibility and a booster seat. We also provide our very own Drey Café, where you'll find high quality eats made in-house and refreshing beverages.

Pro tips: sign your waiver online ahead of time, wear comfortable, athletic clothing and bring your trampoline grip socks from a previous visit, or purchase a pair for just \$3.

Looking for additional deals? Follow us on Facebook and Instagram (@FlyingSquirrelWinnipeg) to stay up to date on our promotions and special events!

...continued from page 5...

This \$20,792 grant was used to install energy efficient LED lighting in Valour's Clifton and Isaac Brock sites.

I always enjoy taking part in the Valour Community Centre Annual General Meeting and the Spring Carnival. Just before Christmas I dropped in to donate food to the Winnipeg Repair Education and Cycling Hub's (WRENCH) Cycle of Giving bike building marathon, held at the Orioles site on Burnell Street. Once again this was a tremendous success. In a 24-hour period, from December 7 to 8, over 350 volunteers worked in teams to repair 560 bikes for kids in need for Christmas.

Valour Community Centre has always been an important part of my family's life. Growing up I played ringette at the Orioles Community Club and I volunteered at Clifton Community Centre for the summer program. I am so proud of the work community members, businesses, and organizations do to make our city a better place for everyone to contribute and belong.

I know that running three community centre sites is a huge job. Thanks to the Board of the Valour Community Centre and your volunteers for all their hard work. Please know how much your efforts are appreciated by everyone in our community. Looking forward to continuing to work with you in the year ahead!

*-Cindy Gilroy
Councillor for Daniel McIntyre*

**"Unless someone like you cares a whole awful lot,
nothing is going to get better. It's not."**

-Dr. Suess

BOXING

Our Orioles Boxing Club would like to remind you that classes are available for all abilities - recreational, beginner, fitness and self defense. Open to ages 8 and up. Monday, Wednesday and Friday at our Orioles site on Burnell in the basement from 5:30 -7:30 pm. Cost is \$25.00 per person per month.

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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.

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 1 practice per week with 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.

tion regarding any of the soccer programs for 9 to 18 year olds please contact the community centre or me directly at trishgoncalves@hotmail.com. Additional information can also be found online at www.st-charlessoccer.com.

The 2020 outdoor season begins in May. Registrations for players born in 2002-2011 will be at the Isaac Brock Site. Keep your eyes out for registration dates in March on our website and FB page.

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MINI SOCCER

There are a few changes in store for our mini-soccer program. Please keep an eye on our website and Facebook page for more details including dates for registration.

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BASKETBALL

Spring Basketball season is soon approaching and registration will run from February 24th to March 20th. The league is open for any kids between the ages of 7-18. The fee is \$150. The season runs from April 18th – June 14th. Registration is done directly on the Winnipeg Minor Basketball Association website at wmba.ca. Anyone applying for subsidy will have to go directly to the community centre. Visit the WMBA website for more information.

convener will be stepping down this year so we are in desperate need of a new one this coming Annual General Meeting (AGM). If you are interested in the position, please contact the General Manager for more information.

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MINI T-BALL

Unfortunately, we will not be able to provide a mini t-ball option this spring unless we find a new convener and coach(es). If you are interested in filling this position for the Spring 2020 season, please contact our Isaac Brock site ASAP.

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OTHER ACTIVITIES

There are plenty of other activities still going strong within the 3 sites. A Healthy Baby group, Stay & Play group, Judo, Tae Kwon Do, Zumba, Volleyball, Line Dancing, Seniors Programs and other Social Groups. For more information on any of these programs, please check out our website or call the general manager.

If you would like to start an activity out of one of our facilities, please contact the General Manager and we will see if we can accommodate you! The more activities we can offer the community, the better!

If you would like further informa-

On a side note, our basketball

Thank you for reading!

GOT ITEMS YOU ARE LOOKING TO DONATE? WE MIGHT BE ABLE TO USE THEM.

Community Centres are continually trying to keep costs low so we can provide more services and activities to our community! In order to do that, we are always looking for donations!

Art supplies, crafting materials, toys, games, books and sports equipment can be used by many groups in our community centre including our Family Fun Nights, Art Club and School Recreation Programs. Depending on the donations, we may even be able to start up new programs like a Family Game Night or a Crafting Club.

If you have items to donate, or questions as to whether or not we could use an item, please contact Cindy at sindy.ackermanstratton@gmail.com. Thank you!

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