

# SPRING NEWSLETTER

G E N E R A L C O U N C I L O F W I N N I P E G  
C O M M U N I T Y C E N T R E S



## WINNIPEG FORD 5 PLANS TO MATCH DONATIONS COLLECTED BY COMMUNITY CENTRES

Thanks to the ongoing support from Winnipeg Ford 5, the Winnipeg Ford 5 Dealers are leading a new fundraising initiative to match monetary donations (up to a maximum of \$10,000) collected by community centres. All donations from this initiative will go towards the GCWCC Program Registration Fee Subsidy Fund, a grant to help children to play at community centres.

The Program Registration Fee Subsidy Fund has been an ongoing grant administered by the GCWCC. It is intended for children who require financial assistance to participate in sport, leisure and recreational programming administered by the community centres of Winnipeg. The fund is supported by an annual grant provided by the City of Winnipeg, however in recent years, additional funds have been needed to accommodate more individuals due to the increase of costs of programs and activities. Additional grants from Winnipeg Ford 5, the Canadian Tire Jump Start Program, The Winnipeg Foundation, True Sport Foundation and the Keg have been essential to GCWCC in their efforts to support approximately 850-1000 children each year!



### UPCOMING EVENTS

- Past Presidents Banquet—April 16, 2010
- Annual General Meeting—April 24, 2010
- Capital Grant Application Deadline – Monday, May 31, 2010
- Summer Newsletter deadline - Tuesday, June 1, 2010

The community centres of Winnipeg are very fortunate for the generous support from Winnipeg Ford 5. Donation boxes have been set up at participating community centres across the city. Let's show our support for this initiative and make a donation to the community centres of Winnipeg! Your contribution will go a long way to help get kids playing. Donations may be made at the following centres:

Bronx Park  
Gateway

Norberry-Glenlee  
Oxford Heights  
South Transcona  
Valour

Crescentwood  
Heritage-Victoria  
Notre Dame  
Robert A. Steen  
Sturgeon Heights  
Vince Leah

Dakota  
Kirkfield-Westwood  
Norwood  
River Heights  
Valley Gardens  
Winakwa

If your community centre is interested in setting up a donation box at your community centre, please contact Katherine at [kmundy@gcwcc.mb.ca](mailto:kmundy@gcwcc.mb.ca).

### G C W C C A N N U A L G E N E R A L M E E T I N G

DATE: SATURDAY, APRIL 24, 2010

TIME: 9:00 A.M. - 2:00 P.M. (LUNCH WILL BE SERVED)

LOCATION: NORWOOD COMMUNITY CENTRE, 87 WALMER STREET

REGISTRATION FEE: \$15.00 / PERSON

REGISTRATION DEADLINE: WEDNESDAY, APRIL 21, 2010

TO REGISTER PLEASE CONTACT CATHY AT [CATHY@GCWCC.MB.CA](mailto:CATHY@GCWCC.MB.CA) OR PHONE 475-5008

## CAPITAL PROJECTS 2010/11

The Federal Stimulus Fund is benefitting many of our Community Centres, with funding for renovations, expansions and site improvements. As of March 1, 2010, the following Community Centres have received Stimulus Funding:

1. Windsor – basement floor replacement
2. Southdale – second arena, indoor pleasure rink and renovations
3. Winakwa – renovation/expansion (gym)
4. Gateway – roof replacement
5. Richmond Kings – playground enhancement
6. Sturgeon Heights – new facility
7. Ralph Brown – kitchen renovation
8. Norquay – playground enhancement
9. Sinclair Park – renovation/expansion (gym)
10. Notre Dame – arena upgrades
11. Garden City – replace soccer turf
12. Kirkfield Westwood – various renovations
13. Red River – sports field upgrades, play structure
14. Northwood – outdoor rink improvements
15. Maples – outdoor running track refurbishment
16. Linden Woods – gym expansion

In addition to Stimulus funding, the above projects have been made possible through significant contributions from provincial, municipal and private funding partners. All projects are expected to be completed by March 31, 2011.



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## CHILD FIND MANITOBA LOOKING TO PARTNER WITH COMMUNITY CENTRES



A missing child is a parent's worst nightmare. While proper precautions such as learning safety skills go a long way toward protecting children, cases of missing children do still occur. Statistics reveal that over 65,000 children are reported missing in Canada each year, fortunately, the majority of these children are safely recovered. In many instances this is because of a photograph, with one in six missing children located as a direct result of a photograph.



At an All About Me ID Clinic Parents will take home a finger print booklet, vital information and a laminated photo ID card created for the child. Visit our website at [www.childfind.mb.ca](http://www.childfind.mb.ca) to learn more about this project.

### Community Centre Project

Our All About Me ID program is an extremely popular prevention program for parents and children. We run ID clinics in malls, schools, daycares, and at many other public events. Our next step is to introduce our program to community centres. We have started to move toward our goal in Phase One of our project and are looking for participants for Phase Two.

**Phase One:** we are looking to book our All About Me ID program with as many community centres as possible. We have committed to providing 2,000 free ID's in Phase One of the project. We are willing to plan ID clinics during events at the community centres (ex. Winter Carnivals, BBQs etc) or with particular programs at the community centre.

**Phase Two:** we are looking to work with 4 or 5 community centres (pilot group) to provide a more in depth experience. Depending on the needs/interests of the community centre we could provide all sorts of safety/prevention information through a variety of formats. If this project is successful we will look at long term funding and will expand beyond the pilot centres.



For more information or to book an ID Clinic please contact Christine at 945-2933 or [Christine@protectchildren.ca](mailto:Christine@protectchildren.ca).

## COMMUNITY CENTRE PROGRAM FEATURE - RIVER HEIGHTS COMMUNITY CENTRE WALKING CLUB

With the early onset of spring, people are spending more time outdoors and enjoying the warmer weather. For some it's a barbecue with friends or family time at the park, but for others there are those who are looking to meet new people and engage in new activities. As community centres, you have a responsibility to provide opportunities to satisfy the needs of your residents. One way to fulfill this need is to start a new program in your community. As an idea for community centres this spring, we would like to feature one of our community centre programs, the River Heights Community Centre (RHCC) Walking Club. It's a low-cost and fun activity that people of all ages can enjoy!

**Program Name:** River Heights Community Centre Walking Club

**Target Group:** Anyone who is interested. At this time it is primarily senior participants

**Location:** Always outdoors and around the city (i.e., Assiniboine Park, Fort Whyte Alive, St. Vital Park, etc.)

**Program Format:** One (1) hour of walking, two (2) times per week and year round. Walking is followed by coffee/cold drink at a nearby establishment.

**Goal:** To get outside and exercise in a social atmosphere!

**Average Attendance:** It varies each day but the average 12-15 participants

**Cost:** FREE (unless you get a coffee/cold drink – this is at the participant's cost)

**Program Leader:** Charles Cruden, volunteer and participant

**Advertising Methods:** the Cardinal (RHCC's newsletter), RHCC's website, word of mouth, and email to participants in walking club

**Transportation:** Participants usually take their own transportation and meet at the walking route, however if an individual is in need of transportation carpooling could be available

**How it got started:** Key groups were approached in the community (in this case, it was the seniors' population) about what kind of programs they would be interested in participating – walking was one of them

**How long has the program existed:** 3 years



The RHCC Walking Club is one of many successful programs at community centres and there are a variety of ways to get started. First, talk to people in your community. Is there an existing walking program nearby? If so, all you may have to do is to collect the necessary information and advertise in your centre's newsletter, website, etc. There's no need to use up your resources and volunteers if there is a program already in your community!

On the other hand, if you do not have a program and have an enthusiastic volunteer, you can encourage him/her to start up a walking program in your community. It can be for any age from mothers and their newborns to older adults seeking fun and fitness. Manitoba *in motion* has a great resource guide available on their website on how to start a walking club in your neighborhood (<http://www.manitobainmotion.ca/about/resources/> under "Walking Clubs"). Walking clubs can take place in community centre gymnasiums (if available) or nearby parks and trails.

If the two options listed above aren't available, why not get connected to the River Heights Community Centre Walking Club? They arrange walks all over the city and welcome new participants to their program all the time. A list of their walking routes is available on RHCC's website at <http://www.riverheightscc.org/> or by contacting the centre at 488-7000.

For more information or assistance with getting a program set up in your community, please contact Katherine at [kmundy@gcwcc.mb.ca](mailto:kmundy@gcwcc.mb.ca) or phone 475-5008. Get a program started in your community and good luck!

### SHARE YOUR COMMUNITY CENTRE STORIES, PROGRAMS AND IDEAS!!!

THE NEXT DEADLINE FOR THE SUMMER NEWSLETTER IS **TUESDAY, JUNE 1, 2010.**  
PLEASE CONTACT KATHERINE AT [KMUNDY@GCWCC.MB.CA](mailto:KMUNDY@GCWCC.MB.CA) FOR MORE INFORMATION.



**2010 PAST PRESIDENTS BANQUET**

**Date: Friday, April 16, 2010**

**Time: 6:30 p.m.**

**Norberry-Glenlee Community Centre - 26 Molgat Avenue**

**Cost: \$25 / ticket**

**Deadline: Friday, April 9, 2010**

**Tickets are available by contacting Cathy at [cathy@gcwcc.mb.ca](mailto:cathy@gcwcc.mb.ca) or phone (204) 475-5008**

**BASKETBALL OPPORTUNITIES FOR COMMUNITY CENTRES**

Basketball Manitoba is offering a **free** coaches clinic and a free referee clinic in April. This is a new initiative aimed to attract more young people between the ages 18-25 who wish to continue with the sport in a different capacity. The dates are as follows:

**Be A Ref! Clinic - April 10, 2010**

**Be a Coach! Clinic - April 11, 2010**

For more details, please visit Basketball Manitoba's website at <http://basketballmanitoba.ca/>.

Looking to start up a basketball program at your community centre? Consider the Steve Nash Youth Basketball Program. This is a grassroots initiative geared towards youth and introduces them to the sport of basketball!

For more information please visit Basketball Manitoba's website by visiting [http://www.basketballmanitoba.ca/index.php?option=com\\_content&task=view&id=528&Itemid=396](http://www.basketballmanitoba.ca/index.php?option=com_content&task=view&id=528&Itemid=396)

**OR**

contact Adam Wedlake at [adam@basketballmanitoba.ca](mailto:adam@basketballmanitoba.ca) or phone (204) 925-5773.



**TENNIS MANITOBA COMMUNITY COACHES COURSE**

Tennis Manitoba will be offering a community coaches course in May.

**Location:** Crescentwood Community Centre, 1170 Corydon Avenue

**Date:** Sunday May 9, 2010

**Time:** 9:00am – 4:00pm (Lunch 12-1)

**Cost:** \$25.00 (Includes manual on play formats, DVD, and refreshments)

**To Register:** Call Tennis Manitoba 204.925.5660

After the Community Coaches Course you will leave with:

- The confidence to deliver a basic community program, where participants will learn basic skills to be able to rally a ball over the net.
- Be able to organize "in house" Community Team Tennis with participants from the same program.
  - Tools to market a community course in your area.
- Take home material and access to resources, for quick referral and reminders.

For further information please contact:

Course Facilitator: Rufus Nel - Senior Director, Prairie Tennis Alliance at [rnel@tenniscanada.com](mailto:rnel@tenniscanada.com)

**YOU DO NOT NEED TO BE A GOOD TENNIS PLAYER TO BE A COMMUNITY COACH.  
You should be outgoing, enjoy teaching others and have lots of energy.**