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## **PARK CITY WEST COMMUNITY CENTRE**

**NEWSLETTER • FALL 2017**



## **STORAGE MADE EASY**



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115 Sanford Fleming Road • Winnipeg, MB • R2C 5B8 • Ph: 204 222-1411 • [www.pcwcc.ca](http://www.pcwcc.ca)



# Daniel Blaikie, M.P.

## Elmwood-Transcona



Proud to support  
our community



204 984 2499 Daniel.Blaikie@parl.gc.ca  
Constituency Office | 210-1100 Concordia Ave | Winnipeg, MB | R2K 4B8



## Russ Wyatt

### Councillor - Transcona Ward



A huge THANK YOU to PARK CITY WEST COMMUNITY CENTRE for providing sports and recreation programming for residents of all ages in our community.

Sincerely,

Tel. (204) 986-8087

Email: [rwyatt@winnipeg.ca](mailto:rwyatt@winnipeg.ca)

Website: [ourtranscona.ca](http://ourtranscona.ca)

## Table of Contents

Sports Registration Dates.....	01	Wood n Knots Paint Nights.....	03
Hospitality for the Homeless Bike Ride (In Support of Siloam Mission).....	02	Preteen Dances .....	03
Fall Sports Registration 2017.....	02	Sports News .....	03
Board of Directors.....	02	Volunteers are always needed to run our club....	03
Did you know we offer a subsidy program for lower income earners? .....	02	Park City West Community Centre Mission	
Programs .....	02	Statement.....	03
		Hall Rentals .....	04
		What's been happening at Park City .....	04
		Upcoming Special Events.....	05

Park City West Community Centre  
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This publication has been produced by Jae Media  
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# SPORTS REGISTRATION

**REGISTRATION (HOCKEY/RINGETTE/INDOOR SOCCER):  
AUGUST 10, 2017 TO AUGUST 31, 2017**

**IN-HOUSE REGISTRATION DATE (CASH PAYMENTS AND SUBSIDY APPLICATIONS):  
TBA – CHECK OUR WEBSITE**

# LATE REGISTRATION FEE

**\$50.00 ADDED TO ALL REGISTRATIONS STARTING SEPT 1, 2017**

## Supporting the community

# Wyatt Dowling

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## My kid's education



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## Hospitality for the Homeless Bike Ride (In Support of Siloam Mission)

**Saturday, September 17, 2016**  
**Park City West CC to Bird's Hill Park**

This year the Fairmont Winnipeg is hosting their second Hospitality for the Homeless Bike Ride on Saturday, September 17th to raise money for Siloam Mission and bike programs for the underprivileged in Winnipeg.

This bike ride is where individuals and teams cycle from Park City West Community Centre to Bird's Hill Park and back. Each team member will pledge to raise money through the sponsorship of family, friends and colleagues.

Our main goal is to ensure a safe and enjoyable cycling experience for riders of all abilities. To make this event successful, not only do we need you to participate but we also need you to fundraise. This year we hope to raise \$12,000.

For further information or to register, sponsor or volunteer please visit [www.hospitalityforthehomeless.ca](http://www.hospitalityforthehomeless.ca)

## Fall Sports Registration 2017

PCWCC Sports registration is done online via our website [www.pcwcc.ca](http://www.pcwcc.ca). Follow the Pointstreak link to create a family account or access your existing family account. Here you can add/edit your family members, register children, sign up for coaching, pay by credit card, and print out your receipt for tax time - all from the comfort of your home!

Cash payment arrangements can be made by contacting the office, the registrar or the appropriate sports convener. Please ensure you receive a receipt and keep it for your records.

Information on registration and fees will appear on our website as soon as it is available. Watch our website for dates and times for online and in-house registration.



## Board of Directors

### Executive

**President** – Mike Purdy

**Vice President** – Tabitha Bear

**Treasurer** – Nicki Burbank

**Secretary** – Katie Patteson

**Registrar** – Deirdre Dowd

### General Board

**Buildings & Grounds** – Brad Smith

**Canteen** – Marion Segal

**Preteen Dance** – Marion Segal

**Special Events** – Nicki Burbank

**Volunteer Scheduling** – VACANT



### Conveners

**Hardball** – Trent Fettig

**Hockey – 8A1 & Up** – Daryl Zazula

**Hockey – Female** – Krista Ducharme

**Hockey – House League** – Chris Redekop

**Ringette** – Mandy Silvri

**Soccer Director** – Les Kauk

**Micro Soccer (3/4)** – Deirdre Dowd

**Micro Soccer (5/6)** – Alicia Bousquet

**Soccer (7 & 8)** – Jacquie Sippola

**Soccer (9 & Over, Boys)** – Phil VanderAa

**Soccer (9 & Over, Girls)** – Ken Mann

**Soccer (Indoor)** – VACANT

**Softball** – Katie Patteson

**Thank You to RBC for their continued support and generosity. They donated \$5000 and volunteered their time to help out at our annual Micro Soccer Jamboree!**

## Did you know we offer a subsidy program for lower income earners?

The General Council of Winnipeg Community Centres and their sponsors allow qualifying families to apply for a portion of their sports registration fees to be subsidized. Please contact the registrar or the office to inquire about your eligibility and how to apply. Please note the most recent tax years' notice of assessment for each parent in the home must accompany the application. Keep checking the website for information on sports registration and other events and announcements at the club.

## Programs

### Zumba

Zumba is a Latin inspired dance fitness program that is moving millions of people towards fitness and joy. Zumba is sometimes referred to as "exercise in disguise" because it combines Latin rhythms and easy to follow dance moves to ...create a one of a kind fitness program. No previous dance experience required. It's all about having fun by feeling the rhythm and beat of the music. Zumba is not only great for the body, but it's also great for your mind and soul, improves self-esteem and self confidence. Come find out why Zumba Fitness has become such a fun and uplifting workout!

Mondays 7-8pm. Email: [vgrycko@shaw.ca](mailto:vgrycko@shaw.ca)

### Taekwondo

Suitable for all ages, these traditional martial art classes can be enjoyed by anyone age five and up. For your membership\* you will learn the techniques of self defense. These techniques will help you acquire a new sense of confidence, concentration and self-esteem. It will give you the advantage of increasing your ability for

patience and discipline, as well as giving you the benefits of regular exercise & stress relief. Provided in a fun and safe environment, we always encourage good sportsman-like conduct, and emphasize the importance that what we learn in Taekwondo, we must act with it responsibly.

Offered on Wednesday nights from 6:15-7:15 pm, the K. Saunders Taekwondo program is challenging everyone to come and try two FREE weeks of Taekwondo. Think you are up for the challenge? You have nothing to lose. Call or email us to get more information. Phone 204-952-3176 Email: [KSTA.academy@gmail.com](mailto:KSTA.academy@gmail.com) Family Discount available for those with three or more members.

### Pilates Manitoba

**Pilates:** Join us for small, quality controlled group classes to strengthen your core, correct your posture and relieve stress and tension. All physical limitations welcome as we modify and adapt all exercises. Ask your doctor for a prescription and check if your insurance provider will cover some of the cost, as they may on a case-by-case basis. We can help with documentation. Pilates is the original NEMEX (Meuro-Muscular Exercise) so there is a profound mental conditioning too. Great for seniors, fall prevention, and injury prevention for athletes too. Call Pilates Manitoba 204.487.2287 or text 204.999.9984. Email [info@pilatesmanitoba.com](mailto:info@pilatesmanitoba.com) to sign up or sign up online at [pilatesmanitoba.com](http://pilatesmanitoba.com)

**MELT Connective Tissue Strength & Flexibility Training:** New to Winnipeg... the newest scientifically proven method to create collagen in your body to repair from within to get rid of chronic aches, pains and stiffness. You will learn the top 10 specific exercises that feel like a massage with no pain and get your core fired without pain. Come learn how not to "mash your fascia". You can make it better and have it STAY better with this new exercise workout. MELT is also meditative so great for relieving stress, tension and trauma. Great for seniors and athletes alike, for pre-hab and rehab. Call Pilates Manitoba 204.487.2287 or



text 204.999.9984. Email [info@pilatesmanitoba.com](mailto:info@pilatesmanitoba.com) to sign up or sign up online at [pilatesmanitoba.com](http://pilatesmanitoba.com)

**ELDOA Stretching for strength and flexibility:** New to Winnipeg. You will improve your posture, strength, flexibility and core stability with these active stretches. You learn the top 5 stretches of the spine and fascial lines that are easy and fun to learn. Great for all seniors and athletes alike. Great for relieving stress, tension and trauma. Great for pre-hab and rehab. Call Pilates Manitoba 204.487.2287 or text 204.999.9984. Email [info@pilatesmanitoba.com](mailto:info@pilatesmanitoba.com) to sign up or sign up online at [pilatesmanitoba.com](http://pilatesmanitoba.com)

### YOGA

Join us for YOGA, a prehab/rehab functional movement system that can be individualized. Designed for athletes to keep them within their range of motion while working on areas of strength, mobility and stability. YOGA allows athletes an advantage to transition between traditional therapy modalities and return to play. From a prehab point of view, YOGA teaches how to move from a strong connected platform. Call Pilates Manitoba 204.487.2287 or text 204.999.9984. Email [info@pilatesmanitoba.com](mailto:info@pilatesmanitoba.com) to sign up or sign up online at [pilatesmanitoba.com](http://pilatesmanitoba.com)

## Wood n Knots Paint Nights

Both parent and child will get to make a piece of art done on a beautiful piece of wood. Cost per painter is \$15

### Find upcoming dates or Contact Us:

Facebook: Woodnknots Website: [www.woodnknots.ca](http://www.woodnknots.ca)  
 Phone: 204 226 3967 Email: [Woodnknots@hotmail.com](mailto:Woodnknots@hotmail.com)

## Preteen Dances

Held once a month (check our website [pcwcc.ca](http://pcwcc.ca) for upcoming dances)

6:30 - 9:30 pm, DJ and canteen  
 Suitable for 8-12 year olds

The dance is supervised by parent volunteers (thanks to all who help out!) Feel free to stay or drop your child off.  
**\*\*Check website for possible cancellations**

# A SPECIAL THANK YOU TO ALL OUR ADVERTISERS

The Park City West Community Centre wishes to thank the many businesses who purchased an advertisement to make this publication possible. Your ad helped us to defer all costs relating to this newsletter. We value your support and gratefully acknowledge your participation.



## Sports News

### Indoor Soccer

Our PCWCC U14 boys won the golden boy tournament and city champions this season. In the Golden Boy Tournament, we beat CYSA 5 to 3 for the win. In the City Championship Finals we beat CYSA 1 to 0 for the championship. The head coach of our team was Stan Watcher and our assistant coaches were KC and Steve Shields. We are proud of all of our PCWCC U14 players: Jeremy Watcher, Brayden Edel, Tyson Clarke, Connor Shields, Michael Sears, Keegan Bencharski, Sergio Giesbrecht, Kyle Jackson, Garret Geigerwolf, Wagas Abdullah and Cory Hyduk.

**PLEASE NOTE THE POSITION OF INDOOR SOCCER CONVENER IS VACANT IF YOU WOULD LIKE TO VOLUNTEER YOUR TIME!**

### Youth Soccer Boys

This outdoor season Park City West was able to host 7 teams. Most notably we were able to put together three teams at the U9 level! We had three teams that participated in the Boston Pizza Players tournament hosted by Winnipeg Youth Soccer Association (which stopped taking registrations after 4 hours so congrats on making it in!) and two teams that participated in the Slurpee Cup hosted by Phoenix. All teams have been focusing on skill development and team play and they were able to improve their playing skills as the season went on!

Some of our teams were faced with some challenges. Our U15 boys team notably had some players withdraw before the season started. The team was able to pull through and faced this challenge head on which says a lot about the coaches that we have in place! Thank you to KC Clarke, Kelly Clarke, Rob Rayer, Riley Spitula and all the players for keeping the team focused and pushing through the challenge of having such small numbers for your team!

I cannot thank all our great volunteers enough for the time that you spend with your teams! Without our volunteer coaches and managers, we would not be able to host any teams. I would also like to thank all the parents for letting



## Volunteers are always needed to run our club

Due to the overwhelming administration involved in refunding volunteer fees, Park City West elected to remove the \$100 volunteer in Spring 2016.

### Volunteers are still needed to run our club

As we move forward we would still ask you to lend a hand with our sports programs and community events.

We still require volunteers to act as Board Members, Sports Conveners, Team Managers and Coaches.

We still need volunteers to help out at special events such as pre-teen dances, mini soccer jamboree, Halloween and Christmas events just to name a few!

If you have some time to give, please click the Volunteer Spot link and sign up or email [pcwccvolunteer@shaw.ca](mailto:pcwccvolunteer@shaw.ca).

## Park City West Community Centre Mission Statement

We will commit to be a leading community organization, focused on the needs of the community, through safe, flexible, self-sufficient and accessible services and programs for all ages.

In delivering recreational, educational and leisure programs, we will foster pride and respect in the centre and the community we serve.

### Volunteer

Park City West Community Centre has many volunteer opportunities for those who wish to give back to their community.

If you are interested in volunteering for the board, or would like to know what opportunities are available, please contact us via our website, or feel free to come to one of the regular board meetings.

We meet in the board room at Park City West Community Centre the third Tuesday of each month, September through June. All meetings start at 7:00 pm.





## Hall Rentals

Our recently renovated hall is ideal for any small or large gatherings, such as birthday parties, socials, weddings, showers, meetings, and more.

Hall Capacity: 250 guests

### Features:

- Air conditioned
- Wheelchair accessible
- Ample parking
- Big Kitchen!
- Sound System
- Sports equipment

**\*\*Bouncer available for an additional charge\*\***

## What's been happening at Park City

### Halloween Family Fun Night:

Our Halloween Family Fun night that took place this past October saw 250 members of our community come and enjoy a magic show, crafts, cotton candy and do a meet and greet with Elsa and Spiderman! We hope to expand the upcoming family fun night on October 21st with even more fun and activities, tickets are \$5.00 and will be available at the door.

### Breakfast with Santa:

Breakfast with Santa was jam packed with pancakes, balloon animals, colouring and of course Santa! Everyone was able to sit and get a few minutes with Santa as they got their photo taken! This year's breakfast will take place on November 26th at Park City West Community Centre and include a Christmas Craft Market. Tickets are \$5.00 each and will be available at the door. Anyone interested in purchasing a table for the craft market can email [pcwccvents@shaw.ca](mailto:pcwccvents@shaw.ca) for more information.

### Volunteer Dinner:

On April 22nd we were able to celebrate our volunteers and coaches with an appreciation dinner and casino night! With catering from Famous Daves, a cupcake bar and a few hours of gaming it was an awesome night had by all! We hope that next year we will have even more coaches and volunteers attend so we can show our thanks!



our coaches teach your children this beautiful game and for also teaching them valuable life lessons!

See you on the pitch!

Phil Vander Aa, *Park City West, U9-U18 Boys Convener*

### Youth Soccer Girls

Success at Slurpee Cup this year- Silver and Gold

Both the U11 and the U12 girls were successful this year in the Slurpee Cup.

The U11 girls were undefeated until the gold medal game against Gateway. This game ended up going into two- five minute overtime halves as well as a fourth round shout out to determine the winner. They ended up winning the silver medal.

The U12 girls were undefeated in the tournament and ended up taking home the gold medal. Congratulations Girls!

### PCWCC Micro Soccer

Park City West six and under soccer had another amazing year. We had a total of 22 teams playing or 210 kids! A big thank you to all the coaches, it is you guys who volunteer your time to make this program happen. Without coaches, there would be no way to run the program. Every year we need more coaches so consider helping out next year- just mark your registration using the volunteer option or by writing in the comments box. Our jamboree was a huge success this year, despite the weather. The kids (and parents) were troopers, and we saw most of the teams out playing in the rain. On top of all the soccer, the kids enjoyed bouncers, a visit from Belle, Cinderella & Spiderman, face painting and more. Every player this year received a soccer ball from Tim Hortons. A very special thank you to the Park City staff, board members, RBC, Calvary Temple Camp and everyone else who organized and helped run the events that day. The community is lucky to have a group of such dedicated volunteers to run this and many other programs. Micro soccer registration will take place in late February or early March 2018.

Thanks for a great season!

Deirdre & Alicia

### Ringette – MB Winter Games

Ringette is very pleased to be part of the 2018 Power Smart Manitoba Winter Games, March 4th to 7th 2018. Our sport competition will take place during Phase 1 of the Games, all games will be played in Thompson, MB.

The 2017 Games will be open to U14 girls (Eligible birth years: 2004 and 2005) – U14AA players are not eligible. Each region will select one team from all registered age eligible players. Those who are selected to represent their region will then compete against top players from all the other regions in the Province where they will be able to showcase their skills and talents in a multi-faceted, multi-sport environment.



Ringette Manitoba will field six (6) teams in total, one team from each rural region (North, South, East, West) and two teams from Winnipeg. The two (2) teams being formed in Winnipeg will be split as Winnipeg East (River East Ringette, Transcona Ringette and Boni-Vital Ringette) and Winnipeg West (Southwest Winnipeg Ringette, St. James Ringette and North Winnipeg Ringette). Sport Manitoba has redrawn their boundaries creating the new regions North, South, East and West. The new regional map and more information is available on the Sport Manitoba website. Players must play for the regional team where they reside, not the Ringette Association they belong to.

Ringette Manitoba will be holding regional camps for all eligible players who are interested in trying out for their regional games team.

If you have any questions, please contact Melanie Reimer at 204-925-5713.

### Ringette - What is R4U?

Ringette 4 U is an instructor led Ringette program focused on developing athletic abilities in children aged 3-8. This program is a mixture of skill specific lessons and split ice games to expand the skill level of its participants while having even more games and fun competition. All the lessons are packed with fun and encourage participants to try new skills while playing appropriate games for their development.

At the beginning of the year, each child is assessed to make sure that they are entering into the R4U program at the right stage for them. Every stage is tailor made to add more fun into physical activity and keep children in motion while learning a new sport.

Every participant is given an achievement card to document their successes and give them goals to achieve as the year progresses.

### Hockey Try Out Info

AA Tryouts start at Minor PeeWee (11 years old).

If you have registered at Park City and your son or daughter is 9 years old and would like to tryout for A1, you are automatically registered and should show up on the dates listed for A1 tryouts on the website. At the end of the listed ice times, you will receive a letter letting you know that you have made the team or have been released to A2 tryouts. This is the same process for the A2 tryouts. If you are unsuccessful in A2 tryouts, you will be placed on a team out of Transcona. The community clubs rotate teams hosted out of their clubs. So even though you are registered out of Park City and belong to TMHA you will be playing out of one of the following:

A1 – Regents program

A2 & A3 – Park City, East End, Oxford, or South Transcona

At 9 years old all community clubs are combined, so regardless of the level the teams will be made up of various children from the community clubs based on skill level.



# UPCOMING SPECIAL EVENTS

**AUGUST 27TH, 2017 – COMMUNITY FUN DAY**

**OCTOBER 21ST 2017 – HALLOWEEN FAMILY FUN NIGHT**

**NOVEMBER 26TH 2017 – BREAKFAST WITH SANTA**

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