



**EAST SIDE
SELF
STORAGE**



PARK CITY WEST COMMUNITY CENTRE

NEWSLETTER • SPRING 2018



STORAGE MADE EASY



2125 Dugald Road (Corner of Dugald & Plessis) • www.eastsideselfstorage.ca • 204-222-6248

Office Hours: Monday - Friday 9am - 6pm, Saturday 10am - 4pm

115 Sanford Fleming Road • Winnipeg, MB • R2C 5B8 • Ph: 204 222-1411 • www.pcwcc.ca



From beginner to pro, your spring sports destination

Get ready for your game

KAHUNIVERSE SPORTS GROUP **BIC** CANADA

20 De La Seigneurie Blvd.
HOMERUNSPORTS.COM

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

Table of Contents

Sports Registration	01/02
Did you know we offer a subsidy program for lower income earners?	02
Board of Directors	02
Soccer News	02
Ringette News	02
A special thank you to all our advertisers	03
Hockey News	03

Hospitality for the Homeless Bike Ride (In support of Siloam Mission)	03
Volunteers are always needed to run our club....	03
Park City West Community Centre Mission Statement	03
Hall Rentals	04
TCI Boys Hockey Team	04
Gear Up to End MS Craft Sale	04
Programs	04
Upgrades to Park City West Community Centre ..	05

Park City West Community Centre

115 Sanford Fleming Road, Winnipeg, MB R2C 5B8
Ph: 204-222-1411
Website: www.pcwcc.ca
Follow us on Facebook

This publication has been produced by Jae Media
Project Manager Lori Kemp

SPORTS REGISTRATION

SPRING SPORTS REGISTRATION 2018 FOR SOCCER/HARD BALL/SOFT BALL WILL BE HELD AT THE END OF FEBRUARY.

KEEP CHECKING THE WEBSITE FOR INFORMATION ON SPORTS REGISTRATION AND OTHER EVENTS AND ANNOUNCEMENTS AT THE CLUB.

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.

ON-LINE SPRING SPORTS REGISTRATION FOR SOCCER AND SOFTBALL WILL START FEBRUARY 13, 2018 AND WILL END MARCH 13, 2018.

ALL REGISTRATIONS BEGINNING ON MARCH 14TH AND AFTER WILL BE ASSESSED A \$50 LATE FEE.

Supporting the community



Wyatt Dowling

INSURANCE BROKERS

Leave your worries at our door.

Regent & Bond 138 Regent Ave. W. Phone (204) 222 3221	Regent & Plessis 4-801 Regent Ave. Phone (204) 940 6552	Plessis & Devonshire 401-1750 Plessis Rd. Phone (204) 949 2600	Reenders & Lag./59 60-11 Reenders Dr. Phone (204) 949 2610
--	--	---	---

Uncomplicated Mortgages



Our great rates, expert advice and personal service make it easier for your family to finance a new home.

Pre-Approval
Competitive Rates
Flexible Terms
Convenient Repayment Plans

Neighbourhood Values Since 1951

Like us on Facebook
Follow us @CaseraCU
Follow us on Instagram
Email us: talktous@caseracu.ca

credit union Casera

1300 Plessis 204-958-6300 | 8-630 Kildare 204-958-6320
720 St. Anne's 204-958-6600 | www.caseracu.ca



Spring Sports Registration

Spring Sports Registration 2018 for Soccer/hard ball/soft ball will be held at the end of February

Keep checking the website for information on sports registration and other events and announcements at the club. 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.

PCWCC Sports registration is done online via our website 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.

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.



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 Silvari
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) - Ken Mann
Softball - Katie Patteson

Soccer News

September Results:

Congratulations to our U15 Boys team for winning the Cambrian Cup Challenge B-side finals. Great job guys!

Congrats to our U11 Girls (Muzia) team who won gold and were undefeated in regular season.

Congrats to our U12 girls team who also won gold.

Congrats to our U9 team who finished second overall. They lost a hard fought game against Oakbank in a shootout after playing overtime.

Congrats to our U15 girls team who won the 3 v 3 challenge and are headed to Florida in July 2018 for nationals.

Ringette News

Congratulations to Alexis Mann; Ashlyn Ray; Eleanor Smith; Maegehn Gozda; Megan Tokar; Riley Bennett Fleming and Taryn Silvari - Park City West girls who made the Winnipeg Gold



Team. Winnipeg Gold are headed to the 2018 Manitoba Winter Games to be held in Thompson, Manitoba March 4th-10th. Ringette Manitoba will be sending 6 regional teams to the event. The Manitoba Winter Games Powered by Manitoba Hydro are the Province's largest ongoing multi-sport program bringing together participants from across the Province. The Winter Games are held every four years. Teams from Winnipeg East, Winnipeg West, South Region, East Region, West Region and North Region, all at the U14 age level. The games are an exciting event for participating athletes, coaches, officials and spectators. There is an opening and closing ceremonies, and athletes will stay in an athletes village as a team. The Manitoba Games Powered by Manitoba Hydro are a major sport development program of Sport Manitoba and Ringette Manitoba places high value on the Games. Participating in the Manitoba Games powered by Manitoba Hydro will make a significant contribution to the ongoing development and growth of our sport,



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.

enabling our athletes to take their personal sport development to the next level.

Hockey News

The Park City West 10A2 team went undefeated and won gold at Stoney Mountain Tournament in December.

Our 7/8 Warriors took on St Vital as part of the Big Ice Challenge at the Bell MTS Centre on Nov 6th. Teams get to show of their skills on the big ice during the half time break. (Front page)

The MFMHL was pleased to announce that goaltender Danielle Bonot-Schmidt - a former Park City West Wildcat- has committed to attend school and play hockey for the University of Calgary Dinos commencing in fall 2018. The Dinos play in the very tough U Sports (CIS) Canada West Hockey Conference. Bonot-Schmidt who is from Winnipeg and attends St. Marys Academy is entering her third year with the Avros and is currently still part of Team Manitoba's Top 27 roster. Coming off a solid



season last year sporting a 1.40 GAA and a .925 save percentage (in 32 games), Bonot-Schmidt is known for her athleticism and puck tracking abilities and will be relied on heavily by the Avros this year. Park City West congratulates Danielle on her outstanding accomplishments to date and we wish her all the best with her future academic and hockey endeavors.

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

On September 16, 2017, Park City West hosted Fairmont Winnipeg's 3rd Annual Hospitality for the Homeless Bike Ride in support of Siloam Mission and local charities. We had an amazing day for all riders (despite the weather) as they biked along the Duff Roblin Parkway Trail to Bird's Hill and Back to Park City West Community Centre. We were able to raise \$13,518.09 in support of Siloam Mission and 2 local charities!! Special thanks to Rob Brown and Cat Schalla who participated and helped out that day.



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.

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, the Mini-Soccer Jamboree as well as Halloween and Christmas events.

Should you wish to volunteer your time click on the Volunteer Spot link and sign up or email 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.

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 7:00pm.



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
- Large kitchen
- Sound system
- Sports equipment

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

TCI Boys Hockey Team

A huge thank you to the TCI BOYS HOCKEY TEAM and their coach Doug Johnson for coming to volunteer at our Breakfast with Santa. They were truly a fantastic group and we couldn't have done it without them. Good luck with the rest of your season guys!

Gear Up to End MS Craft Sale

Gear Up to End MS Craft Sale held on December 10th in support of MS Bike (Gear Up to End MS). PCWCC's own Robert Brown and Cat Schalla participate in a team ride around Gimli at the end of August. The team of five riders, aptly named "Maximus Sorebutticus" are part of a collective effort to help improve the lives of Canadians affected by MS. Dollars raised are invested in world-leading MS research happening right here in Canada research that will bring us closer than ever to the first treatment for progressive MS and ultimately a cure for the disease. For more information on this event go to mssociety.ca



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 is such a fun and uplifting workout.

Mondays 7-8pm. Email: vgrycko@shaw.ca

Taekwondo

Suitable for all ages, these traditional martial art classes can be enjoyed by people starting as early as the age of five. For your membership* you will learn the techniques of self defense. These techniques will help acquire a new sense of confidence, concentration and self-esteem. It will give an advantage of increasing patience and discipline, as well as giving the benefits of regular exercise & stress relief. Provided in a fun and safe environment, we always encourage good sportsman-like conduct. We also emphasize the importance that we must act responsibly with what we learn in Taekwondo.

Classes are Wednesday nights from 6:15-7:15. Family discounts are available for those with three or more family members that have joined. The K. Saunders Taekwondo program is challenging everyone to come and try two weeks for FREE. Contact us for more information at 204-952-3176 or KSTA.academy@gmail.com.



Pilates Manitoba

This program is offered at Park City West CC on Thursday nights. 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. Pilates is the original NEMEX (Neuro-Muscular Exercise) so there is a profound mental conditioning too. Great for seniors, fall prevention, and injury prevention for athletes too. Call us at 204-487-2287, text to 204-999-9984 or email info@pilatesmanitoba.com. You could also sign up at pilatesmanitoba.com or contact Park City West CC for more information.

55+ FITNESS

Park City West CC is excited to offer a daytime 55+ fitness class designed specifically with seniors needs and abilities in mind. A little exercise can make a big difference in your health. With strong muscles, you will improve your posture, balance and increase your energy, mobility and overall quality of life. These classes are returning in March 2018 and will be held on Tuesday from 1:00-2:00pm. The cost is \$6 per class and you can drop in anytime. Please bring a pair of weights if you have and all other equipment will be provided. Contact Park City West for more information.

Preteen Dances

Preteen Dances are held once a month. Please check out our website for upcoming dates. They run from 6:30-9:30 pm and have a DJ playing music. The canteen is also open for anyone that wants to purchase snacks. The dances are suitable for children aged 8 to 12 years old. All dances are supervised by parent volunteers (thank you to all those who volunteer!) Feel free to stay or drop your child off. Please check the website often as there are sometimes cancellations.



Upgrades to Park City West Community Centre

Last year we saw our brand new splash pad and tennis courts open! We also had two of our popular outdoor rinks completely rebuilt in time for the 2017/18 winter season. Thanks to all the hard working volunteers and staff who have continued to invest their time into seeing this community club become great!



GEOFF & REGAN ARCHAMBAULT
Your Winnipeg Home Connection!

www.WinnipegHomeConnection.com
SOLD@WinnipegHomeConnection.com

Geoff 204.997.1761
Regan 204.995.1761

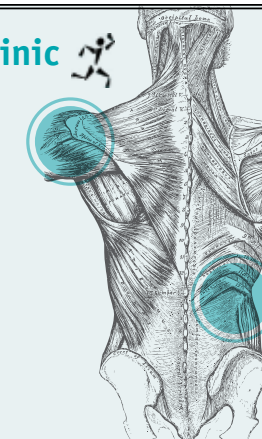
CENTURY 21 ADVANCED REALTY — 1415A Henderson Hwy., Winnipeg, Manitoba

Regent Physiotherapy Clinic

Glen Young BMR-PT Richard Van BMR-PT

Reconditioning Programs
Acupuncture
Post Surgical Rehabilitation
Customized Home Programs

Unit N-1522 Regent Ave. W.
Winnipeg, MB R2C 3B4
Phone: 204-654-9917
Fax: 204-667-3640
winnipegphysiotherapy.ca



TRANSCONA OPTICAL
212 Regent Avenue West
204 224-2254 • transconaoptical.ca

OPTOMETRISTS

- Dr. Bruce Rosner
- Dr. Steven Mintz
- Dr. Elisa Fiorentino
- Dr. Karen Blackie
- Dr. Alissa Boroditsky
- Dr. Blake Chartier
- Dr. Steven Malo

CERTIFIED SPECIALIST IN ORTHODONTICS

Kildonan Orthodontics
1-1573 Regent Avenue W.
Winnipeg, MB | Ph: 204-940-7888

Selkirk Orthodontics
2-321 Main Street
Selkirk, MB | Ph: 204-482-7888

www.str8teeth.ca
kildonanorthodontics@str8teeth.ca