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# Lord Roberts Community Centre

FALL 2009

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## Lord Roberts Community Centre Celebrates 75 years in the Neighbourhood!

Did you know that our Lord Roberts Community Centre is celebrating its 75th year in 2009? **In honor of this special occasion, our community centre will be hosting an all day event on Saturday, September 12, 2009, beginning with a pancake breakfast at 9:00am. Celebrations will end with a social at 8:00pm.**

During the day, **there will be activities for the whole family** including: the pancake breakfast, kids' games, crafts, bouncers, face painting, and much more. At night, there will be a social with music, provided by Gopher Music Services, and silent auction. Social tickets are \$10.00 each and are available from board members and at the Mohawk Gas Station on Osborne.

**We are looking for volunteers as well as donations for the silent auction. If you can help please call Kim at 256-7330.**

If you are new to the Lord Roberts area, come meet your neighbors and local business owners.

For those of you who are our Lord Roberts veterans, come spend time with a long lost neighbor, rekindle your friendship, and join us for this milestone event in the community centre's history.

**Thank you for your support!**

**Registration  
Information  
Inside!**

### LRCC Board of Directors 2009-10

President - Bob Suggitt  
1st Vice-President - Jared Olford  
2nd Vice-President - Ruth Lysecki  
3rd Vice-President - Jeremy Read

Treasurer - Christelle Graham  
Secretary - Susan Shinkarik  
Special Events - Angie Johnston  
Canteen - Kim Thorsteinsson

**725 Kylemore Avenue — ph. 452-9744 — lordrobertscc725@shaw.ca**

## Fall Activities Registration Information

Note from the Treasurer:

Fall registration will be upon us before we know it, so we wanted everyone to be aware of the dates, times and procedures that will be in place.

**We plan to host three registration evenings this fall, on September 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup>, from 6:30 to 9pm.** That said, anyone can register for any sport or program prior to these dates as well, during regular fall community centre hours (Monday to Thursday from 6pm to 9:30pm). All families interested in registering for fall programs and sports must be registered at the very latest by September 10<sup>th</sup>, 2009 at 9pm.

Anyone wishing to register for a sport or activity after this date will be considered on an exception only basis, providing space on teams/in groups is available, and at the sports convener's or program supervisor's discretion. This is being done to ease the burden of responsibility on our hard working team of volunteers who make the sports programs and activities possible in our community.

**Please ensure you have the appropriate Manitoba Health Card information with you to complete your/your child's registration form(s).** Those families requiring subsidies must bring the latest (2008) Revenue Canada Notice of Assessment Form, for all parents included in the calculation of a family's income, i.e....one parent's Notice of Assessment in single parent families, or both parents' Notices of Assessment in two-parent families. **A photocopier is available at the community centre to make copies of original documents.**

The Lord Roberts Spring Clean-Up Committee would like to send out a BIG...

***THANK YOU !!!***

to all the **volunteers** and **participants** who came out to the 2009 Lord Roberts Spring Clean-Up on May 22<sup>nd</sup>.

With your participation you helped make this annual event a great success once again!

A Special Thanks goes out to our sponsors: **CN Rail, Lord Roberts Community Centre, Take Pride Winnipeg, Hon. Diane McGifford, MLA and Councilor Jenny Gerbasi** who helped make this event possible.

**Hope to see you again next year!**

All registration fees, including the mandatory parental contribution on subsidized registrations, are to be paid at the time of registration, or the registration will not be considered at all.

This is being done to ease the burden of responsibility on our hard working team of volunteers who make up our community centre's elected Board of Directors and manage the processes behind the scenes for all the sports programs and activities provided by the community centre.

**Further inquiries can be directed to Christelle at the community centre at ph. 452-9744.**

**The community centre's website can also be viewed for details at [www.lordrobertscc.ca](http://www.lordrobertscc.ca)**

Thank you,  
*Christelle*

## Activities

### Girl Guides

Glenlawn/Riverview Girl Guides offers exciting programming for young women aged 5-17, centred around environmental education, community service and confidence building.

All levels of programming are offered Thursday nights at Churchill Park United Church.

Sparks, ages 5-6, 6:30-7:30 pm  
Brownies, ages 7-8, 6:30-8:00 pm  
Guides, ages 9-11, 6:30-8:30 pm  
Pathfinders, ages 12-14, 6:30-8:30 pm

Additional registration location:  
Churchill Park United Church (525 Beresford)  
Thursday, Sept 10, 6:30-8:30 pm.

Contact Kristi at 774-7894 for more details.

### Scouts

103rd Churchill Park Scouting Group is calling all girls and boys ages 5 and up to sign up for adventure.

Scouting offers fun and challenging outdoor programs for youth, including environmental activities, community service, vocational tours, camping, wilderness exploration, team building, leadership development, first aid and more!

Beavers, ages 5-7, Wed, 6:30-7:30 pm  
Cubs, ages 8-10, Mon, 6:30-8:00 pm  
Scouts, ages 11-14, Wed, 7:00-9:00 pm  
Venturers, ages 15+, TBD, 7:00-9:00 pm

Contact Kim at 256-7330 for more details.

### Taekwondo

Build Strength, flexibility and discipline through the art of Taekwondo.

Following the world Taekwondo Federation standards used in the Olympics as well as national competitions, Master Todd Armstrong invites everyone from age 8 and up to attend training classes in Taekwondo and self-defense of varying methods and levels.

The masters and instructors believe that families and education are very important. Supporting the position that school work comes first, the club emphasizes respect for parents, teachers and community.

Tuesdays and Thursdays 7:00-9:00pm

Call Master Todd Armstrong at 475-6430 for additional information.



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## Fall Activities (cont'd)

### YOGA

Yoga classes for all skill levels and ages. Perfect for seniors, first-timers and seasoned Yogis.

Classes taught by Lord Roberts Community member and certified Yoga Instructor, Heather James.

Saturdays, 10:00-11:00 am

\$80 for the 10 week session or drop-in fee of \$8/class.

Students are asked to wear loose-fitting/stretchy clothing and to bring a yoga mat.

Space limited.

### Parent & Tots Playgroup

LRCC playgroup is open, at no charge, to pre-school, nursery and kindergarten children and their parents or caregivers. Activities include playtime, shared snack, craft time and tones of fun.

Playgroup runs twice a week on Wednesdays from 9:15 to 11:15 and Fridays from 1:15 to 3:15.

Please bring a small snack for children.

For more info, please contact Lynn at 475-4092.

### Dance Classes

*Tap & Jazz*, Tues from 5:00-6:00 pm

*Ballet*, Wed, 5:00-6:00 pm

Fees work out to \$5.00/class

### We are always looking to offer more...

Please contact the club if you are interested in any of the following programming...

Pilates—stretch/low impact  
Photography

If you have any programming ideas or know of possible instructors, please give the community club a call. **Ph. 452-9744**

## Jenny Gerbasi

City Councillor  
Fort Rouge –  
East Fort Garry



510 Main Street  
Winnipeg Manitoba R3B 1B9  
Tel: 204-986-5878 Fax: 204-986-5636  
[jgerbasi@winnipeg.ca](mailto:jgerbasi@winnipeg.ca)  
[www.jennygerbasi.ca](http://www.jennygerbasi.ca)

## Other Activities

### Adult Basketball

Drop-in. Mon. —Thurs. evenings after 9 pm.

### Pre-Teen Dances

Our pre-teen dances feature dance music and a light show. Admission: \$2.

### Movie Nights

Bring the kinds down to enjoy a movie, popcorn and drink for \$2.00.

**Consult community bulletins or contact the community centre throughout the year for dates of future dance and movie nights.**



Diane McGifford  
MLA for Lord Roberts

We remind constituents that we are here to assist you. We can advocate for you, intervene on your behalf and can provide information on resources that may be available to you.

Constituency Office

9-222 Osborn St S  
Winnipeg, MB R3L 1Z3  
Phone 452-4320

Legislative Office

Rm 162 Legislative Bldg  
Winnipeg MB R3C 0V8  
Phone 945-3969

Email: [dianemc@mts.net](mailto:dianemc@mts.net)

## Soccer Volunteers Needed!

Dear Parent/Guardian,

Our club tries hard to make sure soccer registration fees for mini-soccer through to 18-year-olds remain affordable. We've also introduced soccer coaching clinics (at no cost) and added new equipment (uniforms, balls, cones, etc.). I'm happy to report that we've seen a growth in participation over the past few years as a result. Today our soccer program is one of our club's most popular, engaging more than 110 children in sports every year.

I'm writing to you because you're a parent or guardian of at least one child playing soccer in our community. Thank you for your support of your child's athletic and social development and of your community centre.

Currently our club needs: at least ONE mini-soccer convener AND at least ONE soccer convener. The roles can be shared by more than one person.

**The mini-soccer convener** is active from February through the end of June, with most of the activity in March (registration), April (planning and organization) and June (wind-up). There are currently about 85 children in our mini-soccer program aged 4-8.

**The soccer convener** is active in both spring and fall handling registrations for players aged 9-18. Most activity is in March and September (registration), April and October (planning, placing players, organizing teams, etc.). There are also a handful of other meetings to attend on behalf of our club throughout the year. There are currently about 40 players aged 9-18.

If you love soccer and have some extra time to give back to your community, please consider taking on one of these roles. Please contact me at 475-4092 if you want more information or are interested in volunteering for our soccer program.

Yours truly,

Adam Dooley  
(Outgoing) Mini-soccer and Soccer convener  
Lord Roberts Community Centre



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## At the Club

### Hall Rentals

LRCC is the place for...  
Socials, Birthday Parties, Retirements, Anni-  
versaries, Bridal or Baby Showers... or any  
other special event!

230+ person capacity.

Social evening rental fee \$700.00 (includes  
two bartenders).

\$200 deposit fee to hold date.

Events without alcohol \$35/hr.

Dates still available for the Fall and Winter.

**For more information or to book your  
event, call NOW! Ph. 452-9744**

### Volunteers Wanted!

Support your Community Club. Give your  
time.

LRCC depends on people like you to make  
things happen.

Volunteers are currently needed to help with:  
canteen, special events, coaching, dances,  
movies nights, and various other events.

If you are able to donate some of your time for  
these or other activities, call us at 452-9744.

**Thank you in advance for pitching in!**



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## Community Programs

### Lord Roberts Citizens on Patrol Program (COPP)

When you become a member of Lord Roberts COPP, you'll not only contribute to the well being of your community in a meaningful and tangible way, you will also experience:

- A feeling of personal satisfaction knowing that you are proactively helping improve the safety in your community.
- An opportunity to meet and participate with like-minded individuals who share similar goals
- A chance to build valuable, life-long interpersonal skills.

Email: lordrobertscopp@gmail.com for more information.

### Beginning Experience

Separated? Widowed? Divorced?

*Beginning Experience* (BE) is a non-profit, peer support grief resolution program helping single-again persons deal with the natural grief process. BE offers opportunity for turning pain of loss into experience of positive growth. Weekly adult program 10 week session begins September 9, 2009.

Additionally, retreat weekends are offered in October and May for young adults (YABE) ages 16 through 26, whose parents have gone through separation, death, or divorce.

Please call 275-3090 or visit [www.winnipegbe.ca](http://www.winnipegbe.ca) for more details.

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# September 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8 Fall Registration 6:30-9:00 pm	9 Fall Registration 6:30-9:00 pm	10 Fall Registration 6:30-9:00 pm	11	12 75th Anniversary celebrations
13	14	15	16	17	18	19
20	21 Adult Drop-in Basketball	22 Tap/Jazz Taekwondo	23 Parents&Tots Ballet	24 Taekwondo	25 Parents&Tots	26 Yoga
27	28 Adult Drop-in Basketball	29 Tap/Jazz Taekwondo	30 Parents&Tots Ballet			

# October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Yoga
4	5 Adult Drop-in Basketball	6 Tap/Jazz Taekwondo	7 Parents&Tots Ballet	8 Taekwondo	9 Parents&Tots	10 Yoga
11	12 Adult Drop-in Basketball	13 Tap/Jazz Taekwondo	14 Parents&Tots Ballet	15 Taekwondo	16 Parents&Tots	17 Yoga
18	19 Adult Drop-in Basketball	20 Tap/Jazz Taekwondo	21 Parents&Tots Ballet	22 Taekwondo	23 Parents&Tots	24 Yoga
25	26 Adult Drop-in Basketball	27 Tap/Jazz Taekwondo	28 Parents&Tots Ballet	29 Taekwondo	30 Parents&Tots	31 Yoga