



Staying Connected

SC: THCA Community Newsletter March 2015



Successful Winter Season Ends

Hats off to the organizers of this year's Family Day (February 16), which was led by Niki Mintenko. Our sponsors were: Councillor Egli, City of Ottawa, Hard Stones Grill, Loblaws, Metro Grocer, McDaniels Independent Grocer, Nepean Rideau Osgood Community Resource Centre, Rogers TV and Tim Hortons. Outdoor activities included a sly-ride, tug-of-war and ice competitions. Indoor activities included Celebration of the 50th Anniversary of Canada's flag, with one donated to the Centre for permanent display by our MP Pierre Poilievre, and installation of a Commemorative Plaque by the Centre's kitchen in memory of Franz Gierer, with his wife Lucy being present to receive best wishes from Keith Egli on behalf of City Council. Junk Yard Symphony and Occasional Pudding provided the musical entertainment while a Little Bit of Bling did a great job of face-painting and Allen Deering and others did a great job at calling bingo. Thanks to Liz Bradley and others for taking pictures. Allen will ensure the most representative ones will be framed and hung at the community centre. Thomas Bradley will ensure they are present on our website: thca.ca

Holding the **Winter Carnival** on Ontario's Family Day Monday was a significant departure from the prior 20 years. But our post-event review suggests that families were open to it being held then. Any feedback is welcome.

Our **Rink Season** came to a close on March 8. It was a favourable season under the direction of Matt Budd-Kenny. Appreciation is extended to Jason Ashe and Dan Farant who volunteered their time so that the change room was open at 4:15 pm during the weekdays resulting in overall supervision being offered 35 hours/wk. Both Learn to Skate and Play Hockey were offered. Our toboggan hill on Benlea Drive was well used. It is identified as one of the local resources identified on our page on Wikipedia.

Hope you have checked out our **Refurbished Website**: thca.ca. Kudos to Thomas Bradley & Pauline Budd and their implementation team. The homepage with its gallery of seasonal pictures presents our neighbourhood in a very favourable light. It is hoped you could quickly find information of interest/need. Ottawa Rink Conditions for example had 15 entries for our rinks across the season.

(Continued on page 2)

Pauline has been the **facility manager** for 16 years. She has been a gem! On family day a member of the Rogers' crew said, "this job takes me to visit many community centres across the city, and not one of them looks as well taken care of as this one." As Pauline steps out of that role to take on the scheduler role, the Board of Directors wants to publically thank her. Her shoes will be hard to fill. She brought experience with property management, so that life cycle replacement of the physical property and fixtures did not look difficult. Interior and exterior beautification also looked doable. She also cared for the condition of the ball hockey and baseball courts. Those interested in learning more about this volunteer job should contact Graeme Roderick (613-226-7081). There is a \$75/month stipend tied to this position. The community centre is still looking for a person to co-ordinate volunteers, such as those used during Family Day and the Association's Board seeks a secretary. Your Board asks that you renew your **membership**. The association annually raised 34 times what is collected in membership fees. While 45% of that revenue goes to the city (applied to the cost of operating the Centre and related recreational resources), the remainder of revenue raised is spent to the benefit of our residents. That is achieved by the dedication of volunteers.

Make a Difference In Your Community!

If interested and for more information, please e-mail info@thca.ca or call Graeme Roderick at 613-226-7081.

Volunteer Facilitator

You are a member of the Centre's management team, responsible for recruiting, police references, and event assignments. You work primarily with the Program & Events Managers. Commitment: 1-2 hrs/wk except for 3 seasonal events: the Winter Carnival, Ontario Family Day and Fall Corn Roast. Past experience desirable. Police reference check required. Compensation is an honorarium of \$35/month.

THCA Board of Directors- Secretary

Takes and distributes minutes at monthly meetings of the directors. Contributes to discussion of community concerns and events.

3 hrs/month scheduled meetings.

Facility Manager

You are a member of the Centre's management team overseeing the physical environment within and outside the facility. Works with the City's Property Asset Management branch in the cleaning and refurbishing of the facility. Works closely with the Facility Scheduler, Facility Promoter, and Programs & Events Managers. Property management experience would be an asset. 3hr/wk flexible hours. Compensation is an honorarium of \$75/month.

What About the Speed Calming Study 2014?

You will recall that between July and November our neighborhood was once again one of eight communities who participated in this study done by the city of Ottawa. Other cities have used the seasonal mid-road signage with good results. Woodfield Drive was chosen between the hydro right of way and Merivale Road as it is a collector street that is situated by a community park.

The 2014 results are in and could not be said to be conclusive. Speeds *prior to* and post use of mid-street signage showed low compliance with the 40 k speed limit. The average speed prior 'flag' installation was 47 km/h. Eighty-five percent of vehicles do not exceed 56 km/h. The average speed on August 27 was 44 km/h, with eighty-five percent of vehicles not exceeding 51 km/h. With those flags up that is quite a clip! Following removal, the speed returned to 46 km, and not exceeding 53 km/h. We have been advised that the flags will return this summer as part of the study. It would be interesting to determine the impact of the flags on other neighbourhoods.

What is disappointing is that anyone travelling west would be travelling 15 k over the limit on the street with a pathway that transverses the street under the hydro-line just after the blind curve.

Community Garden at Tanglewood Park - Volunteers Needed

There are plans to build a Community Garden and the Tanglewood-Hillsdale Residents Association is looking for volunteers. If you are interested in participating in the planning and building of the garden, please send an e-mail to Danilo Orozco at danoro@hotmail.com



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Tanglewood/Hillsdale Community Activities Winter & Spring Schedule

For up-to-date details on revisions, cancellations or new activities visit our website at thca.ca

Tanglewood Center Program Registration:

In person: attend the program Except for t-ball and soccer which is May 2, 11am to noon

Mail: Print and fill in Registration form (visit www.thca.ca, click on Programs & Events, then click on TPCC run programs and click on registration form) with cheque payable to *Tanglewood Park Community Centre*

Mail or drop off : *Tanglewood Community Centre, 30 Woodfield Drive, Ottawa-Nepean, ON K2G 3Y5*

Read our blog at thca.ca for other methods to register

City Program Registration: *Please register at least 2 days before the start date as the course will be cancelled if there is not enough children registered.*

In Person: Visit any recreation facility during normal working hours to register for your course (Nepean Sportsplex, Ben Franklin place in Centreponte)

Online: Direct your browser to Ottawa.ca/recreationguide and click on the *Register!* button to view programs and sign up.

Phone: Call 613-580-2588

IMPORTANT: Barcode required for course which can be found in insert or City of Ottawa Recreation Guide. Method of payment is Visa/Mastercard only

Other Groups (Organizational Run) Registration:

In person: See contact information on this insert or attend the program.

Online: Visit their website.

Fees: See rates on this document as per individual programs.

Cancellation Policy: If a program is cancelled for any reason, including insufficient registration, a full refund will be issued.

PRE SCHOOL

All these programs are at: Tanglewood Community Centre in the Hillsdale Hall

Ballet/Jazz {3-5 yrs} [City Run]

Take the basics of ballet/jazz movement, explore dance techniques, and keep it fun with a little jazz flare.

Day: Mondays Time: 6:05 - 6:50 pm
April 13 - June 8 Barcode: 945233
Cost: \$58
Info: Karen Venema 613-580-2424 Ext 41238



Creative Movement {2-3 yrs} [City Run]

The Creative Movement program provides a fun, casual approach to practicing basic and fine motor skills, and a cooperative introduction to the elements of dance and space.

Day: Mondays Time 5:30 - 6:00 pm
April 13- June 8 Barcode: 945219
Cost: \$ 36.75
Info: Karen Venema 613-580-2424 Ext 41238

Tanglewood Tykes { Infant- 5 yrs} [Center Run]

Drop in program for children, parents, care givers to interact with each other. Children get to play with toys do crafts, eat healthy snacks.

Day: Wednesdays Time: 9:00 - 11:00 am
Date: Sept- June 10, 2015 (No drop-ins)
Cost: \$1.00 per child per visit; free for under 1 year
Info: Lynn Spence 613-226-5444

Play Group { Infant - 6yrs} [Org Run]

Free-of-Cost playgroup open to parents, guardians and caregivers of children 0-6 years of age offered in partnership by the Nepean-Carleton Ontario Early Years Centre, Tanglewood Park Community Centre and the Nepean, Rideau and Osgoode Community Resource Centre

Day: Thursdays Time: 9:00 am to 11:00 am
Date: Sept 18 - June
Cost: **FREE**
Info: Rose Marie at rgarces@nrocr.org
or 613-596-5626 Ext 259

Les Petits Dragons { 3 yrs to Dec 31 and 4 yrs} [Org Run]

A specialized educator attends to educational activities, crafts, songs and play time to prepare young people for a French school.

Time: 9:15 - 11:45 am
Dates: Spring: March 30 to June 12, 2015
Cost: see website
Info: Visit website www.francoouest.ca and under Préscolaire scroll down to the green bubble "Inscrivez-vous" and follow the instructions. OR contact 613-722-1819

Monkey Rock Music [Organizational Run]

This program is at: Tanglewood Community Centre in the Lions Den

Fun entertaining music program for your children and you

Day: Tuesdays April 7 to June 23
Tuesdays July 7 to Aug 11
Time: 10:00 - 10:45am 1 - 2 yrs old
10:45 - 11:30am 2 - 4 yrs old
11:30 - 12:15pm 0 - 1 yrs old



Day: Saturdays April 11 to June 27
Saturdays July 11 to Aug 15
Time: 9:15 - 10:00 am 1 - 2 yrs old
10:00 - 10:45 am 1 - 2 yrs old
10:45 - 11:30 am 2 - 4 yrs old
11:30 - 12:15 pm 2 - 4 yrs old

Info: [http:// monkeyrockmusic.com](http://monkeyrockmusic.com)



CHILDREN



These two programs are in the field beside the Community Centre and weather dependent

Registration Sat May 2 from 11-12 pm or first day

T-ball

Learn the basics of playing baseball
Day: Tuesdays Date: May 5/15 - May 26/15
Time: 6-7 pm [4 wks] Age: 3 - 8 yr olds
Cost: Members \$4 Non-Members \$8

Soccer

Learn the basics of playing soccer
Day: Thursday Date: May 28/15 - July 30/15
Time: 6 - 7 [10 wks] Age: 4 - 10 yrs]
Cost: Members \$10 Non-members \$20

YOUTH

Girl Guides Rangers { 15 – 17 } [Org Run]

This program is at: Tanglewood Community Centre in the Lions Den

In Rangers, young woman complete a core program that focuses on adventure and independence.

Day: Wednesdays Time: 7:30 – 9:00 pm

Date Sept 10/14 – June 11/15

Cost: \$150 per year

Info: Niki: 613-224-6815

www.Girlguides.ca

All these programs are at: Tanglewood Community Centre in the Hillsdale Hall

Summer Youth Program

Sports, movies, special events, out trips and hanging out

Age: 14 -17 yrs

Duration: June 29/15 - Aug 14/15

Day: Mon, Wed, Fri, 2:00 - 4:30 pm

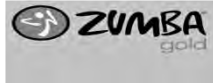
Tues, Thurs 6:30 - 9:00 pm

Cost: \$25 for Summer, No daily drop ins

Info: Karen Venema 613-580-2424 Ext 41238

ADULTS

Zumba Gold 50+ [Org Run]



Combines fitness, hip hop and Latin spice with lots of fun music to keep you moving.

Note: Even though this class is Zumba gold, it will be geared to what the participants are capable of doing

Day: Thursdays Time: 6:15 - 7:15pm

Date: April 9/15 to June 18/15

Duration: 10 wks

Cost: \$80 for 10 weeks or Drop in fee \$10 per class

Facilitator: Joanne Smith

joannesmith0705@hotmail.com

Zumba [Center Run]

ZUMBA!



Combines fitness, hip hop and Latin spice with lots of fun music to keep you moving.

Note: Even though this class is not Zumba gold, it will be geared to what the participants are capable of doing

Day: Saturdays Time: 9:30 - 10:30 am

Date: March 14/15 to May 9/15 (not April 4)

Cost: \$70 for 8 weeks or Drop in fee \$10 per class

Instructor: Rhea Rivilla R2zumba@yahoo.com

Pilates [Org Run]



Pilates helps you overcome limitations in the form of fatigue, injuries, repetitive stress.

Day: Wednesdays Time: 6:00 - 7:00 pm

Date: April 15/15 to May 13/15

Cost: \$75 for 5 weeks or Drop in fee \$15 per class

Info: Lisa lisa@aidaca.com

Red Women Social Club [Org Run]

A fitness group which is achieved through dance & yoga

Day: Mondays Time: 7:45 - 9:15 pm

Date: Sept 15/14 to June 1/15

Cost: Membership \$100 Drop in \$5

Info: Ping He 613-226-5320

Hatha Yoga [Center Run]



Hatha Yoga is concentrating on the practice of posture & breathing control. Please bring a mat.

Day: Thursdays Time: 7:30 - 8:30 pm

Date: March 26/15 to May 14/15

Cost \$70 for 8 weeks or Drop in fee \$12 per class

Instructor: Stephanie Boxall sboxall282@gmail.com

Insanity [Organizational Run]



High Intensity Interval Training (HIIT) with low and high impact instructions to awesome upbeat music

Day: Wednesdays Time: 7:30 - 8:30 pm

Dates: April 8/15 to June 24/15

Cost: \$96 for 12 weeks or \$10 drop in per class

Info: Tara 613-608-2443 tarap333@gmail.com

[facebook.com/JTHealthyLife](https://www.facebook.com/JTHealthyLife)

ADULTS

All these programs are at: Tanglewood Community Centre in the Hillsdale Hall

Ottawa Bead Society [Organizational Run]

Builds lamp-work beads, all kinds of seed-beads techniques, Jewellery. Bead embroidery
Day: Third Sunday of each month
Date : All Year Round Time: 1:30 – 3:30 pm
Cost: \$35/year
Info: <http://ottawabeadsociety.org/>

T.O.P.S. (Take Off Pounds Sensibly) [Org Run]

Weight Loss Group
Day: Tuesdays Time: 5:30 – 8:00 pm
Date: All Year Round
Cost Tops membership required \$32.00 a year
\$2.50 a week there after
Info: Drop in and ask for Sandra

Therapeutic Yoga Workshops [Org Run]

This class is for helping people move, breathe, live and feel better so they can continue doing the things they love.
Day: last Sunday of the month Time: 2pm – 4pm
Where: Tanglewood Community Centre [Lions Den]
When: Mar 29/15 Relieve your lower back
Apr 26/15 Awaken your core
May 31/15 Tight hips

Cost: \$25
Info: Jessica Keats
Web: www.yogawithjessica.ca
Email yogawithjessica.ca@gmail.com
Call 613-608-8844



Soul Healing [Organizational Run]

Teaching wisdoms to help heal and transform health, relationships and aspects of our life.
Day: Mondays Time 7:00 to 9:00 pm
Where: Tanglewood Community Centre [Lions Den]
Info: Shirley Cheung sc42070@gmail.com

SENIORS

Young at Hearts Social Club 55+ [Center Run]

Come out on the third Monday of each month for a variety of fun activities Time: 1:00- 3:00 pm

Mar 23/15 Tea Party
Apr 20/15 Bingo



Info: Rose Marie at rgarces@nroccrc.org or
613-596-5626 Ext 259
Barbara at ottawaab@yahoo.com

Exercise Classes for Seniors [Center Run]

Cost: FREE

Attend as many classes as you like.
These are chair exercises with some standing for balance exercises.
Range of motion, Rhythm and coordination, Strength and Balance.

Tuesdays 2:30 p.m.-3:00 p.m.

Tuesdays 3:00 p.m.-3:30 p.m.

Thursdays 2:30 p.m.-3:00 p.m.

Thursdays 3:00 a.m.-3:30p.m

Info: Champlain Community Care Access Centre at (613) 310-2222, or email activities@thca.ca.

Indo-Canadian Community Centre (ICCC) Seniors Group [Organizational Run]

Day: Fridays Time: 1:00 - 4:00 pm
Participants: Indo-Canadian Seniors
Cost: No charge

Activities: Mingling & Fellowship, Educational/Informational Talk, Games & Entertainment (Bridge, Scrabble), Tutorials & Demonstrations, Tea and snacks, Yoga
Info: Sudesh Kanda 613-869-0349

Dates to Remember



May 2, 11-Noon: T-Ball & Soccer
Registration

May 30, 8-Noon: In-Your-Yard Sale

September 9: Corn Roast & Fall Program
Registration

SC Editor: Margaret Stenfert

Communication to the Newsletter Editor should
be addressed to: info@thca.ca

**Tanglewood/Hillsdale Community Association
Membership Registration/Renewal Form**

Address:

Phone No:

Postal
Code:

Membership
Name(s):

E-mail:

Names of Family Members

Please provide the Names of all Family Members and the age of those under 18.

Please circle one
of the following

One year \$8.00

Three years \$20.00

Registration can be done online at www.thca.ca
Cheques payable to: Tanglewood-Hillsdale
Community Association.

Do you wish to receive the
Newsletter via Email? YES/ NO

Drop off in mailbox or send to: Tanglewood Parks Community Centre, 30 Woodfield Drive, Ottawa, ON, K2G 3Y5

Phone: 613-226-7800