



Staying Connected

SC: THCA Community Newsletter December 2016



Annual Recognition Luncheon

Among those in attendance at the November 05 luncheon was Councillor K. Egli. **Recipients** of the Volunteer of the Year, the Young Persons Division were Lany and Lexy Riggins of Brydon Court for donating Lemonade Stand proceeds to Charity. Certificate of Volunteer Appreciation from the Province of Ontario were presented to Maria Baker [outgoing treasurer] and Ted Baker each of whom had dedicated over seven years to the work of THCA. Recipients of Home for the December Holiday, Lawn & Garden and Halloween Contests received Neighbourhood Builder Certificates. Recipients in attendance participated in a raffle for a meal for two at Hard Stones Grill, Golf for two at the Putting Edge and 4-\$10 discount coupons to McDaniel's Independent Grocers. Framed photographs of Homes of 2016 recipients are proudly on display throughout the Centre.

Annual General Meeting

Regarding the affairs of the Association, the new community garden is a program of the community centre. The Association received a grant from Just Food for its start up. The Association also received a Civic Event grant from the City of Ottawa to assist in our Labour Day Corn Roast.

Winter Carnival
Saturday, January 21, 1-4p.m.
Tanglewood Community Centre
30 Woodfield Dr.

Come to our Winter Family Fun Day!!! Lots of fun for all ages! There will be organized events on ice and snow including prizes to promote family bonding and neighbourly fun. It will feature outdoor activities such as a horse drawn sleigh ride, tug-of-war, snowshoe races and skating. Like always, we will have hot food and drinks. Hard Stones Grill Restaurant will bring hotdogs and chili. Don't forget your THCA Membership card or purchase one for \$10/year/family for your discount on food. Tim Hortons will provide hot chocolate and coffee for free. Prices and times of activities will be posted in the community center, closer to the day of the event. All events will be free and open to everyone of all ages!!

Hockey Day in Tanglewood!
Saturday, February 18, 2017, 1-3pm

Adult Shinny Hockey Tournament 4 players per team (age 16 and older)
See <http://THCA.ca/programs-and-activities/hockey-day-in-tanglewood/> for more details.

Consolidated Revenues for the year ending September 30 was \$28,121 which was approximately \$1000 higher than the year before. Approximately 63% of our revenue was generated via scheduling rentals of the facility, 23% by City grants for operating the rink & for holding the Labour Day Event, 7% equipment & secure space rental, 4% from Membership and Program Registrations and 3% were from Donations. **Combined Expenses** were \$21,877, 38% was Personnel, 23% Programs & Events, and 13% Maintenance, 14% Administration and 12% was Communications. Property increased by \$9,737.

Kudos:

Pauline Budd-Kenny has competently scheduled the Centre. Allen Deering diligently oversaw property management of the Center. Niki Mintenko and Yushra Khodabocus enthusiastically oversaw registration for and delivery of indoor and outdoor programs & events. Niki also diligently submitted grant applications. Matt Clow supervised another season of our rink. Danilo Orozco, with Ron Dechambeau's energetic assistance, ably co-ordinated activities related to establishing a community garden in Tanglewood Park. Debbie Lambardo effectively co-ordinated volunteers for our SC distribution, Programs & Events while Wendy Farant skillfully oversaw Membership. George Kong ably oversaw the Public Space & Business Concerns portfolio. Thank you Suzanne McColman took over Promotion from Ahmad Moharam. The position has been open for a time. Under the keen oversight of Maria

Baker and Kulo Sachithanantham, our treasurers, finances are in order. Jingjing Fu left the bookkeeping duties in the middle of the year after many years of service.

Also thanked were webmaster for **thca.ca** Thomas Bradley, director Ted Baker, City staff Dinos Dafniotis and Karen Venema as well NROCCR's Kyle Kearnan for their contribution to the well-being of our neighbourhood. Danilo was also thanked for overseeing Neighbourhood Watch. A detailed Board report of our achievements and a Financial Report were posted on the Website.

During the **Annual General Meeting** portion of Recognition Day, the boundaries of the Association were extended to include Rydon Place. Elected were Graeme Roderick, president, Veronica Keaney secretary and Kulo Sachithanantham, treasurer. Directors at large are Wendy Farant, Debbie Lambardo, George Kong, Danilo Orozco and Kyle Kearnan. Launa McIntyr of Sums Bookkeeping will be our bookkeeper.

Regarding the Centre's Committee of Management, Graeme remain in the positions of bookkeeper, and chair. Pauline [facility scheduler] Niki [Activity Managers] and Allen [Facility manager] remain in their positions. Veronica will also be the Committee's secretary. Tim Young has been hired as rink supervisor. During the rink season Krystin Rodgers and Dan Farant will again supervise the Centre's Change Room during the ice rink season for after school children. If you are interested in helping out with our activities,

or you want further details contact Graeme at 613-226-7081 or ottawaroderick@sympatico.ca

Recent Initiatives

- George Kong oversaw the application and approval of a second bulletin board for Hillsdale Park (Woodfield side). He also was successful in gaining approval for two benches to be installed near the volleyball court. All this will be done in the spring.
- George also oversaw the revision of the Business Directory to include Rydon Place.
- The Association is currently working to achieve snow clearance of the lighted pathway east of the Centre's Parking lot leading South to Crossroad Development. Half of the path is maintained to provide access to the townhomes and the community mailbox.
- Niki organized the successful Dec 10 Christmas Party. And January 21 has been set for the Winter Carnival.

Halloween 2016 Contest Winners!!

Awesome Triplex Home	274B Dalehurst Dr
Best Spooky Home	427A Woodfield Dr
Best Dazzling Home	119 Benlea Dr
Best Scary Single Home	16 Lavinne Crt
Eerie Home	9 Benlea Dr
Freaky Garage	23 Foxmeadow Lane
Best Eccentric Home	5 Ancroft Crt

Make a Difference in Your Community!

Promoter

As a member of the management team, you promote our three annual Events and Centre's programs. Resources available to you are the website's blog, the neighbourhood newsletter published 3x/yr, internal and external bulletin boards in both parks as well as two A frames. Annual Budget: \$1300. Commitment is 8.5 hrs/month. Stipend is \$75/month.

TPCC Indoor Program & Event Manager

You are a member of the Centre's management team, responsible for the integration of scheduled programs, be these sponsored by the Center, the City or third parties. You are the lead hand in the development and evaluation of our own programs. You regularly work with the outdoor Program & Event manager, the property manager, and the facility promoter, and contribute to quarterly management meetings. Commitment: 2 hrs/wk. While a volunteer, you receive a stipend of \$75/month. The management team are an enthusiastic crew. Position of interest to individuals keen on using/enhancing skills, experience and contacts in recreation management.

If interested in either position and for more information, please e-mail/phone Graeme Roderick ottawaroderick@sympatico.ca or 613-226-7081

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Tanglewood/Hillsdale Community Activities Winter & Spring Schedule



PRE SCHOOL

These programs are at Tanglewood Community Centre in the Hillsdale Hall

French Preschool {3 and 4 yrs}

Please watch our website thca.ca for spring registration.

Ballet/Jazz – Level 1 {4-5 yrs} [City Run]

Basic to intermediate ballet and jazz techniques will be practiced. Combination of contemporary movements and ballet techniques. Exercises are structured to develop strength, balance, flexibility and coordination. Learn choreography from both dance styles.

Day: Saturdays Time 10:00 - 10:30 am

Date: Jan 7 - Mar 11 \$39.25 1063886

Info: Karen Venema 613-580-2424 x41238



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

This class offers an introduction to the elements of movement to music in a fun and casual approach.

Day: Saturdays Time 9:30 – 10:00 am

Date: Jan 7 - Mar 11 \$33.25 1063870

Info: Karen Venema 613-580-2424 x41238

This program is at Tanglewood Community Centre in the Lions Den

Monkey Rock Music [Organizational Run]

Fun, entertaining music program for young children and their parents.

Day: **Tuesdays** Jan 10/17 to March 28/17

Time: 10:00 - 10:45 am 1 - 2 yrs old

10:45 - 11:30 am 2 - 4 yrs old

11:30 - 12:15 pm 0 - 1 yrs old

Day: **Saturdays** Jan 14/17 to April 1/17

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



Cost & Info : see website

<https://www.monkeyrockmusic.com>

This program fills up very quickly so apply early

These programs are at Tanglewood Community Centre in the Hillsdale Hall

Tanglewood Tykes {Infant– 5 yrs} [Org Run]

Registered (not a Drop in) program for children, parents, caregivers to interact with each other. Children play with toys, do crafts, eat healthy snacks.

Day: Wednesdays Time: 9:00 – 11:00 am

Date: Sept 2016 to June 7, 2017

Cost: \$1.00 per child per visit; free for under 1 year

Info: Gale Deering 613-355-5704

This program is full.

Little Wiggles {Infant– 5 yrs} [Org Run]

Registered or Drop in program for children, parents, caregivers to interact with each other.

Children play with toys, crafts, eat healthy snacks.

Day: Thursdays Time: 9:30 – 11:30 am

Date: Sept 2016 to June 8, 2017

Cost: \$1.00 per child per visit; free for under 1 year

Info: Liz 613-986-4730

Supervised Skating rink and change room hours

Weather dependant

Monday to Friday 5:30 – 9:00 pm

Saturdays 1:00 – 9:00 pm

Sundays 1:00 – 6:00 pm



Skate Change Room Open *Weather dependant & subject to volunteers* Monday to Friday 4:15 – 5:30

Public skating (no Hockey on boarded rink)

Saturdays 1 – 2 pm & Sundays 1 – 2 pm

For Rink conditions

<http://www.ottawarinks.ca/en/rink/tanglewood-park>

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

How to Register?

Tanglewood Centre [Centre run] Registration:

In person: attend the program at the centre

Mail: Print Registration form from our website: www.thca.ca (click on 'Programs & Events', then click on TPCC run programs) with cheque payable to *Tanglewood Park Community Centre*

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

City Program [City run] Registration:

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

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 or *Karen Venema 613-580-2424 x41238*

IMPORTANT: Register ASAP as they may cancel the course if there are not enough people registered. 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 in 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 a full refund will be issued.

Insert prepared by Niki Mintenko (activities coordinator) and Pauline Budd (facility scheduler)

CHILDREN & YOUTH

These two programs are on the outdoor Community Centre Rink and weather dependent

Learn to Skate { 6 -10 yrs } [Centre Run]

Learn the basics of skating.

Parent is expected to stay with child for class.

Day: Sundays Time: 12:00 - 1:00 pm

Date: Jan 8/17 to Feb 5/17

Cost: \$50 for 5 full hour classes or \$25 for 5 half hour classes (THCA Members \$5 less)



Learn to Play Hockey { 6 -14yrs } [Centre Run]

Learn the basics of playing hockey.

Day: Sundays Time: 1:00 - 2:00 pm

Date: Jan 8/17 to Feb 5/17

Cost: \$50 for 5 classes (THCA Members \$5 less)

If interested call Niki 613-224-6815



These programs are at Tanglewood Community Centre in the Hillsdale Hall

Ballet/Jazz – Level 1 {5-7 yrs} [City Run]

Basic to intermediate ballet and jazz techniques will be practiced with a combination of contemporary movements and ballet techniques. Exercises are structured to develop strength, balance, flexibility and coordination. Learn choreography from both dance styles

Day: Saturdays Time 10:30 - 11:15 am

Date: Jan 7 - Mar 11 \$58.75 1063875

Info: call *Karen Venema 613-580-2424 x41238*

Muck and Mess [City Run]

Get into your art with various projects, using lots of imagination and materials. Please dress your child appropriately, things may get messy! cost \$56.25

Date: Sat Mar 25 – June 10 (not April 15 & May 20)

6-8 yrs Time 9:30 – 10:30 am code: 1091118

9-12 yrs Time 10:30-11:30 am code: 1091125

Info: *Karen Venema 613-580-2424 x41238*

Home Alone [City run] {9-12 yrs}

Be safe and responsible when home alone. Learn how to handle callers at the door and on the phone as well as when and how to call emergency numbers. The course curriculum is based on the Canada Safety Council training course. Students will receive a student handbook and certificate. Time 1:00-3:00pm cost: \$37.50

Sunday April 9 code: 1087604

Saturday June 10 code: 1087607

These programs are at Tanglewood Community Centre in the Lions Den

March Break-Babysitter's Camp [City Run]

Are you looking forward to your first job? Is babysitting up your alley? We will help give you the skills required to be hired. Each day, there will be a half-day of instruction and a half day of regular camp activities. Pre and Post Care are provided from 8-9 am and 4-5 pm at no additional charge.

Call 613-580-2424 ext. 41238 for more information

11-14 yrs 8:00 am-5:00 pm

March 13-17

\$168.50 Code: 1090591

Girl Guides [Organizational Run]

Cost: \$150 per year

Info: For more information, visit www.Girlguides.ca

Sparks { 5 to 6 yrs}

In Sparks, girls are encouraged to try a bit of everything and begin discovering their individual skills, talents and interests. Girls will make lots of new friends, start earning badges and begin to learn all kinds of new skills in a safe and fun atmosphere.

Day: Thursdays Time: 6:30 – 7:30 pm

Date: Sept 22, 2016 – May 11, 2017



Rangers { 15 – 17yrs }

Rangers is all about leadership and community involvement and a flexible program that allows teens to create their own unique Guiding experience. Young women begin to explore career options and learn valuable skills such as budgeting and event planning.

Day: Wednesdays Time: 7:30 – 9:00 pm

Date: Sept. 7, 2016 – May 31, 2017

ADULTS

These programs are at Tanglewood Community Centre in the Hillsdale Hall

Zumba Gold [Organizational Run]

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

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

Date: Jan 5 to March 9

Cost: \$80 for 10 weeks / Drop-in \$10

Facilitator: Joanne Smith

joannesmith0705@hotmail.com



ADULTS

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.ca>

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

Weight Loss Group
Day: Tuesdays Time: 6:00 – 8:00 pm
Date: All Year Round
Cost Tops membership required \$36.00 a year
\$3.00 a week thereafter
Info: E-mail Marna Dixit at marnadixit@gmail.com
or call 613-723-8365

Red Women Social Club [Org Run]

A fitness group achieved through dance and yoga
Day: Mondays Time: 7:45 - 9:15 pm
Date: Sept 19 to May 29
Cost: Membership \$100 Drop in \$5
Info: Ping He 613-226-5320

Pilates [City Run]

Introduction to foundational moves that develop core strength, proper posture, pelvic and hip stability (to combat low back pain), while enhancing muscular strength and endurance.
Day: Mondays Time: 6:00 - 7:00 pm
No classes Feb 20, April 17 & May 22
Date: Jan 9 – Mar 6 \$68 1063918
Mar 20 – June 5 \$86.75 1090779
Info: Karen Venema 613-580-2424 x41238



Yoga [City Run]

The combined focus on mindfulness, breathing and slow physical movements, practiced regularly, increases strength and flexibility as well as decreasing stress. Please bring a mat.
Day: Wednesdays(not Jan 18) Time: 7:00 - 8:00 pm
Date: Jan 11 – March 1 \$78.50 1063914
Mar 29 – May 21 \$98.00 1090717
Info: Karen Venema 613-580-2424 x41238



ICCC Adult Seminars

January 8, 2017 (3 – 5 PM) - Seminar on 'Restoration and Conservation of Old Paintings and Works of Art' by Neelmony Chatterjee, Artist

Feb 5 & 12, 2017 (1:30 – 6:30 PM) – Life Skills Workshop “Going from here to there – Getting unstuck and moving forward” by Coach Anil Agrawal

March 18, 2017 (1 – 4 PM) – Seminar on “Entry into the Federal Public Service of Canada” by Havelin Anand, Retired Senior Bureaucrat

These are PUBLIC events for adults only.

For information and to register, go to EVENTS at: <http://icccseniors.org/>. OR call Anil Agrawal at 613-859-8654 or Indu Gambhir at 613-565-1653.

SENIORS

Indo-Canadian Community Centre (ICCC)

Seniors Group {55+} [Organizational Run]

Activities: Mingling & Fellowship, Yoga, Tutorials & Demonstrations, Educational/ Informational Talk, Games & Entertainment (Bridge, Scrabble), Tea and snacks, storytelling, laughter and fun
Day: Fridays Time: 11:00 - 3:00 pm
Participants: Indo-Canadian Seniors
Cost: No charge
Info: Indu Gambhir at 613-565-1653

Young at Hearts Social Club 55+ [Centre Run]

Come out on the third Monday of each month for a variety of fun activities
Time: 1:00 - 3:00 pm
Third Monday of each month
Cost : \$2 per month
Info: Kyle Kearnan at kkearnan@nrocr.org or 613-596-5626 Ext 253



FREE Exercise Classes for Seniors [Centre Run]

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. Drop-in at any class. Tuesdays & Thursdays 2:30 pm - 3:30 pm
Stay as long or as little time as your body will move
Info: email activities@thca.ca. or call Betty MacSpurren 613-680-3921 or email her bb_mac1966@yahoo.ca

Info to Remember



Jan 21, 1-4pm – Winter Carnival
Jan 23, 7-9pm – THCA Board Meeting
Feb 18, 1-3pm – Hockey Day in Tanglewood

LOST: At the Dec 10 Christmas Party, a children's size 7 pair of black winter boots were taken, leaving a same pair of a half size smaller. Inside is the name: Kate. Picture of found boots posted on thca.ca. Please contact John Kane to arrange an exchange: 613-226-4498.

SC Editor: Margaret Stenfert

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

What is THCA?

Tanglewood Hillsdale Community Association (THCA) is run by volunteer residents for residents of the community. We aim to support our community in being a desirable, safe place to live.

Some of the ways we do this:

- Organizing seasonal, recreational, and social events.
- Working with the municipal government on the community's behalf.
- Overseeing the community centre.

How you can get involved:

- Participate in various activities at the community centre such as: t-ball, soccer, skating, Tanglewood Tykes.
- Come out to the summer & fall fun days and winter carnival (discounts for members!).
- Beautify your home and the neighbourhood and possibly win one of our Lawn & Garden, Halloween, or Christmas decorating contests!
- Check out the newsletter and website, www.thca.ca, for up-to-date information.

How your membership fees are used:

THCA is a not-for-profit, volunteer-run organization. All funds received go towards supporting the community and reducing the various costs involved in running and maintaining the community center, its events, and programs. Some of these costs are:

- Recreation and social events like the corn roast and winter carnival.
- Website maintenance and printing the newsletter.
- Promotion in the community.
- Member discounts (THCA membership gets you discounts on food, events, and facility rentals).
- THCA community awards.
- Office supplies.

THCA Membership Registration/Renewal Form

Tanglewood Parks Community Centre: 30 Woodfield Drive, Ottawa ON, K2G 3Y5 • Website: www.thca.ca • E-Mail: info@thca.ca

Length of Membership (circle one): 1 yr (\$10) or 3 yrs (\$25) Cheques Payable to: Tanglewood-Hillsdale Community Association

Given & Family Name: _____

Address: _____ Postal Code: _____

Phone: _____ E-Mail Address (optional): _____

Names of family members: _____

Check out our website, www.thca.ca and the THCA newsletter, *Staying Connected*, for information on activities and volunteer opportunities to do your part in making our community a pleasant, safe place to live.