



Staying Connected

SC: THCA Community Newsletter May 2017



Good Bye Winter, Welcome Spring!

On April 24, your Board and Management Committee completed a **five-year review** of neighborhood accomplishments with a view of looking forward to the next five years. That evaluation will be posted on our website. The most significant planned developments have been in our parks. In the Medhurst/Hillsdale Park there is now a volleyball court with soon to be installed benches (2), a bulletin board on each side of the park, a games table, and annual flowers in the parking lot planters. In the Tanglewood Park, there is a fence between the basketball and ball-hockey courts, repair of the cracks in the surface of the tennis courts, removal of the uneven interlocking brick picnic patio and the installation of a community garden shed and 12 elevated garden boxes. Councillor Egli has been supportive of these initiatives. Over the next month, priorities for the next five years will be identified; suggestions are welcome.

Our community **rink** ran from Dec 23 to February 21. Online *Ottawa Rinks (Tanglewood)* reported ice status 93% of the days of operation. Our rinks were open 44 days, five more than the number of days

last year. There were 2518 skater/hours recorded, a seventy percent increase over last year's attendance. Supervisor Tim Young, with Pauline Budd's assistance, maintained the ice surfaces, an ever-increasing challenge in the face of freeze-thaw-freeze cycles. Metro Snow & Ice assisted us when the conditions were beyond the ability of our equipment. Dan Farant, Graeme Roderick and Kyle Young supervised the change room during late weekday afternoons, this permitted the rink supervisor to spend more time maintaining the ice surface. Karim Yassin taught our Learn to Skate and Lear to Play Hockey programs. Next year, adults in the neighbourhood will be asked to contribute to maintaining the ice.

Holiday 2016 Contest Winners!!

Best Single Home	10 Garrick
Best Semi-Detached Home	9 Benlea
Best Townhome	78B Brockington
Best Garden Home	22D Woodfield

Niki Mintenko, Debbie Lombardo and other volunteers contributed to a successful January 21 **Winter Carnival**. Our sponsors were: Councillor Egli, City of Ottawa's Seasonal Recreation, Loblaws, Metro Grocer, and Tim Hortons. Outdoor activities included: a fire pit, a sleigh-ride provided by Precious Moments, and a tug-of-war. Festive seasonal lights outlining the Centre's roof was arranged by facility manager Allen Deering.

Hockey Players on the Tanglewood Rockets team (Jason Young, Josh Lacelle, Doug Holtforter and Cody Noel Dupuis) saw Tanglewood-Hillsdale win the coveted Knoxdale-Merivale Council's **Hockey-Day-in-the-Ward Trophy** (February 18). Loblaws, Metro Grocer and Tim Hortons were the nourishment sponsors. A photo of the winning team and their coach Tim Young is on display. Thank-you Niki for being a key organizer of this event. She will be working on raising monies for a trophy display case!

General Burns and our Associations were successful in being awarded a \$9,000 grant to assist the City in Celebrating Canada's 150th anniversary and the 225th anniversary of the establishment of the township of Nepean. It is also the 50th anniversary of Tanglewood sector of our neighbourhood receiving final approval for development. The **Old Nepean Fair** will be held on June 3 from 11:00am to 5:00 pm at the Howard Darwin Centennial Arena. The organizing committee comprising the member of 8 community associations is finalizing the schedule of

performers.

With respect to the Affairs of the Association, the agenda of meetings of the directors and of the management committee is posted on thca.ca prior to meetings. Your board has met monthly. The Management Committee of the Centre has met in January and April. Your Board is receiving quarterly Financial Statements prepared by Sums Bookkeeping. Our treasurer Kulo Sachithanatham was recently replaced by Diane Ani. The most significant initiative of the quarter has been bringing payment for membership, program registration and [soon] rental fees on line through **PayPal**. Our in-house project leaders have been Thomas Bradley and Pauline Budd with external program developer has been Amal Zerhloul. This has been a year in the realization.

Your Board has approved a ***Hand in Hand*** program discount for children under 19 of low income households. Offered is a \$4 program discount to a maximum of \$60 per year/household. The City's guidelines for a similarly tailored program have been adopted

Our **Community Garden** has over the past two years received financial assistance of \$20,000 from Just Food. We will be applying to them for financial assistance for an additional twelve plots to be started in 2018. Much appreciation is extended to Danilo Orozco who has been working since 2013 to bring this initiative into operation. A garden is especially meaningful given that there was a farm in the vicinity with its farmhouse just

opposite the Community Centre Complex. If anyone has a picture of that home, or related to the construction of either Tanglewood (1968) or Hillsdale (1982) we would be pleased to make copies to be permanently on display at the Centre. To the individual who dropped off pictures of the Center's groundbreaking ceremony presided by former Nepean Mayor **Ben Franklin**, thank you. These have been enlarged and are on display in the hallway beside the plaque dedicated to the *Centre's Opening* in May 1998.



Shop the driveways and garages of the Tanglewood-Hillsdale neighbourhood for treasures and great finds.

Join us on **Saturday May 27, 2017 from 8 am to 12 pm** (rain date May 28th) in a community-wide sale. Thinking about reorganizing your home and garage, relinquishing items that once were your treasures? Perhaps someone else could use or appreciate them.

Directory of Local Businesses

George Kong recently updated the Local Business Directory and Advertising rates. Thank-you George. Coordinates of the businesses located in our neighbourhood (Rydon, Hunt Club, Woodroffe and Railway line) can be listed for *free*. The directory is posted at the Centre and on the website. A link is being established on our Facebook page. Your establishment can be advertised in the Website (\$6/month), Newsletter (\$25/issue), a business cards display at Centre (\$15/4months). An ad on our rink boards is \$100/season.

Business members of the Association receive a 15% discount on advertisements as well as rental of the facility. Sponsors of Events and Programs receive recognition. Sponsors have given us gift cards, discounts and use of equipment and personnel.

Upcoming Event – Senior's Open House Monday, June 5th 1:00 pm

Manordale Community Building 68 Knoxdale Rd.
For more info, email Carol cmiller1@rogers.com

An advertisement for Irish Renovations. The background is a grayscale photograph of a modern kitchen with white cabinets and a stainless steel oven. In the center, there is a logo for 'Irish Renovations' which consists of a stylized house shape with a four-leaf clover inside. Below the logo, the text lists services: 'Kitchen & Bathroom Remodels', 'Basement Finishing', 'All types of flooring', 'Custom Cabinetry', and 'And many more...'. At the bottom, the website 'irishrenovations.com' is listed, along with a Facebook icon and the handle '@irishrenovations'.



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Tanglewood/Hillsdale Community Activities Summer and Fall Schedule



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

www.thca.ca

PRE SCHOOL

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 13, 2017 to June 13, 2018
Cost: \$1.00 per child per visit; free for under 1 year
Info: Gale Deering 613-355-5704

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 14, 2017 to June 14, 2018
Cost: \$1.00 per child per visit; free for under 1 year
This program will need a volunteer to lead it
Please call Niki 613-620-3327 if you can help

French Preschool {3 yrs to Dec 31 and 4 yrs}

Jouer, creer et explorer-Mini Ecoliers[City Run]

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

Days: Mon, Tues Time: 9:30 - 11:45 am
Date: Sept 2017 to June 2018
Watch for more info in our August newsletter

Community Gardening [Center Run]

Grow some fresh veggies in a 4'x8' raised garden box and help the community.

May 15 to October 31

\$21 for THCA members \$25 non-members

NEW: On-line registration at www.thca.ca

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** Apr 11/17 to Jun 27/17
July 11/17 to Aug 15/17

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** Apr 8/17 to Jun 24/17
July 8/17 to Aug 12/17

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>

Enroll on their website after Friday May 23

This program fills up very quickly so apply early



Tanglewood Park Outdoor tennis, ball hockey and basketball courts

Open to the public until 10:30 pm daily.

There is a light on/off switch located on the community building beside the air conditioning unit, that is on a timer. Please turn it off when you are done.

Hillsdale Park Volleyball court

Available on a first come, first serve bases.

No lights.

CHILDREN & YOUTH

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

Registration on first day or On-line

T-ball [Center Run]

Learn the basics of playing baseball

Day: Tuesdays Date: May 2/17 - May 30/17

Time: 6:30-7:30 pm [5 wks] Age: 3 - 8 yr olds

Cost: THCA Members \$6 Non-Members \$10

NEW: On-line registration at www.thca.ca



Soccer [Center Run]

Learn the basics of playing soccer

Day: Thursdays Date: June 8/17 - Aug 10/17

Time: 6:30 - 7:30 [10 wks] Age: 4 - 10 yrs

Cost: THCA Members \$16 Non-members \$20

Info: call Niki 613-224-6815

NEW: On-line registration at www.thca.ca



These programs are at Tanglewood Community Centre in the Hillsdale Hall

Taekwon-do [Organizational Run]

ARCAN Taekwon-Do: for kids, youth and adults. We have family classes, a competitive program and private classes. Training at ARCAN will help you get fit, build confidence and have fun!

Days: Mondays and Thursdays

Time: 6 - 8 pm

Dates: June 15 to Sept. 14, 2017

(Not August Civic Holiday or Labour Day)

Info: website: www.arcantkd.com

email: info@arcantkd.com phone: 613-407-7766

Adult French Conversational [City Run]

Date: Wed Sept 20/17 to Dec 6/17

Time: Level 1: 6:00 to 7:30pm

Level 2: 7:45 to 9:15pm

See Ottawa.ca for details and codes

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

These programs are at Tanglewood Community Centre in the Lions Den

Afterschool programs [City Run]

Date: Sept 15 to Oct 27 (not Oct 6)

Ages : 6-12 yrs Time 3:45 - 5:30 pm

Wed: Crafts and Hobbies & Muck and Mess

Friday: Theatre Arts-Acting Up

See Ottawa.ca for details and codes

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

Babysitting course [City Run]

Canadian Safety Council Certified course

Date: Sat Nov 25 Time : 9am to 5pm

See Ottawa.ca for details and codes

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

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

Be safe and responsible when home alone. The course curriculum is based on the Canada Safety Council training course.

Time 1:00-3:30pm Sunday Sept 24/17

See Ottawa.ca for details and codes

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

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 21, 2017 - May 31, 2018

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. 20, 2017 - May 30, 2018

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 to May
Cost: Membership \$100 Drop in \$5
Info: Ping He 613-226-5320

Pilates [Center 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: Wednesdays Time: 6:00 - 7:00 pm
Date: June 14 to July 19 & July 26 to Aug 30
Cost: \$48 for 6 weeks (no discount for THCA members for the summer)
Drop-in \$10 per class (no discount for drop-in)
Info: activities@thca.ca
NEW: On-line registration at www.thca.ca



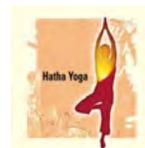
Zumba Gold [Organizational Run]

Combines fitness, hip hop and Latin spice with lots of fun music to keep you moving.
Day: Thursdays Time: 6:15 - 7:15 pm
Date: Sept 21 to Nov 16
Cost: \$64 for 8 weeks / Drop-in \$10
Facilitator: Joanne Smith
joannesmith0705@hotmail.com



Yoga [Center 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 Time: 7:30 - 8:30 pm
Date: June 14 to July 19 & July 26 to Aug 30
Cost: \$48 for 6 weeks (no discount for THCA members for the summer)
Drop-in \$10 per class (no discount for drop-in)
Info: activities@thca.ca
NEW: On-line registration at www.thca.ca



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
Check THCA.ca website for exact dates and activities
Info: Kyle Kearnan at kkearnan@nroccr.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.
Day: 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

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

Online: NEW: On-line registration/payment at www.thca.ca

for t-ball, soccer, yoga, pilates and Community Gardening.

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/or 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, Natasha Mintenko (Program & Events Managers) and Pauline Budd (Facility Scheduler)

Info to Remember



May 27, 8am-12pm – Community Yard Sale

Jun 3, 11am-5pm – Old Nepean Fair

Jun 5, 1pm – Senior's Open House

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 (also available on-line)

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.