



# Staying Connected



SC: THCA Community Newsletter May 2018

As the Association continues to celebrate the 50<sup>th</sup> Anniversary of the establishment of Tanglewood, at its April 23 Board of Director's meeting, we looked back at its Winter Carnival (Jan 20) and looked forward to the expansion of the Community Garden (2018 date yet to be determined) and to the Labour Day Corn Roast (September 5).

**Evening Meet & Greet:** On May 9, in a partnership with Nepean, Rideau, Osgoode Community Resource Centre (NROCRC) and the South Nepean Community Health Centre (SNCHC), the Association is hosting a meet and greet to learn about the Resources and Services in/near the neighbourhood. It will also be an occasion to celebrate the anniversary of the May 1998 opening of the Centre. (see insert). Annually there are close to 28,000 persons using our Centre.

**Community Rink:** Open for 42 days between Dec. 25 and Feb. 23. The use of the boarded rink was down 2% from last year, while the use of the non-boarded rink was up 6%. The fully subscribed [Learn to Skate Program](#) ran in conjunction with the NROCRC and SNCHC may account for that increase. Those skaters practiced the skills acquired in the two day a week

program. Supervisor Tim Young, with Jordon Young's assistance, maintained the ice surfaces, an ever-increasing challenge in the face of freeze-thaw-freeze cycles. Andy's Snowblowing assisted us for the Hockey Day. Dan Farant and Josh Sheppard supervised the rink change room during late weekday afternoons and during Saturday evenings, permitting longer opening hours and freeing our rink supervisor to spend more time maintaining the ice surface.

**Winter Carnival:** Niki Mintenko and dedicated volunteers contributed to a successful January event. Mayor J. Watson and Councillor K. Egli were in attendance. The mayor awarded Ted and Maria Baker Neighbourhood Builder Certificates for their contribution to getting the community garden up and running. Mr. Watson said that he was a great supporter of the expansion of community gardens. Our sponsors were: Councillor Egli, City of Ottawa's Seasonal Recreation, Anastasia Njuguna, Metro Grocer and Tim Hortons.

## Holiday 2017 Contest Winners!!

- Best Single Home: 10 Garrick
- Best Semi-Detached Home: 9 Benlea
- Best Garden Home: 13C Woodfield

Outdoor activities included: a fire pit, and a sleigh-ride provided by Precious Moments. Festive seasonal lights outlining the Centre's roof were arranged by facility manager Allen Deering.

**Hockey Day in the Ward:** Congratulations to the Tanglewood Rockets team (Jordon, Josh, Doug, Jordan, Jesse, Dante and Cody) on being runners-up in the coveted February championship. Metro Grocer and Tim Hortons were the nourishment sponsors. Thank-you Niki for being a key organizer of this event.

**Affairs of the Association:** The agenda of meetings of the directors and of the management committee is posted on [thca.ca](http://thca.ca) prior to meetings. Your board has met monthly. The Management Committee of the Centre met in January and March. Your Board is receiving quarterly Financial Statements prepared by Sums Bookkeeping. Our treasurer Diane Ani has recently resigned after a year of service. The most recent developments have been the; successful promotion of the clearance of the pathway from Woodfield to Crossroad Shopping Mall (Merivale at Hunt Club), installation of an electronic Security system and use of lockboxes for the Community Centre, successful promotion of the use of dumpster for garbage generated by users of the Centre, progress on approval of Phases II of the Community Garden (11 addition boxes) and Leo Parent (15 years) and Wendy Farant (10 years) were recognized by the Province of Ontario for their years of

volunteer service to our neighbourhood on April 15.

**Shop Locally:** Businesses advertise on our website and in the business card holder in the hallway of the Centre. A Neighbourhood Business Directory, which is updated annually, is also posted online and on the Centre's Bulletin Board. Coordinates of local businesses located in our neighbourhood (Rydon, Hunt Club, Woodroffe and Railway line) are listed for *free*. 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 in SC. During our Recognition Day Luncheon (November), Hard Stones Gill was recognized as a Neighbourhood Builder.



**Community Garden:** 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.

**Garden Registration:** Registration is coming up. Please check our web site at <https://thca.ca> for dates. The cost for renting a plot is \$26.00 for THCA-members and \$30.00 for non-members. If you have any question, send an email to [tanglewoodgarden@thca.ca](mailto:tanglewoodgarden@thca.ca)

**Art-Graffiti at Hillsdale Park Basketball Court:** THCA is inviting our neighbourhood's youth to participate in a **contest** to paint with Art the wall located at the Basketball Court. For more details send an email to: [info@thca.ca](mailto:info@thca.ca)

**Neighbourhood Watch:** Volunteers will be canvassing the neighbourhood the last week of May to sign up new members. Please help us to keep our neighbourhood safe by participating in the program.

**Make a Difference in your Community!**  
**TPCC Indoor Program & Event Manager:** As a member of the Centre's leadership team, you support all scheduled programs at the centre. You are the lead hand in the development and evaluation of our own programs, experience and contacts in recreation. You regularly work with the outdoor Program & Event manager, the facility manager, and the facility promoter, and contribute to quarterly management meetings. Commitment: 2 hrs./wk. Although a volunteer, you receive a stipend of \$75/month. Position is of interest to individuals keen on using/enhancing skills.

**Volunteer Coordinator:** As a member of

our board you recruit, orient, retain and match volunteers to opportunities offered by our Association. You foster their participation and their recognition and regularly work with the Program & Events Managers

**Treasurer:** As a member of our board, you oversee the finances of the Association which has annual revenue in the 35,000 range. You chair the Finance Committee which tracks revenue and expenses against a budget. Sums Accounting would assist in preparation of quarterly and annual financial statements.

If interested in any position contact Graeme Roderick at [ottawaroderick@sympatico.ca](mailto:ottawaroderick@sympatico.ca) or 613-226-7081

### Upcoming Events:

**Community Yard Sale**  
**Saturday, May 28 8am-12pm**  
**Tanglewood Community Centre**



Shop the driveways and garages of the Tanglewood-Hillsdale neighbourhood for treasures and great finds during our 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. Join us by participating in our Annual Community-wide In-Your-Yard Sale. Tables available @ \$10 at Centre ([president@thca.ca](mailto:president@thca.ca)).



## SC: THCA Community Newsletter May 2018

### 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](http://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, crafts, eat healthy snacks.  
Day: Wednesdays Time: 9:00 – 11:00 am  
Date: ongoing until June 13, 2018  
Date: Sept 12, 2018 to June 12, 2019  
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: Ongoing until June 14, 2018  
Date: Sept 13, 2018 to June 13, 2019  
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

#### **Community Gardening [ Center Run ]**

We are building more boxes this year. Grow some fresh veggies in a 4'x8' raised garden box and help the community. May 15 to October 31 There will be 23 garden boxes for rent. \$26 for THCA members \$30 non-members  
*On-line registration at [www.thca.ca](http://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 10 to Jun 26/18  
July 10 to Aug 14/18

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 7 to Jun 23/18  
July 14 to Aug 18/18

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 at 7 pm Sunday May 13

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.

*For up-to-date details on revisions, cancellations or new activities visit our website at [www.thca.ca](http://www.thca.ca)*

## **How to Register?**

### **Tanglewood Centre [Centre run] Registration:**

***In person:*** attend the program at the centre

***Online:*** On-line registration/payment at [www.thca.ca](http://www.thca.ca)  
for t-ball, soccer, yoga, and Community Gardening.

***Mail:*** Print Registration form from our website: [www.thca.ca](http://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*

***Info:*** [activities@thca.ca](mailto:activities@thca.ca)

### **City Program [City run] Registration:**

To register for City run programs [you will require a client barcode and family PIN numbers](#)

***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](http://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 (events and programs), and Pauline Budd (facility scheduler)*

## CHILDREN & YOUTH

*These programs are in the field beside the Community Centre and weather dependent*  
Registration May 23 from 6:30 to 7:30 pm  
or on first day of practice or On-line

### **T-ball\_ [ Center Run ] { 3 – 8 yrs }**

Learn the basics of playing baseball

Day: Tuesdays Date: May 29 – Jun 26/18

Time: 6:30-7:30 pm [ 5 wks ]

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

On-line registration at [www.thca.ca](http://www.thca.ca)



### **Soccer [ Center Run ] { 4 – 10 yrs }**

Learn the basics of playing soccer

Day: Thursdays Date: May 31 - Aug 2/18

Time: 6:30 – 7:30 [ 10 wks ]

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

Info: call Niki 613-224-6815

On-line registration at [www.thca.ca](http://www.thca.ca)



*These programs are at Tanglewood Community Centre in the Hillsdale Hall and in the Lions Den*

### **Little Athletes Summer camp [City run] {4&5 year olds}**

Boys and Girls will have the opportunity and pleasure to practice and discover a new sport on a daily basis. Sports may take place indoors and outdoors so dress prepared! Time: 9:00 – 5:00 pm

July 9-13 code 1163777 cost \$182.25

July 23-27 code 1163778 cost \$182.25

### **FREE mixed sport activities\_ [ Organizational Run ] { 7-11yrs }**

Mondays 5:30 to 7:00pm Inside and Outside the Community center at 30 Woodfield Drive  
The program will consist of Skill building activities and group games.

Spaces are limited Please contact Rana Awni at [rawni@nrocr.org](mailto:rawni@nrocr.org) or 613-596-5626 ext: 253

to register This program is run by NROCR  
Dates to be determined: check THCA.ca for summer camp and fall dates.

### **Home Alone and street proofing\_ [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 9:00am-12:00pm Saturday Sept 15/18

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](http://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 20, 2018 – May 30, 2019



### **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. 19, 2018 – May 18, 2019

## ADULTS

### **Adult French Conversational\_ [City Run ]**

Learn the basics for travel or business. Build vocabulary and grammar for your conversations in another language.

Date: Wed Sept 19/2018 to Dec 5/2018

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 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)**

#### **[Organizational 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](mailto:marnadixit@gmail.com)

or call 613-723-8365

### **Red Women Social Club [ Org Run ]**

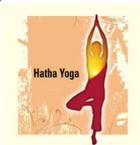
A fitness group achieved through dance and yoga

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

Date: Sept to May

Cost: Membership \$100 Drop in \$5

Info: Ping He 613-226-5320



### **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: Thursdays Time: 7:00 - 8:00 pm

Date: Spring session 1 : April 12 – May 24

Summer session 1: May 31 – July 12

Summer session 2: July 19 – Aug 30.

Cost: \$64 for 7 weeks (THCA members \$4 less)

Drop-in \$10 per class (no discount for drop-in)

Info: [activities@thca.ca](mailto:activities@thca.ca)

On-line registration at [www.thca.ca](http://www.thca.ca)

### **Zumba Gold\_ [ City 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 20 to Nov 27



See Ottawa.ca for details and codes

Info: Karen Venema 613-580-2424 x41238

## **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@nrocc.org](mailto:kkearnan@nrocc.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](mailto:activities@thca.ca).

## *Info to Remember*

**May 9 – Meet & Greet**

**May 28 – Community Yard Sale**

### **SC Editor: Patrick Peori**

Communication to the Newsletter Editor should be addressed to: [info@thca.ca](mailto: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](http://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](http://www.thca.ca) • E-Mail: [info@thca.ca](mailto: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](http://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.