

# Staying Connected

## Tanglewood Hillsdale Community Association (THCA) Newsletter Winter 2024

### Tanglewood Park Community Center 30 Woodfield Dr. Events

#### Holiday Party & Craft Fair

When: Saturday, Dec. 16th, 2023

Where: Tanglewood Community Center

TIME: 9 am to 1 pm

Happy Holidays!! Come have fun with Santa and neighbors. Children can share their wish lists with Santa and take photos, create holiday crafts, and decorate cookies! Adults can shop for that special gift and meet with neighbors! Hot chocolate and coffee will be provided courtesy of Tim Hortons. I have many vendors. Please come to the shop. Donations to the food bank are welcome. If you can volunteer for this event, please contact [events@thca.ca](mailto:events@thca.ca)

Free entry and free parking. If you want more info contact [Events@thca.ca](mailto:Events@thca.ca)

Appreciation is extended to those who deliver our newsletter(SC): Pauline Budd, Allan Deering, Kevin Hua, Debbie Lombardo, Janet Manley, Kaleb Manley, Kylan Manley, Bruno Martin, Niki Mintenko, Danilo Orozco, and Graeme Roderick.



For those new to the neighborhood - WELCOME!

The mission of the Tanglewood Hillsdale Community Association (THCA) is to enhance the quality of life, to promote community spirit, to represent the views of its membership, and to participate in charitable, educational and recreational activities.

#### Stay Connected with the THCA

- Community's editors  
[editor@thca.ca](mailto:editor@thca.ca) -  
Ana Carolina Cardoso Maia and  
Orranis Krittayarungkit
- Follow us on Facebook to  
[www.facebook.com/thcadotca](https://www.facebook.com/thcadotca)
- Contact the THCA President at  
[president@thca.ca](mailto:president@thca.ca)
- Contact the Staying Connected  
Editors at [editor@thca.ca](mailto:editor@thca.ca)
- Contact the Facility Manager (to  
rent space at the Tanglewood  
Park Community Centre) at  
[rentals@thca.ca](mailto:rentals@thca.ca)

## **Winter Carnival**

**When: Saturday January 27, 2024 (Rain date: Family day February 19, 2024)**

**Where: Tanglewood Community Centre 30 Woodfield Drive**

**Time: 1:00pm to 4:00pm**

Lots of fun for all ages! Inside we will have a Magic show. There will be organized events on ice and snow including prizes to promote family bonding and neighborly fun. It will feature outdoor activities such as a horse drawn Sleigh Ride, snowshoe races and skating. We will have hotdogs, chips and drinks. Don't forget your THCA Membership card or purchase one for \$10/year/family or \$25 for 3 years/family for your discount on food.

### **Benlea Toboggan Hill.**

As you focus on Tanglewood Park skating, remember the toboggan hill at Benlea Parkette, across from 103 Benlea. It's great for all ages, with city rules posted. Find our infrastructure resources at <https://thca.ca/outdoor-resources/>. Download "Seasonal Things to Do in Tanglewood-Hillsdale. And don't forget, you can borrow toboggan helmets provided from the City of Ottawa for a safer tobogganing experience. Please call Annet at 613-226-5263 before knocking on her door at 99 Benlea.

**Program Manager Indoors**—This position would be great for a young adult or retirees. The commitment is nine hours per month. You would be responsible for organizing indoor or on-line programs, hiring instructors, enrolling participants as well as attending quarterly team meetings. Some of your work could be done from home. There is a quarterly gratuity of \$240 and colleagues who are supportive! The ideal candidate will have good interpersonal relations, show strong initiative, at least average oral and written communication skills, and basic computer skills. If you'd like to make a difference in your neighborhood and are interested in this rewarding position, please contact Graeme ([president@thca.ca](mailto:president@thca.ca) or 613 226-7081)

### **In good shape, no longer used Hockey sticks.**

Your sticks can live on and help a young person and family enjoy the game of hockey. Donate gently used hockey sticks to your local outdoor rink. For drop, or pick-up contact: [rentals@thca.ca](mailto:rentals@thca.ca)

### **Parks, Trails and Trees:**

The City of Ottawa's Forestry Service turned a \$3500 grant from Tree Canada into the planting of 18 trees in Tanglewood Park. NROCRC's Hassnaa Salman helped ensure that all parties remained on the same page. The next project is placing a bench on the Nepean Trail on the path between Hunt Clun to the south and Downsview to the north. It would be a companion to the bench and bike stand placed this summer on the northern section of the circuit, west of the Nepean Baptist Church by the City's Recreation, Culture, and Facilities Services.

### **Bulletin Board Installed**

A Bulletin Board has been installed at the juncture of Crestlea Cr. Foxmeadow Ln and Dalehurst Dr. This completes our ten-year-long external Bulletin Board project. with two in the southwest, one in the north-west, one in the center, and another in the east sector.

The Community Rink benefits from volunteers. To keep the Change Room open from 4 to 6 pm, Monday to Friday, from early January to February 29, we need volunteers. Our paid rink supervisors start at 6:00 pm. Thanks from our young people.

### Neighbors Clean Up Our Neighborhood

As part of your contribution to living in Tanglewood-Hillsdale, help keep it litter-free by attending to:

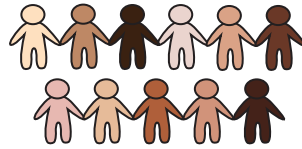
- Your lawns and gardens.
- Your street.
- The Central Circuit which includes Nepean Trail.

Pet waste is responsibly bagged and brought home for disposal. Gratitude goes to 15 students and 4 adults from Redeemer Christian High School for their dedicated cleanup efforts at Tanglewood Park on May 11 and 12, supported by supplies from RONA and the City of Ottawa, along with nourishment donated by Tim Hortons. Special thanks to the four volunteers who cleaned up Medhurst Park in September, with Colette Sewell recognized for her efforts in planting and caring for the planters near the volleyball court.

### Neighborhood Builders 2023

The Association recognized 30 households as Neighborhood Builders in categories like Festive Winter Holidays, Inspires Lawns & Gardens, and Eerie Halloween. Certificates and framed pictures of their homes adorn the Centre's walls, with a group picture displayed at the entrance. The latest honorees are:

- Halloween
- Single Home: 16 Lavone
- Semidetached Homes: 31 Kidgrove
- Garage/Carport: 14 Nestow
- Garden Homes: 7 Kedgwick
- Townhomes: 44 Greyham 1D Woodfield
- Together 66a, 66b, 66d, and 66f Brockington
- Best home: 119 Benlea



The Association also named Andy Snow and Lawn and the Brick to the Business Division for their long-standing assistance; the former snow clearing and the latter for providing backup vehicle parking spaces. Thank you.

### Labor Day Community Corn Roast was great!

Thank you to the volunteers that helped to make this event a success.

Thank you to Sean Devine for his donation to help pay for this event.

Thank you to Your Independent Grocer for the corn that was donated to our community for this event.

Thank you to NROCRC for their help.

Thank you to Tim Hortons, Mini Golf Gardens, Boston Pizza and Farmboy for donating gift cards for prizes.

Thank you to Darrell Bartraw and his crew from West Barrhaven Community Association for cooking all our food.

Newsletter Editor: Ana Carolina Cardoso Maia - [linacm2021@gmail.com](mailto:linacm2021@gmail.com)

Schedule Editor: Orranis Krittayarangkit - [orranis\\_mook@outlook.com](mailto:orranis_mook@outlook.com)

### Neighborhood Watch needs co captains!

Reporting to Donna, the Neighborhood Watch Coordinator, co-captains would be the points of contact for your own small area of Tanglewood Hillsdale. Only a few hours of your time would be needed to attend a couple of meetings during the year. For information or to volunteer, please call/text Donna @ 613 324-5890

### 2023 THCA & Neighborhood Watch Registration/Renewal Form

Our Community is a desired location to live, with a progressive Association recognized as a leader in the Ward and the City. That is because of dedicated, imaginative volunteers.

If you're an existing THCA member looking to renew your membership, or are interested in becoming a member, please visit the THCA website at <https://thca.ca/join-us/>, or fill out the form below. Completed forms and payments (cash/ check payable to Tanglewood Hillsdale Community Association) can be mailed to the Tanglewood Park Community Center (30 Woodfield Dr.) or dropped off in the mailbox outside of the front door. E-transfers are also accepted, inquire at [membership@thca.ca](mailto:membership@thca.ca)



The aim of Neighborhood Watch is to help keep our community a low crime one.

Do you support this aim (no \$ cost)?  Yes  No

Length of Membership (mark one):  1 yr (\$10) or  3 yrs (\$25)

Full Name:

Address:

Postal Code:

E-Mail :

Phone Number:

Names household members:



Staying Connected

# Winter 2024 Activity Schedule



These programs will be at Tanglewood Park Community Center, 30 Woodfield Dr  
For up-to-date details on revisions, cancellations or new activities visit the THCA website at [www.thca.ca](http://www.thca.ca)

## PRE SCHOOL {Infant– 5 yrs}

### Tanglewood Tykes [3rd Party Run]

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

**Day:** Tuesdays

**Time:** 9 to 11 am

**Date:** Sept 12, 2023 to June 11, 2024

(Not Dec 19th to March 12th inclusive)

**Cost:** \$2.00 per child per visit; free for children under 1 year

**Info:** Gale Deering at [nanagjd@rogers.com](mailto:nanagjd@rogers.com)



### Monkey Rock Music [3rd party Run]

Fun, interactive and entertaining music program for young children and their caregivers!

**Day & Date:** Saturdays Jan 13th to March 30th

**Class starts times (age groups):** 9:15am (2-4yrs),

10:00am (1-2 yrs.),

10:45am (2-4 yrs.),

11:30am (0-1 yrs.)

**Duration:** Classes are 30 minutes long.

**For more information go to:**

<https://monkeyrockmusic.com/classes/sessions/>

**\*This program fills up very quickly, make sure to apply early.**

## NROCRC run programs.



Discover community programs! For details and registration, contact 613-596-5626 ext 253 or email [jmorrison@nrocr.org](mailto:jmorrison@nrocr.org). Choose from in-person or online options:

- **Milk & Eggs:** workshops on nutrition for pregnant women & families of young children.
- **iSisters Technology Mentoring programs:** basic computer skills, entrepreneurship, employment skills, resume/ cover letter writing, networking, etc.
- **Good Food Box program:** order fruits & vegetables and pick them up. Good prices.
- **Senior programming:** Online & in person exercises, socializing & fun.
- **RBC:** financial literacy info sessions

Join us for enriching experiences in our vibrant community!

Supervised skating rink and change room hours are weather-dependent. Visit [www.Ottawarinks.ca](http://www.Ottawarinks.ca) daily to check if the rink is open.

### Days and Times:

- Monday to Friday: 4:30 – 8:30 pm

- Saturdays and Sundays: 1:00 – 6:00 pm

**To volunteer,** please email [info@thca.ca](mailto:info@thca.ca).

\*Unboarded rink: Public skating only.

\*Boarded rink: Hockey played daily

**Toboggan helmets** for sledding are available from the City of Ottawa. Call 613-226-5263 to borrow.



## CHILDREN & YOUTH

Join us for two exciting outdoor programs on the Community Centre Rink, running from January to February 2023. Please note that dates and times for program sessions will be confirmed. For more details, contact [events@thca.ca](mailto:events@thca.ca).

### "I Love to Skate" [City Run] (6 to 12 yrs):

**Day & Time:** Monday & Wednesday 6-7 pm

**Total classes:** 6 dates (TBD)

Parent/ Guardian is expected to stay with their child for this class.

This **FREE** program is offered to children who do not know how to skate and cannot afford to register for city programs with a cost

### Learn to Skating [TPCC Run] (4 to 14 yrs):

**Dates:** Saturdays January 6th to Feb 17th (excluding Jan 27th)

**Time:** 1:15-2:00 pm OR 2:15-3:00 pm

**Cost:** \$60 for 6 lessons

Get ready for winter fun on the ice!

### Taekwondo [3rd party Run]

The curriculum provided by OTACT Tae E. Lee Taekwondo Program follows the World Taekwondo Federation (WTF) / Olympic style.

**Day:** Saturdays

**Time:** 9:00am to 12:30pm

**To register contact:** Pathipan Sivarasa, P.Eng, PMP, 3rd Dan [spathipan@gmail.com](mailto:spathipan@gmail.com) or 613-915-7097

### Group Violin Lessons [3rd party Run]

Join us to learn how to play the violin

**Day:** Saturdays 1, 2 & 3pm

**To register contact:** Sara Mastrangelo at 613-798-6264



## CHILDREN & YOUTH

### Rangers (15 – 17yrs) [3rd Party Run]

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 to 9:00 pm

**From:** Sept. – May

**Register:** at [www.Girlguides.ca](http://www.Girlguides.ca)



Register for **City of Ottawa-run programs** easily at [Ottawa.ca/recreationguide](http://Ottawa.ca/recreationguide). If you are having trouble finding these programs, please reach out to Crystal Bernard at [crystal.bernard@ottawa.ca](mailto:crystal.bernard@ottawa.ca).



### March Break camp: Ottawa Energy [City Run] {Age 6 to 12 }

**Dates:** March 11 to 15

**Time:** 8am to 5pm

**Barcode :** 88011

### WIZE Academy [City Run]

**Date:** Mondays: March 18 to June 3 (excluding April 1 & May 20).

### Robotics and Coding Club (5 to 9 yrs):

**Time:** 5:00 to 6:00 pm

**Barcode:** 87931

### Lego League Robotics (8 to 14 yrs):

**Time:** 6:15 to 7:15 pm

**Barcode:** 87917

Embrace a project-based approach, teaching design, robotics, and coding through hands-on activities. Unlock the world of innovation for your child!

## ADULTS

### **T.O.P.S. (Take Off Pounds Sensibly) [3rd Party Run]**

Weight Loss Support Group

**Day:** Tuesdays

**Weigh in:** 6:00 to 6:30pm

**Meeting Time:** 6:30 – 7:30 pm

**Cost:** Tops membership required \$49.00 a year

**Info:** TOPS.org or Contact Catherine Underwood at (613) 408-0403

### **Euchre Night: Join us for Card Fun! [TPCC Run]**

Get ready for a fun-filled evening of cards with friends at our Euchre Night.

**Day:** 3rd Friday of the month

**Date:** Starting July 21st

**Time:** Doors open at 6:30pm, Games start at 7pm

**Cost:** \$8 cash at the door. Don't forget quarters for euchres!

**Register:** Not required, just come and join the fun!



### **Ottawa Bead Society [ 3rd Party Run]**

Build lamp-work beads, all kinds of seed-beads techniques, Jewellery, and bead embroidery

**Day:** 3rd Sunday of each month

**Date:** All Year-Round

**Time:** 1:30 – 3:30 pm

**Cost:** \$45/year

**Info:** Visit <http://ottawabeadsociety.ca>

### **Crafting Session [TPCC Run]**

Enjoy a cup of tea, good conversation, and time for you to work on whatever special project you have on the go (knitting, embroidery, sewing, sketching, etc.). Please note, these are not lessons, but rather a chance to get to know fellow crafters in our community, to inspire each other, and to learn from each other.

**Cost:** FREE Bring your own supplies.

**Day:** 2nd Sunday of the month

**Time:** 2:00 - 4:00 pm

**Register:** [susanne\\_mccoleman@yahoo.ca](mailto:susanne_mccoleman@yahoo.ca)



## SENIORS

### **Young at Hearts Social Club 55+ [TPCC Run]**

Come out on the fourth Monday of every other month for a variety of fun activities

**Time:** 1:00 - 3:00 pm

**Cost:** \$2 per month

Check THCA.ca website for exact dates and activities

**Info:** Email [Georgekong723@gmail.com](mailto:Georgekong723@gmail.com)



### **Indo-Canadian Community Centre (ICCC)**

#### **Seniors Group {55+} [ 3rd Party Run]**

**Activities:** Mingling & Fellowship, Yoga, Tutorials & Demonstrations, Educational/ Informational Talk, Games & Entertainment (Bridge, Scrabble), Tea and snacks, storytelling, laughter and fun

**Date:** Fridays:

- January - March (virtual)

- April - December (at the community centre)

**Time:** 11:00 am to 3:00 pm

**Cost:** No charge

**Info:** Anil 613-791-7593

### **Sikh Community Services Ottawa [ 3rd Party Run]**

Bi-weekly get together to exchange topics and share views on subjects such as health, well-being, and any other information relevant to seniors. Lunch is catered by a well-known Indian restaurant and the cost is minimal.

**Dates:** 2nd and 4th Wednesday of each month

Sept to May or mid-June

**Time:** 12 to 3:30pm

**Info:** Kulvinder Chana at 613-226-4893 or at [kindichana@gmail.com](mailto:kindichana@gmail.com)



**SUNDAY WORSHIP SERVICES**  
at the Tanglewood Park Community Centre

**Living Word Believers**

Sundays from 9:30am - 12:30pm

**Info:** Contact Tshingambo Mbundu  
at (613) 263-1275  
or tshingambo.mbundu@gmail.com

**Christ Kingdom Fellowship**

Sundays from 9:15am to 11:45am

**Info:** Contact Matthew  
at (613) 889-5831  
or mathewbensy22@yahoo.com

**How do I Register for Programs?**



**Tanglewood Park Centre [TPCC run] Registration:**

**In Person:** Attend the program at the Centre.

**Online:** Register and pay at <https://thca.ca/programs-and-activities/tpcc-run-programs/>

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

**Mail:** Print and complete the Registration Form available on the THCA website and mail it with cheque payable to Tanglewood Park Community Centre

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

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

**3rd Party Run Programs [3rd Party Run] Registration:**

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

**Online:** Visit their website.

**Staying Connected:** Tanglewood Hillsdale Community Association – [www.thca.ca](http://www.thca.ca)

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