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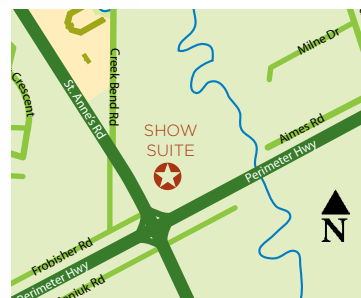
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**DAKOTA
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**COMMUNITY NEWSLETTER
 SPRING 2015**

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TABLE OF CONTENTS

Online Registration.....	01	Kayla Friesen and Randi Marcon	10
President's Message	02	Dakota 55+ Lasers Programs	12
Board of Directors.....	03	Jonathan Toews Community Centre,	
Meet the Community Centre Staff:		Home of the Dakota Lasers	
Susan Southern.....	04	1188 Dakota Street	
Volunteers.....	05	Winnipeg, MB R2N 3H4	
Dakota Field House Project.....	06	Tel: (204) 254-1010	
2015 Active Living Schedule	07	Web: www.dakotacc.com	
Sports Updates.....	08	This publication has been produced by	
Hockey Camps	10	Write It Right	
Summer Sports Camps	10	Project Manager Lori Kemp	



06



08



10



12

ONLINE REGISTRATION

SPRING REGISTRATION ONLINE ONLY!

Our upcoming spring registration will be **online** only for the very first time, beginning Monday, March 2nd through Monday, March 16th for all sports, with the exception of mini soccer, whose registration period will be extended to March 31st.

All parents registering their children for baseball, basketball, soccer and softball must visit www.dakotacc.com/registration. Parents who are interested in coaching will also have the opportunity to sign up during the registration process.

Smartphone users can scan the code on the front of the newsletter and be automatically directed to Jonathan Toews Community Centre's website. We are on Twitter and Facebook.



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PRESIDENT'S MESSAGE

Spring will soon be upon us (or so I'm told)! The volunteers and staff at Dakota Community Centre have certainly been busy this winter, running programs, keeping the building up and running, and of course preparing for an even busier 2015. And, if you just so happened to be somewhere warm and sunny these past few months, you've probably missed some of the exciting new things happening at the club.

Dakota hosted a fantastic Grey Cup Social on November 29th, thanks to the tremendous efforts of event chair Gary Wuirch and his planning committee. We hope that this was just the first of a new tradition of Grey Cup Socials to be held annually at our club!

We've made some improvements to the Dakota website and introduced a new eNewsletter. And the building has undergone some changes as well. We've upgraded the main floor washrooms, introduced new electronic readerboards and will soon be improving the humidity control in the north rink. Your board and committee chairs have provided tremendous leadership on these and other initiatives, and the Dakota staff has done an excellent job seeing all projects through to completion.

You'll also soon see our staff members decked out in new 'Dakota gear'. We've got great people who work hard at the club every day, and we want to ensure that you know who they are!

And finally, we're proud to announce the renaming of our main building: Jonathan Toews Sportsplex. We're pretty excited about the recognition that we're able to

provide to one of our famous alumnus, while still retaining the Dakota name and tradition. Jonathan and his family are tremendously supportive of Dakota and our efforts to serve the community, and we are certainly grateful. And of course, we hope that Jonathan Toews Sportsplex is just the first of a few buildings that exist on the Dakota Community Centre site. The new fieldhouse is next!

Regardless of the new look and all the changes we've made, our core values haven't changed, nor has our commitment to the club's mission: *To provide excellent facilities and recreational programs in order to promote healthy and active lifestyles for our community.*

We look forward to serving you in 2015.

Tom Thiessen, *President* ■

BOARD OF DIRECTORS

President:
Tom Thiessen, (204) 253-6722
email: tom@bomamanitoba.ca

Vice-President – Finance & Administration:
Erica Poudrette, (204) 253-3445
email: erica2@mts.net

Vice-President – Winter Sports, Building & Grounds:
Denis Marcon, (204) 256-9117
email: dmarcon@cfinance.biz

Vice-President – Summer Sports & Indoor Programming:
Dionne Deer
email: dionnepotapinski@yahoo.ca

Secretary:
Denise Pope, (204) 256-9281
email: denise.pope@shaw.ca

Treasurer:
Lynn Austin, (204) 255-7457
email: lynn-cal-avery@shaw.ca

Baseball Director:
Luc Jubinville, (204) 452-1580
email: jubinville@mymts.net

Basketball Director:
Brent Amos, (204) 256-9933
email: dakotabasketball@mts.net

Hockey Director:
Joe Kozar, (204) 257-0187
email: razok@shaw.ca

Fundraising Director:
Dave Burgess, (204) 254-5551
email: dburgess47@shaw.ca

Soccer Director:
Pram Tappia, (204) 254-2868
email: ptappia@sbrca.ca

Softball Director:
Moe Berard, (204) 257-9547
email: moeberard@shaw.ca

“We've made some improvements to the Dakota website and introduced a new eNewsletter.”

Public Relations Director:
Carolyn Maguet, (204) 275-2363
email: rcmaguet@mts.net

Ringette Director:
Michelle Jansen
email: dakotaringette@mymts.net

Seniors Programming Director:
Karen Irvine, (204) 255-2061
email: kkirvine@mts.net ■



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MEET THE COMMUNITY CENTRE STAFF: SUSAN SOUTHERN

Susan Southern is just one of the friendly staff members you'll see on a daily basis at Dakota Community Centre. As the club's Office Manager, Susan is the person you will talk to on the telephone and in the front office. She is happy to show you around when booking a social or room space and can point you in the right direction with all your inquiries.

HERE ARE 5 QUESTIONS WITH SUSAN:

1) How long have you been at Dakota Community Centre?

I will have been here 6 years in July.

2) What were you up to prior to joining us?

Prior to my employment with Dakota Community Centre I worked as the Donor Relations Officer at Riverview Health Centre Foundation, the fundraising arm of the Health Centre. In this capacity I was very fortunate to work with donors and many companies in Winnipeg to help the Centre provide the necessary funding not provided by the government.

3) What do you like best about working at Dakota Community Centre?

The people who use our Centre on a daily basis and the staff, they are the best!

4) What is one thing about you that might surprise people?

One thing that may surprise some people to know is that Sam Southern

Arena was named after my father-in-law. My brother, Peter Woods, is the Executive Director of Hockey Manitoba, my husband, Bruce, is a pro scout for the Winnipeg Jets and my son Dirk just retired from playing professional hockey in the East Coast League. Hockey has played a big part in my life! Oh, and my

daughter is getting married this year!

5) What do you like to do in your free time?

In my spare time I like to garden, socialize with my friends and practice yoga which I just started to attend here at the Centre. ■

“The people who use our Centre on a daily basis and the staff, they are the best!”

VOLUNTEERS

Interested in volunteering at the community club? We've got plenty of opportunities for those willing to serve as volunteer coaches, members of our committees, and helpers at special events.

If you're interested in volunteering, please contact Susan Southern at our office (204) 254-1010, or email susan@dakotacc.com. ■

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DAKOTA FIELD HOUSE PROJECT



WE'RE EXCITED TO MOVE ONE STEP CLOSER TO BUILDING THE DAKOTA FIELD HOUSE!

The project is now in the design development phase, which means construction ready drawings will soon be ready and we'll be selecting a construction manager and applying for the foundation permit. So we're hopeful that we can break ground on this fantastic new building in June!

The proposed 50,000+ sq. ft. field house will serve as a first rate venue for volleyball and basketball programs aerobics classes, pickleball, indoor baseball/softball training, and a number of other recreational activities. The facility is also slated to have a second level running/walking track, retail and meeting space.

Among our major project champions are your elected officials for River Park South: MLA Theresa Oswald, and Councillors Brian Mayes and Janice Lukes. We're very grateful for their support, and also for the great work of the Dakota Expansion Committee and City of Winnipeg staff in the Municipal Accommodations and Urban Design departments. Make sure to thank these folks at your next opportunity! ■

“The facility is also slated to have a second level running/walking track, retail and meeting space.”



2015 ACTIVE LIVING SCHEDULE

YOGA & 55+ YOGA ADVANCED/ INTERMEDIATE & BEGINNER 60MIN CLASS ~ INSTRUCTOR MELISSA VAN SOELEN

Yoga is for EVERYONE and EVERY BODY! Designed to improve health, lifestyle and emotional awareness. Based on hatha and vinyasa yoga, it collaborates balance, strength, flexibility and peace in one class. The benefits from practicing yoga are limitless and will be carried with you, throughout life. (Please bring a mat)

ZUMBA/GOLD 60MIN CLASS ~ INSTRUCTING MYRNA EVARISTO

This easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® instruction provides modified, low-impact moves for active older adults.

BODY FIT 60MIN CLASS ~ INSTRUCTOR RACHEL SMITH

(Please bring your own weights) The class is designed to give you the benefits of three different fitness classes in one! Sweat through 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching and core work. Are you ready for the challenge?

FOREVER FIT 60MIN CLASS ~ INSTRUCTOR MARCI MANNES

(Please bring your own weights) Using different pieces of equipment, this class tones, sculpts, and strengthens your whole body. Improve your balance, strength, and core stability. Low impact cardio moves, a toning segment with resistance equipment ending with a stretch.

STEP FIT 60MIN CLASS ~ INSTRUCTOR MARCI MANNES

(Please bring your own weights) 20 ppl per class max, please call or email Melissa to book your spot. If you cannot make the class, please call or email so we can fill your spot. Thank you. This fun and choreographed workout offers participants the latest in step choreography. This class

is geared toward beginners, those coming back to step exercises, and anyone who wants to work on their skills.

PICKLEBALL

Pickleball is a racquet sport which combines elements of badminton, tennis, and table tennis. \$3 drop in + membership required

LINE DANCING

Line Dancing is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows without regard for the gender of the individuals, all facing either each other or in the same direction, and executing the steps at the same time. Unlike in circle dancing, line dancers are not in physical contact with each other. Registration separate for this class, contact Karen Irvine at 204-254-1010 ext 206.

FULL BODY FIT 45-50MIN CLASS ~ INSTRUCTORS KRISTEN PENNER AND MELISSA VAN SOELEN

This is an Interval Training class which involves alternating between intense bouts of exercise and low intensity exercise or even rest. Beginner-Advanced options! This type of training improves fitness levels in less time, it's one of the best and quickest ways to get results. This class may be formatted into a circuit workout where individuals move from station to station.

ZUMBA/GOLD 60MIN CLASS ~ INSTRUCTOR MYRNA EVARISTO

This easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® instruction provides modified, low-impact moves for active older adults.

YOGA BEGINNER, INTERMEDIATE/ ADVANCED 60 MIN CLASS ~ INSTRUCTORS SANDRA MCNIELL AND MELISSA VAN SOELEN

(Please bring a yoga mat) Yoga is for EVERYONE and EVERY BODY! Designed to improve health, lifestyle and emotional

awareness. Based on hatha and vinyasa yoga, it collaborates balance, strength, flexibility and peace in one class. We practice authentically and with acceptance. No judgment or competition, what happens on our mats is all that matters.

BOOTCAMP CLASSES 60MIN CLASS ~ INSTRUCTORS LIISA BURGESS AND RACHEL SMITH

To join these classes you will be charged a 3 Month Unlimited Membership Fee + \$30.00. Bootcamp - This exciting new class offers an intense, full-body workout! Using a variety of equipment (med balls, benches, tubing, etc.) and incorporating lots of cardio drills, core work and agility training be prepared to sweat! An excellent balance of muscle and cardio work, this class will burn calories, increase endurance and build strength.

HOOP PLAY ~ MOM N' TOT 45MIN CLASS ~ INSTRUCTOR KARRIE BLACKBURN

Introduction to Hula Hooping Workshop for youth & adults coming soon! 3 weeks for \$30.00.. 15 duos maximum per class. The Mom N' Tot classes, walking to age 5, will focus on motor skills and language development. (Stand in the Red hoop, Jump into the Blue Hoop, etc.) Karrie will also teach traditional waist hooping as well as hand hooping among other playful games. Appropriately sized and weighted hoops will be provided.

PHYSIOLOGIC YOGA 60MIN CLASS ~ INSTRUCTOR MEGHAN OLIVER

(Please bring a yoga block, small blanket and mat). Please email melissa@dakotacc.com to book your spot. 15 people per class maximum. PLY for Neck/Shoulder Tension - improve flexibility, stress levels and posture with these gently flowing yoga classes designed to mobilize the areas of the body we most commonly hold tension: the upper back, shoulders and neck. Stretching and strengthening techniques will be supported by breath work and relaxation practices designed to relieve tension and balance the upper body. ■



SPORTS UPDATES

YOUTH SOCCER

It is going to be an exciting summer as Canada is hosting the 2015 FIFA Women's World Cup. Soccer has become a huge part of the community that not only enjoys playing soccer, but also watching the beautiful game.

Winnipeg has over 250 club/associations involved in soccer with over 16,500 registered players. The Dakota Youth Soccer Program is focused on skill development, good sportsmanship as well as keeping the interest in soccer. And Bonivital District has taken great strides to enhancing the quality of our soccer program, which includes training programs for coaches and referees.

Spring registration is not so far away and I would appreciate if you would

consider registering your child for outdoor soccer this year. Kids will enjoy the social scene of group sports and get good exercise. If you wish to coach, please let me know.

On another note, if you have extensive knowledge of the game and have a passion for soccer you might also want to consider becoming a referee; applications for the spring referees clinic are being accepted now. For further information, registration details for referee workshops, developmental soccer tryouts, coaches clinics and all other soccer related enquiries, please go to Bonivital Soccer Club website: www.bonivitalsoccer.com or contact me. ■

Yours in Soccer,

Pram Tappia, *Director of Soccer*
pram.tappia@bonivitalsoccer.com

HOCKEY

Once again we have come to the end of another successful Hockey Season. Thanks again to our Board of Directors, the Hockey Committee, the Staff at Dakota, Coaches, Asst. Coaches, Team Mgrs. and Safety Officers and to ALL our volunteers whom without their help and support a Season could not happen. Also kudos and thanks to all our boys and girls teams for once again doing and representing our C.C. and Community proud. ■

Joe Kozar, *Director of Hockey*
razok@shaw.ca

RINGETTE

• Dakota Ringette Apparel is available to order through Winnipeg Outfitters throughout the year, there is now no need to wait for your team to place

your orders. Please contact Jay Chester for any questions regarding product and visit our website at <http://www.dakotaringette.ca/> for details and the order form.

- Dakota Ringette is now accepting applications for the Spring 3 on 3 tournament we are running from April 4 – 19, 2015. Guaranteed 5 games and the price is \$100. Registration information can be found on the Dakota Ringette website.
- Why I love Ringette contest is now done, winners will be announced via email and posted on the Dakota Ringette website shortly. A big thank you to Ron and John over at Corydon Ski and Sport for partnering with Dakota Ringette and donating some really great prizes for our girls who love Ringette!! ■

Michelle Jansen, *Director of Ringette*
dakotaringette@mymts.net

BASEBALL

A few quick updates from Dakota Baseball:

- AAA/AA tryouts will start March 24/26 (take a break during spring break) resume April 6-12 / all at U of M soccer complex
- The season for all 'A' level teams will conclude by the end of June, including playoffs. The season/playoffs will not run into July like in the past.

Make sure to check out our website for updates!

Like usual we will be looking for volunteers/coaches to help build and maintain our strong Dakota baseball program! ■

Luc Jubinville, *Director of Baseball*
jubinville@mymts.net



HOCKEY CAMPS

SPRING BREAK HOCKEY CAMPS

March 30th-April 2nd, 2015
Full day hockey camps that will run Monday to Thursday the week of Spring Break. These camps are for kids aged five to 13 years old.

SPRING HOCKEY CAMPS

Extend the winter season with seven weeks of on-ice hockey and powerskating camps. They will run Tuesday and Thursday nights from April 7, 2015 to May 28, 2015.

WOMEN'S HOCKEY CAMP

Designed for ladies with very little or no previous hockey experience. The purpose of this program for you to advance and prepare for league play. The camps consists of ten one hour instructional sessions with scrimmage

at the end. The camps will run from April 7, 2015 to June 9, 2015 on Tuesday evenings from 7:10-8:10pm. There will be a spring and a summer session. ■

SUMMER SPORTS CAMPS

HOCKEY

We are excited to once again offer seven weeks of Hockey Camps this summer from July 13, 2015 to August 28, 2015. The following types of camps will be offered:

- Optimal Performance Power Skating and Hockey Skills Camp (ages 7-10)
- Optimal Performance Power Skating and Hockey Skills Camp (ages 10-13)
- Optimal Performance Future Stars Camp (ages 5-6)
- Optimal Performance Girls Only Hockey Camp (ages 7-10)

- Optimal Performance Girls Only Hockey Camp (ages 10-13)

STEVE NASH BASKETBALL CAMP

For the fifth consecutive year, we will be partnering with Steve Nash Basketball Camps.

The camps were a success in the past and we will be running four weeks of the camp from July 6, 2015- July 31, 2015.

OPTIMAL TRAINING ACADEMY

The Optimal Training Academy has run out of Jonathan Toews Community Centre since 2002 and offers a variety of sessions throughout the Fall, Winter, Spring and Summer!

There is youth and adult dryland training, team dryland packages and on ice hockey performance sessions. Terry Hadlow is the head dryland

coach. Spring and Summer programs will be starting soon. ■

Online registration is available for any of the above camps via the Dakota CC website or by contacting Program Manager Anthony Knapp at (204)254-1010 (201) or anthony@dakotacc.com

KAYLA FRIESEN AND RANDI MARCON

Congratulations to Kayla Friesen and Randi Marcon. Both girls represented their province in the Canada Games last February in Prince George, BC. Quite an honor for these two hockey players as Kayla made this squad as an under age player and Randi is in her second year with team Manitoba and this year she had been nominated the captain. ■



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DAKOTA 55+ LAZERS PROGRAMS

“AGING IN PLACE – ENHANCING MIND, BODY AND SPIRIT”

Dakota 55+ Lazers Program offers many activities each week hoping to increase connections between sports/recreation and health and to provide an opportunity for the older adult to become more aware of resources that are available in their community.

Whether you come to walk, skate, exercise, play games, we welcome you to share your suggestions on how we can work together to make “Dakota 55+ Lazers” a success.

We have the following activities available to all seniors within the Dakota area.

All participants must have a valid membership of \$12.00.

Most other activities have a daily drop in fee of \$3.00 to \$4.00.

MONDAY:

9:45 to 10:45 Yoga Advanced class
11:00 to 12:00 Yoga Beginner class
All yoga classes fees (\$60.00 for 10 class pass) (\$65 for 3 month pass)
12:30 to 3:30 Cribbage (Drop in \$3.00)
1:30 to 2:30 Forever Fit Class
2:45 to 4:30 Pickle Ball

TUESDAY:

9:30 & 11:30 Floor Curling – Contact Brian @ 204-253-9200
10:00 to 11:30 Line Dancing – Beginners (Drop in \$4.00)
6:30 to 7:30 Zumba Gold

WEDNESDAY:

9:45 to 10:45 Yoga Beginner class
11:00 to 12:00 Yoga Advanced class
12:30 to 3:30 Whist (Drop in \$3.00)
12:00 to 4:00 Pickle Ball

THURSDAY:

9:30, 11:00, 12:30 & 2:00 Floor Shuffle – contact Val @ 204-256-3342
10:00 to 11:00 Body Fit (20, 20,20)
2:00 to 4:00 Pickle Ball
1:00 to 4:00 and 6:00 to 9:00 Craft Corner – Quilting, sewing, knitting, etc. New Quilters are welcome. Come share ideas with fellow artisans. On going workshops on craft ideas.

FRIDAY:

8:00 to 12:00 Pickle Ball
1:15 to 2:15 Physiologic Yoga

Outside pickle ball courts available when the weather warms up and the snow goes!!

COMING SOON:

Carpet Bowling: We are hoping to partner with Bowls Manitoba to start an afternoon Carpet bowling program. This would be held at the Dakota Lawn Bowling Facility (Same site as Dakota Community Centre) Norwood Lawn bowling Club (same sit as Dakota Community Centre) has one of the largest memberships in the city for bowlers, so why not get a few practice shots in before the summer season.

More information contact Senior Facilitator, Karen Irvine at 254-1010 ext. 206.

Check out website at www.dakotacc.com for updated calendar.

Boni-Vital Council for Seniors, a resource and referral site for St. Boniface and St. Vital, is located in the Dakota Community Centre. Pick up an ERIK package to help you in times of an emergency. Resource Coordinator, Karen Irvine, is available to answer your questions. Call 204-255-6021. ■



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