

WINNIPEG WINTER CLUB

VOLUME 3, ISSUE 9 OCTOBER 2010

MESSAGE FROM THE GENERAL MANAGER



With the arrival of October, it's inevitable that we feel the shiver of cool air and regret that our summer is once again behind us. More fitting though,

may be to focus on all the enjoyable upcoming events and activities that lie ahead of us this winter at the Winnipeg Winter Club.

Of particular note among those events, and closest on the horizon is the annual Members Welcome Back Party on Friday, October 15th. Our first social event on the calendar will feature a fabulous array of food selections from Chef Craig Guenther and his team, live music from Adelle Burton, and the chance to reacquaint with many of the members you may have not seen during the summer months. All members are

encouraged to attend and bring guests as it is certain to be a great night with plenty of food and music to entertain all.

Also on the WWC schedule for our fiscal year (September 2010 – August 2011) we are focusing on the "Be My Guest" initiative. You all have family, friends, and colleagues who you know would benefit from being a member at the WWC and we want you to invite them to become your guest for one month to experience all the WWC has to offer. Simply suggest their name and contact information to Janet Thorpe and a personalized invitation using your name will be mailed to them from the Club. As a member you have access to many great ventures at the Club but may only use a few. We want you to walk down a new hallway at the Wint, get involved in a different sport, sign up for a personal training session

or go for a spin on the ice! *This is the Be My Guest year!*

On any given day at the WWC have you ever thought that you have the opportunity to train with some of the best Winnipeg has to offer? Or to be coached by the most qualified racquet Professionals in the province? How about play squash, badminton and tennis with some of the best players in the country? Or as a hockey player you can take to the ice with a former 50 goal scorer in the NHL?

Whether you are a competitive player or a casual player, a person who is looking to get in shape or looking for betterment of life, we really do have it all for you at the WWC!

Notes from my desk:

- Thanksgiving Monday, October 11th Club Open 8:00 a.m. - 4:00 p.m.
- Welcome Back Party Friday, October 15th 6:00 p.m.

*Cheers,
Rob Guthrie*

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MEMBERSHIP



A strong and positive energy can be felt throughout the Club as we move forward into the fall.

Our "Be My Guest" campaign is now in full swing and we would like to thank Clarissa Koh, Deb Kitching (2), Alexandra Gomez, Lisa Lucht, Kan Zhi Liu, Irene Heiman, Shelagh Hare, Linda Downey, Dave Wilson (3), Chris Davis (2), Graeme MacDonald (2), Karen Schlinerman, and Robert Znidarec (2), John Struthers (2) and Mike Lesiuk (2) for your "Be My Guest" referrals last month. This is a great way to introduce colleagues, friends and family to the Club!

It's easy, all you need to do is provide their name and address and I will send out a package inviting them to try the Club out for one month on your behalf. The more referrals, we have, the stronger your Clubs community will become. So keep those referrals coming please! A big thank you goes out to Shelagh Hare, Linda Downey and Ed Buchel for you new member referrals this month.

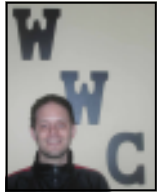
Don't miss out, reserve your spot for our Member Welcome Back Party, Friday October 15th. RSVP with the Front Desk.

*Janet Thorpe
Membership Director
452-3311 ext. 141
952-2247 bus. Cell
jthorpe@winnipegwinterclub.com*

NEW MEMBERS

Adele Hempel (Franziska & Thomas)	Matt Thompson
Kristen Farlinger (Ethan)	Kris & Maryanne Thorkelson (Elizabeth, Johanna, Lily & Katrina)
Nicolas Morakas	Kevin O'Connor & Helen Chanfat (Benjamin & Katherine)
Deborah Hill	Kathryn Lee
Martin & Alice Nguetsop (David & Sarah)	Trevor Skidmore
Irfan Neseem	Tico Cornejo

SQUASH



COMMONWEALTH GAMES

Well the Commonwealth Games have finally arrived

and Alana Miller and I are off to Delhi, India on September 30th. Hopefully you will all be able to catch some coverage on TV and possibly even see some squash. I will try to update the squash email list on a regular basis as to how the games are going and more specifically how the Canadian Squash Team and Alana are doing. You can follow the squash results at www.squashsite.co.uk or on the Commonwealth Games website at www.commonwealthgames.ca

Alana is the 16th seed for the event and is scheduled to play against the 5th ranked player in the round of 16, with a chance to face the World Champion Nicol David in the quarters.

All programs will continue to run while I am away in Delhi. My assistants will cover all of the scheduled groups and most private lessons.

MONDAY HOUSE LEAGUE

The House League scheduled for October 11th is cancelled for the Thanksgiving holiday. We will be back, Monday, October 18th.

TOURNAMENTS

It's that time of year again to start thinking about squash tournaments. The Winter Club Open, sponsored by

www.homeandcontents.ca and Riley Peake of Sutton Realty, is coming up November 2 - 7. Tournament entries will be available soon online at www.squashmb.org and in our squash lounge. There will be events for players of all levels, from beginner to Open level. We will also be having junior events, masters events and doubles, so everyone is able to play. If you have any questions, please contact Trevor or one of our squash staff.

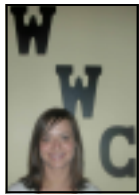
RACKETLON

As many of you saw in the paper, Evan Mancer recently placed 5th at the Austrian Open and helped Canada to a best ever finish of 4th place at the World Team Championships in Racket-

lon. For those of you who don't know, Racketlon is a combination of Table Tennis, Badminton, Squash and Tennis, where you play your opponent to 21 points in all 4 sports. The Winter Club is planning on running an event for our members in December and it will be a great way to show off your hidden racquet skills to the whole club! More details and information will be available in the near future.

Trevor Borland
Squash Pro
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RECREATION



Fall has arrived and we have started our regular hours in both the Junior Lounge and Babysitting

BABYSITTING HOURS

Monday - Thursday
9:00 a.m. - 6:00 p.m.
Friday
9:00 a.m. - 9:00 p.m. (If you need babysitting after 6:00 p.m. please call the Front Desk to reserve the caregiver)
Saturday
9:00 a.m. - 1:00 p.m.

JUNIOR LOUNGE AFTER SCHOOL PROGRAM HOURS

Monday
4:00 - 7:30 p.m. (If babysitting needed 7:00-7:30 please let the Junior Lounge employee know when dropping your child/children off)
Tuesday - Friday
4:00 - 7:00 p.m.
Saturday
9:00 a.m. - 1:00 p.m.

MUNCHKIN MANIA

Every Friday Night, in conjunction with the Friday Night Dinner at the Wint, our Junior Lounge throws a party for the kids! Each week we have a theme and base activities around

that! We also provide their dinner and finish the night with a movie and popcorn for the group!

When: Friday 6:00 - 9:00p.m.
Cost: \$12 if you register in advance with the Front Desk, \$14 drop-in.

Check out the posters around the Club or on our website for upcoming themes!

TEEN COOKING NIGHT OCTOBER 19TH

Register early for this great event! Guests welcome so bring a friend and let's get cooking! Our teens will sharpen their culinary skills as we prepare some Fall/Halloween themed treats and

learn to make unforgettable chili!
When: October 19th
6:30 - 8:00 p.m.
Age: 12 - 16
Cost: \$10 per person

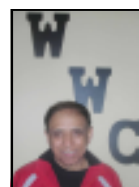
BIRTHDAY PARTIES

Our already fabulous birthday party packages just added a little bit more pizzazz! We now provide invitations for our members to send out for their parties! There are two great styles to choose from.

Email me to book or to find out more information.

Look forward to seeing you!
Jessica Barsky
Recreation Supervisor
452-3311
jbarsky@winnipegwinterclub.com

BADMINTON



BADMINTON ROOF

By the time this newsletter reaches you, the work on the badminton roof

to correct the leakage problem should be completed! The project took a bit longer than anticipated, due to weather related

interruptions, but we truly appreciate our member's continued patience during this time. We are very pleased with all the work that has been done to fix the badminton area at the Club.

PROGRAMS

All badminton programs are in full swing and we are happy to report excellent participation in

all. With our regular group back, as well as many new members showing interest, we hope to have another very exciting season!

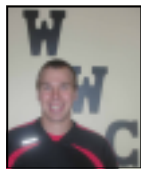
UPCOMING EVENTS

- Canadian Junior Elite Series Badminton Tournament: October 8-10

- Mixed Badminton Season Opening Party: Wednesday, October 27th
- Winnipeg Winter Club A/B/C/D Invitational Badminton Tournament: November 25-28

Pal Chawla
Badminton Pro
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pchawla@winnipegwinterclub.com

FITNESS & AQUATICS



So many activities.....IT'S SCARY!
With the fun season of Halloween just around

the corner there is no better way to get our creativity flowing then through some fun exercise and activity.

FITNESS PROGRAMS IN FULL SWING

All fall session fitness programs are underway. Just a reminder: it is never to late to register for a class or to just drop-in whenever you are in the mood!

SWIM LESSONS & PROGRAMS

Even though swim lessons have started we do have a few spots available for Private or Semi-

Private lessons for the remainder of the fall. A Teen Endurance Swim class is also offered every Saturday from 1:00 - 2:00 p.m.

SCUBA SET TO RETURN!

Fun Monday Evening Scuba classes for Kids will return on Mondays from 6:30 - 8:00 p.m. this fall. For more information about all of our possible scuba programs including full PADI certifications, please contact Lyndsey down at the Pool Deck.

AQUA FITNESS A GREAT WORKOUT FOR ALL

Aquafit can be an amazing workout for a wide variety of strength and skill levels in the water. An often underrated cardio workout, these low impact workouts get the muscles working and the

heart pumping. If you are interested in coming out and giving Aquafit a try we will be offering Aquafit classes for the remainder of the Fall on Mondays, Tuesdays, Wednesdays and Fridays from 9:00 - 10:00 a.m.

"MO-EMBER" IS AROUND THE CORNER

With the wrap-up of Halloween at the end of this month we enter into "MO-ember" (formerly known as November). This is the month dedicated to increasing awareness of prostate cancer and overall health awareness for men of all ages.

With last year being the first year that many members took part in this fun month long event, we are hoping to follow it up with even more involvement this year. All

you have to do is lather up and shave on October 31st, then let your moustache grow to it's fullest over the month of November.

Fun Prizes for the best moustaches at the end of the month.

Everyone try to enjoy every day of this month and enjoy a..... **HAPPY HALLOWEEN!**

Take care of yourselves and those you love and care about,

Jeff Mitchell
Fitness & Aquatics Director
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jmitchell@winnipegwinterclub.com

TENNIS



COURT RESURFACING COMPLETE!

The courts look fantastic and feel clean and modern! Swing by and

have a look or book a court to test them out. They are much slower, the yellow balls really pop on the blue and green surface with brilliant white lines! Please be cautious when hitting for the first time. Because of the extra grit in the surface you will stop more abruptly! We are still looking for a few more donations to break even for the court resurfacing. If you can help, please contact me.

CLINICS START STRONG!

Men's Clinics are rolling along! Ladies Monday and Wednesday Clinics are looking for a few more members who want to improve their strokes and play better tennis. Drop in one day! Mondays, 1:00 - 2:30 p.m. is for more advanced ladies and Wednesdays from 1:00 - 2:00 p.m. are for ladies who would like a little extra practice to get to the next level!

BALL MACHINE COMING BACK SOON!

The ball machine club starts up again as well as the NEW Quick Shot Clinics on Tuesdays (men) and Thursdays (ladies). See the fall guide for full description and cost.

JUNIOR TENNIS LESSONS

There is still room in the Tuesday and Thursday full court and Wednesday half and 3/4 court programs. All other junior lesson groups are near capacity at the moment. Please consult the program guide and email me with any questions. (Will prorate costs for joining lessons after the original start date).

NON-MARKING SHOES ON COURTS ONLY!

To maintain the crisp clean new surface, please ensure that your sports shoes DO NOT have marking soles. Typically jogging shoes (with black or coloured bottoms) are the major culprit of black streaks on the sur-

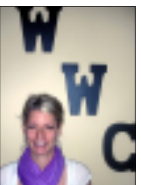
face. Anyone found to be marking the courts will be asked to stop play until appropriate footwear can be found. Lets keep our new surface as pristine as possible!

DID YOU KNOW...

Igal Mostkov, WWC member and Otto Academy junior is in Florida at the Bollettieri Training Academy. He is there for a year of tennis training and going to school for his grade 12. All Club members wish him the best of luck!

Peter Otto
Tennis Pro
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potto@winnipegwinterclub.com

SKATING



MEMBER HOCKEY

We will be holding our bi-annual 4 vs. 4 Member Hockey Tournament November 4 - 6. Thursday

and Friday game times have 7:00 & 8:15 p.m. start times. Saturday games will be played at noon, 1:15 and final at 3:00 p.m. Watch for posters around the Club. Register by email or sign up in the men's locker room.

ICE RINK SCHEDULE

Just a reminder that members may come down and skate anytime there isn't a booking on the schedule. Make sure to check the online schedule or call the Front Desk to make sure no one

has booked the ice before heading down.

Carmina Bellisario
Facilities Coordinator
452-3311 ext. 114
cbellisario@winnipegwinterclub.com



Dinner at the WINT



October 8, 2010

Thanksgiving Dinner

Bread Rolls & Butter
 Tossed Green Salad with Choice of Dressing
 Urban Prairie Classic Caesar Salad
 Grilled Fall Vegetables & Feta Cheese
 Roasted Turkey with Sausage Stuffing & Gravy
 Baked Honey Ham
 Mashed Potatoes
 Baked and Candied Sweet Potatoes
 Green Beans Almandine
 Baby Carrots in Dill Butter
 Pumpkin Pie with Whipped Cream
 Assorted Tortes & Cheesecakes
 \$24.95/ Person
 \$9.95 Children Under 12

October 15, 2010

MEMBER WELCOME BACK PARTY

**Featuring Chef Craig's
 Fantastic Food Stations:**

Oysters & Sushi
 Smoked Prime Rib
 Pastas
 And Much More!

6:00 pm

\$32/ Person

Reservations Requested

October 22, 2010

Oktoberfest Dinner

Bread Rolls & Butter
 Cucumber & Onion Salad in Oil & Vinegar Dressing
 Potato Salad with Egg & Mustard Dressing
 Coleslaw
 Pork Chops in Hunter Sauce
 Beef Rouladen with Bacon, Mustard & Pickle in Demi Glaze
 Baby Boiled Potatoes
 Butternut Squash Spaetzle with Butter
 Sweet & Sour Red Cabbage
 Mixed Fall Vegetables
 Apple Kuchen or Beesting Torte
 \$23.95/ person
 \$9.95 Children Under 12

OCTOBER 29, 2010

Ukrainian Party

Bread Rolls & Butter
 Classic Beet Borscht & Sour Cream
 Assorted Pickled Vegetables
 Tossed Green Salad with Choice of Dressing
 Rice Stuffed Cabbage Rolls
 Perogies Stuffed with Potatoes & Cheese, Served with Sautéed Onions & Bacon
 Polish Sausages with Peppers & Onions
 Chocolate Torte
 Coffee/Tea
 \$17.95/ person
 \$9.95 Children Under 12