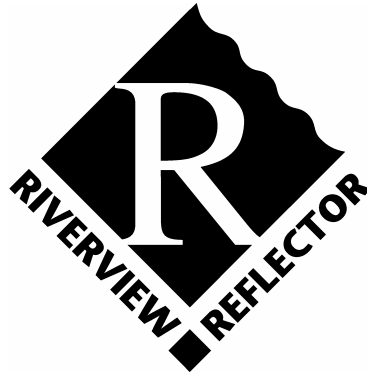


RIVERVIEW
COMMUNITY CENTRE
MARCH 2004
www.riverviewcc.ca



90 ASHLAND AVE.
WINNIPEG MB R3L 1K6
452-9944
reflector@shaw.ca



ANNUAL GENERAL MEETING

**Riverview Community Centre
Monday, March 22 at 7:30 p.m.
Please attend and bring one or two friends.**

**It's YOUR community
– come out and meet your neighbours,
learn about the Centre's activities,
and consider how you can help.**

The Board is especially looking for volunteers for Hockey, Baseball, Vice President, Special Events, Volunteer Coordinator. If you are interested in serving on the board please contact Trudy Mattey at 475-5674. Also looking for canvassers for the RVCC Fund Drive.

The Riverview Reflector is a volunteer effort of the Riverview Community Centre (RVCC). The Reflector is delivered free to more than 1700 homes and businesses. All advertising revenues are used to defray printing costs.

Riverview residents and groups are invited to use the Reflector to access the Riverview community.

Submit your letters, articles, notices, photos and comments to reflector@shaw.ca or drop them off at RVCC, attention Reflector Editor. Submissions must include name, address and phone number. **DEADLINE IS THE 20TH OF EACH MONTH.**

All material may be edited for style and length. Articles and photos will be published at the Editor's discretion. The Editor and RVCC are not responsible for any loss or damage to submissions. The views expressed in the contributions to the Riverview Reflector are not necessarily the views of RVCC and its Board of Directors.

Community Consultation

March 18, 2004 at 6:30pm at Ecole Riverview School

Ecole Riverview School Parent Advisory Council (ERSPAC) wishes to consult with the Riverview community regarding its proposal for landscape improvements to the schoolyard. The proposed improvements include two garden areas with walkways and benches, for use as teaching, meeting, and quiet spaces. Anyone interested in seeing the proposal and providing their input is welcome to attend an open meeting, to be held on March 18, 2004 at 6:30pm at Ecole Riverview School.

Riverview School Program **URGENT NEED**

Ecole Riverview School's current Lunch Program coordinators will be stepping down as of May, and there is an urgent need for replacements! New coordinators are needed to do the staffing, payroll, accounting, registration, and overall coordination.

A paid staff person runs the day-to-day operation of the Lunch Program, and coordinators' children can participate in the Lunch Program free of charge. This program is a critical element of the Riverview school program and must continue. If you are interested in participating on the new Lunch Program Committee, please contact David Sawatsky (284-1614) or Evelyne Guindon (284-8846).

THANK YOU 4x4 SPONSORS

Once again the Lord Roberts/Riverview 4x4 Eddie Mazur Tournament was a huge success. An enormous community turn out, perfect weather and smiles had by everyone.

Major Sponsors for the 4x4 hockey were:

- **Century 21 Bachman: Roger Burns**
- **Smith Carter Architects**
- **Vantis Credit Union**
- **Flo-Form Counter tops**
- **Dufresne Furniture**
- **Flying Pizza 660 Osborne Street**
- **Dr. Ian Ledger - Downtown Chiropractic 401-171 Donald St.**
- **D. R. Knight Law Offices 900 Harrow/Pembina Hwy**

The above community corporate supporters have generated substantial financial support to the Club to ensure the success of its popular programming. Each Corporate Sponsor has a vested interest in Lord Roberts and Riverview. Our community residents continued support of these businesses will go a long way to ensure the continued support and success of our Community Club.

ANITA NEVILLE AND GLASGOW COLLISION ADS GO HERE

President
Quinn Menec478-1562

Past President & Hall Bookings
Trudy Matthey475-5674

Vice-President
Jim Falloon284-4865

Treasurer
Kanning Burns

Secretary
Louise Evans452-5769

Reflector Editor
Tom McMahon474-1598

**Reflector Advertising
Coordinator**
Ellen Funk.....474-0500

Canteen
Kathy McLeod284-0259

Buildings, Grounds & Ice
Ted Bigelow284-6649
Dan Jackson284-5013

Fund Drive
Lori Keith452-0082
Barbara Ediger452-5496

Volunteer Co-ordinator...VACANT
Sports DirectorVACANT

Soccer Convenor
Norm Stewart453-1629

Mini Soccer Convenor
Mike Shultz453-0152

Hockey Convenors
Jake Kosior477-1230
Jamie Allum284-9037

Baseball Convenor
Jim Falloon284-4865

Archery Convenor
Dan Jackson284-5013

Equipment
Steve Reimer474-0554

Basketball Convenors
Richard Leaver452-1113
Lynda Peto453-6256

Special EventsVACANT

Good Neighbour Groups
Margaret Manning475-9440

Caretaker
Roger Harel452-9944

Members at Large
Errol Pauls.....452-8509
Greg Zador284-8846

Distinguished Member
Brownie Zawadski284-5731

Basketball Report

– Lynda Peto

Our basketball winter season is almost completed and Riverview's 8 competitive teams had an outstanding season. We have 3 of our teams in 1st place, with 3 other teams in the top of their division. Not bad for a little clubs like ours! This was the first season for the Small Ball program (ages 6-7 co-ed) and we had an overwhelming response and some great skill development for the younger players in a fun and non competitive atmosphere. Thanks to all the coaches for their commitment to our basketball kids. We are anticipating a successful and fun Spring league with games starting in Mid-April running through to the end of June.

Spring and Summer Sports Registration

Registration will be held Sunday March 7th from 12:30 - 4:00 p.m., and Sunday March 14th from 12:30 - 4:00 p.m. at the Fort Rouge Leisure Centre. An additional session will be held Wednesday March 10th, from 6:30 - 8:30 p.m. at Riverview Community Centre in the main hall area in front of the canteen.

Riverview Community Centre Annual Fund Drive

April 1 - May 31, 2004

Our target again this year is to raise \$10,000. Each year our expenses at the Community Centre are increasing but unfortunately our revenues are remaining about the same.

I'm sure we can accomplish our goal, but we need your help. We need volunteers to canvass and we need each of you to donate as much as you can. We will be contacting our wonderful canvassers from last year again to canvass for us, but we need some more people to cover all the routes. The routes vary in size from 20 to 40 houses. Canvassing is a great way to meet your neighbours and we all know how great the neighbours in Riverview are.

We also are looking for someone to take over the Fund Drive as this will be the last year for myself (Lori Keith) and Barbara Ediger. If you are interested and would like to help us out this year, we would be happy to have you. Contact either one of us (Lori at 452-0082 or Barbara at 452-5496) if you are interested in canvassing or becoming the Fund Drive coordinator.

Hands On Design Ad Goes Here

RIVERVIEW COMMUNITY CLUB – EXECUTIVE MEETING

Monday, February 23, 2004

Attendance: Louise Evans, Tom McMahon, Jim Falloon, Trudy Matthey, Lynda Peto, Lori Keith, Brownie Zawadski, Quinn Menec, Jamie Allum, Norm Stewart, Steve Reimer and Kanning Burns

Moved by Jamie Allum, seconded by Jim Falloon that the minutes of the January 2004 meeting be approved. Carried.

BUSINESS ARISING FROM PREVIOUS MINUTES

- Code of Conduct is posted next to canteen.
- Policy on Unpaid Registration fees is almost done, Quinn will submit as soon as it is finalized.
- Noise complaints – Quinn and Trudy will meet to finalize discussions and action.
- Grant Sharp's proposal will be declined, Jim will contact Grant.
- Constitution changes will be posted at the club by March 1, 2004

PRESIDENT'S REPORT – Quinn Menec

- Positions open on the board are: Hockey, Baseball, Vice President, Special Events, Volunteer Coordinator. If interested in serving on the board please contact Trudy Matthey.
- Hydro will be doing free energy audits for Community Centres which will eventually help reduce our costs.
- Discussion re new policies which will soon require that all fund raising done on behalf of club and teams be approved by the board. All money raised through such fund raising will have to go through the Treasurer so that we become more accountable.
- April 17 – Past President's Reception – if interested in attending call Quinn
- April 24 – AGM for GCWCC at Norwood C.C.

- Discussion re: Bev Suek's suggestion to donate playground equipment. **Moved by Brownie Zawadski, seconded by Lori Keith that we contact Beverly Suek regarding donation of playground equipment pending city approval of the structure. Carried**

- Discussion re Privacy Act – disclosure forms need to be attached to all registration forms – forms distributed. We will need a Privacy Officer on the board – Tom has volunteered.

- Economic Subsidy forms have to be requested by players home club. Has to be an original form, not a photocopy.

- Inspection Report – our washrooms failed. **Moved by Tom McMahon, seconded by Jim Falloon that the board approve funding to hire an architect to draw plans to revamp the bathrooms. Carried.** Quinn will follow up.

REFLECTOR – Tom McMahon

Tom and Ellen are proposing the following new ad rates (for new ads this year and for all ads in September)

\$25 (10 inserts = \$450) for a line in the Reflector "Business Directory" which would include business name, phone number, a short description of the business, no graphics. \$50 for a quarter page (10 inserts = \$450) \$100 for a half page (10 inserts = \$900) \$200 for a full page (10 inserts = \$1800) To be discussed at March board meeting.

VICE-PRESIDENT – Jim Falloon

Jim has checked into a sign and if we have an extra \$2000 at some point that would be the cost

TREASURER – Kanning Burns

got our grant, things going well; discussion re having convenors submit a spread sheet with registrations to help organize things better for Kanning. Kanning will write out a "how to" for distribution to new and existing convenors.

Moved by Norm Stewart, seconded by Brownie Zawadski that the board approve the financial statements for January 2004 as submitted. Carried

FUND DRIVE – Lori Keith

new fund drive starts April 1 – looking for canvassers.

BUILDINGS AND GROUNDS – Ted Bigelow – (by e mail)

thanks to all staff and board members for help with the 4 x 4 should net more funds for club due to great success of social with Big Bob's Band. Many thanks to the sponsors.

Record 19 teams and 75 volunteers for 4 x 4; Dave Kressock did a great job on the 7/8 tournament

Thanks to Bob Laxdal and the city guys who cleared away some dangerous snow from rink and building and made a super kid's snow hill. Rink 2 boards are falling apart; need soccer goals for spring.

BASEBALL – Jim Falloon

- Big push this year for girls baseball.
- Info re AAA tryouts and clinics will be posted at the club
- Need a baseball convenor

SOCCER – Norm Stewart

- indoor going well
- registration fee will be \$100 this year to include socks and shorts that players get to keep

HOCKEY – Jamie Allum

- Discussion re changes to how teams will be organized in Fort Rouge
- Discussion re funds allocation from 4 x 4

Next meeting – Monday, March 22, AGM at **7:30 pm Please attend and bring a friend, we need a quorum before 7:30.**

Quinn gave thanks to those present for making his year as President very pleasurable.



COMMUNITY NOTICE BOARD

BOATING SAFETY COURSE

This six hour course covers the information and includes the exam for your Pleasure Craft Operators Card. This course is suitable for the entire family from age 8 and up and all levels of boating experience. Location: Riverview Community Club 90 Ashland (off Osborne) Date: Sunday April 18 2004 Time: 9:30 AM to 4:30 PM Cost: 1 st family member - \$60 per person* Additional family members \$50* * Course fee includes instruction plus the exam & card fee for each person & one manual per family. Register in advance: Call the club at 452-9944 For more information call Nuttall Boating at 889-3000

Riverview Ashland Child Care Centre

Riverview Ashland Child Care Centre will hold its next monthly meeting at the Centre on Tuesday, March 9, 2004 at 6:30 p.m. Babysitting is always available. Everyone is welcome to attend.

South Osborne Nursery School

is now accepting registrations for September 2004. Visit our Open House on Tuesday March 9. Small class size. Children 2 ½ to 5 years. A parent cooperative serving as a gentle first step in our children's education for over 25 years. For more info call Wendy 453-6136 or email sons_registrar@hotmail.com

Hall Space for Rent

St. Alban's Anglican Church has a 70'x36' hall with 15' ceilings available to rent. This includes the use of tables, chairs, kitchen facilities, elevator access, washroom facilities and ample parking. This space is available on a regular or occasional basis. Please contact Cynthia @ 475-5420 for more information.

Day Care

Full time space available in N/S home in Riverview area. For information call Mildred @452-4103

Churchill Park United Church

April 14th at 7:30. SCOTLAND SINGS FAREWELL TOUR featuring Grant Fraser and Stuart Anderson. For information please call the church office at 452-8561.

Child Care

Before and after school
Close to Riverview School
Contact Paula-284-0423

Tutor available

Exp. early years teacher available to tutor K-9. Specialist reading/writing. Available evngs/wknds. Group rates avail. Phone Glenna at 453-0634 (leave mess.) or email at gmulvi@autobahn.mb.ca. B.Ed, Early Years program which focuses on "hands-on" learning experiences. I've taught K-4 ESL, Kindergarten, gr.6, and since I've become a stay at home mom, I substitute in St. Vital, early years as well as junior high. We live on Morley Ave. and I charge \$30/hr. I do come to the home or meet at the library. I also have group rates available if there is a common need (no more than 3 to a group).

Jenny Gerbasi and Euro-Graph ads go here

COOL JOBS IN THE HOOD

– a regular feature focusing on local residents with really cool jobs.

Evelyne Guindon (Zador), co-chair of the École Riverview School Parents Advisory Council, has a really cool job. She is the Prairie Regional Director for UNICEF Canada. Her job is mostly to get Canadians to think and care about children all over the world, but especially those in developing countries. She is involved in fund-raising and education.


UNICEF is the United Nations Children's Fund, originally started as the Children's Emergency Fund to help children in Europe immediately following World War II. Since then, UNICEF has focused on providing non-political, development assistance (as compared to emergency assistance, such as provided by the Red Cross and the UN High Commission for Refugees). UNICEF focuses on children's health, education, early childhood development, gender equality, immunization, child labour, child soldiers, and children orphaned by AIDS.

Evelyne's career has always focused on communications for charitable organizations, including the National Association for Women and the Law, Planned Parenthood, the I.U.C.N. (world conservation union, best known for being the organization responsible for the list of endangered species), including 6 years in Lesotho and Zimbabwe, in southern Africa.

Evelyne notes that one of UNICEF's principles is to show all children as equal in dignity, and for this reason UNICEF avoids images of children in abject poverty. Unfortunately, it is these images which prove most effective for fund-raising. UNICEF is also completely dedicated to the view that the best way to help children is through community development, and it is for this reason that UNICEF is not involved in sponsorships of individual children.

When asked "why should Riverview residents care about children elsewhere?"

Evelyne replies "Riverview is such a fantastic community, we have a lot to share, and we need to realize that community is much more than just our neighbourhood." When asked what policies she would urge on the new Prime Minister, Evelyne answers that Canada should make a true, long-term commitment to international development, by funding international development at 0.7% gross domestic product, the target that Canada has set for many years and never lived up to. Evelyne also cites the example of the U.S. Peace Corps, where volunteers returning to the U.S. are given preference in government hiring and special access to scholarships and bursaries. Wouldn't it be great if Canada would also use incentives like that to encourage Canadians to volunteer in developing countries.

Next time you are looking for interesting gifts for someone, stop in at the UNICEF store at 535 Academy Road, and say hello to Evelyne while you are there. www.unicef.ca 

BURTON LYSECKI, EVINGER CONSTRUCTION,

OSBORNE FLORISTS, RIVERVIEW WOODWORKS ADS GO HERE

RIVERVIEW BABYSITTERS

Baatz, Stephanie (14)284-5266
Bartley, Sarah (16)475-0637
Beach-Nelson, Shawna (18) ...475-9670
Beach-Nelson, Ashley (18)475-9670
Bell, Ryan (14)452-7305
Borbridge, Sarah (15)453-6994
Dempsey, Aaron (13)477-9394
Diaz, David (17)284-2555
Diaz, Michelle (15)284-2555
Durling, Laura (15)453-6256
Durling, Scott (12)453-6256
Dux, Hillary (16)284-1886
Eastman, Andrew (16)453-5924
Ediger, Jeremy (14)452-5496
Ellis, Robin (15)478-1050
Fowler, Lucy (15)284-8185
Gillen, Kathryn (15)453-5531
Gillies, Bailey (14)284-1946
Hachey, Sarah (14)294-8508
Hak, Nick (16)475-4064
Kayseas, Jeanine (13)452-4214
Keith, Stephanie (13)452-0082
Leaver, Alex (12)452-1113
Levin, Ruth (16)284-1110
Magnifico, April (12)453-6214
Neville, Beth (17)475-0431
Nikkel, Jessica (12)452-7053
Nikkel, Shawna (14)452-7053
Ormiston, Bekki (15)475-3501
Reardon-Smith, Allie (17)452-7364
Rosenbaum, Stefan (13)453-1283
Smith-Fernandez (15)452-6272
Sveinson, Zše (14)453-0332
Tallin, Naomi (15)452-7378
Viszket, Tamara (13)284-1109
Watt, Shenlea (21)474-1178
Watson, Adam (15)477-8901
Zacharias, Beth (14)284-4034
Zacharia, Sarah (13)284-4034

Additions or changes:

reflector@shaw.ca or call 474-1598 or
drop off at the club

REFLECTOR PAID ADVERTISING

Any individual or firm who wishes to use the Reflector to advertise goods or services, etc., contact Ellen Funk at 474-0500. Pre-payment will be required prior to running the advertisement.

Did you notice in the RVCC minutes the proposal to increase the advertising rates? It is because the revenues from advertising do not cover the costs of producing the Reflector. If you have comments, please send them to reflector@shaw.ca or call anyone on the Executive.

Advertisers support the community and make the Reflector possible ... please support our local businesses!

Attention Lady Gardeners !!!

A current University of Manitoba (Faculty of Environment) research project aimed at increasing community garden awareness and promotion is interested in speaking with female Riverview community gardeners. The research is focused on the motivations and experiences of female community gardeners and understanding what services these gardens provide to participants and the greater community. If you are interested in participating in an interview or receiving more information, please contact KAREN LIND at: 474-7949 (day), 452-5726 (evening) or email umlindkm@cc.umanitoba.ca.

Individual interviews take approximately two hours, therefore, twenty dollar compensation is provided.

Come discover m.l.c. !


Montessori Learning Center (M.L.C.) is a private pre-school conveniently located within your Riverview community at 170 Ashland Avenue in the old Ashland School. M.L.C. has been providing exciting educational opportunities based on the world renowned Montessori educational philosophy for several years within the community.

Although located in Riverview, M.L.C. has consistently drawn interest and enrollment from parents throughout the city of Winnipeg and the surrounding area due to its reputation for a caring, organized, and progressive approach to stimulating the minds of young three-year-old, four-year-old, and Kindergarten aged children. According to Montessori educational philosophy, children benefit most from the program by attending for three years. The Kindergarten program meets provincial curriculum standards plus offers enriched learning experiences through the Montessori method.

Any parents/guardians potentially interested in enrolling their child at M.L.C. in September are invited to visit the classrooms and watch the children and staff at work in January and February. Please feel free to contact the school (475-1039) for more information and/or to schedule an observation visit.

On behalf of the Board of Directors and the entire M.L.C. staff and community, I would like to wish all of you in the Riverview neighborhood a happy and healthy 2004!

Troy Reinhardt
Marketing Chair, M.L.C. Board of Directors

<p>COMMUNITY CONSTABLE REPORT Greetings from your Community Constable. I'm sure some of you may have noticed the increase in the break and enter statistics during the last couple of months. I am extremely happy to report that after a lengthy investigation and thorough work by District 6 detectives, four area youth were arrested and charged with 26 break and enters that occurred in the Lord Roberts and Riverview areas. The break-ins occurred during the period of December 19, 2003 - January 16, 2004. During these break-ins in excess of \$12,000 of property was stolen of which \$2,000 in goods was recovered.</p>	<p>On January 31, 2004 at approximately 10:40 pm two suspects entered the Esso gas Station at 425 Osborne Street where they threatened the clerk with a knife and demanded cash. After they forced the clerk into the office the culprits then stole approximately \$100 and six cartons of cigarettes. An image of the culprits was captured on the store's surveillance tape.</p> <p>The first suspect is described as a white male, in his 40s, around six feet tall, heavy build, wearing a black jacket and blue jeans, and his face was covered with a black balaclava. He was carrying a five inch chrome plated knife with a black handle.</p>	<p>The second suspect was a white female, 30 - 40 years old, around 5' 2", slim build, brown medium length hair, wearing a white jacket. If anyone has any information regarding the suspects please contact the Winnipeg Police at 986-6222 and refer to police report #04-21047.</p> <p>Let's continue to work together to preserve and protect our community. Be involved and be safe!</p> <p>Kif Girma Community Police Officer </p>
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January 2004	RV	LR
Break and Enter (residential)	2	10
Attempt Break and Enter (residential)	0	0
B&E and Attempt B&E (commercial)	1	1
Garage break-in	0	3
Theft from vehicle or garage	1	0
Auto Theft	2	1
Attempted Auto Theft	0	0
Robbery (commercial)	0	1
Robbery (other)	0	0
Sexual incident	0	0
Assault with weapon	0	0
Arson	0	0
Fire	0	0

**Baltimore Insurance
Ad goes here**

**RICHARD LEAVER AD
GOES HERE**

Call me ART !

Riverview resident Danny Schur is a composer, producer, playwright.


He is the resident composer-producer at Platinum Gold Studios www.platinumgoldstudios.com,

Winnipeg's only studio nominated twice as Canadian Recording Studio of the Year, Platinum Gold recordings have been nominated for and/or won Junos, Prairie Music Awards, Aboriginal Music Awards and Manitoba Country Music Association Awards. Danny was the chief architect and designer of the current studio. A composer, keyboardist and producer, Danny is noted for his association with the Double Platinum career of Chantal Kreviazuk, Tara-Lyn Hart and McMaster & James.

Danny is also the composer of the 1999 Pan Am Games Official Theme Song, "Americas, Come & Play" and the full-length musicals, "The Bridge" and "The Tree." Danny's work has been nominated for eight Juno Awards and has won numerous Prairie Music, Aboriginal Music and Manitoba Country Music Association Awards.

Danny is especially interested in producing full-length musicals, telling local stories in a manner that can have appeal beyond Manitoba. "The Bridge" is a story about a Ukrainian rock band from Winnipeg touring the Ukraine, 100 years after the first Ukrainians arrived in Winnipeg. "The Tree" is a story that combines the campaign to save the Wolsely elm tree in 1957 and what is possibly the oldest (and biggest) tree in Winnipeg – in Whittier Park, on what was once Louis Riel's mother's vegetable farm.

"Strike!" is about the Winnipeg General Strike, and in particular about the forgotten man of the Strike – Mike Sokolowski, who was killed in front of City Hall, June 21, 1919. It is a major challenge not only to write a musical, but to get the musical performed on stage. So far, only "The Bridge" has made it to stage (Burton Cummings Theatre), and it took \$250,000 to produce.

Three cheers for Danny in all his contributions to Manitoba's music and history. If you want to make a CD, get down to Platinum Gold studios and let Danny help give you a professional CD. (And the studio is right next to Gunn's Bakery – just perfect for a little break.) 

**Mary Kay, Colour Phase, Riverview Plumbing and Heating, West End
Upholsterers Ads go here**

Food for Thought - Comfort Food for a Cold Night

By Lori Michaelson

Trying to eat mostly fresh foods (that is to say: raw fruits, vegetables, nuts and seeds) is a real challenge in a cold climate like ours. And these days when cold and flu viruses are rampant keeping one's immune system in peak condition is especially crucial. To that end, we have adopted a number of compromises. This month's recipe is one of our favorites. It combines a cooked sauce and lots of fresh vegetables to form a satisfying "comfort" casserole. (It's actually kind of a *warm salad*, but whatever you do—don't describe it as such to your family; that just doesn't have an appetizing ring to it.)

"COMFORT CASSEROLE"

First make the sauce:
In a blender, place:
1/3 cup raw unsalted cashews
2 cups water
1/4 cup flour
1 tsp. dry mustard
1 tsp. salt
1 TBSP Worcestershire sauce

If you like, add 1 or more of the following options:

1/4 cup nutritional yeast *
2 – 4 TBSP Imperial cheese **
2 tsp. dry dillweed (or 2 TBSP fresh – if using fresh, stir it in with the vegetables)
other herbs like rosemary, thyme, turmeric, chili powder, etc.
Blend until smooth.

Pour this mixture into a large micro-waveable casserole dish. Cook on HIGH for a few minutes until thickened – *Whisk after each minute to avoid lumps.*
If you have leftover cooked rice or pasta, stir it in and continue heating so the mixture is good and hot.

While the sauce is cooking, prepare the vegetables:

Wash (in warm water to take the chill off) and cut into bite-size pieces any or all of the following:

Celery
Mushrooms
Broccoli
Cauliflower
Red pepper
Tomatoes

You'll want a total of 4 to 8 cups of vegetables depending on how saucy you want the casserole and on how many people you're feeding. I don't actually measure them, just keep on adding veggies 'til it looks like enough. Stir the vegetables into the sauce.

At this point you may also want to add any of the following for extra flavour:
green onion or leek, minced
fresh garlic clove, minced

You can also add some nuts (walnuts and almonds are top nuts nutritionally) and seeds (sunflower is our first choice). They should be raw, but to make them more digestible, soak them in water ahead of time.

(Add twice as much water as nuts/seeds and store in a covered container in the refrigerator for 8 hours to a day or two.)

Once you've added all of the vegetables etc, you may want to heat the casserole a bit more. Do so cautiously: on low heat and stir often. To keep the enzymes in the vegetables lively (so they'll do your immune system the most good) the casserole should be gently warmed only. Add a salad of fresh greens and you've got dinner ready in 15 to 20 minutes!

* "Nutritional yeast: a dietary supplement and condiment, rich in B vitamins, that has a distinct cheese-like flavour and a pleasant aroma. Although there are many brands of nutritional yeast powder or flakes, the Red Star T6635+, because it is grown on a B12 medium, is a reliable source of vitamin B12 for vegans. Nutritional yeasts are not leavening yeasts used in making bread." *Source: Becoming Vegetarian, Melina, Davis and Harrison (all registered dieticians), Macmillan Canada 1994.* I buy nutritional yeast from Vita-Health in Osborne Village; they assure me that the brand they carry has the B12.

** Imperial Cheese is a commercial dairy product. Because a lot of cheese flavour is packed in a wee bit of it, this is one of the few exceptions made to the "no dairy" policy; used rarely and sparingly, particularly if serving guests to provide more familiar flavour.

BC Plumbing and Byte Size images ads go here

Introducing Jamie Allum – Riverview resident campaigning for federal office

On March 3, Riverview resident James Allum - or Jamie as most of us know him - was nominated to run for the NDP in Winnipeg South Centre in the next federal election. This is his second attempt to win the seat after running in 2000.

Allum works as a Senior Consultant in the CAO Secretariat for the City of Winnipeg and currently serves as the City's Environmental Coordinator.

He played a key role in developing the City's urban Aboriginal policy and was

a member of the New Deal project team.

Since moving into Riverview with his family (Susan McMurrich, Sarah Jean, Hilary and Donovan) in 1996, Jamie has been very active in the community. In addition to his current position as hockey co-Convenor for Riverview in the Pembina Trail Hockey Association and a member on the board of the Riverview Community Club, he has served as the head coach of Jackrabbit hockey, coordinated Smurf

soccer, and coached both hockey and soccer teams.

With the assistance of fellow Riverview resident Lorraine Desjarlais and a number of RVCC board members, Jamie also organized the Connecting Communities Project, a clothing and equipment drive in Riverview for the Turtle Island Community Centre in the north end.

(The Reflector is non-partisan. We are happy to feature any candidates who live in Riverview.)

Lisa Lorteau and Diane McGifford Ads Go Here

JUST SOLD

473 Beresford



Just Sold - Wonderful Character Home – very exceptional woodwork, original trim to the windows, coving Casing, pocket double hung oak doors, gleaming oak doors – even a foyer fireplace! An eat-in kitchen, renovated Bath and fully developed lower rec room. Over 1500 square feet, loads of windows plus a main level den – great value \$129,000

Call to receive first day notification on hot listings like the above!

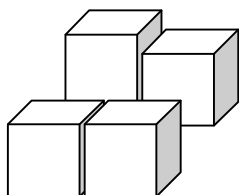
Roger Burns

453-7653

Century 21 Bachman & Associates

Visit www.century21bachman.com

Selling your home for all it is worth!



BUILDING BLOCKS

series of parenting sessions about preschoolers
One last session coming up!

Building up MATH CONCEPTS
Tuesday March 9, 2004 – 7:30 pm

All sessions held at Riverview Community Centre
90 Ashland Avenue - Silver collection at door.
Pre-registration required.

Call Kathy 475-9916 or email sons_registrar@hotmail.com

This series presented by South Osborne Nursery School through a grant from the Fort Rouge/River Heights Parent Child Coalition and Healthy Child Manitoba.