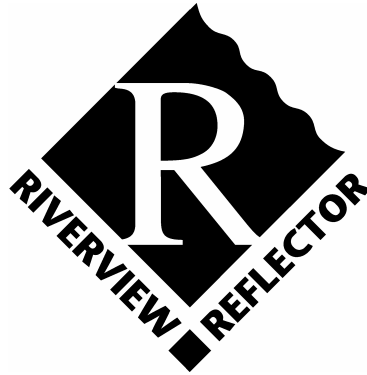


RIVERVIEW  
COMMUNITY CENTRE  
DECEMBER 2004  
[www.riverviewcc.ca](http://www.riverviewcc.ca)



90 ASHLAND AVE.  
WINNIPEG MB R3L 1K6  
452-9944  
[reflector@shaw.ca](mailto:reflector@shaw.ca)



Christmas time is a time to give thanks for all we have. It is also a time for charity, from Christmas hampers to the Red Shield campaign. The Riverview Community Centre wants to celebrate the charitable nature of Riverview citizens.

The Riverview Community Centre web site has a special page to honour charities supported by Riverview residents.

<http://www.riverviewcc.ca/charities.htm>

Please go to this page and add your favourite charity to the list!

# FUND DRIVE

## **President**

Jim Falloon .....284-4865

## **Past President, Grant Coordinator & Karate Convenor**

Quinn Menec .....478-1562

## **Vice-President**

Matthew Lawrence .....284-7590

## **Treasurer**

Kanning Burns .....

**Secretary** .....Jen Zeglen

## **Facilities & Volunteer Coordinator**

Trudy Matthey .....475-5674

## **Reflector Editor & Privacy Officer**

Tom McMahon .....474-1598

## **Reflector Advertising Coordinator**

Ellen Funk.....474-0500

## **Canteen**

Kathy McLeod .....284-0259

## **Buildings, Grounds & Ice**

Ted Bigelow .....284-6649

Dan Jackson .....284-5013

## **Fund Drive** .....**VACANT**

## **Youth Soccer**

Judy Coy .....453-0972

## **Mini Soccer & Baseball Convenor**

Mike Shultz .....453-0152

## **Hockey Convenors**

Dave Kressock .....475-3342

Guido Cerasani .....453-8666

## **Archery Convenor**

Dan Jackson .....284-5013

## **Equipment Convenor**

Steve Reimer .....474-0554

## **Basketball Convenors**

Richard Leaver .....452-1113

Lynda Peto .....453-6256

## **Volleyball Convenor** Kristine

Dubois-Vandale ..kvandale@shaw.ca

## **Special Events** .....**VACANT**

## **Good Neighbour Groups**

Bonnie Bradley .....284-3462

## **Riverview-Ashland Daycare**

Mary Barton .....477-0917

## **Caretaker**

Roger Harel .....452-9944

## **Members at Large**

Lori Keith .....452-0082

Jerry Reardon-Smith .....452-7369

Greg Zador .....284-8846

Brownie Zawadski .....284-5731

As this is the last Reflector of 2004, I would like to thank, again, all of the canvassers and donors who participated in this year's fund drive. I am happy to say that we reached our target of \$10,000 this year. I would also like to remind you that if you would still like to donate, we can accept donations up to December 31st of this year. Please call me at 452-0082 or e-mail at [cheylor@mts.net](mailto:cheylor@mts.net).

In last month's Reflector, there was a notice about our new website for Riverview Community Centre and area. I hope you have a chance to look at this great source of information. In January, I would like to post a list of the 2004 donor names (no amounts) on the website. If you have an objection, please contact me by December 31, 2004.

Thank you, Happy Holidays and Best Wishes for the New Year.

Lori Keith  
Fund Drive

Colourphase ad – make sure it is a quarter page

Please paste in Dee Dee Haines ad from November but add the following text:

Wishing you, your family and friends a beautiful holiday season and a New Year of Peace and Happiness!

## COMMUNITY CENTRE MINUTES

Nov. 22, 2004:

PRESENT: Jim Falloon, Mike Schultz, Dave McNeil, Matthew Lawrence, Lori Keith

REGRETS: Kanning Burns, Ted Bigelow, Brownie Zawadski, Trudy Matthey, Tom McMahon

CALL TO ORDER: 7:27 No quorum, therefore no motions will be made.

Issues from last meeting. Letters were printed regarding morning after pill. There was discussion regarding mentioning organizations that responded. Members felt that organizations should not be given publicity in this way.

Posting of booking position: Matthew to speak to Quinn regarding posting.

Jim forwarded computerized registration info to Mike.

### PRESIDENT'S REPORT:

In the process of completing grant requirements:

- volunteer hours report
- inventory – needs input from treasurer re: purchases throughout yr and Ted and Roger re: machinery and Steve re; sports equip.
- program survey report
- climbing rock completed. Inspection and feedback meeting will occur between City, Riverview Comm Centre, Installer and Daycare.

-met with Monica Kowal of the City installer to check again w/l 1yr for any problems.

-Wpg South Soccer still trying to work out club model for soccer. A committee has been struck with the Soccer District, Community Centre presidents and convenors to further discuss development and implementation.

- a proposal has been put forward to increase the salary of the caretaker by .25 cents /hr

-discussion re: canteen inventory control.

-Christmas party for board to be hosted by Jim on Dec 18<sup>th</sup> 2004.

### ADJOURMENT:

8:20 RE-SCHEDULED NOV 29<sup>TH</sup> 7:00

### SECOND MEETING:

CALL TO ORDER: 19:07 present David Kressock, Lori Keith, Trudy Matthey, Christine, Linda, Mike, Jim and Jen.

### FINANCIALS:

M/S/C Trudy and David, signed off by secretary.

Per Kanning we are breaking even this year.

-canteen is over by about \$1,500-2,000.

-need invoices from David, Judy, Norm

-Roger's raise confirmed to .25 cents per hr for a total of approx \$500.00 a yr. if the 2005 grant is higher then last yr.

Fire insp: floor plan needed for them, David has this.

There were two improvements needed: light bulbs and doors to swing freely. Need to know what the liquor lic is : appears to be for 262 ppl

### HOCKEY:

-fri night jack rabbits (9 yrs or so)

-shinny style with full equipment

-need goalie equipment

- work on grant for this.

MOTIONED: Trudy/Mike

-have extra socks will charge 10.00 a pair.

Ice payments have for 7, 8, 9, 12 yrs. Approx. \$14-1500, club has to pay for the first 3 ice times, teams responsible for the other times.

Ted says rink boards have been fixed, rock installed, working on rink 2

Trudy would like 200 new tables for the hall in the new yr..

Confirmed xmas party Dec 18<sup>th</sup> 6 at Jim's

ADJOURNED: 19:42

**Churchill Park United Church** - Worship time Sundays at 10:30 a.m. Sunday School and Nursery are provided.

? Dec. 19th - 10:30 a.m. Baptism and Pageant

? **Dec. 24th - CHRISTMAS EVE -**

? **7:30 p.m. Carols and Readings**

? **11:00 p.m. Communion**

### Riverview Women's Basketball

We are looking for players of all skill levels to play every Monday night from 8:30 to 10:00 at Riverview School. We are a group of women that love to laugh and play basketball. If you'd like to join us, please contact Lynda at 453-6256.

### FOR SALE:

\*Attention Scrapbookers/ Crafters\*

#### **Crop Station** By Generations

- Over 55 pockets
  - Compartments drop open for easy access
  - Multiple pen and scissor loops
  - See-through pockets
  - Photo organizer. Velcro removable
  - Holds album sizes up to 12"x 15"
  - Rolling cart with padded handle
  - Pen/ paper organizer
- In **NEW** condition. \$90.00  
Call Kathy #284-4671

### **House for Sale**

Large house in Riverview for sale. Great location; lots of character; solid; bright; 3 bedroom + den; big kitchen; and, finished basement. If interested call 284-8846 or e-mail [zador@mts.net](mailto:zador@mts.net).

## Arts Community Registry

The Riverview Community Club is creating a registry of Lord Roberts, Riverview and Kingston Row residents working or volunteering in the arts. Our definition of the arts is very broad and is intended to include those working in "fine arts", "commercial arts" or for arts related organizations.

The purpose of the registry is to:

- ? serve as a resource to further community arts initiatives
- ? develop connections between residents involved with the arts and cultural sector
- ? promote artists profiles in the community
- ? enhance the south Osborne area's image as an arts community

If you are interested getting on the registry please send me an e-mail with the following info:

1. name
2. address
3. telephone number
4. e-mail address
5. website address
6. title / description
7. organization / group (if not connected to an organization, just put "independent")

Please include as much or as little of the above info as you feel comfortable making public. Also I know that many of you are connected with variety of arts organizations and / or pursuits. Put down as many of them as you like. Those without e-mail may call or write to me with their info at the coordinates noted below.

If you are interested getting on the registry please fill out the form on this web page <http://www.riverviewcc.ca/arts-registry.htm> :

**IF YOU KNOW OF ANY LORD ROBERTS, RIVERVIEW OR KINGSTON ROW RESIDENTS WHO MAY WANT TO BE LISTED IN THE REGISTRY, PLEASE FORWARD THIS E-MAIL ALONG TO THEM.** If, as is often the case, you know of an artist type in the community but don't know their e-mail address, please forward their name and as much contact info as you have to me and I will endeavour to contact them.

Regards,

David McNeil, Board Member  
Riverview Community Club  
Winnipeg, Manitoba, R3L 1H6, 477-1395

Glasgow Collision

Hands On Design

# COOL JOBS IN THE HOOD

Robin Ellis has a really cool job, and she's only 16! Robin is a Birthday Party Host/Gallery Host at the Manitoba Children's Museum. Since starting there last June, she has hosted hundreds and perhaps a thousand or more kids. All parents out there know how much fun hosting one birthday party a year can be, but how about hosting 6 birthday parties in one weekend, with up to 25 kids at each party? That's what Robin does - and she loves it!

There are four birthday hosts at the Children's Museum. Robin's cousin who works there heard about an opening and told Robin, who prepared a resume, cover letter, was given an interview and ultimately was hired.

The parties have various themes, with the most popular being Treasure Hunts, but

also Pirates Party, Dino Party (put the pieces of a dinosaur together and guess the name of the dinosaur), Ocean (do an ocean-related craft, hunt for fish in the museum), Harry Potter Party (magic jumping bugs - sprite and raisins; dragon's blood lava lamp - oil, water, food colouring and salt; exploding film cannisters - water and alka seltzer); Clowning Party (everyone dresses up and has a parade around the museum), WhoDunnit Party (word puzzles, solve the clues and get a prize).

What has Robin learned in the job? "I've become very good at getting kids to be quiet and listen - just be louder than they are and just as enthusiastic as they are. Plus, I've become quite good at cutting cake."

She has also learned a lot about teamwork, as getting ready for a party and cleaning up afterwards has to be done really quickly. Robin has hosted parties where everyone was speaking Russian, German and Vietnamese!

Where does birthday host fit into her long-term career plans? It gives her experience in the workplace, gives her experience working with children, will help her decide whether she wants a career working with children, and it might help her become a Camp Stephens counsellor in the future.

I think you'll agree that Robin has a really cool job. I wonder if she can be hired for our kids' next birthday party!



Richard Leaver ad

Baltimore Insurance ad

# CALL ME ART !

Call me Bob! Bob Leigh is the head of Riverview's favourite local band, Big Bob's Big Band. The band was formed for a one-night special, three years ago. The occasion was Bob's 40th birthday, and the group providing the music for the night was Blues for a Living. Bob decided it would be fun to put together some friends to "open" for the band, and Big Bob's Big Band was born. The band members enjoyed themselves so much they just kept on playing. The band has nine members, three of whom live here in Riverview: Bob Leigh, the band's leader and drum player, Matt Ellis on rhythm guitar and Roger Colpitts on bass (actually, Roger lives in Lord Roberts). Janice Harding (formerly Sally Screw of Sally Screw and the Drivers in her younger years) used to live in Riverview and has a brother on Oakwood.

Bob has been playing for a long time. His mother played piano and his dad played guitar and banjo. Bob starting playing in elementary school and playing trumpet in junior high school. He never took drum lessons or learned to read music, but boy can he beat those skins! In his first five years of marriage, he played in a band call The Keep, which played all over the prairie provinces. In the first five years of his marriage, he played every weekend with the band, but when their first child was born he called it quits. It was not until his son wanted to take lessons that Bob picked up his passion again. Matt Ellis, on the other hand, had a 25 year hiatus from playing in a band, since he played in his high school band until he joined Big Bob. Another member of the band is Dave Schneider, who plays percussion in the band and runs the music store Music Cellar in St. Vital.

When we moved to Riverview and little more than a year ago, we were amazed at how many artists, dancers and musicians are in Riverview and Lord Roberts. Big Bob's Big Band was our first introduction to this exciting aspect of Riverview life. If you have not had a chance to hear Big Bob's Big Band, keep your eyes and ears open for them to play at a social sometime soon at the Riverview Community

Centre. 

## Churchill High School 50th Reunion -- Memorabilia Request

We are looking for your CHS Memorabilia. If you have photos, newspaper articles, programs, team jackets, year-books, school newspapers, or anything else that we could showcase in our display of memories, we would love to have them. You can donate them or lend them to us. We are asking that you give us copies only of your photos or articles - unless you would like to donate them to the school archive. Scan and print them; have them photocopied; or take a digital picture and print them for us. These items can be dropped off at the school office. Also, include as many details as possible about your item. If you have larger treasures that you would like to either donate or lend to the cause, please contact one of the following committee members:

The 50's - Dave Solmundson - [dasolly@shaw.ca](mailto:dasolly@shaw.ca)  
The 60's - Beth Smyth - [eshaggy@shaw.ca](mailto:eshaggy@shaw.ca)  
The 70's - Kelly Kluger - [klugerhk@shaw.ca](mailto:klugerhk@shaw.ca) or - 453-5216  
The 80's - Killeen Self - Rowe - [gkrowe@shaw.ca](mailto:gkrowe@shaw.ca)  
The 90's - Kathy Cherepak - [vcherepak@shaw.ca](mailto:vcherepak@shaw.ca)  
The New Millennium - Hilary McDonough - [hilary\\_claire@hotmail.com](mailto:hilary_claire@hotmail.com)

Please label all items clearly so we can get them back to you safe and sound or put into the Archive for future Anniversary celebrations.

Euro-Graph ad

## RIVERVIEW BABYSITTERS

It is time to completely refresh the list of baby-sitters.

If you want to be listed, send your name, age and phone number to

[reflector@shaw.ca](mailto:reflector@shaw.ca)

## 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](mailto:reflector@shaw.ca) or call anyone on the Executive.

¼ page ..... \$50 (\$450 for 10)  
½ page ..... \$80 (\$720 for 10)  
Full page ..... \$150 (\$1350 for 10)  
South Osborne Bugle – one ad in two editions  
of the email newsletter .....\$25

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

Diane McGifford ad

### Windsor Park Nordic Centre

Today's good snowfall means there's now enough snow to open the Windsor Park Nordic Centre on **Wednesday December 8th**. It's not mid-winter conditions, but most trails should be packed, and hopefully most will also have a classic track set.

Season and daily passes must be purchased in the clubhouse during business hours. Spot checks for passes will start this week and continue throughout the winter, **so don't be caught without your pass!**

The **Windsor Park Ski School** (lessons / clinics) will be up and running soon. Go to [www.ccski.mb.ca/windsor\\_park\\_nordic\\_centre.htm](http://www.ccski.mb.ca/windsor_park_nordic_centre.htm) for complete info about the Windsor Park Nordic Centre.



# Food for Thought - by Lori Michaelson

## Festive Bananas

### Banana Ice Cream

Put frozen banana slices in food processor with a bit of vanilla extract. Allow about 1/2 of a large banana per serving. Process the banana until creamy smooth. Be patient – it will just look like slush at first. Stop and scrape the processor bowl with a spatula from time to time as necessary. Within a couple of minutes you will have a banana ice cream that will amaze your guests. Drizzle with a little chocolate sauce and garnish with slices of colourful fresh fruit. Serve immediately.

### Banana Shakes


When you end up with too many ripe bananas, peel them and freeze them. Frozen bananas also make great "shakes". Cut a frozen banana into chunks. Put into a blender along with orange juice and some fresh or frozen mango, strawberries, peaches or what have you. Blend and enjoy! Another tasty combination is frozen bananas blended with chocolate soymilk and a spoonful of cocoa powder – like a chocolate milkshake.

### Banana Pie Filling

In food processor, blend until smooth: **1 - 454g package of medium firm tofu, squeezed \*\***; **1/4 cup corn syrup (or use about 1/3 cup date puree)**; **3 large frozen bananas, cut in slices \*\*\***

Pour the filling into the crust. Store the pie in the freezer until serving time.

If you have any questions about the recipe, call me at 452-8833. Or, if you want more information about vegetarianism, call the Winnipeg Vegetarian

Association at 889-5789. 

## Buy a Tile At Ecole Riverview School and Help Us Pave the Path to Play.



Ecole Riverview School Parent Advisory Council has spent the last year trying to secure funding for an addition to our existing play structure, which would allow all children, regardless of their abilities, the opportunity to play and explore with their peers.

We are so close to achieving our goal! We have secured \$73,000 of the \$100,000 needed to start building this dream. Now we are looking to the residents of the community of Riverview for further support.

We are now launching our "BUY A TILE" campaign. The foundation of our new accessible play structure is surfaced by 2ft x 2ft. recycled rubber tiles. These tiles allow greater access for wheelchairs, walkers and strollers. The most integral and the most expensive part of our project is the resurfacing of the area.

Each tile, including the tile itself, the prep of the site and the installation, costs approximately \$100.

Our dream is that parents, relatives and community friends of Riverview will purchase a tile either in whole or in part.

All donations are welcome and all will be acknowledged at the completion of the project.

Please contact Darcie Reimer at 474-0554, Patti Ginter at 475-9857 or Janelle Cancade-White at 488-4586 with donations, questions or concerns.

## What's News in Women's Health

– by Barbara Bourrier-Lacroix, Riverview resident and Information Centre Coordinator for the Canadian Women's Health Network (CWHN) : [www.cwhn.ca](http://www.cwhn.ca) or 942-5500

### Alternatives to Hormone Replacement Therapy

Menopause is a natural process that happens to every woman as she grows older, and is not a medical problem, disease or illness. Last month I wrote about hormone replacement therapy (HRT) for managing menopausal symptoms. These days more and more women are choosing not to use HRT during their menopause.

Some of the reasons women choose not to use HRT are they see menopause as a natural life transition and not as a disease that needs to be treated, they experience no symptoms of menopause or have manageable symptoms that do not require treatment, they don't want to take medication for a long period of time, they want to avoid uncomfortable or dangerous side effects from the use of HRT, or they have other medical conditions that would make it unsafe to use HRT.

There are many things you can do to help reduce the discomforts and symptoms of menopause, including changes to your diet. Some suggestions include using beans, dried peas and lentils for an inexpensive, low-fat meal, high in protein, fibre, iron and calcium, introducing soy and flaxseed in your diet (these, as well as some beans, peas and lentils, contain "phytoestrogens" - researchers think phytoestrogens may reduce menopausal symptoms such as hot flashes, and also help prevent heart disease and osteoporosis, although this has not yet

been proven), eating more soluble fibres found in oat bran, oatmeal, legumes, apples, grapes and citrus fruits, and, getting your daily requirements of calcium and vitamin D: for women over 50, current Canadian guidelines are 1500 mg of calcium and 800 mg of Vitamin D.

You can get regular exercise. This may help you have fewer and milder hot flashes. It will also help to prevent osteoporosis and heart disease.

If you have hot flashes, you can manage them by dressing in layers, carrying a fan, and keeping your environment cooler - turn down the heat and open the windows.

Some women find that certain foods trigger their hot flashes and that it helps to avoid them. Common triggers are spicy foods, hot beverages, alcohol, chocolate, and caffeine.


To help prevent urinary incontinence, do regular kegel exercises. Kegels are repeated contraction and relaxation of the muscles that cause urine flow. Kegels can also improve vaginal sexual function and enjoyment.

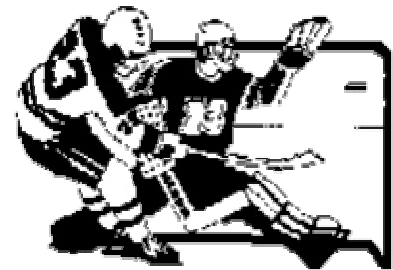
Talk with and learn from other women going through menopause. Look for self-help groups, book clubs, or other ways to get together with women in mid-life. Menopause can be a time of great change and renewal in women's lives, and support from other women can be very important as we make our way through this time.

There are several herbs that some women find useful for symptoms such as hot flashes, memory, concentration, sexual function and irregular bleeding. Some of these herbs have undergone clinical trials and others are prescribed by health practitioners based on anecdotal evidence and historical use. For the safest use of herbs buy herbs that have been standardized. This means that every tablet you take has the same amount of the active ingredient. Look for a D.I.N. (Drug Information Number) or G.P. (General Public) number, which shows that Health Canada has reviewed and approved the product's information, labelling and instructions for use. Tell all your health care providers about any herbs that you are taking, especially if you are also taking any prescription medication. Start with one herb at a time and observe its effects on your body.

A qualified alternative practitioner such as a naturopathic doctor or a Traditional Chinese Medicine practitioner can tell you about which herbs may deal with for your symptoms and can help you to monitor the results.

For more information, please visit the Canadian Women's Health Network's web site at <http://www.cwhn.ca/publications.html#aging>

or phone us at 942-5500. 



**It's Hockey Night In Riverview!** Friday Night is Hockey Night at Riverview C.C. for kids 8-10

Hockey Night in Riverview is a hockey skills development program for kids ages 8–10. The program is geared for kids not currently enrolled in a hockey program. The focus is on learning skating and hockey skills and fun! The cost is \$30/child and \$10/each additional child.

We meet Fridays from 6:15 - 8:00 Equipment: Helmet w/cage + mouth guard, shin pads, skates, stick required. Gloves and elbow pads strongly recommended. Jersey's provided. Contact David McNeil. [dmcneil@moderndigital.net](mailto:dmcneil@moderndigital.net) 477-1395

## Riverview Business Directory

In this space, you can list your business. You can put the name of your business, contact information, and a very brief description of the business. No art work however. The cost is \$15 per issue.

### **Family seeking home in Riverview area.**

Children currently attending Riverview school. If you are considering a move, please contact David or Mary Wood at 229-0881 or 235-0475.

**Anita Neville** - Member of Parliament Winnipeg South Centre [www.anitaneville.parl.gc.ca](http://www.anitaneville.parl.gc.ca) Unit D – 729 Corydon Ave., Winnipeg MB R3M 0W4, tel. 983-1355, fax 984-3979, [email@anitaneville.ca](mailto:email@anitaneville.ca) If you need help or information regarding the federal government, do not hesitate to contact her office. Sending mail to your M.P. does not require postage.

Osborne Service ad

Jenny Gerbasi ad

# Roger Burns ad