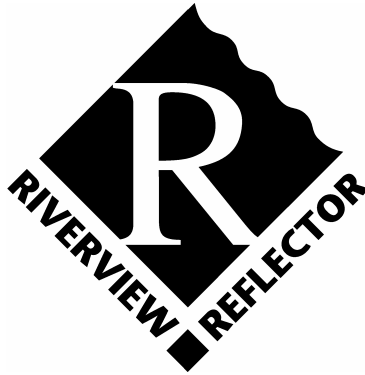


RIVERVIEW
COMMUNITY CENTRE
FEBRUARY 2003
www.riverviewcc.ca



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



ANTIQUES ROADSHOW

Have your treasures appraised by local experts!

Riverview Antiques Roadshow

Sunday, March 28, 2004

1:00 P.M. to 4:00 P.M.

Riverview Community Centre

\$3.00 per appraisal with a maximum of three items

Silver collection for dainties, coffee & tea

Proceeds going to the Riverview Community Centre

For information, please call Michelle @ 452-8542

Brought to you by Good Neighbours Group #5

**The Riverview Annual General Meeting will be held at the club on
Monday, March 22 at 7:30 p.m.**

Please attend and bring one or two friends.

This is YOUR Community Centre - we need your ideas and your energy!

RIVERVIEW COMMUNITY CLUB – EXECUTIVE MEETING

Monday, January 19, 2004

Attendance: L Evans, T McMahon, J Falloon, T Matthey, L Peto, L Keith, B Zawadski, G Sharp and K Burns

MOTION: Moved by Trudy Matthey, seconded by Kanning Burns that the minutes of the December 2003 meeting be approved. Carried.

MOTION: Moved by Trudy Matthey, seconded by Tom McMahon that the board approve spending \$2500 to get the Reflector through until June. Carried.

MOTION: Moved by Trudy Matthey, seconded by Brownie Zawadski that the board investigate applying for a grant to upgrade the wading pool. Carried.

MOTION: Moved by Trudy Matthey, seconded by Lori Keith that the board approve the financial statements for November and December 2003, as submitted. Carried.

WISH LISTS

- ? Snow Hill on Churchill Drive
- ? Toboggan Slide
- ? New Gym
- ? Upgrade Bathrooms
- ? Paved Rink
- ? Skateboard Park
- ? Wall to close off Canteen
- ? Lower Sports Fees
- ? Soccer Goals
- ? Tennis Court in "Triangle"
- ? Indoor Soccer Facility
- ? Better Parking
- ? Used Zamboni

- Policy for Unpaid Registrations being finalized
- Code of Conduct tabled to next meeting
- Noise Complaints tabled until next meeting
- **Next meeting – Monday, February 23, 2004 at 7:00 p.m.**

The AGM will be held at the club on Monday, March 22 at 7:30 pm. Please attend and bring one or two friends.

The AGM will be held at the club on Monday, March 22 at 7:30 pm. Please attend and bring one or two friends.

Proposed changes to the constitution include:

- ? Update wording and descriptions
- ? Board member composition (replace sports director with a grant coordinator under elected members, transfer special events coordinators from elected to appointed and rename Buildings, Grounds and Ice Convenor to B, G and I Coordinator.
- ? Reduce quorum numbers for Special General Meeting to 10 from 15 and AGM to 15 from 20 and include appointed members in quorum count.
- ? Split certain constitutional rules into by-laws that can be amended at a general meeting (such as quorum rules)
- ? The final changes will be posted at the club by March 1, 2004.

Councillor Jenny Gerbasi



Photo by Stephanie Pielahn

Fort Rouge – East Fort Garry

510 Main Street

Winnipeg Manitoba R3B 1B9

Tel: 204-986-5878 Fax: 204-986-5636

jgerbasi@winnipeg.ca

Euro-Graph
ad
goes here

Dear Families of École Riverview School and Riverview Community residents at large,

**Re: Proposed Accessibility Upgrades
École Riverview School Playground
and Play Structure**

At the commencement of the 2002-2003 school year, Parent Council discussed a desire to review our playground space for the purpose of enhancing “accessible” play opportunities both on the structure and at ground level to provide better play value for children of all ages and abilities. A committee was established inviting parents and our staff/administration to investigate possibilities of how we could best address play value and accessibility. Our current play structure was built approx. 8 years ago when structures were changing over from the wooden timber-type (that were no longer meeting safety codes) to the modern modular pipe system structures. Our existing structure was conceived and developed by a committed group of community parents and staff who donated time and energy to organize fundraising and grants to make that project a reality. The success of this project has allowed the children of Riverview to enjoy many years of play, and we are now hoping to expand on that success to create an increased opportunity for students of all abilities.

Our “Play Structure Accessibility Committee” has reviewed several different options for improving accessibility to children, both in and around the play structure. This has included:

- An addition to the existing structure with additional ramps and larger play decks for more wheelchair access (please note that this new addition cannot physically be connected to the existing structure due to code restrictions).
- Replacing portions of the pea gravel around the structure with soft-tile pavers will allow wheelchairs and walkers to easily travel on them.
- Adding more grade level play stations within the soft tile area.
- Providing an asphalt path from the school doors directly to the play area with an asphalt sidewalk around the timber perimeter.
- The asphalt work will also include a new basketball court.

Our group has had several meetings with playground suppliers, the school division

and we have visited numerous play structures to research and consider what we believe will best serve our needs. We have developed a design for an adjacent play structure that will compliment our existing structure and will provide an exceptional play experience for all children. Our goal has been to create a safe, accessible play structure that all children can enjoy for years to come. Our proposed plans will increase the accessible play surface for disabled children as well as provide larger play opportunities for all children on days of rain and wet conditions.

We are currently in the process of finalizing applications for grant funding. In this regard, **we would appreciate any comments and, in particular, letters of support to proceed with this project.** It is our hope that funding can be confirmed very soon so that the project could be ready to proceed this year.

Please view the proposed play structure design as well as the playground renovations posted on the school bulletin board near the office. Any comments can be made to the attention of the Play Structure Accessibility Committee c/o École Riverview School. They can be left at the school office.

Regards,

The Play Structure Accessibility Committee

Glasgow collision and Anita Neville cards go here

RVCC President's Message - Quinn Menec

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


I hope everyone had time to recover from the busy holiday season and is now adjusting to the winter weather we are experiencing (accompanied with all that shoveling).

As for your Centre, despite cost reductions and increased rental revenues, finances are once again a recurring theme as we seem to be breaking even at the end of each year & not making progress on rebuilding our reserve fund (that was used for the kitchen project a number of years ago). The Reflector is also experiencing some troubled times and eludes efforts to be self-sufficient.

Please give generously this Spring when a dedicated volunteer shows up at your door to collect for the Centre!

We used to raise at least \$10K and now achieve just over \$8K. We all know operating and maintenance cost increases from year to year are not in our favour.

With great fundraising supplementing available grants (that usually fund up to 50% of a project), we should be able to make Community dreams come true like putting in a splash park to replace the wading pool slide, paving rink 2 for summer activities (skateboarding, basketball tournaments, special events, etc.), or maybe even a new gym.

I challenge everyone to give at least \$50 / household – not much when put into perspective how great this Community is and prides itself on being. . 

**Burton Lysecki and Evinger
Construction ads go here**

Call me ART !


Lynda Peto has a really cool job that is about art! Her business is Prairie Artscape, and she represents artists. For a number of years, she sold materials such as ceramic tiles on behalf of distributors to interior designers, commercial and residential clients. Then, at Christmas 2001, she got together with a couple of friends and brainstormed a new direction. She wanted more than her job at that time was giving her. After a lot of laughter, wine and a wall covered with yellow stickers, Lynda discovered it: she wanted to represent artists!

The corporate clients did not want to hunt down artists, spend time visiting galleries, exhibits and cultivating their own networks of artists, and the artists wanted to be in their studios creating art, not peddling their wares to the corporate world. So Lynda fills the needs of both groups.

She developed a network of artists. As she discovered one artist, that artist would tell her about others. Lynda concentrates on artists who produce large-scale paintings (6' x 6'), and has also sold handmade tiles, fabric art pieces, and traditional prints by local printmakers.

Her first major sale was in April 2002. A more recent sale involves watercolour streetscapes of Winnipeg by Sharon Cory, sold to the new Inn at the Forks. Owner Bob Sparrow (who also owns the Norwood Hotel) is buying more than 130 of Sharon's paintings. You can see Sharon's work now at "Framing and Art Centre" at the Grant Park Shopping Centre. There will be a public exhibition of Sharon's work for the Inn at the Forks coming up in May. Watch the Riverview Bugle for dates and location.

Lynda finds working with artists to be inspirational because of their dedication to the art of creation. She finds that supporting local artists can be exceptionally rewarding for clients, because they can visit the artist in studio, and develop a personal connection with the artist whose work they are purchasing.

Lynda notes it can be very difficult for Manitoba artists to showcase their work, with the few private galleries in Winnipeg featuring primarily non-Manitoban works. Lynda mentioned Judy Jennings, a local Riverview resident and stain glass artist, as being particularly noteworthy for being an artist who was also nominated for entrepreneur of the year (in 1992 for the Women's Business Association award for home based business). Three cheers to Lynda for helping promote Manitoba artists! 

Hands on Design and Baltimore Insurance ads go here (quarter page each)

THANK YOU!

I would like to thank the children and staff of the Riverview Ashland Child Care Centre for sharing their talent and creativity by once again constructing a gingerbread house for display in my ministerial office over the holiday season. I was truly delighted to receive it and very much enjoyed having it in my office.

This year's creation, "the old lady who lived in a shoe," was greatly admired by visitors who attended the annual legislative open house. I was especially pleased to meet the families and children who participated in this project and dropped by to visit. Special thanks to Mary Barton who visited during the open house, bowl of icing in hand, to do emergency repairs and final touches.

This wonderful gingerbread house was later donated to the Children's Hospital who were thrilled to receive it for display in their emergency ward.

The staff and children of this child care centre embody the true spirit of the Christmas season. Another gingerbread house was donated to a child care centre in the West Broadway area, while a third was auctioned to raise funds to assist refugees in Burma.

Again, thank you for sharing your gifts.

Diane McGifford,
MLA for Lord Roberts



Constituency Office:
9-222 Osborne Street South
Winnipeg, MB R3L 1Z3
452-4320
dianemc@mts.net
www.dianemcgifford.ca

MICRO SOCCER IS A BIG IDEA !!!!

While it's a bit early to be thinking of soccer - at least the outdoor kind - some folks are already thinking of the 2004 Smurfs and Mini season and hope to spark some renewed interest and added fun.

Mini Soccer Convenor, Mike Schultz, and Greg Zador have been exploring ways to make the Smurfs and Mini players' and coaches' experiences more fun and rewarding. The major objectives in this regard are to improve the kids' development and reduce "swarm soccer". The best ways to do that are to reduce team sizes and increase players' skills and touches of the ball.

A successful system used by many other soccer associations, including many in the soccer "powerhouse" of BC, is the Tony Waiters (ex Vancouver Whitecaps coach) "Micro Soccer" system. It starts out with a three-a-side (the basic unit of soccer) game with no goalie. Greg recalls his daughter's start to soccer at 5 with the Semiahmoo Soccer Association when they lived in South Surrey, BC. "It was great - there was no 'swarm' soccer. The association provided every coach with Waiters' excellent manual, Coaching 6, 7 and 8 Year Olds, which provided all sorts of useful practice ideas. All the kids learned the basics, were always in the game and had lots of fun."

Mike Schultz has some of the necessary resources; however, much of what is need is available free on the Internet. Downloadable resources can be found at www.worldofsoccer.com, including the Coaching 6, 7 and 8 Year Olds manual Greg used back in BC. The "What is Micro Soccer?" section explains the concept. More information can also be found at Waiters' "Byte Size Coaching" program site, at www.bytesizecoaching.com/index.php

Another resource that will be crucial is human - and that's where you come in. To make this system work, Riverview's Smurfs and Mini soccer programs will need more coaches. A 3-a-side game really only needs 6 players on a team. So, Moms, Dads, Grandmas, Grandpas, Brothers, Sisters, etc., please be ready to volunteer at registration time. You and a lot of kids and parents will be glad you did!

The result of applying this system will undoubtedly be more enthusiasm, development, participation and, above all, fun on the part of players, and a more rewarding experience for coaches. With a successful Riverview "pilot" of this program, perhaps the Winnipeg Youth Soccer Association (WYSA) may even look to taking on

Micro Soccer. 

ColourPhase ad goes here

Osborne Florists and Riverview Woodworks ad goes here

Food for Thought

Spring's coming – get your "grow op" started!

By Lori Michaelson

Spring is coming: a dose of fresh greenery can be just the thing to feed body and soul. Learn to grow sunflower sprouts – the kind that are grown in soil. It's so easy! Then enjoy the visual impact of a tray of lovely little plants on your kitchen counter, the flavourful addition to your culinary creations and the energy to be had from these nutritional powerhouses. "Sprouting" is germination, a process where all the vitamins, minerals, proteins, and essential fatty acids dormant in raw seeds, grains and beans activate and multiply. Each kind of sprout has its own characteristics: sunflower sprouts are an excellent source of highly digestible protein and enhance your energy. Try sprouting with a child, or treat the gardener within you.

Materials required:

1. **Raw sunflower seeds in the shell.** You can buy them in the bulk food section of VitaHealth in Osborne Village. You can even sprout the sunflower seeds you might have on hand to feed wild birds or your pet parrot.
2. **Potting soil.**
3. **Empty milk or juice carton.**
4. **Plastic bag and twist tie.** *An opaque bag works best so that the light doesn't get at the sprouts before it should.*

Procedure:

1. Measure 1/4 cup of sunflower seeds into a small container.
2. Fill with water and let soak for 8 to 12 hours.
3. Prepare your "garden" by cutting a 2 l. carton in half from top to bottom. Staple or tape the peaked end of it to seal.
4. Spread potting soil in a half-carton so that it's about 1/2" (or 1 cm) deep. (You don't need a lot of soil as it will only be supporting life for about 1 week.)
5. Drain the soaked seeds and spread evenly over the soil. Water the soil so it's quite moist.
6. Slip the little garden-to-be in a plastic bag and seal with twist tie.
7. Set carefully in a warm place – a dark cupboard or out of the way spot on the floor near a heat register will do nicely.
8. Forget about it for 2 or 3 days.
9. Open the bag carefully (do not tip the carton) and check how the little sprouts are doing. They should be bursting up through the soil and as tall as a couple of inches by now. If not, reseal the bag and check again the next day.

The quick results are a delight: sunflower sprouts are ready to eat in 5 to 8 days.

If the sprouts are a couple inches tall, remove the carton from the bag and put in a sunny or well-lit place. (I have an under-the-counter fluorescent light -full spectrum - which bathes the little plants for most or even all of the day and night.) In a few days, the sprouts should have greened up beautifully. Some shells may still cling to the growing leaves; carefully pick them off. Harvest the seedlings as needed. They should be eaten before the second set of leaves grow.

Uses:

- ? Pinch off sprouts straight from the earth and nibble on them. *Talk about fresh fast food!*
- ? Add them to sandwiches, salads.
- ? Garnish soups and snacks with them.
- ? Use in sushi.
- ? Sprouts are tasty, nutritious and provoke interesting conversations with people who have never seen home "grow ops" first-hand.

Happy sprouting! (If you have any questions, give me a call at 452-8833.)



**Riverview Plumbing and Heating and
West End Upholsterers
ads go here**


Community Policing from your Community Constable, Kif Girma

I hope that everyone had a joyous Holiday Season and a Happy New Year!

I want to bring to everyone's attention the dramatic increase in the number of residential break-ins during the last two months. Again I remind everyone to take simple steps to keep our homes and our property safe such as ensuring your home is secured and keeping an eye out for any suspicious activity and reporting it to the police.

Additionally, find ways to better secure your home, get to know your neighbors, and investigate options such as alarm systems, outdoor lighting, or better locks.

One incident I would like to bring to your attention that occurred on November 10, 2003. Police executed a search warrant at an address on Beresford Avenue.

As a result of the search police obtained several firearms which were stolen from Selkirk, MB. Other items including a BMX bicycle also obtained from a break-in were located at this address. Numerous stolen credit cards and a large quantity of marijuana were also recovered. As a result, an adult male who was the resident of this home was arrested and charged with numerous offences. 

November 2003	RIVER VIEW	LORD ROBERTS	December 2003	RIVER VIEW	LORD ROBERTS
Break and Enter (residential)	8	10	Break and Enter (residential)	1	8
Attempt Break and Enter (residential)	0	0	Attempt Break and Enter (residential)	0	0
Break and Enter (commercial)	0	0	Break and Enter (commercial)	1	0
Attempt Break and Enter (commercial)	0	0	Attempt Break and Enter (commercial)	0	0
Garage break-in	1	0	Garage break-in	0	0
Theft from vehicle	0	0	Theft from vehicle	1	2
Auto Theft	1	2	Auto Theft	2	1
Attempted Auto Theft	1	2	Attempted Auto Theft	1	2
Robbery (commercial)	1	0	Robbery (commercial)	1	0
Robbery (other)	0	1	Robbery (other)	0	0
Sexual incident	0	0	Sexual incident	0	0
Assault with weapon	0	0	Assault with weapon	0	0
Arson	0	0	Arson	0	0
Grow Operation	0	1	Grow Operation	0	0

Diane McGifford (quarter page portrait layout) and BC Plumbing ads go on this page

COMMUNITY NOTICE BOARD

KARATE AT RVCC

(Ages 6 and up)

Spring Session: Thursdays starting March 25, 2004 - June 3, 2004 from 6:30 p.m. - 7:30 p.m. (no class April 8, 2004)

Registration is \$50 per participant (per session), contact sensei Angelo Mendoza at 489-3862 to register

REFLECTOR PAID ADS

Any individual or firm who wishes to use the Reflector to advertise goods or services, etc. will be invoiced at the published rates. Pre-payment will be required prior to running the advertisement. Contact Ellen Funk at 474-0500. Community notices are free.

CAROLLING IN THE HOOD

The Christmas spirit is alive and well in Riverview. Neighbours in the Clare-Eccles-Churchill Drive area were out in full force, the week before Christmas - Carolling in the neighbourhood, under the guidance and inspiration of retired teacher John Bacik. What a pleasant surprise and delight to open the front door and see the rosy cheeks, and the sounds of the locals in vocal, and jingling of bells. Congratulations and Thank You All. - Brownie Zawadski

RIVERVIEW ASHLAND CHILD CARE

CENTRE will hold its next monthly meeting at the Centre on Tuesday February 10th at 6:30. Everyone welcome. Babysitting is available.

PARENTING SESSION

South Osborne Nursery School is presenting BUILDING BLOCKS, a series of parenting sessions about pre-schoolers. "Building RELATIONSHIPS" will be held Wednesday February 11 at 7:30 pm at Riverview Community Centre.

Pre-registration is required. Call Kathy 475-9916 or email

sons_registrar@hotmail.com

Silver collection at door. Presented through a grant from the Fort Rouge/River Heights Parent Child Coalition.

CHURCHILL PARK UNITED

CHURCH March 28th at 2:00 p.m.

ROYAL WINNIPEG BAND CONCERT

April 16th at 7:30 p.m. SCOTLAND SINGS FAREWELL TOUR

RBC and Lisa Proteau (quarter page) ad go here

COOL JOBS IN THE HOOD

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

Bev Suek has a really cool job! She gives money away! And is paid to do it! Now isn't that your idea of a dream job? Here's the scoop.

Bev is Chief Executive Officer of Manitoba's Women's Enterprise Centre. The Centre is essentially a \$5 million loan fund established by Western Economic Diversification Canada (the agreement expires in March 2005, unless extended). Bev says the Centre is funding approximately 80 businesses right now. To apply, the business must be at least 50% owned and controlled by women. Default rates are approximately 4%. The Centre also provides.


Bev says that women generally have little credit history, few assets to use for collateral and start businesses that have relatively low start-up costs. These factors can combine to make getting small business loans difficult.

But the Centre is more than just loans. The Centre offers an extensive range of practical services including seminars, business advice and business financing.

The Centre has assisted with start-up and expansion of a variety of successful companies. Among those successes are Telecom Options, Dessert Sensations, Accent Flooring and Randonnee Tours, all in Winnipeg; Cinnamon Tree in Brandon; and Polar Inn in Churchill.

The Centre is guided by a Board of Directors composed of entrepreneurial women. Since it was established in 1994, the Centre has assisted thousands of women throughout the province.

Over the years, the Centre has responded to more than 70,000 requests for business advice and provided in excess of \$10.1 million in loans from many sources. Services are also provided to male/female partnerships that are 50% woman-owned and controlled.

Bev and her family created Twin Pillars Bed and Breakfast on Oakwood - their way of living their philosophy of creating their own jobs and being self-reliant. The B&B is now run by her son and his family. Bev moved on to create TLS Enterprises, which does workplace investigations and mediations. And then she attended a meeting sponsored by Western Economic Diversification Canada. This led to Bev co-founding the Women's Enterprise Centre. 

**Richard Leaver
ads go here**

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Valentine's

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- ? 608 Jubilee January
- ? 184 Arnold January
- ? 572 Walker December
- ? 195 Oxford Xmas Eve!

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JUST LISTED

517 McNaughton \$130,000

1400 Sq.Ft 2 Baths, 3 Bedrooms, great newer kitchen walks out to deck, huge Diningroom, Oak flooring throughout, finished gamesroom, garage A+ Home

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Roger Burns
453-7653
Century 21 Bachman & Associates



Linden Ridge Eye Care ad goes here