

RIVERVIEW  
COMMUNITY CENTRE  
JANUARY 2005  
[www.riverviewcc.ca](http://www.riverviewcc.ca)



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

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# 11<sup>th</sup> ANNUAL RIVERVIEW 4 ON 4 CLASSIC HOCKEY TOURNAMENT (in memory of Ed “Spider” Mazur) February 12<sup>th</sup> evening and February 13<sup>th</sup>

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All teams must indicate an *INTENT TO REGISTER* by  
MONDAY, FEBRUARY 7<sup>th</sup>, 2005, by voice mail to Ted at 925-5900.

TEAM REGISTRATION FORM to be filled out with names,  
addresses and telephone numbers and taken to the  
Riverview Community Club by 9:00 p.m. on Thursday, February 10<sup>th</sup>, 2005.  
All teams must be ready to play at 6:00 p.m., Saturday, February 14<sup>th</sup>, 2004.

- ? Tournament final draw will be posted at 5:00 p.m., Saturday, February 15th at the Riverview C.C.
- ? Winning teams will be asked to appoint a referee from their team for the following match.



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Contact Ted at 925-5900 or Pat at 223-8648 to volunteer.

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## Riverview Ashland Child Care Centre and Kathy Borgfjord

In 1999 Royal Bank of Canada Financial Group launched its "Employee Volunteer Grants Program" to recognize employees for the good work that they do in their personal time, by volunteering in their communities. Employees and pensioners earn grants up to \$500.00 each for the charitable organization at which they volunteer.

Riverview Ashland Child Care Centre Inc. would like to thank Past President and parent, Kathy Borgfjord for her tireless efforts for our Centre over the past 9 years. Kathy was President of our Board of Directors for many years and now continues on our Board as Past President. Kathy has been awarded \$500.00 on behalf of our Centre not only this year but past years as well. We appreciate all of Kathy's countless hours she has put in to making our Centre the wonderful place it is!



Colourphase ad – make sure it is a quarter page

- 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

Please paste in Dee Dee Haines ad from December but add the text that Dee Dee has provided to you.

Please fax a proof to Dee Dee Haines at 477-6767

Diane McGifford full page ad

# **Come One, Come All, Celebrate Winter in Riverview!!**

Good Neighbour Groups #3, with the assistance of GNG #5, Invite all Riverview and area residents, friends and families to attend the **1st Annual Winter in Riverview Carnival**.  
This year's event will be held on **February 27, 2005**, from 1pm until 7pm.

Tentatively Planned Events are as follows:

**1 - 4pm.- Fun-filled indoor and outdoor activities for all ages.**

Skating, Tobogganing, games and activities, hot cocoa and cookies.

**4:30pm.- "Warm Me Up" Chili Tasting Contest.**

Bring your fieriest recipes to be tasted and judged by some of your favorite Riverview neighbours.

**5 - 7pm.- Family Chili Feast.**

Bring enough Chili to feed your family only, or arrange to share with another family...

Don't like Chili? Try a picnic dinner!

Please bring your own bowls, plates, cutlery, napkins, beverages(no alcohol please), antacid...

Buns and butter will be provided for a low price.

Share the Warmth and bring a non-perishable food item for the *Winnipeg Harvest Hamper*.

This is a Neighbourhood event and any and all assistance is needed.

If you are willing to help with advertising, set-up and clean-up, or general duties, please contact Janelle at 488-4586 or Bonnie at 284-3462.

Glasgow Collision

Hands On Design

# COOL JOBS IN THE HOOD

My name is Cst. Mark Bilash and I have been an officer with the Winnipeg Police Service for the past 22 years. I am currently assigned as the Community Officer out of the Fort Garry Police Station at 1350 Pembina Hwy., and I maintain an office at 2020 Corydon Ave. There are currently 9 such officers covering District 6.

As a Community Officer I am responsible for resolving Non-Emergency problems within a designated area. I also attempt to connect with the community by way of interacting with various groups and organizations. Finally, I respond to non-emergency calls-for-service in District 6 in order to take some of the heavy workload away from the General Patrol Officers. My geographical area of concern is roughly between Riverview and River Heights, and the areas between. I work both weekdays and weekends from 7am to 5 pm.

Community Policing falls under the model of Planned Response. This means that my investigations are handled by appointment only. Non-Emergency problems under my purview would include neighbour disputes, minor assaults, thefts, property damage, a neighbourhood drug house etc. As a Community Officer, problems are steered towards resolution by way of mediation, agency referrals, compromise, verbal cautions, and at times an arrest. The idea is to try and **solve the problem** as opposed to just arresting someone all the time. Outside resources are often utilized to assist in this goal.

By way of example, let's say John DOE has a dispute with his neighbour's teenager who is playing in DOE's driveway and has damaged DOE's vehicle. DOE would first make his police report at any Police Station or Service Centre.

The report would then be forwarded to my attention. After interviewing both parties, the problem could be resolved dependent on the reason for such a problem. Here is a list of possible options. 1. A verbal caution to stay out of the yard may be effective. 2. The teen could be cautioned under the Petty Trespass Act to stay off of the property. A ticket/fine could then be issued he returns to the property. 3. Assess the teen's parents and their parenting skills. Possibly the mother/father needs assistance in parenting and have "lost control" of the teen. Have an appropriate agency assist. 4. Assess the teen as he may have other "issues" that are affecting his behaviour. 5. Arrest for Mischief.

The primary focus is on creative problem solving. Generally I concentrate on solving the problem, and focus less on casting blame. If the problem is solved

then generally, people are happy. 

Richard Leaver ad

Baltimore Insurance ad

## CALL ME ART !

Helen Lyons has put her nursing career on hold, maybe for good. She is just too busy being an artist! She is both a potter and a painter - pottery in spring and summer, and painting in the winter. Aside from small pots, mugs and bowls, she also makes "joy pots", vases shaped like kimonos, shirts or smocks, and decorated. When asked "what are they good for?", Helen replies: "They make you smile. That's the disadvantage of working in clay, people ask 'what's it good for?' But they don't ask that about paintings." For painting, Helen works in oil, some water colours and some acrylic. She really likes painting and sculpting people, especially portraits and busts.

This past summer was Helen's first selling her art at the St. Norbert's Farmers Market, and she expects to return again this upcoming year. She says it is a good way to make personal contact with people and to develop interest in her art. Helen also sells her

work at The Lion and the Rose on Corydon and Craftspace in the Exchange District.

Helen is also a student at the University of Manitoba Faculty of Fine Arts, where she is working towards her Bachelor in Fine Arts, although she is waiting until she turns 65 to do her thesis work (tuition is free at 65). Helen has participated in student art shows, with the next one coming up on March 10, when she hopes to have 49 paintings of the faces of her fellow students and professors to show. Helen has had some of her small sculptures auctioned to raise funds for Chairities, sponsored by the Association for Community Living. She is also a member of Grey Matters, a collective of women

artists over 40 in Winnipeg, most of whom are at the University of Manitoba. Grey Matters next show will be this May.

Helen has recently had two commissions to sculpt pregnant madonnas, one at St. Alban's Church, the other for All Saints Anglican. She is currently working on 14 prints for 3 churches, depicting the Way of the Cross. These should be on display at St. Alban's by the end of February.

Helen grew up in Neepawa, lived in Thompson for 8 years (the City of Thompson presented Prince Philip with one of Helen's works - a sculpture of a miner) and after 16 years in Oakville, Helen and her husband Martin (originally from the Peg) returned to Manitoba and bought a house on Fisher Park. Helen says that "Riverview is a wonderful little village, that's what Riverview feels like to us". (Helen's prior connection to Riverview is that her cousin Ingimar Ingaldson, who lived on Ashland and was formerly involved in community activities in Riverview.) Helen says that Winnipeg "is the kind of community if you're willing to get involved, you can; if you take some risks and get out and get to know the local artists and artisans, you can do this in a way that is not as easy in a larger city." We're certainly happy that

Helen has brought her art to Riverview!



## Churchill High School 50<sup>th</sup> Reunion

Plans are underway for a Reunion of all former students and staff who attended or worked at Churchill High School.

The reunion will be held on the Thanksgiving Weekend 2005 (October 7, 8 & 9) in Winnipeg, Manitoba

Please send your name, address, phone number, years attended and email address to:

Churchill High School 50th Reunion  
C/O College Churchill High School  
**510 Hay Street**  
Winnipeg, Manitoba R3L 2L6

or email to: [churchill50th@mts.net](mailto:churchill50th@mts.net)  
or register online at  
[www.wsd1.org/churchill/reg.asp](http://www.wsd1.org/churchill/reg.asp)

Euro-Graph ad

## REFLECTOR ADVERTISING

Any individual or firm wishing 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!**

### **Holiday Festivities for Garden Manor Care Home**

Good Neighbour Group #3 helped the residents at Garden Manor Care Home at 487 Osborne St. ring in the Holiday Season. The residents enjoyed tasty treats donated by Robin's Doughnuts, Price Choppers, Safeway, Roger Burns (the pizza was a HIT!!!) and the members of GNG #3. We were able to give them gift bags full of goodies with other donations from Walmart, McDonalds, Dr. Toporowski, Stephanie at "Your Dollar Store with More", Dee-Dee Haines (chocolates), Clodhoppers and Baltimore Insurance. Musical entertainment was offered by John(guitar) and Ayla Manning(violin), Elaine Bradley(piano) and the fine voices of all in attendance. We also had a visit by Santa, which is always a blast!

Garden Manor is a semi-assisted care home that has in residence 34 adult men and women. GNG #3 also holds an annual spring BBQ for the residents where we offer burgers, drinks, entertainment and other goodies to these appreciative folks.

GNG #3 is always on the lookout for anyone who is able to donate their time, entertainment skills and/or products to help us bring a little more light into these people's lives. For more information, call Janelle at 488-4586



Emily Hunter from GNG #3(centre) and 2 of the residents from Garden Manor Care Home.

# Food for Thought - by Lori Michaelson

## VEGETABLE CRUMBLE

One of my family's all-time favourite winter meals features the ultimate in comfort foods: "Vegetable Crumble". The original version of the crumble came from Crank's of Covent Garden in London, England. A couple of minor changes (oil instead of butter; whole-wheat flour instead of white, as well as the addition of sunflower seeds and ground flax) update the recipe for today's nutritional requirements, without sacrificing the bottom line - great taste!

### VEGETABLE CRUMBLE

In large (preferably cast iron) frying pan, saute 1 large onion, chopped, in 2 tsp oil. Cook over medium heat until onion is translucent.

Stir in:

- ? 4 - 6 cups chopped root vegetables (potato, carrot, rutabaga, yam)
- ? a few tomatoes (fresh, canned, or frozen)
- ? 2 - 4 TBSP fresh parsley, chopped (or a couple of teaspoons dried)
- ? salt and pepper to taste (other herbs like sage, basil, oregano and thyme also go well)
- ? 2 TBSP rice flour \*\*

Cover. Cook over gentle heat stirring occasionally, for about 25 minutes.

While vegetables cook, prepare the crumb topping:

In food processor (or blender), chop

- ? ¼ c almonds
- ? ¼ c walnuts
- ? 2 TBSP sesame seeds
- ? 2 TBSP sunflower seeds

Add:

- ? 2 TBSP oil
- ? 2 TBSP ground flax
- ? ½ c whole-wheat flour

Process until mixture resembles fine crumbs.

Transfer the vegetables to a large, lidded, ovenproof dish. Spoon the crumb topping evenly over the vegetables. Cover and bake at 375 degrees for 1 hour, or until all vegetables are fork-tender and topping is golden.

Serve the crumble with some whole-grain bread and a tossed green salad.

**\*\* NOTE ON RICE FLOUR:** Rice flour contains no gluten, and so is unlikely to create lumps when used to thicken sauces. You can whisk it into hot liquid bubbling away on the stove without fear of lumps forming.

Vegetable Crumble is a very forgiving recipe. By that, I mean that you can take liberties with the amounts called for. I don't bother with measuring cups and spoons. I simply throw in a handful of this, a scoop of that. I often make a double recipe so we have enough left over to make a whole second meal. Like soups and stews, Vegetable Crumble tends to improve upon reheating.

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. 

## A Pie Success Story!

Good Neighbour Group #3 is proud to announce that with the sale of 350 pies, we have raised \$1750.00 for the club. This year's pie making taxed the extent of our freezer space, not to mention our rolling arms, but was a series of fun, community spirited events. The success of this year's pie making could not have happened without the help of our members but also the many other community members who came out and lent a hand. They rolled, they peeled, they hauled pies or they provided us with their apples and rhubarb. When you see the following people, please thank them for their efforts:

Janelle Cancade-White  
Margaret Manning  
Nancy Pries  
Bonnie Bradley  
Joann MacMorran  
Helen Agar  
Charlene Smallwood  
Roseanna de Simone  
Pat Cole

Bonnie Bradley  
Denise Manning  
Emily Hunter  
Pat Owens  
Donna McLaughlin  
Betsy Forbes  
Helen Jaglowski  
Ayla Manning

Katie Zacharias  
Brownie Zawadski  
Donnie White  
Devon and Anna White  
Jennifer Zeglen  
Ryan Dixon  
Ruth Cameron  
Gerry Zacharias  
Gail Brigham

Wendy Nicolson  
Louise Cameron  
Darlene Stevens  
Doug Gregory  
Kathleen Alison  
Margo Macdonald  
Allie MacDonald  
Scott MacDonald

We do plan on another round of pie making next year at the same time and we are always on the lookout for fruit, pie plates, and plastic bags to name a few items. Since every little bit helps to keep our costs down and therefore our fundraising high, consider picking a pail of berries for us next summer or donating some rhubarb. We will also be recruiting help again next year. If you are interested in helping, please call Charlene @ 284-3913. The club will benefit from your generosity.

## 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

### **Making Sense of Women's Health News Reports**

Headlines are written to get your attention. You may react with emotion to headlines about "medical breakthroughs." You might be anxious that you are somehow "at risk." It may also seem confusing because sometimes news stories seem to contradict one another. One says something is good for you, and another says that it is bad for you.

Media professionals may seem trustworthy because they claim to report "scientific research." But reporters may not understand everything in the study or have the time to research and report on all aspects of complex study findings. News reports rarely point out the strengths and weaknesses of a study. News reports also tend to focus only on one study at a time. It is important to understand how new results fit with the results of other studies done on the same topic.

Some media outlets may also have ties to corporate interests that may influence what is reported. For example, some things may be over-reported while others may never get in the news.

What is the message? A common device used in some forms of reporting is to use a dramatic quote taken out of context. What is the quote or statement's relationship to the study findings? Why is it used in the story? Is it backed up by reliable facts? Is the report playing upon social stereotypes like the importance of looking young to encourage buying drugs or taking expensive tests?

Who provides the report? Try to figure out why the report reached the media. Who funded the work? This information may help you find a possible bias in a study's outcome.

Were researchers funded by or associated with, for instance, tobacco or drug companies? Did the researchers go to the media? Is this a way to promote themselves to get more funding?

Think about whether you are getting all sides of the story. Are other experts who are not directly involved in the study quoted in the media report? Their comments and observations will often help you put the research results in perspective.

Does the report look trustworthy? What stage is the research at? Is the report about early findings or final conclusions?

Has the study been reviewed by other professionals and published in a reputable journal?

Is this the only study available about the topic? It usually takes many studies and years of research before definite conclusions can be drawn.

What kind of evidence is the report based upon?

If you are worried about a particular media report focus on what is important for you and your own unique situation. Just because a health issue is in the media doesn't mean that it definitely applies to you. You may have a different situation than the people in the news report or other things might be more important to you.

Here are some ways you can get more information:

A health information librarian or medical librarian can help you find the original research article. Sometimes the summary at the beginning of the article will give you enough information to help you assess the news report. Ask for other articles on the same subject to provide balance.

Check out the Canadian Women's Health Network ([www.cwhn.ca](http://www.cwhn.ca)) or other trustworthy women's health websites to find more information or commentary about the news report.

Talk with your doctor or another health professional about the news report or study findings.

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. 



Give your child a musical head start with Music For You and Me, presented by the Manitoba Conservatory of Music and Arts. Get ready to sing, dance, play and have lots of fun with your child at these weekly classes, for kids aged 2 months to 4 years! Music for You and Me offers levels for infants, toddler and preschoolers - register today for January classes.

"Classes take place at a number of different times throughout the week, at both the Conservatory's Main & Bannatyne branch, and Churchill Park United Church at 525 Beresford Avenue. To register or for more details, call the Manitoba Conservatory of Music & Arts at 943-6090 or email [info@mcma.ca](mailto:info@mcma.ca). Join in the fun of Music For You and Me - contact the Conservatory today!

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## 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.

**YOUR AD HERE**

**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.

**DAYCARE** – Non-smoking home in Riverview has one full time spot available as of January 5. For more information, please call Mildred at 452-4103.

Osborne Service ad

Jenny Gerbasi ad

# Roger Burns ad