

RIVERVIEW
COMMUNITY CENTRE
NOVEMBER 2003
www.riverviewcc.ca



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

christmas

POT LUCK SUPPER (each family please bring a dish)

SUNDAY Dec. 14, 2003
Entertainment
Tickets \$7 per family

in Riverview



a visit from the 'big guy'
Val 475-7803 Jan 284-4339

4:30 – 7:00
Family skating
Louise 477-0701

GNG #3 presents their

Annual Christmas Pie Sale

Sunday, November 16

10:00 am -12:00 pm at the club.

Pre-baked and Unbaked Frozen Pies available
for easy holiday season desserts.

Varieties include: Apple, Apple-Raspberry, Apple-Blueberry, Apple-Pear,
Apple-Saskatoon, Rhubarb, Rhubarb-Strawberry, Apple-Cranberry,
Nectarine-Blueberry, and several variety of "crumble" pies.

Proceeds from pie sales directly fund RRCC projects.



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.

Riverview Soccer Report

Norm Stewart

Riverview had a very successful outdoor soccer season. Our club had one team compete in the Winnipeg South Soccer District finals and three teams where in the City finals.

Our 10 year old girls team coached by Shelly Henry placed second in the district finals.

Riverview's 12 boys coached by Darrell Durling and Harold Kluger won first in the City Championships. Brent Cape's team of 15 yr old girls won gold in the City's.

Rounding out the hat trick, Riverview's 15 yr old boys coached by Ted Bigelow won their city championship game.

Congratulations to all of the players, coaches, assistant coaches and managers of these teams. Watch for the trophies to go on display at the club soon.

A big thank you must go out to all of the other coaches of the other Riverview teams for their dedication and efforts to our soccer program. I trust all the players on Riverview teams found this season to be a great experience.

This year was the first year that Riverview was responsible for providing referees for all of the club's home games. Our referees did an outstanding job, providing this necessary role in the club's soccer program.

As the outdoor season comes to a close the indoor one is about to begin. Riverview will be hosting four indoor teams, 9 year old girls, 10 year old girls, sixteen/seventeen girls, and 14 year old boys.

To all players and coaches that still have outstanding soccer equipment and or jerseys, please return them to the club.

I wish to thank Judy Coy for taking on the role of co-convenor for the soccer program.

**DIANE
MCGIFFORD
AD GOES
HERE**

**ANITA NEVILLE AND JENNY GERBASI
ADS GO HERE**

Riverview Community Club

Executive Meeting Highlights, Louise Evans, Secretary

Monday, October 20, 2003

Attendance: Louise Evans, om McMahon, Jim Falloon, Brian Kozier, Kanning Burns, Brownie Zawadski and Norm Stewart

The meeting was called to order at 7:20 pm. Moved by Brian Kozier, seconded by Tom McMahon that the minutes of the September 2003 meeting be approved. Carried.

BUSINESS ARISING FROM PREVIOUS MINUTES

- discussion re policy for those who have outstanding registration fees. Suggestion that other convenors be made aware of delinquent accounts. Discussion of sending a letter from the board to remind of outstanding fees and including a socio-economic form. If you have other ideas of how to handle these accounts, please forward them to Quinn.

PRESIDENT'S REPORT – Jim Falloon

- we need information from the following people in order to complete inventory by November 24. Equipment – Steve Reimer, Program Report – Trudy Matthey, Volunteer Report – Lori Keith

- The City has sent us a letter asking if there was any feed back regarding the removal of the slides from the **wading pool** this summer. The slides in many wading pools were removed this summer due to safety concerns. The slides remain in the pool in McKittrick Park.

This sparked a discussion regarding the general state of the wading pool and playground area that is maintained by the City not by the Club. In general it was felt that the area is not as clean as it could be (weeds and garbage) and that the pool supervisors could be doing a better job of supervising the children.

They are also looking for ideas of what could replace the water slides in the wading pool. We will be sending a letter to the City, if you have other comments you would like included, please forward them to Quinn.

- beautification of Osborne underpass is underway
- Crescentwood Community Centre is expanding
- The City is looking for feedback on the effect of the new smoking by-law on hall rentals
- GCWCC is offering a page on their web site to each club in the city.
- Summer day camp will no long qualify for program registration fee subsidies
- Jim passed around a fund raising opportunity for teams from Carefree Getaways – see Quinn for more information

TREASURER - Brian Kozier

- registration fees are coming in – bills are up to date – things are looking good and running smoothly
- please watch expenses – keep to a minimum until the new year
- Buildings and Grounds have exceeded their budget – new expenses will require board approval
- convenors are reminded to get registration fees to Kanning
- Kanning Burns will be taking over now- please keep her informed in a timely manner and if you have questions e mail her at KC.burns@shaw.ca

MOTION: Moved by Norm Stewart, seconded by Tom McMahon that the board approve the financial statement for September 2003. Carried

REFLECTOR – Tom McMahon

Tom has spoken with the people who put out the Spirit – a newsletter that is a joint project of 4 communities (Linden Woods area). They said they will send us a proposal that would combine Riverview and Lord Roberts.

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.....

CanteenVACANT

Buildings, Grounds & Ice

Ted Bigelow284-6649

Dan Jackson284-5013

Fund Drive

Lori Keith452-0082

Barbara Ediger452-5496

Volunteer Co-ordinator

Evelyne Guindon-Zador ..284-8846

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

SOCCKER – Norm Stewart

- Indoor season – 4 teams out of Riverview – 9 year old girls, 10 year old girls, 16/17 year old girls and 14 year old boys

BUILDINGS, GROUNDS AND ICE – Ted Bigelow

- still need to clear out the dressing rooms. Seems to be a combination of baseball and play group stuff in there.
- have to remind staff and exec to empty the recycling stuff on Sundays
- winterizing is almost complete
-still working on soccer goal posts
- flooding ice will probably start in November and for opportunities for a truly authentic Canadian experience, volunteers are asked to call Ted. Training is provided.
- Tennis courts are flourishing with the beautiful weather
- Lights are up for rink 2
- staff anniversary evaluations are being scheduled.
- we have started to investigate grants/ opportunities for additional winter staff support in anticipation of the heavy winter workload.

BASKETBALL COURT – Richard Leaver

Work on the improvements to the basketball court have started this fall. The existing posts and backboards will be moved, so as to be centered on a larger court, new stronger hoops will be installed, and the holes in the asphalt will be patched. In the spring, the new court will be resurfaced to fill low spots, and a flexible coating will be applied, then lines will be painted ready for the 2004 season.

Meeting adjourned at 8:00 p.m.

Next meeting – Monday, November 24, 7:00 p.m.

CONNECTING COMMUNITIES PROJECT – Jamie Allum

The Connecting Communities clothing and equipment drive was held on Saturday October 18 and was a great success. All donations were delivered to the Turtle Island Community Club for immediate distribution to the surrounding community. Many thanks to all those for their most generous contributions. Special thanks to Lorraine Desjarlais for all her hard work and for making the connection with Turtle Island and to Quinn Menec and Trudy Matthey for all their help and support! Also a word of thanks to Sarah Jean, Emily, and Hilary for pitching-in.

RIVERVIEW HOCKEY – Jamie Allum

1) Hockey preseason is pretty much complete with the Riverview teams all taking shape. The club will host three teams this year: 12A1, 9A2, and 7/8 House League. Head coaches for the teams are: Mike Andersen (12A1), Brad Fries (9A2), and Dave Kressock (7/8 house league).

2) Though the hockey program is still very strong, there are some pressing organizational issues that need to be addressed. Riverview Co-convenor Jake Kosior raised some of these issues - combined age groups, geographical boundaries, age advancement - at the last Pembina Trail Hockey Association meeting and requested that a committee be established to examine these issues. More information to follow.

3) It is very important that parents take an active role in the management of the teams: At a minimum, and in addition to the coaches, all teams must have a treasurer and safety person. Please speak with your coaches to find out how you can help.

4) Ice time schedules for the outdoor practices will be posted once we have ice.

Letter to the Editor: Parking on Churchill Drive by Riverview Hospital

I have noticed over the last year we have an influx of cars being parked on the shoulder of Churchill Drive immediately behind the Riverview Health Centre. This is going to lead to an accident in the event someone has to take evasive action while driving their car down this part of the street. The street is narrow by the gardens and now it has become slimmer because of parked cars. I know someone who works at the hospital and they inform me paid parking is the princely sum of \$12.00 every two weeks, and that includes a plug in the winter.

I would suggest in the sake of safety, a no parking sign should go up at this location, and no parking at all on that part of Churchill Dr. be allowed. My worry is someone is going to be jogging or doing some other activity a car will have to swerve to miss them and because of parked cars the driver will have no where to go to avoid a collision. The hospital has provided parking for everyone at the workplace at a very low rate - a rate everyone can afford, so lets get the "thrifty" people off Churchill Drive and into the parking lot where they belong.

My second area of concern is skateboards and the likelihood of a car and a child coming into a nasty meeting. Unfortunately, we all know in pedestrian - car scenarios the car always wins. I would suggest we could perhaps approach the city to have the permanent skating rink paved with asphalt as the outside rink at the St. Norbert community centre is paved. It could be used by skate boarders and anyone requiring a solid surface over the summer and still be fine for flooding in the winter for hockey. I would support a funds drive from Riverview residents for this one-time only expense and it would make a real improvement for the safety of our inline skating and skate boarding fans in our neighborhood.

Thanks Jack Ennis Martin

Food for Thought – the making of a diabetic disaster

By Lori Michaelson

I learned recently that grade school children are now developing adult onset diabetes. This shocked me and led me to do a bit of research. There are two distinct forms of diabetes :

? Type I (insulin-dependent or juvenile onset diabetes) occurs when the pancreas fails to produce enough insulin for the body's needs. Victims are usually under 20. It is the most common disease of North American children with more than 13,000 new cases each year

? Type II (non-insulin dependent or adult onset diabetes) sufferers produce lots of insulin. But this insulin is somehow impaired and the body is unable to use it. About 90% of diabetes victims have Type II. (Many people are unaware that they fall into this category.)

In a healthy person, most food is turned into glucose, or blood sugar. Insulin is required to "carry " the glucose into the body's cells where it is converted to life-giving energy. Without blood sugar to consume, the cells of a diabetic will starve and eventually die. To deal with this crisis, the body burns fat instead for the vital energy it needs to carry on. But the burning of fat creates toxic waste (ketones) which accumulates in the body and causes nausea, vomiting and, eventually, diabetic coma. Diabetics also experience a steady build-up of glucose in the blood – hyperglycemia or high blood sugar – which produces exhaustion, frequent urination, crash weight loss and nervous irritability. These are only the short-term effects of diabetes.

Long-term effects also occur :

? In the eyes, sugar-soaked cells begin to petrify. Results: cataracts, damage to the retina and blindness.

? In the kidneys, crystallizing sugar gums up cells and interferes with the vital filtration tasks. In time, the kidneys shut down altogether necessitating dialysis or transplant.

? Obesity, high blood levels of fat and cholesterol and a predisposition to atherosclerosis (blocked arteries) with the threat of strokes and heart attacks are commonly experienced by diabetics. (Interesting note: during both world wars in Europe, when food was scarce and fat intake was low, deaths from diabetes-related symptoms decreased by half.)

? Diabetics are also prone to problems with nervous sensation and circulation. It's common for a diabetic to have infection or gangrene in an extremity which goes undetected until it's too late to do anything but amputate.

Exercise, or lack of it, is another factor in the development of diabetes, and studies show that most North American children are inactive. Most are also regularly consuming a diet which is overwhelmingly fat and sugar. This is a lethal combination. Consider this: A 10-year-old becomes Type II diabetic. He has a 30 year jump on a 40-year-old who becomes Type II diabetic: possible long-term complications become probable or even inevitable long-term complications.


Fortunately, there is hope : research shows that a sensible vegetarian diet can almost completely control the "inevitable" complications of diabetes. The next time you're about to bite into a nice greasy hamburger and french fries (or to feed your kids such fare), think twice. More than ever before, delicious low-fat vegetarian options are available. Give them a try.

My sources for information about diabetes : *Mad Cowboy: Plain Truth from the Cattle Rancher who won't eat Meat* (Howard F. Lyman; also visit his web site www.madcowboy.com for fascinating articles and links to related sites)

Total Health for You and Your Family The Vegetarian Way (Virginia Messina, MPH, RD and Mark Messina, PhD)

Why Do Vegetarians Eat Like That? (David A. Gabe)

If you have questions about the article, call me at 452-8833. If you want information about vegetarianism in general, call the Wpg. Vegetarian

Association at 889-5789. 

ColorPhase ad goes here

Osborne Florists ad goes here

COMMUNITY NOTICE BOARD

CHRISTMAS TREE SALE...

Avoid the hassle and cold feet of shopping in tree lots. Reserve your own beautiful Christmas tree now, for pick-up in early December in the heart of Riverview.

Quality balsam trees, 6 to 7 feet. \$40. A South Osborne Nursery School fundraiser.

Call Pat - 452-3250 to place your order by November 28.

Churchill High School and Collège Churchill Parent Councils will be selling Christmas trees again this year. Watch for our new location at the Banana Boat parking lot. Beautiful trees, great selection and competitive prices. Help support your local schools. Trees go on sale Dec. 1st. For more information: Barbara at 452-5496 or 474-1301.

WANTED – DRIVERS

Drivers wanted to deliver hot or cold meals to seniors, or those physically challenged or with recent accidents. This is a unique experience and most rewarding. You may be the only person that made a call to the clients who are most grateful. All it takes is 1½ hours, once a week, twice a month or oftener. A number of drivers have been driving for upwards of 30 years. Call Shirley Murray 956-7711 or Brownie 284-5731.

CHURCHILL PARK UNITED CHURCH

Poinsettia Tea

Nov. 29th 1:00 p.m. to 3:00 p.m.

Bake & Craft Table, Attic Treasures

CHRISTMAS WREATHS

Order beautiful Christmas wreaths now for delivery by early December. Just \$20 each!

Give a wonderfully fragrant gift or adorn your own home with long-lasting and luscious greenery.

A South Osborne Nursery School fundraiser. Call Karen at 475-8069 to place your order by October 31.

WANTED – CURLERS & CRIB

Fort Rouge Seniors Recreational Club has a few vacancies for curling and cribbage. Join the best club in Winnipeg and participate 2 or 3 afternoons for fine comraderie and healthful recreation. You will never be younger, and, if a novice, many are experienced and most helpful. Call Alf Philips 256-2822 or Brownie 284-5731

DAYCARE

Riverview Ashland Child Care Centre Monthly Meeting will be held Tuesday November 4, 2003 at 6:30 at the Centre. Babysitting available. Everyone welcome!

Available Child Care

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

TRAILER FOR SALE

1995 Bonair 12 ft. tent trailer. 3 way fridge, stove, heater, 12 x 12 add-a-room. v.g. cond. \$6500. call 452-5496

FREE CLEAN FILL

About 2 yards of clean fill available. Please call 284-1029.

Thank You

South Osborne Nursery School recently held its third annual Fundraising Social. We would like to thank the following for their support:

AMBROSIA ESSENTIAL OIL
DR. NEIL CAMPBELL
CIBC
COLOR PHASE INC.
ELECTROLYSIS & SKIN CARE
DIANNE McGIFFORD, MLA
EMCO CORPORATION
FLYING PIZZA
GRANNY'S POULTRY
LINDEN RIDGE EYE CARE
M. MANNING, LANDSCAPE
ARCITECT
MARIGOLD RESTAURANT
MONTICCHIO RESTAURANT
NATIONAL LEASING
MANITOBA MOOSE
OAKWOOD Café
OSBORNE CHIROPRACTIC
OSBORNE FLORIST & BASKETS
GALORE
OSBORNE STREET DANCE CLUB
PARK ALLEYS
ROBIN'S DONUTS
ROD HUSSEY, MUSICIAN
ROYAL BANK OF CANADA
SAFEWAY
SAWATDEE THAI RESTAURANT
SCHOOL OF CONTEMPORARY
DANCERS
SOUNDING STONE
SUBWAY
VESUVIO PIZZA AND RESTAURANT
WOO'S Café

Big thanks go out to "Big Bob's Big Band" and their "opening act". Many thanks to Michelle and Quinn Menec who did an amazing job (and a ton of work) and of course to everyone who came out. Your support is so greatly appreciated.

Richard Leaver and West End Upholsters and Drapery ads go here

COOL JOBS IN THE HOOD


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

Crystal Cherceo has a really cool job – she’s a Social Entrepreneur. Social Entrepreneurs are people who work in the social sector, imagine something that isn’t, develop a plan, convince governments and foundations of the merits of their plan, and get it done. Where Social Entrepreneurs differ from Business entrepreneurs is that they seek social rewards over financial gain.

Crystal has carved a career for herself in helping communities adopt Information and Communication Technologies (ICT's). As Project Manager for both Broadband Communications North and the First Nations SchoolNet program, she works with community and government partners, notably Keewatin Tribal Council, Industry Canada, Indian & Northern Affairs as well as directly with community stakeholders. Since July 2002, Crystal has facilitated access to over \$6 million in government funding that will support the implementation of high speed Internet connectivity for over 52 First Nations and Métis communities in rural, northern and remote Manitoba. This includes allocating computers for First Nations communities and schools, supporting community based skills development in addition to technical support through help desk services.

"Everyday I feel like Santa Claus, providing access to computers and connectivity for communities that are too often 'out of sight, out of mind'." says Crystal. Plus, "it is the most amazing experience to work with such a fascinating culture, in terms of spirituality, artistic creativity and traditional knowledge."

Crystal got her start in 1997 working as an Intern with the Community Access Program - Youth Initiative delivered by Junior Achievement of Manitoba. Her career was given a boost through a referral from Riverview resident and mentor, Chris Dobbs, who works for Human Resources Development Canada. A Riverview resident for four years transplanted from rural Manitoba, Crystal loves that Riverview "is an open concept community" – meaning no gates, few fences, plenty of green space and neighbors who talk to each other. If you want to get in touch with Crystal, you can reach her at cchercoe@shaw.ca. Good neighbour!

(If you know of other cool jobs in the hood, let me know at reflector@shaw.ca or 474-1598) 

AARON HAK AWARD FOR DRIVE AND DETERMINATION

Sadly, Aaron Hak passed away suddenly this July. He was a young man who lived in our community and had many friends, who miss him. He worked hard to succeed. He dreamed he would operate his own business one day so decided to attend the Asper Centre for Entrepreneurship's Curry BizCamp. He graduated last summer and was successful in starting a business.

In honour of his memory, the Director of the Curry BizCamp, Mr. Robert Warren, has decided to institute an annual "Aaron Hak Award For Drive and Determination" to be awarded to a member of the senior BizCamp program for youth 15-20 that displays the characteristics Aaron was most noted for - his enthusiasm and drive to succeed.

While at the camp Aaron demonstrated many of the entrepreneurial characteristics that other young entrepreneurs have learned about. He also exhibited a special drive and determination to succeed.

At the conclusion of the camp Aaron stayed involved by taking part in all the post camp luncheons and other activities. He also stayed in touch with members of the Biz Camp staff for references and to discuss possible business ideas. His enthusiasm for the BizCamp program was contagious.

The first recipient of the "Aaron Hak Award For Drive and Determination" is Aaron Guimond.

Burton Lysecki and Riverview Woodworks ads go here

BASKETBALL – Richard Leaver

The fall basketball season started on October 25th weekend, the beginning of our 16 game season, which will end in March. Registrations were up again this year, with a total of 95 Riverview/Lord Roberts young people playing. We will be hosting 9 teams:

- ? 6-7 co-ed (Small Ball) coached by Kelly Klick & Greg Zador
- ? 9 boys (with 2 girls) coached by Harold Kluger & Glen Ward
- ? 10 boys coached by Peter Robertson-Stovel and Minish Nowrang
- ? 2 - 12 boys teams coached by Kirk McIntosh & Herb Enns
- ? 15 boys coached by David Price & Rob Steuart
- ? 11-12 girls coached by Kirk McIntosh (looking for an assistant coach)
- ? 13-14 girls coached by Sara Jane Milne & Christina Tennis
- ? 15-18 girls coached by Keith Michaelson & Chris Youngdahl
- ? There is still room on the 11-12 girls team for more players, no experience necessary. Please contact Richard at 452-1113 if you are interested.

Good luck to all of our teams!

MARY KAY

skip the
Holiday
rush


This holiday season, enjoy fast, convenient online shopping and unbeatable customer service. Just visit my Web site to find fabulous Mary Kay gifts. What could be easier?

Jeannine Carman
Independent Sales Director
www.marykay.ca/jcarman
(204) 452-8934
Career Opportunity Available

NATURE NOTES BY VERE SCOTT

Message in a bottle: The plastic bottle as natural purity icon.

Have you noticed the Manitoba Milk Producers' billboards (one is on the west side of Osborne Street immediately south of the CNR overpass)? It shows a brick of butter inside a clear plastic bottle lying on its side (much as a ship-in-a-bottle is displayed). The caption: "From a Natural Source." At first I puzzled over what its message was. I've concluded that the plastic bottle of water has become a commodified icon for Nature & purity! Never mind the plastic-derived heavy metal antimony and phthalate ester contamination of bottled water! Plastic bottles of water were prominent even on the delegates' desks at the UNEP Johannesburg summit and, as toxic blights, they are piling up all over Earth's land and seas. Do we really need to carry around bottled twaddle to be cool?

Certainly not for purer water. 

Remembrance Day – Lest We Forget (thanks to the Edigers)

*He came, this young Canadian,
From out the Golden West,
Full of courage and of faith,
Of ardor, hope, and zest.
A willing volunteer, he came
And offered us his life
His youth, his strength, his heart and soul
To fling into the strife.
The final sacrifice he made,
He lies in foreign earth
Far from home, an exile
From the country of his birth.
And yet, amongst his kin he sleeps
In friendly company
No stranger, but an Honoured Son
Of one great family.*

**LIMERICK
LANE**

Ian and Trudy
Mattey

Call me Art!

In keeping with the Halloween spirit, here is a little riddle; What lurks around in the basement, plays in the mud and carves patterns in the insulation? Answer : three Riverview mothers who have found their passions making art in their basements!

Any mother who has tried to find time and space for herself can understand how a small corner in the basement can become a refuge. Terry Vattrt, Sheri Arnason and Tracy Marshal have each created beautiful works of art in their respective basements.

Sheri and Tracy are the two who play in the mud-they produce lovely pottery pieces that look great in any room in the house. While Sheri's pieces are high fired functional wear, Tracy's are low fired handbuilt treasures.

Terri uses carved styrofoam in her printmaking and her gift cards include those made with sponges and cookie cutters! Terri also has made cards out of photos she has taken, many of them taken in our neighborhood – I think I recognized our fence!

Terri, Sheri and Tracy are putting their basement wonders on show and sale November 22 and 23. Come to Terri's house at 714 Fisher between 11 and 4 on Sat the 22nd, or between 1 and 4 on the 23rd and see for yourself that basements, and what lurks in them, can be the source of fabulous artwork that can rival any professional studio or gallery.

This is an on going article in the Review and if you know of any other basement, backyard or out of this world artist in our neighborhood, I would sure like to interview them for upcoming issues!

Call Kelly at 474-1598 

Once there was a Sparrow with a hunch,
who replied "No thanks a whole bunch!"
when asked by a Riverview Merlin
to join him for swoopin' and swirlin',
ten perhaps just a small bit of lunch.

RIVERVIEW BABYSITTERS

Baatz, Stephanie (14)	284-5266
Bartley, Sarah (16)	475-0637
Beach-Nelson, Shawna (15) ...	475-9670
Beach-Nelson, Ashley (15)	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 (12)	284-1110
Magnifico, April (12)	453-6214
Neville, Beth (17)	475-0431
Nikkel, Jessica (12)	452-7053
Nikkel, Shawna (14)	452-7053
Ormiston, Bekki (13)	475-3501
Reardon-Smith, Allie (13)	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 Advertising Policy

The following advertising policy has been adopted by the RVCC executive:

FREE ad space will be provided to the following:

1. Riverview residents for typical buy/sell notices in the classified section
2. Churches, schools, day cares and service clubs located in the Reflector distribution area. Each organization is allowed 1/4 page ad insertion per year, plus insertions in the Community Notices each month. Additional larger ads for special events will be considered, subject to availability of space, at the discretion of the Editor.
3. Other non-profit groups, as space permits, on a one-time basis for events which are relevant to the Riverview area.
4. Club-affiliated organizations as required.

PAID ADVERTISING:

Any individual or firm, other than those listed above, 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.

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

Winnipeg Harvest's Poverty Challenge

Join many local celebrities in **Winnipeg Harvest's Poverty Challenge**, which begins November 24, at 6:00 a.m., and runs until 6:00 a.m., December 1, 2003.

The premise is this: \$20.00 is the amount a single person living in Winnipeg receives from Social Assistance for food, personal needs, and entertainment for one week. Without using the food in your cupboards, and without relying on friends and family to feed you every night, would you be able to budget your money and get enough to eat?

You can contact harvest@xpressnet.com for a complete listing of the rules, and to sign on to participate in the Poverty Challenge.

Poverty Challenge Survivors will be invited to be our guest at a Winnipeg Harvest Holiday event, but those who spend over \$20.00, will be asked to donate the amount you overspent back to Winnipeg Harvest. Remember, it's Your Harvest!

Glasgow Collision and Evinger Construction ads go here

COMMUNITY CONSTABLE REPORT

It has come to my attention that in recent months there has been a significant increase in graffiti and vandalism in both business and residential areas in our communities. Although graffiti appears to be a minor offence, much money has been spent to repair the damage that has been done. I want us to come together and help reduce the occurrence of this crime in our neighbourhoods. Here are some graffiti reduction tips:

#1 -- Property owners should remove any graffiti from their property within 24 hours after it appears. This will prevent the offender from receiving the fame and recognition they desire. (If unable to remove the graffiti please call the graffiti hot line at 984-1234)

#2 -- Graffiti, like other forms of vandalism, is a crime. If you see anyone committing vandalism report it immediately to the police.

#3 -- Protect your property from vandalism by using motion sensor lighting and locking gates.

#4 -- Volunteer your time, donate supplies, or help in any way you can to eliminate graffiti in your community.

#5 -- Get organized. Form a neighborhood graffiti removal crew and be sure to involve young people in the cleanup.

#6 -- Adopt a street, a park, a school, a church or business that is a target for graffiti or vandalism.

#7 -- In addition to removing graffiti, consider planting trees, bushes, or flowers that may deter graffiti.

#8 -- Have a neighborhood meeting on vandalism to discuss its victims, costs, and solutions.

#9 -- If you see graffiti or vandalism in progress call the Winnipeg Police Service at 986-6222.

The Winnipeg Police Service also actively works with the community to prevent graffiti. This is achieved through enforcement, prevention, education, and awareness programs. **Contact your local Police Service Centre or District Police Station for more information and ask about the City of Winnipeg Graffiti Control Voucher Program.**

There are two notable graffiti incidents I would like to bring to your attention.

On September 2nd 2003, a 15 year old youth male was arrested after a witness observed him at four locations in the Fort Rouge area. This male was using a permanent marker to "Tag" a bus shack as well as other properties. He was arrested by the witness and later turned over to the police. Charges are pending.

On September 12th 2003, several youths entered a vacant house at the 100 block of Morley Avenue and applied graffiti to the interior of the house. These youths were observed by a witness who called the police. The Youths were arrested as they were trying to flee the house.

These two incidents demonstrate that if we work together by identifying and reporting the responsible culprits, we will reduce the occurrence of graffiti in our communities.

Let's continue to work together to preserve and protect our community. Be involved and be safe!

Kif Girma
Community Police Officer

Sept 2003	RV	LR
Break and Enter (residential)	0	3
Attempt Break and Enter (residential)	0	0
B&E and Attempt B&E (commercial)	0	0
Garage break-in	2	4
Theft from vehicle or garage	1	1
Auto Theft	3	1
Attempted Auto Theft	1	1
Robbery (commercial)	0	0
Robbery (other)	0	0
Sexual incident	0	0
Assault with weapon	0	0
Arson	0	0
Fire	0	0

**Baltimore Insurance
Ad goes here**

THE NEW DEAL – OUR CITY COUNCILLOR SPEAKS.

If you read the national newspapers, either the Globe or the Post, or travel to other cities, you will see that the attention of North America is being focused on little old Winnipeg. You will hear words like innovative, creative, progressive and cutting edge. Winnipeg has launched itself onto a course that is being watched by cities across the continent.

The City currently labours under a tax system, dependant on property taxes, which was established 130 years ago. The NEW DEAL is an effort to look at different revenue streams and to tie those to environmental choices and connect taxes to the services being used. There is also an effort to ensure that the City can access revenue streams that are connected to the economy, so when the economy grows then tax revenues increase as well. When looking at all the taxes a resident of Winnipeg pays we can see the City receives 7%, the Province 43% and the Federal Government 50%. A tax shift makes sense.

The Mayor and Council have recognized this and have put forward a NEW DEAL for the City of Winnipeg to completely change our municipal tax system.

Four of the important challenges which face the City of Winnipeg are:

? Addressing the infrastructure deficit. We are currently short 180 million dollars every year on what

should be spent to maintain our roads, bridges and facilities. This is not a problem unique to Winnipeg. Cities across Canada have estimated a total infrastructure deficit of nearly 57 billion Dollars.

? Making our City a place where young people want to stay and raise their families. We need to do things to keep our city vibrant and interesting, that attract and grow businesses because we are a place people want to live.

? Becoming more environmental friendly through building an efficient transit system, encouraging rider-ship and discouraging over consumption and pollution.

? Dealing with the inequity of people who choose to live outside the city not paying anything to support services they use and benefit from.

In recent weeks the Mayor and Councillors have been talking with Citizens at town halls and meeting with community groups and organizations to discuss the NEW DEAL. These events have been very well attended, and have raised the level of debate on this issue. The Fort Rouge Leisure Centre hosted a town hall with close to five hundred people in attendance. Clearly people are interested, engaged and involved.

This early NEW DEAL serves as a starting point to determine what kind of a tax system our Citizens want so that these ideas can be discussed with

other levels of government.

Fundamental to the NEW DEAL is the idea that large cuts to property taxes and transit fares can be made to encourage the upgrading of homes and the use of Transit. A number of smaller consumption taxes give people a say in what they pay, and provide different revenue streams for the City which are also more connected to the economy. For example, if someone wants to drive an SUV, which is a less environmentally friendly choice, it will cost them more. It also makes sense to direct revenue from a liquor tax to policing since the majority of police calls are liquor related.

I am committed to a progressive tax system, which does not negatively impact those on a fixed or limited income, while at the same time addressing the need to increase revenues to build the kind of city we all want to live in.

The City will be mailing out a newsletter outlining ideas proposed in the New Deal, and some of the most frequently asked questions. Detailed information can also be found on the city web site www.winnipeg.ca. The site includes a calculator where you can put in your financial information and find out how the proposed New Deal would affect you. I look forward to continuing this dialogue with people, and hearing your input and ideas.

BY JENNY GERBASI

ROYAL BANK and RIVERVIEW PLUMBING AND HEATING ADS GOES HERE

<p>HOMEOWNERS AND THE ENERGUIDE PROGRAM</p> <p>The federal government recently announced a new rebate program as part of the government's commitment to the Kyoto Accord. The rebate program will assist homeowners in making their homes more energy-efficient. The rebates will range from \$100.00 to a maximum of \$3,350.00 and will be based upon the improvement in the homes energy efficiency, not the actual amount spent in retrofitting the home.</p> <p>The EnerGuide Program is being funded entirely by the federal government and the amount committed is \$70 million.</p>	<p>To qualify for the program a homeowner must obtain an energy audit. The energy audit is completed by a registered energy auditor. Here in Manitoba the energy audit will be conducted by Manitoba Hydro for a fee of \$75.00. The 90 minute audit includes a number of tests which includes a measurement of the draftiness of the house and an insulation level test. The energy auditor then produces a list of recommendations for improvements for the homeowner to consider and develops an energy rating of one to one hundred for the home. Once the owner completes any of the recommendations the home is energy audited a second time. The rebate amount issued is based upon the improvement in the energy audit achieved by the recommended retrofits.</p>	<p>EnerGuide improvements can increase the resale value of a home, save on heating costs and will help Canada meet its commitment to the Kyoto Accord. For more information about the EnerGuide Program interested homeowners may call 1-800-387-2000, (Natural Resources Canada – Office of Energy Efficiency). Homeowners may also visit the EnerGuide website at www.energuideforhouse.gc.ca/agent. The EnerGuide energy audit program at Manitoba Hydro may be reached by calling 474-3311.</p> <p>I encourage all homeowners to consider participating in the program.</p> <p>Anita Neville, Member of Parliament Winnipeg South-Centre</p>
--	---	---

Isn't it time for the home you real ly want?



Let us move you!

Planning a Move?

- ? Step-by-step Market Plan
- ? Beneficial Improvements?
- ? Helpful relocation packages
- ? Current strategy and trends
- ? Best time of the year
- ? Become a better Buyer
- ? Become a better Home to sell
- ? Make inventory come to you
- ? Cheaper Mortgages

WANTED \$90,000 +/- **STARTER BUNGALOW**
 \$200,000 + **LARGE FAMILY HOME 2000+ SQ.FT.**
 \$120,000'sh **3 Bedroom, 1-2 baths, fair condition**

Call for a no obligation home evaluation.
 Register for "First Alert" of new listings anywhere in Wpg.



Roger Burns
 453-7653
 Century 21 Bachman & Associates

Visit www.century21bachman.com

Sellina your home for all it is worth!