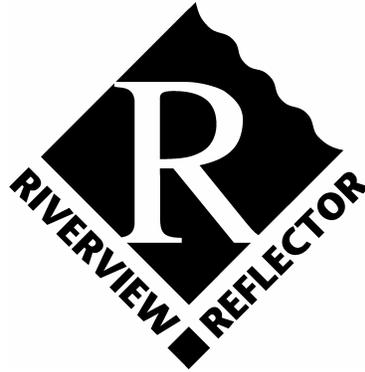
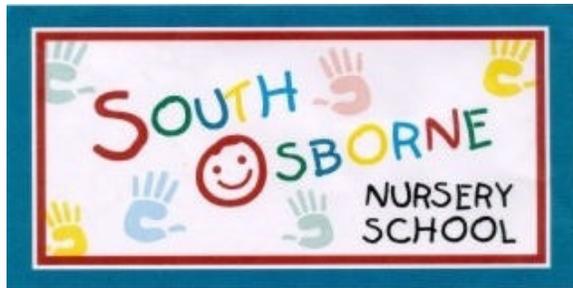


RIVERVIEW
COMMUNITY CENTRE
NOVEMBER 2004
www.riverviewcc.ca



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



presents their

CHRISTMAS TREE AND WREATH SALE

Reserve your Christmas tree and wreaths now for a hassle free Christmas !!

FREE DELIVERY to your home in the Riverview area on Dec 4th or 5th.
Long lasting beautiful balsam trees, 6 to 7 feet tall for \$45.
Decorated balsam wreath, 22 in. diameter for \$25.

A South Osborne Nursery School fundraiser.

Call Elli at 477-1476 or Alana at 475-2946 to place your order by Nov 17th.

Christmas

POT LUCK SUPPER
SUNDAY Dec. 12, 2003
Entertainment
Tickets \$7 per family

 a visit from the 'big guy'
in Riverview

(each family please bring a dish)
4:30 – 7:00
Family skating
Val 475-7803
Diane 452-6669
Darlene 453-6584

President

Jim Falloon284-4865

Past President, Grant Coordinator & Karate Convenor

Quinn Menec478-1562

Vice-President

Matthew Lawrence284-7590

Treasurer

Kanning Burns

SecretaryJen Zeglen

Facilities & Volunteer Coordinator

Trudy Matthey475-5674

Reflector Editor & Privacy Officer

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**VACANT**

Youth Soccer

Judy Coy453-0972

Mini Soccer & Baseball Convenor

Mike Shultz453-0152

Hockey Convenors

Dave Kressock475-3342

Guido Cerasani453-8666

Archery Convenor

Dan Jackson284-5013

Equipment Convenor

Steve Reimer474-0554

Basketball Convenors

Richard Leaver452-1113

Lynda Peto453-6256

Volleyball Convenor Kristine

Dubois-Vandale ..kvandale@shaw.ca

Special Events**VACANT**

Good Neighbour Groups

Bonnie Bradley284-3462

Riverview-Ashland Daycare

Mary Barton477-0917

Caretaker

Roger Harel452-9944

Members at Large

Lori Keith452-0082

Jerry Reardon-Smith452-7369

Greg Zador284-8846

Brownie Zawadski284-5731

YOU ARE NEEDED

The RVCC needs a new **Fund Drive Coordinator** – as you will see in the minutes, this spring's Fund Drive raised \$10,000. This is crucially important for the continued success of the Community Centre. Lori Keith has done a great job, and now it's time for someone else to step up to coordinate the canvassers. Will it be you?

Many thanks to Jen Zeglen for stepping forward to be the new Secretary for RVCC !!!

GNG#3's Pie Sale friendly reminder

PIES!

Don't Forget about **PIES!**

Sunday, November 14th at Riverview C.C.

Pre-order pickups from 10 - 11 am

Sales at the door begin at 11:00 am

Colourphase ad

Please paste in Dee Dee Haines ad from October but delete the fax number.

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

- ? Oct. 31st - Nov. 23rd **Poinsettia Order** forms available. Call the office at 452-856 for information.
- ? Nov. 23rd - 7:00 p.m. **Book Club** - *Navigating A New World* by Lloyd Axworthy
- ? Nov. 27th - 1:00 - 3:00 p.m. **POINSETTIA TEA**
- ? Nov. 28th - 1st Sunday of Advent 10:30 a.m. Communion
- ? 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.

Letter to the Editor:

We just wanted to offer our sincere thanks to our many friends in Riverview and Lord Roberts for all their personal and political support during the federal election campaign in June: Your efforts on our behalf and your very kind words of encouragement were always very deeply and truly appreciated!

Thanks again everyone,
Jamie Allum and Susan McMurrich

PS - A special word of thanks to all our neighbours on upper Bartlet and Maplewood whose support and many small kindnesses during the campaign were also greatly appreciated.

St. Albans Church will hold its' Annual Christmas Luncheon on December 4th from 11 a.m. to 2 p.m. in the Church Hall located at 486 Rathgar Ave. near Osborne 2 block South past the Ft. Rouge Leisure Centre.

Always a delicious lunch with a special children's menu. Craft Tables Silent Auction, Turkey Raffle and a Treasure Table. For more information call Orla at 489 7683 or Joyce 255 7847

Become a Block Parent®

The Block Parent Program provides immediate assistance to those in distress, particularly children, through its safety network of police-screened homes. Our volunteers also work closely with police and educators to provide safety education programs in the community.

Become a Block Parent today and help make your community safer. Contact your local police or call for more information. 284-7562

Glasgow Collision

Hands On Design

COOL JOBS IN THE HOOD

Who has worked in Riverview for almost 33 years? Al Pauls, owner of the Sounding Stone on Osborne. He does not live in Riverview, he just spends most of his time here. And he is an artist – we could have put him into a “call me art” column.

Al Pauls started his working career as a teacher. He later obtained a degree from the University of Manitoba in Fine Arts. It was there that he learned about pottery. He needed a studio space to develop his skills and saw a for lease sign one day at 555 Osborne (now the Sawatdee Restaurant), as he was on his way to visit to his brother who lived on Fisher Park. The space was zoned commercial and the by-law required a store-front in order to obtain a studio permit, so Al opened a small space he called the Sounding Stone which was only open for two hours each Saturday. He had a waiting list of pottery students to help out the business.

In 1976, Al started selling pottery supplies, and he now is the only retail supplier of pottery clay and equipment in Manitoba. Al retired from teaching in 1985 and concentrated on the Sounding Stone business. He moved to the current location in 1988

Al's wife added the gift items to the Sounding Stone, which now employs Al, his wife and their son full-time, his brother-in-law two days a week and two other full-time employees. All spends most of his time upstairs, where he has his pottery wheel, and in the back on the main floor, where the kiln is. Almost all of the pottery for sale at the Sounding Stone is Al's. For example, he makes approximately thousands of mugs and other items per year. It is ironic that Al never imagined he would make his living in pottery, it just happened.

Today, Al is the President of the South Osborne Business Improvement Zone (BIZ). There are many Business Improvement Zones in the City. A BIZ is an invention of the City of Winnipeg. The City allows a BIZ to form and charge a special levy on the businesses in the zone. The BIZ then uses that money to improve the zone in the manner it sees fit. For example, almost any of the things you see on Osborne to beautify the street are paid for by the Osborne South BIZ, the flowers, the banners, the Elva Fletcher park clean-up, removal of graffiti. There are 88 businesses in the Osborne South BIZ, but, as with most community organizations, it depends on a small core of about a dozen people to make it run. The BIZ also offers two annual scholarships, one at Churchill High School and the other at College Churchill (French immersion). For more information about the Osborne South BIZ, check out their web site at <http://www.osbornesouth.biz> (with a

nice photo of Al!) 

The Board of Directors of the Riverview Community Centre wishes to congratulate the Osborne South BIZ for its excellent brochure highlighting local businesses with many beautiful photographs of the Osborne South area. There are copies at the Community Centre, and at our local businesses. The Board of Directors would also like to encourage everyone in Riverview to think about finding some of their Christmas gifts at our excellent and varied local businesses.

Baltimore Insurance ad



CALL ME ART !

Mahogany Frog is the name of a local band. Jesse Warkentin is one of the band leaders, having grown up in Riverview and has recently returned to Riverview after spending a few years in Saskatchewan.

The band is Jesse (keyboard/guitar), Graham Epp (keyboard/guitar), J.P. Perron (drums) and Scott Ellenberger (bass/trumpet). Jesse and Graham met at a Mennonite boarding school in Saskatchewan and after high school went to Saskatoon. "We're huge in Saskatoon" they enthusiastically state, regularly attracting crowds of up to 150 people. Their biggest event was at this year's Flin Flon Trout Festival, where they played before 500 people.

After having played in all of the available venues in Saskatoon, the band decided to come to Winnipeg and expand their fan base.

The band has been playing shows together since 1998, they have produced 3 CDs, and have toured various places to promote their band, such as Toronto, Montreal and Sudbury

The band is a member of the Teargas Recording Tree music collective www.teargasrecordingtree.com, an independently run, non-profit artistic collective based in the heart on the Canadian Prairies. We are comprised of musicians, composers, painters, sculptors, and writers who all believe that we can get a lot more done if we work together to achieve common goals than trying to succeed alone.

The description of Mahogany Frog on the Teargas Recording Tree web site is as follows: Mahogany Frog are legends on the prairie progressive space synth rock landscape. Their songs intricately shift from serene sound textures to intense psychedelic freak outs, with brilliant execution throughout. With an incredibly tight rhythm

section and duelling wizards fervently casting hooks and solos at each other, this illegitimate offspring of Yes, Miles Davis, and Dave Brubeck carves out a whole new dimension of music.

You can find out more about Mahogany Frog on their web site

www.mahoganyfrog.ca



Riverview Welcomes New Jackrabbit X-Country Ski Club

The Riverview Community Club is excited to offer a new winter sport for children aged 5 to 13.

The Jackrabbit X-Country Ski Club will meet on Sundays from 1 to 2 p.m. The program is designed for fun; children will learn developmental skills and to enjoy the lifelong sport of cross country skiing. Lessons will include a warm up session, a teaching component, lots of games and an opportunity to ski and explore. Parents are encouraged to participate with their children. If you have a pair of skis in the garage that haven't been used since "before kids", now is the time to dust them off!

Sessions will take place on groomed trails behind the community club, as well as on Churchill Parkway, beginning on November 7th until early March. Our club will be lead by three excellent and highly qualified coaches: Marc Teillet, Robin McClure and Ryan Dixon. Participants are responsible for providing their own equipment; however some equipment is available for rent through the community club.

The Jackrabbit Ski Program is affiliated with Cross Country Canada, and the Cross Country Ski Association of Manitoba. Since the inception of Jackrabbit ski clubs nationally in 1980, over 125,000 Canadian children have participated. The registration fee is \$45.00. If you would like more information, or wish to register your children, please contact Jamie or Alison Gias-

son at 284 6068.



Euro-Graph ad

RIVERVIEW BABYSITTERS

Baatz, Stephanie (14)284-5266
 Bartley, Sarah (17)475-0637
 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 (16)453-5531
 Gillies, Bailey (14)284-1946
 Hachey, Sarah (14)294-8508
 Hak, Nick (16)475-4064
 Karamano, Sirin (13)475-0228
 Kayseas, Jeanine (13)452-4214
 Keith, Stephanie (13)452-0082
 Leaver, Alex (12)452-1113
 Levin, Ruth (16)284-1110
 Magnifico, April (12)453-6214
 Neville, Beth (17)475-0431
 Nikkel, Jessica (12)452-7053
 Nikkel, Shawna (14)452-7053
 Ormiston, Bekki (15)475-3501
 Ornostay, Anna (17)452-4851
 Reardon-Smith, Allie (17)452-7364
 Rosenbaum, Stefan (13)453-1283
 Smith-Fernandez (15)452-6272
 Sveinson, Zše (14)453-0332
 Tallin, Naomi (15)452-7378
 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

***It is a new Reflector year – please
 take the time to ensure your informa-
 tion is accurate !***

REFLECTOR PAID ADVERTISING

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

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

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

HELP WANTED – a Riverview resident is looking for a part-time cleaning lady three mornings a week to help with general household cleaning, laundry and possibly some meals. For more information, call Terry at 475-2215.

WANTED – SENIORS FOR CURLING AND CRIBBAGE

The Fort Rouge Seniors Recreational Club wishes to fill 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 Raymond Bow 284-4890 or Brownie 284-5731.

Food for Thought - by Lori Michaelson

Eggfree Salad Sandwich Filling

Here is a recipe for those of you who are reducing your consumption of eggs. Numerous studies have proven that eggs, the most concentrated source of cholesterol in the human diet, are a leading factor in heart disease. But don't take my word for it: check out May All Be Fed - Diet For A New World by John Robbins that is available through the Osborne Library.

Robbins takes a well-researched and reverent look at the impact our dietary choices have on our health, our environment and the global community. It contains valuable information on proper nutrition as well as 200 delicious recipes to help you answer the age-old "what's for dinner?" question. The following quick lunchtime idea is another exercise in vegetarian simplicity.

Imagine: no eggs to boil or peel! And it's unlikely you'll ever bite into a piece of eggshell when enjoying one of these "egg" salad sandwiches.

In a large bowl, place:

- ? 1-454 g. package of medium firm tofu (squeeze excess water out of it first*)
- ? 1/4 tsp. dried celery leaves (or mince up a stalk of celery)
- ? 1/4 tsp. turmeric
- ? 1/2 tsp. salt
- ? 1-2 green onions, minced
- ? 1 1/2 tsp. Worcestershire sauce
- ? 2-3 TBSP fat-free salad dressing
- ? dash of black pepper

Mash all together with a potato masher. Use right away, or store, covered, in the fridge.

Friends of ours who run a family day-care have added this to their lunch menu. It has become a FAVORITE with the kids there.

*Drain the water from the tofu. Then cut the tofu block into 4 quarters. Take each piece one at a time and, holding it over the sink, gently squeeze out excess water.

If you have any questions about the recipe, call me at 452-8833. If you have any questions about vegetarianism, call the Winnipeg Vegetarian Association at 889-5789. 

The Farmacy ad

Jenny Gerbasi ad

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 or 942-5500

Menopause and Hormone Replacement Therapy

Menopause is the end of menstruation. It is part of a woman's natural aging process when her ovaries produce lower levels of the hormones estrogen and progesterone and when she is no longer able to become pregnant. Unlike a woman's first menstruation, which starts on a single day, the changes leading up to menopause happen over several years. The average age for menopause is 52, but commonly happens any time between the ages of 42 and 56. A woman can say she has begun her menopause when she has not had a period for a full year.

Menopause is a natural process that happens to every woman as she grows older, and is not a medical problem, disease or illness. Still, some women may have a hard time because of the changes in hormone levels during menopause. There are many possible signs of menopause and each woman feels them differently. Most women have few or no menopausal symptoms while some women have many moderate or severe symptoms.

Some women take hormone replacement therapy (HRT) to offset the lower levels of oestrogen and progesterone that happen naturally at the beginning of menopause. (In the not so distant past, doctors routinely prescribed HRT to ANY woman nearing menopause, even if she wasn't experiencing symptoms.)

HRT is either:

- ? estrogen taken alone, sometimes called estrogen therapy (ET) or estrogen replacement therapy (ERT);
- ? progesterone (natural or synthetic); or
- ? combination estrogen plus progesterone.

HRT may be taken as a pill, a patch, a cream or gel, an implant, an injection, or a vaginal ring.

Hormone replacement therapy may improve menopausal symptoms such as hot flashes, vaginal dryness, and night sweats. However, there is no solid scientific evidence to show that HT can prevent urinary incontinence, memory loss, Alzheimer's disease, wrinkles, aging and heart disease.

There are side-effects associated with hormone replacement therapy, with some women reporting headaches and/or migraines, breast tenderness, bloating, irritability, and vaginal bleeding. There is also a risk of blood clots which starts immediately when taking HRT.

The known health risks associated with long-term use (more than 4 years) of HRT are:

- ? heart disease;
- ? gallbladder disease;
- ? breast cancer;
- ? liver impairment; and
- ? endometrial cancer (if only taking oestrogen).

HRT also affects mammography readings by making breasts appear more dense on the mammographs and more difficult to read. HRT may also increase the risk of ovarian cancer, but more research needs to be done in this area.

So who should take hormone therapy? There is no right or wrong answer since each woman has her own medical history and individual needs.

However, those who may benefit most from HRT include women:

- ? with severe vasomotor symptoms, such as hot flashes and night sweats;
- ? at high risk of bone fracture and osteoporosis who may not be able to take, or who may not respond to other, non-hormonal medications now available; and
- ? who have experienced an early 'induced' menopause caused by surgery to remove their ovaries, chemotherapy; radiation treatment, or ovarian malfunction.

Hormone replacement therapy is only one of many options for women going through menopause. Many women do not have severe menopausal symptoms and choose to go through menopause naturally. Other women experience several menopausal symptoms and choose to manage their symptoms through diet, exercise, botanical and herbal supplements, 'natural' hormone supplements (from plant sources), massage therapy, acupuncture, and chiropractic therapies.

What a woman decides to do will depend on her needs and medical history. A woman considering HRT or other therapies should weigh the health benefits and risks in consultation with her medical practitioner.

For more information, please visit the Canadian Women's Health Network's web site at www.cwhn.ca/publications.html#aging, or phone us at 942-5500.

Next month: Alternatives to HRT. 

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 business here.

Anita Neville - Member of Parliament Winnipeg South Centre www.anitaneville.parl.gc.ca Unit D – 729 Corydon Ave., Winnipeg MB R3M 0W4, tel. 983-1355, fax 984-3979, 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.

Computer Den ad goes here

GOOD NEIGHBOR GROUP #3 LOOKING AHEAD TO 2004-05

Good Neighbor Group #3 is a multi-aged Women's group that meets regularly throughout the year. The group is comprised of women from the Riverview area. Our group's goals are supporting each other, building community and fundraising for the Riverview Community Centre. We are excited to announce the planned events from the 2004-05 year.

FALL PASTRY PARTIES AND PIE SALE
SPRING CARNIVAL AT THE END OF MAY
NEW FOR THIS YEAR!

Good Neighbor Group #3 will be facilitating a "WARM UP TO WINTER" Community Event to be held in February, 2005 at the Riverview C.C.

QUILTS! QUILTS! QUILTS! We will continue to sew quilts to be distributed by MCC and a selected local women's shelter.

GNG #3 hopes to sponsor a "SEWING BEE" 1 afternoon per month at RVCC in order to produce these quilts, visit with each other and build our community by providing for those less fortunate. No previous sewing experience is required to participate.

We invite all Riverview women to join us for the planning or facilitating of any or all of these exciting events.

For more information, please contact: Bonnie at 284-3462 Janelle at 488-4586 Margaret at 475-9440

Osborne Service ad

Letters to the Editor

Editor: In the last Reflector, in the new monthly column *What's News in Women's Health*, the article dealt with the topic of the "morning after pill". We have received five complaints about that column (including one each from the President and Vice-President of Campaign Life Coalition Manitoba). On the other hand, we heard a number of comments favourable to the article (verbal or very short emails). The following is one of the emails we received about the article:

As residents of Riverview who enjoy reading the Reflector with our children when it arrives we were surprised and dismayed by the content on the p. 10 article in the Oct. edition. While it is important for us all to be educated on women's health we do not believe our community centre magazine is the appropriate venue to include articles on emergency contraception. Our children who are all under the age of 10 do not need to be reading this information in their community club magazine. Information on the use of helmets while skating or Halloween safety tips may have been more appropriate. If we had wanted to discuss women's health issues there may have been more appropriate topics such as breast cancer awareness etc. Issues related to sexuality and contraceptives really have no place in our community centre magazine and we would hope in future editions the editor would consider that there are children who read this magazine and people with many different values and beliefs that would find this article inappropriate and offensive.

We would welcome any feedback you have in regards to our email. We hope the next edition of the Reflector will be one that we can allow our children to read without having to prescreen it.

Sincerely,

Arlene and Les MacLennan

Here is another one:

I am very concerned that your publication will advertise the MAP (morning after pill) as if it is a totally safe and acceptable contraception method. "Contraception" implies preventing conception which it does not do. It aborts a conception (egg fertilization) that may have occurred. If no fertilization has occurred, there is no need for the pill. The whole premise is that in case fertilization has occurred the MAP will prevent implantation of the human in the earliest stages of life from implanting in the womb.

In order to do so, harsh chemicals cause a hostile environment in the womb. These pills are making women's bodies a chemical dumping ground and passing it off as totally safe. This misinformation is creating a false security in the procedure and promotes promiscuity as having no consequences.

Self respecting men who also respect others and the safety of others, possibly their wives or daughters, or niece's. Before promoting such things people should research the full truth. One should remember not to seek the advice of those who would profit from the issue when seeking answers.

Val Drewrys

CURLING ANYONE? The Fort Rouge Curling Club has been a fixture in our neighbourhood since 1915. The club has a "learn to curl" league, which is really a league for people who have never or almost never played before, or for those who are not very good curlers or who are not very competitive. Games are every Sunday at 7:00 p.m. – no late night games! This is a great time slot because it rarely if ever interferes with kids' activities. Individual players and groups are welcome! For more information, please contact Jeff Hodge, Club Manager, at frc@mts.net.

LOCAL THEATRE TALENT

Winnipeg Mennonite Theatre is pleased to present two family-oriented one-act plays at the Winnipeg Arts Gallery November 26 and 27: 'Chopsticks' a new work by Benjamin Wiebe (Riverview resident and author of 'The Right Reason'), and 'Dickens' A Christmas Carol' adapted for the stage by Gary Peterson.

Anyone who has ever taken piano lessons knows how traumatic they can be. 'Chopsticks' is a comic play that tries to pin down the exact moment where everything went wrong for the Pauls Family. Written and Directed by Benjamin Wiebe, the cast of 'Chopsticks' is comprised of Michelle Carman, Catherine Enns, Margaret Stanger, Gerhard Wiebe, Connie McMahon-Wiebe, Emma Bailey, and Howard Kowalchuk.

Winnipeg Art Gallery, 300 Memorial Boulevard, Friday, Nov. 26th and Saturday, Nov. 27th at 8:05 p.m., matinee Saturday, Nov. 27th at 3:05 p.m.

Tickets \$12.00 for adults and \$6.00 for children, and are available at the door, or in advance by calling Willy at 339-7259. For more information contact Cathleen Enns at 786-7806.

South Osborne Bugle

– [your community email newsletter](#)

Approximately 250 families in Riverview already receive the South Osborne Bugle email newsletter. It is a great way to get information about all kinds of things happening in the South Osborne area. It is also a great way for you to communicate news to your neighbours.

- ? Do you have a group that is looking for new members?
- ? Does your group have a public event you want to announce?
- ? Do you have something you want to sell or buy, or a garage sale?

All of the above kinds of items are welcome for submission in the South Osborne Bugle.

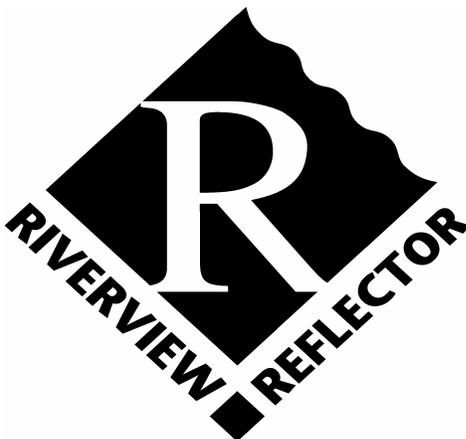
Subscribing to the Bugle is free. You can unsubscribe at any time. Subscribe by sending your email address to reflector@shaw.ca.

The Bugle NEVER sends attachments, so there is no risk of sending computer viruses that way.

The Bugle NEVER shares your email address with anyone, for any reason. Only the technical administrator for the Bugle has the list of email addresses. Your privacy is assured. No SPAM.

The Bugle is paid for by the Riverview Community Centre, and edited by Tom McMahon, the Reflector editor.

All submissions for the Bugle should be sent to Tom at reflector@shaw.ca. PLEASE – no formatting or attachments. Just type your message into the message text of the email and send it.



[Cut this page out and send your email address to reflector@shaw.ca](#)

Announcing the new Riverview Community Centre web site

www.riverviewcc.ca

We've been hard at work creating a new look and new content for the RVCC web site and we want you to check it out!

Photo album – in the photo album we have current and historic photos of Riverview. See the original River Park, complete with roller coaster. See how high the water was in the 1950 flood. See an aerial view of Riverview and of the Community Centre. See the murals of Riverview. Do you have photos of Riverview you would like to put on the web site? Let us know at reflector@shaw.ca.

Local Business – add your business to the free listings on the web site. Anyone in Riverview who owns a business or who is willing to be identified as a local representative for a business is welcome to post the business and their name on the web site.
<http://www.riverviewcc.ca/business.htm>

Calendar of events at the Community Centre. We also let you post your community events. If you have an event coming up, post it on the web site (and announce it in the South Osborne Bugle).
<http://www.riverviewcc.ca/business.htm>



Charity – we want the Riverview web site to show the importance of charity to our children, our neighbours and ourselves. We want you to tell us about your favourite charity. You can post any charity that you donate to or volunteer for on the Riverview web site.
<http://www.riverviewcc.ca/charities.htm>

Honouring our best – we want the Riverview web site to honour our best citizens.
<http://www.riverviewcc.ca/gold-medal-club.htm>

Gold Medal Club
<http://www.riverviewcc.ca/gold-medal-club.htm>. You can nominate any person who has made a significant contribution to our community for:

Famous Residents section
<http://www.riverviewcc.ca/famous-residents.htm> You can tell us about any current or former resident of Riverview who became famous.

Sports Hall of Fame section
<http://www.riverviewcc.ca/hall-of-fame.htm> You can list anyone or any team that achieved excellence in sports.

Local history – learn about the history of Riverview at this section of the web site. If you have stories of local history to submit, send them to reflector@shaw.ca.

<http://www.riverviewcc.ca/local-history.htm>

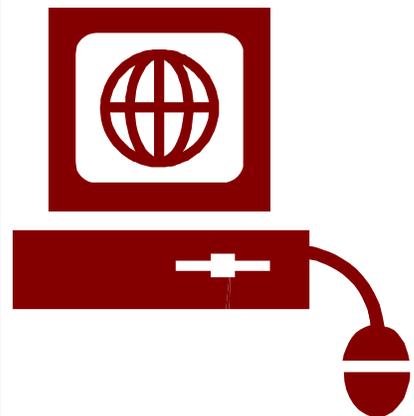
Hall rental – go to the web site and fill out the form if you want to rent the RVCC hall.
<http://www.riverviewcc.ca/facility-rental.htm>

Sports – you won't believe all of the local sports available right in our own neighbourhood!
<http://www.riverviewcc.ca/sports.htm>

Buy and Sell – do you have something you want to buy or sell? We've got a place for you to post your announcement.
<http://www.riverviewcc.ca/buy-and-sell.htm>

Clubs, associations, churches, schools – if you are a community group in Riverview, here is the place to tell your neighbours about it!
<http://www.riverviewcc.ca/clubs-associations.htm> and check out the community web links on the home page.

Daycare, Programs at the Community Centre, previous issues of the Reflector and the South Osborne Bugle – they are all on the web site.



Cut this page out and put it by your computer!

Why Winnipeg Needs Bus BRT - By Jenny Gerbasi

The City of Winnipeg has debated the question of whether to build a Bus Rapid Transit (BRT) system for over 30 years; while we have been pondering our decision, other major Canadian cities have moved ahead and built theirs. Today, most of the cities Winnipeg competes with for citizens have made major investments in Rapid Transit while we sat on the fence.

A modern BRT system has multiple benefits for Winnipeg including the revitalization of our downtown, economic development, and improved quality of life. The Bus Rapid Transit system proposed for Winnipeg will create jobs for our local engineering, architecture, and heavy construction companies. It will help to make our city competitive, to keep our young people here, and to entice those from other cities to choose to make their lives here; as such it certainly must be considered a vital part of our civic infrastructure.

There have been many comments made about Winnipeg's crumbling infrastructure, but we must remember that Transit is a part of that infrastructure. The area of Transit has seen dramatic UNDER investment, and while we have made widening roads a priority, our Transit system has suffered in comparison.

The benefits of BRT are undeniable and long reaching. BRT is an environmentally friendly alternative to the phenomena of the single occupant vehicles that are currently clogging our road systems and befouling our air. We are all knowledgeable enough to understand that in this day and age we must work to find ways of reducing our fossil fuel emissions.

Along with the dedicated roadways for busses to travel at high speed, Winnipeg's plan for BRT includes plans to build separate bicycle paths. Many of our citizens would like to choose active transport, but are concerned about the safety of riding alongside automotive traffic. There are multiple ways in which the BRT plans will both enhance our environment and our health!

Bus Rapid Transit makes sense for Winnipeg, which makes the events of the past month all the more astonishing. On September 29th 2004 Winnipeg City Council made an incomprehensible decision – they decided to delay the already funded first phase of Bus Rapid Transit in favour of further study. When Council made this choice, they also made the decision to return 17 million dollars in committed federal funding, and there are no guarantees that we will ever get that money re-committed for Rapid Transit, nor are there any guarantees that we will be given equivalent funding for our community centres.

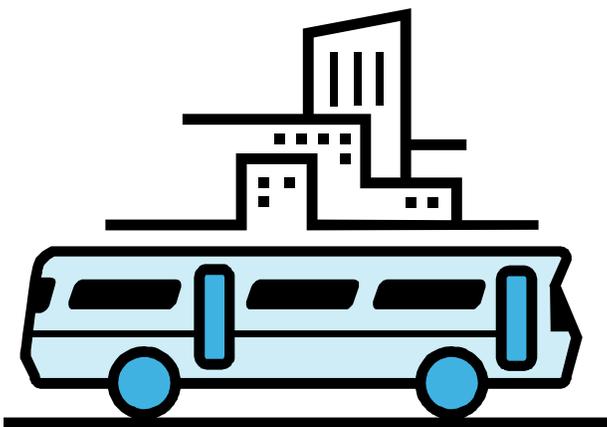
Mayor Sam Katz has framed this as a choice between funding our Community Centres and funding Bus Rapid Transit. This is a political spin that is misleading. The real choice is between investing more money in road extensions and widenings that support car-based infrastructure, or investing in forward thinking and sustainable alternatives such as Bus Rapid Transit. The federal funds that were committed for BRT come from an infrastructure fund that is specific to environmentally sustainable transportation infrastructure, and they cannot simply be redirected. The fund that we will apply to for community centre monies was a fund that we could have applied to without giving the BRT money back.

The last time we delayed on Bus Rapid Transit, it took us twenty years to revisit the issue; we cannot afford to wait twenty more. Let's work together to ensure that we do not have to wait another 2- before we revisit this important project.

For more information, please go to:

<http://winnipegtransit.com/main/rapidtransit/index.jsp>

<http://www.livingcity.org>



Roger Burns ad