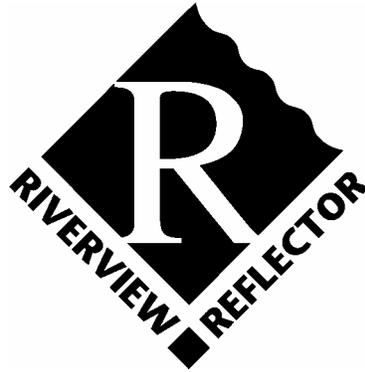


RIVERVIEW

COMMUNITY CENTRE

OCTOBER 2004

[www.riverviewcc.ca](http://www.riverviewcc.ca)



90 ASHLAND AVE.  
WINNIPEG MB R3L 1K6

452-9944

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

Please paste in the ad I will attach. Pies for Sale.

**President**

Jim Falloon .....284-4865

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

Quinn Menec .....478-1562

**Vice-President**

Matthew Lawrence .....284-5731

**Treasurer**

Kanning Burns .....

**Secretary .....VACANT**

**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 .....284-6184

**Buildings, Grounds & Ice**

Ted Bigelow .....284-6649

Dan Jackson .....284-5013

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

**Youth Soccer**

Judy Coy .....453-097

**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

# YOUR HELP IS NEEDED FOR THE RVCC

We need a **Secretary** – someone to attend the monthly meetings, write down the minutes, type them and email them to [reflector@shaw.ca](mailto:reflector@shaw.ca). Louise Evans did a great job, now we're struggling without her. A few hours a month – can you spare it?

We need 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?

Thanks to Dave McWilliams for coming forward as the new **webmaster** for the Riverview Community Centre web site. Special thanks to Angela Hilland for her work in pioneering the RVCC website. A notice about when the new web site will be available for viewing will be sent out in the **South Osborne Bugle** – join the growing number of families who receive the Bugle by sending your email address to [reflector@shaw.ca](mailto:reflector@shaw.ca).

Colourphase ad (I will deliver it)

Please paste in Dee Dee Haines ad that I will deliver to you.

## Community Centre Minutes

Monday September 19, 2004  
In attendance; Jim Falloon, Lynda Peto, Lori Keith, Michael Schultz, Matthew Lawrence, Tom McMahon, Brownie Zawadski, David McNeil, Ted Bigelow and Judy Coy.

MOTION: to approve Previous Minutes moved by Mike Schultz 2nded by Lynda Peto. Carried.

MOTION: Tom McMahon to approve Matthew Lawrence as our new V.P. Unanimous. Welcome to Matthew we are happy he's here.

### **President's Report**

- Quote for installing the donated climbing rock quote is around \$5,000. Jim will keep looking for a price within our budget, the community improvement grant will be on hold until this is achieved.

- Registrations are complete and seem to have gone well, many thanks to all the convenors.

- Booster charge, a fee charged per family when they sign up for registration at the club. Many clubs have these fees and Lori provided a chart indicating who and fees charged. The question discussed was, is a fund drive more beneficial to the club or these booster fees? Lori will continue assessing this.

- **Webmaster** - Dave McWilliams has taken over the overseeing of the RVCC site. The Board thanks Angela for her starting up the website. Tom reports the site should be up and running very soon and suggestions for the site should be sent to [reflector@shaw.ca](mailto:reflector@shaw.ca).

- **Vandalism** - Jim has been turning on the rink lights at night to cut down on the vandalism that has been occurring, this seems to have reduced it. Ted suggest putting the highest lights on a motion detector, less work and more security. Ted will look into this.

- Our new recreation technician Terry Cormier is ready to work.

- We have received a thank you letter from Villa Rosa for our donation in memory of Bruce Parker.

- Jim has submitted a damage report to the City re: damage to hockey rink, this is pending.

- RVCC has received a quote to fix the asphalt, it was considered too high and it was decided to wait and perhaps a repair done locally in the spring might be less expensive.

- Outdoor power smart inspector was at the club, we assume all is a o.k.

- Facility inspectors will arrive between Oct.4 and the 21st.

- Sport transfer fees are up to date we will work on collecting what is owed to us.

- Hockey day in Canada will be on February 6th.

- Our inventory and program Report will be sent out in October to be returned in November or December.

- Trudy has purchased 10 new tables and is looking for ideas as far as a "cart" Trolley goes. Trudy received a quote for the cleaning of the floors, Ted tells us Roger usually does it.

- The profit from the summer day camp is approximately \$693.20. Ted moves that we give the parent and Tot program \$350.00 to replenish supplies. Tom McMahon 2nd's.

**Basketball:** basketball has a decline in the older girls registrations but has an increase in small ball 6-7 year olds. Motion: Moved by Linda Peto to instill late fees of \$10 to be instilled after date of last registration. 2nded by Mike Schultz. Carried.

**Fund Drive:** the total of the fund drive is now at \$9933.50. Only \$66.50 to go. Brownie says a special thanks for the great job Lori, Barb and their team have done.

Lori's time is almost up for this project and so the club will have to start to look for someone new to run it. Lori has some information about "bumbars"- advertising on hockey Jersey's. Ted suggests perhaps advertising on the sides of the rinks. Ted also suggests a big mural in a visible place and using a "local Hero" theme, ie: Sam Southern, Spider Mazur, Bill Mason; perhaps trying to get a corporate sponsor for the production of this.

**Reflector:** Tom would like to get more local information on the website. He is looking for local history, stories and pictures of local houses, community heroes and would love to recognize donors and volunteers.

Tom would also like to see a Charity page limited to list of Charities that RVCC residents donate to, this might introduce new charities to people.

**Buildings and Grounds:** Ted tells us the gate has to be replaced, a quote from Wallace and Wallace came in at \$1360.72. Ted moves to accept quote, Mike Schultz 2nds, Carried. The turf has come back wonderfully. The goal for ice is November 1st.

**Soccer:** Judy Coy reports registration was fairly well attended for indoor soccer, numbers are down somewhat from last year but hopefully late registrants will bump the numbers up. 5 teams are on their way to the city's semi finals-good job and Judy would like to thank all outdoor/indoor coaches for giving a lot of time to these kids. Good coaches do make better people. There is a possibility that

**Hockey:** Mike Schultz asks if there is a chance for a rec. hockey program for the younger kids. Nothing is confirmed.

Adjournment moved by Brownie Z. 2nd Tom

**Next meeting: Monday October 18th 7:30**

**Soccer: changes in the air?**

There is a possibility that w.y.s.a.

[www.winnipegyouthsoccerassociation.com](http://www.winnipegyouthsoccerassociation.com) is going to suggest soccer's outdoor season run from march until august with finals in August, thereby eliminating September/October play. Judy feels soccer will lose a lot of players to the Lake. She asks if parents have an opinion either way to email them and voice their comments. Judy also reports that South District is suggesting soccer be run in a "club Model" format. This takes the teams out of the community clubs and has all players participating from South District.

There will be an information night on this and Judy has been asked to provide dates to South District for a

presentation by Bob Kennedy, President of South district and Director of South End Soccer Club. Judy will confirm and will put the date on the web site.

**Fund Drive Report**

September 20, 2004

As of today, we have collected \$9,833.50 from the Fund Drive. This is an increase from last year (\$8,661.27) but we still have not reached our target of \$10,000.

If you were missed by a canvasser and wish to donate, please contact Lori Keith at 452-0082 or e-mail [cheylor@mts.net](mailto:cheylor@mts.net). We can take donations up to December 31, 2004 for this year.

Barb Ediger and I would like to thank all of our canvassers for putting in the time this year to help out. We would also like to thank the residents of Riverview who have once again donated to the Community Centre.

**Little Tykes for Sale**

Little Tykes outdoor "hide and slide" play structure suitable for toddlers to age 5 - \$30. Little Tykes outdoor basketball net, Turtle sandbox and monster truck also on offer (\$15 each OBO)! Phone Kathleen or Jody at 453-2409.

**House for Sale**

Large 5 bedroom house in Riverview will be for sale with possession date approximately May 1, 2005. Solid house, upgraded plumbing and wiring, high ceilings, lots of oak. If interested call 284-1110 or e-mail [carlevin@mts.net](mailto:carlevin@mts.net).

Glasgow Collision (please expand business card to fill this space)

Hands On Design

## COOL JOBS IN THE HOOD

What is a cool job? How about one that reduces global warming? That is what David Therrien, local Riverview resident, does - for a living! David is an Electrical Engineer and alternative energy entrepreneur. He is the sole proprietor of Canadian Solar Energy Consultants and a vice-president and part owner of Calgary-based Windcor Power Systems.

David is originally from Kenora, Ontario, and after graduating with his engineering degree, he was fond of telling friends that the future was in alternative and renewable energy. But then he realized "my lips were just flapping" so he decided to do something about it. After working for nine months with a local company, David then struck out on his own, concentrating on providing complete energy systems for cottagers and tourist lodges where bringing in hydro lines was too expensive at \$55 per metre of cable. David's main market is in northwestern Ontario, which he knows well from his Kenora days.

David says an average cottage (2 or 3 bedrooms, propane hot water tank, no dishwasher), will take between two and four solar panels, that produce 80 watts of electricity each (they are fairly small, about two feet by three and a half feet). In addition, there will frequently be an inverter, to convert electricity from DC to AC. This average system costs approximately \$10,000 - \$15,000.

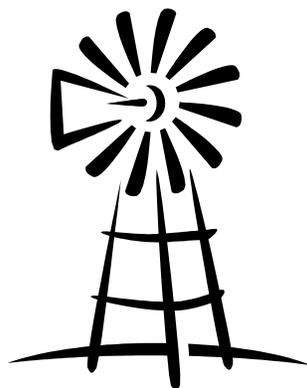
On cloudy days, solar panels only produce 10% of their potential, so it is necessary for the system to have enough battery storage to provide electricity on the cloudy days. David tells us that even though we have plenty of hours of sunlight in the winter, the number of hours per day, and especially the angle of the sun - causing more refraction as the rays pass through the atmosphere, result in a 30-40% decrease in solar power in the winter months.

David also notes that solar panels currently operate at approximately 12% efficiency (proportion of solar energy received that is converted to use), while the theoretical maximum is 39%, satellite solar panels and solar-powered cars operate with efficiencies in the mid-20% range, but getting these efficiencies in consumer-level solar panels is something still off in the future.

In addition to his solar business, David is hard at work on wind energy with Windcor. Windcor hopes to start two wind farms next year, in the Turtle Mountain and St. Laurent areas. David says that Quebec and Alberta are national leaders in wind farms.

Four common misconceptions of wind farms are that they are ugly, they kill birds, they are noisy and they do not produce enough energy to truly make a difference.

David says they have experienced overwhelming support for the development of wind farms in Manitoba and no objections on the basis of visual disruption. The turbines are examples of beautiful engineering. The concerns about killing birds mostly originated from California where a previous design of windmills (lattice towers) attracted birds for nesting, and the turbines were built in migratory bird pathways. Today, the turbines do not offer nesting opportunities, blades are painted red at the ends, and there are flashing beacons at the tops (a safety feature for airplanes, but useful for birds too).



The bottom of the blades are usually about 40 metres off the ground, with the centre of the blades about 80 metres from the ground. The blades make about 12 revolutions per minute, travelling at approximately 450 km per hour (by contrast, jet planes travel approximately 550 km/hr). The birds can see the turbines and fly around or above them. David says the average house kills more birds than a wind turbine. The turbines do make noise, but when the wind is 25 km/hr or more, the noise of the wind will drown out any noise from the turbines, and the turbines are located intentionally only in windy places. David says that wind can be an excellent complement to hydro power, because hydro depends on water levels and water levels tend to be lower in the winter, while wind is highest in the winter.

David notes that Saskatchewan, Quebec, Alberta, and Ontario have longer histories of pursuing wind energy and have already developed wind farms. Manitoba hopes to join those ranks by next year.

David also points out that rural municipalities are trying to find ways to increase investment in their communities, and wind farms make a good fit. A wind farm will use up to three percent of the land where the wind farm is situated, and will pay rent to local landowners and taxes to local municipalities. So not only is wind energy a good alternative to fossil fuels, it provides benefits to rural economies.

If you want more information about solar or wind energy, contact David at [dave.therrien@windcor.com](mailto:dave.therrien@windcor.com). Now, should we should put up some turbines

at Portage and Main?



## CALL ME ART !

You've heard of belly-dancing? What about belly casting? That's what local artist Janelle Cancade-White does. When Janelle was pregnant with her first child, she let her husband apply medical gauze all over her belly. (Don't be employed in the medical profession, he just has broken a lot of his own bones, so he knows the routine.) Janelle painted her cast for decoration and then a girlfriend said she could do this as a business. The rest is history!

Janelle loves working with her hands, and touching other people. She was a hairdresser for 11 years, and now her belly-casting allows her to be creative in a tactile way. Janelle comes from an artistic-crafty family, and enjoyed painting before she discovered her new career. Her first customer was a woman who already had a belly cast, but wanted someone to decorate it, and that someone was Janelle. By this time, Janelle had had quite a bit of experience, having done belly casts for various friends just for fun and practice.

Janelle got her big break when a producer at the A Channel "Big Breakfast" show saw an item on belly

casting from another city and researched to see if anyone in Winnipeg was doing belly casting.

With a little word of mouth, the producer found Janelle, and a TV interview was on, followed by another one at CKY, a Free Press feature, and participation in a Welcome Wagon Baby Shower. Janelle is not aware of anyone else in Winnipeg who does bellycasting as a business.

Janelle likes to work with many materials, including spray paint, acrylic paint, house paint (the latex strengthens the plaster), sharpie markers, latex glaze, coloured tissue paper, metal, rocks and gemstones.

Typically, Janelle will meet the pregnant woman, encourage the belly cast to be done close to the end of the pregnancy, the woman will review Janelle's photos and web site in order to give Janelle some idea of what she wants. Janelle prefers to do the casting in the woman's home, preferably in the kitchen (the cast can be quite messy) with the woman standing (standing gives the belly better definition). The woman removes her clothes from the waist up, oil is

applied (so the gauze does not stick), three or four layers of gauze are applied (starting from the belly and moving up).

Within 20 minutes the cast is hardened and removed, although it takes 3-4 days to dry completely, and then Janelle will begin decorating it. An undecorated belly cast costs approximately \$70, and a decorated one approximately \$130 (although price depends on various factors - adding wings to the back of the cast will add costs). Janelle will look around the woman's house to get ideas for decorating the cast that are more personal to the woman.

These days, Janelle is interested in diversifying, so she is also looking for women who are willing to let her make a cast and then give Janelle complete freedom to decorate it as Janelle chooses.

Janelle feels very honoured to be invited into women's homes to share such an incredibly meaningful event in a family's life. You can see Janelle's work at [www.members.shaw.ca/bellycast](http://www.members.shaw.ca/bellycast) and you can contact Janelle at

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



## RIVERVIEW BABYSITTERS

Baatz, Stephanie (14) .....	284-5266
Bartley, Sarah (17) .....	475-0637
Beach-Nelson, Shawna (18) ...	475-9670
Beach-Nelson, Ashley (18) ...	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 (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](mailto: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  
information 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](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!*

Richard Leaver ad

## Food for Thought - by Lori Michaelson

As winter approaches, we look to comfort foods to warm bodies and spirits. Pizza Biscuits are delicious fresh from the oven – serve with a big green salad for an easy dinner – or pack them in lunches for a quick take-along. Zap them in a microwave to bring out the flavour or eat them cold. They were an instant hit with my kids. I hope your family enjoys them, too.

### PIZZA BISCUITS

In 4-cup measuring cup, place:

1 3/4 cups water  
1/4 cup oil  
1/4 cup tomato  
paste  
1/4 cup soy bacon bits

In large bowl, stir together:

2 cups whole wheat  
flour  
2 cups white flour  
2 TBSP baking powder  
2 TBSP Parmesan cheese (opt.)  
1 tsp. salt  
1 tsp. garlic powder  
1/2 tsp. dried oregano  
1/2 tsp. dried rosemary  
Then stir in:  
1/2 to 1 cup fresh mushrooms, diced  
1/3 cup diced soy cheese (or dairy  
mozzarella cheese)  
2 green onions, chopped  
Add the water mixture to the flour  
mixture, stirring together with a fork.

Knead the dough lightly and briefly. Sprinkle a little flour on the work surface and dough. Roll out the dough 1/2 inch thick. Sprinkle paprika over the dough (optional). Use a pizza cutter or sharp knife to cut the dough into rectangles. Place biscuits on ungreased baking sheets. Bake at 400 degrees for 10-12 minutes or until golden. (Rotate pans halfway through for more even browning.)

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.



Baltimore Insurance ad

Diane McGifford 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](http://www.cwhn.ca) or 942-5500

### **Emergency Contraception – Accidents DO Happen!**

Emergency contraceptive pills (ECP) are a backup birth control method used to prevent a woman from getting pregnant after sex. ECP is more commonly known as the “morning-after pill” even though you can use it up to five days after having sex. A woman might need to use ECP for many reasons, including:

- She forgot to use birth control;
- She didn't have access to birth control;
- She missed two or more birth control pills in a row;
- Her partner's condom broke or fell off;
- Her diaphragm fell out;
- She was late for her birth control shot (Depo-Provera); or,
- She was forced to have sex.

ECP works best the sooner a woman takes them, but can still work if used up to 120 hours or five days after sex. But the longer she waits, the less chance of them working.

ECP is like ordinary birth control pills except that they are taken in two large doses. In Canada, there are two different brands of ECP – Plan B and Ovral. Plan B has progestin only. A woman takes two pills as soon as possible after sex. Ovral contains both progestin and estrogen. A woman takes two pills as soon as possible after sex and another two pills twelve hours later. If a woman is already pregnant, ECP will not work. It will not cause a miscarriage or an abortion, or harm a developing embryo. ECP is not the same thing as RU-486, the abortion pill.

Women in Manitoba can get ECP from their family doctor, a hospital emergency room or a walk-in clinic without a medical exam. Young women under 18 don't need parental consent to get them.

ECP is a safe and effective back up method to prevent an unintended pregnancy, but it isn't widely used. One of the biggest barriers is ignorance – too many women and health providers don't know that it is available and works effectively. Medical professionals and women's health advocates need to continue highlighting the safety of ECP and promoting their availability, timely access and affordability.

Luckily Canadian women may have easier access to ECP. Former Health Minister Pierre Pettigrew announced in May 2004 that Health Canada will be moving forward with its proposal to change the regulatory status of ECP from a prescription drug to “Schedule II status” as a non-prescription product. This means that ECP would be available in pharmacies without requiring a visit to the doctor or a doctor's prescription. This is also referred to as “behind the counter” status and requires a pharmacist's assistance.

For more information on ECP and it's proposed status change, please visit the Canadian Women's Health Network's web site at [www.cwhn.ca/resources/cwhn/ec.html](http://www.cwhn.ca/resources/cwhn/ec.html).



Euro-graph ad

## 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](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.

Part time daycare required for one year old boy in Riverview area. Please call 478-1224.

Handyman required for occasional small jobs. Please call Marlene 284-8923.

Osborne Service ad

### **Saturday October 23 Rubber Stamp Festival!**

Come and discover the wonderful art of rubber stamping with Stampin' Up products! Let us show you how easy it is to create beautiful works of art for you to share with friends and family. From greeting cards to giftware, we have something exciting to share with you. Scrapbookers will not want to miss this event! Let us help you discover your inner creativity. This hands on event will be taught by qualified Stampin' Up demonstrators. No previous experience necessary. Hands on projects – Door prizes – Live techniques and accessories demonstrations

Riverview Community Centre, 90 Ashland Ave.,  
Winnipeg

\$15 per person until October 10 (\$20 after October 10); bring your own scissors or cutter and adhesive

Pre-registration is required for this event. Please contact Joan Cristo at 488-9649 or [jjcristo@ilos.net](mailto:jjcristo@ilos.net) for more information.

ROGER BURNS AD SENT IN A SEPARATE EMAIL.