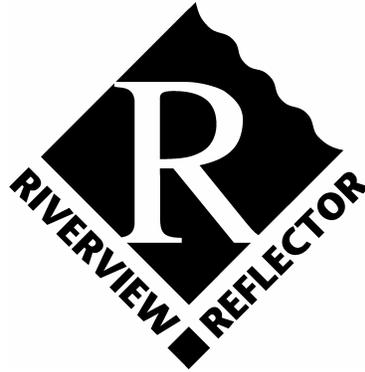


RIVERVIEW  
COMMUNITY CENTRE  
MAY 2005  
[www.riverviewcc.ca](http://www.riverviewcc.ca)



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

## SPRING CARNIVAL LIVE IT UP IN RIVERVIEW !!!



Riverview Spring Carnival will once again be held on the last Friday in May (May 27) at the Riverview Community Centre. The Carnival starts at 5:30 with a BBQ and events for children. There will be fireworks at dusk, followed by Big Bob's Big Band and a beer garden. Favourite events such as the cotton candy, popcorn, Penny Carnival, Kiwanis Races, K.C. Junction, pony rides, bouncy slide and jousting will be returning. Thanks to support from Jenny Gerbasi we will have the mobile skateboard park again. Come and join your neighbours for an evening of fun.



RVCC 1st Annual Community Garage Sale – June 18  
– details inside!

**President**

Jim Falloon .....284-4865

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

Quinn Menec .....478-1562

**Vice-President**

Matthew Lawrence .....284-7590

**Treasurer**

Kanning Burns .....

**Secretary .....Jen Zeglen  
Facilities & Volunteer Coordinator**

Trudy Matthey .....475-5674

**Reflector Editor & Privacy Officer**

Tom McMahon .....474-1598

**Reflector Advertising Coordinator**

Ellen Funk.....474-0500

**Canteen**

Kathy McLeod .....284-0259

**Buildings, Grounds & Ice**

Ted Bigelow .....284-6649

Dan Jackson .....284-5013

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

**Youth Soccer**

Judy Coy .....453-0972

**Mini Soccer & Baseball Convenor**

Mike Shultz .....453-0152

**Hockey Convenors**

Dave Kressock .....475-3342

Guido Cerasani .....453-8666

**Archery Convenor**

Dan Jackson .....284-5013

**Equipment Convenor**

Steve Reimer .....474-0554

**Basketball Convenors**

Richard Leaver .....452-1113

Lynda Peto .....453-6256

**Volleyball Convenor**

Kristine Dubois-Vandale ..... 452-0882

**Special Events .....**

Josie Schultz and Darlene Stevens

**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 .....452-7364

Brownie Zawadski .....284-5731

# 1<sup>st</sup> Annual Neighbourhood Garage Sale – June 18

The Riverview Community Centre wants to start a new tradition in Riverview. We want to encourage all neighbours who are planning a garage sale to plan to hold it on the same day. We think this will be the best way to get more traffic coming to all of our garage sales, and it would be a great way to meet the neighbours. The Community Centre will pay for the advertising for this neighbourhood garage sale. However, the Centre would ask that persons make a voluntary donation to the Centre to help us cover our costs, and to support the Centre. Tax receipts are available on request. Suggested donation: 10% of what you earn at your garage sale. Envelopes will be provided to everyone who hosts a garage sale. You make money and the club makes money and we all get outside and meet our neighbours!

This year will be the first annual such event, and we have picked June 18 as the day that we will advertise, starting at 9:00 a.m. For more information, please contact Josie at 453-0152 or Darlene at 453-6584.



**Anita Neville** – Member of Parliament for 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.

Please paste in Dee Dee Haines ad.

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

Colourphase ad – quarter page

Diane McGifford ad – quarter page

### 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

#### **Filtered problems: women and smoking**

May 15, 2005 is a special day for me – I will have been smoke-free for an entire year. It wasn't easy, and it took many, many tries before I was able to quit for longer than a month. I still don't consider myself a non-smoker. That day will come when I can go an entire day without a craving.

Women smoke for many different reasons in addition to being physically addicted to the nicotine in cigarettes. When you are thinking about how smoking affects your health, it can help to know why you smoke. Some of those reasons can include coping with stress or anger, avoiding eating or controlling weight, coping with poverty or unemployment, smoking can seem like an old friend, smoking can be a reward after completing a task, taking a break from caring for others, such as children or elderly parents, taking a break from work responsibilities, coping with relationship problems, coping with feelings of powerlessness, coping with the loneliness or boredom of social isolation, maintaining social

connections, creating distance to cope with uncomfortable or dangerous social situations, addiction to other substances such as alcohol, or giving yourself a sense of control. When you figure out some of the reasons that you smoke, you may be able to replace some cigarettes with different ways of coping. For example, with a short walk on your lunch hour, instead of a cigarette, you can take a break from the responsibilities of work, clear your head and get some exercise.

You are more likely to suffer from strokes and heart attacks, and are more likely to have lung cancer and a variety other cancers than if you did not smoke. Smoking causes at least 85% of lung cancers. Smoking is also strongly linked to cervical cancer and breast cancer. In addition, it is linked to cancer of the bladder, kidney, pancreas, mouth, oesophagus, larynx and colon. You may have more frequent coughs, colds and minor illnesses than if you did not smoke. Smoking decreases your chances of getting pregnant, and smoking while pregnant increases your chances of having a miscarriage, premature labour or a low birth-weight baby. It decreases bone density and increases your chances of breaking a bone, and you may reach menopause earlier than you would have if you did not smoke.

Even if you are not ready to quit smoking, you can take some steps to improve your health. Eat a variety of healthy foods every day. Include high fibre foods such as fruits and vegetables, whole grains, beans and lentils. Water helps to flush toxins out of your body and to keep your organs and skin hydrated. This may help with some of the dehydrating effects of cigarettes. Limit your use of alcohol and caffeine. Schedule regular visits with your health care providers and have an annual Pap test. Learn about how to care for your breasts throughout your lifetime. If you are over 35, learn what you can do to ease perimenopausal and menopausal discomforts. Practice relaxation exercises—deep breathing, yoga, and meditation are some of the ways that women find to slow down, take a break and relieve stress. See your doctor for an overall health assessment prior to starting a new exercise program. Be aware that smoking does decrease the functioning of your lungs so you will need to start slowly. Increase your intake of Vitamin C as smoking depletes your body of this important vitamin. Reduce the number of cigarettes you smoke.

If you are ready to quit, there are agencies that can help you. The Canadian Cancer Society offers a Smokers' Helpline, a free, confidential telephone service for all smokers, whether or not they are ready to quit. Information specialists can provide you with information, advice and support along

with print resources and referrals to local programs and services in the community. They can also assist family and friends who would like to help a smoker quit. In Manitoba, you can call 1 877-513-5333. Health Canada's Go Smoke Free! program also has lots of helpful advice. You can look through it online at [www2.gosmokefree.ca/cessation/en/](http://www2.gosmokefree.ca/cessation/en/) or call 1 800-OCANADA to order a print copy. You can also contact our office for more information at 942-5500, or online at [www.cwhn.ca/hir/questions.html](http://www.cwhn.ca/hir/questions.html).

### **Fabulous Summer Care for 6 – 12 year olds!**

Summer is just around the corner and so are the exciting programs offered at Riverview Ashland Childcare! If you are looking for a “camp-like” experience for your child for 1, 2 or more weeks in your own neighbourhood you need to investigate this well-loved community resource!

Some of our fabulous “camps” will challenge you to discover your hidden talents, teach you a new skill, and entice you to perform and test your survivor skills!

John Nowacki quarter page ad

Join us for theme weeks including “On the Air”, “River-view Idol”, “It’s a Mystery”, “Acting Out”, “Take a Hike”, “Culinary Adventures”, “Extreme Sports” and “Survivor” week.

Contact Riverview Ashland Childcare Centre Inc at 477-0917 for more information and to register.(112 Ashland Avenue – beside Riverview Community Club)

It finally happened!

Riverview Ashland Childcare Centre Inc has reached its long-time fundraising goal to purchase a fabulous van for the day-care centre!

After many years of hard work from our parents and Board members – both past and present – we were able to purchase a 2004 Chevy Venture van to transport the children from after-school clubs and activities, school on inclement weather, field trips and much more!

We wanted to share the news to all the families who have supported our centre in the past and to those who perhaps were part of the many on-going committees to oversee the journey that led us to this terrific van!

Look for us in and around the Riverview area! We thank everyone – PAST and PRESENT for their commitment to our neighbourhood and the families and children of Riverview Ashland Childcare Centre Inc.



Jenny Gerbasi

Baltimore Insurance

Osborne Service

Euro-Graph



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

Thanksgiving Weekend 2005 (October 7, 8 & 9)  
Souvenir and event tickets are now on sale!  
For more information and to purchase tickets, go to  
our website at **chs50th.ca** or contact  
Churchill High School 50th Reunion  
**510 Hay Street**

Richard Leaver ad

Glasgow Collision



## THANKS TO TWIN PILLARS FOR SUPPORTING REFLECTOR DELIVERY

Twin Pillars Bed and Breakfast makes a monthly contribution to the Reflector which means the Riverview Community Centre has been able to increase the rate which carriers receive for delivering the Reflector every month. As a result of their generosity, payment for each copy delivered has increased from 5 cents per issue to 8 cents per issue. Twin Pillars Bed and Breakfast is at 235 Oakwood Avenue.

For more information: Phone 284-7590 Website: [www.mts.net/~tls1](http://www.mts.net/~tls1) E-mail: [twinpillars@shaw.ca](mailto:twinpillars@shaw.ca)

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

### Riverview housing market is hot!

Yes, Riverview is alive with buoyant house sales. And the prices are continuing to soar. Observing the statistical distribution of sales activity will further ones understanding of why prices are jumping so much in Riverview.

Our community is overly represented with homes of 900-1800 sq.ft. This size of home is typically for second time home buyer. In Winnipeg, the lowest price range cluster is typically under \$100,000 (27% market place) the second cluster is \$100,000-\$200,000 (55%) while the third cluster is \$200,000+ (18%).

If you will, a feeding frenzy is occurring on the \$100,000-\$200,000 property for a few reasons. 1) There is less supply of resale homes proportionate to the demand. 2) Unemployment is low, the lowest it has been for generations. 3) Favorable interest rates (read: wildly low) make upgrading affordable.

By in large people are willing to spend more money as they have very steady dependable jobs, the cost of borrowing is lower than ever and to get the house of their dreams they will need to be and can afford to be aggressive (read: drop some big bucks!). Which in turn makes the typical Riverview home value soar. And there ends the lesson: Real Estate 101 – Riverview - Roger Burns, Century 21 Bachman & Associates

· Hands On Design

Andrew Reesor

## RIVERVIEW COMMUNITY CENTRE MINUTES

**April 25, 2005**

<p>April 25<sup>th</sup> 2005 19:40</p> <p>In attendance: Lori, Kanning, Trudy, Matthew, Jim, Josie, Mike, Tom, Dnnis Cunningham, Linda, Dave McNeil, Jen</p> <p>Agenda approved by Mike and Kanning</p> <p><b>BUSINESS: JIM FALLOON</b></p> <p>Fort Rouge/Fort Garry will be getting a skateboard park. Unknown where. Splash pad possibly at River and Osborne. RVCC will receive zamboni in a couple of weeks. Insurance for Rifles is through the MB Sports Fed now.</p> <p>Board Members Appointed : Jen and Tom.....motion: Trudy/Lori Appointed to mini soccer and baseball is Mike...motion: Tom/Kanning/Trudy/Lori</p> <p><b>GUEST SPEAKER: DENNIS FROM HYDRO 452-6229</b></p> <p>There is an electrical survey through Manitoba Hydro; it is a meter pay as you go. The meter is proved and shows real time usage. This is a one year pilot project and we need 60 residence from the area... currently have 43...There is no cost to partake....it is a digital read out... beeps when the card needs to be re-charged..... Call Denis if you wish to participate.</p> <p>Earth Share - is an organic farm and they will drop off veggies to the Comm. Center to those who pay for the produce in advance...cost is between \$165 and 210.....drop off is once a week.....they run out of Fort Whyte Center....</p>	<p>Health Inspection is pending a meeting.</p> <p>Concerns in the Club are cleanliness.</p> <p>Thanks to all those who helped out in the recent mini reno's in the club...</p> <p>Diane McGifford provided a donation to the Good Neighbor Group and to the club.</p> <p>Hockey AGM is May 4 and 5.</p> <p>Thanks to Gerry Reardon-Smith for the tables.</p> <p>Ashland Day Care still wanting to use space in Club...motion: Trudy/Tom</p> <p><b>VICE PRESIDENT: Matthew</b></p> <p>Green team has only 350 hrs instead of 400.....start date has been bumped back as a result....hired by May 27<sup>th</sup>.</p> <p>Have put in an enviro Youth care Application to program recycle or compost.</p> <p>More healthy food in canteen such as: granola bars and juice.</p> <p>Waiting to hear about the wading pool from Jenny Gerbasi.</p> <p>Requesting the club put up a comments/suggestion/compliments/complaints box.</p> <p>There needs to be an equipment manager, in the time being, all conveners have the only control over the equipment, please introduce yourselves to staff before entering room.</p> <p>Hall booking position filled by Trudy for a renewed 2 yr position. Motion: Tom/Kanning</p> <p>Hockey fall registration will be Aug 31<sup>st</sup> and other registration will be Sept 10 and 14<sup>th</sup>..</p>	<p><b>TREASURER: Kanning</b></p> <p>Need letter from GNG to unrestrict assets to give to the club.</p> <p>Need to reconcile the Reflector account with the RVCC account</p> <p>Approval of Feb and AGM budget: motion: Trudy/ Mike.</p> <p><b>BASKETBALL: Lynda</b></p> <p>Has a new convener: Aaron Cowall will start in Sept.</p> <p><b>FUND DRIVE: Lori</b></p> <p>Need canvassers still 16 routes to cover.</p> <p><b>REFLECTOR: Tom</b></p> <p>All routes covered.</p> <p><b>No Reflector in Sept due to an issue coming in late Aug... Need info for Aug Reflector by end of July.</b></p> <p><b>SOCCKER: Mike</b></p> <p>Club model for soccer is only for competitive league.</p> <p><b>SPECIAL EVENTS: Josie/Darlene</b></p> <p>Looking at comm. Garage sale and a requested donation of 10 to the club...June 18<sup>th</sup>.... Halloween costume party Christmas breakfast with Santa Black History month-African dance</p> <p>Reminder Spring Carnival May 27<sup>th</sup></p> <p>Possibly have a rock dedication on this date.</p> <p><b>NEXT MEETING: TUES MAY 24<sup>th</sup> 19:00</b></p> <p>21:35 meeting adjourned</p>
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# WANTED

Former Riverview resident wishes to move back into the area. If you are considering a move in the next 12 months please consider selling to me privately.

I will pay all expenses of a qualified home appraiser(s) of YOUR choice to professionally evaluate your home. Using fair market valuation as a base we will determine a final sale price that is satisfactory for both you and me.

I'm a cash buyer and VERY flexible on possession. Will consider all price/size ranges but ideally looking for a 1000+ square foot home with character.

Avoid the hassle of selling to the open public. I will pay top dollar for the right home.

Please contact Gordon Picken at 479-8411 or [gpicken@mts.net](mailto:gpicken@mts.net)  
Confidentiality assured. Thank you.

## South Osborne Nursery School in the Hop-A-Thon for Muscular Dystrophy

On the 22nd of April the students of the school were having bunny faces painted on, making and wearing bunny ears, playing bunny games, reading books about children with disabilities and playing hopping games outside.



With the guidance of teachers Adele Martin and Darcie Reimer, the children had a hopping good time raising \$668.60 in support of research programs, medical equipment and support programs for the clients being helped by Muscular Dystrophy Canada. There were 18 children from 16 families participating in this wonderful activity.

Teachers Adele Martin (on the left) and Darcie Reimer (on the right).

# Roger Burns ad