

# THE RIVERVIEW REFLECTOR



**Better Together**

FALL 2024

## INSIDE :

**Volunteering**  
page 4

**Fisher Park Fall Clean-Up**  
page 5

**Riverview Ashland  
Forest Nursery**  
page 6

**Cross-country  
skiing program**  
page 7

**Upcoming events**  
page 8

**Slo-pitch**  
page 9

**Riverbank  
health**  
page 10

**Beyond the harvest...**  
page 12

**RVCC-CCC**  
page 14

**... Craft auction/market**  
page 14

**... Cribbage**  
page 15

**... Chili cook-off**  
page 16

**More childcare  
in South Osborne?**  
page 19

**Fall programs**  
page 20

*Photo: Ms Nikki in the dunk tank  
during RVCC's 2024  
Spring Carnival.  
We'll miss you!*





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## Message from the General Manager

Krista Fraser-Kruck

**It's wonderful to reflect on the vibrant spring we just experienced while looking forward to the equally amazing events and programs we have lined up for the fall season.**

This past spring was nothing short of amazing, thanks to our community's enthusiastic participation and support. Our spring carnival was a resounding success, bringing together families and friends for an evening filled with laughter, games, and unforgettable moments. It truly was heartwarming to see so many smiles and hear children's laughter echoing through our grounds.

As the leaves begin to change and the air turns crisp, we have a fantastic line-up of events and programs to keep the community engaged and connected.

To kick off the fall season, we are hosting a Welcome Back BBQ on September 14<sup>th</sup>! Get active in our pickleball or bocce tournaments or come enjoy delicious food and a drink while you reconnect with neighbours old and new. It's the perfect opportunity to catch up after the summer break and share stories of your adventures.

Additionally, we look forward to continuing to offer an array of engaging programming this year. Here's a look at some of our popular programs that will continue this fall:

**Yoga:** Our yoga classes have been a hit, providing a local opportunity for community members to get on the mat. Whether you've done yoga for years or are a beginner, our skilled instructors tailor each session to ensure everyone leaves feeling relaxed and rejuvenated.



**Pilates:** Pilates has quickly become a favourite, with participants enjoying the benefits of improved strength, flexibility, and posture. Join us for a session and experience the transformative power of this fantastic workout.

**Dance Jam:** For those who love to move and groove, our Dance Jam sessions are the place to be! It's a high-energy, fun-filled class where you can dance your heart out to a mix of music genres. No dance experience is required—just bring your enthusiasm!

**Knit Night:** Our Knit Night gatherings have fostered a wonderful sense of community and creativity. Whether you're an experienced knitter or just starting, this is a great way to relax, share tips, and create beautiful handmade items. Plus, the camaraderie and conversations make it a delightful evening out.

*See more on page 20 and watch for new programs that will be coming!*

Looking ahead, I am excited about the opportunities to come together and continue building a strong, vibrant community. Your participation and feedback are invaluable in helping us shape the programs and events that best serve your needs and interests so please reach out with ideas and feedback.

Thank you for making Riverview a place where connections are made. I look forward to seeing you at the Welcome Back BBQ and throughout the fall season at our various events! ●

## President's Message

Jason Oliver



**Remember that time you desperately needed childcare during the scorching summer months?** Well, fear not fellow residents, for the heroic staff of our Riverview Community Centre summer camp swooped in like a cool breeze, saving the day with their engaging activities and endless enthusiasm.

Those tireless camp staff deserve a standing ovation. They not only kept countless neighborhood children entertained and safe, but also fostered a sense of community that's truly special.

And summer will soon come to a close, but fret not!

The Riverview Community Centre is gearing up for a fantastic fall and winter season.

First up, join us for the new Welcome Back BBQ: Great Balls and Fire on September 14<sup>th</sup>. This festive event features a pickleball and bocce tournament, a kids' 4-square competition, and for those less competitively inclined, a delectable BBQ complete with beer garden.

Remember, volunteers are the lifeblood of these events! If you have some spare time, consider lending a hand or better yet join the Community Call Up!

Riverview Community Centre stands out as a thriving hub of volunteerism. We believe in empowering our residents to actively shape the events and initiatives that make our community so special. While serving on the board is a valuable contribution, there are countless ways to get involved. We encourage you to sign up for Community Call Up, a streamlined

platform that connects you with various committees where you can share your talents and passions.

Let's take inspiration from Helen Keller's wisdom: "Alone we can do so little; together we can do so much." Sign up today and join us in making a meaningful impact on our community! ●

Scan to get involved!



## Find your niche! Join a committee!

**We offer a variety of committees catering to diverse interests:**

- **Sporting Event Committee:** Plan everything from hockey tournaments to pickleball showdowns.
  - **Social Event Committee:** Bring the laughter with exciting events like a Breakfast with Santa or the Spring Carnival.
  - **Games Event Committee:** Organize nights of competitive fun like trivia nights or crib Tournaments.
  - **Community/ Board Support Committee:** Contribute to strategic planning or lend a hand with the newsletter.
- Together, we can make a difference! By joining a committee and sharing your ideas, you become an integral part of shaping the vibrant community spirit that defines Riverview.

## Save some trees?

**In an effort to reduce our printing and environmental impact, those who wish not to receive a hard copy of the Reflector in their mailbox may opt-out.**

**The Reflector will be posted our website for you to enjoy, in colour, online! You can also subscribe to receive the latest issue via email.**



**To opt-out, please visit [riverviewcc.ca/reflector](http://riverviewcc.ca/reflector) and complete the online form.**



# Volunteering

## The not-so-secret sauce for building strong communities

Dennis Cunningham

Riverview Community Centre has flourished in our neighbourhood for over 90 years. The common thread through all these decades of success is volunteers.

I've volunteered at the community centre for over 15 years organizing or helping with events, coaching cross-country skiers and grooming ski trails, and serving on the board. In all instances these experiences have been vastly satisfying.

I volunteered to be a role model to my children, build people and project management skills, and gain experience working on a board. I made new friends, met neighbours I wouldn't have otherwise, contributed to the sustainability and growth of the community centre, and have a deeper appreciation of how much RVCC contributes to the strengthening the fabric of our neighbourhood.

If you've never volunteered at RVCC before (or it's been a while) I'd like to invite you to consider volunteering at the community centre in some capacity in the coming months. There are many, many volunteering opportunities coming through the fall and winter. Perhaps you're someone who'd like to support smart management of the community centre by joining the board of directors.

I'm convinced that while the gift of my time has benefitted the community centre to a certain degree, I have benefitted far more through my volunteering. If you're looking for a meaningful way to contribute to our community, please consider volunteering at Riverview Community Centre. •

Dennis Cunningham is a longtime volunteer at Riverview Community Centre



... while the gift of my time has benefitted the community centre to a certain degree, I have benefitted far more through my volunteering.

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

## VOLUNTEERS NEEDED

Eager to make a real impact and connect with your neighbours?

Volunteering at the Riverview Community Centre offers a meaningful way to get involved. Whether you're an experienced volunteer or just starting out, there are countless ways to contribute and help strengthen our community.

Volunteering at the community center is a great way to meet new people and deepen your ties with those who live nearby. Beyond building connections, your efforts directly contribute to events that keep our neighborhood vibrant and supportive.

No matter your interests, schedule, or skills, there's a role for you. Whether you're passionate about sports, enjoy planning events, or want to support fundraising efforts, you'll find a volunteer opportunity that fits you perfectly.

Visit the RVCC website for details:

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

## Saturday IN THE PARK! Sept. 28

Kristina Hunter

Join us for the Friends of Fisher Park Fall Clean-up and celebration, rain or shine!

Sure, I love the little park in Riverview that is steeped in history but still vibrant with kids, adults, dogs and deer. But my new favourite time in Fisher Park is when we get together on the last Saturday in September as a community to care for our little park. The happy chaos of kids playing, trees being banded, gardens tended, and food prepared is topped off by neighbourhood musicians lending their time and energy to entertain and delight us.

Sitting on the grass in the centre garden area, listening to the music, enjoying homemade treats and a

hot dog lunch while kids dance around to the live music solidifies my love of this community and helps to make me feel whole and hopeful.

Mark your calendars for Saturday, September 28<sup>th</sup>, 10am-2pm! Pitch in and be a part of what makes Riverview great... community, urban nature, and people coming together. Bring a travel mug, water bottle, and work gloves.

If you want to support us with baking, please do! If you want to contribute financially, just send an e-transfer to [FriendsOFisherPark@gmail.com](mailto:FriendsOFisherPark@gmail.com). (\*Note it is Friends - O - Fisher Park.)

We would love to see you there! •

## Way to go, Bethany! NEIGHBOURHOOD UPDATE

Local athlete Paris bound at the 2024 Paralympics!



Read about Bethany Johnson, a lifelong resident of Riverview and a 2019 graduate of Collège Churchill at [riverviewcc.ca](http://riverviewcc.ca)



# RIVERVIEW ASHLAND Forest Nursery

Esther McNairnay

**Update:  
Enroll Now!**

We are counting down to the launch of our new Forest School program this September! Our program is an early years (3-5) forest nursery program running weekday mornings in all seasons along Churchill Drive. This is a pilot program that we would like to grow into full time childcare in the future.

## What is Forest and Nature School?

Forest and Nature School (FNS) is a place-based philosophy of play, care and education that takes place in a variety of natural settings (fields, shore, forest, tundra, etc). It builds long-term, in-depth relationships with the land through repeated and regular access to the same place. It is rooted in a vision of children as capable and competent, where teachers are co-creators and play is child-led. Play and projects are process—not product—oriented. Because the land is the teacher, FNS adapts to all developmental stages, abilities, and cultural backgrounds. A forest and nature school requires a qualified practitioner who is rooted in FNS practical skills and pedagogical theory.

## Spaces are still available!

Fees are 13.40/day for this pilot program and we still have spots open for this fall! Families can register by filling out the waitlist form at [riverash.com](http://riverash.com) under the "Programs" tab. •

## About the Educator

Esther McNairnay is the lead educator at Forest Nursery. She is an ECE II and Forest School Practitioner and holds a BA in Human Geography. She is passionate about connecting children with the land they live on. She grew up in Riverview and lives in the neighbourhood with her family.

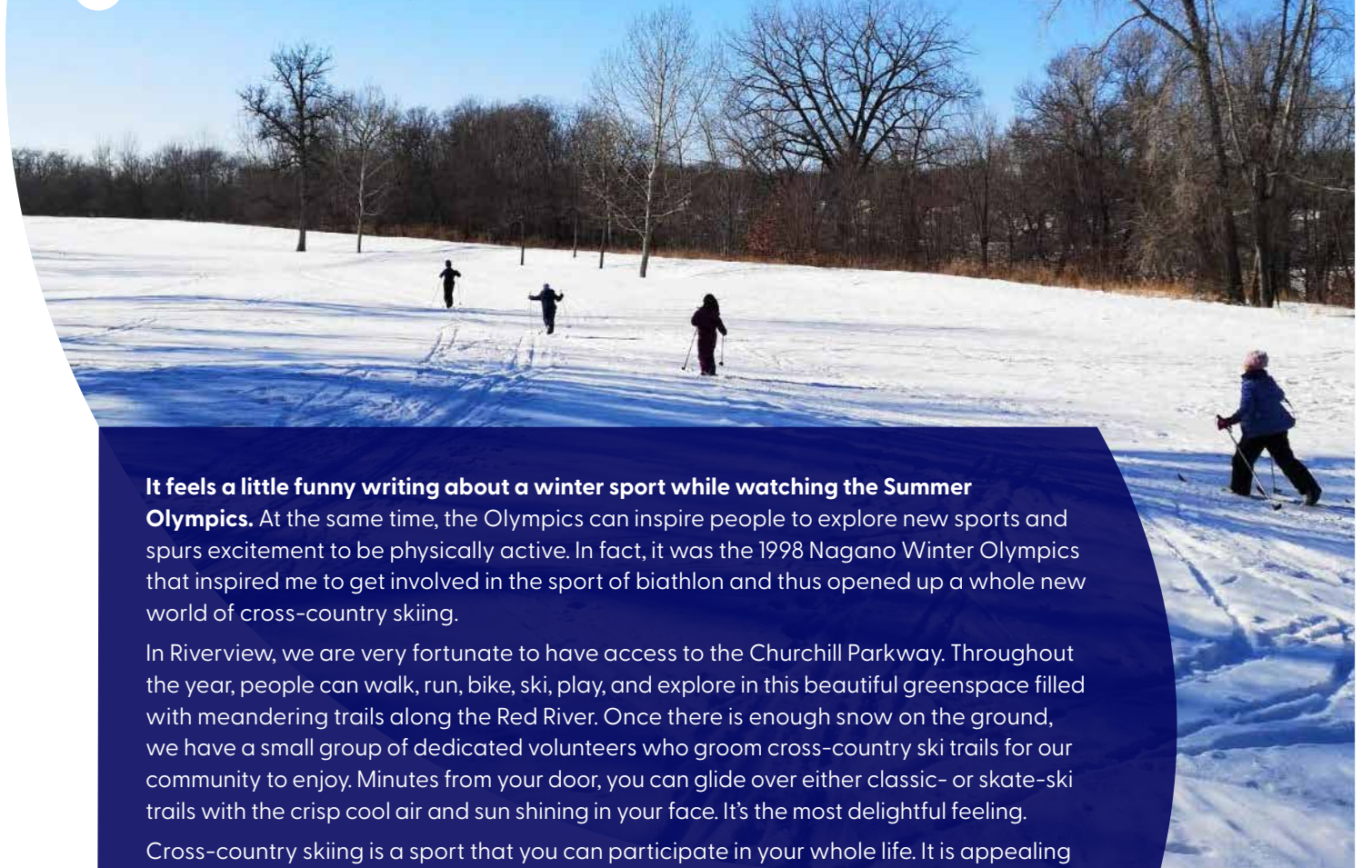


## We are looking for volunteers!

Do you love spending time outdoors and want to share this passion with others? We are seeking reliable and enthusiastic volunteers to support our program, beginning this fall. Volunteers should be confident spending a few hours outdoors and working with young children. **For more information, please contact Esther at [raccforest@gmail.com](mailto:raccforest@gmail.com)**

# Riverview Cross-Country Skiing Jackrabbits Program

Coach Candice Tremblay



## It feels a little funny writing about a winter sport while watching the Summer Olympics.

At the same time, the Olympics can inspire people to explore new sports and spurs excitement to be physically active. In fact, it was the 1998 Nagano Winter Olympics that inspired me to get involved in the sport of biathlon and thus opened up a whole new world of cross-country skiing.

In Riverview, we are very fortunate to have access to the Churchill Parkway. Throughout the year, people can walk, run, bike, ski, play, and explore in this beautiful greenspace filled with meandering trails along the Red River. Once there is enough snow on the ground, we have a small group of dedicated volunteers who groom cross-country ski trails for our community to enjoy. Minutes from your door, you can glide over either classic- or skate-ski trails with the crisp cool air and sun shining in your face. It's the most delightful feeling.

Cross-country skiing is a sport that you can participate in your whole life. It is appealing to both those who want to race, but also those who just want to stay active in the winter months while discovering our spectacular world in a whole new way. The rhythmic movement of this whole body activity can be calming and meditative, while also building your cardiovascular fitness. It's considered one of the best activities you can do for your overall health. One of my mentors was still skiing into his 90s!

One way to learn how to ski is by participating in a local Jackrabbits skiing program. The last couple winters, Coach Aaron Letts and I have run Bunnies (ages 4-5) and Jackrabbits (ages 6-12) out of the Riverview Community Centre on Sunday afternoons. We focus our sessions on the FUNdamentals, so children can learn how to ski through games, relays, obstacle courses, hill activities, and longer group skis. Sessions take place primarily on the community centre grounds and along the Churchill Parkway. We welcome and encourage parents to join in the fun too! •

**If you want to sign up for Jackrabbits Cross-Country Skiing, registration will open up in late September.**

**If needed, skiers can often rent ski gear from the club (depending on size availability). We look forward to seeing you on the trails!**



# Upcoming events

## Sat. Sept. 14 – Welcome Back BBQ: Great Balls and Fire!

Take this opportunity to enjoy a day filled with fun, food, and community spirit, and reconnect with your neighbours! With activities throughout the day—pickleball and bocce tournaments and 4-square for the kids, coupled with a beer garden and an all-day BBQ, what better way to catch up with friends and neighbours.

## Sat. + Sun. Sept 21 +22 – Fund Drive

Join us as our dedicated volunteers take to the streets of Riverview to canvass for the community centre. These crucial funds drive the growth of our club and support essential improvements, such as upgrading facilities, purchasing new equipment, and providing valuable programs for all age groups. The contributions also enable us to organize community events and maintain the upkeep of our beloved centre. Please consider volunteering or donating when someone heads to your door on this weekend!

## Sat. Oct. 19 – Fall Supper

A favourite fall event—the fall supper! (pictured top left) Join family, friends and neighbours for a classic fall supper experience featuring delicious roast turkey and a variety of tasty side dishes, plus pie. Tickets available in the RVCC canteen.



For the most up-to-date information about events at the Riverview Community Centre visit [riverviewcc.ca](http://riverviewcc.ca)

## Sunday, Oct. 6 – Clothing Swap

We're excited to host a 2<sup>nd</sup> clothing swap in October. A great way to refresh your wardrobe for the season and gather with friends and neighbours at the same time. Come find your new favourite sweater for the fall!

## Fri. Oct. 25 – Halloween Trivia Night

Registration is now open! Early bird pricing until October 18<sup>th</sup>—only \$125 for your team of 8. Grab your neighbours and friends to put together your team for an evening of friendly competition and fun! Test your wits with a variety of challenging questions spanning diverse topics.

## Sat. Nov. 16 – Epic Parent Party (social)

Join us for the 2<sup>nd</sup> annual “Epic Parent Party!” Get ready for an unforgettable evening filled with fun, laughter, and great times! Don't miss this chance to connect with fellow parents and enjoy a night out. Mark your calendars and stay tuned for more details!

## Nov. 30 – RVCC-CCC

Don't miss the 2<sup>nd</sup> annual RVCC-CCC: A crib tournament partnered with a fierce neighbourhood chili cook-off, and an outstanding craft market and silent auction and on the side! Check our website and social media for more details or to register.

## Sun. Dec. 8 – Breakfast with Santa

Enjoy some holiday cheer at our annual Breakfast with Santa. Admission includes pancake breakfast, juice, coffee, entertainment, a picture with Santa (use your own device) and a goodie bag for the kids.

## Friday Movie Nights

Movie nights happen Friday nights at the RVCC, once a month. **Doors open at 6pm, movies start at 6:30pm**, and the canteen will be open with candy and popcorn for sale. Here are the family-friendly movie nights we have planned so far:

- Sept. 27 - *Thelma the Unicorn*
- Oct. 18 - *IF*
- Nov. 15 - *Inside Out 2*
- Dec. 13 - *Elf*

## Reflections

# Slo-Pitch

Quinn Fletcher



**The Riverview Annual Slo-Pitch tournament was held on Saturday June 8<sup>th</sup> on the community centre diamonds.** Thanks a bunch to the Riverview CC staff, board members, and community volunteers who helped prepare the diamonds and make the event run smoothly.

The tournament was sold out again this year with eight teams. It was a big success with lots of laughs. The “Dirty Mittz” won the tournament this year over the “Park Line Drives”. The “Dirty Mittz” were the defending champs and are starting to build a dynasty, quite similar to what “Park Lines Drives” created in the “before-times” (pre-pandemic).

Although the “Dirty Mittz” were quite reserved in their celebrations given that they do not want to jinx their dynasty, “Scotty’s Hotties” executive chairman even gave me the scoresheet documenting what he claims to be their first ever Riverview Slo-Pitch Tournament win after playing in the tournament for more years than I have been in Winnipeg.

I am currently in talks with the city to have this scoresheet prominently displayed in the neighbourhood. Sadly, there will be an asterisk next to this 7-6 win over “Shandy’s Finest”, because the namesake of “Shandy’s Finest” was forced to manage the batting order and inning-specific fielding assignments while attending his brother’s graduation in Ottawa.

During the lunch break, the “Lumbertude Foulbirds” won the T-ball long ball competition with two huge blasts, winning a gift card to Park Alleys. I hope the “Lumbertude Foulbirds” take this opportunity at Park Alleys to come up with a name that will be easier for their fans to chant next year.

For two years running, “We Got the Runs” was the best dressed team, upping their uniform game from last

year (brown t-shirts with random dangling toilet paper) to custom-made poop-themed t-shirts this year. I think the honourable mention for this year’s tournament was the “Riverview Health Centre Hitters” for going easy on my team (“Coco’s Crisps”).

Our big win was definitely the part of the day I told my kids about... rather than all the balls other teams bashed over my head. I hope to see another full tournament next year! •

**For two years running, “We Got the Runs” was the best dressed team, upping their uniform game from last year...**



# Experts provide valuable info on riverbank health

Trees Riverview

**Planting and protecting trees and other natural vegetation are important steps towards maintaining healthy riverbanks in our community.** And while we're losing trees along the Red River there are also positive steps being taken to enhance these riparian areas. That's the main message from a community information meeting sponsored by Trees Riverview on May 22.

The desire to learn more about riverbanks and how to help them flourish was top of mind after numerous trees were cut down along the river in our neighbourhood this winter and spring.

Kendall Thiessen, Riverbank Management Engineer for the City of Winnipeg, told the audience of approximately 25 that rivers are living systems that naturally meander and find new paths. But because Winnipeg has developed along the Red River, it requires more control measures to keep the river in place. "We never gave the river the room to do its thing," he explained.

Most erosion happens on the outside edge of a river where water flows with greater velocity. Riverview, which sits on the inside edge of the Red River, sees some erosion but is relatively stable and unlikely to experience major collapses.

Thiessen confirmed that trees provide valuable reinforcement for riverbanks, strengthening the soil and helping to hold up the riverbank.

Cameron Ruml, Wildlife and Habitat Stewardship Biologist with Naturalist Services Branch for the city, noted that historically Winnipeg was a grasslands

area, with some trees found in riparian areas along the rivers. Even Assiniboine Forest was mostly grassland before 1940.

While Winnipeg may actually have more trees now than 100 years ago, there are many threats to those trees we now treasure. For example, Dutch Elm Disease and Emerald Ash Borer are causing great damage. While the spread of those diseases continues to be managed, and has been slower than expected, Ruml said the Emerald Ash Borer will eventually kill all ash trees.

But even dead trees can play an important role in riverbank health. Nearly 40 species of birds use standing dead trees for nesting, according to Ruml. "A healthy forest has dead trees in them," said Ruml.

Glen Manning, a principal and landscape architect with HTFC Planning & Design, told the audience that our city, and those who live here, have become much more attuned to "the natural drive we have to connect with nature." He said it's only been since the mid- to late-1970s that governments really began to see a social function to rivers, rather than



simply exploiting their industrial uses. Increasingly, riverbank areas are being restored, with ecological and social functions considered in designs. An example is the holistic restoration along Lyndale Drive in Norwood Flats, directly across the river from Riverview, which incorporates improved public water access alongside riparian restoration of the eroded bank.

**... trees provide valuable reinforcement for riverbanks, strengthening the soil and helping hold up the riverbank.**

**These trees will grow up to reconnect the gaps in the elm canopy and help to provide shade and cooling to the neighbourhood.**

Furthermore, the city has recently increased funding for riverbank stabilization, with a commitment to increasing river access where possible.

And there's more commitment, and dollars, for tree planting. The Naturalist Services Branch, for example, is trying to plant 10,000 seedlings each year, including along the Churchill Parkway (with support from community members and students at College Churchill High School). The City could potentially support new planting projects along the riverbank itself, but it's not their main concern, as riverbanks naturally regenerate themselves. "Our goal over time is to widen the riparian zone," Ruml said, while adding they don't intend to take over the soccer and rugby fields on the Churchill Parkway.

Ruml had a simple message for community members wanting to support healthy riverbanks: "Help us plant trees," adding that planting trees on private property is important too. Ruml also encouraged community members to clean up litter on the riverbank. "Every little bit helps."

**More boulevard trees planted in 2024**

This July, Trees Riverview secured funding through the City of Winnipeg's Home Grown Grant program to plant 30 new boulevard trees within the block between Osborne and Hay Streets on Balfour Ave., Ashland Ave., Baltimore Rd., and Oakwood Ave. These trees will grow up to reconnect the gaps in the elm canopy and help to provide shade and cooling to the neighbourhood. With this planting, 114 trees have been planted through the group's advocacy since its inception in 2020.

A diversity of species have been planted in place of the previous American elms in order to improve the overall resilience of the canopy to pests and disease. The new trees include American linden, Showy Starlite crabapple, and Admiration oak and others recommended by the city's Urban Forestry Branch.

The trees were planted under contract and will be maintained and watered by the contractor for two summers to ensure successful establishment of the trees.

Regular watering will greatly improve the tree's health and appearance during this critical establishment period, so if

you have a new tree planted on your boulevard, you can help it out with a final deep watering before winter.

Trees Riverview continues to advocate for the protection, restoration, and enhancement of the public tree canopy in the Riverview neighbourhood. If you would like to get involved, please consider joining our email list. About three or four times a year you'll receive information about upcoming projects, tree planting, and tree protection. •

**Email [TreesRiverview@gmail.com](mailto:TreesRiverview@gmail.com) to add your name to the list, or with other questions or suggestions.**



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Brenlee Coates

I ride my bike past a field of about 40 geese grazing absent-mindedly at Churchill High School, seemingly unaware or unbothered by their epic task ahead.

I read that geese actually spend the waning days of summer assembling their flock and bulking up for migration—so maybe they’re doing more than I give them credit for.

I’ve been similarly feasting on the final days of summer, soaking up every backyard invitation, impromptu sprinkler session and scooter ride.

But I feel the shift inside—a desire to slow down, recentre, and sink back into a more predictable routine.

This year, change is in the air, and our family is looking forward to two brand-new traditions: the fall harvest and the first day of school.

This summer, our friend snagged a spot for us to split in the Riverview Gardens, and we tried our luck at growing some vegetables from seed and seeing what blew our way or grew back from past efforts.

Admittedly, we were amateurs—new to the plots, and often letting our garden grow wild and weedy, finding our time monopolized elsewhere while keeping up with little ones. Our neighbours showed no hint of annoyance, instead imparting us with kindness and tips at every interaction.

Did you know you can grow your own chamomile for tea, wildflowers (even poppies!), and watermelon in Manitoba? (Well, I didn’t before now!)

The best part was bringing our kiddo along, getting her to dig a small hole, drop a single kernel of corn, cover it with soil, nourish it with water, and then see it sprout up taller than her by the end of the season.

# Beyond the harvest, there’s something deeper growing in this neighbourhood: **community**



*I love imagining how this could shape her relationship with food and its origins if she grows up in the orchard, hanging out with the experts in the community garden.*

She taught my dad what a haskap berry was after a neighbour’s kids pointed out the right bushes in the community orchard, nibbling at the bounty of berries.

She wasn’t always up to lending a hand with the labour, but seeing her attachment to a bouquet she picked out with her mom, or her sudden eagerness to endorse a love of corn, points to a better appreciation of where food comes from and what you can do with a little hard work and patience. I love imagining how this could shape her relationship with food and its origins if she grows up in the orchard, hanging out with the experts in the community garden.

**... our family is looking forward to two brand-new traditions: the fall harvest and the first day of school.**

Besides harvesting our own garden’s gifts like squash, corn and peppers this fall, I’m looking forward to the Sustainable South Osborne Community Co-op’s Harvest Dinner,\* where the garden community once again comes together, supplying the veggies for a feast and sitting in community for a dinner imagined by chef Ben Kramer.

\* Scan for harvest dinner info



What I’ve learned (besides the basics of growing) this year is that the community garden echoes the larger community in Riverview. We’re all growing and nourishing something here—a real feeling of community, thanks to everyone being eager to lend a hand, make you feel welcome, and share what they have or know. It takes commitment, and we all have to tend to it. But it’s alive and real.

I can only imagine how many more connections we’re about to make with our little one starting Nursery school this fall—and a whole new chapter in our lives.

For now, we’ll just try to keep the weeds out and enjoy the harvest. •



# 2<sup>nd</sup> Annual RVCC-CCC Now with a Market!

We're thrilled to announce that the RVCC-CCC event is back for another year!

Last year's inaugural event was a huge success, thanks to the amazing turnout and enthusiastic community participation. We had a blast with our unique combination of a cribbage tournament, chili cook-off, and craft auction, and we're excited to bring it all back this year—with some exciting new additions!

Mark your calendars for **November 30<sup>th</sup>**, as we gather once again for a day full of fun, food, and friendly competition. Alongside the much-anticipated chili cook-off and cribbage tournament, we're adding a special twist: a mini holiday market! This new feature will be held in conjunction with the craft auction, giving everyone the perfect opportunity to shop for unique holiday gifts or pick up something special while enjoying delicious chili.

Whether you're a chili enthusiast, a cribbage player, or just looking for some holiday cheer, there's something for everyone. The market will showcase a variety of local vendors offering handcrafted items that make for thoughtful gifts or charming additions to your own home—including beadwork and jewelry from Worth A Wink (see below).

We're incredibly excited about this year's event and hope you'll join us in making it another memorable day for our community. Bring your family, invite your friends, and come enjoy the best our neighborhood has to offer.

Stay tuned for more details, and don't miss out on what promises to be a fantastic day!

See you there! •

### Worth A Wink

Beadwork by Rebecca Winkworth  
Instagram: [@worth\\_a\\_wink](https://www.instagram.com/worth_a_wink)



We will be accepting donations for the Craft Silent Auction soon! If you have any pieces you would like to donate, please let us know!

Sign up now!



# Crib

Mathew Lawrence

Nov. 30<sup>th</sup>

I am not sure if it was the first such event, but last year's Cribbage Tournament at the RVCC was immensely fun, and I am looking forward to the next one, set for this fall [November 30<sup>th</sup>].

How can you go wrong with yummy local beers, a chili cook-off, and a cribbage tournament? I only found out last minute but was able to attend with a partner and we played doubles against other couples. It was great to chat with other people from the neighbourhood, some who I had never gotten the chance to meet, and play a friendly game of cribbage. Even for those of us with a bit of a competitive streak, it was clearly all focused on having fun and spending time with your neighbours. I am not sure if the chili cooking contest will be a part of this year's event [yes it is!], but hoping that part of it also continues. We got to sample all the different types of chili recipes that were made and rate them. It was fun (and filling!) and also great inspiration for trying different recipes at home.

Even for those of us with a bit of a competitive streak, it was clearly all focused on having fun and spending time with your neighbours.



Mathew and Kevin wearing their 2<sup>nd</sup> place caps. Give them some competition and register with the QR code, top left

As a cherry on top, my partner Kevin Raymond and I won 2<sup>nd</sup> place (yes there are fabulous prizes for the winners, and the 2<sup>nd</sup> place too!). The baseball cap I won (see pic) was so awesome that it was quickly absorbed into my son's wardrobe. Truly a community building event, with a little bit of fun competition thrown in to make it a bit more interesting. This year, if there is a cook-off I may even see if I can place on the winner's podium for that too. See you there! •



# Cook to compete or come to eat!

Ami Buckingham and Kate MacKay

Parenting young children day-to-day means you sometimes feel like your friend interactions are like a “long distance phone call” where you are together and also feeling far away.

You see a mom across the park you would love to talk to, but you’re stuck answering 15 questions or managing a meltdown and so a wave and a smile is all you can accomplish that day. The great thing about living in Riverview is that the community centre has lots of events where you can parent while volunteering or learning something new. When we heard about the chili cook-off happening at RVCC, we knew this could be a great way to spend time together at our beloved community space. We knew we would get to spend approximately 10 or more hours together on a weekend (read: “Sorry, you need to hang with the kids all day today, because we need to prepare for the chili competition”) and have some fun cooking some good food. Could we enter a chili competition? We were about to find out.

A wise man named Bruce Springsteen once said, “you can’t start a fire without a spark” and accordingly, we put a lot of planning into our entry. A chili really needs to be based in solid fundamentals, with some room for flare. Once we started bringing all of our ideas to the table we knew this competition was “worth a shot.” And with this realization, our “Worth a Shot Sweet Bourbon Chili” was born.

## Reflections on RVCC’s inaugural crowd-pleasing chili comp...

The next thing we knew we were baking over 100 mini jalapeno cornbread muffins, buying out the corn chips at superstore and sourcing high quality ingredients, lost in a black hole of chili creation. Our chili was perfect come competition day and we were ready to share it with Riverview.

We put on our carefully planned matching aprons and set up our booth and served it up for over two hours until our chili was gone. There were so many entries in both the meat and veggie category and so many people came out—each receiving a full meal’s worth of samples. Never have so many crock pots been used at the same time without blowing a breaker.

The votes were tallied and Marianne Marcoux, won 1<sup>st</sup> place for the veggie chili with her dish “Paul’s favourite chili”—an ode to her son. Paul was even hand delivering samples to rustle up votes, sharing in the excitement! Our “Worth a Shot Sweet Bourbon Chili” was awarded the inaugural 1<sup>st</sup> place in the meat category—a prize we had only dreamed of.

But the real prize that night was not the 1<sup>st</sup> place or the recognition. We tasted some chilis that were true culinary magic, including one participant using her mother’s recipe, another made with fried chicken, a brisket-based chili and another that was actually a borscht masquerading as a chili. Our stand was set up next to a fascinating neighbour we had been really keen to meet and we got to talk to her the whole night! We served a mother-daughter duo that played hours of cribbage in the tournament that day and a couple who were having a date night, not to mention so many amazing kids. By entering the chili competition we got to feel like part of our community which was the biggest win.

**Never have so many crock pots been used at the same time without blowing a breaker.**

**Sorry, you need to hang with the kids all day today...**

Kate (left) and Ami want you to sign up now!



**We tasted some chilis that were true culinary magic... one participant using her mother’s recipe, another made with fried chicken, a brisket-based chili and another that was actually a borscht...**



We were all winners that night. And the best news is, the competition is returning this November (30th). We can’t wait to attend again. Consider entering—you really can’t lose when you are a part of something bigger in Riverview. We encourage you to sign up and bring your best chili. You have what it takes. And we can 100% guarantee there will be a whole lot of warmth in that room—and it won’t just be from the cayenne. •

**PRO TIP** **A chili really needs to be based in solid fundamentals, with some room for flare.**





## UPCOMING PHOTOGRAPHY SESSIONS

13,14,15 September '24: Outdoor mini sessions in the Community

*\*Exact location TBD, more dates to be added*

28 September '24: "Fall Retakes" pop up photobooth for kids @ Riverview CC

11 November '24: "Fall Retakes" & Family Photobooth @ The Forks

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# DO WE NEED more childcare IN SOUTH OSBORNE?



Planning ahead

## SOUTH OSBORNE CHILD CARE COALITION

Bev Suek

**Indeed we do! Ask any parent of children from 0 to 12 who want to go back to work outside the home and they will tell you.** As this person said:

*"I have 4 month old daughter and am planning to return to work in 2025. I am on every childcare waitlist possible, and have been informed by some that there are over 400 applicants for 1 infant spot. Another centre has noted that they have over 2500 families on their wait list."*

Wait lists for existing child care centres is anywhere from two years to four years—and some families never get a space at all. According to the latest census data for the neighbourhoods of Lord Roberts/Riverview or South Osborne there are currently 314 licensed child care spaces for the roughly 1,168 children that live there (census data groups children 0-14 together but licensed child care is for children ages 12 weeks to 12 years). The number of children has likely grown in the last couple of years with the new housing developments in Lord Roberts.

What can we do about it? A group called the South Osborne Childcare Coalition has formed to look at options for creating more spaces in South Osborne. Check us out on Facebook.

If you are a parent in need of childcare, feel free to share your story on our Facebook group. Whether you're a parent, a grandparent, an aunt or uncle or a person who cares about your neighbour, please join the page and support this very important community endeavour.

**You can reach us by email at [soccoalition@gmail.com](mailto:soccoalition@gmail.com) if you'd like more information or to get involved—many hands make light work!**



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# fall programs

Get more details and register at [riverviewcc.ca](http://riverviewcc.ca)

## Yoga

**Friday morning at 9:30am**  
10 weeks starting October 4<sup>th</sup>  
with Stephanie Maxwell

Geared to older adults and designed to support your well-being and enhance your quality of life, this specialized yoga practice is a gentle and nurturing journey that honors your body's unique needs.

**Thursday evening at 7pm**  
10 weeks starting October 3<sup>rd</sup>  
with Stephanie Maxwell

Unwind, breathe, and find serenity as you step into our relaxation style yoga class—a tranquil journey that harmonizes the body, mind, and spirit. Rooted in the ancient practice of yoga, this class invites you to explore a gentle yet profound blend of postures, breathwork, and meditation, creating a sanctuary of balance and well-being.

## Pilates

**Monday evening at 7pm**  
8 weeks starting October 21<sup>st</sup>  
with Eva Quan

This class is a hybrid of Foundation Training mixed in with Pilates. Foundation Training uses a combination of powerful movements, intentional poses, and conscious breathing work to activate the muscles in your posterior chain. Pilates focuses on teaching one how to stabilize and control oneself, and ultimately build deeper core strength.

## Postpartum Yoga

**Friday morning at 10:45am**  
10 weeks starting October 4<sup>th</sup>  
with Stephanie Maxwell

Restore your postpartum core with baby by your side! Build strength, increase mobility and enhance relaxation in this yoga series focused on the postpartum period.

## Postnatal Bootcamp

**Wednesday evening at 7:30pm**  
starting September 11<sup>th</sup>

[Check [riverviewcc.ca](http://riverviewcc.ca) for details]

## Prenatal Yoga

**Thursday evening at 8:15pm**  
10 weeks starting October 3<sup>rd</sup>  
with Stephanie Maxwell

Nourish your body during pregnancy and prepare your body for birth! A blend of stretching, strengthening and simple meditation, this all levels class supports each trimester of pregnancy.



## Dance Jam

**Monday at 12:15-1pm**  
8 weeks starting October 7<sup>th</sup>  
with Chelsea Humble

The perfect way to break up your day with a super fun cardio class! Dance Jam is a dance-based cardio class that will increase your heart rate while having fun!

## Zumba

**Thursday morning at 9:30am**  
10 weeks starting October 3<sup>rd</sup>  
with Melissa

Join for a fun and low impact one hour Zumba class each week! Zumba is a great way to stay healthy and in shape for all fitness levels. Whether you've been dancing for years or just starting out, Melissa has you covered!

## Tai Chi

**Monday morning at 9:30am**  
8 weeks starting October 7<sup>th</sup>  
with Terry

[Check [riverviewcc.ca](http://riverviewcc.ca) for details]

## Jiu-Jitsu

**Mon. + Thurs. evenings at 7:30pm**  
Fall session starting Sept. 16<sup>th</sup>  
with Buke Do Combat Arts

[Check [riverviewcc.ca](http://riverviewcc.ca) for details]

## Gentle Fitness

**Wednesday morning at 11am**  
10 weeks starting October 9<sup>th</sup>  
with Cathy Hunter

Introducing a gentle exercise class for individuals with reduced mobility. Class is also perfect for those looking to get back into a fitness routine. Cardio, strength training, balance and flexibility components are included. Classes can be done sitting or standing.

## Pickleball

**Fall hours starting October 7<sup>th</sup>**  
Drop in \$5 / 10-pack pass cards available for \$40

**Mon., Wed. + Fri. daytime at RVCC (1 court, one hour sessions, max. 4 participants per session)**

**Mon. + Wed. evenings at École Riverview School (2 courts, open play, max. 12 participants per session)**

Pickleball combines the thrill of racquet sports with the camaraderie of a social activity. Whether you're a seasoned player or brand new to the court, our program offers something for everyone, fostering growth, fun, and a sense of community. Clinics will be held throughout the season for new beginners and seasoned players looking to advance their skills. Watch the website for available times and added sessions through the fall!

## Knit Night

**Thursday evening at 6:30-8pm**  
Starting September 12<sup>th</sup>

Bring a current knitting or crochet project to work with friends and neighbours; get ideas or help from more experienced knitters/crocheters or inspire others!

## Open Mic

**Tuesday night at 7-9pm**  
Starting September 10<sup>th</sup>

Join us for a friendly, unplugged open mic. Gather with a supportive group of musicians to practice pieces, enjoy performances, and connect with fellow performers.

## Men's Shed

**Thursday afternoon 1-3pm**

Meeting every Thursday, the goal of Men's Shed is to enhance the well-being of our attendees by engaging them in activities that men will find enjoyable and beneficial for both their physical and mental health.

## Greyhares

Watch the website for information about our Greyhares program coming later this fall!



# fall programs for kids!

Get more details and register at [riverviewcc.ca](http://riverviewcc.ca)

## Dance Jam

NEW

Wednesday evening at 6-6:45pm  
10 weeks starting October 9<sup>th</sup>  
with Chelsea Humble

Looking to get your kids moving through the colder months? Look no further than this super fun dance based class that will have your kids keeping active while having fun!

## Magic

Saturday mornings at RVCC

Learn magic, amaze friends and family, and have fun. One hour meetings mostly consist of a sleight-of-the-week, a magical effect demonstration with instructions and an opportunity to perform.

## Kids in the Kitchen

Thursday evening at 5-7pm  
8 weeks starting October 3<sup>rd</sup>  
offered in partnership  
with Lil Chef Institute

NEW

Cultivate a life-long love of healthy eating while developing independence and confidence in the kitchen with our 8-week cooking program. Participants will learn practical life skills and safe use of kitchen equipment in a controlled environment. Learn to make your favourite foods, and maybe discover some fun new recipes! Geared to children 8-12 years of age.

## Jackrabbit Hockey and Skiing

Watch our website for information about our Jackrabbit Hockey and Skiing Program coming later this fall!

## word search

- |                                      |                                     |
|--------------------------------------|-------------------------------------|
| <input type="checkbox"/> autumn      | <input type="checkbox"/> harvest    |
| <input type="checkbox"/> beadwork    | <input type="checkbox"/> haskap     |
| <input type="checkbox"/> carnival    | <input type="checkbox"/> jiu-jitsu  |
| <input type="checkbox"/> childcare   | <input type="checkbox"/> market     |
| <input type="checkbox"/> chili       | <input type="checkbox"/> neighbours |
| <input type="checkbox"/> cleaning    | <input type="checkbox"/> Osborne    |
| <input type="checkbox"/> community   | <input type="checkbox"/> riverbank  |
| <input type="checkbox"/> cooking     | <input type="checkbox"/> sharing    |
| <input type="checkbox"/> competition | <input type="checkbox"/> taichi     |
| <input type="checkbox"/> cribbage    | <input type="checkbox"/> together   |
| <input type="checkbox"/> friends     | <input type="checkbox"/> vegetables |
| <input type="checkbox"/> gardens     | <input type="checkbox"/> zumba      |

C O O K I N G F K K K Z T F B  
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- Ensure good lighting throughout.
- Install WIFI thermostat.
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