

THE RIVERVIEW REFLECTOR



Big-Hearted Beginnings
FALL 2025

Photo:
RVCC Day
Campers playing
corn hole



The Reflector
online is in colour!
Check it out!

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Riverview Community Centre | 90 Ashland Avenue, Winnipeg (MB) R3L 1K6

P: 204-452-9944 | gm@riverviewcc.ca | riverviewcc.ca | f @RiverviewCC | i @RiverviewCC



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president@riverviewcc.ca

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General Manager

Krista Fraser-Kruck
gm@riverviewcc.ca

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Message from the General Manager

Krista Fraser-Kruck



As the pace of summer winds down and routines return, fall brings the perfect opportunity to reconnect –with neighbours, familiar activities, and the welcoming energy of the community centre.

There's something special about this time of year. After months away at the lake, vacations, camps, and outdoor adventures, we return home ready to settle back into rhythm. Whether that means joining a weekly class, attending an event, or simply chatting with a familiar face in the lobby, fall is a season that brings us together.

This summer was another busy and vibrant one, and I want to thank everyone who helped make it such a success—from our amazing camp leaders to everyone who came out to support our brand new weekly market, the Monday Market.

Looking ahead, we're excited to keep the momentum going with a full lineup of programs for all ages and interests.

Preschool Dance returns for its second season and is the perfect introduction to movement for young children. This beginner-friendly class, right here in the neighbourhood, focuses on fun, coordination, and creative expression—ideal for little ones exploring dance for the first time.

We're also pleased to offer Postnatal Yoga, a restorative series that helps new parents rebuild their postpartum

core with baby by their side. These sessions promote strength, mobility, and relaxation in a welcoming, supportive environment.

For those seeking a gentler approach to staying active, Gentle Fitness offers seated and adaptive movement routines designed for older adults or individuals with mobility or balance challenges. With a focus on flexibility, strength, and endurance, it's a great way to support overall well-being.

And for anyone who just wants to dance it out, Dance Jam is back—now with an evening option! This high-energy, no-experience-needed class is all about fun, music, and moving your body with joy.

We're also always open to new ideas, and your participation and feedback help shape what we offer and how we grow. We're currently conducting a short community survey (see page 5) to better understand what programs and services matter most to you. Whether it's suggesting a new program, workshop, or event—or simply letting us know what's important in our community—we want to hear your thoughts. Complete the survey online and be entered to win a prize from the South Osborne BIZ filled with items from our local businesses!

Here's to a season of reconnection, reflection, and community. I look forward to seeing you soon—in a class, at an event, or around the neighbourhood. ●

President's Message

Jason Oliver



This summer has been challenging for so many in our province as wildfires continue to impact air quality and safety across Manitoba. Our hearts go

out to all those affected, especially the courageous firefighters and frontline workers protecting our communities.

As we head into the fall season, we'd like to share a few key highlights and updates with our community.

Gratitude to our amazing volunteers

To everyone who has given their time this spring and summer—whether at the Monday Market, youth programs, or community events—your dedication means more now than ever. You've kept our center thriving when people

needed connection most. Thank you for being the heart of Riverview.

Monday Markets

Even though Mondays haven't always brought the best weather, our new Monday Market remains a vibrant weekly highlight! Offering fresh local produce and handmade goods in a welcoming outdoor setting, it's been wonderful to see neighbours supporting artisans while catching up safely. Rain or shine, the community spirit shines bright!

Your voice matters

As we plan for Riverview's future, we need your input more than ever. What programs and improvements would

best serve our community?

Please take 5 minutes to share your thoughts in our community survey:
riverviewcc.ca/survey

Renovation update—building our future

The planning for Riverview's big upgrade continues to move forward! While we're still in design phases, we're excited to share



Follow us on Instagram
@riverviewcc

more details soon. Your support makes this transformation possible. (See page 20 and donate here: riverviewcc.ca/riverviews-big-upgrade)

Save the date:

Welcome Back BBQ—Sept. 12

Let's celebrate our community together at our Welcome Back BBQ on Friday, September 12! We'll enjoy good food, great company, and look ahead to brighter days. Looking forward to seeing you at the club! ●



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The Reflector will be posted on 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 and complete the online form.



Upcoming events

For the most up-to-date information about events at the Riverview Community Centre visit riverviewcc.ca

Welcome Back BBQ - Friday, Sept. 12

We're kicking off the fall season in style! Come out for an evening filled with activities for all ages—think pickleball and bocce showdowns, 4-square fun for the kids, a beer garden for the grown-ups, and a BBQ. It's the perfect chance to reconnect with neighbours and soak up the last of the summer sun.

Annual Fund Drive - Saturday + Sunday, Sept. 20 + 21

This fall, our dedicated volunteers will be going door to door to raise funds to match the federal grant we received this spring for essential building renovations. These improvements will enhance the space for all who use it—and we need your help to make them happen. Every donation counts. Please consider giving—or volunteering—this weekend to support the future of our community centre.

Fall Clothing Swap - Sunday, Sept. 21

Back by popular demand! Our fall clothing swap is a fun, sustainable way to refresh your wardrobe. Bring gently used items, grab some new-to-you pieces, and enjoy some conversation with your neighbours. Bonus: you might just find the perfect fall sweater!

Fall Supper - Saturday, Oct. 18

A true Riverview tradition—our Fall Supper brings everyone together for a cozy evening of comfort food and community connection. Come enjoy a roast turkey dinner with all the fixings, homemade sides, and, of course, pie. Tickets available in the canteen—don't wait, this one always sells out!

Halloween Trivia Night - Friday, Oct. 24

It's spooky season, and trivia night is back! Rally your team of eight and show off your knowledge across creepy and curious categories. Early bird pricing is \$125 per team until October 17. Costumes encouraged—but not required—for this night of friendly competition and laughs.



RVCC CCC and Mini Maker Market - Saturday, Nov. 29

Join us for an epic mash-up of three great things: a competitive crib tournament, a neighbourhood chili cook-off, and a fantastic market (see page 17). There's something for everyone! One of our favourite fall events returns bigger and better.



Breakfast with Santa - Saturday, Dec 6

Kick off the holiday season with a magical morning at the centre. Enjoy pancakes, juice, coffee, festive tunes, and a visit with Santa himself. Bring your camera and holiday cheer—this family favourite fills up fast!

Friday Movie Nights

Movie nights happen Friday nights at the RVCC, once a month from September to May. **Doors open at 6pm, movies start at 6:30pm**, and the canteen will be open with candy and chips for sale.

- **Sept. 19 - The Minecraft Movie**
- **Oct. 17 - Wicked**
- **Nov. 17 - Bad Guys 2**
- **Dec. 19 - The Grinch**



Help Shape the Future of RVCC

Take our Community Survey!

riverviewcc.ca/survey

Riverview Community Centre (RVCC) is creating a new 10-year strategic plan—and we want to hear from you!

Whether you're a regular at the centre or haven't visited in years, your voice matters.

The goal of this strategic plan is to make sure RVCC continues to grow as a vibrant, inclusive, and sustainable space for everyone in our neighbourhood. To do that, we need to understand what our community truly needs—now and in the future.

Through this survey, we're looking to:

- Hear about your needs, interests, and aspirations.
- Understand how current facility, programs and services are serving you—and where we can improve.

This survey is a key part of that process—and we're inviting every voice to be part of shaping the future. Please take a few minutes to share your thoughts, your input will help us make RVCC a place that truly serves all of Riverview.

Thank you for helping us build a stronger community, together.



Building Child Care in South Osborne

Beverly Suck

Every few days there are posts on Facebook from desperate parents looking for childcare in Lord Roberts and Riverview.

For those of you who are not in that group of parents of young children, you may not be aware of the overwhelming need for childcare for all ages. For people looking for infant care, it is even more overwhelming. As one parent said:

I have 4-month-old daughter and am planning to return to work in late 2025. I am on every child care waitlist possible and have been informed by some that there are over 400 applicants for one infant spot. Another centre has noted that they have over 2500 families on their wait list. I would like to help in any way possible to create more child care spaces for working families, especially in our community.

In mid-2024, several parents and other interested people formed a community group to see what can be done to make the situation better for our community. They called themselves the South Osborne Child Care Coalition (soon to be changed to South Osborne Child Care Alliance). Since then, they have been meeting to look at ways to create more child care spaces in Lord Roberts and Riverview.

An opportunity arose when Churchill Park United Church decided that they could no longer sustain the building and, rather than sell it to a developer for condos, decided to leave a legacy to our community and donate the building to a worthy cause.

SOCCC has been working with the church and the committee overseeing the transition of the building and are

hoping to see the church transform into a child care centre and also a community hub. Initially, it seemed like an impossible dream, but one resident, Steff Beernaerts who is an architect with twin boys, kindly volunteered her time to create some conceptual drawings on the building, which made the development of a new childcare centre seem like a realistic possibility.

SOCCC has looked at other possibilities as well. One has been a possible expansion of Riverview Montessori childcare (RMCC). Recently, Cheylynn Wolgemuth, Tia Mallory and Bev Suck from SOCCC met with the Winnipeg School Board to recommend that RMCC be allowed to expand the number of child care spaces and use more of Ashland school. That decision is still pending.

You may also have heard that the Riverview Health Centre will be building a child care centre. Although we are not involved in that and it will probably be primarily for employees, we welcome any new developments in child care access.



Steff Beernaert volunteered her time to create conceptual drawings which made the development of a new childcare centre seem like a realistic possibility

SOCCC is interested in making child care more accessible, anywhere in our neighbourhood.

SOCCC meets monthly, usually on line, and would welcome new members, anytime. Find us on Facebook for dates and times! Or email us at sochildcarecoalition@gmail.com.

Our latest initiatives will be directed at raising money for the renovation of the building at 525 Beresford Ave. You may find us, both literally and figuratively, knocking on the doors of our neighbours for contributions for these important services. And if you don't need child care, building a community with accessible child care makes South Osborne a very attractive place to live, where neighbours care for neighbours, as we do in South Osborne.

We would also like to acknowledge the ongoing support we have received from our MLA, Wab Kinew and his Constituency Office Administrator, Linda Wilson.

Please contact us if you'd like to help or if you need more information. •

Reflections



A Home Run Season!

Riverview Rally Caps T-Ball Wrap-Up

Andrew Slade

The 2025 Riverview Rally Caps T-ball season has officially wrapped up, and what a fantastic season it was! This year, we had 35 energetic and enthusiastic participants between the ages of 4 and 7. Whether it was a player's first time picking up a bat or they were returning for another season, everyone found opportunities to learn, grow, and have fun on the field.

We organized the players into five teams, led by our incredible volunteer coaches: Andrew, Larry, Ian, and Kate. Their dedication, patience, and enthusiasm helped create a welcoming and supportive environment for all the kids. With players coming in at different levels of experience, the coaches did an excellent job tailoring drills and games to build confidence and reinforce the fundamentals of baseball.

Throughout the season, players were introduced to the basics of throwing,

players were introduced to the basics of throwing, catching, hitting, and baserunning

catching, hitting, and baserunning. A wide variety of engaging drills and team-based activities kept things fresh and fun each week. One game in particular, "Fox and Rabbit," quickly became a fan-favourite among the kids. It was a fun and fast-paced way to practice base-running that had everyone laughing and moving.

Beyond the field, the season was also a shining example of community spirit. A huge thank-you goes out to the many parents and family members who helped out—whether that meant lending a hand during practices, cheering from the sidelines, or bringing those always-popular after-game snacks. Your involvement helped create a positive and memorable

experience for the kids, and we truly couldn't have done it without you.

Watching the players build friendships, develop new skills, and grow more confident each week was the highlight of the season. From big hits to first catches, every small victory was celebrated with cheers, high-fives, and big smiles.

We're already looking ahead to Spring 2026 and can't wait to welcome back returning players—and meet some new faces too. Thank you again to everyone who made this season so special. Let's keep building the fun, skills, and spirit of Rally Cap T-ball in Riverview for years to come! •





for Postnatal Pelvic Health

Stephanie Maxwell

Your pelvic floor is a dome shaped series of muscles, nerves, ligaments and blood vessels, which sit in the base of your pelvis. Your pelvic floor provides stability for your pelvis, spine and pelvic organs, it helps you maintain continence (both urinary and fecal) and acts as a sump pump to bring blood and lymphatic fluid from your lower limbs back to your trunk. Your pelvic floor is the foundation of your core four which is composed of your pelvic floor, deep core muscles, spinal stabilizers and respiratory diaphragm. For such an important structure that plays a protagonist role in our well-being we tend to know very little about it and how it works. We only start to take notice when something goes wrong.

There are several times in one's life when the pelvic floor has its main character moments. For women, or individuals who are born with a uterus, this happens not only during pregnancy, childbirth and postpartum, but also during menopause. It's usually in this period of time that we begin to pay attention to

100% of pregnant individuals will experience thinning and weakness of the abdominal connective tissue

our pelvic floors and seek treatment when we have pain, incontinence or weakness of our core structures. Yoga is an evidence-based, highly beneficial practice that supports pelvic floor health throughout these major transitions in life. Yoga brings awareness to the elusiveness of our pelvic floors. It allows us to slow down, listen internally and begin to understand the nuanced expression of our own individual pelvic floors.

Yoga in the postnatal period can be a progressive practice that rebuilds and restores not only one's pelvic floor and core four, but also address's the postural and alignment changes one experiences in the postpartum period. Postnatal individuals can spend hours in one position feeding their babies. Some babies need to be held and rocked endlessly. Car seats and strollers offer new challenges to structural systems in the body. One hundred percent of pregnant individuals will experience

diastasis recti abdominis (thinning and weakness of the abdominal connective tissue that weaves the six pack muscles together) by the 35th week of gestation. And let's not forget all of the individuals who had a cesarean birth which is classified as major abdominal surgery. All of this can contribute to low back and pelvic pain, incontinence, structural changes and weakness. Strong cores take time to rebuild.

Yoga uses movement and breath to bring balance and strength to the pelvic floor and core four. This in turn will bring strength and equilibrium to the entire body. Specific poses, mobility sequences and breath practices support this restoration.

The beauty of postnatal yoga at the Riverview Community Centre is that it is done in community where either new or seasoned parents have an opportunity to share their experiences with others, make new friends and create a village with their baby by their side. •

Dance Jam

Clara Birnie

There is something about moving to music that is so good for the soul, and when you do it as a group it seems to be even better.

For the past year, Chelsea Humble has been offering a noon hour Dance Jam class at the RVCC, where people come together for a dance-based fitness class. Chelsea is a trained dance instructor with a passion for making fitness fun. Each week, she teaches us choreographed dances that incorporate cardio, strength, and stretch. Chelsea is skilled at choreographing routines that are fun for everyone, regardless of experience. The songs she chooses fire you up, and sometimes she adds in moves that make you feel like you are in the music video.

I work from a home-based office, and was looking for a way to get some exercise in during the day. Taking a break and exercising on my own just didn't work, it always seems to make more sense to end work early rather than break up the day. Also, I am not motivated to do exercises on my own and was not keen to spend time traveling somewhere for a class. It seemed my environment was not conducive for making this health promoting shift.

Sometimes, it feels like we are on our own for maintaining our own personal health. But our environments play a huge role in our health. To think of healthy living as a personal responsibility only is not always realistic or equitable. We need environments that



I was initially looking for a fitness class, but this class promoted health in many other ways, too...

promote healthy living in accessible ways.

Community centres are key to creating health promoting environments. Affordable, close-to-home programming brings people together and supports the community's health and well-being.

Beyond being an accessible part of our environment, I very much agree with Chelsea that physical activity should be fun because we need to incorporate it into our lives long term.

After learning from Krista, the GM of RVCC, that a noon hour fitness class could be a reality if we found an instructor, I asked Chelsea (who was teaching a dance class I was taking at the Royal Winnipeg Ballet) if she could bring her Dance Jam to Riverview. Although this may have been self-serving on my part, I was so happy when neighbours gathered together, some of them trying something new, and perhaps out of their comfort zone, and danced until we were dripping with sweat and full of smiles.

I was initially looking for a fitness class, but this class promoted health in many other ways too, which I think has to do with coming together with community to move to music.

You may have seen a demonstration of Dance Jam at the June carnival. If it looked like fun, come try out a class – the more the merrier! Maybe we'll see you at Dance Jam this fall? •

DANCE JAM with Chelsea

Monday classes 12:15-1PM and *NEW* 6PM

classes start Sept. 22 no classes Sept. 29 + Oct. 13

10-week class registration \$75

Drop-in \$10 if available

Scan to find out more!

cheatsheet
fall programs

Fall's here—time to swap patio drinks for community fun at RVCC.
(Your couch will still be there later.)

Check for details, registration info and end dates at riverviewcc.ca

MONDAY	Pickleball - 9:30am + 10:30am
	Dance Jam - 12:15pm + 6pm
	Jiu-Jitsu - 7:30pm Mon. + Thurs.
TUESDAY	Grenfell Art Group - 10am
	Senior's Fitness - 11am Tues. + Thurs.
	Open Mic - 7pm
WEDNESDAY	Pickleball - 9:30am + 12:30pm
	Gentle Fitness - 11am
	D+D Club - 4pm
	Preschool Dance - 6pm
	After Hours Fitness - 7:15pm
THURSDAY	Senior's Fitness - 11am Tues. + Thurs.
	Strength Training - 12:15pm
	Men's Shed - 1pm
	Engineering for Kids - 4:45pm
	Knit Night - 6:30pm
	Yoga - 7pm
FRIDAY	Jiu-Jitsu - 7:30pm Mon. + Thurs.
	Yoga - 9:30am
	Postnatal Yoga - 11am
SATURDAY	Magic Club Mini Wands - 10am Top Hats - 11:30am

Knit Night

Judy Jennings

Knit Night has been happening every Thursday evening through the fall, winter and spring since September 2023.

We welcome anyone who is interested in knitting, crochet or any of the needle arts, whether you are a curious beginner or a seasoned expert please consider joining us.

Everyone is encouraged to bring whatever they want to work on so our only agenda is to share ideas, to encourage creativity and to teach techniques to those who ask for help. There is no pressure to show up every week but those who do experience real improvements in their skills and have gained the confidence to try more difficult patterns. Making something with your own hands is always satisfying but then being able to share it with a group of friends who have been a part of the journey makes it doubly satisfying.

Occasionally we have taken on group projects, the crocheted tea cozy (for some their first try at crochet) had us in tears of laughter. Ditto with mittens, then a few progressed to making fleece lined mitts, a hot gift item for Winnipeg winters. Just before breaking up for this summer some of us answered a request from the Women's Health Clinic to make small knitted hearts for inclusion in gift bags for mothers who had miscarried their babies and we gave them a bag full of brightly coloured stuffed hearts to show that we cared.

Everyone is welcome to join us when we start up again in the fall. It will cost you nothing and the benefits are new friends, laughter and exercise for your hands and your creative muscles. •

Tree Day

+ Annual Meeting

Friends of Fisher Park

Friends of Fisher Park hosted a neighbourhood Tree Day in Fisher Park from 3 to 6pm on Tuesday, June 24, with key participation from Green Drop, Trees Winnipeg, and Trees Riverview, followed by our annual meeting. About 40 people dropped in throughout the afternoon, learning about tree injection to protect from Dutch Elm Disease, and proper tree planting from certified arborists, park history and tree identification from Trees Winnipeg, and the new Tree Steward program being introduced by Trees Riverview. Green Drop, the major sponsor of the event, donated the tree injection and a new crabapple for the park, provided two trees for a free raffle, and answered questions throughout the event.

Neighbourhood resident Lynda Trono also spoke about organizing a group of neighbours to support tree injection protecting against Dutch Elm disease for trees in the park, and encouraged others to do the same.

We thank everyone who contributed and attended the Fisher Park Tree Day and our Annual meeting - it was another great day in the park!

We look forward to seeing you at our fall clean-up and celebration on **Saturday, September 27th, 2025 (10am-2pm, rain or shine)** -mark your calendars now! •



Reflections

Lessons for adult beginners in South Osborne, including those with hearing issues and/or hearing aids

GUITAR INSTRUCTION

Get started with a special introductory offer: **four 1/2 hour sessions for \$80 or one 30 minute session for \$25.**

Learn the basics of playing and enjoying the guitar. Don't let hearing issues get in the way.

Adult beginners

Call Brett Deitzer at 431-294-0243

Lessons at 525 Beresford Ave.



OUR
ANNUAL
BUZZ FEST

Spring Carnival



Quinn Fletcher

It was great to see our community at Spring Carnival this year! I look forward to this event every year because everywhere you look is fun, fun, fun!

My favourite part of the carnival is having the chance to see all the people that I really like to hang out with, but I only seem to get the chance during the carnival. It's fun to try out all my new jokes on friendly faces and hear what the neighbourhood has been up to. I really felt like Rink One was buzzing all night and we hope that everyone keeps coming back year after year.

This year we tried to spruce up Rink One with ladder ball and corn hole. I'm

It takes a village to not lose your rental damage deposit

happy these games were used and we hope to have more games next year. I'm amazed that none of the ladder balls were lost because at one point during the night I saw kids on the other side of Rink Two chasing each other and throwing the ladder balls around. Thanks so much to the people who returned the ladder balls to Rink One. It takes a village to not lose your rental damage deposit.

Thanks so much to everyone that volunteered their time to help with set up, in the kitchen (lead by amazing Chef Rob Walton!), at the bar, selling tickets, selling food, herding people, and the

ABOVE: Marianne Marcoux kept her 982 game winning streak in Connect 4 alive

list goes on and on. In total we had 107 volunteer shifts filled for the carnival. I really hope the people working these shifts made a new friend in the neighbourhood. The Riverview Community Centre is truly a magical place that brings us all together and I encourage you all to get involved!

In addition to the old carnival classics we tried to add some extra games and activities for the kids. The bouncy castles are always a hit and the Riverview Ashland Child Care Centre, lead by Tessa Allen this year, always does an amazing job coming up with fun for the kids in the area by the



play structure (a big shout out to Eleni Wall who was there all night helping out). Of course, we also couldn't have a year without the dunk tank. The kids had so much fun dunking Ms. Karli, M. Matt, M. Jones, and Ms. "Mac'N'Cheese" MacKenzie from École Riverview School. The new games and activities we added filled the rest of the Rink Two. It was full of games and activities. Rose Pallone directed some artistic expression with some chalk graffiti in the players benches. The big chess board hosted grandmasters all night and Marianne Marcoux kept her 982 game winning streak in Connect 4 alive. I had a lot of fun working with the kids at the Riverview Ashland Child Care Centre building a mini-golf hole. Aaron Shand pulled out his basketball jersey, sweat bands and Sport Crocs to run a modified version of the 3-point shoot out. Mark Reimer helped the kids perfect their two-drag release (TDR) at the hockey shooting station while Aaron Nelson was able to borrow the Dude's bowling shirt to run a one-of-a-kind mini-bowling alley.

Thanks so much to all the community members that were involved, provided equipment (thanks Neil Jacobs for your basketball net) that made the Rink Two experience so much fun! I hope that we can add more games and activities to the carnival next year! Feel free to reach out to us if you are interested in being involved. I have a bunch of goofy ideas that I'd love to share and discuss. •

GREAT BALLS + FIRE WELCOME BACK BBQ



**Friday
SEPT. 12
AT RVCC**

**BBQ +
beer gardens**

pickleball

bocce

4 square



See you there!!!



Building Traditions

Camp Kids Play, Learn, and Grow

Skylar Stregger

Five years ago, I joined this community centre to help with kids' programs. This summer, I had the joy of leading my second full year of day camp. For me, the camp wasn't just a return to routine but a continuation of a growing tradition of children's programming that has been evolving here for years. Our camp welcomed children ages 3-12 into a variety of themed weeks, such as science week, spy week, mini Olympics week, and much more! Beyond the crafts and games, we brought the fun outdoors with special outings to Fisher Park, where kids played with bubbles, soccer balls, baseball bats, and even tackled mini-games with our giant toy parachute. Thursdays were a camper favourite with our afternoon water days at the outdoor rinks, where water guns and balloons turned into

my goal has always been to create a space where kids feel safe to explore, play, and discover what they find fun

epic splash battles. As lead coordinator, my goal has always been to create a space where kids feel safe to explore, play, and discover what they find fun. This year, I would like to thank my team who strived to ensure that the campers are provided with endless fun, toys, games, and unique craft ideas that often leave the tables sticky but the kids happy.

Our summer camp's success is a reflection of the foundation built by years of youth programming at the community centre. Programs like Kids Engineering 101, Preschool Dance, and cooking workshops have shown us that families are eager for accessible, locally-run programs that are structured yet flexible, educational but fun, and, most importantly, inclusive. These smaller programs have helped shape the kind of environment we strive to create at camp, one that evolves with the needs of our community.

With summer camp coming to a close, I'm already looking ahead to what's next this fall. Building on the energy and creativity of our camp, I'm hoping to lead new programs that continue to focus on active play, hands-on learning, and meaningful social connections. These upcoming programs will be designed to fit into busy school-year schedules, giving children a chance to unwind and engage after school.

In preparation for the upcoming season, we invite families and community members to share their ideas by taking our survey (see page 5), available on our website. The future of children's programming at the community centre isn't just about expanding, it's about evolving together with the community we serve. •

Open Saturdays



South Osborne Physiotherapy

-Manual Therapy -Acupuncture
-Sports Injury Rehab -MPI, WCB
-direct billing to most private insurers

Now offering Massage Therapy

1-B 660 Osborne St.
474-2234



Generations of Community

GROWING UP AT RIVERVIEW

Emma Grandmont

I don't think I fully realized how lucky I was to grow up at Riverview until I came back as an adult.

As a kid, the community centre was my second home. I spent countless hours in the playground with my friends, where the mulch under our feet turned into lava, and the play structure became a castle, the baseball diamond into a map out of a book, the field a place where our imaginations ran wild; whatever we needed it to be that day. I played softball for years with the Riverview Ravens. I can still remember the feeling of coming to the baseball diamonds for practice, the thrill of connecting with the ball, and the laughter of our little team huddled on the bench. In winter, Jackrabbits' cross-country skiing filled our weekends with sunshine, snow, and hot chocolate that always tasted so perfect after a long ski.

Every spring, I counted down the days to the spring carnival. The air was buzzing with excitement, the smell of food in the air, inflatable slides and the chance to see all the other kids from the neighbourhood; it was the kind of event that etched itself into your memory. My childhood was full of these moments, thanks in large part to the community that held them, and to my parents, who were always there helping behind the scenes. They helped organize our events, encouraged me to be a part of all kinds of things, brought treats to games and cheered us on. At the time, I just saw them as my mom and dad being involved. Now, I see they were showing me what it means to show up for your community.

As I got older and life carried me through school and new responsibilities, I drifted from the community centre. But when I returned to school as an adult and the chance came up to coordinate Riverview's new Monday Market,

I jumped at the opportunity, and I am so happy I did. It felt like the right time to give back to the place that gave me so much.

Building the market has been a labour of love. Yes, there are hard days, juggling logistics, weather worries, or last-minute changes, but every Monday evening, when I see neighbours chatting with vendors, kids running around in the same field or playground I used to, new friends of mine coming to meet the people and places I spent so much time around, and familiar faces from years ago saying, "Hey, I remember you!" it's all beyond worth it.

It's been beautiful to watch a new generation grow up just like I did, in the same space, with the same laughter echoing off the community centre's walls. And I want other young adults to feel that, too; the pride that comes from helping your community thrive. Whether it's volunteering at an event, coaching a team, or starting something new, there's space for all of us to re-engage.

Riverview raised me. Now, I get to be part of raising it in return. •

Hey, I remember you!

RVCC market coordinator Emma Grandmont and her mom Heather Smith at the Monday Market



Monday MARKETS

Brenlee Coates

For weeks, I had the good intentions of checking out the new Riverview Monday Market.

I followed them on Instagram [@riverview.markets](https://www.instagram.com/riverview.markets). I noted the dates. And then, Mother Nature brought rain, and my family stayed home. Twice.

When we finally went to our first market in late July, La Taqueria Mexican Street Tacos' food truck upped the ante, bringing the promise of delicious street fare for dinner post-browsing. And Mother Nature bathed us in her late-summer sun, stretching our evening's potential for picnicking and playing at the park.

We walked the short few blocks and were instantly warmed by the predictably cozy feeling of this particular community's greeting.

I absent-mindedly crossed in front of the guitarist playing gentle melodies for the crowd, only to hear him say a friendly "hello" mid-set instead of reprimanding me.

There were vendors we'd never seen anywhere else—a frozen wine mix vendor; clever kids' toys made by a 3-D printer; artisanal Riverview merch—and some of the market essentials like fresh veggies and baked goods, including melt-in-your-mouth chocolate chip cookies by HEM.

As the market is brand-new this year, it's a little bit smaller than some other mainstays—but I found the size didn't limit the quality of the vendors nor the number of unique finds, and I easily left with a similar haul of what I'd hope for from a market of any size.

Plus, the novelty of it being in our area meant running into plenty of friends to catch up with and to entice our kiddo to tolerate some shopping before playing at the park.

For its first year in operation, the market holds tons of promise for future summer afternoons that drift into nights spent with friends, sharing laughs and food fetched from a

Robyn Beninger captured this shot of a rainbow over the Monday Market, just after the rain

Follow [@riverview.markets](https://www.instagram.com/riverview.markets) on Instagram for details about upcoming markets



bring the reliable treats our community's known for

window. As it builds momentum, you can just see how it'll grow (similar to the bustling, can't-miss summer fair).

And just when I was filled with gratitude for the market as the latest contribution to this wonderful community, I learned there's more to come—this November will once again bring a Mini Maker Market alongside the RVCC CCC, mixing a chili competition, a cribbage tournament, and a small-but-mighty lineup of local makers. Another Riverview market, brimming with that same community spirit (and maybe even a few surprises worth braving the colder weather for).

For someone who sometimes sleeps on these opportunities when it rains or when it doesn't suit my family—I can't help but feel thankful for the folks who charge full-speed-ahead to shape these meaningful and memorable ways for our community to come together—taking a chance on something new, and making our neighbourhood exactly what it is: a reliable treat that's always getting better and better. •

...promise of future summer afternoons that drift into nights spent with friends, sharing laughs and food fetched from a window



MINI

MAKER MARKET



Vendor applications are open!
Apply now at riverviewcc.ca/maker-mini-market/



**Saturday
NOV. 29
2-6PM**

Riverview Community Centre
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Reflections

Celebrating 200

runs

Dennis Cunningham

The Churchill Parkway parkrun celebrated its 200th run on July 19th! What began as a small group of enthusiastic runners has grown into a thriving weekly event that brings neighbours, other Winnipeggers, and visitors from around the world together every Saturday morning on the Churchill Parkway at 9:00 a.m.

Launched on June 26th, 2019, over the last six years the Churchill Parkway parkrun has had 811 people participate and had a total of 3677 finishes to date! All year long the Churchill Parkway parkrun welcomes runners and walkers to be part of the global movement. Whether you're chasing a personal best, walking with friends, or pushing a stroller, you'll find support every step

of the 5K route that travels Churchill Parkway's leafy trails paralleling the Red River. The course is flat and well-marked, making it perfect for beginners and seasoned runners alike.

Reaching 200 runs is a milestone driven by dedicated volunteers who marshal, time keep, scan barcodes, and cheer loudly. If you're looking for a genuinely fun neighbourhood volunteer opportunity, consider helping at our parkrun. No experience is necessary—just bring your enthusiasm and a willingness to help make parkrun happen.

If you're a Riverview runner or have one in your family, please give parkrun a try. It's one more thing that makes our neighbourhood so special. •

Weekly Event Detials

- TIME**
Saturdays at 9:00AM
- DISTANCE**
5 kilometres
- MEETING POINT**
Churchill Parkway entrance east of the corner of Ashland Avenue and Churchill Drive
- REGISTRATION**
Free at the event; please arrive 15 minutes early parkrun.ca/churchillparkway
- Don't feel like running?
Consider volunteering!



FUND DRIVE

Sept. 20+21

Sign up to volunteer!

Donate online anytime!



Right now, our focus is fundraising—closing that gap so construction can start. Once we hit our goal, the work will begin with exterior upgrades first, followed by important interior improvements to make the centre more accessible, flexible, and welcoming.





One Brick at a Time

Building a Better Riverview

As we head into fall, we're excited to share that exterior renovations at Riverview Community Centre are scheduled to begin later this season. This long-awaited project marks a major step forward in ensuring our facility remains safe, sustainable, and welcoming for years to come.

The upgrades will include:

- A complete overhaul of the building's exterior with new energy-efficient insulation to help reduce heating and cooling costs year-round.
- The removal of outdated and hazardous materials, including asbestos, creating a safer environment for all.
- A fresh, durable exterior that enhances the building's look and longevity.

Thanks to the federal Green and Inclusive Community Buildings Program and grant, we're able to move forward with these essential upgrades—but we're not finished yet. Additional funding is still needed to complete the full renovation plan, including important interior improvements to better serve our growing and diverse community.

This fall and winter, you'll see more efforts to close that funding gap—through events and community initiatives. Every donation, big or small, brings us one step closer to realizing our vision.

Visit www.riverviewcc.ca for updates and ways to get involved. Together, we're not just upgrading a building—we're investing in the future of Riverview. •




















First concert: Friday Nov. 14

Local Sounds, Big Heart

Riverview's New Concert Series:

Hey neighbours! This fall, Riverview Community Centre is launching a brand-new concert series that's all about local talent, good vibes, and coming together. **Kicking off with a show Friday, Nov. 14th, we're planning three awesome shows through fall, winter, and spring! Each one is a chance to catch great music, meet friends, and support a cause close to home.**

While we're still finalizing the lineup, expect artists you know and love—some from right here in the neighbourhood! Every ticket sold will help raise funds for the renovations that'll make our community centre safer, greener, and more welcoming for everyone.

So get ready to mark your calendars, gather your crew, and make some memories. Because this isn't just a concert series—it's a celebration of Riverview, our neighbours, and our future. Stay tuned for updates on who's playing and how to grab your tickets!

Riverview is where we all belong. Let's keep it thriving—one song at a time.

Spot the 12 differences



ANSWERS (use mirror):
 • Chair • Tree trunk • Extra pole on fence • Missing boat
 • Boy's face • Person painting behind painting • Stripe on sock • "LOVE" on wall
 • In bottom photo: Ill • Missing fish on wall • Chair • Girl • Man's t-shirt

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SOME UPCOMING 20TH ANNIVERSARY SHOWS

SEP 19

JP HOE & FRIENDS

Warm harmonies and heartfelt storytelling from one of Winnipeg's finest singer-songwriters.

SEP 21
& 22

MAD CADDIES

High-energy ska-punk veterans bringing the party with brass, bounce, and a whole lot of fun.

OCT 3

HOT & DIRTY DANCE PARTY

A filthy-good night of throwback jams, sweaty moves, and dancefloor anthems all night long.

OCT 7

YUKON BLONDE

Lush synths, soaring vocals, and jangly guitar vibes from Canada's beloved indie rockers.

NOV 2

ELLIOT BROOD & GREAT LAKE SWIMMERS

A double bill of rich, cinematic folk: moody, melodic, and deeply Canadian.

& MANY MORE!

SCAN QR CODE TO BROWSE EVENTS & BUY TICKETS

TWO DECADES OF UNFORGETTABLE NIGHTS, JUST DOWN THE STREET



RIVERVIEW JUST SOLD

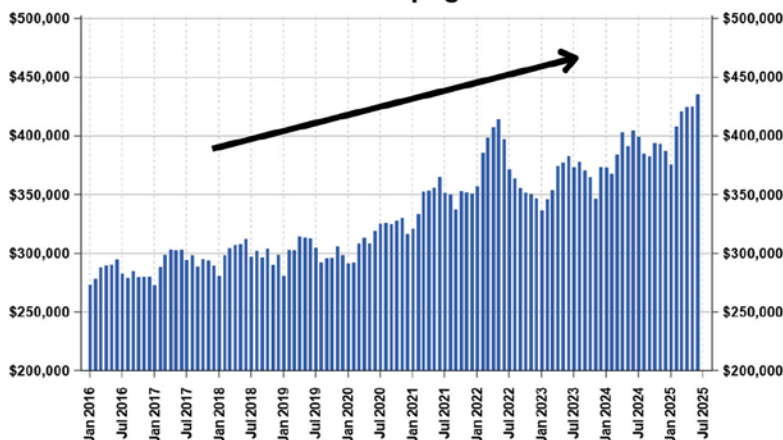


The Burns Team's
6th sale in Riverview
in 2025!!



65' x 177' lot!!

Residential average price
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Source: The Canadian Real Estate Association



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