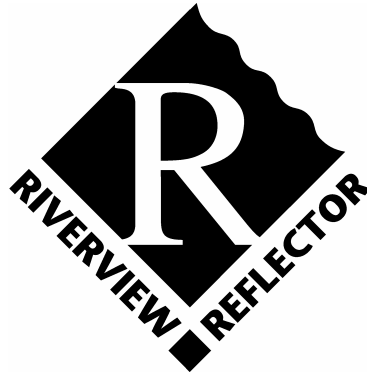


RIVERVIEW
COMMUNITY CENTRE
APRIL 2005
www.riverviewcc.ca



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

RVCC salutes all the wonderful volunteers in Riverview

Check out the Gold Medal Club
on the RVCC web site.

Submit a write-up about
someone you think
deserves to be recognized!



<http://www.riverviewcc.ca/gold-medal-club.htm>

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Jim Falloon284-4865

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

Quinn Menec478-1562

Vice-President

Matthew Lawrence284-7590

Treasurer

Kanning Burns

**SecretaryJen Zeglen
Facilities & Volunteer Coordinator**

Trudy Matthey475-5674

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Tom McMahon474-1598

Reflector Advertising Coordinator

Ellen Funk.....474-0500

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Ted Bigelow284-6649

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Mini Soccer & Baseball Convenor

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Hockey Convenors

Dave Kressock475-3342

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Good Neighbour Groups

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Riverview-Ashland Daycare

Mary Barton477-0917

Caretaker

Roger Harel452-9944

Members at Large

Lori Keith452-0082

Jerry Reardon-Smith452-7364

Greg Zador284-8846

Brownie Zawadski284-5731

ÉCOLE RIVERVIEW SCHOOL INFORMATION NIGHT APRIL 21

Registration at École Riverview School - École Riverview School is now accepting applications for the 2005-2006 school year in Nursery, Kindergarten and Grades 1 through 6. We offer three programs: English, French Immersion and Alternative. If you have any questions, please call the school at 284-5983.

Program Information Evening - Curious about a triple track school? Want to know how to choose the right program for your sons or daughters? Wondering how to prepare your child for the early years? Intermediate years? Come out to École Riverview School's Program Information Evening on Thursday, April 21, 2005 between the hours of 6:30 & 8:00 p.m. The school staff will be providing an overview of the programs offered at École Riverview School. Our address is 253 Maplewood Avenue and you may reach our office at 284-5983. Please call if you have any questions. Child care will be available, please contact the school if you require this service.



Girl Guide cookies are now for sale (\$4 for a box of 1/2 vanilla and 1/2 chocolate sandwich-type cookies) - they can call the Area office @ 253-3937 and someone living in their neighbourhood will gladly sell them some.

Also, we are holding Spring Registration for the 2005/06 Guiding year for all Sparks, Brownies, Guides, Pathfinders and Senior Branches on Monday, May 9th from 6:30-8:00 pm. The registration location for girls living in the Glenlawn-Riverview District is at St. Mary Magdalene Church, 3 St. Vital Road, just off St. Mary's Rd. Further information available @ 253-3937

Anita Neville – Member of Parliament for Winnipeg South Centre www.anitaneville.parl.gc.ca Unit D – 729 Corydon Ave., Winnipeg MB, R3M 0W4, tel. 983-1355, fax 984-3979 email@anitaneville.ca . If you need help or information regarding the federal government, do not hesitate to contact her office. Sending mail to your M.P. does not require postage.

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 or 942-5500

"Julie's Story." From fat to farts: what's stinky about these ads...

Many of you have likely seen the advertisements - in bus shelters, on billboards, on television and in newspapers across the country - showing already slender women wishing they were thinner so that they could wear their bikinis, or strip tease for their husband, or wear that little black dress - if only they could lose a few pounds!

"Ask your doctor about 'Julie's story'" say the advertisements, selling an unnamed pharmaceutical drug for weight loss.

According to the Globe and Mail (02/24/05) the "Julie's Story" ad campaign is being funded by Hoffman-LaRoche to promote sales of their pharmaceutical, Xenical (also known as Orlistat). Xenical is no magic pill that simply melts the pounds away for those of

wanting to lose a few, as the ads may suggest, but a prescription medication approved only for the treatment of obesity.

What does Xenical do to your body? Xenical works by preventing the absorption of dietary fats from the foods you eat, with undigested fat removed through bowel movements. In the process, the absorption of some important fat-soluble vitamins and beta-carotene in the diet are blocked. So those taking Xenical must also take vitamin supplements to get the essential nutrients they are no longer able to absorb from the foods that they eat.

The most common side-effects of Xenical are the following:

- Oily or fatty bowel movements (stools)
- Increased number of bowel movements
- Urgent need and/or inability to control bowel movement
- Bowel movements that are orange or brown in colour
- Gas with discharge

- Oily discharge
- Stomach pain
- Irregular menstrual periods.

Xenical is also not recommended for those who are pregnant, planning to get pregnant, breastfeeding, or who suffer from chronic malabsorption syndrome or cholestasis.

Does "Julie's Story" still sound sexy to you?

For other health complications associated with Xenical, visit:

Complete Product Information: Xenical - Hoffman-LaRoche, www.rocheusa.com/products/xenical/pi.pdf

Xenical Consumer Information - Food and Drug Administration (US) www.fda.gov/cder/consumerinfo/druginfo/xenical.htm

Also see our MOCK AD: Forget 'Julie's Story' - listen to Barbara's story instead! www.cwhn.ca/resources/eating_disorders/barbara.html

WINNING CHILI RECIPES
From the 1st Annual RVCC
Winter Carnival !!!

Chili #1 Margaret Manning
RED PORK CHILI

1/2 lb sliced bacon
 4 lb boneless pork shoulder, cubed
 2 Tbsp oil
 1 large white onion, chopped
 1 – 2 fresh jalepeño peppers, salted and chopped
 4 large garlic cloves, minced
 2 tsp oregano
 1/3 cup chili powder
 1 Tbsp cumin
 1/4 tsp cayenne
 14 oz can of beef broth
 1 cup coffee
 1 cup water
 32 oz can of crushed tomatoes
 2-19 oz cans small red kidney beans

On the side:

chopped red onion
 cilantro
 avocado
 lime wedges
 sour cream
 tortilla chips

Cook bacon till crisp. Drain and set aside. Crumble.

Pat pork dry. Season with salt and pepper, and brown in large Dutch oven with oil and 2 Tbsp pork fat. Set aside.

Sauté onion and jalepeño in same pot until soft. Add garlic, oregano, chili powder, cumin, and cayenne and sauté one minute.

Add browned pork, beef broth, coffee, water, and crushed tomatoes. Simmer approx. two hours. Stir in kidney beans, simmer.

Serve with bacon and accompaniments.

Chili #2 Gerdi Stewart
Thick 'n Delicious Chili

1 can (540 ml) diced tomatoes
 1 can (156 ml) tomato paste
 2 carrots, sliced
 1/2 onion, chopped
 2 Tbsp apple juice
 2 Tbsp white vinegar
 dash or more of red pepper flakes
 1/4 cup red pepper
 1/4 cup green pepper
 1/3 cup steak sauce
 2 tsp or more hot sauce

5 slices bacon
 1 kg ground beef
 1 package chili seasoning mix
 1 tsp ground cumin
 1 can kidney beans, drained
 Directions:
 In crockpot, combine first eleven ingredients.

1. In large skillet, cook bacon until crisp. Drain on paper towel then cut into small pieces. Drain fat. Brown beef, drain. Stir in chili seasoning and cumin.
2. Stir beef and bacon into tomato mixture. Cook on low for 5-6 hours.
3. Stir in beans. Heat through and serve.

Chili #3 Hugo Bergen
Chili Burritos

Lean ground beef (500 gm)
 Pork sausage (red-wine flavored, "Mitchell's" brand) (500 gm)
 Oil (2 tbsp)
 Onions (2-3 large, chopped)
 Garlic (4 cloves)
 Celery (5-6 stalks, finely chopped)
 Basil (2 tbsp)
 Tomato sauce (or chopped tomatoes) 2 x 540 ml
 Tomato paste (150 ml)
 Curry powder 1 tsp
 Cumin 1 tsp
 Chili powder 2 tsp (or more to taste)
 Salt (1 tsp or to taste)
 Kidney Beans (2 x 540 ml)
 Cooked white rice
 Mozzarella or Monterey Jack cheese (shredded)
 Tortillas

In skillet cook the meat over medium-high heat until no longer pink.

In large saucepan over medium heat add oil and cook onions, celery, garlic, and basil for 5-10 minutes.

Add the tomatoes/sauce, tomato paste, curry powder, cumin, and salt. With slotted spoon add meat. Bring to a boil and simmer for 30 minutes.

Add the beans and simmer for 15 minutes.

Alternatively, if making burritos add some cooked white rice to a portion of the chili mixture.

Microwave tortillas for 20 seconds and add a few tablespoons of chili onto the tortilla along with some cheese.



S.O.N.S. CHILDREN HOP FOR THOSE WHO CAN'T

The children of South Osborne Nursery School will be participating in the 15th annual Hop for MDC, an educational fundraiser for Muscular Dystrophy Canada (MDC), on the afternoon of April 22, 2005. This event also provides a great photo opportunity, with children wearing bunny ears hopping for a great cause!

Hop for MD is a fun group activity for young children. It is designed to educate children about physical disabilities, while at the same time improving their counting, coordination, and creativity skills. Most of all, it's about helping others and having a "hopping" good time while doing so. Proceeds raised through Hop for MD will be used to fund research, support programs, and essential medical equipment to the growing register of over 700 clients in Saskatchewan, Manitoba and NW Ontario.

Neuromuscular disorders affect children, men, and women of all ages, cultural, and socioeconomic backgrounds. Some disorders are hereditary; others are not. They can strike anyone at anytime, and there is currently no cure.

MDC works in partnership with people affected by neuromuscular disorders to contribute to their quality of life. They are committed to empowering individuals, mobilizing community resources, and providing direct assistance.

For a Hop for MD photo opportunity contact

Adele Martin and/or Darcie Reimer, teachers for S.O.N.S.
 South Osborne Nursery School
 170 Ashland Street, Winnipeg MB, R3L 1N1
 Phone : 452-7116

Jenny Gerbasi

Baltimore Insurance

Osborne Service

Euro-Graph



Churchill High School 50th 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

College Churchill High School Presents ...Midsummer Night's Dream - -William Shakespeare

"No More Yielding than a Dream..." Set in a 1980's high school, Shakespeare's classic tale of love and magic is turned upsidedown by the antics of the punky fairy kingdom, the confusion of the mullet-guised lovers, and the oblivion of the adult world. Don't miss this unique rendition of "A Mid-80's Night Dream".

Where: College Churchill High School, Gymnasium

When: May 3-5, 2005

Price: \$8.00 rush seating or \$10 reserved seating

Time: 7:00 pm

For ticket information contact the school at 474-1301 or e-mail

bediger@wsd1.org or schodirker@wsd1.org

Richard Leaver ad

Glasgow Collision

REFLECTOR ADVERTISING

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

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

¼ page \$50 (\$450 for 10)
½ page \$80 (\$720 for 10)
Full page \$150 (\$1350 for 10)
South Osborne Bugle – one ad in two editions
of the email newsletter\$25

**Advertisers support the community and make the Reflector possible ...
please support our local businesses!**

We have three routes that do not currently receive the Reflector because we do not have a delivery person! The routes are:

Hay/Brandon	70 flyers - \$5.60	Osborne St. businesses	70 flyers - \$5.60
Glasgow/Woodward	70 flyers - \$5.60		

Please contact Ellen Funk if you would like one of these routes!

Manitoba Hydro pilot project in Riverview to showcase new meter technology

Pay-As-You-Go Smart Meters save electricity, money and greenhouse gas.

by Dennis Cunningham

Manitoba Hydro is partnering with Natural Resources Canada and Info Energy to launch a Smart Meter “Pay-As-You-Go” pilot project in five Manitoba communities. The pilot will allow homeowners to observe their real time consumption of electricity in dollars and cents using a special meter, and make convenient and flexible payments for their energy. Riverview residents have the opportunity to participate as one of the five pilot communities, and will be provided with free equipment, installation, and support.

As a Riverview resident, and someone interested in energy conservation, I have volunteered to assist Manitoba Hydro in recruiting 60 neighbourhood homes to be part of this one-year project. These meters are in use in other jurisdictions around the world including Woodstock, Ontario, where residents have been using Pay-As-You-Go smart meters since 1989 with great success. This project will allow Manitoba Hydro to determine if the positive benefits seen in Woodstock can also be realized in Manitoba.

Benefits observed in other Pay-As-You-Go smart meter programs include: average electricity savings of more than 16 percent; reductions in greenhouse gas emissions, the ability to determine actual costs associated with behaviours and appliances in the home; and increased consumer awareness. Normal monthly billing doesn't offer as clear a picture of a home's specific electricity consumption patterns, making it more difficult to reduce or change those patterns. Because the smart meter offers instant feedback, it is an ideal tool for monitoring home electricity consumption. If you leave a light on you'll see how much that choice costs you.

If you would like to learn more about, or be part of, the Smart Meter Pay-As-You-Go pilot project in Riverview you can contact me, Dennis Cunningham at 452-6229. Manitoba Hydro will be scheduling an information session on the project in April.

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 E-mail: twinpillars@shaw.ca

WANTED: Bass guitar and acoustic guitar lessons. High school students welcome. Call 284-8298

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

WANTED: Young family seeking a three bedroom home in the Riverview area. Please contact Lorraine at 667-4748 in the evening or daytime at 787-4599.

WANTED: older Pez dispensers. Call 284-8298

FOR SALE: FreeSpirit Cross-Trainer Exercise Cycle
Recumbent cycle (easy on knees and back), weight bench with hand weights
Exercise feedback display including current speed, elapsed time, distance pedaled, resistance level, number of calories and fat calories burned, heart rate. Regular price: \$799.99; we purchased on sale \$671.32; will sell it for \$350. The CrossTrainer has never been used. If interested, or you want to see it, please call Glen or Evelyn at 453-6114.

For Sale: York Universal Gym, like new condition, \$350 or best offer. Call 284-8298

RUMMAGE SALE- APRIL 23RD
TIME 9am to 1pm
Where ST ALBANS CHURCH HALL
486 RATHGAR AVE

SELLING NEW & USED CLOTHING,
HOUSEHOLD APPLIANCES, BOOKS
AND LOTS OF TREASURE.

Call Orla 489-7683 for more information.

Hands On Design

Andrew Reesor

**RIVERVIEW COMMUNITY CENTRE
ANNUAL GENERAL MEETING MINUTES
MARCH 22, 2005**

<p>ATTENDANCE</p> <p>Quinn Menec; Tony Reesor; Ellen Funk; Wendy Morris; Brownie Zawadski; Dan Jackson; David Kressock; Terry Cormier Guest – City of Winnipeg; Janelle Cancade-White; Trudy Matthey ; Kristine Dubois-Vandale; Josie Tremblay; Mike Schultz; Lynda Peto; Matthew Lawrence; Kanning Burns; Jim Falloon; Patrice Miniely Guest – Representing Diane McGifford; Judy Coy</p> <p>Having obtained quorum, the meeting was called to order by President Jim Falloon at 7:15 p.m.</p> <ol style="list-style-type: none"> Welcome & Introductions: Jim Falloon welcomed the attendees & introduced the current board. Agenda to be amended by the replacement of 3.0 – Motion to change Constitution, to 3.0 – Greetings, and the addition of the following: <ul style="list-style-type: none"> 4.01 – Past-President 4.7.7 – Cross-Country Skiing 4.7.8 – Karate 4.7.9 – Volleyball 4.9 – Facilities <p>MOTION: Moved by Trudy Matthey, seconded by Wendy Morris, that the agenda be adopted as amended. Carried.</p> <p>MOTION: Moved by Trudy Matthey, seconded by Wendy Morris, that the minutes of the AGM dated March 22, 2004, be approved. Carried.</p>	<ol style="list-style-type: none"> Greetings: Patrice Miniely addressed the meeting and gave thanks to the hard-working volunteers on behalf of both Jenny Gerbasi and Diane McGifford. Committee Reports. <p>MOTION: Moved by Brownie Zawadski, seconded by Wendy Morris, that the following Committee Reports: Past-President (verbal), President, Vice-President (verbal), Treasurer, Reflector (verbal), Buildings and Grounds, Fund Drive, Hockey, Soccer (verbal), Baseball (verbal), Basketball, Equipment, Archery (verbal), Karate, Volleyball (verbal), and Good Neighbour Groups be adopted as presented. Carried.</p> Elections: Terry Cormier presided over the elections of the following Board Members: <p>President: Jim Falloon Vice-President: Matthew Lawrence Treasurer: Kanning Burns Secretary: VACANT Building, Grounds & Ice: Ted Bigelow and Dan Jackson Reflector Editor: VACANT Fund Drive: Lori Keith Grant Coordinator: Quinn Menec Volunteer Coordinator: VACANT Equipment Coordinator: VACANT</p> <p>MOTION: Moved by Trudy Matthey, seconded by Wendy Morris, that the letter of standing for Darlene Stevens for the position of Special Events Coordinator be accepted for nomination to the election. Carried.</p> 	<p>Special Events: Josie Tremblay and Darlene Stevens</p> <p>Appointments for other board positions were declared (to be ratified at next Executive Meeting of the Board):</p> <p>Past President: Quinn Menec Reflector Advertising: Ellen Funk Canteen: Kathy McLeod Youth Soccer: Judy Coy Mini Soccer: Mike Schultz Hockey: Dave Kressock and Guido Cerasani Baseball: Mike Schultz Archery: Dan Jackson Basketball: VACANT Karate: Quinn Menec Privacy Officer: Tom McMahon Riverview / Ashland Daycare: Mary Barton Members at Large: Jerry Reardon-Smith; Trudy Matthey; Lori Keith; Dave McNeill; Brownie Zawadski</p> <ol style="list-style-type: none"> Brief Meeting of New Board <p>Brownie Zawadski addressed the meeting to discuss disappointment with attendance, however to reflect on the fact that it must be a good sign – no major issues. A big thank you to the Board, outgoing executive and incoming. A special thanks to Lori Keith for achieving the \$10K fund drive goal and Jim Falloon for his very hard & dedicated work.</p> <p>Next meeting of the executive: Monday, April 25th, 2005 – 7:00 p.m.</p> <p>Meeting declared adjourned by the President and Chair, Jim Falloon, at 8:22 p.m.</p>
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Riverview will really have the blues in May. The first date for the Gary Primich Riverview C.C. Fundraising Social has sold out and a second date has been added.

May 13th tickets will go on sale March 9th at an early bird price of \$15 till April 25th.

South Thunderbird (a local blues band) will begin the show at 8:30 p.m. and Gary Primich (excellent blues band from Austin, Texas) will follow with 2-75 minute sets.

For ticket information contact Wayne or Cynthia Faulkner @ 477-0669. Act fast as the tickets for this social could sell out in less than 3 weeks as well.

More of *your* money for you! - *That's* the big difference between tax preparation and tax planning

– by Ben Campbell CFP, Investors Group Financial Services

Hi there – I'm a new resident of the Riverview area and like some of my other neighborhood business associates, I thought I would lend a few words to this month's issue of the Riverview Reflector. My goal is to submit as many timely articles to the Reflector over the coming year as I can and I promise to respond to any & all questions or concerns that you may have regarding the information contained in my articles. You can reach me at 786-2708 (ext 3025) or at ben.campbell@investorsgroup.com. Seeing as we are closing in on the deadline to submit your 2004 Personal Income Tax return, this article's focus will be on everybody's less than favorite subject, income taxes. Thanks in advance for reading my article.

It's tax-time again - and if you're stressing over the last-minute preparation of this year's return, you've got plenty of company. Most Canadians wait until the last minute to file. But bumping up against the tax deadline year after year isn't just stressful, it's costly. When you toss a bunch of numbers on the forms just to get them in the mail by the deadline it's bound to cost you *your* money - in errors, omissions, and poor tax strategies. But by starting now to plan for the next tax year, it's likely you'll see a worthwhile reduction in your taxes - and your tax preparation process should be easier, too. Here are some tax planning tips guaranteed to reduce your stress level *and* possibly lower your income taxes when prep time rolls around next year:

- ? **Get it all on the record:** Make your task manageable by setting up a simple record-keeping system that tracks all your finances for tax purposes. Include all your receipts for expenses that qualify for tax deductions - such as eligible moving expenses, accounting fees and investment management fees - that will reduce your taxable income and tax bite.
- ? **Register all your savings:** Your RRSP could become the essential foundation of your financial future. Make it even stronger - and take full advantage of its unique tax-reducing, savings-building opportunities - by maximizing your RRSP contribution every year. And plan to do it early in the year to reap the full benefits of the "magic of compounding". Avoid having to come up with a lump sum contribution by starting a Pre-Authorized Contribution (PAC) program that each month makes an automatic contribution to your RRSP from a bank account.
- ? **Spouse-up to tax-down:** If you expect to generate more income than your spouse in retirement, consider a spousal RRSP. You contribute for your spouse, but get the tax break on your tax return. And by helping to balance your retirement income with that of your spouse, you'll likely lower your combined tax bill in retirement, too.
- ? **Be a tax-savvy investor:** You can actually reduce your taxes through a well-planned investment portfolio. One good way is to keep "heavily"-taxed investments (those that earn interest income that would otherwise be fully taxed at your marginal rate) inside your tax-deferred RRSP or RRIF (Registered Retirement Fund), and those that benefit from a "lighter" tax treatment (those that derive investment income from preferentially-taxed capital gains or Canadian dividends) outside your registered plans.
- ? **69 this year?** If you're turning age 69 in 2005, you'll be required by law to wrap up your RRSP by December 31. Explore your retirement options right away to avoid a big tax hit.
" Pay on time: Make all required personal income payments on time to avoid penalties and interest.
- ? **Aim for a zero refund:** That tax refund isn't a gift to you; it's *your* money that the government has had for *its* use interest free. Keep your hard-earned dollars working for you through the year by requesting a reduction in taxes withheld at source based on you making RRSP contributions, child care expense payments, or support payments.

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Roger Burns ad