

APRIL 2023

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CONNECTS

THE OFFICIAL RIVERBEND COMMUNITY NEWSLETTER



Cover Photo by Patricia Peixoto



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Key Things to Know About in April

Stay connected to all things Riverbend at www.riverbendcommunity.ca, and Facebook, Twitter, and Instagram @riverbendyyyc

National Volunteer Week April 16 to 22

The National Volunteer Week theme for 2023 is "Volunteering Weaves us Together." Let's celebrate our individual and collective actions in creating a strong, interconnected, and vibrant community! Volunteering weaves us together, strengthening the fabric of our community by sharing our time, talent, and energy to support one another.

Volunteers are at the core of every community and they definitely are the wheels that keep Riverbend Community Association rolling. We would like to thank all volunteers involved in our community, as well as welcome the new volunteers who joined the RCA Team:

- Alina Cotovanu - Treasurer
- Vladimir Ivanov - Board Secretary
- Samantha Moulds - Director, Memberships and Partnerships
- Nichole Wyatt - Director at Large
- Melodie Tang - Director at Large

Please see our website, <https://www.riverbendcommunity.ca/about-us/our-team> to find out more about the RCA volunteer team.

Upcoming Events

Spring Plant Fundraiser

Help support Riverbend community beautification with our first ever Spring Plant Fundraiser. By purchasing plants through this program, not only will you beautify your own space, but the proceeds from the fundraiser will support future community beautification projects.

Orders will be accepted between April 11 and May 10 until 3:00 pm.

Pick up at the RCA parking lot: Wednesday, May 24 between 5:00 and 7:30 pm*

*Pick-ups must be made by 7:30 pm. Any remaining flowers will be donated to the RCA and planted at the community centre.

If you are unable to collect your order yourself, please arrange to have a friend or neighbour pick up your order and designate them on the order form. Order online at <https://www.riverbendcommunity.ca/events/spring-plant-fundraiser>.

Good Food Box Program

The content varies weekly, due to seasonal availability. The boxes contain the maximum produce to ensure our clients are getting the most value for the price.

- \$25 Small Box (20 to 25lbs)
- \$30 Medium Box (30 to 35lbs)
- \$35 Large Box (40 to 45lbs)

Order Deadline: Tuesday, April 25 by 6:00 pm

Pick-Up: Tuesday, May 4 between 5:00 and 7:00 pm at the community centre.

Order online at www.riverbendcommunity.ca/programs/community-programs/good-food-boxes-community-kitchen.

New Programs Starting April 2023

Your favourite community programs such as Tai Chi, Dance Fitness, Gentle Yoga, Pilates with Yoga, and Music for Littles will be starting again in April 2023.

Please see details on page 8 and register online at www.riverbendcommunity.ca/programs.

Seniors' Cards and Coffee!

Join us in the Elbow room every second and fourth Friday of the month from 2:00 to 4:00 pm for cards, coffee, treats, and friendship. \$2 donation appreciated. No pre-registration necessary.

Upcoming Dates: April 14 and April 28

RCA Information Session - April 13

Riverbend Community Association (RCA) would like to invite residents to an open house on Thursday, April 13 at 7:15 pm at the community centre. We will be hosting presentations by:

- Calgary Police Services – Residential Traffic Safety Unit
- City of Calgary – Green Line LRT
- Ecco Recycling & Energy Corporation – Reclamation Project

Stay connected by visiting our website, <https://www.riverbendcommunity.ca/> or follow us on social media (Riverbend Community Calgary).

18 St SE Adaptive Bike Lane Pilot Update

Residents are invited to review the City of Calgary traffic data of the 18 St SE Adaptive Bike Pilot and message from the Ward 11 Office at www.riverbendcommunity.ca.

The Ward 11 Office will continue working with the Riverbend Community Association on 18 St SE traffic and safety issues; we are committed to helping the community to improve street safety for all users. We encourage community members to reach out to the RCA for further involvement in community-led traffic safety initiatives. <https://www.riverbendcommunity.ca/contact-us>.

Thank you to everyone for their engagement and feedback during the duration of the pilot, any outstanding thoughts may be sent to WARD11@Calgary.ca.

We Want You to Have Your Say!

RCA is establishing two new committees to address the concerns of all Riverbend residents.

1. The Traffic and Safety Committee:

See page 7 for details. Contact Director Brenda Pereira at brenda@riverbendcommunity.ca.

2. The Beautification Committee:

See page 11 for details. Contact Director Pat Medhurst at pat@riverbendcommunity.ca.



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ONE GAME PER WEEK FROM JUNE TO MID SEPT

Register Online@
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2PM-4PM

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MLA Calgary–Peigan

Tanya Fir

Parliamentary Secretary
for Status of Women

587.392.8850

Calgary.Peigan@assembly.ab.ca



Dear Constituents,

Our Alberta government recently announced Budget 2023: Securing Alberta's Future. For a second year we have a balanced budget. With a forecast surplus of \$2.4 billion and an economy poised to lead the country in economic growth, we will pay down debt and save for the future, while also investing in healthcare, education, and so much more.

Budget 2023 secures Alberta's future by improving the healthcare system to provide Albertans with reliable, quality health services when and where they need them. Alberta's government is providing another year of record-high investment, with \$24.5 billion in the Ministry of Health's operating expense this year, an increase of 4.1% from last year. This new funding will focus on addressing areas of priority in the Healthcare Action Plan to improve the healthcare services Albertans expect and deserve. In addition, Alberta's primary healthcare system is being strengthened and modernized with a record investment of \$243 million over three years.

Budget 2023 secures Alberta's future with historic investments in education to match increasing enrolment in schools, meet the needs of diverse students, and increase affordability. Alberta's government is committed to providing the support and services students need to succeed, and the resources schools need to support teachers and their staff. Budget 2023 increases the operating budget for the Ministry of Education by nearly \$2 billion over the next three years. This will support hiring up to 3,000 education staff, including teachers, educational assistants, bus drivers, and school support staff.

Budget 2023 secures Alberta's future by growing the economy, creating good paying jobs, strengthening healthcare and education, and keeping Alberta communities safe – all while remaining committed to responsible fiscal management.



**DO YOU WANT TO HAVE A
SAY IN KEEPING YOUR
COMMUNITY SAFE?**

**VOLUNTEER FOR THE
TRAFFIC, SAFETY & CRIME
PREVENTION COMMITTEE**

01 TRAFFIC



02 SAFETY



03 CRIME



**VOLUNTEERS ARE NEEDED TO ADVOCATE FOR TRAFFIC
AND SAFETY MEASURES FOR THE COMMUNITY**

CONTACT BRENDA@RIVERBENDCOMMUNITY.CA TO GET INVOLVED

WWW.RIVERBENDCOMMUNITY.CA/COMMUNITY-ADVOCACY

RCA MEMBERSHIP FORM

*Memberships are valid for one
year from the date of purchase.*

First Name: _____

Last Name: _____

Email: _____

Spouse/ Partner Name: _____

Address: _____

Postal Code: _____

Phone Number: _____

Number of Children: _____

Ages of Children: _____



Please let us know what communications you would like to receive from Riverbend Community Association!

- ☐ Volunteer Opportunities
- ☐ Special Events & Community Surveys (as occurring)
- ☐ General Riverbend Community Communications (monthly)

Membership cost:

- ☐ \$25 +GST (\$26.25) - Individual/ Family or Associate
- ☐ \$15 +GST (\$15.75) - Seniors Household



*Please mail completed form with
appropriate payment to Riverbend
Community Centre, 19 Rivervalley
Dr SE, Calgary AB T2C 3S1, or drop
it off at the Riverbend Community
Association's office.*

SCAN HERE TO VIEW ADDITIONAL RIVERBEND CONTENT

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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WWW.RIVERBENDCOMMUNITY.CA



Spring Programs

April to June 2023

Register online at www.riverbendcommunity.ca/programs.

Music for Littles

Music for Littles is a music program for small children with play-based learning to improve cognitive, physical, and social-emotional growth. Our Accredited Educator offers age-appropriate classes for ages newborn to three designed to nurture cognitive, social-emotional, and physical development, while helping grow kind, lifelong learners.

Age 0 to 1

Mondays, 12:00 to 12:45 pm in the Elbow Room

For 10 weeks on the following dates: April 10 to June 19.

No class May 22

Cost \$150 for Members | \$180 for Non-Members |

Drop-in price \$20

Age 1 to 3

Wednesdays, 10:00 to 10:45 am in the Elbow Room

For 10 weeks on the following dates: April 12 to June 14

Cost \$150 for Members | \$180 for Non-Members |

Drop-in price \$20

Yoga for Beginners

Start at the very beginning and build skills, strength, and mobility over the course of this session. For all ages and fitness levels. Please bring your own mat and dress in comfortable clothing that you can easily move in.

Tuesdays, 9:45 to 10:45 am in the Bow Room

For 10 weeks on the following dates: April 11 to June 13

Cost \$150 for Members | \$180 for Non-Members |

Drop-in price \$20

Gentle Yoga

Great for anyone with a mobility issue, 50+, or just getting back into a movement practice. Please bring your own mat and dress in comfortable clothing that you can easily move in.

Tuesdays, 11:00 am to noon in the Bow Room

For 10 weeks on the following dates: April 11 to June 13

Cost \$150 for Members | \$180 for Non-Members |

Drop-in price \$20

Pilates with Yoga

Each class will include a flowing series to warm the body, hold postures to build strength, and balance postures to increase stability. Classes will end with gentle stretches and relaxation. If you are new to physical activity, please check with your physician prior to starting a new exercise routine.

Tuesdays, 7:00 to 8:00 pm in the Bow Room

For 8 weeks on the following dates: April 11 to June 13.

No classes May 9 and May 16

Cost \$145 for RCA Members | \$165 for Non-Members

Dance Fitness

Dance Fitness is an easy to follow cardio dance class with a mix of popular and international rhythms guaranteed to make you sweat! A portion of the class is dedicated to toning choreography with the use of light hand weights.

Mondays, 8:15 to 9:15 pm in the Bow Room

For 10 weeks on the following dates: April 10 to June 19.

No class May 22

Cost \$145 for RCA Members | \$165 for Non-Members |

Drop-in price \$18

Tai-Chi

In this beginner program, you will learn the Cheng man-Ching style of Tai Chi. It is a shorter version of Yang family style. Also, Chi Gong and meditation are part of each class. The main focus of this program is health and relaxation.

Thursdays, 10:30 to 11:30 am in the Bow Room

For 12 weeks on the following dates: April 13 to June 29

Cost: \$108 for RCA Members | \$120 for Non-Members |

Drop-in price \$12

Seniors' Cards and Coffee

Join us every second and fourth Friday of the month for coffee, cards, and treats.

\$2 donation appreciated. No registration necessary.

Kids and Youth

Girl Guides of Canada

Girl Guides of Canada is the largest organization for girls and women in Canada. Meetings take place every Wednesday at 6:30 pm from September to June: Sparks (ages: 5 to 6) Elbow River Room; Brownies (ages: 7 to 8) Bow River Room; Guides (ages: 9 to 11) Carburn Park Room; Pathfinders (ages: 12 to 14) Heritage Room. Contact ggcinfo@calgarygirlguides.com or www.girlguides.ca for more information.

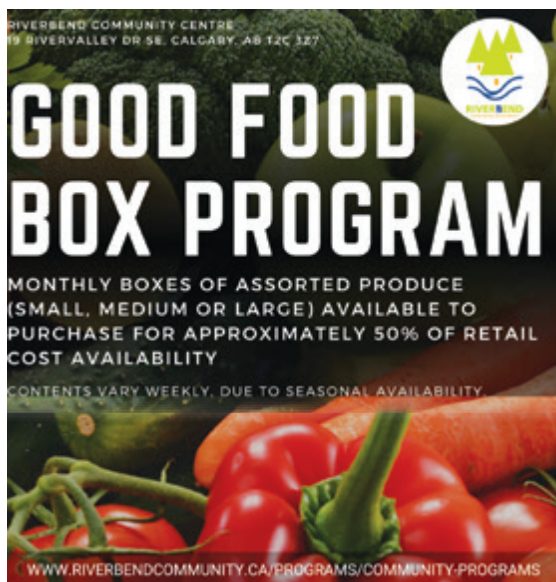
Calgary Young People's Theater

CYPT provides professional caliber mentorship, training, and performance opportunities to youth ages 4 to 18. Our extensive year-round programming includes productions, camps, classes, workshops, and new play development. Register online at www.cypt.ca/classes/. For more information, please email ad@cypt.ca.

Little Steps Before & After School Care

Out of school care for children ages 5 to 12 years attending Riverbend Elementary School and Holy Angels. Open Monday to Friday, 7:00 am to 6:00 pm, September to June. Closed all statutory holidays, Open all PD days.

Contact littlestepspreschool@telus.net, 403-554-3605, www.littlestepschildcare.ca/riverbend-preschool/, or www.littlestepsbac.ca for more information.



RIVERBEND COMMUNITY CENTRE
19 RIVERVALLEY DR SE, CALGARY, AB T2C 3Z7

GOOD FOOD BOX PROGRAM

MONTHLY BOXES OF ASSORTED PRODUCE (SMALL, MEDIUM OR LARGE) AVAILABLE TO PURCHASE FOR APPROXIMATELY 50% OF RETAIL COST AVAILABILITY

CONTENTS VARY WEEKLY, DUE TO SEASONAL AVAILABILITY

WWW.RIVERBENDCOMMUNITY.CA/PROGRAMS/COMMUNITY-PROGRAMS



Support community beautification with our **Spring Plant Fundraiser**

GROWING SMILES FUNDRAISING

WWW.RIVERBENDCOMMUNITY.CA/EVENTS/SPRING-PLANT-FUNRAISER



Volunteering Weaves Us Together

VOLUNTEER BENEVOLES CANADA

NATIONAL VOLUNTEER WEEK
APRIL 16 - 22, 2023

WWW.VOLUNTEERBENEVOLES.CA



RIVERBEND FYI

Riverbend Community Association Contacts

✉ info@riverbendcommunity.ca ☎ 403-236-7270 🏠 19 Rivervalley Dr SE, Calgary, AB T2C 3S1
 🌐 riverbendcommunity.ca 📘 facebook.com/riverbendyycc 🐦 twitter.com/riverbendyycc 📷 @riverbendyycc

Directors

President	Olga Maciejewski	olga@riverbendcommunity.ca
Past President	Christina Matisons	christina@riverbendcommunity.ca
Vice President, Business Administration	Amit Khare	amit@riverbendcommunity.ca
Board Secretary	Vladimir Ivanov	vladimir@riverbendcommunity.ca
Treasurer	Alina Cotovanu	alina@riverbendcommunity.ca
Capital Projects	Ken Schultz	ken@riverbendcommunity.ca
Community Beautification	Patricia Medhurst	pat@riverbendcommunity.ca
Information Technology	Ryan Munday	ryan@riverbendcommunity.ca
Memberships and Partnerships	Samantha Moulds	samantha@riverbendcommunity.ca
Traffic, Safety, and Crime Prevention	Brenda Pereira	brenda@riverbendcommunity.ca
Volunteer Resources	Natalia Gonzalez	natalia@riverbendcommunity.ca
Director at Large	Melodie Tang	melodie@riverbendcommunity.ca
Director at Large	Stuart Russell-Gibson	stuart@riverbendcommunity.ca

Other

Community Manager	Delby Auktor	delby@riverbendcommunity.ca
Communications and Marketing	Linsay Gray, Denelle Peacey, Ben Fisher	communications@riverbendcommunity.ca
School Liaison Holy Angels	Vacant	
School Liaison Riverbend	Olga Maciejewski	olga@riverbendcommunity.ca
Softball League	Cody Halleran	cody.halleran@shaw.ca
Volleyball League	Clayton Bischoff	claytonbbischoff@shaw.ca

District Representatives

Calgary Police Community	Liaison Officer Cst. Sue Bennett	403-266-1234
If you need to report an emergency or crime in progress, please call 911. If you need to report a historical crime and there is not an immediate need for police, please call the Calgary Police non-emergency line at 403-266-1234. For online reporting, please visit calgarypolice.ca.		
Councillor Ward 11	Kourtney Penner	Ward11@calgary.ca
MLA Calgary Peigan	Tanya Fir (UCP)	Calgary.Peigan@assembly.ab.ca
MP Calgary Shepard	Tom Kmiec (PC)	Tom.Kmiec@parl.gc.ca
School Board Trustee (Calgary Public School Board)		
Ward 11 and 13	Nancy Close	neclose@cbe.ab.ca
School Board Trustee (Calgary Catholic School Board)		
Ward 11 and 12	Cathie Williams	cathie.williams@cssd.ab.ca
Girl Guides Riverbend	Holly Sweeney	hollysweeney6@outlook.com
Scouts 77th East		
Glenmore Scout Group	Rose Martin	rose_m@shaw.ca



support your community

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PROGRAMS, EVENTS AND
PROJECTS

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- FREE monthly materials drop-off at Ecco Recycling landfill
- Discounts for RCA program and event registrations
- GREAT discount offers with community retailers

WWW.RIVERBENDCOMMUNITY.CA/MEMBERSHIP



Riverbend Community Centre

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WWW.RIVERBENDCOMMUNITY.CA/FACILITY-RENTALS



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IMPLEMENT NEW PROJECTS.**

01 ENHANCEMENT 02 LANDSCAPING 03 PUBLIC ART



**VOLUNTEERS NEEDED WHO ARE INTERESTED IN
ENHANCING THE BEAUTY OF RIVERBEND!**

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WWW.RIVERBENDCOMMUNITY.CA/COMMUNITY-ADVOCACY



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Spring Cleaning Around the House

from the City of Calgary



As you start your spring cleaning around the house, find the right place for your unwanted items:

Gently used toys, small furniture, and pots and pans: Donate to a local charity. Small broken household items go in your black cart.

Old paint and cleaning chemicals: Take them to a designated fire station or City landfill for safe disposal. Visit calgary.ca/hhw to view locations.

Clothing, shoes, and linens: Donate useable clothes, shoes, and linens to a local charity or take them to a textiles recycling bin at City landfills.

Old electronics: Take your old and broken gadgets to an electronics drop-off for proper recycling. Check out the list of locations at calgary.ca/electronics.

Household batteries: Safely dispose of household batteries by taking them to a participating retailer for free recycling. Learn more at calgary.ca/battery.

Fridge and pantry cleanup: Remove food from packaging and put it in your green cart for composting. If you're unsure how to dispose of an item, look it up at calgary.ca/whatgoeswhere.

We would also like to kindly remind residents to clear snow off their blue cart lid and keep the lid closed to ensure that paper and other recyclables stay dry from snow or rain.

Keeping Storm Drains Clear This Spring

from the City of Calgary



Storm drains are a part of Calgary's stormwater system. There are about 60,000 storm drains in Calgary working to capture water and melting snow off sidewalks, streets, and roads.

Keep Your Storm Drains Free and Clear of Snow, Leaves, and Debris

If it's safe and possible to do, remove debris or snow blocking the drain. Create a channel, if need be, to help water flow.

Pooled Water on Your Street

In communities built after 1990, The City installs devices in the storm drain to control how fast water flows into the system. During and after a rainfall event, these devices allow water to pool on the road (usually in a depression or low spot, called a Trap Low), until the stormwater system can accept the extra water.

Take a Picture

If the storm drain remains submerged for more than 90 minutes or you cannot safely clear ice and snow away, take a photo and submit it via the 311 app or a web request. Attaching a photo goes a long way in helping our crews respond on a priority basis.

For more information on storm drains and to locate the closest one to you, visit calgary.ca/stormdrains.

TRAFFIC & SAFETY AWARENESS



CALGARY POLICE SERVICES

TRAFFIC

The Residential Traffic Safety Unit is attached to the Traffic Section of the Calgary Police Services. Report an ongoing traffic concern related to the following:

- Speeding Issues
- School or playground zones
- Trucks / Commercial vehicles
- Pedestrian safety issues
- Intersection safety issues
- Motorcycle issues
- Illegal turns

TRAFFIC SERVICE REQUEST

WWW.CALGARY.CA/CPS/TRAFFIC/TRAFFIC-SERVICE-REQUESTS.HTML

TRAFFIC & SAFETY AWARENESS



311 SERVICE REQUEST

ROAD SAFETY

311 Calgary. Your connection to The City. If you have any concerns with road safety Call 311 or submit a 311 online request

- Traffic Signals: Left Turn or Pedestrian Light
- Neighbourhood speed limits
- New sidewalk requests
- Pathway concerns
- Parking signs

311 ONLINE REQUEST

WWW.CALGARY.CA/CATEGORIES/CATEGORY-TRANSPORTATION.HTML

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www.thfireplaces.ca

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- Clean and vacuum logs/media and burner assembly
- Clean and check the blower system
- Clean and test the thermopile, thermocouple, and pilot assembly
- Clean and test electronic ignition system
- Check gaskets and seals for leaks
- Measure valve readings for optimal operation
- Test for gas leaks
- Test for venting leaks
- Test for correct switch/thermostat operation
- Test spill switch connections and current flow
- Polish glass panel with fireplace cleaner

Service rates starting at **\$185^(+GST)**

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*Does not include parts replacement cost or return trip charges.



Bicycle Helmet Safety

from Alberta Health Services

Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life
- Brain injuries can cause permanent disability or death
- Reduce your risk by always wearing your helmet
- Replace any helmet that has been involved in a crash, even if it appears undamaged

Getting started

- Allow children to assist when buying their helmet
- Cyclists who choose their own helmet are more likely to wear them
- Start the habit early. Young children learning to ride tricycles need to wear helmets
- Parents must lead by example – always wear a helmet when cycling

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash
- When worn properly, helmets should fit level, not tilted up, or down over the forehead
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened
- Adjust the chin straps to form a "Y" below and slightly forward from the ears
- Only one finger should be able to fit under the chin strap when it is fastened
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

* Parachute Canada: <http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>.

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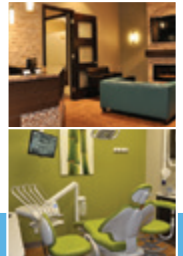
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Sunday, April 9th 2023

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Restaurant Seating
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Banquet Room Seating
(11:00 am & 11:30 am)

**Easter Dinner Buffet
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