RIVERBEND



CONNECTS

THE OFFICIAL RIVERBEND COMMUNITY NEWSLETTER





Promote your business and get noticed!
Contact us at 403-720-0762 or grow@greatnewsmedia.ca



GET A QUOTI

www.riverbendcommunity.ca

WE SELL IN RIVERBEND & QUARRY PARK AND WE LIVE HERE TOO!

*Not intended to solicit property currently listed for sale.







RIVERSIDE CLOSE

OUARRY WAY

RIVERGLEN PARK

Thinking of selling? Now is the time!

INVENTORY IS LOW.

Call us for your free home evaluation!

Riverbend Annual Fall Parade of Garage Sales is Saturday, September 16th

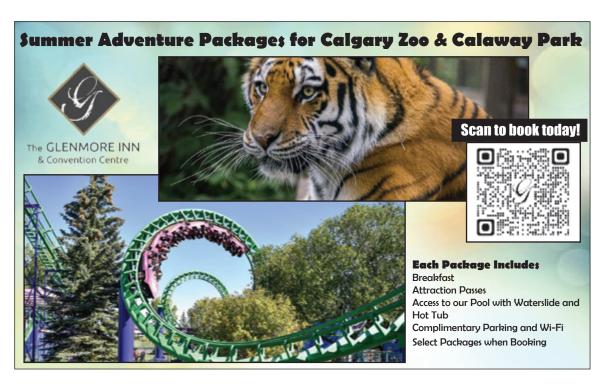


TARRYN HAMILTON & BART LAMB



Tarryn 403.478.5262 Bart 403.466.5262









Key Things to Know About in July

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

Thank You Volunteers and Contributors!

To all those who supported our first Spring Plant Fundraiser, it was very successful! Funds will support future community beautification projects.

Thank you for helping us beautify our community!

Another Successful Dance Party!

We would like to thank all of the volunteers that helped out with our End of School dance. We would also like to thank the Scholar's Choice Willow Park for setting up their activity table and Joy in Colours for donating the Riverbend crayons.

A big thank you to Tarryn Hamilton and Bart Lamb for organizing another fabulous Spring of Parade Sales. The participation from private households and house-based businesses was fantastic.

Summer Programs in Riverbend

City of Calgary Park 'n Play

These fun, safe, and supervised programs are free, and are offered on a drop-in, first come, first served basis. Games and activities are designed to help children make new friends, learn, and support them on their path to a healthy and active lifestyle.

The Park n' Play/Stay n' Play programs will be coming to Riverbend School) from August 21 to 25, 2023.

Park n' Play (ages 6 to 12) runs from 10:00 am to 3:30 pm $\,$

Stay n' Play (ages 3 to 5 with a parent) runs from 10:00 am to noon

Adventure Playground

Join our on-site play ambassadors for a self-directed, drop-in program. We provide loose parts and natural materials to inspire active and creative outdoor play.

Parents are encouraged to stay and watch their children's imaginations soar in these adventure spaces.

Date: July 3 to 7

Time: 10:00 am to 3:00 pm

Location: Riverbend Park (221 Riverbend Dr SE)

Good Food Box Program Summer Schedule

There will be no Good Food Boxes in the months of July and August 2023. The program will return in September 2023.

Community Beautification Updates

Paths on 18 Street

New paths on the east and west side of 18 Street between Rivervalley Drive (Riverbend Community Centre) and Riverbend Gate/Riverglen Drive (McDonald's) were constructed in May 2023. The paths are a great improvement to our community as they greatly increase the safety of our pedestrians and enhance the walkability of our neighbourhood.

Thank you, Councilor Kourtney Penner for advocating for Riverbend to make this happen!

Garbage Can Wraps

We were successful in securing a Community Standards Grant from the City of Calgary in support of community beautification. Thanks to this funding, all 28 garbage cans around our community will undergo an extreme makeover.

We are positive that with the new look, garbage cans will be less likely to be vandalized by graffiti and residents will be more likely to dispose of waste in the garbage cans.

The work on the garbage cans was completed in early June.

Community Hub Gathering Space

We are very excited to announce this project! We are reimagining our outdoor community spaces, to contribute to the beautification of our neighbourhood. With our all-season rink makeover work nearly completed, we want to further enhance our outdoor space into a true community hub. We just received approval for funding from the City of Calgary Inspiring Neighbourhoods Grant and we will be adding 10 colourful, low maintenance picnic tables around the rink area. With lots of all-season amenities in this area, we are positive that this will further encourage residents to gather, socialize, connect, and be neighbourly. The new picnic tables will be a great addition for outdoor events such as YYCFoodtruck Fridays, birthday parties, picnics, family gatherings, etc. The picnic tables are being designed to match Riverbend Community Association's official branded colours of blue, green, and orange.

Finally, to complete our all-season rink makeover project, we are adding basketball and pickleball court lines to the rink.

The installation will be taking place over the summer. Stay tuned for further updates.

Facility Upgrades

Enmax Community Solar Program

We are very excited to share that Riverbend Community Centre will be becoming greener soon! We were successful with our application for the Enmax Community Solar Program. Several solar panels were installed on the community centre roof in early June which will help us offset our energy costs.

New Accessible Front Door

We can't wait to make the community centre more accessible for everyone, including those with mobility limitations, as well as families with little children. Thanks to our successful application with Employment and Social Development Canada Enabling Accessibility Fund, we will be able to replace the front doors to the community centre and add wave activated accessibility buttons. This work should be completed in the summer.



SCAN HERE TO VIEW ADDITIONAL RIVERBEND CONTENT News, Events, Crime **Real Estate** & More **Statistics Statistics**

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 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



RIVERBEND FYI



The RCA is a volunteer-based, non-profit organization.

Our mission is to create a vibrant, active community, and to encourage participation and a spirit of belonging.

Values - Riverbend CONNECTS!

Community Oriented: We put our community needs first and provide opportunities to bring the community together.

INtegrity: We are open, honest, and responsible in our dealings with our community stakeholders and amongst ourselves.

Nature: We value the proximity of green spaces, pathways, and the river in our community.

Engagement: We are committed to keeping our community informed about all things Riverbend, ensuring participation in programs, events, and volunteer opportunities.

Connection: We want to foster positive, supportive connections for our community members.

Teamwork: We work together to support our community stakeholders, and to address community concerns.

Sustainability: We take care of our resources responsibly to ensure they can benefit future generations.

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

To purchase Riverbend swag, visit our Spirit Gear online store at www.riverbendcommunity.entripyshops.com. Order countless items and customize the design in an unlimited number of ways. Let's all show how we love Riverbend!

What Does an RCA Membership Get You?

- The opportunity to participate in community gatherings and build in-person relationships.
- Supporting many programs and events that the RCA offers.
- Enjoyment of recreational programs and activities right in your neighbourhood.
- Entitlement to vote at the RCA Annual General Meeting to choose the people you'd like to see on the Board of Directors.
- The ability to join the RCA Board of Directors and make a lasting impact on the community.

Discount offers:

- 15% off of Riverbend Community Centre rentals.
- Discounts on community programs and events.
- Priority registration for free community programs and events.
- 10% discount for paddle board rentals and paddle board classes from SUP&Flow.
- 25% off burglary, smoke, panic, and medical alarm monitoring fees with Stealth Alarms.
- 25% off paint and 15% off paint supplies at Cloverdale Paint.
- 10% off at Original Joe's restaurant in Quarry Park. (Some conditions apply)
- One free materials drop off once a month at Ecco Recycling landfill.
- Free week trial and rate discount at F45 Quarry Park Riverbend.
- *New January 2023: 10% discount on all services at Willow Park Scholars.
- •*New January 2023: 10% discount on all products using code RIVERBEND10. Backyard Meats.
- *New February 2023: 10% discount on any order made online using code RIVERBEND, or via Instagram or Facebook messenger at Joy in Colours.

How To Purchase and Renew RCA Membership?

Online: Best option is to purchase your membership via our website: www.riverbendcommunity.ca/membership.

Via mail: Cut out and complete the Membership form from Riverbend Connects. Mail to Riverbend Community Association: 19 Rivervalley Drive SE, Calgary AB, T2C 3S1.

In person: At the Riverbend Community Centre for those without computer access. Exact cash amount or cheque only.

Want to Offer a Member Benefit/Discount?

In recognition and appreciation of the member benefit offered for the RCA Members, RCA agrees to:

 Provide a listing on our website under 'Memberships' page with a hyperlink. Our webpage (www. riverbendcommunity.ca) is visited by about 1,000 visitors every month.

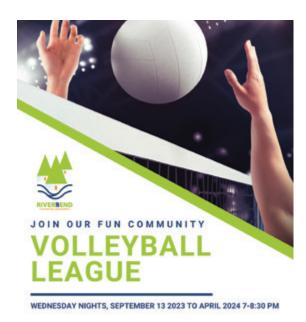
About Riverbend Community Association and the services and benefits it offers:

- · Listing in the Riverbend Connects newsletter on Memberships page. Our printed newsletter is delivered to over 4,000 households and enjoys over 80% readership.
- Announcement post with logo on 'Community Partners' page.
- · A new benefit announcement post with logo will be posted on our social media platforms. Our Facebook page has 2,400+ followers, Twitter page 700+ followers, and Instagram page 900+ followers. Our posts often reach a few thousand people.
- One additional post on RCA social media platforms per year.

Please note:

Overhead costs of processing membership applications not submitted online are high, therefore we strongly encourage everyone to utilize our online portal.

Registrations that are mailed in take longer to process; you may not receive your membership confirmation right away.



WWW.RIVERBENDCOMMUNITY.CA/PROGRAMS

YOUR CITY OF CALGARY

Calgary Summers are Getting Increasingly Hotter and Drier

from the City of Calgary

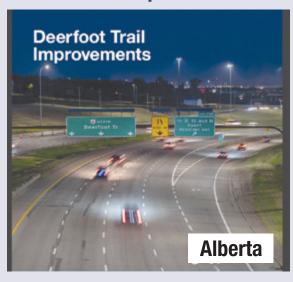
Extreme heat can put your health at risk, causing illnesses like heat stroke and even death. An extreme heat warning is issued when two or more consecutive days of daytime maximum temperatures are expected to reach 32 degrees Celsius or warmer and nighttime minimum temperatures are expected to be 16 degrees Celsius or warmer.

The following tips will help keep you safe during this extreme heat:

- Avoid working or exercising intensely in the heat or humidity when possible.
- Drink plenty of water to decrease your risk of dehydration.
- · Have cool drinks in your vehicle and keep your gas tank full.
- Wear sunscreen.
- Never leave people or pets inside a parked vehicle.
- Close curtains and blinds during the day.
- Open windows for cooler air if safe.
- Avoid using your oven, if possible.
- Take cool showers/baths or go to an air-conditioned public space.
- Look at weather forecasts to know when to take extra care.
- Call 911 if you see an animal left in a hot parked vehicle.
- · Look out for your pets. Avoid hot surfaces that might hurt to walk on and ensure that they have plenty of water.
- Heat stroke is a medical emergency. If you experience any symptoms, call 9-1-1 immediately.

To learn more about what you can do to protect yourself and your family, visit calgary.ca/getready.

Deerfoot Trail Improvements



Alberta Transportation and Economic Corridors (ATEC) is undertaking improvements to Deerfoot Trail.

Deerfoot Trail is Alberta's busiest freeway and sees over 180,000 vehicles per day in some sections. It is a critical component of Calgary's transportation network for both commuter travel and goods movement. Since Deerfoot Trail was initially constructed in the 1970s, Calgary's population has doubled, more people have access to vehicles, and traffic volumes have continued to increase.

The improvements will add additional lanes along Deerfoot Trail as well as improve safety and reliability for drivers.

With this construction project, there will be impacts to our community. RCA would encourage residents to visit the project website - https://www.deerfootimprovements.ca/ to learn more about it.

If you are interested in helping the RCA advocate for traffics safety during this project, please contact Brenda Pereira at Brenda@riverbendcommunity.ca.



Mobile Adventure Playground

Free for all ages!

Keep active this Summer with

The City of Calgary's Mobile Adventure Playground!

Drop-in for unstructured free play.

Date: July 3-7

Time: 10:00 am-3:00 pm

Riverbend Park-221 Riverbend Dr. S.E.

calgary.ca/play

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SCAN THE QR CODE FOR THE SOLUTION



SAFE & SOUND

Heat Related Illness

from Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- · Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- · Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- · Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.



 Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

RIVERBEND FYI

Riverbend Community Association Contacts

Directors				
President	Olga Maciejewski	olga@riverbendcommunity.ca		
Vice President, Business Operations	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		
Communications	Nichole Wyatt	nichole@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		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 and Liaison Officer Cst. Sue Bennett 403-266-1234

To report an emergency or crime in progress please call 911

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.cav

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
Ward 11 and 13 School Board Trustee (Calgary Public School Board)	Nancy Close	neclose@cbe.ab.ca
Ward 11 and 12 School Board Trustee (Calgary Catholic School Board)	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



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- · Fully renovated patio
- · Minutes away from picturesque Carburn Park
- · Listed as one of the best Community Centres in Calgary
- · And so much more!!







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WWW.RIVERBENDCOMMUNITY.CA/MEMBERSHIP

YOUR CITY OF CALGARY

'Bee' YardSmart

from the City of Calgary



Did you know? YardSmart yards keep our rivers healthy and help create a green and healthy city.

Visit calgary.ca/yardsmart to learn how to create a beautiful yard or green space that is easy to maintain, is suited for our city's unique climate, and needs little watering during hot and dry conditions. You can also visit calgary.ca/droughtinfo for more tips on caring for your yard during dryer times through the summer.

We Have Several Free Resources Available:

- Garden bed layouts for all areas of your yard wet, dry, or a combination of sun and shade.
- · Plant lists to help you choose beautiful and lowmaintenance plants at your local garden centre.
- How-to video series, including gardening on a budget and planning a garden bed.
- Native wildflower plant lists and native meadow garden bed design.

Our YardSmart program was created in partnership with The Calgary Horticultural Society to help craft garden designs that thrive in Calgary and support our natural environment.

A Tip to Get Started:

Begin your YardSmart yard by replacing a bit of your grass with water-wise plants and greenery this summer!

Enjoy Off-Leash Dog Parks Safely This Summer

from the City of Calgary



Calgary is a haven for dog lovers, with numerous off-leash dog parks across the city. As summer approaches, many pet owners are eager to enjoy the warm weather and spend quality time with their furry friends. However, it is crucial to ensure that off-leash interactions are safe and enjoyable for everyone. By following simple guidelines, dog owners can create a positive and secure environment for their pets and fellow park-goers.

Know the Rules

Familiarize yourself with the specific rules and regulations of each dog park you plan to visit. Be aware of any size restrictions, leash policies, and speak to your veterinarian about the vaccinations your dog will require.

Training and Socialization

Before heading to the park, ensure that your dog is well-trained and socialized. Basic commands like "sit," "stay," and "come" can go a long way in managing their behaviour.

Supervision and Control

Keep a close eye on your dog. Stay within a reasonable distance and maintain control over their actions.

Communication with Other Owners

Establish open lines of communication with fellow dog owners. Respect their space and recognize any signs of discomfort or tension between dogs.

Bring Essential Supplies

Carry essential supplies such as water and waste bags. Clean up after your pet to maintain cleanliness and hygiene in the park.

Calgary's off-leash dog parks provide a fantastic opportunity for dogs to socialize, exercise, and have fun during the summer months. To learn more about responsible pet ownership, check out our video series at calgary.ca/pets/licences.

Green Line Early Works Construction to Pause For Stampede

from the City of Calgary



Green Line's current Beltline and downtown early works projects will be paused prior to July 7, 2023, in time for the opening day of the Calgary Stampede.

To make way for the future Green Line stations and tunnel, construction is underway, moving the utilities in downtown and Beltline. The project will relocate underground, street-level, and overhead utilities, including City sanitary, water, stormwater, and more.

Green Line early works projects will be paused before the Calgary Stampede, to accommodate for the high event traffic. That means equipment and blockades will be moved, and traffic lanes will be restored to make it easier to get around during the Greatest Show on Earth.

This summer, Green Line will also begin construction in the community of Ogden with work present on 78 Ave SE, 69 Ave SE, and near 72 Ave SE. This work will continue through the Calgary Stampede as construction is not expected to impact downtown accessibility.

To learn more about Green Line construction, including work details, and impacts, visit calgary.ca/ GreenLineConstruction.

Proper Disposal of Smoking Materials

from the City of Calgary

Improper disposal of smoking material such as tobacco products is the leading cause of outdoor fires in Calgary. To help reduce outdoor fire risks, citizens should make an effort to properly dispose of smoking material. Remember to always call 911 to report a fire.

To Better Protect Your Homes, it is Recommended That You:

- Never put out cigarettes or smoking material in flower planters, peat moss, your lawn, or garden.
- Use a deep, wide, sturdy metal container with a lid, filled part way with sand or water that should be emptied regularly.
- Ensure that all butts and ash are out by soaking them with water prior to putting in the trash.

Smoking in Natural Areas

Extreme caution should be used in the city's natural areas and green spaces where extremely dry vegetation covering the ground provides readily combustible fuel if an ignition source is applied.

Reducing Risk

- Do not store propane tanks, firewood, or yard waste next to your house.
- Prune all tree branches within two metres of the ground and plant new trees at least three metres apart.
- · Assess potential fire hazards within 1.5 metres of your home, including natural debris, trees, and other structures.

Smoke Alarms

Having working smoke alarms saves lives - more than one-third of all fire fatalities are associated with having no smoke alarm.

Cigarette Litter

Did you know that cigarette litter is a major environmental concern and contributes to a disproportionate amount of litter in our city? Contrary to popular belief, those white sponge-like butts are not made from cotton or paper — instead, they're a synthetic microfibre that takes years to break down and are unsightly around our city.

- Cigarette filters are one of the most littered items in the world.
- · Chemicals that can leach out of cigarette butts include arsenic, ammonia, and lead. The chemicals found in one cigarette butt can leach out and contaminate approximately 7.5 litres of water within one hour. This contaminated water is lethal to aquatic life
- Sunlight will degrade a cigarette filter and break it into very small particles. These small pieces do not disappear or biodegrade but wind up in the soil or swept in water, contributing to water pollution.
- The fines for the improper disposal of cigarette litter ranges from \$250 to \$500, with a maximum fine of \$750 for throwing a butt out of a car window.

If you're a smoker, consider buying a pocket ashtray available locally and from popular online retailers.







For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit https://calgarymatandlinen.com/ to learn more and get a quote. We are located in SE Calgary.

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BUSINESS CLASSIFIEDS

LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

PLUMBING PARAMEDICS: Your community plumbing and furnace experts! Licensed, insured, and fully guaranteed! Specializing in residential plumbing and furnace repairs. BBB accredited. Call today to experience our world class service! 587-205-6657.

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

CROWN RENOVATIONS: Beautiful kitchens, bathrooms, and basements at affordable prices. Over 30 years' experience in quality renovations. Full service custom cabinetry. Local, licensed, bonded, and insured. Free inhouse estimates. Visits to former clients can be arranged. Full house renovations. Check out our latest before and after renovation at www.crownrenovations.com. Call Bill at 403-819-8588 or email crownreno@shaw.ca.

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FEMALE PHYSICIAN ACCEPTING PATIENTS: Dr Amy Adilih is accepting new and walk-in patients at Douglaswood Family Medicine & Walk-In Clinic in Douglasdale. Call 587-471-9467 or email info@douglaswoodfamilymedicine.ca.

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We Proudly Follow the Alberta Dental Association Fee Guide

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#210 - 163 Quarry Park Blvd SE

LOCATED IN THE MARKET AT QUARRY PARK ACROSS FROM THE CO-OP

403.453.5588 www.dynamicdentalcalgary.com

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Dentistry is our profession, but people are our focus