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Key Things to Know About in October

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

Thank you Tarryn Hamilton and Bart Lamb for organizing another successful Fall Parade of Garage Sales! Our community is always grateful for this great opportunity to declutter.

Upcoming Events

Halloween Dance Party - Girl Guides Fundraiser **October 27 from 6:30 to 8:30 pm**

All proceeds support the Girl Guides 91 Maritimes Trip Unit.

Join us for Halloween themed dancing, crafts, tattoo table, and cash concession.

Tickets are \$3 per child for members and \$5 for non-members.

Register online at www.riverbendcommunity.ca/events.

Fall Fair

November 4 from 10:00 am to 4:00 pm

Join us for another fantastic Christmas shopping opportunity from local vendors.

YYC food trucks will be onsite. Visit our website at www.riverbendcommunity.ca for more vendor information.

Annual AGM

November 21 from 6:30 to 8:30 pm

This year's meeting will again be taking place in person at the community centre! Join us to review our annual reports, approve financial statements, vote for new directors to join the board, and enjoy some wine and cheese.

Annual Kids' Christmas Party

December 2 from 12:00 to 4:00 pm

Join us for another fun-filled afternoon of crafting, cookie decorating, and photos with Santa.

Free for members, \$5 for non-members.

Register online at www.riverbendcommunity.ca to book your time for photos.

Good Food Box Program

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

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

The upcoming order deadline is Monday, October 9 by 6:00 pm. Pick-up is on Thursday, October 19 between 5:00 and 7:00 pm at the community centre. The next order deadline is Monday, October 30 by 6:00 pm. Pick-up will be on Thursday, November 9 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.

55+ Cards and Coffee

Join us in the Elbow room every second Friday of the month from 2:00 to 4:00 pm.

\$2 donation appreciated. No pre-registration necessary.

Next date is October 13.

Updates From Your RCA

Community Beautification Updates

Read our story about 18 Street Landscaping on page 8.

Host Your Next Event with Us!

Looking for a spot to host your next event? It is never too early to start planning your Christmas party! Look no further than your own community!

The perfect spot for a wedding, family celebration, birthday party, or business meeting.

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Book your event today at <https://www.riverbendcommunity.ca/facility-rentals>

Rink Board Advertising

Riverbend Community Association (RCA) offers an opportunity for the placement of advertising images on RCA Rink Boards.

Details:

- The size of the sign is 3 ft x 7 ft.
- RCA is going to coordinate printing and installation of the sign.

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.

- The cost is \$1,200 + GST for a two-year period.
- Businesses that offer benefits to RCA Members will receive an additional 10% discount for Rink Board Advertising.

If you are interested in this opportunity, visit our website to fill out an application form at <https://www.riverbendcommunity.ca/outdoor-rink>.

Partner With Us to Offer RCA Member Benefits/ Discounts!

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

- Provide a listing on our website, specifically the Memberships page with a hyperlink. Our webpage (www.riverbendcommunity.ca) is visited by about 1,000 visitors every month.
- Provide a listing in the *Riverbend Connects* newsletter on the Memberships page. Our printed newsletter is delivered to over 4,000 households and enjoys over 80% readership.
- Post a new benefit announcement post with logo on our social media platforms. Our Facebook page has 2,400+ followers, X (Twitter) page 700+ followers, and Instagram page 900+ followers. Our posts often reach a few thousand people.
- Post one additional post on RCA social media platforms per year.

Visit our website to sign up at <https://www.riverbendcommunity.ca/membership>.

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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RIVERBEND FYI

Riverbend Community Association Contacts

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 🌐 riverbendcommunity.ca 📘 facebook.com/riverbendyycc 🐦 twitter.com/riverbendyycc 📷 @riverbendyycc

Directors

President	Olga Maciejewski	olga@riverbendcommunity.ca
Vice President, Business Operations	Amit Khare	amit@riverbendcommunity.ca
Board Secretary	Vladimir Ivanov	vladimir@riverbendcommunity.ca
Treasurer	Vacant	
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	Anthony Murdoch	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
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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



Girl Guides 91 Maritime Trip
Fundraiser

HALLOWEEN DANCE PARTY

October 27 2023 | 6:30-8:30

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\$3 members - \$5 non-members
price per child

www.riverbendcommunity.com



Girl Guides

Community Beautification

Update on 18 Street Landscaping

Despite the lack of visible results, RCA has been working hard to improve the landscaping along 18 Street.

What has the approach been to date?

The focus has been on the stretch of 18 Street between the pedestrian crossing at Riverview Close/Riverwood Circle and 21 Street as this stretch needs the most attention. We have been working with the City of Calgary Parks, City of Calgary Roads, and City of Calgary Transportation departments to address the unacceptable state of the lawns on the median (center) and on the boulevards (sides). We wanted to make the City aware of the unacceptable state of the lawns, the negative impact it has on the Riverbend community at large, and work with them to develop a plan to address it.

What has been done so far?

In late 2022, after much negotiation, the City of Calgary Parks agreed to conduct a pilot project using salt grass. Normally, salt grass needs to be transplanted by hand, but the City wanted to test a new method of planting it. They seeded the salt grass in the median in late summer. Unfortunately, there was no rain, they did not water it regularly, and it was too late in the season and the grass didn't grow.

In 2023, we continued to advocate for something to be done so the City added some gypsum (to amend the soil) and grass seeds to the median and to the sides. They have been watering and mowing regularly. Unfortunately, the results are not satisfactory. There are slightly fewer bald patches and a bit more greenery but unfortunately, it is mostly weeds that have sprouted.

Why does nothing want to grow in this area?

The City of Calgary Parks believes grass and trees will not grow on that median. It is not clear what the reason for this is as grass and trees grow just fine in other spots of 18 Street (for example between Riverbend gate/Riverglen Rd at McDonalds and Rivervalley Drive/Riverglen Drive at the community centre). They suspect it is because of the low parts/dips in the pavement, which causes more salt, gravel, and water to splash onto the median in that area. In addition, the median seems to be too low, which causes the water and salt and gravel to pool there, which affects the soil and prevents plants from growing.

What are other options for this area?

We explored other options with the City of Calgary and there aren't many. The City will not support decorative rocks, high grass, or wildflowers. Communities that have paid for it on their own have had mixed success as it gets very weedy within a few years. Gravel and salt from the roads splash onto the median and it would be impossible to keep it looking nice.

The City will not pay for anything. For whatever we want to pursue, we would need to find our own funds for it. There are grants we could leverage, or we could possibly pursue fundraising activities as a community. We will also need to secure approval from the City for our design before we start anything.

Why don't our median's look as good as in Quarry Park?

Quarry Park's landscaping, including boulevards and medians, are being maintained by the Quarry Park Land Owners Association. Every homeowner, as well as commercial lot owners, pay additional fees to maintain the curb appeal of the community at a higher than City of Calgary standard. One of the additional features includes an irrigation system for their boulevards.

What is next?

The Calgary Parks is focused on maintaining parks. We suspect that it is unlikely that they will spend any more money on this issue. They have tried twice over the past two years only because of our extensive advocacy. We are currently reviewing options of what would be the most feasible next step.

One option is to hire a contractor to elevate the median and replace the soil in it and to try to seed the grass again. The likelihood of success with this approach is unclear. Currently, RCA has no funding available to support this option from its operational budget.

Another option is to come up with a completely new approach/design for something that doesn't require any maintenance. This will require community engagement, securing funds from grants/ fundraising, and obtaining approvals from the City of Calgary.

What can you do to help?

Purchase RCA membership to support your community! Currently 28% of households in Riverbend are members of the RCA. As more households purchase the annual membership, we will be able to dedicate more funds towards supporting community beautification projects.

Join the Community Beautification Team! If you are ready to roll up your sleeves, write grants, and work with the City, let us know! Please email pat@riverbendcommunity.ca.

Call 311 to report your concerns with the boulevards and medians on 18 Street. If we put in more calls, we will get more attention on this issue.

Finally, if you have any other ideas, please let us know!





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Deerfoot Trail Improvements



The Deerfoot Trail Improvements Project was launched in early 2023.

Project scope currently includes redesign of Glenmore Trail interchange, Southland Drive Interchange, Anderson Road interchange, and Ivor Strong bridge upgrades.

We are very excited about the anticipated benefits that the Deerfoot Improvements Project will bring to all drivers utilizing this major freeway. However, we are also very concerned about the prospect of further increased traffic and the safety of pedestrians and cyclists using this street, as drivers will want to bypass the construction on Deerfoot Trail.

In May 2023, Riverbend Community Association sent a letter to MLA Tanya Fir, Office of the Minister of Transportation and Ward 11 Councilor Kourtney Penner to flag our community's concerns and advocate for preventative measures to be put in place.

We will continue to advocate to engage with the officials and with our community residents to determine long term solutions that will:

- Keep 18 street safe for pedestrians and cyclists.
- Reduce cut-through traffic volumes through our community.
- Optimize traffic flow to ensure our community residents can get in and out of our community safely.

Please sign up for a newsletter and see all project related details on deerfootimprovements.ca.

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



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WWW.RIVERBENDCOMMUNITY.CA/OUTDOOR-RINK



Annual General Meeting

Tuesday, November 21, 2023
6:30PM - 8:30PM

- Meeting will be in person at the community centre
- Voice concerns about community issues
- Review RCA Annual Report and financial statements
- Meet and vote for board of directors
- Network with neighbours
- Enjoy wine and cheese (For Riverbend residents only)

For more details - www.riverbendcommunity.ca



Riverbend Community Centre

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ANNUAL RCA
Kids Christmas Party

Saturday December 2, 2023
12pm to 4pm

PHOTOS WITH SANTA 12-3PM
COOKIE DECORATING
CRAFT TABLES

FREE FOR MEMBERS
\$5 FOR NON-MEMBERS

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Remington Development Corporation
RIVERBEND community association

Dr. Nikola Vranjes, DDS



Dr. Tasha Chrbet, DDS



Dr. Megan Lawless, DDS



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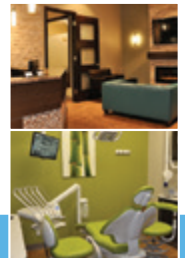
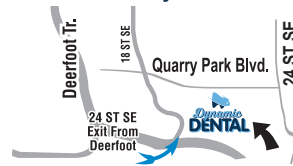
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Signs You May Have Depression

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

For many people with depression, symptoms are usually severe enough to cause noticeable problems in day-to-day activities, such as work, school, social activities, or relationships with others. Some people may feel generally miserable or unhappy without really knowing why.

Although depression may occur only once during your life, people typically have multiple episodes. During these episodes, symptoms occur most of the day, nearly every day, and may include:

- Feelings of sadness, tearfulness, emptiness, or hopelessness
- Angry outbursts, irritability or frustration, even over small matters
- Loss of interest or pleasure in most or all normal activities, such as sex, hobbies, or sports
- Sleep disturbances, including insomnia or sleeping too much
- Tiredness and lack of energy, so even small tasks take extra effort
- Reduced appetite and weight loss or increased cravings for food and weight gain
- Anxiety, agitation, or restlessness
- Slowed thinking, speaking, or body movements
- Feelings of worthlessness or guilt, fixating on past failures or self-blame
- Trouble thinking, concentrating, making decisions, and remembering things
- Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts, or suicide
- Unexplained physical problems, such as back pain or headaches

Some differences in symptoms you may see in teens and children:

- In younger children, symptoms of depression may include sadness, irritability, clinginess, worry, aches and pains, refusing to go to school, or being underweight.
- In teens, symptoms may include sadness, irritability, feeling negative and worthless, anger, poor performance or poor attendance at school, feeling misunderstood and extremely sensitive, using recreational drugs or alcohol, eating or sleeping too much, self-harm, loss of interest in normal activities, and avoidance of social interaction.



Differences in symptoms seen in older adults:

Depression is not a normal part of growing older, and it should never be taken lightly. Unfortunately, depression often goes undiagnosed and untreated in older adults, and they may feel reluctant to seek help. Symptoms of depression may be different or less obvious in older adults, such as:

- Memory difficulties or personality changes
- Physical aches or pain
- Fatigue, loss of appetite, sleep problems or loss of interest in sex — not caused by a medical condition or medication
- Often wanting to stay at home, rather than going out to socialize or doing new things
- Suicidal thinking or feelings, especially in older men

For some, depression is caused by a neurochemical deficit. While for others, depression is brought on by an event such as a breakup, death, job loss, postpartum, or a major stressful life event. Those with a neurochemical imbalance may need to seek life-time pharmacological treatment and therapy. Others, with less severe symptoms may recover quite well with just therapy alone. Some may need a combination of both for short term (four to six months). Never stop an antidepressant cold turkey as you can have life threatening side effects. Always speak with your doctor first and follow their protocol.

No matter what age group you or a loved one may fall under, it is important to seek help if your symptoms last for more than two to three weeks.

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