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THE OFFICIAL RIVERBEND COMMUNITY NEWSLETTER



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Dr. Tasha Chrbet, DDS



Dr. Megan Lawless, DDS



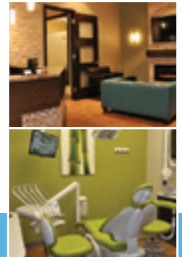
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RCA MEMBERSHIP FORM

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.

RIVERBEND FALL FAIR

SEEKING

Vendors

ONLINE APPLICATION
OPENS SEPTEMBER 1 2023
WWW.RIVERBENDCOMMUNITY.CA

SATURDAY, NOV 4
10AM- 4PM
RIVERBEND COMMUNITY CENTRE

DINNER and a Movie

Join us for a night of yyc food trucks and Disney's *The Little Mermaid* (2023)

FRIDAY SEPTEMBER 22
Food trucks will be onsite from 4-7PM
Movie starts at 6PM
Ticket prices:
\$3 for member \$5 for non-member

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www.riverbendcommunity.ca

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Key Things to Know About in September

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

Riverbend Community Fall Programs

Please see page 6 for our complete list of fall programs.

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)

Order deadline is Monday, September 11 by 6:00 pm for pick-up Thursday, September 21 between 5:00 and 7:00 pm at the community centre.

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

Riverbend Transit-Oriented Development Project - Public Information Session

Thursday, September 21 at 5:00 pm

The City of Calgary Real Estate and Development Services Project Team is organizing a Public Information Session on Thursday, September 21 at 5:00 pm and everyone is welcome to join.

Riverbend TOD is a proposal to redevelop approximately 15 acres in east Riverbend, to the northwest of 86 Avenue and 24 Street SE intersection, to accommodate future transit-oriented development.

Since the public information session held in November 2022 (see our website for slide deck presentation: www.riverbendcommunity.ca/community-advocacy/developments), an application was submitted to the City's Planning department. This includes a proposal to connect Riverstone Road SE to 24 Street SE to accommodate a connection to the future green line station and future development.

Seniors 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 September 8.

Fall Fair Vendor Applications

We will be accepting vendor applications starting September 1 for our annual Fall Fair which will take place on November 4, 2023.

Please see website for more details: <https://www.riverbendcommunity.ca/events/riverbend-fall-fair-vendors>.

RCA Dinner and A Movie

Join us on Friday, September 22 for YYC food trucks from 5:00 to 7:00 pm and movie night starting at 6:00 pm. Movie tickets are \$3 for members and \$5 for non-members. Cash concession will have chips, drinks, and chocolate bars all at \$1 each. Cash only.

Register online at <https://www.riverbendcommunity.ca/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 <https://www.riverbendcommunity.ca/events>.

Wildlife Public Service Announcement

Please don't feed our neighbourhood wildlife. Wildlife feeding on food from people and human-use areas not only prevents wildlife from getting nutrition from natural food sources, but it also teaches wildlife to associate people with food. This can lead to problematic, even dangerous, situations that may result in human injury and/or wildlife being destroyed.





Fall Programs

September to December 2023

Register online at www.riverbendcommunity.ca/programs.

Programs

Volleyball 2023-24

Join our fun community volleyball league! It is an easy-going league that includes various skill levels. All ages are welcome! Must be 18 years of age to join.

Holy Angels School: Wednesdays from 7:00 to 8:30 pm. Starts September 13, 2023, and continues through to April 2024.

Cost is \$170 for members; must purchase a membership to register.

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 from 9:45 to 10:45 am (in the Bow Room)
For 13 weeks starting September 12, 2023, to December 12, 2023

No class November 14, 2023

Cost is \$175 for members, \$195 for non-members, or \$20 for drop-in

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 from 11:00 am to noon (in the Bow Room)
For 13 weeks starting September 12, 2023, to December 12, 2023

No class November 14, 2023

Cost is \$175 for members, \$195 for non-members, or \$20 for drop-in

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 from 7:00 to 8:00 pm (in the Bow room)
For 13 weeks starting September 19, 2023, to December 19, 2023

No class October 31, 2023

Cost is \$165 for RCA members or \$185 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 from 8:15 to 9:15 pm (in the Bow Room)
For 13 weeks starting September 11, 2023, to December 11, 2023

No class October 9, 2023

Cost is \$165 for RCA members, \$185 for non-members, or \$20 for drop-in

Seniors' Cards and Coffee

Join us every second 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 are 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 visit www.girlguides.ca for more information.

Calgary Young People's Theater

CYPT provides professional caliber mentorship, training, and performance opportunities to youth aged 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 and After School Care

For children aged 5 to 12 attending Riverbend Elementary School and Holy Angels. Open Monday to Friday from 7:00 am to 6:00 pm from September to June.

Closed all statutory holidays. Open all PD days.

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




RIVERBEND

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VOLLEYBALL LEAGUE

WEDNESDAY NIGHTS, SEPTEMBER 13 2023 TO APRIL 2024 7-8:30 PM

WWW.RIVERBENDCOMMUNITY.CA/PROGRAMS

SCAN HERE TO VIEW ADDITIONAL RIVERBEND CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



Girl Guides 91 Maritime Trip
Fundraiser

**HALLOWEEN
DANCE PARTY**

October 27 2023 | 6:30-8:30

Join us if you dare, for dancing, crafts, tattoo table and cash concession
\$3 members - \$5 non-members
price per child
www.riverbendcommunity.com





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Back-to-School Safety Tips for Pedestrians and Motorists

from Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean that a bus is slowing down to stop – motorists should do so likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights unless the bus is on the opposite side of a divided highway from you.

- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



RIVERBEND FYI

Riverbend Community Association Contacts

✉ info@riverbendcommunity.ca ☎ 403-236-7270 🏠 19 Rivervalley Dr SE, Calgary, AB T2C 3S1
 🌐 riverbendcommunity.ca 📘 facebook.com/riverbendyyc 🐦 twitter.com/riverbendyyc 📷 [@riverbendyyc](https://instagram.com/riverbendyyc)

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	Vacant	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

Provide Input on The City of Calgary's Housing Strategy

from the City of Calgary

Housing is a basic need for everyone. Calgary has grown significantly over the past few years and right now, there are more Calgarians struggling to afford or find a home that meets their needs.

The City of Calgary's Housing Strategy is being updated to foster a more equitable, inclusive, and affordable housing market in Calgary. It will support all aspects of the housing continuum, ensuring individuals have access to safe, affordable housing.

The strategy includes a detailed implementation plan outlining actions we can take as a city to address the housing crisis and remove barriers to housing affordability and economic prosperity. The plan incorporates six recommendations and 33 actions from the Housing and Affordability Task Force which were presented to Council in June.

The refreshed strategy and implementation plan will be reviewed at the Community Development Committee Meeting on September 14. Calgarians will have the opportunity to have their voices heard at that meeting.

Learn more and sign up to participate at calgary.ca/housingstrategy.



Excitement Builds for Green Line and the Airport Transit Connector

from the City of Calgary

City Council has approved RouteAhead, the 30-year strategic plan for Calgary Transit. The feedback received from Council, Administration, and the public combine to guide the long-term plan for Calgary Transit. RouteAhead lists 16 Council-approved projects to grow the Primary Transit Network, including Green Line and the Airport Transit Connector.

RouteAhead ranks Green Line as having the highest benefits score (99/100) on the list of 16 future transit projects. Benefits were analyzed using five weighted categories: ridership, customer experience, economic, social, and environmental benefits.

The criteria weighting focuses on maximizing benefits for the most customers, and highlights associated positive outcomes from projects. Green Line Stage 1 benefits include job creation, improved connections, reduced emissions, enhanced green spaces along the alignment, and community revitalization.

In 2020, Council approved Stage 1 of the Green Line, from Shepard to 16 Avenue North, and following provincial and federal reviews, it was approved by all funding partners in 2021.

RouteAhead also outlines plans for a future Airport Transit Connector, linking the Blue Line and Green Line to the airport. A connection to the Calgary International Airport from Green Line in the west at 96 Ave NE to Blue Line in the east at 88 Ave NE, will bring travelers and employees to and from the Calgary International Airport, with key stops in the surrounding industrial areas.

Phase 1 of the Green Line will provide Calgarians with fast, frequent, and reliable transit service to communities, activity centres, main streets, tourist destinations, and essential services.

For details, see the RouteAhead report at calgary.ca/RouteAhead.

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Help Plan Calgary's Future for Older Adults!

from the City of Calgary

If you have first-hand insight on living as an older adult or as caregiver for an older adult, consider volunteering for the Older Adult Advisory Table and sharing your ideas. Your expertise will be used to inform strategies and actions for the Age-Friendly Calgary Steering Committee, projects and City of Calgary services. Deadline for online applications is September 13. Visit Calgary.ca/OAAT for details.


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19 RIVERVALLEY DR SE, CALGARY, AB T2C 3Z7




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WWW.RIVERBENDCOMMUNITY.CA/PROGRAMS/COMMUNITY-PROGRAMS



9 PM ROUTINE

CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light



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• VOLUNTEER COMMITTEE •

Have you heard of the Deerfoot Trail Improvements project?
<https://www.deerfootimprovements.ca/>

Do you want to be engaged in advocating for our community?

Volunteer for the Deerfoot Trail Improvements committee

Contact Brenda@riverbendcommunity.ca to get involved



Nature's Ottoman

Capybaras, the largest rodents on Earth, are one of the friendliest creatures in the animal world. They're referred to as "nature's ottomans" because they'll allow birds, monkeys, rabbits, and other small critters to cuddle with them or hitch a ride on their backs. Capybaras will even befriend crocodiles and ride on their backs!

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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10 Signs That You May Be Suffering from Anxiety

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

Feeling anxious at times is completely normal. However, unchecked it can become maladaptive and cause distress in our daily lives. How can we tell if our feelings of anxiousness have crossed over into a disorder? Sometimes it's not easy, as anxiety can show up in many different forms such as phobias, social anxiety, and panic attacks.

You may be suffering from unchecked anxiety if you experience any of the following on a regular basis.

1. **Perfectionism.** Putting expectations on yourself that are not realistic to meet, setting yourself up to fail or not even starting a task due to fear of failure.
2. **Compulsive Behaviour.** Repeated behaviours like checking locks and washing your hands, overindulging in mood altering substances to relax, or experiencing constant intrusive thoughts.
3. **Self-Doubt.** Constant negative thoughts or talk that is negative about yourself.
4. **Muscle Tension.** May cause discomfort around the neck and shoulder area, leading to ongoing headaches and other physical problems.
5. **Chronic Indigestion.** Trouble enjoying meals because of chronic indigestions and stomach issues.
6. **Self Consciousness.** Frequent worry about how you present yourself to others in terms of appearance, speech, and mannerisms.
7. **Panic and Flashbacks.** Feelings of doom and extreme worry that may cause shortness of breath, dizziness, and nausea. This may include flashes of something traumatic from your past.
8. **Irrational Fears.** Frequent thoughts that are causing fear and discomfort about certain situations. These thoughts lead you to equate those experiences with feelings of dread and worry resulting in self-limiting behaviour.
9. **Sleep Problems.** Trouble falling asleep or staying asleep, with frequent thoughts related to worry waking you up.
10. **Excessive Worry.** Difficulty focusing due to intrusive thoughts and frequent worry. This may lead to nervousness, the inability to focus, and feelings of panic.

If any of these symptoms describe how you feel on a regular basis, please seek professional guidance from a psychologist for a formal diagnosis. Cognitive Behavioural Therapy (CBT) is generally the first step and the gold standard for anxiety management. Additionally, your psychologist can help you decide if seeking medical/pharmaceutical intervention from your doctor may also be necessary.

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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.

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CAMPBELL ROOFING - FREE ESTIMATES: Local business serving the community with quality and professional service. Licensed, insured, WCB, BBB, 10-year labour warranty. Emergency service, financing, insurance claims welcome. "Keeping a roof over your head is our business." Call Grant at 403-975-1371. Thank you, customers, for all your previous support!

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 in-house 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.

HURTING? We're here for you. Renewing Hope (mental health): Mondays starting September 11; Divorce Care: Wednesdays, September 13; Grief Support: Thursdays, September 14; Marriage 911: Sundays, September 17; Celebrate Recovery: Tuesdays year-round; all at FAC Deerfoot Campus (12345 40 St SE). To learn more and to register, call 403-252-7572 or visit faccalgary.com.

IS THERE MORE TO LIFE THAN THIS? ALPHA: Ask anything about life, faith, and God, Thursdays, 6:30 to 8:30 pm starting September 28 at FAC Deerfoot Campus (12345 40 St SE) and FAC Southwest Campus Office & Ministry Centre in Bridlewood. Dinner included. To learn more and to register, call 403-252-7572 or visit faccalgary.com.

JEFFREY ELECTRIC: Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

EXTERIOR SOLUTIONS: Siding, Soffit/Fascia, Eavestrough, and Roofing. Whether you are remodeling, upgrading, or recovering from weather-related damages, we are here to help. With 30+ years' experience, we can make your renovation something you will enjoy for years to come. Please call or text Kevin at 403-804-5366.

CHARTERED PROFESSIONAL ACCOUNTANT: Taking care of your small business needs: accounting, bookkeeping, personal and corporate taxes, GST filing, and payroll. Wendy CPA, CGA, 403-607-4617.



DAILY DEALS



Monday- Half Order of Nachos
Tuesday- Wing Night
Wednesday- Turkey Dinner
Thursday- Cheese Burger with French Fries
Friday- Steak Sandwich with French Fries

GLENMORE INN & CONVENTION CENTRE

1000 Glenmore Court SE | 403-720-5288 | glenmoreinn.com



Siding • Soffit/Fascia • Eavestrough • Roofing



Whether you are remodeling, upgrading, or recovering from weather-related damages, we are here to help.

With 30+ years' experience, we can make your renovation something you will enjoy for years to come.

Please call or text Kevin at 403-804-5366.



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A girl's leadership organization for ages 10 to 20
Creating confident young women
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