

JUNE 2024

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Dr. Vranjes & Associates at Dynamic Dental would like to welcome Dr. Megan Lawless and Dr. Isela Montemayor to the team




Dentistry is our profession, but people are our focus.
*all services performed by a licensed general dentist

Key Things to Know About in June

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

We would like to welcome to our Board of Directors our new Director of Community Beautification, Ilona Dorst, and our new Treasurer, Daniel Wolfe! Welcome to the RCA!

Meet the entire volunteer board on our website at <https://www.riverbendcommunity.ca/about-us/our-team>.

Thank You

We would like to thank all the volunteers who helped with the Spring Plant Fundraiser pick-ups. All proceeds go towards our community beautification initiatives.

Thank you to all our RCA partners, tenants, and volunteers, who have helped us out during our fantastic Block Party event on June 1, and 2024 Membership Drive. Without your support these events would not be possible.

Special thanks to Ecco Recycling for your donation to the kids' activities and games for our RCA Block Party.

Upcoming Events

End of School Dance Party June 28 from 6:00 to 8:00 pm

Join us for our fun-filled neon themed end of school year dance party! There will be a neon themed costume contest with prizes, games, crafts, a tattoo table, cotton candy, and a paid cash concession. The cost is \$3 for members and \$5 for non-members. Please pre-register online or pay cash at the door. Parents get in free with paid kids' admission. www.riverbendcommunity.ca.

Spring Parade of Garage Sales

The spring Parade of Garage Sales will take place on Saturday, June 8 from 9:00 am to 2:00 pm. Registration has been open since the end of April. Thank you to our event sponsor, the Tarryn Hamilton Real Estate Team. For more information, please visit www.riverbendcommunity.ca/events/parade-of-garage-sales.

2024 Slo-Pitch Registration Open

Riverbend Slo-pitch league is a non-contact league (no sliding into bases and home plate is a mat). Each team supplies and umpires their own games. This is a fun league, so we do not track wins or losses for teams. Each team is provided with six or seven game balls, and bases are supplied and kept at the diamond.

The league starts the first weekend in June and ends the second weekend of September. Games are Sundays in June, Tuesdays, Wednesdays, or Thursdays in July and August, with the year-end tournament occurring the second weekend of September. Games take place at Holy Angels School diamond.

Must be 18 years of age to join. Must purchase an RCA membership to register.

Please register online at www.riverbendcommunity.ca/programs/adult-sports-leagues-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. Please note there will be no Good Food Box Program for July and August.

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

Order deadline: Monday, June 17

Pick up: June 27 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 Next Date: June 14

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

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

*Please note there will be no Seniors Cards and Coffee in July and August.

*Due to the End of School Dance Party, there will be no Cards and Coffee on June 28.

Food Truck Fridays

Join us every Friday in July from 4:00 to 7:00 pm for a variety of food trucks at our RCA Community Hub! YYC Food Trucks will be onsite! www.riverbendcommunity.ca.

Volunteer With Us! Join the RCA Team!

Volunteering is a powerful way to make a difference and

strengthen the bonds within our community. Whether young or young at heart, there are opportunities to contribute and create positive change.

Consider volunteering with RCA to:

- Allow you to learn something new, explore new interests, and acquire new skills.
- Connect with people across generations.
- Bring ideas forward.
- Use board experience toward your annual professional development hours.

We are looking for all ages of volunteers, whether you're a teenager, a working professional, or a retiree. Join RCA, leave a positive mark in our community, and be part of the collective effort to create a stronger, more vibrant Riverbend!

We are also looking for enthusiastic residents to join our board of dedicated and talented directors.

We have three open positions:

- Vice President Business Operations
- Secretary
- Director of Memberships and Partnerships.

Every small act of kindness adds up to something extraordinary. Visit <https://www.riverbendcommunity.ca/> volunteering and sign up today!

Updates From Your RCA

Membership Supports our Community! Become a RCA Member Today!

Being a member of the Riverbend Community Association (RCA) comes with great perks and is a good way to support your local community. What does an RCA membership get you? Great discounts from our partners and 15% off community centre rentals for starters.

The cost of RCA membership is \$25 for families/individuals or \$15 for seniors per year (plus GST). There are three ways to sign up:

1. Fill out the online form at www.riverbendcommunity.ca/membership.
2. Via mail by cutting out and completing the Membership form in this issue of *Riverbend Connects*. Mail to Riverbend Community Association: 19 Rivervalley Dr SE, Calgary, AB T2C 3S1.
3. In person at the Riverbend Community Centre (exact cash or cheque only).

Partnering with Us Comes with Great Perks!

Are you a local Riverbend business that is looking for a great way to promote your business?

Partnering with us comes with great perks while giving our members discounts and offers. It's a win-win for everyone involved!

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

- Provide a listing on our website under 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.
- Create a new benefit announcement post with your logo that will be posted on our social media platforms. Our Facebook page has 2,400+ followers, X (formerly Twitter) page 700+ followers, and Instagram page 900+ followers. Our posts often reach a few thousand people.
- Create one additional post on RCA social media platforms per year.

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

We Love Riverbend

Show off your love of Riverbend by purchasing our community association branded Spirit Gear merchandise! Visit our official online shop to grab some great quality clothing and winter gear made by brand-name manufacturers.

We've got everything from quality hoodies, joggers, t-shirts, jackets, sweatshirts, and even toques, for the whole family. Best of all, you can fully customize many of our items with your name, favourite colour, or lucky number. No minimum order quantities required. Free shipping on orders over \$75! Support the Riverbend Community Association today.

Visit <https://riverbendcommunity.entripyshops.com/>.

Host Your Next Event with Us!

Looking for a spot to host your next event? Look no further than your own community!

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

- Main level with two rooms to serve your needs, 175 or 64 banquet seating capacity.
- Bluetooth, Wi-Fi, and AV capabilities.
- Fully accessible kitchen with commercial fridge, commercial dishwasher, and warming ovens.

Book your event today! www.riverbendcommunity.ca/facility-rentals.



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	Ryan Munday	ryan@riverbendcommunity.ca
Vice President, Business Operations	Amit Khare	amit@riverbendcommunity.ca
Board Secretary	Vacant	
Treasurer	Daniel Wolfe	daniel@riverbendcommunity.ca
Capital Projects	Ken Schultz	ken@riverbendcommunity.ca
Memberships and Partnerships	Vacant	
Traffic, Safety, and Crime Prevention	Brenda Pereira	brenda@riverbendcommunity.ca
Communications	Nichole Wyatt	nichole@riverbendcommunity.ca
Volunteer Resources	Natalia Gonzalez	natalia@riverbendcommunity.ca
Community Projects and Partnerships	Olga Maciejewski	olga@riverbendcommunity.ca
Director at Large	Alina Cotovanu	alina@riverbendcommunity.ca
Director of Community Beautification	Iлона Dorst	

Other

Community Manager	Delby Auktor	delby@riverbendcommunity.ca
Communications and Marketing	Anthony Murdoch	communications@riverbendcommunity.ca
Maintenance	Terry Martineau	terry@riverbendcommunity.ca
Softball League	Cody Halleran	cody.halleran@shaw.ca
Volleyball League	Clayton Bischoff	claytonbischoff@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 or if 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

RCA Member Benefits and Discounts

More details are available at www.riverbendcommunity.ca/membership.

- 15% off Riverbend community centre rentals.
- Discounts on community programs and events.
- Priority registration for free community programs and events.
- 10% off 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.
- 10% discount on all services at Willow Park Scholars.
- 10% discount on all products using the code: RIVERBEND10 at Backyard Meats.
- 10% discount on any order made online using the code: RIVERBEND, or via Instagram or Facebook messenger. Joy in Colours.
- 5% discount on services from Bhinder Exteriors.
- 5% off on auto and home insurance from Toole Peet. Use the code: FEDYYCMEMBER.
- 20% off on the purchase of one or two hearing devices from Ears To You.



SLOPITCH

REGISTRATIONS NOW OPEN!

LOOKING FOR SUMMER FUN? JOIN OUR 18+ MIXED SLOW PITCH, NON CONTACT, FUN LEAGUE!

ONE GAME PER WEEK FROM JUNE TO MID SEPT

REGISTER ONLINE - WWW.RIVERBENDCOMMUNITY.CA/PROGRAMS/ADULT-SPORTS-LEAGUES-PROGRAMS

www.kilbco.com

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Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays.

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Free Estimates to 403.870.0737



Riverbend Community Centre

LOOKING FOR A SPOT TO BOOK YOUR NEXT EVENT? LOOK NO FURTHER THAN YOUR OWN COMMUNITY!

- The perfect spot for a wedding, family celebration, birthday party or a business meeting!
- Main level with 2 rooms, 175 plus 64 banquet sitting capacity
- Bluetooth and AV capabilities
- Fully renovated patio
- Minutes away from picturesque Carburn Park
- Listed as one of the best Community Centres in Calgary
- And so much more!!

SEE US IN CALGARY

WWW.RIVERBENDCOMMUNITY.CA/FACILITY-RENTALS



TRAFFIC & SAFETY AWARENESS
COYOTES

Coyotes are small, dog-like animals that look like a cross between a fox and a German Shepherd. They can be found all over our city, as they adapt well to both park environments and urban areas.

Citizen safety is the number one priority.

- To report coyote sightings and for non-emergency situations, please call 311 (or 403-268-2489 outside city limits), or report online.

311 ONLINE REQUEST  

WWW.CALGARY.CA/PARKS/WILDLIFE/URBAN-COYOTES.HTML



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WWW.RIVERBENDCOMMUNITY.CA

SCAN HERE TO VIEW ADDITIONAL RIVERBEND CONTENT

<p>News, Events, & More</p> 	<p>Crime Statistics</p> 	<p>Real Estate Statistics</p> 
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YOUR CITY OF CALGARY

Property Tax is Due Friday, June 28, Pay or Join TIPP by Then to Avoid Late Payment Penalties

by the City of Calgary

Your property tax must be paid by Friday, June 28 to avoid late payment penalties. The City's Tax Instalment Payment Plan (TIPP) is the most popular payment method. You pay the same amount as your annual property tax bill, but instead of one large lump sum payment in June, you pay smaller monthly instalments.

This makes budgeting easier, and you reduce the risk of late payment penalties. Signing up for TIPP is easy and you don't need to re-apply each year. There is no filing fee or initial payment required.

The easiest and fastest way to join TIPP is using TIPP Online. It's easy, safe, and secure. Through TIPP online, your customized agreement will be processed automatically. Once you submit, you will receive an email confirming your enrolment. To access TIPP Online, go to calgary.ca/TIPP and click on the Join TIPP box.

You can also request a TIPP agreement by calling 3-1-1. If calling from outside Calgary dial 403-268-2489.

Plan enrolment must be completed by the due date shown on your tax bill to avoid a late payment penalty.

If you're already on TIPP, you can visit calgary.ca/TIPP to learn how your monthly TIPP instalments are calculated and adjusted.



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BATHROOM RENOVATION SALE

TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$12,679

SALE \$8,379

Limited Supplies

ULTIMATE SUPREME

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$14,679

SALE \$9,879

Limited Supplies

We Also Specialize in En Suites & Custom Bathrooms

PLEASE CHECK OUT OUR REVIEWS ON HOMESTARS AND RATINGS ON BBB!!



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All packages pertain to standard size bathrooms

JOIN OUR RCA TEAM!

DIRECTOR - MEMBERSHIPS & PARTNERSHIPS

As a Director of Memberships and Partnerships, you can help to add value for residents purchasing memberships in Riverbend!

Key Responsibilities:

- Suggest strategies to boost memberships
- Organize membership sales at community events and fundraising activities
- Foster partnerships with local businesses
- Securing sponsorships and donations

RCA Board Roles:

- Time commitment of approximately 10 hours per month
- 2-year term
- Open to Riverbend Residents only

****Board experience can be used towards annual professional development hours for many professions****

To Apply visit - www.riverbendcommunity.ca

FOOD TRUCK FRIDAYS

All July, YYC Food Trucks will be in the RCA Parking Lot from 4 to 7 PM! Join us for some great eats!

YYC FOODTRUCKS

www.riverbendcommunity.ca

RIVERBEND
• community association •

End of School DANCE PARTY

JUNE 28
6:00 - 8:00 PM

NEON THEME
MUSIC, DANCING,
GAMES, CRAFTS
TEMP TATTOOS
COTTON CANDY
PAID CONCESSION

\$3 FOR RCA MEMBERS | \$5 FOR NON-MEMBERS
MUST PRE-REGISTER TO ATTEND

WWW.RIVERBENDCOMMUNITY.CA/EVENTS

THANK YOU ECCO RECYCLING!

For your donation to the kids activities & games for our RCA Block Party

www.riverbendcommunity.ca

MUSIC ~ ART ~ FITNESS



NEW PROGRAM IDEAS? YES PLEASE!

ARE YOU A TEACHER THAT WOULD
LIKE TO SHARE THEIR EXPERTISE ?

Send us your ideas for a new program to
be offered at the Riverbend Community
Association.



TO SUBMIT IDEAS VISIT
WWW.RIVERBENDCOMMUNITY.CA/PROGRAMS

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 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



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403-282-2226

Joke of the Month

What do you
get from a
pampered cow?

Spoiled milk.



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For business classified ad rates contact
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RIVERBEND MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

CALGARY FRESH JOCK: We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

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.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

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.

RIVERBEND CONTRACTOR FOR HIRE: Over 20 years' experience completing renovations in and around Riverbend. Lefroy Construction is happy to quote, organize and execute any renovation or new construction project. Call 403-616-0880 to discuss your project. www.lefroyconstruction.com.

AFFORDABLE DENTAL CARE MINUTES FROM RIVERBEND! Dental doesn't need to break the bank! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit CalgaryDentalCenters.com. Save money, smile, be happy!

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HERITAGE WEST PLUMBING AND HEATING: Boiler and tankless repairs, servicing and replacements. 5-star Google rating, factory trained plumbers and gasfitters. Competitive prices with quality, 24-hour service! Heritage West, we are one of the best, put us to the test! BBB Accredited. 403-993-0639.

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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.

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 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

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.




Gutter Doctor 403-714-0711
gutterdoctor.ca

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 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

Ribbit

Frogs are amazing Creatures! Though they have lungs that allow them to breathe just like humans, they are also able to absorb water and respire through their skin! It is quite permeable, so as long as oxygen levels in the water don't get too low, frogs can breathe on land and underwater!





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& Jackson**
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- Quick turnaround times

Linen Cleaning Services

- Towels, Sheets, Pillow Cases, & Face Cradles
- Ideal services for Hotels, Massage, Physiotherapy, and Chiropractic



Workwear Cleaning Services & Supplies:

- Uniforms, Coveralls, Gowns, Rags
- Tork Dispensers and Supplies



VISIT OUR WEBSITE



CONTACT US





JOIN OUR RCA TEAM!

SECRETARY

The Secretary of the RCA is primarily responsible for records management, meeting coordination and compliance.

Key Responsibilities:

- Participate in Executive Team meetings and discussions
- Completing/filing the Annual Societies return before May 31 of every year
- Filing of Special Resolutions passed at the AGM and any change in Directors or Officers
- Ensuring all records of the Association, other than financial records, are properly maintained, including the by-laws and the policies and procedures
- Give secretarial support for board and Annual General Meetings

RCA Board Roles:

- Time commitment of approximately 10 hours per month
- 2-year term
- Open to Riverbend Residents only

Board experience can be used towards annual professional development hours for many professions

To Apply visit
www.riverbendcommunity.ca



JOIN OUR RCA TEAM!

VICE-PRESIDENT BUSINESS OPERATIONS

As a Vice President, Business Operations, you will help our facility operations and assist the President.

Key Responsibilities:

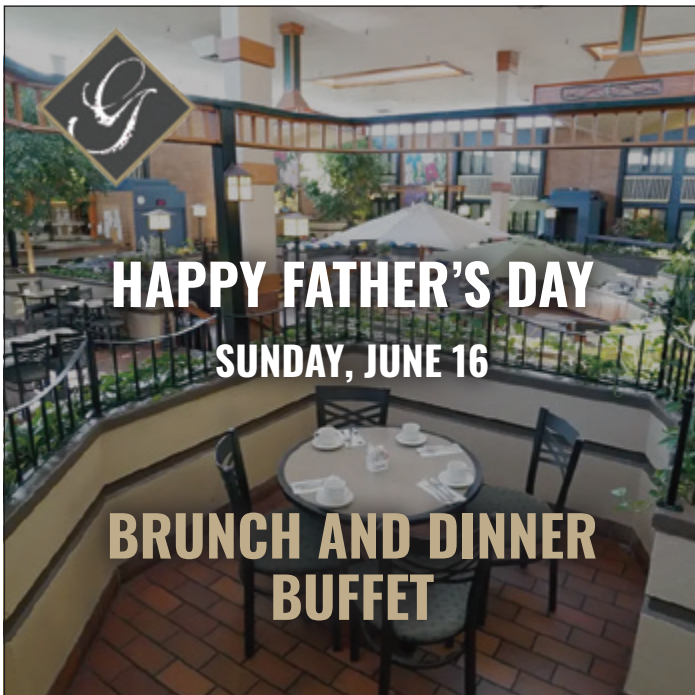
- Support business administration needs of the RCA
- Assist in project management
- Help with tenant contracts and Human resources
- Help with overall facility operations and assist the President/RCA Community Manager as needed

RCA Board Roles:

- Time commitment of approximately 10 hours per month
- 2-year term
- Open to Riverbend Residents only

Board experience can be used towards annual professional development hours for many professions

To Apply visit
www.riverbendcommunity.ca



HAPPY FATHER'S DAY

SUNDAY, JUNE 16

BRUNCH AND DINNER BUFFET

Seating Times

10:00AM & 12:30PM

5:00PM & 6:00PM

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