

OCTOBER 2024

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THE OFFICIAL RIVERBEND COMMUNITY NEWSLETTER



Cover Photo by Stephen Maunula



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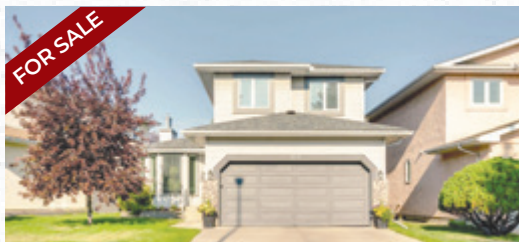
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# Key Things to Know About in October

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

## Thank You

We would like to thank everyone who participated in the Fall Parade of Garage Sales on September 14, hosted by the Tarryn Hamilton Real Estate Team.

A huge thanks also goes out to everyone who came out to our September 20, Throwback Dinner and Movie Night! Thanks to the Calgary Heritage Lions Club for being on site offering free "Child ID Kits" for all attendees.

A huge thanks to all who helped with our 2024 RCA Casino Fundraiser which was held on September 23 and 24 at the Deerfoot Inn & Casino.

## We Have a New Registration System!

Visit [www.riverbendcommunity.ca/membership](http://www.riverbendcommunity.ca/membership). If you notice any broken links or have issues signing up or logging in, please contact [memberadmin@riverbendcommunity.ca](mailto:memberadmin@riverbendcommunity.ca).

The new registration system is dependent on a valid email address. Please note that if you did not receive an email from us to activate your membership in the new system, please check your junk folder or contact us so we can add a valid email address to your profile, and you can then activate your account in the system.

Some of the new membership system's benefits include: all our community activities, such as memberships, program registrations, facility bookings, volunteering are under one account! You also have a Digital Wallet membership card, and a printable card is available as well.

Please note that you can add family members to your profile. Also remember to set your membership for auto renewal.

Note that we do not have access to your credit card information, which is fully secure, on the Stripe platform.

## Upcoming Events

### Fall Fair

Vendor applications closed on September 30, and now we wait until we can gather for the Fall Fair, which will be taking place on November 2. More information is available on our website at [www.riverbendcommunity.ca](http://www.riverbendcommunity.ca).

### Riverbend 50/50 Draw

#### September 9 to October 21

The Riverbend Community Association loves doing things for our community and improving 18 Street is a top priority! To help us with the funds to do anything, we are launching our first 50/50 for Facility Beautification. Half the funds go to improving our community and half goes into one lucky winner's wallet! Purchase your tickets now! The more you buy, the better the chance of winning!

- 1 Ticket for \$10
- 4 Tickets for \$20
- 20 Tickets for \$50
- 50 Tickets for \$100

Visit our website for details at [www.riverbendcommunity.ca](http://www.riverbendcommunity.ca).

### Spill The Beans Plantwise Cooking - Green Calgary Presentation

#### October 18 at 6:00 pm

Green Calgary Association presents a free Spill the Beans Plantwise Cooking workshop on October 18 from 6:00 to 7:30 pm at the Riverbend Community Association to learn practical ways to save money on food and reduce waste.

Did you know that more than 60% of food in Canada goes to waste? Discover practical solutions to curb food waste, save money on groceries, and combat global warming. Dive into easy meal planning strategies and uncover secrets to sourcing affordable and local produce.

We will also briefly discuss home backyard composting and how to use vermicomposting worms. We will have worms onsite for hands-on demonstration.

Details online at [www.riverbendcommunity.ca/events/spill-the-beans-workshop](http://www.riverbendcommunity.ca/events/spill-the-beans-workshop).

### RCA Annual AGM

#### November 19 from 6:30 to 8:30 pm

This year's meeting will 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.

## 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 October 14

Pick up October 24 between 5:00 and 7:00 pm at the community centre.

[www.riverbendcommunity.ca/programs/community-programs/good-food-boxes-community-kitchen](http://www.riverbendcommunity.ca/programs/community-programs/good-food-boxes-community-kitchen).

## Be Part of It! Join the RCA Board!

We are looking for enthusiastic residents to join our board of dedicated and talented directors. Volunteering is a powerful way to make a difference and strengthen the bonds within our community. 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

Join RCA, leave a positive mark in our community, and be part of the collective effort to create a stronger, more vibrant Riverbend!

- Board Secretary. See page 8 for details
- Director of Memberships and Partnerships. See page 8 for details

Visit <https://www.riverbendcommunity.ca/volunteering> and sign up today!

## Updates From Your RCA

### 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 offering 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](http://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.
- Share a new benefit announcement post with 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.
- Provide one additional post on RCA social media platforms per year.

Visit our website to sign up at

<https://www.riverbendcommunity.ca/membership>.



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# RIVERBEND FYI

## Riverbend Community Association Contacts

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

### Directors

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

### Other

Community Manager	Delby Auktor	<a href="mailto:delby@riverbendcommunity.ca">delby@riverbendcommunity.ca</a>
Communications and Marketing	Anthony Murdoch	<a href="mailto:communications@riverbendcommunity.ca">communications@riverbendcommunity.ca</a>
Maintenance	Terry Martineau	<a href="mailto:terry@riverbendcommunity.ca">terry@riverbendcommunity.ca</a>
Softball League	Cody Halleran	<a href="mailto:cody.halleran@shaw.ca">cody.halleran@shaw.ca</a>
Volleyball League	Norman Dupuis	<a href="mailto:normantylerdupuis@gmail.com">normantylerdupuis@gmail.com</a>

### 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 <a href="http://calgarypolice.ca">calgarypolice.ca</a> .		
Councillor Ward 11	Kourtney Penner	<a href="mailto:Ward11@calgary.ca">Ward11@calgary.ca</a>
MLA Calgary Peigan	Tanya Fir (UCP)	<a href="mailto:Calgary.Peigan@assembly.ab.ca">Calgary.Peigan@assembly.ab.ca</a>
MP Calgary Shepard	Tom Kmiec (PC)	<a href="mailto:Tom.Kmiec@parl.gc.ca">Tom.Kmiec@parl.gc.ca</a>
School Board Trustee (Calgary Public School Board) Ward 11 and 13	Nancy Close	<a href="mailto:neclose@cbe.ab.ca">neclose@cbe.ab.ca</a>
School Board Trustee (Calgary Catholic School Board) Ward 11 and 12	Cathie Williams	<a href="mailto:cathie.williams@cssd.ab.ca">cathie.williams@cssd.ab.ca</a>
Girl Guides Riverbend	Holly Sweeney	<a href="mailto:hollysweeney6@outlook.com">hollysweeney6@outlook.com</a>
Scouts 77th East Glenmore Scout Group	Rose Martin	<a href="mailto:rose_m@shaw.ca">rose_m@shaw.ca</a>



# Annual General Meeting

**Tuesday, November 19, 2024  
6:30PM - 8:30PM**

## **Why should you attend the AGM?**

- Meet the Directors face to face
- Vote in the election of new Directors
- Hear about our yearly accomplishments
- Network with your neighbors
- Hear updates about issues impacting your community
- Hear about RCA's financial situation
- Enjoy some wine and cheese and network with your neighbours

For more details - [www.riverbendcommunity.ca](http://www.riverbendcommunity.ca)





## 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](http://www.riverbendcommunity.ca)





# RIVERBEND FALL FAIR


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 SEASONAL ITEMS/ LOCAL VENDORS

**SATURDAY, NOV 2, 10 AM TO 4 PM @ RCA**  
**YYC FOOD TRUCKS ONSITE**

SEE LISTING OF ALL PARTICIPATING VENDORS @  
[WWW.RIVERBENDCOMMUNITY.CA](http://WWW.RIVERBENDCOMMUNITY.CA)





## 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](http://www.riverbendcommunity.ca)





# Riverbend Community Centre

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[WWW.RIVERBENDCOMMUNITY.CA/FACILITY-RENTALS](http://WWW.RIVERBENDCOMMUNITY.CA/FACILITY-RENTALS)



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11113	3 Units Scaling	\$240.90	<b>\$240.90</b>
11101	Polishing	\$71.54	<b>\$71.54</b>
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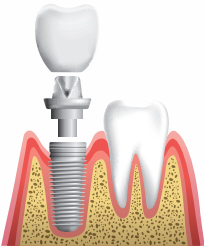
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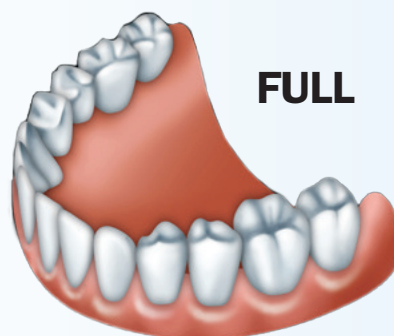
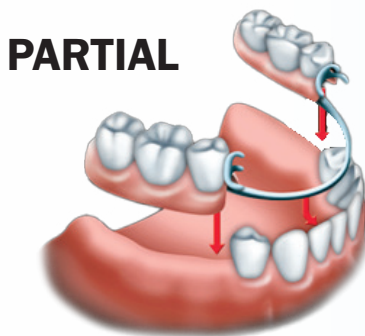


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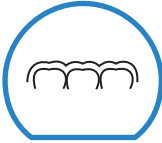
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# RCA 50/50 DRAW

**September 9 to  
October 21, 2024**

**1 Ticket for \$10  
4 Tickets for \$20  
20 Tickets for \$50  
50 Tickets for \$100**

**Proceeds go towards  
improving our  
community hall/rink**

**[www.riverbendcommunity.ca](http://www.riverbendcommunity.ca)**

# Eight Reasons Why You Should Leave a Toxic Workplace

by Nancy Bergeron, R.Psych | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



Leaving a toxic workplace is essential for your mental, emotional, and even physical well-being. It may not necessarily be a workplace; it could be a team, board or volunteer position, or partnership. Here are eight great reasons why it's crucial to move on from such an environment.

**1. Mental Health:** Toxic workplaces are often characterized by chronic stress, anxiety, and burnout, all of which can lead to serious mental health issues like depression. Continuous exposure to negativity, unbalanced productivity by others, and high-pressure environments can severely impact your mental well-being.

**2. Physical Health:** The stress from a toxic workplace doesn't just stay in your head – it can manifest physically. Chronic stress is linked to a range of health problems, including headaches, high blood pressure, heart disease, and a weakened immune system.

**3. Emotional Well-being:** Being in a toxic workplace can erode your self-esteem and self-worth, especially if you're subjected to micromanaging, criticism, bullying, lack of trust, or blame. Overtime this can lead to a loss of confidence and a sense of helplessness.

**4. Career Growth:** Toxic environments often lack opportunities for professional development or advancement. Staying in such a place can stunt your career growth, keeping you stuck in a job where you are not learning or progressing.

**5. Relationship Strain:** The stress and negativity from a toxic workplace can spill over to your personal life, affecting your relationships with family and friends. You might find yourself irritable, withdrawn, or too exhausted to engage meaningfully with your loved ones.

**6. Reduced Productivity and Job Satisfaction:** It's hard to stay motivated or productive in a toxic environment. When your workplace is filled with negativity and stress, it can be challenging to find satisfaction in your work. This can lead to disengagement and a decline in productivity.

**7. Ethical Considerations:** Sometimes, toxic workplaces encourage or demand unethical behaviour, putting you in a position where your values are compromised. Leaving such an environment is critical to maintaining your integrity.

**8. Long-Term Happiness:** In the long run, staying in a toxic workplace can erode your happiness and overall quality of life. Your work should be a place where you feel valued, respected, and able to grow – not one that drains you.

Leaving a toxic workplace, or any place that affects you in the above ways, might be challenging. There can be worry about financial stability, letting people down that you enjoy working with, loyalty to other teammates, or the fear of finding another job. However, prioritizing your health and well-being needs to come first. Many times, taking steps to move on can open up opportunities for a more positive and fulfilling work life. If you need some help navigating the steps and script of terminating that relationship, don't hesitate to reach out to a psychologist, counsellor, or coach. The lightness you will feel from putting yourself first will be well worth the short discomfort of cutting ties.





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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.*



## FALL DINNER & MOVIE INSIDE OUT 2

**NOVEMBER 22 @ RCA**



Join us for our Fall  
Dinner & Movie event,  
where we will be  
showing Inside Out 2!

Movie starts at 6 PM

\$3 for members - \$5  
for non-members

YYC Food Trucks will  
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Register on our  
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[www.riverbendcommunity.ca/events](http://www.riverbendcommunity.ca/events)



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# Use the Homeowner Water Guide Fall Checklist to Prepare Your Home and Yard for Winter

by the City of Calgary

Wondering how to prepare your home for winter? The Homeowner Water Guide Fall Checklist is a great place to start.



You'll find reminders and tips like:

- Check your toilets, taps, humidifier, hot water heater, water softener, and other water using devices for leaks.
- Turn off your outdoor water supply and winterize your irrigation system to avoid winter leaks.
- Check the Watering 101 Guides to find out when to stop watering plants, shrubs, trees, and lawns.
- Leave plant debris in plant beds over winter to provide habitat for pollinators.

When it comes to residential and household leaks, toilets, faucets, and outdoor irrigation are the most common culprits. Our library of Homeowner Water Guides provides step-by-step guidance to identify and repair leaks in our homes, ideas to improve water efficiency, and tips to prepare yards for winter.

Together, we can make every drop count.

To find everything you need, including the Fall Checklist, visit [calgary.ca/waterguide](https://calgary.ca/waterguide).

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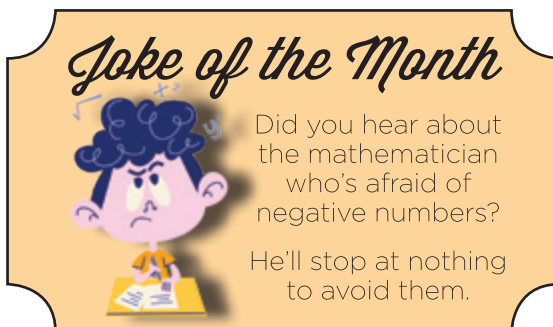
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## YOUR CITY OF CALGARY

# Join the Climate Conversation at the 6th Annual Calgary Climate Symposium

*by the City of Calgary*

The City is hosting its 6th annual Calgary Climate Symposium to continue the conversation about climate change, share how it affects Calgarians, and how we can work together to ensure no one is left behind. Connect with community leaders, climate experts, and more for a series of unique, free learning opportunities between October 21 and October 25, 2024.

We invite you to join Mayor Gondek and Climate and Environment Director, Carolyn Bowen, on October 21 at 10:00 am as they kick off the week with an opening speech at the Calgary Public Library.

This year's Climate Symposium theme is 'Innovating for a Resilient and Equitable Future: Calgary's Path to Climate Solutions'.

The Calgary Climate Symposium sessions will explore:

- Understanding climate change and the effects of climate hazards on Calgarians and the natural environment.
- How Calgary can position itself for a low carbon future and leverage economic opportunities.
- How our communities can take collective action to reduce the impacts of climate change and build a more resilient city.

Everyone has a part to play in preserving and protecting Calgary's natural environment. Join the conversation to learn how your community can take collective actions to increase our climate resiliency and create a more equitable future for all Calgarians.

We look forward to seeing you in-person at the opening ceremony and online. Recordings of the sessions will be available on [calgary.ca/climatesymposium](https://calgary.ca/climatesymposium) in November.

To learn more and register for sessions, visit [calgary.ca/climatesymposium](https://calgary.ca/climatesymposium).



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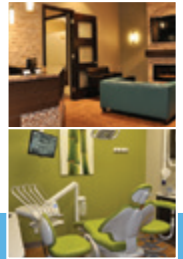
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Dr. Vranjes & Associates at Dynamic Dental would like to welcome Dr. Megan Lawless and Dr. Isela Montemayor to the team



Dentistry is our profession, but people are our focus.

\*all services performed by a licensed general dentist

# Thanksgiving Brunch & Dinner

October 13th, 2024

Brunch Seating Times  
11:00AM & 11:30AM



Dinner Seating Times  
4:00PM & 6:30PM

Please call 403-720-5288

Reservations ONLY and a credit card is required to book  
Email the Food & Beverage Department at [fb@glenmoreinn.com](mailto:fb@glenmoreinn.com)