

MARCH 2025

DELIVERED MONTHLY TO 4,145 HOUSEHOLDS

RIVERBEND



CONNECTS

THE OFFICIAL RIVERBEND COMMUNITY NEWSLETTER



Cover Photo by Stephen Maunula



TARRYN HAMILTON
REAL ESTATE TEAM

403.478.5262

*Not intended to solicit property currently listed for sale.



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MANY OTHER PACKAGES AVAILABLE!

BATHROOM RENOVATION SALE

SUPREME ULTIMATE

- 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: \$15,679

SALE \$11,679
Limited Supplies

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
- Tile 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: \$13,679

SALE \$9,879
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RIVERBEND FYI

Riverbend Community Association Contacts

✉ info@riverbendcommunity.ca ☎ 403-236-7270 🏠 19 Rivervalley Dr SE, Calgary, AB T2C 3S1
🌐 riverbendcommunity.ca 📘 facebook.com/riverbendfyi 📧 twitter.com/riverbendfyi 📷 @riverbendfyi

Directors

President	Ryan Munday	ryan@riverbendcommunity.ca
Vice President, Business Operations	Sarah Kangas	sarahk@riverbendcommunity.ca
Board Secretary	Vacant	
Treasurer	Daniel Wolfe	daniel@riverbendcommunity.ca
Capital Projects	Ken Schultz	ken@riverbendcommunity.ca
Director, Technology, Infrastructure, and Facilities	Zack Hartle	zack@riverbendcommunity.ca
Memberships and Partnerships	Vacant	
Traffic, Safety and Crime Prevention	Vacant	
Community Beautification	Ilona Dorst	ilona@riverbendcommunity.ca
Director at Large	Nichole Wyatt	nichole@riverbendcommunity.ca
Director at Large	Natalia Gonzalez	natalia@riverbendcommunity.ca
Director at Large	Alina Cotovanu	alina@riverbendcommunity.ca
Communications	Vacant	
Volunteer Resources	Vacant	

Other

Communications/Marketing/ Community Manager/Office	Anthony Murdoch	communications@riverbendcommunity.ca, anthony@riverbendcommunity.ca
Maintenance	Terry Martineau	terry@riverbendcommunity.ca
Softball League	Vacant	
Volleyball League	Norman Dupuis	normantyledupuis@gmail.com

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

The RCA offers great member discounts at the following vendors below! More details 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% discount for paddle board rentals and paddle board classes from SUP&Flow.
- 25% off burglary, smoke, panic, and medical alarm monitoring fees with Stealth Alarms.
- 25% off paint and 15% off paint supplies at Cloverdale Paint.
- 10% off at Original Joe's restaurant in Quarry Park. *Some conditions apply.
- One free materials drop off once a month at Ecco Recycling landfill.
- Free week trial and rate discount. F45 Quarry Park Riverbend.
- 10% discount on all services. Willow Park Scholars.
- 10% discount on all products using code: RIVERBEND10. Backyard Meats.
- 10% discount on any order made online using code: RIVERBEND, or via Instagram or Facebook messenger. Joy in Colours.
- 5% discount on services from Bhinder Exteriors.
- 5% discount on auto and home insurance from Toole Peet - Use code FEDYYCMEMBER.
- 10% discount at Plumbing & Heating Paramedics.
- Tooth Crew Family Dental \$100 cashback/Costco gift card with new patient exam and cleaning.
- Ears to You, 20% discount on the purchase of one or two hearing devices.
- \$100 off your first cleaning, and \$25 off cleanings after that for every customer you refer to us! Cottage Care Calgary South.
- Vivid Eye Care - 10% off glasses and sunglasses.
- Paragon Designs - 10% off new projects.
- TechAbis Construction - 10% discount on labour charges for all services.

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.



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WWW.RIVERBENDCOMMUNITY.CA

Key Things to Know About for March 2025

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

News to Share with the Community

It is with a heavy heart that we announce the sudden passing of Riverbend Community Centre's Office Manager Delby Auktor.

RCA staff and board members offer our sincerest condolences to Delby's family and friends.

Rest in Peace Delby.

Important Update from RCA President

Riverbend Community Association is currently experiencing an unexpected transition with our administrative team. We understand there may be small disruptions or delayed communication during this time, we ask for your patience while our support team manages this change.

Please note our regular office hours will be impacted during this transition period.

If further assistance is needed, please contact Ryan at president@riverbendcommunity.ca.

In the meantime, please direct all office and events inquiries to our Communications/Office person for the time being, anthony@riverbendcommunity.ca.

Thank You!

We would like to thank everyone for coming out to our Riverbend Family Skate Day on February 15. A huge thank you to all of our volunteers for making this event possible, and to Skate Shack for offering their services!

If you are interested in volunteering, please visit our website at www.riverbendcommunity.ca/volunteering.

Welcome New Board Members!

The RCA would like to welcome two new members to our Board of Directors!

Welcome to our new Vice President Business Operations - Sarah Kangas, and Zack Hartle, our new Director of Technology, Infrastructure, and Facilities.

Contact: sarahk@riverbendcommunity.ca

Contact: zack@riverbendcommunity.ca

All Season Rink Updates

Our RCA rinks are still open- weather pending. To ensure a positive skating experience, we will be updating our

website with the latest ice conditions on our all-season rink as they occur. We want to thank our rink volunteers for keeping the ice in great condition!

www.RiverbendCommunity.ca.

Upcoming Events

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 March 10, 2025.

Pick up March 20, 2025 between 5:00 and 7:00 pm at the community centre.

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

March Dinner and a Movie - *Despicable Me 4* March 14, 2025

Come and join us at the RCA for our next Dinner and Movie event where we will be showing *Despicable Me 4*, on March 14, 2025. The movie will start at 6:00 pm.

YYC Food Trucks will be onsite from 4:00 pm!

Cash Concession: Drinks and chips.

As a reminder, please be respectful of all guests, refrain from talking, and have your children remain seated during the movie.

More information is available on our website at www.riverbendcommunity.ca.

Cost is \$3 for members | \$5 for non-members

Spring Plant Fundraiser

Help support Riverbend community beautification with our first ever Spring Plant Fundraiser. By purchasing plants through this program, not only will you beautify your own space, but the proceeds from the fundraiser will support future community beautification projects. Please visit our website for order and pick-up dates. www.riverbendcommunity.ca/events/spring-plant-fundraiser.



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Be Part of It! Join the RCA Board!

We are looking for enthusiastic residents to join our board of dedicated and talented directors to fill our open positions or create your own!

Open to Riverbend residents only!

- 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! See page 8 for details on the following positions.

- Director of Traffic, Safety, and Crime Prevention.
- Board Secretary.
- Director of Communications.
- Director of Memberships and Partnerships.
- Director of Volunteer Resources.

Visit www.riverbendcommunity.ca/volunteering and sign up today!

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, colour, or lucky number. No minimum order quantities required. Free shipping on orders over \$75! Support the Riverbend Community Association today.

Visit riverbendcommunity.entripyshops.com/.



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JOIN OUR RCA TEAM!

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CRIME PREVENTION**

**DIRECTOR - MEMBERSHIPS
& PARTNERSHIPS**

DIRECTOR - COMMUNICATIONS

**DIRECTOR - DIRECTOR OF
VOLUNTEER RESOURCES**

SECRETARY

For all 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



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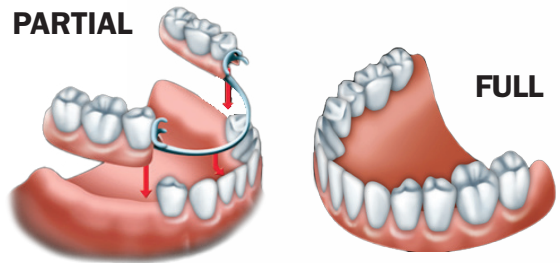
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We Follow the ADA&C Fee Guide!

Code	Treatment Description	ADA&C Fee Guide Pricing	SAME FEE Embrace Dental Care's Pricing
01103	New Patient Exam	\$137.65	\$137.65
02144	4 X-Ray Bite Wings	\$105.35	\$105.35
11113	3 Units Scaling	\$250.53	\$250.53
11101	Polishing	\$74.40	\$74.40
12113	Fluoride Treatment	\$36.05	\$36.05
02601	Panorex	\$106.61	\$106.61

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services



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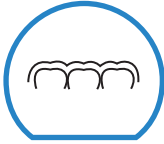
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DINNER & MOVIE DESPICABLE ME 4



MARCH 14 @ RCA



Join us for our next
Dinner & Movie event,
where we will be showing
Despicable Me 4!

Movie starts at 6 PM

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

YYC Food Trucks will be
onsite from 4 PM!

Register on our website!

www.riverbendcommunity.ca/events

Spring Programs

April to June 2025

Register online at riverbendcommunity.ca/programs.

Programs

Pilates with Yoga - Spring 2025

Tuesdays 7:00 to 8:00 pm (in the Bow room)

12 weeks from April 22 to June 24, 2025

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.

Cost \$165 for RCA Members | \$185 for Non-Members

Registration now open!

Dance Fitness - Spring 2025

Spring Dance Fitness to start in May - watch for details coming soon!

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, 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 gginfo@calgarygirlguides.com or visit girlguides.ca for more information.

Calgary Young People's Theater

CYPT provides professional caliber mentorship, training, and performance opportunities to youth ages 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

Out of School Care

For children ages 5 to 12 years attending Riverbend Elementary School and Holy Angels. Open Monday to Friday, 7:00 am to 6:00 pm, September to June. Closed all statutory holidays, open all PD days.

Contact littlestepspreschool@telus.net or 403-554-360; or visit www.littlestepschildcare.ca/riverbend-preschool/ or www.littlestepsbac.ca for more information.



The poster features the Riverbend Community Centre logo at the top left, which consists of three green trees above a blue wave. The main title 'Pilates with Yoga Spring 2025' is written in a large, green, sans-serif font. Below the title, the schedule is listed: 'Tuesdays April 22 to June 24, 2025 7 PM - 8 PM (Bow River Room)'. The cost is listed as '\$165 for RCA members \$185 for non members'. At the bottom, it says 'REGISTER ONLINE - WWW.RIVERBENDCOMMUNITY.CA/PROGRAMS'. On the right side of the poster, there is a photograph of a woman in a black and white athletic outfit performing a yoga pose on a mat.



The advertisement features the Riverbend Community Centre logo at the top left. The main title 'Riverbend Community Centre' is written in a large, orange and green, sans-serif font. Below the title, it says 'LOOKING FOR A SPOT TO BOOK YOUR NEXT EVENT? LOOK NO FURTHER THAN YOUR OWN COMMUNITY!'. A list of features follows: '• 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 '• And so much more!!'. At the bottom, there are three images: a room with tables and chairs set up for an event, a circular logo with 'BUILT IN CALGARY' written on a red banner, and another room with tables and chairs. The website address 'WWW.RIVERBENDCOMMUNITY.CA/FACILITY-RENTALS' is at the bottom.

Burns and Scalds

by Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe. The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over-the-counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.



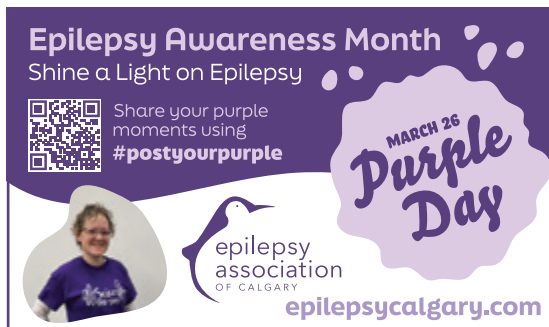
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Some old and broken household items don't always have to end up in the black bin, there are a range of programs and services to help divert waste from our landfills and give items a second life.

Together, we can make a big impact and become recycling and composting champions.

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BRAIN GAMES SUDOKU

					7			8
4	3	2	6	8				
	8		4			2	3	
	6		1					
3								5
					8		2	
	4	1			6		7	
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9			3					

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BUSINESS CLASSIFIEDS

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

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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.

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.

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.

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.

PAINTER SERVICING RIVERBEND: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

CLEANING SERVICES: Excellent references. Insured and WCB coverage. Weekly, bi-weekly at reasonable prices. For free estimates call Maria at 403-606-6977.

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4. Max Park holds the record for solving this 3D combination puzzle toy at 3.13 seconds.
5. This stretchy, bouncy, moldable toy was used aboard Apollo 8 to help secure tools and equipment in zero gravity.
6. This toy was named after Theodore Roosevelt who famously refused to shoot a captured animal during a hunting trip in 1902.



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