

Rimbey & Area 2019 Community Newsletter



Recreation Services 403-83-3151 www.rimbey.com

Rimbey Aquatic Centre

The last day for the Rimbey Aquatic Centre is Monday Sept 2nd.
Public Swim 12pm-6pm.

Babysitting Course

Date: Sat Oct 19/19

Time: 9am-5pm

Ages 11+

Registration opens up Sept 5/19 at 8:30am

Your spot is not secure until you have Paid in full for the course.

For more information call #403-843-3151



Mass Registration Thursday September 5, 2019 3pm-7pm

Peter Lougheed Community Centre.

All organizations are welcome to attend at the Peter Lougheed Community Centre at no cost.

Groups are responsible for their set up and take down of the tables we provide.

This is a great place to sign your children up for all their extra curricular activities and learn about organizations in the Rimbey area.

Arena Rink Board Advertising

Want to have your business highly visible all year long? Advertise on a rink board in the Vern Poffenroth Memorial Arena. Six spots left.

For more information call #403-843-3151.

Community Events Calendar

Please submit events to the Recreation Office using the Community Events Calendar form found online: www.rimbey.com/administration/forms-and-applications

Events Calendar



CHECK OUT OUR NEW PROGRAMS
<http://www.centralparklandparentlink.ca/>



Counselling

Available in RimbeY. For Everyone – on a sliding scale fee – no financial barriers.

Call Red Deer Catholic Social Services intake; 403 347-8844 and ask to be seen in RimbeY

Do you struggle with Couples or Blended Family Issues, Communication, Anger management, Grief, Addiction, Depression, Anxiety, Self-esteem?

This Service is brought to you by the RimbeY & Area Community Wellness Association



Believe
YOU CAN
AND
YOU'RE
Halfway
THERE

RimbeY Legion News

Legion Bingo will now be twice a month, Doors open @ 6:30 p.m. Bingo Starts @ 7:00p.m.

- For Legion Hall Rentals call: 403 843-2184 or 403 843-2343
- For Legion Memberships call 403 843-2464

RimbeY & District Victim Services Working in partnership with the RimbeY RCMP, Victim Services provides information, support, referrals and court support to victims of crime. We act as a liaison between the RCMP and victims. Learn about us at www.rimbeYvictimservices.com Contact our office 403.843.8494 We are a proud member of Victim Services Alberta.



RimbeY Pas-ka-poo Park
in case of inclement weather, we will be at the rimbeY elementary school

1:00 ~ 4:00

Activities & home made ice cream for families of 0-6 year olds.

Sundae in the Park!

SUNDAY SEPTEMBER 8TH

PH: 403 843 4304 FOR MORE INFO

RimbeY Market at the Park

A great reason to get up on Saturday morning!



Saturdays 9:30-11:30 am
BUY LOCALLY

May 4 - October 12, 2019
at PAS-KA-POO PARK

INFO? 403-704-4001
rimbeYfarmersmarket@hotmail.com

Watch for upcoming events each month!

RimbeY Community Addiction & Mental Health Services

Free services offered by AHS for Children and Adults, struggling with addictions, anxiety, depression or any other mental health concern.
“Hours of operation: Monday-Thursday 8:00-4:30p.m., Closed during the lunch hour 12:00-1:00p.m., Closed for Statutory Holidays. Please call 403-843-2406 for an appointment.”



“Education is the key to unlocking the world, a passport to freedom.”

Oprah Winfrey

Funtastic Friday!

2019-2020

Grades K-6



Join us on School Scheduled PD Days!

Activities, crafts and more!

9:00AM to 5:00PM

Pre-registered Program (must be pre-paid)

Parents provide lunch, snacks and a water bottle

Located at 5214 51 St. Rimbey, AB

\$10.00 per day!

HURRY!

SPACE IS LIMITED

Register your child September 5, 2019 at Mass Registration!

403-704-6641

Boys & Girls Clubs of Wolf Creek RIMBEY

Rimbey Library

Please note that we are back to winter hours starting September 3rd. We will no longer be open on Mondays.

September is Library Card Sign Up Month – either get a new card or renew your existing one and have your name entered into a draw!

For more info. Check <http://rimbeylibrary.prl.a.b.ca/events>

- Monday**
Indigenous Canada MOOC – 7:00 pm
- Tuesdays**
Pre-school Storytime (3-5) - 10:30 am
Wiggle Worms (0-3) - 10:30 am
Twisted Tuesdays - 3:30 pm
- Wednesdays**
Get Your Geek On! – 3:30 pm
- Thursdays**
Kids, Cards & Games – 3:30 pm
September 5th – Movie Night at the Library sponsored by the Rimbey Lions Club – Incredibles 2 – 6:30 pm
September 12th – Armchair Traveller – a Trip Across Canada 7:00 pm
September 19th – Dig it! Dogman! – 6:30 – 8:00 pm
September 26th – Book Club – 6:00 – The Lost Girls of Paris by Pam Jenoff
- Fridays**
Pre-School Storytime 10:30 am
September 14 & 28th - Fantabulous Fridays 2:00
September 7 & 21st - Inventors Club 3:30 pm
- Saturdays**
Feed Your Passion! – The Great Outdoors – 2:00 pm
September 7th – Track & Field
September 14th – Nature Art
September 21st – Orienteering
September 28th – Sports
September 14th – Meal Prep & Planning with the Jallapeno Mama – 1:00 pm Please register.

403 843-2841

Do you have car seat questions or need your car seat checked by a certified technician? Call Neighbourhood Place @ 403 843-4304, or email rimbeynp@telus.net Find us on facebook: <https://www.facebook.com/Rimbeycarsseats/>



Community Information & Referral Clinic
The 2nd Tuesday of each month
Rimbey Drop In – computer room
From 10 a.m. – til Noon.

Rimbey FCSS has a program to fit you. Whether you like cooking, have a young family, have an older family member, are an older family member, need help with meals, need some resources, support or company once in a while or maybe you want to give back to the community as a volunteer. We also have a resource library available Monday to Friday 8:30-4:30, closed from 12-1. It is free to the public with books on health, well being, parenting etc. Call 843-2030 or visit our website for program details www.rfcss.com

Healthy Families Program is asking if you know of a young mom in need of support to please pass our name along. Adult Day Support Program has space for new clients, seniors who want some company and would enjoy organized activities and snacks one or two days a week. Call FCSS @ 403-843-2030 for information on these and other activities and programs or go to rfcss.com



Fun for Seniors

Speakers 4 Seniors

We are offering a free one hour information session followed by an hour of socializing and refreshments the 2nd Wednesday of each month to learn from speakers covering a variety of topics relevant to seniors.

Sept 11, 2019
Manor
9:30
Diabetes
Presenter: Rachel Murray

Oct 9, 2019
Seniors Drop In
9:30
Driving Safety
Presenter: Constable Kurtis Pillipow

Nov 13, 2019
Manor
9:30
Mental Health
Presenter: Noah Boakye Yiadom

Jan 8, 2020
Seniors Drop In
9:30
Beautiful Nature
Presenter: Myrna Pearman



Report Impaired Drivers

Pull Over Call 911

e-mail: rimbeynp@telus.net
Or (P) 403.843.4304
Find us on facebook!



Boys & Girls Clubs
of Wolf Creek
RIMBEY

AFTER SCHOOL PROGRAM!

JOIN US FOR CRAFTS, GROUP GAMES,
OUTSIDE PLAY & MORE!

- TUESDAYS, WEDNESDAYS & THURSDAYS
- 3:30PM TO 5:30PM
- DROP-IN PROGRAM
- GRADES K TO 6
- SUGGESTED \$2.00 DONATION
- SNACK PROVIDED BY BOYS & GIRLS CLUB

CONTACT US AT (403)704-6641

 @BGC RIMBEY
5214 51 ST. RIMBEY, AB



3 Simple Rituals That Will Make You A Fantastic Parent Part 3(continued from last month) From "Barking up the Wrong Tree"

What evidence do you already have for this? That your kid doesn't misbehave 24-7. I'll bet the majority of the problems you have aren't random. Maybe getting them to do their homework consistently produces a meltdown. Or bedtime is always a battle of epic proportions. There are a handful of situations that are disproportionately responsible for the conflict you two experience.

He has "difficulty with doing chores." She has "difficulty with getting up for school." That's something we can address. Parents often shout "You do this every time!" but rarely stop to think there might be a real *reason* it happens so consistently at that particular time. There's what Greene calls an "unsolved problem."

But instead of thinking about the skill that's lacking, we just focus on the bad behavior. If we aim to discover and solve the underlying problem, the behavior goes away on its own.

You want him to stop hitting his sister when he gets frustrated. Do you really think for a second his thought process is, "I just love punching my sister. It's one of my favorite hobbies." Of course not. It's more like, "I'm frustrated and don't know how to handle my emotions."

If you just enforce a strict ban on sister-punching, it's not going to teach him to handle anger any more than me shouting is going to teach Hans a second language. Sister-punching is just going to morph into some new anger-induced bad behavior, leaving you to assume the kid has a lot more problems than he really does. The unaddressed anger issues just create a game of "Bad Behavior Whac-A-Mole" that you will never, ever win.

Help them identify the unsolved problem, teach them the lagging skill, and the awful behavior gets replaced by something that will make them a more effective human -- and stop you from going prematurely gray. Sounds good, but there's a very common resistance to this logic that we need to address...

To be continued next month!



The *Community Wellness Association* is a group of citizens who meet once a month in the hope of addressing family violence, bullying (creating a caring community) mental health and substance use in our community. Please call 403 843-4304 for more info.

Pedestrian Safety Laws

Did you know? 50.2% of drivers in collisions involving a pedestrian failed to yield the right of way to the pedestrian

Know the Rules

If a pedestrian wants to cross the road and, before stepping off the curb, you see them extending their arm and pointing in the direction they want to walk, you must stop

Stop for all pedestrians at a crosswalk (even if it's unmarked)

Watch for the elderly or people with disabilities who may take more time crossing

Don't pass vehicles or motorcycles that have stopped to allow pedestrians to cross

Stay alert and slow down on residential streets and through school zones; the speed limit for school and playground zones in urban and rural areas is 30 km/h unless otherwise posted

Watch for school safety patrols wearing orange vests and stop as directed

If there are flashing lights at a crosswalk, the maximum speed is 30 km/h (even if the pedestrian finished crossing the road)

Come to a full stop about 20m away from a school bus with its red lights flashing

Be extra cautious during rush hours (3:00 p.m. - 7:00 p.m.) at busy intersections where many pedestrians are crossing

Pedestrian Penalties for Drivers

Failure to stop for pedestrians at a crosswalk results in a \$776 fine plus four demerit points

Failure to give the right of way to a pedestrian who signals their intent to cross at a crosswalk (marked or unmarked) results in a \$155 fine

The fine for passing a vehicle stopped at a crosswalk is \$776 plus four demerit points

Failure to stop at least 20m away from a school bus with its red lights flashing results in a \$543 fine plus six demerit points

From saferoads.ca

Central Alberta Community Legal Clinic

The Central Alberta Community Legal Clinic offers free legal advice to those who do not qualify for Legal Aid and who cannot afford to pay a lawyer. The Legal Clinic offers advice in the areas of Family Law, Criminal Law, Guardianship/Trusteeship, and certain areas of Civil Law/Wills.

You must fill out an intake form in person or by phone before an appointment is booked. For criminal matters, you must have your disclosure before an appointment can be booked.

Phone:403-314-9129 Toll Free:1-877-314-9129