



# Kaleidoscope

**Fine Arts Fair**  
reflecting God's image in our creativity

Kaleidoscope: A Fine Arts Fair Reflecting God's Image in our Creativity: You are invited to the Rimbe y Christian School on Thursday, March 1 from 7:00 p.m. to 8:30 p.m. The evening will consist of performances including music and poetry. The hallways will be transformed into an art gallery featuring the students' artwork. We look forward to an evening of celebration as we enjoy the creative talents of the students in our school. Please join us!



**Need your family picture taken?** Lifetouch will be at the **Rimbe y Christian School** on **March 15** to take family pictures and we are inviting everyone in the community to take advantage of this great opportunity. The sitting fee is \$30 which includes an 8 x 10 portrait. Lifetouch will donate \$20 of each fee back to the school as a fundraiser! To book your appointment, visit [www.lifetouch.ca/abfamilyphotos](http://www.lifetouch.ca/abfamilyphotos) or phone 1-866-948-1005. A minimum of 12 families are needed in order for this event to take place.

**Rimbe y Christian School** invites you to come out to their **Spring Play Fundraiser - Village of Idiots**, with a cast of current students, alumni and school supporters. Village of Idiots tells the story of Yosef, a deserter from the Russian Army, who wanders into the Polish village of Chelm, where things don't seem quite right. Miriam tells him to wait and see, for true wisdom is not easily measured. The "spine" of the play is Yosef's journey towards understanding the Chelmniks. And if, like Yosef, you love stories, then, as Miriam tells him, you've come to the right village. **Reserve your tickets by calling Maryan at (403)843-4790. Tickets also available at Pharmasave or Value Drug Mart.**

**Friday, April 20 - Family Night Theatre:**  
7 p.m., Nazarene Church, \$50/family, \$15/person (Refreshments and treats will be served during intermission)  
**Saturday, April 21 - Dinner Theatre:**  
\*Tickets must be reserved **no later than April 18<sup>th</sup>**\* Supper: 6 p.m. \$40/person includes dinner & theatre, Drop In Center Theatre: 8 p.m. \$15/person, Nazarene Church

- Fingerprints Playschool**
- \*Play based programming exploring the wonderful unique qualities of every child**
- \*Monday/Wednesday classes with many centers and themes for children to explore**
- \*Sept. to June sessions for children 3 to 5 yrs**
- \*Registrations welcome throughout the year**
- \*Located at Rimbe y Christian School, 4522-54 Ave.**
- \*To register call: 403-843-4790 or visit us online at: [www.rimbeychristianschool.com](http://www.rimbeychristianschool.com)**

ISSUE  
**03**  
March  
2012

# Rimbe y & Area Community Newsletter



this issue

- Community Recreation P.1
- Service Groups P.2
- Service Groups cont. P.3
- Catholic Schools P.4

### Upcoming Community Events...

- Family Dance @ Forshee Hall: Mar. 2
- Playground Equip. Fundraiser (Elementary School): Mar. 10
- Ladies Bonspiel (Curling Club): Mar. 16 - 18
- Rural Scenes in Watercolour & in Ink (Art Club): Mar. 17
- Blindman Youth Action Group Irish Gala Fundraiser: Mar. 17
- Spring Dance (Nursery School): Mar. 22 6:30- 8:30
- Mixed Bonspiel (Curling Club): Mar. 29 - 31
- Spring Festival (Rimbe y Library): TBD

### Recreation Office

5109 – 54<sup>th</sup> Street  
PO Box 350  
Rimbe y, AB T0C 2J0  
(P) 403.843.3151  
(F) 430.843.4267  
(E) [recreation@rimbe y.com](mailto:recreation@rimbe y.com)

Website: [www.rimbey.com](http://www.rimbey.com)

## Rimbe y Community & Recreation Services

### Open Gym Time – Community Centre

Starting Feb. 13<sup>th</sup> the Rimbe y Community Centre's Main Auditorium will be opening its doors to the general public for use in an open-gym format. Whether you want to shoot hoops, play badminton or simply run around and stretch those legs, all are welcome to make use of the facility during the following times:

Mon. – Fri.:  
12:00pm – 2:00pm; 3:30pm – 5:30pm  
\* *Open gym time will be canceled for facility rentals and bookings so we recommend you call ahead to confirm availability. Fridays in particular will have a higher booking frequency.* Rimbe y Community Centre (MA)

### Running Programs

- Zumba Fitness Program Mon & Wed @ 6:30pm; Jan. 4 – Mar. 21; ages 16+; Punch cards available (10 class card is \$85)
- Basketball – Wednesday's from 7pm – 9pm; ages 14+Jr. & Sr. High School Gym Mar 14, 21; all of Apr, May & Jun
- Volleyball – Tuesday's 7-9p.m.Jr.&Sr. School Gym
- Badminton – Thursday's from 7pm – 9pm; Rimbe y Community Centre (MA)
- Winter Walking - Mon – Thurs 6pm – 8pm, Nov 1<sup>st</sup>
- March 30<sup>th</sup> Rimbe y Jr. & Sr. High School
- Geo-caching - 24/7 GPS units available at the Rimbe y Community Centre Cache Locations @ [www.rimbey.com](http://www.rimbey.com)
- Racquet Tuesday's - Tuesday's 6:30pm - 9:00pm; all ages & abilities; Squash/Racquetball Courts

### Out of School Care Program – Great Value

Rimbe y's Out of School Care Program is a valuable service for our community. Many families are already benefiting from this program and there is still room for more kids. If you have an elementary aged child that needs a place to go for an hour or two after school, we would invite you to consider our program. The rates for this service are very reasonable as they are equal to or less than similar programs around Central Alberta. If you register for a whole month the cost works out to be only \$3.80 per hour per child. If you pay for part time care, the cost works out to be \$5.20 per hour per child (rates based on Feb. 2012). There is also money available for families that cannot afford the costs of child care through Alberta's subsidy program. The subsidy program is easy to sign-up for and use. Please contact the Recreation Office (403-843-3151) for more details. The Rimbe y Out of School Care program is committed to making this service work for you.

#### Full Time Care

One child .....  
\$250.00  
Two children .....  
\$450.00

#### Part Time Care

\$12/day/child

#### Drop-In Care

\$15/day/child

#### Scheduled non-school days

\$35/day

Location: Rimbe y Elementary School  
Hours: 3:10pm – 5:30pm; Mon – Fri (PD days, 8:30am – 5:30pm)

### Important Dates:



## FCSS Program Spotlights:

### Meals on Wheels:

Meals on Wheels is a program that supplies nutritious meals prepared at the Parkland Manor Monday thru Friday, including holidays. It offers a hot, full-course meal that is delivered by courteous, friendly volunteers to the client's home at noon at a minimal set cost. The main purpose of the Meals on Wheels program is to improve the nutritional status for the individuals receiving the service. It is to assist convalescents upon discharge from the hospital, provide social contact for people living at home, and allow the disabled and elderly to maintain their independence as long as possible. It also serves as a check-up service on the well-being of the recipient. Volunteers are needed in this program to help deliver the meals to the clients. Please contact Christine at the Rimbey FCSS 403-843-2030.

### Food Bank:

The Food Bank is a centralized warehouse that stores and gives donated foods to needy individuals and families experiencing a crisis situation. The process is for an individual or family to receive food is simple, however follows strict guidelines. The individual can apply in person or phone the Rimbey Community Home Help Services in the Provincial Building for assessment. Food hampers are provided when a need has been established. The Food Bank is an emergency Food service. Anybody can find themselves in financial crisis. The majority of the clients the Food Bank serves are the working poor. When making minimum wage, most clients have to have at least two jobs and still cannot make ends meet. All clients of the Rimbey Food Bank must have registered with FCSS and be a resident of Rimbey or the West half of the County of Ponoka. The Food Bank operates on a non-profit basis, receives donations of food and cash. The cash is then used to purchase fresh items and any other items the Food Bank might be low on. The Food Bank receives support from many different areas; Church groups, Merchants, Market Gardens, Service Groups, The General Public, Food Banks Alberta, Alberta Food Banks. If it wasn't for the wonderful support of many different people, the Food Bank would not be able to feed people in need.



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 PO Box 980  
 Rimbey, AB T0C 2J0  
 (P) 403.843.4304  
 (F) 430.843.4346  
 (E) programs@rimbey.com  
 Office hours Monday – Thursday  
 Noon – 5 p.m.  
 Funded by Central Alberta Child and Family Services  
 Authority

Purpose:

- To advocate for individuals and the community
- To promote community awareness and education
- To coordinate community services
- To help the community turn ideas into realities
- To liaison between community and government
- On-going planning for the future
- To be a catalyst to encourage community input into the planning of services

On December 15, 2011 in the early morning hours Derek Jenson stalked his ex girlfriend Tabitha and her three friends on highway 2 near Claresholm Alberta. Derek rammed into the back of Shayna's vehicle making her stop to investigate the issue. Derek got out of his car and shot Shayna numerous times- she is a miracle and has survived. The other victims Tabitha (Derek's ex girlfriend), Tanner and Mitch were killed before Derek turned the gun on himself... Tabitha and her friends are victims of Domestic Homicide. Domestic homicide, or murder by an intimate partner, represent 17% of all solved homicides in Canada and 47% of all family homicides (2009). I would like to take the opportunity to focus on this topic in the next few newsletters and breakdown some facts regarding why women become so high risk when leaving their abusive relationship. First let me introduce to you the 12 main "red flags" which will indicate to you that your partner may become an abuser- or is your partner already??

1. **Heavy drinking or drug abuse** (especially if he uses substances as an excuse for what he does: "The alcohol made me do it.")
2. **Abuse during the courtship period** is a guarantee of further abuse that will become more frequent and severe. Don't marry him with the belief that "I can change him." You won't.
3. **Morbid jealousy.** This may be a bit flattering at first, but will be a curse later on. You will never convince him that you are innocent of his accusations.
4. **Past child abuse and/or witness of marital violence.** This happens in some cases. Children learn what they live. Boys tend to copy their fathers. Abused children discipline their own children as they were taught. He may be a "violence carrier".
5. **Inability to handle frustration.** If he blows up and explodes at small things, and reacts with a tantrum over minor things, he may act out frustration with violence in a marriage. **How he deals with anger is the key.**
6. **A violent temper.** This speaks for itself. If you feel fear when he acts out his anger, that fear is a warning signal. **Listen to it!**
7. **Cruelty to animals,** abuse and mistreatment of pets...What makes you know he will treat you any differently?
8. **Preoccupation with weapons.** They are an extension of self. A person is what she/he lives. If he ever "playfully" points a gun at you or ever gestures at you with another weapon, what could happen if he became very angry with you?
9. **Mental illness.** A person with an unsound mind or without any sense of moral responsibility or guilt may not be in control of his actions. Does he act in ways that you feel are abnormal or strange?
10. **A poor self-image;** insecurity about his own masculinity. If he feels compulsive about always being "one up" and dominating and he lives out a macho role at all times, you will be subject to his control and possibly treated like one of his possessions. He may feel he has the right to treat you like his property, to do as he pleases.
11. **A pattern of blaming others,** particularly his wife, for his problems. If he never accepts his faults and responsibilities when things go wrong, be ready to be blamed for everything.
12. **Acceptance of violence as an appropriate problem-solving method.** Do you want a man who talks out or acts out his anger?

If you or someone you know is in need of support please contact Kellie your Family Violence Support Worker at 403-346-5643 or call our toll free 24hr crisis line at 1-888-346-5643... Remember Domestic Violence does feed on silence!

## Rimbey Service Groups & Organizations

### Rimbey Adult Learning

Congratulations to the students who completed the GED Prep Class! We are proud of you! Good luck on your exams at Red Deer College. Wake up with the drop in yoga class held Wednesday mornings at the Provincial Building March 7, 14, 28 (9-10:15am).

Rob Stratton is instructing Photography Level 1 March 20, 22 and 24. Join us for a 3-session introduction to everything DSLR. These classes are filling quickly! (Level 2 will be offered May 1, 3, and 5)

Need to write a letter of intent or a grant proposal for your non-profit organization? Come to our video conference presentation and gain an overview of the Letter Grant Proposal Format as developed by the granting organization. March 14 (11:30-1:00) \$10 includes light lunch.

Basic Computer class- March 12 and 14 (7-9pm). Bring your laptop and your questions! Please pre register by Mar 8.

*Looking a bit further...*

Dog Obedience- begins April 12. (6 classes) \$125

Website Design-April 2, 4, 9, 11 (\$100)

Call 403-843-3201 to register or email ralc@incentre.net.

### BIG BROTHERS BIG SISTERS OF RIMBEY – 403-843-1066

Big Brothers Big Sisters mentors are making a meaningful difference in the lives of a number of young people in our community. Mentoring is a life changing experience. Share a little magic-- get involved today. Call (403) 843-1066.

Please join us at the Irish Gala Saturday March 17, 2012, Rimbey Community Centre, Doors Open 6:00 p.m., Dinner 7:00 p.m. - Entertainment, Live & Silent Auction, Prizes. Tickets Available at Stationery Stories & Sounds. Information - (403) 843-2018 or (403) 704-0397. Proceeds to Blindman Youth Action Centre and Big Brothers Big Sisters of Rimbey  
 Paula Madu, Program Director, Big Brothers Big Sisters of Rimbey

### The Rimbey Library This Month



The Whole month of February to March 26<sup>th</sup> - Spin it to Win it – a game of literacy sponsored by The Rimbey Legion  
 Tuesday and Friday mornings 10:30 – Children's Story Time  
 Tuesday mornings 10:30 – Pat a Cake Kids  
 Wednesday mornings 10:30 – Adult coffee time  
 March 1st – Movie Night at the Library sponsored by ConocoPhillips – 6:30 pm – A Goofy Movie  
 March 8th – Armchair Traveller – 7:00 pm destination TBA  
 March 15th – Board Games and Pizza – 5:30 pm. \$2.00 per person. Children under the age of 6 must be accompanied by an adult.  
 March 22<sup>nd</sup> - Peter Puffin – Grammy Award winning Children's entertainer – 6:30  
 March 27<sup>th</sup> – Greasy Grimy Gala – children under the age of 6 must be accompanied by an adult  
 2:00 – drop in science experiments  
 3:00 – science demonstrations  
 4:00 – drop in science experiments  
 March 28<sup>th</sup> – Brian Lehr, magician  
 March 29<sup>th</sup> – Karen Gummo, Storyteller. Dance, drawing, string games and stories!  
 March 30<sup>th</sup> – Lorna Bennett Illustration Workshop (\$10.00)  
 10:00 am – Kindergarten – grade 2  
 12:30 pm – Grade 3 – 5  
 2:45 pm – Grades 6 and up  
 March 29<sup>th</sup> – Book Club – Anansi Boys; Neil Gaiman -6:00 pm

### Rimbey Elementary School

*A Comedy Evening Fundraiser for New Playground Equipment*

RES Council is planning a fun-filled Comedy Evening Fundraiser for those 18 years and older, on

Saturday, March 10, 2012 at the Community Centre to raise money

for new playground equipment. It will replace the old playground

equipment located on the upper elementary side. There will be a lot

of laughs with 3 comedians, light snacks, cash bar, silent & live

auctions and safe drive. Tickets are \$40 each in advance or \$50 at

the door and Corporate Tables are available, please no minors. Help

us reach our goal of \$100,000 - we are ¼ of the way there! All support

is very much appreciated!

For tickets & inquiries please call Bobbie @ 403-843-4249

### Rimbey & District Employment Centre – 403-843-2034

Are you looking for employment? We offer many free services to help you find the right job, including resume workshops, internet and computer access as well as information about the labour market.

Are you looking for employees? Post your positions on our job board, ask us about a mini job fair or the Workplace Training program.

Centre hours are Mondays to Fridays, from 8:30 am – 12:30 pm. For more information, please call 843-2034. Monika Rondeel Employment Counselor Rimbey & District Employment Centre