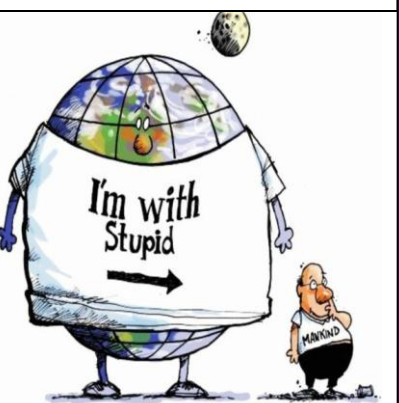




The DDoR Program at Johnstone Crossing Community Health Centre provides one-time urgent dental treatment for children with visible tooth decay, pain, broken teeth and signs of infection. Treatment is available for families with lower income who can't use the Alberta Child Health Benefit or do not have benefits to cover dental treatment. Call the Community Health Centre at 403-356-6302 to make an appointment to see us

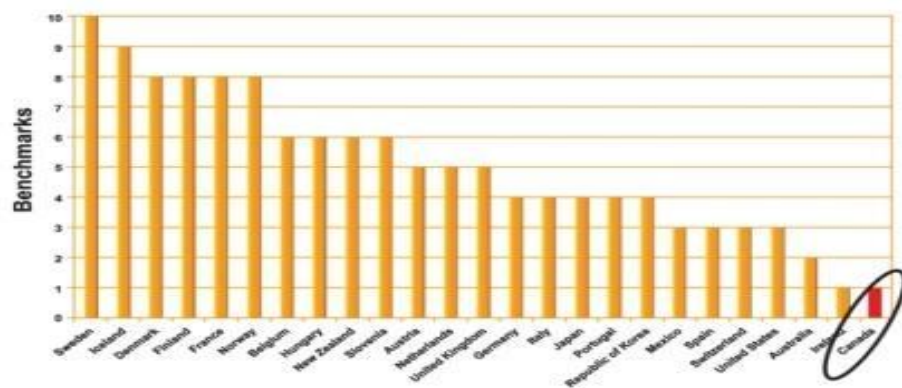
Protect your child's teeth with **Free fluoride applications** For eligible children 12 to 35 months

Toll Free: 1-866-408-LINK(5465)



This newsletter is brought to you by Rimbey Neighbourhood Place. Please direct any questions, concerns or submissions to Rimbey Neighbourhood Place: 403.843.4304 (rimbeynp@telus.net).

## Part 10 of Early Child development-Benefits of healthy development - Needless 'brain drain'



Source: Graph adapted from Early childhood services - a league table. The child care transition, Report Card 8, UNICEF Innocenti Research Centre.

Canada lags behind other affluent countries in early childhood development and care. The results are not surprising. One in four children, not including those diagnosed with severe disabilities, are vulnerable when they start kindergarten, lacking age-appropriate skills such as being able to hold a pencil, follow instructions or get along with other children.

Our national record has been criticized by international organizations such as the World Health Organization and the United Nations Children's Fund. In a 2008 report card put out by UNICEF, Canada tied for last place in meeting recommended benchmarks for early child environments out of 25 industrialized countries in the Organization of Economic Cooperation and Development (OECD).

In a time of increasing global competition and economic uncertainty, many economists and business leaders are questioning the waste of this valuable potential. Most importantly, perhaps, this needless waste represents an incalculable loss to our country socially, culturally and spiritually.

### National Victims of Crime Awareness Week hosted by Rimbey and District Victim Services Unit.

Sunday, April 21st from 12:00 - 3:00 pm **Town Information Fair** at the Rimbey Community Centre. The fair will feature a variety of agencies who provide support to victims of crime, tragedy, and natural disasters. We will also have roll over demonstration, emergency response vehicle tours, local talent presentation, BBQ, guest speaker, finger printing kits for children, and a Town Council pie throwing contest. Admission is free, and pies are a twoonie a toss. all funds raised will be donated to Rimbey's Food Bank.

Wednesday April 24th from 6:30 - 8:30 pm **Parent Internet Safety Training** at the Rimbey Municipal Library. This training will focus on a variety of topics from cyberbullying, social networking, online marketing to children and youth, gaming and sexual exploitation. Admission is free, refreshments and deserts will be served and registration is required, please email [rimbeyvictimservices@gmail.com](mailto:rimbeyvictimservices@gmail.com) by April 17th to register.

Thursday April 25th from 6:30 - 8:30 pm **The Bully Movie Screening** at the Rimbey Community Centre. This screening will be hosted by Rimbey and District Victim Services, as well as the Community Wellness Group. \*Caution this movie does contain disturbing material for some and all children under 16 years of age must be accompanied by an adult. Admission is free, refreshments and popcorn will be served.



# Rimbey & Area Community Newsletter 2013

## In this issue

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



### Upcoming Community Events...

**Bullarama – April 6<sup>th</sup>**  
Rimbey Arena  
Doors Open at 6pm

**PETER PAN**  
High School Play & Dinner Theatre  
April 19<sup>th</sup> & 20<sup>th</sup>  
Community Centre

**Rimbey & District**  
Victim Services  
Information Fair  
April 21<sup>st</sup>  
Community Centre

**Volunteer Appreciation**  
Night  
April 22<sup>nd</sup>  
Community Centre

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

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

### Important Dates:

- April 1 – April fools day
- April 7 – World Health Day
- April 22 – Earth Day

## Rimbey Community & Recreation Services

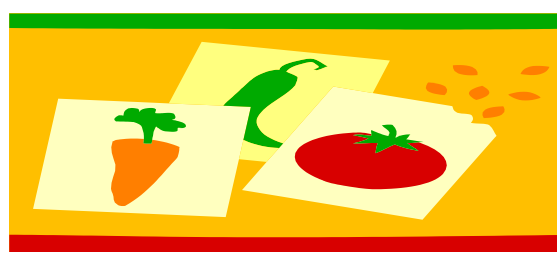


### Red Cross Babysitting Course

Sunday April 14<sup>th</sup>  
Community Centre  
9:00 a.m. to 4:00 p.m.  
\$50

Register at the Recreation Office

Please bring a peanut and candy free lunch, snacks and drinks.



Gardening grows healthy communities  
It's that time of year to dig into some gardening ideas!

If you are interested in being part of the Rimbey Community Garden give Gayle (403) 843-6864 or the Recreation Office (403) 843-3151 a call.



### Seeking Volunteers

Recreation Office is looking for assistance with the Rimbey Parade being held on July 13<sup>th</sup>. If you're interested please give us a call at 403-843-3151

**FCSS**  
Seniors Information & Referral  
We help with Seniors Forms at the Drop In from 10 till noon the second Tuesday of each month.  
Volunteer Income Tax Program  
Volunteers will prepare qualified client tax returns and efile them free of charge.  
Rimbey and District Volunteer Appreciation Dinner April 22.  
Call FCSS at 403-843-2030 for information on these Programs and others.



## Alberta Health Services

provides free and confidential addiction counseling for adults and teens. A community counselor also provides support and education for those concerned about someone else's substance use.

Appointments are Thursdays at the Rimbey Hospital and Care Centre. Please call 403-340-5274 to book your first appointment

## Rimbey Mental Health Clinic

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

## World Health Day



April 7th

## Rimbey Adult Learning

**MS Word-**Mar 20. Are you new to MS Word? Through this introductory 3 hr workshop learn to create documents, work with texts, format your document ,add pics, and proof and print your project. \$50

**MS Excel-** Mar 27. Learn the basics so that you are able to explore the rest. Create basic workbooks, spreadsheets, add formulas and finally format, proof and print your project. \$50

**Digital Photography-** April 17,24 and 27. Rob Stratton will teach how to manipulate your camera settings to get the best results! Learn some basic techniques,t ips and tricks, and touch on some gear to take things to the next level. \$125

**Willow Lamposts-** Apr 28. Visit our facebook page to see this project, it will be a great addition to tour yard! \$145

**Acrylic Gel/ Nail Course-** Become a certified Nail Tech in this 1 day class, April 13. All supplies included. \$569-\$669.

## Part 3 in the series “why women stay”.

### Fear

1. She believes her husband to be almost omnipotent. She sees no real way to protect herself from him. Many of her fears are justifiable.
2. If she or even a neighbor reports him to the police, he will often take revenge upon her.
3. Often, she is so terrified, that she will deny abuse when questioned.
4. Some women are afraid that if they report the crime or tell of the abuse, their husband might lose his job... the only source of income for the family.
5. Some women are afraid of incurring the wrath of the extended family if they break up with him or report him.

### Isolation

1. Often he is her only support system psychologically, he systematically destroyed her other friendships. Other people feel uncomfortable around violence and withdraw from it.
2. She may have no idea that services are available (if indeed they are) and may feel trapped. Religious counselors, general helping agencies and law enforcement and judicial officials are not social workers or trained in the complexities of battering. Medical personnel often do not identify battering victims.
3. He often threatens to kill her, the children and anyone else she involves if she reports him, thus cutting off communication with potential helpers.
4. Often relatives get tired of helping her out, time after time giving her a place to stay, etc. They no longer are willing to be resources upon which she can rely.
5. Having no one to talk to, they often don't even see themselves as battered women. They may realize they have problems, but they don't identify the battering as being the main problem. Some don't know they have the right to not be beaten.
6. Some women believe that outsiders should not be involved in the affairs of a family.

### Low Self Esteem

1. Learned helplessness; often explains a battered woman's inability to act on her own behalf. She learns that her behavior has no effect on the outcome of a situation, since she is repeatedly abused with no logical consequences from preceding incidents. She begins to believe what he says about her being incompetent and unable to function on her own.
2. Severely depressed people cannot take action.
3. Often he is violent only with her and she therefore concludes that it must be something wrong with her. She often accepts his reasoning that she “deserved” the punishment or that he was just drunk to know what he was doing.
4. Some women believe that if they would improve or stop making mistakes that the battering would stop. They stay because of guilt.
5. Social stigma...because others can't understand why any self-respecting woman would stay in that situation, she may be embarrassed to admit it.
6. She believes she has no power to change her situation.

### Beliefs About Marriage

- Religious and cultural beliefs, or the eyes of society demand that she maintain the façade of a good marriage.
- Often she stays for the sake of the “children needing a father.”
- She may believe that battering is a part of every marriage.
- Many women are raised to believe in the all-importance of a good relationship with a man, and that good relationships are their responsibility, not his.

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

## GUIDELINES FOR BEREAVEMENT (continued from last month, part 2 of 3)

- 1) Accept your emotions. Death hurts. It is difficult to realize that in our lifetime we will never see or touch our loved one again. Many people find that they are on an emotional roller coaster, experiencing grief, guilt, panic and anger.
- 2) Express your feelings. Refusal to let ourselves experience and communicate our distress may prolong the agony and delay the grief process. It helps to have people in your life to which you do not have to say “I'm fine” when you are asked how you're doing. It may also help to write down your feelings.
- 3) Don't expect miracles overnight Allow adequate time for the grieving process to run its course. Remember that grieving is never the same for any two people. Your own way of healing will be uniquely yours. You do not have to pretend to have recovered.
- 4) Bring your children into the grieving process. The work of grief should involve the children. Just like adults, they too are grieving and need to share in the task of bereavement. Silence and secrecy around our children deny them opportunities needed for healing. Be careful that your children don't lose two people in the death - the person who died and the parent who is so overwhelmed by the loss that they are unable to help meet their children's needs.
- 5) Escaping into loneliness is the wrong solution. Staying alone too much can lead to the home becoming a fortress. Day-to-day challenges are avoided. It helps to leave the house for simple and routine chores that do not demand too much complex decision-making. Don't overdo it but realize there comes a time to try to take some steps back to normal, or a new normal.

To be continued..... brought to you by Victim Services

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

A great big thank you goes out to all of the fantastic sponsors, prize and food donors, bowling teams and pledge supporters for the 2013 Big Brothers Big Sisters Bowl for Kids Sake Bowlathon. We greatly appreciated everything that was given, large and small. The kindness was overwhelming and your generosity has meant over \$14 000 has been raised to help youth in our community!

There is still a waiting list of kids who need a mentor. If you can spare an hour a week to spend time with a child please call Annette at 403-843-1066



## The Rimbey Library This Month

Tuesday and Friday mornings 10:30 – Children's Story Time ages 3-5

Tuesday mornings 10:30 – Pat a Cake Kids for the under 3 crowd

Wednesday 10:30 a.m. – Adult Coffee Time

Second and Fourth -Thursday afternoons (11<sup>th</sup> & 25<sup>th</sup>) 2:00 – 3:30 –

Exploration Station – please contact the library for more details. Children must be pre-registered.

Friday afternoons 2:00 – Coffee with Councilors

April 4<sup>th</sup> – Movie Night at the Library sponsored by ConocoPhillips – 6:30 pm –Hugo

April 11<sup>th</sup> – Armchair Traveller – 7:00 pm – destination Florida Keys and Everglades

April 18<sup>th</sup> – Board Games & Pizza 5:30 – 7:30 pm. 2.00. Children 6 and under must be accompanied by an adult.

April 19<sup>th</sup> – Adult Movie Night Sponsored by ConocoPhillips – Safe Haven. Must be 18 to attend.

April 22<sup>nd</sup> – Movie – Switch – 7:00 pm Explore the different types of energy and how they are produced.

April 23<sup>rd</sup> – Candyland Chaos – come dressed in your sweetest outfit – 3:30 pm children under 6 must be accompanied by an adult.

April 25<sup>th</sup> - Book Club – 6:00 pm



4907 – 49<sup>th</sup> Street

PO Box 980

Rimbey, AB T0C 2J0

(P) 403.843.4304

(F) 430.843.4346

(E) [rimbeynp@telus.net](mailto:rimbeynp@telus.net)

Office hours: Monday –

Thursday Noon – 5 p.m.

Alberta Mental Health in Partnership with Rimbey Neighbourhood Place is providing “Mental Health First Aid” April 11-13. This course teaches first aid skills to help someone who is developing mental health problems or is experiencing a mental health crisis. Please contact Leanne @ Neighbourhood Place for more details.



Rimbey and District Employment Centre -

403 843-2034

Monday- Friday, 8:30 – 1:30