

Rimbey & Area Community Newsletter



2013

Recreation Office

403.843.3151

www.rimbey.com

Recreation Services

Countdown to Santa Begins: Dec. 1

Local businesses will be lighting up Pas Ka Poo Park. Join them & the Beatty House by plugging in your Christmas lights! The lights at the park will be on from 5pm to 9pm throughout December.

Christmas Movie and Public Skate

December 21st
Showing the Movie "Elf" at
1:30pm at the Peter
Lougheed Community
Centre
Public Skating 4pm at the
Arena

SANTA ARRIVES!

December 13th 3:30pm - 6:00pm @ Pas Ka Poo Park

Enjoy for Free: Photos with Santa, Hotdogs, Hot Chocolate, Hay Rides, Donkey Rides, Christmas Caroling, the Grinch, Gift Bags and more!

Vote: Vote for your choice of "Best Decorated Building"

Then make your way to the Rimbey Library: There will be crafts and games from 5:00pm to 8:00pm.

Maybe Christmas, the Grinch thought, doesn't come from a store.
Dr. Seuss

RimbeY Library
403 843-2841

Tuesday and Friday mornings 10:30 – Children's Story Time ages 3-5
Tuesday mornings 10:30 – Wiggle Worms for the under 3 crowd
Wednesday morning – 10:30 –

Adult Coffee Time
Wednesday afternoons – 3:30 – Something Cool After School. Children under the age of 6 must be accompanied by an adult
Saturday mornings 10:30 – Mad Scientist Hour. Children under the age of 6 must be accompanied by an adult.
December 5th – Exploration Station
December 5th – Movie Night at the Library sponsored by ConocoPhillips – 6:30 pm – the Smurfs 2
December 13th – Christmas Craft Night 5:00 – 8:00 pm
Closed December 24th, 25th, 26th
Closed December 31st January 1st

parentLINKcentre

The RimbeY Parent Link Centre will have

new programs for the new year! Make sure you connect with us on facebook to find out what's coming up! We offer fun and educational programs for children ages 0-6, Parenting recourses and Developmental Screenings. Remember too: find us on Facebook, visit our website for more info @ www.centralparklandparentlink.ca, or Call 403.843.2030.



Big Brothers Big Sisters! What is In-School Mentoring?

It's a small commitment that makes a huge difference in the life of a child. Becoming a mentor to a child in the school environment helps to build the child's self-esteem and school performance, while having lots of fun. It only takes one hour a week during the school year. One child, one hour a week, two lives changed!

Be a Kid Again!

- Play games, make a craft, read, share time talking, have fun!
- Build a child's self-esteem through guidance, friendship and sharing
- Children who spend time with a mentor gain confidence, acquire new skills, and develop an enhanced capacity to care for others
- Mentors feel better about themselves

Become an In-School Mentor Today!
Call 403-843-1066

RimbeY Employment Centre,
4907 - 49 Street, 403-843-2034

Are you an employer who enjoys training employees to become part of your valued team?

Did you know that Alberta Works will help to pay some of your costs through the Workplace Training program? If you would like more information, please contact me and I will be happy to provide more information.

Monika Rondeel,
Employment Counsellor

RimbeY Nursery School Annual 3rd World Craft Sale. Dec. 6th, 10:00-4:00. Dec 7th, 9:00-2:00. Also available baking, books, poinsettias.



Youth Unlimited Presenting a Dessert & Comedy with Bob Stromberg:

Lacombe, AB
Friday, January 24, 2014
or
Red Deer, AB
Saturday, January 25, 2014
\$30/ticket or \$225 for a table of 8
Tickets available at Buist Motors Products or call 403.755.7825 for more information.

Youth Unlimited Spring Break Mission Trips

Vancouver - \$650 March 22-28, 2014
A mission field in your back yard. Experience life changing trip as you interact with those in need, apply yourself to serving others and earn about yourself and faith.

OR

"Let's go to Mexico" - \$1350 March 20-30, 2014

A cross-cultural mission experience giving you the opportunity to serve others, connect with the

What are community assets?

Communities shape the environments in which young children are raised and influence their development. Communities can help to create the safe, enriching environments that promote positive development. Community assets are the things in the community that positively influence development and are valued by community members. They include:

community features - natural (parks, forests, rivers and hills) or built (recreation centres, libraries, places of worship, playgrounds, walkways, etc.),

community characteristics - such as social and economic circumstances, population density, types of industrial activity, social cohesion and the histories and cultures of a community, and

community resources - services, programs, people, organizations and activities that affect or may have the potential to affect child development.

Communities, working through their coalitions, play an important role in gathering information about community assets. A tool kit is being developed by ECMap to assist communities in this process. The information that is gathered will become part of the full report on each community and on the province as a whole. For more information: ecmap.ca



Ten characteristics of a healthy relationship:

1. The partners in the relationship value themselves and each other. They understand each other's differences and they treat each other with respect and courtesy.
2. The partners are equal. They make decisions together. If they have children, they parent together.
3. When the partners disagree, they know that it's okay to talk about their differences. They work it out together. They find ways for both partners to get what they need.
4. The partners listen to and respect each other's viewpoints. They express their feelings and opinions. They do not make hurtful comments about the other person.
5. Each partner takes responsibility for themselves. They do not expect the other person to solve all their problems or always make them happy.
6. The partners each feel comfortable taking time alone if they need it. They feel okay about doing some things separately.
7. There is no fear in their relationship. Healthy relationships are built on love, respect, caring and happiness.
8. The partners do not try to restrict or control each other. They encourage and support each other's growth.
9. Even when the partners are busy, they make time for one another and their relationship.
10. The partners have a circle of people who know them and support them as a couple. They spend time with others who have strong and healthy relationships.

HOW IS YOURS?

MERRY CHRISTMAS- DON'T DRINK & DRIVE AND
PEACE TO ALL!

From Rimbey & Area Victim Services

He who has not Christmas in his heart will
never find it under a tree.

Roy L. Smith



Common Characteristics of a Battered Woman:

- Believes in traditional roles - is a traditionalist about the home, strongly believes in family unity and the prescribed feminine sex-role stereotype
- Believes one must be in a relationship
- Gives up friends and enjoyable activities for the relationship
- Is unable to share worries and feelings about the relationship with partner
- Is unable to express dissimilar opinions from partner
- Makes excuses or accepts responsibility for partner's inappropriate behaviors
- Believes one can help or reform their partner
- Believes that jealousy is a sign of love
- Believes negative messages about oneself
- Is unable to set and communicate sexual limits
- Accepts sexual pressures
- Blames self for relationship problems
- Walks on "eggshells" to prevent partners anger
- Suffers from guilt, yet denies the terror and anger she feels
- Presents a passive face to the world but has the strength to manipulate her environment enough to prevent further violence and being killed
- Has severe stress reactions with psycho-physiological complaints
- Uses alcohol or drugs as coping mechanism



Rimbeypnp Place

It takes a village to raise a child!
Find out how you can help, e-mail;

rimbeynp@telus.net
Or (P) 403.843.4304
Find us on facebook!

Rimbeypnp FCSS

is collecting donations for the 2013 Christmas Food Hamper Program. Food, gifts, clothing or monetary donations are welcome.

Applications for a hamper start on December 1st.

Please call 403-843-2030 or visit our office at the Provincial Building for information or to drop off your donations. Merry Christmas to all!



Hospital and Care Centre. Please call 403-340-5274 to book your first appointment

Rimbeypnp 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

Free Urgent Dental Treatment

for eligible children 5-18 years

For children needing urgent care with: Pain, infection, visible decay, broken teeth, no dental insurance, lower income, trouble paying. Service provided by Dental Outreach of Red Deer. For more information and eligibility criteria Call 403-356-6302 A free service coordinated by Alberta Health Services

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

Rimbeypnp Addiction Services

Free and confidential **addiction counselling** for adults and teens. A community counsellor also provides support and education for those concerned about someone else's substance use.

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

Protect your
child's teeth with
**Free fluoride
applications**

For eligible children
12 to 35 months

RIMBEYPNP & AREA COMMUNITY NEWSLETTER - Available at: The Town Office, The

Library, The Community Centre, Blindman Youth Action Building, Rimbeypnp Foods, FCSS, Seniors Drop-in, The Manor,

A&W, Subway, COOP, Health Unit. Brought to you by Rimbeypnp Neighbourhood Place. Please send us your submissions, questions or concerns: