

# FEBRUARY

# Rimbey & Area

# Community Newsletter

Recreation Services 403-843-3151 [www.rimbey.com](http://www.rimbey.com)

SOME PEOPLE  
LOOK FOR A  
BEAUTIFUL PLACE

OTHERS  
MAKE A PLACE  
*beautiful*  
HAZRAT INAYAT KHAN

## Rimbey's Vern Poffenroth Memorial Arena Public Skates and Shinny

No sticks or pucks allowed on the ice for all Public, Parent & Tot, Senior and Family Skates.

### Public Skating

Mondays 3-4pm  
Tuesdays 3-3:45pm  
Fridays 3-4pm

### Parent & Tot/ Senior Skate

Thursdays 2-3pm

### Rimbey Coop & Servus Credit Union Family Skate

Sundays 5:15-6:45pm

Arena

### Shinny

Youth Shinny:  
Wednesdays 3-3:45pm

Adult Shinny:  
Sundays 7-8:15pm



Big Brothers Big Sisters of Rimbey  
invites you to...



## ...BE OUR GUEST!

Help us celebrate our annual Bowl for Kids Sake fundraiser!



SUNDAY, MARCH 12, 2017

at Strikers Alley

HELP US REACH OUR GOAL OF \$15,000.00!!

To form a team, be a sponsor or make a  
donation, call 403-843-1066



Big Brothers Big Sisters  
of Rimbey

## Drop in Sports

Thursdays

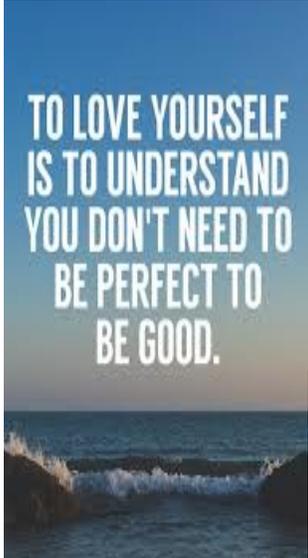
7-8:30pm \$2.00 drop in  
Main Auditorium in the  
Peter Loughheed  
Community Centre

\*Drop in Sports can be  
cancelled due to  
community events.  
Please check for  
availability.

## Dates to Remember:

February 9- Women's  
Conference  
February 11-Valentine's  
Gala  
February 14-Valentine's day  
February 20- Family Day,  
Stat Holiday

**- FAMILIES -**  
ARE LIKE  
BRANCHES  
ON A TREE  
WE GROW  
IN DIFFERENT  
DIRECTIONS  
YET OUR ROOTS  
REMAIN AS ONE



## 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, 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.



### Family Counselling Available in Rimbey For everyone—regardless of beliefs

If you struggle with any of these issues:

- Communication
- Anger management
- Grief
- Addictions
- Depression
- Anxiety
- Blended Family Issues
- Self-esteem
- Couple Issues

Appointments can be made now by calling the Red Deer Catholic Social Service Office at: 403 347-8844  
Please specify you would like to be seen in Rimbey.



### Did You Know....

**That 62% of Canadians are so time-crunched they feel life is passing them by?**

Ever wonder what small thing you could do to help children and families right here in Rimbey? It doesn't have to be big and complicated, and even if you only have an hour a week to spare, you can still make a big difference.

For over 100 years Big Brothers Big Sisters has been making positive changes in the lives of Canadian youth by developing and implementing a wide range of mentoring programs. BBBS volunteer mentors teach by example the importance of giving back, of staying in school, and of respecting family, peers and community.

**Find Out More About the Power of an Hour.  
Call 403-843-1066**



**RIMBEY & DISTRICT Victim Services** Rimbey & District Victim Services is seeking dedicated volunteer advocates to support people impacted by crime and tragedy. Make a important difference in their lives by supporting them during difficult times. Learn about us at [rimbeyvictimservices.com](http://rimbeyvictimservices.com) or [facebook.com/rimbeyvictimservices](https://facebook.com/rimbeyvictimservices). Contact 403-843-8494 for a volunteer application.



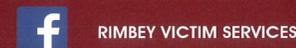
### 5th Annual Valentine's Gala Saturday, Feb. 11, 2017 Peter Lougheed Community Center, Rimbey Dining, Dancing, Auction!



Cocktails 6 pm  
Prime Rib/ Salmon Dinner 7 pm  
Caterer: Bob Ronnie  
Dance 8:30 pm  
Dress semi-formal  
Safe Drive available

\$70/individual  
\$130/couple  
\$500/table of 8  
  
Tickets available at:  
Stationery, Stories & Sounds  
[rimbeyvictimservices@gmail.com](mailto:rimbeyvictimservices@gmail.com)

TRACY MILLAR  
& THE LITTLE MILLAR BAND



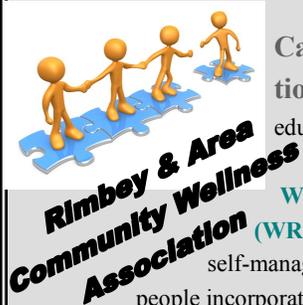
**RIMBEY'S 31st ANNUAL WOMEN'S CONFERENCE " LIFE'S A POTPOURRI "**  
February 9, 2017 8am-4pm Peter Lougheed Community Centre

KEYNOTE SPEAKER: Beverly Williams - The Long Road from Langtang.

CONCURRENT SESSIONS  
Decluttering/Home Staging - Sonia Smith Baker  
Native Beading - Shelly Wright  
Boosting Your Immune System - Dr. Darlene Blaney  
A Survivors Journey - Martha Lovlie  
Mirror Etching - Arlene Dean  
Recipe for a Fabulous Life - Dianna Bowes  
ENTERTAINMENT  
A Tribute to Country Greats - Nikki Reed

CATERED LUNCH, VENDORS, PRIZES  
TICKETS : \$45 ( \$40 before Feb 2 )

REGISTER - Rimbey FCSS 403-843-2030



Canadian Mental Health Association Central Alberta is offering this educational programming schedule for winter-spring 2017.

**Rimbeypn & Area Community Wellness Association**

**Wellness Recovery Action Planning (WRAP):**

Wellness Recovery Action Plan is a self-management and recovery system that helps people incorporate wellness tools and strategies into their lives. Thousands of people, world-wide, have successfully used what they learned at an 8-week WRAP™ course to live happier and more satisfying lives while improving connections to their families, their friends, and their community.

- Daytime Program, adults over 18 only, 8 Tuesday mornings from 9:30-noon beginning April 11 and ending May 30 at the CMHA Learning Annex.
- Evening Program, for individuals, couples, teens attending with an adult, and people who consider themselves to be a family, 8 Thursdays from 5:30 to 8 PM, from May 11 through June 29.
- Fee \$25\* [http://reddeer.cmha.ca/programs\\_services/wrap](http://reddeer.cmha.ca/programs_services/wrap)

**Living Life to the Full:** Living Life to the Full is intended for anyone. It is a fun and engaging course that provides people from all walks of life with effective tools to maximize their ability to manage life's challenges. Each 90-minute session focuses on one topic or the three hour session focuses on two topics.

- Our four week evening workshop (two sessions per date) is from 6:00 PM to 9:00 PM, on Wednesdays beginning March 1 and ending March 22 at the CMHA Learning Annex.
- Our eight week daytime program (one session per date) is on Wednesdays from 10:30 AM to noon beginning April 19 and ending June 14 at the CMHA Learning Annex.
- There is a \$185 fee for this course.\* [http://reddeer.cmha.ca/programs\\_services/living-life-to-the-full](http://reddeer.cmha.ca/programs_services/living-life-to-the-full)

○ **Art of Friendship:** Art of Friendship is an eight-week Canadian Mental Health Association course for people who want to improve their quality of life by learning and practicing the skills needed to develop and keep healthy friendships.

- The Thursday evening course will begin on March 2 and end April 20, 2017. It meets from 6:00 to 8:00 PM at the CMHA Learning Annex.
- The Tuesday daytime course will begin on April 11 and end May 30 from 1:30 to 3:30 PM at the CMHA Learning Annex.
- Fee \$25.\* [http://reddeer.cmha.ca/programs\\_services/art-of-friendship](http://reddeer.cmha.ca/programs_services/art-of-friendship)

Healthy Families Program is asking if you know of a young mom in need of support 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

You don't love someone for their looks, or their clothes or for their fancy car, but because they sing a song only you can hear.  
-Oscar Wilde

**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](mailto:rimbeynp@telus.net)

Find us on facebook: <https://www.facebook.com/Rimbeycarseats/>

Free of charge!



Check out our new programs

<http://www.centralparklandparentlink.ca/>

parentLINKcentre



**Community Information & Referral Clinic**

The 2<sup>nd</sup> Tuesday of each month  
Rimbeypn Drop In – computer room  
From 10 a.m. – til Noon.

Rimbeypn 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](http://www.rfcss.com)

**GROWING UP DIGITAL WEBINAR**

AN EVENING WITH "THE MEDIATRICIAN", DR. MICHAEL RICH

**Come join us for this Parent Night Webinar!**

*"How is media affecting my child?"*  
*"How much is too much?"*  
*"What do I need to know as a parent?"*

Dr. Michael Rich, a parent, pediatrician, and professor at Harvard Medical School, commonly known as "The Mediatrix" will share what science tells us about how children's social, emotional and physical development may be impacted by the screen media they use.

**Michael Rich, MD, MPH**  
*How are children's physical, social and mental health impacted by screen media?*

**Rimbeypn Provincial Building**  
Childcare available, please register

March 2<sup>nd</sup>, 2017  
7:00 pm to 9:00 pm  
403 843-4304

HOSTED BY **LAUREL GREGORY**  
FROM GLOBAL EDMONTON'S **Family Matters**

**Global NEWS**

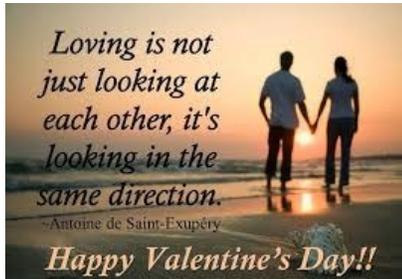
**EARLY CHILDHOOD DEVELOPMENT SUPPORT SERVICES**  
Working Together Learning Together

**"Our Children, Our Future"**

# Rimbey Library

Tuesday and Friday mornings 10:30 am –  
Children's Story Time ages 3-5  
Tuesday mornings 10:30 am – Wiggle Worms for the under 3 crowd  
Tuesday afternoons – 3:30 pm – Twisted Tuesdays  
Wednesday afternoons 3:30 pm – After School Adventures  
Thursdays 3:30 – Let's Go Lego  
Thursday, January 5<sup>th</sup> – Movie Night at the Library Sponsored by ConocoPhillips – 6:30 pm The Secret Life of Pets  
School Day Fridays-(Feb 3, 17) Sensory Sculptors, 3:30 pm  
No School Fridays –(Feb 10, 24) Fantabulous Fridays – 2:00 pm  
Saturdays 2:00 pm – Boredom Busters  
Friday February 10<sup>th</sup> – Top Drops 3 Wine Tasting –\$160.00 register at the library  
Thursday February 16<sup>th</sup> – Board Games and Pizza – 5:30 pm (\$2.00 charge)  
Saturday February 18<sup>th</sup> – Closed for Family Day Long Weekend  
Saturday, February 18<sup>th</sup> – Vin Gogh Take 3  
- \$48.00 Register at the library  
February 21<sup>st</sup> – 25<sup>th</sup> – 2:00 pm Reading Week Fun  
Thursday, Feb 23<sup>rd</sup> – 6:00 pm Book Club – The Fault in Our Stars  
February 27<sup>th</sup> – March 4<sup>th</sup> – Freedom to Read Week – watch for contests

403 843-2841



"You know you're in love when you can't fall asleep because reality is finally better than your dreams."

-Dr. Seuss



It's your community. It's your call.

**Report Impaired Drivers**

**Pull Over call 911**



Rimbey Neighbourhood Place

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

## February - Distracted Driving

Distracted driving is defined as the diversion of attention from driving as a result of the driver focusing on a non-driving object, activity, event or person. This diversion reduces awareness, decision-making or performance leading to increased risk of driver error and collisions.

### Facts to Know

Research indicates that driver distraction contributes to 20 to 30 per cent of all collisions.

Distracted drivers are three times more likely to be involved in a collision than attentive drivers.

A study of collisions involving distracted drivers found reaching for a moving object in the vehicle increased the risk of a collision or near collision by nine times; insects in the vehicle increased the risk by a factor of six; reading, applying make-up, and dialling a hand-held device tripled the odds, and listening and talking on a handheld device increased the risk by 1.3 times.

Music volume should not be so loud that you cannot hear the sounds your vehicle makes, emergency vehicle sirens, or the ringing bells of trains when approaching a railroad crossing.

Alberta's distracted driving law restricts drivers from:

- using hand-held cellphones
- texting or e-mailing
- using electronic devices like laptop computers, video games, cameras, video entertainment displays, and programming portable audio players (e.g., MP3 players)
- entering information on GPS units
- reading printed materials in the vehicle
- writing, printing or sketching and personal grooming

The fine for distracted driving is \$287.

Drivers that exhibit what is deemed to be more serious or risky behaviours could be charged with "driving carelessly" under the *Traffic Safety Act*. The penalty for driving carelessly carries six demerit points and a fine of \$543.



**RIMBEY & AREA COMMUNITY NEWSLETTER** - Available at: The Town Office, The Community Centre, Blindman Youth Action Building, Rimbey Foods, FCSS, Seniors Drop-in, The Manor, A&W, Subway, COOP, The Grand Hotel & Bluffton Store Brought to you by Rimbey Neighbourhood Place. Please send us your submissions, questions or concerns: 4907 49th Street PO Box 980 Rimbey, AB T0C 2J0  
phone:403.843.4304 e-mail: [rimbeynp@telus.net](mailto:rimbeynp@telus.net)