

# January

# 2018

## Rimbey & Area

# Community Newsletter



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

*One kind word  
can warm  
three winter  
months.  
-Japanese proverb*

Ace your goals in the New Year at the Community Fitness Centre. 24 hour cardlock available. Come check out our new rowing machine. For more information call Recreation Services # 403-843-3151



### Babysitting Course

Ages 11+, \$50.00  
January 27, 2018  
9am-5pm  
Call 403-843-3151 to register.



**GOAL SETTING**

- S** SPECIFIC
- M** MEASURABLE
- A** ATTAINABLE
- R** RELEVANT
- T** TIME-BOUND

**Facility Closures:**  
The Peter Lougheed Community Centre & Vern Poffenroth Memorial Arena will be closed Jan. 1, 2018

**\$2 Drop In Sports**  
Drop In sports are on various Tuesdays, Wednesdays, and Thursdays from 7:00pm-8:30pm. Please call ahead to confirm that drop in sports are running #403-843-3151



**Free Skates at the Rimbey Arena:**  
**Public Skate: Mondays, Tuesdays, Fridays**  
3:00-3:45pm  
**Family Skate: Sundays**  
5:15-6:45pm  
**Parent & Tot/Senior: Wednesdays**  
2:00-3:00pm  
**Youth Shinny: Wednesdays**  
3:00-3:45pm  
**Adult Shinny: Sundays**  
7:00-8:15pm  
**No Public or Shinny Skating on Jan. 7, 2018**



Sometimes when things are falling apart they may actually be falling into place.

## Rimbe 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.

## RIMBEY & DISTRICT Victim Services

Rimbe & 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://www.facebook.com/rimbeyvictimservices). Contact 403-843-8494 for a volunteer application.

THERE ARE TWO PRIMARY CHOICES IN LIFE;  
TO ACCEPT CONDITIONS AS THEY EXIST,  
OR ACCEPT THE RESPONSIBILITY  
FOR CHANGING THEM.

- DENIS WITLEY

### Rimbe Legion News

Legion Bingo is the 2nd Friday of every month with the exception of November. NO Bingo July or August, regular Bingos resume in September. Doors open @ 6:30 p.m. Bingo Starts @ 7:00p.m.

## RIMBEY'S 32nd ANNUAL WOMEN'S CONFERENCE ENERGIZE !

February 8 , 2018 8am-4pm Peter Lougheed Community Centre

### KEYNOTE SPEAKER

Brenda Robinson - *Laughter in Your Family, Your Life & Your Community*

### CONCURRENT SESSIONS

**Home Gardening** -Vegetables : Martha Krause  
**What to Wear Now**-For Women 50+ : Mary Lynn Ilnitsky  
**Painting** - Find Your Hidden Talent : Jessica Kaprowski  
**Bio-Energy Healing** - Reach for Greater Levels of Health : Emma Kellgren  
**Drumming** - Circle : Samantha Sansome & Andrea Ramage  
**Women's Health Issues** : Marcia Ziegler & Dawne MacDonald

### LUNCHEON PRESENTATION

#### Protecting Your Home and Your Belongings

Constable Audrey Bernier ; Rimbe RCMP & Kristine Stebanuk ; Victim Services

CATERED LUNCH , VENDORS , PRIZES

COST : \$45 , Early Bird \$40 (Deadline February 1, 2018)

REGISTER: RIMBEY FCSS - Provincial Building 403-843-2030

## Catholic Social Services Family Counselling

Available in Rimbe , For Everyone. on a sliding scale fee.

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

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

This Service is made available by contributions from Rimbe Victim Services, Rimbe FCSS and The Rimbe Lions Club



Big Brothers Big Sisters of Rimbe



One Hour a Week is All It Takes! Mentors greatly needed in our area. Call 403-843-1066



A man who lives right, and is right, has more power in his silence than another man has by his words.  
*Phillips Brooks*

## 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.

If your legal and financial situation fits the guidelines of the Legal Clinic, an appointment to receive free legal advice from a volunteer lawyer will be scheduled. Family Law appointments are available in the towns of Rimbey and Ponoka at the FCSS offices. All other areas are available at the Red Deer Legal Clinic offices.



Rimbey  
Neighbourhood Place

e-mail: [rimbeynp@telus.net](mailto:rimbeynp@telus.net)

Or (P) 403.843.4304

**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/>



**CHECK OUT OUR NEW PROGRAMS**

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



## Rimbey Library

January 2 – 5<sup>th</sup> No

School Nonsense 2:00

Tuesdays

Pre-school Storytime (3-5) 10:30 am

Wiggle Worms (0-3) 10:30 am

Twisted Tuesdays (kg – gr 6) 3:30 pm

Wednesdays

After School Adventures 3:30 pm

Thursdays

Let's Go Lego! 3:30 pm (kg – gr 6)

January 4<sup>th</sup> – Movie Night sponsored by ConcoPhillips – LegoNinjago 6:30 pm

January 11<sup>th</sup> – Armchair Traveller – destination Australia – 7:00 pm

January 18<sup>th</sup> – Board Games & Pizza 5:30

January 25<sup>th</sup> – Book Club – The Signature of all Things – Elizabeth Gilbert – 6:00 pm

Fridays

Pre-School Storytime 10:30 am

Fantabulous Friday 2:00 pm January 19<sup>th</sup>

Coffee with Council – 3:00 pm

Sensory Sculptors – 3:30 pm January 12<sup>th</sup> and 26<sup>th</sup>

Busy Parent's Book Club – January 12<sup>th</sup> and 26<sup>th</sup> 10:30 am.

Children's programming provided

Saturdays

Boredom Busters 2:00 pm

Sunday January 14<sup>th</sup> – Cozy Music for a Winter's Day 2:00 pm

Rimbey United Church

Wednesday January 17<sup>th</sup> – Amnesty International Movie Night

- Not Who We are; a story of Syrian refugees 7:00 pm

Friday Jan. 26<sup>th</sup> – Myra Pearman Nature Photos – Argentina

<http://rimbeylibrary.prl.ab.ca/events>

403 843-2841



Community Information & Referral Clinic

The 2<sup>nd</sup> Tuesday of each month  
Rimbey Drop In – computer room

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

## Dude's & Kids Day

SATURDAY, JANUARY  
13TH, 2018 10:00-1:00

LUNCH,  
WOODWORKING  
& CONNECTION, ALL  
FREE!

Rimbey Provincial  
Building



For more information or to register please  
call 403 843-4304 or text 780 887-2702



Fun for Seniors



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

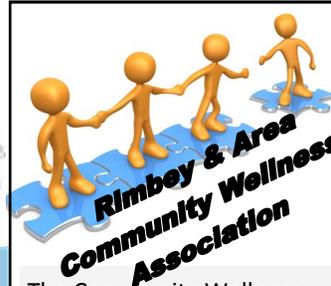
These ongoing sessions will alternate between the Manor and Seniors Drop-In

**Jan 10, 2018**  
**Parkland Manor**  
**9:30 FCSS- Opportunities for Seniors**  
**10:30 Coffee/Socializing**

**Feb 14, 2018**  
**Senior's Drop In**  
**9:30 Get Active/ Stay Young**  
**10:30 Coffee/Socializing**

**Mar 14, 2018**  
**Parkland Manor**  
**9:30 Boosting Brain Health & Memory**  
**10:30 Coffee/Socializing**

**Apr 11, 2018**  
**Senior's Drop In 9:30**  
**Money: Privilege, Preserve, Protect**  
**10:30 Coffee/Socializing**



The Community Wellness Association is a group of citizens who meet once a month in the hope of addressing family violence, bullying (or a caring community) mental health and addiction in our community. Here are some great resources:

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

**Report Impaired Drivers**



**Family Violence—**

<http://www.humanservices.alberta.ca/abuse-bullying>

**Bullying (or building a caring community) -**

<https://education.alberta.ca/safe-and-caring-schools/safe-and-caring-schools>

**Mental Health—**<https://cmha.ca>

**Addiction—**

<https://www.albertahealthservices.ca/amh/amh.aspx>

**How to protect your child from screens** (1st of 2 parts from <https://www.participaction.com/en-ca/blog/kids-parenting/how-to-protect-your-child-from-screens-and-prepare-them-for-life-in-the-21st> )

As a parent, balancing competing concerns is a constant challenge. And in a lot of ways, the rise of smartphones, tablets, and 24/7 technology has only made that challenge harder.

On one hand, you want to shield your child from the potential harms of overusing screens. You want your child to run around and jump and play and develop into a fully independent adult, not a screen-scrolling zombie.

But on the other hand, you don't want your child to be technologically illiterate. Whether we like it or not, knowing your way around a smartphone is an increasingly valuable life skill. You don't want your child to be behind in school because they've never used a touchscreen before.

It's a tough balance to figure out. But luckily, the science is catching up with screens and recommendations are being put in place to help you strike a good balance through every stage of life.

**The Science**

The latest studies show that excessive screen time before age five is linked with language delays, as well as reduced attention, lower school readiness and poorer executive function. When it comes to ensuring your child is prepped for success, the real danger is too much screen time, not too little.

As a result, the overarching recommendation is that **less is better**. Kids learn language and take in more information when interacting with real people. Stories, crafts, and puzzles are more educational than screens.

**The Recommendations**

Of course, defining "excessive" is important. Currently, researchers recommend:

No screen time for children under two

A maximum of one hour of sedentary screen time for children 3-4 (and less is better)

A maximum of two hours of sedentary recreation screen time for kids 5 and over (again, less is better)

One thing you might immediately notice—that's not a lot of time. We all know how easy it is to get lost scrolling on a smartphone for an hour.

So, the key becomes ensuring that the hour or two of screen time is well spent. Learning, experimenting, trying the various features, and playing the types of educational games that might come up in school.

