

1 JULY

HAPPY CANADA DAY!

CANADA DAY 2018

Rimbey & Area Community Newsletter

Recreation Services 403-843-3151 www.rimbey.com



Canada Day

July 1st, 2018

Events @ Pas Ka Poo Park:

- PANCAKE BREAKFAST (\$) 8:30am-11:00am
- HISTORICAL TOURS 10:00am-3:00pm
- VARIOUS ACTIVITIES 10:00am-3:00pm
- SWORDSMANSHIP DEMO 11:00am-12:00pm
- CONCESSION LUNCH (\$) 12:00pm-3:00pm
- CHILDREN'S DJ 12:00pm-3:00pm
- OPENING CEREMONY 1:00pm-1:30pm
- BIRTHDAY CAKE 1:30pm-2:00pm

Free Public Swimming
@ RIMBEY AQUATIC CENTRE 3-6PM

Fireworks
@ BALL DIAMONDS 11PM

ORGANIZERS

- Rimbey
- Rimbey Historical Society
- City of Rimbey

CONTRIBUTORS

- Canadian Heritage
- Patrimoine canadien
- CO-OP

SUMMER POOL SCHEDULE July 2-August 26 2018 (excludes stat holidays)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lane Swim 7-9am					
Rental 11am-12pm	Swimming Lessons 9am-12pm					Rental 11am-12pm
Parent & Tot/Lane Swim 12-1:30pm						
Public Swim 1:30-6pm	Public Swim 1:30-6pm	Public Swim 1:30-8pm				Public Swim 1:30-6pm
Adult Swim 6-7pm	Value Drug Mart Free Swim 6-8pm					Adult Swim 6-7pm
	Adult Swim 8-9pm					

You are invited to the annual
Rimbey Rodeo Weekend

PARADE

Sat. July 14th
11am

Find our Parade route
at www.rimbey.com



Rimby 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-Thursday 8:00-4:30p.m., Closed during the lunch hour 12:00-1:00p.m., Closed for Statutory Holidays. Please call 403-843-2406 for an appointment.”

Rimby 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.

- For Legion Hall Rentals call: **403 843-2184 or 403 843-2343**
- For Legion Memberships call **403 843-2464**



<p>Sept 12,18 Senior's Drop In</p> <p>9:30: Get active, Stay young 10:30: Coffee & Socializing</p>	<p>Oct 10, 2018 Parkland Manor</p> <p>9:30: Boosting Brain Health & Memory 10:30 Coffee & Socializing</p>	<p>Nov 14, 2018 Senior's Drop In</p> <p>9:30: Diet and Nutrition 10:30: Coffee & Socializing</p>
---	--	---

The Blindman Youth Action Society would like to thank everyone who supported and donated to the Garage Sale on June 16. What a WONDERFUL community we live in!

Catholic Social Services Family Counselling

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

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

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

RIMBEY & DISTRICT Victim Services Rimby & 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 or facebook.com/rimbeyvictimservices. Contact 403-843-8494 for a volunteer application.



Rimby FCSS invites you to our....

3rd Annual Community Block Party

**The event includes:
Free BBQ
Lots of Fun & Games
Face Painting
Balloon Animals
Music by On the Mark Productions
And More!!**



**THURSDAY, July 26, 2018
11:00 a.m. -3:00 p.m.**

**Where: Rimby Kinsmen Skateboard Park and Rimby Lions Playground
Bring Lawn Chairs**

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. The phone numbers for the Legal Clinic are:

Phone: 403-314-9129 Toll Free: 1-877-314-9129

Rimbey Library

403 843-2841

For more info. Check
<http://rimbeylibrary.prl.ab.ca/events>

Monday

Monday Mayham – 2:00pm

Tuesdays

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

Wiggle Worms (0-3) 10:30 am

Crafternoon – 2:00 pm

Bluffton Summer Hangout – 2:00 pm –
Bluffton Hall

Wednesdays

Summer Reading Club – 10:00 am

Summer Reading Club – 2:00 pm

Thursdays

Summer Reading Club – 10:00 am

Summer Reading Club – 2:00 pm

Movie Night at the Library – 6:30 pm

July 5th – Jungle Book

July 12th – Sherlock Gnomes

July 19th – The Emperor's New

Groove

July 26th – Wrinkle in Time

Fridays

Pre-School Storytime - 10:30 am

Freaky Friday - 2:00 pm

Saturdays

Fun at the Farmer's Market – 9:30 am

Boredome Busters – 2:00 pm

July 14th – Penny Carnival at the Rodeo

Grounds – 1:00 pm

Sunday

July 29th – Ladies Tea - 2:00 pm

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



CHECK OUT OUR NEW PROGRAMS

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

parentLINKcentre

RIMBEY FCSS

would like to invite you to their Urban Poling Walks. Poles will be available to borrow from our lending library. Nordic Walking is one of Canada's fastest growing Fitness Activities!

Every Tuesday @ Noon

Meet at the Provincial Building, 5025-55 street
Rimbey, AB. Any Questions call Pam 403-843-2030



Community Information & Referral Clinic

The 2nd Tuesday of each month
Rimbey Drop In – computer room
From 10 a.m. – til Noon.

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

Rimbey Market at the Park
A great reason to get up on Saturday morning!
Join Us!
Saturdays 9:30-11:30 am
BUY LOCALLY
May 5 - October 6, 2018
at PAS-KA-POO PARK
INFO? 403-704-4001
rimbeyfarmersmarket@hotmail.com
Watch for upcoming events each month!

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



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

The Rimbey & Area Community Wellness Association has a “Centre for Positive relationships” which is housed at the Blindman Youth Action Building; the same building where Neighbourhood Place is located. At the moment, the Centre is a resource library with lots of helpful information that can be checked out for as long as required.

Some examples of the titles offered are:

“Healing Trauma” & “The Wilderness of Suicide Grief—Finding your way”

***AND NEW* JUST IN**—PILES of books for kids on ALL SORTS of topics!**

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

**Report
Impaired
Drivers**



COMMERCIAL VEHICLE SAFETY; *THINK OF WHO'S ALONG FOR THE RIDE*

What You Need to Know:

- **People in passenger vehicles are more likely to be injured or killed** in a crash with a larger vehicle than the occupants of the larger vehicle.
- **Trucks are not large cars.** Whether they are accelerating, braking, climbing a hill, changing lanes or turning onto a side street, big trucks must regularly perform certain maneuvers that drivers of passenger vehicles are generally not familiar with.
- **It is not a good idea to drive beside a large truck for any length of time.** Trucks have large blind spots and the driver might not be able to see you.
- **Large vehicles also take longer to stop than passenger vehicles**, for a variety of reasons including the size and weight of the vehicle, condition of the vehicle's brakes and temperature of its brakes.
- **Leave at least three metres between your vehicle and the rear of a truck stopped at a light or stop sign**, especially on a hill.
- Trucks will usually swing slightly to the left before making a right-hand turn; **do not assume the driver is turning left.**

Commercial Vehicle Facts:

There are more than 25,258 National Safety Code carriers in Alberta operating more than 145,290 commercial vehicles. Tractor-trailers were 1.6 per cent of the total vehicles involved in casualty collisions, but 8.4 per cent of the vehicles in fatal crashes (2016).

65.5 per cent of drivers of other vehicles involved in fatal collisions with truck tractors and 42.5 per cent in injury collisions committed a driving error. The most common errors were following too closely, being left of centre or violating a stop sign (2012 to 2016).

The most common driving errors on the part of the truck tractor driver in casualty collisions were running off the road and following too closely (2016).

THE 2016 PARTICIPATION REPORT CARD ON PHYSICAL ACTIVITY FOR CHILDREN AND YOUTH

Are Canadian Kids Too Tired to Move?

Kids are inactive and they may be losing sleep over it. If you think kids can get a little physical activity and then play video games into the wee hours, yet remain healthy, you're in for a rude awakening. Emerging research, which spurred Canada to develop the world's first 24-Hour Movement Guidelines, shows that physical activity, sedentary behaviour – and sleep – are closely interrelated.

Physical activity is a way of life in countries where kids move the most.

Canada has above-average grades in physical activity infrastructure and programs, yet is trailing at the back of the pack in grades that measure physical activity and sedentary behaviour. The comparisons also reveal kids move the most in countries where being active is a priority or is an integral part of their everyday lifestyle.

Physical activity is not a priority in Canadian children's lifestyles.

In Canada, we have focused largely on building infrastructure, but less on shifting social norms from a culture of convenience to a culture of encouraging and embracing physical activity throughout the day, every day.

In order to be successful, we must create a climate in Canada where making the active choice is the default. Inactive modes of transportation and from school, too much screen time and being too busy for free play are all contributing to Canada's lagging grades in the comparisons.

Loosen the reins a little and let kids be kids.

“Let's look at family life as one arena in which to shift social expectations,” says Elio Antunes, President and CEO of ParticipACTION. **Tips for Canadian parents:**

- Get active with your children at a young age.
- Teach children the importance of physical activity and healthy living.
- Avoid hyper-parenting and give children the freedom to decide how to be active, especially outdoors, to encourage more free play, an a love for it.

