

happy
easter



2017

Rimbey & Area Community Newsletter

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

Recreation Office Easter Closures

Good Friday, April 14
Easter Monday, April 17



Babysitting course
Ages 11+. \$50.00.
January 27, 2017 9am-5pm
Registration starts Apr. 10
Call 403-843-3151 to register

**The Vern Poffenroth
Memorial Arena is closed
for the season March 27.**

Drop in Sports
Thursdays 7-8:30pm
\$2.00 drop in
Main Auditorium in the Peter
Lougheed Community Centre
*Drop in Sports can be cancelled due to
community events.
Please check for availability.



Expanded Summer Program!



Tuesdays, Wednesdays
and Thursdays
July 4th - August 24th at
the Peter Lougheed
Community Centre
9 a.m. - 4 p.m.
\$10 per day paid in
advance
Ages 6 - 12

This program will fill up fast!

Registration begins Monday, May 1st, is by individual days, is first come first serve to a maximum of 15 and must be paid for in advance.

Visit or call the Rec Office at 403-843-3151 to register.

For information call the Boys and Girls Clubs of Rimbey Office at 403-704-6641

Dates to Remember:

- Mar. 31-Apr. 1-Open/Mixed Curling Bonspeil
- April 1—April Fools Day
- April 6– Rimbey Nursery School Spring Dance
- April 14—Good Friday
- April 16—Easter Sunday
- April 21-22 Chamber of Commerce Trade Fair
- Apr. 23-29– National Volunteer Week
- April 24– Volunteer Appreciation Banquet
- April 26—Beth Hachkowski— "Raising Resilient Kids"



Boys & Girls Clubs
of Wolf Creek
RIMBEY

Alberta Health Services
May your Easter Be Egg-celent!



**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.

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 rimebeyvictimservices.com or facebook.com/rimebeyvictimservices. Contact 403-843-8494 for a volunteer application.

**Rimbey & District
 Chamber of Commerce**

2017

**TRADE
 SHOW**

Come Celebrate with Us!

April 21-22, 2017

Vern Poffenroth Memorial Arena
 5109-54 Street, Rimbey, AB

BOOTHS AVAILABLE NOW!

Ask about our **Garden Grove**

Check out new **Booth Pricing**

Don't wait to book your booth We Sold Out Last Year!

**Book by February 10, 2017
 Get the Early Bird Discount Save \$50**

Contact for more information:
 Carrie - 403-392-6521
rimebeychamber@gmail.com
www.rimebeychamberofcommerce.com

150 Years Strong



Catholic Social Services Family Counselling

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

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

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 Rimbey Victim Services, Rimbey FCSS and The Rimbey Lions Club

April 24 – June 4, 2017
Get Out, Get Active Challenge is back!

Get Out Get Active WITH PRIMARY CARE NETWORKS

RETURN TO LIFE VIRTUAL HEALTH JOURNEY

New virtual experience!

Get Out, Get Active and learn why physical activity is so important for your health. Record activity each week to see your character transform and discover the impact being active has on your body.

- Registration opens: **March 13, 2017**
- Challenge runs: **April 24-June 4, 2017**
- **New** website and activity tracking system
- **New** registration options open to individuals, groups, business, classrooms and more.
- Participating has never been easier and it's free!

The challenge is open to everyone regardless of how active you are. Register today and return to life!
www.GetOutGetActivePCN.com #GOGwithPCNs

Alberta Heartland, Highland, Red Deer, Sturgeon County, Peace Region, Peace to Prairie, Calgary, Edmonton North, Edmonton South, Edmonton Southside, Edmonton West, Grande Prairie, Sturgeon County, Leduc, Sturgeon County, St. Albert and Sturgeon, Lloydminster, Peace Region, Peace to Prairie, Red Deer, Sturgeon County, Sturgeon County, St. Albert and Sturgeon, Wainwright, Wolf Creek, Wood Buffalo

Primary Care Networks
 #GOGwithPCNs

Alberta Health Services

CALLING ALL YOUTH...

**midweek
 MASH-UP**



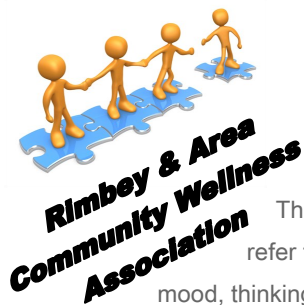
**ACTIVITIES, FOOD, AND FUN!
 FREE YOUTH DROP-IN
 WEDNESDAYS 6:30PM – 9:30PM
 AGES 12- 15**



Boys & Girls Clubs
 of Wolf Creek
 RIMBEY

**@ THE BLINDMAN YOUTH
 ACTION CENTRE**

For more information contact the B&C Rimbey Office at 403-704-6641



Mental Illness and Addictions: Facts and Statistics

The terms 'mental illness' and 'addiction' refer to a wide range of disorders that affect mood, thinking and behaviour. Examples include depression, anxiety disorders, schizophrenia, as well as substance use disorders and problem gambling. Mental illness and addictions can be associated with distress and/or impairment of functioning. Symptoms vary from mild to severe. With appropriate treatment and support, most people with mental illness will recover.

Prevalence

In any given year, 1 in 5 Canadians experiences a mental health or addiction problem.¹

By the time Canadians reach 40 years of age, 1 in 2 have – or have had – a mental illness.¹

Who is affected?

70% of mental health problems have their onset during childhood or adolescence.²

Young people aged 15 to 24 are more likely to experience mental illness and/or substance use disorders than any other age group.³

34% of Ontario high-school students indicate a moderate-to-serious level of psychological distress (symptoms of anxiety and depression). 14% indicate a serious level of psychological distress.³³

Men have higher rates of addiction than women, while women have higher rates of mood and anxiety disorders.³

Mental and physical health are linked. People with a long-term medical condition such as chronic pain are much more likely to also experience mood disorders. Conversely, people with a mood disorder are at much higher risk of developing a long-term medical condition.³⁴

People with a mental illness are twice as likely to have a substance use problem compared to the general population. At least 20% of people with a mental illness have a co-occurring substance use problem.⁴ For people with schizophrenia, the number may be as high as 50%.⁵

Similarly, people with substance use problems are up to 3 times more likely to have a mental illness. More than 15% of people with a substance use problem have a co-occurring mental illness.⁴

Canadians in the lowest income group are 3 to 4 times more likely than those in the highest income group to report poor to fair mental health.⁶

Studies in various Canadian cities indicate that between 23% and 67% of homeless people report having a mental illness.⁷



Why did the Easter egg hide?



He was a little chicken!

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/Rimbeycarseats/>

Free of charge!



Check out our new programs

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

parentLINKcentre



Community Information & Referral Clinic

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

Rimby 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

Volunteers Are The Essential Piece

18th Annual Volunteer Appreciation evening Monday April 24, 2017. Peter Lougheed Community Centre Auditorium at 5:30 p.m. The evening will begin with a light supper and entertainment to follow. In celebration of this year's event we are doing a legacy puzzle to commemorate our volunteers from previous years to present day. We are doing this as part of celebrating Canada's 150th Birthday.

No need to pre-register and no fee to attend.

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

Rimby Nursery School Annual Spring dance – April 6 @ the Community Centre!

Rimbey Library

Semi-Annual Book Sale – All of April – As many books as you can carry for as much as you would like to donate.

403 843-2841

Play Canada 150 Trivia Challenge all year long. Check our Facebook page.

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

School Day Fridays – (April 21st) Sensory Sculptors, 3:30 pm

No School Fridays – (April 7th & 28th) Fantabulous Fridays – 2:00 pm

Saturdays 2:00 pm – Boredom Busters

Saturday April 1st – Kaybridge Puppets 2:00 pm

Thursday, April 6th – Movie Night at the Library Sponsored by ConocoPhillips – 6:30 pm Moana

Friday, April 7th – Movie Night at the Library Sponsored by ConocoPhillips – 7:00 pm LaLa Land must be 18+

Wednesday April 12th – Busy Parents' Book Club 10:30 – children welcome and will be entertained.

Thursday, April 13th – Armchair Traveller – Destination Europe

Friday April 14th, Saturday April 15th – Closed

Thursday April 20th – Juno Award winning Children's entertainer Peter Puffin 6:30

Wednesday, April 26th – Busy Parents' Book Club 10:30 am – children welcome and will be entertained.

Thursday, April 27th – 6:00 pm Book Club – American Gods by Neil Gaiman



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

**Report
Impaired
Drivers**

**Pull Over
call
911**



**Rimbey Neighbourhood
Place**

e-mail; rimbeynp@telus.net Or (P) 403.843.4304
Find us on facebook!

Rimbey Nursery School Annual Spring
dance – April 6 @ the Community
Centre!

April - Speed

Driving a few km/h over the posted speed limit:

Reduces your ability to steer safely around curves or objects on the road. Decreases your field of vision and your peripheral vision. Extends the distance required to stop your vehicle in emergency situations. Reduces your ability to obey traffic control devices such as red lights and stop signs. Increases the chance that you will lose control of your vehicle. Reduces the effectiveness of seatbelts and other safety devices such as airbags and side impact beams. Increases the probability of death or injury if there is a crash. Reduces the effectiveness of roadside hardware such as barriers, crash cushions and bridge rails.

Speed limit in school and playground zones:

The speed limit in both urban and rural school zones is 30 km/h and is in effect on school days from 8 a.m. to 9:30 a.m., 11:30 a.m. to 1:30 p.m. and 3 p.m. to 4:30 p.m. unless other times are posted by the municipality.

The speed limit in a playground zone is 30 km/h and is in effect from 8:30 a.m. to one hour after sunset.

A vehicle is not permitted to pass another vehicle travelling in the same direction in either school or playground zones during the times these zones are in effect.

Emergency vehicles and construction zones:

Motorists must slow to 60 km/h, or less if the posted speed is lower, when passing emergency vehicles or tow trucks stopped with their lights flashing. Fines for speeding in these areas will be double the regular amount.

If there are two or more traffic lanes in the same direction as the emergency vehicle or tow truck, passing vehicles need only slow down in the lane immediately beside the stopped emergency vehicle. Vehicles travelling in other lanes, including oncoming lanes, may maintain their speed but should proceed with caution.

Emergency vehicles include fire, police, ambulance, tow trucks, and a vehicle used by a gas disconnection unit of a public utility or a designated emergency response unit.

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