

JANUARY 2017

Rimbey & Area Community Newsletter

TODAY, IS THE FIRST BLANK PAGE OF A 365 PAGE BOOK.
WRITE A GOOD ONE.



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

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

Rimbey 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 3-4pm
Fridays 3-4pm

Rimbey Coop & Servus Credit Union Family Skate
Sundays 5:15-6:45pm

Shinny

Youth Shinny:
Wednesdays 3-4pm
Adult Shinny:
Sundays 7-8:15pm

Arena Closed January 1st



Drop in Sports

Thursdays starting January 12th
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.



Upcoming Curling Bonspeils
Town & Country January 6-8, 2017
Seniors January 23-27, 2017



Preschool Dance

Introduction to dance (ballet/tap/jazz)
January-April
Ages 3-6 years
\$70.00/12 classes
403-843-3151 to Register

dance



Ace Your Fitness Goals in the New Year
At the Community Fitness Centre



Affordable prices
with 24 hour
cardlock access





Canadian Blood Services needs donors for the January 16, 2017 clinic.
Call 1-888-2 DONATE (1-888-236-6283).
There are currently 109 open spots for January 16.

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

This can be a tough season. Need some information or help?
Rimbey & District

Victim Services helps people impacted by crime, trauma or tragedy. Support is confidential and available 24/7. Call 403-843-8494. [facebook.com/rimbeyvictimservices](https://www.facebook.com/rimbeyvictimservices)

Christmas is coming!

Looking for the perfect stocking stuffer or appreciation gift?

The best date night out in Rimbey is Feb. 11, 2017 at the Rimbey Victim Services 5th Annual Valentine's Gala. Tickets on sale at Stationery, Stories & Sounds. [facebook.com/rimbeyvictimservices](https://www.facebook.com/rimbeyvictimservices)

Yesterday I Was Clever, So I Wanted To Change The World. Today I Am Wise, So I Am Changing Myself.



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.



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



RIMBEY VICTIM SERVICES

TRACY MILLAR
& THE LITTLE MILLAR BAND



AGES 12 - 18 ONLY

EVERY WEDNESDAY

MID WEEK MASH UP

6:30 TO 9:30



Boys & Girls Clubs of Wolf Creek

AT THE YOUTH ACTION CENTRE (4907 49ST) BY THE OLD SKATEBOARD PARK (BACK DOOR) SPECIAL EVENTS, FOOSBALL, AIR AND STREET HOCKEY, PING PONG, VIDEO GAMES, SNACKS, CHALLENGES, CONTESTS, PEOPLE AND PRIZES 403-704-6641 RIM-BEY@PONOKAYOUTHCENTRE.COM FOR MORE INFO

BIG BROTHERS BIG SISTERS

too many children are waiting to be matched today



 **make a BIG difference**

You Don't Have to Change Your Life to Change Theirs!
Make a BIG difference in only one hour a week.
Call Annette at 403-843-1066 for more information.

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



About The Initiative

Lifelong health is determined by more than just our genes: experiences early in life and at other critical periods of development change our brains in ways that make us more or less vulnerable to health problems across the lifespan.

How We Work

The more we understand about early brain and biological development, the more accurately we can predict and manage the lifelong effects that experiences have on brain architecture—and the more effectively we can address addiction and other negative physical and mental health outcomes. This is a complex challenge that requires new ideas, concrete action and large-scale collaboration.

The Alberta Family Wellness Initiative facilitates research into early brain development, and addiction and mental health treatment; and applies this research to policies and practices that support positive lifelong health outcomes. We connect and collaborate with leaders in policy, research, education, and service delivery to turn scientific discoveries and insights into measurable results.

Together, we're building an expanding framework of ideas and strategies that benefit children and families and promote wellness—in Alberta and in communities across the world.

<http://www.albertafamilywellness.org>

Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending.

— Carl Bard

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 face-

book: <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
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 & Area Early Child Development Coalition PRESENTS

Kids & Anxiety



January
27
2017

Free lunch included!
9:45 a.m.

**Presented by; Tammy Auten-Dye
Psychologist**

At Rimbey
Elementary School

Child Care options
available, please call
403 843-4304

PosterMyWall.com



MENTAL HEALTH IS EVERYONE'S BUSINESS. LET'S TAKE CARE OF IT.

In today's economy, most Canadian workers are valued for their minds. As such, promoting and protecting the mental health of employees is critically important. A mentally healthy workforce is good for business – it can enhance performance and lower costs associated with disability, absenteeism and presenteeism. **Not Myself Today®** is an evidence-informed, practical solution to help employers transform mental health at work. This workplace mental health initiative helps companies build greater awareness, reduce stigma, and foster safe and supportive cultures. Through attention-getting material, turnkey activities and our tools and resources, we break down barriers and make mental health engaging and accessible to all employees. <http://www.notmyselftoday.ca>

The Community Wellness Association is a group of citizens who meet once a month to address family violence, bullying, mental health and addiction in our community.

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

Christmas Vacation Programs 2:00 pm:

Jan 3 – Celebrating Superheroes

Jan 4 – Dr. Seuss

Jan 5 – Easy Origami

Jan 6 – All Hands on Tech

Jan 7 – Boredom Busters

Tuesday afternoons – 3:30 pm – Twisted Tuesdays

Wednesday afternoons 3:30 pm – Wacky Wednesdays

Thursdays 3:30 – Let's Go Lego

Thursday, January 5th – Movie Night at the Library Sponsored by ConocoPhillips – 6:30 pm Finding Dorey

School Day Fridays-(Jan 20th) Sensory Sculptors, 3:30 pm

No School Fridays –(Jan 13 – 27) Fantabulous Fridays – 2:00 pm

Saturdays 2:00 pm – Boredom Busters

Thursday January 12 – Armchair Traveller – Destination Japan 7:00 pm

Thursday January 19 – Board Games and Pizza – 5:30 pm (\$2.00 charge)

Thursday, December 15th – 5:30 pm Family Board Games.

Friday January 20th – Author Talk Myrna Pearman – 7:00 pm

Thursday, January 26th – 6:30 pm Book Club – The Girl Who Saved the King of Sweden

403 843-2841

Rimbey Christian School Fundraiser Banquet featuring **Ben Crane** - Western Singer, Songwriter, Entertainer and Cartoon Artist.

Friday, March 3, 2017 at the Peter Lougheed Community Center.

Supper at 6:30 p.m. catered by StarKist Catering. Doors open at 5:45.

Tickets are \$65/each or \$450/table of 8.

Tickets are available at Rimbey Christian School and Stationery, Stories and Sounds.

Please join us for an evening of great food and great entertainment!

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

**Report
Impaired
Drivers**



**Rimbey Neighbourhood
Place**

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

January - Intersection Safety

In 2013, 80 people were killed and 8,046 people were injured in collisions at intersections in Alberta. About 87 per cent of collisions are attributable to driver error. Driving properly and safely is important to reducing collisions.

- In Alberta, in 2013, three of the top five most frequently identified improper driver actions for drivers in casualty collisions were making a left turn across the path of an on-coming vehicle (12.9 per cent), committing a stop sign violation (7.8 per cent), and disobeying a traffic signal (7.2 per cent).
- In Canada, 28 per cent of fatalities and 40 per cent of serious injuries from collisions involved an intersection.
- In Canada, more than half of all intersection fatalities and almost three-quarters of serious injuries occur in urban areas.
- Failure to stop at a stop sign results in a \$388 fine and three demerits. At a stop sign, drivers are required to come to a complete stop, which means the wheels of the vehicle must not be moving, before proceeding safely through the intersection. This complete stop gives drivers the opportunity to look for oncoming traffic, pedestrians, or cyclists.
- A sidewalk acts as a stop sign. Before entering a main street from a road, service road, alley, driveway or parking lot, a vehicle must stop unless marked otherwise.
- Keep intersections clear so that other traffic may proceed if the light changes.
- When vehicles arrive at a four way stop sign, allow the vehicle that arrived first to proceed first. If vehicles arrive simultaneously, right of way is given to the vehicle on the right, while left turning vehicles yield to approaching traffic. Just because one has the right of way does not mean it is safe to proceed through the intersection. Keep watching for oncoming traffic.
- The proper procedure for executing a turn is to signal first to provide reasonable warning to other drivers of your intention to turn. Then, check traffic and conditions on both left and right and left again before making the turn. Check for vehicle, bicycle and pedestrian traffic. Maintain your lane through the turn.
- Failing to yield to a pedestrian in a crosswalk carries a fine of \$776 plus four demerit points.
- Pedestrians always have right of way at an unmarked intersection or stop sign unless otherwise indicated by signage.
- Give elderly pedestrians or disabled people more time to cross the road, as they may be less aware of their surroundings and unable to react quickly to sudden danger.
- Pedestrians may indicate their intention to cross the road by holding their arm straight and pointing across the road in the direction they intend to cross.
- Pay attention! Remove headphones and put away cellphones or other electronic devices when crossing the street.

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