



a Mother  
is like a flower;  
each one  
beautiful  
and unique.

# Rimbey & Area Community Newsletter

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

Weather Pending  
The Rimbey Aquatic Centre  
will open May 19th.  
Swim and Lesson Schedules are available online  
[www.rimbey.com](http://www.rimbey.com)  
Swimming Lesson Registration will begin May 16th  
at the Rimbey Aquatic Centre



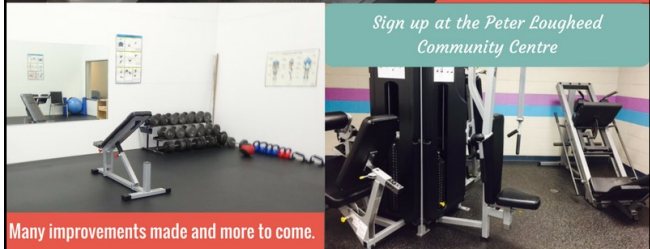
## Community Fitness Centre



All  
Types of  
Memberships  
Available

**Babysitting course**  
Ages 11+. \$50.00.  
May 12, 2017 9am-5pm  
Call 403-843-3151  
to register

**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.*



Many improvements made and more to come.

### Expanded Summer Program!



Tuesdays, Wednesdays  
and Thursdays  
July 4<sup>th</sup> - August 24<sup>th</sup> 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 1<sup>st</sup>, 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



## happy Mother's Day

**Dates to Remember:**  
May 10—Hospital Ladies Auxillary  
Strawberry Tea  
May 14—Mother's Day  
May 22—Victoria Day—LONG WEEK-  
END!







NOTHING  
IS LOST  
UNTIL YOUR  
MOTHER  
CAN'T FIND IT.

## 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

# 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 6 - October 7, 2017  
at PAS-KA-POO PARK

INFO? 403-704-4001  
rimbeyfarmersmarket@hotmail.com

Watch for upcoming events each month!

Volunteer for the Lion's Club Work Bee  
2 Hours in May  
Call Terry 403-358-8181 for more information.

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 BGC Rimbey Office at 403-704-6641

**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.

## 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

PosterMyWall.com

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

Get Out Get Active  
WITH PRIMARY CARE NETWORKS



### 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](http://www.GetOutGetActivePCN.com) #GOGAwithPCNs



Primary Care  
Networks  
#GOGAwithPCNs

Alberta Heartland  
Highland  
Edmonton  
Edmonton North  
Edmonton Other  
Edmonton Southside  
Edmonton West  
Grande Prairie

Highland  
Edgemoor County  
Lakeland  
Leduc  
Leduc-Steinburg  
Lloydminster  
Peace Region  
Peace River  
Peace Valley

Red Deer  
Sturgeon  
Sturgeon County  
St. Albert and Sturgeon  
Wainwright  
Wetaskiwin  
Wood Buffalo



Alberta Health  
Services



## Cyberbullying

Cyberbullying involves the use of communication technologies such as the Internet, social networking sites, websites, email, text messaging and instant messaging to repeatedly intimidate or harass others.

Cyberbullying includes:

- Sending mean or threatening emails or text/instant messages.
- Posting embarrassing photos of someone online.
- Creating a website to make fun of others.
- Pretending to be someone by using their name.
- Tricking someone into revealing personal or embarrassing information and sending it to others.

Cyberbullying affects victims in different ways than traditional bullying. It can follow a victim everywhere 24 hours a day, 7 days a week, from school, to the mall and all the way into the comfort of their home - usually safe from traditional forms of bullying.

## Impacts

Over time, youth who are bullied or bully others find their own ways of dealing with it. While some victims/bullies may become depressed and begin to withdraw socially, others react aggressively and turn to violence.

### Dangers for Children and Adolescents Who Are Bullied:

- Depression
- Social anxiety, loneliness, isolation
- Stress related health problems (e.g., headaches, stomach aches)
- Low self esteem
- School absenteeism and academic problems
- Aggressive behaviours
- Contemplating, attempting, or committing suicide

### Dangers for Children and Adolescents Who Bully Others:

- Not knowing the difference between right and wrong
- Delinquency and substance use
- Academic problems and increased school dropout rate
- Aggression
- Sexual harassment and dating aggression
- Gang involvement and criminal adulthood
- Difficulties in their relationships with others
- Being bullied at the hands of others

(from the RCMP.grc.gc.ab website—[PREVNet](http://PREVNet))

THERE'S A REASON SOME PEOPLE  
THINK THEY CAN DO ANYTHING...

*They listened to their mothers.*



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



## Health Symposium

Free to Attend

Rimbey Provincial  
Building  
5025 55 St

TUES., MAY 2, 2017  
7 PM



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

Rimbey Hospital Ladies Auxiliary Strawberry

Tea & Bake Sale May 10th @ the Seniors

Drop in Centre from 2:00– 4:00 \$5.00



# Rimbey Library

Every Monday after school starting May 8-  
Monday Mayhem 3:30

Every Tuesday morning 10:30 –Wiggle Worms  
for the under 3 crowd - Preschool Story time

Every Tuesday after school - Twisted Tuesday 3:30

May 2: Fantasy Fun

May 9: Hoppin' Good Time

May 16: I Survived

May 23: Journey Through the Jungle

May 30: String Theory

Every Wednesday after school – After School Adventures 3:30

Every Thursday after school – Let's Go Lego! 3:30

Every Friday morning – Preschool Story time 10:30

Every Friday AFTER school – Sensory Sculptors 3:30

Every NO SCHOOL Fridays – Fantabulous Friday 2:00

May 12: Thar' She Blows!

May 4: Movie Night Sponsored by ConocoPhillips -SING 6:30

May 6: Wine Tasting, Obscure Reds From Around the World 7:00 \$40/  
person

May 11: Armchair Traveler - Holy Lands

May 14: Gwen Dyer 7:00 United Church - bookmarks left

May 18: Family Board Games 5:30

May 25: Book Club - Say You're One of Them by Apkan Uwen

May 26: Judy Boyd, Ellis Bird Farm, Bird watching Talk

May 29: Art Bots 2:00

403 843-2841



Queen Victoria



- Became Queen as a young girl
- Married Albert, Prince Consort and adored him
- After he died, she wore black for the rest of her life
- Had 9 children
- Created a culture that valued family and stability

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

**Report  
Impaired  
Drivers**



Rimbey Neighbourhood  
Place

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

## MAY- Motorcycle Safety

Drivers play a large role in motorcycle safety. On a motorcycle, a rider is vulnerable. Be aware of motorcyclists on the road and give them the space they need.

Motorcycle riders need to concentrate on the road and make sure other drivers see them.

### Facts to Know

Between 2009 and 2013, 3,415 motorcycles were involved in casualty collisions. These collisions resulted in 155 deaths and 3,548 injuries.

Motorcycles are less stable and less visible than cars and often have high performance capabilities. When motorcycles crash, their riders lack the protection of an enclosed vehicle, so they are more likely to get injured or killed.

Nearly two-thirds of the collisions involving a motorcycle resulted in death or injury. This compares to approximately one in 10 for all collisions.

In Alberta, wearing a helmet is the law when you are on a motorcycle. Head injury is a leading cause of death in motorcycle crashes. A rider with a helmet is 37 per cent less likely to incur a fatal injury in a crash than a rider without a helmet.

Replace a helmet that has been damaged, and avoid buying a used one. A used helmet may have been involved in a crash and could be damaged in ways that are not obvious.

Wearing comfortable and weather appropriate gear provides the best comfort and allows riders to stay alert and maintain their ability to react.

Antilock Braking System (ABS) equipped motorcycles help reduce fatalities and reduce stopping distances on wet and dry surfaces.

**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)