

2019 Rimbey & Area Community Newsletter

April

Happy Easter

Recreation Services 403-83-3151 www.rimbey.com

Community Garden

Community Garden Applications are available at the Recreation Office and online:

<https://www.rimbey.com/administration/forms-and-applications>.



Dates to Remember

April 19-April 22: Community Centre and Arena closed for Easter.

April 6: Wellness Expo

April 7-13: National Volunteer week

April 10: Volunteer Appreciation Dessert & Theatre Night

April 12-13: Chamber of Commerce Trade Show

April 12-13 Spring Market

April 18 . Nursery School Dance

April 26: Rimbey Christian School Annual Fundraiser

Community Fitness Centre



Located in the Peter Lougheed Community Centre.
(5109 54 Street)

Accessible 24/7 with a cardlock (\$25 deposit).



Prices

Adult (year): \$215.00
 Adult (6 months): \$130.00
 Adult (3 months): \$78.00
 Adult (1 month): \$39.00
 Family (year): \$357.50
 Family (6 months): \$195.00
 Family (3 months): \$130.00
 Family (1 month): \$65.00
 Student (year): \$97.50
 Student (6 months): \$71.50
 Student (3 months): \$52.00
 Student (1 month): \$26.00

GST is not included in the above fees.

Drop in

(Available Monday-Friday
 8:30am-12pm and 1pm-4:30pm)
 \$5.00



Fitness Centre Includes:

- Basic Gym w/ Cardio and Weight Rooms
- Squash & Raquetball Courts
- Showers in change rooms

**Sign up at Community Centre
 403-843-3151**

\$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

The Rimbey Aquatic Centre is now accepting applications for Junior and Senior Lifeguard Positions.

Send your resume to recreation@rimbey.com to apply.
 For more info call 403-843-3151

**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-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."

Speakers 4 Seniors



Fun for Seniors

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

**Apr 10, 2019
Senior's Drop In
9:30
Hearing Health
Presenter: Sandra
Duncan**

**May 8, 2019
Manor
9:30 Diabetes
Presenter: Rachel Murray RN**



**YOU HAVE BEEN
ASSIGNED THIS
MOUNTAIN TO
SHOW OTHERS
IT CAN BE MOVED.**

If you see a rabbit laying little brown eggs, Don't eat them, It's not chocolate!



Happy Easter Every Bunny!

Rimbe & District Victim Services Working in partnership with the Rimbe RCMP, Victim Services provides information, support, referrals and court support to victims of crime. We act as a liaison between the RCMP and victims. Learn about us at www.rimbevictimservices.com Contact our office 403.843.8494 We are a proud member of Victim Services Alberta.

Rimbe Legion News
 Legion Bingo will now be twice a month, 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

Rimbe & District Victim Services Unit together with... **MTS** Magnified Training Services Ltd Presents... **Home Alone Program**
 Kids aged 10+ Parents Welcome to Attend Saturday May 4, 2019 1pm - 4pm Blindman Valley Youth Action Center Rimbe
 Sponsored By The Canada Safety Council
 www.canadasafetycouncil.org
 Call for more details and sign up today ... **403-356-2110**

Counselling
 Available in Rimbe, For Everyone – on a sliding scale fee – no financial barriers.
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 brought to you by the Rimbe & Area Community Wellness Association

Easter is meant to be a symbol of hope, renewal, and new life.
 Janine di Giovanni

Aster School Program **NEW!**

Crafts, gym games, activities and more!

Tuesdays, Wednesdays & Thursdays!

Ages 6 to 12

**Drop-In Program
\$2.00/Day**

**Located at the Peter Lougheed
Community Centre**



Boys & Girls Clubs
of Wolf Creek
RIMBEY

**Call:
403-704-6641**

Rimbey Library

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

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

Tuesdays 403 843-2841

Pre-school Storytime (3-5) 10:30 am
Wiggle Worms (0-3) 10:30 am
Twisted Tuesdays (k – gr 6) 3:30 pm

Wednesdays

Get Your Geek On! 3:30 pm
April 3rd – 7:00 pm All Candidates Forum – Peter Lougheed Centre
April 24th – A conversation about Medically Assisted Death – 7:00 pm

Thursdays

Let's Go Lego! 3:30 pm (k – gr 6)
April 4th - Movie Night at the Library sponsored by the Rimbey Lions Club –Jungle Bunch– 6:30 pm
April 11th - Armchair Traveller – Destination Deserts of the Southwest – 7:00 pm
April 18th – Iron Chef (Kids Program) – 6:30 pm
April 25th – Book club – 6:00 pm News of the World by Paulette Giles

Fridays

Pre-School Storytime 10:30 am
April 5th Fantabulous Friday 2:00 pm
April 12th & 26th Paint like Picasso 3:30 pm
April 12th – 7:00 pm Build Your Own Terrarium – cost TBA – must pre-register at the library
April 26th – Busy Parent Book Club 10:30 am
Coffee with Council – 3:00 pm

April 19th - Closed

Saturdays

DIY day – 2:00
April 20th – Closed

EASTER
The only time
it's okay to
put all of your
EGGS
in 1 basket!

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/>



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

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

DENTAL HEALTH TIPS

NEED HELP WITH DENTAL COSTS?



The Alberta Child Health Benefit is a free insurance for low income families that provides:
Dental care
Eye care
Prescription drugs
Emergency ambulance service
Essential diabetic supplies
Call toll free @
1-877-469-5437

Oral Health Program – Alberta Health Services

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

Report Impaired Drivers



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

Rimbey Neighbourhood Place





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 substance use in our community.

The Rimbey & Area Community Wellness Association would like to thank Rimbey for the great response to the "Voices of Men" calendar. We hope to do it again so if there are positive male role models in your life please nominate them by emailing rimbeynp@telus.net

DRIVER ATTITUDE AND AGGRESSION

Road rage. We've all heard of it, but do you know how dangerous it can be? Learn how to stay calm and focused while driving. The safety of yourself and others depends on it.

BE THE CHANGE—CORRECT BAD DRIVING HABITS BEFORE IT'S TOO LATE

Did you know?

86% of collisions involve driver error

As a driver, you're a key part of decreasing fatal and serious injury collisions. Pay attention to your actions and take responsibility for making safe choices.

Common Driver Errors

1. Following too closely

Tailgating, or not leaving enough space between your vehicle and the one ahead of you, can be fatal since you don't have enough time to stop quickly.

2. Running off the road

Due to tire conditions, vehicle speed, road surfaces, braking too quickly, or accelerating, you can lose control of your vehicle.

3. Turning left into oncoming traffic

When traffic approaches from more than one direction, drivers often misjudge the the time and space needed to turn and can get hit.

Remember these three common errors next time you're on the road and make an effort to correct them. It means safer roads for all of us. *From saferoads.ca*



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.

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

Parent Link Centre's believe that children enter the world full of potential. The extent to which a child's potential is realized is strongly influenced by early experiences. Children thrive in families and communities that protect their health and safety, nurture and respect them, and provide opportunities for involvement with caring adults, stimulating play and safe exploration of their environment. Join us at the Rimbey Parent Link Centre for a wonderful Parent – Child EXPERIENCE! To see our full FREE programming calendar and for more info on who we are and what we do, go to our website @ <http://www.centralparklandparentlink.ca/plc-rimbey.html> or contact Samantha Sansome Coordinator @ 403.318.5454, Email: ssansome@lacombecss.net



Greener Childhood Associated with Happier Adulthood (part two)

To isolate the effects of nature from so many potential confounding factors requires a large and rich data set. The Danish Civil Registration System is just that.

Created in 1968, the system assigns a personal identification number to every Danish citizen and records gender, place of birth and parents' PINs. A PIN links individuals across multiple databases, including mental health records, and is updated with changes of residence. "It's an incredibly rich source of data," says Engemann. The researchers' final data set comprised nearly 1 million Danes who were born between 1985 and 2003 and for whom they had longitudinal records of mental health, socioeconomic status and place of residence.

Satellite data extending back to 1985 allowed the researchers to calculate vegetation density around each residence. Unfortunately, these data can't distinguish an old-growth forest from an overgrown field, but in general the more greenery that is packed into a plot of land, the higher the vegetation density.

Armed with these data, the researchers compared the risk of developing 16 different mental health disorders in adulthood with how much green space surrounded each child's residence. And because they had yearly income, work history and education level, they could weigh the relative contribution of green space against socioeconomics of the parents and neighborhood.

After accounting for those potential confounding factors, the researchers found that growing up near green space was associated with a lower risk of developing psychiatric illness in adulthood by anywhere from 15 percent to 55 percent, depending on the specific illness. For example, alcoholism was most strongly associated with lack of green space growing up, and risk of developing an intellectual disability was not associated with green space. *From npr.org(to be continued..)*