



2019

# Rimbey & Area



LET OUR hearts BE FULL OF BOTH THANKS AND giving

# Community Newsletter

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

### Community Events Calendar

Please submit events to the Recreation Office using the Community Events Calendar form found online: [www.rimbey.com/administration/forms-and-applications](http://www.rimbey.com/administration/forms-and-applications)



### Arena Rink Board Advertising

Want to have your business highly visible all year long? Advertise on a rink board in the Vern Poffenroth Memorial Arena. Six spots left. For more information call #403-843-3151.

### Drop in Sports

#### To Start October 1st, 2019

On Various Tuesdays & Thursdays  
7-8:30pm  
\$2.00 drop in  
Main Auditorium at the Peter Lougheed Community Centre

Please note:

\*Drop in Sports can be cancelled due to community events. Please check for availability.

### Vern Poffenroth Memorial Arena

Public Skate & Shinny for the new 2019/20 Season will be as follows starting Sunday October 6, 2019

Mondays-Public Skate 3-4pm

Tuesdays- Public Skate 3-4pm

Wednesdays -Parent/Tot/Senior Skate 2-3pm

Wednesdays -Youth Shinny 3-4pm

Sundays- Family skate 5:15-6:45pm

Sundays -Adult Shinny 7-8:15pm

No sticks or pucks

allowed on the ice for public skate.



### Babysitting Course

Date: Sat Oct 19/19

Time: 9am-5pm

Ages 11+

We only have a couple of spots Left. Your spot is not secure until you have Paid in full for the course.

For more information call #403-843-3151



**CHECK OUT OUR NEW PROGRAMS**

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



# Counselling

Available in Rimbe y. 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 y**

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 y & Area Community Wellness Association



## Rimbe y 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

# BOO!

Have a spook-tacular Halloween!

Rimbe y & District Victim Services Working in partnership with the Rimbe y 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.rimbe yvictimservices.com](http://www.rimbe yvictimservices.com) Contact our office 403.843.8494 We are a proud member of Victim Services Alberta.



## SISTERS IN SPIRIT

**CANDLE LIGHTING VIGIL**  
Light a candle to remember the missing or murdered Aboriginal women across Canada. Help stop the violence against women.

**Friday, Oct., 4<sup>th</sup> 7:30 p.m.**

**Beatty Heritage House**  
**Everyone welcome**

Sponsored by Rimbe y Amnesty International



# Rimbe y Market at the Park

A great reason to get up on Saturday morning!



**Join Us!**

**Saturdays 9:30-11:30 am**

**BUY LOCALLY**

May 4 - October 12, 2019  
at PAS-KA-POO PARK

INFO? 403-704-4001

[rimbe yfarmersmarket@hotmail.com](mailto:rimbe yfarmersmarket@hotmail.com)



Watch for upcoming events each month!

Gratitude  
turns what  
we have into  
enough

**Community Chorus** starts practice October 2nd @ 7:30 @ the Rimbe y United Church for the annual Christmas concert. New Singers welcome! Contact Annette @ 403 843-3115

## Rimbe y 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."



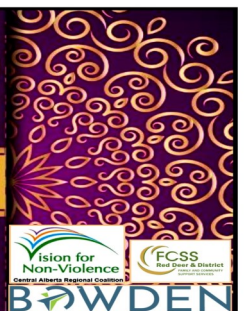
6<sup>th</sup> Annual *Creating a Vision for Non-Violence Conference*  
**November 8, 2019**

**Bowden, Alberta**  
Patterson Community Centre  
2101 -27th Ave

**SAVE the DATE**

\$40/person, includes Speakers, Lunch, Refreshments, Resource Tables and Draws

Registration opens in August. Watch our website [visionfornonviolence.weebly.com](http://visionfornonviolence.weebly.com) for more information.



# Funtastic Friday!

2019-2020

Grades K-6



LEARN



PLAY



ENGAGE

Join us on School Scheduled PD Days! Activities, crafts and more!

9:00AM to 5:00PM

Pre-registered Program (must be pre-paid)

Parents provide lunch, snacks and a water bottle

Located at 5214 51 St. Rimbey, AB

**HURRY!** \$10.00 per day! SPACE IS LIMITED

Register your child September 5, 2019 at Mass Registration!

403-704-6641

Boys & Girls Clubs of Wolf Creek RIMBEY

Made with PosterMyWall.com

## Rimbey Library

October is the bi-annual book sale. For the whole month of October you can take as many books as you can carry for the amount of money you would like to donate!

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

**"Don't forget to brush your teeth tonight. You don't want to get a boo-thache."**

Happy Halloween Wishes

- Monday**  
Indigenous Canada MOOC – 7:00 pm
- Tuesdays**  
Pre-school Storytime (3-5) - 10:30 am  
Wiggle Worms (0-3) - 10:30 am  
Twisted Tuesdays - 3:30 pm  
Coffee With Council – 3:00 pm  
October 1<sup>st</sup> – All Candidates Forum – 7:00 pm Peter Lougheed Community Centre  
October 15<sup>th</sup> – **NO PRE-SCHOOL STORY TIME OR WIGGLE WORMS**  
October 15<sup>th</sup> – Marty Chan – Story Teller – 9:30 am, 10:45 am, 12:30 pm, 1:45 pm  
October 29<sup>th</sup> – Early Years Book Club – 10:30 am – Kids These Days – Dr. Jody Carrington
- Wednesdays**  
Get Your Geek On! – 3:30 pm  
October 9<sup>th</sup> – Fresh Fall Thanksgiving Centerpieces - \$25.00. Pre-register at the library.
- Thursdays** 403 843-2841  
Kids, Cards & Games – 3:30 pm  
October 3<sup>rd</sup> – Halloween Costume Swap – 10:30 am – 6:30 pm  
October 3<sup>rd</sup> – Movie Night at the Library sponsored by the Rimbey Lions Club – Monsters, Inc 6:30 pm  
October 10<sup>th</sup> – Armchair Traveller – Japan 7:00 pm  
October 17<sup>th</sup> – Thursday Fun Nights! – 6:30 – 8:00 pm  
October 24<sup>th</sup> – September 26<sup>th</sup> – Movie Night at the Library sponsored by the Rimbey Lions Club – Monster House 6:30 pm  
October 31<sup>st</sup> – Halloween Howl 3:30 -5:30 pm. Includes a light supper  
October 31<sup>st</sup> – Book Club – 6:00 – The Bonesetter's Daughter – Amy Tan
- Fridays**  
Pre-School Storytime 10:30 am  
October 12<sup>th</sup> & 26<sup>th</sup> - Fantabulous Fridays 2:00  
October 5<sup>th</sup> & 9<sup>th</sup> - Inventors Club 3:30 pm
- Saturdays**  
Feed Your Passion! – Gymnastics!  
October 12<sup>th</sup> - Closed

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/Rimbeycarsseats/>




**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)

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](http://rfcss.com)



### Speakers 4 Seniors

#### Fun for Seniors

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

<p><b>Oct 9, 2019</b> Seniors Drop In 9:30 Driving Safety Presenter: Constable Kurtis Pillipow</p>	<p><b>Nov 13, 2019</b> Manor 9:30 Mental Health Presenter: Noah Boakye Yiadom</p>	<p><b>Jan 8, 2020</b> Seniors Drop In 9:30 Beautiful Nature Presenter: Myrna Pearman</p>
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*It's your community. It's your call.*

**Report Impaired Drivers**



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

**Rimbey Neighbourhood Place**

Boys & Girls Clubs of Wolf Creek  
RIMBEY


# AFTER SCHOOL PROGRAM!

JOIN US FOR CRAFTS, GROUP GAMES, OUTSIDE PLAY & MORE!

- TUESDAYS, WEDNESDAYS & THURSDAYS
- 3:30PM TO 5:30PM
- DROP-IN PROGRAM
- GRADES K TO 6
- SUGGESTED \$2.00 DONATION
- SNACK PROVIDED BY BOYS & GIRLS CLUB

CONTACT US AT (403)704-6641

f @BGC RIMBEY  
5214 51 ST. RIMBEY, AB



The **Community Wellness Association** is a group of citizens who meet once a month in the hope of addressing family violence, bullying (creating a caring community) mental health and substance use in our community. Please call 403 843-4304 for more info.

## 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.

**MAKE CALM CHOICES. AGGRESSIVE DRIVING BEHAVIOURS ARE INTENTIONAL, NOT DUE TO DRIVER ERROR, AND AFFECT ALL OF OUR SAFETY**

Did you know?  
3-4% of drivers with the highest risk driving behaviours account for 12% of fatalities and 8% of serious injuries

Before getting emotional while driving, remember that your actions can have serious consequences for yourself and others, including injury or death.

**Dangerous Driving Behaviours**  
Running red lights, Tailgating, Weaving in and out of traffic, Failing to yield, Making rude gestures, Speeding, Impaired driving, Not wearing a seatbelt, Intersection violations

**What causes aggressive driving?**  
Stress, Impatience, Anger, Frustration, Irritation


**What can you do to drive safer?**

**Minimize Stress**  
Plan ahead to avoid driving in traffic and leave plenty of time to get to your destination. If something happens on the road, accept that you will be late and pull over to let your family, friends, or work know of the change in plans.

**Change Your Attitude**  
Instead of getting upset, practice courtesy, caution, and common sense.

**Avoid Emotionally-Charged Conversations**  
Being distracted by passengers arguing can cause aggressive behaviours while driving.

**Stay focused**  
Don't respond to an aggressive driver's rude or negative gestures. Call for help if you need to.  
*From saferoads.ca*



## 3 Simple Rituals That Will Make You A Fantastic Parent

Part 4 (continued from last month) From "Barking up the Wrong Tree"

**"But I'm The Parent!"**

Many parents will respond that the kid should just obey. "They're the child! I'm the adult!" To this I have a very simple reply:

*So how's that working out for you?*

(Don't bother to reply. I know the answer -- because you're still reading this.)

"The kid should just obey" is the old paradigm. Parenting from when TV's weren't flat and telephones were all attached to a wall. And maybe it forced short-term compliance but it didn't teach Hans another language and so sister-punching just turned into some other bad behavior. And now that kid is an adult and he's probably breaking into my car right now.

The irony of merely imposing your will on a child is that the kids least likely to be able to comply with this method are the ones most likely to receive it. Kid has trouble with emotional control, so we shout and threaten, this causes further emotional overwhelm which the kid doesn't have the ability to handle, and it's a downward spiral until your living room is a reality show.

Most times when you see conflict escalate it's because of that logic -- *that it's a contest of wills, not skills*. If a child is upset, threats just make it worse, and if a kid is not upset, threats are an excellent way to get them upset. You have the skills to control your behavior, they don't.

Greene sums it up nicely:

*Here's a simple math equation that might suffice. Inflexibility + Inflexibility = Meltdown.*

Nobody's saying you have to cave and give in. But it's not weak to ask questions. To assume that maybe there is a legitimate reason they're struggling, and that it's something you can help them get better at. Being immediately dismissive of someone's feelings is rarely a good idea.

Do you want your child to be an adult who just mindlessly obeys? No. We want them to have better self-control, better problem-solving skills, to consider the feelings of others and to negotiate.

*To be continued next month!*

## 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