



# Rimbey & Area Community Newsletter



November 11  
is a day we  
remember.

Recreation Services 403-83-3151 [www.rimbey.com](http://www.rimbey.com)

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

Please note:

\*Drop In Sports are subject to change and may be cancelled at anytime.  
Please call ahead to confirm or check our Facebook page that drop in  
sports are running.

Recreation Services #403-843-3151

Follow us on Facebook: Rimbey Community and Recreation Services

## Family Skate

Sundays 5:15-6:45pm

No sticks or pucks allowed on the  
ice for family skate.

Proudly Sponsored by:

*You're at home here.*



Free public skate for the whole family.

## SANTA NIGHT & the Festival of Lights

SANTA ARRIVES!

Enjoy for Free:

Taking a selfie with Santa, Hotdogs, Hot Chocolate, Hay Rides, Donkey  
Rides, Scavenger Hunt, and more!

Please consider making a donation to the Rimbey Food Bank. Donations will  
be collected at this event.

Thursday November  
21, 2019

3:30pm - 6:00pm @ Pas Ka Poo Park

Local Businesses Decorate the Pas Ka Poo Park. Vote  
for your favorite on Santa Night.



Let's try to do our part! Instead of Styrofoam  
cups. Please bring your own mug for the hot  
chocolate.



Rimbey Community and Recreation Services

# Counselling

Do you struggle with Couples or Blended Family Issues, Communication, Anger management, Depression, Anxiety, Self-esteem?

Available in Rimbey, 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 Rimbey

This Service is brought to you by the Rimbey & Area Community Wellness Association, Rimbey FCSS & the United Way



CHECK OUT OUR NEW PROGRAMS  
<http://www.centralparklandparentlink.ca/>

parentLINKcentre



Meanwhile in Canada

## Rimbey Legion News

Legion Bingo - the 2nd & 4th Friday of the month. Doors open @ 6:30 p.m. Bingo Starts @ 7:00p.m. \*\* Progressive BINGO—approx. \$500 to be won by Christmas!

- For Legion Hall Rentals call: 403 843-2184 or 403 843-2343
- For Legion Memberships call 403 843-2464

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



## 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-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."



IN FLANDERS FIELDS  
THE **poppies** BLOW  
BETWEEN THE CROSSES  
ROW ON ROW

Lieutenant Colonel John McCrae, M.D. (1872-1918)  
Canadian Army



## Rimbey & District Community Christmas Bazaar

Peter Lougheed Community Centre  
Saturday, November 30th, 2019  
10 am - 1:30 pm

Lunch available & Door Prizes  
Christmas Gifts & Ideas  
Homemade Baking & Crafts  
Support local non-profit organizations

6th 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.

IMAGINE WHO THEY WILL  
BECOME BECAUSE OF YOU...

**BECOME A  
MENTOR  
TODAY!  
CALL:  
403-843-1066**



**Big Brothers Big Sisters  
of Rimby**

## Rimby Library

### 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

### Wednesdays

Get Your Geek On! – 3:30 pm

### Thursdays

Kids, Cards & Games – 3:30 pm

November 4<sup>th</sup> – Movie Night at the Library sponsored by the Rim-

bey Lions Club – Toy Story 4 –

6:30 pm

November 14<sup>th</sup> – Armchair Traveller – Easter Island and Chile –

7:00 pm

November 21<sup>st</sup> – Thursday fun nights –Activity TBA – 6:30 – 8:00

pm

November 28<sup>th</sup> – Book Club – 6:00 – The Heart is a Lonely Hunter

– Carson McCullers

### Fridays

Pre-School Storytime 10:30 am

November 8<sup>th</sup> & 22<sup>nd</sup> - Fantabulous

Fridays 2:00

November 1<sup>st</sup>, 15<sup>th</sup>, 29<sup>th</sup> - Inventors

Club 3:30 pm

November 8<sup>th</sup> – Guardians of the Grasslands screening – 7:00 pm

(protect our prairie grasslands)

November 22<sup>nd</sup> – Aaron Pritchett 8:30 pm Peter Lougheed Commu-

nity Centre

The Pary Continues – after Aaron with Tyson

Prior – 10:30 pm Peter Lougheed

Community Centre

### Saturdays

Feed Your Passion! – YOGA – adults and children, adults with

children – just come! – 2:00 pm

November 9<sup>th</sup> – CLOSED

November 16<sup>th</sup> – Trio Saint-Laurent – 7:00 pm Rimby United

Church

For more info. Check  
[http://rimbylibrary.prl.a  
b.ca/events](http://rimbylibrary.prl.a<br/>b.ca/events)

**403 843-2841**

Do you have car seat questions or  
need your car seat checked by a  
certified technician? Call Neighbour-  
hood 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  
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](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)



### Fun for Seniors

### Speakers 4 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.

**Nov 13, 2019**

Manor

9:30

Mental Health

Presenter: Noah

Boakye Yiadom

**Jan 8, 2020**

Seniors Drop In

9:30

Beautiful Nature

Presenter: Myrna

Pearman



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



**Report  
Impaired  
Drivers**

**Pull Over  
Call  
911**

e-mail: [rim-  
beynp@telus.net](mailto:rim-<br/>beynp@telus.net)  
Or (P) 403.843.4304  
Find us on facebook!

**Rimby  
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

5214 51 ST. RIMBEY, AB



## 3 Simple Rituals That Will Make You A Fantastic Parent Part 5

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

From [The Explosive Child](#):

*If a kid is putting his concerns on the table, taking yours into account, and working collaboratively toward a solution that works for both of you—and if therefore the frequency and intensity of challenging episodes are being reduced—then he's most assuredly being held accountable and taking responsibility for his actions.*

We're forgetting that parents don't just need to be enforcers -- they need to be teachers. Many will say, "He just wants attention" or "She just wants her own way." Here's the thing: those two sentences are true of every human on this planet. Your kid is just going about it all wrong. They need to learn the skills to do it better.

Without them, they're not learning a lesson about emotional control or frustration tolerance, they're learning that whoever has more power can unilaterally make the rules. Congrats, you're raising a bully. Start saving bail money and tell him to stop breaking into my car.

People with MD's don't rob banks and they don't buy lottery tickets. They have the skills to make a lot of money in a better way. If your kid knew a better way to get what they want, they'd do that.

Alright, lots of talk about teaching skills and problem-solving... but how do we actually do that?

*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



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.

### 3 WAYS TO BE SEEN

HERE'S SOME TIPS HOW TO MAKE SURE YOU STAND OUT

Did you know?

Between 2011 and 2015, on average, 44 pedestrians were killed and more than 1,187 pedestrians were injured each year.

When you're walking or running outdoors at any time of day, you're smaller than all the vehicles around you and are much more vulnerable in a collision. Here's how to make sure you stand out

#### 1) We recommend wearing light coloured clothing

We recommend brightly coloured clothing it will improve your visibility to other drivers and make sure that you're seen while crossing the road or walking/running against traffic.

#### 2) Signal your intent

Use hand signals before crossing the road to let drivers know what you plan on doing. Fully extend your right or left arm and point in the direction you're going in before crossing.

#### 3) Watch the weather

When it's raining, snowing, or there's a heavy fog, you can be even harder to see outside. Make sure that you wear brightly coloured clothing, reflectors, and use hand signals at all times.

From [saferoads.ca](#)

**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)