

JANUARY

Rimbey & Area Community Newsletter



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

Peter Lougheed Community Centre -
Closed until further notice

Pickle Ball and Badminton drop in on
Thursdays are cancelled until further notice.
Vern Poffenroth Memorial Arena

Sunday Family Skate cancelled until further
notice.

Sunday Shiny cancelled until further no-
tice.

Wednesday Parent & Tot/Senior skate can-
celled until further notice.

**Introducing Togetherall: An online peer-to-peer
mental health community available free to Al-
bertans!**

In an effort to enhance mental health supports
for Albertans, Togetherall has partnered with
Alberta Health Services and the Alberta Govern-
ment to offer an online anonymous network that
offers, peer-to-peer mental health services 24
hours a day, seven days a week. Best of all, To-
getherall is FREE to ALL Albertans aged 16+!
Register today using a valid Alberta postal code
or learn more at ahs.ca/virtualmentalhealth.

OUR MIND, OUR HEALTH

Mental Wellbeing Workshops

Informative and interactive workshops introducing the topic of mental
wellbeing. These workshops build awareness and understanding of
mental health, mental illness, and teach proactive ways to
support better mental wellbeing in ourselves and those connected to us.



Brought to you by:
Neighbourhood Place &
Rimbey Adult Learning

Facilitator: Noah Boakye-Yiadom
Health Promotion Facilitator
Addiction and Mental Health

Second Thursday of the month
10:00
a.m. to 12:00 p.m.
Starting January 14, 2021

For more information or to get the
link to this free online workshop
please email: rimbeynp@telus.net
Call or text (780) 887-2702

**TAKE A LEAP OF FAITH AND
BEGIN THIS WONDROUS NEW
YEAR BY BELIEVING.**

—SARAH BAN BREATHNACH

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



Rimbey Neighbourhood Place will get you connected locally!

e-mail; rimbeynp@telus.net

Or (P) 403.843.6299

Find us on facebook!

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 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."



Free Employment Services

FREE WORKSHOPS AND SERVICES OFFERED ACROSS CENTRAL ALBERTA

Seeking help with resume or cover letter development, interview preparation, job search assistance, career planning, require industry specific certifications or job placement? We are here to help in your area! Contact Career Assistance Network to see what programs you are eligible for by calling us directly at (403) 341-7811.

WWW.RDCAN.CA



Hope smiles from the threshold of the year to come, whispering, 'It will be happier.'

Alfred Lord Tennyson

spread kindness



Mentoring is Still Happening!

To Find Out How Call 403-843-1066
Rimbey Kids Need Your Support
Now More Than Ever.

1 Hour a Week is All It Takes
to Be the Change You Wish to See



Physical Distance Doesn't Have to
Mean Emotional Distance

Rimbey Library

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

403 843-2841

As of December 12th all libraries in Alberta are closed to the public until further notice.

The Rimbey Municipal Library is still here to serve you. We offer curbside pickup. You can order your books online or give us a call, we will be more than happy to put your books on the table outside the library door for you to pick up at your convenience. Our COVID hours are Tuesday-Saturday 10 – 5.

We have activity kits for children of all ages that are available for loan. These include five Indigenous activity kits that help you and your children explore the culture of our FNMI peoples.

Thanks to Alberta Parks and Recreation we have snow shoes for loan. We have two kits, one for two adults, the other for two adults and five children. Please take advantage of this beautiful weather and try something new!

We have two virtual programs that run through Facebook; Bedtime Story Time – Fridays 7:00 pm and Wacky Wednesday -3:30 pm.

Check out <https://rimbeylibrary.beanstack.com/reader365> For some reading challenges that will win you prizes. If you have a child that is not yet in kindergarten enter our 1,000 books before kindergarten challenge. Your child will receive a book just for signing up!

“THERE ARE FAR, FAR BETTER THINGS AHEAD THAN ANY WE LEAVE BEHIND.”

- C.S. LEWIS

And most of all please stay safe. The library has some masks available courtesy of the Alberta Government. If you haven't already please come pick up a pack.

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

This is how to make your kids amazing: 4 secrets from research

- Part 3—continued from last month

We'll get into the witchcraft necessary to instill all these traits into your adorable little entropy machines in a sec, but right now there are two other meta-ideas we want to be clear on:

“Behavior is communication”

The jerk at the office is a full grown adult and is responsible for his behavior. Kids are not fully developed. They don't always know better and even if they do, many times they just do not have the ability to control their impulses and behave in accordance with Geneva Convention rules. Usually they are not deliberately trying to make your life miserable. But parents often act like kids should have the self-control of adults, which is insane.

In general it's healthier to see their behavior as *communication instead of willful defiance*. They're crying to communicate they need help with emotion regulation. They're shoving their sister to tell you they need help with social skills.

“Discipline is teaching”

Your kid is relatively new to this planet, at least compared to you. So treat them like you might treat an alien. You wouldn't scream at an alien for being rude. They don't know better. Their culture on Mars may be very different. You would educate them.

The standard model of discipline is to punish because proper behavior is obvious, easily executed and this person is willfully non-compliant and must be forced into submission. That model of discipline is not applicable. Sorry, your kid is not nearly that competent yet. They're not a malicious Bond-Villain; they're someone who just painted the toilet purple. For the third time.

If the kid does poorly on a math quiz, the response would be to help them develop math skills. Screaming at a child does not increase calculus ability. Same with social skills. They must know better before they can do better. And it will take practice because they're aliens whose brains have not fully adapted to our atmosphere and the intensity of our yellow sun. Educate your alien as to the ways of Planet Earth.

Okay, let's get to work on the big 4. First up is balance, because frankly if they're having meltdowns every five minutes nothing else matters...

(to be continued...) From Barking up the wrong tree



THIS YEAR MAY HAVE
THROWN MORE AT
YOU THAN YOU
PLANNED, BUT YOU
STILL MADE IT.



What's happening at Ponoka & Rimbey Adult Learning

Basic Computer Use Workshop - \$40

A series of 3 in-person, small group workshops that will teach you the basics of using a computer, how to operate files and folders and use the internet and email. Date TBA

Internet Matters - Free

A workshop to help you gain the confidence to go online. We will cover some internet safety and how to spot fake news.

Connecting with ZOOM - Free

Bring your device to us and we will help you set the Zoom program and teach you how to set up and accept meeting invites. A great way to stay connected during the winter months!

Spanish for Travelers - \$120

A six-week course where you will learn Spanish from a native Spanish speaker. *This course has been rescheduled for the New Year.*

The Next Chapter Online Book Club – Free via Facebook Live

Every Wednesday afternoon starting at 1:30 we will be reading the entire Harry Potter book series. Get the book and read along or just come to listen to the story!

Foundations in Learning - Coming in the New Year

This 13-week course is designed to help adult learners build the skills and habits needed to set their own learning goals, be successful in further learning, and increase confidence in their ability to become a more self-directed and independent learner.

WINTER DRIVING SAFETY

Continued from last month. . .

Rear-wheel drive - if you are driving a rear-wheel drive, prepare to steer just enough in the opposite direction to prevent a counter skid.

Signal in advance - signal well in advance of your turn or lane change to alert other vehicles to your intentions. Check your mirrors frequently and always shoulder check before changing lanes.

Plan for curves - avoid sudden changes in direction that might cause you to lose control. Anticipate turns or lane changes and leave more room to navigate them. Avoid braking on curves by driving through them at a safe, steady speed.

Plan for hills - gear down when going both uphill and downhill to help reduce the chance of sliding. Just be careful not to shift gears abruptly. When approaching an uphill, accelerate slightly then maintain a steady speed going up.

Careful on bridges - remember that bridge decks are subject to moisture and temperature fluctuations. They might be slippery even if other parts of the road are not.

EMERGENCY ROAD KIT

Make sure you're ready in case you become stranded. Before heading out, always make sure your cell phone is fully charged and someone knows where you're going and when you're due to arrive. In addition, an emergency road kit should include:

first aid kit, fire extinguisher, blanket, road map and compass, extra clothing and footwear, paper towels or rags, sand, road salt, or non-clumping kitty litter, flashlight with extra batteries, emergency food (make sure it won't spoil!), candle in a deep tin, waterproof matches, shovel, booster cables or jump starter

ALLOW FOR THE PLOW: SAFETY TIPS FOR MOTORISTS

Stay back 4 to 5 car lengths from a snowplow.

Avoid passing snowplows. It can be unsafe.

Snowplows have blind spots and may not see you.

Snowplows travel below the posted speed limit. Be alert.

Keep roads safe. Slow down when you see a snowplow.

Be patient. Snowplows pull over every 5 to 8 kms to let vehicles pass.

From saferoads.ca