



Community Newsletter

Rimbey & Area

2022

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

Thank you—Canada Day

Thank you to all the volunteers and participants for helping make this years event a great celebration.

Thank you to the Colour Guard presented by Royal Canadian Legion #36 Rimbey, Hayrides by Stuart Lyster & Holly Lyster, Barrel Train by Pas Ka Poo Park, Face Painting by Jessica Skjonberg.

Thank you to our contributors, Evergreen Coop Rimbey, Family Community Support Services and Canadian Heritage.



Thank you—Rimbey Rodeo Parade

Thank you to all the volunteers and participants for your time in making our parade a great success.

The Gull Lake North Citizens on patrol for working the barricades and directing traffic for the Rodeo parade.

Thank you to the Rimbey Lions Club for Judging the entries and presenting the Ribbons.

Whitgan Creations and Gifts for donating the winner's ribbons for the parade.

Peter Lougheed Community Centre.
Mass Registration - Thursday September 8, 2022
3pm—7pm

All Community groups & Organizations conveniently located in one place for registrations.

All community clubs or organizations are welcome to have a table for registrations at no cost.
 Call 403-843-3151 or email programs@rimbey.com
 Tables and chairs will be available for Groups to set up and take down.
 Please RSVP by Wednesday September 7th, 2022

Need to Talk? We're Listening.



Finances should never be a barrier to mental health support. We offer options for low cost and subsidized counselling services

Sessions are currently being offered virtually, by phone, and in person.

Call (403) 347-8844 or email info@cssalberta.ca to inquire.



CATHOLIC
SOCIAL
SERVICES



cssalberta.ca

MENTAL ILLNESS is characterized by changes in an individual's **thinking, mood, or behaviour** and is usually associated with significant distress or impaired functioning in social, occupational and other activities.¹



ABOUT **1 IN 3 CANADIANS** WILL BE AFFECTED BY A **MENTAL ILLNESS** DURING THEIR LIFETIME.²

EARLY CARE AND SEEKING TREATMENT can help individuals recover from or manage a **MENTAL ILLNESS**. However, stigma and other barriers can delay people from seeking help.

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.”



Alberta Health
Services

Rimbey Royal Canadian Legion News

*Legion Bingo - the 2nd & 4th Friday of the month. Doors open @ 6:30 p.m. Bingo Starts @ 7:00p.m. ** Progressive BINGO. For Legion Hall Rentals call: 403 843-2184 or 403 843-2343. For Legion Memberships call 403 843-2464*

**For local history check out the
Smithson Museum at Pas-ka-poo
park and the Beatty Heritage
House. More information can also
be found in the Rimbey Tourist
Guide—pick it up at downtown
businesses and the Tourist
Information Booth.**

**“Let us dance in the sun, wearing
wild flowers in our hair...”
Susan Polis Schutz**



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**

Rimbey Library

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

403 843-2841

We are open on Mondays! We will be closed on August 1st!
Our Summer Reading Program runs Tuesday – Thursday inclusive during August. Please check out our website rimbeylibrary.prl.ab.ca
Mondays 2:00 pm – Master Chef Mondays
August 29 th -Booknic – Lions’ Park #1 11:30-2:30 Lunch will be provided
Tuesday Mornings 10:30 am – Storytime with Sue
August 2 nd – Tutu Workshop – 6:30 pm. Must pre-register. Children under the age of 10 must be accompanied by an adult.
August 23 rd - 6:30 pm – Beach Party Children under the age of 6 must be accompanied by an adult
Thursdays Movie Nights sponsored by the Rimbey Lions Club 6:30 pm
August 4 th – Rango
August 11 th – Jungel Cruise
August 18 th – Onward
August 25 th – TBA
August 18 th -1:00 pm Children’s Circus Workshop
Book Club – August 25 th – 6:00 pm Book Club – The English Assassin – Daniel Silva
Fridays 1:00 pm - Fabulous Friday
August 19 th – 7:30 pm SRP sleepover – must register at the Library. Must be registered in the SRP to attend.
10:00 am pickup
Friday Music in the Park (behind the RCMP building) – 7:00 pm In case of inclement weather we will be in the library
August 5 th – Kevin and Lexie Music
August 12 th – Von Bieker
August 19 th – 100 mile House
August 26 th – John Vandergrift
Saturday
Lego Club – 2:00 pm
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.
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!



One-on-One Employment Services

FREE EMPLOYMENT READINESS AND JOB PLACEMENT SERVICES

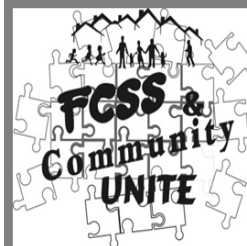
Are you finding it harder than ever to find the work you want? Do you live in rural areas that seem to have fewer work options? Don't worry, you're not alone, and we can help. If you are living in the Olds, Rocky Mountain House, Drayton Valley, Red Deer County, Lacombe County and Ponoka County regions and are needing support, call us at (403) 341-7811 today.



WWW.RDCAN.CA



The Family Resource Network provides a variety of programs in your community for children, youth, and families to enhance skills, strategies, resilience, and connections to the community. Through contacting the FRN Hub, you will be referred to a program(s) that meets your family's needs and receive information on other community resources available. Call 780-352-4643 Ext. 28 for more information or to sign up!



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

This Is How To Have Emotionally Intelligent Relationships: 4 Secrets (from Eric Barker)

Jamie was one of the nicest and warmest people I'd ever met. He was also one of the most *dangerous* people I'd ever met. Jamie was two-time national champion in Kali. Kali is the martial art they taught Matt Damon for the Jason Bourne movies. And at this point Jamie was training for the world championships. Day in, day out, nothing else. The last thing you wanna do in a fight is think. You train until every technique is an instinctive reaction. But after a few weeks of this, Mr. Deadly-Nice-Guy needed a break. It had been nothing but training for months, drilling his skills down into his muscle memory. So he went to a party. Now he was having fun, and of course, everybody wants to talk to the guy who kicks butt for a living, so he ends up holding court. And everybody loves him because, hey, he's Jamie. But that's when things went very wrong...

One of the girls decides to flirt with him. She playfully throws a light kick toward Jamie. It was cute. But, um, that's not how Jamie's brain responded...

All his mind sees is this "kick" coming at him out of the corner of his eye. He's not even consciously thinking. His body reacts the way he's been programming it to for endless hours: **KICK**

INCOMING -- ENGAGE ATTACK MODE

Like lightning, Jamie blocks the "kick". He drops down beneath it, seizing her foot, scoops his arm around her thigh and...

Luckily -- *very* luckily -- that's when his conscious mind flickered to life. He freezes. His eyes go wide realizing he was about 0.3 seconds away from breaking her leg. He immediately let go. She's terrified. Everyone at the party is terrified. Jamie is terrified. He's looking around the room with enough shame for two: *What the heck did I just do?*

Nobody was hurt. Everything was fine -- other than being deeply, profoundly, *exponentially* awkward. Jason Bourne visceral reactions are great in Jason Bourne movies. Not always so good in day-to-day life.

But then again, you and I do the same thing. Well, metaphorically we do. *Psychologically*, we do. Often when we deal with others, we aren't thinking; we're just reacting. Many of those reactions were programmed long ago. And a few of them are not at all conducive to good relationships.

Something triggers you and you get inappropriately hostile. Or you withdraw. Or you apologize and give in when you're not even wrong. Psychologists call these "schema coping behaviors." Schemas are deeply held unconscious beliefs you hold about yourself and others. "*If you're not nice all the time, people will reject you*" or "*If you don't immediately and vigorously show them who's boss, people will take advantage of you*" or countless others. Often, we don't even realize they're there.

Maybe you grew up in a house where when your parents were angry, you learned to just cave and give in. And now you do that with *everyone*. Or when the schoolyard bully caused trouble you had to fight back -- and now any challenge turns you into a rage monster. We learned these "lessons" about how to deal with people and stumbled on "solutions" that helped at that time, in that context -- but they've been more harm than good over the long haul. And if we try to resist that programming, it gets very uncomfortable. It's like trying to break any bad habit or addiction.

To be continued next month.....

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.



The *Community Wellness Association* is a group of citizens who meet once a month in the hope of addressing community social issues. Please call 403 843-4304 for more info.



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

RIMBEY & AREA COMMUNITY NEWSLETTER - Available at: The Town Office, The, Blindman Youth Action Building, Rimbey Foods, the Tickle Trunk, Subway, COOP & Bluffton Store Brought to you by Rimbey Neighbourhood Place in partnership with the town of Rimbey Recreation Department. Please send us your submissions, questions or concerns: 4907 49th Street PO Box 980 Rimbey, AB T0C 2J0 phone:403.843.4304 or 403 843-6299 or text 780 887-2702 e-mail: rimbeynp@telus.net