

any MAN CAN BE A  
**FATHER,**  
BUT IT TAKES  
A special PERSON TO BE A  
**DAD**  
HAPPY father's DAY

# Rimbey & Area



# JUNE

# 2017

# Community Newsletter

Recreation Services 403-843-3151 [www.rimbey.com](http://www.rimbey.com)

**Rimbey Aquatic Centre Schedules**

**SPRING POOL SCHEDULE May 19-June 30 2017 (excludes stat holidays)**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lane Swim 7-9am		Lane Swim 7-9am		Lane Swim 7-9am	
Rental 11am-12pm	School Rental 9-11am					Rental 11am-12pm
Parent & Tot/ Lane Swim 12-1:30pm	Parent & Tot/Lane Swim 11am-12:30pm					Parent & Tot/ Lane Swim 12-1:30pm
Public Swim 1:30-6pm	School Rental 12:30-3pm					Public Swim 1:30-6pm
Adult Swim 6-7pm	Public Swim 3-6pm	Public Swim 3-8pm				Adult Swim 6-7pm
	Value Drug Mart Free Swim 6-8pm	Adult Swim 8-9pm				

**Statutory Holiday Hours:**  
 Victoria Day, Monday, May 22nd— Public Swim 12-6pm  
 Canada Day, Saturday, July 1st— Free Swim 3-6pm  
 Heritage Day, Monday, August 7th— Public Swim 12-6pm  
 Labour Day, Monday, September 4th— Public Swim 12-6pm

**VALUE DRUG MART Sponsored Free Swim Mondays 6-8pm May-August**

Single Admission Rates: Adult \$5.50, Senior/Student \$4.50, Youth \$4.00, Child \$3.00, Family \$15.00  
 Punch Pass: Adult \$49.50, Senior/Student \$40.50, Youth \$36.00, Child \$27.00, Family \$135.00

Rimbey Aquatic Centre Ph: 403-843-2437  
[www.rimbey.com](http://www.rimbey.com) [www.facebook.com/rimbeyaquaticcentre](https://www.facebook.com/rimbeyaquaticcentre)

**CANADA 150 1867-2017**

**Celebrate Canada JULY 1ST, 2017 in Rimbey, AB**

you are invited to the annual

**Rimbey Rodeo Weekend PARADE**

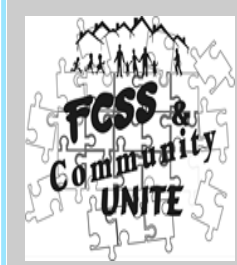
**Sat. July 8th 11am**

*Rimbey* FIND our PARADE route at [www.rimbey.com](http://www.rimbey.com)

**Dates to Remember:**  
 June 18 — Father's Day  
 June 21 – First Day of Summer

**RIMBEY FCSS** Would like to Invite you to their Urban Poling Walk (Poles Provided) . Also known as Nordic Walking one of Canada Fastest growing fitness Activities Use 90% of your muscles while improving posture , balance and building core strength.

FALLS PREVENTION NORDIC WALKING SCHEDULE COME JOIN US FOR THE



NEWEST TREND IN EXERCISE  
 IF YOU ATTEND 3 OF OUR WALKS WE WILL GIVE YOU A SET OF OUR URBAN WALKING POLES  
 ABSOLUTELY FREE  
 STAY ACTIVE AND HAVE FUN  
**Meet at the Provincial Building 5025-55 street Rimbey, AB**  
**Any Questions call Pam 403-843-2030**

**Drop in Sports**  
**Thursdays 7-8:30pm \$2.00 drop in**  
**Main Auditorium in the Peter Loughheed Community Centre**  
 \*Drop in Sports can be cancelled due to community events. Please check for availability.

MAY 26	NOON	AUG 22	NOON
JUNE 8	5 PM	SEPT 7	5 PM
JUNE 20	NOON	SEPT 19	NOON
JULY 11	5 PM	OCT 5	NOON
JULY 27	NOON	NOV 2	NOON
AUG 8	5 PM		

This project is funded by the Government of Canada's New Horizons for Seniors Program

**Canada**



HAPPY SUMMER SOLSTICE

### 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, Tuesday and Thursday, 8:00 – 4:30 p.m. Closed during the lunch hour 12:00 – 1:00 p.m.

Please call 403 843-2406 for an

**RIMBEY & DISTRICT Victim Services** Rimbey & District Victim Services is seeking dedicated volunteer advocates to support people impacted by crime and tragedy. Make a important difference in their lives by supporting them during difficult times. Learn about us at [rimebeyvictimservices.com](http://rimebeyvictimservices.com) or [facebook.com/rimebeyvictimservices](https://facebook.com/rimebeyvictimservices). Contact 403-843-8494 for a volunteer application.

### Catholic Social Services Family Counselling

Available in Rimbey, For Everyone, on a sliding scale fee.

Call Red Deer Catholic Social Services intake 403 347-8844 and ask to be seen in Rimbey

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

This Service is made available by contributions from Rimbey Victim Services, Rimbey FCSS and The Rimbey Lions Club

### Introducing Speakers 4 Seniors

Join us 9:30 am - 11:30 am on the 2<sup>nd</sup> Wednesday of each month to learn from speakers covering a variety of topics. Come to socialize and enjoy coffee and tea, all free of charge!



### Fun for Seniors

The following outlines the first 3 sessions, however these sessions will be ongoing. Watch for further updates!

#### June 14' 2017

Understanding Advance Care Planning

Location: Manor

#### July 12' 2017

Nutrition for Seniors

Location: FCSS

#### Aug 9' 2017

Recognizing Depression

Location: Seniors Drop In

# Rimbey Market at the Park

A great reason to get up on Saturday morning!



Join Us!

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

May 6 - October 7, 2017  
at PAS-KA-POO PARK

INFO? 403-704-4001

[rimebeyfarmersmarket@hotmail.com](mailto:rimebeyfarmersmarket@hotmail.com)

Watch for upcoming events each month!



**One Hour a Week is All It Takes! Mentors greatly needed in our area. Call 403-843-1066**



Big Brothers Big Sisters of Rimbey







## Raising Resilient

**Kids** (as presented by Beth Hachkowsky from the Neufeld Institute – specializing in attachment) April 26.

### How to equip children for what lies ahead

#### What is resilience?

- The ability to handle stress and adversity without loss of healthy functioning or hindrance to growth and development
- The ability to bounce back from stressful or wounding experiences, recover from hurts and injury, to heal from wounds, return to healthy functioning, be restored in energy and function
- The ability to transcend deficits and dysfunction, to compensate for disabilities and handicaps, to find a work around for problems
- The ability to adapt to lacks and losses, to be changed for the better by adversity, to be transformed by encounters with futility
- The ability to be resourceful when it is required
- The ability to handle not getting ones' way.

#### What is the problem?

- There is too much separation
- Too much shame
- Feeling too unsafe

#### Often kids will develop defensive "armour" – what is the cost?

- A loss of playfulness, restfulness and vulnerable feelings (and thus optimal functioning)
- A loss of empathy and caring, resulting in more wounding interaction
- A predisposition to a host of problems that have defendedness at their core
- Loss of ability to heal, recover or bounce back

Next month – What are the keys to resilience?

parentLINKcentre

June 10th 2016 11:30-2:00

FREE! for 0-6 year olds and the man in their life!

**DUDE'S & KIDS DAY!**

BRING YOUR OWN HAMMER IF YOU CAN!

Pizza & Beer!  
(rootbeer) Build a wooden bird house with your little person & take it home!

call 403 843-4304

Rimby Provincial Building



**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/Rimbeycarseats/>

Free of charge!



Check out our new programs

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

parentLINKcentre



### Community Information & Referral Clinic

The 2<sup>nd</sup> Tuesday of each month  
Rimby Drop In – computer room  
From 10 a.m. – til Noon.

Healthy Families Program is asking if you know of a young mom in need of support 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

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)

## Rimby Old-timers Reunion

CANADA 150<sup>TH</sup> AND OUR 62<sup>ND</sup>.  
ANNUAL REUNION

**SATURDAY, JUNE 17/2017**

Location: Peter Lougheed Community Centre

**Concession Cash Lunch: 12:00 - 2:00 PM Doors Open at 12:00 Noon Registration Fee: \$5.00 Pay at the door** A short program begins at 2 p.m. featuring the **Centennial Class of 1967** and recognizing the **"RAYMOND"** family as the pioneer family.

**SUPPER served at 5:00 p.m. at the community center \$15.00 (pay at the door) NOTE: NO DANCE THIS YEAR. SUNDAY, JUNE 18/2017**

Pancake Breakfast Pas-Ka-Poo Park

8:00-11:00 AM \$7.00

For questions contact Marion at 403-843-6675

# Rimbey Library

Every Monday after school - Mon- day

Mayhem 3:30

Every Tuesday morning 10:30 -Wiggle

Worms for the under 3 crowd

403 843-2841

- Preschool Storytime

Every Tuesday after school - Twisted Tuesday 3:30

Every Wednesday after school - After School Adventures 3:30

Every Thursday after school - Let's Go Lego! 3:30

Every Friday morning - Preschool Storytime 10:30

Every Friday AFTER school - Sensory Sculptors 3:30

Every NO SCHOOL Fridays - Fantabulous Friday 2:00

June 1: Movie Night Sponsored by ConocoPhillips -Trolls 6:30

June 8: Armchair Traveler - Europe

June 10: Library Fundraiser - Steak, Lobster, Chicken & Ribs, Live Auction, Games of chance. Tickets

available at the Library

June 22: Family Board Games 5:30

June 29: Book Club

June 30: Summer Reading Kick-Off Party.

Lions park #1. 11-2. Hot Dogs provided.

Entertainment by Lee and Sandy Paley



**WIN a return trip for two people on WestJet!**

(Valid on any WestJet regular scheduled destination)

**WESTJET RAFFLE!!**

**\$5.00/ticket**

**Draw made August 31, 2017!**

**Proceeds go to support Big Brothers Big Sisters of Rimbey mentoring programs. Tickets at Esso, Stationery, Stories and Sounds and Striker's Alley or the Farmers' Market.**

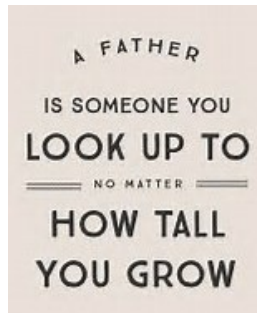


Big Brothers Big Sisters of Rimbey

For more information, call 403-843-1066.



Rimbey Neighbourhood Place



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

## June - Commercial/Passenger Vehicle Safety

In 2013, passenger cars, mini-vans/SUVs and pick-up trucks/vans were the vehicles most frequently involved in casualty collisions. Tractor-trailers accounted for two per cent of vehicles in casualty crashes, but 9.2 per cent of vehicles in fatal crashes.

Trucks are not large cars. Whether they are accelerating, braking, climbing a hill, switching lanes or turning onto a side street, big trucks must regularly perform certain maneuvers that drivers of passenger vehicles are generally not familiar with.

### Facts to Know

From 2003 to 2013, truck tractors were involved in casualty collisions in Alberta. There were 222 people killed and 2,841 people injured in these collisions. The deaths include 25 truck-tractor drivers and 10 of these drivers were killed in single vehicle rollover crashes.

The occupants of a passenger vehicle are more likely to be seriously injured or killed in a crash with a large vehicle because of the physical differences in weight, stopping distance and rollover potential.

Fatigue can play a role in large vehicle collisions. Truck drivers were more likely than all drivers in casualty collisions to be fatigued or asleep at the time of the crash. Almost half (48.5 per cent) of the truck tractor drivers who were fatigued and involved in a casualty collision crashed between 11 p.m. and 7 a.m.

Trucks will usually swing slightly to the left before making a right hand turn; do not assume the driver is turning left.

Leave at least three metres between your vehicle and the rear of a truck stopped at a light or stop sign, especially on a hill.

It is not safe to drive beside a large truck. Trucks have large blind spots and the driver might not be able to see you.

Large vehicles take longer to stop than passenger vehicles. This increased braking time is due to a number of factors including the size and weight of the vehicle, condition of the vehicle's brakes and temperature of the brakes.

[511.alberta.ca](http://511.alberta.ca) provides up-to-date road information including traffic delays and construction.

**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)