

March

Rimbey & Area 2020 Community Newsletter

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

The Vern Poffenroth Memorial Arena—Rimbey

Family and Public Skates:

Public Skate: Mondays, Tuesdays,
3:00-4pm

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

Parent & Tot/Senior: Wednesdays
2:00-3:00pm

Youth Shinny: Wednesdays
3:00-3:45pm

Adult Shinny: Sundays
7:00-8:15pm

**Our Last Family Skate will be
March 22, 2020.**

Drop in Sports

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.

**The Rimbey Aquatic Centre
is now accepting applications for
Junior and Senior Lifeguard Positions.**

**Send your resume to
recreation@rimbey.com to apply.
For more info call 403-843-3151**

**Thank you to Servus Credit Union & Evergreen Coop Rimbey
for their support and sponsorship for Family Skate this season!**



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



https://www.rimbeywell.com

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."



Potluck



*Forshee Hall Community Potluck
and cards for those who want to stay*

Third Sunday Jan/Feb/March
Jan. 19
Feb. 16
March 15
5:30 p.m.



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Rimbey Royal Canadian Legion News

*St. Paddy's Celebration
March 14, 2020—tickets \$13. each,
members and guests, Irish Fare &
Cash Bar, Doors open @ 5:00 p.m*

*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*



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 vic-
tims. Learn about us at
www.rimbeyvictimservices.com Contact our
office 403.843.8494 We are a proud member
of Victim Services Alberta.

Spring Into Change

Thursday April 2, 2020 8am-4pm

RIMBEY'S 34th ANNUAL WOMEN'S CON- FERENCE

KEYNOTE SPEAKER - Camilla Jones "Life Goes On ... Hither and Yon"
CONCURRENT SESSIONS Lorraine Morris - Forget "To-Do" lists "Ta-Da" Instead Brenda Eaton & Rossalyn McDow - Bird Nest Pendant Ali Misener - Social Media for Dummies Allison Goodwin, Hawk Tail Brewery - Explore Microbrewing Holly & Melissa Waldron, Holly's Greenhouse - Build a Planter Shelly Rimes - Pain Free Movement ENTERTAINMENT Fashion Show - Mandy's Fashion and Footwear LUNCH - VENDORS - PRIZES REGISTRATION \$40.00 (After

RimbeY United Church—The Great Plains in Concert: Saskia & Darrel

Fabulous Canadian Music with Celtic Bluegrass, Folk, Country & Gospel Flavors
Sunday, March 8, 2020 at 7 PM
Tickets \$20 / person

Available at RimbeY United Church, RimbeY Library and Stationery, Stories & Sounds.
 For more info call the Church Office at
 403-843-2458

RimbeY Library

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

Tuesdays

Pre-school Storytime (ages 3-5) - 10:30 am
 Wiggle Worms (ages 0-3) - 10:30 am
 Coffee With Council 3:00 pm

Twisted Tuesdays - 3:30 pm

March 31st – Early Years Book Club – 10:30 am

March 31st – Carolyn Rallison – Gardiner Extraordinaire 7:00 pm

Wednesdays

Get Your Geek On! – 3:30 pm

Thursdays

Lego Club – 3:30 pm

March 5th – Movie Night at the Library sponsored by the RimbeY Lions Club – Spies in Disguise –
 6:30 pm

March 12th - Armchair Traveller - destination Normandy - 7:00 pm

March 19th - Tea & Tarot – Beatty House 2-5 & 6-8 Register at the Library \$45 – Tea Leaf reading
 \$55 – Tarot Card reading

March 19th - Harry Potter Party – 6:30 pm

March 26th – Book Club – Circling the Sun; Paula McLain – 6:00 pm

Fridays

Pre-School Storytime 10:30 am

March 6th & 20th – Fantabulous Friday 2:00 pm

March 13th – Inventor's Club – 3:30 pm

Saturdays

Kids, Cards, and Games 2:00 pm

March 14th – VC2 Classical Cello Duo – RimbeY United Church – 7:00 pm

15th Annual Spring Festival

March 21st – Wes Barker Magician – 6:30 pm Peter Lougheed Community Centre (sponsored by RimbeY ATB & RimbeY ECD Coalition)

March 23rd – Peter Puffin Whale Tales – 6:30 pm

March 24th – A Charmed Affair – Toy Mania Party – 2:00 pm

March 25th – W.P. Puppet Theatre – 2:00 pm

March 26th – Fire & Ice Mad Science Show 1:00 pm

March 27th – Roony Punyi Reading Show 2:00 pm

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 Find us on facebook: <https://www.facebook.com/Rimbeycarseats/>



Community Information & Referral Clinic

The 2nd 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

JOIN US FOR OUR

Harry Potter

BOWL FOR KIDS SAKE!



HELP US REACH OUR GOAL OF \$15,000.00!!

SATURDAY, MARCH 7, 2020

AT STRIKERS ALLEY



Big Brothers Big Sisters
 OF RIMBEY



LANDREX

For more information, please call
 403-843-1066

Brought to you by Landrex — When seized, the potential for success is limitless!

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

Report Impaired Drivers

Pull Over Call 911

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

RimbeY Neighbourhood Place



The Edmonton
Family Centre

presented by



Communication- how to talk so kids will listen!

Thursday,
March 12,
2020, 6:30,
Rimbeypark
Provincial
Building



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3 Simple Rituals That Will Make

You A Fantastic Parent Part 9

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



Step 3: The Invitation

Now it's time for solutions. And, no, you still don't get to suggest one. Sorry.

Magic Formula?

"I wonder if there's a way we can..." + (address kid's concern)
+ "but that still makes sure to" + (address your concern) + "Do
you have any ideas?"

This teaches them to take other people's feelings into consideration when problem-solving -- which is a much better lesson than blind obedience to unilateral demands.

Giving them first crack at suggesting the solution doesn't just improve their empathy and problem-solving muscles, it also lets them know you're interested in their ideas. It's a bonding moment. It teaches them, by example, how to collaborate -- as opposed to teaching them "How To Be A Dictator." This is how you teach them skills that will make them a successful adult. And it doesn't involve lectures that they'll ignore.

Yeah, I know: nothing is ever that simple with kids. So how do we know if it's working? And how do we course correct when it inevitably doesn't the first time around?

To be continued next month!



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 communi

ty) mental health and substance use in our community. Please call 403 843-4304 for more info.

Distracted Driving

Alberta's Distracted Driving Law restricts the use of handheld electronic devices, reading printed materials in the vehicle, writing, printing, or sketching and personal grooming. The fine for distracted driving in Alberta is \$287 and three demerit points. Visit the [distracted driving legislation](#) page for more information.

As soon as a driver gets behind the wheel, driving should be the top thing on their mind. When a driver is distracted, focus is taken off the road and the consequences to traffic safety can be serious. Drivers in Alberta are encouraged to keep their eyes and their mind on the road.

Distracted driving facts:

Research shows that distracted driving plays a role in 20 to 30 per cent of all collisions.

Distracted drivers are three times more likely to be involved in collisions than attentive drivers.

Some studies have shown that texting impairs driving more than alcohol or drugs.

Between September 1, 2011, when distracted driving legislation was introduced, and March 31, 2019, there were 186,564 convictions.

97 per cent of these convictions were for using a hand-held communication or electronic device while driving.

During the 2018-19 fiscal year, male drivers accounted for nearly two-thirds of all convictions.

Overall, male drivers, aged 25 to 44 years, have the highest conviction rates.

Drivers can stay alert and attentive by following a few tips: putting their phones away, keeping both hands on the wheel, planning ahead any use of GPS units or audio systems, and pulling over if needed.

From [saferoads.ca](#)

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 Community Centre, Blindman Youth Action Building, Rimbeypark Foods, FCSS, Seniors Drop-in, The Manor, A&W, Subway, COOP, The Grand Hotel & Bluffton Store** Brought to you by Rimbeypark Neighbourhood Place. Please send us your submissions, questions or concerns: 4907 49th Street PO Box 980 Rimbeypark, AB T0C 2J0

phone:403.843.4304 e-mail: rimbeynp@telus.net