



2017

Rimbey & Area Community Newsletter



Recreation Services 403-843-3151 www.rimbey.com

Rimbey's Vern Poffenroth Memorial Arena Public Skates and Shinny

No sticks or pucks allowed on the ice for all Public, Parent & Tot, Senior and Family Skates.

Public Skating

Mondays 3-4pm
Tuesdays 3-3:45pm
Fridays 3-4pm

Parent & Tot/ Senior Skate

Thursdays 2-3pm

Rimbey Coop & Servus Credit Union Family Skate

Sundays 5:15-6:45pm

Arena Closed For Season March 27th

Shinny

Youth Shinny:
Wednesdays 3-3:45pm

Adult Shinny:
Sundays 7-8:15pm



Private Rental Ice Times Available.

There will be open
ice slots in March
for ice rentals.

Call 403-843-3151 for
more information.



*A best friend
is like a
four leaf clover:
hard to find
& lucky to have*



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 or check out
www.rimbey.com

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.

Dates to Remember:

March 12- Daylight
Savings Time
March 17th-19th- Ladies
Bonspeil
April 6- Rimbey Nursery
School Spring Dance

Happy First
Day Of Spring

Via LoveThisPic.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, 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 appointment.

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 rimbeyvictimservices.com or facebook.com/rimbeyvictimservices. Contact 403-843-8494 for a volunteer application.

Yesterday I Was Clever, So I Wanted To Change The World. Today I Am Wise, So I Am Changing Myself.



Family Counselling
Available in Rimbey
For everyone—regardless of beliefs

If you struggle with any of these issues:

- Communication
- Anger management
- Grief
- Addictions
- Depression
- Anxiety
- Blended Family Issues
- Self-esteem
- Couple Issues

Appointments can be made now by calling the Red Deer Catholic Social Service Office at: 403 347-8844
Please specify you would like to be seen in Rimbey.

**RIMBEY & DISTRICT
Victim Services**

together with . . .

MTS Magnified Training Services Ltd

Presents . . .

Home Alone Program

Kids Age 10 and Up
Parents Welcome to Attend

March 25th, 2017
1 - 4 pm @

Blindman Valley Youth Action Centre, Rimbey

Sponsored By The Canada Safety Council

www.canadasafetycouncil.org



Call for more details and sign up today ...

403-356-2110

Rimbey & District
Chamber of Commerce

2017

TRADE SHOW

Come Celebrate with Us!

April 21-22, 2017

Vern Poffenroth Memorial Arena
5109-54 Street, Rimbey, AB

BOOTHS AVAILABLE NOW!

Ask about our Garden Grove

Check out new Booth Pricing

Don't wait to book your booth We Sold Out Last Year!

Book by February 10, 2017 Get the Early Bird Discount Save \$50

Contact for more information:
Carrie - 403-392-6521

rimbeychamber@gmail.com

www.rimbeychamberofcommerce.com

150 Years Strong



Big Brothers Big Sisters of Rimbey invites you to...



...BE OUR GUEST!

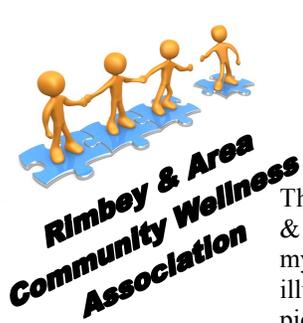
Help us celebrate our annual Bowl for Kids Sake fundraiser!
SUNDAY, MARCH 12, 2017 at
Stickers Alley

BIG BROTHERS BIG SISTERS OF RIMBEY NEEDS YOUR HELP IN REACHING OUR GOAL OF...
\$15,000.00!!

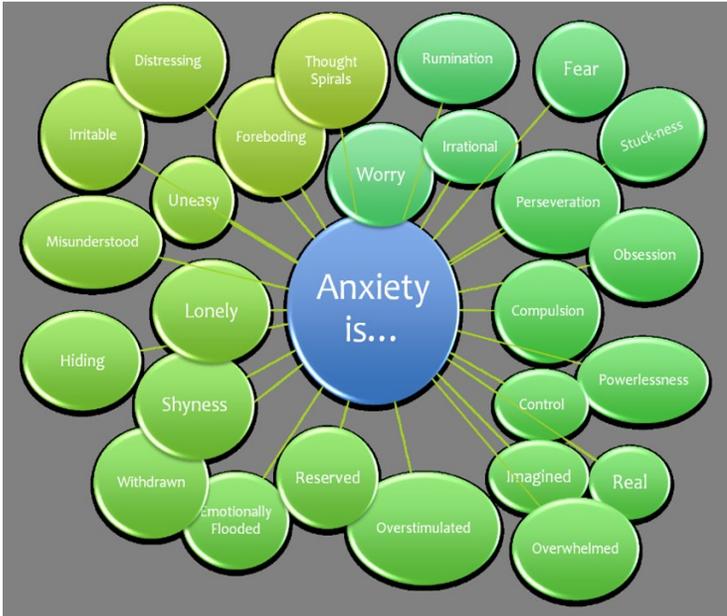
- Form teams of up to 6 people with family, friends or employees.
- Register your team and collect pledges online to raise the team entry fee of \$300.
- Win some amazing door prizes, pledge collection prizes and costume prizes.
- Dress up in costume and participate in this year's Disney theme.

For more info—P: 403-843-1066 or
Email: rimbeybbbs@ponokayouthcentre.com





The Rimby ECD Coalition hosted "kids & Anxiety" on January 27th, with Tammy Auten-Dye who shared this illustration about anxiety; how does this picture make you feel?



Rimby is one of the Top Ten for the Big Valley Jamboree Small Town Saturday Night Concert!!!!!!If you have been voting for us - thanks! If not no worries, we are going to need your help even more in the final round of voting March 13th to 27th. The small town with the most votes at that point will win a fantastic concert including Gord Bamford on April 29th!!!!

Voting will be done online through <http://www.bigvalleyjamboree.com/stsn> and requires a FREE (and fast) Big Valley Jamboree Bandit Membership in order to vote.



Boys & Girls Clubs of Wolf Creek

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 other activities and programs or go to rfcss.com

Luck is what happens when preparation meets opportunity.
-Seneca

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 face-book: <https://www.facebook.com/Rimbeycarseats/>

Free of charge!



Check out our new programs

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



Community Information & Referral Clinic

The 2nd 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

Volunteers Are The Essential Piece

18th Annual Volunteer Appreciation evening Monday April 24, 2017. Peter Lougheed Community Centre Auditorium at 5:30 p.m. The evening will begin with a light supper and entertainment to follow. In celebration of this year's event we are doing a legacy puzzle to commemorate our volunteers from previous years to present day. We are doing this as part of celebrating Canada's 150th Birthday.

No need to pre-register and no fee to attend.

Rimby health and wellness show April 8

with the goal of introducing people to natural and alternative ways to maintain and improve health. It is at the Legion on April 8 from 10 - 3, admission is free, we will be collecting food for the food bank, over \$300 worth in door prizes PLUS draws to be won.

Rimbey Library

Play Canada 150 Trivia Challenge all year long.
Check our Facebook page.

403 843-2841

Readopoly – a fun and challenging game for the whole family will continue until the end of March
Tuesday and Friday mornings 10:30 am – Children’s Story Time ages 3-5
Tuesday mornings 10:30 am – Wiggle Worms for the under 3 crowd
Tuesday afternoons – 3:30 pm – Twisted Tuesdays
Wednesday afternoons 3:30 pm – After School Adventures
Thursdays 3:30 – Let’s Go Lego
Thursday, March 2nd – Movie Night at the Library Sponsored by ConocoPhillips – 6:30 pm The Wild Life
March 4th – Movie Night Sponsored by ConocoPhillips – Lion, 7:00 pm. Must be 18+ to attend.
School Day Fridays-(March 3rd, 17th, 24th) Sensory Sculptors, 3:30 pm
No School Fridays –(March 10th) Fantabulous Fridays – 2:00 pm
Teen Tech Week Contest Closes – March 8th – Pick up forms at the library
Thursday, March 9th – Armchair Traveller – Destination Ireland
Saturdays 2:00 pm – Boredom Busters
Saturday, March 11th – Burn N’ Mann Duelling Pianos, Peter Lougheed Community Centre 7:30 pm \$30.00
Thursday March 16th – Board Games and Pizza – 5:30 pm (\$2.00 charge)
March 23rd – Movie Night at the Library Sponsored by ConocoPhillips
March 28th – 2:00 pm – Children’s Musician Paulo
March 29th – 10:00 am, 12:30 pm, 2:30 pm – Illustration Workshop featuring Gary Rasmussen – register at the library
March 30th Peter & Mary Children’s Entertainers – 2:00 pm
March 31st – Philip & Henry Amazing Magicians 2:00 pm

SAVE THE DATE! Rimbey Nursery School Annual Spring dance April 6



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

Report Impaired Drivers



Rimbey Neighbourhood Place

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

March - Occupant Restraints

The use of occupant restraints reduces the likelihood of sustaining an injury and the severity of injury decreases as well. Research and collision investigations show that seatbelts increase the chances of survival in a collision by 50%. According to Transport Canada, almost 35 per cent of drivers and passengers killed in collisions were not wearing their seatbelt at the time of the crash.

Facts to Know

In Alberta, the law requires that all occupants travelling in a motor vehicle use a seatbelt or child safety seat that is properly worn and adjusted. Properly used seatbelts can reduce fatal and serious injury by 45-65 per cent depending on the type of vehicle and seating position.

The fine for not using a seatbelt or child safety seat is \$155.

Drivers are responsible to ensure that all passengers under the age of 16 are properly secured using either a child safety seat or seatbelt. Drivers may be fined for each unrestrained passenger under the age of 16.

Seatbelts save about 1,000 lives per year in Canada.

Seatbelts distribute the force of a collision evenly to the stronger parts of a person's body. In a crash, a vehicle travelling 50 kilometres per hour comes to an abrupt stop in 1/100th of a second. At 50 kilometres per hour, an unrestrained person, weighing 80 kilograms (176 pounds), will strike whatever they hit first with a force of 2,785 kilograms (6,215 pounds).

Airbags are a supplemental protection and only function properly if the occupant is restrained in a proper position by a seatbelt. Airbags deploy at an explosive speed and can cause injury if the occupant is not properly positioned.

Vehicles are designed with an engineered life space or passenger compartment that can withstand the force of most impacts. Seatbelts keep occupants from being ejected through the windshield or thrown around the passenger compartment.

In a collision, unrestrained occupants increase the risk for everyone in the vehicle. An unrestrained occupant may hit something or someone inside the vehicle; or they may be ejected from their vehicle onto the road, guardrail or into another vehicle.

Child safety restraints are required by law for children under the age of six who weigh less than 18 kilograms (40 pounds).

Children should remain in their rear facing seat until they are at least one year of age AND weigh at least 10 kilograms (22 pounds) AND are walking independently.

Children should remain in their forward facing seat until they reach the maximum weight and height allowed for their seat and the child is at least 18 kilograms (40 pounds) and six years of age.

Children who are under nine years of age, who weigh between 18 and 36 kilograms (40 – 80 pounds) or are less than 145 cm (4'9") tall are safest in a booster seat when riding in a vehicle.

Without a booster seat, a child is three and a half times more likely to suffer a significant injury.

Children under the age of 12 are safest in the back seat of a vehicle in proper restraints based on their age, height and weight.

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