

MAY Rimbey & Area 2018



Community Newsletter



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

<p>May 9, 2018 Senior's Drop In</p> <p>9:30: FCSS- Opportunities for Seniors 10:30 : Coffee & Socializing</p>	<p>June 13, 2018 Senior's Drop In</p> <p>9:30: Elder Abuse Supports 10:30: Coffee & Socializing</p>	<p>Sept 12/18 Senior's Drop In</p> <p>9:30: Get active, Stay young 10:30: Coffee & Socializing</p>
<p>Oct 10, 2018 Parkland Manor</p> <p>9:30: Boosting Brain Health & Memory 10:30 Coffee & Socializing</p>	<p>Nov 14, 2018 Senior's Drop In</p> <p>9:30: Diet and Nutrition 10:30: Coffee & Socializing</p>	

Rimbey Aquatic Centre

Swimming Lesson Registration will start May 22 at the Rimbey Aquatic Centre. Follow us on Facebook: *Rimbey Aquatic Centre* and www.rimbey.com for the latest information on pool schedules and lesson registration.

Community Garden

Community Garden Applications are available at the Recreation Office and online: <https://www.rimbey.com/administration/for-ms-and-applications>.

There is no way to be a perfect mother ... but a million ways to be a good one.

Free Bike Rodeo

Sat June 2, 2018 at the Rimbey Arena from 10am-2pm. Bike safety taught in a fun bike rodeo for kids. Call #403-963-7994 for more info or to register.

Join the Family FUN Cooperative

Wednesday mornings from 10:00-11:30 for free gym time at the Community Centre for 0-6 year olds!

*Silence is Golden...
unless you have
Kids, then silence
is just Suspicious.*

**Rimbe 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.

**GIANT ONE DAY SALE
RIMBEY UNITED CHURCH
TUESDAY, MAY 15
10 AM TILL 7 PM**

**ALL MANNER OF HOUSEHOLD GOODS AND FURNITURE
CLOTHING FOR THE WHOLE FAMILY.**

**BEDDING
JEWELLERY, SHOES AND PURSES
BOOKS AND TOYS**

**BAKE TABLE INCLUDING FROZEN SOUP
BAKED HAM LUNCH FROM 11:30 TILL 1:00. PRICE \$8.00**

Rimbe Legion News

Legion Bingo is the 2nd Friday of every month with the exception of November. NO Bingo July or August, regular Bingos resume in September. Doors open @ 6:30 p.m. Bingo Starts @ 7:00p.m.

- **For Legion Hall Rentals call: 403 843-2184 or 403 843-2343**
- **For Legion Memberships call 403 843-2464**

*Rimbe Ladies Hospital Auxiliary
Strawberry Tea May 9, 2018
@ the Seniors Drop In Centre, 2:00-4:00. \$5.00. Bring
Your mom, your
daughter, your
neighbour!*



**Catholic Social
Services Family
Counselling**

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

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

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

RIMBEY & DISTRICT Rimbe & District Victim Services' 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.

**Blindman Youth Action Society
News**

- May 31, 2018 11:00-2:00—Community Awareness BBQ—come down and see what is happening! —by donation
- June 16, 2018 9:30-3:00—Fund raising garage sale, —donations accepted!
- Call Janet @ 403 843-2018 for more information

HELP A CHILD BLOOM!



ONLY ONE HOUR PER WEEK!



**Big Brothers Big Sisters
of Rimbe**

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.

If your legal and financial situation fits the guidelines of the Legal Clinic, an appointment to receive free legal advice from a volunteer lawyer will be scheduled. Family Law appointments are available in the towns of Rimbey and Ponoka at the FCSS offices. All other areas are available at the Red Deer Legal Clinic offices. The phone numbers for the Legal Clinic are:
Phone: 403-314-9129 Toll Free: 1-877-314-9129

Rimbey Library

403 843-2841

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

Starting May 7th we will be open on Mondays

Monday Mayham – 3:30

Tuesdays

Pre-school Storytime (3-5) & Wiggle Worms (0-3) 10:30 am

Twisted Tuesdays (kg – gr 6) 3:30 pm

May 8th – Card Making for Kids – make your Mom a Mother's day Card – 3:30pm

May 22nd – Movie Night Sponsored by ConocoPhillips – Indian Horse – 7:00 pm

May 29th – CyberWorld: What Happens when Youth Press Send – Internet Safety presented by the Saffron Centre - 7:00 pm

Wednesdays

After School Adventures 3:30 pm

Thursdays

Let's Go Lego! 3:30 pm (kg – gr 6)

May 3rd – Movie Night sponsored by ConocoPhillips – 6:30 pm Peter Rabbit

May 10th – Armchair Traveller – Chile to Canada – 7:00 pm

May 17th – Board Games & Pizza 5:30

May 24th – Movie Night sponsored by ConocoPhillips – 6:30 pm Early Man

May 31st - Book Club – The Wild Truth by Carine McCandless – 6:00 pm

Fridays

Pre-School Storytime 10:30 am

Sensory Sculptors – 3:30 pm May 4th, 18th, 25th

Fantabulous Friday 2:00 pm May 11th

Coffee with Council – 3:00 pm

Busy Parent's Book Club May 11th & 25th - 10:30 am. Children's programming provided

May 4th – Big and Small Paint Night – come paint with your child! -6:30 pm. Must register at the library \$45.00/pair. \$10.00 for each additional child.

Saturdays

Boredom Busters 2:00 pm

May 12th – Wine Tasting - Value-able Vino Take 2 – Jay's Top

Picks under \$50.00 – 7:00 pm - \$50.00

May 26th – Steak & Lobster; Chicken & Ribs – Library fundraiser \$60/ticket or table of 8 for \$450.00 Tickets available at the library.

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/Rimbeycarsseats/>



CHECK OUT OUR NEW PROGRAMS

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



RIMBEY FCSS

would like to invite you to their Urban Poling Walks. Poles will be available to borrow from our lending library. Nordic Walking is one of Canada's fastest growing Fitness Activities!

Starting May 22nd Every Tuesday @ Noon

Meet at the Provincial Building, 5025-55 street Rimbey, AB. Any Questions call Pam 403-843-2030

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



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

Thursday, May 3 - 7:30 pm RIMBEY UNITED CHURCH

RIMBEY COMMUNITY CHORUS IN CONCERT

DONATIONS GRATEFULLY RECEIVED
FOR CANADIAN FOODGRAINS BANK

100% of contributions received will be forwarded directly to Canadian Foodgrains Bank



Common Vision is an initiative of Canadian Foodgrains Bank and Musiklus with generous support by the Government of Canada

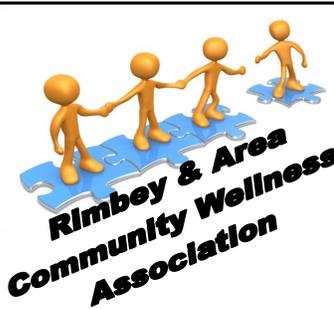
Rimbey Market at the Park
 A great reason to get up on Saturday morning!



Join Us!

Saturdays 9:30-11:30 am
BUY LOCALLY
 May 5 - October 6, 2018
 at PAS-KA-POO PARK
 INFO? 403-704-4001
 rimbeyfarmersmarket@hotmail.com

Watch for upcoming events each month!



The Community Wellness Association is a group of citizens who meet once a month in the hope of addressing family violence, bullying (caring community) mental health and addiction in our community.

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

**Report
 Impaired
 Drivers**



Over the past six months, thousands of women (and some men too) have courageously come forward to share their personal stories of sexual violence and harassment in the workplace and beyond. While these stories are not new, and some survivors have been quietly sharing their experiences for decades, what is new is the social tipping point forcing the media and society to pay close attention to what's happening. Violence in our homes and communities is a tragic reality - and women and their children bear the brunt of that violence. In Ontario alone, 15 women and children have lost their lives to interpersonal violence since January 1 of this year (OAITH, 2018), while across Canada, a woman is murdered by her partner on average every six days (Statistics Canada, 2014).

Speed, realize the impact (from saferoads.ca)

Facts to Know:

- One in four fatal collisions in Alberta involved a driver travelling at an unsafe speed.
- Speeding doesn't always kill. Brain injuries are a common injury that results from speed-related collisions
- Speeding can cause long-term consequences that affect both you and your family.
- Speeding reduces the effectiveness of seat belts and other safety devices such as air bags and side impact beams.
- Demerits for speeding range from two points (exceeding the posted limit by less than 15 km/h) to six points (exceeding the posted limit by more than 50 km/h).
- Between 2012 and 2016, 444 people were killed and 10,574 people were injured in speed-related collisions in Alberta.
- Drivers aged 16-19 were more likely to have been speeding at the time of a collision than drivers in other age groups (2016).
- The most common improper driver action of drivers involved in casualty collisions who were travelling at an unsafe speed was running off the road or following too closely.
- Casualty collision-involved drivers who travelled at an unsafe speed were three times as likely to run off the road as drivers who were not speeding.
- More than half of fatal collisions (56.7%) involving a driver travelling at an unsafe speed occurred in a rural area.
- Driving a few km/h over the posted speed limit:** Decreases your field of vision and your peripheral vision, Extends the distance required to stop your vehicle, Increases the chances that you will lose control of your vehicle, Increases the chance of death or injury if there is a crash.

This article (first part) from the Guardian talks about Urban children but is just as relevant to our kids in Rimbey.

Tim Gill, the author of *No Fear: Growing Up in a Risk Averse Society*, says a child friendly city is one that allows "everyday freedoms", so a child can spread their wings as they grow. "It's not enough to just talk about playgrounds and nice, pretty public spaces," says Gill. That, he says, creates "play ghettos – places they have to be taken to by adults". Society's mistake, argues Gill, is that our planning systems are geared around cars, house building and the economy – rather than the environment, health and quality of life. "You won't find any urban planners who disagree with that," says Gill. "It's because our decision-makers are short-termist politicians who don't need to look beyond the next two or three years." A recent report from Arup identifies five challenges for urban children: traffic and pollution; high-rise living and urban sprawl; crime, social fears and risk aversion; isolation and intolerance; and inadequate and unequal access to the city. But in urban neighbourhoods around the world, child-friendly design is gaining momentum: from community-led projects, using paint and planters to tackle dangerous routes to schools and playgrounds, to citywide policy reimagining housing policies and neighbourhoods for children.

