

2019

Rimbey & Area

JULY

Community Newsletter

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



Canada Day

July 1st, 2019

Events @ Pas Ka Poo Park:

- PANCAKE BREAKFAST (\$) 8:30am-11:00am
- HISTORICAL TOURS 10:00am-3:00pm
- VARIOUS ACTIVITIES 10:00am-3:00pm
- Mini Golf, 2 Bouncy Castles, Face Painting, Airbrush/glitter Tattoos
- CONCESSION LUNCH (\$) 12:00pm-3:00pm
- CHILDREN'S DJ 10:00am-3:00pm
- OPENING CEREMONY 1:00pm-1:30pm
- BIRTHDAY CAKE 1:30pm-2:00pm



ORGANIZERS



CONTRIBUTORS



Free Public Swimming
@ RIMBEY AQUATIC CENTRE 3-6PM

Fireworks

@ BALL DIAMONDS 11PM

You are invited to the annual
Rimbey Rodeo Weekend

PARADE

Sat. July 13th
11am



Find our Parade route
at www.rimbey.com

SUMMER POOL SCHEDULE July 2-August 25 2019 (excludes stat holidays)						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lane Swim 7-9am					
Rental 11am-12pm	Swimming Lessons 9am-12:30pm					Rental 11am-12pm
Parent & Tot/Lane Swim 12-1:30pm	Parent & Tot/Lane Swim 12:30-2pm					Parent & Tot/Lane Swim 12-1:30pm
Public Swim 1:30-6pm	Public Swim 2-6pm	Public Swim 2-7:30pm	Public Swim 2-8pm	Public Swim 2-7:30pm	Public Swim 2-8pm	Public Swim 1:30-6pm
Adult Swim 6-7pm	Value Drug Mart Free Swim 6-8pm	Aqua Fit 7:30-8:30pm		Aqua Fit 7:30-8:30pm		Adult Swim 6-7pm
	Adult Swim 8-9pm	Adult Swim 8:30-9pm	Adult Swim 6-9pm	Adult Swim 8:30-9pm	Adult Swim 8-9pm	

VALUE DRUG MART
Sponsored Free Swim
Mondays 6-8pm
May-August
Excluding Statutory Holidays

Aqua Fit

We will be offering two 4 week sessions with 8 classes in each session.
Tuesdays & Thursdays 7:30pm-8:30pm
First Session Starting June 18th to July 11th, 2019
Second Session Starting July 23rd to Aug 15th, 2019
Cost: 4week Session \$64.00 each
Cost: Drop in \$10.00
We must have at least 6 participants for the 4 week session to run.
Season Passes and Regular Swim Punch
Passes will not be accepted for Aqua fit.

Rimbey Aquatic Centre Ph: 403-843-2437
www.rimbey.com www.facebook.com/rimbeyaquaticcentre

CHECK OUT OUR NEW PROGRAMS

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



Rimby FCSS invites you to our...

4th Annual Community Block Party

The event includes:

- Free BBQ
- Lots of Fun & Games for kids and adults alike
- Volunteer opportunities
- Music by On the Mark Productions
- Come have fun and dance the afternoon away



Thursday, July 18, 2019

11 a.m. – 3 p.m.

Where: Rimby Kinsmen Skateboard Park and Rimby Lions Ground

We encourage everyone to come out and participate for the afternoon, bring your lawn chairs and enjoy the festivities!

Rimby Legion News

Legion Bingo will now be twice a month, Doors open @ 6:30 p.m. Bingo Starts @ 7:00p.m.

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

Counselling

Available in Rimby, 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 Rimby

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

This Service is brought to you by the Rimby & Area Community Wellness Association



Rimby 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.”



Rimby & District Victim Services Working in partnership with the Rimby 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.rimbyvictimservices.com Contact our office 403.843.8494 We are a proud member of Victim Services Alberta.



Forshee Summer Picnic

Join us for our annual potluck!

July 3rd. at 5pm

Forshee Hall

Wieners & Buns Provided by Forshee Ladies
Bring salads, desserts, drinks, chairs, utensils & wiener roasting sticks..



“I am a Canadian, free to speak without fear, free to worship in my own way, free to stand for what I think right, free to oppose what I believe wrong, or free to choose those who shall govern my country.”

— Former Prime Minister John Diefenbaker



Rimbey Market at the Park

A great reason to get up on Saturday morning!



Saturdays 9:30-11:30 am
BUY LOCALLY

May 4 - October 12, 2019
at PAS-KA-POO PARK

INFO? 403-704-4001
rimbeyfarmersmarket@hotmail.com

Watch for upcoming events each month!

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/>



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

6th Annual *Creating a Vision for Non-Violence Conference*
November 8, 2019
Bowden, Alberta
Patterson Community Centre
2101 -27th Ave

SAVE the DATE

\$40/person, includes Speakers, Lunch, Refreshments, Resource Tables and Draws

Registration opens in August. Watch our website visionfornonviolence.weebly.com for more information.

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



Speakers 4 Seniors

We are offering a free one hour information session followed by an hour of socializing and refreshments the 2nd Wednesday of each month to learn from speakers covering a variety of topics relevant to seniors.

Sept 11, 2019
Manor
9:30
Diabetes
Presenter: Rachel Murray

Oct 9, 2019
Seniors Drop In
9:30
Driving Safety
Presenter: Constable Kurtis Pillipow

Nov 13, 2019
Manor
9:30
Mental Health
Presenter: Noah Boakye Yiadom

Jan 8, 2020
Seniors Drop In
9:30
Beautiful Nature
Presenter: Myrna Pearman

Rimbey Library

We are open on Mondays, May 6th through August 26th

Mondays

Craftnoon 2:00 pm

Tuesdays

Pre-school Storytime (3-5) 10:30 am

Wiggle Worms (0-3) 10:30 am

Summer Reading Club 2-4pm, must preregister

Wednesdays

Summer Reading Club 10-12 & 2-4, must preregister

Thursdays

Summer Reading Club 10-12, must preregister

Bluffton Summer Bash, 2-4, drop in at Bluffton Hall

Movie Night at the Library, sponsored by the Rimbey Lion Club 6:30 pm

July 4th: How To Train Your Dragon, The Hidden World

July 11th: Mary Poppins Returns

July 18th: Shazam

July 25th: Dumbo

June 25th: Book club at the Beatty House – 6:00 pm The Clan of the Cave Bear – Jean M. Auel

Fridays

Pre-School Storytime 10:30 am

Inventors Club 2:00pm

Saturdays

Kids Cards & Games 2:00pm

July 13th: Penny Carnival at the Ag Grounds 1-5pm

July 1st - Closed

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

403 843-2841



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!



WEEKLY SWIMMING! **NEW THEME WEEKS!** **TRIP TO THE ZOO!**

BGC SUMMER PROGRAM

**TUESDAYS, WEDNESDAYS & THURSDAYS
JULY 2, 2019 TO AUGUST 22, 2019**

Grades K to 6
8:45AM to 4:45PM
\$10.00/day (must be pre-paid)
Registration opens May 7, 2019 at 9:00AM
Theme weeks include Zoology, Super Science, Carnival & more!

Boys & Girls Clubs of Wolf Creek
RIMBEY

For more info: (403) 843-1066

**THE QUICKEST WAY
FOR A PARENT TO
GET A CHILD'S
ATTENTION IS TO SIT
DOWN AND
LOOK COMFORTABLE.**

— LANE OLINGHOUSE



3 Simple Rituals That Will Make You A Fantastic Parent

From "Barking up the Wrong Tree"

You know how it goes. You want this little person to do the thing and they won't do the thing and somehow zero-point-two-seconds later you're in the midst of a tear-filled screaming match in the hair care aisle at Walmart.

You start thinking about how your real kid may have been switched at birth for this pint-sized tyrant who seems bent on re-enacting "The Omen" in public. And teenagers make you want to skip right past negotiating and just call an exorcist. Yes, you love them, but kids can drive you crazy. Or... maybe we're just working off a completely boneheaded paradigm when we deal with our children. I will now attempt to illustrate this point with a seemingly absurd scenario:

I'm with my fictional friend Hans. Hans only speaks German.

Me: Speak English.

Hans: (something in German)

Me: ENGLISH!

Hans: (something in German)

Me: Stop defying my will, Hans!

Hans: (shouts in German)

And on it goes. Who's the idiot here? Me. Why? I'm acting like he's willfully resisting me when the reality is that he simply doesn't have the skills required to comply. No amount of me shouting, threatening or pleading is going to suddenly teach him to speak another language.

If I asked you "Do kids have the abilities and self-control of adults?" you would laugh and say, "Of course not." But we often treat kids -- especially during heated moments -- like they have the abilities and self-control of adults. Does not compute.

This doesn't mean we just let them do whatever they want. But it does mean we need to think a little less of parenting as being a prison warden and more like it's about *teaching*.

Yeah, sounds nice but easier said than done, right? Well, let me up the ante even more...

To be continued next month!

OFF-HIGHWAY VEHICLES—DO YOU DRIVE AN ATV? LEARN THE RULES FOR DRIVER SAFETY.

Off-terrain vehicles may be used for recreation, but they're not toys. They're powerful, heavy machines that can have dangerous consequences. Remember to use caution when driving an off-highway vehicle (OHV), have the proper insurance, and always report collisions.

Wear a Helmet

As of May 15, 2017, helmets are mandatory for anyone riding an OHV on public land.

An average of 19 OHV riders die each year, and almost 70 per cent of those who lost their lives weren't wearing helmets.

Don't Drive Impaired

OHV users can be charged under the *Criminal Code of Canada* with impaired driving.

Know the Rules

The minimum unsupervised age to ride an OHV on public land is 14. Riders under the age of 14 must be supervised by someone 18 years or older who is either in the passenger seat or riding close by. The rider must be able to reach all controls and steer while seated.

Learn more about ATV safety. *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