

# August Rimbey & Area Community Newsletter 2019

live IN THE sunshine

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

**Rimbey Aquatic Centre Statutory Holiday Hours:**  
 Heritage Day, Monday, August 5th– Public Swim 12-6pm  
 Labour Day, Monday, September 2nd– Public Swim 12-6pm

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 8-9pm	Adult-Swim 8:30-9pm	Adult-Swim 8-9pm	☒

END-OF-SUMMER POOL SCHEDULE - Aug. 26-Sept. 1, 2019 (excludes stat holidays)					
Sunday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rental 11am-12pm	Parent & Tot/Lane-Swim 12pm-1:30pm				Rental 11am-12pm
Parent & Tot/Lane-Swim 12-1:30pm	Public-Swim 1:30-6pm				Parent & Tot/Lane-Swim 12-1:30pm
Public-Swim 1:30-6pm	Public-Swim 1:30-6pm				Public-Swim 1:30-6pm
☒	Adult-Swim 6-7pm				☒

## Mass Registration

Peter Lougheed Community Centre  
 Thurs, September 5, 2019 from 3-7pm

All groups welcome to attend at no cost. Please call 403-843-3151 or email [programs@rimbey.com](mailto:programs@rimbey.com) to register your club or organization.  
 Community groups conveniently located in one place for registration.

CHECK OUT OUR NEW PROGRAMS  
<http://www.centralparklandparentlink.ca/>



# Counselling

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

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 Rimbey & Area Community Wellness Association



## 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.”

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 victims. Learn about us at [www.rimbeyvictimservices.com](http://www.rimbeyvictimservices.com) Contact our office 403.843.8494 We are a proud member of Victim Services Alberta.



**Rimbey Pas-ka-poo Park**

1:00 ~ 4:00

Activities & home made ice cream for families of 0-6 year olds.

**Sundae in the Park!**

in case of inclement weather, we will be at the rimbey elementary school

RIMBEY EARLY CHILD DEVELOPMENT CENTRE  
"Our Children, Our Future"

**SUNDAY SEPTEMBER 8TH**

PH: 403 843-4304 FOR MORE INFO

Deep summer is when laziness finds respectability.

Sam Keen

## Rimbey 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

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

INFO? 403-704-4001

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



Watch for upcoming events each month!



**RIMBEY GYMNASTICS CLUB  
OPEN HOUSE  
WEDNESDAY AUGUST 21  
6:00 – 8:00  
5202 – 40 STREET**

(Across from Allen Olson's Auction)

**Come have some fun, meet the new coaches and see what gymnastics is all about!**

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/Rimbeycarsseats/>




**Community Information & Referral Clinic**  
The 2<sup>nd</sup> 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](http://www.rfcss.com)

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](http://rfcss.com)



**Fun for 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

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

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](http://visionfornonviolence.weebly.com) for more information.



**Rimbey Library**

We are open on Mondays, May 6<sup>th</sup> through August 26<sup>th</sup>  
We are closed August 3<sup>rd</sup> – 5<sup>th</sup> inclusive for the August long weekend. Also closed August 31.

**Mondays**  
Crafternoon 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  
**August 28<sup>th</sup>** – 11:00 AM. Booknick – Lions Park #1. BBQ lunch served at noon

**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 August 1<sup>st</sup> –Missing Link  
August 8<sup>th</sup> –Ugly Dolls  
August 15<sup>th</sup> –Toy Story  
August 22<sup>nd</sup> – Pokemon Pichu  
August 29<sup>th</sup> – Secret Life of Pets

August 29<sup>th</sup> – Boat Load of Booze Raffle Draw – Hawktaill Brewery 8:00 pm  
August 29<sup>th</sup> - Book club at the Beatty House – 6:00 pm Me Before You a novel – Jojo Moyes

**Fridays**  
Pre-School Storytime 10:30 am  
Inventors Club 2:00pm  
**August 9<sup>th</sup>** – 9:30 pm – Dive in Movie – Rimbey Swimming Pool – Bit Fat Liar – sponsored by Rimbey Lions Club and Servus Credit Union  
**August 16<sup>th</sup>** – Adult Movie Night – Poms – sponsored by Rimbey Lions Club. 7:00 pm

**Saturdays**  
Kids Cards & Games 2:00pm

**Sunday**  
**August 11<sup>th</sup>** – Ladies tea – 2:00 pm please register

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

**403 843-2841**

**Report Impaired Drivers**

**Pull Over Call 911**

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

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



**Rimbey Neighbourhood Place**



## 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

AND AT THE  
END OF  
THE DAY  
YOUR FEET  
SHOULD BE  
DIRTY,  
YOUR HAIR  
MESSY  
AND YOUR  
EYES  
SPARKLING.



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

### IF YOU DON'T STOP THEM FROM DRIVING HIGH, SOMEONE ELSE WILL.

Always plan a safe way home – call a taxi or ride share company, take transit, or have a friend drive you.

Impaired driving laws in Canada have changed. This includes the introduction of three new cannabis and cannabis/alcohol blood concentration limits. The new cannabis limits work the same way as .08 blood concentration does for alcohol. If you are found driving over the limits, you are considered impaired behind the wheel.

#### **Cannabis impairs your ability to drive safely**

Simulated and on-road studies of driving performance found using cannabis increased a driver's likelihood of swerving. Drivers also showed an inability to maintain a safe distance and difficulty controlling speed.

A report by the Canadian Centre on Substance Use and Addiction says that cannabis creates performance deficits in many skills required to drive safely, including reaction time, visual function, concentration, short-term memory, and divided attention. The Traffic Injury Research Foundation determined that, in 2013, of Alberta drivers killed in collisions, more than one in four were over the legal limit for alcohol, and one in two had used drugs.

#### **Drug impaired driving has serious consequences**

Drug impaired driving has serious consequences including criminal charges and provincial sanctions.

Driving while impaired by drugs and refusing to comply with a demand for physical sobriety tests or to provide bodily fluid samples is a criminal offence.

Drivers who are pulled over on suspicion of drug impairment may be asked to complete a Standardized Field Sobriety Test, which checks for divided attention impairment. This test gives an officer reasonable and probable grounds to then ask for a drug recognition investigation.

From [saferoads.ca](http://saferoads.ca)



## 3 Simple Rituals That Will Make You A Fantastic Parent Part 2( continued from last month) From "Barking up the Wrong Tree"

What if you could exert discipline and teach your kids better behavior and develop a stronger bond with them, all at the same time? Sound good? But how the heck do you do that?

Frankly, I have no idea. But luckily, Ross Greene does... He was on the faculty at Harvard Medical School for over 20 years. Greene designed a system that has not only been validated by research but has also been successfully used for decades in families, schools, juvenile detention facilities and inpatient psychiatric units. His book is [The Explosive Child](#).

Let's get to it...

Mad Skillz

For sake of argument, I'm going to assume your child is not pure evil, malevolently bent on resisting your wishes and focused on spoiling your dreams. It's a stretch, but indulge me.

Start with the assumption that your kid is lacking *skills*, not the *desire* to comply. Work from the idea that kids do well if they are able to. If someone does not have the skills to deal with frustration and rationally problem-solve at a particular moment, they simply cannot do the right thing, no matter how much you shout or threaten.

How rational are you when you're all worked up? Exactly. And taking away Hans' Xbox will not teach him another language. From [The Explosive Child](#):

*I encourage you to put aside the conventional wisdom and strategies and consider the alternate view: that your child is already very motivated to do well and that his challenging episodes reflect a developmental delay in the skills of flexibility, frustration tolerance, and problem solving. The reason reward and punishment strategies haven't helped is because they won't teach your child the skills he's lacking or solve the problems that are contributing to challenging episodes. Indeed, you've probably noticed that punishment actually adds fuel to the fire, and that your child only becomes more frustrated when he doesn't receive an anticipated reward. Your energy can be devoted far more productively to collaborating with your child on solutions to the problems that are causing challenging episodes than in sticking with strategies that may actually have made things worse and haven't led to durable improvement... You and your child are going to be allies, not adversaries. Partners, not enemies.*

*To be continued next month!*