

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 finacial 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

# 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."





Forshee Hall Community Pottuck and cards for those who want to stay

Third Sunday Jan/Feb/March Jan. 19

Feb. 16 March 15 5:30 p.m.







# Rímbey Royal Canadían 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 victims. 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

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 31<sup>st</sup> – Early Years Book Club – 10:30 am

March 31<sup>st</sup> – Carolyn Rallison – Gardiner Extraordinaire 7:00 pm

#### | Wednesdays

Get Your Geek On! - 3:30 pm

#### **Thursdays**

Lego Club – 3:30 pm

March 5<sup>th</sup> – Movie Night at the Library sponsored by the Rimbey

Lions Club - Spies in Disguise -

6:30 pm

March 12<sup>th</sup> - Armchair Traveller - destination Normandy - 7:00

March 19<sup>th</sup> - Tea & Tarot – Beatty House 2-5 & 6-8 Register at the

. I Library \$45 – Tea Leaf reading

\$55 - Tarot Card reading

March  $19^{th}$  - Harry Potter Party – 6:30 pm

March 26<sup>th</sup> – Book Club – Circling the Sun; Paula McLain – 6:00 ma

#### Fridays

Pre-School Storytime 10:30 am

March 6<sup>th</sup> & 20<sup>th</sup> – Fantabulous Friday 2:00 pm

March 13<sup>th</sup> – Inventor's Club – 3:30 pm

#### **Saturdays**

Kids, Cards, and Games 2:00 pm

march 14<sup>th</sup> – VC2 Classical Cello Duo – Rimbey United Church – i 7:00 pm

#### 15<sup>th</sup> Annual Spring Festival

March 21<sup>st</sup> – Wes Barker Magician – 6:30 pm Peter

Lougheed Community Centre (sponsored by Rimbey ATB & **Rimbey ECD Coalition)** 

March 23<sup>rd</sup> – Peter Puffin Whale Tales – 6:30 pm

March 24<sup>th</sup> – A Charmed Affair – Toy Mania Party – 2:00 pm

March 25<sup>th</sup> – W.P. Puppet Theatre – 2:00 pm

March 26<sup>th</sup> – Fire & Ice Mad Science Show 1:00 pm

March 27<sup>th</sup> - 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 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 iwww.rfcss.com

# JOIN US FOR OUR BOWL FOR KIDS SAKE!



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

SATURDAY, MARCH 7, 2020

AT STRIKERS ALLEY



For more information, please call 403-843-1066



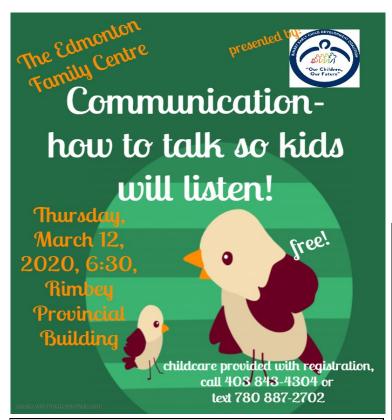
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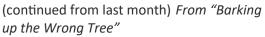
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Rimbey Neighbourhood **Place** 





# 3 Simple Rituals That Will Make You A Fantastic Parent Part 9





#### **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 vou 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, Rimbey Foods, FCSS, Seniors Drop-in, The Manor, A&W, Subway, COOP, The Grand Hotel & Bluff-