



ROCHESTER PUBLIC LIBRARY

LIBRARY LINES

March 2024

HOURS OF OPERATION

Mon. 11:00 am - 4:00 pm
Wed. 2:00 pm - 7:30 pm
Thurs. 11:00 am - 4:00 pm

CONTACT US

E-mail - tmorey@rochesterlibrary.ab.ca
Web page - www.rochesterlibrary.ab.ca
Facebook - Rochester Library
Phone - 780-698-3970, 780-349-0690 (cell)

LIBRARY CLOSED

The library will be closed Monday, March 11, 18 & 25th. Please note that we will be open Monday, March 4 as well as Wednesday, March 27 and Thursday, March 28 during Spring Break.



CHILDREN'S PROGRAM


The OSMO is full of fun-filled games to nourish the artist in children ages 4-11. Children interact with actual hand held pieces & an iPad. Should be a lot of fun!



**Wednesday, March 6,
2024**

3 - 4:30 pm

**Please register with the
library before Tuesday,
Mar. 5.**



Show and Tell Adult Book Club

Meets the 2nd Wednesday of
every month @ 2 pm

Join us for the book discussions of YOUR
favorite books. Listen as other readers share
their favorites that may become one of yours!

Wednesday, Mar. 13, 2024

Rochester Library

WE LOVE OUR VOLUNTEERS!!

We are always looking for volunteers. If you would be interested in helping at the library or updating our library website and/or Facebook page, please stop in for a chat. We can always find something for you to do!!

DON'T FORGET

DON'T FORGET TO
SPRING AHEAD
MARCH 10, 2024



LIBRARY LINES

Page 2



Reading Takes You EVERYWHERE

2024 WINTER READING PROGRAM

THE DEADLINE TO RECORD YOUR
JANUARY/FEBRUARY READING MINUTES IS FEB. 29.
PLEASE SUBMIT YOUR MINUTES USING THE QR CODE
BELOW OR CONTACT THE LIBRARY. ALL
PARTICIPANTS WILL BE ENTERED IN THE GRAND
PRIZE DRAW. THE MORE YOU READ THE MORE
CHANCES TO WIN! THE LIBRARY ALSO HAVE PRIZES
AVAILABLE! BEST OF LUCK TO ALL PARTICIPANTS!

nllsreadingprograms.ca



Health
Canada

Santé
Canada

Canada

RADON



**RADON IS THE #1 CAUSE OF LUNG
CANCER IN NON-SMOKERS.**

Radon is a radioactive gas that comes from the breakdown of uranium in soil and rock. It is invisible, odourless and tasteless.



**ALL HOMES HAVE SOME LEVEL OF RADON.
THE ONLY WAY TO KNOW IS TO TEST.**

Health Canada recommends a long-term test for 3 months, ideally during the fall or wintertime.

ASK YOUR LIBRARY ABOUT THE RADON MONITOR LENDING PROGRAM AND GET A DISCOUNT CODE FOR A LONG-TERM RADON TEST KIT.

For more information about radon, visit

www.canada.ca/radon

Available @ the
Rochester Library

Travelling FAMILY CENTRE

March

Wandering River Library
Fri, March 1, 2024
10:00am to 11:30am

Colinton Community Centre
Monday, March 11, 2024
10:30am to 12:00pm

Boyle Public Library
Tues, March 19, 2024
10:30am to 12:00pm

Rochester Community Library
Thurs, March 21, 2024
11:00am to 1:00pm

Programs

Story Time
Alphabet Detective
Dance & Sing
Caregiver Connection
and more!



FOR MORE INFORMATION

Contact Amanda Potts
Phone: (780) 675-2623 or
apotts@athabascacounty.com

Alberta Provincial Family Resource Networks

3D PRINTING TAKE-AWAY

Do you have something you would like to print in 3-D? Maybe a part that you can't seem to find a replacement. Bring your design to the library and we can check it out.

Possibilities are endless!

LIBRARY LINES

Page 3

ROCHESTER SCHOOL

Upcoming Events

Mar. 4 - PD Day - NO SCHOOL
Mar. 6 - School Council - 10 am
Mar. 25 - 29 - SPRING BREAK -No School
Apr. 1 - Easter Monday - No School

ROCHESTER AG. SOCIETY

Upcoming Events

Mar. 7 - Rochester Bingo—CANCELLED
Mar. 21 - Ag Society Meeting - 7 pm TBA

**FINGERS CROSSED THAT HALL WILL BE
DONE SOON!**

RE-OPENING STARTING
FEBRUARY 9, 2024

**ROCHESTER
SCHOOL
ROYAL CAFÉ**

OPEN	SERVING
FEBRUARY 9 & 23	COFFEE
MARCH 1, 8, 15, & 22	TEA
APRIL 5, 12, 19, & 26	BAKED GOODS
MAY 3, 10, 24, & 31	SOUP
JUNE 7 & 14	BUNS

**EVERYONE
WELCOME**

HOURS
Fridays 1:00 pm - 2:30 pm

Rochester Community Supper

At the Rochester Senior's Centre

On March 7, 2024

Menu

Roasted Pork Loin
Mashed Potatoes and Gravy
Mixed vegetables
Coleslaw
Pickles and Buns
Coffee, Tea, and Juice
Pineapple and Strawberry Icebox for Dessert!

Take out is available!

Adults - \$12.00

6 - 12 years old - \$7.00

5 and under - Free

Prepared by the Rochester Playground Committee

All children must be accompanied by a parent/ guardian!

Everyone is Welcome!

The Ag Society will soon be starting to organize the 2024 Fair, which will be held August 10-11. A lot of volunteers are needed to make this the success it has been. If you would like to volunteer or have ideas of activities, please contact an Ag. Member or attend a regular monthly meeting.

Let's get together
and play some

BINGO

THURSDAY

CANCELLED

BI GO

1	30	32	55	65
8	28	34	50	66
14	26	FREE SPOT	56	74
10	25	38	59	63
3	22	36	49	75

LIBRARY LINES

Page 4

THE ROCHESTER'S SENIORS CENTRE
IS LOOKING FOR MEMBERS TO
ATTEND OUR WEEKLY CARDS AND
SOCIALIZING



EVERY MONDAY
AT ROCHESTER SENIORS' CENTRE
1 - 4 PM

www.heartwoodfolkclub.org

heartwood1997@gmail.com

Heartwood Folk Club JACK GARTON

Saturday March 9

Enchanting audiences in British Columbia for many years as a musician and theater artist, Jack Garton's show is a rocking, sultry and fresh blend of folk and roots, steeped heavily in the rockabilly and doo-wop that were his first musical loves.



Described as "infectious songs that each stand alone as riveting short stories set to music" (BC Musician) and "the perfect soundtrack for a generation just trying to walk in a straight line" (Maddy Cristall, Citrus Magazine), his third commercial release, *Original Skin*, is sure to bring even more listeners to Jack's world of catchy, funny and poetic roots songs.

SPRING 2024 SEASON

Show Time is 7:30 and there will be one intermission

Nancy Appleby Theatre, 4720 - 48 Street Athabasca

Tickets available at
Value Drug Mart
Whispering Hills Fuel
Athabasca Health Foods
Harvey 780-675-4158
George 780-698-3957

Season Ticket \$100
NEW! Age 16 & Under Free!

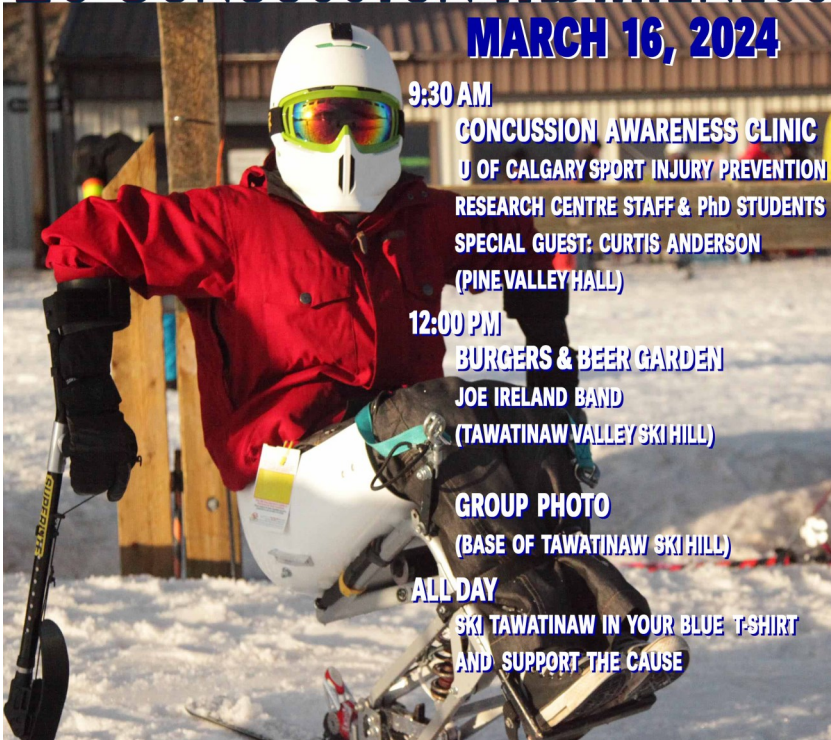
Single Show Tickets
Advance Sale \$30
At the Door \$35



ZS CONCUSSION AWARENESS

ZACH SAVAGE

MARCH 16, 2024



9:30 AM

CONCUSSION AWARENESS CLINIC
U OF CALGARY SPORT INJURY PREVENTION
RESEARCH CENTRE STAFF & PhD STUDENTS
SPECIAL GUEST: CURTIS ANDERSON
(PINE VALLEY HALL)

12:00 PM

BURGERS & BEER GARDEN
JOE IRELAND BAND
(TAWATINAW VALLEY SKI HILL)

GROUP PHOTO

(BASE OF TAWATINAW SKI HILL)

ALL DAY

SKI TAWATINAW IN YOUR BLUE T-SHIRT
AND SUPPORT THE CAUSE

THE SHRED MOBILE

THE MOBILE SPORT INJURY PREVENTION RESEARCH CENTRE AND TEAM
WILL BE JOINING OUR COMMUNITY FROM THE UNIVERSITY OF CALGARY



BLUE T-SHIRT EVENT

JOIN US WEARING YOUR BLUE T-SHIRT AT TAWATINAW VALLEY. HELP RAISE
CONCUSSION AWARENESS & MAKE A POSITIVE IMPACT ON OUR COMMUNITY



CLICK ON THE LINK [ZS CONCUSSION AWARENESS EVENT](#) TO REGISTER & BE A PART OF SOMETHING EXTRAORDINARY!

T-SHIRTS ARE AVAILABLE FOR PURCHASE FOR \$25

All proceeds from the t-shirts will be donated to our local Canadian Adaptive Snowsports (CADS).

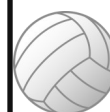


FOR ALL INQUIRIES, PLEASE CONTACT:
Tanya at (780) 717-1076, 780 (504-4880) or tanyasavage14@hotmail.com
Join us for a day filled with inspiration, learning, and connection.



COFFEE TIME

Monday, Wednesday and Friday
9 am - 11 am
Rochester Seniors' Centre



ADULT VOLLEYBALL

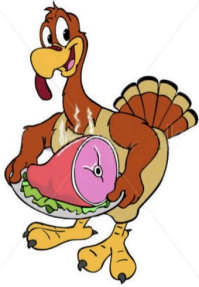
Adult Volleyball
Every Wednesday
School Gymnasium
7:30 pm

For more info call 780-689-9716

LIBRARY LINES

Page 5

HAM AND TURKEY



BINGO

Perryvale Hall
Friday March 22, 2024

Doors open at 6:00 p.m.
Pre-Call at 7:00 p.m.

Lucky 7, Odd & Even, Early Bird, Lots of Games
Minors Welcome
Concession Available

Perryvale Pancake Supper



Date: Sunday March 3, 2024
Time: Doors open at 4:00 to 7:00 p.m.
Place: Perryvale Hall
Cost: Adult \$12.00, 6-12 Years \$6.00
5 and Under Free

Everyone is Welcome!!!!!!

BASED ON A TRUE STORY

JESUS REVOLUTION

FROM THE CREATORS OF
I CAN ONLY IMAGINE

A movie poster for 'Jesus Revolution' featuring four main characters: a man in a blue jacket, a man with long hair and a beard, a man in a blue shirt, and a woman in a white jacket. They are standing in front of a yellow car. The background is a warm, golden color.

You're Invited

MARCH 1, 7:00PM
ROCHESTER SCHOOL
FREE POP AND POPCORN
RECOMMENDED AGES 12+

Rochester Outdoor Rink

The ice is ready for use! Thanks to the volunteers of the Rochester Fire Department for getting the ice ready. NOW LET'S DO OUR PART AND KEEP IT CLEAN AND STOP VANDALIZING IT! This is for the community, and it's very discouraging when a few spoil it for the majority!

The library has on loan from our headquarters two boxes of large print books for our patrons. Come and check them out if you are looking for large print titles. REMEMBER: IF WE DON'T HAVE THE TITLE YOU ARE LOOKING FOR; WE CAN GET IT!



LIBRARY LINES

Page 6

If anyone would like to add anything to our library newsletter, please e-mail me the submission in a jpeg format to tmorey@rochesterlibrary.ab.ca before the last Monday of each month. If there is room, I'd be happy to include it.

ASPEN CHIROPRACTIC HEALTH CENTRE
10423 100th Ave., Westlock AB T7P 2J2

Dr. Bruce Elliott*
Chiropractor
780 - 349 - 3503
888 - 349 - 3503

*Bruce Elliott Professional Corporation westlockchiro@gmail.com

MARY KAY

Nicole Traverse
Independent Beauty Consultant

Perryvale, Alberta
mobile 780 799-3555
nicoletaverse38@gmail.com
www.marykay.ca/nicoletaverse

Cabin Consulting

Strategic business advice, focused on results.

Serial entrepreneur with 10+ years of international business experience. References upon request.

Services include:

- start-up phase & client acquisition
- advertising & marketing
- scaling & growth
- life coaching
- best practices
- exit strategies

Rate: \$125/hour for virtual consultation. Prefer to meet in person? Let me know and I'll do my best to accommodate you.

Introductory Offer: Complimentary 30-minute consultation to start!

Website: www.cabinconsulting.ca
Email: david@cabinconsulting.ca

Clayton Jensen
Director

LARUE ELECTRIC AND CONTROLS LTD

780.307.8149
LarueElectric@outlook.com

PO Box 354
Rochester, AB
T0G 1Z0

New Path HEALTH

ACUPUNCTURE
Now Booking

Located in Perryvale

EMAIL: NEWPATHHEALTH@GMAIL.COM
PHONE: (587) 435-7284
BOOK ONLINE AT: HELPMEAS.ME

Smithbuilt Enterprises Ltd.
24/7 Mobile Inspection Services

Blake Smith
Owner / Operator
780-266-3973

Ryan Smith
Field Operations
780-307-7667

Mobile Highway Tank Inspections
Hose testing
VMI Inspections
Thickness & Linings Testing
Upper Coupler Inspection
Manufacture & Repair
PRV Valve Rebuilds

We offer Inspection Services For -

- Vacuum Trucks
- Combo Vac Trucks
- Semi Vac Trucks
- Hot Oilers
- Pressure Trucks
- Flushby Trucks
- Swab Trucks
- TC44 Fuel Tanks
- Hoses
- Anhydrous Ammonia tanks
- Nitrogen Tanks
- Mobile Fuel Tanks
- Fuel Trucks
- Fuel Trailers
- Mobile Fuel Stations
- Mobile Fuel Tanks
- Propane Trucks / Tanker
- Propane Trailers

Smithbuiltenterprises.ltd@gmail.com P.O. Box 373, Clyde Alberta
Smithbuiltenterprisesltd.com T0G 0P0

Amber Simpson
Registered Massage Therapist
780-213-4661

Sewing, Mending, Quilting & Design
Rochester Seamstress

Elaine Hemeon
780-307-8671

Don't Delay, Call Today

LIBRARY LINES

Athabasca Family Centre 3598-48 Ave

March 2024

Add us on Facebook: Athabasca Family Centre
780-675-2623



MONDAY	Tuesday	Wednesday	THURSDAY	FRIDAY	Saturday
				1. 9:30-11:30am *Join us at Wandering River Library* Travelling Family Centre	2. 9:00-11:00am Pancakes and Play
4. 9:00-11:30am Walk and Talk-Triple P Tipsheets 1:30-2:00pm Coffee Chat 2:00-2:30pm Craft and Shine	5. 9:30-10:30am Coffee Chat 10:30-11:00am Tiny Chef (St. Patrick's snack) 1:30-2:30pm Partners In Time @ Extendicare (Ball Bingo) 3:00-4:00pm Triple P Parenting Group (caregivers only)	6. 10:00-11:00am Rhymes That Bind 3:30-4:30pm Fast Feet@ WHPS school gym 3:30-5:00pm Youth Club @ EPC-Craft (shower melt/body scrub) pre-register	7. 10:00-11:30am Baby Group-Public Health Nurse 1:30-3:00pm Coffee Chat 3:00-3:30pm ASQ/SE Time	8. 10:00-12:00pm Hello Me pre-register	9. Centre Closed
11. 9:00-11:30am Walk and Talk-Triple P Tipsheets 10:30am-12:00pm *Join us at Colinton Community Centre* Travelling Family Centre 1:30-2:00pm Coffee Chat 2:00-2:30pm Craft and Shine	12. 9:30-11:00am Sensory Exploring 1:30-3:00pm Coffee Chat	13. 10:00-11:00am Rhymes That Bind 3:30-4:30pm Fast Feet@ WHPS school gym 3:30-5:00pm Youth Club @ LTIS-(shower melt/body scrub) pre-register	14. 10:00-11:30am Baby Group-Baby Yoga/ Massage 1:30-3:00pm Coffee Chat 3:00-3:30pm ASQ/SE Time	15. 10:00-12:00pm Hello Me pre-register 12:00-1:30pm St. Patrick's Day Potluck Everyone welcome, please bring a food dish to share	16. Centre Closed
18. 9:00-11:30am Walk and Talk-Triple P Tipsheets 1:30-2:00pm Coffee Chat 2:00-2:30pm Craft and Shine	19. 9:30-10:30am Coffee Chat 10:30-11:00am Tiny Chef (Bunny snack) 1:30-2:30pm Partners In Time @ Extendicare (ShuffleBoard) 10:30am-12:00pm *Join us at Boyle Library* Travelling Family Centre	20. 10:00-11:00am Rhymes That Bind 1:30-2:30pm Triple P Parenting Group (caregivers only) 3:30-4:30pm Fast Feet@ WHPS school gym 3:30-5:00pm Youth Club @ EPC-workshop (5 Love Languages- Self Care) pre-register	21. 10:00-11:30am Baby Group 1:30-2:30pm Coffee Chat 11:00am-1:00pm *Join us at Rochester Library* Travelling Family Centre	22. 10:00-12:00pm Hello Me pre-register	23. Centre Closed
25. 9:00-11:30am Walk and Talk-Triple P Tipsheets	26. 9:00-4:00pm Baby Sitters Pre-register	27. 10:00-11:00am Coffee Chat 1:30-2:30pm Coffee Chat	28. 10:00-11:00am Coffee Chat 1:30-2:30pm Coffee Chat	29. Centre Closed	30. Centre Closed

ASQ/SE Time: Developmental screening tool are easy to complete so parents can celebrate milestones their children. Caregivers will fill out an ASQ/SE and can use applicable items to help their child(ren) complete the questionnaires. ASQ questionnaire can screen at 2 and 4 months old, then 4 month intervals until 24 months old, and at 6 month intervals until 5 years old. ASQ-SE questionnaire can be completed at 6, 12, 18, 24, 30, 36, 48, and 60 month age intervals.

Baby Group: A time for caregivers with babies under 12 months to meet other caregivers and babies and discuss current topics. Health Nurse and Baby Yoga/Massage once a month.

Coffee Chat: Let's connect through conversation and discuss topics you are finding challenging

Craft and Shine: Use your creative skills to make a craft. Morning and afternoon craft on the same day will be the same craft

Pancakes and Play: One Saturday a month join us for pancakes and play time in the center

Hello Me: Weekly workshops to help you connect to your inner self

Rhymes That Bind: Susan with Words Work Literacy will be coming to share stories, books, rhymes and songs with children

Sensory Exploring: Let your child learn through their senses

St. Patrick's Day Potluck: come to the center and enjoy green potluck lunch (please bring a food dish to share)

Tiny Chef: Use and develop a variety of skills to make your own snack (please inquire about snack idea for allergy awareness)

Triple P Parenting Group: Facilitators will choose a common tip-sheet topic parents are struggling with at the time and will be discussed. Caregivers only. Childcare not provided.

Fast Feet: Join us at WHPS school gym for a fun physical activity program; running, throwing, catching, kicking, movement games and more! Must have indoor shoes

Partners In Time: Interact with the seniors through a variety of activities at Extendicare

For the month

for the month

LIBRARY LINES

Page 8

MARCH 2024

SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27	28 Lego 2 pm Library Open 2-7:30	29	1 School Café 1-2:30 Movie 7 pm	2
3 Perryvale Pancake Supper 4-7 pm	4 Cards @ Sr. Centre 1 pm NO SCHOOL Library Open 11-4	5	6 Children's Program 3-4:30 Library Open 2-7:30	7 Story Time 11 am Supper @ Seniors 5:30 Library Open 11-4	8 School Café 1-2:30	9
10 	11 Cards @ Sr. Centre 1 pm LIBRARY CLOSED	12	13 Book Club 2 pm Library Open 2-7:30	14 Story Time 11 am Library Open 11-4	15 School Café 1-2:30	16
17 St. Patricks Day 	18 Cards @ Sr. Centre 1 pm LIBRARY CLOSED	19	20 Library Open 2-7:30	21 Story Time 11 am Ag. Society Mtg 7 pm @ library Library Open 11-4	22 School Café 1-2:30 Perryvale Bingo 7 pm	23
24	25 Cards @ Sr. Centre 1 pm SPRING BREAK LIBRARY CLOSED	26 SPRING BREAK	27 SPRING BREAK Library Open 2-7:30	28 Story Time 11 am SPRING BREAK Library Open 11-4	29 GOOD FRIDAY	30
31 	KEEP THIS CALENDAR FOR A QUICK REFERENCE					