

ROCHESTER PUBLIC LIBRARY

LIBRARY LINES

August 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)

If you wish to have this monthly newsletter emailed to you, please send your email address to info@rochesterlibrary.ab.ca. We will definitely add you to the list. This is not only a Library newsletter, so if you wish to add something to it, please email a jpeg copy to the same address and I will add it.

IMPORTANT NOTICE

THE LIBRARY WILL BE
CLOSED MONDAY, AUGUST 5

WE ARE LOOKING FOR 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!!

SUMMER PROGRAM 2024

ROCHESTER LIBRARY

SUMMER PROGRAM FOR ALL AGES

Come join in the FUN!!



Every Thursday between
July 4 - August 15, 2024
(with the exception of July 11)

1:30-3:30 pm





Where will reading take you?!




SUMMER PROGRAM AT THE ROCHESTER LIBRARY

Every Thursday during July & August
1:30 - 3:30
(with the exception of July 11)
Open to all ages
Children under 6 years of age must be accompanied by an adult

READ
BEYOND THE BEATEN PATH



SCAN THE CODE TO REGISTER




READ BEYOND THE BEATEN PATH

CHALK ART CONTEST

- 1 Create your chalk art - inside or outside or upside down, your creativity is the only limit!
- 2 Choose a title and take a picture.
- 3 Submit your chalk art online or at your library by **Sunday, July 28.**
- 4 Vote for your favourite starting **Monday, August 5** at bit.ly/nlls-snow-art-voting

Only one vote per person, please!
The winning artist(s) will receive a paint-your-own stepping stone kit from NLLS.

Submit at
nllsreadingprograms.ca/contests



Friends of the Rochester Library



ROCHESTER LIBRARY SUMMER PROGRAM

THERE ARE A LOT WAYS TO WIN PRIZES!

- 1 Read recommended time to be entered into system wide
- 2 Read recommended time to win local prizes.
- 3 Chalk Art - Enter before **Sunday, July 28.**
- 4 Read for 15 minutes on a Friday and submit name to put our library in front of other libraries.
- 5 Participate in local contests.



READ BEYOND THE BEATEN PATH

Friday 15

Read 15 minutes on a Friday?
Submit to help your library climb to the top!
nllsreadingprograms.ca/friday-15



LIBRARY LINES

ROCHESTER SCHOOL Upcoming Events

Aug. 21 - School office opens
Aug. 29 - Students return

ROCHESTER AG. SOCIETY Upcoming Events

Aug. 1 - Rochester Bingo - CANCELLED
Aug. 10 - Rochester Fair
Aug. 15 - Ag Society Meeting - 7 pm @ hall

Let's get together
and play some

BINGO

THURSDAY
@ HALL

CANCELLED



ROCHESTER AG. SOCIETY BINGO



WE ARE GETTING CLOSER TO BINGO RETURNING

TENTATIVE RETURN DATE
SEPTEMBER 5, 2024

Rochester Community Supper

At Rochester Senior's Centre
On Thursday, August 1, 2024
(Doors open at 5 pm & Supper is on the table at 5:30 pm)

Menu

- Meatballs in a Mushroom sauce
- Perogies
- Lazy cabbage rolls
- Coleslaw and a Cucumber salad
- Pickles and Buns
- Tea, Coffee, and Juice
- Jello for Dessert!

Take out available!

Prepared by the Rochester Playground Committee

- Adults - \$12.00
- 6-12 years old - \$7.00
- 5 and under - Free

All children must be accompanied by a parent/guardian!

Everyone is Welcome!

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

COFFEE TIME

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



STAY FIT NOT STILL

JOIN US FOR A GENTLE FULL BODY STRETCH TWICE A WEEK.

Monday & Thursday
Rochester Library
10 am



POSITIVE THINKING
FEEL GOOD
EAT BETTER
EXERCISE

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



LIBRARY LINES

ROCHESTER & DISTRICT AG. SOCIETY FAIR

AUGUST 10, 2024

The Annual
**Rochester & District
Agricultural Society**
Summer Fair
Mad about
PLAID
Saturday,
August 10, 2024

CORNHOLE	Pancake Breakfast 8-10am	BOUNCY CASTLES
	Parade 10-11am	
Consession	Dog Agility/Sheep Dog Demo 11am-12pm	
<i>Bench Show</i>	Barrel Racing 12-2pm	<i>Beer Gardens</i>
	Heavy Horse Pull 2-5pm	
Kids' Games	Pulled Pork Supper 6:30-8pm (doors open at 5)	Petting Zoo
	Dance 8pm	
	Fireworks 11pm	MARKET
	Midnight Lunch 11:30pm	

Please visit our Facebook event page at
"The Annual Rochester and District Ag Society Summer Fair"
or visit us online for information and Dinner and Dance tickets at
www.rochesteragsociety.ca
tickets also available at the door

The Rochester & District Ag Society
Summer Fair Edith Anderson
Memorial Bench Show 2024

ENTRY INFORMATION
Bring your items to the big shed on the
Rochester Fairgrounds on Friday, August 9
from 9:00 - 11:30am

Viewing will be Saturday, August 10
from 11:00 am - 5:00 pm

Copies of the book can be found online on
the Rochester Ag Society Facebook Page,
or in print at the Rochester Community
Library or the Rochester grocery store.

Rochester, we can't
wait to see your goods!

**Rochester
Summer
Fair Parade**
August 10, 2024

**Saturday, August 10
at 10am**

Prizes for winning float entries!
For information or to
enter a float, please
call/text Ken at
780-307-2998

Rochester, AB

The theme is
"Mad About Plaid!"

**Barrel Race for Fun
in Rochester, AB!**

Come out to Rochester, AB for the Rochester
& District Agricultural Society's Annual
Summer Fair, August 10, 2024. Support
your favourite riders, or sign up to be
a racer, and let's have some fun!

Non carded runs
Limited spots available
Prizes for 1st, 2nd, and 3rd

Registration 10:30am-11:30am
Racing 12pm-2pm

Entry Fees:
Adults: \$25.00
Youth: \$15.00
Peewee: \$10.00

For more information and entry forms, please contact Stephanie Markowski
stephaniamarkowski@gmail.com

**We're looking for
VOLUNTEERS!**

From beer garden attendants to
help with the kids' games
and everything in between,
we could use an extra hand.
Whether you can give an
hour or a few, we value and
appreciate your time and ef-
fort!

If interested, please call or
text Jessie: 780-307-8297

NORTH OF 49

Led by Juston Suttun

Get ready to experience the proudly Canadian and
authentically country sound of North of 49! Led by
Justin Sutton who was nominated for the 2024
Country Music Alberta Roots Artist of the Year, their
original music and lively performances are gaining
attention in the Canadian country music scene. Over
the last year they have had the chance to open for
The Road Hammers, Gary Allan, Steven Lee Olsen and
James Barker Band. North of 49 delivers a true
representation of the country music genre.

TICKETS FOR THE DINNER AND DANCE ARE AVAILABLE AT THE
ROCHESTER GENERAL STORE, AT THE DOORS, AND ONLINE SOON!

Advanced tickets avail-
able at Rochester Store.
Pick up yours today!

Adult \$25
Child \$15
Teens \$15

DINNER & DANCE

Rochester & District
Agricultural Society

Pulled Pork Dinner,
Guest Auction, and Dance, with
Juston Sutton and North of 49

6pm, Rochester Hall August 10, 2024

**THERE WILL BE AN
ATM AVAILABLE ON
SITE**

For more information visit
Facebook : The Annual Rochester and District Ag Society
Summer Fair
or
www.rochesteragsociety.ca (dinner & dance tickets also
available)

Regular Monthly Bingo



Perryvale Hall

Friday, August 30, 2024

Doors open @ 6 pm

Pre-call @ 7 pm

Lucky 7, Odd & Even, Early Bird, Lots of Games

Minors Welcome
Concession Available



PEACEFUL PINES CEMETERY CLEANUP

During the summer months (May-Sept), a group of volunteers gather at the cemetery on the last Monday of the month to clean. Some activities include, lawn mowing, weed whacking and general outdoor maintenance. There is some equipment available, but you are welcome to bring your own.

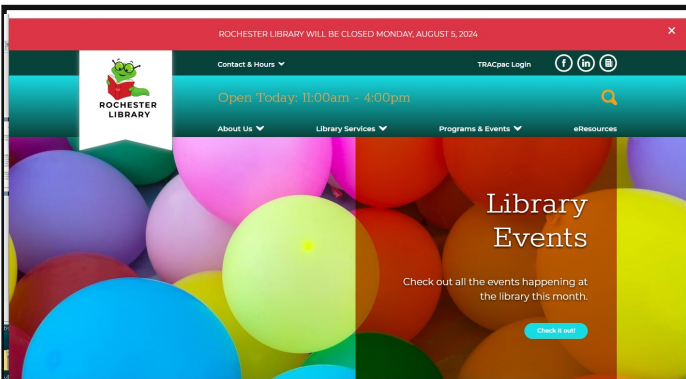
Monday, August 26, 2024
10 am

For More information, please call or text message
Norm Ellen (780-307-6477)

EVERYONE WELCOME
MORE HANDS MAKE LESS WORK

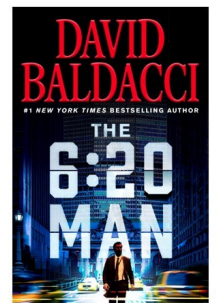
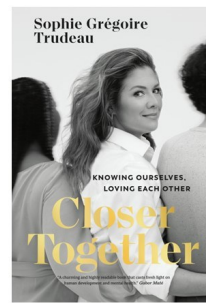
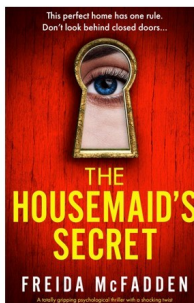
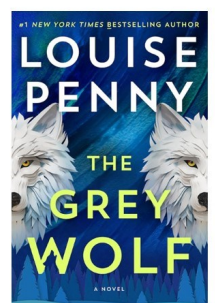
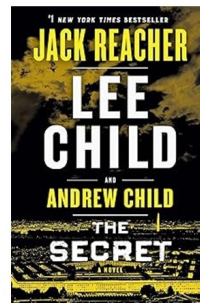
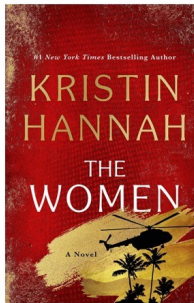
BESTSELLERS

Coming to Rochester Library



OUR WEB PAGE HAS A NEW LOOK! CHECK IT OUT AND LET US KNOW HOW WE CAN BETTER FOR YOU!

www.rochesterlibrary.ab.ca



LIBRARY LINES

July 2024

Athabasca Family Centre
3598-48 Ave

fcss Athabasca Family Centre
780-675-2623
Add us on Facebook: Athabasca Family Centre
Alberta Provincial Family Resource Networks

MONDAY	Tuesday	Wednesday	THURSDAY	FRIDAY	Saturday
1. Athabasca River Rats ~See The Magnificent River Rats Festival 2024 on Facebook for more info	2. 9:30-10:30am Coffee Chat 1:30-2:30pm Coffee Chat	3. 9:30-10:30am Coffee Chat 2:00-3:00pm Helping Your Child Develop Movement Skills (AHS Webinar)	4. 10:30-11:30am Baby Group 3:30-4:30 Muskeg Creek Scavenger Hunt	5. Centre Closed	6. Fly-In BBQ @County Airport ~See Athabasca County Facebook page for more info
8. 9:30-10:30am Bike Stroller Roller 1:30-2:30pm Coffee Chat	9. 9:30-10:30am Coffee Chat 1:30-2:30pm Coffee Chat	10. 9:30-10:30am Coffee Chat 12:00-1:00pm Sweet Dreams: Tips for Better Sleep for Babies and Toddlers (AHS Webinar) 1:30-2:30pm Coffee Chat	11. 10:00-11:00am Family Sing Along 1:00-2:30pm Roll and Flow	12. Centre Closed	13. Centre Closed
15. 9:30-10:30am Bike Stroller Roller 1:30-3:30pm Remember Me 1-1 1:30-2:30pm Coffee Chat	16. 11:00-2:00pm Water Days @ Athabasca Spray Park	17. 10:30-11:30am Supporting Your Child's Speech (AHS Webinar) 1:30-2:30pm Coffee Chat 9:00-4:00pm Calling Lake Babysitter Training *Register with Charmaine Cardinal	18. 10:30-11:30am Baby Group 1:30-2:30pm Outdoor Play	19. Centre Closed	20. Centre Closed
22. 9:30-10:30am Bike Stroller Roller 1:30-2:30pm Coffee Chat	23. 11:00-2:00pm Water Days @Boyle Spray Park	24. 9:30-10:30am Coffee Chat 1:30-2:30pm Coffee Chat	25. 10:00-11:00am Family Sing Along 1:30-2:30pm Outdoor Play	26. Centre Closed	27. Centre Closed
29. Centre Closed 1:00-3:00pm Remember Me	30. 11:00-2:00pm Water Days @Athabasca Spray Park	31. 9:00-12:00pm Home Alone Course *pre-register* 1:30-3:00pm Alzheimer Group *Caregivers ONLY*			
MONDAY	Tuesday	Wednesday	THURSDAY	FRIDAY	Saturday
August 2024					
5. Centre Closed -Civic Holiday	6. 11:00-2:00pm Water Days @ Athabasca Spray Park	7. 9:30-10:30am Coffee Chat 1:30-2:30pm Surviving Summer Parenting Edition *pre-register*	8. 10:00-11:00am Family Sing Along 1:30-2:30pm Outdoor Play	9. Centre Closed	10. Wildberry Festival @ Boyle Rochester Fair
12. 10:00-12:00pm Remember Me 1-1 1:30-2:30pm Stroller Roller/Play	13. 11:00-2:00pm Water Days @Boyle Spray Park	14. 9:30-10:30am Coffee Chat 12:00-1:00pm Sweet Dreams: Tips for Better Sleep for Babies and Toddlers (AHS Webinar) 1:30-2:30pm Surviving Summer Parenting Edition *pre-register*	15. 10:30-11:30am Baby Group 3:30-4:30 Muskeg Creek Scavenger Hunt	16. Centre Closed	17. Centre Closed
19. 10:00-12:00pm Remember Me 1-1 1:30-2:30pm Stroller Roller/Play	20. 11:00-2:00pm Water Days @Athabasca Spray Park	21. 9:30-10:30am Coffee Chat 1:30-2:30pm Surviving Summer Parenting Edition *pre-register*	22. 10:00-11:00am Family Sing Along 1:30-2:30pm Outdoor Play	23. Centre Closed	24. Centre Closed
26. Centre Closed	27. 11:00-2:00pm FREE Community BBQ	28. 9:30-10:30am Coffee Chat 1:30-3:00pm Alzheimer Group *Caregivers ONLY*	29. 9:30-10:30am Helping Your Child Develop Movement Skills (AHS Webinar) 3:30-4:30pm Muskeg Creek Scavenger Hunt	30. Centre Closed	31. Centre Closed

AHS Webinars: Join us as we watch a webinar from AHS and learn about a variety of topics to help your child grow

Alzheimer Group: Adults ONLY. Care Partner's Support Group lead by FCSS Seniors Advocate. Contact Kim for more info (780)675-2623

Baby Group: A time for caregivers with babies under 12 months to meet other caregivers and babies and discuss current topics

Coffee Chat: Let's connect through conversation and discuss topics you are finding challenging. Outdoor area is open during this program

Family Sing Along: Join in this caregiver/child singing group. The songs that will be sang are current songs (pop, country, contemporary). There will be small instruments for children to play

FREE Community BBQ: Join us at FCSS for FREE hotdogs, games, prizes, etc. Everyone welcome!!

Outdoor Play: Come play in the outdoor area at the center

Remember Me 1-1: Speak with Amanda for more info.

Surviving Summer Parenting Edition: Parenting tips on back to school routines. Child programming available for school aged children. *Pre-register, call (780)675-2623*

Bike/Stroller Roller: Join us as we move and get outside. Meet at the Family Centre and walk/bike around Cornwall. We will leave at start time of program. August also play at park. **Weather dependent, check Facebook**

Muskeg Creek Scavenger Hunt: Come explore Nature at the Muskeg Creek 1km Trail. Meet at chalet/muster point. **Weather dependent, check Facebook**

Roll and Flow: Join us as we walk from the Family Centre (leave at 1:00pm) to Cornwall Park (or meet us at Cornwall Park) to do some yoga then finish with a walk back to the center

Water Days: Join us at the Athabasca and Boyle spray park for a day of fun in the sun and water. See calendar for location. **Weather dependent, check Facebook**

If outdoor programming is rained out location will move to center **please check Facebook for program location**

**In the centre
**Outreach

LIBRARY LINES

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.

CHECK IT OUT!

3D PRINTING TAKE AWAY

AVAILABLE AT YOUR LOCAL LIBRARY



WHAT WILL YOU CREATE?

Contact the library for more information

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



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



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- 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



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10423 100th Ave, Westlock AB T7P 2J2

Dr. Bruce Elliott*
Chiropractor

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888 - 349 - 3503

*Bruce Elliott Professional Corporation westlockchiro@gmail.com

MARY KAY

Nicole Traverse
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Perryvale, Alberta
mobile 780 799-3555
nicoletraverse38@gmail.com
www.marykay.ca/nicoletraverse

FOLLOW US ON FACEBOOK & TWITTER




LIBRARY LINES

JULY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Exercise @ library 10 am Story Time 11 am Summer Program 1:30-3:30 Supper @ Seniors 5:30 Library Open 11-4	2	3
4	5 Cards @ Sr. Centre 1 pm LIBRARY CLOSED	6	7 Library Open 2-7:30	8 Exercise @ library 10 am Story Time 11 am Summer Program 1:30-3:30 Library Open 11-4	9	10 
11	12 Exercise @ library 10 am Cards @ Sr. Centre 1 pm Library Open 11-4	13	14 Library Open 2-7:30	15 Exercise @ library 10 am Story Time 11 am Summer Program 1:30-3:30 Ag Society Mtg. 7 pm Library Open 11-4	16	17
18	19 Exercise @ library 10 am Cards @ Sr. Centre 1 pm Library Open 11-4	20	21 School Office Open Library Open	22 Exercise @ library 10 am Story Time 11 am Library Open 11-4	23	24
25	26 Exercise @ library 10 am Cards @ Sr. Centre 1 pm Cemetery Clean-up 10 am Library Open 11-4	27	28 Library Open 2-7:30	29 Exercise @ library 10 am Story Time 11 am BACK TO SCHOOL Library Open 11-4	30 Perryvale Bingo	31