



ROCHESTER PUBLIC LIBRARY

LIBRARY LINES

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February 2022

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

NOTE: ALL UPCOMING EVENTS WILL DEPEND UPON THE COVID RESTRICTIONS. REGISTRATION IS VERY IMPORTANT TO STAY WITHIN OUR GUIDELINES.

CALL FOR UPDATES AND MORE INFO.

COVID-19 LIBRARY UPDATE

As a public library, our public patrons are not required to follow the restrictions exemption program. However, we do need to continue with physical distancing, masking and 1/3 capacity limit (approx. 20).

We all know things are changing daily, so please stay tuned to Facebook and our website for updates. You can always contact the library if you have questions.

We will also continue with curbside service if you wish. Please contact the library and we will accommodate you!!

Remember we have a lot of resources available that you may access from home (ie: audio and e-books including magazines, ancestry and much more).

STORY TIME



Join us for a story, music and crafts
Thursdays at 11:00 am

Open to children ages 0-6.

CHILDREN'S PROGRAM

Wednesday, February 2, 2022

Ages 6-12

3:00 - 4:30

Join us for a wintery craft!



REGISTRATION IS A MUST!! NUMBERS WILL BE LIMITED!!

ADULT BOOK CLUB

PLEASE JOIN US FOR OUR MONTHLY BOOK CLUB!

Wednesday, Feb 9. 12, 2022 at 7 pm.

Unfortunately, our numbers are dwindling. We hope once Covid has somewhat subsided, we will see more members. Please contact the library for information.

Everyone welcome

LEGO CLUB

We will meet the fourth Wednesday in February.



February 23, 2022


5:30 - 6:30

Open to all ages

COME SEE WHAT THE NEXT CHALLENGE WILL BE.

COMMUNITY CALENDAR

The 2022 Community Calendars have arrived!! They may be picked up at the library or contact the library for delivery. Your patience has been greatly appreciated!



Rochester Library

WINTER READING PROGRAM

JAN 1 - FEB 28, 2022



You still have time to join and have a chance to WIN a new KOBO reader. Just log your reading time!

Age Categories:

- Age 0-9 - 3 hours
- Age 10-16 - 5 hours
- Age 17+ - 7 hours

WIN PRIZES
OPEN TO ALL AGES

Contact the library or go to our website for more information.
www.rochesterlibrary.ab.ca



LIBRARY LINES

ROCHESTER SCHOOL Upcoming Events

Feb. 2 - Parent Council Meeting via Zoom 9 am
Feb. 17-18 - Teachers Convention - No School
Feb. 21 - Family Day - No School

ROCHESTER UNITED CHURCH

There will be no services in January, February or March. The first service for 2022 will be Sunday, April 3 at 11:30.

Stakeholders of Rochester School



In December, the decision was made to perform a viability study for Rochester School by the Aspen View School Division Board. This study (performed by an outside third party) should be completed by the end of February. According to Aspen View Policy 15, a viability study is done to examine the viability and appropriateness of the continued operation of a school or selected grade levels within a school. This means, they are determining whether our school or certain grades should continue to operate. We have been told that this motion was brought forward due to concerns of declining enrollment over the last 10 years.

After the viability study is complete and before the board makes a final decision, there will be public consultation held where parents and community members can express their concerns. An opportunity will be given for both private meetings and a public meeting. Please reach out if you would like to have a private meeting to voice your concerns. Notice for the public meeting will be posted 14 days in advance.

I have been part of this community for over 30 years and to the best of my knowledge, this is the first time a viability study has been done for Rochester School and talk of possible closure has gone this far.

Some questions to think about are, how will closing our school impact our community? How can we increase enrollment?

After reviewing the results of the study and taking all meetings, concerns, and information into consideration, the board will make their decision by the end of June 2022. When commenting on the viability study for Rochester, the board chair, Candy Nikipelo, said that it is not a given the school will be closed. But she also said, "We're fully expecting the community to rustle up support and to try and find ways to increase utilization of their school."

Let's come together and rustle up support! Two years ago, Grassland School faced a similar viability study. The study suggested complete closure. The board motioned to keep grades K-6 operational. The community rallied and the result was to keep grades K-9 operational. It has never been more important to show your support! Please reach out if you have any further questions.

Sincerely, Rochester School Council



For any questions contact Candice Jensen: candice@tfhchurch.ca 780-307-8159



Tawatinaw Valley Ski Hill

Winter Hours

Mon - Thurs. - CLOSED
Friday: 10-4
Saturday: 10-4
Sunday: 10-4



Check their website for more information.
www.tawatinawvalley.ca

ROCHESTER COMMUNITY HALL AND FAIR GROUNDS OWNED & OPERATED BY THE ROCHESTER AG. SOCIETY FOR RENT

HALL

- * 250 person capacity
- * Reasonable rates:
 - * meetings \$75
 - * Funerals: \$150 (includes stage, bar & commercial kitchen)
 - * \$250/day or \$500/weekend (includes stage, bar and commercial kitchen)
 - * Other options available upon request

FAIR GROUNDS

- * \$250/per day
- * \$500/per wknd
- * Trailer hook ups (\$25 per unit extra)
- * Fair ground has a summer hall, showers/bathrooms, ball diamond and outdoor riding arena.

HALL & FAIR GROUNDS

- * \$500/per day
- * \$1000/per wknd
- * Above amenities are included.

For more information or to book call Sandy at 780 307 6225 or 780 698 2355

WE LOVE OUR VOLUNTEERS!!

We are looking for volunteers interested in helping to keep our library website and/or Facebook page up-to-date. Also, with help with the monthly newsletter would be welcomed. If there are other areas you wish to volunteer for, please come on in for a chat!!

LIBRARY LINES

WANTED

Rochester Library is seeking members to sit on the Rochester Advisory Board. Rochester Library is one of five libraries in the County of Athabasca which are governed by The County of Athabasca Library Board. Each library has a representative that sits on the County Library Board which meet 4 times per year.

If you are interested in becoming apart of our Advisory Board and possibly attend County Library Board meetings, please submit your name to the library.

Rochester Outdoor Rink

The ice is ready for use! Thank you to the Rochester Fire Department and all the volunteers for the umpteen hours spent getting the ice and building ready for use. Let's do our part and keep it CLEAN!

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

FRIENDS OF THE LIBRARY

Teresa's Frozen Meal fundraiser has once again been a success. Orders will be available for pick up on Friday, Feb. 4.

LOVE YOUR
LIBRARY
BECOME A FRIEND

LIBRARY DESIGN

We are looking to get some merchandise made for our library (ie bags, cups, etc). To do this, we would like some sort of design for the library. This is where we would like some help from you! Please submit your ideas to us before the end of February so we can have some items available for the summer.



YOUR LIBRARY

The library is more than books. Join the library today to borrow:

- * Telus WiFi Hubs
- * Novelty Cake Pans
- * Movies
- * History books
- * and A WHOLE LOT MORE



ENHANCED EMERGENCY SEXUAL ASSAULT SERVICES (EESAS) TRAINING PROGRAM

Friday, March 11, 2022 via Zoom

Offered to professionals working with victims of sexual violence to facilitate more rapid, compassionate and comprehensive sexual assault services for recent victims. There is an emphasis on multidisciplinary collaboration and understanding. Presented by Catherine Carter-Snell, RN PhD SANE-A, this program is offered at no cost and consists of 8 modules. Participants will receive a certificate of completion.

- MODULE 1:** Sexual assault issues & EESAS overview
 - Common myths
 - Impact of sexual assault on health care and individuals
- MODULE 2:** Psychological considerations & consequences
 - Acute reactions to stress
 - Consequences including ASD & PTSD
 - Impact on behaviour and memory
- MODULE 3:** Triage, drug facilitated sexual assault testing & evidence
 - Triage classifiers in ER and modifiers
 - Evidence collection principles
 - Symptoms relevant to drugs of abuse
- MODULE 4:** Consent, sexual assault history & interview
 - Capacity to consent to examination
 - Differences in sexual assault history by health professionals vs police
- MODULE 5:** Injury assessment & BALD STEP guide to physical findings
 - Key components of BALD STEP guide
 - Key characteristics of injuries
- MODULE 6:** Body examination & evidence collection
 - Equipment required
 - Procedures for assessment
 - Typical evidence samples
- MODULE 7:** Genital examination & evidence collection
 - Procedures and evidence collection
 - Differences with special populations (males, children, elderly)
- MODULE 8:** Treatment, discharge considerations & follow up
 - Typical post-assault testing
 - STI and emergency contraception
 - Safety and suicide screening
 - Anonymous kits and court testimony

Where
This training will be held online via Zoom. A meeting link will be sent after you register.

When
Friday, March 11, 2022
10:00am - 4:00pm

Cost
No Cost to Participants

More Information / Registration
To reserve your spot by Friday, February 18th, please email: eileen@thedragonflycentre.com
Subject line: EESAS training spot
Body of email, please include: business/organization name, address & phone number and participants name

Registration Deadline
Friday, February 18, 2022

If you have any further questions, do not hesitate to contact Dragonfly Centre Regional Coordinator Eileen Hofmann at 1-866-300-HEAL (4325)

Space is limited so register early to secure your spot!

Caregiver Education Team Newsletter

February 2022



AHS, in collaboration with The Mental Health Foundation, is proud to offer FREE online programming for parents and caregivers of children and youth.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Drop-In Series 6:00 – 7:30 pm

SEEDS Growing Together

Supporting Your Child with Structure and Routine
Thursday, February 3, 2022

Managing Meltdowns and Shutdowns
Thursday, February 10

Helping Our Kids Figure Things Out
Thursday, February 17

Effective Consequences
Thursday February 24

Mental Health and Resiliency

Strengthening Connections with Ourselves, Our Kids, Our Communities
Wednesday, February 9

Positive Communication that Promotes Growth
Wednesday, February 23

Lunch & Learns 12:00 – 1:00 pm

Understanding Anxiety Series

Part 4: Overcoming Avoidance
Wednesday, February 2

Part 1: An Introduction
Wednesday, February 9

Part 2: Calming Our Bodies
Wednesday, February 16

Part 3: Settling Our Minds
Wednesday, February 23

Keeping Scattered Kids on Track: Supporting ADHD
Part 1: Tuesday, February 15
Part 2: Tuesday, February 22

More than Just a Bad Day
Understanding Depression in Adolescents
Thursday, February 24

Sessions at a Glance

Caregiver Education Sessions 6:00 – 7:30 pm

Resilience in Parenting
Wednesday, February 2

Technology and the Teenage Brain
Monday, February 7

Body Image and Eating Disorders
Tuesday, February 15

Sleep and Your Family's Mental Health
Monday, February 28

1-866-300-HEAL (4325)

info@thedragonflycentre.com

www.thedragonflycentre.com



For more information, visit www.cyfcaregivereducation.ca



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During this time, a lot of programs/workshops are via zoom! If there are any programs you wish to attend, but are unsure or unable to access them, please contact the library. We would be more than happy to set up in the library as a group or individual. We would have all the necessary supplies; you just need to register and show up!! If there is something you would like to see happen, again please contact us. We are always willing to do our best to make it happen!



What is bullying? We hear this word used often. But what really is bullying? How can we help our child that is being bullied? What if it is my child who is then the bully? This presentation will talk about Bullying, the types of bullying, who is doing it, who is receiving it and why.

Thursday, Feb. 10 • 7:30-9 pm • On Zoom

For more information:

Call 780-520-9868, or email cornelia.fechner@laclabichcounty.com



Presenter: Tammy Auten Dye
M.Ed, Registered Psychologist
*Owner, CEO, and Registered Psychologist
also a guest speaker for the
Institute Of Child Psychology in Edmonton*

LIBRARY LINES

FEBRUARY 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 Children's Program 3-4:30 Library Open 2-7:30	3 Story Time 11 am Library Open 11-4	4 FROZEN FOOD FUNDRAISER DELIVERY	5
6	7 Library Open 11-4	8	9 Adult Book Club 7 pm Library Open 2-7:30	10 Story Time 11 am Library Open 11-4	11	12
13	14  Library Open 11-4	15	16 Library Open 2-7:30	17 Story Time 11 am NO SCHOOL Library Open 11-4	18 NO SCHOOL	19
20	21 Family Day NO SCHOOL LIBRARY CLOSED	22	23 Lego Club 5:30-6:30 Library Open 2-7:30	24 Story Time 11 am Library Open 11-4	25	26
27	28 NO SCHOOL Library Open 11-4					

ASPEN CHIROPRACTIC HEALTH CENTRE
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- Fuel Trucks
- Fuel Trailers
- Mobile Fuel Stations
- Mobile Fuel Tanks
- Propane Trucks / Tanker
- Propane Trailers

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etranster@genmedh@mesnet.ca

Clayton Jensen
Director



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