

# RED DEER PUBLIC LIBRARY

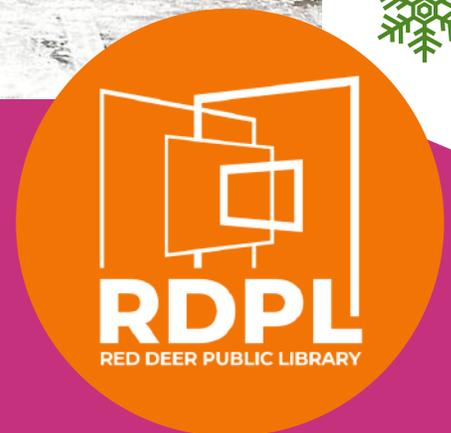
be a part of the story



WINTER 2022  
January • February • March

The **LINK**

Your guide to all things RDPL





# PROGRAM REGISTRATION

Some of our library programs and kits require registration, which can be done right on our website! You can also call us at 403-346-4576 or visit in person to register.

To find our upcoming events online and reserve your spot, follow these instructions:

1. Go to [rdpl.org](http://rdpl.org)
2. Click on "Programs & Events" (or the calendar icon).
3. Choose your audience, or click on "View All Events."
4. Scroll, search, or use the filters to find your event.
5. Click on the event you are interested in.
6. If the event requires registration, click on the "Register" button.
7. If the event is full and there is a waitlist option, click "Join Waitlist."
8. Fill in your name and email address and submit! You will receive a confirmation email in your inbox.

You can also go directly to [rdpl.org/events](http://rdpl.org/events) to access the full events listing, as noted throughout this program guide.

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## Questions? Contact us!



403-346-4576

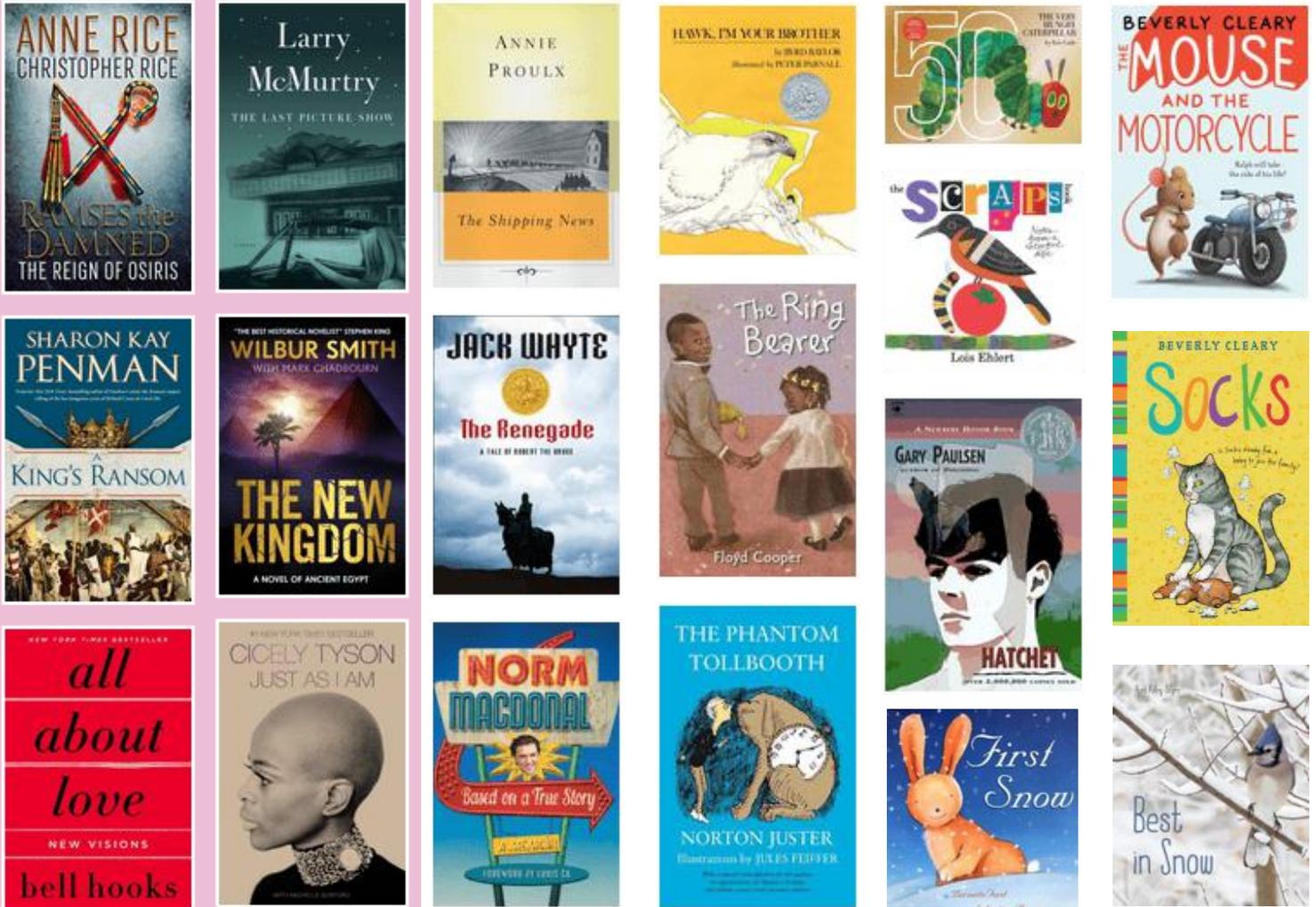


[inquiries@rdpl.org](mailto:inquiries@rdpl.org)



[rdpl.org](http://rdpl.org)

# THEIR BOOKS LIVE ON



In memoriam: a tribute to the authors and artists that we've lost in 2021. Celebrate and enjoy their wonderful contributions to literature and the arts.



Adult books

Children's books



... (1-2) as long or short  
as you want. (I make mine approximately 1/4" or  
bit shorter.) Continue along your pattern line,  
come up a space ahead (3) and bring your needle  
back down into the same hole at the end of  
last stitch you made. You are bringing your  
back to the end of the last one. Now you know  
what to do to make a neat, clean line. This is  
useful to create a crisp corner. For example,  
back stitch whenever your pattern takes a  
turn, even if you're working in another

**KIT INCLUDES:** fabric - what

Pick up at  
any branch while  
supplies last  
(no holds!).  
Call 403-346-4576  
to confirm  
availability.

# Kits TO GO

Library programs you can take home!

## Early Literacy Storytime Kits

Available: January 3

Ages 3-5

Monthly kit includes literacy concepts, rhymes, activities and craft ideas. Participants registered in Toddler and Preschool storytime will automatically receive a kit.

## Sewing 101:

### Microwavable Heat Bag Kits

Available: January 6

All ages

Stay warm and cozy this winter with a microwavable heat bag. Each kit will contain pre-cut fabric, wheat, and instructions.

## Winter Walking Kits

Available: January 7

For adults

This kit contains useful items for your winter walks: two little hot packs, reflective bands, and a cozy for your travel cup.

## Spy Camp Kits

Available: January 8

Ages 7+

Your mission, if you choose to accept it, is to pick up your top secret assignment. It includes... well, we can't tell you that. It's a secret.

## 'Stained Glass' Paper Snowflake Kits

Available: January 14

All ages

Make a paper snowflake suncatcher using paper and tissue paper and hang it in your window to catch the sun rays!

## Reading Pals Literacy Activity Kits

Available: January 17

Reading, writing, playing oh my! Practice literacy skills while also having fun.

## Decorate Your Room Kits

Available: January 19

Ages 6-12

This kit contains materials and instructions for cool crafts to make your room amazing! Create a wall hanging, hang pictures, put stickers on your mirror, and make an organizer.

## Mini Stuffed Book Kits

Available: January 24\*

Ages 12+

*\*Registration required for this kit. Visit [rdpl.org/events](http://rdpl.org/events) to register.*

Make your own mini book stuffie. Felt, thread, needle provided. Not included: glue.

## Family Literacy Day Kits

Available: January 27

Ages 3-7

Each kit will have fun outdoor literacy activity ideas and will include a free book donated by Kimmotion Family Day Home!

## Early Literacy Storytime Kits (for February programs)

Available: January 28

Ages 3-5

Monthly kit includes literacy concepts, rhymes, activities and craft ideas. Participants registered in Toddler and Preschool Storytime will automatically receive a kit.

## 'Make a Heart' Kits

Available: February 8

For adults

Create your own Heart Pillow to use as a visual reminder to practice the HeartMath techniques you learn in the 'Transform Your Stress' workshop (see page 16 for details). Kits contain precut fabric, fill, and instructions on how to make the heart.

## Guess Who's That Pokémon?

Available: February 17

Ages 6+

Are you a Pokémon expert? Challenge your friends with your very own Guess Who's That Pokémon kit to go! Kit contains sheets of 48 face cards and 24 mystery cards which can fit into a standard Guess Who game board. Parental assistance may be required to cut out game cards.

## Painted Rock Kits

Available: February 4

All ages

Paint a rock for Random Acts of Kindness Day on February 17th and give it to a special someone to tell them how terrific they are! Includes rock and paint.

## Tissue Paper Painting Kits

Available: February 7

Ages 4+

Create a work of art using tissue paper and water. Watercolour sheet & tissue paper provided.



## Hatch Your Own Pokémon Kits

Available: February 10

Who's that Pokémon? Hatch your very own Pokémon egg to find out, just add vinegar! Each kit contains 1 pre-made Pokémon egg with a surprise figure inside.

## Outdoor Ice Ornaments

Available: February 15

All ages

Make ornaments with ice, birdseed, cranberries, pine needles, and more! Not only are they pretty and fun to make, but they feed birds and sometimes even squirrels!

## Book Folding Craft Kit

Available: February 16

All ages

Upcycle discarded books by following our instructions to fold them into a work of art!

## World Whale Day Kits

Available: February 19

Ages 4+

Celebrate World Whale Day (Feb. 20) with a craft, wacky whale facts, and a booklist.

## Canvas Quote Art Kits

Available: February 22\*

Ages 16+

*\*Registration required for this kit. Visit [rdpl.org/events](http://rdpl.org/events) to register.*

Make your own canvas quote art. Marker, book pages, and glue provided.

## Pokémon Pom Pom Craft

Available: February 24

Ages 6+

Contains pom poms and felt pieces to make your own Pokémon!



**Early Literacy Storytime Kits (for March programs)**

Available: February 25  
Ages 3-5

Monthly kit includes literacy concepts, rhymes, activities and craft ideas. Participants registered in Toddler and Preschool storytime will automatically receive a kit.

**Sewing 101: Weighted Eye Bag**

Available: March 1  
For adults

Make your favourite woman an ultimate relaxation tool to celebrate the International Women's Day - weighted eye bag. Add roses to the wheat to scent if desired. Kits contain fabric, wheat, dry rose petals, and a sewing pattern.

**Dot Painting**

Available: March 9  
Ages 14+

Create a dot painting using a variety of dotting tools. Paint, canvas, and some tools provided.

**Wellness Kit**

Available: March 12  
Ages 6-12

Activities for mindfulness, healthy eating and movement.

**Cleaning Putty**

Available: March 15  
Ages 13+

Spring is here! Time for a spring cleaning kit! Kit contains materials to make cleaning putty for those hard to clean places.

**Vinyl LP Art Kit**

Available: March 16  
Ages 13+

Upcycle old Vinyl LPs into a work of art!

**Tree of Life Pendant**

Available: March 22\*  
Ages 16+

*\*Registration required for this kit. Visit [rdpl.org/events](http://rdpl.org/events) to register.*

Make your own beaded Tree of Life pendant.

**Tolkien Reading Day**

Available: March 25  
Ages 12+

Create your own hobbit door. Glue gun required.

**Reading Pals Literacy Activity Kits**

Available: March 28  
Ages 6+

Reading, writing, playing oh my! Practice literacy skills while also having fun.

Did you know you can borrow THESE with your library card?!

Explore our 'Library of Things,' Literacy Backpacks, and more at [rdpl.org/kits](http://rdpl.org/kits)

Videogames

Puzzles & Board Games

Instruments

Streaming Devices

# ANOTHER STORY

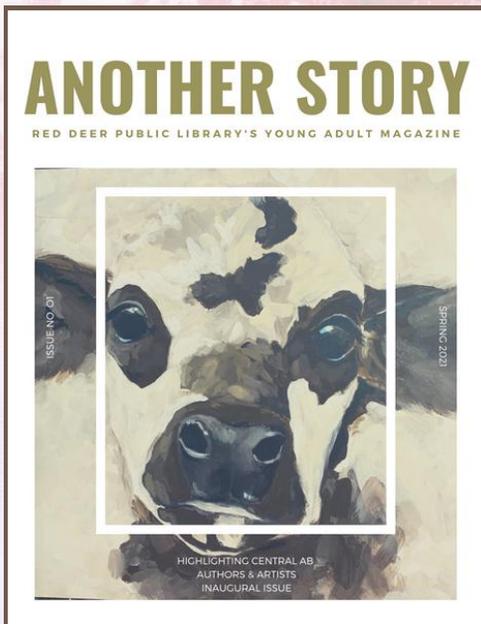
RED DEER PUBLIC LIBRARY'S YOUNG ADULT MAGAZINE

## CALL FOR SUBMISSIONS

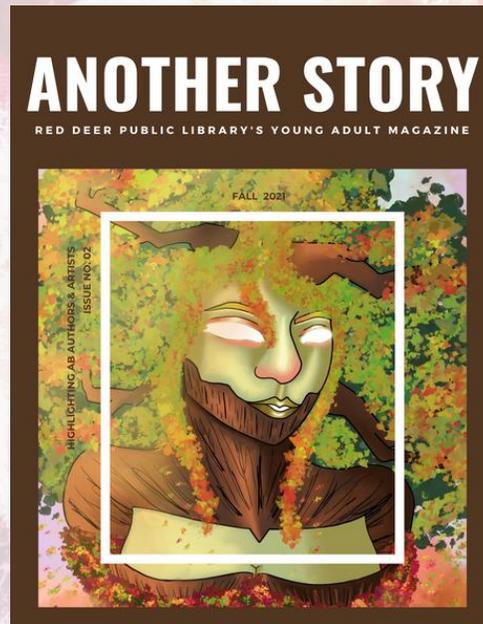
Red Deer Public Library is seeking submissions for our young adult magazine, *Another Story*, from Central Alberta creators ages 13-30. Submit your original art, photos, stories, poems, non-fiction, playscripts, or other creative work for a chance to be featured in our Spring 2022 issue.

Visit [rdpl.org/anotherstory](http://rdpl.org/anotherstory) or email [anotherstory@rdpl.org](mailto:anotherstory@rdpl.org) for details.

Deadline for submissions is March 1, 2022



*Spring 2021*



*Fall 2021*



*Coming soon!*

Pick up a free copy of the Fall 2021 issue at any branch while supplies last, or view digital copies of all past issues at [rdpl.org/anotherstory](http://rdpl.org/anotherstory).

# EARLY LITERACY PROGRAMS

Register online at [rdpl.org/events](https://rdpl.org/events)

## PJ Fun Storytime

Online via Zoom

Tuesdays

6:30 p.m.

All ages

Wear your comfy PJs and snuggle up for some rhymes, songs, and bedtime stories!

Winter session runs January 11 - March 29.



## Preschool Fun Storytime

Online via Zoom

Mondays

10:30 a.m.

Ages 3-5 years

Stories, rhymes, and songs for preschoolers and their caregivers.

Winter session runs January 10 - March 28.



## Toddler Fun Storytime

Outdoors in City Hall Park!

Wednesdays

10:30 a.m.

Ages 18 months - 3 years

Stories, rhymes, and songs for toddlers and their caregivers. We will stay moving to keep warm, and have fun playing with friends outside. Registration is required to a maximum of 20.

*In the case of bad weather, program will take place online via Zoom.*

Session One: January 12 - February 16

Registration opens December 15

Session Two: February 23 - March 30

Registration opens February 1



## Preschool Fun Storytime

Outdoors at the Timberlands Branch!

Fridays

10:30 a.m.

Ages 3-5 years

Stories, rhymes, and songs for preschoolers and their caregivers. We will stay moving to keep warm, and have fun playing with friends outside. Registration is required to a maximum of 20.

*In the case of bad weather, program will take place online via Zoom.*

Session One: January 14 - February 18

Registration opens December 15

Session Two: February 25 - April 1

Registration opens February 1



## Board Book Bundles for Babies!

Register online at  
[rdpl.org/babybundles](https://rdpl.org/babybundles)

Sign up to borrow a staff-selected bundle of board books along with a sheet of rhymes, an activity suggestion, and literacy tip! Bundles will be available every two weeks. More information will be sent upon registration.

# KIDS' PROGRAMS

Register online at [rdpl.org/events](https://rdpl.org/events)

## Chess Club

Online via Zoom

Mondays

5 p.m. - 6 p.m.

All ages welcome

Players of all skill levels are welcome.

*Co-sponsored by the Alberta Chess Association.*

Winter session runs January 10 - March 28.



ALBERTA  
CHESS  
ASSOCIATION



## Pokémon League

Online via Zoom

Thursdays

3:30 p.m. - 5 p.m.

All ages welcome

Do you want to be the very best, like no one ever was? Then come out and join other trainers online for a fun afternoon of everything Pokémon!

Winter session runs January 6 - March 24.



## Family Literacy Day Scavenger Hunt!

January 20 - January 27

Families - All ages!

Celebrate Family Literacy Day with our Literary Outdoor Scavenger Hunt! Pick up a clue sheet at any library branch (or print one from our website), find the locations, and solve the literary puzzles!

Submit your answers in person at any branch or by email to [programs@rdpl.org](mailto:programs@rdpl.org) by the end of the day on January 27 to be entered for draw prizes.

*Registration not required for this self-paced activity.*

## National Pokémon Day

Downtown Branch

Saturday, February 26

1 p.m. - 2:30 p.m.

All ages welcome

Celebrate the 26th anniversary of Pokémon by joining us for an afternoon of battling, trading, and activities!



## Virtual Children's Library Tours!

Book a virtual tour of any branch for your preschool, daycare, club, school class, or homeschooling family. Tours can include general library services for children, highlights of the buildings, stories, research help, library memberships, and more!

Contact [kdrok@rdpl.org](mailto:kdrok@rdpl.org)  
or [disbister@rdpl.org](mailto:disbister@rdpl.org).

# ADULT PROGRAMS

For full details, visit [rdpl.org/events](https://rdpl.org/events)

## First Thursday Concert Series

YouTube Live

Thursdays: January 6, February 3, March 3

12:15 p.m. - 1 p.m.

All ages

Tune in live on our YouTube channel to hear fantastic music during your lunch hour! Visit [rdpl.org/first-thursday](https://rdpl.org/first-thursday) for details.

## Travel Memories

Facebook Live

Wednesdays:

February 2: 2 p.m. - 3:30 p.m.

March 2: 6 p.m. - 7:30 p.m.

For adults

Guest speakers from our community talk about their travel adventures. Check [rdpl.org/events](https://rdpl.org/events) for information about the featured speakers.

*Recordings will also be made available on our YouTube channel.*

## What is Speechcraft?

Facebook Live

Monday, February 7

6 p.m. - 7:30 p.m.

For adults

Can you imagine a world without communication? The Speechcraft program will help you turn your speaking skills into a craft! Learn what this program is all about just in time to sign up for a four-week course in March.

*Co-sponsored by Sunrise Toastmasters and Red Deer Public Library.*

## Speechcraft for Everyone

Online via Zoom

Mondays, March 7, 14, 21, 28

6 p.m. - 8 p.m.

For adults

The Speechcraft program will help you turn your speaking skills into a craft to help advance your professional and personal communication through a condensed version of the Toastmasters member experience. Over this four-week course, participants will practice introducing themselves, impromptu and prepared speaking, evaluating others, and much more. The atmosphere is warm, encouraging...and fun!

*Co-sponsored by Sunrise Toastmasters and Red Deer Public Library.*

Registration  
Required

## Evening Artistry - The Virtual Version: "Starry Night"

YouTube Live

Monday, March 21

5:30 p.m. - 7:45 p.m.

Ages 16+

Paint along with Trish! Join the YouTube premiere to ask questions, and receive live responses. Registration for a supply kit is limited to 15, but a supply list will be provided for anyone wanting to follow along.

*Email [programs@rdpl.org](mailto:programs@rdpl.org) if you would like to have the supply list and link sent to you.*

Registration  
Required

# ADULT LITERACY

Visit [rdpl.org/adult-literacy](http://rdpl.org/adult-literacy) for more info

## About the Program

Red Deer Public Library's Adult Literacy Program matches adult learners with volunteer tutors who meet once a week at the library or online for two hours. The program provides support to Literacy and Foundational Learners. Basic skills may include literacy, numeracy, basic digital skills, English Language Learning, and skills for learning.

## Volunteers Needed!

We offer training and ongoing support to all of our tutors, and we can assure you that volunteering with the Adult Literacy program will be a unique and rewarding experience! Please consider volunteering with this life-changing, award-winning, program.



To learn more about becoming a student or volunteer contact:

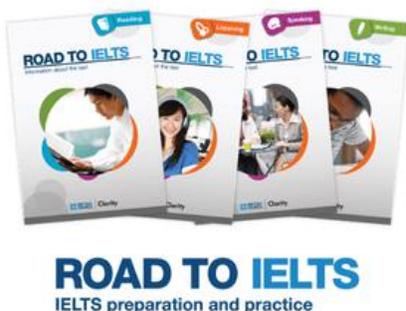
 Alla, Carolyn, or Lois: 403-346-2533

 [adultlit@rdpl.org](mailto:adultlit@rdpl.org)

 Dawe Branch Library(56 Holt Street)

## Featured Online Resource:

As one of the British Council's most popular online test prep courses, Road to IELTS will help you get ready for a great IELTS score!



## Pronunciation Class

Online via Zoom

Mondays and Wednesdays:

January 24, 26, 31, February 2, 7, 9, 14, 16

6:30 p.m. - 8:30 p.m.

For adults

Improve your pronunciation skills, overcome common problems with English pronunciation, and gain confidence in your ability to communicate in English.

Cost is \$30 per person.

Register at 403-346-2533 or [adultlit@rdpl.org](mailto:adultlit@rdpl.org).

Access Road to IELTS and other helpful online tools in our eLibrary at [rdpl.org/online-resources](http://rdpl.org/online-resources)

# BOOK CLUBS (& MORE!)

Register online at [rdpl.org/events](https://rdpl.org/events)

## Happy Ever After Book Club

Online via Google Meet

Mondays:

January 31, February 28, March 28

7 p.m. - 8 p.m.

For adults

A Book Club for Romance Fans! Join us to discuss selected romance titles.

Upcoming titles:

January 31: *Neon Gods* by Katee Robert

February 28: *Master of Desire* by Kinley Macgregor

March 28: *If the Shoe Fits* by Julie Murphy

## Fireside Readers Book Club

Online via Zoom

Wednesdays:

January 19, February 16, March 16

6:30 p.m. - 8 p.m.

For adults

Join us to discuss books chosen by Fireside Readers Book Club members. We read a wide range of books, both fiction and non-fiction, from classics to current best sellers.

Upcoming titles:

January 19: *A Sunday at the Pool in Kigali* by Gil Courtemanche

February 16: *Rising out of Hatred* by Eli Saslow

March 16: *The Western Wind* by Samantha Harvey

## Any Book Book Club

Online via Google Meet

Thursdays:

January 13, February 10, March 10

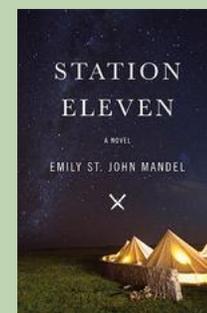
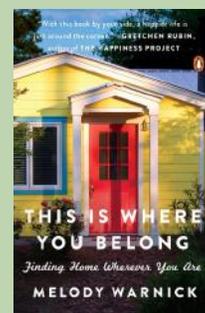
7 p.m. - 8 p.m.

For adults

Read any (yes, ANY!) book and join us for lively discussions with a great group of book lovers in this fun and informal book club.

## BOOK CLUB KITS

Looking for your next great book club pick? We've got your back! Our book club kits contain ten copies of a given title (and discussion questions!), so you don't have to worry about tracking down multiple copies for your group to read!



For more information about our book clubs and book club kits, visit [rdpl.org/bookclubs](https://rdpl.org/bookclubs)

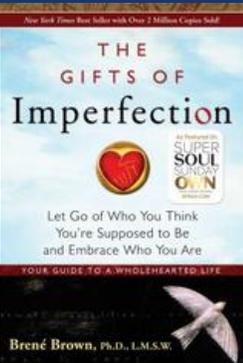
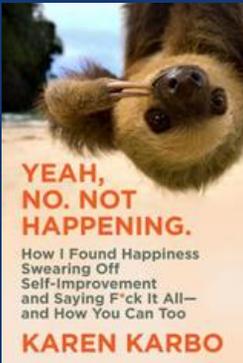
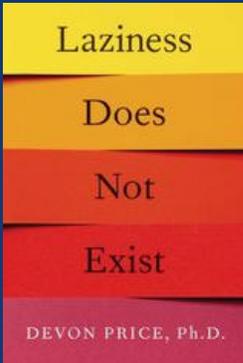
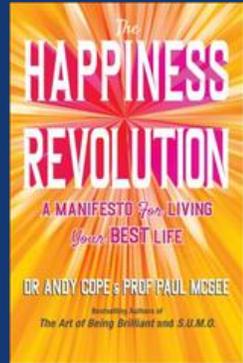
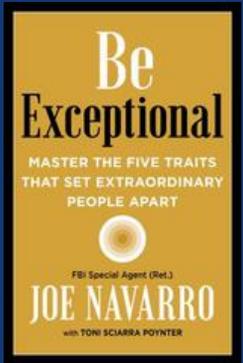
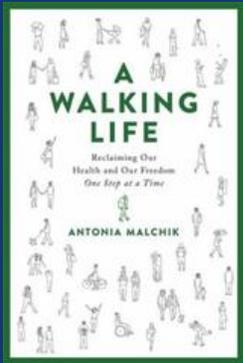
WE CHALLENGE YOU TO

# READ OUTSIDE YOUR COMFORT ZONE

with monthly reading challenges from Red Deer Public Library



Whether you want to start the new year with goals and resolutions or scrap that idea and celebrate what you've already got, we have the right book for you!



Submit the title you read at [rdpl.org/books](http://rdpl.org/books) for a chance to win a prize!

Check our website for new reading challenges at the start of each month.

## Friends of the Library Bag of Books Sale

Downtown Branch  
Thursdays:  
January 6, February 3, March 3  
1 p.m. - 3 p.m.  
All ages



Grab a surprise bag of books for only \$10!  
Bags are filled and organized by genre/audience. Books for all ages!  
All proceeds go to library initiatives.

## Packing a Punch: Big Stories in Small Spaces (Author Workshop)

Online Via Zoom  
Saturday, February 26  
1 p.m. - 3 p.m.  
For adults



Learn how to craft powerful narratives in as few words as possible from award-winning short story writer, Katie Bickell.

Working from a collective prompt, students will workshop a piece of flash fiction into a succinct-but-rich tale using a variety of tools. Students should expect to leave the course with a polished piece of flash fiction, as well as a list of flash fiction markets open to submissions.

## Book Buzz on Instagram Live!

Online on Instagram (@reddeerpubliclibrary)  
Tuesdays: January 18, February 15, March 15  
7 p.m. - 8 p.m.  
For teens and adults

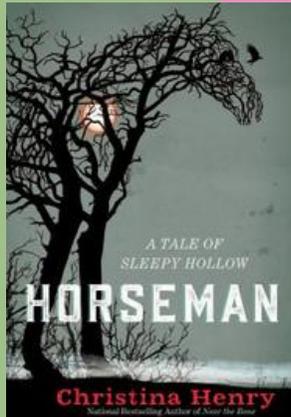
Join library staff on Instagram Live for new recommendations and mini book talks. Get a sneak peek at new books and films coming into the library, and recs for you while you wait!

## Lit Line: Call 403-342-9100

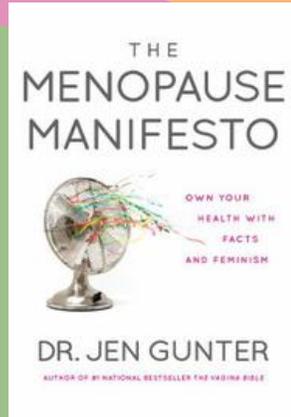
January: Joke of the day!  
February: Romantic book quotes.  
March: Expand your vocabulary with a new word every day!

# BEST OF 2021

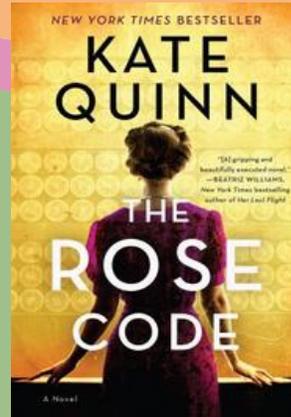
Here are our RDPL Staff favourites from the past year:



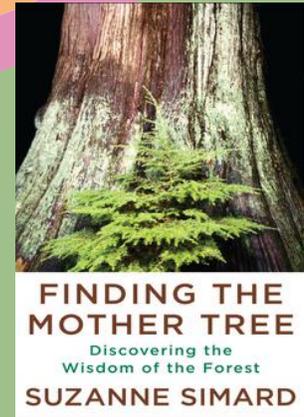
Jenn's pick



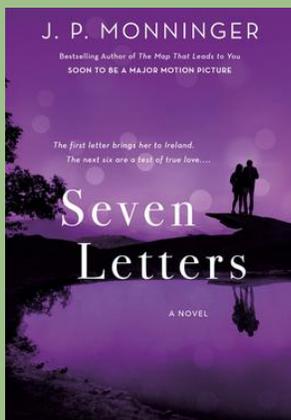
Tatiana's pick



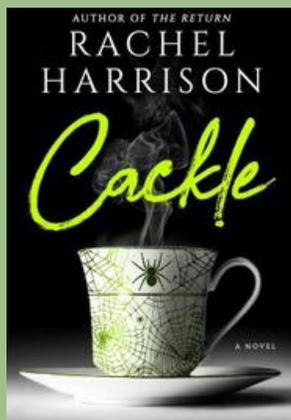
Michelle's pick



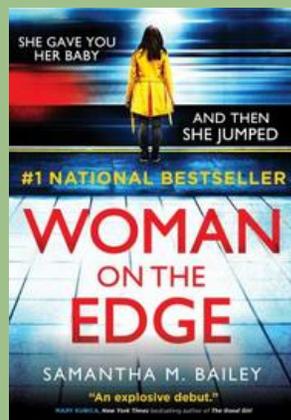
Shelley's pick



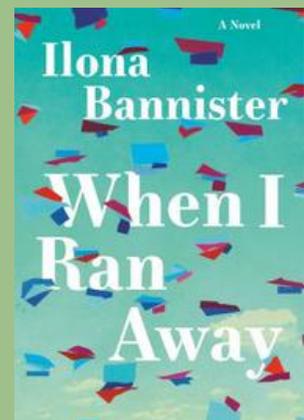
Sandra's pick



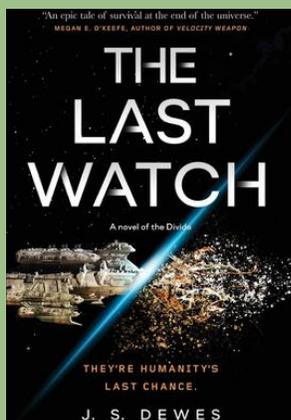
Sarah's pick



Janet's pick



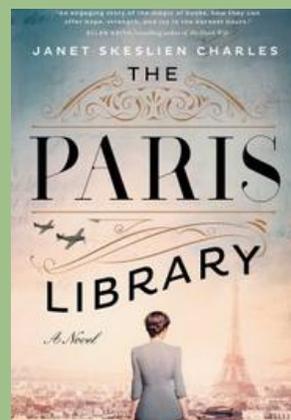
Candice's pick



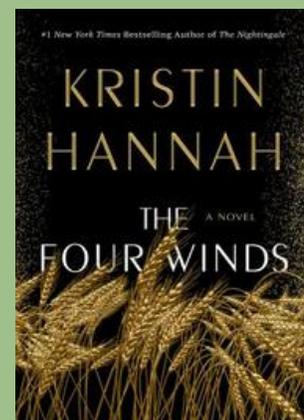
Alyssa B's pick



Trish's pick



Karen's pick

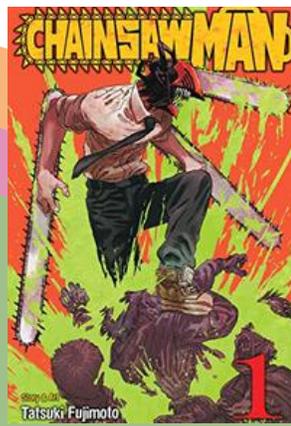


Michelle H's pick

Find these and other staff picks at [rdpl.org](http://rdpl.org)!



Jason's pick



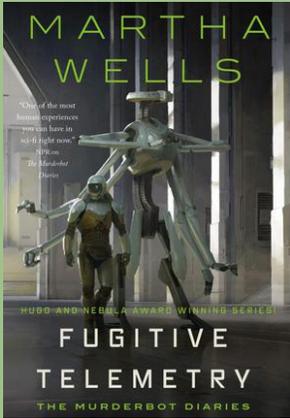
Simon's pick



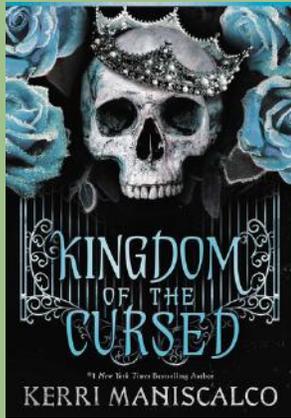
Elisa's pick



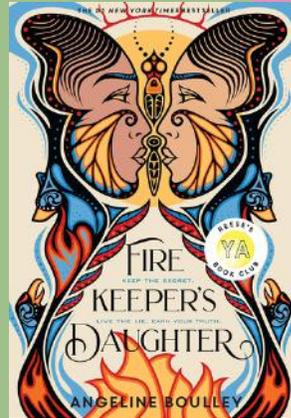
Claire's pick



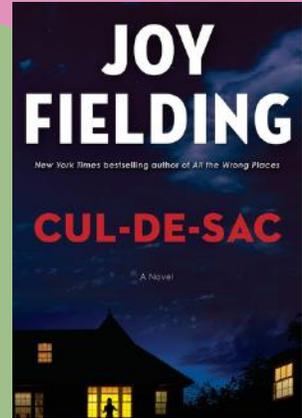
Sue's pick



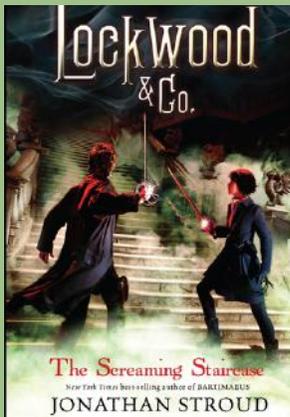
Jill's pick



Jessica's pick



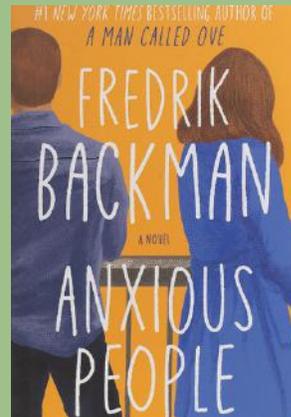
Cher's pick



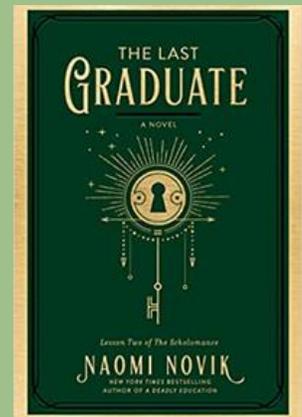
Laura's pick



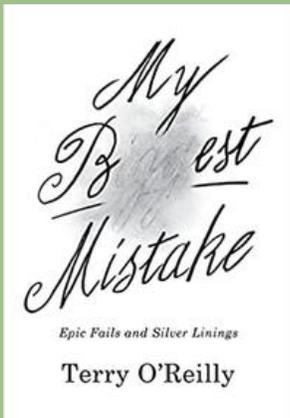
Andrew's pick



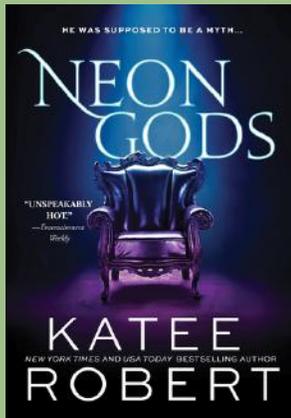
Donna's pick



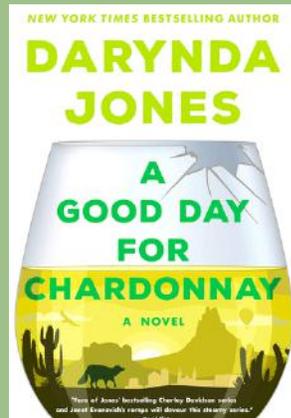
Summer's pick



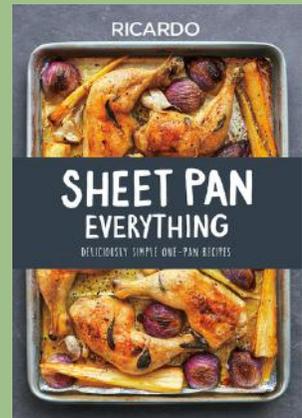
Priscilla's pick



Alyssa W's pick



Nina's pick



Briana's pick

# FOUR SEASONS OF WELLNESS

## Welcome to Walking Winter!

### Winter Walking Wellness Challenge

January 3 - February 28

Pick up a Walking Winter Bingo challenge from any library branch starting on January 3 or download it at [rdpl.org/wellness](http://rdpl.org/wellness). Complete all challenges to enter into the draw to win fabulous prizes!

Deadline to submit: Feb. 28, 2022

### Downtown Walk and Talk

Meeting place: Downtown Branch

Monday evenings:

6:45 p.m. - 7:15 p.m.

Tuesday afternoons:

12:15 p.m. - 12:45 p.m.

Beginning January 10

All ages welcome

This walking group led by RDPL staff will help you enjoy the downtown in a safe way. You can stay connected to other people, get new books from our curated displays, and add some activity into your day with our half hour walk. Join the evening or lunchtime walk – or both!

Register online at [rdpl.org/events](http://rdpl.org/events)

Registration  
Required

### Winter Walking Kits

Available: January 7

For adults

This kit contains useful items for your winter walks: two little hot packs, reflective bands, and a cozy for your travel mug. Pick up at any branch while supplies last (no holds!).

Call 403-346-4576 to confirm availability.

Kit to  
Go!

### Health Café: Winter Walking

Facebook Live

Wednesday, January 26

5:15 p.m. - 6 p.m.

For adults

Learn more about the benefits of winter walking from our panel of health and fitness experts. You will find out how mood and exercise are linked and we will discuss how to incorporate walking into your daily routine and how to dress for it in the winter. Self Care Journals, which include things like setting daily intentions, goal setting, mental health, and activity levels will be introduced.

*Presented by Red Deer Primary Care Network staff, Alberta Health Services staff, and RDPL staff.*

For more information, visit [rdpl.org/wellness](http://rdpl.org/wellness)

# HEALTH & WELLNESS

## More virtual programs to tune into!

### **Beginner Adult Yoga**

Online via Zoom

Wednesdays beginning Jan. 5

7 p.m. - 8 p.m.

For adults

Explore mindful movement, stillness, and reflection from the comfort of your own home. All levels and abilities welcome. Classes rotate between the following styles: Slow Flow, Yin, Yang/Yin, and Movement & Meditation.

Winter session begins January 5.

Register online at [rdpl.org/events](http://rdpl.org/events)



### **Transform Your Stress: The Resilience Advantage™ – Strategies for Managing Stress in Challenging Times**

Online via Zoom

Wednesday, February 16

6 p.m. - 7:30 p.m.

For adults

Stress affects people physically, mentally, and emotionally. Since the onset of COVID-19, many Albertans have identified feeling stressed. This free introductory course includes a basic discussion of stress plus looks at different ways to manage stress, including two HeartMath® breathing techniques.

*Co-sponsored by Alberta Health Services and Red Deer Public Library.*

Register online at [rdpl.org/events](http://rdpl.org/events)



### **The Harm Reeducation 101: Naloxone Training**

Facebook Live

Thursday, February 24

12 p.m. - 1 p.m.

For adults



The Harm Reeducation 101: Naloxone Training was designed to increase awareness of harm reduction practices and educate community members interested in acquiring the skills to support someone during an opioid poisoning. We hope to offer a safer learning environment for those who may be unfamiliar with the drug-using community.

*Co-sponsored by AAWEAR (Alberta Addicts Who Educate and Advocate Responsibly) and Red Deer Public Library.*

### **Nutrition for Healthy Bones**

Facebook Live

Thursday, March 3

3 p.m. - 4 p.m.

For adults

As we age, our bones get thinner naturally, but you can help slow bone loss and prevent broken bones with weight-bearing exercise and a diet rich in calcium and vitamin D.

Many foods are fortified with calcium and vitamin D, but many Canadians don't get enough. Learn more during this program!

*Co-sponsored by Alberta Health Services and Red Deer Public Library.*

# HEALTH Café



## Health Café:

### Gout, "Disease of the Kings"

Facebook Live

Monday, March 14

5:15 p.m. - 6 p.m.

For adults

Join Family Doctor Theo Kemp to learn more about Gouty Arthritis and the best ways to manage this condition.

*Presented by Red Deer Primary Care Network staff.*

## Unlock the Potential of Food: Ingredients for a Healthier Tomorrow

Facebook Live

Thursday, March 16

6 p.m. - 7 p.m.

For adults

Join Alberta Health Services dietitians during Nutrition Month 2022 when they will explore the key "ingredients" needed to change our food systems for a healthier tomorrow. These ingredients will take the form of actions that can improve an individual's health in addition to systemic changes that can be made, not just for today, but for the future.

*Co-sponsored by Alberta Health Services and Red Deer Public Library.*

# FINANCIAL LITERACY

Register online at [rdpl.org/events](https://rdpl.org/events)

## Canada Revenue Agency: Income Basics

Online via Microsoft Teams

Monday, January 10

6:30 p.m. - 7:30 p.m.

For adults

Learn the basics about tax returns, how to complete a tax return, what are some of the common deductions and credits, the ways to file a return.

*Co-sponsored by Canada Revenue Agency and Red Deer Public Library*

Registration  
Required

## Alberta Securities Commission: Cryptocurrency

Facebook Live

Monday, January 24

6 p.m. - 7:30 p.m.

For adults

Cryptocurrencies have grown in popularity in the news, online and even in our social circles. Join us as we walk through the fundamentals of cryptocurrency and the major considerations you should review before investing.

*Co-sponsored by Alberta Securities Commission and Red Deer Public Library.*

**Credit Counselling Society Presents:  
Holiday Money Hangover**

Online via RingCentral  
Wednesday, January 26  
6 p.m. - 7:30 p.m.  
For adults



The party's over, the damage is done and it is hard to remember exactly what happened. This workshop is designed to get rid of the holiday debt and encourage positive action so it is never an issue again.

*Co-sponsored by Alberta Credit Counselling Society and Red Deer Public Library.*

**Canada Revenue Agency:  
Digital Services for Individuals**

Online via Microsoft Teams  
Monday, February 7  
6:30 p.m. - 7:30 p.m.  
For adults



Find out how to access and use My Account, Online Services for individuals, Netfile and Auto-fill my return, Express NOA (Notice of Assessment).

*Co-sponsored by Canada Revenue Agency and Red Deer Public Library.*

**Credit Counselling Society Presents:  
Ending the Financial Feud: Love & Money**

Online via RingCentral  
Wednesday, February 23  
6 p.m. - 7:30 p.m.  
For adults



Love and relationships can bring us tremendous joy in our lives. However, combining love and money adds a layer of complication that most do not expect when we fall in love. In fact, the frequency of money-related fights is one of the biggest predictors of divorce.

*Co-sponsored by Alberta Credit Counselling Society and Red Deer Public Library.*

**Canada Revenue Agency:  
Seniors' Benefits**

Online via Microsoft Teams  
Monday, March 7  
6:30 p.m. - 7:30 p.m.  
For adults



Find out about common types of income and credits for seniors, Pension income splitting, Registered Retirement Savings Plan, OAS repayment, Medical Expenses, Home Accessibility Tax Credit, Authorizing a representative, Climate Action Incentive.

*Co-sponsored by Canada Revenue Agency and Red Deer Public Library.*

**Credit Counselling Society Presents:  
Planning for Post Secondary**

Online via RingCentral  
Wednesday, March 30  
6 p.m. - 7:30 p.m.  
For adults



Post secondary education is an important part of creating your teen's future. It enhances thinking and social skills and increases employability and income-earning potential. However, the post secondary system is vast and complex. Navigating the system requires clear goals and significant planning.

*Co-sponsored by Alberta Credit Counselling Society and Red Deer Public Library.*



**One-on-One Tech Help**

**Do you need help with your computer, tablet, eReader, or other device?**

Book a one-on-one technology help session with a member of our Tech Help Team! We provide individual consultation to suit your needs. We strive to respond to you within 48 hours to arrange an appointment.

**Book today! [rdpl.org/techhelp](http://rdpl.org/techhelp)**

# Comfort Food Favourites: Three Ways to Pasta Heaven

by **BRIANA EHNES**  
RDPL's Events & Innovation Manager

*"For me, cooking has always been an escape." – Briana*

## RECIPE #1: Shrimp Scampi

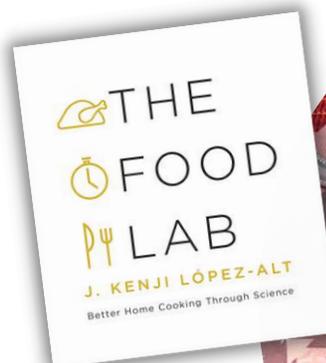
from *The Food Lab* by **J. Kenji López-Alt**

This is one of those recipes that you make once, and then continue to return to time and time again. I would serve this to my best company, or stage a fridge fight for the next day's leftovers - trust me when I say that it's just that good. Simmering the shrimp shells for added flavour is the key here (so don't skip on this step!), as the rest of the recipe is pretty straightforward. But it's the combination of a few key ingredients and letting them shine that makes this dish sing, and now if you'll excuse me, I really need to go make this again. Kick this recipe up a notch by making your own pasta (the combination of homemade noodles and this sauce is restaurant-level divine).

**Wine pairing:** Pinot Grigio or Sauvignon Blanc are light and crisp and pair nicely with this dish!

**W**hen January rolls around, I'm just starting to crawl out of a turkey haze when I'm hit with the stark realization that the festive sparkle of the holidays has given way to three more months of cold, dark winter. "Isn't it spring yet?" I usually ask myself sometime around mid-February, desperately willing the blustery snow to give way to fresh flowers and just-mowed lawns. I find this stretch of winter to be the longest and gloomiest of the year, so what better way to find some respite than treating yourself to a delicious meal?

For me, cooking has always been an escape. An exciting way to stretch my creativity and experiment, "travel" somewhere new to try a different cuisine, or return to comforting favourites. At my house, one of the simplest and most versatile dishes I turn to at this time of year is pasta. With an endless combination of recipes and ingredients, from stick-to-your-ribs comfort to light and healthy, pasta is literally the perfect meal for every occasion. Here are three of my favourite go-to dishes to enjoy this winter. Oh, and the best part? You can find all these recipes (and more) at Red Deer Public Library.





## RECIPE #2: Caramelized Onion & Yogurt Tagliatelle

from *Food52: Genius Recipes* by Kristen Miglore

I will admit I was skeptical when I saw this recipe and how few ingredients it had. I'm a pretty adventurous eater, but yogurt on pasta? It seemed borderline crazy. But somehow, the magic of the sweet caramelized onions contrasted with the tart creamy yogurt, the saltiness from the cheese, and the doughy bite from the noodles creates the perfect dish of comforting warmth. Two major selling points for this recipe? It's dead easy and quick enough to make for a weeknight meal, and it also has flavours reminiscent of a steaming plate of perogies. You're welcome.

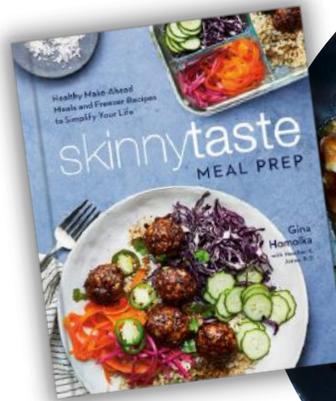
**Wine pairing:** Pairs well with a wine with some acidity, like a Sauvignon Blanc or a Chardonnay. You could also try a wine with a hint of sweetness - like a chilled Rosé or an off-dry Riesling!

## RECIPE #3: Baked Spinach Stuffed Shells

from *SkinnyTaste Meal Prep* by Gina Homolka

A time saver this recipe is not, at least not if you plan to cook it and eat it all in one day. However, I love this recipe because in addition to being delicious, it is a way to get some extra greens in your day. This recipe can also be meal prepped and refrigerated or frozen ahead of time, so you have a meal in a flash later on. When I made this, I had enough for two pans of pasta - one for dinner, plus one for the freezer to pull out later. And that makes the extra time needed to stuff the pasta shells totally worth it. Bonus points come from being a totally versatile starting point for your own creativity... you can change things up by using an alfredo sauce instead of a tomato sauce, subbing in other veggies (kale and spinach, sauteed chopped mushrooms), or adding in some cooked ground meat (crumbled Italian sausage would be amazing if you're not concerned about keeping it vegetarian).

**Wine pairing:** Pairs well with a glass of full bodied red, like a Cabernet Sauvignon or a Chianti.

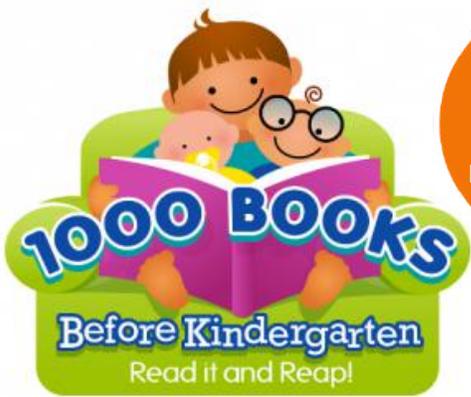


Follow Briana on Instagram to learn more about wine and wine pairings!  @unvined\_ab

# MORE TO LOVE FROM RDPL!

Visit us online to keep exploring: [rdpl.org](http://rdpl.org)

## Reading Incentive Programs



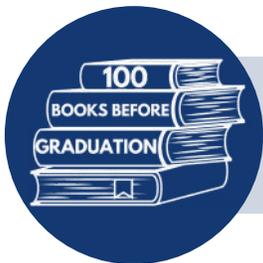
Receive a FREE book just for registering!

...and more rewards along the way!

This free, self-paced reading reward program encourages families to spend quality time together and promote pre-literacy and learning by reading 1000 books before your child starts Kindergarten!

For kids ages zero to entering Kindergarten!

Register at [rdpl.org/1000-books](http://rdpl.org/1000-books)



**100 Books Before Graduation!**

A reading reward program for grades 9+!

Win prizes for every 25 books read!

Complete the full 100 books to receive the grand prize!

Register at [rdpl.org/100-books](http://rdpl.org/100-books)

SHARE SOME LIBRARY LOVE



# VOLUNTEER

with RDPL's Home Service Program

Become a Home Service Volunteer and help bring the joy of books to people who are unable to visit the library.

Spend ONE HOUR every THREE WEEKS picking out and delivering books to a grateful library customer, and then returning books to the library.

Volunteers must be 18 years of age, have transportation, and get a criminal record check. Training will be provided.

Contact [homeservice@rdpl.org](mailto:homeservice@rdpl.org) to learn more.



## Stay in the loop!

Get the latest about library events, new programs and services, and other library news delivered right to your inbox.

Sign up at [rdpl.org/eNewsletter](http://rdpl.org/eNewsletter)

# Part of the Story

## Red Deer Public Library's Official Podcast

Tune in as we chat about books, movies, music, pop culture, libraries, Red Deer happenings, and more.

Listen wherever you download your podcasts or stream at [anchor.fm/partofthestory](https://anchor.fm/partofthestory)

Since 2018, Sage Black and Claire Brown have hosted RDPL's podcast *Part of the Story*. We have been very excited to welcome two more hosts, Shannon Lirondelle and Sarah Spurr, over this past year. Creating the podcast (and our cringey first episodes!) shows how far we've come, and all we've learned. We are excited to see where *Part of the Story* goes next!

We asked Claire and Sage to share their five favourite podcasts!



### Claire's Top Five

 @whatcsees

#### 1 SMARTLESS

"Hosted by Jason Bateman, Sean Hayes, and Will Arnett. I mean, need I say more? I will. They surprise each other with guests, and it's like hanging out with friends."

#### 2 MAKING SENSE WITH SAM HARRIS

"Though at times a controversial figure himself, Harris' guests discuss big and interesting topics and theories. Do I feel smarter after? Yes. Do I understand all of it? No."

#### 3 THE BALD AND THE BEAUTIFUL

"I love drag queens Trixie & Katya. Like, LOVE. And I consume all their content which means I also love this pod."

#### 4 THE WATCH

"Primarily a pop culture pod focusing on TV. It's like having that watercooler conversation about your favourite show (Succession, and others, I guess...) with people as obsessed as you are."

#### 5 THE BIG PICTURE

"I love movies, and this pod is all about movies. If you're just getting started, find a 'Movie Draft' episode, you'll get invested, and you'll have \*many\* opinions. I always have many opinions."



### Sage's Top Five

 @sblackrdpl

#### 1 THE H3 PODCAST

"Husband and wife duo Ethan and Hila Klein, along with their lovable and hilarious crew, satirize internet culture and discuss the happenings of the online world they have been a part of since 2011. They have me laughing at home, by myself, daily."

#### 2 FOOD PSYCH PODCAST

"An amazing listen for anyone who has struggled with body image, eating disorders, weight, and size acceptance. Christy Harrison, MPH, RD, CEDS and her variety of guests have a deep understanding of the world some of us live in."

#### 3 SIMPLYPODLOGICAL

"The podcast from SimplyNailogical, aka Cristine Rotenberg, Crime Statistics Analyst for the Canadian Government by day, YouTuber by night. She and her partner Ben discuss politics, unpopular opinions, and internet shenanigans... but in a very insightful way."

#### 4 DARK HISTORY WITH BAILEY SARIAN

"Makeup artist and lover of true crime, Bailey Sarian is a master storyteller of the dark and twisted history of the United States and other places around the world. Why didn't they teach us this stuff in school?"

#### 5 VERY REALLY GOOD

"Canadian Comedian Kurtis Conner talks about stuff he thinks is funny, sometimes with his friends, sometimes alone. Either way, it's a chill podcast that will provide some giggles when you're laying on the couch but should be cleaning the kitchen... oh, just me?"

## LOCATIONS

**Downtown Branch**  
4818-49 Street

**Dawe Branch**  
56 Holt Street

**Timberlands  
Branch**  
300 Timothy Drive

## HOURS

**Monday - Thursday**  
10 a.m. - 8 p.m.

**Friday**  
12 p.m. - 5 p.m.

**Saturday**  
10 a.m. - 3 p.m.

**Sunday**  
CLOSED

## CLOSURES

**Saturday, January 1**  
(New Year's Day)

**Monday, February 21**  
(Family Day)

## CONTACT US

**Phone:**  
403-346-4576

**Email:**  
inquiries@rdpl.org

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the Red Deer Public Library community  
*on our* **website & social media!**

**rdpl.org**



**be a part of the story**