

CHAPTERS

THE NEWSLETTER OF THE SHREWSBURY PUBLIC LIBRARY — FALL 2022



The Shrewsbury Public Library teen room, ready to receive a batch of new patrons with the start of the school year.

A letter from Library Director Priya Rathnam:

I've received many compliments on the robust slate of programs that are offered at the library for people of all ages. From early literacy programs for our youngest patrons to quirky and fun activities for teens, to health and wellness programs for adults, and music and entertaining events for families, there's something for everyone! In addition to our regular offering of recreational and informative events, during the past year, the library has hosted expert speakers who gave us tips on dealing compassionately and effectively with people living with dementia and people experiencing homelessness. Library staff and community members had the opportunity to engage in community conversations with civic leaders and gain insight from members of various ethnic groups. We heard from indigenous leaders, climate justice specialists,

speakers from the LGBTQ+ community, a Muslim journalist who invited the audience to ask him any questions on Islam, and a music historian who presented A History of Blues in America. These programs were possible because of a federal grant that we received for "Library as a Civic Hub." The grant period is over, but we want to continue hosting events that will foster empathy and improve our understanding of our neighbors and fellow human beings.

In that vein, I'm excited to bring a unique event to our library! We're partnering with the Human Library® headquartered in Copenhagen, Denmark, to bring a special experience to our community. The tagline of the Human Library® is "unjudge someone." We will be applying the principle, "Don't judge a book by its cover," to people, as they are the "books"

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in the Human Library.® The “books” in this library are people who represent a group that has been exposed to stigma, stereotyping, or prejudices. These are typically based on occupation, ethnicity, religious belief, gender, cultural background, health, social status, lifestyle or disability. “Books” volunteer to talk about their personal experiences and answer questions from readers.

You could be a “book” in the Human Library® if you identify yourself as being a member of a minority group, or if you are a neurodivergent person, and if you are willing to challenge prejudice by sharing your experiences. If you want to shed light on the facts as you know them and are willing to address a topic that is difficult to access normally, you can volunteer to be a “book.” You will receive virtual training from the organizers in Denmark. The readers are patrons who wish to participate in this activity in the safe setting of the library. The event that will bring together “books” and readers is scheduled for Saturday, November 5th. There will be about 10–12 “books” from different backgrounds and life experiences. Readers will be able to “check out” books for about 30 minutes to have conversations with them.

If you are interested in being a “book,” please contact me by sending an email to prathnam@shrewsburyma.gov. I’m eager for our library to join the libraries and educational institutions in more than 80 countries that have hosted this activity. You can learn more about the Human Library® at <https://humanlibrary.org/>.

Sincerely,

Priya Rathnam

THANK YOU TO OUR SUNDAY SPONSORS

I would like to thank the businesses and individuals who have contributed to the Sunday season starting in October 2022:

- *Shrewsbury Federal Credit Union: Eight Sundays*
- *Dr. Dale Magee and Mrs. Melanie Magee: Four Sundays*
- *Dr. Anne Larkin and Mr. Peter Larkin: Two Sundays*
- *In memory of James. A. Heedles: One Sunday*
- *Bette and Rick Kirby: One Sunday*
- *David and Kathleen Rocheleau: One Sunday*
- *Jack and Nancy Collins in remembrance of Dr. John P. Collins: One Sunday*
- *An anonymous donor: One Sunday*

If you would like more information about our Sunday sponsorship program, please contact Library Director Priya Rathnam at 508-841-8537 or send an email to prathnam@shrewsburyma.gov.

FRIENDS OF THE LIBRARY

Annual Meeting of the Friends of the Shrewsbury Public Library

On Wednesday, September 28th, the Friends of the Library will have their annual board meeting at 6:30 p.m. Following their business meeting, author and speaker Beverly Beckham will give a talk that the public is welcome to attend. Beverly Beckham began her writing career in 1979, and her articles and essays have appeared in newspapers and magazines around the world. Beckham wrote columns and editorials for the *Boston Herald* for 20 years and currently writes a Sunday column for the *Boston Globe*. Beckham is the author of *A Gift of Time*, a collection of personal essays; *Back Then, a Memoir of Childhood*; and *The Best of Beverly Beckham*, a *Boston Globe* e-book. Beckham's articles often give a voice to people who cannot speak for themselves. However, she is most known for her reflective words and ability to make her readers appreciate the extraordinary joys in everyday life. No registration required.



SHREWSBURY PUBLIC LIBRARY FOUNDATION

The SPL Foundation is sponsoring two talks as part of their Distinguished Lecture series.

Thursday, September 15th, 7:00–8:00 p.m.: Dr. Sanjiv Chopra, speaker, thought leader, author of a number of bestsellers

In this talk, Dr Sanjiv Chopra will reflect on the four major tenets of happiness. What are the lessons we have learned from ancient and modern day philosophers? What can we glean from the longest study — ongoing for almost four decades — on what makes a good life? What are the two most important days in one's life journey? What is the key to sustained and lasting happiness?

This will be a hybrid event that will take place at the library, and will also be offered on Zoom, livestreamed on Facebook, and recorded by Shrewsbury Media Connection. Registration is required for in-person and Zoom attendance.

Sunday, November 13th, 2:00–3:30 p.m.: Stephen Puleo, author, historian, teacher, and public speaker

Stephen Puleo has published seven narrative history books, including his most recent: *Voyage of Mercy: The USS Jamestown, the Irish Famine, and the Remarkable Story of America's First Humanitarian Mission*. He will be discussing this book.

"Puleo has found a new way to tell the story [of the Irish famine] with this well-researched and splendidly written chronicle of the Jamestown, its captain, and an Irish priest who ministered to the starving in Cork city ... Mr. Puleo's tale, despite the hardship to come, surely is a tribute to the better angels of America's nature, and in that sense, it couldn't be more timely." ~*Wall Street Journal*

Mr. Puleo's books will be available for sale, and cash or credit cards will be accepted.

ADULT SERVICES & PROGRAMS

Introduction to Personal Finance

Wednesday, September 7th
7:00–8:15 p.m.

This workshop, run by professor Merwyn Figueiredo, will help attendees learn about the financial planning process and how to use financial statements and budgets to help increase their savings and net worth.

How to Stress Less and Thrive By Shifting What's Keeping You Emotionally Stuck

Thursday, September 8th
6:30–8:30 p.m.

Attend this dynamic workshop to learn how to calm emotional stress in the moment, clear triggers causing emotional stress, strengthen the immune system, and reduce chronic pain. Presenters Brad and Pamela Thompson will share knowledge and tools on how to release stress, anxiety, feelings of being overwhelmed, fear, worry, chronic pain, and more. Participants will be able to immediately use a powerful self-help technique to reduce the harmful effects of stress.

Sponsored by the Friends of the Shrewsbury Public Library.

Medicare Educational Workshop

Monday, September 12th
7:00–8:00 p.m.

Would you like to see a simple explanation of Medicare? Are you new to Medicare, getting ready for open enrollment, or do you have some burning questions? Please join us to hear Russ Swallow, a Certified Senior Advisor™ and WCRN 8:30 AM Radio show host of "The Medicare Advisor." Russ will cover all the "moving parts" of Medicare with simple explanations.

Author Talk: Cheryl Melody Baskin

Tuesday, September 20th
7:00–8:00 p.m.

Award-winning author Cheryl Melody Baskin presents two of her award-winning, motivational self-help books, *Peace Dreamer: A Journey of Hope in Bad Times and Good* and its sister book, *Heart-Dreamer: Stepping into Life, Love, Creativity and Dreams — No Matter What*.

In her presentation, Melody (Baskin's preferred first name) shares her specific reasons for authoring each book, reads meaningful sections, shares samples of poetry and songs woven within each book, and warmly invites interactive participation.

12 Lifestyle Factors That Affect Our Well-Being More Than Food

Thursday, September 22nd
7:00–8:00 p.m.

Twelve lifestyle factors affect a person's well-being more than food. People are taught to change their diets and eat lots of organic fruits and vegetables; however, what people put into their mouths is not their only source of nourishment. If someone has already changed their diet and still feels unhealthy or lacks passion and energy, they may be lacking in one or more of the 12 lifestyle factors that supports a healthy and fulfilling life. In this workshop, participants will discover the factors that affect their wellbeing and truly nourish them as well as create an action plan for a happier and healthier life.

Mekong River Journey

Saturday, September 24th
2:00–3:00 p.m.

In this program, world traveler Bob DeCoteau will share his experiences from his trip up the Mekong River from Ho Chi Minh City (Saigon), Vietnam, to Siem Reap, Angkor Wat, Cambodia, during which he traveled by small boat to get a better view of life along the riverbank. Participants will experience the growth of the modern city of Saigon and trace the history of this fast-growing metropolis. Next participants

will cross over into Cambodia and see life on one of the largest lakes in Southeast Asia, known as the Tonlé Sap. While in Cambodia, participants will spend time at the largest religious temple monument in the world, Angkor Wat.

Sponsored by the Friends of the Shrewsbury Public Library.

Meditation for Healthy Living

Thursday, September 29th
7:00–8:00 p.m., virtual

Gerry Gorman has been practicing meditation for over 30 years. At this workshop, he will present research on how meditation can improve physical, mental, and spiritual health, as well as effective methods for creating a more satisfying lifestyle. In this presentation, participants will learn effective strategies and a simple but profound meditation technique that will help remove stress and worry. Participants will also have a chance to practice this simple technique, which can reduce stress, enhance relaxation, and promote inner growth.

Halloween Hauntings

Monday, October 3rd
7:00–8:15 p.m.

Halloween Hauntings will feature actor Michèle LaRue as she performs two American suspense tales: "The Shadows on the Wall" and "The House That Was Not." Both were written in the days of ominously flickering candles and kerosene lamps, and more than 100 years later, they're even scarier!

Sponsored by the Friends of the Shrewsbury Public Library.

The Music of West Africa

Tuesday, October 4th
7:00–8:00 p.m.

Musician Sean Gaskell will give a performance and educational demonstration on the kora, an ancient, 21-stringed harp from West Africa. He will feature traditional songs that are the heart and soul of the kora's musical repertoire.

Sponsored by the Friends of the Shrewsbury Public Library.

Detox Your Mind Through Meditation

Thursday, October 13th
7:00–8:00 p.m., virtual

The world is a stressful place and there are many factors that can have a negative impact on someone's daily life. Join long-time meditator Gaurav Singh and learn how to implement a simple yet very powerful meditation technique that can be life changing.

Diwali Art Workshop

Wednesday, October 19th
6:00–8:00 p.m.

Diwali is celebrated by Hindus all around the world, and the celebration lasts five days. This year the festival of Diwali is on October 24th. Come learn about Hindu culture and celebrate the holiday with beautiful arts and crafts. The first craft is Diya, or lamp decoration, and the second one is Rangoli, which are colored sand art decorations. Attendees are welcome to dress in traditional Indian clothing and jewelry.

Sponsored by the Friends of the Shrewsbury Public Library.

Feasting From the New England Seaside

Wednesday, October 26th
7:00–8:00 p.m., virtual

The beautiful shorelines of New England offer an amazing variety of fresh seafood. During class, chef Liz Barbour of The Creative Feast will share her tips about buying, storing, and preparing seafood at home. Liz will demonstrate two recipes beloved by past attendees.

Sponsored by the Friends of the Shrewsbury Public Library.

Halloween Harvest

Thursday, October 27th
7:00–8:00 p.m.

This program, led by Davis Bates,

Registration is required for most programs.

is a wonderful way to celebrate the harvest season, Halloween, and New England regional culture. It will include stories and songs designed to entertain, educate, and create a feeling of community while encouraging a connection to and an awareness of the seasons and folk traditions of a variety of cultures from the region and around the world.

Meditation for a More Balanced Life

Thursday, November 3rd
7:00–8:00 p.m., virtual

Scientific studies have proven that the practice of meditation provides deep relaxation to the body that helps reduce stress and tension. Meditation is the key to a more balanced life. Learn a simple and natural method of meditation that will help enhance your life. Please join Ajili Hodari, Esq., long-time meditator, for this powerful program.

Upstander Short Film Screening

Wednesday, November 9th
7:00–8:30 p.m.

Join the library and Learning Director Mishy Lesser for a screening of three short films from the Upstander Project: *Dear Georgina*, about one woman's story of Native American child removal; *Bounty*, about the scalp-bounties on the Penobscot people in the 1800s; and *First Light*, about the Maine Wabanaki-State Child Welfare Truth and Reconciliation Commission's investigation of the cultural genocide of Native people in Maine.

Sponsored by the Friends of the Shrewsbury Public Library.

Get Organized in 2023!

Tuesday, November 15th
6:00–7:00 p.m.

This fun and interactive workshop will get participants focused on organizing goals. Jenna Elliott, founder of The Naked Flower, Professional Organizers, will share tips on new ways to think about

possessions, creating better habits to help tackle clutter, utilizing calendars and to-do lists more effectively, where to start the purging process, and organizational resources such as www.thenakedflower.com.

Sponsored by the Friends of the Shrewsbury Public Library.

Stealing Rembrandts

Tuesday, November 29th
7:00–8:00 p.m.

Rembrandt has been the chief target of art thieves because many consider him to be the greatest painter in history. His acclaim, and the fact that his works are in every major museum, make him irresistible to thieves looking for get-rich-quick schemes. However, what becomes of the paintings after they are stolen? What do thieves think they will do with the works once they have them? Anthony Amore, author of *Stealing Rembrandts*, will explain the answers to these questions based on his years of experience investigating art heists.

Sponsored by the Friends of the Shrewsbury Public Library.

English Conversation Circle

Four weekly sessions are offered: **On Zoom on Tuesdays from 3:00–4:30 p.m. and on Saturdays from 10:30 a.m.–12:00 p.m., in person at the library on Wednesdays from 10:30–11:30 a.m., and in person at St. Anne's Church on Fridays from 10:00–11:00 a.m.** These sessions are for adults who wish to practice their English conversational skills. The facilitators make the sessions engaging, interactive, and fun. To register, send an email to splreference@cwmars.org.

Memory Café

Our Good Day Memory Café meets on the **first and third Friday of the month from 2:00–3:30 p.m.** A memory café is a welcoming place for people in the early stages of Alzheimer's or other forms of dementia and their care partners. Facilitators and volunteers enliven the meetings with conversation, music, or other activities to entertain guests.

Children's Room

Ongoing Programs

Infant Explorers

1st and 3rd Monday of every month at 10:00 a.m.

A program for the littlest patrons to explore the world around them! This sensory program will have children 0–2.9 years old explore through touch, sight, and sound. This program is intended for parents to engage 1-to-1 with their children. Registration required.

Book Beats

Tuesdays at 10:00 a.m.

A lively early literacy music and movement program for ages 2–4 years with a caregiver. Siblings welcome. Admittance tokens required.

Babies, Books, & Bubbles

Wednesdays at 10:00 a.m. or 11:00 a.m.

Enjoy songs, fingerplays, and books with the littlest listeners. Babies from birth to age 2 are welcome along with their caregivers. Admittance tokens required.

Wiggle Words

Thursdays at 10:00 a.m.

Join the children's librarians for singing, dancing, and stories. For walkers up to 3 years with a caregiver. Siblings welcome. Admittance tokens required.

Tinker Time

Fridays at 10:30 a.m.

Tinker Time is a fun, hands-on learning program for older toddlers and preschoolers. Together parents and children can explore a variety of age-appropriate STEAM (science, technology, engineering, art, and math) and early-literacy stations. This is a drop-in program. No registration is required, but please note that space is limited.

Grandparent's Day Take-Home Kit

Thursday, September 8th Starting at 10:00 a.m.

Celebrate grandparents with a take-home kit geared toward children ages 3+. Available while supplies last.

Courtyard Storytime

Monday, September 12th 10:00 a.m.

Join Miss Sonja for singing, dancing, and stories in the fresh air. No registration or tokens needed. Geared toward kids age 1+. In the case of inclement weather, the program will be canceled.

Banned Books Month

September is Banned Books Month and the children's room is celebrating by hosting a reading challenge on Beanstack. Read a banned book, log and review the book, and you will be entered into a prize drawing. Check out our website for more information.

Batman Day

Saturday, September 17th 2:00 p.m.

Celebrate Batman with a movie and activities! For kids of all ages who love Batman! Costumes optional, but highly encouraged!

International Day of Sign

Friday, September 23rd All day

On this day, the children's room will have activities promoting and teaching American Sign Language. Check out the library's online calendar for details.

National Hispanic Literacy Month

September 15th–October 15th

During National Hispanic Literacy Month, the children's room will host themed programs, activities, and book displays. Check out the library's online calendar for details.

Fire Safety Storytime

Wednesday, October 12th 1:00 p.m.

The children's librarians will be at the Shrewsbury Fire Station (11 Church Road) for stories and fun with firefighters! Pre-registration is required.

Booook-tacular Reading Challenge

Throughout the month of October, kids are encouraged to track their reading on Beanstack. Participants will be rewarded with prizes and maybe even some candy! Check the library's website in October for more information.

TEEN PROGRAMS

Get Organized with Bullet Journal

*Thursday, September 8th
3:30 p.m., Grades 7–adult*

Join us to learn the basics of The Bullet Journal Method. Sort out your schoolwork, your schedule, your thoughts, and maybe your life! Whether you're uber-organized or a hot mess, there's something for everyone.

Teen Advisory Launch Party

*Monday, September 19th
8:00 p.m., Grades 5–12*

What is Teen Advisory? It's a way for teens to connect with the library and make their voice heard. It's a chance for teens to see their ideas and opinions come to life. It's an easy way to earn volunteer credit by attending monthly meetings. Join us for our launch party where we'll plan what we want to accomplish this year.

Teen Advisory Meeting

*Mondays, October 17th
and November 21st
8:00 p.m., Grades 5–12*

Let's get together and talk about how to make our teen room (and our library) the ABSOLUTE BEST. Our teen advisory group plans and runs library programs, chooses book displays, decides which books and other materials to add to the library's collection, and more!

Scary Stories in the Cemetery

*Monday, October 24th,
6:30 p.m., Grades 5–12*

We're gathering after dark for a spooky storytime at Mountain View Cemetery. We'll walk among the graves, then settle in for some scary stories. Snacks provided!

Make a Sock Monkey

*Tuesdays, November 1st–22nd
3:30 p.m., Grades 5–12*

Make a classic stuffed toy: the sock monkey! Fun to keep or give as a gift. In this four-part series, we'll cover basic sewing skills such as threading needles and the whip stitch, then cut, stuff, and sew our fun new friends.

Registration required for all programs.

you can register your little one, visit our website <https://bit.ly/3KWf6ID>.

StoryWalk®

Visit the StoryWalk® at Lake Street Park (430 Lake Street) and stroll through a new picture book every month. Don't forget to look for additional special activities when you are there!

For more information about these programs and more:

Sign up for our Children's Services e-newsletter for exclusive content at <https://bit.ly/3gQ5edS>

Sign up for the Teen e-newsletter at <https://bit.ly/3SS8cCb>

Check out the online events calendar for children's and teen programs at <https://bit.ly/3iz89YT>

Follow us on Facebook at <https://bit.ly/2PLwfU7>

Follow us on Instagram @[SPLChildrensRoom](https://www.instagram.com/SPLChildrensRoom)

Scan the QR code to see all of the Shrewsbury Public Library's programs.



STEM Week

Massachusetts STEM Week is *October 17th through October 21st*, and the children's room is participating by offering science, technology, engineering, and math programs for kids of all ages! Check out our online calendar for more information.

Trick-or-Treat Storywalk®

*Saturday, October 29th
10:30 a.m.*

Join the children's librarians at Lake Street Park for Halloween fun! Come in costume, read the story along the path, and trick-or-treat for candy! While supplies last.

Family Literacy Month

November is Family Literacy Month, and the children's room is celebrating with special all-ages programming, including a reading challenge on Beanstack. Check our website for more information.

Garden Club Thanksgiving Greens

*Monday, November 21st
5:30 p.m.*

Join the Shrewsbury Garden Club and make Thanksgiving table centerpieces. Registration required.

1,000 Books Before Kindergarten

The library is taking part in this exciting national literacy program for kids ages 0+ and their families. Read to your child, log reading activity, and win free books and a t-shirt upon completion! For more information and to see how

SHREWSBURY PUBLIC LIBRARY
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Shrewsbury, MA 01545

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CHAPTERS

THE NEWSLETTER OF THE SHREWSBURY PUBLIC LIBRARY — FALL 2022

ECRWSS
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Shrewsbury, MA 01545



Library Hours

Mon.–Thurs. 9:00 a.m.–9:00 p.m.
Fri. 10:00 a.m.–5:00 p.m.
Sat. 9:00 a.m.–5:00 p.m.
Sun. 1:00 p.m.–5:00 p.m.
(Oct.–May)

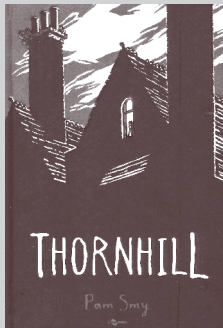
Contact Information

Phone: 508-841-8609
Fax: 508-841-8524
www.shrewsburypubliclibrary.org



Thornhill by Pam Smy

Thornhill is a dark, creepy, page-turning graphic novel that unfolds through parallel story lines — that of Mary, a tormented orphan whose story is told through 1980s diary entries, and that of Ella, a present-day loner whose story is told through her artwork. Unease permeates every aspect from the get-go, intensifying as Ella and Mary's mysterious stories unravel and eventually intersect. With sinister illustrations, an ominous plot line, and a haunting ending, this is a truly spooky work of gothic horror.



~Amanda

—STAFF PICKS—

Book Lovers by Emily Henry

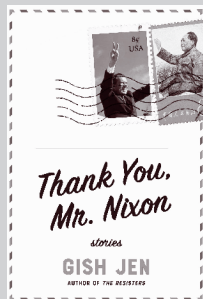
This charming and incredibly well-written novel is Henry's finest to date. With small town vibes and Hallmark movie-worthy side characters, *Book Lovers* is a refreshing take on the enemies to lovers trope. The banter between the main characters is top-notch and the more serious themes are told delicately. There is something very special about Emily Henry novels, and I believe it's the way she describes emotions. Her words have a way of reaching through the page to touch the reader. Highly recommend it!



~Monika

Thank You, Mr. Nixon by Gish Jen

Through 11 linked stories, the author, Gish Jen, provides insight on U.S.-China relations since 1972, when Nixon visited China. Some of the characters in *Thank You, Mr. Nixon* appear in various stories, sometimes as young people and again as mature people in different settings. Their fictional accounts provide a glimpse into the immigration experience, life in exile, and the generation and cultural gap among the people living in China and those living in the U.S. Jen has infused wry humor into the stories, making them an enjoyable read.



~Priya