

# Walpole Town Library

## February 2023 Newsletter

### PROGRAMS

#### Special Events:

Take Your Child to the Library Day: Saturday 2/4, 10 am to noon, Main and Branch Libraries. See details to the right.

Stress Less in the New Year: Monday, 2/13, 5 pm, Main Library.

Caregivers Support Group: Tuesday, 2/14, 2 pm, Main Library.

Library Trustee Meeting: Tuesday, 2/14, 4:30 pm, Main Library.

20th Century French Songs with Bob Grenier: Wednesday, 2/15, 7 pm, Main Library.

Innovative Coding with Roblox: Friday, 2/24, 2-4 pm, Main Library.

#### On-Going Adult Programs:

Knitting Group: Mondays 1-3 pm, Main Library. Beginners welcome!

Conversations With Friends: Mondays 2-3 pm, North Walpole Branch.

Library Book Group: Last Thursday of the month, 12 noon, Main Library.

Social Justice Discussion Group: 3rd Wednesday of the month, 6:30 pm, Main Library

Crafternoon: Second Friday of the month, 1:30 pm, Main Library. All supplies provided.

Writing It All Down Writers Group: Third Saturday of the month, 10 am, Main Library.

#### On-Going Kids and Families Programs:

Wiggle Time: Mondays at 10 am, Main Library.

Story Time: Wednesdays at 10 am AND 5:30 pm, Main Library.

Story Walk: Distant Hill Nature Trail. Dawn to dusk every day. New stories each month.

### 20th Century French Songs

**With Bob Grenier**

**Wednesday, 2/15, 7 pm, Main Library**

Listen to, discuss and sing a wide range of wonderful French songs by singers such as Brel, Bécud, Gainsbourg, Charlebois, Ferrat, Piaf, and more. Lyrics will be provided. This program is intended for those who enjoy French music, have some knowledge of French or are still learning. All levels welcome!

### Take Your Child to the Library Day

**Saturday, 2/4, 10 am to Noon**

**Main and North Walpole Libraries**

On the first Saturday in February, thousands of libraries across the world will celebrate Take Your Child to the Library Day. Come visit the Main Library, North Walpole Branch or both! Kids age 6 and older can sign up for a card (don't forget to bring proof of residency). Explore all the things available at the library including books, DVDs, Launchpads, puzzles, STEAM kits, museum passes and more!

### Stress Less in the New Year

**with Naomi Hall, Ed.D.**

**Monday, 2/13, 5 pm, Main Library**

What if you took time in the new year to prioritize yourself so you can show up as your best self? Let's take a look at practical steps for stress management/reduction, including techniques you can use in the moment to self-regulate and ideas for reducing your overall stress.

### Innovative Coding with Roblox

**Friday, 2/24, 2-4 pm, Main Library.**

**For kids 2-5th grade.**

Join us for this fun, hybrid event with TD3 Innovative Gaming.

Our Mission?

The Big Bad Wolf

Take to the woods to escape the big bad wolf.

Try and build a secure house that the wolf can't knock down, using straw, hay, wood, and bricks.

How many of our 3 houses will keep out the big bad wolf?

If you love Roblox or have never played before this fun event is for you! Space is limited so be sure to call the library at 603.756.9806 or email Julie at [jrios@walpoletownlibrary.org](mailto:jrios@walpoletownlibrary.org) to reserve your spot.

## Non-fiction Book Spotlight

**The Comfort Crisis :Embrace Discomfort To Reclaim Your Wild, Happy, Healthy Self**  
By Michael Easter

Discover the evolutionary mind and body benefits of living at the edges of your comfort zone and reconnecting with the wild.

Easter's journey to understand our evolutionary need to be challenged takes him to meet the NBA's top exercise scientist, who uses an ancient Japanese practice to build championship athletes; to the mystical country of Bhutan, where an Oxford economist and Buddhist leader are showing the world what death can teach us about happiness; to the outdoor lab of a young neuroscientist who's found that nature tests our physical and mental endurance in ways that expand creativity while taming burnout and anxiety; to the remote Alaskan backcountry on a demanding thirty-three-day hunting expedition to experience the rewilding secrets of one of the last rugged places on Earth; and more.

The Comfort Crisis is a bold call to break out of your comfort zone and explore the wild within yourself.

## Get to know our Board of Trustees Members

Each month we'll ask a Board member these five questions to get to know them better.

Kathy Nerrie, Trustee and Treasurer

1. What does your family look like?

My Husband Michael and our dog Ruby.  
Two bothers and their families all who live in the South.

2. What's the last book you read?

The Great Alone by Kristin Hannah

3. What 3 things would you bring to a deserted island?

Knife, matches, and wine.

4. If you could travel anywhere, where would you go?

I have already visited most of the places I have wanted to go, so at this point I'd say home, there is no place like home.

5. What was your first job?

Kindergarten Teacher

## Fiction Book Spotlight

**The Confidence of Wildflowers** by Micaela Smeltzer

My future is a big 'what if' at the moment and I'm fine with that.

For the most part.

When Thayer Holmes moves in next door, the grumpy landscaper both fascinates and amuses me.

When he asks me to nanny his kid, it's a great way to make some extra money.

It's impossible not to fall in love with Thayer and his adorable son.

There's a big problem though.

I'm eighteen. He's thirty-one.

Falling for someone almost fifteen years older than me wasn't part of my plans, but sometimes things happen when you least expect them.

## Overdrive Users

### It's Time to Switch to Libby

In April, the OverDrive app will be discontinued and you will need to switch to Libby. DON'T PANIC. It's time to give Libby a try! All your loans, holds, and wish list items will be waiting for you in Libby when you add your library card.

If you are a Kindle Fire user there is a Libby app for you.

We have lots of information and resources on our webpage to help with the transition. If you need additional information or assistance email Julie [jrios@walpoletownlibrary.org](mailto:jrios@walpoletownlibrary.org)

### Main Library

48 Main St., Walpole, NH 03608

603.756.9806

Monday 10 am to 7 pm

Tuesday 1 to 6 pm

Wednesday 10 am to 7 pm

Thursday 1 to 6 pm

Friday 1 to 6 pm

Saturday 9 am to 1 pm



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### North Walpole Branch Library

70 Church St, North Walpole, NH

03609 603.445.5153

Monday 1-4 pm

Tuesday 3-7 pm

Friday 9 am to 1 pm

Saturday 9 am to 1 pm