



January

AT KFL



January 2023 | Volume 30, Issue 1

Library News and Events



Friends of KFL Meeting - January 9

The Friends of Kennebunk Free Library invite all to attend their next meeting on Monday, January 9 at 5:30 via Zoom. For the agenda and additional information - or to learn more about what the Friends do - [visit the Friends page](#) on the KFL website.

Adult Programs

In Stitches - January 3, 10, 17, 24, 31



Do you love to knit? Crochet? Sew? Have you always wanted to learn? Do you have an unfinished project hidden on the closet shelf? Then join us every Tuesday at 11:00 for "In Stitches", our weekly handicrafts group! Grab that half-finished project and enjoy the company of others while you work; all skill levels are welcome. Feel free to stop by for a few minutes or stay the whole hour.

On the first Tuesday of the month, In Stitches will take place on Zoom; see our events calendar for the link to the meeting. The rest of the month, the group will meet in-person inside the library. See our events calendar for more information.

Tech Time - January 3, 4, 10, 11, 17, 18, 24, 25, 31

Are you stuck on a technology question that might

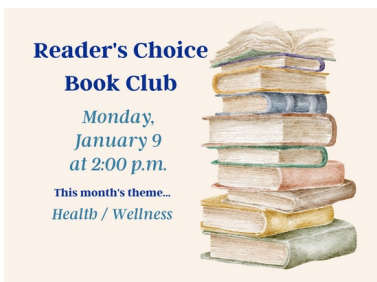


need some extra help to be solved? While technology is advertised to be simple and easy, sometimes it can be anything but that. Whether it be trying to use one of the library's digital services, making heads or tails of a new device, or just having a second pair of eyes help troubleshoot a piece of software, don't worry, the library is here to help!

To sign-up for one of our Tech Time appointments, please visit the front desk to be placed on our scheduling sheet. Appointments to meet one-on-one

with a librarian can be scheduled **Tuesdays and Wednesdays** from 2:00-4:00 p.m.. Appointments are 45 minutes long, but there is always an opportunity to schedule a follow-up appointment if we run over our time limit. When setting up the appointment, help us to better assist you by describing the issue you want to discuss. If possible, also make sure to bring your device with you along with any needed usernames and passwords. If you have any questions or concerns, please feel free to visit us at the desk, call (207) 985-2173, or email our technology educator at kfl@kennebunklibrary.org so we can help you further.

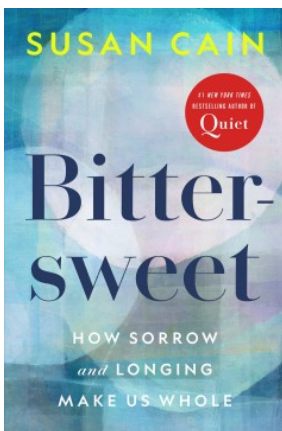
Reader's Choice Book Club - January 9



Reader's Choice Book Club will meet on Monday, January 9 at 2:00 p.m. in the Walker Room. This month's theme will be: *Health and Wellness*.

How does this book club work? You choose your own book to read based on the monthly theme, and then join us for a casual and fun conversation. Everyone is welcome!

Nonfiction Book Group - January 9



Join us on Monday, January 9 at 6:30 p.m. to discuss *Bittersweet* by Susan Cain.

"In her first adult book since 2012's bestselling *Quiet*, Cain explores how a bittersweet perspective can help people overcome individual and collective pain, while encouraging compassion and unity. Cain defines a bittersweet outlook as 'a tendency to states of longing, poignancy, and sorrow.' It's a recognition that the light and the dark are inseparable; embracing the imperfections of the world goes hand-in-hand with a desire to make the world better. Cain utilizes an engaging blend of interviews, research, firsthand accounts, and biographical anecdotes to explore the many beneficial aspects of appreciating this mindset. Examples sprawl among many

disciplines including the arts, religion, business, and family life. While melancholia was appreciated in the past, modern American society's emphasis on relentless positivity has led to numerous negative consequences, argues Cain. She explores the harmful effects of emotional suppression, including hostile work environments and generational trauma. Grief and loss are addressed, notably the death of Cain's father from COVID, and Cain posits that a bittersweet disposition helps prepare people to navigate and process life's difficulties. VERDICT Timely in its focus, this latest work by Cain delivers an eloquent and compelling case supporting the transformative possibilities of embracing sorrow. Highly recommended." - Library Journal, vol 147, issue 3, p148

Trivia Night - January 18



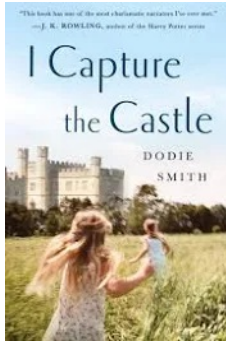
The third Wednesday of every month at 6:30 is trivia night at KFL! Bring a team, join one of our friendly teams of regulars, or take on the challenge solo. Light refreshments will be served.

Improv - Beginning January 21



Participants had so much fun with Improv, presenter Lisa Niedenfuhr has returned to host another session! The new session will run on Saturdays - January 21 through April 1 - from 10:30 to noon. Class size is limited. Please [email the library](#) to register.

Adult Book Discussion - January 24



Join us on Tuesday, January 24 at 1:00 p.m. to discuss *I Capture the Castle* by Dodie Smith.

"The 1934 journal of seventeen year-old Cassandra Mortmain reveals her perspective on six stormy months in the eccentric and poverty-stricken life of her family in a ruined Suffolk castle, ending with the revelation that Cassandra is deeply in love." - Novelist

How Smart Speakers Can Assist with Independent Living - January 26



Smart speakers, voice activated devices such as Amazon's Alexa, have a multitude of uses. They can make hands-free calls for you, play your music, turn your appliances on and off, provide medication reminders, even tell you jokes. They are a wonderful tool for anyone with vision or mobility concerns or anyone who would just rather stay under a warm cozy blanket than get up to turn the radio on.

The Town of Kennebunk and KFL are partnering to bring a Smart Speaker Workshop to older adults in our community on Thursday, January 26 at 2:00 at the library. You will learn how to set up the devices, how they work, and how you can use them in your home. Participants will each receive a free smart speaker and smart plug (one per household) from the Town of Kennebunk. KFL's technology educator will be available after the program for ongoing support if needed.

For the smart speaker to work, you will need to have a smartphone or tablet and home wi-fi. The workshop is limited to 10 participants. Visit www.kennebunkmaine.us/smartspeakerprogram to register.

Immigration to America During the Industrial Age - January 30

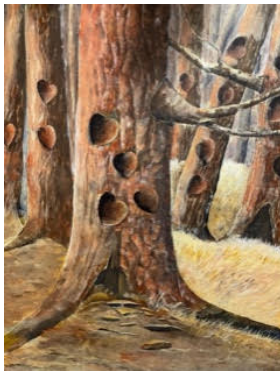


The Camden Conference and Kennebunk Free Library will host John Sutherland on Monday, January 30 at 6:00 p.m. at KFL. Sutherland will be discussing Immigration to America During the Industrial Age: 1800-1924.

A direct cause of modern immigration to the U.S. is the Industrial Revolution and the mass-manufacturing of products, the need to get workers to produce those products, and their export to other nations. The competition from those relatively inexpensive goods meant that hand-craftsmen could not compete, causing more workers to emigrate to the industrialized countries. Immigration also has been a controversial political issue since the late 18th century and remains so. Fear of competition for jobs and bias against certain nationalities drives the controversy.

John Sutherland is Professor of History Emeritus and former Director of the Institute of Local History at Manchester (CT) Community College. He also taught at the University of Connecticut and Eastern and Central Connecticut State Universities. Currently an instructor at USM's Osher Life-Long Learning Institute, he co-authored with Bruce Stave of UCONN, *From the Old Country: An Oral History of European Migration to America*.

Tiny Art Paint and Sip - January 31



Join artist John Forssen and friends to paint a 4" x 4" canvas using John's example (*Ghosts of Valentine's Past*, shown here) or any other Valentine theme or whatever your heart desires. Tuesday, January 31 at 6:30 will be our third evening for budding acrylic artists and surely, we will have as much fun as the previous events. Light refreshments/wine will be provided, as well as all the materials needed to create your mini art. Age 21+ Please call or [email](#) to preregister, space is limited.

Camden Conference Programs



Five Southern Maine libraries – York Public Library, Scarborough Public Library, Prince Memorial Library, Patten Free Library, and Kennebunk Free Library – are excited to announce that they will be joining forces this winter to bring you a series of virtual programs on Zoom featuring

experts in global trade and politics, all sponsored by the Camden Conference. This collaboration, proposed by York Public Library Assistant Director Sophie Smith, is the first time Maine libraries have pooled their resources to broaden the scope of Camden Conference programming available to their communities, allowing for a more thorough exploration of the topic. It also provides the unique opportunity for people from communities that span Southern Maine to come together to discuss global issues that affect us all.

Speaker in the series include:

- Thursday, January 5 at 2:00 p.m.: Mike Lynch on The Global Gold Trade
- Tuesday, January 10 at 6:30 p.m.: John Sutherland on Industrial Era Global Trade
- Tuesday, January 17 at 6:30 p.m.: Kathleen Sutherland on 21st Century Global

Migration

- Monday, January 23 at 6:30 p.m.: Rodger Cuzner, Canadian Consul General, on Bilateral Trade
- Tuesday, January 24 at 6:30 p.m.: Francesco Duina on International Trade and Values
- Wednesday, February 1 at 6:30: Peter Dugas on International Climate Policy & Trade
- Thursday, February 2 at 6:30 p.m.: Ula Polsky and Lindsey Jamison from the Roux Institute on Educating for the Future of Global Trade.
- Wednesday, February 8 at 5:30 p.m.: John Doughty on the Global Space Race

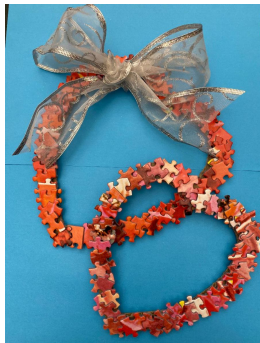
The Camden Conference is a fantastic educational resource for Mainers: a world affairs conference that has been held annually in Camden since 1988. The 36th Camden Conference, *Global Trade and Politics: Managing Turbulence* held February 17-19, 2023, will highlight the importance of global commerce and how it impacts our everyday lives. Registration is required for all programs. Visit yorkpubliclibrary.org, scarboroughlibrary.org, princememorial.org, patten.lib.me.us or kennebunklibrary.org for registration links.

Save the Date: Flash Fiction



Celebrating short-short stories! Writers and writer wannabes mark your calendar for Tuesday, February 28 at 6:30 p.m. KFL will be hosting a **Flash Fiction Fest**. Original stories with 500 to 1000 words will be read to other writers and listeners. We are letting you know in plenty of time to see what you can create. Please register to read your story. Light refreshments including wine will be provided. Age 21+

January Take-and-Make Kit: Heart Puzzle Wreath



Get a jump on your Valentine's Day decorating! This month's take and make is a heart wreath made of puzzle pieces. Stop by the library on Tuesday, January 17 to pick a kit up while supplies last!

Teen Programs

Chill Gaming - January 5 & 19

Ready to chill, eat snacks, and play some games? Come hang out with friends, test out your gaming card decks, play on our Nintendo Switch, try out new RPG board games, or anything else in between for our event, Chill Gaming! Basically anything that relaxes you is welcome and encouraged! Because of the holiday break, we will meet on Thursday, **January 5 & 19** from 3:30 - 4:30 p.m. There will be games provided



by the library, but players are free to bring their own games, learn new games at their own pace, or you can just come to hang out and have a good time listening to some lofi beats! This event is free, wheelchair accessible, and open to Teens ages 10 and up. If you have any questions, see Miss Emmaline in the Children's Room, or call at (207) 985-2173.

The Dragon Hunter and Treasure Seekers Guild - January 23 & 30



Welcome, young adventurers! Come and join in on an exciting quest in the world of Dungeons and Dragons. Open to new and experienced players alike. Because of the holiday break, we will meet on Monday **January 23 & 30** from 3:30-4:30 P.M. You're welcome to bring in a character from a previous game, to make a new one, or to use one of the pre-made characters provided in the starter set. All other supplies will be provided, just bring your imagination! This event is free, wheelchair accessible, and open to Teens ages 10 and up.

New players are encouraged to join in on the adventure. If you have any questions, see Miss Emmaline downstairs in the children's room, or call at (207) 985-2173.

Dungeons and Dragons Side Quest Challenge - Starting January 9



Welcome, young adventurers! Is your character looking to strengthen their skills, brew a potion, discover a mysterious trinket, travel to new lands, or to gain new knowledge? Since we will not be meeting until the end of the month, now is the time to do so with your very own Dungeons and Dragons Side Quest Challenge! Waiting for you downstairs will be a mystery box of things to accomplish until our next meeting. Just reach your hand in, shuffle the cards around, and discover what your character will be doing next! Stop by anytime the library is open between **January 9 & 20** to pick up your challenge. Once you've done your challenge, you'll tell Miss Emmaline at our meeting on January 23rd all about your character, and the information will be added as a bonus to the campaign. Happy adventuring!

Children's Programs



Storytimes - January

It's time for Storytime! On Mondays at 10:00 a.m., join Miss Maria inside the library for songs, stories, rhymes, and fun! Storytimes are designed for ages 2-5, but everyone is welcome!

Upcoming storytime dates include:

- January 9
- **Tuesday, January 17**
- January 23
- January 30



Beadcraft - January 4

It's time for Beadcraft! Perler Beads - tiny plastic beads that can melt - were first introduced as a craft in Sweden in the 1950's, and we still love them! Children ages 6 and up, or age 5 with a caregiver, are invited to join us for an afternoon of beading fun on Wednesday, January 4 at 1 p.m. Design suggestions will be offered, but creativity is encouraged! All craft materials will be provided. Registration is recommended but not required.



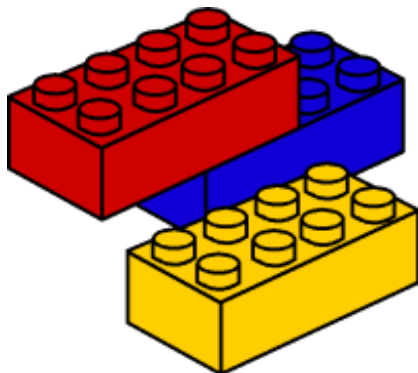
Junior Science - January 9

Brrr, it's cold! Join us for Junior Science on Monday, January 9 at 3:45pm to learn some winter science! How does snow form? What's the best way to melt ice? Learn to make a snowstorm in a jar and your very own fake snow! Registration is required for this event. For ages 5+.



Kindness Club - January 10

In a world where you can be anything, be kind! Start your new year off with kindness at the third meeting of Kennebunk Free Library's Kindness Club for kids. We will meet on Tuesday, January 10, at 3:45 p.m. This program is open to ages 6 and up; registration is appreciated but not required! Kindness has no age requirement – if a friend younger than 6 would like to join in, please reach out to Miss Maria at mrichardson@kennebunklibrary.org, or 985-2173 x 105. Parents are welcome to join in! When your little sees you talking about and practicing kindness, they will want to join in even more!



Lego Club - January 27

Ready to get building? Kennebunk Free Library is offering a Lego Club for children ages 4 and older. Lego Club will meet on Friday, January 27, from 3:45-4:45 p.m. Come and build new and imaginative creations or ask the librarian for a challenge to complete. All Lego blocks will be supplied; please leave yours at home. [Registration is appreciated.](#)

The results for this month's Would You Rather question are in! In December, we asked, "Would you rather go to a LEGO factory or go to a chocolate factory?" 26 friends wanted to go to a LEGO factory, while 54 friends would prefer to go to a chocolate factory. 10 friends just couldn't decide and placed a sticker right on the center line. It's a tough

question! Which would you choose? Starting next month, we will have a Would You Rather poster upstairs so grown-ups can vote, too!



Speers Gallery

January Artist: Seacoast Moderns

The Speers Gallery at the Kennebunk Free Library presents *Seacoast Moderns: Unexpected*, an exhibition of new artwork, January 4-30. The Seacoast Moderns are a group of artists from the New England seacoast area, founded in 2010 within the Kittery Art Association. Their work attempts new modes of representation, often depicts unusual subjects, and ranges from abstract to conceptual to whimsical.

Unexpected consists of over 25 paintings, prints and 3D assemblages, all with subjects or approaches that viewers are unlikely to have seen before.

The public is invited to an artist's reception on Saturday, January 7, from 2:30-4:30 p.m. Refreshments will be served.

The Kennebunk Free Library is pleased to offer this collaborative exhibit.

The public is invited to view the exhibit in the library's Speers Gallery from January 4-30 at 112 Main St., Kennebunk, Maine during regular library hours when the gallery is not in use for library programs. Please check the library website for current hours and gallery access, www.kennebunklibrary.org



New Books, Audio Books, and DVDs

Please note that the new items lists below are updated regularly, but through a quirk of the system, the newest items go to the end of the list. If you want to see the newest arrivals, start on the last page and work your way backward.

[Click here](#) for a look at books that arrived in the last month.

[Click here](#) for audio/video that arrived in the last month.

[Click here](#) for new children's items that arrived in the last month

[Click here](#) for new teen items that arrived in the last month

Want to know if we have this week's New York Times bestsellers available in our various collections (print, large print, audio, ebook, eaudio)?

[Click here](#) to see the fiction and nonfiction best seller list.

Books on order for January:

January 3

[Without a Trace – Danielle Steel](#)

[Code 6 – James Grippando](#)

[Sleep No More – Jayne Ann Krentz](#)

[House of Wolves – James Patterson](#)

January 17

[The Cabinet of Dr. Leng – Douglas Preston](#)

[The Mitford Affair – Marie Benedict](#)

January 24

[The House at the End of the World – Dean Koontz](#)

A Message from the Library Director



Happy New Year! I am so grateful for all of your contributions toward our Holiday Giving campaign. The final donations are coming in and the total figure will be reported when available but we do know that with your support, we were able to unlock the \$2,500 challenge gift from Cole Harrison!

I'd also like to bring up a recent program, the Celtic concert with Jeff Snow, on December 14. Like many programs at KFL, this program was very well-attended, over 80 people. Unfortunately, given our constraints on space, seating was difficult. We appreciate your patience and understand your frustration. Please know that we are actively trying to identify feasible solutions. Your feedback about this or any other topic or service is always welcome. [Let us know at our online suggestion box.](#)

Pictured: One evening while I was reading my daughter her bedtime stories, she drew this picture of me reading to her while she sat on her bed drawing

Thank you to the Town of Kennebunk for inviting our staff to celebrate the holidays with their staff. We had a blast!



Staff Picks & Messages

Kat, Library Assistant

What The Happiest Retirees Know by Wes Moss

Once you get over the brilliant pointer to have a half a million in savings, there are some very useful and thought-provoking suggestions. Very helpful methods to figure out how much money you will need to have the lifestyle you are hoping for are spelled out. Discusses how your emotional and social needs are best cared for. Overall, I thought it was a good guide on how to think about expectations for this exciting and long-awaited time in your life. Oh, and we are reminded to not wait too long to save as well as retire.

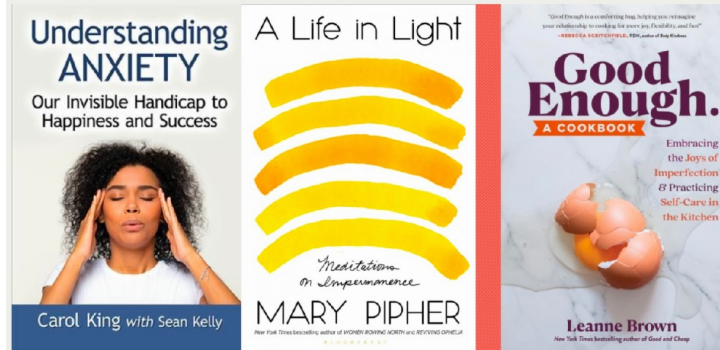
From Strength to Strength - Celebrating Life's Second Curve: how to rethink and navigate life as you age by Arthur C. Brooks

Loved this book! The author, a Harvard Professor that originally planned to be a musician, explores how to plan your future not by focusing on things that are lost with youth but to look toward to things that are gained. Different decades of life have differing strengths. Using statistics and life experiences various aspects of aging are brought into prospective. What do you need and want, now and later? Is it time to shift efforts into developing yourself in ways that have been neglected in the past? I particularly related to shifting work goals, family relationships and spiritual nourishment. The audio version is less than 6 hours long and is available on Overdrive/Libby. Copies available from Minerva.

I Capture the Castle by Dodie Smith

This delightful book from 1948 will be the January Adult Book Discussion selection. The Mortmain family struggles to maintain themselves in a crumbling English castle they are renting for 40 years. Written from the prospective of 17-year-old Cassandra from her diary. She aspires to become an author. Lighthearted and just right after the busy Holiday season as we settle into winter. Dodie Smith later wrote *The One Hundred and One Dalmatians*.

Happy 2023! Be Well!



A Few Books on Health and Wellness

