

# Kennebunk Free Library

Monthly E-Newsletter

May 2016

Volume 22 Issue 5



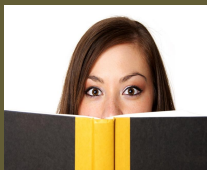
The Library will be closed on Monday, May 30 to observe Memorial Day.

**amazon**smile

**You shop. Amazon gives.**

You now have the option of contributing a portion of your Amazon purchases to KFL when you purchase through [smile.amazon.com](http://smile.amazon.com)

We are listed as Kennebunk Free Library Association.



## Adult Reading Groups

Non-fiction Book Group  
Mon., May 9  
6:30 PM

## Open for Business!



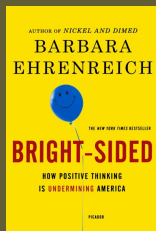
The Children's Room re-opened on Thursday, April 28 and staff were eager to see their first patrons since mid February when a hot water valve burst. Visitors enjoyed a Dr. Seuss party complete with whimsical cookies. Come check out the beautiful space including a new iPad.



**Faerie Festival**

## *Bright-Sided*

by Barbara Ehrenreich



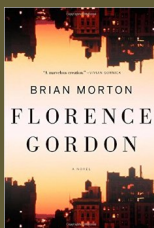
Adult Book Group

Tues., May 24

1:00 PM

*Florence Gordon*

by Brian Morton



### Parenting Class

Friday, May 6

10:00 AM

This ongoing, drop-in class is led by Stevie Westmoreland, LCPC, LMFT. No pre-registration required and you do not need to attend all of the classes.



### Teen Advisory Board

Tues., May 10

3:30-4:30 PM

If you are in Grades 6-

All are invited to the Faerie Festival Saturday, **May 7** from 9:30-11:30 A.M. Help to welcome the faeries back to the gardens with faerie crowns, games and crafts. The wearing of faerie finery is encouraged!

Be sure to stop inside the Library to view the fairy houses and gnome homes local children have created. All Faerie Houses need to be brought in by Wednesday, May 4 for display and to receive a certificate. Houses will be on display until May 20.



The Faerie Festival is part of the town-wide May Day festivities. Many thanks to the Friends of the Library and the Seacoast Garden Club, who make the Faerie Festival such an enchanting day!

### **May Day Book Sale**

Friends of the Kennebunk Free Library will have their May Day Book Sale **May 7**, 2016, from 8:30 AM to 1 PM.

The sale will be held in Hank's Room and weather permitting, outdoors on our plaza. There are a lot of newer, hard cover fiction, paperbacks, and a wide selection of non-fiction titles. Something for everyone; all at reasonable prices.

Stop by to browse and to start collecting books for your summer reading!

### **Annual Appeal**

We invite you to join your friends, family and neighbors in supporting the **Kennebunk Free Library's 2016 Annual Appeal Campaign**. Our goal is to raise **\$65,000 by June 30, 2016**. With your support we will continue to provide the collections, programs and services that inspire and enrich our community.

Our Library is a nonprofit organization funded by both public and private contributions. This year the Library must raise close to \$200,000 to supplement funding from municipal appropriations from the Towns of Kennebunk and Arundel. Your contribution is tax-deductible and is an essential part of our annual budget.

If you have supported our Annual Appeal in the past, **thank you!** We hope that you will contribute again this year. If you haven't given in the past, we hope you will consider answering our Annual Appeal this year.

12 please join the Teen Librarian, Melissa in Hank's Room. We will discuss teen programs and activities for 2016, so bring your ideas and your friends. Snacks will be provided.



**Nifty Knitters**  
**Every Tuesday at 11 AM**

Bring a needlework project to work while chatting with other crafters, or bring in your project for others to help you.

Beginners Welcome!  
Don't forget. KFL lends knitting needles & has wool available for the asking.



**Wed., May 25**  
**@ 6:30 PM**

## **Former Tomb Guard Reveals History of Arlington National Cemetery**

Tom Tudor, a former sentinel at the Tomb of the Unknown Soldier in Arlington National Cemetery, will present a talk about the history of the Cemetery and the Tomb and his service there on Saturday, May 21 at 2 p.m. The talk coincides with Armed Forces Day, an annual holiday that celebrates military members and their service.



Tudor's presentation, "Arlington and the Tomb of the Unknowns," traces the cemetery's history from 1669 to the present, as well as the history of the Tomb, which was established in 1921. Tudor served as a sentinel, or

Tomb guard, and then as a relief commander at the Tomb from 1969 to 1970. He is now president of the Society of the Honor Guard - Tomb of the Unknown Soldier and is a member of the organization's board.

The Society works to raise awareness about the Tomb and provide support for past and present guards. It's a vital mission, Tudor said. "Many young people today do not know about the sacrifices that have been made on our behalf. The Tomb exemplifies the ideals of service and sacrifice that have allowed our nation to thrive and prosper," he said.

Arlington National Cemetery and the Tomb are important reminders of the sacrifices made by members of the military, according to Tudor, who has been delivering presentations about the Tomb for 25 years. The cemetery receives more than 4 million visitors each year, and the Tomb has its own special history and traditions, Tudor said. For example, the marble used at the Tomb is from Yule Quarry, near Marble, Colo. - the same quarry that supplied the marble for the Lincoln Memorial.

And, Tudor added, few Americans know that the Tomb has been guarded 24 hours a day since July 2, 1937. "Prior to that, the Tomb had been guarded only during the daylight hours that the cemetery was open



Homeschooling  
Group  
**Mon., May 2 at 2 PM**

Our drop-in group provides an opportunity for homeschooling families to get together with others and exchange ideas or ask questions. Join us!



Legos Club

Grades K and up are invited to join KFL's Legos Club on **Tues., May 31 at 4:00 PM**



Storytimes

Mondays 10:15 AM  
Peek-a-Book Babies  
Ages: 0 to 2

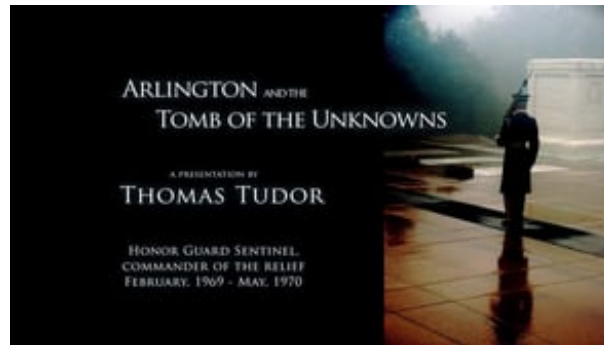
Tuesdays  
10:15 AM Family  
Storytime  
Ages: All

Thursdays 10:15 AM  
Time for 2s & 3s

to the public," Tudor said. "In 1937, it was discovered that people had been coming into the cemetery at night and chipping pieces off the Tomb for souvenirs."

There have been close to 700 Tomb guards since 1921. Guarding the Tomb is a special honor and responsibility, Tudor said. "To stand alone with the Unknowns at midnight with a full moon overhead is an experience shared and understood by very few," he added.

Tudor is an entrepreneur, five-term Rotary International Club President, and board member of the Pikes Peak Area Rotary Endowment. He lives in Colorado Springs, Colo., with his wife, but frequently can be found traveling around the country to deliver talks on Arlington National Cemetery and the Tomb. His website is [tomtudorspeaks.com](http://tomtudorspeaks.com).



The 19<sup>th</sup> Edition



ROAD RACE

To celebrate Memorial Day this month, why not register you AND your favorite **Active Duty Military** race partner for the Road Race? Remember, Active Duty Military get an online pre-registration discount!

**Free Consultations with Local Lawyers**

Visit KFL for *Lawyers in Libraries: Law Day 2016* on Tuesday, May 3rd from 5:30-7:30 PM. Participants will have an opportunity to meet with a

Ages: Toddlers

Storytimes will resume the week of May 9 with our same weekly schedule.

lawyer based in the Kennebunk community and receive information about free resources, low-cost legal assistance and legal referrals. This event is free and open to the public. Please call for reservations.

The goal of the day is to provide Maine citizens with access to legal advice and information so that they are better prepared to face legal issues that arise. Legal access is critical to a community's well-being; an entire community suffers when neighbors and friends go through foreclosure, are not safe in their homes, or cannot afford heat or food.



"Access to justice is about fairness," explains Hon. Andrew M. Mead, Associate Justice of the Maine Supreme Judicial Court, "so that, regardless of your income, you have access to our society's system of justice. When we say the Pledge of Allegiance, we close with the promise of 'justice for all.' If individuals lack access to legal assistance, it profoundly affects their lives, the lives of their children, and the stability of their communities."

Organizers of the series are the Maine Justice Action Group Collaboration on Innovation, Technology and Equal Access to Justice (the Collaboration) which includes Maine's public libraries, the Maine State Bar Association, the Maine Bar Foundation, the State of Maine Judicial Branch, Maine's legal aid providers and other organizations interested in helping people access the legal resources they need, all working under The Maine Justice Action Group.

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### **Museum and Park Passes**

We offer passes to FOUR museums as well as Maine State Parks, courtesy of the Friends of KFL.

[Children's Museum and Theatre of Maine](#)

[Maine State Parks](#)

[Portland Museum of Art](#)

[Portland Observatory](#)      **NEW**

[Strawberry Banke Museum](#)      **NEW**

Please visit, stop by our [website](#) or call for more information.



## Local Author Presents Talk on Overcoming Severe Shyness

Kennebunk author Helen Rivas-Rose will host a talk about overcoming severe shyness disorder - and launch a statewide awareness campaign -- on Wednesday, May 18 at 6:30 p.m. The author of *Brave: A Painfully Shy Life* and the founder of the non-profit Severe Shyness Support, Rivas-Rose will share her story and information about severe shyness disorder. The event is the kick-off for Rivas-Rose's Severe Shyness Awareness Campaign, which will include a number of educational programs throughout the area.



Rivas-Rose says she was "closeted by shyness for decades." Born in Connecticut, she spent her adolescent years on Prince Edward Island. Later, too fraught by social isolation to stay in one place, she traveled continuously, from Madrid to Caracas and Calgary to Lisbon before moving to a family compound in Kennebunk. There, a feeling of desperate isolation encouraged her to seek professional help.

Since then Rivas-Rose has spent two decades recovering from severe shyness. In 2015, she launched the nonprofit Severe Shyness Support with a mission to raise awareness about severe shyness disorder and help encourage shy people to seek help so that they can live life fully.

Her talk will include information about new research on shyness. "When I was a child, and for many years since, people believed the best policy to help a shy person was to leave them alone," Rivas-Rose says. However, a 2014 study by Erin O'Connor at NYU found that creating a safe, respectful environment for shy children better supports their development.

Severe shyness disorder is not recognized yet in the latest edition of the Diagnostic Statistical Manual of Mental Disorders, and because of that, Rivas-Rose says it is difficult to track how many people suffer from the disorder. However, she says that experts estimate between one in 20 and one in 30 people live with the disorder.

"Because few, if any, of the severely shy were treated as children, it is probable that many live among us as adults - as I did until I was 50," she says. "I want the general population to know what severe shyness is, and how difficult it is to overcome. At the same time, I also wish to reach the severely shy themselves and encourage them to seek relief."

Rivas-Rose's 2015 memoir, *Brave*, about her struggle to overcome shyness, received rave reviews and a number of awards, as well as an endorsement from Dr Philip Zimbardo, one of the world's leading authorities on shyness. Information about the book and the Severe Shyness Support group is available at [shynessbook.com](http://shynessbook.com). Copies of the book will be available for sale at her talk at the library.

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## Crafting Friends

The Crafting Friends group meets at KFL on the first Wednesday of each month (**May 4**) from 5:30-7:30 and they're looking for new members. This group is open and free to the public and all portable projects are welcome.

Currently the projects range from adult coloring to a medallion project to knitting to cross stitch and tapestry weaving. Come join in on the fun, share stories, learn from each other and meet new friends.



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## Chair Chi

The next Chair Chi session will be held in Hank's Room on Wednesday, **May 25** at 2:30. Chair Chi is a gentle exercise program that was developed to help people enjoy the benefits of Tai Chi while seated.

Instructor Amber Wilson, Engage Life Director of Atria Kennebunk, will be using principles from her training to ease the mind, body and heart and enhance well being and community connection.



Though geared toward seniors and adults this is a program open to all

ages. Even though this program is free please contact the library to pre-register.

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## **May in the Art Gallery**

An exhibit by Kennebunk Homeschoolers Network will be on display in the Speers Gallery May 2 to 31. The exhibit features a wonderful collection of art in a variety of styles. The exhibit may be viewed during regular Library hours.

The Kennebunk Homeschoolers Network is a group of homeschooling families from Kennebunk and surrounding towns, who meet to share ideas and support other homeschoolers. They meet the first Monday of the month from 2:00 p.m. to 4:00 p.m. in Hank's Room KFL. Anyone considering homeschooling or already homeschooling is welcome to attend.

Students participating in the exhibit include:

Anne Emmons, a 12-year-old 6th grader, has been drawing since kindergarten. Anne gets inspired by observations of nature, animals and everyday life.

Talia Kremser is a 15-year-old homeschooler from Wells, Maine. She has enjoyed drawing ever since she learned to hold a crayon and has recently begun formal art classes. She also plays piano, having taken lessons for almost eight years. Her interests include drawing, writing, acting, and playing video games.

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## **Seeking Trustees**

The Library is seeking individuals with a passion for their local library to apply to join the Board of Trustees. All persons 18 years of age who are legal residents and/or employed within the towns of Kennebunk and Arundel are eligible to serve on the Board and are encouraged to apply.

Explore the [Trustee Job Description](#), [FAQs](#) and [nomination form](#) or please stop by the circulation desk for printed information.

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## **Lyme Disease - Prevention is the Key**

Annie Watts will be visiting us on Monday, May 16 at 6:00 to teach about how to treat your clothes, body and pets as well as other preventative measures as a means to avoid Lyme Disease.





Annie, a sufferer, will discuss the disease that is often misunderstood and misdiagnosed. She will be bringing specific products to present as we enter some very dangerous months in the woods and being exposed to deer ticks.

### Anime Club

Join us Thursday, **May 12** at 3:30 PM to talk about anime, learn to draw your favorite characters, watch your favorite anime films on the projection screen and everything anime in-between. Open to grades 6-12.



### Manga Book Club

Join us Thursday, **May 26** at 3:30 PM to talk about your favorite manga series and everything manga in-between. Open to grades 6-12. Please visit the Library or the Library website to confirm this month's discussion title.

### Zany, Majestic Bard

On Monday, **June 6** at 6:00 join UM Professor, David Greenham as he becomes "The Zany, Majestic Bard" in his one-hour performance-lecture. This lively, fun and educational performance will delight and surprise audiences of all ages.

The program includes history, a brief guide on how to read and understand the text, the opportunity to hear some Shakespeare and plenty of good jokes.



### Teen Gaming

Play video games with us on a projector screen! Wii gaming console, controllers and games will be provided. Role-playing games, table-top games and personal device games are also welcome. This



event will be held in Hank's Room, 2:30 PM-4:30 PM every Fridays May 13, 20 and 27. Open to Grades 6-12.

### Teen Movie Night

Come watch a movie at KFL on our projector screen. Bring your friends. Snacks will be provided. The movies will be selected by the Teen Advisory Board. All movies will be rated PG or PG-13. Open to Grades 6-12. **May 17, 5:30 PM.**

### Tail Waggin' Tutor

Jack returns on **Saturdays, May 14 and June 4** from 10:00-11:00 AM to listen to children read. Children of all ages and abilities are encouraged to sit with Jack, and experience the pleasure of reading to such a non-judgmental listener. Jack is a certified therapy dog and will be accompanied by his favorite humans, Ursula and Kate Roesse.



### Your Government, Your Neighborhood

Senator Angus King constituent hours on Wednesday, **May 25** from 2:00-4:00 PM.

*We know the value of people-to-people connections, and my staff in Maine is committed to serving the people of Maine by getting out of the office and into your community.*

*My initiative, "Your Government, Your Neighborhood," dispatches seven constituent service representatives to communities throughout the state every month and provides alternative outreach opportunities to Mainers as a complement to our permanent office locations.*

### KFL's Genealogy Group

The next meeting of KFL's Genealogy Group, *Eastern*

*European Immigrant Genealogy from the 21st Century to the Village* will be held on **Sat., May 14**, from 10:00 AM - 12:00 PM.

Join Jennifer Shoer, Managing Genealogist of Reconnecting Relatives, LLC where attendees will learn how to trace their family back in time from the 21<sup>st</sup> century to their time of entry into the United States and their departure from the old country. We will explore strategies for identifying our ancestors' places of origin, their original surnames and



their elusive villages. We will discuss the importance of talking with living relatives and exploring neighbors and friends in records. We will touch on how genetic genealogy can help us connect with previously unknown family members.

Jennifer's passion is helping people reconnect with their immigrant roots and find living family members. She specializes in assisting Jewish individuals find family with whom they have lost contact due to time, memory loss, family conflict and the devastation of the Holocaust. Her website is [www.reconnectingrelatives.com](http://www.reconnectingrelatives.com).

Jennifer would like to get to know the attendees before the presentation. Please help by filling out [this anonymous survey](#) . At the end of the survey, you will have the opportunity to submit questions in advance.

In addition, there will be a short Brick Wall discussion held at 9:40 AM before Jennifer's presentation.

The Genealogy Group is open to the public and meets nine times a year.

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## Knitting Needles

Thanks to an incredibly generous donation, we have been able to greatly expand our selection of knitting needles! Patrons can now borrow both straight and double-pointed wooden knitting needles in almost all sizes. A selection of crochet hooks is also available. Needles check out for four weeks, and can be renewed as many times as you need them.



Don't know how to knit? Come to Nifty Knitters, every Tuesday at 11:00 AM for free knitting help for all levels.

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## Coloring Craze

Visit us on Tuesday, **May 24** (5:00-7:00 PM) and/or Monday, **June 27** (12:00-2:00 PM) to participate in the latest relaxation trend, coloring! This program is geared toward adults but all ages are welcome.

All coloring sheets and utensils will be provided. If you're too shy to stick around, grab a sheet to take home with you.

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## May Calendar of Events

May 2: Homeschool Group, 2:00 PM  
May 3: Nifty Knitters, 11:00 AM  
May 3: Lawyers in Libraries, 5:30 - 7:30 PM  
May 4: Crafting Friends, 5:30 PM  
May 6: Parenting Class, 10:00 AM  
May 9: Non-Fiction Book Group, 6:30 PM  
May 9: Peek-a-Book Babies, 10:15 AM  
May 10: Family Storytime, 10:15 AM  
May 10: Nifty Knitters, 11:00 AM  
May 10: Teen Advisory Board, 3:30 PM  
May 12: Time for 2's and 3's, 10:15 AM  
May 12: Anime Club, 3:30 PM  
May 13: Teen Gaming, 2:30 PM  
May 14: Genealogy Group, 9:40 AM  
May 14: Tail Waggin' Tutor, 10:00 AM  
May 16: Peek-a-Book Babies, 10:15 AM  
May 16: Lyme Disease Prevention, 6:00 PM  
May 17: Family Storytime, 10:15 AM  
May 17: Nifty Knitters, 11:00 AM  
May 17: Teen Movie Night, 5:30 PM  
May 18: Shyness Prevention - Author Talk, 6:30 PM  
May 19: Time for 2's & 3's, 10:15 AM  
May 20: Teen Gaming, 2:30 PM  
May 21: Tom Tudor - Arlington Natinal Cemetery, 2:00 PM  
May 23: Peek-a-Book Babies, 10:15 AM  
May 24: Family Storytime, 10:15 AM  
May 24: Nifty Knitters, 11:00 AM  
May 24: Adult Book Discussion, 1:00 PM  
May 24: Drop-In Coloring - 5:00-7:00 PM  
May 25: Constituent Hours from Senator King's Office, 2-4 PM  
May 25: Chair Chi, 2:30 PM  
May 25: Trivia Night, 6:30 PM  
May 26: Time for 2's & 3's, 10:15 AM  
May 26: Manga Book Club, 3:30 PM  
May 27: Teen Gaming, 2:30  
May 31: Family Storytime, 10:15 AM  
May 31: Nifty Knitters, 11:00 AM  
May 31: Legos Club, 4:00 PM  
May 31: Trustee Meeting (open to the public), 7:00 PM

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We welcome your feedback about our services and programs! Feel free to contact us via [email](#), phone (207/985-2173) [Facebook](#) or in person.

