



Monthly E-Newsletter November 2017 Volume 24, Issue 11

Wreath Fundraiser Returns

Kennebunk Free Library is now accepting orders from individuals and businesses for wreaths which will be delivered to the library for pick up on Sat., Nov. 18th. Made at Wreaths of Maine in Waldoboro these beautifully handmade, double-sided 23" Balsam wreaths, centerpieces and sprays will adorn your front door and make excellent gifts.



There are nine options to choose from ranging from \$30-\$38 as well as a 33"

wreath suitable for larger windows and doors. The cost for the 33" wreath is only \$53. Every wreath is hand made by a skilled wreath-maker and decorated.

Those who purchased wreaths, sprays and centerpieces last year reported great satisfaction in the quality, price, and delivery of their items. We are happy to offer these Wreaths of Maine items again. All proceeds benefit the Library.



For an additional fee, **wreaths can be shipped** to friends and loved ones. The wreaths are delivered in decorative boxes using the fastest delivery possible, so wreaths arrive fresh. They come with a personalized gift card and a hanger is attached. The 33" size cannot be shipped. **Orders are accepted through November 13** at 8:00 PM. [Pick Up Order](#) and [Shipping Order](#) are also at the Library.

PTSD: the Biology, Causes, and Treatments

Kennebunk Free Library has been selected by the American Library Association and WETA Washington, DC, to receive a programming kit for "The Vietnam War", a 10-part documentary film by Ken Burns and Lynn Novick.

As part of the award, Kennebunk Free Library will host University of New England Professors Michael Burman and Craig Owens on **Monday, November 6** at 6 p.m. and their presentation on PTSD: the Biology, Causes, and Treatments. Dr. Burman will outline the brain systems underlying trauma, fear and anxiety and how they are altered during PTSD.

Professor Owens will present information on PTSD susceptibility, symptoms, and current trends in best practice and treatment options. This presentation is open to everyone including veterans and the public.



Michael Burman Ph.D is an Associate Professor of Psychology. Having studied the neurobiology of anxiety and fear for over 15 years, his lab at UNE has received over two million dollars of NIH funding to study the intersection of trauma, memory, anxiety and pain, with a focus on the long-term effects of neonatal pain and trauma. A member of the DANA Alliance for Brain Initiatives, he is committed to enriching the public's understanding of the brain and brain health.

Craig Owens, LCSW, is an Assistant Clinical Professor with the UNE School of Social Work. Prior to joining UNE, Craig served in director positions with two of Southern Maine's leading non-profit community mental health agencies. He has been in clinical practice since 2002 and specializes in Crisis Stabilization, Trauma, Addictions, and Aging with Dignity. Craig is an avid practitioner of narrative theory and the empowerment and healing this modality offers individuals, families, and communities.

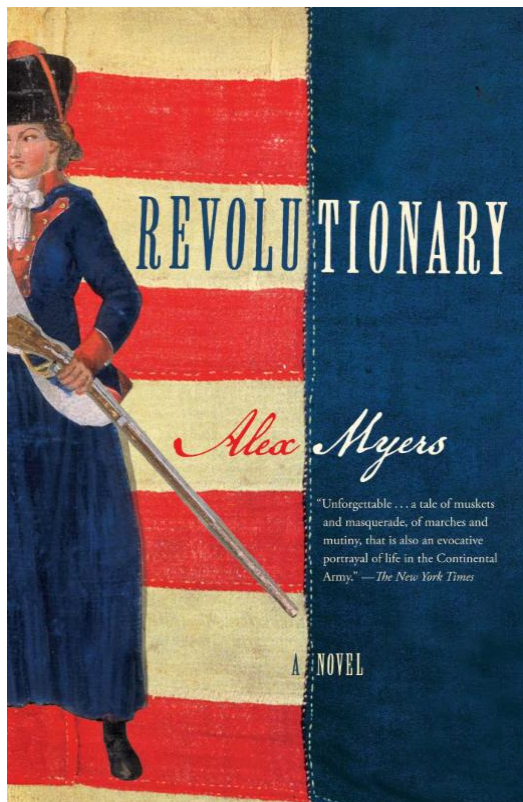
Public screenings will follow the above program (dates and times to be announced soon), after which the 18-hour documentary series on DVD will be made available for the public to borrow. The companion book, "The Vietnam War: An Intimate History" by Geoffrey C. Ward and Ken Burns is also available.

Programming for The Vietnam War, a film by Ken Burns and Lynn Novick, is offered as part of a grant from the American Library Association, PBS and WETA Washington, DC.

This program is free and wheelchair accessible and open to the public. Please expect a high-attendance event and plan accordingly.



Author and Speaker on Transgender Identity



Join Kennebunk Free Library on **Wednesday, November 8** at 6 p.m. when we welcome Revolutionary author, Alex Myers. A discussion will take place followed by book sales and signings.

In 1782, during the final clashes of the Revolutionary War, one of our young nation's most valiant and beloved soldiers was, secretly, a woman. When Deborah Samson disguised herself as a man and joined the Continental Army, she wasn't just fighting for America's independence—she was fighting for her own. Revolutionary, Alex Myers's richly imagined and meticulously researched debut novel, brings the true story of Deborah's struggle against a rigid colonial society back to life—and with it the courage, hope, fear, and heartbreak that shaped her journey through a country's violent birth.

Alex Myers is a writer, teacher, and speaker. Born and raised in Paris, Maine, Alex was raised as a girl (Alice) and left Maine to attend boarding school at Phillips Exeter Academy. At Exeter, Alex came out as transgender, returning his senior year as a man after attending for three years as a

woman, and was the first transgender student in that Academy's history. After Exeter, Alex earned his bachelor's at Harvard University, studying Near Eastern Languages

and Civilizations. Alex was also the first openly transgender student at Harvard and worked to change the University's nondiscrimination clause to include gender identity. Subsequent to earning a master's degree in

religion at Brown, Alex has pursued a career in teaching English at secondary schools. He completed his Master's of Fine Arts in fiction writing at Vermont College of Fine Arts, where he began his work on Revolutionary. He currently lives in New Hampshire with his wife and two cats. For more information please visit his website at alexmyerswriting.com

Fooood! (Bring a Dish, Try a Dish)

Looking for some food ideas to entertain during the holidays? Want to try a new recipe? Have a family classic you want to share with a group? Visit us on Tuesday, November 14 at 6 p.m. with your prepared dish to share with fellow attendees. There will be tastings and lively discussion.

Patrons can stop by the library to sign up (registration required) and let us know what you'll be bringing. Our format is "bring a dish, try a dish".

Looking for ideas? We'll have plenty of free cooking magazines to give away and over 200 cookbooks in-house available to borrow. An FAQ sheet will be available at sign-up to answer all of your questions about this program.

Kennebunk resident and cooking enthusiast Linda Lyon will facilitate a casual discussion so come ready to talk about your cooking experience. Why did you choose what you did? Would you recommend the recipe? Did you step out of your comfort zone? Let's get together and have fun.



This program is free and wheelchair accessible. Dishes may contain food allergens - please make sure to check and inquire about ingredients.

Digital Records Access - Replacing Microfilm

The Kennebunk Free Library Genealogy Group will host Paul Klebauer on **Saturday, November 4** at 10 a.m. Klebauer will discuss how digital records can be accessed now that FamilySearch has ended its microfilm program.

FamilySearch ended preserving records through microfilm this September after doing so since 1938. Their goal is to have all information accessed digitally and to have this project completed by 2020. Learn what this means for you and your research. Klebauer will also touch on how to access the microfilm images that have yet to be digitized.

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

Children's Programming

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 (with caregiver) and up are invited to join us for an afternoon of beading fun **November 1** at 1 p.m. The craft is Napkin Rings. Design suggestions will be offered, but creativity is encouraged! [Registration is required.](#) All craft materials will be provided.

Parenting Class

Stevie Westmoreland, LMFT, LCPC leads her Parenting Class on **Friday, November 3** at 10 a.m.

This class offers an opportunity for parents, grandparents and caregivers to gather to share the joys and challenges of parenthood. Skills developed will focus on identifying and understanding a child's four basic feelings, calming ourselves down and the positive effect of mirror neurons with your child.

Stevie has been in private practice as a Licensed Marriage and Family Therapist and Licensed Clinical Professional Counselor for over 30 years. She also brings her own experience as a parent and grandparent to the discussion.

Imagination Station - Rubber Bands

Welcome to Imagination Station - where you can let your imagination run wild. This is an exciting program series at the KFL for all ages - from 3 to 103!

November's Imagination Station: *Rubber Bands!* will be on **Thursday, November 9** from 3:45 to 4:30 p.m. From musical instruments to car propulsion, the uses for rubber bands are almost endless, so come let your creativity run wild. All Imagination Station programs are drop-in; stay the whole time or come when you can.

Everyone is encouraged to join us for this series of programs showcasing science, technology, engineering, arts and math (STEAM) - in ways that are fun and accessible for all ages. Find out how stuff works, why things happen, and what makes our world the way it is.



Movie Matinee and Snacks - "Cars 3"

KFL will be presenting a Movie Matinee featuring "Cars 3", a G rated movie, on **Friday, November 10** at 2 p.m. Join us for this new release family film! Snacks will be provided.



Mad Science: Galaxy Slime

Science can be wacky, wild, or funny, but it's always an adventure! We will be holding a Mad Science series of programming for young scientists to experiment and observe the surprising results. Our next session, Galaxy Slime, will be held on **Monday, November 13**, at 4 p.m. All programs are open to ages 6 and up. [Registration is required.](#)

Storytimes



Peek-A-Book Babies: Mondays @ 10:15 a.m.
Family Storytime: Tuesdays @ 10:15 a.m.
Time for 2s and 3s: Thursdays at 10:15 a.m.
No storytimes the week of 11/20-11/25 - Happy Thanksgiving!

Signing Storytime

Sarah Abbott of Merry Signing will join us at Peek-A-Book Babies storytime on **Monday, November 13** at 10:15 a.m. to teach some basic signing skills. Signs to be covered include everyday vocabulary and introductory terms. These classes are open to all ages, but are best suited to ages 3-18 months. Learn more about this way of communication for young ones!

Tail Waggin' Tutor

Jack, a Tail Waggin' Tutor will be at the library on **Saturday, November 18** from 10-11 a.m. 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. Children often relax in a manner they might not when reading to an adult or sibling. Practice gained by reading to a dog has been shown to help students increase reading fluency.

Jack is a certified therapy dog, and will be accompanied by his favorite humans, Ursula and Kate Roese. He also volunteers at the Kennebunk Nursing and Rehabilitation Center.



LEGO Club

The Lego Club is meeting on **Wednesday, November 22** at 4 p.m. Lego Club is a place for young architects looking to build. This program is open to children in Kindergarten and older, pre-registration is required.

Drop-In Family Holiday Crafts



It's that time of year again! KFL is offering Drop-In Family Holiday Crafts from 11 a.m. to 2 p.m. on **Saturday, November 25**, including a card making station. Celebrate the start of the holiday season with some festive crafts! No registration required.

Color Central

Do you know a young artist who needs to release some artistic steam? We are now offering Color Central, a monthly program for children ages 5 and up! The library will provide all the tools needed for children to paint, draw, or color to their heart's content. This program will meet on special Monday afternoons from 4 to 5 p.m. No registration required. Join us **November 27**.

Fiber Art Studio

Youth in grades 5-12 are invited to an ongoing drop-in fiber arts program, the 4th Thursday of the month from 3:30-4:30 p.m. Each month we will have a different craft you can try, but you are always welcome to bring whatever project you are currently making instead. Knitting, sewing, and cross-stitch help will be available. Join us **November 30**.

Teen Programming

TEEN THURSDAYS

November 2, 9, 16, & 30

2:30 p.m. - 4:30 p.m.

Join Melissa in the Walker Room every Thursday (except Thanksgiving) for help with homework, DIY crafts and book recommendations. **FRIDAY FUN**

FRIDAY FUN/TEEN GAMING

November 3, 10, 17, & 24

2:30 p.m. - 4:30 p.m.

Ease into the weekend with a new program at KFL: Friday Fun. Do you want a space to talk about your favorite fandom or new favorite book? Do you want to raid the Library's craft closet for holiday gift inspiration? Do you want to tinker with technology? If you answered yes to any of these questions: This is the library program for you.

P.S. The Wii and tabletop games will still be available on Friday afternoons.

ANIME AFTERNOON:

November 15

4 p.m.

Join us for an afternoon of otaku games and anime inspired crafts.

Beauty Hiding in Plain Sight

The photographs of Kathryn S. B. Davis will be on display at the Kennebunk Free Library in the Speers Gallery from **November 1 to 29, 2017**. The public is invited to view the exhibit during regular Library hours when the gallery is not in use for library programs.

"Over the years since, I have logged hundreds if not thousands of hours exploring places where beauty comes into being and passes away. Simply exquisite fleeting beauty is all around us."

Kathryn began a daily practice of photographing in and around Kennebunk about 10 years ago. With no expensive camera and no elaborate photo editing system, she gathered simple straightforward images with her phone. She shared them with friends and family in hopes that they, too, would enjoy what she was discovering - ever changing light, an abundance of good and beauty in neighbors and neighborhoods in our small coastal town.



"Although wandering further afield these days, I carry the gems of first discovery wherever I go. No matter what might be troubling us (in our nation, in our town, or between our family members or friends), in any given moment, we can pause, breathe, look around, and find some visual, some-small-bit-of-beauty that can give us a moment of peace and simple joy. This is available right here and right now."

Kathryn studied at Maine College of Art, Maine Media Workshops, Haystack Mountain School, Coastal Maine Botanical Gardens, local arts organizations River Tree Arts and Engine and Waterfall Arts, and with other local artists. She currently has a studio at Running with Scissors Artist Studios in Portland.

A New Year of Friends

Our final event of the year has just been completed, and the Friends of the Kennebunk Free Library would like to thank you all for your support during 2017!

Our book sales, including the Friends'-Only preview sales were very popular and we raised a total of \$786. With

ongoing and Saturday book sales the Friends raised \$16,000 in 2017 to support a variety of materials purchases, activities and services which are available to all KFL patrons.



We are now opening our 2018 membership drive. If you purchase a 2018 Friends membership for yourself - or, well, a friend - your membership starts immediately and lasts throughout 2018. We are adding a NEW benefit for all Friends in 2018 - in addition to preview sales, volunteer service opportunities with a great group, you can also select one free book at each regular book sale by presenting your Friends' card. Please join us soon!

2018 Book Sale dates are:

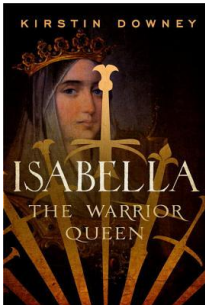
- WinterFest - February 3
- May Day - May 5 (Friends'-Only Preview sale May 4)
- Blueberry Fair - July 28 (Friends'-Only Preview sale July 27)
- HarvestFest - tbd (Friends'-Only Preview sale tbd)

Please consider volunteering to sort books, set-up or work at our sales whether you are a Friends member or not.

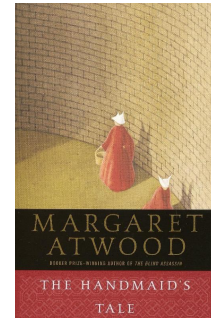
Sincerely,
The Friends of KFL leadership team

****All are welcome to join us at the Friends Meeting on Monday, November 13 at 5:30 p.m.****

Reading Groups



Nonfiction Book Discussion
Hillbilly Elegy by J.D. Vance on
Monday, November 13 at 6:30 p.m.



Adult Book Discussion
The Last Painting of Sara de Vos by Dominic Smith on
Tuesday, December 5 at 1:00 p.m.

Did You Know? What our newest materials are...

Looking to see what we've just added? New books and AV materials are listed each month.

KFL Director Retiring

Kennebunk Free Library's Board of Trustees announces that Library Director Jill LeMay will retire effective November 3, 2017. LeMay has served as Library Director since March 2011. During her 6 ½ years, LeMay has led the library through many changes from recruiting new staff to facility and technology upgrades.

"Jill has been an extraordinary Director, said Board President Karen Plattes. "She has a great sense of humor, strong organizational skills, a collaborative leadership style, and a deeply rooted passion for making Kennebunk Free Library the best Library in Maine. KFL is in a strong position to attract a new Director who will continue the progress made under Jill's leadership."

The Board will honor Jill for her contributions in a farewell reception to be held in the Parsons Reading Room on **Wednesday, November 1** from 4:30-6:30 p.m. All are welcome to attend to extend their good wishes to Jill on her retirement.

Frustrated with Technology?

Join us on **Fridays from 10 a.m. to 12 p.m.** for our new service, Tech Time. Attendees will work one-on-one with a librarian to answer your technology questions. Registration required.

Technology is becoming more complicated so we're here to help. Having difficulty downloading the cloudLibrary app? Got a tablet for your birthday and need help setting it up? Please make an appointment by contacting the library at 207-985-2173. This service has quickly become very popular so your patience in waiting for an accommodation is greatly appreciated.



This service is intended to help educate you about your device or to troubleshoot minor technology issues. Our goal is that you'll leave our session with the confidence and knowledge to troubleshoot your own future technology hurdles.

Please bring your device with you. **Our November dates are 3, 10, 17, & 24.**

Board and Card Games



Board and Card games now available for checkout. Stop by to browse our collection (near the jigsaw puzzles) and take one home.

Firewood Needed

Somehow the time for firewood has crept up on us once again. Your firewood donations would be appreciated to keep our reading room warm and cozy during the winter months. Please call us at 207-985-2173 or [email](#) us if you would like to make a donation.



Well-Attended Programs

We've seen outstanding attendance at many of our recent programs and we thank you very much

for your support. KFL is doing our best to accommodate these large turn-outs by maximizing the seating available in our largest area, the Parsons Reading room.

Unfortunately, even with these efforts we have not had enough seating for all. KFL is aware of this and keeping it keenly in mind as we are constantly planning for the future. Your feedback is very important and helpful. Please ask for a feedback form and remember that programs without registration are on a first-come, first served basis and are often open to all ages.

November Calendar of Events

- Nov. 1: Beadcraft, 1 p.m.
- Nov. 1: Jill LeMay's Retirement Party, 4:30 - 6:30 p.m.
- Nov. 1: Crafting Friends, 5:30 p.m.
- Nov. 2: Time for 2s & 3s Storytime, 10:15 a.m.
- Nov. 2: Teen Thursdays, 2:30 p.m.
- Nov. 3: Parenting Class, 10 a.m.
- Nov. 3: Tech Time, 10 a.m. - 12 p.m.
- Nov. 3: Friday Fun/Teen Gaming, 2:30 p.m.
- Nov. 4: Genealogy Group, 10 a.m.
- Nov. 6: Peek-a-Book Babies, 10:15 a.m.
- Nov. 6: PTSD Program, 6 p.m.
- Nov. 7: Family Storytime, 10:15 a.m.
- Nov. 7: Nifty Knitters, 11 a.m.
- Nov. 8: Author Talk with Alex Myers, 6 p.m.
- Nov. 9: Time for 2s & 3s Storytime, 10:15 a.m.
- Nov. 9: Teen Thursdays, 2:30 p.m.
- Nov. 9: Imagination Station, 3:45 p.m.
- Nov. 10: Tech Time, 10 a.m. - 12 p.m.
- Nov. 10: Movie Matinee, 2 p.m.
- Nov. 10: Friday Fun/Teen Gaming, 2:30 p.m.
- Nov. 11: Veteran's Day. We're Open!
- Nov. 13: Signing Storytime, 10:15 a.m.
- Nov. 13: Mad Science, 4 p.m.
- Nov. 13: Friends Meeting, 5:30 p.m.
- Nov. 13: Nonfiction Book Group, 6:30 p.m.
- Nov. 13: Last day to order wreaths.
- Nov. 14: Family Storytime, 10:15 a.m.
- Nov. 14: Nifty Knitters, 11 a.m.
- Nov. 15: Anime Afternoon, 4 p.m.
- Nov. 16: Time for 2s & 3s Storytime, 10:15 a.m.
- Nov. 16: Teen Thursdays, 2:30 p.m.
- Nov. 17: Tech Time, 10 a.m. - 12 p.m.
- Nov. 17: Friday Fun/Teen Gaming, 2:30 p.m.
- Nov. 18: Tail Waggin' Tutor, 10 a.m.
- Nov. 18: Pick up wreaths, 10 a.m. - 1 p.m.
- Nov. 21: Nifty Knitters, 11 a.m.
- Nov. 22: Library closes at 5 p.m.
- Nov. 23: Library closed. Happy Thanksgiving!
- Nov. 24: Tech Time, 10 a.m. - 12 p.m.
- Nov. 24: Friday Fun/Teen Gaming, 2:30 p.m.
- Nov. 25: Drop-in Family Holiday Crafts, 11 a.m. - 2 p.m.
- Nov. 27: Peek-a-Book Babies, 10:15 a.m.
- Nov. 27: Color Central, 4 p.m.
- Nov. 28: Family Storytime, 10:15 a.m.
- Nov. 28: Nifty Knitters, 11 a.m.
- Nov. 28: Trustees Meeting, 7 p.m.
- Nov. 29: Lego Club, 4 p.m.
- Nov. 29: Trivia Night, 6:30 p.m.
- Nov. 30: Time for 2s & 3s Storytime, 10:15 a.m.
- Nov. 30: Teen Thursdays, 2:30 p.m.
- Nov. 30: Fiber Art Studio, 3:30 p.m.

STAY CONNECTED:

