

# The BOOK MARK

## Newsletter of the Gale Free Library

*Library News*  
Page 1

*Adult Programs,  
Art Exhibits*  
Page 2

*Children's &  
Teens' Programs*  
Page 3

*Museum Passes*  
*Local History*  
Page 4

*Be on the Lookout for...*  
*Staff Picks*  
*Author Spotlight*  
Page 5

## Library Hours

Monday 9:30 am-5:30 pm  
Tuesday 9:30 am-8 pm  
Wednesday 9:30 am-8 pm  
Thursday 9:30 am-8 pm  
Friday 9:30 am-5:30 pm  
Saturday 9 am-1 pm

Contact Us:  
508-210-5560  
galefreelibrary@gmail.com

*SUMMER  
READING  
continues*

Summer is in full swing and so is summer reading! Participating in this year's Adult Summer Reading is fun and EASY! Simply read a book\* of your choice from *anywhere*--our library, another library, Libby, Hoopla, a "Little Library" find, bought, or borrowed from a bestie--and enter to win! Entry forms can be found on our display table at the entrance. Call us at 508-210-5569 or email us at [galefreelibrary@gmail.com](mailto:galefreelibrary@gmail.com) with questions.

*\*Audiobooks count, too!*



Magda enjoys a summer afternoon at The Crane Estate, part of our Museum Pass Program.

"Summer afternoon--summer afternoon; to me those have always been the two most beautiful words in the English language."  
- Henry James

## Library News

- The Library will be closed Thursday, July 4 in observance of Independence Day.
- Adults, please join us for Sound Bath Healing with Brandy Lefsky on Tuesday, July 30. Registration required. See details on page 2.
- "Truck Day" returns on Wednesday, July 10! See page 3 for time and location.
- A reminder that during our busy, program-filled summer, our parking lots can get very full! The parking lot behind the Congregational Church and Town Hall can be a good alternative.
- The Book Celler is seeking volunteers! Whatever amount of time you have, we are happy to have your help! Drop off your contact information at the Reference Desk or call 508-210-5569.



# Adult Programs, Art Exhibits

## Sound Bath Healing with Brandy Lefsyk Tuesday, 7/30, 6pm Registration required.

A sound bath is a therapeutic and meditative experience where you "bathe" in the sounds and vibrations produced by different instruments such as chimes and crystal bowls. Through these sounds and vibrations, your mind enters a meditative and relaxed state. Sound bathing has been found to be beneficial for relieving anxiety and stress, promoting deep meditation, heightening clarity, and improving the ability to concentrate. A sound bath is beneficial for beginners of meditation but also great for seasoned meditators. Join us for this introduction to Sound Bath Healing. Chairs will be provided, but you are welcome to bring a mat or cushion.

## July Art Exhibits

In the Program Room  
"New England Wild:  
Asian Expressions"  
by Miranda Greenhalgh  
*Art Reception Tuesday, 7/16, 6pm*

Upstairs Lobby  
"Nature's Palette:  
Art Inspired  
by Beauty Around Us"  
by Kirti Nagpal

## Adult Take-Home Craft

Starts Monday, 7/1

Please visit the Reference Desk  
for your kit.

This month's take-home craft is Decoupage Sea Shells! Pick up your DIY craft kit at the Reference Desk (while supplies last). Every bag will contain free supplies and instructions. No registration required.

## Cooking Club "Sushi Rolling Demonstration" with

Chef Kim Youkstetter

Tuesday, 7/9, 6pm

Registration required.

Our good friend, Chef Kim Youkstetter, who gave a cooking presentation previously at our library, is back not only to celebrate with us the 10-year anniversary of the Gale Free Library Cooking Club, but also to teach us how to make a perfect sushi roll.

## The Craft of Writing Workshop with Jennifer Freed "The Same, But Different"

Thursday, 7/11

10:30am-12pm

Online via Zoom.

Registration required.

Join us as we look at writings that all address the same topic, and see what we can learn from the different perspectives. All are welcome, no experience necessary.

## "Mornings with Maggie!"

Saturday, 7/13

10:30-11:30am

Our friend Maggie will be back to spend some time with us and brighten our day! Maggie and her person, Kelly, are a certified therapy team through the Alliance of Therapy Dogs. No registration required.

## Quiet Book Club

Tuesday, 7/16, 10:30-11:30am

Join us for our new book group in which we each bring a book, read together quietly for awhile, then chat about what we're reading. No pressure--just a time to relax, have fun, and learn about some new titles! Weather permitting, we'll read outside. For ages 16+. No registration required.

## Flower Painting with Kirti Nagpal

Wednesday, 7/17

6-7:30pm

Registration required.

Join us as Kirti, who will be exhibiting her artwork in our upstairs lobby this month, guides us in a flower painting class, with summer colors as our palette! All supplies, including acrylic paints, will be included. For ages 16+.

## Classics Book Group

Thursday, 7/25, 6:30pm

Registration required.

Join us as we discuss *The Secret Sharer* by Joseph Conrad. Copies of the book can be picked up at the Reference Desk.

## Weekly Knitting & Crocheting Group

Mondays, 1-2:30pm

We offer an in-person meeting, as well as a virtual meeting. (No registration is needed for the in-person meeting. For the virtual meeting, please contact the Library for an invitation.) All are welcome, from beginners to experienced!

*For more information or to register for a program, please contact the Reference Desk at 508-210-5569 or email us at [galefreelibrary@gmail.com](mailto:galefreelibrary@gmail.com).*



# Children's & Teens' Programs

## Renee Coro Teddy Bear Picnic



Tuesday, 7/2, 11 AM - 12 PM

On the Library Lawn

(Rain date Friday, 7/12)

Join Miss Renee for some music fun, and bring a stuffie to join in! Renee has performed at many local libraries and produced an original children's album in 2014 titled "Perfect Harmony." She is currently working on her second album. *Thank you to the Holden Cultural Council for sponsoring this event.*

## Truck Day

Wednesday, 7/10, 10 AM - 12 PM

In the Town Parking Lot

They're baaack! Come see the town fire truck, dump truck, school bus, ambulance, police car, and other giant town vehicles. Climb in the cabs, blow the horns, and bring your cameras! Rain or shine.

## Special Story Time Show

Thursday, 7/18, 11 AM - 12 PM

On the Library Lawn

Get ready for a story time double feature! For one morning only, Mr. Kevin and Miss Rachel will be performing a special story time show including stories, singing, dancing, and more from your two favorite librarians.



## Wingmasters Presents "Holden Birds of Prey"

Wednesday, 7/24

3 PM - 4 PM

In the Senior Center

Learn about some of the birds of prey native to the Holden area! Birds of prey, also known as raptors, are hunting birds that boast the best eyesight and sharpest hearing in the animal kingdom. This presentation will include five live birds! *Thank you to the Holden Cultural Council for sponsoring this event.*

## Friendship Bracelets

Wednesday, 7/3, 2 PM - 4 PM

(ages 8+)

On the Library Lawn

(In the Program Room if it's raining)

Learn how to make simple friendship bracelets with embroidery floss! If you're a bracelet expert, feel free to use our supplies to make something more complicated.

## Community Connections

### Pet Scavenger Hunt

Monday, 7/5, 10 AM - 11 AM

On the Library Lawn

Join Community Connections for a pet-themed scavenger hunt. This program helps increase social-, fine-, and gross-motor and problem-solving skills, and is a fun way to build vocabulary!

## Tie-Dye Craft

Tuesday, 7/9, 3 PM - 4 PM

(ages 5+)

On the Library Lawn

(In the Program Room if it's raining)

Join us for some awesome tie-dye fun! Bring your own t-shirt, beach towel, hat, etc.

## Sand Art

Wednesday 7/17, 3 PM - 4 PM

(ages 5+)

On the Library Lawn

(In the Program Room if it's raining)

Join us to make a beautiful and unique sand-art bottle.

## Paint Pour

Wednesday, 7/31

3 PM - 4 PM: (ages 10+)

On the Library Lawn

(In the Program Room if it's raining)

Beautiful galaxies, elegant seashores, and fantastical locations can all be made with this fun abstract art form.

## LEGO Club

(ages 4+)

Friday, 7/12 and Friday, 7/26

3 PM - 4:30 PM

On the Library Lawn

(In the Program Room if it's raining)

Come join us on the lawn for outdoor LEGO club! We will be building pieces for our end-of-summer Big G Amusement Park. Come with your family, grab a bin of LEGOS, and build with us. No registration necessary!



## Summer Story Times

### Lapsit Story Time

(ages 2 and under)

Every Thursday

(starting 7/11, ending 8/8)

at 10 AM

On the Library Lawn

(In the Program Room if it's raining)

Join Miss Rachel for songs, short picture-book stories, and more. This story time will focus on routine, repetition, and early literacy skills like ABCs and 123s.

### Preschool Story Time

(ages 3-6)

Every Thursday

(starting 7/11, ending 8/8)

at 11 AM

On the Library Lawn

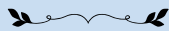
(In the Program Room if it's raining)

Join Mr. Kevin for lots of laughs and fun stories! This story time will focus on picture-book stories, and include some games or activities--and of course Mr. Kevin's great sense of humor!

# Museum Passes, Local History

---

## Museum Moments



At the Ecotarium  
*The Caterpillar Lab*  
Friday, July 12 &  
Saturday, July 13  
10am-3pm

*The Caterpillar Lab* is a free-exploration, drop-in program featuring a variety of local caterpillar species. Guest educators will host stations demonstrating metamorphosis and caterpillars' surprising adaptations. *The Caterpillar Lab* activities are included in admission. For more information visit [ecotarium.org](http://ecotarium.org).

At the Trustees of Reservations  
Powisset Farm  
*Foraging with Goats*  
Saturday, July 13  
4-5:30pm

Learn about New England's wild edible food alongside Powisset Farm's friendly goat companions. We'll combine our popular goat hikes with an educational exploration of the Farm, using our senses to identify and learn about what is edible -- just like our goats do! We will review five plant and fungi species, how to identify them, and how to stay safe while foraging.

About your program leader: Trustees guide Amanda is a local mycologist and naturalist with experience foraging New England's edible and medicinal fungi and working with New England plants and trees to share their many ecological and human benefits. She is a combined Global Environmental Studies master's student at Clark University. For more information, please visit [thetrustees.org](http://thetrustees.org).



Contact the Reference Desk at 508-210-5569  
or [galefreelibrary@gmail.com](mailto:galefreelibrary@gmail.com) to reserve  
Museum Passes or for further information.

## Local History

### Travelling Back to 1944



Following Librarian M. Addie Holden's retirement from the Gale Free Library in 1943, the Damon Memorial Board of Trustees elected to have a representative of the State Division of Public Libraries, a part of the Massachusetts Department of Education, survey the Library for the

benefit of the Town, Trustees, and new Librarian, Amy L. Snow. What follows, and will continue to be presented in future issues of the "Bookmark" until complete, is the submitted report, written by Library Adviser E. Louise Jones and dated April 13, 1944. Note that the format of the report has been altered slightly to improve readability, and a few non-essential lines have been omitted.

---

*The following is a continuation of the Massachusetts report. Please see the 3 previous editions of "The Bookmark" for the first, second and third installments.*

#### Work Room

The lack of a work room has meant that the librarian's desk had been placed in the middle of the main library room. It is recommended that the extreme left corner of the room, where the alcoves [?] actually make a square, be converted into a work room. The stack [that] now stands in the middle of this "room" can be removed if the children's books no longer occupy space in the main room, for there will then be room for all the adult collection without this particular stack, or if necessary the stack can be used in some other location.

#### Registration

A re-registration of borrowers is recommended. It is common practice for libraries to re-register borrowers about every three years . . . to maintain an accurate file of library users. This [process] is a simple matter and merely means the purchase of some heavier registration cards [that can] be filed as catalog cards are. It is recommended that the library continue to charge books by using the borrower's name as is done at present.

#### Work with Schools

It is recommended that the librarian work closely with the schools in supplying supplementary material needed by teachers, and by supplying classroom deposits. Close work with schools always stimulates children as well as teachers to use the public library.

*To be continued in "The Bookmark" next month.  
Past editions can be found at [galefreelibrary.org](http://galefreelibrary.org).*

---

*Local History content is provided by our Local History Librarian, Nancy Richards.*



# Be on the Lookout for...

## I'm Listening... with Spencer



"Greatest Hits of the  
20th Century"  
Bela Fleck and the  
Flecktones  
C/W Mars



"Talk Talk Talk"  
The Psychedelic Furs  
Freegal



"Infidels"  
Bob Dylan  
Freegal



"The Rutles"  
The Rutles  
C/W Mars



"Ten Summoner's  
Tales"  
Sting  
Hoopla



"Blue Sky Mining"  
Midnight Oil  
Freegal

Members of C/W Mars are able to access music through the CD collections of our consortium libraries and, for Holden residents, Freegal and Hoopla. Spencer is a well-known audiophile at the Gale Free.



## Adventures in Sustainable Living with Judy from Circulation



### Recent New Releases on Agriculture And the Food We Love to Eat

*A Bold Return To Giving A Damn* was written by Will Harris, who is a fourth-generation farmer on White Oaks Pastures in Georgia. In the beginning, Harris was a full-time commodity cowboy who played hard with all the tools the conventional system had to offer such as antibiotics, chemicals, and steroids. Over time he tired of the cruelty, the excess, and the small-town devastation he was witnessing. He decided to farm in harmony with nature and not against it using regenerative and resilient agriculture. He calls his approach "radical traditional," and it's making him an icon in the food movement. He is a natural storyteller who speaks the truth about the broken system of agriculture in this country. He is one of the first farmers to bring grass-fed and humanely raised meat to the mainstream.

On a local level, *Many Hands Make a Farm*, written by Jack Kittredge and Julie Rawson from Barre, MA, tells the inspiring story of their half-century journey as organic-farming pioneers. They started an organic farm, built their own home with little outside assistance, built a community, raised a family, and led a farming organization (NOFA--Northeast Organic Farming Association) that challenged industrial agriculture. They chose to work with nature and build good soil, rather than the conventional method of pest control and chemicals. Initially, they raised food on a quarter acre, then eventually expanded to selling at a farmer's market and later through a CSA (Community Supported Agriculture). After further research on climate change, the sequestering of carbon in soil, and reducing erosion, they now use no-till methods to reduce carbon-dioxide build up. This book is both a memoir and a great instructional manual.

*Our Little Farm* by Peter and Miriam Wohlleben tells of their adventures in sustainable living. A number of years ago the Wohllebens embarked on the dream of a lifetime. They moved into a forester's lodge in a small rural community in Northwest Germany. They decided to grow as much food as they could while working jobs and raising their family. They grew a wide variety of plants and a great diversity of animals. In this book they share their practical homesteading tips and recipes from their decades of experience.

