VOLUME 26, ISSUE 4

GUILDERLANDLIBRARY.ORG

JANUARY - FEBRUARY 2019



#### **Library Moon Walk**

rom now until April 2019, three library systems, covering 10 counties, will try to reach the moon – 238,900 miles away – by having patrons log their exercise. The Upper Hudson Library System (that's us!),

the Mohawk Valley Library System, and the Southern Adirondack Library System have joined together to promote this program on health and wellness.

Visit the Library Moon Walk website https://library-moonwalk.sals.edu/ to log your steps, miles, or minutes of exercise and your zip code. Let's do it Guilderland! (Don't worry - This site does not collect any personally identifiable info.)

Click on the moon and you will be taken to a shared calendar of health programs at GPL and other area libraries. Click on the Earth and be taken to Medline Plus, the National Library of Medicine's reliable health

information source that is authoritative and free to use.

Log your exercise, even if it's only a few minutes. Let's see how far we can go together.

For programs that are part of the Moonwalk, look for the "Stars" throughout the newsletter.





Developed resources reported in this project and Internet site are supported by the National Library of Medicine (NLM), National Institutes of Health (NIH) under cooperative agreement number UG4LM012342 with the University of Pittsburgh, Health Sciences Library System. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.



## All-Ages 2019 Winter Reading Challenge

January 1-31

Can we read 2,000 books during the month of January? Last year we blew our goal of 300 books out of the water by reading *1,577!* Let's read even more this year. If we help reach the nationwide goal of 75,000 books, Shark Tank investor Mark Cuban will donate \$35,000 to literacy programs at the top performing libraries — so let's aim to be one. Register online today at **guilderlandlibrary.beanstack.org.** Every book we log during the month of January counts toward the goal.

## Winter Reading Challenge Celebration

Friday, February 1 @ 5-6:30 pm

It's time to celebrate all the books we read during the Winter Reading Challenge. Stop by any time between 5 - 6:30 pm for hot chocolate, coffee, and some sweet treats. Share some of your favorite books and discover the other great reading programs we'll be offering this year. All ages welcome.



Meet each month to talk about cooking and sample dishes (made by participants!) from a selection of books chosen by our staff. You'll also have a chance to take home a copy of the "book of the month." ③

#### **■ Smitten Kitchen Every Day,** by Deb Perelman

Wednesday, January 16 @ 7pm

We'll be cooking "triumphant and unfussy new favorites" from the second cookbook inspired by the popular Smitten Kitchen blog.

### ■ Baking with Success, by Gail Sokol Wednesday, February 20 @ 7 pm

We get to actually MEET and chat with the chef/author, a Slingerlands resident, and learn some baking techniques from her. And she gets to sample recipes from her own book, crafted by us!

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#### **ADULT LECTURES & EVENTS**

#### JANE AUSTEN TEA PARTY

Saturday, January 12 from 2-3:30 pm

It has been 205 years since the publication of Pride and Prejudice! Come hear a talk with our local expert, Dr. David Shapard, author of the annotated editions of Jane Austen's novels. We will also hear about the "English Heritage Tour with Jane Austen" that Dr. Shapard is leading in September, 2019. We'll have tea and treats, of course.

#### **CHOCOLATE SAMPLER**

Sunday, January 13 @ 2 pm

Attention chocolate aficionados. Is chocolate REALLY good for you? What beverages pair best with your favorite sweet treat? Join Erin of Uncle Sam's Chocolates for a delicious afternoon of chocolate facts, lore, and tasting.

#### Human Trafficking: THE HIDDEN CRISIS IN PLAIN SIGHT

Monday, January 28 @ 7 pm

#### Presentation by Theresa A. Schillaci, Esq.

Safe Harbour Coordinator
Albany County Department for Children,
Youth and Families

This presentation will discuss the issue of human trafficking, identify the potential warning signs ("Red Flags") for child sex trafficking and offer guidance if trafficking is suspected. The prevalence of human trafficking in New York State and in Albany County will also be discussed.





## Tai Chi and QiGong with Rich Goodhart

Thursdays @ 11 am: January 10, 24 and February 14 and 28

QiGong, and its related form Tai Chi, is an ancient Chinese practice of gentle exercise that emphasizes deliberate, careful, almost dance-like movements. Rich Goodhart is a certified Tai Chi/QiGong instructor, and has taught at the Omega Institute and the Kripalu Center. Space is limited. Instruction is cumulative, so attendance at all classes is encouraged. Wear comfortable clothes.

#### **MatchBook**

Thursday, January 31 – Tuesday, February 12

#### Looking for some companionship this Valentine's Day?

Your trusty librarian has you covered. Fill out your "book dating profile" at the Information desk between 1/31-2/12, and we'll match with you a book as your "blind date." Your book will be waiting for you on the hold shelf from 2/14 - 2/21.

## SUNDAYCONCERTSERIES

All concerts @ 2 pm -

#### **JANUARY 6**

#### **Misty Blues Band**

Acclaimed Blues band from the Berkshires will rock the Library!

#### **FEBRUARY 10**

#### Jim Gaudet and the Railroad Boys

Fantastic song writing, great harmonies, wonderful Bluegrass and Americana sound!

## Medicare 101: A NEW USER'S GUIDE

Thursday, January 17 @ 1-3:30 pm



If you are enrolled in Medicare or soon to be enrolled, you may have many questions: What is Medicare Part A? Part B? Part D? What does Medicare pay for? How are prescriptions covered? Medicare can be very confusing, but help is here: Janet Kiffney, a certified Medicare Counselor with HIICAP (New York State's Health Insurance Information

Counseling and Assistance Program), will present an unbiased, "soup-to-nuts" program on Medicare and answer all your questions. You'll leave with a much better understanding of your options. 3

Sponsored by the New York State Office of the Aging and the Albany County Department for Aging.

## Quit Smoking THE BUTT STOPS HERE

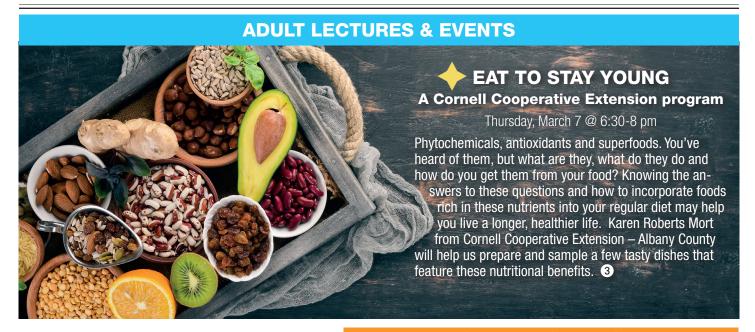
Tuesdays, February 12 - March 26 @ 6:30-7:30 pm

The Butt Stops Here is an award-winning program by St. Peter's Health Partners that has helped thousands to stop smoking! The program fee is \$45 and the Medicaid fee is \$20 per person. Our 2019 program consists of seven one-hour sessions and includes a workbook, two weeks of NRT

(patches or gum), group support and other materials. The program will be led by trained facilitator Anne Marsolais.

Participants should make checks payable to **The Butt Stops Here**. Checks or cash will be collected on the first night of the program. Seats are limited. **3** 

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## **BOOK** DISCUSSIONS

#### **NIGHT OWLS**

Led by Librarian Maura Powers-Smith Mondays @ 7:30 pm

January 14: Pachinko, by Min Jin Lee

**February 11:** *Promise Me, Dad: A Year of Hope, Hardship, and Purpose*, by Joseph R. Biden

#### **DAY LARKS**

Led by Librarian Maura Powers-Smith Tuesdays @ 2 pm

January 15: Pachinko, by Min Jin Lee

**February 12:** *Promise Me Dad: A Year of Hope, Hardship, and Purpose*, by Joseph R. Biden

#### **GREAT BOOKS**

Led by facilitator Sue Klug Thursdays @ 7 pm

**January 3:** Never Leave Your Dead, by Diane Cameron

February 7: Hecuba and the Trojan Women, by Euripides

#### **GUILDERCRAFTS**

#### **KNITTING KNOW-HOW!**

Drop-in sessions every Monday @ 10 am to noon and Tuesday @ 12-2 pm Capital District Knitting Guild meetings every second Tuesday @ 6 pm Three ways to learn how to knit! There's always someone willing to help with a difficult pattern or technique.

#### MACRAMÉ NECKLACE MAKING

Thursday, January 10 @ 7 pm

Macramé is the perfect craft for anyone who enjoys a natural and artisanal aesthetic. Learn how to make a necklace that uses the most basic macramé knots but is lovely enough to wear or to give as a gift.

3D BOOK FOLDING ANIMALS

Wednesday, January 23 @ 6 pm

Recycle old books into animals by folding pages creatively.

Have fun and surprise your friends with these three-dimensional critters.

#### **COZY CANDLE MAKING**

Thursday, January 24 @ 7 pm

What do you get when you combine a candle with coffee? The coziest winter craft ever. Make a candle in an up-cycled cup that will fill your home with the uplifting fragrance of freshly brewed coffee. ③

#### **COMMUNITY ARTBOOK GALLERY**

Saturday January 26 @ 10 am-1 pm

Come see your neighbor's art. This is your chance to get a first look at the notebooks submitted for our Community Artbook project. These notebooks, filled with the work of our patrons, your friends, and family will be catalogued and put into our circulating collection. Come by now to see the art. Later. vou'll need a library card.

#### "GAL"ENTINE'S DAY!

Wednesday, February 13 @ 7 pm

Bring your gal pal, your friend, your sister, your daughter, and/or your mother, for a night of chocolate-covered pretzels and strawberries, along with crafting and waffles! Adults and Teens.

Please bring an apron to protect your clothes. 3

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#### TECH IT CUIT!

#### **eBook Office Hours**

Wednesday, January 2, 9, 16, 30 @ 2 pm Wednesday, February 6, 13, 20, 27 @ 2 pm

Want to get free library books or magazines on your iPhone or Kindle? Ask us how! Sign up today for a one-on-one session with a staff expert. Please bring your library card and your device to the appointment. 3

Devices we can cover:

- Kindle and Kindle Fire
- Nook
- •iPhone or iPad
- Android tablets
- Laptops

#### **TECH TIME**

Get tech help one-on-one from a Guilderland National Honor Society student! 45-minute sessions can be scheduled Tuesdays in the winter between 3:30-5 pm. Can't make it on Tuesday afternoons? We have other dates and times available with our adult computer coaches. Call us for more information. 3

Tech Time (with Teen Tech Volunteers)

Tuesday, January 8, 16, 22, 29

Tuesday, February 5, 12, 26

3:30 - 5PM

#### **GET FREE eMAGAZINES!**

Wednesday, January 23 @ 2 pm

Learn how to get free e-magazines using the Flipster app and your Guilderland library card! Please bring the following with you to the program:

- 1. A valid library card from us, or any public library in the Upper Hudson Library System.
- 2. Any fully-charged device with access to the Apple App Store or the Google Play Store (such as iPad/iPhone, Samsung tablet, some Kindles) OR a laptop computer
- 3. Any usernames or passwords belonging to your device (ex: Apple ID, Amazon login, Google account) 3

#### **GENEALOGY**

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#### **DROP-IN GENEALOGY**

with Lisa Dougherty

Wednesday, January 9 @ 6 pm Wednesday, February 13 @ 6 pm

Professional genealogist Lisa Dougherty is available for free family-history consultations and advice on a drop-in basis. Bring your questions and "brick walls" for help finding solutions.

## Jewish Data GENEALOGICAL RESOURCE FOR JEWISH HERITAGE

Sunday, February 17 @ 2 pm

Avraham Laber, the local developer of the rich and ever-expanding database known as Jewish Data, will give a demonstration of its facts and features. Come and learn how to search the database as part of your genealogical research.



AARP TaxAide preparation by trained and IRS-certified volunteers begins Monday, February 4, at the Library. **United Way's 2-1-1 call center opens Monday, January 14, at 9 am, to make a tax appointment.** *Please do not call the Library.* 

**TAX PREPARATION APPOINTMENTS** are Mondays and Saturdays only, February 4 – April 8. You must have an appointment; no walk-ins.

#### Bring to appointment:

- Photo ID; Social Security card for all people listed in the tax return
- Copy of your 2017 returns
- All 2018 W-2s and 1099 forms
- End-of-year brokerage statements
- All supporting documents for itemized deductions

TaxAides cannot complete returns with rental income or Schedule C (Business Profit and Loss) if you've had a loss or expenses over \$25K.

Filing jointly? Both taxpayers need to be present except in cases of illness or infirmity.

All tax appointments are scheduled by dialing 2-1-1.

Phone lines open Monday, January 14, 9 am. Lines may be busy; please be patient.

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#### **Hotel Transvlvania 3: Summer Vacation**

Friday, February 22 @ 2 pm PG/120 min/2018/MLUSA

#### **Disney Movies!**

Sundays @ 2pm: 1/27, 2/24, 3/3, 3/17, 3/24, 4/7

This winter, we're showing classics and family favorites. It's all leading up to our Disney Trivia Family Night, which will be held during April break. Beat the winter blues with a fun movie and popcorn. Select Sundays, January through April.

#### **Oscar Films in February**

Thursdays @ 6:30 pm

This month we'll explore four of this year's Oscar nominees. They're all winners!

#### **FEBRUARY 7:**

#### **BLACK PANTHER**

(PG-13/2h 14min/2018)

#### **FEBRUARY 14:**

#### A STAR IS BORN

(R/2h 16 min/2018)

#### **FEBRUARY 21:**

#### **GREEN BOOK**

(PG-13/2h 10min/2018)

#### **FEBRUARY 28:**

#### FIRST MAN

(PG-13/2h 21min/2018)

#### **TEEN PROGRAMS**

#### **Teen Winter Writing Contest**

What's your story? Submit a piece of original writing to the Teen Winter Writing Contest!

- Submission categories for grades 6-12.
- Winners will receive prizes, have the opportunity to workshop their writing, and be published in a book!
- Entries are due Monday, Feb. 11 to TeenWinterWriting@gmail.com.
- A Reception to celebrate all the submissions will be held Wed., March 6 at 6:30 pm at the Clifton Park-Halfmoon Library.
- Rules and more information at www.guilderlandlibrary.org/tww.

The Teen Winter Writing Contest is a collaboration between the Guilderland Public Library and the Clifton Park-Halfmoon Public Library.

#### **Build It/Make It Club**

Tuesday, Jan. 8 & Feb. 19 @ 7:00 pm

Each month we'll have free time to make a guick craft project and build with our LEGOs and KEVA Planks. Grades 6-12.

#### **BOARD OF TRUSTEES**

Bryan Best, *President* Herbert Hennings, Vice President Kaitlin Downey, Secretary

Christopher Aldrich Barbara Fraterrigo Peter Hubbard

Michael Marcantonio

Barry Nelson

Karen Carpenter Palumbo

Nareen Rivas Jason D. Wright Tim Wiles, Library Director Carroll Valachovic. Trustee-Appointed Treasurer

Board meetings are held in the Library's Tawasentha Room at 7 pm.

- January 17, 2019
- February no meeting

The Guilderland Library News is a bi-monthly publication available at the library and online at www.guilderlandlibrary.org.



#### Itsy Bitsy Playtime

Friday, January 4 @ 10:30 am

Join us for a sensational sensory playtime! We will explore fun new activities like Ziploc finger paint, water table play, light table activities, a special sensory "pit", musical instruments, baby building blocks and more. Please dress baby for active play. Birth-24 months.

#### **Library Club**

Wednesday, January 23 @ 3:30 pm

Join us for an afterschool snack and we'll talk about our favorite books, plan future programs, and do a project to benefit the Library. Grades 3-5 4

## Parachute Pajama Party

Friday, Feb. 22 @ 10:30 am

We're shakin' the 'chute this morning... in our PAJAMAS! Fun for kids up to age 5 with a caregiver.



#### **Hour of Code**

Tuesday, February 19 @ 2 pm

What is Coding? What is Scratch? Coding is the "language" or instructions that a computer, software, apps, and websites need to function. "Scratch" is MIT's interactive programming software for creating stories, games, and animations. Let's learn about the basics of coding and discover Scratch together! Open to both parents and children grades 3-6.

#### **Video Game Time!**

Thursday, February 21 @ 2:30 pm

Come and play games together on the Nintendo Switch, WiiU, and Xbox 360! Or bring your own handheld game to sync up with others. All ages.

#### **Take Your Child to the Library Day**

Saturday, February 2

Child Safe Fingerprinting with the Guilderland Police Department throughout the day! Also, a special performance of Goldilocks & the Three Bears by the Puppet People @ 2pm. Follow Goldie's shenanigans in the Three Bears' house as they are brought to life by the Puppet People. All-ages fun for the whole family!



#### **GPL Adventures: Brixology Creatures**

Thursday, January 10 @ 3:30pm

It's time for a Lego adventure! The Brixology engineers from Mad Science are here to help as you create your very own walking insect machine. Put your creature to the test and see if you can make it climb up the steepest branch and crawl over obstacles! Grades 3-5. 4

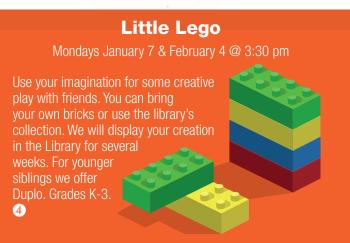
#### **GPL Adventures: Giant Games**

Thursday, February 14 @ 3:30pm

It's time for some fun! Join us in the huge Helderberg Room for giant games! We'll be running, jumping, competing, and working together. We'll play with jump ropes, balls, stretchy bands, and maybe even a parachute! It's going to be awesome. Grades 3-5.



Meet a variety of reptiles and amphibians face-to-face — all from Reptile Adventures — and learn about how they survive in the wild.



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#### **BOOKS PARTIES AND ACTIVITIES**



Second Fridays @ 3:30 pm

Join us for a fun read-aloud and a special art project related to the book. Be sure to dress for a mess. Grades PreK-2. 4

January 11: Katy and the Big Snow Winter Collage

February 8: Patchwork Painting with Elmer

#### Jan Brett's **THE MITTEN.** with WMHT's Barbara Lukas

Saturday, January 12 @ 10:30

Based on a Ukranian folktale, this now-classic story by Jan Brett featuring her amazing illustrations – tells the tale of Nikki's lost mitten and the animals who sleep snugly inside of it. Find out what happens when the bear sneezes. Grades PreK-1, with a caregiver.

#### Jane Yolen's **OWL MOON**, with WMHT's Barbara Lukas

Saturday, February 9 @ 10:30

The book *Owl Moon* is as quiet as a dream. When a little girl goes owling with her Pa, the hardest part is being quiet. Barbara Lukas will share this story with us and then we will do a fun activity based on this classic tale. Grades PreK-1, with a caregiver.

#### **Read to Furry Friends**

Wednesday, January 9 & February 6 @ 6:30 pm

GPL's Furry Friends, Groucho Barx the dog and Goose the hairless cat, are very patient and attentive listeners. Reading to them is a great way for beginning readers to use their new skills in a fun and relaxing setting.

#### **Meet Yasmin! Book Party**

Wednesday, January 23 @ 6:30

Meet Yasmin, a curious second grader who has a big imagination and who always takes a creative approach to finding solutions to life's little problems. Stop by the library to pick up your copy of the first book in this new chapter book series to take home and read. Then come to the party! We will talk about the book and do some fun and amazing activities based on it. Grades 1-2. 4







#### **EDUCATE**

#### **BABY BOOKWORMS**

Tuesdays @ 10:30 am (No Storytime February 19)

A storytime full of songs and fun. Make a weekly date to build memories for your baby, lay a foundation for success with pre-literacy skills, and connect with other caregivers in the community. Ages birth to 18 months old, with a caregiver.

#### TODDLER TIME

Tuesdays and Wednesdays @ 10:30am (No Storytimes January 2, February 19 & 20)

We will do a variety of activities to encourage early literacy and motor skills including: reading stories, singing, dancing, playing instruments, and creating crafts (both sessions will feature the same activities). Toddlers 19-36 months old, with a caregiver.

#### PRESCHOOL DROP-IN STORYTIME

Wednesdays and Thursdays @ 10:30 am (No Storytimes January 2, February 20 & 21)

Early literacy skills promote success in school! Join us for stories. songs, and movement! Ages 3-5 years, with a caregiver. Younger siblings welcome.

#### **WEE WADDLER RHYME TIME**

Thursdays @ 10:30 am (No Storytimes January 3, February 21)

Music and movement, rhymes and bounces, puppets, read-alouds, toys, bubbles and more. Crawlers, waddlers and walkers up to 24 months old, with a caregiver.

#### **3 LITTLE BIRDS: MUSIC & MOVEMENT**

Fridays @ 10:30 am

(No Storytime January 4, February 22)



Sing, dance, and join our 3 Little Birds – Penny, Poppy & Pete – for a fun-filled class your whole family will enjoy! This program is dynamic and interactive, so come ready to participate in the fun.

Ages birth to 5 years, with a caregiver.

#### THE LIBRARY WILL BE CLOSED ON THE FOLLOWING DAYS:

**January 21:** Martin Luther King, Jr. Day

February 18: Presidents' Day

#### **JUST FOR PARENTS!**



Registered Dietitian, Patty Wukitsch MS, RD, CDN, will answer your questions about infant nutrition, starting babies on solid food, and making your own baby food at home.

#### "STEAM" PROGRAMS FOR KIDS



#### **FAMILY STEAM NIGHTS**

First Monday of the Month @ 6:30 pm

Local schools and college's science departments will be here with fun hands-on science activities for kids! Grades 3-6, with their families 4

**February 4:** hosted by UAlbany Department of Atmospheric Science



#### **GPL SPROUTS FEATURING THE ALBANY PINE BUSH PRESERVE**

Third Mondays @ 3:30 pm

January 14: Hoot Like an Owl

February 11: Sleeping all Winter Long

STEM for grades PreK-2 with a caregiver. 4



#### AN IMPORTANT NOTE ABOUT STORYTIMES:

If the Guilderland Central School District is closed, or delays classes, Storytimes are not held on that day.

Children must be accompanied by an adult caregiver at all Storytimes.

Storytimes are designed to reinforce early literacy skills. Librarians may use a combination of stories, videos, singing, crafting, playing, puppets and movement to entertain and teach. Choose the Storytime that's best suited for your child's age!