



# GUILDERLAND PUBLIC LIBRARY

VOLUME 31, ISSUE 3

GUILDERLANDLIBRARY.ORG

SEPTEMBER 2023

## GRAND OPENING

**Cafe' con Mel  
Opens Wednesday,  
September 6,  
Noon-4 pm**

### **Exciting news!**

The final piece of our building project is finally coming to fruition!

Following many months of preparation, Cafe' con Mel opens on September 6 from noon-4 pm. Starting September 7, regular operating hours will be:

**Monday-Friday—8:30 am-4 pm**

**Saturday-Sunday—9 am-2 pm.**



Cafe operators Melanie Diaz (left) and Joy Mercado Henderson offer a variety of hot/cold beverages, breakfast and lunch items, plus options incorporating their Puerto Rican and Peruvian roots. An official ribbon cutting is scheduled for **Wednesday, September 13 at 10 am.** For more information, see: <https://cafeconmelny.com>, or call 518.250.4667.

### LIBRARY HOURS

**Monday—Thursday.....9:30 am–8 pm**

*Programs & meetings may continue post-closing*

**Friday.....9:30 am–6 pm**

**Saturday.....9:30 am–5 pm**

**Sunday.....1–5 pm**

**Farmer's Market continues Sundays from 10-2**

*All programs are in-person, unless otherwise noted.*

**[R] = Register on the Events tab of our website**

### **How 'Bout Them Apples? Fall Book Challenge September & October All Ages**

*Apples, cider, and donuts...oh my!*

This Autumn, join us for the *How 'Bout Them Apples?* book challenge!

Complete badges by logging reading

time, as well as attending library programs (see inside for apple-related activities!) Registrants will be entered into a raffle to win some really great apple- and fall-themed prizes! Sign up on Beanstack to get in on the fun:

**<https://guilderlandlibrary.beanstack.org>.**

► Register for the **Paper Apple Take & Make Kit** (all ages) for pick up September 18-22. **[R]**.



### **2023 UPPER HUDSON LIBRARY EXPEDITION PARTY!**



### **UHLS Library Expedition Party**

**Wednesday,  
September 13  
@ 4-7 pm**

**Pruyn House  
207 Old  
Niskayuna Road  
Latham**

**Family / All Ages**

Whether or not  
you participated in  
the UHLS  
Expedition this  
year—**everyone is**

### **invited to the UHLS Library Expedition Wrap-Up Party!**

Come one, come all to the beautiful, historic grounds of the Pruy House in Latham for games, music, cider, donuts, bear sightings and more! Please go to: **[bit.ly/2023ExpeditionParty](https://bit.ly/2023ExpeditionParty)** to register (not required, but appreciated) for this rain-or-shine event!

### **2023 UHLS Library Expedition Stats**

**Total Check-Ins at GPL: 1,313**

**Total VIP Library Cards Issued at GPL:**  
84—65 gold; 19 platinum (2023 & 2018)

**Total UHLS Check-Ins**

**(All 36 Libraries): 40,099**

**Total UHLS VIP Library Cards:**

912—777 gold; 135 platinum



## ADULT PROGRAMS &amp; RESOURCES

## Live Virtual Author Talks with Q&amp;A Session [R]

We're pleased to offer an ongoing series of outstanding **live author talks with Q & A sessions** each month!



**Lidia Bastianich:**  
***Life, Love, Family, and Food***  
**Thursday, September 7 @ 7 pm**  
Award-winning television host and bestselling author Lidia Bastianich will talk about her memoir ***My American Dream: A Life of Love, Family, and Food***. Lidia learned the art of cooking from her beloved grandmother on the Istrian peninsula (formerly Yugoslavia). But when

a communist regime annexed Istria, Lidia's family spent two years in a refugee camp waiting to enter the U.S. In New York, Lidia's restaurant work led to her becoming one of the most revered chefs and businesswomen in the country. *My American Dream* is the story of Lidia's close-knit family, incredible journey, and passion for food.



**Adam Alter:**  
***Anatomy of a Breakthrough***  
**Wednesday, September 20 @ 2 pm**  
New York Times bestselling author Adam Alter will cover his new book, ***Anatomy of a Breakthrough: How to Get Unstuck When It Matters Most***. We often feel stuck in some way. Whether you're muddling through a midlife crisis, wrestling with writer's block, trapped in a thankless job, or trying to remedy a fraying friendship, the resulting

emotion is often a mix of anxiety, uncertainty, fear, anger, and numbness. But it doesn't have to be this way. *Anatomy of a Breakthrough* provides the roadmap for us to escape inertia and flourish in the face of friction.

**Amor Towles:**  
***Three International Bestsellers***  
**Wednesday, September 27 @ 8 pm**  
**Premier event!** We'll visit online with acclaimed author Amor Towles about his incredible body of work:



- ***Rules of Civility*** (2011) was a *New York Times* bestseller and was named by the *Wall Street Journal* as one of the year's best books. This book has been translated into over 15 languages and was optioned by Lionsgate to be made into a feature film.
- ***A Gentleman in Moscow*** (2016) was on the *New York Times* bestseller list for two years and was named one of the best books of the year by several media outlets. It has been translated into over 35 languages and optioned to be made into a 6-8 hour miniseries for Paramount+ and Showtime starring Ewan McGregor and Mary Elizabeth Winstead, set to premiere in Spring 2024.
- ***The Lincoln Highway*** (2021) debuted at #1 on the *New York Times* bestseller list and instantly catapulted to the top of many awards lists. Towles' books have sold more than six million copies worldwide, heralded as irresistible, marvelous, and gorgeously-crafted works of beauty.

### Getting Started with Libby

**Wednesday, September 6 @ 2 pm**  
**Virtual**

Want to know how to borrow ebooks and audiobooks? Get to know Libby! This online session, offered monthly and taught by the experts at Overdrive, is the perfect introduction to these digital resources. [R]



**Disaster Preparedness:**  
**Be Ready for Emergencies**  
**Mondays, September 11 @ 1:30 pm OR**  
**September 18 @ 6:30 pm**  
*September is Disaster*

*Preparedness Month! Will you be ready if disaster strikes?* Come to this one-hour in-person presentation, delivered by the NYS Homeland Security and Emergency Services Unit and offered twice this month for your convenience, to discover practical steps you can take now to plan ahead and be better prepared when faced with calamity.

### Medicare 101: An Informational Seminar

**Tuesday, September 12 @ 6:30 pm—**

**In-Person**

**Tuesday, September 19 @ Noon—Virtual**

*It's (almost) that time again for Medicare enrollment!* Trained

**HIICAP** (Health Insurance Information

and Counseling Program) Counselor Candy Rivera Whitehead will provide unbiased information about Medicare, including Part D. HIICAP counselors also work with people individually. Get more informed about this very important financial/medical decision! [R]



### September is Library Card Sign-Up Month!

Go to: <https://ilovelibraries.org/librarycard> to find out more, including how to enter the raffle to be in the running for some great prizes!



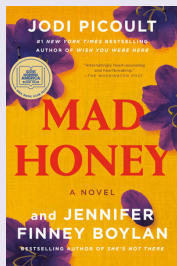
## ADULT PROGRAMS &amp; RESOURCES

## BOOK DISCUSSION GROUP [R]

## Night Owls Book Club

Mondays @ 6:30 pm (time change)

Hybrid: choice of in-person or virtual



Led by various librarians. Reading the most talked-about fiction and nonfiction titles.

**September 11:** *Mad Honey*, by Jodi Picoult

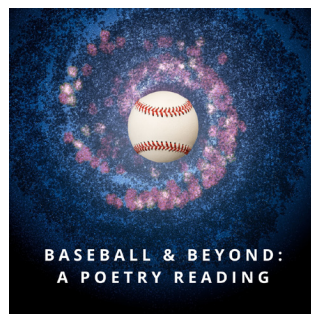
**October 9:** *And There Was Light*, by Jon Meacham

**November 13:** *The Mystery of Mrs. Christie*, by Marie Benedict

### The Original New Yorkers: An Indigenous History of the Land

Thursday, September 14 @ 7 pm—Virtual

Join us in welcoming historian and activist, Heather Bruegl, citizen of the Oneida Nation of Wisconsin and first-line descendent Stockbridge Munsee, for a presentation on indigenous history and heritage in the context of New York State History. This presentation will take place via Zoom. [R]



### Baseball and Beyond: A Poetry Reading by Louise Grieco, Mikhail Horowitz, and Tim Wiles

Sunday, September 17 @ 2 pm

Once upon a time, three poets were interested in baseball and the cosmos. One of them edited an anthology of baseball poems, selecting one poem each from the other two—poems that

reached beyond the game toward the galaxy it's played in. The editor thought the three of them should meet, and less than a lightyear later they did, and eventually collaborated. Now they perform for the first time as a trio, reading poems about deep space, the exit velocity of home runs leaving the stratosphere, neutron all-stars, and who knows what else. Expect fine metaphors, varied rhythms, good humor, and astute observations. Caution, minds may be blown!

### Movie: Good Will Hunting

Monday, September 18 @ 1:30 pm

Watch a matinee of this Oscar-winner on our big screen! Will Hunting, a janitor at M.I.T., has a gift for mathematics, but needs help from a psychologist to find direction in his life. Starring Matt Damon, Robin Williams and Ben Affleck. *Rated R*.



### Welcome to GPL Academy!

We're debuting a new series of programming for adults interested in lifelong learning! Each month, you'll have the chance to participate in programs on a wide variety of subjects. You'll find writing classes, art lectures, music, lectures and more, designed to educate, inspire and spark community. Here's just a sample—enjoy!



### The Basics of Book Self-Marketing: With Author Karen DeBonis

Saturday, September 23 @ 2 pm

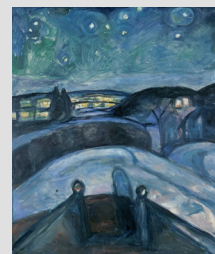
Have you written and published a book, but have no idea how to market it? Working on a book, but dreading selling it? Have a small publisher with no marketing support? If so, this workshop is for you! Troy author

Karen DeBonis wilted at the thought of marketing her memoir *Growth: A Mother, Her Son, and the Brain Tumor They Survived* (Apprentice House Press, 2023), published by a small press. But in the process, she had absorbed a wealth of information and realized she actually knew what to do. She'll share the secrets she gained with you. [R]

### GPL Sunday Concert: Bleecker Consort

Sunday, September 24 @ 2 pm

The Bleecker Consort is an early music group formed in 1988, specializing in medieval, renaissance, and baroque music. The consort members play a diverse set of instruments, including early strings, recorders, reeds, and percussion, layering period vocals to much of their music. Listening to their richly textured musical compositions is a lovely way to spend a Fall afternoon!

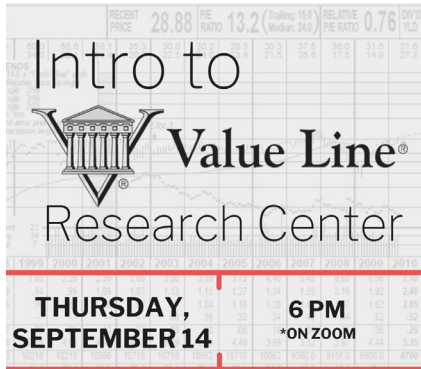


### Edvard Munch: So Much More than The Scream

Tuesday, September 26 @ 6:30 pm Virtual

Edvard Munch, famous for "The Scream," was a prolific Norwegian painter and printmaker. We'll look at his fascinating and unconventional life, as well as his psychologically evocative paintings. Join art lecturer Janet Cohen Mandel, then view the Clark Art Institute's Munch exhibition! [R]

## ADULT PROGRAMS &amp; RESOURCES



**Intro to Value Line Research Center**

**THURSDAY, SEPTEMBER 14**

**6 PM**  
\*ON ZOOM

and levels of risk. In a nutshell, it is: (1) a proven forecaster of stock price performance over the next six to 12 months; (2) a source of interpretative analysis of approximately 1,700 individual stocks and 100 industries; and (3) a source of historical information that helps spot trends. Learn how to use this comprehensive investment tool via Zoom. **[R]**

### Brainfuse Overview

**Thursday, September 21**

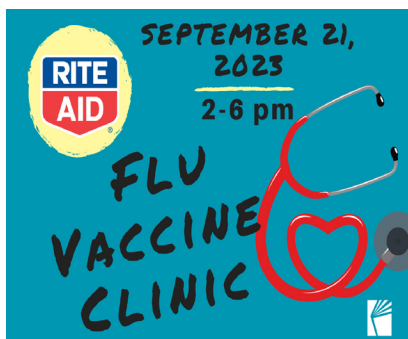
**@ 1 pm OR**

**Thursday, September 28**

**@ 6 pm**

**Virtual**

For live online help on demand, **Brainfuse** is your virtual tutor! All ages can benefit from a wide range of academic and writing assistance, plus high school equivalency, U.S. citizenship test prep, résumé, and Microsoft Office assistance, and so much more! Find out about **HelpNow** and everything else Brainfuse has to offer by registering for one of these informative overviews. **[R]**

**SEPTEMBER 21, 2023**  
**2-6 pm**

**FLU VACCINE CLINIC**

### Vaccine Clinic with RiteAid Pharmacists

**Thursday, September 21 @ 2-6 pm**

*It's time to get your flu shot!* Options for our annual, drop-in clinic include both the regular flu vaccine and the high-dose option for ages 65+, the RSV

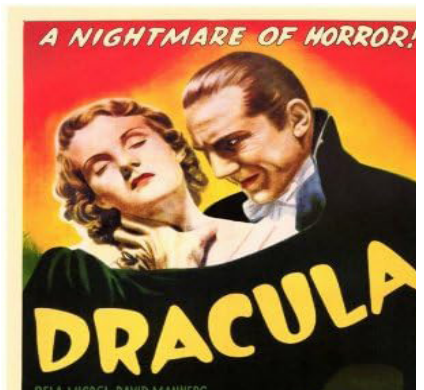
vaccine, plus the Prevnar 20 (pneumonia) vaccine. Depending on updated guidelines, the pharmacists may also be able to provide COVID vaccines. Pharmacists can vaccinate anyone ages 3 and up. Please bring your insurance card with you (there may be a cost for those without health insurance).

**Some September programs are already full! Please refer to our online Events Calendar for the latest information, and make sure you are signed up for weekly eNews (see GPL News on website).**

### Fright Club Movie Event: Dracula

**Thursday, September 21 @ 6 pm**

Welcome, Fright Clubbers! You've read the book **Dracula**, now it's time to watch the classic movie! Even if you didn't read the book in advance, all are welcome to watch this 1931 classic starring Bela Lugosi. *Registration is open for October's Fright Club: House on a Haunted Hill, culminating with a screening of The Haunting on 10/24!*




**YOGA**  
and mindful movement

**SALLY DRAKE**  
YOGA AND MEDITATION

Starting Monday, September 25th 6:30-7:30 pm

### Yoga & Mindful Movement for Beginners

**Starting Monday, September 25 @ 6:30 pm**

In this class, students will be guided through a series of yoga postures and flows, as well as

breathing techniques and meditation, appropriate for all levels. We'll focus on proper alignment, mindful movement and cultivation of awareness as we listen to our bodies and modify as needed to ensure a comfortable, safe and enjoyable experience. Please come prepared with:

- Yoga Mat (a limited quantity are available on loan)
- Water Bottle
- Foam yoga blocks (optional)

and wear comfortable clothes, suitable for movement. Please register for individual Monday evening sessions, scheduled through November. **[R]**

### GPL Cabaret: The Jeanine Ouder Kirk Duo

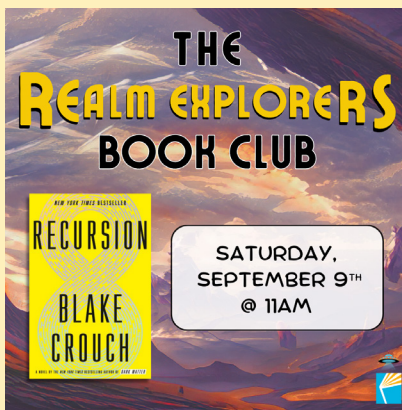
**Friday, September 29 @ 6:30 pm**

We're thrilled to announce the return of the very popular **GPL Cabaret!** Join us as we present a wonderful jazz performance by the Jeanine Ouder Kirk Duo, presented in an intimate, after-hours setting with cabaret seating, candlelight, desserts and coffee! Jeanine Ouder Kirk is a wonderful pianist, jazz singer, and music teacher—both private instruction and in the classroom setting. We're excited to host Jeanine, who will be joined by bass player Mukund Rangaswamy. *Seating is limited.* **[R]**





## ADULT/YOUTH PROGRAMS & RESOURCES



### Realm Explorers: Science Fiction & Fantasy Book Club

Saturday, September 9 @ 11 am

Ages 16 through Adult

#### NEW BOOK CLUB!

Realm Explorers is a new book club that meets once a month on Saturday mornings to discuss various

science fiction and fantasy novels. Titles include Adult/Young Adult science fiction and fantasy books, as well as graphic novels. Ages 16 and older can participate.

This month, we're reading **Recursion** by Blake Crouch, the acclaimed author of *Dark Matter*. You can pick up a copy of the book at the Information Desk or borrow a digital copy from Libby. Please register for the discussion! [R]

### R.A.D. Basic Self-Defense Training for Women

Tuesday, September 26; Wednesday, September 27 AND Wednesday, October 4 @ 5:30-9:30 pm  
Grades 9-12 & Adults

We're partnering with the Guilderland Police Department to offer Rape Aggression Defense

training, a self-defense program for women. This course emphasizes awareness, prevention and risk avoidance strategies. The 12-hour program is broken down into three four-hour evening sessions. The final session provides the opportunity to perform techniques learned against "aggressors" wearing protective equipment in a realistic training scenario. Gain valuable hands-on skills and the confidence to protect yourself in various situations. [R]

## R.A.D. TRAINING

9/26, 9/27, & 10/4  
5:30 PM - 9:30 PM

With Guilderland Police Department



### Parent Playdate

Monday, September 11 @ 11 am

Ages 0-3 / Caregiver

Looking to connect with other parents or caregivers? Come for a special hour of open playtime! Enjoy socializing, and check out all that the library has to offer! Light refreshments will be available. [R]

### Storytimes Return!

Starting Tuesday, September 26 @ 10:30 am

A new season of storytimes begins! Come to the Library for stories, socialization, silliness and smiles!

► **Tuesdays: Toddlers**

Ages 18-36 months

► **Wednesdays:**

Families, Ages 0-5 years

► **Thursdays:**

Preschoolers, Ages 2.5- 5 years. No registration necessary.



### TEEN. ADVISORY. COMMUNITY. OUTREACH.

GRADES  
= 6-8 =



### TEEN. ADVISORY. COMMUNITY. OUTREACH.

GRADES  
= 9-12 =  
REGISTRATION  
REQUIRED



### Teen Advisory Community Outreach (TACO)

Grades 6-8: Tuesday, September 12 @ 6 pm

Grades 9-12: Thursday, September 14 @ 6 pm

Join the TACOs! Give us your input on books, programs and more, to help us make the Library your favorite hangout spot! You'll earn volunteer credit for participating. [R]

## ON THE CALENDAR

**LIBRARY CLOSED:**  
Labor Day Weekend  
September 2-4

SEPTEMBER

**September Exhibit: Schenectady Art League**  
**Drop-In Knit & Stitch—Tuesdays, 10-11:30 am**  
**Capital District Knitting Guild**

**Monday, September 11 @ 6-8 pm**

**American Red Cross Blood Drive**

**Wednesday, September 13 @ 1-6 pm**

**Drop-In Genealogy Assistance with Lisa Dougherty**

**Wednesday, September 13**

**@ 5:30-7:30 pm**

**NEW How Did You Find It? Podcast**  
**Friday, September 15**

**GPL Board of Trustees Monthly Business Meeting**  
**Thursday, September 21 @ 6 pm**

In-person and streamed on YouTube. Public commentary to: [pc@guilderlandlibrary.org](mailto:pc@guilderlandlibrary.org), or in person at the beginning/end of meeting.

**Guilderland Library Foundation Meeting**  
**Thursday, September 28 @ 6:15 pm**

