



George H. & Ella M.
**Rodgers Memorial
Library**

October 2016 Newsletter



**Library
Closed**

Monday, October 10: Closed

STREAM WHOLE ALBUMS INCLUDING TODAY'S TOP HITS.



new!



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Now Available with your library card: **Freegal** music downloads and streaming!

Community Stories: Soldiers Home & Away

Various Activities September - Nov

Book Discussion:

Tuesday, October 18, 1:30PM
and 6:30PM

Film Marathon:

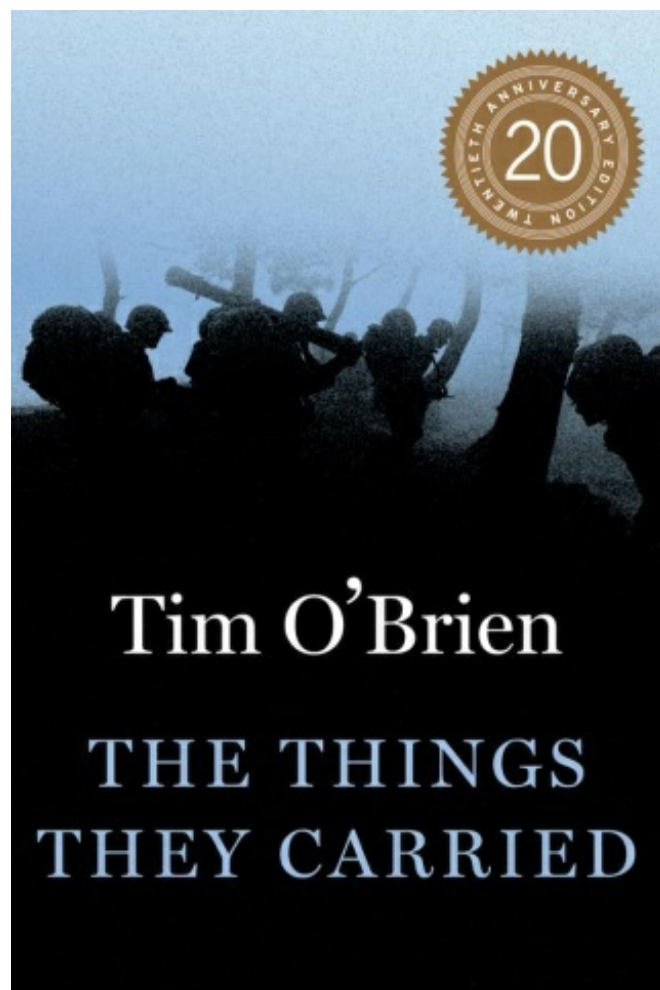
Saturday, November 5

This fall, nine southern New Hampshire libraries come together to promote community reading and to recognize the contributions of veterans, active military and their families. The project will bring over 50 free events to NH between September 16 and November 12. The purpose is to foster understanding of the men and women returning home from deployment; address the experience of war from the perspective of civilians, veterans and active duty personnel; and open lines of communication.

The project is inspired by Vietnam veteran Tim O'Brien's novel *The Things They Carried*, a fictionalized account of experiences, memories and meditations on war. Copies of the book are available at the library. The library will hold two discussions about *The Things They Carried* on Tuesday, October 18, one at 1:30PM and one at 6:30PM. Veterans of any conflict are invited to come and share their experiences as part of the

discussion. The library will also be hosting a Vietnam War film marathon on Saturday, November 5.

These programs are supported by NH Humanities.



Genealogy Club: Property Research

Friday, October 14 , 1:30PM

Hudson Historical Society's Ruth Parker will demonstrate methods of property research using town assessment records and the registry of deeds. She will cover both online research and in person at the registry.

All are welcome.



Foliage Walk

Wednesday, October 19, 10AM

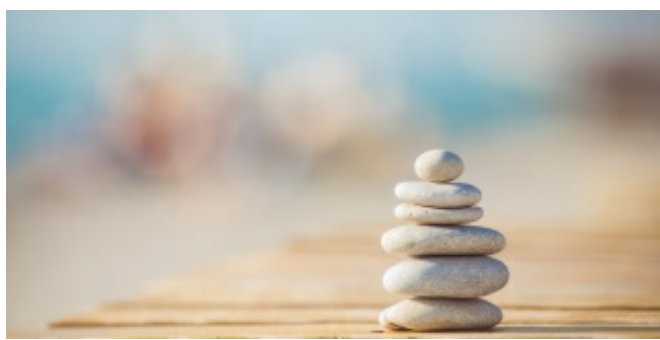
An autumn encore of our summer "Wednesday Walks" program. Come to Benson Park to enjoy the beautiful colors. Meet in the parking lot by the sign at the beginning of the trail. The walk will last less than an hour.



The Basics and Benefits of Meditation

Tuesday, October 17, 7PM

We all hear about how good meditation is for us, but how can we fit it in? In this interactive presentation, we'll discuss the how and why of meditation. We'll learn some basic techniques that can be done at any time of the day, none of which involve sitting cross-legged on a pillow with your eyes closed. You'll leave with a handout detailing simple ways to practice meditation during your day-to-day life.



Presented by Master Life Coach Diane MacKinnon, M.D. Registration requested, walk-ins welcome.

Food is Your Best Medicine

Monday, October 24, 11AM & 7PM

Join clinical nutritionist Dr. Ernest Caldwell, DC, for this informative program. The presentation will cover foods and herbs which have been shown to have remedial effects on the human body for various ailments and for the prevention of illnesses. For example, the herb bilberry was first discovered in WWII, when the night bombing pilots out of Britain started to eat bilberry jam sandwiches, and reported to their superiors that they could see their targets better. Come learn more about how the food you eat can help you stay healthy.



Christian Authors Roundtable

Saturday, October 29, 1PM

Seven New England authors will be at the library to discuss their work, both fiction and non fiction. Authors Eleanor K. Gustafson (*Dynamo*), James W. Gustafson (*Psalm Tweets*), Hudson author Clarice G. James (*Double Header*), Jeremiah Peters (*A Message to Deliver*), Toby Quirk (*A Squirrel in a Bottle*), Lori Stanley Roeleveld (*Jesus and the Beanstalk: Overcoming Your Giants and Living a Healthful Life*) and Forshia Ross (*The Wilderness Shall Blossom Like the Rose: Cultivating a Prosperous Body, Mind and Spirit*) are expected to join us.



Visit our [event calendar](#) for more information about the authors and their works.

Art Exhibit: People on Parade

Through the month of October

The community room exhibit this month is *People on Parade: Ordinary People Drawn in*

an *Extraordinary Way* by Hudson resident Margaret Femia.



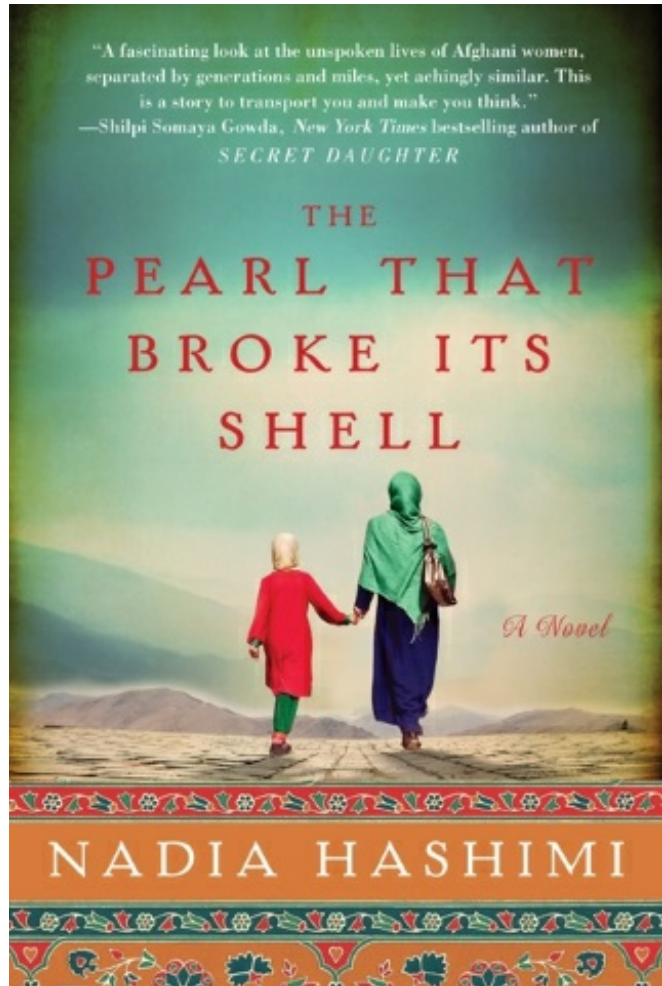
New Book Discussion Groups

Evening Book Discussion

Starts Thursday, November 3, 7PM
The first book will be *The Pearl that Broke its Shell*, by Nadia Hashimi.
Books will be available at the library after October 5th.

Mother-Daughter Book Club

Wednesday, October 26, 6:30PM
Mothers and their daughters in grades 6-8 will meet for a lively discussion of a book both have read. October's book, *A Monster Calls*, by Patrick Ness, is available now at the circulation desk.



Second Hand Prose

Sunday, October 9, 11AM - 3PM
Thursday, October 20, 5 - 8PM
Hills Memorial Library

'Early Bird' admittance at 10AM Sunday granted to paid members of the Friends. You may become a member at the sale for as little as \$10. Please enter via the ramp at the rear of the building. DONATIONS of DVDs, CDs, and gently used books are NEEDED and may be brought to Second Hand Prose or to the Library during regular hours.

Additional October Events

Beading Group
Sat 10/15, 11-3PM

Group Singing
Mon 10/24, 1PM

TT@YL
Wednesdays, 2:15-5PM

**Immunization & Blood
Pressure Clinic**
Fri 10/21, 1:30-3:30PM

Adult LEGO
Tue 10/25, 6PM

Button Mashers
Thursdays, 2:15-4PM

Drop In Stitchers
Fridays, 9:30-11:30AM