

Sept./Oct. 2016

Volume 9, Issue 5



Sea Cliff Village Library Newsletter

Serving the community for over 100 years...

Visit us online at <http://www.seaclifflibrary.org>

Art in the Library



2016

Sept/Oct - Joanne Gray

Nov/Dec - Heidi Hunt

2017

Jan/Feb - North Shore High School

March/April - Julia Cagney Paintings

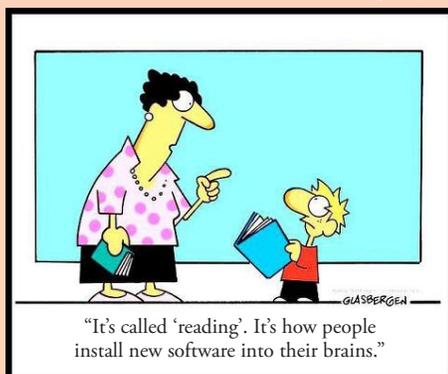
May/June - SCO residents
(to be confirmed)

July/August - Group show Sea Cliff/
Long Island beauty

Sept/Oct - Tom Demic Photography

2018

Jan/Feb - High School students



"It's called 'reading'. It's how people install new software into their brains."

From the Director's Desk:

Reading is (still) fundamental!!

Reading is to the mind what exercise is to the body. Studies have shown the benefits of reading or being read to across all age groups.

As parents and grandparents, we know intuitively the value of reading to children. Words and pictures can do many things for the reader's brain, as we know from the long and glorious and even occasionally inglorious history of the printed word. They can take you into someone else's life and someone else's adventure, stir your blood in any number of ways, arouse your outrage, your empathy, your sense of humor, your sense of suspense. But your brain has to take those words and run with them, in all those different directions. Brain imaging has suggested that hearing stories evokes visual images in children's brains, and more strongly if those children are accustomed to being read to."¹ (Dr. Perri Klass, 8/8/2016)

For those looking for an easy way to assist parents or other senior loved ones under their care, reading is a great activity. Reading offers numerous mental and emotional advantages, especially for those who are home bound or who have mobility issues. In fact, the right book can offer aging adults a sense of connection and a source of entertainment and information, all while helping to preserve cognitive function.

In a new study published in the journal *Social Science and Medicine*, researchers discovered that book readers lived an average of almost two years longer than those who did not read at all. And of course, reading can be educational or just plain entertaining, taking us out of our daily routines to an alternate reality, and so much better than much of what's on television.

Although there is still some controversy over the benefits of e-books for young children, there is no doubt that reading is fundamental.

Arlene Nevens



**Labor Day, Monday September 5—Library is closed.
Saturday September 10—Regular Saturday hours resume.**

September 2016

Sun	Mon	Tues	Wed	Thu	Fri	Sat
				1	2	3
4	5 Labor Day Closed	6	7	8 Poetry Workshop 6:30PM	9	10 Cookbook Club 12:00PM
11	12	13 Afternoon Movie Race 1:15PM <u>Board Meeting</u> 7:00PM	14 Alexander Technique 2:00PM	15 Music Jam 7:30PM	16	17
18	19	20	21 Technology for Beginners 2:00PM	22 First day of Fall College Financial Aid Program 7:00PM	23	24 Offbeat Artifacts
25	26	27 Afternoon Movie Me Before You 1:15PM	28	29	30	October 1 Cookbook Club 12:00PM

October 2016

Sun	Mon	Tues	Wed	Thu	Fri	Sat
2	3	4	5 10 Ways to Stay Healthy 2:00PM	6	7	8
9	10 Columbus Day 	11 Afternoon Movie Love & Friendship 1:15PM	12	13 Poetry Workshop 6:30PM <u>Board Meeting</u> 7:00PM	14	15
16	17	18	19	20 Music Jam 7:30PM	21	22
23	24	25 Afternoon Movie Money Monster 1:15PM	26	27 Home Cooking for your Cat or Dog 7:00PM	28	29
30	31 Halloween 					

ADULT PROGRAMS FOR SEPTEMBER & OCTOBER

Unless noted, programs are free. Call 671-4290 or stop by to register

Poetry Workshop with Matt Curiale

Thursday September 8th at 6:30PM

Bring in your work in progress and get some feedback with this group of poets and writers.

Cookbook Club

Saturday September 10th at 12:00PM

Barefoot in Paris by Ina Garten. Read the book, choose a recipe, prepare it and share it with your neighbors.

The Alexander Technique with Gary Adelman

Wednesday September 14th at 2:00PM

The Alexander Technique develops the ability to realign posture and to avoid unnecessary muscular and mental tension.

Fee: \$10 per person. Registration required.

Music Jam

Thursday September 15th at 7:30PM

Bring your acoustic instrument and your voice or just come listen to an old-fashioned music jam.

Technology for Beginners

Wednesday September 21st at 2:00PM

Easy computing for all. Relaxed and comfortable environment to learn and discuss questions about computers, tablets, printers, wifi, internet, technology, and topics of interest. Simple everyday speak makes techie terms easy to understand and relate to. No question is a dumb question. Learn from each other's questions and concerns. We will start with a short simple presentation on basic technology to start the conversation. Group trip to Apple Store, Microsoft store, and a box retailer at a later date

Cookbook Club

Saturday October 1st at 12:00PM

Eating Well for a Healthy Heart by Philip Aedes. Read the book, choose a recipe, prepare it and share it with your neighbors.

10 Ways to Stay Healthy with Dr. Ip

October 5th at 2:00PM

Achieving wellness is as easy as 1-2-3. Ten things you should put on your checklist today and make part of your routine – from diet to check ups and activities.

Poetry Workshop with Matt Curiale

Thursday October 13th at 6:30PM

Bring in your work in progress and get some feedback with this group of poets and writers.

Music Jam

Thursday October 20th at 7:30PM

Bring your acoustic instrument and your voice or just come listen to an old-fashioned music jam.

Home Cooking for Your Cat or Dog with Christine Filardi

Thursday October 27th from 7-9:00PM

Happier, healthier and better behaved pets start with a species appropriate diet. Learn how to make affordable, nutritious pet food and treats for dogs and cats. Ms. Filardi is certified in feline and canine nutrition. Registration required.



Race

Tuesday Sept. 13th at 1:15PM

Jesse Owens, the son of an Alabama sharecropper, shattered Adolf Hitler's assertion of Aryan supremacy by winning a record four gold medals in the 100-meter dash, the 200-meter dash, the long jump, and the 400-meter relay at the 1936 Berlin Olympics.

Me Before You

Tuesday Sept. 27th at 1:15PM

A wealthy London man's life is turned upside down when he is paralyzed in a car accident. When a young woman from a small town is hired to be his caregiver, the two form an unlikely bond.



Love & Friendship

Tuesday Oct 11th at 1:15PM

Beautiful young widow Lady Susan Vernon visits the estate of her in-laws to wait out the colorful rumors about her dalliances circulating through polite society. While ensconced there, she decides to secure a husband for herself and a future for her eligible but reluctant daughter, Frederica.



Money Monster

Tuesday Oct. 25th at 1:15PM

Lee Gates is a bombastic TV personality whose popular financial network show has made him the money wiz of Wall Street. But after he hawks a high tech stock that mysteriously crashes, an irate investor takes Gates, his crew, and his ace producer Patty Fenn hostage live on air.



CHILDREN'S LIBRARY - FALL 2016

Register for Programs at scchildrenslibrary@gmail.com

or call (516) 671-0420

Check out northwordnews.com for updates



Story Hour
Wednesdays and Fridays
at 10:30AM
For pre-schoolers
Stories, songs, and crafts

Babies at Noon
Wednesdays at 12:00PM
For babies and toddlers
Stories and songs

Story Hour for Babies and Toddlers
Thursdays at 10:30AM
Stories, songs, and crafts

Twilight Story Hour
Fridays at 4:00PM
For all ages
Begins September 16

Pizza and Paperbacks
Wednesdays at 3:00PM
Pizza and book discussion for second graders and up
Begins September 14

Pizza and Picturebooks
Fridays at 3:00PM
Pizza and book discussion for kindergartners and up.
Begins September 16

Pizza and Picturebooks at Noon
Fridays at 12:00PM
For children entering kindergarten in September 2017
Begins September 16

Family Book Nights

Thursdays, September 15th
and October 6th at 6:00PM

Stop by the Children's Library to pick up a copy of the book;
then later join us for dinner, dessert, and discussion
All ages welcome!

Lego Lovers

Saturdays at 12:00PM
Lego play for all ages.

Animals in Autumn Workshop

Thursday, October 13th at 3:00PM
For grade school children.

Halloween Party and Parade

Monday, October 31st at 1:00pm
Front lawn of the Library.



Hurray for “Offbeat Artifacts” Sales and Mike Lennon!

Michael Lennon has succeeded over and over again to raise money for the Friends of the Sea Cliff Library through his fun-filled whimsical “Offbeat Artifacts” sales. Items sold at the Offbeat Artifacts may look familiar because many are donated by Sea Cliff residents. They include couches, luxurious jewelry, paintings and much more. Sales are held four times a year. They are Sea Cliff Village happenings. Mike and his co-workers, all Friends of the Library volunteers, raised \$1200 at the June sale. That money is used by the Friends of the Library to pay for a variety of library expenses including museum passes, special programs, iPads and the poetry workshops. Thank you for your donations and shopping at the delightful Offbeat Artifacts sales. The next Offbeat Artifacts sale is scheduled for September 24th.

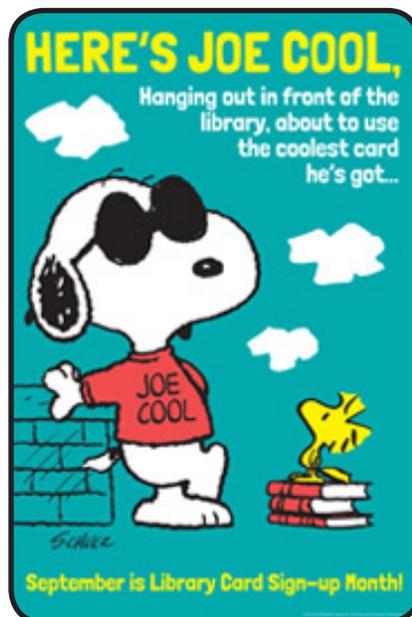
The Friends of the Sea Cliff Library are a non-profit volunteer group committed to helping our beloved library. Come join us at meetings!

Carol Poll,
President of the Friends of the Sea Cliff Library.

Tweens and Teens

September is Back to School time and the library offers students access to resources 24/7. Check out our website at www.seaclifflibrary.org and start your search under “Databases”. See what we have to offer.

All you need is a library card. Don't have a card? Sign up for a card online or come in person. It's fast and easy. The world is waiting for you—when you have a library card!



College Financial Aid & Scholarship “Secrets”

Thursday September 22nd at
7:00PM

Come learn how to get 48.6% off the cost of college, even if you think there's no possible way you can qualify for anything!



Not sure what to read? NoveList is here to help. NoveList is an online Readers Advisory tool that can help you locate that next great read. All you need is your library card. You can find this and other great online resources at: www.seaclifflibrary.org

Stop by the library to have your card updated.

Library Hours	Adult Library	Children's Library
Monday	1 PM – 8 PM	Closed
Tuesday	9 AM – 5 PM	10 AM – 5 PM
Wednesday	9 AM – 5 PM	10 AM – 5 PM
Thursday	9 AM – 8 PM	10 AM – 7 PM
Friday	9 AM – 5 PM	10 AM – 5 PM
Saturday	10 AM – 4 PM	10 AM – 2 PM
Regular Saturday hours begin on September 10th		

Board of Trustees

Roseann Gertler President
 Angeleta Dhandari-Donovan Vice President
 Ron Doering Financial Secretary
 Lillian Scott Secretary
 Christine Abbenda Hughes Trustee
 Kathi Klotz Trustee
 Kevin McGililloway Liaison/Village Trustee

Arlene Nevens, Director
 Newsletter Layout & Design
 by Joseph D. Marchione

The public is invited to attend Library Board Meetings.
Tuesday, September 13th
and Thursday October 13th
 Meetings begin at 7:00 PM – All are welcome

Sea Cliff Village Library
 Sea Cliff and Central Avenue
 Sea Cliff, NY 11579
 (516) 671-4290
www.seaclifflibrary.org

CAR-RT SORT
 Non-Profit Organization
 US Postage
 PAID
 Permit No. 127
 Sea Cliff, NY 11579

Resident of Sea Cliff Village