

William K. Sanford
Town Library



629 Albany Shaker Rd.
Loudonville, NY 12211

HOURS:

Monday - Thursday
9 AM - 9 PM
Friday
9 AM - 6 PM
Saturday
9 AM - 5 PM
Sunday
Noon - 5 PM

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At the Library

November 2010

Deborah Onslow Reviews *Composing A Further Life*

Deborah Onslow, former President and General Manager of WMHT Channel 17, will be joining us for our Noon Book Review on Wednesday, November 10. Author and anthropologist Mary Catherine Bateson has coined a new term we may hearing more about in the future: Adulthood II. In her new book, *Composing a Further Life: The Age of Active Wisdom*, Bateson says this new stage of the life cycle "is characterized by the wisdom culled from long lives and rich experience combined with freedom from the day-to-day responsibilities of work and raising children. Life in this stage is an 'improvisational art form calling for imagination and the willingness to learn.'" In the book, Bateson profiles individuals "who have accomplished most of their life goals but actively seek new and satisfying ways to live robust lives."

(continued on back page)

Second Career Volunteer: A New Way of Life?

Barbara Traynor retired in 2005. Here's the rest of her story in her own words – and why you may want to come and hear her at the Library on Tuesday November 16, at 2:00 PM: "Five years ago, I retired. Knowing I would be on Social Security income only, I had to be very creative. Ultimately I found my volunteer retirement lifestyle – I became a long-distance, long-term volunteer at organizations that offered free room and board in exchange for workplace skills. My volunteer lifestyle offers travel and multicultural, multigenerational interaction on a budget to anyone. There are organizations who utilize volunteers to supplement staff and offer housing, meals, and even stipends. It is a lifestyle worth investigating. So many asked questions that I wrote and self-published a book, *Second Career Volunteer, A Passionate, Pennywise Approach To Retirement*." So far Barbara has lived this retirement lifestyle in Alaska, Florida, and Arkansas. If you are interested in this lifestyle and how to go about getting started, come and hear Barbara on the 16th at 2:00 PM. For more information see Barbara's web site: www.secondcareervolunteer.com

Michael Brannigan Returns on *Striking a Balance*

In September, Ethicist Michael Brannigan, from the College of St. Rose, gave one of the best Noon Book Reviews we've ever had. He is returning this month on Monday the 22nd in our Noon Review Time Slot to talk about his own book: *Striking a Balance: A Primer in Traditional Asian Values*. The book explores the major ethical teachings and values of Hinduism, Buddhism, Zen, Taoism and Confucianism and has been well received. Some excerpts from reviews: "Increasingly, Americans are asking whether daunting social problems, from failing schools to violent crime, might be rooted in faulty ethical values – values that place an exaggerated emphasis on individual self-assertion over the goods of family and community. In this readable, deeply informed book, Brannigan explores a variety of non-Western ethical traditions that strike a healthier balance between individual and communal goods." Professor Brannigan "demonstrates that, despite differences, these [five] traditions share a unifying theme in their principal ethical teachings – cultivating balance is the fundamental building block for inner harmony, moral activity, and a just society."

(continued on back page)

Friends of the
Library
Lecture Series
Welcomes
Fred LeBrun
November 15 (see details on page two)



Thanksgiving Schedule

Wednesday, November 24: CLOSE at 5:00 PM
Thursday, November 25: CLOSED

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PROGRAMS

To register for programs requiring reservations
please call the Information desk at 810-0314 (direct line).

- 1 **MONDAY- Hudson Mohawk Bird Club: The Birds of Fort Drum-** Fort Drum is widely recognized as being among the best locations in the northeastern United States for grassland birds. Grasslands account for only a small percentage of the military installation, however, and Fort Drum also has large populations of nightjars, Golden-winged Warblers, and many other species of conservation concern. In this presentation, Jeff Bolsinger will discuss some of the important bird habitats on Fort Drum and the species that they support, as well as ongoing efforts to monitor and manage these bird communities. Speaker Jeff Bolsinger caught the birding bug while attending Oregon State University, where he received a bachelor's degree in zoology. After graduating, he spent seven years roaming around the United States working wherever he could find anybody that would pay him to watch birds. A job working with Golden-cheeked Warblers at Fort Hood, Texas led to a graduate project at the University of Massachusetts studying the vocal behavior of this endangered species. Jeff received his masters degree in biology in 1997, the same year he was hired as a full-time biologist on Fort Drum, where he continues to monitor birds. At 7:00 PM.
- 2 **TUESDAY- How to Pay for College-** James P. Corcoran, Director of Operations for Education Funding Specialists, presents a valuable college planning class for college-bound students. The class will focus on how to help students know how to apply to college; how to increase your chances of getting into your dream college; how colleges choose each freshman class; how to position your student to get free money from the college of choice; how to focus on the issues you can control; and how focusing on college can eliminate any long term debt. This class will discuss how families with an annual income of \$80,000-\$275,000 can receive financial assistance to pay for a college education! Reservations are required. At 6:30 PM.
- 4 **THURSDAY- It's a Match! How to Select a College That's Right for You-** Independent college counselor Jill Rifkin, M.A., Education, M.S. Counseling, returns with a program geared toward high school students and their parents. The program will help with: identifying the characteristics most important in selecting colleges, zeroing in on the type of school that meets your needs and learning to assess academic and social life during campus visits. For 16 years, Jill Rifkin, founder of College Options, has counseled nearly 500 students through the college admissions process and made in-depth visits to 475 colleges in 32 states. Reservations are required. At 7:00 PM.
- 6 **SATURDAY- Northeastern New York Orchid Society-** At 1:30 PM.
- 7 **SUNDAY- Karen Rosasco Art Exhibit Opening Reception-** The exhibit will be on display from November 2-29. Greet the artist from 2:00-4:00 PM.
- 9 **TUESDAY- Red Cross Blood Drive-** Nearly every two seconds someone in the United States needs blood. The Library will be holding a blood drive to help boost the regional blood supply. To be eligible to donate blood, donors must be 17 years of age (16 with a signed Red Cross parental permission slip), weigh at least 110 pounds and have ID with them when they donate. Anyone who has received a tattoo has to wait one year from the date they received the tattoo. For those that have other questions regarding eligibility, you may call 1-800-GIVE-LIFE. To make an appointment please call 1-800-GIVE-LIFE or visit www.donatebloodnow.org. Remember, every blood donation helps save three lives! Be a lifesaver this autumn! From 1:30 PM to 6:00 PM.
- 10 **WEDNESDAY- Noon Book Review-** *Composing a Further Life: The Age of Active Wisdom*, by Mary Catherine Bateson will be reviewed by Deborah Onslow, former President and General Manager of WMHT Channel 17. At 12:15 PM. (see story page one)
- 11 **THURSDAY- Annual Membership Meeting of the Friends of the Library-** We encourage all current members and all prospective members or anyone interested in the welfare of the library to attend. At 7:00 PM.
- 13 **SATURDAY- Steamship Historical Society of America—Hudson Valley Chapter-** A presentation of archival footage of "Steamboats on the Hudson" in the early 1900's. Included will be scenes of Lindberg's return welcome by numbers of steamers and tugs, both large and small, in and around New York Harbor. At 1:30 PM.
- 14 **SUNDAY- Town of Colonie Historical Society-** Program to be announced. At 2:00 PM.
- 15 **MONDAY- AARP of Colonie—Chapter 2873-** Diane Campion, President of Organize This! will discuss downsizing, organizing and moving services for seniors and baby boomers. At 1:00 PM.
- 15 **MONDAY- Friends of the Library Lecture Series-** Fred LeBrun, the outdoors and Adirondacks expert of the *Times Union* for many decades is the guest speaker. LeBrun has hiked, rowed and loves the wild of New York State and written about its wonders compellingly. He's also watched over the state and local governments that control the vast mountainous areas around Albany and commented better than just about any other writer on what they have done right and wrong. A question and answer period will follow. Refreshments will be served. At 6:30 PM.

AARP Safe Driving

Tuesday & Wednesday, November 16 & 17, from 9:30 AM-1:30 PM
Monday & Wednesday, December 13 & 15, from 9:30 AM-1:30 PM
Call Pat Latimer at 463-5221 for reservations.

Attendance is required at both sessions. There is a \$12 AARP member/ \$14 non member materials fee payable to AARP. Class size is limited and advance registration is required.

For information on other classes please call Pat Latimer at 463-5221.

Certain services and programs are adaptable to people with disabilities, upon request.
Please contact our Outreach Librarian at 458-9274 to discuss your accessibility needs.

- 16 **TUESDAY- Second Career Volunteer-** A talk by Barbara Traynor. At 2:00 PM. (see story page one)
- 16 **TUESDAY- Handling Hormones Naturally: The Menopause Dilemma-** Millions of women begin, or are going through menopause each year. Recently, studies done on hormone replacement therapy concluded many potential negative effects of hormone replacement including a 26% increase in breast cancer, 41% increase in stroke and a 29% increase in heart attacks. Fortunately, these women now have many different options available to combat the symptoms of menopause and peri-menopause. Discover how diet, nutritional supplements, and exercise can potentially replace synthetic hormone prescriptions for the natural life event known as menopause. Presented in association with the Wellness Education Foundation of East Greenbush Chiropractic. Reservations are required. At 6:30 PM.
- 16 **TUESDAY- The Story Circle of the Capital District-** The Story Circle was established to provide members an opportunity to tell before a live audience; to hear stories told; to give the community a roster of active tellers; and to encourage beginning storytellers. Members of the group tell tales to all ages at a variety of events and locations. Members of the public interested in learning more about storytelling or listening to stories are invited to attend. Anyone desiring more information should call 786-1271. At 7:00 PM.
- 16 **TUESDAY- Colonie Tuesday Night Live Poets' Corner-** Local poets and writers of all ages are invited to present six to ten minutes of their original work at this open reading forum. This session can also be used as a tune-up for the Day of Poet Contest coming up on November 27 (see below). The public is encouraged to stop in and listen. Hosted by William Robert Foltin (785-1252). Readings begin promptly at 7:00 PM. (Training/Conference Room)
- 17 **WEDNESDAY- Hudson Valley Writers' Guild Annual Meeting-** The Guild holds its annual meeting and elections. At 5:30 PM.
- 18 **THURSDAY- Addiction and Obsession: One Woman's Story-** Local Author Jill Peck Vona will talk about her life and new book *Addicted to Cold Water: My Story*. In this book, readers will learn of the all-consuming ordeal of the author in being comfortable in her own skin. Here, she describes an addiction to cold water that most people could never imagine. And yet, her step-by-step eloquence about her dive into addiction makes an old story fresh. The description of the terror and, often, agony is moving and compelling. *Addicted to Cold Water* is Jill's brutally honest story of her fall into addiction and obsession and how – through courage and a sincere love of life and the undying love and patience of her husband, Paul – she drags herself out of the depths of her disease to live a normal life. At 7:00 PM.
- 20 **SATURDAY- Capital District Genealogical Society-** This month's topic is the St. Andrew's Society of the City of Albany. Guest speaker Roger Creighton is co-author of a two-volume history of the Society. At 2:30 PM. (German Special Interest Group at 12:00 PM. Irish Special Interest Group at 12:30 PM. Computer Group at 1:00 PM.)
- 21 **SUNDAY- Business Opportunities with China-** The U.S.-China Peoples Friendship Association offers a presentation about doing business in China with Gerald Shaye, Director, International Trade Development, Empire State Development Corporation and Mark Lewis, Senior Trade Specialist for the Department of Commerce. At 2:00 PM.
- 22 **MONDAY- Noon Book Review-** Ethicist Michael Brannigan, from the College of St. Rose, will talk about his own book: *Striking a Balance: A Primer in Traditional Asian Values*. At 12:15 PM. (see story page one)
- 23 **TUESDAY- Presentation on Admissions to the U. S. Naval Academy-** A half-hour presentation will be followed by a question and answer session on the U. S. Naval Academy. High school students interested in either a Naval Academy or NROTC Scholarship and their parents are invited. At 7:00 PM.
- 27 **SATURDAY- 22nd Annual Day of Poet "Poetry Contest"-** Join us for this annual judged poetry reading contest held in conjunction with our Tuesday Night Live Poets' Corner. Three rounds of two, three, and four minutes will be held throughout the day with prizes awarded to the top finishers. A first prize of \$200 has been donated. Open stages will be held at 10:00 AM and 3:00 PM, along with featured readings by local poets and a Master's competition for previous winners (\$50 prize). Come one, come all to read or just listen and enjoy! To register or for information call Tim Lake at 274-0131. From 10:00 AM-4:00 PM.
- 28 **SUNDAY- Tinnitus Association of the New York Capital Region-** A discussion "Is there a future for the Tinnitus Group?" will be moderated by Elmar Altwicker. At 2:00 PM.
- 29 **MONDAY- IRA (I'm Ready to Act): How an IRA Rollover Can Help Turn Assets into Income for Retirement-** Representatives from MetLife will discuss accumulation vs. distribution; options for your retirement assets; choices in IRA rollovers; and why you might want to consider funding your retirement with a Roth IRA. Reservations are required. At 6:30 PM.
- 30 **TUESDAY- Albany Area Senior Orchestra Concert-** Come enjoy a performance by the Albany Area Senior Orchestra, a 50-piece orchestra of local senior musicians that inspires the young and old alike. This year's selections will include music by world famous composers Borodin, Dvorak, Handel and Rossini as well as medleys of folk songs, movie and show tunes, plus a march or two! At 2:00 PM.
- 30 **TUESDAY- Fiction Book Discussion Group-** This month the group discusses *A Fine Balance* by Rohinton Mistry at 7:00 PM in the Youth Services Activity Room.

Knitting Group Dates

The Library sponsored knitting group will meet in the Stedman Room on the following Fridays from 2:00-4:00 PM: November 12 (no meeting November 26) and December 10 (no meeting December 24). For further information contact Gwen Gurien at 475-1470 or hgurien@nycap.rr.com .

Computer Training Classes

All classes will meet in the Training/Conference Room.

Prior registration is required; come to the Information Desk or call 810-0314.

Introduction to Computers: Gateway to the World Wide Web- Date: November 11 @ 2:00 PM

Are you a computer novice? This hands-on computer course is designed for individuals with little or no previous experience. The course will focus on developing skills in the following areas: 1) Basic understanding of the Windows environment. 2) Ability to use the computer mouse. 3) Ability to use the computer keyboard. 4) Ability to access computer programs and files. This 2-1/2 hour class is limited to 6 participants.

Introduction to the Internet- Date: November 10 @ 2:00 PM This class is designed for library patrons who have little or no experience with the Internet, but who are basically competent with using a computer. Learn Internet terminology and how to access the Internet from home, work, and at the library. Emphasis will be on browsing the Internet using an Internet browser's toolbars, menus, and hypertext links. The class lasts approximately two hours and is limited to 8 participants.

Intermediate Internet: Using Search Engines- Date: November 18 @ 6:00 PM This class is designed for library patrons who have experience using the Internet, and are very familiar with using the computer mouse, keyboard and the Windows environment. Learn the best methods of searching the Internet. We will explore the many search engines and directories available to aid you in your informational quest. **WARNING:** This is not an Introduction to the Internet. We ask that you have already spent time online and have a modest understanding of the Internet. Each class lasts 2-1/2 hours and is limited to 8 participants.

Basic Word Processing and File Management- Date: November 16 @ 10:00 AM This class explores the basic features of the Microsoft Word 2007 Screen from top to bottom. The purpose of this class is to encourage students to perform basic editing functions on a prepared document, to create a folder in Windows Explorer, and to save the document to the folder. Students should have dexterity with the mouse, keyboard experience, familiarity with the Windows environment, and a sense of humor. The 2-1/2 hour class is limited to six students.

Introduction to Microsoft Excel 2007- Date: November 18 @ 1:00 PM This class will explore the basic features of Excel. Students will learn how to create a worksheet and perform simple calculations and manipulations with data. Students should be familiar with the Windows environment, the keyboard and be able to use a mouse. Students may take this more than once if they feel they need more practice with the basics. This class will be two hours and is limited to eight students.

Deborah Onslow continued

Says the publisher: Bateson "relates the experiences of men and women – herself included – who, upon entering this second adulthood, have found new meaning and new ways to contribute, composing their lives in new patterns." Finally, concludes one reviewer: "While the aging of the baby boomers has inspired an array of books...this one considers the art of living, rather than the practicalities of finance, health, retirement, or second careering." The review starts at 12:15 PM; bring your lunch if you are on lunch hour.

Michael Brannigan continued

Michael is the George and Jane Pfaff Endowed Chair in Ethics and Moral Values at the College of St. Rose. He also has been writing on ethical issues for the *Times Union* over the past year or so. He specializes in intercultural bioethics, medical ethics and cultural philosophies, and intercultural perspectives regarding end-of-life care. Finally, he is also affiliated with the March Center for Biomedical Ethics at the Albany Medical School. If you were here in September you know Michael is a wonderful speaker. Please join us again – bring your lunch if you are on lunch hour. Starting time is 12:15 PM.

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Reference Stumper:

November 2010

1) Quote of the Month: "And all the others, with flowers in their hair, circling past in a dance, scattering blossoms, notes, ribbons, and long white gloves in their wake. These women had brought the intoxication of love's first adventures into their lives, and with all its companions: desire, jealousy, and the struggles with loneliness. And yet, beyond their roles and their lives in society, beyond the women, something else, something more powerful made itself felt. A feeling known only to men. A feeling called friendship."

2) Brain Teaser: Who was the first child born of English parents in New England?

The winner chosen will be the first person to answer both parts of the "Stumper" correctly. Answer to "Quote of the Month" must include title AND author.

Participants may submit their responses in 3 ways: 1) E-mail to: leoneb@uhls.lib.ny.us 2) Telephone the Information desk at 810-0314 3) By stopping off at the Access Services Desk in the library.

September Winner: David Titus

September Answers: Quote: *Hiding In the Mirror* by Lawrence M. Krauss. **Teaser:** Kraft Television Theater's "The Double Door" starring John Baragrey.