

THOMPSON FREE LIBRARY

ASSOCIATION MEMBERS' UPDATE

October 2017

ANOTHER THOMPSON FREE LIBRARY SUMMER, 2017

Copy by Kim Brawn/Layout by Tom Lyford

A Picture Book Is Worth a Thousand Words.



Children's picture book author and illustrator (and Portland, Maine native) Chris Van Dusen wowed a packed house during the last program of the Children's Summer Series on August 2. He published his first book *Down to the Sea with Mr. Magee* in 2000 and his latest work, *Hattie and Hudson*, was released in May.

Most of the parents and kids attending were familiar with his work and knew at least one of his books so were excited when he animatedly read *Hattie and Hudson* and *Circus Ship*. He also talked about how and where he gets his inspiration and about the book-making process, using sketches and artwork to walk his audience through the steps.

Red Hot Reads



Here's an eye-catching display that elicited chuckles, chortles, a few smirks, and one cackle, proving that creativity can come in simple packages with bright covers. Not everything has to be connected with a month or a season or have various props or a special theme--sometimes a good pun and some good books are all you need.

Floral Feng Shui



We all appreciate Jackie Robinson of Leaves and Blooms Greenhouse for brightening up the circulation area with her creative, one-of-a-kind bouquets. She chooses interesting flowers, herbs, and plants and puts them together in unique ways. Staff and patrons alike comment on her compelling arrangements: "What is this?" "What is that called?" "What a great mix of colors." An especially vibrant poppy made this one: really pop!



Putting the Moose in Moosehead

Charlie Boothby's photography graced the walls of Thompson Free Library during August and September. Charlie is a Greenville resident who describes himself as a writer, photographer, and ambassador of the Moosehead region. His photos capture incredible wild animals, like moose, that populate our area as well as the scenic beauty of mountains like Big and Little Spencer.



Abstracting the Desert

Another artist to share her work was Kris Sader of Orono (who is collaborating with Ripley Farm for CSA II, Community Supporting Arts). Kris is a printmaker with work reflecting our connection with the biological world. She first made papers of abaca and beaten black denim. She then did monotype printing and other applications on individual papers and laminated two or more papers together to hold the final images. The images are based on the Sonoran Desert in Arizona where she grew up.



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Herbal Alchemy (Stress & Anxiety Edition)

This was Linda Tisdale's 2nd Brown Bag Lunch presentation and the Dexter herbalist once again shared her extensive knowledge and passion for medicinal herbal remedies with an enthusiastic and curious audience. This time she spoke about how to use herbs to help with anxiety and stress (especially the chronic kind that can lead to various diseases). She described an herb and its healing properties and then passed it around the room for people to see, smell, and even taste.



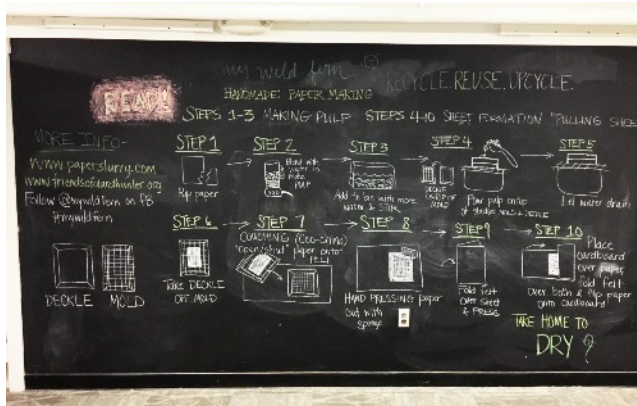
She also prepared an herbal concoction for us to sample and the consensus was that it tasted better than we expected. Linda was kind enough to give a refresher description on its components and benefits:

“It is an ayurvedic herb, Ashwagandha (*Withania somnifera*). The root powder makes a nice addition to warm milk. Approximately 1/2 teaspoon to a cup of milk. Rice milk, almond milk, or coconut milk work great. Ashwagandha's anti-inflammatory and anti-stress benefits promote a sense of well-being physically, emotionally, mentally. As an adaptogen, it is useful for those who feel depleted from stress. It improves energy & stamina, restores immune system when depleted, enhances concentration, promotes a sense of calm and peace, helps regulate hormones, and can be helpful for insomnia.”

Papermaking with Sarah Robinson

Sarah Robinson, owner of My Wild Fern, is a papermaker and mixed media artist who creates environmentally mindful art that is 100% post-consumer recycled handmade paper. Her papermaking session in August was a big hit.

Librarian Michelle Fagan called it “a great family program with lots of different age groups. The kids really liked the hands-on experience. They took turns doing each step and got to make different paper items using recycled stuff.” It's a fun way to introduce children to the concept of recycling because it's “messy and silly.” Even the littlest ones got in on the action: playing with ripped up newspapers. Michelle noted that “it's nice when the library can support community businesses and organizations.”



Time Flies



“It's been an honor and a privilege.”

-Helen Fogler, on marking 20 years as TFL's Director.

TFL's Executive Committee threw a 20th anniversary party for Helen at The Mill Cafe on July 9. She is pictured here with current and former library staff members.