

## Author Talks

### *No More Mean Girls: Strategies for Raising Strong, Confident and Compassionate Girls*

with Katie Hurley



As part of the *Parenting the Selfie Generation: Resilience for Life* series, child/adolescent psychotherapist and author **Katie Hurley** will show parents of young girls from age 3 and up how to nip mean girl behavior in the bud.

The series is a collaboration with Ridgefield Schools and Council of PTAs, Ridgefield Library, Ridgefield Youth Commission, Books on the Common, Project Resilience, Town Vibe & Silver Hill Hospital.

**Thursday, February 1, 7 PM**

Register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

### *Reading Short Stories: Unlocking the Code*

with Julia Strayer



Reading a short story is a different process from reading most novels. Do you prefer to spend more time with characters than a short story allows? Do you sometimes think there's not enough happening in a story? Does the ending come too soon? A story can be an elaborate puzzle with a code to crack. "We'll discover the surprising ways a story works on many unseen levels, and the secret to unlocking the code," says Ridgefield author **Julia Strayer**.

**Tuesday, February 27, 1 PM**

Register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

## Poetry Writing Workshop

with Ira Joe Fisher



Is there a poem swirling in your mind? Have you inked it onto paper? Is it a poem? Does it need some tweaking, some inspiration? The Library is presenting four workshops for you and your muse. **Ira Joe Fisher**, professor of poetry and creative writing and author of four collections of poetry, will guide you in the light of literary creation. This series is made possible thanks to the Friends of the Library.

**Sundays, Feb. 4, 11, 18 & March 4, 2 PM**

Sorry this program is now full

## Poetry

### *Poetry by Heart*

with Andrew Levine



*Poetry By Heart* is a new six-part workshop led by musician, educator, theater producer and poetry lover, **Andrew Levine**. This program is for anyone who has the desire to know a poem by heart and share it with others in an intimate and non-intimidating setting. "We will form a community of those that love poems spoken aloud and love the inquiry into the very individual and particular poems that have the power to move us, comfort us, challenge us, and more," says Levine.

**Saturday, Feb. 10, 24, March 10, 24,  
April 7 & 21, 10 AM**

Register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

### *Home: An Evening of Poetry and Art*

with Art in Common

**Art in Common**, a nonprofit based in Ridgefield, will present *Home: An Evening of Poetry and Art*. Art in Common's mission it is to promote creativity, increase community awareness around critical social issues, and foster connection across diverse populations. Poets of all ages and walks of life will come together to give voice to their dreams and fears through verse in a program honoring the spirit of "Home."

**Thursday, February 15, 7 PM**

Register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

## Panel Discussion

### *Navigating the Aging Process*

with John Massih, Mary Ann Ciambriello  
& Sheila O'Brien

Join us for this panel discussion on planning and providing services for seniors with **John Massih**, Esq., Eldercare Attorney, **Mary Ann Ciambriello**, RN, owner of Help at Home and **Sheila O'Brien**, RN, BSN, CMC, owner of O'Brien Care Management Services.

**Thursday, February 22, 7 PM**

Register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

# Health and Wellness

Health and wellness programs are made possible thanks to donors to the Library's  
*Noreen L. Papa - Mothers: Live Your Life Fund.*



## **Chair Yoga** with Valerie Rich

In this introductory Chair Yoga session you will be guided through a relaxing and recharging Yoga class that is suitable for everyone and all abilities.

**Wednesday, February 7, 1 PM**  
Register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

## **Mindfulness and Meditation**

with the Community Mindfulness Project

Join us for a new series of one-hour Meditation classes led by the **Community Mindfulness Project** on the second and fourth Mondays of the month through June.

**Monday, February 12 & 26, 6:30 PM**  
Register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

## **MindBody Mastery: 21 Day Plan for Weight Loss and Empowerment** with Nicole Fevrier Davis



Join us over 3 weeks for this MindBody Mastery: 21 Day Plan for Weight Loss and Empowerment workshop. The MindBody Mastery 21 Day Plan is a success guide and resource for you to access your greatest fitness and weight loss potential! **Nicole Fevrier Davis** combines scientifically based fitness and nutrition programs with your social, emotional and spiritual influences for best results.

**Friday, February 9, 16 and 23, 10 AM**  
Sorry this program is now full.

## **Author Talk: How Life Works** with Janet Kathleen Etele



Join us for an afternoon of music and readings by author **Janet Etele**. Record producer and Ridgefield resident Gary Lefkowitz will introduce the event. He and Janet will also perform a few pieces of their original music.

As a student of Buddhist dharma, Janet Etele is inspired to bring its teachings into contemporary practice through her writing and her music. Her work brings one of the world's most profound teachings about compassion and wisdom into common language through the art of contemporary fiction. Her books will be available for sale at the program.

**Sunday, February 25, 2 PM**  
Register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

## **Let's Talk About Love**

with Dr. Anna Huff and Dr. Teresa Reyes Castillo



Once upon a time, two people fell madly in love and they lived happily ever after... or did they? Fantasy and reality often do not coincide, particularly in matters of love. Join **Dr. Huff** and **Dr. Reyes Castillo**, as they discuss the love of your fantasy in comparison to the reality of your life.

Dr. Huff and Dr. Reyes Castillo are licensed clinical psychologists in Connecticut and New York and owners of a private practice Being Centered: Psychological Services. Couples and individuals are welcome to attend this program.

**Tuesday, February 13, 7 PM**  
Register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

## **Calm From Chaos** with Christel Autuori

Longtime Ridgefield resident **Christel Autuori**, RDH, RYT, MA, NBC-HWC, is a Certified Holistic Stress Management Instructor, a Duke University Certified Integrative Health Coach, registered Yoga teacher, and Reiki Master, who will share practical ways for you to create an oasis of calm in the chaos of daily life in the 21st century. Christel will discuss the multi-dimensional, holistic and integrative view of health and healing to help you restore your balance and promote health and wellbeing of body, mind, and spirit. Learn to stop and take a breather, defuse stress, and keep your cool when life heats up!

**Tuesday, February 20, 7 PM**  
Register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

## **SKILLSBOX**

### **Simple Steps for Starting Your Business**

Want to start a business but don't know where to begin? This 5-part workshop, conducted by a team of professionals from SCORE's Norwalk and Western CT Chapters, will give you the boost to get you on your way!

Attendees are expected to attend all five sessions, and those who attend at least four classes will be given a certificate of class completion. Check-in is at 5:45 PM; the programs start promptly at 6:00 PM.

This program is part of the Skillsbox: Tools for Business Success series sponsored by Ridgefield Library, Ridgefield Chamber of Commerce, RECDC and SCORE.

**5 Tuesdays Starting February 27, 6 PM**  
Register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

# Library Book Groups - New Readers Welcome!

**MURDER BY THE BOOK**  
**Thursday, February 1**  
 10:30 AM  
**A Morbid Taste for Bones**  
 by Ellis Peters

**Next Month's Selection**

**Thursday, March 1**  
 10:30 AM  
**When the Bough Breaks**  
 by Jonathan Kellerman

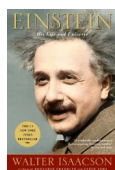
Psychologist and frequent LAPD consultant Dr. Alex Delaware is called on to treat a reluctant 7-year-old eyewitness to a murder, bringing up memories of the case that led to his early retirement from private practice in this first of a long-running series.

**NONFICTIONEERS**  
**Tuesday, February 6**  
 7:00 PM

**Wild Swans: Three Daughters of China**  
 by Jung Chang

**Next Month's Selection**

**Tuesday, March 6**  
 7:00 PM  
**Einstein: His Life and Universe**  
 by Walter Isaacson  
 (Chapter 1 - 11)



By the author of the acclaimed bestsellers *Benjamin Franklin* and *Steve Jobs*, this is the definitive biography of Albert Einstein. How did his mind work? What made him a genius? Isaacson's biography shows how his scientific imagination sprang from the rebellious nature of his personality.

**FOUNDERS HALL BOOK GROUP**  
**Thursday, February 8**  
 3:00 PM

**Circle the Sun**  
 by Paula McLain  
 Open to all members of Founders Hall

**BOOKS & BREAKFAST**  
**Monday, February 12**  
 10:30 AM



Join us for an informal book chat led by Dorothy Pawlowski

**CRITICS' CIRCLE BOOK GROUP**  
**Tuesday, February 20**  
 7:00 PM  
**All Passion Spent**  
 by Vita Sackville West



After the death of elder statesman Lord Slane, a former prime minister of Great Britain, everyone assumes that his eighty-eight-year-old widow will slowly fade away in her grief, remaining as proper and dutiful as she has been her entire married life, but Lady Slane has other ideas. Irreverently funny and surprisingly moving, *All Passion Spent* is the story of a woman who discovers who she is just before it is too late.

**POETRY DISCUSSION GROUP**

**Friday, February 23**  
 1:00 PM  
**Collected Poems**  
 by Jane Kenyon

Discussion led by Dr. Alan Holder. Program made possible thanks to the Friends of the Library

**FOOD FOR THOUGHT: A CULINARY BOOK DISCUSSION**  
**Monday, February 26**  
 2:00 PM  
**Cooked: A Natural History of Transformation**  
 by Michael Pollan

Pollan explores the previously uncharted territory of his own kitchen. Here, he discovers the enduring power of the four classical elements to transform the stuff of nature into delicious things to eat and drink. Apprenticing himself to a succession of culinary masters, Pollan learns how to grill with fire, cook with liquid, bake bread, and ferment everything from cheese to beer.

**A.M. BOOK GROUP**  
**Wednesday, February 28**  
 10:00 AM  
**The Quiet American**  
 by Graham Greene

War story, romance, political thriller, spy saga, and morality tale – Greene's atmospheric novel depicts the turmoil of Vietnam in the waning years of French colonialism in the Far East.

## Tech Topics

**5 Foolproof Ways to Promote Your Business on Facebook**  
 with Kate Fitzpatrick  
**Wednesday, February 7 @ 1:00 - 2:00 PM - [Register](#)**

**Adult Maker Group** - Come join our Adult Maker Group and tinker with us. This group is for those 18 years of age and older. New makers always welcome.  
**Wednesday, February 7 @ 6:15 - 8:00 PM - [Register](#)**  
**Wednesday, February 21 @ 6:15 - 8:00 PM - [Register](#)**

**Tech Tricks: Downloading the Library's eBooks and eAudiobooks: Bring Your Own Device** - Need help downloading the Library's eBooks or eAudiobooks to your phone or tablet?  
**Thursday, February 8 @ 1:00 - 2:00 PM - Drop-in**  
**Friday, February 16 @ 2:00 - 3:00 PM - Drop-in**

**Convert Your VHS Videos to DVD** - Check [ridgefieldlibrary.org](http://ridgefieldlibrary.org) for details and available timeslots.



**3D Printing Orientation**- Are you interested in printing your own 3D design on the Library's Makerbot? We are now offering use of our 3D printer to Ridgefield Library cardholders. Those who are under age 18 must come with an adult.  
**Saturday, February 10 @ 11:00 - 12:30 AM - [Register](#)**  
**Thursday, February 27 @ 6:00 - 7:30 PM - [Register](#)**

**Blender Group for 3D Modeling** with Chris Iorillo  
**Tuesday, February 13 @ 6:15 - 8:00 PM - [Register](#)**

**Tech Tricks: Using Technology for Health and Wellness: Staying Organized and On the Go.** Dawn DeCosta of Tech Savvy brings her Apple experience to you in this hands-on class.  
**Wednesday, February 14 @ 11 AM - 12 PM - [Register](#)**

**Tech Tricks: Learning with lynda.com**  
**Thursday, February 22 @ 1:00 - 2:00 PM - [Register](#)**

# Featured Events Calendar - February 2018

Parent Circles - For 5 <sup>th</sup> Grade Parents with Doug Barille, LMFT - Topics include: understanding and parenting your changing adolescent, establishing and maintaining effective limits, navigating alcohol & drugs, technology & social media. There are three sessions for each Circle. Upcoming Meetings: Circle 5 (4): 10:00-11:30 on 2/20, 2/27, 3/6 @ The Library - <a href="#">register</a> Circle 5 (5): 1:00-2:30 on 2/21, 2/28, 3/7 @ The Library - <a href="#">register</a> Circle 5 (6): 7:30-9:00 on 3/1, 3/8, 3/15 @ Town Hall Annex - <a href="#">register</a> Circle 5 (7): 7:30-9:00 on 3/21, 3/28, 4/4 @ Town Hall Annex - <a href="#">register</a> For more information email <a href="mailto:dougbarille@comcast.net">dougbarille@comcast.net</a>				Thu	Fri	Sat
				1	2	3
				<b>Murder by the Book: A Morbid Taste for Bones</b> by Ellis Peters 10:30 AM <b>Author Talk:</b> <i>No More Mean Girls</i> with Katie Hurley 7 PM		
4	5	6	7	8	9	10
<b>Workshop:</b> <i>Poetry Writing</i> with Ira Joe Fisher 2 PM 1/4 Full		<b>Nonfictioneers:</b> <i>Wild Swans: Three Daughters of China</i> by Jung Chang 7 PM	<b>Tech Topics:</b> <i>5 Foolproof Ways to Promote your Business on Facebook</i> 1 PM <b>Health: Chair Yoga</b> with Valerie Rich 1 PM	<b>Founders Hall Discussion:</b> <i>Circle the Sun</i> by Paula McLain 3 PM	<b>Workshop:</b> <i>MindBody Mastery: 21 Day Plan for Weight Loss</i> with Nicole Fevrier Davis 10 AM 1/3 Full	<b>Field Trip:</b> <i>Shutterbugs Photography Group</i> 9 AM <b>Workshop:</b> <i>Poetry By Heart</i> with Andrew Levine 1/6 10 AM <b>Artist Reception:</b> Randi Nussbaum 2 - 4 PM
11	12	13	14	15	16	17
<b>Workshop:</b> <i>Poetry Writing</i> with Ira Joe Fisher 2 PM 2/4 Full	<b>Discussion:</b> <i>Books &amp; Breakfast</i> 10:30 AM  <b>Class: Mindfulness and Meditation</b> 6:30 PM	<b>We Got Games:</b> <i>Table-top Gaming for Adults and Teens</i> 6 PM  <b>Seminar: Let's Talk About Love</b> with Dr. Huff and Dr. Reyes Castillo 7 PM	<b>Tech Tricks:</b> <i>Using Technology for Health and Wellness</i> with Dawn DeCosta 11 AM  <b>Making STEAM:</b> <i>Making Felted Objects for the Home</i> 1 PM	<b>An Evening of Poetry and Art: Home</b> with Art In Common 7 PM  	<b>Workshop:</b> <i>MindBody Mastery: 21 Day Plan for Weight Loss</i> with Nicole Fevrier Davis 10 AM 2/3 Full	
18	19	20	21	22	23	24
<b>Workshop:</b> <i>Poetry Writing</i> with Ira Joe Fisher 2 PM 3/4 Full		<b>Health and Wellness: Creating Calm In the Chaos</b> with Christel Autuori  <b>Critics' Circle Book Group: All Passion Spent</b> by Vita Sackville West 7 PM		<b>Panel Discussion:</b> <i>Navigating the Aging Process</i> 7 PM	<b>Poetry Group:</b> <i>Collected Poems of Jane Kenyon</i> with Dr. Alan Holder 1 PM  <b>Workshop:</b> <i>MindBody Mastery</i> 10 AM 3/3 Full	<b>Workshop:</b> <i>Poetry By Heart</i> with Andrew Levine 2/6 10 AM
25	26	27	28			
<b>Author Talk:</b> <i>How Life Works</i> with Janet Kathleen Ettele 2 PM	<b>Food for Thought:</b> <i>Cooked: A Natural History of Transformation</i> by Michael Pollan 2 PM  <b>Class: Mindfulness and Meditation</b> 6:30 PM	<b>Reading Short Stories: Unlocking the Code</b> with Julia Strayer 1PM  <b>Making STEAM:</b> <i>Making Greeting Cards with the Cricut</i> 1 PM  <b>Skillsbox: Simple Steps for Starting Your Own Business</b> 6 PM 1/5	<b>A.M. Book Group: The Quiet American</b> by Graham Greene 10 AM	<b>Exhibition: Stories</b> by Randi Nussbaum <b>On exhibit through February 26</b>  <b>Reception: Saturday, February 10, 2 - 4 PM</b> <b>Lower Level Gallery</b>		