

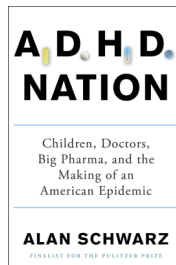
Treyf
with Elissa Altman



Washington Post columnist and James Beard Award-winning author of *Poor Man's Feast*, **Elissa Altman** will discuss her latest memoir *Treyf*, a story about seeking truth, acceptance, and self in a world of contradiction.

Thursday, November 3, 7 PM
Register at ridgefieldlibrary.org

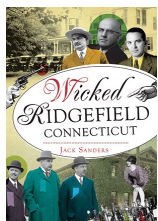
ADHD Nation
with Alan Schwarz



Alan Schwarz will present on his highly acclaimed book, *ADHD Nation*, followed by a panel discussion that includes Liz Driscoll Jorgensen, Owner of Insight Counseling in Ridgefield CT, and Jamison Monroe, Founder and CEO of Newport Academy.

Wednesday, November 9, 7 PM
Register at ridgefieldlibrary.org

Wicked Ridgefield Connecticut
with Jack Sanders



Local author and editor **Jack Sanders** will tell fascinating tales of two centuries of Ridgefield criminals, n'er-do-wells and even wayward do-gooders in this entertaining—and occasionally humorous—glimpse into some of the town's wickedest moments.

Saturday, November 12, 2 PM
Register at ridgefieldlibrary.org

The Misinformation Age
with David Helfand



Astronomer and educator **Dr. David Helfand** will discuss his book *A Survival Guide to the Misinformation Age: Scientific Habits of Mind*. Helfand is the former chair of the Dept. of Astronomy at Columbia University.

Wednesday, November 16, 7 PM
Register at ridgefieldlibrary.org



Nobody's Son
with Mark Slouka

"Mark Slouka's superb memoir should become a classic... A heart-wrenching tale of the demise of a family, told with the hard-won honesty and insight of a genuine artist." — Lynne Sharon Schwartz. **Mark Slouka** is also the author of *Brewster*. His work has appeared in *Best American Short Stories*, *Best American Essays*, and the *PEN/O. Henry Prize Stories*.

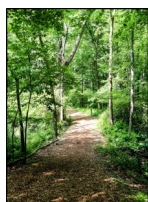
Thursday, November 17, 7 PM
Register at ridgefieldlibrary.org

**Sex, Sexting, and Hooking Up:
Talking to Your Kids about
Healthy Relationships**

The Parenting the Selfie Generation: Instilling Resilience series continues with a program on *Talking to Your Kids about Healthy Relationships* with **Kate Ott, Ph.D.**, Drew University and **Anne Rodwell-Lawton**, Women's Center of Greater Danbury.

Tuesday, November 1, 7 PM
Register at ridgefieldlibrary.org

Hiking Fairfield County
with Jeff Glans



Jeff Glans, trail manager of the Saugatuck Trail for the Connecticut Forest and Park Association, will present a program on *Hiking in Fairfield County*. The program is co-sponsored by Norwalk River Watershed Association, Woodcock Nature Center and the Ridgefield Library.

Monday, November 7, 7 PM
Register at ridgefieldlibrary.org

Most Likely To Succeed
Film Screening & Panel Discussion

Ridgefield Public Schools, Ridgefield PTA Council, Ridgefield Library and The Aldrich Contemporary Art Museum will host two screenings of the film *Most Likely to Succeed*. A matinee will take place at the Library at 1:00 PM and an evening showing will take place at East Ridge Middle School at 6:30 PM. Following the evening screening, there will be an interactive discussion - *Imagining Education For the 21st Century*.

Tuesday, November 29, 1 PM & 6:30 PM
Register at <http://bit.ly/rps-mlts>

HEALTH AND WELLNESS

Eating Your Way to Health

with Cathy Katin-Grazzini

Join us for this introduction to plant-based nutrition. Find out why it's so healthy, who can benefit, and how to begin. The program will also include a cooking demo with sampling and recipes. This program is presented by **Cathy Katin-Grazzini**, plant-based chef, cooking instructor, nutritional coach and owner of Cathy's Kitchen Prescription LLC in Ridgefield. This program is part of the *Body, Mind and Spirit: Holistic Health and Wellness* series that is made possible thanks to the *Noreen L. Papa - Mothers: Live Your Life!* fund.

Monday, November 14, 7 PM

Register at ridgefieldlibrary.org



Let Go of the Past

with Dr. Stacy Raymond

Clinical Psychologist **Dr. Stacy Raymond** will discuss two research supported techniques that quickly and effectively reduce anxiety and negative emotion in the moment. Inner Balance (TM) is a biofeedback app anyone can use at any time for instant stress relief. EMDR (Eye Movement Desensitization and Reprocessing), on the other hand, is a revolutionary energy psychology approach offered by a trained therapist. You will learn how painful memories are stored in the brain, why they get "stuck", and how EMDR liberates them so they no longer present as flashbacks, nightmares or intrusive thoughts.

Monday, November 28, 7 PM

Register at ridgefieldlibrary.org

ARTALKS

Gargoyles of Yale Walking Tour

with Matt Duman @ Yale University

Join us for a walking tour of the Gargoyles of Yale University on the campus. The tour is \$10 per person - space is limited.

November 5th at 1:30 PM.

Register at ridgefieldlibrary.org



Film Series

with Camilla Cook

Art consultant and independent curator **Camilla Cook** will present a film series about leading American modern artists on the second Thursday of the month from Sept. through December. November's film and discussion are about **Alexander Calder**.

Thursday, November 10, 7 PM

Register at ridgefieldlibrary.org

Chinese Landscape Painting

with Dr. Karen Hwang



Why has landscape endured as the most highly esteemed subject in Chinese painting? Why did the greatest masters prefer the medium of ink-and-water and its shades of grey for painting the colors of nature? Why did Chinese painters study nature from an "angle of totality," eschewing one-point perspective so celebrated in the Western traditions? Art Historian **Karen S. Hwang** will address these and other questions in an illustrated talk. **Dr. Hwang** received her Ph.D in the History of Art and Architecture from Harvard University. ARTalks are co-sponsored by the Ridgefield Guild of Artists.

Sunday, November 20, 2 PM

Register at ridgefieldlibrary.org

LIVE MUSIC

Ridgefield Folk

with Rani Arbo and Greg Ryan



Rani Arbo is a fiddler, guitarist, songwriter and song collector. She has toured nationally for more than 20 years, most recently with the 15-year-old quartet Rani Arbo & daisy mayhem, which frequents folk festivals and performing arts centers from coast to coast. Now, Arbo offers up a rare duo

show with master guitarist **Greg Ryan**, a versatile musician who specializes in gypsy jazz. The concert is free thanks to the Friends of the Library.

Sunday, November 13, 2 PM

Free tickets from 1 PM at the door

BOOKS BUILDING BRIDGES

One Flew Over the Cuckoo's Nest

Intergenerational Book Discussions

Adult readers are invited to join students from Ridgefield High School in this year's *Books Building Bridges* intergenerational reading initiative. This year's title, selected by students, is Ken Kesey's *One Flew Over the Cuckoo's Nest*. Book chats, facilitated by high school students, will take place at the RHS Library Learning Commons on November 1st and at the Library on November 2nd. Adults and students are encouraged to attend either session. For adult readers, copies of the book are available for loan at the Library's Circulation Desk.

Tuesday, November 1, 6:30 PM

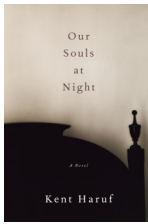

High School Learning Commons - [Register](#)

Wednesday, November 2, 6:30 PM

Ridgefield Library - [Register](#)



LIBRARY BOOK GROUPS - NEW READERS WELCOME!

<p>NONFICTIONEERS Tuesday, November 1 7:00 PM The Wright Brothers by David McCullough</p> <p>This #1 <i>New York Times</i> bestseller from David McCullough, two-time winner of the Pulitzer Prize, is the dramatic story-behind-the-story about the courageous brothers who taught the world how to fly. In this “enjoyable, fast-paced tale” (<i>The Economist</i>), master historian David McCullough “shows as never before how two Ohio boys from a remarkable family taught the world to fly” (<i>The Washington Post</i>).</p>	<p>MURDER BY THE BOOK Thursday, November 3 10:30 AM Father Brown Stories by G.K. Chesterton</p> <p>Short fiction from the early 20th century showcasing the investigative skills of an unassuming Catholic priest with a strong sense of intuition and a deep understanding of human nature.</p>	<p>FOUNDERS HALL BOOK GROUP Thursday, November 10 3:00 PM The Light Between Oceans by M.L. Stedman</p>	<p>of a man and woman who, in later age, come together to wrestle with the events of their lives and their hopes for an imminent future.</p> 
<p>Next Month's Selection December 6 7:00 PM Passion for Nature: The Life of John Muir by David Worster</p> 	<p>BOOKS & BREAKFAST Monday, November 14 10:30 AM</p>  <p>Join us for an informal book chat led by Dorothy Pawlowski</p>	<p>CRITICS' CIRCLE BOOK GROUP Tuesday, November 15 7:00 PM A Spool of Blue Thread by Anne Tyler</p> <p>Moving back and forth in time with overlapping stories, we come to know three generations of the Whitshanks - a family with secrets and memories that are sometimes different than what others observe.</p> 	<p>POETRY DISCUSSION GROUP Friday, December 2 1:00 PM Poems of Dylan Thomas with Dr. Alan Holder</p> <p>Program is made possible thanks to the Friends of the Library.</p>
		<p>A.M. BOOK GROUP Wednesday, November 16 10:00 AM Our Souls at Night by Kent Haruf</p> <p>The spare yet eloquent story</p>	<p>LIVE IN HD @ RIDGEFIELD PLAYHOUSE</p> <p>Metropolitan Opera, National Theatre of London and the Bolshoi Ballet on the big screen! Ridgefield Library card holders now receive the Playhouse membership rate of \$20 for these events. For a full listing visit - ridgefieldplayhouse.org.</p>

TECH TOPICS

Adult Maker Group - Come join our Adult Maker Group and tinker with us! This month the group will have an introduction to Raspberry Pi 3 and an intro to SparkFun Thing.
 - Wednesday, November 9, 6:30 - 8:00 PM - [Register](#)
 - Wednesday, November 30, 6:30 - 8:00 PM - [Register](#)

Preserve Your Memories - Convert Your VHS Tapes to DVD - Available to Ridgefield Library cardholders 13 years of age or older. Please reserve one of these two-hour blocks.
 - Wednesday, November 2, 1:30 - 3:30 PM - [Register](#)
 - Monday, November 7, 11:00 AM - 1:00 PM - [Register](#)
 - Tuesday, November 8, 12:30 PM - 2:30 PM - [Register](#)
 - Tuesday, November 8, 5:00 - 7:00 PM - [Register](#)
 - Wednesday, November 9, 1:30 - 3:30 PM - [Register](#)
 - Wednesday, November 16, 1:30 - 3:30 PM - [Register](#)
 - Tuesday, November 22, 11:00 AM - 1:00 PM - [Register](#)
 - Wednesday, November 30, 1:30 - 3:30 PM - [Register](#)

Your 24/7 Library

- Thursday, November 11, 12:00 - 1:00 PM - [Register](#)

Intro to ABI/Inform Complete - our newest online business resource

- Tuesday, November 15, 6:30 - 7:30 PM - [Register](#)

3D Printer Orientation - We now offer use of our 3D printer to Ridgefield Library cardholders. Before reserving printer time, we require attendance at this 90-minute orientation.




- Thursday, November 10, 6:00 - 7:30 PM - [Register](#)

- Saturday, November 12, 10:30 - 12:00 PM - [Register](#)

Get Started with The Library's Digital Resources

- Tuesday, November 29, 1:00 - 2:30 PM - Drop-in

FEATURED EVENTS CALENDAR - NOVEMBER 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Exhibit: Hail to the Chief! <i>Caricatures of Presidents from George Washington to Today's 2016 Candidates</i> by Robert Carley Show runs through November 29 Lower Level Gallery</p> <p>Artist's Reception: Sunday, November 6, 2 - 4 PM</p> 		<p>1 Intergenerational Book Chat: One Flew Over the Cuckoo's Nest 6:30 PM @ Ridgefield High School</p> <p>Parenting the Selfie Generation: Talking to Your Kids about Healthy Relationships 7 PM</p> <p>Nonfictioneers: The Wright Brothers by David McCullough 7 PM</p>	<p>2 Brown Bag Lunch Discussion: Healthy Relationships 12 PM</p> <p>Intergenerational Book Chat: One Flew Over the Cuckoo's Nest 6:30 PM @ Ridgefield Library</p>	<p>3 Workshop: Write Through This! with Kim Kovach (full) 10:30 AM</p> <p>Murder by the Book: Father Brown Stories by G.K. Chesterton 10:30 AM</p> <p>Author Talk: Treyf with Elissa Altman 7 PM</p>	<p>4 Making STEAM: Coloring for Adults 1 - 3 PM</p> 	<p>5 Meeting: Memoir Writing Group 1 PM</p> <p>Walking Tour: The Gargoyles of Yale with Matt Duman 1:30 PM @ Yale University \$10</p>
<p>6 Artist's Reception: Hail to the Chief! <i>Caricatures of Presidents from George Washington to Today's 2016 Candidates</i> 2 - 4 PM</p>	<p>7 Talk: Hiking in Fairfield County with Jeff Glans 7 PM</p>		<p>9 Making STEAM: Adult Maker Group 6:30 PM</p> <p>Author Talk: ADHD with Alan Schwarz 7 PM</p> <p>Meeting: Theater Barn Playwrights Collective 6 PM</p>	<p>10 Workshop: Write Through This! with Kim Kovach (full) 10:30 AM</p> <p>Founders Hall Book Discussion: The Light Between Oceans by M.L. Stedman 3 PM</p> <p>ARTalk: Alexander Calder 7 PM</p>		<p>12 Field Trip: Shutterbugs 9 AM</p> <p>Author Talk: Wicked Ridgefield Connecticut with Jack Sanders 2 PM</p>
<p>13 Live Music: Ridgefield Folk with Rani Arbo and Greg Ryan 2 PM</p>	<p>14 Discussion: Books & Breakfast 10:30 AM</p> <p>Holistic Health Series: Eating Your Way to Health with Cathy Katin-Grazzini 7 PM</p>	<p>15 Critics' Circle Book Group: A Spool of Blue Thread by Anne Tyler 7 PM</p>	<p>16 A.M. Book Group: Our Souls at Night by Kent Haruf 10 AM</p> <p>Author Talk: A Survival Guide to the Misinformation Age with Dr. David Helfand 7 PM</p>	<p>17 Workshop: Write Through This! with Kim Kovach (full) 10:30 AM</p> <p>Author Talk: Nobody's Son with Mark Slouka 7 PM</p>		<p>19 Ridgefield Chorale Concert: Being HUMAN, Being KIND 7 PM @ Ridgefield High School \$20 visit ridgefieldchrale.org</p>
<p>20 ARTalk: Chinese Landscapes with Dr. Karen S. Hwang 2 PM</p>				<p>24 Library Closed: Happy Thanksgiving!</p>	<p>25 Library Closed: Happy Thanksgiving!</p>	<p>26 Library Days at Books on the Common Show your Library card when making a purchase and 15% will be donated to the Library 9:30 AM - 6 PM</p>
<p>27 Library Days at Books on the Common 10 AM - 6 PM</p>	<p>28 Holistic Health Series: Let Go of the Past with Dr. Stacy Raymond 7 PM</p>	<p>29 Film Screening: Most Likely to Succeed 1 PM & 6:30 PM</p>	<p>30 Making STEAM: Adult Maker Group 6:30 PM</p>		<p>Library Days at Books on the Common 10 AM - 8 PM</p>	

Medicare Workshops: multiple sessions will be available throughout the month for you to get help from CHOICES counselors. Call Karen at 203.431.2754 or email municipalagent@ridgefieldct.org to set up an appointment.