



snhl Check it out!

Shaler North Hills Library March 2015 www.shalerlibrary.org 412-486-0211

Mark your calendars Library Hours

Monday 10– 8
Tuesday 10 –9
Wednesday 10-8
Thursday 10 –9
Friday 10-6
Saturday 10-5
Sunday 1 to 5
(until May 18)

Extended hours for adults

Mondays and Fridays
the adult section of the
library opens at
8:30AM

Mark Your Calendars

The SNHL Library
Board will meet
Wed, March 11 at
7:30PM

Friends of SNHL
Meeting
Monday, March 16
at 6:30PM

Save the date and
think spring!
Friends of SNHL
Spring Book Sale
April 25 and 26.

We accept
donations of gently
used books, games,
puzzles, music and
film anytime.
Thanks!

SNHL is proud to honor Women's History month by hosting **Jennifer Nagle Myers** as our first ever **Art and Inspiration with William Rock Artist in Residence at Shaler North Hills Library**. Jennifer is a visual artist and director of site-specific performances. During the month, she will conduct art events involving the entire community with the library acting as the performance site. Her art piece, **The Never-Ending Book of Women's Rights**, will be a focal point of Jennifer's residency at SNHL. For more information on Jennifer, visit her website <http://www.punkypip.com/neverendingbook>

Art Show to benefit the SAHS National Art Honor Society March 2 through March 20

Shaler Area High School art students Art Show in the SNHL Community Room is a fundraiser for the National Art Honor Society (NAHS). They are raising funds for a trip to the Smithsonian Museums in Washington, DC. Join us in supporting our artists. And, acquire beautiful original art with all proceeds benefiting the students.

HOT TOPICS, Legal Issues in Plain Language presented by Carolyn Russ and Katie Outon of Olds Russ & Associates, LLC

LIVING WILL? Why do I need a living will?

Tuesday, March 3 at 1:00PM

Every time you go to the hospital you're asked, "Do you have a living will?" Why is a living will important? Why are many "fill-in-the-blank" forms inadequate? Learn what information should go into a living will, and how to communicate your wishes in a way that your family understands.

Explore Tai Chi for Health

Starting Tuesday, March 3 at 7:45PM and Thursday, March 5 at 1:30PM

What can Tai Chi do for you? **FREE**, hour-long introductory sessions so that you can see for yourself. You will learn about the physical and mental health benefits of this time-tested, ancient art. Loose clothing recommended. All ages and all physical conditions welcome. Fitness is not a prerequisite. John Boynton, certified instructor.

Introduction to Essential Oils: Essential Oils for Everyday Use

Saturday, March 7 from 2PM to 4PM

This free, introductory session will explain how to use essential oils that can be used in your everyday life to support your health and address a variety of health concerns. Janice Polansky of Young Living will present information about the anti-inflammatory, antibiotic, antiviral, antifungal and antiseptic properties of various essential oils. Discover ways you can use pure, quality, organic essential oils in your daily life to support and help to regain your physical, mental, emotional, and spiritual health. Please register at 412-486-0211

Readings in Alternative Everything—a new book group facilitated by Richard Kajuth 2nd Wednesday of each month starting March 11 at 6:15PM

This book "study" group will focus on subjects such as various mysteries of the mind investigated by parapsychology, the fields of alternative and holistic healing, the theories of the nature of consciousness, mind/body/spirit connections and your health, and intriguing archeological findings that don't fit existing historical paradigms. The goal of the group is not to see how many books we can get through, but how much of each book gets through to us! Please register at 412-486-0211.

Social Security and Retirement Income presented by Ian Knott of NY Life

Thursday, March 12 at 6:30PM

Join us for an informational workshop about planning for your retirement and the ways in which Social Security can assist you. All are welcome.

Common Birds of Western Pennsylvania presented by Doris Dumrauf, award-winning speaker and photographer

Sunday, March 15 at 2:00PM

This presentation focuses on the most common bird species of Western PA. Learn the basics of bird identification and gain insight into their food preferences, habitat choices and personalities. Please register at 412-486-0211

Meet Bob Cranmer, author of *The Demon of Brownsville Road: a Pittsburgh family's battle with evil in their home*

Sunday, March 22 at 2PM

The author, Bob Cranmer, is a former commander in the 101st Airborne, and County Commissioner in Pennsylvania. Join us to meet and talk about his account of events that culminated in an exorcism over 004-2005. The events are verified by dozens of witnesses. All are welcome. This program is part of the **Meet the Author Series** sponsored by the **Friends of the Shaler North Hills Library**.

HOT TOPICS, Legal Issues in Plain Language presented by Carolyn Russ and Katie Outon of Olds Russ & Associates, LLC

HELP! I'VE BEEN NAMED AS POA... What do I do now?

Tuesday, March 24 at 1:00PM

Sooner or later most of us will have to help a friend or relative by serving as their POA. What does it mean to be "power of attorney"? What are your responsibilities? What does it take to stay out of trouble? What powers and limitations should be included in a good power-of-attorney document? Bring your questions and get some answers.

In case you missed it... *Art and Inspiration with William Rock* presented Pat DiCesare, concert promoter whose career began in the mid fifties at the beginning of the rock and roll era, visited **SNHL on Friday, February 20, with his new book *Hard Days Hard Nights*. (His Pittsburgh company called DiCesare Engler Productions was among the top grossing concert productions companies in the country. On September 14, 1964, Pat DiCesare and Tim Tormey promoted the Beatles in concert at the Civic Arena in Pittsburgh.)**

If you were not one of the **100 people** who saw him live at SNHL, you can hear his podcast interview recorded that evening, online at <http://artandinspiration.podbean.com/>

COMING IN APRIL

2nd Annual Jazz Art Show

Wednesday, April 1 through Saturday, April 18

Artists of all ages are encouraged to submit original art work for our 2nd Annual Jazz Art Show held in honor of Jazz Appreciation Month (JAM) in the Community Room of SNHL. The **Artist Reception** for the 2nd Annual Jazz Art Show is scheduled for **Tuesday, April 7 at 7:00PM**.

8th Jazz Extravaganza

Friday, April 10, held at Shaler Area Middle School, 7:00PM

Get ready for a night of swinging music by jazz musicians of all ages. Our 8th Jazz Extravaganza will feature students from SAMS, Pittsburgh CAPA, and professional jazz musicians. Don't miss it.

Art and Inspiration with William Rock presents *[sic]* Music

Thursday, April 16 at 7:00PM

Can words alone be music? Since the early 1900s, poets and composers alike have said YES. Call it sound poetry or text-sound, here is a concert of word sounds alone. Various performers, TEXT-NICIANS, will present pieces as solos, duets, trios and choral readings in this ear-opening experience. Who are these TEXT-NICIANS? They are Carnegie Library of Pittsburgh Music Department librarians joined by librarian colleagues from CLP's Job Career Education Center, Children's, Reference, Film & Audio, and Customer Services Departments.

Ongoing events at SNHL

Art and Inspiration with William Rock

Class is ongoing—Every Thursday at 7:00PM

Artist William Rock facilitates a forum for artists, poets, writers, and musicians to discuss creativity and explore technique in their work. Artists are encouraged to share their work and bring ideas, theories and inspirations to share with others. Dialogue the ways in which inspiration and mysticism inform each other throughout the creative process. Explore your inner self and realize that now is the time to rediscover your creative nature. Suggested donation is \$5.00 per class. All are welcome.

Tai Chi Style Movement with John Uddstrom, Instructor

Class is ongoing—Monday and Friday mornings 8:45AM to 9:45AM

Class focuses on stretching, balance, body toning and Tai Chi. The class is now offered twice per week, Monday and Friday mornings. The cost will be \$2.00 per class, \$10.00 per month or \$100.00 for the entire year. Fees are payable to Shaler North Hills Library, and collected at the checkout desk.

Acrylic painting with James Guentner

Class is ongoing—Every Wednesday at 2:00PM

Contact James Guentner 412-486-7516 for details about supplies and fees.

Wednesday Night Painters with Teri Geever

Class is ongoing—Every Wednesday at 6:30PM

Bring your art supplies and join us from 6:30PM to 8:00PM each week. Fee is \$10.00 per session payable to *Teri Geever*.

The Artist's Way presented by Elaine Bergstrom

Tuesdays, January 13 through March 3 from 1:00PM to 3:00PM

This 12-week class will cover concepts presented in the book *The Artist's Way: a spiritual path to higher creativity* by Julia Cameron. Please contact Elaine Bergstrom at 412-358-8789.

Elaine Bergstrom teaches Watercolors with Six Tubes of Paint

Thursdays, January 15 through March 5, from 10:00AM to 12:00PM

Simplify your watercolor painting with just six colors. Learn about color bias, Glazing vs. Mixing. Seeing values and how to create form. All levels are welcome. Supply list provided. Contact Elaine Bergstrom at 412-358-8789.

Take a WISE Walk

Every Friday at 8:00 AM—resumes in the spring

Are you a 50+ adult (or under too)? Want to get moving? Enjoy having company? This program is brought to you by the Allegheny County Library Association, UPMC for Life and AARP. We meet at the library. Fridays at 8:00AM, weather permitting. Please register at the library or call 412-486-0211.

Art Gallery at SNHL hosts artists each month

On the first floor of the library in the computer area SNHL hosts an Art Gallery that is available for artists to show their work. It is a changing gallery that features a new artist each month. Some of the art is for sale. Please inquire at the Reference Desk. Would you like to display your work in the SNHL Art Gallery? Please see Marie Jackson, or contact her: 412.486.0211 or jacksonm@einetwork.net

INTERESTED IN PLAYING CARD GAMES AT SNHL?

We're hoping to establish a **Card Club at SNHL** to meet during the day and/or evening. We have several interested card players and will soon conduct an organizational meeting regarding the card club at the library. All are welcome. Please call the library at 412-486-0211 and let us know if you are interested in participating, and your preference of meeting days and times.

ONGOING PROGRAMS

All programs are free unless otherwise noted. For programs that require registration, call the library at 412-486-0211 or stop by the checkout desk.

BOOK GROUPS

Afternoon Mystery Book Club

Meets the third Thursday of the month at 2:30PM

March 19—*Ripper* by Isabelle Allende

April 16*—*The Bone Collector* by Jefferey Deaver, with

movie *start time for today is 1:30PM

May 21—*The Escape* by David Baldacci

Nonfiction Book Club

Meets the fourth Tuesday of the month at 2:00PM

March 24—*River of Doubt* by Candice Millard

April 28—*How We Got to Now: Six Innovations That Made the Modern World* by Steven Johnson

May 26—*Just Mercy: A Story of Justice and Redemption* by Bryan Stevenson

Monday Night Book Group

Meets the second Monday of the month at 6:30PM

New members are welcome to attend. Reading picks include contemporary fiction and nonfiction.

March 9—*Saving CeeCee Honeycutt*, by Beth Hoffman

April 13—*Delicious*, by Ruth Reichl

Food for Thought Book Group

Meets the third Wednesday of the month at 6:30PM

This group is a cookbook discussion group. Each month we will choose a “food theme” and you simply check out a library cookbook based on that theme, prepare a dish from the cookbook, and talk about your recipe and book.

March 18—Vegetarian food

April 15—April in Paris

May 20—Cinco de Mayo

Book Banter

Meets the second Tuesday of the month at 2:00PM

Join us for conversation about the books you have read or are currently reading.

Books to Film! NEW!

Let's meet up quarterly to watch a movie based on a book! We can chat briefly about the differences too! (It's ok if you haven't read the book—but be prepared to check it out after watching the film!).

Saturday, March 28th at 7PM — *Before I Go To Sleep*

Saturday, June 27 at 7PM—*Unbroken*

Game Night for Adults

Meets the first Thursday of every month at 6:30PM

Bring a favorite game, a friend, and a snack to share.

Knit by the Books!

Every WEDNESDAY at 2:00PM Bring your knitting projects and join us for an hour of knitting together at the library. We meet downstairs.

Quilt Group

Each Friday at 12:00PM

Hang out with other quilters, share ideas and just have a great time!

MOVIE PROGRAMS

The Trip is On Us!

Meets the third Tuesday of the month at 1:30PM

March 17—*Over America* in high definition

April 21—*Cruise Western Europe*

Classic Movies in the Afternoon

Meets the last Friday of each month at 1:30PM

March 27—*The Bells of St. Mary's* starring Bing Crosby and Ingrid Bergman

April 24—*Midnight in Paris* starring Owen Wilson

Book-A-Librarian

Simply contact us about the best time for you and we will arrange a **customized class just for you**. 412-486-0211

Language Exploration with Mango

Learn in a small group setting to practice language skills using the Mango Language database provided by the library. The database is accessible from your home computer, free, with your library card!

Wednesdays at 2:00PM—Explore Italian

A Message from **Janet Miller**, President
Friends of Shaler North Hills Library

Thanks for your support of mini-golf.

Approximately \$500 was raised, mostly between 1PM and 4:30PM on Sunday. A very enthusiastic crowd enjoyed their afternoon in the library. Be on the lookout for more upcoming events, and if you are not a “Friend of the SNHL,” please pick up an application so that you can be a participant in our fun-filled **preview night** on Friday, April 24th!



Books...And So Much More!