



Clifton Park-Halfmoon Public Library
FRIENDS
 www.friendsofcplibrary.org



APRIL 2021

BOOK FRIENDLY

TWO QUESTIONS ABOUT COVID

When the FOL board met in February, we did some brainstorming to plan how we would proceed with the next Book Friendly. In the past two editions, we have focused on some aspect of how our lives were dramatically changed in March 2020 with the lockdown of everything we valued in our lives due to the COVID 19 pandemic. Our membership chair, Jamie Hanley, talked about the recent opportunity for members who joined the FOL or renewed their membership, to be part of a raffle to win an FOL cloth bag filled with books. The winners, Paul and Betty Gregg, shared their happiness with their winning bag of books. That's one of our stories including a photo the day they picked up their prize. Other suggestions included a photo journal of our COVID life, a book review of a recent great read and a fundraiser (since we have not been able to have our Used Book Sales or trips, both major fund raisers that allow us to support our great library in a variety of projects and activities).

Another suggestion – explore how our membership has experienced

the pandemic – how they are coping - by answering two questions: “What have you missed most during the pandemic?” and “What is the first thing you will do once you are able to resume our ‘normal’ lives?”

It is interesting to see the common threads of loss and hope in their responses. You'll also have an opportunity to participate in a longer series of questions - journaling prompts, that you may use to help you clarify how the pandemic has affected you and to release some of the anxiety we have all been experiencing because of the many extraordinary challenges we have been facing each day for months.

From Janine: I miss big family gatherings. Food on every available table, music playing, dancing, pockets of conversation, laughter, late nights, and family love. Gatherings have been the heart of our lives - the connection to people and being able to hug.

What is the first thing I'll do when we're able to resume our normal lives? Personally I don't think life will ever be normal again. I can only hope that we're changed for the better. When it's safe to do so, I'll have a family BBQ. The music will be loud and the dancing will be joyous! I'll have my family over and we'll reconnect and get to know

Continued on page 5

CONTENTS

In Your Own Back Yard	p2
Audubon Field Guide	p2
The Liar's Dictionary	p3
News from the Members Desk	p3
The Pandemic Toll	p4
Used Book Sale Update	p4
There Is Hope	p6
Change	p7
A Thank You Letter	p8
Pavers Are Forever	p8
Envisioning the Future	p9
Let's Get Social!	P10
My COVID Life Photo Journal	p11
Saying Good-bye and Thank You	p12
Outreach	p12
Cooking and Eating . . . Oh My!	P13
When Life Hands You Lemons	p14
My Virtual Book Club	p15
Pointer Readers & the Pandemic	p15
Great - Kids Reading Together	p16
Traveling with Rhona	p18
A Few Good People	p19
Board and Committees	p20



A POSITIVE EFFECT OF COVID 19 IN YOUR OWN BACK YARD

JO ANNE ROBBINS

The COVID 19 pandemic has had some positive effects. Gardening and activities to enhance gardens have increased exponentially during the pandemic. With more people working from home and wanting to grow their own food or to get outdoors and be more active, gardening has become a daily activity during the growing season. According to an NPR Corona virus series, last year, nurseries and seed companies reported historic levels of demand for their products and this year will be no different. I remember stopping at a local nursery on Grooms Road to pick up some plants for my gardens last May and found the place filled with people wearing masks and pulling wagons filled with plants for their gardens. It was a BIG year for gardening.

It was then that I decided to focus my plant selection on plants that attract and support our backyard birds. I used to put out bird feeders on my property, but since I live alone and can't easily get out in my back yard when there is snow on the ground, I decided instead to focus on habitat. What could I plant that would be a shelter or provide food for the birds? Where could I get good advice on what plants were best in our climate zone?

Did you know that the National Audubon Society keeps a native plants database and explores the best plants for birds in our area, as well as local resources and web links for more information? If you visit their website, you can enter your email address and ZIP code, and read about flowers, shrubs and trees that will attract birds to your property. As you read about these plants, you'll be able to check off the plants you would like to add to your property and Audubon will email you a list of the native plants you've selected and links to local or on-line places to purchase them. At Audubon, you can also get additional tips on creating your bird-friendly habitat and help the Audubon Society keep track of your contributions to their efforts to get 1 million native plants for birds in the ground.

Don't wait too long to start that planning process. The gardening boom has resulted in a lag in getting products to nurseries and to homes from on-line gardening businesses. If you want to succeed with your plan to enhance your gardens and make them more bird friendly, it's time to make your lists, check your budget and design your action plan. Spring is here and it's time to get outdoors!



AUDUBON FIELD GUIDE

AVAILABLE AND IT'S FREE!

The award-winning **Audubon Field Guide** for iPhone and Android phone has been completely redesigned. It is a free and complete field guide to over 800 species of North American birds, right in your pocket. The guide is built for all experience levels and it will help you identify the birds around you, keep track of the birds you've seen, and get outside to find new birds near you. With over 2 million downloads to date, it is one of the best and most trusted field guides for North American birds. It is available on the App Store or on Google Play.

*A little
reading
is all the
therapy
a person needs
sometimes.*

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THE LIAR'S DICTIONARY: A REVIEW

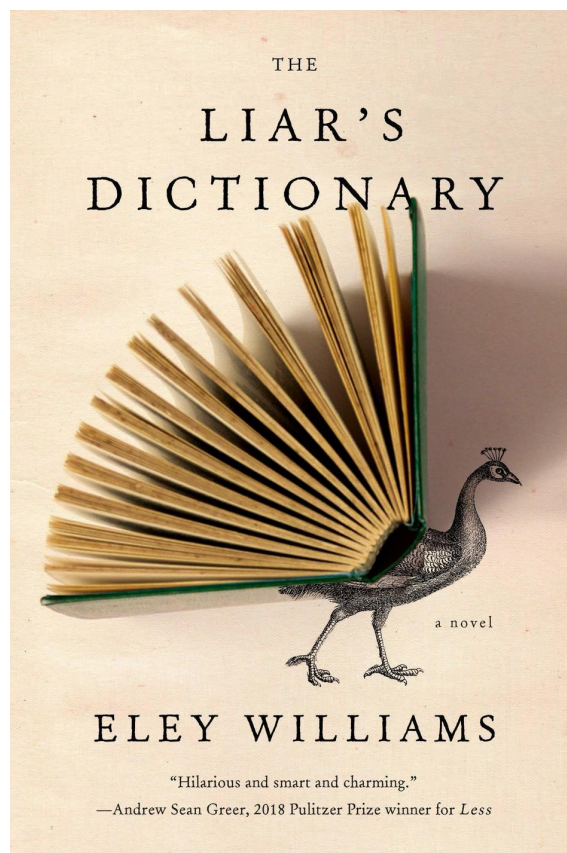
WILMA JOZWIAK, QUAD PRESIDENT

Mallory was somewhat adrift and desperate for a job when she applied for the intern position at a competitor, so to speak, of the Old English Dictionary. She got the job, and discovered that she, and the office cat, are the only employees of the somewhat vague descendent of the original founding family. Now she fills her days trying to prepare for uploading the never-completed dictionary to the cloud and answering the phone to a crackpot promising to blow up the building.

Meanwhile, Peter, a lexicographer toiling away on the letter S for the same encyclopedic dictionary in Victorian England, begins to insert fabulously made-up words on his index cards as he falls for the rather scandalously broad-minded fiancé of the dictionary's owner.

As Mallory discovers the made-up words, we are introduced to the sweet love story between her and her girlfriend as we learn more about Peter and his unrequited love in flashbacks to the 1800s.

This is a book for lovers of words – not for just for avid readers, but for people who are fascinated by WORDS and the power they can exert. The book plays with the impact of creating one's own words, and one's own script for life. It is quirky and fun, with a neat little mystery thrown in. If you are a "word-aholic" like I am,



*This is a book for a lover of words!
I also love the cover!*

NEWS FROM THE MEMBERSHIP DESK

JAMIE HANLEY

With the 'year like no other' finally behind us, we are all happily looking ahead at spring and warmer weather, being outside after what seemed like the longest winter ever, and inching our way towards a new normal of social activities.

Despite the many challenges the Friends of the Library faced in 2020, our membership base remained loyal – and for that we are extremely thankful. As we have said before, we could not do what we do without you and your support. Through our fundraising efforts (which include your membership dollars!) we are able to provide funding for programs and events at the Library for the entire community to enjoy. While sadly we were not able to host events or have our normal Used Book Sales last year, we have been brainstorming ideas and big changes are coming!

"ALL NEW IN 2022"

Look for this in the coming months as we unveil our new and improved membership matrix that will take effect at the beginning of next year. We are hoping to attract members – both renewals and new memberships – with some changes to our membership levels and the perks that come with them. We recognize that last year was a difficult chapter in our book "of life", and we hope that you keep turning pages with us to see how it all turns out!



THE PANDEMIC HAS TAKEN A TOLL ON ALL OF US

JO ANNE ROBBINS

The COVID-19 pandemic is damaging the physical and psychological health of Americans, according to the latest American Psychological Association (APA) survey. People have developed bad habits. Here are 5 tips for getting back on track.

COVID Affecting All of Us

1. **Keep to a schedule.** Wake up at a similar time and go to bed at a similar time. If you are working remotely, try to act as if you are in the office for your workday. If you are retired, plan something each day to look forward to, especially activities that get you out of your home.
2. **Stop snacking.** Eat breakfast, lunch and dinner but don't visit the refrigerator or pantry in between. Instead, drink a cup of hot tea or drink a tall glass of ice water.
3. **Get dressed every day.** Even if you work from home now, don't stay in your pajamas.
4. **Increase physical activity.** If the gym is closed, there are plenty of online workout videos and programs — both free and at low cost — to try at home for any fitness level. Now that the temperatures are warming, plan hikes on nature walking paths around the area.

Hiking Biking Trails in Clifton Park

5. **Try some friendly competition.** Challenge the folks in your book club to a reading record challenge. The person reading the most books between certain dates with a brief synopsis and evaluation sent to the membership wins a gift card from a local vendor.

Garden Centers in Clifton Park and Halfmoon, NY



USED BOOK SALE UPDATE

LANNA LANGLOIS, UBS CO-CHAIR

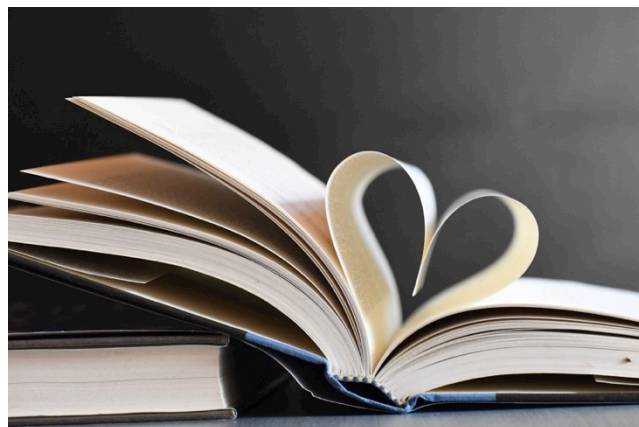
I'm willing to bet that each of us has a running list of the things we've missed over the past year — and, undoubtedly, it has grown longer as the months have passed. I'll also bet that each of us blurts out at least one item from the list each day — “Boy, do I ever miss (you fill in the blank)!”

One of the things the Friends of the Library have particularly missed is the Used Book Sale. Not only were the sales one of our primary fundraising sources, but they also were a chance to see long time sale patrons, meet newcomers (many of them no higher than the tabletops), and see the happiness that an armful of books can bring. We suspect many of you miss them as much as we do.

We do know the Used Book Sale volunteers miss them. We've heard from many of them that they're anxious to start sorting and shelving donated books once again, as well as to help out at the next sale.

We also know that a lot of people miss being able to donate books. The past year has given many of us a chance not only to read that backlog of books on our shelves, but also to clean out those shelves, so the books are piling up. Unfortunately, as much as we want those books, we're still not able to accept them. We'll certainly get the word out as soon as we can. And we'll let our volunteers know they're ready to be sorted and shelved. And we'll start planning that sale.

And when it happens, we'll revel in the chance to see everyone once again — smiling not only because they have an armful of books, but because they can cross the Used Book Sale off their list of the things they've missed.



Survey continued from page 1

as we are now and be grateful that we're still together.

From Anonymous: The thing I've missed most during the pandemic is seeing people's smiles. The first thing I'll do once we are back to normal is travel overseas to visit family.

From Mary Fran: The thing I missed most during the pandemic is attending live performances with family and friends! I miss ushering at the Schenectady Light Opera Company, musical theater or Sunday evening summer performances at the Clifton Park Commons.

The first thing I'll do when this is over is hug my mother, and then other family members, who all live much too far away. We will gather on the back deck to share Twin Trees Buffalo Chicken Wing pizza, Utica greens and memories of my father.

From Rhona: What have I missed most—being able to see family, especially my 92yr old father. The two things I want to do the most won't return for a very long time—travel and going to the theater.

So what will I do once we resume our normal lives? Hopefully, I'll have an outside gathering with family members or friends once everyone has had vaccines, the weather cooperates and participate in ANY outdoor safe cultural event that I can this season - maybe go to NYC.

From Rosemary: I miss the most not being able to be with my children, grandchildren & friends. When we can resume our normal life, I will spend time with my family & friends. I hope to continue the clubs and activities I did pre-pandemic.

From Kathy: I have missed making big family dinners and not being able to travel. When this is over, I'm going to plan an overseas trip.

From Lanna: Funny, I'm struggling as to what I missed "most" because there are so many things, but I guess I'll go with family gatherings, especially around the holidays. Right before we realized how serious COVID was, I had invited my whole family over for a "mac 'n cheese night". Macaroni and cheese is our family's go to comfort food and it seemed like a perfect meal for mid-winter. I had already purchased a huge block of cheese and a large ring of Fred's kielbasa, but ended up cancelling, as the news grew bleaker. When life is "normal" again, I'm re-extending that invitation. Mac 'n cheese tastes good no matter what time of year it is, especially when shared with family.

From Andreas: The thing I've missed most during the

pandemic is personal interaction with other people, especially my girlfriend. I see more of my family on Zoom than I ever did before the pandemic, but I don't see anyone else anymore, except for shopping trips to Hannaford when I go through the checkout and a couple of close friends who meet with me in natural settings.

The first thing I'll do when we are able to resume our 'normal' lives is go on vacation and visit family. My job has me tethered to my home during this time after some workers went to their second homes without a reliable Internet connection. No point in taking time off!

From Judy: What I've missed the most is being with my grandchildren in person—and actually that would be the very first thing I'd want to do when this is over.
Judy

From Janice: What I miss most is going to church. Once this is over, the first thing I want to do is hug my precious grandchildren, Iliana 3 and Jalen 7.

From S.P.: The thing I have missed most during the pandemic is the Used Book Sale. The first thing I'll do when we are able to resume our 'normal' lives is show up for a book sale and use the passes for museums.

From Wilma: What I've missed most are the random, unplanned meet ups with friends that turn into half an hour of chatting.

I'm not expecting a sudden resolution of things but rather a slow shift as the virus is brought under control, so I have a hard time coming up with "the first thing", but it might be going out for a pizza with my family.

From Carol: I have missed live theater and music--both orchestra and rock and roll. Once we can resume our normal lives, I will have a dinner party and hug my friends and family - then I will take a trip.

From Pamela: I've missed visiting Vermont and my friends and church family who live there. Once this pandemic is over, I will finish my personal tour of the public libraries in the Southern Adirondack Library System.

From Chrissie: Hands down, I would have to say that I miss most, large friends and family gatherings. I can't wait until a time when we can have a spur of the moment backyard BBQ and invite anyone who is available.

Survey continued from page 5

Once this is over, I will eat INSIDE a restaurant with my family instead of only doing pick-up!

From Melinda: I have missed hugging my children. When we resume our normal lives, I'll go to museums and botanical gardens AND have my children over for long visits

From Judy: I miss most traveling to be with family. When this is over, I plan to do some retail therapy at Marshall's.

From LouAnn: What I have missed most during the pandemic is going to see a play at Cap Rep with friends. The first thing I'll do when we are able to resume our 'normal' lives is visit family out of state.

From Gwen: The thing I've missed most during the pandemic is visiting with friends in person, and SPAC's classical season last summer. The first thing I'll do when we are able to resume our 'normal' lives is visit my parents. Gwen

From Maggie: What I've missed most during the pandemic is visiting my children and grandchildren. The first thing I'm going to do when things are back to normal is go visit them!

From Jo Anne: What I've missed most during the pandemic is my family. Both of my sons and their families live out of the area and are in the midst of busy lives. They also are out in the world, working, going to school, playing sports, and taking piano lessons. On the other hand, I have been staying home, staying safe. I can't risk visiting. This has been the first year EVER that I couldn't enjoy a family Thanksgiving or Christmas celebration.

Once we return to a "new normal," the first thing I'll do is visit with my children and grandchildren (Duxbury, MA and Tokyo, Japan) and sign up for the FOL trip to Spain and Morocco.

From Millie: The thing I miss most is touching someone, hugging a friend. The first thing I'll do after this pandemic ends is go to a restaurant and sit with friends. Perhaps I'll go to the diner for a waffle, maybe a BLT (not same day).

How Are You Coping?

THERE IS HOPE JANINE CAMMARATA

Spring is a time of new beginnings, growth, hope, outdoor activities, more light, and brightness. Last year our spring was ripped away and darkness covered us. We weren't equipped to handle it. If there's one thing I've learned throughout my life it's that no matter where you are, there is hope.

Journaling is a tool that provides the pause place to acknowledge the pain, fear, and uncertainty. It also offers a space to navigate a path to change, hope, joy, and growth. We're seeing some light and a chance for new beginnings. And while this is positive, the new beginnings will be even more apparent and powerful when we bring the old unneeded memories to an end.

That may mean delving into the past year. If something is too painful, don't write about it yet. If a memory or moment needs to be cleared in order for you to see the path ahead, then write about it and care for yourself. Here are some prompts to support you in moving forward and living a life that may not be the same as it was a year ago, but can be better because you choose it to be.

- When did you first realize the pandemic hit close to home? Write about the flash points—those big moments when you knew the world was forever changed.
- How have you changed this year?
- What joys have you sought during the past year?
- What joys did you discover that you hadn't had before?
- What will you continue to do that you started during the pandemic?
- What surprised you?
- What pained you?
- What do you hope for in the year ahead?

A year from now you'll wish you had started today. What is that new beginning you want to start today? It can be a project, a move, an activity, a connection or a way of being.

Janine De Tillio Cammarata is an award-winning local author who teaches creative and journal writing to all ages. She teaches a monthly journaling workshop through The Clifton Park-Halfmoon Public Library. For more prompts and to register, visit www.janinedetilliocammarata.com

CHANGE

WILMA JOZWIAK

I have a love/hate relationship with change.

I despise anticipation of the unknown, and yet feel excitement about what sparkling oddities might be around the corner. When I have known change was coming, I have spent time spinning daydreams with casts of characters yet to be met. I vacillate: time spent in fervent research of the new landscape I'd inhabit, or fingers-in-the-ears thought-avoidance lest I build a mental future of my liking that is not to be.

In general, much change has been good to me, growth productive and interesting. Change as a result of loss has been bearable, if gut-wrenching.

The changes that have come, and continue to come, with the last few years, have felt different. They have occurred at a system level that left me no handle for influencing the outcome. I have watched as ugliness and division became the currency of discussion, and compassion no longer could be considered a tenet of our will to govern. Influence became ever more firmly entrenched in the grasp of the 1%, disparities made clear by activists no longer willing to accept the status quo. And though it roiled my thoughts and disturbed my sleep and put me on the protest trail, my daily life went on little changed.

And then the pandemic. The world

became a different place, separation became the norm, conspiracy theories abounded, and mask avoidance became a sign of loyalty to some. The Internet became both a lifeline for connection and a breeding ground for insurrection. I watched as people I care about unraveled and knitted themselves back up again with little hope of maintaining in the face of continuing uncertainty. I felt concern and compassion at the same time I felt (and feel) guilt over being less impacted than so many others.

I don't know what the eventual impact of this change will be. I have seen acts of amazing compassion and self-sacrifice, and small everyday acts of kindness that are just as meaningful. I have seen hate-filled and rancorous behavior that is both hard and easy to explain. I have watched as the rich continued to grow richer and the most at risk continue to slide further from safety and security. It's hard to believe that this change will eventually be something I can view as more positive on the whole, but I continue to hope.



"What if we don't change at all ...
and something magical just happens?"

CHANGE

KATHLEEN RAINE,
BRITISH POET AND
SCHOLAR

Change
Said the sun to the moon,
You cannot stay.

Change
Says the moon to the waters,
All is flowing.

Change
Says the fields to the grass,
Seed-time and harvest,
Chaff and grain.

You must change,
Said the worm to the bud,
Though not to a rose,

Petals fade
That wings may rise
Borne on the wind.

You are changing
said death to the maiden, your wan
face
To memory, to beauty.

Are you ready to change?
Says the thought to the heart, to let
her pass
All your life long

For the unknown, the unborn
In the alchemy
Of the world's dream?

You will change,
says the stars to the sun,
Says the night to the stars.



A LETTER FROM OUR FALL MEMBERSHIP DRIVE WINNERS PAUL AND BETTY GREGG

Dear Jamie,

We are delighted and rather overwhelmed by the wonderful selection and quantity of books in the backpack. Paul had been thinking we might get six or eight. You gave us over twenty, such that Paul is wondering if we're short on grandkids (we have six so far, only three of whom are currently able to read).

Betty pulled out *The Encyclopedia of Modern Military Aircraft* first and exclaimed, "This is perfect!" She was likely thinking of our nine-year-old grandson who's interested in model planes. He and his younger brother are interested in science, so they will be busy for a long time. The space books will be neat when we're looking at the night skies in summer. Paul may have seen *5,000 Awesome Facts* at their house, but it would have been Volume 1 and you gave us Volume 2. *Midnight I-Pad* might be right for the three-year-old in California who knows *Midnight Moon* and who, like his parents, is on a tablet a lot. *The Gigantic Turnip* we look forward to reading aloud to any of them. And so on.

Jamie, thank you so much for your well-chosen, wonderful selections. Please, would you convey our pleasure and gratitude to the Friends of the Library? How nice it is to be a winner!

Sincerely,

Paul and Betty Gregg



Betty and Paul Gregg saying, "Thank you!!"



Wow! 5,000 awesome facts! Neat!

you. Remember someone in your life who passed away from the virus. The Friends of the Clifton Park Halfmoon Library are doing just that with their own paver remembering all those lost to the virus.

Ten pavers were installed in 2020, and even this early, we have orders for three more. Pavers are usually installed in late spring, depending on the weather. Choose what you want to say, what size paver you would like and where you would like it. Pavers are forever!

[TO ORDER A PAVER, CLICK HERE](#)

PAVERS ARE FOR REMEMBERING JANICE JASKOLKA, PAVER CHAIR

The isolation imposed during the past year has resulted in putting so many of our family, social and religious activities on hold. As a result, we all have had a plethora of time to recall, and often relive wonderful events, milestones, celebrations, holidays and time spent with family and friends, as well as remembering times of grief and intense loss. Many have reconnected with old friends and neighbors with a phone call, a text message or on Zoom or Facetime.

8 Consider a paver to thank someone you care about; thank someone who supported you through good times and bad. Let them know how much their love and encouragement meant to

ENVISIONING THE FUTURE

ALEX GUTELIUS, LIBRARY DIRECTOR

A year ago at this time, the Library was a bustling building. Attendance at programs was constantly growing and groups were clamoring to use the meeting rooms. Weekday afternoons and evenings the Library was packed with students and others, using the space for studying and socializing. We were working on a project to re-imagine how we could use our existing space to accommodate more people and more programming.

There have been so many changes since then, and not all of them were negative. Library staff found creative ways to continue to provide services remotely, even when we were all working from home. We kept patrons engaged with fun social media posts and virtual programming. When it was safe to do so, we were one of the first libraries in the area to re-open for browsing.

What will the future bring for our Library? Over the next six months we will begin to re-introduce in-person outdoor programming in a safe and thoughtful manner. There may be a pent up demand for programs, but the safety of our staff and patrons is our first priority. We are also working on ways to provide hybrid programming that will be in-person for some and remote for others.

We will continue to strengthen the content of our digital library. One of our recent acquisitions is a subscription to Creativebug, which features thousands of art and craft classes taught by design experts and artists. Many people found or re-found a passion for arts and crafts in the past year and this is a great tool to support that enthusiasm.

Last summer, when we didn't provide indoor seating, use of the Reading Garden exploded. We added three more picnic tables to accommodate people who wanted an outdoor space to study or work. As the weather improves, we hope people will continue to use our outdoor spaces, including the newly created Shade Garden.

The past year has shown that our community is resilient, adaptable, and creative. The Library will continue to work towards its core mission of fostering community connections and providing the space and resources for patrons to be educated, enriched, and entertained. The spaces may look somewhat different, and the programs might be hybrid or outdoors, but the Library will be a safe space to meet, learn and do.

WHEN THIS IS OVER

LAURA KELLY FANUCCI

When this is over,
May we never again take for granted
A handshake with a stranger
Full shelves at the store
*Dinner with family
*Hugging your grandchildren
Conversations with neighbors
A crowded theatre
*In person worship
*Singing with a chorus
Friday night out
A routine checkup
The school rush each morning
Coffee with a friend
The stadium roaring
Each deep breath
A boring Tuesday
Life itself.

When this ends,
may we find
that we have become
more like the people
we wanted to be
we were called to be
we hoped to be
and may we stay
that way – better
for each other
because of the worst.

*Additions



We're Still Here and We're Envisioning Our Future

LET'S GET SOCIAL!

ALISA FORMAN

Over the past few years, we've all been hearing a lot about social media. What does it do? How do you use it? There are actually lots of platforms out there for social media, each with its own focus. The "big three" would be the first that come to mind - Facebook, Twitter, and Instagram. Facebook is really the most widespread, and it also does the most. While many of us use Facebook to keep in touch with relatives, find old friends, and share our experiences, it's capable of a lot more. Facebook's Pages and Groups features allow us to connect with people with similar interests, follow what's happening at our favorite places (like the library!), and sign up for and potentially attend events.

The quote, "brevity is the soul of wit," comes to mind when thinking about Twitter. Originally, users had only 140 characters to convey their message. That's now doubled to 280, but it's still a very quick-moving platform. As with Facebook, Twitter is a great place for conversation, but it's actually easier to jump right in! Thanks to hashtags, you can easily see what's going on with Twitter - and in the region, country, or world, add your thoughts without having to follow a particular page. Just type # followed by the topic (no spaces) and you're off and running. News breaks fast on Twitter; watch out though - it's easy to get sucked in!

Twitter is a little different from Facebook in that it's more like real time. While Facebook has complicated algorithms that determine what you see - and make it possible to miss things that might've really interested you - Twitter will show you everything it's got from whoever you're following. Its interface is really straightforward; if you want to start a conversation with someone, just type @ plus their username and start chatting. Ask a question about what's happening with the Friends of the Library, tell a great author you loved their new book, or find out what the soup of the day is at your favorite cafe. Those tweets will now show up on others' feeds and they can like, share, or add to the conversation.

For those who are more visual minded, Instagram is the site for you. Instagram is not as good for sharing information or generating conversations - I personally find the comments feature much more cumbersome than Facebook's or Twitter's. However, Instagram is a great application for creatives; users can share their own images and videos and even do some quick and easy editing with Instagram's filters and other tools. Like Twitter, Instagram is very hashtag friendly and it's easy to search for and find pictures to inspire you. Because Instagram is owned by Facebook, it's simple to

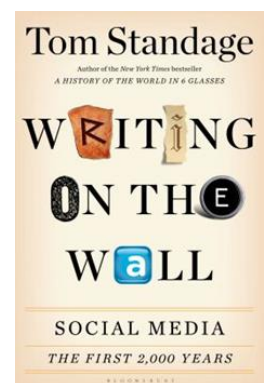
post simultaneously on both platforms (you can link your Instagram right to your Facebook page) which gives you all the editing capabilities of Instagram with the community aspect of Facebook. Instagram is less about being clever and more about showing your artistic side. Show your friends what's growing in your garden, family dinners, or, eventually, where in the world you're traveling.

There are lots of other sites out there: LinkedIn which is meant for business connections, Pinterest for saving and sharing anything that interests you from recipes to books, and lots more. Each has its own specialty and using those that interest you can be a great way to connect with friends both old and new.

Alisa Forman (Rhona's talented daughter) uses social media constantly in her work. She is a millennial with an understanding of this phenomenon. She's looking at our FOL use of social media and she'll be helping our organization be more relevant and give us suggestions to increase our visibility.

WRITING ON THE WALL: SOCIAL MEDIA--THE FIRST 2,000 YEARS BY TOM STANDAGE

NY Times bestselling author, Tom Standage, the author of *Writing on the Wall: Social Media – The first 2000 Years*, available at our library, documents the history of social media, from papyrus letters written by Roman statesmen; to the hand-printed pamphlets used to spread information during the American revolution; to the news shared on Facebook and Twitter today. Author Standage tells the story of the ways people have shared information through the centuries. It's an interesting history.





FACE MASKS



MY COVID LIFE



FRIENDS





SAYING GOOD-BYE AND THANK YOU, ANN RHONA KORETZKY FORMAN

The FOL board recently said farewell to Ann Christoffel, who has served with dedication and enthusiasm since 2011. Ann's leadership positions, first as president and then as secretary, resulted in significant changes that moved the organization forward.

Ann stepped in to serve as sole president at a critical time and it was under her guidance that the decision was made to rework the presidential role. Following her recommendation, the unique model of a "leadership team" was developed. Ann's opinion was that the duties and responsibilities of the presidential position had grown to the point where it was very difficult for one person to accomplish

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success.

After her
president
completed, Ann stepped into the secretary role where she continued to provide innovative and creative ideas to improve communication among board members and streamline tasks. She used her expertise in technology to send our board documents into the cloud, enabling all board members to stay constantly apprised of board business and maintaining all those documents in one accessible location.

Always cheerful, Ann managed all these tasks with seeming ease. She has recently left our board to pursue
12 new projects. We thank her, we miss her and we wish her and her family all the best.



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FRIENDS OF THE LIBRARY ANNUAL MEETING WILMA JOZWIAK

"Well, THAT was a year! I know we all are happy to see 2020 in our rearview mirrors and hope that we never see another year like it. We invited our membership to our Annual Meeting held March 24 on Zoom. If you were unable to join us for the meeting, you can read the [Annual Report here](#).

We are hoping and planning for a much better 2021. Stay well!"

FRIENDS CONNECT THROUGH OUTREACH KATHY BROWNE, OUTREACH CHAIR

Despite the limitations of the COVID pandemic, for over a year now, the Outreach Committee of the Friends of the Library continues their mission of bringing library materials to those who cannot come to the Library. Homebound individuals, senior housing and other residential facilities are still receiving visits and materials from our volunteers.

For the last 6 months items such as crossword and word-find puzzles, playing cards and art supplies have been purchased by the Library and delivered by a volunteer to Halfmoon Heights. Adults have enjoyed these items during the pandemic when it hasn't always been easy to get out into the community.

If you would like a volunteer to bring a book or craft, simply contact Alison Starkey at 518-371-8622.

FIVE POSITIVE DATA POINTS FOR THE U.N. INTERNATIONAL DAY OF HAPPINESS

March 20th is the UN International Day of Happiness. With our world facing unprecedented challenges, well being matters more than ever. Let's take action to be happier and kinder, together. After more than a year of grappling with the COVID-19 pandemic and its associated economic impact, there's still plenty to be happy about.

Continued on page 13

COOKING AND EATING AND THE PANDEMIC – OH MY!

JAMIE HANLEY, MEMBERSHIP CHAIR

Cooking habits made the news more than once during the pandemic. Eating habits changed too. With the sudden ‘no place to go and nothing to do’ mindset, combined with an awful lot of time available to worry, people turned to cooking to occupy both their hands and their minds.

Initially, we had shortages of basic cooking staples (yes, and toilet paper); then it was canning supplies; then we couldn’t wait for restaurants to open again, because we were sick of cooking! And don’t get me started on when we recognized the need for stretch pants . . .

It was fascinating to read the stats: people who baked once a year were now baking once a month; monthly bakers were up to once a week; and the die-hards who baked once a week were now tying on aprons EVERY DAY. Of course there were shortages and empty shelves at the stores! When a pre-pandemic non-cooking friend mentioned she couldn’t find yeast ANYWHERE, she was absolutely speechless when I produced a packet from my fridge.

People were suddenly realizing what we had known all along – cooking is not just simply about putting food on the table, but instead it is a satisfying and therapeutic activity with the end result something to be shared. Ask someone what their comfort food is and you will see a transformation on their face as they recall a food memory . . . maybe grandma’s chocolate chip cookies, or the chicken soup mom made when they were sick, or a celebratory cake from a special occasion.

While it was entertaining reading, I also recognized that people were truly struggling. I reflected on my own upbringing in a family that cooked, always had a garden and knew that pickles were made from cucumbers – when some of our neighbors and friends did not. Coming from a large family, with a mom who was a Home Economics teacher and experienced cook, my husband is a very good cook. I am fortunate not only that he enjoys cooking, but also that we are like-minded, in that we view it as an activity that we share.

At my house, when our three boys were all in the teenage stage of yes-I-know-dinner-is-in-10-minutes-but-I-need-a-snack-first while inhaling a bowl of leftover spaghetti and meatballs, we were engaged in Combat Cooking. That is: copious amounts of EVERYTHING, produced quickly and as efficiently as possible while keeping ravenous teenagers at

bay. We learned to have a well-stocked pantry – if nothing else, for our own survival.

With the Combat Cooking years behind us, our cooking habits have changed yet again. During 2020 we tried to do what we were told – stay home, limit your shopping trips, and wear a mask. And so we did. The result was that we actually didn’t need to go out for very much after all. We had a bigger garden than usual, made the most of our once a week shopping to stock the pantry, got creative with what was in the fridge (full disclosure: there IS an ongoing battle for the title of King/Queen of Leftover Magic), and spent more time together making meals to share.

We have entered a phase of Conscious Consumption, in which we think more about what we are eating. We often have unconventional meals – breakfast for dinner, the more European idea of a bigger meal at midday, or just grazing on simple foods. Whatever we have on our plates, we take that time together to be thankful for what we have and to enjoy the simplicity of a shared meal with no distractions. Now, with one shot already in my arm, I am occupied with planning this year’s garden and looking forward to working on a menu for the next big get-together around the table with family and friends.

World Happiness continued from page 12

1) National park acreage is increasing. With over 85 million acres as of 2019, national parks are larger than ever. The latest coronavirus stimulus bill, which passed in mid-February 2021, included a provision elevating New River Gorge in West Virginia from a national preserve to the country’s 63rd national park. This added 72,000 acres to the National Park System.

2) The number of women in Congress is at an all-time high. With 123 women in the House of Representatives and 21 women in the Senate, female representation in the nation’s highest legislative body is higher than ever.

3) College graduation rates are increasing. Nationally, graduation rates are on the rise for four-year colleges and universities. In 2018, over 62% of students graduated within six years of enrolling, compared to 55% in 2002.

Continued on page 17

WHEN LIFE HANDS YOU LEMONS – MAKE TOMATO SAUCE!

JOAN FOX, PLANT SALE CHAIR

During this pandemic year, just about anyone with access to green space, even a scrap of yard or a balcony brightened by a flower pot, has felt grateful for the ability to just step outside and BREATHE. You may have found your personal Zen in hiking, cycling, walking your dog or working your fingers through the soil.

While FOL will not be able to hold its plant sale this year, there remain many ways in which those of us who garden can continue to benefit not only ourselves, but our community.

Some thoughts on beauty.

Don't underestimate the value of beauty. We all appreciate the flowerbeds and hanging baskets that add to our public spaces. We can enhance our neighborhoods as well – a striking container or a strip of pollinator garden will bring joy not only to the dog walkers, but all those biking and driving by as well.

Share your wealth.

- Divide overgrown perennials and place your extras at the curb. (Rather than potting, just rinse the roots, wrap them in newspaper and place them in a container with some water.)
- Share half empty seed packets and extra seedlings as well. (Some “gifted” seedlings last year led to my first ever experience with tomatillos. The reward: some excellent salsa!)
- Plant a little extra to share – whether by personal delivery or the “table at the end of the driveway” method. Who doesn't love fresh produce or flowers!

Cultivate a young gardener.

- As COVID vaccines allow, share your garden with a grandchild – or any child! Let them help plan, plant, water, weed and harvest to find their own love of nature. (Not to mention provide them with skills and information to take out into the world! Consider sneaking in some research questions: What flowers do the butterflies seem to like best? Does the tomato plant in the sun or in the shade grow better?) Not all learning takes place on-line!
- Even cultivate their palate. You can rarely go wrong with a dose of carrot cake, chocolate zucchini muffins,

corn fritters, pickles, “gourmet” salads with herbs and flowers, or - of course - tomato sauce! Think of all the math and culinary skills involved!

Save the planet.

Let this be the year to learn one or two practices that will not only benefit your garden, and perhaps your budget, but will help sustain the earth. Could you:

- improve your soil while using less fertilizers and pesticides?
- use less water while keeping plants healthy and happy?
- support pollinators and wildlife by looking at what, how and where you plant?

Discover gardening resources.

- Saratoga County Cooperative Extension: your most local resource for soil tests, pest and disease identifications and lawn and garden advice.
- Cornell University experts. In your Google search, type, ‘Cornell gardening and your question.’ Example: ‘Cornell gardening – what vegetable varieties grow best in upstate NY?’ This will help you access useful fact sheets and vetted information appropriate for NY gardeners.
- CPH Library – always full of good books and databases!

So, make your green space into a functional ecosystem that supports your entire community: humans, plants, insects, and wildlife. And let gardening help you find that “happy place” that sustains you through these complicated times.

Happy gardening all!

The FOL plant sale will see you next spring!



Share the wealth. Cultivate a young gardener!

RECOMMENDATIONS FROM MY VIRTUAL BOOK CLUB KATHY ADAM-BROWNE

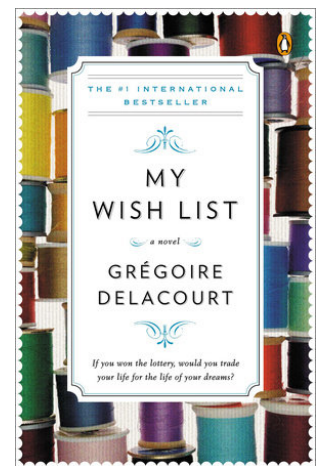
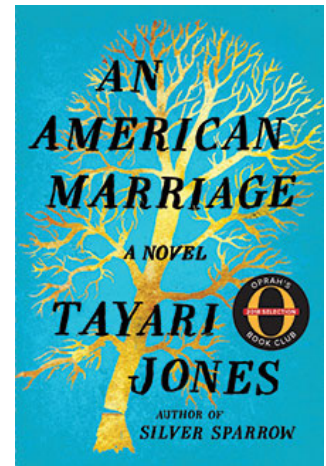
I joined a book club a club in March of 2020 when the pandemic began, so it has always been virtual. Since then, my reading has changed in that I listen to almost everything because I found I could focus better at a time when many of us were losing focus. This hasn't changed. I'm hooked — books on tape are my relaxation. Here are two good books from our list of great reads.

An American Marriage by Tayari Jones (copyright 2018)

A young, newly married African-American couple see their hopes for a bright future together shattered when the husband is wrongly accused of a brutal crime and endures many years in prison. Still settling into a marital relationship when the crime occurs, they both must grapple with their love, separation, feelings of betrayal, frustration, outrage and how to continue to go on living without the other. The author delivers a deeply moving portrait of a couple struggling to navigate their lives in the most difficult of situations.

The Wish List by Gregoire Delacourt (2014)

A middle-aged woman in France married for twenty-one years is living a relatively happy life when she takes a chance on a lottery ticket. When she wins, she realizes that having everything she could have wished for might be more complicated than one would think. What she does will change her life and the life of those around her forever. The author gives us a deeply satisfying look at a woman who considers her present and her future very carefully.



HOW IMPORTANT WAS READING DURING PANDEMIC LINDA CONKLIN, CHAIR TWO TOWNS ONE BOOK

This April is the 15th anniversary of my book club, The Pointer Readers. We are a neighborhood group of 11 women with 5 original members. We managed to continue monthly discussions during the year-long COVID pandemic. Often, it was an outdoor in-person meeting and sometimes it was by e-mail. No hostess was brave enough or technically adept to try a Zoom meeting.

To find out what effect the isolation of this past year had on our book club members, I asked our members, "How important was reading during the pandemic?" Many members responded and their comments are included.

From Lorraine: At first I was ok quarantining because of COVID. Being newly retired coupled with having to 'stay put' allowed me freedom to relax without the over

commitment that comes with working, business travel and socializing.

Over time though, I found myself getting a little down not seeing people or having anything on my schedule. So I turned to reading more. I've always been a reader, especially when I'm settled in bed for the night. That was the only time I had to squeeze it in.

Suddenly, I realized I had the luxury of reading whenever I wanted. I began to find afternoon time to get back to a book or I'd read a little in the morning before I climbed out of bed. I loved getting lost in an adventure, learning something new or just focusing on a book that was fun to read.

When the pandemic is over, reading will remain a priority. This is something I've done for myself.

I'm hoping to never have to squeeze it in again.

Continued on page 17 15

A GOOD BOOK CAN CHANGE A CHILD'S BORING DAY INTO AN ADVENTURE

JO ANNE ROBBINS

Attending preschool helps young children develop the social skills that will prepare them for success in school. They learn how to interact with other children and their teachers and to feel comfortable sharing their ideas and experiences. Last March, with the onset of the COVID pandemic, our children were suddenly forced to stay home and avoid contact with friends and even relatives – grandparents, cousins, aunts and uncles. Like many seniors, our children - preschoolers and even older children - have been upset by the lack of a normal school routine and some are even frightened they might get ill.

Bibliotherapist, Ella Berthoud, suggests that reading can be a good way to help children adapt to our continued living under difficult circumstances. Her recommendations cover topics like missing friends (and grandparents and other relatives) and dealing with the fear of getting ill from COVID 19. So the next time one of your kids or grandkids says they are bored or shows signs of lockdown anxiety, take them on a book journey! It will exercise their imaginations and maybe even give them some ideas about dealing with boredom and change.

Bog Baby by Jeanne Willis

Do you recall when your world was magical and anything could happen - at least in your imagination? This book is about two naughty sisters who lie to their mother and venture into the woods where they find a tiny creature called a bog baby. They take their new friend home and secretly try to take care of it.

Harry and the Wrinklies by Alan Temperley

When Harry is orphaned, he is sent to live with his elderly aunts. He is sad and he can't imagine that his life will anything but boring. But he finds life there is anything but boring. Harry and the two old ladies have one adventure after another. This exciting story helps kids realize that maybe their own grandparents and elderly relatives have stories to tell.

The Moomin Books by Tove Janson

This series spans several age groups and includes picture books for young readers along with stories for older kids. Set in Moominland – a beautiful happy land, isolated from the rest of the world – the Moomins go on a series of adventures that

are packed with excitement and drama, and always end happily.

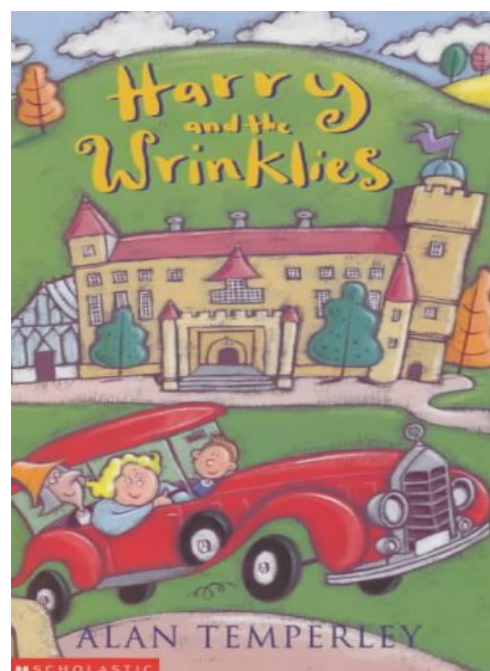
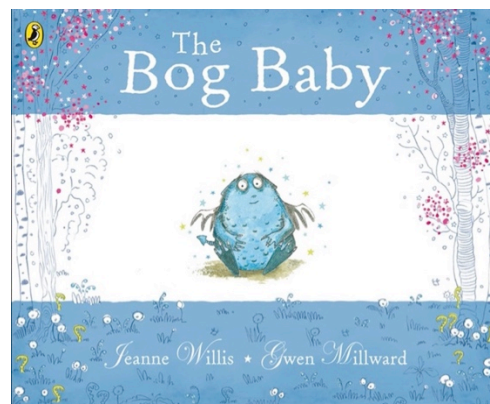
Books for slightly older kids:

Feeling Sorry for Celia by Jaclyn Moriarty

Written entirely in the form of letters (remember those?) and postcards, this delightful story follows the long-distance friendship of Elizabeth, who lives in Australia, and her pen pal Celia, who she has never met.

This is a story about the power of friendship from afar. It reinforces the idea that writing letters, or their digital equivalent, can be as rewarding as seeing friends in person every day.

Ella Berthoud, bibliotherapist at The School of Life in London, has co-authored **The Story Cure: An A to Z of Books to Keep Kids Happy, Healthy and Wise** with Susan Elderkin.



How Important was Reading continued from page 15

To summarize, reading helped me cope with the loneliness, the worry and the sadness of living through this pandemic.

From Diane: Good books have kept me involved with friends old and new during the pandemic. In person discussions, outdoor meetings and Zoom gatherings have reinforced staying connected. It is necessary for our mental, emotional and spiritual health. Reading allows us to carry on with the familiar. Reading is a great comfort and a feeling of accomplishment. When you read you always have something to return to.

From Becky: Reading helps me feel like I have a life and am at least connected.

From Beth: Reading has replaced going grocery shopping, going to the gym, shopping in general, eating out and going to the senior center. When the library closed, I solicited books from friends and read what I'd saved for such a time. I looked forward to afternoons in my easy chair with a book. I read before bedtime. I truly appreciated a good read. It was what I looked forward to each day! What a treat to finally get inside the library and scan the shelves again!

From Vicki (a retired teacher): Reading during the pandemic has brought me closer to my grandchildren. I read to them on Facetime at their requests, and sometimes they read to me. I am remotely homeschooling one of my grandsons on Facetime. I send him a duplicate of a book I have and we read to each other taking on accents when needed. What great fun we have! My grandchildren deliver the sunshine.

From Lucille: Since staying home so much, reading habits can change and so have mine. I always considered reading important and especially more so during COVID. I found myself reading more newspaper articles about political comments during the election and about COVID. Keeping informed on current events was important to me. Since I wasn't rushing to go anywhere, I took my time and it made reading more relaxing. I also read more articles on my iPad about other things and realized I spent more time reading than I ever did before. Unfortunately I still only got to read one book a month for our book club.

From Linda: Reading became an important escape during the long lonely months since last March. I found that I could read any time of the day or night. There were a few nights when I read until 2:00 or 3:00 AM as I was trying to finish a book I was enjoying. Not having to worry about getting up at an early hour gave me that flexibility.

From Ann: My husband and I have always loved reading. The forced isolation accentuated this.

What we came to appreciate even more was our library. CPH is a vital part of our lives. Its temporary closure and gradual reopening had a big impact on our life satisfaction.

We want the library staff to know they are "essential workers" to us. Thank you.



Vicki's grandchildren . . . "deliver the sunshine!"

World Happiness continued from page 13

4) **The divorce rate is dropping.** The rate of people divorcing each year dropped 9% between 2015 and 2019.

5. **Native Americans are gaining additional lands and federal support for entrepreneurship.** In 2020, the federal government added 11,760 acres to the Leech Lake Band of Ojibwe's reservation and officially nullified an unenforced 1865 treaty that restricted tribal members in Oregon from leaving their reservations.



TRAVELS WITH RHONA RHONA KORETZKY FORMAN

I'm wishing everyone a healthy and happy spring and summer. With steady progress in the war against COVID, thoughts are turning toward the resumption of travel. Our FOL travel program is starting to take small steps in that direction, always keeping health and safety as our absolute priority.

We will restart our travel program with day trips. I am hopeful that our long awaited bus trip to Seneca Falls, NY to visit major sites in women's history will happen in fall 2021. This trip was originally planned to coincide with the Two Towns One Book selections of "Becoming" (Michelle Obama) and "Educated" (Tara Westover). Watch for an announcement in early summer as new guidelines for bus travel and reopening of the sites are developed. If this trip is possible and safe, we will do it! A date will be announced as soon as possible.

Looking ahead to 2022, we have some catching up to do, so I am hopeful that we will be able to offer two long distance trips.

We have booked space on a 14-day Collette tour spending one week in southern Spain and one week in Morocco. This will be a small group tour comprised exclusively of FOL members and family/friends. Departure date is March 29, 2022. Pricing and itinerary details will be made available shortly.

I am beginning an "interested" list with no commitment required at this time. Collette representative Colby Yeaton and I will be presenting an informational program by Zoom on Monday May 10 at 5 PM. Please RSVP to me by email: rkoretzky@yahoo.com if you are interested in attending this program and possibly participating in the trip.

"We leave something of ourselves behind when we leave a place, we stay there, even though we go away. And there are things in us that we can find again only by going back there."

— Pascal Mercier



Have you ever visited a desert? The Sahara is part of this trip.



A visit to a Marrakesh Market – it's a shopper's delight.



The great Seville Cathedral is a UNESCO World Heritage site.

WILMA JOZWIAK

Recently, Board Secretary Ann Christoffel stepped down after serving in many roles, including a two-year stint as President. Ann used her knowledge of technology to create online record storage and a level of organization that will be of great help to a new Secretary. This is a Board position that is part of the Executive Committee. Since all current Board members have a full plate of responsibilities, we need to fill this position.

We also said good-bye to Sheila Morroni, a woman of many talents who, in addition to serving as one of our Co-Presidents, managed our two websites – our main site at friendsofcphlibrary.org, and our Two Towns-One Book site at twotownsonebook.org. Because we are not looking to fill a Co-President role, the website management position would not have to be a Board position. Persons interested in either position DO NOT have to be residents of Clifton Park or Halfmoon, as long as they will be able to attend meetings at the Library when that once again becomes possible (meetings are now held on Zoom).

1. Willingness to make a commitment of at least two years to the position.
2. A collegial approach to interaction and an understanding of the collaborative relationship between the Friends, the Board, and the Library.

1. Good writing skills.
2. A working knowledge of productivity software (Word and Excel)
3. A comfort with the Internet.
4. A working knowledge, or willingness to learn, Google Drive.

1. A working knowledge of and comfort with the Internet.
2. A working knowledge of productivity software (Word and Excel)
3. A working knowledge of the internet-based use of graphics
4. A working knowledge of, or willingness to learn, simple user interface website design (we use Weebly, a “drag and drop” interface that does not require knowledge of coding)

We invite applications for these positions from people who love our Library and would like to have an instrumental role in the Friends of the Library. You can **find the application here**; if you are interested, please complete it and return it to us at either: cphfriends@nycap.rr.com or by mail at Friends of the Library, 475 Moe Road, Clifton Park, New York, 12065. If you have questions about either role, please contact us at the above email address; we can either answer them in reply or by phone or Zoom meeting.



*Thank you to all of the April 2020 leaders and authors who submitted articles to Book Friendly. Without their carefully written submissions, we would not have this quarterly Friends of the Clifton Park-Halfmoon Library newsletter. Also, thank you to Sheila Morroni for her technical expertise in completing the **final editing**.*

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- Works and photos are used with permission of authors.

Book Friendly is online!

Writers - Book Friendly is always seeking original writing. We accept: book reviews, poetry, articles, memoirs, and short stories.

Email submissions to editor, Jo Anne Robbins:
cliftonparkjosie@gmail.com.

We prefer Microsoft Word format. Please include a statement granting Book Friendly permission to use your work. The deadline for submissions for the next issue is August 15 for a September 1 publication.

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