



Friends to Friends

Newsletter of the Friends
of the Woodland Public
Library

March - April, 2016
Page 1

From the President's Desk... Retha Robertson

Spring is in the air - time to change clocks, warmer temperatures, Easter, maybe some gardening, National Library Week, and D.E.A.R. (Drop Everything and Read) month in April. Friends' events in March are the two book sales.

Starting in April activities will kick into high gear as we celebrate National Library Week. Our featured authors, Drs. Cathi and Rajiv Misquitta, are scheduled to speak on Tuesday, April 12 starting at 6 p.m. with member's reception and then at 6:30 p.m. open to the public. The doctors will discuss how they came to write. HEALTHY HEART, HEALTHY PLANET, lead the audience in some easy yoga/stretching exercises, and we'll get to sample an appetizer made from one of the recipes in their cookbook. Mark your calendars now for this fun evening.

April is also Drop Everything and Read Month (D.E.A.R.), a reminder that reading is good exercise for the mind and a great way to take a break from our daily routines. This is a good time to maybe explore a new genre or a new author.

The FOL Board is concentrating on publicizing the Big Day of Giving on Tuesday, May 3rd. On page 4 is an article explaining this fundraising opportunity. Donating on this day will be our major fundraising event for this year.

Highlights and A Few Stray Odds and Ends from the Editor Diana Dearmore

March is back to the regular book sale routine - with holiday specials for St. Patrick's Day and Easter books being featured. Erin go Bragh on the 17th and (early) Easter wishes on March 27th.

I am looking forward to **April** which is "**D.E.A.R. Month**" - which stands for "Drop Everything And Read" ...a sentiment I can really agree with. So put down those tax forms, take a break and come see us in the book room - we will have some "DEAR" specials all month long for you to enjoy.

Then, **April 10th kicks off "National Library Week"** - the next time you are in the library, be sure to tell the librarians how much you appreciate them. They work hard (and wear so many hats during an "average" day - from janitor to psychologist to researcher) and we appreciate their dedication to making the Woodland Public Library the best it can be.

The Friends are hosting a round-up Commit2Fit **Wellness Fair** on **Wednesday April 13th** with healthy snacks and more. **Woodland Reads** returns on **Thursday, April 21st** with Reyna Grande (details page 2).

Save the date - June 4th is the kick-off for Summer Learning. This used to be known as "Summer Reading," but there is so much more at the Woodland Library - games, music, science, learning, and of course, FUN and prizes!!

FOL UPCOMING EVENTS

The Friends' schedule
of upcoming events.

March Events

"Second Saturday" Sale*
Saturday, March 12th
9 am - 12 pm noon

"Last Thursday" Sale*
Thursday, March 31st
4 pm - 6:30 pm

April Events

"D.E.A.R." Month
**"Drop Everything And
Read" Celebrate with
new books from the
Friends' book sale!**

"Second Saturday" Sale*
Saturday, April 7th
9 am - 12 pm noon

National Library Week
Tuesday, April 12th
**Author Event with
Dr. Rajiv Misquitta &
Dr. Cathi Misquitta**
**"Healthy Heart, Healthy
Planet"**

**6:00pm Member's Only
reception**

**6:30 pm Author lecture
and book signing for
general public**

Wellness Fair
Wednesday April 13th
5:30 pm - 7 pm
**Drop in at Leake Center
(details page 7)**

"Woodland Reads"
Thursday, April 21st
7 pm Leake Center
(details page 2)

"Last Thursday" Sale*
Thursday, April 28th
4 pm - 6:30 pm

***In the FOL book room.**

SAVE THE DATE

Woodland Reads

Presents

Reyna Grande

Author of

across a hundred mountains



Reyna will talk about her book
and other writings on

Thursday, April 21, 2016

11:30 a.m. to 1:00 p.m. — Brown Bag Community Luncheon

Woodland Community College — Room 800

7:00 p.m. — Community Presentation

Woodland Public Library Leake Room

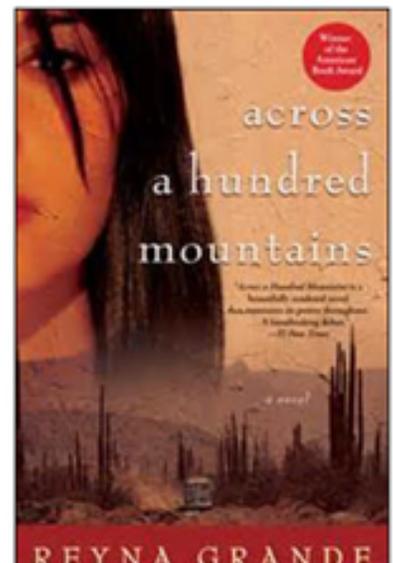
Books may be purchased at

- *The Gifted Penguin*, 716 Main St.,
- *Terry's Hallmark*, 375 W. Main St.,
- *The Avid Reader*, 617 2nd St., Davis
and available at
- *Woodland Public Library*, 250 1st St.

Questions? inquiries@woodlandreads.org
or visit woodlandreads.org



Putting our community on the same page





What is D.E.A.R.?

You may remember that Beverly Cleary wrote about D.E.A.R. in *Ramona Quimby, Age 8*.

D.E.A.R. stands for "Drop Everything and Read" and for over 60 years, "Drop Everything and Read" programs have been held nationwide on **April 12th** in honor of Mrs. Cleary's birthday. As D.E.A.R. has grown in popularity and scope, the program has expanded to span the entire month of April, offering classrooms and communities additional time to celebrate! This national month-long celebration of reading is designed to remind folks of all ages to make reading a priority activity in their lives. So, "drop" by the library and pick up a good book - all month long in April and anytime you want to make reading a priority!

If you want to get some great ideas for reading, especially for children and young adults, please stop by the D.E.A.R. website at www.dropeverythingandread.com. Because, what's more fun(damental) than reading, really?

The **MORE** that you **READ**,
the more **THINGS** you will **KNOW**.
The **MORE** you **LEARN**,
the more **PLACES** you'll **GO!**
~ Dr. Seuss

Upcoming Book Sales

March

March 12th

Saturday, 9 am - 2 pm

March 31st

Thursday, 4pm - 6:30pm

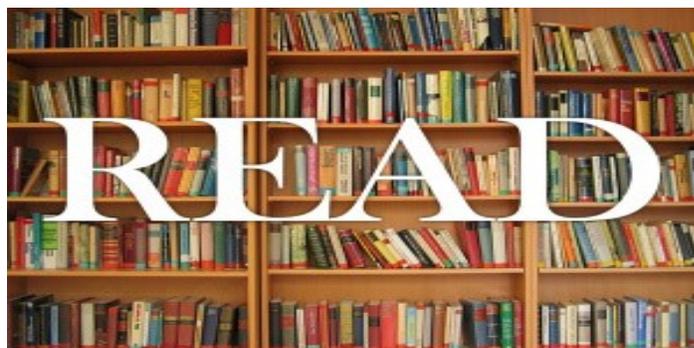
April

April 9th

Saturday, 9 am - 2p m

April 28th

Thursday, 4 pm - 6:30 pm



"Libraries Transform" **Celebrate National Library Week**

April 10-16, 2016

Every day across the country, libraries open their doors to everyone: students, parents, seniors, homeless, teachers, writers, artists, entrepreneurs, readers, gamers, movie lovers, researchers, travel buffs, job seekers, and many more.

The Friends will be featuring a special author event (page 5) to celebrate.

So, head to the Woodland Library during National Library Week to see what's new and take part in the celebration.

BIG
DAY OF
GIVING →
MAY 3

Friends to Friends

#BIGDOG2016

If you are asking yourself what's with that hashtag or what is a BIGDOG, let me tell you all about it!!

This year the Friends of the Woodland Public Library are joining other nonprofits in our area to participate in the **Big Day of Giving 2016** which happens during a 24 hour period on **May 3**.

As a member of the Friends, you know how worthwhile supporting library services and programs is-- especially at our library, the oldest continuously operating Carnegie library in California . By donating with your credit or debit card online **via the Big Day of Giving platform on May 3** (only) you can help the Friends of Woodland Public Library to leverage even more funding to support the AWESOME programming and activities at our Woodland Public Library.

How does this happen? The **Big Day of Giving** is a specific event within the "Give Local Now" initiative created by a collaboration of the Sacramento Regional Community Foundation, the Yolo Community Foundation and the Placer Community Foundation as a part of the Greater Sacramento Generosity Project. GiveLocalNow.org partnered with GuideStar which is a national organization committed to enhancing philanthropy by making nonprofits transparent and accountable to donors, while simultaneously raising awareness of local nonprofits.

To accomplish this, GuideStar has provided the technical support and created a website -- the Giving Edge. On the Giving Edge website, local non-profits are able to create an online "profile" showcasing their mission and programs. These profiles are reviewed by the Giving Edge and then vetted, verified, and approved for publication on their website. This enables even small nonprofits to reach new (and returning) donors in their community and the greater Sacramento region. This profile is on their website and available for donation year round. If you want to view the Friends' profile, you may find it at <http://givingedge.guidestar.org/Home.aspx>. Enter the Friends of the Woodland Public Library (upper right hand corner) and...voila!

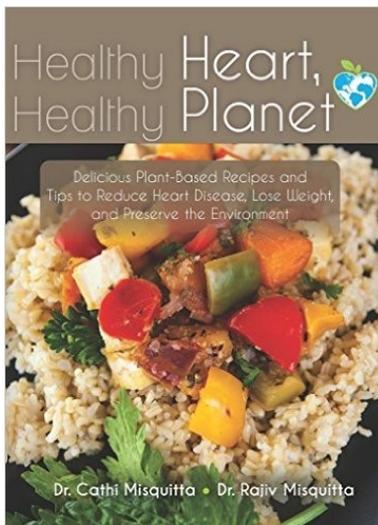
Once a year, there is a 24 hour local promotion called the **Big Day of Giving** (or "**BDoG**" or "**Big DOG**" - you were wondering about that dog right?) which is 24 hours of on-line giving to raise funds for local non-profits, like the Friends. To participate, all organizations must attend numerous training seminars and webinars - there is homework and deadlines, resulting in an on-line approved profile and the organization being qualified. The Friends' Board has (through a lot of hard work and effort) qualified the FOL for 2016!!

There are corporate sponsors for this **BDoG** initiative, which provide a pool of matching funds, that qualified participants will be eligible to receive. These funds are prorated among all of the participating organizations (so it is NOT a one-to-one matching), but all the donations made to the Friends through the on-line giving portal during this 24 hour period will receive an additional bump in funds received from this pool of money! The more donations, the more matching funds! There are also incentive prizes which the Friends will strategize and try to 'win' during the 24 hours. We will keep you posted.

The Friends will also be hosting a drop in **morning event at the library on May 3rd** with snacks and coffee, so you can start the day right by stopping by, donating and participating in our biggest fundraising event this year. We will have computers you can use to donate and we will have the leaderboard up and running with the organizations that are in the lead. There are lots of local events and we will keep you posted as we find out about them.

Bookmark our Friends of Woodland Public Library website at www.woodlandfol.org for more information about our **Big Day of Giving** to stay on top of the events, prizes and (most importantly) how you can help the Friends succeed in reaching their goals. If you are on Facebook, you can search that hashtag #BIGDOG2016 to see all posts related to this wonderful 24 hour event.

Give where You Live.



April Author Event - Continue to Commit2Fit!

Help us celebrate National Library Week with local authors Dr. Cathi Misquitta and Dr. Rajiv Misquitta on **Tuesday, April 12** in the Leake Room at the Woodland Public Library, 250 First Street. This event is free and open to the public. **There will be a members-only “meet and greet” reception (with healthy snacks) at 6:00 pm** followed by the public presentation at 6:30 pm in which the authors will speak about their book *Healthy Heart, Healthy Planet: Delicious Plant-Based Recipes and Tips to Reduce Heart Disease, Lose Weight, and Preserve the Environment.*

After a heart attack scare at the age of forty, physician Rajiv Misquitta and his pharmacist wife, Cathi, set out to find ways to change their lifestyle.

In the United States, one in every four deaths is caused by heart disease. But research shows that a low-fat, vegan diet can reverse the condition, contributing to weight loss – and having a positive impact on the ecosystem.

In *Healthy Heart, Healthy Planet*, Rajiv outlines the scientific evidence supporting the book’s recommendations, while Cathi teaches how to shop and cook for this type of diet and provides over a hundred tasty vegan recipes.

Cathi Misquitta received her Doctor of Pharmacy degree from the University of the Pacific and completed her pharmacy practice residency at the UC Davis Medical Center. She is a board certified pharmacotherapeutic specialist and a fellow of the California Society of Health Systems Pharmacists as well as adjunct faculty at Touro University and the University of the Pacific schools of pharmacy.

Rajiv Misquitta attended medical school at the State University of New York in Brooklyn, completed his residency in Internal Medicine at UC Davis, and currently works as a physician for Kaiser Permanente. He is also a certified personal trainer and yoga instructor.

Please join us on April 12th to meet Cathi and Rajiv Misquitta and discover more about the benefits of a plant-based diet. Books will be available for purchase and signing. Friends of the Library (FOL) membership applications and renewals will be available at the door. New memberships are currently half price!

For more information about the Misquittas and their mission, visit their website: www.healthyhearthealthyplanet.com. Also visit www.woodlandfol.org (the FOL website) or like our page on Facebook (www.facebook.com/woodlandfol) for more information. We hope to see you there!



UPDATE: MYSTERY NIGHT 2016

What happened? Did I miss it? It's all a mystery....

The Friends' favorite March fundraising event is postponed this year until October, 2016. We are participating in the Big Day of Giving instead on May 3. Please "give where you live" - details on page 4.

Do not despair. There is still murder and mayhem in the future. We will be hosting an interactive murder mystery in the library during October. We are currently hard at work changing the format to a dinner theatre experience. There will be plenty of surprises (and a dead body...or two) at this event.

If you would like to be involved in the plotting and scheming for this new and improved event, we would love to hear from you. Please email us at woodlandfol@yahoo.com and let us know about your murderous intentions.

Thank you for your support !

Teen Advisory Board is on the go with lots of special activities including:

cityofwoodland.org/csd (530) 661-2000

A fun-filled carnival at the pool!

APRIL POOL'S DAY

CARNIVAL GAMES

open to all MIDDLE and HIGH SCHOOL students

COMMUNITY SWIM CENTER
155 N. West St.
5:30 pm to 7:30 pm
Friday, April 1

SNACKS for sale by high school clubs

NINJA OBSTACLE COURSE

Sponsored in part by funding from the Friends!

PEACE OF ART

SATURDAY, APRIL 2, 2016
10:00 AM - 12:00 PM
WOODLAND PUBLIC LIBRARY
LEAKE ROOM
FOR TEENS AGES 12-18

Bringing teens together to discuss community conflicts and creating solutions through art. No artistic skills needed. Art will be displayed at a gallery show on Friday, April 22.



Commit2Fit - Drop-In Wellness Fair Wednesday, April 13th 5:30 - 7 pm in the Leake Center

Please join the Friends and some special health and wellness experts in a drop-in Wellness Fair as a wrap up to the Commit2Fit Wellness Lecture series.

There will be demonstrations and some healthy snacks. You will be able to talk to various practitioners about the benefits of massage, aromatherapy, Reiki Healing, Yoga and more. Several of the presenters from the lecture series will be on hand to answer your questions about healthy eating and a plant-based diet. Woodland Farmer's Market (getting ready to open in May) will be on hand as well with some great ideas and ways to eat local 'farm to fork' products.

We hope to see you there!

2016 Wellness Lecture Series at the library



Sponsored By



Friends of the Woodland Public Library
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250 First St. Woodland, CA 95695
www.cityofwoodland.org/library
530-661-5980



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Friends' Board Members

President: Retha Robertson
Vice President: Randy Russell
Secretary: Rebecca Bunn
Treasurer: Diana Dearmore

Committee Chairs

Membership: Melanie Goddard
Volunteer Coordinator: Board (OPEN)
Book Sales—Sorting: Diana Dearmore
Book Sales—Sales Day: Rebecca Bunn
Community Liaison: Retha Robertson
Publicity & Facebook: Renee Thompson
Member at Large: Joan Tolla
Newsletter: Diana Dearmore (OPEN)
Bulletin Board: Renee Thompson
Website/IT: Bernadette Murray

E-mail us at: woodlandfol@yahoo.com
Message Phone: (530) 666-0545
Website: www.woodlandfol.org
Facebook: www.facebook.com/woodlandfol



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TO HELP THE FRIENDS'.
OPPORTUNITIES BELOW**

EVENT VOLUNTEERS
COMMUNITY LIBRARY SUPPORTERS
BOOK ROOM "SUPER SORTERS"
MYSTERY NIGHT 2016

If you're interested

Email us: woodlandfol@yahoo.com

Call us: 530-666-0545

If you know of anyone who wants to get involved with a fun bunch of people AND support a worthwhile cause, direct them to the Friends! There are one time and on-going opportunities available.

Thank you for your generous donations!!!

Please make sure that your books are not mildewed, smelly or damp - we can't sell them and have to pay to take them away. If you wouldn't want to buy it, chances are no one else will either. Please contact us by email if you have a large collection to donate.

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First Class Mail