



# Friends to Friends

Newsletter of the Friends  
of the Woodland Public  
Library

Jan - Feb, 2017  
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## Message from the President

HAPPY NEW YEAR to each and all.

How swiftly 2016 passed. An ending of one year and the beginning of a new year is a time for reflection, anticipation, and planning.

The Friends Board has been working to bring new events and activities which we hope will be of interest to you. Please come out and support the book sales. The schedule is now back to two sales per month. With only one sale each in November and December and closing in October due to flooding, proceeds from book sales are down. Encourage friends and family to come to the book sales. Book sales remain a big source of income for the Friends of the Library.

Mark your calendar for February 1st, 6 p.m. to hear author, Brooks Palmer, discuss "Clutter Busting: Letting Go of What's Holding you Back". The Friends of the Library and the Library are cohosting this event so it is part of the Commit2Fit Wellness Programming.

A Writer's Workshop is scheduled for Saturday, March 25th from 8 a.m. to 1 p. m. (a light lunch included) in the Leake Community Room. Two authors from Sacramento will be presenting and there will be plenty of time for questions. More details and registration information will be forthcoming.

"May the 4th Be With You" is a phrase you'll be seeing in the months to come. This is the slogan for the Big Day of Giving on May 4th. Several changes have been made to make donating easier and more varied ways to donate. In the coming months we'll be letting you know more about BDoG.

Members are needed to volunteer for the book sales room, assisting with special events, newsletter editor and serving on the Board. It is fun and enjoyable. It is also an opportunity to work with some very friendly people.

Best wishes to you.

Retha Robertson, President

## January Events:

**"Second Saturday" Sale**  
Saturday, Jan. 14th  
9 am - 12 noon

**Book Room Work Day**  
We will be having a  
work and training day in  
the book room on  
Saturday, Jan. 21st  
10:30 am - 12 noon

*If you are interested  
in learning more about  
the book room, please  
RSVP to us by email or  
phone and show up at  
this event.*

*Refreshments will be  
provided.*

**"Last Thursday" Sale**  
Thursday, Jan. 26th  
4 pm - 6:30 pm



## "Love Your Library" February Events:

**Author Brooks Palmer**  
Wednesday, Feb 1st

6:00 pm Author's lecture  
This is part of the on-  
going Commit2Fit Wellness  
Series being presented at  
the library in the Leake  
Center.

Details on pages 6 & 7

**"Second Saturday" Sale**  
Saturday, Feb. 11th  
9 am - 12 noon  
Member's specials and  
Valentine's raffle!

**"Last Thursday" Sale**  
Thursday, Feb 23rd  
4 pm - 6:30 pm

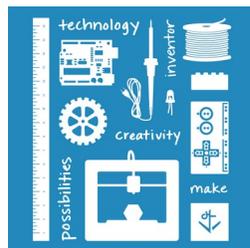


# Friends to Friends

## Woodland Public Library Board of Trustees News Coming soon - A Makerspace at the WPL

The Bid has been accepted, the contractor has been chosen. In the new year, we will now begin to see construction occur at the Library. For years there has been approximately 1600 square feet of unused space below the children's section of the library. Various groups have used it to store their stuff. That area has been cleaned out and the builders will now begin the process of constructing five maker areas which will include equipment, table, chairs and storage. The areas will house 3D printers and laser cutters, a woodshop with hand tools and router, textile and arts area with sewing machines, screen printing and a vinyl cutter, electronic arts area equipped for robotics work and computer building and a digital arts area supporting digital video and photography and graphic arts. This is a great kudo for our city facilitating a deeper understanding of science and engineering and art and design for all its residents, young and old. We, on the board, are very excited. Making the library a place to be is our goal.

Kathy Harryman, Board of Trustees Member





## Upcoming Book Sales for January

Jan. 9: Saturday, 9 am - 12 noon  
Jan. 26: Thursday, 4 pm - 6:30 pm

## Upcoming Book Sales for February *"Love Your Library"\**

Feb. 11: Saturday, 9 am - 12 noon  
*Valentine's Day deals and a raffle for Friends' members.*  
Feb. 24: Thursday, 4 pm - 6:30 pm



*\*All current members in February will be entitled to one free book of their choice at any of our February book sales as our way of saying "Thanks for being a Friend".*

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If you would like to volunteer to work at one of these book sales, please contact Rebecca Bunn by email ([woodlandfol@yahoo.com](mailto:woodlandfol@yahoo.com)) or by phone (530)666-0545. Thanks for your support in making our book sales successful. We couldn't do it without you!

## **ATTENTION BOOK ROOM VOLUNTEERS\* ...**

**If you've ever wanted to learn a little about what goes on behind the scenes to keep the book room organized and you want to learn to sort books for the Friends, we are holding a training session on January 21st from 10:30 am to 12 noon.**

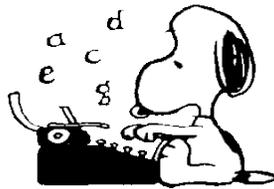
**It's a lot of fun and a chance to meet other Friends.**

**Refreshments will be provided.**

We'll review the guidelines for sorting and shelving our numerous book and magazine donations. You will be able to 'adopt' a section of the book room that interests you. Please RSVP by email to [woodlandfol@yahoo.com](mailto:woodlandfol@yahoo.com) or leave a message on our phone **(530-666-0545)** and let us know if you'll be attending.

**If there is another time you'd like to help, please contact us to make arrangements.**

**\*Due to security restrictions, all sorters must be current members of the Friends.**



**SAVE THE DATE!!      MARCH 25, 2017**  
**Join the Friends of the Woodland Library for a**  
**SPECIAL EVENT!**

**A WRITERS' WORKSHOP:**  
**WRITING AND PUBLISHING YOUR NOVEL**

- I.    NUTS AND BOLTS AND MORE**
- II.  MANAGING THE LEGAL (& BUSINESS) SIDE OF A WRITING CAREER**
- III. WHAT'S ON YOUR MIND (Q&A)**

PRESENTED BY AUTHORS –

RAE JAMES – The Hollis Morgan Mystery Series

SUSAN SPANN – The Shinobi Mystery Series

**Saturday, March 25, 2017**

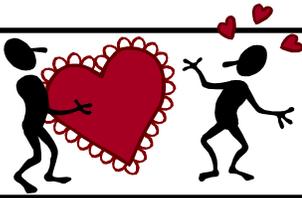
**8:00 AM – 1:00 PM**

**Member's registration fee - \$20**

**Non-member's registration fee - \$25**

**Light lunch and handout materials are included in the registration fee.**

We will be sending out more information and sign-ups will be available in early February. If you have ever wanted to publish your book, this is an awesome opportunity to find out how from those who have. As an extra bonus, Susan Spann is a publishing attorney and will be available to answer your technical and legal questions. We hope you will be able to attend.



# *Friends to Friends*

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## **Commit2Fit Wellness Series**

Greta Galindo

Library Services Director

The Woodland Public Library will kick off its second annual Commit2Fit Wellness Educational series on health on Saturday, January 7 with a community walk at Douglass Park. Join the library for community walks each Saturday in January, February and March, from **9-10 AM at Douglass Park**, on the corner of Road 98 and El Dorado Street in Woodland. Community Walks are a part of the Library's annual Commit2Fit Wellness Program. The walk dates are listed below:

January: 7th, 14th, 21st and 28th

February: 4th, 11th, 18th, and 25th

March: 4th, 11th, 18th, and 25th

*“Love  
Your  
Library”*

Each month will also feature bimonthly presentations on wellness and fitness. Monthly there will be featured a talk on an aspect of mindfulness (the first Wednesday of the month) and also session of gentle exercises to kick start or enhance your exercise routine (the third Wednesday of the month). Dress in loose, comfortable clothing for the exercise sessions. All of these **Wednesday evening sessions begin at 6 PM in the Leake Center.**

January 11

Mindfulness-Based Stress Reduction by Denise Dempsey

January 18

Yoga for Every Body with Karen Klussendorf

February 1

Clutter Busting: Letting Go of What's Holding You Back by Brooks Palmer

February 15

Introduction to Yoga for Beginners: Stretch - Strengthen – Breathe with Cynthia Frueh

March 1

Self Care & Balance: What I Didn't Learn in Medical School with Dr. Karen Mo

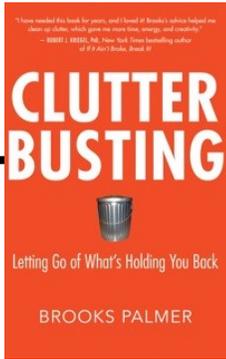
March 15

HoopDance Happiness with Allison Miller

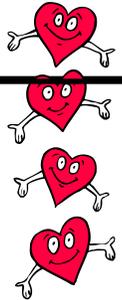
***The entire program runs through the end of March.***

***We hope to see you at some of these events. Cheers to a healthy 2017.***

# Friends to Friends



## **“Love Your Library” Author event Featuring local author Brooks Palmer By: Renee Thompson**



Now that the holidays are over, as life and schedules return to normal, are you finding yourself overwhelmed with clutter? Do you need advice, a sympathetic ear, or help figuring out how to start dealing with the clutter in your life?

The Friends of the Library will host a Clutter Busting: Letting Go of What's Holding You Back Workshop with organization expert and best-selling author Brooks Palmer on Wednesday, February 1, 2017 at 6:00pm in the Leake Room at the Woodland Public Library, 250 First Street. This event is part of the library's Commit2Fit Wellness series and is free and open to the public.

You are sacred. Your stuff is not. This is the central theme of Brooks Palmer's first book, Clutter Busting: Letting Go of What's Holding You Back.

Clutter is anything in your life that is no longer serving you. When you let go of clutter, you take back your space and feel good about coming home again, says the author. His book explores such fundamental topics as the false identities we assume through clutter, the fear of change those junk piles represent, the addictive nature of holding on to objects, how clearing clutter makes room for clarity and sweeps away confusion and stasis, and much more. In his books and in this upcoming workshop, Brooks provides upbeat and compassionate guidance, helping you to start clearing the path for new and exciting things to come into your life. What a fitting way to begin the new year!

Continuing his mission to help us rid ourselves of clutter and the burdens that come along with it, Brooks expands his focus in his second book, Clutter Busting Your Life: Clearing Physical and Emotional Clutter to Reconnect with Yourself and Others. He delves deeper into how clutter affects all of our relationships, and how our relationships affect our tendency to hold onto things we no longer want or need. He addresses the stuff that keeps us from experiencing “the joy of connection,” the stuff we use to protect ourselves, control others, and hold onto the past.

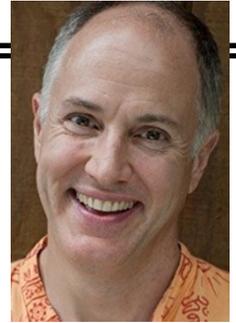
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## **“Love Your Library” Author event Featuring local author Brooks Palmer**



(continued from page 6)



Since 2000, Brooks has been using compassion, awareness, and humor to help thousands of clients streamline their lives and develop habits to keep them clutter free. He has been featured in the New York Times, the Chicago Tribune, the Los Angeles Business Journal, and NPR, and his best-selling books have been translated into seven languages.

Please join us on February 1 at 6 PM to meet Brooks Palmer and learn how to improve your life through clutter busting. This is an opportunity to take a deep look at what’s clutter in your life and start breaking through the power of emotional clutter. Ask Brooks any of your decluttering questions – general or specific -- and get feedback and advice straight from the expert.

Friends of the Library (FOL) membership applications and renewals will be available at this event. New members are always welcome. See the FOL website ([www.woodlandfol.org](http://www.woodlandfol.org)) or like our page on Facebook ([www.facebook.com/woodlandfol](http://www.facebook.com/woodlandfol)) for more information.

For more information about Brooks Palmer and his books, visit his website: [www.clutterbusting.com](http://www.clutterbusting.com).

## **Membership in the Friends - SALE**

**Annual membership is currently half off the regular price for new members only. Membership will be valid through June 30, 2017 and will include all members only activities, discounts and freebies.**

**We have gift certificates available for giving memberships to your friends and neighbors. just let us know and we will customize a gift certificate for you.**

**All current members in February will be entitled to one free book of their choice at any of our February book sales as our way of saying “Thanks for being a Friend”.**



Last year was an awesome year at the Library and 2017 is going to be even better.  
**Thank you to the Friends of the Library for all of your support!**

# *Friends' Board Members*

**President:** Retha Robertson  
**Vice President:** Nancy Cooper  
**Secretary:** Chris Barton  
**Treasurer:** Diana Dearmore  
**Committee Chairs:**  
**Membership:** Nancy Cooper  
**Volunteer Coordinator:** Board (OPEN)  
**Book Sales—Sorting:** Diana Dearmore  
**Book Sales—Sales Day:** Rebecca Bunn  
**Community Liaison:** Retha Robertson  
**Programs:** Board  
**Publicity:** Renee Thompson  
**Member at Large:** Joan Tolla  
**Newsletter:** Diana Dearmore (OPEN)  
**Bulletin Board:** Renee Thompson  
**Website/IT:** Corey Thompson

**E-mail us at:** [woodlandfol@yahoo.com](mailto:woodlandfol@yahoo.com)  
**Message Phone:** (530) 666-0545  
**Website:** [www.woodlandfol.org](http://www.woodlandfol.org)

**Thank you for your generous donations!**  
**Please note that we do NOT accept:**

- *Encyclopedias/Dictionarys*
- *Computer books/manuals*
- *Reader's Digest condensed books*
- *Old Textbooks/teacher's manuals*
- *Cassette/VHS tapes (music or books)*
  - *Magazines older than a year*

**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.**



***Happy New Year and best wishes for a fabulous 2017!***  
***Thanks for being a Friend of the Woodland Public Library.***

**Woodland Friends of the Library**  
**P.O. Box 545**  
**Woodland, CA 95776-0545**

**First Class Mail**

