



Monthly News & Updates For Adults & Families

For May 2019

Visit our Website

Featured Events



DFL 2019 Photography Contest

Drop-off Times
Friday, May 10, 3 - 6 pm &
Saturday, May 11, Noon - 4 pm

This competition is open to all, regardless of age. Awards given to 1st, 2nd, & 3rd place with cash awards. Entries must be delivered in person. For more information please find the full application at dfla.org.

Entry Fee: \$5 per image. Payable by cash or check only. Free for youth aged 17 and under



Frank Thompson

health
Rhythms



Drum Circle **facilitated by AARP**

Tuesday, May 7, 5:45 - 6:45 pm

Join us for a fun and interactive drum circle led by trained HealthRhythms facilitator, Frank Thompson. Drum circles are a form of recreational music-making proven to reduce stress, boost the immune system, promote joy, and a sense of well-being and to build community. All drums and

percussion instruments provided. No musical experience required! If you have a heartbeat, you can drum. Open to all adults, all ages.

No registration.

Cost: FREE

Guided Autobiography

Tuesday, May 14, 2 - 3:30 pm



An introduction to Guided Autobiography, a method developed by Dr. James Birren, for helping people document their life stories. Guided by a trained instructor, participants in this class will experience how easy, and fun, it is to write about their lives for their own enjoyment and/or as a way to leave a written legacy for their loved ones.

Roselyn O'Connell began writing at a very young age. She has an MLS from Arizona State University and recently completed the instructor training course for Guide Autobiography from The Birren Center for Autobiographical Studies. She has led education and empowerment classes for women in Pakistan, Iraq, Jordan, the West Bank, Swaziland, Lesotho, Namibia, Ghana, Brazil, and Trinidad-Tobago.

RSVP online or call: 480-488-2286

Cost: FREE



A Star is Born Movie Marathon

Friday, May 17, all day event

Join us for a movie, or two, or three! The Library will be showing three versions of the classic film throughout the day. Come to enjoy refreshments and the version of *A Star is Born* you want to see!

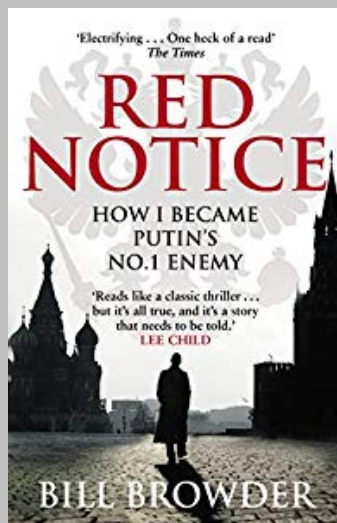
9:30-12:00 pm: *A Star is Born* (1954) featuring Judy Garland and James Mason. Join for donuts, coffee, and orange juice.

12:15-2:45 pm: *A Star is Born* (1976) featuring Barbra Streisand and Kris Kristofferson. We will have pizza and refreshments to get you through lunch.

3:00-5:15 pm: *A Star is Born* (2018) featuring Lady Gaga and Bradley Cooper. Come have some popcorn and refreshments.

No registration.

Cost: FREE



A Summary of the Stunning True Story told in the Book, Red Notice by Bill Browder

**Saturday, May 18,
10:30 - 12:30 pm**

A true account of high finance, and murder in Russia and one American's fight for justice via the Magnitsky Act and what that Act does to V. Putin and Oligarchs who are looting Russia. Also, an update on the struggle of families of Holocaust victims as well as German Chancellor Merkel to claim thousands of Nazi Stolen Paintings taken out of hiding in Russia in 1995, and held by Putin at the Hermitage Museum in St. Petersburg. Mary F. Cook will tell these stories. She is a member of The International Foundation for Art Research. All Proceeds benefit the Library.

Tickets available [online](#) or call: 480-488-2286

Cost: \$6.00

Health Care 2020 The Future of Health Care

**Wednesday, May 22,
2 - 3:30 pm**

Results of the 2018 mid-term elections solidified Health Care as an important topic. The Federal Judge ruling that the Affordable Care Act is unconstitutional set the stage for its continued importance. The ACA is still in place until the mandate to have insurance goes away thanks to the 2017 Tax Bill. Appeals have begun and the Supreme Court will become involved. The Democrats have introduced "Medicare For All." Health Care will continue to be of importance through the 2020 Presidential Election and beyond. This will be a discussion about our current healthcare model and why it is broken. And how that may impact YOU!

"Thank you for the honor of sharing my experiences with you." -Brian Casull MD, MPA

RSVP [online](#) or call: 480-488-2286

Cost: FREE



Brian H. Casull MD, MPA COL (R) United States Army Medical Corps: Casull been in healthcare almost 50 years as a practicing physician and physician executive. His 21 years in the Army, and time spent as Chief of Staff for a Cigna Staff Model, Medical Director for United Healthcare for Southern California, and AVP for a Pharmacy Benefit Manager have been based on serving the patient and improving the interface between our health care "system" and those whom it serves.

When a Congressman told his constituents during the ACA health care reform legislative action of 2016 that nobody ever died from lack of healthcare coverage, I had to jump into the healthcare debate. With almost 50 years of

experience in healthcare, he feels like that insurance commercial; "I know a thing or two because I have seen a thing or two".



Releasing Anxiety, Fear, and Depression

Saturday, May 25, 10:30 - 1:30 pm

Christine Regan Lake of Trauma Release Therapy will be hosting a 3-hour interactive workshop that will enable participants to release the pain and trauma from their childhood that is causing anxiety, depression, overwhelm and fear in their day to day life. You will identify your core schemas (core beliefs) at the subconscious level that are inhibiting your ability to fully feel joy and serenity in your life. Participants will be taught how to use a powerful technology to reprogram their subconscious mind to free themselves from the negative emotions and patterns of the past. Participants will walk out feeling cleansed, refreshed and empowered.

Tickets available **online** or call: 480-488-2286

Cost: \$49.00

Exhibitions

Young and Emerging Artists Exhibition

May 9th - June 20th

Seeing a need for our outstanding beginning artists in our local schools and for the many new members in the Sonoran Arts League to show their work, we are presenting an Emerging Artists Show from May 9th to June 20th. We are producing several workshops at the League office on following a prospectus, writing artist statements and bios as well as photography workshops on creating great images of artwork run by outstanding local photographers. See the League's website, SonoranArtLeague.org for more information.

As educating our community and our local artists about art is our main goal, we feel that this show is vitally important. We urge our library patrons to support our many new young and older artists.

**Please join us at the reception from 4-5:30 on May 18th
as we celebrate the exciting new art!**



Monthly Events

FOR THE LOVE OF BOOKS & WRITING

Writer's Connection

**Friday, May 3, 1 - 3 pm
(1st Fridays)**

Today's world is literally at a writer's fingertips. A few keyboard strokes can open the internet information gates to help you create stories that are distinctively credible and compelling.

This Month: Windy Lynn Harris - *Five Steps to Publishing Success: Get Your Short Stories and Personal Essays Published in Magazines*
Getting your short-short stories and essays published in magazines is easy—if you have the right strategy. You don't need an agent to help with the process; you just need to send your work to the right editors, at the right time, and in the right way. This presentation will teach you where to find hundreds of perfectly matched markets for your voice and how to submit your writing professionally. By the end of the workshop, you'll be able to submit your work to magazine editors and repeat the process for every piece of short writing you create.

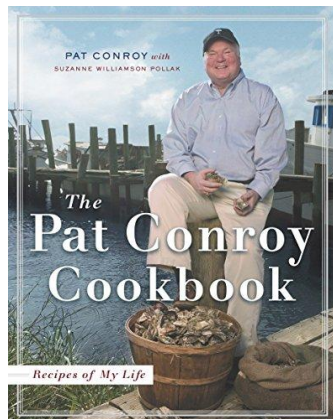
RSVP online or call: 480-488-2286

Cost: FREE



Windy Lynn Harris is the author of "Writing & Selling Short Stories & Personal Essays: The Essential Guide to Getting Your Work Published." She's a prolific writer with over 70 bylines in literary, women's, and trade magazines across the US and Canada in places like *The Literary Review*, *The Review Review*, *The Sunlight Press*, and many other journals. She's the founder of Market Coaching for Creative Writers, a mentoring program that teaches writers how to get their short stories and essays published in magazines. She teaches the craft of storytelling in person and online.
www.windylynnharris.com.

Literate Foodie Club



**Monday, May 6, 12:30 - 2:30 pm
(1st Mondays)**

Love food, books, cooking and conversation? We will explore all these and more.

Topic: *The Pat Conroy Cookbook—Conroy is the best-selling author of *The Prince of Tides*, *The Great Santini* and many other works of fiction, and a great collector of recipes and food experiences worldwide, and especially from the South here in the U.S. This book is part memoir, part travelogue, part cookbook and completely absorbing. Facilitated by Dana Rakinic.*

Questions: danarakinic@gmail.com.

RSVP online or call: 480-488-2286.

Cost: \$10

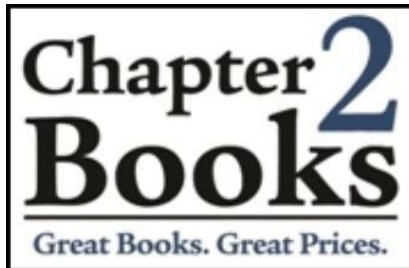
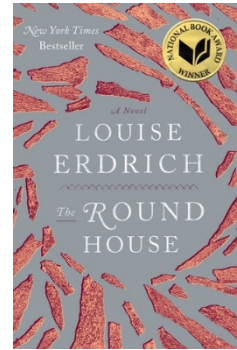
Library Book Club

**Thursday, May 9, 10 – Noon
(2nd Thursdays)**

Discussion of
The Round House by Louise Erdrich.
Everyone is welcome!

No registration.

Cost: FREE



Special Sale!

May 10, 11, 12

Biggest used bookstore in the North Valley!

*More than 15,000 books, as well as DVDs, CDs
and audiobooks, starting at just 50 cents!*

*Located inside Desert Foothills Library at 38443
N. Schoolhouse Rd., open 7 days a week, or check
us out on Amazon.*

*Donations are welcome and help support the
library!*

Chapter2Books

480-488-2777.

Memoir Writers' Group

**Monday, May 13, 10 - 11:30 am
(2nd Mondays)**

*Are you writing a memoir, personal essays or
creative non-fiction? Join our group to share
stories and receive constructive feedback. All
levels welcome. Organized by Elena Pavlova.*



No registration.

Cost: FREE

Literary Salon

**Thursday, May 16, 10 - Noon
(3rd Thursdays)**

Topic: *Dinner at Eight- Who would you invite to
your dinner party for 8 (whether alive or
dead)? What writers, directors, poets,
playwrights, come to mind? Why did you choose
this person? What topic(s) of conversation will
you or your guests propose? Perhaps you want to
consider a certain time period or a group of
people who know each other, or not.*



No registration.

Cost: FREE

An informal discussion of books, film, and theater. Led by a facilitator. No requirements to read or see any particular book, film, or play. Everyone is invited to share ideas and reflections on the selected theme.

COMMUNITY & CONVERSATION Learning Together

Craft N Chat



Mondays, 1 - 3 pm

Do you knit, crochet, or practice another table craft? Join other local enthusiasts monthly for companionable creating and conversation. Any portable craft is welcomed! New crafters and all skill levels are always welcome!

No registration.

Cost: FREE

Learn How-To with Karsten's Ace Hardware



**Tuesday, May 21,
2 - 3:30 pm
(3rd Tuesdays)**

Do you binge-watch HGTV and feel motivated to find your own at home projects and fixer uppers? Each month Karsten's Ace Hardware will be providing How-To demonstrations to help you find tidbits and techniques to help around your home!

This Month: Canning & Blanching Your Harvest

RSVP online or 480-488-2286

Cost: FREE

MUSIC & THE SILVER SCREEN

**Monday Movies at the
Library**

Drive-In Movie Theater



Every Monday, 2:30 p.m.

New Releases, with a Foreign Film once each month!

Check our website for titles.

No registration.

Cost: FREE

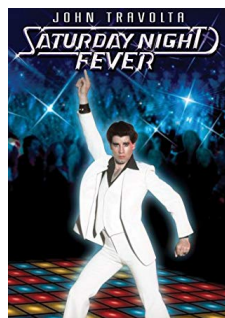


Every Thursday, 5:00 p.m.

Do you miss parking your vehicle, grabbing popcorn, and reclining back to watch the golden movies of yesteryear? Well, the library might not be your typical drive-in movie theater but we can help with good, classic movies! Join us every week for a movie from the early years of film up to the 1980's but nothing beyond that! Reminisce with your old favorites and enjoy great films before billion-dollar productions, Netflix, or Redbox!

No Registration.

Cost: FREE



Music @ the Movies

**Thursday, May 2, 2 - 5 pm
(1st Thursdays)**

*Join us for a celebration of movie musicals!
Hosted by music enthusiast, Annis Scott.*

This Month: *Saturday Night Fever - Saturday Night Fever, starring John Travolta, is about a 19 year old Italian American from Brooklyn who tries to escape the harsh reality of his bleak family life by dominating the dance floor at the local disco. 2 hours.*

No registration.

Cost: FREE

**International Film
French Cinema**

**Cinematic Reflections
Little Known Stories of
World War II**



**Friday, May 10, 3 - 5 pm
(2nd Fridays)**

Movies are a great way to learn about different cultures -- how people live, love, laugh, and cope with hardships and tragedy. This series will explore films from nine different countries, each one telling the story of individuals caught up in conflicts unique to their culture and country and yet, at the same time, linking a thread of humanity that stretches across the globe. A post-film discussion, facilitated by Gary Zaro, Humanities Professor from Paradise Valley Community College (PVCC), will follow.

This Month: *Ridicule*

Register: [online](#) or 480-488-2286

Cost: FREE



**Friday, May 3, 3 - 5 pm
(1st Friday this month only)**

World War II is one of the best known and widely depicted conflicts in history. This film series will explore little known stories from that war -- stories filled with daring, intrigue, and sometimes such improbability that they have to be seen to be believed. At the heart of each one are the men and women who made World War II modern history's seminal event. A post-film discussion, facilitated by Gary Zaro, Humanities Professor from Paradise Valley Community College (PVCC), will follow.

This Month: *Land of Mine*

Register: [online](#) or 480-488-2286

Cost: FREE

TECHNOLOGY & DIGITAL CONTENT



Teen Tech Help Desk

**Saturday, May 4 & 18, 10 - Noon
Saturday, May 11, 10 - 1 pm**

Get help with many of your technology needs; e-mail accounts, apps, and downloading e-books, setting up devices, Windows 10, websites and more!

Bring your device or use a library computer to get your questions answered.

eBooks & Audiobooks



E-Media & Library Digital Content Help

Every Tuesday, 10 - 11 a.m.

Downloading eBooks and eAudiobooks can be easy through the library's digital collection! Each week there will be an informal drop-in class for anyone with questions about Overdrive, RB Digital, or any of the apps the library offers. We will show you how to download the apps to

No appointments needed; 1st-come,
1st-served

For more information, contact

- **Brandon:** 480-695-2638
- or
- **Imogen:**
imogenbrooks01@gmail.com

your phone or tablet and how to navigate
the digital collection. No question is too
small!

Please bring your device and have your
library card ready! For Apple users your
Apple ID will be needed.

No registration.

Cost: FREE

SPANISH OFFERINGS

SPANISH

Jugando Aprendo Espanol (Playing, Learn Spanish) Beginner

Tuesdays, May 7- June 4, 4 pm

With an easy and fun way, we will learn
the essence of the Spanish language,
writing (grammar), reading, and
pronunciation in order to have a
conversation with your service provider,
on your next vacation to Latin America, or
to read and understand from a basic
magazine or book. We hope you join!

Questions: contact Marlon at
marlon20lopez@hotmail.com

RSVP online or call: 480-488-2286

Cost: \$40.00 for the 5-week course



Jugando Aprendo Espanol (Playing, Learn Spanish) Intermediate

Tuesdays, May 7- June 4, 5 pm

With an easy and fun way, we will learn
the essence of the Spanish language,
writing (grammar), reading, and
pronunciation in order to have a
conversation with your service provider,
on your next vacation to Latin America, or
to read and understand from a basic
magazine or book. We hope you join!

Questions: contact Marlon at
marlon20lopez@hotmail.com

RSVP online or call: 480-488-2286

Cost: \$40.00 for the 5-week course

Marlon L Garcia graduated with a law degree from the National Autonomous University of Mexico (UNAM) and became a professor of the subjects of Law I and Law II in the high school of UNAM, litigator in civil, criminal, and administrative areas in Mexico City for more than ten years.

Intermediate Conversational Spanish

Every Wednesday, 10:30-12:00 p.m.

Informal chat session using various books, flashcards, etc. No instructor.

No registration.

Cost: FREE



ONGOING HEALTH & FITNESS CLASSES

Gentle Yoga



**Every Sunday & Wednesday,
11 - Noon**

You are only one yoga class away from a good mood! Yoga for Every Body: through a slow flow of controlled poses you'll begin strengthening your heart and bones, improving balance, and sharpening the mind.

Please bring a yoga mat or light blanket.

Questions: Contact instructor Marina Kachur, at 480-510-6572 or yokama14@gmail.com.

Cost: \$8 cash, paid to instructor at each class

Yoga Inspired Soul Play



Every Monday, 9:15 - 10:30 am

A hybrid yoga class suitable for all levels, includes a multi-variation of styles of yoga infused with play-bringing us to our true inner child space. Body movement of dance, body awareness movements for strength, balance, resilience, and flexibility. Meditation - Guided visualizations, guided energy, and breath flow, use of voice via chant.

Questions: Contact instructor Jennifer Mathews, jen72mathews@yahoo.com or 480-707-8377

Cost: \$8 paid to instructor at beginning of class

Yoga Fusion

Every Thursday, Noon - 1 pm

Please join Elizabeth Boisson for an intermediate-level course of Yoga Fusion on Thursdays from 12-1 pm! We will start with breathing exercises, go through a series of stretching movements to



open our hearts and our hips, and then move into Vinyasa or Flow yoga and several standing sequences, including balance exercises. We finish with 5 minutes of Savasana at the end of class.

Questions: Contact instructor Elizabeth Boisson: 480-363-5275 or evboisson@yahoo.com.

Cost: \$8 cash, pay to instructor at each class

Practical uses of Reiki and Various Energy Modalities in Meditation, Relaxation, Healing, Health, and Overall Self-Care

**Wednesdays,
May 8, 10:30 - 11:30 am
May 8 & 22, 10:30 - 11:30 am**

The discussion will begin with an explanation of the energy body, how it works and functions. We will review what effects this unseen energy force or body and how you use it. We will play with the energy for a better understanding of how you use and control your energy body at the present and how you can consciously control more of the energy that makes up all that is you.



Questions: Contact instructor Karen Cimaglia: rockinvibs21@gmail.com or 602-721-7714.

Cost: \$8 cash, pay to instructor at each class

MONTHLY SUPPORT GROUPS

Led by Hospice of the West facilitators.



No registration.

Cost: FREE

Caring for the Caregiver

**Monday, May 6, 10 - 11:30 am
(1st Mondays)**

Taking care of yourself is essential in being able to take care of your loved one. Join us for this opportunity to fellowship with other caregivers.

"The Healing Pathway", After the Loss of a Spouse or Partner

**Monday, May 13 & 27, 9:30 - 11 am
Tuesday, May 28, 9:30 - 11 am
(Normally 2nd & 4th Mondays)**

Join us on this Journey that will guide you to find a "NEW NORMAL" as you process through your personal grief journey.

LIBRARY & COMMUNITY SERVICES

LIBRARY CLOSINGS

*Monday, May 27th
for Memorial Day*

LIBRARY SUMMER HOURS

*Monday-Friday 9 a.m. - 6 p.m.
Saturday 10 a.m. - 4 p.m.
Sunday 11 a.m. - 3 p.m.*



Passports

*The Library is a
Passport Acceptance
Facility
Available daily!
Appointments essential.
Call 480-575-3201 or
click [here for details](#).*



Amazon Smile

*Amazon will donate 0.5%
of your eligible purchases
to the Desert Foothills
Library Association.
[Click here to purchase](#).*



Purchase Books

*Each book, DVD or CD you
purchase will financially
help the library to continue
to provide community
services and education.
[Click here to buy a book](#).*



RB Digital Newstand

*The world's largest digital
newsstand is available now.
Enjoy a huge array of
popular magazines online.
[Visit our website to access
RB Digital](#).*



freegal Music

*Free music downloads you
can keep forever!
Use your library card
to download up to
five music tracks each week
to your computer -- free!
Once downloaded, they will
not expire.*



Rocket Languages

*Choose from 13 languages
through the [Digital library](#).
An interactive audio course
that will have you speaking
and improving your
language skills with every
lesson.*



Culture Pass

*FREE passes to arts and
culture venues in metro
Phoenix! (Desert Botanical
Gardens, Science Center, Art
Museums, to name a few!).
[Now available](#).*



Fax Services

*Donating Members are
FREE fax sends!*



Online Resources

*Have you checked out the
Desert Foothills Library
[On-line Resources](#) page?*

Cardholders are charged \$1 per page for local sends and \$1.50 for US long distance.

Discover a world of knowledge at your fingertips.



Stock Donations

The Library welcomes donations of stock, and we want to properly thank those of you who give such a donation. Did you know that stock brokerage houses will no longer release the names of those who donate? So we have recently been unable to thank several patrons for their generosity. If you donate, would you please include your name and address? THANK YOU!



Membership

Did you know that we are an independent, non-profit public library, depending on the support of individuals like you through memberships and donations for 90% of our funding? You'll enjoy additional benefits by becoming an annual member. [Join now](#) for as little as \$50 individual or \$100 family!



Volunteer

Join the Desert Foothills Library and make a real impact! Volunteers are needed at the Library and [Chapter2Books](#). Shifts are generally 3 to 4 hours and available for all days of the week; volunteers will be fully trained. To apply, contact Library Manager Terri Engebretson tengebretson@dfla.org or 480-488-2286.



Quick Links

- [Printable Events Calendar](#)
- [Digital Library Catalog](#)
- [Online Tools & Research](#)
- [Donate](#)
- [Become a Member](#)



Community Partners

- [Cave Creek Museum](#)
- [CC Unified School District](#)
- [Desert Foothills Land Trust](#)
- [Foothills Caring Corps](#)
- [Foothills Community Foundation](#)
- [Foothills Food Bank](#)
- [Sonoran Arts League](#)
- [YMCA](#)



Foothills Food Bank

Foothills Food Bank

The library has partnered to feed the hungry in our community. A drop-off collection container is located by the pillar, left of the front desk.

At the heart of our community.

