



Mountainside Public Library Newsletter - October 2015

BIG FALL BOOK SALE !

We welcome you to drop off your donations of gently used books, CDs, DVDs puzzles and games, during open hours only please. Items must be in resalable condition. We regret that we cannot accept LPs, encyclopedias or textbooks.

Donations accepted: Sat. Oct.17 10AM-5PM, Mon. Oct. 19 & Tues. Oct. 20 10AM-9PM, Wed. Oct. 21 10AM-5PM.

Friends' Preview: Thurs. Oct. 22 7PM-8:30PM (Memberships available at the door.)

Sale Days: Fri. Oct. 23 & Sat. Oct. 24 10AM-4:30PM

Bag Day: Mon. Oct 26 10AM-6PM

All sale proceeds go to the Friends of the Mountainside Library, to benefit library programs and services.

"BROWN BAG ACADEMY"!

Mondays 1:15PM to 2:30PM

Experience the Joy of Learning with **THE GREAT COURSES**. Watch two lectures each week, with a 15 minute break after each lecture, to digest what you have learned and discuss with other audience members.

The series began July 6th, with **The Skeptic's Guide to American History**.

Lecturer: Professor Mark A. Stoler, the University of Vermont.

Our next course will begin on November 2nd, 2015.

You may bring your bag lunch. Coffee, tea and cookies will be provided.

Please call the Library at 908-233-0115 to register.



MASTERS OF THE LOUVRE with Walter Choroszewski **Saturday October 3rd, 2:00 to 3:00 PM**

Artist and photographer Walter Choroszewski shares his passion for the arts and history with a tour of the Louvre Museum in Paris. Walter showcases 25 artists with interesting biographical back-stories and interpretations of their iconic artworks. The museum's paintings span over 500 years from the Renaissance to the Realists and reflect European history from the artists' eyes.

Please call the Library at 908-233-0115 to register.

This program is sponsored by the Friends of the Mountainside Library.

SCOTCH PLAINS & MOUNTAINSIDE LIBRARIES' CAREER NETWORKING GROUP

Monday, October 5th, 6:30PM, at the Mountainside Public Library.

Better Habits, More Success: How to design habits to create more success at work & in life.

Why do some people move ahead despite relentless change and challenge in their work and personal lives? How do successful people respond to setbacks with resilience and focus while others stay stuck?

In this engaging and interactive presentation, Vic Beudet explores questions like these and gives professionals the tools they need to take charge of change with effective new habits of thought and action. Vic brings together the latest thinking about habit formation and gives practical, hands-on tips that you can use right away to design new habits for advancing towards goals with confidence and focus.

You will learn:

- Ø Why many of our existing habits are not effective
- Ø How to design new habits that put you on the path to success sooner rather than later
- Ø Why belief-based habits are the most effective, and how to make them work for you
- Ø How to combine habits of thinking and action to build momentum
- Ø How to stay on track day-to-day

Vic is principal of Vic Beudet Career & Life Coaching LLC and is based in Montclair, New Jersey. He partners with clients both in-person and by phone across the U.S. Vic's coaching focuses on career growth, executive development, skill-building, career and life transitions, work/life balance and stress reduction. Clients working with Vic can expect a strong commitment to developing precise goals, powerful beliefs, disciplined habits and aggressive action plans to help them advance more rapidly than they might on their own. Before coaching, Vic built a successful 30+ year business career in corporate communications and public relations on both the corporate side and at prominent communications consulting agencies.

RSVP TO THE MOUNTAINSIDE PUBLIC LIBRARY by phone: 908-233-0115.

This program is free and open to the public.

Connect with the libraries' Career Networking Group on LinkedIn, Career Networking Group at SPPL.

KEEP THIS TOSS THAT with Jaimie Novak

Thursday, October 8th 7 to 8:30 PM

Join best-selling author Jamie Novak for a humorous look at the common challenges to getting organized. Be prepared to smile as one or more of these excuses hit home. Aside from a laugh or two, you will walk away with tips on how to clean your closets and make piles of paperwork disappear!

Please call the Library at 908-233-0115 to register.

This program is sponsored by the Friends of the Mountainside Library.

SATURDAY MUSICAL GETAWAYS: GYPSY MUSIC: A Dazzling Journey, with David Podles

Saturday, October 10th, 2:00 to 3:00 PM

Join acclaimed international concert violinist David Podles on a pulsating musical tour through gypsy camp grounds in Romania, Russia, Latvia, India, Spain and the former Yugoslavia. David's violin will introduce you to popular gypsy pieces from this mystical culture of the world famous nomads whose music remains rich in mystery and ancient traditions.

Violinist David Podles of Riga, Latvia, is laureate of 3 prestigious international competitions and received his PhD from Conservatory in Riga. He performed in symphony, chamber, opera and ballet theater orchestras both solo, in orchestra and on tour across Russia, including Bolshoi and Kirov and throughout Europe and the U.S. Upon arrival in the U.S. David performed at Lincoln Center and Carnegie Hall both solo and in orchestra.

Please call the Library at 908-233-0115 to register.

Saturday Musical Getaways are sponsored by the Friends of the Mountainside Library.

MONTHLY GUIDED MEDITATION SERIES with Sally Younghans

Thursday, October 15th, 7:30 to 8:30 PM.

Join us one Thursday each month, as we explore and experience the most talked about evidence based meditation techniques for inner peace, overall wellbeing and stress reduction. The series will meet the third Thursday of most months, with exceptions TBA.

October: The Counting Breath technique. A simple technique you can access anytime, anywhere you need. Immediately tap into your para sympathetic nervous system to reduce anxiety and stress.

Please call the Library at 908-233-0115 to register.

This program is sponsored by the Friends of the Mountainside Library

HISTORIC HAUNTS OF NEW JERSEY with Gordon Thomas Ward

Thursday October 29th, 7 to 8 PM

What ghosts roam within the historic sites and buildings of central New Jersey? Nationally recognized author Gordon Thomas Ward's presentation of Historic Haunts delivers a rich mix of factual history and the sound investigation of ghostly phenomena. The combination of an open-minded enthusiasm and a level-headed approach underscores this collection of reports that will inform, entertain, and lead audience members to places where the past is considered to be very much alive and entwined with the present.

Please call the Library at 908-233-0115 to register.

This program is sponsored by the Friends of the Mountainside Library

TUESDAY NIGHT MOVIES

Shown in our Community Room at 6:30PM, unless announced otherwise. Please see our website for details.

Oct 6: WOMAN IN GOLD (2015) drama – 1 hour 50 minutes
RATED PG-13 for some thematic elements and brief strong language

Oct 13: 5 FLIGHTS UP (2015) drama – 1 hour 35 minutes
Rated PG-13 for language and some nude images

Oct 20: BOOK SALE SETUP – NO TUESDAY NIGHT MOVIE

Oct 27: BOOK SALE CLEANUP – NO TUESDAY NIGHT MOVIE

OPERA FESTIVAL Second Friday of each month. Show starts at 1PM.

Our very popular Opera Series will continue for a fourth season in September 2015, featuring acclaimed operas on DVD, presented on our theatre system.

Presented by the T. ROBEL HILL FOUNDATION and Mena Clemson.

La Fanciulla Del West by Puccini – Starring Placido Domingo and Carol Neblett
1983 Royal Opera Conductor: Nello Santi 2 hrs. 20 min.



All programs are presented for the purpose of public education and/or entertainment. Programs presented by the Mountainside Public Library do not imply an endorsement of any product, service, method or philosophy by the Library.

Mountainside Public Library
1 Constitution Plaza, Mountainside, NJ 07092
908-233-0115
www.mountainsidelibrary.org

