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The Accents is published bimonthly by the Friends of the Cape Coral Library.

Friends of the Cape Coral Library

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President's Letter

Dear Friends,

The board and committee chairs for the Friends of the Cape Coral Library have been busy bees. We started off with updating our Bylaws and are now working on improving our website.

The Bylaws update was a daunting task. They were last revised in 2004, and much has changed since then. We hope that the latest version, when approved by membership, will be able to stand the test of time- or at least be applicable for the next decade. We presented the document (with proposed revisions noted) at the July 18 General Meeting. The proposed new Bylaws will again be presented to the membership at the September 26 General Meeting, and a vote will be taken directly afterwards. Please be sure to attend; we need a quorum of members to be able to proceed. The presentation that immediately follows will be "Oh the Birds You'll See: Shorebirds and Snowbirds", so there's another great reason

to come that morning.

We've been reviewing our website for updates, and this is another big undertaking. We're also looking at ways to make it more informative and friendly, to communicate with current and prospective members more easily, and to streamline our processes through technology.

We have a position open for Historian. If you enjoy attending our meetings, events and luncheons and like to take digital photos, well this position is for you! If you'd be willing to compile copies of flyers and any newspaper articles about the Friends of the Cape Coral Library, that would be wonderful! Please contact me if you are interested in volunteering as our Historian. My phone number is (239) 258-2991 and email is monica4608@comcast.net.

Yours Truly,

Monica Rahman, President
Friends of the Cape Coral Library

What's Happening at the Cape Coral Lee County Public Library?

BY Tori Hersh

Hope everyone had a wonderful summer. Thank you for sponsoring the summer reading programs for children, tween, and teens. Monies donated by the Friends allow the Youth Services Librarians to enhance programming by having a wide variety of programs and presenters. The staff members here at CC Library are gearing up for a busy season and have new and exciting programs and ventures to bring to you. September programs for children include storytime, baby rhyme time, and read down fines. September programs for adults include the continuation of the fitness series with **Hatha Yoga** on September 2, 2015 @ 9:30 a.m. and on September

17, 2015 @ 11 a.m. **Tai Chi/Qi Gong**. On September 22, 2015 @ 9:30 a.m. Books & Banter is hosted by a Librarian; it is open forum (bring a book title to share with everyone) and refreshments are provided. Additional programs for adults include a three part financial series presented by 5/3rd bank and a Medicare program finishes out the month on September 29th.

In addition to all these wonderful programs for both children and adults, thanks to the sponsorship of the Friends, the Cape Coral Library will begin showing movies in January 2016. Please stay tuned for the first movie title and showtime.

News, Information, and Books

WELLNESS PROGRAMS AT THE CAPE CORAL- LEE COUNTY LIBRARY

By Colleen Barany

Cape Coral Lee County Library is working towards incorporating a wellness component into its Adult Programming. Thus, we are grateful to the Friends of the Library for sponsoring Hatha Yoga and Tai Chi/Qi Gong classes through the end of 2015 and, hopefully, into 2016. All classes will be held in the Meeting Room of Cape Coral Lee County library, 921 SW 39th Terrace.

Tai Chi/Qi Gong is meditation in motion, a technique that integrates body, mind and spirit. Tai Chi includes a series of slow, graceful, and controlled body movements such as stepping, shifting weight and rotating. Breathing is deep yet relaxed. Tai Chi provides benefits associated with low-impact, weight-bearing, aerobic exercise; improves physical condition, muscle strength, coordination, and flexibility; improves balance and decreases the risk of falls, especially in elderly people; eases pain and stiffness—for example, from osteoarthritis; improves sleep and contributes to overall wellness. Before beginning any exercise program, please consult your physician.

Tai Chi Instructor Hilmar Fuchs is celebrating his 50th year in the martial arts. He is an eighth-degree black belt and a former German national champion in karate. Jean Kolberg, who has previously taken classes with Hilmar, commented that “the Tai Chi class is a very good introduction to this relaxing whole body exercise. I know that if you try it, you will want to continue.”

Tai Chi/Qi Gong classes are from 11 am to noon on Thursdays: September 17, October 1 & 15, November 5, and December 10. Call 239-533-4500 for information.

Hatha Yoga is a mind/body practice that combines physical postures, breathing exercises, and meditation or relaxation. Studies suggest that practicing yoga can reduce heart rate and blood pressure; help relieve anxiety, depression, and insomnia; reduce stress; improve overall physical fitness, strength, and flexibility; and reduce chronic low-back pain. Yoga postures can be modified to accommodate individual ability. Before beginning any exercise program, please consult your physician.

Yoga Instructor Carol Ellis has been a professional fitness instructor for over 30 years. She has taught in New York City, worldwide conventions, local resorts and clubs and is Paddle Fit Certified. Of the yoga class, participant Shirley O'Donnell commented that she “was very excited when the Cape Coral Library introduced yoga as an adult program. I have never taken yoga and really enjoyed the class. I found it to be relaxing and do-able and the class time was just right. I like the 9:30 start time. I hope the classes continue as I think this is a ‘jewel’ for the community to cherish.”

Hatha Yoga classes are from 9:30 to 11 am on Wednesdays, September 2, October 7 & 21, December 2 & 16. Call 239-533-4500 for information.

Information on these programs, and more, can be found at the Lee County Library System website at www.leegov.com/library. The classes are sponsored by the Friends of the Cape Coral Library.

September 2015 Hot Titles

- Blotto, Twinks and the Bootlegger Simon Brett
- The Secret Chord Geraldine Brooks
- Pretending to Dance Diane Chamberlain
- Depraved Heart Patricia Daniels Cornwell
- A.D. 33 Ted Dekker
- Naughtier Than Nice Eric Jerome Dickey
- The Survivor Vince Flynn
- Front Runner: A Dick Francis Novel Felix Francis
- Playing With Fire Tess Gerritsen
- Ghost to the Rescue Carolyn Hart
- Winter Stroll Elin Hilderbrand
- The Theory of Death Faye Kellerman
- The Lake House Kate Morton



New Members

- Sharon Chipman & family
- Rita Librera
- Karen Weingarth

NOVEMBER BOOK SALE

By Paula Novander

Has everyone switched to e-books ? For those who still love to hold a book in your hands we will have a fantastic Fall book sale in November. We have filled our first storage unit and are well on the way to filling up the 2nd, larger unit.

Save the date for our next book sale beginning with the "Members Only" sale Thursday Nov. 19th from 3:00 until 5:30 pm. We will continue on Friday the 20th from 9:00 am until 4:30 and Saturday from 9:00 am until 3:00 pm. It has been a very busy summer for donations so tell your friends - we will have something for everyone. We are always looking for donations, so if you have some books, CDs or DVDs think of the Friends of the Cape Coral Library. You can leave small quantities with the librarians at the circulation desk – be sure they understand they are

donations to the Friends. If you have a large donation leave a message on the Friends Hotline at 349-2572 or email the book sale coordinator at booksale@Capefriends.org and we will pick them up. All donations are tax deductible, ask for a receipt.

I will have sign-up sheets at our meeting September 26th so please consider volunteering to help setup. It takes a lot of hands to get all those books out on the tables and organized. We will begin setting up on Wed. Nov. 18th and finish on Thursday in time for the members-only sale. I especially need people to help straighten up during the sales on Friday and Saturday. To volunteer to help with the sale leave a message for Bob on the Friends Hotline at 349-2572.

Like Us On Facebook

November 14, 2015
Friends of the Cape Coral Library

Coffee and Snacks at 9:30 AM
General Meeting at 10:00 AM

**Followed by "Oh the Places You Can Go:
Kayaking, Paddle Boarding, Sailing"**

Our general meeting features Stan Chrzanowski representing the Calusa Blueway, and Allen Fiske, Commodore, CMCS Sailing Club.

Both will highlight Southwest Florida waterways and the self-propelled methods of exploring them.

Speakers will present, answer questions and have topical materials available. The Cape Coral Library will display topic-related books, dvds and audios available for checkout.

Meetings are open to the public.

Large Meeting Room
Cape Coral Library
921 SW 39th Terrace
Cape Coral FL 33914
www.capefriends.org



Gallery Exhibits

Artists on Exhibit in the Cape Coral Library Art Gallery

Brought to you by the Friends of the Cape Coral Library

By Monica Rahman

September 2 through September 29, 2015

Artwork by participants in the **Arts in Healthcare “art by the disABled” program at Lee Memorial Health System** will be on display on the walls of the gallery. Arts in Healthcare is a nation-wide movement that links the expressive arts with the healing arts and brings these into the mainstream of the traditional healthcare to promote the well-being of those who are ill and their caregivers. It integrates the expressive arts in all forms into the healthcare setting to provide creative outlets for patients, families and staff. Arts in Healthcare in the Lee Memorial Health System provides creative activities for patients, families and staff to assist with the healing process and is available at each of the health system’s hospital campuses. Activities include art, music, dance and movement, creative writing, and more. Art by the disABled is a program for individuals with disabilities who are looking to showcase and exhibit their creative works. Arts in Healthcare is led by the program coordinator with the support of more than 70 volunteers and is funded by donations. If you would like more information about the Lee Memorial Health System’s Arts in Healthcare program, please contact Program Coordinator Doug MacGregor by calling 239-343-2633 or email to art@leememorial.org.

Artwork created by participants in the **City of Cape Coral Special Populations Center** will be on exhibit in the gallery cases. The Mission Statement for the center, which is part of the Parks and Recreation Department, is as follows: “To promote independence for persons with intellectual and physical disabilities through education, exposure, experience and encouragement in a safe, caring environment.” Programs include life skills development and adult day training in addition to after school, evening and special events providing an array of activities and options. The colorful paintings, sculpture and craft items for this exhibit in the library were created during art sessions held at the Freida B. Smith Special Populations Center, which is located within Lake Kennedy Park between the Lake Kennedy Center and Sun Splash Family Waterpark. Visit www.CapeParks.com and click on “Special Populations” or call 239-574-0574 for more information.



Left: Janice Orozco "Home in the Burrow" Arts in Healthcare



Left: Carol Murphy "Silver and Gold" Arts in Healthcare

Artists Reception on September 12, 2015 from 12:30 TO 2:30 PM

An **Artists Reception** for the exhibitors from the “art by the disABled” and the **Special Populations** programs will be held at the Cape Coral Library on Saturday, September 12 from 12:30 to 2:30 PM. Light refreshments will be served in the small conference room off of the gallery. Call Monica Rahman of the Friends of the Cape Coral Library at 239-258-2991 or email her at monica4608@comcast.net for information on the reception.

October 1 through October 30, 2015

Creations by **The Decorative Artists of Southwest Florida (DASF)** will be on display on the walls of the gallery as well as in the cases. Members of DASF also belong to the international Society of Decorative Painters. Their objective is to promote the art of painting for those who wish to learn to paint in any of a wide variety of mediums. DASF welcomes people of all ages and all levels of ability ranging from those with no experience to the accomplished professional artist. Members are most generous in sharing their talents and their time. Examples of work created by the Decorative Artists include painted furniture, trays, wall pictures, shoes, caddies, serving pieces and much, much more. Visit www.DASFartists.com for more information about the organization.



Above: Artwork in Special Populations Exhibit



P. O. Box 152471
Cape Coral FL 33915

Use this form to join or **renew** your membership or **change** your address or other contact information.

- New Member Renewal Change
- Individual Membership \$10.00
- Family Membership \$15.00
- Life Membership \$150.00
- Business Membership \$75.00



I would be interested helping Friends of the Library with:

- Events Accents
- Book Sale Publicity
- Gallery

Name (please print) _____
 Phone _____
 Street _____
 City, State _____ Zip _____
 Email Address _____

Do not e-mail newsletter.
 (Unless you check the box, this newsletter will be e-mailed to you.)

Signature _____

Tell us about yourself:

What is or was your profession/career?

What are your interests/hobbies/passions?

We could use your help with publicity, advocacy, fund raising, and much more. Help us find a "fit" for you [don't be modest]: _____



Meet new friends and be involved in making the Cape Coral Library an interesting and informative place.