

BEDFORD FREE PUBLIC LIBRARY



7 Mudge Way, Bedford, MA 01730 781-275-9440 www.bedfordlibrary.net



November 2015 LIBRARY PROGRAMS

TWO FINANCIAL WORKSHOPS WITH PETER HOFFMAN, MBA, CFP, RLP

RETIREMENT INCOME PLANNING MONDAY, NOVEMBER 9 7:00-9:00 PM



You saved for many years and now that you are actually in retirement, you have the very different challenge of how to make your savings last for the rest of your life, and perhaps leave a legacy. The investment strategies and mindset for those in retirement are very different from those preparing for retirement, with a shift to focusing more on safety and drawdown than savings and growth. Topics will include:

- How you can create a guaranteed income stream to cover basic needs
- How to use a 'bucket strategy' to insulate yourself from the stock market's volatility
- In what order you should draw down your various investment and retirement accounts to minimize taxes, maximize how much you can spend, and increase the odds that your savings will last as long as you will

ESTATE PLANNING: AN INTRODUCTION TO THE ESSENTIALS MONDAY, NOVEMBER 16 7:00-9:00 PM



Estate Planning is not just for seniors and the wealthy! Even new parents have critical estate planning needs. Estate Planning is the way to ensure that what is important to you happens when you are no longer around or are not able to speak for yourself. No matter what your life situation, you have estate planning needs that you owe yourself to understand. It can mean the difference between leaving a legacy - or a tax bill - to your heirs.

Peter Hoffman is a certified Financial Planner Professions with Orion Wealth Advisors in Lexington. Advisory services offered by TRust Advisory Group, Ltd



Programs, unless otherwise noted, are sponsored by the Friends of the Bedford Library.

FEASTING FROM THE COOKBOOK

A cookbook club with demonstrations and tastings with LIZ BARBOUR

Tuesday, November 3 @ 6:30 pm
'Ina Garten Barefoot Contessa Foolproof'.

Plan a menu and coordinate everything so it all gets to the table at the same time.

Notes to keep you on track when a recipe goes wrong, tips for making recipes in advance, and much more.

Following the discussion, Liz will demonstrate a recipe or two for tasting.



**** SPACE IS LIMITED! ****
CONTACT THE REFERENCE DESK TO RESERVE A SPACE.



WEDNESDAYS AT 1:30 PM ALL TEENS WELCOME! SNACKS!

NOV 4 MOVIE DAY

Watch *Paper Towns*, adapted from the bestselling novel by author John Green. A coming-of-age story centering on Quentin and his enigmatic neighbor Margo, who loved mysteries so much she became one.

NOV 11 VETERAN'S DAY Library Closed

NOV 18 HUNGER GAMES EVENT

Panem citizens are invited to try their hand at an assortment of survival skills and activities before the final Hunger Games movie is released!

NOV 24 NO TAG MEETING THANKSGIVING VACATION BEGINS

For more details contact Teen Librarian, Pam at 781.275.9440.



THURSDAY NIGHT MOVIES

Showtime: 6:30 pm

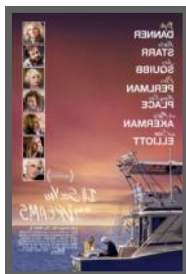


November 5, 2015
5 FLIGHTS UP

2015 Comedy directed by Richard Loncraine
A long-time married couple who've spent their lives together in the same New York apartment become overwhelmed by personal and real estate related issues when they plan to move away.

Starring Morgan Freeman, Diane Keaton, and Cynthia Nixon

Rated PG13 ~ 93 minutes



November 12, 2015
I'LL SEE YOU IN MY DREAMS

2015 Drama directed by Brett Haley
In this vibrant, funny and heartfelt film, a widow and former songstress discovers that life can begin anew at any age.

Starring Blythe Danner, Martin Starr, and Sam Elliott

RATED PG13 ~ 97 MINUTES



November 19
SPY

2015 Comedy directed by Paul Feig
A desk-bound CIA analyst volunteers to go undercover to infiltrate the world of a deadly arms dealer, and prevent diabolical global disaster.

Starring Melissa McCarthy, Jude Law and Rose Byrne

RATED R ~ 120 MINUTES

November 26 **THANKSGIVING Closed**

License to show these and other films is made possible through the Friends of the Library.



@ THE
LIBRARY

FOR MORE INFORMATION ON THESE AND OTHER PROGRAMS FOR CHILDREN, PLEASE VISIT THE LIBRARY OR CALL CHILDREN'S REFERENCE AT 781-275-9440

PRESCHOOL STORYTIME: MONDAYS

→ for kids aged 3 ½ -5 years old

- 2:15 - 2:45 PM

Stories, songs, rhymes, and lots of fun for preschool-aged children and their caregivers.

BABY LAPSIT: TUESDAYS

→ for children aged 0-24 months

- SESSION 1: FROM 9:30-9:50 AM
- SESSION 2: FROM 10:30-10:50 AM

Finger plays, songs, and simple stories for our youngest patrons and their caregivers.

TODDLER STORIES: THURSDAYS

→ for kids aged 2-3 ½ years

- SESSION 1: 9:30-10:00 AM
- SESSION 2: 10:30-11:00 AM

Stories, songs, finger plays, and more for toddlers and their caregivers.

DROP-IN STORYTIME WEDNESDAYS

→ for kids aged 0-5 years

- 10:30 - 11:00 AM

Join Ms. Nancy and Ms. Bethany each week for stories, songs, rhymes, shakers, scarves, and fun for all.



Special Programs for Kids



DIY Kids: PLACE MAT Workshop

November 3 9:30-10:30 AM For all ages -ESPECIALLY for grades K-5

Bedford Public Schools are closed today! Why come to the library? Do-it-yourselfers of all ages are invited to drop by the Children's Room to make your own laminated place mat for fall.



CUENTOS PARA NIÑOS

November 6 1:45-2:15 PM

Un programa ofrecido por el Club de Español de la Escuela Secundaria de Bedford. Cuentos, canciones, y rimas infantiles para niños y sus cuidadores. ¡Todos son bienvenidos!

Led by the Bedford High School Spanish Club. Stories, songs, and rhymes for young children and their caregivers. All are welcome!



BUILDING ZONE

November 28 10:30-11:30 AM For all ages -ESPECIALLY for grades K-5

It's a morning for the whole family! We'll have KEVA® building planks, giant bricks, cardboard boxes, and more for every level of ability. What will you build?



November 2015



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 PRE K STORIES 2:15 PM STR	3 DIY KIDS: PLACE MAT WORKSHOP 9:30 AM STR FEASTING FROM THE COOKBOOK WITH LIZ 6:30 PM MR	4 DROP IN STORYTIME 10:30 AM MR TAG: MOVIE DAY WITH PAPER TOWNS 1:30 PM DROP IN TECH HELP 7:00 PM REF	5 TODDLER STORIES 9:30 AM OR 10:30 AM STR MOVIE: 5 FLIGHTS UP 6:30 PM MR	6 CUENTO PARA NIÑOS 1:45 PM STR	7
8	9 PRE K STORIES 2:15 PM STR RETIREMENT INCOME PLANNING WITH PETER HOFFMAN 7:00 PM MR	10 BABY LAPSIT 9:30 AM OR 10:30 AM STR TRUSTEE MEETING 7:30 PM MR	11  VETERAN'S DAY	12 TODDLER STORIES 9:30 AM OR 10:30 AM STR MOVIE: I'LL SEE YOU IN MY DREAMS 6:30 PM MR	13	14
15	16 PRE K STORIES 2:15 PM STR ESTATE PLANNING W/ PETER HOFFMAN 7:00 PM MR	17 BABY LAPSIT 9:30 AM OR 10:30 AM STR	18 DROP IN STORYTIME 10:30 AM MR TAG: HUNGER GAMES EVENT 1:30 PM MR DROP IN TECH HELP 7:00 PM REF	19 TODDLER STORIES 9:30 AM OR 10:30 AM STR MOVIE: SPY 6:30 PM MR	20	21
22 ARTIST RECEPTION 5:00 PM LOBBY	23 PRE K STORIES 2:15 PM STR	24 BABY LAPSIT 9:30 AM OR 10:30 AM STR "CODE NAME VERITY" 1:00 PM COA	25 DROP IN STORYTIME 10:30 AM MR CLOSING @ 5	26  FOR THE THANKSGIVING HOLIDAY	27	28 BUILDING ZONE FOR KIDS 10:30 AM MR
29	30	LOCATIONS: MR: Meeting Room REF: Reference Area CR: Conference Room STR: Storytime Room COA: Council on Aging, Town Center Bldg				



The Bedford Free Public Library is happy to offer a new museum pass to our lineup.

PLIMOTH PLANTATION PASSES will admit up to four people at \$12.00 each.

- The *Living History Museum* is open 7 days a week from 9:00 a.m. to 5:00 p.m. through Sunday, Nov. 29. The Plantation is 3 miles south of Plymouth Center.
- *Mayflower II* is located at the State Pier (across the road from 74 Water St) on the Plymouth waterfront.
- The *Plimoth Grist Mill* is located in downtown Plymouth at 6 Spring Lane.

All sites reopen on March 25, 2016.

The pass, when presented at any of the above locations, allows patrons to purchase tickets at a reduced price, including combo tickets to more than one site.

StoryCorps® @ your library

The Bedford Free Public Library is using the StoryCorps model to provide the citizens of Bedford with a forum to tell and preserve their stories. The theme for this program will be:

"WHY BEDFORD? OF ALL THE PLACES IN THE WORLD YOU COULD LIVE, WHY DO YOU LIVE HERE?"

During the month of November 2015, we will be recording interviews with Bedford residents.

If you would like to be included in this project, or would like more information, please send an email to: mmillar@minlib.net or call the BFPL at 781-275-9440 x4128.

The program will run through December 2016.

Thanksgiving History

What was on the menu for the earliest feast?

Today, Thanksgiving dinner includes turkey, stuffing and mashed potatoes, cranberry sauce and pies. At the so-called "first Thanksgiving," (*historians at Plimoth Plantation prefer to call it "the harvest celebration in 1621."*) there would be slimmer pickings.



Wildfowl was there, corn in grain form for bread or porridge, and Venison. The two only surviving documents referencing the meal (*a letter from Edward Winslow and a manuscript from Governor Bradford*) confirm that these staples were part of the harvest celebration shared by the Pilgrims and Wampanoag at Plimoth Colony in 1621. From her studies of cookbooks and gardens of the period, Kathleen Wall, a foodways culinarian at Plimoth Plantation, notes that turkey was not the centerpiece of the meal, as it is today, but rather goose or duck was the wildfowl of choice. In her research, Wall found that swan and passenger pigeons would have also been available. Since the first Thanksgiving was a three-day celebration, Wall adds, "I have no doubt whatsoever that birds were roasted one day, the remains of them are all thrown in a pot and boiled up to make broth the next day. That broth thickened with grain to make a pottage." In addition to wildfowl and deer, the colonists and Wampanoag probably ate eels and shellfish, such as lobster, clams and mussels. Wall notes the Indians likely provided chestnuts, walnuts, and beechnuts from the forest, with flint corn, beans, pumpkins and squash that they grew. There were no potatoes since they had yet to infiltrate North America from Ireland, Africa or Caribbean and no cranberry sauce since it would be another 50 years before sugar was available.

All this begs a follow-up question. So how did the Thanksgiving menu evolve into what it is today?

The holiday took root in the mid-19th century when Edward Winslow's letter and Governor Bradford's manuscript were rediscovered and published. By the 1850s, most states and territories celebrated Thanksgiving.

Sarah Josepha Hale, editor of the popular women's magazine *Godey's Lady's Book*, pitched her idea of a national holiday to President Lincoln as a way to unite the country in the midst of the Civil War. Throughout her campaign, Sarah printed Thanksgiving recipes and menus in her magazine. A lot of the food that we think of—roast turkey with sage dressing, creamed onions, mashed turnips, even some of the mashed potato dishes, which were kind of exotic back then—were in her magazine.

In 1863, Lincoln made Thanksgiving a national holiday. And in 1941, Congress made it a national holiday celebrated on the fourth Thursday in November.

Read more: <http://www.smithsonianmag.com/history/what-was-on-the-menu-at-the-first-thanksgiving-511554/#WWi3k1XK21gkRbRd.99>



Bedford Free Public Library Book Discussion

Tuesday, December 1st @ 1:00 pm

at the Council on Aging, Town Center Bldg.

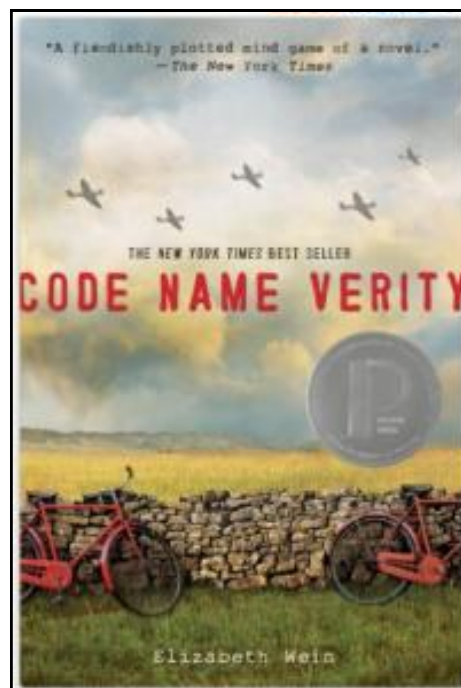
CODE NAME VERITY by Elizabeth Wein

Oct. 11th, 1943-A British spy plane crashes in Nazi-occupied France. Its pilot and passenger are best friends. One of the girls has a chance at survival. The other has lost the game before it's barely begun.

When "Verity" is arrested by the Gestapo, she's sure she doesn't stand a chance. As a secret agent captured in enemy territory, she's living a spy's worst nightmare. Her Nazi interrogators give her a simple choice: reveal her mission or face a grisly execution.

As she intricately weaves her confession, Verity uncovers her past, how she became friends with the pilot Maddie, and why she left Maddie in the wrecked fuselage of their plane. On each new scrap of paper, Verity battles for her life, confronting her views on courage, failure and her desperate hope to make it home. But will trading her secrets be enough to save her from the enemy?

A Michael L. Printz Award Honor book that was called "a fiendishly-plotted mind game of a novel" in *The New York Times*, *Code Name Verity* is a visceral read of danger, resolve, and survival that shows just how far true friends will go to save each other.



Copies available at the Library Circulation Desk.