

At the Library, for the week of January 17, 2022

Trecia Schell, Community Services Librarian, and Branch Librarian - Books-by-Mail, River John, Stellarton & Trenton Public Libraries

Warm up, with winter reading

Welcome to 2022! We have a stellar line-up of author readings coming your way – with something for everyone. Stories of life's journeys, uplifting keynotes, some spicy romance, exploring the wonderment of our own backyards and visiting truly special beautiful places in Nova Scotia.

We begin the Winter Author Readings series in conversation with Senator Don Oliver (retired), with his memoirs on Wednesday January 19, at 7pm – *A Matter of Equality: The Life's Work of Senator Don Oliver*. The memoirs follow Don's journey from growing up with his family in the small university town of Wolfville, NS to the halls of the Canadian Senate, and around the world. His influences growing up Black in Nova Scotia have shaped his efforts to challenge Canadian society to do better. His work while at the Senate has truly changed the representative face of the Public Service Commission of Canada through the recognition of the importance, and valuable benefits of being a diverse and representative employer.

Then we invite Christina Crooks, to share with us her found wisdom, "*Good Burdens: how to live joyfully in the Digital Age*" on Tuesday January 25 at 7pm. For those looking to find some balance, and happiness in their busy schedules – this book is a must read! Thoughtful research, self-searching questions, and helpful choices to help you find your way to recapturing joy – in your everyday life! Join us on this discovery of the culture of gratitude, to carry a 'good burden'. It's time to reconnect with your family, friends, neighbourhood and community - offline!

These author readings (and more) will be held online via ZOOM webinar, and also offered via teleconference by phone. Coming up in February, we have something 'spicy' for Valentine's Day, with local author Sarah Butland sharing her novel, "*Losing It at 40*" (Wednesday, February 9 at 7pm). "*A Walk in the Woods*", an illustrated presentation with Jeff Domm (Wednesday February 16 at 7pm), featuring several of his beautifully illustrated (and very handy!) nature guides. And then wrapping up February, we'll be swapping tales with the plucky, former PARL Writer-in-Residence, Donna Morrissey on Wednesday February 23 at 7pm, as she shares with us her newly published memoirs, "*Pluck*". For full program details and information, please visit the [PARLevents calendar online](#), at www.parl.ns.ca.

Looking forward to getting outside? The [snowshoe lending program](#) with Active Pictou County has returned! You can borrow a set of adult or children's snowshoes from your local library, all free with your library card. If the winter blues are getting you down, we also have [Light Therapy Lamps](#) available for use at all our library locations. Drop by and soak in some friendly sunshine.

For more information on all our upcoming library programs and services, please call or drop by your local library, follow us on *Twitter*, find us on *Facebook*, or visit us online at www.parl.ns.ca.