Book Sale - August 22nd!

Take advantage of your Member benefit at this month's Book Sale! As a current member, you can enter at 9 am (one hour before the general public). Laurie Allen and her crew do an excellent job at creating one of the top-notch book sales in this county. Don't miss out on this great opportunity to pick up some books, CDs and DVDs at bargain prices! If you need to renew your membership, you can do so ahead of time at the Library or on our website (mbfol.org) or at the door at the Community Center before the sale starts.

Thank you to those many people who have donated items for our Book Sale! We are always accepting donations for the next sale. You can drop them off at the Library any time during open hours.

The final Book Sale of the year will be held on Saturday, November 14.

Wellness Wednesdays Sponsored by the Morro Bay Friends of the Library

Wednesday, August 12 from 10 a.m. - Noon Local Author and Life Coach, Karen Croley, M.A. on “12 Spiritual Truths to Starting Over.” Are you someone going through some major changes in your life - i.e., move, divorce, loss of a loved one, loss of a job, an accident, empty nest, medical illness, retirement or relationship change? What would it take to incorporate some methods for managing it all so that you could feel good again? Find answers to these questions and more at this free program.

Wednesday, September 9 from 10 a.m. - Noon President of Morro Bay in Bloom, Walter Heath on “Asking More of the Landscape.” Research suggests that garden therapy is an efficient way to reduce stress, be a source of fresh, healthy produce, keep you limber, and even improve your mood. Learn how our relationship to the natural world is facilitated by gardens and by gardening and how that relationship is becoming more vital, as well as the organization Morro Bay in Bloom.

Women’s Wellness Group Coming in September

Because of the popularity of the Wellness Wednesdays series, a new free library program is being offered this September being facilitated by Karen Robert, M.A. called Women’s Wellness Group. The group will meet the 1st & 3rd Fridays from 10:30 a.m. - Noon beginning September 4th. This will be an opportunity for open discussions and eventual guest speakers based on the group's interests.

For more information, contact Group Facilitator, Karen at karen@live-now.org or 805-772-9268 or go to www.live-now.org.
A Message From Our President: Robert “Red” Davis

I will retire from the Friends’ Board at the end of my term as President. I am proud and grateful to have been part of a dedicated and steadfast team these past three years. We accomplished many good things, but the jewel in our crown will always be the remodel of our beautiful Library building. The community of Morro Bay is unique in that we raised all the money for the project and we built a library that is superior to every other library building in our county. I tip my hat to every one of you who worked so hard to accomplish this. Thank you everyone!

<table>
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<tr>
<th>ONGOING EVENTS</th>
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<tr>
<td><strong>Book Discussion Group</strong></td>
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<td>1st, 2nd &amp; 3rd Wednesdays of the month</td>
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<td>10 a.m.—Noon</td>
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<td>For book schedule and other details, visit <a href="http://www.morrobaybookdiscussiongroup.org">www.morrobaybookdiscussiongroup.org</a></td>
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| **North Coast Writer’s Club** |
| 3rd Saturday of the month |
| 10 a.m.—Noon |
| The North Coast Writer’s Club is here to lend support, accountability and encouragement for your writing projects - especially if you are interested in self-publishing. Bring your writing samples. More information: Bert Silva @ 771-9803 or bertsilvabthesea@gmail.com. |

| **Mystery Readers** |
| 4th Wednesday of the month |
| 10 a.m.—Noon |

| **Story Time Movies** |
| Every Tuesday at 10:30 a.m. |

| **E-Device Explanations with Diana** |
| Every Thursday |
| 8:30 - 10 a.m. |
| Please make an appointment, 772-6394 |

**Library Information**

625 Harbor Street, Morro Bay, CA 93442
805.772.6394
Hours: Tues. 9am—6pm
       Wed. 10am—6pm
       Thurs.-Sat. 10am—5pm
       Sun/Mon—Closed

**Friends Board of Directors**

President—Robert “Red” Davis  805-772-0874
pre@mbfol.org
Vice President—Trina Dougherty
Secretary—Susan McElhinney
Treasurer—Gerry Fuller
Programs—Jan Goldman
Membership—Susan Gossard
Book Sales—Laurie Allen
Newsletter—Joan Browne
Volunteers—Joan Petersen

Our Mission:

To benefit the public by providing financial and volunteer support to the Morro Bay Library.

**2015 Committee/Program Chairs/Support**

Website Coordinator—Rhonda Crowfoot
info@mbfol.org
Discussion Groups—Karen Robert  225-3131
Karen@morrobaybookdiscussiongroup.org
Branch Manager—Jackie Kinsey  772-6394
jkinsey@slolibrary.org

**Among Friends Newsletter**

*Among Friends* is distributed to all MBFOL members (over 500 households). We encourage submissions of library-related material. Please contact Joan Pedersen, Editor, for deadlines. The editor reserves the right to edit or reject material. Each article is the opinion of its author and does not necessarily represent the opinion or endorsement of the Friends of the Library or the editors.

Note: The artwork used in the headers of pgs. 1 & 9 is from the tile mural by Peter Ladochy that is on the west side of the Morro Bay Library.
Upcoming Events

Friends of the Library Book Sale  Morro Bay Community Center
August 22
10 a.m. to 2 p.m. (9 a.m. Early entrance for Members only; 1—2 p.m. $3 per bag sale)

- **Wellness Wednesday:** Karen Crole, M.A.
  **Wednesday, August 12, 10 a.m. - Noon**  “12 Spiritual Truths to Starting Over”

- **Seabird Olympics** With Ranger Cara O’Brien
  **Thursday, August 13, 9:30 a.m.**

- **Movie:** *The Theory of Everything*  Rating PG-13 (123 mins.)
  **Friday, August 21, 10 a.m.**

- **Wellness Wednesday:** Walter Heath (Morro Bay in Bloom)
  **Wednesday, September 9, 10 a.m. - Noon**  “Asking More of the Landscape”

- **Women’s Wellness Group** Facilitated by Karen Robert, M.A.
  **Friday, September 4 & 18, 10:30 a.m.**

- **MBFOL Board Meeting**
  **Friday, September 11, 11:30 a.m.**

JOIN the Morro Bay Friends Of The Library & support your local public library!

Name__________________________________________
Address_____________________________ City/State/Zip ____________________________
Telephone________________________  Email ____________________________________________
☐ NEW  ☐ RENEWAL  ☐ Check (Payable to MBFOL)  ☐ Cash
☐ Individual $10/year  ☐ Household $20/year  ☐ Patron $50/year  ☐ Sustaining $100/year
☐ Individual Lifetime $250
☐ Business $25/year  (☐ Yes, I will offer a Library Friends Membership Benefit)
☐ Donation: $ ____________________  TOTAL ENCLOSED: $ ____________________
I’d like to receive my Newsletter: ☐ Email saves $5/year/member  ☐ U.S. Mail.

YES! CONTACT ME TO VOLUNTEER:
☐ Book Sale  ☐ Fundraising  ☐ Membership  ☐ Publicity  ☐ Special Events

Please return to: Morro Bay Friends of the Library, 625 Harbor Street, Morro Bay, CA 93442.

mbfol.org  Spring 2015 | 3
Upcoming Book Sale:
August 22, 2015
at Morro Bay
Community Center
9-10 am Members Only (join at the door)
10am-2pm Public Sale; 1-2 pm $3 bag sale

Please keep us current with addresses and email changes. If you have an email and would prefer to receive newsletters online, please let us know. Choosing the email option for newsletters saves the Friends $5 a year per membership! Send changes to info@mbfol.org.

Your email is confidential and will not be shared.