



BERKELEY PUBLIC LIBRARY
510-981-6100
www.berkeleypubliclibrary.org

March 2010

what's happening here
Newsletter of the Berkeley Public Library

学用电脑打中文字

2010年3月3日 (星期三)

下午1:30 ~ 3:30

柏克莱公立图书馆 (中央)

电脑室 (第3楼)

在课堂上用的电脑是 Vista
限收20个学生, 免费参加



Typing Chinese
**LEARN HOW TO TYPE CHINESE CHARACTERS ON A COMPUTER
FOR FREE**

**Berkeley Public Library
Electronic Classroom (3rd Floor)
2090 Kittredge at Shattuck
Wednesday, March 3, 2010
1:30 PM – 3:30 PM**

The platform used in the Electronic Classroom will be in Vista.
Drop-in class with limited space for 20 students – first come, first served.

To request a sign language interpreter, real-time captioning, materials in large print or Braille,
or other accommodations,
call 510-981-6107 or 510-548-1240 (TTY). Wheelchair accessible.



Honoring César's Legacy Through Service to the Community

To Celebrate the 2010 Chávez Commemorative Period

March 30 - April 12, 2010

Berkeley Celebrates "Sí, se puede"

Poster, Book, and Photo Exhibit

**Flat Display Cases Berkeley Public Central Library –
2nd floor Historic Lobby**

Exhibit Cases Facing on Kittredge Street

2090 Kittredge Street (at Shattuck) – Downtown Berkeley

Homage to Four Virtues of César Chávez

- **Hope** - To believe that seemingly insurmountable obstacles can be overcome
- **Determination** - To stay with a course of noble action despite obstacles. ¡ **Sí, se puede!**
- **Courage** - To meet danger or advance unpopular opinions without giving way to fear
- **Tolerance** - To resolve differences peacefully by understanding the beliefs of others



"...one of the heroic figures of our time."

-Robert F. Kennedy

PRINTS COURTESY OF ALLIANCE GRAPHICS AND OTHER PRIVATE COLLECTIONS

Thanks to City of Berkeley Work Source for the loan of the posters

Books and documents from the collection of the Berkeley Public Library

For more local activities during 2010 Chávez Commemoration period, go to

<http://www.ecologycenter.org/chavez/>

*Berkeley Public Library and
North Atlantic Books*

PRESENT

**March Get Well! Library Series to Feature
Oakland Chronic Pain Specialist
Maggie Phillips**

Chronic pain therapist **Dr. Maggie Phillips** will speak in conversation with North Atlantic Books publisher and writer **Lindy Hough** at the 4th Alternative Medicine event sponsored by Berkeley Public Library and North Atlantic Books on March 20, 2010, from 2-4 p.m. at Berkeley Central Public Library in the 3rd floor Community Meeting Room.

Phillips uses a variety of methods—including medical hypnosis, EDRD (Eye Movement De-sensitization and Reprocessing, Somatic Experiencing (working with trauma) and Energy Psychology to help clients with anxiety, depression, panic, phobia, health imbalance, and chronic pain. Forget the medications, and explore how these body/mind methodologies can work for you.

Dr. Phillips gives lectures and workshops annually in the Far East, Europe, and the U.S., while maintaining a local practice in Oakland. “Ten Reasons People In Pain Don’t Heal and How They Can” is a popular presentation at conferences that explores how a ten-point program can address barriers to healing from a “bottom-up” as well as “top-down” perspective.

The first hour on March 20 will feature a public conversation between Dr. Phillips and Hough. The second half will be devoted to audience questions. Refreshments and a book signing of Dr. Phillips’ *Reversing Chronic Pain: A 10-Point All-Natural Plan for Lasting Relief* will follow. For more information on Dr. Phillips, visit maggiephillipsphd.com.

North Atlantic’s goal with this four event series is to provide education on alternative healing by bringing leading authors before audience members for a year. Lindy Hough, Publisher of North Atlantic Books, and Douglas Smith, Deputy Director of the Berkeley Public Library developed **Get Well! Alternative Practitioners Talk With You About Healing.**

“The Library is excited to be working in partnership with North Atlantic Books to better serve readers’ interest in new approaches to understanding the interplay of mind, body, and

spirit,” said Smith. “We’re pleased to be expanding our programming, outreach, and collections in these important directions.”

For more information contact:

Lindy Hough
ldh@northatlanticbooks.com
(510) 549-4270 x 12

**Berkeley Public Library
Invites You to . . .**

- ***Conceptual Design Discussion at the
Board of Library Trustees Meeting***

Wednesday, March 10th at 6:30 pm,

1125 University Avenue

Join us as the design team Harley Ellis Devereaux - GreenWorks Studio answers questions about their conceptual design plans for the West Branch at the Board of Library Trustees regular meeting.

Join us as the architectural design team presents an update on the design development phase of **your** Claremont Branch Library Project:

- ***Claremont Branch Library***

The design team Gould Evans / Baum Thornley presents an update on the Claremont Branch design development phase at the Claremont Branch Library, Wednesday, March 31, 6:30-8:00pm.

We value your input! Refreshments will be served. For accessibility info or other questions, go to www.berkeleypubliclibrary.org or call 510-981-6195.

Programs listed in the newsletter are wheelchair accessible. To request a sign language interpreter, real-time captioning, materials in large print or Braille, or other accommodations for this event, call **510-981-6107** or **510-548-1240** (TTY). At least five working days will help ensure availability. Please do not wear perfumes or scents to public performances.

Programs listed in this newsletter are supported by the **Friends of the Berkeley Public Library**. For information on the **Friends** or to join them and/or for volunteer opportunities with the **Friends**, call them at **841-5604** or visit <http://www.berkeleypubliclibrary.org/about-the-library/support-the-library.php>.

Need job search savvy??

The Berkeley Public Library and the North Cities One Stop Career Center will be offering job search workshops on two Monday nights in March from 6:00-7:30pm. The workshops will cover general job search tips, crafting an effective resume, and conducting a job search online and will be held in the 3rd floor Community Meeting Room of the Central Library at 2090 Kittredge Street.

Join us on March 1st, 2010, for a general information session for dislocated workers and March 22nd, 2010 for tips on crafting a powerful resume. For more info, please call **510-981-6148** or go to www.berkeleypubliclibrary.org.

Venga a disfrutar del

CAFÉ LITERARIO 2010

**Una serie de lectura y discusión
de libros en español
con Álvaro Sanabria de moderador
Los jueves de 7 pm a 8:45 pm
Biblioteca Pública de Berkeley,
West Branch
1125 University Avenue,
cerca de San Pablo Ave.**

Este programa es gratis para el público. Tendremos un número limitado de copias de los libros. Los libros para la siguiente sesión se podrán recoger al principio de cada reunión.

Proyectamos leer y discutir las siguientes obras:

- **11 de marzo**

***El viajero del siglo* de Andrés Neuman**

- **8 de abril**

***Los ejércitos* de Evelio Rosero**

- **6 de mayo**

***Radio ciudad perdida* de Daniel Alarcón**

- **10 de junio**

***El viaje del elefante* de José Saramago**

- **8 de julio**

***Demasiados héroes* de Laura Restrepo**

Para más información, favor de llamar a West Branch a **510-981-6270**

Patrocinado por los Amigos de la Biblioteca Pública de Berkeley

Accesible para personas en silla de ruedas. Si necesita un intérprete de lenguaje de señas u otro tipo de ayuda llame al 510-981-6107 o al 510-548-1240 (TTY) una semana antes del evento. Por favor no use productos perfumados en las reuniones públicas.

Plan and Train

for Your First Century Bicycle Ride

**Nancy Kaspar, California Triple Crown
Bicycling Award winner, will be teaching a
two-part workshop on how to Plan and Train
for Your First Century Bicycle Ride at
Berkeley Public Library on Tuesdays, April
6th and 13th, 6:30-7:45pm, 2090 Kittredge at
Shattuck, in the 3rd floor Community Room.**

Century rides are either 100-kilometer or 100-mile cycling adventures and pose both physical and mental challenges. A Century is a great tool to improve fitness, structure workouts, and provide a focused goal.

**1st Session: Equipment and selecting
your first event.**

**2nd Session: Training plan, including
recommended resources and support.**

Saturday Afternoon at the Movies:

View and Discuss

Award-winning Independent & Foreign Films

The Violin

Saturday 3:00 pm

March 27th

Claremont Branch Library

Meeting Room

2940 Benvenue Ave. @ Ashby Ave.

Jen Malkowski, instructor at the UC Berkeley Film Studies department will present the film and lead the discussion. The film for discussion will be *The Violin*, a Mexican film directed by Francisco Vargas.

Don Plutarco, his son Genaro and his grandson Lucio live a double life: on one hand they are musicians and humble farmers, on the other they support the campesina peasant guerilla movement's armed efforts against the oppressive government.

When the military seizes the village, the rebels flee to the sierra hills, forced to leave behind their stock of ammunition. While the guerillas organize a counter-attack, old Plutarco executes his own plan. He plays up his appearance as a harmless violin player, in order to get into the village and recover the ammunition hidden his corn field. His violin playing charms the army captain, who orders Plutarco to come back daily. If you have questions, please call **510-981-6280** or go to www.berkeleypubliclibrary.org.