# Wisconsin Talking Book and Braille Library Bulletin Board Spring Summer 2020 Newsletter banner

## What’s Been Happening at WTBBL!

Dear Readers,

We have missed each other! WTBBL staff hopes that you and your loved ones are staying safe and healthy. At this time, you will notice that we have combined our spring and summer Newsletter. WTBBL has returned to our regular schedule, but our office remains temporarily closed to the public. While our office was closed for nearly seven weeks, WTBBL staff worked from home to answer emails, accept library applications, approve BARD applications, and work on professional development training. Thank you for your emails of concerns, and at the same time, appreciation of our services, requests for books, and words of encouragement during the shutdown.

At our workplace, WTBBL adheres to strict safety protocols to ensure that staff remains safe. We follow social distancing protocol, wear our masks when moving about, and have our gloves on when handling materials. We are in the same building as the Central Library of the Milwaukee Public Library. The Central Library is also the headquarters for the Milwaukee Public Library System, houses the administrative offices of the Milwaukee County Federated Library System, and Audio & Braille Literacy Enhancement (ABLE). The building remains temporarily closed to the public. We also quarantined all mail delivery for 72 hours before handling them.

Let’s hope that there will be no more disruptions to our library services. Just in case, we would like to keep encouraging you to check out the Braille and Audio Reading Download (BARD) service at [nlsbard.loc.gov](https://nlsbard.loc.gov/). Ask family members and friends to assist you if possible. You can also find tips on using BARD on our webpage at [dpi.wi.gov/talkingbooks](https://dpi.wi.gov/talkingbooks). Many of you signed up for the BARD service during the shutdown and were able to access audiobooks by downloading them to a tablet, mobile device, or flash drive to be played on the digital player. You can also access digital books and audiobooks for free from Overdrive. Please do not hesitate to contact us if you have any questions about the BARD and Overdrive services.

We are glad to return to our current new normal. Please stay in touch, stay safe, and be well. Have a great summer, and keep on reading!

## New Web Address for WTBBL Online Catalog

WTBBL’s online catalog has a new web address: <https://witbbl.klas.com/>.

## WTBBL Summer Reading Program

The Wisconsin Talking Book and Braille Library is excited to announce the Imagine Your Story Summer Reading Program 2020. As we have done in past years, the summer reading program will be open to all WTBBL patrons between the ages of 0-21 years old. To become a summer reader, call or email us. Then all you have to do is read as much as you can over the summer and keep track of it! At the end of the summer you can turn in your log for prizes.

If you are interested in becoming a WTBBL Summer Reader contact Katie at [CEMallo@milwaukee.gov](mailto:CEMallo@milwaukee.gov) or 414-286-6918.

## AUDIO MAGAZINE CHANGES

*Money* magazine discontinued print publication after its June/July 2019 issue. After researching the market, NLS identified *Kiplinger’s Personal Finance* as a comparable alternative. This magazine was added to the NLS audio narration contract in January 2020. We anticipate that the first issue will be available on BARD in February 2020.

NLS previously had been receiving a free abridged audio version of the *New Yorker* from a third-party producer, but this producer discontinued audio production after the September 30, 2019, issue*.* In January 2020, NLS contracted with a new producer to narrate the *New Yorker*. We anticipate that the *New Yorker* will be available again on BARD with the February 10 edition. The forthcoming editions will now include content that had not previously been available to NLS patrons.

## Educational Webinars

The Wisconsin Talking Book and Braille Library will begin offering educational webinars about the library’s services this summer. The first webinar will be about getting started with BARD. In this session we will go over signing up for BARD, downloading the mobile app to a device and downloading a book through the mobile app. Contact Katie at [CEMallo@milwaukee.gov](mailto:CEMallo@milwaukee.gov) for more information.

## WTBBL 2020 Adult Book Club

The WTBBL Adult Book Club meets on the phone using a toll-free phone number **1-855-753-0200** every other month on a Tuesday. There are two sessions from which to choose: **1:30 to 2:30 pm** or **6:30 to 7:30 pm**. The same book is discussed at both sessions.

**\*Please note that the books for August and October have been switched.**

### June 9, Tuesday 1:30 and 6:30

Haben: The Deafblind Woman Who Conquered Harvard Law by Haben Girma. DB096188The autobiography of the first deaf-blind graduate of Harvard Law School. Girma describes her childhood, world travels, development of a text-to-braille communication system, and time at Harvard Law, as well as the ways she uses her talents to advocate for those with disabilities. Commercial audiobook. 2019.

### August 4, Tuesday 1:30 and 6:30

Where’d You Go, Bernadette a Novel by Maria Semple. DB075351 Seattle. Eighth-grader Bee's request for a family trip to Antarctica is the last straw for her mother Bernadette, who has become so socially inept that she hired a virtual assistant in India to handle her life. Just before the trip, Bernadette vanishes. Heartbroken Bee investigates. Some strong language. Bestseller. 2012.

### October 13, Tuesday 1:30 and 6:30

In a Moment by Theresa Gilliland. DBW01526In a very short span of time, Terri experienced three traumatic events. She lost her sight, her husband's life was dramatically altered after a near-fatal motorcycle accident, and their 15-year-old son was diagnosed with brain cancer. *In a Moment* is a contemporary autobiography of one woman's roller coaster life filled with pain, struggle, love and triumph.

### December 1, Tuesday 1:30 and 6:30

A Wolf Called Romeo by Nick Jans. DB094157Photographer recounts the interactions between residents of Juneau, Alaska with a black wolf--who is eventually dubbed Romeo--that he encountered for the first time in 2003. Explores the mystique, lore, science, and history of the wolf. Unrated. Commercial audiobook. 2014.

## Meditation and Mindfulness

During these stressful times growing your self-awareness and inner peacefulness can be a the best gift you can give yourself. Mindfulness and meditation can be helpful tools on this path. Listed here are some books to introduce you to these practices.

*Stress Less, Accomplish More: Meditation for Extraordinary Performance* by Emily Fletcher DB095347 A meditation expert who has worked with corporations around the globe explores the benefits of even short periods of meditating to improve productivity. She looks at using mindfulness, meditation, and manifesting to improve personal and professional performance, clarity, health, and sleep. Includes supplemental material. Unrated. Commercial audiobook. 2019.

*Success through Stillness: Meditation Made Simple* by Russell Simmons DB080435 Entrepreneur and author of *Do You!* (DB 65065), who believes the most fundamental key to success is meditation, explains how to use stillness as a powerful tool to access potential. Illustrates the connection between inner peace and outward success through interviews with successful leaders in various industries. 2014

*Meditation for Fidgety Skeptics: A Ten Percent Happier How-to Book* by Dan Harris DB090081Journalist and author of *Ten Percent Happier* (DB 78636) teams up with a meditation teacher for this examination of the myths and misconceptions that stop people from meditating. Looks at the many physical and mental health benefits of meditation. Unrated. Commercial audiobook. Bestseller. 2017.

*Super Mind: How to Boost Performance and Live a Richer and Happier Life through Transcendental Meditation* by Norman Rosenthal DB086059Professor of psychiatry and author of *Transcendence* (DB 75694) outlines three states of consciousness: waking, sleeping, and dreaming. Uses research and hundreds of interviews to discuss how transcendental meditation can help people reach higher levels of consciousness and improve their quality of life. 2016.

*Mindfulness Meditations for Anxiety: 100 Simple Practices to Find Peace Right Now* by Michael Smith DB097954 A psychologist and meditation instructor designed these one-hundred breathing and mindfulness exercises to reduce nervousness and fear, and to develop the ability to target specific types of anxiety, whether they involve time of day, physical circumstances, or stressors like insomnia. Unrated. Commercial audiobook. 2019.

*The Energy Codes: The 7-step System to Awaken Your Spirit, Heal Your Body, and Live Your Best Life* by Sue Morter DB095061 A guide to the use of energy medicine to improve health. The author believes that energy medicine techniques such as deep breathing, yoga, meditation, and chakra clearing can have positive health benefits and allow practitioners to reach new levels of consciousness. Unrated. Commercial audiobook. 2019.

*Aging for Beginners* by Ezra Bayda DB096126 Longtime meditation instructor addresses the difficulties in aging that exercise, social contact, and meaningful activities alone cannot address. Believing that learning to relate to these problems in a new way is both possible and meaningful, he examines anxiety, depression, grief, loss, loneliness, helplessness, and physical pain. 2018.

*Joy on Demand: The Art of Discovering the Happiness Within* by Chade-Meng Tan DB087461 An engineer and philanthropist explains his philosophy that all success comes from cultivating joy. He believes we can all tap into our own natural capacity for joy through a process of living with mindfulness. 2016.

*The Mindfulness Solution: Everyday Practices for Everyday Problems* by Ronald Siegel DB071957 Psychology professor maintains that practicing being mindful can lead us into more enjoyable lives, while avoiding uncomfortable situations increases problems and misery. Suggests ways to identify bad habits and provides exercises, meditations, and techniques to benefit the mind and body. 2010.

*Aware: The Science and Practice of Presence: The Complete Guide to the Groundbreaking Wheel of Awareness Meditation Practice* by Daniel Siegnel DB092293 A professor of psychiatry explores the science behind meditation. Focuses on the power of meditation to help practitioners be more energized and emotionally resilient in the face of stress. He provides tools to focus attention, open awareness, and cultivate kind intention. Unrated. Commercial audiobook. 2018.

## Print/Braille Picture Books

WTBBL has print/braille picture books that are great for sharing with a child. The new books are contracted braille using the Unified English Braille Code.

### **BR 22589 *The Adventures of Huckleberry Finn*** by Mark Twain; edited with and introduction and notes by Peter Coveney

Tom Sawyer's friend Huck Finn explains why he is running away from home and recounts his exploits floating down the Mississippi River on a raft with Jim, an escaped slave. Introduction by Peter Coveney. Some strong language. 5 volumes of Braille. For grades 6-9 and older readers. 1884.

### BR 22646 *Carl and the Meaning of Life* by Deborah Freedman

When a field mouse asks Carl the earthworm why he tunnels through the dirt, Carl doesn't have an answer, so he sets off to find one. PRINT/BRAILLE. For grades K-3. 2019.

### BR 22678 *All Are Welcome* by Alexandra Penfold

School welcomes all students and celebrates diversity, kindness, and inclusivity. PRINT/BRAILLE. For grades K-3. 2018.

### BR 22716 *It Feels Good to be Yourself: A Book About Gender Identity* by Theresa Thom; illustrated by Noah Grigni

Introduces the concept of gender identity. Explains that some people are boys, some are girls, some people are both, neither, or somewhere in between. PRINT/BRAILLE. For grades K-3. 2019.

### BR 22717 *Hair Love* by Matthew A. Cherry; illustrated by Vashti Harrison

Zuri's daddy steps in to help her arrange her curly, coiling hair into a style that allows her to be her natural, beautiful self on a very special day. PRINT/BRAILLE. For grades K-3. 2019.

### BR 22718 *The Pigeon has to Go to School* by Mo Willems

The pigeon must go to school, but frets about math, learning the alphabet, heavy backpacks, and what the teacher and other birds will think of him. PRINT/BRAILLE. For preschool-grade 2. 2019.

### BR 22722 *Diary of a Wimpy Kid: Old School* by Jeff Kinney

When his town organizes an electronics-free event, a disgusted Greg Heffley struggles to survive life in a community without modern conveniences. Meanwhile, tension builds among kids struggling to enjoy the activities of past generations. For grades 3-6 and older readers. 2015.

## 2020 Holiday & Postal Office Closings

* **April 10**, 2020 (Good Friday)
* **May 25**, 2020 (Memorial Day)
* **July 3**, 2020
* **September 7**, 2020 (Labor Day)
* **October 12**– No Mail (Columbus Day)
* **November 11**, 2020 No Mail (Veterans’ Day)
* **November 26-27**, 2020 (Thanksgiving)
* **December 24-25**, 2020 (Christmas)
* **December 31**, 2020 (New Year’s Eve)

**BULLETIN BOARD is available in large print, braille and audio editions, and is also available electronically via email and through *NFB-NEWSLINE*®, a newspaper by phone service.**

**Wisconsin Talking Book and Braille**

**Library (WTBBL)**

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**Milwaukee, WI 53233-1436**

**1-800-242-8822 (in Wisconsin)**

**1-414-286-3102 (Fax)**

**wtbbl@milwaukee.gov (email)**

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