



June 2021 Greetings from the Library



Hello Everyone!

We know you're wondering when you'll be able to come into the library buildings in Port Carling and in Bala. So are we!

Under the current restrictions, the library will continue to offer outside pickup of materials until further notice.

We appreciate your patience and are happy to serve you online or by phone. Please do not hesitate to reach out to us as we enjoy hearing from you!

Cathy Duck
CEO/Chief Librarian

Join Us

Join us as we meet virtually with author Linwood Barclay (*The Noise Downstairs*, *Broken Promise*, *The Chase*).



Barclay will be discussing his latest book, *Find You First*.

Email us to get on the list. Zoom codes will be sent out close to the event date. Check our programs page for more upcoming author events.

June 3, 7:00 p.m.

Share It

We want to hear from YOU!

Did you realize that The Norma and Miller Alloway Muskoka Lakes Library held official opening ceremonies on August 18, 2001? That means that this year we celebrate 20 years of the present library building in Port Carling!

We would love to have you share any experiences, anecdotes, thoughts that you have of the library from these last 20 years. We plan on making a remembrance display for all of us to enjoy.

Send us an email or watch for special book inserts to fill out and return to the library. We look forward to hearing from you!



This and That

- When you're picking up your library items, please do ask for the latest Take and Make packs as well as our Nature Club packs. Also, look for the latest Positivity Pack.
- We have used books outside for sale by donation.
- We have postcards courtesy of local photographer, Arlene Burley.
- Like us on Facebook. Follow us on Instagram. Subscribe to our YouTube channel.
- Our return boxes are open 24/7.
- WiFi codes are posted on the side door in Port Carling for use around the perimeter of the building.
- Videos cannot be put on hold via the catalogue but they can by telephone. Give us a call!

- We have free online resources.
- Ancestry Library Edition is available remotely for a limited time.
- We have Ontario Parks day-use permits available to check out with your library card.
- The Giving Tree is a wonderful way to support your Muskoka Lakes Public Library.

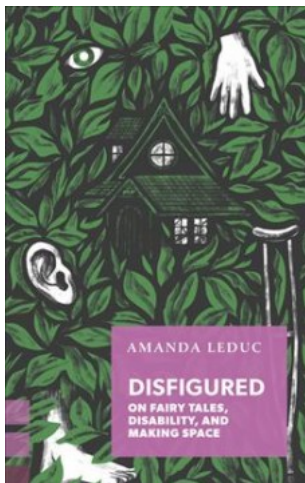
New Gems



How Iceland changed the world : the big history of a small island

by Egill Bjarnason

Provides a tour of the history of Iceland, from the time a Viking captain ran aground there 1,200 years ago to the pivotal role it placed during the French Revolution, the Moon Landing, and the foundation of Israel.



Disfigured : on fairy tales, disability, and making space

by Amanda Leduc

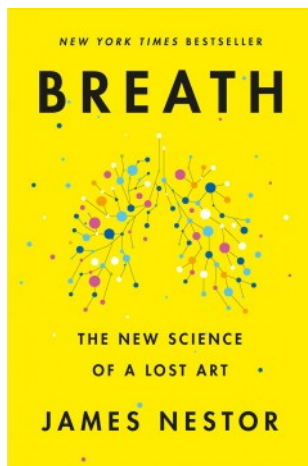
Fairy tales shape how we see the world, so what happens when you identify more with the Beast than Beauty?

If every disabled character is mocked and mistreated, how does the Beast ever imagine a happily-ever-after? Amanda Leduc looks at fairy tales from the Brothers Grimm to Disney, showing us how they influence our expectations and behaviour and linking the quest for disability rights to new kinds of stories that celebrate difference.

Breath : the new science of a lost art

by James Nestor

"No matter what you eat, how much you exercise, how resilient your genes are, how skinny or young or wise you are, none of it matters if you're not breathing properly. There is nothing more essential to our health and wellbeing than breathing: take air in, let it out, repeat 25,000 times a day. Yet, as a species, humans have lost the ability to



breathe correctly, with grave consequences. Science journalist James Nestor travels the world to figure out what went wrong with our breathing and how to fix it. Why are we the only animals with chronically crooked teeth? Why didn't our ancestors snore? Nestor seeks out answers in muddy digs of ancient burial sites, secret Soviet facilities, New Jersey choir schools, and the smoggy streets of Sao Paulo, Brazil. He tracks down men and women exploring the science behind ancient breathing practices like Pranayama, Sudarshan Kriya, and Tummo and teams up with pulmonary tinkerers to scientifically test long-held beliefs about how we breathe. Modern research is showing us that changing the ways in which we breathe can jump-start athletic performance, halt snoring, rejuvenate internal organs, mute allergies and asthma, blunt autoimmune disease, and straighten scoliotic spines. None of this should be possible, and yet it is. Drawing on thousands of years of medical texts and recent cutting-edge studies in pulmonology, psychology, biochemistry, and human physiology, *Breath* turns the conventional wisdom of what we thought we knew about our most basic biological function on its head. You will never breathe the same again"

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