



**Edward  
River**  
LIBRARY



- *Laughter Yoga*
- *NSW Premier's Reading Challenge*
- *Friday + Saturday Splat*
- *Did You Know?*
- *New Books*

## What's on @ Your Library - March 2024

### Discover the Joy of Laughter Yoga!

Unleash the power of laughter with Laughter Yoga, a unique blend of intentional laughter exercises, yogic breathing, and stretching. This innovative practice was conceived by Dr. Madan Kataria in 1995 when he initiated a laughter club in Mumbai, India, with just five participants.

What began as a small gathering has now evolved into a global phenomenon, with thousands of individuals around the world embracing Laughter Yoga in their daily routines. The beauty of Laughter Yoga lies in its inclusivity—anyone, regardless of age or physical ability, can participate and reap its myriad physical and mental health benefits.

Join Leslie Hills, affectionately known as "The Laughter Lady," for a laughter session at the library during the NSW Seniors Festival on Wednesday, March 20th, at 10 am. Come and immerse yourself in the joy of laughter, experiencing both the fun and the numerous health benefits that accompany a hearty laugh. Don't miss out on this opportunity to enhance your well-being through laughter!

The NSW Premier's Reading Challenge aims to encourage a love of reading for leisure and pleasure in students, and to enable them to experience quality literature. It is not a competition but a challenge to each student to read, to read more and to read more widely. The Premier's Reading Challenge (PRC) is open to all NSW students in Kindergarten to Year 10, in government, independent, Catholic and home schools.

#### 2024 Challenge dates

Monday 26 February 2024: Challenge opens  
Friday 23 August 2024: Challenge closes

### FRIDAY & SATURDAY SPLAT

Get ready for an exciting weekend with the Library's **FRIDAY + SATURDAY SPLAT!** Looking for a fresh experience to kick off the weekend? Whether it's raining outside or you just want to escape the heat, we've got you covered at the library! Join us for a unique and engaging activity that will spark your creativity and leave you with unforgettable memories.

Immerse yourself in our fun and creative makerspace, where inspiration knows no bounds! Perfect for budding artists; this is an opportunity to let your imagination run wild and develop skills with friends.

No prior painting experience? No worries! Our session welcomes all levels of experience. We provide everything you need for a fantastic painting session – just bring your inspiration and imagination!

- Suitable for all levels of experience
- This will be a messy activity, so wear appropriate clothing and shoes.

• Carers are required for all children.  
Step into our light-filled, fully equipped, and air-conditioned social art space. We've created an environment that fosters creativity and collaboration – the perfect setting for a weekend of artistic exploration!

While we supply paint and paper, feel free to bring along your own blank canvas if you're feeling extra inspired. Make your mark on the art world!

**FRIDAY + SATURDAY SPLAT** is available on Friday afternoons and Saturday mornings. Don't miss out on the splatterific fun!

Join us for a weekend filled with laughter, colour, and the joy of creating something unique. **FRIDAY + SATURDAY SPLAT** is more than just an activity – it's an experience that transcends the ordinary. We can't wait to see you there!

#### DID YOU

### KNOW?

The library has over 3000 DVDs that you can borrow including movies, TV series and Documentaries. DVDs can be borrowed for a period on 1 week and can be viewed using your gaming console or laptop.





# New Items @ Your Library - March 2024

## Fiction

Traitors Gate	Archer, Jeffrey
The Atlas Complex (Atlas #3)	Blake, Olive
Flags On the Bayou	Burke, James Lee
Deadly Game	Caine, Michael
Tom Clancy's Command and Control	Cameron, Marc
Kill for Me Kill for You	Cavanagh, Steve
Sword Catcher	Clare, Cassandra
Unnatural Death (Scarpetta #27)	Cornwell, Patricia
The Watchmaker's Hand (Lincoln Rhyme #16)	Deaver, Jeffery
If I Survive You	Escoffery, Jonathan
Dirty Thirty (Stephanie Plum 30)	Evanovich, Janet
The Armour of Light	Follett, Ken
Darling Girls	Hepworth, Sally
Stop Them Dead (Roy Grace #19)	James, Peter
Sunshine Through the Rain	Janu, Penelope
The Cage (Bob Skinner #35)	Jardine, Quintin
The Blue Gum Camp	Kelsall, Léonie
The Burnout	Kinsella, Sophie
Alibi	La Plante, Lynda
The Hidden Book	Manning, Kirsty
Past Lying (Karen Pirie #7)	McDermid, Val
The Sugar Palace	McIntosh, Fiona
Mrs Winterbottom Takes a Gap Year	Nell, Joanna
Faithless	Nelson, Alice
The Night House	Nesbo, Jo
Alex Cross Must Die (Alex Cross #32)	Patterson, James
Holmes, Margaret and Poe	Patterson, James
Reykjavík	Ragnar Jónasson
The Bone Hacker (Temperance Brennan #22)	Reichs, Kathy
Mr Einstein's Secretary: An Epic	Reilly, Matthew
After That Night	Slaughter, Karin
Upside Down	Steel, Danielle
The Ball at Versailles	Steel, Danielle
Back On Track	Stringer, Tricia
Who She Was	Tony Parsons
The Love Contract	Vizard, Steph

## Large Print Fiction

The Drowning	Brown, Bryan
The Secret	Child, Lee

**CHILDREN'S  
STORYTIME**  
Stories, Songs + Craft Activity  
WEDNESDAYS @11AM



## Non-Fiction

Storytellers: Questions, Answers and The Craft of Journalism	Sales, Leigh
Be Useful: Seven Tools for Life	Schwarzenegger, Arnold
The Eagle in the Mirror: In Search of Australian War Hero, Master Spy and Alleged Traitor Charles Howard 'Dick' Ellis	Fink, Jesse
The Wieambilla Shootings: The True Story of A Long-Prepared Ambush by Religiously Motivated Conspiracy Theorists	Kerr, John
Australia's Most Infamous Criminals	Seal, Graham
Naked City: True Story of Crimes, Cock-ups, Crooks & Cops	Silvester, John
Australia's Most Infamous Jail	Phelps, James
The Rivers And Wetlands Of The Murray-Darling Basin: Journeys Along The Basin's Three Longest Rivers	Wells, Adrian
Secret Boys Business	Stewart, Rose
This is ADHD: An Interactive and Informative Guide	Moriah, Chanelle
Grandparents: A Practical Guide to Navigating Grandparenting Today	Carr-Gregg, Michael
For The Love of Flora: Australian Floral Photography	Steytler, Georgina
Sound Bites: Following the Bendy Path of Classical Music from Ancient Times to Today	Le Brocq, Ed
The Hong Kong Diaries	Patten, Chris

## Biographies

Never Let a Good Disaster Go to Waste: Making Sense of a Life of Absurdity	Finnerty, Kat
A Joyful Life: One Woman's Story of Triumph Over Trauma to Build a Life	Kariuki, Rosemary
The Cop Who Fell to Earth	Semple, Craig
Justice In Kelly Country: The Story of The Cop Who Hunted Australia's Most Notorious Bushrangers	Strahan, Lachlan
A Farming Life: Tales of Resilience From Inspiring Rural Women	Harfull, Liz
Archie Roach - Songs From the Kitchen Table	Roach, Archie
Book Of Life	Conway, Deborah,
Question 7	Flanagan, Richard
Lies My Mirror Told Me: A Frank, Funny, Fearless Memoir	Harmer, Wendy
Wifedom: Mrs. Orwell's Invisible Life	Funder, Anna
Flinders	Kieza, Grantlee

The Library has Free Wi-Fi access.  
Ask at the front desk for more information

