

Sausalito Library Speaker Series

Sponsored by the Friends of the Sausalito Library

City Hall-Council Chambers, 420 Litho Street

6:30pm refreshments, 7:00pm presentation

January 11th

Ann Seymour, author, *I've Always Loved You, a true story of WW II in the Pacific*

Ann Seymour will discuss her book, *I've Always Loved You*, a true story of WW II in the Pacific. Nien Cheng, author of *Life and Death in Shanghai*, calls the family story "deeply touching," and Adm. S. Robert Foley, former Commander of the Pacific Fleet, calls it "historically accurate." He adds, "Understanding the Pacific War and its aftermath will help people grasp our relationships in Asia today. The 1995 Freedom of Information Act enabled access to formerly 'classified' material regarding civilian casualties, treatment of POWs, and stolen assets that have not been returned. The book's sources include Emperor Hirohito's diaries, which he maintained faithfully, and the touching haikus of the tragic Admiral Yamamoto."

An award-winning journalist, Ann has interviewed Nobel Laureates Arthur Schawlow (physics) and Michael Bishop (medicine), football players Jerry Rice and John Madden, and a number of artists, even, on the phone briefly, Pablo Picasso.

March 15th

Margot Biestman, author, *River of Breath—A Path to Vitality, Ease, and Well-being*

In *River of Breath* we may recognize ourselves holding or controlling our breath, and wondering why we have pain and discomfort. Do we breathe just a little and call it a life? *River of Breath* offers us possibilities for how we can make significant shifts in our lives, by embodying our breath as it moves through our whole being—body, mind, emotions, and spirit.

Margot Biestman is an internationally recognized teacher and trainer of *Middendorf Breathexperience*, artist, and author of several books and articles. She will lead us on an adventure through a talk about breath, reading passages from her book about her personal journey, demonstrations of the experience of breath, and a time for questions and answers.

April 17th

Mehri Dadgar, *an artist, a Muslim woman, and a political prisoner of Iran*

Mehri Dadgar reviews her art through a power point presentation and talks about her research of the origins of Islam and Islamic art that has influenced her work. *The Prison Pictures*, address the harsh reality of the Islamic countries at this crucial time in history and its apparent distance from the scripture of the *Quran*. These drawings bear witness to the historical violence against humanity committed by the Islamic Republic of Iran that occurred within the political prisons. With these pictures, she has documented images drawn from her memory. In an example of these pictures despite the layers of black chador, the long robe that covers women from head-to-toe, and the blindfolds, you can still see that the free souls of these girls persist. In one of these drawings a prisoner is seated on an interrogation chair overwhelmed by the extreme pressure.

Her latest paintings celebrate her belief in the universal God of infinite love, wisdom and mercy. She particularly uses abstract shapes, calligraphy, geometric design, the repetition of organic forms, and the inclusion of figurative miniatures within her colorful paintings.