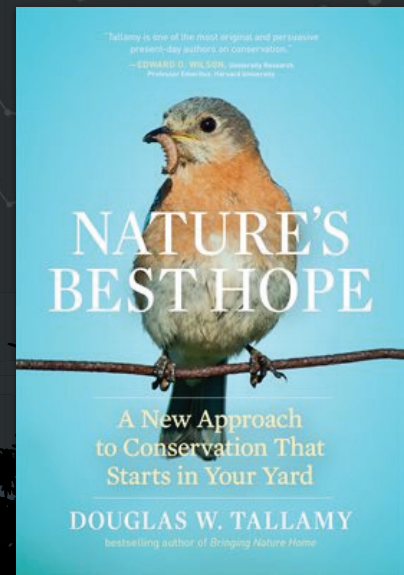
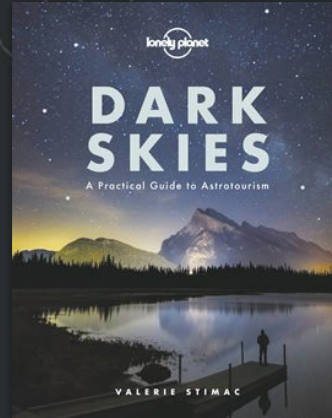
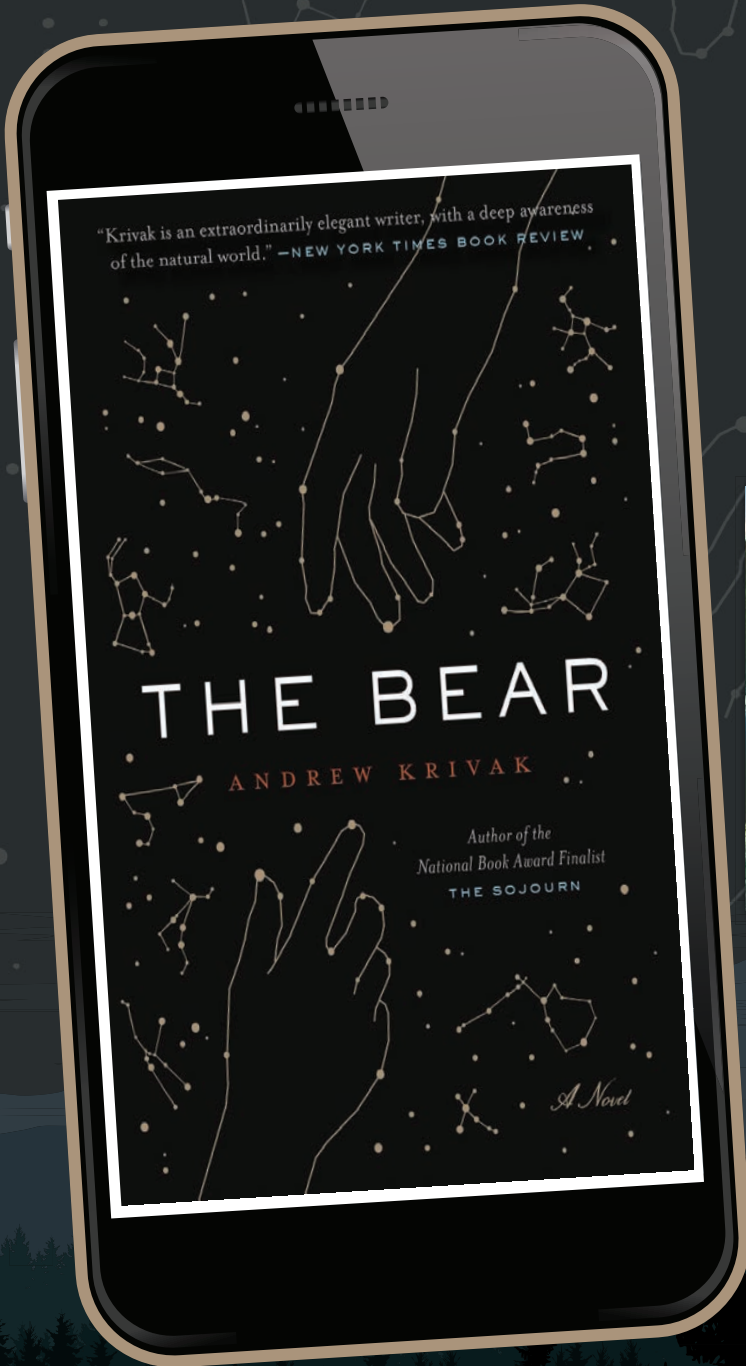




Discover. Read. Share.

Book Club Companion: Meeting Planning Guide for Readers of *The Bear*

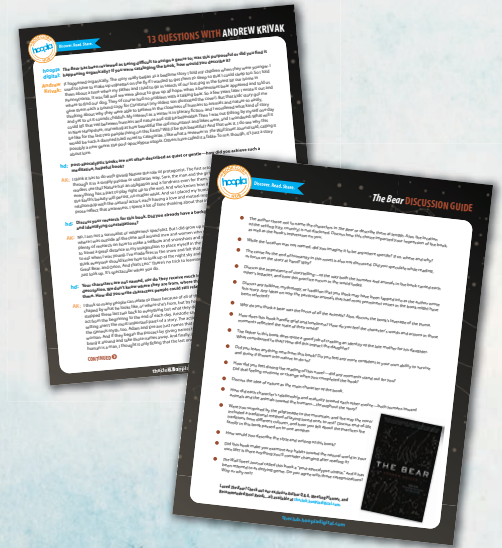


All titles highlighted in the Book Club Companion can be found here:
<https://www.hoopladigital.com/collection/10340>

BOOK CLUB COMPANION: PLANNING YOUR MEETING AROUND *THE BEAR*

hoopla's Book Club Companions are club meeting planners that we're confident you'll find useful in kick-starting an imaginative and engaging book club meeting—whether it be morning, afternoon, or night, in-person or online! Here, we've hand-selected titles in book formats, video, music, and more that could contribute to an enriched reading experience around *The Bear*. Read on to see how each idea or activity complements themes within this genre-defying, post-apocalyptic-yet-tender, nature-filled novel.

(For each and every hoopla Book Club Spotlight we've presented, you can find several materials at theclub.hoopladigital.com: Companion meeting planners like this, discussion guides, exclusive author interviews, Recommended Next Reads, and more! We'd love to know how your book club has used these. Tag @hoopladigital or #hooplalbookclub to share with us and book clubs across the world!)

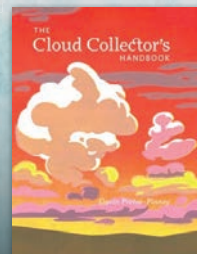
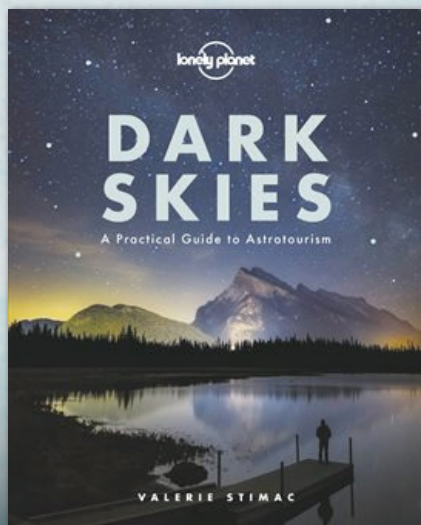


READING THE SKIES

"When the nights were clear, he took his daughter outside and taught her how to look at the sky, pointing to the stars along the ecliptic and telling her the names of the constellations that traveled there. In summer, she learned to find the hunter Saggiarius, the heart and tail of Scorpius, and the four bright starts of Hercules. In winter, on snowshoes of her own, her father took her onto the frozen lake and pointed out the great Orion, his dog Canis Major, and Sirius, the brightest star in the sky, the one that makes up the dog's nose. And all year long they watched the Big Dipper evolve around Polaris, a star that could be used as a guide, he told her, if she ever found herself uncertain of the way home."—*The Bear*

Like the girl and her father do in *The Bear*, using the stars as navigation tools has been crucial throughout human history. While it's not a skill that's as important for survival nowadays, reveling in the beauty of the heavens and learning about them remain captivating pursuits—and Dark Sky tourism has become very popular!

Whether you want to prepare for hiking on your own in the evening or your book club chooses to discuss *The Bear* under the stars, these books will help you find the brightest lights in the sky—and even the best parks to view them from!



The travel gurus of *Lonely Planet* take their talents toward space to present *Dark Skies*, the first world's guide to astrotourism. Meticulously researched by dark-sky expert Valerie Stimac, this comprehensive companion includes guides to 35 dark-sky sites and national parks, where to see the aurora, the next decade of total solar eclipses, and how to view rocket launches, plus the lowdown on commercial space flight, observatories, and meteor showers.

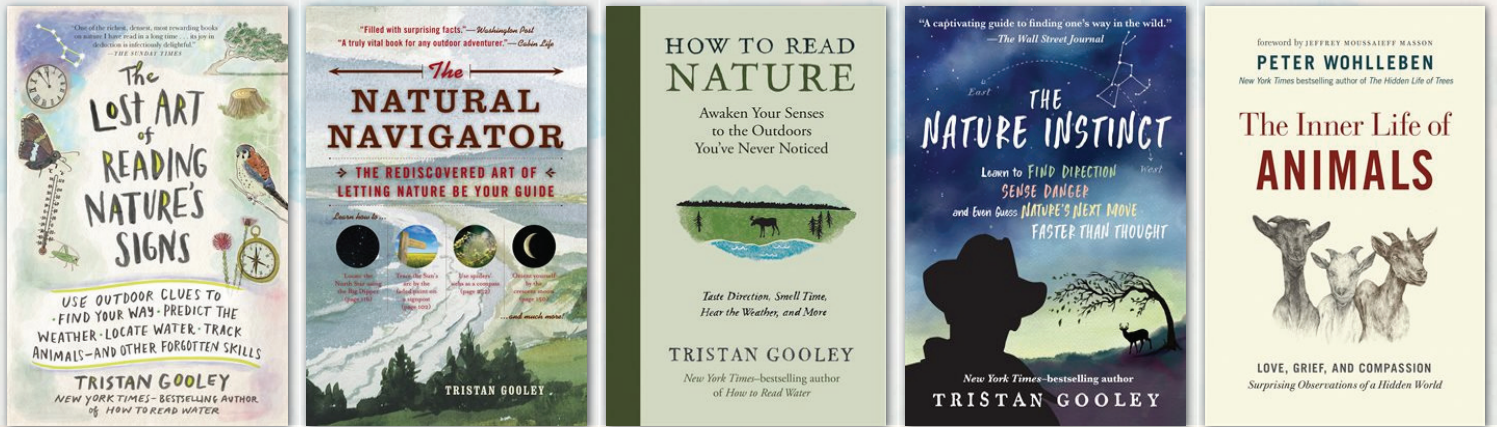
If your book club is meeting during the day, try your hand at reading the skies another way! These titles teach us all about different cloud formations and what they can foretell.

READING NATURE'S SIGNS

In today's hubbub, there are signs all around us – road signs, billboards, even advertisements in the sky! Map applications on phones have even made hiking a breeze for beginners. But in *The Bear*, the world has returned to a more natural state and inhabitants must rely solely on the flora and fauna for wayfinding and information. What if you needed to do this? Challenge your book club to borrow one of these titles before your meeting around *The Bear*, and have everyone share a fun fact that they learned!



(Pst...For book club members short on time, some of these are also available in audiobook and can be enjoyed while gardening, bike riding, or even walking in the woods thanks to hoopla's download-to-listen-later option.)



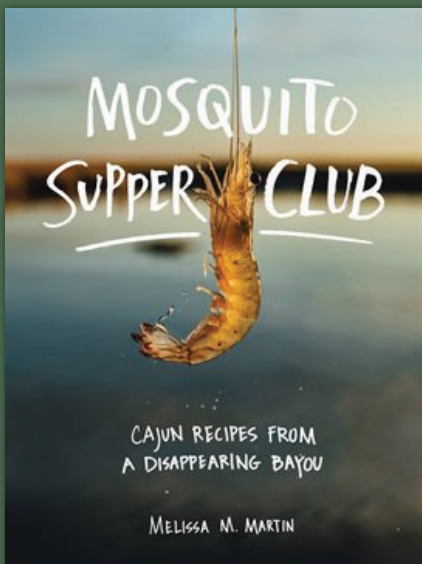
NATURE SOUNDS

Especially for in-person book club meetings, we find ourselves wanting to set the mood as members arrive. With *The Bear*, we found ourselves grasping for quiet, slow moments to read this meditative book that spends all of its pages on a walk with nature. To focus that same type of energy as you settle into your meeting, try some of these nature-sounds albums available via hoopla's extensive music catalog.



FEEDING YOUR BOOK CLUB BASED ON THE BEAR

In *The Bear*, meals are more about survival and using what you can find than eating to excess or culinary flights of fancy. In that spirit, here are cookbooks with recipes that make the most of our land's provisions and, in some cases, even show you how to prepare them in the great outdoors.



Mosquito Supper Club

In *The Bear*, food is based upon what's readily available in the environment, and stories are shared between generations. *Mosquito Supper Club* echoes these themes as chef Melissa Martin documents the recipes, ingredients, and customs of the Cajun people.

Every hour of the day, Louisiana loses a football field's worth of land to the Gulf. And so before her hometown disappears entirely, Martin wants to ensure in writing and recipes that the incredible traditions of her region remain. Twelve chapters highlight key ingredients of this cuisine—from shrimp and oysters to poultry and sugarcane—and the recipe and customs that surround each. All 100 recipes are for accessible home-cooked meals, and each chapter is punctuated with an essay explaining the context for the ingredient, whether it's picking blackberries each February or shrimping every August. While this is a cookbook, we find it a most compelling complement to *The Bear*; underlying messages of heeding environmental warnings appear alongside Martin's documentation of the region's traditions, from the Blessing of the Boats at the beginning of every fishing season to Mardi Gras and the varied opinions on the best way to making Cajun gumbo.



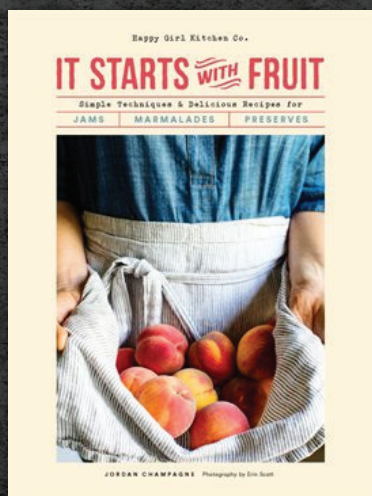
The New Camp Cookbook

Not only does *The New Camp Cookbook* present recipes best prepared in the open air, it explains just how to do so and the tools you may need to make it happen! While the characters of *The Bear* certainly didn't have such luxuries, today you may be in one of these groups: day-trippers, adventurers, campers, or looking to cook in your own backyard or neighborhood park. If so, within *The New Camp Cookbook*, find organizational advice and cooking techniques, from planning your meals, packing a cooler, and stocking a camp pantry to building a fire, grilling in foil packs, and maintaining heat in a dutch oven.

There's nothing quite like gathering with your book club around a fire, and some libraries have even embraced organizing book discussions while hiking! Choose your own adventure based on your book club members' tastes and diets from recipes as easy as Mexican Street Corn Salad to more involved dishes like Dutch Oven Deep-Dish Soppresata and Fennel Pizza. Whether you're an aspiring camp chef or a seasoned Scout, you'll find plenty of inspiration in these pages for getting outside and eating well under the open sky.

Eating in Tune with Nature & the Seasons – Three Cookbook Selections

As the carbon-intensive processes involved in presenting food from out-of-state or country have been linked more and more to adverse effects on the environment, new movements have surfaced around not just eating organic, but eating local—the idea that you only eat what is in season in your area within that seasonal timeframe. In *The Bear*, this is required. In our modern day, it is a choice. Whether you are working toward adopting this mindset in your household, or just hoping to present recipes to your book club that support your favorite vendor at the local farmer's market, here are a few cookbooks to help you along!



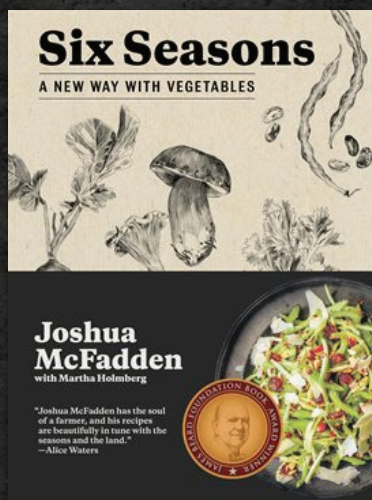
It Starts with Fruit

This approachable cookbook is designed for even first-timers intimidated by jam-making. Its author, Jordan Champagne, learned how to make jam while working on a farm, trying to use up fruits and vegetables that would otherwise go to waste. In this book, he reveals how to cut down on food waste, trim grocery bills, present beautiful dishes even in months where the harvest may be slight, and use delicious homemade jarred goods like Raspberry Lemon Jam and Peach Rosemary Syrup to bake something new, like fruit cobbler and even homemade toaster pastries!



The Farm Cooking School

While you'd need to travel to the Delaware River Valley or study via online sessions to fully experience *The Farm Cooking School*, it's now possible to get a taste on hoopla via this cookbook with 100+ delicious recipes! You'll learn how to make the flakiest pie crust for peerless summer pies, use fresh farm eggs for sweet, airy pavlova, and highlight what's growing now with scratch-made pizzas and pastas.



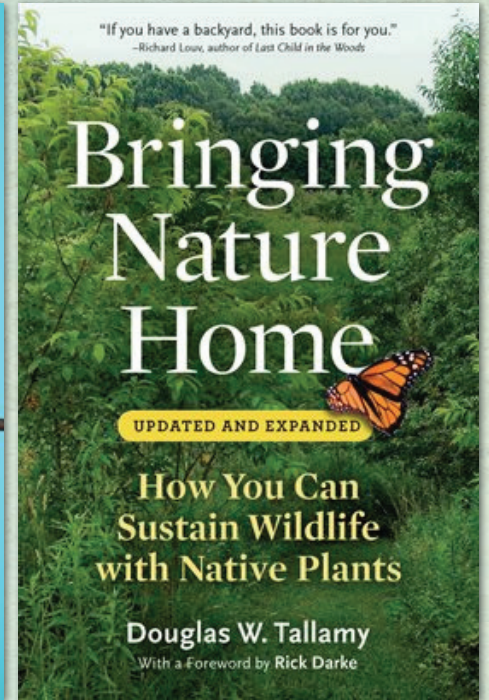
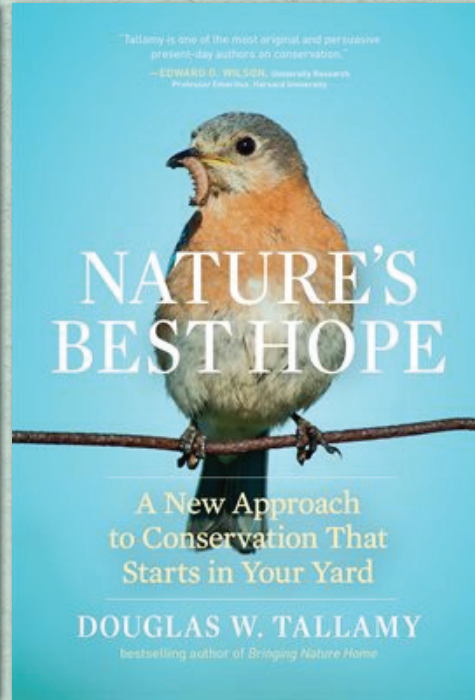
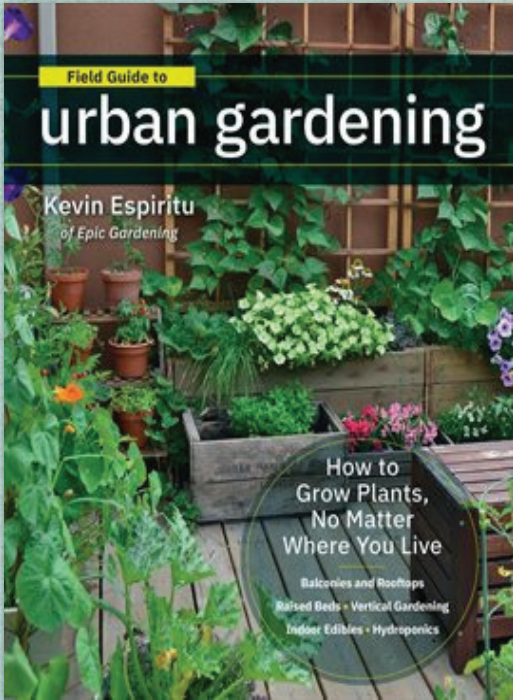
Six Seasons

Joshua McFadden may be a decorated chef and owner of renowned restaurants, but for purposes of aligning this book with *The Bear*, we most want to share his reputation as a vegetable whisperer. Along his career journey, he managed Four Season Farm in coastal Maine, where he learned to appreciate all parts of a plant and coax the best from vegetables at each stage of their lives. Each chapter begins with recipes featuring raw vegetables at the start of their season. As weeks progress, McFadden turns to heat-grilling, sautés, and stews. With these 200+ recipes that celebrate flavor at its peak, you can make the most of your book club meals no matter which season you find yourself reading *The Bear*.

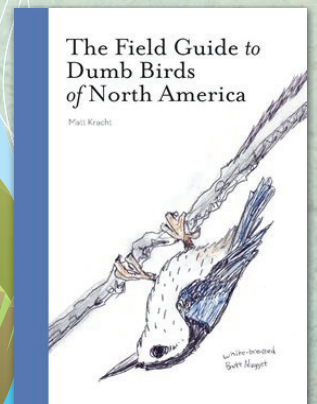
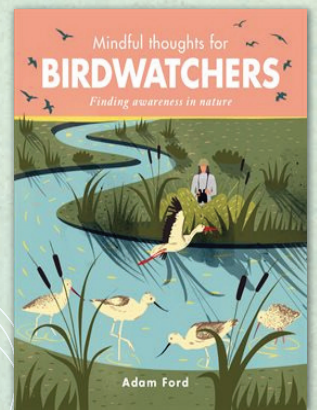
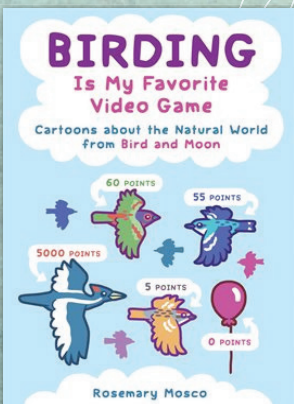
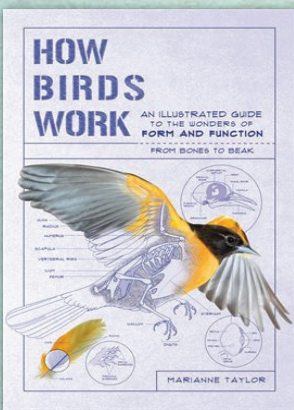
BEYOND BOOK CLUB

Bringing your club members together outside of the book club meeting around shared interests can be key to developing deeper friendships, as well as solidifying comfort levels that make future discussions more in-depth and open. Here, we present some ideas for nature-related activities you can do with your group after reading *The Bear*...

NATURE IN THE NEIGHBORHOOD – BUILDING COMMUNITY GARDENS

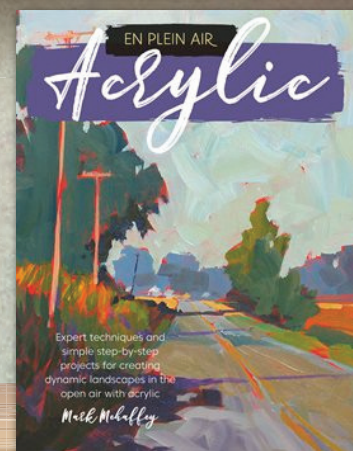
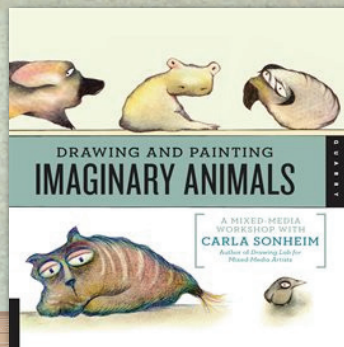
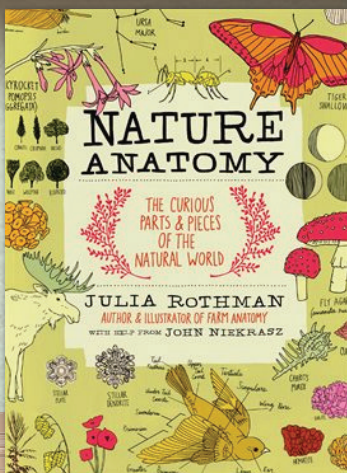
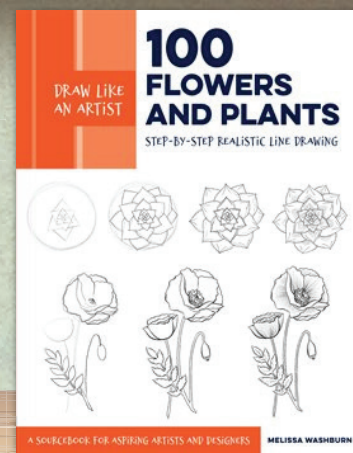
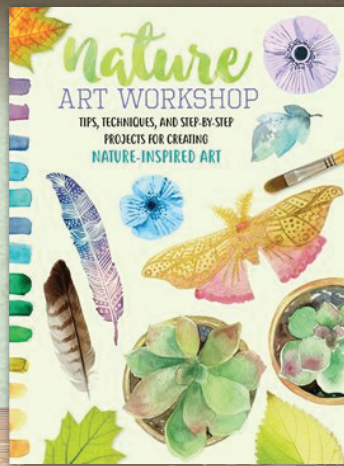
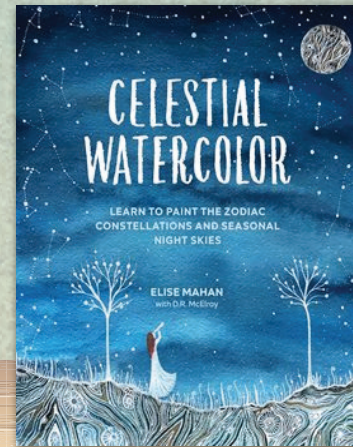
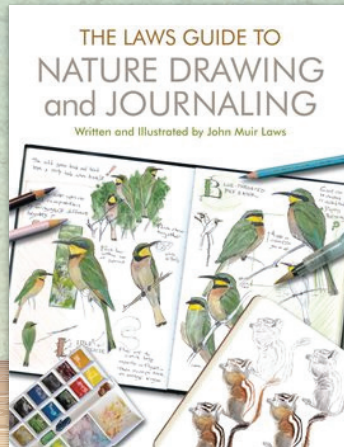
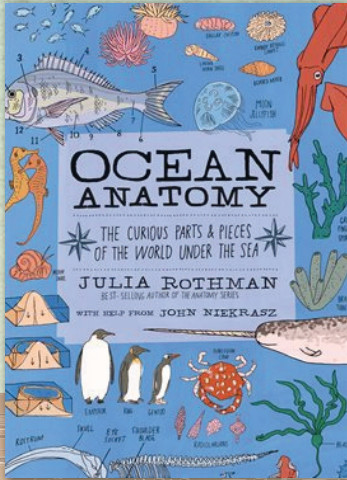


FIND THE FAUNA – BIRD WATCHING



BEYOND BOOK CLUB

NATURE OBSERVATION – JOURNALING, DRAWING, PLEIN AIR PAINTING, AND MORE



BEYOND BOOK CLUB

OUTDOOR (OR INDOOR) MOVIE NIGHT – FILMS AND DOCUMENTARIES* WITH THEMES FOUND IN *THE BEAR*



*Note - title availability varies by country.