Our June **calendar of events** is available, with offerings ranging from physical health to entertainment to learning opportunities. Highlights include:

**What is the Alexander Technique?**
**Wednesday, June 10, 7:00-8:15 p.m.** Join Dan Cayer for an interactive introduction to the Alexander Technique, a set of skills for releasing tension, posture, and increasing well-being.

**Identity Theft Risks for Adults, Monday, June 15, 6:00-6:45 p.m.** Identity theft is a real threat for virtually anyone who has used the Internet. Hear Digital Media Specialist Austin Olney’s best advice.

**Film Discussion: Becoming Astrid, Thursday, June 18, 2:00-4:00 p.m.** Join Librarian Barbara Wenglin to discuss this poignant, coming-of-age biopic of the charming, feisty Astrid Lindgren, Swedish author and creator of the beloved *Pippi Longstocking*.

Plus books groups, wellness programs, and more. Go [here](#) for the complete list.

Take care,

**Brian Kenney**
Volunteer Opportunities

Looking for ways to help others but don’t feel comfortable leaving home? Try Volunteer New York’s virtual volunteer opportunities. If you have some time on your hands, there are activities that can keep your hands busy. If you have lost your job, find use of your skills as well as content for your resume. If you have teens at home, let them find ways they can support their local community. Visit Volunteer New York here and scroll down to discover possible choices.

Choose from COVID-19 Response Needs: Volunteer from Home, or if you want to find other ways to join in the support of your community look for COVID-19 Response Needs: Community Wide.

Virtual Happy Hour
Community Poem

White Plains Library Slammaster Eric ZORK Alan has assembled the below "Fraken-poem" from the May poetry prompt. Individual poems can still be submitted to our Documenting COVID-19: White Plains Experiences collection.

Like a Frankenstein future made properly present
Piece by piece
Our scars will be seen for our next generations of users

Like wondrous wheels
Socially spaced we carry heavy weight
Together

It’s a beautiful bicycle
We ride in a worrisome winter
Down empty streets
Across sidewalks we are separated
But somehow social

Dirty gloves daily
Protect us daily from scary surfaces

Like a beautiful buzzing bee
I’m busy being busy
My SOUL purpose
To stay safe
But somehow still social
We all need some proper pollination
We build, we build
It’s a good service being bee busy

Like a treasure Trove
Of fountain pens
We flow
Like a never stopping notary
We flow with flights of fancy
With small soft hands
We have so much extra time to tell tales
Piece by piece with a proper pen
   Like Legos
   With years of daily use
   With wear and tear
   Our young people are connected
   Still somehow safely spaced
   Piece by piece
   In sometimes zany Zooms
   We can be absolutely anywhere
   That is not quite here
   All we need is a better background
   To stay socially safe
   And put ourselves together
   Piece by piece

   Like a Frankenstein future made properly present
   We will be rebuilt
   Piece by piece
   For our next great generation

Submit your own experience.

English Conversation Group

Monday, June 1
12:00-1:00 p.m.
For ESL speakers. Come practice your English conversation skills in this fun, supportive, virtual setting! Feel free to bring your own conversation topic. To attend, visit this link on Monday, 6/1.

Mindfulness for All

Monday, June 1
7:00–8:00 p.m.
Being mindful gives us the opportunity to pay attention to what is happening in this very moment, tuning in without criticism or judgment. Join Andrea Deierlein to explore mindfulness and its many benefits. Andrea, a graduate teacher of the International House of Reiki, practices and teaches throughout Westchester County. For more information, see https://www.thrive-reiki.com/. Adults and Teens welcome!

Attend the program by accessing Zoom with this link on Monday, June 1.
The White Plains BID put together this list of restaurants (and other businesses) that are still open for takeout/delivery.

Here is a (growing) list of resources for gig workers affected by the coronavirus.
pandemic.

YA authors move online.

Author interview: pandemic makes evident 'grotesque' gender inequality in household work.

Photo(s) of The Week

Above: Tree Man of Silver Lake Park. Photo by John S.

We want your photos! In each issue of This Week on Martine we feature one patron submitted photo that was taken in White Plains. To submit your photography for a chance to be featured, visit our submission page, upload a photo, and fill out our form with a short description of the photo and your name.