April 20, 2022

**Breath–Body–Mind Practice**

Breath-Body-Mind (BBM) is a program of natural, self-healing, breath-based, mind-body practices developed by Dr. Richard Brown and Dr. Patricia Gerbarg. Join Ann Fleuchaus, a Level-4 Teacher of BBM, to experience this relaxing and stress-reducing practice on Saturday, April 30th at 10:00 a.m. For more information on BBM, see [https://www.breath-body-mind.com](https://www.breath-body-mind.com).

[Click here](https://www.breath-body-mind.com) for the Zoom link.

Take care,

Brian Kenney
Library Director

[blepeney@whiteplainslibrary.org](mailto:blepeney@whiteplainslibrary.org)

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**Join Us!**

Now is the time to RSVP for the Foundation’s Spring FUNdraiser on Sunday, May 1st from 3- 5:30 p.m. We’re thrilled to partner with STORYBOOM for a lively program featuring storytellers talking about resilience and finally getting back in...
circulation. Reminder: the event is at Congregation Kol Ami, 252 Soundview Avenue, White Plains. We’ll be using both indoor and outdoor spaces (weather permitting). Proof of vaccination required. **Buy tickets** today. Sorry, no walk-ins.

We appreciate support from the White Plains Library Foundation for many of our programs. Events funded by the Foundation are noted with an ✺.

**Peruvian Consulate on Wheels**
**Saturday, April 23rd**
9:00 a.m.–2:00 p.m.

The following consular services will be provided by appointment only: DNI and PASSPORTS, PUBLIC DEEDS, NOTARY PROCEDURES (powers of registration, legalizations, survival certificates), CIVIL RECORDS (births, marriages and deaths). [Click here](#) for info on appointments. **PLEASE NOTE THE FOLLOWING:** Only the holders of the consular procedure will be allowed to enter at the time of their appointment. The entry of companions will not be admitted. For entry and stay in the premises, the use of hand sanitizer and mask is expected.

**Slow Reading Book Discussion**
**Monday, April 25th**
2:00–4:00 p.m.

Explore the short stories of Anton Chekhov, often viewed as the originator of the contemporary short-story form. Read "In the
is mandatory. Passports and DNI may be collected between 9:30 a.m. and 1:30 p.m., please bring your receipt.

Virtual Trip to Japan: Local Cuisines and Destinations
Tuesday, April 26th
7:00–8:00 p.m.
Join our one-hour webinar to find out what eastern Japan is like. We will introduce several prefectures from different regions of eastern Japan. We will cover beautiful tourist attractions, regional cultural festivals, and local cuisines both historical and modern. For example, did you know that the tradition of mochi is 400 years old and its dishes have around 300 variations? Click here for the Zoom link.

Virtual Dungeons & Dragons for Beginners
Wednesday, April 27th
4:30–7:30 p.m.
Are you interested in learning to play D&D? Game Master Jessy Ravine" for this session. The story can be found in Anton Chekhov’s Selected Stories. Leading the group is Ellen Lambert, who has a Ph.D. from Yale in English and taught high-school English at The Dalton School for over 25 years. Feel free to contact Ellen at ellenlambert@gmail.com or 914-582-4050 with any questions. Click here for the Zoom link.

Book Bunch
Wednesday, April 27th
4:30–5:45 p.m.
Join librarians Caroline and Lauren for a book discussion and trivia game featuring the historical graphic novel The Underground Abductor by Nathan Hale, as part of the Library’s events in conjunction with the Harriet Tubman – Journey to Freedom sculpture visit. Free copies of the book will be given to the first ten registrants. Additional copies are available via the Library’s catalog and Libby. Information and registration here.
Stanley will be running a 3-hour campaign where you will learn about using your character, working with the group, and defeating monsters. We will be running 3 of these programs in the spring, join one or join them all. Registration is required, this is open to 5 teens, grades 7-12. After you register here, we will share links for joining the campaign.

Forever Young Adult Book Club
Thursday, April 28th
7:00–8:00 p.m.
Forever Young Adult is a group for YA fans who are a little less "Y" and a bit more "A." Whether you're a regular YA reader or you need a break from your usual "To Read" list, all are welcome! We will discuss The Ones We're Meant to Find by Joan He at this session. This book is available in print and as an eBook and audiobook from Libby. This book club is made possible by

Let's Draw Superheroes!
Cartooning Workshop
Thursday, April 28th
6:00–7:15 p.m.
April 28th is National Superhero Day. Celebrate by learning to draw silly superheroes with award-winning, nationally syndicated cartoonist Rick Stromoski! For Grades 3+, teens and families. Click here for the Zoom link.

Harriet Tubman: Journey to Freedom
Programs and Events
Now through June 30th, the Harriet Tubman – Journey to Freedom sculpture by Wesley Wofford is on display in Renaissance Plaza in downtown White Plains. In conjunction with this historic visit by the sculpture, the Library and many other community partners organized events related to Harriet Tubman, the Underground Railroad, and
Chinese Culture & Language Classes
Thursdays, May 5th through June 2nd
3:30–4:30 p.m.
Registration required. Space is limited. Registration is for all FIVE sessions Thursdays, 5/5-6/2. This program is for children and families interested in a more in-depth exploration of Chinese culture in tandem with Chinese language learning. By cultivating enthusiasm for authentic Chinese culture, the programs teach them to: understand food culture, connect with Chinese history, appreciate Chinese traditions and holidays, and parse meaning from ever-important Chinese idioms. Through theme-based activities, children will learn about Chinese culture, as well as Mandarin language skills. Schedule of themes - 5/5: Fun Greetings; 5/12: Color in Chinese Culture; 5/19: Exotic Food; 5/26: Small Talk; 6/2: Dragon Boat Festival. Click here to register.

The Maritime Underground Railroad
Tuesday, May 3rd
7:00–8:00 p.m.
Historian David Cecelski has chronicled the world of slave and free black fishermen, pilots, rivermen, sailors, ferrymen, and other laborers who, from the colonial era through Reconstruction, plied the vast inland waters of North Carolina from the Outer Banks to the upper reaches of tidewater rivers. Demonstrating the vitality and significance of this local African American maritime culture, David will also reveal its connections to the Afro-Caribbean, the relatively egalitarian work culture of seafaring men who visited nearby ports, and the revolutionary political tides that coursed throughout the black Atlantic. Click here to register.
HOW TO CONTEST A WILL OR TRUST AND HOW TO PREVENT YOUR FAMILY FROM CONTESTING YOURS

APRIL 27TH, 2022
10:00 AM

Presented by:
Irma K. Nimetz, Esq., McCarthy Fingar LLP

seniorlawday.info

Around the Web

Facts on Coronavirus.

NYC libraries are offering free digital library cards to people across the U.S.

Summer Brennan debunks some myths about nonfiction trade publishing.

Delia Ephron on surviving cancer and the defiance of falling in love in your 70s.

Kentucky hands unprecedented control of public libraries to politicians.

Online Author Talks & More

April 21st, at 1:00 p.m. Advance Access: J.M. Miro’s Ordinary Monsters. Click here to register.

April 23rd, at 2:30 p.m. Local author event: Chris K. Jone's Headcase: Book 1:
Shock & Denial. [Register here.]

April 27th, at 7:00 p.m. An evening with *New York Times* bestselling author James Rollins, author of *Kingdom of Bones*. [Click here to register.]

April 30th, at 5:00 p.m. Indie Bookstore Day Guests: ML Smoker and Natalie Peeterse. [Click here] to attend.

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**Photo of the Week**

Left: *Bell Tower at White Plains Metro North Station.*

Photo by [Tania V.](#).

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.
Our mailing address is:
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