

Westbury Memorial Public Library

445 JEFFERSON STREET WESTBURY, NY 11590 | PHONE: (516) 333-0176 | FAX: (516)333-1752 | contactus@westburylibrary.org | www.westburylibrary.org

JANUARY/FEBRUARY 2021

Mission Statement: To provide excellent, proactive service to fulfill the informational, educational and recreational needs of the community. The library will:

- Celebrate the joy of learning, reading, the arts, local culture and history.
- Create a comfortable, welcoming atmosphere that supports intellectual freedom
- Sustain a future-focus in response to technological change.

Library Board Meetings – Virtual - Thursday, January 21 and February 18, 7:00 pm, via Zoom

The Westbury Library Board of Trustees would like to invite the public to attend our upcoming board meetings. Meetings are typically held on the third Thursday of each month starting at 7:00 pm. The meeting can be joined at the following **Link:** <https://zoom.us/j/97661902610> or by calling the following phone number on the evenings of the meetings after 6:45 pm: **1-646-558-8656, meeting ID 976 6190 2610**

SPECIAL INTEREST

Music – Sirens and Superstars – Friday, February 12, 7:00 pm, via Zoom

With a spirit that will warm your heart and a voice that will touch your soul, Rhonda Denet will perform “Sirens and Superstars,” a “herstory” showcase that celebrates 70 years of female contributions to the American Music landscape. The journey begins in the 1930s with the “Queen of Swing,” Mildred Bailey and the Boswell Sisters. It ends in the 1990s with songs by the powerhouse, genre-crossing hit makers Whitney Houston and Mariah Carey. Rhonda’s professional career has included performances at the Metropolitan Museum of Art, Waldorf Astoria, B.B. Kings Bar and many more venues. Don’t miss this memorable musical program!

Save the Date for a Special Book Talk – Tuesday, March 23, 7:00 pm, via Zoom

In recognition of both Black History and Women’s History month, join Fran Cohen in a special book talk and discussion of two landmark pieces of nonfiction: **The Warmth Of Other Suns: The Epic Story of America’s Great Migration** and **Caste: The Origins of Our Discontent** both written by the Pulitzer Prize winning journalist, **Isabel Wilkerson**. Fran Cohen, teacher, facilitator and published writer presents dynamic participation lectures, workshops and discussions on books, and the arts. She has co-authored along with her husband, Dr. Ed Cohen, *Still Holding Hands: A Whimsical Guide through the ABC’s of A Long Term Relationship*. Fran has been a scholar/facilitator for the NY Council for the Humanities. Read the books, but listeners are certainly welcome as well. The Library will have copies on hand, please call to reserve a copy.

ARTS & CRAFTS

The Joy of Watercolors – Tuesday, January 19, 7:00 pm, via Zoom

In this one-hour 101 class (that is open to all ages and skill levels), watercolor techniques will be demonstrated. These techniques can be used to create realistic or abstract art including landscapes, portraits, or surreal worlds. While the instructor’s focus is abstraction, the techniques can be used for any style and participants are welcome to work on their own paintings throughout the class. Meagan Meehan will present. Ms. Meehan is a Westbury Arts member/instructor. To get a copy of the materials needed see the attached PDF file for this program.

The Joy of Sculpture – Tuesday, February 16, 7:00 pm, via Zoom

In this one-hour introductory class (which is designed for all ages and skill levels), everyone learns sculpting techniques and creates an original art piece in any theme of their choosing. Meagan Meehan will present. Ms. Meehan is a Westbury Arts member/instructor. To get a copy of the materials needed see the attached PDF file for this program.

CAREER COUNSELING

Free Career Counseling

Want to review your resume? Need prep for an interview? One-on-one Career Counseling is available by appointment only by calling the **Computer and Career Center at 516-379-3274, ext. 504**. All sessions will take place over the telephone. If you require resume assistance you must forward your resume as a Microsoft Word document to bspinelli@freeportlibrary.info prior to the appointment. You will be called at the time of your scheduled appointment. We are thankful to the Freeport Library for offering this service to our community.

CONTACT-LESS CURBSIDE PICKUP

We are happy to offer contact-less pickup on weekdays, Monday through Friday, from 9:30 am - 8:30 pm. To reserve items, please call the Library at **516-333-0176** and tell us what you are looking for, or visit the Library website www.westburylibrary.org. If you are unsure of what you would like to read or view, our librarians will be happy to help you make a selection. Once your items are ready to be picked up, we will call you and check them out to you. Patrons should call the Library upon their arrival to pick-up material so that a staff member can bring the requested library materials to the table that will be set up outside each library. The items will be placed on the tables for contact-less pick-up. A monitor will be present to ensure that this process goes smoothly.

Visit our website: www.westburylibrary.org and register in advance by clicking to the link given for the program(s) of interest. If you have any questions contact Edna Harpaul at 516-333-0176 x 1150 or by email: ednaharpaul@westburylibrary.org

HEALTH & FITNESS

Finding Peace through Meditation – Virtual

Tuesdays, January 12, 19, 26 and February 2, 9, 16, 10:00 - 11:00 am, via Zoom

When you meditate, you calm and focus your mind through your breathing. Learn how to beat feelings of stress by meditating and start to experience a deep and authentic inner peace. Enjoy this six-week series with Stephany Taylor from Kadampa Meditation Center of Long Island. Visit our website and register for this meeting.

Brain Abs – Wednesdays, January 13, 20, 27 and February 3, 10, 17, 7:00 – 8:00 pm, via Zoom

Brain Aerobics is a fun brain-building class for all ages, because no matter your age, you can build your brain. The class will mainly touch on MEMORY techniques with a variety of short term and long term memory exercise. Easy formulas to apply to daily lifestyles and new ways to train the brain to think will be reinforced which will strengthen the brain's connections and actually build new brain cells. Nutrition, positive thinking, and meditation will also be discussed in this fun and interactive class. No tests, no picking people out, just good clean memory fun. Taught exclusively by Victoria LaBouff-Lanza, a Professional Fitness Instructor and Personal Trainer for over 30 years! She has been certified since 1987 as a Fitness Professional, through The Athletics and Fitness Association of America (AFAA) and the National Academy of Sports Medicine (NASM). Register in advance for this meeting.

Pilates with Maryellen – Thursdays, January 14, 21, 28 and February 4, 11, 18, 6:00 - 7:00 pm, via Zoom

Need some help improving your posture, increasing your flexibility, or developing your core strength? Then join our FREE Pilates beginner/intermediate exercise class! Using principles based on the Pilates Method, instructor Maryellen Petassi will guide participants of any age through techniques that will help improve balance, stability, posture, coordination and muscle tone by isolating and working various muscle groups through range of motion exercises. This is a form of low-impact exercise that is excellent for people looking to start a new exercise regimen. Please wear comfortable clothing and have a mat. Maryellen Petassi is a certified personal trainer and a registered Pilate's instructor.

WRITING

Writers' Workshop – Fridays, January 8, 15, 22, 29, 10:00 – 11:30 am, via Zoom

Have you always wanted to be a writer but never had the opportunity to develop your skills and talent? Join our four session virtual Writers' Workshop and begin to explore poetry, memoir and nonfiction writing. Classes will include some engaging activities as well as instruction. Class size is limited to 15 participants in order to have time to share and critique your writing. Participants are requested to bring a copy of their favorite poem, paper and pencil to jot down ideas, and an apple to the first class. Presented by Anne Wolf, a creative writing instructor. Ms. Wolf taught Language Arts to students and teachers in the Bellmore School District for 23 years. **Please print the attached PDF class syllabus and Day 1 assignment document.**

Journaling Discussion Group

Fridays, January 22, 29, and February 5, (no class February 12) and 19, 7:00 – 8:00 pm, via Zoom

Begin your New Year by learning or expanding the art of journaling. If you are new to journaling this program will reveal the rewards of this practice of keeping an account of your thoughts and events in your life. You will learn the different reasons for journaling and how it can relax, de-stress and help you to put your thoughts on paper in a style that is your own. If you are already journaling, we will discuss the next level and how it can be instrumental in teaching skills of discipline, scheduling and organizing. You will receive information on how to journal for a specific purpose such as notes for memoirs or other life goals. Each session will include discussion so that participants can share obstacles and progress. Author and writing Coach Linda J. Williams has been journaling for over 20 years and will share her expertise in this four session program.

COOKING

Cooking Quick and Easy Main Dishes – Wednesday, January 20, 3:00 pm, via Zoom

These simple but satisfying easy dinner recipes don't require much advance prep or a long cooking time, you can still sit down to a comforting home-cooked dinner any night of the week. Lucy Van Horn will demonstrate how simple it is to prepare Portobello mushrooms with goat cheese and honey roasted pork. Lucy has been teaching cooking classes for over 25 years. She was co-owner of a food advertising ad agency and part of her job was to do food styling for the ads of Fortune 500 companies and develop recipes for various products. Lucy has worked as a pastry chef for restaurants, owned a café in the East Village as well as catering for 15 years. Her passion is to encourage people to cook for themselves and stay healthy. **To get a copy of the recipes see the attached PDF file for this program.**

Cooking Class, Brunch – Wednesday, February 17, 3:00 pm, via Zoom

Brunch is the perfect combination of breakfast and lunch dishes. Chef Lucy Van Horn will demonstrate the preparation of two simple dishes: Eggs Supreme which is a variation on a Basque egg and quiche with crabmeat. These brunch recipes have a little something to satisfy everyone!

ESL - CITIZENSHIP PREPARATION CLASSES

Virtual Citizenship Preparation Classes with Literacy Nassau

Registration is January 5 – 15, 2021 and classes begin January 25, 2021, via Zoom

Literacy Nassau is offering Virtual Citizenship classes. Citizenship classes are taught in English only; you must speak English well enough to understand the material. When you register, if Literacy Nassau feels you are not ready for the class, they will offer you an *English class instead to start with until you improve your language skills. Students will be placed in Zoom classes. For further information please call 516-887-3580.

Make an appointment for virtual registration at www.literacynassau.org/appointment

***ESL English Classes are available through the Library, via Zoom, on Tuesdays and Thursday, starting at 6:00 pm – 7:30 pm**

Clases virtuales de Preparación para la Ciudadanía con Literacy Nassau

La inscripción es del 5 al 15 de Enero de 2021 y las clases comienzan el 25 de Enero de 2021

Literacy Nassau ofrece clases de ciudadanía virtual. Las clases de ciudadanía se imparten solo en Inglés; debe hablar Inglés lo suficientemente bien para comprender el material. Cuando se registre, si Literacy Nassau siente que no está listo para la clase, le ofrecerán una clase de Inglés para comenzar hasta que mejore sus habilidades lingüísticas. Los estudiantes serán ubicados en clases de Zoom. Para obtener más información, llame al 516-887-3580. Concierte una cita para el registro virtual en www.literacynassau.org/appointment

***Las clases de Inglés de ESL están disponibles a través de la biblioteca, a través de Zoom, los Martes y Jueves, de las 6:00 pm - 7:30 pm**

BOOK DISCUSSION

***A Gentleman in Moscow by Amor Towles* – Wednesday, January 6, 7:00 pm, via Zoom**

This amazing, beautiful novel explores how we adapt to difficult circumstances over which we have little or no control. It is the story of Count Alexander who was sentenced to life imprisonment in a luxury Russian hotel in 1922. Discussion leader: Kathleen Gaskin, Reference Librarian.

***His Truth is Marching On: John Lewis and the Power of Hope* by Jon Meacham**

Wednesday, February 3, 7:00 pm, via Zoom

A revealing portrait of civil rights icon and longtime U.S. congressman John Lewis, linking his life to the painful quest for justice in America from the 1950s to the present. Discussion leader: Kathleen Gaskin, Reference Librarian.

NEW - Sci-Fi Book Club – Wednesday, February 17, 7:00 pm, via Zoom

First Book: ***Calculating Stars (Lady Astronaut #1)*** by Mary Robinette Kowal-award winning author. Elma York, a mathematical genius, in an alternate history, calculates that humanity must leave Earth and colonize planets after a meteorite extinction event. Accurately reveals the sexism and racism of the 1950's. For more information send email to: ronschachter@westburylibrary.org

The Book Nook – Wednesday, February 24, 6:30 pm, via Zoom

Are you looking for something great to read? Then join The Book Nook book club where we'll be talking about some must reads in Adult Fiction and Non-Fiction. We will also be discussing ***Real Men Knit*** by Kwana Jackson. Copies of the book will be available for curbside pick-up and on Libby. Please pick up the book and register in advance. A link to the program will be emailed to you the morning of the event. Registration and book pick up begins Monday, January 25 at 9:30 am

Coming Soon – Millennial Book Discussion

WHAT? A new book club.

WHO? For Millennials, born between 1981 and 1996, or from ages 23 through 38; or thereabouts.

WHY? For you to connect with other millennials; share what you've been reading; engage with the library and the culture of reading; have fun, no pressure.....for free!

WHERE? On Zoom, from the Westbury Library to your place.

WHEN? Launching, Spring 2021.

HOW? Contact Kathleen Gaskin at 516-333-0176 x 1151; or kathleengaskin@westburylibrary.org

Send your comments, ideas, and suggestions too!

Library Social Media

Library Facebook: <https://www.facebook.com/westburylibrary>

Library Instagram: <https://www.instagram.com/westburylibrary>

Library YouTube page: https://www.youtube.com/channel/UCY8q_0FVq7DVMG-yxnONb4w/videos

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COMPUTERS

Computers and Internet 101 – Thursday, January 7, 11:00 am, via Zoom

Does email confuse you? Have you had issues understanding the web, your new phone, or the computer that's been in the living room for a decade? Has 2020 seen you go from using the internet once a month to once an hour and it still might as well all be a foreign language to you? We can help. Join this informative one-hour class led by Christopher Durrah of the Westbury Library Technology Department and get started on your new digital journey. Questions are very much encouraged.

Internet 101 – Thursday, January 14, 10:30 am – 12:00 pm, via Zoom

Learn the Basics of the World-Wide Web with the Westbury Library Technology Department. From creating your first email address to buying things online and signing up for social media. Please come prepared with any questions you may have.

Social Media Basics – Tuesday, February 9, 11:00 am – 12:00 pm, via Zoom

Social Media can be a difficult landscape to navigate. Learn the dos and don'ts of the various social websites as well as some handy tips and essential skills to get you started. Questions, as always are encouraged.

ONGOING

The Cottage - The Historical Society of the Westburys

For more information contact Susan Kovarik, curator at 516-333-0176 x 1107 or email: susankovarik@westburylibrary.org
Susan can be reached Wednesdays from 10:00 am - 1:00 pm and Thursdays from 12:00 pm - 4:00 pm

Service to the Homebound

Ron Schachter provides home delivery of Library materials to patrons in the Westbury or Carle Place school districts who are unable to visit the Library because of physical limitations. For further information contact Ron at 516-333-0176 x 1403 or email: ronaldschachter@westburylibrary.org

Health Insurance Enrollment with Fidelis Care

Fidelis Care offers quality, affordable health insurance for qualifying children and adults of all ages through Qualified Health Plans and the New York State sponsored Child Health Plus, Essential Plan and Medicaid programs. Contact Luz Mery Guecha-Lutz at 347-597-2324 for more information.

Defensive Driving Classes with the Empire Safety Council

Empire Safety Council is holding small social distance classes in Nassau and Suffolk County. To register for a class contact Diana Palumbo-Wilbur at dpalumbo22@yahoo.com or call 631-664-0652.

TEENS

Teen Winter Reading Club – January 4 - February 25

For Westbury/Carle Place teens in grades 7-12

We've got the best way to snuggle up with a book this winter. Pick up your "snuggle kit" - complete with a DIY Pillow Craft, hot cocoa supplies, winter book suggestions and review forms. Drop your review forms off at the library or visit the Teen Page of our website to fill out a review online. All reviewers will be entered to win a \$25 Amazon gift card (winner will be notified on Friday, February 26). Please register at: <https://bit.ly/35UDNFU>

Author Workshop with Jen Calonita – Thursday, February 25, 5:15 pm

Plot on the spot with Fairy Tale Reform School author Jen Calonita as she helps you twist tales and talks about her latest book, THE RETAKE (it's about a time travel app!). Please register in advance. A link to the program will be emailed to you the morning of the event with suggested materials. Open to kids of all ages. Registration begins Monday, February 22 at 9:30 am

Board of Trustees

Judy Gerrard, President
Denise Parillo, Vice-President
Carmen Lloyd
Shirley Darkeh
Marie-Antoinette Rousseau

Director

Tracy Van Dyne

Board Meeting

Thursday, January 21.....7:00
Thursday, February 18.....7:00

Cottage Hours

Wednesday.....10:00 - 1:00
Thursday.....12:00 - 4:00

Adult Library Hours

Monday.....10:00 - 9:00
Tu, W, Th, Fri.....9:00 - 9:00

Adult Library Closed

January 1.....New Year's Day
February 15.....Presidents Day

Children's Library Hours

Monday.....10:00 - 8:00
Tu, W, Th.....9:00 - 8:00
Fri.....9:00 - 5:00

Children's Library Closed

January 1.....New Year's Day
February 15.....President's Day