

# QUEST Q NEWS

A Quest Publication

October 2017

## A Note from the President:



**W**e have reached the half way point in our semester, with the Jewish Holidays and Columbus Day behind us, and Halloween and then Thanksgiving rapidly approaching. We at Quest have much to be thankful for. By all accounts, our presentations have been excellent and our literary arts programs are thriving. We even offer line

dancing and interesting noontime knowledge programs. We should all give thanks to our fellow members who volunteer to coordinate courses, make presentations, contribute to Q Review, chair and join our committees, serve on Council, send out our weekly schedule and together make Quest interesting and fun.

– Bob Gottfried

## Looking Ahead

**Quest's Annual Holiday Luncheon** will be held on Friday, December 8th, at Noon at the very lovely Scaletta Restaurant, located on West 77th Street, between Central Park West & Columbus Avenue, opposite the Museum of Natural History. The restaurant is much larger than last year's venue, and will be open exclusively for our use. Therefore we can accommodate everyone who wishes to attend; spouses and friends are most welcome. The menu includes a choice of appetizers, main course, dessert, coffee and wine. (A cash bar will be available.) The cost will be \$40 per member and \$60 for guests. Sign up information will be available in the office shortly.

We hope everyone will join us for this gala year-end celebration!

**The Spring Term** will begin on January 29th. Classes will not be held on February 13th, Lincoln's Birthday and February 20th, Presidents' Day. Spring Break will be the week of April 2–6. End of Year Luncheon will be on Wednesday afternoon May 9th. This will be preceded by an end of year play.

## Travel Update 2018

### WARMTH IN JANUARY

Join us (we already have 8 people going) for a week in glamorous **Palm Springs**, California, home to movie stars and A-List celebrities, from January 14th – 19th. If you'd like to join us, please call Road Scholar (1-877-426-8056) and tell them you are interested in trip #21384. The cost is \$1,149 p/person (airfare extra).

**OR**, alternatively, and a bit closer to home, is Road Scholar trip #21797, (also from January 14th – 19th) to always fun **Key West**, Florida. We'll stay at the Margaritaville Key West Resort Hotel located right on Mallory Square. The cost is \$1,999 per person, and includes lots of sightseeing activities. If you are interested, call Road Scholar and let Carolyn or Michael know as soon as possible.

### MAY SPRING TRIPS

For (late May), we have **three travel options:**  
**Portugal:** First a 10-day trip to **Portugal**, departing on May 26th. This moderate activity level trip is sponsored by Gate 1 Travel, and includes 3 nights in Porto, 3 in Lisbon, one in Evora and one in Tomar, city sightseeing, walking tours, and a cruise on the Douro river. The cost is \$1799 per person (double); airfare is about \$500 to \$600 round trip.

**OR - Croatia:** Our second option is a Road Scholar trip to **Croatia** (trip #20118) and the surrounding countries, which includes a week-long cruise along the spectacular Adriatic Coast and four nights on land, two before and two after the cruise. We already have eight people signed up; if you want to join us please call Road Scholar now to reserve a space. Cabins on the ship are filling up quickly.

**OR - Holland and Tulips:** Another option is a less-strenuous, more leisurely Trafalgar Tours beautiful 11-day trip through **Holland and Belgium**. We'll depart on May 10th, and spend 3 days in Amsterdam, 2 each Bruges, Luxembourg, and Brussels, all at first-class 4-star hotels. Highlights include visits to the Keukenhof Tulip Gardens, The Hague, Delft, and Rotterdam, a Rijksmuseum tour, a cruise on the canals of Amsterdam and more. The cost is \$2,400 (discounted price for double, add \$810 for a single). Must be paid by January 11th. Non-stop air is only \$498 on Delta (must be paid by Nov 17th).

Please let us know if you wish to join us. Thanks. carolyn8912@aol.com or captmike46@aol.com

## Profile

by Joyce West



**Mahnaz Attarha** is an award-winning novelist who has published four books: *Raghsi-Chonin*, “Such A Dance”; *Senj-o-Senobar*, “Cicada & Poplar”; *Maa*, “We”; and *Ye-Kare-Taro-Tamiz*, “A Neat Action.” Her second novel *Senj-o-Senobar* was a finalist at Yalda, Peka and Golshiri award in 2004

and won the Isfahan Literary Award.

Attarha began writing at 17, reporting for *Talash* magazine. At the age of 20 she reported for *Shekar-o-Tabiat* “Nature and Hunting” magazine, the first Iranian magazine focused on nature and environmental concerns. Attarha is the first woman who worked as an environmental journalist in Iran. She was demoted to a typewriting position after the revolution and was forced to leave Tehran and reside in Boushehr, a small city south of Iran, where she published her first novella.

Her connection to nature is evident in her writings and her life. As part of a green belt project in Shiraz, Attarha has managed the plantation of 5000 trees. She also worked as a landscape designer in several public projects in Shiraz. Attarha currently resides in New York and is working on her upcoming novel, *Kazhmir*, an intimate narrative about the impact of war on the lives of women, as her memoir.

## Freshman Class Meets

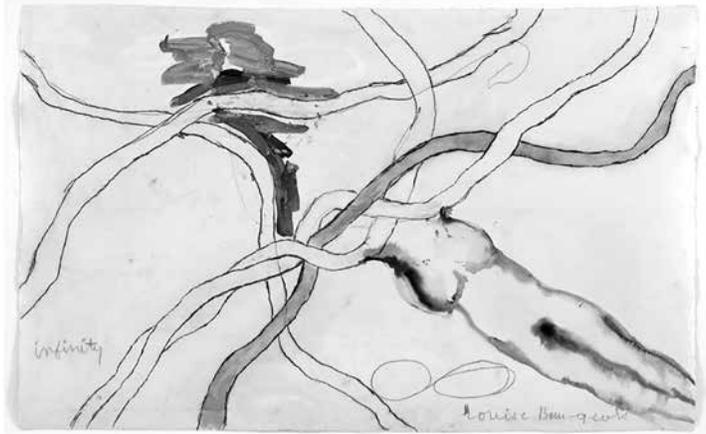
by Betty Farber

**E**leven new Questers met at noon on Tuesday, September 26th for the first session of Freshman Class for the Fall 2017 semester. They were welcomed by the coordinators, Pam Gemelli and Betty Farber. Featured speakers were Quest’s President, Bob Gottfried, and Vice President, Marian Friedmann. The discussion focused on the workings of the program, including Quest committees, duties of the officers and council members and benefits of Quest membership. Participants spoke briefly about their backgrounds and commented positively on their experiences at Quest. Freshman Class meetings will be held at noon on the last Tuesday of each month. Speakers from various committees and classes will acquaint new members with Quest’s exciting program and opportunities to become active.

## Louise Bourgeois MoMA Tour

by Bob Reiss

**T**wenty-five Quest members attended a MoMA tour on Friday, October 20th. The tour focused on *Louise Bourgeois: An Unfolding Portrait*. This exhibit explores the prints, books and creative process of the celebrated sculptor Louise Bourgeois (1911–2010). Bourgeois’s printed oeuvre, a little-known aspect of her work, is vast in scope and comprises some 1200 printed compositions, created primarily in the last two decades of her life but also at the beginning of her career in the 1940s. The Museum of Modern Art has a prized archive of this material, and the exhibition highlighted works from the collection along with rarely seen loans. A special installation filled the Museum’s Marron Atrium.



## Docent of the Year

**H**ELEN SAFFRAN, a docent at the Prospect Park Zoo, recently received an award, “Docent of the Year,” based on votes and evaluations from her fellow docents.

What does a zoo docent do? A zoo docent leads tour groups of children from schools and camps, participates in zoo events such as the “Fleece Festival” in the spring and the upcoming Halloween “Boo at the Zoo” and works on conservation campaigns of its sponsor, the worldwide Wildlife Conservation Society. Helen remarks, “I enjoy the excitement of a three-year-old feeding a barn animal for the first time.”



## Bits and Pieces...Who's Doing What

**Michael Wellner** and **Bob & Ellen Gottfried** recently attended the One Day University® which brings prominent professors of the academic world to cities across the country to give their most thought-provoking talks. This is a national organization and holds sessions periodically throughout the year at various venues. The students experience award-winning speakers and countless fascinating ideas—all in one day.

**Toni Dickenson** just returned from a trip to the Pyrenean regions of Southern France, Andorra and Northern Spain. Her itinerary included the Cathar history of Southern France and the incredible walled city of Carcassonne, exploring the Pyrenean Freedom Trails used by people fleeing Franco's Spain, Jews fleeing Nazi persecution and later by Nazis fleeing the Allies at the end of WWII. The trip ended in Barcelona and included a trip to the Guggenheim Museum in Bilbao, Spain.

**Michael Hamburg** will be part of a training/mentoring team for the newest

class of Earth & Space Explainers at the American Museum of Natural History.

**Diane Crothers** spent lots of time visiting this summer. After a week in a Boston hospital visiting her brother; she visited her daughter-in-law's family in Ponce, Puerto Rico. She then went off to Jackson, Mississippi and researched her mother's 19th century ancestors and then vacationed with extended family at Lake Winnepesaukee and the Cape.

**Anita Hunter** spent another delightful summer on beautiful Salt Spring Island in British Columbia, Canada. Wonderful place, grand people, easily visited by a 25-minute floatplane flight from Vancouver or Victoria. She'll soon be going to Japan, joining her son and daughter-in-law in Tokyo, traveling late October to mid-November, 2017.

**Jeanette Himmel** spent a weekend on Sept 22–24 at her son's home in the Berkshires. She visited the Norman Rockwell Museum and enjoyed an

unusual show featuring Rockwell and Andy Warhol. Lunch at the Red Lion Inn in Stockbridge added to a delightful day.

**Judy Weis** has been appointed to the city's Waterfront Management Advisory Board. Congratulations are in order.



**Historic Day in the Bronx** (from left) John Davis, Roy Clary, Art Spar and Wayne Cotter witnessed an historic moment at Yankee Stadium on Sept. 25. Yankee phenom Aaron Judge belted his 49th and 50th home runs of the season, breaking the major league record for most single-season home runs by a rookie.

## Trip to Shaw Festival

by Bob Hartmann

Three Questers, Pam Gemelli, Leslie Goldman and Bob Hartmann, made the trek northward in August to attend the famous Shaw Festival in Niagara, Canada. We attended three plays, Shaw's "Saint Joan," "The Madness of George III," and a musical, "Me and My Girl". In addition, we enjoyed participating in discussions about the plays led by various actors as well as back



stage tours with carpenters, wardrobe supervisors and stage managers. Included in the Road Scholar tour were visits to the famous Niagara Falls, the quaint village of Niagara-on-the-Lake, a vineyard for a wine tasting, and a trip to a Butterfly Conservatory.

## Q-Toon

by W. Cotter



*"Don't you hate it when presenters use foreign phrases to sound smart? It's just so de trop!"*

## Creative Corner

### Irish Dreamscape

by Betty Farber

In a dream landscape in Ireland,  
On a cobblestone walkway by a river,  
Time moved in slow motion.  
I leaned my cane against a metal fence  
While taking a photo of an old  
stone church,  
When my cane, looking for adventure,  
Flew above the river, slowly falling,  
Gracefully into the water below.

The memory of that cane floating  
through the air  
Will be with me always.

I'm hoping that  
As it drifted down the river, it landed  
Near a cottage with a thatched roof  
Inhabited by a woman of advanced age  
Who needed some help with her walking,  
And thinking it was the work of elves  
or fairies,  
Used my cane happily ever after.

## Plastic Bags At Quest

by Dolores Dolan

**L**inda (known as LinZ) Redding knits mats out of plastic bags. These mats, which are six feet long and three feet wide, are then donated to a support group for homeless veterans in New Jersey. Some homeless veterans do not want to go to a shelter. They often sleep outside on cardboard pads, using the plastic mats to provide insulation from rain.

LinZ said, "It takes about 700 bags and a couple of months to complete a mat." She has already completed and donated two mats and is now working on her third. I visited her at home and marveled at the multicolored mat, which feels like fabric rather than plastic. She sorts the bags into colors: grey comes from Walmart; yellow from Gristedes; white from restaurants; beige from Home Depot and blue from New York Times deliveries. I watched as she flattened the bags with her hands, folded them into one-inch folds, cut them into strips and

then made tennis-size balls of the strips. LinZ said, "This is the boring part of the job, so sometimes my husband reads to me during the preparation." She then uses huge wooden needles to knit the strips into rows.

Friends supply LinZ with the plastic bags happily. One friend ran after LinZ



when she was about to drive off from her summer house, shouting, "Wait, wait, you forgot the bags."

## Line Dancing

"Sex on the Beach," "Trashy Women," and "Tush Push" are titles of some of the line dances that Quest members have been doing once a week in our Room 19 Studio. Mary Beth Yakoubian, a retired physical education teacher and dance teacher, began offering this new weekly extra-curricular activity in September.

Besides the obvious social aspect of line dancing, there are many health benefits you will enjoy if you line dance on a regular basis:

- Improved cardiovascular and muscular strength and flexibility
- Reduction of blood pressure and cholesterol levels
- Increased lung capacity
- Help with weight control—half an hour of continuous line dancing can burn an average of 300 calories!

## Q News Staff

*A Quest Publication*

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Quest, a community for lifelong learning, is affiliated with the City College of New York (CCNY), and its Center for Worker Education (CWE).

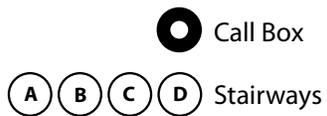
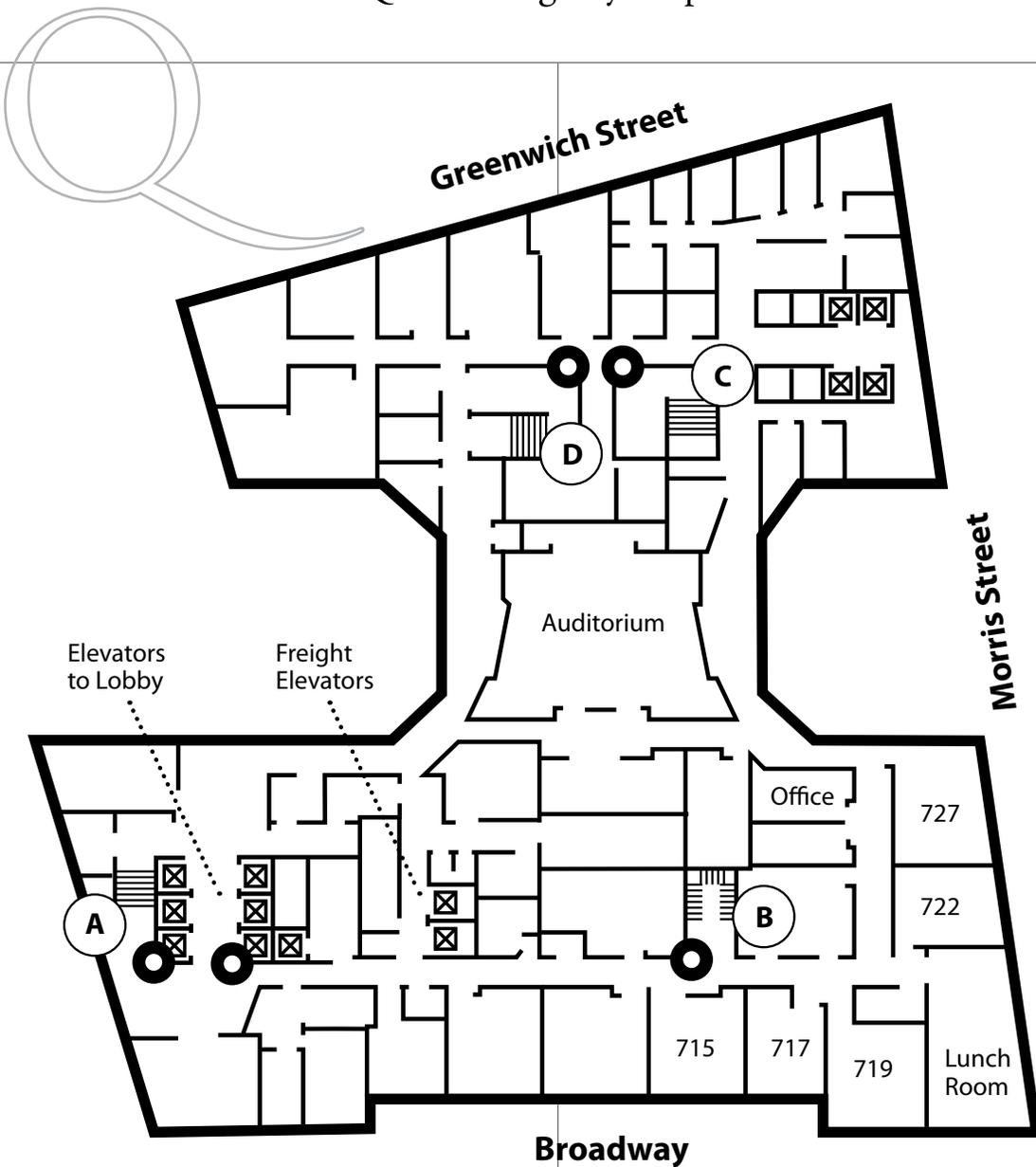
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## Quest Storyteller

**E**LLEN SHAPIRO is a frequent storyteller at the Hans Christian Andersen statue in Central Park. This is a curated program that has run for 61 years every Saturday from May through September. Ellen told "The Teakettle" (Japanese) and "The Cool Ride in the Sky" by Diane Wolkstein.



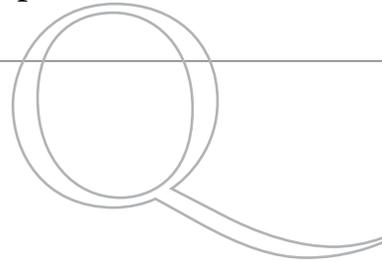
# Quest Emergency Response



## EMERGENCY RESPONSE

- Maintain absolute silence and wait for an announcement.
- During an evacuation do not automatically use the nearest stairway.
- Building management Emergency Response will direct us to the safest stairway.
- If you are not familiar with the location of the stairways watch for announcements of "7th floor walk-about."

# Quest Emergency Response Protocols



The Emergency Response Team at Quest is committed to ensuring the safety of all members in the event of an emergency. Our twenty (or so) members plan, train and drill so that each team member is prepared to respond quickly should an event occur. Our Emergency Response Team members are easily identifiable by their big orange buttons. If you become aware of a potentially dangerous situation, or a Quest member in need of assistance, please approach anyone on the team.

Should a real emergency occur, all instructions will be relayed via intercom by the Office of Building Engineers. It is critical that you maintain absolute silence once an alarm sounds. This is essential to ensure everyone's safety. (Many people at Quest have hearing impairments: please be prepared to help them follow the instructions.) **Do not automatically assume that we will be required to evacuate;** we may be safer staying where we are (shelter in place), or even moving to a higher floor in the building.

If an evacuation from the seventh floor is necessary, the engineer's office will determine which exit is to be used. Do not assume that you are to use the nearest exit; you may be walking directly into the source of the problem. Listen carefully to the instructions.

The emergency action procedure is as follows:

1. If an alarm sounds, all members are to remain where they are and cease all talking. You are to listen for an announcement over the intercom. In each room the Emergency Response Team members will immediately stand and motion for silence.
2. The building engineers' office will announce the source of the emergency, and ask that you remain silent and in place until directions are given.

3. The alarm will sound again, and the engineers' office will direct us to take the appropriate action (e.g. shelter in place, or begin moving to the appropriate stairway and freight cars (for those who cannot walk several flights of stairs)).

*Note that a continuous alarm may sound until the building engineers' office receives word from our team leaders that all our members are gathered and that the classrooms and restrooms are clear.*

4. At that point we will be instructed as to what action to take, and whether or not we need to evacuate the building, or our floor.

The map on the reverse side clearly indicates the location of the four stairway exits (marked A, B, C and D), and the location of the freight elevators. Knowing where these are could well save your life.

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