

# QNEWS Q DIGITAL

A Quest Publication

Issue 3

April 2020

## A Note From the President

**A**s I write this, I have just completed my second Quest Council meeting held via conference call, and will be celebrating Passover virtually with my friends via Zoom later this week. What a strange new world we live in I am happy to report that, to the best of my knowledge, none of our members has been infected with the coronavirus.

We all owe a debt of gratitude to Bob Reiss, Sharon Krutzel, and the entire Online Learning Committee. The presentations we have been able to see and hear have been excellent. We are hopeful that classes will resume for the Summer session beginning June 2nd. Thanks to the work of the Curriculum Committee, chaired by Joyce West, and the Scheduling Committee, chaired by

Caroline Thompson, we will soon be receiving electronically the catalog for the Fall 2020 Quest classes, which we hope we will all be able to attend. Our 25th Anniversary Party has been rescheduled to November 20. I wish you all good health, and hope to see you again soon.

- Bob Gottfried

### Quest Goes Online *by Bob Reiss & Wayne Cotter*

**L**ike many other institutions of higher learning, Quest has been thrust into the realm of online education due to the spread of the COVID-19 virus. As a result, an online committee, co-chaired by Bob Reiss and Sharon Krutzel, is currently working hard to bring online presentations to the Quest community via the "Zoom" platform. Members will be alerted about details of these presentations via email and special editions of NWAQ. We recognize that the shutdown has left huge gaps in the lives of all Quest members. This online approach will allow us to continue to learn together during the hiatus, and may even help enhance the Quest experience for all of us once we return. In addition to Bob and Sharon, the other committee members are Sandra Abramson, Wayne Cotter, Jeanne Gold, Ellen Shapiro, Pete Weis, and Michael Wellner. Anyone interested in presenting online should contact any online committee member. We urge all Quest members to consider participating in this bold, new experiment.

### Quest Summer Programs • Encores 2020 June 2 through July 30 • Tuesdays and Thursdays • 10:30 am to 12 Noon *Note: please be aware that courses may be offered on-line.*

- June 2** Tues **Donna Basile** *Alfred Hitchcock* **Film Directors**
- June 4** Thurs **Brenda Wilder** *The "F" Word: Separating Fat from Fiction* **Science & Scientists**
- June 9** Tues **Wayne Cotter** *Rock Goes Country* **Classic Rock**
- June 11** Thurs **Phil Gisser & Friends** *Election 2020: Updates, Projections & Featured Presentation*
- June 16** Tues **Beth Callender** *The Internet Takes on the Couch Potato: From Grunts to Tweets*
- June 18** Thurs **Ellen Shapiro** *The Tale of Genji Artists & Their Works*
- June 23** Tues **Michael Wellner** *Henry Ford* **Roaring 20's**
- June 25** Thurs **Gordon Gilbert** *Transparent Architecture* **Presenter's Showcase**
- June 30** Tues **David Bernard** *Nelson Mandela* **Movers & Shakers**
- July 2** Thurs **No Class**
- July 7** Tues **Susan Diehl** *Genghis Khan* **Movers & Shakers**
- July 9** Thurs **Toni Dickenson** *Bending Toward Justice* **Fascinating Non-Fiction**
- July 14** Tues **Mary Ann Donnelly & Friends** *Creative Day (tentative)*
- July 16** Thurs **Mary Ann Donnelly** *Miles Davis* **Jazz: The Soul & The Sound**
- July 21** Tues **Marian Friedman** *Global Female Presidents & PMs* **Foreign Affairs**
- July 23** Thurs **Sandra Abramson** *Maya of Mexico* **South of the Border Before Columbus**
- July 28** Thurs **Gil Santiago** *Iron & Blacksmithing* **Inventions That Changed the World**
- July 30** Tues **Joyce West** *Martha Gellhorn* **Great Journalists & Publishers**

## Who's Doing What... For Fitness and Sanity

**Nan McNamara** is watching this YouTube video for working out and elevating your mood. According to Nan it's absolutely the best. Don't miss it! <http://www.youtube.com/watch?v=3eXT60rbBvk>

**Bob Gottfried** is keeping fit playing outdoor singles tennis three times a week. And then he takes walks in his neighborhood.

**Judy Weis** takes advantage of walking in Central Park and Riverside Park.

**Hilda Feinstein** has a beautiful view when she walks on her roof for both physical fitness and mental health. She asks what are the rest of us doing? "I find that I'm loving that warm shower in the morning, luxuriating in it and not rushing to get out of it because I have something important to do that can't wait for a few more minutes."

**Frank Montaturo** is really into food – as we all know! He assumes that we're cooking and preparing wonderful food now that we have the time to do it. Frank warns us that we need to work it off before we get back to eating in wonderful restaurants... Check this issue for more on "*Food from Frank*."

**Bob Reiss** has a different approach: "I'm giving my computer mouse quite a workout. And then I have to get up from my desk chair three times a day to eat. Plus, I have to carry Abbey, our Havanese dog, up the stairs because she has a partially torn ACL."

**Nina Diolitis** writes that "I usually take a walk along the river as I do going to Quest. Didn't need to yesterday though. I got quite an aerobic workout filling up my cyber grocery cart on three different sites and then finding out that they were so jammed I couldn't get through or there were no available delivery slots until the next millennium!"

Heard from **Phil Gisser** who reports that he is staying with his daughter and son-in-law literally in the woods in Lords Valley, Pennsylvania, where he went for a long walk, and saw just one person walking a dog (on the other side of the road) and three cars. This alone gives him an extra layer of protection. He is delighted that he can stay in touch with everyone now that their internet service is

working. (His cable company had to replace about 200 yards of overhead cable in order to reconnect him. And he even has cell-phone service, which unfortunately is not that reliable.

**Betty Farber** reports that she is missing Quest's informative courses, although she found an interesting series about world religions on Netflix called, "The Story of God" with Morgan Freeman. In several episodes Freeman travels the world learning how various religions view such subjects as, "Heaven and Hell," "Miracles," and "Why Does Evil Exist?" She loves doing New York Times crosswords, and notes that *Monday Puzzles* are her favorites because they are easier! She was delighted when her daughter sent her a book, *The New York Times Monday Crossword Puzzle Omnibus*. (Sounds great!)

**Helen Saffran** took a springtime walk in the Brooklyn Botanical Garden and greeted the flowers on Daffodil Hill before the Garden was closed. She also took another walk in beautiful Prospect Park, and is now playing "Words with Friends" and "Boggle" on line with friends and family.

**Larry Shapiro** is participating in yoga classes streamed by Now Yoga ([nowyoga.com](http://nowyoga.com)) in the East Village. He is also walking around the neighborhood and occasionally stopping to chat with neighbors (but always at a safe distance), including at a local greenmarket, safely managed by the Greenmarket staff

And, **Lucille Granfort** reports that Sal is growing both a beard and a mustache! After a family vote (secure and anonymous!) of sixteen of his family members resulted in a tie vote for each, he opted to grow both! So far he is not cheating and is looking pretty grim! Fortunately, Quest members will not be subjected to the results of his work (or lack of work!) since he will definitely remove it before returning. Three of his grandsons have opted to join Sal in this work.

And finally, a quick joke from **Steve Koenig**: There is an airplane with five passengers on board: Donald Trump, Boris Johnson, Angela Merkel, The Pope and a ten-year-old school boy. The plane is about to crash and there are only four parachutes. Trump immediately says "I need one. I'm the smartest man in the

USA and am needed to sort out the problems of the World!', and he takes one and jumps. Then Boris says 'I'm needed to sort out Britain'. He takes one and jumps. Next The Pope says 'I need one as the world needs the Catholic Church.' He takes one and jumps. Angela finally turns to the ten year old boy and says: "You can have the last parachute. I've lived my life; yours is only just starting." At which point the ten-year-old replied: "Don't worry, Ma'am, there are two parachutes left. The smartest man in the USA took my school bag."

**Leslie Goldman, Jennifer Jolly, and Mary Ann Donnelly** had cocktails together at 5:00 o'clock on a conference call that they set up with their iPhones. Definitely a fun thing to do.

**Pete and Judy Weis** got up close and personal with grey whales in the St Ignacio Lagoon in Baja during a week in March.

**Loretta Menger** has just completed her first shift in a new volunteer job at a temporary call center in a nearby hospital in Secaucus NJ. She was there to screen callers for eligibility for the Covid-19 test. It was a win-win experience for me. Good for my mental health to be productive and to also be helpful to society at this time. Stay well.

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## Quest Monthly Social

by Pam Gemelli

Here are a few photos from the February monthly social hosted by Lois Cardillo and Marcia Friedman who did

a wonderful job. The hors d'oeuvres and canapes were absolutely delicious, as was the wine! Many thanks from all of us.



## Quest Pet Survey

by Michael Wellner



So far, I have had 78 responses to my Quest Pet Survey. Results are as follows:

- 55 people have no pets at home (70%)
- 14 have cats (18%)
- 7 have dogs (under 10%)
- And just 2 have birds (2 ½%)

## QTravel Update

The coronavirus outbreak has certainly thrown a monkey wrench into everyone's plans, but perhaps nowhere more than the travel industry. Cruise ships have stopped altogether, those planes that are flying are doing so empty, and the future is wholly unpredictable. Quite a time to be writing a piece about the Quest travel program. But here we are nevertheless! Of course, our wonderful trip to the **Puglia region in Italy**, scheduled for the end of May has been cancelled. Right now, the Road Scholar excursion to the **Shaw Festival** in Niagara-on-the-Lake, Ontario, set for August of this year, is still going forward, but who knows? Road Scholar has advised us that the trip is officially "sold out," but at this point it's safe to say that everything is up in the air. If you think you might be interested in joining our group, please e-mail Carolyn ([carolyn8912@aol.com](mailto:carolyn8912@aol.com)).

Then in October, we are confirmed for a group of not more than forty people to embark upon a truly remarkable, never-to-be-forgotten, three-day **Civil Rights trip** to Atlanta, Birmingham, Selma, and Montgomery (Alabama), beginning October 15th. One member of our Quest Community, David Bernard, actually went on this trip last fall, and has recommended it highly to us — so much so that he will go with us this year. Michael has all the details; just e-mail him ([captmike46@aol.com](mailto:captmike46@aol.com)) and he'll send them to you. Right now, we have no plans for a **January 2021 trip**, but we are open to any and all suggestions. And finally, for now, Carolyn is planning a cruise on **Portugal's delightful Douro River**; if you are interested in learning more, just e-mail her.

We'll sign off with a most unusual request from the Travel Committee: **Stay home, be safe, and wash your hands!**

## Worth a Chuckle

by Frieda Lipp

I was walking along Broadway in the 80s in the days as the City was closing down non-essential businesses when I passed a Town Shop (a store that sells women lingerie) that had a huge sign plastered on its storefront window. Sorry to say I didn't have my phone to take a photograph but the sign essentially read something like the following: We are closing due to the coronavirus. We are doing so because we care about the health and wellbeing of the people who work for us and for our customers. However if any of you are experiencing a brassiere emergency do not hesitate to contact us via the web. We will be happy to assist.

## Spring Day

by Andrea Irvine

Spring day in Central Park — came across a restful sight — two of the volunteer Auxiliary Officers from the Park's Enforcement Mounted Patrol Unit — quietly grazing their huge Drey horses — asked us not to come too close — "it's their afternoon off" — made one feel that life was 'normal' again, almost!



## Dinner Interruptus

by Frank Montaturo

It was to have been our March Hare Adventures in Dining. Interest, indeed perhaps even excitement was building. (Remember that hare!) Sold out within 24 hours. Cardamom... a Goan Indian eatery just a grande jetée off Queens Blvd in Sunnyside... our destination. Alwyn the very personable chef owner of this small establishment helped put together our adventure, which for the first time ever was to include Happy Hour drinks and appetizers followed by a selection of his signature dishes. But it wasn't meant to be. MFK Fisher rather favored eight... or perhaps even six... around the table, but our budget and calculations, our chance to experience a wide range of Chef's offerings would be severely jolted by fewer than twelve. Not all the cancellations were due to the shadow of the virus... dinner was for March 12... still relatively early in the developing story. When it became obvious that to proceed would be incautious... Hi Chef... Oh, Frank, that's okay. We can postpone. And yes... we will...when the cloud has passed.

Here for your enjoyment over a glass of Pastis... a link to a page from MFK Fisher... on dining alone. A literary-culinary delight. And please remember: Dining well is the best revenge.

Till we eat again.

## Recipes in the Time of Virus

### Fish Oreganata

The best part of this recipe is how quick and easy it is to make.

Ingredients:

- Panko
- Parsley
- Lemon Zest
- Lemon Juice
- Garlic & Oregano
- Extra Virgin Olive Oil (EVOO)

Combine ingredients for the topping. Preheat oven to 425°. Cover a baking sheet with foil and non-stick spray. Place the fillets on the baking sheet. Press the bread crumb mixture into the fish fillets making sure they are covered. Bake until the fish is just opaque in the center, about 10 minutes.

### Lemony Spinach Soup With Farro

Sauté medium high heat in olive oil... a couple of chopped leeks or an onion and celery ribs... ten minutes. Add chopped garlic, rosemary and bay leaves... one minute. Add two or three diced potatoes, one quart stock and two cups water, salt and pepper. Bring to boil... then simmer 30-40 minutes. Separately... boil a cup of farro (available at TJ's) till tender. Drain.

Add a pound of spinach... with a fistful each of parsley and cilantro. Eight minutes. Then purée... add some lemon juice... adjust for taste. Add the farro, red pepper and parmigiano. Mangia!

### Dried Fruit Muffins

Bob Gottfried's favorite.

Ingredients:

- 1½ cups whole wheat flour
- ½ tsp ginger
- 1 tsp baking soda
- ½ tsp nutmeg
- 1 tsp salt
- 1 tsp allspice
- 1 tsp cinnamon
- ½ cup honey
- 1 tsp vanilla
- 2 beaten eggs
- 2 TBS melted butter
- 1 cup canned pumpkin
- 3 mashed banana
- 1 cup dried fruit
- ½ cup more if you don't add nuts or chocolate chips
- ½ cup chopped walnuts — chocolate chips (both optional)

With a fork, mix dry ingredients until blended. Add wet ingredients to dry in any order. Blend with a hand mixer until none of the flour can be seen. Fill muffin cups. Bake for 19 minutes at 350°.

## Creative Corner

### Quest and the Pandemic

by Betty Farber

The 7th floor is dark  
At 25 Broadway.  
No one is sitting sipping coffee  
And talking politics.  
No Questers in classrooms  
Where we write, recite, interact,  
Lecture, argue and inspire.  
The auditorium is empty.  
No PowerPoint.  
No microphones.  
No questions.  
*And no answers.*