

QNEWS Q DIGITAL

A Quest Publication

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A Note From the President

As this semester comes to a close, I want to express my gratitude to each and every one of you for your dedication, hard work, and resilience. We've faced a few challenges and, thanks to teamwork and perseverance, we've continued to progress and thrive, adapt, innovate, and transform. We continue to embrace change and turn obstacles into opportunities. Our ability to pivot swiftly has been a testament to our agility and forward-thinking mindset.

Moving forward, let us reaffirm our commitment to excellence in everything we do. Let us continue to prioritize integrity and civility in our actions. Let us continue to foster a culture of inclusivity, where diverse perspectives are valued and respected. Let us not lose sight of our core values and principles. Let us remain steadfast in our pursuit of innovation and continuous improvement. Let us embrace change as an opportunity for growth and evolution.

Clearly, our success is not solely measured by financial metrics or number of members. As a community, we continually achieve remarkable success, and together, we will continue to reach new heights. Let us march forward with confidence, unity, and determination, knowing that the best is yet to come.*

*Part of this column was written by ChatGPT

Donna Ramer

Guest Speaker: Ed Baig *by Karen Levin*



Ed Baig was our Distinguished Guest Lecturer on April 10. Ed is a personal tech writer at AARP, who spoke about AI and its impact on today's technology and popular culture. The new technology is known as "*Generative AI*." To use it, one would enter prompts to generate various types of information. This can include help with travel plans, writing letters or poems, and diagnostic testing in

the medical field.

Members posed many interesting questions and comments.

Topics were suggested and Ed was able to do interactive demonstrations using ChatGPT, a popular AI program. As an example, someone suggested looking up seniors dancing at a park and ChatGPT produced an image of people doing just that. What an amazing tool and a fun presentation!

Distinguished Guest Lecturer Adam Gopnik *by Arlynn Greenbaum*



Adam Gopnik was the Kenneth Leedom/ Peter Cott Distinguished Guest Lecturer on March 27. He regaled the audience with delightful stories from his recent book, *The Real Work: The Mystery of Mastery*, and read from his new book, *All That Happiness Is*.

**This is the 50th Issue of *Q News Digital*.
Thank You to All Who Contributed to
Our Success!**

Creative Corner

FRONT PORCH IN THE CITY® by Betty Farber

On First Avenue and 61st Street
In front of Bed Bath & Beyond,
There are comfortable metal seats —
A city dweller's front porch,
A window on city life.

Looking across First Avenue,
I can see a red brick building,
Haunting and symmetrical,
Like a painting by Hopper,
With storefronts beneath.

On the sidewalk,
People with packages,
Couples, dog walkers,
Nannies pushing baby carriages.
In the street, police cars, trucks,
Taxis, stopping for a fare.
Overhead, the Tramway travels
On its voyage to Roosevelt Island.
I too am on a voyage,
Living the magic of city life.
And enjoying the ride

Scholarships by Donna Ramer

Quest/CWE Scholarship Committee has been created to facilitate long-term scholarships for deserving CCNY and/or CWE students. **Michael Wellner** and **Elaine Martin** are co-chairing this ad-hoc committee. Currently, Michael and Elaine, along with Quest co-founder **Bob Hartmann** and long-time member **Sandra Abramson**, have established scholarships, and Quest annually provides funds for three student scholarships. For more information, contact either Michael or Elaine.

Encores 2024 Program to Run in June and July

The Encores 2024 committee — **Arlynn Greenbaum**, **Andrea Irvine**, and **Joyce Hinote** — is happy to announce an exciting program of 15 classes that will start on June 4 and run through July 25 on Tuesday and Thursday mornings from 10:30 to noon. Presentations will feature highlights from the hundreds of classes held at Quest during the past year. They will run the gamut from art and music to history and philosophy and even AI and women spies. Selections are based on members voting for noteworthy classes.

The summer program will start on June 4 with **Peter Dichter** reprising his popular presentation on "Classical Music in Pop Culture." It will be followed by a celebratory lunch.

A new addition to the Encores schedule is Creativity Day on July 11 which will showcase Questers' talents in the performing and visual arts. **Mary Ann Donnelly** and **Tamara Weinberg** will coordinate it. Prosecco and pastries will be served after.

The final four Encore sessions on July 16, 18, 23 and 25 will be on Zoom due to renovations by CCNY. But the others will all be live at 25 Broadway and on Zoom. The final schedule is in the works and will be available in May before the end of the term.

Special Event Held to Salute R.M.S. Titanic

by Steve Rubin



On April 15, my lovely wife, Anna, and I attended a dinner event, organized to pay homage to the ill-fated R.M.S. Titanic on the 112th anniversary of her sinking.

Held at a Brooklyn restaurant, the event drew about 50 people, including historians, devotees, curiosity seekers, and descendants of the ocean liner's passengers, officers, and crew.

Event attendees, largely clad in period attire, were served sumptuous food and fine wines inspired by Titanic's final-night dinner menu: canapes of shrimp and oysters, poached salmon and grilled asparagus, petit filet mignon and potatoes au gratin, braised duck, and custard pudding.

Throughout the evening, family pictures were shown, passed-down stories were related, glasses were raised in toast. Live music of the time was played, including the haunting "Nearer, My God, to Thee," and a moment of silence was observed.

As an aside, did you know that our own Quest organization has a link to Titanic? It's true: (1) The ship was owned and operated by the White Star Line; (2) White Star was merged into the Cunard Line in 1934; and (3) Quest is housed at 25 Broadway a/k/a the Cunard Building.

A Timely Theater Outing

by Michael Wellner

On Saturday afternoon, April 6th, eighteen Quest members got together for a lovely lunch at Bond 45 (in the theater district), followed by the matinee performance of the new musical entitled *Suffs*. We all agreed that it was a delightful and important play, well-acted, and with a timeless and important message. (And next time we'll remember to take a picture of the group!)



New Members

Quest welcomes new members this month. Look for their red lanyards, indicating a new member, at 25 Broadway, greet our new members, make them welcome, and include them in our wonderful Quest.



Joseph Aboulafia



Jerry Katz

Great Plays: Meeting of Minds

by Wayne Cotter



In late March, Great Plays presented *Meeting of Minds* based on the PBS television series from the late 1970s. From left to right are **Wayne Cotter** (as Thomas Paine), **June Jacobson** (as Cleopatra), moderator **Vince Grosso**, **Art Spar** (as Teddy Roosevelt), and **Jennifer Jolly** (as Father Thomas Aquinas).

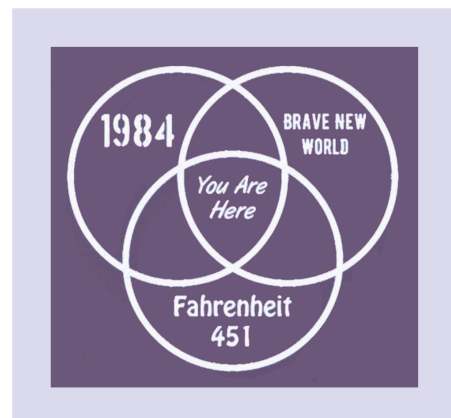


Margaret Mead Family Visit

by Marion Schultheis



About every day for 50 years, Margaret Mead went to her office at the American Museum of Natural History. There would be months at a time, however, when she was doing fieldwork on various islands in the Pacific Ocean. On April 2nd, I had the pleasure of visiting that office in a turret at AMNH. It was part of a tour I was giving to Margaret Muir, Mead's niece, and other family members. Her niece had not been to the museum since 1978 at a memorial for Mead. I led a tour of the Hall of Pacific Peoples, a hall that Mead had designed and for which she collected thousands of objects. Dr. Muir, also an anthropologist, shared many personal stories of her aunt. Several anthropologists then met us and took us up a secret elevator and winding staircases to her office. Although it has been used since, the office looked and felt the same way as I had seen it in photographs. It was a fascinating experience for me.



Who's Doing What

Jennifer Jolly and her husband, Cliff, visited family in Burlington, Vermont, to see the eclipse of the sun on April 8th. Burlington was one of the few places to experience a total eclipse. They were invited to a party by friends who have a house on the lake and had a wonderful time. The weather was perfect; warm with scarcely a cloud in the sky. The experience was almost surreal with the air getting colder as the moon gradually covered the sun, an eerie silence descended, and then everywhere was dark at the lake at around 3:30 in the afternoon. At that point a huge cheer went up from the crowd. Something always to remember.

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New Quest member **Marilyn Graman** was recently featured on the Jaclyn Beck podcast, "Worked Up," in which Marilyn speaks at some length about her work as a psychotherapist (since 1977), an Interfaith Minister, Shaman Practitioner, and Constellation Practitioner. She is also the author of three books: *The Female Power Within*, *There is No Prince*, and *How to Be Cherished*. Marilyn runs a company called "Life Works," which offers workshops on aspects of life such as improving interpersonal relationships, and creating a lifestyle suited to you. If you are interested, you can listen to the podcast by following this link:

<https://podcasts.apple.com/us/podcast/worked-up-navigate-the-workplace-business-and-your-career/id1650134691?i=1000643496597>



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Bravo to **Jamie Sykes**, who found a solution for not missing his breakfast: Bring all ingredients to Quest, his home away from home.

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Susan Diehl and Linda Downs spent April 8th watching the solar eclipse on Governors Island. Here they are in a bicycle cart ready to go! They had a wonderful time.

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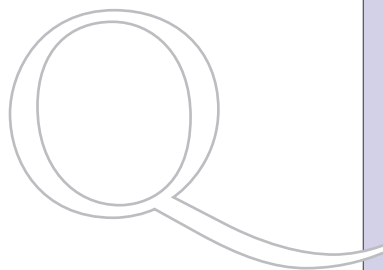
Judith and Pete Weis spent a fun and too-short week in Italy with their son



and 13 year old granddaughter (it was her Bat Mitzvah present). They visited Rome, Florence, and Venice for a quick overview of each (to fit during a one-week spring break).

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Over the Spring Break, **Toni Dickenson** went on a pre-Mothers Day whirlwind trip to Morocco with her daughter and two friends, visiting Casablanca, Marrakech, and Rabat. They experienced warm and pleasant weather, beautiful architecture, great food, and no holds barred traffic!



Wonderland of Books

by Ruth Kovner



My great grandson Oliver was exposed to hundreds of books the other day. It was at the children's section of Barnes & Noble at 5th Avenue and 46th Street in Manhattan.

He enjoyed being read to and he selected the books himself. But most of all he was attracted to the shelves of toys and the elephant that wiggles its ears. The family so enjoyed watching him in this wonderland. Of course Great Grandma bought a handful of books for him to enjoy at home in Philadelphia.

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SoleMates Recite



We all lined up at the recent Quest Memorial event and recited it in our SoleMate t-shirts

POEM FOR BOBBIE GOLD

by Ruth Ward

Who is that little woman seated calmly in the lobby
Her logo T-shirt covers both her knees, though they're not knobby
As the clock ticks ever forward toward a SoleMates walk
She's content to share her wait time in good-natured talk.

She's planning to head south along the mighty Hudson River
Even in cold weather we have never seen her shiver.

When we reach our fav'rite "rest stop," although it may not be "cool"
She'll haul her dainty body up, upon a high barstool.
To the great delight of all within our awestruck group.
She'll imbibe a glass of white wine, not a cuppa hot soup.

At this "rest stop" she will rouse us with support and praise
Weighty words that contrast with how very little she weighs.

If one of us observes that she's a very tiny eater
She'll say, "I ate a lot more as a Big Apple Greeter."

She'll tell us about Tanglewood and I'll say, "To be truthful,
It's your love of music, dance, and art that keep you looking youthful."

She'll talk to us of movies and the class called Cinema Quest
And smile when we admire her with "Bobbie, you're the best!"
She'll tell us of the doings of the group that deals with caring
"It's wonderful," I'll say, "You never tire of selfless sharing."

But since Bobbie isn't here with us — to share with you this tale
We'll hold her memory close — as we continue on our trail.

Distinguished Guest Lecturers Announced for Fall 2024

Arlynn Greenbaum, Estelle Selzer, Karen Levin, and Bob Reiss are pleased to announce the following roster of guest speakers for Fall semester. Please feel free to give us your suggestions for next Spring.

September 11: Sabeeha Rehman and Walter Ruby, authors of *We Refuse To Be Enemies*.

September 25: Ross Perlin, author of *Language City*.

October 9: Adam Nagourney, author of *The Times*.

October 23: Simon Winchester, author of *Knowing What We Know*. Kenneth Leedom/Peter Cott Memorial Speaker.

November 6: Annette Insdorf, author of *Cinematic Overtures*.

December 11: Margalit Fox, author of *The Talented Mrs. Mandelbaum: The Rise and Fall of an American Organized Crime Boss*. TBD

**"Wisdom Doesn't Necessarily
Come With Age.
Sometimes, Age Just Shows Up
All By Itself."**

City Ramblings

by Frank Montaturo

**Out of the depths
Coney Island
Boardwalk
NY
June 2023**



It's always a treat to stroll along the Boardwalk... mindful of course of the occasional protruding splintered plank. There is usually something or someone to arrest one's attention. And when the something looms up and seems to menace the someone... well... that can be fun.

CultureQuest: In The Heights

by Madeleine Brecher

On Friday, April 12th, New Yorkers woke up to another day of rain and fog; not surprisingly, it didn't dampen the mood of 28 Questers who were heading up to Washington Heights for their long-awaited "adventure": touring the lavish United Palace Theater, followed by lunch at the popular Malecon Dominican Restaurant, "king of the roast chicken." And what an adventure it was!

We gathered in the Grand Lobby of the once Loew's Palace "Wonder Theater," built during the depression in 1929-30, and lovingly called the largest theater on Broadway with over 3200 seats. Our delightful guide, Greg, described this historical gem created in the Byzantine-Romanesque-Indo-Hindu-Sino-Moorish-Persian-Rococo and Deco architectural styles. One must see it to believe it! The decorative thrones that once stood in the lobby — where one of our group used to go as a kid to sit and pretend he was a Persian Emperor — were gone, much to his great disappointment. Instead, we all got to sit for a moment in the luxurious former wood-paneled smoking lounge where we watched a video of the opening

number from the 2022 Emmy Awards which were held at the United Palace.

Then, we entered the main theater which was astonishing... huge, glamorous, unique, comfortable as can be with a gigantic stage. Imagine a middle class kid in the 1930s and 40s hanging out in such luxury! We heard from two Questers who had lived in the Heights that it was packed every Saturday with neighborhood kids. All this for 25 cents! Greg made us feel so at home in this place that when he brought us up on the stage, two of our own showmen burst into an operatic aria for a moment or two. We had a great laugh, and a fun time snooping around behind the curtain. Our tour was over too soon as we bid a fond farewell to Greg, after signing up for the Palace Newsletter to learn about future events.

As we crossed Broadway heading for Malecon, we were in a joyous mood. We were seated at small tables of four conducive to conversation, sharing unfamiliar dishes, and grand camaraderie. It was clearly another "Quest" success!



28 Questers on the main stage.

Photos by Debbi Honorof



Inside Grand Lobby listening to our guide



The former smoking room for the "men."

New Member Lunch

by Susan Keohane

On March 27, 2024 the first new member luncheon was held at Quest. It was an opportunity for new members to socialize while dining on bagels. Twelve new members attended.

They were able to discuss and share information about their retirement, their experience at Quest and other programs.



Memory Issues



It often happens in people 60 years and older that they complain that they lack memory. The information is always in the brain, it is the “processor” that is lacking. This is “Anosognosia” or temporary forgetfulness.

The most common cases are:

- forgetting the name of a person,
- going to a room in the house and not remembering why we were going there,
- a blank memory for a movie title or actor, an actress or
- a waste of time searching where we left our glasses or keys.

After 60 years most people have such a difficulty, which indicates that it is not a disease, but rather a characteristic due to the passage of years. Many people are concerned about these oversights hence the importance of the following statements:

1. “Those who are conscious of being forgetful have no serious problem of memory.”
2. “Those who suffer from a memory illness or Alzheimer’s, are not aware of what is happening.”

Professor Bruno Dubois, Director of IMMA, reassures the majority of people concerned about their oversights: “The more we complain about memory loss, the less likely we are to suffer from memory sickness.”

**“At His Best,
Man is The Noblest of Animals;
Separated From Law and Justice,
He is the Worst. ”**

– Aristotle