

A Note From the President

Learning is lifelong and both conscious and subconscious. From the moment we exit the safety and warmth of the womb, we are continually learning: sometimes intentionally, sometimes simply through living, and sometimes through osmosis.

On our conscious side, learning is purposeful and self-directed. We bring together intention, attention and reflection, deliberately seeking knowledge and developing skills because we've recognized something we want or need to learn. And changing technology forces all of us to continually update our related skill sets, whether we want to or not!

On the subconscious side — "How and when did I learn to do that!" — occurs simply because we are immersed in experience. Our brains are continuously noticing patterns, absorbing social cues, forming

associations and modifying expectations, even when we aren't trying to learn. We internalize: what makes people trustworthy or untrustworthy; how to respond to approval, rejection, conflict, affection; cultural norms and assumptions; which environments feel safe or threatening; beliefs about ourselves and other people; and ways of solving problems through repeated experience.

For example: As a child we don't consciously decide, "Today I will learn how my family handles disagreement," yet we absorb how others around us function and we carry these unconscious lessons into adulthood. Similarly, as an older adult, we may develop an entirely new perspective simply through years of experience, without ever taking a course on the subject.

There is a fascinating intersection of the two forms, which are constantly interacting: Experience → subconscious learning →

awareness → conscious reflection → new behavior → new experience

This means lifelong learning isn't simply acquiring information: it is the continual formation and reformulation of the self.

So we at Quest continue to learn on both a conscious level and a subconscious one: We learn deliberately through the courses we seek and inadvertently through what we experience.

From birth to death, we are both students and subjects of our own lives, consciously pursuing knowledge, while subconsciously learning from everything and everyone we encounter. The distinction also makes lifelong learning particularly interesting in what is now referred to as The Third Act: retirement doesn't end learning, it makes us more conscious of the learning that has been occurring all along.

— Donna Ramer

Memorial Guest Speaker Judith Viorst



Judith Viorst was our Kenneth Leedom/Peter Cott Memorial Speaker on September 16. Over 100 Questers enjoyed her wit and wisdom discussing her latest book, *Making the Best of What's Left: When We're Too Old to Get the Chairs Reupholstered*. For anyone who was not able attend, a recording of her talk is on the website.

Rave Reviews for the Welcome Back Lunch

Rave reviews for the Welcome Back Lunch on September 16. More than 110 Questers enjoyed a delicious meal, courtesy of the Social Committee: **Gale Spitalnik, Donna Basile, Arlene Curinga, Nina Dioletis, Pam Gemelli, Lois Klein, Marilyn Ostrow, Jamie Rower, and Lynne Scheurer-Foster.**

"We were so busy eating, laughing and catching up, that we totally forgot to take pictures." Ooops.

"Personally I'm Always Ready To Learn, Although I Do Not Always Like Being Taught."

— Winston Churchill

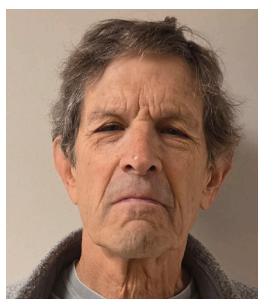
New Members

Quest welcomes 12 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 Baker



James Berns



Brian Breen



Agostino Cangemi



Carolyn Harrington



Mike Hartnett



Jenna Lash



Mark Levy



Elizabeth Natrella



Bruce Safran



Susan Suffes



Sylvia Waters

IN MEMORIAM

Ellie Chernick

by Michael Wellner

I am saddened to report to you that our long time Quest member, **Ellie Chernick**, has passed away at the wonderful age of 102. Those who knew her personally know that she was truly unique: she volunteered to serve in the Navy WAVES in World War II; earned Bachelor's, Master's, and Doctoral degrees in education, and taught at CUNY. She had three sons, seven grandchildren, and five great grandchildren! She has been described by her friends as a ball of fire, who made her presence known in every class, bringing an energy and liveliness that were entirely her own. She was never someone who simply blended into the background. When Ellie was in the room, you knew it. She added spice to every conversation, color to all our gatherings, and always gave us something to talk about. She and Shoshi actually went on a Danube River cruise in 2015, where she used to dance the night away, and quickly became a cruise favorite. She was truly one of a kind, and will most certainly be missed.



Q Review

REMEMBER Q REVIEW

Only 2 weeks until deadline!!

For publication in Quest's literary and arts journal:

Send prose to **Donna Ramer**
donnaramer1@gmail.com

Poetry goes to **Judy Hampson**
judyahampson@gmail.com

Contact **Paul Adler**
adlerworks@verizon.net
 to learn how to submit your art

Find guidelines at <https://www.questcontinuednyc.org/q-review/>

Creative Corner

MARRY ME?®

by Betty Farber

In the Senior Facility
Where I am residing
There are elderly men
And eighty-plus women
Who maybe are married
Or maybe are single.
But they dine together
At tables for two,
Or three, four, or six,
And are cheerful and friendly
Without being romantic.
They read out the menu
To decide on their choices.
It's usually easy like meat loaf
or pork chops.
'Til today when the diners respond
with a gasp,
The choice for tonight is
"Marry Me Chicken!"

Q News Staff

A Quest Publication

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Articles submitted to QNews
may be edited by the Staff.
The Editor-in-Chief is the final arbiter
of the publication's contents.

Encores 2027

by Joyce Hinote

We are now several weeks into our Fall semester and we are all happily attending the wide variety of classes that Quest has to offer. If you attended a class that you particularly enjoyed, please take a moment to vote for it to be included in our Summer Encores 2027 program.

Just click on the link below and tell us the course, class, presenter, and date (or as much as you remember).

www.questencores@googlegroups.com

New Members: What is QuestEncores and why should you vote? Every summer during June and July we reprise some of our most appreciated classes. We choose the classes by members voting for the ones they attended and thought worthy of being presented during our Encores season. Voting helps the Encores Committee do this, so please vote.

Thank you from the Encores Committee.

Urban Wanderings

by Frank Montaturo

Tribal truck
Madison Ave
New York
Autumn...
Some Time Ago

This vehicle was parked outside what is now Sotheby's Madison Ave. The truck belonged to a vendor of African artifacts... mostly masks and statuettes but some textiles and an eye catching yellow and red Malian fish puppet the length of my arm. I looked and asked and walked away.

We were two blocks away in fact when I thought ...well...why not? And turned back. I wasn't happy with his original asking price but certainly there could be some accommodation. We dithered... I balked...we smiled and talked further. Please wait I asked. The nearest ATM was several blocks south. Getting home on the bus I had to avoid victimizing other passengers with a swipe from the fin.



Who's Doing What

Sheila Krilov Sasmor was on a panel discussing enrichment in math education following the screening of the film *Hunting Yellow Pigs* at the JCC on September 15.

The film is a loving tribute to the founder of a unique summer program for math-talented high school students. The HCSSiM program encourages discovery and proof through collaboration.



Special October Dates

Breast Cancer Awareness Month
Domestic Violence Awareness Month
LGBTQ+ History Month
National Book Month

1 International Coffee Day

1 National Black Dog Day

3 National Techies Day

5 National Get Funky Day

6 National Mad Hatter Day

7 Random Acts of Poetry Day

8 National Pierogi Day

10 World Health Day

12 Indigenous Peoples Day

14 Emergency Nurses Day

15 National Grouch Day

17 National Black Poetry Day

21 Back to the Future Day

22 National Nut Day

23 Boston Cream Pie Day

24 United Nations Day

24 Make a Difference Day

25 National Mother-in-Law Day

28 National Chocolate Day

28 First Responders Day

CultureQuest A Memorable & Amazing Visit to The Met Cloisters! *by Estelle Selzer*



On September 18, our group of 22 Questors enjoyed a wonderful and informative guided visit to *The Met Cloisters*. This tour offered a fascinating experience that combined the beauty of The Cloisters' medieval gardens with the treasures inside the museum. What an informative and charming way to spend a beautiful "start of autumn" day!

Set high above the Hudson River in Fort Tryon Park, The Cloisters provided an extraordinary setting for our tour. Once inside, we were surrounded by beautiful art and peaceful gardens as the history of the magnificent exhibits unfolded. Our guide, Liz, led us through centuries of history, sharing engaging stories about medieval art, architecture, culture, and daily life. Rather than simply viewing the works on display, we learned about the people, traditions, and ideas behind them, giving us a richer appreciation of what we were seeing.

A special part of our visit was learning about The Cloisters' medieval-inspired gardens. Through touching and tasting, we discovered how plants cultivated during the Middle Ages played an integral role in food preparation, medicine, and everyday life. We enjoyed all this wonderful information while also having time to appreciate the beauty and tranquility of the surroundings.

Our visit offered not only an opportunity to see magnificent works of art, but also a fascinating glimpse into another time and place. It was a delightful day of art, history, gardens, and discovery, made especially enjoyable by experiencing it together as a group.

**The Secret Of Freedom
Lies in Educating People,
Whereas The Secret Of Tyranny
Is In Keeping Them Ignorant.**

— Maximilien Robespierre

**"It Is Frightful
That People Who
Are So Ignorant
Should Have So Much
Influence."**

— George Orwell

An Unusual Summer

by Penelope Pi-Sunyer

An old porch surrounding an old summer house needed to be replaced. All of it, some 70 feet long by 15 feet deep. The house is owned by members of an extended family of three generations. Fourteen members of the middle generation, all in their 20's, were asked to come with hammers to undertake the challenge. Supervised by two of their parents, a local contractor and a carpenter, they set to work without hammers but with new boards, an electric saw, measuring tapes and screws. Working in teams of three or four, including new girlfriends, joking and laughing together, they meticulously placed each new board in its exact position. The challenge was accomplished: a new glowing and splinterless porch.

Equal to the accomplishment of the porch was the joy of watching chopping onions, preparing and presenting dinner for some 35 to 40 grandparents, aunts, uncles and friends. All delicious.

Curriculum Corner

by Ellie Schaffer

Calling all curious Questers. Bring your lunch and join us for the following noontime sessions.

**Wednesday,
October 14:**

What is a Course Coordinator?

What does a Course Coordinator do? What are the responsibilities and what resources are available?

**Wednesday,
October 28:**

Delivering a Compelling PowerPoint Narrative

- We will focus on how to:
 - write a conversational active-voice narrative
 - use body language, purposeful movement, voice projection, and eye contact
 - use stories and gain audience involvement
 - be comfortable with tech

You'll leave with practical pointers to make your narrative clearer, your delivery stronger, and your presentation more engaging. We hope to see many of you there!

Questions? Email me, **Ellie Schaffer**
elschaffer@gmail.com

**"You Will Lose Friends,
You Will Lose Lovers.
You Will Lose Comfort,
But If, In Losing Them,
You Find Yourself,
You Have Gained
More Than Kings."**

— *Marcus Aurelius*



Yom Asal, Yom Basal

by Ze'eva Cohen

My grandmother, Miriam Mashal, who spoke both Arabic and Hebrew, used to tell us in Arabic when calamity hit, *yom asal, yom basal*, meaning "one day of honey, one day of onions." As a Hebrew-speaking child, I imagined it to mean "a day of heaven, a day of hell." Well, last week I experienced both.

A neighbor, who teaches Pilates at the Juilliard Dance Department, brought me the school's Summer/Fall 2026 Journal, that includes a full-page photograph, featuring me in a duet choreographed by Anna Sokolow from 1964, that introduces the Juilliard's dance section, celebrating the Dance Division's seventy fifth anniversary. As you can imagine, this was a real high – at my good, advanced old age, and considering the ephemerality of dance. This was an *asal* moment that was a heavenly surprise.

On Saturday, September 12, on my way home from Citarella, with a sumptuous challah for Rosh Hashana dinner at our place, I fell on my face and hit my mouth on the pavement. I spent 13 hours in the Northwell Clinic, and then the Lenox Hill Hospital. Luckily, my daughter was by my side throughout this ordeal. They sent me home with stitches and a temporary light brace to the upper teeth. Recovery, they said, will be two to four weeks, and then the dentist. That was a real and hellish *basal*... wish me well.

In our Rosh Hashana ritual that precedes the holiday meal, we mix the sour apple in sweet honey. Is that what they mean when they say — well-balanced life?

