

QNEWS Q DIGITAL

A Quest Publication

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A Note From the President

As the sun lights the sky just a little bit longer each day, we head back to 25 Broadway for another 14 weeks of workshops, discussion groups, lectures, and special events. And as the first week of February morphs into the second, cupid's arrows prick our hearts with affection and gratitude for our family, friends, and Quest members who spent winter break researching, writing and creating Power Points, pre-reads and presentations.

While Valentine's Day has been commercialized as a day to express love and appreciation for others, let's take pause: it also serves as a perfect reminder of the importance of self-care.

Acts of self-care can help boost self-esteem and mental health, especially for anyone without a romantic partner. In fact, self-care is a powerful way to reframe the day as one dedicated to self-love, personal growth, and treating ourselves with the same kindness and thoughtfulness we extend to others.

February 14 is a reminder to prioritize self-appreciation and cultivate a healthier, more fulfilling relationship with ourselves that can ripple into other aspects of our lives. So after the cards are in the outbox, it's a great time for each of us to focus on nurturing our own well-being. After all, doesn't love begin within?

Donna Ramer



Save the Dates

On **Tuesday, February 4th** all Questers are invited for a Back to School lunch at noon. Sandwiches and Smiles and a chance to catch up after Winter Break.



Please join us in the lunchroom on **Thursday, February 13th at noon**, when we will celebrate both Valentines Day and the 30th Anniversary of Quest.

We will have a cake with 30 candles and founding members of Quest will be invited to blow out the candles and celebrate together with all Questers.

Calling All Quest Travelers

Quest Travel Committee has been hard at work planning suggested trips, depending on members' interest. Domestic destination possibilities include:

- An all-day motorcoach excursion to the Vanderbilt Mansion in Hyde Park, followed by dinner at the Beekman Arms Hotel in Rhinebeck.
- A five-day Road Scholar trip to the Shaw Festival in Niagara-on-the-Lake, Ontario.
- A Road Scholar week-long trip to Zion, Bryce, and Grand Canyon National Parks.
- A Road Scholar trip to the Berkshires this summer (July 21-26), featuring performances at Tanglewood and the Jacob's Pillow Dance Festival.
- A long-weekend trip to Washington, DC to visit a few museums, including the African American History Museum.

Overseas possibilities include:

- A 10- or 11-day river cruise on the Douro River in Portugal.
- A week-long excursion to Iceland.
- A trip to Mexico.

Please contact the Quest Travel Committee with your interest.

Michael Wellner, Toni Dickenson, Leslie Goldman

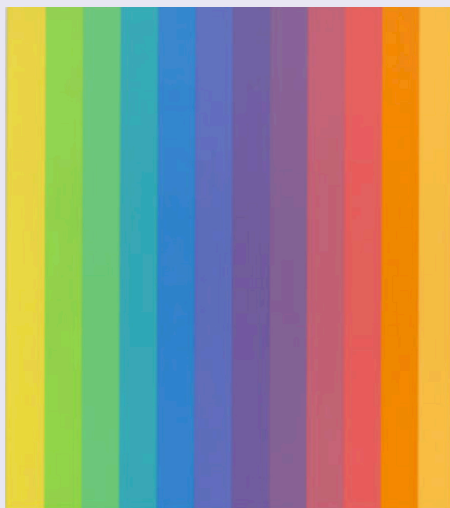
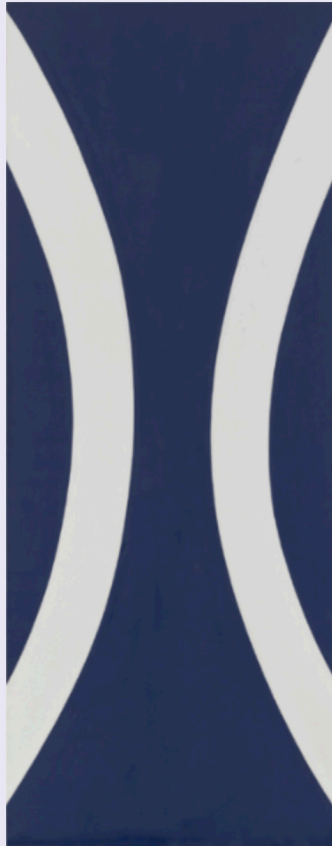
Culture Quest talk on Ellsworth Kelly

by Bob Reiss (with help from Deborah Goldberg)

As part of CultureQuest, January 17 saw fifty Questers Zoom in to see our favorite docent, Deborah Goldberg, PhD give an information packed talk on the acclaimed abstract artist, Ellsworth Kelly.

Kelly, known for his abstract and monochromatic canvases, investigated line, form, and color across multiple mediums, often taking inspiration from what he observed in his environment. In 1990, Dr. Goldberg interviewed Kelly for a research paper she wrote as a graduate student at the Institute of Fine Arts, NYU. She then met the artist at the opening of his MoMA exhibition—*Artist's Choice: Ellsworth Kelly, Fragmentation and the Single Form*. She has lectured on several exhibitions of his work at the Met and MoMA. In 2023, Dr. Goldberg presented a lecture in his hometown, Oradell, NJ, at the Public Library in honor of the centennial of his birth.

Although not widely recognized for his monochromatic oeuvre, Deborah showed several examples of his in this style including *Brooklyn Bridge II*.



Of course, widely celebrated for his color works, we saw many examples in glorious hues including *Spectrum IX*.

This talk proved an enjoyable and learning experience on a cold winter morning.

Four Questers Travel The Civil Rights South

by Michael Wellner

On Sunday, January 5th, four Questers (**Sandra Abramson, Lois Klein, Ethel Sheffer, and Michael Wellner**) embarked on a week-long Road Scholar trip to the “Civil Rights South.”

Our trip began with a short flight to Atlanta, where we spent two days in surprisingly cold weather (we thought the South was warmer than New York!), touring the city, seeing some of the HBCUs, as well as many of Martin Luther King’s homes and churches.

Then we headed to Montgomery, Alabama’s capital, a city that played a huge role in the Civil Rights movement in the 1960s.

Next, we drove along the famed route of the Civil Rights marchers to the small town of Selma, where (some of us) walked in a cold rain across the famed Edmund Pettus bridge.

And then we traveled through the countryside to Birmingham, a lovely city with so much history—including the famed 16th Street Baptist Church, site of the terrible 1963 bombing that killed four young girls. To say that that was a moving experience would be a gross understatement.

All in all, it was an enlightening, moving and fascinating trip, during which we were fortunate to meet many other “fellow travelers” from all corners of the country... and beyond! We all heartily recommend it.



My Big Break

by Anita Hunter

I Broke My Elbow During the Winter Break!

I do seem to have picked the right weather to be comfortably healing in a nursing home! I’m now, they tell me, the highest functioning patient here and they think I’m ready to go home. Maybe sometime next week after I see my surgeon and perhaps get a lighter cast—this one is very heavy—can’t do anything much. So for now I’m a one arm Quester! Not the best way to spend the month, but not the worst either!

Anita—We all wish you a full and speedy recovery.

Creative Corner

LOST AND UNFOUND®

by Betty Farber

Where did my mind travel to?
 What word did I search for
 And fail to find?
 What country, city, street name?
 What person, book title, year?
 I just had it. I've lost it.
 My mind flits everywhere, settles nowhere.
 I hear, "Let go. Be at peace."
 "Float toward the answer, softly."
 I see it. Out there. I hear it.
 Found.

**I'm Fairly Certain
 That The Person Who
 Put The First "r" In February
 Also Decided How
 To Spell Wednesday**

Q News Staff

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Editor-in-Chief
Barbara Gelber

Consulting Editors
Michael Wellner
Gale Spitalnik

Editor Emerita
Carolyn McGuire

Graphic Design
Robbii

25 Broadway
 New York, NY 10004
 212.925.6625 x229
 questlifelong.org

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 may be edited by the Staff.
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 of the publication's contents.

Who's Doing What



A group of
 Questers
 attended
 the Palm
 Springs (CA)
 International
 Film Festival.

They saw 14 films in one week, while enjoying
 the sunshine and sights in Palm Springs.
 Standing: **Wayne Cotter, Madeleine
 Brecher, Roy Clary, Gale Spitalnik,**
 Seated: **Leslie
 Goldman, Dena Kerren, George Brecher.**

• • •



**Sandy
 Gordon and
 Pete Weis**
 learned
 how to
 make pasta
 in Lecce,
 Puglia, Italy on a Road Scholar trip.

Puglia, Italy on a Road Scholar trip.

• • •

Pete and Judy Weis spent a week in Puglia,
 Italy, trying not to read any news from the
 US. Their kids whose house in Pacific
 Palisades was destroyed in the fire have
 rented a furnished townhouse in Santa
 Monica for two years and are putting their
 lives back together.

Sybil Cohen escaped from winter to
 Florida by visiting friends and family. A
 performance by the Joyce Dance Company
 highlighted the trip.

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**Ruth
 Kovner
 and Arlynn
 Greenbaum**
 at the
 Cathedral
 Basilica of

St. Augustine, FL. They were on a Road
 Scholar trip to Amelia Island & St. Augustine
 from January 5–10. Despite relatively cold
 weather, they enjoyed learning about the
 history and heritage of the oldest city in
 the U.S.

• • •



**Arlynn
 Greenbaum**
 visited her
 sister in
 Charleston
 the week of
 January 20.

This is the view of their backyard after
 a snow storm. Outdoor plans were
 switched to indoors and a good time
 was had by all.

February Dates

2 - World Wetlands Day

4 - Homemade Soup Day

5 - Chocolate Fondue Day

8 - Safer Internet Day

11 - International Day of Women
 and Girls in Science

12 - Darwin Day

14 - Library Lovers Day

15 - Hippopotamus Day

17 - Random Acts of Kindness Day

18 - Drink Wine Day

23 - Sword Swallowers Day

28 - Rare Diseases Day

Word of the Day

**Spuddle: A Useful Verb
 From The 17th Century
 That Means To Work
 Feebly And Ineffectively
 Because Your Mind
 Is Elsewhere Or You
 Haven't Quite Woken Up Yet,
 To Be Extremely Busy
 Whilst Achieving
 Absolutely Nothing.**

**It Is Impossible For A Man
 To Learn What He Thinks He
 Already Knows.**

– *Epictetus*

GrandCentral Tour Part 2

by Madeleine Brecher



Over the winter break, **Gale Spitalnick, Arlynn Greenbaum,** and **Madeleine Brecher** continued their Grand Central Terminal exploration visiting two sites we learned about on our November CultureQuest tour: the new Grand Central Madison station where Long Island Rail Road service now goes directly to Manhattan's east side for the first time ever; and the fabulous Campbell Bar, once the office of American financier John W. Campbell, a member of the New York Central Railroad's board of directors.

The Madison Station is a vast, immaculate space deep under Grand Central Station adorned with some fine artworks including a glass mosaic by the much-adored Yayoi Kusama. At a cost of \$11 billion to build, and 16 stories under Manhattan, there were no trains to be seen at 3:00 PM that afternoon and the place was almost eerie. At that price, we hope the corridors are busier at rush hour. We recommend you grab a half hour to take a look. Imagine building this marvel for years below what is an average day at Grand Central Terminal?

The Campbell Bar is a treasure. Considering the hour of our arrival... 3:30 in the afternoon... the place was packed. We were amazed. We, of course, had a reservation and were ushered to our table immediately. The buzz is so New York, it is truly magnificent and if we thought it was crowded when we entered, by 4:00, the crowd and the noise were wild. New York City never disappoints.

President's Day

I Was Eating Breakfast With My 10-Year-Old Granddaughter, And I Asked Her, "What Day Is Tomorrow?" Without Skipping A Beat She Said "It's President's Day!" She's So Smart, So I Asked Her "What Does President's Day Mean?" I Was Waiting For Something About Washington, Lincoln, Clinton, or Bush. She Replied, "President's Day Is When The President Steps Out Of The White House, And If He Sees His Shadow, We Have Another Year Of Bullshit."

You Know It Hurts When Hot Coffee Spurts Out Your Nose.

– *Anonymous*

If You Can't Explain It Simply You Don't Understand It Well Enough.

– *Albert Einstein*

City Ramblings

by Frank Montaturo



**The American Dream(er)
Upper West Side**

No, the flag shouldn't be on the ground.
Neither should he be.