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Lifelong Learning

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After Hours

Topical Discussions
Led by Madlyn Schneider
Thursday, November 5 @ 8 pm

After Hours

Short Stories
Led by Bonnie Sue Pokorny
Thursday, November 19 @ 8 pm

At Home With Words

Express Yourself In Your Own Style
A Writing Workshop
Led by Judy Kamilhor
Friday, October 30 @ 10 am
Friday, November 20 @ 10 am
Friday, December 18 @ 10 am

Art History

Art Through The Ages
Discussions about Art and Artists
Led by Marion Mango
Friday, October 2 @ 10 am
Friday, November 6 @ 10 am
Friday, December 6 @ 10 am

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ALICE’S KITCHEN

A Teleconferenced Discussion Group

ALL ABOUT DELICIOUS FOOD

November 24@ 2pm

Led by Alice Morley

Food - Recipes - Health - Nutrition

Bonnie’s Book Club

November 25 @ 11 am

This month we are reading
Family Tree
By Barbara Delinsky

Led by Bonnie Sue Pokorny

A Teleconference Event
For access numbers
Call Mail a Book  718-464-0084
“You Can, You Will” by Joel Osteen
Reviewed by Marion Mango

It has often been said that trouble is inevitable but misery is optional. In his latest inspirational, positive, and uplifting book, Joel encourages us to be strong in the face of adversity even when we think we just can’t go on --- to have enough faith in ourselves and the Creator (if we so believe) to know somehow we will overcome whatever obstacles lie between our present circumstances and our desired goals. We should keep in mind, however, that often what we envision may not be for our own good and try to deal with whatever is placed before us with a positive mind set---not only to go through an experience but to grow through it. “Easier said than done” you say. That’s understandable. “God never closes a door without opening a window,” but I’m tired of being caught in the draft, and you are entitled to that opinion also.

But by focusing on the plus side, we may discover the lesson needed to be learned, absorb it, and go forward leaving negativity behind.

Many people from various backgrounds have enjoyed Joel’s books, DVDS, CDS, and TV programs. If you want an antidote to the sea of negativity out there, then this book is for you!

Enjoy!

“Lucky Girl” by Mei Ling Hopgood
Reviewed by Kathy Cohen

Growing up, Mei Ling Hopgood felt lucky to be a girl adopted out of China in 1974 and raised in Michigan by loving American parents. As a young adult, working as a reporter, she is suddenly contacted by her birth family in Taiwan. From zero contact she is suddenly besieged by email, phone calls and letters, all begging her to come and see this family she never knew.

What follows is an interesting, less sentimental look at adoption and finding birth parents. Her travels to Taiwan and relatives reveal a back story very different from what she had imagined, and an urban, educated, middle-class family who are not the uneducated peasants she thought they were. The style is restrained and concise due to her training as a reporter. An interesting view and worth reading.
“Maisie Dobbs” by Jacqueline Winspear
Reviewed by Kathy Cohen

Maisie Dobbs, “Psychologist and Investigator” debuted to the reading public about ten years ago. The first book in this detective series is set in 1929 England. Maisie is an extremely bright girl whose desperately poor father put her “in service” because he feared not being able to care for her after her mother died. When she is discovered working her way through their library by the wealthy people for whom she works she is not fired, but given the opportunity to study more systematically with a brilliant family friend. Still a maid, she studies ferociously until she is admitted to Cambridge. Her plans of obtaining a college degree are upended by the beginning of WW I and she leaves school to become a nurse. After several years in France doing hospital work, and a year in a psychiatric hospital she returns to London and takes up the mantle of her mentor.

This unusual introduction to a detective, starting with her childhood, allows the reader an intimate view of her thinking and beliefs, as well as her methods of detection which include meditation and careful observation of people’s body language. One technique she uses is to mimic the body language of someone she is observing in order to sense their emotions. WW I and its continuing influence on the British people, including Maisie, is a main character in the book. The wounds inflicted, both physical and mental, seem to continue forever, in this case 11 years after the end of the war.

In this initial mystery a place called “The Retreat” is run by a former officer who is obsessed with punishing “cowards” who deserted the battlefield. Are the deaths at this retreat suicide or murder? Britain actually had a large number of capital convictions for desertion; 3080 convicted and 346 executed; this was a major issue for the troops and officers. This is a very well-written and interesting story with well-rounded and three dimensional characters. Billy Beale is introduced as Maisie’s sidekick and assistant and after this first story they go on to solve many mysteries together in their unique style.

“Bright’s Passage” by Josh Ritter
Reviewed by Kathy Cohen

A young veteran of WW I returns to his West Virginia farm with an angel in tow---or is it the devil---or is he hearing voices?

Henry flees his crazed and vengeful uncle/father-in-law after his young wife dies in childbirth. Supported and surrounded by the people of Appalachia (City folk are no good.) he stumbles through the landscape with his baby. It is ultimately people who rescue him and a community which cares for him. He gets rid of the “angel” and returns to life.
“The Girl On The Train” by Paula Hawkins
Reviewed by Bonnie Sue Pokorny

This is the latest in the trend psychological thrillers. If you like that type of book, you would enjoy this. Rachel travels every day on the train. The trains pass a series of homes and over time she became familiar with one home. She would often see a woman sitting outside drinking her coffee. Sometimes her husband would join. Rachel was always struck by that fact that they were a loving couple. Then Rachel sees something that surprises her and suddenly the woman has disappeared. And so the story unravels and you are trying to figure out who, what when and where.

Until I Say Good-Bye by Susan Spencer-Wendel
Reviewed by Bonnie Sue Pokorny

Strangely, this is the most uplifting non-fiction book I have read in a long time. I say strangely, because the author, in her early forties was diagnosed with ALS. When she learned she had a terminal disease and not too long to live, she made the decision that she would live with joy. So, she and her husbands and friends, made joyful memories. They went on trips, they did celebrations and enjoyed themselves. Her outlook on this situation was amazing and uplifting. You find yourself laughing out loud and admiring her strength and the strength of those around her. I would recommend this book.

The Rosie Project by Graeme Simsion
Reviewed by Bonnie Sue Pokorny

For over a year, I have been told that I should read this book. Since there is so many books and so little time, this has been on my list but I never found the time to read it. I finally read it and it is well worth it. The Rosie project is the story of a scientist who has a very rigid way of living. He has decided that he should marry and starts to look for a wife in a very scientific manner including questionnaires and spreadsheets. Of course, he meets someone completely unsuitable and well, I imagine, you can guess the rest. This is light hearted and a lot of fun. I would recommend it.
“The English Spy” by Daniel Silva
Reviewed by Bonnie Sue Pokorny

In this new episode of Gabriel Allon, his wife is due to give birth momentarily and he is traveling all over the world trying to find Quinn. Quinn is the bomb expert and he blew up the yacht the British princess was on. Also, years ago, he bombed the car that his then wife and child was in. The travels take us through Europe, Africa, South American and Asia. It is a very complicated story but well worth the read.

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“Grey” by E.L. James
Reviewed by Bonnie Sue Pokorny

Last year there was a trilogy out starting with 50 Shades of Grey. It is the story of a romance between Anastasia Steele and Christian Grey. The story was told through the thoughts of Anastasia Steele. The book was quite controversial because of its explicit sex scenes. This book is the same story except it through the thoughts of Christian Grey.

Because we can now hear both parties version on these events, it made the book quite interesting. You begin to understand Christian more and learn more of his background. While there is graphic sex scenes it is not as explicit as the trilogy.

In addition, since Ms. James has written previously, her writing style has improved to make the book more enjoyable.

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“Drunken Fireworks” by Stephen King
Reviewed by Bonnie Sue Pokorny

The author, who is known as a horror author, has changed his style. His last few books have not been horror. This is the story of two families of different economics living across from each other at a lake. They compete over fireworks on the fourth of July. It quite amusing.

This novella is only available on audio.
“Yesterday is but a dream, and tomorrow is only a vision: but today well lived makes every yesterday a dream of happiness and every tomorrow a vision of hope. Look well, therefore, to this day!” Kalidava.

From the much-loved tradition of “Like Water for Chocolate”, with a dash of “The Joy Luck Club” added for good measure, comes this elegant, lyrical novel which delves into the mystical bond between mothers and daughters that transcend all cultures. Although India is a land of several hundred dialects, Hindi is the language with the most adherents and bindi refers to the reddish mark worn on the forehead between the eyebrows, the intriguing title refers to the nickname given to their India-born mothers by their American daughters---Rani, Uma, Kiran and Preity.

These Americanized women who once eschewed their ancient traditions are now facing crises which challenge their new Western beliefs and lifestyles. As their stories unfold, they begin to wonder if they possess the courage of the Hindi-Bindi Club to create new lives and new dreams for themselves or to return to the precepts of the ancient culture that has sustained their ancestors for millennia.

Sprinkled throughout the book are mouth-watering, exotic recipes that have been handed down from mother to daughter or daughter-in-law for generations. (Get your spice rack ready!)

The author was born in Pittsburgh, grew up in the Washington, D.C. area and now lives in Minneapolis and Toronto with her husband. She has a B.S. and an M.B.A and once worked as an investment and management consultant.

Enjoy the read! Namaste!

The following are some delicious traditional recipes from this delightful book: (See the next page)
“Therein lies the secret of successful crews: Their “swing” that fourth dimension of rowing which can only be appreciated by an oarsman who has rowed in a swinging crew, where the run is uncanny and the work of propelling a shell a delight.” George Yeoman Pocock

Eight college students from the state of Washington left America for the first time on July 10, 1936 to take part in the Olympic Games in Germany where Adolf Hitler, Joseph Goebbels and filmmaker Leni Riefenstahl had set in motion a gigantic propaganda apparatus to hide the criminal side of the Nazi party and present a charming and benign view of Berlin.

All Olympic cities do their best to present their best face to the world; they build Olympic Stadiums and facilities, paint houses and clean the streets. So did Berlin, but in addition, they added some unique measures. Only weeks before, thousands of Gypsies living in Berlin were rounded up and sent to a concentration camp, (later they would be shipped “East” and exterminated), all the signs prohibiting Jewish people from entering public facilities had been taken down and stored for future use. Der Sturmer, the anti-Semitic newspaper, with its slogan, “The Jews are our Misfortune”, had been temporarily removed from newsstands. Foreign books and banned books, books that had escaped the bonfires of 1933, suddenly reappeared in bookshop windows. Red, white and black swastika flags of all sizes hung everywhere.

Most visitors to the Olympic Games were completely unaware of these behind the scenes moves, as were the young American rowers from the University of Washington. There is a fascinating story behind the ultimate team triumph in Berlin and the author uses the story of one young rower, Joseph Rantz, whose personal story of loss and tragedy form the background to the creation of this winning team.

Joseph is not only a child of the depression, but someone who lost his mother early in life, and was then put out of the family by his stepmother as a young boy. Despite these losses, he grows up to be a warm and loving man and forms a family of his own with a wonderful girl who sticks by him for years until he finishes college and can marry. This is a heartwarming story through which the reader will learn more about the sport of rowing than they ever imagined and feel a glow of pride in this long ago group of boys in the boat.
**Mango Lassi** (Serves four)

- 2 cups of mango pulp or fresh ripe mango (mashed)
- 4 cups plain non-fat yogurt
- 1 cup water (adjust to desired liquidity)
- 1 cup ice cubes (Adjust to desired liquidity)
- 4 fresh mint leaves (Optional garnish)

In a blender, whirl mango, yogurt and water until smooth. Add ice cubes a few at a time. Whirl until smooth. Pour into tall glasses with straw and optionally garnish with mint. Serve immediately.

**Tomato Koshimbir** (serves four)

- Two cups tomato, chopped
- One cup raw yellow onion, chopped
- ¾ cup cilantro or parsley, chopped and divided into ½ cup and ¼ cup
- ¼ cup plain yogurt
- 2 tsps. Sugar
- ½ tsp salt (optional)

1. In a bowl combine all ingredients except ¼ cup fresh cilantro/parsley. Mix well.
2. You can serve immediately or chill for up to one hour.
3. Before serving garnish with remaining fresh cilantro/parsley.

**Pumpkin Rice Pudding** by Marion Mango

- 1 ½ cups uncooked white rice
- 1 can (12 oz.) evaporated milk
- 1 cup pure pumpkin
- 1 cup water
- ½ cup packed dark brown sugar
- 2 tsp pumpkin pie spice
- ½ tsp salt (optional)
- 1 tsp vanilla extract

1. Combine rice, evaporated milk, pumpkin, water, sugar, spice and salt (optional) in a medium saucepan.
2. Cook over medium heat 20 minutes, stirring frequently.
3. Remove from heat and stir in vanilla extract.
4. Let stand 5-10 minutes.
5. Serve garnished with a dusting pumpkin spice, graham cracker crumbs, whipped cream or pecans if desired.
The Digestive System  
Part 1 - How it Works  
Kathy Moran, RN, BSN  
(Information extracted from the National Institute of Health website)

The digestive system has many parts including hormone regulars, nerve regulators, the pancreas, liver, gallbladder and the digestive tract. The digestive tract or gastrointestinal tract (GI for short) is made up of the mouth, esophagus, stomach, small intestine, large intestine (which includes the rectum and anus).

In the mouth, chewing and saliva (which is produced by the salivary gland), starts the process of digestion. From the mouth, food moves into your esophagus by swallowing. The lower esophageal sphincter then involuntary relaxes to allow the passage of food through to the stomach. In the stomach food mixes with liquid and digestive juices (which are produced by glands in the stomach) and empties into the small intestine.

The pancreas via a small tube (called a duct), delivers a mixture of several enzymes that breaks down carbohydrates, fats and proteins in food and empties into small intestine.

The gallbladder is connected to the liver and the small intestine via the bile duct. The liver produces bile which is stored in the gallbladder between meals. Bile acids dissolve fat into the watery content of the intestine. These intestinal juices along with pancreatic enzymes digest fat molecules.

In the small intestine the breakdown of proteins and starches (which produce glucose molecules) is completed. The molecules, water, nutrients and minerals are absorbed and distributed to different parts of the body. Bacteria in the small intestine produces an enzyme needed to digest carbohydrates. Specialized cells help materials cross the intestinal lining and into the bloodstream. The bloodstream then carries simple sugars, amino acids, glycerol, and some vitamins and salts to the liver. The lymphatic system, absorbs fatty acids and vitamins.

The large intestine takes care of the undigested food and waste products and older cells from the GI tract lining from digestion. The large intestine absorbs water and remaining nutrients and changes waste from liquid to stool.

Hormones stimulate production of digestive juices and regulate appetite. While specific nerve regulators release chemicals that cause the muscle layer of the GI tract to either contract or relax, speed up or delay the movement of food. Nerves also aid in the production of digestive juices.

In part two of this article you will read about common digestive illnesses.

The information given by Kathy Moran, RN, is not a substitute or replacement for information and/or advice you have received from your health care provider. Always contact your health care provider and obtain their consent before making any changes to your health care regimen. If you have identified any of the symptoms described in this information please follow up with your health care provider.
The big events of November are of course Election Day (November 2), Veterans Day (November 11) and Thanksgiving (November 26), but there are some lesser known ones too.

**National Split Pea Soup Week**
Observed during the second week in November this is a great soup to make in the winter. The recipes you find on packages of peas call for cooking a pound of split peas, but for a smaller amount you can halve or quarter the recipe, or you can make a big pot of soup and freeze some in small portions for later. For a really rich flavor try adding some meat: bones from a roast or a turkey or chicken, or pieces of ham.

**Louisa May Alcott’s Birthday**
Born on November 29, 1832 Louisa May was most similar in personality to “Jo” in Little Women; although the word wasn’t yet coined, she was an early feminist, and believed that women should live equal and independent lives. “I like to believe that it as much a right and duty for a woman to do something with their lives as for men and we are not going to be satisfied with such frivolous parts as you give us.” Her father, Bronson Alcott, was an idealist and intellectual who wasn’t good at supporting his family so Louisa May and her mother and sisters worked from an early age to support themselves. Louisa May was the most enterprising and best support of the family, her writing talent was applied to writing romance and horror stories under a male pseudonym and she soon began to bring in a steady income. She was the breadwinner of the family until her death.
If all you have read of hers is “Little Women” then try reading “Little Men” or “Jo’s Boys”. To learn more about Louisa May Alcott read a biography:
“Louisa May Alcott” by Susan Cheever
“Marmee and Louisa” by Eve La Plante
“Louisa May Alcott” and “Little Women” by Gloria T. Delama

**Buy Nothing Day**
Anti-Black Friday, the day after Thanksgiving, is when you can make your statement against materialism and consumerism. Stay home, eat leftovers, don’t buy anything, not even a telephone order from a catalog, or order on your computer. Encourage friends and family to do the same.
The Poet In You  
Led by Denise Downing

Discover and celebrate the poet in you  
Discuss and share your favorite poems  

Wednesday  
November 18@ 11am  
A Teleconference Event

So Soon Is Night Upon Us  
By Althea F. Gonya

So soon is night upon us  
That we scarcely notice  
The passing of day  
With inexorable stillness  
And solemn purpose,  
Time inches itself away.

Sore Loser  
By Althea F. Gonya

All right! So I loved and lost.  
Friends say I waged a splendid fight.  
(A lot of help, this chat of friends,  
In the middle of the night.)

Oh I’ll get along  
Very well, I bet  
But I won’t forgive  
And never forget.

"Dull November brings the blast,  
Then the leaves are whirling fast."  
- Sara Coleridge

"November's sky is chill and drear,  
November's leaf is red and sear."  
- Sir Walter Scott
"Over the river and through the woods
Trot fast my dapple gray.
Spring over the ground
Like a hunting hound
On this Thanksgiving Day, Hey!
Over the river and through the woods
Now Grandmother's face I spy.
Hurrah for the fun,
Is the pudding done?
Hurrah for the pumpkin pie."
- English folksong, *It's Raining, It's Pouring*

"Give me the end of the year an' its fun
When most of the plannin' an' toilin' is done;
Bring all the wanderers home to the nest,
Let me sit down with the ones I love best,
Hear the old voices still ringin' with song,
See the old faces unblemished by wrong,
See the old table with all of its chairs
An' I'll put soul in my Thanksgivin' prayers."
- Edgar A. Guest, *Thanksgiving*

"The morns are meeker than they were,
The nuts are getting brown;
The berry's cheek is plumper,
The rose is out of town.
The maple wears a gayer scarf,
The field a scarlet gown.
Lest I should be old-fashioned,
I'll put a trinket on."
- Emily Dickinson

"O wild West Wind, thou breath of Autumn's being.
Thou, from whose unseen presence the leaves dead
Are driven, like ghosts from an enchanter fleeing."
- Percy Bysshe Shelley

These poems and others were found on line: http://www.gardendigest.com/monnov.htm
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◊ You are allowed to check out up to 50 items on your account, but only 10 DVD’s at a time please.
◊ Library materials are usually chosen for you by our Mail a Book Librarian, based on preferences set up during registration (favorite authors, titles, subjects, Large Print, Regular Print, Audio, Movies). Let us know if your preferences have changed.
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**Queens Library Mail a Book Calendar - Virtual Programs for Older Adults**

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<td>1</td>
<td></td>
<td>2  BINGO</td>
<td>3  What Are You Reading 11am</td>
<td>4  After Hours Topical Discussion Group 8pm</td>
<td>5  Art History with Marion 10am</td>
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<td>Skype Crosswords 1pm</td>
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<td>Skype Crosswords 1pm</td>
<td>10 European Geography with Kathy Cohen 2pm</td>
<td>11 HOLIDAY Veterans Day</td>
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<td>13 Big Band Tribute 10am</td>
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<td>15</td>
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<td>16 Who Am I Men in History 2pm</td>
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<td>23 Alice’s Kitchen 2pm</td>
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<td>26 STARS Theater Group &amp; Chat 10am</td>
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