



THE BEST OF TIMES

JANUARY 2017

Published Monthly since 1997 by
the Upper Merion Senior Service Center
a Non-Profit 501(c)(3) Organization
Serving the Senior Community

UPPER MERION SENIOR SERVICE CENTER

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HOURS: MONDAY THRU FRIDAY

9:00 AM TO 3:00 PM

OUR MISSION STATEMENT

THE OBJECTIVE OF THE UPPER MERION SENIOR SERVICE CENTER SHALL BE TO IDENTIFY AND TO ASSIST IN MEETING THE NEEDS OF OLDER ADULTS IN A MULTI-USE ENVIRONMENT FOR PHYSICAL, EDUCATIONAL AND RECREATIONAL ACTIVITIES.

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Mary F. McCree and Shirley Robey

GOALS

- ♦ Increase membership.
- ♦ Work to increase funding for operational support: investigate new sources of funding in cooperation with local businesses and government agencies.
- ♦ Continue the development of innovative programming.
- ♦ Maintain our working partnership with the Upper Merion Area School District and Upper Merion Township.
- ♦ Explore the potential for new opportunities for services.
- ♦ Search for educational opportunities for members as part of our lifelong learning efforts.
- ♦ Help members remain healthy and active through participation in recreational, educational and leisure activities.

MONTHLY MESSAGE

Dear Friends,

Wishing all a very Happy and Exciting 2017! The Upper Merion Senior Service Center will have lots of activities this year. We look forward to sharing them with you.

Plan to help out on Monday, January 18, Martin Luther King Day. There will be a signup sheet in the lobby.

Remember to renew your membership for 2017 if you have not already done so...Please remember to bring a friend and we will be happy welcome them. As you know, membership dues are still only \$15.

Free Tax Preparation will not be held at the senior center this year due to a problem with AARP. It will resume next year.

As always, come spend some time with us and remember to always say something nice about UMSSC.

*Mary McCree
President*

Upper Merion Senior Service Center (UMSSC) is an equal opportunity institution that will not discriminate on the basis of race, color, religious affiliation, national origin, sex, age, marital status or disabilities in its activities, programs or employment practices

JANUARY 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 SENIOR CENTER CLOSED FOR NEW YEAR'S HOLIDAY	3 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING	4 9:30 WEDNESDAY CARD PLAYERS 10:00 BOARD MEETING 12:00 TAI CHI (VIDEO) 12:00 BREAD DAY 12:30 CANASTA 1:00 LINE DANCING	5 9:30 CANASTA 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 12:00 BREAD DAY 12:30 CHAIR EXERCISE	6 10:00 SING-A-LONG	7
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OUR BOARD OF DIRECTORS



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UPCOMING EVENTS

MARTIN LUTHER KING DAY OF SERVICE AT THE SENIOR CENTER MONDAY, JANUARY 16: We need members to volunteer to help with general clean-up around the Senior Center from 10:00 AM to 12:00 PM. **PLEASE NOTE: NO OTHER ACTIVITIES SCHEDULED ON THIS DAY. PLEASE SIGN-UP AT RECEPTION DESK IF YOU WOULD LIKE TO HELP OUT.**

VALLEY FORGE CASINO WEDNESDAY, JANUARY 18 (Cut-off date Mon., Jan. 16) THE OFFER FOR GROUP IS \$20.00 IN SLOT PLAY: TO TAKE ADVANTAGE OF THIS OFFER YOU MUST COMPLETE REGISTRATION FORM AVAILABLE AT THE SENIOR CENTER OR ON OUR WEBSITE AT WWW.UMSSC.ORG. *All new and renewal casino memberships or one-day passes are handled by Valley Services (not UMSSC). Cash or credit card will be accepted by Valley Services (610-354-8118). If you are planning to take the Shuttle please register in advance. Shuttle departs the center at 9:30 AM and returns at 2:30 PM.* For those driving, please meet in the Casino lobby between 9:30 AM and 10:00 AM. **THE RAMBLER NOW MAKES A STOP AT THE CASINO. Everyone must bring a valid photo ID.**

EXCURSIONS COMMITTEE PRESENTATION: THURSDAY, JANUARY 19 at 12:00 PM in the Great Room. The Committee planning excursions to regional sites of historical, cultural and botanical interest will make a presentation to the Senior Center

membership. This short meeting will include a video about the Wanamaker Organ (in what is now Macy's Center City store) and a slide show of some of the sites we are planning to visit in 2017. Come, see and hear what we have in store for you. For the trips planned, the Committee is going to arrange car pools and public transportation or if enough interest is shown or the site is a long drive, we will organize bus transportation.

In the meantime, if you have suggestions for places to visit, put them in the Suggestion Box in the lobby or contact Patricia Holden (484-432-9669) or Jean Ehlinger (610-265-9153). Committee Co-Chairs: Joan Shaw & Pat Holden

ACKNOWLEDGEMENTS MEMBER DONATIONS TO UMSSC

Upper Merion Senior Service Center is a member of the *United Way Donor Program*. Anyone wishing to make a donation to the UMSSC can designate UMSSC as the recipient of their donation. (Reference UMSSC ID #45796, UW Agency #8229767.)

Please consider a tax-deductible donation to the Upper Merion Senior Service Center. As a non-profit organization 501(c)(3) we rely upon outside donations and gifts to help finance some of our programs, activities and services to our members. Does your company offer matching funds?

Thank you to the following who have generously made donations to the Center.

- ★ **Cindy & Dan Eastman in memory of their mother Ruth Shand**
- ★ **Ethel Hutchinson to the Center**
- ★ **Cindy & Dan Eastman in celebration of a new home for Kathleen & Rob Borzillo**
- ★ **Cindy & Dan Eastman to the Center**
- ★ **Jeff Shand, Rob Shand and Beverly Shand in memory of their mother Ruth Shand.**

GRACIAS! THANKS! DANKE! MERCI!

- ★ **Sicilian Delight for their pizza for Friday Flicks!**
- ★ **Thank you Tony from Angelo's Pizza – for the foot long Birthday Hoagies he donates to the center every month.**
- ★ **LeBus Bread – who donates delicious baked bread every week.**
- ★ **Costco for their generous donation of a monthly gift card for our birthday cake purchases.**
- ★ **Malvern Wegmans for their bountiful donation of baked goods.**
- ★ **Acme Market for their wonderful donation of baked goods.**
- ★ **Special thanks go to**

the Upper Merion Township Library for all they do for the Senior Center - large print books and Friday Flicks.



COMMUNITY OUTREACH

UPPER MERION EMERGENCY AID

More families are in need than ever before. Our donation box is in the lobby. ***They have requested donations of boxed Potatoes (mashed, scalloped au gratin, etc.) boxed Macaroni and Cheese and boxed Stuffing, Spaghetti Sauce, Chicken Broth and Soup, Canned Pasta (Chef Boyardee), Tuna and Fruits and Vegetables. Peanut Butter & Jelly, Turkey Gravy, Cereal and laundry detergents. All donations are appreciated.***

PUT BOOKS IN THE HANDS OF CHILDREN WHO NEED THEM

Book donations to the Bridgeport Elementary School children (grades K-4th) are still being collected. ***Our book donations are a big hit with the kids because they get to keep the books they pick. Let's keep it going! When donating books please be sure that they are in good condition.***

PROJECT LINUS – ONGOING

The "Hearts and Hands" ladies group at Good Shepherd's Church collect knitted and crocheted squares for blankets provided to children who are seriously ill or traumatized. Joan Banas collects the squares on behalf of the church. You can participate by knitting squares. Yarn and patterns are on a table near the lobby. Finished squares go into a bin on the same table.

Joan is very happy to report that ***60 blankets have been donated.*** They are much appreciated by the recipients. Many thanks to our knitters and keep up the good work!

SHOEBOX RECYCLING

We continue our Shoebox Recycling program in partnership with Community Recycling to collect ***gently used, suitable for re-use*** shoes for men, women or children around the globe. Every box we fill ***raises funds for the center.*** ***Please be sure shoes are clean and in good condition.***

KNITTED CAPS FOR ST. CHRISTOPHERS

Caps are knitted for preemie babies to keep by our members for donation to ***St. Christopher's Hospital for Children.*** You can join the group here at the

Center on Tuesday's at 1:00 PM or you can take the yarn and do your knitting at home. Copies of the pattern can be picked up from the staff office.

FLOWER CAUSE

Flower Cause is a new community assistance program which UMSSC is participating in. If you purchase any flowers from ***Plaza Flowers*** (417 Egypt Road, Norristown, PA 19403 Telephone: 610-630-8825) ***you can help raise funds for Upper Merion Senior Service Center.*** Just mention ***code ssc*** when ordering and UMSSC receives a quarterly rebate equal to 5% of all purchases. Thank you!

COMMUNITY HAPPENINGS

WHAT'S HAPPENING AT THE UM TOWNSHIP LIBRARY

Winter Reading Program Starts January 3, 2017

Read, Register & Review to win exciting prizes. Register via our library's website or come in person to register.

Tech Night on Monday, January 9 at 7 pm in Henderson Room. Own an ipad or an iphone but have trouble using it? Planning on buying, but the latest technology troubling you? Need help with downloading e-books? Our youth volunteers are here to help you. Registration Required

Adult Coloring Night on Monday, January 9 at 7:00 pm. Bring your friends and enjoy coloring. Walk-ins are welcome. Materials will be provided. If you are interested in puzzles, we have them as well!!

Dance and Define on Monday, January 16 at 6:45 pm: Professional instructor from our Community center will teach you dance moves to burn your stress calories. Come and enjoy the class while your body tones. **The class will be held at the Community Center. Please be there 10 minutes early to sign the waiver. MUST REGISTER through the library. FREE for all, need not be a member.**

Knit Nite: Monday, January 23 at 7 pm. Fourth Monday of the Month. For all ages - from veterans to wanna-be knitters. If you don't know how to knit and want to learn, our more experienced knitters are always eager pass on their skills, and some advanced knitters are usually available to help with patterns and designs.

SAVE THE DATE: 18th Annual Black History Celebration. "Stepping Out with Black History" on Saturday, February 25, 2017 from 10:00 am to 3:30 pm at the Upper Merion Township Building.

Low Vision Reader: Our library has a low vision reader for use in the library. Please contact us for more information.

Café Style Wifi available at the library. Bring your smart devices and connect to our free wireless network. Library card number not required.

Charging Station at the Library: Did you leave your charger at home? Is your mobile device low on power and need recharging? Get charged with one of the charging stations at the library.

To register for any of the library events, you can register via our online calendar, or by calling 610-265-4805 or stopping by the library.

NEWSWORTHY

IMPORTANT NOTICE REGARDING AARP 2016 TAX PREPARATION

AARP Foundation Tax-Aide offers free tax preparation to anyone of any age - especially if you are 50 or older or can't afford paid tax preparation. The locations for this service have changed. ***They will not be at the Upper Merion Senior Service Center this year.*** Below is the list of locations offering this service:

- 1) Wayne Senior Center: For appointment 610-69-6246 on Tuesdays, Thursdays and Fridays.
- 2) Surrey Services for Seniors: For appointment 610-647-6404 on Firdays.
- 3) Easttown Library: for appointment 610-644-0138 Mondays and Tuesdays.
- 4) State Rep. Kampf's Office: for appointment 610-251-2876 on Wednesdays only.
- 5) Springfield Township Library: for appointment 215-836-5300 on Thursdays only
- 6) Ambler Senior Center: for appointment 267-469-0101 on Tuesdays only.

For additional information: www.pataxaide.org

HOLIDAY PARTY TIME

We all had a great time at the holiday party. A delicious luncheon was held, holiday music provided by the UMSSC Band and hosted by our favorite DJ Mark Shepperd. Here are some photos of the event. ENJOY!





PRESENTS FOR OUR ADOPTED FAMILY FOR THE HOLIDAYS

The mother of our adopted family picked up their gifts in December and was so overcome with happiness at the generosity of our members. As you can see from the following picture they almost needed a truck to carry everything home. Because of the generosity of our members who contributed this family will have an especially very Merry Christmas.



SENIOR CENTER POKER

Our Poker Club now recognizes the needs of new players. They will continue the tradition of dealer's choice in the selection of games. However, there will also be rounds of basic poker games that do not include any wild cards or any other complicated rules. These rounds will alternate with rounds that do permit more advanced rules. Therefore, all players will have the choice of sitting in as observers or actually as players depending on their individual comfort level.

The Poker Club meets every Tuesday in the lounge. Games start at 9:30 AM and end at 3:00 PM with a ½ hour lunch break at 12:30 PM. ***Hope you will join us!***

ATTENTION: CHECK OUT OUR CRAFT ROOM

We have bright, pretty new items available at low prices perfect for gift giving. Our door is always open. If we are not there - the honor system is okay. MEMBERS: Do you have a hobby? Want to start a new hobby? Besides knitting, crocheting and

quilting, we have plastic canvass to work with. If you have questions about sewing or operating your sewing machine we can help.

WHAT CRAFTS ARE YOU INTERESTED IN? IS THERE A CRAFT YOU COULD TEACH? PLEASE GIVE US (Pat Ackah or Ethel Hutchinson) SOME FEEDBACK!.

INTERESTED IN CHESS?

Let us know if you are interested in forming a Chess Club at the center. Stop in the office and we will record those interested. If we have enough interest, a club will be started.

BREAD DAY WEDNESDAY & THURSDAY

Members are invited to come in on Wednesdays and Thursdays to pick up free bread, rolls and baked goods which have been donated to the Center. ***Bring your shopping bag and come between 12:00 PM and 2:00 PM. Please do not come early and please wait until the volunteers have unpacked and re-bagged the bread.***

MEMBERSHIP FEES

We are now accepting membership renewals for 2017. Remember, you must complete a new Membership Form each year. ***We have attached one to this newsletter for your convenience.*** Forms are also available at the INFO Center in the lobby or on our website www.umssc.org under "Forms". UMSSC membership fees are still only \$15.00 and ***you do not have to join the Community Center to be a member of the senior center. Be sure that you are given a membership card when you renew your membership.***

KEEPING SENIORS INFORMED

WHAT DO YOU KNOW ABOUT PULSES?

Yes, you know that common definition of the word "pulse" relates to the rhythmic throbbing of the arteries as your blood is propelled through them. But did you know that another definition for pulse is "the edible seed of beans, peas, lentils and legumes?"

Using the common term bean to include all of the varieties just mentioned enables us to examine why beans should be an important part of our dietary plan. Experts tell us that most of us fall short of the daily recommended amounts for bean consumption of 1.5 to 2 cups for men and 1 to 2 cups for women.

A review of some of the healthful benefits of beans may help us see the need to include more bean products in our menus. Because they are rich in soluble fiber, they can help lower LDL ("bad") cholesterol. Beans are also a source of magnesium which may help prevent type 2 diabetes.

Beans can provide an inexpensive source of plant protein to replace some protein from meat products such as beef and pork. For those who choose to eat a more vegetarian diet, beans help to supply the body with needed protein.

To help maintain regularity, the digestive system needs a supply of fiber. Beans are a good source of fiber. The amount varies with the type of bean but it is an easy, inexpensive way to add fiber to your meals.

Canned beans are the ultimate fast food. You can open a can and add them to a salad, soup or stew. Look for the salt content on the labels. Choose ones that say "no salt added" or "low sodium".

After all the positive things we have discussed there can be a downside of beans. They do contain a type of carb (oligosaccharides) that our digestive enzymes can't break down. Instead, they are fermented in the gut and can produce gas. Some solutions to this unpleasant result is to cook beans thoroughly (when using dry beans) or use canned beans and rinse away the liquids. Most important of all is to gradually increase your servings so your digestive tract becomes accustomed to them. (Information source: Nutrition Action Newsletter, Dec. 2016 issue).

You might want to try having a vegetarian chili which is very filling. A cup is a usual serving. It can be refrigerated for 2-3 days or can be frozen in individual servings for a quick, easy meal at a later date.

VEGETABLE CHILI

- 1 TBSP olive oil
- 1 CUP chopped onion
- 1 CUP chopped green bell pepper
- 1 CAN (28 oz.) crushed tomatoes
- 1 CAN (19 oz.) red kidney beans
- 1 CAN (19 oz.) pink kidney beans
- 1 CAN (11 oz.) whole kernel corn
- 1 TBSP chili powder (or to your own taste)

Heat oil in a 2-3 quart sauce pan. Add onions and pepper and cook 5-7 minutes, stirring often. Stir in remaining ingredients. Bring to a boil. Reduce heat and simmer, stirring occasionally for 15-20 minutes to blend flavors. Makes about 9-10 cups. Note: If you try this you can eventually make your own choice of beans to use.

(contributed by Jane Burger)

ACTIVITIES

APPRISE COUNSELOR: Assistance with insurance and Medicare concerns. Call 610.265.4715 and give your name and telephone. The APPRISE counselor will contact you directly to set up an appointment.

BAND PRACTICE & INSTRUCTION: Tuesdays from 12:45 to 2:45 PM. The Upper Merion Senior Service Center Band practices under the direction of professional musician, Ed Hickman. The band has an open invitation to anyone age 55 or over who is interested in playing with a group. Stop in any Tuesday afternoon to hear us practice, check us out, or join the band.

BINGO: Thursdays at 10:15 AM. Cash prizes!

BOOK TALK: Monday, January 23 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah. This month's book: **"THE FORGOTTEN SEAMSTRESS"** by Liz Trenow. A shy girl with no family, Maria knows she's lucky to have landed in the sewing room of the royal household. Before World War I casts its shadow, she catches the eye of the Prince of Wales, a glamorous and intense gentleman. But her life takes a far darker turn, and soon all she has left is a fantastical story about her time at Buckingham Palace.

Decades later, Caroline Meadows discovers a beautiful quilt in her mother's attic. When she can't figure out the meaning of the message embroidered into its lining, she embarks on a quest to reveal its mystery, a puzzle that only seems to grow more important to her own heart. As Caroline pieces together the secret history of the quilt, she comes closer and closer to the truth about Maria.

BRIDGE CLUB: Tuesdays at 9:30 AM in the Lounge. All bridge players welcome!

CANASTA: Wednesday's at 12:30. Coordinator: Lynn Boroch. *Want to learn to play? Beginner players will be welcome for instruction by Lynn (Wednesday).*

CHAIR EXERCISE: Tuesdays at 11:30 AM to 12:15 PM and Thursdays from 12:30 PM to 1:15 PM. \$3.00 per class.

COMPUTER CLUB: Tuesdays 9:30 AM to 11:30 AM. Coordinators: Herman Natanblut and Howard Lurie. Meetings are open to all *members*, all ability levels. The Computer Club will be glad to answer any technical questions members have.

CURRENT EVENTS DISCUSSION GROUP: Mondays at 10:30 AM in the Lounge. Coordinators: Joan Shaw and Paul Buce. The group continues to meet on Monday mornings at 10:30. As usual there are more than enough topics to fill the hour and a half. The group has continued to grow, but there's always enough room for one more.

FINANCIAL / INVESTMENT DISCUSSION GROUP: THURSDAYS AT 10:00 AM. Coordinator: Dick McCann. This is a small intimate group who meet to discuss all levels of experience in making the best choices for your investments. You don't have to be rich, we will discuss

any size investment you are thinking of making or have questions on. We offer an open invitation to all regarding subjects you would like to discuss and any questions you may have. Again, all are welcome!

NEW TIME: FRIDAY FLICKS: Friday January 20. (Please wait in the lounge area until Pizza at 11:30 AM, Movie at 12:15 PM) Coordinator: Don McCree. Pizza: \$3.00. Movie: Free. Showing ***This month the Bogart film of all Bogart films "CASABLANCA"*** is about nightclub owner Rick fighting his cynicism to choose between love and duty. Set in Morocco during WWII this treasure contains one memorable scene after another only to be topped by one of the greatest endings ever. Co-star Ingrid Bergman simply glows on the screen.

GARDEN CLUB: Meets the Second and Fourth Wednesday at 1:00 PM. Coordinator: Paul Buce. ***The club does not meet in January.*** Put your garden plans together this month. Check out those seed catalogs.

GENERAL MEMBERSHIP MEETING: Monthly meeting open to all members on the 2nd Wednesday of the month at 10:00 AM. Next meeting will be on ***JANUARY 11.*** Learn what is going on at the senior center and join us to celebrate December birthdays with some cake! 50/50 raffle and birthday raffle for delicious baked bread from Le Bus.

KNITTING & CROCHETING: Tuesdays at 1:00 PM. Coordinator: Patricia Ackah. Instruction provided. *Hand-made items are for sale and all proceeds benefit the Center.*

LIBRARY: Open Monday through Friday from 9:00 AM to 3:00 PM. Library Volunteer: Nancy Kime. An excellent selection of large print books, tapes and videos are available to borrow. *Don't forget to check out the "roving book cart" featuring a special selection on loan from the Upper Merion Township Library.*

LINE DANCING Every Wednesday at 1:00 PM. Coordinator: Aracelia Panzano.

MAH-JONGG: Mondays at 9:30 AM. Coordinator: Lynne Boroch. All level players are welcome, even beginners! Come in and learn to play this very popular game.

NURSE: Every 2nd and 4th Thursday of each month from 9:30 AM to 12:15 PM. Have your blood pressure checked by our favorite Nurse Lori Gnacek from Bryn Mawr Hospital/Main Line Health.

OUTREACH: Representative Tim Briggs' aide is here *the second Thursday of the month (11:00 AM to 2:00*

PM) and. Senator Daylin Leach's aide is here the last Thursday of the month (11:30 AM to 1:00 PM).

PINOCHLE LADIES AND GENTS: Tuesday's at 12:30 AM in the Game Room. *They would welcome more players.*

POKER: Tuesday's at 9:30 AM in the lounge. Table is open for additional players. Why not give it a try? They are a friendly group and welcome new players.

QUILTING: Fourth Wednesday at 9:30 AM. **Instructor:** Ethel Hutchinson. All levels welcome!

SING-A-LONG: Fridays at 10:00 to 11:30 AM. Coordinators: Theresa M. Smith and Dot Morio; Pianist: Ed Wenger. Come in and enjoy singing some old favorites together. ***Members meet for lunch at Michael's Deli following the program.***

TAI CHI NEW VIDEO VERSION: Wednesdays at 12:00-12:45 PM. *Video Instruction good for beginners, intermediate or advanced.*

WEDNESDAY CARD PLAYERS: WEDNESDAY AT 9:30 AM. An informal, friendly gathering of members-some play cards some play bingo.

YOGA: Monday's at 1:30 PM. *Video Instruction good for beginners, intermediate or advanced.*

ZUMBA GOLD WITH GENI AND FRIENDS: Classes on Mondays beginning January 9 through March 13 and March 27 through May 22 at the Community Center. No class JANUARY 16 and FEBRUARY 20 and APRIL 17. Register for Zumba Gold through Park and Rec Dept. Instructor: Geni Roskos. All the fun of Zumba designed for the 50+ participant and anyone desiring modifications -a less intense but still invigorating Latin dance fitness class. COST: Resident: \$16, Non-Resident: \$31.

HAPPY HOLIDAYS TO ALL!



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TO:

REMINDERS FOR JANUARY 2017

**SENIOR CENTER CLOSED FOR THE NEW YEARS HOLIDAY:
ON MONDAY, JANUARY 2, 2017 - WE WILL REOPEN ON TUESDAY, JANUARY 3**

- * GENERAL MEETING: WEDNESDAY JANUARY 11, 2017 AT 10:00 AM
- * MARTIN LUTHER KING DAY OF SERVICE AT THE SENIOR CENTER: MONDAY, JANUARY 16 FROM 10:00 AM TO 12:00 PM. VOLUNTEER TO HELP SPRUCE UP THE CENTER
- * VALLEY FORGE CASINO WEDNESDAY, JANUARY 18 AT 9:30 AM. *MUST REGISTER TO GET THE GROUP OFFER OF \$20.00 IN SLOT PLAY. CUT OFF DATE JANUARY 17.*
- * THURSDAY, JANUARY 19 AT 12:00 PM THE IN GREAT ROOM: EXCURSIONS COMMITTEE PRESENTATION
- * FRIDAY FLICKS: FRIDAY, JANUARY 20 AT 11:15 AM. SHOWING THIS MONTH: *"CASABLANCA" STARRING HUMPHREY BOGART & INGRID BERGMAN*
- * BOOK TALK MONDAY JANUARY 23 AT 1:00 PM. THIS MONTH'S BOOK IS *"THE FORGOTTEN MISTRESS" BY LIZ TRENOW*

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