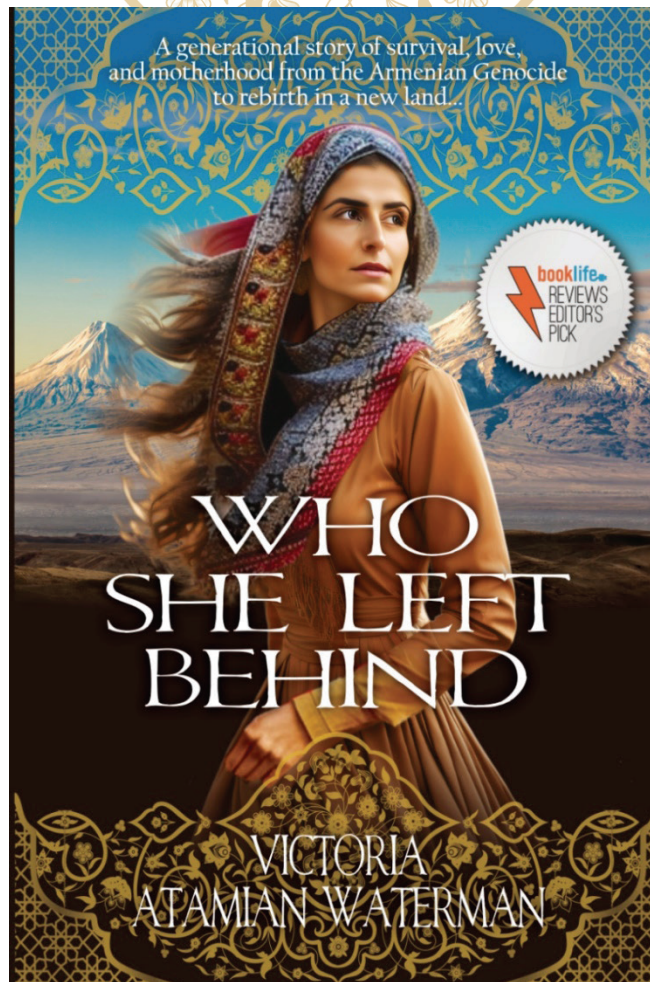


WHO SHE LEFT BEHIND

BY VICTORIA ATAMIAN WATERMAN

BOOK CLUB KIT



“Historical authenticity is a standout feature. Expertly delves into Armenian heritage...A generational story of exile, displacement, and motherhood in a foreign land.

Ties connect the characters to the lost threads of generations over decades. ...

Great for fans of Khaled Hosseini’s A Thousand Splendid Suns, Kate Morton’s The Secret Keeper’

-BookLife, Editor’s Pick



FOOD & DRINK MENU IDEAS

WEDDING INSPIRED

At a family wedding where Victoria and Katchador reunited, the celebration was filled with mouth-watering cuisine and traditions of the Armenian culture.



Armenian Nazook Gata Recipe

Dough recipe ingredients

- 3 cups butter-softened
- 16 oz sour cream
- 1 cup milk
- 2 cups sugar 1 teaspoon salt
- 1ts vanilla extract or
- 2 tablespoon yeast
- 8 cups all purpose (Gold Medal) flour
- 2-3 whisked egg yolks for brushing the dough.

Filling ingredients

- 1 cup butter-softened
- 2 cups flour
- 2 cups sugar
- vanilla powder

Making the dough

- Add the yeast to the milk and set aside for 15 minutes.
- In a large bowl add the softened butter and sour cream and mix for 2 minutes with slow speed and set aside.
- Add the salt to the milk and yeast mixture and mix with a spoon.
- Add the yeast mixture to the butter and sour cream and mix well for 3 minutes.
- Add the flour to the mixture and start kneading the dough with hands until soft dough forms.
- Divide the dough into 6 equal parts and shape the 6 parts into round balls.
- Dust a tray with flour and place the rounded dough in the tray.
- Cover the dough with plastic wrap and let it stay in the fridge for 5-6 hour or over night.



“The party was lavish by their current standards. The fragrant scent of ground lamb and rice teased Vicky’s belly. She eyed the platters of kheema and pilaf, golden loaves of cheorag, and dishes piled high with vegetables and strands of cheese. A feast like this was a rare treat.”

Read more in Chapter 18.



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HOW TO MAKE ARMENIAN COFFEE



The Armenian word for coffee is "soorj" and the way it is made is similar across most Balkan and Mediterranean countries. However, one thing that sets them all apart is the way they are ordered. In Armenia they call it haygagan soorj. In Greece, you order an elliniko. If you were in Lebanon you would say gahwey arabi. Regardless of what you call it, we take great pride in making sure the taste is universal. Enjoy.

Grind Size: Extra fine, similar to powdered sugar. Allows the coffee to properly semi-dissolve in the water.

Brew Time: Roughly 4 minutes, depending on the strength of your stove burner.

1. Measure out two demitasse cups of water and add to the coffee pot.
2. Scoop two heaping teaspoons of Armenian coffee and add to coffee pot.
3. Place coffee pot on your stove burner on medium heat and stir for 10 seconds.
4. Keep an eye on the coffee as this step can happen quickly. A thick cream will start to form. Once you notice the coffee starting to rise, remove it from the burner and place on your counter.
5. Tap the base of the pot on the counter three times, then place back on the burner.
6. Repeat step 4 from above, but keep in mind the coffee will rise faster this time around.
7. Turn off your burner and let the coffee rest for 10 seconds.
8. Slowly fill each cup halfway to assure even distribution of the delicious crema.
9. Starting back at the first cup, fill each with the remaining coffee and enjoy!

Visit soorj.com to watch Henry Kalebjian make Armenian coffee

Yessa was the coffee cup reader of the Karadelians and read them
when the sisters and their daughters met for coffee.

“They lingered over the coffee; Yessa said you got better readings that way. Ehen everyone was finished, they swirled their last sips before drinking them to distribute the grounds, then flipped the cups over on their saucers. Yessa always said if you wanted to know something specific you had to put something related to your wish or question on top of the cup while it rested upside down in the saucer. Rose reached into her purse and took out a lace doll stocking to place on her cup.”

Read chapter 30 to learn about the fortunes given.
Serve Armenian coffee and test your inner Yessa and see what fortunes
you can find in the coffee grounds.

GAMES & ACTIVITIES

Henna

“Yessa and Azniv joined Yeretzgin – the priest’s wife – and some of the women from the congregation to apply bridal henna to Vicky’s hands, the way women had gathered for generations in the old country. With her hands stained and wrapped, Vicky watched her sister and Azniv apply small crescent moons to some of the young women’s hands. Once upon a time, in the months before their lives were thrown into chaos and horror, she, Yessa, and Hasmik had worn tiny crescent moons on their hands at a village girl’s wedding.”

Read more in chapter 19.

A book club gathering is an ideal occasion to apply henna to each other’s hand in the way that was done for Vicky before her wedding.



MATCHING GAME

Characters

Write the word number next to the correct person.

_____ Ardashes (Ardash)

_____ Bedros (Peter)

_____ Churmartian

_____ Gul

_____ Kachadoor (Pesa)

_____ Levon

_____ Lucine (Lucy)

_____ Mariam

_____ Mayrig

_____ Nevart

_____ Rose

_____ Victoria (Vicky)

_____ Yeghsabet (Yessa)

1. Victoria's husband and love of her life. Nick-named Pesa.
2. Victoria's youngest sister, married to Ardashes, mother to Rose, grandmother to Tory.
3. Brother-in-law to Victoria, married to Mariam, father to Alice and Grayce.
4. Victoria's sister, married to Bedros, mother of Alice and Grayce.
5. Victoria's father, Hovsep Karadelian, translates from Armenian to 'father'.
6. Victoria's mother, Vartouhy Karadelian, translates from Armenian to 'mother'.
7. Brother-in-law to Victoria, married to Yessa, father to Mary.
8. Pet name for Vartouhy that translates to Rose in English, Gul in Turkish, and what Victoria calls her birth daughter.
9. Brother-in-law to Victoria, married to Lucine, father to Rose, grandfather to Tory.
10. Widow to Ibrahim Yavuz, married second to Ahmer Nacar, mother to Leyla, grandmother to Yasmin, Turkish name translated from Nevart.
11. Surname loosely translated to Armenian to honor the author's surname. Chur(Water) + Mart(man).
12. Victoria's sister, married to Levon, mother to Mary.
13. The main protagonist of the novel, wife to Kachadoor, and the symbolic dollmaker's mother.
14. Niece to Victoria, daughter to Lucine and Ardashes, mother to Tory and Michael.

MATCHING GAME

Characters

Answer Key

__9__ Ardashes (Ardash)

__3__ Bedros (Peter)

__11__ Churmartian

__10__ Gul

__5__ Kachadoor (Pesa)

__1__ Levon

__7__ Lucine (Lucy)

__2__ Mariam

__4__ Mayrig

__6__ Nevart

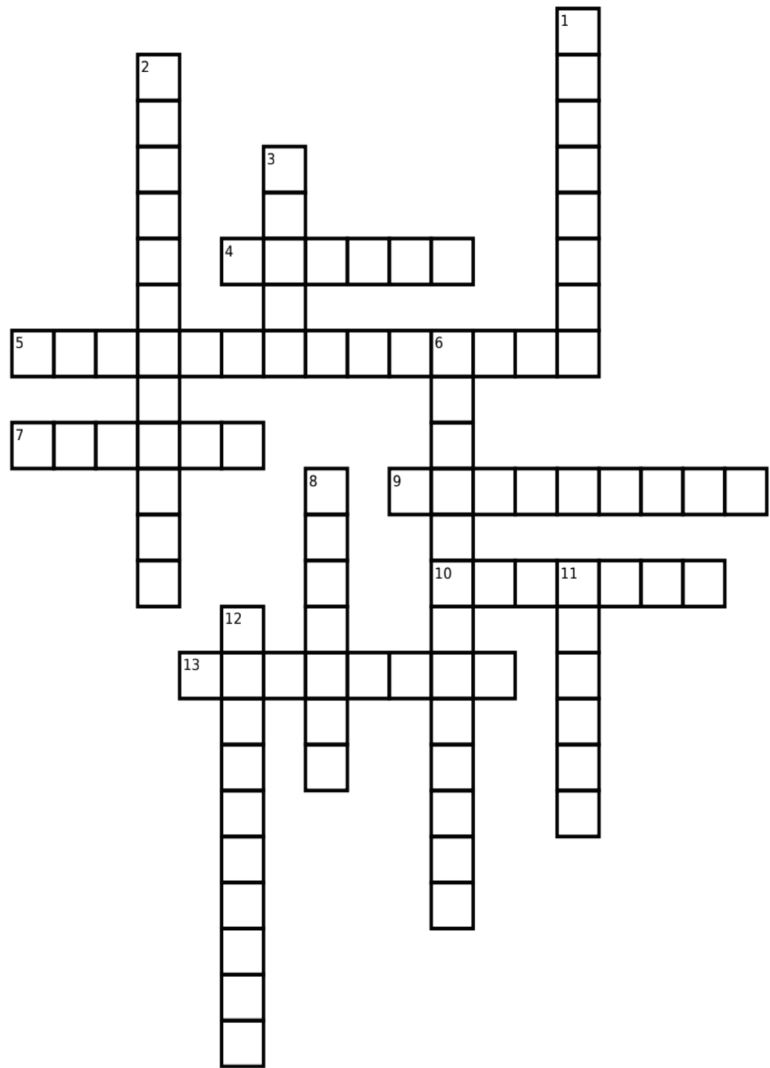
__8__ Rose

__14__ Victoria (Vicky)

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CROSSWORD PUZZLE



Down:

1. City in Manhattan where Yessa arrived as a picture bride to marry Levon.
2. The place where refugees believed the streets were paved in gold.
3. Home to the Karadelians that was part of Armenia before the Genocide.
6. The historic Turkish empire that controlled southeast Europe, Western Asia, northern Africa between 14th and early 20th centuries.
8. Location of Rocky Point Park that was popular for family outings.
11. City in Syria where thousands of refugees arrived after deportation through the desert.
12. The launch port for the U.S. Braga where Victoria sailed to the United States.

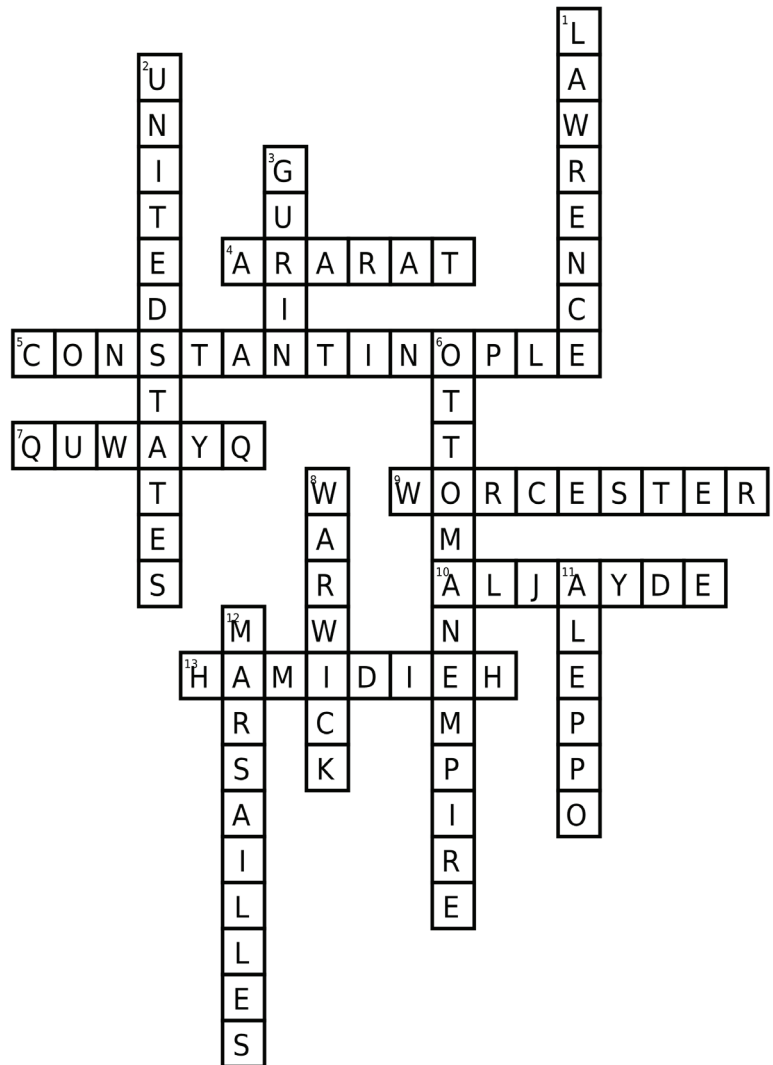
Across:

4. Mountains believed to be the resting place of Noah's Ark and principal national symbol of Armenia.
5. What Istanbul was called before 1930.
7. River in Aleppo where Victoria and other maids got their water and whispered news.
9. First Armenian church in the western hemisphere was built here.
10. Historically predominant Christian neighborhood of Aleppo.
13. Armenian refugee camp in Aleppo where many survivors from Gurin lived.

CROSSWORD

PUZZLE

ANSWER KEY



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DISCUSSION QUESTIONS

1. What is the significance of the title? Who do think it refers to?
2. What scenes would you point out as pivotal moment(s)? How did they make you feel?
3. In Tory's letter to Gul, she states, "Truth is the only way to heal, even if it begins between a woman and a family, she didn't know she had." Do you agree with this statement? Why or why not?
4. Were you surprised by Gul's reaction to receiving Rose's letter? At what point could you understand the underlying dilemma?
5. What were the main themes of the book? How were those themes brought to life?
6. What are your thoughts on the book's structure of a multi-year timelines and using ethnic names and expressions? Did it serve the story well?
7. Is the Armenian Genocide a time period that you knew a lot about before you read this book? If so, did you learn anything new? If not, did you come away with a greater understanding of this time and place in history?
8. What do you think the author's goal was in writing this book? What message was she trying to send?
9. If the book were made into a movie, who would play younger Victoria, older Vicky, and Gul?
10. If the author came to your book club discussion, what would you ask her?
11. How did you feel about the ending? How might you change it?
12. What do you think will happen next with Tory and Yasmin?



BONUS READING FROM THE AUTHOR'S PUBLISHED WORK

ARMENIAN DOLLS

<https://www.victoriawaterman.net/post/beloved-armenian-rituals-play-important-role-on-world-doll-day>

ARMENIAN GENOCIDE 101

<https://www.victoriawaterman.net/post/armenian-genocide-101>

ARMENIAN WEDDING TRADITIONS

<https://www.victoriawaterman.net/post/my-grandfather-made-up-this-saying>

EVIL EYE- SUPERSTITION OR SUPER TRENDY?

<https://www.victoriawaterman.net/post/evil-eye-superstition-or-super-trendy>

KAREN JEPPE RESCUE HOME

<https://armenianweekly.com/2024/05/14/dinner-with-the-mother-of-armenians/?mibextid=Zx-z2cZ>

PICTURE BRIDES

<https://armenianweekly.com/2024/06/11/here-come-the-brides/>

THE MAKING OF WHO SHE LEFT BEHIND

<https://armenianweekly.com/2023/10/12/the-making-of-who-she-left-behind/>

READ ALL ARTICLES AND BLOGS ON THE WEBSITE:

<https://www.victoriawaterman.net/writing>



RESOURCES



Armenian recipes can be found on The Armenian Kitchen website: <https://thearmeniankitchen.com/>



The widest variety of Armenian coffee and accessories can be found at

Henry's House of Coffee. Use Coupon Code for 10% discount: Bookclub10
<https://henryshouseofcoffee.com/>



Set your table with Mediterranean inspired disposable tableware from Nervure

https://www.amazon.com/Nervure-150PCS-Clear-Blue-Silverware/dp/B082W1YWH6?ref_=ast_sto_dp&th=1



Enhance your serving space with authentic Armenian Coffee Cups and kitchen items designed by Arpi Krikorian.

Use Coupon Code - to come.

<https://www.arpikrikorian.com/kitchen/>



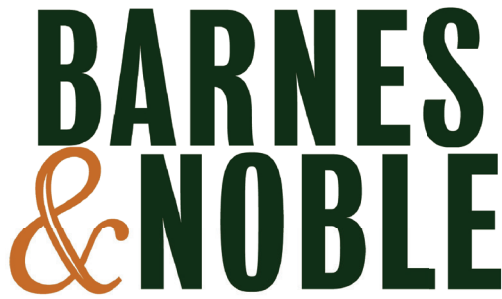
Try your hand with an easy Henna party kit from Mihenna

<https://mihenna.com/collections/kits>



Raise your glasses for a toast with Armenian wine

<https://www.mywineplus.com/collections/wines-of-armenia>



WHERE BOOKS ARE AVAILABLE TO PURCHASE



ABOUT THE BOOK -

“Who She Left Behind” is a captivating historical fiction novel that spans generations and delves into the emotional lives of its characters. Set in various time periods, from the declining days of the Ottoman Empire in Turkey in 1915 to the Armenian neighborhoods of Rhode Island and Massachusetts in the 1990s, the novel completely immerses its reader in a lesser-known era and the untold stories of the brave and resilient women who became the pillars of reconstructed communities after the Armenian Genocide. It is a story of survival, motherhood, love, and redemption based on the recounted stories from the author’s own family history. The narrative is framed by a mysterious discovery made almost six decades later of a pair of Armenian dolls left at a gravesite.

ABOUT THE AUTHOR -

Victoria Atamian Waterman is an Armenian American storyteller and speaker who draws inspiration from the quirky multigenerational, multilingual home in which she was raised with her grandparents, survivors of the Armenian Genocide. Her empowerment of today’s women and girls makes her voice ideal for telling the little-known stories of yesterday’s women leaders. Her TED Talk, “Today’s Girls are Tomorrow’s Leaders” has been seen by thousands of viewers. When she is not writing and speaking, she is reading, puzzle-making and volunteering. Victoria lives in Rhode Island and is enjoying this chapter of life with her husband, children, and grandchildren. “What She Left Behind” is her first novel. Ms. Waterman is available for interviews, lectures, and/or book signings. Visit her website and blogs to learn more.

CONTACT:

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- Dee Marley, historiumpublisher@gmail.com; www.historiumpress.com; www.thehistorical-fictioncompany.com/victoria-atamian-waterman

Order books by contacting Historium Press at historiumpublisher@gmail.com or through Ingram (55% wholesale discount, returnable).

HISTORIUM PRESS is located in Macon GA, U.S.A./ New York, NY U.S.A.
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a part of who we are
togetherness

family time

ARMENIAN spirit
memories

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tradition H 



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WHO SHE LEFT BEHIND
VICTORIA ATAMIAN WATERMAN



The Coffee Press Book Club
Book Cover of the Year
Who She Left Behind
by Victoria Atamian Waterman
2023



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THE MOST FORGOTTEN HERO
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