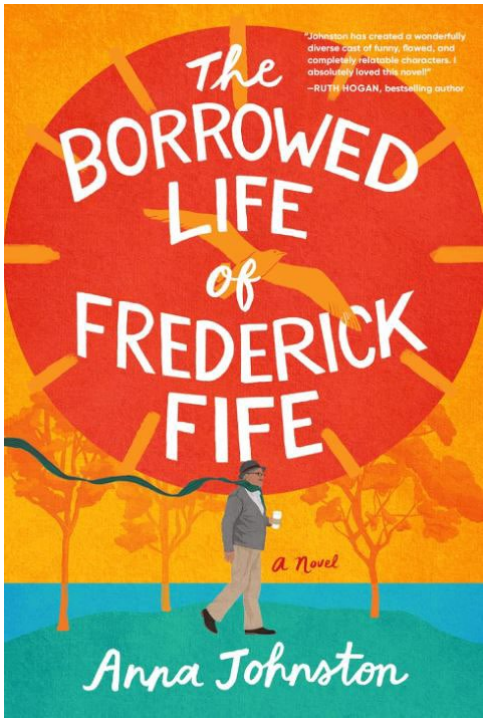
The Borrowed Life of Frederick Fife
by Anna Johnston

Martin County Library System Book Discussion Kit:

The Borrowed Life of Frederick Fife by Anna Johnston

Included in the Kit:

- Book summary
- Author biography
- Discussion questions
- Recipe suggestions



Book summary

Frederick Fife was born with an extra helping of kindness in his heart. If he borrowed your car, he'd return it washed with a full tank of gas. The problem is there's nobody left in Fred's life to borrow from. At eighty-two, he's desperately lonely, broke, and on the brink of homelessness. But Fred's luck changes when, in a bizarre case of mistaken identity, he takes the place of grumpy Bernard Greer at the local nursing home. Now he has warm meals in his belly and a roof over his head—as long as his poker face is in better shape than his prostate and that his look-alike never turns up.

also available to download from Libby

Denise Simms is stuck breathing the same disappointing air again and again. A middle-aged mom and caregiver at Bernard's facility, her crumbling marriage and daughter's health concerns are suffocating her joy for life. Wounded by her two-faced husband, she vows never to let a man deceive her again.

As Fred walks in Bernard's shoes, he leaves a trail of kindness behind him, fueling Denise's suspicions about his true identity. When unexpected truths

are revealed, Fred and Denise rediscover their sense of purpose and learn how to return a broken life to mint condition.

Bittersweet and remarkably perceptive, *The Borrowed Life of Frederick Fife* is a hilarious, feel-good, clever novel about grief, forgiveness, redemption, and finding family.

Source: Harper-Collins

https://www.harpercollins.com/products/the-borrowed-life-of-frederick-fife-anna-johnston?variant=41322752147490

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Meet the Author



Anna Johnston is a former baby, aspiring octogenarian and emerging Australian author with a love for the heartfelt and hilarious. She grew up in country Victoria before moving to Melbourne where she lives joyously with her husband and daughters by the beach. Anna left an imminent career in medicine to follow her heart into her grandfather's nursing home where she became the social support coordinator, taking great delight in shaking up the usual program. When injury left her unable to continue working in aged care, she began to write about it, channeling her love for older people onto the page. Anna has enjoyed a lifelong passion for theatre, screenplay, travel, and creative writing.

Source: ReadingLadies.com

https://readingladies.com/2024/09/13/the-borrowed-life-of-frederick-fife-book-review-netgalley-wmmorrowbooks-the-borrowedlifeoffrederickfife-bookworm-bookx-blogger-bookblogger-fridayreads/

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Discussion Questions

1. Did you like or dislike the characters and why? Did it influence how much you enjoyed the book?
2. Which character's actions or decisions had the biggest impact on the plot, and how did it change the story?
3. Which character did you relate to the most?
4. What was the most memorable or shocking scene or twist in the story and why?
5. What was the most satisfying or disappointing part of the story and why?
6. How did you feel about the ending? Was it satisfying or did you want more?
7. What do you think happens to the characters after the novel concludes?

Source: BookClubs.com

https://bookclubs.com/discussion-guides/the-borrowed-life-of-frederick-fife-a-heartwarming

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Recipes

Vegemite and Cheddar Muffins



- 2 cups all-purpose flour, unbleached
- 4 teaspoons baking powder
- ¼ teaspoon salt
- ¾ cup milk, room temperature
- 2 large eggs
- 6 ounces unsalted butter, melted
- ¼ cup Vegemite yeast extract spread
- 1 small handful of fresh chives, chopped (about ¼ cup once chopped)
- 1¼ cups shredded Cheddar cheese, divided
- Pinch of black pepper

DIRECTIONS:

Make the batter:

Preheat the oven to 400° F. Grease 8 wells of a regular muffin tin, or line them with paper liners.

Mix together the flour, baking powder and salt in a large bowl. Set this aside.

Whisk together the milk, eggs, melted butter and Vegemite in a medium bowl. The Vegemite is very thick so scrape down the sides of the bowl several times to make sure it is all incorporated. Add the liquid ingredients and the chopped chives to the bowl of dry ingredients and stir everything together with a large wooden spoon or rubber spatula: it's important not to over-mix the batter, so use the spoon or spatula to stir with big strokes that get under all the ingredients and bring it all together quickly—a few floury lumps are okay.

Stir one cup of shredded Cheddar cheese through the batter.

Fill the cups:

Divide the batter evenly between the 8 greased or lined muffin wells—they should be ¾ full to completely full. Sprinkle the remaining Cheddar cheese over the tops along with a little black pepper.

Bake:

Place the pan in the oven and bake the muffins for 15-17 minutes. The tops should be browned, but not too dark—watch the muffins closely during the last few minutes. A toothpick inserted in the muffins should come out clean.

Remove the pan from the oven and allow the muffins to cool in the pan for 5 minutes. Run a knife along the inside edges of the cups to release the muffins and place them on a cooling rack.

The muffins are tastiest when enjoyed warm, split open with butter spread over the insides. They can be stored at room temperature for up to 3 days.

Reheat them gently in a toaster oven or for a few seconds in a microwave before enjoying.

Source: HungryEnoughToEatSix.com

https://hungryenoughtoeatsix.com/v-is-for-vegemite-cheese-muffins/

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Lemon, Lime, and Bitters (Non-Alcoholic)

- 1/2 ounce fresh lemon juice
- 1/2 ounce fresh lime juice
- 3/4 oz simple syrup
- 5-7 dashes All The Bitter Aromatic bitters
- 3-4 ounces sparkling water



DIRECTIONS:

Add lemon and lime juice, simple syrup, and bitters to a rocks glass and stir. Fill with ice, top with soda, and stir. Garnish with a lemon and/or lime wedge.

Source: AllTheBitter.com

https://allthebitter.com/blogs/recipes/lemon-lime-and-bitters-non-alcoholic-cocktail