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**FIVE COLLEGE LEARNING IN RETIREMENT**  
*Peer-Led Lifelong Learning*



# 5CLIR REPORTER

*August 2017 Volume XXX, Number VII*

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## AUGUST CALENDAR

- 4 Executive Committee meeting, 1:15 PM, Five Colleges, Inc.
- 11 Council meeting, 2:15-4:15, Five Colleges, Inc.
- 28 Deadline for September Newsletter submissions
- 31 Last Day of Short Seminars

## **LETTER FROM THE PRESIDENT**

As you enjoy the last LIR Summer Programs (YoYo Ma at Tanglewood & an art-filled trip to Providence, RI), you are surely beginning to think about the upcoming LIR seminars on your calendar.

Do be sure to pencil in a highlight of the LIR year, our annual picnic on Tuesday, September 19th (raindate is the 20th), happily again taking place in the spacious, shady backyard of the Gaustads. Thank you so much, Gail & John.



Thanks to Gordon Wyse for his excellent calm, cool year as LIR President, and to Sheila Klem for her super stint as LIR VP, President & Past-President - much appreciation to both for their tremendous service.

We begin this new LIR year with an exciting new opportunity - choosing how to spend up to \$4,000 of interest that will now annually come to the LIR treasury from the investment of the funds you generously contributed to The Campaign for the Future.

The LIR Council members will begin to consider possible benefits to LIR at the August meeting and will vote on the proposed choices at their September or October meeting. If you have suggestions of benefits to LIR that you'd like to see, do share your ideas with one or more of the Council members.

With all good wishes for an enjoyable conclusion to your summer and a fruitful, interesting year of LIR membership to come,

Marybeth Bridegam, President

## **Annual 5CLIR Potluck Picnic**



This is a happy beginning of the LIR year event to catch up with old friends, meet new members, and make new friends.

When: Tuesday, September 19<sup>th</sup> at 12:00-3:00 PM (rain date September 20<sup>th</sup>)

Where: the home of John & Gail Gaustad, 20 Ward Ave, Northampton

Pot-luck: Folks with last names beginning with:

A -- M will bring a main-dish or salad

N -- Z will bring fruit or dessert

Bring enough for 10 servings, cut into serving pieces if need be  
(please label if gluten-free or contains nuts)

Beverages, plates, cups, and utensils will be provided.

Parking in the driveway will be reserved for handicapped members.

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## **An Important Lecture: Hold the Date!**

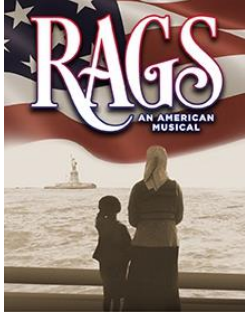
Hold the date October 22d at 2PM, at the Eric Carle Museum in Amherst for a LIR sponsored lecture, free admission, on one of the most significant Supreme Court cases in decades to be decided upon this coming term. More information about the speaker (a nationally known professor of law) and specifics about the topic will come in future emails.

Meanwhile, HOLD THIS DATE: OCTOBER 22d, 2PM.

Larry Ambs  
Elisa Campbell  
Kay Klauswitz  
Bob Romer  
Tyll van Geel

## Theater Group Trip October 28<sup>th</sup>

### RAGS: A Sweeping Immigrant Saga



Welcome to the new world! Fresh from Ellis Island, a young mother and her son search for lost family and a sense of home as the 20th century beckons. The streets of Manhattan's Lower East Side may not be paved with gold, but they echo with the music of opportunity, optimism and hope. A ravishing score by the songwriters of *Wicked* and *Annie* colors a sweeping saga of America's immigrant past. Celebrate our rich roots in Goodspeed's new adaptation of a neglected masterpiece of the musical theatre

The Theater Group is happy to offer an opportunity to enjoy a day in East Haddam, CT on October 28 to see a new version of "Rags." Feel free to invite non-5CLIR friends.

We will tour backstage of the vintage 1876 Goodspeed Opera House, lunch at a nearby restaurant or picnic by the river, be back in the theater for a matinee performance of Rags, and a "Talkback" afterwards. **BONUS: In most years, the area foliage is "peak" at this time.**

#### Ticket Prices:

\$115 front balcony (no elevator)

\$125 orchestra

Ticket prices include round trip bus fare (\$40 per person). Please deduct this amount if you plan to provide your own transportation.

We have a limited number of tickets reserved in each category so it will be "first come, first served."

**Make your check out to Five Colleges Inc. and send to the office *as soon as possible!***

**PLEASE write "RAGS" in your check memo line, and indicate the number of seats, location of seats, and number of bus tickets you are reserving.**

#### Itinerary:

Departure for East Haddam CT from Sheldon Field at 9 am (1 hr. & 20 min. drive via I-91).

Backstage Tour of the Goodspeed (built 1876) sometime between 11 & 1.

Lunch (you pay) from choice of places beside theater & across or bring a picnic lunch and eat at a table by the river. From the theater: "We have two restaurants located steps from the theatre: La Vita and The Gelston House Restaurant. La Vita is an Italian restaurant and The Gelston House is American cuisine." After lunch you might wish to walk to The Hillside Sweet Shoppe for an ice cream and eat it by the river.

Rags: Matinee Performance at 3. Be in your seats by 2:30. "Talkback" after the show.

Return trip. Estimated arrival time back at Sheldon Field, around 7 pm.

## **CALL FOR SPRING PROPOSALS**

What? ---- think about Spring??? Yes!!! What better time than in these dog days of summer to let your mind relax and travel to intriguing topics you would like to explore. Why not share your explorations with other LIR members in a Spring Seminar or Workshop?

The Curriculum Committee invites you to submit a seminar or workshop proposal for the Spring 2018 semester. We entertain all proposal topics – the full semester length is 10 sessions, but feel free to propose a shorter seminar or workshop as well.

Use either the on-line or paper proposal form. You will find these under “Resources” and “Forms” at [www.5CLIR.org](http://www.5CLIR.org).

**Proposal deadline --- Monday, September 25**

If you have any questions, please contact Miriam Whitne or Ellen Kosmer,

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## **Fall Seminar Enrollment Update**

A few spaces are still available in our fall seminars-

- Open seminars and workshops can be found on the website at: [www.5clir.org/fall-2017-seminars/](http://www.5clir.org/fall-2017-seminars/)
- Please remember that your 2017-2018 5CLIR membership must be current in order to register for fall seminars. The membership year is July 1- June 30.

## **TECH ASSISTANCE: Individual Tech Help is Available**

The Technology Committee is pleased to announce that it will offer one-on-one assistance to members of 5CLIR who have questions regarding a range of digital devices and selected software. Should you need such assistance, please choose the type of device or software concerning you and then email the appropriate Tech Committee member for assistance. Note that while we will attempt to satisfactorily solve your problem, we cannot guarantee a solution.

Apple/Mac OS: Kathy Campbell  
Gordon Wyse

Windows XP: Dean Poli

Windows 7: Jim Scott

Windows 8 - 10: Jim Perot  
Larry Ambs

Linux OS : John Armstrong

Android Cell Phones: Larry Ambs  
Jim Perot

iPhones: Gordon Wyse  
Jim Scott

iPad: Jim Scott

Android Tablets: Jim Perot

Word: Bobbie Reitt

**The Tech Committee is calling on YOU for help!!!** If you are skillful/knowledgeable about the use of one or more tech "gadgets," such as an IPAD, an Apple/Mac OS computer, a Windows XP computer, Windows 7, Windows 8-10, Linus OS, Android cellphones, iPhones, Android tablets, WORD, or any other computer skill or tech gadget with which you would be willing to help other LIR members, on a one-on-one basis (in their home or in yours), please let anyone on the Tech Committee know. (NOTE: Check the attached list of Tech Committee members in the following list.)

OR - if you know of any LIR member who is knowledgeable/skillful enough to help other LIR members with such tech gadgets, please ask them to offer their help to other LIR members.

**From time to time, we all have tech problems with which we'd love to get some help. Let's help each other!**

# tasting circle

## Foods from the Land of Don Quixote: GAZPACHO

By Nina M. Scott and Katy van Geel

In Cervantes' picaresque novel, Don Quixote and Sancho spent much time adventuring in La Mancha, a hot, arid region of central Spain. Wearing an armored breastplate under those conditions must have been a real trial, not only for the wearer but for those around him. Sancho himself does not seem to own any changes of clothing, so he is no rose, either. There is little discussion of washing or bathing except when the two are hosted by the upper classes; however, there are descriptions of refreshing, shady glens with brooks of water, real oases in that landscape.

Spanish cuisine, too, offers oases in hot summer months. One of my favorites is gazpacho, an incredibly healthy, tasty and refreshing cold soup that is a staple in my refrigerator. It uses many vegetables which are prime in mid-summer: tomatoes, peppers, cucumbers, garlic and onion, though it can be made with plain canned tomatoes. It also has bread, soaked in water, as a thickener. In Spain, bread is sacred and not wasted. Gazpacho ingredients are usually not carefully measured; you can add, subtract and substitute according to your taste.

Here's a recipe for the gazpacho which I often make in small quantities because we are a household of two and if you keep gazpacho for a few days it can get "zesty," as my husband says.

### Gazpacho for Two

Source: Experience

2 slices white sourdough bread, soaked in water to cover

3-4 large, ripe tomatoes (or a 14.5 oz. can of plain, diced tomatoes)

1/2 large green bell pepper

1 small unpeeled cucumber

1 goodly chunk sweet onion



Nina M. Scott

Gazpacho

2 large cloves peeled garlic  
4 tsp extra-virgin olive oil  
1-2 tsp red wine vinegar  
Salt and freshly-ground pepper to taste  
Put tomatoes in a blender, add the next four ingredients and process. Add soaked bread plus its water and whirl some more. Add oil, vinegar, salt and pepper, all to your taste. Add 4-6 ice cubes to

the mixture, stir and refrigerate until ready to serve.

In Spain, gazpacho is often served with small bowls of extra chopped peppers, cucumbers, tomatoes, onion and/or croutons. You add to your soup whatever you like, or leave it plain. One recent hot evening I paired it with a rotisserie chicken and a baguette. You can't go wrong with gazpacho.

22 Hampshire Life, Friday, July 21, 2017

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A small inset photograph showing a woman with short white hair, wearing a blue shirt and a green apron, standing behind a market counter. She is looking towards the camera. The counter has various items on it, including what appears to be a scale and some produce.

## tasting circle

# Foods from the land of Don Quixote: PISTO MANCHEGO

By Nina M. Scott  
and Katy van Geel

After our Learning in Retirement Tasting Circle group disbanded, I led a year-long seminar on Cervantes's masterwork, "Don Quixote." The breaks in this class became legendary, with participants vying to feature Spanish fare: Marcona almonds, Manchego cheeses, olives, grapes and flan.

"Manchego" means "from La Mancha," the arid plateau of central Spain through which Don Quixote and Sancho Panza ("panza" meaning "belly") meandered, sharing all manner of food, mostly meager and often bad. Food is an important topic in Cervantes's novel, and critics have written scholarly articles on the foods mentioned.

One of my favorite dishes is "pisto manchego," a summer vegetable medley akin to French ratatouille or Israeli shakshuka, cooked down until the ingredients become soft and intensely flavored. It is served either hot or at room temperature, as a side, a main dish or a tapa. Crusty bread highly recommended.

I always remember where I first tasted pisto. My husband and I were in Spain during my last sabbatical from UMass, where I taught Spanish for thirty-four years. I spent my Junior Year Abroad with the Smith program in Madrid in the late '50s and have a deep affection for the country.

Driving south from Madrid, on a friend's advice we headed for Viso del Marqués, the hamlet where Spain's most eminent admiral, the



COURTESY NINA M. SCOTT

Marqués de Santa Cruz (1526-88), built his enormous palace. Both he and Cervantes fought in the Battle of Lepanto (1571) where Christian galleys defeated a Muslim fleet in Spain's greatest naval victory.

Opting for lunch at a local restaur-

ant, the waitress suggested pisto, unknown to me, which arrived with the traditional fried egg on top. The flavors were marvelous, the texture silky and the egg a perfect accompaniment.

I shared it as a tapa with my sem-

inar participants, who also approved. Pisto has Arabic origins, but the tomatoes and peppers are from the Americas, so it is an international mélange, perfect for the summer ahead. Enjoy.

### PISTO MANCHEGO for 6

- 3 tablespoons olive oil
- 2 medium yellow onions, chopped
- 2 bell peppers, any color, seeded and chopped
- 4 cloves garlic, minced
- 2 pounds mixed zucchini and summer squash, finely cubed
- 2 ½ pounds tomatoes, peeled, seeded and chopped (canned are fine)
- ½ teaspoon sugar
- Salt and pepper
- 6 eggs

Heat the oil in a heavy skillet over medium heat; add onion and peppers and fry until soft. Add garlic and squash and turn to coat with the oil. Add tomatoes, sugar, salt and pepper, lower heat to medium-low and cover the pan. Cook slowly until the vegetables are soft, then uncover and let the tomato juices concentrate. I take a potato masher and mash the mixture, but you can leave it chunky. Test seasoning and add more salt and pepper if needed.

You can either fry the eggs separately or bake them in the pisto by making wells in the mixture, adding the eggs and covering the skillet. Check frequently so they don't get overdone. Serve.

Some people add cubed eggplant to cook with the vegetables, or even cubed, cooked potatoes.

Reheats beautifully.

22 Hampshire Life, Friday, June 16, 2017

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## **5CLIR CALENDAR 2017-2018**

### **2017**

<b>July</b>		No Executive Committee Meeting
		No Curriculum Committee Meeting
		No Council Meeting
	17	First Day of Short Seminars
<b>August</b>		No Curriculum Committee Meeting
	4	Executive Committee meeting, Time TBA, Five Colleges, Inc.
	11	Council meeting, 2:15-4:15, Five Colleges, Inc.
	31	Last Day of Short Seminars
<b>September</b>	7	Executive Committee meeting, 1:15, Five Colleges, Inc.
	7	Curriculum Committee meeting, 2:15-4:15, Five Colleges, Inc.
	14	Council meeting, 2:15-4:15, Five Colleges, Inc.
	19	5CLIR Potluck Lunch Picnic @ Gaustad home, 12–3
	21	[Rosh Hashannah]
	21	Rain date for Potluck Lunch Picnic
	25	First day of fall seminars
	28	Optional extra Curriculum Committee meeting
	29	[Yom Kippur]
<b>October</b>	4	Deadline for spring 2018 seminar proposals
	5	Executive Committee meeting, 1:15, Five Colleges, Inc.
	5	Curriculum Committee meeting, 2:15-4:15, Five Colleges, Inc.
	12	Council meeting, 2:15-4:15, Five Colleges, Inc.
	22	Special Lecture event
<b>November</b>	2	Executive Committee meeting, 1:15, Five Colleges, Inc.
	2	Curriculum Committee meeting, 2:15-4:15, Five Colleges, Inc.
	9	Council meeting, 2:15-4:15, Five Colleges, Inc.
	19	Spring Preview, 2:00–3:45, location TBA
<b>December</b>	7	Executive Committee meeting, 1:15, Five Colleges, Inc.
	7	Curriculum Committee meeting, 2:15-4:15, Five Colleges, Inc.
	7	Last (snow) day of fall seminars
	8	Close of registration for inclusion in lottery for spring seminars
	14	Council meeting, 2:15-4:15, Five Colleges, Inc.
	22	Lottery for oversubscribed spring 2018 seminars

**2018**

- January**
- 4 Memorial Program, 10-12, location TBA
  - 5 Snow date for Memorial Program, same time and place
  - No Executive Committee meeting
  - No Curriculum Committee meeting
  - No Council meeting
- February**
- 1 Executive Committee meeting, 1:15, Five Colleges, Inc.
  - 1 Curriculum Committee meeting, 2:15-4:15, Five Colleges, Inc.
  - 8 Council meeting, 2:15-4:15, Five Colleges, Inc.
  - 16 New Members Coffee, 10–12, location TBA
  - 19 First day of spring seminars
  - 23 Moderators' Meeting, time and location TBA
- March**
- 1 Executive Committee meeting, 1:15, Five Colleges, Inc.
  - 1 Curriculum Committee meeting, 2:15-4:15, Five Colleges, Inc.
  - 8 Council meeting, 2:15-4:15, Five Colleges, Inc.
  - 9 Deadline for fall 2018 seminar proposals
  - 12 – 15 Optional extra Curriculum Committee meeting
- April**
- 5 Executive Committee meeting, 1:15, Five Colleges, Inc.
  - 5 Curriculum Committee, 2:15-4:15, Five Colleges, Inc.
  - 12 Council meeting, 2:15-4:15, Five Colleges, Inc.
  - TBA Spring social event, TBA
  - 29 Annual Meeting, 1:30-2:00/Fall Preview 2:00-3:45, TBA
- May**
- 3 Executive Committee meeting, 1:15, Five Colleges, Inc.
  - 3 Curriculum Committee meeting, 2:15-4:15, Five Colleges, Inc.
  - 3 Last (snow) day of spring semester seminars
  - 6 [Alternate Annual Meeting/Fall Preview date]
  - 10 Council meeting, 2:15-4:15, Five Colleges, Inc.
  - 18 Close of registration for inclusion in lottery for fall seminars
- June**
- 1 Lottery for oversubscribed fall 2018 seminars
  - 7 Executive Committee meeting, 1:15, Five Colleges, Inc.
  - 7 Curriculum Committee meeting, 2:15-4:15, Five Colleges, Inc.
  - 14 Council meeting, 2:15-4:15, Five Colleges, Inc.

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