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FIVE COLLEGE LEARNING IN RETIREMENT

Peer-Led Lifelong Learning



5CLIR REPORTER

September 2017 Volume XXX, Number VIII

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SEPTEMBER CALENDAR

- 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 Rain date for Potluck Lunch Picnic
- 25 First day of fall seminars
- 28 Optional extra Curriculum Committee meeting

LETTER FROM THE PRESIDENT

Welcome back to LIR and the Pioneer Valley from your summer vacations, however far and wide or close to home you spent yours! We're glad to see each other and to share mutually interesting vacation stories, showing those photos of the grandchildren who grew so much since you saw them last and settling into the interesting new seminars that LIR is offering.



If you need to make any changes to your seminar or if you decide that you'd like to add a seminar, there are still a few openings in seminars that are not fully subscribed, please do contact Tisha in her new office (same phone number as last year, 413-585-3756, but she's now ensconced in her new suite of offices at Suite C2, 18 Henshaw Road, Smith College, Northampton, MA 01063 with the same email address as last year: 5CLIR@smith.edu).

Note: There are no reserved parking spaces for the LIR office, so it's best to mail or call Tisha, and not try to drive there, as a parking space might be far away.

We'd like to urge all LIR members who are enrolled in seminars to carefully plot out your attendance plans on your personal calendar -and - then really reserve those dates and times to attend each session of your chosen seminars. You may recall that the introductory information to seminars, on page 8 of LIR's 2017 Summer & Fall Catalog, particularly highlights the information that: ***People who are absent for the first two sessions of a seminar without notifying the moderator(s) of an emergency will be dropped from the seminar and replaced with people on the waiting list. If you must withdraw from a seminar for health or other pressing personal reasons, please report this to the office immediately. Someone else may use your place.***

Please do be respectful of the other LIR members who value those places reserved in each seminar. Lots of planning has gone into each session of each seminar. Perhaps you are one of the many seminar participants who spent some of your summer vacation reading and preparing for the interesting seminar in which you have enrolled, and you wish to have the respect and attention of the other members of your seminar, when it is your turn to share your research and preparation work. The success and pleasure we all derive from participation in LIR's seminars are derived from the shared spirit of all of us being in this together. Your support of the other seminar participants is a large part of the success of our learning community. Be sure to do your share - and enjoy it all!

In the August LIR Newsletter, we mentioned that the Council would be considering the wonderful new opportunity of spending the approximately \$4,000 of interest that is about to come to the LIR treasury from the investment of the funds you generously contributed to The Campaign for the Future. After much discussion of suggested ideas from Council members at the August meeting, it was tentatively decided that we should investigate the possibility of purchasing components of an audio system similar to the one used by Road Scholar, for participants in their programs who need some hearing assistance.

At the Council's September meeting, the Council members will try out some sample devices from that company, to see if we want to use some of our investment interest money to purchase a few of them to be shared by LIR seminar participants with hearing difficulties. And, if LIR seminar participants find them successful, the Council may wish to purchase more of them with investment money LIR may receive in future years.

With high hopes for these exciting new possibilities, and with all good wishes for an enjoyable and rewarding autumn for you all,

Marybeth Bridegam, President

FROM THE CURRICULUM COMMITTEE



FALL brings . . .

Cool nights, autumn leaves, and . . .

. . . the start of seminars and workshops the last week of September!!! We hope that you have enjoyed preparing for yours and are looking forward to a fun and rewarding fall

semester with your fellow members.

AND DON'T FORGET

. . . the SPRING seminar and workshop proposal deadline – **September 25**

Some very exciting proposals have already been submitted. For a well-rounded semester, we would love about 7 more proposals, especially in the following areas:

Literature/Short Stories

Science/Biology

Poetry

Art

Architecture

Theatre/Film

Math/Finance

Local History

To submit a proposal, go to the 5CLIR website, under “Resources” and “Forms.” Please contact Miriam Whitney or Ellen Kosmer if you have any questions.

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 19th at 12:00-3:00 PM (rain date September 20th)

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

(Please carpool if you can; driveway parking for handicapped members ONLY.)

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-sized pieces if need be
(please label if gluten-free or contains nuts)

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

...and BRING YOUR NAME TAG!



SPECIAL EVENT, FREE AND OPEN TO THE PUBLIC

A Lecture Presented by 5 College Learning in Retirement:

Gerrymandering in the Supreme Court: Democracy in the Dock

Lecture by Professor Stephen Gottlieb,
Jay and Ruth Caplan Distinguished Professor Emeritus, Albany Law School

When: October 22, 2017 at 2:00 PM

Where: The Eric Carle Museum, Amherst

The drawing the boundaries of electoral districts in a way that gives one party an unfair advantage over its rivals, gerrymandering, has a long history in American politics. On October 22, 2017 Five College Learning in Retirement is sponsoring 2017 a public lecture by Professor Stephen Gottlieb on the upcoming block-buster Supreme Court case that will address the question of the constitutionality of partisan-gerrymandering.

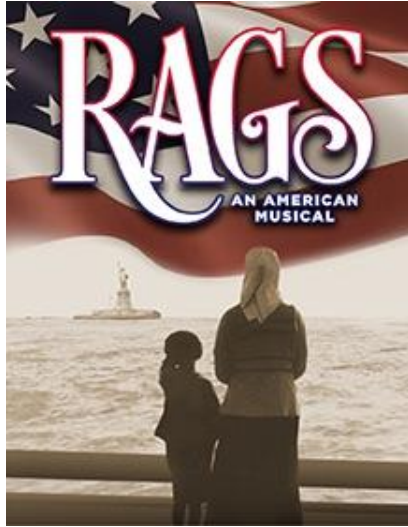
The case up for review, *Gill v. Whitford*, issued by federal district court in 2016, struck down Republican-drawn state assembly maps in Wisconsin on the grounds of partisan gerrymandering. While previous judicial attacks on partisan-gerrymandering have not been successful the federal district court in this case relied on a new approach that arguably solved the problem of finding an identifiable and manageable test for partisan gerrymandering.

Prof. Gottlieb is the Jay and Ruth Caplan Distinguished Professor Emeritus at Albany Law School and author of *Unfit for Democracy: The Roberts Court and the Breakdown of American Politics* (NYU Press 2016).



THEATER GROUP TRIP OCTOBER 28TH

RAGS: A Sweeping Immigrant Saga



The Theater Group is ready to enjoy a day in East Haddam, CT on **October 28th** to see a new version of "**Rags**", an immigrant story. **You are invited!**

We reserved a larger bus and we are not required to return unused tickets to the theater until late September, so there is still room for you. Come with us and bring your friends and family!

Activities include a tour backstage of the vintage 1876 Goodspeed Opera House, lunch at your choice of a nearby restaurant or picnic by the river, following by Rags, followed by a Talkback after the performance. You can take the bus so you won't have to drive, but if you'd rather drive subtract \$40 from total price of \$125 for orchestra or \$115 for front balcony (no elevator) seats.

<http://goodspeed.org/productions/2017/rags>

Make your check out to Five Colleges, Inc.

and send to:

5CLIR

18 Henshaw Street, Unit C-2,

Smith College Northampton, MA 01063

Questions: Ask Kay Klausewitz

UPDATE ON PVRTA ROUTE CHANGES



Photo by Jim Gipe
Published June 26, 2017

July 21, 2017 Update

Due in large part to an overwhelming response from the Five College community, the Pioneer Valley Transit Authority (PVRTA) has voted to largely maintain existing Five College routes. Changes in the two routes affecting members of the Smith community are listed below.

- Route 39 (Connecting Smith College to Mount Holyoke college and Hampshire College) will remain unaffected. Further, Five Colleges, Inc. will work with the PVRTA to better align the Route 39 schedule with class start and end times.
- Route M40 (The Minuteman Express, connecting Smith College to UMass via an express route) will be discontinued. Express routes will be added to the B43 route to serve those commuters affected by the route change.

AND...

Routes 38 and 39 are free. These routes run between the Five Colleges.

The PVRTA now has REAL TIME TRACKING!

You can see where buses are located at the moment, and when they will get to your stop!
Here's the link to the PVRTA website: www.pvta.com/mobile/busTracker.php

The PVRTA Tracker App is available for Iphone and Android, download from ITunes!

Here's the link to the app: <https://m.pvta.com/#/my-buses>

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tasting circle

Foods from the Land of Don Quixote: Sangria & Salad

By Nina M. Scott and Katy van Geel

Continuing in the vein of Spanish foods for warm summer days, let me first recommend sangria, the delicious fruit-and-wine punch that is served in hundreds of variations in and out of Spain. Dorothy Gilbert, a former professor of Nursing at UMass and a member of our Learning in Retirement seminar on "Don Quixote," brought a delicious non-alcoholic version to our break.

Sangria is made with a bottle of dry red, white or rosé wine, fruit, perhaps fresh orange juice, half a cup of simple syrup, and optional brandy or rum. Non-alcoholic versions use cranberry-grape or pomegranate juice. Combine liquids and fruits in a pitcher and let sit for a few hours before serving.

Which fruits? Thin slices of orange, lemon or lime are a must. Ripe peach or nectarine is wonderful. I personally don't like apple or pear, partly for their texture and partly for the unappetizing color they turn from sitting in red wine, but if you like them, go for it. Add lots of ice before serving. In Spain, sangria is often diluted with seltzer or gaseosa, a lemony soda, adding welcome fizz. Your own variation is as good as anyone else's.

Another ubiquitous Spanish summer dish is "ensalada mixta," or mixed salad, not mentioned in "Don Quixote" but still a fine option for a warm day. It is a staple in our house as it is refreshing, healthy and filling. In Spain this is often a first course, but on a really hot day when you feel like eating lightly, it's enough by itself.

Ensalada Mixta for 4

- 1 head lettuce
- 2 ripe tomatoes, cut into pieces
- 1 cucumber, peeled and sliced
- ½ sweet or red onion, sliced into thin rings
- Handful of pitted green olives
- 1 6 oz. can solid albacore tuna, drained
- 2 hard-boiled eggs, peeled and quartered

Combine first five ingredients on a large platter. Break up tuna into chunks and add. Dress with a vinaigrette of extra-virgin olive oil, wine vinegar, salt and pepper, and combine well. Before serving, place the eggs around the periphery of the platter.

You can add your own touches, such as marinated artichoke hearts, cooked asparagus, black olives, grated carrot, any color bell peppers, etc.

With crusty bread, this really is a meal in itself.



tasting circle

Foods from the Land of Don Quixote: LENTILS

By Nina M. Scott and Katy van Geel

Many people have noticed that the second sentence of Cervantes' remarkable novel describes Don Quixote's daily diet, an unusual beginning for a novel of chivalry and high principles.

But diets reflect culture, and this one immediately transmits that he is very, very poor.

For instance, on Fridays he always ate lentils; this hits a nerve, as lentils can be so delicious, especially in lentil soup. Inexpensive and nourishing, it's perfect for cooler fall days.

Lentils, in all of their many variations, are a legume that has been consumed for over 10,000 years.

They are high in protein and fiber and do not contain the sulfur that sometimes gives beans a bad rap.

The recipe below can be made both in vegetarian and non-vegetarian versions.

Lentil Soup

2 tbsp olive oil
1 medium yellow onion, chopped
3/4 cup finely chopped celery
2 garlic cloves, peeled and chopped
1/2 lb brown lentils, washed and sorted
1 large beef (or vegetable) bouillon cube
1/2 tsp thyme
1/2 tsp herbes de Provence
ground pepper
5 cups water
1 1/2 cups peeled, chopped carrots
3 chopped, canned plum tomatoes plus 1/2 cup of their juice
1/2 (7 oz) smoked sausage, sliced
1 tbsp red wine vinegar
Maggi seasoning or soy sauce
parsley, chopped
salt



Heat oil over medium heat; add onion and celery. Sauté until soft; add garlic and cook 2 minutes more.

Add lentils, bouillon cube, thyme, herbes de Provence, pepper, and water. Cover, bring to a boil and simmer for about 40 minutes, or until lentils are soft.

Cook carrots separately until done, then add them and their cooking water to the lentils.

Add tomatoes, sausage, vinegar and a few drops of Maggi seasoning; heat 10 minutes more. Adjust seasoning. Sprinkle with chopped parsley when serving.

Better each time you reheat it.

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!

5CLIR CALENDAR 2017-2018

2017

July		No Executive Committee Meeting
		No Curriculum Committee Meeting
		No Council Meeting
	17	First Day of Short Seminars
August		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
September	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
	25	Deadline for spring 2018 seminar proposals
	28	Optional extra Curriculum Committee meeting
	29	[Yom Kippur]
October	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
November	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
December	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 Annual Meeting, 1:30-2:00/Fall Preview 2:00-3:45,
Smith College Campus Center
 - 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.

5CLIR REPORTER is published by
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