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FIVE COLLEGE LEARNING IN RETIREMENT

Peer-Led Lifelong Learning



5CLIR REPORTER

February 2018 Volume XXXI, Number I

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FEBRUARY CALENDAR

- 1 Executive Committee meeting, 1:15, Five Colleges, Inc.
- 1 Curriculum Committee meeting, 2:15-4:15, Five Colleges, Inc.
- 8 Council meeting, 2:00-4:00, Smith College Campus Center, room 102
- 15 New Members Coffee, 10:00–Noon, Lathrop Northampton
- 19 First day of spring seminars
- 23 Moderators Meeting, 1:15 PM, Applewood Meeting Room, Amherst

LETTER FROM THE PRESIDENT

As I write this late in January, we are less than a month away from the beginning of our spring seminars--featuring, as always, a diverse and compelling array of topics. While these seminars undoubtedly comprise the essential core of 5CLIR's mission, I continue to be awed by the number and scope of additional activities that are organized and carried out by our members. The month of January has already featured an evening of vocal jazz, visits to the Daily Hampshire Gazette and to Springfield museums, and a Memorial Program honoring those of our members who left us last year. Coming up are several additional special events including a coffee reception for new members, our annual Legislators Forum, a Moderators' Meeting for those who want to learn more about the process of organizing and running a seminar, our series of Great Decisions presentations at the Northampton Senior Center, and a spring social for the entire membership. More information about these events can be found in this and upcoming Newsletters, so stay tuned!



Needless to say, this level of activity doesn't "just happen." Many of LIR's approximately 300 members are working diligently to ensure that our programming remains dynamic, educational, and challenging. These include the members of Council, who meet monthly to deal with the "big picture"--policy matters, programming initiatives, and problems when they emerge. Also critically important are our committees; we often hear LIR described as a "committee-driven organization," and this is entirely accurate. We are fortunate, as well, to have the services of Tisha Ferguson who, as our Office Manager, provides the technical and program implementation support needed to make it all function smoothly.

It takes a number of hands and minds, of course, to make LIR the exciting and rewarding organization that it is. I mention this because more hands and minds are always needed. In the months ahead you will learn about many ways in which you might become involved in the "production" end of LIR, whether by opting to moderate a seminar, becoming a candidate for Council, or joining a committee. I can assure you, from personal experience, that all of these activities enable you to interact with some truly enjoyable people, united in their desire to help LIR reach its full potential.

In short--get involved! We need you, and you won't regret it.

Mike Brooks

5CLIR New Members Coffee



Are you new to LIR?

*Or, if you have already been active in LIR,
come and meet the new members!*

On Thursday, February 15, 2018, at 10:00 AM
At the Lathrop Community in Northampton
One Shallowbrook Drive
in the Meeting Room

This is a perfect opportunity to meet and mingle with fellow newcomers to LIR.
Council members and the Member Events Committee
will be on hand to answer your questions about the organization.

Please come and enjoy the assorted baked goods and
fresh fruits along with the coffee and tea.

We look forward to getting to know you!
(There is no rain/snow date.)

From the Curriculum Committee

MODERATORS MEETING – save the date!

Making Your Seminar/Workshop a Success From Idea to Implementation

**Friday, February 23, 1:15 – 3:30 PM,
at Applewood Retirement Community in Amherst.**

Join us for an interactive program for moderators, especially those who have toyed with the idea of moderating a seminar/workshop but haven't yet jumped in.

The meeting will focus on:

- Generating and refining ideas
- Writing the proposal
- Small group discussions of proposal ideas
- Implementing the seminar/workshop

Light refreshments will be available.

Call for Seminar Proposals for Fall and Summer 2018

The Curriculum Committee invites you to submit a seminar or workshop proposal for Fall or Summer 2018.

The proposal deadline for both is: **Friday, March 9.**

Fall proposals: The regular Fall semester period runs 10 weeks, from September 24 - November 28 (last day for Thursday seminars and any snow day is December 6). Shorter seminars or workshops during that period are welcome and always popular (e.g., a 7- or 8-week seminar). Enrollment in Fall seminars/workshops is subject to a lottery for oversubscribed seminars for those who submit their registrations by the lottery deadline.

Summer proposals: The Summer seminar/workshop period runs 7 weeks, from July 15 - August 30. Summer seminars or workshops are intended to be more flexible in format, and can be as short or long as you want. For example, you could offer a Summer seminar or workshop for 1-2 days, daily for an entire week, or weekly for a period up to 7 weeks. Enrollment is on a first-come, first served basis.

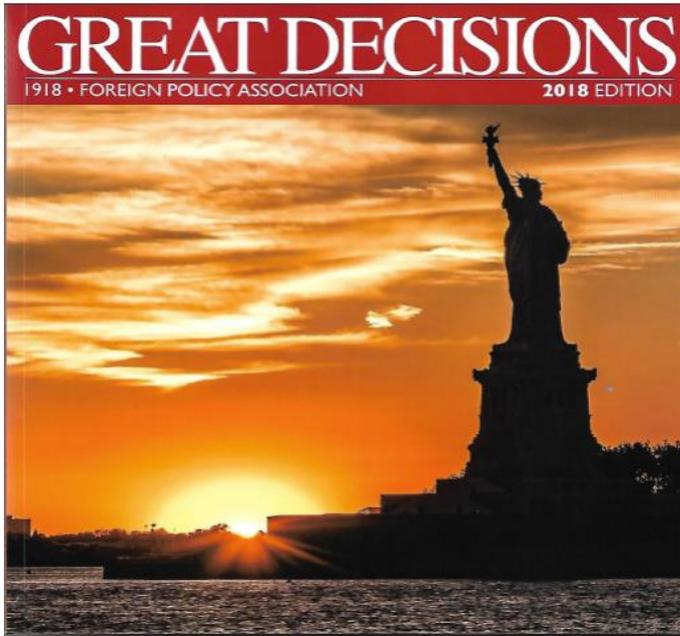
To propose a seminar or workshop, please use the forms at www.5clir.org, Resources/Forms. There are separate forms for Fall and Summer proposals.

Please contact us if you have any questions, and join us at the Moderators Meeting on Friday, February 23, at the Applewood Retirement Community, Amherst, 1:15 – 3:30 PM.

Your Curriculum Committee:

Miriam Whitney (co-chair) – miriama.whitney@gmail.com
Jim Harvey (co-chair) – jimharvey293@gmail.com
Susan Beer – sbeer4@comcast.net
Joanne Creighton – jcreight@mtholyoke.edu
Pam Daniels – harper227@comcast.net
Ruthie Kosiorek – mimikay1517@aol.com
Helene Lambert – hdl215@gmail.com
Henny Lewin - hennylewin@yahoo.com
Miriam Moss – mossm@arcadia.edu
Neil Novik – nnovik673@aol.com
Ellen Peck – epeck-killoh@comcast.net
Laura Price – lauranprice@yahoo.com
Jim Scott – nmscott@spanport.umass.edu
Katy van Geel – ktvangeel@gmail.com

GREAT DECISIONS to begin in April



Great Decisions events will take place
on Friday mornings
between 9:30 AM and Noon
at the Northampton Senior Center, 67 Conz Street, Northampton.

This year's topics (chosen from a member survey) are:

APRIL 6: THE WANING OF PAX AMERICANA, WITH THOMAS JOHNSON

APRIL 13: MEDIA AND FOREIGN POLICY, WITH PAUL MUSGRAVE

APRIL 20: U.S. GLOBAL ENGAGEMENT AND THE MILITARY, WITH LAURA REED

APRIL 27: GLOBAL HEALTH: PROGRESS AND CHALLENGES, WITH TIM FORD

For more details, please visit the Great Decisions page of our website at
5clir.org/great-decisions.

Brochures will be mailed in March, and ticket sales, online and by mail, will begin then.

From the Writing to Remember (Purple) seminar

There are a dozen of us seated around several tables pushed together, 3 on a side. We are all recognizably within a decade or so of each other in age, retired from professional careers only sometimes alluded to, and accustomed to appearing comfortable and relaxed in new, and perhaps, intimidating situations. Our names, written in large blue letters on floppy paper, are propped in front of us. We each say a few words of self introduction, but I fail to take notes and will forget which snippet of information belongs to which name. Some of the participants know each other from previous seminars. The following year, I, too, will already know some of my seminar companions. That is to say, I will know some amazing or intimate aspect of their life, but I don't know where they live or how they spend their days other than writing and attending our seminar. A few ground rules and expectations are shared and then we begin.

The piece is written for grandchildren so they will know the stories of generations of shared summers on the coast of Maine. I am immediately attuned to my own, similar-but-different, memories of the coast of Maine and feel a kinship with this woman whom I had never seen before last week. It's time for me to give my feedback so I fumble for something positive and supportive to say when I really want to ask a million questions and discover the common ground and the differences and where her stories started and where they have gone from there. Another piece is about the author's daughter who became a professional poker player and the first woman to win a million dollar poker tournament. We are all amazed and fascinated by this tale; high stakes poker being utterly foreign to the rest of us. A few weeks later, she writes about her travels abroad with, engagement and marriage to, and eventual divorce from the father of that poker playing daughter. One woman lives with her missionary/doctor husband and six children in the Liberian bush for six years. Another lives in post-colonial/pre-civil war Ceylon in colonial-style comfort. A third survives an abusive relationship for over thirty years before being able, with help, to liberate and rediscover herself. A 14 year old supports herself and lives alone so that she can attend high school in rural North Dakota.

The stories are about children of holocaust survivors, child abuse and neglect, profiles of relatives, holidays and school days, the grief of untimely deaths, spousal abuse, life in exotic lands, childhoods of privilege and of poverty, vignettes of every sort. They are all deeply personal. They are all written with great competence and care; many are transcendent with wit and powerfully observed, lightly described, details of nature, or a person, or a relationship. I accept all of them as true and

honest windows into unknown lives. The writing itself and the listening to it carry no baggage of daily living familiarity.

And yet, all of the stories, all their authors, have a commonality. These women of diverse background and experiences have all shared the transition from their childhoods in the “Father Knows Best” era to women with voices to be heard. The stories are not necessarily about that struggle, but it is revealed in glimpses like passengers seen in lighted train windows rushing past. A sentence, a word, sent and received. We have all been there.

That shared journey and the bared intimacy of the pieces of our stories we choose to tell makes each of us part of something bigger than our individual lives and more precious than casual friendships. We see ourselves in each other’s stories and we expand our experiences, our travels, our joys, our pain, our families, our culture, our religion, our language, our courage, our power. We are both other and the same. Each week I leave enlarged and energized and grateful, and looking forward to the next session in the company of remarkable women.

Francie Borden

November 2017

Science Roundtable – to be continued

The Science Round Table will be suspended during the Spring Semester, but we hope to resume in the Fall. Meanwhile, we will happily entertain suggestions for future topics and/or presenters.

Please email your suggestions to Larry Ambs at ambs@umass.edu or to John Armstrong at johna.armstrong@comcast.net

Winter Program, January 16th tour:

DAILY HAMPSHIRE
GAZETTE
GAZETTENET.COM



5CLIR Reporter February 2018

Tour of the *Hampshire Gazette*

By Nina M. Scott

On January 16, 2018, a group of twenty 5CLIR members took a tour of the building in Northampton where the *Hampshire Gazette* is put together and published. Bob Barker handled the arrangements, and there was so much interest that a second group will be touring the premises on February 8.

We were greeted by Laurel Gardner, who is in charge of leading such visits. She ushered us into the handsome board room of the *Gazette* and provided us with free copies of that day's paper.

The *Gazette* is the oldest continuously published newspaper in the country. Laurel showed us a framed copy of the first page in their possession, which is dated 1786, and spoke of the most recent changes the paper had undergone. As with all such media, print subscriptions have gone down, but online subscriptions are up. Belt tightening on all fronts is a necessity.

The *Gazette* is owned and published by Newspapers of New England (a privately owned company), which also puts out, among others, the *Greenfield Recorder* and the *Valley Advocate*, and has just bought a paper in Athol.

After her introduction and answering a number of queries, Laurel took us into the main building and explained that it is divided into three zones: financial, reporting and the press room where the papers are printed.

In the reporting section we interacted with Dane Kuttler, a former English major from Smith who is now in charge of reconciling ad and reporting spaces, sometimes a ticklish business. At times Dane is in charge of advertising, at other times of reporting space, so that she is very familiar with the demands of each. She also does page layout for the TV section and other parts of the paper. She seemed very skilled for someone who had only been there for about a year and a half, and loves her job.

Next up we met Carol Lollis, who is in charge of photography. When Carol was a little girl she told her mother that someday she would like to be a photographer at *National Geographic* and her mother took her seriously. She has a BA from Beloit College ("Liberal arts was the best training for my job!") and an MA in Photojournalism from Ohio University. Carol really exuded an enthusiasm and professionalism which the whole group appreciated. I am very familiar with her work (for which she has won awards) and that of the other photographers at the paper. Unless it is a portrait kind of photograph Carol categorically refuses to "stage" shots, insisting that they be live. She has been at the paper about twenty-six years and loves her job as well. At first she thought of trying for a position at the *Boston Globe*, but is glad she remained in Northampton, where she is involved in a much wider selection of situations she can photograph.

Last was our visit to the press room, where the paper is printed, sorted, and bundled for distribution. The *Gazette* invested in a new, state-of-the-art Italian press a few years ago, which has made life much easier for the production staff. The press room was very exciting, with reams of newspapers coming off the press onto a conveyor belt – just like in the movies. Huge rolls of paper, weighing several tons each, lined the hallways.

Instead of the hour our tour was to take Laurel gave us an hour and a half, which kept us from feeling rushed.

All in all a very satisfactory outing, and the predicted snowstorm came late that afternoon, when we were all safely home.

Post-Election Anniversary Discussion

On January 28th, Jay Russell and Chuck Gillies held a one-year anniversary discussion of the 2016 election and inauguration. With thanks for his many contributions to LIR, we bid farewell to Chuck, as he heads to a new home in Pennsylvania.

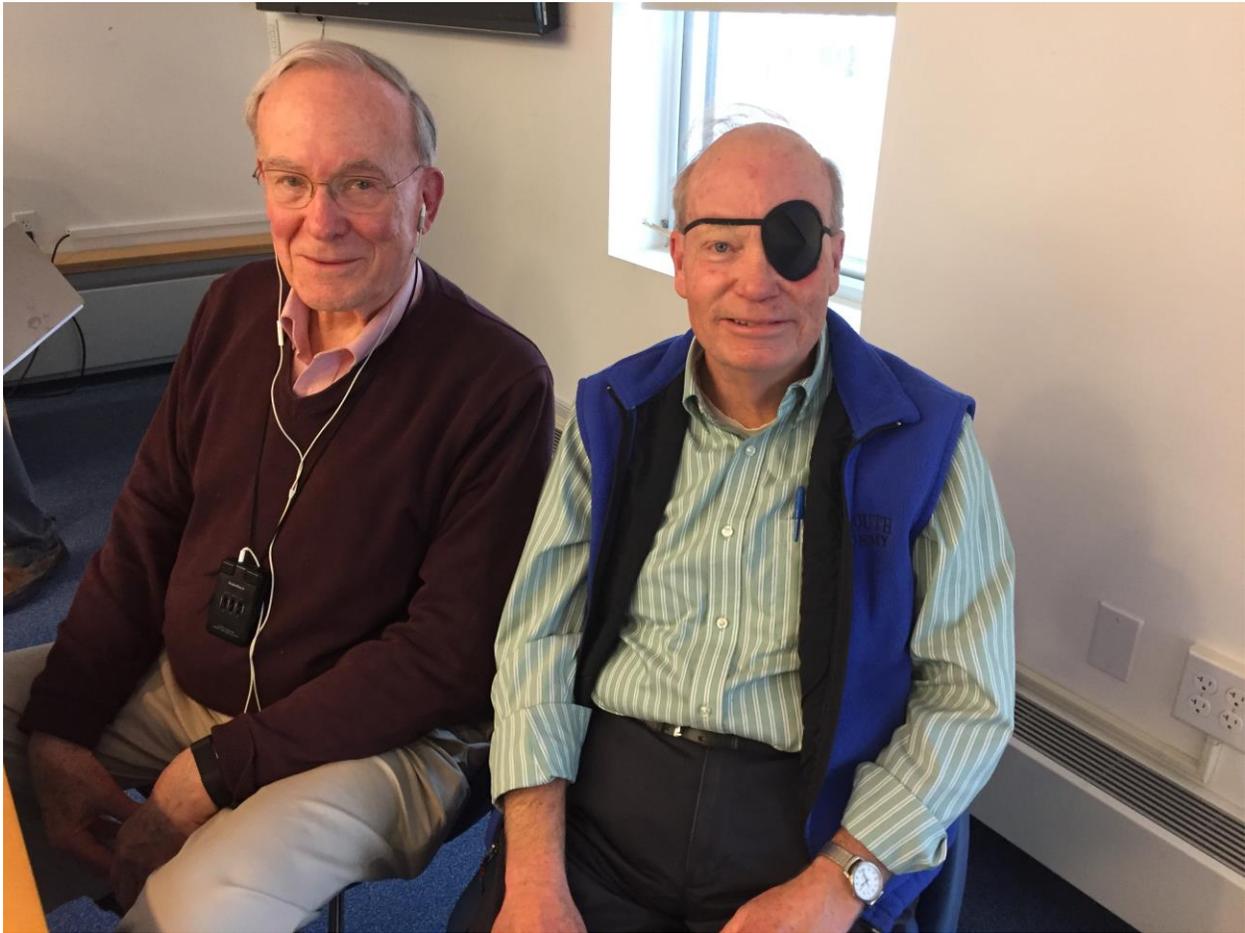


Photo: Nina Scott



potluck

Going with the Grain: AMARANTH

By NINA M. SCOTT AND KATY VAN GEEL

'My grain's better than your grain!" announced Nancy Hayes Clune of Florence. For our Learning in Retirement course on Ancient Grains, she chose high-protein amaranth, which technically is not a grain at all.

Originating in Mesoamerica, amaranth was the second smallest grain in our lineup. It was known by the Aztecs as huautli, "the smallest giver of life," and was sometimes mixed with honey to make a ceremonial statue of Huitzilopochtli, god of war. When his festival of worship was over, warriors would shoot the statue to pieces; worshippers then would consume small bits. Because this custom seemed pagan to the Spanish conquistadors, they banished amaranth from native consumption, burning the fields where it was cultivated.

This banishment did not succeed, however, and amaranth mixed with honey or molasses is still sold on Mexican streets as "alegría" (joy), a kind of candy. Nancy knew of amaranth through her Mexican son-in-law, but she had never cooked with it.

Amaranth is a gluten-free pseudograin, very high in protein and with high fiber. It grows as a tall plant known as "pigweed," which produces ample seed heads and edible leaves (Chinese spinach). It is now grown and eaten all over the world. The name itself means "never fading or withering."

Nancy made four dishes for us, two with amaranth seeds (the aforementioned alegría and a stuffing for baked acorn squash), and two with amaranth flour (pumpkin flatbread and a spelt/amaranth bread).

"Once you get familiar with it, it's not such a big production," she said. "You play with these things, and you improvise."



Photos by Katy van Geel
At left, Amaranth-Stuffed Acorn Squash. At right, amaranth grains.

Amaranth-Stuffed Acorn Squash

Ingredients

1 acorn squash
1 cup amaranth grains
3 cups stock or water

Stuffing:

1 tsp olive oil
1/2 cup diced onion
2 tsp diced, dried, unsulphured apricots
1/4 tsp smoked paprika
1/4 tsp ground cinnamon
salt (to taste)
2 tsp chopped shelled pumpkin seeds

Directions

To prepare squash:
Cut in half lengthwise and scoop out seeds. Lay squash face-down in a deep baking dish; add

water halfway up the sides of the squash. Bake for 1 hour at 350°F.

To prepare amaranth:

Stir one cup of amaranth into 3 cups of stock or water. Bring to a boil, then cover and simmer for 30-35 minutes.

To prepare stuffing:

Heat olive oil over medium heat. Add onion and cook for 2 minutes, until onions are soft but not browned. Add apricots, paprika, cinnamon and salt, and cook for 1-2 minutes. Add pumpkin seeds, stirring to combine; cook another 2 minutes. Remove mixture from heat and stir in prepared amaranth.

Place squash face-up on a baking sheet, fill centers up with stuffing.

Bake squash for 10 minutes; remove from oven, and serve.

Metropolitan Opera Live in HD 2017-2018

See the Cinemark schedule below, and note the addition of an afternoon Encore series (a change that seniors may be happy to see).

Another change. The Friday afternoon Opera Prep talks have been moved from Northampton Lathrop **to the Inn at Easthampton Lathrop. 2:00 to 3:00 PM.**

If you have questions, please contact:

Peg Bedell at (413-203-5562) or at peggotty25@gmail.com

Prep.	Live.	Encore.	Encore.		Start Time.	Run Time
02/09.	02/10.	02/14.	02/14.	Donizetti. L'ELISIR D'AMORE.	12:00.	3:00
02/23.	02/24.	02/28.	02/28.	Puccini. LA BOHEME.	12:30.	3:20
03/09.	03/10.	03/14.	03/14.	Rossini. SEMIRAMIDE.	12:55.	3:50
03/30.	03/31.	04/04.	04/04.	Mozart. COSI FAN TUTTE	12:55.	4:00
04/13.	04/14.	04/18.	04/18.	Verdi. LUISA MILLER.	12:30.	4:00
04/27.	04/28.	05/02.	05/02.	Massenet. CENDRILLON.	12:55.	3:15

5CLIR Technology Committee Volunteers Needed

We are looking for volunteers for help on the Technology Committee in 5CLIR. The Technology Committee provides 5CLIR members with information on and instruction in relevant digital and audio-visual technology related issues. You may feel you don't have sufficient experience to help other members, but all kinds of assistance are needed and in many cases, you probably know more than you think about current technology. While some members may have significant technical expertise, others are needed so that we can identify issues that nontechnology minded 5CLIR members may be facing. Please respond to our President, Mike Brooks, if you are able to help.

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	ksmithcamp@post.harvard.edu gwyse@bio.umass.edu
Windows XP:	Dean Poli	poli@ecs.umass.edu
Windows 7:	Jim Scott	nmscott@spanport.umass.edu
Windows 8 - 10:	Jim Perot Larry Ambs	jperot@yahoo.com ambs@umass.edu
Linux OS :	John Armstrong	johna.armstrong@comcast.net
Android Cell Phones:	Larry Ambs Jim Perot	ambs@umass.edu jperot@yahoo.com
iPhones:	Gordon Wyse Jim Scott	gwyse@bio.umass.edu nmscott@spanport.umass.edu
iPad:	Jim Scott	nmscott@spanport.umass.edu
Android Tablets:	Jim Perot	jperot@yahoo.com
Word:	Bobbie Reitt	redits@comcast.net

5CLIR CALENDAR February - June 2018

- February**
- 1 Executive Committee meeting, 1:15, Five Colleges, Inc.
 - 1 Curriculum Committee meeting, 2:15-4:15, Five Colleges, Inc.
 - 8 Council meeting, 2:00-4:00, Smith College Campus Center, room 102
 - 15 New Members Coffee, 10–12, Lathrop Northampton
 - 19 First day of spring seminars
 - 23 Moderators Meeting, 1:15 PM, Applewood Meeting Room, Amherst
- 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
- 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.

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Smith College
18 Henshaw Avenue, C2
Northampton, MA 01063
Phone: (413) 585-3756
Email: 5clir@smith.edu
Website: www.5clir.org

Editor: *Tisha Ferguson*