

AMHERST COLLEGE - HAMPSHIRE COLLEGE - MOUNT HOLYOKE COLLEGE - SMITH COLLEGE - UMASS AMHERST

## FIVE COLLEGE LEARNING IN RETIREMENT

*Peer-Led Lifelong Learning*



# 5CLIR REPORTER

*May 2018 Volume XXXI, Number IV*

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## IN THIS ISSUE

Letter from the President

Fall Preview is May 6<sup>th</sup>

Member Events Committee would like your feedback

Did you know? The Boston Public Library is available for all MA residents

Encore Presentations

Going with the Grain: Millet

Tech Assistance is available

## CALENDAR

### 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,  
at 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.

## LETTER FROM THE PRESIDENT

LIR's Preview on May 6 will showcase an exciting array of seminars to be offered in the fall. In perusing the list, I see several that pique my interest. But alas--I will be unable to take any of them.



As many of you know, Ann and I will be relocating to Sarasota, Florida, in June. Our decision was not easily made, but was ultimately based on a compelling set of family and lifestyle considerations. We almost moved there seven years ago, but changed our minds at the urging of family members who lived here in the Valley. Bowing to employment realities, however, that family recently moved to Chicago, thereby loosening our moorings somewhat. ("No," we've told them; "we will not be following you to Chicago.")

Shortly after arriving in the fall of 2011, we heard about LIR and immediately became members. Without a doubt it has been my single most significant connection to the local community. Exploring new topics, gaining new insights, sharing ideas, debating issues—these dynamics reside at the core of LIR, and they greatly enrich the overall retirement experience. Even more important to me, however, have been the people who make up the LIR community--friendly, open, engaging, supportive, continuously questioning, and a joy to know.

I'm deeply grateful to the many of you that I came to enjoy and admire in seminars, and with whom I've interacted during my stints on the Curriculum Committee and LIR's Council.

I'll be taking away some fond memories--and, looking ahead, I know that the organization is in good hands. Long may it prosper!

*Mike Brooks*

# FALL PREVIEW is on May 6<sup>th</sup>!

## PREVIEW OF SUMMER AND FALL 2018 SEMINARS AND WORKSHOPS



When: Sunday, May 6, 2018

1:30 – 2:00 p.m. – Annual Meeting

2:00 – 3:00 p.m. – Fall Preview

Where: Smith College Campus Center

100 Elm Street, Northampton

Come and meet the moderators and explore exciting and enriching upcoming summer (3) and fall (26) seminars and workshops.

Enjoy chatting with your friends and meeting new ones.

Refreshments provided.

## Member Events Committee

### Send Us Your Feedback on Spring Social 2018!

The Member Events Committee would like to know what kind of Spring Social you would like us to plan for next year.

- Should the 2-hour social event include a 1-hour program? YES NO
- If you think a program is an important part of a social event, please suggest possible topics or speakers.

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- Do you have other suggestions on hors d'oeuvres, beverages, or the venue?

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Would you like to join the Member Events committee to help plan such events?  
If so, please send us your e-mail address and phone number.

Send comments to [nancyhclune@gmail.com](mailto:nancyhclune@gmail.com) or [gailgaustad@comcast.net](mailto:gailgaustad@comcast.net)

Thank you for your participation!

## The Online Riches of the Boston Public Library (BPL)

The BPL, one of the nation's foremost public libraries, offers resources online that rival those of the university libraries in the Pioneer Valley. Fortunately, all you need to access these riches is an "eCard", which is available free of charge to any Massachusetts resident.

### **How Do I Get My eCard?**

Go to [www.bpl.org](http://www.bpl.org) and at the left in the gray/brown panel select General Information, then Borrowing & Circulation Information, then eCards. Here you will find instructions for enrolling along with information about benefits to cardholders and procedures. Click on the blue Get Your Card or Renew button. You will be asked to provide your name, address, and e-mail address, and registration is completed within a minute or two. With your eCard you will have access to everything the BPL offers to cardholders from home. BPL eCards expire after 3 years, at which time you simply register again for a new card.

### **What's Available Only for Holders of a BPL "eCard"?**

Click on the heading Electronic Resources in the brown/gray panel to access the numerous databases available under these topics; click on any of these headings to start exploring:

Architecture	Encyclopedia	Language Learning	Psychology
Art	General	Law	Religion
Audio Books	Genealogy	Literature	Science
Biography	Government	Music	Sociology
Business	Health	Newspapers	Sports
eBooks	History	Philosophy	Statistics
Education	Images	Political Science	Video

You can search for and read recent and historical newspapers, academic journals, electronic books, and more here. Many items are downloadable and can be printed out. Notable for serious research in many fields, for example, is JSTOR, an archive of 1,000+ academic journals plus monographs that normally is available from academic libraries only with affiliation as a faculty member or student. (JSTOR = journal storage.) Most of the databases on offer in this section of the BPL site are available only by subscription at high prices or only to members of institutions, but they are free to us here simply as Massachusetts citizens.

### **What's Available from BPL Online for Noncardholders?**

The library also offers open online offerings are under various headings in the brown/gray panel at top of the home page. Be sure to explore these resources as well. For example:

- BPL catalogs the main catalog plus specialty catalogs
- Online collections: the BPL Anti-Slavery Manuscripts Collection for digitized original documents
- the John Adams Library for digitized copies of his personal collection
- the Government Information from Our Collections, for digitized copies of publications from local and federal government
- the Flickr Collection for scans of photos, posters, postcards, lithographs, and other graphic media
- also, there are audio and video archives
- Research and specialized services: the Leventhal Map Center for 13,700 digitized historical maps
- Reference & Reader's Advisory for lists of librarian-recommended online resources with clickable links under 38 topic areas.

*(thanks to Bobbie Reitt for this wonderful summary!)*

## **Encore Presentations, Spring 2018**

at Applewood in Amherst on Fridays, 10:00 AM - noon  
Open to LIR members and Applewood residents.

Date	Presentation title	Presenter	Seminar	Moderator
5/9	Civil Rights in the '60s	Stephanie Levin	Writing to Remember - Purple	Ina Luadtke
5/9	Digital Privacy	Nancy Mihevc	The US Supreme Court	Jay Russell
5/16	Hitler Youth	Rachel Borson	Hitler & the Nazis	Glenn Swanson
5/16	Liberia	Elizabeth Schaffer	Writing to Remember - Blue	Henia Lewin

## potluck

# Going with the Grain: MILLET

By Nina M. Scott and Katy van Geel

**G**ail Gaustad of Northampton is a veteran Five College Learning in Retirement participant as well as a master gardener. Both of these attributes stood her in good stead with her choice of millet for our course on Ancient Grains. While many of us know it as an ingredient in bird seed, millet is actually an important human



food source. Also a kind of grass, millet comes in two forms: millet and so-called "millet rice," both gluten free. It was known in ancient China and Asia and, as it grows well in dry, infertile soil, millet is becoming more important in Africa. (Professor Donna Cohn of Hampshire College and her research team are now building an inexpensive millet thresher that will help women in Africa process this grain.)

Gail left us all in her dust as far as preparation for this seminar was concerned. Back in early summer she planted four kinds of millet in her garden. She brought the dried seed heads to show us (in handwoven baskets she had made from reeds she had grown!), described how much the

rabbits had liked the millet, how hard it was to harvest, and how it had to be hulled before use. Gail brought with her some of the millet seeds left over from her planting and offered to share them with the rest of us. After that introduction, there were no takers.



Photo by Katy van Geel

Millet, Feta and Spinach Stuffed Mushrooms.

Gail had never cooked with millet before. She made a porridge of millet and corn grits, topped with toasted pecans and maple syrup. (It was beginning to dawn on us how many people in former times ate these grains mainly as porridges.) Additionally, she made a butternut squash soup, thickened with millet cream, a gluten-free thickener, as well as vegan meatballs, pumpkin cookies and stuffed mushrooms with millet, feta, and spinach, our favorite. Gail nodded. "It's an approachable recipe," she said.

**Millet, Feta and Spinach Stuffed Mushrooms**

**Ingredients:**

3/4 cup cooked millet\*  
1 tbsp olive oil

1/8 cup minced shallots  
2 garlic cloves  
2 1/2 oz fresh baby spinach, coarsely chopped  
3/8 cup crumbled feta cheese  
1 tbsp chopped fresh dill  
1/8 tsp pepper  
1/8 tsp salt  
18 large cremini mushrooms, stems removed

**Directions:**

Preheat oven to 350°F.

**Make filling:**

Heat a medium skillet over medium heat. Add oil; add shallots and garlic. Cook about 5 minutes or until tender, stirring occasionally.

Gradually add spinach, tossing constantly until spinach wilts. Remove from heat. Stir in millet, feta, dill, salt and pepper.

Spoon filling mixture into mushroom caps using about 1 1/2 teaspoons of mixture for each cap. Bake about 25 minutes, or until mushrooms are tender.

\*Note: Millet can be cooked easily in a rice cooker using 2 parts of water to 1 part of grain.

## **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	<a href="mailto:ksmithcamp@post.harvard.edu">ksmithcamp@post.harvard.edu</a> <a href="mailto:gwyse@bio.umass.edu">gwyse@bio.umass.edu</a>
Windows XP:	Dean Poli	<a href="mailto:poli@ecs.umass.edu">poli@ecs.umass.edu</a>
Windows 7:	Jim Scott	<a href="mailto:nmscott@spanport.umass.edu">nmscott@spanport.umass.edu</a>
Windows 8 - 10:	Jim Perot Larry Ambs	<a href="mailto:jperot@yahoo.com">jperot@yahoo.com</a> <a href="mailto:ambs@umass.edu">ambs@umass.edu</a>
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Android Cell Phones:	Larry Ambs Jim Perot	<a href="mailto:ambs@umass.edu">ambs@umass.edu</a> <a href="mailto:jperot@yahoo.com">jperot@yahoo.com</a>
iPhones:	Gordon Wyse Jim Scott	<a href="mailto:gwyse@bio.umass.edu">gwyse@bio.umass.edu</a> <a href="mailto:nmscott@spanport.umass.edu">nmscott@spanport.umass.edu</a>
iPad:	Jim Scott	<a href="mailto:nmscott@spanport.umass.edu">nmscott@spanport.umass.edu</a>
Android Tablets:	Jim Perot	<a href="mailto:jperot@yahoo.com">jperot@yahoo.com</a>
Word:	Bobbie Reitt	<a href="mailto:redits@comcast.net">redits@comcast.net</a>



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