



SCLIR

# REPORTER



April 2010 Volume XXIII, Number 4

## April CALENDAR

# Want to win a prize on April 25<sup>th</sup>?

see page 5

**Thurs 1 - Viewpoints** with Hy Edelstein, 12:30–2:00 p.m. Highland Valley Elder Services, 320 Riverside Drive, Florence. Contact: Hy Edelstein @ 584-3060

**Fri 2, 9, 16, 23, 30 - French Conversation** with Judith Pool, 1:30–3:30 p.m. Room 208, Amherst College Campus Center **Contact:** Judith Pool @ 586-2190 (*No openings at present*)

**Thurs 8 - Council meeting**, 2:00–4:00 p.m. Five Colleges HQ, 97 Spring St, Amherst

**Thurs 8 - Wisdom Seekers' Circle**, 1:30–3:30 p.m. 35 New South Street, Northampton, **Contact:** Susan Gerstle @ 341-3519 (*No openings at present*)

**Thurs 8 - Emily Dickinson Study Group** with Lise Armstrong, 12:30–2:00 p.m. 56 Amity Place, Amherst **Contact:** Lise Armstrong 549-9171 (All bookings have already been arranged.)

**Fri 9 - Great Decisions**, 9:30–12:00 noon (registration 9:00 a.m.) *Global Financial Crisis*, Northampton Senior Center, 67 Conz Street

**Sat 10 - RSVP program**, 10:00–11:30, Mt Tom Room, Easthampton Lathrop (**see page 11**)

**Thurs 15 - Travel Interest Group:** *Renaissance Art: Rome, Assisi, Florence* by Don Maiocco, *Doctor's Visit to Haiti* by Sandy Muspratt. 2:00–4:00 p.m. Highland Valley Elder Services, 320 Riverside Drive, Florence **Contacts:** Marybeth 253-9562 or John Gaustad 584-9255

**Thurs 15 - Presentation on Clinical Trials**, 4:14 p.m. McCallum Building, Living Room B, Cooley Dickinson Hospital, Northampton (**see page 11**)

**Fri 16 - Great Decisions**, 9:30–12:00 noon (registration 9:00 a.m.) *Peace-Building & Conflict Resolution*, Northampton Senior Center, 67 Conz Street

**Tues 20 - RSVP program**, 3:00–4:30, Applewood (Amherst) **Contact:** Joan Hastings (**see p. 11**)

**Thurs 22 - Arts Interest Group:** *Presentation on icon-writing by Sandra Lillydahl*, 2:00–4:00 p.m.; Parish Hall of Grace Episcopal Church, Spring St in Amherst, opposite the Lord Jeffrey Inn **Alert** Suzannah Fabing 256-6812 if you wish to attend (**see page 10 for more details**)

**Fri 23 - Great Decisions**, 9:30–12:00 noon (registration 9:00 a.m.) *US–China Security Relations*, Northampton Senior Center, 67 Conz Street

**Sun 25 - \*Fall Preview\***, 2:00–4:00 p.m. **Smith Campus Center. Meet the moderators...see p. 5**

**Fri 30 - Great Decisions**, 9:30–12:00 noon (registration 9:00 a.m.) *Persian Gulf*, Northampton Senior Center, 67 Conz Street

**Fri 30 - Armida Opera Prep** with Peg Bedell, 1:30–2:30 p.m. Mt Tom Room, Easthampton Lathrop, (For the Met Opera/HD showing on Saturday, May 1 at Cinemark.)

## *Letter from the President of 5CLIR*

*Dear Fellow Members,*

*Our wonderful encore lectures are over for this semester, but if you think one of the presentations in your seminar would be interesting for other members to see, be sure to suggest it to Larry Ambs or Chris Hurn.*

*We have four more Great Decisions Programs that promise to be very interesting; check out the topics and join us.*



*I am pleased to announce that the Council unanimously voted to accept my appointment of Anne Lombard as your Ombudsman. I hope there is never any conflict between members, but if there is and they cannot resolve it themselves, Anne is the person to contact.*

*The Finance Committee and Council have been reviewing our financial situation for the past year and have decided to raise the dues \$25.00 for next year. This increase should allow us to balance the 2010–2011 budget. We are going to continue to be frugal, and Council has asked the Fundraising Committee to start to investigate methods of raising additional funds. If you have any ideas, contact Dave Cramer; chair; Marybeth Bridegam; Jeff Caplan; John Armstrong; Anne McIntosh; or Bill Williams.*

*Thanks to Chuck Gillies' excellent records and charts, we have the history of dues. I was surprised to find that when LIR started in 1989 the dues were \$150; in the fall of 2001 dues were raised to \$175 and 5 years later in the spring of 2005 to \$200. Due to the economic situation, we did not raise the dues last year; however, without the silent auction, members' extra contributions, and not using locations that require a fee, we would not have come near a balanced budget for this year.*

*To quote one of our members, "We have a richer, more varied program than ever before." Come to our Preview and see what your fellow members have worked hard to create for you. Meet the moderators, sign up for the Summer Programs, and decide what committee you want to be on. We will wear our name tags; wear yours. Meet the new chairs of committees; see what the Technical Committee has arranged for you. Bring a friend; win a prize. Think about the vitality and the camaraderie that is yours when you are part of this organization.*

*Hope to see you at the Preview, our biggest party of the year; you won't want to miss it.*

*Sara*

**Council determined that as of July 1, 2010,  
the newsletter will be sent electronically  
to all members who have email.**

# NOTES

## DID YOU KNOW...

...that the membership dues were \$150.00 in 1989?

If our dues kept up with the cost of living,  
do you know what they should be now?

Want to know? Go to: [http://www.bls.gov/data/inflation\\_calculator.htm](http://www.bls.gov/data/inflation_calculator.htm)

surprised?

## Meet our Ombudsman, Anne Lombard



photo courtesy of  
Pete Reitt

Anne was appointed Ombudsman by 5CLIR President Sara Wright.

**P**lease don't forget... To be sure that we do not lose some of our members, the Membership Assistance Program needs your financial support every year. (There is a chance to contribute to membership assistance on the membership renewal form you receive in your packet at the Preview.)

### Do we want to be known as the NOISIEST kids on the block? (No)

**S**eriously, some people still work and have limited time to accomplish all their tasks, so when we are inside a building, especially outside the classroom, we need to restrain our wonderful exuberant selves and refrain from expressing ourselves too loudly. If you arrive early for a seminar or program, please don't wait right outside the door, as sound can carry and disturb those inside.

# NOTES

**C**larification from the Editor: The revised policy on “Exchange of Ideas and Materials,” which was printed on page 7 of the March newsletter, has replaced the previous policy “Dissemination of Information about Non-5CLIR Events at 5CLIR.”

**I**f you do not have email, expect to receive an automated phone call from the office from time to time. We now have "Call-em-all," a phone program that allows Callie to make one call, which will be relayed to everyone on our list through a central office. If you do not have an answering machine, please have a friend call you until they are able to reach you, so you will know of cancellations or important information that the office is sending out. This device is one-third the price of a letter and many times faster.

**T**he Smith Field House will not be available for seminars in the fall, and possibly never, due to construction in that area. Our thanks go to members who have negotiated locations for seminars with parking for next semester: Dean Poli found 2 at the Umass Transit Center; Anne Lombard, 2 at Arcadia; and Arnold Friedman at Applewood. Don't be surprised if your seminars at Smith are from 9:30 to 11:30. Callie discovered that if we were willing to schedule our seminars at this time, we could have the Dewey Hall Common Room more often.

Do you want a seminar near you? Find a location that would be willing to offer us 2 hours a week for 11 weeks (for free) and contact Callie about it.

## Free Entry in the LIR Membership RAFFLE

### BE A STAR

Bring a Friend to our Preview to Qualify

Who?

**NEW** this year at the Preview: a raffle only for members that successfully encourage non-members to attend the Preview. Persuade your non-member friends and associates to come to our Preview. Let them see everything that 5CLIR will be offering in the fall. Each non-member that you get to attend equals one more raffle ticket for you.

YOU?

**M**any thanks to Dorothy Carlo for donating a lovely luggage carrier to the office... I have not heard a peep about the carrier used for projectors...whoever has it, please return it to the office...all will be forgiven! Thanks

**Five College Learning in Retirement**

# 5CLIR FALL PREVIEW: COMING ATTRACTIONS

Come and meet  
the fall semester moderators

**Sunday, April 25th, 2010, 2:00-4:00 p.m.**

**Smith College Campus Center  
(The Carroll Room, 2<sup>nd</sup> floor)**

**Fall Seminar Catalog available for early registration!  
Moderators on hand to promote their seminars!  
Catalogs for Special Programs and Summer Programs!**

**Light refreshments  
will be served**

PLEASE BRING A FRIEND (or TWO!)

LIR members who are not able to attend this event may pick up their packets at the office, Monday to Thursday, the week following the Preview. All packets not picked up by Friday will be mailed.

## Now about that prize...

# Seminars

## Women Ahead Of Their Time

Women ahead of their time are found throughout world history. Our selections go from the 12th century through the 21st. Juana Inez de la Cruz, a self-educated scholar who taught herself to read at the age of three, argued for the education of women in the 17th century. In the 18th century, Mary Wollstonecraft championed women's rights at a time when, in the eyes of the law, women barely existed. Frances Perkins, FDR's Secretary of Labor, was the first woman cabinet member, and was influential in the enactment of Social Security and the abolition of child labor. Barbara McClintock spent her life studying the genetics of corn. She was awarded the Nobel Prize for Medicine or Physiology for her discovery of "jumping genes," and her work has had an enormous impact on today's research on genetic modification. Harriet Beecher Stowe's Uncle Tom's Cabin, and Rachel Carson's Silent Spring brought the social evils of slavery and environmental degradation to public attention.

We are a varied group of women who are enjoying not only the intensely interesting topic, but also the variety of presentations. We have seen a film, Iron Jawed Angels, about Alice Paul and her ferocious fight and final victory for women's suffrage. We have been present for an interview with Abbie Jenks, a founder and professor of Peace and Social Justice Studies at Greenfield Community College. We have had classroom presentations, all of which sparked energetic and stimulating discussions.

Mary Franks and Sofie Ellsberg will offer a second seminar on this topic in the fall. We are delighted that another group can be as fortunate as we have been.



photo courtesy of Emily Lewis

Our LIR women ahead of their time: *Front:* Abbie Jenks (guest), Emily Lewis, Elsie Bandman; *Back:* Charlene Caldwell, Mary Franks, Honoré David, Judith Pool, Sofie Ellsberg, Claire Sherr, Henny Lewin, Dottie Rosenthal, Mary Wyse, Laura Cranshaw, Joan Iverson

**This was taken at break on March 17th while we were enjoying our apple cider and shamrock sugar cookies. (recipe follows on next page...)**

# Seminars

## Shamrock Sugar Cookies

Mix together: 1/2 cup soft butter  
3/4 cup sugar  
1 egg

Add: 1 tablespoon milk or cream  
1 teaspoon vanilla



Sift together and add: 1 1/4 cups sifted flour  
1/4 teaspoon baking powder

Chill dough. Roll very thin. Cut into desired shapes, place on lightly greased cookie sheet and sprinkle with sugar (green, red, etc.). Bake until slightly browned.

Temperature: 425° F

Time: Bake 4 to 6 minutes

Yield: About 5 dozen 2 1/2" cookies

## Alternative Activities to a Standard Presentation

Most important to remember, **one size does not fit all**. Moderators need to encourage all members to make solid contributions to the seminar. Presenters are expected to get moderator's approval before offering an alternative presentation.

Paint a picture related to a topic and use as basis for discussion

Present works of art, or photographs on the topic

Supplement a presentation with a video and/or audio clip

Conduct an interview as part of oral history

Stage a debate with another person representing opposing viewpoint

Arrange for a field trip for the group

Role play or dramatize a situation on a topic

Prepare a case study

# Seminars

## Berlin in the 1920s

Applewood at Amherst, a new venue for our seminars, hosts the "Berlin in the 1920s" seminar co-moderated by Carol Lee and Arnold Friedmann.

There are 18 participants in the group, including five who were born in Germany or Austria. The presentation topics range from the history and political structures of the era to the Dada movement in art, and music from cabarets and operettas. Serious discussions can be followed by lively music that makes participants tap their feet (but no dancing). The seminar shows the tragic political environment in Berlin, in contrast to the creative and innovative artistic endeavors of its inhabitants.

**All photographs courtesy of Ellen Kosmer.**



Ruth Kosiorek raises a glass; John Martin and Arnold Friedmann (co-moderator) have words over coffee; Susi Friedmann with Bert Bandman and John Martin.



# Seminars

Sheila Klem kindly sent in photographs of the seminar she is moderating this semester: "Century of Change in Western Massachusetts."



*from left to right:* Betsy Belden; Sandy Belden; Mary Beall; Harry Beall; Jean Miller; Phil Shaver

Gail Gaustad (*left*) and Katy van Geel



# Programs

**Conversational Italian** will not meet again until the fall.

**LIR Book Interest Group** - **contact** Gloria Ferber at 341-3545 or [gloria.ferber@comcast.net](mailto:gloria.ferber@comcast.net)

**Ethnic Eating Interest Group** - **contact** Joice Gare at 584-6016 or [joiceg@crocker.com](mailto:joiceg@crocker.com)

## April Arts Interest Group Event

**On Thursday, April 22nd, 2:00–4:00 p.m., Sandra Lillydahl will give a presentation on icon-writing.** This session provides a helpful introduction to this unusual type of painting and should be of particular interest to those who are planning to take part in the LIR trip to the Museum of Russian Icons in Clinton, MA, scheduled for Saturday, April 24th.

**The Arts Interest Group event will take place in the Parish Hall of Grace Episcopal Church, on Spring Street in Amherst, opposite the Lord Jeffrey Inn. It is open to all LIR members. Please notify Suzannah Fabing ([sfabing@smith.edu](mailto:sfabing@smith.edu), or 413-256-6812) by Friday, April 16th, if you plan to attend.**

The presentation will include an overview of the history of icons and how their creation has evolved through time. There will be an introduction to the exhibits at the Clinton museum, with tips about what to look for in the icons. Ms. Lillydahl will show us some of her own icons, both in progress and completed, and will explain the many steps of the demanding process.

Sandra Lillydahl is an accomplished icon-writer who has been studying iconography since 2000 with Jacqueline Mizaur, an instructor in the Prosopon School of Iconography, which was founded by Russian émigré Vladeslav Andrejev, whose commissions include the icons in South Deerfield's Descent of the Holy Spirit Church. She offers workshops in icon-writing through Grace Church.



## The Special Programs Committee

The Special Programs Committee (SP) oversees the workshops, study groups, lecture series, and trips that are different from the seminars in their informality and flexibility. Most programs are open to drop-in visitors who need not make a presentation or have past experience with the topic at hand.

The committee liaise with the facilitators of these groups and provide continuity and communication with Council and the LIR office. We operate with a total of nine members, who serve 3-year terms in rotation, so July 1st each year we need to recruit three new members. We especially need “tech-savvy” people who can help with projection equipment (the Travel Interest group currently needs this assistance). The committee meets only as necessary and the duties are very light! Please contact Gail Gaustad (584-9255) or Lise Armstrong (549-9171) if you would like to talk about joining the committee.

# Programs

## LIR Members Organize an Evening of Poetry and Friendship

**When:** Thursday, April 29th, 7:00–9:00 p.m.

**Where:** The Unitarian Universalist Society of Amherst (UUSA) Meetinghouse, 121 N. Pleasant Street.

**What:** Come enjoy an evening of beautiful words and fellowship. Local poets are generously giving of their time and talent for our enjoyment.

**Who:** **Richard Michelson** – award winning children’s author, poet and owner of Michelson Gallery in Northampton; **Wil Hastings**, published poet, poetry seminar moderator for Learning in Retirement, **arjuna greist** (sic), poet, singer, songwriter, performer and Valley Free Radio show host, **Magdalena Cervantes Cassel**, sophomore at Amherst College, **Teal Van Dyck**, senior at Hampshire College, and UUSA member **Dylan Klempler**.

Light refreshments will be served and there will be an opportunity to ask questions of our poets. While we will be asking for donations at the door, our primary goal is to fill the sanctuary with members and friends from the community. No one will be turned away. Please come, bring your friends, and support our local poets. For more information, contact [sandysladden@gmail.com](mailto:sandysladden@gmail.com) (LIR member).

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## THE REALITY OF VOLUNTEERING



**W**hat difference does volunteering really make? How can the process of matching the person and the task and its timing work well? Come and find out at one of these events:  
**Mt Tom Room, Easthampton Lathrop, Saturday, April 10th, 10–11:30 a.m.**  
 or **Applewood (Amherst) on Tuesday, April 20th, 3–4:30 p.m.**

**Megan Barber and Pat Sicard of the Retired and Senior Volunteer Program (RSVP)** – our area's national service program for older adults – will tell us about RSVP, which matches 640 volunteers over 55 in the Pioneer Valley with the needs of service, artistic and other organizations. There will be a panel discussion featuring local people who volunteer and local organizations that use volunteers.

**REFRESHMENTS SERVED...**For more information, contact Megan Barber or Pat Sicard at RSVP at (413) 584-1300 ext 8 or [rsvp@hampshirecog.org](mailto:rsvp@hampshirecog.org), or **Joan Hastings, 584-4957 of 5CLIR.**

## Presentation on Clinical Trials at Cooley–Dickinson Hospital

Clinical Trials Coordinator Jennifer Higgins, Ph.D., will give a presentation for 5CLIR members in the **McCallum Building, Living Room B, at Cooley-Dickinson Hospital, Northampton, at 4:15 p.m. on Thursday, April 15.** She will provide basic information about what clinical trials are, how they work, and what their benefits are. We will also learn about specific trial offerings at CDH.

To learn more about clinical trials and current opportunities, please contact Jennifer Higgins at 582-4969 or [jennifer\\_higgins@cooley-dickinson.org](mailto:jennifer_higgins@cooley-dickinson.org).

The McCallum Building is located to the left of the main entrance to the hospital (as you stand facing the entrance from outside). The entrance is on the side of the McCallum Building opposite the main building.



Jim Scott brightens the wet London skyline and our last page. Another 5CLIR member on the move. Thanks to Nina for the lovely photograph.

*5CLIR Officers 2009-2010*

*President: Sara Wright; Vice-President: Larry Ambs ; Past-President: Leo Sartori  
Secretary: Dorothy Rosenthal; Treasurer: Bill Williams  
Assistant Treasurer: Sandy Muspratt*