



November 2010 Volume XXIII, Number 10

NOVEMBER CALENDAR

For more information, PLEASE contact the person indicated for each event!

- Thurs 4 - Special Program: Viewpoints** with Hy Edelstein, 12:30–2:00 p.m. Highland Valley Elder Services, 320 Riverside Drive, Florence. **Contact:** Hy Edelstein (& Dec 2nd)
- Thurs 4 - Executive Board meeting** 1:00–2:30 p.m., Five Colleges, 97 Spring St, Amherst
- Thurs 4 - Curriculum Committee meeting** 2:30–4:30 p.m., Five Colleges, 97 Spring St, Amherst
- Fri 5 - Special Program: “The Functions of Sleep,”** a talk by **Dr Rebecca Spencer**, 11:00 a.m.–1:00 p.m., Applewood, One Spencer Drive, Amherst. **Contact:** Chris Hurn. [See p. 4](#)
- Fri 5, 12, 19 - Special Program: French conversation**, 1:30–3:30 p.m. Room 208, Amherst College Campus Center. **Contact:** Judith Pool
- Fri 5, 12, 19 - Special Program: Conversational Italian**, 1:30–3:30 p.m., Newman Catholic Center, 472 North Pleasant Street, Amherst. **Contact:** Dean Poli
- Thurs 11 - Special Program: Opera Prep** by **Peggy Bedell**, for **Donizetti: Don Pasquale**, 1:30– 2:30 p.m., The Meeting Room, Northampton Lathrop. **Contact:** Peggy Bedel
- Thurs 11 - Council meeting**, 2:30–4:30 p.m., Five Colleges HQ, 97 Spring Street, Amherst
- Fri 12 - Special Program: Encore Presentation: Great Bridges of the World**, by **Alex Chajes**, 11:00–1:00, Applewood (One Spencer Drive, Amherst) **Contact:** Chris Hurn
- Thurs 18 - Computer Clinic**, Noon to 2:00 p.m., Jones Library Meeting Room, Amherst, **No pre-registration needed**, just walk in between 12 and 2. [See p. 5 for details.](#)
- Thurs 18 - Special Program: Arts Interest Group: Printmaking Demonstration at Zea Mays Studio**, 2:00–4:00 p.m. **Advance registration essential.** **Contact:** email (preferably) Betsy Siersma by November 15. [SEE page 3 for more details.](#)
- Fri 19 - Special Program: Emily Dickinson Poetry Group**, 10:00 a.m.– 12:00 noon, Amherst Woman’s Club, 35 Triangle St, Amherst ([also on December 3](#)). **No pre-registration needed.** **Contact:** Lise Armstrong
- Fri 19 - Special Program: Encore Presentation** by **Suzannah Fabing, Bob Grant & Jim Scott: Isaiah**, 11:00 a.m.–1:00 p.m., Applewood, Amherst. **Contact:** Chris Hurn
- ***** **SUNDAY 21st November - Preview of Spring Attractions!** *****
- Dec 2 - Special Program: Viewpoints** with Hy Edelstein, 12:30–2:00 p.m. ([details same as November](#))
- Dec 2 - Special Program: Travel Interest Group:** *first*, Amy Dane (friend of LIR member Ellen Peck) presents **Antarctica**, *then* Paul Berman shows us **The Mountains of Colorado**, 2:00–4:00 p.m., Community Room, Northampton Lathrop. **Contacts:** Marybeth Bridegam or Joan Wofford.
- Dec 3 - Special Program: Emily Dickinson Poetry Group**, 10:00 a.m.– 12:00 noon ([see above](#))
- Dec 3 - Special Program: Encore Presentation: The New Architecture of Berlin** by Marybeth Bridegam, 11:00 a.m.–1:00 p.m., Applewood, Amherst. **Contact:** Chris Hurn.

Notes from the President... Larry Ambs

I hope all are pleased with the seminars they have been attending. Mine is going well and I have given my presentation so now I can participate more actively. I realize that most of you share seminar materials by email; however some of our members still need to be contacted by regular mail. For those of you not able to receive email about your seminars, it would be helpful if you provided your moderator with a few stamped self-addressed envelopes so that the moderator can send you necessary handouts.



Last year when I was organizing the Encore Presentations, I included some non-encore lectures, so that we now have Encore and Special Presentations. Chris Hurn is coordinating the program this year and he has scheduled a series of five presentations for this fall. All will be presented at Applewood (thanks to Ruth Hooke) in their meeting space on Fridays from 11:00 A.M. to 1:00 P.M. Our first program is on Friday, November 5: Dr. Rebecca Spencer speaking on “The Functions of Sleep.” A brief description of the lecture is given elsewhere in this newsletter. In addition, we have sent out to our members on the “non-LIR events mailing list” a request by one of her doctoral students for seniors to participate in their ongoing sleep research program. I hope some of you will offer to volunteer.

As you can see from the November calendar, we are a very prolific group with many activities beyond our seminars. We are getting to a point that we need to rethink our scheduling procedures. It is true that the seminars, for which most of us have joined this organization, are the core of our program, but many of us enjoy, and find very exhilarating, the Special Programs and Winter/Summer Programs and other activities of 5CLIR. With our current difficulties in finding available space for all of our activities at our usual times and locations, we are becoming limited in what we can do.

I would like to have our membership consider some alternative options to create greater opportunities for us:

- 1) Since we are being asked by the colleges to be more flexible in our space requests, should we look at modifying our schedule by considering:
 - a) earlier or later seminar times, so that the middle of the day becomes available for further scheduling
 - b) closing up the seminar schedule so that we can use the beginning or end of the day for other activities.
- 2) What about using evenings or weekends for either seminars or other activities?

There are other seniors in the Valley that are interested in our programs, but may not wish to make presentations at seminars. Should we be more accommodating to these potential colleagues by expanding our non-seminar programs?

Finally, we have long had a very successful Great Decisions Program in the spring. Should we consider some type of program for the fall, such as a Science Series or Humanities Program?

If you are interested in becoming involved in further discussions or on commenting on these suggestions, please email me.

Larry

aRTS iNTEREST gROUP

A Printmaking Demonstration at Zea Mays Studio, Florence

The Arts Interest Group meets from 2:00-4:00 p.m. on Thursday, November 18, to learn about Zea Mays Printmaking.

Founding Director Liz Chalfin will introduce us to this internationally known and very wonderful studio, workshop, gallery, education facility, and research center dedicated to non-toxic and safer printmaking practices. Liz will tell us about Zea Mays' ongoing series of workshops, artist residencies, membership, exhibitions, the studio's flat file and two recently published portfolios. We will meet some of the member artists who will give us demonstrations of green printmaking processes. Afterwards we will be free to explore the gallery, the flat files, and the two print portfolios.

We will meet at Zea Mays Printmaking, 221 Pine Street, #320, in Florence. The building is known as the Arts and Industries building. The easiest directions to 221 Pine Street: take Route 9 to Florence Center. Take a left at the light onto Maple Street. Go to the end of Maple and take a right onto Nonotuck Street. At the end of Nonotuck, take a left onto Pine, and the Arts and Industries building is directly on your right. There is parking in front if there are spaces, or in the back of the building accessed by the driveway on the right. Use the Center Entrance, which is marked, and take the stairs to the third floor, turn right, and the studio is a few doors down in an alcove on the left side of the hallway - studio 320. There is no direct elevator access.

It is essential to register in advance: please email Betsy Siersma by November 15.

Let's Make It Happen!!

Do you have an hobby or special interest you would like to explore with a few LIR colleagues?

The Special Programs committee would love to hear from you and help you put something together for Spring 2011. Please look at the *Special Programs Handbook* on our 5CLIR website <http://5clir.org/v2010/special-programs.php> for guidance, or call or email the chair, Lise Armstrong, to discuss how we may make it happen for you.

The *5CLIR Reporter* is published by Five College Learning in Retirement, Room 9, Mason Hall, Smith College, MA 01063. www.5clir.org tel: 585-3756 or 585-4009. email: 5clir@smith.edu
Articles and pictures should be sent to the Editor: Callie Kendall Orszak.

NOTES...

PRESENTED TO

RUTH HOOKE

'56 M. DIV.

A woman of courage

Who blazes new trails for others

A pioneer who opens doors for those who would follow

A woman of faith who challenges the future

2010 WOMEN'S REUNION

HONORING 8 DECADES OF WOMEN AT YDS

YALE DIVINITY SCHOOL, NEW HAVEN, CONNECTICUT

TUESDAY, OCTOBER 12, 2010

Very hearty congratulations to you, Ruth, from LIR – for such an outstanding award.

A note on charity giving from LIR member Arnold Friedmann:

The Council at its last meeting discussed 5CLIR's role with regard to charitable contributions. Our group is concerned with education and related activities for members, and is a non-profit organization. There are, of course, many non-profit groups that contribute to each other or to more needy causes than their own. But since charitable giving is not part of the 5CLIR mission, it was decided to encourage members who give to groups (such as the Amherst or Northampton survival centers) to do so in the name of Five College Learning in Retirement. This would benefit the recipients and would also be good for our image and our public relations.

The Functions of Sleep

A talk by Dr. Rebecca Spencer of UMass, Amherst

We spend a great part of our day either sleeping or trying to sleep. We often worry when we don't get enough. We often feel "off"



when we don't sleep well. Is sleep worth our time? What do we gain from sleep? How does our sleep change over the course of our lifetime? To answer these questions, we will explore the functions of sleep on behavior and the brain...

Come to Applewood on November 5th, 11-1 to find out

Computer Clinic

Date: Thursday, November 18, 2010

Place: Jones Library Meeting Room, Amherst

Time: Noon until 2:00 pm.

Description: This is a walk-in clinic for you to attend at any time during the two-hour allotted period. We will do our best to answer any hardware or software questions (Mac or PC) on a one-to-one basis. Should you have a notebook that you can bring to demonstrate your problem, please bring it (Web access is available at the Jones Library). If your problem(s) concerns your desktop, then please carefully write down any pertinent information (such as operating system and version, any warning messages you are receiving, the version and name of any applications that may be malfunctioning, etc.).

If you have questions about what information to bring or even whether your attending is worthwhile, do feel free to contact us at TechHelp-LIR@comcast.net.

And now a recipe from the seminar Cuisines of the Mediterranean...

Walnut and Red Pepper Spread (Turkish) *Muhammara*

1 cup shelled walnuts, lightly toasted
1 1/3 cup fresh white bread crumbs
4 red bell peppers, roasted or 2 (7 oz.) jars roasted red peppers
3 to 4 cloves garlic, finely chopped
Salt
4 teaspoons pomegranate syrup
4 teaspoons brown sugar
6 tablespoons extra-virgin olive oil

Place walnuts in a food processor and process to breadcrumb consistency. Add bread-crumbs, peppers, garlic, salt to taste, pomegranate syrup and brown sugar and puree until smooth. With the motor running add the olive oil and blend thoroughly. Transfer spread to a bowl and serve with pita toasts or crackers.

Recipe contributed by Sally Zorn

OUR GANG - THE PRIMATES

What makes a primate a primate? That's the question members of the seminar, Our Gang, took up during their first session. They learned that most primates have complex social relationships.



Left to right: Front row: Ron Hirsch, Carol MacCourt, June Guild, Claire Sherr; Back row: Norm Winston, Joel Halpern, Elisa Campbell, Hy Edelstein, Ann Hartman, Naomi Yanis.

Our Gang also learned that primates have five digits on their hands and feet and forward-facing eyes (as shown by June Guild and Hy Edelstein). Primates have a tendency to assume an upright posture and Old World primates (monkeys, apes, and humans) have a grasping thumb, as ably demonstrated by Ron Hirsch and Naomi Yanis.



And some primates use tools, as demonstrated by Carol MacCourt.



Primates have relatively large brains and are very intelligent. On the next page you will see some primates using their brains to study other primates. . .



Norm Winston, June Guild, and Carol MacCourt study guenons. . .

. . . while Ron Hirsch, Ann Hartman, and Claire Sherr research proboscis monkeys.



(Below) Elisa Campbell, Naomi Yanis, and Hy Edelstein prepare to tell the gang about macaques.



And like most primates, humans are omnivores and enjoy a good snack with others in their group (left to right: Carol MacCourt, Ron Hirsch, Naomi Yanis, and Hy Edelstein).



Many thanks to Dottie Rosenthal and the "OUR GANG: The Primates" seminar for this story board.



The Arts Interest Group had the opportunity to go BACKSTAGE of the Valley Light Opera production of *ILOANTHE* and examine closely the sets and costumes being made. It was impressive to see the exquisite costumes and life-like sets made by their volunteers. Mary Jane Disco, the stage director, explained each step from the very beginning to the finished product. Our own Michael Greenebaum is musical director.

Valley Light Opera productions are always excellent, but this one is not to be missed. If you want children to enjoy going to the theatre, this is the one to attend. The crowns, the robes, the fairies and, of course, the music will delight all, but they will enchant the little ones.

Iolanthe opened in London in 1882, and ran for 398 performances. In the "fairy opera," Gilbert lampoons the political party system, with delightful whimsy that pits stuffy, blue-blooded members of the House of Lords against a group of "dainty little fairies" led by a Fairy Queen, who is a force to be reckoned with! With a protagonist Stephron who is half-fairy and half-mortal, a Lord Chancellor who positively trips over his own legal arguments, and a wickedly timely political context, the production simply sparkles with wit.

Don't miss the fun! All performances are held at the Amherst Regional High School. It runs from November 6th to the 14th. There are two Sunday matinees. Reserved Seats are \$17 for seniors and students. You can order tickets on-line at www.vlo.org or by phone at 413-259-3065.

You will probably see us at one of the matinees.

---Gail Gaustad and Sara Wright

WHODUNIT? A MYSTERY

After being subjected week after week to murder and mayhem, too much reading, and vicious debates, somebody in the mystery seminar decided to practice what we've been learning.

The Villian — A Learned Retiree
and The Victims —The Co-Moderators



The Suspects



Help us solve this locked room mystery! Name the villain and get your name published in the next LIR Newsletter as sleuth extraordinaire.
E-Mail Joan Laird or Bev von Kries.

Here are some long lost pictures discovered by the Editor... with apologies to Ellen Peck who sent them in to illustrate her seminar **OBSERVING NATURE** last semester...

Seminar members observing nature at Acadia Nature Reserve on the last day of the seminar:



Why go to the Preview?

To:

Pick up your packet
Talk to the moderators.

To:

Suggest an idea for:
A seminar,
An encore program,
Or a new special program.

To:

Ask someone to go to a winter program,
Stay and chat with old friends,
Talk to someone new,
Have a snack
Enjoy!

Sunday, 21st November

Lewis-Sebring Dining Hall
Valentne Hall

(on Route 9 in Amherst, opposite Seelye Street)

Amherst College

2:00 p.m. - 4:00 p.m.

published by:
Five College Learning in Retirement
9 Mason Hall, Smith College
Northampton, MA 01063

5CLIR Officers

President: Larry Ambs
Vice-President: Joan Wofford
Past-President: Sara Wright
Secretary: Dorothy Rosenthal
Treasurer: Sandy Muspratt
Assistant Treasurer: Dave Cramer

5CLIR REPORTER

Editor:

Callie Kendall Orszak

Five College Learning in Retirement
Smith College, Mason Hall, Room 9
Northampton, MA 01063

413 585-4009 www.5clir.org
email: 5clir@smith.edu