



The Happening

A Member of Road Scholar LLI Resource Network

Summer 2017

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TH6

COMING 2017-2018- LIRIC'S SILVER ANNIVERSARY CELEBRATION

SUMMER PROGRAM BEGINS JULY 6

♪ **SUMMER TIME, AND THE LIVIN' IS EASY**

by Linda Whetzel

During intersession, LIRIC traditionally offers some lighter fare than we do the rest of the year, combined, of course, with lectures intended to expand our knowledge. This July we'll be meeting on Thursdays, July 6, 13, 20 and 27, and, as a result of the vote taken at the end of our January Intersession, we'll once again have only two sessions, one in the morning at 11:00 a.m. and one in the afternoon at 1:00 p.m.

The morning session is called **Looking Back** and offers a series of history talks, this year with an emphasis on American history, from some of our earliest inhabitants (the Lenape Indians) and one of our recently-most-popular founding fathers (Alexander Hamilton) to the evolution of American political parties. We begin, however, with some personal, closer-to-home history: Bronx Tales, as we complete the series of **Hometowns** we began in January. Ernie Odierna, Linda Levine, Paula Porricelli and Linda Whetzel will be talking about growing up in The Bronx – all in different neighborhoods, each with a different experience of what The Bronx was like as a hometown.

At the same time we'll be running Irene Schindler's **Writing Workshop** in the small room. If history is not your thing – or if you want to get your own history down on paper – this is the place to be as Irene completes her 20th year leading the class before retiring as an instructor and taking classes with us rather than leading them.

The afternoon session, **Ponderables**, offers a variety of formats, as Joyce Kent gives us things to think about in the field of science, Brad Hochberg leads us in a discussion of strategies that will make us “green,” and panels of LIRIC members (with audience participation, please!) share their memories. If you're wondering why Curriculum chose to do these panels, the answer is simple: the response to January's panel on

LIRIC Executive Board

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 Past President: Donald Hayes
 RS Liaison: Lila Ogman
 At Large: Gail Apfel
 Greg Koster
 Barbara Mohalley
 Director: Suzanne Page, Ph.D

Summer Time Continued

Hometowns was overwhelmingly positive. Everyone loved learning more about people with whom they'd been attending LIRIC classes or exchanging pleasantries with over lunch! We did something similar some years ago when we did an intersession class on families – long-time members, remember Arthur Feinberg's talk about his brother? – and it too was well-received. Of course, the success of these panels depends on the participants, so we're seeking raconteurs, people who have a good story to tell and can bring it to life for us. If you're one of those talented story-tellers, please contact Linda Whetzel, (718) 324-1120) and volunteer to be on one of the panels.

The first panel, on July 13th, is on **Memorable Firsts**, and you're invited to talk about any "first" that makes a good story – a first love, first car, first cigarette, first day in the military – you get the idea. The second panel, **School Days** on July 27th, asks you to share your most vivid memories of school, either as a student or a teacher.

The Art Workshop, under Jeanie Ritter's able instruction, is your alternative at 1:00.

Join us in July, as your vacation schedule permits, for a month of "easy livin'."

LUNCH ON THE SOUND

by Cheryl Millman

On Monday, May 15, approximately 120 LIRIC members all came together to celebrate another great year of "retirement" learning. The luncheon was held at the Davenport Club, in New Rochelle. This has been the venue for many years. The club is situated on the Long Island Sound and offers an amazing view of the water.

It was a day to mix and mingle with friends, both old and new, while enjoying the cocktail hour, which was followed by a three course lunch.

The program began with LIRIC's President, Chris McCormick welcoming everyone.

Chris gave a special "thank you" to the Iona Faculty Advisory Committee members who help us throughout the year.

Chris then introduced Linda Wetzel, the Curriculum Chair, who proceeded to thank all of this year's presenters. It takes many hours to plan a one hour presentation, and our presenters give their time freely and willingly. Without them, there would be no LIRIC.

Lila Ogman, then came to the podium to give special recognition to Irene Schindler, who has been the creative writing instructor for twenty years. The July session will be Irene's last. As

she accepted the gift that was presented to her as a token of LIRIC's appreciation of her voluntary years of service, she stated that after 43 years of teaching and 20 years at LIRIC, it's finally time for her to really retire. As a student of Irene's writing class, I know that I will miss her. She had a way of getting my creative juices flowing so that my finished stories were ones that I was always proud of.

At the end of the day, everyone who attended felt refreshed, relaxed and happy. After all, the luncheon had the three ingredients necessary to make any retiree happy; booze, food and the company of good friends.

25 YEARS YOUNG-LIRIC CELEBRATES SILVER 2017-2018

LIRIC celebrates 25 Years! 2017-2018 will be a BANNER year, as we celebrate this milestone Silver Anniversary. We will kick-off the celebration at our Open House on Sunday, September 10, 2017 at 2:00 PM at Spellman Hall on the Iona campus.

Join us as we present the first of many celebratory events planned for the year. Bring your friends so they can learn about the benefits of membership in LIRIC.

- ◆ Tuesday, October 10th- GOC at 10:30am- LIRIC presents the Westchester Chordsmen
- ◆ Wednesday, November 8th- GOC at 12noon- Pot-luck Luncheon

Mark your calendar for our
SILVER CELEBRATION
events throughout the year,
beginning with LIRIC's Open House.
SEE YOU THERE!

Member News Update

by Barbara Mohalley

***Bob Murphy** has been having various up and down health issues, however at this writing he is resting comfortably at home

***Judy Feinberg** had a scare when the flu was erroneously diagnosed as a heart attack . . . currently she is home and fine.

***MaryAnn Curtin** has died at age 82. She was a valued member of the Luncheon Committee

***Paul Klein**, a former member of the Finance Committee, has passed away. Despite "fighting the good fight" for some time and despite the heroic effort of his loving wife, Roseanne, his time on earth came to a close.

Our sincere sympathy to all those who have suffered such devastating losses.

On a happier note: **Gail Apfel's** granddaughter just took first place in the singing competition of the National Association of Teachers of Singing. Her category was Freshmen Girls Musical Theatre. This came right after she found out she made it into the Girl's Choir

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APRIL SHOWERS BRING... THE LIRIC SPRING MEMBER MEETING

The semi-annual LIRIC Member Meeting was held on May 4, 2017, at the GOC. President Chris McCormick presided, and thanked Father Nick and GOC for a great 1 ½ years, as well as IONA College for its contributions to the LIRIC program. Eileen Potash (in absentia) and Barbara Mohalley were honored for service to LIRIC. Kathy Dornbush was introduced as the new board secretary.

Each member of the Executive Board was introduced and briefly presented a capsule picture of their duties. The Spring17 semester was "a terrific semester", declared Suzanne Page, LIRIC Director, citing the many varied programs offered by LIRIC. She reminded the members that "appropriate" behavior toward the various presenters by members is expected and is contained in the by-laws of LIRIC. On a hopeful note, she mentioned that a strong possibility exists that LIRIC

members who wish to audit in the Fall17 term MAY be able to do so on-line, details to be announced. Suzanne also thanked the Millmans on behalf of LIRIC for organizing the lunch spread.

Linda Whetzel, Curriculum Chair, spoke last, and described the Thursday Summer Program (July 6,13,19,26) [**See story: Summertime...**] Many positive comments about this term's courses by the members came in the Feedback segment. Linda announced that the LIRIC Open House will be on September 10 at IONA and will be the official beginning of LIRIC's 25th Anniversary Year of Celebration. The Fall17 program will begin Monday, October 2, and conclude December 1,2017. IONA Political Science professors will present 4 sessions, and LIRIC favorite Rich Lieber will return presenting 4 sessions as well. The Friday Lecture/Film theme will be Australia.

THROUGHLY MODERN... TERRIFIC LIRIC TRIP

by Gail Apfel

On Wednesday, May 10th, LIRIC members traveled to East Haddam, Connecticut for lunch at the Gelston House, followed by a delightful afternoon of musical theater at the famous Goodspeed Theater. Built in 1876 by William Goodspeed, a shipping and banking magnate, the Goodspeed was restored as a magnificent musical theater in 1963.

This production of Thoroughly Modern Millie was energetic, exuberant, and absolutely wonderful. Many of the cast members are dedicated professionals, members of Actor's Equity, each with a long list of credits. The audience was enthusiastic, and gave the performance two standing ovations.

The successful trip was just the latest success for Florence Wagner, LIRIC's trip-planner guru. LIRIC members can look forward to more of the same in 2017-2018, LIRIC's 25th Silver Anniversary Year.

From The Editor: TH6 concludes the six issue 2016-2017 newsletter cycle.

The TH mission is to present LIRIC news and important information to the members. Comments, suggestions, ideas for future articles are always welcomed. Interested in writing for TH? Contact cs611@aol.com.

In the meantime, Wishing you all the healthiest and most enjoyable summer. Remember as always: **Age is a case of mind over matter, if you don't mind it, it doesn't matter**".

Spotlight On: Linda Whetzel

The L in LIRIC stands for learning, the raison d'être of its existence, and no one is more important in determining its success than Linda Whetzel, Curriculum Committee chairperson. Linda and her 15 member committee determine the LIRIC course offerings for each term, along with finding the needed presenters.

Linda, a true Bronx native, resides in the Woodlawn section of the Bronx in a 100 year home first inhabited by her grandmother. She attended Bronx public schools and graduated from then all-girl Walton High School. Walton later became Linda's professional home in which she taught for 34 years. After graduating from Vassar, she earned her M.A. in English Literature from NYU. At Walton, she became an English teacher who "loved teaching." She also served as yearbook advisor, student government advisory, and coordinator of student activities. She retired in 2000, and admits to "going crazy" in the first months of retirement. She became a volunteer in hospice, and in public schools in a "learning leader" program. She was an active supporter in the Woodlawn Heights Library Branch support group. It was here that Linda first heard about a program known as LIRIC.

In February, 2003, Linda attended a LIRIC Open House, and became hooked. "I heard fabulous people talking about courses." By September, she was a member of the Humanities Committee, by 2005 the Curriculum Committee, and became Chairperson in 2006. Linda heaps praise on the members of her committee, as well as the wonderful support that she has received from the faculty of Iona College. She cites her rapport with department heads at the college as well as individual Iona faculty who volunteer to present lectures as part of the LIRIC program.

Linda has three step-children, and seven grandchildren ranging from ages 16 to 26 living in Alabama, New Jersey, and right across the street. She is far from being "burnt out" after serving as Curriculum Chair for more than a decade. She takes great pride in the achievements of the committee which is always looking for ways to improve LIRIC's program. Every organization needs "sparkplugs" to make them work. Lucky for LIRIC- Linda Whetzel is one.

IN MEMORY OF THE VICTIMS

On Wednesday, April 26, Iona College held its latest William H. Donat Shoah Commemoration featuring a lecture by Andrew Nagorski, journalist and author of Nazi Hunters (2016). Under the direction of Dr. Elena Procario-Foley, Professor of Jewish-Catholic Studies, the program named after a survivor of the Nazi era, honored the memory of the victims of the Holocaust or Shoah (catastrophe) as it called in Hebrew.

The program coordinated with the Holocaust and Human Rights Education Center (HHREC) featured a candle lighting ceremony performed by Iona students in memory of the victims in six named concentration camps. The HHREC then presented its latest award to a Westchester educator for excellence in teaching about the subject.

Nagorski's book focuses on a small band of men and women who refused to allow those responsible for the crimes of the Nazis to be forgotten, and thus escape punishment. By the early 1950's, the victorious nations of WW II, seemed to have "lost interest" in this pursuit. The work of people such as Benjamin Ference, American Prosecutor, and Fritz Bauer, German Judge and Prosecutor, among the many "hunters" did much to renew public interest, and break the silence of the "clouds of denial" within Germany and beyond.

Nagorski cited the capture of Adolph Eichmann as a seminal moment in directing the world's attention to the atrocities of WW II.

The message of the event was that the world must never forget what happened, and that the education community needs to actively educate its youth so that the memory of the Shoah will never dim.

DON'T GET TAKEN! (Part TWO)

by Ira Weinberg

(ED. NOTE: Part ONE appeared in TH5)

Here are the "top 10 list of Scams for 2017"

- ◆ Internet merchandise scam. Purchase something but never get it. Use well known dealers.
- ◆ Phishing/spoofing emails. It looks like the real thing from an organization that could threaten you, like the IRS or other governmental body.
- ◆ Fake prizes, Sweepstakes, Free gifts, Lottery winnings. "You have won something". But I need a small fee from you to get it for you. An administrative fee is needed to get the prize. Never give money because you have won a prize
- ◆ Fake check payment. You sell something and you are paid with a phony check. The buyer asks you to send back money.
- ◆ Recovery/Refund Co. A company will help you get previously lost, "scammed" money back for you. You loose more! Loan scams/credit fixers. Loans to given to poor credit risks with money required "up front" and never seen again.
- ◆ Computer Performance Scams-Equipment and software. Caller offers to fix your computer because it is reported to be running slow or has other problem. Money has to be sent when the computer is really broken. Scammers from India specialize in this.
- ◆ Student scholarship/loan. Scammers promise to get a loan for you but give you a worthless list or take the money and run!

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Member News Update Continued

(which is highly competitive) at school. To say she's excited is an understatement.

Former Board Secretary **Eileen Potash** has retired to an assisted living community in Lenox, Mass.

Please send me your news, happy or sad, at Mohalleys@optonline.net or call (914) 576-2311 so that your friends at LIRIC can celebrate or commiserate with you. That's what friends are for!!

Don't Get Taken Continued

- ◆ On Line Dating Scam. Fake profiles indicate that scammer needs money for an emergency. You provide it and never see it again!
- ◆ Facebook Fake Friend Scam. You get a friend request from someone who you thought you already befriended. If you hit accept you have befriended a scammer who continues to befriend you and eventually has some emergency that requires your money to solve the problem.

It is important that you keep your eyes open and be wary of a contact that you did not initiate. I recently received an email purported to be from a woman I used to work with. That was 5 years ago and I have had no contact with her during that time. I noticed that everything she wrote was impersonal. She said Hi, Iraphoto in the message. No one

would send you a personal message and not say hi by name. She asked me to go to an internet address that was complicated and appeared to have parts of the address that seemed strange and went to another country. (Countries have 2 letter codes in the address.) If you go to a bad address that is part of an Email you have an excellent chance to get a virus or some other serious problem. Therefore look carefully at all email that seems funny.

Now that I have spent this time telling you all about spam, phishing and scams I want to end by telling you that the internet is fun, educational, good for family communication and opens up your world to many apps. If you see something or get something that just does not feel right let someone else know about it. Experience and advice never will hurt you

MEDICAL TIDBIT: ACCENT THE POSITIVE

“There is no longer any doubt that what happens in the brain influences what happens to the body.” Jane Brody’s two part series in her Personal Health column in the New York Times, on March 28th and April 4th focused on the power of positive thinking leading to a myriad of positive benefits and a better life. Brody cites several studies including Levi and Bavishi in the Journal of Gerontology (2016) which concludes that “having a positive view of aging can have a beneficial influence on health outcomes and longevity.” A positive outlook provides both psychological as well as physiological benefits ranging from reducing perceived stress to reducing stress related inflammation.

Brody writes, “Chronically viewing the glass as half-empty is detrimental both mentally and physically and inhibits one’s ability to bounce back from life’s inevitable stresses.” Is it possible to change that “Debbie-downer” outlook? Brody says YES! The brain is capable of generating new cells and pathways which can promote more positive responses.

The question is HOW. Here is a list of Brody’s suggestions:

1. Do good things for other people. -Little things can mean a lot.
2. Appreciate the world around you.- Be aware of your surroundings; what’s your hurry? stop and smell the roses.
3. Develop and bolster relationships- YES, YES, YES! Be social, find friends and family, and belong to LIRIC.
4. Establish goals that can be accomplished- Be realistic but challenge yourself.
5. Learn something new- You wish to habla the espanol; play the tuba, whatever.
6. Accept your flaws- Remember “accent the positive, reject the negative...”
7. Practice resilience- This is a tough one, especially after a loss...
8. Practice mindfulness- Be aware of the present; let go of the past problems; don’t let the future drain you.

And remember, be a PAL to yourself.