

ALFA**bits**

ALFA—ADULT LEARNING IN THE FITCHBURG AREA

President's Notes

Another ALFA year has ended and the next one is mostly planned. This is a time when I stop and think about what the year has brought: more classes, more students, expanded locations beyond the Fitchburg State campus, new instructors, and new classes. We have also begun our 15th-anniversary celebrations.

As part of that celebration, the second-ever Phil Fallon Award was given to Karen Pick. Phil was ALFA's first president, and every five years, the award bearing his name goes to the individual who has contributed the most to the organization. Karen was the unanimous choice of the board: for her time, energy, and devotion to ensuring quality programs, preserving a balance between academic offerings, health and wellness, and arts. She is both ALFA's memory and its conscience. She is blushing as she reads this.

Coincidentally, ALFA instructor and Board Member Eric Budd was awarded Fitchburg State's Faculty Award for Service this year by the University. He brings a combination of timely (continued on next page)



Joyce Ayadi Hinkley
ALFA President

This extraordinary quilt, crafted by Emily Fine, will be raffled off to support the ALFA Foundation, by providing the funds needed to bring you ALFA's best Grand Finale ever: **Spice it Up. Feel Great. Be Well!** The keynote speaker will be **Loretta LaRoche, Doctor of Mirth**. The day will be filled with workshops, screenings, and presentations. Try out Zumba, T'ai chi, meditation, or yoga. Test your brain sharpness, blood pressure, glucose levels, and hearing. Get the latest scoop on nutrition, non-toxic household products, or how to get a good night's sleep. There will be something for everyone! The quilt winner will be announced at the health fair scheduled for May 11, 2020. Tickets may be purchased at ALFA events.



"Disappearing Nine Patch" pattern quilt
to be raffled on May 11, 2020.

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MARK YOUR CALENDAR

July 31 — Registration

for fall 2019 courses opens at 8:30 AM

Sep 24 — Food for Thought

We The People: The 500-year battle over Who Is An American with Dr. Ben Railton. **FREE.**

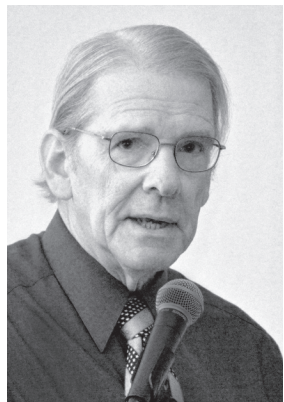
2:30 PM / Ellis White Lecture Hall, Hammond Hall

Oct 29 — Food for Thought

Bats of New England with Jennifer Longsdorf, program coordinator for the Mass Wildlife Bat Conservation Program. **FREE.**

2:30 PM, Ellis White Lecture Hall, Hammond Hall.

Meet Your ALFA Teacher



NICHOLAS LANGHART: POLYMATH AND DOCUMENTARIAN

BY JOYCE HINCKLEY / PHOTO BY NICHOLAS LANGHART

Nick Langhart says he, "... learned art and design from Mother, history and travel from Father, and architecture from my uncle." Nick grew up in the Western Reserve area of Ohio, full of small towns of transplanted New Englanders moving west, and the 19th-century architecture they brought with them. It's also

close to the city of Cleveland, where there was great art, music, and architecture, as well as several colleges and universities—an ideal environment for Nick to pursue his interests.

During graduate studies at Case Western Reserve University in the 1960s, Nick began photographing historic architecture. That was the start of an extensive catalog of photographic documentation. From sacred architecture to ocean liners: every

ALFA class is full of wonderful visuals (most shot by Nick himself), along with fascinating commentary. This is material that expands your world by changing the way you look at the buildings and landscape around you.

Nick Langhart is the Director of the Forbush Library in Westminster, which holds a significant collection of local 19th-century painting and portraiture. Researching these treasures and responding to patron queries are among Nick's favorite activities in his position at Forbush. But don't think that he is "just" a librarian or historian. He knows about historic preservation and building restoration, and has taught and consulted for groups like Historic New England and Preservation Worcester.

"It is a pleasure to instruct adults. They choose to be there and are truly present," says Nick about his ALFA classes. That sounds serious until Nick smiles and talks about being present at an upstate New York concert called "Woodstock." Which sums up a Nicholas Langhart class: compelling visuals, stunning information, and fun.

President's Notes *(continued from page 1)*

topics, thought, and constructive conversation to his classes. He is a popular teacher for the whole University community, including within ALFA. Eric is a ceaseless promoter of all things ALFA to the Fitchburg State faculty and beyond. He is smiling as he reads this.

We begin the next year with five new board members, each of whom brings unique skills and energy. The ALFA Board works with the University to develop and implement all programming. Catherine Hunter, Ross Hunter, Arthur Norman, Maxine Pincott, and Steve Pincott are committed to preserving the quality of our program and to improving in any way we can. They are surprised to read this.

At the end of any year, it is the instructors, volunteers, Fitchburg State, and participants who make ALFA an extraordinary community of lifelong learners. We have enriched, supported, and learned from each other for 15 years and counting. I am happy as I write this.



ALFA could not function without the help of volunteers. If you would like to lend a hand, please contact the ALFA office at:

Fitchburg State University
McKay Campus School, Room C-154
(978) 665-3706 • alfa@fitchburgstate.edu

We welcome your ideas for news items as well as artwork, poems, and articles for publication in the ALFA-Bits newsletter. Contact us for information about submitting your material.

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ALFA REVIEWS

Beginning French

BY LAURIE SABOL / PHOTO BY JOYCE HINCKLEY

A dozen or so ALFAs gathered for a ten-week intro to the curiosities and complexities of French, the most beautiful of languages (in your author's considered opinion). Some of us were complete beginners, some had studied French decades ago. We all progressed, in no small part due to the constant encouragement and undaunted hard work of our fantastic teacher, Nancy Fillip. By the end of the class, we were all speaking to each other about what we had done the night before, as



Vive la Francophonie!

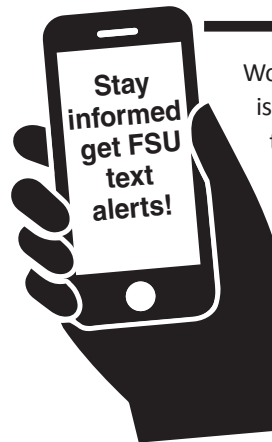
well as our plans for the upcoming weekend. Phew, passé composé and future tenses can be remarkably challenging, especially to brains of a certain age. Said one student, "I really enjoyed the class, and Nancy was so patient as I attempted to grapple with concepts such as 'quatre-vingt onze' (author's note: In French, this is the number for ninety-one. In English, it translates as four twenties plus eleven.) While in Florida, I had an opportunity to practice a bit with my niece's husband from Quebec and kid him a bit about the French numbering system. He offered no apologies." Another student commented, "Lots of fun and a really good jump-start."

For our last class, Nancy organized a potluck lunch and a movie. See photos of les etudiantes heureux!



ALFA WALKABOUT — These happy ALFAs had a wonderful time trekking through Leominster State Forest, enjoying conversation and identifying animal tracks in the snow.

BY KAREN MCNALL / PHOTO BY KAREN MCNALL



Would you like to receive a text if the University is closed or has a delay? Would you like to be immediately notified if there is an emergency on campus while you are here? Signing up is easy. Just text **"FSUAlert"** to **67283** or **226787**. It's just as easy to stop the messages at any time by texting **"STOP"** to **67283** or **226787**.

ALFA GRAND FINALE — Russian Art, Icons, and Music

BY LINDA KENNEDY / PHOTO FROM OLGALISOVSKAYA.COM

The Grand Finale was delightful. The Shirley Pick Spring Series combined an overview of what the Russian Icon Museum has to offer and a truly talented soprano, Olga Lisovskaya from Kyiv, Ukraine. The museum registrar, Laura Garrity-Arquitt, showed us representative samples of the icons and explained the context underlying a historical transition for the Russian artist—from painting religious icons to making nesting dolls. I had the privilege of sitting with Ms. Lisovskaya during lunch, and she shared some of the history of her native country and its relationship with Russia. Her music was interspersed with a pictorial presentation of the Russian icons, making for an engaging and entertaining morning.

The afternoon Food For Thought event was a talk by author Neville Frankel speaking about his book *On the Sickle's Edge*. He shared his family's history over many generations from Russia to Latvia, South Africa, and the United States. Mr. Frankel shared his writing process and how he used his family's story and his research to write his historical novels. The end of the year finale was a success and lunch was grand. A good time was had by all.



Olga Lisovskaya, Soprano

Cold War Since 1945: A Global History

BY RICK GARDNER / PHOTO FROM FITCHBURGSTATE.EDU



Teresa Fava Thomas, Professor of Economics, History, and Political Science

Teresa Fava Thomas presented an excellent review of 'The Cold War Since 1945' in the ALFA spring session for 2019. She started with the underpinnings of the Cold War during World War II and walked us through the phases of the Cold War, covering the different approaches taken by Russia and by the US in the war's aftermath; the arms race and missile crisis, the struggle in Berlin, the side conflicts in Cuba, Iran, and Afghanistan, the Kennedy years, the peace process, and the impacts of Gorbachev and Reagan.

For many of us, this class was full of recollections of the news from our younger years! A lot was familiar, but at the same time, Dr. Thomas filled in gaps in recollection and understanding, and made sense out of a very interesting time.

Dr. Thomas does an excellent job of using various media to tell a story, and in organizing a lot of material to tell it in an interesting and relevant way.

Great New Short Stories

BY JOANNE HUSE / PHOTO FROM FITCHBURGSTATE.EDU

Using the anthology, *Best American Short Stories 2018*, Ben Railton introduced ALFAs to authors we'd not previously encountered. Ben chose pairs of similarly themed stories for each of the five weeks of the class. He helped us by explaining various components to look for—theme, perspective, chronology—as we delved into the depths of each story. There were great discussions, insights, friendly arguments. Even when dealing with a story that I didn't particularly like, I was drawn into really exploring the author's intentions. The course was well-attended by ALFAs who know that when Ben Railton is teaching, we will be challenged, enlightened, and gratified.



Ben Railton, Professor of English Studies



ALFA Eats its Way Across the USA!

Five Cities USA Culinary Tour

BY DEBBIE CHAPDELAINE / PHOTO BY JON JONES

Providence, RI was the last stop in the spring ALFA cooking class, which featured a culinary tour of 5 cities in the US. The "tour" also included the tastes of Chicago, Miami, New Orleans, and San Francisco—and some interesting trivia and historical facts about each of our "stops."

The enthusiasm of our ALFA chefs—Chris Barnacoat, Kathy Flynn, Odette Harvey, and Walter Kondig—was evident each week. They reviewed and prepared all recipes at home to ensure "classroom" success, and their searches of both online and local sources for authentic ingredients gave us an even more genuine taste experience. Odette's muffuletta featured the pickled olive salad direct from Central Grocery in New Orleans, and Chris and his wife, Eileen traveled to Rhode Island to obtain the actual white flint cornmeal needed for authentic Jonnycakes!

Whether it was Walter's Chicago-style pizza, Kathy's decadent Ghirardelli chocolate dessert (and everything in-between), the take-home recipe books and cooking tips, or the light-hearted banter among our chefs—it's no wonder we all looked forward to Thursday afternoons ... and the buffet-style sampling at the end of each class wasn't bad either!

Can't wait to see what these ALFA chefs are cooking up for the Fall semester!



DO YOU HAVE AN IDEA FOR A CLASS?

We welcome your suggestions for ways to make ALFA even more responsive to your interests. If you have ideas for a new course or special event—we want to hear them!

WOULD YOU LIKE TO TEACH A CLASS? Do you have a special interest or field of expertise? Would you like to share your knowledge with engaged lifelong learners?

Contact the ALFA office at (978) 665-3706.

How to Survive Any Conversation in Spanish

BY ENA KEO-THOMPSON

Hola! As the course title indicates, it was practical and instructive. From the get-go, Paula Cookson Luria immersed us in conversational Spanish. We learned the basic, repetitive greetings and everyday phrases, and with help from our instructor, the dictionary, Google search, and some inspired miming, we took turns sharing our stories. All in Spanish!

Paula helped us navigate Spanish-language YouTube and the internet for extra practice.

The atmosphere in class was lively, energetic. We learned to Salsa and sang along with Ricky Martin. We had a feast prepared by Paula and Louisa, a fellow student. The food was delicious to eat—but we also used it to learn about ingredients in Spanish. Paula's husband brought along his guitar and entertained us with his version of La Cucaracha.

It went by too fast. Paula inspired us to connect with the Spanish community in order to practice. We look forward to more of the same in the fall session.



A reflective moment in the Christian Science Church.

ALFA Group Trip: Christian Science Center and Harvard University Museums

BY NANCY TURNER / PHOTO BY VIRGINIA STRAHAN

A very informative and pleasant day was spent with a visit to the Christian Science Center and Mapparium. Following an initial discussion of the many materials from around the world that were used in the construction of the building complex, we were given a tour of the splendid and immense churches built to glorify God. The Mapparium, a world-famous three-story stained-glass globe, was truly magnificent. Lunch at the nearby Living Room restaurant was enjoyable and delicious. Next on the agenda was a visit to Harvard University and its three museums, which include the Museum of Natural History, the Semitic Museum and Collection of Historical and Scientific Instruments, and the Museum of Archaeology and Ethnology.

Participants were able to pursue areas of personal interest at their leisure. The return to our new parking location at BJ's lot worked out quite well.



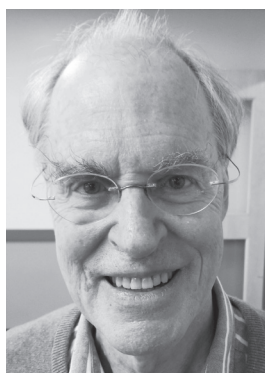
QUILTING — Quilters intent upon their work in the service of staying warm and cozy, with style. PHOTO BY JON JONES

Masterpieces of German Short Fiction, 1807-1995

BY JIM DISHINGTON / PHOTO BY SETH BRODY

Masterpieces of German Short Fiction, 1807-1995 drew a capacity crowd. The topic's popularity seems to have been a surprise. The beautiful Sterling Senior Center offered a well-equipped lecture room for large classes like ours. We were the first ALFA class at this site and more classes are sure to be held there.

Instructor Jim Wilkinson, who has taught French and German history and literature to generations of Harvard University students, led us through a fairly in-depth appreciation of the late 18th- and



Dr. James Wilkinson

19th-century European movements, from Classicism to Romanticism and Realism and the modern day, as illustrated by prominent German writers. His introduction to each class drew connections between literature (and other creative arts) and the challenging political, social, and intellectual contexts of the times.

While 18-century Classicism reflected optimism and the 'perfection' of the world through human reason and a new order, 19th-century Romanticism saw only an irrational world in the face of a failed revolution and the upheaval of Napoleon's new order (Heinrich von Kleist).

Later 19th-century Realism exposed the persistence of superstition in an existential clash with modern world science (Theodor Storm). The 20th-century focus was on how German writers like Nobel laureates Thomas Mann and Heinrich Böll criticized the German social order, Fascism, Nazism, and World War II.

Nine representative, absorbing, and thought-provoking short works by five authors from these various periods were read and discussed in class, with emphasis on their reflections of contemporary Germany and their contributions to German literary tradition. The perceptive class discussions showed how well Jim had prepared us for that day's reading material. Future courses taught by him are going to be enthusiastically sought-after.



Nicholas Langhart, right, with class.

New England Sacred Architecture

BY LUCILLE CORMIER / PHOTO BY JON JONES

If you're looking for a good, solid course where the prof knows his subject matter so thoroughly he can keep you interested the whole time, then this is a course for you.

Our instructor, Nicholas Langhart, led our group on an enthusiastic, five-week journey through the evolution of New England houses of worship. Using slides of actual churches, he described the characteristics of each style and introduced us to the great architects of each period. We looked at examples of early Puritan meetinghouses, Federal-era Protestant churches, Roman Catholic urban churches, and 20th-century Gothic and Colonial Revival-style houses of worship. We also viewed examples of "modern" churches that were rather original, to say the least. Our last class was a field trip to view three of the city's classic churches: Rollstone Congregational Church, Casa De Gracia y Restauracion (formerly Faith United Church), and Christ Church (Episcopalian). Who knew Fitchburg had such gems!

Over and above the excellent content of the course, we took away a glossary of early New England religious terms, printed pictures of six early churches with descriptive paragraphs, and (my favorite) a list of surviving 17th-century meeting houses that can be visited. I especially appreciated students' questions that brought attention to features I hadn't noticed. Overall, one of the best ALFA courses. A must for—well, anybody!



NOTE TO POTENTIAL CLASS AIDE VOLUNTEERS: During the weeks before classes begin, the Welcoming Committee tries to contact ALFA members to ask them to serve as class aides. That's not always easy because proliferating robocalls and solicitations have made many people leery of answering calls from numbers they don't recognize. We understand! But if you receive a call from Linda Olson or Linda Kennedy, and we leave a message, please respond.

The Blithewold Estate and Newport Trolley Tour

BY EILEEN BARNACOT / PHOTO FROM WWW.BLITHEWOLD.ORG

After many days of cloudy, raw weather, 52 ALFA participants were fortunate to see some sun as we explored the beautiful Blithewold Estate and Gardens, in Bristol, RI. Upon arrival, we were split into three groups and our guides led us into the early 1900s.

We learned that Blithewold is an Old English word for “happy woodland.” This lovely estate, owned by the same family for over 100 years, is aptly named and is an example of elegant days gone by. Downton Abbey fans like me were thrilled to see the main sitting room with original furnishings, the large gong beckoning all to dinner in the dining room, the well-equipped kitchen and pantry, the fine china, and the “modern” bathroom and intimate bedrooms. It was charming to see the annunciators, a room to room communication system that allowed the occupant to buzz the servants, the stable, guestrooms, and other spaces within the estate.

Many rooms opened out to patios with stunning garden views. The gardens, overseen by a small staff and numerous volunteers, showed the family’s appreciation and love for nature. We enjoyed walking through the paths of the bamboo grove, the beds of roses, perennials, woodland plants, and standing among ancient trees, all with grand views of Narraganset Bay.

Our visit ended with a stop at the gift shop, and then we traveled on for lunch at the Lobster Pot, overlooking Bristol Harbor. After feasting, our trusty coach took us to Newport where we boarded a comfortable trolley. Our entertaining guide provided us with humorous stories about the occupants of some of the mansions along Bellevue Avenue, the Cliff Walk, and other points of interest. Then it was back home to our 21st-century lives.

Thank you to Carol DeCarolis and others involved in planning this delightful ALFA trip.



The Blithewold Estate



HOOTENANNY SING-A-LONG — It was—well, a hoot!
Thanks to Paul Luria.

BY JON JONES / PHOTO BY JON JONES



Thank You, Volunteers!

BY LINDA KENNEDY

I want to thank all the class aides for assisting the instructors and keeping the classes informed of cancelations, room changes and last minute kerfuffles (my word). Wednesday and Thursday classes of session three were especially challenging, but everyone rose to the occasion.

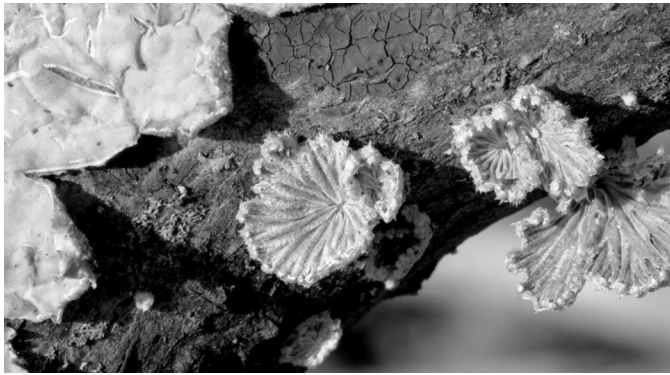
SESSION THREE AIDES WERE:

Sally Hens, Merry Cormier, Kristen Gibbons, Laurie Sabol, Marilyn Carroll, Linda Olson, Joyce Hinckley, Karen Pick, Joanne Bianco, Mary Alice Girling, Kathy McGuigan, Katherine Niles-Joyal, Jon Jones, Nancy O’Brien, Sharon Donahue, Barbara McGuirk, and Linda Kennedy.

SESSION FOUR AIDES WERE:

Susan Amico, Mary Zalewski, Paula Gorrell, Karen Pick, Maxine Pincott, Ida Kymalainen, Carol and Kevin Smith, Marie Stansel, Judy Normandin, Mary Anne Ware, Joanne Bianco, Adele Hausman, Myrian Hebert, Brad Kennedy, Mary Alice Girling, Mary Ciufetti, Paula Hatch, Barbara Reynolds, Linda Kennedy, Dick and Peg Knowlton and Lucille Cormier.

Thank you all.



MUSHROOMS IN WINTER? — Mass Audubon naturalist Joe Choiniere led the group in exploring these hardy organisms that are remarkably plentiful throughout the cold winter months. The group became very adept at locating and identifying a host of specimens found at the Wachusett Meadow Sanctuary, and lots brought in from winter walks between classes.

BY JON JONES / PHOTO BY JON JONES



HOP A BUS TO ALFA CLASSES

Concerns about parking or transportation shouldn't dissuade potential ALFA students from signing up for classes.

Seniors who live in Fitchburg can call the Fitchburg Senior Center at (978) 829-1790 to register for MART Transportation Services. After the Senior Center relays information to MART, you can call the MART to schedule transportation to and from your ALFA classes.

See the MART website www.mrta.us/services/coa-service for information about service to communities beyond Fitchburg.

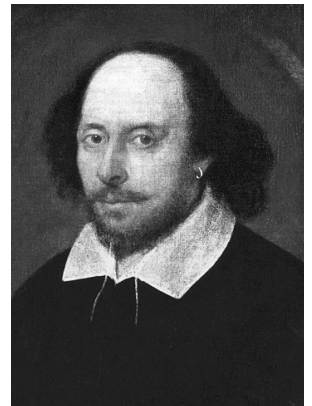
If you are driving, there is always ample, free parking at the Wallace Civic Center. The University provides free campus shuttles, serviced by MART. It is easy to use and gets you from your car to your destination without much walking. Two shuttles run on a continuous loop, which usually means there is one every 10 minutes.

Shakespeare's *The Merchant of Venice*

BY LINDA KENNEDY

I do have to admit that I was not a good student of Shakespeare when I was in high school. I decided to give it one more try and take an ALFA class on *The Merchant of Venice* with Barbara McGuirk. It was a most enjoyable class. We learned about the Globe Theatre and the history of theatre during Shakespeare's time: plays were performed during the day, flags were flown to indicate what type of play was being performed, only boys or men were the actors, and the groundlings (the lower class audience) had to stand for the performance.

Shakespeare was from Stratford-on-Avon, but once in London, he spent the better part of his time there, while his family remained behind. He was educated to a certain point but did not attend college. He is credited with writing 38 plays. In this play, we were introduced to Antonio, the Merchant, who borrows money from Shylock, the moneylender, for a pound of flesh to give to his friend Bassanio, so that Bassanio can woo Portia who lives in Belmont. *The Merchant of Venice* is considered a comedy, but with serious overtones, like the treatment of the Jew, Shylock. Famous quotes from the play include Shylock, "If you prick us, do we not bleed?" and Portia, "The quality of mercy is not strained." I think I have a long way to go, but I know more now than I did five weeks ago, and that's a plus. Thank you to Barbara.



William Shakespeare



YOGA FOR PAIN RELIEF — Instructor Ann-Marie LaBollita patiently led this group through a series of classes designed to bring alignment to our bodies. The workouts were carefully designed to help the class with a variety of upper body ailments. We walked away with a set of exercises that can be worked into our daily routines to help us move more comfortably.

BY JON JONES / PHOTO BY JON JONES

Sherlock Holmes Through Time

BY CATHY ZAYKA / PHOTO BY CATHY ZAYKA

Have you ever been tempted to don a deerstalker hat, store odd items in a Persian slipper, or tote around a magnifying glass? Do you enjoy puzzles? If so, you may well qualify for membership in Professor Covino's ALFA Irregulars.



Can deduction get us out of here?

Katharine Covino, Assistant Professor of English Studies at Fitchburg State University, is a dynamic teacher who employs a constructivist framework to engage and encourage students to participate in classroom discussions and activities.

Each week, Dr. Katharine Covino gathered us for the Sherlock Holmes Through Time class to "... investigate and explore various versions of Sherlock Holmes." Initially, we read classic Arthur Conan Doyle's stories, such as *A Study in Scarlet* and *The Musgrave Ritual*. The class discussed and shared views on what we considered to be the main characteristics of Sherlock Holmes. We compared the character of Holmes as presented in print with video versions of the consulting detective, both past and present, i.e., Jeremy Brett and Benedict Cumberbatch.

Dr. Covino challenged us with newer "takes" on Sherlock. In *The Beekeeper's Apprentice*, he teams up with a young lady, Mary Russell. In the graphic novel, *A Study in Emerald*, we were confronted with a mystery involving a bizarrely transformed British monarchy. The artwork of the graphic novel brought yet another dimension to the Holmes saga.

As a culmination of our studies, we went to a diabolically designed escape room, where we attempted to tap into Sherlock's powers of deduction and reasoning. I am sure those who participated would agree that group problem solving was key to unlocking the Mystery of Watson's Revenge.

I would highly recommend taking this course or any course with Dr. Katharine Covino.

NEW COURSES FOR THE FALL!

Come and check out some of these never before offered courses:

- ***Moby-Dick Will not Die!*** – Includes a field trip to the New Bedford Whaling Museum
- ***Art of Oceania:*** Where Sharks Walk on Water
- ***ALFA Salon:*** Continuing the conversation—our very first participant led discussion group.
- ***Through the Eyes of a Child:*** Children and Global Issues in Film
- ***America in the Roaring Twenties***
- ***Exploring Graphic Novels*** – Designed specifically to compliment this year's community read book, *Maus*.
- ***When the West was Wild:*** American Western Movies
- ***Italian Café***
- ***Architectural Worcester in Pictures***



ZENTANGLE — An enthusiastic group of ALFAs showing off their Zentangle art. Zentangle is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns. BY NANCY FILLIP

Dining to Learn

INDIAN OCEAN CURRY CULTURE

BY MAXINE PINCOTT / PHOTO BY SETH BRODY

The latest segment of Joyce Hinckley and Billy Ayadi's Dining to Learn series focused on the Indian Ocean Curry Culture. Joyce and Billy clarified some of the popular misconceptions about curry. "Curry" is not a word that is indigenous to this region. It is not a spice item that was traded on the Silk Road. It is a plant, a powder, and a prepared food. It is a British Empire word for a spicy dish with a thick sauce or gravy. Joyce prepared some curry dishes for us to taste, and shared the recipes with the class.



Sumptuous vegetarian dining at Udupi Bhavan

At our first restaurant, Fatima's, we tried East African (primary Kenyan) foods. Our attentive server, Omar, had us try chapati bread (like roti or naan). We also had an opportunity to try meat and veggie samosa (Joyce says samosas were probably the first fusion food). From there we all ordered our own selections, many having a traditional Kenyan food called Ugali (cornmeal paste) as a side dish.

Our second epicurean treat was at the Royal East restaurant which specialized in Malaysian food. We had a taste of the traditional Malay bread called Roti Canai that came with a delicious curry dipping sauce. We also had veggie and meat samosas. Individual portions of veggie or meat dishes that had curry sauces were ordered according to preference.

Our last venue was at Udupi Bhavana, a Southern Indian Vegetarian Restaurant. This cuisine is famous for its dosas (thin, crepe-like pancakes made from a slightly fermented batter with split peas, uttapams (like a frittata) and dal (lentils in a curry sauce).

We had an optional shopping trip to an Indian market to pick up ingredients that are unique to the Curry Culture.

True to Joyce's word, the curry sauces in each culture were all different.

An added bonus to this course was the opportunity to informally socialize with fellow ALFA students while sharing the experience of trying new foods. We are anxious to experience Joyce's and Billy's next choice for Dining to Learn.



Healthy for Life

Most ALFA courses aim to stimulate creativity and intellect, but several courses promoting lifelong fitness and wellness continue to be perennial favorites. Among these health and fitness offerings are courses focusing on stretching, yoga, meditation, hiking, and more. Here are a few of the offerings this fall:

ALFA WALKABOUT

AQUA FITNESS

ZUMBA FITNESS®

GUIDED MEDITATION

YOGA FOR PAIN RELIEF

INTRODUCTION TO QIGONG

ALFA HIKEABOUT

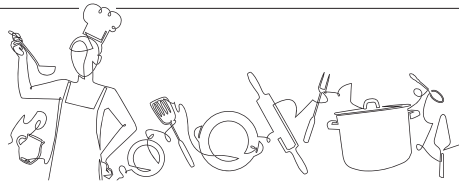
And don't miss our healthy cooking classes:

COOKING: A HEALTHY HEART THROUGH HEALTHY EATING

PLANT-BASED VEGAN COOKING

You can view all of ALFA's offerings
and take advantage
of our easy online registration at:
marketplace.fitchburgstate.edu/ALFA

Let's cook!



RECIPES FROM ALFA COOKING CLASSES

Cuban Ham & Cheese Croquettes

INGREDIENTS:

- 2 T of olive oil
- 1/4 c of salted butter
- 1/4 c of chopped onions
- 1 T of parsley flakes
- 1/2 T of adobo seasoning
- 1/2 T of garlic powder
- 1 T of Badia Sazon complete seasoning
- pinch of nutmeg
- pinch of black pepper
- 1/2 t of chicken bouillon
- 2 c of ham finely chopped
- 1 c of shredded mozzarella cheese (optional)
- 2 c milk
- 2 c of breadcrumbs or unsalted Saltine cracker crumbs
- 3 beaten eggs
- oil for frying
- 2 c flour for roux

DIRECTIONS:

1. In a large pan, over medium heat, melt butter and heat oil together. Next, add in onions and seasonings and cook until translucent.
2. Next, add in flour, immediately whisk 1 minute, then add in 1 cup of milk, continue whisking until a sauce is formed, add the remaining 1 cup of milk and whisk continuously 2-3 minutes, or until sauce has thickened to create a roux.
3. Next add in cheese, mix it together.
4. Turn off the heat and fold in the ham. Transfer the ham mixture into a large bowl and cover. Refrigerate 4-24 hours.
5. Once ham mixture has been refrigerated, set a station where one plate is filled with flour, the other breadcrumbs and a bowl with beaten eggs.
6. Take a tablespoon of the ham mixture and roll it in your hands to either create a ball or cigar shape about 3 inches long and 3/4 inch thick. Use a little flour if mixture is sticky.
7. Then gently dust it in flour, dip it in the eggs, and roll it in the breadcrumbs. Continue until all the ham mixture is used.
8. To a large pan heat 2 inches of oil over medium high heat. Once oil is hot, 375 degrees, add in a few croquettes and fry 1-2 minutes per side or until golden colored. Remove and repeat with remaining croquettes.
9. Place on paper towel to absorb excess oil

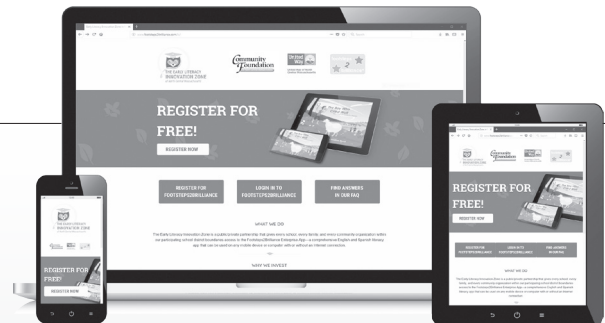


GET INVOLVED IN LITERACY

Early literacy is the cornerstone of future success for children. The earlier we start reading to them, the more likely they are to be healthy, happy, and successful adults. And so several local communities have banded together to start an early literacy initiative—the only one like it in the country—that allows you to conveniently use your mobile phone to read “on the go” with children. It is called Footsteps 2 Brilliance.

The participating communities/schools are: Fitchburg, Leominster, Gardner, Lunenburg, Townsend, Ashby, Winchendon, Pepperell, Athol, Royalton, Ayer, Shirley, Clinton, and the Narragansett Public Schools.

How can you help? Download the Footsteps 2 Brilliance app on your smart phone, tablet, or home computer by visiting www.footsteps2brilliance.com/iz. The app can also be downloaded in English or Spanish.



Many of our ALFAs have grandchildren, nieces and nephews, young neighbors, and may even be full-time caregivers for young children. Research shows that as little as 15 minutes of daily exposure to reading can result in a significant improvement in the literacy of a young child.

Please pass this information along to anyone in your “circle of love” who might benefit from signing up for the program. Fitchburg State University is a proud partner for this important regional initiative, and I know that our ALFA community will do all that it can to support the effort.

ALFA—What's It All About?

Adult Learning in the Fitchburg Area (ALFA) offers non-credit daytime classes and special events organized by its member/volunteers in partnership with the professional staff at Fitchburg State University.

Each year ALFA presents dozens of classes keyed to a wide variety of interests. Most classes run 90 minutes one day a week for five weeks. While some classes are held at off-campus venues, most are at the McKay Campus. We welcome your suggestions for new courses, programs, and special events.

The idea of creating a local adult learning program originated with Shirley Pick and Dr. Philip Fallon. Enthusiastic support from Dr. Robert Antonucci, then President of FSU, and Dr. Shirley Wagner, then Associate Vice President of Academic Affairs, helped make the dream a reality. ALFA is directed by a volunteer Executive Board and advised by Dr. Lisa Moison.

The community response has been gratifying. Enrollments in the two spring sessions totaled more than 600, and all seats on ALFA day trips were filled. A course brochure on winter-spring courses and registration will be available soon. For other information, or to be added to ALFA's mailing list, contact the ALFA office in Fitchburg State's McKay Campus Building C, (978) 665-3706.

ALFA WEATHER POLICY

When Fitchburg State University cancels classes or has a delayed opening, no ALFA classes will be held that day. The policy applies to all ALFA classes, both on the Fitchburg State campus and at satellite locations such as the Fitchburg Art Museum and Wachusett Meadow Wildlife Sanctuary in Princeton.

FALL CALENDAR

ALFA classes in the fall of 2019 run from Sept. 9 through Dec. 13. In the calendar below, Session 1 class dates are in YELLOW blocks, Session 2 dates in GREEN.

	SU	M	TU	W	TH	F	SA
Sep 2019	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	1	2	3	4	5
Oct 2019	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31	1	2
Nov 2019	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
Dec 2019	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21