

Institute for Retirees in Pursuit of Education

David Gerstein, Ida Erde and Sheila Gerstein – Editors

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NEW CLASSES

TEACHER

American Political Systems	Ira Zornberg
Family and Friends CPR	Geri Mandel
Law of Success	Frank Joseph
Tolstoy – Death of Ivan Ilych	Prof. Aaron Streiter
Military History	Stanley August
Science of Prosperity	Frank Joseph
The Lower Eastside	Eric Ferrara
Spanish Conversation	Yvonne Mahoney
Insurance (Automobile & Homeowners)	Kate Murray

SCHOOL CLOSING ANNOUNCEMENT
DURING INCLEMENT WEATHER

I.R.P.E. MEMBERS SHOULD LISTEN TO 1010 WINS IN THE MORNING AT 6 MINUTES AFTER THE HOUR. OUR LISTING OR ANNOUNCEMENT WILL BE I.R.P.E. WITHIN BROOKLYN COLLEGE.

ATTENTION: ACCESS-A-RIDE USERS

When requesting a ride, please advise Access-A-Ride that your destination at SUBO is: 2705 Campus Road, between East 27th Street and Amersfort Place.

PRESIDENT'S LETTER

Dear Member,

I hope your holidays have been happy and filled with joyous events. The new term is about to start. As the seasons change from winter to spring, we too at I.R.P.E. are working to offer you new classes and programs to enjoy. Some of our former teachers have elected to present different topics or enlarge on previously taught material. Our program committee has added many additional classes so please check the catalog when it arrives.

While the economic health of the country is starting to improve, we still must rely on our membership dues and donations to pay the costs we incur at the college. We need to enroll more members. Some of you may have noticed our recent ad in the local papers and you might want to give the gift of a membership in IRPE to someone. Our annual "Bring a Friend to Class Week" will take place in April this year, and if you have a neighbor or friend who has not yet joined our family - please encourage them to join in the fun and intellectual stimulation that you find here.

We are an organization of volunteers! We need your input. Nomination ballots will be sent to you shortly. Please think about them carefully and nominate those people you believe would carry out your wishes and help our organization grow. Persons who have been members for at least two years are eligible to run for office and the executive board. Please let us know your choices as soon as possible.

At this time I would like to thank all members of the committees, the board and the administrative staff who have worked so hard this year to bring you the least expensive, most diversified program available nowhere else. Let's have a great year!

Shirley Young, President,
I.R.P.E. at Brooklyn College

The Abolition Movement and the Underground Railroad in the United States

A group of IRPE members and I have been studying the history of slavery in the U.S. during the nineteenth century. We have discovered how prevalent slavery was, how it damaged the lives of African Americans and how it poisoned the souls of all Americans. People like Frederick Douglass, Harriet Tubman, the Stowe Family and William Lloyd Garrison were early leaders of what would be called the Civil Rights Movement.

On April 27, 2009 the Coordinator of N.Y. State History Sites, Mr. Cordell Reaves visited our class to discuss the activities of abolitionists in upstate New York in the nineteenth century. There was a great deal of underground railroad activity in places such as Troy, Auburn, Rochester and Syracuse. Churches, synagogues, private homes and schools sheltered black people escaping bondage. White abolitionists participated in this effort.

I graduated from Brooklyn College with a B.A. in 1962 and received an M.A. from Columbia Teachers College

in 1965. I taught in city high schools for 27 years. I'm grateful to be able to 'give back' to my alma mater by teaching in the IRPE program. I was fortunate to attend Brooklyn College.

Joyce Provenzale

AMERICA'S GOLDEN AGE

We relived the memories of the 1950's, and wrote about our experiences as youngsters some 50 years ago. These events were shared with the group.

I am planning one more lecture about the 1950's, with class participation and another on "mining" our memoirs, using our histories to improve our retirement, to make it more fun, more fulfilling.

Jay Becker

TRAVEL COMMITTEE

Have you taken any great trips lately? If not, join us on future IRPE trips.

The Travel Committee provides interesting and exciting trips throughout the entire year. Some of our recent trips were:

1. **NY SKYRIDE** (an IMAX style presentation), Empire State Building Observatory, lunch and shopping at the South Street Seaport.
2. A visit to the **New York Historical Society, the Asian Society Museum and lunch at Café Greco.**
3. The musical show "**On the Town**" at the **Paper Mill Playhouse** and lunch at **Charlie Brown's Steak House.**
4. Lunch and tour of the **Culinary Institute** and a visit to the **Frances Lehman Loeb Art Center** at Vassar College.

During the winter months, we are reluctant to schedule trips because of the harsh weather.

These trips are organized and run by 14 volunteers who form the travel committee.

They are:

Bernard Davis, chairman, Doris Kleinman, co-chair, Bernard Cohen, Harry and Phyllis Cohen, Ida Erde, Florence Feldman, Valerie Foti, David and Sheila Gerstein, Lee Katzman, Philip Kleinman, Eslin Silburn and Shirley Young.

We have monthly brainstorming sessions, deciding on trips that members might enjoy. We take into consideration that most of our members are senior citizens and many have walking problems and/or dietary problems.

If you have suggestions for future trips that would be of interest to our members, please place this information in

the Travel Committee mailbox in the IRPE office.

Bernard Davis

CULTURAL EVENTS

As always, we had offerings for many plays, recitals and concerts. Some of the Broadway plays our members attended were *Mary Poppins*, *Shrek the Musical*, *Phantom of the Opera*, *Burn the Floor* and *Memphis* at a special discounted price of \$65.00 for orchestra seats.

Many members and I attended a free Saturday Matinee Concert at New York Philharmonic at Lincoln Center – Alan Gilbert, conductor, and Emanuel Ax, at the piano. We had an enchanting afternoon.

Every semester we offer a special opera performed at Juilliard School for a Sunday matinee.

This past semester it was *ARIODANTE* by Handel at special half price tickets of \$10.00 at box office.

Keep checking our weekly bulletin board outside Room 3160 Boylan and at SUBO for many activities for your enjoyment.

Doris Kleinman

GALA LUNCHEON

Please join us for our 33rd Annual Gala Luncheon on Thursday, May 13, 2010. It will take place at the Eden Caterers of Temple Shalom located on East 68th Street and Avenue U.

We are in need of prizes for our raffle. The items may include cash prizes, restaurants, cleaners, beauty salon certificates, etc.

Contact Lee Katzman at (718) 252- 4731 or the IRPE office at (718) 951-5647 if you have any items to donate.

Kindly make every effort to attend. It is a delightful and delicious event.

Hope to see you at the Gala.

Lee Katzman

MEMBERSHIP RECRUITMENT/ PUBLICITY COMMITTEE

On September 24, 2009 members of the committee: Vincent Blazewicz, Hyacinth Charles, Rona

Goldwitz, Cecile Kops and Marilyn Segall partnered with the Millennium Development Corp. at the Kings Plaza Mall during their senior exercise program. They spoke to shoppers and distributed our literature in order to recruit members and promote IRPE to the public. They were well received.

Gene Reiser and Rona Goldwitz wrote an article about IRPE which was sent to several neighborhood newspapers: Bay News, Jewish Daily, etc.

We will also have an ad in one of the neighborhood newspapers promoting our organization and suggesting giving an IRPE membership as a gift.

Harry Cohen, Chairman

Folk Dancing

Tra la la and tra lee le
Folk dancing is the thing for me
Point your toe, lift your heel
Let's go into the Virginia Reel
Israeli, Scotch and Rumanian
We felt so Terpsichorean*
With tango music from Spain
And the Totur dance from the land of the Dane
Greek Lericos is my favorite dance
It's done in a circle and as we prance
We move along, to the rhythm we're drawn.
**Terpsichore is the Greek muse of dancing and choral song.*

My mother, Pearl Newman, was active in IRPE from about 1980 to 1986, the year she died. As you will see in these poems, IRPE was very important to her.

Sincerely,
Leslie Newman

To Alice – In Memoriam

*Like her namesake in Wonderland – she
smoothed your problems with a smile
And she always was ready and eager to go
that extra mile*

*Her golden fingers truly raced across the
piano keys
And her musical selections – were always
sure to please*

*With her pixyish expression – she taught us how
to sing
And for many years together – we made the halls of
SUBO and Council Center ring*

*She fought a might battle but there was no victory
And today we mourn her loss –
but applaud her memory*

*May you rest in peace dear Alice – but for us
You're never truly gone
For we always will remember you – like a
deep and moving song.*

Shirley Young
December 21, 2009



My Friend Ethel

Ethel Ratner's passing was a blow to the organization. She was such a hard-working, dedicated member, whose love of music was so infectious. She loved directing the "Merry Choralers", choosing selections to offer, from classical to pop.

I knew Ethel almost 50 years, having been a colleague of hers at P.S. 153, Brooklyn. She was a dedicated teacher who taught Kindergarten but also helped direct graduation exercises. It was in this capacity I first met her. We struck up a lasting relationship.

Ethel was such a compassionate person, always concerned about the underdog, and the struggle for an equitable society. Besides teaching me to read music, she opened avenues of thought for a young graduate student. Her concern for others was inspiring.

Ethel will be missed by the “Merry Choralers” and the many friends she made. For my wife and me, a beloved friend has passed from the scene.

Charles LaCerra

Dedicated to Ethel Ratner and Bert Levinson

I Remember

In my mind I hear the music of your voice - that
once echoed in the halls
It was vibrant and exciting as it bounced across the
walls
Then the gentle soothing timbre of the passage
when it came
Transformed the world around me - and things were
never quite the same
Now the building stands abandoned - the dust
settles at my feet
Evening is approaching - as the moon lights up the
street
I feel sadness in your passing - but feel joy that I
once knew
The wonder of the person that you were - when you
were young and things were new.

Shirley Young

A Privilege to Know Them

“It has been a privilege to know you.” I have been thinking of those words a lot this past summer and fall, as time is taking its toll on several of our most active members and instructors. I hesitate to list names of the departed and seriously ill, lest I omit anyone, but most readers will know of classes cancelled due to illness, and funerals attended or learned of after the fact. This seemingly sudden onslaught has moved me more than I might have expected because so many of these friends and colleagues seemed to defy their years. So active were they in mind and body and so often have ill IRPE members recovered from serious illness, that the concept of mortality became plausibly deniable. In fact I have come to believe that there may be three ways to achieve longevity in today’s world: be an ex-president of the United States, be a classical musician, or join IRPE.

The friends of whom I speak have presented a model of aging well. We mourn those who are gone. For the ill we wish comfortable, speedy and full recoveries. Of all it should be said that they were and are remarkable people. It has been and is a privilege to know them.

Gene Reiser

The Recreation Center

LIFE ON THE OUTSIDE SECTION

The Recreation Center at
Brooklyn College

is now open in the new West Quad Building on Bedford Avenue. All facilities are handicap accessible. The pool will open late spring 2010.

Senior rates are:

\$175.00 for 6 months,

\$300.00 for 1 year.

Fees are per calendar year.

Farewell

The time has come for me to say farewell to all of you at I.R.P.E. It has been an enlightening experience! From it's very start the program offered a variety of courses taught by an excellent faculty. This high standard set by I.R.P.E. has continued and will go on.

In my capacity as program chair, for more than thirty years, I have seen the catalog of courses grow from a few sheets to its present size. As a member of the executive board and the nominating committee and an active participant in a variety of courses, I.R.P.E. was an important part of my life.

The I.R.P.E. climate encourages friendships which still exist to this day.

There is much to remember and since my memory is still here, I will not forget the I.R.P.E. I will leave as a member, but hope I can return as a friend.

Dorothy Schaffner

**A CLOSE-UP LOOK AT MYSELF
Reflections on December 8, 2009**

I heard an ad on TV for Cymbalta, an anti-depression drug. It struck a nerve. In 1973, so many years ago, I planned to take my life. But in strange ways, God asked me – told me – not to do it.

Now I weep for the person I was then – so sad, so lost. I thank God that he stayed my hand.

I look down the road of those 36 years and see the wonderland of joys I would have missed.

I would never have met my 8 precious grandchildren. I would have missed 2 great love affairs. I would have never experienced the self-confidence I now have. I would have missed the sweet relationships with my children and many friends.

I would have missed amazing insights I have acquired that let me see what is really important in life. I think I always knew how to love. But I learned how to be loved.

Helen F. Reiss

Special Uses for IRPE I.D.Card

On Wednesday, October 21st, the *Guggenheim Museum* celebrated its 50th Anniversary with Free Admission For the Day. There were hundreds of people on line.

I took my IRPE I.D. card and my husband, Phil's I.D. card and walked up to the person in charge of admittance – flashed our I.D. cards and said “Cuny University” out loud. He said, “Go right in.”

The next day, I went with a friend to the *Whitney Museum of American Art* to see Georgia O’Keefe’s Exhibit. I showed my IRPE I.D. card and said “Student at Brooklyn College – We always get admitted to the Museums Free.” Again, we were admitted.

So members, visit the museums and use your IRPE I.D. card.

Doris Kleinman

SAVE THESE DATES

February 1st - classes start

March 25th – A Day In Chelsea

April 27th & 28th – Atlantic City & Cape May

May 13th – Gala Luncheon

June 10th – Hunterdon Playhouse

July 15th – Boscobel & Cold Spring

August 12th – Peddler’s Village “*The King & I*”

October 7th – 12th – Mount Rushmore & Beyond

An easy cake recipe, submitted by Susan Tischler.

FLOURLESS CHOCOLATE CAKE

Ingredients

½ cup unsalted butter or margarine, plus extra for greasing pan

8 ounces bittersweet chocolate, cut in small pieces

5 extra-large eggs, separated

1/8 teaspoon salt

2/3 cup sugar, divided

Powdered sugar

Whipped cream for serving (optional)

Preparation

1. Preheat oven to 350. (Grease) 9-inch spring form, (Shake matzah cake meal into pan to completely cover bottom and sides; invert and knock out excess)
2. Place butter and chocolate in top of double boiler over simmering water. Heat until melted, stirring occasionally, then remove from heat and let cool.
3. In large bowl combine egg yolks with salt. Set aside 3 tablespoons sugar and add remainder to yolks. Whisk in melted chocolate.
4. With clean beaters, beat egg whites until very foamy. Gradually beat in reserved 3 tablespoons sugar and beat until stiff peaks form. Gently fold whites into chocolate mixture and pour batter into prepared pan. Bake about 45 minutes, until cake tests done. Let rest 5 minutes before removing sides of pan. Let cool. Top may crack; serve as is or with whipped cream.

ODE TO JOY

Hail retirees of Brooklyn,
come to our fraternity.
Sing our ode to joy of learning.
Thanks to our great faculty.

As you know, if you don't use it
you will lose that brain of yours.
You will find to your amazement
how our classes open doors;

Doors to a vast world of knowledge.
Make new friends with welcome peers.
Come and join this great adventure.
Brighten up your golden years.

Marty Mahler

PHILOSOPHICAL MUSINGS III

Act I takes place with no knowledge or fear,

Act III arrives after many year;
The problem that exists for me and you
Is how we enhance the act called II.

Paint a flying horse or a unicorn,
All within an artists imagination;
So what other creatures were never born
And all not present at the creation?

Some secrets you lose, some secrets you save,
Some secrets you take with you to the grave;
Truth is your master, lies are your slave,
Your banner authentic, long may it wave.

Hoyden today, harridan tomorrow,
Thin icing on top and filled with sorrow
Touching perimeters short and narrow;
Life itself, an accidental borrow.

Love can be a noun, love can be a verb;
Love can be a spice, love can be an herb;
Love can last forever, love can last a day,
Love finesses life, it's the only way.

H B Sarnoff

Why Question?

What is life without its Dreams,
Its fantasies?
A tree, a flower, a bird, has
Its own transparencies.
What is life that you let
Pass you by?
Introverted, not caring,
Immobile, making no effort
To try
To make each day a challenge,
A venture, a surprise?
Take a walk, read a book, meet
A friend, time flies.
Let your mind be like a clock
Tick Tock
Tick Tock
It's always on the go!

By Evelyn Weber

As Time Goes By

I remember when I was young
How slowly the days lingered.
Time stood still
Hours were endless
Days unhurried,
Years drifted by
In a slow endless pace.

Now time is in a hurry
Pressing one onward
The hours fly,
Days rush by
The years come tumbling down
Merging, urging me on.

What's the big rush?
I'm in no hurry
For time to creep up on me
For days to merge
Until ordinary Monday
Gallops along and
Suddenly, at my door
The Sunday Times awaits me.

Dorothy Schaffner

What Does It Take

What does it take
To only settle for the best
To make it your goal in life
To never settle for less

What does it take
In anything you choose
To work hard for what you want
So you can't possibly lose

What does it take
To be all you can be
Fulfill your aspirations
Your hope and dreams can set you free

What does it take
For what satisfaction may bring
When it only takes dedication
To do a worthwhile thing

Jean C. Marks

My Neighbor's Child

I watched my neighbor's child this morning and he
was full of fun
He climbed down from the sofa - and he began to
run
I called out - "watch where you put your feet or you
might trip and fall"
But he just ignored me - while playing with his ball
And sure enough I heard a thump, a whimper and a
cry
As he sat there and looked at me - with a bruise
above his eye
We put a cold pack on it and sat there for a while
And when his mom came for him - he told her with a smile
"I hit my head this morning while playing with my
ball
I only hurt my forehead - but I didn't break the wall!"

Shirley Young

Take Me On A Journey

Life can be so humdrum - as I stare at the four walls
There must be adventure somewhere - will I hear it
when it calls?
Take me on a journey - away from my TV
it may be happening down the block - or far across
the sea
I want to eat exotic foods and take a language
lesson
Perhaps I could climb a hill or join a dancing session
There must be something happening - that would
stir me to the core
Let me experience things that would cause my mind
to soar
Alas, I'll have to hurry - so I must do it very soon
For I need to set the table - my company is coming
here at noon.

Shirley Young

Blissfully Unaware

I was blissfully unaware

and did not see
your silent supplication
addressed to me.

The form was inappropriate
only a glance
with no explanation
to rule out chance.

And the world goes on
in its accustomed way
a pinch of passion
a dollop of dismay

And I declare we do get through
with concern for all
especially you.

Sam Lishinsky

Reach Out and Touch Someone

Reach out and touch someone
Reach out and then say Hi!
Who are you? and Who am I?
We'll find out by talking
Enclosed are we as in a ring
Hearing thrush and chickadees sing.
Start the wine of understanding.

Away, together
Away, together
We dance to the rhythm of love
We meet one another
We greet one another
And talk of the meaning of life.

Around the table we share our thoughts
With those we see, rarely in reality
But often in reverie
Sound the music, do the bunny hop
Enjoy the sounds of speech, laughter and song.

Pearl Newman (Deceased)

Old Friends

Two elderly ladies had been friends for many decades. Over the years, they had shared all kinds of activities and

adventures. Lately, their activities had been limited to meeting a few times a week to play cards. One day, they were playing cards when one looked at the other and said, "Now don't get mad at me. I know we've been friends for a long time, but I just can't seem to remember your name! I've thought and thought, but I can't remember it. Please tell me what your name is."

Her friend glared at her. For at least three minutes she just stared and glared at her. Finally she said, "How soon do you need to know?"

Senior Driving

As a senior citizen was driving down the freeway, his car phone rang. Answering, he heard his wife's voice urgently warning him, "Herman, I just heard on the news that there's a car going the wrong way on Interstate 77. Please be careful!"

"Heck," said Herman, "It's not just one car. It's hundreds of them!"

HANDBOOK 2010

Health

Drink plenty of water
Eat breakfast like a king, lunch like a prince and dinner like a beggar.
Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
Live with the 3 E's –Energy, Enthusiasm and Empathy.
Make time to pray.
Play more games.
Read more books than you did in 2009.
Sit in silence for at least 10 minutes each day.
Sleep for 7 hours.
Take a 10-30 minute walk daily. And while you walk, smile.

Society

Call your family often.
Each day give something good to others.
Forgive everyone for everything.
Spend time with people over the age of 70 and under the age of 6.
Try to make at least three people smile each day.
What other people think of you is none of your business.
Your job won't take care of you when you are sick. Your friends will. Stay in touch.

Life

Do the right thing!
Get rid of anything that isn't useful, beautiful or joyful.
GOD heals everything.
However good or bad a situation is, it will change.
No matter how you feel, get up, dress up and show up.
The best is yet to come.
When you awake alive in the morning, thank GOD for it.
Your Inner most is always happy. So be happy.



“In Honor Of” Donations to IRPE

IDA ERDE’S BIRTHDAY

Sandra Zuckerman
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Philip & Doris Kleinman
Noreen & Thomas O’Neill
Gitelle Meyers
Hilda Lauer
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