

## Spring 2020 Newsletter

Dear Seniors' College Members,

We hope this finds you all keeping well and adjusting to social distancing. These are not easy times for those of us who love to be out and with and among others. Our social lives are so important to us as many of you noted in our Membership Survey. We wanted to let you know that the Board held a regularly scheduled meeting on April 20 via Zoom, the go-to video conferencing tool being widely used right now. It was our first virtual meeting, and I must say, a very successful one. It was almost like being there! We discussed what the alternatives might be if, as a consequence of COVID-19 restrictions, we were unable to hold the fall term in our usual fashion. Anne Chisholm, who has replaced Heather Schellinck as Curriculum Committee Chair, was tasked with exploring our options with members of the Curriculum Committee. These options include, of course, holding virtual classes. Several members of the Committee are already assessing different video conferencing tools. Anne will report back to the Board when the Curriculum Committee is ready to make recommendations for how we could proceed. We will keep you informed as to our progress.

In the meantime, many of us are resorting to pastimes such as reading, viewing, and trying out new recipes or just walking around the block. Our Board members would like to share some recommendations with you, as you will see below. Recipes are included below, please click on links. We would, of course, love to hear what you've been reading, viewing, or cooking or baking. Please feel free to send in your recommendations to [SCANSinfo@gmail.com](mailto:SCANSinfo@gmail.com). Sue will compile a list, and we will send your fellow members' recommendations to you.

We miss seeing you. Please stay well and stay safe.

Warm regards,

Lois, on behalf of the Seniors' College Board of Directors

### RECOMMENDATIONS

**Colin:** James Joyce's "Dubliners" for budding short story writers, and Thomas Picketty's "Capital, in the 21st century" (700 + pages) and his latest, "Capital and Ideology" (1100+pages).

**Carol:** I would recommend "*A Gentleman in Moscow*" by Amor Towles in any situation but it is a perfect book for staying inside. In 1922, a 30-year-old Russian aristocrat is placed under a lifetime house arrest inside the Metropol Hotel in Moscow. He is moved from a luxurious, heirloom filled suite to a small attic room leaving many of his possessions behind. Russian history, politics and culture form the background for intrigue, philosophy, romance, mystery, family, friendships, food, music and more. Beautiful writing!

**Anne:** My recommendation is a book: The Nine Lives of Charolette Taylor by Sally Armstrong.

Sally, a well known advocate for the rights of women and girls around the world, especially in Afghanistan, has written several books on that subject. This book is different. Written as a novel, it is about Charlotte Taylor, one of Sally's ancestors, and her contribution to the early development on northern New Brunswick. The woman led an amazing life.

It is an older book but available on Kindle and on Indigo as well as in paper form from both Amazon and Chapters.

I just heard that the CBC is showing the movie Brooklyn on Movie Night in Canada their replacement for Hockey Night in Canada. It is a wonderful movie and is no longer in theatres so this is a wonderful opportunity to see it.

<https://mobilesyrup.com/2020/03/17/cbc-gem-movie-night-incanada-covid-19/>

**Peter:** I would recommend the Netflix 3 hour series called Pandemic. It was completed in 2019 and just released this year so its very timely.

**John:** Discovered mystery writer Philip Kerr just before the libraries closed. His mystery books, many based in Berlin around detective Bernie Gunther, cover years from 1920s-1950s and the political and economic changes of the time. I am watching on TV (Netflix) "Fauda", an Israeli TV series set in the Palestinian-Israeli conflicts. Season 3 is just out.

**Lois:** I would recommend watching the Netflix documentary "There's Something in the Water" about environmental racism in Nova Scotia. It is directed by Ellen Page. I would also recommend "Miles Davis: Birth of the Cool", another Netflix documentary.

**Virginia:** We are watching the "Mysteries of the Abandoned" series on the Cottage Life Channel. I believe that the show is also running on other channels, such as Bell Aliant Channel 267 or 515.

I have also been doing "empty the freezer" cooking. I take an item from the freezer then google for a new simple recipe which uses my existing pantry items. If it is a success, I put it in a binder entitled COVID-19 recipes.

**Linda:** Here are a couple of things I have watched and enjoyed:

Hillary. (Netflix documentary)

Unorthodox. (Netflix, loosely based on the memoir)

Succession. (HBO 2 seasons, should come with a warning for language.) Great modern day Shakespearean story of a truly vile powerful dynasty.

Dirty Money on Netflix

[See Linda's family favourite recipe for Lentil Soup.](#)

**Barbara:** Reading books I have never read before or re-reading other classics by authors like: D.H Lawrence, Somerset Maugham, Jane Austen.

I am writing a novel, and continuing a suspended Memoir project of scanning family photos on to a USB and writing short descriptions or stories connected to them. I have

organized an online writing group ( following one from a SCANS course) sharing our stories every two weeks- and critiquing.

**Heather:** My recommendation for the newsletter is to decide to work on that second language that you always wished that you had continued from high school or never had a chance to try at all. French, Italian, German, Japanese or Mandarin Chinese just for starters. Sadly, Icelandic is not available but you can search other sites for more exotic options. Icelandic is available at [icelandiconline.com](http://icelandiconline.com)  
Duolingo is a free application that you can access online by typing [duolingo.com](http://duolingo.com) into your browser (e.g. where it says search or enter website name when you open Google). I have been reviewing my French. It starts out very easy and very gradually progresses to more difficult material. It is quite repetitive but this method surely makes you feel "tres intelligente" as you move along.

**Bill:** [See Rum Cake Recipe](#)

**Marcos:** Fleeing climate change — the real environmental disaster | DW Documentary [https://youtu.be/cl4Uv9\\_7KJE](https://youtu.be/cl4Uv9_7KJE) Drought in the world <https://youtu.be/uOMRF7t5Vn0> Volcanos and famine <https://youtu.be/D7fR2Z880z8>

**Jocelyne:** We have been exchanging recipes with family and friends to try new foods. This one is for a cake that we enjoyed and is easy to make. For those who want less sugar , they can divide the amount by 4 and it still comes out as an absolutely delicious cake.

[See Torta Caprese or Italian Flourless Chocolate Cake recipe. Page 1 & Page 2](#)

**Sue:** This is my recent “pandemic go to” salad dressing.  
[See Curry Dressing Recipe](#)

**Judy:** My favourite book is “No Great Mischief” by Alastair MacLeod. Every sentence is perfect.  
Stratford us broadcasting some of its’ best plays through their website for free. Go to:: [stratfordfestival.ca](http://stratfordfestival.ca)