$$
\begin{aligned}
&\left(\sum_{i=1}^{3} i^2 \times \sum_{i=1}^{5} \frac{i}{3}\right) - 1 \\
&= \left(1^2 + 2^2 + 3^2\right) \times \left(\frac{1}{3} + \frac{2}{3} + \frac{3}{3} + \frac{4}{3} + \frac{5}{3}\right) - 1 \\
&= (1 + 4 + 9) \times \left(\frac{1 + 2 + 3 + 4 + 5}{3} = \frac{15}{3}\right) - 1 \\
&= 14 \times 5 - 1 \\
&= 69
\end{aligned}
$$