



# LIRA NEWSLETTER

LEARNING IN RETIREMENT ASSOCIATION  
Office of Community and Cultural Affairs – UMass Lowell  
Member of Road Scholar Institute Network  
Tel.: (978) 934-3135 Web: [uml.edu/community/LIRA](http://uml.edu/community/LIRA)



December 2015

Vol. 22 No. 4



*Please join us for*

## *LIRA's Annual Holiday Party and Town Meeting*

*Wednesday, December 9, 2015*

*10 A.M. until Noon*

*Cumnock Hall, 31 University Avenue, Lowell, MA*

*Shuttle bus from Tsongas Parking Lot*

*Four Scholarship Awards will be given.  
Participate in the Consumable Auction.  
Enjoy the snacks and meeting with friends.*



# LIRA'S Scholarship Fund Annual Auction

We will hold our annual auction at the LIRA Holiday Party on December 9. We have decided that the auction will be a "Consumable Auction" once again. The Auction is a major fundraiser for the Scholarship Fund. This year LIRA will be giving \$1500.00 scholarships to four UMass Lowell students.

What is a Consumable Auction? It is an auction where all donated items can be consumed, i.e., you eat it, drink it, do it or use it up. The Committee sells tickets; \$1 per ticket or 6 tickets for \$5. You decide what item(s) you want and put your ticket (s) in the appropriate container(s). All donations must be brought directly to Cumnock Hall on the day of the party.

Some things you might donate:

Baked Goods; Candy; Wine;  
Gift Certificates, i.e., restaurant, movie, theater, grocery store, and bookstore



Suggestions for Baskets you can make:

Book – put a gently used book in a basket with a bookmark, book light, china teacup, box of tea, etc.  
Food – Italian or Mexican  
Soup Lovers Basket

I think you get the idea. It will all be wonderful and we have a great time deciding just what we want to win. Thank you to everyone who has donated in the past. Let's make a difference in someone's life and have a great auction this year.

*Carol Cannistraro*

## Location of the Holiday Party and Parking Lot

The Holiday Party will be held on Wednesday, December 9, in Cumnock Hall on 31 University Avenue, Lowell from 10 a.m. to noon. A shuttle bus will be taking us from the Tsongas parking lot to Cumnock Hall, leaving us off in the front of the building. The first shuttle will leave at 9:00am and the second trip will leave at 9:30am. The return trip will start about noon.

**Parking is in the Tsongas Parking Lot.** This is the lot where we normally park when we attend classes at the Tsongas Center, 300 Martin Luther King Jr. Way, Lowell, MA. Please use your hangtags in the parking lot.

## Holiday Party Details

Because of the difficulties of transporting the food on the shuttle bus, we are keeping the food simple at the Holiday Party. If you would like to volunteer to bring some kind of finger food (fruit, cheese and crackers, cookies, etc.), it would be appreciated. Contact Nancy Grove if you have any questions.

In lieu of exchanging gifts, LIRA members have donated many new books in past years for distribution by Community Teamwork, Inc. of Lowell, the agency which serves families in shelters and oversees many child care programs in the City. Each book is marked with a bookplate denoting that it is a gift from Learning In Retirement Association. They continue to need warm clothing such as hats, mittens and gloves for children of all ages.

The following is an email from CTI, giving a more detailed description of what they need.



CTI can always use hats, mittens and books for clients we serve in such programs as our family shelters, Head Start, Women, Infant and Children (WIC) and clients who come in for services. For more information on CTI's mission, programs, and services, please check out our new web site at [www.commteam.org](http://www.commteam.org). We continue to need children's books especially board books for the very young and picture books for pre-k to grade 2. Big Brothers Big Sisters is also part of CTI and children's age range is 7 through 15. Mittens and gloves are especially needed along with hats. We also distribute hats and mittens/gloves to veterans in need.

**Please bring a new book and/or hat and mittens, unwrapped, to the Holiday party.** Thank you for your participation. Contact Elaine Jelescheff if you have any questions.

## List of What to Bring to the Holiday Party

I love lists! I thought it would be helpful to have a reminder of what to bring to the Holiday Party in one place.

- Donation of warm clothing for any size child (hat, gloves, mittens, scarf)
- New book for a child of any age
- Donation to the Consumable Auction
- Finger food for our enjoyment

*Jeri Durant*

## Class Cancellations

### Importance of Signing up for Courses

At times, unforeseen circumstances will necessitate the cancellation of a class or program. You will be notified by the course coordinator of the cancellation if you have signed up for the course. Courses are open to all LIRA members and it is advisable that you sign up for a course even if you are unable to attend all of the classes. However, if you want to attend one of the sessions and you have not signed up for the course, it is best to call the Class Coordinator to ascertain that the class or program is still scheduled for that day.



### Emergencies (Cancellation of Classes/University Closing)

In the event that it becomes necessary to cancel a LIRA program for any reason, i.e. snowstorm, hazardous road conditions, or if the UMass Lowell campus is closed due to a storm emergency or other unexpected events and if the cancellation affects the entire membership, Richard Grove will call Judy Miller or Carol McCarthy who are the telephone tree coordinators, to let them know of the cancellation. Judy and Carol will then call the contact persons to inform them of the cancellation. These contact persons will then call the members on their respective list to inform them of the cancellation. For individual classes, coordinators are responsible for calling members for changes or cancellation of their class.

## Email Notification

Many people signed up to have class cancellations emailed to them. Those people should make sure that they check their email in the morning if there is any doubt about a class being held. If there are others that would like to be on this email list, please notify Judy Miller (978-256-8466 or [gmiller29@verizon.net](mailto:gmiller29@verizon.net)) or Carol McCarthy (978-256-5904 or [jfmcart@aol.com](mailto:jfmcart@aol.com)). Those not on the list will be notified by telephone.

*Carol McCarthy  
Judy Miller*

## Enjoy!

For the sixth year Connie Lanseigne-Case has a work in the Invitational Members Exhibit at the Whistler House Museum of Art. Her "Firebird in Flames," an encaustic (hot wax) and collage is included. The Exhibition can be enjoyed from November 18th through January 16th.

## LIRA Scholarship Committee Update

A very big thank you for the generous donations received for the LIRA Scholarship Fund. We received \$2935 and we will also be able to include proceeds from the Holiday Party Auction. We are very grateful.

This year we received close to 50 applications that qualified for a scholarship, from at least 12 University departments (many disciplines within each one) and from many students with double majors. Besides giving time to University societies, clubs and fund-raising for community outreach, students also spent many hours with groups outside the University helping people in need, with disabilities and immigrants, all this while studying and having high GPA's. Many times we said how can they do it all!

We thank our "team" at the UMass Lowell for their suggestions and help in coordinating the applications and to the Scholarship Committee who spent hours carefully going through the applications, and for their input and support. Simone Allard, Alan Kent, John Mamalis, Alan McKersie, Dottie Morris and Barbara Murch.

Sincerely, Dee Sferrino and Janet Redman Co-Chairs.



The BSO open rehearsal trip for LIRA will take place on **Thursday March 17, 2016**. The program is:

Higdon "Blue Cathedral"  
Williams "Violin Concerto"  
Saint-Saens "Symphony No.3" Organ  
Stephane Deneve: conductor  
Gil Shaham: violin

Tickets including bus transportation are \$30 dollars for members, \$35 for non-members (if tickets are available). The bus leaves promptly at 7:15 a.m. from the back parking lot at Hannaford in Chelmsford. We return about 2 p.m. A bag lunch is suggested.

**Checks are to be made to LIRA, INC. and are due by Saturday, March 11, 2016.**

Please send checks to:

Jean Rubinstein  
15 Fairbanks Road  
Chelmsford, MA 01824  
978-256-9943 / 978-761-0022

**Please Note:** 24 hours' notice is needed for refunds.



The Town Meeting will be held on March 9, 2016. Classes begin on Monday, March 14, 2016.

# Methuen Memorial Music Hall

Three millionaires and their families made their homes in Methuen in the late 19th and early 20th centuries. They provided hundreds of jobs, created many important public buildings, built elegant estates and occasionally paid off the town's debt!!

The Methuen Memorial Music Hall is one of our gems. The hall is one of the most magnificent historical and musical landmarks of our nation. The MMMH, ultimately, was gifted to the City known as the Town of Methuen.

LIRA members were privileged to have Robert J. Reich, former President and part owner of the Andover Organ Company as our guide on 14 October 2015.

Bob spoke of the craftsmanship of the organ case, the rich artistry of the hall's interior decoration and the incredible detail of the ceiling. And of course, the acoustics in this impressive structure.

The Great Organ was originally built during the years 1857 through 1863 in Ludwigsburg, Germany by the firm of E. F. Walcker and Company for the Boston Music Hall.

Edward F. Searles of Methuen purchased the instrument in 1897, rebuilt it and erected it in a specially built concert hall designed by the English architect Henry Vaughan. In 1947, G. Donald Harrison of the Aeolian-Skinner Organ Company of Boston completed an extensive tonal reconstruction. Today, the organ's resources include four manuals, five divisions, 85 stops, 116 ranks and 6,088 pipes. The organ is maintained by the Andover Organ Company located in Lawrence, Ma.



Simone Allard, Rose Rhoades, Claire Frassica and Robert Reich at the Methuen Memorial Music Hall

Bob interspersed his talk with a variety of pieces on the organ. He is extremely knowledgeable about the organ, shared some most interesting stories of his travels in Europe visiting organs and one story, (in particular) with his trusty flashlight always on his person, diagnosed and "fixed" an organ in Northern Spain that had been "out of commission for years".

Members were totally engaged in Bob's delightful manner and obvious love of this beautiful instrument. A wonderful opportunity to "get to know the organ". The MMMH is very active with organ recitals beginning in May through the end of August and special events. The hall is also available for weddings.

Those of us who attended were truly rewarded and grateful for this informative and delightful event!

*Loretta Curtis*



## LIRA Travel Photography Class

Skip Youngberg ably led the 4-session course Digital Travel Photography to a group of enthusiastic LIRA folks wishing to improve their photographic skills. The Great Courses DVD, *The Art of Digital Photography*, was shown at the beginning of each class. The DVD featured National Geographic photographer Joel Sartore who took the class around the world as he shot using different perspectives and props. The class was given photo assignments each week. People brought in their photographs which were displayed and discussed as the class learned from one another. The biggest take-away was inspiration to think out-of-the-box and take pictures beyond the postcard shots. Judging from the smiles and lively discussion, the course was picture perfect.

*Terri Munson*



# Mexican Art

As early as 800 B.C. groups of nomads wandered thru the valleys of central Mexico. Settlements developed later when wild corn was cultivated, so nomadic lifestyles began to disappear. The term Pre-Columbian refers to any group of people who arrived before Columbus. The first appearance of art in central Mexico was that of the People of Tlatilco. Its small female figurines revealed that. Soon afterwards, the Olmec culture on the southeastern Gulf Coast began to produce very large stone sculpture with human and jaguar traits.

Mayan art and architecture is considered the finest of the New World, comparable to outstanding ones in the Middle East. Its pyramids, detailed sculpture on buildings and representation of humans in its art have been noted by explorers to the area for a long time. Later cultures such as the Aztec, adopted some of its artistic styles too.

The culture of the people of Teotihuacan and then that of Tenochtitlan was typical of all the preceding ones in that its temple pyramids were the site of human sacrifice. Information about these cultures has been gathered thru codes, which are colorful picture symbols.

The conquest of the Aztecs by Cortes in 1519 introduced native peoples to Christian art. A mixture of the religious art of the Indigenous peoples and that of the conquering Spaniards is an example of syncretism, which means of mixing of artistic styles. Art in Mexico, therefore, is very interesting due to the many influences on it!

Two of the best known Mexican artists in modern times are Diego Rivera and Frida Kahlo. Each was considered very controversial due to their membership in the Communist party and their very flamboyant life style. Each was greatly affected by their early exposure to the inequalities of wealth in Mexico. During the 20's and 30's, the art and political movements stressed the need to give more rights to the poor in their country.



Zapatista Landscape by  
Diego Rivera

Rivera had the opportunity to study on scholarships in Europe. While there, he was introduced to the Cubist movement by both Braque and Picasso. He produced the masterpiece, Zapatista Landscape, in the Cubist style which showed his love for the common man in Mexico. On returning to his homeland, he began to do murals done as frescos, to educate the masses, as the government directed him to do. When working on one of them, he met Frida Kahlo. He inspired her to concentrate on her career as an artist.

Frida's work consisted mainly of self-portraits done in the Surrealist style. They reveal her emotional turmoil and unhappiness, caused by her physical disabilities and marital problems. In recent times there has been much interest in her work and lifestyle, called Fridamania!

Mexican arts and crafts are unique and very colorful! Examples of them such as interesting clothing, beadwork, pottery, and lacquer work were shown to the group at the end of the presentation. They show the love of color by the artists of the rural areas who made them.

*Jean Schott*

---

## LIRA is on Facebook!

LIRA member, Peter Sebelius, has created a Facebook page that is open to all members. We would like to use it for posting events and information for not only LIRA members, but also for the general public. The permissions have been set up so that anyone can post to the page. There will be a link to the page on the LIRA website <http://uml.edu/community/LIRA/> or type in the link below. Take a look and send Peter any suggestions that you might have. <https://www.facebook.com/LIRAatUML/>

## Use Your Hangtags!

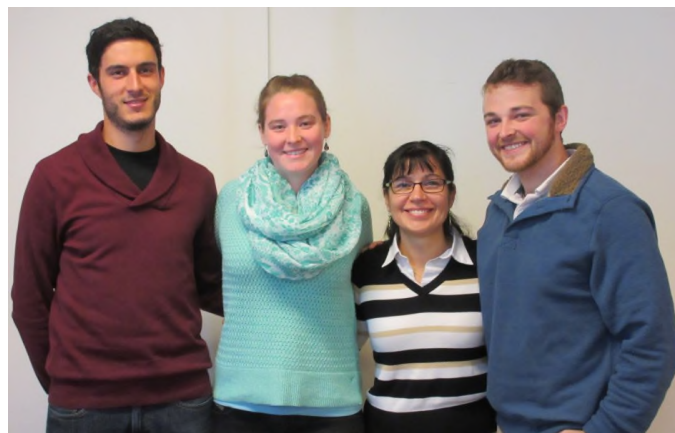
Please use your hangtag in ANY UMass Lowell parking lot. Members have received warnings in the Tsongas parking lot and the parking garage. Avoid parking violations!

# The University of Massachusetts Lowell Physical Therapy Department partnered with the Learning in Retirement Association (LIRA) this fall!

This semester four Doctorate of Physical Therapy students: Michael Larochelle, Jessica Lynch, Gloria Caballero de Bailey, and Maxwell Shippen (as pictured) taught the class, "Staying Alive: Mind, Body, Spirit." Each Tuesday from 9/22/2015 - 11/10/2015 the class would meet for approximately two hours. Each session ended with a guided meditation to provide a time of reflection.

The LIRA members learned about self-advocacy and current healthcare topics. The DPT students main goal for this class was to educate the participants of LIRA on topics they are interested in learning to better their health and well-being. The topics presented on were: 1) Stress Relief, 2) Technology and Socializing, 3) Arthritis and Joint Care, 4) Health Care Providers, 5) Exercise and Fibromyalgia, 6) Nutrition, 7) Driving and Palliative Care, and 8) Sleep and Allergies. The topics were chosen by the LIRA members based on the stresses they face and interest.

This class was interactive through discussion and encouraged questions. Every participant provided their own stories, questions, and concerns. To facilitate learning outside of the classroom, the DPT students created a website to provide members with resources including PowerPoints and a Q&A section of the website. DPT students reviewed how to check webpage resources when doing research and how to navigate the web for healthcare.



The DPT students have thoroughly enjoyed teaching the Staying Alive Course and have especially appreciated all of the stories the LIRA participants have shared. They hope that all participants are now able and confident in their abilities to advocate for themselves within the healthcare industry, improve dietary decisions and body awareness, and make healthy lifestyle changes. All four of DPT students feel they have improved their own communication skills with the retired population, which will help them in their endeavors with future patients. The Department of Physical Therapy looks forward to a continued successful relationship with LIRA. From the LIRA course presenters: "Thank you LIRA for this experience, we have all learned and grown from this course!"

To find out more information please visit  
<https://sites.google.com/site/umlstayingalive/>

Sincerely,  
Jessica Lynch, Maxwell Shippen, Michael Larochelle, and Gloria Caballero de Bailey

NOTE: The students did a wonderful job with this course between the teaching and the interacting with the members. Their website can also be reached through LIRA's website by going to the Fall 2015 course listing and clicking on the 'Staying Alive' course. The listing will be in the 'Archives' section under Course Schedules.  
<http://uml.edu/Community/LIRA/Course-Schedules/Class-Archives.aspx>

---

## Exercise Class

Gerry Dybel, Associate Professor of Physical Therapy at UMass Lowell, will be at the Holiday Party on December 9 to discuss his new plans for the exercise class.

## Chelmsford Library Lecture Series

The Chelmsford Library is running a Lecture Series in conjunction with LIRA on the second Friday of the month. The lectures begin at 10 a.m. in the McCarthy Meeting Room. Nothing has been scheduled in December at the time of this newsletter.

January 8th: “U.S. Policy Toward Africa” by Keith West

February 12th: “Sectarianism in the Middle East” by Keith West

Check the library’s website for further information.  
[www.chelmsfordlibrary.org/programs/programs/friday\\_morning\\_lectures.html](http://www.chelmsfordlibrary.org/programs/programs/friday_morning_lectures.html)

---

## Presidential Politics 2016

On October 29 in our Fall program of Presidential Politics 2016, Dr. Frank Talty began our in depth look at presidential races by explaining the history of Electoral College and how each state chooses its electors. We also discussed the two party system and how the parties now choose their candidates, the importance of polling and constitutional law as it applies to our elections. In the second session we explored the website, [Realclearpolitics.com](http://Realclearpolitics.com) for a look at polling, how the number of states electors has changed since 1972 and how states have changed their “color” from red to blue or blue to red from one election to the next. And we’ve only had 2 sessions of our 4 sessions as of this writing. We are hoping that we will have Frank Talty back again in the spring 2016 - because so much will change between now and the presidential election next fall and we are all really enjoying this class.



*Nancy Pitkin*

---

Our heartfelt thanks to LIRA for their donation to the scholarship fund in memory of our daughter Alicia Martin. Her husband Jeff and 4 children are most appreciative as we are of this generous donation.

The Martin & Sferrino Family Members

## Member News

The past months have not been good for many LIRA members.

We offer our sympathy to Deanne Sferrino, co-Chair of the Scholarship Committee on the loss of her daughter, Alicia, who passed away on Sept 26 after a long illness.

We are saddened to learn that long-time member Mary Willis passed away on Nov 7. Mary will be remembered for her fine work as co-chair of our Hospitality Committee. We will miss her dearly and we offer our deepest sympathy to her family.

We have also learned that Pat Rotelli a former member of LIRA passed away on Nov 3. We extend our deepest sympathy to her family.

On the sick list we have Alan McKersie, member of the Scholarship Committee, Richard Grove, our President and Ron Cannistraro, our Treasurer. All have been hospitalized. We wish them renewed health.

Please contact me if you know of any member of LIRA who would appreciate receiving a card from LIRA.

[simone32allard@gmail.com](mailto:simone32allard@gmail.com) - tele [603-943-7527](tel:603-943-7527).

---

## Thank you, Suzanne!

For about fourteen years, Suzanne Knapp has been helping me with the newsletter by producing the professional layouts that you see with each and every issue. Not only has she done the



layouts and put the newsletter on the website, but also has produced the calendars, our directories and our name tags. She has helped me in many ways with problems I have had with different types of word processing software. Much to my regret, Suzanne has decided to resign from her position, but I still know how to reach her if I have a problem!

A BIG thank you, Suzanne, for all you have done over the years.

I also want to thank Marge Nardini for agreeing to do the layouts for the newsletter. Marge has been meeting with Suzanne to learn all her secrets! Welcome, Marge. I know you will do a great job!

*Jeri Durant*

# Remembering Mary Willis

Mary Willis died on November 7, 2015 after a courageous battle with lymphoma. She was an active LIRA member since 2003. For the last six years, she and Dawn Gillogly have co-chaired the Hospitality Committee. They provided lovely arrangements for our general meetings and ordered our coffee and tea for the meetings. Before we had Aramark providing the coffee, we made our own coffee and they would make sure we had all the supplies and paper goods for all our classes which was no easy task! Mary was such a nice person – always pleasant and smiling. She will be missed. LIRA has donated \$50 to the Scholarship Fund in her memory.

*Jeri Durant*

E-mails would always begin with "Dawn Darling, what is the latest Dawn and Mary adventure for the next LIRA event?" I would return the e-mail "Sweet Pea, let's just hit the road and see what happens!" We frankly never began our drive with a destination in mind, but we would meet, head to thrift stores, dollar stores, apple orchards, Christmas Tree Shops, Big Lot, JoAnne Fabrics, Lowe's, Home Depot, Tuesday Morning and points too numerous to mention. The quest was always to create center pieces pleasing to all, not offense to anyone and forever keeping the cost minimal!!!. Change of venue dictated the size and scope of our endeavors. Those were challenges no one could imagine; just locating a parking space, getting everything in whatever building was a labor of love and as many of you know, there were many. Through it all; oppressive heat, torrential rain, high winds and yes even snow, there was always the constant laughter.



LIRA brought us together, two women living in the same small New England town, who most likely would have never met otherwise. It was a match made in heaven! We hit it off immediately and during the years we only once cried together because of her illness, fretted together, prayed together, ate on the fly and drank coffee together, but mostly laughed to the point of tears running down our cheeks. We sure became infamous in the

Dollar Store!!!

I could not write one memorable instance in our friendship because all were joyous. We could be knee deep in icing for the hundreds of cookies we baked, hair full of fake snow for the miniature trees, or covered in paint from working on bird houses. And all the while, the ever presence of giggles, quite often turning to deep down belly laughing.

I miss my dear friend and won't be able to pass one of those stories without smiling to myself, remembering her and such fun we had together. Mary Willis was my pal and knowing her made me a better person.

Always in my heart.  
Rest in peace, Sweet Pea  
Love, Dawn  
*Dawn Gillogly*

Mary was such a lovely person. I know she and Dawn did such perfect arrangements for our LIRA meetings. And she worked in the kitchen too or for refreshments it seems. Other than that, and her love for the opera (I saw her at the movie theater a few times to see them), I don't know much more. She seemed to be a quiet person who got the job done. And did it beautifully. She was always so pleasant to be around, and made one feel good. That's more than I can say for myself. May she rest in peace.

*Claire Frassica*

---

## Newsletters on Website

**PLEASE NOTE NEW POLICY:** We are now assuming that everyone is reading the newsletter on-line. A hard copy of the newsletter will NOT be mailed to you unless you have contacted Jeri Durant: [jeridurant@gmail.com](mailto:jeridurant@gmail.com). Those members that do not have email will have a hard copy sent to them automatically.

The on-line newsletter is just like the printed one only better - it's in color! This policy will help us to save substantial printing and mailing costs to the university as well as a few trees.

The website for the newsletter is [www.uml.edu/community/LIRA/newsletters.aspx](http://www.uml.edu/community/LIRA/newsletters.aspx)



The **next newsletter** will be out on March 1, 2016; the deadline for news items is February 15, 2016. Please remember that the coordinators are now responsible for getting someone to write an article about their program, if you want something to appear in the newsletter. Articles may be given to me at any time before the deadline.

*Jeri Durant*



# Time for a Change



If you want to remain current with LIRA members, make the following changes in your membership list. These are additional corrections to the directory along with the new members.

## New Members:

David Brooks  
20 Woodland Drive #351  
Lowell, MA 01852  
(425) 205-9027  
[jeannieb7@aol.com](mailto:jeannieb7@aol.com)

Lee Ann Hrycaj  
21 Perkins Street, Apt. 432  
Lowell, MA 01854  
(336) 580-5891  
[leeannhr@aol.com](mailto:leeannhr@aol.com)

Ralph Stein  
12 Clydesdale Road  
Salem, NH 03079  
(603) 475-3330  
Cell: (603) 893-8343  
[steinlaw1@aol.com](mailto:steinlaw1@aol.com)

## Corrections:

Ron Cannistraro phone number (978) 256-0929

John Davies  
Cell: 508-735-4433  
Email: [jdavies667@aol.com](mailto:jdavies667@aol.com)

Deiorio, Janice to Delorio, Janice



*I would like to wish you all a Joyous  
Holiday Season  
and a New Year of Peace, Happiness and  
Good Health.*

*Jerí Durant*



## Newsletter Committee

Geraldine Durant, Editor & Calendar  
[jeridurant@gmail.com](mailto:jeridurant@gmail.com)  
Marge Nardini, Layout & Reproduction  
[mnard1008@verizon.net](mailto:mnard1008@verizon.net)  
Shirley Mitchell, Distribution [shirleytm2@comcast.net](mailto:shirleytm2@comcast.net)  
Simone Allard, Member News  
[simone32allard@gmail.com](mailto:simone32allard@gmail.com)  
Jeanne Gunion, Member Spotlight [jgunion@comcast.net](mailto:jgunion@comcast.net)

**This page is intentionally blank.**

LEARNING IN RETIREMENT ASSOCIATION  
University of Massachusetts Lowell  
Lowell, Massachusetts 01834

**2016 Winter Intersession**

The 2016 Winter Intersession, given between semesters, offers to retirees and those semi-retired, a sample of LIRA's almost year-round program and friendly community. The program is planned and much of it provided by the members themselves. The general public is invited to all intersession programs. The time for the all intersession programs is 10:00 am – Noon. Programs on campus will meet at University Suites, Room 106A, 327 Aiken Street, Lowell, except for January 27 and February 3. Parking for on campus programs is in the garage directly across the street from the Rec Center or in the Perkins Parking lot. Your ID is needed to enter the garage or lot. Please use your parking hangtags wherever you park.

On January 13 the location of the program is to be determined. Please check your email or the website.

On January 27 we will meet at the Public Health Museum at 297-321 East St, Tewksbury.

On February 3 we will meet at the Pollard Memorial Library (Lowell's Public Library) at 401 Merrimack Street, Lowell.

**December 18 Book Discussion**

Facilitator: Toby Hodes\*

10am to Noon *The Dante Club* by Matthew Pearl (Fiction)

**January 6 Nanotechnology**

Presenter: Dr. Carol Forance Barry

Dr. Carol Forance Barry is the Co-Director, Nanomanufacturing Center, University of Massachusetts Lowell. Over the last 20 years, the US government, other governments, and industry have invested in nanotechnology and nanomanufacturing research. The work has fostered a better understanding of nanotechnology and new methods for fabricating materials and devices with nanoscale components. This presentation examines selected findings and the current and emerging products resulting from that research.

Co-coordinator: Jean Schott\*

**January 13 Murderous Boston: Mystery and Detective Fiction**

Presenter: Dr. Melissa Pennell

NOTE: LOCATION TO BE DETERMINED – PLEASE CHECK EMAIL OR WEBSITE

Dr. Melissa Pennell makes a return engagement for a program that will focus on mystery and detective novels and series set in Boston and nearby. It will include cozy, hard-boiled, and historical novels. We will talk about some old favorites and some newcomers to the Boston mystery scene. Dr. Pennell is a Professor of English at UMass Lowell. Her field of expertise is 19th and early 20th century American literature and in mystery and detective fiction and in New England regional writers.

Coordinator: Russ MacLeod\*

**January 20 Cyber Safety**

Presenter: Bob Hanlon\*

According to the FBI, seniors are highly targeted by scammers of all kinds because they are expected to have money saved up, own their own home and have good credit. Learn what you can do to protect yourself from people trying to steal your identity, damage your computer, invade your privacy or steal your sensitive financial information. We live in world where, for better or worse, the use of the internet occupies an ever-growing and necessary part of our lives. Some people may shy away from going online to do shopping, banking, selling and other activities that involve sharing personal information, but yet with some simple precautions, you can make full use of your computer online, while minimizing your risk.

Coordinator: Carol McCarthy\*

**January 20 Book Discussion**

Facilitator: Toby Hodes\*

12:30 – 2:30 pm *The Wright Brothers* by David McCullough

### **January 27 Public Health Museum Tour**

The Public Health Museum was incorporated in 1990 and opened in the 1894 administrative building on the grounds of the Tewksbury Hospital. Learn about its beginnings in 1859 as an almshouse, and see how medicine evolved over the last century, including the history of smallpox and polio. You'll see handwritten prescriptions from 1905, tools used for bloodletting, a bottle of "Beef from Wine" and other patent medicines, cuffs and ankle restraints that were used to hold down patients, and an iron lung. The amazing murals were painted by the WPA. There is ample parking. The guided tour fee is \$5, payable at the door. The museum is at 297-321 East St, Tewksbury, MA 01876. Please plan to arrive 15 minutes (9:45 am) before the tour begins. Meet at the Tsongas Arena Center parking lot at 9:15 am to carpool. [www.publichealthmuseum.org](http://www.publichealthmuseum.org)

Coordinator: Dorothy Bromage\*

### **February 3 Literary Lowell and the Pollard Memorial Library**

Lowell has a rich and varied literary tradition over its nearly 200 year history with many homegrown writers and luminary visitors. Learn about some of the stories behind the visits to Lowell of famous literary icons such as Charles Dickens and Edgar Allen Poe and some of our native success stories such as Lucy Larcom, Jack Kerouac and other contemporary writers. This talk will feature a tour of the Pollard Memorial Library, a building built nearly 125 years ago to commemorate the union soldiers and as a storehouse of information for future generations. The library has many original paintings, civil war artifacts and a special Kerouac commemorative corner. Sean Thibodeau is a writer and poet and the Coordinator of Community Planning at the Pollard Memorial Library (City of Lowell's Public Library).

This program will be in the Community Room, ground floor of the Pollard Memorial Library (Lowell's Library) at 401 Merrimack Street. There is a small parking lot on corner of Moody and Coburn Streets. Park at the Tsongas Arena and it is a short walk to the library from that lot.

Coordinator: Nancy Pitkin\*

### **February 10 Rebuilding Iraq and Afghanistan**

Presenter: Mehmed Ali

Mehmed Ali served for five years as a diplomat for the U.S. State Department in Iraq and Afghanistan where he oversaw development projects focused on rebuilding those war-torn nations. His talk will present an overview of ethnic and religious minorities in Iraq and their culture, heritage, over time and their current status in areas controlled by the Islamic State. Ali currently works as the Program and Project Coordinator for the University of Massachusetts Lowell Libraries.

Coordinator: Nancy Pitkin\*

### **February 17 The British Army in Boston and the Massachusetts Rebellion**

Presenter: Paul O'Shaughnessy

Paul O'Shaughnessy lives in Lexington, MA, and is a Commanding Officer and Honorary Colonel of His Majesty's 10th Regiment of Foot, a recreated 1775 British Army unit. He has been a member since 1972. In a previous lecture, we heard about descent into civil war as Parliament, King and Colonies became progressively estranged in the 1770's. We heard about the military and political structures, weapons and men of the Army and Royal power in North America. Now, we'll delve into the conflict that became the American War for Independence. What was the British strategy and what resources did they have to pursue their objectives? What was the American strategy? How did a civil conflict that began with riots and tea parties in Boston turn into eight years of open warfare involving the major powers of Europe and sea battles around the globe? And, importantly, how and why did it end?"

Coordinator: Dorothy Bromage\*

### **February 17 Book Discussion**

Facilitator: Toby Hodes\*

12:30 – 2:30 pm *Go Set a Watchman* by Harper Lee

### **February 24 Nutrition in Developing Countries**

Presenter: Sabri Bromage

Sabri Bromage is a third year doctoral student in the Department of Nutrition at Harvard School of Public Health. Sabri's research focuses on nutritional epidemiology in developing countries. Nutritional epidemiology is the study of the relationship between nutrition and disease in populations. Globally, it is estimated that more deaths are attributable to poor diet than any other factor. At the moment, his projects include designing a wheat fortification program for Mongolia, designing a calcium supplementation program for pregnant women in Bangladesh, and investigating how trends in the global food supply are associated with trends in overweight and chronic diseases.

Coordinator: Dorothy Bromage\*

\*Denotes LIRA member

# LIRA's Winter 2016 Intersession

Monday	Tuesday	Wednesday	Thursday	Friday
December 7	December 8	December 9 10 am to Noon  Holiday Party Cumnock Hall	December 10	December 12  10am Chelmsford Library Lecture (TBD)
December 14	December 15	December 16	December 17	December 18 10am Book Discussion <i>The Dante Club</i> by Matthew Pearl
		2016		
January 4	January 5	January 6  Nanotechnology Dr. Carol Forance Barry	January 7	January 8 10am Chelmsford Library Lecture Series <i>U.S. Policy Toward Africa</i> Keith West
January 11	January 12	January 13 Murderous Boston: Mystery & Detective Fiction Melissa Pennell	January 14	January 15
January 18	January 19	January 20 Cyber Safety Bob Hanlon  12:30pm Book Discussion <i>The Wright Brothers</i> by David McCullough	January 21	January 22
January 25	January 26	January 27 Public Health Museum Tour – Meet 9:15am at Tsongas Center to carpool	January 28	January 29

Monday	Tuesday	Wednesday	Thursday	Friday
February 1	February 2	February 3 Literary Lowell & the Pollard Memorial Library- Meet at Library	February 4	February 5
February 8	February 9	February 10 Rebuilding Iraq & Afghanistan Mehmed Ali	February 11	February 12 Chelmsford Library 10am <i>Sectarianism in the Middle East</i> – Keith West
February 15	February 16	February 17 The British Army in Boston & the MA Rebellion – Paul O’Shaughnessy  12:30pm Book Discussion <i>Go Set a Watchman</i> by Harper Lee	February 18	February 19
February 22	February 23	February 24 Nutrition in Developing Countries - Sabri Bromage	February 25	February 26
		MARCH		
March 7	March 8	March 9 Town Meeting 10 am to Noon Cumnock Hall	March 10	March 11
March 14 Classes begin	March 15	March 16	March 17	March 18