



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



September 2023

Vol. 30 No 3

LIRA Fall Convocation

Hear about the fall Schedule

Sign up for classes

**Where: On Zoom OR in person at
Coburn Hall, Room 255!**
*Parking will be available in the Wilder St. /
staff lot, diagonally across Broadway*

When: Wednesday, Sept. 13, 2023

**Speaker: Dr. Qun (Rachel) Le, UML Dept. of
Public Health**

Time: 10 a.m. - noon



From the President

I hope this message finds you well. LIRA has just started its 36th year and is going strong. The Fall Convocation will be held on Wednesday, September 13, 2023 from 10 a.m. to noon in Coburn Hall room 255. Free parking will be available in the [Wilder Street Lot](#) for all. We will sell Parking Hang Tags at Convocation for \$90 which gives you access to UML Staff/ Guest lots from September through June 30. Bring a check for \$90 and a completed application ([download from here](#)) to obtain your 2023-2024 Hang Tag.

Our Convocation Speaker will be Qun (Rachael) Le. Her presentation will describe the UML Healthy Aging and Neighborhoods (HANS) research project investigating how neighborhoods impact the likelihood of falls by seniors. LIRA members will have an opportunity to sign up to participate in this study during the convocation.

Our Curriculum Committee Co-chairs, Jim Rutter and Bev Rudeen will introduce the LIRA 2023 Fall Course schedule.

This Fall we want to re-introduce a couple of activities which were abandoned during Covid. We are asking people to sign up for classes and to sign up to volunteer to bring snacks to our hybrid sessions.

Class sign up sheets will be available on each table at convocation. The completed class sign up lists will be printed in a notebook that will be available in the classroom at University Suites. We ask that when you come into the classroom you place a checkmark next to your name for each class you attend. Note that signing up is not a commitment to attend and not signing up is not an exclusion to attendance. You are free to attend or not attend any classes you wish – the sign-up sheets will only be used to give us feedback about initial interest in a class and whether it held your interest for the duration of the class. If you don't get a chance to sign up at Convocation, not to worry, there are plenty of blank lines so you can add your name to the list when you come to class.

In years past we asked members to sign up for and bring snacks to class. During Covid we had to abandon the practice and I think it is time to bring it back. Having snacks gets more people into the classroom and encourages people to socialize – one of the more important goals of LIRA. You can find some tips for bringing snacks [here](#). Being a snack volunteer is a great way to meet your fellow LIRA members and to enhance your LIRA participation.

Hopefully, each LIRA member is receiving a weekly Constant Contact communication from LIRA on Sunday mornings. These emails give class schedules for the week, important information for upcoming events and new opportunities. Much of what you see in the Weekly emails is available [here](#), on the LIRA website, and [here](#), in the quarterly Newsletter. If you have not received a weekly email please let me or Becky Bronson know so we can fix the problem.

I look forward to seeing you at the Convocation and in classes for the Fall.

Peter Sebelius



The Convocation will be held on **September 13, 2023**. Classes begin on **Monday, September 18, 2023**

Learn about the HANS study

The Healthy Aging and Neighborhood Study (HANS) is funded by the National Institutes on Aging (PI: Wenjun Li, Ph.D.). The primary purpose of the study is to better understand the relationships among aging, risk of falling, physical activity, and indoor and outdoor environments. The data will inform future healthy aging and falls prevention programs. We are now inviting men and women who are 65 years of age and older and live in Worcester, Middlesex, and Essex Counties to consider participating in this important study. This is a 3-year observational study. This type of study does not have an intervention or blood work. The follow-up visits will occur every six months.

Participants in this study can be physically active or not; or may have fallen or not. Study visits are conducted at the location most convenient for participants. Staff who conduct visits are vaccinated and are trained to practice current health and safety precautions recognized by CDC guidelines. Compensation is provided to all participants at each time point during the study.

Bio for Dr. Qun Le

Qun (Rachel) Le is the Research Project Director of the Healthy Aging and Neighborhood Study (HANS) from the Department of Public Health, UMASS Lowell. With over ten years of experience in research, she is passionate about physical activity and health among people of different races and ethnicities. She is experienced in community engagement, participant recruitment, and data analysis. She has published manuscripts and presented at multiple international academic conferences. And she is a registered nurse with clinical skills.

From the Editor

This is a quarterly publication, and scheduled things likely will change as soon as it goes to publication. As a LIRA member, you should receive a weekly email every Sunday with the highlights of the coming week.

Please open and read this each week! It is the primary way for the LIRA Executive Council to communicate with members. If you are not receiving these emails, or if you have any input into improving LIRA communications, please email Becky (beckybronson241@gmail.com).

2023/2024 LIRA Scholarships

The LIRA Executive Board has agreed to award five \$2,000 scholarships to UML junior or senior students for the 2023/24 school year. Students should be full-time through May 2023, have a GPA of 3.0 or above and take part in community service activities. The university will deposit each \$2000 scholarship directly into the students' accounts, and recipients will be introduced and recognized at the Holiday Party.

If you know any candidates who meet these qualifications, they can apply for a scholarship as long as they are a student at UMass Lowell. We are grateful and appreciate that the scholarships would not be possible without the generosity and support of LIRA members. We will solicit contributions when the fall semester gets underway.

The Scholarship Committee co-chairs: Deanne Sferrino and Janet Redman; members: Margie Berenson, Alan Kent, John Mamalis and Barbara Murch.

Janet Redman

Member News and Updates

Please submit all member news items to Laura Boerman: laura_boerman@yahoo.com

LIRA member Fred Wikander passed away on August 9 after an 8-month battle with cancer. Fred will be deeply missed by the LIRA community and all who knew him.

Notes of condolence can be sent to:

Esther Wikander
255 North Road #18
Chelmsford, MA 01824

[Click here for Fred's obituary.](#)

Former LIRA member Dick Evans, husband of LIRA member Charlotte Evans, passed away on June 30 after a long illness. He was quite an amazing man!

Notes of condolence can be sent to:

Charlotte Evans
29 Windemere Lane
North Chelmsford, MA 01863

[Click here for Dick's obituary.](#)

Summer Field Trips 2023

Tour of Bedrock Gardens

LIRA's first trip for the Summer 2023 Intersession was a tour of Bedrock Gardens in Lee, New Hampshire. Ten LIRA members made the trip and enjoyed the self-guided tour and a picnic lunch together with no rain.



Tour of Wolf Hollow

On June 14, twenty-two members of LIRA had a private session at Wolf Hollow, where we learned about wolf preservation in the United States. Wolves that live at Wolf Hollow are considered “Ambassador Wolves”. Their presence and interactions with their human caretakers shows the public how important legislation to save and control their species is to the future wolf population in the US. We were able to observe the interaction between these “wolf ambassadors” and the humans who care for them. We ended the day with lunch at a rustic seafood restaurant.

Beverly Rudeen



Tour of Alnoba Sculpture Park

On July 24, a group of fifteen LIRA members met at the Alnoba Sculpture Park in Kensington, New Hampshire. We took a 90-minute guided walk through the woods and fields as part of Alnoba’s original art tour, where we experienced beautiful, creative and inspiring sculptures blended into the natural landscape. We learned about a variety of artists and their work from our two docents who shared their stories. Many of the pieces represented important themes, such as social justice and sustainability, encouraging us to go a step further toward a better world.

"The weather was perfect, and the tour was delightful!"

Jim Rutter



Membership Renewal 2023 – 2024

LIRA membership dues are \$145 (\$240 for couples) for the year July 1, 2023, to June 30, 2024, and are due by **August 15, 2023**. **If you haven't already paid your dues for this year, please do so now!** All dues must be received before the start of classes. Please note that only paid members can attend classes during the regular season. A portion of the dues (\$100 for an individual and \$150 for a couple) is tax deductible. The University will send each member a receipt for tax purposes; the remaining portion of the dues is returned to LIRA for operational expenses.

A convenient payment method is by credit card on the [LIRA website](#). Click "Join LIRA" on the left side menu and then click "Join or renew online." You will receive an immediate acknowledgement and a receipt after filling out the form.

We prefer you renew online, but if you would rather pay by check, use the LIRA application form printed in this newsletter. For couples, you may submit one form for the two of you. Send the form(s) and check to the Alumni Office, as stated on the renewal form. Again, if you haven't already done so, please mail your check NOW to ensure the University receives it by the start of classes.

We look forward to seeing you in the next academic year.

Bonnie Heines, Membership Chair

PARKING HANGTAGS

Parking hangtags will be available at the convocation on September 13th, Coburn Hall. Please be sure to have your application filled out (you can find the page in this newsletter) and a check for \$90 made out to UML. Remember, you must be a current member for 2023-2024.

The hangtag is only linked to one car. It is good from September 2023 through the end of June 2024. The hangtag can be used in several different lots on campus where students and/or staff park. It is important to display the hangtag when parking on campus to avoid getting a ticket.

\$90.00 may seem like a lot, but it is well worth it. Parking on the street or in a metered lot will cost at least \$3.00 for two hours, and while street parking near University Suites is usually available, it can be very hard to find near Coburn Hall for our bigger events. If you have a parking hangtag you can park in a convenient lot and not have to worry about how long you stay, and you might attend more classes and events in person.

Sports Tours Courtesy of Professor Jeff Gerson

Prof. Gerson has conducted several sports-related courses and trips for LIRA and UML students. The September trips to Polar Park and Fenway Park are set, and LIRA members are always welcome to attend.

Polar Park: Tues. Sept. 12, meeting with speakers and a tour 3-5 p.m. The game is at 6:45 p.m.

Fenway Park: Fri. Sept. 22, meeting with speakers from 11 a.m.-3 p.m. The game is at 7 p.m.

Piers Park Sail Center (newly added): A non-profit organization that takes inner-city kids sailing and teaches them marine science. We will have a chance to sail as well. **Wed. Sept. 27, 11am-1pm**, East Boston. More information at: <https://piersparksailing.org/>

If you are interested in any of these trips, please email Professor Gerson directly: jeffrey_gerson@uml.edu



The next newsletter will be out on December 1, 2023; the deadline for news items is November 15, 2023. Articles may be submitted at any time before the deadline. Any format is acceptable, but if you have Microsoft Word and can use Verdana Font, size 10, that is preferred. Please email articles to: beckybronson241@gmail.com

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Learning in Retirement Association

UMass Lowell

Fall 2023 Schedule of Classes

All programs will be available via Zoom. For classes listed as hybrid, the presenter will be in person in room 106 University Suites and the class will also be on Zoom. For classes labeled Zoom, only the presenter will also be remote. Please check your email for the weekly LIRA announcements for any changes or additions.

Presenters and coordinators with an * denote a LIRA member.

Monday

Artificial Intelligence, an Overview

Mondays: September 18, October 2 and October 16 10 a.m. to Noon

Presenters: Lisa Hertel*, Chris Geggis* and Brendan Hertel (**hybrid**)

Part 1: AI in History and Fiction: Lisa Hertel*

We will talk about how we perceive artificial intelligence, and how we came to the current state of AI.

Part 2: AI -- The Current State: Chris Geggis*

You may have heard of ChatGPT and/or Midjourney. In this lecture, you will see them put to use, and we will discuss what their limitations and capabilities are.

Part 3: AI in Robotics at UMass Lowell: Brendan Hertel

In this lecture, we will look at how robots can embody AI to interact with the world around us.

*Coordinator: Lisa Hertel**

Dark Matter, Dark Energy: The Dark Side of the Universe

Mondays: 1-3 p.m. Sep. 18, Oct. 2, 16 and 23 (Four sessions) (**hybrid**)

Cosmologists believe that they have made a complete accounting of everything in the Universe. All the ordinary matter that we can directly observe accounts for about 5%. Another 25% is the mysterious Dark Matter. We can see its influence but cannot directly detect it. The remaining 70% is called Dark Energy. It is the driver of the continuous and accelerating expansion of the Universe. This Great Courses presentation will explain the observations that led to the theory of Dark Matter's existence and potential candidates for the particles that make up Dark Matter (including that Einstein's theory of General Relativity may need a tweak). We will also visit the theories related to Dark Energy.

*Facilitator: Peter Sebelius**

WWII

Mondays: October 23, October 30, 10 a.m. to Noon **(hybrid)**

Presenter: Prof. Robert Farrant, Department of History UMass Lowell

In the 1930s, Franklin Roosevelt and Adolf Hitler made momentous decisions that still affect us today. As the global Great Depression engulfed nations, a majority in the U.S. wanted no part of a possible European war. In this two-part conversation, we will review how on January 30, 1933, a few weeks before Franklin Roosevelt's inauguration, Adolf Hitler became German chancellor.

We will consider the complicated history of WWII and also focus on how the U.S. pulled itself together once the Second World War occurred. Childcare at work, community gardens, recycling, ride-sharing, and gas-rationing led the way!

*Coordinator: Susan Lemire**

Transitioning from Owning Your Home to Condo Living

Monday: October 30, 1 p.m. to 3 p.m.

Presenter: Scott Eriksen, Partner, Perkins & Anctil (and team) **(hybrid)**

Scott will discuss the following topics

- What are the biggest adjustments a single- family house owner will have to make in moving into a condo community?
- How can a current or prospective condo owner tell if a condo association is well managed?
- What are the key provisions that a prospective or current condo owner should focus on when reviewing condo documents?
- What are the criteria that should be used to determine if an Association is properly funded to minimize the chance of special assessments?
- What changes in condo law are taking place across the country?

Bring your concerns and questions and Scott will address them.

*Coordinator: Bob Stevens**

Weaning off Carbon

Monday: Nov 6: 10 a.m. – noon **(hybrid)**

Presenter: Assistant Prof. Noah Van Dam Francis College of Engineering, UML

Carbon-based energy sources have powered our society for hundreds of years, but emissions of carbon dioxide from these sources have contributed to a global greenhouse effect and put earth's climate on a dangerous path. Moving society away from carbon-based energy, however, is difficult, because even sources of energy such as wind or solar that don't emit carbon dioxide directly can still have

so-called life cycle emissions from parts of their supply chains. In this presentation we will discuss several strategies that are being pursued to reduce and/or eliminate net carbon dioxide emissions from energy generation, from carbon capture and net-zero carbon fuels to non-carbon fuels and non-carbon power sources. We will learn about the tradeoffs that come with each strategy, current research working to mitigate the negative or improve the positive aspects, and what research is still necessary to wean ourselves off carbon in the future.

*Coordinator: Peter Sebelius**

Tuesday

Exciting People and Places: Trip to Southeast Asia, New Zealand and Australia

Tuesday: September 19, 10 a.m. to Noon (**hybrid**)

Presenters: Chuck and Joanne Yestramski

Did you ever think you could go on a 3+ month affordable adventure to the other side of the world in your senior years? Chuck and Joanne Yestramski would like to share the highlights from their recent trip (January through April 2023) to Indonesia and other parts of the South Pacific, Vietnam, Cambodia, New Zealand and Australia. You will learn about the special places they visited, the marvelous local people they met, as well as shared experiences learning about the history, culture and arts of these regions of the world. Through stories and photographs, the Yestramskis will share their highlights as they got to know the people and places firsthand. Come join them and they will tell you how to plan this adventure too!

*Coordinator: Suzanne Gamache**

Charles Chesnutt's *The Marrow of Tradition* (1901)

Tuesdays: 9/19, 9/26, 10/3, 10/17 from 1 p.m. to 3 p.m. (**hybrid**)

Presenter: Prof. Anthony Szczesiul Department of English UMass Lowell

Charles Chesnutt is considered to be the first major African American novelist in American literary history, and his 1901 novel *The Marrow of Tradition* is considered his greatest work. Chesnutt's novel is based on real-life events surrounding the 1898 Wilmington, North Carolina "Race Riot." A better term, however, would be "massacre," "coup," or "insurrection," for while some news accounts of the time depicted this as a "race riot" instigated by Blacks, historians know it was an insurrection led by White supremacists against the town's racially integrated government. The Wilmington "riot" is, in fact, the only political coup in American history where violent means were used to remove freely elected government officials from office. Chesnutt uses these events as a background for a tightly constructed, yet "panoramic" novel, skillfully weaving together several plot lines containing a wide range of characters. As John Edgar Wideman describes it,

“Chesnutt wished to render on a broad canvas a panoramic view of Southern society... the truth of the South can be encompassed only by a comprehensive view that includes all classes, both races, and a variety of perspectives—social, economic, and political.” *The Marrow of Tradition* is one of the most important novels on race in American literature. It provides fascinating insights into the landscape of racial politics at the turn of the twentieth century, and these insights are still relevant to our contemporary moment.

*Coordinator: Susan Lemire**

An Introduction to the Americas Before Columbus.

Tuesday: October 3, 10 a.m. to Noon (**Zoom only**)

Presenter: Marie-Anne Fernando*

Before the arrival of Christopher Columbus in 1492, the western hemisphere was vastly more populous and sophisticated than previously thought. Based on the non-fiction book by Charles C. Mann 1491 and other sources backed by research, this presentation will introduce LIRA members to “*New Revelations of the Americas Before Columbus*”.

We will dispel both “The Pristine Myth” and “The Myth of the Passive Indian”—myths that course deeply in the American imagination. We will learn how the First Americans humanized the landscape and developed complex civilizations in the North and South continents before Columbus and the ensuing European conquests.

*Coordinator: Lynn Tyndall**

Tour of the Royall House & Slave Quarters

Tuesday: October 10, 9:30 to 11 a.m. (Arrive by 9:15 a.m.)

Location: 15 George Street, Medford, MA 02155 Phone 781-396-9032

In the 18th century, this plantation was home to the Royalls, the largest slaveholding family in Massachusetts, and at least sixty enslaved women, men, and children whose forced labor helped build the Royall family’s wealth. As one of the few remaining freestanding quarters where enslaved people lived and worked in the North, the museum bears witness to their lives, to the intertwined stories of wealth and bondage in pre-Revolutionary Massachusetts, and to the resistance and political and legal activism of enslaved and free Black people in the eighteenth century.

We have scheduled a guided tour for 20 LIRA members. The **cost is \$18.75** per person. Please sign up during the Fall Convocation and/or with **David Troughton** at dtroughton@comcast.net or call **978 935-3813**. Make a check for \$18.75 payable to LIRA, Inc. and send it to David Troughton, 6 Rack Road, Chelmsford, MA 01824 or bring to the Convocation on September 13. Let David Troughton know if you can carpool.

We are asked to arrive by 9:15 AM. Parking is limited, so please consider carpooling. Carpools will leave from the side parking area at Hannafords at Drum

Hill in Chelmsford. Given the 9:15 a.m. arrival time, we will need to leave Hannafords by 8:15 a.m., so please arrive at Hannafords no later than 8 a.m. For more information about the Royall House & Slave Quarters, visit: <https://royallhouse.org/>

*Coordinator David Troughton**

Clean Heating and Cooling for Your Home

Tuesday: October 17, 10 a.m. to Noon **(Zoom Only)**

Presenter: Robert Zogg, Heat Smart Alliance

This presentation introduces homeowners to modern heat pumps, including:

- Role in lowering greenhouse gas emissions
- Functions served in the home
- Available types
- Example energy-cost and emissions comparisons
- Available incentives
- How to get started.

We will answer participant questions after the presentation.

*Coordinator: Jim Rutter**

You Can't Take It with You: The Problem of Plastics Waste and Approaches to Advance Recycling

Tuesday: October 24, 10 a.m. to Noon **(Zoom Only)**

Presenter: Prof. Margaret J. Sobkowicz Plastics Engineering Department UMass Lowell

Over a third of global plastics production goes into single-use packaging, but a far smaller percentage of this packaging is successfully recycled or composted. A significant portion of the plastics waste is leaked to the environment, causing marine and terrestrial pollution and microplastics. The plastics recovery and recycling rates remain low due not only to infrastructural and geopolitical issues but also because contamination and complexity in mixed waste degrades the quality of secondary feedstocks. The ubiquity and usefulness of plastics in our lives requires solutions that span geographic, societal, and technical domains. This talk will summarize the challenges in the various aspects of plastics waste management and recovery of value. We will also discuss recent advances at UMass Lowell in mechanical, chemical, and biological recycling, as well as educational initiatives to move beyond the status quo.

*Coordinator: Chris Geggis**

Cemeteries in New England during the Colonial period

Tuesday: Oct 24, 1 p.m. to 3 p.m. **(hybrid)**

Presenter: Mike Raguin

We are lucky to live in New England, the land of many different styles of cemeteries! English carvers designed many of the early tombstones, but local artists soon evolved the styles drastically. Early tombstones were made of slate brought to New England as ballast in British merchant ships. Later they were made of marble. For a brief period, some were made of metal and those are quite rare.

In addition to the essential dates of birth and death of the person, in many cases the inscriptions also convey his/her cause of death: disease, drowning, accident, lightning. A brief sentence might laud the deceased or offer a prayer of hope. While most inscriptions are written in English, some appear in Latin. It is during this period that the United States changed from the Julian calendar to the Gregorian calendar, and we will see the consequences of that for the tombstones. We will also talk about the markers from the only Shaker cemetery left in the US.

*Coordinator: Steve Cerand**

Future Solar Eclipses

Tuesday: October 31, 10 a.m. to Noon **(hybrid) from Coburn Hall**

Presenter: Kelly Beatty, Sky and Telescope Magazine

After seeing the solar corona for the first time, your first words usually are, "When's the next one?" This presentation details the total solar eclipse visible from the United States next April, and also previews total and annular solar eclipses through 2028.

On April 8, 2024, the Moon's dark shadow will cross the continental U.S. for the second time in seven years. This total solar eclipse promises to be among the most widely observed in history. It's already widely anticipated, as many hotels within the path of totality sold out two years in advance. Another solar eclipse, this one an annular (ring) eclipse, serves as a warm-up act when it crosses the western U.S. in October 2023. Kelly's presentation will summarize the nature of solar eclipses, give helpful advice for watching next April's event, and provide a preview of solar eclipses worth seeing through 2028.

*Coordinator: Jim Rutter**

Wednesday

Cambodian Potter and National Treasure

Wednesday: September 20, 10 a.m. to Noon

Presenters: Lisa Hertel* and Yary Livan **(hybrid)/trip**

Master ceramist Yary Livan is an expert in Cambodian traditional pottery. He embodies the tradition with artistry and excellence. He lives and works in Lowell, MA. Yary is one of only three master ceramists to survive the Khmer Rouge Genocide, and one of only two still actively creating pottery. People and institutions in Lowell came together to build a Cambodian style wood fire kiln to help ensure that this art form, which dates back to the Angkor Kingdom, can continue and flourish.

We will spend the first half of this lecture in University Suites, where Lisa Hertel will explain the history of Cambodian ceramics, Yary's personal history, and how the kiln works. At 11am, we will walk a couple of blocks down Aiken Street to Yary's kiln, where we will meet the master potter, and he will explain the kiln, answer questions, and show his work.

*Coordinator: Lisa Hertel**

Gardening With Native Plants, Why and How: Providing habitat for pollinators, birds and other essential wildlife

Wednesday: September 27, 10 a.m. to Noon **(hybrid)**

Presenter: Amy Meltzer

In this talk, Amy Meltzer will focus on the current biodiversity crisis; the evolutionary history among native plants, insects, birds and fungi, and how these interdependent relationships among diverse species are necessary for their survival. She will show how growing native plants and using ecological landscape practices can simultaneously reverse biodiversity loss, increase resilience in our landscapes, and slow climate change - all while creating a beautiful garden!

*Coordinator: Susan Lemire**

Tour of Addison Gallery of American Art

Wednesday: October 4, 10 a.m. to Noon

Located on the campus of Phillips Academy, Andover, MA, the Addison Gallery of American Art was founded in 1931. It curates and rotates its extensive collection through the galleries semester by semester as a component of the school's courses in art history. The exhibitions also serve as an adjunct to courses in other disciplines.

The Gallery has one of the most important collections of American art in the country. We have scheduled a docent-led tour for members of LIRA covering the highlights of the fall 2023 exhibitions. There will be no charge for the tour, which will last 1.5 to 2.0 hours. During its operating hours, the museum is open to the public free of charge. Anyone who wants to explore more of the museum after the tour ends will be welcome to do so.

The tour will be limited to 15-20 participants. Please sign up at the LIRA Convocation on Sep. 13 or send email to alan-friedman@comcast.net to reserve a place. Participation is first come, first served.

Free parking is available near the museum. [Directions and parking information](#) are provided on the museum website.

*Coordinator: Alan Friedman**

Waste Management Recycling Center Tour

Two Wednesdays: October 11 and October 25, 10a.m. to Noon

Location: Billerica, MA

Back by popular demand! Pick one date or the other...

Have you ever wondered if the stuff you put into recycling really gets recycled? Well, it does, and now you can see how, right nearby in a former Boston Globe distribution plant. Waste Management's plant in Billerica processes roughly 180 million pounds of recyclable material every month. Waste comes into the plant mixed together and leaves the plant sorted and sellable. Don't wear your best clothes, watch your step, and prepare to be awed by humans and machinery working together to turn your recycled trash into sorted treasure.

Tour size is limited to 9 people for safety reasons and reservations are required. Contact Chris Geggis (lira@geggis.com) to sign up for the tour.

*Coordinator Chris Geggis**

Four Brothers From Lowell

Wednesday: October 18, 10 a.m. to Noon **(hybrid)**

Presenter: Jim Turcotte, Author

Jim's talk will include a PowerPoint presentation of photographs highlighting his book, *Four Brothers From Lowell*, as well as some other relevant members of the Turcotte Family and of Lowell.

Although he grew up in Connecticut, both his parents and extended family were from Lowell, and he still has relatives that live there. As a result, he visited Lowell as a child and still does to this day.

*Coordinator: Beverly Rudeen**

Performance of the play *Gaslight*

Location: Merrimack Repertory Theatre, Lowell MA

Wednesday: October 25, 1:45 p.m.

NOTE: THIS IS NOT THE STANDARD TIME FOR LIRA CLASSES.

Gaslight is a psychological thriller adapted by Steven Dietz from the 1939 play by Patrick Hamilton. This play, which inspired the 1944 Ingrid Bergman film, thrillingly delves into the horrors of psychological abuse, where the truth is fickle for characters and audience alike. With undertones of Sherlock Holmes and film noir, it is a story replete with mystery, double-crosses, and at its core a statement on the injustice and impact of abuse.

We have reserved a block of tickets for the Wednesday matinee of this show on Oct. 25. The cost (for seniors) is \$16 per ticket. Please sign up at the LIRA Convocation on Sep. 13 (bring your checkbook) or send your check to Alan Friedman, 21 Jonathan Ln., Chelmsford, MA 01824. Tickets will be available first come, first served. As an added incentive, at the end of the performance complimentary cookies and coffee will be served.

Both free and paid parking are available near the museum. [Directions and parking information](#) are provided on the museum website.

*Coordinator: Alan Friedman**

Nutrition and Alzheimer's disease

Wednesday: Nov 1, 10 a.m. – noon (**hybrid**)

Presenter: Prof. Thomas Shea Biological Sciences, UMass Lowell

Historically, humans used to live only about 25-30 years. Now we can live into our 90s! Unfortunately, our neurons—the cells of the brain that allow us to think, remember and move—are not replaced and therefore must last all of these additional years. Living longer places all of us at risk for age-related disorders, including Alzheimer's disease. The good news is that certain "lifestyle" modifications, including improved nutrition, can prolong healthy neuronal function. Learn about what causes Alzheimer's disease and how we can fight back to maintain our brain!

*Coordinator: Peter Sebelius**

Anticipated and Unanticipated Effects of Climate Change on Animal and Plant Physiology

Wednesday: Nov 8, 10 a.m. to Noon (**hybrid**)

Presenter: Prof. Thomas Shea Biological Sciences, UMass Lowell

You know likely that the climate is changing. You have probably heard that these changes will impact temperatures, storms and ocean levels...

Our planet has been home to complex life for over 2 billion years and its climate has changed many times, yet life has adapted and survived. Unfortunately, however, the changes are now occurring far too rapidly for living things, including humans, to respond. Learn how Climate Change will impact the ability of animals and plants to survive, which in turn will alter where and how we live, how we obtain food, and how we function as a society.

*Coordinator: Peter Sebelius**

Thursday

Great Decisions

Thursday: 10 to Noon **(Zoom only)**

Eight Thursdays, 10 a.m.-Noon: Sept 21, 28, Oct 5, 12, 19, 26, Nov 2, 9 (Zoom Only)

Great Decisions is America's largest discussions program on world affairs. The discussion group reads the Briefing Book and meets to discuss the most critical global issues facing America today.

You can order a Briefing Book by sending a \$25 check payable to "LIRA Inc" to Richard Grove, 575 Osgood Street, Apt 2213, North Andover, MA 01845. He will mail you a copy of the book. Or you can bring your check to the LIRA Fall Convocation and get your book.

Politics in Latin America - Electoral results in Latin America over the past four years have led many observers of the regional/political scene to discern a left-wing surge in the hemisphere, reminiscent of the so-called "Pink Tide" that swept the area some 20 years ago. But how much do these politicians have in common? What implication does their ascendancy have for the region?

Discussion Leader: LIRA Member Steve Buccieri*, Sept 21, 28

Global Famine - Fears of global food shortages have followed Russia's invasion of Ukraine, which has disrupted grain shipments from the major grain producer. But what about countries and regions that were suffering before this impending shortage? How is famine defined, and how is it different from simple food shortages? What if any remedies are there?

Discussion Leader: LIRA Member Steve Cerand*, Oct 5, 12

Iran at a Crossroads - By the fall of 2022, Iran was in a state of turmoil due to widespread protests against government-enforced wearing of the hijab, a failing economy, an ineffective new president, and the looming succession of the country's leader, Ayatollah Khamenei. Abroad, renewal of the Iran nuclear deal seemed doubtful and tensions remain high between Iran, Israel, and Arab states. Many Iranians have lost hope of a better future, and the country seems at a crossroads. How should the United States deal with it?

Discussion Leader: LIRA Member Gail Kerr*, Oct 19, 26

Climate Migration - As climate change accelerates and drought and rising sea levels become more common, millions of people in affected regions must uproot themselves and seek safety elsewhere. Who are these affected individuals, and how might the United States aid them, and be affected by the migration?

Discussion Leader: LIRA Member Richard Grove*, Nov 2, 9

*Coordinator: Richard Grove**

Local News Reporting

Thursday: September 21 1 p.m. to 3 p.m. **(hybrid)**

Presenter: Dave Copeland, Journalist

Over 2,500 local newspapers in the U.S. have closed since 2005, and the closures are continuing at a rate of about two per week, while many of the remaining papers have had their newsrooms gutted by corporate owners. Andover resident Dave Copeland will discuss what this means for the communities and independent efforts like his to fill the void with online news sites like Andover News.

*Coordinator: Lisa Hertel**

The USEPA Superfund Program: A Case Study focused on the Nuclear Metals Superfund Site, Concord, MA

Thursday: October 26, 1 p.m. to 3 p.m. **(hybrid)**

Presenter: Kara Kelly Nierenberg, P.E. for the USEPA

The Comprehensive Environmental Response, Compensation, and Liability Act—otherwise known as CERCLA or Superfund—provides a Federal “Superfund” to clean up uncontrolled or abandoned hazardous-waste sites, as well as accidents, spills, and other emergency releases of pollutants and contaminants into the environment. Through CERCLA, EPA was given power to seek out those parties responsible for any release and assure their cooperation in the cleanup.

Come learn more about the Superfund program, and specifically about the Nuclear Metals, Inc. Superfund Site in Concord, MA, from the USEPA Region 1 Remedial Project Manager. We will cover a broad overview of the Superfund program, including the removal, remedial, and enforcement aspects of the program and then dive into the historical operations and current remediation of the Nuclear Metals Site.

*Coordinator: Beverly Rudeen**

Friday

South Campus Art Tour

Friday: October 6, 10 a.m. to Noon

Location: Begins at Coburn Hall

Presenter: Associate Professor Marie Frank, UMass Lowell

This event will center on the public art on South Campus. It is a walking tour, so be sure to wear comfortable shoes! Over the course of the school's history, a notable collection of works of art have either been purchased or donated. They range from paintings to sculpture to mosaics, and the artists that made them are both internationally and locally renowned.

*Coordinator: Susan Lemire**

Film discussions for the Fall session (Zoom only):

September 29 10 to Noon

"Harry and the Snowman" (2015) discussion leader: Becky Bronson*

October 27 10 to Noon

"Sound of Metal" (2019) discussion leader: Carolyn Walsh*

Book discussions for the fall session (Zoom Only):

All sessions 10 - noon

September 22, 2023: Common Ground, by J. Anthony Lukas. (non-fiction)

Discussion leader: Lynn Tyndall*

October 20, 2023: Defending Jacob, by William Landay. (fiction) Discussion leader: Karen Naka*

November 17, 2023: Trust, by Hernan Diaz. (fiction) Discussion leader: Toby Hodes*

December 15, 2023: Fever in the Heartland: the Ku Klux Klan's plot to take over America, and the woman who stopped them, by Timothy Egan. (non-fiction)

Discussion Leader: Steve Buccieri*

January 19, 2024: Nomadland: surviving America in the twenty-first century, by Jessica Bruder. (non-fiction) Discussion leader: Richard Grove*

Saturday/Sunday

Lowell Cemetery Tour

Saturday: September 30, 10 to noon **or**

Sunday: October 1, 10 to noon

Presenter: Dick Howe

Dick Howe will lead two tours of the Lowell Cemetery, a garden cemetery, on Saturday, September 30, 2023, and on Sunday, October 1, 2023, both beginning at 10am at the cemetery's Knapp Avenue gate (77 Knapp Ave, Lowell). Both tours will cover the same content and will last approximately 90 minutes. They are free and require no advanced registration.

Coordinator: Sally Coulter*

LIRA 2023 Fall Calendar

Note: Hybrid Session are in black; Zoom only session are in Red

Monday	Tuesday	Wednesday	Thursday	Friday
		September 13 10 a.m. - noon Convocation Coburn Hall rm 255		
September 18 10 a.m. - noon Artificial Intelligence 1-3 p.m. Dark Matter, Dark Energy	September 19 10 a.m. - noon Exciting People and Places, S.E. Asia, New Zealand and Australia 1-3 p.m. Charles Chesnutt's <i>The Marrow of Tradition (1901)</i>	September 20 10 a.m. - noon Cambodian Potter and National Treasure	September 21 10 a.m. - noon Great Decisions 1 - 3 p.m. Local News Reporting	September 22 Book Discussion "Common Ground"
September 25 Yom Kippur (No Classes)	September 26 1-3 p.m. Charles Chesnutt's <i>The Marrow of Tradition (1901)</i>	September 27 10 a.m. - noon Gardening with Native Plants, Why and How: Providing habitat for pollinators, birds and other essential wildlife.	September 28 10 a.m. - noon Great Decisions	September 29 Film Discussion "Harry and the Snowman"

Monday	Tuesday	Wednesday	Thursday	Friday
				Saturday, Sept 30 or Sunday, October 1 Lowell Cemetery tour <i>Meet at the Knapp Avenue Gate</i>
October 2 10 a.m. -noon Artificial Intelligence 1-3 p.m. Dark Matter, Dark Energy	October 3 10 a.m. – noon An Introduction to the Americas before Columbus 1-3 p.m. Charles Chesnutt’s <i>The Marrow of Tradition (1901)</i>	October 4 10 a.m. – noon Tour of Addison Gallery of American Art	October 5 10 a.m. – noon Great Decisions	October 6 10 a.m. – noon South Campus Art Tour <i>Begins at Coburn Hall</i>
October 9 Columbus Day (No Classes)	October 10 10 a.m. noon Tour of the Royall House & Slave Quarters	October 11 10 a.m. – noon Waste Management Recycling Center Tour	October 12 10 a.m. – noon Great Decisions	October 13
October 16 10 a.m. - noon Artificial Intelligence 1-3 pm Dark Matter, Dark Energy	October 17 10 a.m. – noon Clean Heating and Cooling for your Home 1-3 p.m. Charles Chesnutt’s <i>The Marrow of Tradition (1901)</i>	October 18 10 a.m. – noon Four Brothers From Lowell	October 19 10 a.m. – noon Great Decisions	October 20 10 a.m. – noon Book Discussion “Defending Jacob”

Monday	Tuesday	Wednesday	Thursday	Friday
<p>October 23 10 a.m. – noon World War II</p> <p>1-3 pm Dark Matter, Dark Energy</p>	<p>October 24 10 a.m. – noon The Problems of Plastics Waste and Approaches to Advanced Recycling 1 – 3 p.m. Cemeteries in New England during the Colonial Period</p>	<p>October 25 10 a.m. – noon Waste Management Recycling Center Tour 1:45 PM Performance of the Play <i>Gaslight</i> Merrimack Repertory Theater</p>	<p>October 26 10 a.m. – noon Great Decisions 1 – 3 p.m. Introduction to the USEPA Superfund Program and Nuclear Metals Superfund Site Case Study</p>	<p>October 27 Film Discussion "The Sound of Metal"</p>
<p>October 30 10 a.m. - noon World War II 1 – 3 p.m. Transitioning from Owning Your Home to Condo Living.</p>	<p>October 31 10 a.m. – noon Future Solar Eclipses <i>Note: Class will meet in Coburn Hall room 255</i></p>	<p>November 1 10 a.m. – noon Nutrition and Alzheimer's Disease</p>	<p>November 2 10 a.m. – noon Great Decisions</p>	<p>November 3</p>
<p>November 6 10 a.m. – noon Weaning off Carbon</p>	<p>November 7</p>	<p>November 8 10 a.m. - noon Anticipated and Unanticipated Effects of Climate Change on Animal and Plant Physiology</p>	<p>November 9 10 a.m. – noon Great Decisions</p>	<p>November 10</p>
<p>November 13</p>	<p>November 14</p>	<p>November 15</p>	<p>November 16</p>	<p>November 17 Book Discussion "Trust"</p>

**LEARNING IN RETIREMENT ASSOCIATION/ UMASS LOWELL
OFFICE OF COMMUNITY RELATIONS
LOWELL, MA 01852 [LIRA Webpage](#)**

MEMBERSHIP APPLICATION

NAME _____ Date of Application _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ CELL _____ EMAIL _____

SPOUSE/PARTNER NAME _____

SPOUSE/PARTNER CELL _____ EMAIL _____

- In the event of class cancellation LIRA will send email to all members.
If you do NOT use email check here to request a telephone call. Phone _____
- LIRA distributes the Newsletter by email.
If you do NOT use email check here to request a paper copy. Paper _____
- Are you a graduate of UMass Lowell? _____ What year/degree _____
- Is this a renewal? _____ If yes, the following questions may be omitted

How did you learn about LIRA?

Professional work/experience

Brief Educational Background

Special fields of study, interests, hobbies, etc

What experiences, work background or skills would you be willing to share with LIRA?

LIRA membership dues are \$145 (\$240 for couples) for the year July 1-June 30 payable by Aug. 15. Half-year LIRA membership dues for new members only are \$85 (\$145 for couples) for Jan. 1- June 30 payable between Jan. 1 – April 30 only. *All new Membership applications received after April 30 will be for a full year's membership, which will start on July 1.*

A portion of your membership fee will be tax-deductible and will benefit our student scholarship fund.

For additional information see our [LIRA Webpage](#)

By submitting this application you grant permission for LIRA to use your image for promotional purposes.

Designations:

- Individual Full-year Membership \$145
- Couple Full-year Membership \$240
- New Membership Individual Half-Year \$85
- New Membership Couple Half-year \$145

Amount of Membership Selected:

\$.00

When the application is processed you will receive additional LIRA information including current programs and parking directions.

Please return Application (or apply online with a credit card) with check payable to UMass Lowell, memo line LIRA, and mail to:

Office of Alumni and Donor Relations
45 Lawrence Drive
Lowell, Ma 01854

May 2023

Parking Hangtags

Please read the following carefully. LIRA parking permits for 2023-2024 will be **valid for 10 months**, September 2023 through June 2024. LIRA will not have any on-campus programs in July and August 2024.

Note that the Parking Hang Tag price has gone up by \$10 to \$90 for the 2023-2024 pass.

Please fill out the parking permit form below along with a \$90 check made out to UMass Lowell and **bring it to the Convocation on September 13**. Parking hangtags can only be issued to members that have paid their dues and have completed the vehicle information form. No one, other than those with a handicap permit, will receive a University issued parking permit without a payment of \$90.

You have 3 options if you cannot make it for the Convocation:

- If you fill out this form **with a check made out to UMass Lowell for \$90** and mail it to: Peter Sebelius, 20 Draycoach Dr., Chelmsford, MA 01824 **BEFORE** September 13, he will assign a hangtag to you. Include a stamped, self-addressed **legal-sized** envelope and he will mail it to you.
- You may have a friend bring a filled out form and check to the Convocation and get a hangtag for you.
- You can go to the Parking Access office at Campus Security office located at 220 Pawtucket St, Lowell, MA 01854, entrance on Salem St. This is the same place that you get your photo ID.

IF YOU HAVE HANDICAPPED PARKING, PLEASE WRITE YOUR PLATE NUMBER AND DATE OF EXPIRATION ON THE FORM. Your parking will be free, but you will not be able to get your hangtag unless you have **ALL** this information.

Additional copies of the application form will be available at the Convocation.

**LEARNING IN RETIREMENT ASSOCIATION (LIRA)
UML Parking Permit – Registration Form**

LIRA MEMBER AND VEHICLE INFORMATION (Required): *[Please Print]*

Last Name

MI

First Name

Mailing Address: _____

(Street, P.O. Box, City/Town, State, Zip Code)

Telephone Number: _____

Handicap Permit #: _____

Expiration Date: _____

VEHICLE INFORMATION:

Year	Make	Model	Color

License Plate Number

State

UML PARKING PERMIT NUMBER: _____