



# LIRA NEWSLETTER

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

May 2011

Vol. 18 No. 2

*Here comes the sun\* and.....*

## **LIRA's Annual Meeting**

**Wednesday, May 18, 2011**

**10 AM until Noon**

**Alumni Hall, 84 University Avenue, Lowell, MA  
Shuttle bus from 1001 Pawtucket Street Parking Lot\*\***

**Election of Officers  
Hear about the new Summer Intersession  
Refreshments**

**\*\*See inside for details about parking.**

*\*Glass Sculpture 'The Sun' by Dale Chihuly installed at Kew Gardens 6-2005*

## Mystery Member of LIRA

Who is the lady who knows the most and is the most helpful and knowledgeable member of LIRA's programs? I submit that it is Dorothy Bromage. She is the chairperson of the Curriculum Committee but even when she was not she always knew and participated in the success of LIRA programs in a myriad of ways. Every semester she offers her own new music program. She is the "go to" person for technical expertise related to audio/visual presentations and she IS NICE! She is one of the long-term members who knows and has a significant history of LIRA - so ask her if you have any questions.



Before moving to New England in 1984, Dorothy lived in California where she was educated at Pomona College and where she acquired her credentials in Educational Administration at California State College at Los Angeles. She was then an elementary school teacher and principal.

Dorothy's son, Tim, has twice come from NYC to present a program for LIRA in his field of paleoanthropology. His

son, Sabri, has also visited LIRA (reading Gilbert & Sullivan). Number One Son Jeffery, who lives in Southern California, is retired but still involved in real estate. His children are Jean (NYC) and John (also Southern California). Although a continent apart, Dorothy and her sister in Oregon, Georgia Windish, remain close.

If and when you visit Dorothy's home you will appreciate that she is an avid collector of old sheet music, marbles, optical toys, music boxes, reproducing pianos, and piano rolls and many other things. Musical interest is also evident in the many musical organizations of which she is a member such as Automatic Musical Instrument Collectors' Association, Musical Box Society, and American Theatre Organ Society (ATOS). For the Eastern Massachusetts Chapter of ATOS, she produced a series of silent movie nights titled "Silents in the House." For these organizations, on both coasts, Dorothy has been active in chapter leadership and convention planning.

While in California, Dorothy was a member of several women's barbershop quartets, conducted church choirs, men's barbershop choruses, women's barbershop choruses, small vocal groups, and a small orchestra. She enjoyed five-years as timpanist in the Claremont Symphony Orchestra. Life in San Francisco included singing with the Schola Cantorum and playing organ at a church. Now retired, Dorothy devotes much of her time presenting programs for LIRA. Most of these call upon her interest and experience in music, for example, Art Songs, Music for Silent Films, Drinking Songs, Instruments of the Orchestra, Dancing, and Classical Music Animated.

*Jeanne Gunion*

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## Slate of Officers for 2011-2012:

The Nominating Committee would like to present the 2011-2012 nominations for officers of LIRA to be voted on at the Annual Meeting. All nominees have agreed to serve if elected.

President..... Toby Hodes  
Vice-President..... Alan Kent  
Secretary..... Shirley Mitchell  
Treasurer..... Ann Dahlman

*Nominating Committee*  
*Steve Sussman, Chairman*  
*Connie Lanseigne-Case*  
*Judy Miller*

## Member News

I'm home from the hospital, with your phone calls, email messages, and cards encouraging me all the way. Yes, TV, radio, and internet access in the hospital. Inflammation of the muscles caused weakness of my legs for a long time. The rhabdomyolysis was discovered in the hospital. Discontinuing a statin medication has resulted in no more inflammation, but some weeks of getting strong again lie ahead. Many thanks for your well wishes--means a lot, and hopefully, I'll be able to tell you so in person soon.

*Dorothy Bromage*

Kay Carroll sends cards to members who are ill. If you know of an ailing member or a member that would appreciate a sympathy card, please email her at fckc12345@comcast.net or call 978-453-0694.

## Location of the Annual Meeting and Parking Lot

The Annual Meeting will be held in Alumni Hall at 84 University Avenue, Lowell on Wednesday, May 18, 2011 from 10 am until Noon (NOTE the change of date from the March Newsletter). The hall is part of the Lydon Library. The entrance to the hall is on the left as you are facing the building. A shuttle bus will be taking us from the parking lot to Alumni Hall, leaving us off across from the building. The shuttle runs every 15 minutes from the Pawtucket Boulevard parking lot.

**Parking is in the Pawtucket Lot, NOT THE PERKINS LOT.** The Pawtucket Lot is located at 1001 Pawtucket Boulevard (Route 113). It is a very large lot with plenty of parking available. From downtown Lowell, go to the other side of the Merrimack River by crossing on the University Bridge, the School Street Bridge or the Rourke Bridge. In all cases, make a left turn at the light. From the light at the Rourke bridge (bowling alley is across the way), it is about ½ mile on the right just past J.J.Boomers. Parking is at the back of the lot of the company called COBHAM. There is a sign at the entrance to their parking lot that says 'UMass Lowell Parking Lot'. There is also a sign at the back of the lot that says 'UMASS LOWELL BUS STOP.' The shuttle runs Monday through Friday from 7am to 6:30pm every 15 minutes.



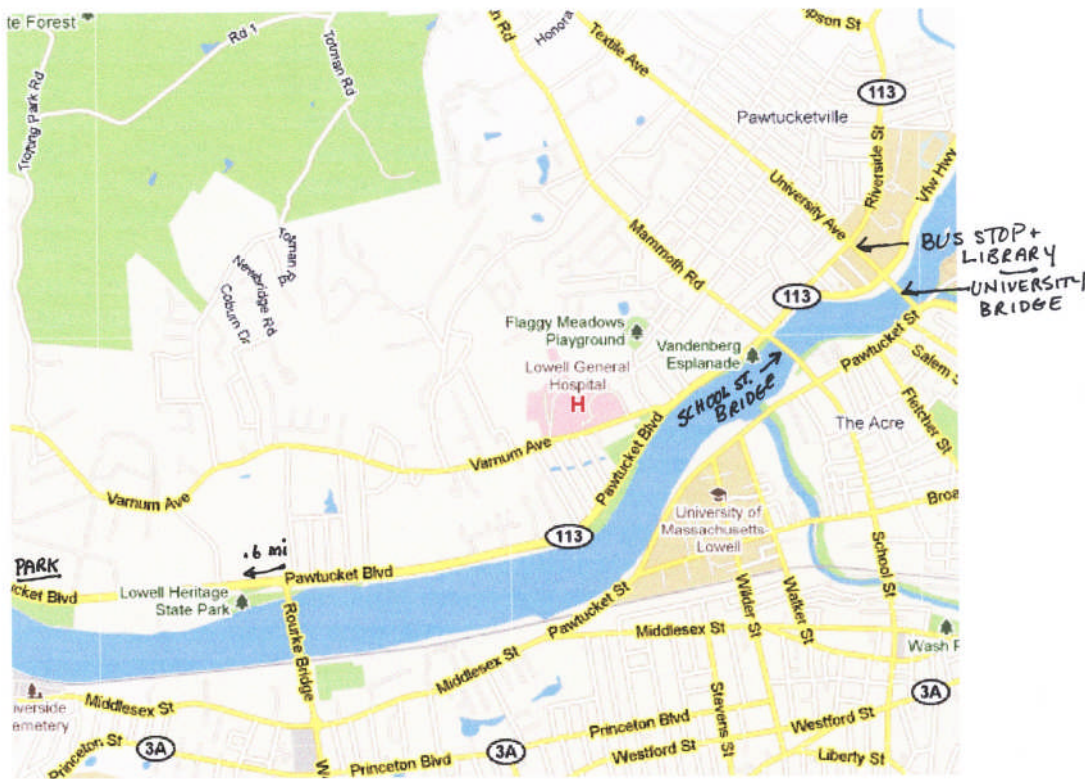
Lydon Library



Entrance to Alumni Hall on left of Library



Pawtucket Parking Lot



## Healthy Cooking

One thing is clear: LIRA loves food! On February 16, the room was packed as Chef Joe Stanislaw, son-in-law of member Eleanor Belanger, gave us a demonstration of heart-healthy, easy to prepare foods. He was assisted by Dietician Marilyn Mills, who explained nutritional values, and Keith Martel who saw that we all got tastes of the four dishes prepared.

In addition to cooking, Chef Joe demonstrated knife techniques such as rolling herbs in a ball, slicing through it and then chopping in a rolling motion while holding down the point of the knife.

The dishes were: orzo lentil salad, white bean and tuna wrap, a quinoa dish, and salmon with a blood orange/butter glaze. We were given recipes for all four. For dessert, we had Greek yogurt with fruit.

Marilyn explained that each meal should have something strong (protein), something whole (grain) and something bright (fruit or vegetable). She discussed Omega-3, soluble and insoluble fiber, and good versus bad fats.

On each table were displayed examples of healthy foods to take note of. A delicious time was had by all.

*Barbara Page*



Chef Joe Stanislaw is flanked by LIRA member Eleanor Belanger (his mother-in-law) and Keith Martel (his 1<sup>st</sup> assistant). Marilyn Mills (registered dietician) is on the left.



Keith Martel made sure that when it was time to serve a course, it was ready. He tops Greek style yogurt with fruit.



Chef Joe in action.



Salmon is ready.



orange glaze prepared for the salmon.

## Chelmsford Library Lecture Series

We enjoyed another Friday Morning Lecture at the Chelmsford Public Library, on March 11, 2011. These lectures are co-sponsored by the Library, LIRA and the Chelmsford Friends of the Library.

On March 11th, the lecture was given by Dr. Deina Abdelkader. Dr. Abdelkader currently teaches at UMass in Lowell, MA. She is a Comparativist and International Relations specialist. Her topic was Egypt 2.0. She spoke extensively on the Egyptian background, its history, British colonialism; several political organizations that were instrumental in leading up to the January 2011 revolution. She mentioned that the revolution was a result of 59 years of repression of the people's wants and needs and the lack of independence. There was a Facebook page to discuss police brutality and how the illegitimate regime was unjust. The page was later found to be created by Wael Ghoniem. He became the leader of the revolution, which led to President Mubarak's resignation. Now the future of the government is unknown. She hopes, as we all do, that democracy will prevail. One important that she spoke of was the women's fight for suffrage - which was finally achieved in 1952. She presented a great deal of Egyptian information that was very thought provoking.

*Martha Hill Sackett*

The next Friday morning lecture will be presented on May 13, 2011 at 10 am at the Chelmsford Library. The presentation is by Robyn Anglely and is titled 'Geopolitics and The Caucasus'.

The countries and regions of the Caucasus, with their strong national identities, are located at a geopolitical crossroads. What role does the Caucasus play in global geopolitics? How do Russia, Turkey, and the United States influence developments in this small but intriguing part of the world?

Robyn Anglely recently received her Ph.D. in International Relations and History from Boston University, where she worked for six years as a Research Fellow at the Institute for the Study of Conflict, Ideology. Her research focuses on the Caucasus and the Russian Federation, with particular attention to Georgian politics, the Russian North Caucasus, and the development of civil society in post-Soviet states.

## Nanotechnology in Literature

On February 23, Todd Avery who teaches literature at UMass Lowell gave us a very engaging lecture on nanotechnology in literature. He provided us all with copies of his paper "Nanoscience and Literature: Bridging the Two Cultures," and the sci-fi short story "Blood Music" by Greg Bear. He listed several books for us to read and announced that science fiction really began in 1818 with Mary Shelly's "Frankenstein or The Modern Prometheus." As we recall, Dr. Frankenstein tried to make a man and created a monster by mistake. Prometheus stole fire from the gods and tried to make humans from clay. For attempting to usurp the province of the gods, he was punished for all eternity. I suspect all the books Todd recommends are similar cautionary tales.

Todd described how the UMass Lowell campus is divided by the Merrimack River with the sciences on one side and the humanities on the other. He decries this social as well as physical separation and, with many others listed in his paper, emphasized the need for a dialogue between the disciplines to address the moral and ethical dilemmas that inevitably will arise with the development of nanotechnology.

Todd teaches a class called "Monsters, Apes and Nightmares." I, for one, would love to audit it. His students are lucky to have him.

*Barbara Page*

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## Second Request for Recipes

All the different dishes at the Holiday Party potluck were thoroughly enjoyed by all so we would like to compile your recipes for distribution. Please email (or snail mail) your recipe to Dawn Gillogly and she will compile them and make them available to all members.

Dawn Gillogly  
1 Patten Lane  
Westford, MA 01886  
bostontreas@aol.com

## Thank you.....

I wish to thank LIRA for its contribution to the Michael J. Fox Foundation for Parkinson's Research in memory of my husband, Jelescho "Jeff" Jelescheff. He suffered for many years with this terrible disease and I was touched to receive the note regarding your contribution. My hope is that research will ultimately bring better treatments and possibly a cure. All contributions to the Foundation are greatly appreciated.

Sincerely,  
*Elaine Jelescheff*

To all our LIRA members and friends:

We thank you for the gift from Learning in Retirement made to Dana-Farber Cancer Institute and the Jimmy Fund in memory of our son John. We are also most grateful for your kind words, cards, flowers, Masses and many memorials made in John's name. We have been greatly touched by these expressions of sympathy.

Sincerely,  
*Kay and Frank Carroll*

February 14, 2011

Thank you for your recent contribution of \$100.00 to the Lowell Parks and Conservation Trust on behalf of LIRA. I enjoyed meeting with your members and speaking about the Trust. I look forward to working with you again!

Sincerely,  
*Jane Calvin*

PS: What a great crowd of LIRA folk. I look forward to a Greenway walk!



## Time for a Change

If you want to remain current with LIRA members, take pen or pencil in hand and make the following changes in your membership list.

### ***New Members:***

Janet Altobello  
2 Westview Ave.  
Chelmsford, MA 01824  
978 250 4497  
grandmahugs@gmail.com

Sherry Darrow  
1461 Pawtucket Blvd A-11  
Lowell, MA 01854  
425-533-8822  
s\_darrow@hotmail.com

Betsy Eshbaugh  
216 Graniteville Rd  
Chelmsford, MA 01824  
978-251-3223  
beshbaugh@comcast.net

Bonnie Heines  
13 Augusta Way  
N. Chelmsford, MA 01863  
978-251-9350  
bheines@yahoo.com

Patricia D. Karpeles  
21 Wild Rose Dr  
Nashua, NH 03063  
603-521-7557  
pkarpeles@comcast.net

Jackie Mills  
155 Warwick St  
Lowell, MA 01851  
978-452-4800  
jackiemills1@comcast.net

Patricia J. Murphy  
6 Swedes Crossing  
Westford, MA 01886  
978-692-3692  
patmurph62@yahoo.com

Shirley Schultz  
49 West Hollis Rd  
Hollis, NH 03049  
603-465-7508  
txnewy@aol.com

### ***Email Change:***

Janet Redman:  
janetredman@verizon.net

The next newsletter will be out on September 1, 2011; the deadline for news items is August 15, 2011. 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*

### **Newsletter Committee**

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

The 2011 Summer 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 these programs is 10:00 AM to 12:00 noon. Please note the location of classes. All the indoor Summer Intersession programs will be held in the Wannalancit Building, 600 Suffolk Street, Lowell in Room 101B. The carpool location is at the Hannaford on Drum Hill Road in Chelmsford. Park on the left side of the building toward the rear, bordering Parkhurst Road.

June 1

**STAYING SHARP**

Rebecca Shafir

Helpful, practical, and affordable ways for optimal brain fitness  
Rebecca Shafir, author, speech pathologist and neurotherapist will tell how to:

- Prevent Alzheimer's and dementias
- How to boost working memory
- How stress affects thinking and how to manage it
- Concentrate and focus better
- Brain Training - what works and what's hype?

Coordinator: Ron Cannistraro \*

June 8

**NATURE WALK AND PICNIC**

Steve Sussman \*

The Oxbow National Wildlife Refuge along the Nashua River near Harvard, MA is managed by the US Fish and Wildlife Service. We will walk a level interpretive trail less than two miles long with stops to learn about the natural environment. Wear comfortable shoes; carry water and insect repellent.

Eight years ago LIRA enjoyed a pleasant walk at this site. Since then many improvements have been made including board walks over muddy sections and toilet facilities at the trail head.

After the walk we will gather for a picnic lunch on the banks of the Nashua River. Since no picnic tables are available, take along a lawn chair or blanket.

Directions: From Route 495 South go on Route 2 West. At Exit 38A go on Route 110 West to Harvard. At the blinking light on Harvard Green go right onto Route 110. In 2 miles look for sign to Oxbow Wildlife Refuge and go right on Still River Depot Road. Proceed downhill across railroad track and follow gravel road left then right to the trailhead parking lot.

Car-poolers meet at the Hannaford parking lot at 9:30 AM. Others plan to arrive at Oxbow at 10:15 AM. Info: Steve Sussman 978-486-9630

Coordinator: Steve Sussman,\*

June 15

**FACILITIES TOUR: MAGNEMOTION, INC.**  
139 Barnum Road - Devens MA

Company personnel will guide a tour of manufacturing facilities including demonstration of products such as: MagneMotion's QuickStick® Linear Synchronous Motors (LSMs) provide a highly adaptable transport and positioning solution that uses electro-magnetic force to propel, control, and track payloads through automated manufacturing and assembly automation processes. MagneMotion Maglev (M3) utilizes patented advances in magnetic levitation technology resulting in the design and implementation of highly efficient, safe, and cost-effective LSM-based transportation systems.

Directions:

- Follow Route 495 South to exit 30 toward Littleton/Ayer.
- Turn left at King St. /Rt 110/Rt 2A. Continue to follow Rt 110/Rt 2A. (4.6 mi)
- At the traffic circle, take the 3rd exit onto Barnum Road.
- Follow Barnum Road. MagneMotion will be approx. 1 mile on the right.
- Car poolers depart Hannaford at 9:30 AM.

Coordinator: Steve Sussnan\*

Friday, June 17

**BOOK DISCUSSION**

Toby Hodes\*

*The Lacuna* by Barbara Kingsolver. Please contact Toby for the location.

June 22 **REINVENTING AND EXTENDING THE HARD-BOILED DETECTIVE NOVEL** Melissa Pennell

We'll consider the key factors that define the hard-boiled sub-genre in detective fiction, briefly look at the updates and changes introduced in the 1960s - 1980s, and then focus on some of the ways that the sub-genre has continued to change and/or how elements of it have been incorporated into other sub-genres within detective fiction. Authors to be discussed include Ian Rankin, Philip Craig, Kate Atkinson and others.

Coordinator: Ann Dahlman\*

June 29

**CONCORD RIVER GREENWAY WALK**

Jane Calvin

Join Lowell Parks & Conservation Trust Executive Director, Jane Calvin, for a behind-the-scenes tour of the partially completed Concord River Greenway. See the two completed sections and learn about plans for future sections as well as the trail's connection to the Bruce Freeman Rail Trail at the border with Chelmsford. See some of Lowell scenic vistas along the Concord River and learn about the river's wildlife. You'll also get to explore the Greenway's public art, multi-lingual signage and learn about how the Greenway is used as an outdoor classroom.

Meet at 10:00 AM at the Lawrence St. entrance to the Lowell Cemetery. The address is 1001 Lawrence St. Stage One of the Concord River Greenway Walk begins here. For Stage Two, we will carpool to the downtown location.

Coordinator: Connie Lanseigne-Case\*

July 13

**LIRA GOES ABROAD**

Jerry Durant\*: "Gardens of Glass"

What a pleasant surprise it was when we visited Kew Gardens in London and discovered the spectacular works of Dale Chihuly. His vibrantly colored glass sculptures were scattered throughout the 300 acres of gardens and greenhouses. A DVD will be shown of Chihuly working in the glass shop along with a fascinating look at the installation process happening at Kew Gardens the very week that we arrived in London

Connie Lanseigne-Case\*: "Albert Schweitzer"

In the summer of 1962 while teaching for Crossroads Africa in Gabon West Africa, I visited Lambarene, where Dr. Albert Schweitzer established his hospital. In 2006 I toured his home/museum in Gunsbach, Alsace and talked with the curator. The slides are of daily life of patients, their families and Dr. Schweitzer along with an update of Lambarene 44 years later.

Jerry Gilmore\*: "Souvenirs from Trip to China"

I will exhibit several items I brought back from China with some slides of locations where I purchased them. They include a Magic Rug, a Porcelain 2-sided figure, a Buddha carved in a blossom, and a small jar painted in the inside. They are all very unusual and reflect the art of Chinese craftsmen.

Coordinator: Dorothy Bromage\*

July 20

**NEW TRENDS IN TECHNOLOGY**

Robert Hanlon\*

- RFID - How radio frequency ID is being used to track us and the products we buy.
- Wireless technology smart phones, tablet computers, e-book readers – how dedicated applications are replacing the World Wide Web
- Social networking - How Facebook, Twitter and virtual reality are changing our lives.
- Entertainment: 3D TV and the internet. How the conventional TV set is becoming just one of many ways to view movies, TV shows, and internet content. What's ahead for 3D TV.
- Education – Use of online learning, netbooks, and interactive whiteboards

Coordinator: Bill Terris\*

July 27

**GROWING UP IN ENGLAND**

Dee Freeman


Daphne Freeman will be giving a talk about her personal experiences as a teenager growing up in London during WWII in the Blitz and the bombardment of war torn Britain, and how every day's survival was a challenge.

Coordinator: Dottie Morris\*






# LIRA May 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10AM to Noon <b>Civil War</b> 12:30—2:30 PM <b>Shakespeare</b>	3 10AM to Noon <b>Baroque Music</b> 12:30—2:30PM <b>Biology &amp; Human Behavior</b>	4 10AM to Noon <b>The Pre-Raphaelites</b> <b>Liana Cheney</b>	5 10AM to Noon <b>Great Decisions</b> 12:30—2:30PM <b>Meteorology</b>	6	7
8	9 10AM to Noon <b>Civil War</b> 12:30—2:30 PM <b>Shakespeare</b>	10 10AM to Noon <b>Baroque Music</b> 12:30—2:30PM <b>Biology &amp; Human Behavior</b>	11 9AM <b>Meet at Hannaford to Carpool to Gropius House, Lincoln</b>	12 10AM to Noon <b>Great Decisions</b> 12:30—2:30PM <b>Meteorology</b>	13 10AM to Noon <b>Chelmsford Library Lecture</b> <i>Geopolitics and the Caucasus</i>	14
15	16 10AM to Noon <b>Civil War</b> 12:30—2:30 PM <b>Shakespeare</b>	17	18 10AM to Noon <b>Annual Meeting</b> Alumni Hall	19	20 10AM to Noon <b>Book Discussion - Cutting for Stone</b> <b>By Abraham Verghese</b>	21
22	23	24	25	26	27	28
29	30 <b>Memorial Day</b> 	31				



# LIRA June 2011

Intersession programs for June 1 and 22 will be held in the Wannalancit Building, 600 Suffolk Street, Lowell in Room 101B from 10AM to Noon.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Staying Sharp - Rebecca Shafir	2	3	4
5	6	7	8 9:30 AM Meet at Hannaford to car- pool for Nature Walk & Picnic - Oxbow at 10:15	9	10	11
12	13	14	15 9:30 AM Meet at Hannaford to car- pool to Magnemo- tion, Devens, MA	16	17 Book Discussion <i>The Lacuna</i> — Barbara Kingsolver	18
19	20	21 	22 Reinventing and Extending the Hard- boiled Detective Novel—Melissa Pennell	23	24	25
26	27	28	29 Concord River Greenway Walk— Meet at Lowell Cemetery Lawrence Street 9:30am	30		



# LIRA July 2011

Intersession programs for July will be held in the Wannalancit Building, 600 Suffolk Street, Lowell in Room 101B from 10AM to Noon.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 	5	6	7	8	9
10	11	12	13 10 AM LIRA Goes Abroad, J Durant, J Gilmore, C Lanseigne-Case	14	15	16
17	18	19	20 10 AM New Trends in Tech- nology—Bob Hanlon	21	22	23
24	25	26	27 10 AM Growing up in England Dee Freeman	28	29	30
31						