



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

September 2009

Vol. 16 No. 3



Come join us for the

Annual Fall Convocation

Wednesday, September 16, 2009

10 a.m. to noon

Wannalancit Building, MIL Conference Center
Suffolk Street, Lowell, MA

Guest speaker will be Robert Farrant,
our favorite history professor from UMass Lowell.

Hear about our fall schedule and sign up for courses of your choice.
Parking decals will be handed out (see inside for details).
Refreshments will be served.

“Long Period Rhythm of Bone Development” By Tim Bromage

Dorothy Bromage’s son, Tim, came from New York and gave a talk on his biological research entitled the “The Long Period Rhythm of Bone Development”. Tim used the electron microscope in comparing bone growth phases in various species.

According to Tim the long period rhythm described is completely new to human knowledge, which means that the significance it has for understanding our place in nature and its role in human physiology is open for discovery. The importance of this rhythm for human biology is that it is a mechanism, which together with culture that has allowed humans to evolve diversity in order to survive the enormous range of physical environments on earth. The importance it has for humans as individuals is a completely unexplored field, which now needs to be researched and discovered.

Tim notes that if he were to make informed guesses about the significance of the long period rhythm to humans, he would suggest a couple of major areas: First, the existence of this rhythm implies that metabolic energy is diverted to growth and maintenance (i.e. cell proliferation) during specific times of an individual’s “week” (the “week” being the 5-10 day – 8 day average – period over which the rhythm oscillates). For the growth of a child, for instance, it means that diversions of energy to other metabolic needs will negatively impact on their development; this likely, partly, explains why psychologically disturbed children, and children with horrendous home lives, are shorter than average (their metabolic activity has been harnessed for coping with their daily stresses rather than being used in bone formation that is consistent with a child’s age). The autonomic nervous system, which happens also to be the hypothesized site of the long period rhythm, is known to be perturbed in these children, which drives their metabolic balance toward dealing with their problems rather than proliferating cells for growth.

Any situation in which metabolism is required for one thing when it should be doing another (i.e. proliferating cells) will be to the detriment of the person. In our normal lives, is there one day of the “week” we feel differently, perhaps having a little less energy for activity because our bodies are replacing cells, as it should? The long period rhythm is synchronized to our daily rhythm too, so, is the long period rhythm also disturbed in night workers?

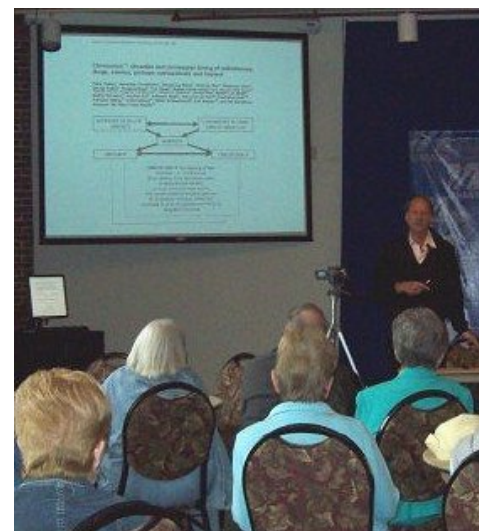
Secondly, Tim does wonder if some cancers might be a result of a cell’s inability to respond correctly to the long period rhythm, ignoring the signal of the “week” and replicating unchecked.

Tim believes that future attention to the long period rhythm will reveal discoveries about our lives, our behavior, and our health that have been completely misunderstood or unknown.

Tim showed the group various slides taken with the electron microscope that demonstrate that bone growth in various species is not linear and varies from species to species along with differences within and between individuals.



Biologist Timothy Bromage examines an early human fossil



Tim speaking to LIRA members on June 10

Jeanne Gunion

Meeting Rooms

The Fall Study Groups will meet in the MIL Conference Center most of the time. Sometimes called “the big room,” it will be home to LIRA activities unless Special Events needs the space for another event. In that case, we will be scheduled into either Room 203 or Room 204. These are reached by turning left as you leave the elevator and going to the end. The photo shows what you will see. A fortunate aspect of the shift in locations is that there is a break room right off Room 203 and easily accessible to Room 204, which makes getting the water for refreshments quite easy.





FROM THE PRESIDENT

I hope everyone has had a wonderful and relaxing summer. We at LIRA were fortunate to hear some wonderful speakers and enjoy a variety of tours, including several that indulged our love of food.

Our Curriculum Committee has been hard at work and has, I believe, come up with an attractive list of study groups for the fall, with subjects to meet our members varying interests. Please join us at our convocation on September 16th to learn more about them and sign up for classes.

I am excited and honored to be the new President of LIRA, but I must take this opportunity on behalf of all of the members to thank Don Pattershall for his 10 years of service as President. He has done a wonderful job leading the organization, and I think we all owe him an enormous round of applause for a job very well done!

Toby Hodes

LIRA'S Scholarship Fund Annual Auction

We will hold our annual auction at the LIRA Holiday Party December 9th. The Committee has decided that the auction will be a Consumable Auction once again. The Auction is a major fundraiser for the Scholarship Fund. This year we will be giving \$1500 to two University of Lowell students to use towards their education.

What is a Consumable Auction, you ask? It is an auction where all items donated would be consumed i.e., something you eat, drink, do, or use up. The Scholarship Committee sells tickets and you decide what item(s) you want, and put your ticket(s) in the appropriate container(s). All donations must be brought directly to the Holiday Party location on that day. We will not be collecting items beforehand.

ITEMS YOU MIGHT LIKE TO DONATE:

- Home made baked goods
- A Box of Candy
- Baskets filled with boxes of teas with or without a mug, a pound of coffee with or without a mug, a spa basket, movie snacks with or without movie tickets, etc.
- A bottle of wine
- Passes to a movie
- Gift certificates of any kind, i.e., Dunkin Donuts, Market Basket or Panera Bread
- Suduko or Crossword Puzzle Books

SERVICES YOU COULD DONATE:

- If you like to bake you could give a certificate stating that you would make a homemade dessert or a plate of Christmas cookies; to be delivered to the winner at a future date.
- If you like animals you might offer to feed, walk, or watch someone's pet.
- If you like to drive you might offer to take someone to and from a doctor's or hospital visit, within the Lowell area.
- Lessons of any kind.

The Auction Committee
Carol Cannistraro and Pat Dion

Changes

As most of you know, **Don Pattershall** has retired after 10 years as President. It has been challenging at times, especially with our space problems in the last couple of years. We appreciate and thank him for his dedication in leading the organization through the good and the bad! I personally would like to thank him for introducing me to LIRA; it has truly been a rewarding experience. We hope to see you in the classroom for a long time to come! Thanks and much success to **Toby Hodes** as she takes on the task of President. **Dorothy Bromage** has agreed to take over as Curriculum Committee Chairman which had been Toby's job last year.

Connie Lanseigne-Case has retired as Art and Music Committee Chairman after 15 years. She and her committee have never failed to bring us an interesting program in all those years. Thanks so much Connie, for all your hard work through all those years. Thanks to **Barbara Page** who has agreed to take over for Connie as chairman of the Art and Music Committee.

For the last 5 years, **Betty Jack** has been the Scholarship Committee Chairman. She has done a tremendous job as chairman and we thank her very much for her dedication. She and her committee have done a great job selecting the right candidates for the awards. Thanks to **Mary Jane Meyers** for taking over as chairman of the Scholarship Committee.

To those that have retired, thank you for the excellent job that you did. To those that are taking over, thank you for volunteering and the best of luck in your new tasks!

Jeri Durant

Taking a Break

We are now allowed to bring our own coffee into the MIL Conference Center for our classes. However, everyone must be vigilant about cleaning up so that we do not lose that privilege. Dorothy Bromage will explain the new procedure for setting up and cleaning the coffee area at the Fall Convocation.

Please remember that donations to the coffee fund go to the Scholarship fund.





Our Members at Work

The following is a list of all the members that make our organization run. I think they deserve a round of applause for all their hard work! They are always receptive to having new volunteers; please speak to any one of the members if you would like to be on a committee. Note that these are the committees as they stand as of September 2009. A big **THANK YOU** also, to those that served on committees last year but are not continuing this year.

Jeri Durant

Executive Board

Officers

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

Members-at-Large

Carol Cannistraro
Jerry Gilmore

Committee Chairs

Curriculum	Dorothy Bromage
Membership	Marjorie Short
Publicity	Jeanne Gunion
Hospitality	Sally Cady
Newsletter	Jeri Durant
Scholarship	Mary Jane Meyers

Committees

Curriculum Committee

Dorothy Bromage, Chairperson
Ann Dahlman
Jerry Gilmore
Martha Hume
Elinor Mondale
Barbara Page
Mary Willis
Toby Hodes, ex officio as LIRA President

Art & Music Committee

Barbara Page, Chairperson
Dona Beaver
Jane Canter
Carolyn Fowler
Carol McCarthy
Judy Miller
Rose Rhoades
Jean Rubinstein

Library Committee

Shirley Mitchell, Chairperson
Marjorie Short

Membership Committee

Marjorie Short, Chairperson
Dorothy Bromage

Scholarship Committee

Mary Jane Meyers, Chairperson
Barbara Arnold
Betty Bayard
Kay Carroll
Jerry Gilmore
Mary Welch

Auction Committee

Carol Cannistraro
Pat Dion

Hospitality

Sally Cady, Chairperson
Dorothy Bromage

Telephone Tree

Barbara Willman

Newsletter Committee

Geraldine Durant, Editor
Suzanne Knapp, Layout, Calendar and Reproduction
Shirley Mitchell and Sally Cady, Distribution
Kay Carroll, Member News



The administration at the Wannalancit Building has requested that we provide them with information about LIRA members that have a permit for handicapped parking. They would like your name, make, model and color of your car, and the registration number. Please get this information to Toby Hodes **as soon as possible** by email: tkhodes@comcast.net or phone: 978-469-5959.



A round of applause should be given to the Curriculum Committee for a great summer intersession. As you can see from this month's newsletter, we had excellent programs; they were varied and interesting! Thanks to all who made the arrangements.

WHEN MUSIC IS ANIMATED, WHEN DANCING IS FUN

When Music is Animated

On May 6, two different audio-visual shows were presented by Dorothy Bromage. The first hour was devoted to a concert of classical music—but with a twist. The sound of each selection was accompaniment to a visual show entirely animated. It began with The Stars and Stripes Forever (Sousa), not exactly classical music, but a classic in effect and well suited as a traditional opener. Then came The Firebird (Stravinsky). The Berceuse and Finale of that work were used by the animator to illustrate the beginning of life on earth. Next came Sheep May Safely Graze (J.S. Bach). Soft organ music played by Virgil Fox accompanied a series of geometric shapes, colorful and in constant motion.

Waltz of the Flowers (Tchaikowsky). A favorite section of The Nutcracker Suite follows tiny mythical creatures through the four seasons of the year Berceuse (Chopin). Stephen Malinowsky's system of horizontal lines following the actual score is fascinating to watch. Pictures at an Exhibition (Mussorgsky). Computer generated animation is at its best in "Cathedral Pictures" from an album by Animusic. Midsummer Nights Dream (Mendelssohn). By animation, an attempt is made to show Bottom's Dream using music of the Scherzo. La Traviata (Verdi). A mixed chorus sings the Act III Party Chorus, and cute bits of colored frosting march around as they end up being the decoration on a cake.

During the hour, various types of animation were represented: clay animation, stop motion, computer animation, and cel (celluloid) animation. One type of animation, flip art, was shown in the act of being created. A man took pictures of himself in various poses, then made these into a book. He flipped the pages to the music of a tenor singing the tenor aria "Di quella pira" from Act III Soldiers Chorus of Verdi's "Il Trovatore."

INTRODUCTION TO CLASSIC ARTS SHOWCASE

Because many of the clips presented in the animation and dancing programs came from Classic Arts Showcase on Billerica Access Television, here is a description of that service.

"Classic Arts Showcase is designed to bring the classical art experience to the largest audience possible by providing short video clips of the arts, in hope that we may tempt you, the viewer to go out and feast from the buffet of arts available in your community. Attend a live performance, tour a museum, see some theatre or enjoy a classic film. Classic Arts Showcase is a not-for-profit 24-hour satellite Programming Service that is provided free to your local public service channel, cable, and/or broadcast station, and in turn sent to you at no charge. We will carry no advertising."

(Lloyd E. Rigler and Lawrence E. Deutsch Foundation)

When Dancing is Fun

After the break, clips of dancing were shown with a wide variety of dance styles and dancers. First, the beautiful white horses of the Spanish Riding School-Vienna pranced to Elison-Polka (Strauss, Jr.) found in Classic Arts Showcase.

The Man I Love (Gershwin) was performed by ballet dancers Natalia Hoffman and Altin Kaftira, also found in Classic Arts Showcase. This served as an example of how ballet choreography includes the beauty of matching lines.

Laurel & Hardy are unable to resist the rhythm of At the Ball (Hill), sung by The Avalon Boys in the movie "Way Out West" (1937).

Patterns in the air are crated by Asaf Messerer as he waves a colorful ribbon to the music of Gliere from The Glory of the Bolshoi.

In some ballet choreography, the "catch" is featured. This was the case in Waltz (Moszkowsky), danced by Olga Lepeshinskaya and Pvoir Gusev from The Glory of the Bolshoi.

Boris Bregvadze and Ninel Kurgapkina tell the story in ballet of two strangers who meet in a park to the music of Vienna Waltz (Strauss) from The Glory of the Kirov. Their dance includes some sensational "catches."

Straight out of the opera "Platee" (Rameau) the Summoning of the Frogs ballet is interesting to watch-- from Classic Arts Showcase.

The dancers of the Red Star Red Army Dance Ensemble show their athletic ability along with talent to dance in Russian Sailors Dance (Gliere) from Classic Arts Showcase.

Fred Astaire takes off on a dance around the room—literally—as he tap dances on the ceiling and walls in You're All the World to Me (Lane-Lerner) from the movie "Royal Wedding" (1951).

The illusion of two people dancing is cleverly carried out by one person, Michael Kruzech, to the music of Chalita (Sahl) in "Tango for One" from Classic Arts Showcase.

Singin' in the Rain (Lockwood)--this famous sequence is an entrancing tribute to the talent of Gene Kelley. It is from the movie "Singin' in the Rain" (1952). *Gene Kelly was Director and Choreographer.*

Singin' in the Rain (Lockwood) again. David Jason pays tribute to Gene Kelley in this take-off on the rain sequence during the TV show "Open All Hours." *Jason was knighted in 2005 by Queen Elizabeth for service to acting.*

Closing out the show with the Beliebte Annen-Polka (Strauss II) were the beautiful white horses of the Spanish Riding School Vienna found in Classic Arts Showcase.

Dorothy Bromage

We all enjoyed Dorothy's presentation and are always amazed at the wealth of information that she brings to each class. Thanks, Dorothy – it was such fun!

Jeri



Lowell Association for the Blind (LAB), serving the needs of the blind and visually impaired of the Merrimack Valley and Southern New Hampshire, needs volunteers to read local newspapers on the radio for the LAB/Talking Information Center, located in our Lowell office. Other volunteer

opportunities are available Monday through Friday from 8:00 AM – 3:00 PM. Call 978-454-5704 for more information or an application.

Elizabeth M. Cannon
Executive Director
Lowell Association for the Blind
169 Merrimack Street, 2nd floor
Lowell, MA 01852
office - 978-454-5704
fax 978-458-5563
www.lowellassociationfortheblind.org

Mariposa Museum

On Wednesday, July 8, a group of us drove to the Mariposa Museum of Art and Culture in Peterborough, New Hampshire. We had a wonderful tour of the museum conducted by David Blair, the Director. The building originally housed a marionette theatre, among other things. Unfortunately, a fire destroyed much of the building including all but one of the marionettes. David's wife was the instigator of the museum to house the artifacts she and David had collected on their travels. She named it the Mariposa after the butterfly that rose from the cocoon of the fire's ashes.

A very "hands on" museum, the Mariposa includes instruments one can play, costumes one can try on, and a beautiful Cambodian bed one can climb into to read. We all loved the tour and many of us plan to return with kids and grandkids.

Barbara Page

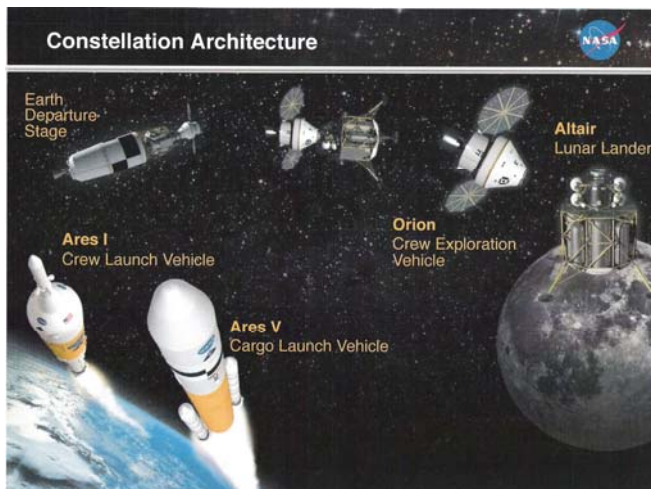
NASA's New Initiative to the Moon

On July 15 Jerry Gilmore presented a lecture on NASA's new manned exploratory plans to go back to the Moon and set up a habitat. He described the plan to build new boosters and landing Space craft to go to the moon and set up a working living space, habitat. The various vehicles to be used are illustrated in the figure "Constellation Architecture".

They include a booster named Ares I that will carry the Space Craft Orion, occupied by 4 Astronauts.

The initial flight is planned for 2014 and will first be used to transport to the International Space Station after the Shuttle is retired. Ares V will be unmanned and carry the Earth Departure Stage and the Lunar Lander, Altair. That is expected to launch in 2020. The Orion vehicle will mate with the Altair and the Departure stage will launch them off to the Moon. A primary landing site is the Moon's South Pole where in a very deep crater there may be ice which is a good location to set up a habitat. Habitat structures and Rovers permitting long distance exploration shown in "New Lunar Architecture" picture will be delivered by Ares V flights and assembled by Astronauts on the Moon.

Jerry Gilmore



New England Mysteries

It is always a pleasure to welcome Dr. Melissa Pennell to speak to us; every year since LIRA began she has delighted us with her enthusiastic talks. On June 17, she chose to talk about mysteries that take place in the New England states along with some local authors. Before she started, she wanted to know what we were reading and then she recommended one that she had just read - a mystery set in England in the 1600's, *An Instance of the Fingerpost* by Iain Pears. The following is a list of some of the authors of mysteries by state. Dr. Pennell is always an inspiration and we thank her for another enjoyable session on New England mysteries.

Jeri Durant

Maine

Leslie Meier, Lucy Stone Mysteries take place in Tinker's Cove.
Sarah Graves, Home Repairs Mysteries take place in Eastport.
Karen MacInerney, Natalie Barnes Mysteries take place at the Gray Whale Inn (includes recipes).
Dana Cameron, Emma Fielding Mysteries take place at a college in Maine.

New Hampshire

Brendon Dubois, Lewis Cole Mysteries.

Vermont

Archer Mayor, Joe Gunther Mysteries.
Sarah Stewart Taylor, Sweeney St. George Mysteries.

Rhode Island

Jan Brogan, Hallie Ahern Mysteries.
Alice Kimberly, Haunted Bookshop Mysteries.

Connecticut

Parnell Hall, Cora Felton The Puzzle Lady Mysteries (includes crossword puzzles).
John R. Maxim, Paul Bannerman Mysteries.
Karen E. Olson, Annie Seymour Mysteries.

Massachusetts

Linda Barnes, Carlota Carlyle Mysteries.
Mark Arsenault, Eddie Bourque Mysteries (take place in Lowell)
David S. Brody, *Cabal of the Westford Knight* (author lives in Westford).
Andre Dubus III, *The Garden of Last Days*, (not a mystery but local author and colleague).

Treasurer's Report

Copies of the Treasurer's report for this past year will be available at the Fall Convocation as requested by members at the Annual Meeting in May.

Scholarship Announcement

The LIRA Executive Board has voted to award two \$1500 scholarships to two fulltime UMass Lowell juniors or seniors who have a grade point average of 3.0 or better and who also participate in community service activities. Your generous contributions in the past have made this possible and we will be soliciting contributions when the fall semester gets underway. Remember that, if you have relatives who meet these qualifications, they can apply for one of these scholarships. Sincere thanks for all your help.

LIRA SCHOLARSHIP COMMITTEE

Mary Jane Myers, Chairperson

Barbara Arnold

Betty Bayard

Kay Carroll

Jerry Gilmore

Mary Welch

2009/2010 LIRA Dues Payable Now

At the Annual Meeting on May 27, the members voted to change the period of membership from September 1–August 31 back to July 1–June 30. You might remember the confusion at the last



Fall Convocation when your dues had to be paid before you could get your parking decal. Most had not paid their dues which resulted in long lines and many unhappy people. Please pay your dues before coming to the Convocation in September.

The membership also voted to raise the dues in an effort to show the University that we are willing to do our share in helping with the cost of the large meeting room. For the 2009/2010 year, the dues for a single membership will be \$125. and \$200. for a couple.

Please make your check payable to **LIRA, Inc.** and mail to:

Ann Dahlman
1959 H Middlesex St.
Lowell, MA 01851

Your dues must be paid in order to receive a parking decal for the new year and to attend classes in September.



Reminder for BSO

LIRA will be going to the BSO Open Rehearsal on November 12. Only 20 tickets have been ordered, so it is important that anyone interested should reserve a ticket by the beginning of October. Ticket price should be the same as last Spring (\$32.85 for Members; \$42.85 Non-Members). Final price will be announced at the Convocation, together with instructions for payment. The bus will leave Hannaford's parking lot at 7:15 am.

Jean Rubinstein

Reminder for the Holiday Party

Community Teamwork Inc. of Lowell is looking forward to receiving our donation of books and hats and mittens. This is an annual activity in lieu of exchanging presents among the members.

Barbara Arnold



The Holiday Party is scheduled for Wednesday, December 9. More details about the party will appear in the next newsletter.

Book Discussion Group Selections for Fall 2009

Friday, September 25 – *The Great Bridge*, non-fiction by David McCullough

Friday, October 23 – *Huckleberry Finn*, classic by Mark Twain

Friday, November 20 – *The Pickup*, award winning fiction by Nadine Gordimer

Friday, December 11 – *The Lemon Tree*, non-fiction by Sandy Tolan

From the Editor

Many thanks to everyone that contributed to the newsletter this year. Suzanne Knapp, Shirley Mitchell and Sally Cady deserve many thanks for their help with the newsletter.

Suzanne has taken on an added responsibility of doing the calendars that Jean Dettman used to do. I want to give her a big thank you for doing this along with her very professional layouts. I hope you have enjoyed the newsletter in the last year and if you have any comments, criticisms or new ideas, I welcome the suggestions.

The next newsletter will be out on December 1; the deadline for news items is November 15th. 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.

I have decided to send a reminder to everyone that has email in the hopes that more members will contribute to the newsletter and not leave it to the same people all the time. The notice will only come 4 times a year, but if you would rather not receive it, please let me know.

Remember that the newsletters can be seen on our website at uml.edu/community/lira in full color!

Thanks again to everyone for their support.

Jeri Durant



Member News

Our longtime member Carolyn Fowler is recuperating from some medical problems, and although she's not able to receive visitors I'm sure she would enjoy cards or calls,

Barbara Willman and Betty Sampas are recuperating from surgery performed earlier this summer.

Kay Carroll

Thank You.....

I would like to thank all of my LIRA friends for the cards, messages and best wishes concerning my surgery in May! I know that those thoughts and good wishes were a help in my speedy recovery!

Thanks to all.

Betty Sampas

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:

Richard and Carolyn Curtin
287 Graniteville Road
Chelmsford, MA 01824

Email changes:

Rose Rhoades:
rosemrhjamie@verizon.net

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Jeri Durant

Newsletter Committee

Geraldine Durant, Editor	jeri@netway.com
Suzanne Knapp, Layout, Calendar, & Reproduction	knapp.sc@gmail.com
Shirley Mitchell and Sally Cady, Distribution	shirleytm2@aol.com
Kay Carroll, Member News	Fckc12345@msn.com