



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



May 2016

Vol. 23 No. 2

It's almost



*and the new
Summer Intersession.*

**Join us for LIRA's Annual Meeting
Wednesday May 18, 2016
10 a.m. to Noon**

**Cumnock Hall, 31 University Avenue, Lowell, MA
Shuttle bus from Tsongas Parking Lot**

**Guest Speaker, Sean Daniels, Artistic Director of MRT
Election of Officers
Hear about the new Summer Intersession
Refreshments**



Sean Daniels, Guest Speaker



Sean Daniels is the Artistic Director for the Merrimack Repertory Theater and will be our guest speaker at the Annual Meeting on May 18.

An accomplished director and creator of new work, Sean was most recently the Artist-At-Large at the Geva Theatre Center in Rochester, New York, where he received national attention for the Cohort Club, a program designed to better engage audience members with the work on stage. Sean succeeds Charles Towers, who led the company for 14 years and firmly established the MRT's reputation for producing high quality, compelling new plays, and regional premieres.

Sean was named "One of the top fifteen up & coming artists in the U.S., whose work will be transforming America's stages for decades to come." and "One Of 7 People Reshaping And Revitalizing The American Musical" by American Theatre Magazine.

Sean previously spent four years at the Tony Award-winning Actors Theatre of Louisville as the theater's Associate Artistic Director (where he directed 17 productions including 5 Humana Festivals). He was also Associate Artistic Director/Resident Director of the California Shakespeare Theater and before that spent a decade as the Artistic Director and Co-Founder of Dad's Garage Theater Company in Atlanta.

Details for Annual Meeting

The Annual Meeting will be held on Wednesday, May 18 in Cumnock Hall on 31 University Avenue, Lowell from 10 a.m. to noon. A shuttle bus will be taking us from the parking lot at the Tsongas Center to Cumnock Hall. The first shuttle will leave at 9 a.m. **sharp** and return for a second trip. The return to the Tsongas parking lot will leave shortly after the end of the meeting.

If you would like to volunteer to bring some kind of finger food (fruit, cheese and crackers, cookies, etc.), it would be appreciated. Many, many thanks to all the volunteers who provided the delicious refreshments during the spring session.

Along with the election of officers, we will be reviewing the summer schedule and signing up for trips. If you are not able to attend the Annual Meeting and wish to sign up for trips, please ask someone to do it for you, particularly if you are going to the Frederick Historic Piano Collection on July 27.

Hope to see you all there!

Membership Renewal 2016 – 2017

LIRA membership dues are \$125 (\$200 for couples) for the year July 1, 2016 to June 30, 2017 and are due by August 15, 2016. A portion of your dues (\$100 of the dues for an individual and \$150 of the dues for a couple) is tax deductible. The University will send each member a receipt for tax purposes. The remaining portion of your dues is returned to LIRA for operational expenses.

A convenient payment method is by credit card on the LIRA website: www.uml.edu/community/lira. Click "Join LIRA" on the left side menu and then click "Join online now!" You will receive immediate acknowledgment and receipt after filling out the form.

If you would rather pay by check, use the LIRA renewal form printed in this newsletter. Every member must complete a form; both members of a couple must complete separate information. Send the form(s) and check to the Alumni Office, as stated on the renewal form by August 15, 2016. Because of the confusion it causes, dues checks will be accepted at the Convocation in September **by exception only**.

It was a great year and now we look forward to seeing you again in the next academic year.

Bonnie Heines and Jean Schott, Membership Co-chairs



The Convocation will be held on September 14, 2016. Classes begin on Monday, September 19, 2016.



Bob Farrant's Monday morning class, 'U.S. Industries in the 20th and 21st Centuries

Robert Farrant is in his 22nd year as a University of Massachusetts Lowell Professor of History, specializing in labor, immigration, and industrial history. LIRA members were privileged to learn about U. S. Industries in the 20th and 21st Century from Professor Farrant whose depth of understanding and engaging presentation style made history come alive each Monday morning at the UMass Lowell University Suites. Bob has taught several LIRA classes over the years and enjoys the interaction of his life-experienced LIRA students who bring a different slant on the subject from his college students. His classes are always packed with enthusiastic LIRA members and this class was no exception.

Terri Munson

Exercise Program

For the past four years, UMass Lowell's Physical Therapy Department has run an exercise program for people over 60 run by UMass Lowell undergraduates. The exercise program includes work with equipment such as weights, straps, bands, steps, and medicine balls along with a variety of exercises and balance work. The instructors change it up for each class to keep the program interesting.

The tentative schedule for next session's class is Tuesdays and Thursdays from 11:30 to 1:00 starting on May 17th. Classes are held at the UMass Lowell Campus Recreation Center (across the street from University Suites). Participants need to purchase a Rec Center membership which range from \$35 to \$40 per month or \$200 to \$300 per year. Membership includes parking and use of the Rec Center in addition to the classes. If you are interested in learning more about the exercise class, please contact Terri Munson at terri_munson100@yahoo.com or call (978) 987-8258.



LIRA Members at the Exercise Program

Great Decisions Discussion Group

Great Decisions is America's largest discussion program on world affairs. The program provides background information and policy options for the eight most critical issues facing America each year. The program model involves reading an article in the Great Decisions Briefing Book, watching a half-hour DVD that gives an overview of the topic, and then discussing the material. The LIRA Great Decisions group meets on Thursday morning and devotes two two-hour classes to explore each topic in depth. In the spring 2016 semester we are discussing:

Shifting Middle East Alliances – Richard Grove led the discussion of major changes in the Middle East since the Arab Spring of 2011, reactions to it, and civil wars that have followed.

The Rise of ISIS – Skip Youngberg led the discussion of ISIS, tracing its roots back to the 2003 US invasion of Iraq and de-Baathification.

The Future of Kurdistan – Janet Redman led the discussion of the Kurds, living in four countries (Iraq, Turkey, Syria, Iran), promised their own state after World War I, and the divisions that have frustrated that hope.

Climate Geopolitics: The road to Paris and beyond – Neal Berenson led the discussion of the science and geopolitics of climate change and the Paris Agreement of December 2015 that committed all countries to cut carbon emissions.

We invite you to join us in the fall 2016 semester when we will discuss:

International Migration
Korean Choices – the two Koreas
United Nations development agenda and leadership
Cuba and the United States

Here is a link with more information about Great Decisions. See *Topic Resources* for in-depth information about each of the eight topics.

http://www.fpa.org/great_decisions/

Richard Grove

Newsletters on Website

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

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

The website for the newsletter is www.uml.edu/community/LIRA/newsletters.aspx

Quilts Japan: The 12th Quilt Nihon

A docent led tour of the current exhibition at the NEQM began with the history of the museum, established in Lowell in 1987, it was first located in a former mill building which later became a bank. Quilts were stored in its vaults when it became the New England Quilt Museum! At its present location, five or six exhibits take place each year.

The exhibit of Japanese quilts is a travelling exhibit, which before coming to Lowell, was shown in both Kentucky and Nebraska. 90% of it consists of donated quilts. It is a juried show.

Due to the gradual disappearance of crafts in Japan in the 1950's, regional craft schools began to revive them. In 1989, the first quilt show took place in Japan. Earlier quilts were often done in subtle colors. Those on display in this NEQM exhibit consist of a variety of both traditional and contemporary designs. Most are machine pieced and quilted. They are unique due to impeccable stitching. Ideas for them seem to have been inspired by coastal or sunset views!

Jean Schott



Swan Song. Hiroko Nakayama, Japan



Arnie Kerzner

'Everything You Wanted to Know About Your Brain But Forgot to Ask' was a lively class full of learning and laughter under Dr. Arnold Kerzner's tutelage. "Arnie" to all who know him, lightened up the often unsettling topic of what is normal memory loss and what isn't. Students learned ways to keep brains functioning at their best through exercise, therapy, and even laughter. Learning new information is great for the brain and taking this class was a way to learn and have fun in the process.

Terri Munson

Lowell Walks Summer 2016 Schedule

All of the walks begin at 10 a.m. from the National Park Visitor Center at 246 Market St. and last 90 minutes. All are free. See the full Lowell Walks schedule at the [Events page](#) of richardhowe.com.

- June 11, 2016 - **Preservation Success Stories** - Fred Faust (former ED, Historic Preservation Commission)
- June 18, 2016 - **Hamilton Canal Update** - Staff from Lowell Dept. of Planning & Development
- June 25, 2016 - **The Irish in the Acre** - Dave McKean (St. Patrick's archivist)
- July 2, 2016 - NO TOUR
- July 9, 2016 - **Literary Lowell** - with Sean Thibodeau (Pollard Memorial Library)
- July 16, 2016 - **Upper Merrimack Street** - with Yun-Ju Choi (ED, Coalition for a Better Acre)
- July 23, 2016 - **Major Downtown Fires** - Jason Strunk (Lowell Fire Dept)
- July 30, 2016 - NO TOUR - Lowell Folk Festival
- August 6, 2016 - **Lowell Public Art Collection** - Paul Marion and Rosemary Noon
- August 13, 2016 - **Greeks in the Acre** - Steve Panagiotakos
- August 20, 2016 - **East Merrimack Street** - Dick Howe
- August 27, 2016 - **History of Lowell National Historical Park** - Celeste Bernardo (National Park Supt)

Lowell Sunset Walks

Each walk will highlight an aspect of the historical, artistic, and recreational value and potential of the canals and will end with a canal-lighting demonstration and other activities. Walks will begin at the National Park Visitor Center, 246 Market Street, and will be led by Dick Howe.

- Thursday, June 2, 2016 at 6 p.m.
Walk will end at the lighting display at the Merrimack Canal at Lucy Larcom Park
- Thursday, September 1, 2016 at 6 p.m.
Walk will end at the lighting up of Swamp Locks canal complex in the Hamilton Canal District

Lowell Cemetery Tours

Tours of historic Lowell Cemetery will be held on the following dates and times. All three tours will begin at the cemetery's Lawrence Street gate and will be led by Dick Howe. The main entrance of Lowell Cemetery is at 77 Knapp Ave; the Lawrence Street gate is opposite 1025 Lawrence Street.

- Friday, May 20, 2016 at 1 p.m.
- Saturday, May 21, 2016 at 10 a.m.
- Saturday, June 18, 2016 at 1 p.m. (in conjunction with Lowell Cemetery Art Exhibition)

For more information about Lowell Walks, visit www.richardhowe.com

To subscribe to Lowell Walks electronic newsletter, email DickHoweJr@gmail.com

Slate of Officers for 2016-2017:

The Nominating Committee would like to present the 2016-2017 nominations for officers of LIRA to be voted on at the Annual Meeting. All nominees have agreed to serve if elected.

President..... Richard Grove
Vice-President..... John Mamalis
Secretary..... Shirley Mitchell
Treasurer..... Ron Cannistraro

Nominating Committee
Carol McCarthy, Chairman
Simone Allard
Bob Hanlon

There's a Lot to See at the MFA!

There are many special exhibits at the Museum of Fine Arts, but time was limited so most of us visited the following exhibits on April 6.



Above left: *Femme en Vert (Dora)* 1944, oil; Right: *Femme Assise (Dora)* 1938 gouache and ink

The **#techstyle** exhibit has many articles of clothing that are constructed from recycled material and come off 3-D printers ready to wear. How would you like to walk in these shoes?



Above left: *Molecule shoes*, 2015, polyester filament, 3-D printed; Middle: *Kinematics 8 dress*, 2016, Nervous System, Nylon, 3-D printed; Right: *Ensemble* by Noa Raviv, 2014, Used 3-D software to create, used traditional dressmaking techniques, laser cutting and a 3-D printer.



Above left: Han Seok Hyun, *Super-Natural* (2011/2016) Mass produced products, a landscape of green products; Right: Choi Jeong Hwa, *Breathable Flower (Lotus)* 2016, on Huntington Avenue entrance of museum.

The **Megacities Asia** exhibit is in all corners of the museum, even outside. There was a lot of walking to find all of them! Asia has more megacities (populations of more than ten million) than any other continent. The artworks of 11 artists comment on the conditions in their home cities of Beijing, Shanghai, Delhi, Mumbai and Seoul.

Jeri Durant

Sabri Bromage, MPH

Candidate for Doctor of Science, 2018
Nutritional Epidemiology

CELL USA: (646) 361-0628; MNG: 9497-3440
655 Huntington Ave. • Building II, Rm. 347-A • Boston, MA 02115
sbromage@mail.harvard.edu
Skype: sbromage

His card tells his story. Two years to go until his doctorate in nutritional epidemiology. With a masters in that field from University of Michigan, Sabri could have landed in a number of universities for his PhD, but he chose Harvard. The School of Public Health is in Boston, and he had no trouble getting acclimated to the northeast, having grown up in New York City. His landing in the Harvard School of Public Health coincided with a donation of \$350 million from T.H. Chan. Note the name “T.H. Chan” on Sabri’s card, the name is attached to everything.

On Wednesday, speaking with authority, Sabri first made sure we knew the basics of good nutrition, then proceeded to present the latest findings in the field, some of which contradicted long-held rules. Special research has landed him in Mongolia and Bangladesh, where diets are lacking in some basic nutrition we take for granted.

Having gained the trust of inhabitants in Mongolia and Bangladesh, Sabri’s research team not only gathers data but also documents the project with excellent pictures. We saw families and individuals and pictures of what they ate in one week. These photos he compared to a USA family and what their diet consisted of for one week. Our knowledge was rounded out by a series of questions which Sabri fielded with experience.

Dorothy Bromage



Sabri and his proud grandmother, Dorothy

Turkey: A land of many surprises

Leon Poirier traveled to Turkey on one of his many trips with Grand Circle Travel. The tour began in Istanbul, now the fifth largest city in the world. It was known as Constantinople until 1933.

One of the outstanding architectural features in the city is the Blue Mosque. Inside are 20,000 handmade blue tiles decorated with a tulip pattern. Flowers are often seen on tiles since the Moslem religion forbids any house of worship to display pictures of people. Originally, it was illuminated by oil lamps.

Another very beautiful building in Istanbul is the Hagia Sofia. It was originally a cathedral until it became a Moslem religious site in 1455.

Leon's group enjoyed visiting the open air bazaar, which covers 60 streets and houses 5,000 shops. It has been a commercial center since 1200.

Located in central Turkey is the unique small city of Cappadocia. A volcano caused deposit of soft rock, called tufa. The group visited the interesting open air museum where they toured houses and churches made of the rock formations. This area has been designated a World Heritage site. Grand Circle continues to support UNESCO efforts to preserve heritage sites around the world. A highlight of a visit to this area was the opportunity to tour it by hot air balloon. They hold 20 people!! While in that area, tour participants also toured an underground city where people hid to escape the Ottomans.

The group enjoyed an interesting tour of Ephesus, one of the largest and best preserved Greco-Roman ruins in the world. How fortunate they were to tour other interesting areas of Turkey as well. Leon found that it was truly a land of many surprises!!

Jean Schott



The next newsletter will be out on September 1, 2016; the deadline for news items is August 21, 2016. Please remember that the coordinators are now responsible for getting someone to write an article about their program, if you want something to appear in the newsletter. Articles may be given to me at any time before the deadline.

Jeri Durant

Chelmsford Library Lecture Series

The Chelmsford Library is running a Lecture Series in conjunction with LIRA on the second Friday of the month. The lectures begin at 10 a.m. in the McCarthy Meeting Room. Lecture topics are often related to LIRA's classroom discussions and can include topics such as the Foreign Policy Association's Great Decisions series, Science and Literature.

Thursday, May 12, 7 p.m. to 8:45 p.m. McCarthy Meeting Room

The Quest for a Sustainable Life Style: Trying to Live Green, Fight Climate Change, Beat Corporate Brainwashing and Save the Planet

"Environmental sustainability" is more than a buzzword in the home of Don and Betty Galya. They are "walking the walk!" And recently Don released a book, in Kindle format, entitled "Sustainability Quest: Trying to Live Green, Fight Climate Change, Beat Corporate Brainwashing and Save the Planet."

Friday, May 13, 10 a.m. to 11:30 a.m. McCarthy Meeting Room

"Climate Change: Talk about Drama!"

Our world's climate history is riddled with drama and intrigue! There is no doubt that humans are having an impact on the world's climate but did you know that global increases in temperature have been occurring cyclically for millions of years? Did you know that carbon dioxide is not the only gas in the atmosphere we need to consider when we look at the temperature on earth? Professor Michael Cross, PhD, dept. chair of Natural Sciences at NECC, will talk about the earth's climate history and how to use it to understand today's climate crisis.

Friday, June 10, 10 a.m. to Noon McCarthy Meeting Room

"**EYE ON THE 60s: The Iconic Photography of Rowland Scherman**," a film by Chris Szewo. View the film and meet the filmmaker afterwards. This film appeals to an age demographic who share an interest in the 1960s, as well as those with a passion for the photographic arts. The 88-minute film depicts significant moments and people in an important era through the firsthand experiences of talented LIFE photographer, Rowland Scherman.

Check the library's website for further information.
www.chelmsfordlibrary.org/programs/programs/friday_morning_lectures.html

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:

John Arthur
25 Stedman Street
Chelmsford, MA 01824
978-256-4153
Cell: 978-505-5328
Email: jautb@hotmail.com

Douglas Shepherd
8 Driftwood Drive
Chelmsford, MA 01824
978-256-8992
Email: douglasshepherd@comcast.net

Lucille Cambray
182 Emery Avenue
Lowell, MA 01854
978-446-9717
Cell: 978-835-0385
Email: ldcambray@aol.com

Carol Valcik
18 Jamie Way
Tyngsboro, MA 01879
469-766-2480
Email: valcikca@gmail.com

New Email Address:

Howard Helfman
676 Monument Street
Concord, MA 01742
978-581-8127
howard.helfman@gmail.com

Terri Munson:
terri_munson100@yahoo.com
Judith Raiguel: annieand-phoebe@gmail.com

Member News

It is with great sadness that we have recently learned that Barbara Page has become gravely ill. Barbara has been leading the Arts and Music program for LIRA for the past several years. Our thoughts are with her at this difficult time. If you would like to send her a card, her new address is:

Merrimack Valley Hospice House
360 North Avenue
Haverhill, MA 01830
Direct dial: 978-377-9048
Main number: 978-377-9100

Some of our long-time members may remember Frances Dunn who passed away on March 1, 2016. Frances was the sister of the late Carolyn Fowler. Both were active members for many years.

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

Simone Allard - simone32allard@gmail.com - 603-943-7527

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

2016 Summer Intersession

The 2016 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 the on campus programs is 10 a.m. – Noon.

NOTE: Following are the current room assignments for our indoor sessions. Check your email before you go for any changes.

June 15 in the Talon Room at the Tsongas Center (Arena), 300 Martin Luther King Jr. Way, Lowell. Parking is at the Tsongas Center (Arena) lot.

June 22 at the Campus Recreation Center, 292 Aiken Street, Lowell

July 20 at University Suites, 327 Aiken Street, Room 106A. Lowell

Parking for the above two dates is in the garage directly across the street from the Rec Center or in the Perkins Parking lot. Your ID is needed to enter the garage or lot.

Please use your parking hangtags wherever you park.

June 1 A Walk at Oxbow National Wildlife Refuge and a Picnic

LIRA's annual summer walk this year will be at the Oxbow National Wildlife Refuge, Devens, MA. The interpretive trail loop covers 1.9 miles and takes about an hour. On this walk you can expect to see numerous views of the Nashua River, forest and wetland habitats, a beaver pond, and beaver stumps and lodges. Birds and wildflowers vary with the season. The terrain is flat except for one small section. Members may want to bring a picnic lunch, water, bug spray and wear comfortable shoes and long pants.

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. Toilet facilities are available at the trail head.

Directions: From Route 495 South take exit 29B to go on Route 2 West. Take exit 38A to go on Route 110 West to Harvard. At the blinking light on Harvard Green go right continuing on Route 110. In 2 miles look for sign to Oxbow Refuge and go right on Still River Depot Road. Proceed downhill across railroad track and follow gravel road left then right to the parking lot.

Car-poolers meet at the Hannaford parking lot in Chelmsford at 9:15 a.m. I will have printed directions available at Hannaford.

Coordinator: Shirley McCaffrey*

June 8 Boott Cotton Mills Museum, 115 John Street, Lowell, MA

PLEASE NOTE THE TIME OF THIS OFFERING!!!!



“Workers on the Line” is a hands-on activity for a group of up to 30 people. Participating in this activity will give people an idea of what it was like to be part of a textile assembly line.

Here's the tentative schedule:

- 10:00 to 11:30 Stroll the Riverwalk and/or take a trolley ride (I'll find out what times the trolley will run that day and notify people who sign up.).
- 11:30 to 1:00 Boott Mills Loft, 130 John St, Lowell, and bring a sack lunch. Eat in lounge/inner courtyard.
- 1:00 to 2:00 Walk over to Boott Cotton Mills Museum for independent tour of the museum (which has rangers to answer questions.) Cost is \$4 for seniors.
- 2:00 to 3:00 Participate in "Workers on the Line."
- 3:00 Option to visit the Mill Girl Museum

Parking is available at the Tsongas Center (Arena) and at the John Street Garage.

Coordinator: Terri Munson*

June 15 Food Politics, Talon Room, Tsongas Center

Presenter Christopher Wilkinson

We will examine current debates in food politics over: regulatory politics and the appropriate reach of the state in food labeling, safety, and oversight; genetically modified food, organic and sustainable agriculture, the effects of economic globalization of the food supply chain and the future of the world food system. This program is offered by Christopher Wilkinson, Community Relations Coordinator, University Relations and Adjunct Professor, Political Science Department

Coordinator: Nancy Pitkin*

June 17 Book Discussion

***Thirteen Days in September: Carter, Begin and Sadat at Camp David* by Lawrence Wright**

Meet at the home of Nancy Pitkin at 10 a.m. A pot luck luncheon follows the discussion.

Coordinator: Toby Hodes*

June 22 Death Café, Campus Recreation Center

Presenter Johanna Kiefne, Circle Home Inc.

Death Café is an international movement which provides a safe place for a discussion on this topic. At this presentation, those attending will hear a talk about an often taboo subject, death. It is a group discussion, rather than a grief counseling or support group. It does not promote specific programs or have a specific religious or spiritual orientation. For more information, check the website:

<http://deathcafe.com/>

Coordinator: Jean Schott*

June 29 World War II Museum, Wednesday June 29th

Visit the World War II Museum in Natick. This museum is a unique experience. In addition to being the most comprehensive collection of original World War II artefacts anywhere in the world, the exhibition- nearly 7,000 pieces- integrates the human, political and military stories. It is an intense experience made more so by the fact most artefacts are not behind or under glass. Most can be touched. The exhibits cover the lead up to war and the war itself. You will gain an insight into both the events that happened and the people involved. Since many of the exhibits can be touched, the museum asks that visitors fill out a Liability Waiver Form prior to their visit. Forms will be available on the bus and can be found on the museum's website. The bus will leave Hannaford's parking lot in Chelmsford at 9:15 a.m. Cost including museum admission and bus is \$25 for LIRA member and \$32 for non-members. Checks payable to LIRA, Inc. are due by June 17th. Please send checks to Bob Hanlon, 255 North Road, Unit 37, Chelmsford, MA 01824. Please note that the museum does not have a cafeteria.

Coordinator: Bob Hanlon*

July 6 NO PROGRAM

July 13 Samuel Crocker Lawrence Masonic Library, Boston

We will visit the Masonic Temple on Tremont Street in Boston and have a tour of the Samuel Crocker Lawrence Masonic Library housed there. Our tour guide will be Walter Hunt, Librarian. He has many important historical documents to show us. Please bring a bag lunch for a possible picnic on Boston Common.

The bus will leave Hannaford's parking lot in Chelmsford at 9:30 a.m. Cost for the bus is \$12.00 for LIRA member and \$17.00 for non-members. We will leave Boston at 1:30 p.m. Checks payable to LIRA, Inc. are due by July 1. Please send checks to: Beverly Rudeen, 3 Thoreau Lane, Tyngsboro MA 01879 (phone 978-226-5635).

Coordinator: Beverly Rudeen*

July 20 Alcohol and its Effects on the Body, University Suites

Presenter Professor Katherine Tucker

Alcohol has been described as a double edged sword. On one hand it is an addictive substance that causes much suffering. On the other, it has health benefits if consumed moderately. Evidence for the latter include reduced risk of diabetes, heart disease, and osteoporosis. Current recommendations for moderate drinking are up to one drink per day for women and up to two per day for men. Benefits appear to be greater for intake of beer or red wine, as opposed to spirits. However, some individuals should not drink. These include women who are pregnant or planning to become pregnant; those with alcoholism in their family history; or those taking medications for which alcohol is contraindicated. Professor Katherine Tucker, Nutritional Epidemiology at UMass Lowell, leads the [Center for Population Health and Health Disparities](#), tackling the problems of nutrition in our society head on.

Coordinator: Jackie Carr*

July 27 Frederick Historic Piano Collection at the Historic Piano Study Center, 30 Main Street, Ashburnham, MA

We travel to Ashburnham, Massachusetts to see the Frederick Historic Piano Collection. The Frederick collection is housed in the former Stevens Library, 30 Main St., Ashburnham, MA, next to the Town Hall at the junction of Rts 12 and 101. The time period of the collection is 1790-1928. Check the web site: frederickcollection.org. There will be two tours: the first at 10 a.m. and the second at Noon. (There is only so much room between pianos.) Carpool from Hannaford in Chelmsford at 8:45 a.m. or 10:45 a.m. Those wanting to go will be divided into two groups ahead of time. Directions will be available at the Annual Meeting or at Hannaford the morning of the trip. You will be notified of your tour group (10:00 or 12:00 noon) according to the sign-up sheet. Changes may be made.

NOTE: It is very important to sign up at the Annual Meeting if you want to go to this program so that the two groups can be organized. You may have someone sign up for you if you can't be at the Annual Meeting.

Coordinator: Carol McCarthy*

*Member of LIRA

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LIRA's Summer 2016 Intersession

Monday	Tuesday	Wednesday	Thursday	Friday
May 30	May 31	June 1 A Walk at Oxbow National Wildlife Refuge & Picnic Meet at Hannaford at 9:15am for carpooling	June 2	June 3
June 6	June 7	June 8 Boott Cotton Mills Museum See schedule for times	June 9	June 10 10 a.m. to Noon Chelmsford Library <i>Eye on the 60s: The Iconic Photography of Rowland Scherman</i>
June 13	June 14	June 15 10 a.m. to Noon Food Politics – Chris Wilkinson Talon Room, Tsongas Ctr	June 16	June 17 Book Discussion 10 a.m. Nancy Pitkin's Home <i>Thirteen Days in September: Carter, Begin and Sadat at Camp David</i> by Lawrence Wright
June 20	June 21	June 22 10 a.m. to Noon Death Café – Johanna Kerfne Campus Rec Center	June 23	June 24
June 27	June 28	June 29 World War II Museum. Natick Bus leaves Hannaford at 9:15 a.m.	June 30	July 1

Monday	Tuesday	Wednesday	Thursday	Friday
July 11	July 12	July 13 Samuel Crocker Lawrence Masonic Library, Boston Bus leaves Hannaford at 9:30 a.m.	July 14	July 15
July 18	July 19	July 20 10 a.m. to Noon Alcohol and its Effects on the Body – Professor Katherine Tucker University Suites	July 21	July 22
July 25	July 26	July 27 Frederick Historic Piano Collection – Ashburnham Carpool from Hannaford at 8:45 a.m. or 10:45 a.m.	July 28	July 29
		SEPTEMBER		
September 12	September 13	September 14 Convocation 10 a.m. to Noon Cumnock Hall	September 15	September 16
September 19 Classes begin	September 20	September 21	September 22	September 23

LEARNING IN RETIREMENT ASSOCIATION/ UMASS LOWELL
MEMBERSHIP RENEWAL

If renewing as a couple, each one must fill out a renewal form.

NAME _____ DATE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ CELL _____ EMAIL _____

In the event of class cancellation I prefer to be notified by EMAIL _____ PHONE _____

Newsletter will be delivered by EMAIL unless you have notified us to send by mail.

Are you a graduate of UMass Lowell? _____ What Year/Degree? _____

NAME _____ DATE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ CELL _____ EMAIL _____

In the event of class cancellation I prefer to be notified by EMAIL _____ PHONE _____

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Are you a graduate of UMass Lowell? _____ What Year/Degree? _____

LIRA membership dues are \$125. (\$200 for couples) for the year July 1 – June 30, payable by August 15. \$100 of your membership fee will be tax-deductible and will benefit our student scholarship fund.

See: www.uml.edu/community/lira

Please return Renewals (or apply online by credit card) with a check payable to UMass Lowell, memo line LIRA, and mail to: Office of Alumni Relations, Charles J. Hoff Scholarship Center

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