



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 2022

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Join us!

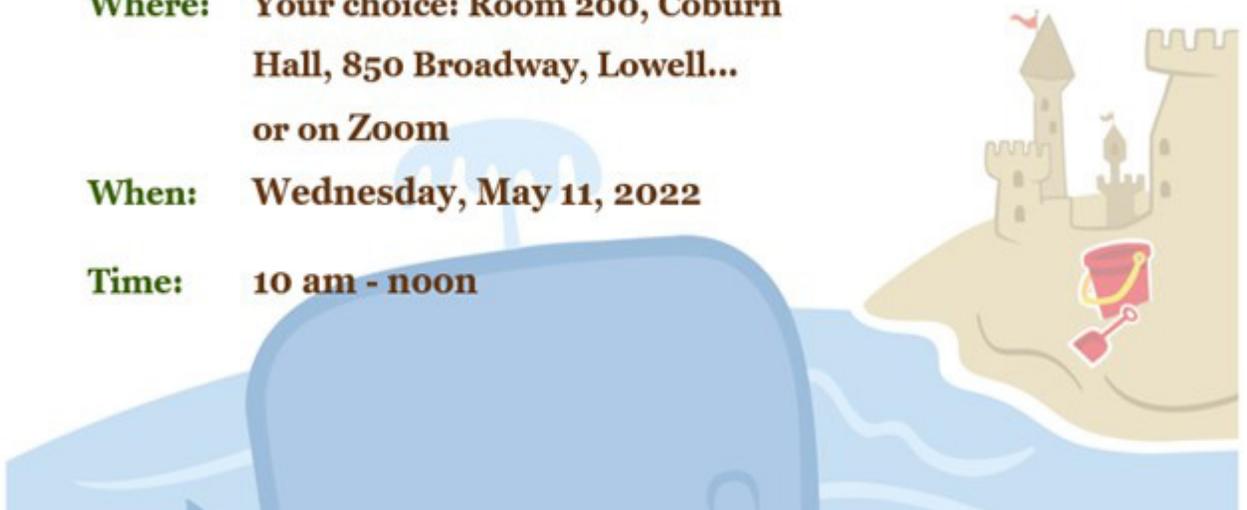
LIRA's Annual Meeting

- Election of Officers
- Hear about the summer schedule
- Learn about UML's work with Afghan refugees in Lowell
- Snacks will be available!

Where: Your choice: Room 200, Coburn Hall, 850 Broadway, Lowell...
or on Zoom

When: Wednesday, May 11, 2022

Time: 10 am - noon



From the President

We have just finished another great semester of interesting and informative learning opportunities. Many thanks to all the members of the LIRA Curriculum Committee and co-chairs Bruce Magnuson and Bob Hanlon for planning and producing the program. We are always interested in hearing ideas for classes and field trips from our members. If you are interested in becoming more involved, please email Bruce (bmagnusonphoto@gmail.com) or Bob (bob_hanlon@hotmail.com).

Next up is the Annual Meeting on May 11 at Coburn Hall from 10 a.m. to noon. As before, the Annual Meeting will be a hybrid event. We are checking with UCAPS to see if the south campus parking lot will be open in time for our meeting so that everyone who wants to can attend in person. Watch for further information via email on the availability of parking. Our featured speaker is Melissa Marrama who has been working with UML Community Relations and local charitable organizations to help with the Lowell and Merrimack Valley Afghan refugee resettlement.

There are two items of business for the annual meeting. The first is to consider a change to the LIRA bylaws to add a permanent committee titled the LIRA Diversity, Inclusion and Equity Committee. The members of the ad hoc LIRA Diversity committee will present the proposed addition. The second order of business is the election of the LIRA officers. Please note that our current Vice President, Lynn Tyndall, will be stepping down. As of this writing, we do not have a nominee for Vice President. Our plan is to have Treasurer, Steve Buccieri and Secretary, Susan Lemire serve as acting Vice Presidents until we can fill the position at the Fall Convocation.

LIRA has a very exciting Summer Intersession planned. Curriculum Committee Co-Chair Bruce Magnuson will present the details of the summer program at the Annual Meeting. Additionally, the information is available in the Newsletter and on the LIRA Website.

During the Summer and Winter intersessions, we invite anyone who may be interested in joining LIRA to participate in our program and try us out. This is a perfect time to invite someone you know to experience what LIRA has to offer. Our best source of new members to LIRA has always been from the existing members of LIRA.

Peter Sebelius

Newsletters on Website

The newsletter comes out four times a year on the first day of the following months – March, May, September and December. Everyone can read the newsletter online if you have access to a web browser. Those members that do not have email will have a hard copy sent to them automatically. At the time of this writing, the print services at the university are closed so those members that requested a hard copy will not be receiving one.

The on-line newsletter is just like the printed one only better - it's in color! This policy will help us 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/

Annual Meeting Speaker- Melissa Marrama



Melissa works in the Insurance industry for Borislow Insurance Co.

During Covid, Melissa started the Kindness Collaborative with 3 friends to help distribute much needed supplies to deal with the pandemic. More recently the organization has been working with the UML Community Relations office and local volunteer organizations as an advocate obtaining donations and volunteers to assist in the resettlement of Afghan Refugees in the Merrimack Valley and greater Lowell area. Melissa leverages her presence on social media to raise funds and donations for people in need.

Melissa has been recognized by the Boston Celtics as a Hometown Hero and was nominated for a YWCA Northeastern Massachusetts Tribute to Women 2022 award.

LIRA Members Helping Afghan Resettlement

Many Afghans have been brought to the Lowell area to resettle, and some LIRA members have been helping with this enormous effort. IINE, International Institute of New England, has been helping people for over 100 years. They are an amazing nonprofit organization! Go to www.IINE.org for lots of information about them.

If you are interested in helping, there is a large need for Market Basket or Target gift cards. The US government gives each person a small stipend for only three months. Many need to learn English and find a job, but this takes time. IINE helps with this. Below is a list of other items that are needed and opportunities to help.

Household items:

- Pots and pans
- Mops
- Shower rods
- Kitchen trash bags
- Vacuum Cleaners

Furniture:

- Small to medium couches. less than 80"
- Dining room tables with 4-6 chairs
- Coffee tables
- Dressers

If you are attending our May 11 meeting, you may give me the donations, or you may mail them to me or directly to IINE. If you want to mail donations to IINE, have furniture to donate, or are interested in volunteering as an ESOL teacher or youth mentor, please contact me and I will put you in touch with IINE.

Thank you for extending a helping hand!

*Judy Miller
3 Johnson Rd.
Chelmsford, MA 01824
judith.r.miller29@gmail.com*

Slate of Officers for 2022-2023

The Nominating Committee would like to present the 2022-2023 nominations for officers of LIRA to be voted on at the Annual Meeting May 11, 2022. All nominees have agreed to serve if elected.

President	Peter Sebelius
Vice President publication	Vacant position as of The Nominating Committee is working to have a nominee in place to be voted on at the Fall Convocation.
Treasurer	Steven Buccieri
Secretary	Susan Lemire

There will be a call for additional nominees from the floor as stated in the Bylaws prior to voting.

Nominating Committee

*Richard Grove, Chairman
James Rutter
Beverly Rudeen*

Member News and Updates

Carol McCarthy had a mild stroke. As of the writing of the newsletter, she was in rehab and is due to return home in a few days.

Address Change:

Sara Kinburn
225 Littleton Rd Apt 40102
Chelmsford, MA 01824

The correct home phone number for Linda Namm is: (207) 502-7718

LIRA Communications is Changing

Those of you who attended the Town meeting in March know that the LIRA's Executive Committee is currently re-evaluating how we communicate with LIRA members. In the coming months, we will be making some changes to our communications, beginning with phasing out the quarterly newsletter, using the website more effectively, and providing weekly or bi-weekly notifications of upcoming programs by email. This is a work in progress, as it involves working with personnel at UML to update our website.

In the meantime, you may notice that this newsletter is shorter than previous issues. Feedback from our membership indicated that the newsletter was too long, and many people weren't reading it in a timely manner because of that.

If you have any input into improving how LIRA communicates, please email Becky (beckybronson241@gmail.com). Stay tuned as we transition to more of a digital communications system.

LIRA President on Chelmsford TV

In case you missed it...

Our president, Peter Sebelius, was interviewed about LIRA for Chelmsford TV last December. The interview aired in December and is about 15 minutes long. It is worth viewing!

You can stream it here: <https://www.chelmsfordtv.org/program/chelmsford-tonight>

Click on the link, then scroll down to December 1.

Hidden Icon Contest Winner!

Congratulations to **Bruce Magnuson** who found all the hidden icons in the last newsletter. Bruce won \$25.00 from LIRA!

Becky Bronson

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

2022 Summer Intersession

The 2022 Summer Intersession, given between semesters, offers retirees and those semi-retired a sample of LIRA's almost year-round program and friendly community. Much of the program is planned and provided by the members themselves. We invite the general public to all Summer Intersession programs. **Other than field trips and the June 16th program on Mixology, all programs will be either Hybrid or Zoom only, as marked below. Hybrid programs will be on Zoom and in Coburn Hall.**

Friday, May 20: Book Discussion 10 a.m. to noon (Zoom only)

Empire of Pain by Patrick Radden Keefe, 2021, 560 pages

Discussion Leader: Bob Hanlon*

Friday, May 27: Film Discussion 10 a.m. to noon (Zoom only)

The Intouchables starring Omar Sy and Francois Cluzet

Discussion Leader: Marie-Anne Fernando*

LIRA excursion to Garden in the Woods

Wednesday, June 1, starting at 10 AM

In a unique botanic garden visitors often describe as magical, you'll find a naturalistic plant collection that showcases New England native plants with complementary specimens from across the country. Garden in the Woods lies just west of Boston, on 45 acres sculpted by retreating glaciers into eskers, steep-sided valleys, and a kettle pond. Here you'll find inspiration for your own garden and a new appreciation for the varied plant life of our region. Please note that the tour will involve walking a sometimes steep mile-long path, although a golf cart with limited seating is available. Our guide will be Leslie Turek, a master landscape gardener, and long-time Garden in the Woods tour guide. The botanical sanctuary is at 180 Hemenway Road in Framingham. Admission is \$12 for seniors (65+), and \$16 for adults; a discount is available for veterans. There is parking on the site.

Coordinator: Lisa Hertel*

Jack Kerouac: From Lowell to the World (Hybrid)

Presenter: Paul Marion

Wednesday, June 8, 10 a.m. - noon

Writer and publisher Paul Marion will discuss the origin and influence of the important twentieth-century author Jack Kerouac, from his youth in Lowell to his current status as one of the towering American novelists of his time. His book *On the Road* is recognized as one of the significant novels of the past century, putting him in the category of Hemingway, Fitzgerald, and Harper Lee. But Kerouac is far more than his quest story on the American highway. From a Lowell perspective, his so-called Lowell Books, including *The Town & The City* and *Doctor Sax*, double as literature and social history when it comes to the city. His descriptions of daily life and places in the 1920s and 30s give the narratives documentary value. One observer said you can use Kerouac's Lowell books as walking guides to large sections of Lowell. In the publishing industry, memoir is all the rage, but Kerouac was far ahead of this trend, using his own life as the medium for what he sometimes called book-movies or true-story novels. In a relatively brief life as a writer (he died at 47 years old in 1969), Kerouac produced a tall stack of books including collections of poems and dreams, creative nonfiction pieces, plays, spiritual tracts, and more. In this the 100th year since his birth in the Centralville neighborhood of Lowell, his readers and critics are taking another look at the achievement of an author known for his exuberance and human frailty. He set out to be a writer whose work would endure, and he made that happen.

Coordinator: Susan Lemire*

Uniforms of the American Expedition Force in WWI (Hybrid)

Presenter: James Wilson

Wednesday, June 15, 10 a.m. to noon



Retired US Marine Corp Colonel James Wilson will present a program on the uniforms worn by The American Expedition Force in WWI with particular emphasis on shoulder patches and other insignia. Jim is a graduate of the Citadel with a degree in history and saw active service in Viet Nam and Okinawa. He currently serves on the board of directors of the Fort Devens Museum.

The American Expeditionary Forces (AEF), commanded by General John Pershing, were the armed forces that the United States sent to Europe during World War I.

Coordinator: Bob Hanlon*

Mixology

Presenters: Staff of Warp and Weft, 197 Market Street, Lowell

Thursday, June 16, 4 to 5:30 p.m.

Want to know how to make a cool new drink? The staff at Warp and Weft will show you how. Join us as they show us one of their signature, popular drinks. You will get some information about the different liquors and what to buy. After the demonstration, you will be served the drink with some time to ask questions and socialize. You will take home a recipe card as well as a small amount of Warp and Weft's simple syrup so you can try making the drink at home. Warp and Weft is located at 197 Market Street in the downtown between Dutton and Central. There is city parking in the nearby Leo Roy Garage on Market Street. If you want to stay for dinner check to see if they are taking reservations, 978-455-6537. Limit 20. A wait list will be taken with a possibility for a second date.

Please send a check for \$10 made out to LIRA to Sally Coulter to cover the cost of the drink:
200 Market St. #611, Lowell, MA 01852

Coordinator: Sally Coulter

Friday, June 17: Book Discussion 10 AM to noon (Zoom only)

The Sentence by Louise Erdrich, 2021, 386 pages

Discussion Leader: Karen Naka*

Darkness in Distress (Hybrid)

Presenter: Kelly Beatty

Wednesday, June 22, 10 a.m. – noon

Kelly Beatty from *Sky & Telescope* magazine will be talking to LIRA about how light pollution is robbing us of starry skies, affecting our health and wasting energy – and what can be done to reduce it.

Coordinator: James Rutter*

LIRA excursion to The Charles River Museum of Industry

Wednesday, June 29, starting at 10 a.m.

Located in a Waltham mill building, the Charles River Museum of Industry & Innovation has a intriguing collection in a small space. It focuses on local innovations, including a special exhibit on the Waltham Watch Company, and another on bicycles and motorcycles. Admission is \$5 for seniors 65+ (\$10 for adults). Parking is across the river in a garage; the museum is accessible from the garage by a footbridge over the river. See <https://www.charlesrivermuseum.org/> for further details. There are many fine restaurants and parks in the area, mostly on Moody Street.

Coordinator: Lisa Hertel*

Bus trip to the Peabody Essex Museum

Thursday, July 14, 8:45 a.m. – 1:45 p.m.

On July 14th, LIRA will be traveling via bus to the Peabody Essex Museum in Salem, MA.

PEM is one of the oldest continuously operating museums in the United States and holds one of the major collections of Asian Art in the United States. After opening newly expanded spaces in 2019, PEM now ranks in the top 10 North American art museums in terms of gallery square footage. The PEM holds more than 840,000 works of historical and cultural art covering maritime, American, Asian, Oceanic and African art, Asian export art, and two large libraries with over 400,000 books and manuscripts.

The cost of \$35 a person includes bus transportation, admission to the museum and a 1 hour guided tour. Please note that LIRA has been advised that Library Passes, MTA cards, PEM membership or PEM Comp passes will not alone qualify for inclusion on this 1 hour guided tour.

To reserve a place, please send a check by June 1st to Bob Hanlon, 198 Littleton Road, Unit 3103, Chelmsford, MA. 01824.

Our bus will leave Hannaford's in Chelmsford at 8:45 AM and leave the museum to return home at 1:45 PM. Please note that face masks will be required while on the bus.

Coordinator: Bob Hanlon*

Moods, Emotions, and Aging: Hormones and the Mind-Body Connection (Hybrid with remote presenter)

Presenter: Phyllis Bronson, Ph.D.

Wednesday, July 20, 10 a.m. - noon

Twenty years ago, the Women's Health Initiative Study came out and women were told to discontinue hormone replacement therapy. This was a huge disservice to many women, as this was a flawed study. Phyllis Bronson holds a doctorate in biochemistry and has been working with women who have hormone-based mood disorders for years. Her ongoing research focuses on the science behind bioidentical molecules—that is, molecules which are identical to those produced by the human body, rather than synthetic formulations created in a laboratory, and altered slightly. In this talk, she will explore the problems with the Women's Health Initiative Study and explain how hormones work to ease common symptoms of depression and anxiety, especially in peri- and post-menopausal women. This talk will be accessible and illuminating for a generally non-scientific audience.

Coordinator: Peter Sebelius*

Visions of the Shakers (Hybrid with remote presenter)

Presenter: Bruce Magnuson*

Wednesday, July 27, 10 a.m. – 12 noon



Visions of the
Shakers:
A Historical and
Photographic
Journey

Bruce J. Magnuson

The Shaker origins in the United States began outside of Albany, New York and today the last remaining members are in Sabbathday Lake, Maine. Interweaving the history of this fascinating Protestant Utopian sect with his photography, LIRA member **Bruce Magnuson** will follow their development and influence from the late 1700's until today. He will also be highlighting the Shaker villages in Eastern New York and New England with many still in existence as museums.

* Indicates LIRA member

LIRA's Summer 2022 Intersession

Monday	Tuesday	Wednesday	Thursday	Friday
May 16	May 17	May 18	May 19	May 20 10 am to Noon Book Discussion <i>Empire of Pain</i> Patrick Radden Keefe ZOOM ONLY
May 23	May 24	May 25	May 26	May 27 10 am to Noon Film Discussion <i>The Untouchables</i> ZOOM ONLY
May 30	May 31	June 1 10 am Excursion to Garden in the Woods	June 2	June 3
June 6	June 7	June 8 10 am to Noon Jack Kerouac: From Lowell to the World Paul Marion	June 9	June 10
June 13	June 14	June 15 10 a.m. to Noon Uniforms of the American Expedition Force in WWI James Wilson	June 16 4 to 5:30 pm Mixology Staff of Warp and Weft	June 17 10 am to Noon Book Discussion <i>The Sentence</i> Louise Erdrich ZOOM ONLY

Monday	Tuesday	Wednesday	Thursday	Friday
June 20	June 21	June 22 10 am to Noon Darkness in Distress Kelly Beatty	June 23	June 24
June 27	June 28	June 29 10 am Excursion to The Charles River Museum of Industry	June 30	July 1
July 4	July 5	July 6	July 7	July 8
July 11	July 12	July 13	July 14 8:45 am Bus trip to the Peabody Essex Museum	July 15
July 18	July 19	July 20 10 am to Noon Moods, Emotions and Aging: Hormones & the Mind-Body Connection Phyllis Bronson	July 21	July 22
July 25	July 26	July 27 10 am to Noon Visions of the Shakers Bruce Magnuson	July 28	July 29