Instructions: This document contains the first set of OLLI Brown Bag Presentations scheduled for mid-September to mid-October of the Fall 2019 semester. Please read through the brown bag descriptions and fill out the Registration Form on the last page of this document. Mail (see address on bottom of Registration Form) or email your choices to ollireg@gmail.com You can also register online through www.olli.umb.edu

Adopt Don’t Shop: Rescuing Dogs in New England
Date: Wednesday, September 18, 12:00–1:00 p.m.
Location: Room 418, 1st Floor, McCormack Hall, UMass Boston
Must love dogs! Learn how to get involved in animal rescue right here in New England. We will cover the foundations of rescue and discuss available volunteer roles with a local non-profit rescue group, from fostering dogs in your own home to conducting reference checks for potential adopters over the phone. Taught by an Adoptions Team Lead from Last Hope K9 Rescue, this presentation helps adults find accessible volunteer opportunities that are essential to saving dogs’ lives.
Presenter: Molly Wylie is a PhD student in UMass Boston’s Gerontology Department. As an Adoptions Team Lead and active volunteer for Last Hope K9 Rescue, she conducts reference checks for eligible adopters, coordinates adoption booths at local events, conducts home visits, fosters dogs of all breeds, and informally educates others on the importance of animal rescue.

Cats Their Allure, from Goddess to Pet
Date: Thursday, September 19, 12:00–1:00 p.m.
Location: Room 418, 1st Floor, McCormack Hall, UMass Boston
There are an estimated 93.5-million cats kept as pets; about one third of all households in the United States have a least one cat. This presentation will be a fanciful look at cats, their history, and their role in society. Dog people and cat people are invited.
Presenter: Joanne Agababian is a social worker and a sociologist at heart, but her professional career has taken her elsewhere. Joanne never fails to read both the editorial page of the newspaper and the comics. She is a true-blue political junkie! Joanne was also the first woman president of her local neighborhood association.

Date: Tuesday, September 24, 12:00–1:00 p.m.
Location: Room 418, 1st Floor, McCormack Hall, UMass Boston
A presentation and discussion of an excerpt, published May 31, 2019 in the Dorchester Reporter, from my coming book MONADNOCK: A Street in a Neighborhood that Almost Died. In the 1970s the neighborhood was regarded by city planning as beyond redemption, with the cost to rehab its housing in excess of what could be provided. It would have seen “urban renewal” resembling the transformation of Boston’s West End, except for the encouragement of urban planning students who recognized its historic significance and residents, many of them immigrants, who banded together to organize and preserve, and thus to reverse the City’s vision.
Presenter: Starting in the 1970s, author Bob Haas became inspired to reverse his neighborhood’s decline. In 14 years at the Dorchester Bay Economic Development Corporation, he initiated affordable housing projects and commercial building redevelopments. Later, following the crack epidemic of the 1990s, he raised youth development funds at the Dudley Street Neighborhood Initiative.
Let’s Dance! A Dancing Brown Bag “Lecture”
**Date:** Wednesday, September 25, 12:00–1:00 p.m.
**Location:** McCormack Theatre, 2nd Floor, McCormack Hall, UMass Boston
Salsa. The Cupid Shuffle. Yep, you can learn their basic steps in just one hour, because both are (or start as) line dances. Come join us to dance in lines and learn the basic salsa step, the Latin dance originating in Caribbean-American communities in the 1970s, and the Cupid Shuffle, a runaway popular hip-hop hit by African American singer Cupid. Why try? Because both are low-impact and really fun. Come have a good time at this social, active brown bag. Bring water and a snack. “Lecture” component will include background information about these two unique dances.

**Presenter:** Genny Peterson’s love of moving to music may not have always been considered “dancing”, but it’s always been fun! In addition to improving her dance skills with Zumba and crashing wedding dance floors, Genny has been project coordinator with OLLI since May 2019 and has taught history with OLLI since 2017.

Enjoy a Photo Tour of the North River on Boston’s South Shore (Braintree Only)
**Date:** Wednesday, September 25, 12:00–1:00 p.m.
**Location:** Logan Auditorium, Thayer Public Library in Braintree
The North and South Rivers Watershed Association will present “The Natural Beauty, Rich History and Fragile Ecology of the North and South Rivers.” Learn about the wonderful activities, events, environmental and educational programs held throughout the year, and hear about some of the world-class ships built at dozens of shipyards along the North River from 1678 to 1871. The North River is the first designated “Scenic Protected River” in Massachusetts and the North and South Rivers have been designated a “National Historic Landmark” by the National Park Service. The North and South Rivers Watershed Association (NSRWA) is a non-profit grassroots environmental organization dedicated to the preservation and protection of the North and South Rivers, their streams, and marshes for almost 50 years.

**Presenter:** Charlie Naff became a volunteer with the North and South Rivers Watershed Association in Norwell after retiring from the business community. He conducted water sampling on the rivers for several years and documented many of the training protocols for the Water Sampling Program, now in its 25th year. In 2014, Naff developed an operating plan for the NSRWA’s Pontoon Boat Program on the North River. He currently serves as an Ambassador, conducting lectures on the mission and accomplishments of the NSRWA.

Thru-hiking The Pacific Crest Trail (Hingham Only)
**Date:** Thursday, September 26, 12:00–1:00 p.m.
**Location:** Whiton Room at the Hingham Public Library
In 2010, Anne O'Regan left her home in Boston and traveled west to do what, on average, only 300 people accomplish each year. Starting in Campo, California (on the Mexican border), she backpacked north for 2,650 miles on the Pacific Crest Trail (PCT). Traveling through California, Oregon, and Washington, she completed her thru-hike 5 months later in Manning Park, Canada. Join us as Anne shares tales from the trail and offers a unique visual presentation gleaned from over 3,000 photographs taken along the way.

**Presenter:** Anne O'Regan spent most of her adult life living and working in downtown Boston, then left corporate America behind to venture west to walk the PCT. She has thru-hiked other long trails, including the Colorado Trail, the John Muir (twice), Vermont’s Long Trail (twice) and The Wonderland Trail (WA). Anne is the author of *Tamed. A City Girl Walks From Mexico To Canada On The Pacific Crest Trail*. Her book is available on her website at [www.anneoregan.com](http://www.anneoregan.com) and will also be available at her presentation.
Cuba After Castro: A Country in Transition (Video Conference from UMass to Braintree and Hingham)
**Date:** Monday, September 30, 12:00–1:00 p.m.
**Location:** Presentation Room 3, Lower Level, Healey Library, UMass Boston; Logan Auditorium, Thayer Public Library in Braintree; Whiton Room at the Hingham Public Library

Cuba is a nation of paradoxes: a leader in health and education, but with shortages of basic foods and consumer goods; among the highest literacy rates in Latin America, but with constraints on free speech; and magnificent restored colonial architecture side by side with blocks of dilapidated and crumbling apartment buildings. Kept in a time warp for decades by an economic system controlled exclusively by the government, and exacerbated by the U.S. embargo, Cuba is now emerging to allow private businesses, private property ownership, and public internet access. Barry Pell traveled to Cuba in 2000 and returned this year to speak with the Cuban people and observe the changes. In this presentation, accompanied by his photography, he will discuss how its people are embracing and benefitting from the changes while remaining devoted to the nation’s revolutionary ideals and cultural heritage.

**Presenter:** Barry Pell is a world traveler and photojournalist. He has traveled widely over five decades, visiting and documenting landscapes and cultures in 167 countries. Mr. Pell has also lived and traveled in China, Eastern Europe, North Africa, and South America. He currently lectures on international cultures at schools, universities, and institutions in the Boston area.

OLLI’s Strategic Plan: Goals and Strategies Explained (Hingham Only)
**Date:** Tuesday, October 1, 12:00–1:00 p.m.
**Location:** Whiton Room at the Hingham Public Library

In October 2018, OLLI at UMass Boston embarked upon a strategic planning process. Over the past several months the planning committee met monthly to collect and analyze data to determine areas OLLI needs to focus on in order to maintain the success of the past 20 years. In June, the board of directors approved a strategic plan, which will help guide OLLI over the next five years. The plan outlines six goals and their respective implementation strategies and action items. Join OLLI Director Jim Hermelbracht as he discusses what the plan entails and how it will support and advance OLLI’s mission.

**Presenter:** Jim Hermelbracht has been the OLLI director since August 2017. Prior to coming to UMass Boston, Jim was director of student activities at Stonehill College for 10 years. He has had prior experience in strategic planning at both Stonehill and Doane College in Nebraska, and has had a career in higher education for over 20 years.

OLLI’s Strategic Plan: Goals and Strategies Explained
**Date:** Thursday, October 3, 12:00–1:00 p.m.
**Location:** Room 418, 1st Floor, McCormack Hall, UMass Boston

In October 2018, OLLI at UMass Boston embarked upon a strategic planning process. Over the past several months the planning committee met monthly to collect and analyze data to determine areas OLLI needs to focus on in order to maintain the success of the past 20 years. In June, the board of directors approved a strategic plan, which will help guide OLLI over the next five years. The plan outlines six goals and their respective implementation strategies and action items. Join OLLI Director Jim Hermelbracht as he discusses what the plan entails and how it will support and advance OLLI’s mission.

**Presenter:** Jim Hermelbracht has been the OLLI director since August 2017. Prior to coming to UMass Boston, Jim was director of student activities at Stonehill College for 10 years. He has had prior experience in strategic planning at both Stonehill and Doane College in Nebraska, and has had a career in higher education for over 20 years.
**Introduction to Zentangle (Hingham Only)**

**Date:** Monday, October 7, 1:00‒3:00 p.m. (these times are correct)

**Location:** Whiton Room at the Hingham Public Library

Zentangle is an easy, relaxing way to create beautiful images by drawing simple structured patterns. It requires no special talents, skills, or tools; anyone can do it! Zentangle can be used to reduce stress, find focus and creativity, or simply to have fun in just 15 minutes every day. In this introductory lesson, you will learn the elemental strokes and some beginner “tangles” to start you on your way to a lifetime of Zentangle practice.

**Presenter:** Moo Bishop is a Certified Zentangle Teacher (CZT) and long-time resident of Boston. A lifelong wanna-be artist and ADD sufferer, she discovered Zentangle as a clean and satisfying way to create quick bursts of beautiful art while claiming order in her life.

**Building New and Better Habits: Strategies and Systems ( Braintree Only)**

**Date:** Monday, October 7, 12:00‒1:00 p.m.

**Location:** Logan Auditorium, Thayer Public Library in Braintree

Each January we think about making New Year's resolutions and we know how soon they are broken. The better choice is to change a particular behavior anytime during the year with a new habit. This session will discuss how to create a new habit, how long it takes, and the right way for each of us. Suggestions from the modern gurus of habits such as Gretchen Rubin, Stephen Covey, and Charles Duhigg will be presented.

**Presenter:** Patricia DelVal is a retired educator who continues to work as an educational consultant, but has lifelong passions of good health and organization (including goals, tasks, space, and “stuff”). Being successful with these allows her to spend more time doing other interesting and enjoyable things without worrying about what is not being accomplished.

**Thomas Jefferson the Foodie**

**Date:** Monday, October 7, 12:00–1:00 p.m.

**Location:** Room 418, 1st Floor, McCormack Hall, UMass Boston

This discussion will take a different view of one of America's most celebrated Founding Fathers, Thomas Jefferson. Jefferson's political vision and writings are well known and documented, but less known is his influence on American cuisine. This brown bag will present a close examination of Mr. Jefferson's favorite foods and various “food” habits.

**Presenter:** Anthony Guerriero is a former Sr. Visiting Instructor of American history at Salem State where he taught for 14 years. He holds a Bachelor of Arts in history and secondary education from Salem State College and a Master of Arts from UMass Boston.

**OLLI's Strategic Plan: Goals and Strategies Explained ( Braintree Only)**

**Date:** Tuesday, October 8, 12:00–1:00 p.m.

**Location:** Logan Auditorium, Thayer Public Library in Braintree

In October 2018, OLLI at UMass Boston embarked upon a strategic planning process. Over the past several months the planning committee met monthly to collect and analyze data to determine areas OLLI needs to focus on in order to maintain the success of the past 20 years. In June, the board of directors approved a strategic plan, which will help guide OLLI over the next five years. The plan outlines six goals and their respective implementation strategies and action items. Join OLLI Director Jim Hermelbracht as he discusses what the plan entails and how it will support and advance OLLI’s mission.

**Presenter:** Jim Hermelbracht has been the OLLI director since August 2017. Prior to coming to UMass Boston, Jim was director of student activities at Stonehill College for 10 years. He has had prior experience in strategic planning at both Stonehill and Doane College in Nebraska, and has had a career in higher education for over 20 years.
OK. I Recycle. What Do I Do with the Rest?
**Date:** Tuesday, October 8, 12:00–1:00 p.m.
**Location:** Room 418, 1st Floor, McCormack Hall, UMass Boston

In this brown bag we will discuss how to properly rid your home of the “stuff” that has accumulated. Working with the Department of Public Works (DPW) in your town, learn about hazardous waste, plastic, and battery disposal. What do you do with pizza boxes? How about leftover latex paint? Or, oil paint? How do you get rid of furniture that’s in good condition but no longer needed? What about clothing and textiles? This class will help demonstrate how to properly dispose of these items and help to save the planet.

**Presenter:** Janet Aucello has worked as a science coordinator in many MA schools, including Watertown and Marblehead. She received a BA in biology and chemistry from Emmanuel College, and an MEd and CAGS from Lesley University. Janet was also an adjunct faculty member at Emmanuel and Lesley. As a member of the Melrose Recycling Committee, she advocates Recycle, Reduce, and Reuse in order to minimize the amount of trash picked up and taken to the landfills.

---

How Computers Changed the Newspaper Industry
**Date:** Tuesday, October 15, 12:00–1:00 p.m.
**Location:** Room 418, 1st Floor, McCormack Hall, UMass Boston

Computers were introduced at *The Boston Globe* in 1967, which changed many things for members of the Boston Typographical Union who had jurisdiction over all of the typesetting that was printed in the newspaper. The union had an excellent contract that included a lifetime job guarantee. However, in the late 1990s there was very little for the composing room workers to do, as some of the jurisdiction was given over to management. Pagination was also at *The Globe*, which meant an entire page could be composed and sent out through the computer. Over the years, *The Globe* management bought out all members of the Typographical Union. Computers affected many newspaper unions across America.

**Presenter:** Charles Harrington retired in 1999 after working 33 years at *The Boston Globe*. He was a union activist, elected union secretary-treasurer, and elected to 6 international conventions.

---

Interviews with Hiroshima and Nagasaki Bomb Survivors with Thoughts on Japan’s Peace Education Curriculum
**Date:** Wednesday, October 16, 12:00–1:00 p.m.
**Location:** Room 418, 1st Floor, McCormack Hall, UMass Boston

Keiko Hiromi, who grew up in Japan in the second half of the 20th century, shares her interviews with bomb survivors. Conducted within the last five years, Hiromi’s interviews share the experiences of these survivors in their own words. Hiromi will also share her own experiences and thoughts on Japan’s peace education curriculum, which developed in the years following WWII. This presentation will include Hiromi’s professional photographs of Hiroshima, Nagasaki, and the survivors interviewed.

**Presenter:** Keiko Hiromi is a Japanese photographer based in Boston, MA and Tokyo, Japan. Her photographs have appeared in *The New York Times, The Boston Globe, Vanity Fair, Der Spiegel,* and many publications around the globe. Keiko has also presented solo exhibitions at the Massachusetts State House, Boston City Hall, Tokyo, and many other locations.

---

Music and the Civil Rights Movement
**Date:** Thursday, October 17, 12:00–1:00 p.m.
**Location:** Room 418, 1st Floor, McCormack Hall, UMass Boston

We remember Civil Rights marchers, united in song, facing down Southern mobs, fire hoses, and angry police, demanding integration and the right to vote. Why was the Civil Rights Movement
such a singing movement? The answer lies in the hard history of slavery and the brutal oppression that followed it; and in the stirring story of the brave African-Americans who used music as a secret language of resistance, community and survival, leaving us a uniquely American legacy we now call Freedom Songs.

Presenter: Scott Alarik covered folk music in *The Boston Globe* for over 20 years. He is an author, journalist, musician, and host of WUMB-FM’s Folk Tales series. Scott’s latest book is a novel about folk music called *Revival*, which won the Benjamin Franklin Silver Award for Popular Fiction.
Registration Form for September 18–October 17, 2019 Brown Bag Presentations

Name: ____________________ Tel: ____________________ Email: ____________________

I plan to attend the following Brown Bag Presentations (please check):

___ Adopt Don’t Shop: Rescuing Dogs in New England (September 18)
___ Cats Their Allure, from Goddess to Pet (September 19)
___ Turning a Dorchester Neighborhood Around (1977–1980) (September 24)
___ Let’s Dance! A Dancing Brown Bag “Lecture” (September 25)
___ Enjoy a Photo Tour of the North River (September 25) (Braintree Only)
___ Thru-hiking The Pacific Crest Trail (September 26) (Hingham Only)
___ Cuba After Castro: A Country in Transition (September 30) (Video Conference from UMass to Braintree and Hingham)
   □ UMass Boston □ Thayer Public Library, Braintree □ Hingham Public Library
___ OLLI’s Strategic Plan: Goals and Strategies Explained (October 1) (Hingham Only)
___ OLLI’s Strategic Plan: Goals and Strategies Explained (October 3)
___ Introduction to Zentangle (October 7) (Hingham Only)
___ Building New and Better Habits: Strategies and Systems (October 7) (Braintree Only)
___ Thomas Jefferson the Foodie (October 7)
___ OLLI’s Strategic Plan: Goals and Strategies Explained (October 8) (Braintree Only)
___ OK. I Recycle. What Do I Do with the Rest? (October 8)
___ How Computers Changed the Newspaper Industry (October 15)
___ Interviews with Hiroshima and Nagasaki Bomb Survivors (October 16)
___ Music and the Civil Rights Movement (October 17)

To register for brown bag presentations, please email your choices to ollireg@gmail.com You can also register online through www.olli.umb.edu or mail this form to OLLI, UMass Boston, 100 Morrissey Blvd., Boston, MA 02125