

Evening-and-Weekend Lecture Series 2015-2016

All lectures are co-sponsored by the Wellesley Council on Aging
& the Wellesley Free Library



Sunday
September 27, 2015
2:00 pm
Wakelin Room
Wellesley Main Library

“The History of the Boston Light”

Nearly 300 years ago Boston Harbor became an ideal maritime colony for commerce and trade. Because the harbor requires safe passage for economic growth, Boston Light was created as an aid to navigation to the entrance of the harbor in 1716. Today, Boston Light remains an American maritime icon through a congressional mandate which spurred the creation of the Boston Harbor Island National Park. It is the last manned Coast Guard Light Station in the country. The current Keeper, Dr. Sally Snowman, is the first female lighthouse keeper to serve at the Boston Light. She will be speaking of its maritime history: past, present, future - 2016 and beyond. This program is co-sponsored with the Wellesley Historical Society.

Thursday
October 22, 2015
7:00 pm
Wakelin Room
Wellesley Main Library

“Understanding Human Diversity and the Importance of Empathy”

Sometimes intended or unintended biases take over human behavior. Someone “different” is misunderstood, ignored, ridiculed out of fear, or outright rejected. Michelle Chalmers, MSW is a 1986 graduate of Wellesley High, current Wellesley resident, president of World of Wellesley, author of two books about diversity, and facilitator of conversations about race. In this presentation, she will unpack the journey of understanding the complexity of human diversity through a lens of compassion and empathy. Relying on an examination of biology, research, and autobiography, Chalmers will offer a framework for celebrating the amazing individuality of each person while developing a deeper understanding of our collective humanity and the positive impact of embracing diversity.

Sunday
March 6, 2016
2:00 pm
Wakelin Room
Wellesley Main Library

“Our Future with Bees”

The world’s bees can create economic and ecological sustainability, if only we let them. We know the vital importance of bees, yet we also know that they are dying off and that this decline is one of the single greatest threats to our natural environment today. As an antidote to this threat, Noah Wilson-Rich, Ph.D. discusses what the future human condition looks like in a world that incorporates bees into our architecture, healthcare, and everyday lives. Wilson-Rich is founder and chief scientific officer of The Best Bees Company, a Boston-based research organization and beekeeping service. His book, *The Bee: A Natural History*, has been called “an everyman’s guide to all things bee.” An avowed expert in his field, he is a highly regarded biologist, professor, beekeeper, author, two-time TEDx speaker, and New York Times contributor.

Continued on reverse

**Thursday
April 14, 2016
7:00 pm
Wakelin Room
Wellesley Main Library**

“A Worm’s Tale: Secrets of Evolution and Immortality”

Everything alive today shares a common ancestry of nearly 4 billion years duration. Humans, even scientists, cannot conceive or understand the implications of this timescale! Consequently, we **always, always** underestimate living things. Recent investigations reveal the remarkable sophistication of the “information technology” inside all organisms. This talk presented by Dr. Craig C. Mello will review the place of mankind in the universe, the amazing history of our evolutionary origins, and the remarkable biological mechanisms that propagate, from one generation to the next, the information that makes each of us unique. Mello is an Investigator of the Howard Hughes Medical Institute, holds the Blais University Chair in Molecular Medicine and is Co-director of the RNA Therapeutics Institute at the University of Massachusetts Medical School. He has received numerous prestigious awards and prizes, and, with Andrew Fire, the 2006 Nobel Prize in Physiology or Medicine.

**Thursday
May 12, 2016
7:00 pm
Wakelin Room
Wellesley Main Library**

“Seven Steps to Managing Your Memory: What’s Normal, What’s Not, and What to Do about It!”

Have you ever walked into a room to get something and then could not remember what you went in to get? Do you sometimes have trouble finding your car in a parking lot after a soccer game or grocery shopping? Do you spend too much time looking for your keys, wallet, or running shoes? Based on his in-press book, Dr. Andrew Budson will discuss seven steps to help you figure out if your memory is normal or not, and how to use physical activity, specific foods, mental exercises, and cognitive strategies to strengthen your memory. A graduate of Wellesley High, Budson is a leading light in the field of neurology and holds top positions in neurology at Veterans Affairs Boston Healthcare System, Boston University Alzheimer’s Disease Center, Boston University School of Medicine, Harvard Medical School, and Brigham and Women’s Hospital. He is a clinician, professor, researcher, consultant, author, and recipient of numerous awards for his ground-breaking work.

Transportation from the Wellesley Council on Aging Volunteer Drivers Program may be available for these events. If you need transportation, please call the Wellesley Council on Aging Transportation Coordinator at (781) 235-3046 at least 3 business days in advance.



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