

the Whistler

Newsletter of the Agassiz Neighborhood Council

May 2011

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ANC News

NOTES FROM THE APR. 12 MEETING

Waterhouse Street Improvements

Carol Weinhaus, ANC member and long-time resident, updated the council on a March 22, 2011 community meeting about the reconstruction of the Waterhouse Street intersection, between Mass. Ave. and Garden Street. The meeting, organized by the city, focused on community response to traffic calming tools and street design. The city has hosted two meetings on the reconstruction plans, and may organize a third for spring 2011.

Ms. Weinhaus explained that the Waterhouse St./Mass. Ave. intersection has particular importance because, "[It] represents an entrance to our community."

The project will include:

- Reconstruction of the Mass. Ave. and

Waterhouse St. intersection with a focus on improved access for pedestrians

- Traffic calming measures
- A new sidewalk along the Cambridge Common where it abuts Waterhouse St.
- New trees and landscaping

Although work on the Waterhouse Street intersection will begin before the Mass. Ave. Master Plan, (a community and city effort to revitalize Mass. Ave. between the Cambridge Common and Porter Square) has been completed, Ms. Weinhaus reported that the city expressed interest in applying aspects of the plan to the improvements.

Forest/Frost St. Sidewalk, Street and Utility Reconstruction

Owen O'Riordan, Cambridge City Engineer with the Department of Public Works (DPW), updated council members on planned repairs for Forest and Frost Streets, associated with the city's ongoing sewer/storm water separation project. The DPW will reconstruct at least one street in the neighborhood per year for the next three to four years. Currently, DPW is completing sidewalk work and paving on Prentiss St.

NEXT ANC MONTHLY MEETING



MAY 10 - 7:30 PM

Maud Morgan Arts
20A Sacramento Street
2D Studio, 2nd Floor

Annual Meeting

The Council will vote to approve the slate for the 2011/2012 Board of Directors. All are invited to attend, meet the Board, and enjoy light refreshments.

The reconstruction includes, as needed:

- Renewed and upgraded gas and water lines
- New sewer and storm drains (separated)
- New street surface and sidewalks
- Improved accessibility for pedestrians, including handicap access ramps and street crossing markings

The next streets scheduled for work are Forest (between Beacon St. and Mass. Ave.) and a portion of Frost. Budget allowing, DPW will also renovate the northernmost section of Oxford Street from Garfield St. to the Beacon St. line, including sidewalks. Other roadwork projects in the area include a sewer/storm water reconstruction project south of Kirkland St.

Traffic Calming

DPW plans to construct a new raised traffic-calming platform at the corner of Frost and Forest Sts. The platform will be sloped with pedestrian crossing stripes marked on the surrounding blacktop. Additionally, the traffic-calming tables at Wendell/Oxford and Garfield/Oxford will be rebuilt to the new standard.

Q&A with Mr. O’Riordan

Q: Why are the some of the curbs around the neighborhood so tall?

A: The neighborhood is part of a watershed that discharges towards the Charles River. Taller sidewalks help convey storm water out of the community. During storms, some of the water gets collected in a “dry well,” becoming available to nearby trees.

Mr. O’Riordan added, “The city is designing streets as conveyers and storage spaces for

storm water in response to climate change.”

Council Response

The council voted to send a letter to Susan Clippinger and Lisa Peterson of the Cambridge Department of Traffic, Parking and Transportation, thanking the city for agreeing to reconstruct and improve the raised traffic-calming platforms.

Your Street

Residents are invited to review copies of construction drawings for upcoming work, available at 20 Sacramento Street. Stephen Diamond, ABC Board Director and long-time resident, has volunteered to help interested individuals read the maps. To learn more, contact Phoebe Sinclair at (617) 349-6287 x10 or psinclair@agassiz.org.

NSTAR Electric Discusses Outages

Bill Zamparelli, NSTAR Electric & Gas Corporation’s Community Relations Representative, fielded questions regarding planned and unplanned electrical outages in the neighborhood. Mr. Zamparelli clarified that, over the last three years, there have been seven outages due to system failure, in addition to seven scheduled outages necessary for system repair. It is NSTAR’s policy to schedule planned outages between midnight and 5 AM, preceded by a letter or phone call.

The electrical system in Cambridge is an older system, comprised of 60% underground cables and 40% overhead wires. The overhead system is adversely affected by storms and inclement weather, such as what caused a January 13 outage where a falling tree took down a pole and caused significant damage.

NSTAR is currently working to improve the existing distribution system, including replacing many manual oil switches prevalent throughout Cambridge.

These oil switches, which exist in both the underground and overhead systems, have been

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recently determined by the manufacturer to be unsafe to be operated while energized and now require a brief service interruption to be safely replaced.

NSTAR has begun an aggressive oil switch replacement program, replacing switches whenever scheduled system maintenance or repairs allow. A replacement switch is approximately three times the size of an oil switch, which sometimes requires the reconstruction and/or expansion of existing man-holes, or even replacement of utility poles.



Example of an oil switch, (different from those used by NSTAR)

“Redundancy is the name of the game in this system,” stated Mr. Zamparelli. “We try to have as many power sources and switching options as possible.”

NSTAR operates a number of crews that carry out specific tasks, such as emergency troubleshooting, repairs, and pruning tree limbs that might interfere with the overhead wires.

Because these NSTAR crews are often dispatched from a regional center, many times crew members are unfamiliar with the unique design and layout of the Cambridge system. This, along with outdated or incorrect diagrams, may contribute to longer repair times.

While there are no shut-offs currently scheduled for the Agassiz neighborhood, two oil switch replacements will be necessary later in the year. Mr. Zamparelli noted, “The system is constantly being upgraded, fixed and improved.”

Introducing the Men’s Health League

Richard Harding, representing the Men’s Health League, discussed the goals and purpose of this health and wellness program run through the Cambridge Health Department.

A significant goal of the program, Mr. Harding explained, is to reach out to men of color in Cambridge, many of whom are at increased risk for heart disease and diabetes. The Men’s Health League, established three years ago, is a free program that has averaged 150 people enrolled per year. In addition to bike rides and basketball teams, the League offers three unique programs:

- 1.) Fit for Life –This twelve-week program is based around the foundation of nutritionist consultation and the creation of, and adherence to, established workout regimens. Additional offerings include yoga, stretching, and cardio-vascular exercise. Mr. Harding correlated the program’s success with its ability to improve or rectify participants’ habits, stating “We look at ourselves as a group that supports attitudinal change.”
- 2.) Fitness Brothers –This ten-week community program offers free access to Bally Total Fitness, in addition to group workouts. There are currently fifty active participants.
- 3.) Navigated Care –This program assists men who have either been disconnected from the health care system, or don’t know how to access services. A dedicated staff member helps men connect to primary and secondary care physicians. Navigated Care is instrumental in assisting participants with the oftentimes complex and tedious paperwork of insurance and health care applications.

Consulting and Design



*Garden Coach*SM
Seija Hälvä, PhD

1-781-389-1161
www.gardenconsult.com

Mr. Harding explained that one of the most important aspects of the Men's Health League is helping participants stay in tune with a prescribed treatment processes. This basic framework has proven itself an efficient new way of helping people to improve their health and overall wellbeing nationwide.

To learn more about this program, contact Albert Pless, Director, at (617) 665-3677 or via email at apless@challiance.org.



Community

ATTEND OUR ANNUAL MEETING

Please join us Tuesday, May 10th, for our annual meeting; a once-a-year celebration and social event dedicated to reaching out to one another in a friendly way to begin a successful new year. Everyone is welcome to attend, meet the board, and enjoy light refreshments.

What: Annual meeting
When: Tuesday, May 10th, 7:30 PM
Where: Maud Morgan Arts Center,
2D studio, second floor

The council will vote to approve the slate (below) for the 2011/2012 Board of Directors.

Officers for a one-year term:
Andrea Walsh, Co-Chair, Eustis St.
Miriam Goldberg, Co-Chair, Frost St.
Hull Fulweiler, Clerk, Howland St.
Gao Wen Shao, Treasurer, Fayette St.

Directors for a two-year term:
Stephen Diamond, Frost St.
Hull Fulweiler, Howland St.
George Hein, Howland St.
Wendy Prellwitz, Wendell St.
Gao Wen Shao, Treasurer, Fayette St.

Directors in mid-term:
Adrienne Bailey, Cambridge Trust Bank

Anna Eckert Byrne, Kirkland Street
Miriam Goldberg, Frost St.
Fred Meyer, Hammond Street
Andrea Walsh, Eustis St.

REMEMBERING HELEN LAMBERT

Agassiz resident Helen (Haynes) Lambert died this past March after a long battle with breast cancer. She was 71. Born in Baton Rouge, Louisiana, Ms. Lambert graduated from Wellesley College, received graduate degrees from the University of New Hampshire, and taught biology at Northeastern University for thirty years before her retirement in 2000. She was also an avid gardener.

Ms. Lambert leaves behind her brother, son and daughter, and two grandsons. Contributions in her memory may be made to The Nature Conservancy, 4245 North Fairfax Drive, Arlington VA 22203.

LEARN AT THE LOUNGE THIS MAY

Living Well Network Computer Lounge offers a space for community members to share resources and information, socialize, and participate in computer and Internet-related activities.

Created for individuals over age fifty who discover themselves on the wrong side of the "digital divide," this program encourages participants to learn new skills and solve specific computer problems in a relaxed environment while enjoying refreshments and the company of their peers. Free open labs and classes are offered twice monthly.

When: Wednesdays from 1-3 PM
Where: North Hall Community Room,
1651 Mass. Ave
Contact: Colin Barr, LWN Computer
Lab Coordinator at (617) 349-
6287 x10 or cbarr@agassiz.org

Coming Up!

- May 4 Online Banking And Shopping
- May 11 Open lounge (no class)
- May 18 Design Successful PowerPoint Presentations
- May 25 Open lounge (no class)

LIVING WELL NETWORK YOGA

Don't miss your final opportunity to enjoy LWN "Boomer" yoga this spring! Learn classical postures to build both strength and flexibility, improve motion and balance, and utilize breathing techniques from both yoga and Aikido traditions.

- Dates:** Saturday May 7, 14
- Time:** 9:30-10:30 AM
- Location:** Lesley's University Hall, 1815 Mass. Ave.
- Cost:** \$15 for two classes, \$10 drop-in
- RSVP:** Phoebe Sinclair at (617) 349-6287 x10 or psinclair@agassiz.org

Class will be on hiatus June through August, beginning again in September 2011.

LWN SPRING OFFERINGS

LWN Movie Night

Join your neighbors once a month for a movie and lively discussion at the Maud Morgan Arts Center.

LWN Bocce

This spring and summer, join your neighbors for bocce games on our new court beside the Maud Morgan Arts Center.

Learn more online at www.agassiz.org.



AGASSIZ BLOSSOMS

Please enjoy these snapshots of spring blossoms in the neighborhood, submitted by Stephen Diamond, ABC Board Director and long-time resident. See more online on our Flickr page at www.flickr.com/photos/agassizbaldwin.





Maud Morgan Arts

CAMBRIDGE OPEN STUDIOS AT MMA

Join us at Maud Morgan Arts on Saturday and Sunday, May 21-22 during the second annual citywide Cambridge Open Studios. Maud Morgan faculty will be displaying work in the lobby, as well in the four studios that comprise the art center. Come meet the teachers and view their art!

Also visit the Chandler Gallery to view a sampling of the work of fifty Cambridge artists - paintings, jewelry, fiber arts, ceramics, film, mixed media, and more.

What: Cambridge Open Studios
When: Saturday, May 21 and Sunday, May 22, Noon to 6 PM
Where: Maud Morgan Arts and the Chandler Gallery, 20 Sacramento St.

Maps, list of participating artists, public transportation and parking information are available at www.cambridgeartscouncil.org or by calling the Cambridge Arts Council at (617) 349-4380.

COURSE SPOTLIGHT: LIVE MODEL SESSIONS

Sign up for drawing and painting from a live

model! Participating artists (teens welcome with permission) choose the models. These sessions do not have instruction.

Dates: Mondays, 6:00-8:00 PM
April 4th-June 6th
Tuition: \$15/single 3 hour session

Register at www.maudmorgan.com.

MAUD MORGAN ARTS SUMMER

Attention middle schoolers, Maud Morgan Summer Art Workshops want you! Beginning July 11, students entering 7th-9th grades in the fall can work with clay, learn screenprinting or fashion design, draw their own comics, and more!



Every two weeks students will work with different instructors, allowing a balance between in-depth work and encouraging exposure to a variety of topics and instructional styles.

Workshops run for eight weeks, 1:00 PM to 5:00 PM, Monday through Friday. To register or learn more, visit www.maudmorgan.com.



Agassiz Baldwin Children's Programs

ANNUAL AFTERSCHOOL ART SHOW

Agassiz Afterschool will host it's annual Art Show from June 10 to June 24 in the Chandler Gallery.



The exhibition will showcase artwork created by the Kindergarten-5th Agassiz Afterschool students and Sacramento Street Preschool. Art themes will be developed and chosen by the children, who will then curate and hang the show with staff guidance.

	<p>Peter G Meyersohn, CFP Financial Advisor</p>
	
<p>400 W. Cummings Park #3650 Woburn, MA 01801-6591 (781) 933-2067 ex.108</p>	<ul style="list-style-type: none"> • Personal Financial Planning • Mutual Funds • Life and Disability Insurance* • Long Term Care Insurance*
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Join us for the opening reception on
Wednesday, June 15th from 5:00-6:00 PM.

What: Annual Afterschool Art Show
When: June 10 to June 24
Where: The Chandler Gallery,
20 Sacramento St.



**INTRO ARTS PRESENTS GUY
MENDILOW BAND**

ABC Introducing Art and Club Passim Culture for Kids present Guy Mendilow Band. Blurring boundaries and connecting sounds, stories, rhythms and roots is central to the mission inspiring this vibrant, multicultural group.



Their latest offering, "The Ladino Project," is abound with stories of sailors seduced by sirens at sea, intrigue, fantastic dreams, and the treachery of kings and queens.

When: Wednesday, May 11,
2:00-3:00 PM
Where: Maria L. Baldwin School Stage,
28 Sacramento Street
Tickets: \$2 per person, \$5 per family
group, free for Agassiz Baldwin
Afterschool and Sacramento
Street Preschool families, other
afterschool groups free with
RSVP
Contact: Jacy Edelman at (617) 349-6287
x11 or jedelman@agassiz.org

City Wide

CAPTURE THE CAMBRIDGE PUBLIC LIBRARY

Prepared by The Cambridge Public Library

The Friends of the Cambridge Public Library are pleased to announce their first annual photography contest: "The Cambridge Public Library: A Place For All Seasons."

Photographers of all ages are invited to depict any part of the Cambridge Public Library system: buildings (interiors and exteriors), objects, and people, any time of day or night, in sunshine or inclement weather throughout the calendar year.

Photographs will be judged primarily on how effectively they portray the theme, "A Place for All Seasons." It is our hope that the collected works will represent each one of the libraries and all four seasons of the calendar year.

All appropriate photos will be posted on the library's Flickr website. The first-place-winner will receive a \$100 bookstore gift card; second-place winner will receive a \$50 gift card, and third-place winner a \$25 gift card.

Learn more at
http://1.usa.gov/cpl_photo_contest.

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Contact Phoebe Sinclair at (617) 349-6287 x10 or psinclair@agassiz.org.

Community Calendar

May 2011

Wednesday, May 4, 11, 18, 25	1:00-3:00 PM	LWN Computer Lounge and classes, North Hall Community Room, 1651 Mass. Ave.
Saturday, May 7, 14	9:30-10:30 AM	LWN Yoga Class, Lesley University Hall, 1815 Mass. Ave.
Tuesday, May 10	7:30-9:00 PM	ANC Annual Meeting (see page 1 for agenda) Maud Morgan Arts, 20A Sacramento St., 2D Studio
Wednesday, May 11	5:30-7:00 PM	ABC Board Meeting, 20 Sacramento St, 2nd Floor
Wednesday, May 11	2:00-3:00 PM	Introducing Art presents "Guy Mendilow Band" Baldwin School Stage, 28 Sacramento Street
Saturday, May 21, Sunday May 22	12:00-6:00 PM	Cambridge Open Studios at MMA and Chandler Gallery, 20 Sacramento St.
Monday, May 30		Memorial Day, ABC School Programs and office closed

The Whistler is published monthly September - June by the Agassiz Baldwin Community, distribution 2,000. Call (617) 349-6287 to receive by mail or e-mail. The newsletter is also posted each month online at www.agassiz.org. Items of interest to the neighborhood may be submitted for consideration no later than the 15th of the month prior to publication date.

The Whistler May 2011



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Cambridge, MA 02138
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www.agassiz.org

DO NOT FORWARD

DID YOU KNOW?

- **ANC meetings are now held on the second Tuesday of the month.** Join us in the 2D studio at the Maud Morgan Arts Center, 20A Sacramento Street.