

New Bedford Connecting Activities Partnership Seeking Volunteers

Every school day 7,000 students become dropouts nationwide, that's one every 26 seconds. The Greater New Bedford Connecting Activities Partnership needs volunteers to help address this crisis within the New Bedford area by delivering CHOICES, an interactive decision-making workshop that empowers teens to achieve academic success in pursuit of their career and life aspirations. Volunteer presenters from the local community are needed to deliver CHOICES to local 8th and 9th graders at New Bedford High School and Hastings Middle School in Fairhaven.



In the 90-minute session, presenters take students through real-world exercises on academic self-discipline, time and money management, and goal setting. The hands-on activities awaken students to the fact that they have the power to make important future-impacting decisions right now. The seminar develops the ideas of time management, self-discipline and wise academic decision making. It brings home to teenagers the meaning of the term "cost of living" and exposes them to sobering information about the education skills required for various occupations in today's and tomorrow's workplace. They stress how education achievement levels will either greatly limit or expand career choices and the ability to financially support oneself or a family.

"The presenters want to help the students understand how their level of education will expand their future choices and income," says Noelle Pina, Employer Specialist for the

Partnership at the New Bedford Area Chamber of Commerce. "The CHOICES program makes a positive difference in the lives of students by encouraging them to make good decisions and stay in school. The program is fast-paced and participatory so students are constantly active and never have the opportunity to become bored," Pina continues.

CHOICES is a fun workshop that quickly becomes easy to present. The partnership is looking for local business and community leaders who are comfortable with public speaking, are passionate about the success of youth and are interested in education, are organized and creative, and who can donate approximately 5 hours of their time to the workshop. This includes presenter training on March 14th, 9:00am-12pm (3 hours) and presenting the full workshop (2 hours). Presenters are encouraged to practice the presentation before their first workshop and to work in pairs to allow for variety and sharing of the workload. "We will be with our presenters every step of the way so they feel at ease in front of the students," says Zelia LaGarde, Internship Coordinator for the Partnership from Bristol Community College.

"CHOICES strives to awaken high school students to their potential, and helps them discover and develop aspirations for their lives," said Leo Muller, Executive Director of the national non-profit. "We help kids understand the consequences of dropping out and the opportunities available by pursuing their education. We introduce them to life skills they can use to take charge of their lives and to build a better future for themselves. We look forward to our partnership with Connecting Activities and are honored to be part of a comprehensive solution for students in the New Bedford area."

After the workshop each student can participate in the CHOICES Challenge, a text messaging activity designed to reinforce the principles of the workshop, students who complete the activity will be entered to win prizes.

Presenter training is taking place at the New Bedford Area Chamber of Commerce on Wednesday March 14th, 9:00am-12:00pm. To register to be trained as a CHOICES presenter please call Noelle Pina at (508) 999-5231 or e-mail npina@newbedfordchamber.com.

About the Connecting Activities Partnership

The Greater New Bedford Connecting Activities Partnership, a collaboration of the City of New Bedford Office of the Mayor, the Greater New Bedford Workforce Investment Board and Youth Council, Bristol Community College and the New Bedford Area Chamber of Commerce, promotes the connecting of academic and workplace learning through Connecting Activities workplace internships. Area employers assist High School seniors to make more informed decisions about their future education and career choices. Currently we service students at Dartmouth High School, Fairhaven High School, Global Learning Charter Public School, New Bedford High School, and Old Rochester Regional High School. More information about the partnership is available at www.newbedfordchamber.com or by calling (508) 999-5231.

About The CHOICES Education Group

The CHOICES Education Group is an independent 501(c)(3) nonprofit social enterprise started in 1985 with initial funding from Pacific Northwest Bell (now Qwest Communications). CHOICES has been delivered to more than six million students since 1985. The CHOICES workshop is currently being delivered in hundreds of locations across the U.S. and Canada. More information about CHOICES is available at www.choices.org or by calling 1-888-CHOICES (1-888-246-4237).

Ocean Explorium Names Rhonda Moniz Explorer in Residence

The Ocean Explorium now has an “Explorer in Residence.” A native of New Bedford, Rhonda Moniz is an underwater cinematographer, a diving safety officer and a pilot and engineer for Remotely- Operated Vehicles (ROV).



Ms. Moniz is founder and Director of Operations for Benthic Exploration, a company specializing in marine technology including ROV, AUV, Side scan, and sub-bottom profiling technology. Ms. Moniz has been involved in a number of expeditions around the world, including several with Dr. Robert Ballard. She has also served as lead science diver and underwater cinematographer for the University of Massachusetts School for Marine Science and Technology and for the University of Rhode Island.

Ms. Moniz will share her work with the Ocean Explorium, including access to ongoing marine research projects via online blog, still and video photography, and occasional public presentations. Ms. Moniz and the Ocean Explorium will also collaborate on high-level videos for display on the Ocean Explorium’s Science on a Sphere® exhibit.

“I am fortunate to have a job that I love, and I look forward to sharing my work with the New Bedford community” Ms. Moniz said. “A lot of amazing things are happening right now in marine science and technology. Where better than in New

Bedford to showcase these explorations and discoveries?”

“The Ocean Explorium is thrilled to have Rhonda Moniz as its Explorer in Residence” said Abbey Spargo, Education Programs Coordinator. “We hope that the community will join us in welcoming Rhonda this Thursday, March 1, for the first night of the annual Girls Interested in Real Life Science (GIRLS) speaker series.”

The Ocean Explorium is located at 174 Union Street in downtown New Bedford and is handicap accessible via the rear entrance. Call 508.994.5400 for after-hours access.

For further information, contact Abbey Spargo at aspargo@oceanexplorium.org or 508.994.5400, or visit the Ocean Explorium website at www.oceanexplorium.org.



Healthy Dining New Bedford Program

In January 2009, the Mass in Motion initiative was launched to promote wellness, and to prevent overweight and obesity throughout the state of Massachusetts. Today, more than half of the adults, and almost one-third of high school and middle school students in Massachusetts, are overweight or obese. In the past ten years alone, the percentage of adults in Massachusetts with diabetes has almost doubled!



New Bedford Mass in Motion stresses the importance of healthy eating and physical activity in response to Governor Patrick's call to action to combat obesity. The goal locally is to make New Bedford a healthier city, whose residents eat better and becomes more active at home, work, and throughout the community.

Healthy Dining New Bedford (Facebook), a New Bedford Mass in Motion initiative, is a voluntary program dedicated to providing simple, healthy nutritious lifestyle options. Our goal is to make the healthy choice the easy choice. Our City celebrates our diverse ethnic community and enjoys a variety of excellent restaurants for all to enjoy, but consumers may be overwhelmed with so many food choices. In order to promote better nutrition among the people who live, work and visit the City of New Bedford, Mass in Motion has launched a voluntary Healthy Dining New Bedford Program. Any restaurant that offers nutritious meal options and seating in a healthy environment is eligible to participate.

To achieve a Healthy Dining New Bedford status, restaurants must complete a simple, one-page application, which includes providing current menus (both adult and children) that show offerings such as: vegetables/fruits as side dishes; indicating gluten-free, vegan, reduced salt/sugar; offering

portions in smaller sizes; carrying local/seasonal menu items; water or low-fat milk for children, etc. Restaurant will be asked to meet at least four Healthy Dining criteria for adults and two criteria for children. In addition, restaurants must be in compliance with all New Bedford and State Health Department sanitary codes and all applicable licensing and permit provisions. To receive an application contact Pauline Hamel at HealthyDiningNewBedford@newbedford-ma.gov.

Successful applicants will receive a Healthy Dining New Bedford window decal and recognition for their efforts, including access to free marketing materials and promotional events throughout the year. We are currently in the process of collaborating with AHA! Night to provide a Healthy Dining New Bedford Progressive Dinner experience on May 10th, so stay tuned for details!

Look for the Healthy Dining New Bedford decals around the City, and be sure to patronize our HDNB restaurants! Healthy Dining New Bedford seeks to promote healthy eating among all people who live, work, visit and play in the City of New Bedford.

List of Healthy Dining New Bedford Qualified Restaurants

- Café Arpeggio
- Café Vila Franca
- Center Cafe
- Churrascaria Novo Mundo
- Cork Wine & Tapas
- Commons (formerly Ginger Grill)
- Destination Soups
- Freestone's City Grill
- Lebanese Kitchen
- Pizan's Pizza
- Rose Alley
- St. Luke's Hospital
- Waterfront Grille

Schwartz Center for Children Wine Tasting Benefit (28 Mar)



Carlos A. Madeira and Gayle deMello Madeira, owners of Cotali Mar Restaurante, located at 1178 Acushnet Avenue in New Bedford, and a group of their friends join together to sponsor and host 'Cotali Mar Cares', a charity wine tasting to benefit the Schwartz Center for

Children. This fundraiser will take place on Wednesday, March 28, 2012 at 6pm in the evening.

The \$25 donation includes a fine selection of wine tasting, hors d' oeuvres, musical entertainment, live and silent auctions. 100% of all proceeds will be donated to the Schwartz Center for Children. You can purchase tickets [here](#).

'Cotali Mar Cares' was an idea conceived last year by the Madeiras and a group of friends. Over 400 people attended the first 'Cotali Mar Cares' event on February 28, 2011 at Cotali Mar Restaurante. Total proceeds from 'Cotali Mar Cares' exceeded \$18,000, which went directly to the therapy, education, and medical care of children with disabilities.

Cotali Mar Restaurante offers a contemporary menu with international influences, a fine selection of fresh seafood, steak, pasta, and many specialty entrées. Cotali Mar Restaurante features a Tuscan dining setting with cozy fireplace seating, a café, an outdoor terrace and fireplace for seasonal dining, a wine cellar for private, social or

corporate events for up to 110 guests, and the Cotali Mar Grande Ballroom for private, social or corporate events with a capacity of 280 guests.

Please join us in supporting the special children of the Schwartz Center by purchasing your tickets at Cotali Mar Restaurante at 508-990-0066, or by contacting the Schwartz Center at 508-996-3391 x427.

The Schwartz Center for Children is a nonprofit organization with offices at 1 Posa Place in Dartmouth, MA. It has been serving children with a variety of special medical and developmental needs from birth to age 21 in Southeastern Massachusetts since 1947. Services include a Day School, Early Intervention Program, Outpatient Rehabilitation Services, Regional Consultation Program, Pediatric Specialty Clinics, and a variety of other programs.

Harriet Tubman, Underground Railroad Programming (3 March)



On Saturday, March 3, beginning at 10:00 AM, the Friends of the New Bedford Public Library, the New Bedford Historical Society and the New Bedford Civil War Roundtable, in partnership with New Bedford Whaling National Historical Park, present an author talk and family-friendly programming about New Bedford's role in the Underground Railroad. The day will be filled with talks, hands-on activities, videos, and music exploring the many connections between New Bedford and the Underground Railroad. The

activities take place at New Bedford Whaling National Historical Park, located at 33 William Street in downtown New Bedford.

The day starts at 10:00 a.m. with Thomas B. Allen, acclaimed author of "Harriet Tubman: Secret Agent" giving a talk geared for children. At 11:00 am, find out how escaped slaves used stars to find their path to freedom with an activity that explores constellations and navigation. At 12:00 noon, view a video about Henry "Box" Brown and recreate his journey to freedom shipped in a box from Virginia to Philadelphia. At 1:00 pm, the program focuses on New Bedford hero, orator, and abolitionist, Frederick Douglass through music, videos, and a talk about the life and legacy of Frederick Douglass in New Bedford. Events are free, fun and open to all.

Girls Interested in Real Life

Science Speaker Series Returns

The Ocean Explorium, with generous support from the Women's Fund of the Community Foundation of Southeastern Massachusetts, announces the fourth annual speaker series aimed at promoting the "STEM" subjects of science, technology, engineering, and mathematics to girls and young women.



The **Girls Interested in Real Life Science (GIRLS)** series will run each Thursday in March. Formerly offered under the name of Women in Science + Engineering (WiSE), the series features inspiring speakers drawn from professions wherein the STEM subjects play a major role.

Doors open at 5:00 pm each Thursday in March for mingling in the Ocean Explorium before the talks begin at 5:30 pm. This series is free and open to the public thanks to the support of the Women's Fund. Students will receive a special pin to indicate attendance at each week's event. The Ocean Explorium is happy to work with local educators so students can earn extra credit. Girls and boys in grades 5 - 12 from all local towns and communities are encouraged to attend: families are always welcome!

Speaking Schedule:

- March 1: Rhonda Moniz, Science Diver, Underwater Cinematographer, Entrepreneur
- March 8: Meghan Abella-Bowen, Director, SAGE Project, Bristol

Community College

- March 15: Teresa Ramirez and Marcela Soruco, Ph.D. candidates, Brown University, in Molecular Pharmacology/Physiology, and Molecular Biology/Cell Biology/Biochemistry, respectively
- March 22: Kate Clopek, Executive Director and Co-Founder, Community Water Solutions
- March 29: Sara MacSorley, NSF Experimental Program to Stimulate Competitive Research

In addition, the New Bedford Public Schools is supporting an after-school program that is running in conjunction with the GIRLS Program. The after-school program will involve female students from both Keith and Roosevelt Middle Schools. The students will participate in a two hour program each Thursday to learn about marine science and technology. In addition, they will have the opportunity to attend two field trips. The first will showcase "STEM in the SouthCoast" as they tour the area to see local professionals during the work day. The second will be to attend a field trip to Boston for the "Women In Science Day" at the New England Aquarium and a trip to the Museum of Science.

The Ocean Explorium is grateful for the support of both The Women's Fund and the New Bedford Public Schools. The program this year is expected to grow and continue to be successful! We look forward to students of all ages attending the evening speaker series where they can be inspired by women who have found their way to successes within the STEM subjects.

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For further information, contact Abbey Spargo at aspargo@oceanexplorium.org or 508.994.5400, or visit the Ocean Explorium website at www.oceanexplorium.org.

Fragile Footprints Program Seeking Volunteers to Help Families

The Fragile Footprints Program, sponsored by Jordan Hospital and Cranberry Hospice and Palliative Care, is seeking volunteers to help families across Southeastern Massachusetts.

This program is part of the Massachusetts Pediatric Care Network and is designed to

complement existing services to meet the needs of eligible children with life-limiting illness and their families by helping the parents identify resources and fill unmet needs. Children, their siblings, schools and other health care providers are supported by a compassionate, specially trained team of pediatricians, nurses, social workers, child life specialists, volunteers, spiritual care and complimentary therapy practitioners.

When a parent hears the news that their child is seriously ill and may not live until adulthood, the world stops. Normal routines give way to days filled with emergency rooms, specialists and demanding care needs. Family life is complicated by visits to multiple specialists and complex treatment schedules. The constant emotional, spiritual and financial challenges can be overwhelming. That's when you can help.

Our volunteers provide support in a variety of ways, all of



which are requested by the family unit of care for the child on service. By providing transportation, helping with errands, preparing a family meal, spending some quality time with the sibling or lending an ear to a caregiver who just needs to talk are a few examples of the role that you could play. We also recognize the value of Complimentary Therapy and utilize Reiki, Healing Touch, Reflexology, Massage Therapy, Soothing Music and Pet Therapy.

In order to volunteer with us, special training is required and provided by our team. Our next class is scheduled to begin in our Plymouth office on Monday, March 19th. We are also working with the Schwartz Center for Children in Dartmouth to offer training your area. If you are interested in becoming a part of this care team, please don't hesitate to call Karen Foster, Volunteer Coordinator for Cranberry Hospice and Fragile Footprints at 508-830-2762 or email kfoster@jordanhospital.org. I would look forward to having a conversation with you and to explore the opportunity of volunteering with us in your future.

Pier 37 Bar Review



By Shonna
McGrail

Dimmed relaxed lighting with cool blue fluorescence, shiny high top tables, and a large, lit fish tank adorned with liquor bottles greet you as you walk into the bar. Classic

blues tunes by such greats as Stevie Ray Vaughn, John Lee Hooker, and BB King fill your ears as you find your seat and peruse a menu of unique and creative cocktails. No, this is not a scene from New York City or Boston, but from our own downtown New Bedford. Pier 37 brings a great new scene to NB night life.

Anyone who visits downtown on the regular knows that it has a variety of bar scenes, from the dance club vibe of Bar 908, to the college student haven that is Hibernia, to the classy wine and tapas bar Cork, there is a lot going on. When Pier 37 was reborn from an establishment formerly known as Fins, it was difficult to imagine what they might do to distinguish themselves from the many other bars and restaurants mere yards away. However, Pier 37 is truly unlike any other place in New Bedford.



I had my first experience at Pier 37 the other night, getting a drink there with a friend after work. Unfortunately, I missed getting the opportunity to try anything from the kitchen because I didn't get out of work until after 9pm (the kitchen stays open until 8pm). However, I was lucky to be able to sit down with co-owner Noah Griffith who described to me the vision he, along with Steven Perry and Louise Branchaud, had when creating the recently opened Pier 37.

When I asked Noah what makes Pier 37 different from other places downtown, he pointed out quite simply that there has not been a bar dedicated to the jazz and blues scene since Rosies, which was located on Hathaway Road and closed years ago. For music lovers, having a place with blues and jazz music is a gem, because it has become so scarce. Pier 37 creates an excellent atmosphere, between the beautiful

renovations they have done and the timeless tunes playing through their sound system. I have yet to see any of the live acts that are becoming a predominate fixture of Pier 37, but Noah informed me that they have live music often, and they are hoping to eventually host open jam sessions with local musicians looking for a place to play.

Another thing that makes Pier 37 stand out are their amazing cocktails. Just a quick glance at their menu and you see some catchy names with delicious sounding ingredients, like Sex on the Pier, Beatnik, and Frisky Whisky. I tried the Beatnik, which was made with a homemade sour mix and was truly perfection. Afterwards, it was recommended that I try the Whalers Rum Punch, which is one of their most popular drinks and a rum lovers dream. The prices were reasonable for the quality of drinks being made, and for those who aren't a fan of cocktails, Pier 37 also have a nice variety of wine selections which range from \$5-\$11 a glass. Of course, they also have beer, including a few on tap such a Guinness and Sam Adams.



Click to enlarge the food menu

Another element of Pier 37 that I have yet to indulge in is their one-of-a-kind food menu. On the menu it states “New England Meets Southern Cuisine at Pier 37.” Just looking at

the menu, it is clear that Head Chef Phil Hahn and Sous Chef Nick Athaide went out of their way to create unique menu. The fresh ingredients and creative recipes are a point of pride for Pier 37, and the menu boasts such entrees as Jambalaya, Grilled Swordfish Picatta, and a Low Country Shrimp Boil.

One of the highlights of their menu that Noah pointed out to me is the Pier 37 Jumbo Lump Crab Cake which they maintain is the “best you will ever have.” Hopefully we will see this put to the test at the Taste of SouthCoast Festival, which Pier 37 plans to participate in this year. Of course, if you can’t wait until May, I suggest heading down there as soon as possible. Pier 37 is open 4pm to 1am most nights, and stays open until 2am on Thursdays, Fridays and Saturdays. Noah Griffith informed me that Pier 37 intends to continue to expand upon their menu over time, and additionally, they will open for lunch starting February 27th.

Pier 37 had their grand opening of Saturday, February 18th, which featured the music of Boston’s blues singer Diane Blue. Pier 37 will continue to feature live music several nights a week, and a great way to follow their music schedule is by liking them on Facebook.

Overall, I found Pier 37 to be a very enjoyable place to unwind after work and chat with a friend. The service was very friendly, the bar tender was excellent, and the atmosphere was like nowhere around. When speaking with co-owner Noah Griffith, he mentioned that their vision in creating Pier 37 was to make a place that would be comfortable and entertaining, and they seem to have accomplished that goal.

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New Bedford Historical Park Continues Exploration Series

New Bedford Whaling National Historical Park announces the next sessions in its Exploration Series.



On Thurs., Feb. 23, Mike Dyer, Maritime Curator of the New Bedford Whaling Museum, will talk about the worldwide business of whaling and share treasures from whaling times, such as atlases, maps, whaling journals, and more. This behind-the-scenes free session will take place at the Research Library, 791 Purchase Street, New Bedford.

On Sat., Feb. 25, at 10:00 AM, Judy Downey of Casa da Saudade Library in New Bedford will give a brief overview of the history of New Bedford. This session will take place at New Bedford Whaling National Historical Park, 33 William St., in downtown New Bedford.

The Exploration Series is an opportunity for the public to delve into New Bedford's fascinating history and its people. The sessions take place on select Thursday evenings from 7:00-8:30 PM and on select Saturday mornings from 10:00-11:30 AM, with most sessions taking place adjacent to the national park visitor center, 33 William Street, New Bedford. All sessions are free of charge, and the public is welcome to attend one, some, or all of the events.

Boutique Fitness to Open in Downtown New Bedford



Mayor Jon Mitchell will join with Lara Harrington and Angela Corrieri-Johnson to celebrate the opening of Boutique Fitness, a unique personal training studio and the newest business to open in Downtown New Bedford. A ribbon-cutting ceremony is planned at the studio, located in a redesigned space at 516 Pleasant Street in New Bedford at 5:00 p.m. on Friday, February 24, 2012.

Everyone in attendance will be entered into a drawing for prizes. Prizes include No Problemo gift set, gift certificates to Brick and Celtic Coffee House, fitness accessories from Reebok, and more. Complimentary refreshments will be served and trainers Lara Harrington and Angela Corrieri-Johnson will be on-hand to answer questions, schedule consultations, and test body fat for those who are interested.

Boutique Fitness is Downtown New Bedford's only comprehensive fitness studio. In addition to their physical space, owners Lara Harrington and Angela Corrieri-Johnson, who are both certified personal trainers through International Sports Sciences Association (ISSA) and American College of Sports Medicine (ACSM), offer training and nutritional guidance via their website, www.boutiquefitnessnb.com, in the form of

instructional videos, food journaling, and sharing of healthy recipes.

Boutique Fitness offers coaching based on inspiration, not intimidation, for individuals and small groups in 30 or 60 minute sessions. Individualized programs include weight-loss, general health and fitness, post rehab strengthening, sport specific, and pre & post natal coaching. For the Downtown nine-to-five person they also offer twenty minute lunch sessions, which can be scheduled between 11:30 and 1PM daily. Take the first step with Boutique Fitness and schedule a complimentary consultation and fitness assessment.

For more information about Boutique Fitness, please visit: <http://www.boutiquefitnessnb.com/>