

# 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.

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# 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](http://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/>

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## **Mieka Pauley & Rebecca Correia Live at UGLY Gallery**



by  
Nicholas  
Walecka

On Friday night, February 24, Harvard educated and award-winning singer-songwriter Mieka Pauley will join local singer-songwriter Rebecca Correia to perform at the UGLY Gallery on Union Street in Downtown New Bedford.

Originally from Boston, Pauley comes to New Bedford with an

impressive resume. In 2005, she won the Starbucks Emerging Artist competition, and in 2008, she won both Cosmopolitan's StarLaunch and the New York Songwriters Circle Songwriting Competition.

She has also appeared on Daytrotter, a website that features live recordings of up-and-coming artists such as The National, Bon Iver, and Death Cab for Cutie (before they were up-and-comers), as well as on BBC London and PRI Mountain Stage.

According to Pauley, she currently resides in her car, but she plans to return to Williamsburg in Brooklyn, New York, in April. Williamsburg is widely known as the unofficial capital of the indie-hipster music and art scene in New York.



Mieka Pauley

Pauley returns to the area after performing at several of Rebecca Correia's "The Dream" concerts at her parent's house in Rochester. "I love the area," she told me when I interviewed her via the Internet.

Pauley was born in Boston, but moved away as a young child. As a young adult, she returned to Boston to attend Harvard, where she entered the Cambridge music scene. When I asked her about her experience in Boston, she told me that she was too young to remember it as a child because her family left when she was so young, but she has fond memories of the area as an adult.

“My memories are school, street performing, moving apartments every year, harsh winters, and an amazing music scene. Harvard has a great art and music scene—I still keep in touch with and work with a lot of the artists I met there. For example, I regularly cover a song by my buddy Noam Weinstein (“When I Get My Shit Together”); another friend Jessica Kaye made a short film based on a song of mine (“Devil’s Got My Secret”); I just played a school where my former choir-mate Daniel Roihl is musical director. The school itself (Harvard), and the degree I received allowed me to take chances that I don’t think I would have taken if I didn’t have such a solid safety net.

Rebecca Correia, a Rochester native and part time resident of Nashville, Tennessee, came to know Pauley through her cousin Amy Correia, who is also a touring musician.



Rebecca Correia

Correia had a lot of good things to say about Pauley. “Meeting Mieka has absolutely been positive for my career. She’s a super intelligent woman with a great business sense and a very hard worker. She is a nonstop living, breathing artist! When you watch someone’s career unfold as I have watched Mieka’s, it’s inspiring. She has quite a music resume to her name, and she achieved it by being talented, working hard, and never giving up. She’s a captivating artist and everyone will get to see that on Feb 24th!”

The UGLY Gallery (U Gotta Love Yourself) is owned and operated by Dave Guadalupe and Jeremiah Hernandez. Generally, UGLY's main focus is on tangible artwork, (they usually have a new exhibit for most AHA! events) but they also host shows that they hope will help spread word about a budding local music scene, amongst an eclectic variety of other endeavors.

Past performers include the New Bedford based band The Tree, hip-hop act Blest Energy, and classical guitarist Peter Arteaga. The go-to DJ for a lot of their events is DJ Fahrenheit, who incorporates projected video into his show, and DJ a Tom Called Cooney has also spun there, as well as a few other local acts. They also host a freestyle cipher every AHA!.

The guys at UGLY are very excited about the upcoming event. "Mieka is an amazing talent and I can't wait for her to grace the gallery. Rebecca is a blessing to the Southcoast and deserves every thing she has earned over her career," said Hernandez, a good friend of Correia's. "We've (UGLY and Correia) been trying to work together since the day we opened, and this opportunity to have Mieka Pauley play as well sealed it for me.

Tickets for this Friday's show are available at UGLY or thru Rebecca Correia. There is a Facebook event created here.

**Mieka Pauley – All The Same Mistakes – Music Video**

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# **Chocolate Day at the Whaling**

# Museum (25 Feb)

Mocha Dick is purported to have been a real sperm whale that terrorized whaling crews in the 1830s. Some scholars believe he was the inspiration for Herman Melville's great white whale, Moby-Dick. Beyond this obscure reference to mocha, is there any



connection between 19th century American Whaling and chocolate? It turns out there is. Chocolate will be the subject of "Valentine's Day II – Chocolate Day," with four free public lectures by chocolate experts, demonstrations in colonial chocolate-making and sampling on Saturday, February 25, 2012 from 11:00 a.m. to 4:00 p.m. at the New Bedford Whaling Museum.

Chocolate became a highly regarded addition to ship's fare on whaling and merchant vessels according to a recently published book, "Chocolate: History Culture and Heritage." Three of the book's contributing authors will present illustrated lectures and demonstrations on chocolate. Learn where chocolate comes from, how it came to colonial New England, and how cocoa was made in early America.

The day's activities are sponsored in part by American Heritage Chocolate® – part of the historic division of Mars, Incorporated – which manufactures chocolate products using authentic colonial recipes made only from ingredients available during the 18th century, such as cinnamon, nutmeg, chili pepper, orange and vanilla. To ensure historical accuracy, Mars conducted extensive historical research on chocolate, working with the University of California at Davis. Over 150 researchers and historians from historic sites and universities across the globe contributed to the 1000-page textbook – considered a definitive reference on the history of

chocolate and its development as a global industry. Edited by Louis E. Grivetti and Howard-Yana Shapiro, and published by John Wiley & Sons, Inc., copies of the book, signed by the authors, will be available at the Museum store. American Heritage Chocolate will also be available for sale.

Timothy D. Walker, Ph.D., will present "A History of Chocolate: Where it comes from and how it was made in early New England" at 12:00 p.m. and 3:00 p.m. in the Cook Memorial Theater.

Dr. Walker is an Associate Professor of History, University of Massachusetts Dartmouth, where he is also the Fulbright Program Advisor for faculty and students. He has served as Associate Director of the Center for Portuguese Studies and Culture, is a member of the graduate faculty of the Department of Portuguese Studies, and is an Affiliated Researcher of the Centro de História de Além-Mar (CHAM), Universidade Nova de Lisboa, Portugal. A New Bedford resident, Dr. Walker was recently named a National Endowment for the Humanities Fellow.

Christopher Kelly will present: "Chocolate at Sea: Use Aboard Whaling and Merchant Ships in the 19th Century," 1:00 p.m. in the theater.

Christopher Kelly is a writer, musician, and filmmaker from southeastern, Massachusetts. A graduate of UMass Dartmouth's History program, he spent 2006-2007 conducting research on the use of chocolate aboard nineteenth century New Bedford whaling voyages that ultimately culminated in a chapter in the book, "Chocolate: History Culture and Heritage." He currently lives in Providence, Rhode Island.

Rodney Snyder will present "Chocolate is American History" at 2:00 p.m. in the Cook Memorial Theater.

Rodney Snyder is the Chocolate History Research Director for The Historic Division of Mars. He has been researching cocoa for Mars, Incorporated for more than 25 years. In his quest to



locate the best tasting cocoa beans, he has visited all of the major cocoa growing regions such as West Africa, South America, the Caribbean, and South Asia. After having roasted every type of cocoa, he can identify the origin of cocoa beans by their flavor and aroma. He is the author of "From Stone Metates to Steel Mills: The Evolution of Chocolate Manufacture," a chapter included in the book.

Admission is free to Valentine's Day II – Chocolate Day, which takes place in the Jacobs Family Gallery and the Cook Memorial Theater. Children must be accompanied by an adult. Regular admission rates apply to the Museum galleries. Chocolate Day wraps up a week of school vacation week activities.

*The New Bedford Whaling Museum is the world's most comprehensive museum devoted to the global story of whales, whaling and the cultural history of the region. The cornerstone of New Bedford Whaling National Historical Park, the Museum is located at 18 Johnny Cake Hill in the heart of the city's historic downtown and is open daily. For a complete calendar of events, visit the Whaling Museum online at [www.whalingmuseum.org](http://www.whalingmuseum.org).*

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## **Voyage That Changed 20th Century American Whaling**



Dr Peter Capelotti

Dr. Peter Capelotti, Associate Professor of Anthropology at Penn State Abington will present an illustrated lecture titled, "The Whaling Expedition of the Ulysses 1937-38," on Thursday, March 1 at 7:30 p.m. in the Cook Memorial Theater, New Bedford Whaling Museum.

Writer, editor and member of the U.S. Coast Guard Reserve, Dr. Capelotti will relate a remarkable turning point in early 20th century whaling. In the spring of 1937, U.S. Coast Guard Lieutenant Quentin Robert Walsh received a special assignment aboard the whaling factory ship, Ulysses: to monitor the commercial operation's compliance with international agreements protecting marine life. This extraordinary adventure in which Walsh played diplomat, international inspector and military policeman permitted him to witness an unprecedented slaughter of whales. His report became the most detailed account on the actual hunting and killing of pelagic whales.

The Ulysses flew the American flag, but Walsh quickly realized that the venture was a foreign affair intent on harvesting whales of illegal size and importing the resulting whale oil duty-free into the U.S. market. This behemoth floating "factory" killed with appalling efficiency in order to reap tremendous profits. Over 3,600 whales were butchered during

the ship's ten-month cruise.

Dr. Capelotti edited Lt. Walsh's report and turned it into an extraordinary book, which was published in 2010. Copies of the book will be available for purchase and signing.

Dr. Capelotti is the third of 12 distinguished speakers scheduled through May 10 – part of the Whaling Museum's three signature lecture series: the Sailors' Series, Man and Whales, and the Old Dartmouth Lyceum. Held on Thursday evenings, all programs include a reception at 6:30 p.m. in the Jacobs Family Gallery followed by the lecture at 7:30 p.m. in the Cook Memorial Theater.

Admission: \$15 members; \$20 non-members. For tickets, call (508) 997-0046 Ext. 100.

Sailors' Series presents noted individuals with lifelong commitments to sailing, boats, and the sea (March 22, April 12 and 19). Man and Whales examines our changing views of marine mammals with science-themed lectures by experts on whale conservation (March 1, 15 and 29). Old Dartmouth Lyceum focuses on historical themes in the fine and decorative arts by examining significant holdings in the Museum collection, including 19th century painting, ceramics and glassware (April 5 and 26, May 3 and 10).

Upcoming lectures:

- March 15 – Dr. Stephen Godfrey: "When Whales Walked the Earth: Fossil Whales and Olfactory Evolution"
- March 22 – Douglas Adkins: "Dorade; the History of an Ocean Racing Yacht."
- March 29 – Capt. Stacy Pedrozo, USN, C.O., Naval Justice School, and Capt. Tom Fetherston, USN Retired, "Whose Homeland Security? Protecting Marine Mammals While Protecting National Security"
- April 5 – Stuart P. Feld, Hirschl & Adler Galleries: "Museum acquisitions during the tenure of Director and

Curator Richard Kugler”

- April 12 – Capt. Sean S. Bercaw: “Full Sail into Cuba on the Amistad”
- April 19 – Rich Wilson: “Race France to France, Leave Antarctica to Starboard: An American in the Vendee Globe”
- April 26 – Kirk J. Nelson: “New Bedford Glass and Its Context”
- May 3 – Keith Kauppila: “Visual Culture of the Civil War Era”
- May 10 – Chris Gustin: “Finding Form”

The 2012 lecture series is presented by BayCoast Bank, and sponsored in part by C.E. Beckman, and Hampton Inn Fairhaven/New Bedford.

The New Bedford Whaling Museum is the world’s most comprehensive museum devoted to the global story of whales, whaling and the cultural history of the region. The cornerstone of New Bedford Whaling National Historical Park, the Museum is located at 18 Johnny Cake Hill in the heart of the city’s historic downtown. For events: [www.whalingmuseum.org](http://www.whalingmuseum.org).

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# **Acushnet Avenue International Marketplace Open House**

The City of New Bedford and the New Bedford Economic Development Council, today announced plans to host an open house to update the public on the results of the first phase of the *Acushnet Avenue International Marketplace*



project. The Acushnet Avenue International Marketplace project is an initiative to redesign a section of Acushnet Avenue from Coggeshall Street to Sawyer Street in Phase 1, in a way that enhances the vibrancy of this key business district.

As a result of community support, planning and public input, the *Acushnet Avenue International Marketplace* is moving forward. The Open House will offer an opportunity for residents and business owners to see how their input, ideas and vision have been incorporated in the newly designed destination experience.



Click to Enlarge

Join us on Wednesday, February 15<sup>th</sup> at 6:30 pm at Cotali Mar Restaurant, 1178 Acushnet Avenue. For more information, contact the City Planning Office at (508) 979-1488 or email [anne.louro@newbedford-ma.gov](mailto:anne.louro@newbedford-ma.gov).

If translation is needed, please RSVP to the Office of Community Services at 508-961-3136 by Monday, February 13<sup>th</sup>.

Portuguese: Se precisa dum tradutor, por favor de reservar

com o Departamento de Serviços Comunitários ao número 508-961-3136 antes de Segunda-Feira, dia 13 de Fevereiro.

Spanish: Si necesita un traductor, por favor de reservar con el Departamento de Servicios Comunitarios al numero 508-961-3136 antes de lunes, dia 13 de febrero.

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## Civil War 150th Anniversary Events



Twenty-four whaleships were sunk in Charleston Harbor on 19 December, 1861.

On Sunday, February 12, from 1 – 4pm, New Bedford Whaling National Historical Park will mark the 150th anniversary of the Civil War with a day of talks on the Stone Fleet, discussion of Melville's poem on the Stone Fleet, and a special appearance by the park's 1850s ladies. All of the day's activities are free and take place at the Corson

Maritime Learning Center located at 33 William Street in downtown New Bedford, Massachusetts. The program is as follows:

**1:00 PM** – In December of 1861, the federal government purchased twenty-one New Bedford whaling ships with the purpose of sinking them and blockading Charleston and Savannah Harbors. The project, now known as the –"Stone Fleet", has been called a debacle and a failure. But was it truly a failure? Find out the full story when graduate student, librarian and former park ranger George Ripley V provides the details about this story that bring it to life.

**2:00-3:00 PM** – Dr. Mary K. Bercaw-Edwards will give a talk entitled, –Herman Melville, the Stone Fleet, and the Judgment of History.|| Dr. Mary K. Bercaw Edwards is an Associate Professor of English and Maritime Studies Faculty at the University of Connecticut. A Herman Melville scholar, she spends a great deal of time in New Bedford, where the Melville Society Archive is located. She also works at Mystic Seaport, where she spends her days climbing aloft on the 1841 whaleship Charles W. Morgan. In addition, she holds a Coast Guard captain's license and has accumulated 58,000 miles at sea, all under sail.

**3:00 -4:00 PM** – Ruth and Abby, the 1850s ladies, will discuss the Lincoln-Douglass debates. Hear out what made these debates so important to our country over 150 years ago, and discover how these issues resonate with us to this today. Their presentation is a part of an entire schedule of events leading up to the stage performance of The Rivalry at the Zeiterion Theater, New Bedford, on Sunday, February 12 at 8:00 PM. The Rivalry is a riveting depiction of the Lincoln-Douglas debates, using dialogue from the original debate transcripts to bring to life the fierce competition between the future President and the incumbent Senator as they tackled the day's most controversial issues. The Zeiterion Performing Arts Center, The New Bedford Civil War Round Table, The Fort Tabor

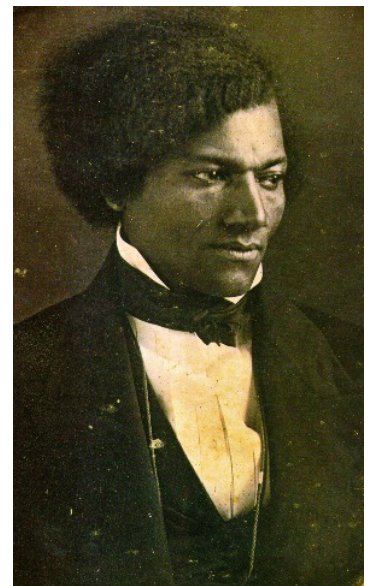
Military Museum, New Bedford Whaling National Historical Park, and the Friendly Sons of St. Patrick together commemorate the 150th Anniversary of the American Civil War.

For more information on other Civil War related events, visit [www.nps.gov/nebe](http://www.nps.gov/nebe) or [www.nbhistoricalociety.org](http://www.nbhistoricalociety.org).

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## Frederick Douglass' Birthday Celebration

On Saturday, February 11, from 10:00 a.m. to 4:00 p.m., New Bedford Whaling National Historical Park will celebrate the 194th birthday of New Bedford's most famous orator and abolitionist, Frederick Douglass. The park will celebrate Douglass and his legacy, from Civil War to civil rights, by showing films, hosting a panel discussion, and showcasing a poetry slam and live music. All of the day's activities are free and take place at the Corson Maritime Learning Center located at 33 William Street in downtown New Bedford, Massachusetts. For a complete schedule of activities, stop by the National Park Visitor Center or visit the park on the web at [www.nps.gov/nebe](http://www.nps.gov/nebe).



- 10:00 a.m – 12:00 noon – Exploring the Home Port: The Life and Times of Frederick Douglass, and videos by YAP! (Youth Ambassador Program)
- 1:00-2:00 PM: Satellite Panel Discussion on Frederick Douglass hosted by Dr. Edna Medford of Howard University with representatives from New Bedford and Maryland, in



collaboration with Frederick Douglass National Historic Site in Maryland.

- 2:30 – Poetry Slam featuring Jibreel Khazan, Erik Andrade, Raena Camacho, and Frederick Douglass-Knowles II, Live music by Afrika Rainbow and YAP! (Youth Ambassador Program)

Frederick Douglass escaped slavery and made his first home in freedom in New Bedford. He was one 300-700 escaped slaves who called New Bedford home between 1840 and 1860. To learn more about New Bedford's Underground Railroad history visit [www.nps.gov/nebe](http://www.nps.gov/nebe) or [www.nbhistoricalsociety.org](http://www.nbhistoricalsociety.org).

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# New Bedford Lifeguard Training Program

The City of New Bedford Parks Recreation & Beaches has announced it will offer a lifeguard training program in partnership with the Friends of Fall River Heritage State Park and the Massachusetts Department of Conservation and Recreation.



The program will train participants in American Red Cross lifeguarding, first aid, Cardiopulmonary resuscitation (CPR) for the professional lifeguard, and automatic external defibrillation (AED). The program will consist of in-class lessons as well as water-based training. Classroom hours will be held at New Bedford's Fort Taber Community Center and pool hours will be held at the New Bedford High School pool.

All youth must be 15 years of age or older prior to April 15, 2012 to participate in the lifeguard training. There is a \$225 registration fee to participate. A pre-requisite swim test will be held on Sunday, March 4<sup>th</sup> at 12:30pm at the New Bedford High School pool. This swim test will test participant's endurance, strength and ability to swim underwater. Upon successfully completing the pre-requisite swim test, participants will be invited to register for the training program.

### **Lifeguard Training Program Schedule**

#### **Classroom Sessions/Pool Sessions**

March 4 (pre-requisite swim test)

March 10/March 11

March 17/March 18

March 24/March 25

March 31/April 1

April 14/April 15

*\*All sessions are 12:30pm-3:30pm*

For more information, please contact the City of New Bedford Parks, Recreation & Beaches at (508) 961-3015.

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## **Hearts and Health in February**



by Meg  
Rogers

If I asked you what the number one cause of death for all women in America is, what would you answer?

I'm betting a large number of you answered "breast cancer." Am I right? October glows pink with ribbons, coffee cups, and (strangely) football gear to raise awareness for breast cancer research and education. I'm also betting that very few of you out there answered "heart disease." Gold stars to those of you who answered correctly.

Picture the women in your life. A quarter of them are at risk of dying of heart disease.

The Centers for Disease Control and Prevention lists heart disease as the number one cause of death for all women of all ages. Twenty-five percent of women in America die of heart disease every year. The heart disease spectrum is broad, but dangerous: high blood pressure, high cholesterol, heart attack, and stroke all contribute to the deaths of twenty five percent of women. Since women often experience different symptoms of heart disease than men do, they are less likely to seek treatment and more likely to suffer the negative consequences of heart disease. Many women don't even *know* what the symptoms of heart disease are. The American Heart Association (AHA) wants to change that.

February has been designated American Heart Month by a number of governmental agencies in an attempt to raise awareness of the dangers heart disease poses. The American Heart Association's Go Red for Women campaign works specifically to inform women of the risks of heart disease through outreach,

events, and Wear Red Day, this year February 3rd. The goal of Go Red for Women is to encourage awareness and education amongst women and to save lives.

Here in Greater New Bedford, Pauline Pavao has spearheaded the effort to raise awareness about heart disease and women.

A longtime Dartmouth resident, Mrs. Pavao was inspired by her parents' deaths of heart disease to do something to educate others before they lost loved

ones like she did, completely unaware that heart disease was slowly killing the people she held dearest.



For the past two years, Mrs. Pavao has organized The Red Dress Ball, a formal dinner dance to raise money for the American Heart Association's education and awareness efforts. The Red Dress Ball has raised nearly \$24,000 in those two years alone for the AHA. Mrs. Pavao hopes this year to raise \$15,000 through ticket sales and donations.

This year, the Red Dress Ball will be held Saturday, February 4th at 6:30 pm at White's of Westport. There will be a cocktail hour, dinner, fashion show, dancing, and silent auction. Tickets are \$50 and are available until Friday, January 27th. For tickets, donations, or more information, contact Mrs. Pauline Pavao by email at [redaddressball@yahoo.com](mailto:redaddressball@yahoo.com) or phone (508-997-7124). Additional information and photos visit the Red Dress Ball's official website at [theredaddressball.com](http://theredaddressball.com).

Want still more information about heart disease? Talk to your doctor or check out these websites:

- Go Red For Women
- The Center for Disease Control

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