



**EXPANDING YOUR WORLD
FOR
35 YEARS AND COUNTING**

**Active Retirement Association
1982 – 2017**

*The Active Retirement Association, a registered 501(c)(3) non-profit,
is not affiliated with any political, religious, ethnic, or special interest group.*

(NOTE: This is a large-format (8.5” x 11”) version of the 5” x 8.5” booklet printed for ARA members in 2018. It contains the same text as the booklet, but not all of the images.)

35 YEARS AND COUNTING

In the year 2017, we celebrated the 35th Anniversary of the Active Retirement Association. Two prior histories of ARA have been published to commemorate the 20th and 25th anniversaries. Here, I have borrowed from those two documents and added more current information so both old and new members can see where we came from and where we are today. Thus, credit must be given to the following individuals for their contributions:

- 20-YEAR HISTORY: Robert M. Dudley, Donald F. Clark, Joan E. MacPhail;
- 25-YEAR HISTORY: Shirley Greenberg, Brenda Sargent, Barbara Wing, Pri Phenix, and the 25th Anniversary Committee.

I also want to thank Penny Drooker, current Director of Public Relations, Deidre Prescott, current President, Jim and Carly Hellen, and Jack and Polly McDonough for their contributions to this document. Penny has provided not only current information but also technical expertise in its format.

Bob Hylen
ARA Historian and Immediate Past President
(December 2017)

ACTIVE RETIREMENT ASSOCIATION

35-YEAR HISTORY

1982 – 2017

If credit is to be given to one individual for establishing the Active Retirement Association (ARA), that honor should go to Edward Durnell who was the Director of the Division of Continuing Education (DCE) at the University of New Hampshire, for it was Mr. Durnell who asked Frank and Helen Heald of Durham to coordinate a special program in the Seacoast area for active retired people.

On July 8, 1982, the Healds wrote a letter to six individuals in the area asking for their assistance in developing a peer learning program. Thus, a steering committee was formed, composed of Frank and Helen Heald (Durham), Anne Boy (Nottingham), Barbara Myers (Newington), Rev. Harry Ford (Exeter), Raymond Brighton (Portsmouth), and Robert and Tina Dudley (Durham). Their first meeting was on August 6, 1982, at which time they asked other individuals to assist them. On October 18, 1982, an organizational meeting was held with James Hall of Pace University as a guest speaker. Mr. Hall outlined an existing learning-in-retirement program at Pace. It was at this meeting that the ARA concept was born.

The first ARA General Meeting was held on January 24, 1983, and the first programs began on February 7th, running through May 13th. At that time there were 182 members.

It was not until 1984 that By-Laws were written, stating in part that:

“The purpose of the Association shall be to offer programs for continuing education for retired people 50 years of age or older. Such programs are to offer a stimulating environment in which its members may participate while "learning to live and living to learn."

The By-Laws were approved on April 9, 1984, and then the process of becoming a non-profit educational organization began. Articles of Association were accepted on May 6, 1985, and Articles of Agreement of the ARA as a New Hampshire Non-Profit Corporation were filed with the Town of Durham and the State of New Hampshire on July 14, 1986. This was followed by the Internal Revenue Service agreeing that ARA was a non-profit Association.

A formal affiliation with UNH was confirmed by an agreement dated August 25, 1989. This allowed the ARA to become an outreach function of the University and permitted use of the UNH logo on ARA informational material. Following its earliest years (1982-1986), however, the ARA has been financially and operationally independent from UNH, with fiscal responsibility falling on the ARA Board of Directors.

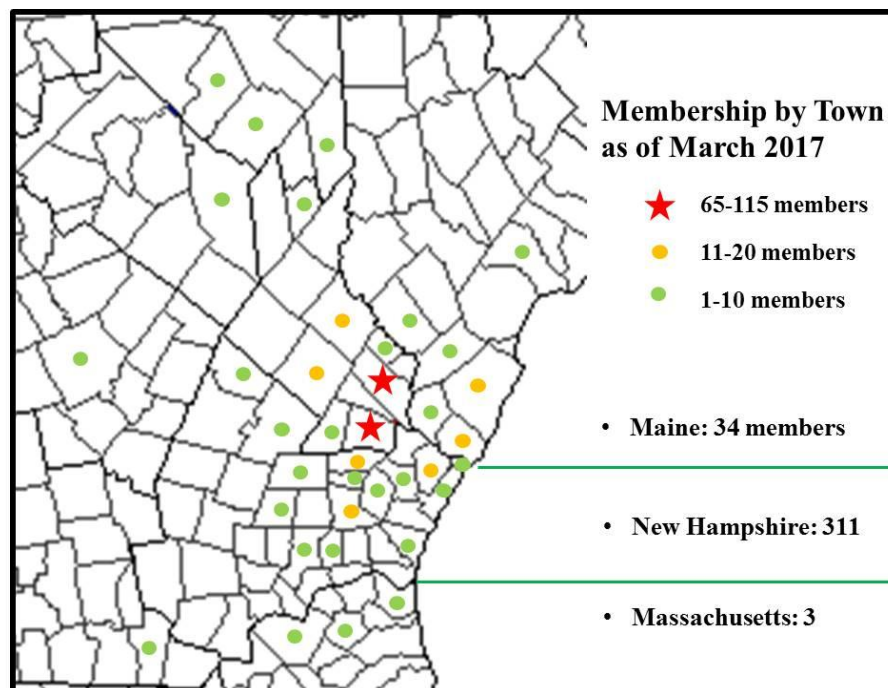
In the spring of 1983, the Association held a contest among members to design a distinctive ARA logo. Ralph Burgio, a UNH graphic designer, was to be the judge. Mr. Burgio selected elements from three entries for the logo that still appears on ARA material today. The three winners were Edna Follansbee for the tree design, Margery Milne for the tree of life philosophy, and Ruth Stimson for the circles of continuity. As described by Mr. Burgio, “The tree faces much the same needs as humans and follows similar paths into the future. The main stem leads upward into continuing interests in later years. The tree is framed within a circle which suggests a continuity of people continuously retiring.”

ARA Board of Directors. The ARA By-Laws initially established a Board composed of four Officers (President [called “Coordinator” until 1987], Vice President, Treasurer, Secretary) and seven Directors (Audio/Visual, Cultural Tours, Facilities, Hospitality, Membership, Programs, and Public Relations). Over the years, the positions of Memorial Fund Director (2004), Publications Director (2000), and Technology Services Director (2014) have been added.

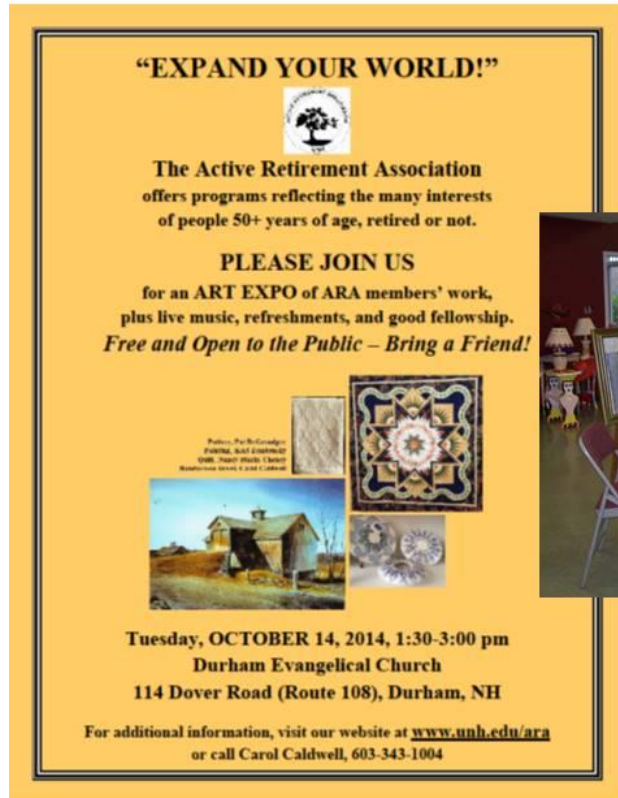
Over the past 35 years, these members have led the organization:

- ARA Coordinators (1982-1987)
 - L. Franklin and Helen Heald
 - L. Franklin Heald
 - Robert M. Dudley
- ARA Presidents (1987-2017)
 - Robert M. Dudley
 - Donald F. Clark
 - Ingeborg K. Brandt
 - Barbara H. Wing
 - Margery Clark
 - Robert S. Hylan
 - Deidre Prescott

ARA Membership. In its first year, ARA had 182 members from 23 communities. During the past decade, yearly membership has ranged from 259 to 357, sometimes representing over 40 communities in Maine, New Hampshire, and Massachusetts. The largest numbers typically come from Durham, followed by Dover.



All-Member Events. General Meetings, open to all members plus the general public, take place in September, October, February, and March. Typically, a social get-together with refreshments contributed by members is followed by entertainment. Yearly events also include a Holiday Luncheon in December and a Spring Luncheon/Annual Meeting in May.



In 2014, the October General Meeting provided an exposition of ARA members' art work, organized by Gayle Hylen. We were privileged to view work in a wide range of media by Ed Bordeau, Frances Bonner, Carol Caldwell, Judith Custer, Pat DeGrandpre, Heidi Ely, Elaine Fink, Ben Getchell, Eileen Golden, Joan Kane, Sue Keener, Donna Lawrence, Polly McDonough, Judith Simpson, Linda Spaanenburg, Nancy Starks-Cheney, Anne Vaughn, and Karl Zembrusky.

ARA Programs. High-quality programs, the heart of ARA's success, continue to be offered in four 4-week terms, two in the fall and two in the spring. Currently, most take place at either the Durham Community Church or the Kittery Community Center. Many formats are offered, including lectures (often drawing on UNH experts); panel presentations; discussion groups; live performances; movies, TED talks, and other video presentations; short local field trips to museums and other venues; and hikes.



UNH Zoology Professor Win Watson, "The Secret Life of Lobsters," Spring 2015. (Photographer: Carol Selsberg)



"Small Brain Curds" musical group, Fall 2017. (Photographer: Penny Drooker)



Hiking at Fort Foster, Spring 2015 (Photographer: Mary Ulinski).

Some of the longest-running ARA programs and the years they started include:

1983 – Physical Fitness, Play Reading,
1984 – “Great Decisions,” Walks (now Hikes),
1985 – “Travels without a Suitcase,”
1986 – Creative Writing,
1988 – “Great Discussions.” That year also saw the start of Annual Meetings in May and a Holiday Party in December.

Programs on Demand (PODs). In response to requests for additional activities that could be continued year-round, “Programs on Demand” were initiated in 2013. Any ARA member can start and lead a POD to bring together others of like interests. As of late 2017, the following PODs exist: Walking, Watercolor Painting, Digital Photo Art, Lunch Bunch, Biking, History, Playing Music, Book Group, Writers’ Workshop, Potlucks with Recipes, and Genealogy. New PODs are added on a regular basis (and some older ones retired), based on members’ current interests.



Biking POD members relaxing after Touring the Cotton Valley Trail, Spring 2015. *(Photographer: Mary Ulinski)*



The “Great Rejuvenational Inter-generational Tech Teachout” provided one-on-one consultation with tech-savvy Dover High School students. *(Photographer: Carol Selsberg)*

Cultural Tours. Initiated in the fall of 1983 with an overnight trip to Cape Cod, these tours are a major reason why many individuals join ARA. In recent years, most of them have been day trips to museums, theaters, historical sites, and concerts in the comfort of a motor coach. Overnight tours were re-started in 2016 with a trip to a Broadway show and other attractions in New York City, followed in 2017 by a two-night trip to Mount Desert Island and the Coastal Maine Botanical Gardens.



New York City tour, Fall 2016.




Learning to tie knots, whale watch tour out of Gloucester, Spring 2015.
(*Photographer: Mary Ulinski*)

ARA Memorial Fund. The Memorial Fund was established in 2004 with a grant from the family of ARA member Robert E. Smith. Over the years, donations in honor of other deceased members have added to that fund, the proceeds from which have been used for lectures reflecting the interests of the persons who have been honored. The first funded lecture was held on October 5, 2007. The ongoing “Seacoast Memorial Lecture Series” is free and open to the general public.

Saturday, May 10, 2014, 2:00 p.m.
Kittery Community Center
 120 Rogers Road, Kittery, Maine


**“Mortal Dilemmas:
 What You Need To Know About Dying
 Before You Are Dying”**



Sheryl Buckley, M.D., M.S.

Physician-Ethicist Sheryl Buckley has chaired hospital ethics committees at several institutions during her 30+ years of medical practice, and has taught courses in bioethics and end-of-life issues at Hiram College for over 20 years. She is a long-time elder in the Presbyterian Church, USA, and a Past Moderator of the Presbytery of The Western Reserve.


Dr. Buckley will discuss issues highlighted in her book, *Mortal Dilemmas: What You Need To Know about Dying before You Are Dying*, including factors that make dying more problematic than in previous times, and what resources you can command to shape your dying so it reflects your deepest values.




Event sponsored by the Seacoast Memorial Lecture Series
Free and Open to the Public – Students Welcome – Bring a Friend

Tuesday, April 12, 2016, 1:30 p.m.
Durham Evangelical Church
 114 Dover Road (Rt. 108), Durham, NH

**“SAVING CORAL REEFS
 THROUGH 3-D TECHNOLOGY”**



Yasmeen Smalley-Norman, Vice President of The Hydrous, a non-profit organization dedicated to bringing coral reefs to life, will share her unique perspective on this urgent environmental problem. Ms. Smalley, a professional underwater photographer, marine science communicator, and conservationist, has travelled the globe to document the endangered wonders of our oceans through her extraordinary images and 3-D mapping. A PADI dive master and Explorers Club member, she holds BFA and BS degrees in photography, supplemented by her experiences as a Women Divers Hall of Fame scholarship recipient, Rolex Our World Underwater intern, and National Park Service Submerged Resources Center intern.




Free and Open to the Public – Students Welcome – Bring a Friend
 Sponsored by the Seacoast Memorial Lecture Series of the Active Retirement Association
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ELECTION – 2016: A SPECIAL SERIES

Two nationally recognized commentators will provide “before” and “after” assessments of 2016 Presidential election issues, demography, and prospects.

Tuesday, November 1, 2016, 1:30 pm Tuesday, November 15, 2016, 1:30 pm
“Election – 2016: Where We Are Today” “Election – 2016: What Just Happened”

Dr. Dean Spiliotes
 Civic Scholar
 School of Arts and Sciences
 Southern NH University
 Author: *Vicious Cycle: Presidential Decision Making in the American Political Economy.*
 Prof. Spiliotes will review how we got to where we are.



Dr. Dante J. Scala
 Associate Professor
 Political Science Department
 University of New Hampshire
 Author (with Henry Olsen): *The Four Faces of the Republican Party and the Fight for the 2016 Presidential Nomination.*
 Prof. Scala will recap results and discuss future implications.

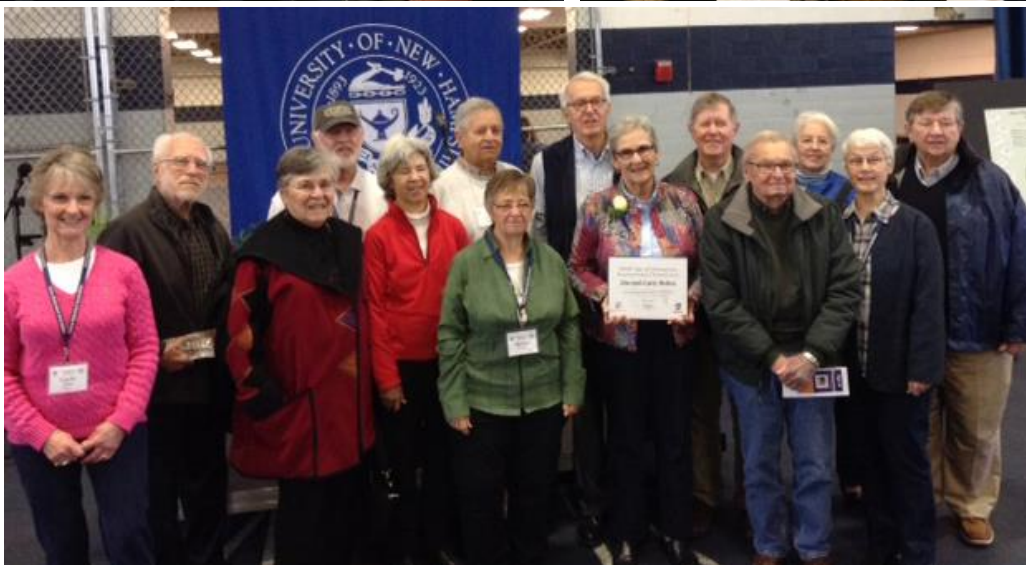


Durham Evangelical Church
 114 Dover Road (Rt. 108), Durham, NH

Free and Open to the Public – Students Welcome – Bring a Friend
 Sponsored by the Seacoast Memorial Lecture Series of the Active Retirement Association
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UNH Ties. Although ARA is self-sufficient, maintaining its regular operations entirely by member dues, its affiliation with UNH continues. UNH hosts the ARA website (www.unh.edu/ara), and ARA members are entitled to hold UNH library cards. With our mantra of "learning to live and living to learn," we rely heavily on current and former UNH faculty and staff members for presentations on a wide-ranging variety of subjects.

Our formal UNH liaison currently is Laura Davie, Director of the Center on Aging and Community Living in the College of Health and Human Services. The Center sponsors an annual “Age of Champions” expo, at which “Wildcat Inspirational Awards” are presented to individuals who have inspired the community around them through acts of community service, education and learning, commitment to active aging, leadership, and/or innovation. In 2016 and 2017, ARA members represented over half of all awardees, a strong indication that our organization contributes to a healthy, active, and interactive lifestyle.



Wildcat Inspirational Awardees who are members of the Active Retirement Association. Top left: Don Clark, 2016; top right, Ed Perkins, 2016; bottom, Carly and Jim (behind Carly) Hellen, 2017.

APPENDIX:

ARA THEN AND NOW

To give an idea of how the Active Retirement Association has grown and changed over the years, we include two ARA newsletters: the first ever issued, for Spring 1983, and the most recent, for Fall 2017.

ACTIVE RETIREMENT ASSOCIATION

FUNDED BY ASSOCIATION MEMBERSHIP DUES
WITH SUPPORT FROM THE UNIVERSITY'S CONTINUING EDUCATION DIVISION

NEWSLETTER/SCHEDULE OF ACTIVITIES

SPRING 1983

ABOUT THE ACTIVE RETIREMENT ASSOCIATION

The purpose of the Active Retirement Association is to enhance the quality of life for people of retirement age in the Seacoast area. We seek to accomplish our goal through a variety of activities which offer our members the opportunity to keep intellectually alert, remain abreast of current affairs, make new friends, and broaden interests.

The programs featured in this, our first formal publication, have been developed to offer a personally stimulating environment conducive to "learning to live" and "living to learn."

ARA is an association of individuals with diverse backgrounds. Each of us brings special interests, knowledge, and skills into the association, and this diversity is a primary resource in developing appreciation and understanding in new areas. Although the ARA may draw upon the resources of University of New Hampshire faculty, we strive to become a peer-participatory organization, using the talent and experience of our own members as much as possible.

ARA seeks to reach retired people in the Seacoast area by offering the opportunity to utilize long-unused or undiscovered talents as leaders, teachers, researchers, reporters, and discussion leaders.

The men and women who join the Active Retirement Association take part in our activities because they want to! There are no employer pressures to build skills, no grades or credits to be earned, and no specific rewards (except for the excitement of the experience and the satisfaction of personal development).

The association observes operational guidelines of the University of New Hampshire and its Division of Continuing Education, and we depend upon the University for logistic support in such areas as meeting rooms, parking, and library privileges. Yet the ARA is an independent organization, choosing our own operating committees, creating and administering our own programs, and organizing our own excursions, social events, and other activities.

We are grateful to the University, in particular to its continuing education division, for providing initial support for printing, postage, office space, and telephone. Eventually however, the ARA will operate as a self-supporting project, funded solely through its membership fees. We also are indebted to the Division for the professional assistance offered by its staff: in particular, Joanne Piper (development and organization) and Ralph Burgio (publications and mail lists).

ARA STEERING COMMITTEE

The initial organization of the Active Retirement Association has been developed by a steering committee of area residents:

L. Franklin and Helen Heald, coordinators, Box 216, Durham, NH 03824. Telephone 868-9696.

Robert and Tina Dudley, 121 Madbury Road, Durham, NH 03824. Telephone 868-1981.

John Beckett, 55 Mill Pond Road, Durham, NH 03824. Telephone 868-2884.

Anne Boy, RFD 1, Kelsey Road, Durham, NH 03824. Telephone 659-5230.

MaryBooth, Mast Road, (Lee) RFD Durham, NH 03824. Telephone 659-5386.

Raymond Brighton, 169 Essex Avenue, Portsmouth, NH 03801. Telephone 436-1619.

Rev. Harry Ford, 25 Forest Street, Exeter, NH 03833. Telephone 778-0478.

John and Marion Gannon, 14 Ambler Way, Durham, NH 03824. Telephone 868-7077.

Barbara Myers, Little Bay Road, Newington, NH 03801. Telephone 436-5817.

HELP US DESIGN A LOGO

The Active Retirement Association is seeking a distinctive logo for use on our stationery, membership cards, program announcements, and the like.

Who among us has some creative talent for this sort of thing? Even if you are not an artist or designer, you may have an idea that could be developed into an attractive symbol for ARA.

Entries submitted do not have to be a finished product or "camera-ready," as the printer says. We want ideas which we can give to a graphic designer to put on the polishing touch.

Send your ideas, sketches, suggestions, (or whatever!) to the Active Retirement Association, Box 421, Durham, NH 03824. Be sure to include your name and address because there will be a prize for the entry which the ARA Steering Committee judges the best.

The deadline for entries: January 28. The prize: a \$15 membership in ARA for the February-June program period.

SPRING 1983 PROGRAMS

With \$15 membership in ARA, individuals may enroll in any (or all) of these events, first-come, first-served.
In the program listings which follow, an asterisk (*) denotes membership in the Active Retirement Association.

FEBRUARY 7-MARCH 18

UP-TO-DATE ESTATE PLANNING AND RETIREMENT INVESTING.

Wednesdays, February 9 through March 16. 10:00 to 11:30 a.m. Daggett Forum Room, UNH Dimond Library.

Are your affairs in order? Will your spouse or other survivor(s) be prepared? Recent changes in tax laws make a review of estate plans essential. After retirement, you may need to make substantial revisions in your investing techniques.

Program leaders: Fred Ober* is retired president of the Mutual Bank for Savings, Newton and Boston, MA. Duncan Bruce* has taught retirement planning through the UNH Division of Continuing Education.

Guest experts: Terry Mayo, estate and tax lecturer; Harold Mcleer, Certified Public Accountant; and Preston Saunders, trust attorney.

LOCAL CROSS-COUNTRY SKI TOURING.

Thursdays (or Fridays). February 3 (or 4) and February 10 (or 11). 9:30 a.m. to noon. Rendezvous: UNH Elliott Alumni Center parking lot.

Two local, morning tours on easy-to-moderate cross-country ski terrain at Foss Farm, Durham. Participants must provide their own equipment. (Rentals are available at Wilderness Trails, Durham, and other sporting goods stores throughout the Seacoast.) When you register, be sure to include your telephone number for confirmation by the program leaders.

Program leaders: Jim Staigers*, a retired army colonel, paratrooper, and mountaineer, is an instructor of cross-country skiing and survival skills. Rena Staigers* is a cross-country ski instructor.

WAYS OF SEEING AND THINKING.

Thursdays, February 10 through March 17. 10:00 to 11:30 a.m. Dallas Hall, St. George's Church, Durham. Lectures and discussions on the world views of people in selected cultures, compared and contrasted with those of people in the United States. Speculation about historical and other influences. Models for understanding, and techniques for dealing with, unfamiliar world views. Maximum 35.

Program leader: John Beckett*, UNH Professor Emeritus of Management.

Guest speakers include: David Magidson, UNH Associate Professor of Theater Communication; Douglas Wheeler, UNH Professor of History; and Haruhide Mori, UNH Visiting Professor from Japan.

ASPECTS OF RENAISSANCE ART.

Thursdays, February 10 through March 17. 9:30 to 11:00 a.m. Daggett Forum Room, UNH Dimond Library. Appreciation of art grows as understanding of it increases. A UNH art historian will share his philosophy, wit, and knowledge of the dimensions and characteristics of 15th- and 16th-century European art. The novice, as well as the connoisseur, will enjoy this acquaintance with the great Renaissance period.

Program leader: David Smith, UNH Assistant Professor of the Arts.

CURRENT EVENTS.

Mondays, February 7 through March 14. 9:00 to 10:30 a.m. 1925 Room, UNH Elliott Alumni Center.

Timely interpretation of what is behind the issues and events in today's headlines, discussed by UNH professors who are specialists in their fields.

Global Issues that Underlie the News, by John Voll, UNH Associate Professor of History. **Arms Control**, by B. Thomas Trout, UNH Associate Professor of Political Science. **China Today**, by Allen Linden, UNH Associate Professor of History. **Current Affairs in the USSR**, by Hans Heilbronner, UNH Professor of History. **Current U.S. Affairs**, by Frank McCann, Jr., UNH Associate Professor of History. **Middle East Affairs**, by John Voll, UNH Associate Professor of History.

BY-THE-MINUTE COOKING.

Thursdays, February 10 through March 17. 1:30 to 3:30 p.m. Kitchen adjacent to Dallas Hall, St. George's Church, Durham. Learn how to prepare breakfast, lunch, and dinner efficiently—coordinating and controlling meal preparation with a simple kitchen timer, "by the minute." Instruction and hands-on preparation of dinner dishes will produce the evening meal for the participants to take home. Each member must bring a kitchen timer to class—it's one of the secrets of this novel method of cooking. Cost of the food will be shared by the participants. (Repeated in Session II.) Maximum 20.

Program leader: Donald Bassett*, retired Navy Captain, Dental Corps, and clinical professor at Tufts University.

CONSERVATION PERSPECTIVES.

Thursdays, February 10 through March 17. 9:30 to 11:00 a.m. Activities Room, Durham Community Church. Our environment is fragile, and it's too often taken for granted in relation to human goals. Economic, biological, and political forces are not usually compatible, and a course of action is needed to insure the preservation of each main thread. Conservation is essential to survival of "humanness."

Program leader: Oliver Wallace*, retired UNH Professor of Forest Resources.

YOU, YOUR HEALTH, AND FITNESS.

Mondays and Wednesdays, February 7 through March 16. 10:00 to 11:30 a.m. Paine Auditorium, Durham Community Church.

Each period will consist of two parts: (1) presentations about health and fitness conditioning, with questions and answers; and (2) easy exercise activities performed to music with a beat.

(Meets twice a week for six weeks. After a two-week break, this program continues for another six weeks in Session II.)

Program leaders: Robert Wear* is UNH Associate Professor of Physical Education. Leo Dingle* has led physical fitness and recreation courses for adults through the UNH Division of Continuing Education.

APRIL 4-MAY 13

A SECOND LOOK.

Thursdays, April 7 through May 12. 10:00 to 11:30 a.m. Dallas Hall, St. George's Church, Durham. Three novels, which are part of our literary heritage and deserve further study, will be required reading for this program: *My Antonia*, by Willa Cather; *Madame Bovary*, by Gustave Flaubert; and *The Scarlet Letter*, by Nathaniel Hawthorne. Maximum 35.

Program leader: Beverly Dingle is a retired English teacher.

THE WORLD AROUND US.

Fridays, April 8 through May 13. 9:30 to 11:00 a.m. Activities Room, Durham Community Church. This program will provide six different windows through which to view what has been happening recently in our world. The speakers are experts who will open our eyes in a way that we can understand some of the exciting frontiers in social, biological, and space sciences.

Behind the Landscape — Geology of New Hampshire, by Donald Chapman*, UNH Professor Emeritus of Geology. **Cloning — Possibilities and Implications**, by Subhash Minocha, UNH Associate Professor of Botany and Plant Pathology. **History of Jazz**, by Sam Rosen, UNH Professor of Economics. **Insects and Man**, by Thomas Fisher, UNH Associate Professor of Entomology. **Today with Space Science**, by Robert Houston, Jr., UNH Professor of Physics. **Spy Systems in the World Wars**, by Douglas Wheeler, UNH Professor of History.

BY-THE-MINUTE COOKING.

Thursdays, April 7 through May 12. 1:30 to 3:30 p.m. Kitchen adjacent to Dallas Hall, St. George's Church, Durham.

Repeated from Session I. Maximum 20. Program leader: Donald Bassett*

NATURE IN THE SPRING.

Thursdays, April 28 through May 12. 9:30 to 11:30 a.m. Rendezvous: UNH Elliott Alumni Center parking lot. Subject to the whims of nature: Oliver Wallace will lead a walk on Thursday, April 28, (or show slides if it rains). Maggie Bruce will show slides Thursday, May 5, and lead a nature walk, "Critters, Flowers, and Fungi," on Thursday, May 12. Maximum 20. When you register, be sure to include your telephone number for confirmation by the program leaders.

Program leaders: Maggie Bruce* has taught numerous nature programs through the UNH Division of Continuing Education. Oliver Wallace* is UNH Professor Emeritus of Forest Resources.

YOU, YOUR HEALTH, AND FITNESS.

Mondays and Wednesdays, April 4 through May 11. 10:00 to 11:30 a.m. Paine Auditorium, Durham Community Church. Continued from Session I. Robert Wear* and Leo Dingle*

NEW HAMPSHIRE HISTORY.

Wednesdays, April 6 through May 11. 9:30 to 11:00 a.m. Daggett Forum Room, UNH Dimond Library. An informal presentation, with slides and guest speakers, to tell the story of the people and events that have affected the state's history during the past 300 years.

Program leaders: Helen Heald* is co-producer of three multi-media programs dealing with New Hampshire history. Mary Booth* is a columnist on New Hampshire history.



ACTIVE RETIREMENT ASSOCIATION

"ARA – Expanding Your World"

Affiliated with the University of New Hampshire

Funded by Association Membership Dues

FALL 2017 SCHEDULE OF PROGRAMS AND ACTIVITIES

September 11	Monday	General Meeting
September 18	Monday	Term A Begins
October 13	Friday	Term A Ends
October 16	Monday	General Meeting
October 23	Monday	Term B Begins
November 17	Friday	Term B Ends
December 5	Tuesday	Holiday Luncheon

SEPTEMBER GENERAL MEETING

Monday, Sept. 11 - 1:30 PM

Durham Evangelical Church (lower level)

Our season-opening meeting will feature time to socialize and enjoy some delicious goodies followed by a short business meeting. Then we'll be treated to the now-traditional Program Committee's entertaining commercials for the upcoming Term A & B programs and our ever-growing list of PODS (Programs on Demand). Don't miss this information-packed presentation.

OCTOBER GENERAL MEETING

Monday, Oct. 16 - 1:30 PM

Durham Evangelical Church (lower level)

The presentation will feature UNH Extension educator Malin Clyde discussing *The Nature of New Hampshire: Natural Communities of the Granite State*. She will be sharing images of the state's natural beauty through photos of rare and special plant communities and habitats, including some of New Hampshire's most ecologically special places.

Fall 2017 CULTURAL TOURS

Sept. 6: Lexington & Concord, Minute Man
Sept. 25-27: Acadia & Bar Harbor (Fox Tours)
Oct. 5: Boston Symphony Open Rehearsal
Oct. 17: Independence Museum, Exeter, NH
Nov. 1: 42nd St., North Shore Music Theater
Nov. 28: Christmas at Newport Mansions
Dec. 16: Revels North, Hanover, NH

PROGRAM CHANGES/CANCELLATIONS

Members are notified, via e-mail, about current program changes, cancellations, **but only if you have signed up for the service.** E-mail registration cards are available from the Membership Director at all General Meetings. If the Oyster River School District cancels school due to weather-related conditions, all programs (including Kittery) will be cancelled. Check your e-mail, the ARA website or listen to radio station WTSN, 1270 AM, Dover; WHEB, 750 AM, 100.3 FM, Portsmouth; or WMYF, 1380 AM, Portsmouth; or tune to WMUR, Channel 9.

REMINDERS

- ◆ Please wear your name badge to all events!
- ◆ Read your emails and check the ARA website for the most current updates.
- ◆ Morning Programs (except Wed.) - 10-11:30
- ◆ Wednesday Morning Programs - 10 - Noon
- ◆ Afternoon Programs - 1:30 to 3:00
- ◆ An asterisk following a speaker's name indicates the person is an ARA member.

PROGRAM DISCLAIMER (The Small Print)

While the ARA provides intellectually stimulating programs to broaden member knowledge and interests, controversial programs and speakers are not necessarily reflective of, or endorsed by, the organization. Use of our area church facilities is also neither representative nor an endorsement of beliefs or policies of that facility. The ARA is not affiliated with any political, religious, ethnic, or special interest group.

Have a Great Idea?
Need to contact a Board Member?
Need More Information?
Visit
www.unh.edu/ara

Term A

September 18 – October 13

MONDAY AM — GREAT DISCUSSIONS

Durham Community Church

Coordinator: Deidre Prescott (603) 749-4473

Kittery Community Center

Coordinator: Carol Selsberg (207) 439-7957

If you are curious, have passionate opinions about politics, social and cultural norms, historical precedents and national and foreign policy, this in-depth discussion group is for you.

MONDAY PM — MUSIC WITH GEORGE

Durham Community Church

Coordinator: George Schmalz* (603) 905-9320

September 18 – George Gershwin: *An American in Paris*.

September 25 – Richard Wagner: *The Flying Dutchman, Acts 1 & 2*.

October 2 – Richard Wagner: *The Flying Dutchman, Act 3 & vocal selections*.

October 9 – Berlin, Germany: *Between the Wars*. Jonas Kaufmann sings popular songs of that era.

WEDNESDAY AM — WORLD WAR I

(Time EXTENDED for discussion & social time.)

Durham Community Church

September 20 – Intro to WWI by Prof. Kurk

Dorsey – Prof. Dorsey is an Associate Professor in the UNH Department of History. His expertise in WWI will help us set the stage for this timely and important series. [Michael O'Sullivan (603) 742-4621]

September 27 – **Winston Churchill in WWI by Robert Stevenson** – Mr. Stevenson, an expert on the life of Sir Winston Churchill will discuss Churchill's role in WWI, particularly the role he played in convincing Great Britain to send an expeditionary force to France to aid their army. [Michael O'Sullivan (603) 742-4621]

October 4 – **"The Zimmerman Telegram and US Entry to WWI"** – Our own Prof. **Doug Wheeler**, expert in the history of spying, tells us the WWI codebreaker and espionage story of a spy chief who helped changed History. [Carol Selsberg – (207) 439-7957]

October 11 – **"Literature of the WWI Era"** – Prof. **Martin McKinsey**, an accomplished academic with 20th Century literature among his many studies, will present the depth and mood of 1917 literary offerings. [Carol Selsberg – (207) 439-7957]

WEDNESDAY PM — LINE DANCING

Durham Community Church

Coordinator: Judith Custer (603) 743-3348

Sept. 20, 27, Oct. 4, 11 – By popular demand, Health and Fitness instructor **Sara Bigelson**, returns to guide

us in the art of Line Dancing. Her 40+ years of experience has shown that everyone can line dance. Smooth sole shoes will be easier on your knees on the Kittery Community Center rubber dance floor.

THURSDAY AM — SCIENCE THURSDAY

Durham Community Church

September 21 – **Sarah Toupin** from the **"Seacoast Science Center's Marine Mammal Rescue Team"** describes how the Center responds to reports of healthy, injured, sick or deceased seals, whales, porpoise, and dolphins in NH's coastal region. She'll discuss responder training and what happens with rescued animals. [Michael O'Sullivan (603) 742-4621]

September 28 – **"Invasive Plants"** – Invasive non-native plants elbow their way into NH to our dismay. What are they? Where do they come from? What can foresters and landowners do to minimize the financial and ecological damage they cause. Asst. Research Professor of Forest Management at UNH, **John S. Gunn PHD**, will suggest ways to fight back. [Judith Custer (603) 743-3348]

October 5 – **"Master Gardener Ruth Droescher"** says: "We need more therapy gardens!" and she will divulge her secrets of native plants and pollination. With 30 years of gardening expertise, Ruth is also a beekeeper and former healthcare professional and financial analyst. [Allain Schnable (603) 842-5678]

October 12 – **"The Tick Explosion?"** – It's hard not to be "ticked off," since NH has one of the highest incidences of tick-borne diseases in the country. October is prime time for adult black legged ticks to spread disease. Don't be a victim! Learn to protect yourself! **Alan Eaton**, an entomologist working for UNH Cooperative Extension will show us how. [Judith Custer (603) 743-3348]

THURSDAY PM — FALL HIKES

1:30 – 3:00 PM

Meet at the Durham Evangelical Church lower parking lot to car pool to our destination. Check your e-mail for cancellation or changes.

Coordinators: Bob Hylan (603) 659-2422

Denis Beaulieu (603) 664-9595

September 21 – Oyster River Forest, Durham, NH

September 28 – Ocean View Walk, N. Hampton/Rye, NH

October 12 – Mt Agamenticus, York, ME

October 19 – Tucker & French Family Forest, Kingston/Danville, NH

FRIDAY AM — FRIDAY ASSORTMENT

Durham Community Church

Coordinator: Carol Selsberg (207) 439-7957

September 22 – **"How Much Should We Know?"** – ARA Favorite, UNH Political Science Senior Lecturer **Andrew MacPherson**, presents the following

questions: What if there were no state "secrets"? How much security is too much? Do we really want and/or need to know everything that's being done to keep us safe?

September 29 – Life Coach & author **Ruth Mott** ("I Love You- Now Get Over Yourself!") of Portsmouth has guided hundreds of focus-seekers into new professional lives and will give us a glimpse into the unique needs and challenges of today's work force.

October 6 – "UNH Innovations" – **Dr. Maria Emanuel, Associate Director of UNH Innovations**, manages the "intellectual asset management" of our great University. She will thrill us with the remarkable partnerships and achievements that have fostered the pride UNH enjoys throughout the world as an innovating icon.

October 13 – "The Power of Personality and How It Shapes Our Lives" – This is the title of UNH Prof. **John Mayer's** book. Having lectured worldwide on "emotional intelligence and personality" he will share insights about his work and how it might relate to the personalities shaping our lives today.

PROGRAMS ON DEMAND (PODS)

Contact POD leaders or check out unh.edu/ara for information. Have an idea for a new POD, contact Program Director Judith Custer (603) 743-3348.

WALKING: Penny & Mike Drooker (603) 397-5681

BOOK CLUB: Meg Gillis (603) 343-2086

WATER COLOR ART: Susan Keener (603) 397-5572

DIGITAL PHOTO ART: Meg Gillis (603) 343-2086

LUNCH BUNCH: Nancy Salka (207) 363-6846

BIKING: Claudia Gilmartin (207) 698-1957

FRIENDS DOING STUFF: Valerie Allen
(603) 905-9892

Term B

October 23 – November 17

MONDAY AM — GREAT DISCUSSIONS

Durham Community Church

Coordinator: Deidre Prescott (603) 749-4473

Kittery Community Center

Coordinator: Carol Selsberg (207) 439-7957

MONDAY PM — MUSIC WITH GEORGE.

Durham Community Church

Coordinator: George Schmalz* (603) 905-9320

October 23 – *Singin' in the Rain*: The greatest movie musical ever made.

October 30 – Georges Bizet: *The Pearl Fishers Acts 1 & 2*.

November 6 – Georges Bizet: *The Pearl Fishers Act 3 & other stuff*.

November 13 – Irving Berlin: *Holiday Inn*.

WEDNESDAY AM — WORLD WAR I, TOO

Kittery Community Center

October 25 – "Songs of WWI Era" – Join

"Ramblin' Richard" Kruppa as he sings songs and tells tales of the WWI era. While the talented musician dazzles us as he plays a variety of instruments, we will be inspired to sing along. [Allain Schnable (603) 842-5678]

November 1 – "Health and Disease of WWI" – The expertise of **Dr. Marion Girard (Molly) Dorsey**, Associate Professor of history at UNH, includes the history of medicine, legal and diplomatic history, and war and society. She'll talk to us about the history of medicine, legal and diplomatic history, and war and society. [Michael O'Sullivan (603) 742-4621]

November 8 – Effects of WWI – Immigration, Division of World – UNH History **Prof. Kurk Dorsey**, returns to reveal the impact of the WWI Armistice on immigration, populations, countries and divisions of Europe, the Middle East and the United States that served as a prelude to WWII. [Michael O'Sullivan (603) 742-4621] [Michael O'Sullivan (603) 742-4621]

November 15 – "The Great War & The Great Women" – Pres. of the NH League of Women Voters, **Liz Tentarelli** is also a noted expert on the changing roles of women before and during WWI, including its impact on Women's Suffrage. She will tell the story of the fight for the 19th Amendment between 1915 and 1920. [Carol Selsberg (207) 439-7957]

WEDNESDAY PM — MOVIES

Durham Community Church

Coordinator: George Whitehead (603) 742-5855

Oct. 25 – "Testament of Youth" – 2015 – A woman's point of view of WWI based on the published memoirs of Vera Britain. A story of young love with a female school teacher and spy. 129 minutes.

Nov. 1 – "U-Boat 29" (aka "The Spy in Black") – 1939 – A German WWI sub captain on a mission to discover British secrets, meets and falls in love with a female school teacher and spy. 82 minutes.

Nov. 8 – "Wings" -1927/2011 – A remarkable restoration and enhancement of the classic 1927 WWI aerial combat film, the first film ever to win the Academy Award for best film. Noted for its spectacular dogfight scenes. 140 minutes.

Nov. 15 – "Oh, What a Lovely War" – 1969 – A musical treatment of WWI. A series of song and dance vignettes directed by Richard Attenborough and full of recognized stars. Top ranked by Roger Ebert. 140 minutes.

THURSDAY AM — THURSDAY'S MIX

Durham Community Church

October 26 – History of Climate Change – Eminent UPenn Prof. Emeritus, **Bob Geigengack** returns to tell us how much climate change we have to worry about.

Earth systems have always fluctuated but today they are up against all environmental variables. Our Professor will give us the perspective we lack. Be prepared to be prepared! (Carol Selsberg – (207) 439-7957)

November 2 – “Economics of War” – Economic policy plays a huge part on the world stage affecting our lives personally in a big way. Before, during and after World War I, countries rose and fell and were divided. Economic decisions destroyed fortunes and created new ones. **Dr. Neil Niman**, Dean of the School of Business at UNH will speak about events of 1914 as Europe went to war and developments thereafter, creating the economic pressures leading to the next War.. (Judith Custer (603) 743-3348)

November 9 – Field Trip to Sara Orne Jewett’s House) –Sarah Orne Jewett is an iconic Maine author. She lived in a wonderful 1784 South Berwick house. We’ll tour the house and learn about her life there. We’ll also learn about her book, “Country of the Pointed Firs.” After that we may have to go to Fogarty’s for lunch since it’s right around the corner! (Judith Custer (603) 743-3348)

November 16 – “TED Talks on Art” – Several short but acclaimed media-driven TED Talks (Technology Entertainment Design) “Ideas Worth Spreading” Talks on a compelling variety of art forms will be shown, then discussed by members who are guaranteed to enjoy the 7-22 min. films and each other. (Carol Selsberg (207) 439-7957)

THURSDAY PM — LIVE MUSIC

Durham Community Church

Coordinator: Sandy Bonin (603) 659-1196

October 26 – Small Brain Curds – John Clauson, Dan Cassidy and Dan and Meleta Baker are the *Small*

Brain Curds. Their music is a capella, acoustic, and electric, covering folk, rock, rock and blues.

November 2 – Craig Werth – Internationally touring artist/songwriter, Craig Werth, will share some of his original songs, the stories behind them and how they were crafted. He will also lead a brief workshop on songwriting and create one or more brand new songs with the help of program participants.

November 9 - Oyster River HS Jazz Band- Are you a jazz fan? Come hear the award winning Oyster River Jazz Band. With their talented leader, music teacher Dave Ervin, the award-winning group will have your toes tapping!

November 16 – Cynthia Chatis – Long time flutist, singer, visual artist, and green business owner is also an improvisational wizard adding musical ingredients at will. Cynthia will play flutes, shruti box and sing, offering reflective music, inviting listeners to breathe deeply, relax and share images that may come to mind.. You’re welcome to sit in a chair or bring a yoga mat and stretch out as you soak in the sound.

FRIDAY AM — PLAY READING

Durham Police Station Community Room

Coordinator: Bob Ely (603) 868-5582

Let’s read and enjoy some classics together. It’s informal and unrehearsed and bound to be lots of fun! **Please Bring Your Own Copy.** Links to the text of both of these plays can found at www.unh.edu/ara.

October 27 – Ibsen’s *Hedda Gabler* Part I

November 3 – Ibsen’s *Hedda Gabler* Part II

November 10 – Bolt’s *A Man for all Seasons* Part I

November 17 – Bolt’s *A Man for all Seasons* Part II

Directions to ARA Program Sites

Durham Evangelical Church, 114 Dover Rd., Route 108 between Durham and Dover. Please use the lower parking lot.

Durham Community Church, 117 Main St. between the traffic light on Route 108 and downtown. Use the lower parking lot.

Durham Police Station: 86 Dover Rd., Route 108, Durham.

Kittery Community Center: 120 Rogers Rd., Route 236, Kittery, ME. Take I-95 N. Take Exit 2, ME-236 toward US-1/Memorial Traffic Circle. Turn slight right onto ME-236 S. At the roundabout, take the 3rd exit onto Rogers Rd/ME 236. 120 Rogers Rd. is approximately ½ mile on the left.

Board of Directors

President: Deidre Prescott (603) 749-4473

Vice President: Bob Ely (603) 868-5582

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Cultural Tours: Debbi Forster (603) 397-5788

Facilities: Cheyne Foreman (603) 659-6657

Contact Us: info@ara-nh.org or by mail: P.O. Box 421, Durham, NH 03824-0421

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Membership: Geoff McConnell (603)-743-4494

Memorial Fund: Michael O’Sullivan (603) 742-4621

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