



ACTIVE RETIREMENT ASSOCIATION

SPRING 2024 SCHEDULE OF PROGRAMS & ACTIVITIES

Affiliated with the University of New Hampshire

Funded by Association Membership Dues

"ARA – Expanding Your World" www.unh.edu/ara

February 5	Monday	General Meeting: Zoom Only
February 12	Monday	Term C Begins
March 8	Friday	Term C Ends
March 11	Monday	General Meeting
March 18	Monday	Term D Begins
April 12	Friday	Term D Ends
May 6	Monday	Annual Meeting/ Luncheon

HEALTH AND ARA PROGRAMMING

Spring programs and activities will be held in person. When possible, remote access (Zoom) will also be provided. Due to unpredictable weather the February General Meeting will be remote (Zoom) only.

We also continue to monitor the prevailing CDC Guidelines regarding illness and their possible impact on the Spring schedule. Changes to the schedule will be communicated to you via email.

GENERAL MEETING

Join us via Zoom on **Monday, February 5 at 2:00 PM** to hear **Dante Scala**, political analyst and Professor of Political Science at UNH, share his views on what we can expect in the upcoming 2024 primaries and general election. All general meetings are open to the public, so tell your friends! Additional details, including Zoom registration for non-ARA members, to follow via email.

WINTER/SPRING 2024 CULTURAL TOURS

January 11: *Boston Symphony Open Rehearsal, Symphony Hall*; Lunch on your own at the Prudential Center, Boston, MA.

March 19: *Harvard Art Museums*; Lunch at Cambridge Common, Cambridge, MA.

April 13: *National Off-Broadway Tour of Jesus Christ Superstar, Merrill Auditorium*, Portland, ME; Early dinner at The Muddy Rudder, Yarmouth, ME.

May 31: *Newburyport Whale Watch*; Late lunch at Michael's Harborside, Newburyport, MA.

PROGRAM REMINDERS

- ♦ Read your emails and check the ARA website for the most current updates.
- ♦ Program times (unless otherwise specified):
Mornings: 10 - 11:30 AM
Afternoons: 1:30 - 3 PM
- ♦ All in-person programs are at the Community Church of Durham unless otherwise specified.
- ♦ The Sunday email will provide live Zoom links for any program offered via Zoom.
- ♦ Wear your name badge to all in-person events!
- ♦ An asterisk (*) next to a speaker's name indicates s/he is also an ARA member.

PROGRAM CHANGES/CANCELLATIONS EMAILS

Members are notified via email about current program changes, cancellations, and Zoom sign-in links. Make sure you provide your email address on the ARA membership form, and notify Membership Director Linda Lacroix at arainfo1982@gmail.com of any changes. If the Oyster River School District cancels school due to weather, all in-person programs (including Kittery) will be canceled. Members should check their email and/or the ARA website for updates. Additionally, turn to WMUR, Channel 9, or visit their website, for Oyster River School District cancellations.

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 any facility for in-person meetings or any other activity is 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? --- Want to volunteer?
Need to contact a Board Member?
Need more information?
www.unh.edu/ara

Term C

February 12 – March 8

MONDAY AM — GREAT DISCUSSIONS

Where we learn about each other and the wider world.

Currently two discussion groups meet weekly; see below for planned discussion materials. If you are curious and have passionate opinions about politics, social/cultural norms, historical precedents, or national/foreign policy, these discussions are for you!

Community Church of Durham – Library

Coordinator: Katy Fralick (603) 868-6868

For this busy news season Spring **GREAT**

DISCUSSIONS will be using Current Topics in the News. At the first meeting folks will choose a topic and a date to be leader for that week. Our meetings will be both in-person and on Zoom.

Kittery Community Center (Winter Zoom Only)

Coordinators: Carol Huber (603) 772-1989 and Carol Selsberg (207) 439-7957

Opinionated? Curious? Concerned? Newsie? Come in and discuss yesterday, today, and tomorrow. Current events, foreign affairs, science, culture, sports, literature. We'll cover it all...and solve the world's problems at the same time. We plan to Zoom through the Winter.

WEDNESDAY – 10 AM

February 14 - Evidence that We Are Descended from Chairs

Professor Merton will read from his own collections of poetry. He'll present a range of contemporary poetry, from prose and narrative poems (think Raymond Carver) through more figurative work, extended metaphors, and the surrealists. Questions and comments will be welcomed. If desired, during the last few minutes he will offer writing exercises designed to encourage participants to start writing their own poems. Coordinator: Gayle Hylen (603) 659-2422

February 21 - Early Galaxies: Insight from the James Webb Space Telescope (ZOOM ONLY)

Elizabeth McGrath will discuss the James Webb Space Telescope that was designed for infrared astronomy. Its high-resolution instruments allow it to view objects too old, distant, or faint for the Hubble Space telescope. This new technology enables investigations across many fields of astronomy and cosmology, such as the observation of the first stars and the formation of the first galaxies. Elizabeth McGrath is an Associate Professor of Physics and Astronomy at Colby College. Come and be wowed!!

Coordinator: Ron Kolbe (603) 815-4183

February 28 - Game Day! (IN PERSON ONLY)

Bring ARA friends and a Board game or two, and we'll all

have fun trying to out-smart our fellow gamers in friendly and no-judgment competitions!

Coordinator: Kathy Kowler (207) 439-6275

March 6 - Unearth Your Bliss – The Art of Home Decluttering

Kristen Pacelli, Senior Move Manager of "The Right Transition," will explore the transformative power of decluttering and how it can help you uncover a sense of accomplishment, contentment and clarity in your living space. Key topics to be covered: benefits of decluttering, creating a plan to declutter, tracking sentimental items, organization and storage solutions, sustainable decluttering, and maintaining a clutter-free home. Say goodbye to chaos and hello to a more organized life! Coordinator: Gayle Hylen (603) 659-2422

WEDNESDAY – 1:30 PM

Series Coordinator: Mary Ellen Siudet (508) 308-7103

February 14 - Musical Performance by Multi-talented Entertainer Tj Wheeler aka Mr. Somebody

Tj Wheeler will perform Blues, Jazz, and some Razz a ma tazz for a Valentines Day musical treat that's sweet (but with 0 calories!). He will sing along as he plays a 7-string guitar, a tenor banjo, and a 1-string slide guitar known as a Diddley Bow (which originated in Africa).

February 21 - Musical Sing Along with Old Familiar Songs

There is nothing like belting out a familiar song - be it in the car with the windows down, around a campfire, or together with the incredible ARA community. Come sing along to the music that brings you back to your favorite memories. This is no rock concert or classical choir; this is a zero-judgement zone where we can all engage with each other and the music, and soak up the joy that it brings. Join us as we sing about Beautiful Mornings, Falling in Love, and Leaning on Each other, and reflect together on the memories that these songs stir up.

February 28 - Concert by Joyce Andersen and Harvey Reid

Joyce Andersen & Harvey Reid are well known, multi-talented local musicians who will perform for us from their large repertoire of songs while using a wide variety of instruments. Visit woodpecker.com for more information.

March 6 - Introduction to a Community Drum Circle

Mary Bencks will introduce us to the basics of drumming on a djembe (West African drum) and some complimentary percussion instruments as we play some traditional and learning-rhythms together. Through rhythmic repetition of ritual sounds, the body, the brain, and the nervous system are energized and transformed. Eventually, brain waves become entrained to the rhythm, and we will feel a group connection!

Instruments provided, but if you have a hand-drum, bring it! Coordinator: Betsy Yacubian (603) 398-8799

THURSDAY – 10 AM

February 15 - Fortifications of Portsmouth Harbor and the Seacoast: From the 1600's to the Present Day

Portsmouth Harbor is the site of the oldest continuously operated military fortification in the country. From 1631 until 1948, defenses were built and modified to protect the area from attack by the Native Americans, pirates, and French, British and German invaders. Many of the fortifications are now public parks that offer ocean access to area residents and visitors. **Dave Maloney***, a resident seacoast history buff, will discuss the establishment, modification, and operation of these sites from the 1600's to the present day.

Coordinator: Kathy Kowler (207) 439-6275

February 22 - "They Sawed Up a Storm"

In 1942, a group of New Hampshire women operated a sawmill on the shores of Turkey Pond, Concord. The sawmill, one of two on the pond, was built to saw logs remaining in the water after the 1938 hurricane salvage efforts. "They Sawed Up A Storm" is a photo presentation about this group of women, the 1938 hurricane, and New Englanders' determination through the war years. **Sarah Smith*** is a Newmarket resident who spent 27 years as the Forest Industry Specialist with the UNH Cooperative Extension. She has also written a book by the same title, published in 2010 by Peter E. Randall Publisher, Portsmouth, NH.

February 29 - Engaging with the LGBTQ+ Community: A 101 Cultural Proficiency Training

This interactive program presented by **Seacoast Outright**, a NH nonprofit that serves, supports, and advocates for LGBTQ+ youth, introduces foundational concepts relevant to the LGBTQ+ community, including gender identity and expression, sexual orientation, and identity labels. This presentation assists participants with recognizing the role of discrimination and inclusion on mental health outcomes, particularly for youth. Presenters share practical strategies to act as an ally to the LGBTQ+ people in your life, including pronoun use, recognizing stereotypes, and what to do if someone comes out to you. Questions are encouraged throughout.

Coordinator: Betsy Yacubian (603) 398-8799

March 7 - Exploring the Deep: How Ocean Mapping, Robots, and Telepresence Are Revealing the Wonders of the Deep Sea

Derek Sowers will provide an overview of deep ocean exploration efforts, tools, and collaborations spanning non-profit, U.S. government, and academic partners (especially UNH). Dr. Sowers serves as the Mapping Operations Manager for the Ocean Exploration Trust

(OET) and is based out of UNH's Center for Coastal and Ocean Mapping. The OET owns and operates E/V Nautilus, a 224-foot exploration vessel equipped with sonar mapping systems, remotely operated vehicles, and other state-of-the-art exploration technologies aimed at seeking new discoveries in geology, biology, and archeology while conducting scientific exploration of the sea floor.

Coordinator: Betsy Yacubian (603) 398-8799

Term D

March 18 – April 12

MONDAY AM — GREAT DISCUSSIONS

Where we learn about each other and the wider world.

See Term C descriptions above for more information.

WEDNESDAY – 10 AM

Series Coordinator: Meche Romoser (603) 534-1697

March 20 – TBD

March 27 - The Origins of "Road Scholar"

Road Scholar is a well-known travel organization combining travel and education in nearly every U.S. state and 100 countries. A lesser-known fact is that it was founded as "Elderhostel" at UNH in 1975 with the idea of combining not-for-credit classes with inexpensive lodging for older adults. As the UNH Provost at that time, **David Ellis** was instrumental in the founding of Elderhostel and served on the board for many years. **Kenneth Andersen*** led more than 10 different Elderhostel programs in several European countries. They both will join us, and we'll learn about the history and evolution of this organization!

April 3 - Skip DeVito: Experiencing Vietnam Once as a Soldier and Later as a Visitor

Skip DeVito* will talk about his personal observations, utilizing photos and drawings, from a year's military service in Vietnam during 1967/68 and a later service visit there in 2013. He'll also offer some comparisons and commonalities of the military experience of other soldiers in this and other conflicts.

April 10 - Music in Troubled Times

Conductor **Jeffrey Rink** returns to discuss the power of music to heal a community. Arriving in Japan the day of the March 2011 earthquake and tsunami, Maestro Rink was faced with the challenge of seeing through an enormous musical project under extraordinary circumstances. Let's listen as he details the events leading up to a historic concert!

WEDNESDAY - 1:30 PM

March 20 - Human Health Effects of Climate Change

Dr. Paul Friedrichs, Board Chair of the NH Healthcare Workers for Climate Action, will speak to us about this serious and timely topic. He will discuss: 1. Climate

Science Basics; 2. Health Effects - extreme heat, allergens, air pollution, weather events, and vector borne diseases; 3. Climate Solutions - clean energy solutions, and what we can do as individuals; and 4. Q & A discussion. Listen - ask - learn!
Coordinator: Gayle Hylan (603) 659-2422

March 27 - Geography and the Battle of Gettysburg

If you've walked the ground at Gettysburg, you realize how much the 3 days of battle were impacted by the geography. We'll look at the battle to see how geography affected the options for each side. **David Emery*** is a retired software systems engineer who reads a lot of history. His interest in Gettysburg was rekindled about 30 years ago when he had to write a short paper on the battle for an Army course.
Coordinator: Kathy Kowler (207) 439-6275

April 3 - The Falaise Gap Battle (France)

David Emery* will talk about the Battle of Falaise Gap, which was the concluding action of the Normandy Campaign in August 1944. After the Allies broke out of Normandy, the British forces (including Canadian and Polish divisions) moved from the north, and the U.S. forces (including a Free French division) moved from the south, to cut off the German forces. Understanding terrain is key, but the multi-national nature of the Allied force contributed to the conduct of the battle.
Coordinator: Kathy Kowler (207) 439-6275

April 10 - The Wide-World of Amateur Radio

Millions worldwide - royalty, Nobel Laureates, most astronauts, doctors, lawyers, politicians, entertainers, and especially ordinary citizens, participate in this over 100-year-old tech-based hobby. Amateur radio improves international relations, contributes to public safety, advances communication technologies, strongly supports STEM, sponsors radio sport contesting for fun, stimulates continuous learning, and yields many personal friendships. Join **George Whitehead*** and **"ham radio" friends** to observe and learn about the scope and rewards of Amateur Radio.
Coordinator: Kathy Kowler (207) 439-6275

THURSDAY – 10 AM (MOSTLY) SCIENCE THURSDAY

March 21 - Solar Eclipse on April 8, 1924

An almost total eclipse will occur in New Hampshire on this date. **John Gianforte** (Director, UNH Observatory) will cover the eclipse timing, how to safely view the eclipse and its ring of fire (using special glasses), and what we might expect to see in Durham. He'll also talk about the physics and mechanics of this event. Timing is everything - join us!
Coordinator: Ron Kolbe (603) 815-4183

March 28 - Portsmouth Poet Laureate Diannely Antigua

Diannely's work as Poet Laureate of Portsmouth is to bring poetry to the people, regardless of race, gender, sexuality, disability, education, or socioeconomic status. Her goal is to demystify poetry, making it truly accessible to all in a way that nourishes the soul. Diannely will read some of her award-winning poetry, talk with us briefly about the projects she is doing as the Portsmouth Poet Laureate, and then open up to Q&A.
Coordinator: Gayle Hylan (603) 659-2422

April 4 - Home Solar Energy

There are many reasons to transition your home to solar power - from the financial benefits and cost-effective energy independence to the long-term returns on investments in your home, the community, and the planet. The next generation of battery storage provides solar customers clean, reliable, and efficient backup power that further lessens dependence on the power grid. Join us as a solar design specialist from **ReVision Energy** (an employee-owned solar company in northern New England) provides the details for us!
Coordinator: Ron Kolbe (603) 815-4183

April 11 - New Hampshire Offshore Wind Energy

The viability of using offshore wind energy from the Gulf of Maine has been under discussion for many years. The industry has matured and the technologies have improved, increasing the call for a more substantial review of its potential. As a result, the NH Department of Energy (est. July 2021) is assessing the impact of offshore wind projects in the Gulf of Maine for their environmental, economic, and energy benefits. Come and hear **Kevin Sullivan**, the Director of Offshore Wind and Industry Development, discuss this with us!
Coordinator: Ron Kolbe (603) 815-4183

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, 17 Main St., between the light on Rte 108 and downtown. **Park in unnumbered slots only.**

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

Kittery Community Center: 120 Rogers Rd., Route 236, Kittery, ME. I-95 N to Exit 2, toward US-1/ Memorial Traffic Circle. Right onto ME-236 S. At the roundabout, take the 3rd exit onto Rogers Rd/ME 236 and follow to KCC ½ mile on left.

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