



ACTIVE RETIREMENT ASSOCIATION

Spring 2022 SCHEDULE OF PROGRAMS & ACTIVITIES

Affiliated with the University of New Hampshire

Funded by Association Membership Dues

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

January 19	Wednesday	Zoom Seacoast Memorial Lecture
February 14	Monday	Term C Begins
March 11	Friday	Term C Ends
March 21	Monday	Term D Begins
April 15	Friday	Term D Ends
May 2	Monday	Annual Meeting/ Luncheon (tentative)

*It is the expectation that all members and guests attending any ARA activity will be fully vaccinated. Masks will be worn for all ARA sponsored indoor activities. ARA will be guided by the prevailing CDC Guidelines.

Programs: Zoom will be utilized for all Spring (Term C and D) programs.

PODs/Walks/Hikes: These activities may continue at the discretion of the Coordinator and participants.

Cultural Tours: All members and guests will be fully vaccinated and masked on buses and indoor ARA sponsored activities.

Memorial Fund Programs: Any programs scheduled for January, February and March will utilize Zoom.

General Meetings: At this time none are scheduled.

SPRING/SUMMER 2022 CULTURAL TOURS

March 3	BSO Open Rehearsal, Lunch on your own at the Prudential Center, Boston, MA.
April 28	Sandwich Glass Museum, Heritage Museums and Gardens, Lunch at the Dan'l Webster Inn, Sandwich, MA.
May 24:	Tour of Plymouth, MA, Mayflower II, Forefather's Monument, Plymouth Rock, Lunch at East Bay Grille.
June 23	Windjammer Cruise and Tour of Portland Observatory, Boone's Fish House and Oyster Room for Lunch.

REMINDERS

- ◆ Read your emails and check the ARA website for the most current updates.
- ◆ Morning Programs: 10 - 11:30 AM
- ◆ Afternoon Programs: 1:30 - 3:00 PM
- ◆ The Sunday email reminders will provide live Zoom links for each week's programs. Please save these weekly messages in your email app so they're readily available when you log in or print for back-up or phone access.
- ◆ Please wear your name badge to all in-person events!
- ◆ An asterisk (*) indicates an ARA member.

PROGRAM CHANGES/CANCELLATIONS

Members are notified via email about current program changes, cancellations, and Zoom sign-in links, **but only if you have given ARA your email address.** This can be done via your ARA membership form (preferred), or by notifying Membership Director Jan Phelps at arainfo1982@gmail.com. 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 ARA website. Additionally, turn to WMUR, Channel 9, or visit their website, which will state (for in-person meetings only): "Active Retirement Association Closed."

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?
Need to contact a Board Member?
Want to volunteer?
Need more information?

Visit www.unh.edu/ara

Term C

February 14 – March 11

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/or have passionate opinions about politics, social and cultural norms, historical precedents, and national and foreign policy, these in-depth discussions are for you!

Coordinator: Katy Fralick (603) 868-6868

This Spring the group will be using the Foreign Policy Association's 2022 *Great Decisions* book and the associated DVD as a framework.

(https://www.fpa.org/great_decisions/?act=gd_materials)

Coordinator: Carol Huber (603) 772-1989

This Spring the group will use the 2022 *Great Decisions* book (see above) but NOT the DVD, and will also discuss the news of the day.

WEDNESDAY AM — JUSTICE.

Coordinator: Carol Selsberg (207) 439-7957

February 16 – Less-than-Supreme Court and Other Just or Un-Justices?

UNH Law Professor **John Greabe**, Director of the Warren B. Rudman Center for Justice, Leadership & Public Service, is admitted to practice before the U.S. Supreme Court and writes a monthly Constitutional Connection column for the *Concord Monitor*. He is an expert in Constitutional Law, federal courts and civil rights litigation – well-positioned to provide an insider's view of today's Supreme Court and its influence.

February 23 – The Innocence Project

Albert "Buzz" Scherr, UNH Law Professor and newly elected Portsmouth Police Commissioner, will discuss this 30-year effort to undo wrongful convictions and prevent future injustice. Prof. Scherr is a nationally recognized authority on forensic DNA evidence. Since 1990, he has served as the lead attorney in numerous pretrial hearings in homicide, robbery and sexual assault cases to determine the admissibility of forensic DNA evidence.

March 2 – The Sentencing Project

Senior Research Analyst **Dr. Nazgol Ghandnoosh** will speak from Washington, D.C., for her 35-year-old organization and its mission: to promote effective and humane responses to crime that minimize imprisonment and criminalization of youth and adults by promoting racial, ethnic, economic, and gender justice.

March 9 – Picking the Jury

Professor Albert "Buzz" Scherr has extensive experience as a trial and appellate lawyer over more than 20 years handling over 40 homicide cases and appearing as a criminal defense lawyer in a wide variety of cases. He teaches courses in criminal procedure, evidence, genetics and the law, and trial advocacy. He also directs the Trial Advocacy Program at the UNH School of Law and lectures to judges and lawyers on a variety of evidence issues.

WEDNESDAY PM — MORE ART

Coordinator: Kathy Kowler (207) 439-6275

February 16 – Pastel Art

Artist Judith Woodbury will speak to us about the history of pastel art, pastel technique, the benefits and drawbacks of pastel painting, the different types of pastels, and more, while guiding us as we create a picture or two. Materials needed: 5 hard pastel pencils (your choice of color), pencil sharpener, off-white construction paper, a kneaded eraser, a charcoal stick and a small piece of sandpaper.

February 23 – Hear a talk by a local multi-instrumentalist working musician and teacher **Charlie Jennison** as he tells us, through first-hand knowledge, the story of the growth/**history of jazz in seacoast New Hampshire** from its beginnings in the 1950s to the new millennium. He'll take us behind the scenes to see the people and the important players, venues, and events that shaped Portsmouth's jazz scene to become what it is now – vibrant, alive and well!

March 2 – This is part 2 of last week's talk by **Charlie Jennison** so tune in as we listen to his personal recollections of **jazz in the new millennium**.

March 9 – Stay tuned (pun intended)!

THURSDAY AM — UNH COOPERATIVE EXTENSION

Coordinator: Mary Ann Taylor (603) 740-1385

So how long have you lived in New England and not known what the Cooperative Extension does?? Come and learn about how it works and what it does – from growing fish in Great Bay to growing and finding food for those in need, developing and helping the young (especially those now impacted adversely by COVID-19), to helping keep our trees healthy and our landscape beautiful.

February 17 – A. Natural Resources - Rebecca DiGirolomo, Forestry Field Specialist, will speak about how UNH Extension County Foresters help landowners and communities care for forests, trees, and wildlife habitat, including invasive species management. Also learn how to help your community through a variety of outreach and citizen science programs.

B. Agriculture and Gardens - Jonathan Ebba, Landscape and Greenhouse Field Specialist, will share how NH agriculture did in 2021 through the drought and then a deluge, during the second season of a global pandemic. Plus, what might we expect going forward for NH farms and gardens?

February 24 – Cooperative Extension at the Central and County Level

Lauren Banker, Public Affairs Manager, will introduce what the Cooperative Extension does centrally in Durham, focusing on research and education. She will then touch on what occurs at the County level in bringing that knowledge and support to NH communities.

March 3 – Impact of COVID-19 on Youth, and How to Help

Kristin Eberl, Full Extension Field Specialist, Youth and Family Services, will focus on the impact of COVID-19 on young people and what can be and is being done to help.

March 10 – A. Youth Development and Education - 4-H - Caitlin Wollach, 4-H Program Manager, will focus on youth development and education in 4-H. No longer just raising and showing animals, 4-H now incorporates STEM, art, project and leadership training, and much more. Discover that you are never too old to participate in 4-H!

B. Health and Well Being & the Nutrition Connection - Sara Oberle, Extension Program Manager and Nutrition Connections Teacher, brings healthy food and nutrition to our communities in many ways. Find out what has been done so far as well as the plans to expand how families in need can access food and how you might lend a hand.

FRIDAY AM — SNOWSHOEING / WALKS

Coordinators: Denis Beaulieu (603) 664-9595
Linda Alberts (860) 752-8757

We'll leave from the designated meeting spot at **9:30 a.m.** (see weekly Wednesday email alerts for details).

Snowshoeing is contingent on conditions; otherwise, winter walk. Wear layers and appropriate shoes with gripping soles. Bring snowshoes or ice grips, and poles if you wish. We will follow prevailing CDC guidelines. Check your email for details, changes, and/or cancellations.

February 18– Urban Forestry Ctr., Portsmouth, NH

February 25 – College Woods, Durham, NH

March 4 – Dover Community Trail, Dover, NH

March 11 – Northwood Meadows State Park, Northwood, NH

Term D

March 21 – April 15

MONDAY AM — GREAT DISCUSSIONS

Currently, two groups meet weekly. (See above, under Term C, for planned discussion materials.) If you are curious and/or have passionate opinions about politics, social and cultural norms, historical precedents, and national and foreign policy, these in-depth discussions are for you!

WEDNESDAY AM — MEET FOUR NEW ENGLAND AUTHORS

Coordinator: Mary Ellen Siudut (508) 308-7103

March 23 – Heirloom Gardening – Traditional Plants and Skills

John Forti's presentation is for gardeners who want to deepen their knowledge and improve life for families, pollinators, and wildlife in their own backyards. Drawing from his new book, *The Heirloom Gardener: Traditional Plants and Skills for the Modern World*, his presentation will share inspiration from our long history of heirloom preservation, garden craft, and homestead lifeways. At a time when we could all use a little good news, we hope you will join us to learn how you can make a difference and build habitat in your own landscape and community.

March 30 – Slavery and Historical Events during the Civil War in Vermont and New Hampshire

Michelle Arnosky Sherburne is a Vermont historian and author focusing on the history of the Underground Railroad, slavery, and Civil War in VT and NH. She will share NH's hidden history of Black heritage, including slavery from the 1600s to 1800, the active slave trade

in Portsmouth, and the incredible work of NH residents who helped freedom seekers as part of the Underground Railroad efforts. Ms. Sherburne has published four books on these topics, the most recent being *Slavery and the Underground Railroad in New Hampshire*.

April 6 – Writing Mysteries in Exeter, NH

Lara Bricker is an award-winning journalist, podcaster, former private investigator, certified cat detective and true crime author. She is one of four crime writers on the hit podcast "Crime Writers On," and the author of the true crime book *Lie after Lie: The True Story of a Master of Deception, Betrayal, and Murder* and the recently published *Dead on Deadline: A Piper Greene Exeter Mystery*.

April 13 – Poetry Reading

Helen Rousseau's creativity takes on many forms of expression: a published author, leader of writing groups, Spiritual Guide, collage artist, and designer of block prints and tea towels. Her publications include two works of poetry: *Poems for a World on Fire: Meditations on Hope*, and *Coming to the Edge: Fifty Poems for Writing and Healing*. Her poems focus on the good around us from first responders, the beauty of nature, the love of family and friends, and our own inner beauty and courage as we face the world's sometimes-overwhelming challenges.

WEDNESDAY PM – HOMELESSNESS, HOUSING SHORTAGES AND EVICTIONS

Coordinators: Jude Ward (802) 881-2511
Carol Selsberg (207) 439-7957

March 23 – Homelessness

Dr. Will Arvelo, Executive Director of the famed, life-saving Cross Roads House in Portsmouth, tells us about his 37-year-old emergency shelter and transitional housing organization for residents of NH, ME and MA that serves some 100 adults, families, and children 24/7 on any given day.

March 30 – Eviction

Throughout the year, even in a pandemic, Staff Attorney **Rachelle Parise** of the non-profit organization Pine Tree Legal Assistance works to provide free representation to tenants with few alternatives who are being evicted in Maine. She will share the realities, frustrations and pain of eviction.

April 6 – On the Street

Megan Fernandes, an award-winning reporter for *Foster's Daily Democrat* and *Seacoastonline*, covers general community and business news in addition to specialized topics like education, local government, housing and mental health. In October 2021 she went into the trenches at Dover's Willand Pond Encampment and came out with a front-page, above-the-fold story about homeless people in the neighborhood that she will share with us.

April 13 – Shelter for the Homeless

Kate Twombly is a case worker at Cross Roads House in Portsmouth, which provides shelter, programs and services for homeless people. She will be accompanied by a former resident to tell their stories.

THURSDAY AM — HUMANS, THE ENVIRONMENT, AND TECHNOLOGY

Coordinator: Ken Guentner (603) 740-1385

March 24– Invasive Seaweeds in the Gulf of Maine: Predator-Prey Interactions

Two invasive seaweeds are affecting the ecosystem in the Gulf of Maine by replacing native kelp. Some native invertebrates can actually benefit from this by finding habitat that provides better protection from predators.

Dr. Jennifer Dijkstra, UNH Research Assistant Professor in the School of Marine Sciences and Ocean Engineering and the Center for Coastal and Ocean Mapping, reports on her findings. The research employs spherical space analysis as a tool to extrapolate field work (or should we say “ocean work?”).

March 31 – Ocean Overwash: Coastal Resilience and Extreme Events

Salt marshes are essential to nutrient removal, carbon sequestration and wildlife habitats, as well as a defense from coastal flooding. The salt marsh ecosystem is a result of the interplay of the natural glaciated beaches of the northeast coast and ocean overwash, but this interplay is affected by man-made barriers (e.g., roads and sea walls) and sea level rise, which has implications for many NH seacoast communities. **Dr. Diane Forster**, Director of the School of Marine Sciences and Ocean Engineering at UNH, will report on the important research being done in the area.

April 7 – NH Seacoast Transportation Corridor Vulnerability Assessment

The Seacoast’s infrastructure, including many roads, is vulnerable to sea level rise and climate change more generally. **Dr. Jo Sias**, UNH Professor of Civil and Environmental Engineering, reports the findings of a study

executed by UNH researchers and various government entities. The project examines climate change issues for Routes 1, 1A, 101, 286 and I-95, the primary east/west and north/south routes for the Seacoast as well as the core of its major evacuation system.

April 14 – Plastic Waste in Our Rivers, Streams and Watersheds

Rivers provide pathways for plastic to travel to our oceans, where they accumulate in “plastic garbage patches” – a well-known unsolved problem. However, not all plastic gets to the oceans. **Dr. Wil Wollheim**, UNH Associate Professor of Natural Resources and the Environment, is working with researchers from Loyola University of Chicago and the University of Toronto, combining computer models and field measurements to assess the impact of plastic pollution on temperate watersheds; a local focus is on the Ipswich River Watershed which empties into Plum Island Sound.

FRIDAY AM — WALKS / HIKES

Coordinators: Denis Beaulieu (603) 664-9595
Linda Alberts (860) 752-8757

This Spring we will again be scheduling **SIX** Friday outings instead of only four! We’ll leave from the designated meeting spot at **9:30 a.m.** (see weekly Wednesday email alerts for details). We will follow prevailing CDC guidelines. Check your e-mail for details, changes, and/or cancellations.

March 25 – Stonehouse Forest, Barrington, NH

April 1 – SATWaSR Hopalong Way, Barrington, NH

April 8 – Brasen Hill Farm – Jeb’s Jaunt, Barrington, NH

April 15 – Brave Boat Headwaters Preserve, Kittery, ME

April 22 – Keay Brook Trail, Berwick, ME

April 29 – Adams Point, Durham, NH

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.

Residence at Silver Square: 100 Sterling Way, Use Silver St. or Exit 8E from Rte.16, to traffic circle and exit onto Sterling Way.

Board of Directors

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Hospitality: Gayle Hysten (603) 659-2422

Membership: Jan Phelps (603) 315-3231

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Technology Services: Linda Benton (603) 345-7552

Contact us: arainfo1982@gmail.com or by mail: P.O. Box 421, Durham, NH 03824-0421