



ACTIVE RETIREMENT ASSOCIATION

"ARA - Expanding Your World"

www.unh.edu/ara

Affiliated with the University of New Hampshire

Funded by Association Membership Dues

FALL 2020 SCHEDULE OF PROGRAMS AND ACTIVITIES

September 21	Monday	Term A Begins
October 16	Friday	Term A Ends
October 26	Monday	Term B Begins
November 20	Friday	Term B Ends
December 9	Wednesday	Holiday Luncheon / Annual Meeting (Tentative)

The COVID-19 Pandemic and How ARA Will Adjust

As we all know, the CDC has recommended certain actions we should take to avoid the spread of the coronavirus. As of this writing they include social distancing (6 feet), wearing a face mask that covers your nose and mouth, and avoiding large crowds. To assure the safety of our membership, the following actions are necessary during Terms A and B.

Programs: A full schedule of programs has been planned. We will be using Zoom as the online meeting place. Training will be available to all members beforehand. Yes, there will be speakers and presentations, discussions and virtual socialization while staying safe from COVID-19!

Walks/Hikes: May continue at the discretion of the Hikes Coordinator and participants.

PODs: May continue at the discretion of each POD Coordinator and participants.

Cultural Tours: Our Tour Committee is still planning and will put their plans into action as soon as it is felt safe to do so. Stay Tuned!

General Meetings: None are scheduled.

Holiday Luncheon/Annual Meeting: Tentatively scheduled for December 9, 2020.

The following pages provide greater detail regarding Fall programs.

PROGRAM CHANGES/CANCELLATIONS

Members are notified via e-mail about current program changes and cancellations, and Zoom sign-in links, **but only if you have given ARA your e-mail address.** This can be done via your ARA membership form (preferred), or by notifying the Membership Director. If the Oyster River School District cancels school due to weather, **all in-person programs** (including Kittery) will be cancelled. Members should check their e-mail and/or ARA website. Additionally, turn to WMUR, Channel 9, or visit their website, which will state "Active Retirement Association Closed."

REMINDERS

- ◆ **Read your emails and check the ARA website for the most current updates.**
- ◆ **Morning Programs - 10-11:30 AM**
- ◆ **Afternoon Programs - 1:30 to 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 want to sign into a program. Printed copies can serve as back-up and/or be used for phone access.**
- ◆ **Please wear your name badge to all in-person events!**

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 for in-person meetings 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 21 – October 16

MONDAY AM — GREAT DISCUSSIONS

Coordinators for groups normally meeting at the Community Church of Durham:

Katy Fralick* (603) 868-6868

Carol Huber* (603) 772-1989

Coordinator for group normally meeting at the Kittery Community Center: Carol Selsberg* (207) 439-7957

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

WEDNESDAY AM — ANATOMY OF HEALTH CRISES: HISTORY, EFFECTS, AFTERMATH, PREVENTION

Coordinators: Carol Selsberg (207) 439-7957

Penny Drooker (603) 397-5681

September 23 – Plague: History of Epidemics. Dr. **Katherine Gaudet**, Associate Director of the UNH Honors Program and affiliate faculty in Humanities, also teaches “Plague: Literary Histories of Epidemics,” and will surprise us with her study of cultural differences in pandemic crises.

September 30 – “Who Listens to Scientists? Ideology, Beliefs and Behavior in a Pandemic.” How much does political ideology affect a person’s trust in science? How does that impact the response to a pandemic? Join **Dr. Lawrence Hamilton**, UNH Professor of Sociology and Carsey School Senior Fellow, as he discusses recent research on these critical issues.

October 7 – Overall Effects of Coronavirus and Other Pandemics. Dr. **Rosemary Caron**, UNH Professor of Health Management and Policy and Faculty Fellow in the Carsey School of Public Policy, will define the consequences of the nightmare called Covid-19.

October 14 – “In the Trenches.” We will hear from a panel of ****essential**** local people who contributed in different ways to overcoming the coronavirus pandemic, including Maine State Representative **Michele Meyer**, Hannaford employee **Taylor Patterson**, and a pandemic health worker.

WEDNESDAY PM — POTPOURRI: ART, SERVICE, MYSTERY, AND MEDITATION

September 23– The Joy and Beauty of Art. Why do we do Art and who cares? The people who love Truth and Beauty! Look forward to discussion and visual delights from a panel of artists including **Judith Custer***, **Polly McDonough***, **Pat De Grandpre***, and **Martha LaFleur**. Coordinator: Judith Custer (603) 743-3348

September 30 – The Pleasures of Volunteering. ARA members are admirably and uniquely multi-tasking. They give back to their communities in surprising ways. Enjoy our special panel (**Ellie Berner***, **Kathy Kowler***, **Ed Perkins***, and **Carol Selsberg***), be part of the discussion, and learn why Dr. Seuss said. *“Unless someone like you cares a whole awful lot, nothing is going to get better. It’s not.”*

Coordinator: Kathy Kowler (207) 439-6275.

October 7 – Channeling the Spirits Who Surround Us, for Guidance and Growth. Join us for an afternoon in which Medium **Melissa Boyd** will connect you to your heart, starting with a brief meditation and then bringing messages from your loved ones in spirit. Melissa will discuss tips and tools to center your energy and quiet your mind.

Coordinator: Mary Ellen Siudut (508) 308-7103

October 14 – The NOW Sound: Experiencing One Breath at a Time. **Michael Shingleton** will share an ancient breathing technique he learned from a Hindi meditation master. By listening, feeling the energy of the breath, you enter the “Now,” slowing your mind while experiencing the fearlessness and joy of silence.

Coordinator: Mary Ellen Siudut (508) 308-7103.

THURSDAY AM — ACTIVITIES WE ENJOY WHILE SOCIAL DISTANCING

Coordinator: Mary Ellen Siudut (508) 308-7103

September 24 – Local Nature Walks and Trails. **Denis Beaulieu*** and **Linda Alberts*** will provide a view of planned ARA Fall walks and hikes, including views of scenic trail features.

October 1 – Local Bike Trails and Rides. **Sandy Rose***, who coordinates the ARA “Pedal Pushers” biking POD, will share rides – terrain, difficulty, length, sites, and rest spots – along her favorite local bike routes, hopefully with input from other biking POD members.

October 8 – Birdwatching Basics. Your back yard provides a window into the natural world, and there are a number of steps you can take to make it wildlife-friendly. Join Maine Audubon Society’s **Nick Lund** to learn best practices for attracting and supporting birds in your yard throughout the year.

October 15 – Herbs for Medicine, Fragrance, and Pleasure. Join **Wendy Fogg**, founder and Senior Herbalist at Misty Meadows Herbal Center in Lee, NH, to enjoy an Armchair Plant Walk. Get up close with a dozen or so beautiful plants of field and forest, and hear their stories from folklore to modern clinical herbalism.

THURSDAY PM - WHAT WE'RE DOING RIGHT

September 24 – Immigration Confrontation. Kenya-born Attorney **Lina Shayo**, a partner at Mesa Law LLC in Manchester, came here at age 14 and has made it her life’s work to help other newcomers. She will update us on the rights and wrongs at our borders.

Coordinator: Carol Selsberg (207) 439-7957

October 1 – Hope on Haven Hill. **Kerry Norton**, Executive Director of Hope on Haven Hill in Somersworth, will discuss the organization’s mission and its successes in serving homeless, pregnant, and newly parenting mothers in recovery from substance use disorder.

Coordinator: Kathy Kowler (207) 439-6275

October 8 – Advocates for Children. **Jenny Sheehan**, Program Manager for Court Appointed Special Advocates of NH (CASA-NH), will introduce us to the important work of this organization. Some volunteers from the program may accompany her.

Coordinator: Meche Romoser (603) 534-1697

October 15 – What Somersworth is Doing Right.

Community activist and City Councilor **Crystal Paradis** will discuss her experiences in helping to establish Somersworth as a diverse, accepting community, and what she hopes for its future.

Coordinator: Kathy Kowler (207) 439-6275

FRIDAY AM — WALKS AND HIKES

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

Meet at Durham Evangelical Church lower parking lot at 9:30 a.m. to caravan to our destination (no carpooling), or meet at the destination. We will follow prevailing CDC guidelines. Check your e-mail for details, changes, and/or cancellations. In order to receive these important announcements, be sure your e-mail address is on file with ARA.

September 25 - Winnie-the-Pooh Trail, Goodwill Conservation Area, Barrington, NH

October 2 – Calef West, Barrington, NH

October 9 – Stonehouse Pond, Barrington, NH (hike)

October 16 – Kimball Reserve, Exeter, NH

Term B

October 26 – November 20

MONDAY AM — GREAT DISCUSSIONS

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WEDNESDAY AM — HUNGER AND LONELINESS

Coordinator: Carol Selsberg (207) 439-7957

Long before the pandemic nightmare, there were life-altering problems “next door.” These speakers, scheduled to speak with us last spring, will share their life-long life-saving work.

October 28 – Vulnerable Family “Portraits.” Next door are people at risk. Who are they? How did they get there? **Dr. Jessica Carson**, Research Assistant Professor in the UNH Carsey School of Public Policy, will introduce us to them and to their pressing issues, including poverty, work, and social safety nets.

November 4 – “End 68 Hours of Hunger.” This amazing nonprofit has fed hundreds of thousands of hungry kids and their families on weekends since **U.S. Navy Lt. Cmdr. (Ret.) Claire Bloom** used her savings to start it in Dover only 9 years ago. This remarkable woman will share the inspiration, growth, and unique service history of the ever-growing program she birthed.

November 11 – Ending Seacoast Hunger. Founded on the Seacoast in 1816 by a small group of women to feed families of fishermen, *Gather* is dedicated to ending local hunger in unique ways. **Deb Anthony**, Executive Director, will share with us how this organization works to identify and address root causes in collaboration with other community partners.

November 18 – The Reality and Toxicity of Elderly Isolation and Loneliness. We will hear from **George Cleveland**, Executive Director at Gibson Center for Senior Services in North Conway, who will share stories of the loneliness, neglect, and needs facing too many of our New England elder neighbors.

WEDNESDAY PM — COMMUNICATION

Coordinators: Bernadette Donnelly (603) 229-8480
Kathy Kowler (207) 439-6275

October 28 – Communications from the Beginning to the End. **Bernadette Donnelly*** and **Kathy Kowler*** will introduce this program series with an overview of personal communication. If needed, they will spend a few minutes to help people to navigate around Zoom technology, then go on to use science, humor, and analogies to show how we communicate as individuals. We will talk about how knowing ourselves will help us relate better to other people, especially people who have different styles than our own. As we improve our communication skills and our relationships, we can become more truly connected.

November 4 – Podcasts and What Came Before. **Trevor Dale**, a podcaster and motivational speaker, will discuss the history of verbal communications leading up to one of the newest verbal mediums, podcasting. He will describe the value of podcasting and why it is now so popular and will also provide tips to those of us who are not yet podcast experts as to how to start and find podcasts of interest to enjoy.

November 11 – The Role of a Journalist and Impact of Social Media on Individuals and Society. **Tom Haines**, Associate Professor of English in the UNH College of Liberal Arts Journalism Program, will share with us how the role of the journalist has changed over the years; what impact, if any, this has had on our society; how disinformation and misinformation in the digital realm has proliferated recently; and how journalists are responding. He will also discuss different forms of media (e.g., radio, television, social media [Facebook, YouTube, Instagram]), and what impact they have had on us individually and as a society, with a particular emphasis on social media.

November 18 – How does Ethics Mesh with Social Media? **Dr. Kevin Healey**, UNH Associate Professor of Communication, will be looking at digital media to see how it fits in, or not, with basic human precepts, as, for instance, judgment, wisdom and integrity. He will also talk about civil mindfulness (on an individual and corporate level) in relation to digital media and how certain characteristics of digitalized information, such as speed of service, impact us.

THURSDAY AM — “SCIENCE THURSDAY”

Coordinators: Ken Guentner & Mary Ann Taylor
(603) 740-1385

October 29 – Further Headlines in Astronomy. **John Gianforte (“The Sky Guy”)**, Astronomer and Director of the UNH Observatory, will update us on current “Astronomy Headlines” and the research behind them.

November 5 – A Lengthening Vernal Window: How the Changing “Zero Curtain” Season Impacts Forest Ecosystems. Dr. **Alix Contosa**, Research Assistant Professor in the Earth Systems Research Center at UNH, will discuss the impact on the ecosystem of changes in the timing and duration of the Vernal Window (the period marking the end of winter and the start of the growing season).

November 12 – Our Undoing May Also Be Our Becoming: 50 Years of Earth Day and Nature’s Ecological Reply. **John Carroll***, Professor Emeritus of Environmental Conservation in the UNH Dept. of Natural Resources, will share his insights on Earth Day and the natural world.

November 19 – Weathering the Storm? A New Normal for New England Weather. Dr. **Mary Stampone**, Chair and Class of 1941 Associate Professor in the UNH Geography Dept. and NH State Climatologist, will address the question of climate change and if/how it will impact New England, including examination of severe weather events and prospective impacts on our communities and livelihoods.

THURSDAY PM — BOOKS!

October 29 – A Local Independent Book Publisher and Bookseller Speaks. **Tom Holbrook** is the Manager of RiverRun Bookstore and the head of Piscataqua Press. He began his bookselling career twenty-five years ago at Borders Bookstore in Ann Arbor, Michigan, and has rolled with the changing tides of the book industry ever since. Coordinator: David Drucker (315) 404-5438

November 5 – “Old Guy” Returns! UNH Professor of English Emeritus **Tom Carnicelli** has visited us twice before to share wit and wisdom from his poetry, which is focused on the joys and challenges of growing older. This time he’ll highlight how to get rid of the “stuff” we accumulate over the years, among other topics. Coordinator: Carol Selsberg (207) 439-7957

November 12 – *Fly Girls*. *New York Times* best-selling author **Keith O’Brien** will discuss his book and tell the story of the female pilots in the 1920s and ’30s who faced discrimination, fought for the right to fly and race planes, and ultimately beat the men in the most celebrated air race of them all in 1936. *Fly Girls* brings this world back to life. Coordinator: Mary Ellen Siudut (508) 308-7103

November 19 – *Felling a Tree*. ARA author **Dave Collins*** will share his book of poems and short essays, and how he came to write them. Dave started his working career at age 16, as a lumberjack. This book, which also includes poems by his late older brother, James “Perry” Collins, reflects his life experiences in an ever-changing world. Coordinator: David Drucker (315) 404-5438

FRIDAY AM — WALKS AND HIKES

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October 30 – Sweet Trail, Durham, NH

November 6 – Stonehouse Forest, Barrington, NH

November 13 – Calef East, Barrington, NH,

November 20 – Village Place, Barrington, NH

***Asterisk indicates an ARA member.**

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, Dover. Use Silver St. or Exit 8E from Rte 16, to traffic circle, exit to Sterling Way.

Board of Directors

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Programs: Kathy Kowler (207) 439-6275

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