



ACTIVE RETIREMENT ASSOCIATION

Fall 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

September 9	Monday	Picnic
September 23	Monday	Term A Begins
October 18	Friday	Term A Ends
October 21	Monday	General Meeting
October 28	Monday	Term B Begins
November 22	Friday	Term B Ends
December 2	Monday	Holiday Luncheon

PICNIC

Join us on **9/9/24 at 12:30 PM** at **Stratham Hill Park** for a **picnic and to kick off our Fall activities**. The picnic is open to the public, so invite an adult friend or two and socialize with your peers for the afternoon. A lite picnic lunch and bottled water will be provided. Additional details to follow via email.

FALL/WINTER 2024 CULTURAL TOURS

September 20: *Squam Lake Natural Science Center Trail Exhibit & Pontoon Boat Narrated Cruise*; Lunch at Walter's Basin on the lake.

October 15: *Colby College Museum of Art*, Waterville, ME; Lunch at the College Alumni Center.

November 14: *Boston Symphony Open Rehearsal, Symphony Hall*, Boston, MA; Lunch on your own at the Prudential Center, Boston, MA.

December 7: *Christmas Time, The Reagle Theater*, Waltham, MA; Early dinner at The Chateau, Burlington, MA.

REMINDERS

- ◆ 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.
- ◆ 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 UPDATES/CANCELLATIONS

Members are notified via email about current program updates, cancellations, and Zoom 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. Check your email and/or the ARA website for updates. Additionally, turn to WMUR, Channel 9, or go to WMUR.com, 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.

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.

Have a great idea? -- Want to volunteer? -- Need to contact a Board Member? -- Need more information?

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

www.unh.edu/ara

Term A

September 23 – October 18

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 Fall **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 Virtual Discussions

Coordinators: Carol Selsberg (207) 439-7957, and

Richard & Carol Huber (rkhuber@comcast.net)

Opinionated? Curious? Concerned? Newsie? Come 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. Join us while we await the world to call us for our simple solutions. Our discussions are held on Zoom only.

WEDNESDAY – 10 AM

POLITICS AND SOCIETY SERIES

September 25 - Putting the 'Civil' Back in Civil Discourse. UNH Professor of Communications **Jennifer Borda**, co-director/co-founder of the famed UNH Civil Discourse Lab, comes to us with a panel of her students to present their view of the role Civil Discourse may play in the coming election...and how/if we can help make it work! She specializes in rhetoric, feminist studies, civil discourse and democratic deliberation.

Coordinator: Carol Selsberg (207) 439-7957

October 2 - Will the World End on November 6?

Having been charged with providing CNN with Survey Data for the past 25+ years, from his opinion-gathering podium, **Dr. Andrew Smith** will give us the insider view on how the election might evolve. Dr. Smith has been the Director of the UNH Survey Center since 1999 and is also Professor of Practice in Political Science at UNH.

Coordinator: Carol Selsberg (207) 439-7957

October 9 - WOMEN COUNT...and VOTE!!!

NH State Senator **Debra Altschiller** for the 24th District, former 3-term member of the NH House, and sponsor of the (blocked) Red Flag Law, will share her state and national view of the role women will play in the coming election.

Coordinator: Carol Selsberg (207) 439-7957

October 16 - The Gaza War in Context

Join UNH Professor **Jeannie Sowers** (Chair of UNH Dep't. of Political Science and International Affairs) to discuss the current war in Gaza from political and economic perspectives over the past few decades. Prof. Sowers conducted research in Gaza and the West Bank during the first intifada, or uprising, in 1988-89. Her recent research on the targeting of civilian infrastructure in Middle Eastern wars took her to Ramallah (West Bank), Tel Aviv, Jerusalem, and Amman (Jordan) to talk with human rights & aid organizations. Coordinator: Betsy Yacubian (603) 398-8799

WEDNESDAY – 1:30 PM

Series Coordinator: Madelyn Duzinski (603) 828-3393

CREEK FARM SERIES - Learn about the history and ecology of the Forest Society's Creek Farm property located at 400 Little Harbor Road in Portsmouth. Each week of this 4-week series will include a lecture or slide show at its Education Center followed by a walk around the campus. Wear long pants, closed-toe shoes and don't forget bug spray! Since lectures are indoors, please no dogs.

September 25 - History of Creek Farm & Walking Tour

Matt Scaccia, Recreation & Community Relations Manager, starts this series with a slideshow introducing the recent history of Creek Farm. The Sagamore Creek area holds significant cultural and agricultural history dating back to when Indigenous people fished these waters. After Carey Cottage's construction in 1888, and many cultural/history-making years later, the property was conveyed to the Forest Society in 2000. Following the slideshow, we'll walk the property to see its historic features and scenic views.

October 2 - Introduction to Fall Mushrooms and Mushroom Identification Walk

Join us for a presentation about fungal ecology and identification and then head out on a fun fungi foray on the Little Harbor Loop Trail! Learn how fungi grow and reproduce, and why they are important ecologically to humans, while also becoming familiar with mushroom families and species common to our area. **Carrie Deegan**, Reservation Stewardship & Engagement Director, is the presenter and tour guide.

October 9 - The Science of Fall Foliage; Walk to View Fall Foliage and Identify Trees

Come learn why fall foliage in New England is so stunning with this introduction to the science behind its physiology. We'll discuss fall pigments as deciduous trees prepare for winter, the "conifer advantage" for trees that remain evergreen and how trees measure shorter days. We'll walk the Little Harbor Loop Trail to identify tree species, see the progress in their fall foliage coloration, and learn about forest succession,

natural history and utility as forest products. **Dave Anderson**, Senior Director of Education, will “walk” us through all of this!

October 16 - A Century of NH Forest Conservation

Come learn about early logging history, passage of the Weeks Act in 1911, creation of the White Mountain National Forest and the origins of the Society for the Protection of NH Forests. An optional walk along the 1.5 mile Little Harbor Trail will follow the presentation.

Dave Anderson, Senior Director of Education, will be our teacher and guide.

THURSDAY – 10 AM

September 26 - Preventing Dementia and Alzheimer's: I Forgot When I Should Have Remembered

Do you know that Alzheimer's is the 6th leading cause of death before breast or prostate cancer? One out of 9 people over 65, and 1 out of 2 over 85, has Alzheimer's; plus, 1 out of 3 seniors dies of Alzheimer's. **Dean Pratt** will answer our questions and address our fears about this important topic. He is a psychotherapist at Seacoast Mental Health, specializing in anxiety, depression, trauma and the aging brain. He's led brain training sessions at Riverwoods Exeter and studied the latest research on preventing, and even reversing, Alzheimer's and potentially other dementias.

Coordinator: Gayle Hysten (603) 659-2422

October 3 - The Adventurous Lives of the Milne's: UNH Professors, Authors of 55 Books, Worldwide Travelers and Long-Time Durham Residents

Come hear the Durham/UNH story of Drs. Lorus & Margery Milne, two fascinating individuals who became an unlikely team as biologists, teachers, writers, lecturers, & experts on ecology, as told to us by **Diana Carroll***. Coordinator: Donna Simpson (603) 496-4075

October 10 - Indian Culture & Creative Art Forms with Semi- and Classical Vocal Music

Diotima Bose is a UNH PhD student in Chemistry. Diotima is a trained singer of Indian classical Hindustani music. She will speak to us about Indian culture, literature & history, concentrating on the various art forms of her native land. As a bonus, she will intersperse her talk with performances of classical Hindustani music.

Coordinator: Mary Ellen Siudut (508) 308-7103

October 17 - The Wonderful Wide World of Cacti: Nature's Spiny Survivors

William Odette will lead us as he dives into the world of cacti from the amateur perspective of a cultivator and appreciator of these incredible plants! We will cover a variety of topics ranging from their unique biology & complex taxonomy to their fascinating biochemistry &

long history of cultural and spiritual significance in human society in the Americas.

Coordinator: Mary Ellen Siudut (508) 308-7103

Term B

October 28 – November 22

MONDAY AM — GREAT DISCUSSIONS

Where we learn about each other and the wider world.

See Term A descriptions above for more information.

WEDNESDAY – 10 AM

October 30 - Pat Hughes, NFL Linebacker, “Tackles” Mt. Kilimanjaro.

Everyone has a story, and Pat's takes place in two separate arenas. The first was the National Football League where he played linebacker for 10 seasons. His other passion was hiking, first in New England and then to Mt. Kilimanjaro, the highest free-standing mountain in the world. Pat will share his stories & photos of both endeavors!

Coordinator: Janice Aviza (603) 868-3332

November 6 - Solving Forensic Cases in NH and Beyond: The Work of UNH's Forensic Anthropology Identification and Recovery (F.A.I.R.) Lab.

Amy Michael, UNH Asst. Professor of Anthropology and F.A.I.R. Director, will introduce us to the F.A.I.R. Lab. It is run by three biological anthropologists who identify skeletal remains from archaeological and forensic cases. Recent cases in NH, as well as a recently published book (*Lay Them to Rest* by Laura Norton), will be discussed.

Coordinator: Betsy Yacubian (603) 398-8799

November 13 - Experiencing Vietnam as a Soldier and Later as a Visitor

Felix (a/k/a “Skip”) DeVito* will discuss his personal observations, photos and drawings, from his military service in Vietnam in 1967/68 and a later visit in 2013. He'll also offer comparisons/commonalities of the military experience of his and other soldiers in this and other conflicts.

Coordinator: Meche Romoser (603) 534-1697

November 20 - My Father's WW II: Letters, Personal Possessions, and the History of Everyday Life

Rebecca Warner's late father served in the U.S. Army in Europe; he kept his Eisenhower jacket, battlefield 'souvenirs', letters to pen pals, and more. You'll see these and other items of daily use from WW II (e.g., K rations and defense bond stamps). What do these everyday items say about personal sacrifices and a shared sense of purpose? Rebecca was a UNH Psychology Professor from 1981-2017. Now she is an amateur student of history, has written two historical novels and edited a collection of her father's writing.

Coordinator: Betsy Yacubian (603) 398-8799

WEDNESDAY – 1:30 PM

October 30 - From Durham to Congo, Madagascar & Beyond: An Unorthodox Family Life in Global Health
NH native and UNH Alum, **John Yanulis**, shares his unorthodox journey through life in Central and West Africa, Egypt & Madagascar, leading multimillion dollar public health programs. John shares gripping anecdotes of resilience and adventure, highlighting the challenges and joys of living and raising a family in Africa while offering a unique view on cultural exchange, public health and community development, spurred on by his Peace Corps service. John is currently US Portfolio Director at the global non-profit Management Services for Health. Coordinator: Gayle Hysten (603) 659-2422

November 6 - Musical Performance by the Multi-Talented Tj Wheeler, aka Mr. Somebody (IN PERSON performance ONLY)

Tj Wheeler will perform Blues, Jazz and some Razz-ma-tazz for our ARA audience! He will be singing along as he plays a 7-string guitar, a Tenor Banjo, and a 1-string slide guitar known as a Diddley Bow.
Coordinator: Mary Ellen Siudut (508) 308-7103

November 13 - ALL ABOARD! Riding the Rails on the Downeaster

The old Boston & Maine Rail Station in Durham, aka the UNH Dairy Bar, formerly served as the B&M's Lynn, MA station. Today it is Durham's and UNH's outlet to the world of train travel; five trains every day serving Durham, Dover & Exeter. Come hear our own **John Carroll***, member of AMTRAK's Downeaster Operations Committee, and the Board of Directors of Train Riders Northeast, discuss the benefits of train travel. President Lincoln enjoyed train travel; you will too - ALL ABOARD!
Coordinator: Donna Simpson (603) 496-4075

November 20 - National Security & Intelligence: How Safe Are We Now?

Asst. Professors **Andrew Macpherson** and **Bridget Nolan**, UNH Dep't. of Security Studies, are esteemed and often quoted academic & intelligence professionals specializing in the safety of the United States. This day they will share their expertise and post-election views on how well we can sleep at night
Coordinator: Carol Selsberg (207) 439-7957

October 31 – The Changing New England Winter Climate

New England winters are warming faster than its summers, and the loss of cold and snow has impacted natural ecosystems and our local communities. In this talk, **Dr. Elizabeth Burakowski**, UNH Research Asst. Professor at the Institute for the Study of Earth Oceans and Space, and an Affiliate in the Dept. of Earth Sciences, will discuss how winter climate has changed, what we can expect in the future, and how our ecosystems and winter recreation communities have responded to warmer winters.

November 7 - Climate Change and Transportation Infrastructure

Our transportation infrastructure is constantly exposed to the environment and thereby vulnerable to damage from climate change, leading to accelerated deterioration, reduced lifespan, increasing maintenance costs, as well as operational and socio-economic consequences. **Eshan Dave**, UNH Professor in the Dept. of Civil & Environmental Engineering, will highlight transportation's vulnerabilities and discuss adaptation strategies to make our infrastructure more resilient.

November 14 - Climate Change in New Hampshire: Effects on Forests and Wildlife

Climate change has already begun to impact NH with more frequent severe weather, hotter and drier summers, and warmer and wetter winters. These changes will have a significant impact on our trees, forests, and wildlife as shifts in species distributions, changes in forest composition, and increased stress from pests and pathogens reshape NH's ecosystems. **Lindsay Watkins**, UNH Cooperative Extension Natural Resources (Extension Field Specialist, Forest Resources), will lead a discussion of some of the expected ecological, economic, and cultural impacts of climate change, together with adaptive strategies and conservation efforts that may help protect our valuable forest resources.

November 21 - Remodeling your Home to be Resilient and Sustainable

Over the past 35 years, **Dennis Meadows** (UNH Emeritus Professor of System Management) has gone to a great deal of effort and expense to make his Durham residence more resilient and sustainable - making it more energy efficient, 'geezer' friendly, and heat resistant. Come and hear about his experience and efforts - you may be able to do the same to your residence!

THURSDAY – 10 AM

Series Coordinator: Ron Kolbe (603) 815-4183

SCIENCE THURSDAYS SERIES