



# ACTIVE RETIREMENT ASSOCIATION

## Spring 2025 Schedule of Programs Activities

Affiliated with the University of New Hampshire

Funded by Association Membership Dues

**"ARA – Expanding Your World" [www.unh.edu/ara](http://www.unh.edu/ara)**

February 3	Monday	General Meeting
February 17	Monday	Term C Begins
March 14	Friday	Term C Ends
March 17	Monday	General Meeting
March 24	Monday	Term D Begins
April 18	Friday	Term D Ends
May 5	Monday	Annual Meeting/ Luncheon

### GENERAL MEETING

Join us on **Feb. 3 at 2:00 PM** for a virtual presentation by a Mt. Washington Observatory Meteorologist who will discuss the effects of Mt. Washington weather on New England. This virtual meeting is open to the public. Additional details to follow via email.

### SPRING 2025 CULTURAL TOURS

Save the dates for these upcoming cultural tours! Details and reservation forms will be mailed in early January.

**March 20 (Thursday):** *Museum of Fine Arts, Boston;* Lunch on your own at one of the Museum's 3 restaurants.

**April 3 (Thursday):** *Boston Symphony Open Rehearsal, Boston;* Lunch on your own at the Prudential Center.

**May 22 (Thursday)** *Fruitlands Museums and Farmhouse Historic District, Harvard, MA;* Lunch on your own at the Museum Cafe.

### 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](mailto:arainfo1982@gmail.com) of any changes. If the Oyster River School District cancels school due to weather, all in-person programs will be canceled. Check your email and/or the ARA website for updates. Additionally, turn to WMUR, Channel 9, or go to [WMUR.com](http://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.

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

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

**[www.unh.edu/ara](http://www.unh.edu/ara)**

## **Term C**

**February 17 – March 14**

### **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

The Community Church of Durham Great Discussion Group will be using the Foreign Policy Association book *Great Decisions 2025*. We will begin with chapter 1 at the first meeting. If you did not order the book back in October, you can order one from <https://www.fpa.org>. 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](mailto: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**

#### **February 19 – Trekking the Himalayan Mountains in Nepal**

Last April **Kathe Barlow** and **Celie Bolay** had the unique privilege of trekking in Nepal with five other women from the U.S. and the U.K. Over the course of sixteen days, they covered 102 miles with an elevation gain of 28,372 feet, almost the height of Everest! While the mountains might have been what called them, it was the Nepali people, the tea houses, the guides who became new friends, the villages and their intentional ways of life juxtaposed with the bustle of Kathmandu that made their hearts thrum. They are forever changed. Coordinator: Betsy Yacubian (603) 398-8799

#### **February 26 – Beyond the Alarm: Dover Firefighters' Enduring Legacy Across History**

Through immersive storytelling, archival materials, and a multimedia presentation, we will embark on a fascinating journey discovering the Dover Fire Department's history. Amazing events, both locally, nationally, and even internationally are unveiled. Whether a history enthusiast, a fan of the fire service, or simply curious about the rich tapestry of Dover's past, this promises to be

enlightening to all. Presenter former Assistant Chief **David Hanna** managed the Dover Fire and Rescue Department's daily operations comprising 60 personnel during his 30-year career. He holds a bachelor's degree in architecture.  
Coordinator: Donna Simpson (603) 496-4075

#### **March 5 - Less Stress: Why Am I Always Worrying?**

Did you know that stress can contribute to heart disease, cancer, lowered immunity, digestive issues/reflux, less productivity, disturbed sleep and relationship problems? **Dean Pratt**, a psychotherapist at Seacoast Mental Health, specializes in anxiety, depression, trauma, and the aging brain. Learn the difference between stress and anxiety, the origin and types of stress, and techniques on how to be calmer and therefore healthier. Dean will send us home with at least 30 ways to reduce that stress.  
Coordinator: Gayle Hysten (603) 659-2422

#### **March 12 - End 68 Hours of Hunger - A Local Solution for Addressing Childhood Hunger**

**Doris Demers**, retired Child Nutrition Director in the Oyster River School District, has been the driving force at Oyster River's End 68 Hours of Hunger for the last 12 years. *End 68 Hours of Hunger* is a volunteer based non-profit confronting the approximately 68 hours between the lunch children receive at school Friday and the breakfast in school on Monday morning. School buses drop off a bag of groceries every Friday as well as some weeks in the summer. There are currently 46 programs in eight states. 100% of donations go to support ending food insecurity.  
Coordinator: Mary Ellen Siudut (508) 308-7103

### **WEDNESDAY – 1:30 PM**

#### **February 19 - Antoni Gaudi, Spanish Architect**

Antoni Gaudi, the leading exponent of Art Nouveau in Spain over the turn of the 20th century, is arguably history's most original architect. Many call his work outlandish for his eccentric use of colors, forms and material. But, for **Michael Behrendt\***, Gaudi's buildings, with their curving and swelling shapes, brilliant tile work, fantastical wrought iron and haunting visions, are magnificent. Join us as we learn about Gaudi, and take a tour of six Gaudi masterpieces, including Sagrada Familia. Coordinator: Janice Aviza (603) 868-3332

#### **February 26 - An Historic Overview of the Isles of Shoals**

Since the first Europeans visited the Isles of Shoals in the late 1500's, the isles have seen many changes and have attracted many famous figures. Using historic images and current photographs, **Dave Maloney\*** will discuss the islands' very prosperous and important

fishing era, the hotel and resort era, and the establishment of the Star Island Conference Center and the nationally recognized Shoals Marine Laboratory.

Coordinator: Betsy Yacubian (603) 398-8799

### **March 5 - Anxiety Reduction for Better Aging: Gentle Yoga, Breathing Techniques and Meditation**

Aging is never an easy course, whether physiologically, mentally, or emotionally. **Jiong Jiong Hu** will help us explore ancient meditation techniques, mindful asana and pranayama for relaxation, focus and clarity of mind.

Coordinator: Janice Aviza (603) 868-3332

### **March 12 - A Visit to Ireland in March**

**Michael Behrendt\***, the Durham Town Planner, will share pictures and stories from a trip to Ireland a few years ago. He will speak about the history, culture, and architecture of both Ireland and Northern Ireland. While he has (or rather had) flaming red hair and looks like he is descended from Vikings, he has no Irish blood, though he is always treated as a homeboy at St. Patrick's Day parades in Southie.

Coordinator: Janice Aviza (603) 868-3332

### **THURSDAY – 10 AM**

Series Coordinator: Ron Kolbe (301) 535-1987

**CENTER FOR WILDLIFE SERIES** - The Center for Wildlife (CFW) is both a private, non-profit wildlife rehabilitation facility and environmental education organization in Cape Neddick, Maine. They not only take in injured and orphaned animals with the hope of releasing them back to the wild but also care for non-releasable animals that live with them in sanctuary as ambassadors. During each program, CFW educators and live animals will present together including a visual presentation, followed by plenty of time for questions and answers.

### **February 20, 2025 - Mammals of New England**

Join Center for Wildlife educators and live animals to learn about the native mammals of New England. We will learn about the abundance of mammal species that call New England home and ways we can better coexist with them. Have you wondered why those foxes are always hanging around your backyard? Have you wondered how a beaver survives the long, cold winter months? This program is the perfect opportunity to learn the answers to such questions.

### **February 27, 2025 - Birds of Prey**

What is the difference between a hawk and a falcon? Do we have vultures in New England? What is our smallest owl? What is our largest hawk? Join CFW educators and live animals to learn about the native birds of prey of New England and the many incredible adaptations they use to survive.

### **March 6, 2025 - Reptiles and Amphibians**

Join CFW educators and live animals to learn about the native reptiles and amphibians of New England! Have

you ever wondered where reptiles go in winter or what we can do to help turtles cross the road? During this program, we will learn about the abundance of reptile and amphibian species that call New England home and ways we can better coexist with them.

### **March 13 - New England Natives**

Join CFW educators to learn about the native wildlife species of New England and the threats they face, from habitat destruction to climate change. During this program, we will focus on ways we can better coexist with wildlife through, among other things, our daily actions and conservation.

### **Term D**

### **March 24 – April 18**

#### **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**

### **March 26 - Holocaust Survivor Shares Her Experiences as a Child During the Nazi Occupation**

**Kati Preston**, author of *Holocaust to Healing: Closing the Circle* and young adult memoir *Hidden: A True Story of the Holocaust*, expresses her family's painful history during the Holocaust. Twenty-eight members of her family, including her beloved father, perished. However, she has transformed that loss into an inspirational message of unity, peace, and meaningful dialogue with others. She reminds us of the power we possess to do the right thing and the importance of acting with compassion to fight against hate and prejudice.

Coordinator: Mary Ellen Siudut (508) 308-7103

### **April 2 - Big Trees of New Hampshire**

Wooden boat builder, outdoorsman and Big Tree Program measurer, **Kevin Martin**, will show and discuss our largest trees as described in his new book *Big Trees of Northern New England*. Hear how he got involved with finding the trees, how lumber from similar trees is used in boat building work, and how wildlife uses these impressive parts of our landscape. The discussion will cover trees on public land in the state and their locations so you can find them for yourself. City tours of both Portsmouth and Exeter trees are also described.

Coordinator: Betsy Yacubian (603) 398-8799

### **April 9 - Maple Sugaring: Myth, Magic and Realities**

**Dave Anderson**, Senior Director of Education for The Society for the Protection of NH Forests, will take a humorous and literary look into the art and science of making maple syrup. He'll share the lore and "dark robust" stories from old-timers and a little maple poetry and literature. His family-owned and run sugarhouse is traditionally wood-fired and timber-framed. Dave will discuss the construction of their gravity fed sugarhouse,

its process and refinements. And, we'll have syrup to sample! Coordinator: Kathy Kowler (914) 584-2394

#### **April 16 - Ona Judge, Enslaved by the Washingtons and Self-emancipated**

Ona Judge, who famously escaped slavery from the President's house in Philadelphia while serving as a personal maid to Martha Washington, gained her freedom by fleeing to New Hampshire in 1796. Despite multiple attempts by George Washington to recapture her, she remained free until her death in 1848, thus highlighting her act of resistance against slavery when such actions were incredibly rare and dangerous. **Sonya Arroyo**, speaker for The Black Heritage Trail in Portsmouth, will share her knowledge of Ona's quest for freedom. Coordinator: Gayle Hysten (603) 659-2422

### **WEDNESDAY – 1:30 PM**

#### **March 26 - A Virtual Tour Along Ocean Boulevard - Then and Now**

From Odiorne Point in Rye, "Where New Hampshire Began," to the hotels and Gilded Age mansions on Little Boars Head in North Hampton and in between, there are many historic and interesting sites and stories. Using historic images and current photographs, **Dave Maloney\*** will take us on a virtual tour along one of one of New Hampshire's most interesting and scenic drives. Coordinator: Betsy Yacubian (603) 398-8799

#### **April 2 - A Road Less Taken**

Conductor **Jeffrey Rink** and opera soprano **Jennifer Boudette** (husband and wife) discuss their journey from leaving lucrative professional positions in Florida to moving to New Hampshire to continue their freelance careers and to restore and manage a large family homestead and farm. This unconventional move came at a great price but with great rewards. They will share their journey to realize their goal. Coordinator: Meche Romoser (603) 534-1697

**April 9 - The Pleasures and Perils of Mountaineering**  
**David Sanderson** and **Ken Andersen** will share their sometimes-hair-raising experiences in eighty years of winter climbing and rescue before the age of organized winter climbing tourism in the White Mountains. Coordinator: Meche Romoser (603) 534-1697

#### **April 16 - Frank Lloyd Wright**

Join **Michael Behrendt\***, Durham Town Planner, for a presentation on the magnificent architecture and outrageous life of Frank Lloyd Wright. Michael contends that Wright, by virtue of his creativity, daring, and sense of beauty, is America's greatest architect. See if you agree. Coordinator: Janice Aviza (603) 868-3332

### **THURSDAY – 10 AM**

#### **March 27 - How to Detect, Recognize, and Report Medicare Fraud**

Learn how Medicare and Medicaid beneficiaries can help prevent, detect and report Medicare fraud in NH. **Lori Raymond** is a Senior Medicare Patrol Specialist for eastern NH and was a Medicare Counselor for over 7 years before taking on this role at the Partnership for Public Health. She'll share information about scams in NH that may help you avoid unwanted experiences in the future! Coordinator: Kathy Kowler (914) 584-2394

#### **April 3 - Solving the Estate Planning Puzzle**

Join attorney **Joseph Donohue** of Donohue, Beasley & Ferber PLLC as he explains how to navigate the complexities of estate planning. Joe has expertly advised hundreds of clients on how to structure their personal affairs to ensure a smooth transition of assets between generations. He possesses the unique ability to explain all the complexities of Elder Law. Topics will include three estate planning traps to avoid, demystifying trusts, and planning for long-term care. Joe can also address how to best pass vacation homes down to the family. Coordinator: Mary Ellen Siudut (508) 308-7103

#### **April 10 - It's Right in Our Own Backyard. Have You Been There? Would You Like to See a Four-Legged Chicken?**

A tour and visit to the Woodman Museum in Dover will offer an intimate and personal opportunity to experience history, natural sciences and the arts. The museum's collections include hundreds of colonial artifacts; a comprehensive mineral, shell and fossil gallery; mounted animal specimens (including the four-legged chicken); fine art and furniture; and an extensive collection of military and local history objects. We will explore three historical buildings, including the 1675 Garrison house. Meet at the museum at 10:15AM. Each ARA member is expected to pay the \$13 admission fee. Carpooling is suggested. Coordinator: Gayle Hysten (603) 659-2422

#### **April 17 - Connected By COAST**

A conversation with **Rad Nichols**, Executive Director of COAST (Cooperative Alliance for Seacoast Transportation), about how this Greater Seacoast region's nonprofit public transit system offers an affordable and reliable connection to the opportunities and services people need to succeed. Formed in the early 1980s, COAST is a now common thread woven throughout the region's economic, social, and environmental vitality. Coordinator: Mary Ellen Siudut (508) 308-7103