

OLLI

University of New Hampshire

Fall 2023 Catalog



Come for the Classes. Stay for the Friends.

A membership program providing learning
and social opportunities for older adults.



University of
New Hampshire

A photograph of John Russell, an older man with a grey beard and mustache, wearing a light blue short-sleeved button-down shirt and grey trousers. He is sitting on a green metal bench outdoors, with trees and a clear blue sky in the background. He is smiling slightly and looking towards the camera.

OLLI
at UNH

MEMBER
SPOTLIGHT

| John Russell '14 |

Meet OLLI Member, Presenter & Volunteer John Russell

When John Russell first started planning his retirement from quality engineering and managing, he thought about auditing one course a semester at UNH. Since he was retiring mid-semester, he knew that couldn't happen right away and asked his friend and fellow OLLI member Beth Wagner about teaching "Statistics Made Simple" for OLLI in the next semester. The course was approved, and he went to the semester's preview program to introduce the course. He listened to the other presenters, looked at the catalog, and immediately joined OLLI. Nine and one-half years later, he still hasn't taken a course at UNH!

A former boarding school chemistry teacher, he filled out a volunteer questionnaire and indicated he was interested in curriculum development. Tessa McDonnell invited him to join the Seacoast combined Central and Curriculum committees. Five months later, he was chair of both. He is once again chair of the Curriculum Committee, still a member of the Central Committee, a Seacoast representative to the Leadership Council, a class assistant, and if that wasn't enough to keep him busy, a Zoom moderator.

Early in his OLLI career, somebody (perhaps Tessa?) said, "teach your expertise and your passion." This led John to develop several courses on poetry (see "Robert Frost, New England's Poet" page 21) as well as leading several walks in the woods around the Seacoast every semester. He is currently developing a presentation on "Women in Science and Mathematics" to celebrate Women in History in March 2024 and "Phony Numbers, Fake News" for the Fall of 2024, where he hopes to create "statistical cynics" of the participants.

When asked why he volunteers so much for OLLI, John's first answer is "It's fun!" (He'll be the first to admit he's a little weird.) In addition, he'll tell you that OLLI was a strong organization when he joined, and volunteering is one way thank the volunteers who preceded him and to "pay it forward." Also, it has been, and continues to be, a great way to use the skills he developed professionally and to meet new people and make wonderful friends.

John and his wife Darcie share four daughters and six grandchildren. He says being "Grandpa" is the best job he ever had.

Welcome to Osher Lifelong Learning Institute (OLLI)

Welcome to Osher Lifelong Learning Institute at the University of New Hampshire (OLLI at UNH). Since 2004, OLLI has been a learning for the fun of it, member-driven, volunteer-based educational program which supports adult learners in their continued pursuit of lifelong knowledge. OLLI courses are not for credit, there are no tests, grades, or homework. We value high standards of program excellence with an emphasis on educational and social enrichment, volunteerism, fiscal sustainability, a diverse membership, mutual respect, and member safety.

Today, our OLLI membership is comprised of over 950 active adults not only from over 100 cities and towns within New Hampshire, but eight other states.

Our members are encouraged to select from any of the in-person, online, and hybrid courses offered in our four state-wide regions. In addition, social events, volunteer opportunities, cost-free complimentary programming, opportunities to engage in classes at our sister OLLIs, our monthly Outlook newsletter, and our special interest groups (SIGs) enhance the member experience and provide additional opportunities for our members to remain active and purposeful.

OLLI is a self-sustaining program of the University of New Hampshire supported by program fees, in-kind contributions from UNH, endowments from the Bernard Osher Foundation, member donations and local corporate sponsorships. We are one of 125 OLLIs at colleges and universities nationwide, representing more than 113,000 members from 340 different cities and towns.

➔ To learn more about Osher Lifelong Learning Institutes across the USA visit: nrc.northwestern.edu/



Your OLLI at UNH Team and Contact Info

Website: unh.edu/OLLI

Email: OLLI.office@unh.edu

Phone: 603-255-3553

OLLI Administrative Team

Toniann Leavitt, Director

Toniann.Leavitt@unh.edu

Tori Berube, Program Manager

Tori.Berube@unh.edu

Bryan Whittier, Enrollment Coordinator

Bryan.Whittier@unh.edu

Tessa McDonnell, Program Support

Tessa.McDonnell@unh.edu

Become an OLLI Member

Membership in OLLI offers you the opportunity to participate in a full range of offerings. Annual memberships (\$40) are valid for one year. There are three ways to join:

1. **Complete the secure online Membership application found on the OLLI website.**
2. **Print and complete the OLLI Membership and Registration Form found inside the catalog.** Mail it with your \$40 membership fee to the OLLI office, c/o OLLI at UNH, Taylor Hall, 59 College Rd, Durham, NH 03824. Please use a separate registration form and check for each member applying.
3. **Call the OLLI office at 603-255-3553** to make an over-the-phone payment with your credit card.

Contact Us

The OLLI Administrative Team is available to assist you:

- Visit our website: unh.edu/OLLI
- Call us: 603-255-3553
- Email us: olli.office@unh.edu



Follow us on
Facebook

Get the latest news on new programs, special events, and more by following us on Facebook at: facebook.com/olliunh

Registration

- Online registration (members only) for courses will open on **Wednesday, August 2, 2023, at 9:00 a.m.**
- Non-members may enroll in any OLLI course, unless otherwise indicated. Non-members must call the OLLI office at 603-255-3553 to register for a course.
- Phone registrations for both members and non-members are available Mondays through Thursdays from 9:00 a.m. to 4:00 p.m.
- Mail-in registration forms can be sent to c/o OLLI at UNH, Taylor Hall, 59 College Rd, Durham, NH 03824 and will be processed in the order which they are received.
- All registrations, including free offerings, will result in an e-mailed confirmation receipt. If you do not get a receipt, please check your e-mail spam folder.
- Registrations for Zoom courses are encouraged at least three days prior to the scheduled start date to ensure you receive the course link, appropriate handouts and content in advance. For important information about policies, including refunds, withdrawals, wait lists, credit card security and more, please visit: unh.edu/OLLI



Course Listing by Subject

Learning Region Abbreviation

Capital Region - C | Greater Manchester - M | Mt. Washington Valley - W | Seacoast - S | Zoom - Z

9 Arts & Humanities

9 Art Appreciation

Anatomia Italiana: Connecting Art & Anatomy in the Italian Renaissance (Petti) Z

Barbara Tuchman: Soldier of Quality (Gleason) M

Paris & New York in the Twenties and Thirties, Part III (Mahoney) M

Working with Wool from Sheep to Yarn (Dunham-Miliotis) C

11 Creative Arts

Adaptive Reuse: Discarded Paper into Art (Carlin) W

Advanced Fall Leaf Barn Quilt (Astell) C

Craft a Recycled Paperback Book Christmas Angel (Altilio) C

Crafting Simple Gifts for the Holiday Season (Frost) C

Create Your Own Unique Seaglass Artwork (Chin) S

Icelandic Knit Design (Williams) W

Let Your Creativity Take Flight: Create an Owl Pastel (Ayers) W

Mini Works of Art: Creativity & Rubber Stamping (Frost) C

Vintage Tea Cup Watercolor Study (Pullo) Z

Weaving a Holiday Basket (Rennie) W

What's Your Story? (Brogan) C

Writing a 'Legacy Letter' (Sherwin) Z

Writing is Murder (Sheldon) C

15 Film

Buster Keaton & Charlie Chaplin: Exploring Two Timeless Comedy Films (Ambra) S

Discovering Buck Jones (Steelman & Ambra) C

Films Through the Decades V (Jones) M

Films: Reel Jewish Movies (Bender) C

Madness & the Movies XII (Soreff) M

Pass the Kleenex: Hollywood's Classic Tearjerkers! (Brogan) S

The Great Kate: A Helping of Hepburn! (Brogan) M

The Visual Sherlock Holmes (Fritsch) M

18 Literature

Albert Camus: An Algerian Frenchman (Pajakowski) M

Chaucer's "Prologue to the Canterbury Tales" (Benoit) C

Dark & Supernatural Literature: Your World (Deleault) M

Ernest Hemingway: the Man, the Myth, & the Reality (Muzerall) W

Meet Michel de Montaigne: The Inventor of the Personal Essay (Castle, W.) Z

Nature Poets of New Hampshire (Jordan) C

Robert Frost: New England's Poet (Russell) Z

Roots & Routes of Jewish Humor: What He-Brews (Soreff) S

Shakespeare's Henry IV, Part I: History or Comedy? (Baker) C

Short Stories of F. Scott Fitzgerald (Baker) M

The Bookshop: A Tragicomedy of Literate Courage Under Siege (Castle, J.) Z

The New Yorker (Jones & Monnelly) Z

Your Thoughts on the Novellas of Claire Keegan (King) Z

23 Music

Acapella Holiday Carols (Chaffe & Sager) C

Baroque Coffeehouse! (Langley) S

Holiday Flutes with the Manchester Community Music School's Flute Choir (Dionne) M

Music Appreciation Through the Eyes of a Professional Tuba Player (McConnell) M

24 History

17th Century History of Oak Island: Templars, Treasure, & Freemasons (Owen) W

18th Century New Hampshire: Every Man Had a Gun & Every Woman Could Shoot (Schappels) M

A Brief History of Gundalows: 1650 - Today (Clyborne) Z

All Aboard the Orphan Train (Fargo) W

Cruising New Hampshire History: Historical Roadside Markers (Bruno) W

Dwight Eisenhower: The Good, the Bad, & the Ugly (Langa) Z

French vs. Irish: Why the Beef? (Perreault) M

How Did We Get Here? A Reverse U.S. History Course (Shaine) Z

Jewish Resistance During the Holocaust (Yelgin) M

JFK Assassination & the Failure of Institutions (MacDonald) M

Lake District of England: Land of Beatrix Potter (Pillion & Hadley) W

Lewis Hayden: Fugitive Slave, Underground Railroad Leader, State Legislator (Strang) C & M

Mary Folsom Blair: A Remarkable Life (Primack) C

Mill Girls of New England (Fargo) C

Mormon Trek to the Promised Land: The Handcart Migration to Utah (Hess) C

New Hampshire War Monuments: The Stories Behind the Stones (Bailey) C

Patagonia Dreaming (Halpern) W

Railroads & the Mt. Washington Valley: How They Forever Changed Lives (Owen) W

Rogers Rangers: The Story of an Irregular Fighting Unit (Eaton) Z

Russian History: From Czars to Commissars to Democracy & Back, Part I (Zink) Z

Slavery at the Moffatt-Ladd House & in New Hampshire (McAvoy) Z

The Gem of the Suncook Valley: A Look at Pittsfield's History! (Dimmick & Berkson) C

The History of Psychiatry (Soreff) M

The Underground Railroad in Amherst: Its Conductors & Anti-Slavery Friends (Fullerton) M

Unravelling Anti-Semitism (Luber Friedenber) M

Who are Alaska's Native People? (Haigh) Z

35 Personal Enrichment

35 Aging & Health

Acupressure for Everyday Ailments (Ropp) M

Amazing Masters...Aging Gracefully! (McEvoy) W

Growing Older & Wiser: Staying Healthy as a Senior Adult (Castor) M & Z

Reiki: Introduction to this Ancient Healing Practice (Keenan) W

Remembering Our Connection: An Introduction to Herbalism (Foss) C

Simplifying Medicare (Wilton) Z

What is a Sound Bath? No, You Won't Get Wet! (Starr) W

37 Cooking & Food

Experience the Rich Tri-Culture of Malaysia with An Evening of "Tasting" (Roy & Roy) M

Granite Fizz: The Untold Story of Spring Water and Flavored Tonic in New Hampshire (Sasseville) M

Healthy Eating for Life: Losing & Maintaining Weight Sustainably (Donovan) C

The Life & Times of Manchester's Famous Moxie Bottle House (Sasseville) M

39 Finance

Coin Collecting: Don't Get Ripped Off! (Fritsch) M

Contemporary Economic Policy Issues (Haveman) Z

Nursing Care, Medicaid, & Long Term Care (Rivard) M & Z

Protecting Your Hard-Earned Money & Understanding Investments (Glennon) M

Scams & Frauds: Protect Yourself and Your Wallet (Libby) W & Z

42 Games & Puzzles

Bridge for Your Brain: More Commonly Used Conventions, Part II (Weinstein) Z

Games & Puzzlers II (Faulkner) C

43 Personal Development

Did You Know? You're On a Hero's Journey! (Lee) Z

Saving Your Family's Heritage for Future Generations (Muzerall & Muzerall) W

Savvy Solo Travel (Schilling) Z

TED Talks: Mind, Body, Spirit (Isaak & Jones) M

Using Woodworking Hand Tools (Yelgin) M

45 Science & Technology

45 Computers, Smartphones, & Tablets

Photoshop for Beginners (Hamilton) Z

Scheduling & Hosting Zoom Meetings (McDonnell) Z

Why is Cyber Security Like An Onion? (Nicolino Treanor) Z

Zoom 101 Introduction to Zoom: Personal Computers (PC), Laptops, Notebooks (McDonnell) Z

46 Nature

Autumn Wonders: Engaging with the Seasons! (Dwyer) Z

Beauty From a Canoe (Emmons) Z

Loving Animals: A Conversation with an Animal Communicator (Lindheim) Z

Maintaining Wilderness Areas in the White Mountains (Huncilman) W

Salt Marshes: Pushing the Boundaries Between Land & Sea (Petersen) S

48 Math & Science

Don't Panic & Bring Your Towel: A Grand Tour of the Universe (Drutman) M

Educational Travelogue: Continuing Adventures in Biophilia (Simon) Z
 Harnessing the Sun's Energy in the Past, Present, & Especially the Future (Lanoie) W
 Mathematical Card Tricks (Stern) S
 The Catch: Whales, Turbines, & Fishing in the North Atlantic Ocean (Backus) M
 The Long Gestation & Turbulent Beginnings of Modern Science (Schubert) Z
 Where The Automotive Industry Is Going (Meltzer) W
 Where's My Jetpack? The Future is NOT What it Was! (Shaine) Z

51 Social Sciences

51 Current Events & Politics

Civics Slam! Learning About Government Now That You're Older and Wiser (Alcox) M
 Dystopian Spirals: How Tech is Creating Dysfunction, Division, & Disaster (Isaak) M & Z
 Flashpoints in American Foreign Policy 2023 (Freiberger) S
 Great Decisions Part II (McDonnell) Z
 Immigration Reform: America's Unfinished Business (Bruno) M
 Picking-the-President 2024: OMG! Not Already! (Hess) C
 Silence in the Name of National Security (Purdum) S
 Why Critical Race Theory is Critical (Romney) Z

54 Sociology, Religion, & Culture

Civility in Institutions (McKim) Z
 Consequences of Allowing Hatred to Control Our Actions (Ncungu) Z
 De-Biasing Techniques (McKim) M
 Judaism & Sex (Nafshi) Z

56 Exploring the Community

A Walk Around the Ring: The History & Architecture of Center Sandwich (Mykland) W
 Alnoba Art Tour (Canedy) S
 American Independence Museum Historic Tour (Carr) S
 Beadwork: Hands-on History & Construction (Bullock) C
 Black Heritage Trail of New Hampshire Walking Tour (Bowker) S
 Celebrating Portsmouth's Historic Music Hall (Morris) S
 Community Players of Concord, N.H. Studio Tour (Burger) C
 Daniel Webster's Family: More Than 200 Years of United States History (Kovach) C

Electric Vehicles: Past, Present, & Future (Therrien) C
 Go Behind the Scenes at New Hampshire PBS (Adams) S
 Harvesting Small Grains with Draft Power (Ramsey) C
 Justice in Real Time (Ruffle) C
 Learning What Pickleball is All About About (Ryan) W
 Look Behind the Curtain: Tour Granite State Candy Shoppe's New Production Space (Bart) C
 Maine History at the Old York Historical Society (McAuliffe) S
 Manchester Water Works: All About Our Most Precious Resource (Miller) M
 Mission Brief & Radome Tour of New Boston Space Force Station (Zufelt) M
 Moffatt Ladd House & Garden Historic Tour (Hewson) S
 Portsmouth Naval Shipyard Tour: From Sails to Atoms (Gluckert) S
 Telling Manchester's History Through 25 Objects (Barraclough) M
 The Women on the Walls of the N.H. State House (Drew) C
 Tour Manchester City Hall & Meet Mayor Joyce Craig (Craig) M
 Tour the Mason & Hamlin Piano Factory (Langley & Bullock) S

65 Outdoor Adventures

Amoskeag Millyard Walking Tour: From Amoskeag Falls to Arms Park (Eaton) M
 Explore Bedrock Gardens (Forti) S
 Explore Odiorne Point State Park (Russell) S
 Exploring Nature in Autumn (Darling) C
 Fall Foliage Cruise on Squam Lake (Eisenhauer) C
 Fall Foliage Floodplain Forest Tour Along the Merrimack River in Concord Great Bay National Wildlife Refuge Walk (Anderson) C
 Guided Nature Walk with York Land Trust (Russell) S
 Hike & Brew (Irish & Gemmecke) W
 Hike the Kuncanowet Town Forest in Dunbarton (Hendry) C
 Hike the Marjory Swope Trail: Concord's Hidden Gem (Fenstermarker) C
 Little Harbor Trail Walk (Russell) S
 Walk Around Wagon Hill Farm (Russell) S

*Courses, dates, times and locations are subject to change. Any changes or updates to our courses will be available online through our website: unh.edu/OLLI



TRIP DETAILS

Date: Thursday, September 21

- 8:30 a.m. Pick-up in Concord
- 8:50 a.m. Pick-up in Manchester
- 5:00 p.m. Drop-off in Manchester
- 5:30 p.m. Drop-off in Concord

Trip Cost: \$110

*Includes your bus trip, admission to Boott Mill, boarding house, lunch, and a visit to your choice of museums in the afternoon.**

Registration will open July 10 for this exciting trip.

Space will be limited. Reserve your seat today!

Call OLLI at 603-255-3553 to pay by credit card

Or send a check c/o OLLI at UNH, Taylor Hall, 59 College Rd, Durham, NH 03824

**Trip details still in progress. Additional information will be provided closer to registration and trip date.*

On The Road With OLLI - Lowell Mills National Historical Park

Join fellow OLLI members as we spend the day learning more about the heritage of New England's women and their influence on the Industrial Revolution as they left their homes and became mill girls. We will begin our day boarding our luxury bus as we travel to Lowell, Mass where we'll start our journey back in time at the Boott Cotton Mills museum at the Lowell Mills National Historical Park. Our second stop will be at a restored boarding house which will help explore the daily lives of both the young mill girls as they turned raw cotton into finished cloth.

After lunch, you will have your choice of one of three local museums. The New England Quilt Museum which uses quilts and the stories of quilt making to educate and inspire. Two special exhibitions will be the quilts of Timna Tarr and the animal kingdom in quilts and textiles. The second museum offered for your visit is the Whistler Museum, birthplace of James McNeill Whistler who painted "Whistler's Mother" (painting owned by France and exhibited at muse d'Orsay). This museum, the permanent home of the Lowell Art Association, represents the richness of the art of Lowell. The third museum is The Brush, a dynamic and captivating place which presents museum quality exhibitions as well as studio spaces for artists to interact with and educate the public.

Course Descriptions

Arts & Humanities

Art Appreciation

Anatomia Italiana: Connecting Art & Anatomy in the Italian Renaissance

Italy's medieval universities established the study of human anatomy for physicians. To heighten their art, Renaissance masters clandestinely examined anatomy through human dissection. The profound connection between art and science in Italy is best demonstrated by the genius of Michelangelo. Indeed, the wooden crucifix he carved in gratitude for secret access to corpses from a convent's hospital still hangs in the Basilica of Santo Spirito in Florence. The knowledge of human structure also informed Michelangelo's frescos as scholars agree he superimposed the shapes of human organs in the Sistine Chapel Ceiling. This course will examine the nexus between art and science, and the history of anatomy education in the universe.

Presenter: Kevin Petti, Ph.D. is a dual U.S./Italian citizen, textbook coauthor, president-emeritus of the Human Anatomy and Physiology Society and a professor at San Diego Miramar College teaching human anatomy and physiology. Dr. Petti also teaches Study Abroad to Italy for San Diego State University and professional development courses for colleagues that focus on the genesis of anatomy as a science and its influence on the Renaissance masters in the Anatomia Italiana program he founded in 2012.

Member Tuition: \$20.00 | 1 M: 9/25/2023 - 9/25/2023 | 2:00-4:00PM | Class Limit: 80

Online - Virtual via Zoom

Barbara Tuchman: Soldier of Quality

When Barbara Tuchman passed away in February of 1989 readers of her magnificent prose were uniform in their praise of her life-long contributions to the discipline of history. Her analyses - of The Black Death, of the causes behind World War One, of the French Revolution, of World Wars One and Two, and of Stillwell and the American Experience in China - were not only insightful and well-researched but delivered in a way that always elevated the reading/writing/thinking skills of that readership. Twice a winner of the Pulitzer Prize for Non-Fiction, she was known as "a layperson's historian." Sophisticated as her scholarship was, she was not above having fun with some of the more commonplace topics that occupied the conversations of various social groups here and abroad — one of which was how compromised, banal and pseudo-creative practically everything in the extensional world had become. Objects and attitudes were emerging that she saw as embarrassingly substandard. In November of 1980 she was asked to write a commentary for the Sunday New York Times Magazine section on this decline. The term which governs Tuchman's essay is "Quality" which she finds lacking in so many of the instances she examines. It is forty years later. Are Tuchman's words prophetic, or have we accommodated by adjusting our criteria? The course will consist of two sessions, re-reading her essay and confronting how these issues reflect our national personality. How subjective are these judgments about quality? One can expect the discussions, like the examples, to be controversial.

Presenter: Ed Gleason taught at Saint Anselm College for 47 years. His teaching topics were Creative Writing (poetry and fiction), English Composition, 19th and 20th Century American Literature, 20th Century Irish literature and Postmodern American Poetry. He was the presenter on Hemingway for the elective classes in the core Humanities Program. He has recently published a book on Hemingway.

Member Tuition: \$25.00 | 2 T: 10/3/2023 - 10/10/2023 | 10:00AM-12:00PM | Class Limit: 20

GSC Manchester, 1750 Elm St, Manchester, NH, 03104

Paris & New York in the Twenties and Thirties, Part III

The idea of exploring the connections between these two great cities, at this time, comes from the attraction of Paris to creative Americans, both men and women, and the influence of things American on Paris. Of the four “Parts” to the sequence (which do not need to be taken in sequence), Part Three has been the most popular. This is probably because of the focus on Ernest Hemingway. The course will consist of a sequence of four sessions, each of which are designed to provide some context about this creative period, suggest connections to other relevant topics, and offer an opportunity for discussion relating to participant experiences. The first session will be a broad introduction addressing several of the significant connections between these cities, and the factors that intensified the expressions of creativity in those crisis years between the great world wars. The second session in this sequence will focus on expatriate writers in Paris, primarily Hemingway. We will examine why Paris was such a center of cultural and creative work primarily through *A Moveable Feast*. The third will explore the New York example of Rockefeller Center as a way of looking at the Art Deco movement. The fourth session will enable development of topics the group chooses. Amid the context of individual achievements, it is possible to support some general conclusions that still intrigue us, for example, the conditions of artistic freedom and the collaborative nature of creativity. Reading for this course is any edition of *A Moveable Feast* by Ernest Hemingway.

Presenter: Jim Mahoney holds a Ph.D. from the University of Notre Dame. He is an Emeritus Professor from Saint Anselm College where he taught Philosophy for forty years. Mahoney was strongly involved in the College's core Humanities Program, serving as Chair of the Jefferson unit, and developed the Paris & New York class for the program. His areas of specialization are Existentialism, American Philosophy, and Ethics.

Member Tuition: \$35.00 | 4 T: 11/14/2023 - 12/5/2023 | 10:00AM-12:00PM | Class Limit: 15

GSC Manchester, 1750 Elm St, Manchester, NH, 03104

Working with Wool from Sheep to Yarn

Come explore the fascinating process of turning wool into yarn that is ready to knit, crochet, or weave. Demonstration will include a discussion of the properties of different breeds of wool and touch on other non-wool fibers that can be used, preparing fibers by carding or combing, and spinning fibers into yarn on a variety of hand spindles and a modern spinning wheel. Participants will have the opportunity to try their hand at spinning on a drop spindle.



Presenter: Sarah Dunham-Miliotis has been working with fibers - knitting, spinning and a bit of weaving - for over 20 years. A member of the NH Spinners and Dyers Guild, she has presented about spinning at a variety of schools, non-profits, libraries and community fairs in the state. She also has a background in archaeology and environmental education and is a homeschooling mom, avid gardener and “nature nerd.”

Member Tuition: \$20.00 | 1 F: 9/8/2023 - 9/8/2023 | 10:00AM-12:00PM | Class Limit: 12

NHTI - Concord's Community College, 31 College Rd, Concord, NH

Creative Arts

Adaptive Reuse: Discarded Paper into Art

Adaptive Reuse is an approach to life and art that our presenter learned from her parents, who were both children of The Depression; saving and reusing string, baby food jars to hold nails and screws and making doll houses from discarded wood scraps eventually influenced by own creative process. Learn how to use nontraditional and repurposed materials to create art, clothing and accessories. In this course, we will begin the exploration by taking paper that might otherwise be discarded (old letters, newspapers, magazines and old paper calendars) and fold them, using traditional origami techniques, into beautiful boxes, tops and bottoms, perfect for small gifts or simply to display. The process is meditative and addictive. So, bring your old magazines, calendars, letter, or other discarded paper to come and enjoy creating your own project.

Presenter: An educator by trade, Marsha Carlin now explores her passion for Adaptive Reuse by taking materials that wind up in a landfill and repurposing them into artistic and creative pieces. Think jewelry from toilet paper tubes, yogurt container tops, discarded wire and bottle caps, painted paper tube beads, origami boxes from discarded magazines, and calendars. She has taught photography, biology, math, and Chinese cooking from the elementary to the college levels and was the Editorial Director, VP of Elementary Math Education at Macmillan Publishing.

Member Tuition: \$20.00 | 1 R: 10/19/2023 - 10/19/2023 | 1:00-2:30PM | Class Limit: 12

Gibson Center for Senior Services, 14 Grove St, North Conway, NH, 03860

Advanced Fall Leaf Barn Quilt

A barn quilt, often displayed on a barn or another structure for others to enjoy, takes the concept of a fabric quilt square, and recreates it on plywood or composite aluminum. In this course for those who have taken the presenter's previous "Paint a Barn Quilt" or "Paint a Cardinal Barn Quilt," they will work to create a beautiful Fall Leaf Barn Quilt.

Presenter: Marilyn Astell has been an avid quilter for many decades. She has also been an avid painter in the past, creating folk art for sale as well as teaching classes out of her home. More recently, Astell has discovered and followed various barn quilt trails in several states. Barn quilts have become an additional passion and her house displays her most recent work.

Member Tuition: \$30.00 | 3 W: 9/6/2023 - 9/20/2023 | 10:00AM-1:00PM | Class Limit: 10

Note: \$25 material fee will be added to your registration. Total cost \$55.

The City-Wide Community Center, 14 Canterbury Rd, Concord, NH 03301

Craft a Recycled Paperback Book Christmas Angel

Join us to create a Christmas Angel from an old paperback book. All it takes is a little bending of the spine, a lot of folding, some glue, and some glitter! All materials to create your angel will be provided.

Presenter: Iris Altilio has been an OLLI member since 2015. She is a transplant to New Hampshire, semi-retiring here in 2014 from Staten Island, N.Y. After a career of over forty-five years in banking and technology, Iris uses her knowledge and experience as a volunteer with several N.H. nonprofits including OLLI at UNH, AARP NH, and the Granite State Ambassadors. Sleep is overrated so Iris is also the Chair of the Supervisors of the Checklist in Pembroke, N.H.

Member Tuition: \$20.00 | 1 F: 11/17/2023 - 11/17/2023 | 10:00AM-12:00PM | Class Limit: 8

Note: \$4 materials fee will be added to your registration. Total cost \$24.

The City-Wide Community Center, 14 Canterbury Rd, Concord, NH 03301

Crafting Simple Gifts for the Holiday Season

Are you looking for a unique, yet simple hand-crafted gift to give to family and friends? This is your opportunity to learn how! Using cardstock, die cuts, and rubber stamps we will make four inexpensive gifts including a mini treat bag, gift card holder, mini composition notebook, and festive candle.

Presenter: Donna Frost is a member of the Society of Decorative Painters, the White Mountain Decorative Painters Guild and a long-time crafter.

Member Tuition: \$20.00 | 1 T: 10/24/2023 - 10/24/2023 | 10:00AM-12:00PM | Class Limit: 12

Note: \$10.50 materials fee will be added to your registration. Total cost \$30.50.

The City-Wide Community Center, 14 Canterbury Rd, Concord, NH 03301

Create Your Own Unique Seaglass Artwork

You will be guided through the steps of creating your own 5"x7" art piece from seaglass with pen and ink accents. Come with ideas. Bring something for inspiration. Start looking around and thinking about the shapes that make everything up - a snowman has three circles and so does a cloud, a cat can be made from two triangles, a halfmoon could make leaf on a flower stem or a puppy dog tail. You will leave with your own beautiful handmade piece that will make you smile every time you look at it.

Presenter: Keira Chin is the owner of Kickin' Glass, a graphic design/art business making hand crafted and whimsical scenes from natural and handmade sea glass. She graduated from RIT with a BFA in Graphic Design and has been working as a Designer, Creative Services Manager and Packaging Design Manager at Stonyfield Yogurt for the last 25 years. Many people feel that they aren't creative, but Keira feels that creativity is in our world around us and anyone who is willing to give a try can create their own.

Member Tuition: \$20.00 | 1 F: 9/29/2023 - 9/29/2023 | 1:00-4:00PM | Class Limit: 20

Note: \$10 materials fee will be added to your registration. Total cost \$30.

UNH Professional Development & Training, 230 Commerce Way, Portsmouth, NH, 03801

Icelandic Knit Design

Icelandic knitters have developed unique traditions of needlework techniques and handknit styles. In this course, you will learn about the different weights of yarn and how to work from a graph with repeats. The first class is an introduction and practice on a hat while the second class will focus on patterns and a discussion of different designs and projects and weights of yarn. A materials list will be provided prior to the course and copies of patterns will be distributed.

Presenter: Cynthia Williams is an experienced knitter who has completed many projects using Icelandic patterns. Williams resides in Intervale, N.H.

Member Tuition: \$25.00 | 2 M: 11/6/2023 - 11/13/2023 | 1:00-3:00PM | Class Limit: 15

Pope Memorial Library, 2719 Main St, North Conway Village, NH, 03860



Let Your Creativity Take Flight: Create an Owl Pastel

We are exploring the wondrous beauty and variety of owls through the medium of pastels. A wide spectrum of photographs along with Tin Mountain's stuffed owl collection will be our guide and inspiration. We will study the characteristics of owls and difference between them, learn to create various poses using simple shapes, identify and blend colors to match your owl. Each participant will make a finished pastel drawing of an owl of his/her choosing. Join the fun. Let your creative talents show. No prior experience is necessary. All materials will be provided. Bring an old shirt or smock if you wish.

Presenter: Deb Ayers is a former art teacher who taught in Mt. Washington Valley for many years. She has been blessed to be able to share her love of art with her love of teaching. The natural world is the inspiration for all of her art work in pastels, watercolors, acrylics and oils.

Member Tuition: \$20.00 | 1 W: 10/25/2023 - 10/25/2023 | 1:00-3:00PM | Class Limit: 12

Note: \$12 materials fee will be added to your registration. Total cost \$32.

Gibson Center for Senior Services, 14 Grove St, North Conway, NH, 03860

Mini Works of Art: Creativity & Rubber Stamping

During this course, you will learn techniques to use with stamps you already own or might wish to buy. In the first class, we will make four cards that feature fancy folds, The next week, we will make four different Christmas cards. The third session will focus on landscapes that combine a rubber stamp and watercolor or ink technique to make three different cards. You may want to frame these mini works of art. Use of bone folder and scoring board, Sizzix die cutting and embossing machine and Misti stamp positioner will be demonstrated. Supplies to bring glue stick, scissors, pencil, paper towels, 3/4" painters tape, plastic grocery bag for trash, clipboard, water container, inexpensive folding watercolor palette or styrofoam plate, Small round paint brush (size 3, 4 or 5), bone folder if you have one already.

Presenter: Donna Frost is a member of the Society of Decorative Painters, the White Mountain Decorative Painters Guild and a long-time crafter.

Member Tuition: \$20.00 | 1 T: 11/7/2023 - 11/7/2023 | 10:00AM-12:30PM | Class Limit: 12

Note: \$19 materials fee will be added to your registration. Total cost \$49.

The City-Wide Community Center, 14 Canterbury Rd, Concord, NH 03301

Vintage Tea Cup Watercolor Study

The Vintage Tea Cup watercolor study has been designed for beginners to learn or review basic watercolor techniques. We will practice wet on wet, wet on dry, and dry on dry. To add interest to our painting, we will learn two background techniques. The first will be painted and then stenciled using watercolor paint. For the second we will use brush strokes to show a graining in your fabric tablecloth. We will also discuss and learn where to paint shadows. The pace of this class will be relaxed enough so students will be able to ask questions throughout.

Presenter: Dotty Pullo, CDA, paints in watercolors, acrylics, and oils. After joining the White Mountain Decorative Painting Guild and the Society of Decorative painters in 1995, she furthered her skills by working with teachers at her local guild and attending seminars and painting conventions. For the last ten years she has taught classes at New England Traditions, WMDPG, and her home studio. She is all about enjoying the process of creating and teaching what she has learned.

Member Tuition: \$20.00 | 1 S: 8/26/2023 - 8/26/2023 | 9:00AM-1:00PM | Class Limit: 20

Online - Virtual via Zoom

Weaving a Holiday Basket

Create a Christmas basket measuring 10 1/2" long x 6" deep x 6 3/4" tall. You will learn to weave over spokes and to cut and tuck rim lashing. The presenter will provide the tools needed to complete your basket.

Presenter: Mary Rennie learned basket-making from Pat Libby 20 years ago and has made many baskets in the years since. In her first OLLI course, she led the class in the creation of beautiful Williamsburg baskets and now shares her expertise to make charming and functional herb baskets.

Member Tuition: \$25.00 | 2 R: 9/7/2023 - 9/14/2023 | 1:00-4:00PM | Class Limit: 6

Note: \$21.95 materials fee will be added to your registration. Total cost \$46.95." (not admission fee; it's materials)

Gibson Center for Senior Services, 14 Grove St, North Conway, NH, 03860

What's Your Story?

Many of us have a personal story we want to share with others through the written word - whether it be writing a family history, a magazine story, a blog or tackling a book. In this course, explore how you can use your own personal experiences to inspire, teach or amuse others. The benefit of this experience may enrich you in ways you never imagined! Learn from local author Paul Brogan who is currently working on his fourth book, a mystery. His first three books are non-fiction and focus on life in his hometown of Concord, N.H. All attendees will receive a complimentary copy of the presenter's most recent book, A Sprinkling of Stardust Over the Outhouse.

Presenter: Since 2012, Paul Brogan has presented more than 50 OLLI classes on a variety of topics. Classic and rarely seen films remain his favorite and he is grateful for the response from OLLI members and the friendships he has found along the way. In his spare time, Brogan hosts a local television talk show, produces fundraising events, plays piano and writes books. His upcoming 4th book is a murder mystery set in Concord's White's Park in 1962.

Member Tuition: \$20.00 | 1 M: 9/18/2023 - 9/18/2023 | 9:30AM-12:00PM | Class Limit: 20

NHTI - Concord's Community College 31 College Dr, Concord, NH 03301

Writing a 'Legacy Letter'

Your legal will and testament bequeaths your valuables, but how do you transmit your values to your loved ones? A legacy letter (also called an "ethical will") is a written document that allows people to share their life lessons, express their values and transmit their blessings to future generations. A legacy letter is shorter than a memoir, typically just a few pages. Writing one is a rewarding experience that creates an enduring gift for family, friends and loved ones. This one-session online workshop includes discussion and brief writing exercises to help you examine your life history, explore your values and capture important insights. It offers advice, encouragement and a model structure to help you draft and complete your own legacy letter.

Presenter: Jay Sherwin has practiced law, given away money for five different charitable foundations and served as a hospital chaplain. In 2019, he created the Life Reflections Project to educate people about legacy letters, ethical wills and other legacy documents. Sherwin has extensive experience facilitating adult learning programs and he has taught this course for OLLI programs nationwide. He holds a B.A. from the University of Pennsylvania and a J.D. from Northeastern University School of Law.

Member Tuition: \$20.00 | 1 R: 12/7/2023 - 12/7/2023 | 2:00-3:30PM | Class Limit: 25

Online - Virtual via Zoom

Writing is Murder

Listen in as our presenter, Ken Sheldon reads from his latest novel, *Deep Water - Murder, Scandal and Intrigue in a New England Town* which details a murder that took place towards the end of World War I and split the small town of Jaffrey, N.H. in two. He will discuss its writing, and share advice for aspiring writers drawing on his experiences in publishing—the good, the bad, and the exasperating. Bring your questions about book publishing, traditional versus self-publishing, fiction versus non-fiction, writing for magazines, writing plays, writing for children, and even songwriting!

Presenter: Ken Sheldon is a novelist, playwright, composer and performer. His writing has appeared in magazines and newspapers from *Acoustic Guitar* to *Yankee Magazine*. He is the author of novels for adults and children, and has appeared on stage with the Peterborough Players and the Barnstormers Theatre. He has appeared on *NH Chronicle* and performed across New England as Yankee humorist Fred Marple. His most recent book is *Deep Water - Murder, Scandal and Intrigue in a New England Town*.

Member Tuition: \$20.00 | 1 W: 8/30/2023 - 8/30/2023 | 1:00-2:30PM | Class Limit: 30

NHTI - Concord's Community College 31 College Dr, Concord, NH 03301

Film

Buster Keaton & Charlie Chaplin: Exploring Two Timeless Comedy Films

In a single session, we will explore, compare, and contrast the film comedy of Buster Keaton and Charlie Chaplin screening and discussing Keaton's *Sherlock Jr* (1924, 45 mins) and Chaplin's *City Lights* (1931, 87 mins). The class will utilize films, remarks, discussions, and readings.

Presenter: Stephen Ambra has been a film class instructor at NHTI - Concord's Community College since 1999. He is a founding member of the NHTI Film Society and is also a former chair and board member of Red River Theatres. He also founded the Somewhat North of Boston Film Festival and is an occasional film discussion panelist. Ambra loves sharing, discussing, and learning about all things related to film as an art form.

Member Tuition: \$20.00 | 1 W: 10/4/2023 - 10/4/2023 | 1:00-4:30PM | Class Limit: 20

UNH Professional Development & Training, 230 Commerce Way, Portsmouth, NH, 03801

Discovering Buck Jones

Like so many other movie stars who were popular in the '20's and '30's, Buck Jones is unknown to even the most avid film fans today. Jones' life and career will delight current audiences that are introduced to them. The 90-year-old films are still incredibly entertaining (via pristine condition prints) and his personality is extremely likable. Come and discuss the fascinating life and lengthy film career of actor Buck Jones (1891-1942) through the screening of two hour-long films which illustrate why Jones was a very popular movie star.

Presenters: Barry Steelman is currently the programming specialist at Concord's Red River Theatres. He began his storied career managing Manchester's Empire Theater in 1966, and then spent over 30 years owning and managing Concord's Cinema 93. Steelman has previously hosted movie shows on WKXL radio and Concord Community TV.

Stephen Ambra has been a film class instructor at NHTI - Concord's Community College since 1999. He is a founding member of the NHTI Film Society and is also a former chair and board member of Red River Theatres. He also founded the Somewhat North of Boston Film Festival and is an occasional film discussion panelist. Ambra loves sharing, discussing, and learning about all things related to film as an art form.

Member Tuition: \$25.00 | 2 WF: 10/25/2023 - 10/27/2023 | 10:00AM-12:00PM | Class Limit: 30

NHTI - Concord's Community College 31 College Dr, Concord, NH 03301

Films Through the Decades V

View and discuss eight films covering different traditions, technologies, and perspectives, dating from 1927 through the present. The films do not have a single theme, but all do explore the relationship of the individual to his/her society. We will discuss the background of each film, its thematic and techniques, and why it may be regarded as a “classic.” The films for the Fall 2023 semester include: M (1931), Late Spring (1949), Pather Panchali (1955), Touki Bouki (1973), Jeanne Dielman, 23, quai du Commerce, 1080 Bruxelles (1975), Beau Travail (1999), and In the Mood for Love (2000).

Presenter: Bob Jones is a lifelong film fanatic, avid outdoorsman, skilled computer user, and fan of The New Yorker magazine. Jones shares his many interests by presenting a variety of OLLI courses.

Member Tuition: \$50.00 | 7 M: 9/18/2023 - 11/6/2023 | 1:00-4:00PM | Class Limit: 30

GSC Manchester, 1750 Elm St, Manchester, NH, 03104

Films: Reel Jewish Movies

Are there Jewish movies? It depends on your definition. If it has Jewish actors, directors, or producers there are large number of Jewish films. However, if it is a movie which has a theme of Judaism there is much, much smaller number. During this course, we will view six movies ranging from drama to romance to comedy. Viewings include Hester Street, The Apprenticeship of Duddy Kravitz, The Pawnbroker, Avalon, The Chosen, and Crossing Delancey. The film will be introduced by some explanations of Judaism, showing of the movie, and an engaging discussion of the film.

Presenter: Martin Bender is a retired member of the New Hampshire Bar Association who graduated from Franklin Pierce Law School in 1980. He joined VISTA which sent him to Legal Aid of Central Texas where he practiced law, was able to sue Lampasas County jail, and teach law to kids in the county. Upon returning to New England, he was a criminal defense, family, bankruptcy, and personal injury lawyer though his passion was teaching law to kids through mock trials. He co-authored the book Patriots, Pirates, Politicians & Profit Seekers. He is an avid film watcher who has seen thousands of movies. And he's Jewish!

Member Tuition: \$45.00 | 6 M: 10/23/2023 - 11/27/2023 | 9:00AM-12:00PM | Class Limit: 30

NHTI - Concord's Community College 31 College Dr, Concord, NH 03301

Madness & the Movies XII

Films have a long history of portraying mental illnesses in many dimensions. They have shown the patient to be either a monster or a victim; the therapists as either scheming villains, bungling fools, or compassionate heroes; and mental institutions either as chambers of cruelty or corridors of caring. In this class, we will look at some of the classic mental illness movies that the students have selected from the films in sessions I through XI as well as new movies. We will look at films revealing the cinematic approach to mental illness and how each movie helps us understand it.

Presenter: Stephen Soreff, M.D., a retired Board-Certified psychiatrist, is a nationally known healthcare and mental health services lecturer, author, and innovator. He has developed a number of innovative programs. In his work he emphasizes interactive, experiential learning. Soreff has authored ten books including: The Handbook of the Treatment of the Seriously Mentally Ill, The Documentation Survival Handbook, and EMS Street Strategies, Edition 2 as well as his most recent book, Life's Dueling Dualities: A Grandfather's Legacy of Wisdom.

Member Tuition: \$55.00 | 8 W: 9/27/2023 - 11/15/2023 | 9:30AM-12:00PM | Class Limit: 25

GSC Manchester, 1750 Elm St, Manchester, NH, 03104

Pass the Kleenex: Hollywood's Classic Tearjerkers!

For as long as motion pictures have been made, they have been able to entertain, enlighten, make us laugh and move us to tears. We will discuss films from our own past that made us well-up and reach for that hankie. Did we feel manipulated, or did we just allow ourselves to fully experience the travails of our hero and heroine? Sometimes a good cry is the perfect experience, and we'll watch several films from Hollywood's past that brilliantly tapped into our emotions. They include *Madame X* and *Random Harvest*. Come and enjoy the experience. We'll provide the Kleenex.

Presenter: Since 2012, Paul Brogran has presented more than 50 OLLI classes on a variety of topics. Classic and rarely seen films remain his favorite and he is grateful for the response from OLLI members and the friendships he has found along the way. In his spare time, Brogran hosts a local television talk show, produces fundraising events, plays piano and writes books. His upcoming 4th book is a murder mystery set in Concord's White's Park in 1962.

Member Tuition: \$35.00 | 4 T: 9/26/2023 - 10/17/2023 | 10:00AM-12:30PM | Class Limit: 30

UNH Professional Development & Training, 230 Commerce Way, Portsmouth, NH, 03801

The Great Kate: A Helping of Hepburn!

Katharine Hepburn's film career spanned more than six decades. She also starred on the stage and on television. She could play it all it seemed from comedy to drama to historical fiction while winning plaudits from critics and fans alike. She was an original and whatever you might perceive about her will be changed by this course. In addition to clips from some of her most memorable work, we will watch a suspense thriller (*Undercurrent*), a romantic comedy *Without Love* and *The Corn is Green*, a highly acclaimed television film from the late 70's, filmed on location in Wales. In the spring of 1984, presenter Paul Brogran was invited to dinner in her Upper East Side New York home. At the insistence of Miss Hepburn's longtime assistant, Phyllis Wilbourn, he performed as Miss Hepburn for Miss Hepburn in a number from her 1969 Broadway musical, *Coco* in which she portrayed Coco Chanel. We'll watch both a clip from that show and a recreation of Paul's memorable evening. Miss Hepburn did not throw him out. Find out why!

Presenter: Since 2012, Paul Brogran has presented more than 50 OLLI classes on a variety of topics. Classic and rarely seen films remain his favorite and he is grateful for the response from OLLI members and the friendships he has found along the way. In his spare time, Brogran hosts a local television talk show, produces fundraising events, plays piano and writes books. His upcoming 4th book is a murder mystery set in Concord's White's Park in 1962.

Member Tuition: \$35.00 | 4 F: 10/13/2023 - 11/3/2023 | 9:30AM-12:00PM | Class Limit: 30

GSC Manchester, 1750 Elm St, Manchester, NH, 03104

The Visual Sherlock Holmes

Over 70 actors have portrayed Sherlock Holmes on stage, screen and tube, and many more have played Dr. Watson. We will view six productions during this course, plus extras as necessary. The actors include Benedict Cumberbatch and Martin Freeman, Jeremy Brett and David Burke, Jeremy Brett and Edward Hardwicke, Basil Rathbone and Nigel Bruce, Peter Cushing and Nigel Stock, as well as Matt Frewer and Kenneth Welsh. The 1950s TV series with Ronald Howard and H. Marion Crawford and other shorts will fill the available time when necessary. Discussion of the story, actors and production will follow each viewing.

Presenter: Robert Fritsch first read about Sherlock Holmes as a pre-teen, has read the Canon several times and has conducted a series of courses about Holmes. His Sherlockian library numbers over 500 books, magazines, movies, and games. He is a member of several Sherlockian societies and a founding member of The Fourth Garrideb, The Numismatics of Sherlock Holmes. Fritsch started his numismatic career over 50 years ago by collecting pocket change while stationed with the US Navy in Japan. He is heavily involved with organized numismatics and is an award-winning author, presenter, exhibitor, and exhibit judge.

Member Tuition: \$20.00 | 1 F: 10/6/2023 - 10/6/2023 | 1:00-3:00PM | Class Limit: 20

GSC Manchester, 1750 Elm St, Manchester, NH, 03104

Literature

Albert Camus: An Algerian Frenchman

Born in Algiers, Albert Camus strongly identified with his native country and was also a renowned citizen of France. The course will examine Camus's biography and his complex relation to his fellow Algerians of European origin, the Muslim majority of the country, and the French government. In our first meeting, we will focus on his famous short novel, *The Stranger*, and the way in which it depicts French legal authority through the trial of a French citizen for the murder of an unnamed Arab. Our second meeting will concentrate on Camus's views on the Algerian war of liberation, a brutal conflict between Muslim revolutionaries and French colonial authority. A highly engaged public intellectual, Camus took a principled and controversial stance toward the war. Participants will be strongly encouraged to read *The Stranger* and Camus's essay "Algeria 1958."

Presenter: Philip Pajakowski a professor of history at Saint Anselm College and an enthusiastic amateur chess player. He believes that chess can provide countless hours of mind-focusing enjoyment.

Member Tuition: \$20.00 | 1 F: 9/29/2023 - 9/29/2023 | 10:00AM-12:00PM | Class Limit: 15

GSC Manchester, 1750 Elm St, Manchester, NH, 03104

Chaucer's "Prologue to the Canterbury Tales"

In a society based on class structure, Geoffrey Chaucer lived between the lines. Although not of noble blood, Chaucer married well. His sister-in-law was the mistress and later the wife of John Gaunt, a member of British royalty. Take this risqué pilgrimage through the Middle Ages with the good, the bad and the ugly. Copies of the Prologue will be provided to all participants.

Presenter: Phyllis Benoit taught college English. She loves to play Bridge and she has traveled to 62 countries.

Member Tuition: \$20.00 | 1 M: 10/2/2023 - 10/2/2023 | 9:00-10:30AM | Class Limit: 20

NHTI - Concord's Community College 31 College Dr, Concord, NH 03301

Dark & Supernatural Literature: Your World

This course will examine the history of Dark and Supernatural Fiction from its beginning to the present day. Whether we realize it or not, the Supernatural is part of our lives and world. There will be examples of Dark Literature for us to read. We will deal mainly with the short story and discuss its effectiveness in the hands of the masters such as Edgar A. Poe, Nathaniel Hawthorne, H.P. Lovecraft, Joyce Carol Oates, and Shirley Jackson. We will explore the values of dark literature and hopefully come to an understanding of both its popularity and relevance. We will hopefully find that some of us have experienced something supernatural in our lives.



Presenter: Arthur Deleault has taught as a professor at both Lakes Region Community College and Saint Anselm College for twenty years. He has offered courses in Creative Writing, Dark Literature and Mythology, and was awarded the N.H. Excellence in Education Award in 2009.

Member Tuition: \$30.00 | 3 R: 10/12/2023 - 10/26/2023 | 10:00AM-12:00PM | Class Limit: 15

GSC Manchester, 1750 Elm St, Manchester, NH, 03104

LIFE IS BETTER IN COMMUNITY

Make a smart financial investment in your future
that provides independence, freedom to live the life you choose,
and a rock-solid plan for health care if and when you need it.

Discover RiverWoods today at RiverWoodsGroup.org



RiverWoods

Exeter | Manchester | Durham

RiverWoods Exeter, NH residents Betsy, Pam, & Lourrie



SCAN ME

Ernest Hemingway: the Man, the Myth, & the Reality

Much of our literary study is on the books, plays, poetry and drama of those considered the literary greats. Hemingway is one of them. But, we wonder, how can a man, so conflicted, write so beautifully? How can he do short shift with brutality yet be so warm in other regards. We will study this in this course. We will refer to many of his writings as a way to balance the evident changes in his craft.

Presenter: Bob Muzerall is a retired executive from the medical industry. He spent the last 15 years working closely with pharmaceutical, biotech and medical device clients helping them launch new products quickly and safely. Prior to that he worked within financial services, managing databases to provide accurate accounting. Bob also taught high school literature and writing, focusing primarily on American writers. Since retirement, Bob and his wife have been involved in volunteer organizations including OLLI, Habitat for Humanity, and as a local water commissioner.

Member Tuition: \$20.00 | 1 R: 11/2/2023 - 11/2/2023 | 1:00-2:30PM | Class Limit: 30

Pope Memorial Library, 2719 Main St, North Conway Village, NH, 03860

Meet Michel de Montaigne: The Inventor of the Personal Essay

This course will sample the work of a remarkable personality, Michel de Montaigne (1533-1592), sometimes called the inventor of the personal essay. Montaigne said that if he had been born in a country where clothing was not required, he would have depicted himself naked. As it is, he paints the portrait of a man in whom we can see ourselves, faults and all. We will read three of his essays. In the essay “On the Education of Children” we will encounter Montaigne's startling originality. We will watch him stare his own mortality in the face in the essay “Of Practice”, and we will appreciate his mature judgement in the essay “To Philosophize is to Prepare to Die”. The instructor will offer a few details of Montaigne's life as a lawyer and diplomat, but the focus will be on the essays. The course will use a highly readable modern translation by Donald Frame. The Complete Essays of Montaigne, translated by Donald Frame, in the paperback first edition ISBN10: 0804704856 or the reprint ISBN13: 9780804704854.

Presenter: After spending a year in France as a young man, Bill Castle retained a passionate interest in French literature. In his subsequent work life, he was a reporter and editor for various newspapers including the Boston Herald and The Boston Globe. On retirement, he hurried back to his true love, auditing courses in French literature and linguistics at Boston University. The writers of the French Renaissance -Montaigne among them -made a deep impression.

Member Tuition: \$30.00 | 3 R: 11/30/2023 - 12/14/2023 | 10:00-11:30AM | Class Limit: 12

Online - Virtual via Zoom

Nature Poets of New Hampshire

For centuries, New Hampshire's natural beauty has inspired poets from Robert Frost to Donald Hall, Maxine Kumin to Jennifer Militello. This class examines the way these and other N.H. poets have used the language of nature to craft poems that examine contemporary truths and resonate through the ages. After three weeks of careful reading and discussion, this class will culminate in an accessible trail walk at a local nature sanctuary and a guided poetry writing exercise. All levels of experience with poetry are welcome.

Presenter: Hope Jordan's work appears most recently in Hole in the Head Review, Beloit Poetry Journal, Stone Canoe, and Blue Mountain Review. Her chapbook is The Day She Decided to Feed Crows. She grew up in Chittenango, N.Y., holds a dual BA from Syracuse & an MFA in Creative Writing from UMass Boston. She lives in N.H., where she was the state's first official poetry slam master. A professional fundraiser, she has worked for New Hampshire Audubon since 2020.

Member Tuition: \$35.00 | 4 F: 9/8/2023 - 10/6/2023 | 3:00-4:30PM | Class Limit: 12

No Class - Friday, September 29, 2023

Final class session on October 6 will be held off-campus for a guided, accessible walk.

NHTI - Concord's Community College 31 College Dr, Concord, NH 03301

Robert Frost: New England's Poet

Some of Robert Frost's poems hint at or tell stories, such as "Mending Wall" or "The Road Not Taken;" others, such as "Stopping by Woods on a Snowy Evening" and "Hyla Brook," paint pictures and others, such as "The Pasture," evoke emotions. Come explore the stories, pictures, and emotions of New England in Frost's poetry. The last 30 (or so) minutes will be an open-ended discussion on any topic participants choose to talk about.

Presenter: John Russell enjoys the outdoors, poetry, and mathematics (especially statistics). He is enthusiastic about sharing this enjoyment with others. Russell is a retired quality engineer, former trip leader for the Appalachian Mountain Club, and sometime poet.

Member Tuition: \$20.00 | 1 W: 9/6/2023 - 9/6/2023 | 10:00AM-12:00PM | Class Limit: 15

Online - Virtual via Zoom

Roots & Routes of Jewish Humor: What He-Brews

This program focuses upon humor in three ways. As the title indicates, it explores the origins of Jewish humor. There are more books written on this topic than any other religions and ethnicities humor. Why? The presentation answers that by looking at the history and literature of Judaism. Next, the talk looks at the anatomy of a joke - what makes a joke funny? It concludes with the role of humor in health. It shows how humor is the best medicine by enhancing your immune system, decreasing heart attacks, and relieving stress, to name some of its benefits. With its emphasis on humor, the audience not only hears a lively narrative which included an interesting history and jokes but also is encouraged to share their own funny stories.

Presenter: Stephen Soreff, M.D., a retired Board-Certified psychiatrist, is a nationally known healthcare and mental health services lecturer, author, and innovator. He has developed a number of innovative programs. In his work he emphasizes interactive, experiential learning. Soreff has authored ten books including: The Handbook of the Treatment of the Seriously Mentally Ill, The Documentation Survival Handbook, and EMS Street Strategies, Edition 2 as well as his most recent book, Life's Dueling Dualities: A Grandfather's Legacy of Wisdom.

Member Tuition: \$20.00 | 1 R: 10/12/2023 - 10/12/2023 | 10:00AM-12:00PM | Class Limit: 25

UNH Professional Development & Training, 230 Commerce Way, Portsmouth, NH, 03801

Shakespeare's Henry IV, Part I: History or Comedy?

Henry IV, Part I traces the development of Prince Hal from youthful rogue to the man who will become one of England's most influential monarchs. Along his journey he will be accompanied by the wily John Falstaff, one of Shakespeare's greatest comic characters. We will examine the background to the play and how Shakespeare turned it into art. Join us in reading, discussing and viewing this delightful play. William Shakespeare's Henry IV, pt I. Simon and Schuster Paperbacks (ISBN 978-0-7434-8504-3). Participants should read Act I prior to the first class.

Presenter: Mike Baker, a former teacher and administrator, is a frequent presenter for the OLLI program.

Member Tuition: \$35.00 | 4 W: 9/6/2023 - 9/27/2023 | 10:00AM-12:00PM | Class Limit: 25

NHTI - Concord's Community College 31 College Dr, Concord, NH 03301

Short Stories of F. Scott Fitzgerald

Far better known as a novelist, F. Scott Fitzgerald was a prolific short story writer. At their best, his short stories can stand beside those of Faulkner, Hemingway and contemporary writers. Join us as we discuss a number of his best shot works. Readings will be provided electronically.

Presenter: Mike Baker, a former teacher and administrator, is a frequent presenter for the OLLI program.

Member Tuition: \$35.00 | 4 M: 11/6/2023 - 11/27/2023 | 10:00-11:30AM | Class Limit: 15

GSC Manchester, 1750 Elm St, Manchester, NH, 03104

The Bookshop: A Tragicomedy of Literate Courage Under Siege

In Penelope Fitzgerald's novel *The Bookshop*, Florence Green, a widow, decides to open a book shop in a small village on the English coast. Her decision, one of the villagers observes, is an indication of Florence's bravery since it shows she's "ready to chance unlikely things." Opening the bookshop does indeed turn out to be an unlikely venture. Florence's courage may not be enough for her to successfully navigate the treacherous currents that run below the surface of village life. Hermione Lee, author of a biography of Fitzgerald, described *The Bookshop* as a "joyous exercise in precise, eloquent detail." A reviewer called it "a memorable tragicomedy of stifling small-town English cruelties." *The Bookshop* was Fitzgerald's second novel, published in 1978 when she was 61. It was short-listed for the Booker Prize. "The Bookshop" Penelope Fitzgerald ISBN 978-0-544-48409-2.

Presenter: Judith Castle has a passion for novels and the light they shed on the human condition. She has led several courses in English and American literature at OLLI and at the Harvard Institute for Learning in Retirement. She has a degree from the University of London and a Master's degree from Harvard University.

Member Tuition: \$20.00 | 1 F: 11/3/2023 - 11/3/2023 | 10:00-11:00AM | Class Limit: 15

Online - Virtual via Zoom

The New Yorker

Join us in a well-established OLLI tradition, lively discussions of this chronicle of our times. Started in 1925, as a humor magazine, *The New Yorker* soon became a preeminent forum for serious fiction and journalism. With a circulation over one million and content by the most respected writers of fact and fiction, it is one of the most widely read and influential American magazines. The presenters will choose the first readings; after that, the class decides. To participate, students will need access to the magazine. Subscriptions can be purchased at www.newyorker.com or check with your local library.

Presenters: Bob Jones is a lifelong film fanatic, avid outdoorsman, skilled computer user, and fan of *The New Yorker* magazine. Jones shares his many interests by presenting a variety of OLLI courses.

John Monnelly is a graduate of the University of New Hampshire and a New Hampshire native. He loves visiting New York City and has been a serious fan of *The New Yorker* for many years.

Member Tuition: \$55.00 | 8 R: 9/28/2023 - 11/16/2023 | 3:30-5:00PM | Class Limit: 16

Online - Virtual via Zoom

Your Thoughts on the Novellas of Claire Keegan

What is the Novella? Not a Novel, but not really a Short Story? Can a Novella really satisfy the reader in the same way a novel can? Or pack the punch of a short story? Let's see what you think about the emotional power of 2 Novellas by Claire Keegan, exposing the complications of human nature at its best and at its worst. Subtly written to the backdrop of Ireland's civil strife, Claire Keegan's pieces tug at our hearts in many ways. In the first session, we will discuss *Foster*, and in the second session, we will discuss *Small Things Like These*. Please read the novellas before each session. Thought provoking questions will be sent out prior to each session. *Foster*, ISBN-13: 9780802160140, 128 pages. *Small Things Like These*, ISBN-13: 978-0802158741, 128 pages.

Presenter: Diane King is a retired professor of English and an Administrator in the Community College System of New Hampshire (CCSNH). For more than 25 years, she taught Creative Nonfiction, Creative Writing, and Composition and Research, as well as different genres of literature. Her favorite part of teaching was fostering students' creative voices, as well as their understanding, appreciation, and enjoyment of literature.

Member Tuition: \$25.00 | 2 R: 10/19/2023 - 11/9/2023 | 10:00AM-12:00PM | Class Limit: 15

Note: No Class Thursday, October 9, 2023; Thursday, November 2, 2023

Online - Virtual via Zoom

Music

Acapella Holiday Carols

Join Concord-area performing duo, Nice &Naughty, to sing holiday carols in acapella harmony. Singing along and playing of jingle bells is encouraged!

Presenter: Cheryl Sager and Peg Chaffee play contemporary folk music. They are known for their humorous songs and exquisite harmonies.

Member Tuition: \$20.00 | 1 M: 12/11/2023 - 12/11/2023 | 1:00-2:30PM | Class Limit: 50

NHTI - Concord's Community College 31 College Dr, Concord, NH 03301

Baroque Coffeehouse!

Join Pam Langley and friends to learn about the influence coffee and the coffeehouse had on composers of the Baroque Era. Learn how coffee became a cultural sensation in Europe - and perhaps even enjoy a cup - as the performers take you back in time to Johann Sebastian Bach's favorite Leipzig coffeehouse, The Cafe Zimmermann, with a live performance of works that would have been heard there, including Bach's own comic "Coffee Cantata."

Presenter: Pamela Langley studied piano locally as a child and then with Louise Rogers and Donald Steele as a student at the University of New Hampshire. She has performed throughout the Seacoast region, primarily as church musician and accompanist for individuals and choral groups. Langley was a member of the baroque trio, the Jefferson Street Ensemble, which performed in the Portsmouth area in the 1980s, and sang with Amare Cantare for many years. In retirement from a career at NHTI-Concord's Community College, she continues to perform, most often playing two-piano repertoire with her partner, James Bullock.

Member Tuition: \$20.00 | 1 R: 10/26/2023 - 10/26/2023 | 1:30-4:00PM | Class Limit: 50

Community Church of Durham (Fellowship Hall), 17 Main St, Durham, NH, 03824



Holiday Flutes with the Manchester Community Music School's Flute Choir

Learn about the various flutes used in a flute choir - alto flute, bass flute, c flute, and piccolo. Meet the members of the the school's Flute Choir and listen to a program of holiday favorites.

Presenter: Aubrie Dionne is an active performer, teacher, conductor, and adjudicator in New England. She is principal flutist of the New Hampshire Philharmonic Orchestra and the Portsmouth Symphony. She has also performed with the Great Waters Music Festival, Granite State Opera, the Handel Society of Dartmouth, Longy Chamber Orchestra, Brockton Symphony, Manchester Chamber Players, Hanover Chamber Orchestra, Granite State Symphony Orchestra, and the Manchester Choral Society.

Member Tuition: \$20.00 | 1 W: 11/29/2023 - 11/29/2023 | 5:30-6:30PM | Class Limit: 50

Manchester Community Music School, 2291 Elm St, Manchester, NH, 03104

Music Appreciation Through the Eyes of a Professional Tuba Player

Explore the different instrument families and their history and listen to music from around the world. Experiment with how sound is made and find music in everyday settings. Enjoying following this musical tour through the perspective of a professional tuba player.

Presenter: Hailley McConnell is a professional tuba player, and a vocalist as well. Through the years, she has performed with numerous Keene State College performing ensembles, including Concert Band, Brass Ensemble, Brass Quintet, Orchestra, Concert Choir, Chamber Singers, and Vocal Consort. She is also a member of the Nevers Second Regiment Band in Concord, N.H., and the Winchendon Winds in Winchendon, M.A. Ms. Dufresne has been an accomplished tubist for over 11 years, and has studied tuba under the direction of Dr. James Chesebrough, Professor Emeritus of Keene State College.

Member Tuition: \$20.00 | 1 T: 11/7/2023 - 11/7/2023 | 10:00-11:30AM | Class Limit: 20

Manchester Community Music School, 2291 Elm St, Manchester, NH, 03104

History

17th Century History of Oak Island: Templars, Treasure, & Freemasons

The Oak Island Treasure hunt and the history of the treasure legend. Nova Scotia was founded 400 years ago amidst political machinations of a variety of European powers including monarchies, the Catholic Church and the Knights Templar. Part of the history has numerous connections with Oak Island and a possible treasure or treasures buried on the island. This lecture covers some of the 17th century history, the Templar connection to the freemason society in Scotland as well as a look at the current status of the Oak Island treasure search.

Presenter: Rob Owen is a 1971 graduate of UNH as a theater studies major. He served in the U.S. Air Force in Minuteman Missiles and then spent 13 years working on circuses and stage shows as a clown, announcer, and advance man. He met his wife during that time, and they eventually ran away from the circus and joined Story Land for the next 20 years. He now works as a narrator on Conway Scenic Railroad. His grandfather was one of the last B & M conductors on the Conway to Boston commuter train.

Member Tuition: \$20.00 | 1 W: 10/25/2023 - 10/25/2023 | 6:00-7:30PM | Class Limit: 30

Conway Public Library, 15 Greenwood Ave, Conway, NH, 03818

18th Century New Hampshire: Every Man Had a Gun & Every Woman Could Shoot

Learn of the forgotten time when Indians and Frenchmen prowled New Hampshire frontier, kidnapping citizens and marching them to Canada for ransom; a time when every man carried a gun, when everyone feared the scalping knife, the Redcoats and Tories. Not for the faint of heart. Explore the life, music and food of the 18th Century. Weather permitting, our second session will be a tour of one of New England's most interesting cemeteries, which shines a light on those who helped forge a national identity for a fledgling country. Please wear sturdy footwear for the second session tour. The tour is not recommended for those with mobility or balance issues.

Presenter: Julia Schappals is a semi-retired business lawyer, a transplant from southern California who became fascinated with the colonial history of New England, particularly the 18th century's nearly forgotten dramas, heroes, and heroines.

Member Tuition: \$25.00 | 2 WF: 9/20/2023 - 9/22/2023 | 10AM-12PM

1:30-3:00PM | Class Limit: 30

GSC Manchester 1750 Elm St, Manchester, NH, 03104

Back River Road Cemetery, 88 Back River Rd, Bedford, NH 03110

A Brief History of Gundalows: 1650 - Today

Come explore the rise and fall of the gundalow, a flat-bottomed barge once crucial to the movement of goods on the waterways of southern New Hampshire and Maine. Learn about the conditions in the Piscataqua region that led the first European settlers to develop these unusual vessels and the critical role gundalows played in the development of the area's economy throughout the 18th and 19th centuries before they nearly disappeared in the 20th century. Nearly lost, but not forgotten, resurgent interest in the gundalow has made it possible to once again see this hardy workhorse sailing Portsmouth Harbor and the Great Bay estuary.

Presenter: Rich Clyborne is a 1982 graduate of the United States Naval Academy. He served six years in active duty before transitioning to the Naval Reserve. Clyborne has worked as a defense contractor, a physical science teacher, a major gift officer at the Naval Academy Foundation, a systems analyst at Verizon, and a contract program manager at the Naval Academy and the Social Security Administration. He holds an MAT from Sacred Heart University in Fairfield, C.T. Clyborne became the Executive Director of the Gundalow Company in 2018.

Member Tuition: \$20.00 | 1 T: 12/12/2023 - 12/12/2023 | 6:00-8:00PM | Class Limit: 30

Online - Virtual via Zoom

All Aboard the Orphan Train

Come hear the mournful whistle of the train as it carries abandoned babies and children to be given away across the country. When the train stopped, children might be displayed on the train platform for "placing out". If a child was not selected, they got back on the train to wait for the next stop. Brothers and sisters might be chosen at different stops, never to see each other again. In the 75-year history of the orphan trains, between 250,000 and 600,000 children were relocated without further contact with their birth-families. This class will explore the reasons for starting the trains, what happened to the children, tell some of their stories and why the "placing out" program finally stopped. We'll make some connections to the foster-care system of today and dedicate this class to the hundreds of thousands of children, then and now, living on the streets - hoping for a better tomorrow.

Presenter: Peg Fargo has presented several classes in all four of our learning regions. She enjoys sharing the human stories that surround any historical event, giving us so much more than the facts we learned - and had to memorize - in our school history classes.

Member Tuition: \$25.00 | 2 T: 10/3/2023 - 10/10/2023 | 12:30-2:30PM | Class Limit: 30

Conway Public Library, 15 Greenwood Ave, Conway, NH, 03818

Cruising New Hampshire History: Historical Roadside Markers

New Hampshire history is uniquely on display along the highways of the Granite State. The state's roadside historical markers commemorate significant events and individuals from the first settlers arriving in 1623 to notable individuals who helped define what New Hampshire is today. New Hampshire also played a major role in the birth of our nation. From Revolutionary battlefields to individuals of political influence, the Granite State has made an indelible mark on history. This class explores some of the nearly 280 New Hampshire historical markers that dot the state highways and roads. Each marker is described with its location (to include GPS coordinates), date installed, marker inscription, and expanded historical references of this event/individual. Information may also be provided about other points of interest in the vicinity of the historical marker. Suggested reading is *Cruising New Hampshire History A Guide to New Hampshire's Roadside Historical Markers*, Michael Bruno, ISBN: 978-0692107287.

Presenter: Michael Bruno is the author of *Cruising New Hampshire History: A Guide to New Hampshire's Roadside Historical Markers*. He has presented his experiences of visiting and cataloging each of the state's nearly 280 historical roadside markers in all seven regions of the state. Bruno's presentation includes his lifelong interest in the markers culminating with his more than two years of visiting and researching each of the markers.

Member Tuition: \$20.00 | 1 S: 9/23/2023 - 9/23/2023 | 10:30AM-12:00PM | Class Limit: 30

Conway Public Library, 15 Greenwood Ave, Conway, NH, 03818

Dwight Eisenhower: The Good, the Bad, & the Ugly

Most of us will remember growing up with President Eisenhower's picture hanging on our classroom walls. Dwight Eisenhower achieved many things as Supreme Commander of the Allies and his assignments after the war. His military achievements in ending the war in Europe, his diplomatic handling of subordinates and Allies during the war, his efforts to establish NATO, and his desire for peace propelled him to the Presidency. Yet, Eisenhower was a reluctant candidate, who in reality only wanted to retire. He felt duty-bound to answer the call of the voters. Although he was a skilled bureaucrat and commander within the Army and Joint Chiefs of Staff, he was unable to translate those same skills when dealing with Senator Joseph McCarthy or desegregation. In several instances, he refused to stand up and speak against issues that were tearing the country apart. To his credit, as President, he withstood multiple demands to use the A-Bomb against China. Yet, while criticizing the military industrial complex, in reality he simply chose new weapons less likely to be criticized by the press and the public. Eisenhower is responsible for an Air Force capable of carrying out targeted nuclear strikes, the CIA, assassinations and coups (The Bay of Pigs fiasco) and reconnaissance planes. Over the course of four sessions, we will examine Eisenhower's complex and fascinating career, his many triumphs and his strategic and moral failures. His decisions continue to affect our lives today.

Presenter: Michelle Langa is a retired superintendent of schools with a profound interest in history. She has authored two books in education and enjoys writing as a hobby. Langa is a firm believer in the adage that those who do not learn from history are bound to repeat it.

Member Tuition: \$35.00 | 4 T: 10/17/2023 - 11/7/2023 | 10:00AM-12:00PM | Class Limit: 50

Online - Virtual via Zoom

French vs. Irish: Why the Beef?

This course examines the historical reasons why Franco-Americans and Irish-Americans did not get along for many generations, from the mid-19th century until the late 20th century.

Presenter: Robert B. Perreault has worked as a research assistant/oral history interviewer, librarian/archivist, freelance writer, historical tour guide, public speaker, photographer, and French teacher to promote Manchester's history and New England's Franco-American culture since 1973. His works, written in French and English, include seven books and over 160 articles, essays, and short stories published in three countries. He holds an M.A. in French with specialization in New England Franco-American studies from Rhode Island College and an MFA in Creative Writing/Fiction from Southern New Hampshire University (SNHU). In 2012, Manchester's Franco-American Centre named him "Franco-American of the Year."

Member Tuition: \$20.00 | 1 M: 8/21/2023 - 8/21/2023 | 10:00-11:30AM | Class Limit: 25

GSC Manchester, 1750 Elm St, Manchester, NH, 03104

How Did We Get Here? A Reverse U.S. History Course

Water rights. Immigration. Marriage. Education. Each of these and many more are topics in the news today at the national, state, or local levels, or all of the above. But what happened in the past to shape these issues and/or to lead to these problems? Are there past court decisions or political choices that underlie these situations? Were there natural disasters or geographical features that dictated the past and forced the present? Can we figure out what those were? Cause and Effect. Everything that we see in the news today follows from events in the past. In this course, we will try to trace backwards from the headlines to the history behind them.

Presenter: Josh Shaine has been teaching courses through the MIT Educational Studies Program for more than thirty years. He also works with schools and families on issues of underachievement and gifted education. Shaine has been teaching for OLLI since 2008.

Member Tuition: \$45.00 | 6 R: 8/31/2023 - 10/21/2023 | 1:30-3:00PM | Class Limit: 12

Online - Virtual via Zoom

Jewish Resistance During the Holocaust

During World War II, the majority of European Jews were deceived by a monstrous and meticulous disinformation campaign. The Germans and their collaborators isolated and imprisoned Jews in ghettos. Millions were deported into concentration camps or death camps - told they were being sent to work camps instead. In reality, most Jews who entered these so-called "work camps" would be starved, murdered or worked to death. Yet approximately 30,000 Jews, many of whom were teenagers, escaped the Nazis to form or join organized resistance groups. These Jews are known as the Jewish partisans, and they joined hundreds of thousands of non-Jewish partisans who fought against the enemy throughout much of Europe. Using the film *Defiance*, we will explore multiple aspects surrounding this topic.

Presenter: Lou Yelgin is a Keene State College Cohen Center Fellow whose research interests are Jewish Resistance and Children of Survivors. Yelgin is a child of Holocaust survivors. His parents survived the Nazis as members of a partisan resistance group in the Nacha Forest near Eishyshok, Lithuania. After being liberated by the Soviet Army, they emigrated to the U.S. in 1949, rebuilt their lives, and raised two children in the Boston area. The many stories told by his parents and their survivor friends fueled his interest in the Holocaust and his motivation to retell the stories to future generations.

Member Tuition: \$25.00 | 2 R: 8/24/2023 - 8/31/2023 | 10:00AM-12:00PM | Class Limit: 15

GSC Manchester, 1750 Elm St, Manchester, NH, 03104

JFK Assassination & the Failure of Institutions

Explore major issues surrounding the assassination of President John F. Kennedy on the occasion of the 60th anniversary of the crime. We will examine the basic facts of the case, the official investigation of the crime and the official conclusions, and, in particular, the response of our major institutions to the tragedy. Our objective is not to discover who committed the crime, an impossible task, but to learn something about our society and its institutions and the response of these institutions in the face of a profound crisis. The basic premise of the course, the validity of which will be demonstrated during the semester, is that the failure to investigate this crime of the century properly, reveals the failure of some of our fundamental institutions and marks the beginning of an unraveling of fundamental institutions on which democratic government depends. The course will involve some lecture material as well as participation involving reading and a few online exercises. Reading for the course will include "Breach of Trust" by Gerald D. McKnight (ISBN 978-0-7006-1939-9).

Presenter: Dennis MacDonald received his Ph.D. in Sociology from the University of New Hampshire in 1985. He taught a course on Global Society for many years and has published on various aspects of globalization.

Member Tuition: \$35.00 | 4 W: 11/1/2023 - 11/22/2023 | 1:00-3:00PM | Class Limit: 20

GSC Manchester, 1750 Elm St, Manchester, NH, 03104

Lake District of England: Land of Beatrix Potter

The rugged and beautiful Lake District of England was protected from development by none other than Beatrix Potter. She was much more than a world-renowned author and artist. Our presenters will present the life and legacy of this iconic, pioneering woman by following in her footsteps through their travels in London and the Lake District.

Presenter: Anne Pillion's professional career was in the field of environmental science, and she received an EPA lifetime achievement award in recognition for her advocacy on behalf of the environment. She has served on the board of the Upper Saco Valley Land Trust, and she continues to support their mission of land conservation for the benefit of natural and human communities. Anne is the President of the Jackson Historical Society. Anne lives in Intervale, N.H. with her wife Hadley Champlin.

Hadley had a thirty-year career in law enforcement and retired in 2017 as Chief of Police for the town of Bartlett, NH. Her love of history and specifically England, began at the early age of seven, when she moved to London, England with her family. She lived her formative years there and has made many trips back to visit England over the years. She lives in Intervale, NH with her wife Anne Pillion.

Member Tuition: \$20.00 | 1 W: 11/15/2023 - 11/15/2023 | 1:30-3:00PM | Class Limit: 30

Pope Memorial Library, 2719 Main St, North Conway Village, NH, 03860



Plan your financial legacy

When you build a comfortable foundation of financial strength and security, you can be a great benefit to your heirs. Whether it's giving to immediate beneficiaries, future generations or a favorite charity, we help you create a lasting financial legacy for the people and causes you care about.

Contact me to learn how to organize and align your financial picture for future goals.



Theresa Huntley, CSRIC®
Senior Vice President – Financial Advisor
Consulting Group

45 South Main Street, Suite 200 | Concord, NH 03301

(603) 228-7944 | (855) 313-9886

www.theresahuntleyrbc.com



**Wealth
Management**

Investment and insurance products offered through RBC Wealth Management are not insured by the FDIC or any other federal government agency, are not deposits or other obligations of, or guaranteed by, a bank or any bank affiliate, and are subject to investment risks, including possible loss of the principal amount invested.

© 2023 RBC Wealth Management, a division of RBC Capital Markets, LLC, registered investment adviser and Member NYSE/FINRA/SIPC. 23-EJ-01412 (05/23)

Lewis Hayden: Fugitive Slave, Underground Railroad Leader, State Legislator

Lewis Hayden has simply not received the fame he deserves. He was born into slavery in Kentucky, but managed, with the help of the Underground Railroad, to make a dangerous escape with his family in 1844. He made his way to Canada, but then proceeded to Boston, where he blossomed into a true hero in the years before, during and after the Civil War. He ran Boston's busiest station on the Underground Railroad, ingeniously helping scores of fugitives seeking freedom. Some of those he assisted are among the most famous fugitives in Underground Railroad lore. He also led several daring attempts to rescue fugitive slaves who had been captured in Boston. After the Civil War broke out, he was instrumental in recruiting African American soldiers for the legendary 54th Massachusetts regiment, immortalized in the film *Glory*. After the war, he capped off his remarkable career by being elected to the Massachusetts state legislature. His story and the stories of those he assisted are both fascinating and truly inspiring.

Presenter: Eleanor Strang has been presenting popular courses for OLLI since 2013. She received her M.A. from the University of Michigan and her MLS from Simmons College. Strang was the director of the Kelley Library in Salem, N.H. for 15 years, and has pursued her interest in American and Canadian history since retiring.

Section 1 Member Tuition: \$20.00 | 1: 9/20/2023 – 9/20/2023 | 1:00 – 3:00PM | Class Limit: 30

GSC Manchester, 1750 Elm St, Manchester, NH, 03104

Section 2 Member Tuition: \$20.00 | 1: 9/27/2023 – 9/27/2023 | 1:00 – 3:00PM | Class Limit: 30

NHTI - Concord's Community College 31 College Dr, Concord, NH 03301

Mary Folsom Blair: A Remarkable Life

As the 20th century dawned, women were experiencing new roles, challenges, and opportunities. The words and life of Mary Folsom Blair, who was born in 1881 and spent most of her life teaching in New Hampshire, reflect that era as well as "the pain and sorrow this world holds for a woman," as she wrote in her journal. Long-time journalist Phil Primack spent more than four decades tracking down this woman who was just a name on a deed when he purchased her ancestral land in Epping in 1974, a year after her death. Teaching gave young women such as Mary a rare path to economic independence, even if authorities challenged her classroom ways, which for Mary meant getting her students out into nature. The brief surge of the "wheel," or bicycle, liberated women from dependence upon others for transport (and at least slightly from cumbersome clothing). The fast spread of newspapers helped inform women of world events and a good rail network enabled them to join in theater and other social opportunities. This class will recount -often in Mary's own words -- her times and remarkable life, from her deep Quaker roots and her relationships to her love of history and the "little side trips into Bohemia" that so thrilled her during summers at "Arcady," her sacred bungalow on Pawtuckaway Lake. Primack will also describe how he spent decades connecting the disparate dots of Mary's life.



Presenter: Phil Primack has written for newspapers from New England to Appalachia, including the *New York Times*, *Boston Globe*, *Columbia Journalism Review*, and *The Nation*. He has taught journalism at several colleges and worked as a policy adviser and consultant to government agencies and non-profit organizations. He is the author of *New England Country Fair* and "Put It Down on Paper": *The Words and Life of Mary Folsom Blair -- A Fifty-Year Search* (Loom Press 2022).

Member Tuition: \$20.00 | 1 T: 9/5/2023 - 9/5/2023 | 10:00-11:30AM | Class Limit: 35

NHTI - Concord's Community College 31 College Dr, Concord, NH 03301

Mill Girls of New England

The 1820s in America - just 44 years after the Declaration of Independence - and the face of this new country was changing. The development of a textile industry which harnessed the waterpower prevalent in New England dramatically changed the lives of women. Leaving their homes on farms, women were recruited to come into the growing settlements around the mills. This class will focus on the mill girls of Lowell, MA, - both the excitement of living on their own and the challenges and hazards they faced working in the mills. We'll share the saga of the mill girls as they developed from the innocence of accepting whatever was required of them to the maturity of self-determination. Daily these women coped with the demands of owners who required profitability at all costs. These mill girls taught America a powerful lesson about ordinary women who learn to do extraordinary things.

Presenter: Peg Fargo has presented several classes in all four of our learning regions. She enjoys sharing the human stories that surround any historical event, giving us so much more than the facts we learned - and had to memorize - in our school history classes.

Member Tuition: \$25.00 | 2 R: 8/31/2023 - 9/7/2023 | 10:00AM-12:00PM | Class Limit: 25

NHTI - Concord's Community College 31 College Dr, Concord, NH 03301

Mormon Trek to the Promised Land: The Handcart Migration to Utah

While Horace Greeley's exhortation to "Go West, young man, Go West" is generally cited as the clarion call for American westward expansion, for a small but cohesive band of recent converts to a new Judeo-Christian sect, Mormonism, the call of the West was found in scripture. Mormons, because of their clannishness and unorthodox beliefs and practices, engendered suspicion, anger, hostility and violence from their fellow citizens. To escape discrimination and persecution, they sought a sanctuary from governmental and popular oppression. Much as the Israelis of the Old Testament endured their Exodus from Egypt through the biblical wilderness to the Promised Land, so did the Mormons embark upon a 1300-mile trek westward across a hostile and unforgiving wilderness

to their perceived Zion - the Great Salt Lake Valley of Utah. Showing endurance, tenacity and perseverance perhaps even greater than their fellow more secular pioneers, they organized themselves military-style and proceeded west with religious fervor. Chronically undersupplied and unprepared for their harrowing journey, they endured privations and hardship, disease, stampedes, severe weather and death before most of them reached their destination. Incredibly, some attempted the ordeal by pulling small fragile carts by hand for up to 20 miles a day across the plains; loaded with up to 450 lbs. of food, clothing, a few implements and firearms. Join us as we revisit their travails, exhaustion, tragedies, and success.



Presenter: Dave Hess is a graduate of Dartmouth College and Yale Law School and was a Fellow at Harvard's Kennedy School

of Government. He is a retired trial lawyer who served as an New Hampshire Assistant Attorney General under Warren Rudman and David Souter and was a member of the N.H. House of Representatives for 25 years, including terms as Majority Leader, Deputy and Assistant Majority Leader. Hess has presented several diverse and varied classes at OLLI since 2017. He developed a passion for politics more than 50 years ago when he became involved in the 1964 presidential primary. History in general, and political, military, and American western history, have been some of his lifetime interests.

Member Tuition: \$25.00 | 2 W: 10/4/2023 - 10/11/2023 | 10:00AM-12:00PM | Class Limit: 50

NHTI - Concord's Community College 31 College Dr, Concord, NH 03301

New Hampshire War Monuments: The Stories Behind the Stones

New Hampshire War Monuments is a look at New Hampshire at war and how we memorialize those who gave all or were willing to give all. We look at the public perception of each war and the change in how we remember people, from the full-blown statuary of World War I to the golf tournaments and road races honoring Iraq and Afghanistan losses. We talk about unknown heroes such as Derrick Oxford of Plainfield, known ones such as Gen. John Stark, and heroes whose profile has changed over the years such as Rene Gagnon of Manchester. We look at non-statuary tributes, such as the Merci Boxcar and the Wright Museum of Wolfeboro. We honor the unsung heroes of Vietnam and look at a new way to honor those who gave all. Class participation is encouraged.

Presenter: Kathleen Bailey is a journalist and novelist with 40 years' experience in the nonfiction, newspaper and inspirational fields. While she's always dreamed of publishing fiction and has three novels in print, her two Arcadia Publishing projects, Past and Present Exeter and New Hampshire War Monuments, made her fall in love with nonfiction and telling real people's stories. She lives in Raymond, N.H.

Member Tuition: \$20.00 | 1 T: 8/29/2023 - 8/29/2023 | 1:00-2:00PM | Class Limit: 75

NHTI - Concord's Community College 31 College Dr, Concord, NH 03301

Patagonia Dreaming

Have you ever held a wish in your heart for a long time and over the years, it just sat there waiting to be set free? Our presenter first learned of Patagonia at age 10 when her father, dismayed at her lack of knowledge in geography and natural history, gave her a book about Charles Darwin and the voyage of the Beagle. Ever since, she has longed to see some of the fascinating places Darwin visited during his five-year voyage for herself. Learn what it took to turn a dream into reality: the research involved, determining the timeline, creating and fine tuning an itinerary, booking the hostels and minimalist backpack traveling. Join her on a photo/video journey to Chile: Santiago, Punta Arenas, Puerto Natales, Torres del Paine National Park and Argentina: El Chalten and Los Glaciers National Park, El Calafate and Buenos Aires. Bring an open mind and an adventurous spirit!

Presenter: Susannah Halpern comes from a family of anthropologists and spent much of her childhood overseas, being immersed in new cultures, landscapes and languages. As an adult, she has found the desire to combine her love of travel with her passion for hiking was a natural extension of her life's early foundation.

Member Tuition: \$20.00 | 1 R: 11/16/2023 - 11/16/2023 | 4:30-5:30PM | Class Limit: 15

Conway Public Library, 15 Greenwood Ave, Conway, NH, 03818

Railroads & the Mt. Washington Valley: How They Forever Changed Lives

The building of railroads upended lives in the 1800s. Long distance travel and access to foods and products became very easy as did the opportunity for monopolies, wealth, and power. In this course we look at how railroads came into existence both in general and specifically here in the Mt Washington Valley. Two rail lines, the Boston & Maine from North Station in Boston to North Conway and the Maine Central from Portland Maine through North Conway and Crawford Notch to St Johnsbury VT, both reached North Conway in 1872 and had a major effect on people's lives for about 100 years. These two railroads provided jobs, carried passengers and freight and also supported the growth of the lumber industry which eventually led to the creation of the White Mountain National Forest. Our second session will be a field trip to the iconic Boston and Maine Station and railyard and also to the site of the Maine Central North Conway Station and Railyard. This optional field trip will include a 2-mile round trip walk of the Boston and Main Station then onto the Maine Central Station, so please wear comfortable walking shoes.

Presenter: Rob Owen is a 1971 graduate of UNH as a theater studies major. He served in the U.S. Air Force in Minuteman Missiles and then spent 13 years working on circuses and stage shows as a clown, announcer, and advance man. He met his wife during that time, and they eventually ran away from the circus and joined Story Land for the next 20 years. He now works as a narrator on Conway Scenic Railroad. His grandfather was one of the last B & M conductors on the Conway to Boston commuter train.

Member Tuition: \$25.00 | 2 W: 11/1/2023 - 11/3/2023 | 1:00-3:00PM | Class Limit: 30

Gibson Center for Senior Services, 14 Grove St, North Conway, NH, 03860

Rogers Rangers: The Story of an Irregular Fighting Unit

Rogers Rangers, the fabled "irregular" unit of the English army that fought during the French and Indian War of the 1750s, is considered the forerunner of today's U.S. Army Rangers. Learn about Rogers Ranger's military operations in the Lake George region of New York and in Canada and hear details of how the corps functioned on a day-to-day basis. Rogers Rangers was founded and led by Robert Rogers, a man with few prospects who grew up in the pioneering town of Dunbarton, New Hampshire. He had no formal military training but rose to become a Major with enormous military responsibilities. He also had the duty to care for the welfare of the men who served under him. Among the Ranger officers were Rogers' two brothers, and the four sons of the Stark family of Derbyfield (now Manchester). Captain John Stark, who "kept the books" for Major Rogers, would go on to serve as a senior commander under George Washington during the American Revolution. The presentation will include material from Stark's account book of 1759.

Presenter: Aurore Eaton's popular newspaper column, "Looking Back," has appeared weekly in the New Hampshire Union Leader since 2011. The column connects the intimate stories of New Hampshire's people to the wider scope of American history. She is the former Executive Director of the Manchester Historic Association and the author of *The Amoskeag Manufacturing Company - A History of Enterprise on the Merrimack River*. Her next book will tell the story of Grenier Field, Manchester's former military air base.

Member Tuition: \$20.00 | 1 R: 11/30/2023 - 11/30/2023 | 10:00AM-12:00PM | Class Limit: 30

Online - Virtual via Zoom

Russian History: From Czars to Commissars to Democracy & Back, Part I

The grand sweep of Russian history is replete with fascinating rogues, from Ivan the Terrible to Stalin and Putin. Czars and Commissars alike were confronted by challenging problems of climate and geography, the struggle to modernize while maintaining control, and threats from without and within. We will examine the interplay of domestic and foreign policy, and the perils of resisting social and political modernization while trying to modernize industrially and economically. We will look at Russia's major external conflicts, including Peter the Great's Great Northern War, Napoleon's disastrous invasion of Russia, the Crimean War, WWI, WWII, the Cold War, Afghanistan ("Russia's Vietnam"), and the current war in Ukraine. We will study Russia's three revolutions of the 20th Century, the Soviet system, and the collapse of the USSR. We will conclude with a look at present-day Russia and Vladimir Putin's efforts to reassert Russian power in the world. A continuation of this course will be offered in Spring 2024. Participants are encouraged to participate in this first course before registering for the second part.

Presenter: Carol Zink is a retired high school history teacher who taught Modern World and AP European History. She teaches courses for OLLI at UNH, OLLI at UHM, and LINEC, including Russian History, the French Revolution, Chinese History, Indian History, the Scientific Revolution and the Enlightenment, The Renaissance and the Reformation, The Cold War, and The Palestine-Israel Conflict. She has a BA in History from Northwestern University and an MBA. She is also a retired Navy Captain and Nana.

Member Tuition: \$35.00 | 4 T: 9/5/2023 - 9/26/2023 | 1:00-2:30PM | Class Limit: 80

Online - Virtual via Zoom

Slavery at the Moffatt-Ladd House & in New Hampshire

Many people don't know that New Hampshire has a long history of participating in slavery and the slave trade. In Portsmouth, one family that took part in slavery was the Moffatt family. Their stately home, built in 1763, is now a museum owned and operated by the National Society of the Colonial Dames in the State of New Hampshire. Learn about slavery in New Hampshire from the seventeenth century through the early nineteenth century, focusing specifically on the Moffatt-Ladd House; how the Moffatt and Ladd families took part in the slave trade, the enslaved people who lived in the house, and how the organization is now interpreting that past.

Presenter: Erica McAvoy is the Executive Director of the Moffatt-Ladd House in Portsmouth, New Hampshire. She holds a BA in History from Salem State University and an MA in History from UMass Boston. She is beginning Doctoral work at UNH in fall 2023. Prior to working at Moffatt-Ladd, she was Executive Director of the Wellesley Historical Society and the Lexington Historical Society, both in Massachusetts. Her research is on the changing patterns of church seating in early 18th-century New England.

Member Tuition: \$20.00 | 1 F: 10/6/2023 - 10/6/2023 | 11:00AM-12:30PM | Class Limit: 80

Online - Virtual via Zoom

The Gem of the Suncook Valley: A Look at Pittsfield's History!

Join fellow lovers of history for a "meet and greet" in the Hall of Fame. There you will have an opportunity to see, hear, and touch some of the stories and artifacts that have defined Pittsfield. You will then be able to explore the various exhibits on display: personal artifacts of WWII ace fighter pilot Brigadier General Harrison Thyng; a hose wagon purchased in 1876, a hose carriage, purchased in 1895, and other fire equipment; and Globe Manufacturing, a world renown manufacturer of firefighter turnout gear. Also, there are displays of old tools and utensils, collections of China, porcelain, and glass; memorabilia from Camp Graylag, a boys' camp that later specialized in basketball under the tutelage of Bob Cousy, a Boston Celtics legend. Of course, the Suncook Valley Railroad, or the "Blueberry Express," as it is affectionately known, has its place of honor. Docents will be available to answer questions. You will also be able to explore the Commemorative Brick Patio, weather permitting. Although most small-town historical societies are housed in older buildings, the Pittsfield Historical Society recently completed a new building in the summer of 2022. The members of the Society are proud of this building since it features many energy-efficient components. Additionally, it is ADA compliant. If anyone is interested in how this building came to fruition, someone will be available to discuss the details.

Presenter: Elizabeth Dimmick is the president of the board of directors for the Pittsfield Historical Society and has been involved with the organization for 10 years.

Larry Berkson, the town historian, was born and raised in Pittsfield, Instrumental in revitalizing the museum 25 years ago, he was also the leading force in recently building the new museum.

Member Tuition: \$20.00 | 1 T: 10/31/2023 - 10/31/2023 | 10:00-11:30AM | Class Limit: 25

Pittsfield Historical Society, 4 Oak St, Pittsfield NH 03263

The History of Psychiatry

Join us for this journey through the very long, fascinating, and complicated history of psychiatry. From ancient times to the present, mental illnesses have been a challenge to both understand and treat for patients, their families, and practitioners. This course looks at the various treatments for mental illness and also reviews the theories of the mind and the disorders which underlie their interventions. It is being taught by a retired board-certified psychiatrist, who has witnessed and practiced during the advent of the psychopharmacologic revolution.

Presenter: Stephen Soreff, M.D., a retired Board-Certified psychiatrist, is a nationally known healthcare and mental health services lecturer, author, and innovator. He has developed a number of innovative programs. In his work he emphasizes interactive, experiential learning. Soreff has authored ten books including: The Handbook of the Treatment of the Seriously Mentally Ill, The Documentation Survival Handbook, and EMS Street Strategies, Edition 2 as well as his most recent book, Life's Dueling Dualities: A Grandfather's Legacy of Wisdom.

Member Tuition: \$25.00 | 2 W: 12/6/2023 - 12/13/2023 | 10:00AM-12:00PM | Class Limit: 22

GSC Manchester, 1750 Elm St, Manchester, NH, 03104

“When I retired in 2015 as a school/college librarian my friends that were in OLLI said “come join us “. I have never looked back. OLLI gave me the opportunity for service to others, enjoying old and new friends and stretching my mind through wonderful courses.”

- Dee Angwin | Class of 2015 | Greater Manchester

The Underground Railroad in Amherst: Its Conductors & Anti-Slavery Friends

In the year 1854, Luther and Lucinda Melendy welcomed a fugitive slave into their farmhouse on the outskirts of Amherst, New Hampshire. With this act of mercy, they became criminals under the Fugitive Slave Bill passed by the United States Congress in 1850 and signed into law by President Millard Fillmore. This course will explore more about the "crime" committed by the Melendys as well as offering an optional hike to the physical Underground Railroad site where their act of defiance took place. The Melendys were members of the New Hampshire Anti-Slavery Society and Luther served as its VP. In 1840, N.P. Rogers, editor of the Society's newspaper, the Herald of Freedom, published a detailed account of stopping by the Melendy's farmhouse on way to an Anti-Slavery Convention in Milford, New Hampshire. Other notable Society members accompanied Rogers. This course will explore who these visitors were and give insight into the Melendys' character and commitment to the Anti-Slavery cause.

Presenter: George Fullerton is a retired Software Engineer who, over decades, has collected and read 18th and 19th Anti-Slavery literature including books, pamphlets, newspapers, sheet music, and other ephemera. As a resident of New Hampshire, he has given particular attention this "stuff" as it relates to local Anti-Slavery and Underground Railroad activity.

Member Tuition: \$25.00 | 2 M: 9/25/2023 - 10/2/2023 | 10:00AM-12:00PM | Class Limit: 50

GSC Manchester 1750 Elm St, Manchester, NH, 03104 | New Boston Space Force Station Trail

Unravelling Anti-Semitism

Based on James Carroll's Constantine's Sword, this class will examine the political forces, religious ideas, and economic necessities that led to a virulent form of antisemitism. We will begin with the significance of the Roman Wars in Judea and follow the political rise and consequences of Christianity through to the Crusades. We will then examine how the specific development of antisemitism was a consequence of the Crusades leading to the factors that led to the Inquisition. Finally we will discuss the new or continued political forces, from the period of The Reformation through the new millennium that will enable us to put antisemitism and ethnic cleansing into perspective.

Presenter: Merle Luber Friedenber, Ph.D, has been a college professor for many years. Recently, she has taught at lifelong-learning programs at Brandeis University and Rivier University, as well as OLLI. Her classes always reflect her in-depth historical reading and research and her ability to present serious topics as both education and entertainment.

Member Tuition: \$45.00 | 6 R: 11/2/2023 - 12/14/2023 | 10:00AM-12:00PM | Class Limit: 32

No Class - Thursday, November 23, 2023

GSC Manchester, 1750 Elm St, Manchester, NH, 03104

Who are Alaska's Native People?

Take a look at the history of Alaska in a whole new way, centering on the experiences of Alaska's Native Peoples as they experienced their land and resources overrun and then claimed by Russians and American colonizers. Following an overview, we will cover the histories of Inupiaq, Yup'ik, Unangan and Sugpiaq, Tlingit and Haida, and Athabascans. Required reading: William L. Iggiagruk Hensley (2010). Fifty Miles from Tomorrow: A Memoir of Alaska and the Real People. (Picador. ISBN# 978-0312429362)

Presenter: Jane Haigh is an author and historian of Alaska who lived in Alaska for more than 30 years. After earning a Ph.D. in United States History at the University of Arizona, she taught Alaska History for ten years at Kenai Peninsula College, a branch campus of the University of Alaska Anchorage. Realizing the story of Alaska's Native people was often left out, she spent the last eight years working on a new approach that includes Native People. The course is based on her original materials.

Member Tuition: \$40.00 | 5 W: 11/1/2023 - 11/29/2023 | 10:00-11:00AM | Class Limit: 20

Online - Virtual via Zoom

Personal Enrichment

Aging & Health

Acupressure for Everyday Ailments

Acupressure is process of applying manual pressure to specific areas of the body in order to alleviate discomfort. Applying pressure to the web of your hand can relieve a headache or open the sinuses. Rubbing a point by your elbow can ease constipation. Massaging your ears can ease stress and anxiety. In this class you will learn how to use acupressure for yourself and your loved ones to ease everyday ailments.

Presenter: Elizabeth Ropp is a licensed acupuncturist with over 20 years of experience working in integrative medicine. She works at the Manchester Acupuncture Studio.

Member Tuition: \$20.00 | 1 W: 9/6/2023 - 9/6/2023 | 1:00-2:30PM | Class Limit: 15

GSC Manchester, 1750 Elm St, Manchester, NH, 03104

Amazing Masters...Aging Gracefully!

We will focus on areas of concern for those 55 or older as we explore practical tips on Getting a Good Night's Rest, Heart Health, Stress Management, Boosting Metabolism, Injury Prevention, and Exercise Safety. We will also discuss the wisdom of Dr. Mark Lachs' book entitled Treat Me, Not My Age, Dr. Gene D. Cohen's The Creative Age - Awakening Human Potential in the Second Half of Life, and how to remain naturally curious day-by-day. Refuse to let an old person move into your body...join us for this fun exploration of your potential!

Presenter: Mary McEvoy is a certified Maine Master Naturalist and docent for the Greater Lovell Land Trust. She lives near the New Hampshire border and is a beekeeper and nature enthusiast. McEvoy regularly hikes, walks, snowshoes, and bicycles in the lovely forests of New Hampshire and Maine.

Member Tuition: \$25.00 | 2 M: 11/6/2023 - 11/13/2023 | 10:00AM-12:00PM | Class Limit: 30

Conway Public Library, 15 Greenwood Ave, Conway, NH, 03818

Growing Older & Wiser: Staying Healthy as a Senior Adult

It is time to pivot from disease treatment to a more transformative, healthier approach to your health. Take the first steps today to health restoration by adopting new health-promoting lifestyle choices to improve your wellbeing that are life enhancing and even lifesaving! During this course, you will be provided evidence based, practical ways to look at root causes of chronic disease and change the approach to treating them. Learn how small lifestyle tweaks can have a big impact on your wellbeing as well as prevent, treat, and reverse chronic diseases, improve cognitive function, and decrease fall risk. Eating smarter, moving more, sleeping more soundly, managing stress better, cultivating relationships and avoiding risky substances can have dramatic effects on your health.

Presenter: Dr. Belinda Castor is a board-certified internist practicing medicine for over 30 years working in various capacities including private practice, corporate owned practice, urgent care, missionary to Romania and currently a direct primary care practice. Her diverse experience affords her the ability to advise individuals on how to best seek their health care in an affordable, effective, and relational fashion. Dr. Castor was named one of Castle Connolly's Top Doctors in New Hampshire for 2020 and 2021.

Note: This course will be offered in-person and via Zoom (a hybrid format). Please select your preference at registration.

Section 1 Member Tuition: \$20.00 | 1 M: 10/2/2023 - 10/2/2023 | 1:00-3:00PM | Class Limit: 15

GSC Manchester, 1750 Elm St, Manchester, NH, 03104

Section 2 Member Tuition: \$20.00 | 1 M: 10/2/2023 - 10/2/2023 | 1:00-3:00PM | Class Limit: 30

Online - Virtual via Zoom

Reiki: Introduction to this Ancient Healing Practice

Participants will learn the history of Reiki, what a Reiki treatment looks like and its many health benefits. We will discuss and learn what universal life energy is in our culture and other cultures around the world. We will explore the energy around us and how it makes us feel, how the touch of a human hand has long conveyed feelings of peace, caring and support. Participants will learn the basics of our energy centers, the Chakra System. We will review current research on Reiki and its popularity as a healing modality offered in the healthcare setting today. Participants will have the opportunity to observe or experience a brief Reiki session during this course.

Presenter: Michele Keenan is a Reiki Master Teacher with over 25 years of experience in practicing reiki in the health care setting. She has provided reiki for pain management, anxiety and to promote relaxation for oncology patients, women in labor and delivery, addicted moms and babies, post-surgical patients and heart patients as well as others.

Member Tuition: \$20.00 | 1 R: 10/26/2023 - 10/26/2023 | 1:00-2:30PM | Class Limit: 15

Conway Public Library, 15 Greenwood Ave, Conway, NH, 03818

Remembering Our Connection: An Introduction to Herbalism

Across the globe, our ancestors relied on the plants for food, medicine, first aid, clothing, and shelter. They followed the seasons and had knowledge of the plants around them. That knowledge is in our DNA, and we just need to reconnect and remember. In this class we will touch on what is meant by herbalism and learn how to use herbs in our homes each day from teas to tinctures and oils using the traditional folk method. You will never look at lawncare the same way once we explore the magic found throughout the year in our backyards, tips for harvesting, wildcrafting, sourcing, and an overview of several plant allies easily found around us here in N.H. Join me for a fun 75 minutes of tea, talk, and teachings.

Presenter: Kris Foss is the founder and owner of Moon Mama Herbals, an herbal apothecary and gift shop in Newbury, N.H. Kris is a community herbalist and certified end-of-life doula. Through Moon Mama Herbals, she offers workshops, speaking events, educational programs, herbal wellness consultations, space cleansing, and women's circles and retreats. She has a Master's degree in Teaching and volunteers her time as a peer reviewer for the Journal of the American Herbalist Guild.

Member Tuition: \$20.00 | 1 T: 8/29/2023 - 8/29/2023 | 10:00-11:30AM | Class Limit: 15

Online - Virtual via Zoom

Simplifying Medicare

Are you turning 65 or retiring soon? Many folks find Medicare very confusing with the process of how and when to enroll or should they delay their Medicare. This informal educational course will help educate and provide you with some guidance as you navigate through the Medicare process. You will learn what Medicare basic Parts A, B, C, and D are and how they work with supplemental insurance. Learn what Original Medicare covers and how the different types of supplemental insurance works with your Medicare so you can make the best decisions for your health care needs in retirement. You will also know the importance of enrollment periods and make sure you avoid lifetime penalties.

Presenter: Donna Wilton is an Independent Insurance Agent that helps folks with Medicare Insurance plans. She offers a focus on educating and guiding clients through their transition into Medicare while avoiding penalties. She is thoroughly educated, licensed and certified with Medicare insurance carriers and takes time to ensure your understanding of the different parts of Original Medicare Part A and B, C and D. She helps clients research plans based on their needs as well as their enrollments.

Member Tuition: \$20.00 | 1 R: 9/14/2023 - 9/14/2023 | 6:00-7:30PM | Class Limit: 50

Online - Virtual via Zoom

What is a Sound Bath? No, You Won't Get Wet!

Sit back and enjoy learning about the benefits of sound therapy. You will be introduced to different tools that have been proven to help the mind, body, spirit connection that we are all craving today. The vibrations of crystal bowls, tuning forks, drums and chimes will be talked about and experienced in this class. Most people describe to receiving a massage at a cellular level.

Presenter: Marci Starr has been in the healing arts since 1994. She has been sharing her gift of sound therapy in Maine and New Hampshire for 15 years with Crystal Singing bowls and various other tools. Marci has been ordained "The Crystal Bowl Lady" by her community and plays these beautiful instruments to help others relax and find peace. She moved to Fryeburg, ME from Naples, FL in 2008 and is a Reiki Master, Shamanic Practitioner and teacher of Crystal Bowls and Tuning Fork therapy.

Member Tuition: \$20.00 | 1 W: 9/27/2023 - 9/27/2023 | 1:00-3:00PM | Class Limit: 25

Pope Memorial Library, 2719 Main St, North Conway Village, NH, 03860

Cooking & Food

Experience the Rich Tri-Culture of Malaysia with An Evening of "Tasting"

Get to know the amazing tri-culture, Chinese, Indian, and Malay, that is Malaysia! Have you ever tasted a Dragon Fruit? How about a Mangosteen or a Durian? Ever wondered how to serve a Mango without making a mess? Here's your chance to taste some amazing flavors both savory and sweet plus you'll enjoy some not-so-common tropical fruits. Malaysians love to eat at all hours, so a variety of street foods are available for snacking. Recipes for this multi-course tasting adventure include the use of a wide variety of spices and flavors! It is a great way to expand your palate.

Presenter: Darlene and Kenneth Roy are retired educators who spent three years living in Malaysia. Their idea of enjoyment is gathering with their friends and sharing food in a casual atmosphere. They taught in various countries in Africa and Asia for more than twenty years where they enjoyed tasting and cooking a wide variety of incredible foods with friends. To pass on the fun, they offer feasting experiences for all to enjoy!

Note: \$10 materials fee will be added to your registration. Total cost \$30.

Section 1 Member Tuition: \$20.00 | 1 M: 9/11/2023 - 9/11/2023 | 4:00-6:30PM | Class Limit: 16

The Pointe at River Front Dr, 55 Riverfront Dr., Manchester, NH, 03102

Section 2 Member Tuition: \$20.00 | 1 R: 9/14/2023 - 9/14/2023 | 4:00-6:30PM | Class Limit: 16

The Pointe at River Front Dr, 55 Riverfront Dr., Manchester, NH, 03102



Did You Know?

We have OLLI at UNH members currently residing in nine different states – California, Connecticut, Florida, Massachusetts, Maryland, Maine, North Carolina, Pennsylvania, and of course, New Hampshire!

Granite Fizz: The Untold Story of Spring Water and Flavored Tonic in New Hampshire

Since 1825 more than 30,000 bottlers created and sold "fizzy" soft drinks to everyday consumers. Amazingly, those companies produced over 16,000 different brands and drink names -most of which survive only as part of our collective memories or with ardent researchers and collectors. It was the golden age of mineral waters, remedies, elixirs and tonics in the latter half of the 19th century that helped pioneer American's thirst for non-alcoholic beverages and led to their explosion into a major market segment. This course will explore the roots of the soft drink and water bottling industries and the Granite State's historic and current role. Hear the stories of brands from times gone by: Nashua's Lucky Strike Ginger Ale, Manchester's Cott and Lafayette Beverages, Rochester's Cocheco Bottling, as well as Londonderry's Lithia Spring and Milford's Ponemah Springs. Learn about the state's oldest soft drink bottling company in continuous operation since 1863!

Presenter: Dennis Sasseville is an accomplished researcher, author, trainer, and educator. He has made presentations at hundreds of technical and business conferences and served as an Adjunct Professor at the University of New Hampshire, Manchester. A 45-year resident of New Hampshire, his love for all things New England provides the framework for his popular writings and in-depth research. In 2019 he co-authored the history of that iconic soda, Moxie (Moxie, by Arcadia Publishing).

Member Tuition: \$20.00 | 1 W: 10/25/2023 - 10/25/2023 | 10:30AM-12:00PM | Class Limit: 50

GSC Manchester, 1750 Elm St, Manchester, NH, 03104

Healthy Eating for Life: Losing & Maintaining Weight Sustainably

The course will show you what and how to choose healthy, sustainable foods and meals. We will also cover various eating patterns including keto, Mediterranean, and intermittent fasting, their benefits and risks, and how to use them.

Presenter: Martin Donovan is a pharmacist, clinical nutritionist, herbalist serving the Concord community for the past 40 years. Owner of the I own the Natural Wellness Corner, he works with where I work with clients navigating nutrient-drug interactions, management of chronic diseases, and providing nutrition education. He seeks to raise awareness and education regarding health and wellness.

Member Tuition: \$20.00 | 1 W: 11/15/2023 - 11/15/2023 | 3:00-4:30PM | Class Limit: 20

NHTI - Concord's Community College 31 College Dr, Concord, NH 03301

The Life & Times of Manchester's Famous Moxie Bottle House

Just what can you say about a 32-foot-high wooden replica of a Moxie bottle? The quirky structure first saw life as a turn-of-the-century refreshment stand, first at the Boston Food Fair and then for a time at New York's Coney Island. When moved to Manchester's storied Pine Island Park, it found a home where attendants dispensed 5 cent glasses of this distinctly different carbonated elixir to thirsty park patrons. In 1919, the bottle was acquired by a private party and moved across the ice to become the key architectural feature of a family summer cottage. For some 80 years the Bottle House served as a distinct Manchester landmark before lapsing into disrepair. "Friends of the Bottle House" assumed a 10-year task of raising funds to rescue the wooden bottle, restoring to its former glory and securing a permanent home in the Moxie Wing of the Matthews Museum in Union, Maine. Come hear the full life story of this unique and iconic structure that once called Manchester home.

Presenter: Dennis Sasseville is an accomplished researcher, author, trainer, and educator. He has made presentations at hundreds of technical and business conferences and served as an Adjunct Professor at the University of New Hampshire, Manchester. A 45-year resident of New Hampshire, his love for all things New England provides the framework for his popular writings and in-depth research. In 2019 he co-authored the history of that iconic soda, Moxie (Moxie, by Arcadia Publishing).

Member Tuition: \$20.00 | 1 T: 12/12/2023 - 12/12/2023 | 10:30AM-12:00PM | Class Limit: 30

Riverwoods Manchester, 200 Alliance Way, Manchester, NH, 03102

Finance

Coin Collecting: Don't Get Ripped Off!

Everyone has some old coins in a drawer or caught in the seams of the couch. Are they worth anything? And everyone has seen the high-pressure coin salesmen on TV. Are these good deals or a rip-off? This course will give students the knowledge to make informed decisions.

Presenter: Robert Fritsch first read about Sherlock Holmes as a pre-teen, has read the Canon several times and has conducted a series of courses about Holmes. His Sherlockian library numbers over 500 books, magazines, movies, and games. He is a member of several Sherlockian societies and a founding member of The Fourth Garrideb, The Numismatics of Sherlock Holmes. Fritsch started his numismatic career over 50 years ago by collecting pocket change while stationed with the US Navy in Japan. He is heavily involved with organized numismatics and is an award-winning author, presenter, exhibitor, and exhibit judge.

Member Tuition: \$20.00 | 1 T: 10/24/2023 - 10/24/2023 | 1:00-3:00PM | Class Limit: 30

Riverwoods Manchester, 200 Alliance Way, Manchester, NH, 03102

Contemporary Economic Policy Issues

Economics plays a central role in the functioning of every aspect of society. It plays this role primarily through the actions of governments at the federal, state, and local levels. Given the centrality of its role, this course will address a set of prominent policy issues where economics is at their core. We will explore these issues in detail, including their origins as policy matters, the underlying data and evidence, and what policy levers are available to deal with them. The focus will be on what the economics profession collectively understands to be true about the issue. The course will include lectures on Climate Change Economics, the Economics of Immigration, and Trade and Globalization. Each lecture will be taught by a subject matter expert from among NEED's 651 members.

Presenter: Jon Haveman is the Executive Director of the National Economic Education Delegation (NEED). He has a reputation for providing audiences with edible economic information that is readily useful in their work and private lives. Jon was previously a Senior Economist with the President's Council of Economic Advisers, and he also held a faculty position in the Business School at Purdue University. Dr. Haveman holds a Ph.D. in Economics from the University of Michigan.

Member Tuition: \$45.00 | 6 T: 10/24/2023 - 10/26/2023 | 1:00-2:30PM | Class Limit: 80

Online - Virtual via Zoom

Nursing Care, Medicaid, & Long Term Care

Many of us are overwhelmed with the prospect of planning for nursing and long-term care. This course will help you to develop a basic understanding of how to create a sound financial plan which will help to protect your assets from being spent down to qualify for nursing home care. Learn the tools that can be used to help ensure not all of your assets are spent down on the cost of care and gain an understanding of the options available to you as you navigate through this process.

Presenter: Jenny Rivard is a licensed attorney in Massachusetts and New Hampshire MA and NH and provides estate planning services, which include wills, trusts, powers of attorney and advanced directives. She is also a licensed financial advisor. Her Rivard's practice focuses solely on providing retirees with a smooth transition into retirement and the ability to age gracefully as the need for nursing care arises.

Note: This course will be offered in-person and via Zoom (a hybrid format). Please select your preference at registration.

Section 1 Member Tuition: \$30.00 | 3 T: 9/5/2023 - 9/19/2023 | 1:00-2:30PM | Class Limit: 25

GSC Manchester, 1750 Elm St, Manchester, NH, 03104

Section 2 Member Tuition: \$30.00 | 3 T: 9/5/2023 - 9/19/2023 | 1:00-2:30PM | Class Limit: 25

Online - Virtual via Zoom

I am healthy, active, and love living in my current home and community. I want to stay in my home for as long as I can, and I don't want to be a burden to my wife or children.

Two years ago I enrolled in the **At Home By Hunt** program and feel it is a great fit for me, both for the present and for the future when and if I can no longer stay at home. The program is a great value financially, and the staff are marvelous – very friendly and helpful.

I am pleased with my choice to join!

*~John,
Member since 2020*



At Home
BY HUNT

795 Washington Rd.
Rye, NH

10 Allds Street
Nashua, NH

Secure your future with a Life Plan designed for you!



A Life Plan option without having to move



Financial protection with predictable costs for future care



Security if your health changes



Care coordination and management



Lifetime coverage



www.silverstoneliving.org
603-821-1200

Silverstone
LIVING

Protecting Your Hard-Earned Money & Understanding Investments

This dynamic course is about understanding investments and how to protect your hard-earned money. The first session focuses on protecting your money by understanding some of the most common investment scams and fraud occurring right here in New Hampshire, discovering how you can protect yourself, knowing what to do if you suspect a problem, and learning how the state's Bureau of Securities Regulation can help. The second session will be focused on understanding and protecting your investments, you will be provided an overview of financial products and how to understand them. The presenter will also address the basics of financial planning including matters such as the importance of a will, advanced medical directives, and a power of attorney.

Presenter: Barry Glennon is the Director of the N.H. Bureau of Securities Regulation. He joined the Bureau in 2001 and later appointed Deputy Director of Licensing & Administration, and then Director in 2012. Barry was previously employed by the former Chubb Life/Jefferson Pilot Financial Insurance Company in Concord, N.H. and is a lifelong Manchester resident. The favorite part of his job with the Bureau is speaking with New Hampshire residents about how to protect their investments.

Member Tuition: \$25.00 | 2 T: 10/17/2023 - 10/24/2023 | 1:00-3:00PM | Class Limit: 25

GSC Manchester, 1750 Elm St, Manchester, NH, 03104



Scams & Frauds: Protect Yourself and Your Wallet

More people than you may think have been scammed as the electronic age has increased the reach of criminals exponentially. More than \$2.3 billion of losses reported to the FTC in 2021 were due to imposter scams—up from \$1.2 billion in 2020. This number will continue to skyrocket. Scammers are master manipulators who target all ages and demographics. Seniors are known to be specifically targeted given that they are typically more trusting, retired and more likely to have a nest egg. This course will give you tools and reassurance in how to recognize common scams and how to handle them. (Spoiler alert: Hang up!) You will also learn where to turn and what to do if you are scammed. If you have been scammed, know you are not alone.

Presenter: Andrea Libby, owner of Libby Computer, is certified in cleaning up computers after they have been accessed by scammers. In addition to running her business providing computer and networking services to the greater Mt Washington Valley, N.H. area, she also teaches one on one computer classes at the Gibson Center for Senior Citizens in North Conway, N.H. A native to the valley, she lives in Conway with her dog, Greta.

Note: This course will be offered in-person and via Zoom (a hybrid format). Please select your preference at registration.

Section 1 Member Tuition: \$20.00 | 1 R: 9/7/2023 - 9/7/2023 | 5:00-6:00PM | Class Limit: 20

Conway Public Library 15 Greenwood Ave, Conway, NH, 03818

Section 2 Member Tuition: \$20.00 | 1 R: 9/7/2023 - 9/7/2023 | 5:00-6:00PM | Class Limit: 20

Online - Virtual via Zoom

“In 2010 I discovered that I was not ready to give up teaching. It is who I am, not what I do. OLLI opened a new world for me. Conversing with adults instead of college students has given me a whole new outlook on the art of the exchange of information and learning. OLLI members bring curiosity, experience, and a love of learning to every class that I have presented and taken. What more could you want?”

- Merle Luber Friedenber, PhD. | Class of 2010 | Greater Manchester

Games & Puzzles

Bridge for Your Brain: More Commonly Used Conventions, Part II

The American Contract Bridge League has graciously provided materials to promote the teaching of the great game of bridge. This course explores several important tools or conventions for improving your game. Bridge players loves to bid slams, but how to do that? We will discuss the Blackwood and Gerber control-asking bids, and also discuss when to avoid using them. We will also drill down on good defensive technique by discussing effective opening leads and how to signal partner. Finally, we will introduce the Two Over One Game Force System, the most popular method in North America and beyond. I hope that students come to appreciate some of the finer points once we've concluded.

Presenter: Rick Weinstein is one of eight accredited American Contract Bridge League teachers in New Hampshire. Weinstein has been playing bridge competitively for more than 30 years and has attained the rank of Ruby Life Master and has earned more than 1700 masterpoints. In 2019, he was awarded the prestigious Leroy Lake Award by the New Hampshire Bridge Association for his contributions to the game. He also teaches at Riverwoods Continuing Care Community and for Salem High School Adult Education.

Member Tuition: \$35.00 | 4 S: 10/7/2023 - 10/28/2023 | 10:00AM-12:30PM | Class Limit: 20

Online - Virtual via Zoom

Games & Puzzlers II

We will begin with a one-person game, The Tower of Brahma (1883), and follow it with one of the oldest games in the world, Nim, a two-person game. Other fun favorites of your presenter will include an interesting variation on checkers, and a 15-dot puzzler, will lead to a consideration of KenKen, which is available daily in the Concord Monitor. Using a compass and straight-edge construction -- after being given any four points -- we will find (no fooling!) a square whose sides, extended, if necessary, contain the four points. Complete solutions will be provided for each problem during class. Join us for these engaging games, puzzles, and more! As mathematician George Poyla said, "Solving problems is a fundamental human activity. In fact, the greater part of our conscious thinking is concerned with problems."

Presenter: Bill Faulkner has presented more than 32 times with OLLI, ten or more unique courses in at least seven cities. With more than 50 years of teaching under his belt, he likes to interact with inquiring minds and welcomes suggestions for the content of his upcoming courses.

Member Tuition: \$25.00 | 2 W: 8/23/2023 - 8/30/2023 | 10:00AM-12:00PM | Class Limit: 20

NHTI - Concord's Community College 31 College Dr, Concord, NH 03301



Did You Know?

Are you a fan of The New Yorker magazine? OLLI has offered this course over 15 times since January 2017.

Personal Development

Did You Know? You're On a Hero's Journey!

If you were to think of your life as an epic tale of a hero or heroine who was put on earth to bring forth certain gifts, and to learn certain lessons, what would those be? Continuing with this theme, who are the important teachers—including worthy adversaries—that have surfaced throughout your life, and what lessons and opportunities might they have been brought to teach you — and you, to them? What about this current chapter of your life, during this particular time in history. Are there new gifts hidden inside of you that are waiting for you to recognize and bring forth? And what lessons might still be waiting to be learned? In this thought-provoking program, we will explore these questions and more. The two major lenses we will use in our exploration will be Joseph Campbell's Hero's Journey and Stephen Cope's *The Great Work of Your Life*, which explores how one finds and follows their unique path and purpose in life (i.e., their dharma). We will also be exploring how to use the Hero's Journey model to bring more fascination and aliveness into everyday life, and draw wisdom from simple, everyday experiences. Reading for the course is *The Great Work of Your Life: A Guide for the Journey to Your True Calling* by Stephen Cope (ISBN 9780553807516).



Presenter: David Lee is the founder and principal of HumanNature@Work. He is an internationally recognized authority on organizational and managerial practices that optimize employee performance, morale, and engagement. He is author of "Managing Employee Stress and Safety" as well as nearly 100 articles and book chapters on organizational and individual performance published in trade journals and books in the U.S. and abroad. He has held positions as a supervisor and trainer in the corporate world and a clinician and trainer in the healthcare field.

Member Tuition: \$20.00 | 1 F: 10/6/2023 - 10/6/2023 | 10:30AM-12:00PM | Class Limit: 15

Online - Virtual via Zoom

Saving Your Family's Heritage for Future Generations

Every family has stories to tell. Are you interested in preserving and sharing your family's history for others to enjoy? This course shares how to locate, gather, organize, and self-publish a family history for future generations. Our presenters will provide a step-by-step approach and show examples of how they created a project for their family to cherish for years to come.

Presenters: Bob Muzerall is a retired executive from the medical industry. He spent the last 15 years working closely with pharmaceutical, biotech and medical device clients helping them launch new products quickly and safely. Prior to that he worked within financial services, managing databases to provide accurate accounting. Bob also taught high school literature and writing, focusing primarily on American writers. Since retirement, Bob and his wife have been involved in volunteer organizations including OLLI, Habitat for Humanity, and as a local water commissioner.

Bee Muzerall worked in finance and taxation for many years. Most recently she worked at several colleges in the Financial Aid Office, assisting students with the funds needed for them to complete their degrees. Since retirement she has volunteered with AARP.

Member Tuition: \$20.00 | 1 W: 10/18/2023 - 10/18/2023 | 1:00-3:00PM | Class Limit: 35

Pope Memorial Library, 2719 Main St, North Conway Village, NH, 03860

Savvy Solo Travel

With anecdotes from her own solo travels, Gail shares tips to bolster confidence and safety at all stages of a journey alone. In this course, she covers what you need to know before you go, while you are in transit, and when you are at your destination. She shares how to handle mishaps (they do happen) and says, “My black eye was the best souvenir, ever!”

Presenter: Gail Thorell Schilling, writer and teacher, published in Rocky Mountain newspapers, regional magazines, and Daily Guideposts for decades. Her writing earned her several awards from the Wyoming Press Association and a fellowship at the Jentel Artists' Community in Wyoming. Schilling has taught writing at several community colleges and continues to coach memoir writing both in person and online.

Member Tuition: \$20.00 | 1 W: 9/6/2023 - 9/6/2023 | 10:00-11:30AM | Class Limit: 80

Online - Virtual via Zoom

TED Talks: Mind, Body, Spirit

TED talks cover a delightful variety of areas, TED being short for Technology, Entertainment and Design. The speakers tend to be experts, often at the cutting edge. We will be focusing this class on TED talks (all limited to 18 minutes) that focus on Mind, Body, Spirit in various combinations. An NPR TED Radio Hour series by this name combines snips from the TED talks along with interviews with the presenters. See, or more likely listen to: <https://www.npr.org/2023/03/16/1163967559/exploring-how-we-think-mind-body-spirit-part-1>

Presenter: Jim Isaak is a retired, recovering techie with a diverse set of interests including artificial intelligence, privacy, social media, lies, spies, and sunken subs. Isaak is also interested in the limits and approaches to critical thinking that span all sorts of topics.

Bob Jones is a lifelong film fanatic, avid outdoorsman, skilled computer user, and fan of The New Yorker magazine. Jones shares his many interests by presenting a variety of OLLI courses.

Member Tuition: \$30.00 | 3 M: 10/30/2023 - 11/13/2023 | 3:00-4:30PM | Class Limit: 15

GSC Manchester, 1750 Elm St, Manchester, NH, 03104

Using Woodworking Hand Tools

Humans have been using hand tools for thousands of years to hunt game, prepare food, and work wood. It is an ancient human practice, spanning across many continents. Ancient Egyptians and Romans were highly skilled woodworkers who made unique furniture, art, instruments, religious objects, and boats out of wood. Using woodworking hand tools today provides a connection to this history and to the master craftsmen who built beautiful pieces of furniture now seen in museums and historic homes. Hand tools are relatively inexpensive (compared to power tools), produce less dust and noise, are safer to use, and can provide great personal fulfillment. This class will provide an overview of the basic hand tools (saws, chisels, and planes) needed to make wooden craft objects and furniture. Students will be shown how to sharpen, use, and restore woodworking hand tools. There will be hands-on opportunities for students to use tools and get advice on how to restore a tool that may have been languishing in a basement or old barn.

Presenter: Lou Yelgin is a Keene State College Cohen Center Fellow whose research interests are Jewish Resistance and Children of Survivors. Yelgin is a child of Holocaust survivors. His parents survived the Nazis as members of a partisan resistance group in the Nacha Forest near Eishyshok, Lithuania. After being liberated by the Soviet Army, they emigrated to the U.S. in 1949, rebuilt their lives, and raised two children in the Boston area. The many stories told by his parents and their survivor friends fueled his interest in the Holocaust and his motivation to retell the stories to future generations.

Member Tuition: \$20.00 | 1 W: 10/4/2023 - 10/4/2023 | 1:00-2:30PM | Class Limit: 15

GSC Manchester, 1750 Elm St, Manchester, NH, 03104

Science & Technology

Computers, Smartphones, & Tablets

Photoshop for Beginners

Using their own photographs, students will learn how to transform an image with the help of basic Photoshop techniques and easily accessible tools. During this session, we will start with how to resize and straighten a photograph then move on to correcting the exposure of an image. Often when taking a photo the lighting is not ideal, leaving the image over or under exposed. Photoshop has multiple ways to correct exposure but the ones we will focus on in this class are levels and blending modes, both giving more control over the lighting of your image than a basic exposure bar. We will conclude the class by learning the fun tools which can help you completely change your photographs. We will explore the clone stamp, gradient layers, and filters all of which alter your photograph to make it uniquely yours.

Presenter: Kim Hamilton is the owner of Hamilton Digital Restoration & Photography. She received a BFA with a concentration in Photography/ Video from Montserrat College of Art, Beverly, MA in 2018. She works with digital photography as well as using 35mm and Holga film to make scans and prints. Her love of history led her to digital restoration. By scanning photographs and then digitally restoring them she works to rejuvenate and preserve memories that may have been lost otherwise.

Member Tuition: \$20.00 | 1 F: 9/8/2023 - 9/8/2023 | 1:00PM-3:30PM | Class Limit: 20

Note: Participants will need to purchase their own copy of Adobe Photoshop to participate in the course.

Online - Virtual via Zoom

Scheduling & Hosting Zoom Meetings

Do you want to see your friends and family members in a virtual setting? You can also conduct meetings for other organizations. As a follow-up to Zoom 101, this class covers how you can host meetings yourself using the Zoom online platform. You can subscribe to a free or paid account, depending on features. You will learn how to sign up for a subscription, schedule meetings, use security measures, host meetings, take polls, share documents, and use break out rooms. For those who have enjoyed participating in Zoom meetings, we will prepare you to take a step forward so you can invite others to join you for social or other types of gatherings.

Presenter: Tessa McDonnell works for OLLI part-time and is an adjunct faculty member at Granite State College in the School of Education. She has been engaged in teaching through technology for 30 years. McDonnell has used Zoom for meetings with non-profit agencies and with her students for over five years. Ever curious about the world around her, she enjoys deep discussions and exploring new ideas.

Member Tuition: \$20.00 | 1 R: 9/14/2023 - 9/14/2023 | 10:00-11:30AM | Class Limit: 40

Online - Virtual via Zoom



Living Well in Our Communities

We offer one-on-one, group, and online programs free of charge in a relaxed and fun environment.

**Aging Well | Advance Care Planning
Grief & Bereavement | Caregiving
Healthy Lifestyles | And More!**

**Find a program that fits your needs at
www.granitevna.org/calendar**



**Granite
VNA**

A Home Health, Hospice & Community Wellness Agency
Caring for New Hampshire Since 1899

Why is Cyber Security Like An Onion?

Security is like an onion; it has multiple layers. That theme, applying layers or also known as security controls, are applied to specific risk scenarios. The approach is to reduce the threat while helping to protect you, your family, your identity. In this session, we will define and discuss Environmental, Physical, and Logical risk scenarios and controls examples. Business travel, using your computer or phone, using the internet with cloud service providers, social media are all examples we will review. The goal of the course is to build awareness to discuss how you can apply security controls and provide to provide better protection options for you, your family and others.

Presenter: Catherine Nicolino Treanor has spent 25 years in the financial services Industry in IT Operations, Governance and Compliance for Data Centers & Cloud. In 2021, Catherine retired as Head of Compliance & Audit, Cloud Computing at Fidelity Investments starting the consulting company CisoForHire (www.ciso4hire.net). Catherine's education includes a Master of Information Security, AWS & Lead Auditor Certifications including ISO/IEC 27001. She lives on a farm shared with her family, horses and dogs.

Member Tuition: \$20.00 | 1 F: 9/8/2023 - 9/8/2023 | 10:00AM-12:00PM | Class Limit: 80

Online - Virtual via Zoom

Zoom 101 Introduction to Zoom: Personal Computers (PC), Laptops, Notebooks

This class is an introduction to the Zoom online platform for video meetings, OLLI courses, and events. Zoom is an application that enables users to meet online with family, friends, and colleagues. It is an easy way to stay connected, share, and keep in touch at a distance. You will learn how to join a meeting and take advantage of all the features for participating. This course is for those using Zoom on computers, tablets, and laptops. No experience required. Free and open to the public.

Presenter: Tessa McDonnell works for OLLI part-time and is an adjunct faculty member at Granite State College in the School of Education. She has been engaged in teaching through technology for 30 years. McDonnell has used Zoom for meetings with non-profit agencies and with her students for over five years. Ever curious about the world around her, she enjoys deep discussions and exploring new ideas.

Member Tuition: \$0.00 | 1 T: 8/15/2023 - 8/15/2023 | 10:00-11:30AM | Class Limit: 25

Online - Virtual via Zoom

Member Tuition: \$0.00 | 1 R: 8/17/2023 - 8/17/2023 | 1:00-2:30PM | Class Limit: 25

Online - Virtual via Zoom

Nature

Autumn Wonders: Engaging with the Seasons!

Autumn's arrival signals a transition time as the natural world pivots from a busy, productive summer to a season of rest and winter survival. In this presentation we will discuss the preparations underway by wildlife and plant systems and explore engaging ways we can enjoy this bountiful time such as developing Fall gardening strategies to create and observe critical wildlife habitat, using fun techniques to bring the natural world inside through terrariums and autumn art, and establishing easy daily activities to connect with nature and awaken your senses!

Presenter: Kelly Dwyer, founder of Nature Education Opportunities, is a self-taught naturalist, an environmental educator as well as a certified elementary teacher and certified wellness coach. She has been developing and presenting engaging programs on a variety of natural history topics for over twenty years. Dwyer sees herself as a facilitator, connecting people of all ages with the joys of nature and sparking the curiosity to continue learning.

Member Tuition: \$20.00 | 1 R: 9/28/2023 - 9/28/2023 | 7:00-8:30PM | Class Limit: 80

Online - Virtual via Zoom

Beauty From a Canoe

In this course, our presenter will share the animals and birds that she, a wildlife and nature photographer, captures with a camera while canoeing alone on the local ponds and river near her home. From eagles, osprey, loons, and other waterfowl to the animals she has found on the banks of the rivers and ponds she explores, see New England's beauty through her camera lens!

Presenter: Belinda Emmons, a native of Monroe, N.H. has lives in Barnet, VT for over 20 years. A wildlife and nature photographer who also works as a monitor for the NH Audobon, she loves the outdoors and the beauty that surrounds us.

Member Tuition: \$20.00 | 1 M: 10/16/2023 - 10/16/2023 | 3:00-4:00PM | Class Limit: 60

Online - Virtual via Zoom

Loving Animals: A Conversation with an Animal Communicator

Do you ever wonder what your animal is thinking and feeling? Are there behavior issues you're trying to solve? Are there several animals in your household and do you want to understand their dynamics? Are you struggling with end-of-life decisions? How does an animal communicator provide consultations over the telephone? The presenter, author of Loving Animals: Conversations with an Animal Communicator, will discuss how animal communication works and techniques she uses and will share a technique that you can use with your animals. Hear some touching stories and ask your own questions!

Presenter: Jeannie Lindheim studied with animal communication pioneer Penelope Smith. Jeannie consults with pet lovers from all over the U.S. who are trying to understand how their animal feels and what they want. She has communicated with dogs, cats, horses, ferrets, hedgehogs, pigs, alpacas, bearded dragon lizards, rabbits, many types of birds, steer, insects, etc.. 100% of the sale of her book are donated to animal rescue organizations. Jeannie has been a professional animal communicator since 2007.

Member Tuition: \$20.00 | 1 W: 12/6/2023 - 12/6/2023 | 1:00PM-2:00PM | Class Limit: 80

Online - Virtual via Zoom

Maintaining Wilderness Areas in the White Mountains

This course will begin with an overview of the US Forest Service, followed by an explanation of how our wilderness areas are designated and maintained in the Mount Washington Valley.

Presenter: Rebecca Huncilman has been working for the US Forest Service for a number of years. She has traveled with the Forest Service and assisted in numerous capacities in times of needs. Most recently she has traveled to assist with firefighting in our National Forests.

Member Tuition: \$20.00 | 1 T: 10/10/2023 - 10/10/2023 | 10:30AM-12:00PM | Class Limit: 30

Conway Public Library, 15 Greenwood Ave, Conway, NH, 03818



Did You Know?

OLLI at UNH presenter (and member) Eleanor Strang has taught nearly **60** individual OLLI classes since January of 2017.



We're by your side so your loved one can stay at *home.*



Call (603) 668-6868 or visit HomeInstead.com/CentralNH

PERSONAL CARE | MEALS & NUTRITION
MEMORY CARE | HOSPICE SUPPORT

Each Home Instead® office is an independently owned and operated franchise of Home Instead, Inc., an Honor Company. © 2023 Home Instead, Inc.

Salt Marshes: Pushing the Boundaries Between Land & Sea

Salt marshes are dominant geologic features of the East Coast, starting in southern Maine and continuing down much of the seaboard. Colonists considered them prime real estate, but over time, people degraded them and called them wastelands to be filled for more “productive” uses. Most people continue to misunderstand them. This class will have an inside component in which participants will learn about some history and modern issues, followed by a field portion where they will experience the salt marsh up close. The field portion will involve a walk on some uneven terrain and potentially muddy conditions. Low mud boots or old sneakers are recommended. The Monday, October 2 class will run from 11 a.m. to 12 noon and the Friday, October 6 class will run from 11 a.m. to 1:30 p.m.

Presenter: Suzanne Petersen is a seasoned environmental science educator. She has an extensive background in the ecology of estuaries and has led educational programs about salt marshes for many years to much of coastal New England.

Member Tuition: \$25.00 | 2 MF: 10/2/2023 - 10/6/2023 | 11:00AM-12:00PM | Class Limit: 15

UNH Professional Development & Training, 230 Commerce Way, Portsmouth, NH, 03801

Math & Science

Don't Panic & Bring Your Towel: A Grand Tour of the Universe

Starting from the Earth and Moon, reaching across the solar system, on to the nearest stars, out into the Milky Way galaxy and across the Universe to the most distant Quasars; The Grand Tour is a top-level survey of the universe and all the things we find in it. We'll cover our place in the cosmos, stars from white dwarves to red giants, gas, dust, nebulae, galaxies, star clusters, and more.

Presenter: Charles Drutman is a physicist whose day job involves theoretical modeling of material damage from lasers and various aspects of signal and image processing, but at night his head and mind is in the stars. Astrophysics and astronomy are his forte, and he loves teaching others about it. Aside from astrophotography, his other passions are 3-D printing and flying drones to gain an alternate perspective on reality. Drutman received his Master's degree in Physics from the University of Arizona and his Bachelor's degree in Physics, Earth, and Space Sciences from the State University of New York at Stony Brook.

Member Tuition: \$35.00 | 4 R: 10/5/2023 - 10/26/2023 | 5:30-7:30PM | Class Limit: 25

GSC Manchester, 1750 Elm St, Manchester, NH, 03104

Educational Travelogue: Continuing Adventures in Biophilia

Biophilia is the innate love of nature that all humans share. The best way to engage your inner biophilic is through educational travel. In this course, Eric will share his experiences leading educational travel courses to three of the world's great biodiversity hot spots. First, we'll explore the unique culture, flora and fauna of Tanzania, the "cradle of mankind." Next, we'll travel to the bottom of the world to explore Chilean Patagonia. Finally, we'll hunt (with a camera only!) for the world's largest species of bear on Kodiak Island, Alaska. Each trip will highlight the unique culture, flora, and fauna of the location. Eric's award-winning nature photography will serve as the anchor for each presentation.

Presenter: Eric J. Simon, Ph.D., is a professor in the Department of Biology & Health Science at New England College in Henniker, N.H. He teaches introductory biology, human biology, and tropical marine biology. Dr. Simon received a B.A. in biology and computer science and an M.A. in biology from Wesleyan University, and a Ph.D. in biochemistry from Harvard University. Dr. Simon is the author of a widely used series of college biology textbooks, with nearly three million books in print in over 40 countries.

Member Tuition: \$30.00 | 3 T: 10/3/2023 - 10/17/2023 | 3:30-5:30PM | Class Limit: 20

Online - Virtual via Zoom

Harnessing the Sun's Energy in the Past, Present, & Especially the Future

From ancient civilizations through our grandparents, we understood how to live in harmony with the sun. Since the Industrial Age we've manipulated our environment, using science to harness fossil fuels to be our servants. In recent years we've realized the error of this strategy and now science has offered us a new plan of action. Since the oil embargo of the early '70's, research into building materials and techniques, energy efficiency for building and transportation, and, in most recent years, converting the sun's energy directly into electricity has offered us a way to use the sun as our servant once again. We'll look at the the development of solar electricity and how most of our energy needs are being transitioned to this renewable resource. We'll also review how energy conservation is still as important as ever to reduce heating and cooling needs in our homes. Insulate before your InSOLate.

Presenter: Russ Lanoie is a long-time energy conservation & alternative energy advocate and built one of the first passive solar houses in the Mount Washington Valley; He is a member off the Tin Mountain and Town of Madison Energy Teams as well as a frequent writer and local distributor for the Green Energy Times. He is an educational program presenter for Tin Mountain Conservation Center and has sold several water and energy saving and alternative energy products for many years. He earned his Associates degree from The Thompson School of Applied Science at UNH.

Member Tuition: \$20.00 | 1 F: 10/27/2023 - 10/27/2023 | 10:30AM-12:00PM | Class Limit: 30

Pope Memorial Library, 2719 Main St, North Conway Village, NH, 03860

Mathematical Card Tricks

Come learn and be amazed by eleven card tricks – which all work via the mathematics of the deck with no pre-setting, or behind-the-back, or under the table happening here! It's all about the mathematics of the card deck! Registrants receive the written instructions for all of the tricks.

Presenter: Jeffrey Stern is a retired dentist who enjoys golf, travel, kayaking, and playing his saxophone and harmonica with the Brewery Lane Big Band. Originally from Pittsburgh, P.A., he's been a Stratham resident for 35 years and looks forward to sharing his amazing card tricks with OLLI members.

Member Tuition: \$25.00 | 2 W: 11/1/2023 - 11/15/2023 | 1:00-2:30PM | Class Limit: 20

UNH Professional Development & Training, 230 Commerce Way, Portsmouth, NH, 03801

The Catch: Whales, Turbines, & Fishing in the North Atlantic Ocean

Fishing, as an industry, is noted for being hazardous. On the East Coast between 2010-2014, fatalities in the lobster and scallop industries accounted for 26.6% of the 60 East Coast fishing fatalities. The Large Whale Take Reduction Act (2021) from the National Oceanic and Atmospheric Administration (NOAA) designed to protect whales has changed lobster gear requirements and restricted fishing areas. Some of these changes increase the hazards of lobstering. With the consideration of turbines and windfarms, comes the potential for new hazards to the North Atlantic fishing fleets including the scallop dragging industry. Windfarm planning and siting teams are presently discussing many topics including fishing safety. The presenter will focus on the impact of the regulatory environment related to lobstering and whales while in the second class, the discussion focuses on the planning and siting issues related to fishing in general/scalloping, in particular, and turbines. While the lens of the fishing community is the primary perspective, the sessions will feature a balanced view of the importance of wildlife protection and the need to deploy alternatives to fossil fuels.

Presenter: Ann Backus, MS, is an instructor in occupational safety at the Harvard TH Chan School of Public Health (HSPH). As the Director of Outreach for the NIOSH-funded Education and Research Center at HSPH, she has researched the occupational hazards of fishermen in Maine and New Hampshire and written under the byline FISH SAFE for Commercial Fisheries News for over 20 years. She is a member of the Maine Commercial Fishing Safety Advisory Council of the Maine Department of Marine Resources.

Member Tuition: \$25.00 | 2 T: 10/3/2023 - 10/10/2023 | 10:00AM-12:00PM | Class Limit: 25

GSC Manchester, 1750 Elm St, Manchester, NH, 03104

The Long Gestation & Turbulent Beginnings of Modern Science

The origin of written language and mathematics will serve as background before the turbulent and productive life of Galileo is considered. The monumental work of Isaac Newton that essentially defined modern science will then be considered in some detail. Details of the lives of these interesting and challenging men will also be discussed in some detail.

Presenter: Frederic Schubert has taught at the University of Southern Maine and Stony Brook University. He was an invited speaker to the chemistry department at the University of New Hampshire, and also created and taught a history of science course at Friends Seminary in Manhattan. An author of history articles in the Journal of Chemical Education, Schubert holds a Ph. D. in physical chemistry, is the inventor on 18 U.S. patents and has also published in The Journal of Chemical Physics.

Member Tuition: \$35.00 | 4 W: 10/4/2023 - 10/25/2023 | 10:00-11:30AM | Class Limit: 24

Online - Virtual via Zoom

Where The Automotive Industry Is Going

We will discuss the future of the automotive industry and the paradigm shift to electric and autonomous vehicles including how the worldview of internal combustion engines is rapidly changing. Additionally, we will touch on a broad range of subjects including the history of automobiles to their future, how they helped create a car culture in America that shifted societies and populations from cities to suburbs, and how cars have gone from an extension of individual identity to a transportation tool. Finally, there will be an opportunity to address misinformation regarding electric vehicles and try to discover how they'll fit into our rural lifestyle.

Presenter: Eric Meltzer has been writing his automotive column, "Wheels," published weekly in the Conway Daily Sun for more than 10 years. A lifetime car guy, he met his wife of 33 years, Michelle, when he was working at a new car dealership and fixed her car after hours. Eric is passionate about vehicles that drive, ride, fly, and float. His current stock consists of a wooden 1910 train caboose, a Cessna Skyhawk that he shares with his daughter, and a constantly fluctuating inventory of cars and trucks.

Member Tuition: \$20.00 | 1 S: 9/30/2023 - 9/30/2023 | 10:00AM-12:00PM | Class Limit: 25

Conway Public Library, 15 Greenwood Ave, Conway, NH, 03818

Where's My Jetpack? The Future is NOT What it Was!

We're going to look back at some of the depictions of the future, to see what prognosticators got right and got wrong. We'll look at both fictional and non-fictional considerations of the future, going back more than 250 years! Along the way, we will take a gander at some of what today's futurists see coming down the road and discuss what we think they get right and wrong. And perhaps we will try to generate some of our own predictions. All readings will either be online or provided by the instructor.

Presenter: Josh Shaine has been teaching courses through the MIT Educational Studies Program for more than thirty years. He also works with schools and families on issues of underachievement and gifted education. Shaine has been teaching for OLLI since 2008.

Member Tuition: \$35.00 | 4 T: 10/17/2023 - 11/7/2023 | 3:30-4:30PM | Class Limit: 12

Online - Virtual via Zoom

Social Sciences

Current Events & Politics

Civics Slam! Learning About Government Now That You're Older and Wiser

There has been an increasing need to provide civics education to adults for the past number of years. Recently, we have seen a growing division amongst people on social media, television and in person. The ability for people to civilly discuss ideas, differing viewpoints and varied political philosophies quickly erode into shouting matches and cancel culture. Part of this hostility towards each other can be found in civic illiteracy and the lack of basic understanding of government. People tend to shout their ideas rather than reason them when they lack the proper education to take or make a position and support it with reasoning. This lecture series will give people the opportunity to hear non-partisan views on topics such as basic ideas of government, influences of the enlightenment philosophers, debates at the Constitutional Convention, the U.S. Constitution and the Bill of Rights, political parties, the 14th Amendment, voting and citizenship rights. These topics, intertwined with answering participant questions, will give participants a richer understanding of the basics of civics and government.

Presenter: David Alcox taught civics at Milford High School for 25 years. He earned his Master's of Teaching Social Studies at Indiana University in Bloomington, I.N. in 2006. He has been the recipient of a number of awards and honors, including New Hampshire State Teacher of the Year three times, National Civics Teacher of the Year twice, the 2000 NH James Madison Fellowship recipient, and the 2013 Milford Citizen of the Year.

Member Tuition: \$35.00 | 4 R: 10/26/2023 - 11/16/2023 | 1:00-3:00PM | Class Limit: 25

GSC Manchester, 1750 Elm St, Manchester, NH, 03104

“After retiring from the world of education I was seeking a comfortable place to continue learning in a stress-free atmosphere. OLLI certainly fit the bill. "Come for the classes. Stay for the friends" is a perfect descriptor of what OLLI has meant to me. I enjoy the many opportunities that OLLI has provided me with as a presenter, committee member and class participant. I look forward to seeing what each new catalog brings!”

- Laura Jawitz | Class of 2012 | Mt. Washington Valley

Dystopian Spirals: How Tech is Creating Dysfunction, Division, & Disaster

A recent book, *The Chaos Machine: The Inside Story of How Social Media Rewired Our Minds and Our World*, by Max Fisher as well as the related PBS documentaries, *TicTok Boom* (2022) and *Hacking Your Mind* (2020) have laid out the context in which online tools operate. They leverage profiles of our private data. They use this to capture our attention, draw us to misleading information, extreme groups, or into unrealistic comparisons. This triggers stress, anxiety, outrage, fear. The results, for some may be depression, self-harm, social violence, and even genocide. The United Nations Human Rights Commission 2023 report indicates "Online rhetoric has spilled into real world terror, with military supporters using social media to harass and incite violence against pro-democracy activists and human rights defenders." This class will look at how this is happening, why this is happening, and some of the potential ways to reduce the impact. Syllabus web site: <https://is.gd/Dystopia>

Presenter: Jim Isaak is a retired, recovering techie with a diverse set of interests including artificial intelligence, privacy, social media, lies, spies, and sunken subs. Isaak is also interested in the limits and approaches to critical thinking that span all sorts of topics.

Note: This course will be offered in-person and via Zoom (a hybrid format). Please select your preference at registration.

Section 1 Member Tuition: \$30.00 | 3 M: 11/20/2023 - 12/4/2023 | 3:00-4:30PM | Class Limit: 30

GSC Manchester, 1750 Elm St, Manchester, NH, 03104

Section 2 Member Tuition: \$30.00 | 3 M: 11/20/2023 - 12/4/2023 | 3:00-4:30PM | Class Limit: 30

Online - Virtual via Zoom

Flashpoints in American Foreign Policy 2023

Every American should be aware of Ukraine as a major flashpoint in American foreign policy as of today. But there are others equally dangerous for U.S. national security. This course will zero in on a number of these including Ukraine, Iran, Saudi Arabia, China/Taiwan and possibly others depending on the world situation when the course begins. The class will provide the historical background for each flashpoint in addition to what is currently taking place, the danger for the United States, and where we go from here. The topic lends itself to lecture and a good deal of discussion. Hopefully, those enrolled will keep up with the news of these issues and lend their opinions to the class. The presenter hopes for a dialogue, not just a monologue.

Presenter: Steve Freiberger was an educator for over four decades including a number of years at the college level. His area of expertise is diverse with publications and a Ph.D. in Middle Eastern Diplomacy. He has presented at Ollie each year since moving to the area nine years ago. A Fulbright scholar in Israel he has won numerous teaching awards including the Organization of American Historians National Teacher of the Year. Steve greatly enjoys teaching at OLLI and interacting with his peers.

Member Tuition: \$35.00 | 4 W: 9/13/2023 - 10/11/2023 | 10:30AM-12:00PM | Class Limit: 30

UNH Professional Development & Training, 230 Commerce Way, Portsmouth, NH, 03801

Great Decisions Part II

Developed by the Foreign Policy Association to promote understanding of American Foreign Relations, "Great Decisions" provides the perfect opportunity to learn about issues concerning U.S. policymakers today and pose foreign policy challenges for tomorrow. Read, watch and join the discussion on contemporary international issues. The current topics for this year can be explored at fpa.org/great_decisions. You must obtain the most current Great Decisions Book on your own. It can be purchased online from Foreign Policy Association at greatdecisions.org.

Presenter: Tessa McDonnell works for OLLI part-time and is an adjunct faculty member at Granite State College in the School of Education. She has been engaged in teaching through technology for 30 years. McDonnell has used Zoom for meetings with non-profit agencies and with her students for over five years. Ever curious about the world around her, she enjoys deep discussions and exploring new ideas.

Member Tuition: \$35.00 | 4 R: 10/26/2023 - 11/16/2023 | 10:00AM-12:00PM | Class Limit: 24

Online - Virtual via Zoom

Immigration Reform: America's Unfinished Business

There has been no serious immigration reform since the presidencies of Reagan and Clinton. Our system is marked by long delays, huge fees, crushing backlogs, and often callous treatment. Its ramifications negatively affect family unity, our agriculture, payments into Social Security, availability of healthcare workers, humanitarian relief, and many vital sectors across the US economy. This presentation will offer an update on U.S. policy toward DACA, TPS, asylum, border security, deportation, and difficulty of getting a visa to the U.S.

Presenter: George Bruno is a practicing immigration lawyer with Mesa Law LLC in Manchester and principal in the consulting firm of the International Resource Group LLC. He has traveled to 60 countries and is the former U.S. ambassador to Belize.

Member Tuition: \$20.00 | 1 T: 11/28/2023 - 11/28/2023 | 10:00-11:30AM | Class Limit: 25

GSC Manchester, 1750 Elm St, Manchester, NH, 03104

Picking-the-President 2024: OMG! Not Already!

Yes, Virginia, another presidential election is on the horizon - much sooner perhaps than you may have wished. But the media, the pundits, the partisan talking heads and the candidates - both real and wishful - are out in force, jumping on every nuance, making wild predictions, exaggerating any tidbit of rumor and innuendo, pleading for attention. And 90% of what you see and hear is not worth a millisecond of your time and attention. Which is where Picking the President comes in. We'll sift through the chaff, hyperbole and just plain political garbage to identify and interpret what is important and why. How are the candidate fields shaping up? Who are serious? Who can be ignored? Is Pres. Biden enroute to an easy renomination? What about VP Harris and some of the other Democrat wannabees? On the Republican side, is the Trumpster again destined to win the nomination? Or will the "Anyone-But-Trump" Republicans coalesce behind Ron DeSantis, Nickie Haley, Mike Pence, Mike Pompeo or a current dark horse. Finally, will a third-party candidate emerge? And how significant might that be? Last but not least, what role will the N.H. Primary play in the nomination process of the two parties? The next six months have been a critical shake-down period in the presidential process. So, let's sit back, peek behind the political curtains and try to divine the nominating process leading up to the primaries.

Presenter: Dave Hess is a graduate of Dartmouth College and Yale Law School and was a Fellow at Harvard's Kennedy School of Government. He is a retired trial lawyer who served as an New Hampshire Assistant Attorney General under Warren Rudman and David Souter and was a member of the N.H. House of Representatives for 25 years, including terms as Majority Leader, Deputy and Assistant Majority Leader. Hess has presented several diverse and varied classes at OLLI since 2017. He developed a passion for politics more than 50 years ago when he became involved in the 1964 presidential primary. History in general, and political, military, and American western history, have been some of his lifetime interests.

Member Tuition: \$30.00 | 3 T: 9/19/2023 - 9/19/2023 | 10:00AM-12:00PM | Class Limit: 50

NHTI - Concord's Community College 31 College Dr, Concord, NH 03301

Silence in the Name of National Security

Silence in the Name of National Security tells the story of the presenter's maternal grandfather's and father's lifetime dedication to our Nation's safety. Each lived and died in silence, never to speak of the legacy they left behind. With sources gathered over a lifetime to uncover what they could not: memories, family stories and pictures, personal experience, personal relationships, interviews, professional knowledge, research, redacted records, and available online declassified documents, come hear this interesting story.

Presenter: Since 2021, Cristina Purdum has volunteered remotely and in person assisting the National Cryptologic Foundation (NCF), a partner of National Security Agency. She resides in Newmarket, N.H. and is retired from a long career in healthcare. She earned her M.A. degree in Sociology from the University of New Hampshire, and later returned for a M.S. degree in Occupational Therapy. In retirement she volunteers throughout the Seacoast Region of New Hampshire.

Member Tuition: \$20.00 | 1 M: 12/4/2023 - 12/4/2023 | 10:00-11:30AM | Class Limit: 30

UNH Professional Development & Training, 230 Commerce Way, Portsmouth, NH, 03801

Why Critical Race Theory is Critical

For the past two years, politicians, educators, social justice advocates, anti “woke” activists, students and citizens across the country have been hearing about Critical Race Theory (CRT). Major shifts in educational curricula have occurred as a result of this often-misunderstood theory along with political wins and losses that have waved the CRT flag - both for and against. The CRT debacle is a clear example of how divided our country is and how easily something can become emblematic of that divide. This theory has become a political football and yet, what it really is and what it is not remains unclear for many. In this program we will identify what CRT is, what it is not and how it has become “code” for issues that are centered on equity, justice, diversity and institutional/structural racism. We will look at the impact that the CRT debate has had on our education system around the country and right here in N.H. We will challenge some of the myths and consider how this theory has, in the past and present, both derailed and uplifted political careers. We will invite participants to share their perspective, and everyone is invited to bring examples of how they have seen CRT play out in their communities, families, workplaces, etc. This is a topic that is intertwined with politics and impossible to discuss without political reference. The intent is to clarify and inform, as objectively as possible, not to engage in debate about the merits or demerits of this legal theory.

Presenter: Anne Romney is a Portsmouth resident and an educator/group facilitator who is committed to anti-racism education. She co-facilitates the program White People Challenging Racism, offers a workshop called Standing Up to Racism, is a member of the Seacoast NAACP and volunteers with the Black Heritage Trail of NH. In September 2019, Anne helped organize a New England regional symposium on anti-racism. Anne has an M.Ed. from Lesley University.

Member Tuition: \$20.00 | 1 M: 9/18/2023 - 9/18/2023 | 10:30AM-12:00PM | Class Limit: 24

Online - Virtual via Zoom

Sociology, Religion, & Culture

Civility in Institutions

Polarized. It seems our society has become more polarized than ever. Disrespectful rhetoric -intentional and unintentional - now fills the media, our institutions, and our workplaces. So, how do we interact with civility in this emotionally fraught environment? How do we interact with one another in a way that allows us to be productive while respecting the opinions of those with whom we may not agree? At the end of this session, participants will be able to describe what civility is, describe why civility is important, and implement steps to promote civility.

Presenter: James McKim is a sought-after organizational performance speaker, coach, change manager, and author of the recently published book *The Diversity Factor: Igniting Superior Organizational Performance*. Over his extensive career, he has helped organizations in many industries spark efficiency and growth through aligning people, process, and technology. McKim currently serves as Managing Partner of Organizational Ignition. He is known nationally for his focus on organizational and individual performance through diversity, equity, and inclusion. In addition, he is Chair of the Episcopal Church's National Executive Council Committee Anti-Racism & Reconciliation and was the principal writer of the church's guidelines on anti-racism and reconciliation. As president of the Manchester Branch of the NAACP, he works regularly with governments and businesses to eliminate discrimination and advance racial healing for all.

Member Tuition: \$20.00 | 1 F: 9/22/2023 - 9/22/2023 | 10:00-11:30AM | Class Limit: 80

Online - Virtual via Zoom

Consequences of Allowing Hatred to Control Our Actions

During the 1994 Rwandan genocide, members of the Hutu ethnic majority in the east-central African nation of Rwanda murdered as many as 800,000 people, mostly of the Tutsi minority. Join presenter Vestine Ncungu as she shares her family's story of this humanitarian crisis. During the genocide, Vestine was just an eleven-year-old girl, and now lives her life to honor those she lost at such a young age. Be educated -and be inspired -by this moving, first-person account.

Presenter: Recently having her story featured in the Concord Monitor, Vestine Ncungu is an accountant for Northeast Delta Dental. She has shared her story at the Woman's Club of Concord, Leadership New Hampshire and Northeast Delta Dental and is currently writing her autobiography.

Member Tuition: \$20.00 | 1 F: 11/3/2023 - 11/3/2023 | 10:00-11:00AM | Class Limit: 40

Online - Virtual via Zoom



De-Biasing Techniques

Are you aware that 100% of people are biased but most do not know it? Research has shown that it is this unconscious implicit bias that causes discrimination and the “isms” that exist in society. This highly interactive workshop will help you understand how to de-bias yourself and show you how to embrace diverse people and ideas. Following this course, members will be able to fully understand unconscious implicit biases, list the different types of biases, and identify techniques to de-bias yourself.

Presenter: James McKim is a sought-after organizational performance speaker, coach, change manager, and author of the recently published book *The Diversity Factor: Igniting Superior Organizational Performance*. Over his extensive career, he has helped organizations in many industries spark efficiency and growth through aligning people, process, and technology. McKim currently serves as Managing Partner of Organizational Ignition. He is known nationally for his focus on organizational and individual performance through diversity, equity, and inclusion. In addition, he is Chair of the Episcopal Church's National Executive Council Committee Anti-Racism & Reconciliation and was the principal writer of the church's guidelines on anti-racism and reconciliation. As president of the Manchester Branch of the NAACP, he works regularly with governments and businesses to eliminate discrimination and advance racial healing for all.

Member Tuition: \$20.00 | 1 W: 10/25/2023 - 10/25/2023 | 1:00-2:30PM | Class Limit: 25

GSC Manchester, 1750 Elm St, Manchester, NH, 03104

Judaism & Sex

Judaism has few, if any, hang ups about sex. Sex is considered a very positive expression of love between consenting adults. The Bible and rabbinic sources provide a plethora of passages, stories, and other information from which we will learn about ancient, medieval, and contemporary views of sexuality and gender.

Presenter: Robin Nafshi is the rabbi of Temple Beth Jacob in Concord. She embraces the definition of rabbi as “teacher” and has generously shared her knowledge as an OLLI presenter for many years.

Member Tuition: \$20.00 | 1 M: 10/16/2023 - 10/16/2023 | 10:00-11:30AM | Class Limit: 50

Online - Virtual via Zoom

Exploring the Community

TERRAPIN TOURS IS A PROUD SUPPORTER OF OLLI AT GSC



Terrapin Tours





OFFERING HIGH QUALITY GROUP TOURS FROM NH
From day trips to two week adventures, we offer high-quality group tours departing from NH. Relax and enjoy beautiful destinations and the company of your fellow travelers while we handle all of the details!

603-348-7141 ~ info@terraptintours.com
terraptintours.com ~ Find us on Facebook!

A Walk Around the Ring: The History & Architecture of Center Sandwich

Center Sandwich village started to develop in the late eighteenth century. Join us as we walk around the village on “The Ring” - Main Street, Maple Street and Church Street - and discuss the history of the village, the people who lived there and how the buildings have changed over the years. Spoiler Alert: Fire played a big part in the changing landscape. The walk is about a mile over relatively flat ground and will last for about 90 minutes. take one and a half to two hours. A stop afterwards at The Foothills Cafe, which is along our route, rounds out our discussion.

Presenter: Jim Mykland is the Director of the Sandwich Historical Society (SHS). A longtime local historian, Mykland has served as a Trustee and President of the Society. He is a retired Dispatcher from the Conway Police Department and is currently Town Moderator in Sandwich, as well as a former Chief of the Sandwich Fire-Rescue Department. When not attending to his duties at SHS, he can be found walking the forests and fields around central N.H.

Member Tuition: \$20.00 | 1 T: 9/12/2023 - 9/12/2023 | 11:00AM-1:00PM | Class Limit: 25

Center Sandwich, Elisha Marston House, 4 Maple St., Center Sandwich, NH 03227

Alnoba Art Tour

Alnoba's renowned art collection was created to inspire, delight, challenge, and provoke. On your tour, your volunteer guide will introduce you to the stories behind the artists and their work. Many of Alnoba's art pieces represent vital themes of social justice and sustainability, challenging us all to go one step further than we thought we could toward a better world. The art collection at Alnoba, which is part of the private collection of the Lewis Family, was created to be a place for everyone to approach art, be outdoors, and enjoy Mother Nature's beauty and majesty. Walk the trails, experience the sculptures, and leave refreshed and more connected to the natural world. Please dress appropriately for exploring the outdoors, including footwear for comfortable walking on paths through fields and wooded areas, casual clothes, and bring water, bug spray and sunscreen. Be prepared to walk at an easy pace, with some breaks, for the full ninety minutes. Alnoba's buildings are closed. Walkers may use the portable restroom in the parking lot. The tour takes place outdoors, sometimes on uneven terrain, with a roughly 2-mile walk. The area around Andy Goldsworthy's "Watershed Boulder" requires a climb up a fairly steep hill that may be difficult for those with mobility issues.

Presenter: Kathy Canedy has completed two years as a docent at Alnoba. Docents are trained to communicate to visitors the important features and mission of the Alnoba property. The docents not only identify the sculptures at Alnoba, but often can add information and/or anecdotes about the artists and features of the natural landscape of the property. As a retired educator, Kathy enjoys the engagement with people who come to see and appreciate the beautiful art and to experience this special place.

Member Tuition: \$20.00 | 1 F: 9/15/2023 - 9/15/2023 | 10:00-11:30AM | Class Limit: 15

Note: \$10 admission fee will be added to your registration. Total cost \$30.

Alnoba, 24 Cottage Rd Kensington, NH 03833

American Independence Museum Historic Tour

By 1775, Exeter was a thriving seaport and served as the capital of New Hampshire throughout the American Revolution. This tour covers two significant properties from that time: the Ladd-Gilman House and the Folsom Tavern. Seen through the lens of New Hampshire, you'll explore not only the events that shaped the foundations of our country, but also the people who contributed to the cause of Independence, some of whom will be familiar and others who may be new to you. You'll also learn about the place taverns held in Colonial America as gathering places for people from all ranks of society. Please note: This facility is not ADA-compliant.

Presenter: Founded in 1991 in historic Exeter, N.H., the American Independence Museum seeks to engage, educate and excite people of all ages to understand and celebrate the American struggle for freedom and self-governance. Through programs, exhibits and tours, the museum preserves and shares its buildings, grounds and collection to advance an inclusive understanding of the fight for independence.

Member Tuition: \$20.00 | 1 T: 10/17/2023 - 10/17/2023 | 10:00AM-12:00PM | Class Limit: 20

Note: \$10 admission fee will be added to your registration. Total cost \$30.

American, Independence Museum, 1 Governors Ln, Exeter, NH 03833

Beadwork: Hands-on History & Construction

Glass beads have been used throughout North America for hundreds of years. Students will be introduced to the basic techniques of beading rosettes. These round beaded discs can be used to adorn clothing, pouches and household articles. This hands-on workshop will take place in the auditorium of Mt Kearsarge Indian Museum, located in Warner, N.H. All materials will be supplied. No previous experience is required, however, comfort manipulating small beads will be helpful. In addition to learning the process of beadwork, students will discuss the unique history, manufacture and distribution of beads throughout North America. Culmination of the workshop will be a walking tour of the museum's collections.

Presenter: Andrew Bullock has had a long-time association with Mt. Kearsarge Indian Museum and Native art. As the Executive Director, he combines his understanding of the New Hampshire Native community, oral traditions, and programming. Bullock has facilitated Traditional Teachings and beading workshops at his alma mater Trent University, as well as University of Ontario Institute of Technology and the Canadian Canoe Museum.

Member Tuition: \$20.00 | 1 R: 10/12/2023 - 10/12/2023 | 1:00-3:00PM | Class Limit: 12

Note: \$20 material fee will be added to your registration. Total cost \$40.

Mt Kearsarge Indian Museum, 18 Highlawn Rd, Warner, NH 03278

Black Heritage Trail of New Hampshire Walking Tour

Institutionalized slavery in Colonial America provided immense wealth and material culture to many European immigrants and their descendants in the Americas, as Portsmouth's house museums bear witness. This tour brings into focus an economic system dependent upon the international slave trade with its constant supply of kidnapped unpaid African workers and their descendants, who, against the odds, created one of this country's oldest Black communities.

Presenter: The Black Heritage Trail of New Hampshire promotes awareness and appreciation of African American history and life in order to build more inclusive communities today. We believe that if we could embrace our shared history, we could heal racial anxiety and misunderstanding in our communities, our state, and in this country.

Member Tuition: \$20.00 | 1 R: 10/5/2023 - 10/5/2023 | 10:00AM-12:00PM | Class Limit: 20

Note: \$15 admission fee will be added to your registration. Total cost \$35.

Black Heritage Trail NH, 222 Court St, Portsmouth, NH 03801

Celebrating Portsmouth's Historic Music Hall

Take a tour of one of the oldest continually operating theaters in the country. You will be guided through the building and discover interesting facts about the Music Hall's 140-year history. You will learn about the theater's role in the community not only for entertainment, but as a multipurpose gathering place. Discover how the Music Hall was impacted by other theaters in the area as well as the onset of film and television. Get a behind the scenes look at the 1901 rigging system still used backstage today. Note that climbing stairs will be involved in parts of the tour.

Presenter: Zhana Morris has been the Production Manager and Historian at The Music Hall in Portsmouth, N.H. since 1997 and is the co-author of a book, *The Music Hall, Portsmouth*, on the historic venue (Arcadia Publishing). She is also a stage manager and costume designer for seacoast area theaters.

Member Tuition: \$20.00 | 1 M: 9/11/2023 - 9/11/2023 | 11:00AM-12:30PM | Class Limit: 30

Note: \$5 admission fee will be added to your registration. Total cost \$25.

The Music Hall, 28 Chestnut St, Portsmouth, NH 03801

Community Players of Concord, N.H. Studio Tour

The Community Players of Concord, N.H. is an all-volunteer community theatre organization founded in 1927, which produces four shows each year at the Concord City Auditorium. Its headquarters, the Players Studio located in East Concord, houses a two-story workshop and the largest collections of costumes and props of any theatre organization in the state. Participants will tour all areas of the Studio with ample opportunity to learn about the Players history and the work that goes into producing the groups' full-scale musicals, plays, children's camps and other activities. Participants will also be invited to visit a subsequent rehearsal of The Sound of Music, the Players show scheduled to be performed on the weekend of November 17-19, 2023.

Presenter: Ellen Burger is the current president of The Community Players of Concord, N.H., a nonprofit theatre organization founded in 1927 with a mission “to encourage, foster and promote the participation by amateurs in all phases of the theatrical arts.” Ellen has been an active member of the Players since 2009, in various roles, including actor, co-producer, publicity committee chair, and board member.

Member Tuition: \$20.00 | 1 W: 10/18/2023 - 10/18/2023 | 3:00-4:00PM | Class Limit: 30

The Players Studio, 435 Josiah Bartlett Rd, Concord, NH 03301

Daniel Webster's Family: More Than 200 Years of United States History

Come and hear the history of the Daniel Webster Birthplace in Franklin and follow the Webster family starting in 1636 with the arrival of Thomas Webster. The course involves a guided tour of the grounds and house, along with an interpretive talk about the founding of New Hampshire, the colonial times, the revolution, the life and times of both Ebenezer and Daniel Webster and their impact on both the colonies relationship to Britain and French, the revolution, the beginnings of American as a nation and finally Daniel's impact on the new and future United States until his death in 1850 and how it resonates today.

Presenter: Randy Kovach is the Docent and Site Manager for the Daniel Webster Birthplace and works for th NH State Parks' Bureau of Historical Sites.

Member Tuition: \$20.00 | 1 S: 9/9/2023 - 9/9/2023 | 10:00AM-12:00PM | Class Limit: 35

Daniel Webster's Birthplace, 131 N Rd, Franklin, NH 03235

Electric Vehicles: Past, Present, & Future

Starting with the history of electric vehicles, we will move through their current state and look ahead to what the future will be for electric vehicles. We will look at the technology of electric vehicles and how they work. We will discuss charging stations as well as the range and life span of an electric vehicle. We will talk about electric vehicles across the industry- their pros and cons - and even have a few electric vehicles to experience in person!

Presenter: Brian Therrien has a Bachelor's degree in technology. He is a Ford Product Specialist and Electric Vehicle (EV) Specialist at Grappone Automotive Group, where he helps teach guests about EVs and how they may work in their lives. Therrien has a passion for EVs and has owned several.

Member Tuition: \$20.00 | 1 F: 12/1/2023 - 12/1/2023 | 1:00-2:30PM | Class Limit: 40

Grappone Mazada, 134 Manchester St., Concord, NH, 03301

Go Behind the Scenes at New Hampshire PBS

Join us as we go behind the scenes at NHPBS and discover how PBS and NHPBS work. Learn how shows like Windows to the Wild and Granite State Challenge are made. Work with a studio camera, sit at a switcher, and try your hand at making a TV program. Founded in 1959, NHPBS reaches over one million Granite Staters each month through its local and national programming.

Presenter: Susan Adams is the Education Manager and came to NHPBS in 1993. She works with educational and social service agencies to help them get the most out of NHPBS and PBS educational resources. She also co-produces the academic game show, Granite State Challenge.

Member Tuition: \$20.00 | 1 T: 9/12/2023 - 9/12/2023 | 10:00-11:30AM | Class Limit: 18

New Hampshire PBS, 268 Mast Rd Durham, NH 03824

Harvesting Small Grains with Draft Power

Come see what it was like in the early 1900 harvesting small grains in New England. We will utilize horse and oxen power to cut and bind small grains as well as stacking them in shocks to dry in the field. Afterwards you will get to see a 1919 Sterling Thrashing machine process the grain from the stocks making the grain ready for the grist mill or animal feed.

Presenter: Ray Ramsey grew up on a family farm in central Indiana where he developed his passion for farming, utilizing older and antique equipment growing row crops, small grains, and livestock. After moving to New England, Ray incorporated draft power into his farming lifestyle in New Hampshire. Ray takes great pride in preserving and using traditional farm equipment and draft power while farming a variety of crops.

Member Tuition: \$20.00 | 1 M: 8/28/2023 - 8/28/2023 | 10:00-11:30AM | Class Limit: 30

Sanborn Mills Farm, 7097 Sanborn Rd, Loudon, NH 03307

Justice in Real Time

Visit the Merrimack County Superior Court to discuss civil and criminal procedure, the process of Grand Jury, Petit Jury, and jury trials. Other topics may include current events of interest in our State and the Nation.

Presenter: Catherine Ruffle graduated from UNH and UNH Law School and served for several years as a prosecutor in several New Hampshire courts. She is currently serving as the clerk of Merrimack County Superior Court.

Member Tuition: \$20.00 | 1 F: 9/29/2023 - 9/29/2023 | 9:00-10:30AM | Class Limit: 25

Merrimack Superior Court, 5 Court St, Concord, NH 03301

Learning What Pickleball is All About

You must have heard about America's fastest growing sport, Pickleball, and wondered what this funny sounding game is all about. This two-session class, will tell you what it's all about, teach you the basic skills required to play, the rules and where you can find a game in the Valley. You'll also get to practice what you've learned by playing with your fellow classmates. Paddles and balls will be supplied so all you'll need to become a pickler is to just show up with some good quality sneakers.

Presenter: Diane Ryan is an avid pickleball player who enjoys introducing new players to the game.

Member Tuition: \$25.00 | 2 M: 9/11/2023 - 9/18/2023 | 10:00AM-12:00PM | Class Limit: 12

North Conway Community Center, 78 Norcross Cir, North Conway, NH 03860

Look Behind the Curtain: Tour Granite State Candy Shoppe's New Production Space

Peter Bart, founder of the Granite State Candy Shoppe, arrived in Lawrence, MA in 1909 from the Greek Island of Lesvos. In Lawrence, Peter found a job as a candy maker where he learned the trade and honed his skills. Several years later he moved to Concord, N.H. where he found an old building on Warren Street and started making candies the old-fashioned way. Presenter Jeffrey Bart shares the history of his family's business dating back to 1927 before guiding a tour of the Shoppe's new candy kitchen and sharing the secrets to the chocolate and candy making processes. Enjoy a chocolate or two!

Presenter: Jeffrey Bart is a third-generation candy and chocolate maker. He has been working in the business for more than 20 years. Granite State Candy Shoppe has been making a wide variety of chocolates, candies and super premium ice cream in house for over 90 years.

Member Tuition: \$20.00 | 1 M: 11/6/2023 - 11/6/2023 | 11:00AM-12:00PM | Class Limit: 12

Granite State Candy, 126 Hall St, Units D & E, Concord, NH 03301

Maine History at the Old York Historical Society

This multi-building tour will provide you with a comprehensive view of colonial history from a Maine point of view. First, you'll visit Remick Gallery, housing some of the most significant colonial artifacts in Northern New England. Next stop is Jefferd's Tavern, representing pre-Revolution history of accommodations along the Maine frontier. Additionally, you'll tour the Old School House, dating back to the 1740s, and the popular Old Gaol, dating back to the 1650s and the oldest English Royal government building standing in Maine.

Presenter: The mission of the Old York Historical Society is to preserve and promote the rich history of the York region through programs and educational experiences that enhance historical perspective and build on community pride. The complex—which hosts educational and public programs throughout the year—includes the Virginia Weare Parsons Education Center and Program Room, the Remick Gallery, Jefferds Tavern, York Corner Schoolhouse and other properties and buildings.

Member Tuition: \$20.00 | 1 R: 9/28/2023 - 9/28/2023 | 10:00AM-12:00PM | Class Limit: 30

Note: \$10 admission fee will be added to your registration. Total cost \$30.

Old York Historical Society, 3 Lindsay Rd, York, ME 03909

Manchester Water Works: All About Our Most Precious Resource

Tour the state-of-the-art Water Treatment Plant that supplies an annual average of 18 million gallons of portable water daily to 160,000 people in the Greater Manchester area. Learn about the importance of the Lake Massabesic Watershed -- the source of Manchester's drinking water.

Presenter: David Miller is the Deputy Director, Water Supply for Manchester Water Works. He is the primary facility operator/manager and is also responsible for planning, coordination and engineering design for various water projects at the utility.

Member Tuition: \$20.00 | 1 T: 8/22/2023 - 8/22/2023 | 9:30-11:00AM | Class Limit: 20

Manchester Water Treatment Plant, 1581 Lake Shore Dr., Manchester, NH, 03109

Mission Brief & Radome Tour of New Boston Space Force Station

Transferred from the U.S. Air Force to the U.S. Space Force in the summer of 2020, the New Boston Space Force Station was originally established in 1942 as a practice area for bombers and fighter planes from nearby Grenier Army Air Field (now Manchester-Boston Regional Airport). The Commander will provide a brief Mission Brief, and then lead participants on a tour of Heritage Hall. Bring your questions as the course ends with a question- and-answer period.

Presenter: Lt Col Devin L. Zufelt, Squadron Commander of New Hampshire's New Boston Space Force Station (NBSFS), began his command in the state in June of 2023. He leads more than 240 military, DoD civil service, and contractor personnel, providing operations and maintenance to eight Satellite Control Network, two GPS, and seven specialized antenna systems worth more than

\$3 billion, which provide command and control to DoD, national and civil satellite control centers operating over 190 intelligence, weather, navigation, warning, and communications satellites. Prior to NBSFS, Lt Col Zufelt served as the Chief of Operations, Joint Overhead Persistent Infrared Center, at Colorado's Buckley AFB.



Note: Registration for this course closes 9/5 to allow Space Force team to complete background checks on registered members. Additional details will be emailed to participants.

Section One Member Tuition: \$20.00 | 1 R: 9/19/2023 – 9/19/2023 | 10:00AM-12:00PM | Class Limit: 25

New Boston Space Force Station, 317 Chestnut Hill Rd, New Boston, NH, 03070

Section Two Member Tuition: \$20.00 | 1 T: 10/17/2023 – 10/17/2023 | 10:00AM-12:00PM | Class Limit: 25

New Boston Space Force Station, 317 Chestnut Hill Rd, New Boston, NH, 03070

Moffatt Ladd House & Garden Historic Tour

On this guided tour, you'll step back in time to learn about the house built by merchant John Moffatt in 1763 and owned by his descendants until 1912. Located in the heart of downtown Portsmouth, the mansion contains superb woodwork and is fully furnished with antiques from different periods. A signer of the Declaration of Independence, William Whipple, and his wife Katherine Moffatt lived here throughout the Revolution. The building housed enslaved people until 1785, including two signers of the 1779 Petition of Freedom: Prince Whipple and Winsor Moffatt. You'll also tour the perennial garden, which dates back to the first rose bush planted in 1864 and features a Chestnut tree planted by William Whipple in 1776.

Presenter: The Moffatt-Ladd House was built between 1760 and 1763 for the only son of John Moffatt, one of the wealthiest men in the colony of New Hampshire prior to the Revolution. This would be the beginning of almost 150 years of the same family living in this stately home overlooking the Piscataqua River. The house and garden were preserved, treasured and improved upon by five generations of the Moffat and Ladd families.

Member Tuition: \$20.00 | 1 T: 9/19/2023 - 9/19/2023 | 10:00-11:30AM | Class Limit: 30

Note: \$8 admission fee will be added to your registration. Total cost \$28.

Moffatt-Ladd House, 154 Market St, Portsmouth, NH 03801

Portsmouth Naval Shipyard Tour: From Sails to Atoms

For more than 200 years, Yankee ingenuity and craftsmanship have been the keys to success for Portsmouth Naval Shipyard. In this popular tour, learn about the role and achievements of the Yard in times of war and peace from a military historian's perspective. A government-issued picture ID is required. Participants will be transported by school bus from the Kittery Lions Club parking lot at 117 State Road, Kittery to stops in the Shipyard. Participants must be able to use the bus and negotiate stairs. Neither the bus nor comfort facilities are handicapped accessible. Gather at the meeting spot by 9:15 a.m. so the tour can begin at 9:30 a.m.

Presenter: Joe Gluckert is the historian at Portsmouth Naval Shipyard. Master Sergeant Gluckert is also the historian for the 439th Airlift Wing at Westover Air Reserve base in Massachusetts.

Note: A security background check is required for all registrants in advance of the course. This background check is automatically processed by the Portsmouth Naval Shipyard; registrants do not need to supply any additional information.

Member Tuition: \$20.00 | 1 R: 10/19/2023 - 10/19/2023 | 9:15AM-12:30PM | Class Limit: 30

Portsmouth Naval Shipyard, Albacore Park, 569 Submarine Way, Portsmouth, NH 03801

Telling Manchester's History Through 25 Objects

What can people learn from historical objects and how can museums use historical objects to tell a story? This course will examine 25 objects from the collections of the Manchester Historic Association. The course will look at each object, explore what specific information we know about that object, and how it can be used to tell a larger story. Objects can take on greater significance when we know more information about it and can place it within a larger context.

Presenter: Jeff Barraclough is the Executive Director of the Manchester Historic Association (MHA). He has worked at the MHA for over 10 years, and previously worked at the Moffatt-Ladd House & Garden in Portsmouth, Adams National Historic Park, and New England Historic Genealogical Society. Barraclough is also an adjunct faculty member at Gordon College. He serves as president of the New Hampshire Heritage Museum Trail and is on the board of the Association of Historical Societies of New Hampshire.

Member Tuition: \$20.00 | 1 M: 10/23/2023 - 10/23/2023 | 10:00AM-12:00PM | Class Limit: 40

Millyard Museum, 200 Bedford St Suite 103, Manchester, NH 03101



The Women on the Walls of the N.H. State House

It's 1869, you are Marilla Ricker, and you are a suffragette. In 1870 you hand in your first ballot to vote. It is rejected but you keep trying. You study and become a prominent lawyer and in 1910, you run for governor of NH. It's 2016, more than 100 years later, and your portrait is unveiled on the walls of the NH State House. The NH State House has a long history and women have played an important part in that history! On this women's highlights tour of the NH State House, View the nine women's portraits that grace the walls of the State House, hear about these women and learn about the firsts of the women who have followed and continue to follow in their footsteps.

Presenter: Virginia Drew is the Director of the State House Visitor Center. She is a New Hampshire native, on the Board of Selectman in Epsom, a founder and member of the Friends of The Epsom Library, Municipal Budget Committee member and active in the Epsom Historical Association. Drew is on the Executive Board for the National Legislative Services and Security Association. She has visited forty-one US capitols and four Canadian capitols, the British Parliament and the seats of the French and Netherland parliaments.

Member Tuition: \$20.00 | 1 W: 9/13/2023 - 9/13/2023 | 2:00-4:00PM | Class Limit: 45

New Hampshire State House, 107 N Main St, Concord, NH 03301

Tour Manchester City Hall & Meet Mayor Joyce Craig

Come tour Manchester City Hall and visit with Mayor Craig as she describes the work of managing New Hampshire's largest city. Mayor Craig will describe the structure of Manchester's government and public works, share her knowledge of the difficulties of running a major city, and answer your questions about civic involvement.

Presenter: Joyce Craig is the 48th Mayor of Manchester. Mayor Craig attended public schools in the city before earning her degree in Business Administration from the University of New Hampshire. She began her public service in 2008, winning a seat on Manchester's Board of School Committee, and then served as an Alderman for six years. In 2017 she was elected the first woman to serve as Mayor of Manchester. In addition to running for office, Mayor Craig has completed 10 consecutive Boston marathons.

Member Tuition: \$20.00 | 1 R: 10/5/2023 - 10/5/2023 | 10:00-11:30AM | Class Limit: 20

Manchester City Hall, 1 City Hall Plaza, Manchester, NH 03101

"After discovering the OLLI "community" in 2012, I presented my first class in March of 2013. After more than 50 classes later, I treasure the friendships made and the joyous interactions with the staff, volunteers and members, OLLI has enriched my life on so many levels. I eagerly await my next chapter with OLLI."

- Paul Brogan | OLLI Presenter

Tour the Mason & Hamlin Piano Factory

In 1854, pianist Henry Mason and mechanic Emmons Hamlin joined forces to form the company bearing their names. By the start of the 20th century, the company was producing pianos championed by such luminaries of the classical music world as Sergei Rachmaninoff and Maurice Ravel. That tradition of excellence continues under the direction of current owners, Gary and Kirk Burgett. Come see how these wonderful grand pianos are now hand-crafted in Mason & Hamlin's six-floor factory pairing the original designs and quality of the founders with the innovations and advancements of the 21st century. The tour will end in their sixth-floor showroom where participants will hear the finished products in a live performance of works composed for two pianos, featuring local Seacoast duo pianists, Pamela Langley and James Bullock. Please note that the factory, is NOT handicap accessible. The tour will require prolonged standing and walking. Participants will be required to pay a \$20 cash tour admission fee upon arrival at the factory.

Presenters: Pamela Langley studied piano locally as a child and then with Louise Rogers and Donald Steele as a student at the University of New Hampshire. She has performed throughout the Seacoast region, primarily as church musician and accompanist for individuals and choral groups. Langley was a member of the baroque trio, the Jefferson Street Ensemble, which performed in the Portsmouth area in the 1980s, and sang with Amare Cantare for many years. In retirement from a career at NHTI-Concord's Community College, she continues to perform, most often playing two-piano repertoire with her partner, James Bullock.

James Bullock has enjoyed a professional career as church organist and occasional recitalist, accompanist, and harpsichordist. He received undergraduate and graduate music performance degrees in organ from the University of Oklahoma at Norman with minor concentrations in harpsichord performance and music theory and has held faculty positions at the University of Oklahoma at Norman, John Brown University in Siloam Springs, Arkansas, and Plymouth State University. Bullock has performed in Europe, Asia, and the Caribbean, as well as across the US and Canada. In addition, his experience includes several years in the classical organ building trade. He is also a licensed chiropractor and an amateur violinist.

Member Tuition: \$20.00 | 1 W: 9/13/2023 - 9/13/2023 | 10:00AM-1:00PM | Class Limit: 20

Mason & Hamlin Factory, 35 Duncan St, Haverhill, MA 01830

Outdoor Adventures

Amoskeag Millyard Walking Tour: From Amoskeag Falls to Arms Park

Hear how Samuel Blodget built his riverboat canal at Amoskeag Falls in 1807 and how the Amoskeag Manufacturing Company later harnessed the Merrimack River to power its mile of textile mills. The walk includes views of the river and falls; the islands where Native Americans and early settlers fished; the Amoskeag Bridge and dam; the two gate houses and the basin of the waterpower canal system; the Eversource campus which includes a repurposed power plant; and the Jefferson Mill and other mill buildings. We'll walk along the path of Blodget's Canal to where it emptied into the Merrimack at what is now Arms Park (about 1/3rd of a mile) and walk over a portion of the now-buried Amoskeag company's Lower Canal. Moderate walking required.

Presenter: Aurore Eaton's popular newspaper column, "Looking Back," has appeared weekly in the New Hampshire Union Leader since 2011. The column connects the intimate stories of New Hampshire's people to the wider scope of American history. She is the former Executive Director of the Manchester Historic Association and the author of *The Amoskeag Manufacturing Company - A History of Enterprise on the Merrimack River*. Her next book will tell the story of Grenier Field, Manchester's former military air base.

Member Tuition: \$20.00 | 1 S: 9/16/2023 - 9/16/2023 | 10:00AM-12:00PM | Class Limit: 25

Eversource Energy Parking Lot, 780 N. Commercial St, Manchester 03101

Explore Bedrock Gardens

Bedrock Gardens is an oasis for horticulture, art and inspiration. It has been described as a haven in the ever-expanding land of stop-lights and traffic jams on our formerly quiet by-ways. Over the last 30 years, this 37-acre 1740's farm site was recreated as a unique garden journey through numerous outdoor rooms with artful installations, rare botanical collections, diverse habitats, and a whole lot of joy. When you tour this garden, you are supporting the non-profit Friends of Bedrock Gardens, as this private garden is currently in the process of transferring ownership from the founders so that it might be shared with the general public for generations to come. A tour through the garden with executive director John Forti will take from 1.5 - 2 hours. The terrain is flat to gently sloping and covers about 3/4 of a mile. There are many places to pause and lots of seating along the way. Feel free to bring a lunch and stay a while. Bedrock Gardens was named 'Best Cultural Oasis' by NH Magazine and described by the Boston Globe as “one of the most beautiful and intriguing landscapes in New Hampshire. “In accordance with current recommendations, no masks are required in the garden.” However, masks are suggested in close encounters, such as in the bathrooms, or for your comfort.

Presenter: John Forti is a nationally recognized lecturer, garden historian, ethnobotanist, and garden writer. He is the Executive Director for Bedrock Gardens. Forti has been the Horticulture Director for Mass Horticultural Society, Strawberry Banke Museum, and Plimoth Patuxet Museum.

Member Tuition: \$20.00 | 1 W: 9/27/2023 - 9/27/2023 | 10:30AM-12:30PM | Class Limit: 20

Note: \$25 admission fee will be added to your registration. Total cost \$45.

Bedrock Gardens, 19 High Rd, Lee, NH 03861

Explore Odiorne Point State Park

The Odiorne family settled near Rye in the mid-1660s and lived at Odiorne Point into the 1900s. From 1942 to 1947, Odiorne Point was the site of Fort Dearborn. Come explore the park with a mostly level approximately two-mile walk. Highlights include a walk along the shore with views of the Wood Island Life Saving Station and White Island Lighthouse, the Frost Point Breakwater, the Battery Seaman, the Dolphin Fountain, and the Odiorne Point Cemetery. Afterwards, participants can explore the grounds of the Seacoast Science Center and visit it for an admission fee collected at the door. This course is not suitable for those who have difficulty walking or utilize a mobility-accessible device.

Presenter: John Russell enjoys the outdoors, poetry, and mathematics (especially statistics). He is enthusiastic about sharing this enjoyment with others. Russell is a retired quality engineer, former trip leader for the Appalachian Mountain Club, and sometime poet.

Member Tuition: \$20.00 | 1 F: 10/13/2023 - 10/13/2023 | 10:30AM-12:00PM | Class Limit: 14

Rain Date - Friday, October 20, 2023 10:30AM

Odiorne State Park, 570 Ocean Boulevard, Rye, NH 03870



Did You Know?

Our newest Special Interest Group (SIG), Reading America's Founding Documents, was created in June 2023 and is a direct outcome of members attending Dave Alcox's "Civics Slam! Learning About Government Now That You're Older and Wiser" course during the Spring 2023 term.

Exploring Nature in Autumn

Enjoy a three-hour guided hike at the Veteran's Memorial Recreation Area (VMRA) in Franklin, part of the Great Gains Forest, with a local amateur naturalist. Our focus will be on the various habitats encountered, the terrain and the flora and fauna that reside therein or visit on migrations, and how each is adapting to the season of autumn and preparing for winter. We will look for examples of species' interconnectedness, whether in a food cycle, nesting, symbiotic or parasitic, as well as marvel at nature's patterns and designs encountered, including those that assist in camouflage and/or which humans have copied for artistic and industrial purposes. Regardless of which trail we take, our pace will be purposefully slow, encouraging observation and discovery. Participants are encouraged to choose a medium that supports inquiry, such as photography, use of identification guides/apps, journaling, sketching, etc. The difficulty of the day's hike will be determined by participants' abilities. There are trails ranging from Easy to Moderate at VMRA; we will choose a route most appropriate for the group. Participants are responsible to bring any equipment or materials needed for observation and discovery work, according to each one's personal interest. Hike is conditional on weather.

Presenter: Karen Darling has been exploring the natural world since childhood. She enjoys sharing what she finds with others, inspiring individuals of all ages with a sense of discovery and of stewardship of the Earth, its diverse habitats, and its flora and fauna. After decades working in both classroom and outdoor environmental education, she is now mostly retired. She lives, hikes, and kayaks in Franklin with her husband Dan and their dog, Goldie.

Member Tuition: \$20.00 | 1 S: 9/16/2023 - 9/16/2023 | 1:00-4:00PM | Class Limit: 10

Rain Date - Saturday, September 23, 2023 1:00PM

Veterans Memorial Recreation Area, 266 Flaghole Rd, Franklin, NH 03235



ARTISAN JEWELRY WORKSHOP





JEWELRY
THAT MAKES
YOUR
INNER ARTIST
smile





PATRICIA NICOLINO
 EMAIL: info@nico.jewelry
 FB: [@nicoartisanjewelry](https://www.facebook.com/nicoartisanjewelry)
 IG: [@nico_artisanjewelry](https://www.instagram.com/nico_artisanjewelry)
www.nico.jewelry
 OLLI member since 2015



Fall Foliage Cruise on Squam Lake

This Fall Foliage themed field trip meets at The Forest Society's Concord Conservation Center for a naturalist-led hike along the trails at the Merrimack River Floodplain. Learn about why and how deciduous tree leaves change color and lose leaves in autumn to prepare for winter. Do “Evergreens” always remain so? What are the relative advantages and disadvantages of a coniferous vs deciduous lifestyle? Which native forest trees are best adapted to grow on riparian “riverside” floodplains? Practice basic tree identification. Learn about the natural disturbances and cultural history events that have shaped the forests and wildlife habitats of the Merrimack River Floodplain Forest in Concord. Visit an active beaver pond and learn about associated wildlife which benefit from beaver activity. A two-hour walking tour of less than 1.5 miles. Opportunity to stay for a bring your own picnic lunch on the deck overlooking City of Concord and Merrimack River floodplain with your hosts from The Forest Society.

Presenter: Squam Lakes Natural Science Center is a nonprofit organization with a mission to advance the understanding of ecology by exploring New Hampshire's natural world. Through spectacular live animal exhibits, natural science education programs, guided Squam Lake Cruises, an informal public garden, and Blue Heron School, a nature-based Montessori early learning center, the Science Center has educated and enlightened visitors since 1966 about the importance of our natural world.

Member Tuition: \$20.00 | 1 F: 10/20/2023 - 10/20/2023 | 10:00AM-12:00PM | Class Limit: 35

Note: \$25 admission fee will be added to your registration. Total cost \$45.

Squam Lakes Natural Science Center, 23 Science Center Rd, Holderness, NH 03245

Fall Foliage Floodplain Forest Tour Along the Merrimack River in Concord

This Fall Foliage themed field trip meets at The Forest Society's Concord Conservation Center for a naturalist-led hike along the trails at the Merrimack River Floodplain. Learn about why and how deciduous tree leaves change color and lose leaves in autumn to prepare for winter. Do “Evergreens” always remain so? What are the relative advantages and disadvantages of a coniferous vs deciduous lifestyle? Which native forest trees are best adapted to grow on riparian “riverside” floodplains? Practice basic tree identification. Learn about the natural disturbances and cultural history events that have shaped the forests and wildlife habitats of the Merrimack River Floodplain Forest in Concord. Visit an active beaver pond and learn about associated wildlife which benefit from beaver activity. A two-hour walking tour of less than 1.5 miles. Opportunity to stay for a bring your own picnic lunch on the deck overlooking City of Concord and Merrimack River floodplain with your hosts from The Forest Society.

Presenter: Dave Anderson is the Senior Director of Education for the statewide Society for the Protection of New Hampshire Forests (SPNHF). His monthly “Forest Journal” column appears in the statewide New Hampshire Sunday News. His quarterly “Nature's View” columns are a regular feature in the Forest Society's quarterly magazine, Forest Notes. Anderson is a writer and host of the Friday “Something Wild” feature on the stations of New Hampshire Public Radio (NHPR).

Member Tuition: \$20.00 | 1 F: 10/20/2023 - 10/20/2023 | 10:00AM-12:00PM | Class Limit: 35

Society for the Protection of New Hampshire Forest, Concord Conservation Center, 54 Portsmouth St, Concord NH 03301

Great Bay National Wildlife Refuge Walk

Join us for a walk around this hidden gem of the Seacoast, home to fox, deer, osprey, kestrel, and an occasional bald eagle. We will walk the William Furber Ferry Way Trail (2 miles) and, if time permits, the Peverly Pond Trail (1/2 mile). Both trails are graded and include gentle inclines. Wear good walking shoes (no sandals or flip-flops), long pants (there may be ticks) and a hat. Cameras, binoculars, and walking sticks are optional. No dogs allowed. Not recommended for people who have difficulty walking. This course is not suitable for those who have difficulty walking or utilize a mobility-accessible device.

Presenter: John Russell enjoys the outdoors, poetry, and mathematics (especially statistics). He is enthusiastic about sharing this enjoyment with others. Russell is a retired quality engineer, former trip leader for the Appalachian Mountain Club, and sometime poet.

Member Tuition: \$20.00 | 1 F: 9/29/2023 - 9/29/2023 | 1:00-2:30PM | Class Limit: 14

Rain Date - Friday, October 6, 2023 1:00PM

Great Bay Wildlife Refuge, 4 Arboretum Dr, Newington, NH, 03801

Guided Nature Walk with York Land Trust

On this guided nature walk, you'll explore Smelt Brook Preserve, one of York Land Trust's seven pristine preserves. As part of the York River Estuary, it is one of the Gulf of Maine's least disturbed marsh-estuarine ecosystems. The area surrounding Smelt Brook has a long history of traditional saltwater farms where families fished, pastured cattle, and harvested marsh hay. You'll have the opportunity to see exceptional shorebirds, including great blue herons, night herons, white egrets and kingfishers. The York River is also home to 28 species of fish. You'll learn about how the river and its salt marshes help protect the quality of our water, prevent erosion, and reduce flooding.

Presenter: York Land Trust is a member-supported, nonprofit organization in York County, Maine. It works closely with local, state and federal partners to permanently protect the extraordinary natural resources that define the unique character of this region of Maine. It stewards more than 3000 acres of treasured community lands open for public access across six southern Maine towns.

Member Tuition: \$20.00 | 1 W: 10/11/2023 - 10/11/2023 | 10:00AM-12:00PM | Class Limit: 15

York Land Trust, 1 Long Neck Marsh Rd, York, ME 03909

Hike & Brew

Join OLLI member, Betsy Gemmecke, for a short 0.6-mile hike up to the top of Jockey Cap, which is a small, granite dome with sweeping views of the White Mountains. Then walk across the street, enjoy food at a local food truck, and learn about Saco River Brewing by founder Mason Irish. Saco River Brewing started in July of 2016 with 1-barrel (31 gallon) batches, then scaled up to 7-barrel size, and now brews 10-, 15-, and 30-barrel batches. They started only with draft, then hired a canning service to package beer, and now have their own canning machine. Saco River Brewing Company currently distribute cans and kegs throughout Maine and New Hampshire. Mr. Irish will discuss the beer brewing process and business, and how he works to brew many styles of beer that appeal to a wide range of tastes. Registrants will purchase their own food and drinks.

Presenters: Mason Irish is the founder and head brewer of Saco River Brewing in Fryeburg, Maine. Besides brewing beer, Irish's passions include skiing and biking.

Betsy Gemmecke has been a member of OLLI since 2008, and has taught numerous courses including Rebalance, Recharge, & Love the Rest of Your Life, Welcome to the Valley, Senior Pub Crawl, and several travel classes. She also leads the MWV snowshoeing and hiking SIG. And she loves beer!

Member Tuition: \$20.00 | 1 R: 9/14/2023 - 9/14/2023 | 12:00-2:30PM | Class Limit: 20

Saco River Brewing, 10 Jockey Cap Ln, Fryeburg, ME 04037

Hike the Kuncanowet Town Forest in Dunbarton

The Kuncanowet Town Forest and Conservation Area derives its name from the Kuncanowet Hills. In Native American, Kuncanowet means "mountain place of the bear." While we may not see bear, chances are good to see deer, beaver, migrating birds, and other woodland creatures. We will take a close look at spring flowering plants and visit the sites of two mills, following the Mill Trail out and the Hobblebush Trail back, about 2.5 miles in all. This course involves moderate hiking, so tie shoes or boots recommended. In spring there are damp spots. Bring bug spray and water. The trailhead is at the end of Holiday Shore Drive off Gorham Drive in Dunbarton. The closest house to the entrance is 38 Holiday Shore Drive for those of using GPS.

Presenter: Jo Hendry is a retired educator and naturalist who enjoys sharing the outdoors with like-minded people.

Member Tuition: \$20.00 | 1 W: 10/18/2023 - 10/18/2023 | 10:00AM-12:00PM | Class Limit: 20

Note: Additional Information on location and parking will be provided prior to course.

Kuncanowet Town Forest and Conservation Area, Holiday Shore Drive off Gorham Drive, Dunbarton, NH 03046

Hike the Marjory Swope Trail: Concord's Hidden Gem

Marjory Swope Park serves as the gateway to an already considerable area of land conserved by the State, City of Concord, Society for the Protection of NH Forests, St. Paul's School, and Rossvie Farm. Come join us as we hike the Marjory Swope trails, stopping for views of Penacook Lake and other mountain vistas. Learn about the site's history and enjoy one of the most popular walking trails in Concord.

Presenter: Beth Fenstermacher is the Assistant City Planner for the City of Concord. She is involved in permitting, natural resources planning, and landscape design for the City. She has staffed the Conservation Commission and Trails Subcommittee for over 7 years.

Member Tuition: \$20.00 | 1 T: 9/26/2023 - 9/26/2023 | 9:00-10:30AM | Class Limit: 8

Marjory Swope Trails, Across from 42 Long Pond Rd, Concord, NH 03301

Little Harbor Trail Walk

Starting at the Society for the Preservation of New Hampshire Forests' (SPNHF) Creek Farm Reservation we will walk through the woods and then along the Sagamore Creek mud flats and salt marsh with beautiful views and the possibility of seeing various shore-birds. Because there are lots of roots on this 1.5-mile trail, sturdy shoes are required and those with mobility issues may not wish to participate. As part of the trail is on private property, no dogs are allowed. This course is not suitable for those who have difficulty walking or utilize a mobility-accessible device.

Presenter: John Russell enjoys the outdoors, poetry, and mathematics (especially statistics). He is enthusiastic about sharing this enjoyment with others. Russell is a retired quality engineer, former trip leader for the Appalachian Mountain Club, and sometime poet.

Rain Date - Friday, October 20, 2023 1:00PM

Member Tuition: \$20.00 | 1 F: 10/13/2023 - 10/13/2023 | 1:00-2:30PM | Class Limit: 14

Little Harbor Trail, 400 Little Harbor Rd, Portsmouth, NH 03801

Walk Around Wagon Hill Farm

If you've driven U.S. Route 4 between Durham and Dover you've been by Wagon Hill Farm. Come join us for a walk by the water, through the woods, through the bob-o-link breeding grounds and ending at the Monarch Butterfly habitat. Wear long pants (this will be tick season) and sturdy shoes (no sandals or flip-flops). Hats, water bottles, and cameras are encouraged. This course is not suitable for those who have difficulty walking or utilize a mobility-accessible device.

Presenter: John Russell enjoys the outdoors, poetry, and mathematics (especially statistics). He is enthusiastic about sharing this enjoyment with others. Russell is a retired quality engineer, former trip leader for the Appalachian Mountain Club, and sometime poet.

Member Tuition: \$20.00 | 1 F: 9/29/2023 - 9/29/2023 | 10:30AM-12:00PM | Class Limit: 14

Rain Date - Friday, October 6, 2023 10:30AM

Wagon Hill Farm, Route 4, Durham, NH



Index

Courses are listed in order by region and then by start date. For complete course details, please refer to complete course listing.

Capitol Region						
COURSE TITLE	START DATE	DOW	START TIME	END TIME	PRESENTER	PAGE
Games & Puzzlers II	23/Aug/2023	W	10:00AM	12:00PM	Faulkner	42
Harvesting Small Grains with Draft Power	28/Aug/2023	M	10:00AM	11:30AM	Ramsey	59
Remembering Our Connection: An Introduction to Herbalism	29/Aug/2023	T	10:00AM	11:30 AM	Foss	36
New Hampshire War Monuments: The Stories Behind the Stones	29/Aug/2023	T	1:00PM	2:00PM	Bailey	31
Writing is Murder	30/Aug/2023	W	1:00PM	2:30 PM	Sheldon	15
Mill Girls of New England	31/Aug/2023	R	10:00AM	12:00PM	Fargo	30
Mary Folsom Blair: A Remarkable Life	05/Sep/2023	T	10:00AM	11:30AM	Primack	29
Advanced Fall Leaf Barn Quilt	06/Sep/2023	W	10:00AM	1:00PM	Astell	11
Working with Wool from Sheep to Yarn	08/Sep/2023	F	10:00AM	12:00PM	Dunham-Miliotis	10
Nature Poets of New Hampshire	08/Sep/2023	F	3:00PM	4:30 PM	Jordan	20
Daniel Webster's Family: More Than 200 Years of United States History	09/Sep/2023	S	10:00AM	12:00PM	Kovach	58
Shakespeare's Henry IV, Part I: History or Comedy?	06/Sep/2023	W	10:00AM	12:00PM	Baker	21
The Women on the Walls of the N.H. State House	13/Sep/2023	W	2:00PM	4:00PM	Drew	62
Exploring Nature in Autumn	16/Sep/2023	S	1:00PM	4:00PM	Darling	65
What's Your Story?	18/Sep/2023	M	9:30 AM	12:00PM	Brogan	14
Picking-the-President 2024: OMG! Not Already!	19/Sep/2023	T	10:00AM	12:00PM	Hess	53
Hike the Marjory Swope Trail: Concord's Hidden Gem	26/Sep/2023	T	9:00AM	10:30AM	Fenstermacher	68
Lewis Hayden: Fugitive Slave, Underground Railroad Leader, State Legislator	27/Sep/2023	W	1:00PM	3:00PM	Strang	29
Justice in Real Time	29/Sep/2023	F	9:00AM	10:30AM	Ruffle	60
Chaucer's "Prologue to the Canterbury Tales"	2/Oct/2023	M	9:00AM	10:30AM	Benoit	18
Mormon Trek to the Promised Land: The Handcart Migration to Utah	04/Oct/2023	W	10:00AM	12:00PM	Hess	30
Beadwork: Hands-on History & Construction	12/Oct/2023	R	1:00PM	3:00PM	Bullock	57
Hike the Kuncanowet Town Forest in Dunbarton	18/Oct/2023	W	10:00AM	12:00PM	Hendry	68
Community Players of Concord, N.H. Studio Tour	18/Oct/2023	W	3:00PM	4:00PM	Burger	58
Fall Foliage Cruise on Squam Lake	20/Oct/2023	F	10:00AM	12:00PM	Docent	66
Fall Foliage Floodplain Forest Tour along the Merrimack River in Concord	20/Oct/2023	F	10:00AM	12:00PM	Anderson	66
Films: Reel Jewish Movies	23/Oct/2023	M	9:00 AM	12:00PM	Bender	16
Crafting Simple Gifts for the Holiday Season	24/Oct/2023	T	10:00AM	12:00PM	Frost	12
Discovering Buck Jones	25/Oct/2023	W	10:00AM	12:00PM	Steelman & Ambra	15
The Gem of the Suncook Valley: A Look at Pittsfield's History!	31/Oct/2023	T	10:00AM	11:30AM	Dimmick & Berkson	33
Look Behind the Curtain: Tour Granite State Candy Shoppe's New Production Space	06/Nov/2023	M	11:00AM	12:00PM	Bart	60
Mini Works of Art: Creativity & Rubber Stamping	07/Nov/2023	T	10:00AM	12:30 PM	Frost	13
Healthy Eating for Life: Losing & Maintaining Weight Sustainably	15/Nov/2023	W	3:00PM	4:30 PM	Donovan	38
Craft a Recycled Paperback Book Christmas Angel	17/Nov/2023	F	10:00AM	12:00PM	Altilio	11
Electric Vehicles: Past, Present, & Future	01/Dec/2023	F	1:00PM	2:30 PM	Therrien	59
Acapella Holiday Carols	11/Dec/2023	M	1:00PM	2:30PM	Chaffe & Sager	23

Greater Manchester Region

COURSE TITLE	START DATE	DOW	START TIME	END TIME	PRESENTER	PAGE
French vs. Irish: Why the Beef?	21/Aug/2023	M	10:00AM	11:30AM	Perreault	26
Manchester Water Works: All About Our Most Precious Resource	22/Aug/2023	T	9:30 AM	11:00AM	Miller	61
Jewish Resistance During the Holocaust	24/Aug/2023	R	10:00AM	12:00PM	Yelgin	27
Nursing Care, Medicaid, & Long Term Care	05/Sep/2023	T	1:00PM	2:30 PM	Rivard	39
Acupressure for Everyday Ailments	06/Sep/2023	W	1:00PM	2:30PM	Ropp	35
Experience the Rich Tri-Culture of Malaysia with An Evening of "Tasting"	11/Sep/2023	M	4:00PM	6:30 PM	Roy & Roy	37
Experience the Rich Tri-Culture of Malaysia with An Evening of "Tasting"	14/Sep/2023	R	4:00PM	6:30 PM	Roy & Roy	37
Amoskeag Millyard Walking Tour: From Amoskeag Falls to Arms Park	16/Sep/2023	S	10:00AM	12:00PM	Eaton	64
Films Through the Decades V	18/Sep/2023	M	1:00PM	4:00 PM	Jones	16
Mission Brief & Radome Tour of New Boston Space Force Station	19/Sep/2023	T	10:00AM	12:00PM	Zufelt	61
18th Century New Hampshire: Every Man had a Gun & Every Woman Could Shoot	20/Sep/2023	W	10:00AM	12:00PM	Schappals	24
Lewis Hayden: Fugitive Slave, Underground Railroad Leader, State Legislator	20/Sep/2023	W	1:00PM	3:00PM	Strang	29
The Underground Railroad in Amherst: Its Conductors & Anti-Slavery Friends	25/Sep/2023	M	10:00AM	12:00PM	Fullerton	34
Madness & the Movies XII	27/Sep/2023	W	9:30 AM	12:00PM	Soreff	16
Albert Camus: An Algerian Frenchman	29/Sep/2023	F	10:00AM	12:00PM	Pajakowski	18
Growing Older & Wiser: Staying Healthy as a Senior Adult	2/Oct/2023	M	1:00PM	3:00PM	Castor	35
Barbara Tuchman: Soldier of Quality	03/Oct/2023	T	10:00AM	12:00PM	Gleason	9
The Catch: Whales, Turbines, & Fishing in the North Atlantic Ocean	03/Oct/2023	T	10:00AM	12:00PM	Backus	50
Using Woodworking Hand Tools	04/Oct/2023	W	1:00PM	2:30 PM	Yelgin	44
Tour Manchester City Hall & Meet Mayor Joyce Craig	05/Oct/2023	R	10:00AM	11:30AM	Craig	63
Don't Panic & Bring Your Towel: A Grand Tour of the Universe	05/Oct/2023	R	6:00PM	7:30 PM	Drutman	48
The Visual Sherlock Holmes	06/Oct/2023	F	1:00PM	3:00PM	Fritsch	17
Dark & Supernatural Literature: Your World	12/Oct/2023	R	10:00AM	12:00PM	Deleault	18
The Great Kate: A Helping of Hepburn!	13/Oct/2023	F	9:30 AM	12:00PM	Brogan	17
Mission Brief & Radome Tour of New Boston Space Force Station	17/Oct/2023	T	10:00AM	12:00PM	Zufelt	61
Protecting Your Hard-Earned Money & Understanding Investments	17/Oct/2023	T	1:00PM	3:00PM	Glennon	40
Telling Manchester's History Through 25 Objects	23/Oct/2023	M	10:00AM	12:00PM	Barracough	62
Coin Collecting: Don't Get Ripped Off!	24/Oct/2023	T	1:00PM	3:00PM	Fritsch	39
Granite Fizz: The Untold Story of Spring Water & Flavored Tonic in New Hampshire	25/Oct/2023	W	10:30AM	12:00PM	Sasseville	38
De-Biasing Techniques	25/Oct/2023	W	1:00PM	2:30 PM	McKim	55
Civics Slam! Learning About Government Now That You're Older and Wiser	26/Oct/2023	R	1:00PM	3:00PM	Alcox	51
TED Talks: Mind, Body, Spirit	30/Oct/2023	M	3:00PM	4:30 PM	Isaak & Jones	44
JFK Assassination & the Failure of Institutions	01/Nov/2023	W	1:00PM	3:00PM	MacDonald	27
Unravelling Anti-Semitism	02/Nov/2023	R	10:00AM	12:00PM	Luber Friedenber	34
Short Stories of F. Scott Fitzgerald	06/Nov/2023	M	10:00AM	11:30 AM	Baker	21
Music Appreciation Through the Eyes of a Professional Tuba Player	07/Nov/2023	T	10:00AM	11:30 AM	McConnell	24
Paris & New York in the Twenties and Thirties, Part III	14/Nov/2023	T	10:00AM	12:00PM	Mahoney	10

Greater Manchester Region Continued

COUSE TITLE	START DATE	DOW	START TIME	END TIME	PRESENTER	PAGE
Dystopian Spirals: How Tech is Creating Dysfunction, Division, & Disaster	20/Nov/2023	M	3:00PM	4:30 PM	Isaak	52
Immigration Reform: America's Unfinished Business	28/Nov/2023	T	10:00AM	11:30 AM	Bruno	53
Holiday Flutes with the Manchester Community Music School's Flute Choir	29/Nov/2023	W	5:30 PM	6:30 PM	Dionne	23
The History of Psychiatry	06/Dec/2023	W	10:00AM	12:00PM	Soreff	33
The Life & Times of Manchester's Famous Moxie Bottle House	12/Dec/2023	T	10:30AM	12:00PM	Sasseville	38

Mt Washington Valley

COURSE TITLE	START DATE	DOW	START TIME	END TIME	PRESENTER	PAGE
Weaving a Holiday Basket	07/Sep/2023	R	1:00PM	4:00PM	Rennie	14
Scams & Frauds: Protect Yourself and Your Wallet	07/Sep/2023	R	5:00PM	6:00PM	Libby	41
Learning What Pickleball is All About	11/Sep/2023	M	10:00AM	12:00PM	Ryan	60
A Walk Around the Ring: The History & Architecture of Center Sandwich	12/Sep/2023	T	11:00AM	1:00PM	Mykland	56
Hike & Brew	14/Sep/2023	R	12:00PM	2:30PM	Irish & Gemmecke	67
Cruising New Hampshire History: Historical Roadside Markers	23/Sep/2023	S	10:30AM	12:00PM	Bruno	25
What is a Sound Bath? No, You Won't Get Wet!	27/Sep/2023	W	1:00PM	3:00PM	Starr	37
Where The Automotive Industry Is Going	30/Sep/2023	S	10:00AM	12:00PM	Meltzer	50
All Aboard the Orphan Train	03/Oct/2023	T	12:30PM	2:30PM	Fargo	25
Maintaining Wilderness Areas in the White Mountains	10/Oct/2023	T	10:30 AM	12:00PM	Huncilman	47
Saving Your Family's Heritage for Future Generations	18/Oct/2023	W	1:00PM	3:00PM	Muzerall & Muzerall	43
Adaptive Reuse: Discarded Paper into Art	19/Oct/2023	R	1:00AM	2:30PM	Carlin	11
Let Your Creativity Take Flight: Create an Owl Pastel	25/Oct/2023	W	1:00PM	3:00PM	Ayers	13
17th Century History of Oak Island: Templars, Treasure, & Freemasons	25/Oct/2023	W	6:00PM	7:30PM	Owen	24
Reiki: Introduction to this Ancient Healing Practice	26/Oct/2023	R	1:00PM	2:30 PM	Keenan	36
Harnessing the Sun's Energy in the Past, Present, & Especially the Future	27/Oct/2023	F	10:30 AM	12:00PM	Lanoie	49
Railroads & the Mt. Washington Valley: How They Forever Changed Lives	01/Nov/2023	W	1:00PM	3:00PM	Owen	31
Ernest Hemingway: the Man, the Myth, & the Reality	02/Nov/2023	R	1:00PM	2:30 PM	Muzerall	20
Amazing Masters... Aging Gracefully!	06/Nov/2023	M	10:00AM	12:00PM	McEvoy	35
Icelandic Knit Design	06/Nov/2023	M	1:00PM	3:00PM	Williams	12
Lake District of England: Land of Beatrix Potter	15/Nov/2023	W	1:30PM	3:00PM	Pillion & Hadley	27
Patagonia Dreaming	16/Nov/2023	R	4:30 PM	5:30 PM	Halpern	31

Seacoast

COURSE TITLE	START DATE	DOW	START TIME	END TIME	PRESENTER	PAGE
Celebrating Portsmouth's Historic Music Hall	11/Sep/2023	M	11:00AM	12:30PM	Morris	58
Go Behind the Scenes at New Hampshire PBS	12/Sep/2023	T	10:00AM	11:30AM	Adams	59
Tour the Mason & Hamlin Piano Factory	13/Sep/2023	W	10:00AM	1:00PM	Langley & Bullock	63
Flashpoints in American Foreign Policy 2023	13/Sep/2023	W	10:30 AM	12:00PM	Freiberger	52
Alnoba Art Tour	15/Sep/2023	F	10:00AM	11:30AM	Candey	56
Moffatt Ladd House & Garden Historic Tour	19/Sep/2023	T	10:00AM	11:30AM	Hewson	61
Pass the Kleenex: Hollywood's Classic Tearjerkers!	26/Sep/2023	T	10:00AM	12:30 PM	Brogan	17
Explore Bedrock Gardens	27/Sep/2023	W	10:30AM	12:30PM	Forti	64
Maine History at the Old York Historical Society	28/Sep/2023	R	10:00AM	12:00PM	McAuliffe	60
Walk Around Wagon Hill Farm	29/Sep/2023	F	10:30AM	12:00PM	Russell	69
Create Your Own Unique Seaglass Artwork	29/Sep/2023	F	1:00PM	4:00 PM	Chin	12
Great Bay National Wildlife Refuge Walk	29/Sep/2023	F	1:00PM	2:30PM	Russell	66
Salt Marshes: Pushing the Boundaries Between Land & Sea	02/Oct/2023	M	11:00AM	12:00PM	Petersen	48
Buster Keaton & Charlie Chaplin: Exploring Two Timeless Comedy Films	04/Oct/2023	W	1:00PM	4:30 PM	Ambra	15
Black Heritage Trail of New Hampshire Walking Tour	05/Oct/2023	R	10:00AM	12:00PM	Bowker	57
Guided Nature Walk with York Land Trust	11/Oct/2023	W	10:00AM	12:00PM	Poppick	67
Roots & Routes of Jewish Humor: What He-Brews	12/Oct/2023	R	10:00AM	12:00PM	Soreff	21
Explore Odiorne Point State Park	13/Oct/2023	F	10:30AM	12:00PM	Russell	65
Little Harbor Trail Walk	13/Oct/2023	F	1:00PM	2:30PM	Russell	68
American Independence Museum Historic Tour	17/Oct/2023	T	2:00PM	4:00 PM	Carr	57
Portsmouth Naval Shipyard Tour: From Sails to Atoms	19/Oct/2023	R	9:15AM	12:30PM	Gluckert	62
Baroque Coffeehouse!	26/Oct/2023	R	1:30 PM	4:00 PM	Langley	23
Mathematical Card Tricks	01/Nov/2023	W	1:00PM	2:30 PM	Stern	49
Silence in the Name of National Security	04/Dec/2023	M	10:00AM	11:30 AM	Purdum	53

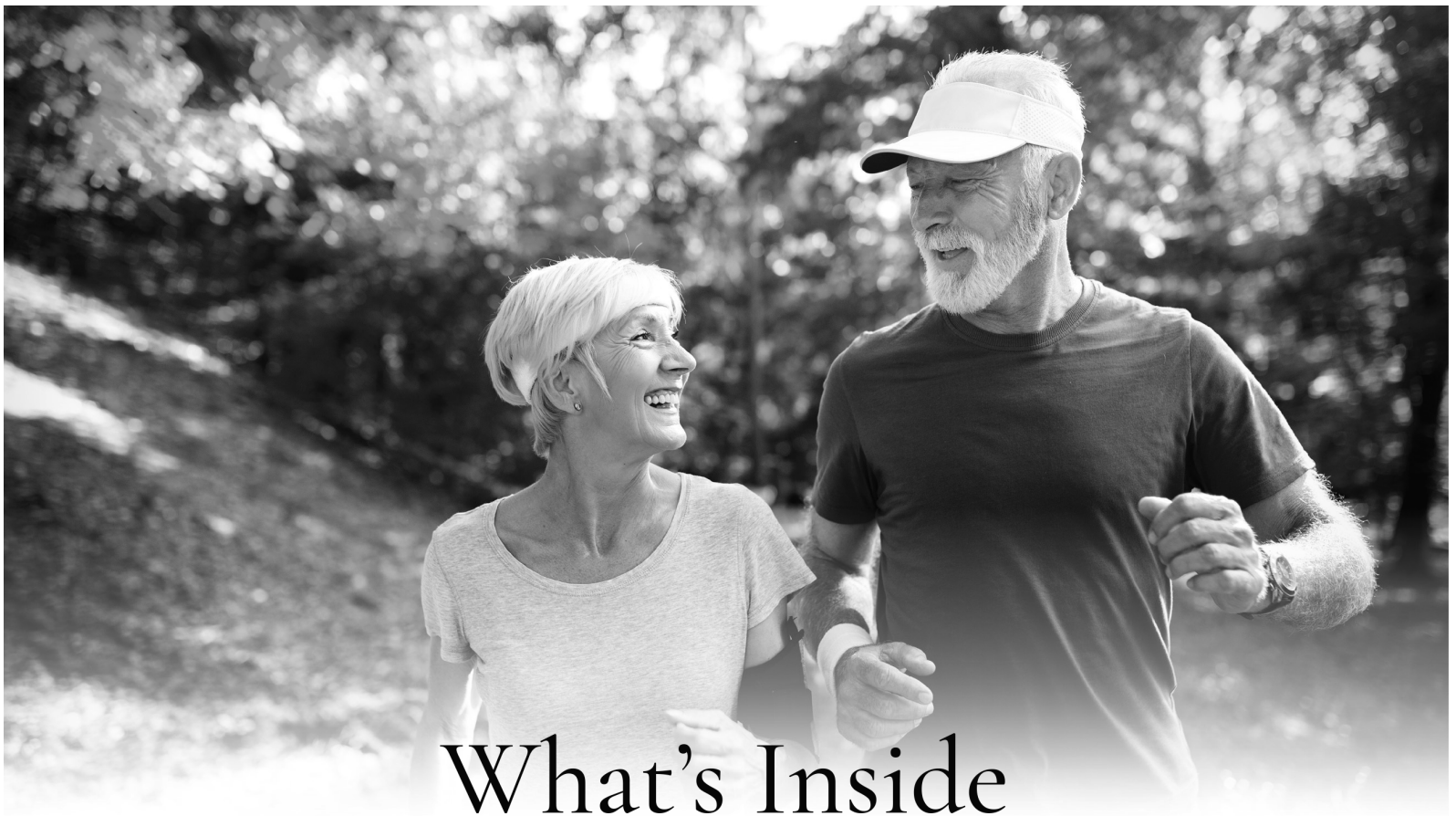


Did You Know?

Since January 1, 2023, OLLI at UNH has welcomed over 100 new members!

Online - Virtual via Zoom

COURSE TITLE	START DATE	DOW	START TIME	END TIME	PRESENTER	PAGE
Zoom 101 Introduction to Zoom: Personal Computers (PC), Laptops, Notebooks	15/Aug/2023	T	10:00AM	11:30AM	McDonnell	46
Zoom 101 Introduction to Zoom: Personal Computers (PC), Laptops, Notebooks	17/Aug/2023	R	1:00PM	2:30PM	McDonnell	46
How Did We Get Here? A Reverse U.S. History Course	31/Aug/2023	R	1:30PM	3:00PM	Shaine	26
Nursing Care, Medicaid, & Long Term Care	05/Sep/2023	T	1:00PM	2:30 PM	Rivard	39
Russian History: From Czars to Commissars to Democracy & Back, Part I	05/Sep/2023	T	1:00PM	2:30PM	Zink	32
Robert Frost: New England's Poet	06/Sep/2023	W	10:00AM	12:00PM	Russell	21
Savvy Solo Travel	06/Sep/2023	W	10:00AM	11:30 AM	Schilling	44
Scams & Frauds: Protect Yourself and Your Wallet	07/Sep/2023	R	5:00PM	6:00PM	Libby	41
Why is Cyber Security Like An Onion?	08/Sep/2023	F	10:00AM	12:00PM	Nicolino Treanor	46
Photoshop for Beginners	08/Sep/2023	F	1:00PM	3:30 PM	Hamilton	45
Scheduling & Hosting Zoom Meetings	14/Sep/2023	R	10:00AM	11:30AM	McDonnell	45
Simplifying Medicare	14/Sep/2023	R	6:00PM	7:30PM	Wilton	36
Why Critical Race Theory is Critical	18/Sep/2023	M	10:30 AM	12:00PM	Romney	54
Civility in Institutions	22/Sep/2023	F	10:00AM	11:30 AM	McKim	54
Anatomia Italiana: Connecting Art & Anatomy in the Italian Renaissance	25/Sep/2023	M	2:00PM	4:00PM	Petti	9
Vintage Tea Cup Watercolor Study	26/Aug/2023	S	9:00 AM	1:00PM	Pullo	13
The New Yorker	28/Sep/2023	R	3:30PM	5:00PM	Jones & Monnelly	22
Autumn Wonders: Engaging with the Seasons!	28/Sep/2023	R	7:00PM	8:30PM	Dwyer	46
Growing Older & Wiser: Staying Healthy as a Senior Adult	2/Oct/2023	M	1:00PM	3:00PM	Castor	35
Educational Travelogue: Continuing Adventures in Biophilia	03/Oct/2023	T	3:30 PM	5:30 PM	Simon	49
The Long Gestation & Turbulent Beginnings of Modern Science	04/Oct/2023	W	10:00AM	11:30 AM	Schubert	50
Did You Know? You're On a Hero's Journey!	06/Oct/2023	F	10:30 AM	12:00PM	Lee	43
Slavery at the Moffatt-Ladd House & in New Hampshire	06/Oct/2023	F	11:00AM	12:30PM	McAvoy	32
Bridge for Your Brain: More Commonly Used Conventions, Part II	07/Oct/2023	S	10:00AM	12:30 PM	Weinstein	42
Judaism & Sex	16/Oct/2023	M	10:00AM	11:30 AM	Nafshi	56
Beauty From a Canoe	16/Oct/2023	M	3:00PM	4:00 PM	Emmons	47
Dwight Eisenhower: The Good, the Bad, & the Ugly	17/Oct/2023	T	10:00AM	12:00PM	Langa	26
Where's My Jetpack? The Future is NOT What it Was!	17/Oct/2023	T	3:30 PM	4:30 PM	Shaine	51
Your Thoughts on the Novellas of Claire Keegan	19/Oct/2023	R	10:00AM	12:00PM	King	22
Contemporary Economic Policy Issues	24/Oct/2023	T	1:00PM	2:30PM	Haveman	39
Great Decisions Part II	26/Oct/2023	R	10:00AM	12:00PM	McDonnell	52
Who are Alaska's Native People?	01/Nov/2023	W	10:00AM	11:00AM	Haigh	34
Consequences of Allowing Hatred to Control Our Actions	03/Nov/2023	F	10:00AM	11:00AM	Ncungu	55
The Bookshop: A Tragicomedy of Literate Courage Under Siege	03/Nov/2023	F	10:00AM	11:00AM	Castle, J.	22
Dystopian Spirals: How Tech is Creating Dysfunction, Division, & Disaster	20/Nov/2023	M	3:00PM	4:30 PM	Isaak	52
Meet Michel de Montaigne: The Inventor of the Personal Essay	30/Nov/2023	R	10:00AM	11:30 AM	Castle, W.	20
Rogers Rangers: The Story of an Irregular Fighting Unit	30/Nov/2023	R	10:00AM	12:00PM	Eaton	32
Loving Animals: A Conversation with an Animal Communicator	06/Dec/2023	W	1:00PM	2:00 PM	Lindheim	47
Writing a 'Legacy Letter'	07/Dec/2023	R	2:00PM	3:30PM	Sherwin	14
A Brief History of Gundalows: 1650 - Today	12/Dec/2023	T	6:00PM	8:00PM	Clyborn	25



What's Inside

YOUR DREAM RETIREMENT

Finding a home at Taylor means more than access to a stunning new apartment – it means receiving the keys to present and future peace of mind.

Taylor Community is located in the beautiful Lakes Region of New Hampshire with campus locations in both Laconia and Wolfeboro. Whether you prefer an active lifestyle filled with fitness classes and an extensive lineup of social and recreational opportunities, or would rather enjoy a fine dining experience with friends after a day spent by the lake... *Taylor is the place for you!*



Opening Fall 2023!
Call us to find out about
The Residence at Back Bay
in Wolfeboro, NH.

DISCOVER TAYLOR TODAY! (603) 366-1400 | taylorcommunity.org

435 Union Avenue, Laconia, NH | 83 Rolling Wood Drive, Wolfeboro, NH



Fall 2023 Term Course Previews

Course previews are a wonderful way to learn about an upcoming term's courses and to meet other OLLI at UNH members. Presenters join us to promote their course and to answer your questions about their course. We hope you will join us at any (or all) of these Fall 2023 Course Preview events:

Capital Region – Monday, July 17th at 1 p.m., NHTI - Concord's Community College, 31 College Dr, Concord, NH 03301

Mt. Washington Valley – Wednesday, July 19th 10 a.m., Journey Church, 15 Hutchins Dr, Conway, NH 03818

Seacoast – Tuesday, July 18th at 10:30 a.m., St. John's United Methodist Church, 28 Cataract Ave, Dover, NH 03820

Greater Manchester – Friday, July 21st 10 a.m. Bethany Covenant Church, 1 Covenant Way, Bedford, NH 03110

What our members are saying about OLLI at UNH courses

"I feel enriched after this class and look forward to more!"

"If every presenter had this level of enthusiasm, knowledge, and skill engaging participants I would go broke signing up for classes!"

"Our instructor taught as if he were telling us stories. He brought history alive!"

"They constantly made me think!"

"Her extensive knowledge, enthusiasm and excitement when recounting these great stories as if she experienced it."

"What I enjoyed most about attending my courses was the camaraderie of everyone and that I created something, and I can say I did it!"

Special Interest Groups (SIGs)

Special Interest Groups or SIGs are a wonderful OLLI membership benefit! What's a SIG? It is when members interested in a specific topic or who enjoy the same activity get together on a regularly scheduled basis – whether it be in-person or online. From book and movie clubs to outdoor or community adventures, OLLI members are welcome to participate in any of the current 18 SIGs throughout our four learning regions.

There is no fee for joining a SIG, though there may be costs associated with activities planned by the members of the SIG. As this is a benefit for OLLI member, only OLLI members may participate in a SIG.

Please reach out to the contact listed below to learn more about the group and their meetings throughout the term!



Greater Manchester Lunch Bunch

CAPITAL REGION

Chapter Chats (ZOOM)

Contact Donna Frost | dfrost49@hotmail.com

Creative Writing (ZOOM)

Contact Alan Parady | alan.pardy@icloud.com

Movie Club (ZOOM)

Contact Marty Bender | mbender@tds.net

Quilting (In-Person)

Contact Mari Astell | mastell@comcast.net

Technology Group (ZOOM)

Contact Michael Bujnowski | mbujnowski@comcast.net

MOUNT WASHINGTON VALLEY

Candlepin Bowling (In-Person)

Contact Barb Butler | barbara.butler@yahoo.com

Downhill Skiing (In-Person)

Contact John Peterson | jpsvenster@aol.com

Game Group (In-Person)

Contact Benny Jesseman | bjesseman1@roadrunner.com

Hiking & Snowshoeing (In-Person)

Contact John Peterson | jpsvenster@aol.com or
Betsy Gemmecke | betsygemmecke@gmail.com

Ping Pong/Pool (In-Person)

Contact John Peterson | jpsvenster@aol.com

GREATER MANCHESTER REGION

Happy Hour (ZOOM)

Contact Dennis McGivern | dmcgivern52@gmail.com

Lunch Bunch (In-Person)

Contact Mike Baker | mbmikebaker0@gmail.com or
JoAnn Meyers | joannmeyers6@comcast.net

Manchester Book Group (ZOOM)

Contact Mike Baker | mbmikebaker0@gmail.com

Meditation Group (In-Person)

Contact Janet Romaine | jromaine@anselm.edu

Reading America's Founding Documents (ZOOM)

Contact Jim Isaak | olli@JimIsaak.com

SEACOAST

Fresh Reads (ZOOM)

Contact John Russell | russelljohnt@comcast.net

Handwork/Crafters Group (In-Person)

Contact Sandy O'Neill | sandy_oneill@comcast.net

Local Hiking Trails (In-Person)

Contact Sandy O'Neill | sandy_oneill@comcast.net



Live in Good Company.



Havenwood Heritage Heights is a vibrant, friendly and unpretentious community on two campuses filled with resort-style amenities. Here, you'll find an appealing selection of maintenance-free homes, including nine new cottages. The community offers an outdoor sports complex, fitness centers, indoor and outdoor pools, movie theater, Main Street and a variety of dining options.

This continuing care retirement community offers accommodations for assisted living, memory care, rehabilitation and skilled nursing should the need arise. All this in the company of friends.

Call 1-800-457-6833 to schedule a tour or visit hhinfo.com to learn more!

 **Havenwood
Heritage Heights**
Life in the company of friends.



Havenwood
33 Christian Avenue
Concord, NH 03301

Heritage Heights
149 East Side Drive
Concord, NH 03301

Toll Free: 1-800-457-6833
hhinfo.com



OLLI at UNH
Taylor Hall
59 College Rd
Durham, NH 03824

Registration for Fall Courses

Begins Wednesday, August 2, 2023 at 9:00 a.m.

*Learning
for the
Fun of It!*



Fall Term:

August 22 - December 16

Featuring Over 160 Courses –
Including Zoom Platform, OLLI's four
learning regions, tours and field trips

Affordable, non-credit courses ranging from
single-session to eight-session offerings for
older adults.

Classes will be held at:

- Concord
- Manchester
- Mt. Washington Valley
- Seacoast
- Zoom

Get Started! unh.edu/OLLI | 603-255-3553