

OUTLOOK

A publication of OLLI at the University of New Hampshire



Spring Term 2025

Your Spring Catalog will be in your mailbox in a couple of weeks listing and describing over 160 courses available from February through June this year. To learn more about these courses and their presenters, consider attending one or more of the regional course previews in January and check out the online presenter videos (available mid-January):

Capital Region

Tuesday, January 21, 2:00 – 4:00 p.m.
(Doors open at 1:30 p.m.)
Tad's Place at Havenwood Heritage Heights
East Side Drive, Concord

Greater Manchester

No in-person Preview scheduled in January
Look for a special program March 21.

Mt. Washington Valley

Open House
Wednesday, January 22, 1:00 - 3:00 p.m.
Mt. Washington Observatory Offices
2779 White Mountain Highway, North Conway

Seacoast

Tuesday, January 21, 10:30 - 12:00 p.m.
(Doors open at 10:00 a.m.)
St. John's United Methodist Church
28 Cataract Avenue, Dover

Bring your friends – introduce them to all OLLI has to offer.

JANUARY 2025 - IN THIS ISSUE

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Happy New Year 2025

Inspirations/Aspirations

Most of us were at least at the age of awareness in the '60s and probably still think of that decade as the most turbulent we ever saw.

Now that we've closed out the first quarter of this century, if we look carefully at it, WOW, the '60s seem tame by comparison, don't they?

So, as we enter the second quarter of the 2000s, let's do what we can to plant the seeds of a kinder, gentler and more productive quarter-century, starting with the new year.

Aspirations . . . inspirations . . . resolutions . . . whatever we call them. These are a few promises we might make to ourselves:

- ✓ Look for the pretty and overlook the petty.
- ✓ In all of our interpersonal travels, take the high road – the view is better.
- ✓ Grab all the advantages we can, but not to the disadvantage of those around us.
- ✓ Think before speaking: Is it true? Is it kind? Is it necessary?

Happy New Year

Learning for the Fun of It!

Lunching, Munching & Learning

Lunch & Learn

Here's to a Healthy New Year

Wednesday, January 8 – Lunch 11:30 a.m. to 12:00 noon; Program 12:00 to 1:00 p.m.

FREE - UNH-Manchester, 88 Commercial Street, Manchester

Get your health and lifestyle questions answered by Dr. Belinda Castor, a board-certified internist practicing medicine for over 30 years. How this unique format will work is, once you have registered, you will be asked to submit your questions about such topics as lifestyle, wellness and non-traditional options that can support your health goals for the new year. Dr. Castor will answer as many as possible. While she will not offer specific medical advice or treatment options for your personal situation, you will enjoy a wide variety of topics of your own choosing.

Seating is limited to 24, but a waiting list will be maintained. Bring your own lunch; beverages and dessert will be provided. [Register online](#) or call the OLLI office at 603-255-3553.



Technology You Can Use

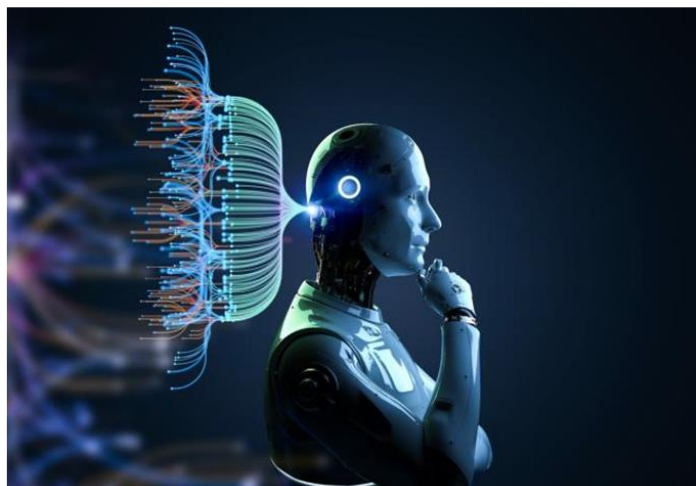
Lunch & Learn

Embracing the Future: Exciting New Developments in AI

Friday, January 24, 12:00 p.m.

Free!

On Zoom



The Artificial Intelligence (AI) landscape is ever-changing with new developments and applications appearing almost daily. Join us for this OLLI L&L session to explore at a pretty basic level how AI is evolving and transforming our lives.

This presentation promises to spark your curiosity and generate questions as we navigate the exciting new frontiers of AI!

Presented by Mark Glisson of the Hooksett Library.
To register, email Jacki Fogarty at JGFogarty228@aol.com.

Tour the Seacoast Region 2025

Wednesday, January 8 at 11:30 a.m.

The Airfield Café

9A Lafayette Road (Route 1), North Hampton

RSVP by January 5 to Pat Nicolino at

pfnico07@gmail.com or phone/text to (508) 277-7731.

Mt. Washington Valley - Munch Bunch

January 23

Time and Place TBD

Diane Rozek, Munch Bunch Coordinator

Email at dlrnh2002@yahoo.com or call

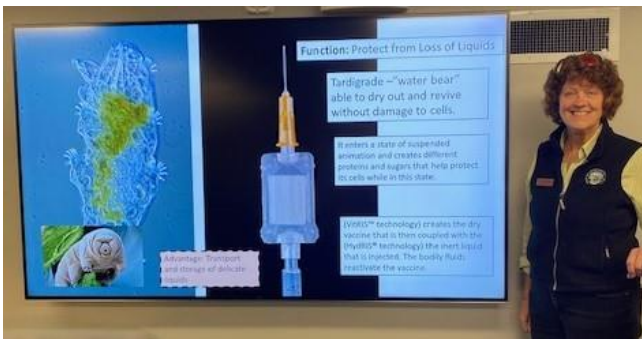
(603) 367-8568 (H) (603) 662-8640 (C)

Closing Out 2024

In the Capital Region, members of the 3-session course on Floral Design, presented by Lorrie Carey, went home with beautiful floral arrangements, new ideas and a great creative experience.



Innovation inspired by nature was the topic presented in the Mt. Washington Valley Region by Clare Long in the Biomimicry course.



In the Capital Region, a holiday luncheon drew more than forty members who arrived armed with food and Yankee Swap gifts. The success of a Yankee Swap can be measured by the number of gifts that travel around the room and how far they travel AND how much laughter sweeps the room. By those measures, it was a blast! Of note, the gift (one of two) held up by Clara Bagan, below center, was the product of an OLLI course this term! Several gifts traveled all around the room and three wise

husbands retrieved the gifts "stolen" from their wives. One of these which was one of the most swapped gifts was the hand-crafted (by our own Ray Mercier) wooden bowl filled with Hershey miniatures. In an unprecedented act of larceny, the previous "owner" ATE some of the candy! Always gracious, Norma Daviault forgave . . . and walked out with the prized bowl.





All OLLI Book Clubs welcome members from any region

Capital Region Chapter Chats

Submitted by Mary Davies, Class of 2007

Meetings are held the last Monday of the month at 1:30 p.m. via Zoom. To receive the Zoom link contact Donna Frost at dfrost49@hotmail.com.

The January book is *Daughters of the Flower Fragrant Garden: Two Sisters Separated by China's Civil War* by Zhuqing Li. This true story is of two sisters, separated by war, and forced to adopt new identities as they choose between family, nation and their own independence. Jun establishes a trading company in Taiwan and Hong becomes a noted doctor on the Mainland. The story covers the years from 1920 to 2020 and is told by their aunt.

Books for the first part of 2025 were selected at the December meeting and will be published in the February *Outlook*.

There's no requirement to finish or even read the book before the meetings. Readers residing anywhere are welcome to join us by Zoom on Monday, January 27, starting at 1:30 p.m. Try us out!

Manchester Book Club

Submitted by Mike Baker, Class of 2011

The Manchester Book Group will meet on Tuesday, January 28 at 7:00 p.m. to discuss *The Adventures of Huckleberry Finn* by Mark Twain. Contact Mike Baker at mbmikobaker0@gmail.com for a Zoom link.

Fresh Reads - Seacoast

Submitted by John Russell, Class of 2014

January's Fresh Reads selection is *The Joy of Science* by Jim Al-Khalili. Today's world is unpredictable and full of contradictions, and navigating its complexities while trying to make the best decisions is far from easy. *The Joy of Science* presents eight short lessons on how to unlock the clarity, empowerment and joy of thinking and living a little more scientifically.

This brief guide to leading a more rational life invites readers to engage with the world as scientists have been trained to do. The scientific method has served humankind well in its quest to see things as they really are, and underpinning the scientific method are core principles that can help us all navigate modern life more confidently. Discussing the nature of truth and uncertainty, the role of doubt, the pros and cons of simplification, the value of guarding against bias, the importance of evidence-based thinking and more, Al-Khalili shows how the powerful ideas at the heart of the scientific method are deeply relevant to the complicated times we live in and the difficult choices we make.

Read this book and discover the joy of science. It will empower you to think more objectively, see through the fog of your own preexisting beliefs and lead a more fulfilling life. Then join us via Zoom on Monday, January 20 at 1:30 p.m. to discuss it. Contact John Russell (russelljohn@comcast.net) to request a Zoom invitation.

SIG-Bits*

*These are tidbits your SIG (Special Interest Group) leaders want you to know.

(contact information on next page)

The **Mt. Washington Valley Hiking/Snowshoeing SIG** is starting up again in January. Two hikes are scheduled:

- Wednesday, January 15 at East Bear Paw Trail Network, time TBD
- Tuesday, January 28 at Sabbaday Falls, time TBD

Contact Betsy Gemmecke at betsygemmecke@gmail.com if you want to be on the snowshoe SIG list; as a new list is being created. She will send out hike details closer to the times as weather and conditions may affect the hike schedule.

Greater Manchester Virtual Happy Hour will meet Tuesday, January 14 at 6:00 p.m. on Zoom. The theme is "Ice Cold Warmth." Contact Dennis McGivern at dmcgivern52@gmail.com for a Zoom link. And remember to Zoom responsibly!

SIG News & New SIGs

Capital Region Sponsors An Arts & Crafts SIG Start-Up

Submitted by Iris Altilio, SIG Leader

Since you expressed an interest in a Special Interest Group dedicated to creative arts, Iris Altilio stepped up to organize and lead this new SIG.

Starting with a Zoom brainstorming session in December, the group decided that this SIG will include both art and craft projects as well as SIG meetings to visit exhibits or artist studios and crafts people's workshops. A member may lead the group to complete a project that they enjoy. Another session may have multiple tables working on different projects, and yet another may have each member working on his/her own in-process project while enjoying each other's company.

The first in-person meeting will be Wednesday, January 29 from 2:00 to 4:00 p.m. at the Baker Free Library, 509 South Street, Bow, NH.

This meeting is intended to be a show and tell (or just a tell) where interested members can bring and talk about a sample project they are working on or have completed, or of tools they use for their art or craft, or just talk about what they enjoy doing. Or just come and listen to what others like to do. This will help to plan our next few meetings.

The group will also attend to organizing details, including coming up with a name and meeting schedule.

OLLI members from all regions are welcome to join; space availability will limit this meeting to 16 people so RSVPs are needed. To RSVP or simply to learn more, please contact Iris Altilio by January 26 at olli.concord.volunteer.iris@gmail.com.

Seacoast Hiking SIG

The Seacoast Hiking SIG is on winter hiatus for scheduled hikes. However, there may be a couple of pop-up hikes as the season progresses; people on the email list will be notified. If you wish to be added to the hiking email list, please contact Sandy O'Neill at sandy_oneill@comcast.net.

Capital Region Creative Writing SIG Seeks New Members

Submitted by Alan Pardy, SIG Leader

Do you enjoy writing and putting your thoughts on paper or onto your laptop? Have you thought about improving your writing skills?

Well, you are not alone. There are lots of people who write every day, and a small group of OLLI folks get together every two weeks to exchange their writing efforts in a friendly, non-judgmental Zoom meeting.

We are a group of six folks with mixed backgrounds and would welcome some new members. Currently, our members range in age from early 50s through 80's. The writing is always interesting, and the conversations are lively.

Some of our topics (or "writing prompts") include:

- "Describe yourself as a 10-year-old"
- "My favorite vacation"
- "What I have learned from my various jobs"
- "My pet peeves"
- "Music in my life"
- "The best decision I have ever made"
- "A childhood memory", and, most recently,
- "Christmas past"

We exchange our work by reading them aloud, with no critique unless it is asked for. If this sounds interesting, please consider joining us – join one meeting just to listen or to participate before making a commitment!

We would welcome you! Contact Alan Pardy at alan.pardy@icloud.com for a Zoom link.

Greater Manchester AI SIG - New

Under the leadership of Jim Isaak, the AI (Artificial Intelligence) SIG will meet on the first and third Monday of every month by Zoom to share observations about things happening with AI and experiences/questions about using the widening set of AI tools. The first meeting is January 6 at 3:00 p.m.

Email AI-SIG+subscribe@groups.io to join; if you have questions contact Jim at cs2010@jimisaak.com or Glenn Meyers at ggmeyers45@icloud.com.

SIGs (Special Interest Groups)

What Are They?

A member benefit – you participate for free with other OLLI members who share your interest. All OLLI SIGs welcome members from any region. Nonmembers may attend up to three SIG meetings but must join OLLI to continue.

Capital Region

Movie Club

Meets every Monday 3:00-4:00 p.m. on Zoom. Watch a member-chosen movie every week and discuss it at the SIG meeting.

Contact: Marty Bender (mbender@tds.net).

Creative Writing

Meets every other Thursday (1/2, 1/16 & 1/30) 1:00 p.m. on Zoom. Prompted writing assignments are shared for group feedback.

Contact: Alan Parady (alan.pardy@icloud.com).

Arts & Crafts

Meeting schedule to be determined. Work on favorite crafts together or individually, learn new ones, visit craft shows & galleries. Organizational meeting 1/29.

Contact: Iris Altilio

(olli.concord.volunteer.iris@gmail.com).

Lunch Bunch

Meets to enjoy a lunch together – no set schedule. On winter vacation.

Contact: Jean Russell (j6russ@aol.com) to get on the mailing list.

Healthy Walking

Meets twice a month to enjoy easy walks on gentle trails in the greater Concord area. On winter vacation.

Contact: Ray Mercier (mercier.raymond@gmail.com).

Seacoast

Favorite Local Hiking Trails SIG

Meets on second Wednesday of the month at 10:00 a.m. to hike (rain or shine) or snow-shoe. On winter vacation.

Contact: Sandy O'Neill (sandy_oneill@comcast.net).

Greater Manchester

Manchester Meditation

Meets weekly on Wednesdays at 2:00 p.m. for silent meditation practice and discussion.

Contact: Janet Romaine (jromaine@anselm.edu).

Happy Hour

Meets monthly on a Tuesday (1/14) 6:00-7:00 p.m. on Zoom to share drinks and desserts, discuss wine and spirits and enjoy a themed virtual get-together whose motto is "Zoom responsibly."

Contact: Dennis McGivern (dmcgivern52@gmail.com).

Artificial Intelligence (AI)

Meets on the first and third Monday of the month at 3:00 p.m. on Zoom. Share observations and experiences on all things AI.

Contact: Jim Isaak (OLLI@jimisaak.com).

Lunch Bunch

No set schedule. Get on a mailing list for information.

Contact: Mike Baker (mbmikebaker0@gmail.com).

Mt. Washington Valley

Hiking/Walking

Meets in the fall and spring; no set schedule; get on a mailing list for information.

Contact: John Rozek (ejohninnh@yahoo.com).

Hiking/Snowshoeing

Meets in winter; no set schedule (1/15 & 1/28); get on a mailing list for information.

Contact: Betsy Gemmecke (betsygemmecke@gmail.com).

Candlepin Bowling

Saco Valley Sports Center at 1:00 p.m. on selected days (1/8).

Contact: Barb Butler (barbara.butler@yahoo.com).

Munch Bunch

Meets to enjoy a meal together generally on the fourth Thursday of the month. (1/23)

Contact: Diane Rozek (dlrn2002@yahoo.com).

Ice Cream Trail

Meets biweekly in the summer to visit specialty ice cream shops in the MWV area. (on hiatus until summer)

Contact: Cindy Graham (graham02171@gmail.com).

*Try out a SIG this month! They're fun and there's no commitment.
Got an idea for a SIG? Contact your learning region's Central Committee.*



Co-Chair's Chat

Submitted by Bob Muzerall, Class of 2015

Happy Holidays to all! I've always been a lover of this time of the year. For me, it begins with Thanksgiving. It's the best of the holidays, in that it's about food, family and sports. No presents. No special decorations. Simply the best time with family and friends. The next best holiday is Christmas. I love the food and family for this day also. However, Christmas for me means presents to buy, to wrap, etc. I enjoy the presents, but the wrapping is not my favorite activity. I just finished wrapping presents. With four grandkids, there are many presents.

This season also gives me the opportunity to look back over the year and assess what happened. There were many wonderful moments . . . and, a few bad ones. So goes life.

OLLI has played an important part in my 2024. Every few days I either attended a course, assisted in one, or had a meeting with others working to make the OLLI experience better for others. Consider how OLLI operates – it runs on volunteers. Our staff, led by Toniann, and including Tori, Tessa and Bryan, do a fantastic job. But, the myriads of activities require many volunteers.

Consider the roles of the volunteers: they present the courses, they assist in the courses, they tabulate the evaluations, they publish the information, they juggle technology with Zoom and hybrid courses (if you've never tried managing a hybrid class, you have no idea how

tricky it can be), they meet and plan for each semester, they fundraise, they manage the sign-ups, they host events. I could go on for another paragraph but you see what I mean.

At this point, I always ask myself why I volunteer and whether I should continue. I find interacting with the other volunteers stimulating and interesting. I find meeting with them a lot of fun. I enjoy learning about their lives and sharing their experiences. I look forward to seeing every one of them. I guess I just love people who give more than they take.

New Year's Day is fast approaching. It's tradition to set goals for the upcoming year. Mine is to continue my volunteer work with OLLI. I hope you'll join me. After all, we're just doing it for the fun of it.

Leadership Council meetings are generally held on the Zoom platform on the fourth Monday of the month from 10:00 a.m. to noon, giving members the opportunity to observe our governance structure firsthand. The next meeting will be Monday, January 27. All members are welcome.

Contact John Russell, at russelljohnt@comcast.net for information or a Zoom link.



Find us on
Facebook

<https://www.facebook.com/olliunh>



OLLI at UNH Program Manager Tori Berube spent a little time with Kelly Bryer, the Executive Director of the **Granite State Ambassadors** to talk about OLLI's upcoming Spring 2025 term. [Click here to listen.](#)

January Calendar

All meetings are by Zoom unless otherwise noted.

NOTE: Dates and contact information of SIG meetings (including Book Clubs) are now found on the SIG and Book Club pages.

Capital Region

Monday, January 13 Capital Region Membership/Central Committee – 10:00 a.m. (Jacki Fogarty, contact)
Friday, January 17 Capital Region Curriculum Committee – 1:00 p.m. (Donna Frost, contact)
Tuesday, January 21 Capital Region Spring Preview – 2:00 p.m., Tad's Place at Heritage Heights, Concord

Greater Manchester Region

Friday, January 17 Manchester Curriculum Committee – 10:30 a.m. (Bob Jones, contact)
Friday, January 24 Manchester Central Committee – 10:00 a.m. (Su Bennett, contact)

Mt. Washington Valley Region

Wednesday, January 8 MWV Central/Curriculum Committee – 3:30 p.m., Carroll County Extension (Cindy Graham, contact)
Wednesday, January 22 Mr. Washington Valley Open House – 1:00 p.m., Mt. Washington Observatory Office, North Conway

Seacoast Region

Thursday, January 9 Seacoast Central/Curriculum Committee – 1:30 p.m. (Tessa McDonnell, contact)
Thursday, January 16 Seacoast Book Swap – 2:00 p.m., Stratham Parks & Recreation, Stratham Town Hall, 10 Bunker Hill Avenue, Stratham (Tessa McDonnell, contact)
Tuesday, January 21 Seacoast Spring Preview – 10:30 a.m., St. John's United Methodist Church, Dover

Statewide Meetings and Events

Friday, January 24 Lunch & Learn – Technology – 12:00 p.m. (Jacki Fogarty, contact)
Friday, January 24 Zoom Moderator Meeting – 1:00 p.m. (Tessa McDonnell, contact)
Monday, January 27 Leadership Council – 10:00 a.m. (John Russell, contact)
Tuesday, January 28 Curriculum Council – 1:30 p.m. (Tori Berube, contact)
Thursday, January 30 Class Assistant Training – 1:00 p.m. (Tessa McDonnell, contact)

Looking Ahead

Monday, February 3 Spring Term Registration – 9:00 a.m.

Directory of Contacts' Email Addresses and Directory of Class and Event Locations
– Click here or scroll down to the next page.



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[OLLI National Resource Center](#)

*Learning regions: Capital Region, Greater Manchester,
Mt. Washington Valley & the Seacoast*

The *Outlook* is published monthly and sent to all current OLLI members. OLLI members are invited to submit articles of interest to the general membership. Articles, pictures and comments may be emailed to *Outlook* at OLLIOutlook@aol.com. Thank you.

Jacki G. Fogarty, Editor

Directory (Addendum)

Contact Email Addresses

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OLLI Class & Event Locations

NHTI – Sweeney Hall

31 College Drive, Concord
Park in Lot C

City Wide Community Center

14 Canterbury Road, Concord

UNH Manchester

88 Commercial Street, Manchester
Remember your parking pass

Professional Development & Training (PD&T)

230 Commerce Way, Portsmouth

The Gibson Center

14 Grove Street, North Conway

Mt. Washington Observatory Offices

2779 White Mountain Highway,
North Conway

OLLI at UNH is a department within the
Office of Outreach and Extension (OE).

OLLI Office Contact Information

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