

# OUTLOOK

A publication of OLLI at the University of New Hampshire



## Fall Courses

These courses have seats available and start within the next three weeks (click the title for course information):

### Capital Region

- 12/03 ["Monadnock: The Mountain That Stands Alone"](#)  
12/12 [Why Save the Concord, New Hampshire, Gasholder?](#)

### Greater Manchester

- 12/06 [The History of Psychiatry](#)  
12/06 [Kidney Health Over a Lifetime](#)

### Mt. Washington Valley

- 12/04 [Woods in Winter](#)  
12/09 [What Would Nature Do? Biomimicry: Innovations Inspired by Nature](#)

### Zoom

- 12/04 [Writing a Legacy Letter](#)

You may enroll in any course online up to seven days before the start date; after that please call the OLLI Office at (603) 255-3553 to enroll using a credit card. If you must drop a course, notify the OLLI Office at least seven days before the start date to qualify for a refund.

## Fall Term Catalog Updates

Following are changes to the information in our printed Fall Term Catalog. Click the course title to view the full information online.

### Cancellations

- 12/03 Advance Care Planning & More: It's a Family Affair  
12/06 New Hampshire Facts, Firsts, Bests & Worst: Or Are They?  
12/12 Christmas Music Across the Centuries

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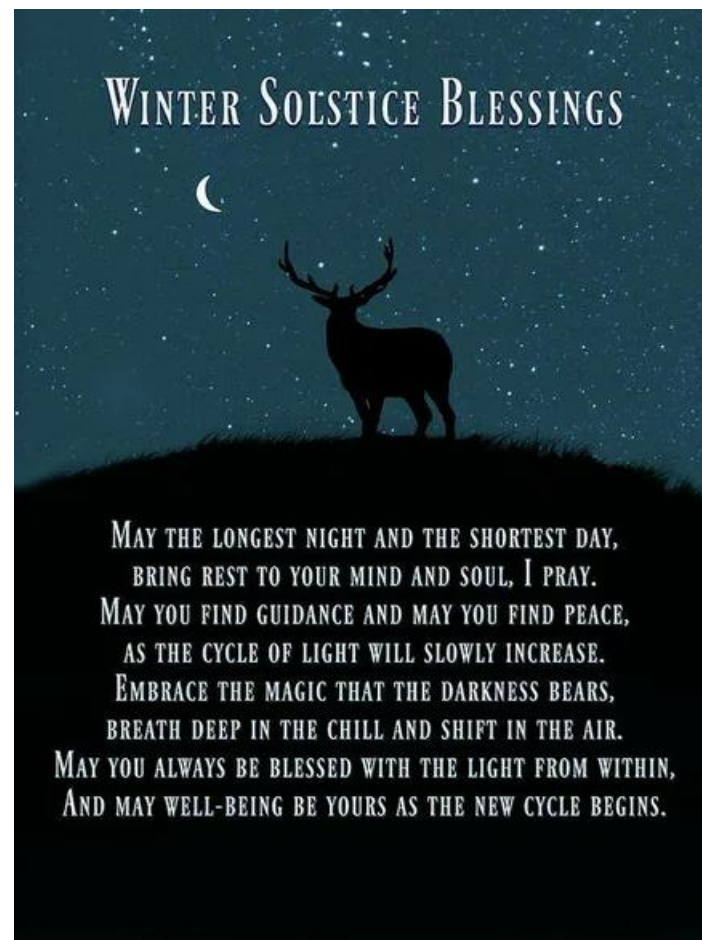
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*Saturday, December 21, 4:21 a.m.*



*Learning for the Fun of It!*

*The shortest day will be  
7 hours 49 minutes.*

# Director's Notes

## Reaching Out and Engaging With You

Submitted by Toniann Leavitt, Program Director

*Joyous  
Holidays*



*The Leavitt  
Family*

## What Do You Know . . . About Fall Term Courses?

Fall term is coming to an end – and what a term it was! By the numbers, here's what you've been enjoying since August. There were **159 courses** with **2,465 students enrolled**. Here's a look at how they broke down.

### Sessions Per Course

66% of courses had one session

# Sessions	Courses	
1	105	66%
2	19	12%
3	16	10%
4	12	8%
5	2	1%
6	3	2%
8	2	1%

### In-Person Sessions

227 sessions all requiring a  
Class Assistant

### Zoom Sessions

56 sessions all requiring a Zoom  
Moderator

### Class Size

Average - 15.5 students  
Median - 14 students  
Largest - 66 students  
Smallest - 3 students

### Class Locations

#### Capital Region

42 courses – 710 students

#### Greater Manchester

39 courses – 674 students

#### Mt. Washington Valley

25 courses – 257 students

#### Seacoast

20 courses – 239 students

#### Zoom

33 courses – 585 students

### Course Types

#### History

37 courses – 754 students

#### Politics

6 courses – 170 students

#### Arts (including Creative Arts, Literature, Performing Arts, Music & Film)

36 courses – 460 students

#### Science & Nature

22 courses – 323 students

#### Sociology, Religion, Philosophy

13 courses – 235 students

#### Computers, Apps, Smartphones

7 courses – 70 students

#### Personal Development, Health, Aging, Cooking

22 courses – 237 students

#### Finance

3 courses – 29 students

#### Military

3 courses – 63 students

#### Outdoors (walks/hikes include historical, environmental & science topics)

10 courses – 124 students

## Here's an idea!

Do you like what you see?

Do you have thoughts about what  
you'd like to see in the future?

YOU can influence the types of  
courses OLLI offers in the future!

For greatest impact, join your local  
Curriculum Committee! But, if you  
don't like committee work, send  
them ideas for courses AND  
presenters.

# OLLI Volunteer Wins Prestigious Award

*One of OLLI at UNH's busiest volunteers was recognized recently with AARP's most significant volunteer award, the Andrus Award for Community Service. Iris Altilio, a Capital Region member and volunteer with OLLI since 2015 has also shared her considerable skills with New Hampshire AARP for these many years.*

The AARP New Hampshire Andrus Award for Community Service honors Granite Staters age 50-plus who make a powerful difference in their communities. Nominations are evaluated by AARP New Hampshire based on how the volunteer's work has improved the community, supported AARP's vision and mission, and inspired other volunteers. The award is named after AARP founder, Dr. Ethel Percy Andrus, an educator and champion of aging.

Iris's AARP work has placed her in a variety of roles including greeter for AARP Foundation Tax-Aide, a presenter for AARP Driver Safety and recently part of a national team working to improve response to AARP volunteer inquiries. She is also involved in legislative efforts through the AARP NH Capital City Task Force. With a passion for helping seniors avoid being victims of fraud, she is an AARP Fraud Fighter.

She has served as the Coordinator for the AARP NH Speakers Bureau. She uses her organizational skills and attention to detail every day, organizing more than 90 presentations throughout the state in 2023, supporting nearly 40 volunteer speakers, and presenting. She has brought programs to OLLI through the Speakers Bureau.



OLLI Class Assistants and Zoom Moderators recognize Iris's name from the class lists and communication she sends them twice for every class.

During her nine years with OLLI she has served on Central

Committee, Steering Committee and is presently on the Capital Region Curriculum Committee. Her talents run equally to organization and art; she had performed data management on the previous registration system and also developed some of the most innovative holiday décor for Capital Region's annual party as well as the welcome gifts distributed to all OLLI students on their first day of classes at NHTI.

She was part of the early team of Zoom users and trainers when COVID shut down OLLI's in-person classes and continues to be an important resource on Zoom.

To read the full story, click [here](#).

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## News from the North Country

### Beginning in February 2025 ...



Classroom courses and various events in the Mount Washington Valley learning region will be held at:

Mt. Washington Observatory Offices  
2779 White Mountain Highway  
North Conway, NH 03860



# Lunching, Munching & Learning

## Lunch & Learn

### Technology You Can Use – Topic to be determined

**Friday, December 27, 12:00 p.m.**

**Free!**

**On Zoom**

Check out Halfway Pointers for information on the topic of December's Lunch & Learn.

A recap of the topics in the Technology You Can Use series of Lunch & Learns in 2024: Windows Administrator User Account, Securing Your Xfinity/Comcast Account, Exploring Latest TechTrends, Home Network Security, Stop Paying for Premium Software, Buying a New Computer, Data Breach Survival Guide.

Are there topics you'd like? Email [JGFogarty228@aol.com](mailto:JGFogarty228@aol.com).

Presented by Mark Glisson of the Hooksett Library.



### Technology You Can Use



### Mt. Washington Valley - Munch Bunch

**December 19 -- 10:00 a.m.**

The Sugar Shack

185 Main Street, Cornish

Diane Rozek, Munch Bunch Coordinator

Email at [dlrn2002@yahoo.com](mailto:dlrn2002@yahoo.com) or call (603) 367-8568 (H) (603) 662-8640 (C)

### Tour the Seacoast Region 2025

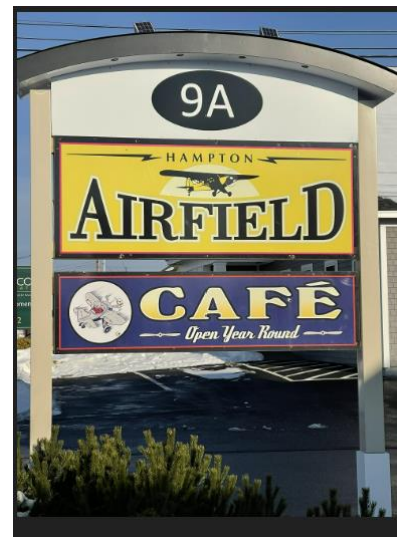
**Wednesday, January 8 at 11:30 a.m.**

The Airfield Café

9A Lafayette Road (Route 1), North Hampton

Join us as we again kick off the new year at the Airfield Cafe in North Hampton. By popular demand, this is now a tradition as we enter each new year. We welcome members from all regions to share a great meal and lively conversation. The menu is extensive, with a long list of both breakfast and lunch choices. The atmosphere is fun - and maybe familiar from numerous TV features. With any luck it will be a clear day, not too windy, and we may well see some Piper Cubs taking off or landing. The owner, Scott Aversano, is excited to welcome OLLI members back.

RSVP by January 5 to Pat Nicolino at [pfnico07@gmail.com](mailto:pfnico07@gmail.com) or phone/text to (508) 277-7731.



[www.theairfieldcafe.com](http://www.theairfieldcafe.com)



# OLLI Classes in November



Promoting creativity with or without native artistic ability continued to populate OLLI courses in Mt. Washington Valley where (pictured left) members created Bucilla felt ornaments (don't they look like Christmas cookies?) guided by presenter Paula Gray and "played with shape and color in the style of Henri Matisse" (pictured below) facilitated by presenter Nancy Hall.

Below, in Manchester, Jeff and Chur Masur brought one of their four-legged friends to their "Raising Puppies to be Guide Dogs for the Blind" course. Leading the charm offensive was the new addition to the course faculty team, six-month Arwynne.



Fr. Jerome Day (left) from Saint Anselm College brought his wonderful personality and lovely brogue to the Manchester campus for the first class in his "Taking a Deep Dive into the Psalms" course.

At right "The Forest & the Trees at the Florence Tarr Wildlife Sanctuary" course met first for a talk by presenter Dave Butler and then moved into the woods at the sanctuary. There, Dave showed the group how to identify aspects of a forest by learning about the trees... without their leaves!





*A perennial favorite course from the Capital Region is "Christmas at the Fells." Pictured at right is one of the two tours held this year,*



*At right, members of our Mt. Washington Valley learning region attended the "Self-Myofascial Release: Roll Away Tension & Increase Mobility" course in Conway. They look very relaxed, wouldn't you say?*



*At left, some 30 members exchanged books, book recommendations and stories about how certain books impacted their lives at the Capital Region Book Exchange.*



*Below, in the Seacoast Region, Dave Hanna, recently retired Dover Assistant Chief of the Dover Fire and Rescue Department, presented "Beyond the Alarm: Dover Firefighters' Enduring Legacy Across History!"*





## All OLLI Book Clubs welcome members from any region

### Capital Region Chapter Chats

*Submitted by Mary Davies, Class of 2007*

Meetings are normally 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](mailto:dfrost49@hotmail.com).

Chapter Chats will have an in-person meeting on Monday, December 30, 2:00 - 4:00 p.m. at the Bow Library to discuss *The Water is Wide*, by Pat Conroy. This memoir follows the author's experiences teaching on a nearly deserted island off the coast of South Carolina in 1969-70. Enjoy holiday snacks and a chance to visit in person.

In addition to reading Conroy's book, participants are encouraged to watch the film *Conrack* (1974) on YouTube. Those unable to attend in person should contact Donna Frost [dfrost49@hotmail.com](mailto:dfrost49@hotmail.com) for a Zoom link.

Readers residing anywhere are welcome to join us by Zoom at our regular meetings on the last Monday of each month at 1:30 p.m. Try us out!

### Chapter Chats (continued)

January Book:

📖 January 27 - *Daughters of the Flower Fragrant Garden* by Zhuqing Li

There's no requirement to finish or even read the book before the meetings. Readers residing anywhere are welcome to join us by Zoom at the December meeting at 2:00 p.m. or on Monday, January 27, starting at 1:30 p.m. Try us out!

### Fresh Reads - Seacoast

*Submitted by John Russell, Class of 2014*

Fresh Reads will take the month of December off. Join us on Monday, January 20 at 1:30 p.m. Contact John Russell at [russelljohnt@comcast.net](mailto:russelljohnt@comcast.net) for a Zoom invitation.

### Manchester Book Club

*Submitted by Mike Baker, Class of 2011*

The Manchester Book Club will take the month of December off and will resume in January. Contact Mike Baker at [mbmikebaker0@gmail.com](mailto:mbmikebaker0@gmail.com) for a Zoom link.

## SIG News

A new Special Interest Group has been formed under the sponsorship of the Greater Manchester region. 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.

You can join the group by sending an email to: [AI-SIG+subscribe@groups.io](mailto:AI-SIG+subscribe@groups.io). As part of the online group you will receive reminders about meetings, and news about AI of general interest -- and be able to post your own comments and AI news.

If you have questions you may contact Jim at [cs2010@jimisaak.com](mailto:cs2010@jimisaak.com) or Glenn Meyers at [ggmeyers45@icloud.com](mailto:ggmeyers45@icloud.com).

### SIG-Bits\*

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

(contact information on next page)

The following SIGs are not meeting in December:

- Capital Region Piecemakers will not meet December 5, but will hold their final meeting on December 19.
- Capital Region Hiking (off until Spring)
- Capital Region Lunch Bunch (off until March)
- Manchester Lunch Bunch
- MWV Bowling SIG
- Seacoast Hiking



# 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](mailto:mbender@tds.net)).

### Creative Writing

Meets every other Thursday (12/5 & 12/19) 1:00 p.m. on Zoom. Prompted writing assignments are shared for group feedback.

Contact: Alan Parady ([alan.parady@icloud.com](mailto:alan.parady@icloud.com)).

### OLLI Piecemakers (Quilting)

Meets first and third Thursday of the month 10:00 a.m.-1:00 p.m. at City-Wide Community Center. Members at all levels work on their own quilting or other fabric craft projects and share ideas and expertise. No meeting 12/5.

Contact: Mari Astell ([maastell@gmail.com](mailto:maastell@gmail.com)).

### Lunch Bunch

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

Contact: Jean Russell ([j6russ@aol.com](mailto: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](mailto:mercier.raymond@gmail.com)).

## Seacoast

### Favorite Local Hiking Trails SIG

Meets on second Wednesday of the month (no meeting in December) at 10:00 a.m. -- to hike (rain or shine) or snowshoe.

Contact: Sandy O'Neill ([sandy\\_oneill@comcast.net](mailto: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](mailto:jromaine@anselm.edu)).

### Happy Hour

Meets monthly on a Tuesday (12/17) 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](mailto: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 ([cs2010@jimisaak.com](mailto:cs2010@jimisaak.com)).

### Lunch Bunch

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

Contact: Mike Baker ([mbmikibaker0@gmail.com](mailto:mbmikibaker0@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](mailto:ejohninnh@yahoo.com)).

### Hiking/Snowshoeing

Meets in winter; no set schedule; get on a mailing list for information. Contact: Betsy Gemmecke

([betsygemmecke@gmail.com](mailto:betsygemmecke@gmail.com)).

### Candlepin Bowling

Saco Valley Sports Center at 1:00 p.m. on selected days (no December session).

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

### Munch Bunch

Meets to enjoy a meal together generally on the fourth Thursday of the month. (12/19)

Contact: Diane Rozek ([dlrh2002@yahoo.com](mailto:dlrh2002@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](mailto: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 Su Bennett, Class of 2014*

*"We have two ears and one mouth so that we can listen twice as much as we speak" ~Epictetus~*

At our monthly Leadership Council (LC) meetings, we discuss and have input on many things pertinent to the welfare of our OLLI members. Over the last couple of years one of the challenges that OLLI Admin and the LC have grappled with is space - where can we meet for classes and events? Since the merger of Granite State College into UNH, the space that Granite State College had occupied and provided for our program no longer exists.

With detailed input and a White Paper (written statistics and description of our plight) from the LC, our director, Toniann Leavitt, met with university administration to share the mission and vision of our institute and discuss the importance of accessible classroom space in our learning regions.

Starting in the North Country, Mount Washington Valley (MWV) was the first region to feel the effect of the change. So some of our OLLI LC volunteers in MWV worked very hard to develop relationships with local businesses and libraries so we could use their space. However, as time went on, some of these community partners, who have expanding programs of their own began to have limited availability for outside programs. Through the hard work and persistence of the learning region's volunteers alongside the OLLI Admin, an agreement has now been signed with the Mount Washington Observatory (MWOBS) and we will have space in their office in North Conway.

The Seacoast Region has experienced similar challenges. Thankfully, the UNH Professional Development & Training Department has been generous to share their classroom space in Portsmouth for the past few years.

The Capital Region has been renting classrooms at NHTI - Concord's Community College and the City-Wide Community Center for courses and events. This has presented its own challenges that are being addressed

by our administration including broken elevators, busy buildings and parking lots, waiting for classes to end so we can set up for our own courses and having to park at a distance.

This fall, Greater Manchester has moved from the Brady Sullivan Building where our lease ended into offices at UNH-Manchester. This has provided us access to available classroom spaces and an opportunity for our program to be on campus. While this is great for the program to be more visible, it carries the added logistical challenge of needing parking passes and finding a parking spot on campus, especially during busier hours.

Of all of these challenges, the most prominent one is that OLLI is now being charged an hourly rate to use most of the classrooms and offices, which is a change from the past and, of course, affects our budget.

We want you all to know that we do listen to members' concerns and try to address them the best we can. Please do not hesitate to contact any member of the LC or the OLLI office and we promise to listen.

And we wish all of you and your families a very wonderful holiday season and a very special New Year.

Su

P.S. And for a joke (as promised in my last Chat):

What do you call a snapshot from the North Pole?  
A polaroid.

*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](mailto:russelljohnt@comcast.net) for information or a Zoom link.*



### In Memoriam

*Judy Edwards, Class of 2013, Seacoast Region*

# December 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, December 9 Capital Region Membership/Central Committee – 10:00 a.m. (Jacki Fogarty, contact)  
Friday, December 13 Capital Region Curriculum Committee – 1:00 p.m. (Donna Frost, contact)  
Friday, December 20 Capital Region Holiday Party & Yankee Swap – 12:30 p.m., City-Wide Community Center (Jacki Fogarty, contact)

## Greater Manchester Region

Friday, December 13 Manchester Curriculum Committee – 10:00 a.m. (Bob Jones, contact)

## Mt. Washington Valley Region

Wednesday, December 11 MWV Central/Curriculum Committee – 10:30 a.m., Carroll County Extension (Cindy Graham, contact)

## Seacoast Region

Thursday, December 12 Seacoast Volunteer Orientation – 1:30 p.m., UNH PD&T, Portsmouth (Tessa McDonnell, contact)

## Statewide Meetings and Events

Friday, December 27 Lunch & Learn – Technology – 12:00 p.m. (Jacki Fogarty, contact)  
December 25 to January 2 OLLI Office closed for UNH holiday break

## Looking Ahead

Tuesday, January 21 Seacoast Spring Preview – 10:30 a.m., St. John's, Dover  
Tuesday, January 21 Capital Region Spring Preview – 2:00 p.m., Tad's Place, Concord  
Wednesday, January 22 Mr. Washington Valley Open House – 1:00 p.m., Mt. Washington Observatory Office, North Conway  
Monday, January 27 Leadership Council – 10:00 a.m. (John Russell, contact)  
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.**



## **OLLI at the University of New Hampshire**

Taylor Hall, 59 College Road, Durham NH 03824

(603) 255-3553

[olli.office@unh.edu](mailto:olli.office@unh.edu)

[unh.edu/OLLI](http://unh.edu/OLLI)

**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](mailto:OLLIOutlook@aol.com). Thank you.

*Jacki G. Fogarty, Editor*



# Directory (Addendum)

## Contact Email Addresses

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Dee Angwin  
Mari Astell  
Mike Baker  
Marty Bender  
Su Bennett  
Tori Berube  
Barb Butler  
Kathy Cassano  
Sarah Columbo  
Mary Davies  
Peg Fargo  
Jacki Fogarty  
Donna Frost  
Jan Gagne  
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Jen Graf  
Cindy Graham  
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Diane Parks  
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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

### Conway Public Library

15 Greenwood Avenue, Conway

### The Gibson Center

14 Grove Street, North Conway

### Pope Memorial Library

2719 Main Street, North Conway

**OLLI at UNH** is a department within the  
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