

OUTLOOK

A publication of OLLI at the University of New Hampshire



Spring Courses

These courses have seats available and start within the next three weeks (must enroll at least 3 days before start date):

Capital Region

- 3/4 [A New Hampshire Government Primer with V. Drew](#)
- 3/4 [Build Your Video Production Skills](#)
- 3/8 [Growing Up in Concord, NH in the 50s and 60s](#)
- 3/14 [Hold the Freckles: Doris Day is More Than Fluff!](#)

Greater Manchester

- 3/5 [Civics Slam! Learning About Government Now That You're Older and Wiser](#)
- 3/5 [Mission Brief and Antenna Tour, New Boston Space Force Station](#)
- 3/6 [Boomwhackers, the New Way to Make Music](#)
- 3/6 [How to Read a Platonic Dialogue](#)
- 3/12 [Path of Liberation: Core Teachings of Tibetan Buddhism](#)
- 3/14 [Sophie's World: An Imaginative Introduction to Philosophy](#)
- 3/18 [Dystopian Spirals: How Tech is Creating Dysfunction, Division, & Disaster](#)

Mount Washington Valley

- 3/15 [So You Want to Take an Alaskan Cruise?](#)
- 3/18 [Helping Injured and Orphaned Wildlife](#)

Seacoast

- 3/4 [Math Curiosities: Fibonacci, Golden Rectangle & Parthenon, Friday the 13th](#)
- 3/5 [Riveting Raptors: Owls, Hawks, & Vultures - Oh My!](#)

Zoom

- 3/7 [Zentangle 101](#)
- 3/7 [Danger, Suspense and Deception: The Best of Alfred Hitchcock](#)
- 3/14 [The New Yorker](#)
- 3/15 [Women in Science, Technology, and Mathematics](#)
- 3/18 [Jennie Powers: The Woman Who Dares](#)
- 3/18 [Green Funerals: Separating Fact From Fiction](#)
- 3/18 [Dystopian Spirals: How Tech is Creating Dysfunction, Division, & Disaster](#)

Remember, changes to course information will not be found in the print catalog or in the online version of the print catalog (PDF); only the individual online course descriptions are updated with changed dates, times or locations.

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Spring Term Updates

Following are changes to Spring course listings. Click the course title to view the full information online.

Schedule Changes

Capital Region

- 5/14 [Forever Chemicals \(PFAS\) in New Hampshire and Maine: Where It Is and . . .](#) – date change

Greater Manchester

- 4/3 [Plan Your Own Funeral or Memorial Service](#) – now a single session, fee \$20
- 4/4 [Starting Again After 50: Navigating Our Way Following Major Life Change](#) – date change

Mt. Washington Valley

- 4/10 [Bretton Woods: The Conference that Changed the World](#) – now a single session, fee \$20
- 5/13 [Exploring Collage Techniques](#) – date change

Cancellations

Capital Region

- 3/4 What is the Nature of Those Earthlings?

Learning for the Fun of It!

Director's Notes

Reaching Out and Engaging With You

Submitted by Toniann Leavitt, Program Director

Note: All underlined blue words or phrases are clickable links.

Happy March! As we enter our second year being part of the University of New Hampshire, we continue to experience new opportunities for our community. Many things are happening this semester such as Mug 'n' Muffins, Lunch & Learns, a trip to the JFK Library and EMK Institute and participating in The (603) Challenge.

What a great start to our spring semester! So far, our amazing volunteer presenters have given 21 engaging courses and events including topics on animals, history, literature and a technology Lunch & Learn. While 2400 seats have been filled, there are still plenty of courses coming in the next few months! If there are other experiences in which you would like to participate, please [click here to register](#) or call (603) 255-3553 and a member of our Administrative Team will assist you.

I would like to take a moment to welcome 105 new members to our OLLI at UNH community! If you see a member with a name badge stating "Class of 2024," please take a moment to welcome them to our classrooms, events and other programs. If you are one of these new members, you will have received a New Member Packet in the mail including your name badge and OLLI at UNH information. For any additional questions, I hope you will reach out to a volunteer you meet in the classroom, your regional contacts, or our office.

If you can believe it, we are already hard at work with our curriculum committees planning for the Fall 2024 semester. Course proposals are being accepted through **Friday, April 6th at 12 noon**. If you would like to present a course or know of potential presenters who might like to share their time and passion with our membership, please find the course proposal form [here](#). If you have questions about submitting a proposal, please contact our Program Manager, Tori Berube, at (603) 513-1378.

Our OLLI at UNH annual memberships have two possible renewal dates: February 1 or August 1. If your membership expired February 1, you can still renew today. You can do so [online](#) or by calling our office at (603) 255-3553.

Next month we will once again participate in the university-wide fundraising event, The (603) Challenge! Last year, our membership helped us reach some amazing goals! We had 118 donors, were in the top 5 for number of donors for all of Outreach & Engagement, and unlocked matches/challenges bringing our fundraising for OLLI to over \$11,000. This year, our Leadership Council is once again planning to create a participation challenge to our membership! Look for more information on how your donations during the April 8-12 Challenge can increase your donated dollars to our learning community!

Have a great month!

SAVE THE DATE!



AGE OF CHAMPIONS!

We hope you will join us and the UNH community to learn about about some great resources!

Date: Saturday, April 20th | Time: 10 AM – 1 PM | Location: Lundholm Gym (UNH Durham)

Another Term Begins



Members came from Derry, Kennebunkport, Bedford and, of course, the Seacoast region to attend one of the very first classes of the term – a tour of the historic Portsmouth Music Hall.



In Manchester presenter Mike Morin regaled a full house with the history of the Red Arrow Diner. Sorry you missed it? It's being offered again on May 7 – register now!



Pictured above and at right . . .

In Mount Washington Valley

Submitted by Kim Varney Chandler, Presenter

Today I had the honor of presenting a course on *Covered Bridges in the Conway Area, Past & Present*. I am so grateful for the folks who attended, as we had so much fun together. Thank you for sharing your personal stories about our covered bridges, for the many questions, for the corrections on my pronunciations of names, and for forgiving me for messing up the Kanc! I know better. It was a wonderful afternoon, and I enjoyed meeting everyone.



And in the Capital Region, presenter Dave Hess couldn't wait for the term to begin because, well, the primaries were happening! So he gathered with his fans at a Lunch & Learn to discuss the start of Picking the President 2024.

All Education Does Not Happen in the Classroom

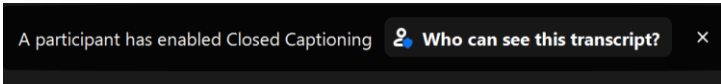
Zoom Tips and Tools



Do you find it useful to have closed captioning on your TV? Did you know you can have closed captioning on your screen during Zoom meetings and classes?

If you're on a computer, hover your mouse at the bottom of the screen. (On a tablet the icons will be at the top of the screen.) You may see the familiar CC icon – click on it and choose “display captions.” If you don't see the CC icon, at the right end of the line of icons you'll see three dots. Click it and select “captions” from the list and select “show captions.”

When closed captioning is active you'll see this on your screen:



What's your favorite OLLI class?

Donna Frost gave a lot of thought before providing this response:

That's like picking a favorite child . . . no such thing. Sometimes I pick a course because I want to think and discuss. Other times I want to be creative or enjoy someone else's talent. Other times I take something because I need to learn more about a subject especially with regard to health. I love the variety that OLLI offers.



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

As we head back to the classroom

If you have registered for a course, please expect a reminder email from your Class Assistant or Zoom Moderator shortly before your class. This email will have all the necessary details about your course. If you do not receive this email, please contact the OLLI Office at olli.office@unh.edu or by calling (603) 255-3553.

Technology Tips

Did you know that you don't have to squint at type you find too tiny when you're reading online? There are lots of ways you can enlarge what appears on your screen. Here are just a few and these don't include changing the resolution of your display:

1. If you have a mouse with a roller, it's really easy! Simply hold down the Control key on your PC keyboard (Command on your Mac) and scroll with your roller.
2. Hold down the Control key (Command on Mac) and tap the + key
3. Most browsers have 3 dots at the top right. Click that and choose Zoom. You may select an increased size.
4. On an Android phone, tap the gear icon to open Settings. Choose Display. Tap Display size and use the drag bar to increase the display.
5. When you're in a Zoom meeting or class looking at a presenter's slide that might be too small to read, hover your mouse at the top near the screen share indicator. Click the down arrow and select Zoom; choose the size that will give you a comfortable reading experience. With your mouse you may drag the image back and forth to see all content.
6. If you're working in Word or Excel (or any Microsoft application), the bottom right corner of your screen shows a bar. Drag the handle to the right to enlarge the appearance of the document.

What's Coming in March and Beyond?

The Greens of Spring

Greater Manchester's
Virtual Happy Hour

Tuesday, March 19
6:00 p.m. – Zoom



Contact Dennis McGivern at
dmcgivern52@gmail.com for a Zoom link.

Lunch & Learn

**Staying Ahead of the Curve: Exploring Latest
Tech Trends in AI, Mobile OS, Security, and
Devices**

Friday, March 22 - 12:00 – 1:00 p.m.
Free! On Zoom

This Lunch & Learn session will take a deep dive into the ever-changing world of technology, exploring the latest advancements in Artificial Intelligence (AI), mobile operating systems like Apple iOS and Android, Windows 11 features and the future of Windows OS, and the constantly influx landscape of cybersecurity.



Presented by Mark Glisson, Hooksett Library

To register for this Lunch & Learn, [click here](#).

Technology You Can Use

Lunch & Learn Be Prepared In An Emergency

Tuesday, April 2
Lunch at 11:30 a.m.
Program at 12:30 p.m.
The Gibson Center



Contact: Cindy Graham at
graham168@icloud.com

Greater Manchester Game Day

Saturday, March 23
1:00 – 4:00 p.m.
Brady-Sullivan Tower

**Bring a game
Host a game
Play a game**

RSVP to Diane Parks at
dparks43@aol.com



Capital Region Lunch Bunch

March 20 at noon

Uno Pizzeria & Grill



Email JGFogarty228@aol.com to
reserve a spot.

SIG News

Seacoast Favorite Trails Hiking SIG

The Seacoast Hiking/Walking SIG will meet only once in March on Tuesday, March 5 at 10:00 a.m. at the Tower Hill Pond Trail in Auburn. The trail is a 3.9-mile loop around the pond and is considered an easy walk. Interested hikers should contact Sandy O'Neill at sandy_oneill@comcast.net.



If you wish to be added to the email list for updates, please contact Sandy O'Neill at sandy_oneill@comcast.net. This group is always open to any OLLI member and we are always looking for favorite hiking and walking areas. Contact Sandy with your ideas.

Seacoast Book Club - NEW

Submitted by Lynne Brosch, Class of 2015

Are you tired of Zoom? Do you want to meet other book lovers to discuss books IN PERSON?! A new Special Interest Group for the Seacoast will start by end of April. We will meet at the UNH Portsmouth Personal Development & Training building, 230 Commerce Way.

At this point we need to determine interest, so please respond to lrugg1224@aol.com and let me know of your interest and what day and time would be preferable. Mornings 10:00 a.m. – 12:00 p.m. or afternoons, 1:00 – 3:00 or 2:00 – 4:00 p.m. Please respond with your interest by March 20, 2024. This group will meet monthly from March through November. Travel during the winter months can be too unpredictable to plan. Once we're up and running, we will choose books for at least 6 months out so that group members will have time to locate a copy and read it.

Join us!

Mt. Washington Valley Munch Bunch

Are you interested in joining your OLLI friends for breakfast/lunch? Bring a friend! Our MWV members meet for breakfast or lunch on the fourth Thursday of every month. Pictured below is our January Bunch.



Email Diane Rozek at dimh2002@yahoo.com if you are interested and have ideas on where to go.

Capital Region Piecemakers Quilting SIG

SIG leader Mari Astell has been quilting for over 45 years and has taught the skill at various levels. She has facilitated this OLLI Special Interest Group for over 5 years. Initially the group was simply a way for experienced quilters to get together to share their skills, ideas, and enthusiasm for the art of quilting.

Now, Mari has decided to teach various quilting techniques to interested members at all levels.

Beginning this month, any beginner wanting to learn to quilt, or experienced quilter wanting to learn a new technique is welcome to join in the first half of each session. Mari will provide individual instruction for those members wishing to learn more. She has many patterns to choose from to create simple potholders to table-toppers, to entire quilts. The second half of each session will be set aside for individual sewing time. A working, well-oiled sewing machine is a necessity for this instruction.

Please contact Mari at maastell@gmail.com for the schedule, to discuss your sewing skills and to decide what project you would like to create. She will tell you what to bring to your first session.



All OLLI Book Clubs welcome members from any region

Capital Region Chapter Chats

Submitted by Mary Davies, Class of 2018

Meetings are the last Monday of the month
at 1:30 via Zoom

To receive the Zoom link contact Donna Frost at
dfrost49@hotmail.com

The March book selection is appropriately titled *March*. This Pulitzer Prize-winning novel by Geraldine Brooks imagines the wartime experience of the absent father in Louisa May Alcott's *Little Women*. Mr. March goes off to the Civil War and finds his idealism forced to confront the atrocities and cruelties of war. Brooks uses the journals of Alcott's father for inspiration for this character. Enjoyment of this book does not depend on knowing *Little Women*.

Future reads:

- April 29: *The Island of Sea Women* by Lisa See
- May: (date TBD): *The Splendid and the Vile: A Saga of Churchill, Family, and Defiance During the Blitz* by Erik Larson

IMPORTANT NOTE: You are not required to finish or even read the book before the meetings. All are welcome to join us by Zoom on Monday, March 25, starting at 1:30 p.m. Try us out!

Manchester Book Group

Submitted by Mike Baker, Class of 2011

The Manchester Book Group will meet Tuesday, April 2, at 7:00 p.m. to discuss *The American Adventuress: the Heiress from New York who Dazzled London* by C.W. Gortner. For information and a Zoom link, contact Mike Baker at mbmikebaker0@gmail.com.

Fresh Reads - Seacoast

Submitted by John Russell, Class of 2014

The March Fresh Reads selection is *How to Be an Antiracist* by Ibram X. Kendi. Called "the most courageous book to date on the problem of race in the Western mind" by *The New York Times*, *How to Be an Antiracist* presents a transformative concept that reorients and reenergizes the conversation about racism—and, even more fundamentally, points us toward liberating new ways of thinking about ourselves and each other.

At its core, racism is a powerful system that creates false hierarchies of human value; its warped logic extends beyond race, from the way we regard people of different ethnicities or skin colors to the way we treat people of different sexes, gender identities, and body types. Racism intersects with class, culture and geography and even changes the way we see and value ourselves. In *How to Be an Antiracist*, Kendi takes readers through a widening circle of antiracist ideas—from the most basic concepts to visionary possibilities—that will help readers see all forms of racism clearly, understand their poisonous consequences, and work to oppose them in our systems and in ourselves. Kendi weaves an electrifying combination of ethics, history, law, and science with his personal story of awakening to antiracism. This is an essential work for anyone who wants to go beyond the awareness of racism to the next step, contributing to the formation of a just and equitable society.

If you would like to join the discussion, Monday, March 18 at 1:30 p.m. contact John Russell to receive a Zoom invitation. (russelljohnt@comcast.net)

SIG-Bits*

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

(contact information on next
page)

Mt. Washington Valley Candlepin Bowling

March 28 at 1:00 p.m. at Saco Valley Sports Center

Munch Bunch

March 13 this month; location and time TBD. For details, contact Barbara Butler at barbarabutler@yahoo.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).

Technology SIG

Meets the third Wednesday of the month 10:00-11:00 a.m. on Zoom. Members discuss news in technology, problem-solve computer issues and offer assistance to each other. Contact: Michael Bujnowski (mbujnowski@comcast.net).

Creative Writing

Meets every other Thursday (3/14 and 3/28) 1:00-3:00 p.m. on Zoom. Prompted writing assignments are shared for group feedback.

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

OLLI Piecemakers (Quilting)

Meets first and third Thursday of the month (3/14 and 3/28) 10:00 a.m.-1:00 p.m. at City-Wide Community Center. Members at all levels work on their own projects and share ideas and expertise.

Contact: Mari Astell (maastell@gmail.com)

Lunch Bunch

Meets to enjoy a lunch together – no set schedule.

Contact Jacki Fogarty (JGFogarty228@aol.com) to get on the mailing list.

Seacoast

Favorite Local Hiking Trails SIG

Meets on first Tuesday and second Wednesday of the month (3/5 only) at 10:00 a.m. -- to hike (rain or shine) and winter snow-shoeing.

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

Greater Manchester

Manchester Meditation

Meets weekly on Wednesdays at 2:00 p.m. in Room 101 at Brady-Sullivan Tower, Manchester, for silent meditation practice and discussion.

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

Happy Hour

Meets monthly on a Tuesday 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)

Founding Documents

Meets weekly on Tuesdays at 3:30 p.m. on Zoom for close examination and discussion of current (political) events and the governmental documents and court cases involved. **No meetings in March**; resumes April 2.

Contact Jim Isaak (cs2010@jimisaak.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 (eajohninh@yahoo.com)

Hiking/Snowshoeing

Meets in winter; no set schedule; 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 Wednesdays. (3/28)

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

Munch Bunch

Meets to enjoy a meal together generally on the fourth Thursday of the month.

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

Try out a SIG this month! They're fun and there's no commitment.

Got an idea for a SIG? Contact your regional Central Committee



Chair's Chat

Submitted by Bob Muzerall, Class of 2018

As an OLLI member, you are affiliated with a learning region. You are either in the Seacoast, Capital Region, Greater Manchester, or the Mount Washington Valley learning region. What you may not know is that OLLI at UNH encompasses all four of these regions as one statewide group.

Every month volunteer representatives from the four learning regions meet and work on activities to strengthen our program for our members. This group is called the Leadership Council (LC). Several times each year the LC meets in person, versus Zoom, for a full day of work. We recently met in Manchester for an all-day meeting.

Our LC is made up of two representatives from each region and the chair of each statewide committee. Our standing committees include Travel, Membership, Development, Volunteer, Marketing and Curriculum Council. In addition, we have formed task groups to address specific issues; these groups disband when their task is completed.

Here is what we are working on currently:

- Our membership task group is developing best practices for recruitment and retention of members.

- Our volunteer development task group is creating a training and development program for all volunteers to better serve our members.
- Our communication task group has just been formed to investigate and improve our communications within and outside of our organization.
- Our New England Notables committee is completing our planning for this year's award.
- Our facilities task group completed its study on our regional locations and home office and submitted this to Toniann Leavitt, our director.

These are just some of the projects we are working on. Our next in-person all-day meeting is set for April 2. Monthly Zoom meetings are scheduled for March 25, April 22, May 29 and June 24. Members are welcome to attend Leadership Council meetings; simply contact John Russell for a Zoom link.

The Leadership Committee is dedicated to making OLLI at UNH the very best OLLI in the Osher Network. We are anxious to hear from all of you. Don't hesitate to reach out.

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. All members are welcome. Contact John Russell, at russelljohn@comcast.net for details.

One More Word on SIGs: Capital Region Start-Ups

Nineteen members met in Concord in February to discuss potential new SIGs. Leaders of present and past SIGs offered their wisdom on the challenges and rewards of running a SIG and potential new leaders took note.

The energy and enthusiasm in the room led us to focus on three new subject areas: walking, bridge/games and crafts. Next steps will be open invitations to members to meet for the organization of each. SIG members determine days, times,

frequency of meetings and how they operate. Leadership must be formalized and proposals must be developed and approved by the Central Committee.

Additionally, the results of the Capital Region SIG Survey and the meeting revealed that many members were interested in participating in existing SIGs; efforts at communicating opportunities more effectively will be stepped up.

March 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

Friday, March 8	Capital Region Membership Committee – 11:00 a.m. (Jacki Fogarty, contact)
Monday, March 11	Capital Region Central Committee – 10:00 a.m. (Jen Graf, contact)
Friday, March 15	Capital Region Curriculum Committee – 1:00 p.m. (Donna Frost, contact)

Greater Manchester Region

Friday, March 8	Manchester Curriculum Committee – 10:00 a.m., Brady-Sullivan Tower (Bob Jones, contact)
Thursday, March 21	Manchester Central Committee – 1:00 p.m. (Jim Mahoney, contact)

Mt. Washington Valley Region

Wednesday, March 13	MWV Central/Curriculum Committee – 10:30 a.m., Carroll County Extension (Cindy Graham, contact)
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Seacoast Region

Thursday, March 14	Seacoast Curriculum/Central Committee – 1:30 p.m. (Tessa McDonnell, contact)
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Statewide Meetings and Events

Friday, March 22	Lunch & Learn – Technology – The Future – 12:00 p.m. (Jacki Fogarty, contact)
Monday, March 25	Leadership Council – 10:00 a.m. (John Russell, contact)

Looking Ahead

Friday, April 12	MWV Lunch & Learn – Emergency Preparedness – 11:30 a.m., Gibson Center (Cindy Graham, contact)
Tuesday, June 18	OLLI on the Road, Kennedy Library/Kennedy Institute, Boston (Peg Fargo, contact)

Directory of Contacts' Email Addresses and Directory of Class 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

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. Thank you.

Jacki G. Fogarty, Editor

Directory (Addendum)

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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

Brady-Sullivan Tower

1750 Elm Street, Manchester
Park in the back of the building

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
Office of Outreach and Extension (OE).

OLLI Office Contact Information

OLLI.office@unh.edu

(603) 255-3553

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