The winter term catalog was emailed to all members on November 28. If you have not yet seen it, you can find it on the OLLI website: [http://olli.granite.edu/OLLI](http://olli.granite.edu/OLLI)

Registration begins Monday, December 5 and classes begin Tuesday, January 3.

There are 31 courses, listed here by site:

**Concord**
- Aging and the Brain
- Concord’s Hidden Treasure – Concord Theater
- Dawn of the Space Age
- Early Twentieth Century Physics
- Films: Bonnie and Clyde
- Moonshine, Brinks Job, NH Connection
- Politics Lies and Culture
- Rug Braiding
- Women’s Rights – Stanton and Anthony

**Conway**
- Book Talk & Swap
- Snowshoe Tour in Bethlehem

**Manchester**
- Art Collection Tour – St. Anselm
- Beyond the Hearing Aid
- Classical Music in Film
- Confronting the Absurd: Camus
- Curiosities in Math
- ElderMusik – Nashua (Hunt Community)
- Film Operettas
-Frauds and Scams
- Hospice Care at Home
- Jefferson as Philosopher – Nashua (Huntington Comm.)
- Mill Girls – Nashua (Hunt Community)
- Philosophy, Ecology, End of Growth
- Reparationists are the New Abolitionists
- Richard III: Man Behind the Myth
- Rise of Nazis and the Holocaust
- Snowshoeing Manchester Area
- Storytelling: Gilgamesh – Nashua (Hunt Community)

**Seacoast**
- Granite Gallows: Death Penalty
- Opera: “Nabucco”
- Walking Winter Wonderland

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**Granite State College (GSC) Supports our Communities:**

**Together We Can Make a Difference**

*Submitted by Jane Fletcher, Class of 2011*

OLLI members are invited to join GSC staff by donating food, toys and/or pet supplies. This year, four of GSC’s regional campuses (Concord, Manchester, Conway and Rochester) will be drop-off locations. If you would like to participate, please drop off your gift in a collection box at any of the campuses listed by Wednesday, December 7.

**FOOD DRIVE**

Granite State College is partnering with the NH Food Bank to collect non-perishable food items to end hunger for NH families in need. Please consider donating a canned or boxed food item. The most needed items include canned vegetables and beans, canned tuna and chicken, canned soup/stew/chili, rice, pasta or noodle mixes, peanut butter and jelly, and mac ‘n’ cheese. Every donation helps!

**TOYS FOR TOTS**

The mission of the U. S. Marine Corps Reserve Toys for Tots Program is to collect new, unwrapped toys and distribute those toys as gifts to less fortunate children in the community in which the campaign is conducted.

**PET DRIVE**

Granite State College is partnering with local Humane Societies to collect food and much needed items to support NH Animal Shelters. Wished for items include:

- **CATS:** dry food, canned food, cat litter, toys and beds
- **DOGS:** dry food, canned food, hard chew toys, medium/large kongs, rubber toys, Kuranda dog beds and six-foot leashes
- **SMALL ANIMALS:** Wood pellets, dry food and toys
- **ALL ANIMALS:** Fleece blankets, food and water dishes (metal or ceramic)
particularlly excited about it because it includes individual site pages that provide space for event announcements, local news, pictures, etc. As an added feature, the new site will be much easier for staff to keep updated and fresh. In the January issue of the OLLI Outlook we hope to announce that it is ready and waiting for you to visit.

Walking in a Winter Wonderland
OLLI volunteers have your winter all planned out for you! 31 class selections have been scheduled across our four OLLI sites with the addition of classes at both the Hunt and Huntington Communities in Nashua! Winter classes start on January 3 and will be over by February 3 to make way for spring classes.

Give yourself a holiday gift -- registration by phone, mail and online begins on December 5.

Happy, Healthy Holidays,

George, Laurie, Tessa and Jane

The OLLI office can help you finish up that holiday gift list.

The OLLI office can help you finish up that holiday gift list.

OLLI Memberships are the perfect gift for the “adult who has everything.” Call the OLLI office to purchase a membership: (603) 513-1377.

A first-year membership, activated immediately, will include a bonus term, entitling the new member to take Winter term classes in January 2017. The first renewal of that membership won't be due until February 2018.
Professor Beth Rickenbach from the psychology department of Saint Anselm College volunteered to help us find our way. A native of Wisconsin, she had to learn how to adjust as her family moved around the country a lot. Her mother was a single parent when raising her two sisters. That experience led to Beth’s major in human development at Penn State.

Graduating in 2008, just when the “Great Recession” took hold, she faced limited career opportunities. Volunteer work at a retirement community piqued her interest in the problems of aging. She liked working with the elderly, socializing with them and learning about their life experiences, their needs and their fears. This interest led to a Ph.D. in aging studies from the University of South Florida and a post-doctoral fellowship at Brandeis. She is active with the Gerontological Society of America. Dr. Rickenbach became a new mom last May and lives with her family in the Boston area. Currently teaching three courses at Saint Anselm, with a new baby, and a long commute, she has a busy life.

What does academia offer as advice for seniors? Well, of course, the results of their research are well organized into categories and subcategories, and the professor brought a lot of facts and theories for her class to mull over. But the OLLI sessions were more of a collaborative exchange rather than a one-way lecture. Shared real-life experiences provided both questions and possible answers.

Cognitive decline has become a serious issue in the United States as life spans have lengthened. However, research now substantiates the fact that the human brain can reorganize itself both physically and functionally throughout life by forming new neural connections.

This “neuroplasticity,” can teach an old brain new tricks. How can we help this strengthening process along? It’s a matter of self-starting to learn new skills, to make new friends; in other words, become more active in OLLI.

A number of brain training procedures have gained popularity. Online games like Lumosity claim to improve memory, but there is little valid evidence of their effectiveness. However, Doctor Beth has a list of better ways to limber up those neurons. You’ve heard about them before, but they really work.

**Her prescription includes remedies we often wink at: a healthy diet, regular exercise, and avoidance of stress.**

Class member Gerald Lalonde, class of 2013, shared his experience with the aging process. When he and his wife Rose retired, they bought their dream home on Oahu with views of the Pacific. Big mistake! It only took an afternoon to drive around the whole island. And then what? Gerald was not one to sit around enjoying the view.

After graduating from the University of Maine in 1951, he had had a demanding career managing retail stores, ending with the franchise for the Ben Franklin store in Raymond. They had loved nearby Nottingham, so they sold their Hawaiian paradise for 12 acres back home. For 26 years, Gerald and Rose tended flower and vegetable gardens, fruit trees and blueberry bushes, sharing all with the neighbors, and keeping involved with their community. This active lifestyle carried him into his 89th year.

Now, as a widower, he’s moved into an apartment. Again, not content with staring at four walls, he’s reaching out wherever he can. Without children of his own, he’s borrowed some. Thanksgiving was spent with his “adopted” family of ten. And Gerry can be found in many OLLI classes, attending and often being a Class Assistant.

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**Concord OLLI Book Club**

Submitted by Peg Fargo, Class of 2005

Our December Book Club meeting will be on Monday, December 12 from 1:30 PM at GSC in Concord. The book for December is *Our Souls at Night* by Kent Haruf and the discussion leader is Mary Davies.

This is the story of the small fictitious town of Holt set on the plains of Colorado, in which lives Addie and Louis, neighbors who have known of each other for decades. Each has lived alone with vast empty spaces in their lives. This simply written yet complex book should bring about a great discussion.
On September 30 an OLLI class visited an unusual home construction site in Conway. The class actually started at a completed well house that was the prototype for this future home before arriving at the site.

The project is the result of the owners wanting to construct a modest house that would be comfortable and not need maintenance or repair. It would also not need much cooling or heating. The building system utilizes sand bags filled with concrete and reinforced with rebar and barbed wire.

The large opening behind the scaffolding, which faces south, will consist of a glass wall and door. In front of that will be large insulated wooden bi-fold doors that will be closed in the winter months to keep the heat in at night. A glass spire on top of the cupola will let light in through the roof opening.

The yellow material on the dome is blown on foam insulation which will eventually be covered by a waterproof membrane and covered with back fill. The white surfaces are the sand bags painted with a water proof material and will be the only visible areas of the completed dome. Another dome will be constructed alongside the first one and will be connected by an atrium.

Pictures depicting the progress from the start can be found on the website http://domeicilehomes.wordpress.com/

Presenters Betsy Lieper’s and Joyce Prowse’s course “First Ladies are Not Second Rate” this fall examined the many facets of the remarkable women in the White House. Covered were how they met and married their spouses, their causes and interests, their roles as hostesses and mothers, their fashion sense and places in history, the sadness and grief some of them experienced and even some of the scandals they endured.

Each participant, at the end of the class, voted for their choice for “Outstanding First Lady.” Eleanor Roosevelt was the overwhelming winner receiving more than half of the class’s votes. Runners up were Michelle Obama, Laura Bush, Ellen Wilson, Hillary Clinton, Jackie Kennedy, Edith Roosevelt and Lady Bird Johnson.

Weather Cancellations
Submitted by Jane Fletcher, Program Director

Granite State College’s winter weather closure policy can be found at: http://my.granite.edu/safety-security . Announcements will be posted on WMUR-TV and on www.wmur.com and are campus specific. (For example, Manchester may be closed but not Portsmouth.) The OLLI Office will be closed if GSC-Concord is closed. Please do not call the OLLI Office for information about closures.

For safety reasons, OLLI meetings and activities are considered cancelled if the GSC campus where they were to be held has been closed.

If GSC remains open but OLLI decides to cancel an event/class due to weather conditions, those registered will be notified by email or phone.

OLLI members are personally responsible for their own safety and must exercise good judgment when making traveling choices in inclement weather. GSC advises you not to travel if you believe you may be putting yourself in harm’s way.
Only a handful of seats are still available to attend the Concord OLLI Holiday Celebration on Thursday, December 15 at 12:30 PM. It will be held in the second floor Event Center at Granite State College, 25 Hall Street, Concord.

**Because seating is limited, we do require an RSVP – email JGerson228@aol.com if you plan to attend.**

The event will feature a Yankee Swap – bring a wrapped gift
- valued at $5,
- which begins with the first letter of your last name.
- Attach a tag to the outside of the gift with that letter

Refreshments – we are asking each guest to bring
- a small plate of either
- an appetizer/hors d'oeuvre or
- a dessert/munchies
- enough to serve 6-8 people

The event is free and open to OLLI members from all sites.

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Manchester’s Mug ‘n’ Muffin Autumn Pumpkin Fest was held on Saturday, November 5, 2016 at Granite State College in Manchester. Special guest, Mike Morin, author of Fifty Shades of Radio and cohost of the Chef’s Plate, A Taste of New England entertained 48 OLLI members with stories of his radio days and how his interest in cooking has developed into his “new” career.

Mike shared two of his favorite pumpkin recipes. Participants were asked to bring their favorite Pumpkin recipe to enter into the contest for the best pumpkin recipe. Mike picked the winning recipe submitted by Janice Baker which is offered below.

**Pumpkin Cake with Chocolate Bits**

1 ¼ cups flour  
1 tsp. baking soda  
1 tsp. cinnamon  
½ tsp. salt  
½ tsp. nutmeg  
¼ tsp. ginger  
¼ tsp. cloves  
1 stick margarine  
1 cup sugar  
2 eggs  
1 cup canned pumpkin  
¾ cup chocolate bits  
½ cup chopped walnuts

Combine dry ingredients. Cream together the sugar and margarine. Add the eggs, mix all together and then add this mixture to the dry ingredients. Add the pumpkin and mix well. Stir in the chocolate bits and most of the walnuts, keeping some for the top. Pour this mixture into a 9” x 5” loaf pan and sprinkle remaining walnuts over the top. Bake at 350 degrees for 65-75 minutes (until a toothpick comes out clean). (May use 3 small loaf pans and bake 45-50 minutes instead.)

Glaze for top: Blend together ½ cup confectionary sugar, 1/8 tsp. cinnamon, 1/8 tsp. nutmeg, 1-2 tbsp cream. When cake is done, pour glaze over top, cool and let stand 6 hours before slicing.

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Your generous donations work to maintain affordable dues and class fees, supplement scholarships, ensure program sustainability and build organizational capacity.

Thank you for supporting OLLI at Granite State College.  
Click here to access the online donation form or mail your check, payable to OLLI at Granite State College, to:  
OLLI Office, 25 Hall Street, Concord NH 03301
I love The Moth Radio Hour on Public Radio. This show is perfect for radio, as people just tell a story of something in their life.

Jay Allison, Producer, describes The Moth this way: The Moth Radio Hour features true stories told live on stage without scripts, notes, props, or accompaniment. Each Moth Radio Hour mixes humorous, heartbreaking, and poignant tales that captivate, surprise, and delight audiences with their honesty and bravery. Moth storytellers stand alone, under a spotlight, with only a microphone and a roomful of strangers. The storyteller and the audience embark on a high-wire act of shared experience, which is both terrifying and exhilarating.

The requirements of a story told for the Moth are simple. It must be true, and it must be told from the teller’s perspective.

My love of The Moth is, I am sure, based in large part on my love of telling stories. I think I dine out often on my ability to tell a good yarn and I’ve felt the joy of having a small group rapt as they listen to a piece from my past.

One day I heard a pitch on the radio for stories for The Moth. They gave a telephone number and a web address where you could leave a synopsis of a story you would deliver. I knew I had to respond. I had my story and telling it live before an audience was a key item on my bucket list. I had told this story many times and had seen friends reduced to tears as I brought them through the saga of adopting my daughter from an orphanage in Kathmandu and then the journey to find a home for her sister. I made the call, outlined the story and then put it out of my mind.

A few weeks later I received a call from Executive Producer Sara Austin Jenness. She asked if I would be willing to perform my story at the Portsmouth Music Hall. Then she dropped the bomb ... the performance was in ten days! Ten days to prepare the story for an audience of 1,500, not merely ten friends around a dinner table. Ten days to gain confidence in my ability to tell a story in a way that people don’t just listen, but feel what it was like to travel Kathmandu with my husband and our 7-year-old son to grow our family.

While I had told the story numerous times, I had never told it the same way twice. There are so many facts and feelings associated with the trip that each telling focused on a different aspect. With Sara as my producer, mentor and guide, I began the arduous task of preparing the story for a large audience.

Sara suggested that I put together the story during the next day and I could deliver it to her over the phone the following afternoon. So I began to put it together and when she called I began to tell it. I talked about infertility and finally getting pregnant, I talked about desperately wanting another child and then I talked about how, once I received a referral for the little girl, I would drive around Concord listening to Somewhere Out There and crying. She stopped me and said, “Well, that was great but it is 7 minutes into your 11-minute story and you haven’t left the country yet.” I had a lot of work to do reducing the story to only the pertinent events.

Every day I worked on what I would say. Sara helped me understand that I should focus on how, after years of infertility I had a son, but I still felt a piece of me was missing because I wanted a daughter. With this as the theme, I was able to tell about my missing piece and subsequently the piece my daughter was missing when she left her sister behind. Following Sara’s directions I determined which events were critical to the arc of the story and which could be omitted since they didn’t push the tale forward. Every afternoon Sara called and we went over the story. She told me what worked and what didn’t and about getting the audience involved in the story.

Finally the weekend of the performance arrived. I met the other storytellers. The host was Tom Bodette of Motel 6 “We’ll leave the light on for you” fame. There were three other performers: two women with compelling and emotional stories and a young man with a story about a brush with an FBI mob suspect.

I have very limited memory of my performance. I remember how grateful I was that the spotlight was in my eyes so I couldn’t see the audience. I remember adding a new aside that drew a laugh. Mostly, I remember the applause, much more than polite, so I knew it went well.
Kwanzaa – What do you know?

2016 marks the 50th anniversary of the celebration of Kwanzaa, celebrated on the 26th. Take this true or false quiz to see how much you know about this holiday.

1. Kwanzaa is a religious holiday
2. Kwanzaa has its origins in the United States
3. The celebration of Kwanzaa reinforces seven values: Umoja (Unity), Kujichagulia (Self-Determination), Ujima (Collective Work and Responsibility), Ujamaa (Cooperative Economics), Nia (Purpose), Kuumba (Creativity), and Imani (Faith).
4. The founder of Kwanzaa is Dr. Maulana Karenga.
5. Kwanzaa is always celebrated for seven days.
6. Corn is one of the symbols of Kwanzaa.
7. An appropriate Kwanzaa gift is a food item and a heritage symbol.

Click here to learn more about this fascinating holiday: http://www.officialkwanzaawebsite.org/index.shtml

Answers: 1-F (cultural holiday), 2-T, 3-T, 4-F (Dr. Maulana Karenga), 5-T, 6-T, 7-F (a book and a heritage symbol)

Hanukkah – What do you know?

Hanukkah or Chanukah (it is pronounced with the “ch” sound as in Bach, so either spelling is used to try to get to the proper pronunciation – and neither really does) will begin on December 24 this year. Take this true or false quiz to see how much you know about this holiday.

1. Hanukkah is the Jewish Christmas.
2. Fried food is a staple of Hanukkah.
3. Playing “dreidel” is a Hanukkah game. A dreidel is a rubber oval-shaped ball.
4. A menorah is a candle holder with space for 9 candles.
5. There is religious significance to the blue and white colors associated with Hanukkah.
6. The Hanukkah bush must be displayed in a window.
7. Women are to refrain from doing housework while the Hanukkah candles are burning.
8. Hanukkah is always celebrated for eight days.

Click here to learn more about this fascinating holiday: http://www.chabad.org/holidays/chanukah/article_cdo/aid/597456/jewish/Chanukah-Basics.htm

1-F (it celebrates the miracle of a military victory and of the burning of one day’s worth of oil over a period of eight days), 2-T, 3-F (it’s a pointed 4-sided top with a Hebrew letter on each of its sides), 4-T, 5-F (a candle manufacturer was captivated by the colors of the Israeli flag and began making Hanukkah candles to reflect that theme., 6-F (what Hanukkah bush?), 7-T, 8-T

Christmas – What do you know?

Between the movies and TV specials and general overabundance of information, we probably think we know everything there is to know about Christmas whether we celebrate the holiday or not. Right? Take this true or false quiz to see how much you know about this December 25th holiday.

1. Christmas celebrates the birth of Jesus . . . who was not born on December 25.
2. From 1659 to 1681 it was illegal to display Christmas decorations in the American colonies.
3. The image of Santa flying across the sky in a sleigh was created by the same creative mind that gave us the image of Bugs Bunny.
4. Decorated, lit evergreen trees in the home predate Christianity.
5. The first Christmas cards were created and sold in France.

No definitive site for more information about Christmas; for more information, just Google it!!

Answers: 1-T, 2-T, 3-F (Actually, Washington Irving, who created the Headless Horseman, also created the image of St. Nicholas soaring across the sky in a weightless wagon.), 4-T, 5-F (Britain in 1843, invented by John Callcott Horsley)

NEW ENGLAND NOTABLE DR. SYLVIO DUPUIS

Submitted by Mary Rheault, Class of 2011

OLLI members came to hear well-known notable, Dr. Sylvio Dupuis, discuss “Healthcare in NH.” Dr. Dupuis reviewed healthcare in the past, present and future, contrasting the relative simplicity of the past with the complexities of today, driven largely by technology and insurance.

Having placed an invoice for a hospital stay in the 1950s on display in the lobby, he noted the increased number of people involved in administering care contributing heavily to the vastly different charges for services today.

Dr. Dupuis is currently special assistant to the President for Government and Community Relations at the Massachusetts College of Pharmacy and Health Services in Manchester. A native of Manchester, he is a former mayor of Manchester and served as the first President/CEO of Catholic Medical Center. He is a husband, father, grandfather, optometrist and community enthusiast and was instrumental in saving the Palace Theater from dismantling in 1999.
December Calendar

All meetings are at the local Granite State College office unless otherwise noted.

**Concord**

- Monday, December 5
  - Concord Communications Committee – 10:00 AM
- Thursday, December 8
  - Concord Lunch Bunch, Granite Restaurant– 12:00 Noon
    RSVP to Phyllis Benoit at ppigula@att.net or call 774-7721
- Monday, December 12
  - Concord Central Committee – 9:30 AM
- Monday, December 12
  - Concord Book Club – 1:00 PM
- Thursday, December 15
  - Concord Holiday Celebration – 12:30 PM
- Monday, December 19
  - Concord Curriculum Committee – 10:00 AM

**Conway**

- Wednesday, December 14
  - Conway Central Committee – 9:30 AM
- Wednesday, December 14
  - Conway Library Ambassador Meeting – 10:30 AM

**Manchester**

- Friday, December 9
  - Manchester Curriculum Committee – 10:00 AM
- Wednesday, December 14
  - Manchester Membership Committee – 3:00 PM
- Friday, December 16
  - Manchester Central Committee – 12:00 Noon

**Seacoast**

- Friday, December 2
  - Seacoast Mug ‘n’ Muffin, Café Espresso, 800 Islington Street, Portsmouth – 10:30 AM
- Thursday, December 8
  - Seacoast Central Committee – 1:00 PM
- Thursday, December 15
  - Seacoast Curriculum Committee – 1:00 PM

**Statewide Meetings and Events**

- Thursday, December 1
  - Travel Committee, GSC-Concord – 1:00 PM
- Monday, December 5
  - State Membership Committee, GSC-Concord – 1:30 PM
- Monday, December 5
  - Winter Term Registration Begins
- Friday, December 16
  - OLLI Office Closed
- Monday, December 19
  - Steering Committee, GSC-Portsmouth – 10:00 AM
- Friday, December 23
  - Christmas Holiday – Granite State College Closed
- Friday, December 30
  - New Years Holiday – Granite State College Closed

**Looking Ahead**

- Tuesday, January 3
  - Winter Term Begins
- Monday, January 16
  - Seacoast Lunch Bunch, Location TBD – 12:30 PM
- Wednesday, January 25
  - Concord Game Day – 12:30 PM

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**OLLI at Granite State College**

25 Hall Street Concord, NH 03301

(603) 513-1377  olli.office@granite.edu

http://olli.granite.edu  OLLI National Resource Center

The OLLI 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 and comments may be emailed to OLLIOutlook@aol.com. Thank you.

Jacki G. Fogarty, Editor