



NATO HISTORY & THE WAR IN UKRAINE

A Martin-Leese Lecture – free and open to the public!

May 16, 2024 @ 7:00 pm

Presenter: John Ricca

John Ricca served for 22 years in the U.S. Army and another 32 years as a civilian working for the federal government as a weapons of mass destruction (WMD) and counter-terrorism analyst. His specialties are nuclear physics and health physics. He has a master's degree and has completed more than two dozen technical courses in WMD sciences. He served two years as a NATO special weapons staff officer and currently serves as an on-call senior technical advisor.

**Warehime-Myers Mansion
305 Baltimore Street, Hanover, PA**



This lecture will provide a brief overview of the history of the North Atlantic Treaty Organization, the evolution of its policies and strategies, its role in the Ukraine War, and interactions with the USA.

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GARDENING WITH SENIORITY

A Martin-Leese Lecture – free and open to the public!

May 21, 2024 ♦ 7:00 pm

Presenter: Maryann Mawhinney

Maryann Mawhinney, Penn State Master Gardener of York County for 25 years, is also a retired registered nurse. She enjoys the opportunity to combine gardening and nursing knowledge in presenting on gardening with arthritis or fibromyalgia and garden safety.

**Warehime-Myers Mansion
305 Baltimore Street, Hanover, PA**



If you've always loved the pleasure of tending your own garden, you don't have to give up the fresh vegetables and flowers just because you are older or have arthritis. As we age and develop some physical limitations, there are new tools in varying lengths and gadgets that will make gardening easier, more efficient and more enjoyable. Gardening is a great activity for maintaining joint flexibility, range of motion and quality of life. A few simple modifications and exercises can help you keep your garden growing with ease.

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