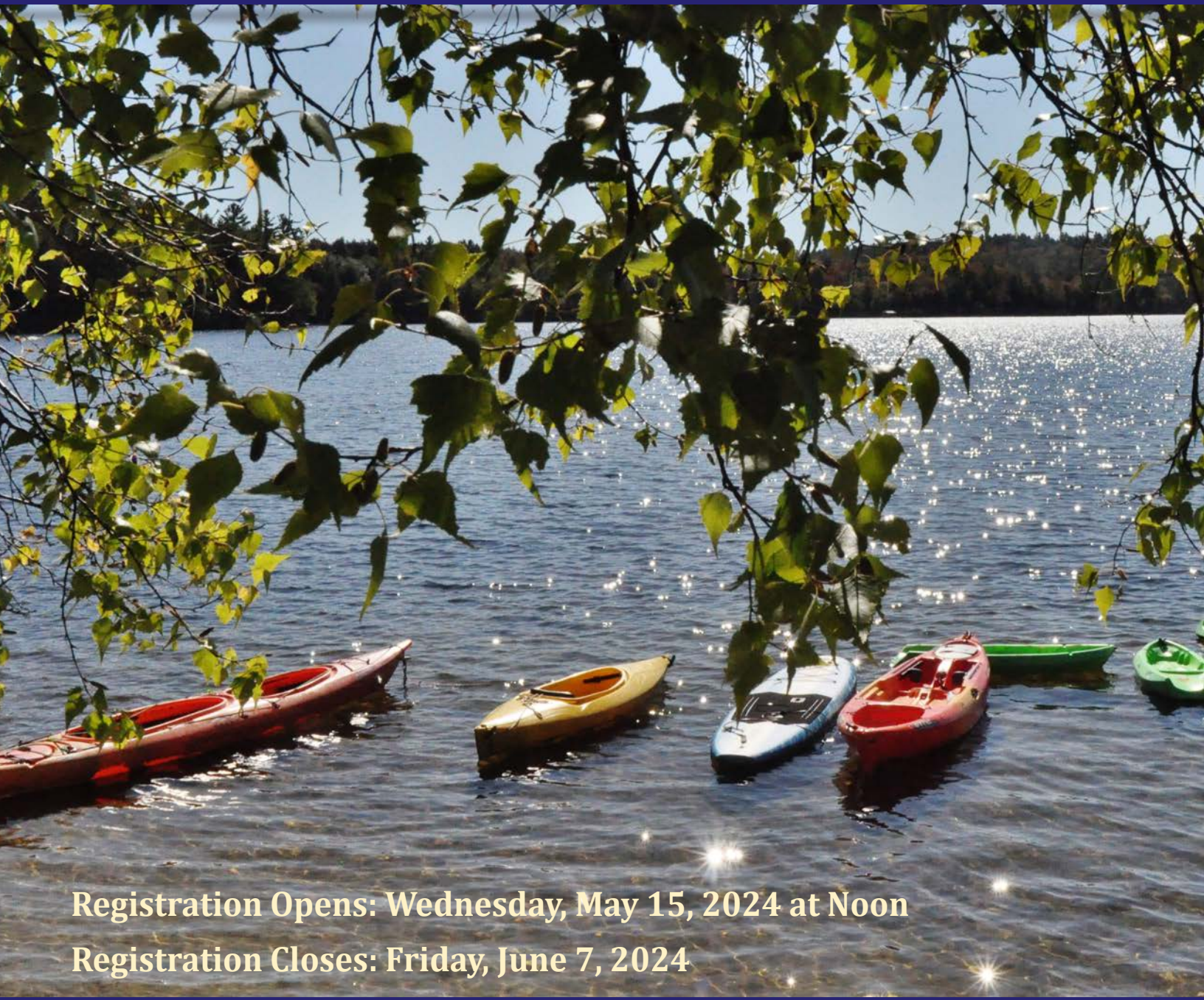


# Adventures in Learning

## Summer 2024

### Course Offerings



Registration Opens: Wednesday, May 15, 2024 at Noon

Registration Closes: Friday, June 7, 2024



Colby·Sawyer  
College

*Lifelong Education at Colby-Sawyer College*

# Adventures in Learning

## Summer 2024

### Term at a Glance

*Cover Photo*  
*"On Little Sunapee"*  
*by Joan Eaton*

#### Welcome to the Summer 2024 Term!

This season, we are pleased to offer six courses, two of which are field-based and will meet multiple times within a week, sometimes at various locations within the local community. Additional details are provided within the course descriptions on the following pages. The four traditional courses will be offered weekly in the AIL classroom, mostly throughout the month of July.

#### FIELD-BASED COURSES

##### MON, WED, FRI

9:00 a.m. - 12:00 p.m.     **Photography: Finding and Capturing Compelling Subjects** / Bill Balsam & Jay Fitzpatrick  
3 sessions during 1 week beginning June 17 at various local destinations

##### MON, TBD

9:30 - 11:30 a.m.     **It's All About the Hike** / Susan Chiarella  
4 sessions over 2 weeks beginning July 8 at various local hiking trails

#### TRADITIONAL COURSES

##### MONDAYS

1:30 - 3:30 p.m.     **Visual Verse** / Nancy Marashio  
5 weeks beginning July 8 in the AIL Classroom, Lethbridge Lodge, Colby-Sawyer College

##### TUESDAYS

9:30 - 11:30 a.m.     **Introduction to Mindfulness** / Kate Weisman  
4 weeks beginning July 9 in the AIL Classroom, Lethbridge Lodge, Colby-Sawyer College

##### WEDNESDAYS

9:30 - 11:30 a.m.     **Telling Your Story: A Gift for Those You Love** / Joan Katz  
4 weeks beginning July 10 in the AIL Classroom, Lethbridge Lodge, Colby-Sawyer College

3:30 - 5:30 p.m.     **Basic Watercolor Painting** / Carol Emanuelson  
4 weeks beginning July 10 in the AIL Classroom, Lethbridge Lodge, Colby-Sawyer College

*Disclaimer: The views and opinions expressed in Adventures in Learning classes and presentations are those of the individual presenters and class participants and do not necessarily represent the views and/or opinions of AIL or Colby-Sawyer College.*



## Photography: Finding and Capturing Compelling Subjects

**Study Leaders: Bill Balsam & Jay Fitzpatrick**  
**Week of June 17, MWF, 9:00 a.m. – Noon**  
**AIL Classroom, Lethbridge Lodge, Colby-Sawyer College**  
**& Various Local Destinations**  
**Maximum number of participants: 12**

**C**ameras are everywhere. Cell phones have decent-to-excellent cameras and small point-and-shoot cameras can be affordable and produce quality images. Higher-end DSLR cameras (generally those with interchangeable lenses) can be complicated but offer the user more control over the final image. The truth is, excellent photographs can be taken with any camera.

With this class, we invite you to bring along any camera you have. The course consists of two outdoor photo shooting exercises and a final indoor class for reviewing images.

Our goals are to:

- Provide an opportunity to think beyond the everyday image.
- Practice looking more intently at our surroundings.
- Find interesting things within our surroundings to photograph.
- Emphasize a relaxed approach to finding compelling subject matter.
- Compose images of the subject matter in the viewfinder before clicking the shutter.
- Enjoy being outside in the company of others.
- Have fun.

The class will not focus on the workings of any camera, so prospective students should become familiar with their own camera settings, including “auto” mode. However, the instructors can help students recognize how different settings can produce different results. Knowledge of how to get pictures from your camera to a computer is useful, but not required.

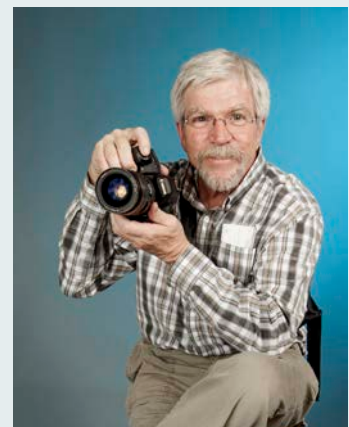
**Please be capable of walking at least a mile while carrying your camera.** Locations for outdoor shooting will be determined based on timing and nature’s cooperation. An indoor option will be available if needed. Questions can be asked of the instructors by emailing [wbalsam@tds.net](mailto:wbalsam@tds.net).

Jay Fitzpatrick is a freelance photographer based in East Andover, NH. In his early 20s, Jay studied photography and film processing and became staff photographer and darkroom technician at a daily newspaper in western Massachusetts. He subsequently went into news reporting and editing and essentially gave up photography for 30 years. In his mid-50s, he enrolled in photography courses at the Institute of Art in Manchester, NH, and has been working at his craft ever since. He is a member of several area arts and photography groups and exhibits his work at various venues in New Hampshire, including the micro galleries in New London.



**Bill Balsam**

Bill Balsam is a retired professor of geology who taught at Southampton College of LIU and the University of Texas at Arlington and most recently was a visiting scholar at Dartmouth College. He has a BS from St. Lawrence University and an MSc and PhD from Brown University. He has been interested in photography since he was a teenager and incorporated photography into his work as a geologist. Since moving to New Hampshire, he has been drawn to wildlife and landscape photography, especially water birds on local lakes and coastal scenes. His images have been displayed at the Griffin Museum (Winchester, MA), the Praxis Gallery (Minneapolis, MN) and the Naturally New England Art Show in Sunapee. When not taking photographs, he can usually be found biking, kayaking or making picture frames.



**Jay Fitzpatrick**



## Susan Chiarella

Susan has many years of hiking experience in New England. Additionally, she has hiked in British Columbia, Alberta, Nova Scotia, Quebec, Alaska, Arizona, Hawaii and Madeira Island, Portugal. She formerly volunteered as a hiking instructor for New Hampshire Fish and Game's Becoming an Outdoor Woman program held at Squam Lake. Currently, she serves as one of the directors for the Sunapee Ragged Kearsarge Greenway Coalition, the organization based in New London that maintains a regional 75-mile hiking trail system. She is an avid snowmobiler and kayaker who resides with her husband, Michael, and four-legged companion, Corgi, in Springfield, New Hampshire.



## It's All About the Hike

**Study Leader: Susan Chiarella**

**Monday, 9:30 – 11:30 a.m. & TBD**

**4 sessions over 2 weeks beginning July 8**

**AIL Classroom, Lethbridge Lodge, Colby-Sawyer College  
& Various Local Hiking Trails**

**Maximum number of participants: 12**

**A**re you interested in walking the beautiful trails around the Kearsarge area but don't know where to start? All About the Hike is a perfect introduction to enjoying the local trails on your own, with a friend, partner or your grandchildren.

The course will begin with a session in the AIL classroom covering hiking basics, as well as a review of the Sunapee Ragged Kearsarge Greenway (SRKG) guidebook and map. You will learn briefly about how this 75-mile loop of trails connecting Sunapee, Ragged and Kearsarge Mountains came to be.

**During the first session, three hikes will be planned: one later in the first week, and two additional hikes the following week, considering the weather and availability of participants.** The group will meet four times in total over a two-week period at local trailheads and hike three of the most manageable SRKG trails together.

Join us to learn about an amazing local resource, enjoy the outdoors, and connect with fellow nature enthusiasts! Experienced hiking instructor Susan Chiarella will also give recommendations for future hikes.

*Please note: Participants should be able to walk three miles on easy but uneven terrain.*

### Strongly Recommended Course Materials:

- SRK Greenway Trail Guide (\$15)
- SRK Greenway Trail Map (\$8)

Both the trail guide and map are available for purchase at Morgan Hill Bookstore in New London.

## Visual Verse

**Study Leader: Nancy Marashio**

**Mondays, 1:30 - 3:30 p.m.**

**5 weeks beginning July 8**

**AIL Classroom, Lethbridge Lodge, Colby-Sawyer College**

**Maximum number of participants: 12**

Those of us interested in writing have much to learn from regional poets. This class will feature poets published in four volumes of *Visual Verse*. Each volume partnered poets with visual artists, presenting the visual and the verse side by side to emphasize the interactions between the two.

“The Ripple Effects” is a partnership with Lake Sunapee Protective Association (LSPA), which held a photography contest to celebrate Lake Sunapee’s beauty and LSPA’s 120th anniversary.

“Snapshots in Time” partnered with seven regional historical societies, communicating not only past heritage but also a history of how we in this time work from the past to create new history.

“Diversity Is Beauty” invited the Mt. Kearsarge Indian Museum to widen our understandings of diversity and beauty through their chosen pictures.

“Rooted in New Hampshire: Farming in the Lake Sunapee Region” presents the continuity and vibrance of the farming way of life from nine working farms.

Each volume of *Visual Verse* presented challenging facets of visual art to the John Hay Poetry Society poets who excelled with responding poems. In class we will discuss the works in each volume, responding to each with our own writing. We will each present our own visual verse pairings in week five.

Literary Arts Guild members David Balford, Joan Doran, Sandra Little and Dianalee Velie have been invited as guest presenters.



**Nancy Marashio**

Nancy Marashio was the chair of the Literary Arts Guild, which conceived and developed the *Visual Verse* series. A New Hampshire native, Nancy has been teaching literature and writing since 1964, first at the high school and middle school levels, then for twenty-five years at River Valley Community College in Claremont, and currently for Adventures in Learning. Her own poetry, by choice, has too often been neglected in favor of the demands of teaching.



**Kate Weisman**

Kate Weisman is an experienced meditation practitioner, a social worker with an MSW from the University of North Carolina, and a leader in various interfaith and community initiatives in Hong Kong where she lived for over 30 years. She is trained in Mindfulness Based Stress Reduction (MBSR in Hong Kong) and Mindfulness Tools (Omega Institute, NY), and soon will complete a two year Mindfulness Meditation Teacher's Certification Program (MMTCP) led by Jack Kornfield and Tara Brach in affiliation with the Awareness Training Institute and the Greater Good Science Center (UC Berkeley). In Hong Kong, Kate served on the steering committee of the Hong Kong Network for Religion and Peace, an interfaith organization. She led a spiritual literacy group under the American Women's Association and was co-founder and chair of the Adoptive Families of Hong Kong. Kate has summered in Sunapee for over 30 years and has now moved to the area full time.

## Introduction to Mindfulness: A Transformative Journey to Peace & Holistic Well-Being

**Study Leader: Kate Weisman**

**Tuesdays, 9:30 – 11:30 a.m.**

**4 weeks beginning July 9**

**AIL Classroom, Lethbridge Lodge, Colby-Sawyer College**

**Maximum number of participants: 16**

**A**re you ready to embark on a path of self-discovery, stress reduction and enhanced mental clarity? Whether you're a seasoned practitioner or new to the world of mindfulness, this course is designed to welcome everyone, regardless of experience level, background, or age. In an inclusive and supportive environment, you'll explore the art of mindfulness through a variety of engaging activities, guided meditations, and insightful discussions and learn practical techniques to cultivate mindfulness in your daily life.

Throughout this introductory course, you'll:

- Develop a deeper awareness of your thoughts, emotions and physical sensations.
- Cultivate greater compassion and kindness toward yourself and others.
- Learn effective strategies and techniques to navigate life's challenges with resilience.
- Enhance your focus, concentration and overall cognitive function.
- Discover how mindfulness can positively impact your relationships, work and overall quality of life.

No matter where you are on your mindfulness journey, this course offers a safe and nurturing space for personal growth and exploration. Whether you're seeking relief from anxiety, greater presence in the moment or simply a deeper connection with yourself, you'll find valuable tools and insights to support you every step of the way. Join us and embark on a journey of self-discovery and transformation.

### Required Text:

*Mindfulness for Beginners* by Jon Kabat-Zinn

ISBN 978-1-62203-667-7

### Recommended Texts:

*The Wise Heart* by Jack Kornfield

ISBN 978-0-553-38233-4

*Radical Compassion* by Tara Brach

ISBN 978-0525522812



## Telling Your Story: A Gift to Those You Love

**Study Leader: Joan Katz**

**Wednesdays, 9:30 - 11:30 a.m.**

**4 weeks beginning July 10**

**AIL Classroom, Lethbridge Lodge, Colby-Sawyer College**

**Maximum number of participants: 10**

**T**elling Your Story is a memoir writing course. Writing a memoir is like a detective story, as you delve into your memories with the help of family, friends and various resources. The process is learning about how you became the person you are today.

We will discuss why we put together a memoir and explore the rewards and challenges with the project and resources available. We will talk about communicating and connecting with family and friends. Suggestions will also be provided about how to organize your memoir.

A number of exercises during the course will help you jump start your story. There is no right or wrong way to do these activities. Your memoir and how you organize it should reflect who you are.

A photographer might like to tell their story primarily through photos and a short narrative. A quilter might like to make a quilt that reflects their life. Someone may have many family recipes and would like to write a book of recipes with a narrative of the memories these recipes bring to mind. This is not an English class. Any work you might share with us is not critiqued for writing skills. Suggestions are made to help explore your memories and options for sharing them with others.



**Joan Katz**

Joan first moved to New London in 1962 from a New York suburb. Upon graduation from New London High in 1966, she headed to Boston for college. Finding that she wasn't much of a city girl, she transferred to UNH, where she received a BA in psychology. After teaching special education for a year, Joan pursued an MEd in guidance and counseling in Chapel Hill, NC. Later, she moved to Maine where she worked, volunteered, completed additional graduate work and raised a family.

A move to the Maryland Eastern Shore led Joan to get involved with a lifelong learning program where she taught her first memoir workshop. Since then, she has offered workshops from Maryland to Maine, and she finds each workshop to be truly rewarding.

About five years ago, Joan returned to the New London area. Besides offering the memoir workshops, she enjoys making nontraditional quilts and reading. She also serves as a Granite State Ambassador.



**Carol Emanuelson**

Carol has been active with AIL since she moved to New London in 2019, following her retirement as an assistant professor of design from Lasell University. She has a BFA from the Fashion Institute of Technology (FIT) in New York City and an MBA from Babson College.

## Basic Watercolor Painting

**Study Leader: Carol Emanuelson**

**Wednesdays, 3:30 - 5:30 p.m.**

**4 weeks beginning July 10**

**AIL Classroom, Lethbridge Lodge, Colby-Sawyer College**

**Maximum number of participants: 20**

**T**his is an introductory course on watercolor painting that will meet once a week for two hours each time. All classes will be held in the month of July: 7/10, 7/17, 7/24 & 7/31.

Class time will include instructions, demonstrations and exercises. Some homework will be assigned to finish up work started in class. We will review and critique each other's work. There will be plenty of time for questions, experimentation and fun!

**Week 1:** Painting your palette of colors. Color Theory. Value Scales.

**Week 2:** Painting Techniques. Curves and Circles. Lines and Triangles. Compound Strokes.

**Week 3:** Introduction to Layering. Leaves, Trees, Flowers and Fruit.

**Week 4:** Combined Techniques: "Hummingbird in Flight."

### Required Course Materials:

Each person will need to come to the first class with some basic supplies. The total cost of supplies should not exceed \$30. We will be using a pocket-sized set of 12 half pan colors. Specifications for supplies will be sent out to class participants as soon as possible following registration. If anyone enrolls for this class and already has watercolor painting supplies, please feel free to use what you have.





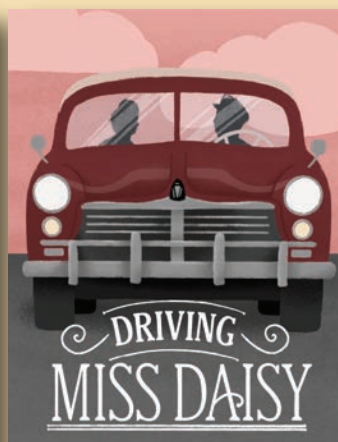
## 92<sup>ND</sup> SUMMER SEASON



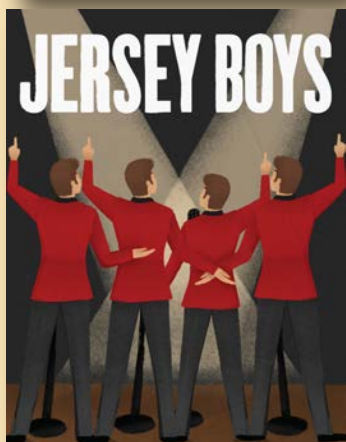
June 12th to June 23rd



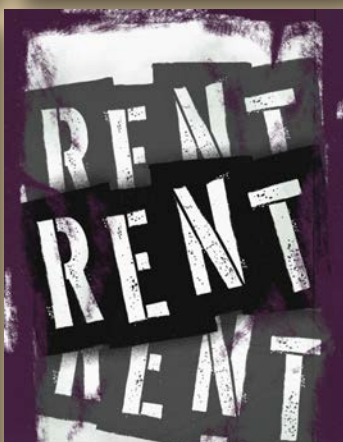
June 26th to July 7th



July 10th to July 14th



July 17th to Aug. 4th



Aug. 7th to Aug. 18th



Aug. 21st to Sept. 1st

*ADDITIONAL PERFORMANCES ON THE BARN PLAYHOUSE STAGE:*

65TH ANNUAL STRAW HAT REVUE | CABARET PERFORMANCES | CHILDREN'S THEATER SERIES

603-526-6710 ★ [NLBARN.ORG](http://NLBARN.ORG)

**AIL MEMBERSHIP**

As an AIL member and participant in the programs and activities of Adventures in Learning at Colby-Sawyer College, you are agreeing to the following:

**PHOTOGRAPHY AND MEDIA RELEASE:** I give AIL permission to use photographs of AIL classes and events that include my image for publicity and publications (e.g., course catalogs, newsletters, brochures, rack cards, website, newspaper ads and signs).

**COMMUNICATIONS:** I understand that all AIL staff and volunteers will communicate with me via email, phone and U.S. mail. I understand that AIL will not sell or use my information for third party solicitation purposes.

**WAIVER OF LIABILITY AND INDEMNIFICATION:** I agree to indemnify and hold harmless Colby-Sawyer College and Adventures in Learning and their respective officers, agents, employees and volunteers from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney's fees, brought as a result of my involvement in any activities of AIL including but not limited to classroom or lecture hall presentations, field trips, outdoor events and any transportation that may be associated with these activities.

**Course Registration/ Summer 2024**

☐ Please check here if you are a first-time member.

Prefix \_\_\_\_\_ Name \_\_\_\_\_

Name for name tag \_\_\_\_\_

Mailing address \_\_\_\_\_

Town \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Emergency contact \_\_\_\_\_ Phone \_\_\_\_\_

Important information, including course confirmations, special events, and alerts are sent via email. If you think we might not have your correct email, please list it above.

*Please check off the course(s) for which you wish to register.*

		Member/ Non-Member
<input type="checkbox"/> Photography:...Capturing Compelling Subjects	MWF., 9:00 – 12:00 p.m.	\$50/\$55
<input type="checkbox"/> It's All About the Hike	Mon., 9:30 – 11:30 a.m.	\$50/\$55
<input type="checkbox"/> Visual Verse	Mon., 1:30 - 3:30 p.m.	\$50/\$55
<input type="checkbox"/> Introduction to Mindfulness	Tues., 9:30 - 11:30 a.m.	\$50/\$55
<input type="checkbox"/> Telling Your Story	Wed., 9:30 – 11:30 a.m.	\$50/\$55
<input type="checkbox"/> Basic Watercolor	Wed., 3:30 – 5:30 p.m.	\$50/\$55
<input type="checkbox"/> Membership: February 1, 2024 - June 30, 2025		\$75

Total: \_\_\_\_\_

Sign up for courses and 2024-2025 membership online at  
[www.ailcsc.com/courses](http://www.ailcsc.com/courses)  
 or with this form and a check, payable to  
 Colby-Sawyer College.

**Course registrations are due by Friday, June 7, 2024.**

**T**he Curriculum Committee of Adventures in Learning is delighted to bring you six courses for the summer 2024 term.

This term we welcome and look forward to the contributions of new Study Leaders Susan Chiarella, Joan Katz and Kate Weisman. We thank all of our volunteer study leaders and lecturers for giving so generously of their time and expertise to make the summer courses possible. We also wish to thank Colby-Sawyer College for providing classroom space and our community partner, the SRK Greenway, for their willingness to collaborate this term.

## Registration Process

» Conveniently pay from the comfort of your home using the college's safe and secure online payment system at [www.ailcsc.com/courses](http://www.ailcsc.com/courses).

» When registering for courses and paying membership dues online, multiple transactions can be made with a single payment.

» Alternatively, you may complete a paper form and mail it to the AIL Office or drop it off in the AIL mailbox located in the vestibule of Lethbridge Lodge. ***No payments will be processed over the phone or in person.***

## Name Badges

**AIL requests that all participants wear a name badge when attending courses.** Course participants who have not already received a permanent name badge will receive an adjustable, lanyard-style badge to be used in all future AIL courses. Participants should be sure to store their badges in a safe place. Replacement fee is \$5.

## Guest Policy

Many of our courses are oversubscribed and have a waiting list. As a courtesy to our membership, please remember that attendance in AIL courses is reserved only for those members who have registered and been enrolled in the course, as confirmed by an email from the AIL Office.

## 2024 Curriculum Committee

Carol Emanuelson, chair  
Sage Chase  
David Click  
Barbara Dziura  
June Fichter  
Joanna Henderson  
Kathleen Hunter  
Barbara Jones  
Julie Machen  
Jim Perkins  
Carolyn Rayno  
Scott Rappeport  
Pat Tivnan  
Susan Woods



## **Adventures in Learning**

Colby-Sawyer College  
541 Main Street  
New London, NH 03257



### **Adventures in Learning Office**

Currently located on the ground floor of Danforth Hall, the AIL office kindly asks that you call to schedule your visit.

#### **Staff:**

Nina Tasi, Program Manager, (603) 526-3690  
Sarah Jenness, Program Assistant, (603) 526-3434  
[adventures@colby-sawyer.edu](mailto:adventures@colby-sawyer.edu)  
[www.ailcsc.com](http://www.ailcsc.com)