



Penobscot Valley
Senior College



FALL 2018

Course Catalog & Information



This Fall there will be lots of fun
learning opportunities!

***MONDAYS to FRIDAYS:
September 24 - November 2***



992-0118 ** www.eaaa.org

***Maine Senior College
membership
is required
to enroll in courses.***

ENROLL NOW!

Courses are filled in
order of registration
fee receipt.
See registration form



Penobscot Valley Senior College
450 Essex St., Bangor, ME 04401
Message Line: 992-0118

All Senior College class registrations are accepted in the order they are received and must be accompanied by a check. Some classes fill quickly, so we ask you to list a second choice. Catalogs are sent first to Senior College members, and then to others on the mailing list. As a member of Senior College you are entitled to take classes at other locations in the Maine Senior College Network (www.maineseniorcollege.org).

Confirmation of your class assignment, with the room number, will be sent about a week prior to the beginning of the semester.

If you have questions about how to register for a course, please call our message phone. Someone will call you back.

If you have a class at the University of Maine in Orono, you will be sent a parking pass about a week prior to the beginning of the semester. Even though there is no fee for parking, failure to use the permit may result in a parking ticket. No permit is required at UMA-Bangor or other locations.

Partial scholarships are available. Contact us for an application, at 992-0118.

**If the weather is inclement,
check local TV stations or
call our message line 992-0118
to see if classes have been canceled.**

If special accommodations are required to participate in programming due to a disability, call the message line 992-0118, at least a week before classes start.

CLASS SCHEDULE - Page 1

Monday Classes – September 24 to October 29

Morning Class 10:00 to Noon

Going Around in Circles: Sardines, Cicadas, and Submarines

Dirigo Pines, Orono

Afternoon Class 1:30 to 3:30

Biotechnology Innovations That Affect Our Everyday Lives

Bangor*

Tuesday Classes – September 25 to October 30

Morning Class 10:00 to Noon

Preserving & Sharing Your Family History

Bangor*

Afternoon Class 1:30 to 3:30

Maine Wildlife

Bangor*

Wednesday Classes – September 26 to October 17

Afternoon Class 1:30 to 3:30

Maine in the Civil War (4 week course)

Bangor*



*Locations so marked are tentative

CLASS SCHEDULE - Page 2

Thursday Classes – September 27 to November 1

Morning Class 10:00 to Noon:

Dying, Death and Burial: a Comparison of Traditions
(additional class Tues., Oct. 16)

Bangor*

Afternoon Classes (note starting times):

1:15-3:00 Getting the Most Out of Your iPhone/iPad,
level 1 (novices)

UMA, Bangor*

3:15-5:00 Getting the Most Out of Your Phone/iPad,
level 2 (familiar with basics)

UMA, Bangor*

Friday Classes – September 28 to November 2

Morning Classes 10:00 to Noon:

Learn to Paint with Watercolors

Bangor*

A Citizens Guide to Climate Change

Bangor*

Afternoon Classes 1:30 to 3:30:

Poets to Pirate Queens: Irish Women of Note

UMA, Bangor*

Health and Aging Research in Psychology

UMaine, Orono

*Locations so marked are tentative



Monday Morning Class

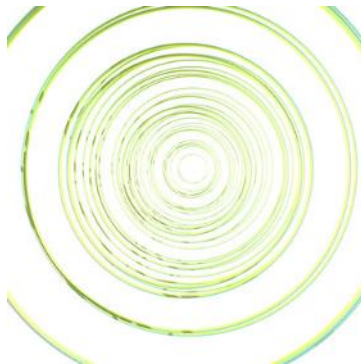
10:00—Noon

Going Around in Circles: Sardines, Cicadas, & Submarines

Bob Tredwell

Why do herring get caught in a weir? The weir has no bait and no moving parts. Flounder don't get caught in the weir; they swim in the open door and swim back out the way they came in. Understanding herring will lead us to follow the winding trail of a couple of simple ideas—flocking and predator satiation—through many fields: computer simulation, the flight of starlings, seventeen-year locusts, Second World War convoys, marching bands, why nut trees produce huge crops in some years, and how railroads drove the passenger pigeon extinct. Before we understand herring, we'll find more things to see and wonder at.

Bob Tredwell, PVSC President, teaches courses for PVSC for any practical purpose or all practical purposes. Recent courses include “Secret Writing,” “Measure for Measure,” “The Ways of Paradox,” “How do we know that?” and “The Transposed Heads and Other Stories.”



Monday Afternoon Class

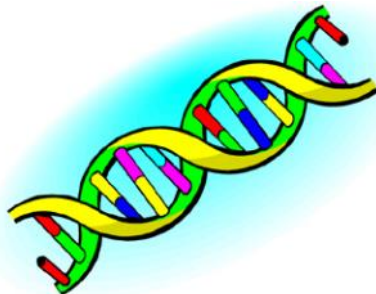
1:30-3:30

Biotechnology Innovations That Affect Our Everyday Lives

Dr. Nancy Kravit

How do developments in biotechnology affect our lives? After an introductory overview lecture, students will be asked to come with a biotechnology process that they've seen in their own lives and would like to know more about, for example, how it works, what are the pitfalls, (modern advertising usually touts the benefits and ignores any negative aspects). Examples include DNA testing to determine ethnic heritage, home pregnancy tests (that are now expanding to disease testing like home flu tests), medical tests done in hospitals, or enzymes in things like detergents. Discussion questions are encouraged.

Dr. Nancy Kravit has a Ph.D. in cell physiology and biophysics, and M.S. degrees in both chemical engineering and cell biology, and has been affiliated with leading research institutions including Harvard, Massachusetts Institute of Technology and Washington University Medical School. In 30 years as a research scientist, Dr. Kravit has developed important new techniques in the areas of cell biology and protein chemistry and has discovered several new genes. She has now discovered and patented 2 novel enzymes for use in the pulp and paper and biofuels industries.



Tuesday Morning Class

10:00—Noon

Preserving & Sharing Your Family History

Jane McLean and John Elberfeld

We all have artifacts, including letters, photos, textiles, and heirlooms, that tell our family's story. In the first three sessions the instructors will present a process for decision-making, as well as current methods for handling, cleaning, and storing family items. During the final three weeks they will demonstrate ideas for passing on this story to family members, the local area, or the global community through the internet. They will provide an extensive handout and display relevant books and artifacts at each class.

John and Jane are dyed-in-the-wool Yankees who recently retired to the coast of Maine. John is a former math/science/computer teacher and amateur genealogist, with a master's degree from University of Rochester. Jane is a retired speech-language pathologist, special educator, and community theater performer, with a master's degree from SUNY Geneseo. This husband-and-wife team has training and experience in archival techniques, creating exhibits, and research.



Tuesday Afternoon Class

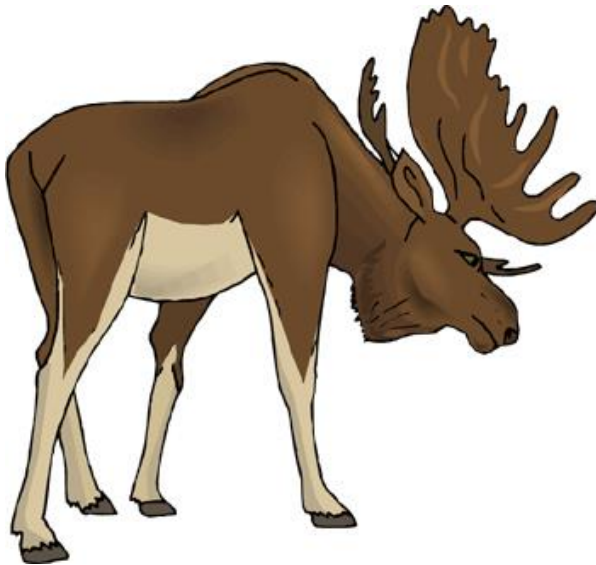
1:30-3:30

Maine Wildlife

Charles Boothby

A series of experts will present talks on a variety of Maine wildlife, including the blue heron, moose, Maine fish and endangered species. Former Commissioner of Maine Fish & Wildlife Bucky Owen will be the final presenter.

Charles Boothby, who grew up on a farm in Livermore, Maine, has more than thirty years experience in soil and water conservation. Presenters are all recognized experts in their fields.



Wednesday Afternoon Class

1:30-3:30

Maine in the Civil War

Diane and Ned Smith

Classes will focus on various men and units from Maine in the US Civil War. Much of the material will be based on the books we have written which detail the actions of Joshua Lawrence Chamberlain, the Battle of Petersburg, the 22nd Maine Infantry, and the 2nd Maine Cavalry.

Diane and Ned Smith are Civil War historians and authors who live in Holden, Maine. With five books between them currently in publication and more on the way, they have been frequent speakers at historical societies and Civil War Roundtables around the country.

****NOTE:** Course runs for four weeks: Sept. 26-Oct. 17.



Thursday Morning Class

10:00—Noon

Dying, Death and Burial: a Comparison of Traditions

Dara Perfit and Guest Speakers

The beliefs and rites one experiences within each culture as we get older have meaning and importance socially and spiritually. This course will explore different traditions from Native American, Judaism, Islam, and Christian cultures. We will also hear about trends in funerals over many years in addition to green burials and pre-planning. We will end with an expert in grief counseling, hospice and end-of-life care. NOTES: (1) To accommodate all presenters, there will be classes on both Tuesday, Oct. 16, and Thursday, Oct. 18. (2) Session 5 will be at the Family Reception Center of Brookings-Smith, 163 Center Street, Bangor.

Dara Perfit: Instructor/Coordinator.

Experts in the fields mentioned in the course description will share the perspectives of their faiths or cultures.

John Bear Mitchell: *A Native American Perspective.* September 27

Rabbi Bill Siemers: *A Jewish Perspective.* October 4.

Omar Conteh: *A Muslim Perspective.* October 11.

Catholic priest. (TBA); Linette George: *Christian Perspectives.* October 16 & October 18. **Note: this week there are two classes: Tuesday and Thursday.

Jim Fernald of Brookings-Smith: *American Funeral Customs.* October 25. **Note that this session will take place at the Family Reception Center of Brookings-Smith, 163 Center Street, Bangor.

Judy Tredwell: *A Good Death.* November 1



Thursday Afternoon Class

1:15-3:00

Getting the Most Out of Your iPhone/iPad: Level 1 (novices)

Ed Brazee

This course is for anyone interested in learning more about your iPhone and/or iPad. It is for beginners or those who haven't used their devices much. Lots of hands-on opportunities. Learn to use Google Maps; the Control Center; learn to do effective searches; take/store/edit/share photos and videos...and much more! We will answer any questions you have!

Of course everyone needs an iPhone or iPad, preferably with iOS 11 installed. You will also need your Apple ID and Apple ID Password to access the App Store. Questions? Contact instructor at edbrazee@gmail.com or 207/576.8401

Ed Brazee is the founder and principal of BoomerTECH Adventures, which works with Boomers and Seniors who want to learn more about their personal technology (and impress their grandchildren)! BoomerTECH Adventures provides personal tutorials, offers a variety of workshops, and has its first online course, The Wicked Good iPhone Intro Video Series.



Thursday Afternoon Class

3:15-5:00

Getting the Most Out of Your iPhone/iPad: Level 2 (familiar with basics)

Ed Brazee

This course is for anyone already familiar with the basic functions of their iPhone and/or iPad. If you are comfortable knowing how most things work—email, text, photos, adding apps, searching — then Level 2 is for you.

In this course we will Focus on taking, editing, storing, and sharing photos; look at social media (Facebook, Instagram, and Twitter) to see how you might use it; explore apps that help organize your life and work, and, most importantly, answer any questions you bring to the course. Part of the first session for this course will be selecting additional areas of focus from your questions. Of course, everyone needs an iPhone or iPad, preferably with iOS 11 installed. You will also need your Apple ID and Apple ID Password to access the App Store. Contact instructor at edbrazee@gmail.com or 207/576.8401 with questions.

Ed Brazee is the founder and principal of BoomerTECH Adventures, which works with Boomers and Seniors who want to learn more about their personal technology (and impress their grandchildren)! BoomerTECH Adventures provides personal tutorials, offers a variety of workshops, and has its first online course, The Wicked Good iPhone Intro Video Series.



Friday Morning Class

10:00—Noon

Learn to Paint with Watercolors

David Whalen

Each class will focus on different elements that result in a finished piece every week. Weekly study guides will be provided, but students will be responsible for picking up their own paints, paper and related supplies. The instructor will provide information on where to shop and how to buy, and supplies for the first class are on him.

David Whalen has been teaching illustration and watercolor painting to both adults and children for more than 20 years. He believes everyone has a hidden talent—the gift of creating beautiful pieces of art through structured learning strategies. PVSC has been fortunate in being able to offer his water color classes since 2012.



Friday Morning Class

10:00—Noon

A Citizens Guide to Climate Change

Glen Koehler

Stories abound about climate change, extreme weather, fossil fuels, and renewable energy. But what does it all mean? This presentation will cover (1) the history and basic scientific understanding of climate change; (2) some of the economic and environmental consequences of continued greenhouse gas emissions; (3) A brief look at psychology, politics, policy, and efforts to reduce climatic disruption and preserve the hospitable environment that has allowed human civilization to thrive.

While there are differences of opinion about the effect of confronting people with the facts about climate change, it seems to me that society will not respond until people understand what is happening and the consequences of our choices. Insight into the mechanisms and scope of climate change, while alarming, is much better than an undefined sense of dread. Understanding the problem is the basis for discovering opportunities to address it.

Glen Koehler is a biologist who assists apple growers with pest management decisions. That work involves regular interaction with weather and led to development of the Ag-Radar system to translate weather information into guidance for farm management decisions and led to awareness of the importance of changes in weather and climate that are already underway. (This presentation is a personal activity and is not an official representation of the organizations with which Mr. Koehler is associated.)



Friday Afternoon Class

1:30-3:30

Poets to Pirate Queens: Irish Women of Note

Kay Retzlaff

The class will meet some indomitable Irish women who thrived in a culture that was undergoing constant stress from invasion. These women held positions of power and served as agents of change. Suggested (not required) texts: *Three Irish Poets: An Anthology*, Paula Meehan, Mary O'Malley, and Eavan Boland and *Granuaile: Grace O'Malley, Ireland's Pirate Queen*, Anne Chambers

Kay Retzlaff has taught literature and writing classes at University of Maine at Augusta for 25 years. She has written two books on mythology, and her poems have appeared in a number of small magazines over the years. She has taught numerous classes for Penobscot Valley Senior College and served on the board for several years.



Friday Afternoon Class

1:30-3:30

Health and Aging Research in Psychology at UMaine

Dr. Mike Robbins & Guest Speakers

Each week a different topic in psychology will be featured with a presentation by a University of Maine Psychology Department faculty member on current research initiatives. Some faculty may be assisted by graduate doctoral students. Presentations will include topics in social and clinical psychology, neuropsychology, neuroscience, health psychology, and successful aging.

Dr. Mike Robbins is a Research Associate Professor and Chair of the Psychology Department at the University of Maine. His research interests include biological, psychological and social correlates of cognitive aging.

Additional presenters, all of whom have PhDs:

Fayeza Ahme. Research interests: adult and geriatric neuropsychology, health psychology, ageing.

Thane Fremouw. Research interests: neural mechanisms of chemo-brain.

Emily Haigh. Research interests: depression, self-injury, mindfulness, adults.

Rebecca MacAulay. Research interests: neuropsychology, aging, emotion regulation, cognitive interventions.

Shannon McCoy. Research interests: social status, stress, well-being.





Penobscot Valley Senior College

Officers and Board Members 2017-2018

Officers:

President
Robert Tredwell

Vice President
Lin Lufkin

Secretary
Kristine Reid

Treasurer
Elsa Sanborn

Immediate Past President
Joseph Walsh

Standing Committee Chairs:

Curriculum Committee
Judy Hakola

Finance and Governance Committee
Bruce Reid

Marketing and Public Relations Committee
Anita Kurth

Member Services Committee
Ann Torrey

One-Day and Special Events Committee
Joan Ellis

VOLUNTEERS NEEDED

Many hands make light work!

Penobscot Valley Senior College is a volunteer run organization. We need your help to operate. Please consider how you can help support this important and fun program. Most committees and offices require a very low time commitment.

Here are some of the opportunities.

Curriculum Committees:

Plan classes, recruit instructors, write class descriptions, coordinate classroom assistants & collect feedback.

Finance & Governance

Develop funding sources, create first draft of annual gift appeal letter, oversee policy & procedures.

Marketing & Public Relations

Develop marketing strategy, represent PVSC in public appearances, liaison with other senior colleges, prepare presentations for PowerPoint and media, place event signs & maintain web page & Facebook content.

Member Services

Membership renewal process, member surveys, writes Memo for Members news page' publicity activities, Annual Meeting preparation and program & Philomath awards.

One-Day-Events

Select programs and speakers' liaison with speakers, select locations establish registration limits Draft announcement for a Memo to Members, provide all on-site services – signage, hospitality etc.

Nominating Committee

Help identify & solicit candidates for Board & Officers.

Member Registration Form Fall 2018

Please return this form and retain the course listing.

Registration deadline is Sept. 14. If there is space available, a member may register after the deadline, but a **late fee of \$10** will be added to the tuition charge. No registrations or checks will be taken in class.

Name _____

Address _____

Phone _____ Email _____

Please enroll me in the following classes:

___ Going Around in Circles	Mondays, 10:00 - noon
___ Biotechnology Innovations	Mondays, 1:30 - 3:30 pm
___ Family History	Tuesdays, 10:00 - noon
___ Maine Wildlife	Tuesdays, 1:30 - 3:30 pm
___ Maine in the Civil War	Wednesdays, 1:30 - 3:30 pm
___ Dying, Death, and Burial	Thursdays, 10- noon
___ iPhone/iPad, level 1	Thursdays, 1:15 - 3:00 pm
___ iPhone/iPad, level 2	Thursdays, 3:15 - 5:00 pm
___ Paint w/Watercolors	Fridays, 10:00 - noon
___ Climate Change	Fridays, 10:00 - noon
___ Poets to Pirate Queens	Fridays, 1:30 - 3:30 pm
___ Health and Aging Research	Fridays, 1:30 - 3:30 pm

Second choice/time if your class is full: _____

Amount due for courses at \$30 per course \$ _____

Make checks payable to PVSC, mail to PVSC, 450 Essex St., Bangor, ME 04401

IMPORTANT!

Yes, I am willing to be a classroom assistant for:

Penobscot Valley Senior College
450 Essex St.
Bangor, ME 04401

Return Service Requested

Registration for fall classes is first come, first served. Registrations are accepted by mail with the payment of fees – see enclosed registration form. **Registration deadline is September 14.**

If you have questions, call our message phone at 992-0118.