



# Downeast Senior College

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## FEBRUARY SANDWICH SEMINARS

TUESDAY, FEBRUARY 5, 12, & 26, 2019

12:00 Noon at Ellsworth City Hall

### FEBRUARY 5 from 12:00PM to 2:00PM

#### Information on the Benefit of Cannabinoids

The speaker will be a Maine Organic Therapy Doctor.

***This Seminar will be held in the Council Chambers.***

***Contact person:*** Linda Stevens 479-6303

### FEBRUARY 12 from 12:00PM to 1:00PM

#### Glenn M. Moshier, Chief of Police, Ellsworth Police Department

Chief Glenn M. Moshier will speak on the role of the Police Department in the community, with emphasis on the “**Friendly Visitors Program**”, and will answer questions.

***This Seminar will be held in the Auditorium.***

***Contact person:*** Peggy Emigh 422-9006

### FEBRUARY 26 from 12:00PM to 1:00PM

**IMMIGRATION** A better understanding of immigration through the lens of the Bangor Sister Cities Project.

**PRESENTERS:** Kathryn Kates and Dennis Chinoy of the Bangor Sister Cities Project will offer a Power Point presentation of their Sister Cities group experience with the people in the community of Carasque in El Salvador.

Members of the Sister Cities Project will share their interest, knowledge, and understanding of the people of Carasque to help us all better understand the circumstances and reasons why so many people from various countries in Central America are willing to risk their lives to find ways to immigrate to the United States by whatever means possible.

***This Seminar will be held in the Council Chambers.***

***Contact person:*** Linda Hayman 537-2226

**FREE AND OPEN TO THE PUBLIC**

***Bring your lunch – bring your friends, bring a bunch!***





# Spring 2019 Course Descriptions

## Tuesday Courses

- FOUR PAPER ARTS** April 2, 9, 23, & 30 10:00 am – 12:00 pm (Limit: 10)
- April 2: CARD MAKING:** A lesson in making holiday or birthday cards.  
**Instructor:** *Delores Stone* worked at the University of Maine in Orono for many years – first in Extension, then in the Forestry Department as a secretary. Now she teaches a card making class to many who come to her studio.
- April 9: CREATIVE MEMORIES - SCRAPMAKING:** Preserving memories in a fun, creative way.  
**Instructor:** *Dyna Curtis* has a Master's Degree in teaching Special Education. She has been Scrapbooking with a few groups for at least ten years. She has also been quilting and card making for many years.
- April 23: BEGINNING QUILTING:** Students will learn basic quilting.  
**Instructor:** *Elaine Dow* is a University of Maine graduate with a BS in Microbiology. She worked in that field in other states. Elaine has done quilting and is willing to teach it – it is not easy of locate an instructor for this particular art form. She will be assisted by *Linda Stevens*.
- April 30: TISSUE/KITE PAPER STAR MAKING:** Ruth will show you how to make beautiful, colorful stars that you can exhibit on your windows. You can make endless color combinations or just use one color. They make lovely additions as Christmas decorations, and can also be left on the windows year-round. They will help to prevent birds from flying into the windows, getting hurt or even dying. This is especially helpful if you like to feed the birds. She first learned how to make the stars many, many years ago, when she and her husband rented a room in their house to a Waldorf school teacher. She has been making them ever since that time. Now you can even find them on the windows at the Hancock Congregational Church at Christmastime.  
**Instructor:** *Ruth Dietze* was a secretary for Mercedes Benz in Germany and New York City. She has made tissue stars for churches in Ellsworth and Hancock, and for many homes. She has taught a class of German Cooking, and served her German foods at a DSC International Dinner in Sorrento, Maine.
- DSC Contact:** Fran Trefts (422-2259) **SITE:** Moore School

- BEGINNING MAH JONGG** April 9, 16, 23, & 30 1:00 pm – 3:00 pm (Limit: 8)
- Similar to the Western card game, rummy, Mah Jongg is a game of skill, strategy, and calculation and involves a degree of chance. The game is played with a set of 152 tiles based on Chinese characters and symbols, although some regional variations use a different number of tiles. In most variations, each player begins by receiving 13 tiles. In turn, players draw and discard tiles until they complete a legal hand using the 14th drawn tile to form four groups (melds) and a pair (head).
- Instructor:** *Nina Mocniak Doak*, a member of the National Mah Jongg League, is an experienced Mah Jongg player. She credits her knowledge of the game to Janice Woychik, a local Mah Jongg instructor, and Elaine Sandberg, the author of "*A Beginner's Guide to American Mah Jongg*." For the last 10 years, Nina has offered private instructions.
- DSC Contact:** Evelyn Carpenter (422-8239) **SITE:** Ellsworth City Hall, Auditorium

## Wednesday Courses

- DRAWING PORTRAITS** MARCH 6, 13, 20, & 27 1:00 pm – 3:00 pm (Limit: 8)
- Mary Newman will demonstrate portrait drawing of a different live model each week.  
**PLEASE BRING** drawing supplies and an easel (if you have one) so you can learn the process by participating along with Mary. A different model will be needed each week, so if you have a friend or family member who will volunteer, please call 963-7674 or 422-8239.
- Instructor:** *Mary Newman*, a graduate of Boston University School of Fine Arts, has been a portrait painter/drawer for 65 years.
- DSC Contact:** Evelyn Carpenter (422-8239) **SITE:** St. Andrew Lutheran Church, Ellsworth



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## Wednesday Courses

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### **WOODLAWN BEGINNERS COURSE IN CROQUET**    *May 8, 15, 22, & 29*    *10:00 am – Noon*    *(Min. 4 Max 12)*

Students will learn the layout of the court, equipment, grips, stance, mallet placement, swing, stalking, Golf Croquet (short game), one-and two-ball shots, play six-wicket game, customs, handicaps, deportment, and terminology.

*Instructors: Janet Pearson, Frannie Martin, Charles Alexander, and Tim McCormick; Janet Pearson was introduced to six-wicket croquet through Downeast Senior College in 2005 with teachers Fay Lawson and Frannie Martin. The instructors of this course benefitted by instruction by Larry Settner and Ben Rothman, each nationally-renowned croquet players at the finest court in New England, located at Woodlawn in Ellsworth, Maine.*

**PLEASE BRING sneakers**

**DSC Contact:** Virginia Hawrylycz (667-0871)

**SITE:** Woodlawn

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## Thursday Courses

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### **DOING BUSINESS IN ELLSWORTH**    *March 7, 14, 21, & 28*    *10:00 am – Noon*    *(Limit: none)*

This is a unique opportunity for seniors to meet with the owners of eight small businesses in the Ellsworth area. During a one-hour visit to each business, we will learn how and why the business was established and catch a glimpse of the hopes, dreams, and hard work involved when one makes the decision to follow their dream and establish their own small business. There will be opportunities to ask questions and an opportunity to browse or possibly shop or dine!

**March 7 at 10:00 AM: 1A Relics** at 444 Bangor Road, Ellsworth

**March 14 at 10:00 AM: Elizabeth's** at 124 Main Street

**10:30 AM: Rock & Art Shop** at 163 Main Street

**11:00 AM: Maine Alpaca Experience** at 112 Main Street

**March 21 at 10:00 AM: Vintage and Vinyl** at 248 State Street

**10:30 AM: Bella Rustica** at 194 Main Street

**11:00 AM: Morton's Moo** at 9 School Street

**March 28 at 10:00 AM: Josie's Country Store and Cafe** at 126 Surry Road

**DSC Contact:** Linda Hayman (537-2226)

**SITE:** Meet at the Business

### **MEMORY SLICES II**    *April 4, 11, 18, & 25*    *1:00 pm – 3:00 pm*    *(Limit: none)*

In this class we are going to focus on incorporating pictures to retrieve memories. All are welcome. Start building a cherished, personal record to pass along. **PLEASE BRING paper, pens, and pictures**

**Instructor:** *Linda Stevens has been a nurse for more than 25 years. Writing is one of her hobbies.*

**DSC Contact:** Linda Stevens (479-6303)

**SITE:** St. Andrew Lutheran Church, Ellsworth

### **THE BIRDS AMONG US**    *May 9, 16, 23, & TBD*    *Morning – see dates below*    *(Limit: 15)*

This course will introduce the basics of bird identification, and pursue acquaintance with fascinating new research on the birds' lifestyles and abilities.

**May 9 at 10:00 AM to 12 Noon: Ellsworth City Hall, Council Chambers** – Bring any field guide you have for critiquing and comparison. We will also explore a number of recent scientific and literary books about birds, which will be available for borrowing. We will have experiences by video that we would be unable to achieve in the field.

**May 16 at 8:00 AM: Field trip to Blue Hill.** Meet our guide, Leslie Clapp, President of the Downeast Audubon Society, in the parking lot of the Baptist Church on Route 15 (Pleasant Street). If you have binoculars, bring them. Leslie has a few extras. ***Wear sturdy, waterproof footwear.***

**May 23 at 10:00 AM: Birdsacre, the Stanwood Wildlife Sanctuary,** Route 3, Ellsworth. Not to be missed! Thanks to Birdsacre President Grayson Richmond and the Owl Project, we'll meet a live owl up-close and in-depth. You will never think of birds in the same way again! If we have time, we will then explore the exhibits and trails at Birdsacre.

**TBD:** In the process of being scheduled (late May or early June): a visit to the unique and thoroughly delightful Wendell Gilley Museum of Bird Carving in Southwest Harbor. Find out how Mainers learned to immortalize birds in sculpture and are carrying on the tradition today.

**Guides:** *Leslie Clapp, President of the Downeast Audubon Society, has guided our bird-seeking tour in Blue Hill before!*



## The Birds Among Us (continued)

**Guides:** **Grayson Richmond**, *President of Birdsacre, the go-to person for the Owl Project there. Grayson and his family have a long history with Birdsacre and the updated facilities there are named after the Richmonds.*

**PLEASE BRING a Field Guide, if you have one, binoculars (5/16 & 23), appropriate clothing (5/16), & a notebook**

**Facilitator Peggy Emigh:** Peggy is a graduate of Swathmore College and has a Master's Degree in Education from the University of Hartford. A life-long lover of nature, she has had a relationship with birds since the age of six.

(422-9006)

**SITES: Various and Ellsworth City Hall, Council Chambers**

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## Friday Courses

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### **PHIPPEN ON PHIPPEN: WORKS IN PROGRESS** April 5, 12, 19, & 26 10:30 am-12:30 pm (Limit: 22)

This course offers students a unique opportunity to accompany accomplished Maine author (and 20-year veteran teacher of Downeast Senior College Literature and Film courses) Sanford Phippen through the creative process as he retires from his professorial career and devotes himself to finishing three new books: a novel (a sequel to *Kitchen Boy*) about his years teaching high school in Syracuse, NY; a biography of a great Maine character; and a book of essays and reviews, many of which first appeared in the *Puckerbrush Review, 1979-2015*. Essentially a story-teller as a teacher, Phippen will be reading from and discussing selections from the three books and even listening to the opinions of his students. One might ask about the nuts and bolts: how the creative process is differently engaged in the later stages of completing a professional manuscript from the earlier stages. This could be Phippen's most exciting course yet!

**Instructor: Sanford Phippen**, *an author with deep Maine roots, grew up in Downeast Maine. He is a graduate of the University of Maine, where he later became an Assistant Professor of English, and received his graduate degree from Syracuse University. Phippen taught full-time for 53 1/2 years, also publishing 19 books, working on 40-some books by others, and producing 30-some films and TV shows. He has received the Distinguished Teaching Award from Bowdoin College, the Stillwater Award for Excellence from the University of Maine, and his book *Kitchen Boy* was chosen as one of the 100 "Distinguished Books That Reveal the History of the State and the Life of its People" by the Baxter Bibliophile Society and the Maine Historical Society for their book and exhibit called *The Mirror of Maine* in 2000.*

**DSC Contact:** Peggy Emigh (422-9006)

**SITE: Moore Community Center, Conference Room**

### **WATERCOLOR JOURNALING**

May 3, 10, 17, & 24

10:00 am – Noon

(Limit: 10)

Watercolor Journaling can be done almost anywhere, whether you are traveling, hiking, or at home. All you need is your equipment. For this program we will provide a drawing pad and a pen. The rest of the art supplies will be left to you. **Some of the things you will need are: a pencil, an eraser, a traveling or small watercolor set, a few small brushes, a small container of water, a folding chair, a backpack or tote bag and anything else you are willing to carry.**

**Instructor: Elsie Sealander** *took a course in Watercolor Journaling at the Wooden Boat School in the summer of 2008. She has been Watercolor Journaling ever since.*

**DSC Contact:** Peggy Emigh (422-9006)

**SITE: First meeting is at the Trenton Animal Shelter; then outdoors**

### **LIBRARIES IN HANCOCK COUNTY**

May 3, 10, 17, & 24

1:00 pm – 3:00 pm

(Limit: 12)

This semester we will travel to some libraries in Hancock County! Our libraries are so like museums. For example, in Blue Hill we'll find a painting over the fireplace that depicts history in Ginny's family! In Northeast Harbor, we'll find maps and paintings by MJ's Dad and uncle. The Bucksport, Ellsworth, and Maine Maritime Academy libraries are just waiting for us to visit and learn all about what goes on in these halls of learning! At MMA we may find information on Castine Normal School, as one of those old buildings still exists on the campus! In Bucksport, we'll learn how they recently restored the building, and that our Ellsworth library needs more space as they keep growing.

**Facilitator: MJ Smith** *is a retired professional tour guide who has led many tours with a great many Downeast Senior College students of this fascinating part of New England.*

**DSC Contact:** MJ Smith (667-8049)

**SITES: Meet at 1:00 PM** at the UMA Ellsworth Center parking lot, Mill Mall



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## Friday Courses

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### **BRIDGE FOR BEGINNERS**      *May 24 & 31, June 7 & 14*      *11:00 am – 1:00 pm*      *(Limit: none)*

Have fun while learning the fundamental concepts of one of the world's most popular card games and the only card game whereby no computer can beat a human. Whether you have a basic understanding of the game, or have never played bridge before, you will learn enough to play basic bridge and perhaps find yourself captured by it for life.

**Instructor:** *Madelon Brogdon is a half-year resident of Bass Harbor, with a passion for the game of bridge. She holds her Life Master in bridge and is an active member of bridge clubs in both Maine and Florida, where she spends the other half of her time. Before she had the time to indulge herself in the game of bridge, Madelon had an interesting and rewarding career in both the United States Army and the brokerage industry, which took her from the United States Military Academy at West Point to Wall Street. Today, she is not only active in the stock market, she follows her passions of bridge, animals, the arts, and travel.*

**PLEASE BRING note paper and pencils**

**DSC Contact:** Virginia Hawrylycz (667-0871)

**SITE:** St. Dunstan's Episcopal Church

### **BREWERY TOURS**      *June 7, 14, 21, & 28*      *1:00 pm – 3:00 pm*      *(Limit: 12)*

There are more breweries for us to check out near and far in our area! Breweries seem to pop up in the most unlikely spots. We will certainly check out the ladies' Brewery at Lake St. George. One or two in Liberty, too! A trip to Geaghan's Brewery in Brewer is in order, and the last week will be in Belfast.

**Facilitator:** *MJ Smith is a retired professional tour guide who has led many tours with a great many Downeast Senior College students of this fascinating part of New England.*

**DSC Contact:** MJ Smith (667-8049)

**SITES:** Meet at 1:00 PM at the UMA Ellsworth Center parking lot, Mill Mall

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## Saturday Courses

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### **TECHNOLOGY FOR SENIORS**      *March 9, 16, 23, & 30*      *10:00 am – Noon*      *(Limit: 8)*

Basic computer skills for all devices, including printers, phones, etc.

**Instructor:** *Steve Trader, is the owner of Branch Pond Computer Services and Sales, located on Route 1A – the Bangor Road. He has diverse technology education and experience.*

**PLEASE BRING: phone, laptop, tablet**

**DSC Contact:** Linda Stevens (479-6303)

**SITE:** Branch Pond Computer Services, Rte. 1A North, on the left

### **FRENCHMAN BAY GUIDED NATURE HIKES**

*May 18 & 25, June 1 & 8*

*9:30am meeting time*

*NO LIMIT*

***THESE HIKES ARE FREE AND OPEN TO THE PUBLIC***

May 18: Taft Point

May 25: Old Pond Trail

June 1: Long Ledges

June 8: Mariahville Falls

**Instructors:** *Frenchman Bay volunteers*

**DSC Contact:** Evelyn Carpenter (422-8239)

**SITE:** Meet at Tidal Falls, off East Side Road, Hancock



**DOWNEAST SENIOR COLLEGE** offers courses and activities to persons at least 50 years of age living in Hancock & Southern Washington counties. No exams, grades, or degrees are required for participation. DSC's curriculum is derived from the land and the people. "Downeast Maine" is our primary text – its land and sea, its fauna and flora, and its people. Our courses include both traditional reading-related courses and non-traditional "hands-on" courses.

**ANNUAL MEMBERSHIP** (7/1/18 – 6/30/19) is \$25. Membership entitles you to participate in *any* senior college in the statewide network.

**COURSES AND ACTIVITIES:** Tuition is \$25 per course, unless otherwise listed. *No refunds.* Outings are free but may include a transportation cost or entrance fee.

**CONTACTING DSC:** If you need a fast answer about a course, call the DSC contact person for that course. If you need an answer to another question, please contact the program chair, **Linda Stevens, at 479-6303**. She will return your call as soon as possible. Or e-mail us at [dscinfo@maine.edu](mailto:dscinfo@maine.edu).

**REGISTER SOON:** We have no registration deadline, but it is a good idea to register promptly. Some courses fill quickly. Some courses require materials for the first session.

**PHONE NUMBERS & E-MAIL:** Please include your phone number and email address on the registration form. We may need to notify you if a session is moved. Some courses have times and places to be determined at a later date. We like to be able to notify you as soon as possible.

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## SPRING 2019 ROSTER

<b>TUESDAY</b>		
<b>Four Paper Arts</b> Instructors: Various	April 2, 9, 23, & 30 Site: Moore School	10:00 am – 12 Noon
<b>Beginning Mah Jongg</b> Instructor: Nina Mochniak Doak	April 9, 16, 23, & 30 Ellsworth City Hall, Auditorium	1:00 pm – 3:00 pm
<b>WEDNESDAY</b>		
<b>Drawing Portraits</b> Instructor: Mary Newman	March 6, 13, 20, & 27 St. Andrew Lutheran Church, Ellsworth	1:00 pm – 3:00 pm
<b>Beginners Course in Croquet</b> Instructors: Various	May 8, 15, 22, & 29 Woodlawn	10:00 am–12:00 Noon
<b>THURSDAY</b>		
<b>Doing Business in Ellsworth</b> Facilitator: Linda Hayman	March 7, 14, 21, & 28 Various businesses	10:00 am–12:00 Noon
<b>Memory Slices II</b> Instructor: Linda Stevens	April 4, 11, 18, & 25 St. Andrew Lutheran Church, Ellsworth	1:00 pm – 3:00 pm
<b>The Birds Among Us</b> Facilitator: Peggy Emigh	May 9, 16, 23, & TBD Various and Ellsworth City Hall, Council Chambers	Mornings
<b>FRIDAY</b>		
<b>Phippen on Phippen</b> Instructor: Sanford Phippen	April 5, 12, 19, & 26 Moore Community Center, Conference Room	10:30 am–12:30 pm
<b>Watercolor Journaling</b> Instructor: Elsie Sealand	May 3, 10, 17, & 24 First Meeting: Trenton SPCA	10:00 am–12:00 Noon
<b>Libraries in Hancock County</b> Facilitator: Mj Smith	May 3, 10, 17, & 24 Meet at UMA Ellsworth Center	1:00 pm–3:00 pm
<b>Bridge for Beginners</b> Instructor: Madelon Brogdon	May 24 & 31, June 7 & 14 St. Dunstan's Episcopal Church, Ellsworth	11:00 am–1:00 pm
<b>Brewery Tours</b> Facilitator: Mj Smith	June 7, 14, 21, & 28 Meet at UMA Ellsworth Center	1:00 pm–3:00 pm
<b>SATURDAY</b>		
<b>Technology for Seniors</b> Instructor: Steve Trader	March 9, 16, 23, & 30 Branch Pond Computer Services	10:00 am–12:00 Noon
<b>Frenchman Bay Guided Hikes</b> Facilitator: Evelyn Carpenter	May 18 & 25, June 1 & 8 Tidal Falls, Hancock	Meet at 9:30 am