

Sunrise Senior College

University of Maine at Machias

Vol. 23 Issue 2 WINTER 2019

FROM THE DESK OF THE CHAIR



We Heard You! Exciting things are happening here at SSC. Thank you for your wonderful feedback in the SSC Survey. Your board has listened and you have already seen results. We have advertised more and now have weekly articles in the MVNO. Thank you to Joan Miller and Marci Gaglione for all your efforts. We have had over 20 new to SSC members try our Fall Semester. Our Fall Semester was a great success with over 240 seats filled in 15 different classes.

As you will see in this publication, our Winter Warmups is embarking in a whole new direction and our Spring Semester will be just as exciting as our Fall Semester. Remember - SSC is still not charging any membership fee for this session so, if you did not have a chance to attend last fall won't you do so this spring.

Change is very hard, but sometimes change is necessary or eventually you may cease to exist. Your survey results showed us that you very much want SSC to grow and to be a strong force in our community. You also made it clear that if this means we have to change our business model to help us survive, then you are willing to help us make these changes. Some of these changes will come with this summer's program. At that time, you will have your first opportunity to pay your 2020 Membership dues (they will run from June 1st 2020 to May 31st 2021) and sign up for our Summer programs through Sunrise Senior College's new website. We will have a bright, cheerful, easy to use new look with a simple to use online registration process. You will always be able to find the latest happenings at SSC/UMM on this site. The process will give you an opportunity to either pay with a very secure credit card process or with a check and still have your seat held until we have received and processed your check. By signing up for classes online, you will be able to help make sure you have a better chance to get into those limited seating classes you always wanted to.

For those members who still do want to handle registering by paper - NOT TO WORRY. We will still have a paper brochure and registration process for you to use. So stay tuned! We will be sending you more information about your new Sunrise Senior College during the first quarter of next year.

See you soon,

Jacqueline O'Clair

Board Chair

SSC Program at UMM
116 O'Brien Avenue
Machias, ME 04654
(207) 255-1384
On the web at: //
machias.edu/ssc/



HIGHLIGHTS IN THIS ISSUE:

From the Desk of the Chair	1
Photo Contest	2
We've Got A New Look!	2
Summer Shorts	3
From the Curriculum Committee	3
I'd Like To Hear From You...	3
Instructor Spotlight	4-5
Help Wanted	5
SSC Volunteer Opportunities	5
Poetry Page	6
The Cost of Ignorance	7
Book Review	8-9
Sculpture - What Do You See?	9
Mental Flexibility/Creativity Exercises	9-10
SSC & The "Friends Of The UMM Herbarium"	10
Instructors Wanted	10
Cooking Corner	11-12
Thank You, Sandy Manship!	12
Our Members Advertise	13

PHOTO CONTEST

Open to all members of Sunrise Senior College. Any photo taken by YOU in the past 99 years will be acceptable. There will be a panel of judges to evaluate and reward a prize of a \$25.00 Shell gift card for the best photo. The winner's photo will be published in the next JABBERWOCKY.

Remember to include your name, description, place and date of the picture. Please include a SASE (self-addressed, stamped envelope) if you want them returned.

Photos can be emailed to: maumeow@hotmail.com

Hard copy photos can be sent to:

PHOTO CONTEST

M. Van Hoose

408 Elm Street

Machias, Maine 04654

Photo submission constitutes permission to publish the photo(s) in the JABBERWOCKY and to be displayed during the Annual Meeting in June 2020.

DEADLINE FOR SUBMISSIONS IS MARCH 1, 2020

- Michelle V, SSC Events Planner

SUNRISE SENIOR COLLEGE BOARD OF DIRECTORS 2019-2020

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Jabberwocky Committee	Sue O'Clair (Editor) Marci Gaglione (Copy Editor)
Jabberwock Designer	Starr Kopper

WE'VE GOT A NEW LOOK!

Sunrise Senior College

We've got a new logo, a new look and feel. We've got a renewed energy, an enthusiastic zeal!

We reached out for your input, your different points of view. We're making some changes—and it's all for you!

Your Board is working hard on a new website and an online registration system where you will be able to sign up for our Summer Shorts offerings.

We will keep you updated as things progress so be patient and stayed tuned!

- Your SSC Board of Directors



SUMMER SHORTS

The Special Programs Committee was pleased to offer SSC members the well-received summer shorts of 2019. Presentations varied from Maine's apples to the philosophy of Kant and from the music of Shakespeare's plays (complete with piano and choral accompaniment) to making wooden bows. Ghosts, American Revolutionary War history, Lawrence of Arabia, Roman art, and the process of making botanical specimens educated and amused us throughout the summer.

Present members of the committee are Beverly Nichols, Jackie Lowe, Benita Gaddis, Marci Gaglione, Joanne Jacobs and Anne Archie and they have been hard at work already getting classes set for our 2020 Summer Shorts. Two of SSC's favorite presenters, Dr. Sandy Fairbanks and Dr. Joel Wilcox, will be back again to stretch our minds about philosophy and art history. Dr. Robert Arseneau will present on the Republican and Democrat Parties' Nominations for the President, and Chuck Parker will delve into Agatha Christie's poisons she penned so well in her mysteries. There will be presentations on plant identification for beginners and eco-dying scarves, and the committee is working on field trips as well.

Our 2020 Summer Shorts are coming and we hope to see you there. Don't forget to register for these courses first!

FROM THE CURRICULUM COMMITTEE

Our Spring 2020 offerings will be coming soon! Here are just a few of the classes you can look forward to:

- ◆ "Writing Poems" with Les Simon
- ◆ "Taking Care of Trees: From Planting To Pruning To Harvest" with Michael Stanton
- ◆ "Drawing Too!" with Suzanne Carlisle
- ◆ "Dining with Diabetes" with Alan Majka
- ◆ "The Woo Woo World of Edgar Cayce" with Tony Arseneault
- ◆ "Smartphone—Android" and "Smartphone—Apple" with Christina Craveiro
- ◆ "Cannabis: From A To Z" with Carla Saldana, Antonio Saldana and Alvaro Saldana
- ◆ "Sculpture" with John McMurray

If any of these have made you say "Ooo!", I'll just bet that there will be others that will peak your interest too! So stay tuned and watch for our Spring semester brochure where you can find out more about these offerings and the many other selections available.

I'D LIKE TO HEAR FROM YOU...

This newsletter is for you and about you so:

- ◆ *Would you tell us your thoughts about a recent class you enjoyed?*
- ◆ *Do you have a special recipe or two that you'd like to share with everyone?*
- ◆ *Can you tell us what drew you to come to this area and what you love about it?*
- ◆ *Are you a poet and willing to share some of your work with others?*
- ◆ *Would you review a good book you have recently read?*

Contact me at suzieocclair@gmail.com - I'd like to hear from you.

- Sue O'Clair, *Jabberwocky* Editor

INSTRUCTOR SPOTLIGHT: SUZANNE CARLISLE

Interviewed by Marci Gaglione

This issue the spotlight is turned to one of our long time instructors, Suzanne Carlisle. Suzanne has been generously offering her time and talent to SSC for many years and continues to come up with interesting and challenging courses.

Marci: Suzanne, I know that you are from Maine originally but not from Washington County. Is that correct? Would you tell us about where you hail from and what brought you to this area?

Suzanne: "Hail" is an apt word. Avon is on the back side of Saddleback Mountain - no ski slopes for us. We did have views of Mount Blue and Sugarloaf, fir trees, the Sandy River, and lots of rocks. Glacial erratics were our claim to fame. I moved to Machias because my favorite childhood author, James Thurber, proclaimed, "Go East!" and so I did. (Read "The Day the Dam Broke," by Thurber.)

Also, my baby sister lives in Machias and our mother told me it was my job to take care of the little one. I think I was 2 ½ years old and the last 60 plus years have been interesting and full of love.

Marci: I know that professionally you were a teacher and, although a long time art teacher for SSC, that was not your subject area. Tell us about your professional career, your areas of study and how it is that you found yourself a teacher of art.

Suzanne: I taught English, math, government, algebra, ESL, literacy, biology, GED and college prep as well as study skills at Machias Adult Education for 23 years. I was also a "hired hand" tutor at UMM, off and on, during those years. Sometimes a professor wanted an experienced facilitator/tutor to provide extra help. I gave reading, music and art classes at Sunrise Workshop for 10 years.

I try my best to meet each student's learning styles and needs/goals, so art and music and hands-on learning came with the territory. Since I have always wanted to paint and draw, I decided when I turned 50 that I would learn. Teaching yourself watercolor painting sure helps you learn how to teach it to others.

Marci: What mediums have you worked with and do you have a favorite?

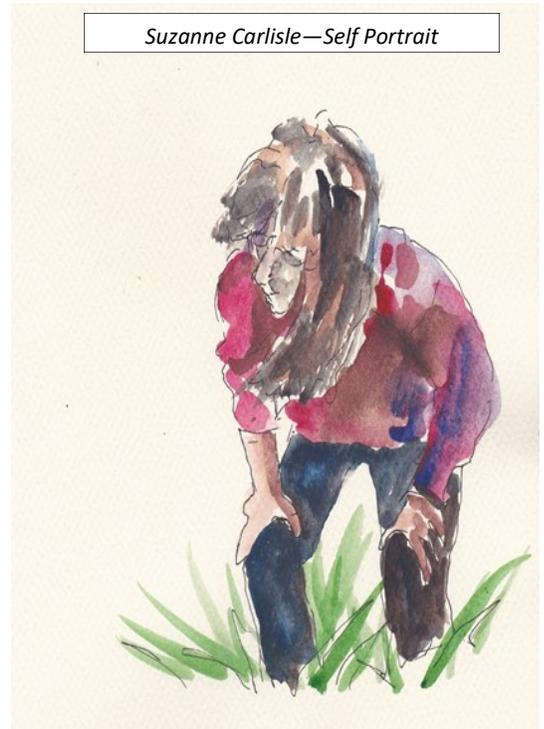
Suzanne: I have worked with oil, acrylic, watercolor, charcoal and oil pastels. Oh! - and also origami, kirigami, crayons, pencil, finger painting, soap carving and mud pies. Stick drawing in the sand; collage; frosting; mono-prints; lino-cuts; leaf printing; chalk pastels; fabric paint. Hmm... no glass blowing or wood burning, watercolor is my favorite. Let it FLOW!

Marci: So you teach art. I know that you are an avid gardener, a cook, a pianist.... tell us about your other interests and don't forget to tell us about Ned!

Suzanne: My two guys, Greg (husband) and Ned (dog) are the center of my life. Loving-kindness, humor, chocolate cake and lots of walks, rain or shine, snow, wind or cold, the Gilka-Carlisle family limps on. (Bad knees and ankles have slowed, but not stopped us!) I have had to give up multi-dimensional Fig Tossing - Australian Rules.

Marci: Suzanne, you are an absolutely fascinating person and SSC is so happy to have you share your talents with us, which you do so often! Could you tell us how long you have been teaching for SSC and sum up what teaching for and being a part of SSC means to you?

Suzanne Carlisle—Self Portrait



(Continued on page 5)

INSTRUCTOR SPOTLIGHT (Continued from page 4)

Suzanne: I have been teaching SSC for six or seven years, can't remember. I'm getting old, better at art - worse at dates!

Sunrise Senior College = friends, brain expanding experiences, a bit of purpose and lot of love.

- Marci Gaglione

HELP WANTED

Next year, 2020, will be a momentous year for the future of SSC as we have a number of positions that will be opening up on the Board of Directors. Jackie O'Clair and Cathy Prince will be finishing two three-year terms which is the maximum amount of time allowed for someone to be a member of the board. With these very able members leaving, this leaves room for you! As always we will be looking for a board chair but you don't have to start at the top. We need people in the wings as Members at Large who will move us forward as SSC approaches a new decade and our fast coming 20th anniversary.

Sunrise Senior College continues to operate with the most amazing "pool" of volunteers ever assembled. We are grateful and offer our heartiest "Thank You" to one and all! Remember - all the good benefits you receive are because someone said "**yes, I can do that.**" We are an all-volunteer organization with each of us determined to make our senior college the very best it can be. Check out our new Volunteer Brochure. It is part interest inventory, part organizational description and part volunteer opportunity. Ask for one at your next Summer Shorts or semester class and see where you fit in! As 2020 approaches, you may well hear from me with a request to join in and take a dip in the "pool."

- Gail Peters

SSC VOLUNTEER OPPORTUNITIES

If you think any of the following opportunities is right for you, please email me at suzieocclair@gmail.com and I'll see that it gets to the right person. Remember, we are always looking for people who may be interested in helping with one of our various committees or at one of our special events. Could that be you?

WANTED: Curriculum Committee Member

SSC's Curriculum Committee is constantly on the lookout for ways to make each Spring and Fall semester one to remember. In addition to finding instructors and reviewing proposals, they schedule meeting rooms and times, train and coordinate course hosts, do analysis of each course, order supplies and textbooks and submit course information for publication in our brochures.

WANTED: Special Programs Committee Member

Special Programs provides presentations for SSC's Summer Shorts programs and Winter Warm-ups. Members work together to find interesting lecturers and plan field trips for the summer and also plan and organize Winter Warm-Up activities. Committee members host presentations and are the SSC liaisons for the instructors. Meetings are held between mid-September to mid-December to plan the next year's Summer Shorts and the upcoming Winter Warm-ups.

WANTED: Jabberwocky Newsletter Reporter

Do you like to learn about people, places and things? Do you enjoy sharing experiences? Then we have an opportunity for you. Our reporters contribute to our newsletter by talking to SSC members to get stories about their lives in Maine; finding out what drew them to this area, what they love about it; getting pictures of local points of interest, wildlife or flowers.

WANTED: Jabberwocky Copy Editor

Do you have an excellent command of the English language? Do you have an eye for detail and critical thinking? When you read an article, do you look at how it flows, if it is sensible and fair? Have you ever thought you would like to be a Copy Editor on a newspaper? Then we need you, twice a year, to help with pre-publication editing when we put out our Spring and Fall newsletters.

- Sue O'Clair, *Jabberwocky* Editory

I have enjoyed greatly the second blooming... suddenly you find - at the age of 50, say - that a whole new life has opened before you.

- Agatha Christie

POETRY PAGE

It takes Courage

to shut off the TV

“ tell your friend(s) you disagree and why
and what does he (do they) think

“ not buy that ground up cow, or pig, very often

“ look at that perfect lustrously-feathered, gleaming dead
bird lying in his(her) own flowing blood

feel the still warm shiny body, see the scraped orange bill

move him to the side of the road

kneel

cry

seeing his silent, impossible beauty,

now without his consciousness,

never again a part of the blueness above

and think.....

It takes Courage

to live

to know you must think about how to live

to learn your place and know what to do

and not do

It takes Courage.

Nancy Juretie
September 25, 2019



THE COST OF IGNORANCE

"Ignorance gives rise to a multitude of sorrows, confusion and troubles. Greed, anger, arrogance, doubts, jealousy and fear all have their roots in ignorance." (Excerpt from "OLD PATH, WHITE CLOUDS; WALKING IN THE FOOTSTEPS OF THE BUDDHA")

We are most fortunate to have Sunrise Senior College available for the continued mental and social growth for we senior citizens. A recent, and most interesting, course offering was "Introduction to Buddhism" a class that was outstanding in preparation, and presentation, by the instructor, Alan Brooks. A reading, which included the above quote on ignorance, put my mind into over-drive.

IGNORANCE. In this case ignorance does not mean a slow learner, or someone with special needs. It has a much broader meaning with a more hurtful outcome. Let's start with anger: this is not righteous indignation that moves us to action as when we see homelessness, hunger, abuse, and the persecution of those with a different religion, sexual orientation, political view, or of a different race.

This is the anger of those around the house, irritants that are upsetting and can lead into a major fight. This is the anger with those who disagree with us. This is the anger of my way or no way. Stop and think....what a novel idea.....STOP and THINK.... And let's even go a step farther and BE QUIET AND LISTEN. Do we really want to continue in that way or make an adjustment and keep the peace. I will agree when there is a difference of opinion and someone dares to disagree that it is most upsetting. After all we know we are right. OOPS. Could it be that we have what is right for us and someone else has the right idea/answer for them?

This is so true when we deal with the subject of religion, politics and sexual orientation. We are not all the same. We have not all had the same background, education or experiences. So please let us have different thoughts, ideas and ways of doing things without anyone being wrong. By not allowing others the right of choice, that is ignorance. When in doubt don't ask, read, find out, don't remain in ignorance.

JEALOUSY. We look at someone with more money, a better car, a bigger house, higher degree, and oh that green eyed monster does show it's ugly head. Have they worked harder, are smarter and made better choices?? Be honest, not ignorant.

FEAR. Most fear is truly big time ignorance. We fear the unknown. We fear tomorrow. We fear being snubbed. We fear... you name it. Again do the unthinkable of stopping and thinking, what can we do about any of those things? If there is something that can be done - do it....otherwise take a deep breath and move on. That is being smart.

GREED. The amassing of things to show off. There certainly is nothing wrong with being more than comfortable. It is when the accumulation is for the benefit of ego and for showing off: the biggest house, the most expensive car and name brand everything, never stopping to think of those in need and that you could be of help. That is greed and ignorance. Employers also need to be viewed with a critical eye. How are their workers being treated? The days of the sweat shop should be far in the past but are they? So many of life's problems are self-inflicted by our ignorance of not asking and taking the time to learn.

I have left ARROGANCE for last as honestly it is the easiest to remedy as it basically has to do with how we feel about ourselves. If we are confident that we have worked hard and done our best, we are not arrogant but self-assured. We do not brag or strut around telling everyone how great we are and that our way of doing things is not only the best way but most assuredly the only way. That is arrogance, and it tells everyone that we are not feeling good about ourselves and questioning our worth as a human being. That is arrogance. That is ignorance.

Being content, confident and feeling good about who, what and where we are is what we aim for. Ignorance is curable. STOP AND THINK.

- Liz Fauver

"You cannot open a book without learning something."

- Confucius

Both book reviews below are by Anne Archie.

BOOK REVIEW

The British Are Coming by Rick Atkinson

This is the first book of Mr. Atkinson's planned historical trilogy on the American Revolution. This particular book covers the time period from the Battle of Lexington (1775) to the Battle of Princeton (1777.) Mr. Atkinson is a master at story-telling and he starts this history with George III in England who seems to feel that war is inevitable to bring the colonists to their senses and back into the English fold.

This book is full of luscious details about the people, places, events and thoughts of those who planned the revolution, fought the battles and wanted liberty more than life. The British are also well described and the objectivity of the author makes for some startling revelations about how the everyday British soldier thought of the colonists and his stint of military duty in North America. And it is chock full of momentous events and larger-than-life characters. Perfect material for a storyteller as masterly as Mr. Atkinson.

The book is organized chronologically into narrative episodes describing such events well known to us such as Paul Revere's frantic horseback ride to warn colonists of the British regulars coming out for battle. The history is sweeping and brings the horror and cruelty in what essentially was a civil war in North America to full light. Events in Europe are chronicled also such as recruitment drives for the British in Ireland and the agreement with the German king to send Hessian mercenaries.

The stories and background of national heroes such as George Washington, Benedict Arnold, Henry Knox, Nathaniel Green and Benjamin Franklin are highlighted as well as stories gleaned from letters and local history of farmers, shopkeepers, teachers, and wine merchants who picked up their firearms and went to war with the world's leading military power. There are lots of great maps.

Mr. Atkinson commands great powers of description. He writes of geography, shipboard conditions, the various scams and con artists thriving in the colonies as well as helping the reader understand battle plans and how those plans were - or were not - implemented in the day of battle. He uses a great many historic resources that will serve as future reading if one is interested in digging more into specific features of the American Revolution.

If you read Mr. Atkinson's trilogy about World War II then you know the wonderful reading experience ahead of you with this book. I am eagerly anticipating the next volume of the Revolution Trilogy.

Revolutionary Summer by Joseph Ellis (2013)

In June 1776, Britain dispatched the largest invading force since the Spanish Armada to New York in an attempt—ultimately unsuccessful—to crush the rebellion later known as the American Revolution. In August more than 400 warships carrying 34,000 British and Hessian troops were at the entrance of New York Harbor. This is the beginning of *Revolutionary Summer*, another history of the American Revolution that I devoured in the past week. It is a good complement to *The British Are Coming* by Rick Atkinson. Ellis aims to reconcile two sets of people long kept apart by historians: the wrangling political classes gathered at the congress in Philadelphia, charged with setting the rebellion in motion; and the beleaguered campaign strategists of George Washington's Continental Army in New York. For Mr. Ellis, the Revolution's "political and military experiences were two sides of a single story . . . incomprehensible unless told together."

John Adams is the main character in this history and not surprisingly, General George Howe and Admiral Richard Howe are also well documented. They were to deal Washington a sharp blow at Long Island and Manhattan, forcing Washington's ragtag army, young and inexperienced to retreat through New Jersey to Pennsylvania. But Ellis shows that, with time, what many initially regarded as a defeat became for Washington the war's most providential moment. The British failed to destroy the Continental Army when they were best equipped to do so and, in failing to pursue Washington into New Jersey, all but ensured that army's survival. The parts of the book I really enjoyed described Washington at his least confident and most introspective, doing battle with himself in his own mind through his letters to John Hancock and his brother as he prepares to go to battle with untrained and lightly armed soldiers.

Ellis explains, among other things, why postwar British chroniclers fixated on the invasion of New York—together with Washington's escape across the East River—as the "golden opportunity" that Britain squandered. There's some room in the excellent last chapter for an analysis of those on the losing side. Lord George Germain, secretary of state for the American colonies and the New York invasion's chief architect has emerged as the prime scapegoat for bungling the war. Yet Ellis acknowledges the risks taken by British commanders. Ellis counts Germain's vilification among the "necessary fictions" that grew up around the Revolution after its end in 1783. It's a poignant counterpoint to Washington's rise as America's hero and it shows Ellis' sympathetic view of human nature. Mistakes are made....

(Continued on page 9)

BOOK REVIEW (Continued from page 8)

I also found illuminating the disgraceful treatment of Continental Army veterans—who were considered "embarrassing" reminders that a standing army had been formed to fight a loathed standing army. But it is the war's legacy in Britain that lingers in my mind. "Denial was vastly preferable to a candid appraisal of the debacle," writes Ellis, "for that would have required the British government to face some extremely unpleasant facts that . . . undermined the core presumption on which the entire British imperial agenda rested." Perhaps they were arrogant to assume that superior firepower would carry the day, and to "consistently misread the level of resistance within the American population." Yet Britons were no less persuaded of their cause's essential greatness than rebelling Americans were of theirs.

Look all around you. What do you see?

SCULPTURE - WHAT DO YOU SEE?

Are those just hub caps or parts of a caterpillar or flower? How about that frying pan—is that the head of a man? What about those rods there on the floor? Do I hear them ringing the bell of a chime? And those scraps of metal? Could they be the wings of a bird? Or maybe the sails of a boat? Is that really a buoy or the base of a lamp?

What can you imagine? Do you like to explore? There is a world of fantasy and wonder waiting to be discovered by you if you are daring enough to try. It is Sculpture. Not sure how to do it? John McMurray can help with ideas and the tools to make it happen. And the other adventurous souls who are on a magical journey of their own can help too. The sharing of ideas, the comradery developed and the joy of making your dreams come true awaits. Are you ready? Let's take that leap and see where it goes!

- Sue O'Clair



John McMurray and Nancy Mirman at John's Studio in S. Addison



Michele Romanini-Pollard at John's Studio in S. Addison

MENTAL FLEXIBILITY / CREATIVITY EXERCISE

	SAMPLE: 26 = L of the A	26 = Letters of the Alphabet
1	13 = S on the A F	
2	32 = D F at which W F	
3	18 = H on a G C	
4	90 = D in a R A	
5	200 = D for P G in M	

(Continued on page 10 for Answers)

SSC & THE "FRIENDS OF THE UMM HERBARIUM"

For those of you not who do not already know, our faculty liaison at UMM is Dr. Eric Jones, a botany professor who is also in charge of the UMM Herbarium. Dr. Jones has a dream of creating a "Friends of the UMM Herbarium" group who would help to support the herbarium. Our Special Programs Committee loved the idea so much that we decided to see if we could help get this group started as a part of our Winter Warm-Ups.



During the five Winter Warm-Up sessions this winter, we will be learning how to properly mount specimens and label them, we will do some transcribing of old field notes as a part of the Citizen's Science project and look forward to being able to help support Dr. Jones' work in various other ways. Interested people can attend one or all of the sessions where we look forward to getting input from everyone so we can make this a success.

As you know, our Winter Warm-Ups are always free and open to the public. The "Friends of the UMM Herbarium" will be reaching out to the community to get involved and hopefully this will lead to letting more people know about SSC also. It is our hope that the "Friends of the UMM Herbarium" will extend far beyond the winter and become an established group of its own, although associated with SCC much like our walking program.

So talk to your neighbors and friends, watch your email for dates, and plan on being a "Friend of the UMM Herbarium!"

- Marci Gaglione

MENTAL FLEXIBILITY / CREATIVITY EXERCISE (Continued from page 9)

ANSWERS:

- #1: 13 = Stripes on the American Flag
- #2: 32 = Degrees Fahrenheit at which Water Freezes
- #3: 18 = Holes on a Golf Course
- #4: 90 = Degrees in a Right Angle
- #5: 200 = Dollars for Pass Go in Monopoly

INSTRUCTORS WANTED!

Do you like to teach, to share the things you've learned? Then we need you! Instructors for SSC are all volunteers who love to share their passions. If this is you, please reach out to me at suzieocclair@gmail.com (put "Teach a Course" in the Subject line) and I'll redirect it to the Curriculum and/or Special Programs Committees.

Thank you.

- Sue O'Clair, Curriculum Committee

Life is inherently risky. There is only one big risk you should avoid at all costs, and that is the risk of doing nothing.

- Denis Waitley

Broccoli and Cheese Casserole

COOKING CORNER

Ingredients:

- ◆ 2 pkgs. Frozen broccoli, cooked
- ◆ 2 cans cheddar cheese soup
- ◆ $\frac{1}{2}$ cup milk
- ◆ 1 can French's dried onion rings
- ◆ 2 tablespoons butter

Directions:

1. Cook broccoli per pkg. directions, then drain.
2. Mix the soup with the milk in a casserole dish, then add the broccoli, mixing well.
3. Cover the top with the onion rings, and dot with butter.
4. Bake in 350° F. oven until the onion rings are slightly brown.

If you prefer, frozen cauliflower can be substituted for the broccoli.

- Sharon Davenport

Lemon Zucchini Muffins

Ingredients:

- | | |
|--|--------------------------------------|
| - 1 $\frac{3}{4}$ cups all-purpose flour | - $\frac{3}{4}$ cup white sugar |
| - 1 teaspoon baking powder | - $\frac{3}{4}$ teaspoon baking soda |
| - $\frac{1}{2}$ teaspoon salt | - 1 zucchini shredded (2 cups) |
| - 1 (8 ounce) container lemon yogurt | - 6 tablespoons butter, melted |
| - 1 egg, beaten | - 1 tablespoon lemon juice |
| - 1 tablespoon lemon zest | - 1/3 cup lemon juice |
| - $\frac{1}{4}$ cup white sugar | - 2 teaspoons lemon zest |

Directions:

1. Preheat oven to 400 degrees F (200 degrees C). Grease 12 muffin cups, or line with paper muffin liners.
2. Mix flour, 3/4 cup sugar, baking powder, baking soda, and salt in a large bowl; make a well in the center of the flour mixture. Mix zucchini, yogurt, butter, egg, 1 tablespoon lemon juice, and 1 tablespoon lemon zest in a separate bowl; pour yogurt mixture into well. Gently stir yogurt, slowly incorporating the flour mixture until just blended. Batter may be slightly lumpy. Pour batter evenly into prepared muffin cups.
3. Bake in preheated oven until a toothpick inserted into the center of a cupcake comes out clean, about 20 minutes.
4. While muffins are baking, whisk 1/3 cup lemon juice, 1/4 cup sugar, and 2 teaspoons lemon zest together in a saucepan over medium heat until mixture comes to a simmer and sugar is dissolved, about 5 minutes. Cover and keep glaze warm over low heat.
5. Poke each muffin several times with a toothpick; spoon glaze over muffins. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Prep time: 15 mins. Cook time: 25 mins. Ready in: 1 hr. 40 mins.

- Sue O'Clair: Recipe by Kimberly Blain Lindsey found on Allrecipes

15 minutes Mushroom Spaghetti Aglio Olio

COOKING CORNER

Ingredients:

- ◆ 250 grams (1 lb.) spaghetti
- ◆ 1 + 1 tablespoons olive oil
- ◆ 200 grams (1 lb.) mushrooms, cleaned and cut in half
- ◆ 4 - 5 cloves garlic, finely chopped
- ◆ 1/2 teaspoon chili flakes
- ◆ 1 1/2 teaspoons parsley dried
- ◆ 1 teaspoon butter
- ◆ 2 - 3 tablespoons parmesan grated
- ◆ to taste salt

Instructions:

1. Boil spaghetti in salted water as per package instructions until al dente.
2. While the spaghetti is boiling, heat a tablespoon of olive oil in a pan and add mushrooms. Sauté on medium high heat for a few minutes till golden brown on all sides.
3. Push the mushrooms to one side of the pan and add the remaining olive oil, garlic and chili flakes. Sauté for about a minute, making sure not to burn the garlic and add spaghetti, butter, parsley and salt. Toss well till the herbs coat the spaghetti and the butter has melted. Serve hot with some crusty bread and a salad.

Prep time: 5 mins. Cook time: 15 mins. Yields: 4 servings

- Sue O'Clair: Recipe from myfoodstory.com

THANK YOU, SANDY MANSHIP!

Eleven lucky members of Sunrise Senior College learned how to weave reed baskets under the guidance of Sandy Manship, a Family Nurse Practitioner from Down East Community Hospital. Sandy volunteered for two Saturdays, October 26th and November 2nd, to teach us basket weaving techniques. Her patience, humor and easy-going approach to teaching helped her students go through all the challenges of this beautiful craft. At the end of the course students had made their own unique baskets - no two baskets were exactly the same! Some students became so skilled that they may now teach others.

Thank you Sandy! We were happy to be in your wonderful class.

- Helen Kozlova, SSC member



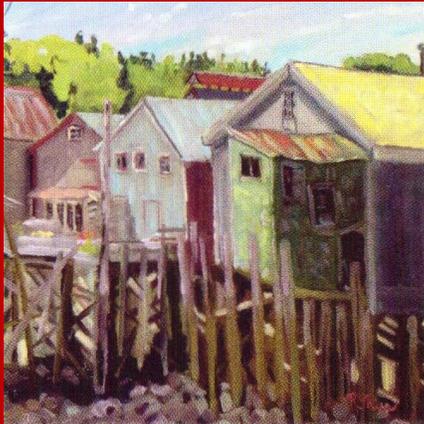
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