

## FROM THE DESK OF THE CHAIR



Dear Members and Friends of Sunrise Senior College,

We have been facing some tumultuous times. "Business" is not going forward as usual. We appreciate your understanding and patience with all the changes that have had to occur. Perhaps, it seems trite to say, when you are given lemons, you make lemonade. However, that is exactly what your Board has done under the leadership of Jackie O'Clair.

I have been elected as Chair of the Board to move us forward in the coming year. I am hoping to encourage our Board members in their valiant work to keep us going. Did you ever Zoom prior to these crazy days? Zoom was a word you read in a comic strip when a car took off. But now, I have coined us the Zoomer Boomers. None of this would be possible except Marci Gaglione, Steve Rutter and Anne Archie persevered with the work it has taken to keep us going by offering our classes via Zoom. And, there is so much more to come. We have the most creative people who freely give of their time and talents to make SSC the absolute best it can be.

In the middle of all this, we are now registering online. You have embraced this new venture and it seems to be working again thanks to dedicated folks like Jackie O'Clair, Marci Gaglione and Sharen Eaton. In fact, we are all working together to share our lives and knowledge with all of you. We really care about our members' joy at learning a new technology and seeing your face on a computer screen. But we also care about your feelings of loneliness and isolation and your questions about what tomorrow may bring. We are here for you and will continue to reach out in all possible ways.

It reminds me of a song from the musical Cabaret...

What god is sitting alone in your room?  
 Come hear the music play.  
 Life is a Cabaret, old chum,  
 Come to the Cabaret.

These days it is a virtual cabaret, but the music will play, and the singing will start. Just ask Marci. She has exciting plans for us. Make sure you invite your friends as some programs are free and open to the public. All of us are here for all of you. Take care of yourselves.

Gail J. Peters, Board Chair

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[//machias.edu/ssc/](http://machias.edu/ssc/)



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**THE JABBERWOCKY GOES DIGITAL!**

*The Jabberwocky newsletter is going digital!*

In an effort to go paperless and due to the current Covid-19 issue, most of you will have received this edition as a link in an email from SSC. We hope you like this issue and we thank you for your support and understanding.

- Suzie O'Clair, *Jabberwocky* Editor

**PHOTO CONTEST WINNER**

In our Winter 2019 issue of the *Jabberwocky*, Michelle Van Hoose told you about a photo contest that was being held. Well, I found out from Michelle that we didn't just have one winner—we had four of them! Below are the winning pictures along with the names of the photographers. Congratulations to all of you!



Jack O'Hara — Photographer



Linda Albee — Photographer



Rebecca Irving — Photographer



Gail Peters — Photographer - Little River Lighthouse Spiral Stairs

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## ***SPRING, SUMMER AND FALL CURRICULUM REPORT***

We are never too old to learn something new, right? That is what the Sunrise Senior College motto has been for many years. Well, our intellects were put to the test early this year when Covid-19 turned the world topsy-turvy and we had to quickly find and use a new way to perform SSC's mission for education and social contact. UMM closed the campus and classrooms so the remaining 2020 Spring Curriculum was in mortal danger!

The Board of Directors quickly came to the realization that online courses were the answer to the problem and Zoom became the platform for plugging the gap in course offerings. Steve Rutter, Marci Gaglione and Sue O'Clair became the heroes of the day and in short time put together 3 courses. Steve worked with Mike Stanton to craft a "Caring for Trees" course that included live footage of Mike trimming tree branches while up in a tree (this course session won the "Most Original Zoom Class of Spring 2020" per the Maine Senior College Network!) (see article and picture on page 6 of this newsletter). The popular Cannabis course was a success due to Steve's coordination with the presenters, the Soldana family, and Sue O'Clair's course on loom knitting attracted a hard-core following that still continues to meet on a regular basis (via Zoom) and loom together!

The Summer Curriculum folks (or Special Programs) also went into action. Of the original Summer Shorts advertised in the brochure, one instructor, Thiela Schnafer, chose to use Zoom. Suzanne Carlisle answered the call and modified her classroom plant identification into a field trip. But all new presentations had to be found as the originally proposed courses were not available.

Luckily, Maine Audubon had developed Zoom courses that they wanted to provide to various organizations across the state and they were thrilled to be able to work with Maine's Senior Colleges. SSC worked with Maine Audubon to bring two of their previously developed programs as well as two custom-made programs to our summer curriculum. Gail Peters volunteered to show a travelogue of her visit to Japan, and Steve Rutter brought Christine Cravero in to teach a social media course. And a new twist for a summer course is a Do-It-Yourself Summer Short on Maine Authors. No instructor – just SSC members joining in a Zoom session to talk about their favorite Maine authors and their work.

The 2020 Fall Semester looks to be varied and exciting! The popular sculpture and art classes by John McMurray and Suzanne Carlisle will be offered – albeit with the Covid-19 de rigueur face mask, hand sanitizer and social distancing. Among the excellent offerings this fall are a course by Dr. Mark Brown on the value of insects and Dr. Tora Johnson will teach about local climate change effects. We'll also take a field trip to a cranberry farm, learn about medieval history and view a presentation on World War II. So many more are on the SSC website for the fall semester – don't miss any of these!

One more thing, when you sign on to a Zoom course, we hope everything goes right and no technical glitches occur and the instructor's resources are matched to the lecture! But putting a Zoom course together takes a lot of work and coordination among several people from the summer and fall curriculum committees. Committee members have stepped up to the plate and volunteered to be hosts and cohosts for the Zoom sessions. There are dress rehearsals before the course is telecast and training for the hosts and instructors is developed and implemented. So, we hope you enjoy the online courses and give a thought or two to the folks who have put it all together for you!

*- Anne Archie, Chair—Curriculum Committees*

## ***SSC/UMM SCHOLARSHIP AWARD WINNER***

This year the 2020 Sunrise Senior College Scholarship, which is given through UMM, was awarded to Celia Jo Jellison. Celia Jo is majoring in Environmental Studies and minoring in Marine Biology. Congratulations Celia Jo!

## ***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 [suzieclair@gmail.com](mailto:suzieclair@gmail.com) (put "Teach a Course" in the Subject line) and I'll redirect it to the Curriculum Committee.

*- Suzie O'Clair, Curriculum Committee*

Learn everything you can, anytime you can, from anyone you can - there will always come a time when you will be grateful you did.

*- Sarah Caldwell*

## ***INSTRUCTOR SPOTLIGHT: SUE (AKA SUZIE) O'CLAIR***

Interviewed by Marci Gaglione

It has certainly been strange and strained times for all of us these past months. The coronavirus has changed what classes we can and cannot hold, how we hold them and what we are planning for our upcoming semesters. With that in mind, this month's Instructor Spotlight is on Sue O'Clair, a first time instructor and one who was faced with overcoming the challenges of "distance" learning.



Marci: Sue, I'm almost afraid to ask how your first experience as an instructor went - although I must say that having been in the class, it certainly was enjoyable and a total success. Can you tell us how the experience was for you as an instructor and your general feelings about Zoom learning?

Sue: Well I wasn't sure how it would actually go when I first said I wanted to hold the class by Zoom but I wanted to give it a try because I felt the students should have the opportunity to still have the class - even if it wasn't physically in person. Even though everyone's skill and learning levels were different, they were all enthusiastic which made my job easier. The class was fun and gave everyone a chance to socialize while learning something new.

And that is the biggest plus to Zoom learning - you get to socialize with people you haven't seen in a while and meet new people while still learning new things. In today's world, this type of interaction can afford people a way to stay connected, to not feel isolated, while still keeping at least their minds active.

Marci: A rather exciting thing to have come from your class is the formation of an online social group of fiber crafters - be they loomers, knitters or crocheters - can you tell us about that?

Sue: One of the things that I'd had in the back of my mind when I initially decided to do this class was the hope that, if I could form this group, we could possibly take on projects like making hats for the babies born at Down East Community Hospital or make hats/scarves for the Christmas Giving Tree or for the Machias Food Pantry to give away at Christmas. There is such a need that I thought - I hoped - we could help give back to our community even if it's a little bit. Even though this class was "knitting on a round loom," I didn't want to exclude anyone that crocheted or knitted using needles - they are just different ways of getting to the same outcome.

Our group meets the 2nd and 4th Tuesday of the month from 1:00 PM to 3:00 PM but with the understanding that we are flexible which means come when you can for as long as you can. This is time for YOU - to relax, have fun, get-together with others that have the same interests.

Marci: So Zoom has certainly opened up some interesting options for us during this time of social distancing. You have been a student, an instructor and serve SSC in many capacities. Do you see Zoom as a tool that will continue to be used by SSC in the future?

Sue: I do as a way to provide our members with a platform in which to continue learning during these uncertain times but also as a way, once we are able to hold in-person classes again, for someone who may not be able or want to come into Machias to still participate.

Marci: On a personal note, where is it that you hail from, and what is it that you did for a living? And I'm always interested in learning what it was that brought our members to this area. How did you end up in Washington County?

Sue: It started in 2006 with an ad in the Hartford Courant about property for sale in Machiasport. We thought "what have we got to lose" - so we came up to see it, fell in love with the area - the beauty, the peacefulness, the people - and bought the property the weekend we saw it. After building our home, we came up here as often as we could before leaving Connecticut and moving here full time in 2013. I worked for Travelers Insurance Company for 35 years, retiring in February 2016. The friends we've made, the home we have - we feel like we were always meant to be here, that this is our paradise and have never regretted making the move.

Marci: Well, we are certainly glad you are here! And as I have mentioned, you wear a number of hats when it comes to SSC. Tell us, if you would, about what it is that you do with and for SSC.

*(Continued on page 5)*



## **INSTRUCTOR SPOTLIGHT** (Continued from page 4)

Sue: Initially I came on board as the Events Planner Member-At-Large before I moved over to become the Treasurer and Chair of the Finance Committee for SSC. Now I also serve on the Curriculum Committee; am the editor of our newsletter, "The Jabberwocky;" assist the Distribution team with mailings and putting up posters; help out with answering voice-mails that come in to our office; and work with other members when we have a booth at the various fairs SSC participates in. I've also been both an instructor and a student. Basically if I see a void somewhere and I can help out, I will.

Marci: You've jumped right in with volunteering for SSC - how is it that you found out about the organization and could you tell me your thoughts on what it has meant to you and what it means to our community?

Sue: My partner, Jackie, found out about SSC from Gail and Wayne Peters who we met at the Church we started attending when we began coming up here (St. Aidan's Episcopal Church.) Jackie had retired before we moved here permanently and became very involved with taking classes which led to her joining the Board. I was interested and tried taking a few classes but it was hard because I was still working full time for Travelers. Where I could, I would help out with a few things like working at the SSC booth at fairs. Once I retired, I started taking more classes and my interest grew. Gail Peters (again!) and Dale Miller (another St. Aidan's member) both approached me asking if I would consider joining the Board as the Events Planner Member-At-Large - Jacquelyn Lowe who held that position was retiring from the Board. I said I would give it a try and things have just continued moving on from there.

It's hard to believe that it's been almost seven years since moving here and five years since becoming involved with SSC. That's a lot of classes taken, a lot of interesting people met and friends made. There are more classes to come (the art/craft ones come first on my list) and I'm looking forward to seeing where things will go with SSC, how we can continue to grow and expand, what new things we can learn!

Marci: Thank you, Sue, and I know that all of us at SSC thank you. I believe that Sunrise Senior College is so fortunate to have such amazing volunteers. It truly is what makes this organization what it is and gives it the heart to go on and rise to new challenges. We're looking forward to your next class!

- Marci Gaglione

## **SSC VOLUNTEER OPPORTUNITIES**

If you think any of the following opportunities is right for you, please email me at [suzieocclair@gmail.com](mailto: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 Members**

SSC's Curriculum Committee is constantly on the lookout for ways to make each semester one to remember. Whether it's finding instructors and reviewing proposals for our Spring and Fall semesters, getting interesting lecturers and planning field trips for our Summer session or planning and organizing Winter Warm-Up activities, our members are always on the lookout for stimulating, thoughtful and sometimes provocative subjects. Committee members not only host presentations and are the SSC liaisons for the instructors, they also schedule meeting rooms and times and Zoom sessions, train and coordinate course hosts, do analysis of each course, order supplies and textbooks and submit course information for publication.

### **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.

- Suzie O'Clair, *Jabberwocky* Editor

"Tell me and I forget. Teach me and I remember. Involve me and I learn."

- Benjamin Franklin

**EXTRA, EXTRA — READ ALL ABOUT IT!**

**Sunrise Senior College wins the unofficial award for the  
"Most Original Zoom Class of Spring 2020"  
"Taking Care of Trees" with Mike Stanton**



Mike Stanton demonstrates how to use a chainsaw while up a tree.

The picture above shows a frame taken from the Sunrise Senior College's Zoom course titled "Taking Care of Trees." Presenter Mike Stanton provided a PowerPoint presentation covering all aspects of tree care. For his final class, he took his iPhone (connected to Zoom) up the tree. Then, while suspended by ropes, Mike explained his extensive safety precautions before ending with a demonstration on how to use a chainsaw to trim large branches.

**MENTAL FLEXIBILITY / CREATIVITY EXERCISE**

*(Continued on page 7 for Answers)*

	<b>SAMPLE: 26 = L of the A</b>	<b>26 = Letters of the Alphabet</b>
1	7 = W of the W	
2	1,001 = A N	
3	12 = S of the Z	
4	54 = C in a D (with J's)	
5	88 = P K	

*"Learning is not attained by chance. It must be sought for with ardor and attended to with diligence."  
- Abigail Adams*

## POETRY PAGE

### Spring

Quiet jazz in the overcast.  
No despair...  
Daffodils there.  
Their yellow cheer comes with a smile.

Lawn's up early,  
Glistening, greener,  
Sweetening morning coffee.

A quiet drink...  
Still time to think.

Maples wait with baited breath,  
Their scarlet buds promising tomorrow.  
Tiger lily creeps in around the edges,  
About to pounce.

And timid lilac stays snuggled,  
Wishing for summer.

Sun sings louder every day...  
Forte, double forte, fortissimo,  
Come out, come out, come out, come out!

Winter has to go.

- Fran Sortman

### I Understand Your Fear

What if they find out I'm different?  
I like Daisies more than Orchids,  
And Black-eyed Susans even more.  
I like reading more than running,  
Fall and winter more than spring or summer.  
I don't care who wins the World Series or the Rose Bowl.  
I don't like lettuce.  
I want my cheeseburger without salad or special sauce.  
For me, chocolate is a ho-hum.  
Ditto double chocolate.  
My poetry doesn't always rhyme.  
Or scan.  
It's okay, I like you for being as different as I am.

- Fran Sortman

### One

It's all one ocean,  
It's all one sky.  
It's all one planet,  
So why just "I"?

- Fran Sortman

### MENTAL FLEXIBILITY / CREATIVITY EXERCISE (Continued from page 6)

#### ANSWERS:

- #1: 7 = Wonders of the World
- #2: 1,001 = Arabian Nights
- #3: 12 = Signs of the Zodiac
- #4: 54 = Cards in a Deck (with Joker's)
- #5: 88 = Piano Keys

## ***SPRING IN MY NECK OF THE WOODS***

I love our Down East spring. It is fascinating to watch the big lake in front of our house coming alive in March after the deep freeze. Spring comes with sounds of crashing ice and strong howling winds.

As soon as the first tiny patch on the face of the lake is free of ice, flocks of cute black ducks with snow-white sides show up on the water, swimming and diving in the waves. When they are done with water exercises, the whole bunch takes a low flight to the shore.

I see a pair of gorgeous loons diving, then flocks of noisy Canada geese making a big splash while descending on the lake.

I spot an otter swimming along the shore and then a bigger body moving fast in the water. Is a beaver back to its summer home?

Snow is still on the ground, but there are robins on the lawn searching for worms. Spring is clearly in the air.

I wake up early in the morning to beautiful sounds of birds singing. I hear a familiar gobbling call of a male wild turkey. Looking through the window I see two male turkeys carefully exploring my backyard in search of seeds and maybe a female companion.

Now my eye catches sight of a beautiful, red fox hunting at the edge of a blueberry field by the lake. I recognize the fox. I saw it this winter and was surprised by how close it came to my porch looking for mice. The fox was making funny moves jumping up and then diving down into the snow, the bushy tail up in the air.

One early morning I see the fox with 5 kits just a few feet away from my deck. What a joy! The cute little kits are rolling and pouncing as they play and learn, while the mom takes care of each one of them. She licks and nurses everyone, feeding and teaching them to hunt.

I am so happy to live here in Down East Maine!

- Helen Kozlova



*"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young."*

- Henry Ford



## BOOK REVIEW

### The Fire Thief by Debra Bokur

A new novel by a Machias based author. I was privileged to be able to read "The Fire Thief" by a fine new novelist, Debra Bokur. After reading the book and researching her on her website, I found her to be "well-versed in the topics of magic, legend, and spirituality, with her travel writings appearing in National Geographic Traveler, Islands, Experience Life Magazine and more. The series, parts murder-mystery and police procedural, is well-researched, offering readers an in-depth look at native culture."

She writes in a genre similar to what Tony Hillerman did on the Navajo Peoples and J.A. Jance in her Joanna Brady mystery series. Debra has the gift to bring to life the mystical legends and rich history from our native cultures in a setting of modern day America. She brings us to Hana on the eastern side of Maui - one of Hawaii's most desolate spots. This remote setting is where Detective Kali Mahoe leads us through a tropical paradise steeped in spiritual lore and fast-paced action to find a murderer of not just one but soon to be two murders. Is there a third?

I found the "The Fire Thief" to be a wonderful summer read craftily bringing to life old legends with modern day Hawaii and I'm very excited to learn that she has a second book coming out in 2021 in her "Dark Paradise Mystery" series called "The Bone Field." I have a new author to read.

Hooray! Machias and Sunrise Senior College have one more person to be proud to call its own. Please visit her website at [www.debrabokur.com](http://www.debrabokur.com) and read her book. I love a good mystery series steeped in history and native culture and this is it.

- Jackie O'Clair Past Board Chair SSC

### Farrow and Roasted Cauliflower Salad with Tahini Dressing

## COOKING CORNER

#### Ingredients:


- ◆ 1 Head of cauliflower (about 2 lb.) trimmed and broken into one-inch pieces
- ◆ 6 Tablespoons extra virgin olive oil
- ◆ Salt and pepper
- ◆ 1 ½ Cups pearl farro
- ◆ 2 Tablespoons lemon juice
- ◆ 2 Tablespoons tahini
- ◆ 1 Tablespoon water
- ◆ 1 Clove garlic, minced
- ◆ 1 Cup fresh mint leaves
- ◆ ½ Chopped pitted dates
- ◆ ½ Shelled pistachios, shelled, toasted and chopped
- ◆ 1/3 Crumbled feta cheese

#### Instructions:

1. Place a rack in the lowest part of the oven and heat to 425°. In a medium bowl, toss cauliflower with 2 tablespoons oil and season with salt and pepper. Transfer to a parchment lined baking sheet and roast until golden brown and softened about 20 to 25 min.
2. Meanwhile bring a large pot of salted water to a boil over medium heat. Add farro and cook until grains are tender but still chewy 15 to 20 min. Drain, spread farro on baking sheet, and let cool to room temperature.
3. Whisk lemon juice, tahini, water, garlic, ¼ tsp. pepper in a large bowl and combine. Whisking constantly slowly drizzle in remaining ¼ cup oil, add cauliflower, farro, mint, dates, and pistachios. Toss to combine. Sprinkle with feta and serve.

- Gail Peters

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