



Sunrise Senior College

207-255-1384

Email:

sunriseseniorcollege@maine.edu

Website:

<https://www.machias.edu/ssc>

Fall Semester 2021

IMPORTANT – COVID-19 UPDATE

Anyone taking an in-person SSC class, whether it is being held at UMM or off-campus, will be required to be masked until they have shown proof of vaccination. You should have proof of vaccination with you at all times when on the UMM campus.

Have You Renewed your SSC Membership for the 2022 Season Yet?

If you haven't – now's the time! Membership runs from June 1, 2021, to May 31, 2022, and we are able to keep the cost at \$25.00. You can register at the same time you are enrolling in our exciting fall programs - just make sure that you have selected your 2022 Membership before you checkout.

As a gentle reminder, we are all volunteers and since many of our classes are still "Zoom" based, it's easy for someone else to watch a session and not pay for it or not become a member of SSC. We respectfully request that if there are multiple people in the household, you should each be an active member of SSC even if you are listed on your partner's SSC/CourseStorm account.

Register Online Today!

Welcome to the 2021 Fall Semester Brochure

We have another great line-up of 11 class offerings on a wide variety of topics. For those of you who are still receiving paper copies of our brochure, we ask again that you consider **Opting Out of Paper Publications** – we do understand that some members cannot. We are now using online registration for Membership and Class Registration. It's quick, easy and very secure. You set up your account once at checkout and access it through your email going forward. With the Covid-19 restrictions we are still facing at UMM, it is difficult to print copies of the brochure. Help us out by clicking here below, and *thank you for your help!*

Opt Out of Paper Publications

Online registration is fast and safe and you save the cost of postage. All of our courses are there with complete class descriptions, bios of the instructors and all the information you need to register for the classes of your choice. If you need help, please call us at (207) 255-1384 or send an email to us at sunriseseniorcollege@maine.edu – we will get back to you!

Our scholarship policy has changed. Please note these changes!

2022 Scholarship Policy

Do you need financial assistance? If so, the members of the Sunrise Senior College Scholarship Committee invite you to apply for a scholarship to participate in our program. You must complete and sign an application form to be eligible for scholarship consideration. You must reapply each year and cannot register for a free class or Membership until you have been notified by the committee of your acceptance. Once notified, you can follow the course registration instructions we send you. You can access the Scholarship Application by clicking on the following link: <https://machias.edu/ssc/wp-content/uploads/sites/51/2021/02/Scholarship-Policy.pdf>

Questions and answers on this and other policies can be found by clicking the following link: [SSC Policies](#)

~ Sunrise Senior College ~
“A Life-Long Learning Experience”

Founded in 2002, Sunrise Senior College, a member of the Maine Senior College Network (MSCN) and an administrative unit of the University of Maine at Machias, is a member-run, volunteer community group open to all people 50 years of age and older who are seeking to enrich their lives. The mission of Sunrise Senior College shall be to provide a community of “life-long” learners with curriculum and special activities for all people at least fifty (50) years of age and their partners/spouses.

2021 Fall Semester
September to November 2021

Please Register Promptly For Limited Enrollment Classes

Limited enrollment classes fill quickly so register as soon as possible. If you are not able to attend a class that you have been confirmed for, please call 255-1384 or email us at sunriseseniorcollege@maine.edu as soon as possible. Your thoughtfulness may allow a waiting-list member to attend.

If you are on the waiting-list, you MAY NOT attend unless you are subsequently informed that you have been confirmed. Please do not put the class host in the uncomfortable position of asking you to leave.

~ SSC Membership and Tuition ~

Membership dues of \$25 includes access to semester courses at Sunrise Senior College and allows you to attend courses at other senior colleges throughout Maine. *The Jabberwocky*, our semi-annual newsletter, offers free business card advertising for members. Membership also includes free Summer semester programs, social activities, a parking permit at UMM, and UMM library privileges that include internet access. Persons who are age 50 and older and their spouses or partners of any age are welcome to join SSC as paid members. Members are encouraged to register for programs and volunteer.

The current Membership year is June 1, 2021, through May 31, 2022. Membership dues can be paid online or sent by mail using a personal check made payable to UMM - include a completed enrollment form for each person. To register online or for additional forms, visit our website: machias.edu/ssc. Membership dues are **not** refundable or transferable.

~ Contact Us ~

Please direct all inquiries and comments to (207) 255-1384, the Sunrise Senior College voice mail. Please speak clearly and leave your name and phone number with your message. We will return your call. You can also email us at sunriseseniorcollege@maine.edu or contact us on our website at <https://www.machias.edu/ssc>.

~ SSC Member Reminders ~

- SSC members are reminded that class courtesy includes appropriate behavior and respect for fellow students and instructors in order to carry out the functioning of SSC. By registering for SSC courses, you agree to the rights and responsibilities for SSC membership which are consistent with our organizational by-laws.
- Students are requested to turn off cell phones during class and limit talking that may be distracting during events.

- During in-person activities, photographs may be taken of members and instructors enjoying our classes after an announcement for general audience consent by the class host. Members who do not want to be photographed must identify themselves at the time of the announcement. Photographs will not be taken of these persons. The photographs are used for a retrospective slide show at the Annual Meeting or may be published in the newspaper or posted on our Facebook page.
- During Zoom classes, we ask that you please mute yourselves during presentations unless you are asking questions as background noises can be disruptive. We also ask you to please stop your video if you need to move around or respond to activities going on where you are. Recording being made of presentations for those who cannot attend will be announced at the beginning of the class. If you do not wish to be seen on these recordings, you can stop your video prior to the recording being started - we will not be able to see you on screen.
- If your e-mail address or phone number is incorrect, please contact us with the correction. If you have a new e-mail address or phone number, please enter it on the registration form. Please make arrangements to have your mail forwarded to a winter address if you have one.
- Courses at other Maine senior colleges are available to SSC members. For information about locations, course offerings and websites at all Maine senior colleges, visit the MSCN website at www.maineseniorcollege.org

~ Campus Accommodations & Parking ~

When we are able, semester courses are held on the UMM campus. All buildings and rooms on the UMM campus are wheelchair accessible. Parking is free at UMM, but you must have a parking sticker, available in the Student Affairs Office on the second floor in Powers Hall. You can access a map of the UMM campus if you click on the following link: <https://machias.edu/ssc/wp-content/uploads/sites/51/2020/02/UMM-Campus-Map.pdf>

~ UMM Merrill Library Privileges ~

One of the privileges of current paid membership in Sunrise Senior College for permanent and seasonal Maine residents is the use of Merrill Library on the UMM campus. Your courtesy card allows you to check out items in the Merrill Library collection, and use the URSUS request function for requesting items held in other URSUS libraries. You also have access to the library computers.

To obtain a Merrill Library courtesy card with privileges:

- Report to the library front desk with identification and proof of Maine mailing address (this must be a photo ID - Maine driver's license or state ID, passport, or any government issued photo ID. If a mailing address is not on the ID, the applicant must provide proof of residency with a recent utility bill, property tax bill, lease or rental agreement, or motor vehicle registration.)
- Applicants must present proof of current membership in Sunrise Senior College (a receipt for yearly membership or a registration confirmation).
- You will be asked to complete a courtesy card application form whereby you will agree to comply with the rules of the University of Maine at Machias and Merrill Library and to accept financial responsibility for all items borrowed on the card.

To renew your Merrill Library courtesy card with privileges:

- Report to the library front desk and present your courtesy card and proof of current membership in Sunrise Senior College (a receipt for yearly membership or a registration confirmation).

Using the Merrill Library facilities:

- Your courtesy card is required for all transactions.
- Renew your courtesy card once a year when your SSC membership is renewed.
- You have access to designated computers. Please see a Merrill Library staff member for sign-in and password.

Merrill Library offers free Wi-Fi (UMS GUEST).

- **Merrill Library does not provide photocopier or computer printing services for SSC members.**
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~ Fall Semester 2021 ~



F2101 -

Landscape Painting: Origin and Developments

with Dr. Joel Wilcox

Thursday: September 9th

2:00 to 4:00 PM

In-Person in UMM's Torrey Hall, Room 230

This class will examine how landscape painting arose as a distinct genre of painting, and attempt to illustrate how different approaches to landscape painting convey (or recommend) differing views toward nature, the relation of human beings to the natural world, or even human nature. We'll look at striking examples of both Western and Asian landscape paintings.

Instructor: Dr. Joel Wilcox has an Art History undergraduate degree, and much graduate study in Art History. He has been fascinated by art his whole life and enjoys sharing his knowledge with others.



F2102 -

Sculpture Workshop

with John McMurray

Saturdays: September 11th, 18th, 25th, October 2nd, 9th, 16th

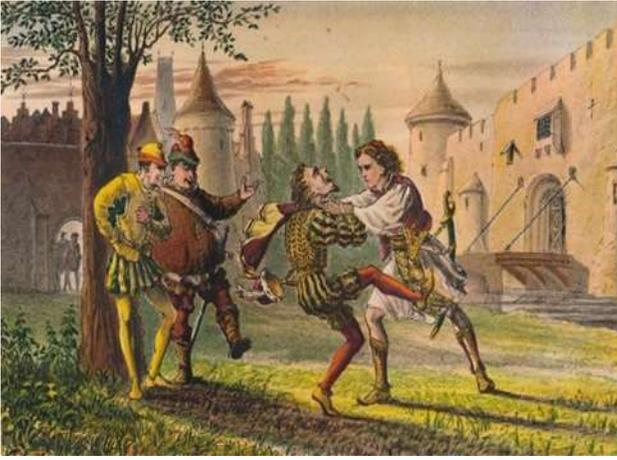
10:00 AM to 12:00 PM

In-person at John's Studio in Addison, ME

Enrollment Limited to 6 People

This is a continuation of a workshop offered many times in John's studio in Addison. Participants make small sculptures out of repurposed materials found in the studio or brought from home. Everyone shares ideas and bring new designs and creatures to life.

Instructor: John McMurray has been facilitating creative experiences in his home workshop for many years. Due to continuing interest in this workshop, John is offering it again in his studio.



F2103 - Shakespeare's *Twelfth Night*: Carnival and Lent

with Dr. Gerard NeCastro

Tuesdays: September 14th, 21st, 28th, October 5th, 12th, 19th

2:00 to 4:00 PM

Via Zoom

Even if "Twelfth Night" is one of Shakespeare's great comedies, it is filled with sorrow, deceit, cruelty, and remorse. While some of the characters are in the midst of carnival celebration, others are in lent-like sadness, either in mourning or in the grip of insensitive schemers.

As we work our way through *Twelfth Night*, we will also look at the customs of carnival and lent, the theology behind them, and their representations in art and literature.

Instructor: Dr. Gerard NeCastro was a professor of English and Humanities in Maine for twenty-two years, teaching everything from Composition and Creative Writing to World Literature and Shakespeare. His favorite classes were with the Sunrise Senior College scholars. He has since moved to West Virginia, where he has been Dean of the College of Liberal Arts and Professor of English.

This class requires the following book to attend the class as it is part of your weekly reading assignments:

Title: *Twelfth Night*

Author: William Shakespeare

ISBN: 978-0743482776

IMPORTANT!!!

Members of Sunrise Senior College whose membership dues are current, "paid for the period of the June 1st, 2021 - May 31st, 2022 season", have the cost of the book covered as part of your membership. As you check out, you will be asked if you wish this book to be mailed to you or if you will be picking this book up at UMM prior to the beginning of class. If SSC has to mail it to you there will be a shipping charge added to this class.

Active members of MSCN (the Maine Senior College Network), who are not current paid SSC members, may register for this class but must purchase/obtain the book and/or required materials on your own.



F2104 - The Feminist Ethics of Care *with Dr. Sandy Fairbanks*

Wednesday: September 15th

2:00 to 4:00 PM

In-Person in UMM's Torrey Hall, Room 230

The class will review the feminist critique of traditional (male) ethical theories, and examine an alternative, feminist, approach known as the Ethics of Care.

Instructor: Dr. Sandy Fairbanks has a Doctorate in philosophy, with a specialty in ethics. She has spent 30+ years teaching this subject matter.



F2105 - The Rural Healthcare System is Broken. How Can We Work Together to Fix It? *with Dr. Tora Johnson*

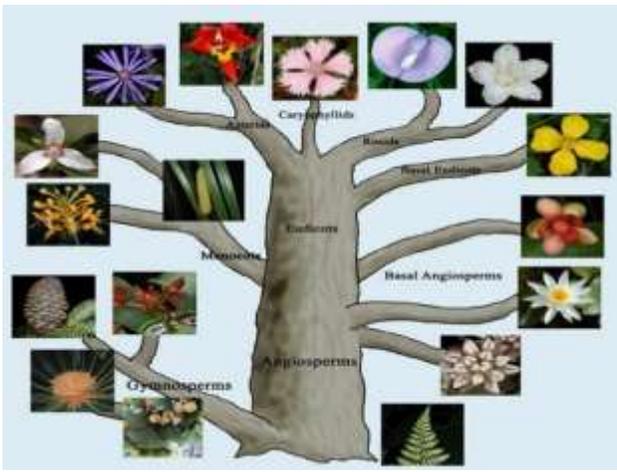
Thursdays: September 16th, 23rd, 30th

1:00 to 2:30 PM

Hybrid: In-Person in UMM's Torrey Hall, Room 230,
& via Zoom

Why are so many rural healthcare facilities closing or going bankrupt? Why do so many rural people struggle to get the care they need, and why is it more expensive when they do? Why are certain health problems so common in rural places? The Downeast Rural Health Collaborative Institute (DRHCI) at UMaine at Machias is a collective of researchers and community partners working together to answer these questions and find innovative ways to solve seemingly intractable barriers to rural health and well-being. We will discuss the problems with rural healthcare in the US, how it is linked to other issues (e.g. natural resource economics, generational poverty, and addiction), and ways we can work together for a healthier future.

Instructor: Dr. Tora Johnson is a social scientist and geographer at the University of Maine at Machias where she serves as chair of the Division of Environmental and Biological Sciences and director of the Geographic Information Systems Laboratory and Service Center. Her dignity-centered applied research focuses on rural community resilience. She leads the Downeast Rural Health Collaborative Institute; a diverse collective of researchers and community partners working together to understand and address persistent barriers to rural health and well-being.



F2106 - Why Scientific Names Change: The Foundations of Scientific Classification *with Dr. Eric Jones*

Wednesdays: September 22nd, 29th

1:30 to 3:00 PM

Hybrid: In-Person in UMM's Torrey Hall, Room 230,
& via Zoom

This course will explore the foundations of scientific classifications in an attempt to provide learners with a sound understanding of: how phylogenetic hypotheses are determined, how those hypotheses are used to formulate classification schemes, and how those classification schemes are utilized. Students will be invited to construct a phylogenetic hypothesis of their own using hypothetical organisms and/or create a dichotomous key of said organisms.

Instructor: Dr. Eric Jones teaches courses in botany at UMaine - Machias, including Plant Systematics every other fall semester. His dissertation research used systematic methods to examine the evolution of heterostyly across angiosperms, with a focus on members of the coffee family, Rubiaceae.



F2107 - Create Your Own Healing/Spirit Doll *with Laurie Baird*

Friday: September 24th

10:00 AM to 12:00 PM

In-person at Laurie's Studio in Jonesboro, ME

Enrollment Limited to 10 People

Want to create a healing presence for yourself and others? Feel a need to let go of the anxiety and stress of our lives with Covid? Then gather up beads, buttons, shells, ribbons, rope, sticks, fabric, old jewelry, bits of nature and things that speak to you, to create a Healing/Spirit Doll. Think of an intention or prayer for healing and creativity to include in the doll as a message to yourself. Creating a face that compliments your doll completes the project and you will have a tangible expression of your inner being.

Instructor: Laurie Baird has taught several craft classes for Sunrise Senior College. She is an artist that loves working in many mediums. She has been creating with fabric for many years and loves to create dolls to embody thoughts, beliefs, feelings, joy and pain. She wants to share her ideas for therapy through doll creation.



F2108 - Anglo-Saxon England

with Dr. Mark Brown

Thursdays: September 30th, October 7th, 14th, 21st, 28th
10:00 to 11:30 AM

Via Zoom

Anglo-Saxon England spanned the period often called the Dark Ages. From the departure of Roman troops to the Norman invasion, 410-1066 AD, the Anglo-Saxons set the stage for what England was to become. From the epic poem Beowulf, we learn of the cultural and religious background of these interlopers. The Arthurian legends also give insight into the blending of pagan Anglo-Saxons and Christian Celtic Britons into a national English-ness. With archeological findings and contemporary sources, particularly Bede and the Anglo-Saxon Chronicles, we can piece together how the hundreds of tribal war lords coalesced into 7 dominant kingdoms and, with the help of Viking invasion and colonization, eventually one kingdom. The evolution of England and the English Church are closely intertwined to make for an exciting and somewhat mythical story of the birth of a nation.

Instructor: Dr. Brown has a Ph.D. in entomology and ecology and has taught courses in environmental sciences at Hood College. He has taught several SSC classes in entomology, ecology, and history. His interest in history has led him into the origins and role of the Celtic people in Britain and recently into the Anglo-Saxon Dark Ages.



F2109 - Trails: A Real Hike but Also a Metaphor for Life

with Peter Duston

Tuesdays: October 12th, 19th, 26th
10:00 to 11:30 AM

In-Person in UMM's Torrey Hall, Room 230

The first class is the story of a "thru-hike" of the Appalachian Trail in 2007 illustrated with stories and photos. "Talkerman", the trail name of the instructor, will be joined for the second class by Aislinn Sarnacki, experienced Maine hiker, BDN columnist and author, to share more stories and suggestions for Maine hiking trails and local hikes. The final class will focus on hiking, real and vicarious, as a metaphor for living a life of travel and adventure that enriches and expands one's life. Lao Tze told us "The journey of a thousand miles begins with the first step." This may also reflect a journey of the mind.

Instructor: Peter Duston has been hiking, backpacking and trekking for 65 years including a thru-hike of the Appalachian Trail in 2007. He has hiked, climbed and skied in Europe, the Canadian Rockies and the Pacific Northwest. He has climbed and skied from the summit of Mt. Washington in New Hampshire and from just below

the summit of Mt. Hood in Oregon. He managed to make it to 14,000 feet on the Mt. Everest circuit before a near heart attack forced a retreat. As a Scout leader and ski coach he has introduced many young people to the adventure of climbing and backpacking (one of his former scouts is now an international mountain guide). Peter and his brother may have set the world record for the number of times over the “lip” of the Tuckerman Ravine “headwall” – 7 in one day when they were 15 and 17 years of age.



F2110 - Making the Most of Ancestry.Com to Research Your Family's History

with Dr. James Oberly

Wednesdays: October 20th, 27th, November 3rd, 10th, 17th
10:00 to 11:30 AM
Via Zoom

Ancestry.com databases now contain billions of records scanned and indexed from public sources in the US and around the world. This course helps individual learners make the most of Ancestry.com databases to study their family's histories, including researching in US and other national censuses, vital records (birth, death and marriage), military and pension records, land and property records, and immigration records. The course will be a mix of lecture about the nature of public records available on Ancestry.com and questions and answers using class chat room about how to search the records. The course will give special attention to the use of Ancestry.com for studying women in history, and further, to the use of Ancestry.com for studying those who lived in Washington County, Maine. The course will not ask participants for any information about their DNA or make use of Ancestry.com's DNA testing.

Instructor: Dr. Oberly has taught genealogy workshops to adult learners over the years. His book *Sixty Million Acres: American Veterans and the Public Lands before the Civil War* (1990) is used by genealogists to understand the series of 500,000 military bounty land application and award records based on service in the War of 1812 and the Mexican-American War. His 2017 article, "Love at First Sight and an Arrangement for Life: Investigating and Interpreting a 1910 Hungarian Migrant Marriage," was recently re-published in the Fall 2020 issue of *East European Genealogist*. He has also taught a semester-long class on US Family History at the University of Wisconsin-Eau Claire. He is experienced in using Ancestry.com databases as a past visiting research fellow at the University of Minnesota Population Studies Center, the home of IPUMS-USA (Integrated Public Use Microdata Sample). IPUMS-USA is a partner with Ancestry.com on all the manuscript census data released from 1790 through 1940 (and 1950 in April 2022).



F2111 - Making Christmas Ornaments

with Suzie O'Clair

Fridays: October 22nd, 29th, November 5th, 12th
1:00 to 3:00 PM

In-person - St. Aidan's Undercroft, Machias, ME

Enrollment Limited to 12 People

Making your own Christmas ornaments can be fun and whether you are a crafty person or not, it's easy. They make great gifts and have more meaning because they were made by you! Whether they're glittery, colorful or simple scenes, each one is unique and reflects the joy with which they are made. Give it a try – you'll be surprised what you can do.

Instructor: Suzie O'Clair has been making different Christmas ornaments for gifts for family and friends for years. She has experimented with different mediums – glass, plastic, felted or wooden – using ribbons, glitter, acrylic paint, natural items such as pinecones and moss, and various other things found around her house.

IMPORTANT!!!

This class is only open to Sunrise Senior College Members at this time.
