



Sunrise Senior College

207-255-1384

Email:

sunriseseniorcollege@maine.edu

Website:

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

Summer Semester 2022

It Is Time to Renew your SSC Membership for the 2023 Season.

It's time for you to renew your Membership for the 2023 season! Your Membership will run from June 1, 2022, to May 31, 2023, and we are able to keep the cost at \$25.00. You can register at the same time you are registering for our exciting summer programs - just make sure that you have selected your 2023 Membership before you checkout.

As a gentle reminder, we are all volunteers and since some 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 2022 Summer Semester Brochure

We have a great line-up of 6 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. 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!

[2023 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 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 is 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.

2022 Summer Semester

June to August 2022

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. 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. Membership 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, 2022, through May 31, 2023. 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.

- We request that students turn off cell phones during class time 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 may be used for a retrospective slide show at the Annual Meeting.
- 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, see their 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.

~ 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.

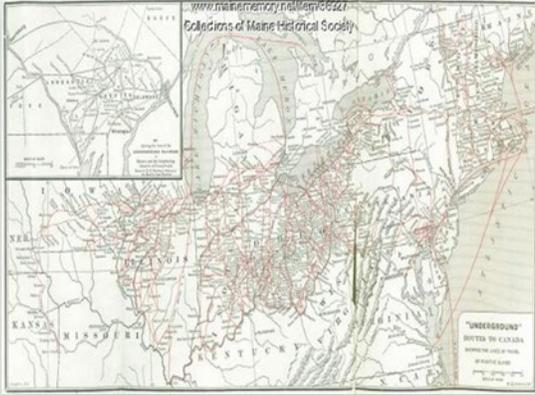
To renew your Merrill Library courtesy card with privileges:

- 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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~ Summer Semester 2022 ~



E2201

Abolition and the Underground Railroad in Maine *with Dr. Mary T. Freeman*

Wednesday, June 22nd

5:00 to 6:15 PM – via Zoom

From the Congressional compromise that tied Maine's statehood to slavery in Missouri, to Harriet Beecher Stowe's *Uncle Tom's Cabin*, and Mainers' support for the Union in the Civil War, our state was integral to nineteenth-century debates over the institution of slavery. Mainers today celebrate the state's antislavery heritage, but how do we separate myth from historical fact when archival sources are scarce? This lecture will briefly explore the long history of slavery and emancipation in Maine before focusing on antislavery activism in the decades leading up to the Civil War, with particular attention to Mainers' involvement in the Underground Railroad.

Presenter: *Dr. Mary T. Freeman* is an assistant professor of history at the University of Maine. She studies the history of slavery and abolition in the United States, with a focus on Maine and New England. She received her PhD from Columbia University. Her current book project examines letter writing in the nineteenth-century antislavery movement, and she is working on an article about abolition and African American politics in Maine. She also serves as the Managing Editor for the *Maine History* journal, published by the Maine Historical Society.

Class Information: This class is being held via Zoom.



E2202

Basics of Meteorology *with Curt Olson, WABI TV 5*

Wednesday, July 6th

10:00 to 11:30 AM – via Zoom

Have you ever wondered what causes storms and why some places get rain and others snow? Why are some storms stronger than others? Do you know how clouds are formed and what the difference is between the different types of clouds you see? Join us as we learn about the basics of Meteorology and explore different topics such as cloud formations, layers of the atmosphere, basic forecasting practices and common weather phenomena.

Presenter: *Curt Olson's* passion for weather was born here in New England. He was born and raised in Massachusetts and went to college in Vermont where he got his degree in Atmospheric Sciences from Lyndon State College (now Northern Vermont University at Lyndon) in 2014. While at Lyndon, he interned for the Vermont

Institute of Applied Meteorology forecasting road conditions along with interning at WFXT in Boston. Curt also worked at the college's local news station, News7, where he provided the forecast for local towns. After graduation, he moved to Bismarck, ND to be the morning meteorologist at KFYZ-TV. He spent close to 7 years there forecasting everything from severe weather to blizzards and even wind chill values as cold as -65°. Curt is now back east here in Maine and is the Evening Meteorologist for WABI TV 5.

Class Information: This class is being held via Zoom.



E2203

A Perspective of Healing *with Dr. Sam Hunkler, MD*

Monday, July 18th

10:00 AM to 12:00 PM – In-Person in UMM's Room SCI 102

Over 35 years as a family physician, Dr. Sam Hunkler came to realize that the root cause of most disease is not known and because of this, he was not trained to treat the underlying root of disease but rather the symptoms of diseases - mainly with medications. Medications can help treat symptoms, but they rarely treat the source of disease. Through his career he became aware that we all have personal issues which he has come to call dis-ease. He believes this dis-ease is a major component of illness, and gets in the way of us caring for ourselves and our bodies. In this class, we will get an overview of the main sources of our dis-ease along with a discussion on the fundamentals of healing.

Presenter: *Dr. Samuel Hunkler, MD* is a Family Medicine Specialist in Jonesport, ME and has over 35 years of experience in the medical field and is affiliated with multiple hospitals in the area, including Maine Coast Memorial Hospital and Down East Community Hospital. He graduated from Case Western Reserve U, School of Medicine medical school in 1987.

Class Information: This class is being held in-person in UMM's Room SCI 102. Proof of Covid vaccination and booster must be presented however face masks are optional at this time.



E2204

World Wellness Traditions *with Debra Bokur*

Saturday, July 23rd

1:00 to 2:30 PM – via Zoom

Since 2004, there has been a growing resurgence of interest in alternative health modalities including herbal remedies, gemstones, saunas, meditation, yoga, psychedelics, and breathwork. In this class we'll get an overview of these trends and take a look at the benefits of specific healing traditions from various cultures: common herbal

remedies, meditation practices, and approaches to healthy living. We'll also discuss how to incorporate aspects of mindfulness and healthy lifestyle practices into your daily life, along with some stories from the road detailing our instructor's own (sometimes scary) experiences experiencing indigenous healing practices.

Presenter: *Debra Bokur* is an award-winning writer, journalist and poet whose work has appeared in a wide variety of publications and literary journals. She has traveled around the world extensively exploring and writing about indigenous and traditional healing practices from global cultures including Thailand, Israel, Fiji, Iceland, Europe, Central America, and Nordic countries. Debra is the former Wellness & Travel Editor at Healing Lifestyles & Spas Magazine, travel editor at Fit Yoga Magazine, Managing Editor of Bloom Magazine, Managing Editor of Delicious Living Magazine, and regular contributor to Yoga Journal, Alternative Medicine Magazine, Body+Soul Magazine, Spa Magazine, Shape Magazine, Experience Life Magazine, and American Spa Magazine. She is the author of the Dark Paradise Mysteries series from Kensington Books (The Fire Thief, The Bone Field, and The Lava Witch), and is currently at work on a new mystery series set in Downeast Maine. She is also currently a columnist and feature writer at Global Traveler Magazine and the Global Researcher and Writer for the Washington, DC-based Association of Safe International Road Travel (ASIRT). Debra was a contributing author to Spreading the Word: Editors on Poetry (The Bench Press, 2001), and was a long-time poetry editor at Many Mountains Moving literary journal. Her awards include a Lowell Thomas Award for Travel Journalism and the Frances Buck Sherman Award for Outstanding Woman Poet.

Class Information: This class is being held via Zoom.



E2205

Plant Walk with *Suzanne Carlisle*

Tuesday, July 26th

10:00 to 11:30 AM – In-Person held Outdoors at UMM's Gazebo

(Rain Date: Tuesday, August 2nd 10:00 to 11:30 AM)

(Enrollment Limited to 10 People)

Come take a summer walk through residential Machias, learning to identify common local plants using guides, keys and collective knowledge. You'll also learn some interesting facts about the plants' growing habits and habitats. The walking is easy and slow and there is plenty of time for questions.

Instructor: *Suzanne Carlisle* is an artist and amateur botanist who deeply enjoys showing others the beauty of plants. She has 50 years of gardening experience and academic classes in botany, horticulture, soils and local flora. She has taught botany and art classes for Sunrise Senior College for several years.

Class Information: This class will be held outside. Students can park at UMM and will meet the instructor at UMM's gazebo – directions available if needed. Bring a sun hat, sun screen, water, wear walking shoes and don't forget a pad/pencil for any notes you may want to take. Proof of Covid vaccination and booster must be presented however face masks are optional at this time.



E2206

Lubec Brewing Company Tour *with Gale White*

Thursday, August 11th

2:00 to 4:00 PM – In-Person – Lubec Brewing Company, Lubec

The Lubec Brewing Company is both the smallest and the most eastern brewery in Maine and this year marks its 7th year of operation. We'll take a tour of the brewery which will include seeing how beer is made, learning about the different styles of beer, and sampling the beers brewed. Be prepared for a multi-sensory experience—see, smell, and taste!

Presenter: *Gale White* is the owner and operator of the Lubec Brewing Company. Before moving to Maine, White brewed beer as a hobby for a decade in eastern Pennsylvania. His day job was vice president of infusion systems marketing for B. Braun Medical Inc. in Bethlehem, PA. In an interview with Amanat Khullar found on the Acadia Visitor website, White said “While he enjoys summer in Lubec, what really captivates him is the easternmost town’s wild beauty in winter. “It’s a different type of beauty. Ocean looks gorgeous after a snowstorm,” said White, who also appreciates how local residents pull together. “If somebody needs help shoveling snow or has car trouble, there’s someone there to help them.” “I’ve never been in a place where the people pulled together like this to support each other.” In that same spirit, White is reciprocating by using Maine-grown barley and sourcing hops from 10 local farmers. He also factors in the local drinking water’s characteristics in his brewing techniques and recipes. “Rather than forcing my style to it, I’m trying to find what works here,” he said.”

Class Information: This class will be held at the Lubec Brewing Company, 41 Water St, Lubec. Directions will be available upon request. We are also looking into the possibility of car-pooling for students enrolled in the class. Proof of Covid vaccination and booster must be presented however face masks are optional at this time.
