



Sunrise Senior College

207-255-1384

Email:

sunriseseniorcollege@maine.edu

Website:

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

Fall Semester 2022

Have You Renewed your SSC Membership for the 2023 Season Yet?

If you haven't – now's the time! Membership runs 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 fall 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 Fall Semester Brochure

We have a great line-up of 9 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 Fall Semester

July/August to November 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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~ Fall Semester 2022 ~



F2201

\$15.

Writing Short Fiction

with Debra Bokur

Wednesdays: July 27th & August 3rd

4:00 to 5:30 PM – via Zoom

Have you ever wanted to try your hand at writing fiction? In this two-session class, you will learn the basics of writing a short fictional story. Join author Debra Bokur in this interactive course as she explains the craft of writing short fiction and explains how it is different from writing novels. She will describe the:

- ~ Elements that make short fiction different from novel-length fiction
 - o Types of short fiction with examples of micro fiction, flash fiction, and traditional short stories
 - o Why reading great fiction is essential to writing great fiction: short fiction writers of note
- ~ The who, what, when, where, and why of story structure
 - o Components of story writing
- ~ World building
 - o How to create a compelling, memorable setting for your story
- ~ Structure
 - o Beginnings, middles, and ends
- ~ Style
 - o AP vs Chicago Style: What do fiction editors prefer?
- ~ Who's There?
 - o Creating characters
- ~ Writing prompt for those who wish to submit work for commentary
- ~ The instructor will supply a prompt for writers who want a jumping off place (or writers can use their own idea)

Attendees are encouraged to ask questions in person and by email. Between the two sessions, attendees will be asked to create their own short story and to submit it to Debra for review. During the second session students will have the opportunity to read the first paragraph of the works they have submitted followed by a discussion of any works that were submitted. Positive feedback will be provided.

The instructor will then provide:

- ~ Tips on formatting works for submission to literary journals
- ~ Explain the process of submission to publications:
 - o Give you tips on identifying markets for your work
 - o Writing a cover letter/query letter to accompany your submission
 - o What to expect from editors you've submitted to
 - o Keeping a record of your submissions

Instructor: *Debra Bokur* is an award-winning writer, journalist and poet whose work has appeared in a wide variety of publications and literary journals. She's 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. Ms. Bokur has served as an editor and staff writer at a number of newspapers and national publications. She is 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). She served as 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.



F2202

Free

Red Cross Lifeguarding

with Lindsay McMahon

Tuesdays & Thursdays: August 16th, 18th, 23rd, 25th, 30th,
September 1st, 6th, 8th, 13th & 15th

10:00 AM to 1:00 PM – In-Person at UMM's Reynold's Center

As the weather warms, the many lakes, ponds and ocean around us call us to play – the hot summer sun, cool breezes and sparkling waters beckon us. As you're relaxing with your friends or family, you see someone in trouble. Do you know what to do? What about when someone gets hurt?

For over 100 years, the American Red Cross has been preparing people with the skills and expertise necessary to handle these types of emergencies through classes that teach you the basics in water safety as well as the right way to deal with any emergencies around water. This includes learning basic life support, CPR, the use of AED's and water rescues.

Are you a good swimmer that wants to improve your skills? Would you like to be prepared to be ready if you encounter an emergency? Here's your chance to learn from an experienced instructor with 23 years serving as a trained lifeguard and 7 years as an instructor.

Sunrise Senior College, in cooperation with the University of Maine Machias, is pleased to offer this opportunity to the public as a free course. To sign up, you should be at least 18 years of age and a good swimmer. Attendees should be able to swim 300 yards using rhythmic breathing, retrieve a 10-pound object from the bottom of the pool and tread water with just your legs for two minutes.

Instruction takes place in the pool at UMM's Reynolds Center and in the classroom and will use an approved lifeguarding manual. This class will be 2 3-hour sessions per week for five weeks. At the end of the course, participants will need to test out to be certified in lifeguarding.

Instructor: *Lindsay McMahon* is the Assistant Director of Fitness & Aquatics at the University of Maine, Machias with over 23 years as a lifeguard. She teaches fitness and aquatics at the University of Maine, Machias.

Class Information: Enrollment Limited to 10 People. This class is being held at UMM's Reynolds Center. Proof of Covid vaccination must be presented however face masks are optional at this time.



F2203

\$15.

Anatomy of a Play: From Risky Idea to an Off-Broadway Run, As Retold by The Playwright

with John Strand

Mondays: September 12th, 19th & 26th

7:00 to 8:00 PM – Hybrid: In-Person in UMM's room SCI 102
& via Zoom

Join award-winning playwright John Strand as he recounts the journey of his recent play, "The Originalist," featuring the character of controversial Supreme Court Justice, Antonin Scalia. We will follow the play's development from workshop to opening night, it's sold-out runs in Washington, DC, Chicago, Los Angeles and New York City, and the friends and enemies it made along the way. The three-part class will include readings of the playscript, excerpts of audio and video recordings, discussions of the play and the reaction from critics and the public – including the late Supreme Court Justice Ruth Bader Ginsburg. Intended for anyone who loves theater, especially contemporary political theater, and anyone writing or thinking of writing a play – or those of us who just enjoy backstage gossip. The class uses the script "The Originalist" in its discussion.

Anyone registering for this class after September 1st is required to obtain the material used in this class on their own.

Presenter: *John Strand* is the author of a dozen plays produced at leading theaters across the country since 1996. His plays include *The Cockburn Rituals*, *Otabenga*, *Lovers and Executioners*, *Three Nights in Tehran*, *Tom Walker*, *Lincolnesque*, *River of Doubt*, translations and adaptations of *The Miser* by Moliere, *Lorenzaccio* by Alfred de Musset, *Hernani* by Victor Hugo, and the book and/or lyrics for the musicals *Highest Yellow*, *Hat: A Vaudeville*, and *Snow Child*. Strand lived for 10 years in Paris where he taught for and directed New York University's Experimental Theater Wing in Paris. He has twice been a Playwright in Residence at Arena Stage, Washington, DC. His plays are published by Dramatic Publishing, Broadway Play Publishing, and Dramatists Play Service.

Class Information: This is a hybrid class – held in-person in UMM's room SCI 102 and via Zoom. For anyone attending in-person, proof of Covid vaccination must be presented however face masks are optional at this time. The class is also open to any active member of the Maine Senior College network.

!!! IMPORTANT !!!

The following material is required for the class. The material will be provided at no cost to current SSC Members who have registered by September 1st. For members of other Senior Colleges, you must obtain this book on your own - the information to do this is provided below:

BOOK TITLE: *The Originalist*
AUTHOR: John Strand
ISBN: 978-0-8222-3984-0

This book is available from Dramatists Play Service, Inc., 440 Park Ave South, New York, NY 10016 at www.dramatists.com (cost for the paper copy is \$13 do not use eBook).

When purchasing from Dramatist Play Service, search for the play using "The Play Finder" and the title "The Originalist."



F2204

\$15.

Invasive Insects in Maine

with Dr. Mark Brown

Thursdays: September 22nd & 29th

10:00 AM to 12:00 PM – Hybrid: In-Person in UMM's room SCI 102 & via Zoom

We have been hearing more lately about some of the invasive insects that are now being found in Maine and a couple that are not currently established here but are threatening. Insects from the brown-tail moth to the European fire ant and many others will be discussed. The first class will concentrate on the brown-tail moth which has been in the state for over 100 years but has recently become more of a problem to trees and human health. The second class will focus on those most likely to be problems Downeast with information on identifying them, their biology, and what to do if you find one in your yard or along the many trails we have.

Instructor: *Dr. Mark Brown* has taught several history, science, and insect related classes for the Sunrise Senior College. He has degrees in Forestry from the Universities of Maine and Idaho and a Ph. D. in Entomology and Ecology from Penn State. He studied insect pests in apple and peach orchards in West Virginia and has done original research on several of the invasive insects that will be discussed.

Class Information: This is a hybrid class - held in-person in UMM's room SCI 102 and via Zoom. For anyone attending in-person, proof of Covid vaccination must be presented however face masks are optional at this time.



F2205

\$15.

Smartphone Savvy: Android

with Christina Craveiro

Tuesday & Thursday: September 27th & 29th

3:00 to 4:15 PM – In-Person in UMM's room SCI 102

From day to day use to in-depth information on how to use your Android smartphone, we will look at basic use, applications, cloud storage and different tips and tricks to help you become more proficient and comfortable. Bring your device(s), an open mind to learn new things and ideas on how you'd like to get more use from your phone.

Instructor: *Christina Craveiro* has been a retail wireless consultant with PCT Communications for approximately twelve years. They are the local US Cellular Agent Store.

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



F2206

\$15.

Smartphone Savvy: Apple

with Christina Craveiro

Tuesday & Thursday: October 4th & 6th

3:00 to 4:15 PM – In-Person in UMM's room SCI 102

From day to day use to in-depth information on how to use your Apple smartphone, we will look at basic use, applications, cloud storage and different tips and tricks to help you become more proficient and comfortable. Bring your device(s), an open mind to learn new things and ideas on how you'd like to get more use from your phone.

Instructor: *Christina Craveiro* has been a retail wireless consultant with PCT Communications for approximately twelve years. They are the local US Cellular Agent Store.

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



F2207

\$15.

An Introduction to the Earth Sciences

with Dr. Eric H. Jones

Fridays: October 7th, 14th & 21st

1:30 to 3:00 PM – Hybrid: In-Person in UMM's room SCI 102
& via Zoom

The earth - mysterious, ever changing, our home. There are so many things we know and yet many more things we're learning. In this class we'll get an overview of the various forces that continue to shape our dynamic Earth, the means by which these forces are studied, and the implications of the results of those fields of research.

The class will be presented in three sections – a History of Mother Earth, the Life of Water, and Marvels of the Biosphere – and will cover various topics including:

- 1.) An overview of Earth's geological history
- 2.) Plate tectonics and the formation of geological features

- 3.) The chemistry of water, a fundamental element of life on Earth
- 4.) The basis for weather patterns and the relationship between weather and climate
- 5.) Biomes and the biosphere
- 6.) Implications for the future of Earth

Instructor: *Dr. Eric H. Jones* is the Associate Professor of Botany at UMM and has taught courses in ecology and environmental science that depend on a fundamental understanding of Earth science processes. He has been honored to offer several courses for the Sunrise Senior College including courses in herbarium management, citizen science, and bioethics.

Class Information: This is a hybrid class - held in-person in UMM's room SCI 102 and via Zoom. For anyone attending in-person, proof of Covid vaccination must be presented however face masks are optional at this time.



F2208

\$10.

Maine Cranberries

with Christine & John Alexander

Friday: October 14th

11:00 AM to 1:00 PM – In-Person at the Cranberry Bogs (Sugar Hill Cranberry) in Columbia Falls

(Rain Date - Monday: October 17th 11:00 AM to 1:00 PM)

Come to Sugar Hill Cranberries and learn about Maine's history of cranberry farming, processes, business, harvest, challenges and cooking!

Presenters: *Christine & John Alexander* have 70 years of combined experience in cranberry farming.

Class Information: This class will be held at the Cranberry Bogs (Sugar Hill Cranberry) in Columbia Falls. Proof of Covid vaccination must be presented however face masks are optional at this time.



F2209

\$15.

The U.S. 2022 Midterm Elections

with Dr. Robert Arseneau

Saturdays: November 5th & 12th

1:30 to 3:00 PM – In-Person in UMM's room SCI 102

The President's party tends to lose seats in congressional Midterm elections. Thus, if history is any guide, the Republican Party will gain seats in this year's elections. Lecture 1 will address the question of whether the Republicans will win enough seats to take control of the House and Senate. Republican control of one or both chambers would further enhance their ability to check the Biden Administration. Topics covered will include the 2022 midterm elections as a referendum on the conduct of the Biden administration and the impact of both domestic and foreign policy issues. These include the state of the economy - energy, inflation, etc., the Supreme Court and Roe v. Wade, crime, and the war in Ukraine. Additional topics covered include the 2022 reapportionment of House districts, voter turnout, media coverage and the role of money in congressional elections. Lecture 2 will present a post-election overview of the outcome of the House and Senate elections and then discuss the implications of the outcome for the relationship between the Biden Administration and the Congress moving forward.

Presenter: *Dr. Robert Arseneau* has a Ph.D. in Political Science from U.C. Berkeley, and has taught courses in American government at U.C. Davis, U.C. Berkeley, and Dartmouth College. He is currently doing research on U.S. House elections from an historical perspective.

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

Have You Renewed your SSC Membership for the 2023 Season Yet?

Current membership year is June 1, 2022, through May 31, 2023.

Annual membership dues are \$25. You can pay your membership dues and register online at: machias.edu/ssc

!!! IMPORTANT !!!

Anyone taking an in-person SSC class, whether it is at UMM or off-campus, will be required to show proof of vaccination – masks are optional at this time. You should have proof of vaccination with you at all times when on the UMM campus.

<input type="checkbox"/> 2023 SSC Membership Dues \$25. Your 2023 SSC Membership is due at this time! Membership runs from June 1 st 2022 to May 31 st 2023 Membership Cost \$25.00	<input type="checkbox"/> F2205 - Smartphone Savvy: Android \$15. <i>with Christina Craveiro</i> Tuesday & Thursday: September 27th & 29th 3:00 to 4:15 PM In-Person in UMM's room SCI 102
<input type="checkbox"/> F2201 - Writing Short Fiction \$15. <i>with Debra Bokur</i> Wednesdays: July 27th & August 3rd 4:00 to 5:30 PM Via Zoom	<input type="checkbox"/> F2206 - Smartphone Savvy: Apple \$15. <i>with Christina Craveiro</i> Tuesday & Thursday: October 4th & 6th 3:00 to 4:15 PM In-Person in UMM's room SCI 102
<input type="checkbox"/> F2202 – Red Cross Lifeguarding Free <i>with Lindsay McMahon</i> Tuesdays & Thursdays: August 16th, 18th, 23rd, 25th, 30th, September 1st, 6th, 8th, 13th & 15 th 10:00 AM to 1:00 PM In-Person at UMM's Reynold's Center	<input type="checkbox"/> F2207 - An Introduction to the Earth Sciences \$15. <i>with Dr. Eric H. Jones</i> Fridays: October 7th, 14th & 21st 1:30 to 3:00 PM Hybrid: In-Person in UMM's room SCI 102 & via Zoom
<input type="checkbox"/> F2203 - Anatomy of a Play: From Risky Idea to an Off-Broadway Run, As Retold by The Playwright \$15. <i>with John Strand</i> Mondays: September 12th, 19th & 26th 7:00 to 8:00 PM Hybrid: In-Person in UMM's room SCI 102 & via Zoom <i>This class requires a book.</i> For SSC members (membership paid for the 6/1/22 to 5/31/23 period), the cost of the book is covered. Please select how you wish to get the book: <input type="checkbox"/> I will pick up the book at UMM the first day of class. <input type="checkbox"/> Please ship the book to my address - <u>Add \$10.00.</u> Active members of MSCN (the Maine Senior College Network) who are <u>not</u> current paid SSC members may register for this class but must purchase the book on your own.	<input type="checkbox"/> F2208 - Maine Cranberries \$10. <i>with Christine & John Alexander</i> Friday: October 14th 11:00 AM to 1:00 PM In-Person at the Cranberry Bogs (Sugar Hill Cranberry) in Columbia Falls (<u>Rain Date</u> - Monday: October 17th - 11:00 AM to 1:00 PM)
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Check off the programs you want to attend and complete the form below to register for the Summer 2022 Semester. Use a separate registration form for each person.

If your contact information is incorrect or has changed, please complete all information requested below.

<p>Print Name: _____</p> <p>Mailing Address: _____</p> <p>City: _____ State: _____</p> <p>Zip: _____</p> <p>Telephone: (____) _____</p> <p>Email: _____</p> <p>If you have a new email address, please let us know. My new email address is:</p>	<p><input type="checkbox"/> PLEASE CHECK if you are willing to Opt Out of Paper Publications. Thank you!</p> <p>Make Check Payable to UMM</p> <p>\$ _____ Total Due for Classes and Membership Dues.</p> <p>\$ _____ Tax Deductible Contribution to SSC</p> <p>\$ _____ Total Amount Enclosed</p> <p>Mail To: SSC Registrar 28 Church Lane Marshfield, ME 04654</p>
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Please make sure to mail both pages of this registration form to ensure that we get you properly registered for all the classes you are interested in.

Thank you!