

Sunrise Senior College

207-255-1384

Email:

[sunriseseniorcollege@maine.edu](mailto:sunriseseniorcollege@maine.edu)

Website:

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

## Winter/Spring 2023 Semester

### 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 Winter/Spring 2023 Semester Brochure

We have a great line-up of 15 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](mailto: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.

**Winter/Spring 2023 Semester**  
January to May 2023

**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 UM@M, and UM@M 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 UM@M; include a completed enrollment form for each person. To register online or for additional forms, visit our website: [machias.edu/ssc](http://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](mailto: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](http://www.maineseniorcollege.org).

### ~ Campus Accommodations & Parking ~

When we are able, semester courses are held on the UM@M campus. All buildings and rooms on the UM@M campus are wheelchair accessible. Parking is free at UM@M, but you must have a parking sticker, available in the Student Affairs Office on the second floor in Powers Hall.

### ~ UM@M 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 UM@M 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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## IMPORTANT

Sunrise Senior College (SSC) is a membership-based organization. Our SSC members receive special benefits as current members when they register for this course. Any member of another MSCN college is also able to enjoy this course, but may incur some additional charges. If you are a member of the general public, you can take this course but will have to pay additional fees associated with being a non-member. For any attendee that is not a current member of Sunrise Senior College, the materials required for the course are your responsibility. When checking out, please carefully read and answer the questions asked associated with this specific course so that you are charged appropriately for this class. Failure to do this may result in your being cancelled from the course. We hope you enjoy this offering.

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### ~ Winter/Spring 2023 Semester ~



## Washington County Politics of 1870

*with Dr. Jim Oberly*

**\$15.**

Wednesdays: January 11<sup>th</sup> & 25<sup>th</sup>  
10:00 to 11:30 AM – via Zoom

What were the politics of 1870 in Maine? Politics in Washington had entered the Gilded Age and was characterized by scandal and corruption. Did you know that this was the only time in American political history that the US Census asked individual Americans if they were citizens and if they were eligible to vote? Join us and learn how to find information from the Census about individual voters while also finding reports from town clerks from around Washington County to see who were registered and voted in the fall elections that year. The combination of both of these tells us much about the nature of politics in Washington County's towns in 1870.

**Instructor:** *Dr. Jim Oberly* is a retired history instructor and seasonal resident of Washington County. His article "**Voter Eligibility, Voter Turnout, Partisan Voters, and the 'Big Sort' in 1870 Maine**" has been accepted for publication in the journal *Maine History* and will appear in 2023. The article is based on work done by Jim and his students in a 2021 SSC course.

**Class Information:** This class is being held via Zoom.

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## The Secrets of Edgar A. Poe

*with Susan Amper, Ph.D.*

**\$15.**

Tuesdays: January 17<sup>th</sup>, 24<sup>th</sup> & 31<sup>st</sup>  
11:00 AM to 12:00 PM – Hybrid: In-Person in UM@M's room  
SCI 102 & via Zoom

Edgar Allan Poe was nothing like what most people think - and neither were his stories! Most of them are comical—and most involve some kind of trickery. Either they tell about tricksters, or they trick readers in some way. The most amazing ones hide astonishing secrets—murder mysteries that were designed to be solved—but until recently were never recognized for what they were.

Susan will lead you into the mysteries that Poe created and invite participants to solve them. We'll begin with a quick survey of Poe's career as a fictionist to get a sense of the nature and variety of his jesting. Next, we'll take a closer look at the many tales that play hide-and-seek with the reader. We'll observe the method—so ingenious yet so simple—that made Poe's secrets so hard to see—but easy once you know where to look. Thus prepared, class members will become the detectives, working to suss out the mysteries hidden in such well-known tales as "The Tell-Tale Heart," "The Black Cat," "The Fall of the House of Usher," and "The Cask of Amontillado."

No prior acquaintance with the work of Poe is needed to enjoy this course. So, if you are a mystery buff, like reading novels or watching and solving mystery dramas on TV, this class is a must for you - so don't miss it!

*Please Note:* All materials will be made available to every enrolled student free of charge for this class.

**Instructor:** *Susan Amper, Ph.D.* is Professor of English at Bronx Community College of the City University of New York and a recognized Poe scholar, who has published widely on Poe's hidden murder mysteries. She has given talks to general audiences, including a TEDx talk, "Poe's Darkest Secret: He Was Kidding," and presentations at the Poe Room in New York City, and she has been a frequent contributor to the Macmillan blog [criminalelement.com](http://criminalelement.com).

**Class Information:** This is a hybrid class - held in-person in UM@M's room SCI 102 and via Zoom. The instructor will be onsite for the first class on January 17<sup>th</sup> and will conduct the remaining two classes via Zoom. For anyone attending in-person, proof of Covid vaccination must be presented however face masks are optional at this time.

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## Fundamentals of Fun Fundraising

*with Rebekah Hodgson*

**Free for SSC members**

Saturday: January 28<sup>th</sup>

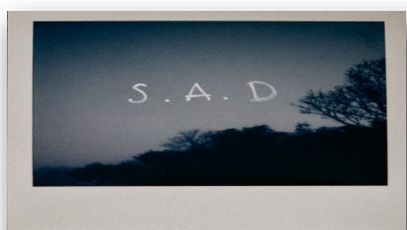
1:00 to 3:00 PM – Hybrid: In-Person in UM@M's room SCI 102 & via Zoom

Have you ever been asked to help raise funds for a good cause? Well, here is a chance to learn some important basic tips about this critical skill to make your next project a success. Holding fundraisers in an ever-changing world means needing to think more creatively all the time to get the public's attention. This presentation is designed to help our community learn what to do from the brainstorming phase of a fundraiser to the post-fundraiser review meeting. Rebekah will share tips on how to advertise your event for free and use various free programs to design flyers to distribute. Her goal is to help you gain the confidence needed and discover new tools you can use to make your fundraising ideas come to life!

**Presenter:** *Rebekah Hodgson* is the co-director of the Crush Cancer 5k which is held in Jonesboro, Maine. The 5k race has attracted over 500 runners and raised over \$15,000 in 2 years to give back to 2 local non-profits in Eastern Maine. She has helped direct numerous fundraisers including craft fairs, an Easter Basket Festival, and Candyland event for the local Jonesboro Grange #357 to help with the building fund raising over \$25,000. Rebekah works with the older generation in the Jonesboro Grange to bridge the age gap, to make sure their ideas are valued and they feel appreciated for their time dedicated to the organization. She has a passion for community service and knows that our elderly population is one of our greatest assets to learn from.

**Class Information:** This is a hybrid class - held in-person in UM@M'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.

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## Embracing Winter in Downeast Maine: Mind, Body & Soul

*with Dr. Andrea McGill-O'Rourke*

**\$15.**

Wednesdays: February 1<sup>st</sup> & 15<sup>th</sup>

10:00 to 11:00 AM – In-Person only in UM@M's room SCI 102

*"It comes too quick! I wake up in the morning and it's so dark. It's cold, I'm cold and I don't want to leave the house. Getting out is difficult and I miss seeing my friends. The time goes by so slowly."*

Winter can be a difficult time of year for many seniors. Shorter days bring decreased sunlight along with plummeting temperatures – all of which can have an adverse effect on our mind, body and soul. Why not join Dr. Andrea McGill-O'Rourke as she explores "Seasonal Affective Disorder" reflecting on how it might be affecting you and how to embrace

winter (even when you dislike it). This is very real and we all are affected by it in some way. Learning to recognize it and gaining insights on how to deal with this is a skill we can all use.

**Presenter:** *Dr. Andrea McGill-O'Rourke* is an Associate Professor at Franklin Pierce University. She holds an MSW from the University of PA & a PhD from the University of Maine in Education. Prior to transiting to higher education on a full-time basis in 2013 she amassed over 35 years of healthcare experience in CT, VT, & ME.

**Class Information:** This is an in-person class only held in UM@M's room SCI 102. Proof of Covid vaccination must be presented however face masks are optional at this time.

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## Introduction to Digital Mapping

*with Dr. Tora Johnson*

**\$15.**

Tuesdays: February 7<sup>th</sup>, 14<sup>th</sup> & 21<sup>st</sup>

1:00 to 2:20 PM – Hybrid: In-Person in UM@M's room

Torrey 223 (GIS lab) & via Zoom

How is my Smartphone able to give me such accurate directions? Why not join us as we explore easy and fun ways to make maps on smartphones, computers and tablets/iPads. Recent technological advances in computer mapping have made this once exclusive technology widely available and easy to use. During this class you will learn how to use free online mapping tools and GPS-enabled smartphone apps for a variety of uses. You can bring your own device or use the devices available in UM@M's GIS lab so why not join us and learn how to develop your own mapping tools.

**Instructor:** *Dr. Tora Johnson* has taught marine, environmental, and geographic information systems (GIS) at the college level since 1996. She teaches GIS and environmental studies at UM@M and serves as director of the GIS Laboratory and Service Center and as chair of the Environmental and Biological Sciences Division. Dr. Johnson's current human ecological research focuses on community resilience, political conflicts over natural resources and the uses of maps in decision-making. Her work focuses on supporting sustainable and prosperous rural communities in a changing world. Centering on dignity as a guiding principle, she utilizes best practices for resolving conflict and engaging diverse people in productive decision making. In service projects through the UM@M GIS Service Center and the Downeast Health Research Collaborative, Dr. Johnson and her students work with local towns, organizations and businesses to conserve Downeast Maine's natural resources and plan for a prosperous, healthy and sustainable future.

**Class Information:** This is a hybrid class - held in-person in UM@M's room Torrey 223 (GIS lab) and via Zoom. For anyone attending in-person, proof of Covid vaccination must be presented however face masks are optional at this time.

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## Snowbirds: Following our Winged Friends in Winter

*with Dr. Sally Stockwell, Maine Audubon*

**\$10.**

Thursday: February 9<sup>th</sup>

10:00 to 11:15 AM – via Zoom

Are you a snowbird? Do you head south during the winter in search of sunny, warm weather with plentiful fresh local fruits and vegetables? Just like human snowbirds, many of "our" birds head south for the winter as well. Come join Sally Stockwell, Director of Conservation at Maine Audubon, to learn about the travels and winter homes of some of our breeding birds. As a bonus you'll also learn about the migratory pathways of several bats and insects, and learn about the true snowbirds - those that visit us each winter from the Canadian taiga and tundra.

**Presenter:** *Dr. Sally Stockwell* is a Professional Wildlife Ecologist and has been the Director of Conservation at Maine Audubon since 1990. She has been involved with a number of various projects where some of her accomplishments cover loons, coastal birds, forests and vernal pools, to name just a few.

**Class Information:** This class is being held via Zoom.

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## Valentine's Day / Lupercalia: What's Love Got To Do With It?

*with Thiela Schnauffer*

*Free for SSC members*

Tuesday: February 14th

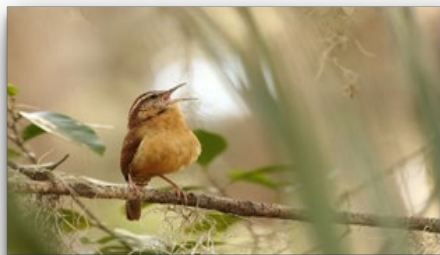
10:00 to 11:30 AM – Hybrid: In-Person in UM@M's room SCI 102 & via Zoom

**Ahh Valentine's Day. Where our thoughts turn to blood sacrifices and offerings of salted mealcakes made by the Vestal Virgins.** Wait – what!?! Doesn't sound exciting? What happened to Cupid and flowers and chocolate candy in heart shaped boxes cards? Why not join our favorite Latin scholar as she takes us on another journey into early Rome as we examine the ancient Roman festival of the "Lupercalia" and how it became our celebration of Valentine's Day (and why we're glad that some of these traditions are no longer practiced!).

**Instructor:** *Thiela Schnauffer* received a BA in Latin and an MA in Classics from the University of Georgia. She has taught in a wide variety of educational institutions in Georgia and South Carolina. She also received numerous awards including Phi Beta Kappa and Phi Kappa Phi from the University of Georgia. Her experience with professional education societies is deep and she has publications in New England Journals dealing with Classic education.

**Class Information:** This is a hybrid class - held in-person in UM@M'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.

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## Bird Sounds and How to Remember Them

*with Nick Lund, Maine Audubon*

*Free for SSC members*

Thursday: February 16<sup>th</sup>

10:00 to 11:00 AM – via Zoom

What's that I hear? It sounds like a sharp cheep so maybe it's a finch? Or is it the chickadee-dee-dee call of Maine's state bird the chickadee? If I could see where that sound is coming from, I could tell what it is.

Did you know that birdsong is the soundtrack of nature and a birder's most important tool for identification? If you can remember what you're hearing, you can find out what bird is making that sound. Join us as Advocacy and Outreach Manager Nick Lund talks about all the different kinds of sounds birds make, and provides helpful tools to remember the vocalizations of some of Maine's most common species.

**Presenter:** *Nick Lund* is Maine Audubon's Advocacy and Outreach Manager, and published the ABA Field Guide to the Birds of Maine in 2022.

**Class Information:** This class is being held via Zoom.

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## Taking Care of Trees: From Planting to Pruning to Harvest

with Michael Stanton

\$15.

Wednesdays: March 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</sup>

11:00 AM to 12:15 PM – Hybrid: In-Person in UM@M's room SCI 102 & via Zoom

Love trees? Need to learn a little more on how to save that favorite tree near your house? Do you have a special fruit or apple tree that needs tender loving care? Want to learn more about how you can accelerate hardy hardwood tree growth? Last offered just as we were going into Covid lockdown, this much needed refresher course will guide you to your tree objectives using the science of tree biology and the best applied tree care practices. You are invited to send digital photos of specific trees, as well as questions to instructor Mike Stanton at [Roundtree80@gmail.com](mailto:Roundtree80@gmail.com) in advance of the first course session (March 1st). By participating, you can assist him in tailoring the course to everyone's specific needs to make this a great experience.

**Instructor:** *Michael Stanton* is a graduate of Landscape Ecology from the University of Wisconsin, is a certified arborist and runs his company "Noreast Tree Care" located in Jonesboro, ME. Please send digital photos of specific trees, as well as questions to instructor Mike Stanton at [Roundtree80@gmail.com](mailto:Roundtree80@gmail.com) in advance of the first course session (March 1st). This will assist in tailoring the course to everyone's specific needs.

**Class Information:** This is a hybrid class - held in-person in UM@M'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.



## Hamlet Under the Hood

with John Strand

\$15.

Saturdays: March 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup>

10:00 to 11:00 AM – Hybrid: In-Person in UM@M's room SCI 102 & via Zoom

Why are people still fascinated with this 400-year-old play? Why not join playwright John Strand as he gets "under the hood" of Shakespeare's masterpiece "Hamlet." This class will examine how and why the play was constructed and what it is that still drives audiences today to want to see it. In addition to reading the play before class, we will view video excerpts of different productions and discuss the plot, the characters and their motivations, and the impact. This is your chance to see how a great theater piece works – whether you've seen or read this play before or not.

**Instructor:** *John Strand* is a nationally recognized, award-winning playwright, author of a dozen published plays, and former playwright in residence, Arena Stage, Washington, DC. He has taught History of European Theater and Creative Writing for New York University's Experimental Theater Wing in Paris and has written on theater for numerous publications, including *Le Monde*, *International Herald Tribune*, and the *Washington Post*.

**Class Information:** This is a hybrid class - held in-person in UM@M'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.

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

**Title:** Hamlet \*\* recommended version is Folger Shakespeare Library paperback edition with notes to the text

**Author:** William Shakespeare

**ISBN:** 9780743477123

**PLEASE NOTE!!!**

Members of Sunrise Senior College whose \$25.00 membership dues are paid for the period of the June 1st, 2022 - May 31st,



2023 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. *If you are not sure if your membership dues are paid for the current year, please contact us at (207) 255-1384 and leave a message or email us at [sunriseseniorcollege@maine.edu](mailto:sunriseseniorcollege@maine.edu) – we will get back to you.*

**IMPORTANT:** *Members of SSC whose membership is current, you must sign up for this class by Friday, February 10<sup>th</sup>, in order to get the materials covered by SSC. Enrollment in this class after this date will require that you purchase your own copy of the book.*

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## Fisheries and Restoration in Downeast Maine

*with the Downeast Salmon Federation*

**\$15.**

Mondays: March 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> & April 3<sup>rd</sup>

2:00 to 3:30 PM – Hybrid: In-Person in UM@M's Torrey Hall room 230 & via Zoom

Here is your chance to learn about Atlantic Salmon by joining us as we explore environmental restoration approaches specific to the Downeast region taken by the Downeast Salmon Federation (DSF). We will look at over 40 years of great work done by DSF, with a primary focus on current, on-going, and recent projects in the area. Over a four-week period, we will have the opportunity to learn about: conservation hatcheries, wild Atlantic salmon life cycle, fishery and etymology, land trust practices, habitat conservation, habitat restoration, the Endangered Species Act, and how DSF engages the community in interacting with the Downeast environment.

**Presenters:** **Mike Manning** ([m.manning@mainesalmonrivers.org](mailto:m.manning@mainesalmonrivers.org)) joined DSF as their Fisheries Biologist in May of 2022. His graduate work focused on assessing the risk of hybridization between native and introduced salmonids. He combined his fisheries education with his earlier career experiences in the fire service & emergency management to bring a mitigation-focused approach to environmental issues. He will be covering an integrative approach to fisheries issues at the watershed scale.

**Mitch Monini** ([mitch@mainesalmonrivers.org](mailto:mitch@mainesalmonrivers.org)) has a degree in Fisheries and Aquaculture and has 8yrs. of experience of monitoring and rearing salmonids. Mitch has worked in 3 different hatcheries between Idaho and Maine and has worked with all life stages of salmon.

**Haley Stein** ([haley@mainesalmonrivers.org](mailto:haley@mainesalmonrivers.org)) was a researcher studying fresh water restoration before she switched gears into science communication. She has led outreach and communication efforts with DSF since 2022, and will be covering how important community engagement is in environmental restoration work.

**Kirstin Underwood** ([kirstin@mainesalmonrivers.org](mailto:kirstin@mainesalmonrivers.org)) has worked on road-stream crossing restoration and stream habitat enhancement projects across Maine for 5 years as a federal biologist. Kirstin has roots in Downeast Maine and has returned to work with DSF restoring sensitive coastal habitats.

**Sara Williams** ([sara@mainesalmonrivers.org](mailto:sara@mainesalmonrivers.org)) is the Land Trust Coordinator for DSF and a wildlife biologist by training. She will teach a session about DSF's strategies for enhancing fish conservation through land stewardship and conservation.

**Class Information:** This is a hybrid class - held in-person in UM@M's Torrey Hall room 230 and via Zoom. For anyone attending in-person, proof of Covid vaccination must be presented however face masks are optional at this time.

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## How Societies Deal with Crises; Lessons for Global Crises

*with Dr. Mark Brown*

**\$15.**

Tuesdays: March 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> & April 3<sup>rd</sup>

2:00 to 3:30 PM – Hybrid: In-Person in UM@M's room SCI 102 & via Zoom

Crises have been a part of human life throughout our evolution and we have all experienced this on personal and family scales. More recently, national crises have occurred and we now find ourselves in a new era in which crises occur globally, requiring the world to respond at a multi-national scale.

Why not join Dr. Mark Brown as we look at case studies from two of Jared Diamond's books, "Collapse, How Societies Choose to Fail or Succeed" and "Upheaval, How Nations Cope with Crisis and Change." Using information from these texts, we will draw inferences on our ability as individuals, country, and planet to face the impending crises we are seeing today. We will discuss if these case studies provide lessons to help us deal with crises such as pandemics, the risk of nuclear war, and global warming and the climate crisis, as well as others.

**Instructor:** *Dr. Mark Brown* has taught numerous classes for Sunrise Senior College on topics diverse as insects, climate change, and history. He conducted research on the ecology of insects in apple and peach orchards and taught classes on biodiversity and ecological economics at Hood College in Maryland.

**Class Information:** This is a hybrid class - held in-person in UM@M'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.

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## Mixed Media Mosaic Garden Slab

*with Meri Fern*

**\$10.**

Saturday: April 22<sup>nd</sup>

10:00 AM to 12:30 PM – In-Person in UM@M's Powers Hall room 208

Have you ever seen those beautiful, colorful slabs in someone's garden and wondered "Gee, I wonder if I could make that myself?" Well now is your chance to learn how to do it! Come join us in this fun project and see what you can create for your own garden. Objects like stained glass remnants, sea glass, broken china, driftwood, shells and any other items personal to you can be used to design your own special slab.

**Instructor:** *Meri Fern* considers herself to be a mixed media mosaic artist and photographer. She incorporates many different items into each "unique" piece she makes. For instance, when making a piece she may use mosaic tiles, stained glass remnants, driftwood, shells, broken china and ceramic tiles to name just a few items.

**Class Information:** This is an **in-person only** class in UM@M's Powers Hall room 208. For anyone attending, proof of Covid vaccination must be presented however face masks are optional at this time.

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## Salsa and Stretch

*with Amanda Strand*

**\$15.**

Saturdays: April 22<sup>nd</sup>, 29<sup>th</sup>, May 6<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup>

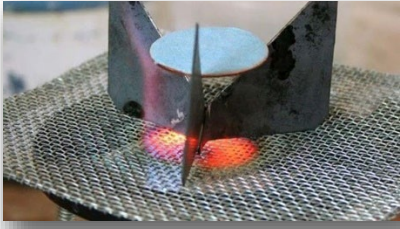
3:00 to 4:30 PM – Hybrid: in the Machias Savings Bank Community Center room and via Zoom

Salsa and Stretch is a one-hour class of dynamic movement, balance, and flexibility designed to be fun! No prior dance experience or fitness training is needed. Each class begins with a 10-minute dynamic warm-up, followed by a learn-by-doing, 30-minute Salsa/Latin dance segment, and finishing with a 20-minute stretching and flexibility section on the mat. Participants are encouraged to work within their own physical abilities while exploring increased freedom of movement to wonderful, uplifting music. Loose-fitting, comfortable clothes are recommended. Athletic sneakers, ballet slippers, or bare feet are all good choices, according to preference.

**Instructor:** *Amanda Strand* is a passionate fitness professional with three decades of presenting, performance, and teaching experience in the United States and Europe. She is co-founder of Freedom Group Exercise, LLC, where she created three FGE formats (Foundation of Group Exercise) – BANG®, Freedom Barre® and RISE® – that have been taught at fitness centers and gyms in 26 states and six countries. A graduate of New York University's Tisch School of the Arts, Amanda has worked professionally as an actor, dancer, and choreographer. She is a licensed personal trainer, a certified ACE Group Exercise Instructor, and a Continuing Education Provider for ACE and NASM/AFAA.

**Class Information:** This is a hybrid class - held in-person in the Machias Savings Bank Community Center room and via Zoom. For anyone attending in-person, proof of Covid vaccination must be presented however face masks are optional at this time.

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## Torch Fired Enameling

with John McMurray and Karen Mabus

\$15.

Saturdays: May 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>, June 3<sup>rd</sup> & 10<sup>th</sup>

10:00 AM to 12:00 PM – In-person at John's Studio Addison, ME

Enrollment Limited to 6 People

Are you creative? Like to make interesting and unusual works? Ever wanted to learn how to enamel on copper? Here's your opportunity to learn from an experienced artist in a fun, no pressure environment. Enameling is the process of melting and fusing colored powdered glass to metal (usually copper) with torches to make jewelry, ornaments, art objects, and various other items. Participants will explore these possibilities and teach each other through shared experiences.

**Instructors:** *John McMurray* has taught art courses for over 50 years, many of them for SSC, and continues to find new techniques to share. *Karen Mabus* has practiced this technique for a number of years and worked alongside John assisting in many of his classes.

**Class Information:** This is an in-person only class held at John's studio in Addison. For anyone attending, proof of Covid vaccination must be presented however face masks are optional at this time.

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## Coffee - The Art and Science of a Good Cup

with Dr. Eric Jones and Garret Lee

\$15.

Wednesday & Friday: May 17<sup>th</sup> & 19<sup>th</sup>

1:00 to 2:20 PM – 1st Session Outside near UM@M's O'Brien greenhouse; 2nd Session in UM@M's room SCI 102

*Coffee* – that “wake me up,” first jolt of the day. Do you like yours with chicory? What about a nutty flavor? Do you prefer a dark, robust roast or a milder, medium roast? Did you know that there was a science behind the beans used to make your coffee? Come join Garret Lee and Eric Jones as they take us through what it takes to make that quality cup of coffee you crave and how paying attention to the details of the chemistry behind the process gets you that perfect cup that you want. The class will have the chance to go through the roasting process through to brewing a pot and of course taste test the results!

**Instructors:** *Garret Lee* and *Eric Jones* have taught ELA 112, Community and Place, together. Their version of that core course is entitled Explorations in Coffee Culture and focuses on the science of coffee, the communities involved in its production and consumption, and the history and biology of coffee. Both are coffee aficionados dedicated to helping others understand the cultural roots of this staple beverage.

**Class Information:** This class is being held in-person only.

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