

Sunrise Senior College

207-255-1384

Email:

sunriseseniorcollege@maine.edu

Website:

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

Summer/Fall 2023 Semester

Have You Renewed your SSC Membership for the 2023-2024 Season Yet?

If you haven't – now's the time! Membership runs from June 1, 2023, to May 31, 2024, 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 2023-2024 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 Summer 2023 Semester Brochure

We have a great line-up of 7 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!

2023-2024 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.

Summer/Fall 2023 Semester

June to November 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 ~

The current Membership year is June 1, 2023, through May 31, 2024. 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.

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.

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 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, any materials required for a course are your responsibility. When checking out, please carefully read and answer the questions asked associated with these courses so that you are charged appropriately for these classes. Failure to do this may result in your being cancelled from a course. We hope you enjoy these offerings.

~ Summer 2023 Semester ~



Salt Marsh Plants in Downeast Maine

with Marilee Lovit

Free for SSC members

Tuesday: June 13th

1:00 to 3:00 PM – in-person only at Marilee Lovit's home in Addison, ME

(Rain Date: Wednesday, June 14th 1:00 to 3:00 PM)

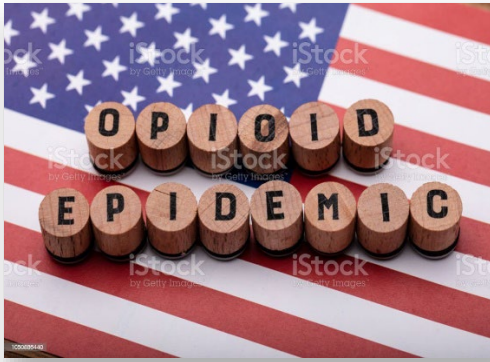
(Enrollment Limited to 7 People)

This class will be a single visit to a salt marsh with associated brackish and freshwater marsh on Pleasant River in Addison. The focus will be the marsh plants, which are mostly graminoids (grasses, sedges, and rushes) and where they occur on the landscape. Historic dikes and ditches will also be seen on part of this site, as well as their persisting impacts. Participants will need to occasionally step in shallow water, up to ankle deep; muck boots or similar footwear is necessary. We will reach the marsh via a rough trail through the woods with uneven ground but not very difficult walking. Total walking round trip 1 mile or more. Prior to the site visit the instructor will send a list of marsh plants we will see to participants. Hand lenses are not necessary, but bring yours if you have one. We may also look at plants in the woods, including several fern species, depending on time and participants' interest. Total time estimated 2 hours.

Instructor: *Marilee Lovit*, a local resident of Addison, botanical enthusiast, and literary contributor to Botanical Notes has taken many botanical classes and workshops through Josselyn Botanical Society and Eagle Hill Institute. She has experience monitoring salt marshes including this site, botanical inventories of islands and coastal properties, rare plant surveys, botanical photography in several books and online at Go Botany, herbarium collections including specimens from this site.

Class Information: in-person only at Marilee Lovit's home in Addison, ME

Instructor's Address - Marilee Lovit's home in Addison is 259 Indian River Road (Route 187). It is marked with 259 on a post beside the driveway in a small field, the house is not visible from the road. This is 1.3 miles from US #1 (the corner with Wild Blueberry Land dome-shaped building), on the west side of Route 187 (right-hand side as you drive away from US #1). There is plenty of room to park near the house.



Maine's Opioid Crises

with Gordon Smith, Esq

Free & Open to Public

Thursday: June 29th

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

Maine's Opioid Response Strategic Action Plan to a combat the Opioid Crisis

"A discussion of the impact it's having here in Washington County"

As a public service to the people of Washington County, Sunrise Senior College is pleased to present Gordon H. Smith, Esq., Director of Opioid Response for the State of Maine. In 2022, an estimated 716 Mainers died from drug overdoses and Maine experienced a total of 10,110 overdoses as recently reported by the Mills' Administration, all this taking an extraordinary toll on families and communities throughout Maine. His discussion will cover what Opioids are doing to our county and the updated Opioid Response Strategic Action Plan of the Mills' Administration. Attorney Gordon will engage the group in an interactive session of the issues, discussing what has gone well and what remains to be done as Maine continues to see a record setting number of drug overdoses. A report by the Mills' Administration in February 2023 stated **"nearly 80 percent of confirmed fatal drug overdoses in 2022 are attributable to highly lethal non-pharmaceutical fentanyl,** either used on its own or in combination with other illicit drugs such as cocaine, heroin, or methamphetamine." Attorney Smith's responses will be tailored to issues being faced here in Washington County.

Presenter: *Gordon H. Smith, Esq.* was appointed by Governor Janet Mills as Director of Opioid Response in January 2019. He is responsible for coordinating and directing Maine's response to the opioid crisis, including prescriber education and reduction of opioid prescribing, prevention and treatment of substance use disorder, and harm reduction strategies. Gordon has strong ties to Washington County with his mother having been born and raised in Lubec and his maternal grandfather born in Wilsons Beach on Campobello Island. His great grandfather, Ephraim Johnson, was the lighthouse keeper at West Quoddy Headlight for nearly three decades in the early 20th century. His roots in the county are very deep, as is his love for this beautiful part of our state which he visits frequently.

Class Information: This is a hybrid class - held in-person in UM@M's room SCI 102 and via Zoom.



McCurdy Herring Smokehouse Tour

with Delia Mae Farris

Free for SSC members

Wednesday: July 12th

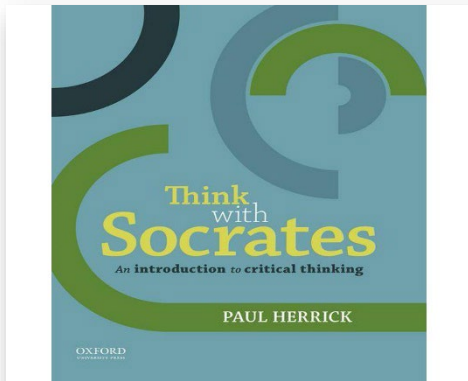
10:00 AM to 12:00 PM – An in-person only class held at the McCurdy Herring Smokehouse complex – 50 Water St., Lubec, ME

Join us as we tour the historic McCurdy's Herring Smokehouse complex in Lubec, ME. When it closed in 1991, it was the last herring smokehouse in the U.S. still operating. It has been owned since 1996 by Lubec Landmarks, Inc. (a non-profit 501(c)(3) charitable corporation), and is a unique site in both Maine and the United States. Its buildings stand on tall log pilings in the swift tidal currents of the Lubec Narrows where the Bay of Fundy tides can range as high as 25 feet twice daily. Beginning in the 1890s and until 1991, herring were smoked here in the traditional process with European roots. At one time during the

peak of the fish industry in Lubec in the 1920s, there were over 20 sardine canneries and almost 30 herring smokehouses. By the mid-1970s, McCurdy's stood alone, the last smokehouse still curing herring for markets around the country.

Presenter: *Delia Mae Farris* is a Cutler native, and an historical archivist for the many generations of her family's lives on four lighthouse islands and fishing boats. She is a prolific storyteller, sharing her talents with young and old alike, in schools and communities throughout the downeast region. She is an interpreter for the historic McCurdy Herring Smokehouse Museum in Lubec, and leads shoreline tours for APPLE. "Reflections from Destiny Bay," Delia's essays on coastal nature and people, can be found in the Quoddy Tides Newspaper.

Class Information: This is an in-person only class held at the McCurdy Herring Smokehouse complex – 50 Water St., Lubec, ME



The Cognitive Biases

with Dr. John Cleary

Free for SSC members

Friday: July 14th

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

Understanding cognitive biases make us comprehend the ways in which our minds are influenced by types of thinking that may be erroneous. By learning about cognitive biases, we can understand how we think, and the variety of assumptions that influence our behavior. This course is designed to improve a person's ability to read analytical and argumentative material with precision and clarity, while also recognizing their own ability to identify (and construct) argument frameworks that fall within multiple disciplines. Whereas the informal fallacies address mistakes in reasoning, the cognitive biases point out errors in thinking. As Paul Herrick puts it: "A cognitive bias is a psychological impulse that can unconsciously cause a person to jump to a conclusion, before having sufficient information to draw the logically appropriate conclusion to make a good decision. Cognitive biases can steer us into reacting on the basis of an unduly restricted or non-representative subset of total information, thus making our judgement less accurate than it otherwise would be. In some ways, cognitive biases operate in our mind the way a background program operates on a computer: both run silently in the background of a bigger problem, doing their work behind the scenes. A cognitive bias is therefore a psychological obstacle to critical thinking." *Think with Socrates*; Oxford University Press. (2015).

Presenter: *Dr. John Patrick Cleary* is a graduate of the Institute for the Advancement of Philosophy for Children at Montclair State University. He has taught English and Philosophy on the secondary level for 17 years, as well as Philosophy at Raritan Valley Community College in New Jersey for the past 12 years. He is currently an adjunct professor of Philosophy at Beal University.

Class Information: This is a hybrid class - held in-person in UM@M's room SCI 102 and via Zoom.



A Perspective of Healing

with Dr. Sam Hunkler

Free for SSC members

Wednesday: July 21st

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

Over 35 years as a family physician, Dr. 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 is a hybrid class - held in-person in UM@M's room SCI 102 and via Zoom.

Please Note: Image from National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health.



Maine Sea Salt Company Tour

with Stephen Cook

Free for SSC members

Wednesday: July 26th

10:00 to 11:00 AM – In-person at the Maine Sea Salt Company – 11 Church Street, Marshfield, ME

The Maine Sea Salt Company is one of our local successes whose product is sold across the United States. Here is your chance to learn how this company came to be and what it takes to make this wonderful seasoning. From the waters of the Machias Bay, the salt is extracted through a natural process at the end of which it becomes the well-known spice used today. We'll end with being able to explore the different varieties of salt they offer for sale – from the plain salt itself to smoked salts to assorted blends. A little part of Maine for you to enjoy!

Presenter: *Stephen Cook* and his wife have been making Maine Sea Salt for over 20 years. After seeing sea salt from France in a health food store one day, he thought that nobody from Maine was making sea salt and they could do that. After trying different ways to do this, he came upon the process that they use today. His first product was a 1 oz. size for cooking lobsters which he had to convince the area fish markets to sell it on a trial basis. Before long, they were calling Steve and asking for more. He knew then his business would succeed!

Class Information: This is an in-person only class held at the Maine Sea Salt Company – 11 Church Street, Marshfield, ME



Three Centuries of New England Gardens

with Val Libby

\$15.

Mondays: August 7th, 14th, 21st, and 28th

10:00 AM to 12:00 PM – in-person in UM@M's room SCI 102
and via Zoom

This class will investigate the changing forms of gardens for food & ornament in northern New England with a focus on Maine. Many of the sites we will talk about have been preserved for the public's benefit. The ideas, economics, and fashions that shaped gardens will be considered.

Recommended reading for this class:

- So fine a Prospect: Historic New England gardens by Alan Emmet ISBN 978-0874517491
- Designing the Maine Landscape, by MATTOR & TEEGARDEN, 2009 Downeast Books

Presenter: *Valencia Libby* is an Associate Professor of Landscape History & Public Horticulture, Temple University, retired; a Fulbright Distinguished Chair in Landscape History, Portugal, 2004; and is a frequent teacher for Acadia Sr. College

Class Information: This is a hybrid class - held in-person in UM@M's room SCI 102 and via Zoom.
