

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 Fall 2023 Semester Brochure

As of right now, we have a lineup for the Fall of 8 class offerings on a wide variety of topics and are working on a few more which we'll get out to you once they have been finalized. We've also added 2 more Summer classes to the schedule. 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.

~ Two New Summer 2023 Semester Offerings ~



Singing Out in the Age of Sail – Part A

with Dr. Stephen Sanfilippo

Free for SSC members

Tuesday: August 8th

11:00 AM to 1:00 PM – In-Person only held in UM@M's room
Science 102

This is the first of a two-part presentation "Singing Out in the Age of Sail – Part A." Since 1973, Dr. Stephen Sanfilippo has been researching and performing historic songs of the maritime trades. In this first session you will learn the important role of chanteys in the work of sailors in 19th century America. Please become engaged while listening and learning about the many different types of chanteys that were used.

Stephen will tell us about the history, folklore and meaning of these songs and then you can listen as he performs them in the manner done by the men on these sailing ships (you will have the opportunity to join in on the chorus). It is NOT necessary for students to have any musical training to enjoy these wonderful tunes. You will be able to hear some ballads sung by seamen while they were off watch.

The Ballads being discussed are found in "Bygone Ballads of Maine," volume 1: "Songs of Ships & Sailors," and Stephen will be discussing them and comparing them with ballads with similar themes found in the research done with his wife Susan here in Downeast Maine and in Suffolk County, New York. With some of the ballads presented, you will have the opportunity to hear early field recordings by traditional singers of these ballads.

Presenter: *Dr. Stephen Sanfilippo* has a Ph.D. in History and has done extensive research into the period between 1840-1850. He is a performer of historic songs of the maritime trades since 1973. Stephen is a retired assistant professor, Maine Maritime Academy, teaching "Maritime History through Historic Songs of the Sea," and is an organizing member and leader of a monthly Chantey Sing at Pembroke (Maine) Library since 2006.

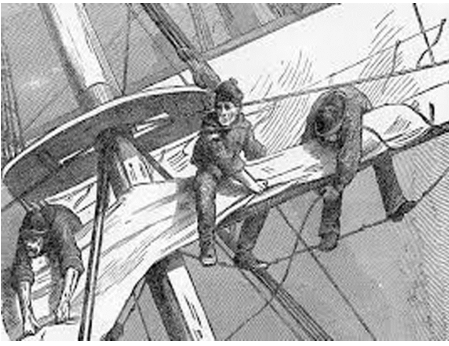
Class Information: This is an in-person only class held at UM@M's room Science 102.

Book recommended for this class:

Title: BYGONE BALLADS of MAINE, volume 1: Songs of Ships & Sailors

Author: Julia Lane & Fred Gosbee, compilers & editors

ISBN: 978-1-935243-79-3 (paperback)



Singing Out in the Age of Sail – Part B

with Dr. Stephen Sanfilippo

Free for SSC members

Tuesday: August 15th

11:00 AM to 1:00 PM – In-Person only held in UM@M's room
Science 102

Did you miss "Singing Out in the Age of Sail – Part A?" Why not attend this second session that builds on what was discussed during the first session.

In this presentation, Dr. Stephen Sanfilippo will continue to discuss the important role of singing in the life and work of the sailors in the middle half of the 19th century. Become engaged in learning more about historic songs of the maritime trades that he has researched - the chanteys are of wide and far origins and many of the ballads are from Maine. Learn more details about why the chanteys varied and how they assisted the sailors in doing the hard work being done on the ship.

Stephen will discuss many interesting details about the songs and then you can listen as he performs them in the manner very similar to way the men on these ships sang them (you will have the opportunity to join in on the chorus). It is NOT necessary for attendees to have any musical training to participate in singing these chanteys. You will also hear and discuss ballads by seamen when they were off watch.

The ballads being discussed are from found in "Bygone Ballads of Maine," volume 1: "Songs of Ships & Sailors," and Stephen will be discussing them and comparing them with ballads with similar themes that he found in his research with his wife Susan here in Downeast Maine and in Suffolk County, New York. With some of the ballads being presented, you will have the opportunity to hear early field recordings by traditional singers of these ballads.

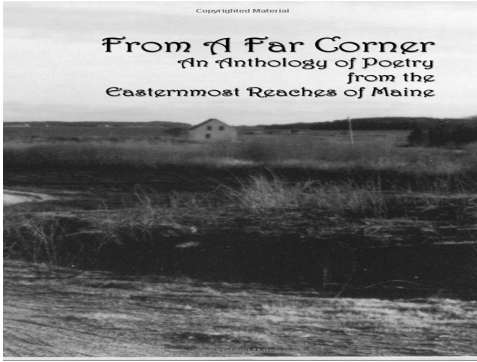
Presenter: *Dr. Stephen Sanfilippo* has a Ph.D. in History and has done extensive research into the period between 1840-1850. He is a performer of historic songs of the maritime trades since 1973. Stephen is a retired assistant professor, Maine Maritime Academy, teaching "Maritime History through Historic Songs of the Sea," and is an organizing member and leader of a monthly Chantey Sing at Pembroke (Maine) Library since 2006.

Class Information: This is an in-person only class held at UM@M's room Science 102.

Book recommended for this class:

Title: BYGONE BALLADS of MAINE, volume 1: Songs of Ships & Sailors
Author: Julia Lane & Fred Gosbee, compilers & editors
ISBN: 978-1-935243-79-3 (paperback)

~ Fall 2023 Semester Offerings ~



Writing Poems

with Les Simon

\$15.

Wednesdays: September 6th, 13th, 20th & 27th

1:00 to 3:00 PM – Hybrid: In-Person in UM@M's room

Science 102 & via Zoom

Discussions for this class will cover the different styles and forms of poetry and where creativity and inspiration come from. Les will lead us in looking at various subjects, expressions, ways to convey feelings and emotions to the readers, how to “play with words”. The class will examine poems from the book “From a Far Corner” and students will be asked to write a poem for one of their sessions.

Instructor: *Les Simon* is a published author and poet. He runs the Porter Poets, a writing group of dedicated poets who meet on Zoom and/or in the Porter Memorial Library in Machias on the last Friday of each month. He has been an active member of the group for some ten years.

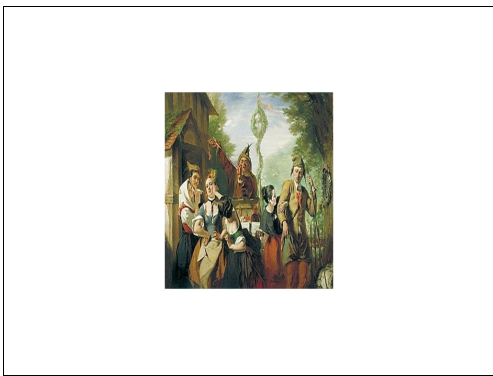
Class Information: This is a hybrid class - held in-person in UM@M's room SCIENCE 102 and via Zoom.

Book recommended for this class:

Title: From the Far Corner: An Anthology of Poetry from the Easternmost Reaches of Maine
(available at Porter Memorial Library)

Author: Various poets from the Porter Poets writing group

ISBN: 9780989426381



Marriage, Martyrs, and Shakespeare's The Winter's Tale

with Dr. Gerard NeCastro

\$15.

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

2:00 to 4:00 PM – Hybrid: In-Person in UM@M's room

Science 102 & via Zoom

The Winter's Tale is Shakespeare's often-forgotten masterpiece. A mixture of comedy, tragedy, and romance, it asks difficult questions about love, friendship, marriage, suffering, and redemption. We will work our way through the play both by careful reading of the text and by considering its relationship to Christian martyrs. In other words, we'll make comparisons to the lives of early martyrs, using a few short readings and some works of art. No, The Winter's Tale does not seem to have anything to do with faith - *Or does it??????*

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

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

!!! 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 August 17th**. For members of other Senior Colleges and anyone registering *after* August 17th, you must obtain this book on your own - the information to do this is provided below:

Book required for this class:

Title: The Winter's Tale

Author: William Shakespeare

ISBN: 9781982122508



On Deck and Below: Singing in the Age of Sail

with Dr. Stephen Sanfilippo

\$15.

Tuesdays: September 19th, 26th, October 3rd & 10th
11:00 AM to 1:00 PM – In-Person only held in UM@M's room
Science 102

In this four-session presentation, Dr. Stephen Sanfilippo will provide an in-depth look at the early development, history and ongoing tradition of songs of the maritime trades using the materials discovered in his many years of research in Suffolk County, New York, and used in his teaching at Maine Maritime Academy where he taught Maritime History through the study of historic songs of the sea. Using "Bygone Ballads of Maine," you will look at songs and stories about seafaring that are timeless. Stephen has discovered many Maine ballads or Maine versions of ballads during his research - these Maine ballads will be put into the wider context of English language ballads from many other countries. These songs, drawn from recordings and archives of Maine singers and collectors, tell a powerful story of sailing, fishing, storms, shipwreck, piracy, sea battles, and loved ones left at home.

Presenter: Dr. Stephen Sanfilippo has a Ph.D. in History and has done extensive research into the period between 1840-1850. He is a performer of historic songs of the maritime trades since 1973. Stephen is a retired assistant professor, Maine Maritime Academy, teaching "Maritime History through Historic Songs of the Sea," and is an organizing member and leader of a monthly Chantey Sing at Pembroke (Maine) Library since 2006.

Class Information: This is an in-person only class held at UM@M's room Science 102.

!!! 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 August 17th**. For members of other Senior Colleges and anyone registering *after* August 17th, you must obtain this book on your own - the information to do this is provided below:

Book required for this class:

Title: BYGONE BALLADS of MAINE, volume 1: Songs of Ships & Sailors

Author: Julia Lane & Fred Gosbee, compilers & editors

ISBN: 978-1-935243-79-3 (paperback)



Smartphone Savvy - Apple

with Christina Craveiro

\$15.

Tuesday & Thursday: September 26th & 28th

3:00 to 4:30 PM – In-Person only held in UM@M's room
Science 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 UM@M's room SCIENCE 102 on Tuesday, September 26th & Thursday, September 28th.



Magical Mystery Tour of the British Isles

with Nancy Perkins

\$15.

Wednesdays: October 4th, 11th, 18th, 25th, November 1st, & 8th

1:00 to 2:30 PM – Hybrid: In-Person in UM@M's room
Science 102 & via Zoom

Come join us as we geographically tour the British Isles through a look at the best of the crime fiction set throughout the country. From the Northernmost tip of the country in the Shetland Islands to the City of London and the Southern coast we will enjoy the countryside while learning about those writers that have produced great mysteries along our route proving that setting is a key factor in a good mystery.

Instructor: *Nancy Perkins* is an English History and Literature major with a BA from Westhampton College of the University of Richmond. An inveterate reader of novels, biographies, non-fiction, and great mysteries, she has taught this course for a number of years at several Senior Colleges besides her own. Since she first began to read, the mystery story was of great interest to her and in some ways, she has found that great mysteries can be great novels. In fact, most great novels contain a great mystery. So, whether you are an occasional mystery reader or obsessed with mysteries, she thinks you may find some new writers to enjoy in this course.

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

Book recommended for this class:

A British mystery of your choice



Smartphone Savvy - Android

with Christina Craveiro

\$15.

Tuesday & Thursday: October 10th & 12th
3:00 to 4:30 PM – In-Person only held in UM@M's room
Science 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 UM@M's room Science 102 on Tuesday, October 10th & Thursday, October 12th.



Cranberry Harvesting Tour – Lynch Hill Farm

with Courtney Hammond

\$10.

Tuesday: October 17th
11:00 AM to 1:00 PM – In-Person only held at Lynch Hill
Farm, 1468 U.S. Highway 1A, Harrington, ME

(Rain Date: Wednesday, October 18th)

Lynch Hill Farms is located in Harrington, a small village on the coast of Maine, where the Hammond family owns and operates the farm that has been in existence since 1975. There they grow America's three native fruits– wild blueberries, cranberries, and grapes, as well as shiitake mushrooms.

Cranberries can be harvested in one of two ways - wet or dry harvesting. In a wet harvest, the cranberry beds or bogs are flooded and the fruit is "beaten" off the vine using a reeler. The floating fruit is then corralled and pumped into bins. Wet harvested fruit is sold wholesale and used for processed cranberry products like juice and sauce. All of Lynch Hill Farms' cranberry bogs are dry harvested where they use a walk behind mechanical harvester to gently pull the berries from the vines. No water is involved in this process and ensures their freshness and longevity for their customers!

Come tour their farm and learn how they harvest their berries so that they are fresh for you.

Presenter: *Courtney Hammond* is a member of the Hammond Family. His parents, Robert and Helene, were raised in Harrington and raised their five children on the farm, instilling in them a strong work ethic. The family has blossomed over the years and there are now twenty-five of them.

Class Information: This is an in-person only class – held at Lynch Hill Farm, 1468 U.S. Highway 1A, Harrington, ME.

Please Note: Rain Date – Wednesday, October 18th, 1:00 to 3:00 PM



Paint Pouring and Painting on Glass

with Suzie O'Clair

\$15.

Fridays: October 27th, November 3rd, 10th & 17th
10:00 AM to 12:00 PM – In-Person only held in UM@M's
room Powers 209

Enrollment Limited to 10 People

Have you ever seen those fancy looking multi-colored vases, glasses or bowls in the stores and thought “how pretty and interesting”? Do you have any of these things hanging around that you can't seem to get rid of but don't really use? What about those old Christmas ornaments that just don't seem to fit on your tree anymore? Are you intrigued by those paintings that look like pools or puddles of color, some of which display a marble-like effect?

This class will teach you how you can create your own fancy glassware, paintings and Christmas tree ornaments through the art of either paint pouring or painting on glass whether using new items to start or if you want to breathe new life into ones you'd like to repurpose. It's easy and fun and you'll be able to say “Wow - I did that!”

Instructor: *Suzie O'Clair* has been very interested in all kinds of artistic venues: paint pouring/painting on glass, weaving, enameling, sandblasting, fabric arts and working with wood. She has taught herself how to paint pour creating Christmas ornaments for gifts using both new and old ones and updated vases and bowls through the art of painting on glass.

Class Information: This is an in-person only class - held in UM@M's room Powers 209.

Supplies required for this class:

Acrylic enamel paint, rubbing alcohol, modge podge – glossy, mixing cups, glass/plastic Christmas tree ornaments, glass vases/bowls, small canvases, sheet pans, paintbrushes, hairdryer (students can bring their own items from home to repurpose – vases, bowls, glasses, ornaments for the Christmas tree)
