



Sunrise Senior College

207-255-1384

Email:

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Website:

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

Winter/Spring 2024 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 Winter/Spring 2024 Semester Brochure

As of right now, we have a lineup of 12 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. 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.

Winter/Spring 2024 Semester

January to May 2024

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. If you are a member, you can also get a discount on purchases made in the stores of designated local vendors and the Reynold’s Center at UM@M. 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 current 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 a course. Any member of another MSCN college is also able to enjoy our courses, but may occur some additional charges. If you are a member of the general public, you can take courses 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.

Please Note: Prices listed are the fee charged to students whose membership is current for June 1st, 2023 to May 31, 2024.

All facilities at the University of Maine at Machias (UM@M) are fully handicap compliant. The facilities used by Sunrise Senior College (SSC) at the college have ramps, elevators and handicap accessible bathrooms. Our offsite functions and activities have various limitations and restrictions and may not be fully handicap accessible. SSC will endeavor to identify limitations at these to you in advance.

~ Winter/Spring 2024 Semester Offerings ~

Estate Planning Basics

\$10.

with Rebecca Sargent

Thursday: January 11th

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

Part of preparing for the future and planning for the worst is setting up your business and health affairs so that whoever is responsible after you has the proper authority and information to act. That's what estate planning is and you don't need to be rich to need or have an estate plan.

Come join us as presenter Rebecca Sargent tells us about wills, powers of attorney, trusts, tax considerations, how real estate is titled, and much more. It's never too late to get your affairs in order!

Presenter: Rebecca J. Sargent is an Estate Planning attorney and former bank Senior Vice President overseeing Trust and Wealth Management.

Demystifying Generative AI—Part 2

\$10.

With Maria Villanueva

Wednesday: January 17th

4:00 to 5:00 PM – Hybrid: In-Person in UM@M's room Science 102 & via Zoom

Artificial Intelligence (AI) is in the news every day. Governments are wrestling with how to control it.

Everyone enjoyed our first session on "Generative World of AI" and now Maria Villanueva will do a second session that will broaden our introduction to this new paradigm in our daily lives. Didn't make the first session in November? Not to worry as she will be reviewing the basics she covered in the first session.

Wikipedia defines Generative AI as:

"Generative artificial intelligence is artificial intelligence capable of generating text, images, or other media, using generative models. Generative AI models learn the patterns and structure of their input training data and then generate new data that has similar characteristics."

Okay - so what does this really mean to you? For years we've seen science fiction writers use AI in their stories and now it is here and impacting our daily lives. Can students really use it to do their homework? Does it have the potential to revolutionize medical treatments and research? Will it clean my house and make my meals for me? Just what can it do for us? Is it dangerous? Can it really write its own code - "self-propagation?" Explore this subject with Maria Villanueva, an experienced AI designer at the Center for Innovation (UMO), as she discusses the vast array of applications that exist in AI - from voice assistants to self-driving cars - and how they are becoming ubiquitous in our daily lives as well as the impact AI will have on us in the coming years.

Maria will continue our introduction to the amazing world of AI by reviewing what was covered in November so that you have a solid foundational understanding of AI and its evolution. All her discussions are interactive where she encourages all

of us to contribute our concerns and thoughts and to ask lots of questions about AI. By the end of the course, participants will gain a comprehensive understanding of generative AI, its applications and development, and its connection to our everyday life.

Instructor: *Maria Villanueva* is currently an instructional designer at the Center for Innovation in Teaching and Learning at the University of Maine at Orono. She helps faculty development of courses and creates content using various technologies. She has taught courses in New Media and Professional Practices for Studio Artists and Studio Art Foundations as well as ESL for adults through AmeriCorps.

Budapest Blackout: The Diarist as Witness to the Holocaust

\$15.

with Dr. Jim Oberly

Wednesdays: February 14th, 21st, 28th

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

Join Dr. James Oberly as he uses materials from his recent publication “*Budapest Blackout*” to take us on a defiant journey into Nazi occupied Budapest using the memories of Mária Mádi (1898–1970). This Roman Catholic Hungarian physician practiced medicine in Budapest in the 1920s and 1930s and was a single mother caught up in World War II Budapest. Being stuck in Budapest during the war, she began writing daily using a mix of English and Hungarian, vowing to become an eye witness to horrific events as they unfolded. She kept this diary to chronicle her everyday life, as well as the lives of her Jewish neighbors, during a very violent period of war, genocide and foreign occupation from December 1941 until she was able to secure an immigrant’s visa to the US in December 1945.

In this course, we will look at Dr. Mádi's life using excerpts from the diary, so you can appreciate how and when she wrote and her unique ability to use the diary as a coping tool for an imagined correspondence she could not have with her family in the US. She had lost all contact with her daughter and her family who had moved to the U.S. in 1941 with the United States’ subsequent entry into the war after Pearl Harbor. Through these excerpts from the doctor's diaries, Jim will help guide us in understanding the Holocaust that was experienced in Hungary in 1944-45, how Jews first lost their citizenship, then their property, then their freedom of mobility, and ultimately, their lives. It will take you back to what life was like in 1944 Budapest for the Jewish family that Dr. Mádi sheltered and what daily life was like in Budapest through the arrival of the Russian “Red” Army in February 1945, and subsequent imposition of a communist regime. Finally, we will look at Dr. Madi's subsequent emigration from Hungary to the US, her career as a practicing physician here in state mental hospitals in Massachusetts and Ohio, and her advocacy for humane treatment of her patients in the 1950s and 1960s.

The material for this presentation was provided through the courtesy of the Mádi family who had donated the entire collection of her diaries to the US Holocaust Memorial Museum. We must never forget.

Instructor: *Dr. James Oberly* holds a Ph.D. in History from the University of Rochester and is a retired history instructor and seasonal resident of Washington County. Jim is the editor and led the research team that transcribed, edited, and annotated a selection of Dr. Mádi’s writings into the book “*Budapest Blackout: A Holocaust Diary*”, published August 2023 by the University of Wisconsin Press.

It's Your Story; Write Your Own Obituary

\$15.

with Sharon Kessler & Michael Dorsher

NEW DATES: Wednesdays: February 28th, March 6th

NEW TIMES: 2:30 to 4:00 PM – Hybrid: In-Person in UM@M’s room Science 102 & via Zoom

An obituary can be light hearted and enjoyable to read. It’s meant to remind people of all the pleasant memories your friends and family shared with you. When it is read, your wish should be for people to think back on what you meant in their lives. Good thoughts and good memories are all we can leave to those who will miss us and think about us on occasion.

Here is your opportunity to absolutely have the last word. In death, as in life, sometimes the best defense is a good offense and that's why you should write your own obituary. Otherwise, your memory might be cast by someone who doesn't remember you much -- or well! Before it's too late, why not take the time to reflect on the memorable moments and people that meant so much to you in your life, then leave a written keepsake? A good "obit" brings its subject back to life in the minds of readers, so this is your chance to live forever in their thoughts! Your instructors are a married couple who edited obituaries for the Washington Post, have taken and taught obituary-writing classes and have written obits for their parents -- plus themselves!

Our two-session class with Sharon and Michael will provide you with light-hearted, valuable tips and insights on how to create your own obituary. Upon passing, this task is often left to people in great distress and can be just another item that, in haste, must get checked off the list of things to do. Just as you would prepare your will or estate plan and decide how your final wishes should be carried out so as reduce the stress of loved ones having to make these important decisions, it just makes sense for each of us to take a few moments and make sure that what is written is something you would like.

Instructors: *Sharon Kessler, BA, MPA*, was inspired—like many others of her generation — to be journalist because of Watergate. After a start in radio and TV news, she worked in print journalism as a copy editor at the Wisconsin State Journal, the Washington Post and the Minneapolis Star Tribune. The “Obit Shift” at the Post was an education in the art and craft of obituaries and planted a lifelong interest in and appreciation of obits long and short.

Michael Dorsher Ph.D., wrote and edited obituaries for United Press International, the Bismarck Tribune, the Wisconsin State Journal and Washingtonpost.com. He taught obituary writing – and every other facet of journalism -- to a generation of students at the University of Wisconsin-Eau Claire and UW-River Falls. He has written published obituaries for family and friends.

Mapping the Dennys River

\$10.

with Drs. Tora Johnson, Jim Oberly & Colin Windhorst & UM@M Graduate Patricia Tilton

Tuesday: March 5th

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

A look at the history of the land and people in the seven towns that comprise the Dennys River watershed – “Mapping the Dennys River over 9,000 Years”

Join Drs. Tora Johnson Ph.D., James Oberly Ph.D., and Colin Windhorst Ph.D.; along with UM@M graduate Patricia Tilton, in a lively 90-minute presentation on the historical findings on the people, their lives and the land in the seven towns located along the Dennys River. They will share their insights, observations and encouragement for communities interested in preserving and documenting their own history. Funded by a grant from the National Endowment for the Humanities and American Historical Association, this two-year project was done with the help of the students from the University of Maine at Machias. During the presentation you will learn details on the decision-making process that was selected and used in the researching and developing of this report, the mapping technology selected and the lessons learned for anyone attempting to undertake a project of his scope. Attendees will have opportunities to ask questions and learn how this mapping project came to fruition. Dr. Johnson and her students did extensive field work during the 2022-23 timeframe and then used the latest computer mapping technologies to trace the history of the land and people living in these seven towns that comprise this watershed.

Instructors: *Colin Windhorst* holds a Ph.D. in History from the University of Maine-Orono and is the the Program Director for the Dennys River Historical Society, and as such was the Project Manager for the Mapping the Dennys River over 9000 years. *Tora Johnson* holds a Ph.D. in Geography from the University of Maine-Orono and is the director of the GIS Service Laboratory at UM@M. She and her students did field and laboratory work on the project in 2022-23. *James Oberly* holds a Ph.D. in History from the University of Rochester and served as a consultant to the project on the population history of the seven towns in the Dennys River watershed. *Patricia Tilton* is a database professional and holds a B.S. in Environmental Geographic Information Science. She oversaw myriad technical aspects of the project.

Death with Dignity

\$10.

with Valerie Lovelace

NEW DATE: Wednesday: March 20th

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

“Medical Aid in Dying and other options in the United States”

Death is not an easy subject to talk about but, as part of our series on “end-of-life issues,” Sunrise Senior College felt that covering this seldom talked about and greatly mis-understood topic was an important issue that should be made available to all our seniors to keep you better informed.

In 2019 the Maine State Legislature passed the Maine Death with Dignity Act. The Governor signed the bill into law and it went

into effect on September 19th, 2019. It took nearly 25 years of advocacy efforts to get this enacted. Maine residents now have a choice. In this short session you will receive a brief overview of the history of medical aid in dying, or Death with Dignity, in the United States. Our instructor will introduce us to the legal and medical perspectives on aid-in-dying and the ethical differences between aid in dying and euthanasia. During this 90-minute session you will hear and become more familiar with end-of-life terminology, medical practices, and the qualification requirements here in Maine.

You will hear from a Maine family, what it meant to have the option available to them (video), and have an opportunity to ask questions about the process, the medications available, and the future of aid-in-dying laws. The course will also briefly cover Voluntarily Stopping Eating and Drinking (VSED) and other end-of-life options that are now available to you.

Instructor: *Valerie Lovelace*, Founder and Executive Director of Maine Death with Dignity; co-author of the Maine Death with Dignity Act; grassroots leader and organizer of Maine's advocacy effort from 2013 through 2019 passage of the law. Interfaith chaplain and practicing death doula; bedside attendant for medical aid-in-dying patient support.

Native American Basketry
with Catherine Hunter

\$15.

Tuesdays: March 19th, 26th, April 2nd, 9th, 16th

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

Basketry is an ancient art that predates weaving and pottery. The baskets of indigenous people have value that is cultural, economic and spiritual.

Before contact with Euro-Americans, basketry techniques were used to make everything from ceremonial vessels and cradles to containers for food and cooking. After contact, conflicts, and conquest by Euro-Americans, basketry changed significantly. In the 18th and 19th centuries, Church, state, and federal policies pressured Natives to reject their own cultures. Despite this difficult history, baskets emerged as an art with Indian identity. Baskets are more than containers made of interwoven flexible material. Here is a definition by Terroll Dew Johnson, from the Tohono O'odham Nation in Arizona:

"..... a basket is a container or a vessel that holds everything. It is multi-faceted and multi-purpose. It can hold food, it can hold physical objects, but it also can hold memories and spirits as well."

In this five-part course, Catherine Hunter, a retired museum curator, will introduce highlights of five geographic regions across North America. The program includes myths, history, ethnobotany, basketry techniques, regional designs, and new artists. In short videos, a dozen artists will discuss processing traditional materials, new materials, personal philosophies, and the importance of community. For example, Shan Goshorn, Cherokee, tells the story of students at the Carlisle Indian School in Pennsylvania. Gail Tremblay, of the Onondaga and Micmac Nations, comments on the false depiction of "Indians" in Hollywood films. Two videos will introduce Molly Neptune Parker (1939-2020) Jeremy Frey who are prominent Passamaquoddy artists in Maine.

Instructor: *Catherine Hunter* was a museum curator, educator, and independent museum consultant for over twenty years. She received her Bachelor of Arts in History of Art from Cornell University and began her career as a curator in the Department of Textiles at the Museum of Fine Arts in Boston. Catherine has a lifelong interest in the connections one can discover while studying art history, science, and culture. Catherine was a Research Associate for the Native American Basketry Project at the Robert S. Peabody Institute of Archaeology in Andover, Massachusetts.

Systematics: A Discipline That Bridges Time
with Dr. Eric Jones Hunter

\$15.

Thursdays: March 21st, 28th, April 4th

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

Why not join Dr. Eric Jones as we welcome him back to delve into the fascinating biological world of Systematics. Systs-who??, you might ask? What's that? Well, it's the study of organism identification, classification, and nomenclature. It is concerned with the evolution of organisms' relationships. The classification of organisms into various kingdoms has all been done using Systematics.

This course will introduce you to the biological discipline of Systematics. Work in this discipline has been used to illuminate the history of life on Earth. The course will include philosophical, theoretical, and practical aspects of the discipline. Students

will be introduced to phylograms - “diagrams that describe the relations among organisms” - including their construction and inferences that can be drawn from them. During this three-session class you will gain insight into the philosophical and theoretical basis of the discipline, have a brief introduction to the methods of phylogenetic inference and explore the applications of Systematics to the broader discipline of biology.

Instructor - Dr. Eric Jones is the Associate Professor of Botany at the University of Maine at Machias and director of the UM@M Herbarium. There he teaches Plant Systematics on a regular (biennial) basis. Phylogenetic inference served as a cornerstone for his dissertation work on the mating systems of flowering plants.

The Total Solar Eclipse 2024
with Curt Olson

\$10.

Monday: March 25th

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

What will you be doing on Monday, April 8, 2024 at around 3:30pm? Here is your chance to learn everything you need to know about our total Solar Eclipse that will have a center track almost directly over the Houlton area in Northeastern Maine.

Join [Curt Olson](#), meteorologist at WABI, on Monday, March 25th, as he discusses the 2024 Solar Eclipse and other interesting Space Phenomena. He will briefly cover the history and different types of eclipses and what to expect with the total solar eclipse that will occur here in Maine on April 8th. You will learn how to safely view the eclipse and how the sun impacts the earth. *If you miss this event your next chance to see one in Maine is 2079.* All people attending the class will receive approved solar glasses to safely be able to view the eclipse with.

Instructor: Curt Olson is a staff meteorologist at WABI Bangor and holds a BS in Atmospheric Sciences from Lyndon State College, Vermont. He spent 7 years in Bismark, ND at KFYZ-TV prior to coming to WABI.

Paint Pouring on Glass, Canvas and Other Items
with Suzie O’Clair

\$15.

Fridays: April 12th, 19th, 26th

10:00 AM to 12:00 PM – In-Person Only in UM@M’s room Powers 209

Paint pouring can be done on a myriad of different items. Have you seen those fancy looking multi-colored vases and bowls in the stores and thought “how pretty and interesting”? What about those paintings that look like flowing trails of flower blossoms? Do you have any old Christmas ornaments that just don’t seem to fit on your tree anymore? How about old terra cotta pots you’d like to reuse?

This class will teach you how you can create your own fancy glassware, paintings, Christmas tree ornaments and other things through the art of paint pouring whether using new items to start with or if you want to breathe new life into ones you’d like to repurpose. You don’t need to be an artist because the poured paint will do it for you. 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.

Supplies required for this class:

Basic supplies will be provided by SSC however, students can bring their own items from home to repurpose – vases, bowls, glasses, ornaments for the Christmas tree, terra cotta pots, wooden objects
