Penobscot Valley Senior College

FALL 2015

Course Catalog & Information

THURSDAYS
Sept. 24 - Oct. 29
10 am - noon
1:30 - 3:30 pm

992-0118 ** www.mainecenteronaging.com

FRIDAYS:
September 25 - October 30
Mornings: 10 am - noon
Afternoons: 1:30 - 3:30 pm

Maine Senior College membership is required to enroll in courses.

ENROLL NOW!
Courses are filled in order of registration fee receipt. See registration form inside.
All Senior College class registrations are accepted in the order they are received and must be accompanied by a check. Some classes fill quickly, so we ask you to list a second choice. Catalogs are sent first to Senior College members, and then to others on the mailing list. As a member of Senior College you are entitled to take classes at other locations in the Maine Senior College Network (www.maineseniorcollege.org).

Please register promptly to facilitate the ordering of books and the reservation of classrooms.

Confirmation of your class assignment, with the room number, will be sent one or two weeks prior to the beginning of the semester.

If you have questions about how to register for a course, please call our message phone. Someone will call you back.

If you have a class at the University of Maine in Orono, use the enclosed parking permit in the center of this catalog, even though there is no fee for parking. Failure to use the permit may result in a parking ticket. No permit is required at UMA-Bangor.

Partial scholarships are available. Contact us for an application, at 992-0118.

If the weather is inclement, check local TV stations or call our message line 992-0118 to see if classes have been canceled.

If special accommodations are required to participate in programming due to a disability, call the message line 992-0118, at least a week before classes start.
THURSDAY CLASSES
September 24 - October 29
MORNING CLASS 10 AM—Noon
DNA for Beginners—Dirigo Pines
ALL DAY CLASS 10 am - noon, and 1:30 - 3:30 pm
Squiggles into Drawing with pencil, pen and brush:  Eastport Hall, UMA Bangor

FRIDAY CLASSES
September 25 - October 30
MORNING CLASSES, 10 am - noon
The Ways of Paradox:  Dirigo Pines, Orono
Myth & Magic at the Met III, Beyond ABC:
(Aida, Boheme, Carmen)  University of Maine, Orono
Learn to Paint with Watercolors:  UMA, Bangor
Basic Embroidery:  UMA, Bangor

AFTERNOON CLASSES, 1:30 - 3:30 pm
Home Gardening:  UMA, Bangor
Shakespeare II:  UMaine, Orono
Living on the Penobscot:
  People, Places & History:  UMA, Bangor

LATE AFTERNOON CLASS, 4:15 - 6:15 pm
Readers Theater:
  Six Working Approaches to Reading Plays  UMA, Bangor
Katherine Musgrave

If longtime nutrition expert and teacher Katherine O. Musgrave had not died in June 2015, this catalog would have listed a “Trends in Nutrition Education”, a course taught by her. At the age of 95, she had volunteered to offer such a course for Penobscot Valley Senior College, as she has in the past, most recently in the spring of 2013. We are confident she would have been fully capable of doing so. A registered dietitian, she taught at the University of Maine and worked in the offices of three local physicians. Her PVSC students loved her. Comments on feedback forms attest to that: “Katherine Musgrave is a remarkable instructor with an enormous knowledge about nutrition. ... Katherine Musgrave is a treasure. Her class is wonderful – informative and delightful. This food class was excellent!”

We will miss her.
DNA FOR BEGINNERS
Dee Virtue

If you graduated from high school or college before 1958, you probably learned very little about deoxyribonucleic acid, DNA. There's a reason: almost all we know about DNA has been learned in the last 60 years! At the start, we'll look briefly at its early history, chemical structure and behavior. Then we'll learn how DNA controls and directs all cell activities, how it is regulated, and how it causes mutations. In the last two classes we'll look at current applications of DNA technology in agriculture, criminology, industry, medicine, and some of the ethical questions it poses.

Minimum 8, maximum 25. 10AM-noon, Dirigo Pines, Orono.

A biology teacher at Orono High School for 21 years, Dee Virtue also taught for eight years at other locations. Dee has taught several courses for PVSC, including genetics, evolution, bacteria, viruses and the immune system.
SQUIGGLES INTO DRAWING
WITH PENCIL, PEN AND BRUSH
Lola Bullion

This class will focus on the independent use of pencil, pen and brush, with instruction for all levels of study. Beginners will learn basic techniques, and there will be exercises for the more advanced.

Minimum 2, maximum 8. 10AM-noon and 1:30-3:30PM, UMA-Bangor.

Lola Bullion studied art at the University of Kentucky. Her stone sculpture have placed first at a three-state, all-medium exhibition. She also studied drawing, oil painting and pottery in the honors program at the University of Kentucky, as well as independent watercolor study. Lola is a PVSC favorite.
THE WAYS OF PARADOX

Bob Tredwell

Paradox is a literary device. Think of Oscar Wilde’s remark that he can resist anything but temptation, or Yogi Berra’s restaurant review: “Nobody goes there anymore; it’s too crowded.” But besides that, there are “serious paradoxes” that have shaped the course of thought ever since Zeno seemed to prove that motion is impossible. We’ll begin by asking, “If a mirror reverses everything, left-to-right, why doesn’t it reverse things up-to-down?”, and then deal with the international date line, Zeno, the book *All Fishermen Are Liars* by Linda Greenlaw, the fisherman, and whether there can be a surprise quiz next week.

Minimum 3, maximum 10. 10AM-noon, Dirigo Pines, Orono.

Bob Tredwell’s mother, who had little hope for him, was convinced that he could never keep his mind on one thing. After graduating Oberlin College and with a PhD in philosophy from Yale, Bob has taught at several universities, as well as working in a steel mill, a gold mine, a summer theater and various other endeavors, including several positions in emergency medical services. He has taught several courses for PVSC.

MY NOSE WILL GROW NOW!
MYTH AND MAGIC AT THE MET III: BEYOND ABC (AI\(DA\), BOH\(EME\), CARM\(EN\))

Beth Brand

This course will glance at the ever-widening scope of offerings on today's opera stage. We will look at operas inspired by Shakespeare and by great novels; look back at the Baroque Era, where it all started; and at 20th century opera to see where it is headed. DVD clips will be shown from many of the operas discussed, and we will spend time on some of the HD operas to be presented this season at the Collins Center in Orono. No previous course attendance is required.

Minimum 6, maximum 25. 10AM-noon, University of Maine, Orono.

Beth Brand received a Bachelor's degree in music education from the University of North Carolina at Greensboro, and a Master's degree in music history and literature from the University of Michigan. She has taught vocal music at public schools in Maryland, Michigan and New Jersey, and as a cellist has performed orchestral and chamber music in a variety of venues. Beth has also taught piano and cello privately, as well as three previous courses for PVSC.
LEARN TO PAINT WITH WATERCOLORS

David R. Whalen

Each class will focus on different elements that result in a finished piece every week. Weekly study guides will be provided, but students will be responsible for picking up their own paints, paper and related supplies. The teacher will provide information on where to shop and how to buy, and supplies for the first class are on him.

Minimum 8, maximum 16. 10AM-noon, UMA-Bangor.

David Whalen has been teaching illustration and watercolor painting to both adults and children for over 20 years. He believes everyone has a hidden talent – the gift of creating beautiful pieces of art through structured learning strategies. PVSC has been fortunate in being able to offer his watercolor classes since 2012.
BASIC EMBROIDERY
Coordinators: Judith Crone and Lola Bullion

Class members will select their own projects, colors, floss and accessories, with assistance from the instructor as needed. Students will need to bring a pillowcase and scissors with them. Tying stitches and working on counted cross-stitches, as well as other types of embroidery, will all be explored.

Minimum 3, maximum 6. 10AM-noon, UMA Bangor.

Judy Crone has won first prizes each of the two times she has entered projects. She was seven years old the first time she won! Judy has done numerous projects in both embroidery and cross stitch. Lola Bullion learned embroidery as a child from both her grandmothers.
You need a University of Maine Parking Permit only if you will take Senior College classes at the Orono campus.

The permit must be requested by mail and is provided Compliments of the University of Maine

Student ID Number: _______ - _______
(Social Security No.)

Date of Birth: _______ / _______ / _______

Last Name       First Name       Middle Initial

Home Address

Street

City       State       Zip

Phone - home       Phone – cellular

Vehicle Information:

<table>
<thead>
<tr>
<th>Plate #</th>
<th>Plate Type</th>
<th>Stote</th>
<th>Make</th>
<th>Model</th>
<th>Style</th>
<th>Color</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Plate type refers to the type of license plate. Examples include:
PC=Passenger Car   CR=Conservation   UM=UM System   CO=Commercial   LB=Lobster   VT=Veteran   BB=Black Bear

Fill in information about you and your vehicle.

Read the information on the reverse side.

Sign the form on the space indicated on the back.

THANKS!

When you have a problem finding a parking space Call 581-INFO
Parking availability is updated regularly to direct you to parking areas with open spaces.
The University of Maine Parking Permit Application

Please provide all the information requested on the reverse side.

Then, sign below and submit this form with the appropriate payment or payment information. Unsigned or incomplete forms cannot be processed. Cash, check, money order, or major credit cards are accepted; make checks payable to “The University of Maine.”

Submit the application and payment to:

| Senior College Parking Permit
| No Fee |

The University of Maine
Attn Senior College Parking Permit
Parking Services Office, Room 523
5702 DTAV Community Building
Orono, ME 04469-5702

Fines for any outstanding violations must be paid before a new permit can be issued.

Questions may be directed to the Parking Services Office, 581.4047, open 8:00 a.m. to 4:30 p.m., Monday through Friday.

Responsibility Acknowledgement

I agree to observe all of the University of Maine Motor Vehicle Rules (available for review at the Parking Services Office or at umaine.edu/parking); that knowledge of these rules is my responsibility; and that if any of these rules are unclear to me I should inquire of the Parking Services Office for clarification prior to parking in a questionable place or manner.

I understand that the permit issued to me is for my personal use and it is my obligation to see that it is properly displayed at all times. I also understand that the permit remains the property of the University and that I am paying for the opportunity to park my vehicle on campus. Any alteration to, or unauthorized use of, the permit is a violation that will be referred to the Department of Public Safety, and will, in the appropriate case, also be a violation of the Student Code of Conduct or other University regulation as directive.

I understand that the vehicle(s) listed on this form (or any vehicle displaying a permit assigned to me, or any vehicle with a state registration in my name, or any other vehicle that I drive to this campus) is subject to being cited and possibly impounded, towed, and stored or immobilized at my expense when found in violation. Citations may be issued for each separate violation; lack of a convenient parking space is not a valid reason for parking in violation of the rules.

I agree to promptly pay fees for all citations received without further notice. I understand that an appeals process is available and I must file my first-step appeal within ten days of receiving the citation with the Parking Services Office; and that should the outcome of the appeal be in my favor, the amount of the parking violation will be refunded to me.

I further acknowledge that the University of Maine neither assumes nor has any responsibility for damage to any vehicle parked on University property or any vehicle that is damaged while being towed, immobilized or stored.

Signature

Date
HOME GARDENING
Charles L. Boothby

The class will cover the basics of soils, soil amendments, times to plant, equipment, mulching, organic versus conventional gardening, admissible organic pesticides, and trouble-shooting, with guest speakers at some of the classes.

Minimum 6, maximum 15. 1:30-3:30PM, UMA-Bangor.

Agronomist and Master Composter Charles Boothby has 13 years of experience with Maine Soil and Water Conservation and 10 years of experience with the National Association of Conservation Districts in Washington, DC. Raised on a dairy, crop and orchard farm in Livermore, he has inspected farms for MOFGA certification and has been active in creating a successful community garden in Bangor. Charlie has taught gardening for PVSC since 2011, and has served as PVSC president in 2014-15.
SHAKESPEARE II
Paul Bauschatz

As with last year's class, we will read five plays by Shakespeare (Much Ado About Nothing, Macbeth, Henry IV part 1, King Lear, and The Winter's Tale). We will discuss the plays and watch scenes from filmed productions.

Minimum 10, maximum 25. 1:30-3:30PM. University of Maine, Orono.

Paul Bauschatz is an Associate Professor of English (retired) at the University of Maine. His academic interests include the History of English, Medieval Literature, Grammatical Theory, and Translation. He has taught classes on Beowulf, linguistics, Chaucer, Greek tragedy and King Arthur for Senior College.

REMEMBER...
If special accommodations are required to participate in programming due to a disability, call the message line 992-0118, at least a week before classes start.
LIVING ON THE PENOBSCOT:  
PEOPLE, PLACES AND HISTORY  
Coordinator: Lola Bullion

The fourth installment in this popular series will focus primarily on the Penobscot River's Colonial history. The following presenters will share their knowledge and further deepen understanding of our traditions.

**September 25:** Matt Bishop will acquaint us with “The Penobscot Expedition: History, Science, and Technology.” The Penobscot Expedition was the worst naval disaster that the United States Navy suffered before Pearl Harbor and was also one of the most unknown events of the Revolutionary War. The talk will discuss the battle and its aftermath, the combatants and their ships, and the strategically contested Penobscot Bay region.

**October 2:** Paige Lilly and Patrick Callaway will present “Toward Colonization -- What the Sources Tell Us,” based on primary sources such as journals, letters, diaries, maps, tools, buildings and even garbage dumps. From the voyages of Champlain in 1604 through the establishment of the French trading post at Penagogo, as well as the imperial struggle between France and England in the late 17th century into the 18th, the Penobscot Valley and surrounding region played a vital role in the history of Colonial North America.

**October 9:** Bill Cook's "How the Penobscot River Helped Develop Bangor From 1763-1900" will focus on the role of the lumber, shipping, and ice industries.

**October 16 & 23:** Anette Ruppel Rodrigues will give us an appreciation for other countries' roles in our development. On 10/16, “The Hessians in the American Revolution — They even came to our neck of the woods” looks at the American Revolution through the eyes of the German allies to the British crown. Not only soldiers crossed the ocean in the 18th century, some brought wives and children. Old Broad Bay, today's Waldoboro, the only German settlement in our state, and Fort George, Penobscot Bay, played a role as a destination for Hessians. On 10/23, “Fort George, Penobscot Bay — A safe haven for Loyalists 1779–1783.” After the Penobscot Expedition ended in a victory by the Crown, the area was expected to become the British province of New Ireland. We will look at life at Fort George and focus on the fort's international importance.
October 30: Kay Retzlaff will familiarize us with “The Short Story as Protest: Zitkala Ša and Sherman Alexie,” which will look at two masters of the short story form. Ša’s work is some of the earliest published material from a Lakota writer. Sherman Alexie is Spokane/Coeur d’Alene and his work is thoroughly modern. While not directly a part of the Penobscot experience, they bring other voices to the discussion, yet allow readers to see the connections between indigenous peoples.

Minimum 10, maximum 35. 1:30-3:30PM, UMA-Bangor

Matt Bishop graduated from the University of Maine in 2008 with a Bachelor's degree in U.S. History. He is the Curator and Operations Manager at the Bangor Historical Society. Paige Lilly earned a Master's degree in American and New England Studies at the University of Southern Maine and holds undergraduate degrees from Colby College. She has worked as an archivist in several Maine archives and museums, and is the curator at Castine Historical Society. Patrick Callaway is a Ph.D. candidate in history at the University of Maine, Orono. His research interests include Canadian-American history, smuggling, and agriculture. He holds a Master's Degree in history from Montana State University, and a Bachelor's Degree in Secondary Education from the University of Montana Western. Bill Cook is the local history and special collections librarian at Bangor Public Library; his 40-year career includes the same position at Fogler Library at the University of Maine and Onondaga County Public Library. Bill has Master's degrees in History from Purdue University and in Library Science from Syracuse University, as well as a Master's and PhD in Historic Archaeology from UMaine. Anette Ruppel Rodrigues is an instructor of German at the University of Maine and Maine Maritime Academy, as well as an author, presenter and researcher, focusing on Hessians and the Loyalists at Fort George. She has a Master of Arts in Teaching German degree from UMaine. Dr. Kay Retzlaff has taught at the college level for 30 years. She teaches Native American literature online at UMA, and she has taught a number of Senior College classes over the years.
READERS THEATER
Six Working Approaches to Reading Plays
Coordinators: Lola Bullion and Mary Banfield

Readers Theater is a style of theater in which the students do not have to memorize lines. Students will choose a part in a play, read the parts aloud, and learn such skills as characterization, expressing emotion, projecting voices, body movement, and facial expression. The first play we will offer is Our American Cousin. It is a three-act play by English playwright Tom Taylor, best remembered as the play President Abraham Lincoln was attending in Ford's Theater when he was assassinated by actor and Confederate sympathizer John Wilkes Booth. Plays by Shakespeare and Chekhov will be considered, according to the interest level of students. A book of plays we will also use for play selection is Design for Reading Plays, by John Sweet.

Minimum 8, maximum 20. 4:15-6:15PM, UMA Bangor

Lola Bullion has read plays as part of her participation in Readers Theater at the high school level; she has also taught and coordinated numerous courses for Penobscot Valley Senior College. Mary Banfield is a retired teacher and has incorporated Readers Theater into her high school English classes. Both are members of PVSC's Curriculum Committee.

If the weather is inclement, check local TV stations or call our message phone 992-0118 to see if classes have been canceled.
Officers & Directors for 2014 – 2015

OFFICERS
President
Charles Boothby
Vice President
Peter Anderson
Secretary
Eloise McLaughlin
Treasurer
Elsa Sanborn
Immediate Past-President
Judy Hanscom

EXECUTIVE COMMITTEE  Directors-at-Large
George Elliott
Henry (Hank) Metcalf
Kay Retzlaff
June Fiske
Tom Reagan
Lenard Kaye – ex officio

STANDING COMMITTEE CHAIRS
Curriculum Committee
Paul (Skip) Howard
Finance and Governance Committee
George Elliott
Marketing and Public Relations Comm.
Helen Genco
Member Services Committee
Tom Reagan
One-Day and Special Events Committee
Dick Eustis

Please consider volunteering on a
committee or as a classroom assistant

***Important Notice***
Although there’s minimal personal risk in participating in a
Senior College activity, all program participants will be required
to sign a Release and Assumption of Risk Form to
Come join us at PVSC’s 2015 Annual Meeting on Friday, September 18! Doors will open at 11:30 a.m. Following a lunch buffet shortly after noon, we will hold a brief business meeting; recognize Philomaths, volunteers and faculty; and then enjoy a special program about keeping an active mind as we age. Please reserve your seat by September 11. 992-0118

The Program!

Nelson Durgin - Discusses the power of learning and the relevance of keeping active minds as we age. Nelson is a graduate Portland University, now the University of Southern Maine, with a Bachelor's Degree in Business Administration. He is also a graduate of Auburn University with a Master's Degree in Public Administration, with a focus on public policy. He served in the Maine Air National Guard, achieving the rank of Major General, and was appointed as Maine’s Adjutant General and Commissioner of the Department of Defense, Veterans, and Emergency Management. He was the former Executive Director and Administrator of the Phillips-Strickland House, and is currently the Bangor City Council Chairman as well as president of Eastern Area Agency on Aging.

Don't forget your parking permit if taking a course held on the Orono Campus!

Mail your registration form, on the inside back cover, with payment to:

Penobscot Valley Senior College
450 Essex St., Bangor, ME 04401
Registration Form Fall 2015

Please return this form and retain the course listing. **Registration deadline is Sept. 18.** If there is space available, a member may register after the deadline, but a late fee of $10 will be added to the tuition charge. No registrations or checks will be taken in class.

Name ____________________________________________

Address __________________________________________

Phone_________ Email______________________________

Please enroll me in the following classes:
Thursday’s DNA Class 10:00-noon
Thursday’s Art class, 10:00 - noon and 1:30 - 3:30 _______

Please enroll me in the following Friday courses:
Fridays, 10:00 - noon __________________________________
Fridays, 1:30 - 3:30 pm _________________________________
Friday Early Evening 4:15-6:15 pm _______________________
Second choice/time if your class is full: __________________

Membership cost: $25 per person or $40 for two at same address
Amount due for membership $____________________

Amount due for courses at $30 per course $______________

Total due for membership and courses $________________

Remember, PVSC membership gives you a $5 discount on admission to the operas at the Collins Center for the Arts, University of Maine.

Make checks payable to PVSC, mail to PVSC, 450 Essex St.,
Bangor, ME 04401

Yes, I am willing to be a classroom assistant ______________

We’d like to know how you heard about PVSC.
Please circle one:
Friend Newspaper Radio TV Other
Penobscot Valley Senior College
450 Essex St.
Bangor, ME 04401

Return Service Requested
Registration for fall classes is first come, first served. Registrations
are accepted by mail with the payment of fees – see enclosed registration
form. Registration deadline is September 19.
If you have questions, call our message phone at 992-0118.