



senior college at belfast  
 the hutchinson center  
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## FALL COURSE CATALOG 2018

### September 20 to October 25

Welcome to the Fall session of Belfast Senior College beginning Thursday, September 20. Classes run for six consecutive Thursdays, ending October 25. All classes are offered at the Hutchinson Center, Route 3 in Belfast. Please register early for the classes you would like to take to avoid disappointment and be sure to order your text(s) or materials at least two weeks in advance. Annual registration fee is \$25.00, valid Sept. 1 through Aug. 31, and is required for all courses, except summer, which is free. Six-week courses are \$ 35.00, four-week courses are \$30.00, and one- or two-day courses are \$20.00. You may register: 1) online; 2) by submitting a printed form by mail, or 3) in person at the Senior College Office. All messages will be forwarded to the registrar. Please note that you are now responsible for purchasing the text(s) or materials, if required for your course. **N.B.** If inclement weather, please call the Hutchinson Ctr., **338-8099**. If classes are cancelled, there will be recorded message any time after 6:30 a.m.

<b>Morning Classes</b> <b>9:30-11:30 a.m.</b>	<b>Afternoon Classes</b> <b>1:00-3:00 p.m.</b>
<b>Homer's <i>The Iliad</i></b>	<b>Senior College Chorale</b>
<b>Beginning Conversational French: Starting Over ( Part III)</b>	<b>It's Greek to Me: An Overview of Greek Mythology</b>
<b>Developing the Skills and Practices Leading to a Meditation Habit</b>	<b>Native American Culture and Literature</b>
<b>Intermediate/Advanced Figure Drawing</b>	<b>Watercolor Workshop</b>
<b>Thinking Visually with a Camera (Part II)</b>	<b>"The Beatles"</b>
<b>Historic Mid-Term Elections in Recent American History</b>	<b>Everything You Want to Know About Wills, Trusts, and Probate</b>
<b>A Course of Luminous Things: Incandescent Poetry</b>	<b>After Capitalism</b>
<b>Present-Day Security Challenges: Thinking Outside a Much Bigger Box</b>	<b>Telling Your Family Stories</b>

## Thursday Morning Classes, 9:30-11:30 a.m.

### **Homer's *Iliad***

*Juliet Baker and Deirdre Good, instructors*

In the *Iliad*, Homer tells the epic story of Troy (Ilium). The poem explores the consequences of “force,” of rage, avarice, warfare, and love and their effects on individuals and nations. To many, the *Iliad* is the greatest anti-war poem ever written. With the *Odyssey*, the *Iliad* serves as a foundation of western culture, in particular, the epic story. In Mediterranean cultures today, the *Iliad* is as alive as it was to the Greeks 9,000 years ago. Homer’s characters, including the gods, are as fully human as we are. The turmoil around Troy is mirrored in our own time as a reflection of warfare and the ways avarice and rage provoke or even sanction force. In this six-week class, we will focus on the text, beginning with Book 18, “The Shield of Achilles.” From the entire text, we will review selected readings. We will encourage dramatic readings of dialogue among Greek, Trojan, and divine characters. We will look at artistic depictions and archeological discoveries from the time of the Greeks to our own time, and we will compare and examine various translations of the poem. By the end of the class you will be familiar with an ancient epic narrative and be able to recognize Homeric themes as they play out and resonate in modern culture. **Class limit 35**

**Required text:** The text you will need is: "Homer's *The Iliad*," translated by Robert Fagels (Penguin Paper Back, 1990). Amazon- \$17.00. Used copies described as “very good” are usually clean copies and much cheaper. (ISBN978-0-14-027536-0)

**Juliet Baker** and **Deirdre Good** will co-teach this course. Juliet Baker has taken and taught many courses here at Senior College, from the Old Testament, Beowulf, and Gilgamesh to the British Middle Ages (Sir Gawain and the Green Knight and works by Chaucer), to Nineteenth Century British novels (Dickens, Charlotte Bronte, George Eliot, to name a few). Driven by a penchant for close reading and for literature as a reflection of all human experience, she loves being associated with Senior College. Deirdre has just retired from a career in seminary administration and education, teaching Greek, Coptic and Christian Origins. She is eager to be involved in Senior College. She has a ThD from Harvard Divinity School. Currently, Deirdre is teaching a year-long, online course in Koine Greek, the Gospels, and Lectionary readings for the Stevenson School for Ministry in the Diocese of Central PA.

### **Beginning Conversational French: Starting Over, Part III**

*Lila Nation, instructor*

This course is a continuation of beginning French conversation, but if you missed the first two courses, handouts are available, and it will be easy to catch up at this stage. It's a very supportive class, and we go at a gentle, slow pace with lots of time for questions and laughter. We focus on basic sentence structure and vocabulary, and building your confidence so that you will want to continue speaking French. No text is required, but should you like a reference text, "Essential French" is available at bookstores and Amazon for \$16.99. ISBN No. 978-981-268-569-8. **Class limit 15**  
No text required

**Lila Nation** holds a Masters in Teaching French, plus a "Certificat de phonétique." She has been teaching all levels of French at both the university and high school levels for over thirty-five years, as well as giving private lessons. She has lived in Paris, visited France twenty-two times, including the Bordeaux region this past fall, St. Bart's twice, and Quebec twelve times. She also loves to sing and will have you strengthening your French speaking skills through song. You have been forewarned!

## **Developing the Skills and Practices Leading to a Meditation Habit** *Judith Simpson, instructor*

By learning about, experiencing, and practicing at least three secular forms of meditation as well as additional ways to rest the mind, you will become able to incorporate the practices into your life. Practicing daily for the duration of the course will provide the experience and background you need for them to become a personal habit.

There will be individual handouts at each meeting, punched to fit into a narrow three-hole notebook, which you will provide. While there is no required reading, you might find *Full Catastrophe Living* by Jon Kabat-Zinn, Ph.D. helpful. Please bring a one-inch spiral notebook, a yoga mat, and a small cushion for sitting or lying down.

**Class limit 15**

**Judith Simpson**, M.P.A., has been teaching adults for thirty years as a corporate trainer, as an organization development consultant, and after retirement, as a teacher (for twelve years) of an eight-week stress reduction class used in universities and hospitals worldwide. She holds an undergraduate degree in Communications and a Masters degree in Public Administration. She has also spent three years of study at the Gestalt Institute of Cleveland.

## **Intermediate/Advanced Drawing**

*Sandi Cirillo, instructor*

In this course, our focus will be expanding the basic drawing skills we have and experimenting further with various drawing media. Students will work independently on weekly drawing projects to hone their skills in specific areas of particular interest to them. Black and white drawing will be emphasized but you can work in color if you so choose. We'll talk a bit about our work each week as this kind of dialogue always helps in the creative process. Homework assignments will also be given out. A required \$5.00 per student art materials fee will be collected the first day of class to be used for special art materials we will need for this class. Please bring your own sketchbook to class on the first day.

**N.B.** This course is designed for students who have a basic knowledge of drawing, either through taking prior classes or by having developed drawing proficiency on their own. It is **NOT** a beginning drawing class for those who have never tried drawing before. **Class limit 14**

**Sandi Cirillo**, a retired art educator, has been teaching drawing, fiber and art history classes at Senior College for the past 5 years. She is an accomplished fiber artist who gives workshops in various media all over the Northeast and North Carolina, working with various arts organizations and businesses. Her work will be included in a new art gallery, Local Color, which opened in Belfast in early May. Influences for her artwork include her love of hiking and being outdoors, photographing the natural world, and her love of the beauty of coastal Maine. Sandi's work is featured on her website, [www.especially-for-ewe.com](http://www.especially-for-ewe.com) and she teaches classes in her studio in Searsport and at other venues.

## **Visual Thinking with a Camera: Part 2**

*Jim Kosinski, instructor*

Developing your visual dialogue continues with a more in-depth approach to camera use along with post camera editing and creating a project. In this engaging workshop, you'll become more comfortable in capturing meaningful photos, and photo software will be demystified (using the free getPaint.net program for the PC platform, or any program you may have that includes similar tools, and the features of curves, levels, saturation, layers, and history).

**Required materials:** A digital camera and laptop are the equipment needed for this course.

**Jim Kosinski** has been a photography educator for decades, having taught classes and workshops at colleges, schools, art centers, and museums throughout the Northeast since the 1970s. His presentations on "good humor with a camera" are ongoing at a variety of organizations in Mid-coast Maine. He invented the Merlin Paintcan Pinhole Camera that is used in photo & art classrooms throughout the world.

## Historic Mid-Term Elections in Recent American History

*Bob Rackmales, instructor*

At a time of widespread speculation over whether 2018 will produce a "wave" election, potentially changing control of one or both Chambers of Congress, it seems timely to review the outcomes of previous mid-term "wave" elections. These have occurred under both Democratic presidents (Roosevelt in 1938, Truman in 1946, Clinton in 1994, and Obama in 2010) and Republicans (Eisenhower in 1958, Bush in 2006). The impact in each case was profound and underscores that it is not only Presidential elections that affect the course of history. Each of the above elections will be examined to identify similarities and differences with each other and with the evolving 2018 election.

**Bob Rackmales** has reported on regional and national elections in six countries where he served as a political officer with the US Foreign Service from 1963 to 1995. His most recent Senior College course dealing with elections was a Spring 2012 session course "Foreign Policy in the 2012 Election". He is a member of the American Historical Association and the American Political Science Association.

## A Course of Luminous Things: Incandescent Poetry

*Ellen Sander, instructor*

This course is open to those with little or no prior exposure to poetry as well as those who already enjoy a long-term relationship and want to savor the poems collectively. Continuing with Ellen Sander's unanimously and vigorously praised Modern Poetry courses, we unravel approachable works of great immediacy, positioned in or emerging from the artistic explosion of Modernism. We'll explore them through multimedia and, anecdotally, audio, video, collaborative close reading and lively discourse. This course will begin in Fall and possibly continue in Winterim. "Language waits to be released in poetry." "Poetry enacts the possibilities and powers that lie dormant in the nature of language itself" from *Why Poetry* by Matthew Zapruder. Great poetry invites and rewards interpretation, discussion and interaction. The course takes its name from the textbook, a lively anthology of international zesty, engaging, poetry. It is available from most online booksellers used from \$5.78 to \$12.09 at the time of this writing, May, 2018. **Class limit 16**

**Required text:** *A Book of Luminous Things*, ed. Czeslaw Milosz

[https://www.amazon.com/Book-Luminous-Things-International-Anthology/dp/0156005743/ref=cm\\_cr\\_arp\\_d\\_product\\_top?ie=UTF8](https://www.amazon.com/Book-Luminous-Things-International-Anthology/dp/0156005743/ref=cm_cr_arp_d_product_top?ie=UTF8)

ISBN-13: 978-0156005746

ISBN-10: 0156005743

**Ellen Sander**, the instructor, has been reading, writing, publishing and studying poetry for 60 years, and is a former Belfast Poet Laureate. She hosts Poetry Woodshed Radio on Belfast's local FM station, WBFY.

## Present-Day Security Challenges: Thinking Outside a Much Bigger Box

*Dick Topping, instructor*

The international system has been undergoing a generational change for over a decade, and U.S. national security issues are far more numerous and complex today than when President Truman created the National Security Council (NSC) in 1947. Although the list of major geopolitical challenges remains much as it was 20 years ago, the potential threats to our well-being now go well beyond those traditionally on the NSC's agenda. Among the "new" concerns meriting our attention are climate change, future pandemics, scientific-technological advances, and the like. Each session will review the state of play regarding some traditional concerns – resurgent Russia, the rise of China, uncertainty on the Korean peninsula, unrest in the Muslim world, and divisions among our European allies, to name a few. Each session will also offer a free-wheeling discussion about whether potential natural disasters, devastating epidemics, etc. deserve as much attention as more traditional worries get from U.S. national security experts today. Job-one is, of course, to get our domestic house in order.

**Dick Topping** has been a student of Russian, East European, and Chinese affairs for 60 years. He spent 30 years at CIA, serving as a senior analyst for Soviet-Russian domestic and foreign affairs, before retiring in June, 1995, and he has now lived in Belfast for 23 years. Dick graduated from Lehigh University in 1959; he received his M.A. in Public Law and Government from Columbia University in 1964 and a certificate from its Russian Institute in 1965. He has previously taught nine courses at Senior College, primarily on U.S. National Security and Intelligence Issues, or Russia's Evolution under President Vladimir Putin.

## Thursday Afternoon Classes, 1:00 – 3:00 p.m.

### Senior College Chorale

*Lila Nation, instructor*

From the highly successful "Gospel Sing and Shout" course this past Winterim, sprang the notion of an ongoing Senior College Chorale. This course is open to anyone who loves to sing! Knowing that some participants are comfortable reading music, and others are not, most of the class time will be filled with singing gospel, rock 'n roll, and folksongs, but basic rhythm and interval relations will also be taught. All music will be provided so come join the fun and make your voice heard!

No text required

**Lila Nation** had almost completed a BA in Music before taking her first French course, and had received a scholarship in piano with a voice secondary. For twelve years she was the music director at a local church where she directed the highly successful choir, growing it from eleven members to thirty-five before she retired in 2015. This past Winterim she taught a course in gospel singing here at Senior College, and the group gave a Flash Mob performance to much applause.

### Its Greek to Me: An Overview of Greek Mythology

*Nancy Perkins, instructor*

It's Greek to Me will present an overview of Greek Mythology and the stories explaining the creation of the world and the lives of the gods, goddesses, heroes and heroines. Beginning with the birth of the world from chaos, Greek myths include passionate love stories, adventure stories, superhuman tales, fairy tales, magical stories, tales of gods and monsters, beasts, and stories of witchcraft and sorcery. We will explore these fascinating myths and legends that have inspired the artists, writers, and composers from the Renaissance through the present day of Western culture. **Class limit 30**

**Required reading:** Optional but well worth the cost: Edith Hamilton's *Mythology: Timeless Tales of Gods and Heroes*. Available on Amazon for \$8.00.

**Nancy Perkins:** I was drawn to the incredible stories of both the Greek and Roman gods from a relatively early age. A copy of Edith Hamilton's *Mythology* was second only to the lively mysteries of Nancy Drew and later Agatha Christie as my leisure time reading. In college both my major in English Literature and a minor in Art History contained a heavy dose of Greek Mythology, and I found my youthful passion to be extremely useful. Today I find these stories of gods and goddesses as intriguing as ever. The influence of mythology has been an important factor in my lifelong love of art and literature. I look forward to my second teaching experience at Senior College.

### Native American Culture and Literature

*Wendy Kasten, instructor*

In this course, participants will read three of six possible books by the top, award-winning, contemporary Native American authors Sherman Alexie, N. Scott Momaday, and Louise Erdrich. Sessions will consist of discussion groups on the books, presentations on Native American issues and cultures in general, learning about Maine Wabanaki cultures and history, with a possibility of a guest speaker from an indigenous nation. **Class limit 25**

**Required texts:** Students obtain books on their own from local or online booksellers in print or Kindle editions. Each participant should choose three books (any edition) by each of these three authors:

- 1) Sherman Alexie: *The Absolute True Story of a Part-time Indian*, ISBN 978031, \$9.99-\$12.00 **OR**  
*You Don't Have to Say You Love Me: A Memoir*; (non-fiction), ISBN 031627075x, \$6.29-\$9.83
- 2) Louise Erdrich: *The Birchbark House*, (historical fiction), ISBN 00786814543, \$7.00 **OR**  
*The Round House*, (contemporary fiction), ISBN 978-0-06-206525, \$13.00
- 3) N. Scott Momaday: *House Made of Dawn*, ISBN 13978-0061859977, \$8.00 **OR**  
*A Man Made of Words*, (non-fiction), ISBN 0-312-18742-4, \$14.00

**Wendy C. Kasten** is Professor Emerita of Education from Kent State University (Ohio). In her career, she spent time on two different native American reservations, studying issues in schools which hinder the success of native students. Her Ph.D. dissertation is based on an ethnographic longitudinal study of the writings of Tohono O'Odham children in elementary school, and she is published in peer reviewed journals on Indian Education. She is the recipient of two awards for outstanding teaching. She has taught 4 other courses for Senior College.

## **Watercolor Workshop: The Colors of Your Life**

*Nancy Blatz, instructor*

Everyone has certain colors that speak to them. This will be an individualized workshop that explores different color combinations. Some colors make us happy, some make us sad. Everyone is different. All levels welcomed. **Required materials:** You will need 140 lb cold press paper, tube paint, brushes, palette, water container, and paper towels. Please let me know if you need me to supply any of these items. All supplies will be available for purchase the first week or bring your own. Estimated costs are: Brush \$10; paper \$5; \$6, and palette \$8. If you have a ceramic plate, you can use that for a palette. **Nancy Blatz** taught high school math for thirty-five years in New York. During that time, she attended adult education painting courses and took four watercolor classes from the Huntington Township Art League. The rest is history. When she retired to Maine, she became a member of the Mid-Coast Art Guild. She was the first Senior Collage watercolor instructor, and has since taken workshops with Carol Seibold, Franck Eber, Jan Kilburn, and Alvaro Castagnet. **Class limit 14.**

## **“The Beatles”**

*Neal Harkness, instructor*

More than 50 years after the beginning of the phenomenon of Beatlemania, the Beatles may still be the most popular musical group in the world. In the span of less than a decade, four young men from England revolutionized not just Popular Music, but made a tremendous impact on film, fashion, politics and cultural mores. In this course, we will examine the lives and career of the Beatles, from their humble Liverpool origins through their rise to unprecedented critical and commercial success. We will look at their influences in early rock and roll and how they transformed the genre into a respected art form. Through music and video we will follow their musical journey and their personal growth as unique individuals who changed the world through their music.

**Neal Harkness**, a native Detroiter, has been a Belfast resident since 2005. Growing up in "Motown", he has been an avid follower of popular music from an early age. He has written for a number of music publications and hosted a long running rock music program on WERU-FM. He believes that there is still plenty of good rock and roll being made.

## **Everything You Want to Know About Wills, Trusts, and Probate**

*Randy Mailloux, instructor*

Everyone likes to think that their affairs are in order, but how sure are you that you have charted a sensible plan? In this eminently practical course on estate planning, we will look at the history of the general probate process, including protecting persons (guardianships and conservatorships), will, and trusts. We will also explore a variety of strategies for making sure your wishes are carried out without burdening your survivors. We will open

with a review of the probate process, and then move into an explanation of just what wills and trusts are, what they can accomplish, and how they are disputed. We will explore specific types of trusts, their purpose and possible uses, e.g. Medicaid planning, general estate disposition, and special needs. We will also consider the various ancillary documents essential to a proper estate plan, including advanced health-care directives, powers of attorney, and personal property disposition memoranda. Remember, it is not if...but when!

**Randy Mailloux** has practiced law in Waldo County for more than thirty-five years. He grew up in Belfast, and earned his degrees from the Univ. of Maine at Orono, and Gonzaga Univ. of Law in Spokane, WA. He has served as Country Probate Judge, Pres. of the Waldo County Bar Asso., Maine State Representative to the Natl. College of Probate Judges. He has been involved in many civic organizations over the years. He spearheaded the formation of a Habitat for Humanity affiliate in Waldo County, served as its president, and is currently a member of the Board of Directors.

## After Capitalism

*Paul Kando, instructor*

A review of some of the societal factors exposed by the 2016 election confirms long standing suspicions that the 2009 “Great Recession” was indeed a systemic, rather than a financial crisis, which had been developing for some time. This course poses the questions: “How well does the current economic system serve the basic human needs of every member of society?” And: “If it does not, what can we do?” We will explore the many systemic problems and crises facing us and the latent opportunities for beneficial change many of these problems present. We seek, most of all, understanding of the factors that contributed to our finding ourselves in the predicament we are in. We explore belief systems, economics, science – both natural and behavioral – as well as history in our search for better answers. It is a disturbing lesson of history that when failing systems are exposed, in the absence of a clear idea of the new world we wish to live in, a demagogue inevitably fills the idea-vacuum, promising salvation, based on fixing the blame on “the other.” In the end, nature itself seems the most promising model based on which a new and better economic system (and world order) may be built. **Class limit 20**

**Paul Kando:** As an engineer working internationally for decades, I have learned that the success of any system depends on whether it matches the needs it is expected to fulfill. This applies to societies as well as toothpicks. I grew up in Europe under two authoritarian regimes, Hitler’s and Stalin’s, and was educated there as a child of political undesirables, under difficult circumstances. Since arriving in the US 60 years ago, I was employed exclusively as a researcher in various fields – textile chemistry, chemical energy storage, solar energy, building technology, and more. These fields have changed as markets, the US economy, and society have changed. Having worked on both sides of the Atlantic, I had to research the social underpinnings of the fields in which I worked. Since I arrived here, changes have been monumental – alas not for the better, except for the top 1%-5%. But, having been very lucky, it is now time for me to give back. Beside Coastal, I taught classes in both the Midcoast and Augusta Sr. colleges. FMI: see [www.coastalseniorcollege.org/faculty](http://www.coastalseniorcollege.org/faculty)

## Telling Your Family Stories

*Jane McLean, instructor*

We all have family stories that deserve to be told. But where do we start? Who do we tell them to? And how do we get our stories out there? Creating a family story can be as simple as writing a few notes on an index card for the next family reunion, or as high-tech as setting up a website for collections of photos, genealogy records, and articles. In each class, we will practice techniques for telling or writing short family stories and show our work. We will explore platforms for passing on our stories to family members or the community via oral histories, print publications, memory books, and online journals (blogs) or websites. We will have opportunities for guided research and writing through optional assignments. We may submit three projects in a variety of media for personalized written feedback from the instructor.

The instructor will provide an extensive handout at each class, display relevant books and artifacts, and give specific written comments for three projects submitted by each student. **Class limit 15**

**Required materials:** Handouts provided by instructor. Students may want a 3-ring binder to hold and organize handouts. Students should bring writing materials—pen-pencil and paper or laptop.

**Jane McLean** is a retired speech-language pathologist, special educator, and community theater performer. She received a master's degree from SUNY Geneseo, NY, and has a background in writing, editing, and website management. She recently taught "Telling Your Family Stories" at Penobscot Valley Senior College. Jane and her husband John Elberfeld taught "Preserving and Sharing Your Family History" for Belfast and Penobscot Valley Senior Colleges. They co-wrote *Helderberg Hilltowns* for Arcadia Publishing. Jane is currently collaborating with Megan Pinette on a new history of Belfast, also for Arcadia Publishing.

## Special One-Day Classes, 9:30—3:00 p.m.

- 1) "In jest, there is truth": Shakespeare's *King Lear*, Tues., Sept. 25
- 2) Figure Drawing, Thurs., Nov. 1

### "In jest, there is truth." –Shakespeare's *King Lear*

*Nick Turner, instructor*

*"The weight of this sad time we must obey,  
Speak what we feel, not what we ought to say.  
The oldest hath borne most: we that are young  
Shall never see so much, nor live so long."  
--Shakespeare's *King Lear**

*King Lear* in a day. Students will read, discuss and enjoy *King Lear*, and be encouraged to attend the NT Live broadcast at our theaters (including The Grand) starring Ian McKellen.

**Required text:** Any copy of Shakespeare's *King Lear*

**Nick Turner** is the Executive Director of The Grand and a lifelong learner. His passion for Shakespeare began as a teacher and then as an actor, director, and playwright. He's confident all students will be enlightened and entertained. Nick recently taught a course on *Julius Caesar* at Belfast Senior College.

### Figure Drawing

*Sandi Cirillo, instructor*

In this class, you will have the opportunity to draw all day, working with a nude male model. Bring your own art supplies to this class. If you've never done any figure drawing before, then here's your chance to give it a try. A minimum of 10 students is needed for this class to only pay a \$10.00 modeling fee per student, payable to the instructor. If fewer than 10 students sign up, the class will still run but the modeling fee will be increased. **Class limit 15**

**Sandi Cirillo** has been teaching at Senior College for more than 5 years now. She is a retired art educator and a fiber/mixed media artist who exhibits in many different venues. Her work reflects her love of traveling throughout Maine where she lives and her appreciation of the natural environment around her. Sandi has taught K-12 art as well as college level art courses. Visit her website at [www.especially-for-ewe.com](http://www.especially-for-ewe.com) to see examples of Sandi's work. You can also see her artwork locally at Local Color Gallery right here in Belfast. Sandi lives in Searsport where she has her studio and teaches classes.

*Senior College admits members regardless of race, color, gender, national or ethnic origin, religion, sexual orientation, political affiliation, or amount of gray hair.*

