



senior college at belfast
 the hutchinson center
 80 belmont ave., belfast, me 04915
www.belfastseniorcollege.org
 207-338-8033

WINTERIM COURSE CATALOG 2019

January 17 to February 7

Welcome to the Winterim Session of Belfast Senior College beginning Thursday, January 17. Classes run for four-consecutive Thursdays, ending February 7. 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) and/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) and/or materials, if required for you course. **N.B.** If inclement weather, please call Senior College at 338-8033. If classes are cancelled, there will be a recorded message.

Morning Classes 9:30-11:30 a.m.	Afternoon Classes 1:00-3:00 p.m.
“Chantons Tous” –Famous French Songs and Their Translations	Crafting a Photograph
Making Meaning of Your Heirlooms and a Look at PMM’s Collection	Pick Your Poison Watercolor Workshop
Alexander Hamilton: History and Broadway Meet	“Once Upon a Time...”-- Fairy Tales and Why We Love Them
Exploring Pie Through the “Eyes” of Anthropology	An Optimist’s Take on Climate Change
World Scriptures I: East Asia	Land-based Salmon and Other Fish: Opportunities and Challenges
New Knitting Ideas	Political Novels, Personal Stories, and “The Idea of America”
A Different Look at War through Film	Learn (or Re-learn) Latin!
Studio Recording Workshop	

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

“Chantons tous!” –Famous French Songs and Their Translations

Lila Nation, instructor

We're going to sing through this winter! From "Frère Jacques" to "Les feuilles mortes (Autumn Leaves), and "Michèle, ma belle" to "Je ne regrette rien!" (I Regret Nothing!), all will be revealed. No, you don't have to be a singer, and no, you don't have to know one word of French; you just need to want to have fun. Some songs are happy, and some are sad, while some songs are silly and others profound. We'll take them apart then put them back together again with greater understanding and laughter. After all, "Ils ont changé ma chanson," and yours!

Lila Nation has been singing all her life from Maester Singers to rock n' roll. In fact, before she fell in love with French, she was a music major with a voice secondary, but even after a graduate degree in French, she returned to her roots and became the music director at a local church, growing the choir from eleven to thirty-five members! Last Winterim she conducted "Gospel Sing and Shout!" and this Fall semester started the Senior College Chorale.

Making Meaning of Your Heirlooms and a Look at PMM's Collection

Cipperly Good and Kevin Johnson, instructors

Our treasured heirlooms often have sentimental value; they are valuable because of the memories and stories that go with them. The same is true about museum artifacts and images; without the story, they are just another boring relic from the past. In this class, the Penobscot Marine Museum staff members will share some of their favorite artifacts and images and explain the context (who, what, where, why, when and how) that makes them valuable. Staff will review best practices for collecting information as well as how to care for your own heirlooms. In the final class, students will take a field trip to the Penobscot Marine Museum for hands-on learning with PMM's collection.

Week 1: Introduction & Documenting Stories through Objects with Cipperly Good

Week 2: Using Photographs to Jog the Memory with Kevin Johnson

Week 3: Caring for your heirlooms: objects, photographs, and family papers

Week 4: Field trip to PMM to learn about ongoing collections care and documentation projects and to gain hands-on experience working with artifacts and photos. **Class limit 20**

Required materials: Bring one object and one photograph that has meaning to you.

Cipperly Good, is the Curator of the Penobscot Marine Museum; she oversees the object, archive, and library collections. Ms. Good holds a Bachelor's degree from Colby College in Waterville, Maine, and a Masters of Arts in Museum Studies, with a concentration in American History, from The George Washington University in Washington, D.C. She has previously contributed to Senior College sessions.

Kevin Johnson, Photography Archivist at the Penobscot Marine Museum, manages the museum's 200,000+ piece photo archive. He earned his bachelor's degree from St. Joseph's University (Philadelphia, PA) and a Professional Certificate in Photography from the Maine Photographic Workshops. He was a founding member of Aarhus Gallery in Belfast and teaches photography locally. His personal website is rubylightstudio.com.

Alexander Hamilton: History and Broadway Meet

Peter Reilly, instructor

This will be essentially a history course about the founding of our country. It will be told through the life and times of Alexander Hamilton. Woven throughout the course will be the music and story behind the Broadway hit musical, "Hamilton." In studying Hamilton, we will not only share his exciting life and incredible contributions to forming our government, but also learn how the Broadway musical became such a spectacular success. If you have seen the show this course may help explain what you've seen; if you haven't seen it, it may help explain what you will see. Lin-Manuel Miranda will have much to say.

Peter Reilly has presented a number of well-received classes at Senior College on a variety of topics. He holds a BS and MBA from Monmouth University.

Exploring Pie Through the “Eyes” of Anthropology

Elaine Potoker, instructor

Pie! Who doesn't have a favorite one or many? Ah...the traditions, the stories, the ingredients and the aromas. Bring all your pie memories—current and past, to this class. Plan to focus on cultural and other influences on the artistry of pie in many of its unique varieties and forms. First, we will consider why and if pie deserves to be cameoed in anthropological discussions. Subsequently, we will talk about history and lore related to types of pies. At the conclusion, and maybe along the way with the help of pie fanatics, we're probably going to have to eat some pie! Nothing like pie to warm the soul in Winterim. **Class limit 15**

Required text: “Humble Pie: Musings on What Lies Beneath the Crust” by Anne Dimock. Andrews McMeel Publishing, 2005. ISBN-13:978-0-7407-5465-4 (or ISBN-10 0-7407-5465-3). Please read the “Forward” before the first class and bring the text to class.

Elaine S. Potoker (BA SUNY, Potsdam, NY; MAT University of Chicago; PhD The Ohio State University) is Professor Emerita of Business from Maine Maritime Academy in Castine, ME, having taught in both their graduate and undergraduate programs for 17 years. Her academic background includes a concentration in cultural anthropology that she credits for informing all of her life's activities, past and present. Dr. Potoker has distinguished herself in the following areas through publications, awards, work experience, and consultancies: Strategic Planning, International Business, Marketing Research, Organizational Development, Cross-Cultural Training, and Workforce Development. Most recently she taught a very successful Winterim course, “Branding: Its Impact on Politics, Business, and Careers.” Dr. Potoker is Founder and Owner since 1993 of Interloqui, a business development consulting firm (www.interloqui.com). She is also a two-time Fulbright award recipient (Costa Rica). She resides in Belfast, Maine, with her husband, Ken.

World Scriptures I: East Asia

Arlin Larson, instructor

“The Analects of Confucius” and the “Tao Te Ching of Lao Tzu” have provided spiritual, ethical, and cultural foundations for China, Japan, and Korea for over two thousand years. We will explore these texts as paradigms of certain attitudes toward human fulfillment, both temporal and eternal. Seemingly more philosophical than religious, the background for each is the way and will of Heaven. “The Analects” puts sociability at the heart of reality, while the “Tao Te Ching” eschews human artifice in favor of the spontaneity of nature, (the Tao). Rather than contradictory, they have in most times been seen as complementary. Confucius fell out of favor in revolutionary China because of his bias towards conformity and the past but is now staging a comeback. The “Tao Te Ching” was prominent in the United States during the 60's and 70's as it seemed to support flouting convention and “doing your own thing.” **Class limit 30**

Required texts: “Tao Te Ching by Lao-Tzu,” Stephen Addiss (Author), Stanley Lombardo (Author), Burton Watson (Author). Paperback 128 pages. Hackett Publishers, Oct. 1993. ISBN- 10:0872202321 (or ISBN-13: 978-0872202321) **AND** “The Analects of Confucius” by Confucius (Author); Simon Leys (Translator). ISBN-10: 0393316998 (or ISBN-13: 978-0393316995)

Rev. Dr. Arlin T. Larson has taught Senior College courses on a variety of topics in philosophy and religion. He received his Master of Divinity and Doctor of Ministry from the Divinity School of the University of Chicago. He is now retired after a career in parish ministry, college chaplaincy, and college teaching, most recently serving First Congregational Church of Searsport, Maine.

New Knitting Ideas

Judy Beebe, instructor

Bring whatever you are working on or wish you had started, and we will share “take it up a notch!”

Required materials: Bring your own supplies for the project of your dreams! Heavenly Yarns Shop here in Belfast will assist you to purchase what you need.

Judy Beebe graduated from Smith College with a major in English Literature and then did graduate work at Syracuse University to become an elementary teacher. After her mother taught her the basics of knitting, Judy became an avid knitter. With occasional help from experts in local yarn shops, she has learned just how rewarding and relaxing knitting can be.

A Different Look at War through Film

Paul Sheridan, instructor

Many movies have been made about wars of course; it is a recurring theme in human history. We will review/preview films that are made by smaller studios or independent makers, and in a variety of countries. Using a mix of trailers, short clips, and at least one complete short movie per class, we’ll discuss the causes and aftermaths of war, as well as its effects on non-combatants. We will add lots of notes, links, and titles to help you watch the complete films on your own. **Class limit 50**

Paul Sheridan has a BA in art and an MFA in photography, and in the many years he managed a large teaching photo lab for the City University of New York, he also found time to take in the film fare offered by various museums, film societies, foundations, and movie houses. He continues that practice using the local library system. He has been making photographs for more than forty years, and has taught several well-received courses at Senior College, notably on photography, driver safety, and films.

Studio Recording Workshop

Steve Chiasson, instructor

This class will give you an opportunity to get hands-on with the tools and techniques of a modern, professional recording studio. The emphasis will be on making actual recordings, with relevant instructional content delivered in the context of the process itself. You'll have opportunities both to record a session and/or be recorded yourself. **Class limit 10**

No required materials but participants might find “The Blackbird Academy Foundations” a useful reference, available on Amazon for \$13.38. **N.B. All classes will be held at Forest Audio Studio in the Belfast Center.**

Steve Chiasson is a retired elementary school teacher who has been writing, performing, and recording music for over forty years. He owns and operates Forest Audio Recording Studio in Belfast, Maine.

Afternoon Classes, 1:00-3:00 p.m.

Crafting a Photograph

Jim Kosinski, instructor

Craft: verb, to create with skill and careful attention to detail.

This workshop is intended for those who have basic photography and photo editing skills. We will explore in depth the entire process of bringing a photograph to life, from working with different subjects and light to using cameras, scanners, editing software, preparing images for use on the internet, and printing. Directed photo shoots during class time will give you a deeper understanding of just how to envision and joyfully carry out your creative ideas. **Class limit 12**

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 1970's. 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 and art classrooms throughout the world.

Pick Your Poison Watercolor Workshop

Nancy Blatz, instructor

Great four-week course for all levels, especially beginners. Paint any subject or style you want. The emphasis will be on refining techniques, brush work, design and composition. Students should bring their own supplies. Per usual, the best paper and paint yield the best results. If you are a beginner and need supplies, let me know. **Class limit 14**

Required materials: None, but there will be an extra charge for beginners who need the instructor to provide materials.

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.

"Once Upon a Time..." --Fairytale and Why We Love Them

Nancy Perkins, instructor

Most of us have grown up with Fairy Tales whether from Europe, Asia, Africa, or Native America. These magical tales of humans, animals, or spirits have inspired movies, books, and dramas and remain vivid to many of us today. This class will explore the fairy tale tradition of Western culture and examine some of the inspired tales that continue to fascinate humankind. We will share insights of our favorite stories, read numerous classic tales, and discover the back stories of these creations. From the earliest tales to the Disney classics, we will relive the universal appeal of those stirring words, "once upon a time" and "happily ever after."

Required text: None, but a copy of Grimm's Fairy Tales is encouraged.

Nancy Perkins has had a lifelong love of reading fairytales from all nations. As a child, she spent five years in Germany, primarily in Bavaria, and was introduced to the Grimm Brothers by her German housekeeper. She was given a beautifully illustrated book of the Fairy Tales of Charles Perrault, and later, the complete stories of Hans Christian Anderson. These stories fed Nancy's imagination and interest as a child, and she still loves any story that begins, "Once Upon a Time..." Last semester she taught a highly-regarded course on Greek and Roman mythology here at Senior College.

An Optimist's Take on Climate Change

Paul Kando, instructor

Climate change is a major existential threat, and an "externalized" byproduct of capitalism and the Industrial Revolution. Like so many man-made challenges, it is inseparably connected to other major challenges, including a global economic crisis and energy insecurity. The silver lining: these crises are human engineered. Therefore, even if we can't undo all the damage already caused, we can still change course. We have access to the "know how" and the technology. Do we have the will?

Paul Kando taught the course "After Capitalism" during the Fall 2018 semester. The original idea for that class came from wrestling with climate change, a root cause of which is the capitalist economy. Educated in Hungary, Paul is a scientist and researcher by training and inclination, with a strong background in solar energy. In 2006 he trained with Al Gore on how to present complex science to lay audiences, using the research on which Gore's "Inconvenient Truth" film was based. He has given over 120 climate-related presentations since then and writes a weekly energy column for the Lincoln County News.

Land-based Salmon and Other Fish: Opportunities and Challenges

Steve Eddy and Melissa Malmstedt, instructors

Aquaculture is the world's fastest growing food production sector and it now accounts for about 50% of total seafood consumption. Most aquaculture occurs under semi-natural conditions in outdoor ponds, lagoons, or at sea, but in recent years indoor farms using sophisticated recirculating aquaculture systems (RAS) technology have been established or proposed, including two salmon farms in Maine. This course will provide knowledge and scientific understanding of the opportunities and challenges presented by intensive land-based aquaculture. Students will learn about the history and importance of aquaculture as a food production system, globally and in Maine. Salmon aquaculture here and abroad will be the focus, but other species will also be discussed. Students will learn salmon biology and life history, and how the nutritional and health needs of salmon are met under culture. All aspects of recirculating aquaculture systems will be discussed, including water use and treatment, waste management, and regulatory issues. Information will be provided in the larger context of the social acceptance and environmental sustainability of intensive aquaculture. **Class limit 30**

Steve Eddy and Melissa Malmstedt are the course instructors. Both work for the University of Maine's Center for Cooperative Aquaculture Research (CCAR). Steve began his career working in the commercial fishing sector in the Bering Sea, and then as a fisheries biologist with the National Marine Fisheries Service in Washington State studying marine pollution. In 1995 Steve moved to New Hampshire and helped establish the first commercial marine fish hatchery in the Northeast. In 2000, he began working as the Center Biologist at the CCAR, and in 2015 he became Director of the facility. Melissa worked at a remote salmon hatchery in Alaska for two years before joining the CCAR in 2012 as a Research Assistant. Melissa is now Education and Outreach Coordinator for the facility.

Political Novels, Personal Stories, and "The Idea of America"

Duncan Newcomer, instructor

"O, I see flashing that this America is only you and me." –Walt Whitman

How would you like to sit down by the fire some wintry day and listen to John Steinbeck talk about America? Or Harper Lee, or Mark Twain? That's what we will do in the first hour of this four-week course, read passages aloud from our favorite American novels. These books have defined what America means for us, with the scenes and characters and language that have made America great or not. In the second hour we will share personal stories of the events in our lives that have defined what America means to us now, good or bad. Democracy and social progress come out of conversation first, political public policy second. Not only are all politics local, they are verbal.

Required text: “The Pocket Guide” at <http://shop.colonialwilliamsburg.com/America-The-Pocket-Guide> ISBN 978-0-87935-291-2 for \$2.95. Suggesting readings: “Imagining a Great Republic: Political Novels and the Idea of America,” by Thomas Cronin, \$39.95 and “The Idea of America: Our Values, Our Legacy, Our Future,” by John O. Wilson at <http://shop.colonialwilliamsburg.com/The-Idea-of-America-Our-Values-Our-Legacy-Our-Future>, \$25.00 Available through Colonial Williamsburg Foundation or The Idea of America Network, ISBN 978-0-87935-2291-2

Rev. Dr. Duncan Newcomer has taught “The Idea of America,” “Quiet Fire: The Spiritual Life of Abraham Lincoln,” and Maine history at Senior College in Brunswick and Belfast. He has a weekly radio feature on WERU called Quiet Fire, is a consultant with Coming of Age in America Game Loft, and is a writer, teacher, preacher, spiritual director, and the author of “Desperately Seeking Mary.”

Learn (or Re-Learn) Latin!

Rebecca Jessup, instructor

If you ever studied Latin, no matter how long ago, you had lasting benefits, and you remember more than you realize. If you’ve never studied Latin, Senior College is the perfect place to start! Latin was the language of Cicero, Ovid, and Virgil, and countless other brilliant writers over many centuries. It is the foundation of many modern Romance languages, and the source of thousands of English words. Learn (or re-learn) the basics of Latin, including how Latin informs English through prefixes, stems, and suffixes. We’ll review enough Latin vocabulary and grammar to read some selections from Saint Jerome’s famous Vulgate Bible. Don’t think you can do it? Just try! **Class limit 20**

Rebecca Jessup received her BA in Classics from the University of Colorado (CU) Boulder. She taught Latin at CU for several years and taught small groups and private students around Boulder for over ten years. She has taught home school students and interested adults, students as young as seven and as old as you. She taught high school Latin for years, including International Baccalaureate classes in Colorado and Indiana, and she has taught at Senior College and other independent adult education centers

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

1) Fermentation Fundamentals, Tuesday, Jan. 22

2) From Beaux Arts to Modernism: A 20th Century Family Legacy of Architecture in Cincinnati, Ohio. (The Architectural History behind Elizabeth Garber’s “Implosion: A Memoire of an Architect’s Daughter”), **Friday, Jan. 25**

3) The Tragedy of Shakespeare’s “King Richard II,” Tuesday, Jan. 29

Fermentation Fundamentals

Frank Giglio, instructor

With thousands of years of use, fermented foods and beverages have been a staple in people’s diets around the globe. Producing and consuming fermented foods has a host of benefits that go well beyond the addition of probiotics. Learn the “how’s” and “why’s” we should be making fermented foods an integral part of our daily lives.

Frank Giglio is a classically trained chef with a strong focus on consuming seasonal and locally sourced wild and cultivated ingredients. For over ten years now, fermentation has become a go-to technique for him, allowing him to preserve a wide range of ingredients he grows or forages throughout the state of Maine. He is the father of two boys and lives off-grid in the Mid-Coast area.

From Beaux Arts to Modernism: A 20th Century Family Legacy of Architecture in Cincinnati, Ohio

Elizabeth Garber, instructor

If you enjoy architectural history, this class will explore the buildings of the two most significant Cincinnati architects of the 20th century, F.W. Garber, and Woodie Garber. This class is based on a series of architectural talks that Elizabeth gave at the Cincinnati Public Library, The Mercantile Library, and the Glendale Historical Preservationist Society. Elizabeth will also share her experiences of growing up as a student of Modernism and especially about learning about the work of Le Corbusier.

Elizabeth W. Garber is the author of “Implosion: A Memoir of an Architect’s Daughter” (2018) which has been called “un-put-downable” in The Architectural Record. She has been interviewed on the on-line ArchDaily and has received starred reviews in Kirkus and in the Library Journal. She has toured from NYC, Boston, Vermont, and around Ohio giving presentations on her book, addressing both architectural history and memoir writing. At Belfast Senior College she has taught a class on Russian Literature and one on The Odyssey. www.elizabethgarber.com.

The Tragedy of Shakespeare’s “King Richard II”

Nick Turner, instructor

**“For heaven’s sake, let us sit upon the ground
And tell sad stories of the death of kings.”**

We’ll read and discuss, “Richard II.”

Required text: A copy of Shakespeare’s, “King Richard II,” in any form.

Nick Turner is the Executive Director of The Grand in Ellsworth and has almost 30 years of performing arts as an educational experience, including writing, directing, and acting. He is a devoted fan of Shakespeare and has taught and directed numerous plays and adapted several into musical form.

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

