



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

SPRING COURSE CATALOG 2020

March 26 to April 30

Welcome to the Spring Session of Belfast Senior College beginning Thursday, March 26. Classes run for six-consecutive Thursdays, ending April 30. All classes are offered at the Hutchinson Center, Route 3, in Belfast. Registration opens February 27; please register early for the classes you would like to take to avoid disappointment. 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. Since you are now responsible for purchasing the text(s) or materials for your course(s), be sure to order them at least **TWO** weeks in advance. All messages will be forwarded to the registrar. **N.B.** If inclement weather, please call Senior College at 338-8033. If classes are cancelled, there will be a recorded message by 6:30 a.m. of the day of cancellation,

Morning Classes 9:30-11:30 a.m.	Afternoon Classes 1:00-3:00 p.m.
Understanding Your Dreams	Watercolor Workshop: Pick Your Poison
Was Abraham Lincoln the Writer and Speaker of the Gettysburg Address?	Planning to Age Well
Drawing with Clarity and Confidence	Intermediate Conversational French, Part II ("Continuons!")
Exploring Music: Listening & Discussion	The Russian Meddling: Forensic Counter-Intelligence
Navigating with GIS and GPS	The Mayflower 400 Years Later
Intro to Permaculture: Design for Life	Telling Your Family Stories
The Role of Religion in History	Exploring Modern Art
Playwriting: Take the First Step	Tennessee Williams and His Plays, 1937-1955
Great American Historians: WW II and Beyond	

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

Understanding Your Dreams

Cheryl Fuller, instructor

"Who looks outside, dreams; who looks inside, awakes." --Carl Jung

Our dreams provide us with images, symbols, and messages from our unconscious selves. Unfolding the meaning of a dream into conscious understanding provides a rich source of inner guidance, self-understanding, and healing. This course is designed for those who wish to learn about the richness in their nightly dreams. We will explore the gifts of the unconscious through reading and discussion. Participants may, if they wish, share dreams of their own; they will be asked to keep a dream journal. **Class limit 20**

Required Text(s): "Using Dreams and Active Imagination for Personal Growth," Robt. Johnson. Available in paperback from Amazon, \$10.99

Cheryl Fuller, Ph.D., is a Jungian psychotherapist who lives in Belfast. Her interest in Jung began in college at Duke in the late '60s, an interest which continues unabated. She has her doctorate in Jungian Studies and many years of study and training at various Jung Institutes and in Jungian analysis. She has a deep interest in dreams, writing, psychotherapy, aging, and personal growth. She has been in private practice for 40 years.

Was Abraham Lincoln the Writer and Speaker of the Gettysburg Address?

William Fergusson, instructor

Scholars continue to dispute this question. Our course will focus on Lincoln's evolution as a political theorist and moralist as illustrated in his "Lyceum Address" (1838), "House Divided Speech" (1858), "Farewell to Springfield Neighbors" (1861), "First Inaugural" (1861), "Meditation on the Divine Will" (1862), "Gettysburg Address" (1863), and the "Second Inaugural Address" (1865).

The speeches and writings will be distributed by email or copy as applicable. This class will include some power point lectures from both memory and context. A syllabus will include discussion questions on each primary source. YouTube and other video sources will supplement the readings and discussions. **Class limit 30**

Required text(s): None (see preceding paragraph)

William Fergusson holds a BA in History from Franklin and Marshall College and was a PhD Candidate and Teaching Assistant at Pennsylvania State University completing an ABD (all but dissertation). Additionally, he holds an MA in History from Pennsylvania State University. In his forty-year business career, he underwrote and managed international accounts for Fortune 1000 companies in connection with their overseas assets and earnings.

Drawing with Clarity and Confidence

Sandi Cirillo, instructor

Through exercises assigned in class, homework, and weekly discussions of our art, we will continue to explore our inner selves as we gain confidence and clarity in honing our drawing skills. Students working in their own areas of interest, with guidance from the instructor, will be expected to create several finished drawings by the end of this class. Students should bring their own drawing materials to class (sketchbook, pencils, eraser, ruler, and charcoal).

N.B. This course is designed for students who have taken a basic drawing class at Senior College or elsewhere and who have already developed a basic drawing proficiency on their own. It is NOT an introductory drawing course for folks who have never tried their hand at drawing. **Class limit 12**

Required Materials: \$5.00 special materials fee will be collected at the first class.

Sandi Cirillo, a retired art educator, has been teaching drawing, fiber, and art history classes at Senior College for six years. She is an accomplished fiber artist who gives classes in various media all over the Northeast and North Carolina, working with various arts organizations and businesses. Influences for her own art come from her love of hiking and photographing the natural world, especially coastal Maine. Sandi's work is featured on her website, < especially-for-ewe. com>, as well as at Local Color Gallery in Belfast. Check out her website (previous)

Exploring Music: Listening & Discussion

Brian Richardson, instructor

Participants will listen to and discuss recorded music from nearly all periods and genres. Music selections are available from a large collection of records and CDs, representing various periods such as Gregorian Chant, Baroque, Classical, Romantic, Impressionist, and Contemporary. Genres include chamber music, overtures, symphonies, solo and small ensemble works, opera, and much more. The class will be informal and participatory with members helping to make selections both for listening and discussion. **Class limit 12**

Required Text(s): None

Brian Richardson is well-known at Senior College as an active participant in many of our classes. Brian is passionate about music and for years, he has collected recordings of all kinds of music, studied music, and has become adept at musicology.

Learning to Use GIS and GPS Software to Make Maps

Fred Bowers, instructor

Global Positioning System (GPS) is a system of satellites that maintain a fixed orbit position above the earth. Geographic Information Systems (GIS) applications are common, and Google Earth and other directional systems in cars have become part of our daily lives. Many Web maps are available on servers that allow understanding of soils, geology, tax maps, census data, etc. Creating these maps is challenging, but not too difficult. In the past, one needed to purchase expensive software like ArcGIS to create maps. Now, there is Opensource Software (free) and tracking and path apps for smartphones that enable us to take control over what and how we view GIS information. The instructor will interactively teach students how to use these tools. The students will use their laptop computers to access the Internet and install some or all of the software. There are many free data sources in Maine. **Class limit 20**

Required Materials: A modern operating system like MacOSx, Windows, or Linux. If you only have a smartphone, either Android or iPhone, you can take part in the class, but you will need to pair up with someone who has a laptop. By pairing, you will be able to learn the concepts and develop paths and maps that can be sent to friends or associates.

Fred Bowers holds a Ph.D. in Forest Soils from the University of Washington in Seattle. His research work in the Tongass National Forest in Alaska necessitated understanding soil science, geology, mineralogy, chemistry, and forest ecology and soil mapping. Prior to that, he earned an M.S. in agronomy and soil pedology from Rutgers University. After 27 years of working as a Research Scientist for the New Jersey DEP, he retired and moved to Belfast. He has taught classes at Senior College relating to local rocks, soils, and landscapes.

Intro to Permaculture: Design for Life

Cynthia Blackshear, instructor

Permaculture is a design methodology rooted in horticulture and agriculture, utilizing both indigenous wisdom and contemporary knowledge. It can be applied to anything, from a home garden or farm, to a manufacturing process, to a

city block or entire town. Indeed, many Permaculture practitioners say it informs almost all aspects of their lives. In this class students will learn about the origin and history of Permaculture, explore the ethics and principles, and be introduced to the analysis and design processes. You will have homework! But I promise it will be fun! (And it's not required!)

Required Text(s): None, but an extensive suggested reading list will be provided.

Cynthia Blackshear is a lifelong gardener who started exploring Permaculture in 2005 after a career as a software consultant and trainer. She received her Permaculture Design Certification in 2009 and her Permaculture Teacher Training Certificate in 2012. Cynthia also holds certifications in Sustainable Design and Ecovillage Design from Gaia Education where she is a trainer. She is a member and ambassador of the Global Ecovillage Network. Along with her fur baby, Jacie, Cynthia has just relocated to Belfast. She is excited about learning the horticulture of the northeast and exploring Maine.

The Role of Religion in History

Ron Jarvella, instructor

We will look at both early and current humans who revere their departed and the significance of that reverence on the development of belief systems. We also will review the evolution into monotheism of those who originally believed in multiple gods. In summary, we will examine current examples of the role of religion in world events. We will focus on Western religions and their impact on our world today. With no attempt at criticism, we will look "objectively" at religions, the goal being to have an open exchange of views. **Class limit 30**

Required Text(s): None

Ron Jarvella holds both a BA and an MA in History, with thirty years of experience as an history teacher in secondary schools. He has taught nine Senior College courses in the past.

Playwriting: Take the First Step

Marjorie Arnett, instructor

This workshop will take you step-by-step into the intoxication and fun of writing in play format. Improvisational writing games to inspire creativity will be used to get participants in touch with a more playful part of themselves and to help silence the critical voices in their heads. Become part of a fun, welcoming community formed through building confidence and trust in your voice and your unique personal style. Short created pieces could be the seeds of longer projects you have never dreamed of writing. Some pieces will be based on memories, some on real experiences, and some will engage the imagination.

Class participants will be encouraged to bounce ideas off one another, commiserate about challenges, and be inspired by sharing reading and writing throughout the workshop. There will be an understanding that class participants are new to the playwriting process, and no theater experience or drama experience is required. **Class limit 12**

Required Materials: Pencil, paper, computer and/or notebook

Marjorie Arnett is a studio artist, a published playwright and poet living in Belfast, Maine. She served as Dean, College of Fine Arts, Indiana University, taught painting and drawing at the Academy of Art in Zagreb, Croatia, was awarded art residencies in Italy and Portugal. Her paintings have been in national and international exhibitions.

Great American Historians: WW II and Beyond

Bob Rackmales, instructor

This course will examine the life and work of six eminent American historians whose writings have profoundly influenced our understanding of United States history and continue to be shed light on our current

predicaments. Each class will be devoted to a single historian and will provide an account of their life and an assessment of their contemporary relevance. The six historians we will cover, followed by the title of one of the books for which they are best known are: 1) Richard Hofstadter, "The Paranoid Style in American Politics;" 2) Eric Foner, "The Fiery Trial: Abraham Lincoln and American Slavery;" 3) C. Vann Woodward, "The Strange Career of Jim Crow;" 4) John Hope Franklin, "Racial Equality in America;" 5) Drew Gilpin Faust, "This Republic of Suffering: Death and the American Civil War," and 6) Jill Lepore, "The Name of War: King Philip's War and the Origins of American Identity."

Required text(s): None. A syllabus and readings will be posted on the Senior College website.

Bob Rackmales' work in history was done at Johns Hopkins (BA) and Indiana University (MA), as well as Harvard, and on a Fulbright grant in Germany. He is currently a member of the American Historical Association, the Organization of American Historians, and the Society for the History of American Foreign Relations. Most of his professional career was spent in the US Foreign Service. His most recent course at Senior College was "War, Journalism and History."

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

Watercolor Workshop: Pick Your Poison

Nancy Blatz, instructor

This is a great six-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 yields the best results. If you are a beginner and need supplies, let me know. **Course limit 14.**

Required Materials: There is a charge to new students for art materials purchased by the instructor.

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.

Planning to Age Well

Karen Gleeson, instructor

None of us wants to get older, but with good planning, and utilizing the resources from our community, aging doesn't have to be stressful. This course will be a hands-on discussion course with visiting local experts who will be available to answer questions about the law, will-writing and advance directives, finding alternative housing, funeral planning, and local resources for aging well. Participants are asked to "bring a problem/bring a solution" to share. **Class limit 25**

Required Text(s): None

Karen Gleeson has previously organized this course for Senior College, in both Belfast and Augusta. She has degrees in thanatology ("study of death") and social work, as well as active membership in local end-of-life organizations and groups.

Intermediate Conversational French: Part II (“Continuons!”)

Lila Nation, instructor

French Frogs a-Leaping! This semester we will "leap" into the Imperfect, Plus-Perfect, and (real) Future tenses (and we will get to that tense when we will have enough time!). Before you know it, you will be able to jump from one tense to another without "croaking." You are strongly encouraged to speak only French, and there will be plenty of time for Qs and As and review. You will need to have completed, at least, two years of high school French, or one year of university French, and, obviously, if you have lived in a French-speaking country and spoken the language, that will count, as well. Please come join the fun for a "riveting" French experience! **Class limit 15**

Required Text(s): None. All handouts will be provided.

Lila Nation has been learning and speaking French for well over half her life. Not only fluent in this beautiful language, Lila has lived in Paris, France, been to France twenty-three times, as well on multiple trips to Québec and twice to St. Bart's. She reads and studies French daily and attends a weekly French conversation group here in Belfast. She holds a Bachelors in French from the University of Texas at Austin, a phonetics certificate from Alliance Française in Paris, and an MAT in French from the University of Maine at Orono.

The Russian Meddling: Forensic Counter-Intelligence

Richard Topping, instructor

Russian meddling in the 2016 U.S. Presidential Election set off a political firestorm that has yet to subside. Although additional information will almost certainly come to light in the future, this is a good time to review what we now know about that interference. Our six sessions will examine precisely what Vladimir Putin and his cohorts did; when and why they did it; what they have actually accomplished to date; and with how much help from which quarters, if any, here in the United States. We also will look at what we as private citizens can do to help ensure that any sort of repeat performance by the Russians (or anyone else) does not lead us down this troubled path again.

Required Text(s): None. The instructor will provide links to the Mueller Report and other pertinent topics as they become available.

Dick Topping has been a student of Soviet, Russian, and East European affairs for 60 years. After having been stationed in West Berlin at the height of the Berlin Crisis (1961-1962), he spent 30 years at the CIA, serving as a senior analyst for Soviet-Russian domestic and foreign affairs. He also worked on several task forces during crises in Eastern Europe, and on a major Counter-Intelligence project before retiring in June 1995. He has now lived in Belfast for almost 25 years. Dick graduated from Lehigh University with a BA (History) in 1959; he received an MA in Public Law and Government from Columbia University in 1964 and a certificate from its Russian Institute in 1965.

The Mayflower 400 Years Later

Arlin Larson, instructor

In 1620 a small band of English refugees, fleeing religious persecution, landed at Cape Cod. Hounded from England, they had first settled in Leyden, Holland, more tolerant than England, but still not hospitable to a radically individualistic and local spirituality. At Plymouth, these Puritans were free to begin a new way of life unhindered by the British Crown, nor did they meet opposition from indigenous people, the Wampanoag, already decimated by recently introduced European diseases. Augmented by a much larger emigration in 1630 to nearby Boston, the Pilgrims pioneered a highly democratic and communitarian society, one that was to contrast starkly with the aristocratic and libertarian society created in the slavery-based American South. In this course we will first examine the social and religious controversies that caused the Pilgrims to flee from Europe. Next, we will consider both the colonists' voyage and the question of why the indigenous people had been so weakened by disease. Finally, we will trace the Puritan society's development and explore its contribution to American life in what Colin Woodard calls "Yankeeedom."

Required Text(s): None

The **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 a retired from the First Congregational Church of Searsport and served as Historian of the National Association of Congregational Christian Churches.

Telling Your Family Stories

Jane McLean, instructor

We all have family stories that deserve to be told. But where do we start? To whom do we tell them? 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 family website for collections of photos, genealogical records, and articles. In each class, we will explore platforms for passing on our stories to family members or the community via oral histories, print publications, memory books, and online blogs or websites. Students will have opportunities for guided reading, research, and writing. Students may submit three projects for personalized feedback from the instructor. **Class limit 15**

Required Text(s): None, but "Telling Your Family Stories" by Jane McLean is highly recommended and is available from the author/instructor for \$12.00, payable at the beginning of class.

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

Exploring Modern Art

Anne Spencer, instructor

The period of art history frequently referred to as Modern Art began in the late 1700s, when artists in Europe began to break from Classical idealism in painting. Changes in style in the 1800s resulted in Realism and Impressionism as artists left their studios to paint outside where they explored the nuances of light and color; they are now known as the "paysagistes."

As the 1900s began, style changes resulted from the increased relationship between the artist and the meaning of the subject, as influenced by changes in society and living conditions, and by using new materials and techniques resulting in Expressionism, Surrealism, Cubism, Abstract Expressionism, and beyond. Participants will review and discuss slides of several hundred paintings of known and respected artists from approximately the 1850s to 1950s, and, hopefully, share their insights related to other historical milestones of the period.

Required Text(s): None, but recommended "The Art Spirit," Robt. Henri, 1923; paperback printed in 1984, Lippencott, PA, avg. price \$8.9,9 available anywhere; just keep looking! There are 10 editions out there!

Anne Spencer received a BA in Fine Arts from Wilson College in Chambersburg, PA, and an MA in Liberal Studies from the University of Maine at Orono ME. A particular interest in Modern Art led her on an independent study tour of Museums and Galleries in Europe and the USA. She enjoys drawing and painting with ink, watercolor, and oil, and has exhibited her paintings in galleries and art shows. Anne has taught courses in drawing and watercolor in which she emphasizes painting outside "en plein air" and the importance of development and significance of artists and styles in art history.

Tennessee Williams and His Plays, 1937-1955

Kristin Frangoulis, instructor

During class we will take parts and read aloud some of the plays' most significant scenes and discuss their intricacies and themes. Such themes as the innate isolation, loneliness, and longing of the human condition appear again and again in his plays. In seeking to find connections, Williams' characters often find themselves in dysfunction with the people and the world around them. Although these plays are set in the atmosphere and social and political mores of the mid-century, American South, they are certainly universal and applicable in today's chaotic world. Because of Williams' extraordinary poetic language and human insights, many critics have crowned him the American Shakespeare.

This will be a participatory class, which will include literary analysis, lively discussions, and oral interpretation. We will read 5-6 of his earlier and most famous plays including: "The Glass Menagerie;" "A Streetcar Named Desire;" "The Rose Tattoo" and "Cat on a Hot Tin Roof."

Required Text(s): "Williams' Plays: 1937-1955," ISBN: 1-88301-86-8, Mel Gussow and Kenneth Holdic ,ed., available at Amazon Books, approx.\$8.00, or anything else you can find lying around.

Kris Frangoulis holds a BA in English and History and is a member of the College Theatre (actor), a national theater honor society. She also has an MA in Gifted and Talented Education, and one in Special Education of the Gifted and Talented: she was also the director of the Blue Hill Players. She directed the Tuscaloosa Children's Theatre and founded and directed the Peanut Butter and Jelly Players, an outreach children's theatre. She also taught Gifted Education at the University of Alabama.

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

