



**Penobscot Valley Senior College**

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**Bangor, ME 04401**

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**Website:**

**<http://www.penobscotvalleyseniorcollege.org>**

**OR**

**<https://pvsc.myrec.com/info/default.asp>**

## **PVSC Zoom COURSE LIST FALL 2021**

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The PVSC Curriculum Committee has worked hard to find volunteer instructors, and locations to offer the long hoped for in person courses, as well as setting up Zoom courses for those instructor presenters who need the ability to offer their course from home or work. Due to continued Covid variant concerns, **all PVSC fall courses will be held on Zoom only. Courses begin the week of September 27, 2021.**

Since these offerings occur during our new membership year, which began July 1, 2021, in order to partake in these courses, you must first register for an individual (\$25.00) or couple (\$40.00) membership for the 2021-2022 year. Some of you may still have credit on your account, which can be used toward membership and/or the course. PLEASE contact Sheila via phone or email if you were told you have a credit or want to make sure you are set to register.

### **How to Register:**

A perfect way to register is online on the secure website, however, if mailing is your preference, include the registration form with your check made out to PVSC. Make sure if you have changes to your communication information that you let us know.

### **Members of other Maine Senior Colleges:**

Members of other Maine Senior Colleges may email Sheila at [smksenior2020@gmail.com](mailto:smksenior2020@gmail.com) to request a registration form by confirming the Senior College you are a member of.

For all Zoom courses, the link will be emailed two days prior to the first class, and then a reminder on the day of each class. Any instructor handouts will be emailed to you as soon as they are received. Some instructors prefer to email their class members directly, once the course has started. Classes will be recorded and available for two weeks for those members who are registered for the course. **Registrations need to be processed no later than two days prior to the starting date of the course.**

**PENOBSCOT VALLEY SENIOR COLLEGE**  
**FALL 2021 COURSE LIST – all are Zoom courses**

**MONDAYS:**

**1:30 PM – 3:00 PM**

**Sep. 27, Oct. 4, 11, 18, 25, Nov. 1**

***Introduction to the Fun of Playing the Ukulele (Limit 10-4 spots remain)***

Research has shown that learning to play any musical instrument has positive emotional, cognitive, and physical benefits for any senior. A ukulele is an excellent starter instrument. The class will enjoy learning to play in a fun, supportive atmosphere. How advanced you become is up to you. Try a sing-along with your grandkids, or sonatas.

The emphasis for this course is on practical hands-on experiences from day one. We will play music together in every class. A background in music is not required as the folk tradition of "Hear one--Play one" is used.

Paul is willing to teach his well-loved course on Zoom once again, since in-person is not an option at this time. He will need class members to turn on their microphones and strum so he can tell if chords are being played correctly. Don't be shy! We are all learning!

Topics include tuning, basic chords, basic strums, and purchasing and maintenance of equipment. Methods to overcome the limitations of aging, with stretching exercises will be provided. The emphasis will always be on useful skills. As Paul says, "Things I wish my ukulele-playing mom told me!"



***Instructor: Paul Halvachs***

Paul came from a musical family, married a gifted musician, and loves music. Paul always brings enthusiasm and is modest about his uke-playing skill. His love of playing and understanding of uke "newbies" helps make learning to play easier and fun, which he will share during class. He wants to share what he feels is important to the new player, including diverse topics such as ukulele purchasing, maintaining, and making a ukulele sound better.

Learning to play and sing, FOR HIS OWN PLEASURE, was at the top of his retiree bucket list. He says after failing to learn the guitar and the Scottish drum, he took a night course called "Intro to Ukulele." The ukulele became HIS instrument. Now, Paul helps coordinate the "Bangor Ukulele Revival, a local amateur group of ukulele enthusiasts, and can't wait to have more in-person ukulele events once again.

## TUESDAYS:

10:00 AM - 12:00 PM

Sep. 28, Oct. 5, 12, 19, 26, Nov. 2

### ***Experimenting with Watercolor Fall 2021 (Limit 10-3 spots remain)***

This course will offer an introduction to and/or a review of watercolor media and techniques. Participants will gain experience working with this entertaining and challenging media. The participants can be beginning students or those with some experience...we can adjust the projects to the needs of the individual. Participants will learn about watercolor basics and will practice a variety of techniques. Zoom time will be used for critiques and demonstrations and participants will have suggested assignments to complete.



The first class will provide an introduction to paints, brushes, and paper, etc. Participants will be given some practice exercises to complete before the next class. Each class period will provide time for critique of finished work, questions and comments, and an introduction to the next project. My hope is that critique, comments, and demonstration will take about 30 -45 minutes - then the remaining time will be used for participants to work on the assignment for the week.

#### Materials:

Kal will go over materials during the first class, but in case participants want to gather things ahead of time, a list is included below. Materials can be purchased on line at Dick Blick or other art supply companies.

#### General suggestions:

1. A set of watercolor tubes (student grade is a good place to start - not too cheap or expensive, Cottman, Grumbacher, and Winsor Newton are good, reliable brands)
2. A few watercolor brushes (soft hair brushes-small, medium, and large)
3. Watercolor paper (pads of 140 lb., and a board to use to support the paper)
4. Palette - larger is more useful than smaller
5. Painter's tape is useful to hold down the paper while you work
6. Container for water, a sponge, paper towels, pencil, eraser, waterproof ink pen, etc.
7. Small bottle of liquid masque (if you wish)
8. Other items will be discussed as the class progresses

#### ***Instructor: Kal Elmore***

Kal Elmore taught art at Bangor High School for about 25 years but is now happily retired and enjoys teaching in other settings. She has always worked to encourage the best possible outcomes for all of her students and will continue to do so through workshops, classes, and private lessons. With her experience in teaching many different media, Kal helps her students to develop new skills and understandings. Her own work involves mostly printmaking and collage, but she also enjoys watercolor painting and book arts.

Kal was brave to teach PVSC's first Zoom watercolor class in the fall of 2020, and she returned again for spring 2021 materials. Kal has also had great feedback from her previous Zoom class members, some who returned for the second class, as well as new participants from other Maine Senior Colleges.

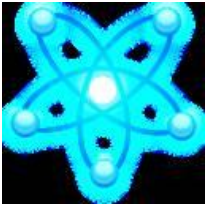
## WEDNESDAYS:

**10:00 AM - 12:00 PM      Sep. 29, Oct. 6, 13, 20, 27, Nov. 3**

### ***Character of Physical Law (Course has openings)***

Richard Feynman's Messenger Lectures, a seven-part lecture series delivered at Cornell University, will form the framework for our discussions. The lectures have been published and are available on the web.

Richard's presentation will use this series which will focus on what physical theory is all about. Discussions will be presented from a philosophical perspective, but quantitative thinking will be essential. The course is designed to provide a perspective to understand the overall goals of physics research, and how physicists think.



We will be using *Character of Physical Law* by Richard Feynman

([https://www.amazon.com/dp/B002ZJSUNI/ref=dp-kindle-redirect?\\_encoding=UTF8&btkr=1](https://www.amazon.com/dp/B002ZJSUNI/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1))

Free online:

(<https://www.ling.upenn.edu/~kroch/courses/lx550/readings/feynman1-4.pdf>)

### ***Instructor: Raymond Dean Astumian***

Raymond (Dean) Astumian is a professor of Physics at the University of Maine, and before that was a professor of Biochemistry at the University of Chicago. His research is focuses on theory of both biological and synthetic molecular machines. He has published many research papers in scientific journals, also has published articles in "New Scientist" and in "Scientific American."

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**1:30 PM - 3:30 PM      Sep. 29, Oct. 6, 13, 20, 27, Nov. 3**



### ***Heterodox Economics: Modern Money Theory (Course has openings)***

The Zoom course is part lecture part student questions and discussion. Modern Money Theory (MMT) predicted the Great Recession. Orthodox, economists from right (Mankiw) to left (Krugman) did not. MMT offers some surprising remedies to current social problems, providing seldom-heard solutions for National "Debt."

So...it's not about business as usual, and the class takes only six sessions. Participants get about 60 pages of material (maximum 20 pages of reading per class, typically less), for class discussion background. People who have taken the seminar and/or read the material have said "I'll never look at the economy the same way again."

Once you've registered, you will receive the link to download the book.

### ***Instructor: Mark Dempsey***

Mark Dempsey is a former (award-winning) technical writer who enjoyed figuring out complex systems, then explaining them to users. He also worked as a loan officer, so economics was part of his pre-retirement life, too. Mark has presented this class at Cal State Sacramento previously, and one of his students liked it enough to recommend it to PVSC in Maine (by Zoom) when he moved there.

## THURSDAYS:

10:00 AM - 12:00 PM      Sep. 30, Oct. 7, 14, 21, 28, Nov. 4



### ***Around the World Mysteriously (Course has a wait list-- contact [smksenior2020@gmail.com](mailto:smksenior2020@gmail.com))***

This course features mysteries where the setting itself is a major character whether for geographic, cultural/historical, or political reasons. The novels are set in Tibet, North Korea, Iceland, Saudi Arabia, and post-Soviet Russia-- locales that are likely to be unfamiliar to the usual mystery novel reader.

Books to be discussed are:

- *The Skull Mantra* by Eliot Pattison
- *A Corpse in the Koryo* by James Church
- *Snowblind* by Ragnar Jonasson
- *Finding Nouf* by Zoe Ferraris
- *The Man who Walked like a Bear* by Stuart Kaminsky

All the books are available through interlibrary loan (Minerva or Maine CAT) or for purchase through online sellers such as Amazon and ABE Books.

The first class will be a discussion of mysteries as a genre.

### ***Instructor: Judy Hakola***

A (finally) retired instructor in English at the University of Maine, Judy's academic fields were primarily Maine literature and technical writing, but her leisure reading is almost exclusively mysteries from all parts of the world. She has taught both in-person and Zoom courses for PVSC and Downeast SC. Her teaching style is informal, and she encourages class participation.

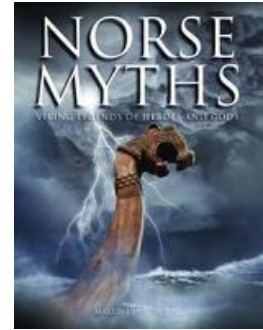
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***“The corpse is missing its head and is dressed in American clothes.”  
(From The Skull Mantra)***

***When sixteen-year-old Nouf goes missing, her prominent family calls  
on Nayir ash-Sharqi, a pious desert guide, to lead the search party...  
(From Finding Nouf)***

## EVENING - THURSDAYS:

6:30 PM - 8:00 PM Sep. 30, Oct. 7, 14, 28, Nov. 4, 11  
(No class Oct. 21) (15 extra minutes will be added when appropriate)



### ***Norse Mythology (Course has openings)***

This course will introduce students to the *Prose Edda*, one of the main texts that has preserved Norse mythology from the Middle Ages. Each session will focus on a different story or set of stories from the *Edda* and other sources of the mythology, giving the students an overview of the various exploits of the Norse pantheon. We will also discuss the variety of difficulties of reconstructing a medieval belief system in the present day, the provenance and origins of the *Prose Edda* itself, and how this mythology has influenced popular culture.

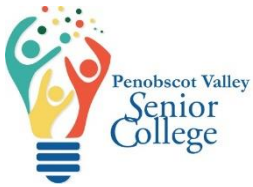
### ***Instructor: Gregory Gaines***

Greg Gaines is a doctoral student in history at the University of Maine. He holds an M.A. in history from Clark University, and an M.A. in Medieval Icelandic Studies from the University of Iceland. His academic interests are currently focused on ideas of medievalism and immigration, particularly for Scandinavians, around the turn of the twentieth century.

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“A sword age, a wind age, a wolf age.  
No longer is there mercy among men.”

– Snorri Sturluson, The Prose Edda



**PVSC FALL 2021 ZOOM CLASSES REGISTRATION FORM**

**REGISTRATION ENDS 2 DAYS PRIOR TO CLASS START DATE!**

**PVSC 499 Broadway PMB #274 Bangor, ME 04401  
Classes start Monday, September 27, 2021  
(6 weeks, unless indicated)**

- \$\_\_\_\_\_ **Introduction to the Fun of Playing the Ukulele (Limit 10---4 spots remaining!)** Mon. 1:30-3:30 Sep. 27 through Nov. 1
- \$\_\_\_\_\_ **Experimenting with Watercolor Fall 2021 (Limit 10---3 spots remaining!)** Tues. 10:00-12:00 Sep. 28 through Nov. 2
- \$\_\_\_\_\_ **Character of Physical Law** Wed. 10:00-12:00 Sep. 29 through Nov. 3
- \$\_\_\_\_\_ **Heterodox Economics: Modern Money Theory** Wed. 1:30-3:30 Sep. 29 through Nov. 3
- \$\_\_\_\_\_ **Around the World Mysteriously (Limit 20) (Course has a wait list)** Thurs. 10:00-12:00 Sep. 30 through Nov. 4
- \$\_\_\_\_\_ **Norse Mythology** Thurs. 6:30 pm-8:00 pm Sep. 30 through Nov.11 (NO CLASS OCT. 21<sup>st</sup>)
- \$\_\_\_\_\_ **Free Zoom Basics and PVSC Website Navigation** Tues. Sep. 21, 10:30 – 11:30
- \$\_\_\_\_\_ **2021-2022 PVSC Membership \$25 individual**
- \$\_\_\_\_\_ **two people at the same address \$40 – Member 1 and 2**

Checks to PVSC – Total enclosed: \$\_\_\_\_\_

(Each class is \$30, for each household member registering for the class.)

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email address: \_\_\_\_\_

Phone number \_\_\_\_\_ Home or Cell (Circle one)

Feel free to print out more than one registration form or indicate with initials who is taking the class.