



**Penobscot Valley Senior College**  
**499 Broadway PMB #274**  
**Bangor, ME 04401**  
**Cell phone: 207-659-1359**  
**Email: [smksenior2020@gmail.com](mailto:smksenior2020@gmail.com)**

**Website:**

<http://www.penobscotvalleyseniorcollege.org>

**OR**

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

## **PVSC Zoom Course List Spring 2022**

**All PVSC Spring courses will be held on Zoom only. Courses begin the week of March 21, 2022. Registration on the website ends March 15th, 2022 at midnight. If mailing your registration form and check, please send before March 15<sup>th</sup>.**

These courses occur during this membership year which began July 1, 2021 and ends June 30, 2022. If you do not have a current membership you may register at the same time you are enrolling for a course: individual (\$25.00) or couple (\$40.00). All courses are \$30.00 per person attending. Some of you may still have credit on your account, which can be used toward membership and/or the course. PLEASE contact via email [smksenior2020@gmail.com](mailto:smksenior2020@gmail.com) or phone 207-659-1359 if you were told you have a credit or want to make sure you are set to register, so you won't overpay.

### **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. If you are concerned about mail delays, you can email [smksenior2020@gmail.com](mailto:smksenior2020@gmail.com) the date it was mailed, and the course(s) you wish to take if it has a limited course size. You must have an email account to take a course, so please indicate the one you prefer information sent to. All receipts and Zoom links are sent from the PVSC website, so be sure to check your junk or spam email folders if you don't receive a receipt in your inbox.

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

Members of other Maine Senior Colleges may email Sheila at [smksenior2020@gmail.com](mailto:smksenior2020@gmail.com) with your name, email, phone number and your Senior College so the PVSC membership fee can be adjusted. You will then be able to register online, or mail in the form with a check without paying for the membership. Any courses with maximum participants, first choice is given to PVSC members.

### **Zoom Information**

For all Zoom courses, the link will be emailed two days prior to the first class, and then a reminder email on the morning of each class. Any instructor handouts will be emailed to you as soon as they are received. Instructors are provided with their class roster, and some prefer to email their class members directly once the course has started. Classes will be recorded and available for two weeks for only those members who are registered for the course.

**Don't Wait! Register Now!**

**PENOBSCOT VALLEY SENIOR COLLEGE  
SPRING 2022 COURSE LIST – all are Zoom courses**

**MONDAY**

**10:00 AM – 10:45 AM**

**March 21, 28, April 4, 11, 18, 25**

***Taiji Fit™ Moving Meditation***

The Taiji Fit™ method of teaching focuses on instilling the practice of Tai Chi through the experience of "flow". Focusing purely on the experience of flow, participants engage in a moving meditation while also exercising the body. There is no responsibility to learn, memorize or have any prior knowledge of Tai Chi. There are no critiques, corrections, or criticism, so participants can focus on themselves and gain its benefits. Tai Chi's slow, continuous movements are appropriate for all ages and fitness levels, and thanks to the Taiji Fit™ teaching method, are easily accessible to all. Tai Chi can be done standing or sitting. The TaijiFit™ teaching method molds traditional Tai Chi into a modern experience that immediately delivers Tai Chi's benefits.

Benefits include but are not limited to:

- Improved Mental Health
- Reduced Chronic Pain
- Improved balance and fall reduction
- Lowered Blood Pressure
- Stress and Anxiety Reduction
- Increased Flexibility and Strength



**Class size limited to 24**

**Materials: Comfortable clothing, Chair**

***Instructor: Debra Gunn***

Debra Gunn lives in Maine with her husband of 17 years, 3 rescued dogs, and 2 rescued kittens. She has been a Certified Personal Trainer for 15 years, and now leads group training and Taiji Fit classes virtually live online. She will soon be adding relaxation/meditation classes as well.

In today's world she believes we all need a little calm in the storm. Taiji delivers that calm. Since stress causes a myriad of diseases, this movement practice will help counteract that.

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**1:30 – 3:30 PM    March 21, 28, April 4, 11, 18, 25, May 2, 9, 16**

***Climate Change Series: Problems, Solutions, Progress –  
Mainers Working Together***

This timely course should have something for everyone to learn more about the many effects of climate change. Our PVSC Vice President, Bill Fackenthall, and dedicated curriculum member, Nancy Rampe, have accomplished an amazing task in finding such notable presenters. For the same course fee of \$30 per member, you can attend all nine presentations!

**Please refer to the full course description separate link or check the PVSC website for further information about the topics and presenters.** [Climate Sheila's template JAH4 BF SMK 2-28-22.pdf](#)

## TUESDAY

10:00 AM - 12:00 PM

March 22, 29, April 5, 12, 19

### ***Experimenting with Collage (A 5-Week Course) (Limit 10)***

**Simple materials become complex. Simple images can communicate big ideas!**

**Returning artist, Kal Elmore is once again sharing her expertise, but in a new art form.**

A collage is an artwork created from a combination or collection of things. Usually 2-dimensional, the collaged items are secured to a stiff backing material.



Participants in this class will learn a few basic techniques and will explore collage options based on some project themes.

Warning: Collage can be addicting! Once you get started, it's so hard to stop! Making art can be so much fun!

Please try to gather materials for the first class. Kal will talk more about materials and processes when you meet. **CLASS SIZE LIMITED TO 10 PARTICIPANTS.**

#### **Materials:**

- Papers, magazines, photos, and picture books that can be cut up
- a few large glue sticks - UHU brand or other good quality brand
- Acrylic matte medium or Elmer's glue or PVA glue
- 1/2 inch and 1 inch bristle brushes for gluing
- water container for brush cleaning
- small sharp scissors
- exacto knife
- cutting mat (self-healing mat) - 9 in. x 12 in. or so
- 12-inch metal ruler
- waxed paper
- several 9 in. x 12 in. manilla envelopes or plastic zip lock bags to store cut images
- mat board or cardboard pieces for backing support - (9 in. x 12 in. or smaller)
- some nice papers
- markers

#### ***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 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 for Spring and Fall of 2021.

## TUESDAY

1:30 PM - 3:30 PM

March 22, 29, April 5, 12, 19, 26

### ***Everything You Wanted to Know about Judaism but didn't know Who or How to Ask***

This course is an introduction to basic tenets, ideas, and history of Judaism and the Jewish people. There will be plenty of time for questions and a deep dive into some topics, such as: God, Torah, and Israel.



#### ***Instructor: Darah Lerner (she/her/hers)***

Darah Lerner is the Rabbi of Congregation Beth El in Bangor. She has taught at Husson College, Bangor Theological Seminary, the University of Maine-Orono, and is a popular teacher for Penobscot Valley Senior College. Rabbi Lerner has been active in social justice issues including working for Marriage Equality and supporting the work of such organizations as Food and Medicine. She presents widely on Jewish issues, ethics, and diversity.

## WEDNESDAY

10:00 AM - 12:00 PM

March 23, 30, April 6, 13, 20, 27

### ***Come Play in my Chemistry Set!***



Join long-time, now retired, Chemistry teacher, Judy Tredwell, as she reviews some very basic topics in Chemistry. She'll also give information about a few of the current issues we see in the news such as PFAS "forever chemicals" and lead in drinking water, which should stimulate some great discussion.

No math is required!

#### ***Instructor: Judy Tredwell***

Judy Tredwell taught College-Prep High School Chemistry for 35 years at Orono (Maine) High School and 15 years at Eastern Maine Community College (EMCC) in Bangor. Judy is presently one of the 2021-2022 PVSC Co-Presidents. She graciously agreed to teach this course, and we thank her for sharing her knowledge, and sense of humor with PVSC members.

***"Commit yourself to lifelong learning.  
The most valuable asset  
you'll ever have is your mind and what you put into it."  
-Albert Einstein***

## WEDNESDAY

**1:30 PM - 3:30 PM**

**March 23, 30, April 6, 13, 20, 27**

### ***The History of U.S. and Maine Refugee Resettlement: 1975-Present***

This course will involve lecture and discussion regarding the history and trajectory of how immigrant arrivals into the U.S. and Maine have impacted refugee policy, politics, and attitudes about immigration in general.

Learn who created Maine's first refugee program and why refugee arrivals in Lewiston continue to generate national and international curiosity to this day.

**Phil Nadeau will be the Discussion Leader/Teacher**

**March 23:** A Refugee History Primer - Immigration Policy, Opinion and Policies: 1820-1965

**March 30:** U.S. and Maine - Indochina, Cuba, and the 1980 Refugee Act: 1965-1980

**April 6:** U.S. and Maine - The Resettlement and Placement Program ~ Policy Changes ~ Portland Refugees ~ Lewiston's New Mainers: 1980-2000

**April 13:** U.S. and Maine - The Population Problem ~ Somalis Arrive in Lewiston ~ The Mayor's Letter ~ The Many and One Rally: 2001-2003

**April 20:** The Somali Narrative Project: A 'case study' in the dynamics of intercultural collaboration-its activities and challenges, benefits and joys.

#### **Discussion Panel:**

**Mazie Hough**, *Discussion Leader*, History and Women's, Gender, and Sexuality Studies (retired UM)

**Kim Huisman Lubreski**, *Panel Participant*, Sociology (Assistant Director of Learning Design and Adjunct Faculty in Justice and Peace Studies, Georgetown University)

**Prof. Kristin Langellier**, *Discussion Leader*, Communication and Journalism (retired UM)

**Carol Toner**, *Panel Participant*, Maine Studies, (retired UM)

**Ismail Warsame**, *Guest Speaker*, (Director at Ettihad Cultural Center, Oregon State University)

**April 27:** U.S., Maine, Lewiston, and Portland: 2004-Present

#### ***Instructor: Phil Nadeau***

Phil Nadeau is a Lewiston, Maine native who served in the Air Force from 1972-1976. He served as Richmond, Maine's town manager from 1994-1999, and Lewiston's Assistant City Administrator from 1999-2017. Phil has spoken nationally; has been interviewed by the national / international news media; has done policy research; and has been published on the subject of Lewiston's experiences with its immigrant populations.

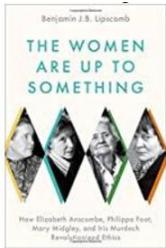
Participants: Minimum-10 Maximum-40



## THURSDAY

10:00 AM - 12:00 PM

March 24, 31, April 7, 14, 21, 28



### ***The Four Women Who Changed Moral Philosophy***

In the mid-twentieth century a remarkable group of philosophers emerged at Oxford who, individually and together, changed the course of moral philosophy in the English-speaking world. Those women were: Elizabeth Anscombe, Philippa Foot, Mary Midgley, and Iris Murdoch.

We will be drawing information from a recent book, which is not required, but listed here: "The Women Are Up to Something," by Benjamin Lipsco. (Kindle e-book or hardcover available.

#### ***Instructor: Clifton (Cliff) F. Guthrie***

Cliff Guthrie is the Professor of Ethics and Humanities at Husson University (Bangor, Maine), and a Visiting Adjunct Professor at the University of Maine in Leadership Studies. He earned his Ph.D. at Emory University in Atlanta, Georgia, and moved to Maine in 1999 to be a professor at the Bangor Theological Seminary. In 2007 he started teaching at Husson.

Cliff's research interests include religious and moral psychology and ethics and technology.

## THURSDAY

1:30 PM - 3:30 PM

March 31, April 7, 14, 21, 28

### ***What's Your Story? (A 5-Week Course begins March 31<sup>st</sup>)***

You have a story to tell!

This course will guide you through the process of gathering your personal memoirs together. You will write between classes from assigned prompts that will help you jog your memory. However, this is not a writing course.

Come and meet others in a comfortable, confidential small group.



**Materials:** Book - "Writing the Sacred Journey, The Art and Practice of Spiritual Memoir" by Elizabeth J. Andrew (optional but recommended)

**Class size: Minimum - 6 Maximum - 12**

#### ***Instructor: Charlene Vincent***

Charlene Marie Laure Vincent is the author of two books, She holds Master's degrees from Boston University School of Theology and Episcopal Divinity School. Charlene facilitates small writing groups from Florida to Maine.

PVSC is excited to have her available to teach this course.

**FRIDAY**

**10:00 AM – 12:00 PM**

**March 25, April 1, 8, 15, 22, 29**

## ***The Supreme Court Term 2022***



There'll be abortion...  
There'll be guns...There'll be religion...  
Free Speech...Crimes and Criminals...  
All the things you weren't supposed to bring up at Thanksgiving dinner,  
but just right for another round of  
PVSC's LONGEST RUNNING CLASS WITH THE SAME TITLE  
(Only the year has changed!)

### ***Instructor: Solomon Goldman***

Sol Goldman, a retired lawyer and retired professor of law, most recently at the University of Maine. He is pleased to be seemingly unable to retire from hosting his famous Supreme Court of the US course once again, and for the second time on Zoom. To paraphrase the billboard: "IT'S THE WAY TEACHING SHOULD BE!"

**FRIDAY**

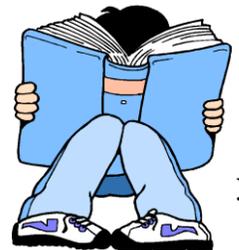
**1:30 PM – 3:30 PM**

**March 25, April 1, 8, 15, 22, 29**

## ***Current Trends in Children's Literature***

Do you remember what your favorite book was when you were very young?  
Do you remember what your favorite book was when you were on the cusp of becoming a teenager?

What about those books grabbed your attention and became meaningful to  
Were some of the books considered "cutting edge" and what made them so?  
In this course we will explore some current trends and issues in children's literature as seen through the eyes of four dedicated librarians who very much care about the issues and quality of the children's books of today.



you?

**Refer to the additional emailed handout or the website with complete information on the Topics, Presenters' Biographies, and recommended books.** [Spring 2022 Current Trends in Child Lit SMK 2-28-22.pdf](#)

- March 25      Topic: Early Literacy Development and Picture Books  
Presenter:    Michele Brosseau, Head of Youth Services, Bangor Public Library
- April 1        Topic: Making the Cut: An Introduction to Children’s Book Awards  
Presenter:    Lynn Harlan, Brewer Library
- April 8        Topic: Outlawed: When Books Get Banned  
Presenter:    Lynn Harlan, Brewer Public Library
- April 15       Topic: Read Local: An Introduction to Maine’s Children’s Book Authors  
Presenter:    Kara Reiman, Children’s Literacy Specialist, Maine State Library
- April 22       Topic: Diverse and Multicultural Books of the Notable Books for a  
Global Society Collection  
Presenter:    Sandip Wilson, Prof. of Children’s/Young Adult Literature, Husson  
University
- April 29       Young Adult / LGBTQ Issues and how they are presented  
Presenter:    Michele Brosseau, Head of Youth Services, Bangor Public Library

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**PVSC SPRING 2022 ZOOM CLASSES REGISTRATION FORM**

**Online Registration ENDS MARCH 15<sup>TH</sup> at Midnight**  
**Send mailed registrations prior to March 15<sup>th</sup> in case of delays**

**PVSC 499 Broadway PMB #274 Bangor, ME 04401**  
**Classes start the week of Monday, March 27, 2022**

- \$ \_\_\_\_\_ **Taiji Fit Moving Meditation (Limit 24)**      **Mon. 10:00 - 10:45 (6 weeks)**
- \$ \_\_\_\_\_ **Climate Change Series...**      **Mon. 1:30 - 3:30 (9 weeks)**
- \$ \_\_\_\_\_ **Experimenting with Collage (Limit 10)**      **Tues. 10:00 - 12:00 (5 weeks begins 3/22)**
- \$ \_\_\_\_\_ **Everything You wanted to Know About Judaism...**      **Tues. 1:30-3:30 (6 weeks)**
- \$ \_\_\_\_\_ **Come Play in My Chemistry Set!**      **Wed. 10:00 - 12:00 (6 weeks)**
- \$ \_\_\_\_\_ **History of Refugee Resettlement...**      **Wed. 1:30-3:30 (6 weeks)**
- \$ \_\_\_\_\_ **Four Women...Moral Philosophy**      **Thurs. 10:00 – 12:00 (6 weeks)**
- \$ \_\_\_\_\_ **What’s Your Story? (Limit 12)**      **Thurs. 1:30 - 3:30 (5 weeks, begins 3/31)**
- \$ \_\_\_\_\_ **Supreme Court Term 2022**      **Fri. 10:00 – 12:00 (6 weeks)**
- \$ \_\_\_\_\_ **...Children’s Literature (Limit 24)**      **Fri. 1:30 – 3:30 (6 weeks)**

\$ \_\_\_\_\_ **2021-2022 PVSC Membership \$25 individual (if you have not yet joined)**

\$ \_\_\_\_\_ **2021-2022 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.

**Are you willing to be a Zoom Co-Host if training is provided?    Yes    No    (Circle One)**