



UNIVERSITY OF
SOUTHERN MAINE
Senior College at
Lewiston-Auburn College

Senior College News

Winter 2009

Greetings from the Chairman

Another successful semester of senior college classes ended in November. We had 136 members sign up for one or more of the ten classes offered. The actual enrollment was 179, meaning that some people took two or more classes.

Thanks to the excellent work of many volunteers in conjunction with our liaison, Sandi Croft, very few problems arose. The University of Southern Maine Senior College at Lewiston-Auburn College is becoming more and more a volunteer organization. This means that each group must be able to work with others in a cooperative manner, and that is exactly what is happening for our organization. The various committees - volunteers, membership, curriculum and events - working together was the reason for the success of this past session.

Many of those reading this newsletter are new members. Welcome to Senior College! We hope to see you at our winter one-day classes and at the classes to be presented in the Spring 2009 semester. Let your friends know about Senior College, and encourage them to enroll in the spring or perhaps even volunteer to teach a course in which they have a special interest! We are always looking for more volunteers, and would appreciate any help you may want to give.

When talking to your friends about Senior College, stress that while it is for seniors, it is not a conventional college. Our classes have no tests or quizzes, and the only criteria for taking a course, beyond being a senior person, is interest in the subject matter. A college background is not necessary for attending or teaching a course, and a desire to expand your horizons and to keep mentally fit are all the criteria one needs.

Hugh Keene

A Visit with Barbara Randall

By Rose Goodwin



“I really didn’t think I wanted to teach”. This, from Barbara Randall, one of the most popular and well loved teachers around.

We met with Barbara recently as she provided details of her life experience. Born in Dallas, Texas, (who would’ve thought?) her family returned to New England and settled in Lewiston, where Barbara attended the Wallace School, now known as Christian Academy, on Main Street.

“They wanted to put me in kindergarten but my mother insisted they make it first grade, and while the school agreed, I was made to sit in the back of the class.” Suffice it to say, she graduated from high school at sixteen, and then from Bates College at the age of twenty.

As she did not want to teach, Barbara studied psychology, social studies and English. Upon graduation she became a physical education instructor at a state correctional school for girls. Later she became the News Bureau Director at Bates College, followed by a position in Philadelphia with the N.W. Ayer advertising agency.

“My parents had health problems, so I came back to Maine to help them, decided to try teaching, and found that I liked it. So I earned my master’s degree

at UMaine-Orono and taught for four years at Lisbon High School.”

Then the president of Bates asked her if she would take on the job of Dean of Women, which she did for ten years through the turbulent ‘60s. “But it wasn’t as bad a time here as it was at Berkeley in California.”

“I decided to take a course at the Red Cross and it was there that I met Jimmy”, referring of course to her husband-to-be Jim Randall. When she resigned from her Bates position she began substituting at Edward Little as Jim was then the Asst. Superintendent of Schools in Auburn. Friends encouraged Barbara to apply for a permanent job, which she did, and she eventually taught English at ELHS for fifteen years.

Barbara and Jim first lived in an apartment when they married, but later saw a little Cape Cod with a lot of land in New Auburn that had been left to the Central Maine General Hospital. They decided to make an offer and it was accepted. “The first night as we sat down to a meal, we had goblets on the table which suddenly began to slide. Jim investigated and discovered the house needed to be shored up—which he did the next day”.

Barbara and Jim bought land in Carrabassett Valley where Jim built a camp and which she still owns today. They both loved skiing and it was a perfect spot for it. The camp was the setting for Thanksgiving dinner with family members, including Barbara’s father, as guests. Jim’s mom brought the turkey already cooked and wrapped in newspaper so it would be ready to eat. His brother-in-law and sister brought a Coleman stove and Barbara brought a popcorn popper which she used to cook the squash. “Mom couldn’t go out into the woods, so Jimmy bought a toilet with a bucket and used an entry area for it. (laughingly) It was a great Thanksgiving!”

Later Jim put on an addition and made a cobblestone foundation in 1973. Because there was no leach field, water was a problem and by using some ancient methods, they were able to heat water for showering.

Jim died in 1984 from cancer and in 1986 Barbara retired from teaching. “When my first Christmas after Jim’s death came around, I wanted to get

away as far as possible. So I took a trip to Russia, which was educational, and among other things, with a small group, conversed with people who wanted to learn English”.

For many years after that, she would travel at Christmas on a trip usually arranged by Kent State University in Ohio—all educational trips. “I estimate I have been around the world several times, including visiting such areas as the Orient—all of which I loved”. Her last trip was to the Arab Emirate States, “It was a lovely area for which I have fond memories, and I find it hard to realize what has happened to that region in this day and age”.

Barbara was one of the early organizers of L-A Senior College. “I love to teach and I love taking classes”. She has taught courses, presented travel programs, and enrolls in as many courses each semester as she can fit into her busy schedule.

Barbara said, “I suppose you would call me a professional volunteer”, with a grin. She is indeed that. She works with a Lifelong Learning Group as part of the United Way, is active at the Auburn Public Library, volunteers at St. Mary’s hospital and is a board member of the Nursing School at CMMC. And just when you think that is it, she is also president of the Androscoggin Retired Teachers Association.

Her exuberance for life is contagious. Be with her for a few minutes and you feel it. Barbara’s teaching methods are exhilarating, with her classes always full, so sign up quickly when she has a class scheduled at Senior College.

This then, is Barbara Randall -- teacher, student, poetess (listen to the message she leaves on her phone answering machine), but most of all, she is a friend to all who know and love her.

Winter Session Bonus For Current Members

Are you cold and tired of winter? Need a tonic? Well, get out of the house and join us for a series of one-day classes! Current members of L-A

Senior College are eligible to take advantage of a slate of one-day courses scheduled for late January and early February.

This bonus perk will include presentations by our regular instructors Barbara Randall, Hugh Keene, Alan Elze, Ila Green, June Spear and Charles Plummer.



Food for Thought

A regular feature of our Senior College activity is the monthly luncheon series, “Food for Thought”. Every second Friday at noon in Room 170, June Spear’s volunteer committee provides a variety of interesting presentations—from area professionals, board members, and community leaders to senior citizens who share their unique life experiences. “Food for Thought” is a great way to nourish the mind as well as the body.

The Food for Thought luncheon schedule through June 2009 is as follows:

January 9	Charles Plummer <i>The Last Ice Age in Maine</i>
February 13	Lincoln Ladd <i>Reading: What it is and what part it plays in our lives</i>
March 13	Spring Semester Instructors
April 10	Dennis Sweetser <i>Preparing Your Garden for Spring</i>
May 8	June Spear <i>Colorful Days and Nights in Russia</i>
June 12	The Grace Notes Bell Ringers

Volunteers Needed

“The Volunteer Committee shall be responsible for recruiting and providing members to support the day to day operations of Senior College programs and activities.”(from the By-Laws of Senior College)

As a fledging bird is encouraged to fly on its own, so does USM/L-A expect us to assume the growing administrative needs of our programs. In early August of 2008 the co-chairs of the committee met to identify these needs. Their first project was to recruit over 20 volunteers to staff the Senior College office during the August and September registration period to answer phone calls and provide information to walk-ins.

The next big job was to monitor weekly the instructors’ requisitions for copies of class materials and to provide the copies prior to scheduled classes. Other jobs include preparing evaluation sheets for the instructors, checking the phone line for recorded calls, the shredding of old files, and the processing of any needed mailings.

Several volunteers are working directly for the Food for Thought luncheon series by serving at the food tables and collecting money at the door.

Sincere thanks to each and every volunteer for their time and effort in keeping our Senior College running smoothly and efficiently. You DO make a difference. If you would like to become part of the committee, please contact us at 753-6610.

Anita Therrien & Carol Seward Co-Chairs

Senior College Conference

By Hugh Keene

On November 12 three members of our Senior College - Gerald and Claudette Martel and board chair Hugh Keene - attended the Senior College Conference held at the Wishcamper building at the University of Southern Maine campus in Portland. Nineteen people from eight senior colleges attended the one day gathering. Although the topic was “The Relevance of Strategic Planning”, a great deal of information was presented that could be incorporated by any one of the senior colleges at any stage of their development.

Background information of general interest included that the concept for senior college actually began in 1962 with an organization called the Institute for Retired Professionals. As mentioned in our previous newsletter, senior college in Maine started about twelve years ago in Portland. Today there are over sixteen senior

colleges in Maine, and although there is a network to which most but not all senior colleges belong, each is an independent organization.

Thanks to a generous grant from the Osher Foundation, the Portland senior college name was changed to the Osher Lifelong Learning Institute (OLLI). While the others in Maine receive Osher support, they have not adopted the Osher name.

Much of the information presented at the latest meeting will be discussed at our future board meetings for possible adoption of ideas. One of the suggestions is to undertake a random telephone interview of our listed members to survey the strengths and weaknesses of our L-A Senior College. All three of our attendees felt the day was quite productive. The next conference will be a multiple day event, and will take place in early November (date and place to be announced later).

Fitness Tips for Seniors

By Bob Gardner



We all know, or should know, that as we age we need to be aware of the need to maximize our health and physical conditions. To help focus attention on the whys and hows, I interviewed Robert Brainerd, Fitness Clinician and director of the Central Maine Conditioning Clinic in Auburn. Bob generously shared his experience and recommendations to seniors for this article.

A major misconception, according to Bob, is believing “you first get fit and then you are healthy. Actually, you really need to assess the status of your health *before* jumping into a fitness program.”

That means a health screening with your primary care doctor should come first. “It’s the basics”, he says. “PSA...colonoscopy...eyes...cholesterol...mammogram...whatever is age-appropriate. The difference between health and fitness is primary care.”

Factors that greatly influence healthy longevity are non-smoking, appropriate exercise, weight maintenance, controlling blood-sugar and cholesterol. “If you ignore these points, subtract 5 to 15 years from life. But two factors that can add 5-10 years are attitude and having interests. It’s really less about age than attitude. I know 75-year olds who are fit, and 50-year olds who are not.”

Random suggestions for fitness are doing cardiovascular aerobics, developing muscular strength with weights or machines, improving body mass-index (fat to lean), posture and flexibility. “Do different than normal activities. Every five days we go without exercise, we have disuse atrophy ... muscles stiffen if we don’t use them. Even little movements, hyperkinetic ... raising of arms or legs several consecutive times. Stand and sit still several times...walk up and down stairs repeatedly. Movement and activity are critical in helping to avoid hip fractures”, Brainerd stresses.

“Knowing all this is one thing, actively designing a plan to determine your physical health and implementing an appropriate fitness program is another. It takes discipline, will power and motivation whether you are 19 or 99. So often, people just don’t know where to go to set up a fitness program based on physical status, but that should not be a problem. There is an abundance of opportunities right here in L-A, from the Y’s to hospitals, schools, health clubs, and clinics such as my Central Maine Conditioning Clinic. And they all have personal trainers, specialists who can set up a program and work with you for optimal benefits.”

It is really important to have someone to be accountable to in your effort to be healthy and fit. Socialize...get relationships, find an exercise partner. Try line dancing....bowling once a week. Whatever keeps you in the flow!

Another interesting point that Brainerd makes is, “We often have people come to the clinic with an injury...an arm, leg, shoulder etc. They think they should quit exercising until the injury heals. Not true! Their program can be adapted to limit any activity which could do further harm to the injury. But to cease all activity is a bad idea. Again, if you don’t use it, you lose it.”

During our extended conversation, there was no questioning Bob Brainerd's intense belief in the life-long merits of getting healthy and fit, and staying that way. As a final tip, he added, "The mental benefits gained from your Senior College program are a real and wonderful bonus to a disciplined fitness plan."

Recognition Dinner Held For Course Instructors

Lewiston-Auburn Senior College held its annual recognition dinner on October 9, 2008 for the course instructors of the 2009 Spring and Fall semesters. The evening's activities were planned by Grace Keene and Liette Morin, co-chairs of the Special Events Committee. Also in attendance were members of the Senior College Board of Directors.

L-A College Dean Marvin Druker briefly addressed the group, emphasizing the college administration's pleasure in the success of the local program. He also provided an update on the college's new construction plans and other renovations to the facility.

Hugh Keene, board chairman, praised the volunteer instructors and staff persons for their dedicated efforts, "They are the core of this successful program, now in its 10th year'."

Providing entertainment after the delicious dinner were Barbara and Eric von Bok, owners of "The Drum Connection" school in Bath, where they teach and perform West African traditional and contemporary music. The duo demonstrated tribal stories using various drums and percussion instruments

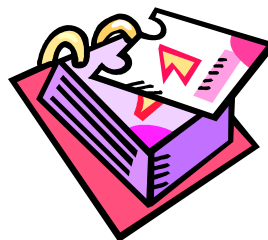
Scholarship Available to L-A College Students



Grace Keene, Barbara & Eric von Bok, Liette Morin

ANNUAL MEETING May 12, 2009 2:00PM Room 170

The By-Laws call for an Annual Meeting of the membership in May for purposes of hearing reports from the Officers and for the election of new Directors to fill positions vacated due to term expiration.



May 12, 2009

NEWSLETTER STAFF

Editor	Ralph Tuttle
Writers	Bob Gardner Rose Goodwin Hugh Keene
Designer	Dot Bowyer

The USM/Lewiston-Auburn campus has been of great help in the creation of our Senior College program. In return, we have established a

scholarship program for students enrolled at the Lewiston-Auburn College. These \$500 scholarships are awarded to applicants who have already completed at least one semester and who demonstrate promise and need.

In June of 2008 we awarded \$500 to our most recent recipient, Jacqueline Turcotte, who received her Bachelor of Science in Nursing degree in December. Like many students at L-A College Jacqueline worked full time while working for her degree.

Any interested applicants should check with the Learning Works office, room 184.



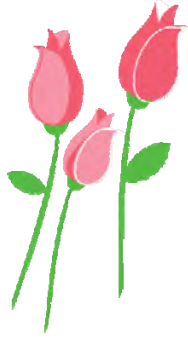
Senior Col Rose Goodwin, Jacqueline Turcotte, Hugh Keene **Board and Committees**

Board of Directors

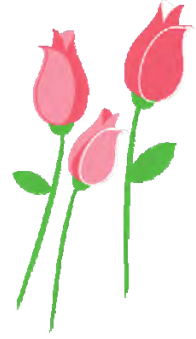
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Liette Morin
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June Spear
Donna Sweetser
Anita Therrien
Sandi Croft, Staff Liaison

Committees and Chairs

Catalog: Rose Goodwin, Grace Keene, Lincoln Ladd, Ralph Tuttle
Curriculum: Alan Elze, Rose Goodwin
Finance: Bob Bowyer, Claudette Martel, Charles Plummer
Food for Thought: Mora LePage, June Spear
Membership: Dennis & Donna Sweetser
Policy & By-Laws: Bob Bowyer, Charles Plummer
Press Releases: Lincoln Ladd, Ralph Tuttle
Scholarship: Hugh Keene
Special Events: Grace Keene, Liette Morin
Volunteers: Carol Seward, Anita Therrien



SPRING IS COMING
and
SO ARE THE CATALOGS
Check your mailboxes soon



The Curriculum Committee has been very busy contacting instructors for the Spring Semester. The Catalog Committee will soon begin processing the information and creating the new catalog. Classes begin near the end of March (exact dates are not yet available).

Here is a sample of what to look for:

Landscape Design
Dabbling in the Arts
Writing our Stories
Readers' Theater
2 Math Courses
Spanish
2 Civil War Courses
Henry Wadsworth Longfellow
A Film Course



Volunteers: Ruth Linehan & Joan Bonneau



Ila Green, Anita Therrie



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