

# USM

Osher Lifelong Learning Institute

CLASS SCHEDULE

Spring 2021

MARCH 15 TO MAY 7





# GENERAL INFORMATION

If you are 50 or older, with a curious mind and an interest in learning just for the joy of it, we invite you to join 2,200-plus like-minded older learners who are members of the Osher Lifelong Learning Institute (OLLI). OLLI is located on the Portland campus of the University of Southern Maine. OLLI at USM is committed to providing its members with a wide variety of stimulating courses, lectures, workshops, and complementary activities in a creative and inclusive learning community.

As an OLLI member at USM, you'll choose from an extensive array of peer-taught courses in the liberal arts and sciences. There are no entrance requirements, grades, or tests. Your experience and love of learning are what count. Some OLLI at USM classes involve homework—usually reading or honing skills taught in class. Assignments are not mandatory but can enhance your learning experience.

OLLI at USM is one of 17 Senior Colleges throughout Maine and participates in the Maine Senior College Network ([maineseniorcollege.org](http://maineseniorcollege.org)). The National Resource Center for all Osher Lifelong Learning Institutes ([osher.net](http://osher.net)) is located at Northwestern University in Chicago. Currently, there are 124 OLLIs throughout the country.

## MEMBERSHIP

OLLI at USM is an autonomous, self-governing organization supported through an annual membership fee of \$25. The membership fee covers

the fiscal year from July 1 to June 30. Your annual membership allows you to participate in all OLLI at USM courses and Special Interest Groups at OLLI. Our monthly online newsletter and Facebook page outline upcoming programs and events open to you.

## SCHOLARSHIPS

Full and partial scholarships are available through a simple, friendly, confidential process. Scholarships are limited to \$50 per person per term, applicable to one course, the SAGE program, or workshops. Scholarships do not apply to OLLI at USM membership, trips, or special events. Scholarship applications can be downloaded from the OLLI website: [usm.maine.edu/olli/olli-scholarships](http://usm.maine.edu/olli/olli-scholarships). **The form must be completed, signed, and submitted with each of your course registration forms.**

**NOTE: It is not possible to register for courses online with a scholarship. Please email your registration form and scholarship request to OLLI at our general email address: [olliatusm@maine.edu](mailto:olliatusm@maine.edu) BEFORE registration day to ensure timely enrollment in your class.** Scholarships, gift certificates, free memberships, or other waivers will be accepted after online registration opens. However, classes and workshops may be filled, so please turn them in as soon as possible.

If you have any questions, please email [olliatusm@maine.edu](mailto:olliatusm@maine.edu), and we will contact you as soon as we can.

### OLLI STAFF

Donna Anderson, Director  
207-228-8181; [donna.anderson@maine.edu](mailto:donna.anderson@maine.edu)

Rob Hyssong, OLLI Program Coordinator  
207-228-8336; [robert.hyssong@maine.edu](mailto:robert.hyssong@maine.edu)

Megan Saul, Administrative Specialist 3  
207-228-8482; [megan.saul@maine.edu](mailto:megan.saul@maine.edu)

Anne Cardale, Program Director,  
Maine Senior College Network  
207-780-4128; [acardale@maine.edu](mailto:acardale@maine.edu)

### OLLI ADVISORY BOARD 2020-21

Susan Jennings, Chair  
Steve Schiffman, Vice Chair  
Peter Curry, Secretary  
Anne Cass and Karen Day, Membership and Administration Committee  
Gael McKibben and Elizabeth Housewright, Social Relations Committee  
Star Pelsue, External Relations Committee  
Penny Davis-Dublin  
Pamela Delphenich  
Matt Goldfarb  
Bob Greene  
Georgia Koch  
David Morton  
Steve Piker

### FOR MORE INFORMATION

Call: 207-780-4406 or 1-800-800-4876  
E-mail: [olliatusm@maine.edu](mailto:olliatusm@maine.edu)  
Visit: [usm.maine.edu/olli](http://usm.maine.edu/olli) to register for OLLI courses





# ONLINE REGISTRATION AT OLLI AT USM

Online registration allows you to sign up for classes in real-time.

To begin the process, visit the OLLI website at:

[enrole.com/usmmaine/jsp/index.jsp?categoryId=10025](http://enrole.com/usmmaine/jsp/index.jsp?categoryId=10025)

There, you will find a link to the registration website on the home page and step-by-step instructions under “Resources” on the left. Once you have perused the catalog and chosen which classes you wish to “purchase,” you are ready to go “shopping” on the registration website. You’ll be able to tell how many spaces are still available in your chosen class and can add your name to a waitlist if a course is full.

After you pay for your classes, you’ll receive an e-mail confirmation of

your registration. It’s fast, easy, and secure.

**Please note:** Credit card is the **only** form of payment you can use for online registration. If you must use another payment form (scholarship, gift certificate), contact us at [olliatusm@maine.edu](mailto:olliatusm@maine.edu). **At this point, we cannot accept checks or cash.**

If you have shopped online, you should find online OLLI registration a snap. But if you’re not comfortable doing your online registration, the OLLI staff is standing by to help you. Please call Rob (207-228-8336), and he or another staff member will get back to you as soon as possible.

## TIPS FOR SMOOTH ONLINE REGISTRATION

- Try logging into the online registration system a few business days before February 2 to be sure you can. Sign in with your e-mail and password. If you run into a problem, e-mail Rob Hyssong at [robert.hyssong@maine.edu](mailto:robert.hyssong@maine.edu). If you can’t remember your password, try OLLI123.
- When you are ready to register (after midnight Tuesday morning), sign in first, then look for classes.
- You must be a current 2020-2021 member to take Spring classes. Your membership is current if you have taken a summer/fall/winter class or

participated in an OLLI event since last spring, so **do not** add your 2020-2021 membership to the cart.

● When you find the course you want to register for, click on the DATE below the title (not on the title itself) and then scroll down to find the “Add to the Cart” button.

● Want more helpful tips?

Visit OLLI Online Registration Assistance:

[usm.maine.edu/olli/online-registration-assistance](http://usm.maine.edu/olli/online-registration-assistance).

## IMPORTANT SPRING TERM DATES & TIMELINE

**February 2** Online registration for OLLI Spring courses begins. The registration system will automatically turn on between 12:01 and 12:15 a.m.

NOTE: Students with scholarships, gift certificates, free memberships, or other waivers must contact us at [olliatusm@maine.edu](mailto:olliatusm@maine.edu) **before February 2** so staff can process them promptly. Since your registration will be competing with online enrollments, we can’t guarantee your first-choice class, but you will be our top priority the morning after registration goes “live.” Scholarships, gift certificates, free memberships, or other waivers will be accepted after February 2, but classes and workshops may be filled, so please turn them in as soon as possible.

**February 15** Staff holiday

**February 16** Course/workshop offerings open to the Maine Senior College Network. Please contact us at [olliatusm@maine.edu](mailto:olliatusm@maine.edu) and leave your name and phone number plus the course you are interested in. We will contact you to enroll.

**March 15** OLLI Spring term classes start

**March 24** Deadline to receive refund on dropped classes

**April 19** Staff holiday

**May 7** OLLI Spring term ends

**May 10-14** OLLI Spring term makeup week

### CLASS LOCATIONS

There will be no face-to-face classes at OLLI for Spring 2021. Most classes will be taught via distance learning, often using Zoom. Not familiar with Zoom? We will offer training sessions for all participants who want or need it.

# SPRING COURSES SCHEDULE-AT-A-GLANCE

## MONDAY MORNINGS

9:30 - 11:30

*See page 8*

### **The '60s: Through the Great Speeches of the 1960s**

Buck Benedict

### **Big Bang, Then What?**

Gale Rhodes

### **Planning for a Sustainable Retirement**

Derek Tharp

### **From Kamchatka to Colorado: Four 21st Century Novels**

Betsy Wiley

### **Drawing With Light — Painting with Words**

Ariela Zucker

## MONDAY AFTERNOONS

12:45 - 2:45

*See page 9*

### **Enjoying Short Stories**

Anne Cass

### **American Democracy: Have We Bottomed Out Yet?**

Bob Goettel

### **You Want to Write, Let's Do It! — Creative Writing Boot Camp**

Lee Heffner

### **Exploring Greek Culture**

Irwin Novak and Mary Snell

### **Chinese Language & Culture**

Yan Wang

## TUESDAY MORNINGS SAGE 2021 Spring Lecture Series

*See page 10*

## TUESDAY AFTERNOONS

12:45 - 2:45

*See pages 11-12*

### **Mindful Relationships: A Mindfulness Approach to Nonviolent Communication**

Cheryl Anderson and Karen Esslinger

### **Conservatives and Liberals; Not Conservatives vs. Liberals**

Mike Berkowitz

### **Painting and Drawing Portraits**

Vicki Fox

### **Cakes for the Queen of Heaven**

Mary Gelfand

### **Endless Forms Most Beautiful**

Hal Scheintaub

### **Immigration to the US in the Post World War II Period**

Kathleen Sutherland

### **Sea-Change: Shakespeare, Capt. John Smith, and the New World**

Richard Welsh



## WEDNESDAY MORNINGS

9:30 - 11:30

*See pages 12-13*

### **A Guide To Getting Through Change - Uncertainty - Stress**

Clay Atkinson and Waite Maclin

### **Food: The Secret Sauce of History**

Sandra Garson

### **1939 — Hollywood's Greatest Year**

Andi Isaacs

### **Origin of the Middle East Conflict**

Charles Mamane

### **Saint Patrick's Confessions**

Tom McGovern

### **The Way We Were: Topics in the United States Social History**

John F. Sutherland

## WEDNESDAY AFTERNOONS

12:45 - 2:45

*See pages 14-15*

### **Cosmology for Poets...and Everybody Else**

Bob Ashton

### **Laughter Is The Answer — What Was The Question?**

Nancy Cohen

### **From Christ to Creed: A Historical and Topical Look at the Formative Years of Christianity**

Mark Gallup

### **Human Development: The Never-Ending Upward Quest** Eileen Griffin and Wheaton Griffin

### **What is Classical in Classical Art? A View of the Nature of Classical Art Through the Ages**

Nathaniel "Tan" Larrabee

### **More Innovations That Changed the World**

David Suitor

## THURSDAY MORNINGS

9:30 - 11:30

*See pages 15-16*

### **The Life and Legacy of Frances Perkins**

Michael Chaney

### **Did She Jump or Was She Pushed? — The Fallen Woman in the Victorian Novel**

Charisse Gendron

### **Where Have We Been? Where Are We Going?**

Richard Parker and Martin Rogoff

### **The Art of Living Well: Peace Education Program**

Rita Rubin-Long and Terry Landry

### **Women Sharing Stories**

Pat Taub



**THURSDAY AFTERNOONS**  
12:45 – 2:45  
*See pages 16-17*

**Two Sides to Every Issue**  
Mike Berkowitz

**Magic Moments**  
Joan Chadbourne

**Singing the Blues**  
Terry Foster

**How Did You/We Get Here?**  
**A Discussion about Human Migration**  
Mike Lynch

**20th Century Women Poets**  
**in the United States**  
Dana Robbins

**FRIDAY MORNINGS**  
9:30 - 11:30  
*See pages 17-18*

**Dark Ages — Says Who?**  
Alicia Harding  
(6-Week Course: starts March 19, 2021)

**Understanding Finance & Investing**  
Laongdao “Tak” Suppasattawat

**Great Decisions**  
World Affairs Council of Maine

**FRIDAY AFTERNOON**  
12:45 – 2:45  
*See page 18*

**Is “The Afterlife”**  
**Unscientific Popycock?**  
Stephen Kercel

**Euripides, the Innovator,**  
**in Classical Drama**  
Evy Newlyn

**REGISTERING WITH  
A WAIVER?**

Students with scholarships, gift certificates, free memberships, or other waivers must email registrations to the OLLI office at [olliatum@maine.edu](mailto:olliatum@maine.edu) before Feb. 2 for timely processing.

Waivers will be accepted after that deadline but will be processed at the same time online registration is underway, which lowers your chances of getting the class you want.

**ONLINE REGISTRATION INFORMATION FOR  
COURSES & WORKSHOPS:**  
**SEE PAGES 3 and 22**



**WORKSHOPS SCHEDULE-AT-A-GLANCE**

**SATURDAY, APRIL 10, 2021**  
9:30 – 11:30 AM (1 SESSION)  
*See page 19*

**Introduction to Meditation (\$15)**  
Heather Edgerly

**Green Cemeteries and**  
**Home Funerals (\$15)**  
Chuck Lakin

**After Puccini: Opera Enters**  
**the 20th Century (\$15)**  
Calien Lewis

**The Cliffhangers: Part 6 –**  
**Western Heroes, Part 2 (\$15)**  
DeWayn Marzagalli

**Elder Women Intuitive Wisdom (\$15)**  
Lucille Meltz

**SATURDAY, APRIL 10-24, 2021**  
9:30 – 11:30 AM (3 SESSIONS)  
*See page 20*

**James Joyce’s Ulysses:**  
**An Overview (\$25)**  
Bob McCue

**SATURDAY, APRIL 17, 2021**  
9:30 – 11:30 AM (1 SESSION)  
*See page 20*

**Is Consciousness a**  
**Quantum Effect? (\$15)**  
Stephen Kercel

**Writing a**  
**‘Legacy Letter’ (\$15)**  
Jay Sherwin

**SATURDAY, APRIL 17–24, 2021**  
9:30 – 11:30 AM (2 SESSIONS)  
*See page 20*

**Beyond the Canon:**  
**Exemplars of Self-Taught, Outsider,**  
**and Visionary Art (\$25)**  
Mark Palmgren

**SATURDAY, APRIL 24, 2021**  
9:30 – 11:30 AM (1 SESSION)  
*See page 20*

**Voting in the US: Of Suffrage and**  
**Suppression (\$15)**  
Mike Berkowitz





# COURSE/WORKSHOP LIST BY INSTRUCTOR

Instructor	Title	Day/Date	Time	Page
Anderson, Cheryl.....	Mindful Relationships: A Mindfulness Approach to Nonviolent Communication .....	Tues .....	PM .....	11
Ashton, Bob.....	Cosmology for Poets...and Everybody Else .....	Wed.....	PM.....	14
Atkinson, Clay.....	A Guide To Getting Through Change - Uncertainty - Stress .....	Wed.....	AM.....	12
Benedict, Buck.....	The '60s: Through the Great Speeches of the 1960s.....	Mon .....	AM.....	8
Berkowitz, Mike .....	Conservatives and Liberals; Not Conservatives vs. Liberals.....	Tues .....	PM .....	11
Berkowitz, Mike .....	Two Sides to Every Issue .....	Thurs .....	PM.....	16
Berkowitz, Mike .....	Voting in the US: Of Suffrage and Suppression.....	April 24.....	AM.....	20
Cass, Anne.....	Enjoying Short Stories.....	Mon .....	PM.....	9
Chadbourne, Joan.....	Magic Moments .....	Thurs .....	PM.....	16
Chaney, Michael.....	The Life and Legacy of Frances Perkins.....	Thurs .....	AM.....	15
Cohen, Nancy .....	Laughter Is The Answer — What Was The Question?.....	Wed.....	PM.....	14
Edgerly, Heather .....	Introduction to Meditation.....	April 10.....	AM.....	19
Esslinger, Karen.....	Mindful Relationships: A Mindfulness Approach to Nonviolent Communication .....	Tues .....	PM .....	11
Foster, Terry.....	Singing the Blues .....	Thurs .....	PM.....	17
Fox, Vicki.....	Painting and Drawing Portraits .....	Tues .....	PM.....	11
Gallup, Mark.....	From Christ to Creed: A Historical and Topical Look at the Formative Years of Christianity .....	Wed.....	PM.....	14
Garson, Sandra .....	Food: The Secret Sauce of History.....	Wed.....	AM.....	13
Gelfand, Mary.....	<i>Cakes for the Queen of Heaven</i> .....	Tues .....	PM.....	11
Gendron, Charisse.....	Did She Jump or Was She Pushed? — The Fallen Woman in the Victorian Novel.....	Thurs .....	AM.....	15
Goettel, Bob .....	American Democracy: Have We Bottomed Out Yet? .....	Mon .....	PM.....	9
Griffin, Eileen.....	Human Development: The Never-Ending Upward Quest .....	Wed.....	PM.....	14
Griffin, Wheaton.....	Human Development: The Never-Ending Upward Quest .....	Wed.....	PM.....	14
Harding, Alicia.....	Dark Ages — Says Who?.....	Fri .....	AM.....	17
Heffner, Lee.....	You Want to Write, Let's Do It! — Creative Writing Boot Camp.....	Mon .....	PM.....	9
Isaacs, Andi.....	1939 — Hollywood's Greatest Year .....	Wed.....	AM.....	13
Kercel, Stephen.....	Is "The Afterlife" Unscientific Poppycock?.....	Fri .....	PM.....	18
Kercel, Stephen.....	Is Consciousness a Quantum Effect? .....	April 17 .....	AM.....	20
Lakin, Chuck.....	Green Cemeteries and Home Funerals .....	April 10.....	AM.....	19
Landry, Terry .....	The Art of Living Well: Peace Education Program.....	Thurs .....	AM.....	16
Larrabee, Nathaniel "Tan".....	What is Classical in Classical Art? A View of the Nature of Classical Art Through the Ages .....	Wed.....	PM.....	14

<b>Instructor</b>	<b>Title</b>	<b>Day/Date</b>	<b>Time</b>	<b>Page</b>
Lewis, Calien.....	After Puccini: Opera Enters the 20th Century .....	April 10.....	AM.....	19
Lynch, Mike.....	How Did You/We Get Here? A Discussion about Human Migration .....	Thurs.....	PM.....	17
Maclin, Waite.....	A Guide To Getting Through Change - Uncertainty - Stress .....	Wed.....	AM.....	12
Mamane, Charles.....	Origins of the Middle East Conflict.....	Wed.....	AM.....	13
Marzagalli, DeWayn.....	The Cliffhangers: Part 6 - Western Heroes, Part 2.....	April 10.....	AM.....	19
McCue, Bob.....	James Joyce's Ulysses: An Overview.....	April 10, 17, 24.....	AM.....	20
McGovern, Tom.....	Saint Patrick's Confessions.....	Wed.....	AM.....	13
Meltz, Lucille.....	Elder Women Intuitive Wisdom.....	April 10.....	AM.....	19
Newlyn, Evy.....	Euripides, the Innovator, in Classical Drama.....	Fri.....	PM.....	18
Novak, Irwin.....	Exploring Greek Culture.....	Mon.....	PM.....	9
Palmgren, Mark.....	Beyond the Canon: Exemplars of Self-Taught, Outsider, and Visionary Art.....	April 17, 24.....	AM.....	20
Parker, Richard.....	Where Have We Been? Where Are We Going?.....	Thurs.....	AM.....	15
Rhodes, Gale.....	Big Bang, Then What?.....	Mon.....	AM.....	8
Robbins, Dana.....	20th Century Women Poets in the United States.....	Thurs.....	PM.....	17
Rogoff, Martin.....	Where Have We Been? Where Are We Going?.....	Thurs.....	AM.....	15
Rubin-Long, Rita.....	The Art of Living Well: Peace Education Program.....	Thurs.....	AM.....	16
Scheintaub, Hal.....	Endless Forms Most Beautiful.....	Tues.....	PM.....	12
Sherwin, Jay.....	Writing a 'Legacy Letter'.....	April 17.....	AM.....	20
Snell, Mary.....	Exploring Greek Culture.....	Mon.....	PM.....	9
Suitor, David.....	More Innovations That Changed the World.....	Wed.....	PM.....	15
Suppasattawat, Laongdao "Tak".....	Understanding Finance & Investing.....	Fri.....	AM.....	18
Sutherland, John F.....	The Way We Were: Topics in the United States Social History.....	Wed.....	AM.....	13
Sutherland, Kathleen.....	Immigration to the US in the Post World War II Period.....	Tues.....	PM.....	12
Taub, Pat.....	Women Sharing Stories.....	Thurs.....	AM.....	16
Tharp, Derek.....	Planning for a Sustainable Retirement.....	Mon.....	AM.....	8
Wang, Yan.....	Chinese Language & Culture.....	Mon.....	PM.....	9
Welsh, Richard.....	Sea-Change: Shakespeare, Capt. John Smith, and the New World.....	Tues.....	PM.....	12
Wiley, Betsy.....	From Kamchatka to Colorado: Four 21st Century Novels.....	Mon.....	AM.....	8
World Affairs Council of Maine.....	Great Decisions.....	Fri.....	AM.....	18
Zucker, Ariela.....	Drawing With Light – Painting with Words.....	Mon.....	AM.....	8



# MONDAY MORNINGS 9:30 – 11:30

## The '60s: Through the Great Speeches of the 1960s Buck Benedict

Many of us came of age in the tumultuous decade of the 1960s. This **repeat course** is an opportunity to review the '60s through some of the great speeches of that era. From Eisenhower's famous warning of the "military-industrial complex" in his farewell address (1961) to Nixon's equally renowned "Silent Majority" speech (1969), we will look at or listen to the people who moved others with their words.

*Buck Benedict is a communications consultant who taught public speaking and speechwriting at the University of Pennsylvania from 2002 to 2018. He continues to share his love of the spoken word and help people speak their truth.*

## Big Bang, Then What? Gale Rhodes

"Recorded history" means history written in human language. But the rest of history since the Big Bang — the other 99.99996 %, or "big history" — is also recorded. It is written in electromagnetic radiation, chemical elements and their isotopes, interstellar molecules, stars and their planets, galaxies and their clusters. Let's explore the aftermath of the Big Bang by the scientific method of deciphering big history as written in Nature, from the simplest matter and energy to their most complex forms: life. No scientific background is required. **Resource:** YouTube. Format: weekly sessions where we watch and discuss. More information at [bigbangthenwhat.blogspot.com/](http://bigbangthenwhat.blogspot.com/).

*Gale Rhodes has taught college chemistry, biochemistry, structural biology, interdisciplinary courses ("Science and ..."), and OLLI courses. Publications include biochemical research, interdisciplinary education, natural history, and how to "see" molecular structures. At his web site — One Culture ([oneculture-olli.blogspot.com](http://oneculture-olli.blogspot.com)) — he connects science with other knowledge.*

## Planning for a Sustainable Retirement Derek Tharp

This course will examine how individuals and couples can plan for a sustainable retirement. We will examine both prudent retirement planning practices and methods for investing in a socially and environmentally conscious manner. We will take a holistic view of financial management in retirement and address retirement income planning, Social Security and Medicare planning, managing taxes in retirement, investment management,

the use of annuities in retirement planning, estate planning, long-term care planning, and more. Readings, discussions, and in-class exercises will be aimed at providing practical insights for attendees.

*Derek Tharp, Ph.D., CFP®, CLU®, is a finance professor at USM. Derek has eight years of experience as a financial advisor. He blogs regularly at the Wall Street Journal's Experts Blog, and he has been quoted in publications such as the New York Times, Wall Street Journal, and Washington Post.*

## From Kamchatka to Colorado: Four 21st Century Novels Betsy Wiley

While we shelter at home, four contemporary novels will take us to places we're unlikely to visit to meet characters we're unlikely to forget. Please read the first half of Phillips' novel before the first class. **Required books:** *Disappearing Earth*, Julia Phillips, ISBN 9780525436225; *The Cat's Table*, Michael Ondaatje, ISBN 9780307744418; *Djinn Patrol on the Purple Line*, Deepa Anappara, ISBN 9780593129197, USM price: Hardcover \$27.00 or ebook \$13.99; *Benediction*, Kent Haruf, ISBN 9780307950420, USM price \$16.00

*Betsy Wiley has her PhD in American Studies from George Washington University. She has been teaching at OLLI for ten years, and it brings her much joy.*

## Drawing With Light- Painting with Words Ariela Zucker

*(6-week course: starts March 15, 2021)*

Images can enhance writing by injecting creative energy that originates in the sense of vision. All we have to do is look around as explorers and be open to what the views stir inside us. This is not a photography course! It is a writing class that draws on the power of the visual. Each of the six classes will start with instructions regarding the week's photography assignment, followed by writing suggestions. Combining photography with a writing prompt will generate a conversation between the visual and the literary. Photographs may be taken on a phone camera.

*Born in Jerusalem, Ariela (a former educator) and her husband moved to the U.S. in September 2001, followed by three of their daughters. They live in Ellsworth, Maine, in the motel that they own and operate.*





# MONDAY AFTERNOONS 12:45 – 2:45

## Enjoying Short Stories

Anne Cass

This **repeat course** allows participants to read and enjoy selected short stories. While the structure will be similar to the fall course, the content will differ in that we will use an anthology — *Immigrant Voices: 21st Century Short Stories*. Given the state of our world today, it seems appropriate to explore differences in a safe and collegial atmosphere. We may also add some favorites of our own if time and student choice permit. **Required book:** *Immigrant Voices: 21st Century Stories*, Achy Obejas and Megan Bayles, ISBN 978-193314765-9 (Paperback), USM price \$19.95 new or \$14.00 used.

*Anne Cass retired from teaching and school administration and dove into volunteering at OLLI. She serves on the Advisory Board, has worked in the office, and has taught and co-taught at OLLI for three years. She enjoys good conversation, casual classes, and facilitating engaging conversations.*

## American Democracy: Have We Bottomed Out Yet?

Bob Goettel

It will be close to the inauguration and perhaps the state of the union when you read this. We still ask, has the loss of trust in our institutions finally become so dire that there is plausible hope that we're turning a corner in governance and, indeed, our democracy? Our topics may include global warming, state of the media nationwide, management of the pandemic, capitalism, and of course, the economy. Specific topics will be posted at [rjgusmolli.com](http://rjgusmolli.com). Guests from USM and the broader community will enhance discussion, as will contributions from informed class members. Reading materials will be distributed electronically.

*Bob Goettel is a retired Muskie School faculty member and USM administrator who has coordinated this class at OLLI each spring and fall since 2008. He led university-based and for-profit policy research organizations and directed numerous federal and state-level policy and evaluation studies.*

## You Want to Write, Let's Do It! — Creative Writing Boot Camp

Lee Heffner

Do you want to write? Prove you can. In six weeks, you will have six short pieces you have yet to imagine: no excuses, no inner dialogue, no internal editor, no rationalizations. An hour before each class, you will receive a

prompt: a word, image, or phrase. You will draft a piece based on the prompt, login into class, and join your fellow writers to share what you've written. Trust the process. Be amazed. You and your classmates have wondrous stories to tell when prompted.

*Lee Heffner, author of Write to Finish: A Road Map to Authorship (2017), began her work with creatives in 1995. A writer of fiction and non-fiction, she integrates her passions and skills to coach writers to achieve their goals. In addition, she teaches multiple classes to develop the writing practices of her students further.*

## Exploring Greek Culture

Irwin Novak and Mary Snell

The myths! The landscape! The food! This hybrid course introduces the rich and appealing Greek culture through lectures, films, and guest presentations. Topics we'll touch upon include music, history, current events, Orthodox religion, geology, and geography. Course handouts will be sent as attachments. Some classes run more than two hours to allow the showing of films followed by discussion. Since we can't travel, join us each week on this virtual journey.

*Mary Snell, MFA, a writer, poet, and former theater critic for the Portland Press Herald, is the founding president of the Hellenic Society of Maine.*

*Irwin Novak, PhD, is Professor Emeritus of Geology at USM and is an avid film buff. He coordinates the annual Greek film series for the HSoM. Both Irwin and Mary taught USM International Summer programs on Lesbos in Greece for 20 years; and have spent two months each year there for the past 32 years.*

## Chinese Language & Culture

Yan Wang

This **repeat course** aims to provide a basic foundation in the combined skills of listening, speaking, and writing Chinese characters and a general picture of Chinese culture. Learners will start with the Mandarin phonetic system (Pinyin), pronunciation, stroke order, and basic Chinese characters. Students will be able to conduct conversations based on daily topics. As for Chinese culture, the instructor will provide some information about China's history and geography, Chinese legends, Chinese philosophy, traditions and customs, Chinese tea, Chinese medicine, Chinese Kungfu, and other relevant topics.

*Yan Wang is the Co-Director of the USM Confucius Institute. His home university is Dongbei University of Finance and Economics in Dalian, China.*



# TUESDAY MORNINGS 9:30 – 11:30

## SAGE 2021 Spring Lecture Series

Each fall and spring, SAGE provides eight Tuesday-morning lectures. Topics include history, culture, the arts, geography, and science. Drawing on community resources, SAGE offers attendees the opportunity to hear interesting speakers and to learn more about a wide array of interesting subjects. OLLI is excited to offer such an outstanding lecture program at the price of \$50 for the entire series or \$10 per lecture.

**March 16** Kelly Martin, retired Chief of Fire and Aviation for Yosemite National Park and the National Park Service

***FIRE — Our Past, Present, and Future — How We Can Adapt and Learn to Live WITH Fire and Smoke***

Kelly will discuss her up close and personal experiences with forest fires as well as fire behavior, causes, climate change, and steps that should be taken.

**March 23** Ed Myslik, Principal Investigator, Maine Bureau of Consumer Credit Protection

***ID Theft: How Can We Protect Ourselves?***

Ed will bring his long experience with victims of ID theft right here in Maine to help us be proactive in protecting ourselves and teach us what we can do if it happens.

**March 30** Richard Bilodeau, Lecturer of Entrepreneurship, USM School of Business

***Role of Neurobiology in Creative Decision-making***

Richard will share research and practices that enhance creativity and learning through the optimization of our neurobiology.

**April 6** Dr. Firooza Pavri, Director of Muskie School for Public Service, Professor of Geography, USM

***Shifting Landscapes in the Arctic: Observations About Climate Change from Greenland & Iceland***

Firooza will discuss recent environmental and societal shifts in

Iceland and Greenland as well as the implications of climate trends for the region's future.

**April 13** Anthony W. Buxton, Chair, Energy & Utilities Practice Group, Preti Flaherty

***Right Principles for Maine Climate Crisis Mitigation Decisions***

Tony will discuss how a democracy such as the State of Maine might most rapidly and effectively decrease carbon emissions.

**April 20** Dr. Jean Murachanian, Executive Director, Portland Conservatory of Music

***The Benefits of Music Education***

Jean will talk about how Portland Conservatory of Music, now in its 24th season, engages 300+ students of all ages and abilities.

**April 27** Stephen Pelsue, Science Director, BBI Solutions

***The Science of Vaccines: Learning from the Past to Protect our Future***

Stephen will examine the history of vaccines and the advances that have built the foundation for those currently being used to fight COVID-19.

**May 4** Carolyn Nishon, Executive Director and Eckart Preu, Artistic Director, Portland Symphony Orchestra

***New Challenges and New Opportunities at the Portland Symphony Orchestra***

This presentation will focus on the work that the PSO has done to adapt to Covid-19 challenges and what lies in store for the organization as it looks to its 100th season and beyond.

*Further details on the SAGE lineup, along with a registration form, can be found in the SAGE brochure you'll receive in January. The brochure will also be available on the OLLI website.*



# TUESDAY AFTERNOONS 12:45 – 2:45

## Mindful Relationships: A Mindfulness Approach to Nonviolent Communication

Cheryl Anderson and Karen Esslinger

Growing up in modern society, most of us learned to communicate in ways that often create misunderstanding and frustration — habits of communication that can lead to anger, depression, and even emotional or physical violence. In this class, we will learn mindfulness practices and the nonviolent communication techniques pioneered by Dr. Marshall Rosenberg to move from conflict to collaboration in our relationships and public discourse. Each session will include a guided meditation, a talk, and exercises in the four steps of nonviolent communication. Previous experience with mindfulness meditation is not necessary to participate in this class and change your life. **Suggested books:** *Say What You Mean: A Mindful Approach to Nonviolent Communication*, Oren Jay Sofer, ISBN 9781611805833; *Nonviolent Communication: A Language of Life*, Marshall B. Rosenberg, ISBN 9781892005281.

*Rev. Cheryl Anderson is a recently retired ordained minister in the United Church of Christ. She has practiced meditation from a variety of secular and faith traditions since 1971 and taught meditation for 22 years at the church she served and the local library in Washington, CT. She recently completed a two-year certification program in teaching mindfulness meditation, taught by Tara Brach and Jack Kornfield, and taught a mindfulness course at OLLI in the fall.*

*Karen Esslinger has worked for several years with Rev. Anderson, co-leading introductory classes and practice groups in nonviolent communication, and will join us via Zoom from Connecticut.*

## Conservatives and Liberals; Not Conservatives vs. Liberals

Mike Berkowitz

(8-week course: starts March 23, 2021)

Our country is divided. There are two camps, each with its own valid framework for viewing what is best for the country. Our purpose is to understand others better, not to persuade them. We will do this by sharing perspectives, not debating them. Mini-lectures from psychology and politics will help frame our discussions of parenting, political parties, government, schools, media, religion, capitalism, socialism, taxes, SCOTUS, etc. To do this, we need a dozen conservatives from OLLI/University of Southern Mississippi

and a dozen liberals from OLLI/University of Southern Maine. Let's learn to listen and listen to learn.

*Mike Berkowitz received a BA from Brown and a MA from the University of Massachusetts. He taught in daycare centers, elementary schools, and colleges before finding his niche at OLLI. He sees psychology as a fertile arena for examining human interactions, exploring personal growth, and critiquing society.*

## Painting and Drawing Portraits

Vicki Fox

In this course, we will explore drawing portraits using a variety of mediums and working from photographs since we cannot have a live model. We will study the work of several famous portraits done by well-known artists. **Materials list:** a variety of pencils from 2H (hard) -8B (soft), charcoal sticks, charcoal pencils, watercolors, and pastels.

*Fox has been drawing and painting since she was 3. She earned a BFA at Philadelphia College of Art and has spent her career doing illustration and graphic design work in the publishing field and the world of non-profits until 1994. Then, she jumped ship and earned her Master Gardener certification from Morris Arboretum at the University of Pennsylvania. Since then, she created Green Team Gardeners, LLC, and spent lots of time designing gardens — painting with plants.*

## Cakes for the Queen of Heaven

Mary Gelfand

(9-week course: starts March 16, 2021)

An introduction to the Great Goddess and feminist theology, *Cakes for the Queen of Heaven* invites us to explore the religious myths and symbols of the ancient world, where female images and experiences were central. We will examine the psychological and social importance of reclaiming our female religious heritage. *Cakes* mines both ancient and Biblical imaging of women to begin shifting our individual relationship with the Divine. This deeply personal experience involves ritual, sharing, story-telling, art, and mythology. Join the thousands of women whose lives have been changed by *Cakes*. Participants should bring a journal and an open heart. **Repeat course.**

*Dr. Mary Gelfand is a Unitarian Universalist, an interfaith minister, and a gifted teacher. She has read extensively in the area of feminist theology and loves sharing that learning with other women. Mary has facilitated *Cakes* many times and deeply enjoys empowering others through this program.*

more TUESDAY AFTERNOON courses on next page

## Endless Forms Most Beautiful

Hal Scheintaub

The greatest spectacle of life is how a single cell — the fertilized egg — develops into a multicelled animal. The human body contains about 30 trillion cells! The developmental process is revealed through a series of discoveries by Sean B Carroll in his book, *Endless Forms Most Beautiful*. Vivid online resources supplement the text. Facilitated discussions and interactions with peers will help you form a personal understanding of how a toolkit of master genes designs and directs the development of the nearly endless diversity you see in the animal world. **Required book:** *Endless Forms Most Beautiful*, Sean B Carroll, ISBN 0393327795.

*Hal Scheintaub earned a PhD in Biophysics in 1975. He was a public health research scientist for twelve years before becoming a high school science teacher and consultant for science curriculum development at MIT. He is currently developing a COVID-19 friendly curriculum for the Maine Math & Science Alliance.*

## Immigration to the US in the Post World War II Period

Kathleen Sutherland

This **repeat course** will focus on the period between the end of World War II and the current period of the 2020 retrenchment under the Trump Administration. The post-war period saw a dramatic influx of immigration from Europe, followed increasingly by Latin America, Asia, Africa, and the Middle East. The reforms of the Immigration Act of 1965 greatly facilitated this process. Then political and economic factors contributed to a retrenchment policy. We will explore this post World War II period nationally and locally in Maine. **Suggested book:** *The World Comes to America:*



# WEDNESDAY MORNINGS 9:30 – 11:30

## A Guide To Getting Through Change — Uncertainty — Stress

Clay Atkinson and Waite Maclin

We live in a time of great divides, challenges to our sense of order, a future not so certain as we once thought. In our vital search to find order and peace, we will use Miguel's five agreements of "Be Impeccable with Your Word," "Don't Take Anything Personally," "Don't Make Assumptions," "Always Do Your Best," and "Be Skeptical, But Learn To Listen." This is an important journey, and Ruiz provides a clear and practical roadmap that we can use every day. Also, we will enhance the material with our understanding of emotional intelligence. **Suggested book:** *The Four Agreements*, Don Miguel Ruiz, ISBN 9781878424310, USM price \$12.95. **Repeat course.**

*Immigration to the United States Since 1945*, Leonard Dinnerstein and David M. Reimers, ISBN 9780195384789.

*Kathleen Sutherland is an Associate Professor of Political Science and Women's Studies Emerita at Bowling Green State University in Ohio. Born and raised in Egypt, she specialized in Middle Eastern Studies. She has taught at the American University in Cairo before teaching at BGSU. She was a Fulbright Scholar in Morocco. She has taught courses on the Middle East at OLLI since 2005.*

## Sea-Change: Shakespeare, Capt. John Smith, and the New World

Richard Welsh

Shakespeare's last plays increasingly ask: how are we human? Especially, they counterpose dehumanizing aristocratic values to alternative conceptions of humanity that seek the common good and dignify productive labor. These so-called tragicomedies converge in remarkable detail with quasi-republican currents among Puritan activists, and a related impulse within England's earliest American colonial projects, where Captain John Smith became their standard-bearer in the sharpening culture clash. A close look at *The Tempest*, Shakespeare's penultimate play; Smith's popular writings; and an influential preacher's sermonizing reveals a common, America-focused, republican ideal. Equal parts history and drama, this course asks Shakespeare: are you a Founding Father? **Required book:** *The Tempest*, William Shakespeare, any edition.

*Richard Welsh almost launched a career in what was later called Evolutionary Psychology (Cornell, MA 1973), turning instead to issues advocacy and elections. He split his time between administration and feature journalism, eventually embarking on the 22-year project behind this course, buttressed by amateur acting that revived an earlier love affair with Shakespeare.*

*Waite Maclin, a Psychotherapist, and Organizational Consultant, moved to Maine in 1978. He was the training officer for the Peace Corps in the Philippines. His Consulting focuses on team building, conflict resolution, goal setting, and leadership training. In the fall of 2008, Waite was certified to administer the Emotional Intelligence Instrument.*

*Clay Atkinson, a senior corporate manager and long-time consultant, has provided street-wise strategies to over 150 profit and non-profit clients in 30 industries. He's learned the attributes, attitudes, beliefs, and behaviors of clients and customers. Experience includes MBA adjunct professor, board member, mentor, co-founder of Elder's and Men's Groups. He now has a passion for the topic of emotional intelligence.*

## Food: The Secret Sauce of History

Sandra Garson

In this **repeat course**, we will explore how the human need to eat explains most of what we call history. Maine was “discovered” because European Catholics needed to eat fish on Fridays and through Lent, and merchants were desperate to supply it. Western Europe did not fall to Communism because macaroni and cheese were dropped from planes into Berlin.

**Suggested books:** *Much Depends on Dinner: The Extraordinary History and Mythology, Allure and Obsessions, Perils and Taboos of an Ordinary Meal*, Margaret Visser, 9780802144935, USM price \$17.00; *Cod: A Biography of the Fish that Changed the World*, Mark Kurlansky, 09780140275018, USM price \$16.00.

*Sandra Garson has written two food history cookbooks, lectured, and published articles. She currently supplies recipes and food advice to ZEST, a Maine magazine, and blogs about food wisdom tidbits. She founded the Buddhist food charity, Veggiyana, and as Nana Chef, taught children to be confident and comfortable in the kitchen.*

## 1939 — Hollywood’s Greatest Year

Andi Isaacs

When you talk about 1939 in Hollywood, people automatically think of *Gone With the Wind* or *The Wizard of Oz* — but there were over 350 movies released that year, most still watched today, and 5 of which are in the American Film Institute’s top 100 films of all time! In class, we will discuss what made 1939 so unique, what was happening in the creative arts at the time, as well as the looming antitrust suits that would change Hollywood forever. In addition, we will watch two films (TBD) from that year.

*Veteran Hollywood production executive Andi Isaacs served as EVP/Head of Physical Production for one of the film industry’s highly successful independent studios, Summit Entertainment. Prior to joining Summit, Isaacs spent almost two decades being an industry go-to person working in all production areas both domestically and internationally.*

## Origin of the Middle East Conflict

Charles Mamane

(6-week course: starts March 17, 2021, 9:30 - 11:00 AM)

We will explore the Middle East’s state and trace its history from the end of World War I to the present. Many people do not realize that the Middle East’s ongoing conflicts originated during World War I with The Balfour Declaration, which is regarded as one of the most controversial and contested documents in the Arab world’s modern history and has puzzled historians for decades. With this declaration, Britain publicly pledged to establish “a national home

for the Jewish people,” but for the Palestinians, it resulted in what they call the Nakba — the Catastrophe.

*Charles Mamane is an engineer by training, but the history of the Middle East conflict has been his interest and passion for most of his adult life. Born in Morocco, having lived in France, Israel, and most recently the United States for the last 50 years, he brings a unique perspective to the history of the Middle East conflict. As a young man, he served in the Israeli Defense Force for three years, participating in the Six-Day War in 1967 and the Yom Kippur War of 1973. He has a BA in Electrical Engineering from Georgia Tech, an MS in Electrical Engineering from Carnegie Mellon, and an MBA.*

## Saint Patrick’s Confessions

Tom McGovern

Patrick is the iconic, 5th-century patron saint of Ireland. Born in Britain, captured by pirates at age 16, he spent his adolescent years as an enslaved shepherd. A priestly vocation drew him back to Hibernia, where he was made a bishop and became a charismatic preacher and political negotiator with druids and tribal princes. He authored two of the oldest extant texts in Irish literature. We will explore his real and mythical life in-depth, discussing his *Confessions* as a spiritual memoir and life narrative, comparing its rhetorical brilliance to Augustine’s volume of the same name. **Required book:** *Discovering Saint Patrick*, Thomas O’Loughlin, ISBN 0809143607, USM price \$18.95.

*Tom taught OLLI courses at USM on gospels, parables, history, and psychology. As an Arizona State University faculty member, he taught multicultural/spiritual autobiographies, publishing Memory’s Stories in 2007. He is currently working on a project comparing the unique Confessions composed by Sts. Augustine and Patrick in the 5th century.*

## The Way We Were: Topics in the United States Social History

John F. Sutherland

How we lived, loved, worked, played, worshiped, and related to each other. Topics will include family life, race and ethnicity, education, crime and punishment, 19th-century feuds, urbanization, and social reform. This **repeat course** was last offered in 2014.

*John Sutherland graduated from the University of Maine and received his PhD from Temple University. He is Professor of History emeritus at Manchester (CT) Community College; he also taught at the University of Connecticut and Eastern and Central Connecticut State Universities. John has taught at OLLI for 16 years.*





# WEDNESDAY AFTERNOONS 12:45 – 2:45

## Cosmology for Poets...and Everybody Else

Bob Ashton

This **repeat course** has been upgraded along with the science and the instructor. Learn why the sky is blue, the grass is green, and sunsets are red. But primarily the science behind neutron stars, black holes, and the Big Bang. Based on the online course by Dr. Philip Plait, *Crash Course Astronomy*, located on YouTube. It consists of 46 different sessions, of which we will do five or six a week. Take a look. Although some science background is helpful, it is not necessary. No math. This course is augmented with videos from NASA, the Science Channel, and others. Be warned. Without some background, considerable effort will be required to appreciate the subject fully.

*Bob Ashton is a graduate of Cornell University in Mechanical Engineering. He was a docent at the American Museum of Natural History in New York City for 12 years in the area of Earth and Space and has conducted similar courses at a senior study group in New York City.*

## Laughter Is The Answer – What Was The Question?

Nancy Cohen

This short story book club focuses on funny short stories. Grab your favorite beverage, sit back in front of your computer, and discuss 3 or 4 short stories each week. Class requirement: a sense of humor. **Required book:** *Humorous American Short Stories: Selections from Mark Twain to Others Much More Recent*, Bob Blaisdell, Editor, ISBN 9780486316512, USM price \$5.00.

*“All the world’s a stage.” Act 1: Nancy raised two great boys (who are now wonderful young men). Act 2: She was a gifted and talented education researcher, writer, and presenter. Act 3: She is enjoying life as an avid writer, reader, and enthusiastic OLLI participant. Spare time? Walks on the beach with her ball of canine curls (mini labradoodle).*

## From Christ to Creed: A Historical and Topical Look at the Formative Years of Christianity

Mark Gallup

How did the man Jesus become for Christians, the Son of God? This **repeat course** will examine the history of early Christianity. We will follow the evolution of Christian thought in this early period, including non-orthodox forms of Christianity. We will also examine the formation of the New Testament and the development of key ideas such as the Trinity, the nature of Christ, and original sin. Finally, we will provide time to investigate in more

detail some topics suggested by students. **Suggested book:** *How Jesus Became God: The Exaltation of a Jewish Preacher from Galilee*, Bart Ehrman, ISBN 9780061778193, \$18.99 new or \$13.30 used.

*A retired geologist and engineer, Mark Gallup is an interfaith minister with a varied religious background. He has always been deeply interested in Christian history and the evolution of Christian ideas and doctrines.*

## Human Development: The Never-Ending Upward Quest

Eileen Griffin and Wheaton Griffin

The study of human development, also known as “the never-ending upward quest,” is currently in an exciting new phase of growth. This course will examine how our self-identity, relationships, values, and world views change as we solve each stage of the development’s socio-cultural problems. Through self-discovery instruments, videos, short articles, and safe conversations about ourselves and others, we will examine how we have uniquely matured through past stages, explore our current level of development and learn about stages that still lie ahead.

*Wheaton is a Ph.D. psychologist who has applied the science of human development to people and groups in private practice, mental health clinics and hospitals, independent and public schools, family clinics, and many not for profit organizations throughout the United States.*

*Eileen has an M.S. in psychology, which she has applied to independent and public schools across all age levels from Pre-K to college graduate, to PBS educational programming, and parent and teacher organizations internationally.*

## What is Classical in Classical Art? A View of the Nature of Classical Art Through the Ages

Nathaniel “Tan” Larrabee

Nineteenth-century art historians viewed classical art beginning in Greece and spreading throughout the rest of the western world through the high Renaissance as purely a western phenomenon. Little was said of other world cultures until modernism flourished. The 20th-century has brought a redefinition of classicism. This eight-week **repeat course** will examine commonalities and differences of a selection of Classical Movements in Fine Arts over time involving many races, ethnicities, and religious viewpoints from across our planet which have given shape to the arts of today broadening previous parochial visions of art. All are welcome in this “shared inquiry course.”

Nathaniel Larrabee is a retired Professor of Fine Arts at the Columbus College of Art and Design. He has also taught at Wellesley College and Boston University and is widely exhibited at the national and regional levels.

## More Innovations That Changed the World

David Suitor

In this **sequel to David's 2019 course**, *Inventions That Changed the World*, we will investigate new inventions. We will focus on the most important things that helped create our modern world and how each invention and innovation affected society's social, economic, political, and demographic



# THURSDAY MORNINGS 9:30 – 11:30

## The Life and Legacy of Frances Perkins

Michael Chaney

(5-week course: starts March 18, 2021)

This course explores in five classes the works of Frances Perkins: Her Maine Roots and Early Career; *The Woman Behind the New Deal*; Perkins in the Eyes of Charles E. Wyzanski, Jr., Her Solicitor at the Department of Labor; Jobs, Infrastructure, and Art in the New Deal; A Conversation with her grandson, Tomlin Perkins Coggeshall. **Required book:** *The Woman Behind the New Deal*, Kirstin Downey, ISBN 978-1400078561, USM price \$18.00 new or \$12.60 used.

Since 2014, Michael Chaney has served as Executive Director of the Frances Perkins Center, which manages the Frances Perkins Homestead National Historic Landmark in Newcastle, ME. A native of Alna, ME, he studied history at the University of Maine at Orono and completed the MA in history at the University of Connecticut. He has managed several nonprofit cultural organizations, including NH Historical Society and Yarmouth History Center.

## Did She Jump or Was She Pushed? — The Fallen Woman in the Victorian Novel

Charisse Gendron

Many a nineteenth-century author treats the woman who strays from the narrow path of virtue as a tragic heroine. The novels covered in the course will represent the variety of women's sexual experiences outside marriage, from flirtation to rape, and the heroines' struggles within a society that does not distinguish between a stumble and a fall. With the shades of Emma Bovary and Anna Karenina looking over our shoulders, this course will focus on novels by English and American authors. **Required books:** *The Mill*

composition. We will also investigate how these seminal innovations were prerequisites to other groundbreaking inventions. Like all of David's courses, pictures, videos, charts, and discussion will make up the class, leading to a greater understanding of how our modern world evolved. *Inventions That Changed the World* is not a prerequisite for this course. All are welcome.

David graduated from Deerfield Academy and the University of Vermont, where he also did his graduate work in geography. He had a 30-year teaching career at St. Mark's School in Southborough, MA, while running a boy's summer camp in Raymond. This course will be his fifth at OLLI. Previously he taught *Beyond Timbuktu* in 2017, *Cool Maps, Hot Topics* in 2018, *Inventions That Changed the World* in 2019, and *People, Places, and Predicaments* in 2020.

on the Floss, George Eliot, ISBN 9780141439624, USM price \$12.00; *Daisy Miller*, Henry James, ISBN 9780141441344, USM price \$8.00; *Tess of the D'Urbervilles*, Thomas Hardy, ISBN 9780141439594, USM price \$10.00; *The House of Mirth*, Edith Wharton, ISBN 9780140187298, USM price \$12.00.

Charisse Gendron holds a PhD in English from the University of Connecticut and is a former English and Women's Studies professor at Middle Tennessee State University. She teaches at OLLI and Midcoast Senior College.

## Where Have We Been? Where Are We Going?

Richard Parker and Martin Rogoff

We will collectively discuss the political, economic, and social changes in the United States over the past several decades and also the future of the United States going forward. What is in store for us?

Martin Rogoff is Professor Emeritus at the UMaine School of Law. He has taught and published in the areas of constitutional, comparative constitutional, international, European, and French law and legal history. His BA is from Cornell University, and his law degree is from Yale Law School.

Richard Barron Parker, Professor Emeritus from Hiroshima Shudo University, taught American law and politics in Japan for more than 20 years. He has a PhD in philosophy from the University of Chicago and a JD from Harvard Law School.

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## The Art of Living Well: Peace Education Program

Rita Rubin-Long and Terry Landry  
(9-week course: starts March 18, 2021)

Have you ever wondered how to live at peace with the uncertainties and pressures of an ever-changing world? "Like water, peace is fundamental to human beings" (Prem Rawat). Discover your inner resources such as peace, appreciation, inner strength, self-awareness, understanding, choice, hope, and contentment. This nine-week **repeat course** features a media-based peace education program created by The Prem Rawat Foundation. The facilitators involve participants with insightful talks, activities, and meaningful interactions that explore the themes of personal peace and the art of living well. The **materials fee** is \$20 and includes a workbook mailed to participants and additional emailed files.

*Rita Rubin-Long educated children and adults for over 40 years in public schools and worked as an educational consultant at USM. Being an eyewitness to the violence at Kent State University in 1970 inspired her lifelong passion for teaching about peace.*

*Terry Landry's career is distinguished by a commitment to multicultural understanding. He recently retired from Colby College, where he created a much-lauded vegan-vegetarian program in his role as the manager of Foss Dining Hall.*

## Women Sharing Stories

Pat Taub

Women have always thrived in community, sharing their stories and supporting one another in resolving difficult stories. In this **repeat course**, we will return to the power of the women's community as we share stories that cover the life span, starting with childhood and concluding with the writing of a new story: the legacy we hope to leave. Written prompts will be offered to guide participants in developing their stories. Class time will be allotted for launching stories, which can be added to outside of class. Guidelines will be offered for those who want to write a memoir based on their stories.

*Pat Taub has an MSW from Catholic University and course work towards a PhD in Women's Spirituality from the California Institute of Integral Studies. She has had careers in journalism and with NPR. She is the author of The Mother of My Invention and presently writes the blog WOW (Women's Older Wisdom).*



## THURSDAY AFTERNOONS 12:45 – 2:45

### Two Sides to Every Issue

Mike Berkowitz

Abortion, Citizens United, welfare, health care, free speech, freedom of religion, vouchers, Affirmative Action, gun control, taxes, censorship, the news, inequality, prisons, and justice... The Left argues one way; the Right, another. Who is right? Who is wrong? Or is there a better solution? We tend to view things only from our perspective. Can we better understand the other perspectives? We will consider the two sides of each issue then try to decide what is best. Mini-lectures and movie clips will give frameworks for discussion. Come consider the contradictions in contemporary conundrums.

*Mike Berkowitz received a BA from Brown and a MA from the University of Massachusetts. He taught in daycare centers, elementary schools, and colleges before finding his niche at OLLI. He sees psychology as a fertile arena for examining human interactions, exploring personal growth, and critiquing society.*

### Magic Moments

Joan Chadbourne

Magic moments: remember those serendipitous times when you clicked deeply with another or with a group or a project? Short or long duration, they were enlivening, and you discovered creativity, delight, your best self. You felt joy and connection. You were left with a longing for more. It is not too late to cultivate those experiences. What can we do to sow seeds for peak experiences? What does it take? We'll explore our experiences and what studies of consciousness, psychology, evolution, and poetry teach us about them.

*Joan found the gift of new love in her seventies. She's been exploring that magic and creating more joy ever since. She's excited to share her discoveries. She was a counseling psychology professor (UCONN), consultant to organizations and individuals, and co-authored Healing Conversations Now.*



## Singing the Blues

Terry Foster

This **repeat course** traces the history of “Blues” through female singers, primarily African-American, who started in the 1920s, taking the blues tradition away from men who had sung them since the Civil War. You will meet “Ma” Rainey, Alberta Hunter, Bessie Smith, Billie Holiday, Janis Joplin, and E. G. Kight, to name a few. “Torch singers” will include Lena Horne, Julie London, and Sarah Vaughn. You will also meet obscure singers whom time has for the most part forgotten. Each session will feature videos, live piano music, and singing along at home (muted in most cases). **Suggested book:** *Black Pearls: Blues Queens of the 1920s*, Daphne Duval Harrison, ISBN 9780813512808, USM price \$33.95.

*Having played piano since age five and played in dance, rock, and New Orleans jazz bands, Terry brings a wealth of musical knowledge. He has accompanied blues singers and loves this music genre. An experienced teacher, he has a doctorate in education and is co-founder of Senior College, OLLI's predecessor.*

## How Did You/We Get Here? A Discussion about Human Migration

Mike Lynch

Humankind has continually been on the move, first out of Africa and into Asia. Then toward Europe and the Americas. But how did we really do that with ice ages and deserts to cross? What makes humans want to move? Is it

war, famine, climate, or simply wanderlust? Is migration a right, or a privilege, or a curse? How has migration impacted history through recorded time? What is affecting migration today, and how might population growth, or technology, or climate impact migration in the future? This class will be a mix of discussions, video, and lecture with some minor class preparation.

*Mike Lynch managed technology businesses during his professional career. Upon retirement, he and his wife became Peace Corps Volunteers in Bulgaria, and he became a Peace Corps Director in Ghana. He has taught several OLLI classes on various subjects, including Gold, Africa, and Why Nations Fail. He has been interested in demography and human migration for years visiting archeological sites during international trips.*

## 20th Century Women Poets in the United States

Dana Robbins

Women poets, particularly feminist poets, made an enormous and transformative contribution to poetry in the United States in the 20th Century. In this course, we will read poets' work from the postwar period, including Jane Kenyon, Sylvia Plath, Anne Sexton, Maya Angelou, Lucille Clifton, Adrienne Rich, Dorianne Laux, and Sharon Olds.

*Dana Robbins earned an MFA from the Stonecoast program of USM. Her books, *The Left Side of My Life* and *After the Parade*, were published by Moon Pie Press. Her poetry has appeared in numerous journals and has been featured by Garrison Keillor on the Writers Almanac.*



# FRIDAY MORNINGS 9:30 – 11:30

## Dark Ages — Says Who?

Alicia Harding

(6-Week Course: starts March 19, 2021)

The Medieval period was a time of widespread illiteracy, poverty, superstition, and religious fervor. But it was also when magnificent buildings were erected, beautiful manuscripts were created, and universities came into being. The ideas and customs of the time often seem strange and remote, often open to

ridicule, but also they laid the foundation for many of our modern institutions and ideas.

*Alicia Harding is currently an instructor in World History and Historical Archaeology at Southern Maine Community College. Alicia retired from Deering High School in 2000 and has since enjoyed teaching at the college level and most especially teaching at OLLI. As an instructor at OLLI, she follows her historical whims. Her dreams become the student's reality. She has a master's degree in European Intellectual History, has attended workshops at the Metropolitan Museum of Art, and has twice been a recipient of a National Endowment of the Arts grant.*

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## Understanding Finance & Investing

Laongdao “Tak” Suppasettawat

This **repeat course** is suitable for individuals who want to learn basic personal finance and investing in a neutral environment. This course should be helpful for participants who want to take control of their financial lives. Through case studies, presentations, and discussions, students will learn a holistic approach to financial planning and investing. They will also understand financial planning benefits and process, fundamentals of investing, investment products, investment costs, how to read statements and performance reports, and how to find the right advisor. Basic estate planning and tax-efficient investing will also be covered.

*Laongdao “Tak” Suppasettawat CFP, CPA is the president and founder of TAK Advisory LLC, Registered Investment Advisor (RIA). Tak provides fiduciary financial planning and investment advice to individuals, trusts, and estates. Working with Tak, clients receive objective and impartial financial advice that truly serves their best interests.*

## Great Decisions

World Affairs Council of Maine

The World Affairs Council of Maine is pleased to offer Great Decisions in 2021. We will facilitate discussions of the following topics selected by the Foreign Policy Association: global supply chains and national security, Persian Gulf security issues, Brexit and the European Union, struggles over the melting Arctic, China’s role in Africa, the Korean peninsula, roles of international organizations in a global pandemic, and the end of globalization?

*Each session will be run by a facilitator representing the World Affairs Council of Maine, with academic or professional expertise in the subject areas.*



# FRIDAY AFTERNOONS 12:45 – 2:45

## Is “The Afterlife” Unscientific Poppycock?

Stephen Kercel

There is a presumption that the survival of consciousness after death is inextricably bound to religion. In Dennett, Dawkins, Harris, and Hitchens’ works, these self-styled “Four Horsemen of Atheism” purport to debunk both religion and the afterlife. Although they raise substantial objections to the Abrahamic religions, they suppose that they have consequently debunked all paranormal or supernatural explanations of bizarre phenomena. They further claim that reports such as those of “afterlife” experiences must violate the laws of science. This **repeat course** will examine both the logical rigor of their works and the rational integrity of “life after life” reports. **Required book:** *Mortality*, Christopher Hitchens, ISBN 9781455502769, USM price \$15.99.

*Stephen Kercel, PhD Electrical Engineering, University of Tennessee, was a Research Fellow with UNE’s New England Institute of Cognitive Science and Evolutionary Psychology. He co-founded the Endogenous Systems Research Group NEI; was Senior Development Engineer, Instrumentation and Controls Division, Oak Ridge National Laboratory; and Rapid Communications Editor, Journal of Integrative Neuroscience.*

## Euripides, the Innovator, in Classical Drama

Evy Newlyn

We will discuss plays by Euripides set before, during, and after the Trojan War, as well as his plays on other heroic, semi-heroic, or tragic figures. You may know of Helen and Paris, but you may be less familiar with Iphigeneia and Rhesus. Relevant art, if possible. One play from Spring 2020 will be included. **Required books:** *The Complete Euripides, Vol. I*, Peter Burian and Alan Shapiro, ISBN 9780195388671, USM price \$12.95; *The Complete Euripides, Vol. V*, Peter Burian and Alan Shapiro, ISBN 9780195388718, USM price \$14.95.

*Evy Newlyn is Professor Emerita of English from the State University of New York. After earning her PhD in English from Syracuse University, she taught at universities in Virginia, Maine, and New York. Her special interests are classical literature, medieval literature, and cats.*





# SPRING WORKSHOPS

Saturday, April 10 • 9:30 – 11:30 AM (1 Session)

## Introduction to Meditation (\$15)

Heather Edgerly

This workshop will be an introduction to Buddhist meditation for beginners. We will explore the theory and practice of meditation, including a discussion of scientifically proven benefits and participating in guided meditation practices.

*Heather Edgerly began studying Eastern Religions nearly 20 years ago and has subsequently received degrees in Religion from the University of Hawaii and Harvard University. She has taught Buddhism and Eastern Religions at the University of North Carolina and currently leads classes in meditation theory and practice.*

## Green Cemeteries and Home Funerals (\$15)

Chuck Lakin

In this **repeat workshop**, we will focus on green cemeteries and home funerals. We will also talk about alternative disposition methods, giving you the info you need to make good decisions. Additionally, we will also cover planning and communicating with your family. Browse the “Funeral Options” and “Planning Ahead” pages of the *Last Things* website ([lastthings.com](http://lastthings.com)) before the start of the workshop.

*Chuck Lakin is a retired reference librarian, a woodworker, and a home funeral educator. He speaks from personal experience.*

## After Puccini: Opera Enters the 20th Century (\$15)

Calien Lewis

Most opera lovers love and understand the works of the late 19th century, but what to make of the operas that follow as the familiar sound world collides with modernity? This workshop explores how to listen to key works of the first 50 years of the twentieth century.

*Dramaturg Calien Lewis has studied music, literature, and theatre and currently presents pre-performance talks and other lectures for Opera Maine. Calien’s previous workshops for OLLI have focused on specific operas and composers and, most recently, opera history through the 19th century.*

## The Cliffhangers: Part 6 – Western Heroes, Part 2 (\$15)

DeWayn Marzagalli

In this sixth edition of ten workshops, we will watch “To be continued” chapters of those great Saturday Matinee film serials we so enjoyed in our youth. Part 6 will include chapters from *Riders of Death Valley* (1941), *The Valley of Vanishing Men* (1941), *Daredevils of the West* (1943), *Jesse James Rides Again* (1947), and *Roar of the Iron Horse* (1951). This and each consecutive session will run three hours. Stay tuned for Part 7 in Summer 2021.

*Born in New York City, DeWayn and his wife have lived in Maine since 1975. Since retiring from Federal Law Enforcement, DeWayn spends much of his time doing volunteer work for his church and enjoying the opportunity to teach and take courses at OLLI.*

## Elder Women Intuitive Wisdom (\$15)

Lucille Meltz

Elder women have historically been the acknowledged keepers of wisdom and healing skills. Their intuitive life wisdom was and has been a strong fount of their knowledge. Yet too often, today’s elder women feel invisible and alone, often dismissing their inner voices. This introductory interactive workshop will discuss the intuitive sources of elder women’s wisdom and a few practices for activating and reinforcing higher guidance.

*Lucille Ann is the owner of Touch the Soul Coaching and Hand Reading ([tlt-light.com](http://tlt-light.com)), an experienced professional public speaker, spiritual guide, and author of *The Elder Widows’ Walk*. She has been teaching classes on Intuition for over 30 years.*

more WORKSHOPS on next page



**Saturday, April 10, 17 and 24 • 9:30 – 11:30 AM (3 Sessions)**

### **James Joyce's *Ulysses*: An Overview (\$25)**

**Bob McCue**

*Ulysses* is considered to be the most influential novel of the 20th century. It is complex, innovative, and humorous. In this **three-session workshop**, we will take snapshots of its 18 episodes. We'll uncover the storyline and reveal some of Joyce's innovations, his imagination, and superb writing skills. **Required book:** *Ulysses*, James Joyce, ISBN 9780394743127, USM price \$22.00 new or \$15.40 used.

*Bob McCue is a lifetime Joycean, who has lectured at OLLI on subjects Irish for many years. He holds a BSEE and a Master's in business.*

**Saturday, April 17 • 9:30 – 11:30 AM (1 Session)**

### **Is Consciousness a Quantum Effect? (\$15)**

**Stephen Kercel**

Discussions about consciousness often turn on appeals to quantum mechanics. This workshop will show that despite various philosophical interpretations, Schrodinger's equation remains materialist reductionism, plain and simple. In fact, Schrodinger himself recognized that physics was insufficient to account for processes of life and mind. (Note: Proficiency in math is not required for this workshop.) **Suggested book:** *The Grand Biocentric Design*, Robert Lanza, Matej Pasvics with Bob Burman, ISBN 9781950665402, USM price \$26.95.

*Stephen Kercel has a PhD in Electrical Engineering, specializing in artificial intelligence. He has numerous publications on the difference between machine and biological intelligence. He has recently updated his training in quantum mechanics.*

### **Writing a 'Legacy Letter' (\$15)**

**Jay Sherwin**

This one-session online workshop is designed to introduce the concept of "legacy letters" and encourage participants to craft their own legacy document. A legacy letter (also called an "ethical will") is a written document that allows people to share their life lessons, express their values, and transmit their blessings to future generations. The workshop includes discussion and brief writing exercises to help participants examine their life histories, explore their values, and capture important insights. It offers advice, encouragement, and a model structure to help participants draft and

complete a legacy document that can be shared with family and friends.

*Jay Sherwin has practiced law, given away money for five charitable foundations, and served as a hospital chaplain. In 2019, he created the Life Reflections Project to educate people about legacy letters, ethical wills, and other legacy documents. Jay has extensive experience in teaching and facilitating online adult learning programs.*

**Saturday, April 17 and 24 • 9:30 – 11:30 AM (2 Sessions)**

### **Beyond the Canon: Exemplars of Self-Taught, Outsider, and Visionary Art (\$25)**

**Mark Palmgren**

Among the most interesting developments of late 20th- and 21st-century visual art is the growing recognition, exhibition, and critical appraisal of expressive objects produced by individuals whose lives and creative practices exist beyond mainstream art historical conventions. These practices have been described as self-taught, outsider, or visionary art. This two-session workshop will consider three extraordinary artists, Anna Mary Robertson "Grandma" Moses, Henry Darger, and Hilma af Klint. Their creations manifest the remarkable and challenging qualities of these genres of art making. The ongoing debates about how best to describe and evaluate these artists and artworks, and their relation to other modern art movements, will be addressed.

*Mark Palmgren is a visual arts consultant, arts advocate, and writer. For more than thirty years, he has worked in various capacities with art museums, galleries, universities, collectors, and artists in New York City and Boston. A Maine resident since 2019, this is his first course for OLLI.*

**Saturday, April 24 • 9:30 – 11:30 AM (1 Session)**

### **Voting in the US: Of Suffrage and Suppression (\$15)**

**Mike Berkowitz**

The cornerstone of our democracy is the right of every citizen to vote. There has been a progression in the enfranchisement of various groups. Yet, various methods have been used to suppress voters throughout the years. A brief overview will survey the accomplishments and the setbacks that have led us to be where we are today, and the critical question, "What will the future be like?"

*Mike Berkowitz received a BA from Brown and a MA from the University of Massachusetts. He taught in daycare centers, elementary schools, and colleges before finding his niche at OLLI. He sees psychology as a fertile arena for examining human interactions, exploring personal growth, and critiquing society.*



# WHAT YOU NEED TO KNOW OR ...ANSWERS TO FAQ

## ENROLLMENT.....

**Register early online to ensure adequate enrollment in your favorite class!**

All OLLI at USM classes must have a **minimum of 6 registered students** to run.

Enrollments are determined a few weeks prior to the first class or at the discretion of the OLLI staff. Under-enrolled classes will be cancelled. If classes are cancelled, all students will be notified of the cancellation. You will be given a full refund for the course or the opportunity to register for an alternate class.

## BOOKS AND MATERIALS.....

**Acquiring books and materials is the student's responsibility.**

Books and materials will be listed in each course description as **Required** (the class — i.e., a literature course — cannot function without the book) or **Suggested** (it would enhance the class but is not necessary). If no books or materials are listed in a course description, none are needed.

USM's "University Store" may provide orders and curbside pickup of books, but unlike in terms past, OLLI books will NOT be available on shelves in the bookstore. If you are interested in ordering books through the USM bookstore, please call 207-780-4070 or email [universitystore@maine.edu](mailto:universitystore@maine.edu). **However, students also are welcome to procure books from other sources, including online vendors, local libraries, and friends.**

## COURSES AND COSTS.....

Spring classes are held once a week, Monday through Friday. The term runs for eight weeks, from March 15 through May 7, unless otherwise noted. Morning classes run from 9:30 to 11:30; afternoon classes run from 12:45 to 2:45. Any exceptions to usual times are noted. There also are Spring workshops on Saturdays (see pages 19-20).

**Tuition is \$50 per course for regular OLLI at USM courses.** Workshops cost \$15 for single sessions and \$25 for two or three sessions or a full day. Exceptions to the usual pricing structure are clearly noted.

**You must be an OLLI at USM member to enroll in courses and workshops. Membership costs \$25 per fiscal year and runs from July 1 to June 30.**

OLLI scholarships are available; see details on page 2.

For news and updates on OLLI activities, read your *OLLI at USM Newsletter*, go to the OLLI at USM website ([usm.maine.edu/olli](http://usm.maine.edu/olli)).

## REFUND POLICY.....

You will receive a 100 percent refund for classes dropped by March 24, the end of the second week of spring classes. **NO REFUNDS WILL BE MADE AFTER THAT POINT.** You cannot receive a refund for OLLI at USM annual membership fees. You will be refunded for any classes OLLI cancels. To transfer from one course to another, or to drop a course, send an e-mail to [olliatusm@maine.edu](mailto:olliatusm@maine.edu) or call the OLLI office at 207-780-4406 and leave a message.

## OLLI STUDENT HANDBOOK.....

Whether you're a new member or a returning "regular," there is a lot to learn about OLLI. In the OLLI Student Handbook, you can find information about the OLLI organization, membership, classes and other educational offerings, parking, registration, the arts at OLLI, tips on staying informed, and much more. You can find the Student Handbook under the "Resources" heading on the OLLI website: [usm.maine.edu/olli](http://usm.maine.edu/olli).

## CONTACT INFORMATION.....

The OLLI office is currently closed, and staff are working remotely. All contact with staff should be made through email. If email is not available to you, please call and leave a message. We will call you back.

**Phone:** 207-780-4406 **Email:** [olliatusm@maine.edu](mailto:olliatusm@maine.edu)





# USING THE OLLI REGISTRATION FORM

## OLLI recommends that you complete your registration online.

However, you can access an OLLI registration form under the Spring catalog image at this link:  
[usm.maine.edu/olli/olli-courses-and-lectures](http://usm.maine.edu/olli/olli-courses-and-lectures).

Please print it, complete it, and either scan or take a photo of it on your phone to send along to [olliatusm@maine.edu](mailto:olliatusm@maine.edu).

### INSTRUCTIONS

- Please use ONE FORM for each registrant.
- Fill out the top section of the form completely. Leaving sections blank can slow registration.
- Write the course names for your top selections for classes in the “1st Course,” “2nd Course,” etc., sections on the registration form. Note the price of each course in the “Cost” column.
- OLLI highly recommends you add alternative courses in case your

top choices fill before we can register you. Please write course names for your alternative course in the “Alternative 1st Course,” “Alternative 2nd Course,” etc.

- Sign up for OLLI workshops on the same form, writing in the workshop’s name and the price in the “Cost” column.
- Add up the fees for your courses and workshops (and membership, if applicable), and note that amount in the space marked “Total cost for All.”
- Please email your form to us at ([olliatusm@maine.edu](mailto:olliatusm@maine.edu)) to register, and we will be in touch with you the week of February 15 about credit card payments, waivers, or scholarship issues.



## OLLI AT USM

### MISSION

OLLI at USM is committed to providing, for its members, a wide variety of stimulating courses, lectures, workshops, and complementary activities in a creative and inclusive learning community.

### VISION

OLLI will be driven by the creative and innovative spirit of its founding mission, will maintain its strong sense of community and inclusiveness, expand its abundant opportunities for members to exchange ideas and experiences, and maintain a standard of excellence.

### CORE ORGANIZATIONAL VALUES

These are the fundamental beliefs of OLLI at USM that guide our planning and decision-making. These core values support our vision, shape our culture, and reflect what we value.

**Joy of Learning** — We believe that continuing to grow and learn new things is a deeply fulfilling lifelong priority.

**Community** — We recognize the importance of interaction with other members to share knowledge and experiences, to expand our perspectives, and to make new friends, in an atmosphere of inclusiveness, respect, and openness.

**Accessibility** — We strive to make classes, lectures, workshops, seminars, and activities affordable and accessible for all members.

**Excellence** — We strive for excellence by committing our intelligence, creativity and energy to achieving quality in our curriculum, faculty, facilities, operations, and relationships within our community.

**Volunteerism** — We recognize the crucial importance of volunteers to the success of our programs.



# SPECIAL INTEREST GROUPS AT OLLI

**Except for July and August**, OLLI at USM offers many diverse activities beyond the classroom. To participate in any Special Interest Group, you must be a current OLLI member. **NOTE: Special Interest Groups are not intended as instructional events. Most SIGs that meet in Wishcamper will be meeting via Zoom and not in person.**

● **Arts and Crafts** Try your hand at a new skill. Each month, a member of the group will demonstrate and lead an activity (fabric and paper crafts, jewelry making, book arts, knitting, crocheting, mixed-media collage, etc.). Contact Marcia Taylor at [metaylor@maine.rr.com](mailto:metaylor@maine.rr.com) for more information.

● **Bicycle and Nosh** If you like to bike, how about joining a group of OLLI members for a ride every couple of weeks, with a delicious treat along the way? Contact Mark Love at [mlove196@maine.rr.com](mailto:mlove196@maine.rr.com) for more information.

● **Book Club** Members meet monthly to discuss readings from a variety of genres, including contemporary novels, classics, biographies, memoirs, short stories, etc. Contact Susan Powell at [smpowell181@gmail.com](mailto:smpowell181@gmail.com) for more information.

● **Bridge Club** Those who enjoy playing bridge for fun are welcome to join this group, which meets weekly. Contact Barbara Freeman at [bhfreewoman@gmail.com](mailto:bhfreewoman@gmail.com) for more information.

● **Downhill Ski Club** A seasonal outlet for downhill skiing enthusiasts, the club welcomes new and returning members. Skiers plan trips to area mountains when snow conditions are good and driving conditions permit. Contact Lois Winter at [loiswinter54@gmail.com](mailto:loiswinter54@gmail.com) for more information and to join our email list for notice of upcoming ski trips.

● **Elders for Future Generations** This is an ongoing, peer-facilitated exploration of the advocacy role seniors can play in shaping policy to promote the well-being of future generations. Contact Fred Brancato at [opus4fred@gmail.com](mailto:opus4fred@gmail.com) for more information.

● **History Book Club** Members read and discuss one work of history each month. Works include social, political, economic, and foreign-policy history as well as biography, autobiography, memoir, and historical fiction. Contact Sue Gesing at [susangesing@gmail.com](mailto:susangesing@gmail.com) or Dawn Leland at [lelanddm@gmail.com](mailto:lelanddm@gmail.com) for more information.

● **OLLI Night Out** Come enjoy good food and good company with fellow OLLI gourmands who meet periodically at local restaurants. Watch the *OLLI Newsletter* for upcoming dates and locations.

● **OLLI Singers** This group, directed by an experienced leader and supported by a skilled accompanist, meets weekly to have fun with vocal music and prepare for several performances each year. All are welcome. Contact Chuck Hornberger at [ckhornberger@gmail.com](mailto:ckhornberger@gmail.com) for more information.

● **OLLI Ukes!** meets twice a month to share and have fun playing a wide variety of ukulele music. All levels welcome. Contact Cheryl Eling at [cfeling@gmail.com](mailto:cfeling@gmail.com) for more information.

● **Outdoor/Walking Club** Outdoor enthusiasts gather twice a month for invigorating walks in interesting places. They meet at the Back Cove parking lot in Portland to carpool for walks in Portland and south and meet at Exit 17 in Yarmouth for walks north of Portland. Contact Rae Garcelon at [raegarcelon@gmail.com](mailto:raegarcelon@gmail.com) for more information.

● **Photography Club** Shutterbugs at OLLI at USM meet and learn from each other while sharing their love of photography. Contact Sharon Roberts at [sharonlh@gwi.net](mailto:sharonlh@gwi.net) for more information.

● **Recorder Ensemble** In addition to having fun making music together, the Recorder Ensemble also may perform at OLLI at USM events and venues. Contact Karen Luse at [luse.karen@gmail.com](mailto:luse.karen@gmail.com) for more information.

● **Science Reading Club** Each month this group reads and discusses articles from the latest issue of *Scientific American*. See the website at [olliusmsciencediscussion.wordpress.com](http://olliusmsciencediscussion.wordpress.com) or contact Elizabeth Housewright at [ehousewright@gmail.com](mailto:ehousewright@gmail.com) for more information.

● **Senior Players** Thespians perform staged readings twice a year at USM and off-campus on several occasions. Senior Players is open to all OLLI at USM members. Contact Cheryl Squiers at [nenegirl8th@gmail.com](mailto:nenegirl8th@gmail.com) for more information.

● **Wine-Tasting Club** An OLLI wine enthusiast helps educate your palate during featured wine-and-appetizer pairings at a local restaurant. The group meets at 5:30 p.m. every month or so. Novices and wine enthusiasts welcome. Contact Joel Kallich at [joelkallich@gmail.com](mailto:joelkallich@gmail.com) if you'd like to join an e-mail list for advance notice of the date, price, and venue.



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*Intellectual Fun  
for People Over 50*



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