

Celebrating  
**25+ YEARS**  
of Learning



1997-2023



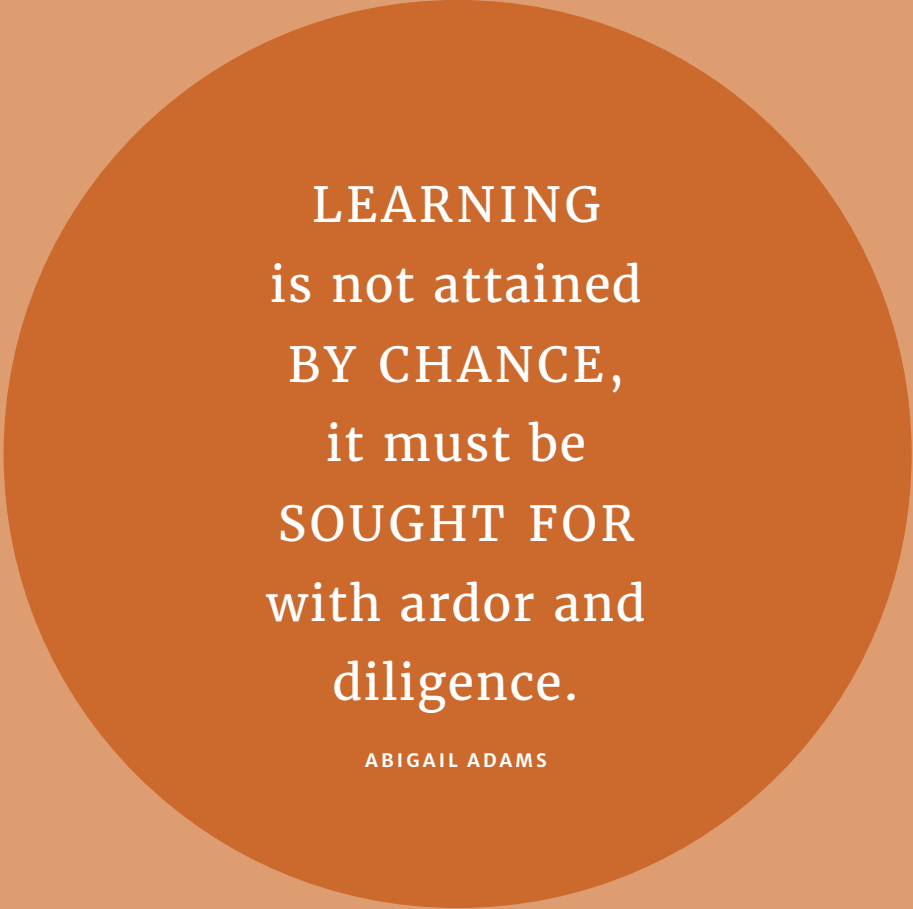
# Course Catalog

FALL SESSION 2025

SEPTEMBER 15 – NOVEMBER 7



UNIVERSITY OF  
SOUTHERN MAINE



LEARNING  
is not attained  
BY CHANCE,  
it must be  
SOUGHT FOR  
with ardor and  
diligence.

ABIGAIL ADAMS



## CONTACT US

207-780-4406

[olliatusm@maine.edu](mailto:olliatusm@maine.edu)

Portland Campus  
Wishcamper Center, Room 210

44 Bedford Street  
Portland, Maine 04101

*We are thankful for our many talented board members, volunteers, and staff who make OLLI programming possible.*

## STAFF

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## ADVISORY BOARD (2025-26)

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## DIRECTOR'S MESSAGE



## An extraordinary season

*"Exploration is really the essence of the human spirit."*

— FRANK BORMAN

I am sure that you will join me in excitement over the expansive offerings in this fall's session. We have *new* topics, *new* instructors, and *many* avenues for your exploration. You may choose to turn inward to consider how to shape your life, or you can take classes in preparation for an OLLI trip (or do a bit of armchair traveling!). Here are a few courses to consider:

Explore Australia in "Far from Home: Fiction from Down Under," facilitated by Susan Powell ([page 36](#)).

John Johnson connects his OLLI class "A History of America in 100 Maps" with three sessions at the exceptional Osher Map Library ([page 31](#)).

Hideko Abe will provide an "Introduction to Japanese Language and Culture" ([page 35](#)).

Prepare for the fall 2026 trip to literary England by taking Margaret Creighton and Susan Ransom's "Copperfield and Copperhead" ([page 35](#)), Ted Anderson's "From Penny Lane to Willesden Green: Musical Odes to England," ([page 37](#)), Shakespeare in Derek Campbell's "Birth, Death, Copulation, That's All, That's All, That's All" ([page 23](#)), or Steve Urkowitz's "Short Poems by Shakespeare and His Contemporaries" ([page 24](#)).

Traveling to Tuscany next March? Prepare by taking my "Beyond the Magnificent" course ([page 30](#)) about the High Renaissance in Florence.

You will find *more* choices in this catalog, including more dance/movement, film, literature, science, and self-discovery.

Have fun exploring,

Donna Anderson  
Director

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**25+ YEARS**  
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1997-2023

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## Learning for the love of it!

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 1,600-plus like-minded learners who are members of the Osher Lifelong Learning Institute (OLLI).

OLLI is located on the Portland campus of the University of Southern Maine (USM) and 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 at USM member, you'll choose from an extensive array of peer-taught courses in a variety of subjects. 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 active 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.

### OLLI: BY THE NUMBERS

<b>124</b>	<b>1,650+</b>	<b>17</b>	<b>199</b>
OLLI BRANCHES IN THE US	OLLI ACTIVE STUDENTS (2024–25)	ACTIVE MAINE SENIOR COLLEGES	OLLI VOLUNTEERS (2024–25)

### 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.



# Join us

There are several ways to join the OLLI community of lifelong learners.

## Become a member

OLLI at USM is an autonomous, self-governing organization supported through an annual membership fee of \$35. The membership fee covers the fiscal year from **July 1 – June 30**. The fee is *not* pro-rated. Our monthly online newsletter and Facebook page outline upcoming programs and events open to you.

### Member benefits include:

- Access to sign up for OLLI courses and workshops online.
- Access to OLLI Special Interest Groups (SIGs) at no additional cost. See [page 52](#) for the list of current SIGs.
- Access to courses at the 17 active Maine senior colleges throughout the state. Visit [MaineSeniorCollege.org](http://MaineSeniorCollege.org) for more information.

## Free membership for those over the age of 90!

Call the OLLI office at 207-780-4406 in order to process your free membership if you are over the age of 90!

## Apply for a scholarship

Full and partial scholarships are available through a simple, friendly, confidential process. Scholarships are limited to \$60 per person per session, 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 completed online or downloaded from the OLLI website: [usm.maine.edu/osher-lifelong-learning-institute/olli-scholarships/](http://usm.maine.edu/osher-lifelong-learning-institute/olli-scholarships/). **The form must be completed, signed (if downloaded), and submitted with each of your course registration forms.**

*Please 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.*



# What to expect

We cannot describe all you will experience at OLLI in just a few paragraphs. Still, this page contains important information for OLLI students from registration to student conduct. So make sure to read carefully!

## TUITION

Tuition is \$60 per course for regular OLLI at USM courses. Workshops cost \$20 for single sessions and \$30 for two or three sessions or a full day. Exceptions to the usual pricing structure are clearly noted.

Membership costs \$35 per fiscal year and runs from July 1 – June 30.

**As of Spring 2025, OLLI is no longer accepting cash or checks as a form of payment.**

We can process only the following credit cards: Visa, Discover, and Mastercard.

## REFUND POLICY

You will receive a 100% refund for classes dropped by the end of the second week of classes. **No refunds will be made after that point.** You cannot receive a refund for OLLI at USM annual membership fees. To transfer to a different class or drop a class, email [olliatusm@maine.edu](mailto:olliatusm@maine.edu) or call 207-780-4406.

## BOOKS & MATERIALS

Acquiring books and materials is the student's responsibility. Books and materials will be listed as:

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

Students can purchase books through USM's online bookstore by going to [usm.ecampus.com](http://usm.ecampus.com) and selecting OLLI as the term. Visit [usm.maine.edu/osher-lifelong-learning-institute/resources](http://usm.maine.edu/osher-lifelong-learning-institute/resources) for instructions and more information.

Students also are welcome to procure books from other sources, including online vendors, local libraries, and friends.

## SESSION SCHEDULE

Fall classes are held once a week, **remotely** on Zoom and **in-person**, Monday – Friday. The term runs for eight weeks, from September 15 through November 7, unless otherwise noted in the course description.

Morning classes run from 9:30 – 11:30 a.m.; afternoon classes run from 12:45 – 2:45 p.m. Any exceptions to usual times are noted.

Most workshops will take place on Saturdays, **remotely** on Zoom and **in-person** (see [page 14](#)).

## LOCATIONS

OLLI Fall 2025 courses and workshops will be held both remotely and in-person:

### Remote

Classes will be taught online via distance learning, using Zoom, unless otherwise noted.

### In-person

Courses and workshops take place in Wishcamper Center. We will notify you in advance of the class about the exact location.

### Hybrid

Hybrid classes meet online and in-person at the same time. The sessions may be recorded at the instructor's discretion.

### + Blended

Blended classes meet online and in-person at different times. The online sessions may be recorded at the instructor's discretion.

## PARKING

Parking in the USM garage attached to the Abromson Center will require a virtual permit. See [page 8](#) for more details.

## WAIVERS

Students with scholarships, gift certificates, free memberships, or other waivers must email registrations to the OLLI office at [olliatusm@maine.edu](mailto:olliatusm@maine.edu) before registration begins for timely processing. Waivers will be accepted after that deadline, but we cannot guarantee your selected classes will be available.

## WEATHER CLOSURES & DELAYS

### Campus Closures

If USM at Portland is closed, the OLLI office and in-person events will be canceled. Remote classes and events will be held at the discretion of the instructor or organizers.

### Delayed Openings & Early Closures

If the USM Portland campus opens late or closes early, the OLLI office and in-person events will be canceled accordingly.

For example, if USM opens after OLLI's regular start time (e.g., USM delays opening until 10 a.m.), all OLLI classes starting earlier than 10 a.m. will be canceled. If USM announces an early closure (e.g., campus closes at 2:00 p.m.), OLLI events beginning after 2:00 p.m. will be automatically canceled.

### To confirm USM Campus weather closures or delays

Call the USM Storm Line at 207-780-4800 or look for a yellow notice at the top of the USM Homepage ([usm.maine.edu](https://usm.maine.edu)).

**As of Spring 2025, OLLI is no longer accepting cash or checks as a form of payment.**

We can process only the following credit cards: Visa, Discover, and Mastercard.

## ACCESSIBILITY & SPECIAL ACCOMMODATIONS

OLLI at USM is committed to making our classes, lectures, workshops, seminars, and activities accessible for all members. Please notify OLLI staff as soon as you register at 207-780-4406 to discuss your options.

### Hearing Assistance

- **In-Person:** Portable assisted-listening devices are available for use in any Wishcamper classroom. Come into the OLLI office, Wishcamper 210, to sign out an assisted listening device.
- **Remote:** Zoom allows members to have complete control over the volume of your classroom. Additional auto-captioning services can be set up upon request.

### Accessible Parking

The USM Parking Garage is open to OLLI members with a virtual parking pass. Handicapped parking and elevator access are available on all levels of the parking garage.

## NEWS & UPDATES

For news and updates on OLLI activities, read your OLLI Newsletter, go to the OLLI at USM website ([usm.maine.edu/olli](https://usm.maine.edu/olli)), or follow us on Facebook (@OsherLifelongLearningInstituteAtUSM).

## CONTACT INFORMATION

Please call or email if you need to get in touch with us at 207-780-4406 or at [olliatusm@maine.edu](mailto:olliatusm@maine.edu).

## COVID-19 PRECAUTIONS

**Face coverings:** Face masks are optional in all indoor and outdoor spaces with three exceptions.

Face mask may be required:

1. At the discretion of instructors.
2. At the discretion of a primary office occupant or meeting host.
3. When required by the CDC.

### Vaccination requirements:

Effective with the May 2023 term and going forward, the University of Maine System has lifted the COVID-19 vaccination requirement but strongly encourages all students, employees, and visitors to obtain a COVID-19 vaccination and booster shots when eligible. COVID-19 vaccinations and boosters are recommended as a way to prevent severe cases of COVID-19.



## GENERAL INFORMATION

### THE USM CAMPUS

The Osher Lifelong Learning Institute (OLLI) is located on the University of Southern Maine (USM) Portland Campus in Wishcamper Center (44 Bedford Street, Portland, Maine).

Classrooms are located on the 1st and 2nd floors. The OLLI office is located on the 2nd floor in Room 210.

**Wishcamper Center has an elevator located in the lobby on the west side of the building.**

### ON-CAMPUS PARKING

OLLI Students must park in the USM garage attached to the Abromson Community Education Center, located on Bedford Street.

**There are 27 handicapped spaces available between the two parking garages.**

Parking in the USM garage will require a virtual parking permit. Visit [usm.maine.edu/osher-lifelong-learning-institute/location-parking/](https://usm.maine.edu/osher-lifelong-learning-institute/location-parking/) for more information.

*Please note: when purchasing a permit, auto-renew is enabled by default. Please login to edit this setting.*



Creating community and identifying safer places for students, staff, and faculty of diverse sexualities, romantic orientations, and genders since 1996.

[usm.maine.edu/safezone](https://usm.maine.edu/safezone)



# Important Dates

OLLI FALL 2025

The fall session will run from September 15 – November 7.  
Mark your calendar for these other important dates.

<b>AUG 20</b>	<b>Online registration for OLLI fall courses begins.</b>  The registration system will automatically turn on at 10:00 a.m. Students with scholarships, gift certificates, free memberships, or other waivers must contact us at <a href="mailto:olliatusm@maine.edu">olliatusm@maine.edu</a> <b>before August 20</b> , so staff can process them promptly. We cannot 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 <b>after August 20</b> , but some classes and workshops may be full, so please turn them in as soon as possible.
<b>AUG 25</b>	<b>OLLI staff begins taking phone registrations, and processing mail-in and drop-off registrations.</b>
<b>SEP 1</b>	<b>Course and workshop offerings open to the Maine Senior College Network.</b>  Please contact us at <a href="mailto:olliatusm@maine.edu">olliatusm@maine.edu</a> and leave your name and phone number plus the course you are interested in. We will contact you to enroll.
<b>SEP 15</b>	<b>OLLI fall session classes start</b>
<b>SEP 26</b>	<b>Deadline to receive a refund on dropped courses.</b>
<b>SEP 20, 27, OCT 4</b>	<b>OLLI fall workshops</b>
<b>NOV 7</b>	<b>OLLI fall session ends</b>
<b>NOV 10, 12–14, 17</b>	<b>OLLI fall session make-up week</b>

## **The OLLI Staff is on holiday September 1, October 13, and November 11.**

The OLLI office and USM will be closed on these dates. If you have an in-person class scheduled in Wishcamper on these dates, your class will not meet. If you have a remote class scheduled on these dates, please get in touch with your instructor to see if they plan to observe the holiday.



### **QUESTIONS?**

**We are here to help you!**

Email us:  
[olliatusm@maine.edu](mailto:olliatusm@maine.edu)





Call us:  
207-780-4406

# Courses by schedule

Courses run once a week, Monday – Friday, starting September 15, unless otherwise stated. Full course descriptions, costs, and materials can be found on the page listed next to each course title.

## 4 PATHWAYS TO LEARNING

Refer to these icons to find the right program style for you:

-  IN-PERSON
-  REMOTE (ZOOM)
-  HYBRID  
(BOTH IN-PERSON & REMOTE CONCURRENTLY)
-  BLENDED  
(SOME CLASSES IN-PERSON, SOME CLASSES REMOTE)

Want to search for programs by topic?  
See [page 23](#) for our full index.

Want to find a program by instructor?  
See [page 17](#) for our instructor index.



### QUESTIONS?

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Email us:

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Call us:


207-780-4406

## MONDAYS


### MORNINGS • 9:30 – 10:45 A.M.


-  **Gentle Flow Yoga** (p. 26)  
CANDY BLAXTER

### MORNINGS • 9:30 – 11:30 A.M.

-  **Short Poems by Shakespeare & His Contemporaries** (p. 24)  
STEVE URKOWITZ


-  **In the Mirror of Death** (p. 42)  
JOAN ELIZABETH

-  **Write, Dream, or Design Your Opera!** (p. 25)  
MONA LETOURNEAU

-  **Four Powers of the Elder Wise Woman** (p. 47)  
LUCILLE MELTZ


-  **Far from Home: Exploring Fiction from Down Under: Four 21st Century Novels About Australia by Australians** (p. 36)  
SUSAN POWELL

### AFTERNOONS • 12:30 – 3:00 P.M.

-  **Greek Mythology Through Film** (p. 28)  
IRWIN NOVAK & MARY SNELL

### AFTERNOONS • 12:45 – 2:45 P.M.

-  **Introduction to Japanese Language & Culture** (p. 35)  
HIDEKO ABE

-  **The Benedictine Way of Meditation** (p. 41)  
DON BOUCHARD

-  **Copperfield & Copperhead** (p. 35)  
MARGARET CREIGHTON & SUSAN RANSOM

-  **Embodied Living: Body Mythology for Self Companionship** (p. 26)  
KATHARINE DOUGHTY


-  **Tai Chi — The Yang 24 Form** (p. 27)  
MICHAEL LEACHER

-  **The Idea of Science: Thinking Leading To & Through Our 21st Century** (p. 45)  
ERIC SZENDREI

-  **Challenges to Democracy in the Middle East: Do Elections Matter? Case Studies of Iran & Tunisia** (p. 34)  
KATHLEEN SUTHERLAND


## TUESDAYS

## AFTERNOONS • 12:30 – 3:00 P.M.


-  **Neo-Noir Cinema: Shadows in the Modern Age** (p. 29)  
DAVE STANKOWICZ

## AFTERNOONS • 12:45 – 2:45 P.M.

-  **Choosing Peace Mindfulness Practices for Nonviolent Communication** (p. 46)  
CHERYL ANDERSON

-  **Conversation & Democracy** (p. 39)  
JOHN BUBAR, VALARIE LAMONT,  
& LARRY RICHARDS

-  **Intermediate French** (p. 35)  
JACQUELINE BUCAR

-  **Birth, Copulation, & Death: That's All, That's All, That's All.** (p. 23)  
DEREK CAMPBELL

-  **FUN 2.0** (p. 47)  
MERYL LEVIN & DONI TAMBLYN

-  **"The Glorious Cause" — A Novel Look at The American Revolution** (p. 31)  
JIM MENTZER

-  **A Tree, A Rock, A Cloud** (p. 45)  
HAL SCHEINTAUB

-  **Ancient Echoes, New Understandings** (p. 34)  
JOHN WILLSON

## WEDNESDAYS

## MORNINGS • 9:30 – 11:00 A.M.


-  **World Dance Sampler: Travel the World Through Dance** (p. 26)  
KATHLEEN CARROLL


## MORNINGS • 9:30 – 11:30 A.M.


-  **The Good, the Bad & the Really, REALLY Ugly. Parasites Rule!** (p. 44)  
ANDREA GELDER

-  **History of America in 100 Maps** (p. 31)  
JOHN JOHNSON

-  **Woman's Art & Art About Women** (p. 24)  
NATHANIEL LARRABEE

-  **Sharing More of Your Favorite Poems** (p. 36)  
BILL NATHAN

-  **American Indian Renaissance** (p. 33)  
STEVE PIKER

-  **Exploring the Lost City of Deering** (p. 33)  
ALESSA WYLIE

-  **Our Thirty Years' War: America in Vietnam 1945–75** (p. 34)  
BUCK BENEDICT

-  **A Course on Bliss and Other Non-Ordinary Conscious States** (p. 43)  
MONA LETOURNEAU

## MORNINGS • 9:30 A.M. – 12:00 P.M.

-  **Getting Old is Not for Sissies** (p. 46)  
MARY KROTH-BRUNET

## AFTERNOONS • 12:45 – 2:45 P.M.

-  **Beyond the Magnificent: Politics, Patronage, Art, & Innovation in High Renaissance Florence** (p. 30)  
DONNA ANDERSON

-  **The Blues as Sung by Female Artists: A History** (p. 37)  
TERRY FOSTER

-  **Modern Physics — How We Know What We Know** (p. 44)  
JONATHAN MATT


-  **Borderlands: Stories about "Us" vs. "Them" & All of U.S.** (p. 38)  
LYNN MCGOVERN

-  **Freud in the 21st Century — The Relevance of Our Id** (p. 41)  
BILL PORTELA


-  **From Fort Kent to Kittery — The People, Places, & Culture of Maine** (p. 33)  
DAVID SUITOR

-  **People, Plates, & Palates, Oh My!** (p. 49)  
LINDA WERNER & MARCIA WESTON

-  **Sharing & Exploring Magical Moments** (p. 42)  
JOAN CHADBOURNE





-  **Let's Read: Emily Wilson's *The Odyssey*** (p. 41)  
DENNIS REDFIELD

## EVENINGS • 4:00 – 6:00 P.M.

-  **Life After Doom** (p. 39)  
LARRY DUMKA, THOMAS WHITE,  
& LEAH JONES


#### 4 PATHWAYS TO LEARNING

Refer to these icons to find the right program style for you:

-  IN-PERSON
-  REMOTE (ZOOM)
-  HYBRID  
(BOTH IN-PERSON & REMOTE CONCURRENTLY)
-  BLENDED  
+ (SOME CLASSES IN-PERSON, SOME CLASSES REMOTE)

## THURSDAYS


### MORNINGS • 9:30 – 11:00 A.M.

-  **Ethics, 2025 — An Old-World Concept in a New-World Culture** (p. 43)  
LORRAINE MASURE









### MORNINGS • 9:30 – 11:30 A.M.

-  **Meditative Movement & the Life-giving Messages of Mystics Worldwide** (p. 42)  
FRED BRANCATO
-  **Civic Virtue: Can We Save Democracy?** (p. 38)  
ROBERT LIBBY
-  **Writing to Feed Your Hungry Spirit** (p. 50)  
LYNN MENZTER
-  **Learning Science from Italo Calvino's *Cosmicomics*** (p. 44)  
GALE RHODES
-  **Beyond the Magnificent: Politics, Patronage, Art, & Innovation in High Renaissance Florence** (p. 30)  
DONNA ANDERSON

### AFTERNOONS • 12:30 – 3:00 P.M.

-  **Exploring Human Potential & Polarities Between Light & Dark: A Film/Discussion Class** (p. 27)  
JOAN ALDRICH

### AFTERNOONS • 12:45 – 2:45 P.M.

-  **Exploring & Experiencing Maine's Rich History & Culture** (p. 30)  
SCOTT ANDREWS
-  **The Golden Age of Blues 1920–70** (p. 37)  
LAURENCE GARDNER
-  **Meeting Myself Again: Who Was That Person — & Why Did They Wear That?** (p. 40)  
WHEATON GRIFFIN
-  **Line Dancing** (p. 26)  
JOANNA KOHARIAN & CECILIA ZIKO
-  **The Art of Living Well: Peace Education Program** (p. 46)  
TERRY LANDRY & RITA RUBIN-LONG
-  **Supreme Court Effects** (p. 38)  
ROBERT LIBBY
-  **Memory Institute: Train Your Brain to Retain** (p. 41)  
LAWRENCE CROUCH
-  **Great Plot Twist Movies II (All New)** (p. 29)  
ED SOLANO



### QUESTIONS?

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[olliatusm@maine.edu](mailto:olliatusm@maine.edu)

Call us:


207-780-4406

## FRIDAYS


## MORNINGS • 9:30 – 11:30 A.M.

-  **You Onstage** (p. 23)  
DELILAH BLAKE


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-  **Planet of the Humans (Revisited)** (p. 43)  
RICHARD FORTIER


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-  **Return of the Misfit Poets** (p. 50)  
CRAIG SIPE & MARY TRACY


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-  **Flying Saucers: A Modern Myth of Things Seen in the Skies** (p. 43)  
STEPHEN KERCEL


## AFTERNOONS • 12:45 – 2:45 P.M.

-  **Basic Tap Dancing** (p. 27)  
REGGIE OSBORN


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-  **Maine Agriculture: Past, Present, & Future** (p. 33)  
NEIL PIPER


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-  **How to Grow in Love, Joy, & Peace** (p. 42)  
FREDERICK PRINCE


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-  **Universal Studios' Horrors 1935–54** (p. 29)  
ALAN ROBITAILLE


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-  **Calculus for Curious Adults** (p. 44)  
STEPHEN SCHIFFMAN

---

-  **Studio Seeing: A Practical Guide to Drawing, Painting, & Perception** (p. 24)  
MICHAEL TORLEN

---

-  **Improving Beginner Bridge I** (p. 28)  
DON BOUWENS



# Workshops by schedule

Workshops mostly run on Saturdays as noted throughout the fall session. Full workshop descriptions, costs, and materials can be found on the page listed next to each course title.

## 4 PATHWAYS TO LEARNING

Refer to these icons to find the right program style for you:



IN-PERSON



REMOTE (ZOOM)



HYBRID



(BOTH IN-PERSON & REMOTE  
CONCURRENTLY)



BLENDED



(SOME CLASSES IN-PERSON,  
SOME CLASSES REMOTE)

Want to search for programs by topic?

See [page 23](#) for our full index.

Want to find a program by instructor?

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10/21, 10/28, 11/4, 11/18, & 11/25

9:30 – 11:30 A.M.



**Zentangle 101** (p. 25)

MARTHA BROOKS



**Zentangle: It's Cooler  
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MARTHA BROOKS

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**IMPROVment —  
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for Brain Body Health** (p. 27)

JESSIE LAURITA-SPANGLET

## THURSDAYS

### 1 SESSION:

10/9 • 2:30 – 4:30 P.M.



**Tax Planning in Retirement**  
(p. 49)

DEREK THARP

### 4 SESSIONS:

10/2, 10/9, 10/16, & 10/23

12:45 – 2:45 P.M.



**Four Generations of the  
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JOHN SUTHERLAND

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**Social Security Planning** (p. 49)

DEREK THARP

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**Retirement Income Planning**  
(p. 49)

DEREK THARP

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9/20 • 9:30 – 11:30 A.M.

 **Who are You in Six Words or Less?** (p. 48)

MARY LYNN ENGEL

 **Steeple on State Street** (p. 31)

STACIA HANSCOM &amp; ALESSA WYLIE

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DAVID VON SEGGERN

## 1 SESSION:

9/20 • 9:30 A.M. – 3:30 P.M.

 **Fall Equinox Poetry Fest** (p. 50)

ROBERT LIBBY

## 1 SESSION:

9/20 • 10:00 A.M. – 12:00 P.M.

 **Home Bartending & Entertaining** (p. 47)

MARY ALTENBERN

## 1 SESSION:

9/27 • 9:30 – 11:30 A.M.

 **Understanding the Second Amendment Right to Bear Arms** (p. 38)MARGARET GROBAN  
& WILLIAM HARWOOD **West Side Story Revisited** (p. 28)

DeWAYN MARZAGALLI

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9/27 • 10:00 A.M. – 12:00 P.M.

 **Camping in Maine** (p. 47)

MARY ALTENBERN

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 **Irish Nationalism from Parnell thru DaValera; Irish Lit From Yeats to Heaney** (p. 36)

BOB McCUE

## 2 SESSIONS:

9/27 &amp; 10/4 • 9:00 A.M. – 1:00 P.M.

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WILLIAM CARITO

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VICKI FIELD

## Writer's workshops

*Our writer's workshops are held monthly throughout the academic year. Full descriptions, costs, and materials can be found on the page listed next to each workshop title.*

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## 9 SESSIONS:

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& TANA LEONHART

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## 8 SESSIONS:

OCT – MAY • 12:30 – 2:45 P.M.

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& PHILIP MORSE

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OCT – MAY • 12:45 – 2:45 P.M.

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& TOBY HOLLANDER



THE EXPERT  
in anything was once  
A BEGINNER.

HELEN HAYES

# Courses & workshops by instructor

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### QUESTIONS?

We are here to help you!

Email us:

[olliatusm@maine.edu](mailto:olliatusm@maine.edu)

Call us:

207-780-4406

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# Fall SAGE Lecture Series

**Join us as we explore new  
dimensions in life!**

*An eight-week lecture series presented by OLLI,  
SAGE offers a dynamic approach to learning  
in history, science, the arts, and current events.*



## THE BASICS

### WHEN

Tuesday mornings,  
September 16 – November 4, 2025  
9:30 – 11:30 a.m.

### WHERE

**In-person:**  
USM Portland Campus  
133 Wishcamper Center

**Remote:**  
Available online via Zoom  
Link will be emailed the  
Monday before each lecture.



**This will be a  
hybrid program  
with recordings  
sent to members  
who register.**

## COST

### INDIVIDUAL LECTURES

Members of the public may attend individual lectures for \$15 each.

### OLLI MEMBERS ONLY

OLLI members can pre-register for the entire series for just \$60 each.  
(That's eight lectures for the price of five!)

## REGISTRATION

### HOW TO REGISTER

There are three easy ways to register:

- **Register online.** Visit our website at [usm.maine.edu/olli](https://usm.maine.edu/olli) beginning August 20 at 10 a.m.
- **Register by phone.** Call the OLLI office at 207-780-4406 beginning August 25.
- **Register by mail.** Complete the registration form located on [page 57](#) (also available online).

## FOR MORE INFO

### CONTACT

We are here to help you! Please contact the OLLI Office.  
We are open Monday – Friday from 8:00 a.m. – 4:00 p.m.  
Call 207-780-4406 or email [olliatusm@maine.edu](mailto:olliatusm@maine.edu).



### THANK YOU TO THE PROGRAM PLANNING COMMITTEE THAT PLANNED THE FALL 2025 SEASON:

Marcia Weston (Chair), Linda Werner (Vice-Chair), Steve Abromson, Marjorie Ford, John Sutherland,  
Kathleen Sutherland, & Gail Worster



SEPTEMBER 16

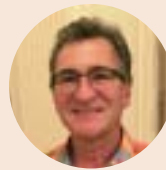
## The Power of Volunteerism & Diversity at USM's Radio Station, WMPG

**TOM BELL**  
Filmmaker

**ANNELLA LINTON**  
Development Director, WMPG



The documentary *An Extraordinary Place* showcases how volunteerism creates joy, meaning, and a sense of belonging. The film highlights WMPG's inclusive spirit and the power of diversity to build strong, connected communities.



OCTOBER 14

## Spirits Alive: Preserving Eastern Cemetery

**RON ROMANO**  
Cemetery Historian; Author; Lecturer;  
Board Member, *Spirits Alive*

*Spirits Alive*, an all-volunteer group, has rescued Eastern Cemetery from neglect and restored the site all while educating the public about its history.



SEPTEMBER 23

## The Klu Klux Klan Influence in Maine

**GARY LAWLESS**  
Co-owner, *Gulf of Maine Bookstore*;  
Publisher, Advocate, & Poet

Gary Lawless will chronicle the rise of the Ku Klux Klan in Maine in the 1920s, its influence today, and what we can do about it.



OCTOBER 21

## Maine Historical Society

**KATHLEEN NEUMANN**  
Curator of Education & Public Programs



**MIA SIGLER**      **TIFFANY LINK**  
Reference Librarian      Curator of Collections

Founded in 1822, the Maine Historical Society preserves and shares Maine's history. A look at the newest exhibit *Notorious: Maine Crime in the Public Eye: 1698-1940* will be part of the presentation.



SEPTEMBER 30

## Thoreau & the Transcendentalists: Individualism in the Age of Market Revolution

**DR. ADAM TUCHINSKY**  
Provost, *University of Southern Maine*

Despite writing 150 years ago, Thoreau shares our modernity — its alienation and artificiality — and self-consciously tried to simplify his life. This lecture's aim is to situate Thoreau's sensibility in his time, and ours.



OCTOBER 28

## The Past, Present & Future of Maine's Lobster Industry

**PATRICE MCCARRON**  
President & CEO, *Maine Lobstermen's Association*

For 70 years, the Maine Lobstermen's Association (MLA) has advocated for sustainable practices, for fisherman, and for communities that depend on the industry. The president and CEO of the MLA and a working lobsterman will share the enduring legacy of this iconic industry and the challenges that lie ahead.



OCTOBER 7

## Another Wonderful Journey with Carey

**CAREY KISH**  
Author, Writer, Adventurer, Hiker

This past spring, Carey went to Spain to hike the legendary Camino de Santiago. Come and experience what it was like for a long-distance hiker to make the 500-mile journey.



NOVEMBER 4

## 2nd Generation / 1st Person: History, Memory, & Poetry

**ANNA WROBEL**  
Historian, Teacher, & Poet

A child of those risen from the Nazi Final Solution, Anna forges decades of Holocaust scholarship and original poetry to explore and reveal layers of Shoah experience and its reverberations within generations.



# Full listing of courses & workshops

Courses and workshops are listed by subject. Details including books and materials are listed here.

## 4 PATHWAYS TO LEARNING

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IN-PERSON



REMOTE (ZOOM)



HYBRID



BLENDED

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See page 17 for our instructor index.

Looking to fill a specific day or time?  
See page 10 for our schedule-at-a-glance.

## ACTING, ART, & ART HISTORY

### You Onstage

DELILAH BLAKE

**COURSE** FRI, 9/19 – 11/7 • 9:30 – 11:30 A.M. • \$60

In this very playful gathering, we will have fun with easy light-hearted theater games. You'll practice the games with your group and then find yourself naturally applying the skills in all arenas of your life. From the shy to the bold, this is a safe place to try something different, connect with others in a deeper way, gain new perspectives, give your self-expression and creativity an outlet, and feel refreshed and rejuvenated. The final class is an informal, interactive performance party. No experience necessary! **New in-person course.** Format includes discussion, hands on learning, and movement.

*Delilah Blake's light-hearted approach has been bringing out the "performer" in private clients and corporate teams since 1994. Her background includes running her own theaters and comedy troupes in Houston and New York City. She continues to create original, uplifting musical comedy shows in both the public and corporate arenas.*

### Birth, Copulation, & Death: That's All, That's All, That's All.

DEREK CAMPBELL

**COURSE** TUE, 9/16 – 11/4 • 12:45 – 2:45 P.M. • \$60

Many of Shakespeare's sonnets revolve around the destructive power of time, a fear of mortality, and the joys, yearnings, and agonies of procreation, love, and sexual desire. The universality of these themes coupled with Shakespeare's remarkable insight and depth of feeling makes the sonnets readily accessible to 21st-century readers. We examine the sonnet, consider Shakespeare's underlying musical score, and look at ways to decipher the rhythm and image codes in the verse. Participants will read aloud and present a sonnet of their choosing. **Repeat in-person course.** Format includes discussion.


**REQUIRED BOOK:** *Shakespeare's Sonnets*, Stephen Booth, ISBN 300024959

*Derek Campbell retired to Portland after a 40-year career as an actor, director, teacher in Ireland, England, and the U.S. In 1976, a prize-winning production of A Midsummer Night's Dream earned him a directing assistantship at Penn State University. He has held academic positions at SUNY Buffalo, MIT, Bennington College, and Niagara University.*

ACTING, ART, &amp; ART HISTORY • continued from previous page

## Womens' Art & Art About Women

NATHANIEL LARRABEE


 **COURSE** WED, 9/17 – 11/5 • 9:30 – 11:30 A.M. • \$60

This course will explore the achievements of women artists throughout history following Linda Nochlin's Feminist essay, "Why Have There Been No Great Women Artists?" Based on The Metropolitan Museum's curated tour format, this course encourages classroom dialogue by posing questions and answers. Each session will replicate a gallery exhibition of 10–30 works showing themes by historically prominent women artists. This seminar course is a "shared inquiry" dialogue where knowledge of art history is not required. **New in-person course.** Format includes lecture and discussion.

**Nathaniel Larrabee, B.A., B.F.A., M.A., M.F.A.,** retired as a Professor of Fine Arts at the Columbus College of Art and Design. He has also taught at Wellesley College, Boston University, the Ohio State University, and Northeastern University. He has widely exhibited at regional, national, and international levels.

## Studio Seeing: A Practical Guide to Drawing, Painting, & Perception

MICHAEL TORLEN

 **COURSE** FRI, 9/19 – 11/7 • 12:45 – 2:45 P.M. • \$60


Do artists see the world differently from the average viewer? In what ways do artists see, interpret, and translate visual information into artwork? This course gives a unique view into the difference between an artist's "aesthetic" vision and an ordinary person's "customary" way of seeing the world. The course will use the instructor's book written after years of teaching titled *Studio Seeing: A Practical Guide to Drawing, Painting, and Perception* (required text). The course will not only change your perception of "seeing" but will also take you on a fascinating journey through centuries of art demonstrating key concepts. The first part of the course will be grounded in the book/classroom/discussion. The last two sessions will consist of field trips (TBA) to art venues — selected galleries, museums, and perhaps even the instructor's studio! **Repeat in-person course.** Format includes lecture and discussion.

**REQUIRED BOOK:** *Studio Seeing: A Practical Guide to Drawing, Painting, and Perception*, Michael Torlen, ISBN 9781789387896

**Michael Torlen** is an artist, writer, and professor Emeritus of Purchase College, State University of New York, where he taught painting and drawing in the School of Art+Design and received a Chancellor's Award for Excellence in Teaching. He is the author of *Studio Seeing: A Practical Guide to Drawing, Painting, and Perception*.

## Short Poems by Shakespeare & His Contemporaries

STEVE URKOWITZ

 **COURSE** MON, 9/15 – 11/10 • 9:30 – 11:30 A.M. • \$60

Shakespeare and his buddies crafted a huge number of poems for pleasure, for profit, for wooing, mourning, praying, and for gleeful social satire. In this course, we'll read and talk about a wide variety of poems, listen to them performed aloud, and see how they can come alive for us today, more than four hundred years after they were first written. **New in-person course.** Format includes lecture, discussion, and performance.

**Steve Urkowitz** got hooked on reading poetry aloud when a high school classmate he tutored in chemistry gave him a volume of Carl Sandburg's poems as a "thank you." Years later he turned abruptly from a science major over to English, hooked forever by a Shakespearean play he saw in New York City's Central Park. Since then he's logged fifty years of academic writing and college teaching and decades of coaching amateur and professional singers and actors in how to "deliver" what those scripted words can carry. It's been delicious. He wants to share these toys.



### QUESTIONS?

We are here to help you!

Email us:

[olliatusm@maine.edu](mailto:olliatusm@maine.edu)

Call us:

207-780-4406

## Zentangle 101

MARTHA BROOKS

**WORKSHOP** TUE, 9/9 – 10/7 • 1:00 – 2:30 P.M. • \$30

An introduction to the basics of the Zentangle method of art — a fun, relaxing, and easy-to-do pen and ink drawing method that has therapeutic effects as well! Fundamental pen strokes, design components, ideas for embellishment, and simple shading techniques are covered. **Repeat remote workshop.** Format includes hands-on learning.

**REQUIRED MATERIALS:** Beginner materials (\$15) can be mailed directly to the registrants and payment is made directly to the facilitator via Venmo or a check.

*Martha Brooks is a Certified Zentangle Teacher. She finds great joy sharing this fun, relaxing, and easy-to-do art method! Zentangle can be a life changing experience! Martha is a retired speech pathologist who loves family/friend gatherings, rescuing cats and greyhounds, enjoying her doodle dog puppy, and exploring the coast of Maine.*

## Zentangle: It's Cooler in the Shade

MARTHA BROOKS

**WORKSHOP** TUE, 10/21 – 11/25 • 1:00 – 2:30 P.M. • \$30

Shading could be said to be the most exciting component of the Zentangle method! After your tangles have been placed on your tile, it is your shading techniques that make your overall design “pop.” In this class, you will explore shading basics, and how to apply these skills to the original white, black, Renaissance, and grey Zentangle tiles.

**New remote workshop.** Format includes hands-on learning.

**REQUIRED MATERIALS:** Beginner materials (\$15) can be mailed directly to the registrants and payment is made directly to the facilitator via Venmo or a check.

*Martha Brooks is a Certified Zentangle Teacher. She finds great joy sharing this fun, relaxing, and easy-to-do art method! Zentangle can be a life changing experience! Martha is a retired speech pathologist who loves family/friend gatherings, rescuing cats and greyhounds, enjoying her doodle dog puppy, and exploring the coast of Maine.*

## Write, Dream, or Design Your Opera!

MONA LETOURNEAU

**COURSE** MON, 9/15 – 11/10 • 9:30 – 11:30 A.M. • \$60

You don't need a conservatory degree to bring your opera to life! We will be 15–25 explorers newly developing any of the following: your opera idea, a libretto, characters, scoring acts, storyboards, historical research, costumes, props, masks, and puppets, hashing out the story sequence. We'll listen to and discuss varied works from Verdi to Britten to Sellars, wondering about opera as social action and source of beauty, especially its ineffable power to nourish the spirit. Non-western classical music included! Course includes optional extra meetings and link to composition software (\$49). Do you have a favorite hero or villain? Want to write an opera about climate change? Elon Musk? Drag racing? Chocolate? Psychopathic quilting club? Or just learn to turn the song in your heart into a stage work? **New remote course.** Format includes lecture, discussion, and hands-on learning.

*Mona Letourneau has casually worked in film and theater over five decades, and sometimes cannot help producing flash operas and ballets set in nature. A movement actor, puppeteer, musician, composer, and librettist, she is a member of the International Alliance for Women in Music.*



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## DANCE &amp; MOVEMENT

## Gentle Flow Yoga

CANDY BLAXTER

 **COURSE** MON, 9/15 – 11/10 • 9:30 – 10:45 A.M. • \$60


This is a gentle vinyasa flow yoga class with emphasis on alignment and safety. I strive to make my classes educational, inspirational, and fun. Pranayama (breath work) and meditation are woven into a 75-minute class. **New in-person course.** *Format includes movement.*

**REQUIRED MATERIALS:** Yoga mat, blanket or towel, strap or belt, optional yoga blocks.

**Candy Blaxter** is a certified yoga teacher for children, teens and adults. She is dedicated to bringing yoga to all populations in the belief that all can benefit from connecting to body and breath. Her motto is: “Teaching yoga skills for a lifetime of healthy bodies, loving hearts, and peaceful minds.”

World Dance Sampler:  
Travel the World Through Dance

KATHLEEN CARROLL

 **COURSE** WED, 9/17 – 11/5 • 9:30 – 11:00 A.M. • \$60

Let’s move; let’s laugh; let’s sweat; let’s experience varied cultures by learning traditional community dances from different countries. You’ll be exposed to unique rhythms, engaging music, and a wide mix of dance styles. Dance tempos range from calming to energetic. Formations include circles, snaking lines, pairs, opposing lines, etc. Each week you’ll learn new dances step-by-step, and review dances we’ve been working on. I’ll also revive some “dance favorites” from past classes. Partners not needed. Previous dance experience is helpful. **Repeat in-person course.** *Format includes movement. Note: this class will meet in Gorham, room location TBA.*

**Kathleen Carroll** has performed with “Borovcani,” a Maine-based international folk-dance group. She’s taught World Dance at various venues. Each summer at Mainewoods Dance Camp, Kathleen enjoys dancing and coordinating cultural festivities. Kathleen’s dance/cultural travels have led her to Bulgaria, Romania, Georgia, Turkey, Armenia, and more.




## DID YOU KNOW?

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Embodied Living: Body Mythology  
for Self Companionship

KATHARINE DOUGHTY

 **COURSE** MON, 9/15 – 11/10 • 12:45 – 2:45 P.M. • \$60

Applying the Life/Art Process of field pioneers Anna and Daria Halprin, we will journey to understanding and befriending our bodies, discovering unique perspectives, and building new neural pathways along the way. This will help you to improve balance, mobility, pain management, and emotional well-being; learn to navigate self and environment with greater ease and awareness; and develop individualized resources for living an embodied life through innate creativity. Classes include somatic awareness (bodymind) training, anatomy, physiology, history, writing, drawing, and movement exploration. Intent of creative work is personal growth over exhibition. Suited for all bodies and abilities.


**New in-person course.** *Format includes movement.*

**SUGGESTED MATERIALS:** Visit [katharinedoughty.com/somatics-and-expressive-arts.html](https://katharinedoughty.com/somatics-and-expressive-arts.html)

**Katharine Doughty** studied visual art and somatics at Hampshire College. Navigating metastatic breast cancer diagnosis, she attended Tamalpa Institute 2015–19 and completed her long term series “In My Own Language.” She offers expressive arts and somatic therapies to individuals and groups and continues “Finding the Ocean:” a 365 found object jewelry journal.

## Line Dancing

JOANNA KOHARIAN &amp; CECILIA ZIKO

 **COURSE** THU, 9/18 – 11/6 • 12:45 – 2:45 P.M. • \$60


Line dancing keeps us moving and is loads of fun. You don’t need to know how to do it already! Join returning and new enthusiasts to learn several dances in various modes and kinds of music (rock, cha cha, samba, country, easy listening, etc). You need to be steady on your feet, know your body and whether you need a rest, and be able to move for two hours (with plenty of water breaks). If you can walk a mile or two comfortably, this class will likely work for you. **Repeat in-person course.** *Format includes movement.*

**Joanna Koharian** started line dancing through OLLI when she retired and continues line dancing at other venues. She enjoys teaching OLLI line dancing and keeping the energy alive.

**Cecilia Ziko** has been line dancing at OLLI for over ten years. She is happy to be joining Joanna this fall as co-facilitator.

## IMPROVment — Improvisational Movement for Brain Body Health

JESSIE LAURITA-SPANGLET

 **WORKSHOP** TUE, 10/21 – 11/18 • 3:30 – 4:30 P.M. • \$30


Fun, creative, and lively, this evidence-based movement class helps participants build stamina, strength, and confidence, all while moving to music in a joyful and non-judgmental atmosphere. No prior dance experience is necessary, and attendees are invited to take the class at their own pace and slow down or rest at any time.

**Repeat in-person workshop.** Format includes movement. Note: this class will meet in Gorham, room location TBA.

*Jessie Laurita-Spanglet is a dance and health practitioner and an artist-educator based in Brunswick, Maine. Her work at the intersection of movement and health has led to her current role as intervention coordinator on a cross-disciplinary dance and neuroscience research team at Wake Forest University. In addition to her work at Wake Forest, she has taught courses on the topic of dance and health at Colby College and the University of Southern Maine, where she is currently a lecturer in the Department of Theater.*

## Tai Chi — The Yang 24 Form

MICHAEL LEACHER


 **COURSE** MON, 9/15 – 11/10 • 12:45 – 2:45 P.M. • \$60

Tai Chi involves a sequence of slow, gentle movements, each flowing gracefully into the next. It is practiced in a deliberate, mindful way that is often described as “meditation in motion.” The Yang 24 Form is the most widely practiced Tai Chi routine in the world. It can be learned and practiced by almost anyone, and can deliver great health benefits including reduced stress, a greater sense of well-being, and improved posture and balance. The National Institutes of Health presents Tai Chi as an important health practice, and cites many studies showing its positive influence on health and wellness. **New in-person course.** Format includes discussion and movement.

*Michael Leacher has practiced Tai Chi since the early 1980s, and has studied the Yang and Sun styles with several teachers. He is certified to teach Tai Chi as well as its close cousin Qigong, and has taught both Tai Chi and Qigong since 2014.*

## Basic Tap Dancing

REGGIE OSBORN

 **COURSE** FRI, 9/19 – 11/7 • 12:45 – 2:45 P.M. • \$60


Learn basic tap steps and a simple set of routines to old time music. **New in-person course.** Format includes movement.

*Reggie Osborn is a teacher, choreographer, and performer. He has performed at USM, Lyric Theatre, Portland Players, Ram Island Dance, Belfast Players, various venues and educational institutions, fitness clubs, private studios, swing, latin, ballroom, musical theater, tap, disco, folk, contra, vintage dance. He loves dancing and teaching.*

## ENTERTAINMENT & FILM

## Exploring Human Potential & Polarities Between Light & Dark: A Film/Discussion Class



JOAN ALDRICH

 **COURSE** THU, 9/18 – 10/30 • 12:30 – 3:00 P.M. • \$60

What makes us human? What enables/motivates our relatedness to the rest of creation? We'll consider these questions in a broad context, from cloned humans to A.I. Sometimes conscious or unconscious desire to dominate others is cultivated by one's historical time-period or community. From desire to control motivated by obsessional jealousy to the interface between slaveholder/enslaved, numerous relationships will be examined, with an eye to how significant life-meaning is found even within oppressive circumstances. Why is the humanity of another often disregarded or exploited? Can this hierarchical tendency ever change? Can we ever evolve to a more spiritual outlook that honors the divinity of others? Films like *Never Let Me Go*, *Get Out*, *Jefferson in Paris*, *Leave Her to Heaven*, *The Shape of Water*, *Silence*, and *Artificial Intelligence* showcase strength/resilience despite challenging dehumanization, and resistance to control/enslavement. **New in-person course.** Format includes discussion and film.

*Joan Aldrich, M.Div., provides background information and serves as a dialogue facilitator following Great Books Discussion Guidelines.*


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## ENTERTAINMENT &amp; FILM • continued from previous page

## Improving Beginner Bridge I

DON BOUWENS

 **COURSE** FRI, 9/19 – 11/7 • 12:45 – 2:45 P.M. • \$60


An interactive course designed to help those with just a very basic understanding of bridge. You will get to the next level where you can have fun playing with some attempt to compete for a good score. Using screen sharing, we look at actual deals to discuss the guidelines for opening bids, responding to opener's bid, making a defensive bid, playing a hand and defending. This is a fun and light-hearted class that is judgment free. You will learn how to log on to the free program to learn and play: [bridgebase.com](https://bridgebase.com). **Repeat remote course.** Format includes hands-on learning.

**SUGGESTED BOOKS:** *Bridge Basics 1: An Introduction*, Audrey Grant, ISBN 9780939460908; *The Fun Way to Serious Bridge*, Harry Lampert, ISBN 9780671630270

*Don Bouwens* grew up in Michigan and learned the game from his bridge playing parents. Club and more recently online games have become an always available and challenging pastime. He has always been a teacher at heart and is eager to help beginners with this endlessly fascinating game.

## Sherlock Holmes: Silver Blaze

DeWAYN MARZAGALLI

 **WORKSHOP** SAT, 9/20 • 9:30 – 11:30 A.M. • \$20


As we continue our Sherlock Holmes series, starring Jeremy Brett, this episode includes one of the most oft-quoted lines spoken by Holmes in the Canon. It involves the theft of a great racehorse and a barking dog.

**New remote workshop.** Format includes discussion and film.

*DeWayn C. Marzagalli* has been an OLLI instructor since 2011 and really enjoys discussing many different genres of movies. Born and raised in New York City, he served in the U.S. Navy and is a retired federal agent. He lives in Gorham with his wife of 58 years.

## West Side Story Revisited

DeWAYN MARZAGALLI


 **WORKSHOP** SAT, 9/27 • 9:30 – 11:30 A.M. • \$20

*West Side Story* (1961) was a monumental film winning numerous film awards and it became a lasting tribute to its creators, Leonard Bernstein, Jerome Robbins, and Stephen Sondheim, three musical geniuses. In 2021, another genius, Steven Spielberg, remade the movie to honor his father, who loved the musical. It is a daunting task to tackle a masterpiece, but I sincerely believe his version was up to the task. We will watch clips from both movies to relive this wonderful experience and to enjoy and discuss both movies. **New remote workshop.** Format includes discussion and film.

*DeWayn C. Marzagalli* has been an OLLI instructor since 2011 and really enjoys discussing many different genres of movies. Born and raised in New York City, he served in the U.S. Navy and is a retired federal agent. He lives in Gorham with his wife of 58 years.

## Greek Mythology Through Film

IRWIN NOVAK &amp; MARY SNELL

 **COURSE** MON, 9/22 – 11/10 • 12:30 – 3:00 P.M. • \$60

Homer and the ancient Greeks knew a good plot when they saw one: the curse on the house of Atreus, the epic Trojan War, the tragic story of Jason and Medea. Twenty-plus centuries later, film directors Michael Cacoyannis, Jules Dassin, and others also recognized these archetypal stories and turned them into great films. We'll discuss and watch at least seven. Classes run long to allow for discussion. **Repeat in-person course.** Format includes discussion and film.

**RECOMMENDED BOOKS:** *Mythology: Timeless Tales of Gods and Heroes*, Edith Hamilton, ISBN 9780446574754; *The Greek Myths*, Robert Graves, ISBN 9780241952740; *The Odyssey*, Homer, ISBN 9780140268867

*Irwin Novak, Ph.D.*, is Professor Emeritus of Geology at USM and is an avid film buff. He coordinates the annual Greek film series for the Hellenic Society of Maine. Both Irwin and Mary have taught USM International Summer programs on Lesbos in Greece for 20 years and have spent two months there each year for the past 36 years.


*Mary Snell, M.F.A.*, is a writer, poet and a former theater critic for The Portland Press Herald.

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## Neo-Noir Cinema: Shadows in the Modern Age

DAVE STANKOWICZ

 **COURSE** TUE, 9/16 – 10/28 • 12:30 – 3:00 P.M. • \$60


This course explores the evolution of film noir into its modern counterpart — *neo-noir* — through seven essential films. From the sun-drenched fatalism of *Body Heat* to the dystopian haze of *Blade Runner*, the occult horror-noir fusion of *Angel Heart*, and the teenage hardboiled detective world of *Brick*, to the self-aware wit of *Kiss Kiss Bang Bang*, students will examine how neo-noir reinterprets classic themes of moral ambiguity, identity, and corruption for contemporary audiences. Discussions will delve into race, technology, paranoia, and genre-bending storytelling, tracing the genre's cinematic and cultural legacy. Ideal for film lovers who crave style, mystery, atmosphere, and existential tension. **New in-person course.** *Format includes lecture, discussion, and film.*

**CONTENT ADVISORY:** Some films include scenes of violence, sexuality, strong language, and mature themes. These elements are part of the genre's exploration of darker human experiences. Viewer discretion is advised, and thoughtful discussion will be encouraged.

*Dave Stankowicz is a retired educator who has taught Film Noir at OLLI. A former DJ on WMPG's Palm Wine Radio, he currently hosts "Next To Silence" on Peaks Island Radio. He lives on Peaks Island with his wife Debbie and their dog Cody, and loves film, music, and writing.*

## Universal Studios' Horrors 1935–54

ALAN ROBITAILLE


 **COURSE** FRI, 9/19 – 11/7 • 12:45 – 2:45 P.M. • \$60

Continuing our survey of the thrillers coming from Universal Studios as they add to their successes by exploring new elements to established lines and creating new horrors. Embark on a journey as we explore eight more films during this period that gave us the conventions and atmospheres that were used in many thrillers for decades to come. Discussion will include the history, production values, performers, directors, and impact that these films had on what followed. **New in-person course.** *Format includes film.*

*Alan Robitaille is a retired program administrator with the Department of Health and Human Services. He received his B.A. in history from USM in 1983 and that subject has been a focus of his life. Whether it is the exploration of social mores in the age of antiquity, the American Revolution, or popular culture like comic books or monster movies, he has always asked, "How did we get here?"*

## Great Plot Twist Movies II (All New)

ED SOLANO

 **COURSE** THU, 9/18 – 11/6 • 12:45 – 2:45 P.M. • \$60

Guessing which way the plot will change (when forewarned) will be added fun when watching the eight films listed here (one per week) at home. You'll consider questions I send as a guide for our (remote) class. We'll also consider filming snafus, actors' quotes, and who refused to work with whomever again (as when Kubrick demanded 50 takes.) Schedule: *Cinema Paradiso*; *All That Jazz*; *Whiplash*; *Fight Club*; *Silver Linings Playbook*; *Shawshank Redemption*; *Parasite*; and we'll pick one or two from your suggestions or *No Way Out*; *The Great Dictator*; *Invisible Guest*; *Identity*; *Enemy*. We're not experts; just film-lovers. **New remote course.** *Format includes lecture, discussion, and film.*

*Ed Solano is a former high school history, English, and Journalism teacher who spends a lot of time trying to understand life's choices through watching (too many) movies.*



### QUESTIONS?

We are here to help you!

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Call us:


207-780-4406

## HISTORY &amp; CULTURE

## Beyond the Magnificent: Politics, Patronage, Art, & Innovation in High Renaissance Florence

DONNA ANDERSON

 **COURSE** WED, 9/17 – 11/5 • 12:45 – 2:45 P.M. • \$60


 **COURSE** THU, 9/18 – 11/6 • 9:30 – 11:30 A.M. • \$60

When we think of the High Renaissance, we think of words like “genius, enlightened, and magnificent.” In this class we will look beyond the bright sheen of exceptionalism to consider the reality of life in Florence, including conflicts between the Medici and other powerful factions, the friction between humanism and conservative Christianity, the struggle of artists and architects to find commissions and establish reputations, and the contrast between male and female patrons. We will discuss Lorenzo the Magnificent and his family, the rival Pazzi Family, Savonarola, Leonardo, Michelangelo, Botticelli, Machiavelli, and various other artists, writers, and popes. This course is a follow up to “The Stormy Start of the Italian Renaissance,” but that course is not a prerequisite to this class. **New course offering an in-person section on Wednesdays and a remote section on Thursdays.** *Format includes lecture and discussion.*

**Donna Anderson** has been the director of OLLI at USM since 2019. She is a former museum professional, working in New York and New Jersey. She has a passion for medieval and renaissance history and art as well as a fascination with material culture — the objects we make and keep — that offers insight into the lives of a wide variety of people in the past.

## Exploring & Experiencing Maine's Rich History & Culture

SCOTT ANDREWS

 **COURSE** THU, 9/18 – 11/6 • 12:45 – 2:45 P.M. • \$60

Explore the history and culture of Maine. Several non-political topics will be examined in a fashion that emphasizes hands-on experiences and off-campus activities. At least one class session will be devoted to exploring several fascinating online databases pertaining to Maine history and culture. Several classes will feature guest experts and/or artists. Several classes will be scheduled for local museums and historical societies. Individually or in small groups, students will independently explore a topic of their choice and report to the class. Course format will include in-person lectures by instructor and guests, media exploration, discussion, field trips and hands-on work. **Repeat in-person course.** *Format includes lecture and hands-on learning.*

**Scott Andrews** earned a B.A. and M.B.A. from the University of Chicago and an M.Sc. from the London School of Economics. He is a longtime Maine journalist who specializes in lifestyle topics.



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## Steeple on State Street

STACIA HANSCOM & ALESSA WYLIE

 **WORKSHOP** SAT, 9/20 • 9:30 – 11:30 A.M. • \$20

This walking tour will explore the history of three churches on State Street: the former St. Dominic's (now the Maine Irish Heritage Center), the State Street Church, and the Cathedral Church of St. Luke's. Located within a few blocks of each other, their congregations — Catholic, Congregationalist, and Protestant — were representative of the different ethnic and socio-economic groups of Portland. We'll also divert off State Street to the second oldest house of worship on the peninsula. Built in 1828 as the Second Methodist Church it became Unitarian, then Presbyterian, and now the Holy Trinity Greek Orthodox Church. **New in-person workshop.** *Format includes lecture and movement.*

**Staci Hanscom** started volunteering at Victoria Mansion in 2012, and became Director of Education & Public Programs in 2017. She had previously served as the Curator of Education at the William Trent House in Trenton, New Jersey; Coordinator of School Programs, Adult Tours and Family Programs at the Albany Institute of History and Art in Albany, N.Y.; and as an Historic Preservation Specialist with New York State Office of Parks, Recreation, and Historic Preservation. A native of North Carolina and a graduate of Wake Forest University and the University of South Carolina, Staci moved up to Maine in 2011 with her husband and two children.


**Alessa Wylie** recently retired from Greater Portland Landmarks after nine years as the Manager of Education Programs. She previously served as director of Old Fort Johnson National Historic Landmark in the Mohawk Valley region of New York before moving back to Maine in 2014. She is also a confirmed taphophile and can often be found exploring old cemeteries with her husband.

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## A History of America in 100 Maps

JOHN JOHNSON

 **COURSE** WED, 9/17 – 11/5 • 9:30 – 11:30 A.M. • \$60


America has been defined by maps, investing knowledge with meaning by translating information into visual forms. Maps capture what people know, what they thought they knew, what they hoped for, and what they feared. Maps offer unrivaled windows into five centuries of our past. We will have lectures, discussion, and three trips to the Osher Map Library to see original maps illustrated in the course text book by Susan Schulten, *A History of America in 100 Maps* (2018). **New in-person course.** *Format includes lecture and discussion.*

**REQUIRED BOOK:** *A History of America in 100 Maps*, Susan Schulten, ISBN 9780226458618

**John Johnson** has a career in public history and cultural resource management. He has worked in historical museums, industrial archeology, and historic preservation. His most recent course for OLLI was "Understanding Place: The Cultural Landscapes of New England." He is a winter resident of Portland and a summer resident of Brooksville, Maine. "The role of the scholar-teacher is to get people to think for themselves, instead of trying to convince them of the preferability of a particular position."

## The Glorious Cause — A Novel Look at The American Revolution


JIM MENTZER

 **COURSE** TUE, 9/16 – 10/28 • 12:45 – 2:45 P.M. • \$60

Independence from Great Britain may have first been proclaimed in Philadelphia in 1776, but it was not won there! "Glorious Cause," part two of our course on the American Revolution, explores what happens next through the unique lens of a novel — *The Glorious Cause* by bestselling author Jeff Shaara. It's a saga of how thirteen colonies became a nation — a conflict that ranged from the British Parliament to the Palace of Versailles to the colonial battlefields of North America. The outcome was never obvious; the colonists were outmanned and outfought by the British army yet managed to triumph in the end. **Repeat in-person course.** *Format includes lecture and discussion.*

**REQUIRED BOOK:** *The Glorious Cause: A Novel of the American Revolution*, Jeff Schaara, ISBN 9780345427588

**Jim Mentzer's** first passion is history, which explain his college degrees in American and Canadian history. Though his career path took him away from teaching, he is a constant student of history and visits battlefields whenever possible. Having ancestors who survived the American Revolution makes this time period very personal.




Intellectual  
GROWTH  
should commence  
AT BIRTH  
and cease only  
AT DEATH.

— ALBERT EINSTEIN

## HISTORY &amp; CULTURE • continued from previous page

**American Indian Renaissance**

STEVE PIKER

 **COURSE** WED, 9/17 – 11/5 • 9:30 – 11:30 A.M. • \$60


In 1900, many well informed people — Indian as well as settler — expected that distinctive Indian cultures were on the verge of disappearance, never to return. Given what was then known and knowable, a sensible expectation. The subsequent century and a quarter, however, has decisively falsified this expectation. Our course treats this falsification. Of what, now, do distinctive Indian identities consist? How, historically, have they emerged? How do they cohabit with settler culture? Regarding these Indian identities, what might the future hold? **New in-person course.** Format includes lecture and discussion.

**SUGGESTED BOOKS:** *Brothers on Three: A True Story of Family, Resistance, and Hope on a Reservation in Montana*, Abe Streep, ISBN 9781250210678)

*Steve Piker is an anthropologist by career with 44 years at Swarthmore College and more than 30 courses offered at four of Maine's senior colleges. He has a career-long interest in Native Americans. Getting to know and interact with students is Steve's meat and potatoes.*

**Maine Agriculture: Past, Present, & Future**

NEIL PIPER


 **COURSE** FRI, 9/19 – 11/7 • 12:45 – 2:45 P.M. • \$60

Would you like to know more about where your food comes from? Are you aware of the opportunities and challenges faced by Maine's farmers over the years? Agriculture has always played an integral role in Maine life. This class will explore why some agricultural enterprises have failed, while others have prospered. There will be a lot of focus on history of Maine agriculture and lessons learned that may impact our food system in the future. Also, we will discuss many of the new emerging agricultural initiatives, and challenges confronting today's farms, and their impact. **Repeat in-person course.** Format includes lecture, discussion, and film.

*Neil Piper was raised on a dairy farm in central Maine in the 1950s and 1960s. He attended the University of Maine and obtained a degree in Agricultural Economics. He worked for 41 years for Farm Credit Service in many capacities including lending and appraisal, covering all aspects of agricultural businesses in Maine and the Northeast. He lives in Gorham, Maine with his wife Corinne.*

**From Fort Kent to Kittery — The People, Places, & Culture of Maine**

DAVID SUITOR


 **COURSE** WED, 9/24 – 11/5 • 12:45 – 2:45 P.M. • \$60

This class will take a topical approach, exploring the many facets of the people of Maine. Topics will include population, migration, folk and popular culture, language and ethnicity, agriculture and industry, resources, and economics. As in his other classes, David will utilize his background in geography and history using charts, statistics, maps, articles, videos, and voluntary student input for a lively and entertaining analysis of the many unique aspects of the people of the State of Maine. **Repeat in-person course.** Format includes lecture, discussion, and film.

*David Suitor is a veteran teacher who has taught 7 different OLLI classes. He graduated from UVM with a degree in history where he also did his graduate work in geography. His 30-year teaching career complemented his work as owner/director of a boys' summer camp in Raymond.*

**Exploring the Lost City of Deering**

ALESSA WYLIE

 **COURSE** WED, 9/17 – 10/22 • 9:30 – 11:30 A.M. • \$60

In 1899 the City of Deering became part of Portland. Originally a suburb of Portland, it was created as a town in 1871 from what was originally a part of Westbrook. It contained several prominent villages including Woodford's Corner, Morrill's Corner, and Stroudwater. In this series of six walking tours off the Portland peninsula we will explore the history of a few of these Deering neighborhoods and learn about some of their interesting residents. **New in-person course.** Format includes lecture and movement.

*Alessa Wylie recently retired from Greater Portland Landmarks after nine years as the Manager of Education Programs. She previously served as director of Old Fort Johnson National Historic Landmark in the Mohawk Valley region of New York before moving back to Maine in 2014. She is also a confirmed taphophile and can often be found exploring old cemeteries with her husband.*


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## HISTORY &amp; CULTURE • continued from previous page

## Our Thirty Years' War: America in Vietnam 1945–75

BUCK BENEDICT


 **COURSE** WED, 9/17 – 11/5 • 9:30 – 11:30 A.M. • \$60

Granted, we didn't fight in Vietnam for 30 years. But we were involved ever since WWII. We even had an ally by the name of Ho Chi Minh in opposing the Japanese. But when the hot war ended and the Cold War began, we turned a deaf ear on Ho's pleas for support in uniting Vietnam. Instead, we helped the French reclaim their colony. This course examines our country's involvement in Vietnam, the toll it took on our youth, but also our psyche, our sense of ourselves, and our place in the world. **New remote course.** Format includes lecture, discussion, and film.

**Buck Benedict** taught public speaking at the University of Pennsylvania for sixteen years. He served with the Navy in Vietnam and has taught three previous OLLI courses. Vietnam has been an abiding interest ever since he studied about the country prior to serving there.

## Four Generations of the Adams Family

JOHN SUTHERLAND

 **WORKSHOP** THU, 10/2 – 10/23 • 12:45 – 2:45 P.M. • \$30

No, not THAT "ADDAMS" family! For nearly 200 years, this family made incredibly diverse contributions to American life: two presidents and their remarkable first ladies, a Secretary of State, a congressman, a very significant ambassador to England during our Civil War, a pioneer female photographer, and two historians and pundits (one of whom may have been the 19th century's greatest). We will examine seven lives from this remarkable clan. **Repeat remote workshop.** Format includes lecture, discussion, and film.

**SUGGESTED BOOK:** *Descent from Glory: Four Generations of the John Adam Family*, John C. Nagel, ISBN 9780195034455


**John Sutherland** graduated from the University of Maine, and received his Ph.D. in History from Temple University. He is Professor of History Emeritus from Manchester (CT) Community College, and he also taught at the University of Connecticut and Eastern and Central Connecticut State Universities. John has been teaching at OLLI since 2003.

 **DID YOU KNOW?**

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## Challenges to Democracy in the Middle East: Do Elections Matter? Case Studies of Iran & Tunisia

KATHLEEN SUTHERLAND


 **COURSE** MON, 9/15 – 11/10 • 12:45 – 2:45 P.M. • \$60

In preparation for the 2026 Camden Conference, this course examines elections and parliaments in Iran and Tunisia. Iran has been rocked recently by violent demonstrations against repressive government policies — but a newly-elected President promises reform. The Arab Spring uprisings began in Tunisia with hopes of a democracy replacing a dictatorship. However, a recently popularly-elected president has moved in an anti-democratic direction. We will explore these two cases of elections and their effectiveness in realizing democracy. **New remote course.** Format includes lecture and discussion.

**Kathleen Sutherland** is Associate Professor of Political Science and Women's Studies Emerita at Bowling Green State University. She was born in and spent 35 years in Egypt researching and teaching at the American University at Cairo. She has taught courses on the Middle East and Africa at OLLI since 2005.

## Ancient Echoes, New Understandings

JOHN WILLSON

 **COURSE** TUE, 9/16 – 10/21 • 12:45 – 2:45 P.M. • \$60


Thanks to intrepid individual investigators and the gradually evolving state of modern archaeology, today we're able to hear ancient echoes from other, earlier civilizations otherwise long lost to time and collective memory, leading to new understandings that expand our perspective on the ancient world. We'll look at six case studies: Schliemann at Troy (1870); Evans at Knossos (1900); Carter at King Tut's Tomb (1923); the Gnostic Gospels at Nag Hammadi (1945); the Dead Sea Scrolls at Qumran (1947); and Connolly's Reinterpretation of the Parthenon Frieze (2014). **New remote course.** Format includes lecture.

**John Willson** has his A.B. cum laude from Harvard College and an M.B.A. from the University of Chicago. He's had a longstanding interest in history and has led two previous courses at OLLI, on the political thought of Abraham Lincoln and on persistent national narratives Americans tell themselves.

## LANGUAGE

## Introduction to Japanese Language & Culture

HIDEKO ABE


 **COURSE** MON, 9/15 – 11/10 • 12:45 – 2:45 P.M. • \$60

This is an introductory course on Japan in which we explore a global perspective of how Japanese people interact and see the world through knowledge of their own language and culture. By exploring cultural patterns of Japanese society, we examine various social, economic, political, and gender relations in modern Japan. **New in-person course.** Format includes lecture and discussion.

*Hideko Abe was born in Japan and moved to the United States for her graduate work in 1983. After receiving her Ph.D. in Anthropology (Arizona State University, 1993), she has been teaching at Colby College. Her area of speciality is linguistic anthropology, specifically language and gender. She published two books, co-wrote a Japanese textbook, and translated one book from Japanese to English. She is retiring from Colby College at the end of August 2025.*

## Intermediate French

JACQUELINE BUCAR

 **COURSE** TUE, 9/16 – 11/4 • 12:45 – 2:45 P.M. • \$60


Continuation of a conversation course conducted entirely in French. This course is intended for those who have a good command of the French language. It will continue to emphasize increasing skills in vocabulary and grammar. Some reading of literary passages and writing will be incorporated. **Repeat in-person course.** Format includes discussion.

*Jacqueline Bucar taught high school French in Connecticut for 16 years before pursuing a career in law. She is a retired employment litigator and immigration attorney.*

## LITERATURE

## Copperfield & Copperhead

MARGARET CREIGHTON &amp; SUSAN RANSOM

 **COURSE** MON, 9/15 – 11/10 • 12:45 – 2:45 P.M. • \$60


This eight-week course considers two blockbusters, one a Dickens classic and the other, a recent spinoff by Barbara Kingsolver, inspired by the Dickens story. Both speak to the ongoing perils of child poverty and the transformative power of resilience and determination. This course is not for languid or timid readers. You should have swallowed a third of *David Copperfield* by the time the class starts in September, and weekly readings from that point on may (depending on format) be 150 pages. **New in-person course.** Format includes lecture and discussion.

**REQUIRED BOOKS:** *David Copperfield*, Charles Dickens, ISBN 9780451530042; *Demon Copperhead*, Barbara Kingsolver, ISBN 139780063251922

*Margaret Creighton is Professor Emerita of History at Bates College, with specialties in the Civil War, the whaling industry, women's and gender history, and the Red Sox.*

*Susan Ransom is a retired editor and architectural marketer whose English major specialties are Victorian literature and early 20th-century British detective fiction. She's been teaching at OLLI for 6 years.*

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LITERATURE • continued from previous page

## Irish Nationalism from Parnell Through DaValera; Irish Lit From Yeats to Heaney

BOB McCUE

 **WORKSHOP** SAT, 9/27 & 10/4 • 9:30 A.M. – 12:30 P.M. • \$30


*And Ireland, long a province, be A Nation Once Again*  
— Thomas Davis, Young Irelander

In this lecture series, we'll follow the path of Irish Nationalism from land agitation, through the quest for Home Rule, the 1916 Rising, and to the creation of the Irish Free State. Embedded within the process, we'll touch on how support from the new National Theatre of Ireland and a host of literary women and men helped to generate public support for independence. Ballads from the period will be included. And perhaps a bit of humor. At Joyce's funeral, Lord Derwent, British Minister to Bern, said, in part, that "Ireland would continue to enjoy the lasting revenge on England by producing literary masterpieces." **New in-person workshop.** Format includes lecture, discussion, and film.

**Bob McCue** is a retired businessman who has been lecturing on Irish history and literature at OLLI in Portland as well as at other OLLI venues since 2009. He has a B.S.E.E. and an M.B.A.

## Sharing More of Your Favorite Poems

BILL NATHAN


 **COURSE** WED, 9/17 – 11/5 • 9:30 – 11:30 A.M. • \$60

You probably have a favorite poem or two or twelve that have stayed with you like a loyal friend over the years. Would you like to share these with like-minded classmates? Read them out loud? Discuss what they meant and still mean to you? Hear what others have for favorite poems and what they mean to them? We will loosely divide our favorites into subgroups such as: poems that entrance, poems that teach, poems that protest, poems that intoxicate, poems that soothe broken hearts, and poems that delight. No one's a poetry expert! We're just sharing what we love. **New in-person course.** Format includes discussion.

**Bill Nathan** recently moved to Portland from New Jersey and has "found a home" at OLLI. He's a lifelong collector of favorite poems which have guided him on his path towards deeper wisdom and compassion. He often annoys his family and friends quoting some of his favorite lines.

## Far From Home: Exploring Fiction From Down Under: Four 21st Century Novels About Australia by Australians

SUSAN POWELL

 **COURSE** MON, 9/15 – 11/10 • 9:30 – 11:30 A.M. • \$60



As we delve into Australia, its people, and its land, we will meet deported criminals from England in an early penal colony north of Sydney; feisty Irish bushmen in the Outback resisting English discrimination; hard-living enemies in a fishing community on the west coast north of Perth; and a group of women who are long-time friends weekending in a beach community near Sydney. All are finding their way in the harsh climate of the immense megadiverse continent of Australia. We will read four novels in eight weeks with discussion facilitated by four teams of two presenters. The class is highly participatory so come prepared to immerse yourself. Please read the first half of *The Secret River* for the first class.

**New remote course.** Format includes discussion.

**REQUIRED BOOKS:** *The Secret River*, Kate Grenville, ISBN 9781841957975; *The True History of the Kelly Gang*, Peter Carey, ISBN 9780375724671; *Dirt Music*, Tim Winton, ISBN 9780743228480; *The Weekend*, Charlotte Wood, ISBN 9780593086445

**Susan Powell** has immensely enjoyed the 21st Century literature classes at OLLI for more than fifteen years and will coordinate the class. The discussion facilitators will be **David Hartley, Paula Johnson, Anna Messmer, Robin Ratcliffe, Susan Schraft, Louise Sullivan, and Mark Sundermann.** Using a collaborative model, we will take a deep dive into contemporary fiction.

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## MUSIC

## From Penny Lane to Willesden Green: Musical Odes to England

TED ANDERSON

**WORKSHOP** SAT, 10/4 • 9:30 – 11:30 A.M. • \$20

Were you among the thousands of Americans who watched the Beatles on *The Ed Sullivan Show* in 1964? This was a milestone for many young Americans, with a resulting spark of curiosity about British popular culture and music. This workshop will explore songs from the early Kinks to contemporary lyrics from PJ Harvey, which inspire nostalgia for places in England you may or may not yet have visited. From SohHo down to Brighton, we'll talk about them all. Or at least many of them! We'll listen, look, and share thoughts about songwriters who celebrate their English homes through music. **New in-person workshop.** Format includes lecture, discussion, and visuals.

*Ted Anderson's career has been in the museum field, designing interpretive graphics and exhibitions in New York, New Jersey, Pennsylvania, and Maine. A lifelong music fan, his musical interests are wide and include a special passion for British popular music — inspired by George Harrison's guitar solo on "All My Loving" — and the songwriters who create it.*

## The Blues as Sung by Female Artists: A History

TERRY FOSTER

**COURSE** WED, 9/17 – 11/5 • 12:45 – 2:45 P.M. • \$60

This repeat course traces the history of "blues" through female singers who started in the 1920s taking some of the blues tradition away from men. You will meet "Ma" Rainey, Alberta Hunter, Bessie Smith, Billie Holiday, Shirley Horn, Janis Joplin, plus E.G. Kight, Courtney Fortune, and other current singers. "Torch singers" will include Lena Horne, Julie London, and Sarah Vaughn. You will also meet obscure singers who time has mostly forgotten. Each session will feature lecture, discussion, videos, CDs, and live piano music. **Repeat in-person course.** Format includes lecture, discussion, and film.

**SUGGESTED BOOK:** *Black Pearls, Blues Queens of the 1920s*, Daphne Duval Harrison, ISBN 9780813512808

*Terry Foster, having studied piano since age five and played in dance and rock bands, brings a wealth of musical knowledge. He accompanies blues singers and loves this music genre. An experienced teacher, he holds a doctorate in education and is co-founder of Senior College, OLLI's predecessor.*

## The Golden Age of Blues 1920–70

LAURENCE GARDNER

**COURSE** THU, 9/18 – 11/6 • 12:45 – 2:45 P.M. • \$60

This is a survey course for music lovers, blues fans, and those who want to learn more about the blues. We'll start with the great women blues singers of the 1920s and end around 1970 with the Chicago blues and the great white blues players, like Eric Clapton and Michael Bloomfield. In between we'll cover rural blues, folk blues, barrelhouse and boogie woogie piano, rhythm and blues, and lots more. Bring your opinions. Everyone has favorites. We'll also play a game where I play an original blues and a modern cover and we'll vote which we like best. Hint: There are no wrong answers. **New in-person course.** Format includes lecture, discussion, and film.


*Laurence Gardner is a retired criminal law attorney and full time parent. He has been listening to and loving the blues since he first heard the John Mayall Blues Breakers album with Eric Clapton in 1966. This led him to search out the original recordings, from the Delta blues of Robert Johnson to the Chicago blues of Muddy Waters and Howlin Wolf. He still gets excited listening to a great blues song or a great blues player and he would like to transmit that excitement to you.*



## POLITICS &amp; CURRENT EVENTS

## Understanding the Second Amendment Right to Bear Arms

WILLIAM HARWOOD & MARGARET GROBAN

 **WORKSHOP** SAT, 9/27 • 9:30 – 11:30 A.M. • \$20


This workshop will discuss the history of the Second Amendment. In addition, we will discuss recent Supreme Court interpretations of the Second Amendment and the ongoing litigation to apply these interpretations to modern day gun regulations. The ability/inability of states to address gun violence based on recent judicial rulings will be a part of the workshop discussion. **Repeat in-person workshop.** *Format includes lecture and discussion.*

*William Harwood, during the past 25 years, has written and lectured extensively on issues related to gun violence and the Second Amendment. He has chaired the ABA's Special Committee on Gun Violence, the Brady Center to Prevent Gun Violence, and the Maine Gun Safety Coalition. He is an adjunct professor at the Maine Law School, where he and Margaret Groban teach a course on the Second Amendment and the Regulation of Firearms.*

*Margaret Groban is a former federal prosecutor who specialized in domestic violence and firearms and the intersection between the two. She currently consults for national domestic violence organizations. She co-teaches a course on the Second Amendment and the Regulation of Firearms at the University of Maine School of Law.*

## Civic Virtue: Can We Save Democracy?

ROBERT LIBBY

 **COURSE** THU, 9/18 – 11/6 • 9:30 – 11:30 A.M. • \$60

This course examines the issues confronting participatory democracy. How have the problems developed and what can be done to save our democracy. **Repeat in-person course with new content.** *Format includes lecture and discussion.*

*Robert Libby has been creating educational materials and teaching civic education for more than fifty years.*




### DID YOU KNOW?

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## Supreme Court Effects

ROBERT LIBBY


 **COURSE** THU, 9/18 – 11/6 • 12:45 – 2:45 P.M. • \$60

This course will examine the profound effects of the Supreme Court of the United States on the lives of all people. It will examine the workings of the court by examining representative cases. We will discuss efforts to reform the court and the chances for improvement. **Repeat in-person course with new content.** *Format includes lecture and discussion.*

*Robert Libby has been creating educational materials and teaching civic education for more than fifty years.*

## Borderlands: Stories About “Us” vs. “Them” & All of U.S.

LYNN MCGOVERN

 **COURSE** WED, 9/17 – 11/5 • 12:45 – 2:45 P.M. • \$60

In this course we will explore what it means to be a Chicano, a Mexican American, or a Puerto Rican living in Manhattan, or a second generation Cuban American living in exile in Miami? How can we better understand this cultural phenomenon? What do they bring to the USA? What do they choose to retain as part of their heritage? Are there persisting differences between Anglo and Ibero-America, as they oppose, influence, and clash with each other? Can these different cultures cooperate? How do these cultures co-exist, rubbing shoulders with one another every day? How has their presence been politicized recently? These are some of the questions we will be exploring in this course. Through literature, film, current events, and the media, using advanced learning technology, and poetry, students explore the array of cultures present in our local communities and what it is like to be “on the front lines” in our classrooms. *Cultures only flourish in contact with others; they perish in isolation — Carlos Fuentes.* **New in-person course.** *Format includes lecture, discussion, film, and hands-on learning.*

**REQUIRED BOOK:** *Borderlands/La Frontera: The New Mestizaje*, Gloria Anzaldúa, ISBN 9781879960855

*Dr. Lynn McGovern, Ph.D. is a Professor of Spanish and Cultural Studies, was the Academic Director Study Abroad at Merrimack College. She is the past President of FLAVA (Foreign Language Association of Virginia), headed the BCA (Brethren Colleges Abroad) program at Bridgewater College and was Director of Sweet Briar College Junior Year in Spain until she accepted the position as Full Professor with tenure at Merrimack College.*



## Conversation & Democracy

LARRY RICHARDS, JOHN BUBAR, & VALARIE LAMONT

**COURSE** TUE, 9/16 – 11/4 • 12:45 – 2:45 P.M. • \$60

This course explores the significance of “deep conversation” for democratic forms of governance. It is fundamental that difficult conversations involving disagreement and misunderstanding are worth having and, with the right approach, can be insightful, creative, and even fun. The course draws on the backgrounds of the instructors in cybernetics, appreciative inquiry, and constitutional democracy and is itself conversational. It does not require any particular background of the participants. **New in-person course.** *Format includes lecture and discussion.*

**SUGGESTED BOOK:** *Conversations Worth Having*, Jackie Stavros & Cheri Torres, ISBN 978 1523094011

**Larry Richards** retired from Indiana University in 2016, having spent his last 32 years in administration at three universities. His academic specialty was organizational design and decision-making. He continues an interest in cybernetics as a way of thinking about technology, society, and everyday life.

**John Bubar** received advanced degrees in systems management (M.S.), business administration (M.B.A.), and creative writing (M.F.A.). He received specialized training in an approach to organizational development called appreciative inquiry. He continues an interest in the role of the arts in society.

**Valari LaMont** received her Ph.D. in political science from the University of Illinois. She is the co-founder of the Forum on Democracy, which is currently active in developing projects for advancing democratic principles and seeking funding for those projects.

## Life After Doom

LARRY DUMKA, LEAH JONES, & THOMAS WHITE

**COURSE** WED, 9/24 – 10/29 • 4:00 – 6:00 P.M. • \$60

Considering current ecological and political conditions, do you believe that our global civilization has begun to descend towards an inevitable collapse? If so, how shall we live on the bumpy ride to the bottom? Might we learn to savor the gift of this life, in these times? Guided by Brian McLaren’s book *Life After Doom* and other sources, we will engage in mutually supportive dialogue that considers these questions. The aim is to find common ground in accepting what we cannot control and building a community of people who support the well-being of all humans and all life on Earth. **New remote course.** *Format includes lecture and discussion.*

**SUGGESTED BOOK:** *Life After Doom*, Brian McLaren, ISBN 9781250893277

**Larry Dumka** is professor emeritus in Arizona State University’s T. Denny Sanford School of Social and Family Dynamics. He is a licensed couple and family therapist who has trained therapists and conducted research on interventions to prevent school disengagement in low-income families with middle-school aged children.


**Leah Jones** has Master’s degrees in Reading Education and Communication Disorders. Her career has been in education in various settings, working with students of all ages, from kindergarten through university. She has also conducted in-service presentations for professional colleagues.

**Thomas G. White** is a developmental psychologist whose career focused on teaching and research in K–12 and higher education settings. Since retiring from the University of Virginia in 2017 and moving to Maine, he has been teaching lifelong learners at OLLI-USM and other Maine Senior Colleges.

## PSYCHOLOGY

## Thriving Through Tough Times: Top Tips

VICKI FIELD

 **WORKSHOP** SAT, 10/4 • 9:30 A.M. – 12:00 P.M. • \$20

We can face a variety of ups and downs in life these days. As we navigate through “rough waters” we can experience a range of stressors and stress-related symptoms. Join us for this upbeat workshop to learn some down-to-earth tips to better manage — and even thrive — through life’s challenges. Vicki’s interactive style combines lecturette with time for reflection and guided discussion. Some hand-outs will be distributed in class. Topics include: Reach Back: Reignite your sources of strength and resilience; Reach In: Recognize and quiet your inner vulture, expand your thinking, and dissipate your “drainers”; Reach Out: Activate your energizers: Nature Nurtures, Circles of Connection, Why Should We Be Serious About Humor? Building a “Personal Thrive Kit.” **New in-person workshop.** Format includes lecture and discussion.

**SUGGESTED BOOKS:** *Building the Bonds of Friendship at Midlife and Beyond*, Vicki Field & Dr. Amy (I will bring books with me).

**Vicki Field** designed and presented workshops for 40+ years as Director of Learning & Development, coach and consultant for organizations as diverse as L.L.Bean, Duke University Medical Center, The AKC, and NC Botanical Garden. Favorite topics: *Navigating Change*, *Boosting Your Stress Hardiness*, and *Building Bonds of Friendship*. Returning full-time to Maine, she and husband David love the bolt of brain energy and spirit of OLLI.



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## Meeting Myself Again: Who Was That Person — & Why Did They Wear That?

WHEATON GRIFFIN


 **COURSE** THU, 9/18 – 11/6 • 12:45 – 2:45 P.M. • \$60

What if we could look back at our younger selves with fondness, curiosity, and even a little laughter? In this reflective course, we’ll revisit the moments, moods, and turning points that shaped who we are today through journaling, storytelling, music, and images. We’ll explore the thread of continuity in our lives without needing to hide or rewrite the past. No prior experience is needed — just a dash of humility, a little honesty, and a sense of humor about that haircut. **New in-person course.** Format includes lecture, discussion, and hands on learning.

**Wheaton Griffin** has over 50 years of experience using his Ph.D. in psychology to foster personal growth and human connection. He has led national workshops, with his wife, Eileen, on school leadership and developmentally appropriate practices, and then moved to the joy of directing summer camps and year-round environmental programs for 30 years. Wheaton has facilitated OLLI courses in Maine and California.

## Interested in Changing How You Think or Feel?

NORA MORSE &amp; ELLEN ZIMMERMAN

 **WORKSHOP** SAT, 9/20 • 9:30 – 11:30 A.M. • \$20

This workshop is an introduction to noticing and exploring how you think and feel, and is one method used in Cognitive Behavioral Therapy (CBT). **New in-person workshop.** Format includes discussion.

**Nora W. Morse**, LCSW, is the Director of Best Practices at Spurwink Services.

**Ellen Zimmerman**, LCSW, is a mostly retired therapist who previously worked for ME Medical Center and Spurwink Services.

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## Freud in the 21st Century — The Relevance of Our Id

BILL PORTELA


 **COURSE** WED, 9/17 – 11/5 • 12:45 – 2:45 P.M. • \$60

This course provides an overview of Sigmund Freud's most important concepts and writing. We update Freud's assertions with the newest information across diverse fields, including psychology, anthropology, neural biology, and evolutionary science. Freud's Id remains one of the earliest attempts to reconcile Darwin's new thinking with emerging psychoanalytic theory. This course concentrates on his Id theory and early childhood development. Many of Freud's intricate details did not merge into accepted neurobiological science. With corrections, however, his upper-level theories conform with newer research, and he introduced a spectrum of ideas that stand up admirably over a century of scientific advancement. **New in-person course.** Format includes lecture, discussion, and film.

*Bill Portela has been a Maine science teacher, wildlife rehabilitator, and breeder of draft horses. He is the author of The Eleventh Layer —Origins of Human Evolution. He has taught in Maine institutions including elementary, middle, high school, and university level.*

## Memory Institute: Train Your Brain to Retain

LAWRENCE CROUCH


 **COURSE** THU, 9/18 – 11/6 • 12:45 – 2:45 P.M. • \$60

Have you ever experienced a memory lapse? Have you ever misplaced your car keys or experienced that “tip of the tongue” feeling when you were trying to remember someone's name? We can certainly improve that! First, we will be discussing what memory is and how it works. Then you will learn some new techniques on how to remember what you did in the past, put names to faces, remember lists and other things you need to do. We'll review and use memory techniques that work best for your lifestyle. Furthermore, we will look at the roles of emotions, recall, focus and forgetfulness, concentration concerns, and other memory issues that may be of concern. Also, there will be opportunities to practice memory techniques that apply to real-life situations. **New remote course.** Format includes lecture and discussion.

*Dr. Lawrence Crouch is a licensed clinical mental health therapist. He is also a retired professor of clinical mental health counseling who has written numerous articles related to therapeutic treatments and memory issues.*

## Let's Read: Emily Wilson's The Odyssey

DENNIS REDFIELD

 **COURSE** WED, 9/17 – 11/5 • 12:45 – 2:45 P.M. • \$60

In this class we will read and discuss *The Odyssey*. We will use Emily Wilson's 2017 translation, the first English version by a woman. This course requires active participation. I will lead the discussion from a Jungian lens.

**New remote course.** Format includes discussion.


**REQUIRED BOOK:** *The Odyssey*, Homer, translated by Emily Wilson, ISBN 9780393356250

*Dennis Redfield is gloriously retired from many decades working as a computer architect. In his prior life he was a sociologist. He is a wanderer.*

## RELIGION & PHILOSOPHY

## The Benedictine Way of Meditation

DON BOUCHARD

 **COURSE** MON, 9/29 – 11/10 • 12:45 – 2:45 P.M. • \$60

Among ways to pray in world religions is the universal practice of “being with God” in the common ground of silence, stillness, and simplicity of meditation. This was practiced by the Christian Desert Fathers and Mothers in the early centuries after Christ. After being relegated to monasteries then mostly neglected since the Reformation, Christian meditation was revitalized in mid 20th century and is now practiced globally by Christians of all backgrounds and denominations. Experience and learn about this vision of meditation through classroom practice and topic discussions. We will be using *Word Into Silence* by John Main as the course text. **New in-person course.** Format includes lecture, discussion, and hands on learning.

**REQUIRED BOOK:** *Word into Silence*, John Main, ISBN 9781853117541

*Don Bouchard is a Benedictine Lay Oblate with the Word Community for Christian Meditation (WCCM) at the Bonnevaux Center for Peace in France. Don spent his working career as an ESL/EFL teacher trainer worldwide and nationally. He started practicing daily Christian meditation when he retired in 2014.*


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## RELIGION &amp; PHILOSOPHY • continued from previous page

## Meditative Movement & the Life-giving Messages of Mystics Worldwide

FRED BRANCATO

 **COURSE** THU, 9/18 – 11/6 • 9:30 – 11:30 A.M. • \$60

In this course, we will blend the soft, flowing, meditative movements of Tai Chi Qigong with reflections on the common themes of the world's mystical traditions. Emphasis will be on their relevance for maintaining inner peace and right action during these extremely troubling times. Loose, comfortable clothing is recommended for easy movement. **New in-person course.** Format includes lecture, discussion, and movement.


**REQUIRED BOOK:** *Mystery and Manifestation*, Fred Brancato, ISBN 9781682357354

**SUGGESTED BOOK:** *Tao Te Ching: A New English Version*, Lao Tzu, translated by Stephen Mitchell, ISBN 978 0061142666; *Sounds of Freedom*, Fred Brancato, ISBN 9781634102032

**Fred Brancato** has a Ph.D. from New York University's Department of Culture and Communication and an MA in Religious Studies from Fordham University. He's been studying the world's diverse spiritual tradition for 65 years, practicing Tai Chi and Qigong for 37 years, and teaching them for 25.

## Sharing & Exploring Magical Moments

JOAN CHADBOURNE


 **COURSE** WED, 9/17 – 10/22 • 12:45 – 2:45 P.M. • \$60

Have you experienced something inexplicable and wondered how it came about? You may have attributed it to intuition, inner knowing, spirituality, synchronicity, or even coincidence. In a safe, supportive environment, we will share and explore these experiences and define ways of cultivating them. Magical moments are unpredictable. Help arrives unexpectedly, the right person appears at the right time, an innovative solution emerges, someone we're thinking of calls, we survive a dangerous or difficult situation, dreams inform us. Magical moments come in numerous forms. In this six-week class, we'll reflect on these experiences and define potential ways of nurturing them. **New remote course.** Format includes discussion and film.

**Joan Chadbourne** appreciates many magical moments as she reflects upon her life. Without them she wouldn't have become a professor, met the love of her life at 71, gotten a job when they were scarce, and much more. She has studied and cultivated them and enjoys exploring this phenomenon.

## In the Mirror of Death

JOAN ELIZABETH

 **COURSE** MON, 9/15 – 11/10 • 9:30 – 11:30 A.M. • \$60


Introducing practical wisdom and sacred inspiration based on Tibetan Buddhist understanding of death. Based on *The Tibetan Book of Living and Dying* and presenting video teachings by Sogyal Rinpoche, the course gives guidance on meditation and contemplation, a practice for healing for the moment of death, how we may best accompany someone nearing death and help a dying person to meet death reassured by loving support and care, with peace of mind. The course is for anyone who wishes to learn more about death and dying from the Tibetan Buddhist perspective. The universality these teachings goes beyond Buddhism. **Repeat remote course.** Format includes lecture, discussion, and film.

**SUGGESTED BOOK:** *Tibetan Book of Living and Dying*, Sogyal Rinpoche, ISBN 9780062508348; *Facing Death and Finding Hope*, Christine Longaker, ISBN 0385483317; *Present Through the End*, Kirsten DeLeo, ISBN 9781611807684

**Joan Elizabeth** had been a student of Tibetan Buddhism for more than 40 years. She has been entrusted as a Teacher in the Rigpa lineage of Sogyal Rinpoche, holding the Nyingma and Dzogchen lineages. Joan has been teaching since 1992.

## How to Grow in Love, Joy, & Peace

FREDERICK PRINCE

 **COURSE** FRI, 9/19 – 11/7 • 12:45 – 2:45 P.M. • \$60

We will discuss how to grow in Love, Joy, and Peace, and by the end of the course, hopefully when someone asks how you are you will respond, "Fantastic," and know exactly why you are saying this. **New in-person course.** Format includes discussion.


**Frederick Prince** has worked in a Bible study program for the past 28 years at the Cumberland County Jail and has seen a positive change in the men who choose to try what we suggest; one man told him he had found JOY in the jail. Go figure; the institution is not set up to encourage Joy.

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## Flying Saucers: A Modern Myth of Things Seen in the Skies

STEPHEN KERCEL


 **COURSE** FRI, 9/19 – 11/07 • 9:30 – 11:30 A.M. • \$60

Although Jung wrote the above-mentioned book over 60 years ago, his insights remain timely. The UFO phenomenon is real. The nature of that reality, be it mass hysteria, authentic space aliens in starships, or events even more bizarre, remains unknown, but potentially both knowable and worth discovering. Jung concludes his book with the still widely-believed suspicion that government officials know more than they will admit. **New remote course.** *Format includes lecture and discussion.*

*Stephen W. Kercel, Ph.D. in Electrical Engineering (A.I.), has published many technical papers on the limits of machine intelligence, wet cognition, and human-machine interaction. He was an associate editor for the Journal of Integrative Neuroscience, and coordinated various IEEE conference sessions on cybernetics. He is a Yogi and meditator.*

## A Course on Bliss & Other Non-Ordinary Conscious States

MONA LETOURNEAU


 **COURSE** WED, 9/17 – 11/5 • 9:30 – 11:30 A.M. • \$60

The subject of bliss, flow, and other peak states are common experiences, and yet we view them as rare and coming out of nowhere. Why? What conditions or triggers produce them? Is it possible to experience bliss more often? How are they like, or unlike, therapeutic psychedelic experiences? Is psychedelic therapy more beneficial than natural highs, or is that claim just hype or misinformation? What is a mystical experience? What is trance? Why is bliss a mostly nonverbal experience? And if that's the case, how is it that teachers and actors experience verbal states of bliss? What do sacred spaces and architecture do for us? Or acoustics? This course presents essential but overlooked research on extreme positive states and theories from William James, Abraham Maslow, Mihalyi Csikszentmihalyi, Robin Carhart-Harris, Aldous Huxley, Alan Watts and others, as discussed in the instructor's forthcoming book, *The Mechanics of Bliss*. **New remote course.** *Format includes lecture and discussion.*

*Mona Letourneau, a meditator for over fifty years, is an international wellbeing scholar, lifelong learner, personality psychologist, teacher and researcher on consciousness, creativity, and the neurobiology of emotions. She is regarded as an expert on non-ordinary conscious states and wellbeing, and her presentations at consciousness research conferences are entertaining and well-attended.*

## Ethics, 2025 — An Old-World Concept in a New-World Culture

LORRAINE MASURE

 **COURSE** THU, 09/18 – 11/6 • 9:30 – 11:00 A.M. • \$60

6:00 News troubling? Think the culture's coarse? Our moral compass lost? What are our own personal core values? How did we arrive at them? A review and discussion of how to sustain a civil society in the realm of social harmony and fairness. Contemporary issues (social welfare, addiction, parental rights, education, aging well, and serendipity) viewed against a consideration of the methods for ethical decision-making. Recognizing ethics dilemmas in everyday life (whether right vs. wrong or right vs. right), let's all discover if we're ethically fit! **New remote course.** *Format includes lecture, discussion, and film.*


**SUGGESTED BOOK:** *How Good People Make Tough Choices*, Rushworth M. Kidder, ISBN 9780061743993

*Lorraine Dutile Masure has led senior college courses exploring philosophies and themes expressed through the transformative power of music and lyricism. In today's world, a deeper examination of how we live — and the role of ethics — has never been more essential.*

## SCIENCE & NATURAL HISTORY

### Planet of the Humans (Revisited)

RICHARD FORTIER

 **COURSE** FRI, 9/19 – 11/7 • 9:30 – 11:30 A.M. • \$60


The course will consist of a narrated PowerPoint presentation with class discussion. Explore Earth history and the evolution of life over 3 ½ billion years prior to the emergence of humanity. Learn about mass extinctions and their causes through geologic time. Survey via contemporary science journalism the many ways that human activity, past and present, has impacted planet Earth, its land, air, seas, and ecosystems. Topics will include threats to biodiversity, human population growth, development of agriculture and civilization, global land use, resource depletion, endangered fisheries, industrial and agricultural pollution, deforestation, global warming and climate change, ocean acidification and widespread extinctions. **Repeat in-person course.** *Format includes lecture and discussion.*

*Dr. Richard Fortier received a B.S. in biology at Yale College in 1969, concentrating on zoology, paleontology, and evolution. Following medical school (University of Rochester) and internship (Maine Medical Center) he practiced psychiatry for 40 years. Since retirement he has pursued self-study in geology, paleontology, evolution, ecology, and environmental studies.*

## SCIENCE &amp; NATURAL HISTORY • continued from previous page

## The Good, the Bad, & the Really, REALLY Ugly. Parasites Rule!

ANDREA GELDER


 **COURSE** WED, 9/17 – 11/5 • 9:30 – 11:30 A.M. • \$60

Parasites come in all shapes and sizes. Unless one lives in a hermetically sealed environment, an encounter with them is inevitable. Their involvement in our lives occurs via the food we eat, water we drink or swim in, soil we tread on, or through the invertebrate hosts that transmit the little beasties to us. We will explore what it means to be a parasite, the remarkable history of discovery regarding their life cycles, how they are transmitted and knowing that — how best to avoid them, common diseases they cause, their effect on host behavior (including ours), and the impact diseases like malaria, yellow fever, and typhus, among others, have had on human history. **Repeat in-person course.** Format includes lecture and discussion.

**Andrea Gorman Gelder** received her B.A. in Biology from Northeastern University and Ph.D. in Zoology from the University of Leeds, England. In 2011 she retired after having taught science at the University of Maine at Presque Isle for almost 30 years. While there, her research interest was the flat-worm parasites of the mink frog.

## Modern Physics — How We Know What We Know

JONATHAN MATT


 **COURSE** WED, 9/17 – 11/5 • 12:45 – 2:45 P.M. • \$60

This course will examine how we know the facts of the universe, from the unimaginably distant and old to the incredibly small and strange. No math unless requested! No books required. **Repeat in-person course.** Format includes lecture, discussion, and film.

**Jonathan Matt** has an undergraduate degree in Physics from Rutgers College and a lifelong interest in current developments in the field.

## Learning Science from Italo Calvino's *Cosmicomics*

GALE RHODES

 **COURSE** THU, 9/18 – 11/6 • 9:30 – 11:30 A.M. • \$60


Read and discuss the *Cosmicomics* stories of Italo Calvino, and then get a better grasp of the scientific roots of his fanciful, funny stories. Learn about the Big Bang, gravity, spacetime, light, magnetism, molecules, genetics, evolution, plate tectonics — you name it — and enjoy seeing how an imaginative author plays with scientific ideas. If you ran screaming from your first exposure to algebra or chemistry, here's your chance to reopen some of the doors you closed way back then. If you love science already, here's your chance to explore fields that are new to you. **New in-person course.** Format includes lecture, discussion, and film.

**FMI:** Please visit [scienceofcosmicomics.blogspot.com/2021/03/learning-about-science-from-cosmicomics.html](https://scienceofcosmicomics.blogspot.com/2021/03/learning-about-science-from-cosmicomics.html)

**Gale Rhodes** has taught a variety of OLLI courses since 2012, after a career of teaching university biochemistry, structural biology, and interdisciplinary courses. His website connects science with other kinds of knowledge. The site also contains resources for this and all the OLLI courses he has taught.

## Calculus for Curious Adults

STEPHEN SCHIFFMAN

 **COURSE** FRI, 9/19 – 11/7 • 12:45 – 2:45 P.M. • \$60

In his book *The Analyst* published in 1734, Bishop George Berkeley savaged Newton's calculus as nothing more than "ghosts of departed quantities." But Newton's work was arguably the crown jewel of the scientific enlightenment. Join us as we examine calculus from multiple viewpoints: historical, geometrical, arithmetical, scientific, and philosophical. This course is intended for curious adults, no matter their mathematical background. Students with only a dim memory of high school mathematics will still gain insights. Those with stronger backgrounds — even those who took a calculus course — will extend their knowledge and see calculus in a new light. If ever you wanted to know what calculus is about, this is your chance. **New in-person course.** Format includes lecture and discussion.

**Stephen Schiffman** received a Ph.D. in mathematics from Dartmouth College. Although his career wandered into other areas of business and higher education, he always maintained a love for the beauty of math, and has taught at OLLI since 2015.

Find these icons to find the right style for you:



IN-PERSON



REMOTE (ZOOM)



HYBRID



+ BLENDED

## Alexander von Humboldt: The Forgotten Scientist

DAVID VON SEGGERN

**WORKSHOP** SAT, 9/20 • 9:30 – 11:30 A.M. • \$20

Alexander von Humboldt was born in the same year (1769) as Napoleon and Wellington but was celebrated as a world citizen by Germans after his death (1859). Quickly after his death, the worth of the generalist in science such as Humboldt was being downplayed as specialists came to the fore, and he therefore became lesser known than many of these, especially in the English-speaking world. Humboldt was responsible for a doubling of known plant species in his major South American exploration trip and for a general recognition of scientific advancements in his time. This workshop will cover his life and achievements. **New in-person workshop.** *Format includes lecture.*

**SUGGESTED BOOK:** *The Invention of Nature*, Andrea Wulf, ISBN 9780345806291

*David von Seggern retired from an earth science career (seismology) and has devoted much of his retirement time to environmental and conservation issues, especially related to energy. He has taught OLLI classes here and previously in Reno, Nevada. He enjoys the outdoors, gardening, and woodworking.*

## A Tree, A Rock, A Cloud

HAL SCHEINTAUB

**COURSE** TUE, 9/16 – 11/4 • 12:45 – 2:45 P.M. • \$60

Like good art, good science can cast light on what is too often in shadow. For this class, I will highlight a few aspects of your experience that have the potential to reveal for you some of nature's hidden beauty. From these offerings, you and your classmates will choose your focus of study. Then we will start small, as befitting a scientific experiment, to boldly observe our object of interest and analyze our findings. Discussions and reflections will disclose deeper truths and attune you to the world's beauty. **New in-person course.** *Format includes discussion and hands-on learning.*

*Hal Scheintaub believes that good classes inform, empower, and connect. He leverages his experience teaching science at all levels to create classes that bring meaningful science experiences to OLLI students of all backgrounds. If you are curious and courageous, this is the class for you.*

### DID YOU KNOW?

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## The Idea of Science: Thinking Leading To & Through Our 21st Century

ERIC SZENDREI

**COURSE** MON, 9/15 – 11/10 • 12:45 – 2:45 P.M. • \$60

Science and technology change our lives. Ideas associated with science affect how we view, and interact with, each other and our world. It might seem that changes in science advance linearly, each dependent only upon those of the recent past. But science — and our lives — remain influenced by ideas from decades, centuries, and yes, millennia before. Some have a chequered past, with cycles of acceptance, rejection, re-acceptance. Others become dogmatic: hidden, unquestioned truths — unless or until they no longer fit with undeniable information. We will explore the stories of some science-relevant ideas: how they were initiated, changed, often rejected and rediscovered. **New in-person course.** *Format includes lecture and discussion.*

*Eric Szendrei has practiced mechanical engineering (P.E.) and academic philosophy (Ph.D., Emory University) in his careers. He is now retired but remains active with philosophy of science.*



## SELF-KNOWLEDGE &amp; ENRICHMENT

## Choosing Peace: Mindfulness Practices for Nonviolent Communication

CHERYL ANDERSON

**COURSE** TUE, 9/16 – 11/4 • 12:45 – 2:45 P.M. • \$60

Conflict is inherent in all relationships, including the one you have with yourself. Through awareness and our choice of language, we can overcome our habitual stress response patterns and turn our daily conflicts into opportunities for connection. In this class, we will learn and practice the four steps of nonviolent, or compassionate, communication as well as mindfulness meditation practices that support the awareness necessary to turn conflict into connection. **Repeat in-person course.**

*Format includes discussion, lecture, hands-on learning.*

**REQUIRED BOOKS:** *Choosing Peace: New Ways to Communicate to Reduce Stress, Create Connection, and Resolve Conflict*, Ike Lasater, John Kinyon, et al., ISBN 0989972003

**Rev. Cheryl Anderson** is a retired United Church of Christ pastor, as well as a certified Mindfulness Meditation teacher. She was trained and certified as a teacher of meditation by Jack Kornfield and Tara Brach. She served the First Congregational Church of Washington, Ct. for 22 years before retiring to Portland with her husband, Scott Tilden, in 2019. She has studied and led study and practice groups in Nonviolent Communication for over 10 years.



### QUESTIONS?

We are here to help you!

Email us:

[olliatusm@maine.edu](mailto:olliatusm@maine.edu)

Call us:

207-780-4406

## Getting Old is Not for Sissies

MARY KROTH-BRUNET

**COURSE** WED, 9/24 – 10/29 • 9:30 A.M. – 12:00 P.M. • \$60

Aging creates gradual physical and mental challenges. We all make both informed and uninformed choices daily that can have a significant impact on our future health. If you are willing to change old habits, accept new challenges, and travel outside your comfort zone, this course is for you. Join me in exploring scientifically backed principles of movement, nutrition and habits that can directly impact the effect on many diseases. Learn and sample movement and nutritional “hacks” you can use daily to improve your ability to move, increase energy levels, decrease pain, and create better mental health. If you are up for the challenge, you can optimize your health and thrive! **New in-person course.** *Format includes lecture, hand on learning, and movement.*

**MATERIALS:** Dress comfortably in exercise clothes. Material charge of \$5.00 per person paid directly to instructor.

**Mary Kroth-Brunet** is a retired physical therapist who has always had a passion for helping others. Her strongest treatment and prevention tool has been educating others about the hidden everyday “root causes” of health problems. Mary enjoys reading the latest research and using the KISS principle to design courses to help others create their best life.

## The Art of Living Well: Peace Education Program

TERRY LANDRY &amp; RITA RUBIN-LONG

**COURSE** THU, 9/18 – 11/13 • 12:45 – 2:45 P.M. • \$60


How can we experience peace in such turbulent times? *Happiness is your own treasure because it lies within you.* — Prem Rawat. This 9-week course features empowering videos of author Prem Rawat’s talks on ten themes: peace, appreciation, inner-strength, self-awareness, clarity, understanding, dignity, hope, and contentment. You will have the opportunity to discover, focus and reflect on your own humanity and inner resources. The facilitators will involve participants with videos, activities and meaningful interactions that explore the themes of personal peace and the art of living well. **Repeat in-person course.** *Format includes lecture, discussion, and film.*

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

**Rita Rubin-Long** taught 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 peace.

## FUN 2.0

MERYL LEVIN & DONI TAMBLYN

 **COURSE** TUE, 9/16 – 11/4 • 12:45 – 2:45 P.M. • \$60


This is an invitation to everyone who's played a few improv games (at OLLI or elsewhere) and wants to play more. We call improv "play for intelligent adults." And play deserves a lot of respect! Humans (and loads of other critters) are biologically wired to play. And like all other universally-occurring biological characteristics, the urge to play exists to increase our chances of survival. Having said all that, the objective of this class will not be to discuss fun, but to **MAKE** it. Please join us if this sounds like your cup of tea! **Repeat in-person course.** Format includes lecture, discussion, film, and hands-on learning.

*Dr. Meryl Levin has 25 years of experience as a Licensed Psychologist, working both as a college instructor and clinician. In support of her interest in having fun, Dr. Levin has participated in numerous Improv training courses, including those at Improv Boston in Cambridge, Mass., True Story Theater in Arlington, Artistic New Directions N.Y.C., and Second City in Chicago.*

*Doni Tamblyn is the former president of HumorRULES LLC, a corporate training company that taught supposedly "unteachable" skills (creative thinking, listening and flexibility, trust) for clients like Chevron, the Federal Reserve Bank, and Bristol-Myers Squibb. Her two books on using play in teaching have been translated into several languages.*

## Four Powers of the Elder Wise Woman

LUCILLE MELTZ

 **COURSE** MON 9/15 – 10/20 • 9:30 – 11:30 A.M. • \$60


As a woman in her elder years, how do you empower yourself to greater self confidence and respect? What are the essential powers of the Elder Wise Woman archetype and how do they apply in your life? In this highly interactive and experiential class we'll explore four major traits of the elder wise woman: Authenticity, Courageous Integrity, Compassion and Spiritual-Intuitive Development. Through sharing of life experiences, guided meditations, journaling and the practice of specific aspects of each power, you will begin to harvest and examine your own unique powers and wisdom. **Repeat remote course.** Format includes lecture, discussion, and hands on learning.

*Lucille Ann Meltz, is the owner of "Touch the Soul" Coaching and Hand Reading, experienced instructor of multiple courses on personal growth, intuition, and elder wise women for over 40 years at senior colleges, churches, community education, and OLLI programs in several states. She is the author of The Elder Widow's Walk. ([www.lucilleannmeltz.com](http://www.lucilleannmeltz.com))*

## SPECIAL OFFERINGS

### Camping in Maine

MARY ALTENBERN

 **WORKSHOP** SAT, 9/27 • 10:00 A.M. – 12:00 P.M. • \$20


This class is for the people who just want to get out there and simply camp for a few days. It will give you guidelines, tips, hints, and successful strategies for camping for five days or less. You will learn how to prepare for the trip with detailed organization and get a peek at how to pack for the trip, build a fire, plan meals, where to go, when to go, some old folklore that our forefathers so carefully lived by and ... oh, by the way, tons of camping recipes.

**Repeat in-person workshop.** Format includes lecture and discussion.

*Mary Altenbern and her husband have been camping in Maine for over 30 years. This class will give you an inside scoop on how someone else organizes their camp trips to make a memorable experience.*

### Home Bartending & Entertaining

MARY ALTENBERN

 **WORKSHOP** SAT, 9/20 • 10:00 A.M. – 12:00 P.M. • \$20

Want to improve your drink skills for your next event? This home bartending class will help give you the know-how to make your next party a success. Join this workshop to get the confidence and knowledge to make drinks and impress your guests. Learn about glassware, garnishes, laws, beer, wine, what liquors to buy, how to stock a bar at home, what tools to have, and choose from over 70 recipes. **Repeat in-person workshop.** Format includes lecture, demonstration, and discussion.

*Mary Altenbern has been a bartender for over 50 years. She had her own Bartending School for 27 years and taught at the S.M.C.C. hospitality program for three years. She also developed intervention programs covering safe bartending procedures. Mary is now retired and living in Buxton, Maine.*


### DID YOU KNOW?

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## SPECIAL OFFERINGS • continued from previous page

## Who Are You in Six Words or Less?

MARY LYNN ENGEL


 **WORKSHOP** SAT, 9/20 • 9:30 – 11:30 A.M. • \$20

Imagine yourself at your own funeral. You can hear what people are saying about you. What are they saying about what you accomplished, how you touched their lives, how you made a difference to them, and the world? By looking at your personal brand, you will better understand how others perceive and relate to you. Is there something you want to tweak in your persona? **New in-person workshop.** Format includes lecture, discussion, and hands on learning.

*Mary Lynn Engel had a successful strategic communications, branding, and public relations career in health care, Fortune 50 corporate, higher education, and agency environments. She communicated with project management and guided strategic planning and implementation. She taught marketing communications at multiple universities after earning a master's degree in marketing communications, leading to Assistant Professor of branding and business communications.*

## Intro to iPhone Photography

WILLIAM CARITO

 **WORKSHOP** SAT, 9/27 & 10/4 • 9:00 A.M. – 1:00 P.M. • \$30

*The best camera is the one that's with you.* — Chase Jarvis. For many of us, that camera is the iPhone we carry in our pocket every day. This course will cover setting up your iPhone for shooting better photos, focusing and composition techniques, editing on your iPhone (or iPad if you have fat fingers like me), and how to find your way to shooting in black and white on the streets of Maine. Join the international iPhone photography community.


**Repeat in-person workshop.** Format includes lecture, discussion, and hands-on learning.

**REQUIRED MATERIALS:** You will need a relatively up-to-date iPhone and the Snapseed app (free in the app store).

*William Carito started taking iPhone photos in 2015 after a one-day workshop. Since then he absorbed as much as he can from additional workshops and online classes. His work has been selected for juried shows and achieved multiple honorable mentions in international photography contests. ([billcaritophotography.com](http://billcaritophotography.com), Instagram: @billcarito)*

## For Seniors: Encountering &amp; Resolving Personal &amp;/or Business Financial Difficulties

GEORGE MARCUS


 **WORKSHOP** SAT, 10/4 • 9:30 – 11:30 A.M. • \$20

This course will provide assistance to seniors with respect to a troubled financial condition that they, or members of their family, or businesses which they own, may be experiencing or about which they may be concerned. It will instruct seniors on recognizing circumstances that constitute financial distress, and on the means to deal with such circumstances by (i) negotiation and agreement with creditors who hold their distressed debt and/or (ii) use of formal debt relief procedures available under federal and state law. **New in-person workshop.** Format includes lecture and discussion.

*George J. Marcus is an attorney, having recently retired from 48 years of practice in Portland, following receipt of his law degree in 1976 from the University of Chicago. In his law practice, George counseled both individual and business clients experiencing financial difficulties, and the means to resolve such difficulties.*

## Intro to Internet Accounts

ZAK GOULD &amp; DONI TAMBLYN

 **WORKSHOP** SAT, 10/4 • 9:30 – 11:30 A.M. • \$20

USM Media Services presents this two-hour workshop to introduce internet basics and email account use. By the end of the session, participants should be able to understand key internet terms like “browser,” “website,” and “search engine,” navigate to a website using a browser, and perform a simple online search. They’ll also learn what an email account is, how to log into one, and how to compose and send a basic message. Finally, the class will introduce common signs of scam or phishing emails, helping participants build awareness around safe online practices. **New in-person workshop.** Format includes lecture and hands-on learning.

*Jeremiah (Zak) Gould, head of USM Media Services, will select from his staff to lead this workshop, or will lead it himself.*


*Doni Tamblyn is the former president of HumorRULES LLC, a corporate training company that taught supposedly “unteachable” skills (creative thinking, listening and flexibility, trust) for clients like Chevron, the Federal Reserve Bank, and Bristol-Myers Squibb. Her two books on using play in teaching have been translated into several languages.*

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## Retirement Income Planning

DEREK THARP


 **WORKSHOP** THU, 10/30 • 2:30 – 4:30 P.M. • \$20

This workshop will examine how individuals and couples can plan for a sustainable income in retirement. We will examine how households can coordinate income from different sources, including pensions, Social Security, and retirement savings to develop a plan for navigating retirement. We'll look at academic concepts in a practical manner and work through a case study that ties it all together. **Repeat in-person workshop.** Format includes lecture.

*Derek Tharp, Ph.D., C.F.P., C.L.U., R.I.C.P., is a finance professor at USM. Derek has 12 years of experience as a financial advisor. He blogs 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.*

## Social Security Planning

DEREK THARP


 **WORKSHOP** THU, 10/23 • 2:30 – 4:30 P.M. • \$20

This workshop will cover key considerations for how to get the most from your Social Security benefit. We will cover topics such as the long-term health of the Social Security program, how to figure out how much you can expect to receive in retirement, when you should apply for Social Security benefits, how to coordinate claiming strategies with a spouse, ways to minimize taxes on Social Security benefits, and other important considerations for maximizing your Social Security benefit. **Repeat in-person workshop.** Format includes lecture.

*Derek Tharp, Ph.D., C.F.P., C.L.U., R.I.C.P., is a finance professor at USM. Derek has 12 years of experience as a financial advisor. He blogs 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.*

## Tax Planning in Retirement

DEREK THARP


 **WORKSHOP** THU, 10/9 • 2:30 – 4:30 P.M. • \$20

This workshop will cover key considerations for planning for taxes in retirement. We will cover topics such as how various types of income are taxed in retirement, how to avoid Social Security and Medicare tax traps, how to take distributions from retirement accounts in a tax-efficient manner, and charitable giving in retirement. We will consider tax planning strategies from the perspectives of both those who are already in retirement and those who are still working toward retirement. **Repeat in-person workshop.** Format includes lecture.

*Derek Tharp, Ph.D., C.F.P., C.L.U., R.I.C.P., is a finance professor at USM. Derek has 12 years of experience as a financial advisor. He blogs 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.*

## People, Plates, & Palates, Oh My!

LINDA WERNER &amp; MARCIA WESTON

 **COURSE** WED, 9/17 – 11/5 • 12:45 – 2:45 P.M. • \$60

Let's build community by working together to prep, cook, and eat great food and enjoy conversation with one another. Featured chefs will guide us through the creation of cuisines from around the world introducing us to tastes and histories of food cultures and their impact on strengthening communities. For the first class each participant will bring and share a dish meaningful to their culture or life and learn how a potato salad contest brought people from feuding to harmony. There will be an additional cost to cover the food costs paid directly to the instructors — this may vary from class to class. **Repeat in-person course.** Format includes discussion and hands-on learning.


*Linda Werner moved to Maine after living in Colorado and Cape Cod. She received her Ph.D. from the University of Florida and her professional career included working as a psychotherapist, gifted teacher, classroom teacher, and finally working as a district wide technology integration specialist in Wareham, Mass.*

*Marcia Weston returned to Maine following retirement in 2020. She received her Ph.D. at age 67 through the University of North Carolina at Greensboro. Her career and interests center around humanistic practices that promote social justice for all people. She loves to laugh, sing, and learn from others.*

## WRITING

## Fall Equinox Poetry Fest

ROBERT LIBBY


 **WORKSHOP** SAT, 9/20 • 9:30 A.M. – 3:30 P.M. • \$30

We will celebrate Maine's great tradition of orally presented poetry with a learning workshop followed by a Galactic Slam. Great Maine poets presenting their work. **New in-person workshop.** Format includes lecture, discussion, writing, and performance.

**Robert Libby** has been writing and orally presenting poems for more than sixty years.

## Writing to Feed Your Hungry Spirit

LYNNE MENZTER


 **COURSE** THU, 9/18 – 11/6 • 9:30 – 11:30 A.M. • \$60

At least three times a day we get hungry. But what's it like when our spirit gets hungry? Perhaps we feel that something's missing from our daily diet even though our plate is full, or we're curious to try a new spiritual practice but the menu looks daunting. Is this you? Is your spirit hungry? "Writing to Feed Your Hungry Spirit" is a banquet of writing techniques designed to explore your spiritual story, listen for inner wisdom, write for healing and inspiration, and more. There will be a session on writing to ease stress and an off-site writing field trip either a "nature walk and write" or an art museum "view and write." **Repeat in-person course.** Format includes presentation, discussion, and writing exercises. (Sharing is always optional.)

**Lynne Mentzer** is a USM graduate and recently retired United Methodist minister. Writing has been her passion since she sat in the front row of Miss Ryan's fifth grade English class. Writing as a spiritual practice continues to deepen her faith and inspires her to teach a variety of classes through Gorham Adult Education, an assisted living facility, and church. Lynne and her husband Jim live in Gorham.

## Return of the Misfit Poets

CRAIG SIPE &amp; MARY TRACY

 **COURSE** FRI, 9/19 – 11/7 • 9:30 – 11:30 A.M. • \$60

This course is for everyone who wants to read, discuss, and write poetry, whether you've written before, or not. We will select topics and exercises from *The Art of Voice* by Tony Hoagland to discuss at the beginning of each class, respond to writing prompts in class, and share our spontaneous work on a voluntary basis. In the second hour of each class, we will read and respond to each other's work. We believe that writers learn best with both praise and friendly honesty in a nurturing setting of fellow learners. Requirements: An open mind, a sense of fun and discovery, and a readiness to read and write during the classes, and in-between. **Repeat in-person course.** Format includes discussion and hands-on learning.

**REQUIRED BOOK:** *The Art of Voice*, Tony Hoagland, ISBN 9781324002680

**Craig Sipe** is the author of two poetry collections: *Lovely Dregs* (2020) and *Here It Comes and It's Gone* (2023). His work has appeared in journals, including *The Maine Arts Journal*, *Right Hand Pointing*, and *Iconoclast*. He is a poetry editor and audio editor for the quarterly art and poetry journal, *The Cafe Review*. He lives on Orr's Island.

**Mary Tracy** lives and writes in Portland, Maine, at an ordinary table that looks upon her ordinary street, and is inspired by writers who find depth, irony, and pleasure in ordinary things. She is a former educator and a published poet.

 **DID YOU KNOW?**

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**QUESTIONS?**

We are here to help you!

Email us:

[olliatusm@maine.edu](mailto:olliatusm@maine.edu)

Call us:

207-780-4406

## WRITER'S WORKSHOPS

**Writer's Workshop:  
Shiny Day Poets**

PATRICIA ELLEN &amp; PHILIP MORSE

**1ST WEDNESDAYS, 10/1 – 5/6**  
**12:30 – 2:45 P.M. • \$60**

This ongoing poetry writing workshop is limited to ten members. The Sunday before each monthly workshop, members will email a copy of their poem to all other members, print out all poems, and write comments on hard copies for discussion on workshop days. **Repeat hybrid course.** Format includes reading, reflection and discussion.

**Patricia Ellen** retired from a career working at the Center for Grieving Children and the Chaplaincy Institute of Maine. One of the things she started focusing on in retirement is the expression in poetry amongst a supportive group of diverse poets. She has taught a course before in OLLI, "Soul Collage — Combining Image and Writing."

**Phil Morse** began working in Maine 30 years ago. He was a teacher of psychology for 55 years in various universities and health care settings. In 2014, Phil really "retired" to work in neurorehabilitation in New Zealand and then in China. Secretly, this really launched his love for taking photographs and writing poetry.

**Writer's Workshop:  
Fiction**

LARRY DYHRBERG &amp; TANA LEOHART

**3RD FRIDAYS, 9/19 – 5/15**  
**12:30 – 3:00 P.M. • \$60**

This in-person monthly workshop is a supportive group of 12 writers focusing on the elements of fiction writing. Members' projects range from short stories and vignettes to segments of full-length novels. Pieces to be critiqued are shared via email prior to the meeting. During the meeting, the author reads a short excerpt of the work, and members give constructive feedback, during the discussion and in written comments. With our wide range of styles and experience, we learn from each other! **Repeat in-person course.** Format includes discussion and hands-on.

**Larry Dyhrberg** taught history for 30 years at Westbrook High School. Now, as un homme du foyer for his wife and Bisou le Chien, writing is his passion. His projects: a novella tracing a boy's coming of age in the 1950s, and a story of a mid-1900 Franco American woman in Maine.

**Tana Leonhart** shared writing skills with students for thirty years before retiring to the mountains of Colorado. Now in Maine, she enjoys life along the coast. Her first novel, *The Tobin Tree*, was published in 2020, and she has had numerous pieces included in the OLLI Reflections magazine.

**Writer's Workshop:  
The Art of the Memoir**

BILL GOUSSE &amp; TOBY HOLLANDER

**2ND WEDNESDAYS, 10/8 – 5/13**  
**12:45 – 2:45 P.M. • \$60**

Students learn the art of writing memoir. They are encouraged to submit a written memoir for each monthly workshop and receive constructive comments in return. The workshop meets via Zoom once a month between October and May. **Repeat remote course.** Format is discussion.

**Bill Gousse** is a Vietnam veteran, proud UConn graduate, and a semi-retired pharmacist. He is continually writing his memoir.

**Toby Hollander** is a Vietnam veteran, graduate of the U.S. Naval Academy, and a retired Lawyer/Guardian ad litem. He is working on his own memoir.

# Special Interest Groups

OLLI at USM offers many diverse activities beyond the classroom. Open exclusively to current OLLI members, our Special Interest Groups provide great opportunities to connect socially with people with similar interests.

*To participate in any Special Interest Group, you must be a current OLLI member and register online (See page 54). Special Interest Groups are not intended as instructional events. Some groups meet in-person, some via Zoom, and some blended. Many programs run year-round, except for July and August.*

## BICYCLE & NOSH

We enjoy bicycling together (utilizing both 'acoustic' and e-bikes), usually 10–30 miles per outing, on roads and trails. We usually stop during the ride for a light lunch or snack. *This group does not meet in the winter months.*

**FMI:** Contact Mark Love at [mlove196@maine.rr.com](mailto:mlove196@maine.rr.com)

## BOOK CLUB

Members meet each month, September through June, to discuss readings from various genres, including contemporary novels, classics, biographies, memoirs, short stories, etc.

**FMI:** Contact Karen Winslow at [kpwinslow@yahoo.com](mailto:kpwinslow@yahoo.com), or Anna Messmer at [aemessmer@maine.rr.com](mailto:aemessmer@maine.rr.com)

## BRIDGE CLUB

Those who enjoy playing bridge for fun are welcome to join this group, which meets weekly.

**FMI:** Contact Barbara Freeman at [bhfreewoman@gmail.com](mailto:bhfreewoman@gmail.com)

## 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.

**FMI:** Contact Lois Winter at [loiswinter54@gmail.com](mailto:loiswinter54@gmail.com)

*Please note: You will need to provide additional safety/contact information before receiving notice of upcoming ski trips.*

## ECCELCTIC DIALOGUE JUNCTION: A TAPESTRY OF CONVERSATIONS

Embark on a stimulating journey of diverse discussions with our special interest group. Join us monthly from September to June for engaging conversations sparked by thought-provoking articles, intriguing podcasts, or captivating topics that resonate with the curious mind. Each month will be a different topic: attend those that interest you.

**FMI:** Contact Elizabeth Housewright at [ehousewright@gmail.com](mailto:ehousewright@gmail.com)

## HISTORY BOOK CLUB

We will read and discuss one work of history each month, September — June. The season begins with titles *Democracy Awakening*; *The Last Days of the Ottoman Empire*; and *An Edible History of Humanity*.

**FMI:** Contact Dawn Leland at [lelanddm@gmail.com](mailto:lelanddm@gmail.com) or Karen Day at [kday0718@gmail.com](mailto:kday0718@gmail.com)

## LET'S KNIT!

We are a group of dedicated knitters who meet at the Wishcamper Center during the Fall, Winter, and Spring terms. No instruction is provided, but all experience levels are represented. Knitting together builds community.

**FMI:** Contact Linda Cunning at [cunninglk@gmail.com](mailto:cunninglk@gmail.com)

## **NEW!** MINDFULNESS MEDITATION

We meet for guided and/or silent meditation, some learning and discussion. All levels of experience are welcome.

**FMI:** Contact Cheryl Anderson at [pastor.cheryl0319@gmail.com](mailto:pastor.cheryl0319@gmail.com) or Richard Welsh at [rewelsh@verizon.net](mailto:rewelsh@verizon.net)

*"The Trail Steppers get outdoors for exercise and good conversation all year long. I love walking trails I've been on many times, as well as exploring those I've never walked before with this great group of people!"*

LIBBY DEMILLE, OLLI MEMBER SINCE 2018

### OLLI SINGERS

Singing is fun and good for you, too: mind, body and soul. Rehearsals Friday afternoons and concerts fall and spring. Four-part choral music: spirituals, folk, pops, Broadway and more. We keep it upbeat and fun — join us!

**FMI: Contact Bob Swerdlow at**  
[OLLISingersAtUSM@gmail.com](mailto:OLLISingersAtUSM@gmail.com)

### PHOTOGRAPHY CLUB

We get together to share our knowledge of photography and our work. We meet monthly either in person or on Zoom. From time to time we go on group photo shoots or other field trips of interest to the group.

**FMI: Contact Sharon Roberts at**  
[sroberts4664@gmail.com](mailto:sroberts4664@gmail.com)

### Pictionary GAME NIGHT

Come join the fun! Stick figures are our specialty and sometimes they look like the word we are trying to draw. No art ability required. Meets twice monthly on Thursday afternoons via the easy-to-use Zoom whiteboard.

**FMI: Contact Steve Dorneman at**  
[stephendorneman@gmail.com](mailto:stephendorneman@gmail.com)

### SCIENCE READING CLUB

Every month, we will meet via Zoom to discuss *Scientific American*.

**FMI: Contact Elizabeth Housewright at**  
[ehousewright@gmail.com](mailto:ehousewright@gmail.com) or visit  
[olliusmsciencediscussion.wordpress.com](http://olliusmsciencediscussion.wordpress.com)

### TRAIL STEPPERS

Weekly, we walk the paths and trails in and around Portland. We aim to choose beginner-friendly paths and trails, and we walk about 2–3 miles at a moderate pace for one to two hours. Occasionally we enlist experts to talk about natural or historical matters relating to particular locations. Carpooling is encouraged.

**FMI: Contact David von Seggern at**  
[vonseg1@sbcglobal.net](mailto:vonseg1@sbcglobal.net)

### TRIVIA GAME NIGHT

Join us for some laughs and interesting questions that will have your brain scanning your mental files for what some may call trivial information. You provide your own snacks and beverages. We provide the questions! You are one click away from an evening of good company and laughter. Register once and you will remain on the email list until July 2026 and will receive all relevant communications. All sessions will be via zoom, one or two Monday evenings a month September – June at 7:00 p.m.

**FMI: Contact Elizabeth Housewright at**  
[ehousewright@gmail.com](mailto:ehousewright@gmail.com)

### VIRTUAL BOOK EXCHANGE

Join us on Zoom on the fourth Wednesday of each month from 7:00 – 8:00 p.m. Bring a book (or books) you've read to share what you liked (or didn't) about the book(s). You'll get a list of titles and authors after the meeting, so you needn't take any notes.

**FMI: Contact Anne Cass at**  
[annebcass@gmail.com](mailto:annebcass@gmail.com)

### **NEW!**

#### WRITING FOR HUNGRY SPIRITS

Are you hungry for more than food? Are you hungry for spiritual nourishment? Are you ready to write your way to a deeper connection with your spiritual self? Come write and grow with us as we explore creative writing techniques and prompts in a positive and supportive environment.

**FMI: Contact Lynne Mentzer at**  
[revlynne1@gmail.com](mailto:revlynne1@gmail.com)



#### QUESTIONS?

**We are here to help you!**

**Email us:**

[olliatism@maine.edu](mailto:olliatism@maine.edu)

**Call us:**

**207-780-4406**

# How to register

So you've decided to register for a course (or two!) at OLLI — great!  
Now what? This section will walk you through the steps to register.

## Online registration

Online registration is a fast, convenient way to sign up for OLLI courses. We encourage all members to give it a try!

### BENEFITS

Online registration allows you to sign up for classes in real time, which increases the likelihood you will secure your first choice! You can tell how many spaces are available in your chosen class and add your name to a waitlist if a course is full. After you pay for your classes, you will receive an email confirmation of your registration. It is fast and secure.

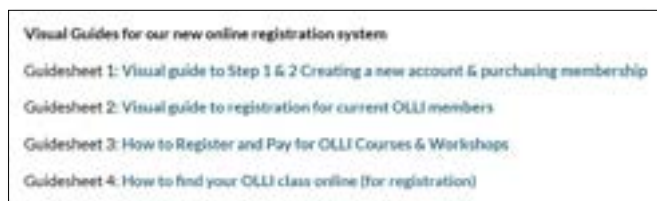
### PAYMENT OPTIONS

**As of Spring 2025, OLLI is no longer accepting cash or checks as a form of payment.** Please contact the office to use scholarships, course certificates, or if you are a member at another Maine Senior College at [olliatusm@maine.edu](mailto:olliatusm@maine.edu).

*Please note: We cannot guarantee your class will be available when we register you after online registration opens. Manual registrations will be processed in the order in which they are received.*

### VISUAL INSTRUCTIONS

Would you rather have visual step-by-step instructions? Visual instruction guides are available at [usm.maine.edu/osher-lifelong-learning-institute/registration/](https://usm.maine.edu/osher-lifelong-learning-institute/registration/). Simply click on the Guidesheet links, shown below:



## Tips for making online registration in the new system a breeze

Here are some tips to keep in mind to help your online registration be a successful, positive experience:

- **Log in early to test it out.**

We strongly recommend that everyone create their account and verify information *prior* to class registration day. We will share directions and be available for questions. If you run into a problem, email the OLLI Office at [olliatusm@maine.edu](mailto:olliatusm@maine.edu).

- **Sign in first, then browse.**

When you are ready to register (at 10:00 a.m. Wednesday morning), sign in first, then look for classes.

- **Make sure you're a member before you start.**

**IMPORTANT: Membership for 2024–2025 elapsed on June 30, 2025, so you will need to renew your membership for 2025–2026.**

Memberships may be purchased at any time. See [page 5](#) for more information about membership.

### Want more helpful tips?

Visit OLLI Online Registration Assistance online at: [usm.maine.edu/osher-lifelong-learning-institute/registration](https://usm.maine.edu/osher-lifelong-learning-institute/registration).

### Still need assistance?

Call the OLLI office at 207-780-4406, Monday – Friday, 8:30 a.m. – 4:30 p.m.

## HOW TO REGISTER ONLINE

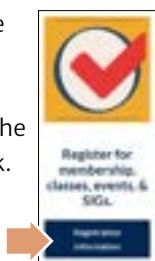
### OLLI is using a new registration system as of August 2024!

You may need to create a brand new account even if you were a previous OLLI member. See the steps, below.

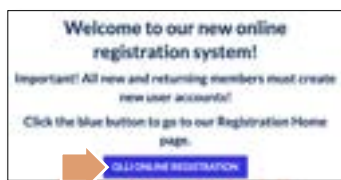
Visual instruction guides for all steps are available at [usm.maine.edu/osher-lifelong-learning-institute/registration](https://usm.maine.edu/osher-lifelong-learning-institute/registration). Still need assistance? Call the OLLI office at 207-780-4406!

#### 1 START REGISTRATION Go to the OLLI website at [usm.maine.edu/olli](https://usm.maine.edu/olli), then follow the three steps shown below:

First, select the **Registration Information** button below the red check mark.



Then, click the blue **OLLI Online Registration** button.



Finally, proceed to the **Sign In or Create Account** button.



#### 2 SIGN IN (2a) OR CREATE YOUR ACCOUNT (2b)

**2a. If you've enrolled in a class or workshop since Fall 2024,** sign in and proceed to **STEP 4**



**2b. If you haven't enrolled since Fall 2024,** complete the **Create New Account** section.

**TIP!** We strongly recommend that everyone create their account and verify information **prior to registration day**.



#### 3 IMPORTANT! ADD ANNUAL MEMBERSHIP TO YOUR CART before registering for classes. Membership for 2024–2025 elapses on June 30th 2025, so you will need to renew your membership for 2025–2026. Once the annual membership is in your shopping cart, you can continue to the registration homepage or check out.

#### 4 BROWSE OLLI OFFERINGS in the **Courses & Workshops** area organized by topic/subject areas, day of the week/ time of day, and instructor.



#### 5 SELECT DESIRED OFFERING(S) by clicking the **Add to Cart** button.

**Don't see an Add to Cart button when browsing the catalog?** This could mean registration is not open yet, you are not signed in, or you need to renew or add your annual membership to your shopping cart.

#### 6 COMPLETE ORDER by selecting the **Check Out** button.

- **Verify or add required information** in required fields as indicated by an asterisk (\*), and select **Next**.
- **Verify billing information** then select **Next**.
- **Continue at check out** by selecting **Purchase**.
- **Provide payment** via **Touchnet**, USM's secure payment site. Select **Credit Card**, then **Continue**. Fill in credit card information carefully (no phone numbers). Click **Continue**.

#### 7 THAT'S IT! A **Thank You** message means your order has been completed! Look in your email for a registration receipt.

## Manual registration

We recommend that all students complete registration online. Online registrations are processed first, in the order in which they are received, and manual registrations are delayed. However, we also offer a traditional form that can be filled out and submitted via email, regular mail, or in-person drop off.

### HOW TO REGISTER MANUALLY

#### 1 LOCATE THE REGISTRATION FORM.

- **To use the form in this book (printed)**, tear out the page and/or make a copy of it.
- **To use the form in this book (digital PDF)**, print out just [page 57](#).
- **To find the form online**, go to [usm.maine.edu/olli/olli-courses-and-lectures](https://usm.maine.edu/olli/olli-courses-and-lectures). Click on **Print Registration Form**. The form will open in a new window. To download, click the down arrow icon in the top right corner. To print, click the printer icon in the top right corner.

#### 2 FILL OUT FORM by hand or digitally.

- **To fill out by hand**, print clearly using a printed sheet.
- **To fill out digitally**, open a fresh downloaded form in Adobe Acrobat Reader. Save as a new file, type into the highlighted fields, and re-save. (Don't have Adobe Reader? Download at [get.adobe.com/reader](https://get.adobe.com/reader))

#### 3 SUBMIT COMPLETED FORM WITH PAYMENT INFORMATION by email (preferred) or via mail.

**Please note: OLLI is no longer accepting cash or checks as a form of payment.**

- **To email a hand-written form**, take a photo of the form with your phone or scan it, then email it to [olliatusm@maine.edu](mailto:olliatusm@maine.edu).
- **To email a digital form**, re-save the file with your full name in the file name, then email it to [olliatusm@maine.edu](mailto:olliatusm@maine.edu).
- **To drop off form in-person**, bring your printed form to the OLLI office and a staff member or office volunteer can take your registration or help you sign-up. OLLI is housed in 210 Wishcamper Center on the Portland Campus of USM. The GPS address is 44 Bedford Street, Portland, Maine, 04101.

#### 4 THAT'S IT! We will be in touch with you the week after registration opens if we have any questions.

## Tips for a smooth manual registration

Here are some tips to keep in mind to assure your form is processed without delay:

#### • Please use only ONE form per registrant.

For example, if you and your partner are both registering, each of you will need to complete your own form, even if you are registering for the same class(es).

#### • Fill out the top section of the form completely.

Leaving sections blank can slow registration.

#### • Rank courses by importance to you.

Write the course name for your first choice selection in the *1st Course* column, your second choice in the *2nd Course* column, and so on.

#### • Provide alternative choices.

We highly recommend adding alternative courses in case your top choices fill before we can register you. These should be written in the *Alternative 1st Course*, *Alternative 2nd Course*, etc. columns next to your primary choices.

#### • Record prices accurately.

Record itemized fees in the *Cost* column next to each entry, then add up the total fees for all courses and workshops (and membership, if applicable). Note the amount in the space marked *Total Registration Cost*.

#### • Double check payment info.

Provide credit card information in full to avoid possible delays. **Cash and checks are no longer accepted as forms of payment.**

#### Want more helpful tips?

Email the OLLI staff at [olliatusm@maine.edu](mailto:olliatusm@maine.edu) or call 207-780-4406.



# Course Registration 2025

SESSION: ☐ WINTER ☐ SPRING ☐ SUMMER ☐ FALL ☐ OTHER \_\_\_\_\_

MEMBERSHIP: ☐ CURRENT ☐ NEW ☐ RENEWING  
RECEIVED: DATE \_\_\_\_\_ INITIALS \_\_\_\_\_

OFFICE USE

## ABOUT YOU (Only one person per form, please)

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

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

Mailing Address: Street \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Date of Birth: (MM/DD/YYYY) \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Is any information above new? ☐ Address ☐ Phone ☐ Email

☐ I'd like an OLLI nametag with this name: \_\_\_\_\_

I grant photo permission. OLLI may reproduce my image for ☐ Yes  
educational/promotional purposes if I appear in photos of programs. ☐ No

## EMERGENCY CONTACT

Name \_\_\_\_\_

Phone \_\_\_\_\_

## YOUR PAYMENT INFORMATION

Card Type: ☐ Visa ☐ MasterCard ☐ Discover

Card No: \_\_\_\_\_

Exp. Date: (MM/YY) \_\_\_\_\_ / \_\_\_\_\_ Code: (on back of card) \_\_\_\_\_

Name on Card: \_\_\_\_\_

Questions? Please email [olliatism@maine.edu](mailto:olliatism@maine.edu) or call 207-780-4406.

## YOUR PROGRAM SELECTIONS

COURSE / WORKSHOP TITLE	COST
<b>1</b> 1st Choice: _____ Alt. Choice: _____	\$ _____
<b>2</b> 1st Choice: _____ Alt. Choice: _____	\$ _____
<b>3</b> 1st Choice: _____ Alt. Choice: _____	\$ _____
<b>4</b> 1st Choice: _____ Alt. Choice: _____	\$ _____
<b>5</b> 1st Choice: _____ Alt. Choice: _____	\$ _____
<b>Your Total Course / Workshop Cost</b>	\$ _____
<input type="checkbox"/> Check box if you're over 90 — it's free! <b>Annual Membership, if applicable</b>	+ \$ _____
<b>Your tax deductible contribution to OLLI (Optional)</b>	+ \$ _____
<b>YOUR TOTAL REGISTRATION COST</b>	\$ _____

OFFICE USE

CAMPUS CE \_\_\_\_\_ DATE PROCESSED \_\_\_\_\_  
MISC \_\_\_\_\_ CC: LAST 4 DIGITS \_\_\_\_\_

## NOTES

[illegible]

## LAND ACKNOWLEDGMENT

We wish to acknowledge the land and water that the University of Southern Maine (USM) campuses occupy, as well as the ancestral and contemporary peoples indigenous to these places in the Dawnland.

Our campus lands were the ancestral fishing, hunting, and agricultural grounds inhabited by the Abenaki and Wabanaki people for thousands of years.

We recognize that we are on indigenous land. In addition to the Abenaki, the broader place we now call Maine is home to the sovereign people of the Wabanaki Confederacy: the Penobscot, Passamaquoddy, Maliseet, and Mi'kmaq peoples. We exist on their unceded homelands.

We also acknowledge the uncomfortable truths of settler colonialism, among them that the peoples indigenous to this place were often forcibly removed from it. Harm from the physical and cultural genocide of Native people here and throughout the land we now call Maine continues and is felt by members of the Wabanaki Confederacy who live here today, including our own Wabanaki students, staff, and faculty.



## QUESTIONS?

**We are here to help you!**

**Email us:**

oliatusm@maine.edu

**Call us:**

207-780-4406

# Important Dates

OLLI FALL 2025

The fall session will run from September 15 – November 7.  
Mark your calendar for these other important dates.

<b>AUG 20</b>	<b>Online registration for OLLI fall courses begins.</b>  The registration system will automatically turn on at 10:00 a.m. Students with scholarships, gift certificates, free memberships, or other waivers must contact us at <a href="mailto:olliatusm@maine.edu">olliatusm@maine.edu</a> <b>before August 20</b> , so staff can process them promptly. We cannot 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 <b>after August 20</b> , but some classes and workshops may be full, so please turn them in as soon as possible.
<b>AUG 25</b>	<b>OLLI staff begins taking phone registrations, and processing mail-in and drop-off registrations.</b>
<b>SEP 1</b>	<b>Course and workshop offerings open to the Maine Senior College Network.</b>  Please contact us at <a href="mailto:olliatusm@maine.edu">olliatusm@maine.edu</a> and leave your name and phone number plus the course you are interested in. We will contact you to enroll.
<b>SEP 15</b>	<b>OLLI fall session classes start</b>
<b>SEP 26</b>	<b>Deadline to receive a refund on dropped courses.</b>
<b>SEP 20, 27, OCT 4</b>	<b>OLLI fall workshops</b>
<b>NOV 7</b>	<b>OLLI fall session ends</b>
<b>NOV 10, 12–14, 17</b>	<b>OLLI fall session make-up week</b>

## **The OLLI Staff is on holiday September 1, October 13, and November 11.**

The OLLI office and USM will be closed on these dates. If you have an in-person class scheduled in Wishcamper on these dates, your class will not meet. If you have a remote class scheduled on these dates, please get in touch with your instructor to see if they plan to observe the holiday.



### **QUESTIONS?**

**We are here to help you!**

Email us:  
[olliatusm@maine.edu](mailto:olliatusm@maine.edu)

Call us:  
207-780-4406

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