



Penobscot Valley Senior College

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<http://www.penobscotvalleyseniorcollege.org>

OR

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

PVSC Summer Extravaganza 2022

Last year's Summer Extravaganza was a hit, so once again PVSC is offering our members a tremendous opportunity to learn about a variety of topics throughout the summer months, all for the price of a single course. Most of our presentations will be presented on Zoom in the late afternoon, but if you happen to be away on a particular day, you can always watch the recorded video, which will be emailed to registered members after each presentation. We have a couple of in-person events as well that you can choose to attend, and we ask that you **register for them individually**. Below is the list of presenters and topics we have lined up for your summer pleasure.

Plus, an extra bonus! PVSC is changing its fiscal year to January through December, so we are offering a one-time-only extra ½ year of membership as a thank you for staying with us. The Summer Variety Extravaganza takes place in our new membership year, which begins July 1, 2022, and continues through December 31, 2023, so in order to partake in these presentations, you must first register for an individual (\$25.00) or two people at the same address (\$40.00) membership. Some of you may still have credit on your account, which can be used toward membership and/or the course. Check with Sheila via phone or email.

Register online on the secure website, or mail in the membership registration form and course registration which is attached as part of this email. Make sure your communication information is up to date.

If you no longer wish to receive emails or mail from PVSC, please call or email.

Members of other Maine Senior Colleges may email Sheila at pvscmaine@gmail.com (**our new email address**), confirm current Senior College membership affiliation to have PVSC membership fees adjusted. Then register online or mail in the \$30.00 fee to take the entire course.

List of Presenters and Topics:

Tuesday, July 5, 4:00 PM EDT (Zoom) - Lois Berg Stack ***Beatrix Farrand: Bar Harbor's Famed Garden Designer***

Beatrix Farrand (1872-1959) studied plants at Boston's Arnold Arboretum, gained design commissions through her society connections, and became one of the most renowned landscape designers of 20th century America. Through images, visit some of her public and private design projects. Learn about her contributions to landscape design and her efforts to create a horticulture learning facility at her home in Bar Harbor, and learn how the Beatrix Farrand society is working to continue her legacy.

Lois Berg Stack recently retired from the University of Maine, where she worked with Cooperative Extension to deliver educational programs for Maine's nursery/greenhouse/garden center industry and conducted research on the industry's behalf. She also taught classes in horticulture and plant science. Dr. Stack served on the Board of Directors of the Beatrix Farrand Society, and is currently on the Society's Council of Advisors.

Thursday, July 14, 4:00 PM EDT (Zoom) - Ron Romano ***Maine's Rare "Billboard" Gravestones***

Unusual grave markers produced in Maine in the 1800's resembling roadside signs are called 'billboard monuments.' Only 42 are known to exist in the state, and we will learn their English origins, structure, and limited production. Each stone tells a story, and we will hear some of them.

Ron Romano is a cemetery historian and author of four books about Maine gravestones and cemeteries. He has managed the daily guided walking tours program in Portland's historic Eastern Cemetery and designed other walking tours of historic cemeteries in southern Maine. Ron is an officer on the national board of *The Association for Gravestone Studies*, the leading organization in America for cemetery studies.

Wednesday, July 20, 10:00 AM EDT (Zoom) Dr. John Kaiser, M.D. ***Gastrointestinal Diseases***

Dr. Kaiser has graciously agreed to return for another of his informative presentations. He will present information about the gastrointestinal tract, from the mouth to the end.

Dr. Kaiser is a pathologist who attended Dartmouth Medical School and Harvard Medical School and did his pathology residency and melanoma fellowship at the Massachusetts General Hospital. He practiced pathology at Dahl Chase Pathology Associates and Eastern Maine Medical Center from 1975 to 2018. Since 2018, Dr. Kaiser has presented very well-received lectures for PVSC on cancer, cardiovascular diseases, and diseases of the nervous system. He has graciously agreed to return again this year to talk about gastrointestinal diseases.

Tuesday, July 26, 4:00 PM EDT (Zoom) - Griffin Dill
Ticks in Maine: Information for Personal Protection

Ticks and their associated diseases have become a serious issue in Maine and throughout much of the country. Through this presentation, we will learn about the biology and ecology of the different types of ticks we have in Maine. We will also learn about personal protection and tick management methods to help minimize the risk of encountering ticks.

Griffin Dill manages the Tick Lab within the Diagnostic and Research Laboratory. He coordinates the Integrated Tick Management Program, including the tick identification and tick-borne disease testing services. Griffin also offers support to clients on wildlife-related issues and assists in other Integrated Pest Management (IPM) programs including Potato IPM and Home & Garden IPM programs.

Tuesday, August 2, 4:00 PM EDT (Zoom) – Gregory Gaines
Scandinavian Immigration to New England

We will learn the specifics of Scandinavian immigration to New England. While the Mid-West is famously full of Scandinavian-Americans, New England also had a large Scandinavian, particularly Swedish, population in the nineteenth and early twentieth centuries. From Aroostook County all the way down to coastal Connecticut, Scandinavians had a significant cultural impact on New England

Gregory Gaines is a PhD candidate in the history department at UMaine. He studies Scandinavian immigration to the U.S. and ways in which Scandinavian-Americans created a cultural niche for themselves in 19th and 20th century America. He has previously taught a course on Norse Mythology for PVSC, and is excited to be offering more material about Scandinavian immigration and cultural heritage in the United States.

Wednesday, August 10, 4:00 PM EDT (Zoom) – Phil Nadeau
Presidential Immigration Authority: The Trump and Biden Administrations

This will be a presentation and discussion about how presidential authority in the Trump and Biden administrations has impacted the lives of many migrants and asylum seekers who are pursuing safety, freedom, and opportunity in the U.S.

Phil Nadeau served as a Maine public administrator for 23 years; adjunct instructor at L-A College in Lewiston and the Muskie Institute in Portland. His refugee and historical research has been published nationally, and he has been interviewed by national and international news media and programs like *HBO Real Sports with Bryant Gumble*. He recently taught a course for PVSC on Refugee Resettlement in Maine and the U.S.

Saturday, August 13, 10:00 AM EDT (In-Person)—Hirundo Staff
Habitats at Hirundo Wildlife Refuge (See separate page at the end)

Tuesday, August 16, 4:00 PM EDT (Zoom) – Angela Okafor
Unboxing Oneself from the Societal Box

In this presentation we will learn of the struggles, determination, and perseverance that Angela has experienced in her journey that have helped her in confronting cultural and societal limitations through innovative thinking and acting on her own best traits.

Angela Okafor was born, grew up, and was educated in Nigeria before migrating to Bangor. She is the first person of color and immigrant to serve on the Bangor City Council. She is a mother, a lawyer, a board member of the Maine Multicultural Center, a recent MBA graduate, an entrepreneur, a community builder, advocate, a Bangor City Councilor, and the Acting Operations Director of the Permanent Commission on the Status of Racial, Indigenous and Tribal Populations of Maine. Angela has won several awards and honors statewide.

Wednesday, August 17, 1:00 PM EDT (In-Person)—Danny Williams
The Collins Center for the Arts: A Peek Behind the Curtain
(See separate page at the end)

Tuesday, August 23, 4:00 PM EDT (Zoom)—Thomas Garrity, M.S.
Arson and Fire Investigation

If you were to ask a firefighter why their fire department investigates fires, they would tell you, “It is required by law.” Few firefighters understand the important role of fire investigation in community risk reduction. And few fire chiefs utilize fire investigation to reduce or prevent fires. In this class you will learn how Philadelphia used data from fire investigations to develop and implement fire prevention programs to reduce fire injuries and deaths.

Tom Garrity is the Director of the Montgomery County Fire Academy. Prior to accepting the position, Tom served for 36 years with the Philadelphia Fire Department. He is the part-time Coordinator of the Fire Science and Public Safety Administration Program at Holy Family University and is an instructor at both Holy Family University and the Community College of Philadelphia. In 2017 Tom Received the Outstanding Adjunct Faculty award for the Holy Family University School of Business.

New to PVSC? When you register online, first you create a “Household” and become a “Member or members” in that household. Then register for a “Membership – individual or couple. Remember, this membership year you get 18 months for the price of 12!!

If mailing, fill out and return the bottom portion of the registration form with your check to PVSC 499 Broadway PVM #274 Bangor, ME 04401

Thursday, August 25, 4:00 PM EDT (Zoom)—Meg Gray
Bangor Public Library 101: We Have That!

Join Meg Gray, Head of Reference at Bangor Public Library, for an overview of the many services, programs, and resources available at the library. We'll start with an introduction to in-person services including reader's advisory, reference services, genealogy research, and technology instruction, followed by a summary of the e-resources available to patrons, such as Cloud Library, consumer reports, and Great Courses. Finally, we'll review the non-book items that patrons have access to, including a telescope, theatre passes, Wi-Fi hotspots, and more.

Meg Gray is the Head of Reference at Bangor Public Library. Prior to that she was the Science and Technology Librarian at Portland Public Library. Meg grew up in the Bangor area and moved back in August, 2020. In her spare time she likes to read, craft, bike, hike, powerlift, and start never-ending DIY house projects.

Tuesday, August 30, 4:00 PM EDT (Zoom) - Joan Ellis and Sheila Krautkremer
PVSC Trivia Time

PVSC has been offering courses using Zoom since COVID forced us to stop meeting in person. In January, 2022, we thought we could have a bit of fun and invited PVSC members to enjoy a game of trivia hosted by our own Sheila Krautkremer and Joan Ellis. We all had fun and wanted to do it again, so here we go. Join us on zoom for another game of PVSC Trivia. We'll play in teams and have fun. The rules will be explained when we gather on line. There'll be a "room winner" but no prizes will be awarded, other than bragging rights.

Sheila Krautkremer is the PVSC Administrative Assistant, Jill-of-all Trades, Tech Guru, and Guardian Angel. She's the one who keeps us up and running, responds to emails, answers the phone, schedules the zoom classes, trains presenters, and the list goes on. **Joanie Ellis** is the current chair of the One Day Presentation Committee whose members work collaboratively to gather a variety of innovative topics and presenters they think will be of interest to PVSC members. At least five ODPs are offered free of charge to our members throughout the year, and the Summer Extravaganza is offered in lieu of, and for the same price as, a six-week course.

Tuesday, September 6, 4:00 PM EDT (Zoom)—Phil Chin
Spot a Scam, Stop a Scam

We are targeted daily by an army of people who perpetrate scams on the internet, the phones, and by snail mail. Americans of all ages lose billions of dollars each year. Phil will discuss the tactics and schemes used by these con artists and how to stop them.

Phil Chin has been a volunteer spokesperson for Maine's AARP Fraud Watch Network for the past few years as well as a volunteer instructor for AARP's Safe Driver Program. He retired from CBS News in New York after a 37-year career as a radio news writer and producer.

Tuesday, September 13, 4:00 PM EDT (Zoom)—Karin Tilberg
Bringing Permanent Conservation to Maine's North Woods

Forest Society of Maine (FSM) was created in 1984 to serve as the land trust for Maine's twelve million-acre North Woods, the largest block of intact forestland remaining east of the Mississippi. The mission of FSM is to sustain the ecological, recreational, and cultural values of Maine's North Woods while supporting economic vitality and protecting important natural areas. In this presentation we will learn how the members of FSM work to preserve Maine's forests for recreational, environmental, and economic purposes.

Karin Tilberg joined the Forest Society of Maine in 2011 and became the President/CEO in 2017. She brings her decades-long interest in and experience with Maine's North Woods to this position as well as a strong commitment to rural economic health and connecting conservation with community prosperity. She has helped lead FSM's efforts to bring permanent conservation to Maine's North Woods using conservation easements as a primary tool. Karen has a B.S. in wildlife biology from the University of Vermont and a J.D. from the University of Maine School of Law.

Tuesday, September 20, 4:00 PM EDT (Zoom)—Julie Kimball
Bangor School Department's Mentoring Program

According to the Bangor School Department's program overview, a mentor is someone who helps to "guide, advise, share knowledge, encourage, teach, motivate, share a common interest, listen and promote success". In this presentation we will learn more about how the program works, who can be a mentor, and the positive impact it aims to create for students from PreK to grade 12 in the Bangor School System.

Julie Kimball is the Mentor Coordinator for the Bangor School Department. In her 23 years in education, she has served in a variety of roles including educational technician, classroom teacher, interventionist, and as a building administrator for the past eleven years.

Please note the in-person events listed on continuing pages. Register for these events separately from the rest of the Summer Extravaganza so we can have an accurate count of attendees. There is no extra charge, except the \$10 fee when you arrive at the Hirundo Wildlife Refuge. Register online or call or email Sheila.

The Collins Center for the Arts tour has a limit of 20. You must call or email Sheila for this event, so that we can honor the first 20 who've registered.

We suggest bringing a mask for the field trips just in case they are required.

Penobscot Valley Senior College
One Day Presentation: Field Trip (part of the Summer Extravaganza course)
Saturday, August 13 at 10:00 a.m.

Hirundo Wildlife Refuge

1107 West Old Town Road
Alton, ME 04468

Meet at the Pine Tree parking: through Gate 1, take dirt road for 0.5 miles

In order to keep our members safe, PVSC has been forced us to forego in-person events for the past two plus years due to COVID. We now have an opportunity to be together outdoors in the relative safety of Nature. We hope you can join us for this field trip to Hirundo Wildlife Refuge.

Hirundo Wildlife Refuge is 2,460 acres of conserved woodlands and wetlands just west of Old Town, Maine. The preserve spans Pushaw and Dead Streams and Lac D'Or, encompassing extensive peat lands, reverting farm lands, flood plain forests, and upland conifer and deciduous forests. Hirundo is dedicated to preserving nature while providing educational and recreational opportunities to the public.

The program will provide PVSC members with a unique opportunity to walk through part of Hirundo Wildlife Refuge on a guided tour. Your instructor will discuss and point out various points of interest at Hirundo, making sure to highlight the animals that live at the Refuge and where they make their homes.

Please bring a bag lunch to eat after the program, which will take approximately 90 minutes. Then you're welcome to explore the seven miles of hiking trails and perhaps spot some of the wildlife in the preserve.

Hirundo charges a fee of \$10.00 per person which will be collected from you on the day of the tour. Please be sure to register online for this event separately from the rest of the Summer Extravaganza so we can have an accurate count of attendees. If you are not registering online, call or email Sheila to register.

To register for this event, please visit:

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

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

Or contact Sheila Krautkremer at
207-659-1359 or pvscmaine@gmail.com

Penobscot Valley Senior College

One Day Presentation: Field Trip

Wednesday, August 17 at 1:00 P.M.

Limit of 20 – call 207-659-1359 and leave your name, and email or phone number to register for this part of the Summer Extravaganza course

Collins Center for the Arts: A Peek Behind the Curtain

Many PVSC members often attend the Collins Center for the Arts to enjoy musicals, dramatic presentations, the opera, Bangor Symphony Orchestra, lectures, and other events. Today we have an opportunity to peek behind the scenes to learn more about what goes into planning and hosting these productions. Danny Williams, CCA's Executive Director, will give participants a first-hand look into how a season is built and a behind-the-scenes tour of the facility. Along the way he'll introduce us to members of the CCA staff and discuss the cultural and artistic importance of the Center to the University and the community at large.

Danny Williams is the Executive Director at the Collins Center for the Arts at UMaine. He received both his B.A. in Music and M.Ed. in Higher Education from the University of Maine and has spent his varied career at the UMaine holding a number of positions. Danny has been a strong voice and advocate for the arts while serving as a member and chair of UMaine's Patrons of the Arts and as a long-standing member of the Maine Center/Collins Center for Arts Board. Among many other contributions to the arts community, in 2001 Danny founded the Maine Black Bear Men's Chorus where he is Music Director. He grew up in Bangor and currently lives in Orono with his wife Emily Cain.

Please be sure to register online for this event separately from the rest of the Summer Extravaganza so we can email your parking pass, which will be needed to park in UMaine lots. There is a limit of 20 at this time, so call Sheila at 207-659-1359 and leave your name, email address and phone. You must have registered for the Summer Extravaganza course. Registrations will be accepted in the order received. Thank you.

To register for this event, please contact:

Sheila Krautkremer at 207-659-1359

Leave your full name, phone number, and email address where the parking pass can be sent. Registrations will be accepted in the order received. Thank you.





PVSC Member Registration Form 2022-23

**PVSC, 499 Broadway PMB #274, Bangor, ME 04401
207-659-1359**

pvscmaine@gmail.com (new email address 7/1/22)

<http://penobscotvalleyseniorcollege.org> or

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

PVSC is a volunteer organization, one of 16 Senior Colleges, part of the Maine Senior College Network. Open to individuals ages 50 and older, **our membership year will now run from January 1st through December 31st. However, for one time only, our new membership year begins July 1, 2022, and is extended through December 31, 2023, an additional six months!**

PVSC offers four course terms, mid-fall and mid-spring typically have more courses. Included free with current membership are five or more One-Day Presentations (ODP). Depending on instructor/presenter choice and venue availability, both virtual Zoom and some in-person courses will be offered.

Check PVSC's website for upcoming courses or One-Day Presentations. With Zoom providing distance learning, PVSC is also offering membership to family and friends who live in other states. They just need to fill out a membership form, paying either online, or by mailing the form to our Private Mailbox (PMB) with a check. For any questions, please email or call Sheila Krautkremer, PVSC Administrative Assistant. New members are encouraged to join the Maine Senior College closest to where they live.

Once you pay your yearly membership fee to your local senior college, you are able to take classes by registering and paying any course fees, either for a course at your college, or any of the other senior colleges in Maine. <https://www.maineseniorcollege.org/> A PVSC course will remain at \$30, for each household member registering. Each Maine Senior College charges their own course fees. One-Day presentations are free with any Senior College membership.

(New to PVSC? When you register online, first you create a "Household" and become a "Member" in that household. Then register for a "Membership.") If mailing, fill out and return the bottom portion with your check to PVSC 499 Broadway PVM #274 Bangor, ME 04401)

\$ _____ July 1, 2022-December 31, 2023 PVSC Membership - \$25 individual

\$ _____ July 1, 2022-December 31, 2023 PVSC Membership - \$40 two people at the same address

\$ _____ Summer Variety Extravaganza 2022 Course --\$30 per person

_____ I will attend the Hirundo field trip on Saturday, August 13, 2022. (Initials of those going)

Checks to PVSC – Total enclosed: \$ _____

Name(s): _____

Address: _____

City, State, Zip: _____

Email address: _____ (required for website)

Phone number (s): _____ (required for website) Home or Cell

