



## PENOBSCOT VALLEY SENIOR COLLEGE

### Fall 2020 Semester Courses offered on Zoom.

Having had great success with our summer variety show and short stories classes, we are prepared to offer our tuition courses online, via Zoom. We are grateful to our instructors for their willingness to provide their courses in this format, so that we can keep everyone safe this fall.

For those of you with home printers, we urge you to print our course descriptions for your calendars at home. We would also urge you to print copies to hand to your friends who you think might want to join PVSC.

- The easiest way to sign up for courses is to go to our website, sign in, look under courses for the ones you want to attend and pay using your credit card.  
<http://www.penobscotvalleyseniorcollege.org> or  
<https://pvsc.myrec.com/info/default.aspx>
- Another way to sign up is to choose your classes, send an email to Sheila ([smksenior2020@gmail.com](mailto:smksenior2020@gmail.com)) with your choices and mail a check to PVSC.

**PVSC 499 Broadway PMB #274 Bangor, ME 04401**

If you have not paid for your 20-21 membership, you may do so when you register for classes. You may still have tuition credit from spring, if so, you may apply it toward payment. Reminder, if two of you will be using the same computer, we respectfully request that both of you sign up and pay tuition for the class. There are maximums for several of the courses, so early signups will be helpful.

Note, the starting date for the Watercolors course is one week later than the others to avoid having class on the Jewish holiday.

Any other questions, please call Sheila at 207-659-1359. We look forward to seeing you on Zoom!

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**Monday Mornings 10:00 – Noon Oct. 5, 12, 19, 26, Nov. 2, 9, 2020 (LIMIT 10) (6 WEEKS)**

### Experimenting with Watercolor

This course will provide an introduction to watercolor media and techniques, as students gain experience working with this entertaining and challenging media. Participants will learn about watercolor basics and will practice a variety of techniques. Zoom time will be used for demonstrations and critiques and participants will have assignments to complete.

The first class will introduce paints, brushes, and paper, etc. Participants will be given some practice exercises to complete before the second class. Each class period will provide time for questions and comments, critique of finished work, and an introduction to the next project. The hope is that critique, comments, and questions will take about 30-45 minutes, with the remaining time used for participants to work on the assignment for the week.

While this is a first time zoom painting class, painting classes have been done via videos and television instruction, so, with flexibility of the instructor and participants, it will be an enjoyable way to block out time for individuals to create projects of watercolor medium.

### Materials Used and General Suggestions:

Kal will go over materials during the first class, in case members wish to wait before purchasing materials. Items can be purchased online at Dick Blick, or if you are a beginner, someone you know might lend you the tools you need to get started.

1. A set of watercolor tubes (student grade is a good place to start - not too cheap or expensive)
2. A few watercolor brushes (soft hair brushes-small, medium, and large)



3. Watercolor paper (pads of 140 lb., and a board to use to support the paper)
4. Palette - larger is more useful than smaller
5. Painter's tape is useful to hold down the paper while you work
6. Container for water, a sponge, paper towels, pencil, eraser, waterproof ink pen, etc.
7. Small bottle of liquid masque (if you wish)
8. Other items will be discussed as the class progresses

### **Instructor - KAL ELMORE**

Kathy (Kal) Elmore taught art at Bangor High School for about 25 years, but is now happily retired and enjoys teaching in other settings. She has always worked to encourage the best possible outcomes for all her students and will continue to do so through workshops, classes, and private lessons. Kal has a great deal of experience teaching many different media and helps her students to develop new skills and understandings. Her own work involves mostly printmaking and collage, but she also enjoys watercolor painting and book arts.

PVSC is fortunate to have her try our first art class on zoom.

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**Tuesday Mornings Sep. 29, Oct. 6, 13, 20, 27, Nov. 3, 2020 (6 WEEKS)**

### **Life on the Path: Spiritual Development in Adult Life**

This course will present some conceptions of spiritual experience and development, including an introduction to ideas from Rudolf Otto, Paul Tillich, Mircea Eliade, Viktor Frankl, and others. Participants will be invited to identify experiences in their lives they see as spiritual, describe them in discussion or in writing, and consider ways they might further pursue these spiritual moments.



### **Instructor – STEPHEN McKAY**

Steve is a retired psychologist, who has a lifelong interest in the development of spirituality in our lives. He has undergraduate majors in philosophy and religion studies and additional studies at Bangor Seminary and Barre Center for Buddhist Studies. Steve taught a course in the fall of 2019, called Buddhism and Mindfulness. He was also scheduled to teach one of our spring 2020 classes, which were cancelled due to Covid-19.

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**Tuesday Afternoons 1:30-3:30 Sep. 29, Oct. 6, 13, 20, 27, Nov. 3, 2020 (LIMIT 25) (6 WEEKS)**



### **The Politics of Social Movements**

This course will explore the nature of social movements in the U.S. and abroad, looking first at social and political theories that account for social movements, then at the various stages of movements, and finally consider a number of concrete social movements, as well as considering failed social movements. We will likely include the various waves of Christian Right, feminist, and civil rights movements in the U.S., including the most recent Black Lives Matter (BLM) movement. We may also discuss anti-war movement, and the Tea Party movement, depending on interest. We will also consider failed social movements, such as that for gun control.

### **Instructor - CLYDE WILCOX**

Clyde is a professor of Government at Georgetown University, both in Washington, D.C. and this year in Doha, Qatar. He has written widely on a variety of topics, including religion and politics; women and politics; the politics of social issues such as gun control, abortion, and LGBT; interest groups and campaign finance; and science fiction and politics. He has authored, co-authored, edited, or co-edited more than 30 books and hundreds of articles and book chapters. Professor Wilcox has lectured in a number of countries, including Kenya, Uganda, Jordan, the UAE, Qatar, England, France, Germany, Belgium, Spain, Sweden, Denmark, Norway, the Netherlands, Hungary, Poland, Turkey, Russia, China, Japan, South Korea, Canada, Mexico, Costa Rica, and Columbia. He also provides diplomatic training for the U.S. State Department and has provided training for diplomats of other countries. He is working on a project on environmental attitudes, interviewing fish and turtles off the reef of Bonaire!

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**Wednesday Mornings 10:00 – Noon Sep. 30, Oct. 7, 14, 21, 28, Nov. 4, 2020 (6 WEEKS)**

### **Where Do Babies Come From?**

Making babies has been well understood for a long time...that's never been a problem. The problem is understanding how it all works. As so often, the Greeks seem to have been the first to wonder, to observe systematically, and to write about what they found. We'll begin with Aristotle's *De Generationem Animalium*, but also with Xenophon's little books on hunting and horses. Yet it isn't until 23 centuries later that anybody see sperm and egg meet; and it isn't until well into our own lifetimes that there is a persuasive model of how an embryo takes shape. In the meantime, there are wonderful stories to tell and wonderful observations to enjoy.



### **Instructor - BOB TREDWELL**

Bob's muse is the "Clerk of Oxenford", of whom the Spark Notes say, "because he has no paying job, he is constantly impoverished. He is very thin and wears a threadbare cloak, and every time he gets a little money, he spends it on books, rather than food or clothes. He is so highly educated that he is virtually unemployable, but he speaks carefully and will happily teach someone else anything he knows."

If you have yet to experience a Bob Tredwell course, you are in for a treat, and PVSC is delighted that he is willing to teach the course on zoom, that was originally scheduled for spring, pre-Covid-19.

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**Wednesday Afternoons 1:30 – 3:30 Sep. 30, Oct. 7, 14, 21, 2020 (LIMIT 15) (4 WEEKS)**

### **Birds, Bees, and All Those Trees: Maine Poets Write About the Natural World**

Poems, like all writing, provide lenses through which readers can "see" subjects through the eyes of their authors. The concept of lenses will be the major theme of this course. Poets who write about the natural world in Maine may inspire us to see the familiar from a different angle or discover aspects we hadn't thought of before--i.e., to alter our own lenses. All of them will help us understand the natural world more perceptively while coming to appreciate the power of their language. Participants are *not* expected to be experienced readers of poetry. If you find yourself thinking, "Gee, I hadn't thought of it that way before," the course will have been a success.



### **Instructor - JUDY HAKOLA**

After over 50 years, Judy Hakola has finally retired from the University of Maine English Department--but obviously not from teaching. At UMaine, she taught Maine literature courses both online and in regular classrooms and has given presentations on Maine writers in many formats all over the state, including for both PVSC and Down East Senior College in Ellsworth. Her courses are quite informal and she encourages students to be active participants through both their questions and their opinions.

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### **Veterinary Life Today**

Dr. Mark Hanks, a busy veterinarian, will offer his five-session class on Wednesday evenings.



Lecture #1: The Bond-What is It? Humans and animals have had a synergistic relationship for thousands of years. Cats were considered magical creatures in Ancient Egypt and mummies have been found in burial sites as early as 3,000 BC. There is evidence there was domestication of cats much earlier in the near east at least 7,000 years ago. Dogs were domesticated at least 17,000 years ago and have played a central role in hunting for hunter/gatherer societies. Over time, they have evolved with us. The bond we share is hard wired into humans...today you can see that best in a baby's response to a household pet.

Lecture #2: Veterinary Medicine--a brief history. Although the first formal veterinary school was established in France in 1762, the formalized care of animals predates that by thousands of years. Evidence of trephination in a cow has been found from the Neolithic period. Today we have access to technology that rivals human medicine in every way. CT scans, MRI, immunotherapy are all routinely done to help our pets live long, healthy lives.

Lecture #3: Technology--because we "can", does it mean we "should?" Ethics of veterinary medicine from a private practitioner. The access to advanced medical procedures has increased dramatically in the past 20 years. With that access comes increased expense and sometimes stress to the animal. Using real live cases from his experience, we will discuss what is at stake. When do we say goodbye? What are the choices and expenses involved in day-to-day veterinary medicine?

Lecture #4: Pets and Emotion--Charles Darwin published a book called, "The Expression of Emotions in Man and Animals" in 1872, after his seminal work in "Origin of the Species." It was largely ignored and only recently has been looked at more closely. What is anthropomorphism and is it useful? How has our understanding and research on animal emotion evolved? We will look at some studies of animal emotion and share our own experiences.

Lecture #5: Veterinary Medicine--challenges for the future. Veterinarians are in high demand because of the strong bond we have with our pets. In Maine, and nationally, they are in increasingly short supply. In our last lecture, we will look at why suicide rates are increasing among veterinarians, and the change in the business model for veterinary practices. Each practice recreates a small hospital...an in-house laboratory, X-ray capability, staff costs, ultrasound, drugs and supplies, oxygen, and a variety of choices of services to provide. The overhead is huge, the costs are rising on both sides of the reception desk. After 31 years of practice, Dr. Hanks will be honest about the challenges., but also the rewards of being a veterinarian.

### **Instructor - DR. MARK HANKS, DVM**

Dr. Mark Hanks graduated from Virginia Maryland Regional College of Veterinary Medicine in 1989. He practiced for three years in Annapolis, Maryland, and moved to Bangor in 1992. He worked at Broadway Veterinary, and then Veazie Veterinary prior to opening Kindred Spirits in Orrington, ME. As a practicing veterinarian, his focus is on the human/animal bond in all its manifestations. He started Kindred Spirits in 2006 to open a community of pet lovers that think they are a little crazy because they love their animals so much.

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**Thursday Mornings 10:00 – Noon    Oct. 1, 8, 15, 22, 2020 (LIMIT 50) (4 WEEKS)**

### **Talking Together about Race and Privilege**

This class is a four-session series exploring Race and Privilege--that would be white privilege--in America. The format of the course will be a series of slides each lasting for 5-10 minutes max, each sequence followed by some small group reflection about what's been presented, for a total duration of 1 1/2 hours each of the four sessions



#### **Topics to be explored will be:**

- How our conception of ourselves as part of a History, not only as individuals, changes our outlook on accountability, oppression, and privilege.
- How our country's history is comprised of multiple histories, some highlighted, some suppressed, some whitewashed.
- How "Racism" and "Privilege" are confusing terms, especially when confounded with class.
- How black historical experience bleeds into the structural racism in today's U.S.
- How and why white resistance to Black Lives Matter manifests as it does.

#### **Instructor - DENNIS CHINOY**

Dennis Chinoy has put together this short curriculum in collaboration with members of Power in Community Alliances (PICA) Dignity for All committee. Occupationally, he's a retired oncology physician's assistant. He's been a "lifer" volunteer with PICS for the last 35 years. Though he's neither an historian nor a race-relations facilitator, the course has interesting material to reflect on and hopefully some new slants for people to consider together.

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**Thursday Afternoons 1:30 – 3:30    Oct. 1, 8, 15, 22, 29, Nov. 5, 2020 (6 WEEKS)**

### **Climate Change Adaption in Maine's Farms and Forests**

This course will cover known impacts of climate change to agriculture and forestry in Maine, including how land managers are thinking about and dealing with changes, and what members of the public can do to help.



Course format will be a combination of lecture and discussion, including guest presentations from UMaine faculty and graduate students doing research at the intersections of climate, agriculture, and forestry.

PVSC is happy to have Ruth offer this class, especially since her spring offering was cancelled.

#### **Instructor - RUTH CLEMENTS**

Ruth Clements is a Master's student in Ecology and Environmental Science at the University of Maine. Her research focuses on farmer decision-making and adaptation related to climate change. She grew up in northern Maine and South Dakota before getting her B.A. in biology and global studies at Concordia College (Moorhead, MN). When she isn't studying or talking about climate change, Ruth enjoys hiking local trails, baking, and conversing over a cup of coffee.

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**Friday Afternoons 1:30 – 3:30    Oct. 2, 9, 16, 23, 30, Nov. 6, 2020 (LIMIT 20) (6 WEEKS)**

### **Poe in the Time of Corona**

Edgar Allen Poe used Gothic sensibilities to deal with the surreal nature of life. We'll look at a handful of his stories, discuss how they can give us insight into dealing with scary times, and have some good laughs along the way. Poe is incredibly funny!



#### **Instructor - KAL RETZLAFF**

Kay Retzlaff teaches courses on topics ranging from the feminine divine to Irish literature. Poe, the grandson of an Irish immigrant, will be the focus of Kay's PVSC fall offering: when the times go Gothic, get Poe!



**ZOOM BASICS AND PVSC WEBSITE NAVIGATION – Free to members to get you ready for fall.**

**CLASSES OFFERED ON ZOOM WED. SEP. 2nd AT 4:00 PM, AND WED. SEP. 9th AT 9:00 AM.**



Zoom! The new buzz word during this crazy Covid-19 time! Zoom is like Skype, or Google Meet or other video meeting apps you may have used. While face-to-face on Zoom looks different than face-to-face in person, there are some advantages, however. You don't have to leave your home; no worries about road construction delaying your arrival time; no

cancellations due to inclement weather; you can stay in your comfy clothes (just don't get too comfortable, the screen you see is NOT a TV—people can see what you're doing!)

If you've never used Zoom, this is the class for you. If you have not yet figured out how to navigate around the PVSC website, this is also the class for you.

- You may have never tried a Zoom meeting, but want to learn so you can take interesting, timely classes and free one day events.
- You may just want to feel more comfortable using Zoom for a PVSC fall class.
- You know PVSC has a website, but you don't know how to use it, and can't remember how to log on using your password (actually you can't remember your password!)
- You'd like to use Zoom to meet with family and friends, or join a bookclub, or game group.
- You'd like to be able to access other Senior College classes, or events sponsored by local organizations that are offered on Zoom.

We strongly suggest that if you wish to take one of the fall courses, but are uncertain in any way about using Zoom, that you register for one or both of the classes offered prior to our fall 2020 session.

**CLASSES OFFERED FREE ON ZOOM WED. SEP. 2nd AT 4:00 PM, AND WED. SEP. 9th AT 9:00 AM.**

You may register online, or email Sheila at [smksenior2020@gmail.com](mailto:smksenior2020@gmail.com) or call and leave a message at 207-659-1359.

All classes fall require a current membership for 2020-2021, with fees remaining the same--\$25 for one person, and \$40 for two people at the same address. If you are uncertain if you have tuition credit to use for a course or towards membership, email or call, and leave your name. While PVSC offered free classes on Zoom this summer to offset our spring cancellations, our longer classes will charge our normal \$30 course fee. Our one-day events will still be offered free as part of your PVSC membership. Please join us!