



**Penobscot Valley Senior College**  
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**"Summertime, and the Living is Easy!"**  
**It's easy to register online or by mail for:**

***Penobscot Valley Senior College***  
***Summer Extravaganza Series 2024***

Get your summer calendars ready! Our **Summer Extravaganza Variety Course** has been a big hit since PVSC first offered it in 2020. Enjoy a variety of 11 topics (12 dates) throughout the summer for \$35.00--the same price of a single course. Most of our variety presentations and field trips will be on Tuesday mornings from 10:00-12:00, unless otherwise noted. Presentations held at UMA-Bangor campus will be recorded, and emailed to registered members and available to view for two weeks.

Some of the events have limited numbers of how many can attend, so register quickly. If you are mailing in your registration, we suggest you notify us if you wish to attend one of the limited attendee events, so that your name(s) can be added to the list, first registered/first spot. Call 207-659-1359 or email [pvscmaine@gmail.com](mailto:pvscmaine@gmail.com)

**Reasons why you should sign up for this PVSC summer course!**

- Members have asked for more in-person and outdoor summer events, and we listened!
- If you already have a 2024 PVSC membership, no renewal needed until January 1, 2025.
- You need and want some stimulating activities to enhance your summer.

**Ways to Register:**

- Register online on the secure website using a credit card. [penobscotvalleyseniorcollege.org](http://penobscotvalleyseniorcollege.org)
- Mail in the membership registration form and course registration which is attached as part of this email. If the field trip or event has a participant limit, we recommend that you call or text 207-659-1359 and say that "your check is in the mail" for whichever event you want to reserve. Make sure your communication information is up to date.
- If you find you have trouble registering online, call 207-659-1359. Credit cards may be safely accepted over the phone.
- Your 2024 membership allows access to this summer course, as well as our Fall course term and several free one-day presentations (ODP) to be held between our fall and winter terms. If you don't have a current PVSC 2024 membership, you can join or re-join at the same time before you register for the Summer Extravaganza Variety course.

**What's next?**

- After you register, a receipt will be emailed from the PVSC website. Before each week's event, another email will be sent reminding you of the event and may include a Zoom link or any information updates. Class registrations are accepted in the order they are received. Feel free to call 207-659-1359 or email [pvscmaine@gmail.com](mailto:pvscmaine@gmail.com) with questions.

# List of Presenters and Topics - all part of this course:

## **GUIDED TOUR (Separate Registration)**

**Thursday, June 20, 10:00-12:00 (Rain date June 27) – Dick Andren**  
**“A Walk in the Woods – A Naturalist Guided Tour**  
**Hirundo Wildlife Refuge 1107 West Old Town Road Alton, ME**  
**(\$10 fee to be paid in cash on June 20<sup>th</sup>)**

The class will meet at the Pond Trail-enter through Gate 1, drive on the dirt about 0.5 mile and park there. We will walk along the pond trail. The trail is level and hardpacked and ADA compliant. The trail passes through several interesting habitats. Participants will cross plant and animal adaptations necessary to thrive under different conditions. There are benches along the trail in case anyone needs a chance to sit. Bring a bag lunch, if you wish, to eat with others in the Nature Center after the walk.

### **Presenter: Richard (Dick) Andren**

Dick is a retired biology professor with an abiding interest in the natural world and Maine in particular. He has been a Board member of Hirundo Wildlife Refuge for nearly 15 years.

P. S. If you have registered, but your plans change and you cannot attend, please email or call at least two days prior so we can add a member on the waiting list.

[pvsctmaine@gmail.com](mailto:pvsctmaine@gmail.com) or call [207-659-1359](tel:207-659-1359)

## **Tours, Field Trips**

**If registering online, after adding the full Extravaganza course, register for any of these you plan to attend. You may change your choices later.**

**Tuesday, July 2 10:00-12:00 (Rain date Friday, July 5) or**  
**Monday, July 8 10:00-12:00 (Rain date Wednesday, July 10)**  
**With Clara Ross**

**“Possibilities for an Urban Garden”**

**Location will be sent to registered participants.**

**Limit 8** (Register for this after you add the full Extravaganza course.) Choose either July 2 or July 8 to attend.

PVSC members may register for either of the two dates to tour Clara’s garden in Bangor. Those registrants will be given the address prior to each event. Due to the limited number, we will have a waiting list, and ask that if you registered but cannot attend the tour, to give us at least 1-2 day’s notice.

### **Presenter: Clara Ross**

Clara has been creating different kinds of gardens since she was very young. Then years ago, when she became a Master Gardener Volunteer, she learned how to garden effectively, especially to have a healthier and more functional garden. Since Mary retired as a Speech-Language Pathologist, her volunteer time has been spent coordinating the Garden Angel Project (Cumberland County), mentoring folks about their gardens, “manning” information tables, giving various demonstrations to garden clubs, helping at Roger’s Farm, and writing book reviews for Maine Home Garden News. One of her favorite pastimes is to share her garden space with others.

**Tuesday August 6, 1:00-3:00 – Danny Williams**  
**Tour “Discovering the Collins Center for the Arts, and The Hudson**  
**Museum” (Register for this after you add the full Extravaganza course.)**  
**University of Maine, 2 Flagstaff Rd, Orono**

Learn from the Directors and staff about the process and challenges of putting on successful shows and exhibits with a behind-the-scenes tour of both venues.

**Presenters: Daniel Williams and Gretchen Faulkner**

**Daniel Williams** has been serving as the Executive Director at the Collins Center for the Arts at UMaine since 2014. Danny 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 University holding positions in Admissions, Enrollment Management, the University of Maine Alumni Association and the University of Maine Foundation. 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. In 2005 Danny received the Vincent A. Hartgen Award for outstanding contributions to the arts at the University of Maine.

Danny is also an adjunct faculty member at UMaine’s School of Performing Arts where he is Music Director of the Black Bear Men’s Chorus, a group he founded in 2001. Danny currently is a member of the IMC: Tenor-Bass Consortium National Board and serves on the Board of Penobscot Community Health Care. Danny is a former member of the Bangor Rotary Club and served on the statewide Board for the Girl Scouts of Maine. Danny grew up in Bangor and currently lives in Orono with wife Emily Cain.

**Gretchen Faulkner** has been with the Hudson Museum since 1986 and Director since 2002. She has an MA in History and is ABD in History at the University of Maine. She is responsible for the curation of temporary and permanent exhibitions, as well as developing educational programming, such as the Hudson’s signature event, the Wabanaki Winter Market. She conducts and disseminates research on the material culture traditions of the indigenous communities represented in the Hudson’s collection. In Maine, she is best known for her collaborations with Wabanaki communities on exhibitions, events, programs and cultural tourism initiatives.

**Tuesday, August 20, 10:00-12:00 – Lt. Col. Sarah Clapp**  
**“Maine Air National Guard 101 Air Refueling Wing Mission Brief and KC-**  
**135 Aircraft Tour (Register for this after you add the full Extravaganza course.)**  
**Maine Air National Guard Base, 101 Maineiac Ave. Bangor**

Visitors will spend 1-2 hours on base where they will receive a mission brief by some of our talented operators with information about the history and current mission of the Maine Air National Guard (MAINEiacs!) After receiving a mission brief, participants will be escorted out to the flightline for a tour of our KC-135 aircraft and will have the chance to ask questions of crew members who currently fly and execute our refueling mission here at the 101 st Air Refueling Wing.

**More information will be sent to registrants three weeks before the tour.**

**Presenter: Sarah Clapp**

Sarah Clapp is currently the 101 st Mission Support Group Deputy Commander and a KC-135 pilot with the Maine Air National Guard. She grew up in Blue Hill, Maine, where her family has a long history, and attended she the US Air Force Academy, where she was commissioned into the US Air Force in 2006. Sarah spent 11 years on active duty with assignments in Mississippi, Kansas, Okinawa Japan, and New Jersey before joining the Maine Air National Guard and moving back home to Blue Hill. She loves being part of the MAINEiacs, and hope you enjoy learning more about what we do!

## **Movement Matters Class**

**Tuesday, August 27 10:00-12:00 (In-Person) – Suzanne Kelly**  
**“Making Movement Matter”** (Register for this after you add the full Extravaganza course.)  
**Bangor: “The Spiral Goddess Collective Studio, 16 State St.**

Your journey starts with three flights of stairs (bench rest at each level, if needed) to the beautiful 4th floor of Spiral Goddess Studio (yes, men are welcome too). We'll explore ways to get the most out of movements you already know and love in your everyday lives plus expanding your spectrum of stretches, balance and strength moves, AND just plain having fun. Although there will be opportunities to move to an eclectic mix of music, there is no need to have dance training and all moves are adaptable.

Any needed workout items (e.g. mats, balls) will be available at the studio. Suzanne says, “I am always looking for new ways to make my moves matter and discovering surprising times and places I can work my body, without making a spectacle of myself. You will leave with a handout of prompts to remind you of what works and doesn't work for you. My hope is that you will also leave with expanded joy and curiosity about “whatever moves you.”

### **Presenter: Suzanne Kelly**

Suzanne is a resident of Bangor and co-owner with her husband of House Revivers/Kelly Realty Management, a Bangor historic restoration and property management company. Aside from her family and local justice issues, her true passion has been finding joy in movement and sharing it with others in various iterations (e.g. 'Sunrise with Soul', 'Having Some Fun with the Blues' and currently 'Whatever Moves You') for over 30 years. Naturally, a range of dance training, from Ballet to Jazz to Modern, was part of the early picture and I continue educating myself about new (to me) movement forms.

## **In-Person Events, most at UMA-Bangor campus (presentations recorded)**

**Tuesday, June 25 10:00-12:00 - Dr. John Kaiser**  
**“Tuberculosis: The Disease and its Presentation in Art, Music and Literature”**  
**UMA-Bangor Eastport Hall - 135 (will be recorded)**

Find out what, where, and why the disease Tuberculosis is presented in the arts.

### **Presenter: Dr. John Kaiser**

Dr. Kaiser is a pathologist who attended Dartmouth Medical School and Harvard Medical School and did his pathology residency and melanoma fellowship at Massachusetts General Hospital. He practiced pathology at Dahl Chase Pathology Associates and Eastern Maine Medical Center from 1975-2007. Since 2018, Dr. Kaiser has presented well-received lectures for PVSC on cancer, cardiovascular diseases, infectious diseases, of the nervous system and gastrointestinal tract.

**Tuesday July 9, 10:00-12:00 – Mary Lavanway, RDN, LD, CERD**  
**“Nutrition for Older Adults**  
**UMA-Bangor Eastport Hall – 135 (will be recorded)**

As adults age our needs for certain vitamins and minerals increase while our energy needs decrease. It is important to focus on Nutrition Quality, making sure every bit counts, as we meet the needs that come with this phase of life. We also need to consider the impact of things like our changing physical bodies as well as possible changes to our social, emotional, and financial lives. We will touch on meeting nutrient needs, physical changes, cooking for 1 or 2, eating on a budget, intuitive eating, etc. Come join the conversation!

**Presenter: Mary Lavanway**

Mary is a Registered, Licensed Dietitian. She is a Certified Eating Disorders Dietitian through the International Association of Eating Disorders Professionals, as well as a Certified Intuitive Eating Counselor. She is a Consultant Dietitian with Hannaford Brothers. Her primary stores are the Airport Mall and Broadway stores in Bangor.

**Tuesday July 16 10:00-12:00 – David Wilson**  
**“Two Founders of Modern Architecture: Frank Lloyd Wright and Le Corbusier”**  
**Dirigo Pines Inn, Media Room 9 Alumni Dr. Orono (will be recorded)**

This presentation will be a discussion and comparison of the lives and works of iconic early 20<sup>th</sup> Century creators of modern architecture, using models, PowerPoint graphics, and google earth images. Various works/examples will be explored and their relevance to the history of architecture will be explored.

**Presenter: David Wilson**

David is a retired architect and former Director of Facilities for the University of Maine system. He is a builder of 50+ models of famous buildings during the pandemic.

**Tuesday July 23 10:00-12:00 – George L. Jacobson**  
**“Long-term Climate Variability and Maine Ecosystems –Past and Future”**  
**UMA-Bangor Eastport Hall – 135 (will be recorded)**

Geologic evidence of changes in Earth’s environments during the past 500 million years provides important clues about our modern climate and its future. For Maine, the period including the Quaternary Ice Ages, and especially the time since the Last Glacial Maximum (20,000 years ago), serves as an especially valuable insight into how plants have responded to changing climate. The Maine landscapes that were once covered by ice eventually became the beautiful ecosystems we enjoy today. But what about the future?

**Presenter: George Jacobson**

Professor Emeritus George L. Jacobson was born in Rapid City, SD, earned a B.A. degree in Biology (1968) from Carleton College in Northfield, MN, and a Ph.D. in Ecology, Evolution, and Behavior (1975) from the University of Minnesota. After working for three years as a staff scientist in the U.S. Senate, he joined the faculty of UMaine in 1979 with a joint appointment in the Department of Botany and the Institute for Quaternary Studies (now the Climate Change Institute). He was Director of CCI for nearly a decade and retired in 2008. During the subsequent 16 years he has continued his involvement in science, research publications, and the advancement of the University of Maine. From 1968 to 1970 George served as a medic in the US Army.



**Tuesday, July 30, 10:00-12:00 – Nicole Mullins, Ph.D.**  
**“Physical Activity and Exercise for the Seasoned Adult: Movement Does Provide the Spice of Life!”**  
**UMA-Bangor Eastport Hall – 135 (will be recorded)**

Through lecture and discussion with Nicole, learn more about the importance of staying active throughout life, including what the minimum physical activity recommendations are for adults and older adults. Gain a better understanding of major barriers to regular exercise and physical activity, and how you can overcome those barriers to achieve greater health benefits. Information on how to adapt for conditions of arthritis, osteoporosis, surgical procedures such as knee and hip replacements, and why signs of sarcopenia, also known as age-related muscle loss (ARM) are important to recognize. Just as with joining in on this class can stimulate your mind, finding a way to add more physical activity and strength exercises, possibly including types of fitness opportunities that will keep you returning for more—either by yourself, or with a group of people—will improve your stamina and also increase a positive outlook.

**Presenter: Nicole Mullins**

Nicole Mullins, Ph.D., brings 30 years of experience in the field of exercise physiology to the Bangor Region YMCA, as the Director of Fitness and Health. She is certified by the American College of Sports Medicine (ACSM), as a Certified Exercise Physiologist (EP), and by the National Strength and Conditioning Association (NSCA), as a Certified Strength and Conditioning Specialist (CSCS). Mullins formerly served as a professor of exercise science, at Youngstown State University where she earned several distinctions for her teaching and service to students, and conducted, presented, and published research on a diversity of topics. Mullins earned her Ph.D. and M.A. in exercise physiology from Kent State University, and her B.S. in exercise science from the University of New Hampshire (UNH). Mullins is a lifetime competitive athlete and staunch physical activity advocate, with a mission of educating as many people as possible on the essentiality of regular physical activity and sound nutrition for making the most out of life.

**Tuesday August 13 10:00-12:00 –Andrew M. Mead, Senior Associate Justice of Maine Supreme Judicial Court**  
**”The Intersection of Law, Ethics, and Morality”**  
**UMA-Bangor Eastport Hall – Room TBA (will be recorded)**

This presentation on Law, Ethics and Morality will include lecture, slides and resources, and include the opportunity for interaction with Q&A for the attendees. We are honored to have Justice Mead volunteer once again with an informative presentation for PVSC and other MSCN members.

**Presenter: Andrew M. Mead**

Associate Justice Andrew M. Mead attended the University of Maine and New York Law School. He was a member of the Bangor law firms of Paine, Lynch & Weatherbee and Mitchell & Stearns, and is a past President of the Maine State Bar Association. He served as the Chief Judge of the Penobscot Tribal Court from 1980 to 1990. He was appointed to the Maine District Court in 1990 and the Maine Superior Court in 1992. He served as Chief Justice of the Maine Superior Court from 1999 to 2001 and was appointed to the Maine Supreme Judicial Court in 2007. He served as Acting Chief Justice of the Maine Supreme Judicial Court from April 2020 through June 2021 and is currently the Senior Associate Justice.

- **All eleven events are included in the \$35.00 course fee-- no extra charges for this course. Hirundo Wildlife Refuge Guided Tour is a separate registration, and cash payment of \$10.00 is paid to the tour guide at Hirundo.**



# PVSC Registration Form Summer 2024

**PVSC, 499 Broadway PMB #274, Bangor, ME 04401**  
**207-659-1359**  
[pvscmaine@gmail.com](mailto:pvscmaine@gmail.com)  
<http://penobscotvalleyseniorcollege.org>

If mailing, fill out and return with your check to the address at the top of this form.

- \$ \_\_\_\_\_ January 1, 2024-December 31, 2024: PVSC Membership \$25 individual
- \$ \_\_\_\_\_ January 1, 2024-December 31, 2024: PVSC Membership \$40 two people at the same address
- \$ \_\_\_\_\_ Summer Extravaganza Variety Course 2024: \$35 per person
- \_\_\_\_\_
- Checks to PVSC – Total enclosed: \$ \_\_\_\_\_
- Name(s): \_\_\_\_\_
- Address: \_\_\_\_\_
- City, State, Zip: \_\_\_\_\_
- Email address: \_\_\_\_\_ (required for recordings)
- Phone number (s): \_\_\_\_\_ (required for website)     Home or  Cell

Please check the events that you anticipate you will attend, especially those which allow limited attendees. You can add or change if conflicts occur. Registrations online and by mail will be tabulated in the order they were received. We recommend that you call 207-659-1359 or email [pvscmaine@gmail.com](mailto:pvscmaine@gmail.com) and indicate any events you want to attend that have limited numbers. You may wish to place a number next to the choice of ones you wish to attend, with preferred order 1, 2, 3<sup>rd</sup>, etc. and we will do our best to get you your preferences for those.

- \_\_\_\_\_ June 20: A Walk in the Woods –Hirundo Wildlife Refuge (separate registration)
- \_\_\_\_\_ June 25: “Tuberculosis ...in Art, Music, and Literature” (Will be recorded)
- \_\_\_\_\_ July 2: “Urban Garden Tour 1 (Limit 8) Rain date July 5 (choose one - July 2 or July 8)
- \_\_\_\_\_ July 8: “Urban Garden Tour 1 (Limit 8) Rain date July 10 (choose one - July 2 or July 8)
- \_\_\_\_\_ July 9: “Nutrition for Older Adults” (No maximum, will be recorded)
- \_\_\_\_\_ July 16: “Two Founders of Modern Architecture” (Limited for in person, recorded)
- \_\_\_\_\_ July 23: “Long-term Climate...Maine Ecosystems” (No maximum, will be recorded)
- \_\_\_\_\_ July 30: “Physical activity...the Spice for Life” (No maximum, will be recorded)
- \_\_\_\_\_ Aug. 6: Tour of Collins Center and Hudson Museum
- \_\_\_\_\_ Aug. 13: Justice Andrew Mead “Intersection of Law, Ethics, and Morality (No max, will be recorded)
- \_\_\_\_\_ Aug. 20: Tour of Maine Air National Guard – need name as shown on driver’s license.
- \_\_\_\_\_ Aug. 27: “Introduction to Movement and Dance” (Limited maximum)

