



PVSC

Voice

Learning for the Fun of It!

December-January 2023

THE LATEST PVSC NEWS



EXCITING CLASSES ARE COMING!

Winter term is shaping up, and what a variety! Be sure you're a member for 2024 so you can take advantage of these great opportunities. Stay tuned for details about these Zoom courses:

- ❖ *Short Stories of Maine and Mainers*: selections from "Contemporary Maine Fiction". Judy Hakola is the instructor.
- ❖ *Penobscot Traditional Stories*, in preparation for Penobscot Theatre's production of the play "My Story is Gluskabe" in February. Margo Lukens leads the class.

- ❖ *Journaling/Sketching/Creative Thinking* with Kal Elmore, a popular instructor.
- ❖ *American Popular Music of the 1960s And its Relationship to the Big Band Music of the 1940s*. Bob Tredwell dives into music history.

Another good reason to be sure your membership is paid up for next year: spring courses will include everything from *Chair Yoga* and *Cooking For Men* to *Geology of Maine* and *African Drumming*.



Tuesday Delights

Cold winter afternoons can be warmed up considerably with great expert presentations. Mark your calendars for January Tuesdays at 4:00. As always, they're free to members.

JANUARY 2: *Hiking in Iceland*. Longtime members John Bryant, Betty Jamison, Kris Reid.

JANUARY 9: *Understanding the Effects of Arsenic on Aging: An Invitation to Participate in the Healthy Water, Healthy Aging Study*. Dr. Jane Disney, MDI Biological Laboratory.

JANUARY 16: *The Ice Age Archaeology of Maine*. Dr. Arthur Anderson, specializing in New England/Maritime Archaeology of Cultural Change.

JANUARY 23: *Advances in Cancer Treatment Using Precision Oncology: The Maine Cancer Genomics Initiative*. Jens Rueter, MD, The Jackson Laboratory Chief Medical Officer.

We Want You!

This newsletter is for and about you, our members. Share the joy! How about some cool vacation photos? Seen any good movies or read any good books lately? Write us a review! Do you sketch, paint, do collage? Or needlework? We'd love to see photos of your beautiful work. How about a great childhood memory? A poem or two or three? A short essay?

BRING THEM ON! Send your goodies, or your questions, to kurth@maine.edu.



Surprising Winter Holidays



Estelle Reel



Daisy Batson Bates



Elizabeth Peratrovich

Of course, winter brings us Hanukkah, Christmas and Kwanzaa, New Year's Eve and Day, Epiphany, Orthodox Christmas, and Martin Luther King, Jr. Day.

But some lesser-known winter observances may be worth thinking about for what they say about our history.

In Wyoming, January 7 is Estelle Reel Day. She was an educator and the first woman in Wyoming elected to a state office, as superintendent of schools, in 1892. And by the way, Wyoming women had the vote in 1869, 51 years before the 19th Amendment.

Speaking of which, February 15 is Susan B. Anthony Day in four states.

Robert E. Lee's January birthday is observed in several Southern states, and Confederate Heroes' Day is on the calendar in Texas. Elsewhere, Presidents' Day (February 19 this year) is Civil Rights or Human Rights Day in several states.

In Arkansas, Presidents' Day is also Daisy Batson Bates Day. A lifelong journalist and civil rights activist, she was at the forefront of the effort to integrate Little Rock High School in 1957. She was a guide to the Black teenagers who, that fateful morning, walked the gauntlet to the school door between National Guardsmen and angry whites.

Another fighter for basic rights, Elizabeth Peratrovich, is honored in Alaska on February 16. She and her husband Roy spent their lives battling extensive discrimination against Native people. A Tlingit herself, Peratrovich helped ensure the passage of civil rights legislation in Alaska in 1945, nearly 20 years before the federal Civil Rights Act.

It may be just coincidence that all three of these winter observances celebrate women and that human rights seem to loom large in these darkest months. Or maybe not.



Anne LaMott On Aging

Popular fiction writer Anne LaMott recently wrote about the gifts of aging in *The Washington Post*. She notes that she "knew everything" when she was 33, but now has a very different view. As she puts it, "My white-haired husband said on our first date seven years ago that 'I don't know' is the portal to the richness inside us." She could have been talking about us in Senior College, always learning!

LaMott also says, "Enjoying how unremarkable life is takes practice and time, and then the little things start to shine and delight." And she talks about the joy of an absence of melodrama, a time when life can be simpler than in our more striving years.

Read the whole delightful essay. No subscription required: <https://www.washingtonpost.com/opinions/2023/11/20/aging-acceptance-wisdom-albert-bierstadt/>



Give the Gift of Experience

People like experience gifts better than material things, says Consumer Reports. Why? Because experiences create memories. They can push us out of our comfort zone. They often involve being with others, always a plus. More concretely, a lot of us are trying not to accumulate more stuff.

You might give your loved ones a trip to a museum, a crafts workshop, or an adventure. Better yet, why not give the *gift of a PVSC membership?*

