

PVSC

Voice

Learning for the Fun of It!

November 2023

THE LATEST PVSC NEWS

Good Stuff Coming Right Up

A course schedule for the winter months is taking shape. It won't begin until January 22, but already our trusty Curriculum Committee has lined up "Music for our Age" and "Maine Short Stories." Stay tuned for more!

Meanwhile, we have a terrific variety of **One-Day Presentations** to spice up your winter. Check out the details on the [website](#). One is scheduled in November, two in December, and several in January, mostly on Tuesday late afternoons, just when it's getting dark and dreary. Y'all come!

- ✧ Advances in Cancer Treatments Using Precision Oncology
- ✧ Overview of the 1980 Land Claims Legislation
- ✧ Challenges Facing Contemporary Journalism
- ✧ Hiking in Iceland
- ✧ Understanding the Effects of Arsenic on Aging



"It's weird being the same age as old people."



We Hate to Ask, but We Need Help!

Your PVSC has been operating in the red since the pandemic. We lost members during that difficult time, and costs have risen with inflation. We need a healthier budget.

Please consider a tax-deductible donation. Put a check in the mail anytime, especially when you renew your membership. Put "donation" in the memo line. Or go to the [website](#) and click "Donations" under "Register."

And please remind all your friends to join up or renew. We need more members!



Hot News for Dirigo Pines Inn Residents:

You are now covered by an institutional rate that gives the Inn a limited number of free memberships beginning with your 2024 membership. You will still pay course fees. Interested residents of the Inn should see Ann Porter for details.

Aging Exuberantly

What a great concept, right? "Aging Exuberantly" is part of the title of a recent book by 86-year old Margareta Magnusson. Her full title is "The Swedish Art of Aging Exuberantly: Little Wisdom from Someone Who Will (Probably) Die Before You."

New York Times reporter Jancee Dunn interviewed Magnusson, who offered **three tips for aging well**.

One tip was to **hang out with young people**. They bring different, refreshing perspectives and ideas. Another seems much harder: **find ways to embrace chores that must be done**, like paying bills or dealing with a repair.

But I was most interested in Magnusson's third rule: **fight the notion that we're set in our ways**. Research shows that, in fact, she says, we older folks aren't nearly as rigid as people think. But we've been hearing that "fact" all our lives, so we've absorbed it.

My friend Janet told me about the New Year's Eve when she considered going downtown to watch Bangor's midnight beach ball drop. She thought, no—too cold, too dark, where would I park, etc., etc. Then she said to herself, "Sure I can. What the hell?" Thus a motto was born.



Not long after, I was in Florida when my kids wanted us all to rent Segways to ride on the beach. I said I was too old, too clumsy, too likely to fall off and break something. Then I remembered Janet's motto. I mastered the Segway and had a terrific time.

It's awfully easy for me to curl up in my chair and let challenges, especially physical ones, sail right on past. Obviously we don't want to take foolish risks, but I'm planning to say "What the hell?" more often. Exuberance is my new goal.

— Anita Kurth



Welcome

Members' Corner is for you!
Send your photos, writing, or poetry
to kurth@maine.edu

MEMBERS' CORNER

Out On the Trail

Members Betty Jamison and Kris Reid, along with friend Sue Lussier, are active in several volunteer efforts that allow them to spend time outdoors in the woods, their favorite place! Volunteering for the Appalachian Trail Conservancy is one of the efforts they truly enjoy.

The Appalachian Trail (AT) is a 2,190+ mile long public footpath that traverses the scenic, wooded, pastoral, wild, and culturally resonant lands of the Appalachian Mountains. The trail is managed by the National Park Service, US Forest Service, Appalachian Trail Conservancy, numerous state agencies and thousands of volunteers.

Kris and Betty have been corridor monitors for the 8 mile east and west boundary section north of Gulf Hagas, near Katahdin Iron Works. They clear a sight path, find the original brass monuments from the surveys and paint the trees along the boundary line with yellow paint, the color of the boundary.

Although they may spend days in the woods, they never see the actual trail! When they started working on this remote section in 2012, the lines had not been verified in 20 years, before GPS technology was used! Most of the monuments were buried under years of leaf debris and the yellow line markings were sparse and many had disappeared. The task is like a wild scavenger hunt! The treasure they seek? A small brass monument. The thrill of finally unearthing an elusive monument and taking its photo is difficult to explain.

The thought of being in quiet woods, walking where only wildlife has been in many years, "wearing" old, yellow paint on the clothes they take on this job, knowing that they are a tiny part of a huge conservation effort, makes all the work a special adventure each year.

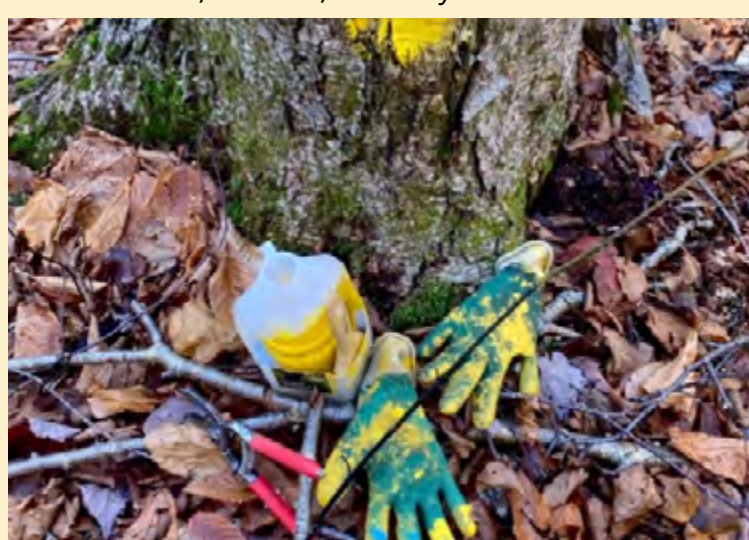
— Kris Reid



Appalachian Trail Marker



Sue Lussier, Kris Reid, and Betty Jamison on the trail



Keeping the borders of the trail clearly marked is important

