



Penobscot Valley Senior College
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<https://pvsc.myrec.com/info/default.aspx>

PVSC WINTER 2025 COURSES **and One-Day Presentations (ODP) on ZOOM**

Membership:

- Yearly membership in Penobscot Valley Senior College (PVSC), a 501c3 nonprofit, supports our organization's mission and core values and enables PVSC to have a source of predictable income to fund scholarships, our annual meeting, courses and presentations, and on-going administrative costs.
- Membership develops a sense of identification with the organization, thus strengthening support and advocacy, and establishes credibility with people who donate and volunteer.
- Registration is open for 2025 membership and any 2024 donations and may be paid by credit card, or by mailing in a check to PVSC at the address above.
- Membership dues are still \$25 for individuals and \$40 for two people at the same billing/ mailing address, and runs a full year, (Jan. 1-Dec. 31, 2025.)

How to Register:

- Register online on the secure website with your username (most likely your email address), and password. If you have trouble accessing, please email pvsctmaine@gmail.com or call Sheila Krautkremer at 207-659-1359.
- Registration for all courses (\$35.00 per person per course) and ODP (free with membership) opens online on December 4, 2024.
- If you prefer to mail a check, print out and include the registration form on the separate link (or separate page if mailed) with your payment made out to PVSC. If the course has a minimum, you may wish to call or email to say your check is in the mail.

Zoom Courses and ODP Information

- **Winter Zoom courses** are \$35.00 per person per course. (Three offered.)
- Each **course** will have its own recurring link which will be emailed two days prior to the first class. A reminder will be emailed on the morning of each class. You may also save the link in your email folders.
- **Winter 2025 One-Day Presentations (ODP)** on Zoom are free with your PVSC or other Maine Senior College Network (MSCN) membership. (Five offered.)
- All One-Day Presentations (ODP) will have a separate registration and Zoom link, with only the Jan. 7th ODP offered as a hybrid presentation---choose to attend in person at UMA-Bangor campus or on Zoom.
- You must have an active email address to take our winter courses and ODPs. Make sure you are responding to PVSC emails and check junk or spam email folders if you don't see notifications.
- All Zoom classes are recorded and available for two weeks for those members who are registered.
- Please make sure you have received the email with the Zoom link before the class starts, not the day of the class! If you have not received the Zoom link prior to the class start, notify Sheila K. ASAP.

Members of other Maine Senior Colleges (MSCN):

- Courses or presentations with defined maximum participants, first choice is given to PVSC members.
- Email or call with your name, mailing address, email address, phone number, the name of your Senior College and the course title so the membership fee can be adjusted. You will be notified when you are able to register online, and/or mail in the form with a check to PVSC without extra membership payment.

PVSC ZOOM COURSES January-March 2025:

“Danger, Suspense and Deception: The Best of Alfred Hitchcock” – Jay Sherwin

A 4- week ZOOM collaboration course with Penobscot Valley Senior College (PVSC) and Acadia Senior College (ASC)



Thursdays January 9, 16, 23, 30

10:00 - 11:30 AM

Minimum: 10 Maximum: 50 (Total Maximum 100)

Cost: \$35 per PVSC 2025 member

This course cannot be recorded due to copyright law. Registration ends Jan. 5th.

Course Description:

In his legendary career as a director, Alfred Hitchcock created dense, suspenseful films filled with flawed heroes, charming villains and moral ambiguity. In this four-week online course, we'll consider some of Hitchcock's very best films, focusing on two films each week that share a common theme. Students should watch the films on their own; in class, we'll look at brief film clips and discuss key elements. Whether you've enjoyed Hitchcock films for many years or you're just discovering them, this is a chance to go deeper into the mind of a brilliant, complicated man and the surprising, confounding, entertaining world he created on film.

- **Week 1: Good and Bad Alter Egos: *Shadow of a Doubt* and *Strangers on a Train***
- **Week 2: Victims of Circumstance: *The 39 Steps* and *North by Northwest***
- **Week 3: "Bad Girls" and Redeeming Heroes: *Notorious* and *Marnie***
- **Week 4: The Trouble with Mothers: *Psycho* (plus a revisit to *Notorious* and *Marnie*)**

All seven films are available to rent online through [Vudu](#) or [Amazon Prime Video](#). The rental price is around \$3.99 per film. Two of the films (*The 39 Steps* and *Notorious*) are also available to watch for free (with ads) on [Tubi](#). All seven films are on DVD. For folks who need subtitles, they can choose that option when they rent the films online or watch them on DVD. Some of these movies are also available through the Minerva interlibrary loan from various libraries in the state.

All communication during the will be sent by Jay Sherwin, including the Zoom links. Recordings will not be allowed due to

Instructor: Jay Sherwin

Jay Sherwin is a writer and consultant who has been watching, studying and enjoying Hitchcock films for decades. He created a walking tour of Alfred Hitchcock's San Francisco that attracts Hitchcock fans from around the world, and he loves to share his Hitchcock obsession with fellow film lovers everywhere. He has taught this online course for adult learning programs nationwide.

“The Birds, Bees and All Those Trees: Maine Poets Write about the Natural World” – Judy Hakola

A 4- week ZOOM collaboration course with Penobscot Valley Senior College (PVSC) and Belfast Senior College (BSC)

Mondays January 20, 27, February 3, 10

10:00 - 11:30 AM

Minimum: 4, Maximum: 15 (Total Maximum 30)

Cost: \$35 per PVSC 2025 member

This course will be recorded and shared to view for 2 weeks.



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.

A week or so before the first class meeting, participants will be emailed a packet of poems in an attached Word file that will be the basis for our explorations and discussions. Please print out the packet so you will have the poems handy to consult before and during each class. If printing is not feasible for you, contact me immediately at judyhak@maine.edu

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.



Maine inspires poetry

“Introduction to Tai Chi and Qigong” – Shiwa Noh

A 6- week ZOOM course

This course will be recorded and shared to view for 2 weeks.

Wednesdays January 29, February 5, 12, 19, 26, March 5

10:00 - 11:30 AM

Cost: \$35 per PVSC 2025 member



The Introduction to Tai Chi and Qigong course is designed for those who are new to these practices and are looking to improve their overall health and well-being. In this course, you will learn the basic principles and movements of Tai Chi and Qigong, two ancient Chinese martial arts that focus on cultivating energy, relaxation, and mindfulness. Throughout the course, you will be guided through a series of gentle and flowing movements that help to improve balance, flexibility, and coordination. You will also learn breathing

techniques and meditation practices that can help reduce stress and promote a sense of calm and inner peace. By the end of the course, you will have a solid foundation in Tai Chi and Qigong and be able to continue practicing on your own. Whether you are looking to improve your physical health, reduce stress, or simply explore a new form of exercise, this course will provide you with the knowledge and tools to begin your journey towards better health and well-being.

Instructor - SHIWA NOH

Shiwa is a dedicated Argentine Tango and Tai-chi instructor based in Maine and a leader of the Argentine Tango community in Bangor and Orono since 2011. Originally from Korea, Shiwa began training in Korean Traditional Dance at a young age and earned a BFA in Choreography from the University of California, Irvine in 1996. In 2004, Shiwa began a study that continues to this day of Yang Style Tai-chi under the tutelage of Vernon Edwards. Her Tai-chi practice is integrated with Argentine Tango as she explored the similarities that exist between the two disciplines.

Following her move to Maine in 2011, Shiwa opened the Noh Way School of Tango and Tai-chi in Bangor, Maine in 2012. Now, as TangoMaine™ Dance in Orono, she offers group and private Tango and Tai Chi lessons utilizing her deep understanding of body mechanics and energy flow from her training and practice of the two disciplines.

Shiwa sees Tai-chi balancing the individual self with the natural world, encouraging better health and a deeper sense of connection. Shiwa recommends both Tango and Tai Chi to those seeking to enhance their well-being and connect with themselves and the world around them.

**We appreciate your continued support of
Penobscot Valley Senior College.**

PVSC ZOOM ONE-DAY PRESENTATIONS (ODP) JAN. 2025

All ZOOM One-Day Presentations are free with PVSC or other Maine Senior College Network (MSCN) membership. The ZOOM link is emailed two days prior to the presentation. Recordings are emailed and available for two weeks to all registered participants.



- Tue. Jan. 7 4:00 PM “Katahdin Woods and Waters: Past, Present, Future” - Brian Hinrichs (Hybrid presentation, choose in person or Zoom)
- Tue. Jan. 14 4:00 PM – “The Good, the Bad, and the Ugly Aspects of Ordinary Salt” – Stephen Norton
- Thur. Jan. 16 4:00 PM “The Maine Indian Claims Settlement Act” - Maulian Bryant
- Tue. Jan. 21 4:00 PM – “Maine MultiCultural Center: Investing in the Future” - Pamela Proulx-Curry
- Thur. Jan. 23 4:00 – “Awareness of Gender Socialization” - Nicole Mullins



Tuesday January 7, 2025 4:00-5:00 PM Hybrid Presentation
UMA-Bangor Campus, Eastport Hall, Room 135 or at home on Zoom (indicate if you prefer to attend in person)



Topic: “Katahdin Woods and Waters: Past, Present, Future”



Created by presidential proclamation in 2016 following a historic land donation to the National Park Service by Roxanne Quimby, Katahdin Woods and Waters National Monument preserves nearly 90,000 acres of Maine’s storied North Woods. In this presentation, Brian Hinrichs, the Executive Director of Friends of Katahdin Woods and Waters, will explore the evolution of this landscape and how its past is coming to shape its future through vibrant collaboration with the Penobscot Nation and all Wabanaki communities. With the opening of a new welcome center called Tekakapimek Contact Station, the national monument is becoming more accessible to visitors, and the time is right to deepen community understanding of this national treasure in our own backyard.

Presenter: Brian Hinrichs

Brian Hinrichs, Bangor, Maine, is the Executive Director for Friends of Katahdin Woods & Waters. He moved to Maine in 2013 to serve as the Executive Director for the Bangor Symphony Orchestra, where he oversaw significant growth and championed a focus on community engagement during his ten years of leadership. Brian grew up in Bay Shore, New York, and attended Colgate University. After graduation, he went to Thailand on a Fulbright scholarship. Once stateside again, he worked in marketing and communications roles for various arts nonprofits, and completed his MBA at the University of Wisconsin, Madison. He sees a throughline in his career of building community around powerful experiences and is inspired by the mission and work of Friends. Brian and his wife Alexandra, a children’s book author, are raising three children and hit the trails as a family whenever they can.

Tuesday January 14, 2025

4:00-5:00 PM - ZOOM

Topic: "The Good, the Bad, and the Ugly Aspects of Ordinary Salt"



No required reading and no examination!

Steve Norton will launch a discussion about what he has learned about various demonstrations done with salt and water, and why it should matter to all people who care about trees, soil, streams, lakes, fishes, and invasive species!

Steve will introduce about 5 or 6 chemical elements (Na, Ca, Mg, K, H, and Cl) and two simple chemical equations. No mathematics. Steve will use PowerPoint images to clarify visually what he says orally.

Presenter: Stephen Norton

"My students and I, over the last 5 decades, have studied and reported on the impacts of road salt and marine aerosols. A sobering message is that road salt behaves the same way that acid rain did, stripping elements from the soil that changes the chemical nature of streams and lakes in Maine. The end of this string is a major paper, under construction, that lays out the changes that have been documented in 18 tributaries to Lake George, NY, and the lake itself, from 1970 to the present. There are some amazing impacts."

Thursday January 16, 2025

4:00-5:00 PM - ZOOM

Topic: "The Maine Indian Claims Settlement Act"



In 1980, the Maine Indian Claims Settlement Act was passed by Congress and ratified by the tribes and the State of Maine. The Settlement Act was supposed to be a living document that would be improved upon. Under political duress, the tribes agreed to the Settlement Act but with the hope to continue improving the relationship between the State of Maine and the tribes. For forty years this has not happened.

Because of the 1980 Settlement Act the Tribes in Maine have had their sovereignty stripped from them. The promise of improving the Settlement Act has never been fulfilled. Now the Tribes in Maine are treated less than every other federally recognized tribe in America. The Wabanaki Alliance is not asking for special privileges but fairness by having the same or similar sovereignty as the more than 500 other tribes across America.

Presenter: Maulian Bryant

Maulian Bryant was recently appointed to become Executive Director of the Wabanaki Alliance at the end of 2024. The tribes in Maine (Mi'kmaq Nation, Houlton Band of Maliseet Indians, Passamaquoddy Tribe and Penobscot Nation) formed the Wabanaki Alliance to educate people of Maine about the need for securing sovereignty of the tribes in Maine. Maulian served as Penobscot Nation Ambassador from 2017 to 2024 and was elected to the Penobscot Nation Tribal Council before resigning her seat to serve as Tribal Ambassador. Prior to her ambassador position she held the Human Resources Director position at Penobscot Indian Nation Enterprises.

Ms. Bryant earned a Bachelor of Arts in Political Science from the University of Maine and was awarded an Honorary Doctorate of Law from Colby College in 2022. Her considerable organizational experience includes Co-Chair, Permanent Commission on the Status of Racial, Indigenous, and Tribal Populations, Co-Chair, Equity Subcommittee, Maine Climate Council, member, Maine Climate Council, member, Permanent Commission on the Status of Women and board member of the Bangor Area Homeless Shelter, Food and Medicine, Maine Center for Economic Policy, and Maine Coalition Against Sexual Assault. She is a past board member of OUT Maine. She was a 2020 recipient of the Maryann Hartman Awards recognizing the inspirational achievements of Maine women, which was presented to her on March 25, 2021.

Tuesday January 21, 2025

4:00-5:00 PM - ZOOM

Topic: "Maine MultiCultural Center: Investing in the Future"



The Maine MultiCultural Center helps to connect new Mainers to resources and services in their new community. This session will provide some general background information on immigration in Maine. It will also describe the types of immigrants that MMCC works with, describe the services that we provide to each group and to the community, and present some results of the work we have done.

Presenter: Pamela Proulx-Curry

Dr. Pamela M. Proulx-Curry received her B.S. in Chemistry from the University of Maine and her Ph.D. in Chemistry from the University of New Hampshire. She, along with a large group of other community leaders, founded the Maine MultiCultural Center in the fall of 2016. Upon her retirement from higher education in 2017, she increased her activity in the organization and was hired as MMCC's first Executive Director in May 2023, a role in which she continues to serve.

Thursday January 23, 2025

4:00-5:00 PM - ZOOM

Topic: "Awareness of Gender Socialization"

"A ball, a bat, a bike for Bobby;

A Barbie, a bracelet, an Easy Bake Oven for Bonnie:

Who will be more physically active?"



Beware the power of clothing, colors, traditions, and toys to shape less physically active girls than boys! Despite great advances in recent decades, females remain less physically active than boys, at every stage of life, beginning in infancy. Abundant research shows that, along with the ways that we teach, supervise, and serve as role models for children, the clothes, toys, and opportunities with which we provide them all meaningfully influence the development of their physical skills and self-efficacy. The purpose of this session is to increase awareness of gender socialization and its power to decrease physical activity among girls and women, so that more people can help create environments that more equitably promote physically active lifestyles, physical fitness, and athleticism.

Presenter: Nicole Mullins, PhD

Nicole Mullins is the current Director of Fitness and Health at the Bangor Region YMCA, and former full professor of exercise science, at Youngstown State University. She earned her Ph.D. and M.A. in exercise physiology from Kent State University, her B.S. in exercise science from the University of New Hampshire (UNH), and has over 30 years of experience as an exercise physiologist, educator, researcher, and strength and conditioning specialist. Mullins is a lifetime competitive athlete and staunch physical activity advocate, with a mission of educating as many people as possible on the vital importance of regular physical activity. The Zoom link will be emailed to registered participants.

**We appreciate your continued support of
Penobscot Valley Senior College.**



PVSC WINTER 2025 ZOOM COURSES and One-Day Presentation (ODP) REGISTRATION FORM

PVSC 499 Broadway PMB #274 Bangor, ME 04401

pvsctmaine@gmail.com 207-659-1359

<http://www.penobscotvalleyseniorcollege.org>

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

**Online Registration ENDS 2 days before start of each course
Send mailed registrations ASAP in case of delays**

Each course is \$35.00 for each 2025 PVSC household or MSCN member. One-Day Presentations (ODP) are free with 2025 membership

\$ _____ PVSC Membership Jan. 1 - Dec. 31, 2025 \$25 individual

\$ _____ PVSC Membership Jan. 1 - Dec. 31, 2025 \$40 (two people at the same mailing Address)

\$ _____ Additional donation 2024 or 2025

All courses are \$35.00/participant/course

\$ _____ ...Best of Alfred Hitchcock **Thurs. 10:00 – 11:30 (4 weeks)
Jan. 9, 16, 23, 30**

\$ _____ ...Birds, Bees, ...Maine Poets **Mon. 10:00 - 11:30 PM (4 weeks)
Jan. 20, 27, Feb. 3, 10**

\$ _____ Introduction to Tai Chi /Qigong **Wed. 10:00-11:30 (6 weeks)
Jan. 29, Feb. 5, 12, 19, 26, March 5**

_____ ODP Katahdin Woods and Waters **Tues. Jan. 7 4:00-5:00 PM**
I will attend _____ on Zoom or _____ in person at UMA-B Eastport Hall 135

_____ ODP - Good, Bad, Ugly Salt Aspects **Tues. Jan. 14. 4:00-5:00 PM**

_____ ODP - Maine Indian Settlement Act **Thur. Jan. 16. 4:00-5:00 PM**

_____ ODP - Maine Multicultural Center **Tues. Jan. 21 4:00-5:00 PM**

_____ ODP - Awareness of Gender Socialization **Thur. Jan. 23 4:00-5:00 PM**

Checks to PVSC – Total enclosed: \$ _____

Name: _____

Name: _____

Address: _____

Email address(es): _____ required for Zoom.

Phone number(s): _____ Home or Cell (Circle one).

I prefer to receive PVSC information via email or US Mail (circle one).

Feel free to print an additional registration form or indicate with initials who is taking the course.