



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

Penobscot Valley Senior College
Summer Extravaganza Series 2023

Get your summer calendars ready! Our **Summer Extravaganza Series** has been a big hit since PVSC first offered it in 2020. Enjoy a variety of 11 topics throughout the summer for \$30.00--the same price of a single course. Our series presentations and field trips will be on Tuesday mornings from 10:00-12:00, unless otherwise noted. Our Hybrid presentations (some members attend in person, while others link on through Zoom) will be recorded, emailed to registered members and available for two weeks after those presentations.

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

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! In addition, for Zoom lovers, we have three Hybrid presentations for the first time, using the UMA-Bangor campus' hybrid room at Lewiston Hall.
- If you already have a 2023 PVSC membership, no need to renew until January 1st, 2024.
- Your 2023 membership gives you access to this Summer course, as well as our Fall course term as well. If you don't have a current PVSC 2022-2023 membership, you can join or re-join when you register for the Summer course.

Ways to Register:

- Register online on the secure website using a credit card. 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 207-659-1359 and say that "your check is in the mail" for whichever field trip 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.

What's next?

- After you register, an emailed receipt will come from the PVSC website, and before each week's event, another email will be sent letting you know which of the limited events you are registered for, if you are scheduled to attend the hybrid classes in-person or on Zoom, and any additional information and location updates. Class registrations are accepted in the order they are received. Feel free to call 207-659-1359 or email pvscmaine@gmail.com with questions.

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

Hybrid (In Person/Zoom):

Tuesday, June 6th 10:00-12:00 (In Person/Zoom) – Mike Timpson
“Trekking the Great Himalaya Trail in Nepal” Zoom: No limit
In-Person Maximum: TBD UMA-Bangor Lewiston Hall-119

In March 2022, six “crazy” people set off to hike across Nepal on the highest elevation trail in the world, the Great Himalaya Trail (GHT). This presentation will provide some history and background about Nepal, and then illustrate the trip with a combination of maps, photos, video. Spoiler alert, none of us completed the entire trek, but it was still an amazing adventure.

Presenter: Mike Timpson

Mike is a retired earth scientist who fell in love with big mountains after reading Maurice Herzog’s book “Annapurna” as a teenager. Mike is definitely an amateur photographer who enjoys capturing images from his travels, but also enjoys taking photos in his own back yard (literally).

Tuesday June 27th, 10:00-12:00 (In Person/Zoom) – Dr. John Kaiser
“Diseases of the Lungs and Trachea” Zoom: No limit
In-Person Maximum: TBD, UMA-Bangor Lewiston Hall-119

Pulmonary diseases such as asthma, emphysema, and lung cancer are very common and important to understand. Other diseases, such as pneumonia, become more frequent with Covid and newer treatments for cancer and autoimmune diseases. We will discuss these and other interesting pulmonary diseases.

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 August 1st 10:00-12:00 (In Person/Zoom) – Mary LaVanway
“Use By, Sell by. Are you Wasting Food?” Zoom: No limit
In-Person Maximum TBD, UMA-Bangor Lewiston Hall-119

Are you confused by the terms on food packages, “use by, or sell by?” Are these expiration dates? Is the food safe to eat beyond the date? Are you throwing out food that may be ok? Let’s look at the definition of these terms and the practical application.

Presenter: Mary LaVanway, LD, CEDRD

Mary is a Dietitian with Hannaford. Mary works out of the Airport Mall and Broadway stores. Her role with Hannaford is to support shoppers, customers, and associates in finding foods and promoting education about foods that are in line with the person’s health needs.

In-Person Events:

**Tuesday, June 13, 1:00-3:00 PM (In-Person) – Danny Williams, Emily Cain
Musical Event: Show Tunes and Popular Music
UMaine, Orono Minsky Hall (No Minimum or Maximum)**

Presenter: Danny Williams

Danny is the Executive Director at the Collins Center for the Arts at UMaine. He 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 UMaine holding a number of positions. 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. Among many other contributions to the arts community, in 2001 Danny founded the Maine Black Bear Men's Chorus where he is Music Director. He grew up in Bangor and currently lives in Orono with his wife Emily Cain.

Presenter: Emily Cain

Emily is a politician from Maine and Executive Director of [EMILY's List](#). Emily, representing the Democratic Party, served in the Maine Senate from 2012 to 2014, representing the 30th district which includes part of Penobscot County. She was previously a member of the Maine House of Representatives from 2004 to 2012, where she served as Minority Leader from 2008 to 2010 and as House Chair of the Appropriations & Financial Affairs Committee from 2010 to 2012.

**Friday, July 7, TBD (In Person)
Citizenship and Naturalization Ceremony
US District Court Bangor 202 Harlow St. Maximum: TBD**

Citizenship is a unique bond that unites people around civic ideals and a belief in the rights and freedoms guaranteed by the U.S. Constitution.

Deciding to become a U.S. citizen is one of the most important decisions an immigrant can make. Depending on each situation, there may be different ways to obtain citizenship.

- **Naturalization** is the process by which U.S. citizenship is granted to a lawful permanent resident after meeting the requirements established by Congress in the [Immigration and Nationality Act \(INA\)](#).
- **Acquisition** of citizenship is obtained through U.S. citizenship parents either at birth or after birth, but before the age of 18.

Organizer: Maggie Melanson

**Tuesday, July 11, 10:00-12:00 (In Person) – Patsy Baldus
“Love, Lutefisk, and Lemon Zest Sneakers”
No Minimum or Maximum UMA-Bangor campus, Building TBD**

This presentation begins with a classic song that epitomizes the struggle of the seasoned or the aspiring writer followed by the goals of the presentation: how the author got started in her writing, who influenced her, and how the storytellers of her family planted the seeds for her future writing. Two excerpts from her memoir will be read aloud with the second one requiring fun audience participation! All burning questions will be answered at the end of the presentation.

Presenter: Patsy Baldus

Patsy grew up in the beautiful small town of Searsport, along the mid-coast of Maine. She went to high school there, then away to college, returned to Searsport with a teaching degree, met her husband there (Now, that's a story...), and eventually raised her own family in her beloved hometown. Patsy has taught everything from kindergarten to grade 6-you might say she's experienced everything from snowsuit zips to hormonal quips-and survived! Now retired, she has become an avid flower gardener, specializing in teddy bear sunflowers.

**Tuesday, August 8, 10:00-12:00 PM Lin Lufkin, Bob Ziegelaar
Bangor, Maine: The Center of the World
No Minimum or Maximum UMA-Bangor campus Building **TBD****

Bangor since the early 1800's has been the leading center of development in Maine, once rivaling Boston as the prime hub of activity in the northeast United States. Its location on a main river with access to transportation from the Atlantic Ocean to inland North America allowed ship's captains and hardy pioneers to today's entrepreneurs and builders to produce for tomorrow. We will trace its challenges of travel via road, rail, water, and air to move goods to and from Maine to the world.

Linwood (Lin) Lufkin

Lin is a civil engineer graduate from the University of Maine and Texas A&M. He has worked in the Army Corp of Engineers, at CIANBRO Corporation, and Nickerson and O'Day on various commercial construction projects from roads and bridges to commercial buildings.

Bob Ziegelaar

Bob graduated from Bates College in Maine and from Nyenrode Business University, the Netherlands. The former Director of Bangor International Airport, he was instrumental in the conversion of the former military field to a full-fledged and well-known commercial international airport. After leaving the airport in 2001, Bob held leadership positions in aviation, consulting, and investment companies.

**Tuesday, August 29th, 10:00-12:00 (In-Person) – Dick Cattelle
The Early Space Program – My Personal Experience
Challenger Learning, Center 30Venture Way, Bangor
Maximum: 28**

Where were you and what were you doing during the 1960s and the early 1970s? As crazy as the world seems today the 60s and 70s certainly had their share of wild and wonderful (and unfortunately some terrible) events. Dick had the good fortune to have been involved in the Space Program and specifically the Manned Space Program for most of that period. In this presentation, Dick will share some of his trip through that era. Following that, you will have the opportunity to participate in a mini mission utilizing the facilities at the Challenger Learning Center so you can experience a part of what the CLC has given to over 100,000 students over the last 20 years of operation.

Richard (Dick) Cattelle

A native of New Jersey, Dick is a graduate of the University of Maine, Orono. He had a 15-year Aerospace career working on NASA's Saturn Apollo Program. He was a flight controller in Mission Control for the Lunar Landing, Skylab and Apollo/Soyuz missions. Dick and his wife, Marit, are actively involved in the Bangor community since 1976. Now "somewhat: retired," Dick was part of the core group that brought the Challenger Learning Center to Bangor and is still involved in its operation.

Field Trips:

Tuesday, June 20th, 10:00-12:00 (Field Trip) – Dick Andren
“A Walk in the Woods”
Hirundo Wildlife Refuge 1107 West Old Town Road Alton, ME
Minimum 5, Maximum 15 (\$10 fee to be paid in cash on June 20th)

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: 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.

Tuesday, July 25th 10:00-12:00 (Field Trip) – Bucky Owen
Orono Land Trust and Land Trusts of Maine
Maximum 20

This field trip will involve discussion on the history and role of Land Trusts in Maine, with emphasis on the ecological and recreational roles of these Trusts. The class will then explore the Orono Land Trust with about two miles of easy walking.

Bucky Owen

Bucky is a retired wildlife ecologist. He taught at the University of Maine for more than 30 years and was Commissioner of the Maine Department of Inland Fisheries and Wildlife. Bucky has worked with the Orono Land Trust for over 35 years.

Tuesday, August 15, 10:00-12:00 Trisha Martin
A Tour of Maple Crest Farm- A Nonprofit farm in Hermon, Maine
Maximum: 30

Maple Crest Farm is a nonprofit and currently home to a combination of rescue and domestic animals including: Alpaca, Sheep, Mini Donkeys, Horses, Goats, Peacocks, Swans, Bees, and a variety of Pheasants, Chickens, Geese, Ducks, and Guinea Hens, and of course the family's two Bernedoodles and two cats. We would enjoy sharing them with you! Trish will talk about how the farm became a nonprofit, the various animals on the farm, beekeeping, info about the various types of fruit-bearing and other trees, and how she incorporated her knowledge as teacher into giving people tours of the farm. [Media - Maple Crest Farm](#)

If you are interested in purchasing products, all proceeds and donations go toward the maintenance and upkeep of the animals and farm.

If you wish, bring a picnic lunch to eat after the tour while enjoying the sights and sounds of this beautiful location.

Trisha Martin

Trish grew up in Lincoln, Maine, and is a well-loved and respected English teacher at the William S. Cohen School in Bangor. She will be your tour guide around this beautiful farm and answer any questions you have.



MEMO FOR MEMBERS MAY 2023

Ever wonder where the money you pay to PVSC goes? We're mostly volunteer-run, so why do we have to charge membership and tuition fees? It's true that our officers, board members, committee members, and instructors are all volunteers. But it takes more than that to bring you the courses that you love.

First, we pay our administrative assistant, the wunderkind Sheila Krautkremer, to do a ton of work behind the scenes. She sets up classes and events, sends out email notices, answers questions on the phone, and trains people to use their computers and phones.

Second, we also pay a monthly fee for our website. We also pay board insurance, we pay for a private mail box, and we pay monthly costs for our telephone.

This year represents our 21st year of existence. We have gone from a paper and pencil organization to a digital organization, from a group that offered two semesters of courses to a group that offers courses in all four seasons.

We proudly represent you as one of the 17 Senior Colleges in the State of Maine. We plan to be around for at least another 20 years, bringing you courses and events for fun and stimulation!

Thank you for your continued support!

- **All 11 events are included in the \$30.00 course fee-- no extra charges for this course, except the \$10 fee when you arrive at the Hirundo Wildlife Refuge, or optional donations to Maple Crest Farm or the Challenger Center.**
- **Please note any events listed in the catalog with participant maximum limits will need accurate accounts of attendees, especially for the Naturalization ceremony. For any of these, you must call or email after registering to be placed on the list. We will honor the first ones that are received.**
- **If mailing in your registration and the field trip or event has a participant limit, we recommend that you call 207-659-1359 and say that "your check is in the mail" for whichever field trip you want to reserve.**
- **We will have a waiting list and will contact you after all registrations are received. You may register at any time during the summer, but note that you may not be able to attend those presentations or field trips that are already filled.**
- **If you will not be able to attend once you've indicated you wanted to attend one of them, please email so that we can allow someone on the waiting list to attend.**