

Sunrise Senior College Summer Shorts Program

Sunrise Senior College (SSC) recently announced its upcoming “Summer Shorts” schedule. The seventeen exciting and diverse workshops are either one or two-day events to accommodate everyone’s busy summers. The classes range from art workshops to piracy and from monkeys to murder mysteries, to name just a few. SSC members are extremely fortunate to be able to draw upon the talents of so many accomplished presenters, who are willing to donate their time to our all-volunteer organization. All Summer Shorts workshops are free to senior college members. In addition, SSC continues its efforts to increase wider community participation in its offerings by opening three of these workshops at no cost to the community.

This summer’s workshops include:

Grown-ups Play with Clay: Starr Kopper and Cynthia Huntington, two local artists, join forces to bring basic sculpting techniques to your fingertips. Unleash your creativity as you build free-form functional objects and creatures to delight the child within. Presenters are Starr Kopper, an artist with an MFA in painting who has taught art for 25 years, and Cynthia Huntington, a self-taught artists and owner of Turnk Mountain Ars & Crafts in Cherryfield.

Mother Goose Isn’t Just for Children: Come and learn about the history and origins of nursery rhymes. Presenter, Beth Schwenk, taught mathematics for over 42 years at prep schools and colleges. She also has collected over 200 volumes of Mother Goose books that are all different.

Allagash Tails: An Allagash Haunting-a Radio Classic: Join Tim Caverly for his presentation of the WHOU F.M. classic radio broadcast adaptation of his “An Allagash Haunting” play. Mr. Caverly has spent his whole life in the Maine outdoors. Tim worked for the Maine Department of Conservation for 32 years. When not writing, Tim travels throughout Maine, NH and MA endorsing his New England Reads program, a literacy project that encourages children and adults to read and explore the outdoor world.

Murder We Wrote: In this 2-day workshop, participants will write or begin to write a short story of murder, mayhem, or “something evil this way comes”, set in Washington County. News articles from across the country will be distributed as possible writing prompts. The workshop will include instruction in how to write a crime story, develop character, conflict, dialogue, plot, point-of-view, etc. Presenter Etta Abrahams has taught writing for many years at Michigan State University. Her academic specialization is in the study of mystery and detective fiction. She received first-prize from the Society for the Study of Midwestern Literature for her short story, “Traveling Companions.”

Exploring the Conserved Lands Around Machias: Richard Bard, Executive Director of the Downeast Coastal Conservancy, will discuss the Conservancy’s plans to use recently purchased land in and around Machias and Whitneyville to provide recreational opportunities, community revitalization, wildlife habitat, and natural resources for the communities. He will also discuss the living history of this land. Participants are invited to explore the property’s trails following the presentation.

My Life with Monkeys: Insights into Primate Social Behavior: Share the highlights from a 7-year sojourn in Sri Lanka where the presenter studied the social behavior of small monkeys known as toque macaques. Dr. Anne Baker earned her doctorate in animal behavior from the University of Maryland. She served as Curator of Primates at the Brookfield Zoo in Chicago and has been a consultant to the Melbourne Zoo on the management of great apes, and a consultant to the Zoo Association of Thailand. **(Free and open to the public)**

History Match Game: Be part of a team and contribute your knowledge of sports, politics, literature, music, current events, pop culture and more. The goal is to match names to well researched descriptions of key figures in national politics, entertainment, sports, and literature. History Match Game began as a classroom project in rural Maine as a means of connecting Maine students to these key figures. Presenter, David Leigh, spent 31 years in rural Maine schools either as a social studies teacher or high-school principal. He and his students began collecting autographed magazine covers during the presidential election of 1972. Today, the collection includes 11100 autographed magazine covers from 1938 to 2012, from 24 different nations, and is the basis for the History Match Game.

The Word Workout (2 sessions): An introduction to some of the basic skills all writers need, focusing on fundamental techniques for choosing words and putting them together into effective sentences. In the process you will be strengthening the part of your brain that deals with language. Presenter, Barbara Baig, is a writer who is passionate about teaching writing. She has taught undergraduates, graduates, and working adults. She now teaches in the MFA Program in Creative Writing at Lesley University.

Sculpting with Resins: Using fiberglass resin and auto body putty on wire screening, your imagination is the only limiting factor in your choice of form to create. Sculptor and art teacher, John McMurray, who taught this class for *Schoodic Arts for All* last summer commented that this medium is “smelly” but “wickedly quick”. John holds a Master of Arts in Teaching and has offered many art classes and workshops for SSC and *Schoodic Arts for All*, as well as community art projects in Lubec.

An Adventure to Peru and the Galapagos Islands: This past winter, 15 senior college members and friends climbed to dizzying heights in the Andes Mountains to visit the “lost” city of Machu Pichu and then descended to sea level to cruise among the Galapagos Islands. The group met native Incan people in their homes and enjoyed local cuisine. Later, they learned the secrets of the Galapagos Islands that inspired Charles Darwin. This adventure focused on meeting the people and understanding the places visited. Members of this group will talk about their adventures, sharing photos and film. Presenters include Etta Abrahams, Barbara Anthony, Karen Mabus, Gail Peters and Wayne Peters. **(Free and open to the public.)**

Hatch Knoll Farm and Garden Side Dairy Tour: A tour of a working farm in Jonesboro, as well as a discussion about cheese production and a cheese tasting of the dairy’s current cheeses. Meet all the farm animals and see berry fields, pastures, and gardens at peak season. Kim Roos has owned and operated her dairy since 2002. Kim currently tends 50 goats, 2 cows, 20-30 chickens, and makes numerous delicious cheeses. The farm participates in 5 farmers markets, 2 local buying clubs and is represented in numerous shops.

Architectural Walking Tour of Eastport: Discover the rich history of Moose Island, the City of Eastport, through its architectural treasures both in the downtown and in the central residential district. Learn about the city’s role in the shipping trade, the sardine industry that thrived into the early 20th century, and look into the city’s future with tidal energy developments using the area’s 22-foot tides. Architecture ranges from modified Cape to Richardson Romanesque. Presenter Lora Whelan has been the assistant editor and publisher of *The Quoddy Tides* newspaper since 2008. She moved to Eastport in 2003 to become director of the city’s Main Street Maine program. Lora also works as a volunteer for the Border Historical Society, Eastport Arts Center, Salmon Festival Architectural Walking Tour and Eastport Kitchen Garden Tour.

Consumer Behavior: Why We Buy What We Buy: Explore the various principles and concepts of the study of consumer behavior which blends elements of psychology, sociology, and anthropology with marketing and economics to discover what consumers will buy. Presenter Bernice Murphy has taught for many years at the University of Maine at Machias as a Professional Studies Division Member in areas of marketing, consumer behavior, advertising, business management and accounting.

Taking a Look at Gluten-free and Mediterranean Diets: An interactive discussion of the myths and facts of gluten-free and Mediterranean diets, including a review of diet details and health benefits of each plan and how to make changes in your own nutritional plan. Presenter, Deb Eckart, is Professor Emeritus at the University of Maine Cooperative Extension and has taught a number of nutrition, wellness, and balance classes for SSC. She retired in 2012 as Extension Educator.

What's Happening at the Downeast Institute: Take a tour of the Downeast Institute for Applied Marine Research and Education on Beals Island. You will be guided through both the indoor and outdoor facilities and take part in a discussion about the Institute's current research and education programs. Presenter, Dr. Brian Beal, is a professor of marine ecology at the University of Maine at Machias, a position which is divided between teaching and research and includes his work at DEI. He is the director of UMM's Marine Field Station at Black Cove. His most recent applied research projects include work with sea scallops, hard clams, and European oysters.

Pastel Workshop-Awakening the Spirit of Van Gogh: Spend a day at an outdoor painting session hosted by Catherine Hill Winery. The herb garden, flowers, vineyard, and still life set-ups will be your inspiration. Presenters are Starr Kopper, an artist with a MFA in painting who has taught art for 25 years, and Cynthia Huntington, a self-taught artist and owner of Turnk Mountain Arts & Crafts in Cherryfield.

Golden Ages of Piracy: Participants will review the differences between pirates, corsairs, buccaneers and privateers and examine the root political, religious and economic conditions that provided excuses for piracy and privateering. You will learn about some of the most famous privateers and pirates including Sir Francis Drake, Sir Walter Raleigh, Blackbeard, Captain Kidd, Black Sam Bellamy, Anne Bonny, and Mary Reed. Presenter, Al Saffer, has lectured on a wide variety of subjects throughout the United States, Western Europe and Singapore. He has been an electronics instructor in the Air Force, a research scientist at NYU, and a systems engineer at IBN. Al has led a variety of SSC Summer Shorts presentations and has been an enrichment speaker on Celebrity Cruise Lines in the Caribbean. **(Free and open to the public)**