



ACADIA SENIOR COLLEGE

SPRING 2023

Class Schedule

ONLINE REGISTRATION

Opens – 9:00 a.m. on Wednesday, February 8, 2023

Closes – midnight on February 17, 2023

www.acadiaseniorcollege.org/courses

SPRING 2023 TERM

MARCH 20 – MAY 26, 2023

Courses at a glance

MONDAY

NO MONDAY CLASSES

TUESDAY

The American Family and the Law

Instructor: Lawrence Rosen
9:30 – 11:30 a.m.
Birch Bay Village, Hulls Cove

Connecting Nature and Art

Instructor: Bonnie Chase
10:00 a.m. – Noon
ArtWaves Studio, Town Hill

WEDNESDAY

Myths and Legends from the Heart of the Indian Subcontinent

Instructor: Sheila Kirby
9:30 – 11:30 a.m.
Northeast Harbor Library

Sharpie Sailboats – An American Story

Instructor: Ben Emory
1:00 – 3:00 p.m.
Wendell Gilley Museum, Southwest Harbor

WEDNESDAY CONTINUED

1816: The Year Without a Summer

Instructor: David Gapp
1:00 – 3:00 p.m.
Machias Savings Bank, Bar Harbor

THURSDAY

Roots of Revolution in China: Mao Zedong 1919 – 1966

Instructor: Hugh Clark
9:30 – 11:30 a.m.
Northeast Harbor Library

Birding the Gulf of Maine During the Winter/Spring Transition

Instructor: Michael Good
8:00 – 11:00 a.m.
Various outdoor locations on MDI and Downeast

FRIDAY

Brain, Aging, and Art

Instructor: Armine Darbinyan
9:30 – 11:30 a.m.
Northeast Harbor Library; also on ZOOM

ONLINE REGISTRATION

Opens – 9:00 a.m. on Wednesday, February 8, 2023

Closes – midnight on February 17, 2023

www.acadiaseniorcollege.org/courses

SPRING 2023 TERM
MARCH 20 – MAY 26, 2023

Acadia Senior College offers intellectual stimulation, practical knowledge, social interaction, and fun for adults over 50.

IMPORTANT

ASC COVID Policy:

At its January 2023 meeting, the ASC Board voted to update the COVID policy as follows:

- Members are advised to monitor the Federal and Maine Centers for Disease Control websites for information and guidance on avoiding COVID and managing outbreaks, and to make informed individual decisions on masking, vaccination, and risk-level.
- When a class or event venue has specific COVID policies, ASC will comply with those policies, including mask requirements.
- This revised policy applies to Spring 2023 classes as well as 2023 events such as Food for Thought and Coffee Clash.

Member of another senior college? Please call or email to register.

Instructor using a course credit? Contact ASC before registration so we can give you a credit. When you register, the credit will be applied automatically on the checkout page. If you haven't contacted us before registration, go ahead and register online as usual and choose "Pay by check." Then contact the office to confirm your registration.

Tuesday Classes

The American Family and the Law

Tuesdays, 9:30 – 11:30 a.m.

8 weeks: March 21, 28, April 4, 11, 18, 25, May 2, 9

5 – 15 students

Site: Birch Bay Village Inn Library, off Crooked Road, Hulls Cove

We all come from families and we all are affected by the laws that concern them. In this course, we will survey, mainly through actual cases, a wide range of these issues, including marriage regulations, child custody, abortion, parental and grandparental rights, and adoption. Current Supreme Court cases and their background will form an important part of the course.

The course will be entirely conversational with supplementary information about constitutional interpretation, federal and state domestic policies, and the politics of family law reform being added to the limited readings and outside reading suggestions. No background in law is needed.

Instructor: Lawrence Rosen is a Cromwell Professor Emeritus of Anthropology at Princeton University and was an Adjunct Professor of Law Emeritus at Columbia University. He has taught family law as a visiting professor at Northwestern and as an adjunct professor at Duke.



*Scholarships are available.
Interested in a class, but need some financial help?
Easy and confidential – please contact ASC for more information!*

Tuesday Classes Continued

Connecting Nature and Art

Tuesdays, 10:00 a.m. – Noon

6 weeks: April 18, 25, May 2, 9, 16, 23

8 – 12 students

Site: ArtWaves Studio, 1345 State Route 102, Town Hill (next to Town Hill Market)

The existence of a genetically based, innate human need to affiliate with the rich diversity of shapes and colors of nature is known as the **biophilia** instinct. In this class, we explore how this biophilic instinct emerges through the art of making marks and patterns and why this process is relaxing, stress-releasing, and creative.

First, we will create our own tools and brushes from natural objects. Next, we will intuitively explore making marks and patterns and learn how to augment our creations with several techniques, using natural dyes, watercolors, collage, fragmentation, aesthetic writing, and stitching. We will finalize our creations by learning how to select sections of our work that spark interest and incorporate them into a handmade concertina art book. Absolutely no art experience is required. Remember, we were all once children, handed crayons and paper, and with abandon made beautiful marks.

Instructor: Bonnie Chase holds an undergraduate degree in Biology and Botany and a MS in Environmental Science from Montclair State University, NJ. Throughout her careers in teaching, as Executive Director of the Cora Hartshorn Arboretum and Nature Center, as Master Naturalist, and leading Natural History Tours in Central and South America, she has always encouraged her students to explore the natural world through a creative lens. Bonnie previously taught the ASC course, *A Sense of Place: Printing and Dying with Spring Botanicals*.



Photos by Bonnie Chase

Wednesday Classes

Myths and Legends from the Heart of the Indian Subcontinent

Wednesdays, 9:30 – 11:30 a.m.

5 weeks: March 22, 29, April 5, 12, 19

10 – 16 students

Site: Mellon Room, Northeast Harbor Library, 1 Joy Road, Northeast Harbor

To grow up in India is to live in a world alive with demons and irate goddesses, elephant-headed gods and talking animals, lustful kings and virtuous women. My interest in this course stems from my love of storytelling, not from an academic or professional background.

This course will be offered in two parts – Part I draws upon the great Hindu epic poem, the Mahabharata, and the most revered of all the Hindu texts, the Bhagavad Gita. It will also include stories of the various avatars of Vishnu and Shiva, the two most important gods in the Hindu pantheon. Part II (offered in a subsequent term) will focus on the Ramayana, the second of the great Hindu epic poems; a collection of fables from the Panchatantra; and the Jataka tales, the sacred Buddhist morality tales dealing with Gautama Buddha's previous births.

Instructor: Sheila Nataraj Kirby (PhD, Economics) was a senior economist at RAND, a nonprofit think tank, for over 30 years. She later served as a Senior Fellow at NORC at the University of Chicago. Her two primary

research fields were education and defense, and she has published extensively in both of these areas. She held a joint appointment as an adjunct professor of economics and public policy at The George Washington University, where she taught at the graduate level for 25 years. Sheila volunteers with OpenTable in Bar Harbor, the NEH Public Library, and the Acadia Senior College.



Left: Lord Ganesha, the elephant-headed god of wisdom and knowledge, acting as the scribe for sage Vyasa, the author of the Mahabharata.

Wednesday Classes Continued

Sharpie Sailboats – An American Story

Wednesdays, 1:00 – 3:00 p.m.

4 weeks: April 12, 19, 26, May 3

6 – 8 students

Site: Wendell Gilley Museum, 4 Herrick Road, Southwest Harbor

For persons intrigued by details of hull and rig design, this course will trace the evolution of the “sharpie”-type sailboat. We will examine its humble origins as a working oyster boat on Long Island Sound and improvements made in Florida resulting in the current award winning, high-tech sailboats crafted in Maine. The course will focus on two brilliant thinkers and creative naval architects: Commodore Ralph Munroe of Coconut Grove, Florida, (a close friend of Nathanael Herreshoff, the famed “Wizard of Bristol,” who dominated yacht design for more than seventy-five years); and, nearly a century later, yacht designer Rodger Martin of Newport, Rhode Island, who designed both ocean racers and sensible cruising boats.

We will discuss the use of sharpies for fishing in the 19th century, the role of mail delivery in Florida, and then the transition to craft for recreational adventuring. Naval architecture, working lives, Florida’s frontier days, adventure, and outdoor education come together in this very American story.

Instructor: Ben Emory has cruised and ocean-raced from Nova Scotia to the Caribbean and across the Atlantic. He has experienced a wide variety of vessels including owning a 21st century version of a sharpie. A member of the Cruising Club of America and Ocean Cruising Club, he is a former Navy destroyer officer. Ben has previously taught ASC courses on both boats and the environment. He holds a Harvard AB and Dartmouth MBA and is author of *Sailor for the Wild: on Maine, Conservation and Boats*.



Photo R. M. Munroe

EGRET

Above: Commodore Ralph Middleton Monroë's Sharpie sailboat, Egret, built in 1886.

Wednesday Classes Continued

1816: The Year without a Summer

Wednesdays, 1:00 – 3:00 p.m.

4 weeks: April 5, 12, 19, 26

5 – 20 students

Site: Machias Savings Bank, 96 Cottage Street, Bar Harbor

What happens when a massive volcanic eruption occurs nearly 10,000 miles away from Bar Harbor? Two hundred and eight years ago, Mount Tambora, in the Indonesian Archipelago, blew up in the most explosive volcanic eruption in recorded history. The explosion caused severe climate abnormalities, strikingly low temperatures, darkness, drought, and major food shortages in the northern hemisphere during the spring, summer, and fall of 1816.

The Year without a Summer became known as “The Poverty Year,” “1800 and froze to death,” or “The year the elements were all mixed up” among other titles. In Maine, the year was known as “the mackerel year,” referring to how the weather affected the Atlantic fisheries.

This course will discuss volcano-induced climate change and the impacts of the Mt. Tambora eruption on North America and Europe. Topics will include the resulting food shortages and subsequent starvation and disease, the impact of the event on art and literature, and the effect on migrations, with a focus on how the Year without a Summer impacted the frontier communities in the Northeast U.S. including Maine. We will also briefly explore the implications of this climate disaster on present-day climate issues and possibilities for solutions.

Instructor: David Gapp has a BS and MA in Biology from College of William and Mary, received his PhD from Boston University, and conducted postdoctoral research at the Jackson Laboratory. David was a Biology Professor at Hamilton College where he taught Biology of Reproduction, Food for Thought, Vertebrate Physiology, General Endocrinology, and Integrative Animal Biology courses for 40 years. David has taught two previous courses for Acadia Senior College.



Left: The colorful sunset and hazy atmosphere in J.M.W. Turner's *Chichester Canal* (1828) may have been influenced by the eruption of Mount Tambora.

Thursday Classes

Roots of Revolution in China: Mao Zedong, 1919 – 1966

Thursdays, 9:30 – 11:30 a.m.

6 weeks: April 20, 27, May 4, 11, 18, 25

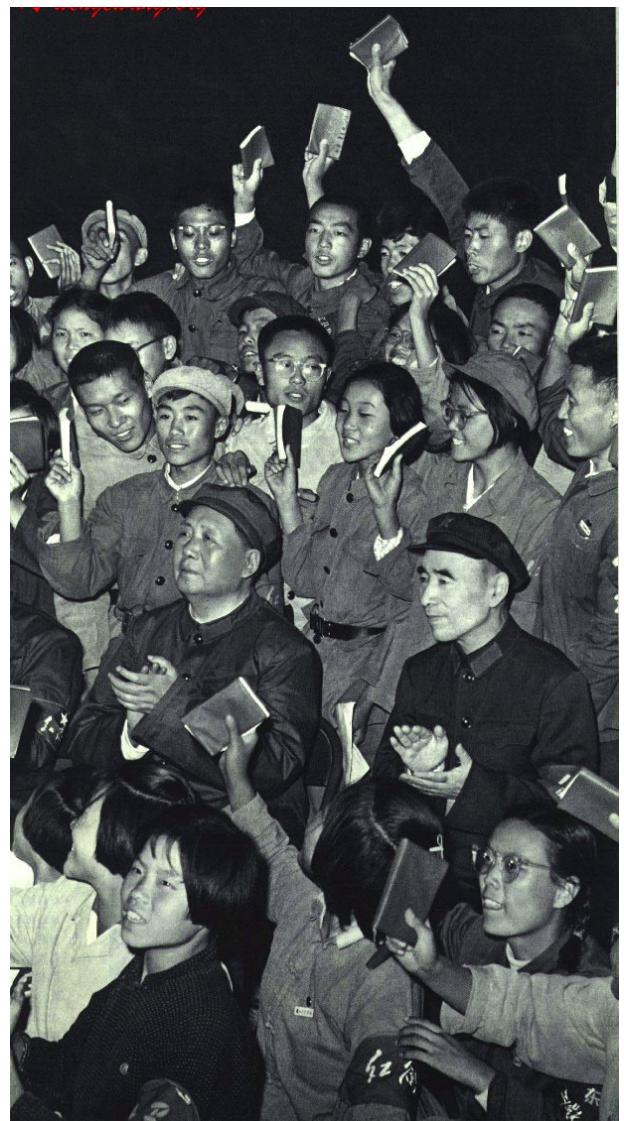
7 – 20 students

Site: Mellon Room, Northeast Harbor Library, 1 Joy Road, Northeast Harbor

Mao Zedong (Mao Tse-tung) led one of the most pivotal revolutions in modern history, made especially relevant by current events in the People's Republic. This course will explore the rise of that revolution and its unfolding under the leadership of Mao from his earliest revolutionary awareness through his death in 1976. We will use Mao's own writings to explore and understand China's Communist revolution and Mao's links to the wider world of Marxism-Leninism. We will read a variety of Mao's writings from his pre-revolutionary days early in the 20th century to his years as the leader of the People's Republic of China in the 1950s and 1960s.

The class will combine narrative presentation to provide context with discussion of the materials that will be assigned weekly. Students are encouraged to read the assigned essays and to bring their thoughts and questions to the class. Recognizing that much of this material will be unfamiliar to participants, the instructor will add background presentation as necessary.

Instructor: After completing his PhD at the University of Pennsylvania in Chinese history, **Hugh Clark** was Professor of History & East Asian Studies at Ursinus College in Pennsylvania for 35 years. He taught a range of courses on Chinese and East Asian history from surveys of Chinese and Japanese history to advanced courses on Chinese thought and politics. While this will be the first time he has taught this particular topic, he has taught the writings of Mao Zedong in seminar courses several times.



A public appearance of Chairman Mao and Lin Biao among Red Guards, in Beijing, during the Cultural Revolution (November 1966).

Thursday Classes Continued

Birding the Gulf of Maine during the Winter/Spring Transition

Thursdays, 8:00 – 11:00 a.m.

5 weeks: March 30, April 6, 13, 20, 27

5 – 18 students

Site: Outdoor field trips to various locations on MDI and Downeast. Possibly one ocean boat trip.

Bird watching has become a popular pastime requiring many field skills. In this course students will learn basic bird identification skills by habitat, behavior, form, distribution, migration, and song. This course will introduce students to the birds of Downeast Maine, will describe their role in the rich Gulf of Maine ecosystems, and will foster an understanding of the region's biological diversity and unique ecology. Field observations will be used to identify various bird guilds and to understand avian presence in different landscapes.

Each class will meet at (or carpool to) a local birding hotspot to study bird behavior, identification, and communication. We will be walking on uneven surfaces, though for the most part, we will try to keep on even ground. In Maine, this is not always possible. Directions to each location will be provided by the instructor.

One open ocean field trip will be organized if the weather cooperates, possibly aboard the COA research boat to Petit Manan for Atlantic Puffin and other species. This will be during one of the weekly scheduled class sessions. If there are no boating opportunities, we will have a field trip instead.

Instructor: Michael Good has over 35 years of experience studying the birds of North America. He has a MS from Utrecht University in the Netherlands and a BA from Earlham College. Michael is the founder of the Acadia Birding Festival, now in its 24th year, and is the President of Down East Nature Tours in Bar Harbor, a bird-watching and nature tour company started in 1993 out of concern for public Ecology-based education.



Above: American Redstart. Photo by Michael Good.

Michael is a Registered Maine Guide, a guide for Naturalist Journeys based in Portal, AZ, the founder and one of six participating organizations developing the Penobscot Watershed Eco Center in Bar Harbor, Maine which focuses on river and stream restoration and the importance of sea-run fish for a healthy Gulf of Maine, and the founder of the Warblers and Wildflowers Festival (1998-2007).

Friday Class

Brain, Aging and Art

Fridays, 9:30 – 11:30 a.m.

4 weeks: May 5, 12, 19, 26

3 – 30 students

Site: Mellon Room, Northeast Harbor Library, 1 Joy Road, Northeast Harbor; also on ZOOM

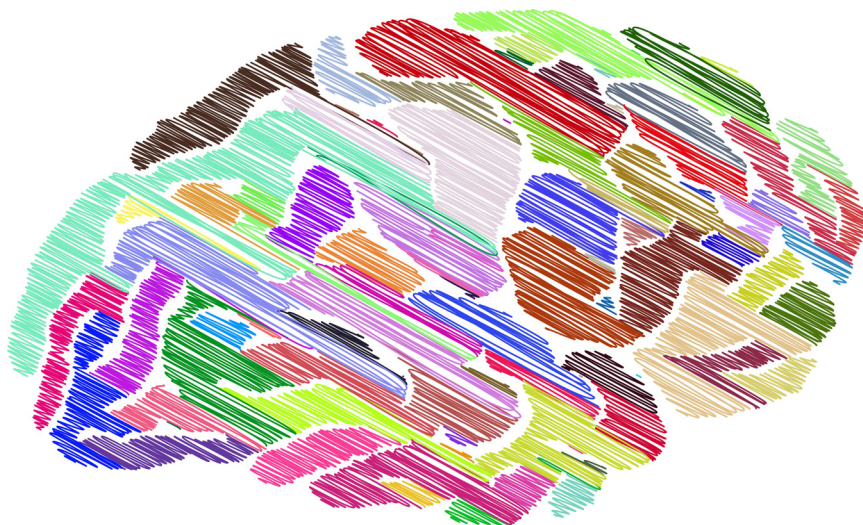
This course will consider the aging brain and its relationship to musical and visual art training. We will begin by discussing normal aging and age-related changes in the brain. Numerous studies document the declines that occur in the brain function of humans as they age, the speed at which information is processed, the capacity of the working memory, the ability to learn and recall new information, and the clarity and efficiency of reasoning processes.

We will investigate cognitive decline and dementia in relation to the impact of external experiences. Can the brain change in response to cognitive engagement and exercise? Musical and visual art training is associated with experience-driven brain plasticity and protection against age-related cognitive decline. We will try simple exercises using visual art and music to modulate brain function and improve and preserve brain health.

NOTE: This is a hybrid class and will be offered in-person and on Zoom at the same time. When registering, please be sure to choose either the in-person or the Zoom section - they are listed separately on the website.

Instructor: **Armine Darbinyan** is a physician specializing in neuropathology. She is currently an Assistant Professor Adj in the Department of Pathology at Yale University School of Medicine. She completed an anatomic pathology residency and a neuropathology fellowship at Icahn School of Medicine at Mount Sinai in New York and cytopathology fellowship at Drexel Medical College in Philadelphia.

Dr. Darbinyan was a scientist and a faculty member at Temple School of Medicine for many years, conducting research in the fields of neuroscience, neuro-oncology, neurovirology, and stem cell biology. She has authored or co-authored numerous research papers in peer-reviewed journals and book chapters. Throughout her career, she taught neuroanatomy, neuroscience, and neuropathology to undergraduate medical students, medical residents, fellows, PhD students, and students in continuing medical education courses.



MORE INFORMATION

- You must be a current ASC member (or a member of another senior college) to register for courses.
- Your membership must be active through the end of the term (May 26, 2023).
- Registration is first come, first serve.
- You may register for more than one course.
- Tuition for the first course is \$60; additional courses are \$35 each.
- When registering online, you may pay with a credit card or choose to send a check.
- We strongly encourage online registration, but if you want to register by postal mail, please print and mail the form on the last page.
- Registration forms sent by postal mail and received prior to registration will be processed beginning at 10:00 a.m. on February 8th.
- When registering by mail, please fill out the registration form completely. You may list alternate classes in case your first choice(s) is/are filled.
- Registration requests received after February 17, 2023, will be honored with instructor approval. In these cases, students must purchase their own books, if applicable.
- If a class has an assigned book, it will be available for pick up at Sherman's in Bar Harbor one to two weeks before the start of the term. **Books are included in your course fee.**

Member of another senior college? Please call or email to register.

Instructor using a course credit? Contact ASC before registration so we can give you a credit. When you register, the credit will be applied automatically on the checkout page. If you haven't contacted us before registration, go ahead and register online as usual and choose "Pay by check." Then contact the office to confirm your registration.

ONLINE REGISTRATION

Opens – 9:00 a.m. on Wednesday, February 8, 2023

Closes – midnight on February 17, 2023


www.acadiaseniorcollege.org/courses

**SPRING 2023 TERM
MARCH 20 – MAY 26, 2023**

Scholarships are available. Please contact ASC for more information!

HOW TO REGISTER ONLINE

**Registration opens at 9:00 a.m. on Wednesday, February 8th
and closes at midnight on February 17th
www.acadiaseniorcollege.org/courses**

1. Log in to your ASC account.
2. Go to acadiaseniorcollege.org/courses.
3. Review the class offerings.
4. Click  **Enroll** below the course description. Please note that the Enroll link does not display until registration opens at 9:00 a.m.
5. Once you have enrolled in the class(es) you want, click the “Go to your cart” link in the upper right of the screen. This will take you to the Enrollments screen where you can choose to pay by credit card or by check.

IMPORTANT

**You must know your username and password to log in and register for courses online.
Please take a moment to log in to the website before registration starts.
If you need help please call or email.**

The Enroll link does not display until registration opens at 9:00 a.m.

*Acadia Senior College offers intellectual stimulation, practical
knowledge, social interaction, and fun for adults over 50.*

Acadia Senior College
PO Box 475
Southwest Harbor, ME 04679

207-288-9500
learn@acadiaseniorcollege.org
www.acadiaseniorcollege.org

MAIL-IN REGISTRATION FORM • SPRING 2023

Please use one form per member - make a copy if needed.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____

Email: _____

**Online registration opens
at 9:00 a.m. on Wednesday, February 8th**

**Registration forms sent by postal mail and received prior to registration
will be processed starting at 10:00 a.m. on February 8th.**

Course One: _____

Alternate Course: _____

Course Two: _____

Alternate Course: _____

Course Three: _____

Alternate Course: _____

Number of courses you are taking:

___ 1 Course: \$60

___ 2 Courses: \$95

___ 3 Courses: \$130

___ 4 Courses: \$165

***Please contact us about
scholarships***

Total Course Fees: _____

Annual Membership Fee: _____ (\$35 per year, or \$90 for 3 years)

Additional donation: _____

TOTAL DUE: _____

___ Credit Card ___ Check

Card Number: _____

Expiration Date: _____ CVC Code: _____

Name on Card: _____

Please make checks payable to Acadia Senior College and mail to:

ASC, PO Box 475, Southwest Harbor, ME 04679