



WINTER COURSE CATALOG

Enriching lives through the joy of lifelong learning

JANUARY 2021

A Brand New CSC Website and Online Registration!

We welcome current members, past members, and other interested folks to our newly independent Coastal Senior College! We remain committed to bringing you the excellent courses and programs that you have come to expect from us, and we're still part of the Maine Senior College Network. Independence offers opportunities: a powerful new software package which makes possible online registration for active members, a dynamic new website, and multiple ways for members to connect and communicate (more about that in the coming months). On p.6 is a registration form to print and mail-in with a check if you prefer not to register online.

This winter we're offering 9 courses and 4 Brown Bag Lunch lectures, all on Zoom. From the CSC homepage, it's easy to link to full class descriptions and brief instructor bios, information about the winter Brown Bag Lunch Series, and online registration for each.

For current members, know that your membership expires on Dec. 31, 2020. For past members, we hope you will consider becoming active members again. In order to register for Winter 2021 Courses or the Brown Bag Lunch Series, you will all need to renew your memberships in order to be active members. By now, you should have received a welcome letter from Coastal Senior College explaining how easy it is to activate your online account. We encourage you to renew your \$25 membership now and to familiarize yourself with our new CSC website at our old address:

www.coastalseniorcollege.org We're proud of it, and we're eager to share it with you!

If you are on our mailing list, we invite you to consider becoming an active member. Go to our website at www.coastalseniorcollege.org; click on the puffins on our homepage, and complete a new member application.

When you have an active membership, you will be all set to logon and register on Jan. 4 when registration opens for the winter term.

Each course and lecture description page will have a *Register Now* button. The registration steps are easy to follow; help can be found on the [How to Register](#) page.

Our online catalog this term features both veteran and new CSC instructors; their subjects range from nutrition and cooking demos to the study of black holes. Each course fee remains \$35.

The theme of this winter's Brown Bag Lunch Series is "A Maine Sampler," with lectures about Maine artists and writers, free this year again for active members. You are welcome to register a guest at the same time you register yourself - whether it's a next door neighbor or your daughter who lives in Austria.

Whether or not you decide to take a class this winter, we hope you choose to support us by renewing your membership or joining Coastal Senior College for the first time. Activate your account, and set sail with us!

*Cathy Jewitt and Shelly Swazey
Marketing & Publicity Co-Chairs*

Coastal Senior College Course Offerings for Winter 2021

Healthier Eating for a Healthier You

This course offers eight lively lessons based on the theme of how to shop for, cook and eat healthier food on any budget. The classes are based on the USDA's "10 tips Nutrition Education Series" which provide simple, easy-to-follow tips from the latest Dietary Guidelines for Americans. Each session includes a cooking demo of a delicious, healthy, nutritious dish. Handouts and a list of recommended books will be provided as email attachments. **Class Limit: 19.**

Instructor Nancy Wood graduated from the Culinary Institute of America in Hyde Park. Her early travels as a private chef on yachts took her to Europe, the Caribbean, South America, Great Britain and the fjords of Norway. Coming home to settle down, Nancy became executive chef for all MBNA sites in Maine. Following those experiences, Nancy then moved into education and taught the Culinary Arts program at Mid Coast School of Technology. Making another shift into the business sector, Nancy and her partner ran their small bistro style restaurant, Amalfi, in Rockland. As Nutrition Education Coordinator for Knox County, Nancy works with people of all ages to heighten nutrition and wellness awareness. Working with senior citizens on their nutrition, helping young moms provide healthy meals for their families, doing food demonstrations at local food pantries, and taking people on supermarket tours so they become educated shoppers, Nancy strives to make this part of the world a better place to eat well.

8 sessions by Zoom
Mondays, 9:30 – 11:00
February 8 – March 29

Seeing Ourselves: Why We Feel This Way about That

Social and cultural environments shape our beliefs and behaviors in ways that are not always consciously apparent to us. We think, feel and behave in ways these environments have taught us to and we seldom consider the reasons that underlie them. Our goal is to gain insight into how we shape – and are shaped by – the multiple forces and environments that surround us in 21st century America. These include social, economic, cultural and political environments. We will consider classic findings of sociology, anthropology, biology and psychology and learn about classic studies that have impacted our understanding of why we think and behave as we do. We will learn how we develop our personal sense of morality and see how race, gender, eco-

nomie status and social class affect our views of others. We will also see how these beliefs inevitably shape our views of right and wrong, justice, crime, criminals and punishment. Finally, we will discuss the concept of free will as it relates to our behavior and individual responsibility for our own actions. **Class Limit: 19.**

Instructor Joel Shapiro, Ed.D. retired as Chair and full professor of education and psychology from Green Mountain College, Poultney, VT. He won a Fulbright Scholarship to teach at the University of Presov, Slovak Republic and wrote a book for college professors on ways to successfully integrate international students into American classrooms. Additionally, he wrote numerous articles for American and European professional journals and lectured at universities and conferences throughout the United States, Europe and Asia. He has won teaching awards at several colleges. Prior to beginning his academic career, he was a school psychologist working with children having special needs. He received his Bachelor's degree from Colgate University, his Master's degree from Temple University and his doctorate from Nova Southeastern University.

7 sessions by Zoom
Tuesdays, 9:30 – 11:30
February 9 – March 23

Watercolor First Steps: Scenes of Maine

This beginner's watercolor class focuses on painting scenes of our beautiful Maine environment. The variety of subjects includes local buildings and water scenes. Some of the topics demonstrated will be mixing colors and painting techniques. Have a watercolor pad, watercolor paint set of tubes or pans, brushes, water, palette and paper towel ready for the first class.

Instructor Cynthia Dias is a watercolor artist who has taught art and historically based classes for a number of years. In addition to her artwork that features scenes of Maine and England, she creates textiles that are handwoven at her home in Newcastle. She has worked as a curator and director of various museums and illustrated a museum cookbook. **Class Limit: 8.**

4 sessions by Zoom
Tuesdays, 1:00 – 2:30
February 9 – March 2

**Coastal Senior College does not share
or sell members' names, email or
U.S. Mail addresses, or telephone numbers.**

Coastal Senior College Course Offerings for Winter 2021

The Late-Life Challenges of Shakespeare's Elder Characters

Throughout the Shakespeare canon of comedies, tragedies, and histories, memorable characters in their senior years face dilemmas, choices, compromises, and consequences for their actions or the actions of the gods. We shall explore the late-life experiences of the King in *King Lear*, Volumnia in *Coriolanus* and Prospero in *The Tempest*. (Any play text is acceptable; the Arden series of individual plays-not the full anthology-contains excellent notes and annotations for the more curious.)

*"The oldest hath borne most: we that are young
Shall never see so much, nor live so long."
(King Lear)*

Class Limit: 19.

Instructor Joseph Coté's classical actor training and stage experience have led to several theater career highlights. Insights gained through spot-lit study of some of Shakespeare's brilliantly-crafted people have prepared Joseph for roles in fourteen of the Bard's most memorable plays. The focus of the class is on the "person". What does he need? What does she want? What makes his mind and his soul tick? How aware is each of the sand speedily sifting through the hour-glass? What more does she feel she must accomplish? Joseph's keenness is contagious. His goal is always to spark curiosity about the people from the mind of the Elizabethan master. The sparking of one's "imaginary forces" has taken even the most stoically reluctant class member by surprise. This is not the rekindling of your dreaded high school class on *Julius Caesar*; dry scholarship takes a back seat to the words and the feelings of the characters as you grow to understand and appreciate each one of them as iconic elders on the Shakespearean stage.

**6 sessions by Zoom
Tuesdays, 1:30 – 3:00
February 9 – March 16**

Transcendentalism and Education Reform

The nineteenth century writers and reformers known as the Transcendentalists grappled with visionary ideas about the relation of the individual to society, nature, and self. Central to the explorations and experiments of these men and women was the role of education, which we will examine through the following topics and resources:

- Ralph Waldo Emerson and "The American Scholar"
- Henry Thoreau: Experiential and Lifelong Learning
- Educational Experiments at Brook Farm, Fruitlands,

and Other Utopian Communities

- Temple School and Plumfield: Schools of Bronson and Louisa Alcott in Fact and Fiction
- Elizabeth and Mary Peabody and the Kindergarten Movement
- Margaret Fuller and the Education of Women

Class Limit: 19.

Instructor Jayne Gordon, vice-president of the Coastal Senior College board and member of its curriculum committee, has taught courses on both Maine history and literature, and on the Concord writers. She has worked for decades as a public historian, educator, administrator, and consultant at numerous history museums and literary sites, and conducted classes, seminars and workshops on the Transcendentalists during her nearly 50 year residency in Concord, MA.

Co-instructor Kay Liss taught a class in Nature Poets and is looking forward to co-teaching this class with Jayne. Her favorite American writers come from the Transcendentalist movement and she taught a class on them at Round Top Center for the Arts. Kay studied literature at Bard College and Environmental Studies at Southampton College of Long Island University.

**6 sessions by Zoom
Wednesdays, 10 – 11:30
February 10 – March 17**

Word Play and Prayer in Donne and Herbert

These two poets are sometimes treated as similar "metaphysical poets" whose major works were both published in 1633, after their deaths. Proper British gentlemen, they sought fame and power as courtiers, only to end up as Anglican priests known for their verses. But, in fact, their poems are very different and suffer from being lumped together. Their reputations have fluctuated wildly, assessed negatively by Dryden and Johnson, positively by Coleridge and T.S. Eliot. The latter usefully noted that the difference is "not that between the violence of Donne and the gentle imagery of Herbert, but rather a difference between the dominance of intellect over sensibility and the dominance of sensibility over intellect." Together we will try freshly

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*The mission of
Coastal Senior College
is to enrich the lives of its members
through the joy of lifelong learning*

Coastal Senior College Course Offerings for Winter 2021

Word Play and Prayercontinued

to discover and appreciate the wit and values of their poems. Poems are available on the web and the initial assignment will be distributed by email before our first meeting. **Class Limit: 19.**

Instructor John Ward has been professor and chair of Kenyon College (Gambier OH) English Department and has served as Dean of Centre College (Danville KY). He earned his B.A. from Amherst College and Ph.D. from the University of Virginia, and has taught courses in 18th and 19th century British literature and the history of the British novel. He has published on 18th and 19th century British works as well as those of Vachel Lindsay and Robert Lowell. **Class Limit: 19.**

6 Sessions by Zoom
Wednesdays, 1:30 – 3:00
February 10 – March 17

Black Holes (in four easy lessons)

Black holes captivate everyone's imagination. They consist of matter crushed into unimaginable densities from whose gravitational grasp nothing, not even light, can escape. Predicted by Einstein's General Theory of Relativity, they were initially greeted with much scientific skepticism but are now firmly established aspects of our universe. We will describe what black holes are (and what they are not), how they form, where they are found, and how we have observed them. The course level will be appropriate for a general audience, and no previous scientific expertise is assumed. However, be prepared to have your (event) horizons expanded!

Instructor Ted Williams is a retired professional astronomer, professor emeritus of physics and astronomy at Rutgers University, and former director of the South African Astronomical Observatory, researchers in observational extra-galactic astronomy and development of astronomical instrumentation. **Class Limit: 19.**

4 sessions by Zoom
Thursdays, 10:00 – 11:30
February 11 – March 04

Looking Forward

What we all crave in the coldest winter months is a glimmer of the returning light. Looking forward does not mean ignoring current problems or needs, but focusing on a source of light helps us avoid being overwhelmed by the cold and the dark of our world. Both Virginia Woolf's *To the Lighthouse* and E.M. Forster's

A Room with a View offer the promise of light even as they explore the darker aspects of the society around them. Curl up with a cup or a glass and two beautifully written novels. For our first meeting read the first four chapters of *A Room with a View*. **Class Limit: 19.**

Instructor Maryanne Ward is retired after a 40-year career in small college education. She chaired Kenyon College (Gambier OH) Humanities program and served as academic dean until moving to Centre College (Danville KY) as professor of English and chair of the Humanities program. Her area of special interest and scholarship is 19th century British literature. Among other topics, her publications have examined the relationship between literature, landscape, and painting.

6 Sessions by Zoom
Thursdays, 10:00 – 11:30
February 11 – March 18

Documentaries in a Time of Pandemic

Media discourse in the United States tends to portray matters such as austerity, war, and environmental degradation as being unpleasant, albeit familiar, aspects of modern life. Similarly, our health care system ignores widespread suffering – even though the consequences of such a policy were depicted as early as 1842, by Edgar Allan Poe's *The Masque of the Red Death* (<https://www.poemuseum.org/the-masque-of-the-red-death>). By January 1, 2021, it is predicted that COVID-19 will have caused 2,342,648 deaths worldwide, with another 9.8 million people being infected daily (Institute for Health Metrics University of Washington: <https://covid19.healthdata.org/global?view=total-deaths&tab=trend>).

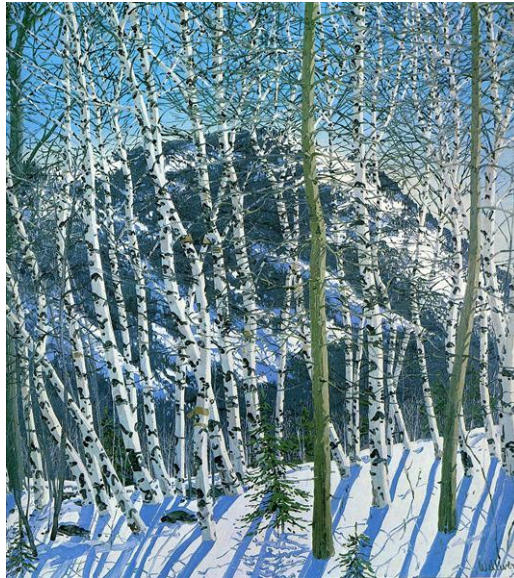
This course examines recent documentaries, most from abroad, whose premises and perspectives examine a world which has grim and worsening inequities. The pandemic shows the consequences of tolerating this state of affairs. The syllabus will list the links to the documentaries, which should be streamed online (some for a fee of \$3 or \$4), along with a schedule of when each documentary should be viewed. Also, each week a list of recommended readings will be sent to each student. Class will consist of discussion. **Class Limit: 19.**

Instructor William S. Solomon researches and writes about mass media, with emphases on news, media history, and cinema. He was on the faculty at Rutgers University.

6 sessions by Zoom
Fridays, 8 AM – 10 AM
February 12 – March 19

CSC MEMBERS VIRTUAL BROWN BAG LUNCH SERIES
Winter 2021
A MAINE SAMPLER

4 Fridays 12:00 - 1 pm on Zoom
Registration opens online January 4



Neil Welliver – Birches

FEB 19: John Ward, Coastal Senior College Faculty
"Robert Lowell in Maine"

MAR 5: Jayne Gordon, Coastal Senior College Faculty
"Edna St. Vincent Millay"

MAR 19: Gary Lawless
"Poems from Chimney Farm"
the Nobleboro home of Coatsworth, Barnes & Beston

MAR. 26: Winslow Myers, Coastal Senior College Faculty
"Neil Welliver – Painting the Maine Landscape"

This series is offered free on Zoom to Coastal Senior College members who may also invite one guest. You can choose to attend as few or as many of the presentations as you wish, but you must register yourself and your guest using the new CSC online registration system at coastalseniorcollege.org.

Coastal Senior College

Mail-in Registration Form

Winter 2021 Courses

Note: This form cannot be used to register for the Brown Bag Lunch Series. Online registration only for BBL Series at coastalseniorcollege.org

Welcome! Before you register for classes, you must be a 2021-2022 Coastal Senior College member. If you are not, then please add the \$25 annual membership dues to the check that accompanies this mail-in form. PLEASE NOTE: Mail-in registration is payable by check ONLY. If you wish to pay by credit card, please go to the CSC website and follow the instructions to register online. Thank you!

Registration opens **Monday, January 4, 2021**. PLEASE NOTE: Courses tend to fill quickly. We encourage you to use our new online registration system, which will register you immediately for open seats in the classes you choose. Mail-in registrations will not be opened prior to January 4. Unavoidably, mail-in registration will be a slower process.

Mail the completed class registration form with check to: Coastal Senior College
P. O. Box 385
Newcastle, Maine 04543

NAME _____

MAILING ADDRESS _____

CITY/TOWN _____ ZIP _____

EMAIL _____ PHONE _____

Check all that apply:

____ One Year Rolling Membership (begins upon enrollment) \$25.00

____ Course Title: _____ \$35.00

____ Course Title: _____ \$35.00

____ Course Title: _____ \$35.00

TOTAL PAYMENT \$ _____

Thank you for joining our Winter Term. We'll see you in class!