



Coastal  
Senior  
College

*Enriching lives through the joy of lifelong learning*

**CSC Officers: 2020-2021**  
**President: Maryanne Ward**  
**Vice President: Jayne Gordon**  
**Treasurer: Robert Stephan**  
**Secretary: Ted Williams**



*Merry Christmas from Rockland, Maine*

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Postcard shows horse-drawn school buses on South Main Street in front of Sincock School, Caribou, in about 1928.

The buses were equipped with woodstoves that kept students warm during winter trips to and from school. Woodstoves were placed on gravel to prevent fires.

Students sat on benches that lined the bus walls. Driver's windows can be seen in front of the buses.

COASTAL SENIOR COLLEGE  
MISSION STATEMENT

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

VISION STATEMENT

CSC is a welcoming community of enthusiastic learners in Knox and Lincoln Counties involved in a wide range of intellectual, creative, social and physical activities that offer opportunities to learn and connect with others. Our faculty consists of excellent instructors from different walks of life. Creative approaches and multiple technologies enhance our learning experiences making them available to more people.



Faculty Corner



**To strengthen our communities, learn to listen differently**

Listening in order to understand the other person's perspective is more fruitful than listening in order to refute it.

Please consider...

*Andrew Fenniman*

Imagine you have just said something to me that you feel deeply passionate about and that is quite important to you. As I have been trained, or as many cultural surroundings teach us, I listen intently for what I find lacking in your reasoning.

Are your data insufficient? Is there a chink in your argument that I can pinpoint? I listen for your logic, so that I may fire back with an even stronger point-of-view that contradicts it.

My first response to you is, "Well, I disagree." How do you feel? Defensive? Angry? Notice what happens to you physically. Feel the tension in your body? Sense your eyes narrowing and your heartbeat increasing? Sadly, what we know is that by my stating immediately my disagreement with you, I have driven you into a corner. I have made you hold on to your position even more tightly.

To be clear, I am not saying one must always agree with everyone. Rather, before we express disagreement, we need to acknowledge the other person's point of view. Acknowledgement does not imply agreement. It implies that I am curious about you. It implies that I understand that your life experience is different than mine. It implies that I care enough about you as a friend, neighbor, colleague and more to try and see and understand how you think about the world and to let you know that you have a right to your opinion.

My acknowledging your perspective demonstrates that I am listening differently. I am listening first and foremost to understand what is important to YOU. My focus is on you, not on myself. I am curious about you. I am listening to build the relationship. I am listening to learn, not to refute. I am listening for understanding.

As I many times said to clients, somewhat tongue-in-cheek, we must remember that people are not intentionally unintelligent. They say things we may find outlandish but are meaningful to them. Only in acknowledging that we understand their perspective might they then open up to consider an alternative idea. Until they feel heard, they will remain in the corner we have painted them into. Perhaps we ourselves will also change the way we are thinking if we listen, and are listened to, in such a different way.

As we begin to listen together with curiosity, with an intention to strengthen relationships across our community and with a desire to build a more successful future together, I myself first need to acknowledge that I cannot change you. I can only change my behavior in how I interact with you – and that in turn might change the way you interact with me.

Secondly, what I know about changing behavior is that I can change the way I think, and that will change the way I act. Or I can change the way I act, and that will change the way I think.

The latter - the action - is an easier place to start. I can change the way I listen.

I can start by being quiet and focusing on you without interruption, give you my full attention by facing you directly and avoiding distractions (e.g. cellphones). Then, instead of my usual making a statement to challenge what you have just said, I can ask you a question to clarify further, a question to deepen my understanding, a question to explore your perspective in a nonjudgmental way. I can restate what I believe you are saying, so that you can confirm back to me that I have your point of view correct and that I have then acknowledged what you actually think. I have been listening to learn, not refute. I have been listening to build up, not tear down. I have been listening for understanding.

And perhaps you will offer me the same courtesy?

*Andrew Fenniman founded Actionable Insights, a global consultancy focused on accomplishing results while developing leadership capability at the senior level.*

*This piece appeared in the Portland Press Herald on November 29<sup>th</sup>. Andrew teaches for Coastal Senior College and recently did a class on "Strengthening Relationships by Becoming Your Most Effective Self."*

Dr. Andrew Fenniman  
Actionable Insights LLC  
Chamberlain



## Members Corner

*This issue features pieces by numerous CSC members. In Caroline Janover's writing class some of her students try to make sense of Covid19.*

*Caroline Janover writes:*

*"As a way of introducing ourselves, during the first class of the semester, I always ask the class a question that helps us get to know one another. This year I asked each member of my writing class if they'd found a silver lining to the Covid-19 Pandemic. At the end of class we had some extra time so we began to write six word memoirs of our pandemic experience. Below you'll find a sampling of what some of my students wrote."*

Let's bump elbows, I love you.

So sorry dear, kissing not permitted.

We are all in this together.

Flights of fancy are far away.

**Jerry Lieberman**

Can't see smile, look at eyes.  
No singing together-must moan alone.  
If no cure, kindness will help.  
It's over, yes no, yes no.

**Alan Lowe**

Two hearts didn't destroy one love.  
Who knew the vodka mattered lots.  
The ocean helped stop the tears.

**Birdie Schneider**

Wanderlust thwarted, now traveling via Netflix.  
Work life, home life, totally blurred.  
Zooming all morning, going nowhere fast.  
Pandemic blues? chocolate and dogs help.  
Bumping elbows, smiling eyes, still loving.

**Caroline Janover**

*How has Covid 19 affected your life? If you would like to share how it has touched you in 6 words or more, please send your writing to Cecile at [cscenewsletter@gmail.com](mailto:cscenewsletter@gmail.com) . Let me know if you wish to include your name on the piece or to be anonymous.*

*Katharina Keoughan presents us with another vibrant essay on the annoying presence of noisy devices in our lives.*



### Things that go BEEP

"Beep." What was that? "Beep." Did I hear something? Oh, I think I heard something. "Beep." Positive I heard something. Must be the refrigerator door. Well, the door does not beep, the sensor beeps telling me the door is open. The door, as if it has a voice, gets all the credit for beeping. I raise myself from my comfortable spot on the couch and walk to the frig. No, the door is closed. "Beep." Ahhh, I look over to the microwave. No, it was not telling me to take out my food. Does one need to know that something is done that only takes a minute? Are we all so impatient? "Beep," I step further into the kitchen. No, the oven is not on. "Beep." The coffee maker? I would have smelled the wonderful aroma, no need for a beep. Or is it the dishwasher signaling that the cycle is done. I tilt my head, listening for the source. "Beep." Could it be coming from the basement? Had I done laundry? The dryer? The washer? "Beep." I strain to listen. It is faint, could it be the answering machine in the hall? Oh, but that makes a different sound. "Beep," Make it stop!

When did all these beeps come into our lives? These sounds to alarm, to call us to action, to set our nerves on edge. I am old enough to remember only three audible alerts in my childhood. The morning alarm clock, which had a hammer that hit first one bell and then swung to the other side and hit another bell. It was the only thing which would stir me from the sleep of angels. There was the sound of the kitchen timer, a gentle buzzing, which marked the delivery of something delicious from the oven. And

there was the ringing of the phone, less frequent than now; anticipated with pleasure, not annoyance.

“Beep.” Where is that coming from?

Some alarm sounds are meant to save our lives. The smoke alarm might hold my admiration, except it goes off when I bake roasts, or fry hamburger, or burn the toast. First it strikes terror through me and then disgust as I rush to open all the doors and turn on the fan.

I wander through every room listening for the origin of the faint beeps. Could it be my toothbrush nagging me to change the battery? It is definitely not the treadmill, which despite my best intentions, sees little action.

“Beep.” Could it be my phone, an email, a text, both screaming for my immediate reaction? These are beeps I carry with me everywhere I go. How foolish of me. Am I to have no peace?

If I were in my car the possibilities would be endless. Beeps for low fuel, unbuckled seat belts, veering out of my lane, backing up, or sidling up too close to another driver.

None of these beeps holds the amusement of the Road Runner cartoon character. Beeping as he gets the better of Wile E. Coyote.

Beep.” Make it stop!

I raise my eyes to the window and see the garbage truck backing up. “Beep, Beep.” Thursday, garbage day! I had forgotten. I rush to take out my trash. Perhaps I should set a reminder in my phone calendar. I could set it to Beep.

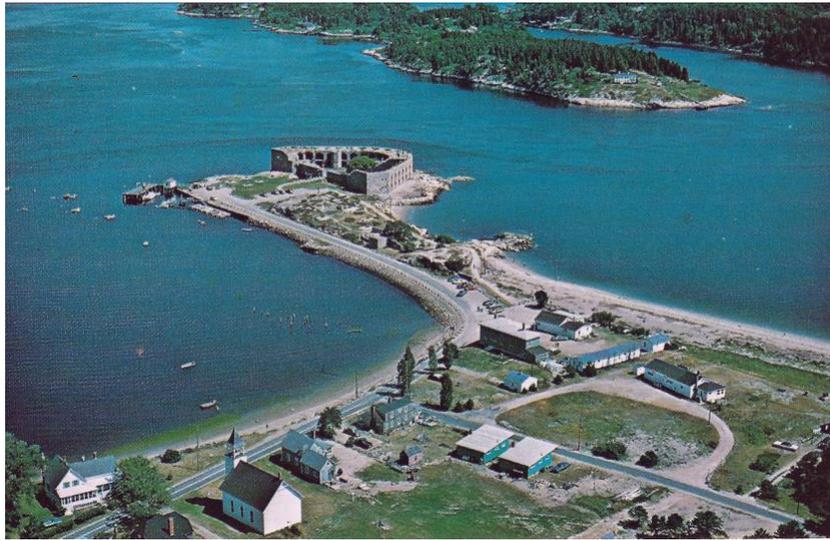
Katharina Keoughan, April 2020

*Katharina has contributed numerous pieces to the eNewsletter.*

## Postcards From Gus

If you haven't already seen the latest entry in the blog series [Postcards from Gus--Sandbox Atlas](#), do take a look at [#04](#). The blog written by Cathy Jewitt, a member of CSC's Marketing and Publicity Committee, and Ben Meader, a cartographer and GIS analyst in South Bristol, is a modern travelogue through Maine's past which features postcards, photos and maps, many by Augustus "Gus" Phillips, along with contemporary photos by John Meader.

In entry [#04, Capturing the Fort](#): The authors trace Gus's footsteps in Popham, Maine, with postcards and descriptions of Fort Popham, the hotels nearby and their talks to a local Phippsburg Historian Thomas C. "Tommy" Totman.



*Gus's postcard of Fort Popham, #264. Courtesy of [Penobscot Marine Museum](#)*



*Passengers on the Popham Beach Steamboat Co.'s Eldorado in 1900. Photo courtesy of Penobscot Marine Museum, the [James Perkins Collection](#).*



### News of CSC's Faculty and Members

Marie Sabin, CSC Faculty member and scholar, died at her home in Bristol, Maine on October 18, 2020. During the Fall 2018 term, Marie Sabin taught, "Evolving Humanity and Biblical Wisdom," for the Coastal Senior College. An online memorial for her took place on Saturday, Nov. 14. To read a more thorough obituary click on [Strong-Hancock Funeral Home Marie-Sabin](#)

**Do you enjoy teaching adults who love to learn?**

Do you have an interest in topics that you'd like to share with your friends and neighbors? If so, we invite you to become a member of the Coastal Senior College faculty and our learning community of over 400 members. Our mission is to enrich the lives of seniors through the joy of lifelong learning. CSC is one of 17 members in the Maine Senior College Network ([maineseniorcollege.org](http://maineseniorcollege.org)).

Our 30 plus volunteer faculty include academics, professionals and knowledgeable instructors who graciously teach classes in the liberal arts and sciences, healthy living and outdoor and hands-on learning to those 50 and older in Lincoln and Knox counties. We invite you to discuss teaching opportunities by contacting the curriculum committee co-chair, John Ward [jcw039@hotmail.com](mailto:jcw039@hotmail.com)



*Photo by Anina Huber on Unsplash*

Any questions or comments, please send an email to Cecile at [cscnewsletter@gmail.com](mailto:cscnewsletter@gmail.com)