

SPRING 2018



LIFELONG LEARNING OPPORTUNITIES



www.goldleafinstitute.org

778-7063

The Gold LEAF Institute Senior College
invites you to its

Spring Term Kick-off

Date: Wednesday, February 21

Program: 3 to 4 p.m.

Course Registrations: 4 to 5 p.m.

Place: North Dining Hall

UMF Student Center

111 South Street Farmington

Bring this Program Booklet with you!

Come join us to meet the Presenters and socialize
with GLI Officers and your fellow members.
Light refreshments will be served.

Invite a prospective member to come with you!

Anyone age 50 and older
interested in learning about Gold LEAF
is welcome to attend.



Table of Contents

Kick-off Event Information	2
Registration Information	4
1. Adulthood and Aging Part I	5
2. Let's Sing Together!	6
3. Views on the News	7
4. What's the Buzz about Bees?	8
5. Understanding Inventions	9
6. Trip to Bowdoin College Museums	10
7. Simple Paper Marbling	11
8. Book Discussion Group	12
9. Woodcarving for Beginners	13
10. Spring Walkabouts	14
11. Make and Take Gifts with Essential Oils	15
12. Adulthood and Aging Part II	16
Registration Pull Out	
13. Writing Your Family History	21
14. Vietnam War Through Films of Dissent	22
15. Disc Golf	23
16. Our Town: Bowdoinham, Maine	24
17. <i>Head of Falls, the novel and the real place</i>	25
18. Prison 101	26
19. Medical Marijuana	27
20. History in Bonney and Flint Woods	28
21. Endings Matter: Advanced Care Planning	29
22. Thru-hiking the Pacific Crest Trail	30
Mission Statement and Registration Information	31
Cancellation Policy, Carpools, Parking Tags and Photo Policy	32
Office Hours, Membership and Fees	33
Benefits and Class Locations	34
Board, Committee Chairs and Contact Info	35

Register Early!

Sending in the enclosed registration form with payment immediately will increase your chances of having a reserved spot on the class roster.

There is no need to wait until the Kick-Off event, although registration is possible there as well, from 4 to 5 p.m. at the registration tables.

Using this Booklet:

GLI offers a program booklet of course listings during the Fall/Winter, Summer, and Spring terms. Course registration opens as soon as each term's booklet is printed and mailed.

Wait List

If you are placed on a wait list, you should not attend the class listed in the booklet unless you receive verification from the office that you are enrolled in that class or event. If a space becomes available, you will be added to the class roster and will receive a reminder email or phone call.

If no space becomes available, a credit will be issued to you. If you think you signed up but get no notice, call or email the office.

In a few cases where class capacity is limited, a second session may be procured. The Curriculum Committee will do all it can to offer enough space in the classes you wish to attend.

Spring Term 2018

1. Adulthood and Aging: Part I - Wisdom and Lifelong Learning

Adulthood and Aging is a UMF course that provides a survey of psychological theory and research pertaining to adult development and aging. This year Professor Quackenbush is opening up the course to Gold LEAF members to participate in discussions with honors program students on two topics. This part will discuss Wisdom and Lifelong Learning. Participants will be provided with articles on the topic to be discussed in the class.

Presenter: Steven Quackenbush
Dates: Thursdays, February 22, March 1 and 8
Time: 6:00 to 8:00 p.m.
Location: TBD
Limits: Minimum 2 / Maximum 6
Fee: Free

Biography: Originally from the San Francisco Bay area, Dr. Steven Quackenbush completed his Ph.D. in social-personality psychology at Kansas State University in 1996. He has been a UMF faculty member for 15 years and teaches a broad range of psychology courses. Dr. Quackenbush's recent publications have explored the problem of theoretical unification in the field of psychology as well as "existential" perspectives on psychological well-being.

2. Let's Sing Together!

Join us for an informal weekly session where we sing (sometimes even in tune!) a variety of songs from traditional folk to old standards. No experience is required, just an interest in having some fun singing together. Playing along with a ukulele or guitar would also be welcomed. We meet weekly in the basement of the Farmington Rec Center on Middle Street and once a month we conduct a sing-along with the residents of Pinewood Terrace. For more information contact Ray Glass (rglass@maine.edu) or Eileen Liddy (epliddy@yahoo.com).

Presenters: Ray Glass and Eileen Liddy

Dates: Every Monday starting February 26,
starting Snow Date March 5

Time: 12:45 – 2:00 p.m.

Location: Farmington Recreation Center

Limits: Minimum None / Maximum None

Fee: Free

Biography: A former Professor of Special Education at UMF for 34 years, Ray says he has no special training in music or singing. Like Eileen Liddy, who started this weekly singing group, he has an interest in singing with others in an informal, accepting manner, where all voices are welcome.



3. Views on the News

This is a discussion group held on the first and third Fridays of each month covering local, national, and world news. The discussion provides an opportunity to share your observations and opinions on the news and to learn from the other participants. Articles of interest are distributed among the group by email in the week prior to each meeting, and topics to discuss are selected by the group at the beginning of each meeting.

Facilitator: Paul Mullin

Dates: Fridays, March 2 and 16, April 6 and 20,
May 4 and 18, June 1 and 15.

Time: 10:00 – 11:30 a.m.

Location: Mantor Library, 2nd Floor Meeting Room

Limits: Minimum 8 / Maximum 18

Fee: Free

Other: If weather is inclement, make your own choice about travel. There will not be a message on the office phone regarding this series.



4. What's the Buzz About Bees?

What types of bees are found in Maine? Why are some bee species in decline? What can we do to protect the bee populations in Maine? What plants encourage bees into our landscapes? This course will focus on understanding basic bee biology, nesting requirements, and foraging behavior to answer these and many other common questions about bees.

Presenter: Jennifer Lund
Date: Tuesday, March 6
Time: 12:00 – 2:00 p.m.
Location: Roberts Learning Center, Rm 003
Limits: Minimum 5 / Maximum None
Fee: \$6.00

Biography: Jennifer Lund is the State Apiculturist with the Maine Department of Agriculture, Conservation, and Forestry. She has a Master's degree in Entomology from the University of Maine and 20 years of entomological experience. Jennifer is passionate about bee health and helping beekeepers succeed.



5. Understanding Inventions that Changed the World: Part 2

This class is a continuation of the Great Course which was begun in the winter session. This second term covers the more recent inventions that impacted our world and culture. This study begins with the invention of the camera, telephone, phonographs, electric light and continues to motion pictures, surgery, personal computing and genetic engineering. The scope of this Great Course is broad. Three major topics are covered per class session.

Facilitator: Susan Wahlstrom

Dates: Tuesdays, March 13, 20 and 27, April 3, 10 and 17 and Snow Date of April 24

Time: 2:00 – 4:00 p.m.

Location: TBD

Limits: Minimum None / Maximum 50

Fee: Free - *see Other*

Other: If you registered and attended the first term, you only need note your re-registration, no donation is necessary. New students are welcome and the copyright donation of \$10 is kindly requested at the first class.

Biography: Susan is an active member of Gold LEAF and has presented on several different topics. She is enthusiastic about this organization that promotes fun, friendship and learning/experiencing something new.

6. Trip to Bowdoin College Museums

We will begin with a drive to Bowdoin College in Brunswick where we will tour the Bowdoin College Museum of Art with a docent. Exhibits will include contemporary art, Egyptian antiquities, art from the Northern Plains, as well as the museum's permanent exhibits. After the tour, we will go to the Bowdoin cafeteria for lunch. Then we will go across campus to the Peary-MacMillan Arctic Museum. The Arctic Museum will provide a docent. The focus is on human culture and natural environments in the arctic and subarctic. It is anticipated that we will leave the campus around 2 p.m. for the trip home.

Facilitator: Joe Terranova

Date: Wednesday, March 14

Time: 9:15 a.m. – 4:00 p.m.

Location: Meet at UMF Facilities parking lot near the Farmington Town Office

Limits: Minimum 10/ Maximum 20

Fee: \$6.00

Other: Each person is responsible for paying for their own meal; credit cards are accepted.

Biography: Joe has organized many of the most popular excursions for Gold LEAF.



7. Simple Paper Marbling

Marbling paper is an ancient art, resulting in intricately decorative papers traditionally used in book design. In this workshop, we'll be creating simple "marbled" paper using a non-toxic process with basic household items and art supplies. These papers can be used to make books, envelopes, notecards, or stationary -- they can even be incorporated into collage or other types of art. It's creative, messy and fun!

Presenter: Laurie MacWhinnie
Date: Thursday, March 15
Time: 10:00 a.m. – 12:00 p.m.
Location: Education Center, Room 110
Limits: Minimum 5 / Maximum 10
Fee: \$6.00 - *see Other*

Other: There will be a fee of \$3 for materials, payable to the instructor at the time of the class.

Biography: Laurie MacWhinnie is the Head of Reference Services at Mantor Library. She has taken book arts workshops at USM for several years and enjoys drawing, art journaling, and creating many different types of books.



8. GLI Book Discussion Group

The Book Discussion Group continues a long Gold LEAF tradition and will meet four times during the Spring Term to discuss works of fiction and non-fiction. Our sessions are open and casual, but also stimulating and informative -- we learn from each other. Book titles will be determined by the group.

Facilitator: Mary Viruleg

Dates: Tuesdays, March 20, April 24, May 29 and June 19

Time: 10:00 to 11:30 a.m.

Location: Farmington Municipal Building
March 20 -- upstairs conference room
April 24, May 29 and June 19 -- downstairs conference room

Limits: Minimum 6 / Maximum 14

Fee: \$12.00

Biography: Mary Viruleg is a retired educator and an avid reader. Although her name is listed as discussion facilitator, this group usually facilitates itself.



9. Woodcarving for Beginners

This introductory course will provide participants with information and opportunities to practice basic carving techniques and safety practices all designed to help you carve an 8 to 9-inch rustic Santa Claus.

You will be provided with a safety glove, a good quality carving knife, a basswood blank for your carving, and written instructions for its completion.

Presenter: Art Chamberlin
Dates: Wednesdays, March 21 and 28,
April 4 and 11
Time: 9:00 – 11:00 a.m.
Location: Farmington Municipal Building
downstairs conference room
Limits: Minimum 4 / Maximum 8
Fee: \$12.00 - *see Other*

Other: There will be a materials fee of \$35 for the carving knife and basswood blank payable to the instructor.

Biography: Art is an experienced carver who has taught high school, community group organizations and adult education classes. He specializes in carvings with a Christmas theme.



10. Spring Walkabouts

Spring walkabouts will provide opportunities for exploring the many established hiking areas within an hour drive of Farmington, some of which we have enjoyed in other seasons. Trips will focus on hiking and the final trip is expected to be at Mount Blue State Park with a supper get together to follow at the Kawanhee Inn.

Information about each upcoming trip will be communicated by email. No alternate dates are planned for canceled trips.

Facilitator: Ray Stillman

Dates: Wednesdays, April 25, May 9 and 23,
June 6 and 20

Time: 12:30 – 4:30 p.m.

Location: Meet at UMF Facilities parking lot near the
Farmington Town Office or meet at
trailhead

Limits: Minimum 5 / Maximum 20

Fee: \$12.00

Biography: Ray has conducted many popular outdoor activities with Gold LEAF.



11. Make and Take Gifts with Essential Oils

In a casual atmosphere that will be fun and informative, you will learn about essential oils, how they are made (don't worry, we will not get too science-y!) and all the ways they can be used, from making our houses smell good, to replacing beauty products, to supporting our physical and emotional health. You will get to make a couple of goodies and get recipes to make more. We will be making bath salts (not THOSE kind) that double as shower bombs and room spray, plus some all-natural cleaner for around the house and easy-peasy but good recipes.

Presenter: Joanna Wilhelm
Date: Thursday, March 29
Time: 9:30 to 11:30 a.m.
Location: Education Center, Room 112
Limits: Minimum 8 / Maximum 12
Fee: \$6.00

Biography: Joanna Wilhelm has expertise in essential oils and has recently given classes for the Mount Blue Adult Education program.



12. Adulthood and Aging: Part 2 - *Can't We Talk About Something More Pleasant?*

This UMF course provides a survey of psychological theory and research pertaining to adult development and aging. Professor Quackenbush opens up the course to Gold LEAF members to participate in discussions with honors program students. Part II discusses the book: *Can't We Talk About Something More Pleasant?*, a graphic memoir of American cartoonist and author Rosalind Wiseman. The book is about Chast's interactions with her parents in their final years. It won the 2014 National Book Critics Circle Award in the Autobiography/Memoir section and was selected as one of *The New York Times Book Review's* 10 Best Books of 2014.

Presenter: Steven Quackenbush
Dates: Thursdays, March 29, April 5 and 12
Time: 6:00 to 8:00 p.m.
Location: TBD
Limits: Minimum 2 / Maximum 6
Fee: Free

Biography: Originally from the San Francisco Bay Area, Dr. Steven Quackenbush completed his Ph.D. in social-personality psychology at Kansas State University in 1996. He has been a UMF faculty member for 15 years and teaches a broad range of psychology courses, including *General Psychology*, *Adulthood & Aging*, and *Cognitive Psychology*.

(registration pull-out)

Course Registration – Current Member – Spring 2018

Member's Name _____ Date _____

Mailing Address _____

State Street Town
Zip

Telephone # _____ E-Mail
Address _____

Mail this form to: Gold LEAF Institute-UMF, 186 High St., Farmington, ME 04938. Phone: 778-7063

Part 1. Selections: X Select desired course (s) and enter fee amount in the far right-hand column.

X	Course Number/Title	Approved
	1. Adulthood and Aging: Part I	
	2. Let's Sing Together!	
	3. Views on the News	
	4. What's the Buzz about Bees?	
	5. Understanding Inventions	
	6. Trip to Bowdoin College Museums	
	7. Simple Paper Marbling	
	8. Book Discussion Group	
	9. Woodcarving for Beginners	
	10. Spring Walkabouts	
	11. Make and Take Gifts with Essential Oils	

12.	Adulthood and Aging: Part II	
13.	Writing Your Family History	
14.	Vietnam War Through Films of Dissent	
15.	Disc Golf	
16.	Our Town: Bowdoinham, Maine	
17.	<i>Head of Falls, the novel and the real place</i>	
18.	Prison 101	
19.	Medical Marijuana	
20.	History in Bonney and Flint Woods	
21.	Endings Matter: Advanced Care Planning	
22.	Thru-hiking the Pacific Crest Trail	

Part 2. Membership Dues. *Thank you for your Support!*

Annual Membership Dues **PAID** Through **June 30, 2018:**

Part 3. TOTAL Amount Due - Make check payable to Gold LEAF Institute - U

Office Use Only

Payment Method: Check # _____ Check Dated _____ Cash
Payment _____

Received by _____ Date _____ Information

Recorded _____

Membership Card Sent: __Yes __N/A Guest pass sent: __Yes __N/A E-mail

Checked _____

Original: Office _____ Copy: Member _____ Copy: Membership

13. Writing Your Family History

To write your family history you have only to begin. Biography, autobiography, history – it's all encompassed in telling the story of the people you grew up with and who helped shape your life. Whether you do this for yourself, for your family, or for publication, you'll find a wealth of material among those you care for and in your memory. We'll talk about how to proceed. Participants will be asked to write – and to share – brief accounts of some small piece of their family's story.

Presenter: Dick Matthews
Dates: Wednesdays, April 18, May 2, 16 and 30
Time: 10:00 a.m. – 12:00 p.m.
Location: Merrill Hall, Room 220
Limits: Minimum 6 / Maximum 12
Fee: \$12.00

Biography: Dick has worked as a freelance feature writer, magazine editor, and as owner and publisher of a weekly newspaper. He has published two books, one a memoir of his and his wife's five-year tenure as B&B owners. Dick has taught several classes for Gold LEAF.

I wish I had realized that
family history is a
PERISHABLE COMMODITY.
It disappears with time,
as memories fade, and
as loved ones pass on.
I wish I had known that the
most important aspect
of family history is
preserving a record
**OF THE PRESENT
FOR THE FUTURE.**

- Guy Black

thegenealogygirlwordpress.com

14. The Vietnam War Through Films of Dissent

The American War in Vietnam has been captured in a number of documentaries, the last being the Burns/Novick extravaganza. Films included are from the perspective of the soldiers and from the perspective of the anti-war activists. We will discuss five of these documentaries.

Presenter: Doug Rawlings
Dates: Thursdays, April 26, May 3, 10, 17, 24
Time: 10:00 a.m. – 12:00 p.m.
Location: April 26, 10, 17, 24 -- North Dining Hall B
May 3 – CR123
Limits: Minimum 10 / Maximum 20
Fee: \$14.00

Other: Doug recommends reading the collection *Letters to the Wall* – a compilation of 150 letters that have been delivered to The Vietnam Veterans Memorial in D.C. on Memorial Day. Books will be available at Devaney Doak & Garrett Booksellers or on-line but are not required for discussions.

Biography: Doug Rawlings was a Vietnam Veteran in the 7/15th Artillery from July 1969 until August 1970. He is a founding member of the Veterans for Peace. Doug has now taught at the University of Maine at Farmington for 27 years and teaches a course in “Peace Studies”.

15. Disc Golf

This is for beginner disc golfers who would like to play a round or two at four of our nearby courses. Like regular golf, and many other outdoor pursuits, it can be both fun and frustrating and always good fun in fellowship with others. If you would like to give it a try, please join us.

Facilitator: Ray Stillman

Dates: Tuesdays, May 1 and 15, June 5 and 12

Time: 12:30 – 4:30 p.m.

Location: Various Disc Golf Courses TBA

Limits: Minimum 4/ Maximum 12

Fee: \$12.00

Biography: Ray has conducted several outdoor activities with Gold LEAF and is a novice at disc golf.



16. Our Town: Bowdoinham, Maine

Our Town series continues with a visit to Bowdoinham. You will be treated to a brief history of the town and its relationship to Merrymeeting Bay and to the waters of four rivers: Cathance, Abagadasset, Muddy, and Kennebec. Topics range from the past to the present, from shipbuilding and ice harvesting to the work of artisans and agriculturists. Local stops will include: The Jellerson School, a one-room schoolhouse and home of the Merrymeeting Bay Museum, and the the Bowdoinham Historical Society Meeting House Museum.

Presenter: Elizabeth Steen

Date: Thursday, June 21

Time: 8:45 a.m. – 5:00 p.m.

Location: Meet at UMF Facilities parking lot near the Farmington Town Office.

Limits: Minimum 5 / Maximum 25

Fee: \$6.00

Other: Bring a brown bag lunch, water and sun protection if needed.

Biography: Elizabeth (Betsy) Steen lives in Bowdoinham and is active in the Bowdoinham Historical Society as well as other endeavors in the town.

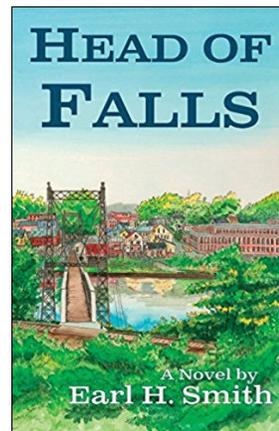


17. *Head of Falls*, the Novel and the Real Place in Waterville

We will read and discuss Earl Smith's 2016 novel, *Head of Falls*, which takes place in the Head of Falls tenement/industrial district of Waterville during the 1950s. This novel deals with the struggles of teen-aged children of immigrants and provides insights into a changing economy and ethnic relations in what was once Maine's most diverse city. Our last class will be a field trip to Waterville to see many sites mentioned in the book.

Presenter: Eric Hooglund
Dates: Mondays, May 7, 14 and 21
Time: 10:00 - 11:30 a.m. on May 7 and 14;
10:00 a.m. - 3:00 p.m. on May 21
Location: North Dining Hall C
Limits: Minimum 5 / Maximum 15
Fee: \$10.00

Biography: Eric Hooglund grew up in Waterville during the very years that the fictional narrative takes place. He became a scholar of the Middle East and has taught at US and international universities, including both Bates and Bowdoin.



18. Prison 101

The United States leads the world in incarceration rates. We imprison fellow citizens at higher rates than countries we consider to be politically oppressive such as China, Cuba, Russia, or Iran. We do so at great cost to children, families, communities, and to the future of our country. The burden of the US policy of mass incarceration falls disproportionately on communities of color. How did we get here and what can we do to reverse this trend?

Presenter: Jan Collins
Date: Tuesday, May 8
Time: 6:30 – 8:00 p.m.
Location: CR 123, Olson Student Center
Limits: Minimum None / Maximum None
Fee: \$6.00

Biography: Jan Collins currently serves as assistant coordinator of Maine Prisoner Advocacy Coalition. MPAC is comprised of Maine prisoners, their friends and families, victims of crime, and others committed to ethical, positive, and humane changes in Maine's prison system.



19. Medical Marijuana

The first class will be Cannabis as Alternative Therapy. The rationale for the therapeutic use of cannabis to treat and alleviate many symptoms and conditions will be presented using a summary of findings published in scientific studies and journals. Dosing recommendations, routes and methods of administration will be reviewed. The second class will be Growing Cannabis -- Outdoor Gardening. Outdoor cannabis gardening requires a different approach than indoor gardening and it also comes with a host of legal issues. Simple greenhouse design as well as best practices for outdoor organic gardening will be discussed along with plant care, pest management and soil recipes.

Presenter: Erica Haywood
Dates: Tuesdays, May 8 and 22
Time: 10:00 – 11:30 a.m.
Location: North Dining Hall C
Limits: Minimum 8 / Maximum 15
Fee: \$8.00

Biography: Erica Haywood is owner of Love Grown Connections, a caregiver and cannabis processing service with an office in downtown Farmington.



20. History Can be Found in Bonney & Flint Woods

Participants will be provided with a guided tour of Bonney Woods and Flint Woods. During the three-hour walk (approximately 3 miles) in the woods, the participants are introduced to the history of Bonney Woods and Flint Woods. The history includes the early homes of the Bonney and Titcomb families, the mid 1800's Belcher cemetery, the Bonney Aqueduct Company, early history of the Farmington Water Department, and natural history found the woods. The walk will start at the Meeting House Park, then to Bonney Woods, over to Flint Woods, Village Woods and end at the North Church.

Presenter: Jane Woodman
Date: Thursday, May 17
Time: 1:00 – 4:00 p.m.
Location: Meet at Meeting House Park in Farmington
Limits: Minimum 2 / Maximum 10
Fee: \$6.00

Biography: Jane Woodman is often found in the woods around her home but is interested in the History of Farmington's public lands. The tour will include her stories of the Meeting House Park, Bonney and Flint Woods.



21. Endings Matter: Advanced Care Planning

It's been said that nothing is certain in life but death and taxes. While most try to reduce our tax burden, we tend to have less success at defining our healthcare wishes for the final years. This course shows you how to ensure the highest quality of life and how to navigate complex medical decisions as life's end nears.

Presenter: Katherine Amsden, LCSW
Date: Tuesday, May 29
Time: 1:00 – 3:00 p.m.
Location: North Dining Hall C
Limits: Minimum 8 / Maximum 30
Fee: \$6.00

Biography: Katherine Amsden, LCSW, is an Advanced Certified Hospice and Palliative Care Social Worker. She began her work at Androscoggin Home Care & Hospice in 2012 as a Palliative Care Social Worker providing services in both the hospital and home setting. Kathy is now the Coordinator of the Palliative Care Program and on a mission to expand the reach of palliative care services in the communities we serve.



22. Thru-Hiking the Pacific Crest Trail

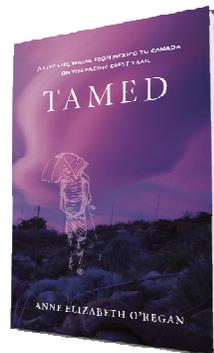
In 2010 Anne O'Regan left her home in Boston and traveled west to do what, on average, only 300 people accomplish each year. Starting in Campo, California (on the Mexican border), she backpacked north for 2,650 miles on the Pacific Crest Trail (PCT). Traveling through California, Oregon and Washington, she completed her thru-hike five months later in Manning Park, Canada. Join us as Anne shares tales from the trail, and offers a unique visual presentation gleaned from over 3,000 photographs taken along the way.

Presenter: Anne O'Regan
Date: Thursday, June 7
Time: 1:00 – 2:30
Location: North Dining Hall A
Limits: Minimum None / Maximum None
Fee: \$6.00

Anne is the author of *Tamed. A City Girl Walks From Mexico To Canada On The Pacific Crest Trail.*

Her book is available on her website: www.anneoregan.com and will also be available at the presentation.

Biography: Anne spent most of her adult life living and working in Boston, then left corporate America behind to venture west to walk the PCT.



Gold LEAF Institute Mission Statement:

The Gold LEAF Institute (GLI) was established in 1997 as a member-run organization for **Lifelong Education At the University of Maine at Farmington**. Its members are age fifty or over (and their spouses/partners regardless of age) who:

- 1) seek intellectually stimulating activities to enhance knowledge,
- 2) and appreciate social interaction as an opportunity to build new friendships.

Gold LEAF Registration Information

- ✓ Registration will be held open for the courses which have not been fully booked until two weeks prior to the scheduled date.
- ✓ All registrations are made on a first-come, first-served basis when payment is included and are taken by mail, in person at the GLI office or at the kick-off event. No reservations by phone or email.
- ✓ You will receive a course and registration confirmation.
- ✓ For information about the status of course offerings, call the Gold LEAF office at 778-7063 or email at goldleaf@maine.edu.
- ✓ Credit will be given for GLI events if notification is received ***seven (7) days prior*** to the event with the exception of tickets paid for in advance.
- ✓ Due to safety and liability issues, no pets are allowed at GLI events. Exceptions may be made for service animals.

Cancellation Policy

Some classes have snow or storm dates, which are used if inclement weather forecasts affect program events.

A message will be posted on the office phone if a scheduled event is being postponed.

Be sure to reserve all snow or storm dates in your personal calendar book.

Carpools: Location and Cost

For field trips, we meet in the lower end of the UMF Facilities lot, located on Route 2 (147 Farmington Falls Road) at Maple Avenue. Please arrive 10 minutes prior to departure so that there is time to set up the carpool arrangements.

For field trips, those who are designated drivers, please arrive with a full tank of gas. Upon return to Farmington, cars will stop for gas, refill and divide the cost by the number of people in the car. Parking costs are shared also.

Parking Tags:

UMF parking tags can be obtained at no charge by filling out the parking permit form available at the Gold LEAF office. These parking tags do not expire. Display your tag by hanging it from the center of your rearview mirror in the middle of your front windshield.

Photo Policy:

Tell us if you don't want your photo taken or shown on our photo pages on Google Photos or Facebook.

Gold LEAF Office Hours

The phone and email at the Gold LEAF office are checked every weekday. Staff hours in the office vary according to class and meeting schedules. You can arrange a time by calling or sending an email to request an appointment.

Always call 778-7063 to ensure the office is open. Our office is located in Room 318 of the Education Center on the corner of High and Lincoln Streets. It is on the third floor at the rear of the building with an elevator nearby. Parking is available at the Fitness and Recreation Center.

Gold LEAF Membership and Fees

Membership dues are \$30.00 per year for **July 1 - June 30**. Dues are tax deductible. New members may join at any time, with the annual fee pro-rated. After that, membership renewals of \$30 are due every year by June 30.

A summer-only membership is available for \$15 and runs from July 1 through October 15 of each year.

The Gold LEAF program year consists of three terms: Spring, Spring and Summer. Each term runs four months.

A person must be a senior college member to participate in activities and courses, plus pay a small course fee, if applicable.

Fees for courses will vary according to length and venue.



Membership Benefits include:

- Three terms of Gold LEAF Programs
- Subscription to “Gold LEAF Happenings” newsletter
- Permanent parking tags for UMF Campus, on certain lots
- Discounts at some area merchants
- Social events with other members
- Courses at other Maine senior colleges for appropriate fees, without paying additional membership fee.

Class Locations

University of Maine Farmington Campus: (go to www.umf.maine.edu for a map)	
Theadora J. Kalikow Education Center	186 High Street
Mantor Library	116 South Street
North Dining Hall (NDH)	111 South Street
Olsen Student Center	111 South Street
Roberts Learning Center and Auditorium	270 Main Street
Other locations in Farmington:	
Farmington Municipal Building	153 Farmington Falls Road (park in rear lot)
Farmington Public Library	117 Academy St. (rear)
UMF Facilities Lot, next to Farmington Municipal Building	147 Farmington Falls Road, Route 2 & Maple Avenue
Farmington Recreation Ctr.	127 Middle St.

Arctic photo page 10 courtesy of The Peary-MacMillan Arctic Museum, Bowdoin College in memory of Dr. H. Franklin Williams.

**Gold LEAF Institute Senior College at
University of Maine Farmington
186 High Street
Theodora J. Kalikow Education Center, Room 318
Farmington, ME 04938-6817
207-778-7063 · E-mail: goldleaf@maine.edu
Website: www.goldleafinstitute.org**

Board of Directors

President	Paul Mullin
1st Vice President	Joe Terranova
2nd Vice President	Roger Collard
Secretary	Pat Stillman
Treasurer	Mark Stofan
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Past-President	Mary Viruleg

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Curriculum Co-Chairs	Ann Pike
Membership and Promotion	Vacant Position
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