

FALL / WINTER 2020 – 2021 GOLD LEAF Class Listing

Note: All classes conducted via Zoom

1. Looking at Ancient Art

Have you an interest in ancient people? Ancient art? Want to know where you can see some? Want to know the difference between a pictograph and a petroglyph? All you have to do is tune into this discussion of ancient art. It will get you thinking!

Presenter: Sue Boyce-Cormier
Date: Monday, October 19
Time: 10:00 to 11:00 a.m.
Location: via Zoom
Limits: No limit
Fee: \$6.00

Biography: Sue Boyce-Cormier teaches in the graduate school at UMF when she's not traveling. She has a background in the arts and is interested in petroglyphs and pictographs.

2. We Demand: America's First Country Road Trip for a Cause

In September, 1915 four women embarked in an open car from San Francisco's Panama Pacific International Exposition on the country's first cross-country road trip for a cause. They were carrying a petition to Congress and President Wilson demanding an amendment to the United States Constitution enfranchising women. Over primitive, poorly signed roads often in wretched weather, they battled their way across the country, having all sorts of adventures. Gass has reasearched their route and retraced it in 2015, blogging about it at www.suffrageroadtrip.blogspot.com www.suffrageroadtrip.blogspot.com. Includes historic slides.

Facilitator: Anne B. Gass
Date: Wednesday, October 21
Time: 10:00 to 11:30 a.m.
Location: via Zoom
Limits: Maximum 50 / Minimum 8
Fee: \$6.00

Biography: Anne B. Gass is the author of *Voting Down the Rose: Florence Brooks Whitehouse and Maine's Fight for Woman Suffrage*. She is Whitehouse's great-granddaughter. Gass works with the Maine Suffrage Centennial Collaborative and sits on the Permanent Commission for Women in Maine.

3. The Biology of Covid 19

This presentation will look at what we know about the biology of COVID-19 and how the science will impact our public health and personal decisions. We will examine the novel Coronavirus 2019 and how it is transmitted and causes of COVID-19. We will also look at our immune defense of the virus and how that can contribute to disease. We will conclude with a discussion of the development of testing and vaccines and how they will shape public health policy now and in the future.

Presenter: Stephen Pelsue
Date: Wednesday, October 21
Time: 6:00 to 8:00 p.m.
Location: via Zoom
Limits: No limit
Fee: \$6.00

Biography: Stephen C. Pelsue, Ph.D. is the Scientific Director at BBI Solutions (Maine). BBI Solutions (Maine) is focused on custom antibody development and production for the biotechnology and biopharma sector. Prior to BBI Solutions, he was a Faculty member at the University of Southern Maine, in the Applied Medical Sciences Department and Associate Dean of the College of Science, Technology, and Health. He received his B.S. in Chemistry from Northland College (Ashland, WI) and Ph.D. (Biochemistry) from North Carolina State University (Raleigh, NC), followed by a post-doctoral Fellowship at The Jackson Laboratory (Bar Harbor, ME).

4. Atomic Weapons Testing in the Western Pacific Post WW II

Following the end of World War II, the United States conducted nuclear weapons tests in the Marshall Islands of the Western Pacific – a little known chapter in the history of such testing. Most of us have seen film footage of the iconic mushroom clouds without knowing that those images are likely from this Pacific program. Implementing the program meant displacement of many island residents and exposure to radiation by others. GoldLEAF participants who remember the events may recall names of affected islands such as Bikini and Eniwetok. This session will feature the one-hour film *Radio Bikini*, obtained from the Museum of the Republic of the Marshall Islands.

Discussion will include the long-term effects of exposure; historical and political dimensions of the testing program; disposition of former island residents, long displaced; and effects of rising sea levels on nuclear waste storage facilities.

Presenter: Doug Dunlap
Dates: Wednesday, October 28
Time: 10:00 to 11:30 a.m.
Location: via Zoom
Limits: No limit
Fee: \$6.00

Biography: Doug Dunlap served as a Peace Corps Volunteer in the Western Pacific, has returned to the region since his service, and continues to follow news of the region.

5. 10 Tips Nutrition Education Eating better on a budget

This is a 4 session course offered by Maine SNAP Ed, it is based on best practices nationwide. Each participant will receive USDA tip sheets and recipes to try.

Presenter: Laura Quynn
Dates: Mondays, November 2, 9, 16, 23
Time: 2:00 to 3:00 a.m.
Location: via Zoom
Limits: No limit
Fee: *free*

Biography: Laura Quynn DTL, is a graduate of UMF in dietetic technology and has 33 years of experience in food and Nutrition. She works for Healthy Community Coalition of greater Franklin county and is the Snap-Ed Program coordinator. She is the nutrition educator for Franklin County.

6. Gold LEAF Book Discussion Group

The Gold LEAF Book Discussion Group will meet to discuss works of fiction and nonfiction. Our sessions are open and casual but also informative and stimulating. We learn from each other.

November 10: *Circe*, by Madeline Miller
January 12: *The Splendid and the Vile*, by Eric Larson
February 9: TBD

Facilitator: Mary Viruleg
Dates: Tuesdays, November 10, January 12, February 9
Time: 10:00 to 11:30 a.m.
Location: via Zoom
Limits: Maximum 14 / Minimum none
Fee: \$10.00

7. 30 Mile Watershed Association

The 30 Mile River Watershed is a region within Kennebec, Franklin and Androscoggin Counties that encompasses over 20 of the more pristine lakes and ponds in Central Maine, most of which form a chain referred to as the “30 Mile River.” In 2008, local stakeholders formed the 30 Mile River Watershed Association (30MRWA) to protect these waters, helping the region’s small towns, lake associations, and land trusts pool resources. 30MRWA’s diverse, successful programming includes courtesy boat inspections, erosion control projects, invasive plant surveys, water quality monitoring, watershed surveys, LakeSmart, environmental education, kayaking, and camp road management.

Presenter: Lidie Robbins
Dates: Monday, November 16
Time: 10:00 to 11:00 a.m.
Location: via Zoom
Limits: No limit
Fee: \$6.00

Biography: Lidie Robbins has been the Executive Director of the 30 Mile River Watershed Association since 2009.

8. Haiti Today

Since mid-2018, Haiti has been experiencing unrest that receives little attention in U.S. media. As is often the case in Haiti, it’s complicated: the people have legitimate grievances, but there are also people who take advantage of the situation for their own purposes. With no clear good guys or bad guys, there are no obvious solutions on the horizon. Meanwhile, the population suffers the effects of inflation, food shortages, and violence.

Janet will address some of the contradictions in Haitian society, the impact of misinformation in and outside the country and what the future may hold.

Presenter: Janet Brackett
Dates: Monday, November 30
Time: 1:00 to 3:00 p.m.
Location: via Zoom
Limits: Maximum none / Minimum 5
Fee: \$6.00

Biography: Janet has traveled to Haiti regularly since 2008, has served as a liaison between churches here and in the Haitian countryside, and has worked in a guesthouse in Port-au-Prince. She has grown to love the country and its people.

9. In The Shadow of the Annamese Mountains

Doug Rawlings's latest collection of poems *In The Shadow of the Annamese Mountains* attempts to advance the discussion of what has been referred to as "moral injury." The poems cover a fifty-year period from his time as a soldier in Viet Nam through his time as a father and grandfather and as a resident of rural Maine. Doug would like to use these poems to generate a discussion of what the concept of "moral injury" means to all of us who have participated in and/or witnessed events that have gone against our deepest moral convictions. Doug's book is for sale and he will tell you where to purchase it.

Presenter: Doug Rawlings
Dates: Wednesday, December 16
Time: 10:00 to 11:30 a.m.
Location: via Zoom
Limits: No limit
Fee: \$6.00

Biography: Doug Rawlings has lived in Maine since the mid-70's, teaching high school English in Brunswick and Oakland and teaching composition and Peace Studies at the University of Maine at Farmington. He has led a number of Maine Humanities Council's book discussions over the past years. In 2014, Doug published a collection of his poetry, *Orion Rising*, and has continued to write poems that touch on political issues and rural life in his new book, *In The Shadow of the Annamese Mountains*.

10. Zen Through the Lens: Learning to See, and Be: Mindfulness and the Creative State

This is not intended to be a technical photography class. Nor will it be a class on Zen! Rather we will discuss some general tips geared to aid beginner/intermediate photographers. We will also discuss the practice of mindfulness with very brief meditation periods interspersed through the sessions.

Using photography as a starting point we will look at ways of becoming focused; spending time in the moment "seeing". Seeing is being truly open to what is around you, doing as best you can to perceive with a quiet mind.

Learning to "see" will help you stop taking snapshots, and instead, create more interesting photography. Some basic composition techniques will be discussed. The second session will be dedicated to looking at and discussing the photos taken as "homework".

People will need to have a camera or a cellphone and have ability to email photographs. Basic knowledge of zoom a prerequisite. (You may contact me for a primer on this)

Presenter: Phil Poirier
Dates: Wed. January 13 and 20
Time: 10:00 to 11:30 a.m.
Location: via Zoom
Limits: Maximum 10 / Minimum 4
Fee: \$8.00

Biography: Phil Poirier received a BFA from University of Southern Maine. He is a realist landscape painter, photographer, and a singer/songwriter. Phil was awarded the Monhegan Artists' Residency, a 5-week fellowship/retreat on Monhegan Island. He is also an avid outdoors person and is one of the founders of the Maine Outdoor Adventure Club.

11. Busting Bias in Israel/Palestine

Richard Waddell was one of 27 readers of a progressive protestant ecumenical magazine who traveled with the publisher and editor-in-chief to experience the beauty, history, and the schizophrenia of the land with many names—the Holy Land, Israel, Palestine, the West Bank, Gaza, and the Occupied Territories. The group met professionals, clergy and teachers, guides and citizens, who informed us of their perspectives on living in this land. Richard will share his take on all of this.

Presenter: Richard Waddell, Jr.
Date: Saturday, January 23
Time: 10:00 to 11:30 a.m.
Location: via Zoom
Limits: Maximum none / Minimum 5
Fee: \$6.00

Biography: Richard was born in Los Angeles, CA, and raised and educated in Brazil. He received a D.Min. degree from Hartford Seminary, CT. He has worked in college chaplaincy, public radio, church ministry (20 years at Old South, Farmington) and hospice chaplaincy. This was his second visit to Israel and the Occupied Territories of Palestine.

12. A Good Man with a Dog

When Roger Guay's father died in a tragic fishing accident, a kind game warden helped him through the loss. Inspired by this experience, as well as his love of the outdoors, Guay became a game warden and certified K9 handler, beginning a successful career that would span 25 years. He established canine units as a staple of the game warden service.

His book, *A Good Man with a Dog*, explores Guay's life as he and his canine partners are exposed to increasingly terrible events, from tracking down hostile poachers to searching for victims of violent crimes, including a year-long search for the hidden graves of two babies buried by a Massachusetts cult. He witnessed firsthand FEMA's mismanagement of the post-Katrina cleanup efforts in New Orleans, an experience that left him scarred and disheartened. But he found hope with the support of family and friends, and eventually returned to the woods he knew and loved from the days of his youth.

Roger will share excerpts from his book and hold a question and answer session. Roger will tell you where to purchase his book.

Presenter: Roger Guay
Date: Monday, February 1
Time: 1:00 to 2:30 p.m.
Location: via Zoom
Limits: Maximum None / Minimum 10
Fee: \$6.00

13. Plate Tectonics and Continental Drift

This course is focused on plate tectonics through earth history. We will review 19th and 20th century theories on continental drift, how the first large-scale data in the early 1960s on seafloor spreading validated the theory of plate movements, and how these movements have governed the distribution of oceans, continents, mountains, earthquakes, and volcanoes, as well as effects on climate. The talk will be illustrated with numerous slides, and videos that show the reconstructed movements of continents from 540 million years to the present, and their predicted movements up to 250 million years in the future.

Presenter: John F. Slack
Date: Thursday, February 11
Time: 10:00 a.m. to 12:00 p.m.
Location: via Zoom
Limits: Maximum 50 / Minimum 10
Fee: \$6.00

Biography: John F. Slack (Ph.D. Stanford University) worked as a research geologist with the U.S. Geological Survey from 1976 to 2016. An Emeritus Scientist with USGS, he is adjunct professor at Memorial University of Newfoundland. He resides in Farmington with his wife, Peggy Yocom.

Views on the News

This discussion group, open to Gold LEAF members, is 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 discussion topics are selected by the group at the beginning of each meeting.

Facilitators: Paul Mullin and other GLI members
Dates: First and Third Friday of each month starting October 16
Time: 10:00 to 11:30 a.m.
Location: via Zoom
Limits: Maximum 18 / Minimum 8
Fee: Free

Registration: To receive the zoom invitation to this ongoing group discussion, please email the office at goldleaf@maine.edu with a request to be added to the Views on the News group email list.