

FALL/WINTER 2018



LIFELONG LEARNING OPPORTUNITIES



www.goldleafinstitute.org

778-7063

The Gold LEAF Institute Senior College
invites you to its

Fall/Winter Term Kick-off

Date: Wednesday, October 17

Program: 3:00 to 4:00 p.m.

Course Registrations: 4:00 to 5:00 p.m.

**Place: St. Joseph Parish Hall
130 Quebec 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 or older interested in learning about
Gold LEAF is welcome to attend.



Cover photo courtesy Frank Chin

Table of Contents

Kick-off Event Information	2
Registration Information	4
1. Skowhegan Walking Tour	5
2. A Night Out with Movie and Dinner	6
3. Wednesday Walkabouts	7
4. Know Your Neighbor Town	8
5. Foster Tech Center Tour	9
6. Writing Scents!	10
7. The Right Time to Write	11
8. Staying Tech-Savvy in the 21st Century	12
9. Gold LEAF Book Discussion Group	13
10. Sound, Acoustics, and Our Relationship...	14
11. Hiking the Continental Divide	15
12. Talk and Tour at the Sun Journal	16
13. Dave Rowe Holiday Concert	17
14. Feldenkrais	18
15. An Explorer's Life: Mysteries & Minerals...	19
16. Book Arts 5: Coptic Journal	20
17. Afghanistan Perspectives	21
18. The First Book That Reached Me	22
19. Keep, Toss, Think About	23
20. Hemp	24
Let's Sing Together! Drop-in Group	25
Views on the News Drop-in Group	26
GoldLEAF Writers Club Drop-in Group	27
Woodcarving Club Drop-in Group	28
Mission Statement and Registration Information	29
Cancellation Policy, Carpools, Parking Tags and Photo Policy	30
Office Hours, Membership and Fees	31
Benefits and Class Locations	32
Board, Committee Chairs and Contact Info	33

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

When you pay for a class and 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.

You should pay for the class and 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.



Fall/Winter Term 2018

1. Skowhegan Walking Tour

This tour will touch on Skowhegan's early history: Skowhegan Falls, Arnold's 1775 Expedition, the importance of water power to early industry, the rise of electricity use, the transition of manufacturing from the home to the factory, the importance of the train coming to town in 1851, Skowhegan's useful citizens, the great hotels, and the cracker factory, as well as other interesting tidbits along the way.

Presenter: Melvin Burnham

Date: Saturday, October 20

Time: 9:00 a.m. to 12:00 noon

Location: Meet at UMF Facilities Parking Lot at 9:00 a.m. or at Arnold Park behind the Federated Church on Skowhegan Island at 10:00 a.m.

Limits: Minimum 5 / Maximum None

Fee: \$6.00

Other: This is a walking tour and you will need to be able to amble uneven terrain and varying surfaces.

Biography: Mr. Burnham is a 1975 UMF and 1986 UMO graduate with 30 years of service as an elementary school teacher and principal. He was former director of the Skowhegan History House Museum & Research Center, and Historic Tour Guide in Skowhegan.

2. A Night Out with Movie and Dinner

You are invited to attend our Academy Awards movie for "Best Picture from Prior Decades." An award-winning film from a past decade will be presented most months during the winter. Following the movie, reservations will have been made at a local restaurant for those wishing to make this an official night out. The dining venues will change each month.

October 23 *Million Dollar Baby* (2004)
November 29 *Casablanca* (1943)
January 31 *West Side Story* (1961)

Presenter: Susan Wahlstrom

Dates: Tuesday, October 23, Thursdays,
November 29 and January 31
(Snow Date Thursday, February 7)

Time: 3:00 to 5:30 p.m.

Location: Lincoln Auditorium

Limits: Minimum 10 / Maximum None

Fee: Free

Other: A suggested donation of \$2.00 for each film will help defray GoldLEAF expenses. A donation basket will be available each afternoon.



3. Wednesday Walkabouts

Wednesday Walkabouts are intended to help get you (and me) up, out and moving. The change in seasons, the weather, the wildlife, and the QUIET are all pleasures we sometimes find too easily replaced with a warm easy chair. Wednesday Walkabouts offers an alternative and the chance to do so with others. For the most part we utilize local trails that are generally within 30 to 45 minutes of Farmington. Plan on walking for about 2 hours.

Information about each upcoming trip will be communicated by email. In general, cancelled trips will not be rescheduled.

Presenter: Ray Stillman

Dates: Wednesdays, October 24, November 7 and 21, December 5 and 19, January 2, 16 and 30, February 13

Time: 1:00 to 4:00 p.m.

Location: Meet at UMF Facilities Lot or at the trailhead (directions will be provided)

Limits: Minimum 2 / Maximum 20

Fee: \$12.00

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



4. Our Towns: Vienna and Mt. Vernon

This trip will focus on a brief history of the establishment of the towns of Vienna and Mt. Vernon and will include residents of note. We will visit various points of interest on a tour conducted by Historical Society members.

Presenter: Carole O'Connell

Date: Tuesday, October 30

Time: 9:45 a.m. to 3:00 p.m.

Location: Meet at UMF Facilities lot

Limits: Minimum None / Maximum 30

Fee: \$6.00

Other: Please bring a brown bag lunch. A donation to the Historical Societies would be greatly appreciated.

Biography: Carole O'Connell is a 15-year member of the Vienna Historical Society, and author of several books of the history of Vienna and Mt. Vernon.



5. Foster Tech Center Tour

Take a tour of Foster Career and Technical Education Center (CTE) located on the Mt. Blue Campus. Hear from teachers and students about the innovative learning, industry certifications and college credits being earned by students while still in high school.

The tour concludes with a lunch prepared by the culinary students of Foster Tech. There is no charge for lunch but tips for the culinary arts students are appreciated. This is a great opportunity to see what our local school district offers.

Presenter: Glenn Kapiloff

Date: Thursday, November 1

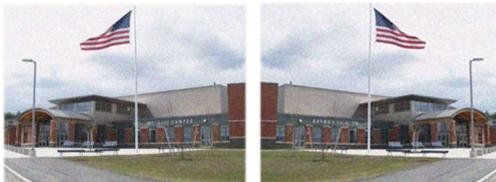
Time: 9:30 a.m. to 12:00 noon

Location: Meet at Mt. Blue High School
129 Seamon Road, Farmington

Limits: Minimum None / Maximum None

Fee: \$6.00

Biography: Glenn is currently the Director of Adult Education for Franklin County. He has been working in the school district for over 32 years and was the Director of Foster CTE for 12 years.



6. Writing Scents!

Explore your creativity while sampling essential oils, then follow group writing prompts. What does mint remind you of? What about cinnamon or rosemary? Then fast-forward to the future to find out you're really a more creative writer than you realized. Smell is the sense most directly related to memory, so relax, revive, and feed the muse. Joanna will combine her love of all things scented with award winning poet Kelly Stern's sense of whimsy to make a one-of-a-kind writing workshop you won't forget.

Presenters: Joanna Wilhelm and Kelly Stern

Date: Thursday, November 1

Time: 5:30 to 7:30 p.m.

Location: Preble 335

Limits: Minimum 4 / Maximum 15

Fee: \$6.00

Biography: Joanna Wilhelm has expertise in essential oils. She has given classes at Mount Blue Adult Education and recently did a well-received Essential Oils Class for Gold LEAF.

Kelly Stern is a local poet and writer who lives in Wilton. She has written two books and is currently working on a series called *Walking the Maine Road*.



7. The Right Time to Write

If you're waiting for the right time to write, it's never going to come. Trust me. You'll just keep finding other things to do: washing dishes, going to the dump, or fall cleaning.

Maybe you've thought about writing little memories of people, places, or events. Maybe it's family stories you want to capture before you forget. Or maybe this year you want to compose a special Christmas letter.

The only way to get writing done is to pick up a pen and write. In this class of beginners, we'll write from lists you create and from prompts. We'll share a little about good writing, but mostly we'll write. No requirements. Just come, slip into a seat, and write.

Presenter: Ann Pike

Dates: Thursdays, November 8 and 29, January 10 and 24, (Snow Dates Thursdays, Feb 7 and 14)

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

Location: Farmington Municipal Building, downstairs conference room

Limits: Minimum 4 / Maximum 16

Fee: \$12.00

Biography: Although Ann has been published, she is not a professional writer and has not taught any writing classes. However, she has a passion for writing and continues to study the craft.

8. Staying Tech-Savvy in the 21st Century

The title says it all. In this class we will cover topics including a security overview, identity protection, and browser maintenance. We will learn about best practices for online safety including no or low cost security software. Come and we will spot those scams!

Presenter: Mike Burd

Dates: Friday, November 9

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

Location: Education Center, Room 006, Lower Level

Limits: Minimum None / Maximum None

Fee: \$6.00

Biography: Technology instructor Michael Burd has been a fixture in the Franklin County area since 1980. He believes in the empowerment that all forms of literacy can bring to us. He is also director of the ukulele ensemble the Merry Plinksters, tours and records nationally as a professional musician, and is a fun-loving grandfather.



9. Gold LEAF Book Discussion Group

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

Facilitator: Carol Holderried

Dates: Tuesdays, November 13, January 8 (Snow Date Tuesday, January 15), February 5 (Snow Date Tuesday, February 12)

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

Location: Farmington Municipal Building, downstairs conference room

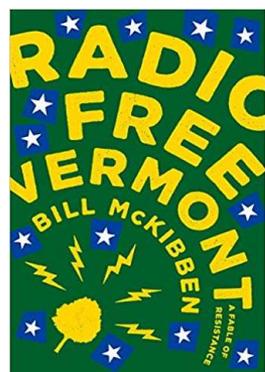
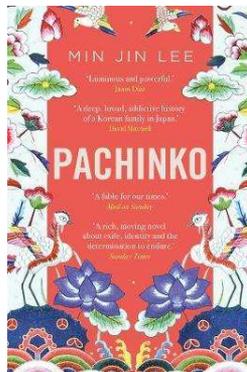
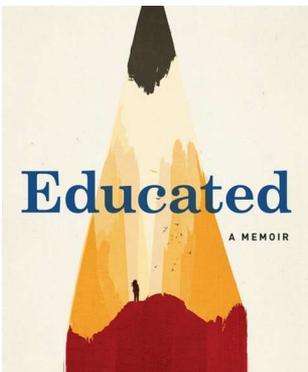
Limits: Minimum 6 / Maximum 14

Fee: \$10.00

November 13: *Educated* by Tara Westover

January 8: *Pachinko* by Min Jin Lee

February 5: *Radio Free Vermont* by Bill McKibben



10. Sound, Acoustics, and Our Relationship to Them

This course covers the fundamentals of sound, including a discussion of sound waves and how they propagate through air and other materials like water and steel. We will discuss how the ear and brain hear (psychoacoustics) and architectural design for acoustics, including reverberation, echo, and frequency shaping. We will also cover how various instruments produce sound, sound reinforcement, recording, hi-fi systems and a brief history of electroacoustics. As well, we will cover ultrasound, making sound visible with Chladni plates, and esoteric sound applications and theories.

Presenter: Jan Benschop

Dates: Wednesdays, November 14, December 5
(Snow Date Saturday, January 12)

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

Location: Education Center 106

Limits: Minimum 8 / Maximum 20

Fee: \$8.00

Biography: Jan has a number of years' experience installing commercial sound systems in halls, churches and recording studios. He has recorded two CD albums, of which one, he produced and engineered himself. He has built and designed omnidirectional loudspeakers. He has been singing and playing guitar for over fifty years.

11. Hiking the Continental Divide

Tom Jamrog's video/slide presentation is about his 2013 five-month 2,600-mile trek along the Continental Divide National Scenic Trail. He will talk about the highs and lows of traveling through 25 National Forests, 21 Wilderness areas, three National Parks, one National Monument, and eight Bureau of Land Management resource areas through the states of Montana, Wyoming, Colorado and New Mexico. Tom has completed six thru-hikes in the U.S. and other countries.

Presenter: Tom Jamrog

Dates: Thursday, November 15

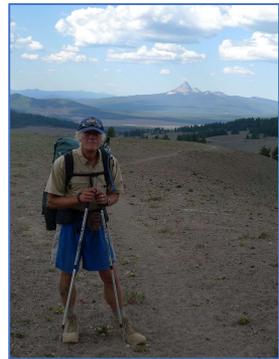
Time: 9:30 to 11:00 a.m.

Location: North Dining Hall A

Limits: Minimum 10 / Maximum None

Fee: \$6.00

Biography: Tom Jamrog is a Maine Guide with Uncle Tom's Guided Adventures and is Past President of the Maine Assoc. for School Psychology. His online trailjournals.com website has 750,000 visitors. Tom has maintained his adventure blog tjamrog.wordpress.com since 2008.



12. Talk and Tour at the Sun Journal

The Sun Journal's origins date back to 1847. It currently publishes twice daily editions; one covers Oxford and Franklin counties and one covers Androscoggin County. We will be touring the Lewiston newsroom which is the hub of the company's news-gathering operation, where the newspaper pages are designed, and the publication is printed and distributed. Following the tour, we will be going to lunch (individuals responsible for lunch costs) at E. Claire and Pastries, a sandwich and pastry shop around the corner.

Presenter: Judy Meyer, Executive Editor Sun Journal
Date: Thursday, December 6 (Snow Date
Thursday, December 13)
Time: 9:45 a.m. to 3:00 p.m.
Location: Meet UMF Facilities Lot
Limits: Minimum 10 / Maximum 20
Fee: \$6.00

Biography: Judy Meyer, a journalist since 1990, serves as vice president of the Maine Freedom of Information Coalition and is a member of the Right to Know Advisory Committee to the State Legislature.



13. Dave Rowe Holiday Concert

Celebrate an early Christmas with other Gold LEAF members and attend The Dave Rowe Holiday concert at 7:00 p.m. at the North Church in Farmington. Dave is a Maine native, a "staple" of music halls throughout New England and has a 30-year career of entertaining and engaging audiences in singing with him. Other performing artists that night are Phil House and Denny Breau. Treat yourself to a "rollicking" good time, bring your singing voice, and kick off a grand holiday season. The fun evening performance can be preceded by a delicious pie social and jam session beginning at 6:15 p.m. Pie and coffee is by donation. **Registrations will be taken until December 1st.**

Organizers: Susan Wahlstrom/Dan Maxham

Date: Saturday, December 8

Time: 6:15 to 9:00 p.m.

Location: North Church, 116 High Street
Farmington

Limits: Minimum 15 / Maximum None

Fee: \$15.00

Biography: This concert is a collaborative effort with the Farmington Historical Society to promote a local holiday experience while supporting both organizations.



14. Feldenkrais

The Feldenkrais Method is a type of exercise therapy designed to improve body movement and psychological state. The lessons provided will be done while sitting in a chair. They will be a combination of guided attention and pleasant and purposeful movement. Some of the benefits of Feldenkrais might be enjoyment in movement, better balance, easier posture and flexibility, and a reduction in unnecessary muscular movement.

Presenter: Susan Denison

Dates: Wednesdays, January 9, 16, 23 and 30

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

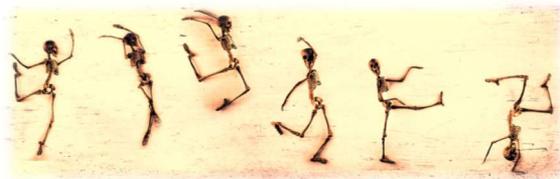
Location: TBD

Limits: Minimum 8 / Maximum 16

Fee: \$12.00

Other: Participants should wear something comfortable and easy to move in.

Biography: Susan Denison is a guild certified Feldenkrais practitioner. She lives in Temple with her husband and two boys. She has studied and performed dance and theater for many years, much of the time with Bread and Puppet Theater.



15. An Explorer's Life: Mysteries and Minerals in Maine and Beyond

This course focuses on how geologists make their discoveries both in the field, in countries across the globe, and in the laboratory. Using his work as an example, John will discuss the vital importance to society of minerals, especially those minerals critical for modern green technologies. Using slides, he will present the stories of several recent discoveries he took part in: identifying the oldest life on Earth in northern Québec; and finding, by accident, the oldest rocks in the Appalachians in Islesboro, Maine. John will discuss aspects of the geology of Maine including the state's mineral deposits and the geological evolution of western Maine.

Presenter: John F. Slack

Date: Friday, January 11 (Snow Date Friday, January 18)

Time: 2:00 to 4:00 p.m.

Location: North Dining Hall A

Limits: Minimum 10 / Maximum 30

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.

16. Book Arts 5: Coptic Journal

A Coptic book has an open spine with exposed decorative stitching and is one of the earliest forms of a sewn book. Because it lays flat when open and can be made with a wide range of papers, it is a great form for writing, drawing, collage and more. Participants will learn to make a simple Coptic journal using plain and decorative papers, cover boards from a recycled library book, and a curved needle. No previous book making experience necessary.

Presenter: Laurie MacWhinnie

Date: Tuesday, January 15 (Snow Date
Thursday, January 17)

Time: 10:00 a.m. to 12:00 noon

Location: Mantor Library Mezzanine

Limits: Minimum 4 / Maximum 10

Fee: \$6.00

Other: All materials for making the journal will be prepared as a kit. The fee for the kit is \$3 payable to the instructor.

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, lettering and creating many different types of books.



17. Afghanistan Perspectives 2005-2019: A Veterinary Journey

The focus of this presentation will be on the people and culture of Afghanistan with an emphasis on life in rural villages as well as the city of Kabul, the importance of agriculture and animal health in a country still largely dependent on an agrarian economy, and the complexity of gender roles. Susan's view from the "inside" comes from working inside Afghanistan through numerous trips from 2005-2019, some as short as a few weeks and others as long as nine months. The perspective shared will be on the progress, challenges and setbacks developed through working in Afghanistan and with the Afghan people, and plans for future cooperation through the support of USAID, the EU and others.

Presenter: Susan Chadima

Date: Friday, January 25 (Snow Date Saturday, January 26)

Time: 1:00 to 3:00 p.m.

Location: North Dining Hall A

Limits: Minimum 10 / Maximum None

Fee: Free

Biography: Dr. Susan Chadima is a veterinarian from Topsham and has spent much of the past 14 years working in Afghanistan. From 2013 to 2016 she was the Team Leader for the Animal Health Development Programme, an EU funded project, working directly with the Afghanistan Ministry of Agriculture.

18. The First Book That Reached Me

Gold LEAF members will be introduced to the work of the Shiretown Bookers. This meeting is a roundtable, but it is the very opposite of a book club. Instead of everyone reading the same book and talking about it, everyone brings in a different book from their collection and takes a few minutes to explain why the book is important to them. This month's subject is "The First Book that Reached Me." Everyone is invited to bring a book that influenced them early on and share it with the group.

Presenter: Reid Byers

Date: Sunday, January 27

Time: 2:30 to 4:00 p.m.

Location: North Dining Hall

Limits: Minimum None / Maximum None

Fee: Free

Biography: Reid Byers is the president of the Shiretown Bookers, a group of book-lovers and collectors who are the Community Friends of Mantor Library. The group annually produces four or five formal book exhibitions, a lecture series, and monthly roundtables on books and collecting.



19. Keep, Toss, Think About It

During this class, we will discuss strategies for how to decide what we need to keep, toss, or think about. For example, do these items bring us joy, or are we keeping them for another reason? Did you know there is a suggested order that will make your decision-making skills easier? There is a lot of good information out there and Linda particularly likes Marie Kondo's book with her six basic rules of decluttering. Come find out what they are and decide if they will help you on your journey to a more peaceful environment.

Presenter: Linda Gramlich

Date: January 29, (Snow Date Tuesday, February 5)

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

Location: TBD

Limits: Minimum 1 / Maximum 20

Fee: \$6.00

Biography: Linda and her husband have lived in their home in Chesterville for more than 46 years accumulating lots of "stuff." She says, "I am no expert, but now is the time to let go of a lot of that stuff." She will share her experiences.



20. Hemp

Erica Haywood joins us again as a GoldLeaf instructor, this time to enlighten us about hemp. Hemp is a variety of the *Cannabis sativa* L. plant species and is grown for a wide variety of uses, including rope, clothes, food, supplements, paper, textiles, biofuels and building materials. She will cover topics including legal compliance, industry concerns, agricultural practices, and medicinal uses.

Presenter: Erica Haywood
Date: Tuesday, February 12 (Snow Date
Wednesday, February 19)
Time: 10:00 to 11:30 a.m.
Location: TBD
Limits: Minimum 8 / Maximum 20
Fee: \$6.00

Biography: Erica Haywood is owner of LoveGrown Agricultural Research LLC, a research farm and consulting service with an office in downtown Farmington. She has been an educator since 2003 and was featured in the New York Times as an organic cannabis grower and entrepreneur in 2016.



Let's Sing Together!

Drop-in Group (No sign-up required)

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 Eileen Liddy (epliddy@yahoo.com).

Facilitator: Eileen Liddy

Dates: Every Monday, starting October 22 through February 18

Time: 12:45 to 2:00 p.m.

Location: Farmington Recreation Center,
127 Middle Street, Farmington

Limits: Minimum 5 / Maximum 25

Fee: Free



Views on the News

Drop-in Group (No sign-up required)

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.

Facilitator: Paul Mullin and other GLI members

Dates: First and Third Fridays: October 19, November 2 and 16, December 7 and 21, January 4 and 18, February 1 and 15.

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

Location: Mantor Library, 2nd Floor Meeting Room

Limits: Minimum 8 / Maximum 18

Fee: Free



GoldLEAF Writers Club

Drop-in Group (No sign-up required)

Gold LEAF Writers is a club activity open to Gold LEAF members who have been writing for some time.

Members are usually working on a project outside of class and need an audience for feedback. This group provides that kind of structure. Along the way we'll continue to hone our skills, as we help each other gain momentum toward our goals. FMI please email Ann Pike at annpikeconsulting@gmail.com.

Facilitator: Ann Pike

Dates: Tuesdays, November 6 and 20, December 4 and 18, January 8 and 22, February 5 and 19

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

Location: Roberts Learning Center Room 209B

Limits: Minimum 2 / Maximum 8

Fee: Free

writers write

writers write

Woodcarving Club

Drop-in Group (No sign-up required)

Woodcarving is a club activity open to Gold LEAF members and others who have an interest in woodcarving and related woodcrafts. Each session will offer a chance to meet with others with similar interests to share and work on current projects, perhaps develop new skills, and enjoy some time together once a month. For more information contact Ray Stillman at stillbrd@gmail.com.

Facilitator: Ray Stillman

Dates: Tuesdays, November 13, December 11,
January 8, February 12

Time: 1:00 to 4:00 p.m.

Location: Roberts Learning Center Room 105

Limits: Minimum 2 / Maximum 10

Fee: Free



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.

Designated drivers should arrive with a full tank of gas. Upon return to Farmington, cars may stop for gas, refill and divide the cost by the number of people in the car. Parking costs are also shared.

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 pages.

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**. 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, Summer and Fall/Winter. 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 in certain lots on the UMF Campus
- 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)	
Education Center	186 High Street
Mantor Library	116 South Street
North Dining Hall (NDH)	111 South Street
Olsen Student Center	111 South Street
Preble Hall	173 High Street
Ricker Addition	246 Main 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)
Farmington Recreation Ctr.	127 Middle Street
UMF Facilities Lot, next to Farmington Municipal Building	147 Farmington Falls Road, across from Route 2 & Maple Avenue

**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	Ray Stillman
Secretary	Pat Stillman
Treasurer	Mark Stofan
Member-at-Large	Carol Holderried
Past-President	Mary Viruleg

Committee Chairs

Administration & Finance	Mark Stofan
Curriculum Chair	Ann Pike
Membership and Promotion	Vacant Position
Special Events	Roz Kerr
Strategic Planning	Myrna Vallette
UMF Board of Visitors & MSCN Liaison	Eileen Kreutz
Office Manager	Heidi Wilde
Office Secretary	Sydney Warman
Office Secretary	Sydney Booth

**Turn your face to the sun and the shadows
fall behind you....**



**Gold LEAF Senior College at
University of Maine at Farmington
186 High Street
Theodora J. Kalikow Education Center,
Room 318
Farmington, ME 04938-6817**

**Non-Profit
Organization
U.S. Postage Paid
Permit No. 2
Farmington, ME
04938**

RETURN SERVICE REQUESTED