



The Midcoast Inquirer

Midcoast Senior College's Newsletter

FALL 2022 Volume 17, No. 2

Fall is the season for apple picking, leaf peeping, and Midcoast Senior College! We have a full lineup of courses that are intellectually challenging and engaging. Check them out, there is something for everyone. But that's not all. If you are an aspiring writer or a book lover we have a group for you. It's also been great to resume in-person activities including our popular excursions which offered MSC members a cruise on Merrymeeting Bay and a performance at the Theater at Monmouth. As a member of MSC you can take part in any of these activities. Fall is a great time to check out MSC. Midcoast Senior College--we're here for you! *Jay Kuder, MSC President*



WHERE YOU'LL FIND US

This past spring, MSC signed a lease for office space at 18 Middle Street in downtown Brunswick. We're just a stone's throw from Curtis Memorial Library where we are fortunate to hold some of our in-person classes as well as board meetings. If you happen to be in the neighborhood, look for our door--it faces the street and has the MSC logo sign. Donna, Sue, or volunteers are at the office Monday-Thursday, 9 a.m. and 3 p.m.

MIDCOAST SENIOR COLLEGE

Midcoast Senior College (MSC) is a non-profit, 501c3 organization, founded in 2000.

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And **FOLLOW US ON FACEBOOK** for even more fun news!



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MIDCOAST SENIOR COLLEGE HELD A VOLUNTEER APPRECIATION SOCIAL ON A BEAUTIFUL SEPTEMBER AFTERNOON IN PHIPPSBURG, MAINE



Catered by Union Street Bakery

Beverages from Green Bee



Gourds from the garden of Bonnie Studdiford

MSC BINGO WINNERS

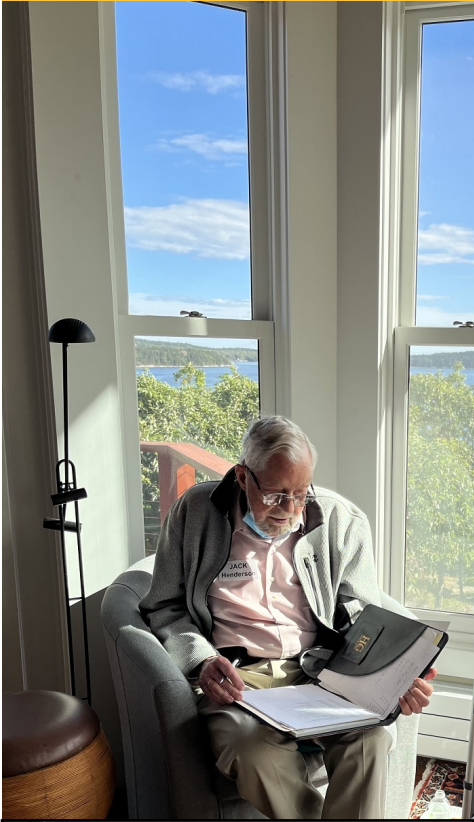
Thank you, Gelato Fiasco, Union Street Bakery, Dog Bar Jim, Wilburs of Maine, and Big Top Deli for donating gifts for our first five MSC Bingo Trivia winners!



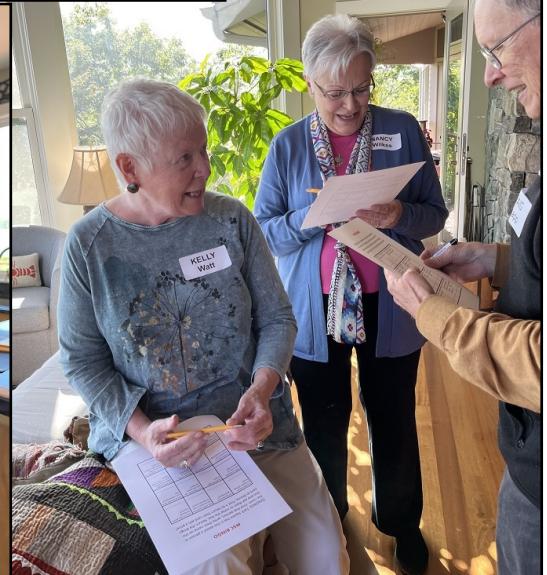
Congratulations to our winners!

Barbara Snapp, Harry Hopcroft, Kathie Rimmel, Bonnie Studdiford and Clare Durst





Pictured from left:
Jack Henderson,
Doug Bates (former
Board president) and
Current Board
president, Jay Kuder.



Above, Bruce Hauptli and Karen
Rienert, Erv Snyder; Kelly Watt,
Nancy Wilkes and Craig Snapp;
to right, Freda Bernotavicz and
Doug Bates.



Above, MSC president Jay Kuder
thinks our volunteers, committee
members, and board members.

FALL TERM II REGISTRATION STARTS OCTOBER 17! NEW CLASSES BEGIN IN NOVEMBER

[Les Bon Temps: New Orleans](#) by Paul Kalkstein

[Essential Opera](#) by Ross Crolius

[Water, Water, Everywhere?](#) by Barbara Snapp

[Beowulf: Then and Now](#) by Leona Dufour

[Could Amy Gutmann's Philosophy of Education Help Repair our Republic?](#) by Bruce Hauptli

[Three Centuries of New England Garden History](#) by Val Libby

[Obtaining Italian Citizenship by Right of Descent](#) by Dan Possumato

[Making the Most of Ancestry.com for your Family History Research](#) by Jim Oberly

[The Life and Legacy of Frances Perkins](#) by Emma Wegner

[The Skin of God](#) by Stephanie Rayner

[The US Supreme Court and the 2021-2022 Term](#) by Kevin Hart

[What is Love?](#) by Steven Piker

[The Odyssey](#) by David Tarbet

LEARN MORE ON OUR WEBSITE AT
WWW.MIDCOASTSENIORCOLLEGE.ORG

WINTER WISDOM 2023 FREE LECTURE SERIES IN JANUARY/FEBRUARY In-person at Curtis Memorial Library, Brunswick ME *Sponsored by The Highlands*

January 4: Bravi Tutti—A Career with the Metropolitan Opera

Ross Crolius presents a talk about his 25-year career with the Metropolitan Opera.

January 11: The Transforming Maine Economy

John Dorrer highlights the significant developments that are the Maine economy of our future.

January 18: The Wondrous Winter Skies of Midcoast Maine

Russ Pinizzotto explains how to navigate the Maine winter sky.

January 25: Bygone Songs of Maine

Julia Lane and **Fred Gosbee** of folk duo Castlebay explore Maine's social history through music.

February 1: The History and People of Maine's Malaga Island

Kate McBrien examines the history of Malaga Island, off the coast of Phippsburg in the late 1800s.

February 8: Ice Harvesting on the Kennebec River

Christopher Timm explores ice harvesting—an industry that was a staple of Maine's frigid winters.

February 15: Longfellow Days—Poetry and Travel: Longfellow in Europe

Gary Lawless speaks about Longfellow, poetry, and the value of travel in strengthening the creative arts.

WHEN MEMORIES BECOME MEMOIR by Ann Kimmage

You're not getting me involved in anything, are you? – I ask with a smile but with some concern. --No. Not unless having a past is a serious crime. – Anton Shammas, Arabesques

While grading a batch of English 101 essays my mind wandered to the time my older sister and I discovered a locked safe behind a painting of a pastoral landscape in our Prague bedroom.

"Laura," I dream out loud, "Precious jewels!! Money!!! Family heirlooms like in the story I just read about a hidden treasure..." My voice trails off as Laura places her finger on her lips so as not to alert our parents about our unexpected find.

"In their haste to escape from this communist country the family that used to live here left everything behind. But might they have also left some family treasures here?" Laura says while tampering with the metal door of the bewildering safety box.

The two white beds with gold trim we've been sleeping in the last two years remind me of what I left behind in our New York home. "Who is sleeping in our beds and playing with my favorite Winnie the Pooh?" I ask as my voice tightens into a hard knot.

Shrugging her shoulders Laura lets out a deep sigh. She pulls hard on a small metal circle attached to the safe's door, but its enigmas remain out of reach.

I push the pile of essays aside and with a quivering hand reach for my notebook. I write about the scratching sound of hairpins against the safe's thick door and phantasmagorical visualizations of precious jewelry and stacks of money. Through my writing I resurrect the atmosphere of secrecy that pervaded our childhood leaving my sister and me in search of answers our deceased parents took to their graves. Little did I know that this was the beginning of my first memoir, *An Un-American Childhood*.

Twenty years after its publication I once again turned to memoir writing to figure out why my late-in-life-yoga had such a compelling effect on me and how it succeeded in shaking me out of a protracted stagnation. With long breaks between intense spurts of writing I chronicled my most notable yoga experiences: my first yoga class, how yoga improved the way I relate to myself, my fascination with yoga philosophy, my Kripalu training to become a yoga teacher, and what it was like to teach my first yoga class. But how my yoga practice managed to transform behaviors and perceptions that curbed my personal growth remained shrouded in mystery.

My writing also brought up topics from my previous memoir that still troubled me: the loss of my country of birth; the creation of alternative identities; my unwanted return to the United States. However, this time my focus was on deciphering yoga's ability to change my perspective on how those, and other, events shaped my life. Each draft deepened my understanding of what I was seeking from yoga: a way to quiet an unsettling inner discord and a chance to learn which of my multiple selves was the most authentic.

My yoga practices became a stage on which I explored the fast-changing feelings that came with each posture. Some postures I loved, others I struggled with, and then there were those I just tolerated. But each posture had something important to teach me about myself. For instance in *warrior II* my extended arms and compressed chest opened; my torso tingled with renewed energy as it reached skyward; my spirits rose from the soles of my feet to the crown of my head; my self-esteem increased



Ann Kimmage will teach a Memoir & Meditation Workshop for MSC this upcoming winter.

BOAT OF ETERNAL RETURN by Stephanie Rayner



My 30-foot long master work provides a deeply soulful experience of art. It is Art in Dialog with Death.

Boats are like shamans, they move between worlds. Through myriads of time and disparate cultures, boats have been used to provide the mytho-religious passage that separates the living from the dead.

The Dalia Lama's nuns have traveled across continents to bless and be blessed by this boat. They consider it a holy object.



Stephanie Rayner will teach an upcoming Fall term course titled "The Skin of God" for Midcoast Senior College.

The opening for Boat of Eternal Return at Cove Street Arts at 71 Cove Street in Portland is from 5-7 p.m. on October 27.



WHAT'S ON YOUR BOOKSHELF?

FORMER MSC PRESIDENT DOUG BATES SHARES HIS RECENT READING LISTS

2022

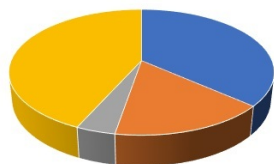
2021

- *The Outlaw Ocean* by Ian Burina
- *Icebound: Shipwrecked at the Edge of the World* by Andrea Pitzer
- *Labyrinth of Ice: The Triumphant and Tragic Greely Polar Expedition* by Buddy Levy
- *The Brain: The Story of You* by David Eagleman
- *The New Map: Energy, Climate and the Clash of Nations* by Daniel Yergin
- *The Upswing: How America Came Together a Century Ago and How We Can Do It Again* by Robert Putnam
- *Animal, Vegetable, Junk* by Mark Bittman
- *Whistling Vivaldi: How Stereotypes Affect Us and What We Can Do* by Claude M. Steele
- *Humor Seriously: Why Humor is a Secret Weapon in Business and Life* by Jennifer Aaker and Naomi Bagdonas
- *The Tyranny of Merit: What's Become of the Common Good* by Michael Sandel
- *The Codebreaker: Jennifer Doudna, Gene Editing, and the Future of the Human Race* by Walter Isaacson
- *Indianapolis: The True Story of the Worst Sea Disaster in U.S. Naval History and the 50-Year Fight to Exonerate an Innocent Man* by Lynn Vincent and Sara Vladic
- *Aloha Rodeo: Three Hawaiian Cowboys, the World's Greatest Rodeo and A Hidden History of the American West* by David Wolman and Julian Smith
- *In the Kingdom of Ice: The Grand and Terrible Polar Voyage of the USS Jeannette* by Hampton Sides
- *The Blood of Emmett Till* by Timothy Tyson
- *American Nations: A History of the Eleven Rival Regional Cultures of North America* by Colin Woodard
- *What Universities Owe Democracy* by Ronald Daniels
- *People Power and Profits: Progressive Capitalism for an Age of Discontent* by Joseph Stiglitz
- *Caste: The Origins of our Discontents* by Isabel Wilkerson

MSC PREPARES FOR ITS MAIN FUNDRAISING EVENT

In November, MSC will launch our annual fundraising appeal. Contributions from our members and extended community represent nearly half of our annual budget, as you can see from the graph below. With your help we can continue to offer quality and affordable courses, free lecture series, free clubs and groups, and other excursions and events. Look for a letter in late fall with information on how you can contribute to the work that we do for seniors in Maine and beyond.

REVENUE BY CATEGORY



Total \$123,400

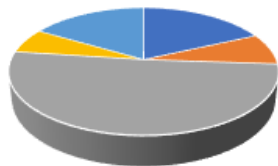
Yellow - Contributions: 45,000

Blue - Membership: 20,000

Orange - Dividends: 5,000

Gray - Programming: 53,400

EXPENDITURES BY CATEGORY



Total \$128,500

Blue - General Expenses: 28,500

Orange - Occupancy: 12,500

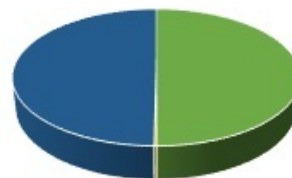
Gray - Wages: 80,000

Yellow - Programs: 10,000

Teal - Operations: 26,000

Statement of Financial Position

as of 4/30/2022

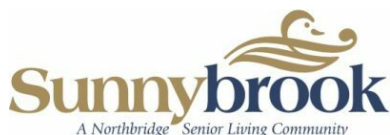


Blue - Assets \$313,950

Green - Equity \$313,000

Yellow - Liabilities \$1,450

MSC Thanks Our Business Supporters



Memoir, continued from page 5

as the focus of my gaze strengthened. I felt ready to face life's obstacles as an even flow of deep yogic breaths filled my chest. In that very moment I triumphed over a demanding will and the haphazard thoughts that clouded my thinking. The heaviness of a sluggish body vanished. Aware of the immediate sensations in my body I found no need to name, justify, or deny their existence. Fully present I was overwhelmed by an inner peace that had eluded me most of my adult life.

An in-depth depiction of how I progressed and grew during my yoga journey morphed into a new memoir, *Split in Two: Reconciled through Yoga*. The act of writing uncovered a simple truth: my yoga story did not originate, as I once believed, on the day I walked into my first yoga class at age fifty-seven. It really began at age eight when my name, home, extended family, and language were taken away, splintering a child's still fragile identity. Suppressed parts of myself came out of hiding as I let my body reveal them through movement and yogic breathing. Day after day I returned to my yoga mat to feel what it is like to transcend inner divisions and fractures.

In *An Un-American Childhood* I recreated the story of my early life by giving a voice to submerged memories; in *Split in Two: Reconciled through Yoga*, I integrated that past with the person I was becoming on and off the yoga mat. In both cases memoir writing was a way of examining the delicate relationship between my internal world and the external forces that had a lasting impact on the formation of my identity.

Might we not all benefit from delving into the past with pen in hand? It is hard to know what surprises await us if we let our memories spill onto the page. Writing has the power to explore the meaning of past events by creating a coherent pattern from our jumbled memories. What better way to figure out who you are and how you came to be.

Split in Two: Reconciled through Yoga by Ann Kimmage can be purchased at local bookstores, on the web, and at the Midcoast Senior College office. □

FACULTY LUNCHEONS ARE BACK!

When Covid hit, MSC had to suspend in-person gatherings including our much-enjoyed faculty luncheons. We were so pleased to resume these events this Fall with a luncheon that brought together faculty members and MSC administrative staff. Held at the Topsham Library and catered by Union Street Bakery, the event allowed faculty to share their stories and talk about their upcoming courses. Thanks to our wonderful Events Committee for making it happen with style! The decorations featured gourds from the gardens of Bonnie Studdiford.

