Join Us
to hear all about upcoming SAGE classes and have a chance to socialize. Bring a friend so they can find out what SAGE is all about.

Reservations Required!
RSVP by calling (207) 768-9501 before September 9.

Back to Class!
Friday, September 16, 2022
10:00 AM to Noon
UMPI Campus Center Multi-Purpose Room

Coffee & Refreshments,
Course Exhibits, Meet Instructors,
Registration, and Door Prizes

Conferences & Special Programs
University of Maine at Presque Isle
181 Main Street - Presque Isle, ME 04769
Telephone: 207-768-9501
email: sageatmpi@outlook.com
www.umpi.edu/sage
What is SAGE?
Lifelong Learning, Lifelong Connections!

Seniors Achieving Greater Education (SAGE) welcomes intellectually curious adults, age 50 and older, who have a desire to learn in the company of others with both shared and different perspectives. SAGE brings members together in a relaxed atmosphere to discover new things about the world and themselves.

➢ There are no admission requirements, no exams, and no grades.
➢ All courses are led by volunteers who are SAGE members or SAGE guests.
➢ Course formats range from lectures to discussions and hands-on experiences.
➢ Topics include arts, science, current events, book discussions, practical skills and more.

Visit the SAGE website: www.umpi.edu/sage
Follow us on Facebook at SAGE-UMPI

Register at msad1.coursestorm.com or mail Registration Form, Assumption of Risk and Photo/Zoom Release Form and Motor Vehicle Registration Form (for a parking pass) with your payment to SAGE, PO Box 12, Bridgewater, ME 04735. Registration closes one week before class begins.

Things You Need to Know About SAGE

Class Locations: All classes will meet at the Campus Center unless noted otherwise. Please follow the signs for the exact location. SAGE members will be required to follow the most updated UMPI COVID-19 Safety Protocols in place set by the University of Maine System.

SAGE Annual Membership Fee is $25 and covers September 1 to August 31. Membership fee must be paid to take classes through SAGE or the other Senior Colleges. Membership Fees Are Non-Refundable. We do not prorate this fee if someone joins for just one semester. The lab fees for “in-person” and “hybrid” classes are $10 or more to cover the cost of the classroom, materials, etc. Please contact the SAGE Volunteer Office for more information.

Apply for Financial Assistance for membership/class fees. Funding is available through TheSAGEfund. Application forms are available at umpi.edu/sage website, or by contacting sageatumpi@outlook.com or (207)768-9501 so we can mail you one. Deadline for submission is September 16. Applicants will be contacted the following week regarding their application. It is there for you!

For People Without Reliable Email Addresses the SAGE Volunteer Office is there for you. Call 207-768-9501 and leave a message.
Course Listing for Fall 2022 Semester

**Election 2022: Issues and Problems**
Fee $10
Monday, Oct. 3, 10, 17, & 24
1-3 PM

This discussion class will focus on major issues as I see them and on participants’ concerns. Things can change a lot between the primaries and the general election in November, so the following list of possible topics will remain subject to change: Economy; Environment; Health Care; Schools; Social Justice; Election Integrity; Candidates’ Views on the issues.

**Identity Theft Prevention**
Fee $10
Monday, Oct. 10
9:30-11:30 AM

Financial Exploitation has been called “the crime of the 21st century.” In 2020, the Federal Trade Commission estimated Americans ages 60 and older lost at least $602 million to fraud, scams, and financial exploitation schemes. How can you prevent being victimized? Awareness is the first step! Join us for this informational session covering topics that include how to recognize and reduce the risk of elder financial exploitation, how to guard yourself against identity theft, planning for unexpected loss of the ability to manage your finances, and preparing for financial disasters.

**Playful Book Making**
Fee $20
Monday/Wednesday, Oct. 31, Nov. 2, 7, & 9
9:30 AM-12:00 PM

In this class, you will explore the meaning of “bookness” as you examine a variety of playful book structures to answer the question “What IS a book?” You will create a number of small (mostly) blank books using predominantly recycled materials and employing various stitching, folding and binding techniques. Possibilities include junk journals, glue books, accordion books (that fit inside a pencil case), and books made of playing cards and dominoes. Students should bring a basic art kit to class each day: ruler, scissors, glue sticks, pencil, eraser, and anything you might want to add to customize your books.
Philosophers & the History of Philosophy  
Fee: $10
Tuesday, Oct. 4, 11, 18, & 25  
9:30–11:30 AM

A general overview of some of the more prominent movements in the history of Philosophy with particular emphasis on thinkers whose ideas laid the groundwork for western culture (Plato, Aristotle) and on those who have had the greatest influence on our own contemporary ways of looking at the world (Aquinas, Descartes, Sartre, et al). Our primary effort will be to solicit the thinking of students as they work to frame their own ideas about life.

Instructor: Guy Gallagher

The Pioneer Club  
Fee: $10
Tuesday, Oct 4  
6-7 PM

A group of men from Presque Isle decided they were the last founding fathers of the area, so they formed, what they called, the Pioneer Club. Join Kim Smith, a local historian, to find out who they were, what they accomplished and the changes their efforts made in the area.

Instructor: Kim Smith

Customer Service: A Lost Art  
Fee $10
Tuesday, Oct. 11  
1-3 PM

Service is not something that is considered work, it is something that is fun. Giving and getting good service is an uplifting moment. Students will learn about the FISH Philosophy used by businesses, hospitals, and educational institutions. It has gone beyond businesses to a lifestyle that helps people be more successful.

Instructor: Dennis Koch

Adult Coloring to ZEN Your World  
Fee: $10
Tuesday, Oct. 18, 25 & Nov. 1 & 8  
12:30-1:30 PM
Sargent Family Community Center, Presque Isle

Need some help teaching your brain to relax and concentrate? Coloring has been scientifically proven to help you relax, meditate more deeply, and strengthen your brain. So, why not come by the Sargent Family Community Center in Presque Isle and join us for some adult-style coloring. Bring your favorite medium and pictures to color or use what we have there. Provided will be coloring pages, markers, and colored pencils.

Facilitator: Penny Kern
**Victorian Craft**

Fee $10

Tuesday, Oct. 18

6-7 PM

Location to be announced.

Make a decorative wall hanging - It is a unique piece and hard to describe as it uses multiple techniques. It is a heart shape with raised stencil, resin frame mold, and decoupage holiday clock face on it as well. The heart measures about 6.5 inches high. I have found a wide assortment of clock faces to use for the decoupage part, so participants might also have a choice of paint colors rather than just the gray.

**Instructor:** Kim Smith

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**I Eat, Therefore I Think: How Eating Transforms Philosophy**

Fee $5

Wednesday, Oct. 5, 12, 19, & 26

1-3 PM

This course will explore how taking nutrition seriously would change key ideas about how we understand ourselves and our place in the world. Some themes: “Forget ‘I am’” -- We never eat alone; “Ethics is hospitality” -- who sits at our table tells us who we are; “Authenticity is overrated” – ‘I go with my gut’ is sheer nonsense -- even if the context is nutrition. Suggested text: Raymond Boisvert “I Eat; Therefore, I Think.” Rowman and Littlefield, 2014.

**Instructor:** Raymond Boisvert

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**Cozy Mysteries Book Club**

Fee $5

Third Wednesday of every month

10-11 AM

Books are selected every four months by the club members. Members take turns leading the discussion using questions either published in the book or found online. October 19th *The Four Winds* by Kristen Hannah.

**Facilitator:** Varies

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**How to Self-Publish a Chapbook**

Fee $10

Wednesday, Oct. 12 & 19

9:30-11:30 AM

Learn to use a word processor and tools from Amazon.com to create and publish a collection of poetry as a printed chapbook and an eBook. To get the most from this class, students should be familiar with word processing and Internet browsing applications and have access to a PC connected to the Internet.

**Instructor:** Andrew Birden
The People's Guide to Reliable News
Fee $10
Wednesday, Nov. 16
9:30-11:30 AM

Students will learn to identify fake and biased news, understand the history and motivation for the creation of fake and biased news and how to use tools to find reliable news reports online.

Instructor: Andrew Birden

Prompted Collage
Fee $15
Thursday, Oct 6, 13, 20 & 27
1–3 PM

Tap into your ability to play with abandon. Create imaginative and lasting collages in a beautiful coffee-table book. You will design reflective collages via creative mess-making and exploration, using lots of different materials and a wide variety of prompts (examples: significantly alter the focal point or subtract from the overall composition or go surreal). Instruction provided: no experience needed. Please bring your scissors, glue sticks, and creative playfulness to each class.

Instructor: Pam Crawford

Travel with Rena
Fee $10
Thursday, Oct. 6, 13, 20 & 27
6-7 PM

Do you have some places on your "bucket list" you would like to visit? Come and visit some interesting places through Power Point presentation or DVD. Some of the places are Israel, Guatemala, Alaska, Europe, and southwestern parts of the United States.

Instructor: Rena Kearney

Magical Mystery Readers Tour of the British Isles
Fee $5
Thursday, Oct. 20, 27, Nov. 3,10 & 17
9:30-11:30 AM

This course presents the background of the British fascination with crime and detection. Then we travel around the country from the Shetland Isles to London meeting outstanding regional crime writers and the importance of settings in their work.

Instructor: Nancy Perkins
Using Ancestry.com to Discover Your Past  
Fee $10  
Friday, Oct. 7, 14, 21 & 28  
1-3 PM

This course will set you on a path of discovery into your past. Meet your ancestors and start your family history using one of the largest, most comprehensive sources of documents, records, and information. You will also learn some “tricks of the trade” to make this research easier and more useful.

Instructor: Spike Savage

Introduction to Basic Digital Photo Editing  
Fee $10  
Friday, Oct. 7, 14, 21, 28 & Nov. 4  
9:30-11:30 AM

What is photo editing? It is the process in digital photography of tweaking or adjusting photographs in a digital editing program. It’s the digital version of a dark room. Join us to explore this fascinating process so you can try it on some of your own photographs.

Instructor: Terry Sandusky

Class Instructor Bio’s

Andrew Birden is a retired newspaper editor and the creator of a local newspaper. Alice Bolstridge is a retired professor and an activist keeping tabs on the legislature. **Raymond Boisvert grew up in Lewiston. He taught college Philosophy for over 30 years, and he was a founder of the philosophy and food movement. Pam Crawford is a retired educator, a playful dabbling artist, a lifelong learner, and a frequent SAGE instructor. Guy Gallagher holds a PhD in French literature from University Laval in Quebec City. He has taught French studies at UMPI, and Latin for Upward Bound and MSSM. Danielle Hebert is the Marketing Director for Norstate Federal Credit Union. Rena Kearney is a retired educator having taught in Presque Isle for 42 years who now travels far and wide. Penny Kern is a retired Girl Scout staffer with a lot of leftover craft supplies. Dennis Koch retired after 30 plus years from higher education. **Nancy Perkins, A lifelong lover of mysteries Nancy taught her first course on the British mystery in 2016 and has repeated it several times. Terry Sandusky is known countywide for being at all the community events taking gorgeous pictures. Spike Savage is a retired Presque Isle City employee skilled in using Ancestry.com. Kim Smith loves sharing her passion for local history through interpretive tours, presentations, and exhibits.

**Guest Instructor
Extra! Extra! Read All About It!!

This semester we are trying something new and exciting. ZOOM is now a preferred method for attending class for some, so we are going to try HYBRID classes this semester. Stay home and use ZOOM or come to a class in person. Circle your choice on the registration. Because of a grant given to the Maine Senior College Network, we were given a MEETING OWL which will turn any room into a super ZOOM Room so you now can choose how you want to attend the class.

We need skilled ZOOM users to act as hosts for these hybrid classes so the instructors can concentrate on the students and what they are teaching. If you are comfortable with ZOOM, plan to attend a hybrid class in person, and are willing to share your expertise, please contact sageatumpi@outlook.com to receive instructions on how to use the MEETING OWL.

Extra Chance
to have fun and meet new people.

Let’s Play Games will start again at the Sargent Family Community Center on Tuesday, September 6 and run for 4 Monday afternoons from Noon to 3 PM. Learn a new game or play a favorite from your childhood. A group of like-minded people meet at the Community Center in Presque Isle to challenge each other (and themselves) to old familiar games like Hand and Foot, Phase 10, or Parcheesi or to learn a new game like Mah-Jong. There’s a pool table so you could play a game of pool, too.

Carol Monroe is the Facilitator.

Equal Opportunity

The University of Maine at Presque Isle is an EEO/AA employer, and does not discriminate on the grounds of race, color, religion, sex, sexual orientation, transgender status, gender expression, national origin, citizenship status, age, disability, genetic information or veteran’s status in employment, education, and all other programs and activities. The following person has been designated to handle inquiries regarding non-discrimination policies: Director of Equal Opportunity, 101 North Stevens Hall, University of Maine, Orono, ME 04469-5754, 207.581.1226, TTY 711 (Maine Relay System).
SAGE MOTOR VEHICLE REGISTRATION FORM

Please submit with a photocopy of your vehicle registration

A. Driver Information:

Student/Employee ID: SAGE/CSP

Name ____________________________ Campus Address: Campus Center Rm 121

Home Address ____________ Campus Phone: 768-9501
City, State, Zip ____________ Status: [ ] University Employee [ ] Commuting Student
Home/Cell Phone: ____________ [ ] Resident Student [ ] Fitness Center Member

B. Owner Information (if different from driver): [X] SAGE Member

Name: __________________________ Home/Cell Phone: __________________________
Home Address __________________________________________________________

C. Auto/Bicycle Plate Information:

**Please Circle One**
Passenger Car Regular - Conservation Loon - UMaine System - UMaine Athletics
w/Black Bear - Handicap - Veteran - Disabled Veteran – Breast Cancer – Maine Agriculture - Commercial
- Lobster - Firefighter – Wabanaki - Support Our Troops – Sportsman – Motorcycle - Other

Make ______________ Model __________________________ Year ___________
Color ______________ License Plate # __________________________ State _____

D. Agreement and Acknowledgement:

I, the undersigned, understand that this motor vehicle or any other motor vehicle with a state registration in my name, is subject to be towed at my expense when found in violation of the University of Maine at Presque Isle parking and traffic policies and procedures. I authorize the transfer of unpaid tickets to my student account. I acknowledge that I have received a copy of the University of Maine at Presque Isle parking and traffic policies and procedures and its official parking map. The decal issued to me is for personal use of this motor vehicle. I further understand that if my decal is not properly displayed or if I fail to obtain a temporary permit should my decal be misplaced, then I will be obligated to pay any towing or ticket fines levied on my vehicle. I acknowledge that the University is not responsible for any damage that might occur to my vehicle as a result of parking on campus.

1. Monetary fine
2. Towing

SIGNATURE: ____________________________ DATE: ____________________________

For Office Use Only: ********************************************
Name of issuing person __________________________________________
Permit issued __________ Date issued ____________
Payment received $ __________ Circle: 1st 2nd 3rd 4th

Rev 01/22/2020
Fall 2022 REGISTRATION!
SAGE Phone (207) 768-9501

Name ________________________ Email __________________________ Age ____
Address ______________________________________________________________
Phone number __________________________ Birth Date ______________________

We will follow the UMPI COVID-19 guidelines of the university.

How to register for a class:
- Go to msad1.coursestorm.com and click on “SAGE”. Membership and all class registrations will be listed and can be paid for online with a credit card. Or, to pay by check, click “alternative payment”, finish the registration process, and mail the check to SAGE, PO Box 12, Bridgewater, Maine 04735.
- To mail in your registration, complete this form, Assumption of Risk and Photo/Zoom Form, Motor Vehicle Registration form and mail with a check to the address above. Make all checks payable to SAGE.
- Payment must arrive at the SAGE office before class begins. Help is available by reaching out to us at sageatumpi@outlook.com or call 768-9501 and leave a message.
- Membership fee must be paid to take SAGE classes.

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DONATION TO SAGE
TOTAL ENCLOSED
ASSUMPTION OF RISK

This form must be filled out to participate in any SAGE activities.

Your Name (Please Print) ________________________________________________

Mailing Address: __________________________________________________________________________

City/Town: ___________________________________ State: _______ Zip: ________

In consideration of being permitted to participate in this program at the University of Maine of Presque Isle, I hereby affirm and agree to the following terms:

• _I realize there are potential physical dangers and dangers to me by participating in this program, and I accept the risk involved. I realize that these physical dangers could include the possibility of broken bones and injuries.

• _Therefore, I do for myself, my heirs and my personal representatives, defend, hold harmless, indemnify and release the University of Maine at Presque Isle, and all of its officers, agents and employees from and against all claims, demands, actions, and causes of actions resulting from any injuries to me, including death, which may be a result of my participation in the activities and/or field trip(s) and which results from causes which are not the fault of and negligence of the University of Maine at Presque Isle, its officers, agents, or employees during the period of my participation in this activity.

• _This assumption of risk and release shall remain in effect from the date hereof to and for the period during which I am a participant in this SAGE program at the University of Maine at Presque Isle.

"Despite efforts to minimize risks, the University cannot categorically guarantee that any person entering University campuses or facilities will not contract COVID-19 or any other communicable disease and any such person must assess and accept the risks of illness or injury for themselves."

Signature: _______________________________ Date: __________________________
Photo/ZOOM Release
This form must be filled out to participate in any SAGE activities.

I hereby affirm that I am (name) __________________________ and without further consideration I hereby irrevocably consent that any photograph (s) which may be taken by representatives of the University of Maine at Presque Isle and/or their assignees during the SAGE program may be used for news media coverage and publicity.

Signature: _______________________________ Date: ____________________

I understand the ZOOM classes may be recorded to be used by people not able to attend the actual class. If I do not want my picture to appear in the recording, I will turn my camera off. I also understand that I can rename myself so even my name does not appear as an attendee.

Signature: _______________________________ Date: ____________________

Seniors Achieving Greater Education
PO Box 12
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