

Adventures in Learning

Horizons

Spring
2017

Learning Later Living Greater

Adventure of the Senses: Nature Poetry Outdoors, Out Loud

At The Fells this summer when Dave Anderson reads aloud from the works of poet and nature writer, John Hay, his mind will no doubt flash back to the long walks he had with the grandson of the famous statesman, John Milton Hay, who became his friend and mentor during the 1990's and who recounted some of their walks and adventures together in his writings.

Among Dave's most treasured memories of Hay are the long hikes they would take together along the lake and into the woods. "On one climb to Sunset Hill we were running out of daylight and moving too slow to get to the summit," Dave recalls. "John recounted this adventure in his very last book, *Mind The Gap*."

"Another time we set off to follow Beech Brook from Lake Sunapee uphill to its headwater springs, an adventure detailed in his book, *In The Company of Light*."

Dave's readings will take place in the locales at The Fells which gave rise to Hay's voice as a lover of nature and inspired many stories and reminiscences about his ancestral family home.

The readings will be part of an AIL summer course entitled, "Nature Poetry Outdoors, Out Loud," featuring weekly readings of selected poems aloud midst the beauty

of our local gardens and nature preserves. All the readings will be on Thursday afternoon, starting at 1:30 pm. Dave Anderson will lead off on July 13, followed by Joan Doran on July 20, Dianalee Velie on July 27, and Dave Cook on August 3. Course attendance will be limited to encourage extensive discussion of the poetry and the images and emotions it evokes.



Dave Anderson (r) on a walk with his friend John Hay.

PHOTO: D. Anderson

The course is the brainchild of Dave Cook, author of *And Sing Them Free: Poems and Read-Aloud Romps*. Dave believes that hearing nature poetry read aloud in picturesque settings not only captures the rich sonority and expressiveness of such poetry but enriches it with the wonder, awe and passion nature inspires. "Think of it as an adventure of the senses," he says.

For his adventure Dave will lead a quarter-mile hike to a trailside glade on the Elkins Glacial Erratics Trail, where he will read aloud and discuss such poets as Whitman, Ammons, Thoreau, Eliot, William Carlos Williams and Czeslaw Milosz. He says the poems portend modern breakthroughs in evolution, biology, geology and astronomy, creating a literary fellowship of nature and science.

Joan Doran notes that many poets have found inspiration in gardens, themselves works of both nature and

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Learning is a treasure that will follow its owner everywhere.

Chinese Proverb

AIL Science Pub

The popular and informal “science conversation” series, which began last fall in Galligan’s Pub at Lethbridge Lodge, returned on **February 16** with public health epidemiologist Paul Etkind’s presentation “**Why Are We Seeing an Epidemic of Epidemics?**” It was followed by electrical engineer Ken Tentarelli’s exploration of “**Robots: A Population Explosion**” on **March 9th**. The series will conclude on **April 13th**, with a presentation from Dr. Andrew Torkelson on “**Successful Aging.**”

Attendees will be prompted to consider how a longer life span brings many health and social challenges and what new strategies and treatment protocols are being developed to meet this increasing demand.



Paul Etkind talks about “Why Are We Seeing An Epidemic of Epidemics?” PHOTOS: M. Plouffe '17

Upcoming Spring “Lunch & Learn” Events

Adventures in Learning continues its popular lunchtime series! This season’s program consists of three different lectures spanning a variety of subjects. Call (603) 526-3434 to register for the lectures you wish to attend.

March 27

Opiate Addiction: Thoughts from the Couch
Thomas C. Wallace, M.D.

April 24

Update Strategic Planning at Colby-Sawyer
Sue Stuebner, president of Colby-Sawyer College

June 5

My Story of Empowering Women in Ghana
Dana Dakin, Founder, WomensTrust and Creative Director, Dakin Partners

AIL’s 2017 Achievement Award Recipient: Ashley Ruseski

The 2017 AIL Achievement Award recipient is Ashley Ruseski, a nursing major and Colby-Sawyer Junior. For the past eight years, AIL has given the Achievement Award “to a Colby-Sawyer junior with a grade point average of 3.5 or above who exhibits commitment to and leadership within the college.”

Ashley is from Alexandria, New Hampshire on Newfound Lake. When I asked how she selected Colby-Sawyer, she said that she looked at the college because her mother wanted her close-by, but the college’s beautiful location surrounded by mountains and the nursing program, especially the partnership with Dartmouth Hitchcock Medical Center, sold her on the college. Last semester Ashley

was on a pediatric special rotation, which she said was “everything I wanted it to be” and reinforced her goal to be a pediatric nurse. After graduation Ashley hopes to work at DHMC for a few years before continuing her education, possibly to become a nurse practitioner.

Ashley’s commitment to nursing, to both “restoring health” and “protecting and promoting” good health, was evident as she discussed the need to educate people on the benefits of healthy living. Ashley practices what she believes. When I asked what her favorite opportunity outside of the classroom at Colby-Sawyer was, she thought for a moment, and then said “Mountain Day” with its “whole



Ashley Ruseski

outdoor experience climbing Cardigan” or another peak.

In addition to her classwork and clinical rotations, Ashley tutors fellow students each week, both as a job and a volunteer. She is a member of honor society Alpha Chi and SNA, Student Nursing Association, which meets monthly with guest speakers and organizes volunteer opportunities, including a fall flu clinic. As the conversation turned to her senior spring term, she became especially animated as she considered undertaking her Preceptorship where she will be paired with a Dartmouth nurse on weekly shifts. It is a true “hands on” experience and Ashley is ready for every minute of it.

~Deb Rucci

You are invited to an AIL hosted event ...



Kraig Larkin

Playing the Hitler Card: How and Why the Nazi Shaped American Political Discourse

With CSC Assistant Professor Kraig Larkin

Thursday, April 7th at 4:00 p.m.

Clements Hall, Ivey Science Center, Colby-Sawyer College
Call the AIL Event Registration Line: (603) 536-3434 or e-mail
adventures@colby-sawyer.edu

Summer 2017 Courses

It may be spring, but summer is around the corner and so is Adventures in Learning's summer term! The AIL Curriculum Committee has been hard at work establishing the line-up for summer 2017. The summer 2017 catalog is slated to be out the week of May 15 with summer courses beginning the week of July 10. In the meantime, here is a brief description of some the courses that will be offered:

- **Nature Poetry Outdoors, Outloud** *with Morris Edwards*
Authors Dave Cook, Joan Doran, Dianalee Velie and Dave Anderson will read aloud from selected poems, including those written by our own John Hay, midst the beauty of our local gardens and nature preserves. See article on page 1.
- **American Concentration Camps and the American Stalag** *with Gene Lariviere*
Most Americans are aware of the forced relocation of Japanese citizens and aliens during World War II, but German and Italian aliens were also incarcerated. Some of these were used as "trade bait" to exchange for American citizens caught when the war broke out. The class will look at the stories and experiences of these groups in America.
- **Encore – A Lecture Series** *with Mike Moss*
This series will bring back four popular AIL courses, each in a one day format: *Charles Darwin* with John Roberts, *The Orphan Train* with Gene Lariviere, *Steve Jobs* with John Ferries and *The Solar Eclipse* with Bob Koester.
- **Painting and Drawing with Acrylics** *with Frances Wilson*
When you think of summer in New Hampshire, what images come to mind? Here is your opportunity to create and express yourself on canvas or paper with acrylic paints, pen, charcoal or colored pencil.
- **The Two Lives of Benedict Arnold** *with John Roberts*
Join a roundtable discussion course that will trace Arnold's history, from hero of the Battle of Saratoga to his defection to the British, against the backdrop of the American Revolution. The class will ask why he defamed himself by treason and explore reactions to his defection. A discussion will be centered on our concept of treason today, particularly as it is engendered in the context of various ideologies in the global community.
- **The Shakers** *with Gordon Terwilliger*
The Shakers were the largest utopian sect to exist in America and were originally led by a woman at a time when this was not the norm. They were successful in many ways, yet their beliefs doomed them to disappear. The course will include a review of Shaker architecture, medicine, music, furniture, and industry.

Welcome AIL Intern Jessica Knudsen!

Adventures in Learning welcomes our new intern, Jessica Knudsen. Jessica came to AIL through the Colby-Sawyer Intern Program where each senior is required to intern with a college department, organization or business for course credit toward her/his major. Jessica is a Psychology Major, but found that all the opportunities in her major were focused on clinical internships, whereas she is interested in psychology for its "self-awareness and self-actualization" potential and business/marketing applications.

In December, Jessica went to talk with Alumni Relations and AIL about a possible spring internship. Fortunately for AIL, Jessica arrived at "our" entrance to the alumni building and left a note for Nina. After Nina explained AIL's mission, Jessica was hooked, both on the concept of life-long learning and our relationship with the college and



Jessica Knudsen

the community as well as the opportunity to work with Nina, who assigns her independent projects and encourages personal initiative. Jessica has reveled in the job and has charged full speed ahead including seeking help from friends on campus to design an AIL tee shirt and working on other new projects. Her vision is for the tee shirt to be sold in the CSC bookstore, to parents and alums, as well as to AIL members. She said: "and when they know part of the cost is a donation, it will increase sales 10 fold". We appreciate Jessica is using her skills to help market AIL and CSC and in the long run create a profitable idea for both!

Jessica has totally embraced the concept that a liberal arts education, with a Psychology major, prepares you to go out into the world with a drive for success. After spending a semester in Australia and traveling to 12 other countries, Jessica would like to live abroad after graduation. She said that she "could pump gas (in a foreign country) and cherish every moment of it".

This spring, Jessica will be visiting classrooms to speak to rising seniors about her internship experience at AIL. We cannot imagine a better recruiter!
~Deb Rucci

Adventure of the Senses: Nature Poetry Outdoors, Out Loud (continued from page 1)

artistry. She has chosen the Tracy Library garden as the setting to explore the nature-inspired imagery of New Hampshire poets Maxine Kumin, Patricia Fagnoli, Jane Kenyon and others. Joan's book of poems is titled *Herding Mice at Three A.M.*

Dianalee Velie, the Poet Laureate of Newbury and author of *Ever After* and four other books of poetry, will return to The Fells to read aloud the poetry of Mary Oliver, who is widely acclaimed for portraying both the wonder and ecstasy of nature as well as the pain. Dianalee hopes the experience will help participants view the magnificent property of The Fells through new poetic eyes and with Oliver's sense of awe.

Dave Anderson is Director of Education, Society for the Protection of NH Forests, responsible for statewide

conservation education programs. From 1990 to 2009 he ran programs at The Fells and it was during this period that John Hay would occasionally accompany Dave leading a public group hike.

"He preferred to remain anonymous while I read from his books," Dave recalls. "But then toward the end of the program I would turn and ask him directly what he meant when he wrote a particular passage. John would answer sheepishly and people would gasp, suddenly stunned that this was *the* John Hay. People would ask him about his grandfather, whom he never met, or about Roosevelt or his parents and life at The Fells. He had a great laugh and a self-deprecating manner and I miss him."

~Morris Edwards



Save the Date! 18th Annual Meeting

4 p.m., May 18, 2017
Wheeler Hall, Ware Student Center,
Colby-Sawyer College

*Look for your invitation
coming soon to your mailbox!*

Top 10 Benefits of Lifelong Learning

Based on an article by Nancy Merz Nordstrom as printed in SelfGrowth.com

As 78 million Baby Boomers redefine their own retirement, news that staying active and keeping their brains constantly engaged may help stave off mental and physical ailments and diseases has many asking how best to do so. The answer is simple: lifelong or later-life learning. Lifelong learning is a proactive lifestyle for overall personal development and a primary factor for brain health.

10. Lifelong learning helps fully develop natural abilities. We all have innate natural abilities, once we're no longer working full time, we have the opportunity to fully explore and develop these abilities.

9. Lifelong learning opens the mind. An integral part of lifelong learning is the free exchange of ideas and viewpoints among older learners. There's nothing like listening to or taking part in stimulating discussions to help us see the other side of an issue.

8. Lifelong learning creates a curious, hungry mind. The more learners discover about history, current events, politics, or the culture of other countries, the more they want to learn. There's a big world out there just waiting for our exploration.

7. Lifelong learning increases our wisdom. Lifelong learning enables us to put our lives in perspective, it increases our understanding of the "whys and whats" of previous successes and failures, and it helps us understand ourselves better. We more fully develop the wisdom that can come with later life.

6. Lifelong learning makes the world a better place. Through the community service aspect of lifelong learning, older learners can give back to their communities and to the world. Their wisdom, insight — it's all of tangible benefit to the world around them.

5. Lifelong learning helps us adapt to change. Society is in a state of constant flux. Often as we age we might feel like the proverbial "old dog that can't learn new tricks." This is not true. Lifelong learning enables us to keep up with society's changes — especially the technological ones.

4. Lifelong learning helps us find meaning in our lives. Sometimes it's difficult to look back on our lives, but lifelong learning gives us the benefit of real perspective and enables us to find true meaning in the hills and valleys of our past.

3. Lifelong learning keeps us involved as active contributors to society. No longer content to sit in a rocker on the porch, today's retirees and Baby Boomers about to retire want and demand more from their later years. We are out and about, we are taking part in educational programs, traveling all over the world, and offering our expertise to society through meaningful community involvement.

2. Lifelong learning helps us make new friends and establish valuable relationships. Through lifelong learning, older adults are meeting new people, forging friendships and relationships with others, and enjoying an active social life. Lifelong learning is a brilliant way to keep in touch with people and meet new friends.

1. Lifelong learning leads to an enriching life of self-fulfillment. According to one lifelong learner from New York, "We base everything on the belief that our capacity to learn and grow does not decrease as our years increase." Through academic learning, educational adventure travel and our renewed sense of volunteerism, we expand our awareness, embrace self-fulfillment, and truly create an exciting multi-dimensional life. It doesn't get any better than that!

New Study Group Leaders:

Kathleen Rusnak and Susanna Schweizer

The Rev. Dr. Kathleen Rusnak's first AIL course is entitled "The Parables of Jesus from a Jewish Perspective." Kathleen has served as a Lutheran parish pastor and hospice chaplain, an adjunct professor and the theological program coordinator at a European Christian kibbutz in Israel.



Rev. Dr. Kathleen Rusnak

Susanna Schweizer will lead her first course this spring for AIL, "Thorny Conversations." Although new to AIL, Susanna has taught the art of difficult conversations as well as mediation and conflict resolution for several years and most recently at Osher@Dartmouth. For more information about Kathleen and Susanna and their courses, please refer to the AIL Spring Course Catalog or view it online at <http://colby-sawyer.edu/adventures/>.



Susanna Schweizer

AIL Winter '17 Term



PHOTO: J. Eaton

SGL and movie buff Joe Fanning sharing his love of old movies!



PHOTO: J. Eaton

Course participants consider "The Threat of Nazi Germany."



PHOTO: J. Eaton

SGL Ginger Milord presents "Three French Films."



PHOTO: J. Eaton

SGL's Liz Tentarelli and Peg Fargo and course participants ponder "What is the cost of a vote?"



PHOTO: J. Eaton

"To Engineer is Human" SGL, Aarne Vesilind poses a question to his class.



PHOTO: J. Eaton

Engaged (l-r) AIL members Janet Howe, Peter Machen and Julie Machen.



PHOTO: J. Eaton

CSC Professor and AIL SGL Randy Hanson introduces his course topic, the Camino de Santiago.



PHOTO: J. Eaton

"The Threat of Nazi Germany" SGL, Tom White.



PHOTO: D. Bashaw

SGL Bill Tighe shares his "Hidden Gems of Europe."

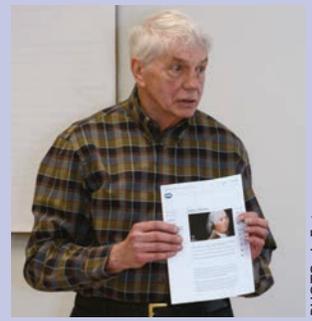


PHOTO: J. Eaton

SGL Dick Schwemm introduces "Origin and History of American Political Parties."

Thursday's Child Celebration

The annual Thursday's Child Benefit Dinner was held on December 1, 2016 at the New London Inn.



PHOTO: J. Eaton

(L-r) Cynthia Marshall, John and Donna Ferries and Nina Tasi.



PHOTO: J. Eaton

(L-r) Jeanne and Morris Edwards, Maureen and Art Rosen.



PHOTO: J. Eaton

(L-r) Joanna Henderson, Betsy Boege and Skip Henderson.



PHOTO: J. Eaton

(L-r) Joyce and Charlie Kellogg, Jennifer and Bob Mack.

Memorable "Member Only" Events



PHOTO: D. Rucci

"Member only" art tours guided by CSC Professor and AIL Board member Bert Yarborough



PHOTO: J. Eaton



PHOTO: J. Eaton



PHOTO: N. Tasi

CSC Assoc. Professor Eric Boyer deconstructs the electoral college for a "Member Only" presentation.



Adventures in Learning
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Adventures in Learning's *Horizons* highlights the activities of the lifelong learning program at Colby-Sawyer College.

The thoughts and opinions expressed in the articles in this publication are strictly those of the respective authors. Information offered should not be considered authoritative or complete, nor should it be construed to reflect the views or opinions of the Adventures in Learning program or Colby-Sawyer College.

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Did You Know?

The value of life-long learning is greater than ever and we are so fortunate to have this opportunity in our own community. AIL is a dynamic, indispensable lifelong learning organization providing a wide array of courses, activities, and other benefits relevant and responsive to the community interests. Whether you sign up for a course or not, we hope you will continue to become an annual member to support the long-term sustainability of AIL and recognize the many benefits of having AIL as a significant asset to the community.



PHOTO: M. Rosen