

# Horizons

*Learning Later, Living Greater*

## Many Paths, One Camino: *The Adventures of Two Aging Academics on the Camino de Santiago de Compostela (Part 2)*

Pilgrims began traveling the Camino de Santiago in the 9th century A.D. but anthropologists believe that people have been making pilgrimages since the beginnings of human existence. There are many Camino routes – el Camino del Norte (the Way from the North), el Camino del Salvador (the Way of the Savior), the Camino Portugues (the Portuguese Way), etc. Pilgrims say that as long as you end up in Santiago de Compostela, Spain, that is your Camino. Tom Galligan and I began our journey on May 16 and arrived in Santiago on June 25, 2018. We followed the traditional “French Way” that sets out from Saint-Jean-Pied-de-Port, France, crosses over the Pyrenees into Roncesvalles, Spain, and then continues across northern Spain for about 500 miles, through such cities as Pamplona, Logroño, Burgos, and León, until arriving at the tomb of St. James on the western side of Spain.

There are “many Caminos,” not just because many routes lead to Santiago de Compostela, but because people go on the Camino for many different reasons both spiritual and secular. This has always been true of pilgrimages (just read *The Canterbury Tales* to get a sense of the variety of motives that exist in an ostensibly religious journey!). Journeys on the Camino tend to be both intensely personal and intensely social. Along the way and after, you often hear people refer to *my* camino as they talk about the meaning of their particular journey.

My camino was about physical challenge, friendship, and spirituality. I am not an outdoors person. I am a lover of cities and the Great Indoors. I decided to walk the Camino to push myself outside my normal urban comfort zone. The summer before Tom and I went to Spain, I got



Photo Credit: Thomas Benton

*Tom Galligan and Randy Hanson on the Camino de Santiago de Compostela trail.*

further incentive when I contracted a double-whammy of pneumonia and Giardia. Spending two weeks in the hospital, I dropped over 30 pounds. Getting back into shape so that I could make a 500 mile trek became my way of keeping my spirits up during my long hospital stay and subsequent bed rest. My attending nurses probably got sick of hearing about the Camino though a lot of them ended up watching Emilio Estevez’s movie, *The Way*.

As two “aging academics on the Camino” (a title Tom was not fond of!), Tom and I trained a lot in preparation for the Camino, walking flights of stairs in Colby-Sawyer’s Hogan Athletic Center when there was snow on the ground, and then in the spring winding our way through the streets and paths of New London. Most importantly, once on the Camino we tended to our bodies religiously. Every morning before setting out and at the end of every day’s hike, we stretched, and took care of our feet. We had the supreme satisfaction (for two old academics) of being able to walk faster and with fewer injuries than many of the younger people on the Camino. One young Italian pilgrim was particularly put out when we passed him on a steep incline saying, “how are you old guys in better shape than I am?” Tom had the pleasure of dropping 15 pounds, and as for me, the guy who could barely walk 9 months before; I successfully crossed the Pyrenees and hiked 500 miles

*Continued on page 4*

*“Always walk through life as if you have something new to learn and you will.”*

*~Vernon Howard*

## AIL's 2018 Achievement Award Recipient: Alexandra Harris

This is the 9th year that AIL has presented the Adventures in Learning Achievement Award to a Colby-Sawyer junior. This award recognizes a student who has shown outstanding academic success and exceptional leadership within the college community. This year's recipient is Alexandra Harris '19. As we chatted, Alex told me that while she contemplated which college to attend she realized how much she enjoyed growing up in the close-knit community of Bellows Falls, VT, and she hoped to find this same atmosphere in a college. Alex discovered that Colby-Sawyer was exactly what she wanted – a welcoming and caring community where students and professors alike are always ready with an encouraging word and a willingness to talk about academics or personal concerns.

When Alex arrived as a freshman at Colby Sawyer, she first focused on a major in public health. However, her thoughts soon turned to a major in sociology after one of her professors encouraged the class to think more deeply about how society works and all the different factors that enter in to who we are and who we will become. Her major in sociology, combined with minors in child development and child psychology, fits her goals perfectly. Alex had thoughts at one point of majoring in photography. She soon came to realize that she could weave together her interest in



Alexandra with the AIL Board.

Photo Credit: Beth Camp

photography with her interest in the social sciences, using her camera to produce pictures which might highlight societal and personal concerns better than words.

On campus, Alex is president of the Art Club, co-president of the Child Development Club and an active member of the Peer Network Center (PNC), a community of upperclassmen/women who are there to help students adjust to the demands of college, both academic and social.

Alex has recently been invited to become a member of Alpha Chi, a National Honor Society for college students which honors academic excellence and exemplary character. When she graduates, Alex intends to pursue a Master's Degree in Social Work where she will be able to combine all her skills with the goal of helping others live a more productive life. As our time together came to a close, Alex took my hand warmly, and with a big smile, mentioned how honored and immensely grateful she is to receive this award from Adventures in Learning, an award that will help as she continues to pursue her studies. As we parted, Alex said she would like to convey her heartfelt thanks to all who have helped her on her way to achieving her goals.

~Diane Rice

## New Study Group Leaders



Robert  
DiClerico

After graduating from Hamilton College, Robert went on to earn a PhD. in American Politics from Indiana University. He then joined the faculty at West Virginia University in 1972, and remained there until his retirement in 2016. A native of Nahant, Massachusetts, he spent parts of many summers in New London as a youth and recently decided to make it his permanent home, moving here in June of this year.

Tomie dePaola has been published for over 50 years and has written and/or illustrated over 260 books. Nearly 25 million copies of his books have sold. Tomie dePaola and his work have been recognized with the Caldecott Honor and Newbery Honor awards, and the New Hampshire Governor's Arts Award of Living Treasure.



Tomie  
dePaola

Emily Jones, along with her husband, started the Bush Galleries on Main Street, in Norwich, Vermont, which grew to new gallery locations on the east coast and west. For nearly ten years, she and her husband promoted children's books through their association with publishers, authors and illustrators.



Emily  
Jones

## Why Adventures in Learning?

**A**dventures in Learning (AIL) provides learning experiences for adults who wish to continue their intellectual growth in an informal setting. AIL is unquestionably for the curious: curiosity drives us to explore new places, new ideas, and new sensibilities. Rewards can be found in understanding, in beauty, and in unanticipated human warmth and solace. So it goes in the company of like-minded participants at AIL's courses, lecture series and special events.

The many participants in AIL programs speak for themselves on the evaluation surveys they submit after each course (in italics):

The study group leader (SGL) *"was so knowledgeable about Finland! I have never visited there and, because of him, I learned so much about the Finns – their culture, education, history, etc..."*

Most of us will never visit Finland. We may know a little about Finland through the music of Sibelius or a TV series like *Borderland*; but after an AIL study group leader provided a broad brush treatment of the country, the curious will want to know more – not only because of its strategic location on the edge of the European Union and proximity to Russia, but because of its unique contributions to the arts and sciences.

*"The course material was outstanding;"* The SGL *"provided many different sources to help understanding not only of Darwin but how his work changed the world, and led to genetics..."*

Charles Darwin's elucidation of evolution ranks as one of the tipping points in human history. Years of world-wide travel and study converged on Darwin one day to inspire him to produce a theory that led to later discoveries of DNA and CRISPR, now significant factors in the recognition and treatment of disease and deformity.

*"One beginner was really good! He painted with sure strokes, using vibrant colors...a natural."*

An SGL reports a talent that erupted in an AIL course on painting, proving that beauty is to be discovered not only in museums but also around the local corner. Not just prettiness but an encounter that causes chills to the viewer and the creator. And not just in a famous big-city studio but by a beginner in an adult-learning course in a small New Hampshire village.

The SGL *"demonstrated a sense of caring and encouraged each person to share. He created a comfortable, safe environment to allow for serious discussion and demonstrated sensitivity for other's beliefs and experiences. He facilitated our covering many difficult topics with compassion, understanding, and humor..."*

Unexpected human warmth and solace can be found in AIL discussion groups, particularly those directed toward measures that alleviate grief and misfortune. In these particularly emotion-filled courses, as well as the more standard learning courses, learning together fosters friendships among participants. Dave Bernard writes in *US News*: "While we were in school as younger people, most of our circle of friends came from classmates and those we interacted with in the school environment. Going back to school as retirees can open new channels of interaction and introduce us to new friends inside and outside of the classroom."

*"I moved to New London because AIL was here."*

Diana Seamans, an active member of AIL, gave permission to quote her. Quite a testimony and smart to be on the cusp of a nation-wide trend to look for retirement sites that feature life-long learning! Robert H. McNulty, president and CEO of Partners for Livable Communities, states: "It's the hot button. Almost every college town, from Bowdoin in Maine to Minnesota State University in Mankato to Clemson to Michigan State, is trying to develop a symbiotic relationship with older learners. Particularly in smaller cities, strong relationships between schools and seniors are being used as a marketing magnet to lure retirees to relocate there."

A popular SGL writes: *"AIL continues to be a priority in my life and I feel fortunate to be part of a community that sees its benefits."*

Elliot Crumpley, content editor at 55places.com, posts: "An active lifestyle in retirement doesn't just mean having a gym regimen and weekly games of pickle ball...Recent research has concluded that education into senior-hood can slow mental aging by decades, lead directly to a longer life, and can bolster abilities like memory, problem-solving, and abstract thinking." AIL defines a senior intellectual community in New London and surrounding towns. Membership in AIL signals support for pursuit of intellectual stimulation that brings better health to all ages. ~John M. Roberts



## Save the Date!

19th Annual Meeting  
4 p.m., Thursday, May 17

Wheeler Hall, Ware Student Center, Colby-Sawyer College

**Look for your invitation coming soon!**

## Many Paths, One Camino: *Continued from page 1*

across the great hot plains of Spain's Meseta, along winding forest paths, and through cities and myriad ancient villages.

My Camino was also about friendship. Walking the Way was an opportunity to spend quality time with Tom Galligan, someone I had grown to love and respect very much during his presidency of Colby-Sawyer College. Tom was just completing his second term as the College's president, and immediately after finishing the Camino would head off to new adventures as the dean of a law school in Louisiana. As we trained for the journey, New Londoners regularly stopped us to ask if we would "still be talking" after spending so much time together on the Camino. We were still talking – a lot and loudly if you know Tom Galligan – when we arrived in Santiago de Compostela. Tom later sent me a list of "Tom Galligan's Lessons" from a talk he gave about the Camino in Louisiana. It included, "Better to keep your friend than vent in the moment." It is a lesson that all successful travelers in this life learn and practice.

Friendship on the Camino also meant meeting a huge number of interesting people from all over the world. Tom and I estimated that we met people from over 20 countries. We met young men from South Korea who, after finishing mandatory military service and watching a TV special about the Camino, came to Spain to walk the Way. We met groups of women traveling together from Australia. One of the few times we experienced anti-Americanism came from a group of Canadians, though many European pilgrims seemed both fascinated and horrified by the American presidential campaign taking place during that summer of 2018.

Two friends we made along the Camino stood out most for me. On our first day, crossing the Pyrenees, we met Tom Benton, a man who had retired in his 50s and then returned to his early love of acting. Looking, as he put it, like your stereotypical banker or priest, he has won character roles in all sorts of television shows and movies including a recent episode of "Blue Blood" and the Boston-based movie, "The Fighter." Tom B. walked with us for 25 days, writing on his Facebook page, "I am walking with a college president and a history professor. The walks are proving educational." Tom B's Facebook page became the way for Tom G's and my family to follow our journey – though Tom B's friends complained about "too many photos of the prof and the president."

Sebastian, a young Brit, symbolized both the friendship and the combination of motives that put people on the Camino. He wrote to me, "I did it out of curiosity in Christianity and a desire for adventure. My parents are atheists so I never had a religious upbringing nor did I learn much about religion. So I decided to walk the Camino as a Christian ... It was also about freedom. Although some people might think that walking on a set route is a constrictive experience, it was the opposite. It meant that I did not have to plan my route and I didn't really have to think about tomorrow... I was genuinely surprised at how I was able to, for the first time in my life, just live in the present without worrying about the future." Sebastian and I still keep in contact and he hopes to visit New Hampshire in the near future.

My final reason for traveling the Camino was spiritual. For 8 generations back, I am the son of Mormon and Baptist ministers and, after converting to Catholicism, I had originally planned to become a priest spending a year preparing in a parish in Tlalpan, Mexico. The Camino gave me the opportunity to visit great medieval cathedrals and humble chapels, pray and meditate, and to sing the church songs of my childhood. (Tom and I annoyed a group of French travelers with a particularly boisterous version of "I've got that Joy Joy Joy Joy Down in my Heart.") We heard the liturgy sung in Latin by an Augustinian monk from South Korea and we took communion with a group of cloistered nuns. We reveled in the pageantry of Burgos' famous Corpus Christi festivities. Every mass along the Camino, and we attended many, ended with a special pilgrims' blessing that left us refreshed and ready for the next day's journey. For me it was fitting that one does not officially complete the Camino until attending the great pilgrims' mass in the Cathedral of Santiago de Compostela. To celebrate and commune with thousands of fellow pilgrims coming from across the globe was a religious experience I will never forget.

The paradox of the Camino, as my friend Sebastian said, is that even though you walk a set path, the Way gives you freedom. It is the freedom to deepen and make new friendships; challenge yourself physically; and to explore yourself and the countryside and cities of Spain. You cannot help but to come back and see yourself and the world in a different way. My dream is to return to Spain and to celebrate my 60th birthday by waking the Way, the Camino de Santiago.

~Randy Hanson

## Summer '18 Courses

Here is a glimpse of the course lineup for ALL's summer '18 term. Catalog will be arriving in early May.

- **Sculpture and You – Behind The Scenes**  
*with Janet Miller Haines and Diana Morris*
- **Stones, Bones and Biblical Tomes II**  
*with Art Rosen*
- **Visual Verse** *with Nancy Marashio*
- **Backstage at the Barn** *with Mitch Marois*
- **On Life Support:  
The American Health Care System**  
*with Jim Bays*
- **ENCORE** *with Katrina Wagner*

## Maynard Goldman: Businessman, Politician and Public Servant

Maynard has been active at OSHER, conducting several courses there and he is now planning to do the same for us. I thought some background on this first-time-for-AIL study group leader and very interesting individual would interest our members.

I first met Maynard Goldman six years ago when I joined the board of trustees of Lake Sunapee Region Visiting Nurse Association. When I heard he had been one of the corporate counsels for ITT, I asked him the first question that came to my mind: what was it like to work for Harold Geneen? Geneen was the numbers-obsessed CEO of ITT in the '60s and '70s and led the company on an acquisition spree never seen before or since (famous quote by Geneen on his long working life: 'If you keep working you'll last longer. I'd hate to spend the rest of my life trying to outwit an 18-inch fish.'). He was also a very demanding boss; Maynard told some stories about his experiences, including one about attending exhausting financial reviews lasting over several days in a dozen countries, with Geneen never tiring, while his subordinates survived only through a steady diet of coffee and other stimulants. Following that and other stories, I got to know more about Maynard's life and career as we met on VNA matters and chatted.

Something that surprised me about this very interesting person had to do with a photograph that accompanied one of his course proposals. The picture, seen here, is of Maynard and Eleanor Roosevelt in 1957. Maynard, then in student government at the Ann Arbor campus of the University of Michigan, was detailed to pick up Mrs. Roosevelt at the airport, as she was to speak at the model United Nations being hosted by the university. In the early morning, he ushered her into his thoroughly beat up Plymouth at Willow Run airport outside Detroit. "I was not predisposed to be over impressed," he told me (Maynard has a wry sense of humor). But by the end of the day he was deeply impressed. She ran him ragged as he chased her around the various speaking engagements arranged for her (she was the first US delegate to UN, Maynard explained, hence the appropriateness of the invitation). He said her almost inexhaustible energy was matched by her 'bigness of heart'. Her high pitched voice, he said, was at first a little off-putting, but once she got going, there was a cadence and an urgent sincerity in her speaking style that kept listeners rapt. The day was a big success and memorable time for Maynard.

Eighteen years later in 1966 when he was with Arthur D. Little in Cambridge, the United States Agency for International Development (USAID) commissioned a study by the consulting firm to evaluate the success of its aid efforts in South Vietnam. Maynard was part of the team assigned to do the study. At the time America was giving over \$500 million in various types of aid, including among them medical supplies and food. While there he witnessed several examples of the problems the agency was having accomplishing its mission. One example among many: fragile medical supplies shipped to Vietnam from the United States arrived in a southern province for unloading. The crew, standing in the hold of the plane pushed boxes clearly marked fragile out the door to a twelve-foot drop; the sounds of breaking glass and splashing of liquids hitting the tarmac were obvious evidence the shipment was rendered useless. Maynard was in the airplane.

The day was a big success and memorable time for Maynard.



*E. Roosevelt and M. Goldman.*

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The team submitted its report, which was very critical. A long period of silence out of Washington followed. In 1969, though, Maynard got a call from Senator William Proxmire inquiring if he would be willing to testify at senate hearings. Maynard agreed to go, but one of his colleagues went instead. Nothing happened for a few months and then Senator Proxmire called Maynard again to thank him for the report and to give him a summary of what happened at the hearings. Apparently the issue remained unsettled after the investigation, but to illustrate how bad the aid program had operated in Vietnam, Maynard told me the medical supplies shipment referred to earlier had arrived a year late, so most of the material was useless even before it literally hit the ground. He laughs about it now, but at the time he admits to being frustrated and deeply concerned. twenty years and, with his wife, Suzanne, has been involved with many public service organizations.

Later in life he made a few unsuccessful attempts in state and local politics and that's where he met Ted Kennedy, a subject of a course he delivered at OSHER. A lawyer by education and profession, Maynard also has extensive business experience. Since retirement, he has served on over twenty boards of trustees and directors in New Hampshire and elsewhere. A native of Boston, he has lived in New Hampshire for almost twenty years and, with his wife, Suzanne, has been involved with many public service organizations.

*~Sheldon Boege*

## Adventures in Learning Intern: Tiah McLaren

Meet Tiah McLaren, CSC '18. Tiah, a Psychology major is the second Colby-Sawyer student to intern with Program Coordinator Nina Tasi. From processing course registrations to creating advertisements for AIL's community outreach program with Woodcrest, Tiah has taken on many tasks while learning about the

inner workings of an organization like AIL. Tiah will be graduating this May, and although the one semester internship has flown by, she has been a great assistance to Nina and the members of AIL. Thank you Tiah and much success in your future!



Tiah McLaren

## Thursday's Child Event

This year's Thursday's Child to benefit AIL was very well attended by members, supporters and other fans of Colby-Sawyer's Life Long Learning program. At one point there appeared to be no empty tables in the Coach House Restaurant, apparently a very good measure of a successful evening.

After dinner many people ventured from their appointed tables and joined other tables to catch up with friends, members and people they had not seen in a while. It was a wonderful night of good food, good friends and a worthy cause of contributing to AIL!

~Joanna Henderson



PHOTO: J. Eaton

Hendersons, Rosens, and Edwards share dinner and ideas.



PHOTO: J. Eaton

(L to R) Rob Freitas, Karen Zurheide, Katrina Wagner, Peter and Julie Machen and Randy Hanson.



PHOTO: J. Eaton

Ginger Milord and John Roberts.



PHOTO: J. Eaton

David Bashaw and Peter Rucci.

## Lunch & Learn

The popular Lunch & Learn series returns this spring. All lectures are held in the Adventures in Learning classroom at Lethbridge Lodge, on the Colby-Sawyer College campus. Admission is free to current AIL members, with a \$10 fee for non-members payable at the door. Advance registration is required.

Attendees are invited to arrive at 12 noon. You may purchase lunch at Galligan's Pub or bring your own brown bag lunch. The presentation begins at 12:20 p.m., is followed by a brief Q & A session and concludes at 1:15 p.m. Register for the lecture(s) you want to attend.

**April 16** **New Women's Director / Writer Initiative at Northern Stage**  
Carol Dunne, *Artistic Director, Northern Stage*

**April 30** **Creating New London's Summer Music Festival**  
Nancy Tripp, *President, Summer Music Associates*

**May 14** **Behind The Scenes at Opera North** / Evans Haile, *General Director, Opera North*

# AIL Winter '18 Courses



David Almond and his class on *Almost Great Composers*.

PHOTO: J. Eaton



Phyllis Piotrow and John Walters discuss *Factors in America's Growth* with Austin Eaton.

PHOTO: J. Eaton



PHOTO: E. Wollensack



Participants are very attentive as Morris McInnis discusses the *Dow Jones*.

PHOTO: D. Bashaw

Ken Tentarelli listens to a question from the *'Into the Future'* class.



PHOTO: J. Eaton

Don Wright and daughter-in-law Diana (both airline captains) share flight experiences.



PHOTO: J. Eaton

Joan Doran checks her text in Dick Schwemm's *Lincoln* class.



PHOTO: J. Eaton

Thea Lahti shows her Irish terrier to class on *Getting to Westminster*



PHOTO: J. Eaton

Kathleen Rusnak shares thoughts on spiritual issues.



PHOTO: J. Eaton

Joe Fanning talks about *Suspense on Screen*.



PHOTO: J. Eaton

Dick Showalter prepares to introduce Susan Reeves and Don Eberly to his class on *The American Health Care System*.



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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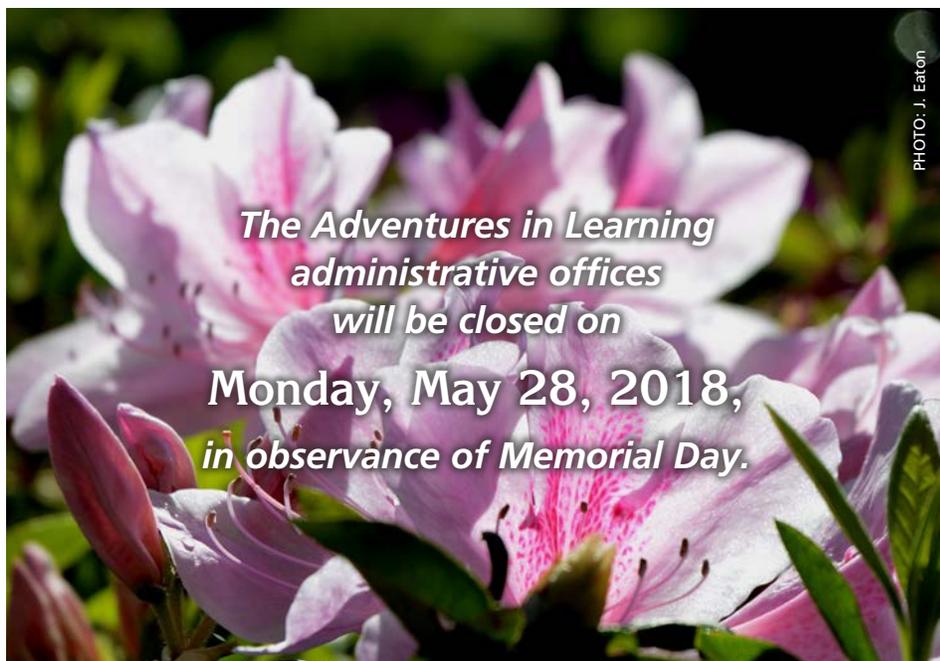
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*The Adventures in Learning  
administrative offices  
will be closed on  
Monday, May 28, 2018,  
in observance of Memorial Day.*

## Save the Date!

*Members Gathering / Fall '19 Preview*

## Monday, July 16