

Horizons

Spring 2016

Lifelong Education at Colby-Sawyer College

Study Leader Profile

Brenda Watts:

Food for Thought

Brenda Watts is no stranger to AIL. As a member of the AIL board and curriculum committee, and a study group leader for AIL and OSHER@ Dartmouth, Brenda wholeheartedly believes in the aim of AIL to involve community members in thought-provoking, interesting exchanges of ideas. She likes to encourage others to share their passions with AIL by taking courses and becoming study group leaders themselves. She says, being a study leader has been the most enjoyable volunteer job she has held.

For her newest course, Food for Thought, Brenda combines her love of food culture, the expertise she gathered from her studies at Michigan State University and Indiana University, along with her work as a secondary school teacher of food and nutrition and as a University of New Hampshire Cooperative Extension home economist.

The decision to offer a course about food resulted from Brenda's interest in current health trends, continuing controversies about what we eat, and the

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Brenda Watts

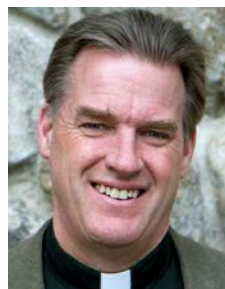
Study Leader Profile

The Rev. Jay MacLeod: Elijah

The Rev. Jay MacLeod has "come home." A graduate of Kearsarge Regional High School in 1979, he subsequently received degrees from Harvard and then Oxford, where he met his wife Sally Asher while studying as a Rhodes Scholar. For the past two years, Jay has been Rector of St. Andrew's Episcopal Church in New London.

While at Harvard, Jay co-founded a youth enrichment program for youngsters in three low-income housing developments. The program continues to thrive 35 years later, and St. Andrew's Church now brings participants up to Sunapee to hike, camp and swim during the summer months. Jay drew on his experience working and living in one of the housing developments when he wrote his undergraduate thesis. It was published in 1986 as *Ain't No Makin' It*:

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The Rev. Jay MacLeod

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Learning Later Living Greater

Click [HERE](#) for listing of Colby-Sawyer College events that are open to the public.



Brenda Watts (continued from page 1)

evolving food/environment connection. Brenda has lived in the South, Midwest and New York State, and now lives in Grantham, New Hampshire. As a teacher, she understands that often the best way to learn is to teach and benefit from the rich experiences of AIL members. Brenda is counting on a lively exchange of ideas and personal food histories in each class. She loves to involve learners, so participants will be offered the opportunity to prepare and share some tasty and nutritious snacks. Some members may recall the “historic recipes” they tasted in Brenda’s AIL Isles of Shoals course.

Food is so much more than the calories we consume to fuel our bodies. Brenda and her presenters will focus on what exactly food is, how food reflects culture, and how food affects us. Emotions conjured up by certain familiar foods reveal the complicated connection we have with our food.

Speakers will provide historical background and insight

into current food controversies. The topics include how culture, trade and technology can affect our food choices; an investigation of traditional Abenaki food customs; a discussion on how the New Hampshire Department of Agriculture serves us; a discussion of governmental regulations and recommendations and the basics of food safety. She and seven presenters will help participants draw their own conclusions in order to make sensible, informed choices about food.

Brenda’s enthusiasm promises a stimulating course. There are field trips planned to Spring Ledge Farm, the Colby-Sawyer Sustainable Living Laboratory, and, if possible, to Hannaford Supermarket. Those who attend the six-week course will have enough “food for thought” to make informed decisions about what food they purchase, how they prepare that food and the environmental impact of raising and distributing that food.

~Jennifer Mack

The Rev. Jay MacLeod (continued from page 1)

Aspirations and Attainment in a Low-Income Neighborhood and has been updated and revised three times to become a best-selling sociology textbook.

After Oxford Jay and Sally spent four years in Holmes County, Mississippi, as community organizers. Working with the Rural Organizing and Cultural Center, Jay started an oral history project with teenagers that led to the publication of *Minds Stayed on Freedom: The Civil Rights Struggle in the Rural South, An Oral History*.

Jay trained for the ordained ministry at Lincoln Theological College in England. He ministered in mining and mill towns in the north of England before becoming parish priest of All Saints’ Church in Bedford and interfaith advisor to the Bishop and Diocese of St. Albans. Combining Christian ministry and community work, Jay worked closely with Muslims, Sikhs and Hindus to engage disaffected teenagers and foster friendships across racial and religious lines through sports, education and the arts.

Jay’s interfaith work led him to Elijah. He took a 3-month sabbatical in 2009 to travel to the Holy Land. He tried to stay on the trail of Elijah—from the Jordanian foothills of his childhood to Mount Carmel in Israel, and a trek through the desert to Mount Sinai.

No local article about Jay would be complete without mentioning his enthusiasm for skiing. He was a member of the ski team at Kearsarge and then at Harvard. Having been starved of skiing during his 25 years in Britain, he’s now making up for lost time. He can be found on the slopes of Sunapee on many mornings and presides at a Eucharist in the Summit Lodge on Saturday afternoons. He was often seen skiing down the mountain with his cassock streaming in the wind but now stores his robes in

the Summit Lodge after a conversation with his teenage children: “It’s bad enough skiing with a parent, but your Dad in a dress?!”

~Rev. Jay MacLeod and Joan Eaton

Hogan Punch Cards

This year the Adventures in Learning (AIL) Office has partnered with the college’s Dan and Kathleen Hogan Sports Center to institute a new system for AIL members to access the Hogan Center. Punch cards!

In addition to giving you access to all courses and activities offered through AIL, your yearly membership includes the added benefit of a punch card good for three FREE visits to the Hogan Sports Center here on the Colby-Sawyer College Campus. This punch card is to be presented at each time of use and may be used any time during the current AIL membership year. The card will allow you access to the running/walking track, a six-lane swimming pool, an aerobics studio and racquet sports courts and the Elizabeth Kind Van Cise Fitness Center.

You may stop by the AIL Office between the hours of 9 a.m. to 12 p.m. Monday through Friday to pick up your punch card for the July 1, 2015 – June 30, 2016 membership year.

View a Total Solar Eclipse and Tour the U.S. Northwest

An exciting adventure is in store for AIL members who sign on for the 2017 Pacific Northwest & San Francisco Total Solar Eclipse trip.* Bob Koester will present a prerequisite AIL summer '17 course leading up to the tour, followed in August by a 10-day journey in the Pacific Northwest. The highlight of the trip will be the opportunity to view "The Great American Eclipse" on August 21st. Below are highlights of the trip, open to AIL members who take Bob's preliminary class.

Travelers will gather in Seattle on the first evening for a welcome dinner. The next morning will feature a tour of the city before our group heads south toward Portland, Oregon. On the way, we will stop at Mount St. Helens where resident experts will explain the region's natural history as well as the volcano's dramatic 1980 eruption. The stay in Portland will be for two nights and include a daytime tour of the

Columbia River Gorge followed by a dinner cruise on the Willamette River.

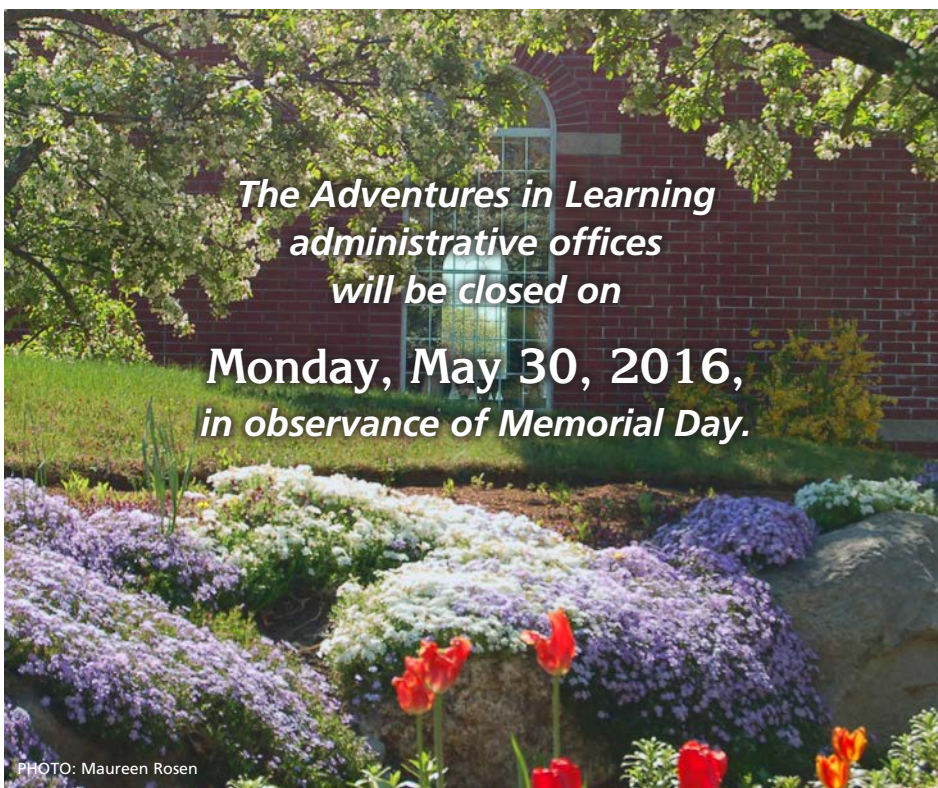
Traveling east into the Mount Hood National Forest the next day, we will stay at the Timberline Lodge, altitude 6000 feet, on Mount Hood. The lodging for the following two nights will be in Bend, Oregon, with August 21st being dedicated to the eclipse. The viewing site, on the centerline of totality and chosen for its high probability of clear skies, is about 40 miles north of Bend. That evening we will return to Bend for a celebration dinner.

Continuing to travel south, we will visit beautiful Crater Lake and stay in Coos Bay on the spectacular Pacific Coast of Oregon. The following day we will explore Redwood National Forest before lodging overnight in Eureka, California. The tour will end with two nights in San Francisco. There we will have a tour of the city followed by a farewell dinner on the evening before departure.



Added to the joy of seeing some of America's most stunning scenery will be the rare opportunity of witnessing nature's greatest spectacle, a total solar eclipse. The 2017 total eclipse will be the first such event to be visible in the continental U.S. in nearly four decades; there will not be another until April of 2024!

***NOTE:** OSHER@Dartmouth sponsors a study/travel program. Participants from both OSHER@Dartmouth and AIL will travel together during the tour. **At the time of writing, a very limited number of bookings remain available for the tour.** If you are interested in being part of this program, please contact Bob Koester as soon as possible at rfk33@comcast.net (preferred) or 603-863-7378.



*The Adventures in Learning
administrative offices
will be closed on
Monday, May 30, 2016,
in observance of Memorial Day.*

PHOTO: Maureen Rosen

Save the Date!

AIL Annual Meeting
Thursday,
May 19, 2016,
at 4:00 p.m.
in Wheeler Hall,
Ware Student
Center at
Colby-Sawyer
College.

AIL Achievement Award Recipient for 2016

Jaelyn Cinelli '17 is this year's worthy recipient of the Adventures in Learning Achievement Award, given annually to a Colby-Sawyer junior with a grade point average of 3.5 or above who exhibits commitment to and leadership within the college. It is hard to believe that Jaelyn is the seventh student to benefit from this endowed scholarship fund established in 2008 in honor of AIL's 10th anniversary. Michael David Bisset was the first recipient back in 2009 and Shaina Driscoll, our current office assistant and Presidential Fellow, was the fifth to receive the award in 2014.

I had the pleasure of meeting Jaelyn over lunch right after she returned from the winter break. She was busy at work on her computer when I arrived in Lethbridge Lodge. Jaelyn does not waste time. She is totally immersed in and dedicated to her studies in the Nursing Program and jokingly considers the college library her dorm room. In fact, when I asked her what sold her on Colby-Sawyer (it took three trips from her home in Middleton, Mass.), it was the library—a comfortable, quiet place for studying. She also cites the friendly, supportive atmosphere, the beautiful setting and views from nearly every point on campus. But most of all, she is grateful for the opportunity to pursue her passion for nursing.



Jaelyn Cinelli '17

Jaelyn is a Wesson Honors student, one of four in the junior class in The School of Nursing and Health Professions. She mentors other students in the nursing program, and receives a great amount of satisfaction helping them meet the rigorous requirements of a nursing degree, both in the classroom (B- and above grade point for each class), and pass/fail clinical fieldwork. Jaelyn's favorite part of the curriculum is the hands-on experience in clinical rotations at Dartmouth-Hitchcock Medical Center. So far she has worked in the Medical-Surgical, Pediatric, Obstetric and Mental Health units. She would like to specialize in Pediatric Oncology noting that she is inspired by the can-do, incredibly positive attitude of children facing life-threatening medical conditions.

Jaelyn is very appreciative of the financial support provided by the Achievement Award. As one of three siblings, triplets in fact (not identical), her parents are facing the challenge of putting three twenty-one year olds through college at the same time. She wanted me to be sure to express her gratitude and that of her family to the AIL membership for helping her pursue her academic and career goals at Colby-Sawyer College.

~Betsy Boege

Thursday's Child Event

Thursday, Dec. 12, 2015

PHOTOS: M. Rosen



Jennifer and Bob Mack, Diane Rice



Sheridan Danforth, Sally Jones, Gail Goddard



Tom and Sandy Stark, Ginger Milord, Austin Wood



David Wood, Brenda and Joe Watts, Dwight Wilder

Preview of Spring '16 Courses

Registration is now open for the spring term. Most courses begin the week of April 18. View the complete spring catalog online with full course descriptions, including start dates and times, at www.colby-sawyer.edu/adventures/courses.html. On the same webpage you can register for courses and pay this year's (2015–2016) membership dues *if you have not already done so*. The course registration deadline is Friday, March 18, 2016. Register now to ensure a place in the course(s) of your choice. People who pay for courses and/or memberships online will have their names entered in a drawing for a free course and/or free 2016–2017 membership, respectively. If you are unable to pay online, you may mail your form(s) and payment or place your form(s) along with your payment in the locked drop box outside the AIL office. No payments will be processed over the phone or in person at the AIL Office.

- **The Great Awakenings: The Origin of the American-Born Denominations** *with Art Rosen*
Study the history and ideology of American-born denominations, including Christian Science, Jehovah's Witnesses and Shakers, that all began during surges in religious enthusiasm known as the Great Awakenings. Art will explore three awakening periods covering their causes and results, the denominations they bore and their founding figures.
- **Don't Throw Away the Key: The Issues of Incarcerated Women** *with Peg Fargo and Liz Tentarelli*
What are the issues female inmates face in today's correctional facilities? Although women are less likely than men to commit crime, especially violent crimes, the rate of women being incarcerated has risen faster than that of men over the past twenty years. Join Peg and Liz to discuss the issues, their causes and effects.
- **Daniel Webster: New Hampshire's First Favorite Son** *with Dick Hesse*
New Hampshire's own Daniel Webster was instrumental in the development of the national political and legal policy in the formative years of the American Republic. From Webster's very humble beginnings to leadership of the legal profession, Dick will follow Webster's career from constitutional law to national leader and world-class statesman.
- **Painting Colors in a New Hampshire Spring** *with Fran Wilson*
Spring in New Hampshire is a welcome season as the white snow is replaced by buds and blossoms of a reawakened Mother Nature. Fran will encourage artists, new and experienced alike, to express their creative energy with acrylics, canvas and brush.
- **The Supreme Court: A Closer Look** *with Tom Galligan and Dick Pearson*
Join Tom and Dick to explore and discuss Supreme Court cases from the 2014 term and even undecided ones of the 2015 term. The last two classes will include watching and discussing a DVD of a C-SPAN2 program entitled "Supreme Court, Constitution, and Politics."
- **Digging Up Your Family Tree** *with Pattie Crossett*
Genealogy has become increasingly popular and accessible given the advent and growth of digital research available on the Web. Pattie has designed this course for beginners, but will provide resources to help the returning researcher as well.
- **Albert Barnes and His Amazing Art Collection** *with John Ferries and Mike Moss*
Albert Barnes amassed one of the most extensive collections of modern art, from Cezanne, Renoir and Monet to Picasso and Matisse. John and Mike will tell the amazing Barnes story: the man, his strategies for acquiring the art, the wonderful art itself, Barnes' educational focus and the long battle for custody of his art.
- **Food for Thought** *with Brenda Watts*
Join Brenda Watts, a veteran AIL study leader, in an exploration of our understanding of food and all of the controversies that surround our decisions about what to eat. Through guest speakers, field trips, and sharing healthful foods, you'll learn how our food choices reflect who we are culturally, emotionally, historically, and politically.
- **Elijah** *with The Rev. Jay MacLeod*
Elijah strides into Scripture, unannounced and out of nowhere to star in some of the Bible's best stories. Drawing on his travels in the Holy Land and on his experience of multi-faith ministry, Jay will suggest how Elijah can help us understand contemporary religious issues as well as the complexities of the human heart.
- **Let's Have an Art Klatch** *with André Hurtgen*
One of the great pleasures of life is looking at art. Join André in a probing exploration of various art forms. Participants will be able to suggest works they would like discussed and everyone will be encouraged to look with a new eye and to join in a critique of each artistic treasure.

Lunch & Learn

Adventures in Learning introduced an exciting new program to its curriculum during the fall 2015 term. Called Lunch & Learn, the popular program will be offered again this spring.

Lunch & Learn consists of six different lectures on a variety of subjects, wherein people register only for those lectures which they are interested in and which are convenient for them. All the lectures are held on select Mondays in Colby-Sawyer College's Lethbridge Lodge conference room. Each lecture is free and open to the public. Advance registration is mandatory by calling the AIL Office at

(603) 526-3690. The first 35 people to register for each lecture will be admitted.

The Lunch & Learn concept is simple. If you are registered for a lecture, you arrive that day at Lethbridge Lodge at 12:00 p.m. with your own brown bag lunch, or you may purchase lunch at the Lethbridge snack bar. Attendees eat and socialize from 12:00 to 12:30 p.m., when the guest speaker is introduced. The speaker then gives a lecture (usually with a Q&A) from 12:30 to 1:15 p.m. Call now to register for the lecture(s) you want to attend.

Below is the schedule of spring Lunch & Learn lectures.

- April 4** **The Four Basic Estate Planning Documents Everyone Needs** / Valerie Nevel, *Esq.*, Senior Financial Advisor and Deanna Wilson, *CFP® CTFA*, Senior Financial Advisor, Ledyard Bank
- April 18** **Presentations of Senior Year Capstone Projects** / Colby-Sawyer students from the School of Health Professions Department and the Environmental Studies Department
- May 2** **Behind the Scenes at the Barn Playhouse** / Keith Coughlin, *producing artistic director*, The Barn Playhouse
- May 16** **The Amazing Nursing Program At Colby-Sawyer** / Susan Reeves, *associate academic dean for the Dartmouth-Hitchcock Partnership Program and the Gladys A. Burrows Distinguished Professor of Nursing at Colby-Sawyer College*
- June 6** **Creative Travel on A Budget** / Mary Ferland, *tour director and veteran traveler*
- June 20** **Radical Islam: The End Game** / Art Rosen, *AIL study leader who has led courses on Islam and ISIS*



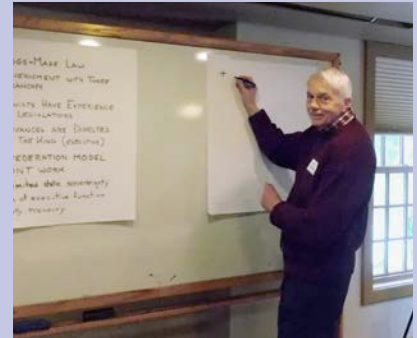
AIL has received several requests to offer courses on the usage of electronic devices, specifically iPads. In the past, AIL has offered computer workshops on developing basic computer skills, photography and navigating Facebook. Currently AIL is considering the possibility of more technology workshops related to operating electronic devices. In the meantime, AIL would like to remind our members that the Council on Aging (COA) Chapin Senior Center offers individual computer instruction on the first Saturday of each month in the COA building on North Pleasant Street in New London. There is no charge for this instruction. Please call COA at (603) 526-6368 for additional information and to schedule an appointment.

Adventures in Learning Happenings



Course participants in *We the People*

PHOTOS: J. Kellogg



SGL Dick Schwemm in his course *We the People*



SGL Bill Helm in his course *Latitude 80 Degrees North: Norway's Arctic Land*

PHOTOS: J. Eaton



SGL "Woody" Wood presenting to participants in *Jumping Into Water*

PHOTO: D. Rucci



SGL Mike Moss has a laugh wearing Berta Adamson's name badge

PHOTO: J. Eaton



Participants in *Latitude 80 Degrees North: Norway's Arctic Land*



SGL Dick Carney leading a lively discussion in *UFOs Demystified*

PHOTOS: D. Rucci



Discussion in *UFOs Demystified*



PHOTO: B. Boege

Bob Koester, SGL for *Opening a Continent—Siberia and Her Railroad*



Participants enjoying *Power of Words: Native American Literature* led by SGL Nancy Marashio

PHOTO: D. Rice



SGL Joe Fanning with his participants in *Marvelous Pictures About Mismatched Pairs*

PHOTO: J. Mack

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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.

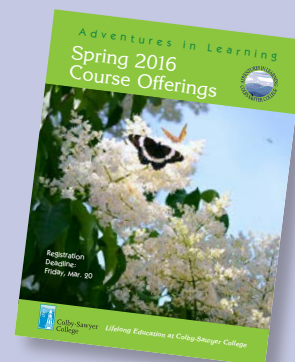
Credits

Design and Production:

Lisa Swanson, Second Story Design
 Manchester, N.H.

REMINDER:
 Registration deadline
 for spring courses is
Friday,
March 18, 2016,
 no later than 5:00 p.m.

Click [here](#) to register online.



Inclement Weather Policy: Adventures in Learning follows the Kearsarge Regional School District policy on weather closure. For information on the district's cancellations log onto www.kearsarge.org or check WMUR TV channel 9. If a question remains about a course cancellation, please call your study group leader.

We have a raffle winner!

*Frank Fahey wins the winter '16 raffle
 for a free AIL course*

"Well my goodness that's good news!" This was the enthusiastic response from Frank when he learned of his good fortune in being the winter 2016 free course raffle winner. The raffle was open to all winter 2016 course participants who registered online.

*This winter 58% of course registrations were made online.
 Help us reach 60% this spring.*

*Don't be left out. Register online for your spring '16
 courses, and you might be the next lucky winner
 of a free AIL course!*

Adventures in Learning Happenings

Continued



Participants discuss a handout in Unveiling the White House



Participants socialize in Unveiling the White House



All President Joanna Henderson and John Roberts sharing a light moment in his course, Captain Cook's Encounters

PHOTOS: J. Eaton

PHOTO: J. Kellogg