

Fall 2024 Classes & Field Trips



*Adult Learning Programs (ALPs) are Open to All,
a Free Community Service of*

The Salish Sea Fellowship
<https://salishseafellowship.org>

A Religious Community of Open Hearts & Minds

FALL PROGRAMS (See full descriptions beginning on p. 2):

- Sept 18→Oct 2 – Returning to Silence & Emptiness with Tai Sheridan
- Sept 26 – Victoria Field Trip with Martha Moyer and Rob & Karen Wamstad
- Oct 3→Oct 31 **OR** Oct 9→30 – Supreme Court of the U.S. with Nils Pedersen
- Oct 8→29 – Old Age: A Jungian Appraisal with Ron Strange
- Oct 11 – Local Birding Field Trip with Dave Rugh & Penny Ridderbusch
- Nov 1 **OR** Dec 5 – Port Townsend Water Plant Field Trip with Rob Wamstad
- Nov 7→→ – Political & Current Affairs Discussion Group with Martha Moyer
- Nov 9 – Cooking With Chilies with Judy King
- Nov 11→Dec 9 – Comparative Cultures with Ken Ing
- Nov 12→Dec 10 – Modern Science & Its Consequences with Ansu John
- Nov 13 & 20 – The Race Amity Movement with Kirit Bhansali & Joyce Francis
- Nov 15 – Making Beaded Flag Pins with Joyce Francis



1. **HOW DO I SIGN UP?** - Go to our SignUpGenius page at <https://tinyurl.com/SSF-ALPs2024Fall> and follow instructions. Select your choices BEFORE signing in or opening an account.
2. **PASSWORDS?** - If you already have a SignUpGenius account from any source but have forgotten your password, go to <https://www.signupgenius.com/register> and put in your email, then click “forgot your password?” (at the bottom of the log-in box) and follow the directions for password help. You’ll receive an email directing you how to reset your password. Then, PLEASE write it down where you can retrieve it.
3. **ASSISTANCE? (including those who are just plain frustrated)** - Contact Joyce Francis, joyce.francis.pt@gmail.com or 301-512-6815.
4. **SPECIFICS OF EACH PROGRAM?** - Roughly one week before the program, ALPs Liaisons/Facilitators will contact you via email with specifics about where to meet, what to bring, and how you might carpool (if appropriate).

FALL 2024 PROGRAM DESCRIPTIONS

1. Returning to Silence and Emptiness: *Tai Sheridan*

Three Wednesday Mornings, Sept 18-Oct 2, 10 AM→Noon, PT Quaker Meetinghouse



This is a workshop series teaching a range of Zen and contemplative practices for dwelling in silence. Readings from the *Buddha in Blue Jeans* anthology plus interactive discussions will focus on refining your daily spiritual life and insights into emptiness, loving kindness and inner-being.

Tai Sheridan is a Zen Contemplative, poet, artist, adventurer, and author of fifteen best-selling Zen books. See <https://www.taisheridan.com>. For further information, contact Gail Sandlin, gbsandlin@gmail.com or 360-551-1625.

2. FIELD TRIP: Victoria, Vancouver Island, BC *Martha Moyer and Karen & Rob Wamstad*

Thursday All Day, September 26



Emily Carr was a famous painter and writer. She was a member of the "Canadian Seven" a group of renown artists whose works have come to symbolize what is the distinctive Canadian identity. Carr also is known for her efforts to preserve the art of heritage of the Canadian First Nations in her paintings.

A group of up to 10 participants will take the first COHO ferry boat to Victoria, BC. We will walk a short distance to the Emily Carr House and Museum, where we will have a private tour and lecture. After lunch at the nearby James Bay Restaurant, the group will travel to the Art Gallery of Greater Victoria for a private tour of current Emily Carr Exhibits. Afterwards, the group will return to Port Angeles on the COHO.

Participants will pay their own expenses, which include tickets on the COHO, modest admissions to the Emily Carr House and the Art Gallery of Greater Victoria, and lunch. Group expenses will also include shared taxi fares to the Art Gallery of Greater Victoria and the COHO. For further information, contact Martha at mmmoyer1913@hotmail.com or 360-460-2528.

Martha Moyer is a retired Licensed Clinical Social Worker who has a life-long interest in the life and works of Emily Carr. **Rob Wamstad** volunteers at the PA Fine Arts Center where Martha was a Board member and led similar day trips to Victoria. **Rob and Karen** have both visited the Emily Carr house and museum and highly recommend a visit. Emily Carr is a treasured painter and writer of Victoria, as well as the rest of Canada.

3. Supreme Court of the United States (SCOTUS) *Nils Pedersen & Joyce Francis*

Four Thursday Evenings, Oct 3 & 10 and Oct 24 & 31, 6→7:30 PM, Online at JCLibrary

NOTE: No signup necessary; just join via <https://jclibrary.info>, Events Calendar.

OR

Four Wednesday Afternoons, Oct 9→30, 1:30-3 PM, Community United Methodist Church in Port Hadlock



This is our fifth annual case-based SCOTUS course, recapping highlights of the previous term of the U.S. Supreme Court and previewing the cases scheduled in the term ahead. Additionally, we will consider the ethics concerns and their impact on the public's perception of the Court.

The general plan of the four-class sessions is expected to be:

- Session 1 - Introduction of participants and their interests. Overview of OT 2023 (Oct 2023-Jun 2024 term) by court watchers and comparative data on the previous terms.
- Sessions 2&3 - Review of select major cases from the OT 2023.
- Session 4 - Overview of select scheduled cases for the new OT 2024.

We hope participants will share the questions/concerns they have about the court during the introduction, and we will seek to address those in following sessions.

Nils Pedersen is a retired patent attorney and newly-admitted member of the WA State Bar. His current legal interest is estate law and end-of-life legal planning. **Joyce Francis** is a retired international relations professor and long-time facilitator of the Great Decisions Program at Jefferson County Library. Contact Joyce at joyce.francis.pt@gmail.com or 301-512-6815.

4. Old Age: A Jungian Appraisal

Ron Strange

Four Tuesday Afternoons, Oct 8→29, 3:30-5:30 PM, PT Library Pink House

NOTE: No signup necessary; just show up!



A reading/study/seminar to re-discover the beauty and necessity of the timeless book Old Age: Journey Into Symplicity. Renowned Jungian analyst Helen M. Luke has created a classic text on aging wisely. In this beautiful survey of ideas on growing into old age she reflects on the final journeys of discovery and new challenges as the Self moves towards completion and wholeness.

In examining some of the great masterpieces of literature produced by writers at the end of their lives she elucidates the difference between growing old and disintegrating, encouraging the reader to grow emotionally and mentally during the culminating stage of life. From Homer's "Odyssey", Shakespeare's "King Lear", and the "Tempest" as well as TS Eliot's "Little Gidding" from the last of the "Four Quartets" this will be a rich, deep dive.

Participants must acquire the book *Old Age: Journey into Simplicity* by Helen M. Luke and read through page 33 prior to the first meeting.

There are, then, two kinds of experiences which we call suffering – that which is totally unproductive, the neurotic state of meaningless depression, and that which is the essential condition of every step on the way to what C.J. Jung has called individuation.
--Helen M. Luke

Ron Strange has been a student of the psychology of Carl Jung for over 40 years. He has produced lectures and facilitated study seminars during that time on subjects related to Jungian psychology. He is a founding member of Port Townsend Friends of Jung. Contact Ron at ron.j.strange@gmail.com or 360-379-4908.

5. FIELD TRIP: Local Birding with a Wildlife Biologist & an Avid Birder

Friday, October 11, 8→11 AM

Dave Rugh & Penny Ridderbusch



For this outing, dress for the weather and wear comfortable shoes. Prepare to walk approximately two miles. Binoculars, bird books (or apps), camera, and a drink are suggested.

Dave Rugh has assisted the Jefferson Land Trust and the local Natural History Society with birding studies for many years, including leading outings, giving lectures, and doing wildlife monitoring. **Penny Ridderbusch** became a birding enthusiast after seeing her first Northern Flicker many years ago. She has co-lead several birding outings with Dave on the Olympic Peninsula and has birded in Nepal, Bhutan, South America, and the Southwest.

For more information, contact Gail Sandlin at 360-551-1625 or gbsandlin@gmail.com.

6. FIELD TRIP: Building the City's Water Treatment Plant *Rob Wamstad*

Friday, Nov 1, 10 AM-Noon **OR** Friday, Dec 5, 10 AM-Noon



Two different opportunities for this same trip! The new Water Treatment Facility for the City of Port Townsend incorporates state-of-the-art membrane ultra-filtration technology. It is one of the largest and most technically complex projects that the City has undertaken.

The project also includes a new earthquake-resistant, five-million-gallon water reservoir to replace an earlier one at risk. Five significant construction contracts were involved as well as numerous interested parties. The projects were dictated by the State of Washington under a tight deadline and funded under a variety of State and Federal loans and grants. Rob will also discuss the water source from the Olympic Mountains watershed, through the treatment plant and to you, the user.

Rob Wamstad was the City's project manager for the construction of the new Water Treatment Facility, 5-million-gallon reservoir, and off-site utilities. His past experience has been with heavy civil construction throughout the country, including water plants, wastewater plants, pipelines, dams, airports, and rail projects. Closer to Port Townsend, Rob led cost estimating and constructability review efforts for King County's Brightwater wastewater plant and was Project Manager on SEATAC's industrial wastewater plant. Contact Rob at wamstad.pt@gmail.com or 415-744-4250.

7. Political & Current Affairs Discussion Group *Martha Moyer*

1st & 3rd Thursday Afternoons, Nov 7→Ongoing, 3:30-5 PM, Online via Zoom



This Zoom Discussion Group is for individuals who want a civil, informative opportunity to discuss and learn more about political and current events. Our emphasis will be on learning from each other in a mutually respectful manner. Members will be encouraged to use reliable sources such as newspaper articles, books, and the media as the foundation for their sharing.

Martha Moyer is a lay historian and political and current affairs geek. Contact her at mmmoyer1913@hotmail.com or 360-460-2528.

8. Cooking With Chilies *Judy King*

One Saturday, Nov 9, 11 AM-4 PM (including time for a meal together), Judy's home in PT



Chilies play a central role in the complex and distinct flavors of Mexican cuisine. There are more than 150 varieties indigenous to Mexico. Columbus introduced chiles to Spain and they eventually spread around the world.

Class participants will learn how to incorporate chilies, from mild to caliente (hot) in a variety of salsas and dishes. All recipes are demonstrated and you will leave with

detailed instructions so you can recreate these dishes on your own. We will sit down and enjoy all of the recipes along with an adult beverage.

Our menu includes 4 salsas, poblano soup, chicken enchiladas with red Chile sauce, green rice and beans and orange-infused flan with hints of Mexican Chocolate. There will be a \$25 per participant cost for the food and beverages.

Judy King has been a serious home cook for over 30 years and am a 2007 graduate of the San Diego Culinary Institute in San Diego, California. She has a passion for cooking and teaching and designed her home kitchen to accommodate cooking classes. Contact Judy at judith.king2@icloud.com or 360-643-5374.

9. No One Right Way: Comparing Cultures in Multiple Countries *Ken Ing*
Five Mondays, **Nov 11→Dec 9**, 1-3 PM, Community United Methodist Church in Port Hadlock



National cultural values and norms are the product of decades or centuries of social evolution. What works for one set of circumstances might be completely inadequate in different circumstances.

In this series of five classes, Ken will be extracting insights from a collection of books that each have a unique way of thinking about the differences between cultures. The goal is to appreciate that there is no single right answer to how values should be prioritized or what norms are best to provide the scaffolding for a stable and functional society.

Hopefully, this will make us appreciate the importance of culture while making us more accepting of cultures that prioritize their values differently and follow different behavior norms. This is not a book study; there should be no need for attendees to read the books on their own. The format will be more interactive than other classes Ken has done.

Ken Ing is recently retired, after a career in Information Technology in private business. He loves learning about economics, politics and history. Since retiring, he has presented over a dozen talks, all based on books he found particularly thought-provoking. Creating presentations is now his #1 hobby. Contact Ken at kennething@comcast.net or 360-930-0800.

10. The Modern Science Knowledge Machine and Its Consequences for Life on Earth *Ansu John*
Four Tuesday Evenings, Nov 12 & 19 and Dec 3 & 10, 6:30-7:30 via Zoom



Using a text by Michael Strevens, *The Knowledge Machine: How Irrationality Created Modern Science*, we unpack the vaunted notion of a scientific method that purportedly leads society to reliable and “independent truth” by examining the evidence of how modern science actually proceeds. See [NYT Review](#) of text.

We live soaked in modern science. Science is accorded the authority of an absolute, supreme epistemic standard. The prestige given to scientific knowledge is socially reified in institutions like courts of law and the academy. “Scientific fact” is regarded as the sole arbiter of reliable decision-making, and all learning summons itself along the lines of scientific study. Science’s derivative technology is embedded in the material structures on

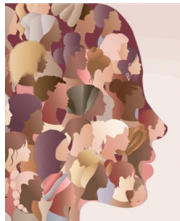
which our lives are run such that life seems unimaginable without it. The ramifications of modern science shape our moral, imaginative, and ethical possibilities, even as the practice of science professes itself to be free of any spiritual/ethical/emotional grounding.

Ansu John's professional background spans 25 years, working in federal and municipal watershed management programs concerned with the intersectional issues of land use, public behavior, and ecology. Her academic background is in Geography and Philosophy. Her research interests include the History and Philosophy of Science, indigenous worldviews, epistemology, and colonialism. Contact Ansu at ansujo@gmail.com or 310-498-7544.

11. The Race Amity Movement

Kirit Bhansali & Joyce Francis

Two Wednesday Afternoons, **Nov 13 & 20**, 1-3 PM, Unity Church in Port Townsend



Often called “America’s Nelson Mandela,” Bryan Stevenson founded the National Memorial for Peace & Justice (AKA The Lynching Memorial) in Montgomery, Alabama. Through that institution, Bryan tells the story of one of America’s darkest periods of racist violence.

Importantly, he argues that there is another story that also needs to be told:

There were white Southerners who argued in the 1850s that slavery was wrong. There were white Southerners in the 1920s who tried to stop lynchings, and you don’t know their names. The fact that we don’t know their names says everything we need to know.

The National Center for Race Amity (<https://raceamity.org>) seeks to explore, recognize, and seek inspiration from this other story of close interracial partnerships and collaboration that has served throughout our history as the moral counterweight to the dominant tradition of racism and oppression. In this class, we will learn some of these stories, as well as explore several local initiatives that seek to improve interracial relationships and build a brighter future for our community.

Kirit & Joyce are part of a local group, the Friends of Race Amity, which offers classes and organizes upcoming commemorations of Indigenous Peoples’ Day (Oct 14, 2024) and Race Amity Day (June 8, 2025). **Kirit Bhansali** retired as the Chief of U.S. Army Aviation Materials Engineering Branch. He was born in India and raised within a little-known ancient religion called Jainism, which he continues to follow. Kirit has been a U.S. citizen for almost 50 years. **Joyce Francis** is a retired international relations professor, chair of the SSF-ALPs committee, and a founding member of the Friends of Race Amity. Contact Joyce at joyce.francis.pt@gmail.com or 301-512-6815.

12. Making Beaded Flag Pins

Joyce Francis

One Friday Morning, **Nov 15**, 10AM-Noon, CUMC in Port Hadlock



In days gone by, traditional African beaded messages were given by Zulu maidens to their lovers as symbols of love and affection, each bead color conveying a different message. In the modern era, beaded pins can also focus attention on the war against Ukraine, Native American Healing, or other political/social statements, as well as just creating beauty.

In this workshop, we'll start simply by making a Ukraine flag pin, then explore how to apply the same technique to more complex designs such as this Native American Healing Flag. Materials will be provided.

Joyce Francis is a retired international relations professor and chair of the ALPs committee. She was introduced to Beaded Flag Pins by the Sami, indigenous largely to the North of Norway, and became intrigued. As a political statement of support, she has made and distributed ~100 beaded Ukraine Flag Pins and a few beaded Native American Healing Flag Pins for Indigenous Peoples' Day. Contact Joyce at joyce.francis.pt@gmail.com or 301-512-6815.

****Please tell your friends and neighbors about the SSF & ALPs.****



The Salish Sea Fellowship (SSF) is a center for liberal religion providing an independent educational, spiritual, and liberal religious community of mutual support that embraces these traditional seven principles of Unitarian Universalism.