

FALL 2023

RISE COURSE FACILITATORS

Nancy Baker is a Classicist by training and taught classical languages, philosophy, and the history of ideas for many years. In retirement she's been doing adult education and programming, has been a docent at the Currier Museum of Art for over ten years, and is a determined advocate for free public libraries by serving as the Chair of her local library Board of Trustees.

Tom Barry has an MBA from NH College and a in BA English Literature from UMass Boston. He taught Economics at the Vocational Tech, and has worked for Digital Equipment Corporation, Compaq, and HP.

Mary Bock is a long-time member of RISE. She is excited about sharing her new interest in opera with other RISE students. In the past, Mary has served as both RISE Secretary and Treasurer.

Martha Brooks As a Certified Zentangle Teacher, it is my great joy to share this fun, relaxing, and easy to do art method! I am a retired Speech Pathologist who loves family/friend gatherings, rescuing greyhounds and the Coast of Maine.

Judy Brophy Judy Brophy has been translating technology into understandable English for over 40 years. After a career as an educational technologist in industry and academia, she currently teaches to seniors in area colleges and libraries. She is an avid traveler. In the computer versus human game she is rooting for the humans

Paul Carr has a BS and MS from MIT as well as a Ph.D. from Brandeis University. His is an IEEE Life Fellow who led a branch of the Air Force Research Lab that developed the SAW components used in cell phones and radar. He taught philosophy courses at University of Massachusetts Lowell that inspired his book *Beauty in Science and Spirit*. His web page is www.MirrorOfNature.org.

Amy Jo Cielinski is a 500-hour certified Yoga Teacher trained in the shakti flow tradition of At OM Yoga in Concord, NH and Bethel Farm Yoga in Hillsborough, NH, along with additional training through the National Multiple Sclerosis Society, yoga for hip/knee replacements, and yoga for osteoporosis.

James Collins is a graduate of Engineer Manhattan College, P.E. and has an MBA from Adelphi University. He worked for 35 years at Arthur D. Little as a Corporate Executive, 18 years as a Corporate Management Consultant and is also a lecturer and author.

Michael Conley, Ed.D. has been interested in the intersection of spirituality, literature, and psychology for his entire career. He has been studying the Enneagram, a system that combines psychology and spirituality, since 2017 and has worked with Russ Hudson, Jenny Campbell and Michael Naylor and the Enneagram Prison Project since 2020. He has studied the literature of James Joyce and other modern writers extensively.

Dr. Diane Connell taught full time at Rivier University in the Division of Education & Counseling and is currently teaching there as an Adjunct Professor Emeritus. Her professional contributions include research, writing, & speaking in the fields of Special Education, Education, Neurology, and Psychology. Diane uses her professional background to bring current brain-based information to her students in the RISE class "Learning about your Brain: Discovering Way to Enhance your Life."

Susan Deschenes is the RISE Coordinator. She had a long career as a public librarian in New Hampshire and often chose films for libraries' collections. John Sanders, her co-facilitator, has presented the RISE Friday afternoon film class to an appreciative audience for many years.

Stephen Dolman, born in Brooklyn, NY, has a BA from Windham College in Vermont. He taught elementary school and coached basketball in Manchester. He served as a Manchester Ward Alderman and on the School Board. He performed in *Snow White* and *The Bedford Wives* at the Palace Theater. He loves sharing children's literature.

Carol Luers Eyman is retired from the Nashua Public Library, where she managed marketing, adult events and programs, and community outreach. She holds degrees in education and psychology, and a certificate in technical communication.

Joan Gibson taught in public and private schools for fifty years, retired from Nashua High, and went on to teach ESOL (English as a Second or Other Language) at the Adult Learning Center. Living life is her focus; enjoying people is the process.

Joan Goeckel is a graduate of Southern NH University. She has designed and led workshops for various businesses for over ten years. Her passion is to share energy healing work, which she has studied and practiced over the past 30 years and has shared in volunteer settings and agencies.

Colleen Hogan-Mazzola is a proud 1982 graduate of Rivier University with a B.A. in Early Childhood Education and Elementary Education. Colleen went on to receive an M.Ed. in Education from the University of Massachusetts Lowell, a Post Graduate degree in Interdisciplinary Education, and a Graduate Certificate in Early Education Leadership from Harvard Graduate School of Education. She recently retired from the MA public school system and continues to learn and teach.

Robert Hoffman is a professional musician, speaker, and writer on music with eclectic tastes and diverse experience, including many years as a RISE facilitator.

Sheila Kabat has been a lover of art and art appreciation as a lifetime passion during her entire adult life. She learned to sketch and paint in her 20's. She has travelled to art museums in Spain, Ireland, France, Italy and throughout the US. She has enjoyed the opportunity to study/research artists and their works for and with RISE students for the last 20 years.

Marjorie Kamp has a B.S from the University of Massachusetts, Amherst; an M.Ed. from Antioch College, and an MBA from Suffolk University. She taught and coached for 10 years in the Wellesley Public Schools, followed by years in procurement management at Digital Equipment Corporation, Raytheon, MetLife and EMD Millipore. She is an active outdoors person and lover of nature, especially birds and national parks, as she is concerned about the well-being of our environment.

Cal Knickerbocker, a former instructor, and education manager at IBM, has taught at the University of Texas, Dallas, and for RISE students since 1999.

John Knowles has a PhD in Musicology from Brandeis University. He has been active in Hudson town politics, serving on the Budget Committee and the School Board. He served as a State Representative from 2006 to 2010.

Grandmaster Bobbie LaMattina has helped thousands of people transform and reach their full potential with his courses, workshops, and meditations. He has dedicated his life to helping people instill good morals and values.

Susanevelyn Lavoie is a Nashua native who has a BA from Plymouth State University and an M. Ed. In English Education from Fitchburg State College. She taught at the intermediate level in Nashua for 40 years and volunteers teaching creativity and social emotional learning through children's literature. She is also certified to teach children's yoga and meditation. She has a deep personal interest in Brain and Body wellness and has taken online instruction in the wellness field from neuroscientists and immunologists.

Paula Lochhead has been sewing for over 50 years. She has constructed garments, home goods and crafts. She has a particular interest in ethnic textiles and the historical stories they tell. Paula holds a BS in Home Economics from the University of New Hampshire and an MS in Early Childhood Education from Rivier University. She has been a classroom teacher, a museum educator at the American Textile History Museum in Lowell, Massachusetts, and volunteers at the Nashua Historical Society.

Dr. Ann McGreavey is a longtime educator and writer. She was a former professor at Notre Dame College in NH and now lives in Marblehead, MA.

David McNeil has a master's degree in education. He taught Social Studies for more than 30 years and has been a long-time RISE facilitator.

Joanne Merrill was the Director of Athletics at Rivier University and has been a longtime instructor for the RISE Exercise Class. Let's get moving again!

Daniel Morin is a retired psychiatric nurse practitioner who had several teaching jobs during his career. He has have lived in Nashua for 50 years and has participated in RISE classes since 2017, including several related to film, a subject that has always interested him. John Sanders, his co-facilitator, has presented the RISE Friday afternoon film class to an appreciative audience for many years.

Nancy Nordstrom, M.Ed., our current RISE President, is a frequent RISE facilitator, member of the RISE Curriculum Committee and the author of *Learning Later, Living Greater: The Secret for Making the Most of Your After-50 Years*. Prior to retirement she was the Director of the Road Scholar Institute Network.

Connie Owen has been affiliated with the RISE Program since 2005 as a member, facilitator, and board member. She is a retired therapist and has worked in the substance use disorder field as well as the employee assistance arena.

Charlie (Charlotte) Pogue has a BA in Math from Northeastern's 5-year Cooperative Education program, earning enough to pay all her college expenses and graduate not owing a dime. She also has an MBA from SNHU, expenses paid by her employer. Retiring after forty-four years in Information Technology, she enjoys volunteering for Tax-Aide and VITA, and participating in RISE.

Valerie Raudonis is a native of Nashua where she practiced law for 40+ years, primarily in the areas of estate planning, probate, and family law, recently retired. She is a former instructor in Rivier College's paralegal program. She is the author of the poetry collection *Sea Glass Secrets* and a former member of Poetry Society of NH board of directors.

John Sanders pretends he knows a lot about movies. But he cheats and looks up stuff on the internet.

William Sawyer holds an MBA from the University of Pennsylvania and a Ph.D. from the University of New York; and an M.A. (B.C. Spirituality and Ministry). He presented workshops on spiritual transformation at two Franciscan centers and two prisons for more than 10 years.

Rabbi Jon Spira-Savett has served as rabbi of Temple Beth Abraham in Nashua since 2008. He has served twice as president of the Nashua Area Interfaith Council, sits on the Ethics Committee of Southern New Hampshire Medical Center, is a co-convener of the Greater Nashua Interfaith Housing Justice Group, and represents the rabbis of the state on the Commission for Holocaust and Genocide Education. Rabbi Jon teaches ethics, history, and textual interpretation. He is co-host of Tov!, a podcast exploring Jewish ethical ideas and TV's "The Good Place."

Stephanie St. Laurence has worked as a transitional counselor to children and adults. She holds an MA in Educational Studies from Tufts University, worked in colleges for twenty years, and is certified to teach grades 5-12.

Barbara Toohey is a retired English teacher who has taught several literature courses at RISE. She has a passion for poetry. Barbara has also participated in poetry workshops at RISE and other venues.

Lynn Thieret is an RN who has taught in the nursing department at Rivier University for the past 28 years. She has taught card making and paper crafting classes for the past 25 years. She has been an active participant in the RISE program for the past 11 years and enjoys using her creativity to promote paper crafting. Each class is a fun and exciting time.

Terrie Vincent has a BA in History and an MA in Higher Education Administration, both from Boston University. She returned to college as an adult learner 24 years after dropping out! She believes that continuing education keeps one young in mind and heart. She enjoys volunteering, reading, and playing word games.

John Watkins John is an 8-year facilitator at RISE. The last 4 years of his 37-year career at Raytheon he spent teaching fellow employees how to use technology. From laptops to cell phones John continues to stay abreast with new technology. He is certified as an instructor by FEMA, CERT, and ALERRT to present courses such as Disaster Planning, Until Help Arrives, and Civilian Response to an Active Shooter. John is also a certified instructor for the Advanced Law Enforcement Rapid Response Training organization. ALERRT training is the preferred training of the FBI and many police departments, including our local PDs. John is a member of the AARP Fraud watch team and is also a National Cyber Security Association Champion. He speaks frequently to seniors about staying safe online.