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SOAR



LIFELONG LEARNING IN THE NORTH COUNTRY

FALL SEMESTER 2014

SEPTEMBER 8, 2014 - NOVEMBER 14, 2014

sponsored by:



THE STATE UNIVERSITY OF NEW YORK

Potsdam

and affiliated with:

ROAD SCHOLAR[®]

Institute Network

A NOTE FROM THE CHAIR

“You Are Never Too Old to Learn”

If you look at mass media and advertising, the culture of the United States appears to be one of youth. What is glamorous, innovative, and stimulating is focused on the young. The elderly are often depicted as slow, sick, rigid and incompetent. Ageism is an issue that should be addressed on a regular basis.

Myths and stereotypes about aging abound putting us all at risk for accepting things that simply are not true.

In her article “An Essay on Myths and Stereotypes,” Nancy Peppard points out some of the myths about the elderly:

Myth #1: The elderly are inflexible; they are resistant to change and unable to adapt to new situations.

Reality: Throughout their lives, most older people remain open to change as they face dramatic life adjustments such as retirement, loss of spouse and friends, and illness and disease.

Myth #2: The elderly are unproductive and uncreative since they are no longer employed.

Reality: Older people often have the freedom to volunteer, try new things and explore their creative side.

Myth #3: The elderly have difficulty learning new skills.

Reality: Research shows that different age groups learn differently in terms of rates and styles, but they still learn.

I like to think of SOAR as a good way of debunking these myths of ageism. So peruse the SOAR Fall booklet, find something new, exciting, and creative to try. Let us change the traditional adage of “You can’t teach an old dog new tricks” to “You are never too old to learn.”

Linda Nixon, Chair, SOAR Board of Directors

ABOUT SOAR

(Stimulating Opportunities After Retirement)

SOAR is a member-directed learning group, sponsored locally by SUNY Potsdam through the Center for Lifelong Education and Recreation (CLEAR). SOAR is also one of almost 400 such lifelong learning groups affiliated with the Road Scholar Institute Network.

At the end of the spring 2014 semester SOAR had 390 members. Though beyond full-time careers in the home and work place, we continue to be active, inquisitive, energetic and creative people. We SOAR members enjoy intellectual stimulation, hands-on activities, going places, and good fellowship. We love learning just for the sake of learning, and we love sharing what we know.

SOAR employs just one part-time staff person. Everyone else – board and committee members, course presenters, classroom ambassadors, office helpers, and many others – is a volunteer.

BOARD OF DIRECTORS

Linda Nixon, Chair	Jim Barry	Linda Jones
Steve Hopkins, Vice-Chair	Betty Graham	Bill Mein
Dorothy Howe, Secretary	Otis Van Horne	Laurie Swinwood
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COMMITTEES & CHAIRS

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Scheduling - Bill Mein	Membership - Linda Nixon
Newsletter - Mark Coleman	Trips & Performances - Otis Van Horne
Registration - Pat Dishaw and Steve Hopkins	
Ambassadors - Linda Jones	
Curriculum - Jim Barry and Ed Russell	
Administration and Finance - Neil Johnson	
Nominating and Awards - Betty Graham	
Presenter Communications - Sue Gibbs and Ruth Horst	

Administrative Assistant - Pat Harrington

College Liaison - Nancy Hess

MEMBERSHIP INFORMATION

AN INVITATION TO JOIN SOAR. SOAR members invite our North Country peers to join us in exercising our minds, bodies and spirits.

COURSES AND CLASS SESSIONS. SOAR has two ten-week semesters a year, one beginning the week after Labor Day in September and the other beginning mid-March. Over half of our SOAR classes are held on the SUNY Potsdam campus, about a fourth are held in Canton, and the rest are held at other places in Potsdam or in the local area. Most SOAR courses are 1 to 6 class sessions long and usually meet once a week, Monday - Friday, for 1½ to 2 hours. Courses are held during daylight hours. Occasionally, courses, field trips or events occur on the weekends or in the evening. SOAR members must register for each course they want to take. Course requests are filled in the order received. Late registrations are taken only for courses with openings. Permission from SOAR, and in some cases from the instructor, is needed to join a course already in progress. One or more new courses begin each week during the semester. Therefore, members who have busy schedules or who travel can still find some SOAR courses to take.

MEMBERSHIP FEES AND PRIVILEGES. For their *yearly \$65 membership fee (paid in the fall)*, current members may take as many courses as they like, in both the fall and spring semesters. You may join (or rejoin) SOAR at any time; however, the membership fee is still \$65 (all membership renewals are due with fall registration). Membership in SOAR includes a SUNY Potsdam parking pass, as well as the privilege of using the library and Maxcy Hall sports complex. (**NOTE:** Members must be active participants in the SOAR program in order to retain these privileges.) SOAR occasionally offers day trips and other special events and opportunities throughout the year. At the end of each semester SOAR holds a luncheon for its members and guests. Luncheons, trips and special events are optional and cost extra.

“You know more than you think you know, just as you know less than you want to know.” - Oscar Wilde

GIFT CERTIFICATES AVAILABLE. Treat that someone special to a SOAR membership. Contact Pat Harrington at the SOAR office for information about obtaining a SOAR gift certificate.

GUEST POLICY. Each term, a member may bring one guest, one time, to a class session if that person is a potential new SOAR member or if that person is an out-of-town visitor. Note: Please ask permission from the instructor ahead of time.

CONTACT INFORMATION

For information, call Pat Harrington at the SOAR office at (315) 267-2690, send e-mail to soar@potsdam.edu, or write to SOAR, 389 Van Housen Extension, SUNY Potsdam, 44 Pierrepont Avenue, Potsdam, NY 13676. The SOAR office is located in room 382 Van Housen Extension. Office hours during the SOAR semester are 9:00-2:00 MWF; hours may vary at other times of the year (*call before coming*).

EVENTS

(mark your calendar!)

MEET THE CHEF

Jake's Restaurant - Hannawa Falls

(Learn about this business from the chef, Wally Siebel,)

DATE: Monday, October, 13th at 1:00 pm

Cost: \$22 (*includes gratuity*)

(Your payment and reservation form are **DUE** by noon on **Momday, Sept. 29**)

(See the flyer insert or SOAR website for menu, more info and reservation form.)

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FALL LUNCHEON

Barrington Student Union

Wednesday, November 19. 11:30-2:00 (*servicing at noon*)

(The information and reservation form will be included in the fall SOAR Newsletter.)

For more information about SOAR or its courses, trips and events
visit the SOAR website: www.soarnorthcountry.org

COURSE LOCATIONS

Courses Offered on the SUNY Potsdam Campus

1969: Year of Turmoil and Tranquility * Aaron Burr and the Election of 1800 * Anthropology of Architecture * Art Workshop A * Beginning Tai-Chi and Qigong * Biology of Vertebrate Metamorphosis * Boy Did I Get a Good Deal...or Maybe Not: Consumer Protection and Deceptive Pricing * Complex Networks: An Exciting New Science * Continuing Tai-Chi and Qigong * CSI-Effect: Fact vs. Fiction * Decorative Painting Techniques * Diabetes Prevention * Exploring Popular Songs * The Great Depression: Myths and Realities * History of the Norwood Brass Firemen * Insurance: The Strange Origins of Probabilistic Thinking * An Introduction to Native Americans * John Philip Sousa: The Man and the Music * Leopards and Jaguars; Elephants and Rhinos * Monet to Van Gogh: A History of Impressionism * The Music of J. S. Bach * North Country Trees and Shrubs * Oil and Chaos: Ukraine, Russia and the USA * Oral History: Voices of the Past * Psychology: More than Talk Therapy * Searching NY State Historical Newspapers * Tunisian Stitch Afghans * The Virtual Sublime: Simulating the Romantic and Uncanny * What Data Can Tell Us.

Courses Offered Off Campus

POTSDAM - *Mayfield Apartments (MA); Potsdam Civic Center (PCC); Potsdam Town Hall (PTH); United Methodist Church (UMC):*

AARP Driver Safety Course (PCC) * Bridge for Fun: Intermediate Level (MA) * Composting, Vermiculture and Soil Health (PCC) * Mindfulness Practices (PCC) * North Country Grown Cooperative, Inc. (PCC) * Our Neighbor's Faith: Mormon, Jewish and Muslim (*houses of worship*) * Smart Phones and Tablets: An Introduction (PTH) * Tunes R Us (UMC) * Vicarious Voyagers XV (PCC)

CANTON - *BOCES, Cornell Cooperative Ext. Farm (CCEF); Partridge Knoll (PK); St. Lawrence University (SLU); SLCHA at Silas Wright House (SWH):*

AARP Driver Safety Course (BOCES) * Amazonian Army Ants: their Secret Lives (SLU) * Appreciating Modern Poetry (PK) * The Arab Spring as Told through Graffiti (SLU) * Art and Symbolism of the Hand in India (SWH) * Community Capitalism in Rural China (SLU) * Current Events (PK) * Financial Planning for Seniors (SWH) * First Ladies of the Civil War (SWH) * Galaxies (SLU) * GIS, GPS, and Geocaching (SLU) * The Indo-Pacific Bead: What It Can Tell Us (SWH) * Light Matters: Spectroscopy (SLU) * Mah Jongg (PK) * Nature Up North: Citizen Science Projects (SLU) * Our Neighbor's Faith: Mormon Jewish and Muslim (PK) * Pre- and Post-Election Analysis (SWH) * Pythagorean Theorem and Pythagorean Triples (SWH) * Raising a Few Sheep or Goats (CCEF) * Reading Willa Cather (PK) * Remington: "He Knew the Horse" (SWH) * Surviving Life in a Haunted House (SWH) * Tales Fossils Tell (SLU) * War of 1812 in Musical Parody (SWH).

OTHER PLACES: Vegetarian Cooking Goes Local (*Knapp Station Community Church*)

COURSES BY NUMBER OF SESSIONS

5 SESSIONS *or* MORE: 1969: Year of Turmoil and Tranquility * Art Workshop A * Beginning Tai-Chi and Qigong * Bridge for Fun: Intermediate Level * Continuing Tai-Chi and Qigong * Current Events * Tunisian Stitch Afghans

4 SESSIONS: Decorative Painting Techniques * Galaxies * Leopards and Jaguars: Elephants and Rhinos * Mah Jongg * Mindfulness Practices * Monet to Van Gogh: A History of Impressionism * Our Neighbor's Faith: Mormon, Jewish and Muslim * Reading Willa Cather * Tales Fossils Tell * Tunes-R-U.S.

3 SESSIONS: Anthropology of Architecture * Exploring Popular Songs * North Country Trees and Shrubs * Pre- and Post-Election Analysis (*anceled*) * Psychology: More than Talk Therapy * Vegetarian Cooking Goes Local * Vicarious Voyagers XV

2 SESSIONS: AARP Smart Driver Course * Appreciating Modern Poetry * Composting, Vermiculture and Soil Health * First Ladies of the Civil War * Insurance: The Strange Origins of Probabilistic Thinking * The Music of J. S. Bach * Nature Up North: Citizen Science Projects * Pythagorean Theorem and Pythagorean Triples * Raising a Few Sheep or Goats * What Data Can Tell Us

1 SESSION: Aaron Burr and the Election of 1800 * Amazonian Army Ants: Their Secret Lives * The Arab Spring as Told through Graffiti * Art and Symbolism of the Hand in India * Biology of Vertebrate Metamorphosis * Boy Did I Get a Deal...or Maybe Not: Consumer Protection and Deceptive Pricing * Community Capitalism in Rural China * Complex Networks: An Exciting New Science * CSI-Effect: Fact vs. Fiction * Diabetes Prevention * Financial Planning for Seniors * GIS, GPS, and Geocaching * The Great Depression: Myths and Realities * History of the Norwood Brass Firemen * The Indo-Pacific Bead: What It Can Tell Us * An Introduction to Native Americans * John Philip Sousa: The Man and the Music * Light Matters: Spectroscopy * North Country Grown Cooperative, Inc. * Oil and Chaos: Ukraine, Russia and the USA * Oral History: Voices of the Past * Remington: "He Knew the Horse" * Searching NY State Historical Newspapers * Smart Phones and Tablets: An Introduction * Surviving Life in a Haunted House * The Virtual Sublime: Simulating the Romantic and Uncanny * War of 1812 in Musical Parody

FALL 2014 COURSE DESCRIPTIONS

This fall, SOAR is pleased to offer 65 courses and presentations. For more information on class dates, times and locations, please refer to the course booklet mailing inserts, or the “Courses” and “Calendar” sections of the SOAR website: www.soarnorthcountry.org (you can also find maps and detailed info on course locations on the website). For other questions, call the SOAR office: (315) 267-2690 (MWF: 9:00-2:00). **NOTE:** Entries below are both alphabetical by title and numerical by registration number. (TBA = to be arranged; check the course booklet inserts)

* * *

1969: Year of Turmoil and Tranquility **Doug Rose**
5 sessions, 1½ hours each (*SUNY Potsdam: Maxcy 104*)

Picking up where last fall’s “1968” class left off, this course will cover, through recollections and discussion, key historical and cultural events in 1969 such as the Paris Peace Talks, Hamburger Hill, Laugh-In, Hair, the “rooftop concert,” Chappaquiddick, the “Helter Skelter” murders, the Stonewall riots, the Miracle Mets, the jaunty Jets, Apollo 11, and Woodstock. So, let’s all “Get Back,” “Dance to the Music,” and “Let the Sunshine In”! In September 1969, **Doug Rose**, sporting cool sideburns, began his sophomore year at Morrisville Ag & Tech College where, as a budding English major, he began paying closer attention to the chaotic changes in the world. He once again looks forward to groovin’ and talkin’ ‘bout the ‘60s with his peers. **NOTE:** Recommended book: *1969: The Year Everything Changed* – Rob Kirkpatrick (Skyhorse: 2011). **[F-14-1]**

Aaron Burr and the Election of 1800 **Tom Baker**
1 session, 1½ hours (*SUNY Potsdam: Maxcy 104*)

Did Aaron Burr attempt to steal the presidential election of 1800 from his running mate Thomas Jefferson? Find out the latest evidence in this presentation. **Tom Baker** is a historian of the early American republic, and chair of the SUNY Potsdam history department. **[F-14-2]**

AARP Smart Driver Course (*offered twice*) **Carol Lawrence**
2 sessions, 3 hours each (*BOCES, Canton*)(*Potsdam Civic Center*)

This six-hour refresher course contains up-to-date information about changes in ourselves, our vehicles, and our roads. Learn to drive more safely and possibly, as an outcome, reduce your insurance costs as well. **Carol Lawrence** loves all the new people she has met since retiring after 34 years of teaching school and working as a school librarian. In 2013

Carol started teaching the driver safety course, a topic she considers very worthwhile and a volunteer opportunity which she thoroughly enjoys. **NOTES:** Fee: \$20/AARP member or \$25 for non-AARP member (payable at the first session; make checks out to AARP; bring your AARP card for verification of your membership). **Cap: 25. [F-14-3] [F-14-4]**

Amazonian Army Ants: Their Secret Lives **Susan Willson**
1 session, 1½ hours (*SLU: Bewkes 303, Canton*)

On a nature program or on the National Geographic channel, many of you have seen army ants marching through the forest, eating everything in their path. In this talk, we will explore the key role that army ants play in creating new niches and adding biodiversity to lowland tropical rainforests. We'll also talk about the fascinating life cycle of these ants, and how they continually move their nest, or bivouac, to maintain a constant food supply. Finally, we'll examine what it's like to study these ants on a daily basis, while living in one of the most pristine tropical environments on earth. **Susan Willson** is a tropical ecologist, ornithologist, and army ant specialist. She has carried out research in the Neotropics for over 20 years. Her favorite spot on earth is a remote biological station in the Peruvian Amazon, where she studied army ants and the birds that follow them. **[F-14-5]**

Anthropology of Architecture **Jennifer Campbell**
3 sessions, 2 hours each (*SUNY Potsdam: Maxcy 104*)

In this course, we will examine how anthropologists think about architecture and how people use places and landscapes. We will discuss both institutional architecture as well as domestic—local, national, and international. **Jennifer Campbell** is an assistant professor in the Department of Anthropology at SUNY Potsdam. Her work looks at the role of architecture in shaping cultural experiences. She works in Northern South Asia (Pakistan and India) and has a particular interest in Mughal architecture and heritage sites. **NOTE:** Bring a notebook. **Cap: 20. [F-14-6]**

Appreciating Modern Poetry **Linda Batt**
2 sessions, 1½ hours each (*Partridge Knoll, Canton*)

This course will introduce you to modern forms of poetry and to the best poets writing now. We will discuss the poets and poems that convey universal thoughts, and we will look at the new styles that carry those thoughts. **Linda Batt** taught literature at a Connecticut community college for twenty years before retiring. She is a published poet herself. **Cap: 25. [F-14-7]**

The Arab Spring as Told through Graffiti **Gisele El Khoury**
1 session, 1½ hours (*SLU: Carnegie 10, Canton*)

The Arab Spring led to a number of regime changes in the Middle East (Tunisia, Libya, Yemen, Bahrain and Egypt) and dramatic shifts in the political landscape across the Arab World. In our modern image-sharing world, it was no surprise that western newspapers were publishing politically relevant street art from across the region. During the Arab Spring, artists say city walls were often the only places where they could talk back to tyrants. In this presentation, we will go over the main events that shaped the Arab Spring by looking at some of the most important graffiti. **Gisele El Khoury** holds an M.A. in Law from Lebanese University and is currently pursuing an M.A. in Educational Technology. She is the director of the Language Resource Center and also the Arabic instructor at SLU. She has previously taught Arabic courses at the University of New Hampshire and also at SUNY Potsdam. **Cap: 30. [F-14-8]**

Art and Symbolism of the Hand in India **Rajiv and Geetika Narula**
1 session, 1½ hours (*SLCHA: Silas Wright House, Canton*)

In the yogic tradition and in Indian classical dance, symbolic gestures called mudrās are performed with the hands and fingers. Mehndi, traditional henna patterns on the skin, are used to beautify the body and celebrate special occasions. The bangles, bracelets, and rings worn by a bride are an important part of the solah shringar, or beautification of a woman from head to toe, with different types of jewelry communicating different meanings. In this presentation we will decipher the symbolic vocabulary of hand gestures and hand adornment in India. **Rajiv Narula** is currently Assistant Professor of Chemistry and Environmental Studies at SUNY Canton. He came to the North Country in fall 2005 and received his doctoral degree in Environmental Engineering from Clarkson University in May 2011. Rajiv was born and brought up in Calcutta, India. **Geetika Narula** was born and brought up in Dehradun (in the Himalayan foothills). She has a passion for the arts and for cooking. She received an MBA in 2008 and came to live in Canton after getting married to Rajiv in June 2013. Rajiv and Geetika love the diversity of seasons in the North Country. They both are practicing Hindus. **[F-14-9]**

Art Workshop A **Leon LeBeau**
8 sessions, 2 hours each (*SUNY Potsdam: Satterlee 314*)

Art Workshop A is designed both for aspiring artists who wish to learn basic watercolor techniques as well as for those who wish to advance their painting skills in water media, e.g. watercolor, gouache, or acrylic. A

more structured approach will be taken with the former; a more independent interaction will apply to the latter. Instruction will be through both group and individual presentations and also through critiques. **Leon LeBeau** has been teaching drawing and watercolor to SOAR participants since the beginning of the SOAR program; he has also instructed art classes at the Remington Art Museum in Ogdensburg and at the For Art's Sake Gallery in Malone. Leon has participated in numerous exhibits in the North Country and the Adirondacks. In spring 2004, Leon received the very first "Super SOARer" award. The "Outstanding Service to SOAR Award" was created in honor of his years of dedication to our organization. **NOTE:** A list of needed supplies will be sent with your registration confirmation; it is also posted on the "Art Workshop A" course page of the SOAR web site. [F-14-10]

Beginning Tai-Chi and Qigong

Pam March

10 sessions, 1 hour each (*SUNY Potsdam: Maxcy Dance Studio*)

The course includes basic Chinese warm-ups (both standing and sitting), Tai-Chi meditation, and an introduction to the Yang 24 movement short form. Concerns of seniors are addressed through work on balance, leg strength, endurance, taking it easy on the joints, and learning how to relax.

Pam March is a certified Tai-Chi instructor from the Boston Institute of Kung Fu and Tai-Chi. In fall 2010, Pam received the Leon LeBeau SOARing Educator award in honor of the exceptional and long-lasting impact she has had on the well-being of SOAR members. **NOTES:** 1) Beginning students may NOT register for Continuing Tai-Chi and Qigong unless the instructor allows it, and continuing students are NOT allowed to register for Beginning Tai-Chi and Qigong; 2) Wear loose clothing, soft shoes or socks. [F-14-11]

Biology of Vertebrate Metamorphosis

Alex Schreiber

1 session, 1½ hours (*SUNY Potsdam: Maxcy 104*)

Metamorphosis of a tadpole into a frog is accompanied by diverse developmental changes, such as death and resorption of the tail and gills, growth and development of the limbs and lungs, and remodeling of all other organs. Remarkably, all of these different processes are mediated by one molecule, thyroid hormone. In this presentation we will explore why metamorphosis occurs, and how it takes place. **Alex Schreiber** is an endocrinologist (someone who works with hormones and other chemical messengers). He has been studying the biology of metamorphosis in both fish and frogs for over 20 years. He was a researcher at Johns Hopkins University for 10 years, and is now an Associate Professor of Biology at SLU. [F-14-12]

Boy Did I Get a Deal...or Maybe Not: Larry Compeau
Consumer Protection and Deceptive Pricing

1 session, 1½ hours (*SUNY Potsdam: Maxcy 104*)

“It was originally \$99, marked down to \$69 on sale, but with my “50% Off Today Only” coupon, I paid only \$34.50! What a deal!” But, not all deals are bona fide. A highly controversial area of consumer protection is in the advertising of deals where consumers can easily and unknowingly be misled and deceived by retailers. This course provides an overview, gives examples of deceptive price advertising, explains the consumer psychology behind them, covers recent court cases involving deceptive price advertising, and provides tips on how to avoid being misled or deceived. **Larry Compeau** is Professor of Marketing and Consumer Psychology at Clarkson University. For over 25 years, his research on pricing has appeared in leading academic journals. He is often called on as a consultant and expert witness including recent cases against Overstock.com and Dell Computer. He is regularly interviewed and quoted in the press including *Time*, *Newsweek*, *Wall Street Journal*, *Washington Post*, *New York Times*, NPR and the Associated Press. [F-14-13]

Bridge for Fun: Intermediate Level Ruth Carrington and
Dorothy Swanson

8 sessions, 2 hours each (*Mayfield Apartments: Community Room, Potsdam*)

The title says it all. The presenters intend to have some fun playing bridge. They both love bridge and love playing it with their SOAR friends. Their hope is to keep this course going. Bridge is one of two remaining original SOAR course offerings (the other being Leon LeBeau’s art class). **Ruth Carrington** was director of two downstate libraries: West Nyack and Port Jervis. **Dorothy Swanson** was an executive assistant to the director at the Adirondack Museum in Blue Mountain Lake for over 25 years. **NOTE:** Some knowledge of bridge is needed. [F-14-14]

Community Capitalism in Rural China Xiaoshuo Hou

1 session, 1½ hours (*SLU: Sykes Common Room, Canton*)

This presentation is based on the presenter’s fieldwork in three villages in China as the villagers explore ways to balance economic prosperity and social solidarity. The presenter will discuss local institutional innovations that provide the peasants with a safety net in an increasingly industrialized and marketized society. Ultimately, the three cases provide examples to help us reconsider the relationship between market, state, and society. **Xiaoshuo Hou** received her PhD in Sociology from Boston University.

She is an Assistant Professor of Sociology at SLU. Her research and teaching interests include economic sociology, development sociology, and organizational sociology with a particular focus on China and Asia. She is the author of *Community Capitalism in China: The State, the Market, and Collectivism* (Cambridge UP, 2013), and is currently working on a research project on green technologies in China. [F-14-15]

Complex Networks: An Exciting New Science **Daniel ben-Avraham**
1 session, 1½ hours (*SUNY Potsdam: Maxcy 104*)

Complex networks are all around us, from the routers of the Internet and the WWW, to networks of flight connections, and networks of social contacts, to neurons in the brain, etc. Such complex networks have been the focus of a new branch of science, during the past 15-16 years. In this talk the presenter will discuss the history of complex networks and some of the exciting insights that he has learned about them. **Daniel ben-Avraham** has been conducting research and teaching physics at Clarkson University since 1987. He has been studying complex networks since 1999. **NOTE:** Bring an open curious mind. [F-14-16]

Composting, Vermiculture and Soil Health **Paul Hetzler**
1 session, 1½ hours each (*Potsdam Civic Center*)

Composting is an easy way to improve your garden, lawn, shrubs and trees. In this class you will learn about the whys, wherefores and techniques of composting. **Paul Hetzler** is the Horticulture and Natural Resources Educator at Cornell Cooperative Extension of St. Lawrence County. [F-14-17]

Continuing Tai-Chi and Qigong **Pam March**
20 sessions, 1 hour each (*SUNY Potsdam: Maxcy Dance Studio*)

This course is intended for students who already have some familiarity with Tai-Chi. The course includes Qigong, traditional Chinese warm-up exercises, and Tai-Chi meditation. Participants will continue to learn the Yang 24 movement short form. **Pam March** is a certified Tai-Chi instructor from the Boston Institute of Kung Fu and Tai-Chi. Pam received the Leon LeBeau SOARing Educator award in honor of the exceptional and long-lasting impact she has had on the well-being of SOAR members. **NOTES:** 1) Continuing students may NOT register for “Beginning Tai-Chi,” and beginning students may NOT register for Continuing Tai-Chi unless the instructor allows it; 2) Wear loose-fitting clothing, soft shoes or socks. [F-14-18]

CSI-Effect: Fact vs. Fiction**Elizabeth Erikson****1 session, 1½ hours** (*SUNY Potsdam: Maxcy 104*)

This presentation covers the CSI-effect and compares fictional forensic science to real life forensics. Topics will also include divisions within the forensic science laboratory. **Elizabeth Erikson** is an Associate Professor in the Criminal Justice Department at SUNY Canton. She was formerly a latent print examiner with the Onondaga Center for Forensic Sciences. She also worked as a forensic scientist for the Indiana State Police Forensic Laboratory. She is the author of the book: *Criminalistics Laboratory Manual: The Basics of Forensic Investigation*. (Anderson Publishing - imprint of Elsevier, 2014) **[F-14-19]**

Current Events**John Casserly****10 sessions, 1½ hours each** (*Partridge Knoll, Canton*)

This course is a discussion of unfolding events at the local, national and international levels. **John Casserly** is a retired Canton Central School social studies teacher who continues to coach cross country and track at Canton Central School. He has been facilitating the discussion of current events since 2005. John Casserly is the first winner of the Leon LeBeau SOARing Educator Award, given to someone who has had lasting impact on the lives of SOAR members. **NOTE:** Students from SLU will be joining the course from time to time to introduce topics and join in the discussion. **[F-14-20]**

“I have to be accurate; I don’t have to be impartial”

— *John Burns, former London Bureau Chief, New York Times*

Decorative Painting Techniques **MarshaLee (Mickey) Champagne****4 sessions, 1½ hours each** (*SUNY Potsdam: Satterlee 225*)

Students will learn the basic stroke work for decorative painting and combine these strokes to create pleasing designs that can be used to complete a project. **Mickey Champagne** loves beautiful and useful objects. Coming from a family with artistic talents, Mickey has always been curious about how to manipulate various media (including fabric, glass, pen and ink, watercolor, polymer clay and metals) to create something pleasing to the eye. She is fascinated with color and loves working with her hands. Mickey has previously taught four decorative painting courses for SOAR. **NOTE:** A list of needed supplies will be sent with your registration confirmation; it is also posted on the “Decorative Painting Techniques” course page of the SOAR website. **Cap: 10 [F-14-21]**

Diabetes Prevention**Karin Heckman****1 session, 1½ hours** (*SUNY Potsdam: Maxcy 104*)

This talk focuses on practical strategies for minimizing your risk of developing type II diabetes. Topics discussed will include simple vs. complex sugars, the glycemic index, and general approaches to healthy eating and exercise. **Karin Heckman** is a registered dietitian and immunologist who teaches in the Biology Department at SLU. She is interested in how the immune system can be manipulated to treat autoimmune disease and cancer. Currently Karin is conducting studies examining how synthetic antioxidants can be used therapeutically in the autoimmune disease multiple sclerosis. [F-14-22]

Exploring Popular Songs**David Heuser****3 sessions, 1½ hours each** (*SUNY Potsdam: Crane - Schuette A311*)

During this course we will look closely at the music and words of a number of popular songs and examine how they express 32-bar song form, and what makes each one unique. We'll look at a variety of songs from composers ranging from Cole Porter, Harold Arlen, and Irving Berlin to Bernstein, Lennon/McCartney, and Sondheim. **David Heuser** is a composer of over 70 works, and he has been teaching composition and music theory for 20 years. He holds degrees from the Eastman School of Music and the Indiana University School of Music. He has served as the Associate Dean at The Crane School of Music since 2011. **NOTE:** No prior musical knowledge necessary, but be prepared to sing! **Cap: 25.** [F-14-23]

Financial Planning for Seniors**Terry Niles****1 session, 1½ hours** (*SLCHA: Silas Wright House, Canton*)

In this class session we will cover various financial issues relative to senior citizens, including investment strategies, income tax issues, and estate planning. **Terry Niles** is the owner of Niles Asset Management. He has taught a number of courses for SOAR, primarily on a topic in American history. [F-14-24]

First Ladies of the Civil War**Fran Van Horne****2 sessions, 1½ hours** (*SLCHA: Silas Wright House, Canton*)

Come hear the contrasting, yet ultimately comparative, stories of the two first ladies of the Civil War: Mary Todd Lincoln and Varina Davis. Both these women were examples to their constituencies of how to live in the situations in which they found themselves. **Fran Van Horne** is a history buff who especially enjoys learning about how famous women lived and

behaved. Fran has taught numerous SOAR courses (on Queen Victoria, and on the Vanderbilts) and a series of courses on the First Ladies. She has also done presentations on the American Quilt Project, Claxton-Hepburn Hospital, and the 1918 Flu Epidemic. Fran and her husband Otis were named “Super SOARers” in spring 2009. [F-14-25]

Galaxies

Aileen O’Donoghue

4 sessions, 1½ hours each (*SLU: Bewkes 232, Canton*) (*session 3 canceled*) Galaxies and clusters of galaxies are the largest objects in the universe and visible at vast distances. In this course we’ll explore the universe of galaxies, how we observe them and what they teach us about themselves and the nature and history of the universe. **Aileen O’Donoghue** is a frequent SOAR presenter and an active astronomical researcher who LOVES watching the sky. She holds physics degrees from New Mexico Tech, where she studied both astronomy and atmospheric physics. Aileen has taught astronomy at SLU for over 25 years. She thoroughly enjoys doing research on the universe of galaxies. [F-14-26]

GIS, GPS, and Geocaching

Dakota Casserly

1 session, 1½ hours (*SLU: Newell Field House - parking lot, Canton*) Participants in this session will receive a brief introduction to GIS (Geographic Information Systems) and its technologies. Then, they will learn how to use a GPS (Global Positioning System) device (a Garmin Dakota 10) and apply its capabilities in a geocaching field exercise. Geocaching is an outdoor activity that requires a GPS to place and locate “treasure” containers. Currently **Dakota Casserly** is the GIS/GPS Technician at SLU, where he assists the GIS program director in all things GIS and GPS related. Thinking spatially (GIS speak) is a passion of his, and introducing people to GIS and GPS in an outdoor setting, especially in the north country, is what he likes to do. **NOTE:** Dress for the day’s outdoor activity: wear sturdy footwear and bring water, sunscreen, etc.; also bring a notebook and pen/pencil. **Cap: 15.** [F-14-27]

The Great Depression: Myths and Realities

Steven Horwitz

1 session, 1½ hours (*SUNY Potsdam: Maxcy 104*)

This lecture is a broad overview of the Great Depression that focuses on answering three questions: What caused it to start? What caused it to get so bad so quickly? What caused it to be so lengthy? The answers to all three involve critically assessing various myths of the Great Depression,

including the claim that it was caused by laissez-faire capitalism, that Hoover worsened it by doing nothing, that the New Deal saved us from disaster, and that World War II ended the depression. **Steven Horwitz** is the Charles A. Dana Professor of Economics at SLU, and he specializes in American economic history and macroeconomics. He has taught a senior seminar on the Great Depression several times and has published on the topic in professional journals. [F-14-28]

History of the Norwood Brass Firemen Jane Subramanian
1 session, 2 hours (*SUNY Potsdam: Maxcy 104*)

Many in the North Country are familiar with the Norwood Brass Firemen. This musical group has an extremely long and interesting history. Many communities had brass bands in earlier years, but the Norwood Brass Firemen is one of the few still existing to the present day. This presentation will include information about the band's beginnings and interesting aspects of its history over the years. **Jane Subramanian** served as a librarian at SUNY Potsdam for 38 years and also served as College Archivist prior to her retirement. She continues to volunteer at the College Archives and Special Collections. She has published and given presentations on topics in librarianship, Laura Ingalls Wilder, and the Norwood Brass Firemen. The presentation she wrote on the Brass Firemen was a winner in a nationwide competition of the Music Library Association, and Jane delivered this presentation at their annual meeting in San Diego, California in March 2010. [F-14-29]

The Indo-Pacific Bead: What It Can Tell Us Shinu Anna Abraham
1 session, 1½ hours (*SLCHA: Silas Wright House, Canton*)

Beads are often undervalued as artifacts, primarily due to challenges in exploiting them fully as material culture. However, beads can help archaeologists better understand a broad range of ancient behaviors including socio-political organization, craft production, and trade relations. For example, the focus of this presentation, the tiny Indo-Pacific glass bead, is slowly emerging as a source of new insights about the role of early South India as a member of the vast maritime exchange networks that crisscrossed the Indian Ocean in the first millennium AD. **Shinu Anna Abraham** is an archaeologist with a PhD from the University of Pennsylvania. She has taught for 12 years at SLU and is now chair of the Department of Anthropology. Her specialty is ancient Indian Ocean trade and the study of early south Indian socio-economic development about two thousand years ago. [F-14-30]

Insurance: The Strange Origins of . . . Probabilistic Thinking **Geoffrey Clark**

2 sessions, 1½ hours each (*SUNY Potsdam: Maxcy 104*)

From advertisers hawking toothpaste to weather forecasters to our evaluation of the latest medical data, probabilistic arguments are so ubiquitous today that they have become part of the mental air we breathe. But 350 years ago this way of thinking was utterly alien, even for gamblers. These two sessions will cover the conceptual revolution that transformed our way of understanding the world, and then chart the weird ways that practices like insurance and vaccination began to make use of probability and statistics in the 17th and 18th centuries. **Geoffrey Clark** is Professor of History at SUNY Potsdam. He earned his Ph.D. at Princeton University where he specialized in the economic, social and cultural history of early modern Europe. He is the author of *Betting on Lives: The Culture of Life Insurance in England, 1695-1775* as well as numerous articles on the history of insurance and finance. More recently he was an editor of *The Appeal of Insurance* [F-14-31]

An Introduction to Native Americans **Susan Stebbins**

1 session, 1½ hours (*SUNY Potsdam: Maxcy 104*)

Native Peoples of North America is an open source textbook available online through SUNY Libraries. This presentation will be based on information from this text. **Susan Stebbins** has been a professor at SUNY Potsdam for 23 years. She is a cultural anthropologist and has taught a variety of courses in the area. Currently she is teaching primarily Native American Studies classes. She also serves as the Special Assistant to the President on Diversity. [F-14-32]

John Philip Sousa: The Man and the Music **Dana Barry**

1 session, 1½ hours (*SUNY Potsdam: Maxcy 104*)

Learn about John Philip Sousa's life and hear some of Sousa's famous marches at this presentation. The presenter will also describe and demonstrate her trumpet (an important instrument in Sousa's band). **Dana Barry** has doctoral degrees in engineering and science education. She is the Senior Technical Writer and Editor at Clarkson's Center for Advanced Materials Processing. Also a musician, Dana sings in a group and belongs to several bands where she plays trumpet and the electronic piano. Her connection to Sousa's band came early: when she was in grade school she received music lessons from a member of Sousa's band. [F-14-33]

Kayakalp Yoga**Somendra Pant****4 sessions, 1¼ hours each (TBA)**

“Kayakalp” literally means revival and rejuvenation of the body-mind. Our bodies become brittle and old due to lack of exercise, stress, improper eating, poor posture, and inefficient breathing. The ancient practice of yoga has the power to prevent damage to the body-mind as well as power to undo any damage already done. This class teaches yoga-asanas (postures), meditation, pranayama (breathing exercises), and wholesome eating habits to keep the body-mind fit, healthy, and happy. **Somendra Pant** is a Certified Yoga Instructor. He teaches yoga at the Yoga Loft in Canton and at Clarkson University in Potsdam. **NOTE:** Wear comfortable clothing. [F-14-34]

Leopards and Jaguars; Elephants and Rhinos John McDonald**4 sessions, 1½ hours each (SUNY Potsdam: Maxcy 104)**

In the first half of this course we will be studying leopards and jaguars, discussing their history and evolution, as well as their similarities and differences; in the second half of this course we will turn our attention to the current two largest terrestrial animals: elephants (up to 12' and over 15,000 lbs.) and rhinos (up to 10,000 lbs.). We will look at the human interaction and conflicts with all four of these animals, as well as the geopolitical influences which will save them or condemn them to extinction. Session 1. Leopards have the largest range of all of the big cats from Siberia, South and West Asia to sub-Sahara Africa. The species' success is due to its opportunistic hunting behavior, notorious for its stealth. Session 2. Jaguars are the largest of the big cats after lions and tigers and range from the southwest United States through Mexico and Central America, and south to Paraguay and northern Argentina. Session 3: Elephants are one of the most intelligent animals living in familial groups. They have a rich history with humans. The African elephant is found in sub-Saharan Africa; the Asian elephant's current range is in South and Southeast Asia. Session 4: Rhinos are reclusive animals but can be very aggressive when disturbed. They have a relatively small brain and poor eyesight, but a well-developed sense of smell and hearing. Five distinct species of Rhinoceros exist: two in sub-Saharan Africa and three in Asia. Having retired from IBM and Arrow Electronics, **John McDonald** is now able to pursue his lifelong interest in African animals. In college John worked in primate research. After college, he spent some time with lion and tiger circus trainer Dave Hoover. Following that, he

conducted some field research on Adamson's (of Born Free fame) lions in Kenya. For the past three years John has spent a month at a research center in Namibia working as a volunteer with wild cheetahs. During these stays in Africa he spent considerable time learning about other big cats. In addition, he enjoyed observing elephants and rhinos in Etosha National Park and working with animal behavioral scientists at a private rhino reserve. [F-14-35]

Light Matters: Spectroscopy

Samantha Glazier

1 session, 1½ hours (*SLU: Johnson 307, Canton*)

We are bathed in light all day, but how much do we know about its true nature? While we may never answer this question, we can consider the evidence that light has a dual nature. Investigated alone, light has wave properties; when allowed to interact with matter, light has particle properties. The interactions of light and matter are useful for understanding everyday events like the light emission of fireflies and film developing.

Samantha Glazier is a chemist at SLU where she teaches courses on quantum chemistry and spectroscopy. Her research uses visible light fluorescence to study interactions between anti-cancer drugs and DNA.

NOTE: Expect hands-on activities. **Cap: 25.** [F-14-36]

Mah Jongg

Brenda Francey and Kay Russell

4 sessions, 2 hours each (*Partridge Knoll, Canton*)

This is an opportunity for people of differing skill levels to play Mah Jongg. Newcomers are welcome. Learn to play Mah Jongg or, if you are not new to the game, hone your skills. Both **Brenda Francey** and **Kathleen Russell** have over 40 years of experience in playing and teaching Mah Jongg. **NOTE:** Bring a Mah Jongg set, if you have one.

Cap: 16. [F-14-37]

Mindfulness Practices

Monique Tirion

4 sessions, 1½ hours each (*Potsdam Civic Center*)

This is a continuing introductory course to awaken a meditative lifestyle. The emphasis will be on mind versus body and on exploring what may underlie the eastern aphorism that "mind and body are one." **Monique Tirion** has been a student of meditation for over 10 years. Her interests outside of science and meditation include outdoor activities like hiking, canoeing and gardening, as well as spending time with friends over a game or dinner. **NOTE:** Bring a pen/pencil and notebook to class each time.

Cap: 40. [F-14-38]

Monet to Van Gogh: . . . Leon LeBeau and Sally Kirby
A History of Impressionism

4 sessions, 1½ hours each (*SUNY Potsdam: Kellas 217*)

This course will consist of a series of video presentations on the history of Impressionism and its painters. The lecturer is Professor Richard Brettell from the University of Texas at Dallas. Each half hour lecture will focus on specific artists. **Sally Kirby** is a long time weaver and accomplished watercolorist. **Leon LeBeau** has been teaching art courses since the beginning of SOAR. [F-14-39]

The Music of J. S. Bach

Rebecca Gerber

2 sessions, 1½ hours each (*SUNY Potsdam: Crane - Bishop C318*)

The course on Bach will explore topics of musical symbolism in the keyboard, cantata and Passion music, as well as Bach's interest in out-of-the-norm musical instruments. Examples of how Bach communicated musically to his family, friends, students and patrons will also be discussed. **Rebecca Gerber** is a musicologist with a specialty in Renaissance music and 15th century manuscript studies, but also with an interest in Bach. She teaches undergraduates and graduate students at the Crane School of Music and also directs the Presidential Scholars Program. **Cap: 25.** [F-14-40]

The Musicals of Stephen Sondheim

Connie Meng

4 sessions, 1½ hours each (*SUNY Potsdam: Maxcy 104*)

Stephen Sondheim's career began as the lyricist for "West Side Story" and continued as both composer and lyricist for such musicals as "A Funny Thing Happened on the Way to the Forum" and "Sweeney Todd," among others. This course will explore how his work has changed the face of musical theatre. **Connie Meng** is currently the resident theatre critic and weekend announcer at North Country Public Radio. Initially Connie was an actress both on and off Broadway. She also appeared in numerous TV commercials. [F-14-41]

Nature Up North: Citizen Science Projects

Jake Malcomb

2 sessions, 1½ hours each (*SLU: Johnson 101, Canton*)

Through this course you will learn how to participate in our Nature Up North's "Monitor My Maple" citizen science project (such projects are also referred to as "public participation in scientific research"). Citizen science projects provide volunteer "scientists" with scientific questions

to help them collect data constituting meaningful research, important to local and global communities. Citizen science can benefit participants, scientists, educators, and resource managers by developing partnerships to further our understanding of the places in which we live. Nature Up North is particularly interested in phenology, also known as the seasonal timing of natural events. Phenology touches everything, from birds migrating, to trees leafing out, to farmers deciding when to plant. By participating in the “Monitor My Maple” project, you will contribute to a long-term data set examining how factors like climate change affect sugar maple health in the North Country. **Jacob Malcomb** manages the Nature Up North project at SLU. He is interested in issues at the intersection of human and ecosystem health. He has conducted research studying forest health in Colorado, the ecology of Lyme disease in the Northeastern US, and the impacts of climate change on tropical forests in Panama. Jacob has a B.S. in Biology from SLU and is a Certified Interpretive Guide. **NOTE:** We will be going outside for some of the time to look at trees: please wear appropriate outside clothing and shoes to each session. **Cap: 24. [F-14-42]**

North Country Grown Cooperative, Inc.
1 session, 1½ hours (*Potsdam Civic Center*)

Sue Rau

This presentation will focus on the adventure of managing North Country Grown Cooperative, Inc. (NCGC), a farmer-owned cooperative based in St. Lawrence County. The challenges of wild weather, short growing season, lack of local infrastructure, and turning numerous small growers used to selling at farmer’s markets into a team of educated growers capable of selling commercially are just some of the obstacles encountered. NCGC is still here after almost 10 years and it has been an interesting experience. **Sue Rau** has been the manager of North Country Grown Cooperative, Inc. since its incorporation in 2005. She and her husband, Andy Soutar, run Drumlins End Farms in Norfolk, NY. The farm has been certified organic since the late 1980’s. **[F-14-43]**

North Country Trees and Shrubs

Glenn Johnson

3 sessions, (*2 classroom sessions w/campus field trips, 1½ hours each; plus one 4-hour field trip - TBA*) (*SUNY Potsdam: Stowell 103*)

Through lectures and field visits, this course will investigate the diversity of woody plants found in the North Country, including natives, planted exotics and invasive species. We will discuss their ecology, evolutionary relationships, identification and conservation. **Glenn Johnson** is Professor

and Chair of the Biology Department at SUNY Potsdam, where he teaches mostly conservation biology, ecology, dendrology and vertebrate biology courses. His main interest is conservation biology, especially endangered vertebrates and most particularly amphibians and reptiles. Glenn co-authored a recent field guide to amphibians and reptiles of New York. He has taught a dendrology (trees) course numerous times, including twice for SOAR. He teaches Biology of Woody Plants at SUNY Potsdam in alternate years. **NOTES:** 1) Dress for the day's outdoor activity: wear sturdy footwear and bring water, sunscreen, etc.; 2) bring a notebook and pen/pencil. (recommended notebook: *Rite in the Rain* - Field Spiral Notebook #353). **Cap: 25 [F-14-44]**

Oil and Chaos: Ukraine, Russia and USA **Greg Gardner**
1 session, 1½ hours (*SUNY Potsdam: Maxcy 104*)

This presentation is a short discussion about recent events in Ukraine and Crimea; it aims to explain what is really happening there and why. The presentation includes reports from Ukrainian colleagues who are in the middle of these current events, as well as some forecasts of things to come. **Greg Gardner** is Associate Professor of Business at SUNY Potsdam. As a Fulbright scholar, he taught in a Ukrainian university for a year, and as a Fulbright Senior Specialist, he regularly lectures at Ukrainian universities. He also travels to Ukraine to conduct research on economic issues. **[F-14-45]**

Oral History: Voices of the Past **Tom French**
1 session, 1½ hours (*SUNY Potsdam: Maxcy 104*)

For over 30 years, the presenter has been recording “Old Timers” from along the St. Lawrence River, gathering their stories of life in the early 20th Century. He will present a number of these stories along with historic photographs. Topics will range from “Filling the Ice House” and “Sturgeon Fishing” to “Bootlegging” and tall tales based on actual events. He will also instruct you on techniques so you can begin recording your own oral histories. **Tom French** is the author of the award-winning book, *River Views: A History of the 1000 Islands in 3-D*, a collection of 19th Century stereoviews with an enclosed collapsible 3-D viewer. His work has been featured in *Adirondack Life*, *MacLife*, *The Watertown Daily Times*, and the website: Thousand Island Life.com (www.thousandislandslife.com), and North Country Public Radio. Tom maintains the website: www.riversidestories.org where he features many of the recordings, old home movies, and photographs that he has collected. **[F-14-46]**

Our Neighbor's Faith: Mormon, Jewish and Muslim **Ted Linn****4 sessions, 1½ hours each** (*Partridge Knoll, Canton - Day 1 only*)

In the introductory class session on Day 1, you will learn about the changing religious topography of the United States. The three class sessions that follow will take us out into the Potsdam community to visit some of the local houses of worship. These places are: **Day 2 – Temple Beth El; Day 3 – Church of Jesus Christ of Latter Day Saints;** Day 4 – Mosque (*Mosque visit canceled*). **Ted Linn** is a former University Chaplain and Professor of Religious Studies at SLU. He has had a lifelong interest in religions of the world, including the topic of religion and society in the United States. **Cap: 25. [F-14-47]**

Pre- and Post-Election Analysis**Robert (Bob) Wells****3 sessions, 1½ hours each** (*SLCHA: Silas Wright House, Canton*)

In this course we will discuss and evaluate the meaning and consequences of the 2014 New York State and the national (federal) elections. **Bob Wells** is Emeritus Mansil Professor of Government at SLU. He also is a past mayor of the village of Canton. **[F-14-48]**

Psychology: More than Talk Therapy**Jennifer Knack****3 sessions, 1½ hours** (*SUNY Potsdam: Maxcy 104*)

Psychology is a field that entails much more than clinical/counseling psychology. In this course, we will discuss different psychological principles such as memory and cognitive processes, social psychology (e.g., stereotypes, discrimination), and developmental psychology. **Jennifer Knack** completed her graduate work at the University of Texas at Arlington, and she did her post doctorate work at the University of Ottawa. The main focus of her research is to examine the link between being bullied (a specific type of social pain) and poor physical health. **Cap: 35. [F-14-49]**

Pythagorean Theorem and Pythagorean Triples **Chanchal Singh****2 sessions, 1½ hours each** (*SLCHA: Silas Wright House, Canton*)

In this course, you will learn about a few real life examples of the applications of the Pythagorean Theorem and become acquainted with other interesting and useful mathematical contributions. We also will generate some Pythagorean infinite sequences of triples. Math is an interesting topic to study; it helps to keep one's mind/brain active. **Chanchal Singh** is a retired professor of mathematics from SLU. Currently he is pursuing a number of hobbies: gardening, growing fruit trees, working with stained

glass, doing some creative writing, and researching math topics for fun. **NOTE:** Bring a notebook and a calculator with a square root key. **Cap: 25. [F-14-50]**

Raising a Few Sheep or Goats

Betsy Hodge

2 sessions, 1½ hours each (*Cornell Cooperative Ext. Farm, Canton*)

Are you thinking about getting a sheep or goat? Perhaps you already have a sheep or goat and would like to learn more about what to do with it? In this course you will get information on starting a small sheep or goat operation for meat, fiber or milk. We will also discuss feeding, housing, marketing, appropriate breed choices, etc. **Betsy Hodge** is a livestock educator for Cornell Cooperative Extension of St. Lawrence County. She is also a sheep and goat owner. **NOTE:** Wear barn appropriate clothes and footwear. **Cap: 10. [F-14-51]**

Reading Willa Cather

Bob Thacker

4 sessions, 1½ hours each (*Partridge Knoll, Canton*)

This course will take up the life and career of Willa Cather (1873-1947), arguably the leading American novelist of the 1920s and a sometimes neglected literary genius. **Bob Thacker** has been reading, teaching, and writing about Cather since the mid-1980s. He has a particular passion for her work. Most recently he edited her poetry for the multivolume scholarly edition of her works published by the University of Nebraska Press. **NOTE:** Suggested books by W. Cather: *A Lost Lady* (1923), *My Mortal Enemy* (1926), and either *Death Comes for the Archbishop* (1927) or *Shadows on the Rock* (1931). **[F-14-52]**

Remington: “He Knew the Horse”

Sue Longshore

1 session, 1½ hours (*SLCHA: Silas Wright House, Canton*)

Frederic Remington (1861-1909) lived during the heyday of the horse. Horses then were used routinely in farming, transportation and recreation. As a child, Frederic watched his father’s race horses at the Canton Fairgrounds; as an adult, he rode and owned his own horses. One of the main focuses of his artistic career was a realistic portrayal of horses on paper, on canvas, and later in bronze. Frederic Remington is credited with being one of the first artists to accurately portray a horse in full gallop. It can truly be said that “He Knew the Horse.” **Sue Longshore** graduated from SUNY Geneseo with a BA in History. She did graduate work at Duquesne University in History and Archival, Museum & Editing Studies. Sue has been employed at the St. Lawrence County Historical

Association since 1996 as Deputy St. Lawrence County Historian, and also Collections Manager. She currently is Interim Executive Director. Sue also has been involved with the Canton Remington Arts Festival since its inception in 2002. **Cap: 40. [F-14-53]**

Searching NY State Historical Newspapers Chuck Henry

1 session, 1½ hours (*offered twice*) (*SUNY Potsdam: Satterlee 104A*)

The Northern New York Library Network provides free access to more than 180 historic newspapers from all over New York State, totaling more than 3 million pages. Searching for that genealogical or historical gem in such a mountain of information can be daunting! This course will provide some tips and tricks to help you find what you are looking for. **Chuck Henry** is the Integrated Technologies Coordinator for the Northern New York Library Network, and the project lead for the New York State Historical Newspapers website. Chuck is a 15-year veteran of the IT field, and a former NYS certified elementary teacher. **Cap: 15 (for each section).** [F-14-54] [F-14-55]

Smart Phones and Tablets: An Introduction Chris Smutz

1 session, 1½ hours (*Potsdam Town Hall: Community Room*)

The aim of this presentation is to give you an introduction to mobile devices and how they work. We will also cover many of the incredible things you can do with these devices! **Chris Smutz** has been at Northern Music & Video for 17 years, and he has almost 20 years of cellular experience. He is local to the area and lives with his wife of 20 years and his 14-year-old son. He enjoys technology and all it has to offer us. **NOTE:** Bring pen/pencil and paper for taking notes. [F-14-56]

Surviving Life in a Haunted House Donna Wright and Freda Glade

1 session, 3 hours (*SLCHA: Silas Wright House, Canton*)

After 7 years of living with paranormal experiences, Donna ended up on the Travel Channel's number one hit television show, *The Dead Files*. In the first part of this presentation, Donna will play a DVD of the show and comment on it. In the second part of the presentation, Freda will talk about her life as a psychic medium. **Donna Wright** is a retired Detective Sergeant. She worked in the homicide division in South Florida. Donna is interested in New Age Spiritualism. **Freda Glade** is a psychic medium. She is now retired from her work at the Ogdensburg Psychiatric Center. Freda has helped in many police investigations. She also has been featured on national TV shows. **NOTE:** There will be a break between the two segments of this presentation. [F-14-57]

Tales Fossils Tell**Mark Erikson****4 sessions, 2 hours each** (*SLU: Brown 115, Canton*)

The “Great Ordovician Diversification” of life on Earth is best represented by the fossils of the Cincinnati Arch in Ohio, which provide a marvelous introduction to the way paleontologists think and what we do while examining an ancient, tropical, marine ecosystem. A class of the basics will get us on the same page. Then we’ll learn about types of shelly fossils, the science of their names, and we’ll also make some observations. The presenter will share his personal interpretations of how these organisms lived and died in the Cincinnati Sea. You can anticipate some hands-on fossil work. **Mark Erikson** recently retired from 40 years of teaching all areas of paleontology at SLU. He has a broad background in paleontology. Visiting the classic Ordovician fossil beds of Cincinnati with his classes for 30 years has allowed him to think about its shelly fossils in ways that few have done. He has researched fossils throughout the entire Phanerozoic Eon. **NOTE:** Suggested book: *A Sea Without Fishes*. D. L. Meyer and R. A. Davis (Indiana UP, 2009). **Cap: 16. [F-14-58]**

Tunes-R-Us**Clive and Sandra Henery****4 sessions, 1½ hours each** (*United Methodist Church, Potsdam*)

The course consists of a series of themes developed with musical examples covering a variety of styles. This semester’s themes: Day 1) Let’s Make a Concerto; Day 2) Holy, Holy, Holy Lord; Day 3) A Monograph on J. S. Bach; and Day 4) Part 2 of Music of the Presidents (i.e. Andrew Johnson through William McKinley). **Clive Henery** is Professor Emeritus of the Crane School of Music with a background in music history and keyboard instruments. **Sandra Henery** is a retired public school music teacher. **[F-14-59]**

“When I hear music, I fear no danger. I am invulnerable. I see no foe. I am related to the earliest times, and to the latest.”

— *Henry David Thoreau*

Tunisian Stitch Afghans**Sue Ellen Mayville****10 sessions, 1½ hours each** (*SUNY Potsdam: Van Housen Link Room*)

In this hands-on course, you will learn how to make and embroider afghans. **Sue Ellen Mayville** has been making afghans since 1972. She has won several blue ribbons at the fair for her work. **NOTE:** Bring to class one skein of yarn (any color but black or dark grey) and an afghan hook - size H. **Cap: 10. [F-14-60]**

Vegetarian Cooking Goes Local**Juanita Babcock****3 sessions, 2 hours each** (*Knapp Station Community Church*)

The proliferation of farmers' markets in recent years makes it easier than ever to obtain freshly picked fruits, vegetables and herbs from local farmers. This class will utilize locally grown produce to create nutritious, flavorful meals that will nourish your body and stimulate your palate.

Juanita Babcock has been a vegetarian for over 30 years. She has a huge organic garden and a berry patch. Juanita was the manager of the Potsdam Farmers' Market for three years. During that time she helped develop a strong network of local farmers. Her mentor Paula Youmell, local author, nutritionist and healthy foods healer, has been instrumental in educating Juanita about natural health and healthy recipes. **NOTES:** 1) Vegetarian meals may include eggs, dairy, soy, and nuts; 2) Course fee: \$40 (includes food, supplies and kitchen use). Payment is due before class starts on **9/15**; payment instructions will be sent with your confirmation of enrollment. **Cap: 14. [F-14-61]**

Vicarious Voyagers XV**Ruth Kreuzer (Coordinator)****4 sessions, 1½ hours each** (*Potsdam Civic Center*)

Voyage vicariously to exotic places with our world-traveling presenters via their slide shows. Coordinator **Ruth Kreuzer** is herself a world traveler. She loves seeing the world through the lens of a camera and enjoys hearing about the experiences of other travelers. Four adventures await you (*in this order*):

“Australia: Antipodean Anecdotes” – Devon and Debbie Shipp (they both grew up on farms in the southeast of Australia, and spent their first ~25 years in rural Victoria and in the city of Melbourne; they have spent the past 17 years in the U.S.). Both Devon and Debbie work in the science field at Clarkson University. They get back to Australia every few years.

“The Himalayan Kingdoms of Tibet, Nepal, and Bhutan” – Juanita Babcock (on a fall 2013 small-group study trip with “Road Scholar”). Juanita has traveled internationally since 1985, sometimes independently or sometimes with groups such as Road Scholar, OAT, CIE and other companies.

“Do It Yourself Alaska” – Ginny and Al Schwartz (three weeks in Aug./Sept. on their own, following their to-do wish list of sites/activities, which included a flight around Denali National Park and onto(!) Mt. McKinley). Al and Ginny winter in Puerto Vallarta on the Pacific coast of Mexico and year-round indulge themselves in the study of the flora and fauna of different ecosystems.

“A Village in Kenya vs. Potsdam” – Joanina Gicobi (a discussion of her desire and motivation to leave Kenya, with its strict cultural practices, to pursue an education in the US; what she has learned here and what does it all mean for her future career). Joanina is a senior at Clarkson University majoring in biology and psychology.

NOTES: 1) Come to any or all of the presentations; 2) Allow extra time to find a parking spot and/or for walking; please do not park in the IGA parking lot – those spaces are for customers who need to grocery shop.
Cap: 80 [F-14-62]

The Virtual Sublime: Simulating the Romantic and Uncanny Alex Lee
1 session, 1 hour (*SUNY Potsdam: TBA*)

In this presentation, participants will garner insight into a contemporary digital media artist's thought processes, methodology, and visual production. The presenter will cover the more recent material from his decade-long practice. This practice involves an investigation into the formal and conceptual aspects of simulating Romanticism, hyper-reality, artifice, and the photographic. Alex Lee was born in Seoul, Korea, but he grew up in the U.S. He received his BFA and MFA at The School of the Art Institute of Chicago. He is currently assistant professor in the Digital Arts & Sciences Department at Clarkson University. His work is an investigation of the pictorial possibilities of digital imagery in an increasingly technical and automated world. [F-14-63]

War of 1812 in Musical Parody Maggie Hockett
1 session, 1½ hours (*SLCHA: Silas Wright House, Canton*)

The presenter will give background information on familiar tunes that depict unusual events and people from the War of 1812 era. The lyrics for this presentation were inspired by the research the presenter did for her novel Taking Hart (written under pen name M. A. Noble). Maggie Hockett is a musician who performs with several area groups. She is a former elementary school teacher, an instructional designer, and an editor and writer for educational publishers. Currently she is working on a sequel to her novel Taking Hart. [F-14-64]

What Data Can Tell Us Robin and Patti Lock
2 sessions, 1½ hours each (*SUNY Potsdam: Satterlee 104A*)

How can we tell whether an effect observed in sample data (for example, mosquitoes were more attracted to beer drinkers in an experiment on malaria transmission) represents a real effect in the population

or is just due to “random chance”? We will look at ways to use new and straightforward computer simulations to answer such questions of statistical inference with simple, intuitive techniques that require very little formal background. The simulations are done using StatKey, a free web app we have developed to facilitate understanding of the key ideas of statistical inference. **Robin and Patti Lock** have both taught mathematics and statistics at SLU for more than 30 years. Together with their three children (Kari, Eric, and Dennis – all statisticians!), they have developed a new statistics text (and the web app StatKey) to allow instructors to introduce the core ideas of statistical inference with modern computer-based simulation methods. **NOTES:** 1) No statistical background is assumed; 2) Web link: www.lock5stat.com [F-14-65]



Registration Reminders:

Check the SOAR website for the latest registration information (*e.g. canceled or closed courses*) * Sign up only for courses you plan to attend regularly * Send in your registration form as soon as you can: registrations are processed in the order received. And . . .



PLEASE, PLEASE, PLEASE!

If you are registered for a presentation or a course and are unable to attend, please call the SOAR office (315) 267-2690 right away and cancel your registration. SOAR keeps a waitlist for courses that are full; this will allow someone else to attend.

Tell your friends about SOAR!

HIGHLIGHTS FROM THE SPRING 2014 LUNCHEON



New Horizons Band (*Ron Berry, Director*)



Thanking Our Presenters

Congratulations to SOAR's Newest Awardees!

**Super
SOARer**

**Outstanding Contribution
to SOAR**



Pat Harrington

Our Administrative Assistant par excellence, behind the scenes facilitator, SOAR volunteer member extraordinaire, creative artist, the "lynchpin" for SOAR



Ruth Kreuzer

Feted for the many "hats" she wears: web manager, curriculum, publications, tech support for presenters, photographer, "Vicarious Voyagers," board member

SOAR BULLETIN BOARD

SOAR HONOR ROLL

Super SOARer Award *(awarded in the spring)*

- 2004 – Leon LeBeau
- 2005 – Bill Lewis
- 2006 – Jim Barry
- 2007 – Ruth Kreuzer and Jean Theobald
- 2008 – Dick and Peggy Mooers
- 2009 – Otis and Fran Van Horne
- 2010 – Claire Begeal
- 2011 – Pat Dishaw
- 2012 – Betty Graham
- 2013 – Sharon Regan and Elsie Dominy
- 2014 – Pat Harrington

Outstanding Contribution to SOAR Award

(awarded now and then)

- 2008 – Neil Johnson
- 2010 – Barbara Treiser
- 2011 – Nancy Hess
- 2014 – Ruth Kreuzer

Leon LeBeau SOARing Educator Award

(awarded in the fall)

- 2009 – John Casserly
- 2010 – Pam March
- 2011 – Clive and Sandra Henery
- 2012 – Terry Niles
- 2013 – Art Johnson

Updated REMINDERS

in RED

Send in registration form right away!

Volunteer to be a SOAR ambassador!

Fall semester starts Monday, September 8

Meet-the-Chef:

Jakes's

(Hannawa Falls)

Monday, Oct. 13

1:00pm *(see p.3)*

Daylight Savings Time ends 2:00 am Sunday, November 2

Classes end Friday, November 14

SOAR Luncheon:

Wednesday, Nov. 19

11:30-2:00

(see p.3)

Welcome New Members!

We hope you will enjoy learning about some of the wide variety of topics that are being offered this semester. We also invite you to get acquainted with your fellow SOAR members!

FIND SOAR . . .

SOAR
389 Van Housen Extension
SUNY Potsdam
44 Pierrepont Avenue
Potsdam, New York 13676

Van Housen Extension
Office #382
*take the elevator to the third floor,
the SOAR office is in the left corridor*
soar@potsgdam.edu
(315) 267-2690

www.soarnorthcountry.org

for up-to-date info on:

Courses, Presenters, Locations, Events, Notices, News . . .