

SOAR



LIFELONG LEARNING IN THE NORTH COUNTRY

SPRING SEMESTER 2012
MARCH 12, 2012 - MAY 23, 2012

Elderhostel

an affiliate of the



ELDERHOSTEL INSTITUTE NETWORK®



THE STATE UNIVERSITY OF NEW YORK

Potsdam

SOAR = Learning + Going Places + Having Fun + Acquiring Skills + Volunteering!

Stacey Zeigler
“Building Better Bones”



Art Johnson
“Early Canada to 1867”



(a few of our returning presenters and what they are teaching this semester)



Jane Subramanian
“Laura Ingalls Wilder: Beyond the Little House Books”



Jackie Hodges
“American Silver: Coin, Sterling and Silver Plate”

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 Elderhostel Institute Network.

There are now over 350 SOAR 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

Ed Russell, Chair	Jim Barry	Linda Jones
Neil Johnson, Vice-Chair	Catherine Dalton	Ruth Kreuzer
Dorothy Howe, Secretary	Pat Dishaw	Sharon Regan
Otis Van Horne, Treasurer	Betty Graham	Fran Van Horne
	Steve Hopkins	Donna Webster

COMMITTEES & CHAIRS

Executive - Ed Russell	Outreach/Publicity - Ruth Kreuzer
Registration - Pat Dishaw	Membership - Catherine Dalton
Newsletter - <i>vacant</i>	Trips & Performances - Otis Van Horne
Ambassadors - Sharon Regan and Elsie Dominy	
Curriculum - Jim Barry and Ruth Kreuzer	
Scheduling - Donna Webster and Kay Walton	
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. Almost half our SOAR classes are held on the SUNY Potsdam campus, about a third 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 8 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 available SOAR courses.

MEMBERSHIP FEES AND PRIVILEGES. For a *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 Maxcy Hall sports complex. (**NOTE:** Members must be active in the SOAR program in order to retain these privileges.) SOAR 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.

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

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 non-member guest, one time, to one class session only; this visit can occur only if that person is a potential SOAR member or is an out-of-town visitor. 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@potsgdam.edu, or write to SOAR, 389 Van Housen Extension, SUNY Potsdam, 44 Pierrepoint 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*).

TRIP and EVENTS

MARK YOUR CALENDAR!

MEET THE CHEF - Julian's - 38 Market St., Potsdam (315) 274-9300

Wednesday, April 4 at 1:00pm

Cost: \$25 (*including tax and tip*) - member or guest

Sign up and pay by Monday, March 26

(*menu and more info on the flyer insert and the SOAR web site*)

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St. Lawrence River Cruise - Two Nation Uncle Sam Boat Tour

includes: 2 1/4 hours narrated tour; buffet luncheon with hot/cold dishes, dessert, and beverage; admission to Boldt Castle; self-guided tour of Boldt Castle; free use of boat shuttle back to mainland (*no passport needed*)

Wednesday, June 13, 2012 Cost: \$37.50 - member or guest

Sign up and pay by Monday, June 4

(*more info on the flyer insert to come in your SOAR Spring Newsletter*)

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SPRING LUNCHEON - Barrington Union (*SUNY Potsdam*)

Wednesday May 23, 11:30-2:30 (*servicing at noon*)

(*more info & registration form will be included in the Spring 2012 SOAR Newsletter*)

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COURSE LOCATIONS

Courses Offered on the SUNY Potsdam Campus

Aging: Cross Cultural Perspectives * Americans at War: 1860-1865 * Arctic Tundra Expeditions * Art Workshop B * Beginning Tai-Chi * Calligraphy: Roman Round Hand * Cave to Concert Hall * Continuing Tai-Chi * Decision Making under Risk and Uncertainty * Early Canada to 1867 * Edgar Cayce Exercises * 50+ Yoga * Fitness for Seniors * Geology of NY State * Hamlet on Film * Japan and the US: Comparisons and Differences * Laura Ingalls Wilder: Beyond the *Little House* Books * Mercury Cycling in the Environment * The Music of the Beatles * Nanotechnology for Better Health * The New Age: What is It All About? * Perennialism: Deep Roots for a Resilient Culture * Ray Bradbury: A Life in Metaphors * Religious Etymology * Spring and Summer Sky 2012 * Taking Control of Arthritis * Tattling * Warfare in Ancient Greece * Weather or Not * Zumba Gold *

Courses Offered Off Campus

POTSDAM (*Christian Science Reading Room; Clarkson; Mayfield Apartments; Mormon Church; Potsdam Civic Center; Potsdam Public Library*): Advanced Contract Bridge * Ballroom Dancing for Beginners * Building Better Bones * China and the West * Climate Change Science and Policy * Computers a la Carte * Digestive Wellness for Vital Health * Precious Cameos: Greek to Victorian * Spiritual Healing from a Christian Science Perspective * Vicarious Voyagers X *

CANTON (*Canton Free Library; Partridge Knoll; SLCHA at Silas Wright House; St. Lawrence University*): American Silver: Coin, Sterling and Silver Plate * Claxton-Hepburn History in Photos * Coffee, Gossip and Math * Cyber Terrorism: Is It Real? * Current Events * Dry Ice Demonstrations * Early Lighting Devices * First Ladies: Children, In-Laws and Outlaws (Part 2) * Grass Pellets: An Alternative Home Heating Fuel * Human Memory: How It Works (or Doesn't) * Mah Jongg * Mexican Train Dominoes * Monarch Butterflies: Creating Way Stations * Numerology for Fun * Researching the Paranormal in China * Rushton: The Stradivarius of the Canoe * Sampling and Polling Processes * Women's Athletics *

Registration Reminders: Check the SOAR web site for the latest registration information (e.g. canceled or closed courses) * Sign up only for courses you plan to attend regularly * Call the office to drop a course or to register late * Registrations are processed in the order received.

COURSES BY NUMBER OF SESSIONS

6 SESSIONS or MORE: Advanced Contract Bridge * Art Workshop B * Ballroom Dancing for Beginners * Beginning Tai-Chi * Building Better Bones: Level 1 and Level 2 * Continuing Tai-Chi * Current Events * Geology of NY State (Part 2) *

5 SESSIONS: Calligraphy: Roman Round Hand * Hamlet on Film * Tatting *

4 SESSIONS: Americans at War: 1860-1865 * 50+ Yoga * First Ladies: Children, In-Laws and Outlaws (Part 2) * Fitness for Seniors * Mah Jongg * Mexican Train Dominoes * The Music of the Beatles * The New Age: What is It All About? * Vicarious Voyagers X * Warfare in Ancient Greece * Weather or Not * Zumba Gold *

3 SESSIONS: Aging: Cross Cultural Perspectives * China and the West * Early Canada to 1867 * Ray Bradbury: A Life in Metaphors * Sampling and Polling Processes * Taking Control of Arthritis *

2 SESSIONS: Laura Ingalls Wilder: Beyond the *Little House* books * Women's Athletics *

1 SESSION: American Silver: Coin, Sterling and Silver Plate * Arctic Tundra Expeditions * Cave to Concert Hall * Claxton-Hepburn History in Photos * Climate Change Science and Policy * Coffee, Gossip, and Math * Cyber Terrorism: Is It Real? * Decision Making under Risk and Uncertainty * Digestive Wellness for Vital Health * Dry Ice Demonstrations * Early Lighting Devices * Edgar Cayce Exercises * Grass Pellets: An Alternative Home Heating Fuel * Human Memory: How it Works (or Doesn't) * Japan and the US: Comparisons and Differences * Mercury Cycling in the Environment * Monarch Butterflies: Creating Way Stations * Nanotechnology for Better Health * Numerology for Fun * Perennialism: Deep Roots for a Resilient Culture * Precious Cameos: Greek to Victorian * Religious Etymology * Researching the Paranormal in China * Rushton: The Stradivarius of the Canoe * Spiritual Healing from a Christian Science Perspective * Spring and Summer Sky 2012 *

1-3 SESSIONS: Computers a la Carte *



PLEASE, PLEASE, PLEASE! If you are registered for a course and are unable to attend, please call the SOAR office (315) 267-2690 right away and cancel your registration. SOAR often has a waiting list for some courses; this will allow someone else to attend.

SPRING 2012 COURSE DESCRIPTIONS

This spring, SOAR is pleased to offer 58 courses. For more information on class dates, times and locations, please refer to the mailing insert, the calendar, or the “COURSES” section of the SOAR web site: www.soarnorthcountry.org. You can also find maps and detailed info on course locations on the web site. 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.

* * * * *

Advanced Contract Bridge

Don Burlingame

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

This is not so much a course as it is an interest group of people who like to play bridge. The meetings offer bridge players the chance to practice their contract bridge skills and to learn new skills. Depending on the skills of the players, both rubber and duplicate bridge will be played, but the emphasis will be on duplicate. **Don Burlingame** is a longtime bridge player who is happy to share his player’s knowledge. [S-12-1]

Aging: Cross-Cultural Perspectives

Alan Hersker

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

“Growing old” means different things in different cultures, and thus there are many ways that human beings experience aging. In these classes we use anthropological case studies to examine aging and the life course in several non-Western societies, and compare those cultures to our own, through discussions and small group activities. **Alan Hersker** is an associate professor of anthropology at SUNY Potsdam. His research interests include aging and the life course, gender, and heritage management. **Cap: 25.** [S-12-2]

American Silver: Coin, Sterling and Silver Plate

Jackie Hodges

1 session, 2 hours (*SLCHA – Silas Wright House, Canton*)

Gain historical and other information about types of silver (including coin silver) and silver making in America. Learn how to identify patterns and silver makers from the many samples the presenter will display. **Jackie Hodges** has been a teacher and an antique dealer and collector for over 40 years. **NOTE:** Participants can bring in a piece of silver for the presenter to look at and comment on after her presentation. [S-12-3]

Americans at War: 1860-1865

Lou Ann Lange

4 sessions, 1 hour each (*SUNY: Maxcy 104*)

In this course we examine the run-up to the Civil War, the shift in the nature of Union war aims after Antietam (i.e. after the public announcement of the

Emancipation Proclamation), the move toward “hard war” tactics in 1863, and the Union effort to limit the violence by introducing formal “rules of war” (Lieber’s Code). Lastly we look at the issue of post-war grief and the early efforts at commemoration. **Lou Ann Lange** teaches American history and war studies at Clarkson University. She has attended both the Military History Instructor’s Course at the Combat Studies Institute, Fort Leavenworth, KS, and the West Point Summer Institute for Military History. [S-12-4]

Arctic Tundra Expeditions

Ralph Bathelt

1 session, 1 hour (*SUNY: Maxcy 104*)

Enjoy a presentation about a two-week expedition to Churchill, Manitoba, Canada, to collect data related to the potential impacts of climate change at the Arctic’s edge. This talk includes information on the unique location of the expedition, the various means of collecting data, and the impact of climate change on the local Arctic fauna and flora observed during this expedition and previous ones. **Ralph Bathelt** holds a Masters Degree in oceanography. He also has several years of experience in scientific expeditions on the Great Lakes. Currently Ralph is the chemical management engineer (Environmental Department) for the Alcoa plants in Massena. He is examining the potential impact aluminum smelters have on the environment and determining whether the greenhouse gas emissions from the smelters have an impact on climate change. [S-12-5]

Art Workshop B

Leon LeBeau

8 sessions, 2 hours each (*SUNY: Satterlee 314*)

Art Workshop B is designed 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. He has participated in numerous exhibits in the North Country and the Adirondacks. In spring 2004, Leon received the very first “Super SOARer” award. The “Leon LeBeau 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 B” web page of the SOAR web site. **Cap: 30** [S-12-6]

Ballroom Dancing for Beginners Van Hoyt and Diane Crump

10 sessions, 1½ hours each (*Mormon Church, Potsdam – Multi-Purpose Room*)

This course concentrates on beginning Foxtrot, Stroll, Cha-Cha, Tango, and “Lamanite” (a simple, fun dance devised by Van). We will advance in our skills as time permits and as class interest suggests. Van Hoyt and Diane Crump have been teaching youth and adults beginning ballroom dance for about 10 years. They encourage both men and women to “take the plunge” and come to this course which has as its first aim “just to have fun.” **NOTE:** Please wear comfortable clothing and smooth-soled shoes (not sneakers). **Cap: 20 [S-12-7]**

Beginning Tai-Chi

Pam March

11 sessions, 1 hour each (*SUNY: Maxcy Hall Dance Studio*)

The course includes basic Qi Gong, simple 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. 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 unless instructor allows it; 2) Wear loose clothing, soft shoes or socks. **[S-12-8]**

Building Better Bones: Level 1 and Level 2 Stacey Zeigler

6 sessions, 1½ hours each (*Clarkson University: Clarkson Hall Therapy Dept.*)

This lively course includes guided exercise, information on activities of daily living, and education on all aspects of improving bone health. Two levels of participation are offered to accommodate differing ability levels. Level 1 focuses on basic lying down, sitting, and some standing exercises and activities. Level 2 addresses standing and more advanced exercises and activities. Each class day participants from both levels, if they so choose, can attend ½ hour of education following the one hour exercise sessions. Course instructors will assist individuals in determining the best level choice on the first day. **Stacey Zeigler** has been a licensed physical therapist for over 17 years. She is a board certified geriatric clinical specialist and a certified exercise expert for aging adults. Stacey engages in clinical practice for both Hospice of St. Lawrence Valley and Canton-Potsdam Hospital. She teaches at Clarkson University, and is also busy building her own private practice – “Fun in Aging Physical Therapy.” **NOTES:** 1) Clarkson doctoral students of physical therapy will assist Stacey in this class; 2) Wear loose-fitting comfortable clothing and stable footwear. **Cap: 20 (total) [S-12-9]**

Calligraphy: Roman Round Hand**Martha Grow****5 sessions, 1½ hours each** (*SUNY: Van Housen Ext. SB27A*)

This course is designed especially for beginners. However, participants of all skill levels are welcome. After a brief history of the art of calligraphy, participants will study and practice the “Roman Round Hand,” beginning with calligraphy markers and progressing to dip pen (with broad edged nib) and ink. **Martha Grow** has studied and practiced the art of calligraphy for over 25 years, applying various “hands” for projects such as: envelope addressing; poster, greeting card, and letterhead design; and quotations, poems, and awards. NOTE: Materials - including pen holders, nibs, ink, calligraphy markers, and instructional handouts - will be provided; calligraphy markers may be purchased at the end of the course. **Cap: 10 [S-12-10]**

Cave to Concert Hall**Roy Schaberg** (*with Julie Miller*)**1 session, 1½ hours** (*SUNY: Crane - Wakefield Recital Hall*)

Learn about the historical development of the French horn by attending this presentation and performance on authentic period instruments. **Julie Miller** (piano instructor at Crane School of Music) will assist on the keyboard. Professor Emeritus **Roy Schaberg** taught the horn for 31 years at the Crane School of Music. He is a founding member of the Potsdam Brass and Woodwind Quintets and the founding director of Crane Youth Music. Roy was twice artist-host of the International Horn Symposium, in 1981 and again in 1987. This presentation is a result of a sabbatical to study horn at the Smithsonian Institute with curator Robert Sheldon. **[S-12-11]**

China and the West**Ina Brockriede****3 sessions, 1½ hours each** (*Potsdam Civic Center*)

This course covers the period from the arrival of Christian missionaries in the 1500s to the present day. Emphasis is given to World War I and World War II, the founding of the Communist Party, and China’s complicated relations with Tibet. **Ina Brockriede** is a retired teacher. China is Ina’s current main interest. She enjoys sharing what she has learned over years spent studying China. **[S-12-12]**

Claxton-Hepburn**Cindy Clusen** (*with Fran Van Horne*)**History in Photos****1 session, 1 hour** (*SLCHA – Silas Wright House, Canton*)

The presenter will discuss the production of the Arcadia publication: Claxton-Hepburn Medical Center. The presentation will include a slide show of some of the historic images found in the book. **Fran Van Horne** will add commentary about her first-hand experiences as an alumna of the School of Nursing; she will display some ‘40’s era memorabilia of

the school to show. **Cindy Clusen** has served as Executive Director of the Claxton-Hepburn Medical Center Foundation since 2008. Before that she worked in the development office at SLU for 5 years. Cindy studied history at the undergraduate and graduate levels before entering the field of development and fundraising. She has an enduring interest in the history of the Adirondacks and the North Country. Super SOARer Fran is a retired nurse and a frequent presenter for SOAR. [S-12-13]

Climate Change Science and Policy

Jon Rosales

1 session, 2 hours (*Canton Free Library*)

This presentation has three parts: 1) a review of the most recent climate science relevant to global policy; 2) an update on current global policy as developed by the United Nations; 3) an assessment of future prospects for global action on climate change. **Jon Rosales** is an associate professor of environmental studies at SLU. His research focuses on climate change, particularly the impacts of climate change on indigenous peoples in the Arctic. Jon has published dozens of articles on climate change and is currently the director of the Alaskans Sharing Indigenous Knowledge (AKSIK) project. **NOTE:** Please browse the web links on “Climate Change...” course page of the SOAR web site before the presentation (especially the AKSIK project web site www.aksik.org which features video commentary from native villagers living in the Arctic). [S-12-14]

Coffee, Gossip, and Math

Katie Fowler

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

It is surprising how mathematics can be used to analyze the world around us and to make predictions. For example, Newton’s simple law of cooling can help you determine when your coffee will be cool enough to take a sip. In this course, we explore the idea of mathematical modeling and then brainstorm together on a topic chosen by the class. **Kathleen Fowler** is an associate professor of mathematics at Clarkson University. She enjoys teaching and using mathematics to find optimal ways of doing everyday things! **NOTE:** Bring pencil, paper and a calculator (if you have one). [S-12-15]

Computers à la Carte

Rita Goldberg

1-3 sessions each, 1-1½ hours (*Potsdam Public Library: Computing Center*)

This class is for people who would like personal assistance with specific computer tasks or programs. One to three individual sessions will be provided to each participant and can deal with any topic of interest, from organizing and editing photos, to learning the secrets of Windows or Skype, or working with spreadsheets and word processing programs, or foreign language applications. Sorry, PCs only. **Rita Goldberg** uses computers extensively

for teaching, consulting and publishing as well as for personal applications. **NOTE:** A questionnaire will be sent to participants with their registration confirmation. (This questionnaire is also posted on the course page of the SOAR web site.) Individual sessions start April 9 and thereafter. Rita will contact you herself to set up your scheduled times. **Cap: 12. [S-12-16]**

Continuing Tai-Chi

Pam March

21 sessions, 1 hour each (twice a week) (*SUNY: Maxcy Hall Dance Studio*)

This course is intended for students who already have some familiarity with Tai-Chi. The course includes Qi Gong, 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. 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) Continuing students may NOT register for Beginning Tai-Chi; 2) Wear loose clothing, soft shoes or socks. **[S-12-17]**

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 for SOAR since 2005. John is the first recipient 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 attending the course from time to time to introduce topics and join in the discussion. **[S-12-18]**

Cyber Terrorism: Is It Real?

Harinda Vidanage

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

The focus of this presentation is on the concept of, and the discourse concerning, cyber terrorism. We will look at cyber terrorism from different levels of analysis: academic, policy making, and political activism. **Harinda Vidanage** has been interested in the politics of cyber space for the last decade, so most of his research has been on areas of cyber politics. His topics of study include: cyber terrorism, cyber security, cyber culture, and the global political implications of cyber space. Harinda is a visiting Fulbright Scholar this academic year at SLU where he teaches courses in the government department and also in the Asian studies program. **[S-12-19]**

Decision Making under Risk and Uncertainty **Andreas Wilke**

1 session, 2 hours (*SUNY: Maxcy 104*)

Decision making is using information to guide behavior among multiple possible courses of action - e.g. to move in some direction, to ingest something or not, or to favor one romantic partner over another. Such choices determine how an organism makes its way in the world, and hence affect its degree of success in meeting the challenges of life. Join the presenter for an interdisciplinary exploration into judgment and decision-making research and learn why the decision strategies modern humans (unconsciously) use are a result of the interaction between their evolved psychology and the environment in which they live. **Andreas Wilke** is an assistant professor of psychology at Clarkson University. His postdoctoral research has taken him to Berlin, UCLA, Indiana University, Austria, and the University of Michigan. His research interests are in cognitive and evolutionary psychology, evolutionary and behavioral ecology, and biological anthropology. [S-12-20]

Digestive Wellness for Vital Health **Martha Pickard Palmer**

1 session, 1 hour (*Potsdam Civic Center*) [*update: 03/05/12*]

This presentation will cover the importance of digestive health as we age. We will examine the role of digestive health in strengthening the immune system and preventing disease. You will be given easy, practical suggestions that can greatly improve your quality of life. **Martha Pickard Palmer** is a certified nutrition specialist (CNS) through the American College of Nutrition. She has a B.S. from Cornell University and an M.S. in Human Nutrition from the University of Bridgeport. Martha has a private nutrition practice, “Nourished Roots – Functional Nutrition,” and she also is on the faculty of Hawthorn University. [S-12-21]

Dry Ice Demonstrations **Jim Barry and Suna Stone-McMasters**

1 session, 1½ hours (*Canton Free Library: Paige Room*)

Carbon Dioxide, or CO₂, is more than a greenhouse gas. In its solid form, it is known as dry ice. It exists only below -109° F. The presenters will demonstrate many fun and practical uses involving dry ice. **Jim Barry** is a retired chemistry teacher. He is a frequent SOAR presenter, board member, and co-chair of the Curriculum Committee. Jim was named a “Super SOARer” in spring 2006. **Suna Stone-McMasters** is a chemical hygiene and environmental compliance officer at SLU. She enjoys running, painting, and hiking. [S-12-22]

Early Canada to 1867**Arthur (Art) Johnson****3 sessions, 1½ hours each** (*SUNY: Kellas 101*)

These classes cover the history of New France and that of British North America. This is a lecture course, but discussion is strongly encouraged. **Art Johnson** taught Canadian history for 40 years at SUNY Potsdam. His interest in history, and in Canadian history in particular, has remained high since his retirement. **[S-12-23]**

Early Lighting Devices**Carlton Stickney****1 session, 1½ hours** (*SLCHA: Silas Wright House, Canton*)

This show-and-tell presentation is an overview of lighting devices used from the 1600's through the late 1800's. The presenter will display and talk about a great variety of lighting devices and accessories from this 300-year period. **Carlton Stickney** is an avid collector of many things such as glassware and pewter, and, of course, early lighting devices. **Cap: 50 [S-12-24]**

Edgar Cayce Exercises**Donna Wright** (*with Pam March*)**1 session, 2 hours** (*SUNY: Maxcy 104*)

Discover an easy 9-15 minutes/day set of exercises you can do at home. No mat is needed. This is a group of yoga-based exercises devised by spiritual leader and holistic health educator Edgar Cayce. It is a program for all levels of fitness and all ages. Come to this class to learn how to change your life and regain your mobility. **Donna Wright** is a retired detective sergeant from the Palm Beach County Sheriff's Office. She has spent 20 years studying Edgar Cayce philosophies and teachings. Pam March teaches two levels of Tai-Chi for SOAR. **NOTE:** Wear comfortable clothing and shoes. **Cap: 25 [S-12-25]**

50+ Yoga**Ellen Beeler****4 sessions, 1½ hours each** (*SUNY: Van Housen Labyrinth Room*)

This is a yoga course designed for people in mid-life who are in reasonably good health. It is a moderately energetic flowing sequence aiming to stretch and exercise the whole body. Flexibility is not required to achieve a great benefit. Beginners are welcome. **Ellen Beeler** has been practicing yoga for about 12 years, and she has been teaching yoga as a retirement career since 2007. As she testifies: "Yoga has helped me become a happier, healthier and more balanced person in every respect." **NOTE:** Wear comfortable exercise clothing; bring a yoga mat, a small towel or blanket, and a bottle of water. **Cap: 20 [S-12-26]**

**First Ladies: Children,
In-Laws and Outlaws (Part 2)**

Fran Van Horne

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

Come explore the lives and family relationships of American presidents and first ladies, including their children and their parents, as well as some of the “black sheep” of their extended families. This course picks up from where Part 1 ended: we start with a look at the life of Florence Harding. **Fran Van Horne** is a retired nursing instructor who prefers reading biography to reading fiction. She has taught courses for SOAR on the British royal family, the Vanderbilts, about the flu epidemic of 1918, as well as on the wives of American presidents. Fran and her husband Otis were named “Super SOARers” in spring 2009. **Cap: 28 [S-12-27]**

Fitness for Seniors

Jim Murray

4 sessions, 1 hour each (*SUNY: Maxcy Hall Dance Studio and Maxcy Hall Fitness Center*)

This course addresses basic fitness recommendations for seniors. It will also give you an orientation to the Shane T. Shaul Fitness Center. Each participant will receive a basic appropriate workout to get started on his/her individual fitness routine. **Jim Murray** is a retired licensed clinical social worker. He is certified as a fitness trainer through World Instructor Training Schools. **NOTE:** Wear comfortable clothing and sneakers; class starts each day in the Dance Studio and then moves to the Fitness Center. **Cap: 12 [S-12-28]**

Geology of NY State: Part 2

William (Bill) Kirchgasser

6 sessions 1½ hours each (*Timerman 123*)

This series of class sessions on the geology of New York State is a simplified account for the non-geologist. It includes such topics as: landforms, geologic history, natural resources, and land-use issues. No geologic or scientific background is needed to attend this course. **Bill Kirchgasser** is a professor of geology emeritus at SUNY Potsdam. His special research interests are stratigraphy and paleontology. **NOTE:** Part 1 is not required in order to sign up for Part 2. **Cap: 30 [S-12-29]**

**Grass Pellets: An Alternative
Home Heating Fuel**

Arthur Hurlbut

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

This presentation introduces you to grass pellets as a means to heat your home. This locally grown product can reduce our need for other heating sources such as fossil fuels. The presenter will share what he learned through

an ongoing New York State Energy Research and Development Authority (NYSERDA) grant, along with other information about local applications of grass pellets in the Canton/Potsdam area. **Art Hurlbut** is an engineer who taught at SUNY Canton in the School of Engineering Technology for 34 years, where most of his time was spent in the heating, ventilation and air conditioning program. To keep up-to-date in the field, he did design work for local architects and engineers and recently worked on two NYSERDA grants studying the use of grass pellets as a heating fuel. [S-12-30]

Hamlet on Film

Mark Coleman

5 sessions, 2½ hours each (*SUNY: Kellas 217*)

The course begins with a discussion of Shakespeare's play "Hamlet." As we view the films, we will discuss the interpretive potential revealed in them. We will screen three "Hamlet" films - the ones starring Olivier (1948), Branagh (1996), and Ethan Hawke (2000). For many years **Mark Coleman** taught Shakespeare at SUNY Potsdam. In his classes he made extensive use of films. **Cap: 25 [S-12-31]**

Human Memory: How it Works (or Doesn't)

Alan Searleman

1 session, 2 hours (*SLU: Valentine 104, Canton*)

Come explore how humans encode, store, and retrieve information. During this presentation you will be asked to do some simple memory tasks that illustrate major memory principles. We will also discuss ways to improve our memory. **Alan Searleman** is a professor of psychology at SLU who is in his 34th year of college teaching. In addition to published articles, he has written a college textbook on human memory and has edited a book on memory improvement techniques. Alan continues to do memory research with students and colleagues in his SLU lab. **NOTE:** Directions to the SLU classroom are found on the "LOCATION" section of the SOAR web site. **Cap: 40 [S-12-32]**

Japan and the US: Comparisons and Differences

Dana Barry

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

In this presentation the education system in Japan will be compared to that of the US. We will also look at some cultural differences, such as who is in charge of household money, how professional men handle kitchen duties, how to get fast service at a restaurant, what "yes" really means, etc. **Dana Barry** has served as a visiting professor throughout Japan. She has co-authored textbooks used by Japanese students and has had the opportunity to teach classes in Japan at the elementary, secondary, and college levels. Dana holds a PhD in engineering from Osaka University. [S-12-33]

**Laura Ingalls Wilder: Beyond the
Little House Books**

Jane Subramanian

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

Many are familiar with Laura Ingalls Wilder's series of historical novels. This course explores more in-depth information about the writing of those works and also covers some of her lesser-known writings, such as early articles and poetry. Also the presenter will discuss the difficult road to publication of Wilder's historical fiction, the characteristics of her writing, as well as her daughter's role in her writings. **Jane Subramanian** is retired from her position as librarian and college archivist at SUNY Potsdam, but is still working part-time for the college in the archives. Her interest in Laura Ingalls Wilder's works was rekindled during her pursuit of her M.L.S. degree. Jane is the author of *Laura Ingalls Wilder: An Annotated Bibliography of Critical, Biographical, and Teaching Studies*. **NOTE:** This is a repeat of the SOAR course she offered in fall 2009. [S-12-34]

Mah Jongg

Brenda Francey and Kay Russell

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

Learn to play Mah Jongg or, if you are not a newcomer to the game, hone your skills. This is an opportunity for people of differing skill levels to play Mah Jongg. Newcomers are welcome. **Kay Russell** is a retired Department of Social Services supervisor and **Brenda Francey** is a retired teacher. **NOTE:** Bring a Mah Jongg set and cards, if you have them. **Cap: 20** [S-12-35]

Mercury Cycling in the Environment

Tom Holsen

1 session, 1 hour (*SUNY: Van Housen Ext. SB27A*)

In this presentation you will learn about the sources, cycling and fate of mercury in the environment. **Tom Holsen** is a professor of environmental engineering at Clarkson University. He has been investigating mercury cycling for over 10 years. [S-12-36]

Mexican Train Dominoes

Faye Hopper

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

Mexican Train Dominoes is a fun game to enjoy with friends or family, as it allows for talking and laughing while playing. Come learn how to play it. Faye Hopper is a retired fifth grade teacher from Gouverneur. She learned this popular game while spending winters in Florida. **NOTES:** 1) Some of Faye's game-playing friends will assist at the course; 2) It is not required, but if you have a set of double twelve dominoes, bring it to class. **Cap: 20** [S-12-37]

Monarch Butterflies: Creating Way Stations **Cindy Quackenbush**

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

The purpose of this course is to inform people about the monarch butterfly population and our responsibility to protect these beautiful butterflies while they are here visiting the North Country during summer and early fall. The presenter will suggest ways for you to get involved in providing a sanctuary for these wonderful creatures, focusing especially on how to create way stations for them in your own yard. This presentation is a follow-up to one she did for SOAR in fall 2009. **Cindy Quackenbush** is a retired second grade teacher with a strong interest in conservation. Currently Cindy has been spearheading a campaign to save the monarchs through local preservation projects. [S-12-38]

The Music of the Beatles

Doug Rubio

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

This course is an exploration of the music, lives, and times of the Beatles. Their songs will be discussed in terms of musical style, lyric content, compositional process, and technological innovation. The course also will examine the historical and cultural environment in which their music was created. **Doug Rubio** is professor of classical guitar at the Crane School of Music at SUNY Potsdam, where he also teaches a course on the Beatles. He has been a huge Beatles fan since he first saw them on the Ed Sullivan Show in 1964. [S-12-39]

Nanotechnology for Better Health

Igor Sokolov

1 session 1 hour (*SUNY: Maxcy 104*)

Nanotechnology is the study of manipulating matter on an atomic and molecular scale. This presentation describes how modern nanotechnology tools, materials, and methods contribute to the development of future treatment for aging changes, early detection of cancer, maintaining healthy teeth, and providing cleaner water, etc. **Igor Sokolov** received his undergraduate and graduate training in Russia. He has been working at Clarkson University since 2000, where he holds the positions of Professor of Physics, Professor of Chemistry and Biomolecular Science, NY Center for Advanced Material Processing (CAMP) Professor, and Director of Nanoengineering and Biotechnology Laboratories Center (NABLAB). Igor's research interests include the areas of soft condensed matter, self-assembly, nanophotonics, sensors, drug delivery, development of composite materials, etc. His résumé is rich in academic publications and presentations. He has pioneered many methods in atomic force microscopy and has received numerous prestigious awards for his work. [S-12-40]

The New Age: What is It All About? Charles (Charlie) Bradt
4 sessions, 1½ hours each (*SUNY: Van Housen Ext. SB27A*)

We see the term “New Age” printed in newspapers, magazines and books, and hear the term used on radio and TV and in discussions. There’s even a special “New Age” section in some of the bookstores. There are literally thousands of people writing and speaking about some facet of it, from aromatherapy to Zen meditation. This class will drop the veil from the term and give you much of what you’ll need to demystify the subject. It will provide a starting point from which to explore what, if anything, you want to draw from it yourself. **Charlie Bradt** has been an explorer in this realm of human potential and spiritual questing for over 30 years. He has taught yoga, meditation and stress transformation for 20 years. He loves to learn... and to laugh! [S-12-41]

Numerology for Fun

Donna Wright

1 session, 1½ hours (*Partridge Knoll, Canton*)

What do your name and your birth date say about you? Learn what the relationship is between a count (or measurement) and life. This exploration of numerology is presented to you in the context of fun and entertainment. **Donna Wright** is a retired detective sergeant from the Palm Beach County Sheriff’s Office. She has a longtime interest in things such as numerology and other paranormal arts that are outside the range of normal experience or scientific explanation. [S-12-42]

Perennialism: Deep Roots for a Resilient Culture

Bill Vitek

1 session, 2 hours (*SUNY: Van Housen Ext. SB27A*)

This presentation considers the current environmental state of the planet and the efforts to reduce negative anthropogenic (i.e. human) impacts. It will critique the current sustainability movement as being unable to cope with today’s challenges, and offer an alternative approach (Perennialism), taking examples from agriculture, philosophy, and ecosystem science. **Bill Vitek** is an environmental philosopher at Clarkson University who has lived and worked in the St. Lawrence Valley for over 24 years. He has worked closely with Wes Jackson, a leader in the perennial agriculture movement. **NOTE:** See presenter’s web site for more info: www.clarkson.edu/~vitek/home.html. [S-12-43]

Precious Cameos: Greek to Victorian

Radmila Zuman

1 session, 2 hours (*Potsdam Civic Center*)

In this presentation we will look at the history and development of carved stone and shells. On display will be the actual cameo images of gods and kings – miniature portraits of past human and non-human beings.

Radmila Zuman is an antique enthusiast, collector, teacher, and artist. She has shared several of her other collections with SOAR members over the years. [S-12-44]

Ray Bradbury: A Life in Metaphors **Frank Palumbo**

3 sessions, 1½ hours each (SUNY: Kellas 217) [update: 02/13/12]

This seminar-style course will help you understand the genius of one of the most prolific writers in American literature, Ray Bradbury. This course includes an overview of the author's works (novels, short stories, essays, and poetry) and a discussion of his style; viewing short videos based on Bradbury and his works; and the reading and class discussion of several of Bradbury's short stories. In addition, the presenter will talk about his collection of Bradbury memorabilia, and about the letters, cards, artwork, and articles Bradbury has sent to the presenter's family and students. He also will share some personal anecdotes and reflections. As a high school English teacher and, in recent years, as a presenter for Canton Free Library's "Banned Books Week," **Frank Palumbo** has taught nearly 200 of Bradbury's works. He has been in communication with Bradbury for over fifteen years, and in 2009 Frank and his family traveled to California to join in celebrating Ray Bradbury's 89th birthday. **NOTE:** A list of class readings and suggested web sites will be sent with your registration confirmation so that you may prepare for each class ahead of time; this list will also be posted on the "Ray Bradbury..." course page on the SOAR web site. **Cap: 24** [S-12-45]

Religious Etymology **Behrooz Bassim**

1 session, 1 hour (SUNY: Van Housen Ext. SB27A)

This presentation focuses on the search for the origin of monotheism in pagan words and names. **Behrooz Bassim** is an atheist pathologist. He was born in communist Russia and schooled in dictatorial Iran. His interests include: religion, science, evolution, politics, and the future. [S-12-46]

Researching the Paranormal in China **Sid Sondergard**

1 session 2 hours (SLCHA: Silas Wright House, Canton)

This class session is based on the presenter's data collecting on the paranormal in China in 2011, an adventure which took him to sites from the snowy slopes of Mt. Changbai, on China's northeastern border with North Korea, to the subtropics of Sichuan province, in southwestern China. He tracked reports of lake monsters, yeren (the Chinese yeti), crop circles, ghostly visitations, unexplained disappearances, bronze artifacts thought perhaps to be of extraterrestrial origin, and various other inexplicable historical puzzles. He also shot video footage at each of the sites. All

this information became field data sources for his students to analyze later. **Sid Sondergard** is a professor of English and also of Asian Studies at SLU. For the past six years he has been working on the first complete English translation of the folkloric/supernatural tales written by Pu Songling (1640-1715), *Strange Tales from Liaozhai*. Five of this project's six volumes are in print. Sid was again in China in January 2012, not only returning to the archeological sites he had been to before, but also visiting a number of new sites in Guizhou province, including the site of a reported major UFO event in 1994. **Cap: 30 [S-12-47]**

Rushton: The Stradivarius of the Canoe **Trent Trulock**
1 session, 1½ hours (*SLCHA: Silas Wright House, Canton*)

J. H. Rushton built his first canoe in 1876 and never looked back. His business grew from a small workshop in Canton to the Rushton Boat Shop on Water Street (now Riverside Drive). By the 1880's he was receiving national and international recognition for his boats. **Trent Trulock** has served for 15 years as the St. Lawrence County Historian and Executive Director of the St. Lawrence County Historical Association (SLCHA). Trent has an M.A. in Anthropology, with an emphasis on museums and education, from the University of Colorado and a B.A. in Anthropology from Indiana University. **NOTE:** After the presentation, participants are invited to tour the Rushton exhibit at the SLCHA. **Cap: 50 [S-12-48]**

Sampling and Polling Processes **Michael (Mike) Schuckers**
3 sessions, 1 hour each (*SLCHA: Silas Wright House, Canton*)

As 2012 is a presidential election year, it comes with a flurry of polls and polling. In this course we will discuss the process of random sampling and polling. We will talk about all aspects of the process of polling, as well as how to interpret results from recent polls, both local and national. **Mike Schuckers** teaches statistics at St. Lawrence University including a course on sampling and data collection. His research focuses on the development and application of statistical methods across a broad range of areas including bioauthentication and the National Hockey League. His work has appeared in the *Wall Street Journal* and *ESPN the Magazine*. He has a special interest in the communication and interpretation of statistical methods and results for very broad audiences. **Cap: 20 [S-12-49]**

Spiritual Healing from a **Paula Jensen-Moulton**
Christian Science Perspective

1 session, 2 hours (*Christian Science Reading Room, Potsdam*)

This presentation focuses on the basic principles of spiritual healing from a Christian Science perspective. It explores how spiritually-based thought brings health and harmony into experience, and how it renews,

restores and regenerates. Growing up in a Christian Science family, **Paula Jensen-Moulton** has relied on spiritual healing her whole life. After a decade as a school administrator, she began a healing practice and became listed as a full-time Christian Science Practitioner in 2002. She now has a practice (“Changing Thought”) with an office in Canton. She works with individuals from a variety of backgrounds and faith traditions. **NOTE:** The Christian Science textbook on spiritual healing will be available at the presentation. [S-12-50]

Spring and Summer Sky 2012

Aileen O’Donoghue

1 session, 2 hours (*SUNY: Stowell 211*)

This presentation will be an overview of the night sky for the spring and summer of 2012. Stars, constellations, planets and their motions, the moon and the changes in light, and the positions of objects – all will be discussed. **Aileen O’Donoghue** holds physics degrees from New Mexico Tech, where she studied both astronomy and atmospheric physics. She has taught Global Climate at SLU for the past ten years. Aileen is a frequent presenter for SOAR. [S-12-51]

Taking Control of Arthritis

Ada Santaferra

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

This course teaches people the skills necessary to take control of their arthritis. The course uses goal-setting techniques to encourage the development of lifestyle changes to help participants control pain and live a healthier life. **Ada Santaferra** completed both her Bachelor of Science in Community Health and her Master of Science in Teaching at SUNY Potsdam. She is a volunteer with the Arthritis Foundation as well as a volunteer at Reachout, a crisis, information, and referral hotline in St. Lawrence County. **NOTE:** Bring a pen or pencil and paper to class. **Cap: 20** [S-12-52]

Tatting

Betty Mauk

5 sessions, 1½ hours each (*SUNY: Van Housen Link – “Bubble Room”*)

Tatting is dainty lace made with thread and a shuttle. It can also be done with knitting needles, but this method won’t be taught in this class. About 20 years ago, **Betty Mauk** met a multi-talented woman in Texas who encouraged Betty to renew her interest in tatting. Betty likes working with the shuttle to create dainty lace, but she finds that there are not many uses for her lace. Still, she thinks it is important to pass on this skill to others, and she enjoys doing so. **NOTES:** 1) For easier teaching purposes, the presenter requires that participants borrow or buy the shuttles and

thread she will provide; 2) The conference room location is in the hallway between Van Housen and Van Housen Ext; see the “LOCATIONS” section of the SOAR website for directions and photos. **Cap: 12 [S-12-53]**

Vicarious Voyagers X

Ruth Kreuzer (Coordinator)

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

View the world through the eyes of our four presenters, all of whom have lived and/or worked in other countries of the world. The presentations will be given in this order:

Radmila Zuman – “Prague: The Golden City of a Thousand Spires.”

Radmila is a native of the Czech Republic. She moved to Prague after she married. She frequently returns to Europe to visit her native land and other areas of Europe.

Eileen Raymond – “South Africa.”

Eileen was a Fulbright Scholar from July 2009 to June 2010 at Nelson Mandela Metropolitan University in Port Elizabeth, South Africa. In 2011, she returned to South Africa for five more months. Her focus of study is on inclusive and special education.

Poojitha Yapa – “Sri Lanka: History and Geography.”

Poojitha was born, raised and educated (through his bachelor’s degree) in Sri Lanka. He completed his M. Eng. in Thailand and his PhD at Clarkson. He has traveled extensively in the world, and has lived for long periods in several countries, including the US, in Potsdam. Poojitha teaches civil and environmental engineering at Clarkson University.

Helen Beckerhoff – “China: After You, Marco Polo.”

Helen went to China to teach English for a year (1995-96). She returned to China a year later to visit her students and to take a trip down the Yangtze River before the Three Gorges Dam flooded the sites she wanted to see.

NOTE: Come to any or all of the presentations. **Cap: 80 [S-12-54]**

Warfare in Ancient Greece

Sarah Melville

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

This course investigates the evolution of warfare in ancient Greece from the Trojan War (c. 12th century BC) through the Persian Wars (5th century BC). **Sarah Melville** is an associate professor of history at Clarkson University. She teaches classes in Greek and Roman warfare, ancient medicine, and ancient science and technology. **NOTE:** Reading material will be provided at class. **[S-12-55]**

Weather or Not**Ray Toland****4 sessions, 1½ hours each** (*SUNY: Van Housen Ext.*)

In this course we will discuss major weather phenomena such as air masses, fronts, precipitation, hurricanes, tornadoes, atmospheric optics, and other topics of interest to the class. **Ray Toland** has worked as a professor of physics and mathematics at 5 universities over the past 30 years, including West Point, University of Nebraska at Omaha, Clarkson University, SUNY Potsdam, and SUNY Canton. Ray was an army officer for twenty years, from 1968-1988. Currently he is an adjunct professor at SUNY Potsdam, teaching meteorology, musical acoustics, and physics. [S-12-56]

Women's Athletics**Dotty Hall****2 sessions, 1½ hours each** (*Partridge Knoll, Canton*)

This mini-course addresses two distinct topics: 1) “What It Takes to Write a Book” will focus on the presenter’s personal experiences, encountered when writing her first book; 2) “What Happens When a Sequel Is Suggested to the First Book?” When Title IX became law in 1972, **Dotty Hall** thought it would only be a “few short years” before girls and women would finally have the same opportunities that boys and men have always had in sports. Little did she know that her second book would end up spanning more than 40 years of struggling for equality! Dotty says she can’t remember a time when she was not interested in sports. She retired from teaching and coaching at SLU in 2000. Her book, *Women’s Sports at St. Lawrence University – From Beginnings to Title IX*, was published in 2005. Currently Dotty is working on SLU’s history of women’s intercollegiate athletics in the post Title IX years. [S-12-57]

Zumba Gold**June Peoples****4 sessions, 1 hour each** (*SUNY: Maxcy Dance Studio*)

ZUMBA Gold is for the true beginner and for active older adults. It fuses Latin, international, hip-hop and pop rhythms into a fun and effective dance fitness class. Zumba Gold combines great music and dancing with a slower pace and intensity. **June Peoples** absolutely loves teaching Zumba. She especially enjoys the atmosphere of the class – the laughter and fun people have while doing something so healthy. June is licensed to teach Zumba, Zumba Gold, Zumbatomic and Zumba Toning. **NOTES:** 1) Dance experience is NOT required; having fun IS; 2) Wear comfortable exercise clothing and supportive aerobic style sneakers (shoes without a lot of tread at the bottom that are meant for medial/lateral/twisting motion), and bring a bottle of water. [S-12-58]

A NOTE FROM THE CHAIR

The spring 2012 SOAR semester begins on March 12. We have scheduled 58 courses, a Meet-the-Chef luncheon at Julian's Restaurant on April 4th, and an Uncle Sam's boat cruise, including a buffet lunch and a stop at Boldt Castle on June 13th. I am confident that the upcoming semester will be as enlightening and exciting as were our previous semesters.

The SOAR registrar assigns classes on a "first-come, first-served" basis, so please complete and return your course form as soon as you get it, regardless of when your first course starts.

The Board remains concerned about the number of people who cannot get into their chosen courses. So, using preliminary interest information collected at the fall luncheon, the scheduling committee has strived to match classroom size to anticipated enrollment, which will help reduce the number of closed courses. Unfortunately, some courses will continue to reach their enrollment cap very fast. Factors, other than demand, that also determine class size include: a presenter's personal preference; the need for technology, particular furnishings, or a certain location, etc.; and the size of available classrooms.

Please do your best to help us minimize the impact of closures. We have no limit (and no desire to establish one) on the number of courses a member may take. Sometimes one's circumstances change after registration and preclude attendance in one or more courses. If you cannot attend a course, please advise the SOAR office (267-2690). This is especially important if enrollment is closed, because we can then add a person from the wait list to the course.

SOAR succeeds only when members work together, volunteer and give consideration to fellow members. In SOAR we have something of great value and we need to do our best to make it work well for all members.

Ed Russell, Chair, SOAR Board of Directors

NOTES: 1) A wait list is kept for each closed course; 2) Courses which have reached their enrollment limit are marked "closed" on the "COURSES" page of the SOAR web site: www.soarnorthcountry.org

Going Places, Celebrating, Having Fun

The “New Horizons” band entertains us with music at the fall 2011 luncheon



Clive and Sandra Henery receive the “Leon LeBeau SOARing Educator Award”



Highlights of Fall 2011 Events



Meet-the-Chef: Sabad's Restaurant in Norfolk



Diane and Art Hurlbut dining at Applebee's (on our way to see a play at Syracuse Stage)

SOAR BULLETIN BOARD

NOMINATIONS NEEDED

Send your nomination for the **Super SOARer Award** to the SOAR Office by May 1. Include in your remarks how the person you are nominating has contributed to SOAR in any of these areas: teaching, governance, administration, public relations, material assistance, other.

Past Awardees: *Leon LeBeau, Bill Lewis, Jim Barry, Jean Theobald, Ruth Kreuzer, Dick Mooers, Peggy Mooers, Otis Van Horne, Fran Van Horne, Claire Begeal, Pat Dishaw.*

(Free!) PUBLIC TALK on Water

(sponsored, in part, by donations to SOAR earmarked for special public educational events and purposes)

by **Charles Fishman**, author of *The Big Thirst* and *The Wal-Mart Effect*
Wednesday, April 25th, 7:30pm
Snell Hall at SUNY Potsdam

“Fishman reveals that there is no good reason for us to be overtaken by a global water crisis. We have more than enough water; we just don’t think about or use it wisely.”

REMINDERS

Volunteer to be an ambassador!

Send in registration form quickly!

Daylight Savings time starts March 11

Spring semester starts March 12

Let SOAR office know if I have to cancel a course

Meet-the-Chef - on April 4 (\$ due by March 26)

Fishman talk (free!) - April 25

Spring semester ends May 22

SOAR Luncheon - on Wed. May 23 (\$ due by May 11)

St. Lawrence River Cruise - June 13 (\$ due by June 4)

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@potsdam.edu
(315) 267-2690

www.soarnorthcountry.org

for up-to-date info on:

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