

SOAR



LIFELONG LEARNING IN THE NORTH COUNTRY

SPRING SEMESTER 2013
MARCH 11, 2013 - MAY 23, 2013

Elderhostel
an affiliate of the



ELDERHOSTEL INSTITUTE NETWORK ®

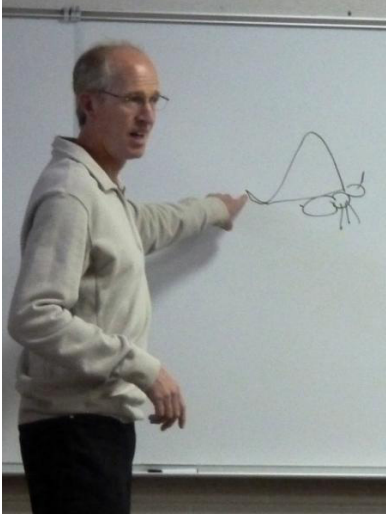


THE STATE UNIVERSITY OF NEW YORK

Potsdam

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

*Bill Romey
"Flocks, Schools and Swarms"*



*Susan Omohundro
"Bayside Cemetery: A Tour"*



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



*Fran Van Horne
"Queen Victoria and
Her Descendants"*



*John Jaunzems
"Creative English
Grammar II"*

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 about 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

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

COMMITTEES & CHAIRS

Executive - Steve Hopkins	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 Ed Russell	
Scheduling - Donna Webster	
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 of 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 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 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 visiting. 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 - George Arnold

(meet the "top chef" / Director of Dining Services at SUNY Potsdam)

Thatcher Hall - SUNY Potsdam

DATE: Wednesday, March 27, 12:00 Noon COST: \$10

Register by Wednesday, March. 13

(see flyer insert or SOAR web site for more info)

* * *

BUS TRIP to Dinner Theater in Ottawa

"The Curse of the Pekinese Peregrine" (a murder mystery)

DATE: Saturday, April 20 COST: \$97 - member or guest

Register by Monday, April 8 - Cap: 45

(see flyer insert or SOAR web site for more info)

* * *

SPRING LUNCHEON - Barrington Student Union

Thursday May 23, 11:30-2:30 (serving at noon)

(Information and registration form will be included in the spring SOAR Newsletter)

NOTE: The spring luncheon is on a Thursday!

COURSE LOCATIONS

Courses Offered on the SUNY Potsdam Campus

Alexander Technique * The Amish * Art Workshop B * Beginning Tai-Chi * Conflict Resolution in the Courts * Continuing Tai-Chi * Dancing and Dance * Eating and Chronic Diseases * Fitness for Seniors * Flocks, Schools, Swarms * Geology of NY State: Part 3 * Grieving Your Property Assessment * Indoor Rock Climbing * Invasive Species in the North Country * Japanese Language: The Meaning behind the Script * Lifelines: Writing Your Way In * Modern Canada 1867-2000 * Modern Cinema: The Hero's Journey * North Country Authors V * Outbreaks on Social Networks * The Perfect Square * Quilt Project * Railroads of the North Country * Refresh Your Spanish * Science Fiction Overview and Reading *Fahrenheit 451* * Shakespear's *The Tempest* on Film * Spring Constellations * Tunisian Stitch Afghans * Using Avatars in a Virtual World * Vietnam War Experiences: Sorting out Myth vs. Reality *

Courses Offered Off Campus

POTSDAM - *Bayside Cemetery (BC)*; *Clarkson University (CU)*; *Mayfield Apartments (MA)*; *Mormon Church (MC)*; *Potsdam Civic Center (PCC)*: Advanced Contract Bridge (*MA*) * Bayside Cemetery: A Tour (*BC*) * Beginning Ballroom Dancing (*MC*) * Building Better Bones: Levels 1 and 2 (*CU*) * Climate Change: Science, Policies, Impacts (*CU*) * Potsdam: An Architectural History (*PCC*) * Vicarious Voyagers XII (*PCC*) *

CANTON *Partridge Knoll (PK)*; *St. Lawrence University (SLU)*; *SLCHA at Silas Wright House (SWH)*:

Abraham Lincoln and Walt Whitman (*SWH*) * Blacksmithing: From Ore to Axe (*SWH*) * Creative English Grammar II (*SWH*) * Current Events (*PK*) * Studies in the Sonnet (*PK*) * Evolutionary Thought (*SLU*) * Frederic Remington and General Miles (*SWH*) * Good Digestive Health (*SWH*) * Israeli-Palestinian Conflict and Recent Elections (*SLU*) * Mah Jongg (*PK*) * Medical Ethics (*SWH*) * Publishing an E-book (*SWH*) * Queen Victoria and Her Descendants (*SWH*) * Tracing Your Colonial American Ancestors (*SWH*) * Understanding Media Power (*SWH*) *

OTHER PLACES: Vegetarian Cooking on a Shoestring Budget (*Knapps Station Community Church*) *

Registration Reminders: Check the SOAR web site for the latest registration information (e.g. *cancelled 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 * Beginning Ballroom Dancing * Beginning Tai-Chi * Building Better Bones: Levels 1 and 2 * Continuing Tai-Chi * Current Events * Geology of NY State: Part 3 * Shakespeare's *The Tempest* on Film * Tunisian Stitch Afghans *

5 SESSIONS: Lifelines: Writing Your Way In * Refresh Your Spanish *

4 SESSIONS: Climate Change: Science, Policies, Impacts * Conflict Resolution in the Courts * Creative English Grammar II * Evolutionary Thought * Fitness for Seniors * Mah Jongg * Medical Ethics * Modern Canada 1867-2000 * Modern Cinema: The Hero's Journey * North Country Authors V * Queen Victoria and Her Descendants * Studies in the Sonnet * Vicarious Voyagers XII * Vietnam War Experiences: Sorting Out Myth vs. Reality *

3 SESSIONS: Dancing and Dance * Eating and Chronic Diseases * Science Fiction Overview and Reading *Fahrenheit 451* * Spring Constellations * Vegetarian Cooking on a Shoestring Budget *

2 SESSIONS: Invasive Species in the North Country * Japanese Language: The Meaning behind the Script * Quilt Project *

1 SESSION: Abraham Lincoln and Walt Whitman * Alexander Technique * The Amish * Bayside Cemetery: A Tour * Blacksmithing: From Ore to Axe * Flocks, Schools, Swarms * Frederic Remington and General Miles * Good Digestive Health * Grieving Your Property Assessment * Indoor Rock Climbing * Israeli-Palestinian Conflict and Recent Elections * Outbreaks on Social Networks * The Perfect Square * Play with Your Food and Learn * Potsdam: An Architectural History * Publishing an E-book * Railroads of the North Country * Tracing Your Colonial American Ancestors * Understanding Media Power * Using Avatars in a Virtual World *



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 keeps a waitlist for courses that are full; this will allow someone else to attend.

SPRING 2013 COURSE DESCRIPTIONS

This spring, SOAR is pleased to offer 54 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 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.

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Abraham Lincoln and Walt Whitman

Terry Niles

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

In this presentation, we focus on the parallel lives of these two men during the Civil War. Unknowingly, Lincoln and Whitman often crossed paths with each other. Learn how each inspired the other during those turbulent years. **Terry Niles** is the owner of Niles Asset Management, Inc, and he owns a hobby farm in East Dickinson. But his main hobby is studying history. Terry majored in history and government at SLU. He is a former board member of the St. Lawrence Country Historical Association and is active in the local Civil War Roundtable. In honor of the many fine courses he has taught for SOAR, he was awarded the “Leon LeBeau Outstanding SOARing Educator Award” at the fall 2012 luncheon. **Cap: 40. [S-13-1]**

Advanced Contract Bridge

Don Burlingame

8 sessions, 2 hours each (*Mayfield Apartments Community Room, 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. He enjoys bridge and is happy to share the player’s knowledge he has gained over the years. **[S-13-2]**

Alexander Technique

Beth Robinson

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

The Alexander Technique is a proven, safe, self-care method to stop pain, stress and muscular tension caused by everyday misuse of the body. In this class learn how our everyday movements such as sitting down, standing up, and walking may create unnecessary tension in our bodies.

Through increased awareness, and gentle hands-on guidance from the teacher, we create the possibility for change. **Beth Robinson** is a certified Alexander Technique Teacher. She received her training at the Montreal School of the Alexander Technique. A member of the American Society for the Alexander Technique (AmSAT), Beth has worked individually with musicians, actors, dancers and athletes, and pregnant women. She teaches the Alexander Technique in the Theater and Dance Department at SUNY Potsdam. **NOTE:** Wear comfortable clothing and plan to work without shoes. **Cap: 8. [S-13-3]**

The Amish

Karen Johnson-Weiner

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

This course provides an exploration of the history, beliefs, and lifestyle of the Amish. **Karen Johnson-Weiner** is a linguistic anthropologist teaching at SUNY Potsdam. She has spent 28 years researching Old Order Amish life. Karen has written extensively on Amish language use, education, and settlement. **[S-13-4]**

Art Workshop B

Leon LeBeau

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

Art Workshop B is designed both for aspiring artists who wish to learn basic watercolor techniques and 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 B" course page of the SOAR web site. **Cap: 32. [S-13-5]**

"Creativity is allowing yourself to make mistakes.
Art is knowing which ones to keep."

Scott Adams

Ballroom Dancing for Beginners Van Hoyt and Diane Crump
10 sessions, 1½ hours each (*Mormon Church, Potsdam*)

This course concentrates on beginning Foxtrot, Stroll, Cha-Cha, Tango, and “Lamanite” (a simple, fun dance devised by Van). We will hone 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-13-6]**

Bayside Cemetery: A Tour

Susan Omohundro

1 session (*offered twice*), **2 hours** (*Bayside Cemetery, Potsdam*)

Enjoy a walking tour of Bayside Cemetery. The tour will begin at the front gate entryway where you will receive introductory explanations of the history, layout, and architectural features of the cemetery. **Susan Omohundro** has had a long-term interest in Potsdam sandstone architecture. She has written several National Register nominations, including one for Bayside Cemetery. Sue is a member of the Bayside Board of Trustees. **NOTE:** This 2 hour tour is offered twice; sign up for just one tour. **Cap: 20. [S-13-7] [S-13-8]**

Beginning Tai-Chi

Pam March

11 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 unless instructor allows it; 2) Wear loose clothing, soft shoes or socks. **[S-13-9]**

Blacksmithing: From Ore to Axe

Martin (Marty) Snye

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

Learn about the smelting production of ore into an iron bloom. Then learn about the process of forging a bloom into an axe with steel bit. In this presentation you will also receive an introduction to the French style

axe, a tool and a weapon that helped settle New France on our continent. Marty Snye has worked in the clinical laboratory field, taught ornamental horticulture in a correctional facility, and helped his life partner raise two wonderful sons on their farm in Morristown. Along the way, Marty also set up a complete blacksmith shop and spent 30 plus years learning the forging techniques of traditional blacksmiths. [S-13-10]

Building Better Bones: Levels 1 and 2 **Stacey Zeigler**
6 sessions, 1½ hours each (*Clarkson U: 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 a ½ hour education session following the one hour of exercise. 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.** [S-13-11]

Climate Change: **Susan Powers, Coordinator**
Science, Policies, Impacts

4 sessions, 1½ hours each (*Clarkson U: CAMP 163 and 175, Potsdam*)
 For these four sessions we will draw on the experience and expertise of some of our local research scientists so that we may better understand what is happening in the realm of climate change. Their presentations are, in this order:

1) Suresh Dhaniyala – “The Science behind Solar Radiation, Greenhouse Gases, and Greenhouse Effect.” This workshop is an introduction to the basic atmospheric science governing Earth’s climate and its relation to the gases in the atmosphere. We will use simple, interactive computer-animations to study and understand these critical climate science topics (**NOTE:** computers are provided, bringing your own laptop is optional.) (*Camp 163*)

2) **Susan Powers – “Sources of Greenhouse Gases and Your Own Carbon Footprint.”** Learn more about sources of greenhouse gases and carbon footprint calculators, calculate your own footprint, and work with experts to help you learn how to interpret the results to reduce your carbon footprint most effectively. (**NOTE:** Bring to class your 2012 electricity and home heating bills, along with your estimate of # of miles driven.) (*Camp 163*)

3) **Jon Rosales – “On the Front Lines.”** Climate change is more pronounced and disruptive in the Arctic than anywhere else on the planet. Hear what has been learned from the Alaskans Sharing Indigenous Knowledge project. Consider what needs to be done for those native people who live off the land. (*Camp 175*)

4) **Stephen Bird – “Integrating Science into the Policy Process.”** This lecture examines the policy process and scientific uncertainty, and considers how the development of public policy should integrate science. Understanding what’s involved – interests, consensus, certainty, and meta-analysis – informs what will be best course for the future. (*Camp 175*)

NOTE: Full presentation descriptions are found on the “Climate Change: Science Policies, Impacts” course page on the SOAR web site. **Cap: 35. [S-13-12]**

Conflict Resolution in the Courts

Diana Dufresne

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

This is a fun and interactive course about everyday civil cases and matters that happen in our local court system and community. Learn the difference between mediation and arbitration, why it pays to settle disputes through mediation, good conflict resolution skills, characteristics of good conflict resolution and negotiations. Most important, come away with a new toolkit of conflict management tools just in case you need to use them someday. **Diana Dufresne** is a marriage and family counselor. She is the Associate Director of the Rural Law Center, and the Regional Director of Conflict Resolution Services. She provides Unified Court System-sponsored mediation services for Family Court, City Court, and many local town and village courts in several counties. Her areas of adjudicative activity run from “Lemon Law” cases to landlord/tenant problems. Diana is bilingual in French and English and serves also as Court Translator for St. Lawrence County and Franklin County. **NOTE:** This course is very interactive. **Cap: 36. [S-13-13]**

Continuing Tai-Chi**Pam March****21 sessions, 1 hour each** (*meets twice/week*) (*SUNY: 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. **NOTES:** 1) Continuing students may NOT register for “Beginning Tai-Chi,” 2) Wear loose-fitting clothing, soft shoes or socks. **[S-13-14]**

Creative English Grammar II**John Jaunzems****4 sessions, 1½ hours each** (*SLCHA: Silas Wright House, Canton*)

English permits creative uses of letters, syllables, words and all of the larger structures made out of them. We will look at specific techniques that writers have used but grammarians have never described in detail and modern linguists simply ignore. **John Jaunzems** taught English at the college level for 40 years, but he could never find a treatment of English grammar that explained what creative writers do. **[S-13-15]**

Current Events**John Casserly****10 sessions, 1½ hours each** (*Partridge Knoll, Multi-Purpose Rm, 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 facilitated 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-13-16]**

Dancing and Dance**Malcolm McCormick****3 sessions, 1½ hours each** (*SUNY Potsdam: Maxcy 104*)

This course is divided into three presentations: **1) “The Bing Era”** covers the presenter’s training and performing experience in dance, including an anecdotal account of the role of dance in opera based on Rudolf Bing’s administration as General Manager of the Metropolitan Opera in NYC (1950-1972). The reforms and revitalization of the ballet in opera under Bing’s guidance were a major factor in his success; **2) “How to Look at Ballet”** is a slide presentation covering the origin and development of

ballet – its sociological background, academic formalism and life style, from the 16th – 21st centuries. Also discussed – the role of the viewer as it has changed with time; **3) “How to Look at Modern Dance”** examines the genre as the antithesis of Ballet, but at the same time its “other half”. Beginning with Isadora Duncan through its American expression, Modern Dance is a “state of mind” – expressionist, romantic and avant garde. **Malcolm McCormick** has a quarter century of performing and training experience. He has also been involved in design aspects of dance production and has given many lectures. He is co-author of *No Fixed Points: Dance in the Twentieth Century* (Yale University Press). [S-13-17]

Eating and Chronic Diseases

Karin Heckman

3 sessions, 1 hour each (*SUNY Potsdam: Flagg 102*)

This course focuses on three chronic health conditions that are prevalent today: high blood pressure, high cholesterol, and type II diabetes. Participants will learn about the biological basis of these diseases and how they can affect overall health. Practical tips for choosing and preparing healthy foods to prevent these conditions will also be discussed. **Karin Heckman** is a registered dietitian and immunologist. She teaches in the Biology Department at St. Lawrence University. Karin is interested in how the immune system can be manipulated to treat autoimmune disease and cancer, and currently she conducts studies examining how synthetic antioxidants can be used therapeutically in the autoimmune disease multiple sclerosis. [S-13-18]

Evolutionary Thought

Michael Temkin

4 sessions, 1½ hours (*SLU: Johnson 244, Canton*)

In this introductory course we will examine a history of life on Earth, how humans have tried to understand the diversity of life, and modern perspectives of some evolutionary mechanisms. **Michael Temkin** is an associate professor of biology at SLU. His areas of specialty include genetics, developmental biology, and evolution. Before joining the faculty at SLU, Michael held postdoctoral positions at the Jules Stein Eye Institute at UCLA, the Museum of Comparative Zoology at Harvard, and the Smithsonian Marine Station in Florida. **Cap 10.** [S-13-19]

“All evolution in thought and conduct must at first appear as heresy and misconduct.” **George Bernard Shaw**

Fitness for Seniors**Jim Murray****4 sessions, 1½ hours each** (*SUNY Potsdam: Maxcy Dance Studio / Fitness Center*)

This course will address basic fitness recommendations for seniors. It will also be an orientation to the Shane T. Hall Fitness Center. Each participant will have the opportunity to try out the equipment and will receive guidelines to help them work out safely. **Jim Murray** is a retired licensed Clinical Social worker. He is certified in personal training through the World Instructor Training schools. **Cap: 15. [S-13-20]**

Flocks, Schools, Swarms**Bill Romey****1 session, 1 hour** (*SUNY Potsdam: Timerman 121*)

The presenter will discuss his research on the structure and function of animal groups such as flocks, schools, and swarms. Special attention will be paid to how researchers can experimentally test the function of such groups, and how scientists can then simulate these functions on computers. **Bill Romey** teaches animal behavior and entomology at SUNY Potsdam. **[S-13-21]**

Frederic Remington and General Miles**Trent Trulock****1 session, 1 hour** (*SLCHA: Silas Wright House, Canton*)

Artist Frederic Remington, well known for his art of the old west, began his professional career as an illustrator. General Nelson Miles, who eventually had presidential aspirations, was involved in all the major western Indian Wars fought after the Civil War. Find out how they meet on the trail of Geronimo in 1886 and how this meeting affects both of their careers. **Trent Trulock** has been the St. Lawrence County Historian and Executive Director of the St. Lawrence County Historical Association since 1997. He has a M.A. in Anthropology from the University of Colorado, with an emphasis on museums and education, and a B.A. in Anthropology from Indiana University. **[S-13-22]**

Geology of NY State: Part 3**William (Bill) Kirchgasser****6 sessions, 1½ hours each** (*SUNY Potsdam: Timerman 123*)

This third course offering in the series “Geology of New York State” is a simplified account for the non-geologist of the rocks and fossils of the Devonian Period. Topics include: landforms, geologic history, natural resources (gas and oil), and land-use issues. **Bill Kirchgasser** is a professor of geology emeritus at SUNY Potsdam. His research interests include Devonian stratigraphy and paleontology. **NOTE:** No geologic or scientific background is needed to attend this course. **Cap: 30. [S-13-23]**

Good Digestive Health**Rainbow Crabtree****1 session, 1 hour** (*SLCHA: Silas Wright House, Canton*)

Healthy digestive function is imperative for achieving and maintaining wellness. In this class we will discuss how to improve and maintain a healthy digestive system through lifestyle, diet and supplementation. Learn how to achieve optimal digestion and absorption of nutrients, and thereby feel better! **Rainbow Crabtree** is co-owner of Nature's Storehouse, Canton's health food store. She has 13 years of experience in the natural foods industry and is committed to promoting health and wellness in the community. [S-13-24]

Grieving Your Property Assessment**Bruce Konkoski****1 session, 2 hours** (*SUNY Potsdam: Maxcy 104*)

This PowerPoint presentation supports a discussion on how to effectively grieve your property assessment. You will learn what to do and what not to do if you choose to grieve. After a brief review of the 2008 Potsdam property revaluation, we will look at critical information and dates on regulations affecting the property grievance procedure that most taxpayers are unaware of. The goal of the course is to assist you if you decide to grieve your assessment in the future. Since 2008 **Bruce Konkoski** has actively been involved with the history and statistics of property taxes in the Town of Potsdam and St. Lawrence County. His presentation to the St. Lawrence County Legislature resulted in a request by them to the State to review the computer program used in assessment impact statements sent to property owners. His complaint to the New York State Attorney General's Office on Public Ethics resulted in the recovery of County computer records that he was assured were "lost forever." Bruce is the founder and past president of the Town of Potsdam Taxpayers Association (TOPTA). (**NOTE:** Note-taking and future action are both encouraged.) [S-13-25]

Indoor Rock Climbing**Adam Wheeler****1 session, 2 hours** (*SUNY Potsdam: Maxcy 104 and Field House*)

This beginner's workshop will give you the basics of indoor rock climbing. Topics covered include: safety at the wall, putting on a climbing harness, basic knots, climbing equipment, climbing calls, belaying, and basic climbing techniques. Although you will be encouraged to climb the wall, participants are not required to climb. **Adam Wheeler** has been in the wilderness education field for over 15 years and presently is on the faculty of the Wilderness Education Program at SUNY Potsdam where he teaches rock climbing, among other outdoor skill courses. [S-13-26]

Invasive Species in the North Country **Paul Hetzler**

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

In this course we will learn about: **1)** arrivals to our area of recent invasive species; **2)** how they impact our economy and environment and; **3)** what to do about them. **Paul Hetzler** is the Horticulture and Natural Resource Educator for Cornell Cooperative Extension of St. Lawrence County. He is a lifelong gardener and outdoor enthusiast. [S-13-27]

Israeli-Palestinian Conflict... Ronnie Olesker-Norminton and Recent Elections

1 session, 2 hours (*SLU: Hepburn Hall 113, Canton*)

The class will explore what the recent results of American and Israeli elections mean for the Israeli-Palestinian conflict. This conflict, raging for several decades now seems intractable. Do the results of Israeli January elections signal a change in Israeli policy? Will Obama, now free of the need to campaign, pressure Israel to make more concessions? Will the Palestinians, now recognized as a state by the UN, continue to move unilaterally to achieve their political objectives? Will Hamas and Israel engage in another war? These and many more questions will be explored. **Ronnie Olesker-Norminton** has previously served in Israeli Army intelligence, she practiced law in Israel and became a human rights activist in the Palestinian Occupied Territories – all before continuing her graduate studies at Tufts University in International security and human rights law. She teaches, researches and writes about different aspects of the Israeli-Palestinian conflict. **NOTE:** There are presenter-recommended links posted on the course page for “The Israeli-Palestinian Conflict...” on the SOAR web site. **Cap: 70.** [S-13-28]

Japanese Language: . . . Kyoko Yapa **The Meaning behind the Script**

2 sessions, 1½ hours each (*SUNY Potsdam: Van Housen Ext. SB27A*)

Three different scripts are used in Japanese: Kanji (borrowed from China), Hiragana and Katakana. First we focus on simple Kanji – how they originated and how they are written. Then we will talk about Hiragana and Katakana; both are phonetic scripts which make Japanese writing uniquely different from Chinese. **Kyoko Yapa** was born and raised in Japan. She has experience as a tutor in conversational Japanese. **Cap: 15.** [S-13-29]

Lifelines: Writing Your Way In **Victoria (Viki) Levitt****5 sessions, 1½ hours each** (*SUNY Potsdam: Morey 117*)

Participants will explore and write about their life experiences, using poetry and other materials as prompts for writing. **Viki Levitt** teaches writing at SUNY Potsdam. She is a certified applied poetry facilitator with credentials through the National Federation of Biblio-poetry Therapy. She is also a certified instructor for Journal to the Self with credentials through the Center for Journal Therapy. **NOTE:** Bring notebooks or journals (or your laptop) to use for writing in class. **Cap: 12. [S-13-30]**

Mah Jongg **Brenda Francey and Kay Russell****4 sessions, 2 hours each** (*Partridge Knoll, Multi-Purpose Room, 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. Between them, they have over 40 years of playing Mah Jongg. **NOTE:** Bring a Mah Jongg set and cards, if you have them. **Cap: 20. [S-13-31]**

Medical Ethics **David Hornung****4 sessions, 1½ hours each** (*SLCHA: Silas Wright House, Canton*)

In this seminar we examine topics such as cloning, transplants, assisted suicide, genetic engineering, informed consent, elective surgery, reproductive ethics, and the physician/patient relationship. We also consider alternative approaches to healing, approaches that for many people in the world are traditional. The goal is for participants to examine the principles that guide individuals as they struggle with the increasingly complex issues. **David Hornung** is the Dana Professor of Biology at SLU and Professor at the College of Medicine, SUNY Upstate Medical University in Syracuse. **NOTE:** This is an intergenerational course shared with first-year students from SLU. **Cap: 30. [S-13-32]**

Modern Canada 1867-2000 **Arthur (Art) Johnson****4 sessions, 1½ hours each** (*SUNY Potsdam: Timerman 131*)

These four lectures will cover Canadian history from the formation of the Dominion in 1867 to the late twentieth century. Canada evolved gradually from a British dependency to an independent nation within the Commonwealth. It has struggled to maintain its identity by avoiding

American absorption, and to maintain its unity as a bicultural nation. **Art Johnson** spent 40 years teaching Canadian history at the University of Maine and then at SUNY Potsdam. [S-13-33]

Modern Cinema: The Hero's Journey **Peggy Mooers**
4 sessions, 3 hours each (*SUNY Potsdam: Kellas 217*)

Joseph Campbell, in his non-fiction book *Hero with a Thousand Faces*, outlines the steps the hero takes from “The Call to Adventure,” down to the underworld, to his return as “The Master of Two Worlds.” In this class we will see how this hero journey plays out in modern cinema. We will watch and discuss, “Willow,” “Harry Potter and the Sorcerer’s Stone,” and “The Mists of Avalon.” There will be action, adventure and, as always – magic! **Peggy Mooers** is a longtime member of SOAR, having helped start the organization, along with her husband Dick (the first Chairman of the Board). Peggy has presented other film classes on Hitchcock, Marilyn Monroe, and early silent movies. This past fall Peggy and Dick were presenters for *Vicarious Voyagers*. At the spring 2008 luncheon, both Peggy and Dick were honored by being named “Super SOARers.” **Cap: 24. [S-13-34]**

Willow: “See this acorn? I’ll throw it at you and turn you into a stone!”
Willow

Harry: “I can’t be a-a-a wizard. I mean, I’m just Harry, just Harry!”
Harry Potter and the Sorcerer’s Stone

Viviane: “No man or woman can live another’s fate.” *The Mists of Avalon*

North Country Authors V **Jim Barry, Coordinator**
4 sessions, 1½ hours (*SUNY Potsdam: Maxcy 104*)

This course offers participants a potpourri of regional writing talent. Each week one of the authors will speak about her/his literary work(s). These presentations will focus primarily on the local subjects of the books themselves. The authors may also, however, talk about the writing process and/or their experiences in publishing and marketing, and they may also read passages from their books. Coordinator **Jim Barry** is himself a writer, along with being a frequent SOAR presenter, board member and co-chair of the Curriculum Committee. The presentations are in this order:

Tom French – *River Views: A History of the Thousand Islands in 3D* (An interactive presentation of Victorian era stereoviews of St. Lawrence County and the 1000 Islands.)

Jon Kopp – *Tupper Lake (Images of America series)* (A slide presentation of Tupper Lake’s early beginnings, drawn from images found in the presenter’s book and his knowledge as the Tupper Lake Village Historian.)

Mike Seymour – *Smart Guide to Freshwater Fishing* (Writing based on the author’s experience as an operator of a St. Lawrence River guide service, an outdoor columnist and a magazine contributor for 27 years.)

Caron Collins – *Messengers of Music: The Legacy of Julia E. Crane* (A look at music in the classroom from the late 1880’s to the present, along with Julia Crane’s lasting role in music education from the author’s perspective of being a current Crane teacher with 25 years of experience in teaching music in the K-12 classroom and 6 years at the college level.)

Cap: 40. [S-13-35]

Outbreaks on Social Networks

Erik Bollt

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

Dynamical Systems, Chaos Theory and Complex Systems Theory have some useful mathematical tools to bring to bear on problems that are very familiar in our own lives. Furthermore, social media have some relevant large-scale data that also lead toward a modern discussion of what happens when people socially contact each other. In this presentation you can find out how mathematical theories can be applied to today’s social media.

Erik Bollt is the endowed W. Jon Harrington Professor of Mathematics at Clarkson University. His research interests center on dynamical systems, including celestial mechanics, ocean dynamics, engineering problems and basic mathematical problems, but also including mathematical epidemiology (i.e. focusing on health-related states or events) and the social dynamics which will be discussed in this presentation. **[S-13-36]**

The Perfect Square

Sam Vandervelde

1 session, 1½ hours (*SUNY Potsdam: Van Housen Ext. SB27A*)

In this interactive session we will discover some of the secrets of the seemingly simple sequence of perfect squares. Recall that a square is a number such as 25 that is obtained by multiplying a whole number by itself; in this case we have $5 \times 5 = 25$. We will discuss Pythagorean triples, find recursions, and even look at Fermat’s Last Theorem. **Sam Vandervelde** is an enthusiastic teacher and mathematician who is currently on the math faculty at SLU. He is actively involved in promoting math circles, which

are mathematical outreach events that bring together secondary school students and their teachers with professional mathematicians. **NOTE:** Bring pen/pencil and paper to class - a calculator would be useful too, if you have one. [S-13-37]

Play with Your Food and Learn **Katie Fowler & Joe Skufca**
1 session, 1½ hours (*SUNY Potsdam: Maxcy 104*)

Many people might not think mathematics and food are related. However, from farm to taste, mathematics can be used to gain a deeper understanding of what we eat. Why do certain cooking techniques work better than others? Will the food you enjoy now be here in twenty years? Why do certain foods taste better than others? In this interactive, tasty SOAR course we will have fun with pi, pints, and products and explore some important ways math and science impact what you eat and how you enjoy it. **Katie Fowler** and **Joe Skufca** are both Associate Professors of Mathematics at Clarkson. They have the same focus: computational applied mathematics. Katie and Joe enjoy using mathematics and research to understand the everyday world around us, and that includes food! **Cap: 40. [S-13-38]**

Potsdam: An Architectural History **Mimi Van Deusen**
1 session, 1½ hours (*Potsdam Civic Center: Community Meeting Room*)

View a PowerPoint presentation of some of the many interesting images from the Potsdam museum archives. Learn about architecturally interesting buildings that are here in our own community. **Mimi Van Deusen** is the Potsdam Village Historian and the Curator of the Potsdam Public Museum. She loves local history, and has a strong interest in genealogy and historic preservation. **NOTE:** Check out the “Early History of Potsdam” link on the “Potsdam: An Architectural History” course page on the SOAR website. **Cap: 35. [S-13-39]**

Publishing an E-book **Margaret (Maggie) Hockett**
1 session, 1½ hours (*SLCHA: Silas Wright House, Canton*)

The presenter will share her experience of writing a novel, choosing a publishing method, and accomplishing the steps involved in publishing an E-book. She will demonstrate and discuss publishing through Amazon’s Kindle Direct Publishing and SmashWords. **Maggie Hockett** grew up on a dairy farm in Edwards; she moved to California, where she worked as a teacher, an instructional designer, and a writer and editor for educational publishers. She has recently published a novel, *Taking Hart*, and is working on the sequel, *Taking the Gold*. [S-13-40]

Queen Victoria and Her Descendants**Fran Van Horne****4 sessions, 1½ hours each** (*SLCHA: Silas Wright House, Canton*)

This course tells the story of how Victoria became the Queen of England after an unlikely series of events. It also chronicles her remarkable reign over the British Empire. Learn about Queen Victoria's private life, and how she and Albert and their descendants changed the history of the world.

Fran Van Horne is a retired nursing instructor. She is a biography-reading history buff who is interested in the private lives of the famous people. She has taught courses for SOAR on the British royal family, as well as courses on the wives of American Presidents. Fran, along with her husband Otis, were named "Super SOARers" in spring 2009. **Cap: 40. [S-13-41]**

Quilt Project**Chloe Ann O'Neil****2 sessions, 2 hours each** (*SUNY Potsdam: Van Housen Ext. SB27A*)

In this hands-on class, participants will be making a pieced bed runner. Some of the work will be done in class; the rest you will need to finish at home. **Chloe Ann O'Neil** began quilting after retirement. She has been taking classes with many quilting instructors. For the last several years, she herself has been teaching quilting. **NOTES:** 1) To complete a quilt at home, you will need: a sewing machine, cutting mat, rotary cutter, thread, pins, scissors, and the usual sewing supplies; 2) Fabric requirements and the list of what to bring to class will be sent with your registration confirmation. **Cap: 10. [S-13-42]**

Railroads of the North Country**Russell Nelson****1 session, 1½ hours** (*SUNY Potsdam: Van Housen Ext. SB27A*)

Over a dozen railroads were constructed in the North Country. The presenter will give a thumbnail sketch of each of them. **Russell Nelson** has been fascinated with dismantled railroads since he was just a "pup." **[S-13-43]**

Refresh Your Spanish**Rita Goldberg****5 sessions, 1½ hours each** (*SUNY Potsdam: Kellas 217*)

This conversational Spanish refresher course is designed for people who want to reactivate their knowledge of the language. If you studied Spanish in high school or college but can barely say "Buenos días," this is the class for you. Activities will be based on videos from YouTube and other sources as well as songs in Spanish. **Rita Goldberg** is a professor

emerita of Spanish at St. Lawrence University where she taught language and literature courses for many years. She spends about half the year in Spain, mostly in Madrid. **Cap: 15. [S-13-44]**

Science Fiction Overview and . . .
Reading *Fahrenheit 451*

Frank Palumbo

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

First, a summary of classic science fiction and a brief discussion of the works of such authors as Shelley, Poe, Wells, Verne, Lewis, Huxley, Bradbury, Clarke, Sterling, Rowling, and others. Then, a look at three literary genres: world myths, science fiction, and tales of fantasy. Over the three-week period, we will also analyze Ray Bradbury's classic novel *Fahrenheit 451*. **Frank Palumbo** has taught distance learning sci-fi courses. He previously presented a SOAR course on author Ray Bradbury, with whom he maintained a friendship and communications for over fifteen years up to Bradbury's death last June. **NOTE:** Bring a copy of *Fahrenheit 451* to class, along with a means to take notes. **Cap: 15. [S-13-45]**

"Everyone must leave something behind when he dies, my grandfather said. A child or a book or a painting or a house or a wall built or a pair of shoes made. Or a garden planted. Something your hand touched some way so your soul has somewhere to go when you die, and when people look at that tree or that flower you planted, you're there."

Ray Bradbury - *Fahrenheit 451*

Shakespeare's *The Tempest* on Film

Mark Coleman

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

The *Tempest* is already a phantasmagoria which seems to provoke directors to wild and wonderful interpretations (sci-fi, western, feminist). We will discuss Shakespeare's play in the first class and then screen five film versions including those by Peter Greenaway and Derek Jarman and featuring such stars as Helen Mirren, Sir John Gielgud (nude at age 86 – don't be afraid), Leslie Nielsen and Robbie the Robot. **Mark Coleman** taught Shakespeare for a couple of decades at SUNY Potsdam. He made extensive use of films in his classes. He has taught SOAR classes on filmed versions of *Henry V*, *Romeo and Juliet* and *Hamlet*. **NOTES:** 1) Please re-read Shakespeare's play "The *Tempest*" before coming to the first class; 2) The class is scheduled for 2½ hours to accommodate the longest film; the rest of the films (hence classes) are substantially shorter. **Cap: 24. [S-13-46]**

Spring Constellations**Bruce McClure****3 sessions, 1½ hours each** (*SUNY: Stowell Planetarium*)

Enjoy viewing and learning about the science and sky lore of the spring night sky. **Bruce McClure**, a sundial aficionado and a certified celestial navigator, writes about stargazing and astronomy for the internationally syndicated radio program “Earth and Sky.” He also presents shows using his portable starlab planetarium. **NOTE:** The presenter recommends that you buy a planisphere at one of the local bookstores and bring it to class. **Cap: 50. [S-13-47]**

Studies in the Sonnet**Robert (Bob) DeGraaff****4 sessions, 1½ hours each** (*Partridge Knoll, Multi-Purpose Room, Canton*)

In this course we will discuss/analyze, together, some of the greatest poems in the English language. **Bob DeGraaff** is a professor of English literature, recently retired after 40 years in the SLU English Dept. His specialty is the Victorian period. He has always been particularly interested in poetry. **NOTE:** The presenter will provide you with copies of the sonnets in class. **Cap: 20. [S-13-48]**

SONNET: a poem, properly expressive of a single, complete thought, idea, or sentiment, of 14 lines, usually in iambic pentameter, with rhymes arranged according to one of certain definite schemes...

**Tracing Your Colonial . . .
American Ancestors****Jennifer Baird Bixby****1 session, 1½ hours** (*SLCHA: Silas Wright House, Canton*)

Resources and techniques will be provided to help you research your genealogy back to the 13 original US colonies. (Please note that researching your roots in foreign countries will not be covered in this course.) **Jennifer Baird Bixby** has been a town historian for 6 years. She has had 30 years of experience doing genealogical research. She is a member of both DAR (Daughters of the American Revolution) and the Society of the Flagon and Trencher (for descendants of colonial tavern keepers). **NOTES:** 1) Bring to class: applicable family documents, pencil/pen, paper, and any “brick wall” questions you may have; 2) A .pdf list of useful web sites has been posted on the “Tracing Your Colonial...” course page on the SOAR web site. **Cap: 20. [S-13-49]**

“Every man is a quotation from all his ancestors.”
Ralph Waldo Emerson

Tunisian Stitch Afghans**Sue Ellen Mayville****10 sessions, 1½ hours each** (*SUNY Potsdam: Van Housen Link [Bubble] 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:** To start, you will need to bring to class one skein of yarn (any color) and an afghan hook - size G. **Cap: 10. [S-13-50]**

Understanding Media Power**John Collins****1 session, 2 hours** (*SLCHA: Silas Wright House, Canton*)

What's behind the news? The media are among the most powerful institutions in the world. News media in particular play a fundamental role in shaping how we view the world, what we know, what we don't know, and what we view as important. Consequently, it is crucial for ordinary people to understand how media institutions work and how they are (or are not) helping democracy to flourish. This course will provide some basic tools for becoming a critical consumer of the news at a time when the news business is changing dramatically. We will explore some of the main insights provided by scholars of the media, and we will take a look at some of the most important patterns in how U.S. news media outlets cover the world. **John Collins** is Professor and Chair of Global Studies at St. Lawrence University and is the Director of The Weave (www.weavenews.org), an independent media project focusing on underreported stories. He has a background in cultural studies and discourse analysis and has been teaching about the news media for fifteen years. **NOTE:** A list of suggested news sources is posted on the "Understanding Media Power" course page of the SOAR web site. **[S-13-51]**

Using Avatars in a Virtual World**Dana Barry****1 session, 1½ hours** (*SUNY Potsdam: Maxcy 104*)

Participants will be introduced to a three-dimensional virtual world (Second Life), where avatars represent people and can carry out activities on their behalf. Dana Barry's avatar teaches students (represented by other avatars) in a virtual classroom. With the use of a personal avatar, individuals can walk, fly like Superman, chat, build houses, and do many enjoyable things in Second Life. **Dana Barry** is Senior Technical Writer and Editor for the Center for Advanced Materials Processing (CAMP) at Clarkson University. She has served as Visiting Professor in various countries and currently has the title of Visiting Professor for Suzuka National College of Technology in Japan. She earned her Ph.D. in Engineering from Osaka University in Japan. Her work is published in various journals. **[S-13-52]**

Vegetarian Cooking on a . . .**Juanita Babcock****Shoestring Budget****3 sessions, 2 hours each** (Knapps Station Community Church)

Vegetarian cooking is a healthy and delicious choice for people of any age. Various protein sources can be combined to achieve complete nutritional needs, inexpensively with items already in the kitchen. This class explores colorful and saliva-inducing budget meals. **Juanita Babcock** has been a vegetarian for 30 years. She has offered a number of vegetarian cooking classes for SOAR. **NOTE:** 1) Vegetarian meals include eggs, dairy, soy, wheat, seeds and nuts; 2) Course fee: \$35 (includes food, supplies and kitchen use). Payment is due before class starts; payment instructions will be sent with your confirmation of enrollment. **Cap: 12. [S-13-53]**

Vicarious Voyagers XII**Ruth Kreuzer, Coordinator****4 sessions, 1½ hours each** (*Potsdam Civic Center: Community Meeting Room*)

Vicarious Voyagers goes “South of the Border” this spring to learn more about our southern neighbors via our presenters’ slide shows. Coordinator **Ruth Kreuzer** is herself an avid traveler. Her more recent out-of-country travels include: Newfoundland and Spain. Wherever Ruth goes, her camera goes with her. Four southern adventures await you (in this order):

1) Juanita Babcock – “The Inca Trail” (Peru and Bolivia with Road Scholar tour group)

2) Lynn and Nils Ekfelt – “Floating among the Treetops in the Amazon Rainforest” (with Ecotour Expeditions) “We spent a week in Brazil cruising on the Rio Negro and the Amazon, never seeing another tour boat and only a very few local people. Mostly it was just us and the orchids and the monkeys.” Lynn

3) Steven White and Esthela Calderón – “Nicaragua: Nature and Traditions.” (A personal view from two SLU teachers, both poets and the co-authors of the book *Culture and Customs of Nicaragua*, Greenwood Press).

4) David Powers – “Chile, Where the Land Ends.” (A personal view from David, who has lived off and on in Chile for about 5 years of his adult life. His wife, Lya, is a native of Chile. They return to her homeland every few years for a visit.)

NOTE: Come to any or all of the presentations. **Cap: 80. [S-13-54]**

Vietnam War Experiences: . . . Tom and Nellie Coakley
Sorting Out Myth vs. Reality

4 sessions, 2 hours each (*SUNY Potsdam: TBA*)

Using class discussion, this course will revisit the Vietnam War through the eyes of the presenters and participants. Now, nearly 40 years after the end of US direct involvement in the war, there remains a great deal of difference of opinion (myth versus reality) over the war, often drawn along political lines. This course will try to sort objectively through these differences. Finally we will discuss Vietnam within the context of our most recent war experiences in Iraq and Afghanistan. What comparisons can be made and what comparisons should not be made? **Tom and Nellie Coakley** are Vietnam veterans. Both served in the Army – Nellie as a combat nurse and Tom as an infantry soldier. Tom was critically wounded, losing his lower left leg. After Nellie returned to the States she served as the head nurse at Walter Reed’s orthopedic and amputee ward for enlisted soldiers. It’s there they met. Nellie has served as a war trauma counselor for 28 years, working with clients from the Korean War and the Vietnam War, as well as from Afghanistan, Iraq, and other peacekeeping missions. Tom has worked with amputees and prosthetic organizations and has taught war topic courses at St. Lawrence University. Both are frequent speakers in high school and college classrooms. **NOTE:** A list of suggested books is posted on the “Vietnam War Experiences....” course page on the SOAR web site. **Cap: 40. [S-13-55]**

Nellie: “I was eager to go to Vietnam. I didn’t give a lot of thought to the politics of the War until later on, once I was actually in Vietnam. And you change . . . And I think that you ask more of yourself, and I got to see how much people can ask of themselves at an extremely young age. And I have a great deal of respect for that . . . I’m still very proud to have served there.”

Tom: “The war experience for me, and then, particularly, the hit, and then recovering . . . all that complexity helped me understand myself much better. I believe I know myself much better than if I did not have those highs and lows and those kinds of experiences . . . You might not like what you’ve gone through, but you like where that experience brought you, and so you could never say, “I wouldn’t go through it again.” It’s a real irony.”

(excerpts from an interview with Todd Moe, NCPR News, 01/30/08)

* * *

Tell your friends about SOAR!

Fall 2012 Luncheon Photos



Ron Berry and the New Horizons Band



Greeters at the door



Nancy Hess and Dot Howe



Recognition of some of our SOAR presenters



Recognition of our SOAR ambassadors



Betty Graham
Chair Nominating
and Awards

At the Podium

Jim Barry
Co-Chair Curriculum



Sharon Regan
Co-Chair
Ambassadors

some remarks made at the 2012 fall luncheon about newly-named

Leon LeBeau SOARing Educator awardee Terry Niles



At our fall luncheon we recognized the contribution to SOAR made by businessman Terry Niles (Niles Asset Management), who just happens also to be a Civil War scholar and expert on Abraham Lincoln. SOAR members appreciate Terry's dedication, passion, knowledge, and enthusiasm. As one class participant says, "His knowledge is extensive. He has read so many books, done so much research, visited where Lincoln grew up, and traveled to the places and memorials that honor this great president. This shows his dedication to the subject." Another participant reports, "Terry is so immersed in the period and the family of Lincoln. His enthusiasm brings places and people to life, and makes you see them as real."

**This spring Terry is offering a new course:
"Abraham Lincoln and Walt Whitman"**

Courses Terry taught:

- Fall 2006 – Fundamentals of Investing
- Spring 2007 / Fall 2009 – Lincoln the Early Years
- Fall 2007 / Spring 2010 – Lincoln the Springfield Years (1837-1861)
- Spring 2008 / Fall 2010 – Lincoln - The War Years (Part 1)
- Fall 2008 / Spring 2011 – Lincoln - The War Years (Part 2)
- Fall 2009 / Fall 2011 – Gettysburg 1863: The Town and Its People

A NOTE FROM THE CHAIR

SOAR members are not only intellectually curious, but they also tend to be friendly, helpful and generous. So it is no surprise that you have responded so positively to our requests for volunteer assistance and have been striving to help things run smoothly.

Thank you so much for stepping forward with such enthusiasm. Our committee chairs are engaged in an ongoing process of matching offers of assistance with areas of need.

It is gratifying that so many members have been attentive in adhering to our registration procedures -- and proactive in notifying Pat Harrington in the SOAR office if they discover they must withdraw from a class. As a result, last semester many on waiting lists were eventually enrolled and accommodated.

There is no “end date” prior to a class for registration, but please try to register at least a week before it starts. And if you find you cannot attend a course, please notify the SOAR office to withdraw. If you haven’t registered, or have been placed on a wait list, please do not show up for a class, especially one that’s closed, in hopes you can squeeze in. You will be notified if space has opened up.

Remember the easiest way to stay informed about SOAR is to visit our web site (www.soarnorthcountry.org). Find out about classes, schedules, and locations – as well as corrections or updates. If you’re heading to a classroom that’s new to you, the web site provides directions. This is particularly important on the SUNY Potsdam campus due to parking space limitations caused by construction projects.

As you can see from the exciting array of courses described in this booklet, the Spring 2013 semester offers a wonderful variety of stimulating opportunities for learning and interaction – just as the name of our organization promises.

Thanks again for your cooperative attitude. And have a great spring semester!

Steve Hopkins, Chair, SOAR Board of Directors

A few more of our returning presenters and what they are teaching this semester

Karen Johnson-Weiner
“The Amish”



David Hornung
“Medical Ethics”



“Teaching might even be the greatest of the arts since the medium is the human mind and spirit” *John Steinbeck*



Jennifer Baird Bixby
“Tracing Your Colonial American Ancestors”



Van Hoyt and Diane Crump
“Beginning Ballroom Dancing”

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

Outstanding Contribution to SOAR Award *(awarded now and then)*

- 2008 – Neil Johnson
- 2010 – Barbara Trerise
- 2011 – Nancy Hess

Leon LeBeau SOARing Educator Award *(awarded in the fall)*

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

REMINDERS

Volunteer to be an ambassador

Send in registration form quickly!

Let the SOAR office know if you have to cancel a course

Daylight Savings Time starts 2:00 am Sunday, March 10

Spring semester starts Monday, March 11

Meet-the-Chef:
George Arnold at SUNY Potsdam, Wednesday, March 27 at noon (*see p.3*)

Spring bus trip to Ottawa - Saturday April 20. (Dinner Theater) (*see p.3*)

Classes end Wednesday, May 22

SOAR Luncheon: Thursday May 23, 11:30-2:30 (*see p.3*)

Q: Why is the Spring luncheon on a Thursday so late in May?

A: To accommodate the graduation schedule at SUNY Potsdam, The food service staff works on the weekend; they get some days off after that.

FIND SOAR . . .

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for up-to-date info on:

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