

# SOAR Course Registration Form for Spring 2014

(March 10, 2014 to May 20, 2014 with Luncheon on May 21, 2014)

(**PLEASE:** Complete both sides)

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

## REGISTRATION and OTHER REMINDERS:

- Sign up only for courses you plan to attend regularly.
- Tell the ambassador or presenter if you need to miss a day.
- Call the office: 1) to drop a course – a wait-listed person can then fill your spot;  
2) to register for a course after it has started – permission is needed.
- Closed courses and other changes are posted at: **www.soarnorthcountry.org**
- Your registration is processed in the order received and a confirmation is mailed back.
- Wear your **name tag** – use it for both Fall 2013 and Spring 2014. Keep your name tag holder to use later.
- Your **parking permit** is good through Aug. 31, 2014. Don't forget to use it when on the SUNY campus.

*Circle your check marks for any course for which you could volunteer to be ambassador*

**LOCATION KEY** (for non-SUNY Potsdam classes): **CANTON:** CCEF = Cornell Cooperative Ext. Farm; **PK** = Partridge Knoll; **SLB** = St. Lawrence Brewery; **SLU** = St. Lawrence University; **SWH** = SLCHA: Silas Wright House; **YLM** - Yoga Loft: Maplewood. **POTSDAM:** **CU** = Clarkson University; **MA** = Mayfield Apts.; **ML** = Mammoth Lifting; **PCC** = Potsdam Civic Center; **PTH** = Potsdam Town Hall. **OTHER:** **ICNC** = Indian Creek Nature Center; **RST** = Red Sandstone Trail

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| <b>S-14-01</b> _____ Advanced Contract Bridge (MA)                     | <b>S-14-31</b> _____ Lost Railroads of the Adirondacks                 |
| <b>S-14-02</b> _____ Art Workshop B                                    | <b>S-14-32</b> _____ Mah Jongg (PK)                                    |
| <b>S-14-03</b> _____ Artificial Intelligence: Facts and Fiction        | <b>S-14-33</b> _____ Maple Syrup Production (SWH)                      |
| <b>S-14-04</b> _____ Beginning Basket Weaving                          | <b>S-14-34</b> _____ Mathematics in Ancient Mesopotamia                |
| <b>S-14-05</b> _____ Beginning Tai-Chi                                 | <b>S-14-35</b> _____ Medicare & Health Insurance Options (PCC)         |
| <b>S-14-06</b> _____ A Brief History of Radio                          | <b>S-14-36</b> _____ Meditation (PTH)                                  |
| <b>S-14-07</b> _____ Building Better Bones: Levels 1 and 2 (CU)        | <b>S-14-37</b> _____ Memory and Attention: Surprises... (SWH)          |
| <b>S-14-08</b> _____ Charlie Chaplin and Buster Keaton...              | <b>S-14-38</b> _____ Nelson Mandela: The Story... (PCC)                |
| <b>S-14-09</b> _____ China and the West... (PCC)                       | <b>S-14-39</b> _____ NYS Long Term Care Ombudsman...                   |
| <b>S-14-10</b> _____ Classical Guitar History and Literature           | <b>S-14-40</b> _____ North Country Authors VI (PK)                     |
| <b>S-14-11</b> _____ Continuing Tai-Chi                                | <b>S-14-41</b> _____ Numerology for Fun (PCC - 3/20) (corrected)       |
| <b>S-14-12</b> _____ Current Events (PK)                               | <b>S-14-42</b> _____ Numerology for Fun (PK - 4/28) (corrected)        |
| <b>S-14-13</b> _____ Digestive Functions and Development               | <b>S-14-43</b> _____ Paranormal Investigations (SWH)                   |
| <b>S-14-14</b> _____ Do Viruses Cause Cancer?                          | <b>S-14-44</b> _____ Race, Ethnicity, and Baseball (SLU)               |
| <b>S-14-15</b> _____ Drive Well: Older Driver Safety... (CU)           | <b>S-14-45</b> _____ Red Sandstone Trail ...Walk (RST: 10am)           |
| <b>S-14-16</b> _____ Early History of NY State                         | <b>S-14-46</b> _____ Red Sandstone Trail ...Walk (RST: 1pm)            |
| <b>S-14-17</b> _____ Early Signs of Spring Nature Walk <b>A</b> (ICNC) | <b>S-14-47</b> _____ Remembering...Morristown-Brockville...            |
| <b>S-14-18</b> _____ eBay: Get Started Selling (PCC)                   | <b>S-14-48</b> _____ Researching Your Family...Online...               |
| <b>S-14-19</b> _____ The End of Mt. Kilimanjaro as We Know It          | <b>S-14-49</b> _____ Run, Hide, Fight, and Survive                     |
| <b>S-14-20</b> _____ 50+ Yoga (YLM)                                    | <b>S-14-50</b> _____ St. Lawrence Brewery Tour (SLB)                   |
| <b>S-14-21</b> _____ Fitness for Seniors                               | <b>S-14-51</b> _____ Scanning Electron Microscopy... (SLU: 5/5)        |
| <b>S-14-22</b> _____ Gaining Strength, Mobility and Health (ML)        | <b>S-14-52</b> _____ Scanning Electron Microscopy... (SLU: 5/8)        |
| <b>S-14-23</b> _____ Gatherings: America's Quilt Heritage (SWH)        | <b>S-14-53</b> _____ Shakespeare on Film: <i>Richard III</i>           |
| <b>S-14-24</b> _____ Hebrew for Beginners                              | <b>S-14-54</b> _____ Space Shuttle Experiments and Mars...             |
| <b>S-14-25</b> _____ The History of Paper Making                       | <b>S-14-55</b> _____ Studies in the Sonnet II (PK)                     |
| <b>S-14-26</b> _____ Hobby Farming in Northern NY (SWH)                | <b>S-14-56</b> _____ Un-natural North Country Wildlife                 |
| <b>S-14-27</b> _____ Horse Breeds and More (CCEF)                      | <b>S-14-57</b> _____ Vicarious Voyagers XIV (PCC)                      |
| <b>S-14-28</b> _____ Hosmer Hall and the Organ                         | <b>S-14-58</b> _____ Whole Foods for Whole Health                      |
| <b>S-14-29</b> _____ Indoor Rock Climbing: An Introduction             | <b>S-14-59</b> _____ You Too Can Play the Harmonica                    |
| <b>S-14-30</b> _____ Lifelines: Writing Your Way In                    | <b>S-14-60</b> _____ Zumba Gold® (SLU)                                 |
|  | <b>S-14-61</b> _____ <b>Early Signs of Spring Nature Walk B (ICNC)</b> |

**QUESTIONS?** Check the SOAR web site or email SOAR:

**www.soarnorthcountry.org**

**email: soar@potsdam.edu**

**SOAR Office:** Room 382 Van Housen Ext. SUNY Potsdam

**For Office Use Only** (updated 03/7/14)

Current \_\_\_\_\_ Lapsed \_\_\_\_\_ New \_\_\_\_\_

Ck Number \_\_\_\_\_ Ck Date \_\_\_\_\_

No Parking Permit Needed \_\_\_\_\_

**MEMBERSHIP STATUS: Everyone:** *please check a status box below; then fill out the rest of this page:*

- \_\_\_\_\_ 1. **Current member** (paid yearly dues in fall 2013).  
\_\_\_\_\_ 2. **Lapsed member** (did **NOT** pay fall 2013 required yearly dues, but is paying them now).  
\_\_\_\_\_ 3. **New member** (also tell us how you learned about SOAR): \_\_\_\_\_ Friend, \_\_\_\_\_ Poster/Flyer,  
\_\_\_\_\_ Brochure, \_\_\_\_\_ Ad, \_\_\_\_\_ Course Booklet, \_\_\_\_\_ News Article, \_\_\_\_\_ Web Site, \_\_\_\_\_ Other (explain):

### **MEMBERSHIP RENEWAL / ENROLLMENT (Spring 2014)**

**PLEASE NOTE:** The Waiver/Release Form must be signed: 1) if you did **NOT** renew your membership in fall 2013, 2) to reinstate your lapsed membership, or 3) to initiate a new membership.

**Everyone:** *please sign this waiver and complete the rest of this page:*

**WAIVER / RELEASE FORM - effective from date of signing - August 31, 2014**

Name (please print): \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

I understand that the SOAR Board of Directors, course instructors and SUNY Potsdam, its Trustees, employees and agents have no legal responsibility for my physical welfare while I am a member of SOAR or a participant in any SOAR class, sponsored trip or event. I therefore agree to hold these groups harmless for any claims for personal injury or damage arising out of my association with SOAR.

\_\_\_\_\_  
*Signature*

\_\_\_\_\_  
*Date*

Send this form and your \$65 membership check (made out to "PACES-235") to:  
**SOAR, 389 Van Housen Ext., SUNY Potsdam, 44 Pierrepont Ave., Potsdam, NY 13676**

*In the box below, please add your suggestions and update your volunteer interests:*

#### **FOR ALL MEMBERS: SUGGESTIONS / VOLUNTEERING FORM**

**What suggestions do you have for future courses, presenters, events or trips?**

**SOAR** is a member run organization. **How would you like to be involved?** *(Circle all that interest you)*

**COMMITTEES:** \* Ambassadors \* Trips and Performances \* Curriculum \* Scheduling \* Registration  
\* Membership \* Administration and Finance \* Outreach and Publicity \* Newsletter \* Nominating and Awards  
\* Board of Directors \* Presenter Communications

**OTHER:** \* Offer a course \* Be a course ambassador \* Volunteer for office chores \* Share office skills  
\* Offer classroom tech support *(training available!)* \* Do one-time tasks \* Help with short notice tasks  
\* Proofread documents \* Talk about SOAR to local groups \* Don't know, but want to help

SOAR course presenters are unpaid volunteers who mainly come from the membership. SOAR hopes that some day you might lead a SOAR course. **Please indicate your experience, skills, or expertise that may be of interest to other SOAR members:**

*(PLEASE: Complete both sides)*