

SOAR



LIFELONG LEARNING IN THE NORTH COUNTRY

SPRING SEMESTER 2015
MARCH 9, 2015 - MAY 15, 2015

sponsored by:



THE STATE UNIVERSITY OF NEW YORK

Potsdam

and affiliated with:

ROAD SCHOLAR[®]

Institute Network

Greetings from the Chair

As the snow swirls around your house and the temperatures plummet, as cabin fever sets in, lift your mood by thinking of the Spring Semester at SOAR and all of the exciting courses that are being offered for your enlightenment and enjoyment. This semester promises to be another great one with topics appealing to all types of interests – music, art, literature, science, history, politics, philosophy, and physical health and well-being. Along with those types of courses you have taken before, I challenge you to explore something entirely new and different – something you have never tried, something out of the ordinary or familiar. Exercise your mind, your skills, your talents, and your body. Push yourself into realms of thought and action that may seem even a little frightening or intimidating. I think you will be pleased and surprised at what you are capable of doing and learning. So, winter may seem long and bleak, but SOAR will help to usher in the revival of spring and of your own self.

Linda Nixon, Chair, SOAR Board of Directors

ABOUT SOAR

(Stimulating Opportunities After Retirement)

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

At the end of the fall 2014 semester SOAR had 361 members. Though beyond full-time careers in the home and work place, we continue to be active inquisitive, energetic and creative people. We SOAR members enjoy intellectual stimulation, hands-on activities, going places, and good fellowship. We love learning just for the sake of learning, and we love sharing what we know.

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

BOARD OF DIRECTORS

Linda Nixon, Chair	Jim Barry	Bill Mein
Steve Hopkins, Vice-Chair	Betty Graham	Laurie Swinwood
Dorothy Howe, Secretary	Ed Russell	Mark Coleman
Ron Frank, Treasurer	Ruth Kreuzer	Cynthia Bender
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COMMITTEES & CHAIRS

Executive - Linda Nixon	Outreach/Publicity - Ruth Kreuzer
Scheduling - Bill Mein	Membership - Laurie Swinwood
Newsletter - Mark Coleman	Trips and Performances - <i>Vacant</i>
Registration - Pat Dishaw and Steve Hopkins	
Ambassadors - Linda Jones	
Curriculum - Jim Barry and Ed Russell	
Administration and Finance - Neil Johnson	
Nominating and Awards - Betty Graham	
Presenter Communications - Sue Gibbs and Ruth Horst	

Administrative Assistant - Pat Harrington
College Liaison - Nancy Hess

MEMBERSHIP INFORMATION

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

COURSES AND CLASS SESSIONS. SOAR has two ten-week semesters a year, one beginning the week after Labor Day in September and the other beginning mid-March. Over half of our SOAR classes are held on the SUNY Potsdam campus, about a fourth are held in Canton, and the rest are held at other places in Potsdam or in the local area. Most SOAR courses are 1 to 5 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 take some SOAR classes.

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

*For more information about SOAR or its courses, trips and events
visit the SOAR website: 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 guest, one time, to a class session if that person is a potential new SOAR member or if that person is an out-of-town visitor. **Note:** Please ask permission from the instructor ahead of time.

CONTACT INFORMATION

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

EVENTS

(mark your calendar!)

MEET THE CHEF

at the

Lobster House

95 South Main Street Norwood

(Learn about this established business from manager/chef Daniel DeLorme)

Wednesday, April 15 at 1:00pm **COST: \$25** (*member/guest*)

Reservation and payment are **DUE** by noon on Wednesday, April 1

(see flyer insert or SOAR website for more information)

SPECIAL THANKS to Event Co-Chairs

Ann Groome and Darlene Leonard

for arranging this event for SOAR

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SPRING LUNCHEON

Barrington Student Union

Tuesday, May 19, 11:30-2:00 (*servicing at noon*)

(details coming later in the spring newsletter and on the SOAR website)

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COURSE LOCATIONS

Courses Offered on the SUNY Potsdam Campus

Aerial Drone Photography * All of You, from Just One Cell? * Beginning Tai-Chi and Qigong * Big Data: What's the Big Deal about It? * The Biology of Bats and Birds * Bubonic Plague, Syphilis, and Lyme Disease * Cave to Concert Hall: The History of the Horn * Coffee: Friend or Foe * Computing the Value of a Human Life * Concert Music: What's REALLY Going On * Conflicting Narratives in Northern Ireland * Contaminants in Great Lakes Fish: Sources and Trends * Continuing Tai-Chi and Qigong * Crafting with Pressed Flowers and Fall Leaves * FDR in the North Country * Herbs for Health and Healing * Jane Austen and *Emma* * Land Stewardship and Conservation Easements * Line Dancing for Beginners * Living Off the Land in Newfoundland * Lost Railroads of the Adirondacks * Modern Cosmology: An Overview * Photograms: Cameraless Photography * Plants of St. Lawrence County [Day1] * Ray Bradbury: Genius of the Short Story Form * Symmetry and Crystals and the Uses of "Useless Math" * *To Kill a Mockingbird*

Courses Offered Off Campus

POTSDAM: Canton-Potsdam Hospital (*CPH*); The Church of Jesus Christ of Latter-Day Saints (*CJCLDS*); Clarkson University (*CU*); Mayfield Apartments (*MA*); Potsdam Civic Center (*PCC*); Potsdam Library (*PL*); Potsdam Town Hall (*PTH*) Ballroom Dancing for Beginners (*CJCLDS*) * Brazilian Dimensional Embroidery (*MA*) * Bridge for Fun: Intermediate Level (*MA*) * Building Better Bones: Levels 1 and 2 (*CU*) * China and the West (*PCC*) * Global Air Pollution (*CU*) * Inner Peace (*PTH*) * Microsoft Word 2010 Basics (*PL*) * Screenings, Consults and Tests, Oh My! (*CPH*) * Stress and Anxiety Reduction (*PCC*) * Vicarious Voyagers XVI (*PCC*)

CANTON: Canton Free Library (*CFL*); E. J. Noble Hospital Bldg. (*EJNHB*); Partridge Knoll (*PK*); St. Lawrence University (*SLU*); SLCHA at Silas Wright House (*SWH*)

Behaviorology: The Natural Science of Why Human Behavior Happens (*SWH*) * Creating a Butterfly Garden (*EJNHB*) * Current Events (*PK*) * Fuel from the Sun: Solar Energy Conversion (*SLU*) * Hands-on Kitchen Chemistry Experiments (*CFL*) * Children's Literature: An Overview (*SWH*) * Creative English Grammar III (*SWH*) * Freemasonry (*SWH*) * Lincoln's Funeral (*SWH*) * Mah Jongg (*PK*) * The Neurobiology of Pain (*SLU*) * Sharing Card Games (*PK*) * The Shock of the Great War (*SLU*) * Socrates and the Examined Life (*SLU*) * Songs and Sonnets (*PK*) * Techniques of Fiction (*SLU*) * Ten Courageous Women of the North Country (*TBA*) * US-Israeli Relations in the 21st Century (*SLU*) * Writing Children's Literature (*SWH*) *

OUTSIDE PLACES: Plants of St. Lawrence County [Day2] (*Indian Creek Nature Center, Rensselaer Falls*) * Unearthing the Raquette's Ancient Past (*Lehman Park, Potsdam*)

COURSES BY NUMBER OF SESSIONS

5 SESSIONS or MORE: Ballroom Dancing for Beginners * Beginning Tai-Chi and Qigong * The Biology of Bats and Birds * Bridge for Fun: Intermediate Level * Building Better Bones: Levels 1 and 2 * China and the West * Continuing Tai-Chi and Qigong * Current Events * Line Dancing for Beginners * Techniques of Fiction *

4 SESSIONS: Brazilian Dimensional Embroidery * Children's Literature: An Overview * Concert Music: What's REALLY Going On * Creative English Grammar III * Mah Jongg * Screenings, Consults and Tests, Oh My! * Sharing Card Games * Socrates and the Examined Life * Songs and Sonnets * Vicarious Voyagers XVI * *To Kill a Mockingbird*

3 SESSIONS: Behaviorology: The Natural Science of Why Human Behavior Happens * Freemasonry * Jane Austen and *Emma* * Ray Bradbury: Genius of the Short Story Form * Stress and Anxiety Reduction

2 SESSIONS: Computing the Value of a Human Life * Global Air Pollution * Inner Peace * Land Stewardship and Conservation Easements * Lincoln's Funeral * Old Testament Alignment with God: Causes and Consequences * Plants of St. Lawrence County

1 SESSION: Aerial Drone Photography * All of You, from Just One Cell? * Big Data: What's the Big Deal about It? * Bubonic Plague, Syphilis, and Lyme Disease * Cave to Concert Hall: The History of the Horn * Coffee: Friend or Foe? * Conflicting Narratives in Northern Ireland * Contaminants in Great Lakes Fish: Sources and Trends * Crafting with Pressed Flowers and Fall Leaves * Creating a Butterfly Garden * FDR in the North Country * Fuel from the Sun: Solar Energy Conversion * Hands-on Kitchen Chemistry Experiments * Herbs for Health and Healing * Living Off the Land in Newfoundland * Lost Railroads of the Adirondacks * Microsoft Word 2010 Basics * Modern Cosmology: An Overview * The Neurobiology of Pain * Photograms: Cameraless Photography * The Shock of the Great War * Symmetry and Crystals and the Uses of "Useless Math" * Ten Courageous Women of the North Country * Unearthing the Raquette's Ancient Past * US-Israeli Relations in the 21st Century * Writing Children's Literature



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 2015 COURSE DESCRIPTIONS

This spring, SOAR is pleased to offer 62 courses and presentations. For more information on class dates, times and locations, please refer to the course booklet mailing inserts, or the “Courses” and “Calendar” sections of the SOAR website: www.soarnorthcountry.org (you can also find maps and detailed info on course locations on the website). For other questions, call the SOAR office: (315) 267-2690 (MWF: 9:00-2:00). **NOTE:** Entries below are both alphabetical by title and numerical by registration number. (*TBA = to be arranged; check the Course Booklet Insert*)

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Aerial Drone Photography

Dennis Barr

1 session, 1½ hours (*SUNY Potsdam*)

You have heard a lot about military use of “drones” lately. In this presentation, you will learn about the use of drones in civilian life. Professional and amateur photographers alike are expanding their creativity by using drones in their work. **Dennis Barr** has been an avid photographer for over 12 years. He has been taking drone pictures for a year now and will share his experiences with you as well as show you some of the pictures he has taken using a drone. [S-15-1]

All of You, from Just One Cell?

Cintia Hongay

1 session, 1½ hours (*SUNY Potsdam*)

“Our bodies contain tens of trillions of cells, of about 210 different types, yet it all started out from just one single cell,” so states a flyer for a Science Café lecture delivered by Cintia Hongay. In this presentation we will learn how cells divide and differentiate to create a multicellular organism. **Cintia Hongay** teaches biology at Clarkson University. She has a PhD in Genetics from Harvard University. Cintia also has been a postdoctoral fellow at MIT. [S-15-2]

Ballroom Dancing for Beginners

Van Hoyt and Diane Crump

10 sessions, 1½ hours each (*The Church of Christ of Latter-day Saints, Potsdam*)

The first aim of this course: “just to have fun!” The instructors will concentrate on the basics of Foxtrot, Waltz, Cha-Cha, Tango, Stroll and “la-manite” – a simple, fun dance Van learned from a Native American couple, and later adapted for beginning dancers. Advance your skills as time permits and as class interest suggests. **Van Hoyt and Diane Crump** have been teaching youth and adults beginning ballroom dance for over 10 years. They encourage both men and women to take the plunge and learn how to lead or follow. **NOTE:** Wear comfortable clothing and smooth-soled shoes (not sneakers). [S-15-3]

Beginning Tai-Chi and Qigong**Pam March****9 sessions, 1 hour each** (*SUNY Potsdam*)

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

Pam March is a certified Tai-Chi instructor from the Boston Institute of Kung Fu and Tai-Chi. In fall 2010, Pam received the Leon LeBeau SOARing Educator award in honor of the exceptional and long-lasting impact she has had on the well-being of SOAR members. **NOTES:** 1) Beginning students may NOT register for “Continuing Tai-Chi and Qigong” unless the instructor allows it, and continuing students are NOT allowed to register for “Beginning Tai-Chi and Qigong;” 2) Wear loose clothing, soft shoes or socks. [S-15-4]

Behaviorology: The Natural Science of ...**Stephen Ledoux****Why Human Behavior Happens****3 sessions, 2 hours each** (*SLCHA: Silas Wright House, Canton*)

We humans have strong interest in behavioral concerns, ranging widely from such things as addressing autism to adopting sustainable living. This course introduces the principles, methods, concepts, practices, philosophy, history, ethics, and application areas of behaviorology. We will look at: 1) normal behavior (i.e., child rearing, education, interpersonal relations in the worlds of work, entertainment, politics, diplomacy, etc.); 2) abnormal behavior (i.e., considering people with special needs, developmental disabilities, autism, PTSD, etc.); 3) some specialty areas (industrial safety, companion and service animal training, etc.). **Stephen Ledoux** is in his 33rd year of teaching behaviorology at SUNY Canton. During that time he has also taught behaviorology in Australia (1975–78) and China (1990–91). He has authored over 12 texts or study question books. The latest being *Running Out of Time – Introducing Behaviorology to Help Solve Global Problems* (BehaveTech Publishing: Ottawa, Canada, 2014).

Cap: 40 [S-15-5]**Big Data: What’s the Big Deal about It?****Joe Skufca****1 session, 1½ hours** (*SUNY Potsdam*)

The topic of “Big Data” buzzes all over the newspapers, magazines, and the internet, but what does it mean? We will explore the background of this high-interest topic, explain its relevance to the lives of average Americans, and provide a look forward to some of the implications. **Joe Skufca** is a Professor of Mathematics at Clarkson University. His

research is broadly spread across a spectrum of applied mathematics and modeling, with specialization in Data Mining, Machine Learning, and Data Visualization. He is one of the co-directors of Clarkson's Master's Program in Data Analytics. [S-15-6]

The Biology of Bats and Birds Roy Horst

5 sessions, 1½ hours each (*SUNY Potsdam*)

Both bats and birds can fly, and they have many dietary habits in common, but their basic physiological systems differ widely, especially in their reproductive behavior. Both groups migrate, but only bats hibernate. Many species of bats can navigate in total darkness by echolocation, while birds must depend on visual navigation. In this class you will learn much more about the bats and the birds. **Roy Horst's** career has been spent studying ecological physiology in small mammals, including bats, mongooses, and rodents. His Ph.D. dissertation was entitled, Renal Function in the Vampire Bat, *Desmodus rotundus*. He has presented several SOAR courses on the various aspects of bat biology. **Cap: 25 [S-15-7]**

Brazilian Dimensional Embroidery Alma Garner

4 sessions, 2 hours each (fee: \$17) (*Mayfield Apts: Community Room, Potsdam*)

Enjoy making a small embroidered flower bouquet, suitable for framing. The kit for this project contains (excellent!) directions, the printed design on "trigger" cloth, rayon floss (used for its unique sheen and smoothness), needles and a needle threader. Participants will learn to do these stitches: stem stitch, satin stitch, detached buttonhole, French knot, cast-on stitch, and the bullion stitch. When **Alma Garner** retired from teaching in elementary school, she took up teaching embroidery, and she has been doing that now for over 15 years. Alma is a member of the Brazilian Dimensional Embroidery International Guild. She has participated in one of the Guild's seminars held in Portland, Oregon, and has learned many stitching techniques from teachers there. Alma currently holds a weekly Wednesday embroidery class at the United Methodist Church in Canton (new members welcome!). **NOTES:** 1) Bring scissors and a small hoop; 2) **Course Fee: \$17** (for kit and other needed supplies; fee is collected at the first class). **Cap: 8 [S-15-8]**

Bridge for Fun: Intermediate Level

Don Burlingame

8 sessions, 2 hours each (*Mayfield Apts. Community Room, Potsdam*)

The title says it all. Come have some fun playing bridge and gaining some new skills. **Don Burlingame** has been a longtime bridge player. He loves bridge and is happy to share his player's knowledge gained over the years. [S-15-9]

Bubonic Plague, Syphilis, and Lyme Disease Gordon Plague

1 session, 1½ hours (*SUNY Potsdam*)

Throughout human history, more people have died from bacterial infections than from all bullets and bombs combined. Not surprisingly therefore, bacteria have profoundly affected the course of human history. Come explore the biology of some of these bacteria, and the roles they have played in shaping human history. **Gordon Plague** is an Associate Professor of Biology at SUNY Potsdam. He teaches Microbiology. His research focuses on the genomic evolution of bacteria (primarily pathogens). [S-15-10]

Building Better Bones: Levels 1 & 2 Vicki LaFay & Chris Towler

6 sessions, 1½ hours each (*offered twice*)

(*Clarkson U: Clarkson Hall Therapy Dept.*)

Decreased bone density is a concern for many aging individuals. This exercise-based class will focus on safe and effective activities to strengthen your bones (no matter what your age). Each class will start with 20 minutes of presentation (including educational materials to take home), and follow with 60 minutes of exercises specific to building your bones. All ability levels can benefit from this class as the exercises will be tailored to each individual as much as possible. **Vicki LaFay** has been a licensed physical therapist for over 20 years. She is a certified strength and conditioning specialist (CSCS) and a certified exercise expert for the aging adult (CEEAA), and has experience across the age span with patients/clients in home health, outpatient orthopedics, acute care, skilled nursing and rehab, and occupational health. Vicki currently engages in clinical practice for Canton-Potsdam Hospital, St. Regis Nursing Home, Work-Fit®, and Franklin County Nursing Services. **Chris Towler** is a Clinical Instructor in the Department of Physical Therapy. He is also a certified CSCS and CEEAA. **NOTES:** 1) Each participant's level will be determined on the first day of class. 2) Vicki and Chris will be assisted by Clarkson doctoral students of physical therapy; 3) Wear loose-fitting comfortable clothing and stable footwear. **Cap: 20** (*each group*). **Group A** [S-15-11]; **Group B** [S-15-12]

Cave to Concert Hall: The History of the Horn Roy Schaberg

Assisted by: Gail Schaberg (*flute*) **and Michael Sitton** (*piano*)

1 session, 1½ hours (*SUNY Potsdam*)

This presentation AND performance will introduce you to a number of authentic period instruments which show the evolution of the French horn

and its music. **Roy Schaberg** taught the horn for 31 years at the Crane School of Music, SUNY Potsdam. He is a former principal horn of the Lexington Philharmonic, the Memphis Symphony, the Vermont Symphony and the Orchestra of Northern NY (ONNY). 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. Roy will be assisted by his wife, **Gail Schaberg** (also a member of the ONNY), and by **Michael Sitton** (Dean of Music, Crane School of Music). [S-15-13]

Children's Literature: An Overview

John Ohst

4 sessions, 1½ hours each (*SLCHA: Silas Wright House, Canton*)

This course presents a brief history of children's literature (from 620 B.C. to the present). It also deals with the different kinds of literature for kids (science fiction, historical fiction, etc.) and the books most appropriate for different ages. We will then take a poll of some of the favorite books you read when you were younger. There will also be time for fun activities and open group discussions. **John Ohst** is an Asst. Professor Emeritus. He has taught English classes at Onondaga Community College, Le Moyne College, SUNY-Oswego, and SUNY-Canton. He now enjoys being outdoors: walking, biking, canoeing, or gardening. Indoors, he likes woodworking and reading many kinds of books, including books for kids! [S-15-14]

China and the West

Ina Brockriede

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

This course covers the period from the arrival of Christian missionaries in China in the 1500s to the present day. Emphasis is given to events leading to China's revolution, to the founding and ultimate victory of the Communist Party, and to China's present global relationships, especially with the USA. Ina Brockriede is a retired teacher who has had China as her main interest in the decades since her retirement. [S-15-15]

Coffee: Friend or Foe?

Artem Melman

1 session, 1 hour (SUNY Potsdam)

In this presentation we will talk about the amazing substance – coffee, discussing its role in nature, its multifaceted biological activity, its possible benefits, the problems that it can cause, and also some of the

methods of coffee preparation. **Artem Melman** is an Associate Professor in the Department of Chemistry and Biomolecular Science at Clarkson University. His research in organic and medicinal chemistry involves synthesis of new biologically active compounds, some of which possess caffeine-like properties. [S-15-16]

Computing the Value of a Human Life

Mark Frascatore

2 sessions, 1½ hours each (*SUNY Potsdam*)

No society places an infinite value on a statistical human life. We can't afford it. Human lives are routinely risked and sometimes lost in efforts to achieve other goals. Understanding these tradeoffs can improve how we determine things like speed limits, drug safety standards, toxic waste cleanup, and so on. In this course we discuss how studies have estimated the dollar value that societies place on a statistical human life, and how this information can be used to better allocate the finite resources we have.

Mark Frascatore is a Professor of Economics and Financial Studies at Clarkson University. His research is in the area of microeconomic modeling, and he teaches courses that deal with workplace strategy, motivation, and compensation. His favorite topic of discussion is the analysis of decision making in the presence of uncertainty, and he will conduct some (mostly safe) experiments with the course participants to demonstrate attitudes towards risk. This information is then used as the foundation for determining the value of a statistical life. [S-15-17]

Concert Music: What's REALLY Going On **Keith Ziemba**

4 sessions, 1½ hours each (*SUNY Potsdam*)

This is a course for those who would like to know a little more about the music, composers, instruments and musicians in concert music. We will even discuss such things as concert etiquette. Ultimately, the goal is to advance your appreciation of concert music and to encourage you to attend some live concerts. **Keith Ziemba** is a retired instrumental music teacher at Edwards-Knox Central School. Currently he is an active trumpet performer, arranger and composer. Keith received a Bachelor of Music degree from Ithaca College in Trumpet and Music Education, and received a Master of Music from Wichita State University in Trumpet Performance, Musicology and Music Theory. He has performed with many regional symphony orchestras and ensembles in NJ, NY, KS, and CT. **NOTE:** It is strongly recommended that you attend the Orchestra of Northern New York (ONNY) concert at Crane on April 25. The final class will be preparation for this concert. **Cap: 30** [S-15-18]

Conflicting Narratives in Northern Ireland **Eve Stoddard**

1 session, 1½ hours (*SUNY Potsdam*)

The Troubles in Northern Ireland (1969-1998) were the culmination of at least four hundred years of occupation and resistance. This presentation will focus on the ways people in Northern Ireland understand their own identities and cultures as a result of their histories, and on how they are currently living with the Peace Process after sixteen years. **Eve Stoddard** is Dana Professor of Global Studies at St. Lawrence University. Her PhD is in English, but starting in the early 1990s she has been engaged in global faculty and development projects focusing on the former British empire. Eve recently published a book on parallels between British colonization in the Caribbean and in Ireland on the basis of the design of plantation spaces. For the past seven years, Eve and her husband have been taking St. Lawrence students to Ireland and Northern Ireland in July. During that time the Orange Order holds parades celebrating its triumph over Catholic Ireland in 1690. They also spend time with peace workers in Belfast and Derry. **NOTE:** Suggested films that relate to this course topic: “Some Mother’s Son,” “Bloody Sunday,” “In the Name of the Father,” and “The Boxer.” [S-15-19]

Contaminants in Great Lakes Fish: Sources & Trends **Tom Holsen**

1 session, 1½ hours (*SUNY Potsdam*)

In this presentation Professor Holsen will discuss the results that were obtained as part of the Great Lakes Fish Monitoring and Surveillance Program funded by the U.S. EPA (Environmental Protection Agency). Trends and sources of contaminants found in Great Lakes fish will be discussed. **Tom Holsen** holds the title of Professor of Environmental Engineering at Clarkson University. Since 2005, Tom has been the principal investigator of the Great Lakes Fish Monitoring and Surveillance Program. [S-15-20]

Continuing Tai-Chi and Qigong

Pam March

18 sessions, 1 hour each (*SUNY Potsdam*)

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

and Qigong,” and beginning students may NOT register for “Continuing Tai-Chi and Quigong” unless the instructor allows it; 2) Wear loose-fitting clothing, soft shoes or socks. [S-15-21]

Crafting with Pressed Flowers and Fall Leaves **Jean Oathout**
Assisted by: MaryAnne Martin

1 session, 1½ hours each (*offered twice*) (**fee: \$10**) (*SUNY Potsdam*)
 Try a new craft! The presenter will display sample note cards and demonstrate how to make a note card using pressed flowers and fall leaves. Participants will make two note cards, and they can choose either two packets with pressed flowers, or one each of pressed flowers and fall leaves. **Jean Oathout** has been crafting with flowers and fall leaves for about 31 years. She has done many workshops on this craft, and years ago, she taught a weekly class in Vermont. Jean has published a step-by-step craft book explaining the process of creating cards and art pieces using items found in Nature. **NOTES:** 1) **Supplies fee: \$10** (collected at the first class); 2) Please bring a pair of tweezers and two-sided scotch tape to class; 3) Extra packets of pressed flowers and fall leaves, the presenter’s 44pp book on crafting with wildflowers and leaves, along with samples of framed floral arrangements may be purchased separately. **Cap: 15** (*each group*). **Group A [S-15-22]; Group B [S-15-23]**

Creating a Butterfly Garden **Cynthia Quackenbush**

1 session, 2 hours (*E. J. Noble Hospital Building: Betty Evans Room, Canton*)
 Learn how to build a waystation for Monarchs and other native butterfly species. The presenter will share information she has acquired through the creation of several butterfly gardens. Lists of plants, equipment and materials will be provided. **Cynthia Quackenbush** is a retired elementary school teacher. Her ongoing retirement project is to educate the people of our area about the Monarch Butterfly and why we need to protect and preserve this endangered species through creation of habitats. Cynthia has given many presentations on this subject – to community groups, schools, and also to SOAR members. **Cap: 40 [S-15-24]**

Creative English Grammar III **John Jaunzems**

4 sessions, 1½ hours each (*SLCHA: Silas Wright House, Canton*)
 Writers from Old English times onward to very modern times wrote both grammatically and creatively. They used the rules of grammar as patterns inviting exploration. But textbooks on English grammar say nothing about this. This course reviews its two predecessors on the creative uses

of grammar and then focuses on the nature of the traditional rules of English grammar. Over his many years of teaching English at SLU, **John Jaunzems** developed a fascination with the creative uses of grammar. He is still thinking about what a creative writing grammar would look like, the kind that would explain what creative writers do. [S-15-25]

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** has been facilitating the discussion of current events since 2005. He is the first winner of the Leon LeBeau SOARing Educator Award, given to someone who has had lasting impact on the lives of SOAR members. **NOTE:** Students from SLU will be joining the course from time to time to introduce topics and join in the discussion. [S-15-26]

FDR in the North Country

Arthur (Art) Johnson

1 session, 1½ hours (*SUNY Potsdam*)

This is a presentation on Franklin Delano Roosevelt's presidential visit to St Lawrence County in August 1940 and the resulting important "Ogdensburg Agreement" between Canada and the United States. **Art Johnson** spent 40 years teaching US and Canadian history, first as a professor at the University of Maine and then at SUNY Potsdam. His interest in history and in Canadian history in particular, has remained high since his retirement. In fall 2013, Art received the Leon LeBeau SOARing Educator Award in recognition of the many outstanding courses he has taught for SOAR. [S-15-27]

Freemasonry

Trent Trulock

3 sessions, 1½ hours each (*SLCHA: Silas Wright House, Canton*)

Do Freemasons really rule the world? Is Freemasonry the world's worst-kept secret society or just a society with secrets? This course will not teach you any of Freemasonry's secrets, but it will enlighten you as to the tenets of this world-wide fraternity, its history, and its connection to the modern conspiracy theory. A Master Mason since 2010, **Trent Trulock** is currently the Treasurer of St. Lawrence Lodge #111, Free & Accepted Masons, in Canton, NY. He currently spends his workday travelling New York State to give out beer samples as the Sales Director for the St. Lawrence Brewing Company in Canton. Prior to this, for 17 years, Trent was the Executive Director of the St. Lawrence County Historical Association and St. Lawrence County Historian. [S-15-28]

Fuel from the Sun: Solar Energy Conversion **Adam Hill**

1 session, 1½ hours (*SLU, Canton*)

The sun provides ample, clean energy for the increasing demands of Earth's growing population. Solar energy conversion is the process of transforming light from the sun into usable forms of energy in an economically feasible way. Over the past half-century, chemistry and materials science have made enormous strides in this area. In this presentation, we will explore the history of solar power, the basic chemistry and physics involved in its function, and the future of the field. **Adam Hill** is Assistant Professor of Chemistry at St. Lawrence University, where he teaches about the chemistry of metals. He received his Ph.D. in Physical Chemistry from the University of California, Berkeley, and now studies artificial photosynthesis: developing man-made materials that mimic the behavior of plants. These materials use metal atoms to convert solar energy into chemical fuels. **Cap: 18 [S-15-29]**

Global Air Pollution **Suresh Dhaniyala and Philip Hopke**

2 sessions, 1½ hours each (*Clarkson University*)

These two sessions will provide a background on the extent and nature of air pollution in the US and around the world and discuss the different approaches taken to clean the air in the US. We also will look at the connection between air pollution and climate change. Professor **Philip Hopke** is a world-renowned researcher in the field of air pollution and aerosol science. He has been playing a leading role in EPA's efforts to improve our understanding of air pollution sources and in designing advanced mitigation approaches. He has also been working with international agencies to tackle the air pollution problem at a global scale, particularly in developing countries. Professor **Suresh Dhaniyala's** research interests are in the fields of aerosol physics, air quality monitoring, and global climate change. His recent research interests have focused on understanding the nature of emissions from cookstoves used in the developing world and on understanding the connection between air pollution and climate change. **Cap: 38 [S-15-30]**

Hands-on Kitchen Chemistry Experiments **Jim Barry**

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

Let's have some fun doing chemistry! SOAR participants will perform various experiments with safe chemicals. These will include polymers, hydrophobic sand and kinetic sand. Learn activities that you can use to "wow" your grandchildren! **Jim Barry** is a retired chemistry teacher. He is a frequent SOAR presenter, as well as a member of the SOAR Board

of Directors. He is also a co-chair of the Curriculum Committee, and his main task is to round up a wide assortment of SOAR classes for each semester. In spring 2006, he was named “SuperSOARer.” **NOTE:** Do NOT wear your finest clothes to this class. **Cap: 20 [S-15-31]**

Herbs for Health and Healing

Paula Youmell

1 session, 1½ hours (*SUNY Potsdam*)

This presentation will focus on what healing with herbs entails, on herbs for common conditions, and on ways to use herbs (e.g. in capsules, teas, tinctures, ointments, poultices). **Paula Youmell** is an RN, Herbalist, Reiki Master, author, Holistic Healer/Health Educator in Potsdam, NY. Learn more about Paula and her healing services at www.PaulaYoumellRN.com. **[S-15-32]**

Inner Peace

Donna Clark

2 sessions, 1½ hours each (*Potsdam Town Hall*)

In these two sessions, participants can pursue the condition of inner peace through meditation, thought training, spirituality, and other avenues. **Donna Clark**’s religion major at St. Lawrence University began her life-long spiritual journey, which culminated recently in studying at Oneness University in India. She has been a pastor of the Pierrepont Free Association Church and a non-denominational Bible teacher; she is presently chaplain of female inmates at the county jail. **[S-15-33]**

Jane Austen and *Emma*

Cailey Underhill

3 sessions, 1½ hours each (*SUNY Potsdam*)

This course will explore one of Jane Austen’s most famous works: *Emma*. Beautifully written, this novel explores the trials, errors, and roads taken in pursuit of love as we follow the tale of Emma Woodhouse: a smart, snarky girl in need of a few life lessons. We will explore the details and subtleties of this work, as well as the larger themes and ideas that Austen presents. Come join us for wonderful reading, fantastic discussion, and an exploration of one of the most incredible novels of all time. **Cailey Underhill** is a reader-writer-bookseller-English teacher hybrid. She holds a Bachelor’s Degree in English and a Master’s Degree in English Education from Syracuse University. She has been studying Jane Austen for years, and teaching students of all age levels along the way. **NOTE:** If possible, bring a copy (any version) of Jane Austen’s *Emma* to class each day. **[S-15-34]**

Land Stewardship and Conservation Easements

Jessica (Jess) Rogers, Tom Langen, and John Casserly
2 sessions, 1 hour each (*SUNY Potsdam*)

A land trust is a not-for-profit organization that works cooperatively with private landowners to protect the conservation values of their land. The St. Lawrence Land Trust's mission is to work with landowners to conserve the ecological, recreational, historical, and cultural values of their property for the benefit of the landowner and the community. This panel of presenters are all members of the board of the St. Lawrence Land Trust. They will report on what they do as a land trust, particularly focusing on the work they do with landowners to help steward their land. In addition, they will discuss the concept of conservation easements, how they work, their tax benefits, and how land trusts often use them as a tool for conservation in cooperation with landowners. **Jess Rogers** is currently an adjunct assistant professor at St. Lawrence University and SUNY Potsdam, teaching classes in environmental studies and conservation biology. Her research interests look at land use change and conservation. **Tom Langen** is currently an associate professor, and chair of the Department of Biology at Clarkson University. His research and teaching focus on animal behavior, ecology, and conservation biology. **John Casserly** is a retired Canton Central School social studies teacher. He has been facilitating the discussion of current events for SOAR since 2005. John is the first winner of the Leon LeBeau SOARing Educator Award, given to someone who has had lasting impact on the lives of SOAR members. [S-15-35]

Lincoln's Funeral

Terry Niles

2 sessions, 1½ hours each (*SLCHA: Silas Wright House, Canton*)

After four very bloody years, the American Civil War finally ends on Palm Sunday April 9, 1865. Just as the nation begins to celebrate the end of the war and prepare for a long healing process, tragedy befalls it once again. President Abraham Lincoln is struck down by an assassin's bullet, just five days later. We will reflect on the three weeks that follow, when the nation mourned and gave tribute to this great man. The funeral train procession slowly traveled some 1700 miles westward, with the final destination being Springfield, Illinois, the place Lincoln called home. **Terry Niles** was a history and government major at SLU, and his main hobby nowadays is still studying history. Terry is a former member of the Board of Directors for the St. Lawrence County Historical Society. Currently he is an active member of the Civil War Round Table. Terry is the owner of Niles Asset Management, Inc. In fall 2012, Terry was awarded the "Leon LeBeau Outstanding SOARing Educator Award" in honor of his many great SOAR presentations. [S-15-36]

Line Dancing for Beginners**Margaret Mauch****8 sessions, 1½ hours each** (*SUNY Potsdam*)

It's not just country anymore! Line dancing classes will consist of learning beginner-patterned dance steps set to a variety of rhythms and dance styles. Line dancing is FUN and energizing. Exercise your brain and create muscle memory with movement, balance and style. **Margaret Mauch** has been teaching line dancing for over 10 years. She has offered a Progressive Dance class for campus and community at SLU for 5 years. **NOTE:** For easy pivoting while dancing, wear shoes/sneakers with “dance socks” – thin, stretchy socks that will fit tightly over the toes and balls of your shoes. Check the “Line Dancing...” course page on the SOAR website for more information. [S-15-37]

Living Off the Land in Newfoundland**John Omohundro****1 session, 1½ hours** (*SUNY Potsdam*)

Learn how families survive in the isolated province of Newfoundland with its poor soil and harsh weather. **John Omohundro** and his wife Susan have spent 25 years visiting residents in five communities on the North Peninsula of Newfoundland. Based on their experiences in Newfoundland, John wrote the book *Rough Food: The Seasons of Subsistence in Northern Newfoundland* (ISER Press, 1994). John has retired from teaching at SUNY Potsdam where he taught courses such as “Cultural Anthropology” and “Introduction to Environmental Studies.” [S-15-38]

Lost Railroads of the Adirondacks**Art Johnson****1 session, 1½ hours** (*SUNY Potsdam*)

This presentation is on the long-gone railways that opened up the Adirondacks to industry, sports, and tourism. **Art Johnson** has had a life-long interest in railroads, a topic he included while teaching Adirondack history in the wilderness workshop program at SUNY Potsdam in the early 1980's. In fall 2013, Art received the Leon LeBeau SOARing Educator Award in recognition of the many outstanding courses he has taught for SOAR. **Cap: 25** [S-15-39]

Mah Jongg**Brenda Francey and Kay Russell****4 sessions, 2 hours each** (*Partridge Knoll, Canton*)

This is an opportunity for people of differing skill levels to play Mah Jongg. Newcomers are welcome. Learn to play Mah Jongg or, if you are not new to the game, hone your skills. Both Brenda Francey and Kathleen Russell have over 40 years of experience in playing and teaching Mah Jongg. **NOTE:** Bring a Mah Jongg set, if you have one. **Cap: 16** [S-15-40]

Microsoft Word 2010 Basics**Bob Watkin****1 session, 2 hours** (*offered twice*)*(Potsdam Public Library, Public Computer Center)*

Using Microsoft Word, participants will learn the skills needed to construct a letter or other document. Components of the “Word” program will be discussed, including choosing font style, color and size, setting margins, page orientation, line and paragraph spacing and shortcuts to bold, italic and underlined type. The class will be taught using Windows 7/Office Suite 2010. **Bob Watkin** has extensive experience with PC computer programs. Bob has taught adults to use Microsoft word multiple times in the past. **NOTE:** Participants should be comfortable using a mouse and be familiar with the keyboard. **Cap: 5** (*each group*). **Group A [S-15-41]; Group B [S-15-42]**

Modern Cosmology: An Overview **Christian Armendariz-Picon****1 session, 1½ hours** (*SUNY Potsdam*)

In this session we will discuss our present understanding of the origin and evolution of the universe. We will study how the universe began, how it expanded, and how it is going to end, if at all. We will also see what it is made of, and how much of its content we actually do not understand. We will pay particular attention to the way cosmic structures such as galaxies and clusters of galaxies developed from small initial seeds of structure, and how we can explain the properties of these seeds. **Christian Armendariz-Picon** is an associate professor in the Department of Physics at Syracuse University. Currently he is spending a year on leave to stay with his family, which lives in Canton. His research area is theoretical cosmology, where he studies questions related to the origin and evolution of the universe. Christian’s interests have mostly revolved about the nature of the “dark” components that constitute most of the universe, and the properties of the initial seeds of structure that grew into the galaxies and clusters that populate the universe. **NOTE:** No particular previous background or knowledge is required. **[S-15-43]**

The Neurobiology of Pain**Ana Estevez****1 session, 1½ hours** (*SLU, Canton*)

In this interactive class, participants will learn the mechanisms by which our sensory systems detect painful stimuli and how the brain processes this information. We will discuss the different drug treatments available to treat chronic pain as well as new non-pharmaceutical pain management options. **Ana Estevez** is an associate professor of neuroscience at SLU. She is a cellular neuroscientist interested in studying the mechanisms by

which brain cells die as a result of a stroke or neurodegenerative disease. In her laboratory Ana uses neuronal cell cultures or the small nematode worm *C. elegans* as model systems to identify cellular signaling pathways that could be potential therapeutic targets for the treatment of stroke, addiction or pain. **Cap: 20 [S-15-44]**

Old Testament Alignment with God: Causes and Consequences

2 sessions, 1½ hours (*SUNY Potsdam*)

Alan Steinberg

Focusing on the early chapters of Genesis and then on The Book of Job can lead us to a deeper understanding of the moral complexities of the monotheism contained in the Old Testament. **Alan Steinberg** teaches both Classical Heritage and Biblical Heritage in the Department of English and Communication at SUNY Potsdam. **NOTE:** We will use the King James Version of the Bible in class. Participants should read Genesis: 1-21 and The Book of Job before the class meets. **Cap: 24 [S-15-45]**

Photograms: Cameraless Photography

Iggy Beerbower

1 session, 1½ hours (fee: \$5) (*SUNY Potsdam*)

A photogram is a photographic image made without the use of a camera. It is made by placing objects onto light sensitive paper, exposing it to light, and then developing it using chemicals. Some of the first photographs ever made were photograms. In the 20th century, the artist Man Ray took the process to a whole new level in terms of beauty and abstraction. This class is a hands-on workshop making photograms in a traditional film darkroom. Participants will be able to take their creations home with them. **Iggy Beerbower** earned an MFA degree from the Minneapolis College of Art and Design in 2002 and a BFA degree from the University of Hartford in 1993. Iggy is currently the Assistant Professor of Photography at SUNY Potsdam. She has also taught at other colleges and at the Vermont Center for Photography. Besides training with master photography printers, Iggy has experience working as a custom printer for fine artists and as a darkroom technician for a variety of photographic labs. Her photographs have been exhibited at numerous galleries across the nation. **NOTES:** 1) A **fee of \$5** for photo supplies (photo paper and chemicals) will be collected at the class; 2) The presenter will supply some objects to photograph; participants are encouraged to bring some objects too; 3) Wear old clothes (or an apron), comfortable, sturdy shoes, and bring long dishwashing-type gloves (if you have sensitive skin); 4) For more information, check your course confirmation page and/or the “Photograms: Cameraless Photography” course page on the SOAR website. **Cap: 18 [S-15-46]**

Plants of St. Lawrence County**Anne Johnson****2 sessions (1 classroom session, 1½ hours + 1 field trip, 2½ hours)**
(*SUNY Potsdam and Indian Creek Nature Center: Rensselaer Falls*)

St. Lawrence County is a large and botanically very diverse county. This short course will provide an overview of the plants and habitats found in our county. Anne Johnson worked for a number of years at Fort Drum as a Research Associate in the field of plant ecology. Currently she works sporadically as a field botanist performing wetland delineations and plant surveys. **NOTE:** Wear appropriate clothing for the woods, and bring bug repellent, if needed. **Cap: 40 [S-15-47]**

Ray Bradbury: Genius of the Short Story Form Frank Palumbo
3 sessions, 1½ hours each (*SUNY Potsdam*)

This class will focus on Ray Bradbury's life as a writer of American Literature's most engaging genre: the Short Story. Topics include: background anecdotes, early influences, and the literary vision from which Mr. Bradbury's short stories evolved. Selections presented in the sessions will offer an overview of the incredible range of styles Mr. Bradbury's writings encompassed – from his earliest pulp stories to the classic tales for which he was awarded a Pulitzer Prize in Art for his lifetime achievement. We will focus on approximately twenty of Mr. Bradbury's most striking short stories. **Frank Palumbo** has taught over two hundred works by Ray Bradbury as an English teacher in the Gouverneur School District, as a distance learning sci-fi instructor, and as a SOAR presenter. Frank, along with his family and students, maintained close communications with Ray Bradbury for over fifteen years. In 2009, the Palumbo family traveled cross-country to join in the celebration of Ray Bradbury's 89th birthday in Glendale, California. Frank has taught the SOAR class "Karate for All Ages: Fitness, Energy and Personal Safety." He is a Master Black Belt Instructor of American Kang Duk Won Karate. **NOTE:** Participants may bring their own collections of Ray Bradbury's works to class; Frank also has some collected copies for class use. The days' readings will be posted on the "Ray Bradbury..." course page on the SOAR website. **Cap: 18 [S-15-48]**

"Science fiction is any idea that occurs in the head and doesn't exist yet, but soon will, and will change everything for everybody, and nothing will ever be the same again. As soon as you have an idea that changes some small part of the world you are writing science fiction. It is always the art of the possible, never the impossible." *- Ray Bradbury*

Screenings, Consults and Tests, Oh My!

5 sessions, 1½ hours each **Deborah Chase-Lauther** (*Coordinator*)

(20 Cottage St. 3rd floor Conference Room, CPH campus)

These five presentations by Canton-Potsdam Hospital physicians will give you tools to understand health conditions that, now or later, may affect you or someone you know. **Deborah Chase-Lauther** is the Social Media and Community Events Coordinator for Canton Potsdam Hospital (CPH). She has put together a diverse range of health topics for us. The presentations will be in this order:

- Dr. Sebastian Mazzotta, MD, Gastroenterologist
“Old and New GI Issues; History, Myth, and Mystery”
- Dr. Frederic Seifer, MD, Pulmonologist
“What’s All the Buzz about Population Health?”
- Dr. Vel Matthews-Smith, MD, Oncologist
“Screenings and the Importance of Early Detection”
- Dr. Richard Wessel, MD, Cardiologist
“Getting to the Heart of the Matter for Seniors”
- Dr. Sheryl Movsas, MD, Physiatrist
“Gait, Balance and Fall Prevention”

NOTE: A light lunch will be provided at each session. **Cap: 25 [S-15-49]**

Sharing Card Games

Brenda Francey

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

When was the last time you sat down and played cards – just for the fun of it? Participants are invited to do just that in this course. Come share – and play – easy and fun family card games! **Brenda Francey** is a retired teacher. She has been teaching SOAR members how to play Mah Jongg for many years. She enjoys playing games, including card games. Brenda is looking forward to teaching, learning and playing some new, easy card games...and expects that SOAR members might enjoy that too! **NOTE:** Bring a deck of cards and your favorite card game to share with the class. **Cap: 12 [S-15-50]**

The Shock of the Great War

Elun Gabriel

1 session, 2 hours (*SLU, Canton*)

This class will explore the cultural shock Europeans experienced during the First World War. In August 1914, everyone expected a short, glorious war, in which men would demonstrate their heroism in battle and return home before Christmas as conquering heroes. Instead, the war lasted over four years, killed millions of men, and introduced horrors to the world – including trench warfare, artillery bombardment, and poison gas attacks. Through an examination of propaganda, poetry, paintings, and film, we will look at

how the world of the nineteenth century was obliterated by mechanized, anonymous mass slaughter. **Elun Gabriel** is a professor of modern European history at St. Lawrence University. He teaches courses on 19th and 20th century Europe, European women's history, World War I, the Holocaust, and genocide, among others. His scholarship concerns the political culture of imperial Germany (1871-1918). He is the author of the book *Assassins & Conspirators: Anarchism, Socialism, and Political Culture in Imperial Germany* (Northern Illinois University Press, 2014). **Cap: 45 [S-15-51]**

Socrates and the Examined Life **Jeffrey (Jeff) Maynes**

4 sessions, 1½ hours each (*SLU, Canton*)

The philosopher Socrates famously remarked that “the unexamined life is not worth living.” What is the examined life, why is it valuable, and how do we pursue it? In this course, we will consider several of the Socratic dialogues to reflect on the role of examination in his life, and the role it ought to play in ours. In particular, we will reflect on how examination of moral concepts and ideas contributes to living an ethical life. **Jeff Maynes** teaches Philosophy at St. Lawrence University. He is particularly interested in the philosophy of language and mind and has done research on the philosophical foundations of research in linguistics. He also is interested in human reasoning, and ways in which we can teach critical reasoning skills. **NOTE:** Reading selections are from the Platonic dialogues: Republic, Euthyphro, Socrates' Defense (or Apology), and Crito. Links to digital copies can be found on the “Socrates and the Examined Life” course page of the SOAR website. Participants can also bring their own hard copy, if they have one. **Cap: 43 [S-15-52]**

Songs and Sonnets **Robert (Bob) DeGraaff**

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

Together we will analyze a mix of sonnets and short lyric poems, from classic to modern. The presenter has gathered up a collection of some of his favorite sonnets and poems. Before his retirement, **Bob DeGraaff** was the Victorian literature specialist in the English Department at SLU for nearly 40 years. He has always been particularly interested in poetry. **NOTE:** Copies of the sonnets and poems will be distributed in class. **[S-15-53]**

Stress and Anxiety Reduction **Kathy Montan**

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

This course is a survey of a wide variety of self-help techniques including imagery, self-hypnosis, movement, focusing, and developing a philosophy of stress-free living. You will learn about the “negativity bias” and how

anxiety has had an evolutionary advantage. This course is both lecture and experiential. We all experience stress, and it's good to have the tools in place for when we need them. **Kathy Montan** is a Body-Centered Expressive Therapist and a Registered Somatic Movement Therapist. She is in private practice in the Canton area. She gave this same series of classes last July for the general public and realized how important it was to share this information. You can read more about her work at www.kathymontan.abmp.com. [S-15-54]

Symmetry and Crystals and the Uses of “Useless Math”

1 session, 1½ hours (*SUNY Potsdam*) **Lawrence (Larry) Brehm**

Arguably, one of the most significant achievements in human history is the discovery of the structure of DNA, deduced from the analysis of X-ray diffraction patterns. How was this done? Or, more precisely, for the purposes of this session, what kinds of knowledge enabled this discovery? The presenter will tell of some of the algebra, geometry, and physics underlying the effort, all of which preceded the discovery by many years, and some of which was at first thought to have utterly no practical use whatsoever. One of the relevant mathematical properties will be demonstrated in your construction of a clever little 3-D paper puzzle, and some of the physics with vivid optical demonstrations. **Larry Brehm** is an Associate Professor of Physics at SUNY Potsdam. He is particularly interested in “down-to-earth” physics: biophysics, optics, acoustics (versus cosmology and subatomic particle physics). **NOTE:** Bring a pair of scissors. [S-15-55]

Techniques of Fiction Peter Bailey

5 sessions, 1½ hours each (*SLU, Canton*)

Read short stories by Hemingway, Updike, Oates, and others, while crafting short stories of your own, which you will workshop in class. Join a group of first-year SLU students in learning and applying the techniques of fiction. **Peter Bailey** has taught “Techniques of Fiction” at SLU for thirty-five years. This is the first time he is adding a SOAR component in his classroom. Peter has published books on fiction writers Stanley Elkin and John Updike. In addition, Peter has authored the book *The Reluctant Film Art of Woody Allen* (The University Press of Kentucky, 2003), and more recently he is a co-editor of the book *A Companion Woody Allen Never Wanted* (Wiley/Blackwell, 2013). **NOTE:** 1) This is a participatory class; SOAR students are expected to read the assigned stories from published writers, SLU students’ stories,

and (on day 5) one story of their own creation; 2) Assignments will be posted on the “Techniques of Fiction” SOAR course page; 3) SOAR students can access the readings by going online to the SLU library. (The needed “course code” and “password” will be sent with your course confirmation). **Cap: 5 [S-15-56]**

Ten Courageous Women of the North Country **Linda Casserly**
1 session, 2 hours (*TBA, Canton*)

Ten local women, including an SLU student, will tell the stories of ten unknown women from the North Country who rose to prominence in their fields. These unknown women were all born in small towns throughout the local area and the Adirondacks. A few were involved in the suffrage movement or politics. One was a writer, another worked in the medical profession. And there was a minister, and teachers, and one who went on a music mission to local schools and colleges. Their stories are so interesting! You can only admire the achievements of these remarkable young women who made lasting contributions to our local communities throughout their lives. **Linda Casserly** became the Canton Historian in 1995, after she retired from 20 years of serving as the deputy clerk and tax collector. She now works with local seniors and students who are gathering material for a book about WWII featuring actual accounts from those remaining veterans who are willing to share stories of their lives and their war experiences. **NOTE:** Suggested suffrage movie to watch: “Iron Jawed Angels.” **[S-15-57]**

To Kill a Mockingbird **Maria Morrison**
4 sessions, 1½ hours each (*SUNY Potsdam*)

In this class we will read and discuss the powerful book *To Kill a Mockingbird* (published in 1961), required reading for today’s high school students. If you graduated before 1970, you may have missed this amazing work of literature. Maria Morrison worked for seven years as a NYS Certified ELA (English Language Arts) teacher, grades 5-12. She has had seven years experience teaching literature, and 45 years experience reading literature. Reading is by far her favorite time-consuming activity. She loves to redirect her life and discover herself in literature. **NOTE:** You can read and bring your own, or a library copy, to class, or you can read the novel online. A link to the novel, and also each day’s reading assignment, is posted on the “To Kill a Mockingbird” page of the SOAR website. **[S-15-58]**

Unearthing the Raquette's Ancient Past**Tim Messner****1 session, 1½ hours** (*Lehman Park, Potsdam*)

Come see Potsdam like never before. This course literally walks students outside, through the archaeological excavations carried out at the Lehman Park site near SUNY Potsdam. Participants will learn how archaeologists gain insight into ancient lifeways and changing environments by studying the artifacts people left behind and the soils that buried them. **Tim Messner** is an Assistant Professor of Archaeology in the Anthropology Department at SUNY Potsdam. His research examines the relationship between people and the environment in the past and present. His work is mainly focused in eastern North America, though the topics he pursues have far-reaching implications. Currently, he is exploring the relationship between ancient people living in the St. Lawrence River Valley and the Adirondack Mountains. **NOTE:** This class is held outside; come prepared for whatever the outside weather is that day. The walk to the site is about ¼ mile on uneven, sometimes rocky, terrain. It's advisable to wear boots. Bring work gloves. **Cap: 20 [S-15-59]**

US-Israeli Relations in the 21st Century **Ronnie Olesker-Norminton****1 session, 2 hours** (*SLU*)

Israel has been one of our closest allies. Marked by shared strategic interests, shared values, and strong domestic support, the relationship has sustained the many upheaval experiences in the Middle East over the course of the last 60 years. Participants will be asked to explore whether the underlying explanations for the strong US-Israeli relations still hold in the 21st century, in the age of the Arab Spring and ISIS, when the challenges we face in the Middle East are vastly different from those that existed when the relationship was first formed. **Ronnie Olesker-Norminton** is a scholar of the Middle East. Originally from Israel, she has been teaching at St. Lawrence University since 2008. Prior to her career in academia, Ronnie practiced law in Israel and served as an intelligence analyst in the Israeli Defense Forces. Her published work includes articles focused on US-Israeli relations and the politics of identity in the Israeli-Palestinian conflict. **NOTE:** A 14pp reading packet (in .pdf format) is posted on the "US-Israeli Relations in the 21st Century" course page on the SOAR website. Please read it prior to this presentation. **Cap: 45 [S-15-60]**

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

Voyage vicariously to exotic places with our world-traveling presenters via their slide shows. “Super SOARer” and honoree for her “Outstanding Contributions to SOAR,” **Ruth Kreuzer** is herself an avid world traveler and photographer. Four adventures await you (*in this order*):

“Around the Baltic Sea” – Mark and Cynthia Coleman

Islands, dunes and lagoons, Teutonic Knights’ castles, medieval Hanseatic cities, landed aristocrats’ palaces, peasant villages, classical and art-nouveau architecture and a Russian naval port. Both Mark and Cynthia are retired from SUNY Potsdam. Since 1970 they have travelled extensively in Eastern Europe and Soviet Successor states.

“Native American Lands of the Southwest” – Don and Nancy Potter.

Deserts, canyons, mesas, caves, cliff dwellings, pueblos, kivas, native architecture, art and science, and native people in CO, NM, AZ. Since their first trip in 2010 (with Road Scholar), Don and Nancy have returned four times on their own to study the southwest native cultures. This May, they are going again to the Southwest. Don is a retired lineman, electrician, salesman. Nancy is a retired accountant.

“Sketches of Spain” – Ruth Kreuzer and Rita Goldberg.

History, art, architecture, museums, cathedrals, music, cooking, bulls. Stays in Barcelona, San Sebastian, and Madrid, with side trips to Pamplona, Bilbao, Burgos, and Toledo. Rita organized an educational travel program to Spain for alumni and friends of SLU. Ruth, along with three others with ties to SLU (and SOAR), went along as a friend. Ruth and Rita are retired faculty members from SLU. Rita splits her time between Canton and Madrid, Spain.

“Walking the Gentle Paths of Switzerland” – Lynn and Nils Ekfelt.

Mountains, valleys, villages, and cities, flora and fauna, chocolate and cheese. Lynn and Nils traveled on their own by train from Zermatt to Zurich, and then joined a two-week Road Scholar program with day hikes out of the small towns of Appenzell and Engelberg. Lynn and Nils are both retired from their faculty jobs at SLU.

NOTES: 1) Come to any or all of the Vicarious Voyagers XVI presentations; 2) Allow extra time to find a parking spot and/or for walking; please do NOT park in the IGA parking lot – those spaces are for customers! **Cap: 80 [S-15-61]**

Writing Children's Literature**Joseph (Joe) Orobona****1 session, 1½ hours** (SLCHA: *Silas Wright House, Canton*)

Learn about the process needed, and the techniques used, in writing and publishing children's literature. Joe Orobona is a retired Assistant Superintendent for Curriculum and Instruction. Currently, he is writing and publishing children's literature. Most of the stories Joe writes revolve around animals. Joe utilizes his biology background in writing these tales. He has recently published the books: *Bear in the Basket (Adventures of Little Bear)(Volume 1)* (for children) and *The Salvor of the Stone: A Journey to Welkin (Volume 1)* (for young adults). [S-15-62]

* * *



Roy Schaberg “Cave to Concert Hall: The History of the Horn”



Brenda Francey
“Mah Jongg” and
“Sharing Card Games”



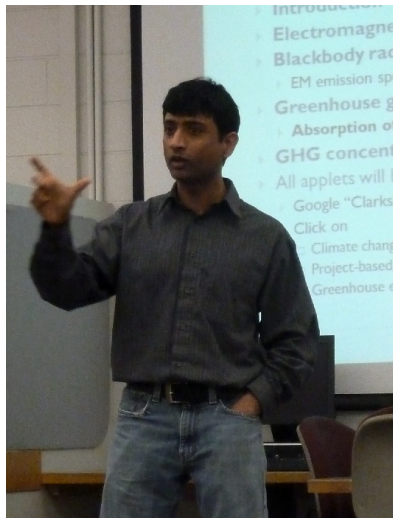
Jim Barry
“Hands-on Kitchen
Chemistry Experiments”

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

Van Hoyt and Diane Crump
“Ballroom Dancing for Beginners”



Suresh Dhaniyala
“Global Air Pollution”



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



Ronnie Olesker-Norminton
“US-Israeli Relations in the 21st Century”



Keith Ziemba
“Concert Music: What’s REALLY Going on?”

SOAR BULLETIN BOARD

SOAR HONOR ROLL

Super SOARer Award *(awarded in the spring)*

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

Outstanding Contribution to SOAR Award

(awarded now and then)

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

Leon LeBeau SOARING Educator Award

(awarded in the fall)

- 2009 – John Casserly
- 2010 – Pam March
- 2011 – Clive and Sandra Henery
- 2012 – Terry Niles
- 2013 – Art Johnson
- 2014 – Neil Garner

Welcome New Members and Returning Snow Birds!

We hope you'll enjoy your learning experience at SOAR this semester. There are so many topics to choose from. Explore something new!

REMINDERS

Daylight Saving

Time starts 2:00 am
Sunday, March 8

**Send in registration
form right away!**

Volunteer to be a
SOAR ambassador!

Classes start
Monday, March 9

Meet-the-Chef Lobster House

(pay by April 1)
Wednesday, Apr. 15
1:00pm *(see p.3)*

Classes end
Friday, May 15

SOAR Luncheon

Tuesday May 19
11:30-2:00 *(see p.3)*

FIND SOAR . . .

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Potsdam, New York 13676

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Office #382
*take the elevator to the third floor,
the SOAR office is in the left corridor*
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for up-to-date info on:

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