

SOAR



LIFELONG LEARNING IN THE NORTH COUNTRY

SPRING SEMESTER 2016
MARCH 14, 2016 - MAY 20, 2016

sponsored by:



THE STATE UNIVERSITY OF NEW YORK

Potsdam

and affiliated with:

ROAD SCHOLAR[®]

Institute Network

ABOUT SOAR

(Stimulating Opportunities After Retirement)

Greetings from the Chair

Retirees often have the ability to pursue quality leisure time activities. How we spend this time is dependent on our interests, the opportunities available, and our economic circumstances. Most of us cannot afford to travel around the world on a cruise ship or jet off to Paris for the weekend. But, most of us do spend some of our resources on local activities. SOAR at the cost of \$65 per year is a great economic value when we consider the cost of other meaningful experiences. A meal out at a moderately priced restaurant may be \$25 per person. A ticket at a movie theater is \$10. A local musical production may be \$20-30. A local theater production may be \$10-15 with professional productions ranging from \$30-50. A recently purchased ticket for a ballet at the National Arts Center in Ottawa was \$73 plus tax. Classes in dance or Tai Chi or art run \$10 per hour of class. Membership in a gym frequently starts at \$100-300 per year. Don't forget that SOAR members may use the pool and gym at SUNY Potsdam at no extra charge. When we think about the price tag we pay for what we enjoy, SOAR is a real bargain.

We are looking forward to seeing all of you again this spring. We hope that you will enjoy the various classes that are being offered. Do think about volunteering. It is fun and a good way to stay active and involved.

Linda Nixon, Chair, SOAR Board of Directors

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 2015 semester SOAR had 375 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 | Laurie Swinwood |
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COMMITTEES & CHAIRS

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|--|---|
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| Registration - Steve Hopkins & Byron Whitney | |
| Administration & Finance - Neil Johnson | |
| Trips and Performances - <i>tbd</i> | |
| Presenter Communications (<i>ad hoc committee</i>) - Sue Gibbs & Ruth Horst | |
| Meet-the-Chef (<i>ad hoc committee</i>) - Ann Groome & Darlene Leonard | |

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@potsteam.edu, or write to SOAR, 382 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

Ella's Restaurant (*formerly "The Cattleman's"*)

209 Main Street Morristown

(*Learn about this business from owner Jim Philips and chef Roy Rupp*)

Wednesday, April 20, 2016 at 1:00pm

COST: \$25 (*member/guest - tax/tip included*)

Reservation and payment are **DUE** by noon on Friday, 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

Wednesday, May 25, 11:30-2:00 (*servicing at noon*)

Reservations due on or before Friday, May 13

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

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TENTATIVE COURSE LOCATIONS

Courses Offered on the SUNY Potsdam Campus

Acupressure for Common Ailments * African-American Soldiers and the Civil War * Anaerobic Digestion of Food Waste on the Clarkson Campus * Archaeology Findings: Jamestown, VA and the North Country * Art Workshop * Beginning Tai-Chi and Qigong * Confederation: The Birth of Canada * Continuing Tai-Chi and Qigong * Crafting with Little Wild Things * Degradable Plastics * Demystifying Medicare: Tools for Navigating the Logistics of Aging * Edibles in the Landscape * Exciting Activities with Colorful Chemicals * From Red Blood Cells to a New Concept for Bio-Devices * History of Religious Campgrounds in 3-D * The House Cat: Origins, Natural History, Domestication * In the Navy * Lifelines: Writing Your Way In * Line Dancing for Beginners * Linguistics: The Science of Language * Lost World of the Night Boat * Nutrition for Seniors * The Peloponnesian War * Perceptions of Hydrofracking in 2016 * Periodic Table Study Using Hands-On Activities * Prion Diseases: Mad Cows to Cannibals * "Return to the Forbidden Planet" - A Musical Comedy: Read See, Review * Senior Fitness * Starlight * Stopping Global Warming with Advanced Porous Materials * Tai-Chi: The Short Form * Waste Management and Resource Efficiency

Courses Offered Off Campus

POTSDAM: Canton-Potsdam Hospital (CPH); Clarkson U. (CU); Mayfield Apts. (MA); Potsdam Civic Center (PCC); Lawrence Avenue Elementary School Library (LAESL); Potsdam Food Co-op & Carriage House Bakery (PFC): Basic Bridge (MA) * Bridge for Fun: Intermediate Level (MA) * Chinese Philosophies (PCC) * Common Core: Making it Work (LAESL) * Making a Strip Quilt (MA) * The Mighty Power of the Worm: The Silk Worm (PCC) * Potsdam Food Co-op and Carriage House Bakery (offered twice) (PFC) * SAIL: Stay Active and Independent for Life (CU) * Simple Strategies to use at Home to Make Life Easier (CU) * Vicarious Voyagers XVIII (PCC) * Your Health Portfolio 101 (CPH)

CANTON: Maplewood (MW); Partridge Knoll (PK); St. Lawrence U. (SLU);
SLCHA: Silas Wright House (SWH); Traditional Arts in Upstate New York (TAUNY)

Baseball Card Collecting (SWH) * Confocal Microscopy (offered twice) (SLU) * Contemporary Middle East: Things Falling Apart (SWH) * Current Events (PK) * Dinosaurs and Dinosaur Expeditions (SLU) * Flower Gardening in the North Country (SWH) * Folklore is in Our Nature (TAUNY) * Genealogy: The Flip Side (SWH) * Good Ol' Days in Northern New York (SWH) * Gunnison Chapel at SLU: The Story of Its Windows (SLU) * Kubrick Films (SLU) * Mah Jongg (PK) * Martial Arts for Personal Safety, Self-Defense, Inner Energy (MW-??) * More Favorite Poems (offered twice) (PK&SWH) * Sharing Card Games (PK) * Traditional Literature of Folklore (SWH) * Winning at the Race Track (SWH)

NOTE: Locations may change. Please check the "Scheduling Insert" or the SOAR website for the most current information about locations.

COURSES BY NUMBER OF SESSIONS

5 SESSIONS or MORE: Art Workshop * Basic Bridge * Beginning Tai-Chi and Qigong * Bridge for Fun: Intermediate Level * Continuing Tai-Chi and Qigong * Current Events * Demystifying Medicare: Tools for Navigating the Logistics of Aging * Lifelines: Writing Your Way In * Line Dancing for Beginners * SAIL: Stay Active and Independent for Life * Tai-Chi: The Short Form * Your Health Portfolio 101

4 SESSIONS: Acupressure for Common Ailments * The Good Ol' Days in Northern New York * Kubrick Films * Mah Jongg * More Favorite Poems (offered twice) * The Peloponnesian War * Sharing Card Games * Traditional Literature of Folklore * Vicarious Voyagers XVIII

3 SESSIONS: Genealogy: The Flip Side * The House Cat: Origins, Natural History, Domestication * Linguistics: The Science of Language * Making a Strip Quilt * Nutrition for Seniors * Perceptions of Hydrofracking in 2016 * Simple Strategies to Use to Make Life Easier * Traditional Literature of Folklore

2 SESSIONS: African-American Soldiers and the Civil War * Archaeology Findings: Jamestown VA and North Country * Baseball Card Collecting * Chinese Philosophies * Dinosaurs and Dinosaur Expeditions * Edibles in the Landscape * Flower Gardening in the North Country * Folklore is in Our Nature * In the Navy * Martial Arts for Personal Safety, Self Defense, Inner Energy * "Return to the Forbidden Planet" - A Musical Comedy: Read, See, Review * Senior Fitness

1 SESSION: Anaerobic Digestion of Food Waste on the Clarkson Campus * Common Core: Making it Work * Confederation: The Birth of Canada * Confocal Microscopy (offered twice) * Contemporary Middle East: Things Falling Apart * Crafting with Little Things * Degradable Plastics * Exciting Activities with Colorful Chemicals * From Red Blood Cells to a New Concept for Bio-Devices * Gunnison Chapel at SLU: The Story of its Windows * History of Religious Campgrounds in 3-D * Lost World of the Night Boat * Mighty Power of the Worm: The Silkworm * Periodic Table Study Using Hands-On Activities * Potsdam Food Co-op and Carriage House Bakery (offered twice) * Prion Diseases: Mad Cows to Cannibals * Starlight * Stopping Global Warming with Advanced Porous Materials * Waste Management and Resource Efficiency * Winning at the Race Track



PLEASE, PLEASE, PLEASE! If you are registered for a course and need to withdraw from it, 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 2016 COURSE DESCRIPTIONS

This spring, SOAR is pleased to offer 63 courses and presentations. For more information on class dates, times and locations, please refer to the course booklet mailing inserts, or the “Courses,” “Locations” 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.

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Acupressure for Common Ailments **Joe DiGiovanna** **4 sessions, 1½ hours each**

Participants will be taught how to use acupressure on themselves to treat a variety of health issues. Class interest will influence which issues are treated. **Joe DiGiovanna** currently holds the position of Distinguished Professor of Philosophy at SUNY Potsdam. He has been interested in holistic health for many years. Joe has taught Yoga at SUNY Potsdam for several decades. He is a Licensed Massage Therapist, and acupressure is one of his specialties. He has taught courses on acupressure for CLEAR (Center for Lifelong Education and Recreation). **NOTES:** 1) Wear comfortable soft clothing; 2) Suggested book: *Acupressure's Potent Points*, by Michael Gach. **Cap: 15 [S-16-1]**

African-American Soldiers and the Civil War **Liz Regosin** **2 sessions, 1½ hours each**

This course will examine how the Union came to employ African-American soldiers during the Civil War and what their experiences were like. **Liz Regosin** is a Professor of History at SLU. Her research interest has been African Americans in the age of emancipation. Much of her research has revolved around the examination of African-American Civil War pension records and thus, even though her attention has been on issues beyond the war itself, her work is grounded in an understanding of the place of African Americans in the context of the Civil War. **NOTE:** Suggested film: “Glory.” **[S-16-2]**

Anaerobic Digestion of Food Waste . . . **Stefan Grimberg** **1 session, 1½ hours** **on the Clarkson Campus**

Food waste represents a valuable resource for energy generation and fertilizer. On the Clarkson campus we are recovering valuable resources by diverting food waste from the landfill through anaerobic digestion.

This lecture will present our experiences and offer some background to the technology needed for this project. **Stefan Grimberg** has been a faculty member at Clarkson for the past 20 years. He is interested in studying biological processes to address environmental problems. Over the past 10 years he has worked on anaerobic digestion of agricultural and high strength wastes. **[S-16-3]**

Archaeology Findings: Jamestown, VA and . . . **Jim Carl** **the North Country**

2 sessions, 1½ hours each

Day 1: Archaeology Findings at Jamestown, Virginia. This site of America's first permanent English settlement, once conveying the atmosphere of a quiet rural park, was incredibly rejuvenated in 1994 by the discovery of the remains of the 1607 fort. It had not been washed away by the James River. Archaeologist William Kelso and his crews have revealed the layout of the fort and its early buildings. They have located graves, identified people in them and conserved tens of thousands of artifacts. These discoveries supplement the historical written record. The presenter will concentrate on the early years of the colony and show his own photographs, as well as those scanned from archaeological publications. **Day 2: A Photographic Trip from Newcomb to Tahawus: Archaeology of a 19th Century Iron Furnace.** Using photographs, the presenter “takes you on a field trip” offered to geology majors and students in SUNY Potsdam's Adirondack studies program. We travel from the Newcomb Visitor Center and Santanoni Great Camp north to the ruins of Adirondack Village. There, we examine the remains of two iron furnaces built by the McIntyre Iron Company. Industrial archaeologists have called the 1854 structures two of the best-preserved, charcoal-fueled iron furnaces in the eastern United States. The presenter will also discuss the complexity of iron making in this remote area. **Jim Carl** is a retired geologist and professor emeritus at SUNY Potsdam. He has long been interested in American history and writes, on occasion, for *The Quarterly of the St. Lawrence County Historical Association*. **[S-16-4]**

Art Workshop **Nellie Bright & Sally Kirby (Coordinators)** **8 sessions, 2 hours each**

Art Workshop is designed for aspiring SOAR artists to get together informally and improve their painting skills in water media. The group collectively critiques their art work, and all learn from each other. Beginners are welcome to join the class. Experienced members are willing to mentor beginners. **Nellie Bright** loves watercolors. She also loves the

class structure and the exchange of ideas among group members to keep her on-track and inspired. **Sally Kirby** is a long time weaver and an accomplished watercolorist. Both Sally and Nellie have been participants in Leon LeBeau's art workshop classes for many years. **NOTE:** A list of supplies will be sent upon registration confirmation. [S-16-5]

Baseball Card Collecting
2 sessions, 1½ hours each

Charles Nash

This course is a discussion of baseball card collecting as it relates to baseball players who have connections with the North Country. The presentation will also include some of the Negro League history. **Charles Nash** has collected baseball cards since 1984. His specific interest is in the period from 1947 through 1965. [S-16-6]

Basic Bridge
10 sessions, 2 hours each

Peter & Christine Schrauth

This course is an introduction to basic contract bridge. Participants will be comfortable playing bridge with friends after completion of the course. No prior card playing experience is required. Peter learned bridge at Cornell in the early 70's and has been playing semi-regularly over the past 30 years. Although **Peter and Christine Schrauth** attend a weekly local duplicate bridge club, the general playing approach there is for enjoyment, not competition. **NOTE:** "Elementary Bridge Five Card Major Student Text," a pamphlet by Shirley Silverman, is a required \$5 purchase from presenter at first class. This purchase includes a complimentary deck of bridge playing cards. **Cap: 16** [S-16-7]

Beginning Tai-Chi and Qigong
10 sessions 1 hour each

Pam March

This 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, and 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, and bring a water bottle. [S-16-8]

Bridge for Fun: . . . Don Burlingame & Ruth Carrington
Intermediate Level

8 sessions, 2 hours each

The title says it all. Come have some fun playing bridge and gaining some new skills. **Don Burlingame** is a longtime bridge player. He loves bridge and is happy to share his player's knowledge gained over the years. **Ruth Carrington** loves playing bridge. She is one of the coordinators of the spring SOAR class "Bridge for Fun: Intermediate Level." [S-16-9]

Chinese Philosophies
2 sessions, 1½ hours each

Ina Brockriede

This course looks at the origins of Chinese philosophies, their endurance, and their influence on Chinese domestic, national and international affairs throughout history to the present day. **Ina Brockriede** has a background of serious study of China. She maintains that interest and effort. [S-16-10]

Common Core: . . . Cassidy Mattimore & Amy Murphy
Making it Work

1 session, 1½ hours

During this session participants will receive a brief overview of the Common Core Learning Standards and find out ways in which approaches to learning can be changed to meet these new standards. The presenters will also show how some games can be played with children to reinforce some of the new approaches to learning math. Participants will have the opportunity to make a board game to take home to play with grandchildren (or nieces/nephews) that will reinforce math concepts in Pre-K – 4. **Cassidy Mattimore** (Director of the Potsdam Teacher Center) and **Amy Murphy** have been providing support to teachers and students as they transition to using the Common Core Learning Standards. As the Math Lab coordinator for the elementary school in Potsdam, Amy has created a number of games for students at each grade level that support concepts students need to practice. **Cap: 25** [S-16-11]

Confederation: The Birth of Canada
1 session, 1½ hours

Art Johnson

On July 1, 1867, four British colonies – Nova Scotia, New Brunswick, Quebec and Ontario, joined in a federation called Canada, a British dominion with a large degree of home rule. **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-16-12]

Confocal Microscopy**Jill Pflugheber****1 session, 2 hours** (*offered twice*)

Confocal microscopy allows us to visualize specific proteins and structures in cells and tissues which we have labeled with fluorescent probes. In this course, we will learn how the confocal microscope works, first in theory and then in practice. **Jill Pflugheber** is a 1986 graduate of SLU. She worked in various facets of biomedical research at Harvard, University of Kentucky, and University of Texas SW Medical Center before returning to SLU in 2004. Hired here as Microscopy Specialist, she teaches the course “Confocal and Scanning Electron Microscopy,” as well as team-teaching “Research Methods in Cell Biology. **Cap: 8** (per group) [S-16-13][S-16-14]

Contemporary Middle East: . . .**Howard Eissenstat****1 session, 2 hours** **Things Falling Apart**

In 2011, it seemed that there was to be a democratic wave in the Middle East, with popular movements spreading across the region. Instead, we have witnessed the most violent period in the region’s history since the end of World War I. In this class, the presenter will attempt to explain why. **Howard Eissenstat** is an associate professor of Middle East History at St. Lawrence University. He has written on an array of topics relating to the recent history of the Middle East. [S-16-15]

Continuing Tai-Chi and Qigong**Pam March****20 sessions, 1 hour each** (*twice a week*)

This course is intended for students who already have some familiarity with Tai-Chi and Qigong. The course includes Qigong forms, 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. 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)** Continuing students may NOT register for “Beginning Tai-Chi and Qigong,” and beginning students may NOT register for “Continuing Tai-Chi and Qigong” unless the instructor allows it; **2)** wear loose fitting clothing and soft shoes or socks. [S-16-16]

Crafting with Little Wild Things**Jean Oathout****1 session, 1½ hours**assisted by **MaryAnn Martin**

In this class, you will be instructed on how to make cards, bookmarks and framed arrangements of pressed flowers and fall leaves. The presenter

will use a real-time projected image to show each step you need to take to create your own work of art. You will be surprised at your ability to make your own creations to take home. **Jean Oathout** has been crafting with flowers and fall leaves for over 30 years. She has done many workshops on this craft. Jean has published a step-by-step craft book explaining the process of creating cards and art pieces using items found in nature. Jean will be assisted by MaryAnn Martin, one of her crafting friends. **NOTES: 1)** There is a \$10 fee for supplies; **2)** Bring tweezers, a 3X5 frame you’d like to use with your arrangement, scissors, and a willingness to learn how to make and preserve these beautiful creations; **3)** Card material, envelopes and Con-Tact paper to cover your card when through, as well as starter packs of flowers or leaves, will be provided. [S-16-17]

Current Events**John Casserly****10 sessions, 1½ hours each**

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-16-18]

Degradable Plastics**Devon Shipp****1 session, 1 hour**

Degradable plastics have been promised as a panacea for many things. One day we may have biomedical devices such as bone cements and ‘dissolving’ sutures from all that plastic trash that blows around in landfills and supermarket parking lots. How close have degradable plastics come to living up to their promise? What does the future hold for plastics? This talk will look at where using degradable plastics has worked, where it hasn’t, and what challenges remain before we see widespread use of degradable plastics. **Devon Shipp** is a chemistry professor at Clarkson University where he is also chair of the Department of Chemistry & Biomolecular Science. Although he was born and raised in Australia, he now calls Potsdam home (although he and his family recently spent nearly 7 months in Slovenia where he was a Fulbright Scholar). His research specialization centers on the synthesis of polymers (plastics), particularly those that can undergo biodegradation. Devon has several dozen peer-reviewed research publications, many invited talks and conference presentations, and a well-funded research program at Clarkson. [S-16-19]

Demystifying Medicare: Tools for . . . Randy André
Navigating the Logistics of Aging

10 sessions, 1½ hours each

Why is Medicare so confusing? What are the core benefits available for older Americans? What are “advance directives”? Can I get additional property tax relief? Who needs a caregiving plan? This course will help to elucidate some of the more puzzling aspects of Medicare, Medicaid and the health and prescription drug options for aging adults. Participants will receive information about Social Security income, non-taxable vs. taxable income, retirement accounts and how to recognize and avoid common scams and identity theft. We will discuss the benefits of preparing a caregiving plan, and find out how to ensure that important health care decisions are implemented by those you trust. **Randy André** is the Senior Program Coordinator for the St. Lawrence County Office for the Aging. He is responsible for planning, implementing, and monitoring all aspects of programs and services in the department. Randy was previously employed as Assistant Director of Community Programs with ACR Health, in Syracuse. **NOTE:** Bring a pen or pencil and paper (for note-taking), and a folder for handouts. [S-16-20]

Dinosaurs and Dinosaur Expeditions Mark Erickson
2 sessions, 1 ½ hours each

Using photos from several expeditions and from museums he has visited, the presenter will discuss the effort and techniques that go into the discovery and preparation of each dinosaur specimen, as well as those of a few other fossil vertebrates. After he gives some background information during each session, the presenter will invite questions from the participants. He will also talk about a few of the recent developments in dinosaur science that are breaking news these days. The ecosystems of the Hell Creek Formation (found in parts of Montana, North and South Dakota, and Wyoming) in which dinos lived will also be up for discussion. About half-way through **Mark Erickson’s** career teaching paleontology at SLU, he developed a summer school course in conjunction with the North Dakota Geological Survey. This allowed him, along with his students, to visit multiple digs for dinosaurs and many other vertebrate fossils of animals that lived just before the great dinosaur extinction. **NOTE:** If possible, rent or borrow “Jurassic Park” and view it within a few days of the first class meeting. [S-16-21]

Edibles in the Landscape Paul Hetzler
2 sessions, 2 hours each

Learn about wild edibles as well as ornamental plantings that yield food crops. A longtime naturalist, **Paul Hetzler** serves as the Horticulture and Natural Resources Educator at Cornell Cooperative Extension of St. Lawrence County. **NOTE:** Bring paper, pen and curiosity. [S-16-22]

Exciting Activities with Colorful Chemicals Dana Barry
1 session, 1½ hours

Receive a booklet about color and learn the science of color as it relates to flowers, rainbows, food, fireworks, etc. Create and separate colors using a simple diffraction spectrometer and paper chromatography. Paint a picture using fruits and vegetables, and eat a colorful treat. **Dana Barry** is a Research Professor at Clarkson University and has graduate degrees in chemistry and science education and a Ph.D. in Engineering. She has carried out numerous hands-on workshops in the US and overseas for over a thousand participants. She is the author of over 200 professional publications including books, and had her own television series (which aired in Northern NY) titled “Sensational Science.” [S16-23]

Flower Gardening in the North Country Anne Csete
2 sessions, 1½ hours each

In the first session the presenter will show slides of her one-acre garden, emphasizing her specialties (daylilies and narcissus). She will talk about the lessons she has learned from her mistakes, and also about how the garden has evolved. In the second session she will focus on “your dream garden.” First she will describe the wide variety of garden designs: from herb wheels to container gardens, and from zen gardens to moon gardens. Then, she will lead a discussion to help you discover your own dream garden and how it might be created. **Anne Csete** teaches Asian history at SLU. In her spare time she plays music, takes care of her horses, and tends to her garden. She has gardened at her present location in Russell for 15 years. **NOTE:** Visit Anne’s website and enjoy her garden blog and many beautiful photos of flowers: <https://cassidyhillgarden.wordpress.com> **Cap: 30.** [S-16-24]

Folklore is in Our Nature Varick Chittenden
2 sessions, 1½ hours each

From the beginning, people of New York’s Adirondack North Country have lived close to the land. In the 14 counties north and west of Albany, the landscape of mountains, lakes and rivers has been home to groups from diverse ethnic, occupational, religious and social class backgrounds.

Despite these differences, the region's identity may come from a common regional folk culture. This class will explore expressions of North Country identity featuring brief case studies of oral, musical, social and material traditions. **Varick Chittenden** is Professor Emeritus of Humanities at SUNY Canton, where he taught English, folklore and American rural studies. He was the founding director of Traditional Arts in Upstate New York [TAUNY], serving there until 2008. His continuing research and writing interests include folk art, vernacular architecture, foodways and regional oral traditions. **Cap: 50 [S-16-25]**

**From Red Blood Cells to a New Concept . . . Parisa Mirbod
for Bio-Devices**
1 session, 1½ hours

Red blood cells zip through micron-wide capillaries almost friction-free, surviving hundreds of thousands of passages during their nearly 120-days lifespan. In this presentation, it will be shown that if we find a porous material with the same properties, we can apply this method in engineering applications and possibly make a breakthrough in designing micro, bio-devices, drug delivery systems, etc. Surprisingly, goose down has the same properties as our fiber-coated capillaries. **Parisa Mirbod** is an expert in theoretical modeling, numerical analysis, and experimental fluid mechanics and flow-through porous media. She has a wealth of publications and a patent in the bio-fluid dynamics field. She also serves as organizer, peer reviewer, and committee member in different, but related, conferences such as APS, ASME, BMES, and AIAA. **NOTE:** Suggested website: <http://afsweb.clarkson.edu/~pmirbod/index.html>. **[S-16-26]**

Genealogy: The Flip Side David Kendall
3 sessions, 1½ hours each

Most of us have regretted our failures to engage past generations and deceased family members about significant aspects of their lives, but we now have the technology to do for our descendants what our ancestors could not do for us. We can anticipate many of their questions and desires for knowledge about our lives. Autobiographies are unnecessary, time-consuming and cumbersome, but brief descriptions of our thoughts, opinions, experiences, and feelings about life could be most helpful to the yet unborn. This course encourages each of us to view his/her life as an important link to be preserved in the chain of human progress, and is much more than a "what-to" and "how-to" explanation. In addition we will be emphasizing the deeper issues of significance, purpose and relevance. **David Kendall** has degrees from Cornell, SLU and the University of Pittsburgh. He held the rank of Professor at the Graduate

School of Counselor Education, at SUNY Brockport. More recently, he has had a part-time private practice as a relationship counselor. David is the author of: *When Descendants Become Ancestors: The Flip Side of Genealogy* (Balboa Press: 2014). He is also a strong supporter of psychologist/philosopher Carl Rogers' belief that "We are all wiser than our minds." He is also a huge fan of recently deceased author and motivational speaker, Wayne Dyer. **NOTES: 1)** Copies of David's book will be available from the presenter/author at the first class. It is also available from the publisher (and other usual sources) in soft or hard copies; **2)** Suggested website: www.stories4descendants.com (includes blog...scroll down!). **[S-16-27]**

**The Good Ol' Days in . . . Pat Dominie & Fran Van Horne
Northern New York**

4 sessions, 1½ hours each

Look back at life in the rural hamlets, along the back roads and lesser known settlements, into the early days in Northern New York. Much has been written about early life, important people, and events in places like Canton, Potsdam, Ogdensburg and other larger towns in the area. Just as important to Northern New York was life in places like Pierrepont, Conifer, Wanakena, and Rossie. Cedar oil stills, lime kilns and iron foundries have disappeared from the landscape. Settlements established as mill towns and mining towns no longer exist in some cases, but all of these were part of the early days and helped shape the North Country. Panels of residents from several different areas will present highlights and stories of some of those early days in lesser-known areas of Northern New York. **Pat Dominie** is retired from St. Lawrence County Social Services Food Stamp Department. Pat is an amateur genealogist and the 5th generation of her family to live in St. Lawrence County. She is very interested in preserving the history of the Big County. Pat serves as a volunteer and trustee on the Board of the St. Lawrence County Historical Association. She has taught SOAR courses on basic genealogy and arranged presentations on local history. **Fran Van Horne** is a retired nursing instructor and health educator. She is particularly interested in public health, especially in the area of communicable diseases. Fran prefers reading biography to reading fiction. She is a history buff who especially enjoys learning about how famous women lived and behaved. Fran herself has taught numerous SOAR courses on Queen Victoria and on the Vanderbilts, and she did a series of courses on the First Ladies. She has also done presentations on the American Quilt Project, Claxton- Hepburn Hospital, and the 1918 Flu Epidemic. Fran is a herself is a dedicated quilter. Fran and her husband Otis were named "Super SOARers" in spring 2009. **Cap: 40. [S-16-28]**

Gunnison Chapel at SLU: The Story . . . of Its Windows **Lynn Ekfelt**
1 session, 1½ hours

This class will consist of a brief history of the chapel, focusing on the windows and the stories they tell. **Lynn Ekfelt** spent 28 years as a librarian at SLU, most of them as university archivist and special collections librarian, a position which gave her many opportunities to share the stories of SLU history to various groups from Elderhostelers to returning alumni. **Cap: 20. [S-16-29]**

History of Religious Campgrounds in 3-D **Tom French**
1 session, 1½ hours

This is an interactive presentation of 19th Century 3-D photographs of several religious campgrounds along the St. Lawrence River as well as those at Chautauqua and Wesleyan Grove on Martha's Vineyard. The presentation will include a brief history of stereography and the viewing of many 3-D images from the 1900s. A number of stereoview reproductions and viewers will be available so the participants will have an opportunity to view some images in 3-D. **Tom French** is the author of the award winning book, *River Views: A History of the 1000 Islands in 3-D*. His collection of area Victorian era stereoviews exceeds 1500. His writings have appeared in *Adirondack Life*, the *Watertown Daily Times*, at "Thousand Island Life.com" (i.e.: www.thousandislandlife.com), and on North Country Public Radio. Tom teaches English in Massena, NY. **[S-16-30]**

The House Cat: Origins, Natural History, . . . Domestication **Roy Horst**
3 sessions, 1½ hours each

In these sessions we will discuss how cats first became domesticated, how various breeds have been developed, and how cats have adapted to living as pets. **Roy Horst** spent 25 years of his career teaching physiology and the ecology of mammals at SUNY Potsdam. He has presented many SOAR courses over the years, educating us about bats, birds, beetles, mammals, and other creatures. **[S-16-31]**

In the Navy **Eric Thacher**
2 sessions, 1½ hours each

In these two sessions, the presenter will cover Navy training and his own experiences, including his service on two surface ships and a nuclear submarine, and his two trips to the Mediterranean Sea. The presentations will be both technical and personal. The technical information will include the basics of nuclear power, for example. The personal information will include some romance, but also some tough experiences to show

what active duty in the Navy can be like, even when not in battle. **Eric Thacher** graduated from the Naval Academy in 1958 and served until 1968. After obtaining an MS in Nuclear Engineering from M.I.T., he worked as a nuclear power engineer for two spacecraft companies. He earned his Ph.D. in 1980 from New Mexico State University, focusing on solar energy. He was hired by Clarkson University in 1980 and taught and did research there until his retirement in 2005. **[S-16-32]**

Kubrick Films **Peter Bailey**
4 sessions, 1½ hours each

An undergraduate spring class at SLU will be watching and discussing all of Stanley Kubrick's 14 major films. SOAR members are invited to participate by joining this class for 4 sessions, watching and discussing 4 of Kubrick's films: *2001: A Space Odyssey*, *A Clockwork Orange*, *The Shining*, and *Full Metal Jacket*. **Peter Bailey** is the author of *The Reluctant Film Art of Woody Allen* (second edition forthcoming this spring) and co-editor of *Companion to Woody Allen* with Sam B. Girgus. He also is the editor of *Critical Insights, Film: Stanley Kubrick* (forthcoming from Salem Press). **NOTE:** SOAR registrants will be required to watch all four films. They will have the same access to showings as the SLU students have. **Cap: 6 [S-16-33]**

Lifelines: Writing Your Way In **Vicki Levitt**
5 sessions, 1½ hours each

Participants will explore and write about their life experiences, using poetry and other materials as prompts for writing. Victoria Levitt teaches writing at SUNY Potsdam. She is a certified applied poetry facilitator with credentials through the National Federation of Biblio-poetry Therapy, and is a certified instructor for Journal to the Self with credentials through the Center for Journal Therapy. **NOTES: 1)** Bring notebooks or journals or laptops for writing in class; **2)** Also, there will be a special session on Sunday May 1 with writer and former Poet Laureate of Kansas, Caryn Mirriam-Goldberg, who will be visiting as part of the Logheed-Kofoed Festival of the Arts. This session is optional, but highly recommended. Location and time TBA. **Cap: 12 [S-16-34]**

Line Dancing for Beginners **Margaret Mauch**
6 sessions, 1½ hour each

It's not just country anymore! Line dancing classes 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 the campus and community at SLU for 5 years. **NOTE:** For easy pivoting while dancing, wear shoes or 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-16-35]

Linguistics: The Science of Language **Breyne Moscovitz**
3 sessions, 1½ hour each

In this class, we will consider various areas of linguistics, including syntax, semantics, sound systems, histories and relationships of languages, and language development. **Breyne Moscovitz’s** Ph.D. in Linguistics is from Berkeley, where she specialized in child language acquisition, and phonetics and phonology. She taught Linguistics at UCLA. She now teaches at SLU. **Cap: 20.** [S-16-36]

Lost World of the Night Boat **Art Johnson**
1 session, 1½ hours

There was a time, before interstate highways and jet airplanes, when one could board an evening steamer in Albany and wake up the next day at a pier in New York City. Likewise one could go from Boston to New York, Boston to Portland, ME, Ogdensburg to Montreal, etc. This class session will examine a few of the lines, and explore the joys of a slower mode of travel. **Art Johnson** taught “Maritime History” at SUNY Potsdam. He researched and wrote his doctoral thesis on steamer lines to the Maritime Provinces. Art received the “Leon LeBeau SOARing Educator Award” in recognition of the many outstanding courses he has taught for SOAR. [S-16-37]

Mah Jongg **Brenda Francey & Kathleen (Kay) Russell**
4 sessions, 2 hours each

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 **Kay Russell** have over 40 years of experience in playing and teaching Mah Jongg. **NOTES: 1)** Bring a Mah Jongg set, if you have one; **2)** Suggested website: www.nationalmahjonggleague.org **Cap: 16** [S-16-38]

Making a Strip Quilt **Chloe Ann O’Neil**
3 sessions, 1½ hours each

Students will make a “throw size” quilt from the 2½ inch strips of fabric now available in quilt shops. This is a great project for the beginning

quilter and fun for all quilters. **Chloe Ann O’Neil** has been quilting and teaching quilting for a number of years. **NOTES:** Please bring: a sewing machine (*in good working order*), scissors, thread, straight pins, rotary cutter, package of 2½ inch strips (*usually there are 42 strips per package*). **Cap: 12** [S-16-39]

Martial Arts for Personal Safety, . . . **Frank Palumbo**
Self-Defense, Inner Energy
2 sessions, 1½ hours each

Through the disciplines of the martial arts, participants will gain skills in recognizing and avoiding possibly risky situations. SOAR members will also gain knowledge of techniques that are both practical and effective in escaping, redirecting, and countering an aggressor’s actions. The martial arts improve confidence, character, focus, and inner peace. Topics to be presented include: balance, ki (chi) energy, strikes, blocks, kicks, self-defense, and meditation techniques. Frank Palumbo has studied and taught the martial arts for over forty years. As a teacher and coach of athletic programs throughout the North Country, Frank has worked with youth in K-12, with college students and staff, and with many adult organizations. He has authored publications related to personal fitness and the histories and philosophies of the martial arts. Frank is a Master Instructor of American Kang Duk Won Karate. **NOTES: 1)** Those who may have trained in other styles of martial art are welcome to attend; **2)** Lessons are totally non-contact and highly respectful in their manner of instruction; **3)** No previous experience is required; **4)** presenter will supply all materials and class items; **5)** Suggested website: www.americankangdukwon.org **Cap: 20** [S-16-40]

The Mighty Power of . . . **Ina Brockriede & Mary Holland**
the Worm: The Silkworm
1 session, 1½ hours

Come to this presentation to learn the history of silk. Learn also how a worm influenced inventions and world history. This presentation includes information on the modern silk industry. **Ina Brockriede** will present the historical side. Ina has done much research on this subject. **Mary Holland** will present the artist’s side. Mary is a fiber artist and designer specializing in hand dyed silk. She teaches classes and gives private lessons. She has been sewing most of her life. [S-16-41]

More Favorite Poems **Bob DeGraaff**
4 sessions, 1½ hours each (*offered twice*)

In these four sessions we will read and analyze a number of short lyric poems, mostly modern ones. **Bob DeGraaff** spent 40 years teaching in

the Department of English at SLU. **NOTE:** Copies of the poems will be provided. **Cap: 15** (*per group*) [S-16-42] [S-16-43]

Nutrition for Seniors **Emily Gudewicz, Charlotte Hoppe,
& Megan Snow**
3 sessions, 1½ hours each

We will be discussing three main topics during these sessions:

1) Back to Basics on Nutrition: With each session you will learn how to improve your health and nutrition. You will be given easy-to-make healthy recipes and easy exercises to try at home.

2) Special Dietary Needs: With our changing food culture we need to be aware of the different medical, moral, and personal food needs. We will look at four different diets that require special foods and nutrients that differ from the norm: the DASH diet and those of vegans, vegetarians, and people suffering from celiac disease.

3) Vitamins and Minerals of Concern (*why they are important, their connection to disease; where to find them*): Learn which vitamins and minerals are essential to optimal health, especially for the senior population.

Your presenters are all Community Health Majors at SUNY Potsdam and have either a Nutrition minor or Fitness minor or both. They are all members of Eta Sigma Gamma, the Community Health Honor Society. [S-16-44]

The Peloponnesian War **Sarah Melville**
4 sessions, 1½ hours each

In one of the longest and most destructive conflicts of ancient times, the Peloponnesian War (ca. 431-404 BCE), the Athenian Empire fought against Sparta and allied members of the Peloponnesian League. Using Thucydides' history of the war as our main source, we will discuss key events – the plague of Athens, Pericles' funeral oration, the Melian Dialogue and the ill-fated Sicilian Expedition – within the cultural context of the time. **Sarah Melville** is an Associate Professor of History at Clarkson, where she teaches courses in Ancient History and War Studies, including a class on warfare in ancient Greece. **NOTE:** The presenter will provide some reading material. [S-16-45]

Perceptions of Hydrofracking in 2016 **Jessica Rogers**
3 sessions, 1½ hours each

While New York State currently has a moratorium on hydrofracking, as a country we are feeling the effects of this practice to extract energy. We will watch a 2008 documentary, "Gasland," to begin a discussion about the process. There will be short mini-lectures on the current state of the law in our area and, more generally, nationally. Attendees are urged to

come with questions about the process and the problems. There are a lot of confusing and contradictory comments coming out about this issue, and this course is not designed to answer them, but to provide you with more information to help you puzzle out the issue yourself. **Jessica Rogers** is a full-time professor at SUNY Canton, teaching biology. Her research interests include deforestation in Central Africa, and the history of ecology and environmentalism. Jessica likes to stay current on environmental issues and to discuss what we need to know to be better-informed citizen scientists. [S-16-46]

Periodic Table Study Using Hands-On Activities **Jim Barry**
1 session, 2 hours

"Periodic Tables of the Elements" adorn science room walls. Why do they have various weird shapes? Why are there 10 to 20 more elements on them than when you were in school? Why is the periodic table an important tool for scientists? Using hands-on activities, you will explore these questions and more. **Jim Barry** is a retired chemistry teacher. He currently serves on the SOAR Board of Directors, and is Co-chair of the Curriculum Committee. He also is a frequent SOAR presenter. In Spring 2006 he was named a SuperSOARer. [S-16-47]

Potsdam Food Co-op and Carriage House Bakery **Eric Jesner**
1 session, 1½ hours (*offered twice*)

Learn about the cooperative business model and how it benefits the community. See all the wonderful products offered and get to try some. Learn how you can benefit by joining. **Eric Jesner** has been in the natural foods industry since 2000, having worked at Whole Foods Market, The Berkshire Co-op Market (Great Barrington, MA), and as a broker traveling across the Northeast. He served on the start-up board of the Hub City Co-op in Spartanburg, which will be the first food cooperative in the state of South Carolina. Eric is very passionate about the cooperative business model and the benefits that co-ops bring communities. **NOTE:** Suggested website: www.potsdamcoop.com. **Cap: 15** (*per group*) [S-16-48][S-16-49]

Prion Diseases: Mad Cows to Cannibals **Gordon Plague**
1 session, 1½ hours

Bacteria live nearly everywhere on our planet, including on and in healthy humans. In fact, the bacterial cells on and in us outnumber our own cells 10 to 1. We will discuss this human microbiome and its importance and

impacts on human health. **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-16-50]

**“Return to the Forbidden Planet” . . . Kimberley Bouchard
a Musical Comedy: Read, See, Review**

2 classroom sessions, 1½ hours each + performance

The Department of Theatre and Dance, along with the Crane School of Music, is presenting the popular 1989 British musical comedy “Return to the Forbidden Planet” by Bob Carlton. Directed by NEH Scholar, Dr. John Bennett from Liverpool Hope University, the play is a melding of Shakespeare’s “The Tempest” with the 1956 cult classic movie “Forbidden Planet.” Before the first session, participants will read the script (*available for purchase or on reserve at Crumb Library*). At the first session we will read and discuss the play, its background sources and its unique musical qualities. Then we will see the play in production (May 5-8). At the second class session we will meet with the director and some of the performers and discuss the play. **Kimberley Bouchard**, Associate Professor of Theatre at SUNY Potsdam, has directed and performed in more than 75 theatre productions over 35 years working as an actor, director and producer in the USA, Canada, Mexico, Spain and Great Britain. **NOTES: 1)** Read “Return to the Forbidden Planet” ahead of time and come to the first classroom session ready to discuss the play. Two copies of the script are “on reserve” at the Crumb Library, SUNY Potsdam; or purchase a script (check the “Return to the Forbidden Planet” course page on the SOAR website for purchase info; **2)** Purchase a ticket (*\$8/senior rate*) and attend the play before the last class session; **3)** In the second class session, come prepared to share you review of the play with other SOAR participants and also with the director and some of the performers. [S-16-51]

**SAIL: Stay Active and Independent for Life Chris Towler
6 sessions, 1½ hours each**

Research has shown that exercise programs that include strength, aerobic, and balance components are effective in preventing falls. The “Stay Active and Independent for Life” (SAIL) program is an evidence-based intervention for prevention of falls. The SAIL program includes educational materials and self-assessments as well as a fitness class designed specifically for older adults. **Dr. Chris Towler** is a licensed Physical Therapist and board certified Geriatric Specialist. In addition to teaching in the Clarkson PT program, he sees patients in the Canton-

Potsdam area, primarily in the home-care setting. Clarkson University Doctor of Physical Therapy students will be working with Chris to present this class. **NOTE:** Come dressed for light exercise and wear sneakers. **Cap: 20 [S-16-52]**

**Senior Fitness Tanya Hewitt
2 sessions, 1 hour each**

This fitness class is an informative workshop with exercise recommendations specifically for seniors. It includes an orientation to the SUNY Potsdam Fitness Center. **Tanya Hewitt** has been the Fitness Center Director for SUNY Potsdam since December 2006. She is certified through the American College of Sports Medicine and has experience working with seniors. **NOTE:** Wear comfortable clothes, athletic shoes, and bring a water bottle. **Cap: 20 [S-16-53]**

**Sharing Card Games Brenda Francey
4 sessions, 2 hours each**

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 Mah Jongg AND 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-16-54]**

**Simple Strategies to Use at Home to Make Life Easier Lisa Tebo
3 sessions, 1½ hours each**

“There’s No Place Like home!” Faculty and students from Clarkson University’s Occupational Therapy (OT) Program will discuss simple ways that you can prevent injury, conserve energy, simplify everyday tasks, promote health and wellness, and maximize participation and enjoyment in the activities that mean the most to you at home and in your community. You will have an opportunity for hands-on exploration of simple gadgets, strategies and activities in the Clarkson OT Department’s new Simulation Lab, which provides a home-like environment for learning activities. **Lisa Tebo** is a licensed occupational therapist who has been practicing for more than 25 years, serving individuals of all

ages through therapeutic activities, environmental modifications, use of technology and adaptive equipment, and education programs. Clarkson OT graduate students will assist Lisa. These students are actively learning the most current OT practices to help adults make the most of their golden years. **Cap: 30 [S-16-55]**

Starlight

Joshua Thomas

1 session, 1½ hours

How do we know what we know about the universe? It turns out that light tells us almost everything we know about the universe – from what stars are made of, to why the sky is blue! **Joshua Thomas** is an astrophysicist currently teaching physics and astronomy at Clarkson University. He studies binary stars, in particular the binary at the center of the Red Rectangle nebula. He is the director of Clarkson’s observatory and, along with doing his own research, he is training undergraduates to do their own astrophysical research. **NOTE:** Suggested website: <http://apod.nasa.gov/apod/astropix.html>. [S-16-56]

Stopping Global Warming with . . .

Mario Wriedt

1 session, 1½ hours **Advanced Porous Materials**

Our society faces significant signs of global warming since the modern world has begun to burn fossil fuels excessively, thus releasing billions of tons of CO₂ to our atmosphere. Replacing fossil fuels with “green” energy sources, such as hydrogen-fuel cells, may be the ultimate solution for all our energy problems. Imagine that our automobiles would emit only pure water instead of harmful greenhouse gases! Join Clarkson University Professor of Chemistry **Mario Wriedt** as he presents current research into the development of advanced porous materials to store energy and also to “renew” our atmosphere. He will share insights from his laboratory’s research into design strategies of such materials and their characterization through X-ray methods. Mario is head of the functional material design and X-ray diffraction lab. [S-16-57]

Tai-Chi: The Short Form

Pam March

10 sessions, 1 hour each

This class includes simple centering and breathing exercises followed by a “resting” meditation before we begin the primary focus of the class, learning the Yang 24 movement short form. **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)** The prerequisite for this class is “Beginning Tai-Chi and Qigong;” **2)** Wear loose-fitting clothing, soft shoes or socks, and bring a water bottle. [S-16-58]

Traditional Literature of Folklore

John Ohst

3 sessions, 1½ hours each

Traditional literature consists of stories and poems that grew out of our oral traditions. For many years these stories and poems were passed along by word of mouth before finally being written down. We will look at such things as myths, legends, folktales, folksongs, fables, and nursery rhymes. **John Ohst** formerly taught English courses at SUNY-Canton, SUNY-Oswego, and Onondaga Community College. **Cap: 25 [S-16-59]**

Vicarious Voyagers XVIII **Ruth Kreuzer** (*Coordinator*)

4 sessions, 1½ hours each

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. These adventures await you (*in this order*):

Juanita Babcock – Hiking in Southern England. Spectacular coastal cliffs in Cornwall; the wool trade in the Cotswolds; royal history in southernmost England; “Doc Martin” and “Poldark” territory. Ever since she retired, Juanita has been on the road to some “exotic” location or other. For SOAR she has given talks on: India, Egypt, Syria, Turkey, Africa, Mongolia, Himalayan Kingdoms, and the Inca Trail. Most recent and upcoming trips for 2016: Cuba, The Balkans, Kenya/Tanzania Safari, Israel and Jordan. Juanita is the fall 2015 recipient of the “Leon LeBeau SOARing Educator Award,” given in honor of the many travel presentations and classes she has given, and for her dedicated service to our organization.

Eileen Raymond – Jerusalem and Bethlehem: The Great Divide.

Israelis and Palestinians, West Bank, Jerusalem’s Old City, Montefiore Windmill, view from Mt. Scopus, Church of the Nativity, refugee camp, Herodian and Hebron, markets, restaurants, Separation Wall – from both sides. Eileen started traveling in earnest starting with a year-long Fulbright stay in South Africa. Most of her visits

start with professional activities, but she always stays long enough to get to know something about the country and people she visits..

Mark & Cynthia Coleman – Provence, Languedoc and the Dordogne in France. Paleolithic cave-paintings, Roman aqueducts and arenas, medieval monasteries and castles, Cathar redoubts and Mediterranean ports. Since 1970 the Colemans have traveled extensively in Europe and Asia. Their most recent SOAR travel talk was about their trip around the Baltic Sea; past talks covered: the Trans-Caucasus, Northern Italy, and the Silk Roads of Central Asia. In 2016, they are off again to some exotic places.

Mary Ellen & Charlie Carvel – Walking the “Camino de Santiago” in Northern Spain. Spanish countryside (including the Meseta), mountains, cathedrals, villages, the cities of Burgos, Leon and Santiago. Mary Ellen, along with Sue Hayden, did a Vicarious Voyager presentation on their walking trip across England. This time it was Mary Ellen and her husband Charlie who made a long trek together.

NOTES: 1) Come to any or all of the presentations; **2)** Allow extra time to find a parking spot and/or for walking; please do NOT park in the IGA parking lot – those spaces are for customers! **Cap: 80 [S-16-60]**

Waste Management and Resource Efficiency Michelle Crimi 1 session, 1½ hours

This course will address environmental, technical, political, legal, and economic aspects of solid and hazardous waste management. Basic themes will include fundamental principles and opportunities, recycling, technology, law and regulations, and case studies. **Michelle Crimi** is an Associate Professor in the Institute for a Sustainable Environment at Clarkson University. Her teaching is focused in the areas of environmental science and health, and her research focuses on treatment of groundwater contamination. **[S-16-61]**

Winning at the Race Track 1 session, 1½ hours

Alan Draper

This presentation will introduce students to the thrill of handicapping races and betting at the racetrack. The instructor will show participants how to read the racing form, and how to manage their money – exploring the different types of wagers that can be made. He will comment on how

exciting and challenging a day at the races can be. **Alan Draper** is a lifelong fan of thoroughbred horse racing. He competes in, and even has won money at, the World Series of Handicapping Challenge at Las Vegas in 2014. In his spare time Alan is a Professor of Government at SLU. **[S-16-62]**

Your Health Portfolio 101 Debra Lauther (Coordinator) 5 sessions, 1½ hours each

Meet three specialists, one hospitalist, and one professional who can talk to you about such things as living wills. Find out how all these presenters work together to improve your health and healthcare experience.

The presentations are in this order:

Dr. Paul Tejera, Endocrinologist - “You’re Sweet Enough; Keeping Your Blood Sugar in Check”

Dr. Imré Rainey-Spence, Hospitalist - “A Hospitalist? But I already HAVE a Doctor.”

Dr. Rochak Varma, Nephrologist - “Kidneys: Frontline Filtration”

Keri Allen, Director, Patient Experience - “As I Live and Breathe... Your Living Will”

Dr. Mariam Asar, Psychiatrist - “Mens Sana in Corpore Sano - A Healthy Mind is a Healthy Body”

Deborah Lauther is the Social Media and Community Events Coordinator for Canton Potsdam Hospital (CPH). As you can see, she has put together a diverse range of health topics for us. **NOTES: 1)** A light lunch is included at each of the sessions; **2)** Classes are held on Thursdays, except for the class on Friday April 15th, **3)** Hospital parking lots are very full, especially around noontime; carpool, if you can. **Cap: 40 [S-16-63]**

* * *

Tell your friends about SOAR!

Fall 2015 Luncheon



New Horizons Band



Art Displays



Lunch is Served



Thanking our Presenters



Thanking our Ambassadors



**Juanita Babcock receives the
“Leon LeBeau SOARing
Educator Award”**

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

Tom French
*History of Religious
Campgrounds in 3-D*



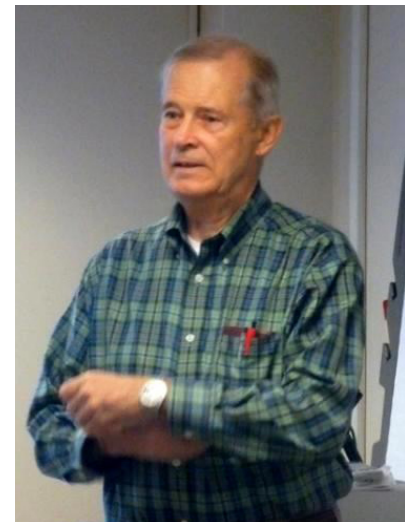
Liz Regosin
*“African-American Soldiers
and the Civil War”*



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



Jill Pflugheber
“Confocal Microscopy”



Eric Thacher
“In the Navy”

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 Treise
- 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
- 2015 – Juanita Babcock

REMINDERS

Daylight Saving

Time starts 2:00 am
Sunday, March 13

**Send in your
registration form
right away!**

**Volunteer to be a
SOAR
ambassador!**

**Classes start
Monday, March 14**

Meet-the-Chef

Ella's Restaurant
(pay by Friday Apr.1)

Wednesday, Apr. 20
1:00pm *(see p.3)*

**Classes end
Friday, May 20**

SOAR Luncheon

Wednesday May 25

11:30-2:00 *(see p.3)*
*(reservations due
Friday May 13)*

Welcome back to SOAR classes! and Welcome New Members!

There are so many topics to choose from!
So, broaden your knowledge, try something
completely new, and move that body!

FIND SOAR . . .

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the SOAR office is in the left corridor*
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for up-to-date info on:

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