

# SPRING 2017 SOAR COURSES – Scheduling Information

for more info on locations, days, dates, times go to the SOAR website

[www.soarnorthcountry.org](http://www.soarnorthcountry.org)

(updated 03/06/17)

- 1) (See note) or (See notes) = check course booklet and/or your registration confirmation note(s) for more info.
- 2) **NOTE(S)** = a change made since the course booklet was printed.
- 3) **This schedule may still change!** Check the “Documents” section on the home page of the SOAR website often; updates in documents are in red; under “Course Updates” you will find announcements and other last minute updates.
- 4) For directions, maps, photos, parking info, etc., see the “LOCATIONS” section of the SOAR website.
- 5) Each SOAR course has its own page. Presenters can submit course-related links, lists, etc. using “CONTACT US”
- 6) **Changes made after printing are given in red with \*\* added at the beginning of the entry.**

**Amphibian Metamorphosis from the Inside and Out – Alex Schreiber.** 1 session, 1½ hours.

SLU: Valentine 106. Thursday: 4/27 – 2:00-3:30. Cap: 26 [S-17-01]

**Appreciating Trees on the SLU Campus – Claire and Ryan Burkum.** 1 session, 2 hours.

SLU: Johnson 247. Thursday: 5/11 – 1:30-3:30. (See notes) Cap: 20 [S-17-02]

**Art Workshop – Jim Murray & Barbara Evans** (Coordinators); **Ashley Stay** (Student Instructor). 8 sessions, 2 hours each.

SUNY Potsdam: Satterlee 225. Fridays: 3/24, 3/31, 4/7, 4/14, 4/21, 4/28, 5/5, 5/12 – 2:00-4:00. (See notes) Cap: 20 [S-17-03]

**Basic Birdwatching – Sheila Cerwonka.** 8 sessions, 2 hours each.

SUNY Potsdam: Van Housen Ext. SB27A. Fridays: 3/24, 3/31, 4/7, 4/14, 4/21, 4/28, 5/5, 5/12 – 8:00-10:00. (See notes)

Cap: 10 [S-17-04]

**Beginning Tai-Chi and Qigong – Pam March.** 9 sessions, 1 hour each.

SUNY Potsdam: Maxcy Dance Studio. Tuesdays: 3/21, 3/28, 4/4, 4/11, 4/18, 4/25, 5/2, 5/9, 5/16 - 12:00-1:00 (See notes)

Cap: 50 [S-17-05]

**Benson Mines and the Opening of the Western Adirondacks – Jim Carl.** 1 session. 1½ hours.

SUNY Potsdam: Maxcy 104. Monday: 3/20 – 2:30-4:00. (See note) Cap: 50 [S-17-06]

**Beyond Duck and Cover: Fear of Nuclear War – Donna Alvah.** 2 sessions, 1½ hours each.

SLU: Piskor 015. Fridays: 4/14, 4/21 – 10:00-11:30. Cap: 30 [S-17-07]

**Biofilms in Our Daily Life – Dana Barry.** 1 session, 1½ hours.

SUNY Potsdam: Maxcy 104. Tuesday: 3/21 – 2:00-3:30. Cap: 50 [S-17-08]

**Breakfast Cooking – Donna and John Clark.** 1 session, 2 hours.

White Pillars B&B, 395 Old State Rd., DeKalb Junction. Wednesday: 4/12 – 10:00-12:00. (See notes) Cap: 12 [S-17-09]

**Calendars, Not a Dated Topic – Jim Barry.** 1 session, 2 hours.

SLCHA: Silas Wright House, Canton. Wednesday: 3/15 – 10:00-12:00. Cap: 40 [S-17-10]

**Chemistry for Chemical Overdose Remediation – Dick Partch.** 1 session, 1½ hours.

SUNY Potsdam: Maxcy 104. Tuesday: 4/4 – 3:30-5:00. (**NOTE: length of session changed to 1½ hours**) (See Note)

Cap: 50 [S-17-11]

**Circadian Rhythms and Seasonal Affect Disorder – Ron Tavernier.** 1 session, 1½ hours.

SUNY Potsdam: Maxcy 104. Thursday: 4/6 – 2:30-4:00. Cap: 50 [S-17-12]

**Continuing Tai-Chi and Qigong – Pam March.** 18 sessions, 1 hour each.

SUNY Potsdam: Maxcy Dance Studio. Tuesdays / Thursdays: 3/21, 3/23, 3/28, 3/30, 4/4, 4/6, 4/11, 4/13, 4/18, 4/20, 4/25, 4/27, 5/2, 5/4, 5/9, 5/11, 5/16, 5/18 - 1:00-2:00. (See notes) Cap: 50 [S-17-13]

**Crafting with Little Wild Things – Jean Oathout and Lynitia Hull.** 1 session, 1½ hours.

SUNY Potsdam: Kellas 217. Friday: 4/7 – 1:00-2:30. (See notes) Cap: 12 [S-17-14]

**Current Events – John Casserly.** 10 sessions, 1½ hours each. Partridge Knoll: Multi-Purpose Room. (30 Sullivan

Dr., Canton). Fridays: 3/17, 3/24, 3/31, 4/7, 4/14, 4/21, 4/28, 5/5, 5/12, 5/19 – 10:30-12:00. (See note) Cap: 25 [S-17-15]

**Dialects of English – John Ohst.** 3 sessions, 1½ hours each.

SLCHA: Silas Wright House (3 East Main St., Canton). Thursdays: 4/27, 5/4, 5/11 – 1:00-2:30. Cap: 30 [S-17-16]

**\*\*The Dog Story: From Wolves to Beagles – Roy Horst.** 4 sessions, 1½ hours each.

SUNY Potsdam: Maxcy 104. Mondays: 4/3, 4/10, 4/17, 4/24, [5/01 - no 5th class!] – 1:00-2:30. Cap: 50 [S-17-17]

**Drawing – Jim Murray & Barbara Evans (Coordinators), Kyle Derry (Student Instructor).** 8 sessions, 2 hours each  
Satterlee 122. Fridays: 3/24, 3/31, 4/7, 4/14, 4/21, 4/28, 5/5, 5/12 – 10:00-12:00. (See note) Cap: 15 [S-17-18]

**Duplicate Bridge for Fun: Intermediate Level – Ruth Carrington and Dorothy Swanson.** 8 sessions, 2 hours each.  
Mayfield Apartments Community Room. Fridays: 3/24, 3/31, 4/7, (gap), 4/21, 4/28, 5/5, 5/12, 5/29. Cap: 16 [S-17-19]

**Early Signs of Spring in the St. Lawrence Valley – Peter O’Shea.** 1 session, 2 hours.

Indian Creek Nature Center, CR14 in Rensselaer Falls. Tuesday: May 9 – 10:00-12:00. (See note) Cap: 20 [S-17-20]

**Ecological Flower Gardening – Anne Csete.** 1 session, 1½ hours.

SLCHA: Silas Wright House (3 East Main St., Canton). Wednesday: 3/22 – 10:00-11:30. Cap: 40 [S-17-21]

**Even More Favorite Poems (Group A) – Bob DeGraaff.** 4 sessions, 1½ hours each. Partridge Knoll: Multi-Purpose Room. (30 Sullivan Dr., Canton). Tuesdays: 4/4, 4/11, 4/18, 4/25 – 1:30-3:00. (See note) Cap: 12 [S-17-22]

**Even More Favorite Poems (Group B) – Bob DeGraaff.** 4 sessions, 1½ hours each. Partridge Knoll: Multi-Purpose Room. (30 Sullivan Dr., Canton). Wednesdays: 4/5, 4/12, 4/19, 4/26 – 1:30-3:00. (See note) Cap: 12 [S-17-23]

**Exploring Short Stories – Cailey Underhill.** 3 sessions, 1½ hours each. SLCHA: Silas Wright House (3 East Main St., Canton). Fridays: 3/17, 3/24, 3/31 – 3:30-5:00. (See note) Cap: 20 [S-17-24]

**Fertilizing the Oceans to Save the Planet – Brad Baldwin.** 1 session, 1 hour.

SLU: Johnson 112. Thursday: 3/30 – 10:00-11:00. Cap: 20 [S-17-25]

**From Minerals to Art – Susan Robinson.** 1 session, 1½ hours.

SLU: Brown 141-142. Wednesday: 3/29 – 2:00-3:30. Cap: 30 [S-17-26]

**\*\*Gandhi, Chiang Kai-shek: How Leaders Create a National Identity – Grace Huang.** 1 session, 1½ hours.

SLU: **Hepburn 111.** Friday: 3/17 – 2:00-3:30. Cap: 20 [S-17-27]

**God, Genesis and the Human Community – Pat Lennox.** 2 sessions, 1½ hours each.

SUNY Potsdam: Maxcy 104. Wednesday: 5/3, 5/10 – 2:00-3:30. (See note) Cap: 20 [S-17-28]

**Graveyards, Coffins, and Burial Customs: Funeral Traditions across Cultures – Leah Rohlfen.** 1 session, 1½ hours.

SLU: Valentine 104. Thursday: 5/4 – 1:00-2:30. (See note) Cap: 20 [S-17-29]

**He-Said, She-Said Miscommunication – Catherine Sajna.** 1 session, 1½ hours.

SUNY Potsdam: Maxcy 104. Friday: 5/12 – 9:00-10:30. (See note) Cap: 50 [S-17-30]

**The History of Bread and Beer – Paul Graham.** 1 session (*NOTE: changed to one session*), 1½ hours each.

SLU: Richardson 015 (basement). Wednesday: 5/17 – 2:00-3:30. (See note) Cap: 33 [S-17-31]

**The Holocaust – Elun Gabriel.** 3 sessions, 1½ hours each.

SLU: Richardson 202. Thursdays: 4/6, 4/13, 4/20 – 2:15-3:45 (= 2:20-3:50 SLU time). (See note) Cap: 30 [S-17-32]

**Importance of Emotional Climate in Everyday Living – Peter Ladd.** 2 sessions, 1½ hours each.

SUNY Potsdam: Maxcy 104. Tuesdays: 3/21, 3/28 – 4:00-5:30. (See note) Cap: 50 [S-17-33]

**Instructional Technology to Enhance Student Learning – Lucas Craig.** 1 session, 2 hours.

SUNY Canton: Nevaldine South 125. Monday: 3/27 – 3:00-5:00. (See note) Cap: 30 [S-17-34]

**The Joys of Research Beyond One’s Expertise – M. J. Heisey.** 1 session, 1½ hours.

SUNY Potsdam: Maxcy 104. Thursday: April 13 – 2:30-4:00. (See note) Cap: 50 [S-17-35]

**Keeping Up with Alice Munro – Robert Thacker.** 3 sessions, 1½ hours each.

SLU: Sullivan Student Center 336. Wednesday: 3/29, 4/5, 4/12 – 1:30-3:00. Cap: 16 [S-17-36]

**Lewis and Clark Expedition (Part 1) – Terry Niles.** 3 sessions, 1½ hours each.

SLCHA: Silas Wright House. Thursdays: 5/4, 5/11, 5/18 – 10:00-11:30. (3 East Main St., Canton). Cap: 40 [S-17-37]

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

SUNY Potsdam: Morey 117. Mondays: 3/13, 3/20, (gap), 4/3, 4/10, 4/17 – 10:00-11:30. (See note) Cap: 12 [S-17-38]

**Line Dancing for Beginners – Margaret Mauch.** 6 sessions, 1½ hours each.

SUNY Potsdam: Maxcy Dance Studio. Fridays: 3/17, 3/24, 3/31, 4/7, 4/14, 4/21 – 1:00-2:30. (See note) Cap: 50 [S-17-39]

**Living Better with Diabetes – Julie Cooke and Heidi Czerepak.** 6 sessions, 2½ hours each.

Potsdam Civic Center: Community Meeting Room (2 Park St.). Mondays: 4/3, 4/10, 4/17, (gap), 5/1, 5/8, 5/15 – 9:00-11:30. (*NOTE calendar error: this class ends at 11:30*) (See note) Cap: 20 [S-17-40]

**Localization: GPS and GPS-free Algorithms – Mahesh Banavar and Kevin Mach.** 2 sessions, 1½ hours.

SUNY Potsdam: Maxcy 104. Tuesdays: 4/11, 4/18 – 3:30-5:00. (See notes) Cap: 50 [S-17-41]

**Mah Jongg – Kay Russell and Brenda Francey.** 4 sessions, 2 hours each.

Partridge Knoll: Multi-Purpose Room. (30 Sullivan Dr., Canton). Thursdays: 4/13, 4/20, 4/27, 5/4 – 10:00-12:00. (See note) Cap: 16 [S-17-42]

**\*\*More Good Ol' Days in Northern New York – Pat Dominic, Fran Van Horne, and Don Potter** (*Coordinators and Presenters*). 4 sessions, 1½ hours each. **Additional Presenters: Dale Burnett; David and Debby Murray.**

SLCHA: Silas Wright House. Wednesdays: 3/22, 3/29, 4/5, **4/12** – 1:00-2:30. **Day 1: Don Potter** – “Growing up in Morley.” **Day 2: Dale Burnett** – “Stories from Hopkinton.” **Day 3: David and Debbie Murray** – “Early life along the St. Lawrence River at Morristown.” **Day 4: Audience Participation** with Guest Panel, led by Coordinators: Don Potter, Pat Dominic, and Fran Van Horne. (See note) Cap: 40 [S-17-43]

**\*\*The Musicals and Lyrics of Stephen Sondheim – Connie Meng.** 4 sessions, 2 hours each.

SUNY Potsdam: Kellas 217 (*not Maxcy 104 as on print calendar!*). Fridays: 4/21, 4/28, 5/5, 5/12 – 1:00-3:00. Cap: 25 [S-17-44]

**Occupational Therapy: Supporting What Matters to You – Lisa Tebo, Victoria Priganc, Alisha Ohl, and Cindy Hammecker-McLean.** 3 sessions, 2 hours each. Clarkson Hall (59 East Main St., Potsdam). Clarkson Dept. of Occupational Therapy. Mondays: 4/10, (1 wk. gap) 4/24, (2 wk. gap) 5/15 – 4:00-6:00 (**NOTE: Day 1:** “Safe at Home”; **Day 2:** “Staying Connected”; **Day 3:** “Healthy Hands.”) (See note) Cap: 30 [S-17-45]

**Ötzi the Iceman – Shinu Anna Abraham.** 1 session, 1½ hours.

SUNY Potsdam: Maxcy 104. Tuesday: 3/14 – 2:30-4:00. Cap: 50 [S-17-46]

**Parkinson’s Disease: Things you Need to Know – Rebecca Martin.** 1 session, 1½ hours.

SUNY Potsdam: Maxcy 104. Tuesday: 4/25 – 2:00-3:30. (See note) Cap: 50 [S-17-47]

**Past Life Regression – Robert LeBoeuf.** 1 session, 2 hours.

SUNY Potsdam: Maxcy 104. Tuesday: 5/2 – 2:30-4:30. (See note) Cap: 50 [S-17-48]

**The Past, Present and Future of Clinical Trials – Deborah Chase Lauther** (*Coordinator*). 4 sessions, 1 hour each.

The presenters and topics are: **1) Dr. Eyal Kedar, Rheumatologist** – “What are Clinical Trials?” **2) Rebecca Faber, PhD, RN** – “The History of Clinical Trials.” **3) Dr. Robert Rogers, Internal Medicine, Cardiology** – “Medical Ethics and Clinical Trials.” **4) Ali Coates, Director of Clinical Research** – “The Future of Clinical Trials.” Canton-Potsdam Hospital (50 Leroy St., Potsdam): Conference Rooms A & B. Thursdays: 4/6, 4/13, 4/20, 4/27 – 12:00-1:00. (See notes) Cap 30 [S-17-49]

**Printable Paper as a Functional Device – Silvana Andreescu.** 1 session, 1½ hours.

SUNY Potsdam: Maxcy 104. Tuesday: 5/9 – 3:30-5:00. Cap: 50 [S-17-50]

**Raptors of the North Country – MaryBeth Warburton.** 1 classroom session + optional field trip, 1½ hours each.

SUNY Potsdam: Maxcy 104. Monday: 5/1 – 3:00-4:30. Field Trip: TBA includes Indian Creek Nature Center, on CR14 in Rensselaer Falls. (**NOTE:** There may be a “cap” for the field trip) (See note) Cap: 40 for classroom session. [S-17-51]

**Researching Your Family History Using Free Online Resources – Rita Goldberg.** 4 sessions, 2 hours each.

SUNY Potsdam: Kellas 100. Mondays: 4/17, 4/24, 5/1, 5/8 – 3:00-5:00 (one class in library: tba) (See notes) Cap: 12 [S-17-52]

**Roller Coaster Design – Katie Fowler Kavanagh, Michael Ramsdell, and Joshua Thomas.** 1 session, 1½ hours.  
SUNY Potsdam: Maxcy 104. Tuesday: 5/16 – 1:00-2:30. (See note) Cap: 50 [S-17-53]

**Speak Knit – Dayna Lancaster.** 2 sessions, 1½ hours each.  
Celtic Knot. 17 Main St., Canton. Fridays: 4/21, 4/28 – 10:30-12:00. (See notes) [S-17-54]

**Spring into Fitness – Jennifer McDonald (Coordinator) + Faculty and students in the Physical Therapy Assistant Program at SUNY Canton.** 3 sessions, 1½ hours each. SUNY Canton: Athletic and Recreation Center (CARC).  
Thursdays: 3/23, (gap) 4/6, (gap) 4/20 – 10:00-11:30. (Note: Days 1 and 2 - meet in the Mezzanine; Day 3 meet in the “Spin” room) Cap: 80 (See notes) [S-17-55]

**Tai-Chi: The Short Form – Pam March.** 9 sessions, 1 hour each.  
SUNY Potsdam: Maxcy Dance Studio. Thursdays: 3/23, 3/30, 4/6, 4/13, 4/20, 4/27, 5/4, 5/11, 5/18 – 12:00-1:00.  
(See notes) Cap: 50 [S-17-56]

**Those Disappearin’ Railroad Blues – Art Johnson.** 1 session, 1½ hours.  
SUNY Potsdam: Kellas 217. Monday: 5/8 – 2:00-3:30. Cap: 25 [S-17-57]

**Topics in the History of Mathematics – Breyne Moskowitz.** 2 sessions, 1½ hours each.  
SUNY Potsdam: Maxcy 104. Thursdays: 3/16, 3/23 – 2:30-4:00. Cap: 50 [S-17-58]

**A Tour of Pathological Science – Brian Watson.** 1 session, 1½ hours.  
SLU: Valentine 202. Wednesday: 3/22 – 2:00-3:30. Cap: 25 [S-17-59]

**Tree Water – Margaret and James Finen.** 1 session, 1½ hours.  
SUNY Potsdam: Maxcy 104. Monday: 5/1 – 1:00-2:30. Cap: 50 (See note)[S-17-60]

**Vicarious Voyagers XX – Ruth Kreuzer (Coordinator).** 4 sessions, 1½ hours each.  
Potsdam Civic Center: Community Meeting Room (2 Park St.). Fridays: 4/7, 4/14, 4/21, 4/28 – 3:15-4:45.  
**NOTES: 1)** Come to any or all of the presentations. **2)** Allow extra time for parking (no parking in the IGA lot!).  
**3)** Order of presentations: **Day 1: Adam Wheeler and Kelly Glascott** – “High Adventure in Alaska.”  
**Day 2: Thressa Zimmerman** – “Kenya: A Study Abroad Experience.” **Day 3: Daniel ben Avraham, Monique Tirion, Bruce McClure** – “Tour du Mont Blanc.” **Day 4: Juanita Babcock** – “Israel and Jordan.” Cap: 80 [S-17-61]

**Waterfalls of Northern New York – David and Marcia Schryver.** 1 session, 1½ hours.  
Potsdam Civic Center: Community Meeting Room (2 Park St.). Thursday: 5/18 – 1:00-2:30. (See note) Cap: 80 [S-17-62]

**When Americans Invaded Quebec – Art Johnson.** 1 session, 1½ hours.  
SUNY Potsdam: Kellas 217. Monday: 5/1- 2:00-3:30. [S-17-63]



## CONTACT SOAR

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