

SOAR



LIFELONG LEARNING IN THE NORTH COUNTRY

SPRING SEMESTER 2017
MARCH 13, 2017 - MAY 19, 2017

sponsored by:



THE STATE UNIVERSITY OF NEW YORK

Potsdam

and affiliated with:

ROAD SCHOLAR[®]

Institute Network

Greetings from the Chair

As I write this, “it’s déjà vu all over again” with our Administrative Assistant. Last fall, Katherine Lenz joined us as Pat Harrington’s replacement. Now, Katherine has decided to leave the position to have more time to do other things. Again, the Administration and Finance Committee has stepped up to the plate and found an excellent replacement in Juanita Blakemore. Juanita is already (January 30, 2017) on board learning the ins and outs of the position under the tutelage of Katherine. The Administration and Finance Committee is applauded for their timely work.

Once again, I note that for our program to be successful, SOAR depends on and appreciates all our volunteers. As an example, consider Rich Van Leuven. He serves as the Chair of the Administration and Finance Committee, one of the few committee chairs who is not on the Board of Directors. When there is a vacancy in the Administrative Assistant’s position, the committee advertises, searches, interviews and recommends a candidate to the board for appointment. They also prepare the annual budget and maintain our financial data including conducting an audit of the treasurer’s end of year report. In addition, they make recommendations for changes in our By-laws. In this regard, a number of changes were recommended to the Board which voted on them. These changes will need approval of the entire membership. We will do this at the spring luncheon – more information about these changes is forthcoming.

Another committee is the Ambassador Committee. It selects the ambassadors for each of the courses we offer. It provides each ambassador with pertinent information about the course and asks them to be liaisons between the presenter and the SOAR office. Many of you have served as an ambassador so you know how important this position is. We are always seeking ambassadors and hope you will serve if called upon.

We have numerous other committees (more on others later). The salient point is all committees consist of volunteers; we cannot do it without you. Please take a moment to complete the ambassador signup sheet and return it with your registration material; do so even if you choose not to serve.

And finally, a reminder - if you register for a course, attend it if at all possible. It is just common courtesy to do so. By not attending, you may be preventing someone else from taking the course, which is unfortunate. If you cannot attend, especially for a capped course, please let the office know so someone else may be able to attend. We know special circumstances do come up; just give it your best shot.

We are sure you will find and enjoy several classes for the Spring 2017.

Bill Mein, 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 2016 semester, SOAR had 399 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

Bill Mein, Chair	Jim Barry	Cynthia Bender
Mark Coleman, Vice Chair	Betty Graham	Byron Whitney
Dorothy Howe, Secretary	Ed Russell	Lyn Swafford
Ron Frank, Treasurer	Ruth Kreuzer	Carol McRobbie
Neil Johnson	Linda Nixon	Janet van Weringh

COMMITTEES & CHAIRS

Executive - Bill Mein	Curriculum - Jim Barry & Ed Russell
Scheduling - Mark Coleman	Nominating & Awards - Betty Graham
Ambassadors - Bill Mein	Membership - TBA
Newsletter - Ruth Kreuzer	Outreach/Publicity - Lyn Swafford
Registration - Byron Whitney	Technology - Janet van Weringh
Administration & Finance - Rich Van Leuven	
Presenter Communications (<i>ad hoc committee</i>) - Laurell Brault & Ruth Horst	
Meet-the-Chef (<i>ad hoc committee</i>) - Ann Groome & Darlene Leonard	

Administrative Assistant - Juanita Blakemore
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 in September on Labor Day or the week after, 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 Juanita Blakemore 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 Juanita Blackmore at the SOAR office at (315) 267-2690, send e-mail to soar@potsgdam.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 two SOAR semesters 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 Goose Landing

315-389-5933 misgoose69@gmail.com

25 Reservation Street, Winthrop 13697

(Learn about this business from owner and chef Lesa Felix)

Wednesday, April 19, 2017 at 1:00pm

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

Reservation and payment are **DUE** by noon on **Monday, April 3**

(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 24, 11:30-2:00 *(serving at noon)*

Reservations due on or before Friday, May 12

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

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COURSE LOCATIONS

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

COURSES OFFERED ON SUNY POTSDAM CAMPUS

Art Workshop * Basic Birdwatching * Beginning Tai-Chi and Qigong * Benson Mines and the Opening of the Western Adirondacks * Biofilms in Our Daily Life * Chemistry for Chemical Overdose Remediation * Circadian Rhythms and Seasonal Affect Disorder * Continuing Tai-Chi and Qigong * Crafting with Little Wild Things * The Dog Story: From Wolves to Beagles * Drawing * God, Genesis and the Human Community * He-Said, She-Said Miscommunication * Importance of Emotional Climate in Everyday Living * The Joys of Research Beyond One’s Expertise * Lifelines: Writing Your Way In * Line Dancing for Beginners * Localization: GPS and GPS-free Algorithms * The Musicals and Lyrics of Stephen Sondheim * Ötzi the Iceman * Parkinson’s Disease: Things you Need to Know * Past Life Regression * Printable Paper as a Functional Device * Raptors of the North Country * Researching Your Family History Using Free Online Resources * Roller Coaster Design * Tai-Chi: The Short Form * Those Disappearin’ Railroad Blues * Topics in the History of Mathematics * Tree Water * When Americans Invaded Quebec *

COURSES OFFERED OFF SUNY POTSDAM CAMPUS

POTSDAM: Duplicate Bridge for Fun: Intermediate Level * Living Better with Diabetes * Occupational Therapy: Supporting What Matters to You * The Past, Present and Future of Clinical Trials * Vicarious Voyagers XX * Waterfalls of Northern New York *

CANTON: Amphibian Metamorphosis from the Inside and Out * Appreciating Trees on the SLU Campus * Beyond Duck and Cover: Fear of Nuclear War * Calendars, Not a Dated Topic * Current Events * Dialects of English * Ecological Flower Gardening * Even More Favorite Poems (A) * Even More Favorite Poems (B) * Exploring Short Stories * Fertilizing the Oceans to Save the Planet * From Minerals to Art * Gandhi, Chiang Kai-shek: How Leaders Create a National Identity * Graveyards, Coffins, and Burial Customs: Funeral Traditions across Cultures * The History of Bread and Beer * The Holocaust * Instructional Technology to Enhance Student Learning * Keeping Up with Alice Munro * Lewis and Clark Expedition (Part 1) * Mah Jongg * More Good Ol’ Days in Northern New York * Speak Knit * Spring into Fitness * A Tour of Pathological Science *

OTHER: Breakfast Cooking (*Town of Canton, but PO Box: DeKalb Junction*) * Early Signs of Spring in the St. Lawrence Valley (*field trip only*) * Raptors of the North Country (*1 class, 1 field trip*) * Researching Your Family History Using Free Online Resources (*library day - tba*)*

COURSES BY NUMBER OF SESSIONS

5 SESSIONS or MORE: Art Workshop * Basic Birdwatching * Beginning Tai-Chi and Qigong * Continuing Tai-Chi and Qigong * Current Events * Drawing * Duplicate Bridge for Fun: Intermediate Level * Lifelines: Writing Your Way In * Line Dancing for Beginners * Living Better with Diabetes * Tai-Chi: The Short Form *

4 SESSIONS: The Dog Story: From Wolves to Beagles * Even More Favorite Poems (Group A) * Even More Favorite Poems (Group B) * Mah Jongg * More Good Ol' Days in Northern New York * The Musicals and Lyrics of Stephen Sondheim * The Past, Present and Future of Clinical Trials * Researching Your Family History Using Free Online Resources * Vicarious Voyagers XX *

3 SESSIONS: Dialects of English * Exploring Short Stories * The Holocaust * Keeping Up with Alice Munro * Lewis and Clark Expedition (Part 1) * Occupational Therapy: Supporting What Matters to You * Spring into Fitness *

2 SESSIONS: Beyond Duck and Cover: Fear of Nuclear War * God, Genesis and the Human Community * The History of Bread and Beer * Importance of Emotional Climate in Everyday Living * Localization: GPS and GPS-free Algorithms * Speak Knit * Topics in the History of Mathematics *

1 SESSION: Amphibian Metamorphosis from the Inside and Out * Appreciating Trees on the SLU Campus * Benson Mines and the Opening of the Western Adirondacks * Biofilms in Our Daily Life * Breakfast Cooking * Calendars, Not a Dated Topic * Chemistry for Chemical Overdose Remediation * Circadian Rhythms and Seasonal Affect Disorder * Crafting with Little Wild Things * Early Signs of Spring in the St. Lawrence Valley * Ecological Flower Gardening * Fertilizing the Oceans to Save the Planet * From Minerals to Art * Gandhi, Chiang Kai-shek: How Leaders Create a National Identity * Graveyards, Coffins, and Burial Customs: Funeral Traditions across Cultures * He-Said, She-Said Miscommunication * Instructional Technology to Enhance Student Learning * The Joys of Research Beyond One's Expertise * Ötzi the Iceman * Parkinson's Disease: Things You Need to Know * Past Life Regression * Printable Paper as a Functional Device * Raptors of the North Country (+ 1 field trip) * Roller Coaster Design * A Tour of Pathological Science * Those Disappearin' Railroad Blues * Tree Water * Waterfalls of Northern New York * When Americans Invaded Quebec *



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 2017 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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Amphibian Metamorphosis from the Inside and Out

1 session, 1½ hours

Alex Schreiber

Amphibian metamorphosis is accompanied by spectacular changes in external morphology, such as limb development, craniofacial remodeling, gill degeneration, and tail resorption. However, the internal changes that accompany metamorphosis, such as gut and immune system remodeling, are even more dramatic. In this class you will learn about some of the dramatic morphological and biochemical changes that take place in various internal organs of tadpoles during metamorphosis, and you will visualize these processes from the inside out. **Alex Schreiber** has a PhD in biology from the University of Rhode Island where he studied the physiology of flatfish metamorphosis. He then spent 10 years at Johns Hopkins University conducting postdoctoral research on the developmental biology of frog and flatfish metamorphosis. Alex has been teaching physiology and endocrinology at SLU since 2008, and is the author of a forthcoming textbook titled “Integrative Endocrinology.” [S-17- 1]

Appreciating Trees on the SLU Campus **Claire & Ryan Burkum**

1 session, 2 hours

Learn how to identify trees with a dichotomous key and discuss with us how humans and other organisms interact and use trees. **Claire Burkum** currently teaches General Biology labs at SLU. She has a background in forest ecology, specifically how fungi interact with trees. Claire also worked at Trudeau Institute in Saranac Lake for 8 years prior to working at SLU. **Ryan Burkum** is a certified arborist. If available on the class day, he will join us for our tour of trees on the SLU campus. **NOTE:** Wear comfortable walking shoes and dress for the weather; we will be outside. **Cap: 20** [S-17- 2]

Art Workshop **Jim Murray & Barbara Evans** (*Coordinators*)

8 sessions, 2 hours each

Ashley Stay (*Student Instructor*)

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. All skill levels are welcome. SUNY Potsdam art student **Ashley Stay** is this semester's instructor for the course. **Jim Murray** and **Barbara Evans** will assist as needed; they both were long time participants in the original SOAR Art Workshop classes led by Leon LeBeau. They share the love of art and especially enjoy the social aspects of the classes. **NOTE: 1)** Please bring these supplies to your first class: a basic watercolor paint set and a large cold press watercolor tablet. Any future needed supplies will be posted on the "Art Workshop" course page on www.soarnorthcountry.com/courses/spring-2017/art-workshop/ **2)** Suggested website: <http://www.colormatters.com/color-and-design/basic-color-theory>. **Cap: 20 [S-17-03]**

Basic Birdwatching

Sheila Cerwonka

8 sessions, 2 hours each

Can you tell the difference between a robin and a pigeon? Do you have a spotting scope? Then this course is not for you. Those attending will learn the very basics about birding and hopefully learn how to recognize robins, pigeons and more. **Sheila Cerwonka** has been birdwatching for 60 years. She also has worked on the NY Breeding Bird survey, and has participated in the Christmas bird counts. **NOTES: 1)** Dress for the weather; **2)** Supplies will be discussed at the first meeting. **Cap: 10 [S-17- 4]**

Beginning Tai-Chi and Qigong

Pam March

9 sessions, 1 hour each

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, 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 Tai-Chi and Qigong" students may not register for "Beginning Tai-Chi and Qigong"; **2)** Participants should wear loose fitting clothing, soft shoes or socks, and bring a water bottle. **[S-17-5]**

Benson Mines & the Opening of the Western Adirondacks

1 session, 1½ hours

Jim Carl

This PowerPoint presentation includes the following topics: the Black River Canal, the Carthage and Adirondack Railroad, two iron mines, and Byron David Benson (1832-1888), whose wealth came in part from building oil

pipelines in Pennsylvania. We will look at more than a century of events that led to a rich open-pit iron mine. By 1960 Jones and Laughlin Steel Corporation employed about 800 workers. **Jim Carl** is a Professor Emeritus of Geology at SUNY Potsdam. He arrived from Illinois in 1968, and spent a lot of time visiting and photographing many Adirondack mines when they were in their heyday. He writes for the Quarterly, a magazine published by St. Lawrence County Historical Association (SLCHA). **NOTE:** Suggested reading – “Opening of the Western Adirondacks,” in the SLCHA Quarterly, Vol:LIV, no.4 (2010), p.4. [S-17- 6]

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

Session 1: We examine various scholarly approaches to, and interpretations of, the Cold War. We will discuss its social and cultural aspects and debates among scholars about how to answer questions such as: “When did the Cold War begin?” “What were US and Soviet intentions during the Cold War?” and “Why did the Cold War end, and when and how did that happen?” **Session 2:** We look at the last two decades of scholarly interest in the history of children and youth during the cold war, in the US and beyond. **Donna Alvah** is in the Department of History at SLU, where she teaches courses on US foreign relations and wars – World War II, the Cold War, and the Vietnam War. Her current projects focus on children and youth in the Cold War; children’s assistance to the militaries in Vietnam, Laos, and Cambodia during the wars there; children’s fears of the prospect of nuclear war and adults’ responses to these fears; and on children’s and youths’ experiences of, and perspectives on, the Cold War in the United States and other countries. **Cap: 30 [S-17-7]**

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

In this presentation you will learn about Biofilms – often the sticky matter formed on a material’s surface. You will also learn how biofilms can cause infections – for example: plaque on teeth, slime on rocks, scale buildup on pipes and drains, etc. Biofilm can also grow on medical devices like catheters, and they also can encase bacteria, making bacteria resistant to antibiotics. The presenter will share her research on how to control the growth of biofilms on medical devices, and in general. She will also talk about some of the benefits of biofilms. **Dana Barry** is a Research Professor at Clarkson University. She has over 200 professional publications. She is the co-editor of the book, *Biofilm and Materials Science*, published by Springer. Dana has many honors and awards for her work. [S-17- 8]

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

John and Donna Clark will demonstrate at their “White Pillars Bed and Breakfast” how to prepare their signature dishes – John will make his “1 minute omelets,” and Donna will make her “Multi-grain Baguettes.” Participants will join in the prep work, and then all will enjoy the brunch together. John and Donna began “White Pillars Bed and Breakfast” in 1989. Over the years they have enjoyed serving their guests healthy and tasty breakfasts. Their knowledge of food preparation has come from years of experience, from attending national Bed and Breakfast conventions, and from attending cooking classes at Le Cordon Blue in Ottawa. **NOTE:** View their website: www.whitepillars.com **Cap: 12 [S-17- 9]**

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

A few months ago you tossed your 2016 calendars. Perhaps one was a favorite with photos of cats, dogs, or family (okay, you saved the last one). But wait, could you use your calendars in the future? Just how many different yearly formats are possible? Using provided data and simple math, you will explore the patterns of the calendars you use. **Jim Barry** is a retired chemistry teacher. He serves on the SOAR Board of Directors, and is Co-chair of Curriculum Committee. He is also a frequent SOAR presenter. In Spring 2006 he was named a SuperSOARer. **[S-17- 10]**

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

The use of many legal medicines as well as illicit drugs can cause serious problems, including death. Their prevalence is astounding. With anesthesiologist collaborators, **Dick Partch** has successfully developed injectable and biocompatible antidotes in his Clarkson laboratory. These antidotes hold promise for saving lives. This course covers, at the lay scientific level, what problem molecules are, how they relate to current antidotes, and how the new remedies are better. Dick has been professor at Clarkson for 51 years. He has mentored numerous students at all levels in class, as well as in fundamental research. His focus has been on making colloidal particles, now often referred to as nanoparticles. These particles have the needed composition, size, shape, and surface properties for improved practical applications. Dick’s published and patented examples include: applications to computer chip manufacture, thermally-conducting materials, magnetic composites for antenna applications, visible and infrared obscurants, air filters for neutralizing nerve gases, and medicinal antidotes. **NOTE:** In local and national news media, take notice of the scourge of illegal drug addictions happening all across the US. **[S-17- 11]**

Circadian Rhythms & Seasonal Affect Disorder

1 session, 1½ hours

Ron Tavernier

This presentation offers a look at what is currently known about how the body regulates your daily schedule. We will discuss where the body's clock is located in the brain, and how it keeps time using light, food and other cues. We will also look at its connection to Seasonal Affect Disorder and learn about ways to help prevent winter depression and lethargy. After getting his Associates degree, and meeting his future wife at Paul Smiths College, **Ron Tavernier** (born in Malone) moved to Alaska in 1994 to earn a Bachelor's degree in Wildlife Biology. He worked a few years for the U. S. Army as a Natural Resource Specialist before returning to the University of Alaska, Fairbanks. There he investigated how animals respond to the long, dark winters in the Arctic, which earned him his PhD. Ron lived in Alaska for 13 years and had many adventures there. He moved back East with his family in 2007, and since then he has been teaching biology at SUNY Canton . [S-17-12]

Continuing Tai-Chi and Qigong

Pam March

18 sessions, 1 hour each

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" unless the instructor allows it; and "Beginning Tai-Chi and Qigong" students may not register for "Continuing Tai-Chi and Qigong"; **2)** Participants should wear loose fitting clothing, soft shoes or socks, and bring a water bottle. [S-17-13]

Crafting with Little Wild Things

Jean Oathout & Lynitia Hull

1 session, 1½ hours

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 her granddaughter **Lynitia Hull**. **NOTES: 1)** There is a \$10 fee for supplies, payable at the class; **2)** If you have them,

bring tweezers, scissors, double-sided scotch tape, and a small 3X5 frame you'd like to use with your arrangement; **3)** Card material, envelopes and Contact Paper (to cover your card when through), as well as starter packs of flowers or leaves, will be provided. **Cap: 12 [S-17- 14]**

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 recipient of the “Leon LeBeau SOARing Educator Award,” given to someone who has had a 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-17- 15]**

Dialects of English

John Ohst

3 sessions, 1½ hours each

Sometimes we have trouble understanding other people who speak English because they have a different dialect, using different pronunciations and different word choices. This course is a brief examination of some of the common dialects in English. **John Ohst** is a retired English professor at SUNY Canton. He has also taught English courses at SUNY Oswego as well as LeMoyne College and Onondaga Community College in Syracuse. **Cap: 30 [S-17- 16]**

The Dog Story: From Wolves to Beagles

Roy Horst

4 sessions, 1½ hours each

We will examine the ancestors of modern domestic dogs, including wolves, coyotes, dingoes, jackals, and Asiatic wild dogs. Foxes are not closely related to dogs. How did these wild ancestors become tame and adapt to domestication? How did their behavior and reproduction change? **Roy Horst** has taught animal physiology and ecology at SUNY Potsdam. He has presented several SOAR courses: Domestic Cats, Wildlife of the North Country, and Bats. He also has done extensive field work on wildlife in the Caribbean and in Hawaii. **[S-17-17]**

Drawing

Jim Murray and Barbara Evans (coordinators)

8 sessions, 2 hours each

Kyle Derry (student instructor)

We will cover general drawing concepts in this art class, i.e. such things as still life and sketches. Charcoal will be the medium. Individuals of all levels of skill are welcome. SUNY Potsdam art student Kyle Derry will once again provide instruction. **Barbara Evans and Jim Murray (coordinators)** are long time participants in the original SOAR art workshops led by Leon LeBeau. They share the love of art, and especially enjoy the social aspects of the classes. **NOTE:**

Bring these needed supplies to class: vine charcoal, compressed charcoal, drawing tablet, and an apron. You may be able to find these supplies at one of the local campus stores, at Misty Hollow in Potsdam, or online. **Cap: 15 [S-17-18]**

Duplicate Bridge for Fun: Intermediate Level

8 sessions, 2 hours each Ruth Carrington & Dorothy Swanson

This is not a course, but an interest group of people who like to play bridge. The class offers participants the chance to practice their duplicate bridge skills and to learn new skills. **Ruth Carrington** was the director of two downstate libraries, West Nyack and Port Jervis. Dorothy Swanson was an executive assistant to the director at the Adirondack Museum in Blue Mountain Lake for over 25 years. **Cap: 16 [S-17- 19]**

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

This class will meet at "Indian Creek Nature Center" on CR14 in Rensselaer Falls, where we will examine signs of wildlife and flora adapting to springtime in the Valley. Special attention will be paid to the phenology of wild flowers' bloom and the return of migrating avian life. Possible effects on these species under varying climate change conditions will be analyzed and discussed. **Peter O'Shea** is a naturalist and author with four published books on wildlife and hiking. He has been a guest naturalist at the Adirondack Park Visitors Interpretive Centers for over two decades. He also is a former board member of the St. Lawrence Land Trust and High Peaks Audubon Society. Peter has a special interest in mammal predation. **NOTE: 1)** Dress appropriately for outdoor activity and the day's weather condition; **2)** For directions and a map, view "Indian Creek Nature Center" (under "Locations") on the SOAR website. **[S-17- 20]**

Ecological Flower Gardening

Anne Csete

1 session, 1½ hours

Find some answers to this question: How does seeing the garden as a complex interdependent eco-system (from bacteria or birds and everything in between) change how we plan and maintain our flower gardens? **Anne Csete's** day job is as a professor of Asian history at SLU, but in the off season she is an avid gardener. She has been gardening on a one-acre yard in North Russell for the last 16 years. **[S-17- 21]**

Even More Favorite Poems (Groups A & B) Bob DeGraaff 4 sessions, 1½ hours each (offered twice)

In these four sessions the group will analyze short lyric poems, mostly modern ones. **Bob DeGraaff** spent over 40 years teaching English Literature in the Department of English at SLU. **NOTE:** Copies of poems will be provided. **Cap: 12 Group A:[S-17-22] and Group B:[S-17-23]**

Exploring Short Stories

3 sessions, 1½ hours each

Cailey Underhill

We will explore several short stories from American and British Literature in order to understand the tools the authors used to create powerful and compact vehicles for universal themes. We will consider why the authors chose this format, the benefits and drawbacks of this structure, and we will look at several famous examples from American and British literature. **Cailey Underhill** is a high school English teacher. She delights in reading, writing, and analyzing texts of various types. She has a background in English, history, and psychology, and a Master of Science in English Education from Syracuse University. She previously taught a course for SOAR on Jane Austen. Cailey is looking forward to presenting additional information on American and British short stories. **NOTE:** The presenter will provide the texts to read. **Cap: 20 [S-17- 24]**

Fertilizing the Oceans to Save the Planet

1 session, 1 hour

Brad Baldwin

Our warming planet needs an insurance policy! The worldwide experiment we call global warming needs a counter-experiment that could slow warming while helping to feed our growing population. We consider land fertilization to be a normal, necessary activity. Fertilizing parts of the oceans could absorb more greenhouse gas and make more seafood, so why don't we do it? **Brad Baldwin** has been a marine biologist for nearly 40 years and he is increasingly concerned about planetary health and feeding our global population. **Cap: 20 [S-17- 25]**

From Minerals to Art

1 session, 1½ hours

Susan Robinson

This session will show a selection of the minerals which provided artists' pigments in the past (some of them are still being used today), and the countries from which they were mined. A few interesting colors which were derived from organic sources will be presented as well. **Susan Robinson** holds a degree in geology from SUNY Potsdam. Sue took several courses in art and art history while living in Canada. She has illustrated several children's books in addition to writing and illustrating a small guidebook while living on the Keweenaw Peninsula in the Upper Peninsula of Michigan. Susan has also written over 100 articles on artists who have illustrated minerals, on prehistoric art, and on aspects of mining for "Rocks and Minerals Magazine." She continues create art today and has her paintings in several galleries. **Cap: 30 [S-17- 26]**

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

This course looks at different leadership styles that nevertheless aspired to accomplish the same goal. We will look at how China's Chiang Kai-shek drew on the Confucian concept of shame to save his country from Japanese aggression and compare this to India's Mahatma Gandhi's use of nonviolence to fight British imperial injustices. This presentation aims to understand better what both leaders did to mold a national identity in the face of imperialism and deep internal division. **Grace Huang** studies Asian politics. She has taught courses on Comparative Politics, Asian Politics, and Chinese Politics at SLU for over ten years. A lifelong research question Grace has been asking is this: what are the conditions that promote collective inspiration versus collective hysteria or violence? Her research interests also include political leadership and the cultural stories and resources leaders use to advance their political agendas. **Cap: 20 [S-17- 27]**

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

The provocative collection of books we call the Bible can excite and sometimes inflame its readers as well as confuse those who are trying to use it as a how-to answer book. Regardless of where we fall on the chart of readers and non readers, there is great beauty and thought to be found in this library of writings that have been bound together over centuries into one book. The Bible is an amazing study in human suffering and resilience and in Pat's opinion well worth the time we put in to consider its many messages. This brief introductory class is designed around the more familiar book of Genesis, with a goal of giving these first stories a sense of place in history, along with a peek into the communities of people who told and retold these stories. There are many voices in the Bible, and they do not always agree. We will consider why this is so, and hopefully immerse ourselves in the curiosity that the ancient peoples felt as they tried to understand their place in the world that often seemed harsh and incomprehensible! **Pat Lennox** is a retired licensed local Pastor who served in the United Methodist Church for the past fifteen years. She has discovered for herself that reading the Bible in the context of the multiple time periods over which it was written has better prepared her to accept it on its own terms without a twenty-first century overlay of interpretation. **NOTE: Read Genesis Chapter 1 – Chapter 9 verse 17 before coming to class. Cap: 20 [S-17-28]**

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

Just as every culture has found ways of living life in a different way, each has also found different and sometimes seemingly odd customs surrounding death and dying. In this course, you will learn about various funeral and burial customs practiced throughout history and across

cultures. Leah Rohlfson is Associate Professor and Chair in the Sociology Department at SLU. She teaches introductory sociology and upper level research methods courses as well as courses on medicine, health, aging, and death and dying. Her research interests include racial and gender differences in health. **NOTE:** This presentation may include disturbing content and images. **Cap: 20 [S-17-29]**

He-Said, She-Said Miscommunication

Catherine Sajna

1 session, 1½ hours

She says, “Do you want to stop for a drink?” He says, “No.” She refuses to speak for the rest of the journey. Innocent exchanges are fraught with peril because participants don’t share the same styles or goals. In this session we will watch and discuss a 50-min video in which sociolinguist Deborah Tannen introduces the findings of her research on different gender styles of communication. **Catherine Sajna** taught linguistics, ESL and composition in Hawaii. In Potsdam, she teaches writing at Clarkson and is beginning “Middentrove Productions” to help others write their own family stories written. While communication across genders has its perils, so does communication across generations! She is old enough to be the grandmother of her ‘tween and teen. **NOTE:** Suggested links: www.deborahTannen.com and a critique of this link: <https://www.theguardian.com/world/2007/9oct/01/gender.books> **[S-17- 30]**

The History of Bread and Beer

Paul Graham

1 session, 1½ hours each

These two sessions will explore the history of bread (session 1) and beer (session 2), which are, arguably, the foods that made humans civilized. We’ll learn how these two essentials have shaped not only culinary history, but also world history. We’ll also learn what passed for “bread” and “beer” throughout the ages. **Paul Graham** was a devoted brewer and baker until he contracted celiac disease, an autoimmune disorder triggered by gluten, which is in wheat, barley, spelt, and rye. In an effort to make a friend out of an enemy, he became interested in the history of baking and brewing without these essentials. The result is his most recent book: *In Memory of Bread: A Memoir*, which was published by Random House in 2016. He is Associate Professor of English at SLU. **NOTE:** Suggested link: www.inmemoryofbread.com **[S-17- 31]**

The Holocaust

Elun Gabriel

3 sessions, 1½ hours each

This course will provide an overview of the origins and course of the Holocaust, covering briefly the history of European anti-Judaism and anti-Semitism and the character and policies of the Nazi state in peacetime (1933-39). We will devote most of our attention to the events of the war

era (1939-45): the invasion and occupation of Poland, the ghettoization of Jews, the mass murder of “undesirables” of all sorts, the development of the Final Solution, and its implementation through mass killing, forced labor, and the extermination camp system. **Elun Gabriel** is a scholar of modern European history, with a research focus on Germany during the imperial era (1871-1918). He teaches courses on 19th and 20th century Europe, World War I, the Holocaust, and genocide, as well as Weimar and Nazi Germany. **NOTE:** A list of optional readings is available on “The Holocaust” course page on the SOAR website: www.soarnorthcountry.org **Cap: 30 [S-17- 32]**

Importance of Emotional Climate in Everyday Living

2 sessions, 1½ hours each

Peter Ladd

Some situations are filled with joy which can be immediately recognizable, while others are filled, for example, with resentment where frustration and feeling stuck is subtly recognizable. The course will focus on those emotional climates that have an impact on our lives.

Peter Ladd has taught at SLU in the Graduate School of Education for over 30 years. He also coordinates the Mental Health Counseling Program, and he has worked for 35 years in St. Lawrence’s satellite graduate school program on the Akwesasne Mohawk Reservation.

NOTE: Suggested books: Ladd, P. D. *Emotional Addictions: A Reference Book for Addictions and Mental Health Counseling*. Lanham, MD: Rowman & Littlefield Publishing (2009); and Ladd, P. D. & Blanchfield, K. E. *Mediation Conciliation, and Emotions: the Role of Emotional Climate in Understanding Violence and Mental Illness*. Lanham, MD: Lexington Books (2016). **[S-17-33]**

Instructional Technology to Enhance Student Learning

1 session, 2 hours

Lucas Craig

In this course, the exploration of topics such as, biology, chemistry, math, physics, and many others will be delivered in 3D. Also, the use of the Myo wrist band will be shown. Participants will be able to use both, the 3D projector and Myo wrist band. As a child, **Lucas Craig** admired airplanes and helicopters; as an adult, he pursued his aeronautical degree and continued on with a Masters and PhD in Mechanical Engineering. Later, he spent some time as a scientist/engineer on an aircraft studying clouds. While he was attending graduate school at Clarkson, he found enjoyment in teaching classes and young students about aircraft sampling. This led him to the position he now has at SUNY Canton. Lucas enjoys teaching students, and he has always been trying to figure out improvements to enhance student learning. **NOTE:** Suggested web links: 3D Projector – <http://www.avrover.com/> and Myo wrist band – <https://www.myo.com> **Cap: 30 [S-17-34]**

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

Publishing a diary that was written in France but surfaced in a flooded basement in Canton, Ohio, seemed a quixotic project. This lecture covers fifteen years of research and encourages others to pursue unlikely topics and fascinating stories. Publication of *Relief Work as Pilgrimage: "Mademoiselle Miss Elsie" in Southern France, 1945-1948* in 2015 was a reward for venturing beyond one's depth. **M. J. Heisey** teaches modern American History at SUNY Potsdam. She enjoys students, especially when she is one of them. Her research focuses on American pacifism.

NOTE: Suggested reading: <http://www.h-france.net/vol16reviews/vol16no246dombrowskirisser.pdf> [S-17- 35]

Keeping Up with Alice Munro **Robert (Bob) Thacker** **3 sessions, 1½ hours each**

This course will both introduce Alice Munro and her work, and trace her path to the 2013 Nobel Prize for Literature. **Bob Thacker** has been studying Munro's writing since 1973 as a critic and as her biographer. In 2005 Bob published the first extended Munro biography, *Alice Munro: Writing Her Lives* (revised and updated in 2011). Bob teaches at SLU where he holds the title of "Dana Professor of Canadian Studies." **Cap: 16** [S-17- 36]

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

In 1803, in one of the largest land deals in history, the United States purchased the Louisiana Territory from France. Then under President Thomas Jefferson's guidance, it was up to two men to assemble a team of explorers with the ultimate goal of opening up this vast territory for the United States and also of finding a water route that would connect to the Pacific Ocean. Follow the story of the "Corps of Discovery" as they face challenge after challenge in pursuit of this "northwest passage." **Terry Niles** is a frequent presenter for SOAR. In 2012, he received the "Leon LeBeau SOARing Educator Award." Terry graduated from SLU having majored in history and government. Studying history is still his hobby. He is a former board member of the St. Lawrence County Historical Association and of the Civil War Roundtable. Terry is the owner of Niles Asset Management, Inc. [S-17- 37]

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 she is a certified instructor for “Journal to the Self,” with credentials through the Center for Journal Therapy. **NOTE:** Bring a notebook or journal, or a laptop – for writing in class. **Cap: 12 [S-17- 38]**

Line Dancing for Beginners

Margaret Mauch

6 sessions, 1½ hours 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-17- 39]**

Living Better with Diabetes Julie Cooke and Heidi Czerepak

6 sessions, 2½ hours each

This six-week evidence-based program was developed by Stanford University, and is designed to address day-to-day challenges for those living with diabetes. People closest to those living with diabetes are also invited to attend. **Julie Cooke** has been with the Health Initiative for the past 6 years and is new to the position of coordinator for both the “Diabetes Prevention Program” and the “Diabetes Self-Management Program,” which help create a better life for those living with diabetes. She has witnessed first-hand how participants of the “Living Better with Diabetes” course gain a great deal of knowledge, whether they are newly diagnosed or have been living with diabetes for a length of time. **Heidi Czerepak** has been with the Health Initiative for the past year as an intern. She is currently pursuing her Master's Degree in Community Health. Recently, Heidi has agreed to come aboard per diem, and she is very excited to be involved with the “Diabetes Self-Management Program.” **NOTE:** There is a break each day; snacks are provided. **Cap: 20 [S-17- 40]**

Localization: GPS and GPS-free Algorithms

2 sessions, 1½ hours

Mahesh Banavar and Kevin Mach

The presenters will cover the basics of ranging, multi-lateration, and localization. They will discuss applications of localization, including GPS, as well as solutions for indoor localization. In the first session, they will cover background, theory, and algorithms. In the second session, they will participate in hands-on activities to demonstrate how localization works. **Mahesh Banavar** is an Assistant Professor in the Department of Electrical and Computer Engineering at Clarkson University. His research area is signal processing and communications, and he is specifically working on wireless

communications and sensor networks. Mahesh is a member of MENSA and the Eta Kappa Nu honor society. **Kevin Mach** is currently pursuing an M.S. degree in Electrical Engineering at Clarkson University, where he received his B.S. degree in Electrical Engineering in May of 2016. His concentration is in signal processing, and his interests are in digital signal processing, machine learning, and localization. His research is currently on localization with the Android platform, focusing on both the associated technical and educational aspects. Part of his training has been focused on educational outreach, and he serves as a TA at Clarkson for introductory signal processing courses. **NOTES:** 1) Suggested link: <http://cosine.clarkson.edu> and 2) Check the SOAR course page for “Localization: GPS and GPS-free Algorithms”; you might be able to download an app on your cell phone to use in class. [S-17- 41]

Mah Jongg

Kay Russell and Brenda Francey

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 **Kay Russell** and **Brenda Francey** have over 40 years of experience in playing and teaching Mah Jong. **NOTE:** Suggested website: www.nationalmahjonggleague.org **Cap: 16** [S-17- 42]

More Good Ol’ Days in Northern New York

Pat Dominie, Fran Van Horne, & Don Potter (*Coordinators*)

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. Each week you will be introduced to a different local area, and you will also hear the stories of some of those early days in the lesser-known areas of Northern New York.

Day 1: Don Potter – “**Growing up in Morley.**” Don is a member of the Morley History Group. He is an amateur historian specializing in Morley history. His family moved to Morley in 1942. Don attended Morley school through the sixth grade before going to Canton Junior and Senior High School (he graduated in 1960). Don spent 17 years on the Canton Central Board of Education. He also was involved in Canton Pee Wee Baseball and Hockey. Don served on the SOAR Board of Directors and on the SOAR Meet-the-Chef Committee. Don is a retired lineman, electrician, sales rep and executive.

Day 2: Dale Burnett – “**Stories from Hopkinton.**” Dale is the author of *The Second Hundred Years, a History of Hopkinton*, which continues, and updates,

a prior book with stories from 1902 to more current times. Dale graduated from SUNY Potsdam as an English major in 1967. He spent the next 34 years teaching at Norwood-Norfolk. An avid genealogist, he grew up in Hopkinton, where his wife has deep roots. They raised their family on a hobby farm new Winthrop.

Day 3: David and Debbie Murray – “Early life along the St. Lawrence River at Morristown.” David is the Town Clerk and Debbie is the Town Historian for Morristown. This couple has a love for area history. They are active with the Forsythe Rifles, and have many interesting stories from along the river to share with us.

Day 4: Audience Participation with Guest Panel, lead by Coordinators: Don Potter, Pat Dominie, and Fran Van Horne. (*See Day 1 for Don's info*) Pat is an amateur genealogist, and the 5th generation of her family to live in St. Lawrence County. She has a strong interest in St. Lawrence County history. She is a volunteer and trustee at the St. Lawrence County Historical Association and a member of the Morley History Group. Pat has presented SOAR classes in genealogy and arranged presentations on local history. **Fran Van Horne** is a history buff who especially enjoys learning about how famous women lived and behaved. Fran has offered SOAR courses on Queen Victoria, the Vanderbilts, and the First Ladies. Fran and her husband Otis were named “Super SOARers” in spring 2009. **Cap: 40 [S-17- 43]**

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

Sondheim's career began as a lyricist and continued as composer and lyricist for a number of musicals, including “Into the Woods.” In this course we will explore how his work has changed the face of musical theatre. Initially **Connie Meng** was an actress both On- and Off-Broadway. She also appeared in numerous TV commercials. She then took a break to get an MA in Theatre from the University of Michigan. Next she worked on a Ph.D. at the University of Denver, where she also taught acting and directed and choreographed. Her next move was back to New York City to work as a professional musical director and conductor. On Broadway she played in the pit for “Into the Woods,” “Joseph and the Amazing Technicolor Dreamcoat,” and “Damn Yankees.” Connie moved back to Canton, her home town, in 1998. Since 2000 Connie has been the theatre critic for North Country Public Radio. **Cap: 25 [S-17- 44]**

Occupational Therapy: Supporting What Matters to You **3 sessions, 2 hours each Lisa Tebo, Victoria Priganc,** **Alisha Ohl, & Cindy Hammecker-McLean**

This three-part course will present strategies used by occupational therapists to promote healthy and safe participation in a variety of daily activities:

1) “Safe at Home” will focus on simple strategies and adaptations that can be used in the home environment to make day-to-day life easier and safer. (Instructors: **Lisa Tebo**, OTR/L and **Cindy Hammecker-McLean**, OTR/L);

2) “Staying Connected” will focus on using smart phones and other tech tools, such as social media, to connect with family, friends and community. (Instructor: **Alisha Ohl**, OTR/L) **NOTE:** Participants should bring their cell phones, and, if they desire, any additional lightweight technology, to the “Staying Connected Session.” 3) “Healthy Hands” will focus on maximizing comfort and minimizing risk of injury for hands when aging-related conditions (such as rheumatoid arthritis) might otherwise interfere. (Instructor: **Victoria Priganc**, OTR/L). All four presenters are licensed occupational therapists. Victoria Priganc is the Occupational Therapy Program Director at Clarkson University, and all four are faculty in the CUOT graduate program. Combined, these four OTs have well over 60 years of experience serving individuals with a variety of health conditions. . **Cap: 30 [S-17-45]**

Ötzi the Iceman

Shinu Anna Abraham

1 session, 1½ hours

The presenter will give a review of the data about the 5300 year old frozen body of a Neolithic man found in the Italian Alps. **Shinu Anna Abraham**, is an anthropological archaeologist who specializes in ancient south India, glass bead manufacture, and early Indian Ocean trade. She teaches in the Department of Anthropology at SLU. **[S-17-46]**

Parkinson’s Disease: Things You Need to Know

1 session, 1½ hours

Rebecca Martin

This course will provide a basic overview of Parkinson’s disease and current treatments for it. Attendees will learn the signs and symptoms of Parkinson’s disease, why these symptoms occur, how medications are used to manage symptoms, and what exercise can do to slow the progression of the disease. Information about local resources will also be provided. **Rebecca Martin** is a Clinical Assistant Professor of Physical Therapy at Clarkson University and a Parkinson Disease Foundation Faculty Scholar. She conducts research on Parkinson’s and continues her clinical practice with those who have Parkinson’s disease at Canton Pottsdam Hospital. She also holds a once monthly Parkinson’s disease and Function Movement Disorder Support Group. **NOTES: 1)** Presenter will provide handouts; **2)** Suggested link: <http://www.pdf.org> – the website of the Parkinson’s Disease Foundation. **[S-17- 47]**

Past Life Regression

Robert LeBoeuf

1 session, 2 hours

This session will consist of a brief discussion about past lives. Following that, there will be a guided meditation that will enable attendees to view some of their significant past lives. **Robert LeBoeuf** is a retired instrumentation and controls technician. He was an electricity instructor at BOCES in Norwood. Robert has been a student of metaphysics for over 40 years. **NOTE:** Bring a pencil or pen and something to write on. **Cap: 30 [S-17-48]**

The Past, Present and Future of Clinical Trials

4 sessions, 1 hour each **Deborah Chase Lauther** (*Coordinator*)

Deborah Chase Lauther is the Social Media and Community Relations Coordinator for Canton-Potsdam Hospital. The theme for this series of talks is: clinical trials. Clinical trials play an important role in medicine and treatment. Learn about their early history, and what the future holds. 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.” **NOTES:** **1)** Presentation order may change; check the online course page for updates; **2)** These are informal presentations: come a bit early, pick up your lunch, find a seat. **Cap: 30 [S-17- 49]**

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

This presentation will discuss the use of paper as a functional material for the development of field portable instrumentation. There will be examples of environmental applications as well as examples for point-of-care diagnostics, public safety and food quality control. **Silvana Andreescu** is the Egon Matijević Chair in Chemistry in the Department of Chemistry and Biomolecular Science at Clarkson University. Her research activities focus on the development of functional materials and devices for diagnostic, therapeutic, bioelectronic, environmental, and energy-related applications. **[S-17- 50]**

Raptors of the North Country **MaryBeth Warburton** **2 sessions (1 classroom session + optional field trip), 1½ hours each**

Raptors have fascinated humans for centuries. This presentation will give a brief overview of raptors, such as eagles, falcons, hawks and owls. The focus will be on species that can be seen locally and will include an update on the Bald Eagle and Peregrine Falcon in NYS. For 15 years **MaryBeth Warbuton** monitored Bald Eagles and Peregrine Falcons for the Endangered Species Unit, DEC. She is an avid birder. Currently, MaryBeth is the president of the Indian Creek Nature Center. **NOTES:** **1)** Dress appropriately for the field trip; **2)** If you have (or can borrow) binoculars, bring them for the field trip. **[S-17- 51]**

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

This course is an introduction to online genealogical research using free resources. The emphasis will be on North Country, Ontario and Quebec resources, but, depending on the specific interests of participants, materials for other areas of the US as well as other countries will also be included. **Rita Goldberg** is a retired professor of Spanish at SLU. Rita currently is a

volunteer researcher at the St. Lawrence County Historical Association where she specializes in responding to genealogical and historical inquiries. She has also done extensive historical research in archives in Spain, especially on 16th and 17th Century poetry and music. **NOTE:** Please fill out the questionnaire sent back to you with your confirmation of courses; mail it to the SOAR office: 382 Van Housen Ext., SUNY Potsdam, 44 Pierrepont Ave., Potsdam, NY 13676. The form is also posted on the “Researching Your Family History...” course page. **Cap: 12 [S-17- 52]**

Roller Coaster Design

Katie Fowler Kavanagh,

1 session, 1½ hours

Michael Ramsdell, & Joshua Thomas

In this workshop, attendees gain an understanding of the mathematics and physics that underlie roller coaster design. We'll see how to balance thrills with safety! Through hands-on activities, participants will see how a roller coaster is built from a scaled blue print to a simulated ride. **Katie Fowler Kavanagh, Michael Ramsdell, and Joshua Thomas** have been working with local middle school and high school teachers for the last 11 years, to motivate their students to consider making careers out of Science, Technology, Engineering, and Mathematics (STEM). The activities presented here are part of our week-long summer roller coaster camp held each year for roughly 100 students. **[S-17- 53]**

Speak Knit

Dayna Lancaster

2 sessions, 1½ hours each

This is a casual class to help knitters of all levels with new gadgets, Web pages, reading patterns and fun tricks and tips. Bring your sense of humor and tips of your own to share with others. The second session will be a “Knit-In”. Bring a project of your choice, start a project at the shop, brush up on specific stitches or learn some new ones! Or learn to knit for the first time! **Dayna Lancaster** was raised in Canton. After she retired, she moved back home – that was 2 years ago. Dayna began her involvement with sewing and knitting through 4-H. She now sews, quilts, knits, spins, does felting and crafting – AND she now manages the store “The Celtic Knot” in Canton. She lives on a farm in Hermon with her husband – and also with 2 horses, 11 alpacas, 10 chickens, and Hank, the golden retriever. **NOTES: 1)** Park on Main St. or in the lot behind the store (back entrance has a handicap ramp, if needed); **2)** You are welcome to stay longer at each session to meet your knitting needs. **Cap 10 [S-17-54]**

Spring into Fitness

Jennifer McDonald (Coordinator),

faculty & students, Physical Therapy Assistant Program, SUNY Canton

3 sessions, 1½ hours each

The benefits of maintaining strength, flexibility, and aerobic fitness are well proven by research, but many people who would like to exercise don't

know where to begin. If you'd like some guidance in getting started (or getting back into) an exercise routine, this is the program for you! The three-session program, one per month, will provide participants with simple, clear instruction on each of the three key areas of fitness: aerobic conditioning, strength, and flexibility. Our focus will be on simple exercises that don't require a lot of time or equipment, and will be applicable for people of all fitness levels. The participating SUNY Canton "Physical Therapy Assistant" (PTA) program faculty are: **Deborah Molnar**, PT, DPT, MEd, **Jennifer McDonald**, PT, DPT, MS and **Anne Reilly**, PTA, BS. These teachers are all experienced physical therapy professionals and educators who are passionate about the importance of maintaining fitness as a means to improve overall health. Together with their PTA students they are excited about the opportunity to share their knowledge and experience with SOAR course participants. **NOTE:** Wear comfortable clothes for exercise, and good-fitting athletic shoes. [S-17- 55]

Tai-Chi: The Short Form

Pam March

9 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. **NOTE: 1)** The prerequisite for this class is Beginning Tai-Chi and Qigong"; **2)** Participants should wear loose fitting clothing, soft shoes or socks and bring a water bottle. [S-17-56]

Those Disappearin' Railroad Blues

Art Johnson

1 session, 1½ hours

The course title is from the song, "The City of New Orleans." In this presentation we will look at the history of the Adirondack Scenic Railroad, starting from the construction of the line as the "Mohawk & Malone," later as the "New York Central Adirondack Division," then "Conrail," after that the end of its passenger and freight service, and finally its revival as the Adirondack Scenic Railroad, currently threatened by the advocates for a recreational trail. **Art Johnson** has had a long-time interest in transportation (e.g. his SOAR courses "Lost Railroads of the Adirondacks," "Lost World of the Night Boat, and "The Erie Canal and the NY Central Railroad," but his special interest is railroads. Art was a Professor at SUNY Potsdam where he taught courses on New York State History and Adirondack History. In fall 2015 Art received the "Leon LeBeau SOARing Educator Award." **Cap: 25** [S-17-57]

Topics in the History of Mathematics**Breyne Moskowitz**

2 sessions, 1½ hours each

We will discuss six topics in the history of mathematics. Topics may include pi, infinity, phi, irrational numbers, imaginary numbers, chaos, the relationship between the development of statistics and experimental design, or possibly other topics. Prior knowledge of the topics is not expected. Over the years, **Breyne Moskowitz** taught Linguistics at UCLA and math at high schools in Los Angeles, England, Russia, and China, and at Pasadena City College. [S-17- 58]

A Tour of Pathological Science**Brian Watson****1 session, 1½ hours**

Irving Langmuir coined the term “pathological science” to describe the science of things that are not so, a category distinct from scientific hoaxes (Piltdown Man), deliberate fraud (Benveniste’s water memory experiments), or simple error (faster-than-light neutrinos). Langmuir described the case where reputable scientists, by lapses in judgment and experimenter bias, convince themselves that they have discovered a new phenomenon, which is in fact spurious. Other scientists replicate the experiments and often they also find the new effect, or think they have. In this talk, **Brian Watson** will describe some of the most famous cases of pathological science. Starting with the well-known case of Blondlot’s N-Rays, he will discuss cold fusion, facilitated communication, and the latest candidate, NASA’s EMDrive, which purports to deliver a thrust without an exchange of momentum. Brian just retired from a forty-year career teaching physics. While his professional research has focused on light scattering in clouds, he has taught a special topics course called: “Science: Good, Bad, and Bogus.” This SOAR presentation draws material from that course and his long-standing interest in pseudoscience.

Cap: 25 [S-17- 59]**Tree Water****Margaret and James Finen****1 session, 1½ hours**

Simply put: Tree water is a natural source of water that is obtained from trees. James and Margaret have owned a sugaring operation in Norwood since 2010. **James Finen** has been making maple syrup since the age of 7. **Margaret Finen** had never seen syrup made prior to her first experience in 2010. While observing the process, she found it interesting that you can separate water from the sap prior to boiling it into maple syrup. At the time many if not all producers were discarding the natural water. She had it tested and found it was indeed water. Since then she has been working diligently, over the past 6 years to get tree water into the market place. Margaret notes that they have overcome a lot of hurdles but still have a few more to get over. **NOTE:** Bring a pen or pencil and paper [S-17- 60]

Vicarious Voyagers XX **4 sessions, 1½ hours each**

Ruth Kreuzer (*Coordinator*)

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** (*Coordinator*) is herself an avid world traveler and photographer. These adventures await you, in this order:

Day 1: Adam Wheeler and Kelly Glascott – “High Adventure in Alaska.” Enjoy a vicarious climb up the highest peak in the Wrangells and the 50th most topographically prominent peak in the world. Less than 50 parties have climbed this true wilderness peak that ascends over 7,500 vertical feet. **Adam Wheeler** has been in the wilderness education field for over 20 years. At SUNY Potsdam, he teaches Wilderness Leadership, Therapeutic Recreation, High Ropes Facilitation and Wilderness Emergency Medicine. **Kelly Glascott**, a SUNY Potsdam Wilderness Education graduate, is currently a Climbing Guide for St. Elias Guides Alaska, and High Peaks Cyclery, Lake Placid. He will share the highlights of his epic trip from Skolai Pass to the White River where he packrafted to the Alcan Highway in 24.5 hours (and then took just as long to hitchhike home!). Kelly grew up playing in the Adirondack Mountains. He is now an accomplished ice climber who is happy to share his “tips and tricks.”

Day 2) Thressa Zimmerman – “Kenya: A Study Abroad Experience.” **Thressa Zimmerman** went on the SLU Kenya Semester in the fall of 2015. While her home base was in Karen, a suburb of Nairobi, she also did a homestay in Nyeri, in the central highlands of Kenya, went on safari in Amboseli, learned about fishing and the Luo culture in Kisumu, and lived with the Hadzabe in Yaeda Valley, Tanzania. Thressa also did an independent study – similar to an internship – where she ventured out to Kigali, Rwanda for a month stay of study and volunteerism at the Kigali Genocide Memorial. Thressa is currently finishing up her senior year at SLU.

Day 3) Daniel ben Avraham, Monique Tirion, Bruce McClure – “Tour du Mont Blanc.” These three presenters have been living in the Potsdam vicinity for some years. Whenever possible, they like to hike in the Adirondaks, or anywhere else, when they get the chance. The got the chance to go to Europe to do the “Tour du Mont Blanc,” a 105-mile loop around the massif of the Mont Blanc Monuntain (the tallest Alp) and passing over three countries: France, Italy, and Switzerland (done, typically in about 18 days). They will share their adventures on the hike, along with many surprises encountered along the way, the amazingly fantastic vistas (accompanied by pictures), the food (sorry, no samples), the people, and the preparation and training for the “Tour.” All three presenters have given multiple presentations for SOAR.

Day 4) Juanita Babcock – “Israel and Jordan.” Frequent world traveler, **Juanita Babcock**, has been out of the country again, this time on a Road Scholar trip to Isarel and Jordan. Juanita says, “This trip was

jam-packed with wow-ing experiences!” The highlights include: The Wailing Wall, the Church of the Holy Sepulchre, baptism in the River Jordan, swimming in the Dead Sea, the birthplace of John the Baptist, the hospitality of the Jordanian people, touring Bethlehem, the Holocaust Memorial, the Fortress of Masada (UNESCO Heritage Site), the Roman ruins at Jerash, the lost city of Petra, and seeing the caves where the Dead Sea Scrolls were found, and then actually seeing them in the Museum in Israel. **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-17- 61]**

Waterfalls of Northern New York David & Marcia Schryver **1 session, 1½ hours**

This is an interactive discussion about the waterfalls in Northern New York. The presenters will talk about the way they got involved with this activity and how it relates to their website, and to the book *Waterfalls of New York State*, which David co-authored. **David Schryver** was a math teacher for 33 years at the Edwards-Knox Central School and the former Edwards Central School. **Marcia Schryver** was a reading teacher for over 30 years at the Gouverneur Central School. Now retired, they are involved with many activities, including hiking into waterfall locations throughout the northern part of New York State. **NOTE:** Suggested link: www.nnywaterfalls.com [S-17- 62]

When Americans Invaded Quebec Art Johnson **1 session, 1½ hours**

In 1775 American revolutionary armies invaded Canada and laid siege to Quebec City. The invasion and the British defense of Quebec is reflected in the title of this course. **Art Johnson** was a Professor of American and Canadian History at SUNY Potsdam for 40 years. Art is a frequent presenter for SOAR. In spring 2013, Art was given the “Leon Le-Beau SOARing Educator Award. [S-17- 63]

* * *

It's Never too Late to Learn!



SOAR Board members and Juanita Blakemore are learning new computer skills.



At the fall 2016 SOAR luncheon, we honored Aileen O'Donoghue by bestowing on her the "Leon LeBeau SOARing Educator Award."

When you next come to the SOAR office, please welcome our new "Administrative Assistant." Juanita Blakemore.



“Leon LeBeau SOARing Educator Awardees”
who are offering a course or presentation this spring.

Art Johnson



Pam March



John Casserly



Terry Niles



Juanita Babcock



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

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
- 2015 – Dorothy (Dot) Howe
- 2016 – Ed Russell

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

- 2008 – Neil Johnson
- 2010 – Barbara Trerise
- 2011 – Nancy Hess
- 2014 – Ruth Kreuzer
- 2016 – Leon LeBeau

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
- 2016 – Aileen O'Donoghue

**Welcome back to SOAR classes!
and Welcome New Members!**

REMINDERS

Daylight Saving

Time starts 2:00 am
Sunday, March 12

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

**Volunteer to be a
SOAR
ambassador!**

Classes start
Monday, March 13

Meet-the-Chef

Goose Landing
(pay by Monday April 3)
Wednesday, Apr. 19
1:00pm *(see p.3)*

Classes end
Friday, May 19

SOAR Luncheon
Wednesday May 24

11:30-2:00 *(see p.3)*
*(reservations due
Friday May 12)*

FIND SOAR . . .

SOAR

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for up-to-date info on:

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