

sponsored by:



THE STATE UNIVERSITY OF NEW YORK
Potsdam

SOARING!

the Newsletter of

SOAR

lifelong learning in the North Country

Spring 2017

affiliated with:
ROAD SCHOLAR
Institute Network



Chairs Comments

Once again, our Curriculum Committee selected a rich set of courses for our enjoyment. The semester started with a “snow day” causing us to postpone some classes. This meant coordinating with the presenter and the scheduling committee in order to find

a time later in the semester to conduct the courses. The committee stepped up to the plate and performed that task readily. Armed with this information, we emailed the class members and put the changes on the website. Knowing some of the members do not have an email address, we called them. One of the courses met later that day! Its course ambassador, Natalia Stahl, called the office suggesting she help call all members since the time was so short between then and when the course was to meet. It was great. Our volunteers, the scheduling committee, the ambassador and the presenter all worked together efficiently, the course was rescheduled, and all the class members were notified promptly. The entire process went well. This was accomplished because we have so many volunteers working hard to “make it work” for all of us. We are indeed fortunate.

And again this semester, we have a new Administrative Assistant. Our former Administrative Assistant, Katherine Lenz, informed us she had decided to leave the position for family reasons. The Administrative and Finance Committee, stepped up once again and found us an excellent replacement for Katherine. Juanita Blakemore started in February; and she has quickly adapted, especially with the first week of classes having postponed classes because of the snowstorm.

As mentioned in last fall’s newsletter, the Board has approved a number of changes to the Bylaws. We will vote on these changes at the Spring luncheon. They are included with this mailing as a separate document. Please take some time to review them and come to the meeting prepared to vote.

We trust you are having an enjoyable semester. As always, we encourage **you** to sign up **for** all the courses you wish to take, but do attend those for which you

sign up. We understand there are often unexpected conflicts that prevent someone from attending a class. On the other hand, it is discouraging for us to have the number of absences that there are each semester for those who decide to just not come - up to 30% or 35% in some classes. Our presenters are volunteering their time, and it is often disappointing to them when many do not show up for their classes. If you need to drop a class, please let the SOAR office know.

We hope you have a pleasant summer and look forward to seeing you in the fall. The Curriculum Committee is busy finding an interesting set of courses, many of which I’m sure you will find of interest.

Bill Mein, Chair, Board of Directors

NOTICE: Annual Membership Meeting Wednesday, May 24, 2017

The SOAR Board of Directors is calling a meeting of the membership at the spring 2017 luncheon. Members will vote on a slate of officers and other directors for the upcoming SOAR year (June-May), approve the budget, and also the Bylaw changes.

NOMINATING and AWARDS COMMITTEE

*announces the nominees for
officers and directors of the*

SOAR BOARD of DIRECTORS

The Nominating and Awards Committee is pleased to recommend the following members for a one-year term on the SOAR Board of Directors to be voted upon at the membership meeting on May 24, 2017. Members present may also propose other candidates to be placed in nomination.

OFFICERS

Chair: Bill Mein **Secretary:** Lyn Swafford
Vice Chair: Mark Coleman **Treasurer:** Ron Frank

OTHER MEMBERS

Jim Barry	Ruth Kreuzer	Dorothy Howe
Cynthia Bender	Carol McRobbie	Ed Russell
Betty Graham	Byron Whitney	Janet van Weringh
Neil Johnson	Carol Lawrence	

AWARD NOTE see page 3


A peek at the working list of fall 2017 course topics (as of 04/23/17)

Fall semester tentatively runs from **September 5 - November 10, 2017** *(fall luncheon date TBA)*

When all the courses are confirmed, the "Preliminary List of Courses" will be posted on the home page of the SOAR web site:

www.soarnorthcountry.org

- Green Buildings – Erik Backus
Animal Vet – Tony Beane
Probability in the News – Dani ben Avraham
Neanderthals Among Us – John Barthelme
Humpback Whales – Doug Bohl
How Safe is Our Drinking Water – Fadi Bou-Abdallah
User Friendly Mindful Meditation – Charlie Bradt
Art Watercolor Workshop – Nellie Bright and Jim Murray
China's Civil War and Rule of Mao, 1945 – Ina Brockriede
Duplicate Bridge: Intermediate Level – Ruth Carrington
Current Events – John Casserly
Quilting Using the CFL Accuquilt Machine – Pat Dishaw
In Praise of Quiet Adirondack Waters – Lorraine Duvall
Science of Human Sound Production – Byron Erath
Serial Murderer – Elizabeth Erickson
Digital Photography – William Fassinger
Creating Clean Air at Home – Andrea Ferro
North Country Drug Epidemic – TPR Jen Fleischman
Canadians and Natural Environment – Neil Forkey
Mah Jongg – Kay Russell and Brenda Francey
Mutual Fund Investments – Brian Harte
How Immune Cells Protect Us – Kari Heckman
Racial Attitudes: Changing Expectations – M. J. Heisey
(Coordinator)
 Film: Tim Wise's White Like Me – Nancy Lewis
 DIAC & Biological Difference and Race – Nasser Malit
 Identity of the Confederate Flag – Sheila McIntyre
 A Brief History of Blackface – Jay Pecora
Tunes-R-Us – Clive and Sandra Henery
Shakespeare – Alvin Henry
Lyme Disease – Paul Hetzler
Construction and Production of Mary Gwyneth Art –
 Mary Holland
Mortar and Bale-House – Mary Holland
Orthotics and Prosthetics – Roger Howard
Ballroom Dancing – Van Hoyt and Diane Crump
Looking at Paintings – Dagmar Jaunzems
Lifelines: Writing Your Way In – Vicki Levitt
- Beginning Tai-Chi and Qigong – Pam March
Continuing Tai-Chi and Qigong – Pam March
Tai Chi: The Short Form – Pam March
Real Medicine – Katharine Matthis
Line Dancing – Margaret Mauch
American Predators – John McDonald
Archeology of the Adirondacks – Tim Messner
How Children Learn Their First Language –
 Breyne Moskowitz
Drawing – Jim Murray
Honey Bees – Rajiv Narula
Lewis and Clark Expedition (Part 2) – Terry Niles
Life on a Tilted Teacup – Aileen O'Donoghue
Ray Bradbury's Dandelion Wine – Frank Palumbo
Mathematical Knots – Laura Person
Legacy Letters – Linda Potter
Climate Change – Page Quinton
Amyotrophic Lateral Sclerosis – Charles Robinson
Grenville Minerals – George Robinson
Insect Ecology – Bill Romey
Pre-Superheroes in American Comic Book – Doug Rose
Mark Twain in New York – Gretchen Sharlow
Publishing a Newspaper – Bill Shumway, Editor
Birds and Reptiles – Sara Sirsat
AARP Smart Driver (Canton only) – Dana Smith
Early American Literature – Mark Sturges
More Hands-On Chemistry Experiments –
 Samuel Tartakoff
How We Are Taxing Our Grandchildren –
 Joe Timmerman
Meditation – Monique Tirion
Building Better Bones: Level 1 and 2 – Chris Towler
Caregivers for Alzheimer's Cases – Nancy Vosbrink
Racquette River History – Mary Jane Watson
Care for Stone Memorials – Roberta Whalen
Light Capture of CO2 from Exhaust – Mario Wriedt
Edgar Cayce Exercises – Donna Wright
Motown Dancing – Donna Wright



GOT AN IDEA?
The Curriculum Committee is very busy finalizing the fall 2017 SOAR courses AND already working on the spring 2018 curriculum. If you want to volunteer to teach a course, or have course suggestions, call Jim Barry at 315-386-4732 or e-mail him at jimbarry@twcny.rr.com

DO YOU KNOW?

<i>the spring 2017 stats are...</i>	<i>you should...</i>
417 SOAR members <i>(total)</i>	- cancel your registration if you can't attend a particular course
27 new members this spring	- attend classes regularly
81 couples	- wear your name tag
64 courses / presentations	- display your parking pass
84 presenters/coordinators <i>(not counting student help)</i>	- use the SOAR website
64 ambassadors	- VOLUNTEER!
31 classrooms <i>(13 new ones)</i>	

COMMITTEE NEWS

REGISTRATION COMMITTEE

Each semester, the beginning date for registration will be posted on SOAR's website (www.soarnorthcountry.org) along with all forms and other information about the courses being offered. **You must submit a paper copy of the registration form to be enrolled.** If you have not received the Registration and Ambassador Volunteer forms, they can be printed from the SOAR website and sent in. Snow Birds, please give Juanita Blakemore, our SOAR Administrative Assistant, your winter mailing address to facilitate timely arrival of the Spring registration packet.

*Byron Whitney and Carol McRobbie,
Co-Chairs, Registration Committee*

CURRICULUM COMMITTEE

The Curriculum Committee Hopes you enjoyed the Spring 2017 courses that SOAR provided. Please let our presenters know how much you appreciated their volunteering their time, talent, and expertise.

Our 17th year of SOAR classes starts this Fall 2017. The Curriculum Committee has planned over 60 offerings to choose from. A potpourri of new courses is on tap, as well as some perennial favorites. So look over the list of courses and get ready for a stimulating Fall 2017 SOAR semester.

*Jim Barry and Ed Russell,
Co-Chairs, Curriculum Committee*

SCHEDULING COMMITTEE

For SOAR's Spring '17 semester the Scheduling Committee (Patty Bennett, Mark Coleman, David Mathie, Lyn Swafford, Kris Washburn) worked diligently and successfully to reconcile the schedules and equipment requests of more than 60 presenters with the availability of space at several locations (primarily the four colleges, Silas Wright House, Partridge Knoll and Mayfield Apts). We are especially grateful to SUNY Potsdam for providing classrooms for more than half of our courses.

*Mark Coleman, Chair,
Scheduling Committee*

NOMINATING AND AWARDS COMMITTEE

Every spring at the membership luncheon the SOAR Board of Directors honors a member (or members) who has made a significant contribution to SOAR. This contribution can be in many areas: teaching, volunteerism, governance, administration. It is the job of the Nominating and Awards Committee to garner recommendations, choose the recipient, and present the award at the membership meeting. Happily for SOAR there are so many people worthy of being recognized.

The Awardee is not announced before the luncheon and it is a surprise (usually) for the Super-SOARer winner. Please come to the membership luncheon on May 24th to congratulate Super-SOARer 2017.

*Betty Graham, Chair,
Nominating and Awards Committee*



Meet Juanita Blackmore, our new Administrative Assistant. She will always greet you with a smile and a "How can I help you?"

SOAR SPRING LUNCHEON

Barrington Student Union

Multi-Purpose Room (second floor)

WEDNESDAY, MAY 24, 2017

enjoy band and displays 11:30

buffet tables open at 12:00 noon



MENU

assorted rolls (w/butter)

mixed greens salad

Mediterranean Grilled Chicken

Butternut Squash Ravioli

Seasonal Vegetables

Vegan Entree (available upon request
call the SOAR office: 315-267-2690)

DESSERT

Strawberry and

Chocolate

Tiger Cake

Coffee
or
Tea

To pay at the door: email: soar@potdam.edu
or phone the SOAR office: 315-267-2690

Link to the SOAR location page below for detailed info:
[www.soarnorthcountry.com/locations/spring-2017/
suny-barrington-student-union/](http://www.soarnorthcountry.com/locations/spring-2017/suny-barrington-student-union/)

flyer also posted at: www.soarnorthcountry.org

Name(s): _____

attending: _____ (\$20 each) Enclosed: \$ _____

Address: _____

Phone: _____

Email: _____

All reservations due by May 10. Phone 315-267-2690 or better yet:
mail this form, with your check made payable to: PACES 235, to:

SOAR, 382 Van Housen Ext., SUNY Potsdam,
44 Pierrepont Ave., Potsdam, NY 13676

**SOAR SPRING 2017
LUNCHEON FORM**

Parking / Walking / Shuttle Vans

LINK to BUILDINGS and PARKING MAPS

go to: www2.potsdam.edu/campusmap
then click on the **Parking** tab

!! DISPLAY YOUR PARKING PASS !!

PASSENGER DROP OFF: use the 15 minute parking (Lot 10) opposite the front door of Barrington Student Union

HANDICAPPED PARKING: is available in Lots 6, 9, 10, 22, 25, and 31 (handicapped permit required)

SHUTTLE VANS: (are available) from Lot 22 (behind Van Housen Ext. or Lot 20 (diagonal from Van Housen Ext.))

WALKING DIRECTIONS:

From Lots 20, 22, 31: walk along Watertown Dr. past Van Housen Ext. and Van Housen Hall; turn right at the walkway that leads to the side door of Union. Take the stairs or nearby elevator to the second floor. Walk all the way around to the back corner on the far side.

From Lots 25 & 25A (closest lots to the dining room): From the corner of Lot 25 walk up a steep (but relatively short) hill to the side door on the right. Once inside the Union, take the nearby stairs up to the dining room. (The elevator is on the opposite side of the building.)

From Lot 6 (behind Kellas Hall) and Lot 9 (along the far side of the Performing Arts Center): walk down Barrington Drive to the Union. Enter the main door, take the left stairs up, head to the back area or use elevator (see below).

ELEVATOR, STAIRS, RESTROOMS

From the front entrance to Barrington Student Union: 1) take the grand staircase up to the left side of the building; turn right and walk to the dining room at the back. or 2) turn into the right corridor, walk back to and through the alcove leading to the restrooms. The elevator is just beyond the "Men's Room." Once upstairs, walk all the way around to the dining room at the far back corner. Handicapped restrooms are nearby the main entrance. Restrooms are on the left before your enter the venue.

MUSIC

Pre-luncheon music will be provided once again by the "New Horizons Band of Northern New York." This group includes many fellow SOAR members; even Ron Berry, the band director, is a SOAR member. You are invited to join the band. For more info: contact Ron Berry: 315-265-2883 or email: NewHorizonsNNY@gmail.com.

HAVE TO CANCEL? NOTIFY SOAR!

If you sign up for the luncheon and later find you are unable to attend, please notify the SOAR office (315-267-2690) at least one week prior to the luncheon. Otherwise, SOAR will be charged for the reservation.