

SOAR



LIFELONG LEARNING IN THE NORTH COUNTRY

**SPRING SEMESTER 2018
MARCH 12, 2018 - MAY 18, 2018**

sponsored by:



THE STATE UNIVERSITY OF NEW YORK

Potsdam

and affiliated with:

ROAD SCHOLAR[®]

Institute Network

A Note from the Chair

While we were enjoying the holidays and winter weather, the SOAR Office and a number of our volunteer committees were hard at work ensuring all the material you received was prepared in a timely manner. In fact, the Curriculum Committee is already at work gathering courses for the Fall 2018 semester. Yes, it does take several months to gather and prepare for the next semester.

As technology changes, so do the requests of many of our presenters. To assist them, we try to have a tech person available at each class that might need any assistance with the technology desired. Some presenters are faculty who are currently teaching and use the technology in the venues they normally teach in and so no assistance is needed. For many others, however, the presenters are often going into an unfamiliar venue and may need some assistance. SOAR does have a Technology Committee which assists in this endeavor. However, more committee members are needed. We ask you to think deeply about whether you or someone you know would Step Up to The Plate to help. Not to worry, training is provided. Please give the SOAR Office (SOAR@Potsdam.edu or 315-267-2690) some names!

The Ambassador Committee is busy selecting the ambassadors for each of the courses we offer. The Committee provides each ambassador with pertinent information about the course and asks the ambassador to be the liaison 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. One of the duties of the ambassador is to take attendance. It is so disappointing, not only to the ambassador, but to the presenter as well, when so many of our members fail to show up for the courses in which they are registered. There are numerous reasons why one cannot make a class; however, there are too many of our members who don't attend the courses for which they registered. If you want to take a course, register for it; if you register for it, do all you can to attend it.

As is always the case, the Curriculum Committee has provided us with a rich set of courses for the semester. We are sure you will find many you will enjoy this spring. Keep on SOARing!

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 2017 semester, SOAR had 384 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	Dorothy Howe
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COMMITTEES and CHAIRS

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Nominating and Awards - Betty Graham	
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SOAR Administrative Assistant - Juanita Blakemore
College Liaison - Nancy Hess

MEMBERSHIP INFORMATION

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. Spring Semester starts on March 12th. About 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 consist of 1 to 6 class sessions 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 find some SOAR courses to take.

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 occasionally offers day trips and other special events and opportunities throughout the year. At the end of each semester, SOAR holds a luncheon for its members, presenters and special guests. Luncheons and special events are optional and cost extra.

“Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning, stays young.”

Henry Ford

GIFT CERTIFICATES AVAILABLE. Treat that someone special to a SOAR membership. Contact 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 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 SOAR semester are 9:00-2:00 MWF; hours may vary at other times of the year (*call before coming*).

EVENTS

(mark your calendar!)

MEET THE CHEF

Freight House (*20 Market St. Ogdensburg*)

(*Have a great meal and learn about the business.*)

DATE: Wednesday, April, 18th at 1:00 pm

Cost: \$25 (*includes gratuity*)

(Payment and reservation form are **DUE** by noon on **Monday, Apr. 2**)

(*See the flyer insert or SOAR website for menu, more info and reservation form.*)

(*Seating capacity will accomodate all who want to come*)

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SPRING LUNCHEON

Barrington Student Union

Friday, May 25, 11:30-2:00 (*serving at noon*)

(*The information and reservation form will be included in the fall SOAR Newsletter.*)

*For more information about SOAR or its courses and events
visit the SOAR website: www.soarnorthcountry.org*

COURSE LOCATIONS

Courses Offered on SUNY Potsdam Campus

*American Predators: Wolves, Coy Wolves, Cougars and Jaguars *Anchorage to Nome by Dog Sled *Art for Beginners *Beginning Tai-Chi and Qigong *Birds of Northern New York *Bringing Nature Home - This Spring! *Canada in World War II *Chemistry for Survival and National Security *Comic Book Writer and Illustrator, Sam Glanzman *Continuing Tai-Chi and Qigong *Decluttering Tune-Up *Defining Successful Aging: An Elusive Concept *Drawing for Everyone *Great Year for Mars! *Herkimer Diamonds, Everywhere! *Lewis and Clark Expedition (Part 2) *Line Dancing for Beginners *Manners Matter *Modeling and Simulation with Computers *Moon, Mars and More *Musical Petting Zoo *Native Peoples of Northern America: the Haudenosaunee of New York *Punch Drunk and Dementia: A Modern History of Concussion, 1870-2012 *Tai-Chi: Short Form *Unlocking the Secrets of Stonehenge *Watercolor/Mixed Media Art Workshop: Intermediate Level *Weaving Healing Wisdom *What the Heck is Reiki? *World War II: Homefront Memories.

Courses Offered off SUNY Potsdam Campus

POTSDAM: *Celebrating the Centenary of Flu Vaccine *Duplicate Bridge For Fun: Intermediate Level *Mountain Biking For Seniors *Red Sandstone Trail at Hannawa Falls *Red Sandstone Trail at Sugar Island *Vicarious Voyagers XXII.

CANTON: *AARP Smart Driver Course (Group A) *AARP Smart Driver Course (Group B) *Allegories and Animal Farm *Cards By You (Group A) *Cards By You (Group B) *Collecting Adirondack Rare Books *Creating a Net-Zero Solar Home *Culinary Chemistry: Basic Concepts to Make You a Better Cook? *Current Events *Double Crosser: My Life on the Run *Exploring Our National Parks – Cave Resources *Fitness for Optimal Aging *Folk Songs* Getting The Blues: Understanding Southern Culture via Delta Blues Music *Let's Make Sauerkraut and Kimchi! *Mah Jongg *North Country Authors VII *Stress Reduction *TAUNY's North Country Folk Instrument Project *What Makes a Memory? *You Too Can Play the Harmonica *YOUR Favorite Poems.

COURSES BY NUMBER OF SESSIONS

1 SESSION: Anchorage to Nome by Dog Sled* Bringing Nature Home - This Spring!* Canada in World War II* Cards By You (Group A)* Cards By You (Group B)* Chemistry for Survival and National Security* Creating a Net-Zero Solar Home* Culinary Chemistry: Basic Concepts to Make You a Better Cook!* Decluttering Tune-Up* Defining Successful Aging: An Elusive Concept* Double Crosser: My Life on the Run* Exploring Our National Parks – Cave Resources* Folk Songs* Herkimer Diamonds, Everywhere!* Let's Make Sauerkraut and Kimchi!* Manners Matter* Modeling and Simulation with Computers* Moon, Mars and More* Musical Petting Zoo* Native Peoples of Northern America: the Haudenosaunee of New York* Punch Drunk and Dementia: A Modern History of Concussion 1870-2012* Red Sandstone Trail at Hannawa Falls* Red Sandstone Trail at Sugar Island* TAUNY's North Country Folk Instrument Project* Unlocking the Secrets of Stonehenge* Weaving Healing Wisdom* What Makes a Memory?* What the Heck is Reiki?* World War II: Homefront Memories*

2 SESSIONS: AARP Smart Driver Course (Group A)* AARP Smart Driver Course (Group B)* Collecting Adirondack Rare Books* Fitness for Optimal Aging* Getting The Blues: Understanding Southern Culture via Delta Blues Music* Mountain Biking For Seniors* Stress Reduction*

3 SESSIONS: Allegories and Animal Farm* American Predators: Wolves, Coy Wolves, Cougars and Jaguars* Celebrating the Centenary of Flu Vaccine* Comic Book Writer and Illustrator, Sam Glanzman* Great Year for Mars!* Lewis and Clark Expedition (Part 2)* North Country Authors VII* YOUR Favorite Poems*

4 SESSIONS: Birds of Northern New York* Mah Jongg* Vicarious Voyagers XXII* You Too Can Play the Harmonica*

5 or more SESSIONS: Art for Beginners* Beginning Tai-Chi and Qigong* Continuing Tai-Chi and Qigong* Current Events* Drawing for Everyone* Duplicate Bridge For Fun: Intermediate Level* Line Dancing for Beginners* Tai-Chi: The Short Form* Watercolor/Mixed Media Art Workshop: Intermediate Level*



PLEASE, PLEASE, PLEASE! If you are registered for a course and are unable to attend, please call the SOAR office (315) 267-2690 right away and cancel your registration. SOAR keeps a waitlist for courses that are full; this will allow someone else to attend.

SPING 2018 COURSE DESCRIPTIONS

This spring, SOAR is pleased to offer 57 courses and presentations. Info on class dates, times and locations can be found in the mailing inserts. MORE DETAILED INFO and UPDATES (*as they occur*) are posted on the SOAR website: www.soarnorthcountry.org “LOCATIONS” offers maps and detailed directions; “COURSES” include readings and supply lists, links, and other notes. Check **COURSE UPDATES** on the home page often.

Questions? Call the SOAR office: (315) 267-2690 (MWF: 9:00-2:00).

(*Entries below are alphabetical by title and numerical by registration number*)



[1] AARP Smart Driver Course (Group A) or David Stewart

[2] AARP Smart Driver Course (Group B)

2 sessions (*consecutive days*), **3½ hours each**

AARP’s Smart Driver course is the successor program to Defensive Driving and is approved by New York State for insurance discounts and driver’s license point reduction. Smart Driver is the nation’s largest refresher course designed specifically for older drivers, but is open to all age groups. The course helps participants update their driving knowledge, skills, and confidence. Research shows that, as a result of completing the course, most people make positive changes to their driving behaviors.

David Stewart is a retired university administrator and former TV and radio reporter. He has been driving for almost six decades. David has taught more than 100 safe-driving courses, primarily in northern New York. **NOTES for DAY 1:** Please arrive at least 20 minutes early! Bring your NYS driver’s license and, if you have one, your current AARP membership card; **2) Fee:** \$20 for AARP members; \$25 for non-AARP members (pay in cash or make your check out to AARP). **3) You must complete both sessions to receive a 10% reduction in the base rate of auto or motorcycle liability and collision insurance premiums for 3 years. You also may be eligible to reduce as many as 4 points from your driving record. NOTE:** Choose course [1] (**Group A**) or course [2] (**Group B**) - *not both!* **Cap: 25.**

[3] Allegories and *Animal Farm*

Cailey Underhill

3 Sessions, 1½ hours each

We will read and analyze George Orwell’s *Animal Farm*, paying particular attention to its allegorical nature. Orwell wrote the novel as an allegory for the Russian Revolution, but the story presents profound insights into the nature of any insidious tyranny and provides a strong warning against an uneducated and complacent populace. We will read

the text, consider outside literature, and engage in lively discussion in order to deeply analyze the text. **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. Cailey previously taught a course for SOAR on Jane Austen and another course on short stories. **NOTE:** Bring paper, pencil or pen, and a copy of George Orwell's *Animal Farm*. **Cap: 20.**

[4] American Predators: Wolves, Coy Wolves, Cougars and Jaguars
3 Sessions, 1½ hours each **John McDonald**

Learn about the evolution of wolves, coy wolves, cougars and jaguars - their history, and their similarities and differences. Wolves are the only species of *Canis* that have a range encompassing both the old and new worlds as an apex predator. Coy wolves, a hybrid, continue to expand their territory into the northeastern United States. Cougars, ranging from the Canadian Yukon to the Andes of South America, are the most widespread of any wild large terrestrial mammal in the western hemisphere. Jaguars are the only members of the *Panthera* genus (lions, tigers and leopards) in the Americas; unfortunately, they have become extinct in the US. These animals play a key role in keeping an ecosystem healthy. We will examine the human vs. animal conflicts, along with the vilification and political influences which have resulted in the total or near extermination of these animals in North America. Should they be preserved for future generations, perhaps even be reintroduced into the Adirondack Park? **John McDonald** retired from IBM and Arrow Electronics. He has had a life-long interest in large predators, especially the big cats. John has also worked in primate research, spending some time with Dave Hoover (the lion and tiger trainer for the Clyde Beatty and Cole Bros. Circus), and conducting field research on George Adamson's (of book and movie *Born Free* fame) lions in Kenya. Also, John has spent time working as a volunteer with wild cheetahs at the Cheetah Conservation Fund research facility in Namibia, Africa. More recently, he has focused his attention on large American predators, working with organizations in the U.S. involved with wolves and cougars. **Cap: 50.**

[5] Anchorage to Nome by Dog Sled **Spencer Thew**
1 session, 1½ hours

Take a "trip" with our presenter down the Iditarod Racing Trail. He will share his experiences from his 1993 run. This presentation will focus on the goals of his team both prior to and during training for the race.

He will discuss the challenges that happened on the trail and how the team managed those challenges to accomplish their goals. **Spencer Thew** is a licensed Professional Engineer and Land Surveyor. He owned Atlantic Testing Laboratories for 40 years. For 52 years, he has taught Construction Engineering Management at Clarkson University. Spencer started recreational mushing in 1985 as a deterrent to working 80 hours per week. He has been racing sled dogs for over 30 years. Currently, he and his wife, Carolyn, own and manage “Call of the Wild Dog Sled Tours” on 670 acres in South Colton, N.Y. **Cap: 50.**

[6] Art for Beginners

Marlene Valley (*Coordinator*)

8 sessions, 2 hours each

Allyson Brosemer (*Student instructor*)

This beginning course is for those people who are new to watercolors or for those who need to build confidence in their skills. **Allyson Brosemer** is a SUNY Potsdam art student. This is her second semester teaching this course. **NOTE:** Needed supplies will be posted on the “Art for Beginners” SOAR website course page. **Cap: 16.**

[7] Beginning Tai-Chi and Qigong

Pam March

7 sessions, 1 hour each

The class includes basic Chinese warm-ups (both standing and sitting), Tai Chi meditation, a Qigong form, and an introduction to the Yang 24 movement short form. Concerns of seniors are addressed through work on balance, leg strength, and endurance, as well as learning how to take it easy on the joints and 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 often take two or more semesters of this class before advancing to “Tai-Chi: The Short Form”; **2)** Participants should wear loose fitting clothing, soft shoes or socks, and bring a water bottle. **Cap: 50.**

[8] Birds of Northern New York

Joan Collins

3 sessions, 1½ hour each + Field Trip to Massawepie Mire, 4-5 hours

Three presentations on birds of northern New York: “All About Birds,” “Boreal Birds of the Adirondacks,” and “Winter Bird Visitors of Northern New York,” plus a field trip to Massawepie Mire. The presentations are multi-media programs using videos, photographs, sound recordings, and PowerPoint slides. **Joan Collins**, President of Adirondack Avian Expeditions & Workshops, LLC, leads birding trips year-round, is a New

York State licensed guide, an Adirondack 46er, and has climbed all the Adirondack fire tower peaks. She is a past President of the New York State Ornithological Association and current editor of *New York Birders*. She is also Vice-President of “Northern New York Audubon,” past President of “High Peaks Audubon Society,” and past member of the “Board of Directors for the Audubon Council of New York State.” Joan has published several journal, magazine, and newspaper articles on wildlife and conservation topics in various publications including *New York Birders*, *Conservationist*, *Adirondack Life Magazine*, *LOCALadk Magazine*, and *The Kingbird*. She authored several warbler species accounts in addition to serving as a peer reviewer for *The Second Atlas of Breeding Birds in New York State*. **NOTE:** View the SOAR website course page to find details on the field trip and some useful birding links. **Cap: 50.**

[9] Bringing Nature Home – This Spring!

Rachel Johnson

1 Session, 1½ hours

This interactive course will offer a unique view of your and your neighbors’ mowed lawns as well as an appreciation of the natural world. The wild creatures we love and admire need us now to supplement their disappearing habitat. **Rachel Johnson** holds a B.A., B.S., and M.A. degree. Her primary role is college science teacher. Her secondary roles are social worker and Boy Scout Camp staff member (for water sports, caving and nature). Rachel’s early years were spent on the Allegheny River and in its forests. She is an active member of environmental groups. Also, she performs animal rescues. **NOTE:** Bring writing materials to this fun participatory class. **Cap: 20.**

[10] Canada in World War II

Art Johnson

1 Session, 1½ hours

Canada declared war on Nazi Germany on September 10, 1939, two years and three months before the United States declared war. The war would be a watershed for Canada and for the United States as well. **Art Johnson** remembers World War II as a child. As an adult, he taught a course on World War II at SUNY Potsdam. In Fall 2013, SOAR bestowed the “Leon LeBeau SOARing Educator Award” on Art, based on the many fascinating history classes he taught for us over the years. **Cap: 50.**

The US and Canada “saw new levels of prosperity and a determination to defeat the Axis powers. Prime Minister William Lyon Mackenzie King and President Franklin D. Roosevelt were determined not to repeat the mistakes of their predecessors. They met in August 1940 at Ogdensburg, issuing a declaration calling for close cooperation, and formed the Permanent Joint Board on Defense (PJBD).” -- *Wikipedia*

[11] Cards by You (Group A) or [12] Cards by You (Group B)

Linda Reece, assisted by **Maureen Carrara & Kate Reece**

1 Session, 1½ hours (*offered twice*)

During this class session, you will complete 2 cards that can be given for any occasion you choose. **Linda Reece** has been making cards as a hobby for over 10 years. She enjoys introducing others to this hobby.

NOTES: 1) Bring scissors and a glue stick. **2) Choose class [11] (Group A) or class [12] (Group B) - not both! Cap: 12.**

[13] Celebrating the Centenary of Flu Vaccine in 2018

3 Sessions, 1 hour each **Deborah Chase Lauther** (*Coordinator*)

These three classes will introduce you to the background and history of the flu vaccine as it pertains to clinical trials. Each presenter has a unique perspective to share with you on this topic:

(March 30): Dr. Daniel Soule, Infection Specialist – “100 years of Influenza Vaccine: Influenza, Pandemics, and the Pursuit of a Universal Flu Vaccine.”

(April 6): Ryan Titus, Clinical Pharmacist – “A Pharmaceutical History of the Flu Vaccine and its Clinical Trials.”

(April 13): Kim Weir, RN – “Today’s Flu Shot. Why Is It Recommended? How Does It Work Best? And Will You Get Sick Anyway?”

NOTE: A light lunch is provided - come 20 minutes early; the talks start at noon. **Cap: 25.**

[14] Chemistry for Survival and National Security

1 Session, 1½ hours **Richard (Dick) Partch**

“Nano” is a four-letter word in the spotlight of technology advances, and the chemistry of such materials is key to their diversity and how they can be applied. Topics of this talk include infrared light, obscuration, nerve gas destruction in public spaces, and antidotes for overdosed chemicals, including opioids. **Dick Partch** has successfully mentored classroom and research lab activities for 51 years, and he has an international reputation for creating colloidal powder particles and modifying their surfaces for optimum performance. **NOTE:** Take notes or take away readings, if interested. **Cap: 50.**

[15] Collecting Adirondack Rare Books

Tom Wheeler

2 sessions, 1½ hours each

Adirondack (and North Country) books from the past provide a rich perspective on this unique region. Locating and acquiring these items can be an entertaining challenge. Topics will include early exploration,

adventures, and recreation. **Tom Wheeler** has been collecting Adirondack material for the past 20 years and has a nice collection. He is a past president of both the Adirondack Mountain Club and of the Adirondack 46ers. He is a graduate of Carleton College and Cornell Law School. He wrote three chapters in the 46ers most recent book and has had a couple of articles published in ADK's *Adirondack* and in the biannual magazine of the Adirondack 46ers *Adirondack Peeks*. **Cap: 10.**

[16] Comic Book Writer and Illustrator, Sam Glanzman

3 sessions, 1½ hours each

Doug Rose

Sam Glanzman, who passed away last July at age 92, served aboard the destroyer USS Stevens in the Pacific during WWII. As a result of his experiences, he wrote and illustrated 56 stories for DC Comics in the 1970s and two books for Marvel Comics in the 1980s. This course will be a tribute to Mr. Glanzman, whom **Doug Rose** knew personally and with whom he worked on projects in the 1990s. While teaching his course "War and Literature" at SUNY Canton in the 1990s, Doug frequently assigned comic book stories by Mr. Glanzman, including *A Sailor's Story* and *A Sailor's Story, Book Two: Winds, Dreams & Dragons*, both published by Marvel Comics. **NOTE:** Participants will be asked to examine/read example comic book pages as posted on the SOAR "Comic Book..." course page. **Cap: 15.**

[17] Continuing Tai-Chi and Qigong

Pam March

14 sessions, 1 hour each

This course is intended for students who already are familiar and comfortable with Tai-Chi and Qigong and the basic forms. The focus is on building a higher level of Qigong forms, learning traditional Chinese warm-up exercises, practicing Tai-Chi Meditation, and doing the Yang 24 forms. **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." However, they may continue to take "Tai-Chi: The Short Form". **2)** Participants should wear loose fitting clothing, soft shoes or socks, and bring a water bottle. **Cap: 50.**

Some Tai-Chi benefits you might experience: Better mood, with lower levels of depression, stress, and anxiety * Greater aerobic capacity and muscle strength * More energy and stamina * Enhanced flexibility, balance, and agility * Lower blood pressure and improved heart health * Reduced Inflammation * Fewer falls

[18] Creating a Net-Zero Solar Home**Jon Montan****1 session, 1½ hours**

It is possible to create a home in the North Country that is 100% heated and powered year-round by the sun. **Jon Montan** will describe how he and his wife Kathy successfully achieved this goal. Jon Montan worked as a planner in the St. Lawrence County Planning Office for over 30 years, spending much of his time on environmental issues. He retired from County service in 2012. Jon has had a longstanding interest in renewable energy and lived “off-grid” for 35 years. Now he and his wife live “on-grid” but continue a tradition of sustainable living. **Cap 40.**

[19] Culinary Chemistry: Basic Concepts to Make You a Better Cook?**1 session, 1½ hours****Suna Stone**

What makes onions caramelize and meats brown? What do pH and density have to do with food? What makes bread rise and how does pickling preserve a cucumber’s crunch? Can you taste with your feet? This class will offer some chemistry answers to these questions. You will be able to do some hands-on experiments, providing lessons to take back to your own kitchen. Suna Stone runs the SLU Chemistry Department stockroom. She specializes in lab safety. She completed a Chemistry and Environmental Studies major at SLU, and has put her degree to use in Albany, Cobleskill and Canton. Suna’s mom says, “It’s the chemistry background that makes my daughter a good cook.” **NOTE:** Bring an apron or wear clothing you would wear in the kitchen. **Cap: 19.**

[20] 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** is a retired Canton Central School social studies teacher who coached cross country and track at Canton Central School. He has been facilitating the discussion of current events since 2005. In fall 2009, John was the first recipient of the Leon LeBeau SOARing Educator Award, given to someone who has had lasting impact on the lives of SOAR members. **NOTE:** Students from SLU attend the course from time to time to introduce topics and join in the discussion. **Cap: 30.**

[21] Decluttering Tune-up**Deborah Chase Lauther****1 session, 1½ hours**

Here is the definition of a “tune-up” given in a Merriam-Webster dictionary: “...a process in which small changes are made to something (such as an engine) in order to make it work better.” In this class you,

will finally learn how to declutter whatever needs decluttering. **Deborah Chase Lauther** is a professional member of NAPO (National Association of Professional Organizers). If anyone can help you with “clutter” – she can! **Cap: 50.**

[22] Defining Successful Aging: An Elusive Concept

1 session, 1½ hours

Matt Manierre

What does it mean to “age well?” This presentation will discuss the different ways that gerontologists have tried to answer that question, focusing on debates in the study of what is conventionally referred to as “successful aging.” This will include a consideration of both criterion and process-based models as well as subjective assessments. The relative strengths and concerns of each will be considered as well as limitations. We will consider the question of defining successful aging in an increasingly diverse society. Participants are welcome to insert their ideas into this discussion. **Matt Manierre** finished his PhD in sociology at the University of Delaware in 2016. His dissertation was focused on both the measurement and prediction of successful aging, but he also has worked broadly in the field of medical sociology. He is currently working on research that tries to identify useful and replicable measures of successful aging that can be widely adopted. His work has been published in *The Gerontologist*, *Social Science and Medicine*, and *Health Communication*. **Cap: 50.**

[23] Double Crosser: My Life on the Run

Daniel Dominie

1 session, 1½ hours

Join in local running fanatic **Dan Dominie**’s historic and adventurous self-challenge of endurance running across New York State, not once but twice. Share in Dan’s spiritually liberating personal experiences, twenty-five years in the making. These began in 1992 when he was 28 and ran solo across the state, west to east, covering 283 miles in 6 days. On that run, he was supported by family crew. Then in 2017 at age 53, this time without support, he ran down the state, north to south, covering 273 miles in 8 days. This unusual endurance self-challenge was notable even in today’s crowded running world of ultrarunning as well as trending adventure and FKTs (fastest known time) events. In exploring the lore of long distance running beyond the ordinary, Dan shares how personal life experiences in family, work, play, and beyond have guided him as he twice turned his dreams of running across the State into reality. Still dreaming, the former farmer, jail warden, and now nurses’ aide hopes to make his next run across the entire United States. **Cap: 40.**

[24] Drawing for Everyone **Jim Murray & Barbara Evans** (*Coordinators*)
8 sessions, 2 hours each & **Ashley Stay** (student instructor)

General drawing concepts will be covered in this course. Participants will draw still life and models. Charcoal, graphite and pastels will be the primary mediums. Individuals of all levels of skill are welcome. *Coordinators* **Jim Murray** and **Barbara Evans** are long-time participants in the original SOAR art classes led by Leon LeBeau. They share the love of art and especially enjoy the social aspects of the classes. This is the third semester that SUNY Potsdam art student, **Ashley Stay**, is the instructor for this course. **NOTE NEEDED SUPPLIES:** Packets of vine charcoal and condensed charcoal, graphite drawing pencils, packet of pastels, plastic eraser, and large drawing paper tablet. These can be purchased locally at SUNY Potsdam bookstore or at SLU's Brewer Bookstore. **Cap: 20**

[25] Duplicate Bridge for Fun: Intermediate Level
8 sessions, 2 hours each **Ruth Carrington & Peter Schrauth**

This is not a course, but an interest group of people who like to play bridge. The course offers participants the chance to practice their duplicate bridge skills and to learn new skills. For several years now, **Ruth Carrington** has been coordinating this bridge group for SOAR. In her professional life, Ruth was the director of two downstate libraries: West Nyack and Port Jervis. **Peter Schrauth** learned bridge at Cornell in the early 70's and has been playing semi-regularly over the past 30 years. Peter and his wife Christine taught "Basic Bridge" for SOAR in 2016. **NOTE:** No class on March 30th (venue closed on Good Friday.) **Cap: 20.**

[26] Exploring Our National Parks – Cave Resources
1 session, 1½ hours **Peter Pettengill**

Inherent in wild places is an air of mystery and the unknown. This single session presentation considers the wonders of cave resources across a range of national park contexts. Furthermore, it questions how we experience these protected places and what the National Park Service has done to address our impacts on them. The format will combine lecture and discussion. **Peter Pettengill** is an Assistant Professor of Environmental Studies at St. Lawrence University. He has worked as a backcountry planner at Grand Canyon National Park, and enjoys regularly teaching classes on park planning and recreation management. **Cap: 20.**

[27] Fitness for Optimal Aging **Deborah Molnar,**
2 sessions, 1½ hours each **Jennifer McDonald, Anne Reilly**

Physical fitness is an essential aspect of healthy aging. In the first session, participants will receive individualized function-based screenings of

physical fitness, including posture, flexibility, balance, endurance, and strength. The second session includes instruction on various exercises to address each of the areas of physical fitness. This program is designed to provide each participant, whether new to exercise or a seasoned fitness fanatic, with specific strategies to optimize his or her physical fitness. The SUNY Canton PTA faculty, **Deborah Molnar, PT, DPT, MSED, Jennifer McDonald, PT, DPT, MS** and **Anne Reilly, PTA, BS** 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 expertise with course participants. **NOTE:** Wear comfortable clothing appropriate for exercise, including good fitting athletic shoes. **Cap: 15.**

[28] Folk Songs

John Ohst

1 session, 1½ hours

Humans have been using songs for thousands of years to help express their many thoughts and feelings. This course will examine several types of folk songs and use many specific examples for us to learn, listen to, and sing. **John Ohst** has taught at Onondaga Community College, SUNY-Oswego, and SUNY-Canton. His areas of concentration were in communication skills (writing, reading, speaking, and listening) as well as children's literature and folklore. **Cap: 30.**

[29] Getting the Blues: Understanding Southern Culture via Delta Blues Music

Thomas Alzo

2 sessions, one hour each

Participants will gain a new understanding of and perspective on America's Southern Culture. What was the system of sharecropping that grew out of slavery like? How did those on its losing end respond? What was the reality of the Civil Rights Movement for those who lived it each and every day? We will explore these and other questions using the Delta Blues as our teaching tool. **Thomas Alzo** is a 3rd Grade Teacher at St. Mary's School in Canton. As part of his ongoing efforts to combine music and education, he recently attended a workshop titled "The Most Southern Place on Earth: Music, Culture, and History in the Mississippi Delta." Thomas has spent the school year infusing themes from this workshop into his classroom. **NOTE:** Presenter will post some music links, and 1 or 2 book links on the Mississippi Delta and Blues on the SOAR website course page for "Getting the Blues..." (**Cap: 30**).

[30] Great Year for Mars!**Bruce McClure****3 sessions, 1½ hours**

In 2018, Mars beams as the 4th brightest celestial object, after the Sun, Moon and Venus. In other years, Mars only appears as a faint star. We learn how an understanding of this befuddling planet finally enabled astronomers to solve the puzzle of planetary motion, a mystery that eluded the ancients since time immemorial. **Bruce McClure** writes astronomy and stargazing articles for EarthSky.org – a science website. Bruce loves sundials, moondials, and stardials. He earned his celestial navigation certificate from the School of Ocean Sailing. **NOTE:** Links for this class are posted on the SOAR website course page. **Cap: 50.**

[31] Herkimer Diamonds, Everywhere!**Michael R. Walter****1 session, 1½ hours**

The striking crystals of quartz called Herkimer diamonds have been proposed to be the New York State mineral. Where are these unique crystals found? What makes them so coveted by collectors of minerals and the general public? This course describes their geologic environments, discusses how to find them, and exposes participants to the diversity of forms and associated minerals. **Michael R. Walter**, a retired teacher, has 45 years of experience collecting minerals. He has authored dozens of lay and professional articles on specimen mineralogy and has written the definitive book on the subject of Herkimer diamonds. Michael also owns a mineral specimen and mining business. **Cap: 50.**

[32] Let's Make Sauerkraut and Kimchi!**Maria “Flip” Filippi****1 Session, 1½ hours**

This course is taught in the new Harvest Kitchen at the Extension Learning Farm. Participants will have the opportunity to learn about transforming raw vegetables into a tangy and delicious product through the process of fermentation. Class size is limited due to the hands-on nature of the course. **Flip** is the co-owner of the veggie and herb farm, littleGrasse Foodworks in Canton. At Cooperative Extension, she is the coordinator for the Master Food Preserver volunteers as well as manager of the Harvest Kitchen, which is a rental opportunity for food businesses in the area and a hands-on educational space. **NOTES: 1)** If you want to take home some of our creation, bring a wide mouth mason jar, either pint or quart size. **2)** Links to “...harvest-kitchen” and “littleGrasse Foodworks” can be found on the course page of the SOAR website. **Cap: 12.**

[33] Lewis and Clark Expedition, (Part 2)**Terry Niles****3 sessions, 1½ hours each**

In many ways, the return journey for the “Corps of Discovery” was as adventure-filled as the initial journey to the Pacific. This class will include details of the return home as well as what ultimately happened to several of the key players. **Terry Niles** was a history and government major at SLU, and his main hobby nowadays is still studying history. Terry is a former member of the Board of Directors for the St. Lawrence County Historical Society. Currently, he is an active member of the Civil War Round Table. Terry is the owner of Niles Asset Management and is a popular and frequent presenter for SOAR. In 2012, he was awarded the “Leon LeBeau Outstanding SOARing Educator Award” in honor of his many great SOAR presentations. **NOTE:** A list of suggested books written about the expedition can be found on the “Lewis and Clark...” course page on the SOAR website. **Cap: 144.**

[34] 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 more than 5 years. **NOTE:** For easy pivoting while dancing, wear shoes or sneakers, or create “dance socks” from an old pair of thin stretchy socks that will fit tightly over the toes and balls of your shoes. **Cap: 35.**

[35] 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! Brenda Francey has been playing Mah Jongg since 1986. She is a retired teacher from the Ogdensburg school system. **Kay Russell** has been playing Mah Jongg since 1970 and is a retired Children’s Services Supervisor from the Department of Social Services. At the fall 2017 luncheon, they were honored, and both received a Super SOARer Award. **NOTE:** Find a link to the “National Mah Jongg League” on the “Mah Jongg” course page on the SOAR website. **Cap: 16.**

[36] Manners Matter
1 Session, 1½ hours

Christine Lancaster

Ever wonder how royalty dines? Join the instructor for lunch and find out the following: the proper way to enter a room; the proper handshake and eye contact; the continental style of dining; the silent service code and much more. **Christine Lancaster** graduated from the Protocol School of Washington, DC where she studied etiquette under the authority of Dorothea Johnson. A number of organizations use Christine's services to help individuals address business etiquette and fine dining skills. **NOTE:** Participants will need to pay for the cost of their lunch. The price and method of payment will be posted on the "Manners Matter" course page of the SOAR website. **Cap: 20.**

[37] Modeling and Simulation with Computers **Brian Helenbrook**
1 Session, 1½ hours

Have you ever wondered how realistic virtual computer worlds are created? The technology behind these worlds is computer simulation, which is used both in modeling of the real world for engineering purposes and in creating virtual environments and games. Come learn how this technology works and implement your own computer model. **Brian Helenbrook** has a Ph.D. in Mechanical Engineering from Princeton University and is currently the Paynter-Krigman Endowed Professor in Engineering Science Simulation at Clarkson University. His main research area is developing computational models of fluid flow. **Cap: 50.**

[38] Moon, Mars, and More
1 Session, 1½ hours

Dana Barry

Participants will be provided with introductory and updated information about the Moon and Mars and also about recent exploration missions related to them. They will get details about the one-way trip to Mars provided by NASA's Space Launch System, the most powerful rocket that may one day ferry humans to and from that planet. In addition, the participants will handle rocks like those found on Mars. Also, they will get to listen to "The Chieftains in Orbit" with NASA Astronaut Cady Coleman and to Holst's "Mars the Bringer of War," from his suite, *The Planets*. Lastly, as a treat, participants will get a taste of some astronaut ice cream. **Dana Barry** is a Research Professor at Clarkson University. She has served as a Visiting Professor overseas numerous times. She has five graduate degrees and many awards and honors. Dana has carried out educational components on NASA's Moon and Mars Missions, and she has her name on the Spirit/Opportunity and Curiosity Rovers that are on Mars. **Cap: 50.**

[39] Mountain Biking for Seniors**Jim Akins****2 Sessions, 1½ hours each**

This is an opportunity for individuals to take advantage of bicycle riding off road on trails (often called “single track”) here in Northern New York. Our biking location is the Lenny Road Trails, in Colton. Participants will be presented with a few skills and techniques that will help them enjoy trail riding. Our locations for biking are: **Day 1:** Lenny Road Trails (Colton); **Day 2:** Downerville State Forest (Russell). **Jim Akins** has been a resident of St. Lawrence County for over 60 years. He turned to bike riding in the late 70s to satisfy his need to exercise and to enjoy being outdoors. He has ridden many miles both on and off roads in Northern New York, Canada and places around the world. Jim has been serving as president of the Saint Lawrence County Mountain Bike Association for the past four years. **NOTES: 1)** A mountain bike is desirable, but not necessary. A bike in good working order – with brakes and multiple gears – is all that is needed. **2)** Bring a water bottle. **3)** See biking links, and more information on where to assemble on the Mountain Biking for Seniors course page on the SOAR website. **Cap: 10.**

[40] Musical Petting Zoo**Leah Zelkowitz** (*Coordinator*)**1 session, 2 hours****and Ron Berry** (*Conductor and Director*)

Come and hold an instrument and see if your fingers can still touch the keys. Listen to the sounds of the different instruments in the band. Learn about the New Horizons International and New Horizons Bands of Northern New York. There is no commitment! You do not have to know how to read music to attend. We invite you to look, hear, and ask questions about the band and playing music. (And notice that there are many band members who are also SOAR members!). This presentation is a collective effort of all the band members. SOAR member **Leah Zelkowitz** plays in the band, and SOAR member **Ron Berry** was the conductor of our local band that played at our Fall 2017 luncheon. **Cap: 120.**



[41] Native Peoples of Northern America: The Haudenosaunee of New York
1 Session, 1½ hours **Susan Stebbins**

This presentation will be an introduction to the history and culture of the Haudenosaunee (Iroquois) of the Northeast. Susan Stebbins has been an Anthropology professor at SUNY Potsdam for 25 years. She has taught a number of classes focusing on Native Americans: “The Native Americans,” “Indian Images,” “Women in Native America,” as well as special topic classes. Susan has also published in this subject area, including *Native Peoples of North America...*, which is available online.

NOTE: Find a direct link to her book on the “Native Peoples...” course page on the SOAR website (where you can find a Haudenosaunee version of the creation story in the introduction). **Cap: 28.**

[42] North Country Authors VII **Jim Barry, (Coordinator)**
3 Sessions, 1½ hours each

This course offers participants a potpourri of local writing talent. Each week a different author will speak about her/his literary works. The authors will talk about the writing process and/or their experiences in publishing and marketing as well as comment on, and read passages from, their books. (Books will be on sale; and there will be a drawing for a free book.) Coordinator **Jim Barry** has written over 200 vignettes. In spring 2006, Jim received the “SuperSOARer” award. He continues to serve as a board member and as a co-chair of the Curriculum Committee.

The presentations are in this order:

Day 1: Barry Strate – “Finding Freedom,” “The Emancipation of Brandy,” and “A Cause for a Hero.” This is a talk about these books and the opportunity Amazon gives to indie authors for getting their work in print and on e-readers. Barry was born, raised and still lives in the North Country. He has a degree in music from Crane, and he plays keyboards in a rock band. He is a constant reader with interests in many different genres and authors.

Day 2: Margaret Hockett, (her pen name: Maggie Kenyon) – “In Suspense! Why Readers Keep Reading?” This presentation is about conflict and suspense and how they engage readers. We will explore examples and exercises to increase tension in fiction or nonfiction. Margaret is the author of “St. Lawrence River Mysteries and Other Stories.” She has written fiction and nonfiction, both commercially published and self-published.

Day 3: Peggy Mooers, (her pen name: Marguerite Mooers) – “Let’s Talk about Books.” In this presentation, Peggy will talk about where her ideas come from, her murder mystery plotting style, etc., and she will

answer your questions. Peggy is the author of four books: “Take My Hand,” “The Shelter of Darkness,” “A Casualty of Hope,” and (*coming out this spring*) “The Girl in the Woods.” **Cap: 40.**

[43] Punch Drunk and Dementia: A Modern... History of Concussion, 1870-2012 **Stephen Casper**

1 Session, 1½ hours

The story of concussions is at once an intellectual history of medicine and, at the same time, a cultural history of violence, accidents, entertainments and litigation in the English-speaking world. It is a history of dialectics and tensions: medical knowledge and public ignorance; physical trauma and psychosomatic illness; and real suffering against supposed malingering. This lecture will follow these intersecting threads simultaneously. On one hand, it focuses on what the medical profession knew - and when. On the other hand, it follows the public's disregard for, and denial of, the consequences of violent head injuries as well as the sources promoting public ignorance about the risks of repeated concussive injuries. This story thus follows head injuries out of nineteenth century pathological anatomy and asylum psychiatry to twenty-first-century sports medicine and neuropsychology. **Stephen Casper** is an historian of medicine. He has published extensively on the history of neurology, neuroscience, and psychiatry. He is the recent author of *The Neurologists: A History of a Medical Specialty in Modern Britain, c1789-2000*. **Cap: 50.**

[44] Red Sandstone Trail at Hannawa Falls **Blaire Madore**

[45] Red Sandstone Trail at Sugar Island

NOTE: Each session is 2 hours -- register for either one or both

Walk a section of the Red Sandstone Trail along the Raquette River south of Potsdam. Discover some of the geology of the area, learn about the history of hydropower on the river, and enjoy the scenic natural surroundings. **Blair Madore** is a long time ADK outings leader and Boy Scout leader. He is currently the trail coordinator for the Red Sandstone Trail. **NOTES: 1) Session [44]** meets at the trailhead at Hannawa Falls; **Session [45]** meets at the trailhead at Sugar Island, *i.e.* at the northern trailhead of the Red Sandstone Trail – off the back Hannawa road near the Sweeney Road. (*See trail maps posted on the Red Sandstone course pages on the SOAR website.*) **2)** To participate in either of these two courses, you need to be able to walk 3 miles over uneven ground. Hiking poles are not necessary but recommended. **3)** Please wear running shoes or boots, bring at least 1 liter of water, and dress for the weather each day we are outside. **5)** Sign up for either walk or both walks [44] and /or [45]. **Cap: 24 each class session.**

[46] Stress Reduction**Kathy Montan****2 Sessions, 1½ hours each**

In these two sessions, you will learn several easy techniques for lowering your physical and mental stress. **Kathy Montan** has been teaching stress reduction for over 12 years. She is still in private practice as a Body-Centered Expressive Therapist and as a Registered Somatic Movement Therapist. She has an office in her home in West Pierrepont. **NOTES: 1)** Wear loose clothing for movement exercises. **2)** View suggested link on Kathy's SOAR course page. **Cap: 40**

[47] Tai-Chi: The Short Form**Pam March****7 sessions, 1 hour each**

This class is the second level of Tai-Chi. It includes simple centering and breathing exercises followed by a short meditation before we begin the primary focus of this class - learning the Yang 24 movement short form. Pam March is a certified Tai-Chi instructor from the Boston Institute of Kung Fu and Tai-Chi. In Fall 2010, Pam received the "Leon LeBeau SOARing Educator Award" in honor of the exceptional and long-lasting impact she has had on the well-being of SOAR members. **NOTES: 1)** Before studying "The Short Form," it is highly recommended by the teacher that you take "Beginning Tai-Chi and Qigong." **2)** Wear loose fitting clothing, soft shoes or socks and bring a water bottle. **Cap: 50**

[48] TAUNY's North Country Folk Instrument Project**1 session, 1½ hours****Camilla Ammirati**

Get a behind-the-scenes look at TAUNY's 2017-2018 research project and exhibit on the making and keeping of folk instruments in the North Country (exhibit on display February-October 2018). Fiddles, guitars, dulcimers, der-ders and other instruments reveal the many ways people connect to North Country traditions, whether it be through crafting, playing, or holding onto an instrument that has come down through a family. Learn about these instruments and their stories through discussion, field recording and video samples, and a live demonstration of selected instruments. **Camilla Ammirati** is the Director of Research and Programs at TAUNY (Traditional Arts of Upstate New York) and the lead researcher on the North Country Folk Instruments project. Camilla has been working on this project since 2014. She herself is a clawhammer banjo player and singer with local groups, and plays as well with bluegrass, oldtime, and folk music communities in Boston, MA and Charlottesville, VA. **NOTE:** View this SOAR class web page for suggested links. **Cap: 30.**

[49] Unlocking the Secrets of Stonehenge Shinu Anna Abraham
1 session, 1½ hours

Stonehenge, a remarkable megalithic monument in southern England, has captured the attention and curiosity of visitors for thousands of years. Even the Romans in the first centuries AD speculated about its origins. Theories about Stonehenge have ranged from the speculative to the bizarre, in part because most of us know little about archaeological data on the people who built and used it. This talk will provide an overview of Stonehenge, the many stories and myths surrounding it, and – most importantly – the recent excavations that are transforming the way archaeologists interpret the site and its significance. **Shinu Anna Abraham** is an archaeologist, a member of the Department of Anthropology at SLU. Her specialty is ancient India and the ancient Indian Ocean world in the first centuries AD, including the maritime trade of these ancient communities. Currently, she is studying the manufacture of ancient Indian glass, and how and why ancient Indian glass beads were traded all around the Indian Ocean. **Cap: 50.**

[50] Vicarious Voyagers XXII Ruth Kreuzer, (Coordinator)
4 sessions, 1½ hours each

Voyage vicariously to exotic places with our world-traveling presenters via their slide shows. Honored as “Super-SOARer” (spring 2007) and for her “Outstanding Contribution to SOAR” (2014), **Ruth Kreuzer** is herself an avid world traveler and photographer. These adventures await you:

1) (3/26) Eileen Wheeler – Trinidad and Tobago: A Favorite Birding Site – 174 bird species recorded! Highlights: a hummingbird sanctuary; an Oil bird cave; seeing Manakin leks; an unforgettable spectacle of more than 200 flying Scarlet Ibis; a glass-bottomed boat ride to see nesting birds; and a seaside resort.

2) (4/2) Mark and Cynthia Coleman – Egypt: From Pharaonic Kingdom to Police State with stops in Old Kingdom Pyramids; New Kingdom rock-cut tombs; Ptolemaic temples; Coptic Basilicas; Fatimid madrassas and Mamluk fortifications.

NOTE: two week gap!

3) (4/23) Juanita Babcock – Highlights from Borneo: orangutans in the wild, visiting World War II prison camps and learning their history; learning about natives and their culture (long houses, past practice of headhunting); exploring massive bat caves and the wildlife within; and rainforests.

4) (4/30) Chuck and Sue Bolesh – South Island of New Zealand:

Reunion visit with two close friends from 16 years ago. Journey counterclockwise by right-drive auto on the left side of the roads. Stays in a mixture of places, including four private residences. Visits to Christchurch, Sir Edmund Hillary Museum, Mount Cook, Routeburn Track, Doubtful Sound, Queenstown, and Stewart Island. Viewing Kiwi birds, sheep country and more.

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 lot – those spaces are for customers! **Cap: 85.**

**[51] Watercolor / Mixed Media Art Workshop – Intermediate Level
8 sessions, 2 hours each Jim Murray & Barbara Evans (Coordinators)**

This workshop is designed for SOAR aspiring artists to get together informally and improve their artistic skills. Instruction will be provided by a SUNY Potsdam art student, TBA. The group collectively critiques their art work, and all learn from each other. All media are welcome. Coordinators Barbara and Jim 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:** Needed supplies for the first class: basic watercolor set and large watercolor paper tablet, brushes, and container for water. More information on needed supplies will be given at the first class. **Cap: 20.**

**[52] Weaving Healing Wisdom Paula Youmell and Jenny Morrill
1 session, 2 hours**

In this class, we will help you create a mindful life style for self-healing. Topics include: brain biology of mindfulness; yoga magic movement; food, herbs, and lifestyle medicine to enhance your vitality and longevity.

Our schedule:

50 minutes – **Jenny:** brain biology, breathing and mindfulness activity, with 5-7 minutes for Q & A.

50 minutes – **Paula:** yoga, food, herbs, lifestyle medicine to instill mindfulness, with 5-7 minutes for Q & A.

Paula Youmell, RN: Registered Nurse, School Health and PE Teacher steeped in health coaching, whole food nutrition, herbs, yoga, lifestyle and energy medicine. **Jenny Morrill:** NYS Public School Teacher trained and certified in Mindfulness Education. **NOTES:** 1) Wear comfortable clothes to move in simple yoga poses; bring a mat if you have one (but it is not required). 2) An invitation: Class is 3-5 Wed, May 9. You are invited to join the presenters for dinner after class at 5:30 at Jakes on-the-Water

(in Hannawa Falls) at 10% off the cost of your meal. Reservations needed! See the SOAR class web page for more information. **(3)** View this SOAR class web page for suggested links. **Cap: 50.**

[53] What Makes a Memory

Serge Onyper

1 Session, 2 hours

Our memories are key to our identity; they shape everything we are. Memories can also be fleeting, confusing, or crystal clear yet wrong. In this session, you will learn about what it takes to lay a memory, what can be done to strengthen memories, and how we could alter or even erase memories. **Serge Onyper** is a psychologist who studies the mind, in particular how we humans learn and remember. He is particularly interested in the ways to strengthen memories and in the reasons behind forgetting. Serge has been teaching at St. Lawrence University since 2007. **Cap: 35.**

[54] What the Heck is Reiki?

Sarah Pickard

1 session, 1½ hours

Reiki healing promotes overall balance to help you feel better and function better. This non-invasive practice is safe and supports any medical treatment or drugs prescribed by your doctor. Reiki may help you with pain management, reducing anxiety and depression. It may help improve your sleep as well as accelerate healing after surgery. It can also assist with reducing the side effects from radiation, chemotherapy and medications. **Sarah Pickard** is a Reiki Master–Teacher and veteran schoolteacher. She holds a B.A. in Psychology from Elmira College. After 18 years of teaching high school and middle school, Sarah left the classroom to begin her full-time private healing practice. Currently, she provides Reiki to patients at the “Center for Cancer Care at Canton-Potsdam Hospital.” She also has private practices in Potsdam at “Inspired Healing Salon and Spa” and in Colton at “Five Elements Living.” **NOTE:** View this SOAR class web page for a suggested link. **Cap: 50.**

[55] World War II: Home-Front Memories

Art Johnson

1 session, 1½ hours

This class will be part lecture and part discussion of what it was like on the “Home Front” – i.e. a sharing of our memories. **Art Johnson** will share some of his childhood memories of World War II. He has taught a course on World War II at SUNY Potsdam. Art was the recipient of the “Leon LeBeau SOARing Educator Award in Fall 2013.” **Cap: 50.**

[56] You Too Can Play the Harmonica**Neil Garner**

4 sessions, 1½ hours each

This course is for those people who have played the harmonica before but would like a refresher OR those who have never played and would like to join the thousands who now play the nation's most popular musical instrument. If you can whistle a tune, you can play the harmonica. No background required. You will learn to read tablature, not music! **Neil Garner** is a retired science and technology teacher. He has played both the banjo and harmonica since his teenage years. And he has more hobbies than time! Neil was the recipient of the "Leon LeBeau SOARing Educator Award in Fall 2014." **NOTE:** You must have a 10-hole, diatonic harmonica, ~\$10-20 + Key of C-tuning to bring to class. Cap: 15.

[57] YOUR Favorite Poems**Robert (Bob) DeGraaff**

3 sessions, 1½ hours each

This is YOUR class, and so it will be a group analysis of the participants' favorite poems. (Limit of 60 lines or so). The instructor will provide the copies of poems for the first class. On the first day, he will also collect YOUR favorite poems and make copies of them to use for days 2 and 3. **Bob DeGraaff** was the Victorian literature specialist in the English Department at SLU for nearly 40 years. He has always been particularly interested in poetry. **Cap: 16.**

Watercolor / Mixed Media Art Workshop...
displaying their tee-shirt art,
remembering Leon LeBeau



A SHORT HISTORY OF THE BEGINNINGS OF SOAR

STEP 1: Have an idea, find others who share your enthusiasm:

Fall, 2000 - A Planning Committee formed: Bill Cullen, Mary-Carmen Earle, Neil Johnson, Dick Lisbon, Dick Mooers, Al Rothermel, Barb Trerise, Bea Woodward.

STEP 2: Hold meetings...lots of meetings:

Dec. 13, 2000 (and thereafter) - First recorded meeting: To start setting goals, committees, bylaws, policies, membership dues, campus facilities, etc. etc. etc.).

STEP 3: Get lots of information from others:

Jan. 24, 2001 - Met with Mohawk Valley Learning in Retirement, a group of people living in St. Lawrence County who are 50 or older.

May, 2001 - Site Visit to St. Lawrence College in Cornwall.

STEP 4: Begin the process of getting organizational support and commitments:

Summer, 2001 - Apply for university funds; search for seed money; seek grants; make an application to Elderhostel for affiliation.

STEP 5: Find Some Presenters to Teach Courses:

June 4, 2001 - 14 courses are proposed for fall, 2001.

STEP 6: Select a Name:

July 5, 2001 - Potsdam's Academy for Lifelong Learning; Maturity Matters; Et Cetera; **STIR** - Seniors Training in Retirement; **SLCLIR** - St. Lawrence County Learning in Retirement; **NCIFLIR** - North Country Institute in Retirement; **NCLIR** - North Country Learning in Retirement; **PILIR** - Potsdam Institute for Learning in Retirement; **NCALL** - North Country Academy for Lifelong Learning. **SOAR** - an acronym for "Special Opportunities after Retirement" or "Stimulating Opportunities after Retirement."

**And the winner is: "Stimulating
Opportunities after Retirement"**

STEP 7: Plan a Reception

August 2001 - Create membership cards, PR buttons, and a SOAR banner. Send out a bulk mailing to 885 retired people in St. Lawrence County, AND invite the college president to attend.

STEP 8: Lure in the Students (serve refreshments!! MENU: ice tea, decaf coffee, cookies, crackers, fruit).

Sept. 6, 2001 (3-5pm) - SOAR hosts a reception in the Maxcy Hall Commons area for people interested in joining SOAR. Registration takes place.

STEP 9: Deal with SUCCESS!

Sept. 17, 2001 - Fall semester began with 112 members. SOAR offered 14 classes (only one was canceled due to lack of interest). The classes ranged from academic in content, to arts and crafts demonstrations. Topics were: *The Great Gatsby*; drama and music; Shakespeare; religious novels; computers; Contract Bridge; drawing; the essay *A Sand County Almanac*; journal writing; strategies for investing; visits to museums; weaving; jewelry making; and caring for collectibles. The more rigorous classes tended to be longer, with 8 sessions being common. There were several one-time demonstrations. One Friday "Coffee" was held with 26 attendees

Board members took turns attending the first class of each course and acted as an ambassador - welcoming participants and helping presenters with any details. Volunteers manned the phone, getting information from potential participants.

2001 Membership fee was: \$50



It's Never too Late to Learn!
Tell your friends about SOAR!



Jim's giving mugs to presenters, & Dick Mooers* takes his photo
*(*Dick was chair for 2001-2002)*

**Janet, Ruth & Bill are piling up
the day's paper accumulation...**

**...while Lyn frees up
space for the deluge**

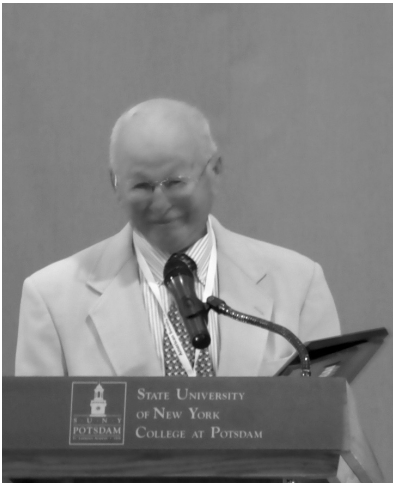


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Congratulations to SOAR's newest awardee!



Roy has taken us on a long ride:
We learned how wolves morphed
into dogs; how wildlife physiolo-
gy and ecology got the wild crit-
ters through winter; we looked at
un-natural local wildlife, and at
mammals in our yard and in our
county; Then there were the bats,
birds, beetles and butterflies - and
we came to love the fascinating
world of wildlife that surrounds us.

**To ROY HORST - the "Leon LeBeau
SOARing" Educator Award**

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
- 2017 - Kay Russell and Brenda Francey

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

- 2017 – Roy Horst

REMINDERS

Send in registration form right away!

Volunteer to be a
SOAR
ambassador!

Daylight Savings
Time starts at 2:00 am
Sunday, March 11

Classes Start
Monday March 12

Meet-the-Chef:
Freight House

20 Market St.
Ogdensburg
Wednesday, Apr. 18
1:00pm (see p.3)

Classes End
Friday, May 18

SOAR Luncheon:
Friday, May 25
11:30-2:00
(see p.3)

FIND SOAR . . .

SOAR

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SUNY Potsdam

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Potsdam, New York 13676

Van Housen Extension
Office #382

*Take the elevator to the third floor;
the SOAR office is in the left corridor.*

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www.soarnorthcountry.org

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