



THE STATE UNIVERSITY OF NEW YORK

Potsdam

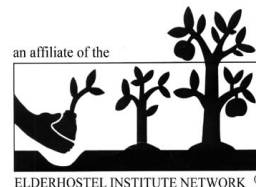
Spring

SOARING!

the Newsletter of

SOAR

lifelong learning in the North Country



2013

A Note from the Chair

Why SOAR Makes Us Happier



When SOAR promises “stimulating opportunities,” what mostly comes to mind, I suspect, is our diversity of interesting classes. After all, we focus on lifelong learning.

But in fact SOAR creates a variety of opportunities for other beneficial activities – indeed, for us to do the things proven most important in making people happy. At least that’s what we might reasonably conclude

from research conducted by psychotherapist Nic Marks, founder of the Centre for Well Being at the New Economics Foundation in Britain.

After Marks surveyed adults around the world, the British government asked him for a list of the top-five behaviors that help all people become and remain happiest. Here’s what he says everyone needs to do:

Connect. Our relationships with friends and family are the most important cornerstones of our lives. Develop and nurture them.

Be Active. Step outside, go places, stay physically and socially active and your mood will be more positive.

Take Notice. Pay attention to what’s happening around you, from the changing of seasons to the people you encounter. Mindfulness promotes well being.

Keep Learning. People – especially older people – who remain curious and strive to learn new things have far better health outcomes.

Give. Altruism, generosity and compassion are “all hard-wired into the reward mechanism in our brains,” says Marks. We feel good when we help others.

Of course these findings are not a surprise. Most of us have probably seen or heard quite similar lists elsewhere. But such research does remind us how thoroughly SOAR encourages

these emotionally healthful behaviors -- from stretching our minds in classes to making new friends.

And I would draw your attention to that final piece of advice from Marks. We are a volunteer organization. Give back to fellow members by sharing your time and talents. It’s good for you – and for the rest of us.

Steve Hopkins, Chair, Board of Directors

NOTICE: Membership Meeting

Thursday, May 23, 2013

The SOAR Board of Directors is calling a meeting of the membership at the spring 2013 luncheon for the purpose of acting upon the slate of officers and board members recommended by the Nominating Committee. *(See below)*

NOMINATING and AWARDS COMMITTEE

Announcing the nominees for officers and other members of the

SOAR BOARD of DIRECTORS 2013

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 23, 2013. Members present may also propose other candidates to be placed in nomination.

OFFICERS

Chair: Steve Hopkins **Secretary:** Dorothy Howe

Vice Chair: Linda Nixon **Treasurer:** Ron Frank

OTHER MEMBERS

| | | |
|------------------|--------------|-----------------|
| Jim Barry | Neil Johnson | Ed Russell |
| Catherine Dalton | Linda Jones | Laurie Swinwood |
| Pat Dishaw | Ruth Kreuzer | Otis Van Horne |
| Betty Graham | Bill Mein | |

Respectfully submitted,

Betty Graham, **Chair**, and other members: Juanita Babcock, Sandi DiGiovanna, Dorothy Howe and Carol Woodward

A peek at the working list of fall 2013 course topics (as of 04/18/13)

Fall semester tentatively runs from **September 9 - November 15, 2013** (fall luncheon date TBA)

When all the courses are confirmed, the "Preliminary List of Courses" will be posted on the SOAR web site: www.soarnorthcountry.org

- Advanced Contract Bridge - Pat Anderson
The Health of Our North Country Lakes - Brad Baldwin
The Bible as Literature - Linda Batt
Infinity and Beyond - Daniel ben-Avraham
An Alternative World View - Charlie Bradt
Geology of the St. Lawrence Valley - Jim Carl
Current Events - John Casserly
History of Canton - Linda Casserly and Dennis Barr
Real Estate Sales - Nikki Coates
Consumer Protection - Larry Comepeau
History of St. Lawrence County Libraries - Pat Dominie
AARP Driver Safety Course - Jack Downs
MS Treatments with Nanoparticle Drugs - Joseph Erlichman
Fisheries - Keith Evans
German Scholars in Exile - Axel Fair-Schutz
Canadians and the Environment - Neil Forkey
Mah Jongg - Brenda Francey and Kay Russell
American Popular Music 1900-1960 - Bob Gibbs
Tunes-R-Us - Clive and Sandra Henery
Linguistics - Alan Hersker
Birds and Bats: Similarities and Differences - Roy Horst
Wireless Bridge Sensors - Kerop Janoyan
How to Look at Art - Dagmar Jaunzems
Implantable Bioelectronics - Evgeny Katz
Time Travel - Daniel Koon
Vicarious Voyagers XIII - Ruth Kreuzer (coordinator)
 John and Nok Lindsey (Thailand)
 Levi Zufall (WWOOF-ing Again in New Zealand)
 Radmila Zuman (Crossing on the Queen Mary 2)
 Mark and Cynthia Coleman (Trans-Caucasus: Azerbaijan,
 Georgia, Armenia with references to Chechnya & Dagestan)
Vintage Antique Jewelry and Coins - Robert LaBarge
Art Workshop A - Leon LeBeau
Statistical Analysis - Robin and Patty Lock
Stem Cell Research to Cure Back Pain (1) - Thomas Lufkin
Beginning Tai-Chi - Pam March
Continuing Tai-Chi - Pam March
Metropolitan Opera: Live in HD (1) - Deborah Masselle
- Big Cats I - John McDonald
Embroidering Messages on Quilts - Debbie McEwen
Mosses and Mushrooms of the North Country *(offered twice)* - Karl McKnight
CSI - Anthony Molinero
Climate Change and Solar Collectors - Jim Monroe
Faulkner II - Joyce Monroe
Liberal vs. Conservative Views - Phil Neisser
The JFK Assassination: 72 Hours in November - Terry Niles
Stereotypes and Prejudice - Mark Oakes
Earth and Climate - Aileen O'Donoghue
Digestive Wellness for Vital Health - Martha Pickard Palmer
Zumba Gold Dance - June Peoples
Authors of the 20th Century - Pedro Ponce
Fracking - Jessica Rogers
1968: The Year the Whole World was Watching - Doug Rose
American Revolution - Melissane Schrems
Mark Twain in New York - Gretchen Sharlow
Hands-on Chemistry Experiments - Matthew Skeels
Chinese Stories of Pu Songling - Sidney Sondergard
Swimming for True Beginners - Hilda Sorensen and Sheila Cerwonka
Japanese Calligraphy - Michiko Taylor and Kyoko Yapa
The Brain: How It Works - Ginger Thomas
Meditation - Monique Tirion
Tiffany Windows at Trinity Episcopal - Betsy Travis
Remington: His Art and the Indian Wars - Trent Trulock
Queen Victoria and Her Descendants (Part 2) - Fran Van Horne
Music Socialization - Tracy Wanamaker
Heritage Farming - Bob Washo
Raquette River History - Jane Watson
Edgar Allan Poe - Bruce Weiner
Readers Theater - Karen Wells
Chinese Calligraphy Language - Zhenjun Zhang
Christmas Customs around the World - Radmila Zuman

GOT AN IDEA?



The Curriculum Committee is very busy finalizing the fall 2013 SOAR courses AND already working on the spring 2014 curriculum. If you want to volunteer to teach a course, or have course suggestions, call Jim Barry at 386-4732 or e-mail him at jimbarry@twcny.rr.com

DO YOU KNOW? (as of 04/19/13)

the spring 2013 stats are...

- 369** SOAR members *(total)*
- 52** new members (F12-S13)
- 54** courses / presentations
- 28** classroom locations
- 66** presenters/coordinators *(+ some student presenters)*
- 54** ambassadors
- 14** courses had later administrative/scheduling changes

you should...

- cancel your registration if you can't attend a particular course
- attend classes regularly
- wear your name tag
- display your parking pass
- use the SOAR web site
- volunteer

COMMITTEE NEWS

AMBASSADORS COMMITTEE

Many thanks to all the Spring 2013 ambassadors. You are the face of SOAR in the classrooms. Your help keeps SOAR the exciting experience we all enjoy. Don't forget to volunteer to be an ambassador in the Fall 2013.

HELP WANTED: Ambassador Committee members are needed. This committee is very active in late August and late February. If you are interested and available at those times, please call the SOAR office to volunteer to be on this committee.

When called to be an ambassador, please say "yes." The duties are varied, depending on the course, but tasks include: calling the presenter a week ahead of the class to see if everything is in order, making sure the classroom is set up appropriately, taking attendance, introducing the presenter to the class, and writing a brief summary of how things went, including student comments. Each ambassador receives an instruction page and a course list of participants. (Presenters also get a course list.) Remember, SOAR is a volunteer organization. Being an ambassador is one way YOU can volunteer!

*Sharon Regan and Elsie Dominy, Co-Chairs,
Ambassadors Committee*

REGISTRATION COMMITTEE

It seems that each semester we have less time between when the booklets are mailed and the start of the first classes. Despite the rush, the registration team processed your registration requests very quickly. Our team is getting used to the new format, and there was less confusion between being wait listed and being eventually registered in requested classes. Thank you for your patience with this transition.

As you know, once classes are registered then there are always some changes. We e-mail those affected by these changes and call those who don't have e-mail addresses. Sending a group email saves time. When you fill out your registration materials, please include your e-mail address if you use it regularly.

Many thanks to Jean Theobald, Dorothy and Bill Mein, Natalia Stahl, Byron Whitney, Catherine Dalton and Susan Dillon. They did a wonderful job; registration would not have happened without them. Special thanks go to Pat Harrington. She kept us all organized and helped us trouble shoot the problems. She also took over the task of registering walk-ins and managing the overflow of registration forms when the teams were not available. Pat also monitored wait lists and notified you folks if there were openings in closed courses, and she tended to many more registration details too numerous to mention.

We are always in need of volunteers for the registration committee. If you have computer skills and would be interested in helping, we would be delighted to have you. Even if you do not have computer knowledge, we need helpers to do some non-computer tasks such as getting the registration confirmations ready for mailing. Please consider volunteering if you would like to be part of the registration process.

Pat Dishaw, Chair, Registration Committee

NOMINATING AND AWARDS COMMITTEE

Because SOAR is almost entirely a volunteer organization, the SOAR Board of Directors realizes the importance of publicly recognizing the people who work so hard to make SOAR a success. Along with our vocal thanks to teachers, member volunteers, and friends of SOAR, the Board offers three special awards, each with its own criteria for nomination and selection. Nominations are kept on file and may be used by the Nomination and Awards Committee in future years to help them in the selection process.

Given every spring at the annual meeting, the Super SOARer award is used to recognize a SOAR member who has significantly contributed to the development of SOAR. All SOAR members are encouraged to send nominations for this award to the SOAR office. Our past Super SOARers are: Leon LeBeau (2004), Bill Lewis (2005), Jim Barry (2006), Jean Theobald (2007), Ruth Kreuzer (2007), Dick and Peggy Mooers (2008), Otis and Fran Van Horne (2009), Claire Begeal (2010), Pat Dishaw (2011), and Betty Graham (2012).

The Leon LeBeau Outstanding Educator Award, presented each fall, recognizes a teacher (or teachers) who has (have) contributed greatly to the education, experiences, and/or well-being of SOAR members. The Nominations and Awards Committee gathers recommendations from Board Members, Committee Chairs, and Ambassadors and recommends the recipient to the Board. The past awardees are: John Casserly (2009), Pam March (2010), Clive and Sandra Henery (2011), and Terry Niles (2012).

The Outstanding Contribution to SOAR Award is presented to an individual or group that has provided outstanding service to SOAR and its mission. This award is not intended to be given every year, but will be reserved for those people making extra-special contributions to SOAR. All SOAR members are invited to send nominations to the SOAR office for this prestigious honor. This award has been bestowed on: Neil Johnson (2008), Barbara Trerise (2010), and Nancy Hess (2011).

*Betty Graham, Chair, Nominating and
Awards Committee*

SOAR SPRING LUNCHEON

Barrington Student Union

Multi-Purpose Room (MPR) (second floor)

THURSDAY, MAY 23, 2013

11:30 (enjoy the band and displays)

buffet table opens at noon



MENU

AT THE TABLE

assorted rolls (w/butter)

mixed green salad (w/choice of dressing)

ON THE HOT BUFFET

Chicken Chardonnay

Roasted New Potatoes
(with fresh herbs)

Vegetable (chef's choice)

Vegetable Ravioli

DESSERTS

strawberry cream cake

chocolate tiger cake

Coffee
or
Tea

Save time at the door - pay when you reserve!

Please phone the SOAR office (315-267-2690) or fill out and return the reservation form below **on or before Wednesday May 8**

Form and location info is also available on the SOAR web site www.soarnorthcountry.org (see "Events..." link on home page)

Name(s): _____

attending: _____ (\$17.00 each) Enclosed: \$ _____

Address: _____

Phone: _____

E-Mail: _____

Reservations due by May 8. Phone 315-267-2690 or better yet: mail this form, with your check made payable to: PACES 235, to: SOAR, 389 Van Housen Ext., SUNY Potsdam, 44 Pierrepoint Ave., Potsdam, NY 13676

**SOAR SPRING 2013
LUNCHEON FORM**

LUNCHEON NOTES

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NEARBY CONSTRUCTION: There is still construction happening on campus. Watch out for trucks! **Allow extra time to get to our luncheon venue!**

PARK AND WALK from any lot that allows visitor parking, **Closest lots:** 20, 22, 25, 25A, 31. (There should be plenty of accessible parking since classes are over and most students have gone home for the summer.) **DON'T FORGET TO DISPLAY YOUR PARKING PASS!**

LINK to BUILDINGS and PARKING MAPS
www2.potsdam.edu/campusmap/

SHUTTLE PARKING PROVIDED 11:00-2:30
to / from lot 31
DISPLAY YOUR PARKING PASS!

Lot 31 is the large lot a block behind Van Housen Extension (the building where the SOAR office - as well as the campus police office - is located). From Pierrepoint Avenue, enter the campus area via Gouverneur Drive, i.e. between Lehman Hall (a large dorm complex and several student parking lots). At the stop sign, turn right onto Watertown Drive. Lot 31 is the far lot at the end of this road - drive straight into it. Park and wait for the shuttle van. **Walking from Lot 31** (and lots 20 or 22). Walk along Watertown Dr. past Van Housen Ext. and Van Housen Hall and turn right at the walkway that leads to the side door of Barrington Student Union. Once inside, follow the directions below, taking the elevator (thru alcove, just past the men's room) or lobby stairs.

STAIRS, ELEVATOR, RESTROOMS

Coming in the front entrance to Union, you need to end up on the second floor, back left corner. **Take the lobby staircase** (and the left stairs at the landing), then turn right and walk straight back to the Multi-Purpose Room. **OR take the elevator:** from the front entrance, take the corridor on the right, turn into the restroom alcove; the elevator is just past the men's room door. **Restrooms** upstairs are also near the elevator.

MUSIC before the start of the luncheon will be provided once again by the "New Horizons Band of Northern New York." This group includes many fellow SOAR members, including band director, Ron Berry. You are invited to pick up an instrument (even if you don't play it yet) and join them. *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 your reservation.

THANK YOU, George Arnold and PACES Dining Services, for once again giving us a \$3 discount on the standard luncheon price!