

sponsored by:



Course Descriptions

SPRING 2023

SOAR

Lifelong Learning in the North Country

affiliated with:

ROAD SCHOLAR
Adventures in Lifelong Learning

01 1968: Youth and Revolution

Presenter: Jennifer Sovde

Location: Maxcy 104 **Cap:** 50

Classes: 2 sessions, 1.5 hours

Dates: Tuesday & Thursday 4/25 & 4/27, 2:00-3:30

Description: 1968 was a year marked by political action and protest by youth around the world. This course will examine the historical developments that energized the political activism of youth around the globe with a focus on Europe and the United States. We will also examine what happened and the political and cultural legacy of 1968. If you have your own story of 1968, feel free to share with the class.

Presenter's Background: Jennifer Sovde is Associate Professor of History at SUNY Canton. She earned her PhD in Modern European History from Indiana University-Bloomington. She is a social and cultural historian of nineteenth and twentieth-century France. Her current research focuses on the development of children's popular and consumer culture in Interwar Paris.

02 Acid Neutralizing Technology: An Entrepreneurial Student Business Idea Achieved Using Professorial Expertise

Presenter: Richard Partch

Location: Maxcy 104 **Cap:** 50

Class: 1 session, 1.5 hours

Date: Monday 4/17, 10:00-11:30

Description: Starting with an idea to make clothing able to neutralize acid on contact, student Matt Borowiak obtained chemistry advice from Professor Richard Partch. Nylon was chosen as the fabric, and after modification, proved able to neutralize acid instantly but also to be recyclable. Not only is the material useful in laboratory environments but also in baby diapers and adult underwear. Industrial interest in the patent led to expansion of the modified nylon for use as a floor covering.

Presenter's Background: The presenter has been chemistry professor at Clarkson University for 56 years and mentored many undergraduate and graduate students in a wide variety of thesis topics. In addition to garnering over \$7M of external funding

and publishing over 120 journal articles, he is coinventor of 12 patents and honored to be selected a Fellow of the ACS, a Xerox Faculty Fellow, and recipient of the Tom Plastino CITEC Award for interfacing NNY industrial needs with local academic science and technology expertise.

03 Albert P. Crary: Polar Geologist and First Person to the North and South Poles

Presenter: Alexander Stewart

Location: SLU, room TBA **Cap:** 40

Class: 1 session, 1.5 hours

Date: Wednesday 4/5, 2:00-3:30

Description: This lecture will be about A.P. Crary, who graduated from SLU with a degree in geology/physics in 1931. His extraordinary life took him from top-secret government work during WWII (think aliens and Roswell NM) to being the first person on both north and south poles.

Presenter's Background: Associate professor of Geology at SLU; retired from US Army.

04 Art of Printmaking: Monotype

Presenters: Hannah Hotaling (presenter) & Deborah Steinberg (coordinator)

Location: SUNY Potsdam, Brainerd 205

Classes: 8 sessions, 3 hours **Cap:** 10

Date: Fridays 3/17-5/12 (no class 4/7), 12:00-3:00

Description: Enjoy the spontaneity, exploration, experimentation and excitement of producing monotypes using inks and printing press at the SUNY Potsdam printmaking studio. Monotypes are one-of-a-kind prints, usually produced fairly quickly. Many artists use the monotype process to explore new approaches to their work; however, it is also a delightful process for artistic beginners to pursue. This class will explore various techniques of monotype printing by using screen printing, frames, and fabric ink, monotype printing with water-soluble crayons through a screen mesh, and traditional plate monotype with ink using stencils and drawn imagery.

Presenter's Background: Hannah Hotaling is a SUNY Potsdam student with a major in Art Education. She is pursuing certification to teach grades K-12 and collegiate level.

Notes: Materials fee: \$35.00/participant, which pays for Water-base Acrylic Textile Screen Printing Inks, Relief Inks, and solvent. *A check for \$35 should be written to Deborah Steinberg and mailed in with the registration form.* Students will be responsible for bringing their own materials. A list of suggested supplies will be sent to you with your registration letter and/or refer to the website under “Courses.”

05 Asteroids: Stepping Stones to the Future of Space Exploration

Presenter: Michael Bazzocchi

Location: Maxcy 104 **Cap:** 50

Class: 1 session, 1.5 hours

Date: Monday 5/1, 10:00-11:30

Description: Benefiting from the riches of an asteroid was a concept found only in science fiction up until recently. Now, asteroid mining is a mission not too far in the future. With the growth of private space companies and deep space missions, innovation is once again necessary to provide the foundations and resources required for the next era of space exploration. The prospect of extracting resources from asteroids not only provides opportunities for profit, but also opens the doors to new advancements in space exploration and accelerates future space development. This seminar focuses on novel theories, practices and technologies that facilitate in-situ resource utilization of near-Earth asteroids. It will begin by presenting an overview of the emerging field of asteroid engineering, and then delve into specific topics related to asteroid redirection. In particular, this seminar considers the methods for controlling the attitude and orbit of asteroids, the design and optimization of transfer trajectories, and the application of spacecraft formation strategies. Related areas that naturally extend from this research, such as space robotics, space debris removal, as well as mission and systems design will also be discussed.

Presenter’s Background: Dr. Michael C.F. Bazzocchi is an Assistant Professor at Clarkson University and Director of the Astronautics and Robotics Laboratory (ASTRO Lab). Previously, Dr. Bazzocchi held positions at the University of Toronto (Canada) in Mechanical & Industrial Engineering, the Institute for Robotics and Mechatronics, the Toronto Institute of Advanced Manufacturing, and the Institute for Aerospace Studies. He was a researcher in Onboard Space Systems at Lulea University of Technology (Sweden). Dr. Bazzocchi also worked for the RHEA Group as a spacecraft concurrent

design engineer on the Canadian Space Agency satCODE (satellite concurrent design) project.

06 Be on the Jury: The Trial of Jeffery MacDonald

Presenter: Steven Gilbert

Location: Silas Wright House

Classes: 2 sessions, 2 hours **Cap:** 40

Dates: Mondays 3/27 & 4/3, 1:00-3:00

Description: On February 17, 1970, Army Captain Jeffrey MacDonald called the police reporting the mass murder of his family. By 1979, MacDonald was convicted and sentenced to life in prison for these murders. There has been much debate about his insisted innocence. Be on the jury and decide who the killer really is.

Presenter’s Background: Dr. Gilbert possesses a Ph.D. in criminal justice, a master's degree in forensic science, and fellowship in forensic medicine. He is retired from the United States Army and federal law enforcement and is also a retired Fellow of the American Academy of Forensic Sciences.

07 Biological Control of an Invasive Plant: What's Going On?

Presenter: Jess Rogers **Location:** Maxcy 104

Classes: 2 sessions, 1.5 hours **Cap:** 50

Dates: Wednesdays 4/19, 4/26, 10:00-11:30

Description: Since 2017, Dr. Jess Rogers has been mapping the purple menace known as purple loosestrife along roadsides in the North Country. To help begin to control this plant’s threat to wetlands, she and students have been raising an intensive leaf-eating beetle hatchery each summer. We'll talk about what an invasive species is, what are biological controls, and we’ll use the purple loosestrife as an example that might be showing some local success.

Presenter’s Background: Dr. Jess Rogers grew up in Potsdam and is now an Associate Professor of Environmental Studies at SUNY Potsdam. She studies landscape level change, focusing on threats like invasive plants and issues related to climate change.

08 Book Club Discussion: *Nomad Century, How Climate Migration Will Reshape Our World*

Presenter: Steve Hopkins

Location: SUNY Potsdam, Van Housen 394

Class: 1 session, 1.5 hours **Cap:** 8

Date: Monday 5/8, 10:30-12:00

Description: Gaia Vince's *Nomad Century* describes how climate change and global warming will force massive migrations of people to northern latitudes. Packed with a sobering array of facts, the book nonetheless offers a proactive positive perspective on these demographic disruptions. They could be used to address multiple impending social challenges, from workforce distribution to food production to lifestyle sustainability. This class will provide an opportunity for participants to share their views on these potential scenarios.

Presenter's Background: After a career as a journalist and newsmagazine editor, Steve became director of publications at Clarkson University and an adjunct professor. His interest in social issues continues in retirement.

Note: Participants must read *Nomad Century*.

09 Canine Body Language

Presenter: Kris Hoffmann

Location: SLU, Valentine 117 **Cap:** 40

Classes: 2 sessions, 1.5 hours

Dates: Wednesdays 3/8 & 3/15, 4:00-5:30

Description: Dogs are constantly telling us about themselves, but we need to use our eyes rather than our ears to listen. Is that dog friendly or fearful? Is she playing nicely or being a bully? Is it safe to pet him? Through photos, diagrams, videos, and live dog demos, you'll learn what body cues to look for and what they mean.

Presenter's Background: Kris Hoffmann is a Visiting Assistant Professor of Biology at SLU and an amphibian and reptile conservation biologist with a soft spot for working dogs. Her wildlife detector dog-and-student teams locate endangered turtles for state biologists in the Northeast.

10 Civil War Medicine That Was Used on the Battlefield

Presenter: Dennis Eickhoff

Location: Silas Wright House **Cap:** 40

Class: 1 session, 1.5 hours

Date: Tuesday 3/14, 10:00-11:30

Description: The presentation will cover medical advances and battlefield medical care, disease and treatment as well as what was used on the field.

Presenter's Background: Dennis serves as Town of Colton Historian, as Library Technician at the Colton Hepburn Library for the past 19 years and is a Charter member of the Colton Historical Society.

11 Driver Safety

Presenter: David Stewart

Location: St Lawrence BOCES in Canton

Classes: 2 sessions, 3.5 hours **Cap:** 30

Dates: Tuesday & Wednesday 5/2 & 5/3, 12:30-4:00

Description: 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 reductions. 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. Courses typically are offered in two (2) sessions of 3½ hours each over two days. New York State requires that participants complete the full course to receive a 10% reduction in the base rate of automobile and motorcycle liability and collision insurance premiums for three years. Participants also may be eligible to reduce as many as four (4) points from their driving record.

Presenter's Background: David Stewart is a retired university administrator and former TV and radio reporter and has been driving for six decades. He has taught more than 170 safe-driving courses, primarily in northern New York.

Note: Casual dress; participants must bring their NYS driver's license to class and a current AARP membership card (if a member). The course fee (\$25 for AARP members, \$30 for non-members) is payable at the first session (cash or **check payable to AARP**). Participants must pre-register and should arrive at least 20 minutes prior to the scheduled start time of the first session.

12 Energy Efficiency, Conservation, & Saving \$ in Your Home

Presenter: Nick Hamilton-Honey

Location: Cornell Cooperative Extension

Class: 1 session, 1.5 hours **Cap:** 25

Date: Tuesday 4/4, 9:30-11:00

Description: Save money and be more energy efficient in your home. New York State offers programs to help you get a free home energy audit and income-based incentives for home energy efficiency. Come to this program to learn more about these and other ways you can save money and energy in your home.

Presenter's Background: Nick is the Natural Resource & Sustainable Energy Educator for CCE of SLC as well as the Energy Navigator Volunteer Program Coordinator for the North Country Region. Their formal education was as a wildlife biologist, and work experience at the US Department of Energy drove their interest in sustainable energy. Nick enjoys interacting with the public and sharing knowledge.

13 Esports 101

Presenters: Anthony Betrus and Colin Michaud

Location: Maxcy 104 **Cap:** 10

Class: 1 session, 1.5 hours

Date: Monday 3/13, 10:00-11:30

Description: We will guide participants through the basics of Esports, allow them to participate in Esports games, and allow them to assist with our content streaming.

Presenters' Backgrounds: Dr. Anthony Betrus is a professor of Educational Technology and Business at SUNY Potsdam. He serves as the NCAA Faculty Athletics Representative, is the Advisor for the Video Gaming Club, and he is the Esports advisor for the college. Colin Michaud is a content creator and graduate student at SUNY Potsdam.

Link: Watch this before attending:

<https://www.youtube.com/watch?v=fLPjvZoUgVA&t=18s>

14 The Fine Minerals of St. Lawrence County, New York

Presenter: Michael Walter

Location: SUNY Potsdam, Timerman 120

Class: 1 session, 1.5 hours **Cap:** 24

Date: Monday, 4/3, 10:00-11:30

Description: This will be a brief overview of the important specimen grade minerals of St. Lawrence County, New York. The importance of naturally crystallized minerals, those commonly seen in museum displays, will be discussed and St. Lawrence County's contributions to this topic highlighted.

Presenter's Background: The presenter has nearly 50 years' experience collecting minerals, has authored dozens of lay and professional articles on specimen mineralogy, and has authored and co-authored four books on the minerals of New York State. He is a retired earth science and geology teacher and owns a mineral specimen and mining business.

15 The Impact of Climate Change on Aquatic Communities

Presenter: Walter James Conley

Location: SUNY Potsdam, Kellas 102

Class: 1 session, 1.5 hours **Cap:** 50

Date: Monday 4/24, 2:00-3:30

Description: Aquatic communities include the largest ecosystems on the planet with approximately 71% of the surface covered in water. Human activities have dramatically altered the oceans and atmosphere. This course will include a summary of the most recent findings from the Intergovernmental Panel on Climate Change (IPCC) and the observed and predicted impacts on aquatic communities.

Presenter's Background: Dr. Conley is a Professor of Biology at SUNY Potsdam. His undergraduate work at the University of Massachusetts (UMass) was in Fisheries Biology, followed by a master's degree in Marine Biology at UMass Dartmouth, and a Ph.D. in Marine Science from the University of South Florida. His research on trophic interactions has ranged from Adirondack ponds to the coastal estuaries of New England, and the mesopelagic zone of the Gulf of Mexico. He also has worked towards the conservation of endangered sea turtles and manatees.

16 An Introduction to the Enneagram

Presenter: Peter Brouwer

Location: Maxcy 104 **Cap:** 50

Classes: 3 sessions, 1.5 hours

Dates: Thursdays 3/9, 3/23, 3/30, 10:00-11:30

No class on 3/16.

Description: Nine Ways of Showing Up in the World: The Enneagram is a system of personality typing that describes patterns in how people interpret and act in the world. The Enneagram describes 9 personality types & maps each of these types on a nine-pointed diagram. Understanding your Enneagram type provides an opportunity for greater self-awareness, authentic presence, & growth.

Presenter's Background: Dr. Peter S. Brouwer is recently retired as Professor of Mathematics Education and Chair of the Department of Secondary Education at SUNY Potsdam, where he had worked since 1980. He is an Integral Associate Coach and Courage & Renewal facilitator and has had a long interest in the Enneagram as a tool for personal development.

17 It's Okay...Scream in the Shower!

Presenter: Holly Chorba

Location: Maxcy 104 **Cap:** 40

Class: 1 session, 1.5 hours

Date: Thursday 5/11, 2:30-4:00

Description: How does one possibly function at the death of a soul mate? How does one survive and potentially thrive after a mate passes? What paths lead from immediate needs to a gratifying life after loss? How can "Nature by God" factor in for those experiencing loss? This course will give you tools to help on such a journey.

Presenter's Background: Author/photographer Holly Chorba spent 30 years with her husband Ron as local educators; they explored and reveled in North Country beauty and that of the Sonoran Desert. Following Ron's passing in 2018, Holly wrote and photographed "It's Okay...Scream in the Shower" in order to pay forward what she learned regarding surviving and thriving after such loss. Her photography is the winner of several Laurentian Chapter, Adirondack Mountain Club awards, two Fine Art Up North Calendar covers, and is currently displayed at Creative Spirit in Potsdam, NY.

Note: The book "It's Okay...Scream in the Shower" is available at the Creative Spirit Art Center, 6 Raymond Street Potsdam, NY 136976.

Link: More information about the book and Holly can be seen on the website:

chorbasriverflowchronicles.com

18 Learn to Fitness

Presenter: Ashley Keenan

Location: Maxcy Dance Studio

Classes: 10 sessions, 1 hour **Cap:** 20

Dates: Fridays 3/10-5/12, 1:00-2:00

Description: This class will work on balance and strengthen muscles to decrease chance of fall risk and increase dependence. We will also tour the fitness center and learn how to use the machines and equipment.

Presenter's Background: Ashley Keenan is a certified personal trainer and SUNY Potsdam Fitness Center Director. She loves working with a variety of clients to help them achieve their goals.

19 Learning from Apollo 9 for Artemis and Beyond

Presenter: Craig Merrett

Location: Maxcy 104 **Cap:** 50

Class: 1 session, 1.5 hours

Date: Thursday 3/16, 3:00-4:30

Description: This course will discuss how examining the Apollo 9 capsule and its structural design gives us insight into the new Artemis program and our return to the Moon. The course includes examples of analyses that junior aerospace engineering students at Clarkson University completed in collaboration with the San Diego Air & Space Museum. Participants in the course will learn about how space capsule structures are designed and built.

Presenter's Background: Dr. Merrett is an assistant professor in the Department of Mechanical and Aerospace Engineering at Clarkson University. He teaches aerospace structures, aircraft accidents, and introduction to aerospace engineering design. Dr. Merrett's research is about the use of composite materials and their application to advanced aircraft configurations, launch vehicles, and satellites.

20 Lighthouses of New York State

Presenters: David Schryver & Marcia D. Schryver

Location: Silas Wright House

Class: 1 session, 1.5 hours **Cap:** 40

Date: Wednesday 5/3, 1:00-2:30

Description: We will provide information on many of the beautiful classic lighthouses in New York State as well as information on lighthouses in general. Included in this will be the characteristic, daymark and other lighthouse terminology. Color pictures will be displayed via computer projection and printed books. If time and interest permit, we will also include discussions on towers elsewhere along the Atlantic Coast.

Presenters' Backgrounds: David J. Schryver has written six books on waterfalls in the northern part of New York State and five additional books on lighthouses along the east coast. The presenters have personally traveled to all of the locations in these books.

21 Mah Jongg for Beginners

Presenters: Kay Russell

Locations: Canton Fire Hall (1st), Partridge Knoll (4/27)

Classes: 4 sessions, 1.5 hours **Cap:** 7

Dates: Thursdays 4/20-5/11, 9:30-11:00

Description: Mah Jongg, or the game of Sparrows, is an ancient Chinese game played with tiles and is similar to gin rummy. She will be teaching beginners how to play Mah Jongg by the National Mah Jongg League rules.

Presenters' Backgrounds: Kay has been playing Mah Jongg since 1969 when she moved to the north country. She has been teaching for SOAR since 2003.

Kay is a retired Department of Social Services supervisor. She received the Super SOARer Award at the spring luncheon in 2017.

Note: A good book that will help you play Mah Jongg, recommended by the instructor, is

A Beginners Guide to American Mah Jongg: How to Play the Game and Win by Elaine Sandburg.

Link: for cards, games and another instruction book, go to www.nationalmahjonggleague.org

22 Mixed Media Art

Presenter: Sandra Nestlerode-Hale

Location: SUNY Potsdam, Satterlee 225

Classes: 5 sessions, 2 hours **Cap:** 12

Dates: Fridays, 4/14-5/12, 1:00-3:00

Description: This spring, the workshop goal will be to emphasize the Natural World as an inspiration for our projects. We'll work with materials straight from the flora and fauna found here in the North Country. The objective is to be eco-friendly and create artworks that reflect the beauty all around us. We'll combine traditional drawing and painting techniques with 21st century media, such as collage and journaling. We'll be reviewing the works of Patrick Dougherty and Andy Goldsworthy; both artists created "land art" works in natural spaces, such as forests and beaches. Dougherty has created the "stick house" at the Wild Center in Tupper Lake, NY.

Presenter's Background: Sandra Nestlerode-Hale is a working artist and has lectured on Art in England, Maine, & Pennsylvania. She has a master's degree from Keele University in England. Her two one-woman shows were held in Maine 2003 and Pennsylvania 2018, and she has exhibited in juried shows here in the North Country since 2019.

Notes: Students will be responsible for bringing their own materials. A list of suggested supplies will be sent to you with your registration letter and/or refer to the website under "Courses."

23 My Unorthodox Road to Ice Capades

Presenter: Barbara Brown

Location: Maxcy 104 **Cap:** 50

Class: 1 session, 1.75 hours

Date: Thursday 5/4, 2:30-4:15

Description: Trajectory, photos and stories about achieving my dream of skating and touring North America with a "cast of thousands" ice skating show, which all "in the know" said couldn't be done, and how support, perseverance, and caring proved them wrong!

Presenter's Background: Retired Associate Director of Clarkson's Career Center, and North Country native, Barbara Brown began university at Queen's in Kingston, Ontario, and finished the first of 3 degrees with her BS degree at SUNY Cortland. There she helped build both the Skating and Hockey programs. Following graduation, moves to Lake Placid and New York City offered the opening opportunities to achieve her dream. Later, she learned her background proved perfect for working with students who faced obstacles and self-doubt.

24 Nature Tech: Using Apps to Help Nature ID

Presenter: Nick Hamilton-Honey

Location: Cornell Cooperative Extension (CCE)

Classes: 2 sessions, 1.5 hours **Cap:** 20

Dates: Thursdays 5/4 & 5/11, 10:00-11:30

Description: Have you ever wondered about what something was in your garden, on a walk, or while outside? We will download and learn how to use iNaturalist, SEEK, and potentially other apps, depending on interest. These free apps help us to identify what we see/hear in our environment and also participate in citizen science.

Presenter's Background: Nick is the Natural Resource & Sustainable Energy Educator for CCE of SLC as well as the Energy Navigator Volunteer Program Coordinator for the North Country Region. Their formal education was as a wildlife biologist, and work experience at the US Department of Energy drove their interest in sustainable energy. Nick enjoys interacting with the public and sharing knowledge.

Note: Please bring a smart phone or tablet to which you wish to download these free apps. CCE will have free wifi for downloading the apps during the first session. Second session will not have access to wifi; will have to use phone connectivity or enter information offline.

25 New York, New York: How to get there from here, how to get around, where to go, what to do and how to do it.

Presenter: David Mathie

Location: Maxcy 104 **Cap:** 35

Class: 1 session, 1.5 hours

Date: Tuesday 4/11, 10:00-11:30

Description: We in the North Country are a seven-hour drive from the greatest city in the country, yet many of us have never visited. Some of the reasons: I'm afraid to drive into the city; I don't understand how to get around; I don't know where to eat; I don't know how to see a show, etc. As a former

resident of NYC and a regular visitor for over 45 years, David Mathie is ready to soothe your fears and help you explore Manhattan. The course will discuss the best way to get into the city; understand its geography and neighborhoods; navigate the city's subway, taxi and Uber systems; find and book the best shows, restaurants, and hotels; and learn which sites to see and which to avoid.

Presenter's Background: A Potsdam native, Dr. David Mathie has served on the SOAR Board since 2019 and is Chair of the Curriculum and Scheduling committees. In his pre-retirement life, he was a Professor of Music at Boise State University in Idaho for 24 years as well as a member of the Boise Philharmonic. Before becoming a teacher, he was a professional trombonist living and working in New York City. While there, he performed as a free-lance musician with a variety of groups from the Metropolitan Opera to the Temptations and took just about any classical/jazz/pop music gig that came his way.

Note: Extra session if needed on Tuesday 4/18 from 10 to 11:30

26 North Country Caterpillars and Their Butterflies (or Moths)

Presenters: J. Mark Erickson and Ray J. Erickson

Location: SLU, Brown Hall 141 **Cap: 36**

Classes: 3 sessions, 1.5 hours

Dates and times: 1 Monday & 2 Wednesdays
3/20, 3/22, & 3/29, 1:00-2:30

Description: This course is intended to illustrate some of the butterflies and moths native to our region with an emphasis on the natural history of their caterpillars. In many cases, particular mention of their strategy for avoiding predation will be a theme of discussion. We hope to develop among our audience some appreciation for the remarkable evolution of these endangered organisms as we watch Ray Erickson's beautiful photographs.

Presenters' Backgrounds: Mark Erickson is Chapin Professor Emeritus from the Geology Department at SLU where he taught Invertebrate Paleontology and Paleocology for 40 years. His pre-college days were spent learning natural history with an emphasis on the evolutionary design of caterpillar defensive strategies. The sphinx moths have been a focus of that curiosity, and this group has remained an avocational interest throughout his career. Ray Erickson is retired from SAS Canada in Toronto where he worked in product distribution. He is a

photographer of the natural world whose work was influential in the process of creating the Eno River State Park in North Carolina before moving to the North Country. He has been a board member of the Indian Creek Nature Center in Canton. Ray has conducted a nightly survey of moths of the region for several years documenting them photographically. As a manager of the Johnsonburg Butterfly Garden, he has also photographed many of our Northeastern species of these Lepidoptera.

27 Poems of Billy Collins (through 1998)

Presenter: Robert DeGraaff

Location: Canton Free Library **Cap: 20**

Classes: 3 sessions, 1.5 hours

Dates: Tuesdays 4/4-4/18, 1:30-3:00

Description: Collins has been U.S. Poet Laureate twice and is widely regarded as America's favorite living poet. His poems are transparent and accessible, but often take surprising turns and are often very amusing.

Presenter's Background: Robert DeGraaff (Bob) taught English literature courses, along with many sections of "Introduction to Poetry" at St. Lawrence University for 40 years, retiring in 2008.

Note: Instructor will pass out copies of selected poems, which can be read and discussed on the spot. He does not plan to lecture, but rather to guide discussion/analysis of poems.

28 The Racquette River: 1950's Hydro Development

Presenter: Mary Jane Watson

Location: Maxcy 104 **Cap: 40**

Class: 1 session, 1.5 hours

Date: Monday, 3/20, 10:00-11:30

Description: The Racquette River served Northern New York not only by bringing logs to down-river sawmills but also by providing electric power to run the sawmills. Beginning in the 1920s, local power companies sought to further harness the river between Hollywood and South Colton. Various plans were advanced, but it remained for Niagara Mohawk Power Corporation to build six dams and five powerhouses. With this hydro development and the St. Lawrence Seaway project, St. Lawrence County was a booming place during the 1950s.

Presenter's Background: Retired CPA, member of Colton Historical Society and St. Lawrence County Historical Association.

29 The Racquette River: A Log Highway

Presenter: Mary Jane Watson

Location: Maxcy 104 **Cap:** 40

Class: 1 session, 1.5 hours

Date: Monday, 3/27, 10:00-11:30

Description: Before dams tamed the Racquette River, spring log drives filled the river from the Adirondacks to the St. Lawrence River Valley.

Presenter's Background: Retired CPA, member of Colton Historical Society and St. Lawrence County Historical Association.

30 Researching the Abolitionist Movement and the UGRR in St Lawrence County

Presenter: Bryan Thompson

Location: Silas Wright House **Cap:** 40

Classes: 2 sessions, 1.5 hours

Dates: Fridays 4/28, 5/5, 11:00-12:30

Description: This course will be in 2 sessions. In the first, participants will be introduced to the Wellman scale and given historic background on the local anti-slavery movement. Known local conductors will be discussed. For the second session, each person or team will pick a site and investigate it using the parameters of the Wellman scale (NPS). Groups or individuals will each be given time to report back during the second session.

Presenter's Background: De Kalb Town Historian, BS Cornell U, MS SUNY Geneseo, Post grad McGill U, 7th generation St Lawrence County resident.

Link: <http://slcha.org/cwrt/abolitionist/>

31 Road Maps for the Journey's End

Presenters: Mary Jones and Linda Potter

Location: Maxcy 104 **Cap:** 50

Class: 1 session, 1.5 hours

Date: Tuesday 3/28, 10:00-11:30

Description: The C.R.O.A.K. Book (Creating a Record and Organizing for Advanced planning is Key) being released in spring 2023 is part of the 40th anniversary celebration for Hospice of St. Lawrence Valley and represents decades of knowledge and experience gained from relationships with patients and their families. The C.R.O.A.K. Workshop will highlight the essential advance planning steps that one can take now to make life easier down the road for loved ones. Areas covered include Advanced Health Care Planning, Social Media & Technology, Funeral & Burial Plans, Legacy—What You Leave Behind and a checklist of Essential Documents.

Presenters' Backgrounds: Mary Jones is a death and grief educator. She has worked for Hospice of St.

Lawrence Valley for 29 years and has taught Death and Dying at SUNY Potsdam for 15 years. Mary created the "When Grief Comes to School" program and has supported every school district in the county when a student or staff member dies. Mary is a podcaster, Day of the Dead enthusiast and a grandmother of two. Linda Potter has been a board member and direct care volunteer for Hospice of St. Lawrence Valley since 2017 and, most recently, a co-host with Mary Jones on the Hospice of SLV podcast, "The Travelers Guide To Life." Since moving to the North Country in 1998, she has been actively involved in the community through her church, as a manager of the Canton Farmers' Market, as a retreat coach and as a facilitator for North Country Death Cafes which encourage conversations about our (finite) lives.

32 Spring Wildflowers at Indian Creek Nature Center

Presenter: Anne M. Johnson

Location: Indian Creek Nature Center, Wildflower Loop **Cap:** 20

Class: 1 session, 2 hours

Date: Wednesday 5/3, 10:00-12:00 Rain date: May 10.

Description: We will take a stroll around the Nature Center's Wildflower Loop to see what is blooming. This week should be prime time for spring wildflowers.

Presenter's Background: Anne Johnson has been botanizing in St. Lawrence County for over thirty years and is, with Nancy Eldblom, the co-author of *Plants of St. Lawrence County, An Annotated Checklist*.

Note: Come to the East Entrance of the Indian Creek Nature Center prepared for bugs and wear appropriate footwear.

33 Stem Cells in the Media

Presenter: Devon Svoboda

Location: Maxcy 104 **Cap:** 50

Class: 1 session, 1.5 hours

Date: Wednesday 4/5, 10:00-11:30

Description: We will discuss how stem cells are being used to drive medical advances as well as how to decipher some of the recent headlines describing scientific breakthroughs. Learn how to discern real progress from clickbait and get the context to appreciate what the scientists are up to!

Presenter's Background: Devon Svoboda has a PhD in Neuroscience from University of Ottawa and

did her post-doc at MIT. She is now working in biotech as a stem cell specialist in San Diego.

34 Stretching for Couch Potatoes

Presenter: Pam March

Location: Maxcy Dance Studio **Cap:** 50

Classes: 10 sessions, 1 hour

Dates: Thursdays 3/9-5/11, 12:00-1:00

Description: Very mild to mild level exercises sitting on, standing beside, and using a chair to stretch. Includes learning to stretch correctly and to breath fully, body awareness, pain reduction, relaxation techniques, brief meditating, and moving cans around.

Presenter's Background: Since the age of 16, Pam has taught dance, exercise and therapeutic movement both privately and in groups to ALL ages. She has been a hatha yoga practitioner for the last 60 years. Pam has been a professional trainer in the original Pilate's Body Conditioning exercise system in NYC for thirteen years. Her work has also included the Feldenkrais and Alexander techniques, physical therapy, psycho therapeutic integration of the body, mind and emotions to provide healing and various other modalities.

Note: Participants should bring to the first class two soup cans or light weights, and the Theraband Resistance Band Set, Beginner Set exercise bands, available from Amazon (about \$17). Participants should wear loose fitting clothing, soft shoes and socks and bring a water bottle.

35 Tai Chi Beginning

Presenter: Pam March

Location: Maxcy Dance Studio **Cap:** 50

Classes: 10 sessions, 1 hour

Dates: Tuesdays 3/7-5/9, 12:00-1:00

Description: This class includes basic Chinese warmups both standing and sitting down, Tai Chi meditation and introduction to the Yang 24 movement short form. Concerns of seniors will be addressed including balance, leg strength, endurance, relaxing and taking it easy on the joints, and learning how to relax. **Beginning students may not register for Tai-Chi Continuing unless the instructor allows it.**

Presenter's Background: Pam March is a certified Tai-Chi instructor from the Boston Institute of Kung Fu and Tai-Chi. In fall 2010, Pam received the "Leon LeBeau SOARing Educator Award" in honor of the exceptional and long-lasting impact she has had on the well-being of SOAR members.

Note: Participants should wear loose fitting clothing, soft shoes and socks and bring a water bottle.

36 Tai Chi Continuing

Presenter: Pam March

Location: Maxcy Dance Studio **Cap:** 50

Classes: 20 sessions, 1 hour

Dates: Tuesdays & Thursdays 3/7-5/11, 1:00-2:00

Description: This course is intended for students who already have familiarity with Tai Chi. The course includes Qigong forms, traditional Chinese warmup exercises, Tai Chi meditation, movement phrases from the short form, and the eight method and five steps form.

Presenter's Background: Pam March is a certified Tai-Chi instructor from the Boston Institute of Kung Fu and Tai-Chi. In fall 2010, Pam received the "Leon LeBeau SOARing Educator Award" in honor of the exceptional and long-lasting impact she has had on the well-being of SOAR members.

Note: Participants should wear loose fitting clothing, soft shoes and socks, and bring a water bottle.

37 Think You Know a Lot about Chocolate?

Presenter: Sara Ashpole

Location: SLU, room TBA **Cap:** 50

Class: 1 session, 1.5 hours

Date: Tuesday 3/7, 2:00-3:30

Description: Cocoa has been cultivated for centuries, and today, it's a much-loved indulgent confectionery. In this course, we will explore the interdisciplinary nature of chocolate and sustainability. Chocolate is art, music, film, literature, spiritual, medicinal, culinary, commodity, injustice, environment and science. Historians shed light on how chocolate changed the world. Economists show a greedy consumer-driven global chocolate market estimated at 139 billion USD, which might just vanish as scientists estimate there are less than 25 years before the plant faces extinction from climate change.

Presenter's Background: Sara Ashpole, a chocolate enthusiast, came to SLU in Fall 2013 and is an Associate Professor, chair of Environmental Studies, and past Faculty Director of the Sustainability Program (2019-2022).

38 Tiffany Windows, Trinity Episcopal Church

Presenter: Betsy L. Travis

Location: Trinity Episcopal Church, Fall Island, Potsdam

Class: 1 session, 1.5 hours

Date: Wednesday 4/26, 2:00-3:30 **Cap:** 50

Description: Discuss the history of Tiffany windows in Trinity Church. Techniques, etc., of Tiffany Co.

Presenter's Background: Betsy is a lifelong member of Trinity Church and has an interest in Tiffany windows and glass. She graduated from Potsdam College, is past Director of Potsdam Public Museum, and is a communicant of Trinity Church.

39 Turtles of the North Country

Presenter: Kris Hoffmann

Location: SLU, Valentine 117 **Cap:** 40

Class: 1 session, 1.5 hours

Date: Thursday 3/9, 5:00-6:30

Description: Join us for a detailed and humorous discussion of NoCo turtle natural history. New York is native to 11 aquatic turtles and one terrestrial turtle species. We'll discuss each species, how to identify it, where it lives, and what it does throughout the year. We'll look at photos, skeletons, preserved specimen, and live animals.

Presenter's Background: Kris Hoffmann is a Visiting Assistant Professor of Biology at SLU and an amphibian and reptile conservation biologist with a soft spot for working dogs. Her wildlife detector dog-and-student teams locate endangered turtles for state biologists in the Northeast.

40 Vegetarian Comfort Food: Section 1

Date: Monday 3/6, 11:00-1:00

41 Vegetarian Comfort Food: Section 2

Date: Monday 3/13, 11:00-1:00

Presenter: Juanita Babcock

Location: Knapps Station Community Church, Norwood **Cap:** 12/session

Class: 1 session, 2 hours

Description: This course will cover hearty, satisfying, and delicious vegetarian meals for the long North Country winter season. Protein complementarity will be discussed for complete nutrition in vegetarian offerings. There will be no cooking involved at the class itself, but recipes will be furnished for discussion and procedures. The presenter will also bring in her favorite cookbooks for the class to peruse. The course cost is \$16, which covers foods, beverage, paper goods, and a donation to the church for use of its facilities. All the students have to do is arrive at the class and enjoy the meals!

Presenter's Background: Juanita has been a vegetarian for over 45 years and has presented several sessions of Vegetarian Cooking for SOAR. She is constantly and lovingly in the kitchen cooking

and baking new recipes and experimenting with old favorites.

Note: To accommodate all members who want to enroll, there will be two sections for this course. A check to Juanita Babcock for \$16.00 should be mailed in with the registration form.

42 Water Safety

Presenter: Sheila Cerwonka

Location: Maxcy 104 and Maxcy Pool **Cap:** 16

Classes: 2 sessions, 1.5 hours

Dates: Tuesdays 5/2 & 5/9, 10:00-11:30

Description: Elementary ways for seniors to stay safe in water environments.

Presenter's Background: Sheila retired from 47 years of teaching all levels of swimming, life-guarding, life-saving, first-aid, CPR, blood-borne pathogens, and sailing aid. She was the Girl Scouts waterfront director at Camp Whispering Pines and International Sailing Festival, waterfront director at Camp Vigor, various Boy Scout and Cub Scout camps, and Cooperative Extension first aid and safety. Other work was as an EMT and a member of the Potsdam Rescue Squad.

Note: First class will be in Maxcy 104, the second in the Maxcy Pool. \$5.00 fee will cover the cost of a lifeguard and will be paid in class.

43 Watercolor Workshop

Presenter: Donna G. O. Kuhn

Location: Satterlee 225

Classes: 9 sessions, 2 hours **Cap:** 15

Dates: Fridays 3/10-5/5, 10:00-12:00

Description: This workshop is designed for SOAR aspiring artists to get together informally and improve their artistic skills through demonstrations, support from other participants, opportunities to have work critiqued and to critique the work of others. While there is no designated instructor for this workshop, we hope to have guest artists from time to time to share their expertise.

Presenter's Background: Donna has participated in several SOAR art courses. She is looking forward to coordinating this workshop and continuing to learn from expertise shared by the participants.

Note: Supplies for the first class: basic watercolor set, watercolor paper tablet, brushes, container for water & an inspiration for your first painting.

Links: Suggested Web Links:

<https://colormatters.com/color-and-design/basic-color-theory>

[Sarah Cray watercolor tutorial - YouTube](#)

44 What is F-stop Anyway?

Presenter: Genine Gehret

Location: Silas Wright House **Cap:** 40

Class: 1 session, 2 hours

Date: Wednesday 3/8, 1:00-3:00

Description: Ms. Gehret will explain the basic functions of a digital camera and how they work: aperture, shutter speed, Program mode, auto and manual modes, exposure, white balance, the rule of thirds, ISO, etc. Participants should bring their cameras along, and as each function is explained, experimenting with each function will take place as the explanation continues. Hopefully, after the class, participants will feel more comfortable when using their cameras and will be able to take better photos with such.

Presenter's Background: Genine Gehret is a retired special education and English teacher. She is also the daughter of a professional photographer, and she has owned and used many cameras since she was a young child. Seventeen years ago, she started her own small photography business, photographing all kinds of situations—weddings, group gatherings, senior portraits, family photos, maternity photos, etc. along with wildlife and scenery photos.

Link: www.ggkphotography.com

Note: Plan to wear a mask in class.



45 Wildlife and Roads

Presenter: Tom Langen

Location: Maxcy 104 **Cap:** 50

Classes: 3 sessions, 1.5 hours

Dates: Thursdays 4/6-4/20, 10:00-11:30

Description: Roads and road traffic threaten populations of many species of animals, and vehicle-wildlife collisions have an enormous cost in property damage, human injuries and deaths, and harm to wildlife and pets. In this course, you will learn about how roads affect animals, how planners predict where and when the risk is highest, and what engineers have designed to protect animals and motorists.

Presenter's Background: Tom Langen is a Professor of Biology at Clarkson University. For the last two decades, his research has focused on the environmental impacts of roads and other infrastructure. He has conducted research and organized courses on road ecology in New York, Latin America, and Europe.