

SOAR



LIFELONG LEARNING IN THE NORTH COUNTRY

FALL SEMESTER 2019
SEPTEMBER 9, 2019 - NOVEMBER 15, 2019

sponsored by:



THE STATE UNIVERSITY OF NEW YORK

Potsdam

and affiliated with:

ROAD SCHOLAR[®]

Institute Network

A Note from the Chair

The greatest pleasure for me in being Chair of SOAR is the opportunity to gain an overview of the operations of our small college (from the Latin collegium: body of colleagues). We truly are a group of colleagues, voluntarily working to bring wonderful opportunities to one another. The delightful part of this situation is that our mutual service not only keeps SOAR healthy, but also provides opportunities to work together and to develop a few skills.

I want to call your attention to the back of the Registration Form included in the packet with this booklet. It calls attention to some of the volunteering opportunities which keep us going. The first I should mention, which goes back to the origins of SOAR almost 20 years ago, is offering a SOAR class to share your knowledge or skills. Be brave. Send Jim Barry an email or call him to let us know what you might share; we'll take it from there to assist you.

We have several teams who share responsibilities ("many hands make light work") for keeping the organization running. The largest team is the Ambassadors who communicate with both presenters and members to be sure that individual classes run smoothly. The Tech Advisors assure that presenters can connect to facilities in the classrooms (they also have the tech helpdesk phone number).

Several teams work behind the scenes, frequently with brief periods of intense activity. The Scheduling Team works from home by email and phone to coordinate the constraints of presenters with the availability of classrooms; typically each member of the team schedules about a dozen classes. Just before the semester begins, the Registration Team gathers the requests of members and enters them into our database so the computer can do the grunt-work of sorting and then printing the forms you receive. There are also teams that work from home to produce and assure the quality of documents such as this one. If you send a personal Holiday Letter or an organization's circular, you have the skills that would be helpful to SOAR.

Please think about volunteering for these activities. The burden is not heavy. The opportunity to join colleagues is enjoyable. The occasion to use and enhance your skills is rewarding.

Mark Coleman, Chair, SOAR Board of Directors

ABOUT SOAR

(Stimulating Opportunities After Retirement)

SOAR is a member-directed learning group, sponsored locally by SUNY Potsdam. SOAR is also one of almost 400 such lifelong learning groups affiliated with the Road Scholar Institute Network.

At the end of the spring 2019 semester, SOAR had 433 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

| | | |
|----------------------------------|----------------|--------------|
| Mark Coleman, Chair | Jim Barry | Bill Mein |
| Lyn Swafford, Vice-Chair | Ed Russell | David Mathie |
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COMMITTEES and CHAIRS

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Curriculum - Jim Barry / Ed Russell

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Ambassadors - Bill Mein * **Nominating & Awards** - TBA

Technology - Janet van Weringh / Jerry Sharp

Outreach/Publicity - Lyn Swafford

SOAR Administrative Assistant - Juanita Blakemore

Website Managers - Ruth Kreuzer / Janet van Weringh

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. 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 \$75 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 \$75. (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.

“The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience.”
— Eleanor Roosevelt ”

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. Members wishing to bring a guest to a class, (not to exceed one class per semester!) must first contact the SOAR office to ensure that the guest can be accommodated.

CONTACT INFORMATION

For information, call the SOAR office at (315) 267-2690, send e-mail to: soar@potsdam.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 at G.T.'s “The Grub Tub”

1156 County Road 17 - Russell
owner: Richard Lobdell

DATE: Wednesday, October, 16th at 1:00 pm

Cost: \$25 (includes gratuity)

(Payment and reservation form are **DUE** by noon on **Monday, September, 30,**
(See the flyer insert or SOAR website for menu, more info and reservation form.)

* * *

FALL LUNCHEON Knowles Conference Center

Wednesday, November 20, 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

Acrylic Painting for Beginners * Acupressure Workshop * Atlantis: Did It Ever Exist, and How Would We Know? * Beginning Tai-Chi and Qigong * A Biblical Scholar Looks at the Gospel According to Mark * Butterfly Gardening: A Case Study * Cannabis and the Aging Population * Classic Film Noir * Continuing Tai-Chi and Qigong * Drawing for Everyone * Evolving Microbes: Antibiotic Resistance, Virulence, and Public Health * Gods and Goddesses * Groups of Symmetries * History of Fort Presentation and Van Rensselaer Point * How Does It Work * Insect Vibrational Communication * Japanese Tea Ceremony * Kitchen Gardening, Anywhere * Line Dancing for Beginners and Intermediates * Martial Arts Traditions, Personal Safety, Self-Defense, and Inner Energy * Mobility-Based Yoga for Every Body * Naval Battle of Leyte Gulf, October 1944 * The Neandertals: Facts, Fiction and Fantasy * NYS DEC's Potsdam Sub-Office Division of Lands and Forests * The Other Beatrix Potter * Print Technology * The Psychology of Life Stories * Reducing Unintentional Bias * Sculpture in Ceramics * Tai-Chi: The Short Form * Watercolor / Mixed Media Art Workshop * What Flies Can Tell You about How You Got Here * When Men Can Buy Sex * Wildlife: Three Concerns *

Potsdam (other): United Methodist Church: Tunes-R-Us (26 Main St.) * **North Country Children's Museum:** Learning to Play at the Children's Museum (10 Raymond St.) * **Norwood: Knapp Station Community Church:** Vegetarian Cooking Goes Local (3035 County Rd. 47) *

Courses Offered in Canton

Canton Fire Hall: Canton's Municipal Solar Program * **Cornell Cooperative Extension:** Food Waste to Energy: How Does That Work? * **Cornell Cooperative Extension: Harvest Kitchen at the Extension Learning Farm:** Fun with Fermentation! * * **Partridge Knoll:** Current Events * Evergreens in the North Country * Mah Jongg * **St. Lawrence-Lewis BOCES:** Driver Safety Course from AARP * **St. Lawrence University:** Chemistry of Taste * China's Rise under Xi Jinping * Forensic Drug Investigations * Galaxies * Globalization and the Rise of Extreme Nationalism: Lessons from Sri Lanka * **SLCHA-Silas Wright House:** Antique Dolls * Country Schools Revisited * How the Civil War Killed General George Custer * Lizzie Borden Is Guilty! You're on the Jury! * Tax, Estate, Financial Planning for the Elderly. Part 1: Nursing Homes * **SUNY CANTON:** Paris and Berlin in the 1920's * **TAUNY:** A Day at the Canton Fair - 1869 *

COURSES BY NUMBER OF SESSIONS

1 SESSION: Antique Dolls * Atlantis: Did It Ever Exist, and How Would We Know? * Cannabis and the Aging Population * Canton's Municipal Solar Program * Chemistry of Taste * China's Rise under Xi Jinping * A Day at the Canton Fair-1869 * Evergreens in the North Country * Evolving Microbes: Antibiotic Resistance, Virulence, and Public Health * Food Waste to Energy: How Does That Work? * Forensic Drug Investigations * Fun with Fermentation! (offered twice) * * Globalization and the Rise of Extreme Nationalism: Lessons from Sri Lanka * Gods and Goddesses * Groups of Symmetries * How the Civil War Killed General George Custer * Insect Vibrational Communication * Japanese Tea Ceremony * Kitchen Gardening, Anywhere * Learning to Play at the Children's Museum * Lizzie Borden Is Guilty! You're on the Jury! * The Neandertals: Facts, Fiction and Fantasy * NYS DEC's Potsdam Sub-Office Division of Lands and Forests * The Other Beatrix Potter * The Psychology of Life Stories * Reducing Unintentional Bias * Tax, Estate, Financial Planning for the Elderly. Part 1: Nursing Homes * What Flies Can Tell You About How You Go Here * When Men Can Buy Sex *

2 SESSIONS: Butterfly Gardening: A Case Study * Country Schools Revisited * Driver Safety Course from AARP * How Does It Work? * How the Civil War Killed General George Custer * Insect Vibrational Communication * Martial Arts Traditions, Personal Safety, Self-Defense, and Inner Energy * Paris and Berlin in the 1920's *

3 SESSIONS: Classic Film Noir * History of Fort Presentation and Van Rensselaer Point * Mobility-Based Yoga for Every Body * Tai-Chi: The Short Form * Tunes-R-Us * Vegetarian Cooking Goes Local * Wildlife, Three Concerns *

4 SESSIONS: Acupressure Workshop * Galaxies * Mah Jongg * Naval Battle of Leyte Gulf, October 1944 *

5 or more SESSIONS: Acrylic Painting for Beginners * Beginning Tai-Chi and Qigong * A Biblical Scholar Looks at the Gospel According to Mark * Continuing Tai-Chi and Qigong * Current Events * Drawing for Everyone * Line Dancing for Beginners and Intermediates * Sculpture in Ceramics * Tai-Chi: The Short Form * Watercolor, Mixed Media Art Workshop *



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.

FALL 2019 COURSE DESCRIPTIONS

This fall, 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 detailed directions; “COURSES” may include readings and supply lists, links, and other notes. Check for **COURSE UPDATES** on the home page often.

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[1] Acrylic Painting for Beginners **Casie Galletti** (*instructor*)
8 Sessions, 2 hours each **Carol McRobbie** (*Coordinator*)

This course will introduce acrylic paints and acrylic painting techniques to beginners. Students will learn about color, value and composition while creating different projects with acrylic paints in a relaxing and supportive atmosphere that is characteristic of Casie’s instruction. **Casie Galletti** is a Junior at SUNY Potsdam, preparing for a future as a math and art teacher. She has taught Art for Beginners (focusing on watercolor painting) for the past two SOAR semesters. Upon request of her SOAR students, Casie is kindly returning to teach us about acrylic painting. **NOTES: 1)** Please refer to the “Acrylic Painting for Beginners” course page on the SOAR website for a list of supplies. **2)** No class October 11. **Cap: 16**

[2] Acupressure Workshop **Joe Di Giovanna**
4 Sessions, 1½ hours each

Participants will be taught how to use acupressure on themselves to treat a variety of health issues. Class interest will strongly influence which issues are treated. This course is only for those who have not taken his previous courses on Acupressure. Joe Di Giovanna recently retired as “Distinguished Professor of Philosophy” at SUNY Potsdam. He has been interested in holistic health for many years. He taught Yoga for several decades. Joe is a licensed massage therapist and has previously taught courses in acupressure for CLEAR and for SOAR. **NOTES: 1)** Wear soft clothing which allows you to feel parts of your body more easily. **2)** The book, Acupressure’s Potent Points by Michael Gach, is not required, but would be helpful for those who wish to expand on what we do in class. **Cap: 15**

[3] Antique Dolls **Irene Ladouceur**
1 Session, 1½ hours

The presenter will share her experience of doll collecting in northern New York State. **Irene Ladouceur** has been collecting antique dolls for over 40 years. She is looking forward to discussing her adventures with interested SOAR members. Irene is a retired teacher who enjoys collecting historical items. **Cap: 40**

[4] Atlantis: Did It Ever Exist, and How Would We Know?
1 session, 1½ hours **Shinu Anna Abraham**

The ‘lost’ city of Atlantis has captured the imagination of the western world since the 19th century, but how many of us really know the origins of this legend, and whether there’s any real evidence that this city once existed? We will trace the story of Atlantis from its origins in Plato’s writings up to the present time, using an archaeological perspective to evaluate its authenticity. **Shinu Anna Abraham** is an archaeologist, and chair 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. Shinu is currently studying the manufacture of ancient Indian glass, and how and why ancient Indian glass beads were traded all around the Indian Ocean. She regularly teaches a class called “Science and Pseudoscience in Archaeology,” where students discuss case studies like Atlantis. **Cap: 54**

[5] Beginning Tai-Chi and Qigong **Pam March**
9 Sessions, 1 hour each

The class includes basic Chinese warm-ups both standing and sitting down, along with 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. **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)** Advancing to “Continuing Tai-Chi and Qigong” requires instructor’s permission. **3)** Wear loose fitting clothing, soft shoes or socks, and bring a water bottle. **Cap: 50**

[6] A Biblical Scholar Looks at the Gospel According to Mark
5 Sessions, 1½ hours each **Michael Greenwald**

For over 250 years, biblical scholars have been using modern methods to study the gospels. We will look at source, historical, literary, and sociological methods to examine how the author of the Gospel according to Mark understands the meaning of Jesus of Nazareth. **Michael Greenwald** has a Ph. D. in New Testament and Christian Origins from Boston University (1989). He was an Associate Professor of Religious Studies at SLU (1989-2017). He also has a Master of Arts in Hebrew Letters from Hebrew Union College - Jewish Institute of Religion (1973). Michael is an ordained rabbi (1975). **NOTES: 1)** Required: A New Testament (Revised Standard Version is preferred). **2)** View the presenter's suggested books on his course page on the SOAR website. **Cap: 54**

[7] Butterfly Gardening: A Case Study **Mark & Ray Erickson**
2 Sessions, 2 hours each

Insects, including those that pollinate, are essential for life on Earth. This course will suggest steps everyone can take to establish pollinator-friendly gardens in response to human destruction of natural bee and butterfly habitats. It will focus on butterflies and moths, giving insights into their local diversity, behaviors, favorite plants and life cycles. The creation of the Johnsonburg Butterfly Garden will be used as an example. Both **Ray Erickson** and his brother **Mark Erickson** have serious avocational interests in butterfly and moth ecology, having researched the subject since childhood. They each have six decades of experience photographing and documenting some of these groups and their food-plant and host-plant relationships. In 2015, they created the Johnsonburg Butterfly Garden to address the need for nectaring sites at a NJ camp. Examples from these experiences will illustrate how they built and populated the butterfly gardens. **NOTE:** View the presenters' suggested web links on the SOAR website course page. **Cap: 50**

[8] Cannabis and the Aging Population **Ann McLaughlin**
1 Session, 1½ hours

With the legalization of cannabis in NYS likely to happen in the next year, many people have legitimate concerns about the impact it is going to have on their own local community. The concerns are personal as well as

regional. How does cannabis affect one on a personal level? What are the risks and benefits of allowing cannabis sales in our local towns? Why is cannabis seen as a “wellness” product? How can it be used responsibly? **Ann McLaughlin** has been a Licensed Massage Therapist (LMT) for the last 23 years. In that time, she has seen the medical cannabis industry become a tool for addressing many conditions for which people seek alternative or complimentary remedies in an effort to feel better. Ann is a Certified Cannabis Caregiver through “Americans for Safe Access.”
Cap: 50

[9] Canton's Municipal Solar Program **Michael Dalton**
1 Session, 1½ hours

This course will update participants on the municipal solar project recently completed in Canton. It has been a journey that began in 2013 with Canton's Sustainability Committee. The presentation will provide an overview of the process, from concept through completion. In addition, the presenter hopes to provide a real time view of production. **Michael Dalton** is currently the Mayor of the Village of Canton, in the second year of his second term. Previously, he served as Village Trustee and Deputy Mayor. He retired from Verizon in 2015, after 37 years of service, working in the North Country. He has a background in Emergency Services, with 28 years as a member of Canton Fire and Rescue. **Cap: 40**

[10] Chemistry of Taste **Samuel Tartakoff**
1 Session, 1½ hours (w/students) **Gabrielle Davis & Skylar Ratcliff**

Every person has experienced the joys (and disappointments) of taste and smell. However, most people don't realize that there are molecules responsible for every flavor and aroma. In this class, we will look at the molecules found in sweeteners, spices, and herbs, and discuss how those molecules lead to the tastes we love (or avoid). We will also have several hands-on (and tastebuds-on!) activities to help illustrate these concepts. **Samuel Tartakoff** is a professor at SLU. He received his PhD in organic chemistry from the University of California – Irvine. He teaches general and organic chemistry, as well as conducting research into new chemical reactions and potential new medicines. Other presenters include chemistry and biology students from SLU who will be leading portions of the discussion. **NOTE: Wear long pants and closed-toed shoes. Cap: 20**

**[11] China's Rise under Xi Jinping
1 Session, 1.5 hour**

Grace Huang

Xi Jinping has been the president of China since 2012, and he recently suggested that his term limit should extend beyond 2022. Who exactly is this current president? What does his slogan, the “**China Dream**,” mean for China? How is he negotiating China's rise with regard to “ownership” of the South China Seas; railroad and port construction through Southeast Asia, Central Asia, and the Middle East; global security concerns regarding communications technologies, like Huawei; and methods of social control, such as implementing a “social credit score” (like our financial credit score) for its citizens? **Grace Huang** teaches courses on Chinese Politics, Asian Politics, and Comparative politics at SLU. Her research interests also include political leadership and the cultural stories and resources leaders use to advance their political agendas. Despite teaching about China for almost fifteen years, she never ceases to be amazed by the country. **Cap: 30**

[12] Classic Film Noir

Ginny Schwartz

3 Sessions (*up to 3½ hours, depending on the film*)

This course will focus on Classic Film Noir, a genre of film that originated in the United States, primarily during the Post World War II era. Film noir, which means “black film,” was named because of its unique look, style, characters, mood and content. This course will examine this genre of the 1940s and 50s, as well as screen and discuss three well-respected classic noir films. Each session will include information about the film noir genre, screening of a classic noir film, and a follow-up discussion about the film. **Ginny Schwartz's** work at SLU has included many years of teaching film related courses. Her Ph.D. in American Culture Studies featured film studies, and her primary personal and academic film interest is film noir. **Cap: 25**

**[13] Continuing Tai-Chi and Qigong
18 Sessions, 1 hour each**

Pam March

This course is intended for students who already have familiarity with Tai-Chi and Qigong. The course includes Qigong forms, traditional Chinese warm-up exercises and Tai-Chi meditation. Students do the Yang 24 movement short form. **Pam March** is a certified Tai-Chi instructor from the Boston Institute of Kung Fu and Tai-Chi. In Fall 2010, Pam received the “Leon LeBeau SOARing Educator Award” in honor of the exceptional and long-lasting impact she has had on the well-being of SOAR members. **NOTES: 1)** Continuing students may not register for “Beginning Tai-Chi and Qigong.” 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**

[14] Country Schools Revisited

Judith Liscum

2 Sessions: Session B (*2 hours*), and **Session C** (*4 hours*)

Come feel the passion for the legendary schools of yore! In this continuing three session course, scholars will be introduced to several one-room and larger country schools of the North Country. (Session A was taught this past spring.) Session B will be held in a classroom, and will include a discussion of the upcoming field trip. Session C will be a field trip to several of these little institutions of learning which are still standing and are fully restored as living history museums (see note below). Educator **Judith Liscum** is a Canton native. She attended grades K-8 at the Canton Grammar School, and in 1963, she accepted a 6th grade teaching position at this same school. Later, following retirement from Canton Central, Judy worked as a supervisor of student teachers for 12 years in the Education Department at SLU. Currently, she is the “school marm” at the St. Lawrence Power and Equipment Museum in Madrid. She is also a local history author; she has written and self-published four non-fiction books. **NOTE:** Field trip participants must arrange their own transportation. We will meet at the Price Chopper parking lot in Canton at 9:30 AM on the scheduled date. We will travel to Pierrepont to visit

**“In Greek tragedy, they fall from great heights.
In noir, they fall from the curb”**

Dennis Lehane

four one room schools, finally settling in Madrid at Schoolhouse #12 at the “St. Lawrence Power and Equipment Museum.” **Lunch (\$5)** will be available at the museum, and it will be reminiscent of those lunches carried by pupils in their lunch pails in the late 1800’s. **Cap: 30**

[15] Current Events

John Casserly

8 Sessions, 1½ hours

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. John Casserly is the first winner of the “Leon LeBeau SOARing Educator Award,” given in Fall 2009. The award honors someone who has had lasting impact on the lives of SOAR members. **Cap: 30**

[16] A Day at the Canton Fair--1869

Varick Chittenden

1 Session, 1.5 hours

Based on a folk painting by Canton artist Elizabeth Campbell Miner, this presentation will highlight a day of typical activities at the county fair and other local agricultural fairs of the time. Using his research from local authors, archives and period newspapers, we can interpret the rich variety of details the artist included to capture the significance and excitement of these events in a valuable document of local history. **Varick Chittenden** is a folklorist, founding director of Traditional Arts in Upstate New York [TAUNY], and Professor Emeritus of Humanities at SUNY Canton. His research interests include oral traditions, foodways, vernacular architecture, and folk art, particularly of the North Country. **Cap: 50**

[17] Drawing for Everyone

Jean Fallon (*Coordinator*)

8 sessions, 2 hours each SUNY Potsdam student instructor (*TBA*)

General drawing concepts will be covered in this art class. Participants will draw still life and models. Graphite will be the primary medium. Colored pencils, pastels and charcoal will also be introduced. Individuals of all levels and skills are welcome. **NOTE:** Before class starts, needed supplies will be posted on the “Drawing for Everyone” course page on the SOAR website. **Cap: 16**

[18] Driver Safety Course from AARP
2 Sessions (consecutive days), 3½ hours each

David Stewart

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 it is open to all age groups. The course helps participants update their driving knowledge, skills, and confidence. Research shows that, after 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 six decades. David has taught almost 150 safe-driving courses, primarily in northern New York. **NOTES: 1)** Please arrive at least 20 minutes early! You must bring your NYS driver’s license and, if you have one, your current AARP membership card. **Fee: \$20 for AARP members; \$25 for non-AARP members** – pay in exact cash or make your check out to AARP. **2)** New York State requires that participants complete the full course to receive a 10% reduction in the base rate of automobile 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. **Cap: 25**

[19] Evergreens in the North Country
1 Session, 1½ hours

Linda Batt

This course will cover: the types of evergreens; selection and care of varieties for your landscaping; and the best buys for Christmas. Linda Batt has a “choose-and-cut” Christmas tree farm. She has been cultivating trees for 30 years. **Cap: 25**

[20] Evolving Microbes: Antibiotic Resistance, Virulence,
and Public Health
1 Session, 1½ hours

Susan Bailey

Microbes make up most of the diversity of living things on earth and interact with humans in a range of ways from beneficial to deadly. Some microbes have the potential to quickly shift from being innocuous to deadly - becoming resistant to antibiotics or increasingly virulent -

through rapid evolutionary changes. In this course, we will cover the processes by which microbes evolve, drawing from specific examples of microbes that have evolved in dangerous ways (e.g. influenza, drug-resistant tuberculosis). We will discuss various approaches that scientists are taking to try to understand, predict, and even impede these critical evolutionary changes, and how this research is starting to be applied to healthcare practices. **Susan Bailey** is an Assistant Professor of Biology at Clarkson University, specializing in evolutionary biology and bioinformatics. She uses lab experiments with microbes and statistical comparisons of DNA sequences to explore questions about how evolution has shaped the diversity of life we see in the world around us. **Cap: 50**

[21] Food Waste to Energy: How Does That Work?

1 Session, 2 hours

Stefan Grimberg and Jan DeWaters

Food waste represents more than 20% of our waste discarded to landfills. Instead of throwing it away, our food waste can be processed to recover important resources: ENERGY and FERTILIZER. We will describe the process of using anaerobic digestion to produce biogas from food waste, and we will present results from a ‘food-to-energy’ outreach program with Canton Central School and Cornell Cooperative Extension Service. Canton students collected their food waste over the past school year and brought it to the farm to be treated by Clarkson’s anaerobic digester at the Cornell Cooperative Extension Farm. The classroom presentation will be followed by a tour of the actual treatment system. **Jan DeWaters** and **Stefan Grimberg** are both faculty at Clarkson University. Jan teaches freshmen engineering students about the significance of engineering contributions to our society, and she also teaches courses in sustainable energy systems. Stefan is interested in improving anaerobic digestion systems so they will be economically viable for smaller farms or smaller waste generators. **NOTE:** Participants should come prepared to spend time outside. **Cap: 25**

“Throwing away food is like stealing from the table of those who are poor and hungry.”

Pope Francis

[22] Forensic Drug Investigations

Kelly DeHaut

1 Session, 1½ hours

In this class, we will discuss various types of drugs. We will examine what they are, and how law enforcement and labs test suspected substances.

Kelly DeHaut holds a Ph.D. in criminal justice. She has had 14 years of experience as a forensic scientist, including 8 years as a drug chemist.

Cap: 40

[23] Fun with Fermentation! Group A

Maria “Flip” Filippi

[24] Fun with Fermentation! Group B

1 session, 1½ hours (offered twice)

This course is taught in the 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, herb & flower 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)** Sign up for just one group. **2)** Each participant can bring home one quart of our creation. If interested, bring a wide mouth mason jar. **Cap: 12 (for each class)**

[25] Galaxies

Aileen O’Donoghue

4 Sessions, 1½ hours

Galaxies and clusters of galaxies are the largest objects in the universe and visible at vast distances. In this course, we will explore the universe of galaxies, how we observe them and what they teach us about themselves and the nature and history of the universe. **Aileen O’Donoghue** has taught astronomy at SLU for over 25 years. She is a professional astronomer doing research on galaxies. In Fall 2014, Aileen received the “Leon LeBeau SOARing Educator Award,” given to someone who has had lasting impact on the lives of SOAR members. **NOTE:** Link to content of all the SOAR courses Aileen has taught for us: <http://myslu.stlawu.edu/~aodo/SLU/SOAR/index.htm> **Cap: 40**

**[26] Globalization and the Rise of Extreme Nationalism:
Lessons from Sri Lanka** **Jayantha Jayman**
1 Session, 1½ hours

This course is for those interested in learning from the “Third World.” For the best part of over fifty years, Asia’s oldest democracy, Sri Lanka, has embarked on ethno-religious nationalism while weakening bourgeois democracy. In providing early warnings for Western nations, this lecture will lay out the common threads taking the world towards extreme nationalism through cul-de-sacs of beliefs that are destroying democratic institutions, not only in Sri Lanka, but also in the Americas, Asia and Europe. **Jayantha Jayman** is a teacher-scholar-practitioner with life experiences in the social democratic and free-market era of Ceylon/Sri Lanka, in the imperial and revolutionary Ethiopia, and also in the pre- and post- Reagan era in the USA, among other places. Being a witness to insurgency, famine and a pogrom, he is fortunate to have survived these and other experiences. He looks forward to sharing them with those who attend this talk. Jayman is an Associate Professor and Chair of the Global Studies Department at SLU. **NOTE:** Presenter recommends that you follow world affairs beyond the US and Western news. **Cap: 40**

[27] Gods and Goddesses **Mark McWilliams**
1 Session, 1½ hours

In this class, we will look at the Kami (the spirits or phenomena that are worshipped in the religion of Shinto) and Buddha’s teachings in Japan. **Mark McWilliams** teaches at St. Lawrence University in the Religious Studies Department. He writes and lectures on Japanese religious life. **Cap: 54**

[28] Groups of Symmetries **Laura Person**
1 Session, 1½ hours

Geometric symmetries have long appealed to people across the world for their exquisite beauty. In this course, we will investigate the mathematics used to describe the symmetries of various geometric objects. **Laura Person** has taught mathematics at SUNY Potsdam since 1989. Her field is Topology, which is an area of pure mathematics focused on the study of abstract shapes. **Cap: 30**

[29] History of Fort Presentation and Van Rensselaer Point
3 Sessions, 1½ hours each **Dallas Robinson**

We will be discussing the historical events which took place on and around Van Rensselaer Point from 1749 to 1813. **Dallas Robinson** has been a reenactor since 1996, portraying both a Confederate and a Union soldier in the American Civil War. He is currently a member of the Fort La Presentation Board and a Member of Forsyth’s Rifles, portraying Militia and Federal Artillery and Rifleman, concentrating on the Seven Years War and the War of 1812. **Cap: 50**

[30] How Does It Work? **Daniel ben-Avraham**
2 Sessions, 1½ hours each

Perhaps you used to take things apart as a child, and you knew how things worked around at home. Whether you did or did not, much has changed since our childhood, and modern appliances seem a bit of a mystery, if not outright magic! In this course, we will learn how some common and not-so-common appliances work. For the second session, students’ suggestions will be taken into account, so that the one thing you really wanted to know about might be covered as well. **Daniel ben-Avraham** is a Clarkson Professor in the Physics Department and in the Math Department. He has been teaching Physics at Clarkson since 1987. Daniel received the “Leon LeBeau SOARing Educator Award” in Fall 2018. **NOTE:** Bring a sense of fun and a curious, open mind. **Cap: 50**

[31] How the Civil War Killed General George Custer
1 Session, 1½ hours **Steven Gilbert**

Although not the youngest (at age 23) Union General during the Civil War, Custer was notable for his aggressive and unpredictable leadership during that war. Custer graduated from West Point at the bottom of his class. His general aptitude and behavior while at West Point carried on through the war and after. There are debates as to why the 7th Cavalry was defeated by the Indian nations at the Little Bighorn. This presentation will provide you with a theory that the Civil War had a marked effect upon the defeat of the 7th Cavalry and Custer. **Steven Gilbert** has a Ph.D. in criminal

justice, and a Master's Degree in forensic science, and a fellowship in forensic medicine. He is retired from the United States Army and federal law enforcement. He is also a retired Fellow of the American Academy of Forensic Sciences. **Cap: 40**

**[32] Insect Vibrational Communication Robert (Rob) Snyder
1 Session, 1½ hours**

Most humans are familiar with the songs of crickets and katydids. However, when we consider the vast diversity of insects, relatively few species have songs we can hear. Human hearing detects acoustic songs, which are pressure waves, but the majority of insects (<70%) communicate solely via substrate-borne vibrations. This course will cover the how, what and why of insect vibrational communication. Participants will gain a greater understanding of the diversity of life and leave with more questions than answers. **Rob Snyder's** interest in and passion for biological diversity lead him to study the processes of speciation, which is nature's means for progress. He is an ecologist and evolutionary biologist using molecular approaches to find patterns in populations. These patterns, in turn, open new questions in animal behavior. His research in speciation looks at both the genetic diversity and the behavior diversity of insects, particularly treehoppers (Membracidae). Vibrational mating songs provide a mechanism to explain how divergent populations may split into new species, thus creating diversity. **Cap: 54**

**[33] Japanese Tea Ceremony Kaori MacWilliams
1 Session, 1½ hours**

This class introduces you to the Japanese tea ceremony or Wabicha. Participants will learn how to drink matcha, a traditional powdered green tea. **Kaori MacWilliams** studied the Japanese tea ceremony for many years in Japan. After moving to the United States, she has taught the tea ceremony several times to students at St. Lawrence University. **Cap: 30**

**[34] Kitchen Gardening, Anywhere Raymond Bowdish
1 Session, 2 hours**

Learn the health and environmental benefits of growing your own food in any environment. From improving your diet to finding ways to improve

the taste of your meals, learning the basics of growing plants will be a hands-on workshop in the WISER Center Greenhouses. **Ray Bowdish** is a commercial greenhouse owner, organic gardener, biology educator, and Master Gardener Volunteer and Coordinator of the Wagner Institute for Sustainability and Ecological Research. He has 40 years of experience growing food to eat. **NOTES: 1)** Bring garden gloves. **2)** Held at this location at SUNY Potsdam: (*Enter through Stoweell 205*) <https://www.potsdam.edu/academics/AAS/depts/bio/wiser-center> **Cap: 24**

[35] Learning to Play at the Children's Museum

1 session, 1½ hours

Sharon Vegh Williams

Want to learn more about this new cultural and educational institution in Potsdam? The North County Children's Museum opened its doors to the public in 2018 after successfully completing a one-million dollars capital campaign. Renowned exhibit designers, Alchemy Studio, which have worked for the Smithsonian, completed the interactive exhibits. Come see how the Children's Museum lives up to its motto: "Where children play to learn, and grown-ups learn to play!" **Sharon Vegh Williams**, PhD, has worked in museums and schools for 30 years. She is the Founder and Executive Director of the North Country Children's Museum. She also teaches museum studies courses at St. Lawrence University. Her book, entitled "*Native Cultural Competency in Mainstream Schooling*," was published by Palgrave Macmillan in 2018. Sharon continues to research and write about museums. **NOTE:** Presenter's suggested website: www.northcountrychildrensmuseum.org **Cap: 25**

[36] Line Dancing for Beginners and Intermediates

8 Sessions, 2 hours (Divided)

Margaret Mauch

It's not just country anymore! Classes will consist of learning patterned dance steps set to a variety of rhythms and dance styles. It's FUN and energizing! Exercise your brain and create muscle memory with movement, balance and style. The first hour of a continuous two-hour session will be focused on beginners. As beginners progress, they are welcome in the second hour where the dances will be more challenging. The second hour will be dedicated to experienced line dancers. Experienced dancers

are encouraged to join during the first hour at any time. **Margaret Mauch** has been teaching line dancing for over 15 years. She offered a Progressive Dance class for campus and community at SLU for 5 years. **NOTE:** For easy pivoting while dancing, wear smooth-soled shoes or sneakers or create “dance socks” from an old pair of thin, stretchy socks that will fit over the toes and balls of your shoes. **Cap: 30**

[37] Lizzie Borden Is Guilty! You’re on the Jury!

1 Session, 1½ hours

Steven Gilbert

On August 4, 1892, Lizzie Borden “...took an axe and gave her mother 40 whacks. When she saw what she had done, she gave her father 41!” The Borden murders became famous since Victorian era women were not considered predisposed to commit murder. Following her trial, Lizzie was acquitted by an all-male jury. She remained in Fall River, MA for the remainder of her life. Was she guilty? An examination of the Borden house, evidence, and related documents suggest otherwise. Be on the jury and settle this once and for all! **Steven Gilbert** possesses a Ph.D. in criminal justice, a Master’s Degree in forensic science, and a fellowship in forensic medicine. He is retired from the United States Army and federal law enforcement, also a retired Fellow of the American Academy of Forensic Sciences. **Cap: 40**

[38] Mah Jongg

Kay Russell & 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. She is a retired Children’s Services Supervisor from the Department of Social Services. In Spring 2017, Kay and Brenda received the “Super SOARer Award.” **NOTE:** Suggested link: www.nationalmahjonggleague.org **Cap: 16**

“Mah Jongg”
A test of my Skill versus your Luck”
Unknown

[39] Martial Arts Traditions, Personal Safety, Self-Defense, and Inner Energy

Frank Palumbo

2 Sessions 1 hours each

Through the disciplines of the martial arts, participants will gain skills in recognizing and avoiding possibly risky situations. SOAR members will also gain knowledge of techniques that are both practical and effective in escaping, redirecting, and countering an aggressor’s actions. Traditional martial arts training improves confidence, character, focus, and inner peace. Topics to be presented: history, balance, ki (chi) energy, strikes and blocks, self-defense, and meditation techniques. **Frank Palumbo** has studied and taught the martial arts for over forty years. As a teacher and coach of athletic programs throughout the North Country, Frank has worked with youth in K-12, university students and staff, and numerous professional and adult organizations. He has authored publications related to personal fitness and the histories and philosophies of the martial arts. Frank is a Master Instructor of American Kang Duk Won Karate programs. He directs lessons for youth and adults throughout St. Lawrence County. **NOTES:** Wear loose fitting clothing. **Cap: 50**

[40] Mobility-Based Yoga for Every Body

Kathy Wilcox

3 sessions, 1 hour each

Enjoy a gentle Hatha Yoga flow with a focus on increasing mobility through the spine, shoulders, and hips. This class is suitable for individuals who are new to Yoga as well as those with some experience. We work toward greater mobility and strength to help benefit you in your everyday activities, as well as increase overall comfort in the body and body-mind communication. Kathy Wilcox has over 20 years of experience as a Rehabilitation Counseling professional, and a long history of study in the wellness fields. She began her Yoga journey after an injury led her to explore new ways of cultivating physical, mental, and emotional health. She completed her 200-hour YTT in August of 2018; since then she has completed additional coursework in Ayurvedic Yoga and Yin Yoga. She is also a Certified Aromatherapist. **NOTES: 1)** Please inform instructor prior to class if you have any injuries or specific health concerns. **2) Required:** Yoga mat, required; two Yoga Blocks and one Yoga Strap recommended; a blanket is also recommended. (Presenter may have

some extra supplies: ask.) 3) Dress for comfort; layers are advisable. 4) Yoga is generally performed barefoot. If this is not an option for you, please wear socks with treads on them to avoid slippage. Also, **NO shoes** in Yoga class. **Cap: 25**

[41] Naval Battle of Leyte Gulf, October 1944

4 sessions, 1½ hours each

Douglas (Doug) Rose

The year 1944 was quite notable for the Allies, with crucial triumphs including D-Day, the liberations of Rome and Paris, and the “island-hopping” campaign in the Pacific. However, an often-overlooked battle was fought that October in the Philippines with the invasion of Leyte Island, marking General Douglas MacArthur’s triumphant return. Leyte Gulf was where the U.S. and Imperial Japanese navies engaged in the largest sea battle in history, involving nearly 300 ships and 200,000 sailors and aviators. This course will focus on the roles of key USN and IJN personnel, on each navy’s bold plans to achieve victory, and on some astounding events involving both navies. **Doug Rose** developed an interest in World War II during his teens in the 1960s. While teaching “War and Literature” at SUNY Canton, he assigned various texts about the war to his students, including *The Battle of Leyte Gulf* by Thomas J. Cutler. NOTE: Some links will later be added to the “Naval Battle…” course paged on the SOAR website. **Cap: 20**

[42] The Neandertals: Facts, Fiction and Fantasy

1 Session, 1½ hours

Nasser Malit

The Neandertals have been misrepresented from the day of their first fossil find. It is no wonder that their mistreatment in the media and popular psyche as dumb cavemen has continued to this day. This course will explore the history of the Neandertals and how scientific views are changing the image of the now extinct human group. **Nasser Malit** is an Associate Professor of Anthropology, SUNY Potsdam. As a trained paleoanthropologist, his research work covers many areas, including the evolution of early apes and humans, to more recent human populations. He teaches courses in primatology, evolutionary medicine, skeletal biology, forensic anthropology and human evolution. **Cap: 50**

[43] NYS DEC’s Potsdam Sub-Office Division of Lands & Forests 1 session, 1½ hours

Henry Dedrick

This course will provide information about who are the New York State Department of Environmental Conservation’s Division of Lands and Forests and what we do. More specifically, it will focus on programs implemented out of the Potsdam Sub-Office: including Private Lands Services, Urban and Community Forestry, Conservation Easements, State Forests and Forest Preserve Lands. **Henry Dedrick** has been the Supervising Forester at DEC’s Potsdam Sub-Office since 2016. He is responsible for all Lands and Forests Programs implemented out of Potsdam. Prior to moving to Potsdam, Henry worked out of the Cortland Sub-Office where he was assigned to State Forests and Private Land Services. He worked as a “Senior Forester,” and filled that roll for more than 12 years. Henry is a “Society of American Forester’s Certified Forester,” a graduate of SUNY ESF’s main campus, and a graduate of the Ranger School in Wanakena. **Cap: 50**

[44] The Other Beatrix Potter

Peggy Mooers

1 session, 2 hours

Beatrix Potter is best known as the author and illustrator of children’s books. Born into wealth, Potter had a privileged and lonely childhood. Sometime before 1902, she self-published her first book: *The Tale of Peter Rabbit*, which was picked up by Frederick Warne and Co and became an instant best seller. This book, and others, gave Potter fame, but more importantly, the income to live independently. Beatrix Potter was more than a children’s book author. She was an accomplished watercolorist, a historic preservationist, and a sheep farmer. After discussing her life, we will watch the film “Miss Potter” (2006), with Renee Zellweger and Ewan McGregor. **Peggy Mooers** has presented numerous film classes for SOAR. Several years ago, she visited the Beatrix Potter museum in England, which houses the author’s book illustrations, and was struck by how few of Potter’s other watercolors there were, and how little of the rest of Potter’s life was presented. This class is an attempt to offer a more comprehensive view of Potter’s interesting life.

Peggy Mooers (and her husband Dick) received the “Super SOARer Award” in Spring 2008. **NOTE:** Presenter’s suggested website: <https://www.biography.com/writer/beatrix-potter> **Cap: 50**

[45] Paris and Berlin in the 1920’s **Jennifer Sovde**
2 sessions, 1½ hours each

The cataclysmic destruction of the First World War ushered in explosive cultural and artistic developments in Paris and Berlin in the 1920s. This course examines the artistic and cultural worlds of Paris and Berlin in the interwar period. We will discuss the connections between the social, cultural, and political changes that reshaped conceptions of modernity and “civilization.” **Jennifer Sovde** is an Assistant Professor of History at SUNY Canton, where she teaches courses in European and world history. Jennifer is a social and cultural historian of nineteenth and twentieth-century Europe. Her current research focuses on the development of children’s consumer culture in interwar Paris. **NOTES: Suggested viewings:** *Paris the Luminous Years: Toward the Making of the Modern, and Fritz Lang’s Metropolis*. **Suggested readings:** *Ernest Hemingway, A Moveable Feast; Alfred Döblin, Berlin Alexanderplatz, and F. Scott Fitzgerald, “Babylon Revisited.”* **Cap: 40**

[46] Print Technology **Richard Partch & Silvana Andreescu**
1 session, 1½ hours

Richard (Dick) Partch will relate what goes on inside a typical printing/copy machine, from mechanics to what toner is and how it is processed. He has been a chemistry professor at Clarkson for 54 years, and this year he was awarded Emeritus status and named a Xerox Faculty Fellow. His focus has been on making colloidal particles, now often referred to as nanoparticles, having composition, size, shape and surface properties for improved practical applications, including printing. **Silvana Andreescu** will discuss how 3D-Printing works and how she uses it to make her now-commercial sensors for detecting toxins and medicines, etc. Silvana is the Egon Matijevic Chair in Chemistry in the Department of Chemistry and Biomolecular Science at Clarkson University, and the Interim Co-Director of Clarkson’s Center for Advanced Materials Processing. Her research activities focus on the development of functional materials and devices for diagnostics, therapeutics, bioelectronics, environmental, and energy-related applications. **Cap: 50**

[47] The Psychology of Life Stories **Jim Fryer**
1 session, 1½ hours

What do we know when we know a person? What is it that makes any of us unique - assuming that everyone is measurably different from anyone else? One way to think about personality is through the narrative approach – we develop our identity and create meaning through the construction of life stories. In this course, we will talk about the overall purpose of life stories, highlight several of the relevant scenes that we use to craft them, discuss important themes that run through these narratives, and think about how our interpretations of our own personal histories make us who we are. **Jim Fryer** is an Associate Professor of Psychology at SUNY Potsdam. His teaching and research interests focus on various aspects of personality (who we are) and motivation (why we do the things we do). **Cap: 50**

[48] Reducing Unintentional Bias **Lisa Legault**
1 session, 1½ hours

Unintentional social bias and stereotyping can lead to harmful discrimination against women and minority groups. But stereotyping and unintentional bias are often hard habits to break. Doing so requires awareness, openness, motivation, and practice. Using reflection and habit-breaking exercises, this class will explore some of the most recent advances in reducing unintentional bias. **Lisa Legault** is an Associate Professor of Psychology at Clarkson University. She is a social psychologist who conducts research on human motivation and self-control in general, but also in terms of how they pertain to the self-control of prejudice. **Cap: 50**

[49] Sculpture in Ceramics **Kaitlen Leonard (Presenter)**
10 Sessions, 2½ hours each **Sally Kirby & Jim Murray**
(Coordinators)

This course will provide students with the opportunity to learn basic sculpture techniques in clay. Building techniques include scoring and slipping, slab building, controlling a drying time, firing and glazing. Kaitlen Leonard has a Bachelor of Fine Arts from SUNY Potsdam, with a year of teaching experience. She excelled at ceramics, though focused in

painting for her degree. She has experience with learning and teaching the basics of building 3-dimensional objects across many different mediums, but she believes ceramics to be an excellent introduction to sculpture. This suggested website shows the price of a 50 lb block of clay. <https://www.sheffield-pottery.com/Buy-Porcelain-Stoneware-Earthenware-Clay-s/712.htm> One of these blocks will be used for four students. Split this way, they will be able to complete three to four smaller projects each, or two larger scale ceramic projects. **NOTE:** There will be a \$10 clay deposit from each student, due by the second class. This money will be used to purchase the clay used in this course. The rest of the supplies will be discussed on the first day of class, or via email before the first meeting time. **Cap: 12.**

[50] Tai-Chi: The Short Form
9 sessions, 1 hour each

Pam March

This course is the second half of the short form. It includes simple centering and breathing exercises followed by a “resting” 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:** To take this course, participants must have completed “Beginning Tai-Chi and Qigong.” Also, they need to be currently taking “Continuing Tai-Chi and Qigong.” **Cap: 50**

[51] Tax, Estate, Financial Planning for the Elderly:

Part 1: Nursing Homes
1 session, 1½ hours

Thomas (Tom) Snider

This lecture will focus on common, middle-class American circumstances and cover: What happens if my spouse requires nursing home care? What are the legal and financial rules relating to long term care expenses? How should I protect/shelter my assets? Should I transfer assets/home to my children or to a trust? **Tom Snider** is a graduate of Notre Dame Law School, 1978. He is in partnership with his brother at Snider and Snider Law Firm in Massena, where for 38+ years they have been concentrating

on tax, estate and financial planning matters. Tom is Past-President of the St. Lawrence County Bar Association. He’s the author of a book about New York Power Authority Re-licensing Process, Power Dam Politics. **Cap: 40**

[52] Tunes-R-Us

Clive and Sandra Henery

3 Sessions, 1½ hours each

Come and enjoy many kinds of music - some familiar, some not. The music of each session is chosen around three different themes. **Day 1) “Into the Woods”** Fans of Joyce Kilmer and Robert Frost will enjoy this walk in Nature. **Day 2) “The Frayed String Trio”** (*which includes: violin, cello, and harpsichord*), will present an assortment of 17th and 18th century music. **Day 3) “Shall We Dance?”** – an overview of music inspired by the dance, ranging from William Byrd to Percy Grainger. Refreshments during the break are provided by the listening public. **Clive Henery** is Professor Emeritus of the Crane School of Music with a background in Music History and Keyboard Instruments. **Sandra Henery** is a retired public-school music teacher. They were awarded the “**Leon LeBeau SOARing Educator Award**” in Fall 2011. **Cap: 90**

[53] Vegetarian Cooking Goes Local

Juanita Babcock

3 Sessions, 2 hours each

It has never been easier to have access to locally grown produce, eggs, honey and other gustatory delights. Between farmers’ markets, CSAs, local food coops, roadside stands and the farmer down the road, vegetarian meals can be fresh, flavorful and brimming over with superior nutrition. This class will focus on utilizing local food sources for our recipes, highlighting seasonal fruits, vegetables and other foods at the time the class is given. Juanita Babcock has been a vegetarian for over 40 years and has taught several vegetarian cooking classes for SOAR in past years. In Fall 2015, Juanita was honored with the “**Leon LeBeau SOARing Educator Award.**” **NOTE:** When you get your confirmation of enrollment, the next step is to pay the fee: \$23 (*which covers entrees, side dishes, desserts, beverages, paper goods, and a small donation for facility use*). **Send the fee right away** to Juanita’s address – so she can do the purchasing. **Cap: 12**

[54] Watercolor, Mixed Media Art Workshop**9 sessions, 2 hours each** **Donna Kuhn** (*Coordinator*)

This workshop is designed for SOAR aspiring artists to get together informally and improve their artistic skills through demonstrations, support from other participants, and opportunities to have your work critiqued and to critique the work of others. Donna Kuhn has participated in several SOAR art courses. She is looking forward to coordinating this workshop and continuing to learn from the expertise shared by the participants. **NOTES: 1)** Supplies for the first class: basic watercolor set, watercolor paper tablet, brushes, container for water and an inspiration for your first painting. Further information will be provided at the first class. **2)** Suggested Link: <http://colormatters.com/color-and-design/basic-color-theory>. **Cap: 18**

[55] What Flies Can Tell You About How You Got Here**1 session, 1½ hours** **Ginger Hunter**

So much of what we know about human embryonic development and ageing comes not from studies on humans, but from research on humble laboratory organisms like the common fruit fly. Learn about the rich history of this tiny biological VIP and what researchers and clinicians are doing today to understand how we got here and where we are going. **Ginger Hunter** is an Assistant Professor of Biology at Clarkson University. She earned her Ph.D. at Duke University in developmental biology, where she studied cell and tissue migration in the fruit fly embryo. Ginger teaches genetics, cell biology, and medical microbiology, and does research on the development of biological patterns. **Cap: 50**

[56] When Men Can Buy Sex **Annegret Staiger****1 session, 1½ hours**

In this presentation, we will look at the challenges and opportunities posed by legalization of prostitution. **Annegret Staiger** is an anthropologist. She has been studying the German sex industry since 2008. She herself is a native of Germany. **Cap: 50**

[57] Wildlife, Three Concerns**Ken Kogut****3 sessions, 1½ hours each**

Session 1: Nuisance Wildlife around the Home and Garden. We will explore the most common nuisance wildlife problems we face, discussing some options on how to deal with them, and also looking at legal and disease issues. **Session 2: Status of Moose in New York State.** We will look at the status of moose in NY, based on current research being completed by the DEC, the College of Environmental Science and Forestry, and Cornell University. **Session 3: To Drain or Save the Swamp – Why Protect Wetlands?** Why are wetlands so important to the environment, fish and wildlife, and human health and safety? What makes a wetland? What types of wetlands are there? **Ken Kogut** retired after 33 years with the NYS Department of Environmental Conservation. He has worked on a variety of wildlife issues, most notably the restoration of bald eagles and peregrine falcons to the Adirondacks. He also managed New York's Wetland Protection efforts inside and outside the Adirondack Park. His work also extended to the Ray Brook and Watertown areas. Ken holds both a Bachelor's and Master's degrees in his field. **Cap: 50**

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Tell your friends about SOAR!

SOAR BULLETIN BOARD

SOAR HONOR ROLL

Super SOARer Award *(awarded in the spring)*

- 2004 – Leon LeBea
- 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
- 2018 – Steve Hopkins
- 2019 – Bill Mein

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
- 2018 – Daniel ben-Avraham

REMINDERS

Send in registration form right away

Volunteer to be a SOAR Ambassador

**Classes Start
Monday Sept. 9**

**Meet-the-Chef at
G.T.'s
"The Grub Tub"**
1156 CR 17, Russell
**Wednesday, Oct. 16
1:00pm (see p.3)**

**Daylight Savings
Time ends at 2:00 am
Sunday, November 3**

**Classes End
Friday, November 15**

**SOAR Luncheon
Knowles
Conference Center
Wednesday, Nov. 20
11:30-2:00
(see p.3)**

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