



## SOAR

Affiliated with:

*Lifelong Learning in the North Country***1 Aaron Burr: Patriot or Traitor?****Presenter:** Thomas Baker**Location:** SUNY Potsdam Kellas 102 **Cap:** 54**Classes:** 1 session, 1.5 hours**Dates/Times:** Thursday, November 2, 11:00 - 12:30

**Description:** Perhaps you're familiar with Vice President Aaron Burr from his portrayal in the hit musical "Hamilton", or from his iconic 'Got Milk' advertisements. In this presentation, we go behind the headlines to examine whether Burr was not only a murderer, but also a traitor.

**Presenter's Background:** Dr. Thomas Baker is a Professor of History and Associate Director of the Loughheed Center for Applied Learning at SUNY Potsdam. He is researching the story of Aaron Burr and his associates in post-Revolutionary America.

**2 Active Shooter Response****Presenter:** Shane Ashley**Location:** SUNY Potsdam Maxcy 104 **Cap:** 46**Classes:** 1 session, 1.5 hrs**Dates/Times:** Wednesday, September 20, 10:00-11:30

**Description:** This course will be an open discussion on the response to an active shooter emergency. It will also include a discussion on what to do during a shelter-in-place emergency, and information on the Run-Hide-Fight scenario.

**Presenter's Background:** Shane Ashley has 20 years of Law enforcement experience. He has worked for the Sackets Harbor PD, the Carthage PD, the Fort Drum PD, the SUNY Canton PD and is currently working at SUNY Potsdam PD as Chief of Police. Most of Chief Shane Ashley's career has been at SUNY Potsdam in the Lieutenant's role. He was promoted to Chief in December 2022.

**3 The Art of Skating****Presenter:** Alicia Walter & Karen Courtland Kelly**Location:** SUNY Potsdam Maxcy 104; TBA **Cap:** 46**Classes:** 2 session(s), 1.5 hours**Dates/Times:** Wednesdays, October 25 (Maxcy 104); November 1 (Location TBA), 10:00 - 11:30

**Description:** A fun tutorial on the different elements in skating from spins to jumps and exploring what the history of the figure eight means to all of them! First class in classroom and second class at ice arena for demonstrations.

**Presenter's Background:** Alicia Walter has taught figure skating for 40 years in Northern NY, including Lake Placid. Alicia was head referee for World Figure Sport for 5 years and is now a judge for World Figure and Fancy Skating Championships on black ice. Alicia has a bachelor of science degree from St. Lawrence University in Sport and Psychology. Karen Courtland Kelly is the Chef de Mission of Education and Sport of the World Figure Sport Society, not-for-profit. Karen has previously represented the US at the Olympics.

**4 Basics of Canine Nutrition****Presenter:** Kris Hoffmann**Location:** SLU Valentine 117 **Cap:** 40**Classes:** 3 session(s), 2 hours**Dates/Times:** Mondays, September 18, 25, October 2, 4:30 - 6:30

**Description:** In this course we'll discuss what nutrients your dog needs and why, common misconceptions, the history and buzz-words of the pet food industry, how to read the back of the bag, and how to make your own crock-pot dog food. You'll learn ways to increase the quality of your dog's food, decrease the risks of illnesses, make a stinky dog smell better, and have more years with your best friend. A live dog will be present during this class.

**Presenter's Background:** Dr. Kristine Hoffmann is an ecologist from St. Lawrence University who specializes in reptile and amphibian ecology and in the use of conservation detection dogs. She teaches Biology of Dogs for non-science majors, trains emotional support dogs living on campus, competes in canine agility, and has visited nursing homes with a certified therapy dog. Her detector dog, K9 Newt, has worked with undergraduate handlers in three states to find endangered toads and turtles.

## 5 The Beauty and Culture of Japan

**Presenter:** Dana Barry

**Location:** SUNY Potsdam Kellas 102     **Cap:** 54

**Classes:** 1 session, 1.5 hours

**Dates/Times:** Thursday, October 26, 3:30 - 5:00

**Description:** While wearing a kimono, Dana will provide interesting items, photos, & information about the beauty & culture (with its secrets) of Japan. This country has many castles, temples, cities, colleges, hot springs, bamboo forests, Kabuki actors & sumo wrestlers. It also offers delicious food, entertainment, tea ceremonies, a display of the famous Mt. Fuji, & more.

**Presenter's Background:** Dana Barry works part-time at SUNY Canton and is a Research Professor in the Dept of Electrical & Computer Engineering at Clarkson Univ. She has 2 different M.S. degrees and 3 doctoral degrees including a Ph.D. in Engineering from Osaka University in Japan. She visited Japan 13 times and has her name on the Japanese spacecraft Hayabusa-2, the first one in the world to land on an asteroid. Dr. Barry has many awards and co-authored numerous academic papers and books published in both English and Japanese. She often served as a Visiting Professor overseas. Her talk about Research & Women (Feb 23) was live streamed from Oyama College in Japan to 51 KOSEN colleges throughout the country.

## 6 Behavior and Ecology of North Country Birds

**Presenter:** Tom Langen

**Location:** Entrance to Bayside Cemetery, Back Hannawa Road     **Cap:** 20

**Classes:** 3 session(s), 1.5 hours     RAIN DATE: 9/28

**Dates/Times:** Thursdays, September 7-21, 9:00- 10:30

**Description:** This course will be done as 3 birding walks during fall migration. We will take 3 walks on the Clarkson University campus. Prof. Tom Langen will talk about the birds we see - how to identify them, their ecology, & their behavior. You will learn the how & why of fall migration, & the importance of our region for the conservation of birds.

**Presenter's Background:** Dr. Tom Langen is a Professor of Biology & Psychology at Clarkson Univ. His research focuses on the environmental impact of roads, the ecosystem services & conservation importance of restored wetlands, & the habitat requirements of threatened species such as the golden-winged warblers in the SL. Valley. He teaches courses in ecology, animal behavior, & conservation biology. More info: [Tom Langen | Clarkson University](#)

**Note:** This course will be outdoors. We will meet at entrance to the Bayside Cemetery & walk on to Munter Trail & Clarkson Woods Trail. Each meeting will involve walking about 1 mile along a flat trail. Bring binoculars if you have them. No birding experience required. Rain date: confirmed on website.

## 7 The Big Cats: Lions, Tigers, Cheetahs & Leopards

**Presenter:** John McDonald

**Location:** SUNY Potsdam Kellas 104     **Cap:** 46

**Classes:** 5 session(s), 1.5 hours

**Dates/Times:** Mondays, September 11, 18, 25, October 2, 16, 1:00 - 2:30

**Description:** In this course we will be studying lions, tigers, cheetahs & leopards. We will discuss the history and evolution of each species, along with their similarities & differences. We will also look at human & cat interactions & conflicts as well as the geopolitical influences which will either save these animals for future generations or will result in their extinction in the wild.

**Presenter's Background:** John McDonald retired from IBM and Arrow Electronics. He has had a life long interest in the big cats. While in college he worked in primate research. After graduation he spent some time with Dave Hoover, the lion & tiger trainer for the Clyde Beatty & Cole Bros. Circus. He corresponded with George Adamson of "Born Free" fame & was offered the opportunity to conduct field research on Adamson's Lions in Kenya. Over a period of 3 years he made multiple trips to Africa where he worked with wild & ambassador cheetahs at the Cheetah Conservation Funds research facility in Namibia. This past winter he spent 5 months lecturing on the Florida Panther and black bears at the Busch Wildlife Sanctuary in Jupiter, Florida.

**Note:** No class on October 9<sup>th</sup>

## 8 A Biocultural Exploration of Incest & Inbreeding

**Presenter:** Nasser Malit

**Location:** SUNY Potsdam Kellas 102     **Cap:** 40

**Classes:** 1 session, 1.5 hours

**Dates/Times:** Friday, September 15, 2:00 - 3:30

**Description:** This talk will explore incest in a biocultural perspective. Because incest is a kind of inbreeding, we will discuss inbreeding in human societies and compare the behavior with that of other animals. The conversation will highlight the cultural universals of incest taboos and inbreeding avoidance behaviors in various societies.

**Presenter's Background:** Nasser Malit is an Associate Professor of Biological Anthropology at SUNY Potsdam. He teaches biological anthropology courses in the Dept. of Anthropology. His research focuses on fossil humans, but he also enjoys topics in evolutionary health.

## **9 Biomedical Applications of Mass Spectrometry**

**Presenter:** Costel Darie

**Location:** SUNY Potsdam Maxcy 104    **Cap:** 46

**Classes:** 1 session, 1.5 hours

**Dates /Times:** Wednesday, October 18, 10:00 - 11:30

**Description:** This course will cover applications of mass spectrometry in biomedical research.

**Presenter's Background:** Costel Darie is trained in Biochemistry, focusing on analytical biochemistry, protein chemistry, mass spectrometry and proteomics.

## **10 Chemistry: Rates and Reactions**

**Presenter:** Samuel Tartakoff & St. Lawrence Chemistry Club students

**Location:** SLU        **Cap:** 20

**Classes:** 1 session, 1.5 hours

**Dates/Times:** Friday, November 3, 3:30 - 5:00

**Description:** Chemical reactions are all around us, from the combustion that powers our cars to the metabolism that powers our bodies. Molecules and atoms, the tiny pieces that make up our world, are constantly moving, colliding, and transforming. But what makes some reactions fast and others slow? Why are diamonds so rare when coal is so abundant? What makes the difference between a stable fuel and an unstable explosive? We will look at the answers to these questions and others, while illustrating the chemical concepts with demonstrations and experiments.

**Presenter's Background:** Dr. Samuel Tartakoff is a professor at St. Lawrence University and received his PhD in organic chemistry from the University of California at 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 St. Lawrence University, who will be leading portions of the discussion.

**Note:** Please wear long pants and close-toed shoes

## **11 Current Events**

**Presenter:** John Casserly

**Location:** Potsdam Town Hall - Community Room (18 Elm St.)        **Cap:** 40

**Classes:** 9 session(s), 1.5 hours

**Dates/ Times:** Fridays, September 8 - November 3, 10:30 - 12:00

**Description:** This course is a fully open discussion of the current events that we are living through.

**Presenter's Background:** John Casserly is a retired Social Studies teacher at the Canton Middle School.

## **12 Driver Safety by AARP**

**Presenter:** David Stewart

**Location:** SLL BOCES        **Cap:** 25

**Classes:** 2 session(s), 3.5 hours each day

**Dates/Times:** Wednesday & Thursday, September 20, 21, 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 reduction. Smart Driver is the nation's largest refresher course designed specifically for older drivers but is open to all age groups. The course helps participants update their driving knowledge, skills, and confidence. Research shows that, as a result of completing the course, most people make positive changes to their driving behaviors. Courses are offered in two sessions of 3 1/2 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 points from their driving record.

**Presenter's Background:** David Stewart is a retired university administrator and former radio and TV reporter and has been driving for six decades. He has taught 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.

### 13 Eating for Maximum Nutrition

**Presenter:** Sara Trimm & Brad Pendergraft

**Location:** SUNY Potsdam Maxcy 104    **Cap:** 40

**Classes:** 1 session, 1.5 hours

**Dates/Times:** Friday, October 6, 10:00 - 11:30

**Description:** Based largely on Jo Robinson's book "Eating on the Wild Side: The Missing Link to Optimum Health", this presentation will explore the invention of agriculture and its effect on the wild plants that comprised our original diets; and how they have changed mostly for the worse over the last ten thousand years. The presenters will provide interesting scientific data and fun facts on what plant varieties to eat and how to prepare them for maximum nutrition.

**Presenter's Background:** Sara Trimm grew up gardening in the Midwest and has been raising food in Colton for 20 years. She loves reading about nutrition and working in her garden. Both Sara and Brad recently completed the Master Gardener Volunteer Program through the Cornell Cooperative Extension. Brad came to the North Country in 1979 as a homesteader; has gardened in the North Country for the last 44 years; and grows vegetables in a 40' x 60' garden in Parishville. He is a geologist, high school Earth Science teacher, and taught night classes in the Geology Department at SUNY Potsdam, now retired. He co-authored the Adirondack Mountain Club's Western Trail Guide: First Edition.

**Note:** There is no required preparation, but participants can check out the book "Eating on the Wild Side" by Jo Robinson, or visit her website: eatwild.com if they want a headstart.

### 14 Electric Cars: Where are We Now and Where are We Heading?

**Presenter:** Boris Jukic

**Location:** SUNY Potsdam Kellas 101    **Cap:** 40

**Classes:** 1 session, 1.5 hours

**Dates/Times:** Tuesday, November 7, 9:00 - 10:30

**Description:** This course will present information about the current EV car market as well as trends for the future as the world wide adoption of electric cars gathers steam.

**Presenter's Background:** Boris Jukic is a Professor of Information Systems at Clarkson University.

### 15 The Electric Life: the Energy Transition in Action

**Presenter:** Scott Shipley

**Location:** SUNY Potsdam Maxcy 104    **Cap:** 46

**Classes:** 1 session, 1.5 hrs

**Dates/ Times:** Monday, September 18, 10:00 - 11:30

**Description:** The Energy Transition is well under way and is having profound impacts on how we live our lives. This course will present a summary of new heating and cooling technologies, electric vehicles, and solar electric systems for powering it all.

**Presenter's Background:** Scott Shipley is the owner of Northern Lights Energy. For 30 years he has been working in the energy industry to improve energy efficiency and deploy technology such as solar electric systems, heat pumps, and electric car charging equipment.

### 16 Entropy

**Presenter:** Daniel ben-Avraham

**Location:** SUNY Potsdam Kellas 102    **Cap:** 54

**Classes:** 1 session, 1.5 hours

**Dates/Times:** Friday, September 29, 1:00 - 2:30

**Description:** Entropy is one of the most confusing concepts in Physics, yet the laws governing Entropy are the one thing most scientists agree upon. In this course we will explore the concept of Entropy and how it applies to everyday life, heat engines and the handling of energy, the arrow of time (the fact that time seems to be flowing only forwards), and to the evolution of life. The discussion will be mostly descriptive, requiring no math beyond that of grade school.

**Presenter's Background:** Daniel ben-Avraham has been teaching Physics at Clarkson University since 1987. He enjoys walking, hiking, and the outdoors. Most of all, he enjoys sharing his love and awe for Nature with anybody who would care to play along.

**Note:** No background necessary. Come to class with a curious, open mind.

### 17 Excavating a Late Roman City in N. Macedonia

**Presenter:** Caroline Downing

**Location:** SUNY Potsdam Brainerd 215    **Cap:** 25

**Classes:** 1 session, 1.5 hours

**Dates/Times:** Tuesday, September 26, 4:00 - 5:30

**Description:** The city of Stobi in North Macedonia flourished during the Late Roman Empire, serving as home to a synagogue and at least seven churches. The site has been excavated since the early 20th century, and work is ongoing. Recent discoveries include a temple of the goddess Isis and a massive building tentatively identified as a library.



**Presenter's Background:** Caroline Downing earned her doctorate in Classical Archaeology from Indiana Univ. She served as Associate Editor of the American Journal of Archaeology before joining the Art Department at SUNY Potsdam, where she teaches ancient art history and archaeology courses.

## 18 Fauna of Vernal Pools

**Presenter:** Kris Hoffmann

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

**Classes:** 1 session, 1.5 hours

**Dates/Times:** Monday, October 9, 4:30 - 6:00

**Description:** Vernal pools are small ponds that fill with rain or snow-melt & then dry in the summer. The dry period ensures fish cannot live in these wetlands, & a guild of amphibians, insects, & shrimp have evolved to live or reproduce exclusively in these predator-free pools. In this presentation, we will discuss the animals that could not live without vernal pools & the creatures who choose them over other wetlands. Live reptiles, amphibians, & invertebrates may be displayed.

**Presenter's Background:** Dr. Kristine Hoffmann is an amphibian & reptiles conservation biologist at SLU with a weak spot for working dogs. Her own work includes research on salamander habitat, frog migration, lizard behavior, turtle populations, & development of outreach materials.

**Note:** [Of Pools and People – Of Pools and People \(vernalpools.me\)](http://Of Pools and People – Of Pools and People (vernalpools.me)) is a useful webpage

## 19 Following My Foremothers: Women Engineers During WWII

**Presenter:** Ruth Baltus

**Location:** SUNY Potsdam Maxcy 104      **Cap:** 46

**Classes:** 1 session, 1.5 hours

**Dates/Times:** Monday, October 16, 10:00 - 11:30

**Description:** During WWII, the Curtiss Wright aircraft company trained and employed women for engineering work at their plants. "Curtiss Wright Cadette" training programs were established at seven universities across the US, with about 100 women at each site. Some of the history of Curtiss Wright and the experiences of some of the Cadettes, including the mother & aunt of the instructor, will be discussed.

**Presenter's Background:** Ruth Baltus was a Professor of Chemical Engineering at Clarkson University from 1983 to 2020.

## 20 Gems from the Beatles Songbook

**Presenter:** Doug Rubio

**Location:** SUNY Potsdam Maxcy 104      **Cap:** 46

**Classes:** 3 session(s), 1.5 hours

**Dates/Times:** Wednesdays, September 20, 27, October 4, 12:00 - 1:30

**Description:** In this class, Dr. Doug Rubio will lead a deep dive into some of the most artistic and sophisticated Beatles songs. Each session will feature a small handful of songs from a particular period, each of which will be explored in depth. There'll be songs that you know and love, but also some often-overlooked gems that you may not be familiar with. "A splendid time is guaranteed for all."

**Presenter's Background:** Dr. Doug Rubio is professor of classical guitar at the Crane School of Music at SUNY Potsdam, where he also teaches a course on the Beatles. He has been a huge Beatles fan since he first saw them on the Ed Sullivan Show in 1964.

## 21 Gender Diversity: What Is It? Why is it Currently a Hot Topic?

**Presenter:** Arthur Freeheart

**Location:** Potsdam Town Hall - Community Room (18 Elm St.)      **Cap:** 20

**Classes:** 2 session(s), 2.0 hours

**Dates/Times:** Tuesdays, October 24, 31, 1:00 - 3:00

**Description:** Transgender and Nonbinary people have become assertive about their freedom of self-expression and their other civil rights. Come explore how they define themselves and how gender liberation impacts you personally, and the larger political climate.

**Presenter's Background:** Art Freeheart is a sixth generation North Country native, a longtime SOAR member and a transgender/nonbinary activist.

## 22 Genocides (Other Than the Holocaust)

**Presenter:** Gabriel Elun

**Location:** SLU      **Cap:** 30

**Classes:** 4 session(s), 1.5 hours

**Dates/Times:** Fridays, October 6, - 27, 3:00 - 4:30

**Description:** This course will consider four diverse cases of genocide or mass killing in the modern world: genocides against indigenous peoples in Tasmania and North America; the Armenian Genocide; Cambodia under the Khmer Rouge; and the Rwandan Genocide. Note: we will not cover the

Holocaust in this course, except as a comparative case.

**Presenter's Background:** Elun Gabriel is a historian of modern Europe, with a research focus on modern Germany. He teaches courses at St. Lawrence University including Introduction to European Studies, 19th-century Europe, 20th-century Europe, World War I, the Holocaust, Genocide in the Modern World, Modern European Women's History, and courses on J.R.R. Tolkien, Utopia & Dystopia, and Piracy.

**Note:** Optional readings will be provided in class, and are available on request ahead of time.

### 23 Growing Dahlias in the North Country

**Presenter:** Kathleen Wallace

**Location:** SUNY Potsdam Kellas 104 **Cap:** 60

**Classes:** 3 session(s), 1.5 hours

**Dates/Times:** Wednesdays, September 6, October 4, November 1, 1:00 - 2:30

**Description:** Dahlia mania is real. This amazing plant gifts us with abundant gorgeous blooms late in the summer when everything else is winding down. Dahlias provide us with yearlong gardening satisfaction: digging and dividing tubers in the late fall, waking up the tubers from their winter slumber, and taking cuttings in early spring. In winter, we dream of summer blooms while shopping online. We will meet once a month to learn about the current task at hand. Those who do not wish to dig are welcome as well, as many gardeners grow dahlias as annuals. We will address cultivation of dahlias in our growing zone. This course will be offered in both the Fall and Spring semesters on the first Wednesdays of the month.

**Presenter's Background:** Kathleen Wallace is a retired teacher and lifelong gardener. Since moving to the North Country, she has become obsessed with finding and cultivating dahlias that will thrive here in the frozen north. She grows over 100 varieties in her display garden.

**Note:** A support group for dahlia addicts: [Growing Dahlias \(dahliaaddict.com\)](http://growingdahlias.com) The American Dahlia Society: [The American Dahlia Society - #Home - The American Dahlia Society](http://TheAmericanDahliaSociety.com) This course will continue into the Spring 2024 semester.

### 24 History and Hydropower on the Racquette

**Presenter:** Blair Madore

**Location:** 9/27: Hannawa Falls Fire Station; 9/29: Red Sandstone Trail (Mill St., Hannawa Falls) **Cap:** 24

**Classes:** 2 session(s), 2 hours

**Dates/Times:** Wednesday, Friday, September 27, 29, 2:30 - 4:30

**Description:** We will walk a section of the Red Sandstone Trail along the Racquette River south of Potsdam to discover some of the history and geology of the area, while enjoying the scenic natural surroundings.

**Presenter's Background:** A long-time ADK outings leader and Boy Scout leader, Blair Madore is currently the trail co-ordinator for the Red Sandstone Trail.

**Note:** First Session Starts in Hannawa by the Fire Station, Second Session starts at the Northern Access for the Red Sandstone Trail - which is accessible off the back Hannawa road near the Sweeney Road. To participate in this course you need to be able to walk 3 miles over uneven ground. Hiking poles are not necessary but recommended. Please wear running shoes or boots and bring at least 1 liter of water.

Dress for the weather to be outdoors.

<https://adklaurentian.org/?page=trails.html>

### 25 Intro to the Fitness Center

**Presenter:** Ashley Keenan

**Location:** SUNY Potsdam Fitness Center **Cap:** 20

**Classes:** 1 session, 1.5 hours

**Dates/Times:** Monday, September 11, 10:00 - 11:30

**Description:** This course will be a guide on how to properly use the equipment at the Shane T. Shaul Fitness Center.

**Presenter's Background:** Ashley Keenan has been the Fitness Center Director at SUNY Potsdam since 2016. She has been an ACE Certified Personal Trainer since 2012. She has worked with many clients ranging from young kids to the elderly.

### 26 Introduction to Pickleball

**Presenter:** Jim Triolo

**Location:** Maxcy Field House pickle ball courts

**Cap:** 12

**Classes:** 8 session(s), 1.5 hours

**Dates/Times:** Tuesdays, Thursdays, September 5 - 28, 1:00 - 2:30

**Description:** Pickleball is the fastest growing sport in the U.S. It combines elements of tennis, badminton and pingpong, and can be enjoyed by all ages and skill levels. The purpose of this course is to develop basic skills in a hands-on format. Three courts will be available with four participants per court. Athletic

footwear is necessary. Paddles and pickle balls will be provided for these sessions.

**Presenter's Background:** Jim Triolo has been playing pickleball for three years on a regular basis with a group of people who support and assist each other in the learning process.

## **27 James Joyce's Ulysses: Controversies & Conundrums**

**Presenter:** Doug Rose

**Location:** SUNY Potsdam Maxcy 104      **Cap:** 20

**Classes:** 3 session(s), 1.5 hours

**Dates/Times:** Fridays, October 13, 20, 27, 10:00 - 11:30

**Description:** In 1922, the literary world was shaken by the publication of James Joyce's novel Ulysses. Regarded as obscene literature in the US & Britain, the novel gained further notoriety and popularity as well. This course will examine the book's controversial publication history, the 1933 Supreme Court's decision to allow publication in the US, and the novel's literary and academic significance.

**Presenter's Background:** Doug Rose taught in the English/Humanities Department at SUNY Canton for 28 years where he occasionally assigned selected chapters and passages from Joyce's Ulysses to his literature students. Since then, he has continued to reread, study, and discuss the novel with colleagues and friends.

## **28 Korean Drumming**

**Presenter:** Insil Yoo

**Location:** SLU Peterson-Kermani Perf Hall      **Cap:** 20

**Classes:** 2 session(s), 1.5 hours

**Dates/Times:** Fridays, October 20, 27, 12:30 - 2:00

**Description:** Dung Duk Kung! The unique sounds of thunderous Korean drum beats! You will be introduced to Korean culture through playing traditional Korean folk music on Korean percussion instruments. You will also learn Korean traditional rhythmic patterns (Jangdan), & basic techniques to play different percussion types. Let's play Dung Duk Kung!

**Presenter's Background:** In-Sil Yoo is a native of Seoul, South Korea. She was formerly an organist and a member of a Korean drumming group until she moved to the US in 1995. She has been teaching at St. Lawrence University since 2003 and her research involves working with artists and dancers.

**Note:** Please dress comfortably. We will be sitting on the floor.

## **29 Landscapes of the North Country**

**Presenter:** Sandra Nestlerode-Hale

**Location:** SUNY Potsdam Maxcy 104      **Cap:** 12

**Classes:** 3 session(s), 1.5 hours

**Dates/Times:** Fridays, September 15- 29, 1:00 - 2:30

**Description:** The landscapes of the North Country give us a unique sense of place. They are also the subject for many great artists, including Rockwell Kent, Fredrick Remington, & Winslow Homer. In our group sessions we'll review the works of these artists & others. Each of us will also design a landscape based on our own unique view of a mountainside, valley expanse, or waterway that we live near and/or pass by each day. Bring your sketches, photos, & imagination to the first of three sessions, & we'll help each other with the planning & (hopefully) completion of a piece of art. It could be a drawing, watercolor or oil painting, mixed media art, or an original photograph created by you. You will be working at home & will bring your works-in-progress to each session. The goal is to support & inspire each other in a space where everyone's opinions are valued.

**Presenter's Background:** Sandra Nestlerode-Hale has a Masters degree from Keele University, England in Medieval Art. She has been teaching art for 20 years to students of all ages. She moved to the North Country in 2018 and has exhibited in juried shows here since 2019.

**Note:** Students will provide their own materials. Visit SUNY Plattsburgh Library to see an amazing exhibit of Kent's works. Check out Rockwell Kent, Remington and Winslow Homer on-line.

## **30 Mah Jongg for All**

**Presenter:** Kay Russell

**Location:** Partridge Knoll      **Cap:** 12

**Classes:** 4 session(s), 1.5 hours

**Dates/Times:** Thursdays, September 28, October 5, 12, 19, 9:30 - 11:00

**Description:** Mah Jongg or the game of Sparrows, is an ancient Chinese game played with tiles.

It is similar to gin rummy. In this group we will play by the National Mah Jongg League rules. We welcome all skill levels from beginners to experts.

**Presenter's Background:** Kay Russell has been playing Mah Jongg since she moved to the North Country in 1969. She has been teaching for SOAR since 2003. At the Spring 2017 luncheon she received the semester's Super SOARer Award. She is a retired Department of Social Services supervisor.

**Note:** If you have a set bring it to class, the instructor will have extra cards. For cards, sets and other mah jongg accessories go to [National Mah Jongg League](#) To play, go to [Real Mah Jongg Online - 2022 & 2023 Card](#) (\$5.99 monthly). A good book for beginners "Beginners Guide to American Mah Jongg: How to play the game and Win" by Elaine Sandburg

### **31 Medicare A, B, C, & D's: What Everyone Needs to Know**

**Presenter:** Barb McBurnie

**Location:** SUNY Potsdam Maxcy 104    **Cap:** 46

**Classes:** 2 session(s), 1.5 hours

**Dates/Times:** Mondays, October 2, 9, 10:00 - 11:30

**Description:** Medicare can be very confusing. What's good coverage for one can be totally different for another. Learn about Medicare basics and the options you may have. Did you know that Medicare loses billions of dollars each year due to fraud, errors, and abuse? One of the most effective steps we can take to improve Medicare's long-term solvency is ridding the program of waste, fraud, & abuse. Learn how to protect your Medicare information & help detect & report Medicare fraud and abuse.

**Presenter's Background:** Barb McBurnie is a Senior Medicare Patrol volunteer in NY State. The SMP is funded by the US Dept. of Health & Human Services Administration for Community Living. She is retired after 20 years with the county Office for the Aging.

### **32 Mindhunter: Inside the FBI's Elite Serial Crime Unit**

**Presenter:** Liz Brown

**Location:** SUNY Canton Dana Hall 229    **Cap:** 50

**Classes:** 2 session(s), 2 hours

**Dates/Times:** Wednesdays, September 13, 20, 1:00 - 3:00

**Description:** This course will cover the history of the FBI's behavioral science unit and highlight specific early cases used by the FBI.

**Presenter's Background:** Liz Brown is an Assistant Dean at SUNY Canton and teaches Latent Prints & Impressions. Prior to joining SUNY Canton, she worked in the forensic science field & always had an interest in serial killer cases. This is her 6th SOAR presentation on the topic.

**Note:** This course requires participants to read the book "Mindhunter: Inside the FBI's Elite Serial Crime Unit" prior to the 1st class.

### **33 Native Peoples of North America**

**Presenter:** Susan Stebbins

**Location:** SUNY Potsdam Kellas 101    **Cap:** 40

**Classes:** 4 session(s), 1.5 hours

**Dates/Times:** Thursdays, September 28, October 5, 12, 19, 3:30 - 5:00

**Description:** This class will examine the histories & cultures of Native Peoples of N. America, along with contemporary issues.

**Presenter's Background:** Professor Susan Stebbins taught in the Anthropology Dept. of SUNY Potsdam from 1992-2019. She has conducted research on issues of Native American women, education & pop culture, and has published in these areas.

### **34 Our Amish Neighbors**

**Presenter:** Betsy Tisdale

**Location:** Potsdam Town Hall Cmty Rm. 18 Elm St

**Classes:** 2 session(s), 1.5    **Cap:** 35

**Dates/ Times:** Thursdays, November 2, 9, 2:00 - 3:30

**Description:** This course will cover the early history of the Amish in Europe, their arrival in America, & their growth and dispersal. Topics will include the continuum of care, technology, economics, separation from the world, schools, family life, & why they are in the north country.

**Presenter's Background:** Betsy Tisdale is a friend of the Amish (a Bridge Person). She ran a custom quilt & craft business with the Amish for 26 years.

### **35 Park Talk**

**Presenter:** Peter Pettengill

**Location:** SUNY Potsdam Maxcy 104    **Cap:** 46

**Classes:** 4 session(s), 1.5 hours

**Dates/Times:** Wednesdays, October 18, 25, November 1, 8, 3:30 - 5:00

**Description:** Parks are inherently enjoyable, and our national parks have been called the "best idea we ever had." They also serve as proxies for larger issues, both environmental and societal. In this course we will explore some of these issues together, with a number of students at St. Lawrence joining in the conversation.

**Presenter's Background:** Peter Pettengill is an Associate Professor of Environmental Studies at St. Lawrence University. He has worked for the National Park Service and enjoys regularly teaching classes on park planning and recreation management.



### 36 Preserving Apples

**Presenter:** Flip Filippi

**Location:** Cornell Cooperative Extension Farm

**Cap:** 15

**Classes:** 1 session, 2 hours

**Dates/Times:** Tuesday, October 17, 10:00 - 12:00

**Description:** In this Harvest Kitchen workshop, participants will learn more about the diversity of apples and their unique traits, along with two preservation methods: water bath canned applesauce, and dehydrated slices. All ingredients and supplies will be provided.

**Presenter's Background:** Since 2010, Flip has co-operated the community farm LittleGrasse Foodworks in Canton. In her position as Local Food Program Leader at Cornell Cooperative Extension, she is dedicated to serving people all along the food chain: from farmers looking to create value-added products, to schools seeking local options for their menus, to consumers eager to access foods produced in the region and to gain the confidence to use them in their own kitchens.

### 37 The Revolutionary War at Fort Oswegatchie

**Presenter:** Dallas Robinson

**Location:** SUNY Potsdam Maxcy 104      **Cap:** 20

**Classes:** 2 session(s), 1.5 hours

**Dates/Times:** Wednesdays, September 6, 13, 10:00 - 11:30

**Description:** Explore the Revolutionary War period in Ogdensburg New York. While no battle occurred in Ogdensburg, Fort Oswegatchie was important to the British cause.

**Presenter's Background:** Dallas Robinson has been a reenactor since 1996 and has presented in previous SOAR programs. He will be in a Rev War uniform while conducting class.

### 38 The Romance of Musical Prague

**Presenter:** John Lindsey & Amornrat Lindsey

**Location:** SUNY Potsdam Maxcy 104      **Cap:** 40

**Classes:** 1 session, 1.5 hours

**Dates/Times:** Monday, September 25, 10:00 - 11:30

**Description:** This presentation will cover the five years John served as a violinist on the faculty of a prestigious international summer festival in Prague in the Czech Republic. The course will cover the festival as well as life in Prague, John's other two visits to Prague, and a few other places he visited in the Czech Republic.

**Presenter's Background:** John Lindsey retired from the position of Violin Professor at the Crane School of Music at SUNY Potsdam (also as a SUNY Distinguished Service Professor) in 2016, after 35 years of teaching. He visited Prague seven times, including five while on the summer faculty of a music festival there. He invites you to visit his website at: [www.violinjohnlindsey.com](http://www.violinjohnlindsey.com). Amornrat Lindsey is the wife of John Lindsey and accompanied him on 4 of the 5 years he taught at the festival. She worked for the government of Thailand and taught at St. John University in Bangkok. They were the proprietors of the Siam Classic Inn and Spa in Potsdam, the only Thai style B&B in all of North America and were winners of the Lux Media Award (England) for the World's Best B & B and Spa for 2015.

### 39 Scar Stories

**Presenter:** Laura Brown

**Location:** SUNY Potsdam Kellas 103      **Cap:** 60

**Classes:** 3 session(s), 1.5 hours

**Dates/Times:** Tuesdays, September 12, 19, 26, 2:00 - 3:30

**Description:** Participants will brainstorm both their physical and emotional scars and draft an idea for a personal scar story. They will then explore other writers' techniques, and apply these to their own stories through strategic revision. Participants will share ideas in small groups and actively engage in self-reflection and feedback.

**Presenter's Background:** Dr. Laura Brown is a professor of English Education and an author/co-author of several books on young adult literature. She teaches both education and freshman writing courses.

### 40 Science, Music, and the Human Condition

**Presenter:** Tracy Lipke-Perry

**Location:** SUNY Potsdam Kellas 102      **Cap:** 54

**Classes:** 1 session, 1.5 hours

**Dates/Times:** Tuesday, October 3, 3:30 - 5:00

**Description:** How does music affect the human brain? How can music facilitate better living? Why do we move to music? This course explores these questions from a multi-disciplinary perspective as we discuss the effects of music participation on the human body and implications for health and well-being.

**Presenter's Background:** Dr. Tracy Lipke-Perry enjoys a notably invigorating and eclectic career as a versatile performer, enthusiastic teaching artist, and researcher. Dr. Perry holds a D.M.A. degree in piano performance with a minor in neurophysiology from the Univ. of Arizona, & undergraduate degrees in piano performance & math. She is currently Asst. Professor of Keyboard at the Crane School of Music.

#### **41 Slavery & Freedom in the Americas**

**Presenter:** Evelyn Jennings

**Location:** SLU      **Cap:** 30

**Classes:** 2 session(s), 1.5 hours

**Dates/Times:** Tuesdays, Sept. 12, 19, 11:00 - 12:30

**Description:** This course will examine slavery in the Americas from the 1500's to the end of the 1800's, to address some questions that people often ask about the institution. Why did slavery exist across time and space? Why is it important to study slavery, if the institution was abolished in the Americas by the late 1800s? How did enslaved people build new lives and cultures in the Americas? How did they resist enslavement and seek freedom? What are the legacies of slavery in the Americas today?

**Presenter's Background:** Evelyn Jennings is a Professor of History & Caribbean, Latin American and Latino Studies at Saint Lawrence University.

#### **42 Stretching for Couch Potatoes**

**Presenter:** Pam March

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

**Classes:** 7 session(s), 1 hour

**Dates/Times:** Thursdays, September 28 - November 9, 12:00-1:00

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

**Presenter's Background:** Since the age of sixteen, 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 sixty 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. Participants should wear loose fitting clothing, soft shoes and socks and bring a water bottle.

#### **43 Sustainable Food Packaging**

**Presenter:** Silvana Andreescu

**Location:** SUNY Potsdam Maxcy 104      **Cap:** 46

**Classes:** 1 session(s), 1.5 hrs

**Dates/Times:** Friday, October 20, 1:00 - 2:30

**Description:** This presentation will describe the status of sustainable food packaging and review some of the current efforts to develop biodegradable packaging materials to prevent pollution and achieve sustainability within the food system. Sustainable and environmentally friendly materials that can replace non-degradable plastics is an important goal to achieve sustainability within the food system; to both extend the shelf life and reduce the environmental food-print of packed food.

**Presenter's Background:** Silvana Andreescu is the Matijević Endowed Chair in Chemistry in the Department of Chemistry and Biomolecular Science at Clarkson University. She received a PhD in Chemistry, specializing in biosensors from the University of Perpignan, France, and University of Bucharest, Romania in 2002. Her work on sensing has been featured broadly by the American Chemical Society (ACS), the American Food Summit and the Institute for Food Technology (IFT), the largest international organization in the world focusing on food science and technology. She has published over 180 peer-reviewed publications, co-edited 3 books, was awarded three patents and has delivered some 200 presentations throughout the world.

#### **44 Tai Chi Beginning**

**Presenter:** Pam March

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

**Classes:** 7 session(s), 1 hour

**Dates/Times:** Tuesdays, September 26- November 7, 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, taking it easy on the joints, and learning how to relax.

**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.

Beginning students may not register for "Continuing Tai-Chi " unless the instructor allows it.

#### **45 Tai Chi Continuing**

**Presenter:** Pam March

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

**Classes:** 14 session(s), 1 hour

**Dates/Times:** Tuesdays, Thursdays, September 26 - November 9, 1:00-2:00

**Description:** This course is intended for students who already have familiarity with Tai Chi & Qigong. 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.

#### **46 Tending Your Inner Landscape**

**Presenter:** Elizabeth Siematkowski

**Location:** Silas Wright in Canton     **Cap:** 35

**Classes:** 1 session, 1.5 hours

**Dates/Times:** Monday, October 2, 1:00 - 2:30

**Description:** Well-being starts from within. Join to learn about self-care techniques you can try, including breathing, mindfulness, aromatherapy & more, to enhance your overall health & feelings of peacefulness and joy.

**Presenter's Background:** Elizabeth Siematkowski grew up in Canton, attended SLU & spent a decade in the Buffalo/Niagara area going to graduate school for clinical mental health counseling & working in collegiate mental health. She now has a private counseling practice in the North Country & also teaches Psychology at SLU & North Country Community College, and (through the PELL grant program) in 3 prisons. She has a deep passion for the

outdoors & believes people have the power to create the life of their dreams, as well as an innate capacity to heal themselves.

#### **47 Trees and Shrubs of the North Country**

**Presenter:** Glenn Johnson

**Location:** SUNY Potsdam Stowell 103     **Cap:** 29

**Classes:** 3 session(s), 1.5 hours in class sessions; 3 hour field trip

**Dates/Times:** Wednesdays; September 13 & 20, 3:00- 4:30; optional field trip: Saturday, September 16, 10:00-1:00 RAIN DATE: 9/17, confirm on website

**Description:** This course, through lectures and field visits, will investigate the diversity of woody plants found in the North Country; including natives, planted exotics & invasive species. We will discuss their ecology, evolutionary relationships, identification, uses and conservation.

**Presenter's Background:** Glenn Johnson is professor and Dept. Chair at SUNY Potsdam, where he teaches conservation biology, ecology, dendrology, biology of woody plants, & vertebrate biology courses. His main interest is Conservation Biology, especially endangered vertebrates, and most particularly, amphibians & reptiles. He co-authored a recent field guide to amphibians & reptiles of NY. He has taught a Dendrology (tree) course numerous times, including four times for SOAR.

**Note:** Bring a field notebook. Recommends: Rite in the Rain" Field Spiral Notebook - #353. I will bring a multitude of field guides & other tree books. Students can examine and decide if they want to buy online. A useful web link is <http://northernforestatlas.org>

#### **48 A Trip to St. Peter's Without the Jet Lag**

**Presenter:** Bryan Stitt

**Location:** SUNY Potsdam Maxcy 104     **Cap:** 46

**Classes:** 1 session(s), 1.5 hours

**Dates/Times:** Friday, October 27, 1:00 - 2:30

**Description:** Have you always wanted to visit St. Peter's in Rome? Or perhaps have you been before, and want a reminder of the beauties of the largest church in the world. If so, this presentation is for you.

**Presenter's Background:** Father Stitt has been the pastor of St. Mary's Catholic Church in Canton since 2017 & a Catholic priest for the past twenty years. Before that, he was able to serve pilgrims to Rome giving tours of St. Peter's from 2000-2003. This year he is leading a pilgrimage to Italy, so he's happy to bring a taste of Italy back to Canton with him.

**Note:** Chapter 16 of the Gospel of Matthew is handy background.

#### **49 Virtual Reality Tourism**

**Presenter:** Anthony Betrus

**Location:** SUNY Potsdam Satterlee 314      **Cap:** 10

**Classes:** 1 session, 1.5 hours

**Dates/Times:** Wednesday, October 4, 10:00 - 11:30

**Description:** During the "Virtual Reality Tourism" activity, participants will use VR headsets and a combination of software including Google Earth VR, Wander, Alcove, and The Grand Museum VR. Participants will virtually traverse diverse global destinations, explore rural communities, visit renowned museums, and connect with various immersive experiences tailored for older audiences.

**Presenter's Background:** Dr. Anthony Betrus is a distinguished educator & researcher in the field of educational technology, specializing in the innovative use of gaming & virtual reality for learning purposes. He holds a Ph.D. in Instructional Systems Technology from Indiana University & is currently a professor at SUNY Potsdam, where he plays a key role in designing and implementing technology-driven educational programs. Dr. Betrus is well-known for his commitment to fostering engaging, student-centered experiences that promote lifelong learning and skill development.

**Note:** Bring in ideas for locations to visit and wear comfortable clothing.

#### **50 Watercolor Workshop**

**Presenter:** Donna Kuhn

**Location:** SUNY Potsdam Satterlee Hall 225

**Cap:** 15

**Classes:** 10 session(s), 2 hours

**Dates/Times:** Fridays, September 8 - November 10, 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.

**Presenter's Background:** Donna has participated in several SOAR art courses. While not an "artist" she strives to learn new watercolor techniques and painting styles. 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 and an inspiration for your first painting. A list of websites and helpful information will be provided at the first class.

#### **51 World Peace Is Possible**

**Presenter:** Ina Brockriede

**Location:** SUNY Potsdam Maxcy 104      **Cap:** 46

**Classes:** 1 session, 1.5 hours

**Dates/Times:** Friday, September 8, 1:00 - 2:30

**Description:** This class will compare the present UN Charter with the revised version, exposing the weaknesses of the former and the strengths of the latter. All branches will be compared but with special emphasis on the peacekeeping revision.

**Presenter's Background:** Ina Brockriede is a retired teacher who has survived a long-term severe interest in geopolitics.

---

#### **NOTE:**

*All changes to courses, such as cancellations, time or room changes, will be posted on our website:*

*Soar North Country*

---