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Course Descriptions

FALL 2024

SOAR

Lifelong Learning in the North Country

Affiliated with:

ROAD SCHOLAR
Adventures in Lifelong Learning

1 American Predators: Wolves, Coy Wolves, Cougars and Jaguars

Presenter: McDonald, John

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

Classes: 4 sessions, 1.5 hours

Dates and Times: Thursdays 9/12-10/3, 3:00-4:30

Description: Learn about the evolution of wolves, coy wolves, cougars and jaguars. These predators play a key role in keeping an ecosystem healthy. This course will examine the human vs. animal conflicts, along with the vilification and political influences which have resulted in the total or near extinction of these animals in North America. Should they be preserved for future generations, perhaps even be introduced into the Adirondack Park?

Presenter's Background: John McDonald retired from IBM and Arrow Electronics. He has had a life-long interest in large predators. After retiring, he made multiple trips to Africa where he worked with wild cheetahs at the Cheetah Conservation Funds research facility in Namibia. In 2018 and 2019, he spent six months each year working with and lecturing on wolves and coyotes at the Adirondack Wildlife Refuge. Last winter he spent five months at the Busch Wildlife Sanctuary in Jupiter, Florida lecturing on the Florida Panther and Florida Black Bears.

2 Autism, a Practical Understanding

Presenter: Mesibov, Don; Newcombe, Connor; Waterson, Jim

Location: Canton Fire Hall **Cap:** 50

Classes: 4 sessions, 2 hours

Dates and Times: Wednesdays, Thursdays 9/4, 9/19, 9/26, 10/16, 10:00-12:00

Description: What are the characteristics of people with autism? Why is there a crisis for people with autism and their families? Presenters will include a 24 year-old man with autism, and an expert on the connection between brain science and autism.

Presenters' Backgrounds: Don Mesibov is the Founder/Director of The Institute for Learning Centered Education Autism Initiative. For forty years Don's brother, Gary, was the go-to person in the world for training and information about autism. Don's recent book, based on interviews with 83 people around the world, describes Gary's work, the history of autism, and why the "Refrigerator Mother Theory" that blamed mothers for autism in their children was able to be accepted universally for many years. Connor Newcombe, 24, has recently published "101 POEMS," many of which describe his experiences and feelings as a man with a college degree unable to find employment. Jim Waterson has held many positions in local education, retiring after a stint as Director of the graduate program at SLU. Jim currently designs on-line courses about brain science, and his interactive presentations are cited by participants as a highlight of sessions they attend.

Note: Institute website: www.learningcentered.org

3 Be On The Jury! The McMartin Day Care Trial

Presenter: Gilbert, Steven

Location: SUNY Potsdam Maxcy 104 **Cap:** 30

Classes: 1 session, 1.5 hours

Dates and Times: Thursday 10/24, 3:00-4:30

Description: The McMartin Day Care center was investigated for various child-related crimes. Be on the jury to determine the guilt or innocence of the day care employees once and for all!

Presenter's Background: Dr. 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 and is a retired Fellow of the American Academy of Forensic Sciences.

4 The Beatles - Revolution (Part 2)

Presenter: Bradshaw, Richard

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

Classes: 3 sessions, 1.5 hours

Dates and Times: Wednesdays 10/16, 10/23, 10/30, 10:00-11:30

Description: The course will provide a survey of the music, lyrics and production of the Beatles' music. Participants will explore the evolution of their songwriting and their pioneering new sounds that set the standard of rock 'n roll music for generations to come.

Presenter's Background: Richard Bradshaw is a retired history teacher, a musician, and an avid Beatles fan. He bought his first Beatles album when he was 10 years old and has enjoyed sharing his love of their music ever since.

5 Brazilian Dimensional Embroidery

Presenter: Garner, Alma

Location: SUNY Potsdam Maxcy 104 **Cap:** 10

Classes: 3 sessions, 1.5 hours

Dates and Times: Fridays 10/4, 10/11, 10/18, 2:00-3:30

Description: This hands-on course will explore three-dimensional embroidery using special floss to produce patterns of flowers and other art forms. Alma will supply a different, but more elaborate beginner's kit than the one used in the Spring semester. Please send a separate check for \$25, made out to Alma Garner, with your registration form, to cover the cost of the embroidery kit.

Presenter's Background: Brazilian Dimensional Embroidery caught Alma's eye as soon as she first saw it in Oregon, where her daughter had moved for a new teaching position. There she met Debbie Kelley, who has written the book THORNS & ROSES. She has also designed many beautiful projects, one which will be used in this course. **Alma Garner** has taught B.E. for SOAR in 2010, 2015 and 2024.

Note: A fee to pay for the embroidery kit is required at the time of registration for this course. Please include a check for \$25, made out to **Alma Gardner**, with your registration form. Bring small embroidery hoop and scissors.

6 The Chemistry of Light

Presenter: Tartakoff, Samuel

Location: SLU Johnson 303 **Cap:** 20

Classes: 1 session, 1.5 hours

Dates and Times: Friday 11/1, 3:30-5:00

Description: From the first time we open our eyes, we are surrounded by light, yet we continue to be fascinated by it. What is light and how does it behave? What causes colorblindness? How does a firefly glow, and why is that so different from how fireworks produce different colors? In this course, we will discuss these and other questions, illustrating concepts with chemistry demonstrations and hands-on examples.

Presenter's Background: Dr. Samuel Tartakoff is a professor at St. Lawrence University and received his Ph.D. 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 & close-toed shoes.

7 Current Events

Presenter: Casserly, John

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

Classes: 9 sessions, 1.5 hours

Dates and Times: Fridays 9/6-11/8 (no class 11/1), 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.

8 Development and Socialization of Captive Wolf Pups

Presenter: Davis, Karen

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

Classes: 1 session, 2 hours

Dates and Times: Friday 9/20, 2:00-4:00

Description: This course includes a description of the developmental stages of wolves. **Dr. Davis** then discusses her innovation of socialization and hand rearing methods for wolf pups designed to create well balanced wolf ambassadors. Research into the socialization of wolf pups is based on experiences and skills honed by Dr. Davis over many years of

raising and handling captive wolves. Also discussed will be how these findings compare to dog behavior and how they will be used to improve our relationships with dogs.

Presenter's Background:

Dr. Karen M. Davis started studying wolves while an undergraduate at Purdue University at Wolf Park, Battle Ground, IN. In 2009, she received her PhD from The University of Tennessee, Knoxville in Experimental Psychology (Animal behavior). After graduation Dr. Davis investigated the development of play behavior in dogs for her post doc. In 2015, Dr. Davis returned to Wolf Park as assistant curator and finally, wolf curator to research, handle, and educate about wolf behavior. Currently Dr. Davis is an Assistant Professor at SUNY Potsdam in the psychology department.

9 Don't Throw it Away! Recovering Resources from Food Waste

Presenter: DeWaters, Jan; Grimberg, Stefan

Location: Peterson Board Room, 330 Snell Hall, Clarkson University **Cap:** 25

Classes: 1 session, 2 hours

Dates and Times: Wednesday 9/18, 1:00-3:00

Description: We will explain about New York State's new Food Waste Law and what that means for North Country businesses and residents. Then we will describe two organic recycling processes, including COMPOSTING and ANAEROBIC DIGESTION. Our class will present results from a "food-to-energy" outreach program with Canton Central School and Cornell Cooperative Extension Service. The classroom presentation will be followed by a tour of the anaerobic digester at Clarkson University.

Presenters' Background: **Jan DeWaters** is a faculty member in the Institute for STEM Education at Clarkson University. She teaches in the School of Engineering, mostly introductory courses that introduce students to the important connections between engineering, society and the environment. Her research covers a broad range of topics in engineering education.

Stefan Grimberg is a Professor in the Department of Civil and Environmental Engineering at Clarkson University and is co-director of the Center of Excellence in Healthy Water Solutions. His research

explores ways to improve anaerobic digestion systems so they will be economically viable for smaller farms or smaller waste generators.

Note: Participants might want to explore some of the information available from our project on our website: <https://sites.clarkson.edu/foodwaste>.

There is a tour of the Digester; make sure to wear appropriate clothing and be prepared for stairs.

10 Driver Safety by AARP

Presenter: Stewart, David

Location: St. Lawrence-Lewis BOCES 40 W Main St
Canton, NY 13617 **Cap:** 25

Classes: 2 sessions, 3 hours

Dates and Times: Tuesday, Wednesday 9/10, 9/11,
1:00-4:00

Description: AARP's Smart Driver course is approved by New York State for insurance discounts and driver's license point reduction and 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. Courses are offered in two sessions of 3 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 could 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 more than 170 safe-driving courses, primarily in Northern New York.

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

11 Estate Planning Basics

Presenter: Menz, Eleanor

Location: Potsdam Town Hall (18 Elm St.) **Cap:** 25

Classes: 2 sessions, 1.5 hours

Dates and Times: Tuesday, Thursday 10/29, 10/31, 10:00-11:30

Description: We will discuss planning for the orderly transfer of assets at death as well as planning for the possibility of incapacity during life. We will address the most common documents used, probate, as well as recent and forthcoming changes in tax law.

Presenter's Background: Eleanor Menz is a Certified Public Accountant and retired Certified Financial Planner. She has most recently retired from offering fee only financial planning services in the North Country.

12 Generate New Ideas and Solve Problems Creatively

Presenter: Barry, Dana

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

Classes: 1 session, 1.5 hours

Dates and Times: Wednesday 9/25, 1:00-2:30

Description: This course will provide information and a connection between creativity, creative thinking, and the brain along with presenting examples of creative activities. The course will solve problems using reverse thinking, preparing captions for pictures, and analyzing various items in terms of common properties (like color). They will create a special Table of Items to display common properties.

Presenter's Background: Dana Barry has three PhDs and two Master's degrees, over 400 academic publications including 40 books, and numerous awards. She served as a Visiting Professor overseas many times. Her international program for Creativity and Creative Education won a National Chem Luminary Award from the American Chemical Society. The program was carried out in the United States, Japan, China, and Malaysia.

13 Geology of Selected National Parks

Presenter: Carl, Brian

Location: SUNY Potsdam Kellas 105 **Cap:** 50

Classes: 4 sessions, 1 hour

Dates and Times: Fridays 10/4-10/25, 10:00-11:00

Description: This course will introduce the geology of four US National Parks including Grand Canyon, Arches, Death Valley, and Crater Lake. Together the geologic record preserved in these parks exceeds 2

billion years of earth's history when North America experienced ancient shallow seas, mountain building, and terrestrial environments dominated by dinosaurs and volcanism. The instructor will present a single park during each of 4 lectures. Content will cover key geologic features but also topics of related interest including evidence of occupation by Native Peoples, challenges posed by climate change and ever-increasing visitors. Most of the course content comes from personal experience, but also from published works such as *Geology of our National Parks* by Dave Foster (SUNY alum) and David Hacker. **Presenter's Background:** Brian Carl has worked as a geologist since 1987, travelled to 49 states and several dozen national parks, explored for oil and gas domestically and overseas, taught classes at SUNY since 2020 including Geology of Our National Parks.

14 Gettysburg 1863 (Semester Two) - Three days of Hell

Presenter: Niles, Terry

Location: Potsdam Town Hall (18 Elm St.) **Cap:** 45

Classes: 2 sessions, 1.5 hours

Dates and Times: Wednesdays 10/30, 11/6, 2:00-3:30

Description: In July 1863, two great armies converged on this little crossroads town in southern Pennsylvania. For three days the battle that takes place here will become one of the bloodiest battles of the American Civil War. Gettysburg will never be the same again. This class will include details of the three day battle, as well as a plethora of human interest stories that make this story so unique. Please note: this is semester two of a three-semester course. It is not necessary for you to have taken the first semester.

Presenter's Background: Terry Niles is a local businessman, and, along with his sons, is the owner of Niles Financial Group. The study of history is a hobby for him. He graduated from St Lawrence University in 1976 with a degree in history and government. Niles has presented a number of SOAR classes in the past, including the Kennedy Assassination and the Summer of '69.

15 The Grid: What Is It and How It Works

Presenter: Hamilton-Honey, Nick

Location: Cornell Cooperative Extension Learning Farm, Front Classroom, Canton **Cap:** 50

Classes: 1 session, 2 hours

Dates and Times: Monday 10/7, 12:30-2:30

Description: We all understand that the grid brings us power, but do you understand what that means? Have you heard people say that our renewable power goes "downstate"? How green is our grid? Learn these and other truths about our grid and local renewable power.

Presenter's Background: Nick Hamilton-Honey is the North Country Energy Navigator Volunteer Coordinator and Natural Resource & Sustainable Energy Educator for CCE of SLC.

16 Growing Dahlias (and More!) in the North Country

Presenter: Wallace, Kathleen

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

Classes: 3 sessions, 1.5 hours

Dates and Times: Fridays 9/6, 10/4, 11/1, 1:30-3:00

Description: Dahlias are in their full glory in the autumn, and as the year closes, we dig up and divide the tubers. We will learn how to do these fall tasks as well as how to store dahlias through the winter. We will expand our reach to other flowers that thrive up here as we build a community of flower gardeners.

Presenter's Background: Kathleen Wallace is a dahlia enthusiast whose interest is in finding and breeding dahlia varieties that thrive here in the North Country. She is the proprietor of North Country Blooms where she grows and sells dahlia tubers as well as other perennials and annuals that are, just like she is, "happy to be here."

17 Herbal Teas for Stress & Vitality

Presenter: Youmell, Paula

Location: SUNY Potsdam Maxcy 104 **Cap:** 45

Classes: 1 session, 2 hours

Dates and Times: Wednesday 11/6, 1:00-3:00

Description: Nourishing your body cells with herbal teas helps find a place of calm. Herbs directly nourish body cells and fortify our body systems for resilience and vitality.

Presenter's Background: Paula Youmell, RN, Wise Woman Nurse, supports Women inspired to heal

their Body, Mind, & Spirits through the tools of Functional Medicine, Herbs, Yoga, and Energy Medicine.

18 Home Energy Audits

Presenter: Rische, Nolan

Location: Cornell Cooperative Extension Learning Farm, Front Classroom, Canton **Cap:** 50

Classes: 1 session, 1 hours

Dates and Times: Wednesday 9/25, 10:00-11:00

Description: An Energy Audit is the first step towards a more energy-efficient home! Join your Energy Advisor to learn everything you need to know about Energy Audits, how they can help you save money and make your home more comfortable.

Presenter's Background: Nolan Rische is an Energy Advisor with the North Country Clean Energy Hub. The North Country Clean Energy Hub is a team of local organizations working to support people and businesses in adopting clean energy technology, utilizing energy efficiency programs, and finding jobs in the clean energy industry.

19 Insect Ecology

Presenter: Romey, Bill

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

Classes: 2 sessions, 1.5 hours

Dates and Times: Monday, Wednesday 10/28, 10/30, 1:00-2:30

Description: In this two-session course, we will discuss the ways insects and other arthropods interact with each other and their environment. Topics discussed will include cicada outbreaks, tick population changes, monarch migrations, bee diversity, and ant behavior.

Presenter's Background: Dr. Bill Romey is Emeritus Professor of Biology at SUNY Potsdam. He teaches courses in behavior, insect biology, and aquatic biology. He conducts research on insect grouping behavior and bee diversity.

20 Introduction to Acrylic Landscapes

Presenter: Schuler, Katie

Location: SUNY Potsdam Satterlee 225 **Cap:** 15

Classes: 2 sessions, 1.5 hours

Dates and Times: Tuesdays 10/22, 10/29, 9:00-10:30

Description: This course will introduce you to landscape painting using acrylic paint. Katie will

begin with a study of paint mixing and landscape compositions. Participants will be lead through the process of painting a landscape from the instructor's selection or may bring an image of their own.

Presenter's Background: Katherine Schuler is an art educator and woodworking artist in Potsdam, NY. She has been creating wooden pieces for the last decade. Her hope is to share her love for art with others through custom furniture, artworks, jewelry and functional household items. When creating larger works, she saves each small piece not used and repurposes it to give it new life. Conservation of materials is integral in every decision she makes.

Note: Participants will need to bring: acrylic paint set, acrylic paint brushes, paint palette, a 9"x12" canvas, pencil, rag (to dry brushes) and water cups. Click on the following link for a detailed description of supplies you need to bring to class: <https://www.soarnorthcountry.com/images/upload/20-supply-list.pdf> This list will be sent to you with your course registration letter.

21 Introduction to the Alexander Technique

Presenter: Robinson, Beth

Location: SUNY Potsdam Maxcy Dance Studio

Cap: 20

Classes: 2 sessions, 1.5 hours

Dates and Times: Mondays 9/23, 9/30, 10:00-11:30

Description: The Alexander Technique is a proven, safe, self-care method to stop pain, stress and muscular tension caused by everyday misuse of the body. In this class, learn how our every day movements such as sitting down, standing up, and walking may create unnecessary tension in our bodies. Through increased awareness, and gentle hands-on guidance from the teacher, we create the possibility for change.

Presenter's Background: Beth Robinson is a certified Alexander Technique Teacher. She received her training at the Montreal School of the Alexander Technique. A member of the American Society for the Alexander Technique (AmSAT), and Chair of the Committee for Alexander Technique in the Performing Arts, Beth has worked individually with musicians, actors, dancers and athletes, and pregnant women. She also taught the Alexander

Technique in the Theater and Dance Department at SUNY Potsdam for seventeen years.

Note: Amsatonline.org is a useful resource for more information about this work. Participants are encouraged to wear comfortable clothing. They may choose to work in either socks or clean footwear for the Dance Studio.

22 iPhone Photography

Presenter: Chorba, Holly

Location: SUNY Potsdam Maxcy 104 **Cap:** 30

Classes: 2 sessions, 1.5 hours

Dates and Times: Monday, Wednesday 9/9, 9/11, 10:00-11:30

Description: Learn tips and techniques to enhance your iPhone photographs. During the first session Holly will demonstrate and coach practice of settings and using the cameras within your iPhone. The second session will focus on simple editing techniques, organization of photographs and storage of photo files. Presentations will be done for iPhone; the participants may or may not be able to apply the information to other brands of smart phones.

Presenter's Background: Holly Chorba retired as Potsdam High School Principal following a 30 year career in education. She has been a member of the GVR Photography Club for over 20 years. During that time, she has held several offices and attended and taught many sessions to pursue her life-long goals of learning and teaching. She has co-taught iPhone Photography and I-Movie several times in Arizona, as well as taught multiple sessions and venues of "Story-Telling for Photographers."

Note: Please bring your iPhone to class. Participants will be asked to sit and work in pairs. View the presenter's work at:

<https://www.YouTube.com/@hollychorba>

23 Japanese Tea Ceremony Experience

Presenter: MacWilliams, Kaori

Location: Potsdam Town Hall (18 Elm St.) **Cap:** 35

Classes: 1 session, 1.5 hours

Dates and Times: Friday 10/18, 1:00-2:30

Description: Learn the history of the Japanese tea ceremony, and make a delicious bowl of green tea yourself.

Presenter's Background: Kaori Macwilliams is a master of Omotesenke (one of the major branches of the Tea Ceremony in Japan). She has been studying tea since she was a teenager. Kaori will be assisted by her student Mai Sato.

24 Mah Jongg for Fun

Presenter: Russell, Kay

Location: Partridge Knoll

Cap: 12

Classes: 4 sessions, 1.5 hours

Dates and Times: Thursdays 10/3-10/24, 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.

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. In the Spring of 2017, she and Brenda Francey received that semester's Super Soarer Award. In the Fall of 2023, they received the Leon LeBeau SOARing Educator Award. Kay is a former Department of Social Services Children's Services Supervisor. The class welcomes all levels from beginners to experts.

Note: If you have a set, bring it to class. The instructor has extra cards. To purchase sets and cards, go to

<https://www.nationalmahjonggleague.org>

A good book for beginners: *Beginner's Guide to American Mah Jongg: How to Play the Game and Win*, by Elaine Sandburg.

25 Medicare A,B,C & Ds: What You Need to Know

Presenter: McBurnie, Barbara

Location: SUNY Potsdam Maxcy 104

Cap: 46

Classes: 2 sessions, 1.5 hours

Dates and Times: Mondays 9/30, 10/7, 1:00-2:30

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, and abuse. Learn how to protect your Medicare

information and help detect and report Medicare fraud and abuse.

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

26 Memoir Writing

Presenter: Condon, Helen Taylor

Location: Partridge Knoll

Cap: 7

Classes: 4 sessions, 2 hours

Dates and Times: Wednesdays 10/2-10/23, 11:00-1:00

Description: This course will consist of four two-hour sessions. Session 1: What is Creative Nonfiction? Finding an original subject, researching. Session 2: What form will it take? Telling a true story. Session 3: Putting yourself on the line (honesty). Session 4: Structure, style and attitude. Session 5: Revising, with and without an editor, law and ethics.

Presenter's Background: Helen Taylor Condon holds a Master's degree in Creative Nonfiction with a minor in poetry from UNCW in 1999. Her memoir, *The Big Rug*, deals with the making of the biggest braided rug she ever attempted and the death of her husband of thirty-three years. She taught Memoir Writing at the Blue Mountain Lake Art Center, Waddington Hepburn Library, SOAR and the Old Forge Art Center. She has taught poetry writing for SOAR and owns Adirondack Rug Braiding, where she teaches rug braiding in her second floor studio in the 1863 boarding house she renovated.

Note: Read memoirs. I will have many memoirs to lend to participants. If you've kept journals, look back at them and find a time you wish to write about.

27 Music and Movement

Presenter: Walter, Alicia; Babcock, Juanita

Location: SUNY Potsdam Maxcy DanceStudio

Classes: 3 sessions, 1 hours

Dates and Times: Mondays 9/16, 9/23, 9/30, 2:00-3:00

Description: Explore movement through music. Class will explore dance and gentle stretching to different music styles.

Presenters' Background: Alicia Walter spent forty years in figure skating, coaching students from the ages of 2 1/2 to 85. She has also taken lessons in tap, classical ballet, modern ballet and jazz.

Juanita Babcock taught Middle Eastern dancing and performed professionally for the better part of 49 years. She also has, in the past, taken lessons in a variety of genres, including ballroom, ballet, modern and jazz, and worked with dance/movement therapists in multiple settings.

Note: Wear comfortable clothing and clean footwear for the Dance Studio.

28 Mysteries of Greek Mythology

Presenter: Downing, Caroline

Location: SUNY Potsdam Brainerd 202 **Cap:** 49

Classes: 1 session, 1.5 hours

Dates and Times: Tuesday 10/15, 4:00-5:30

Description: Is there an element of historical truth in Greek mythology? Did the Trojan War really happen? Was there a bull-headed Minotaur in the labyrinth on the island of Crete? Join us as we explore several Greek myths and their possible origins, including taking a look at new scientific research on the past of ancient Greece.

Presenter's Background: Caroline Downing earned her PhD in Classical Archaeology from Indiana University Bloomington. She has taught ancient Art History and Archaeology at SUNY Potsdam for over 30 years.

29 Native Peoples of North America

Presenter: Stebbins, Susan

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

Classes: 4 sessions, 1.5 hours

Dates and Times: Wednesdays 10/2-10/23, 1:00-2:30

Description: This class will focus on the histories and current issues for the diversity of North American Native Peoples. Issues of interest from the class can be included.

Presenter's Background: Susan Stebbins is a retired professor from the SUNY Potsdam Anthropology department. She taught a variety of Cultural Anthropology classes as well as classes which focused on Native America, including Native Peoples, Women in Native America, and Indian Images. She has also published in these areas of Native American

Women, Native American Education and Native People in Popular Culture.

iNote: Links and other materials will be presented in class.

30 Pickleball for Beginners

Presenter: Triolo, Jim

Location: SUNY Potsdam Maxcy Field House **Cap:** 12

Classes: 10 sessions, 1.5 hours

Dates and Times: Tuesdays, Thursdays 10/1-10/31, 11:00-12:30

Description: This course is for people who have not played pickleball but want to learn. This is a basic course that will teach you the rules and basic skills of the game.

Presenter's Background: Jim Triolo has been playing pickleball for several years and teaching the beginner's pickle ball class for two consecutive semesters.

Note: Participants need to bring a pair of sneakers with them. They cannot use the shoes/ sneakers they come to class in. Pickleball equipment will be provided.

31 Researching Your Family History

Presenter: Bradshaw, Richard

Location: SUNY Potsdam Kellas 100 **Cap:** 24

Classes: 2 sessions, 1.5 hours

Dates and Times: Mondays 10/7, 10/14, 9:00-10:30

Description: The course will provide an opportunity for participants to research their family history. Beginners as well as seasoned genealogists are welcome. Participants will be exposed to online tools, both free and fee based. The course will introduce the essential steps for starting a family history as well as offer experienced researchers a variety of resources to deepen their understanding of their family's past. Participants are encouraged to bring documents and records to the class to aid in their research.

Presenter's Background: Richard Bradshaw is a retired history teacher. He has been conducting research on his family for over 20 years. Richard lives in Colton with his wife, Kathleen. He enjoys spending time with his grandchildren, hiking and lifting weights.

Note: Bring artifacts and other resources for researching family history

32 Seasonal Tacos with Homemade Tortillas

Presenter: Filippi, Flip

Location: Cornell Cooperative Extension Learning Farm, Harvest Kitchen, Canton

Cap: 15

Classes: 1 session, 2 hours

Dates and Times: Wednesday 10/2, 2:00-4:00

Description: Enjoy this hands-on class using locally raised produce and meat to make tacos. The group will prepare all fixings and make their own tortillas, then sit down to share the meal together. We'll discuss ideas to layer flavor and texture in your tacos to create unique seasonally inspired snapshots.

Presenter's Background: Flip Filippi is the Local Food Program Leader in the Ag & Food Systems Department at Cornell Cooperative Extension of St. Lawrence County. She manages the shared-use incubator space on site, the Harvest Kitchen, at the Extension Learning Farm. Flip Advises planning and early stages entrepreneurs making food products in NYS and teaches cooking and preservation classes that celebrate local food. She's a certified Master Food Preserver and co-operates a community farm in Canton called littleGrasse Foodworks.

33 Skeletal Muscle Atrophy in Outer Space

Presenter: Vandenburg, Herman

Location: SUNY Potsdam Maxcy 104

Cap: 46

Classes: 1 session, 1.5 hours

Dates and Times: Friday 11/8, 10:00-11:30

Description: From 1994 to 1996, Herman's research lab performed three NASA space flight studies on skeletal muscle loss in outer space aboard the Space Shuttles Atlantis and Endeavour. He will describe the results and how it transitioned into a new way to study muscle diseases on earth.

Presenter's Background: Herman Vandenburg received his Ph.D. from University of Pennsylvania in 1976 and spent five years as a Staff Fellow at the National Institutes of Health. He joined the faculty at Brown University in 1981. He is currently Emeritus Professor of Pathology, Laboratory Medicine, and Molecular Pharmacology at Brown University.

34 Stretching for Couch Potatoes

Presenter: March, Pam

Location: SUNY Potsdam Maxcy Dance Studio

Cap:50

Classes: 7 sessions, 1 hour

Dates and Times: Thursdays 9/26-11/7, 12:00-1:00

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

Presenter's Background: Since the age of sixteen, Pam March 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 Pilates' 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.

35 Tai Chi Beginning

Presenter: March, Pam

Location: SUNY Potsdam Maxcy Dance Studio

Cap: 50

Classes: 7 sessions, 1 hour

Dates and Times: Tuesdays 9/24-11/5, 12:00-1:00

Description: This class includes basic Chinese warmups both standing and sitting down, Tai Chi meditation and introduction to the Yang 24 movement short form. Concerns of seniors will be addressed including balance, leg strength, endurance, relaxing and taking it easy on the joints, and learning how to relax.

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 and Qigong" unless the instructor allows it.

36 Tai Chi Continuing

Presenter: March, Pam

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

Classes: 14 sessions, 1 hour

Dates and Times: Tuesdays, Thursdays 9/24-11/7, 1:00-2:00

Description: This course is intended for students who already have familiarity with Tai Chi and 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. The last two classes (11/5, 11/7) will be held in the Gym.

37 Ticks and Tick-borne Disease

Presenter: Nick Hamilton-Honey

Location: Cornell Cooperative Extension Learning Farm, Front Classroom, Canton **Cap:** 50

Classes: 1 sessions, 1.5 hours

Dates and Times: Monday 9/30, 10:00-11:30

Description: Protect yourself from ticks. Learn how to recognize and avoid tick habitat, defend against these hitchhikers, how to prevent tick bites through clothing selection and repellants, and how to properly remove a tick should you find one during a tick check.

Presenter's Background: Nick Hamilton-Honey is a Natural Resource & Sustainable Energy Educator for Cornell Cooperative Extension of St. Lawrence County.

38 Trees and Shrubs of the North Country

Presenter: Johnson, Glenn

Location: SUNY Potsdam Stowell 103 **Cap:** 28

Classes: 2 sessions, 1.5 hours

Dates and Times: Wednesdays, Saturday (optional field trip) 9/11, 9/18 (9/14 optional field trip), 3:00-4:30

Description: This course, through lectures and field visits, will investigate the diversity of woody plants

found in the North Country, including natives, planted exotics and invasive species. Also discussed will be their ecology, evolutionary relationships, identification and conservation.

Presenter's Background: Glenn Johnson is a Professor and Chair in the Biology Department at SUNY Potsdam, where he teaches conservation biology, ecology, dendrology and vertebrate biology courses mostly. His main interest is Conservation Biology, especially endangered vertebrates and most particularly amphibians and reptiles; he co-authored a recent field guide to amphibians and reptiles of New York. Glenn has taught a Dendrology (tree) course numerous times, including three times for SOAR. He teaches Biology of Woody Plants at SUNY Potsdam in alternate years.

Note: There will be an optional weekend field trip as well, on Saturday, 9/14, time TBA.

39 US Superspy Virginia Hall; aka My Great Aunt Dindy

Presenter: Catling, Brad

Location: Potsdam Civic Center Community Meeting Room (2 Park St.) **Cap:** 45

Classes: 1 sessions, 1.5 hours

Dates and Times: Tuesday 9/17, 1:00-2:30

Description: Brad will share the arc of Virginia Hall's life in her own pictures. Before she died in 1982, she gave Brad's mother two wooden boxes filled with photos, passports, and the wireless radio (disguised in a suitcase) that she used to send Morse code messages from Nazi occupied France to HQ in London during the four months before D-Day and the three months after. She lived an epic life.

Presenter's Background: Baltimore born, Brad Catling grew up with a fly-on-the-wall view of an American hero's life. Virginia Hall never divulged her secret activities to her family. He just knew her as our grey-haired, poodle-loving, slightly terrifying, one legged, ex-spy. Now retired from non profit work, he lives in Potsdam with his wife Julie.

Note: Please prepare for class by googling Virginia Hall.

40 Vicarious Voyagers: Himalayan Kingdoms

Presenter: Babcock, Juanita

Location: Potsdam Civic Center Community Meeting Room (2 Park St.) **Cap:** 45

Classes: 1 sessions, 1.5 hours

Dates and Times: Tuesday 9/17, 10:00-11:30

Description: This travelogue will look at the countries of Tibet, Nepal, and Bhutan and their similarities and contrasting cultures, histories, political structures, and religions. Each country is unique in its own right. Bhutan was largely isolated from tourism and has only recently permitted a larger number of tourists to enter the country.

Presenter's Background: **Juanita Babcock** is a world-wide traveler and enjoys learning and delving into the cultures of each country. She has given several Vicarious Voyagers presentations in the past.

41 Watercolor and Graphic Arts Workshop

Presenter: Nestlerode-Hale, Sandra

Location: SUNY Potsdam Satterlee 225 **Cap:** 10

Classes: 4 sessions, 1.5 hours

Dates and Times: Thursdays 9/5-9/26, 9:00-10:30

Description: This Fall we will work on art as an illustration of your life stories. Graphic Art goes back to the cave drawings of human hands, people, and animals. It is why we draw, to express how we see the world and what we are doing in our lives. Bring your watercolors and drawing materials, plus ideas for an illustration. I will also demo graphic art techniques such as block printing, and collaging with pages from old books. No experience is necessary. A detailed supply list will be sent with the registration letter when people enroll.

Presenter's Background: **Sandra Nestlerode-Hale** is a working artist who has lectured on Art in England, Maine, and Pennsylvania. Her one-woman shows were held in Maine 2003 and Pennsylvania 2018. Sandra has researched medieval manuscripts with art in the margins of pages for her Master's degree, and she has published illustrations in a book published at the University of Maine. She has over 30 years of experience in teaching all ages.

Note: Bring supplies you have that you like to use, such as drawing pencils, paints and watercolor paper. A recommended list can be found in the course description on the SOAR website and in your registration letter.

42 Watercolor Workshop

Presenter: Kuhn, Donna

Location: SUNY Potsdam Satterlee 225 **Cap:** 18

Classes: 10 sessions, 2 hours

Dates and Times: Fridays 9/6-11/8, 10:00-12:00

Description: This workshop is designed for aspiring artists in SOAR to get together informally and improve their artistic skills through demonstrations, support from other participants, opportunities to have your work critiqued and to critique the work of others. If you're a beginner, instruction for the basics will be available. All skill levels are welcome!

Presenter's Background: **Donna Kuhn** has been involved in the SOAR watercolor workshop since 2018, first as a participant, then as coordinator and recently as an instructor for beginners. She sees the collaboration, support and sharing between participants of all levels as the benefit of this class.

Note: Supplies for the first class: basic watercolor paint set, watercolor paper tablet, brushes, two containers for water and an inspiration for your first painting. There is no need to purchase expensive materials. Searching on YouTube (for watercolor tutorials) and on Pinterest (for watercolor paintings by subject - trees, flowers, dogs, etc.) will inspire you!

43 Why Local Power: Understanding Your Choices

Presenter: Hamilton-Honey, Nick; Jensen, Louise

Location: Cornell Cooperative Extension Learning Farm, Front Classroom, Canton **Cap:** 50

Classes: 1 sessions, 2 hours

Dates and Times: Monday 10/21, 10:00-12:00

Description: Have you received energy solicitations in the mail? Do they seem too good to be true? Demystify your energy options. Learn how to evaluate these and other offerings and to choose the best to meet your need. Come prepared with questions, and bring your most recent solicitation.

Presenters' Background: **Nick Hamilton-Honey** is the North Country Energy Navigator Volunteer Coordinator and the Natural Resource and Sustainable Energy Educator for CCE of SLC.

Louise Jensen is a Community Energy Advocate for Northern Power & Light and an Energy Navigator Volunteer.