



SOAR

Fall 2025 Course Descriptions

SOAR Office
382 Van Housen Ext.
SUNY Potsdam
MWF 9am-2pm
(315) 267-2690

1 A Brief History of the Kanienkeha:ka

Presenter: Herne, Katrina

Location: SUNY Potsdam Stowell 211

Cap: 49

Classes: 1 session, 3.0 hours

Dates and Times: Tuesday, 9/30, 10:00-1:00

Description: Even in modern times, what you learn in history class is often one-sided and most likely from the point of view of the oppressor. The tale of the conquering Hero is one example. For the people of Akwesasne, that story is far different from what you may have heard growing up. This class is a brief history lesson told from the point of view of the Haudenosaunee (People of the Longhouse), specifically on the Kanienkeha:ka (Mohawk) of Akwesasne.

Presenter's Background: **Katrina Herne** is the Outreach Worker at the Seven Dancers Coalition, Cultural Consultant for the SMT Healing to Wellness Treatment Court and Canadian School Board. She was born and raised in Akwesasne and is a lifelong learner of our Traditional ways.

2 Haudenosaunee Creation Story

Presenter: Herne, Katrina

Location: SUNY Potsdam Stowell 211

Cap: 49

Classes: 2 sessions, 1.5 hours

Dates and Times: Tuesdays, 9/9-9/16, 11:00-12:30

Description: The Haudenosaunee use the story of Creation as the foundational story that explains the origins of our life on Earth, humanity, and the essential balance of life through the lens of Haudenosaunee culture.

Presenter's Background: **Katrina Herne** Refer to Course 1.

3 Healing of the Mind: A Modern Indigenous Perspective

Presenter: Herne, Harvey

Location: SUNY Potsdam Stowell 211

Cap: 49

Classes: 1 session, 2.0 hours

Dates and Times: Tuesday, 9/23, 10:00-12:00

Description: Using the Two-Way Value System, Mind-mapping and Wholistic thinking, participants will get an introduction to modern indigenous healing techniques. These techniques are about healing our ways of thinking and how we process information and are not ceremonial or medicinal.

Presenter's Background: **Harvey Herne** is the Program Manager for the Standing the Trees Back Up Men's Program with the Seven Dancers Coalition. Harvey has over 30 years of sobriety and over 25 years working in the recovery field using traditional concepts and teachings.

4 Peacemakers Journey and the Great Law of Peace

Presenter: Herne, Katrina

Location: SUNY Potsdam Maxcy 104

Cap: 49

Classes: 2 sessions, 1.5 hours

Dates and Times: Mondays, 9/29-10/6, 11:00-12:30

Description: The establishment of the Great Peace between the Eastern Woodlands Nations is known as the Haudenosaunee Confederacy. This course will retrace the Peacemakers Journey and the founding principles of the Great Law of Peace.

Presenter's Background: **Katrina Herne** Refer to Course 1.

5 Signs and Symbols of the Haudenosaunee

Presenter: Herne, Katrina

Location: SUNY Potsdam Maxcy 104

Cap: 49

Classes: 1 session, 1.5 hours

Dates and Times: Monday, 10/13, 11:00-12:30

Description: You may have seen signs, symbols or flags that you know are somehow relevant to your Indigenous neighbors but are unsure of the meanings. This course will take a look at the most common symbols and provide a description and meaning of each.

Presenter's Background: **Katrina Herne** Refer to Course 1.

6 Smudging and The Importance of Gratitude

Presenters: Herne, Katrina and Harvey Herne

Location: SUNY Potsdam Maxcy 104

Cap: 49

Classes: 1 session, 1.5 hours

Dates and Times: Monday, 10/20, 11:00-12:30

Description: As Haudenosaunee people we greet the day with our Ohenton Kariwahtékwén, also referred to as the Thanksgiving Address, Opening Prayer, or Words Before All Else. This course is to help people understand what is being said, why we say it, and how you can incorporate it into your life. We will also cover what it means to smudge and how to make it personal to you. You know what they say, "Gratitude changes attitude."

Presenters' Backgrounds: **Katrina Herne** Refer to Course 1. **Harvey Herne** Refer to Course 3.

7 Understanding the Medicine Wheel

Presenters: Herne, Harvey and Katrina Herne

Location: SUNY Potsdam Maxcy 104

Cap: 49

Classes: 1 session, 3.0 hours

Dates and Times: Monday, 9/15, 10:00-1:00

Description: In this course, participants will gain insight into themselves by taking a journey through the phases of life using Medicine Wheel teachings and traditional knowledge. This is an intro course to a wholistic way of thinking.

Presenters' Backgrounds: **Harvey Herne** Refer to Course 3. **Katrina Herne.** Refer to Course 1.

8 We Are Not Trash: Importance of the Missing and Murdered Indigenous Peoples Movement

Presenters: Barnes, Amie and Katrina Herne

Location: SUNY Potsdam Satterlee Hall 319

Cap: 40

Classes: 1 session, 1.5 hours

Dates and Times: Thursday, 9/18, 1:00-2:30

Description: This course brings awareness to the epidemic of Missing and Murdered Indigenous girls, women and men. It is an overview of the statistics, impacts on tribal communities and how you can be an advocate.

Presenters' Backgrounds: **Amie Barnes** is the Program Manager for the Seven Dancers Coalition, which advocates for survivors of Domestic Violence and Sexual Assault. **Katrina Herne.** Refer to Course 1.

9 The 1950s Raquette River Hydro Development

Presenter: Watson, Mary Jane

Location: SUNY Potsdam Brainerd 202

Cap: 45

Classes: 1 session, 1.5 hours

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

Description: This course will cover the project by Niagara Mohawk Power Corporation and Edson A. Martin's Raquette River Construction Company, including the construction of six dams and five powerhouses (Carry Falls, Stark, Blake, Rainbow, Five Falls, and South Colton) as well as an access road along the river from Stark to South Colton. The community of Hollywood disappeared under the flood waters.

Presenter's Background: **Mary Jane Watson** is a retired CPA and member of Colton Historical Society.

10 Ancient Stoicism

Presenter: Curry, David

Location: SUNY Potsdam Flagg 235

Cap: 24

Classes: 2 sessions, 1.5 hours

Dates and Times: Thursdays, 10/9-10/16, 1:00-2:30

Description: This two-session course is a brief introduction to Ancient Stoicism. The primary goal of the class is to examine Stoicism understood as a way of life. We will set out to unpack what the Stoics meant by claiming that happiness, flourishing as a human being, was a function of "living in accordance with nature". The writings of Marcus Aurelius and Epictetus, among others, will serve as our textbook.

Presenter's Background: **David Curry** is a Professor of Philosophy at SUNY Potsdam, with academic specialization in Ancient Philosophy, especially the philosophies of Plato and Aristotle.

Note: Some selections from our authors will be sent out to members by the course Ambassador prior to our first class meeting.

11 Antique Wood Boat Restoration

Presenter: Rosenfeld, Joe

Location: Colton Fire Hall, 80 Riverside Dr., Colton, NY 13625

Cap: 12

Classes: 1 session, 1.5 hours

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

Description: This presentation covers the 12-year restoration of an award-winning 1939 Chris Craft. Research, techniques, and materials will be discussed.

Presenter's Background: **Joe Rosenfeld** is a life-long wood worker and wood boat restorer.

12 The Archaeology of Early Christianity

Presenter: Downing, Caroline

Location: SUNY Potsdam Satterlee 219

Cap: 27

Classes: 1 session, 1.5 hours

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

Description: Archaeological research has brought to light many new insights into the development of the Early Christian church, from the discovery of a well-preserved house church in Syria to a new understanding of the meanings behind the paintings in the Roman catacombs. We will also look at my new research on a symbol of the cross called a staurogram, used to represent the crucifixion in the first centuries of Christianity.

Presenter's Background: **Caroline Downing** holds a doctorate in Classical Archaeology, and served as Associate Editor of the *American Journal of Archaeology* before joining SUNY Potsdam's Art Department to teach ancient art. Her research focuses on late Roman paintings with Christian content from the archaeological site of Stobi, North Macedonia.

13 Art of Nature Journaling

Presenter: Nestlerode-Hale, Sandra

Location: SUNY Potsdam Satterlee Hall 225

Cap: 12

Classes: 5 sessions, 1.5 hours

Dates and Times: Wednesdays, 9/3-10/1, 10:00-11:30

Description: This class will be a place to share ideas and techniques on nature journaling. It will be a time to meet up and share what you have found to draw and/or write about in your journal. Whether you have been journaling for a long time, or you're interested in beginning, you are welcome to join us! No experience is necessary. Nature journaling is one of the most personal ways to find the art that is eternal in the world. You can become an explorer in your own backyard.

Presenter's Background: **Sandra Nestlerode-Hale** has taught Art and Art History in England, Maine, and Pennsylvania for the last 25 years. She has a Master's Degree from Keele University in England and has taught in the North Country since 2019.

Note: Suggested supplies to bring to class: A watercolor notebook or mixed-media notebook for painting and/or drawing; some watercolor tubes or a small travel set of paint; pencils, pens, or any supplies you enjoy for drawing and lettering; a small ruler is helpful; and any samples or photos of natural objects you love, such as flowers, leaves, pine cones etc.

14 Be Prepared for Ticks, Mosquitoes, and Vector-borne Diseases.

Presenter: Hamilton-Honey, Nick

Location: Cornell Cooperative Extension Learning Farm, 2043B SH 68, Canton, NY 13617 Front Classroom Cap: 35

Classes: 1 session, 1.5 hours

Dates and Times: Tuesday, 10/7, 10:00-11:30

Description: Protect yourself from ticks and mosquitoes. Learn how to recognize and avoid tick and mosquito habitat, how to prevent bites through clothing selection and repellants, how to properly remove a tick should you find one during a tick check, and signs and symptoms of vector-borne diseases in this area.

Presenter's Background: **Nick Hamilton-Honey** is the Natural Resource & Sustainable Energy Educator for Cornell Cooperative Extension of St. Lawrence County and is the Energy Navigator Volunteer Coordinator for the North Country Clean Energy Hub.

15 Boat America - Course in Responsible Boating

Presenter: Trenton, Cathy

Location: SUNY Potsdam Satterlee 221

Cap: 45

Classes: 2 sessions, 4.0 hours

Dates and Times: Tuesday, Wednesday, 10/7-10/8, 1:00-5:00

Description: Boat America is a boating certificate class that offers an in-depth and interesting safety course and provides the knowledge needed to obtain a boating certificate. This course meets the New York State Brianna's Law requirement. The course is 8 hours and participants must attend all 8 hours. The course includes an introduction to boating, boating law, safety equipment, safe operation and navigation, boating emergencies, trailering and sports boating. The cost for this class is \$35 per person. Fees will be collected the first day of class and can be paid in cash or by check. Credit cards are not accepted.

Presenter's Background: **Cathy Trenton** is certified by the United States Coast Guard Auxiliary and has years of boating experience on local and international waters.

16 Current Events

Presenter: Casserly, John

Location: Potsdam Town Hall (18 Elm St.)

Cap: 45

Classes: 10 sessions, 1.5 hours

Dates and Times: Fridays, 9/5-11/7, 10:30-12:00

Description: A group discussion of the events of the time period in which we are living.

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

17 Excel for Beginners

Presenter: Mathie, David

Location: SUNY Potsdam Kellas 100 (computer lab)

Cap: 10

Classes: 2 sessions, 1.5 hours

Dates and Times: Thursdays, 10/30-11/6, 1:00-2:30

Description: Do you have Excel on your computer but don't have a clue how it works? Are you itching for a way to organize your spouse's bottle cap collection but don't know how? Would you like to make a daily calendar of your upcoming trip to Paris but don't know where to begin? This class will teach you, step by step, how to use Microsoft's Excel spreadsheet program, beginning with how to open it, how to enter information, how to use the features such as sorting, adding numbers, copying and importing data, eventually leading to making budgets, lists, calendars, inventories, to-do lists and other useful things. Please note this is a course for beginners or novices.

Presenter's Background: **David Mathie**, a Potsdam native, is the Chair of SOAR's Curriculum and Scheduling committees. In his pre-retirement life, he was a professional trombone player in New York City, then a Professor of Music at Boise State University in Idaho for 22 years, where he taught trombone, music education, gave in services and classes in basic computer techniques for college students and public school teachers, and is the father of a son who is a software engineer. David has absolutely no formal training whatsoever in computers but has used them since the 1980s and enjoys being the person who can usually fix !#@!!computer problems.

Note: As stated, this course is for beginners or novices. We will be using a SUNY Potsdam computer lab, but if you have your own laptop with Excel installed, please bring it. Everyone should also bring one thumb drive to use for saving files.

18 Famous Mineral Localities, Part II: Calcites from the St. Lawrence County Lowlands

Presenter: Walter, Michael

Location: SUNY Potsdam Timmerman Hall 120

Cap: 24

Classes: 1 session, 1.5 hours

Dates and Times: Thursday, 9/25, 9:00-10:30

Description: The class will explain the importance of the mineral calcite and why the crystalline specimens found in St. Lawrence County are considered to be among the finest in the world.

Presenter's Background: **Michael Walter** was a teacher of earth sciences and geology for 22 years at Parishville-Hopkinton Central School, now retired. He is the author of over 40 lay and professional articles and four books on specimen mineralogy. He has owned the mineral specimen business, Geological Desires, for over 30 years.

19 The Fascinating History of Knitting

Presenter: Fortin, Elaine

Location: Canton Free Library

Cap: 45

Classes: 1 session, 1.5 hours

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

Description: Knitting as we know it today has had an amazing history. That history begins with the fishermen in the Mediterranean before the 11th century, then spreads to shepherds around the world. It eventually adapts the older weaving patterns among cultures, becomes included in legal barter, then is primarily a male profession requiring seven year's apprenticeship. In the twentieth century, its production became compulsory by parishioners to supply garments for the military.

Presenter's Background: **Elaine Fortin** has two Master's degrees: one in Information Technology from Harvard and one in knitting from The Knitting Guild Association. A life-long knitter, shepherdess and fiber artist, she taught knitting in Vermont prior to moving to Potsdam in 2023.

Note: I ask that everyone wear real wool socks!

20 Getting to Know Grief: Beyond the 5 Stages

Presenter: Favaro, Kate

Location: SUNY Potsdam Flagg 235

Cap: 24

Classes: 1 session, 1.5 hours

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

Description: Grief is an experience in which foundational knowledge is particularly beneficial. Knowing what is normal or what to expect helps empower griever to embrace a grief process which works for them. It also makes it easier to know how to support friends and family who are grieving.

Presenter's Background: **Kate Favaro**, C.T., a native Adirondacker and graduate of SUNY Potsdam, has worked for Hospice of St. Lawrence Valley for four years. Normalizing conversations about end-of-life planning, death, dying, and grief has become an unforeseen passion of hers. When not doing this work or supporting individual grievers, she can be found by the lake with her golden retriever and a good book or adding stamps to her well-worn passport.

Note: Come prepared to participate! Kate will provide the foundational, theoretical knowledge but believes the true learning comes from connections formed through conversation. If you have something special you wear (jewelry, sweater, socks, tie pin, etc.) because it reminds you of someone who has died, be sure to wear it.

21 The Growing Edge - Gardening in the Second Half of Life

Presenters: Amoriell, Molly and Jason, Cynthia and Susan Mitchell

Location: Cornell Cooperative Extension Learning Farm, 2043B SH 68, Canton Front Classroom

Cap: 50

Classes: 1 session, 2.5 hours

Dates and Times: Wednesday, 9/10, 10:00-12:30

Description: Have you stopped gardening later in life, or are you a gardener who worries about increased physical limitations? Gardening is one of the most popular leisure-time activities among older adults. Still, many consider abandoning this beneficial activity when they feel it has become too physically demanding. In this session, two Master Gardener Volunteers from Cornell Cooperative Extension will address these concerns and make the case to adapt practices to the gardener's changing needs. The first part of the session will cover the proven benefits of gardening, safety considerations, and the importance of matching the garden type, plants, and tools to the gardener. Then a physical therapist will discuss topics such as strength, balance, fitness, movement, and flexibility for gardening and overall well-being.

Presenters' Backgrounds: **Molly Amoriell** and **Cynthia Jason** are Master Gardener Volunteers from Cornell Cooperative Extension. Gardening has been an avid hobby of each for four decades and one which they hope to pursue for years to come. **Susan Mitchell** is a physical therapist and a Board Certified Geriatric Clinical Therapist.

22 The History of the 19th-Century North Country in 3D

Presenter: French, Tom

Location: Canton Fire Hall

Cap: 50

Classes: 4 sessions, 1.5 hours

Dates and Times: Mondays, 10/6 -10/27, 10:00-11:30

Description: 19th Century Stereoviews, 3-D photographs that required a special viewer, were the original photographic souvenirs. Thousands were made in the North Country by photographers such as Seneca Ray Stoddard in the Adirondacks and A.C. McIntyre along the St. Lawrence River. This course will feature hundreds of 3-D photographs in four classes focusing on St. Lawrence County, the Thousand Islands, Adirondacks, and Watertown Area, including a session devoted to religious campgrounds from Martha's Vineyard to Chautauqua and the 1000 Islands. The class will include the opportunity to view many photographs in 3-D.

Presenter's Background: **Tom French** is a freelance writer and regular contributor to *Adirondack Explorer*. His book, *River Views: A History of the 1000 Islands in 3-D*, won a Silver Medal for Best Regional Non-Fiction in the

Northeast in the Independent Publishers Book Awards of 2012. His work has also appeared in the *Watertown Daily Times* and on North Country Public Radio.

23 Home Energy Audit--Your Ticket to Savings

Presenters: Jensen, Louise and Nick Hamilton-Honey

Location: Cornell Cooperative Extension Learning Farm, 2043B SH 68 Canton Front Classroom Cap: 50

Classes: 1 session, 2.0 hours

Dates and Times: Monday, 9/22, 10:00-12:00

Description: An Energy Audit is the first step towards a more energy-efficient home and saving money on your utility bills. Learn about what is entailed in an Energy Audit, who does them, and how they can help you save money and make your home more comfortable. Participants will take home their own short assessment tool.

Presenters' Backgrounds: **Louise Jensen** is the Energy Advisor for the North Country Clean Energy Hub and Cornell Cooperative Extension/St. Lawrence. Together with Nick, she helps to provide information and resources to support people and businesses in adopting clean energy technology, utilizing energy efficiency programs, and finding jobs in the clean energy industry. **Nick Hamilton-Honey** is the Sustainable Energy and Natural Resource Educator for CCE of SLC and the Energy Navigator Volunteer Coordinator for the North Country Clean Energy Hub.

24 Impacting Families in Burundi through School Gardens

Presenter: Smith, Suzanne

Location: SUNY Potsdam Flagg 233

Cap: 30

Classes: 1 session, 1.5 hours

Dates and Times: Friday, 9/19, 2:00-3:30

Description: Burundi, Africa is ranked as the poorest country in the world and has a long history of political unrest and violence as they seek to stabilize their economy and their country. The West sought to help improve the lives of children and families by helping teachers implement school gardens. We provided teacher's training on developing the gardens and how to use them as a classroom tool. Learn more about Burundi, their educational system, and how you can empower teachers and children in this presentation about our school garden program and the impact it made on those with whom we worked.

Presenter's Background: **Suzanne R. Smith** has served as the 18th President of SUNY Potsdam since April 2023. Prior to this time, she was the Provost/Vice President of Academic Affairs at Georgia Southwestern State University. Her academic career began at Washington State University Vancouver in the Department of Human Development where she specialized in parent-child relationships, family theories, and cultural diversity. Her research included studying the Hutterites, exploring fathering behaviors across generations, and the impact of living in rural areas on women's and children's health.

25 Intro to the Shane T. Shaul Fitness Center

Presenter: Keenan, Ashley

Location: SUNY Potsdam Fitness Center

Cap: 20

Classes: 1 session, 1.5 hours

Dates and Times: Monday, 10/6, 10:00-11:30

Description: This is an introduction to SUNY Potsdam's fitness center, where we will go into detail on how to use cardio and Cybex Machine equipment in the center. Participants will have a chance to try the equipment and ask individual questions.

Presenter's Background: **Ashley Keenan** has been the Fitness Center Director at SUNY Potsdam since 2016. She has for over 10 years been a personal trainer for a variety of clients.

Note: Please wear athletic clothing and proper shoes (closed-toed shoes, sneakers).

26 Introduction to Casino Gambling

Presenters: Foster, Chuck and Mary Sue Foster

Location: SUNY Potsdam Maxcy 104

Cap: 20

Classes: 4 sessions, 1.5 hours

Dates and Times: Tuesdays, 10/14-11/4, 3:00-4:30

Description: The purpose of this course is NOT to encourage casino gambling. Instead, it is to provide the basic skills to participate in table games (blackjack, roulette, craps et al.) if one chooses.

Presenters' Backgrounds: **Chuck Foster** bears the scars of 40 years of casino gambling, including over 30 trips to Las Vegas. **Mary Sue Foster** has participated in those 40 years of casino gambling, and most of the Vegas trips were her idea.

27 Introduction to the Alexander Technique

Presenter: Robinson, Beth

Location: Potsdam Town Hall (18 Elm St.)

Cap: 20

Classes: 2 sessions, 1.5 hours

Dates and Times: Mondays, 10/13-10/20, 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 occasional 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: <https://alexandertechniqueusa.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.

28 Introduction to the Alexander Technique Part 2

Presenter: Robinson, Beth

Location: Potsdam Town Hall (18 Elm St.)

Cap: 20

Classes: 1 session, 1.5 hours

Dates and Times: Monday, 10/27, 10:00-11:30

Description: This class will build on the activities presented in the first session with additional attention to the eyes, the breath, as well as any specific interests of the participants.

Presenter's Background: **Beth Robinson** Refer to Course 27.

29 Life on a Tilted Tea Cup Ride

Presenter: O'Donoghue, Aileen

Location: SLU Bewkes Hall 232

Cap: 35

Classes: 4 sessions, 1.5 hours

Dates and Times: Thursdays, 9/11-10/2, 9:00-10:30

Description: The sky, though it looks static, is in constant motion along multiple circular paths. It's as though we live on a cosmic, tilted Tea Cup Ride. In this course, we will explore many of these sky motions: the day (and night), the month, the year, precession of the Equinoxes and changes in Earth's orbit.

Presenter's Background: **Aileen O'Donoghue** has been in love with the sky all her life, teaching astronomy (and physics) at SLU for over 35 years, plus appearing monthly on North Country Public Radio to discuss the sky, and serving on the board of trustees of the Adirondack Sky Center and Observatory.

30 Mah Jongg for Fun I

Presenter: Rossi-Fries, Carol

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

Cap: 12

Classes: 6 sessions, 2.0 hours

Dates and Times: Tuesdays, Thursdays, 9/2-9/18, 9:00-11:00

Description: This course is for beginners with NO experience playing Mah Jongg. Focus will be on identifying tiles, how to read the Mah Jongg card and how to play a basic game using the rules of American Mah Jongg. A helpful reference is *A Beginner's Guide to American Mah Jongg, How to Play the Game and Win* by Elaine Sandberg.

Presenter's Background: Carol Rossi-Fries was an educator for over 37 years, teaching Physical Education, Special Education and Social Studies. Most of her teaching and coaching experiences were in the Potsdam Central School District and in the School of Education at SUNY Potsdam. Carol enjoys playing Mah Jongg as a fun social activity that keeps her mind active.

Note: Participants may bring their own Mah Jongg sets to class. An online helpful resource is Beginner's Guide to American Mah Jongg, which can be accessed at <https://www.ilovemahj.com>.

31 Mah Jongg for Fun II

Presenter: Rossi-Fries, Carol

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

Cap: 12

Classes: 3 sessions, 2.0 hours

Dates and Times: Thursdays, 9/4-9/18, 11:30-1:30

Description: This course is for those who already play Mah Jongg, may need a refresher or are looking for a group with whom to play. Focus will be on reviewing the basics of American Mah Jongg and quickly getting into a game situation using the 2025 Mah Jongg Card issued by the National Mah Jongg League. The goals of the course are to sharpen skills, make new friends and have fun playing!

Presenter's Background: Carol Rossi-Fries was an educator for over 37 years teaching Physical Education, Special Education and Social Studies. Most of her teaching and coaching experiences were at Potsdam Central School District and in the School of Education at SUNY Potsdam. Carol enjoys playing Mah Jongg as a fun social activity that keeps her mind active and hopes that course participants will enjoy it as much as she does.

Note: Participants may bring their own Mah Jongg sets to class. A valuable online resource is "Beginner's Guide to American Mah Jongg," which can be accessed at <https://www.ilovemahj.com>.

32 Medicare A, B, C, Ds - What You Need to Know

Presenter: McBurnie, Barb

Location: SUNY Potsdam Timerman 131

Cap: 50

Classes: 2 sessions, 1.5 hours

Dates and Times: Wednesdays, 10/1-10/8, 1:00-2:30

Description: Learn about the ins and outs of Medicare. The course will provide an explanation of what each part is, enrollment options, and an overview of how to protect yourself from Medicare scams and fraud.

Presenter's Background: Barb McBurnie worked for the St. Lawrence County Office for the Aging for twenty years helping numerous residents understand and assist with enrollment in different parts of Medicare. Currently, she is a Senior Medicare Patrol (SMP program is a nationwide program in every State) volunteer through NY StateWide Senior Action Council.

33 Painting the Night: A Study of Remington's Nocturnes

Presenter: Pratt, Julie

Location: Frederic Remington Art Museum, 303 Washington Street, Ogdensburg, NY 13669

Cap: 20

Classes: 1 session, 1.5 hours

Dates and Times: Wednesday, 11/5, 10:00-11:30

Description: Frederic Remington is best known for his dynamic depictions of the American West, but in the final years of his life, he turned his gaze inward. This walking symposium explores a quieter, lesser-known side of the

artist through his atmospheric nocturnes. With moonlit snow, flickering campfires, and deep shadows, these works reveal Remington's evolving artistic vision and his fascination with light, solitude, and mood.

Presenter's Background: **Julie Pratt** has a BFA in Painting from Syracuse University with a background in art history, art education, and studio arts. She has worked at the Remington Museum for eight years and currently serves as its Education Manager.

Note: This is a walking symposium, so comfortable shoes and clothing should be worn. There will be places to sit along the way for those who want to rest. There is an elevator to access the upstairs exhibits and a ramp to the museum's entrance. After the symposium, students are welcome to enjoy the rest of the Museum or browse the gift shop at their leisure. To learn more about Frederic Remington before the class, follow this link:

<https://fredericremington.org/frederic-remington-c4.php> This is not required, just suggested to help you get a better understanding of who Remington was.

34 Pickleball for Beginners

Presenter: Triolo, Jim

Location: Swift Field Pavilion, 10 Sugarbush Lane, South Colton, NY

Cap: 12

Classes: 8 sessions, 1.5 hours

Dates and Times: Tuesdays, Thursdays, 9/2-9/25, 10:00-11:30

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. A certain degree of athleticism is needed.

Presenter's Background: **Jim Triolo** has been playing for several years and teaching this course for the last three semesters.

35 Reducing Food Waste with Preservation

Presenter: Fillipi, Flip

Location: Cornell Cooperative Extension Learning Farm, 2043B SH 68, Canton. Front Classroom

Cap: 25

Classes: 1 session, 2.0 hours

Dates and Times: Wednesday, 9/17, 10:00-12:00

Description: This course is a fun collection of ideas from experienced food preservation experts on how to reduce food waste using methods such as freezing, dehydration, and fermentation. The session will comprise a panel conversation with Flip and several Master Preserver Volunteers along with a demonstration of a couple of these techniques. There will be handouts and recipes to bring home. The session will take place partly in the Front Classroom and then in the adjacent Harvest Kitchen.

Presenter's Background: **Flip Fillipi** is the Local Food Program Leader at Cornell Cooperative Extension. She manages the shared use space, the Harvest Kitchen, which is rented to food entrepreneurs as well as used for Extension programming such as Chef Training Camp, Celebrating Local Food workshops and the ever-popular food preservation.

Note: <https://stlawrence.cce.cornell.edu/harvest-kitchen>

36 Regenerative Gardening for Fun (and to Help the Planet)

Presenter: Todd, Greg

Location: Canton BOCES, 40 West Main Street, Canton

Cap: 30

Classes: 3 sessions, 1.5 hours

Dates and Times: Tuesdays (**every other**), 9/30, 10/14, 10/28, 10:00-11:30

Description: This course will cover the latest techniques in regenerative agriculture, no-till gardening, cover cropping and related topics. Regenerative agriculture is revolutionizing the world of gardening and farming. As the world faces running out of topsoil in 60 years, regenerative ag restores soil health without the use of commercial fertilizers through the use of mulches, cover crops and compost.

Presenter's Background: **Todd Greg** completed the 72-hour permaculture design courses with Geoff Lawton and Andrew Faust. He co-founded a community garden in Brooklyn, NY in 2007, which had 12 raised beds, chickens, composting, a greenhouse, aquaponics and solar heating.

Note: Our website has many useful links about regenerative and no-till agriculture.

<https://www.wastenotperma.org>. A good book to read is *The Organic No-Till Farming Revolution* by Andrew Mefferd. It's available at the Canton Free library or on Amazon.

37 Renewable Energy--Part 1: The Big Picture; Part 2: At Home

Presenters: Jensen, Louise and Nick Hamilton-Honey

Location: Cornell Cooperative Extension Learning Farm, 2043B SH 68, Canton. Front Classroom Cap: 50

Classes: 2 sessions, 1.5 hours

Dates and Times: Wednesdays, 10/15-10/22, 10:00-11:30

Description: Part 1: A look at the role of renewable energy here in New York State. The course will explore the State's goals, how and where it's generated, barriers to transmission and storage, and marketplace influences such as statewide programs to encourage a shift from fossil fuels to renewables.

Part 2: A look at demystifying your energy options at home. Many people have received solicitations concerning home energy that seem too good to be true: learn how to evaluate these and other offerings and choose the best to meet your needs. Come prepared with questions and bring your most recent solicitation.

Presenters' Backgrounds: **Louise Jensen** and **Nick Hamilton-Honey** Refer to Course 23.

38 Rockets for Space Launch Vehicles

Presenter: Davis, Mark

Location: SUNY Potsdam Brainerd 202

Cap: 49

Classes: 1 session, 1.5 hours

Dates and Times: Monday, 9/29, 1:00-2:30

Description: This class will present an overview of Rockets on Space Launch Vehicles from the 1960s (the trip to the moon) through 2025. Then the class will focus on control of Rockets by Thrust Vector Control (TVC) and Thrusters. Experience of the presenter in design of Thrust Vector Control systems for specific Launch Vehicles will be discussed.

Presenter's Background: **Mark Davis** is an Engineer with degrees from Purdue University (BS) and Cornell University (MS). He designed control systems (Servo Systems) for Large Steam Turbines (Power Generation), Plastic Injection Molding Machines, and Robots for 12 years. For 33 years, he worked on control systems for Aerospace and Defense, including 18 years designing control systems for Rockets on Space Launch Vehicles. Mark was inducted into the Niagara Frontier Aviation and Space Hall of Fame in 2015.

39 Smart Driver by AARP

Presenter: Stewart, David

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

Cap: 35

Classes: 2 sessions, 3.0 hours

Dates and Times: Thursday, Friday, 9/25-9/26, 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. It 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 three hours each over two days. Participants who complete the course could 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 who has been driving for more than six decades. He has taught close to 200 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.

40 Strength Training for Older Adults

Presenters: Bradshaw, Richard and Alexander Kodama

Location: Potsdam Town Hall (18 Elm St.) & Bjorn Fitness

Cap: 45

Classes: 2 sessions, 1.5 hours

Dates and Times: Mondays, 9/22 (Potsdam Town Hall); 9/29 or 10/6 (Bjorn Fitness), 10:00-11:30

Description: Being strong is an essential part of aging well. This seminar will explore the physical and psychological benefits of strength training, including increasing muscle mass and bone density, boosting mood, preventing injury, and improving brain health.

Session 1: We will discuss the rationale for strength training and present evidence that strength training is appropriate for all older adults, regardless of their physical condition.

Sessions 2 and 3: Participants will be introduced to various strength training exercises and equipment through practical demonstrations. This session will be held at Bjorn Fitness Center in Potsdam.

Presenters' Backgrounds: **Richard Bradshaw**, who retired in 2019 and now resides in Colton with his wife Kathleen Wallace, is a shapsmith at Bjorn Fitness, a substitute teacher and a presenter of SOAR courses. He has three grandchildren and enjoys hiking, teaching, and weight training. Richard attended a Starting Strength Camp: "The Self-Sufficient Lifter" in Wichita Falls, TX, and a strength training session in Detroit, MI, with Jonathan Sullivan, author of *The Barbell Prescription: Strength Training for Life After 40*. He has earned certificates of completion from Barbell Logic's Barbell Academy for coaches. **Alexander Kodama** Alexander Kodama, the founder and owner of Bjorn Fitness in Potsdam, is dedicated to empowering his clients to live longer, healthier lives. Alexander holds prestigious certifications from StrongFirst, Flexible Steel, and the National Academy of Sports Medicine, underscoring his expertise in fitness and wellness.

Note: The participants will **attend only one of the two sessions** at Bjorn Fitness, based on the session they choose to sign up for.

41 Submarine Life in the 70s and 80s - Two Experiences

Presenters: Butcher, Tom and Lyn Swafford

Location: SUNY Potsdam Flagg 233

Cap: 35

Classes: 2 sessions, 1.5 hours

Dates and Times: Thursdays, 10/9-10/16, 1:00-2:30

Description: This course will present Submarine Life on a Nuclear Fast Attack Submarine in the 70s and early 80s from two perspectives - a Submariner and a Wife of a Submariner. The course will begin with a brief history of the origins of the US Submarine force, its evolution and role in WWII, and finally its role in the Cold War. Then the presenters will share some of their experiences both onboard a "Boat" and as a Wife - "Meanwhile Back in Navy Housing."

Presenters' Backgrounds: **Tom Butcher** was the Supply Officer on the USS BERGALL (SSN667) from 1972 to 1975. As such he was responsible for the management of the spare parts inventory and the food service. At sea he was a Diving Officer. **Lyn Swafford** spent 30 years as an active-duty Navy wife (1966 to 1996). Her husband, Bill, served as the Leading Yeoman/Personnel Officer on the USS GROTON (SSN694) from 1979 to 1982.

42 Stretching for Couch Potatoes

Presenter: March, Pam

Location: SUNY Potsdam Performing Arts Center 126

Cap: 24

Classes: 7 sessions, 1.0 hours

Dates and Times: Thursdays, 9/25-11/6, 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: **Pam March** has taught dance, exercise and therapeutic movement both privately and in groups to ALL ages since the age of sixteen. 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 wear loose fitting clothing and bring a water bottle. Shoes are not allowed in the room. Participants must borrow or buy weights and bring them to the first class. Women should have a one-pound weight; men should have one five-pound weight.

43 Tai Chi Beginning

Presenter: March, Pam

Location: SUNY Potsdam Performing Arts Center 126

Cap: 24

Classes: 7 sessions, 1.0 hours

Dates and Times: Tuesdays, 9/23-11/4, 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: **March, Pam** 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 and bring a water bottle. Shoes are not allowed in the room. Beginning students may not register for "Continuing Tai-Chi and Qigong" unless the instructor allows it.

44 Tai Chi Continuing Tuesday

Presenter: March, Pam

Location: SUNY Potsdam Performing Arts Center 126

Cap: 24

Classes: 7 sessions, 1.0 hours

Dates and Times: Tuesdays, 9/23-11/4, 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** Refer to Course 43.

Note: Participants should wear loose fitting clothing and bring a water bottle. Shoes are not allowed in the room. Please note that due to construction in Maxcy Hall, this is a temporary location with a smaller room capacity. There will now be **two identical classes**, one Tuesday and one Thursday. Students should sign up for **either** the Tuesday class or the Thursday class, **not both**.

45 Tai Chi Continuing Thursday

Presenter: March, Pam

Location: SUNY Potsdam Performing Arts Center 126

Cap: 24

Classes: 7 sessions, 1.0 hours

Dates and Times: Thursdays, 9/25-11/6, 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 Refer to Course 43.

Note: Participants should wear loose fitting clothing and bring a water bottle. Shoes are not allowed in the room. Please note that due to construction in Maxcy Hall, this is a temporary location with a smaller room capacity. There will now be **two identical classes**, one Tuesday and one Thursday. Students should sign up for **either** the Tuesday class or the Thursday class, **not both**.

46 Thomas Jefferson- A personal View

Presenter: Amelotte, Jane

Location: Canton Free Library

Cap: 30

Classes: 1 session, 1.5 hours

Dates and Times: Monday, 9/8, 10:00-11:30

Description: A personal look at Thomas Jefferson, the third President of the United States. He was the primary author of the Declaration of Independence, a scientist, a lawyer, a farmer, an inventor and the founder of the University of Virginia. We will explore his multifaceted life, his residence, Monticello, and his getaway home at Poplar Forest.

Presenter's Background: Jane Amelotte has had an avid interest in Thomas Jefferson for decades, developing an extensive library. She has traveled to Monticello and Poplar Forest. She will be sharing her knowledge and perspective of this visionary, one of our founding fathers.

47 Toiler of the Hills: The Western Works of Vardis Fisher

Presenter: Bradshaw, Richard

Location: Potsdam Town Hall (18 Elm St.)

Cap: 45

Classes: 1 session, 1.5 hours

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

Description: Once hailed as "A novelist of the first rank" and compared to literary giants like Faulkner, Hemingway, and Dostoyevsky, Vardis Fisher is now largely forgotten. Wallace Stegner, one of his students, famously said that Fisher "put a can opener on my head and opened up my brains." This seminar delves into the life, literature, and legacy of Vardis Fisher, a significant yet overlooked author of the 20th century. Through reading his works and the few biographical accounts available, we will explore Fisher's contributions to literature and his lasting impact.

Presenter's Background: Richard Bradshaw Richard's family has a rich history tied to the American West. His mother's family settled in Montana in the late 1800s, when it was still a territory. Notably, one of his ancestors was Jennie Corson, famously known as the "Shepherdess of Montana," who owned a large sheep ranch in the Judith Basin with her husband, Jacob Severance. Richard's mother, Elinor, was born and raised in Great Falls, and he and his brother often visited their Montana relatives during their childhood. Following his mother's passing in 2013, Richard has been fascinated by the history of the Old West, collecting and reading books on the subject. Refer also to Course 40.

48 Two Years on the South Pacific Kingdom of Tonga

Presenter: Romey, Bill

Location: SUNY Potsdam Flagg 240

Cap: 24

Classes: 1 session, 1.5 hours

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

Description: This course will give you a feeling for what it was like to be a Peace Corps volunteer on a remote South Pacific island. The presenter kept detailed journals about the culture and marine life and wrote weekly letters home that will be covered in the course. Included will be slides and cultural items such as: Tupenus, Tapa Cloths, Kava bowls, and a Nose Flute.

Presenter's Background: **Bill Romey** is an Emeritus Professor of Biology at SUNY Potsdam. As a 22-year old, he spent two years as a Peace Corps volunteer in the South Pacific Kingdom of Tonga. While teaching high school biology, he learned Tongan, learned how to spearfish, and traveled widely among the hundreds of islands.

49 Vicarious Voyagers - Mongolia

Presenter: Babcock, Juanita

Location: SUNY Potsdam Flagg 233

Cap: 35

Classes: 1 session, 1.5 hours

Dates and Times: Wednesday, 10/29, 3:00-4:30

Description: Mongolia is a relatively unknown country that has a fascinating history and a vast empire under Genghis Khan. This presentation will explore the history of Mongolia along with its modern culture, both rural and urban.

Presenter's Background: **Juanita Babcock** is a worldwide traveler of several decades and enjoys learning about the history, culture, and politics of the various countries on our planet. She has contributed regularly in Vicarious Voyagers presentations for SOAR.

50 Watercolor Workshop

Presenter: Kuhn, Donna G. O.

Location: SUNY Potsdam Satterlee Hall 225

Cap: 18

Classes: 10 sessions, 2.0 hours

Dates and Times: Fridays, 9/5-11/7, 10:00-12:00

Description: This workshop is designed for SOAR aspiring artists to get together to paint, share their work, and improve their artistic skills through demonstrations and support from other participants. Watercolor basics for beginners will be provided as needed.

Presenter's Background: **Donna Kuhn** began her watercolor painting journey in 2018 when she took her first SOAR class. She enjoys sharing tips and techniques and learning from the participants.

Note: Supplies for the first class: basic watercolor set, watercolor paper tablet, brushes, containers for water & an inspiration for your first painting. Participants are encouraged to check out some YouTube watercolor painting tutorials.

51 World of Textiles and Travel

Presenter: Riley, Susan

Location: The Gallery, 14 Main Street, Waddington, NY 13694

Cap: 20

Classes: 1 session, 1.5 hours

Dates and Times: Monday, 11/3, 1:00-2:30

Description: The presenter's love of weaving and travel has evolved into a collection of experiences, textiles, and photos. She will share these with SOAR.

Presenter's Background: **Susan Riley** worked in addiction, rape/sexual abuse, and forensic counseling. It was clear upon retirement that she needed to find a "gentler world;" learning to weave and travel has filled that void.

52 The WWI Poetry of Owen and Sassoon

Presenter: Rose, Doug

Location: SUNY Potsdam Flagg 235

Cap: 20

Classes: 3 sessions, 1.5 hours

Dates and Times: Tuesdays, 10/21-11/4, 2:00-3:30

Description: The English poets Wilfred Owen and Siegfried Sassoon wrote many of WWI's best-known poems that stunningly revealed how the war affected soldiers on the front lines. Participants will read and discuss a dozen or so of these poets' works.

Presenter's Background: **Doug Rose** taught War and Literature at SUNY Canton for over 20 years and previously offered this course in the Fall of 2018 as well as "Poetry of the Great War" in the Fall of 2012.

Note: Poems will be sent out by email to members by the course Ambassador prior to our first class meeting. A few extra copies will be available.

53 Yoga Nidra - Guided Meditation for Deep Relaxation

Presenter: de la Vega, Terry

Location: Potsdam Presbyterian Church Community Center. Trillium Yoga Room, 42 1/2 Elm Street, Pdam Cap: 12

Classes: 4 sessions, 1.0 hours

Dates and Times: Fridays, 10/17-11/7, 11:00-12:00

Description: Yoga Nidra is a guided meditation practice to cultivate deep relaxation in the body, mind, and spirit. Often referred to as yogic sleep, or divine sleep, this contemporary practice is based on ancient meditation and yogic wisdom. The practice of Yoga Nidra releases tension and stress naturally, calming the nervous system. All that is required is to lie down in comfort and listen. No yoga experience is needed.

Presenter's Background: **Terry de la Vega** is a 200-hour Kripalu Yoga Teacher with 25 years of teaching experience and ongoing training in various aspects of teaching yoga, including Prenatal Yoga, Restorative Yoga, Dynamic Gentle Yoga, and Divine Sleep Yoga Nidra. Terry teaches two weekly sessions of Dynamic Gentle Yoga at the Trillium Yoga Room, Potsdam Presbyterian Church Community Center.

Note: Wear comfortable, loose fitting clothing. You will need to remove your shoes before entering the yoga room. The Trillium Yoga Room has yoga mats, blankets, and bolsters.