

GENERAL INFORMATION:

This spring, SOAR is pleased to offer **58 courses** and **presentations**. Info on class dates, times, locations and class notes can be found on the **SOAR website** and in the mailing inserts you will receive. **Closed classes** will be announced on the home page and course page as they occur. **Other INFO** and **UPDATES** are also posted on the **SOAR website** as they become available. Each class has its own page with full information, including updates, links, and other content that presenters want to share.

NOTE: Before signing up for a course, read the notes, including those found at **www.soarnorthcounty.org** – our SOAR website. Each presenter has a **Course** page (*by title*) and a **Presenter** page (*by last name*). Also, on the **website**, you can find **Location** information for each class, and **PDF** registration documents that you can print out and mail in to, or drop off at, the SOAR office.

[1] AARP: More Far Ranging Than I Ever Imagined! **Vicki Clark** **1 Session, 1½ hours**

With 38 million members, AARP is the largest non-partisan, volunteer and advocacy organization for senior citizens in the United States. In 2030, one in five people will be 60 or older. In 2035 there will be more adults age 65 and over than those under the age of 18. **Vicki Clark** urges us to advocate for ourselves to protect Social Security, Medicare and Medicaid! Upon retirement, Vicki searched for her next involvement and felt compelled to continue her advocacy work. The 42-year-old local chapter of AARP became the best fit for her! **NOTE:** Suggested web link: **aarp.org**. **Cap: 60**

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

This course will introduce acrylic paints and acrylic painting techniques to beginners. Students will learn about color, value and composition while creating different projects with acrylic paints in the relaxing and supportive atmosphere that is characteristic of Casie's instruction. **Casie Galletti** is a student at SUNY Potsdam, preparing for a future as a math and art teacher. This will be the fourth semester Casie has volunteered to teach for SOAR!! After instructing 2 courses of Beginning Watercolor, she is now offering Acrylic Painting for the second time. **NOTE:** Find a supply list on the Acrylic Painting... course page on the SOAR website. **Cap: 16**

[3] Addressing the Issues of the Nursing Shortage **Kimberly Davies** (*coordinator*) **1 Session, 1½ hours** **Christine Brassard & Kelly LeCuyer**

In this class, you will get an overview of issues and concerns related to the nursing shortage. Presenters are: **Christine Brassard**, MSN, RN-Nurse Educator since 1993 and **Kelly LeCuyer**, Nurse Educator (*going on 2 years*). **Cap: 45**

[4] An Alaskan Indigenous Village on the Frontlines of Climate Change

1 Session, 1½ hours

Jon Rosales

Explore the vulnerability of Shaktoolik, AK to increased storm intensity, loss of sea ice, warming temperatures, melting permafrost, and more. This village is in a particularly precarious physical location on the coast of the Norton Sound, but being an indigenous village, it also is dependent on federal aid and is often overlooked. **Jon Rosales**'s expertise and scholarly focus is on climate change. He calls us to align human institutions within natural limits. Jon was active in the U.N. working on international climate change policy until 2009 when he switched focus to the Arctic, where climate change is the fastest. He now focuses on the impacts of climate change on native subsistence villages in Alaska, making their concerns visible, advocating for their assistance, and calling on governments to act on climate change. Presenter's suggested web link: www.AKSIK.org **Cap: 40**

[5] Animal Metamorphosis: A Larval to Juvenile Transition **Alex Schreiber**

1 Session, 1½ hours

How does a tadpole transform into a frog? A larval fish into its adult form? A maggot into a fly? In this talk you will learn about the spectacular world of animal metamorphosis and the hormones that mediate it. **Alex Schreiber** is a professor of Biology at SLU. He specializes in endocrinology, the study of hormones. He works with both animals (frog and fish) and human systems. He is the author of an upcoming university-level textbook, *Integrative Endocrinology*. **Cap: 40**

[6] Archaeology at Camp Union: Potsdam's Civil War Training Ground

1 Session, 1½ hours

Hadley Kruczek-Aaron

This class will review the results of the archaeological excavation carried out at Potsdam's Camp Union in summer 2019. After a brief introduction to the field of historical archaeology, participants will learn about the questions guiding the research carried out at the site as well as the methods used to help answer those questions. The preliminary results of the excavation also will be described. **Hadley Kruczek-Aaron**, chair of the Department of Anthropology at SUNY Potsdam, has been excavating on historic period sites throughout the United States and abroad for more than two decades. She specializes in the nineteenth-century Northeast United States and is especially interested in documenting the everyday lives of those left out of our history books as well as re-examining the people, places, and events we think we already understand. **Cap: 106**

[7] Assessing Indoor Air Quality

Andrea Ferro

1 Session, 1½ hours

In the U.S., we monitor and regulate outdoor air pollutants, but spend most of our time indoors. The microenvironments where we spend our time, such as kitchens, living rooms, bedrooms and vehicles, host a variety of air pollution sources. As a result, the indoor air quality is different from, and often worse than, the outdoor air quality. We will discuss major

sources of indoor air pollution, the impact of weatherization and energy efficiency on indoor air quality, and the value of new, inexpensive sensors for monitoring air quality. **Andrea Ferro** is a professor in the Department of Civil and Environmental Engineering at Clarkson University. She is also a registered professional engineer, and the current president of the American Association for Aerosol Research. **NOTE:** View Andrea's suggested web links on the SOAR website. **Cap: 54**

[8] Backcountry Campsite Monitoring Around Cranberry Lake

1 Session, 1½ hours

Peter Pettengill

This presentation will summarize research efforts of a team of undergraduate students assessing environmental impacts from outdoor recreation at backcountry campsites around Cranberry Lake. A brief background of the study, the methods employed, and results will be provided. Discussion and engagement from participants are welcome. **Peter Pettengill** is an Assistant Professor of Environmental Studies at St. Lawrence University. He has worked as a backcountry planner at Grand Canyon National Park and enjoys teaching classes on park planning and recreation management. **Cap: 20**

[9] Basic Barn Quilting

Patti Walzer & Merla Pharoah

3 Sessions, about 4-7 hours each

This class is for people who have admired barn quilts and would like to make one of their own. Participants will create a 2x2 three-color barn quilt from vintage patterns. *It is imperative that participants attend all three full days in order to complete their project!* The presenters are SOAR members with varying degrees of experience painting barn quilts. They are both enthusiastic about barn quilting and wish to share their knowledge with others.

NOTES: 1) Attendance is required all 3 days, **2) \$40 Course fee** for materials presenters will supply: Enclose a non-refundable check for **\$40** (made out to Patti Walzer), must be included with the registration form; it will be returned if the class is full. **4) Participants must provide:** 1 roll Green Frog Tape (1.8 inches wide), 2" mini paint roller with sponge/polyester roller(s) - available at Coakley's Hardware. **Cap: 10**

[10] Basket Weaving – Group A Monday, 4/13

Ann French

[11] Basket Weaving – Group B Tuesday, 4/14

1 Session, 4 hours

Register for only one course, [10] or [11]. They are duplicate courses, each limited to 8 participants. You will do a simple basket suitable for a beginner: a nice sized waste-paper basket with handles. (The size is comparable to a Wal-Mart-sized bag.) The presenter will supply colored reed to match just about any room. **Ann French** has made baskets for more than 35 years. She has been teaching basketry for at least 30 of those years. She will supply all of the necessary tools for the day. Ann has owned a furniture store, a flower shop, and a flea market in Brasher. As she says, "I always have time for making baskets!" **NOTE: Course fee**

25\$. Enclose a non-refundable check for \$25, made out to Ann French, it must be included with the registration form; it will be returned if the class is full. **Cap: 8** in each group.

[12] Battery Energy Storage for New York Municipal Electric Departments

1 Session, 1½ hours

Tom Ortmeyer

Many of New York's municipal electric departments receive hydro allocations from NYPA. When their load exceeds the hydro allocation, they must purchase energy at market rates. This study examines the potential for the municipalities to use battery storage to better utilize their allocations. **Tom Ortmeyer** is a power engineering professor at Clarkson. He has taught and conducted research in electric power engineering throughout his career. **Cap: 60**

[13] Birding and Citizen Science

Nick Hamilton-Honey

3 Sessions: #1 = 2½ hours; #2 = 1½ hours; #3 = 1½ hours

Using Cornell Lab of Ornithology's eBird and Merlin applications to identify birds and track bird sightings, our observations will contribute to worldwide data for birding, science, and conservation. **Session 1:** Learn how to properly use binoculars, create an account in eBird, identify birds by group, and use Merlin to assist in individual bird identification. **Location:** Cornell Cooperative Extension Learning Farm. **Session 2:** We will use an established bird feeder to learn how to identify and count birds at a feeder - location **TBD**. **Session 3:** Groups will be split up with experienced birders, and walk a trail at Indian Creek Nature Center. Afterwards, we will come back together to talk about what we saw. All sessions will have an outdoor component; please dress for the weather! **Nick Hamilton-Honey** has been a lover of nature and the out-of-doors since just after birth. Nick's family would spend weeks during the summer at the South Jersey shore and they would grow-up hiking and biking in South Central Pennsylvania. Nick received a Bachelor's of Science from Pennsylvania State University in Wildlife and Fisheries Science and a Master's of Science from the University of Michigan in Human Dimensions of Environmental Stewardship (i.e. why you should care for Mother Earth). They have been teaching environmental education or sustainable energy education for over two decades and look forward to many more decades of showing/sharing knowledge and excitement about nature whether in a schoolyard, backyard, or forest. **NOTES: 1)** Sessions inside and outside each day, dress accordingly. **2)** Download "the Merlin" app. on your cell phone, ahead of time, if you can, **3)** Bring a small pocket-sized notebook to take notes, and binoculars if you can, otherwise share. **4)** View the "Birding ..." course page on the SOAR website for more information and suggested web links. **Cap: 30**

[14] Canine Body Language

Kris Hoffmann

2 Sessions, 2 hours each

Dogs are constantly telling us about themselves, but we need to use our eyes rather than our ears to listen. Through photos, diagrams, videos, models, and live dog demos, you'll learn what body cues to look for and what they mean. **Kris Hoffmann** is a Visiting Assistant

Professor of Biology at SLU and an amphibian and reptile conservation biologist with a soft spot for working dogs. She is currently training a wildlife detector dog-and-student team to find a rare frog for conservation work. **Cap: 28**

[15] Chronic Pain Self-Management 101
4 sessions, 1½ hours each

Leslie Russek, PT, DPT, Pd, OCS

Chronic pain affects millions of people. Self-management is an essential part of pain management whatever the source of your pain may be. This series of workshops will introduce participants to the current understanding of what causes and perpetuates chronic pain, what you can do to minimize pain, and what you can do to live to the fullest life in spite of pain. The workshops will introduce physical, cognitive behavioral, and mind-body approaches to managing pain. Dr. Russek is a Professor Emeritus of Physical Therapy at Clarkson University and an active physical therapist at Canton-Potsdam Hospital. She has treated patients and studied chronic pain for 29 years. She has published journal articles and a textbook chapter on chronic pain used by many PT graduate programs. Dr. Russek runs a support group that welcomes people with any form of chronic pain. **NOTE:** Visit her website at: <https://webspace.clarkson.edu/~lrussek/pfsg.html>. **Cap: 30.**

[16] Climate Change: Facts and Actions
3 Sessions, 1½ hours each

Arliene Oey (Coordinator)

Ginger-Storey-Welch and Alex Calk

What are the facts about climate change? Is it a crisis or hype? How did it come to be controversial, and what are effective ways to discuss it? Most importantly, what can we do to make a difference so children can have a decent environment to live and grow old in? **Ginger-Storey-Welch** is a lifelong lover of nature, which has led to a passion for protecting it. She is a retired elementary teacher. She started an elementary Green Team and high school Environmental Clubs. Ginger heads **NC 350 Alliance**, a local affiliate of **350.org**, and is also working on a Master Naturalist Certificate from Cornell Cooperative Ext. She was the 2018 recipient of the Rachel Somers Social Action Award. **Alex Calk** is a senior at Little River School and was the first recipient of the UU Church's Rachel Grant Youth Social Action Award in 2019. At a young age, she has already done social justice work in Africa and is a committed environmental activist. She is one of the organizers of Canton's Monthly Climate Vigil. **Cap: 40**

[17] Current Events
8 Sessions, 1½ hours each

John Casserly

This course is a discussion of unfolding events at the local, national and international levels. **John Casserly** is a retired Canton Central School social studies teacher who also coached cross country and track. He has been facilitating the discussion of current events since 2005. John is the first winner of the "Leon LeBeau SOARing Educator Award," given in Fall 2009. The award honors someone who has had a lasting impact on the lives of SOAR members. **NOTE:** Occasionally, people (including local students) are invited to come to talk about topics of their concern. **Cap: 30**

[18] Defining Successful Aging: Elusive or Illusive?

Matt Manierre

2 Sessions, 1½ hours each

What, exactly, does it mean to age well? Though it might initially seem intuitive, this is actually a problem that gerontologists and philosophers have struggled with. This interactive presentation will focus on debates surrounding the idea of “successful aging,” which can be anything from a hopeful reframing of old age to a new form of ageism. We will explore a variety of definitions of successful aging, but the challenges of pinning down just one or a few definitions in our increasingly diverse society have led some researchers to abandon the task entirely. Clarkson Professor **Matt Manierre** has a PhD in sociology from the University of Delaware. His dissertation and recent work focused on both the measurement and prediction of successful aging, but he has worked more broadly in the field of medical sociology. He is currently working on research that conceives of success as a long-term pattern of behaviors and characteristics instead of a single state. His work has been published in *The Gerontologist*, *Social Science and Medicine*, and *Research on Aging*. **Cap: 60**

[19] Drawing for Everyone

Deborah Steinberg, (Coordinator)

8 Sessions, 2½ hours each

Chloe Koegel, (Student teacher)

General drawing concepts will be covered in this art class. Participants will draw still lifes and models. Graphite (pencil) and charcoal will be the primary media. Individuals of all levels and skills are welcome. **Chloe Koegel** will return as the instructor for this class. She is an art major at SUNY Potsdam pursuing the BFA degree with a specialty in printmaking, and she will also become certified as an art teacher. In the fall 2019 SOAR semester, Chloe demonstrated her excellent ability to work with individual students of varying levels to help each develop drawing skills and techniques. **NOTE:** On Day 1, please bring the materials listed on the “**Drawing...**” course page on the SOAR Website. **Cap: 16**

[20] Ecological Gardening

Anne Ceste

1 Session, 2 hours

This is an illustrated report on what the presenter has learned about flower gardening with the health of the soil, pollinators, birds and other creatures in mind. **Anne Ceste** will talk about how she has tried to put these principles into action and how they have changed her garden. She has been planning, planting and tending a one-acre garden of mixed perennials, shrubs, and annuals for the last 18 years in her North Russell home. **Cap: 30**

[21] Energy Course

Karen Courtland Kelly

1 Session, 1½ hours

This class will offer a PowerPoint presentation on recognizing patterns of function and destruction in life and career. Through “Peak Edge Performance,” Ms. Kelly originally designed the “Energy” presentation for Entertainment’s Disney on Ice for professional

performers to educate them on the patterns that either create function or dysfunction in one's life and career. This program was presented in cities around this country and around the world. **Karen Courtland Kelly** is an Olympic and World Competitor in Figure Skating. She has performed professionally on stage and on ice in Radio City Music Hall's Christmas Spectacular and the Macy's Thanksgiving Day Parade, among other productions. Karen is a graduate of the National Theatre School of Canada. She also holds an M.A. degree from Concordia University and a B.A. from Bishop's University. **Cap: 60**

[22] Faith and Reason in the 21st Century

Rev. Bryan Stitt

1 Session, 1½ hours

This presentation will describe what science can learn from religion and what religion can learn from science. A former engineering student realized that he was missing some of the big picture of life. This led the now-*Father* Bryan Stitt to the study of philosophy, to a theology major, and eventually to being ordained a Catholic priest. We will explore what he eventually realized to be the limits of science and the cooperation of science and religion. **Cap: 40**

[23] Fluorescence to Rock Your World Jim Barry and George Robinson

1 Session, 1½ hours

Fluorescence is the rapid emission of visible radiation by an excited particle. This technique is used in lamp tubes, biochemical markers, crystal studies and TV screens. Colorful demonstrations of fluorescence will be performed to explain these applications. Come see the light! **Jim Barry** is a retired chemistry teacher, member of the SOAR Board of Directors, and Co-chair of the Curriculum Committee. Jim received the SuperSOARer Award in 2006. **George Robinson** is a retired museum curator and university professor. He is a Research Associate at SLU and NYS Museum. George received a Carnegie Medal and had a rare mineral "georgerobinsonite" named after him. **Cap: 40**

[24] Hearing Instruments for Age Related Hearing Problems

1 Session, 1½ hours Steve Carbone, HCP

Learn about testing, fitting, and programming hearing aids, wax removal, counseling and overall hearing care to patients. **Steve Carbone** has had 30 years in the hearing care industry. He has a Bachelor's Degree from St. Mary's College in Maryland. **NOTE:** Presenter will bring an HTM - i.e. a portable machine used for a hearing screening. **Cap: 40**

[25] Honoring Our Descendants

David Kendall

2 Sessions: the first 1½ hours; the second 3 hours

Sharing lives and stories is the essence of existence. It's what makes life meaningful. It's what connects us. It's how we learn from one another. Yet few of us leave to our descendants stories of life as we have experienced it. **Session 1** will be information-based

and will focus on why we tend to look backward (traditional genealogy) and on the benefits of looking forward in our search for generational connections. **Session 2** will be a **double session in time** and will focus on sharing in small groups self-chosen short stories of life that might prove useful or interesting to future generations. Attendees will be encouraged to write during the two-week period between sessions. Please note that the stories will only be shared and discussed, **NOT EVALUATED!** **David Kendall** is the author of the book: “When Descendants Become Ancestors: The Flip Side of Genealogy” (*currently under revision*) (Balboa Press: 2014) **Cap: 100**

[26] How Math Can Be Used to Understand Cancer and Its Treatments

1 Session, 1½ hours

Diana White

The presenter will describe some of the types of math that can be used to describe how solid tumors grow as well as how cancer spreads through vascularization (i.e., how it forms a secondary tumor by connecting to the blood stream). She will also describe some of the mathematical work that has been done, helping us to understand how we might define better treatment protocols (to offer more effective treatments in terms of reducing cancer load while having the least amount of negative effects on the patient). She will also discuss how mathematics can be used to understand cancer growth, progression, and treatment.

Diana White is a mathematical biologist (originally from Newfoundland, Canada), who uses mathematical modeling to understand many different types of biological systems (cellular and ecological). She also is interested in studying invasive species growth, spread, and control using similar types of math tools. **Cap: 60**

[27] Introduction to Coin Collecting

Jack Lawrence (*Presenter*)

1 Session, 1½ hours

Frank Palumbo (*Assistant*)

Coin collecting is a rewarding hobby for those who appreciate history, organizing exceptional pieces, comparing standards, and at times, discovering that personal items may hold a surprisingly high value. If you have a jar containing old coins that have not been examined for many years, this *Introduction to Coin Collecting* may be the ideal opportunity for taking your first step as a *numismatist!* This class is for true beginners as well as those who may wish to better evaluate and organize coins they have owned for many years. **Jack Lawrence** is long-time coin collector who has offered school programs for area students and individuals.

NOTE: 1) Bring a few or many of your interesting coins for review. **2)** Suggested web link: <https://www.thesprucecrafts.com/collecting-coins-4162970> **Cap: 10**

[28] Invasive Plant Research in St. Lawrence County

Jessica Rogers

1 Session, 1½ hours

Jessica Rogers has been doing research on invasive plants in the St. Lawrence Valley since 2017, examining the spread of purple loosestrife and its biological control agent, a *Galerucella* beetle. Her research has expanded to include raising her own beetles to release

at large infestations and using drones to map larger areas. We will discuss invasive plants and the methods for control and eradication as well as specifics about her research. **Jessica Rogers** is a native of the North Country. Her PhD is from Columbia University; her topic: examining deforestation in protected areas in Central Africa using satellite images. She teaches at SUNY Potsdam in the Department of Environmental Studies. She also is on the board of the St. Lawrence Land Trust and works with local environmental groups to connect students to volunteer opportunities. **NOTE:** Jessica's suggested link: http://nyis.info/invasive_species/purple-loosestrife/ **Cap: 105**

[29] Korean Drumming

In-Sil Yoo

2 Sessions, 1½ hours each

Dung Duk Kung! The unique sounds of thunderous Korean drumbeats! You will have fun while learning about Korean culture by performing Korean traditional folk music on Korean percussion instruments. You will also be introduced to Korean culture through fun activities of performing Korean percussion instruments playing Korean traditional folk music. You will also learn Korean traditional rhythmic patterns (*Jangdan*), and basic techniques to play different percussion types. Let's play *Dung Duk Kung!* **In-Sil Yoo** is a native of Seoul, South Korea. She was formerly an organist and a member of a Korean drumming group until she moved to the US in 1995. She has been teaching at St. Lawrence University since 2003, and her research involves working with artists and dancers. **NOTES:** 1) Presenter will supply instruments for you to play; 2) Please dress comfortably, you will be sitting on the floor. **Cap: 16**

[30] Kubrick

Peter Bailey

8 Sessions, 1½ hours each

NOTE: For this course SOAR members will be combined with SLU students, covering four of the fourteen Stanley Kubrick feature films the SLU students will cover: *A Clockwork Orange*, *Barry Lyndon*, *The Shining*, and *Full Metal Jacket*. Class discussion is the pedagogy. **Peter Bailey** is semi-retired from St. Lawrence and the English Department; this will be his 40th year of teaching. He has published books on Stanley Elkin, Woody Allen, John Updike, and Stanley Kubrick. The three Kubrick classes Peter has done are among the best he has ever taught. Kubrick left us great cinema to admire and debate. **NOTE:** 1) Participants will have access to the four Kubrick films via SLU's Sakai network; 2) Because this is an SLU class, we will be on the SLU class time schedule. **Cap: 5**

[31] "Lincoln's True Love"

Terry Niles

2 Sessions, 1½ hours each

This class will explore one of the lesser known periods of Abraham Lincoln's life, a time in which Lincoln grows into adulthood and begins seeing a new world, a world which he

longs to become part of. We will explore how these few years shaped this man, and how a serious romantic relationship develops during this period and nearly destroys him. **Terry Niles** was a history and government major at SLU, and his main hobby nowadays is still studying history. Terry is a former member of the Board of Directors for the St. Lawrence County Historical Society. Currently he is an active member of the Civil War Round Table. He is the owner of Niles Asset Management; Inc. Terry is a popular and frequent presenter for SOAR. In 2012, he was awarded the “Leon LeBeau Outstanding SOARing Educator Award” in honor of his many great SOAR presentations. **Cap: 54**

[32] Line Dancing for Beginners and Intermediates
6 Sessions, 1 hour for each class level

Margaret Mauch

It's not just country anymore! Classes will consist of learning patterned dance steps set to a variety of rhythms and dance styles. It's FUN and energizing. Exercise your brain and create muscle memory with movement, balance and style. The first hour will be focused on beginners, and the second hour will be dedicated to experienced line dancers. Intermediates are encouraged to join during the first hour at any time. As beginners progress, they are welcome in the second hour where the dances will be more challenging. **Margaret Mauch** has been teaching line dancing for over 15 years. She offered a Progressive Dance class for campus & community at St. Lawrence University for 5 years. **NOTES:** For easy pivoting while dancing, wear smooth soled shoes or sneakers, or create “dance socks” from an old pair of thin stretchy socks that will fit over the toes and balls of your shoes. **Cap: 35**

[33] Mah Jongg

Kay Russell & Brenda Francey

4 sessions, 2 hours each

This is an opportunity for people of differing skill levels to play Mah Jongg. Newcomers are welcome. Brenda has been playing Mah Jongg since 1986 and is a retired teacher from the Ogdensburg school system. Kay has been playing Mah Jongg since 1970 and is a retired Children's Services Supervisor from the Department of Social Services. In Spring 2017, Kay and Brenda received the “Super SOARer Award.” **NOTE:** Suggested link: www.nationalmahjonggleague.org **Cap: 16**

[34] Marsupial Mammals of the World

Roy Horst

4 sessions, 1½ hours each

There are 50 species of marsupials in Australia, and there are also ten species of marsupials, including our local opossums, between Canada and Argentina. We will discuss some of these American species in detail with emphasis on their ecology and their distinctive reproductive biology. Roy Horst has been studying mammals his entire professional career. He has presented many courses for SOAR on a variety of animals – from bats to bears. Fall 2017, he was presented with the Leon LeBeau SOARING Educator

Award. Roy is a professor emeritus in biology at SUNY Potsdam. **NOTE:** Roy will provide a short outline on day 1. **Cap: 60**

[35] More Elephants and Rhinos too
2 Sessions, 1½ hours each

John McDonald

In part one of this course, we focused on the evolution, history, physical characteristics, environment and social behavior of elephants. In this course, we will focus on the continuing threats to both the Asian and African elephants from poaching and the increased demand for ivory, which has resulted in significant declines in wild elephant populations. As an example, between 2006 and 2016 the wild elephant population in Africa declined by 30 % or 111,000 individuals. We will also discuss the evolution, history, physical characteristics, environment, and social behavior of rhinos. They, too, face serious threats from poaching to acquire their horns, which are believed to provide significant medicinal benefits in traditional Asian medicine. One of the casualties of these beliefs was the extinction of the wild Northern White Rhino in 2018. **John McDonald** retired from IBM and Arrow Electronics. He has had a lifelong interest in Africa and its wildlife. While in college, he worked in primate research; after that he spent time with Dave Hoover, the lion and tiger trainer for the Clyde Beatty and Cole Bros. Circus. John corresponded with George Adamson of “Born Free” fame and was offered the opportunity to conduct field research on Adamson’s lion in Kenya. After retiring, over a three-year period, John spent time in Namibia observing wild elephants and rhinos in Etosha National Park as well as working with rhino researchers in a private reserve in Namibia. **NOTE:** John received the Leon LeBeau SOARing Educator Award in Fall 2019. **Cap: 205**

[36] Murderers, Thieves, and Rapists: The Biology of Deviant Behaviors in Nature
1 session, 1½ hours

Gordon Plague

All human societies have laws against deviant behaviors, although humans are not the only species that exhibit such behaviors. In this course, we will take an evolutionary approach to explore the adaptive benefits of some fantastically deviant behaviors in nature. **Gordon Plague** is a Professor of Biology at SUNY Potsdam. His research background and interests are relatively broad, ranging from the behavioral ecology of insects to the evolution of parasitic genes in bacteria. **Cap: 105**

[37] Native Peoples of North America
4 Sessions, 1½ hours each

Susan Stebbins

This class is a brief introduction to the histories and cultures of a representative group of Native American societies in the United States and Canada. **Susan Stebbins** has been a professor of anthropology at SUNY Potsdam since 1992. She has taught classes and published about various aspects of Native American societies and also contemporary issues. **Cap: 106**

[38] North America on Ice! Understanding Glaciers

Adam Pearson

1 session, 1½ hours

The continental glaciation of North America has shaped the northeast and is responsible for much of what we see today in the landscape in the North Country. Learn how massive ice sheets formed and then moved south, changing the land as they went and leaving us to wonder about what two miles of ice thickness can do to a landscape. We will explore how and why ice can move and think about the landforms it shapes through erosion and deposition. **Adam Pearson** is a geomorphologist and has done field work related to glacial geomorphology. He also studied fluvial systems in landscapes that have been glaciated. He grew up in a different landscape that was shaped by the same glaciation. **Cap: 106**

[39] Nuclear Submarines – My Life under Water

Tom Butcher

2 Sessions, 1½ hours each

This course will provide an overview of the evolution of the US submarine force from 1900 to the present. It includes a discussion of the transition from diesel to nuclear power, with the Nautilus being the first nuclear powered “boat.” We will look at the role of our submarines in World War II and the Cold war. Then, we will talk about the layout and operation of a submarine...diving/surfacing, and other important parts of a daily routine at sea. Many “evolutions and events” will be drawn from the presenter’s experiences while he spent about a year and a half underwater on his boat during the early 1970s. From 1972-75, Tom served as the Supply Officer on the USS Bergall [SSN667], a nuclear fast attack submarine. **Tom Butcher** moved to the North Country three years ago to be close to family. He is a Financial Adviser with Northwestern Mutual. **NOTE:** “*Blind Man’s Bluff*” is an excellent book that chronicles the role of US submarines in the Cold War with the Soviet Union. **Cap: 60**

[40] Overview of Substance Use Disorder

Deborah Norris, DO

2 sessions, 1½ hours each

We will look at substance use disorder: the history, causes, preventions, effects and treatments, signs and symptoms, theories of the cause, and theories that affect the treatment of the disease of those who suffer from it. The presenter asks: “Why the stigma?” She will also look at this disorder in the context of politics, statistics, Narcan training, and harm reduction point of view. **Deborah Norris** has a background in emergency medicine, surgery, and most recently, addiction medicine. She is fascinated by the people with addictions. She never stops asking WHY is this happening?! **NOTE:** Interested in learning more? Dress for Narcan training – you will need to move comfortably for a simulated rescue practice. Also, bring your ideas, opinions, questions and thoughts on this topic for discussion. **Cap: 40**

[41] Poems of Billy Collins through 1989

Robert (Bob) DeGraaff

3 Sessions, 1½ hours each

In this class, we will look at a selection of poems by America's most popular living poet – Billy Collins. **Robert (Bob) DeGraaff** was the Victorian literature specialist in the English Department at SLU for nearly 40 years. He has always been particularly interested in poetry. He retired in 2008. **NOTE:** Copies of the poems will be provided. **Cap: 20**

[42] Sculpture in Ceramics

Patti Walzer (*Coordinator*)

9 Sessions, 3 hours each

Andrea Lussier (*Student Teacher*)

This course will give students the opportunity to explore three-dimensional art through hand-building with clay. We will cover fundamental techniques, including slipping and scoring, carving, slab building, glazing, and more. Andrea Lussier is a senior at SUNY Potsdam, but she also has experience in 3D art and sculpture in many other mediums.

NOTE: 1) There is a **\$30 material fee** for clay and glazes. A non-refundable check for \$30, made out to Andrea Lussier, must be included with the registration form. It will be returned if the class is full. **2)** Other supplies will be discussed on the first day of class.

Cap: 10

[43] Secret Lives of Turtles

Sara Ashpole

1 session, 1½ hours

Most 5th graders know a wealth of information about dinosaurs, but few people understand the unique and remarkable lives of the turtles that live among us. Turtles evolved almost 220 million years ago, yet today they struggle to exist. Globally, turtle species are on the decline: from the worldwide trade in turtles (of which NY state has played a part!) to their inability to adapt to human landscapes, disease and climate change. Turtles are a spiritual symbol of endurance and longevity. We will explore turtle legends, natural history, their plight in uncertain times, and how everyone can be a turtle steward. **Sara Ashpole** is an Associate Professor of Environmental Studies, and Faculty Coordinator of the Sustainability Program at SLU. She received both her undergraduate degrees in Zoology and a Master's degree in Eco-Toxicology from the University of Guelph, Ontario. She completed her Ph.D. in Conservation Planning at the University of Waterloo, Ontario. Since 1999, Sara's research has been collaborative with NGO, government, First Nation peoples, and private landowners, examining cumulative impacts to amphibian, reptile, and turtle populations in the Great Lakes and the south Okanagan River Valley, British Columbia. **Cap: 60**

[44] Secrets of Good Writing

Eudora Watson

3 sessions, 1½ hours each

Each session will offer time for practice, study of models, and reflection on the accumulated wisdom of respected practitioners. We will begin with a focus on quantity (write it up), weave

in a focus on quality (edit it down), and always keep an eye on the communal nature of the craft (each of us a student and a teacher). Previous attendees are welcome. **Eudora Watson** has been published in *Tule Review*, the *Aurorean* (poetry), and in *JAEPL: Journal of the Assembly for Expanded Perspectives on Learning* and *Blueline* (nonfiction). A former teacher, she has worked as a writing consultant in public and private schools to help teachers invigorate their writing instruction. She is the Writing Specialist in the School of Education and Professional Studies at SUNY Potsdam. **NOTE:** Bring paper, writing implements and a package of 3x5 or 4x6 index cards. **Cap: 15**

[45] Senior Fitness

Tanya Hewitt

2 sessions, 1½ hours each

This course includes discussion and instruction on key fitness areas such as: resistance training, balance, and cardiovascular health. Participants will learn how to structure their own exercise programs, and they will have the opportunity to practice various exercises with instruction. **Tanya Hewitt** is the Chair of the Public Health and Human Performance Department at SUNY Potsdam. She is a certified Exercise Physiologist and has over 20 years of experience in the health and fitness field. **Cap: 25**

[46] Small Wind Turbines: The Basics to the Latest

Ken Visser

1 session, 1½ hours

An overview of small wind energy will be presented, including key factors to consider about adopting this technology. Current turbines in the marketplace are presented along with the latest advances being developed at Clarkson for commercialization. **Ken Vissor** has been teaching aircraft design and performance courses at Clarkson for 20 years. His research focuses on applied aerodynamics and renewable energy concepts, including wind turbine design, drag reduction of ground vehicles and design of aircraft wings. He holds several patents and has worked at NASA Langley, Boeing in Seattle, and the DLR in Braunschweig, Germany **Note:** A field trip to the site of the turbines will be arranged for those interested. **Cap: 105**

[47] Stumped by Salamanders

Kris Hoffmann

1 session, 1½ hours

Unisexual salamanders are an all-female lineage that reproduces by “stealing” sperm from other types of salamanders. Little is known about their ecology because they are difficult to identify and study, and a lack of information hinders their conservation. Join Kris Hoffmann as she describes her work with salamanders at four wetlands in Maine, using a combination of trapping, radio tracking, and genetic analysis. Her results indicate that the communities were almost entirely female. But if there were no males, how were they reproducing? The narrative of this study demonstrates how results can lead to more mysteries. **Kris Hoffmann** is a Visiting Assistant Professor of Biology at St. Lawrence University and an amphibian and reptile conservation biologist. Her research focuses on habitat needs, behavior, and amphibian community interactions. **Cap: 45**

Tai-Chi Courses:**Pam March**

Pam 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 for all Tai-Chi students: Wear loose fitting clothing, soft shoes or socks, and bring a water bottle.

[48] Tai-Chi and Qigong: Beginning**7 Sessions, 1 hour each**

The class includes basic Chinese warm-ups, both standing and sitting down, along with Tai-Chi meditation and introduction to the Yang 24 movement short form. Concerns of seniors will be addressed, including balance, leg strength, endurance, learning how to relax, and taking it easy on the joints. **NOTES: 1)** Beginning students often take two or more semesters of this class before advancing to Tai-Chi: The Short Form. **2)** Advancing to Continuing Tai-Chi and Qigong requires instructor's permission. **Cap: 50**

[49] Tai-Chi and Qigong: Continuing**14 Sessions, 1 hour each**

This course is intended for students who already have familiarity with Tai-Chi and Qigong. The course includes Qigong forms, traditional Chinese warm-up exercises and Tai-Chi meditation. Students do the Yang 24 movement short form. **NOTES: 1)** Continuing students may not register for Beginning Tai-Chi and Qigong. However, they may continue to take Tai-Chi: The Short Form. **Cap: 50**

[50] Tai-Chi: The Short Form**7 Sessions, 1 hour each**

This course is the second half of the short form Tai-Chi. It includes simple centering and breathing exercises, followed by a "Resting" meditation before we begin the primary focus of this class – learning the Yang 24 movement short form. **NOTE:** The prerequisite for this course is Beginning Tai-Chi and Qigong. **Cap: 50**

[51] Troopship Memories: A Citizen Soldier in the Cold War**Art Johnson****1 Session, 1½ hours**

The presenter will share with you his memories of those two years when he was a young man, working with the Allies and facing the Soviet World as they stood on the brink of World War III. **Art Johnson** was a volunteer draftee. By offering to serve, he spent only two years instead of three in the Army. He served as a Pvt (*Private*) and a PFC (*Private First Class*) in the U. S. Army. **Cap: 60**

[52] Watercolor /Mixed Media – All Skill Levels Welcome!

9 Sessions, 2 hours each

Donna Kuhn (*Coordinator*)

This workshop is designed for SOAR aspiring artists to get together informally and improve their artistic skills through demonstrations, support from other participants, and opportunities to have their work critiqued and to critique the work of others. While there is no designated instructor for this workshop, we hope to have guest artists from time to time to share their expertise. **Donna Kuhn** has participated in several SOAR art courses. She is looking forward to coordinating this workshop and continuing to learn from expertise shared by the participants. **Note:** View the “Watercolor...” course page on the SOAR website for a list of supplies and a suggested web link design and color theory. **Cap: 18**

[53] What Is Love?

Robert LeBoeuf

1 Session, 2½ hours (*with a break*)

In this class, we will be examining the meaning of love from many different perspectives. **Robert LeBoeuf** has given two previous classes: "Past Life Regression" and "Mysteries of the Round Towers of Ireland." He is a retired instrumentation and controls technician. He was an electricity instructor at BOCES in Norwood. Robert has been a student of metaphysics for over 40 years. **Cap: 60**

[54] When Conservation Meets Engineering: Predicting the Damaging Effects of Vibrations on Pastel Paintings

1 Session, 1½ hours

Marcias Martinez

Pastel paintings are one of the most fragile types of art objects. When handling loan requests, conservators lack scientific data to assess the risk for damage in transport and thus, for making decisions whether paintings can be transported. A research project was initiated in 2014 to investigate the effect of vibrations on the condition of pastel paintings and to determine under what conditions they can be transported with minimum risk for damage due to vibrations. **Dr. Martinez** has been developing a “Holistic Structural Integrity Process” for aerospace structures. However, during his time in Europe (Delft University of Technology, Faculty of Aerospace), he had an opportunity to apply some of his research to the art and conservation field of pastel paintings... thus, **Conservation Meets Engineering!** **Cap: 54**

[55] Why People Falsely Confess to Crimes

Steven Gilbert

1 Session, 1½ hours

In recent years, false confessions have been the subject of intense research. Why do people falsely confess to crimes they did not commit? Who are they? Who is responsible? And why do we hesitate to believe the confession is false? Join the discussion about this phenomenon, and see how innocent people find themselves in prison. **Steven Gilbert** possesses a Ph.D. in criminal justice, a **Master's** degree in forensic science, and a fellowship in forensic medicine. He is retired from the United States Army and federal law enforcement and is a retired Fellow

of the American Academy of Forensic Sciences. His doctoral research addressed false confessions. His dissertation was entitled, “What Criminal Investigators Believe are the Causes of True and False Confessions.” **Cap: 40**

[56] Women’s Place

Ina Brockriede

2 Sessions, 1½ hours each

This course traces 1) men’s and women’s places in society from earliest times to the present, 2) the forces that create inequality, 3) the necessary steps to achieve equality and 4) assessment of where we are in that process today. In her work life, **Ina Brockriede** was a teacher. **Cap: 60**

[57] World of Robots and Artificial Intelligence

Dana Barry

1 Session, 1½ hours

The current status of robots (example: serving as nurses in Japan) and artificial intelligence (example: using 3-D printers to make meat) will be described, along with their predicted uses for the future (examples: Robots will take over the classrooms, explore Mars, and serve as soldiers to fight our wars). **Dana Barry** has 5 graduate degrees. She is a Research Professor in the Department of Electrical & Computer Engineering at Clarkson University. Dana also works at SUNY Canton. She has experience and publications on a variety of topics. In 2019, she was an invited Keynote Speaker in Budapest where she talked about Robots and Artificial Intelligence. **Cap: 60**

[58] Young Adult (YA) Literature for Old(er) Adults

Laura Brown

2 Sessions, 1½ hours each

This course is designed to immerse you in the world of YA literature. We will focus on personal reading interests as well as those of the young people in your lives in an effort to discover YA books you can read together, buy as gifts, or keep for yourself! Numerous topics, genres, and themes will be discussed. **Laura Brown** is an Associate Professor at SUNY Potsdam and program coordinator for the Adolescence English Education program. She regularly teaches (and loves!) YA literature. She has co-authored two books on YA authors and is currently writing a book on school shootings in YA literature. **Note:** Bring paper and a writing utensil. **Cap: 60**