



THE STATE UNIVERSITY OF NEW YORK
Potsdam

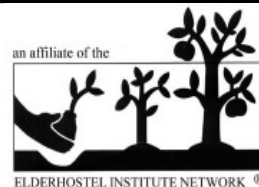
Spring

SOARING!

the Newsletter of

SOAR

lifelong learning in the North Country



2011

A Note from the Chair...

Ed Russell, Chair, SOAR Board of Directors



Our spring 2011 semester is drawing to a too-rapid close. We celebrate our decade long existence in the company of 356 fellow SOAR members. I don't think the founding members, even at their most optimistic, envisioned a membership this large. To celebrate our anniversary, SOAR has invited the original Board of Directors and the past chairs to be our guests at the annual spring luncheon meeting.

We have them to thank for much of our success. We also need to be mindful of the role SUNY Potsdam has played in initially nurturing a fledgling organization, and then over the successive years providing administrative and logistical support. We also need to recognize the work of the presenters who have given their time and expertise to make SOAR the superb educational experience that it is.

This semester will conclude with the annual luncheon meeting, preceded by Professor Peploski's chemical magic show. We will conclude our first decade with a bang! I would also like to note that the Fort Drum visit and winery tour has proven popular. The bus was filled, and we had a waiting list. I am sorry that not all who wanted to go were able to make the trip. We also have about 35 people signed up for the "Meet the Chef" luncheon at the Gran-View on May 3rd. More people are welcome, and we can hope for a bright, sunny and glorious day when we gaze at the St. Lawrence River.

Though the atmosphere of our annual luncheon meeting will be celebratory, we do have business to conduct. The proposed budget of \$20,155 is \$375 larger than last year's budget. The Board continues to support the development of our web site which we think is a valuable tool allowing the membership to connect to the organization. The Board also recommends a By-laws modification. This change will allow the Board to act in the place of a standing committee should a committee fail to be duly constituted, i. e. the committee membership falls below the number required in the by-laws, or there is an absence of a board member on the committee.

I ask the membership to join me in thanking Joyce Chambers, Linda Helmase, Mindy Loucks, and Don Potter for their service on the Board of Directors and their contributions to SOAR. It is always difficult to see people you respect and trust step down from leadership roles. Their departure leaves a void which we will struggle to fill, but I have confidence that we can.

Ed Russell

Agenda for the May 25, 2011 - 10 Year Celebration
Pre-Luncheon Chem Magic Show (see p.6)
Welcoming Music (New Horizons Band), **displays, surprises**
Special Luncheon (w/special menu & guests) (see p.6)
Members Meeting:
 Election: SOAR Board of Directors & Officers (see below)
 Vote on changes to the by-laws (see p.4)
 Vote on proposed 2011-12 budget (copies at meeting & online: www.soarnorthcountry.org)
Recognitions (of places & people)
SOAR Awards (see p.3)
More fun and surprises . . . you'll just have to come and see!!

NOMINATING and AWARDS COMMITTEE
*Announcing the Nominees for
 Officers and Other Members of the
 SOAR BOARD OF DIRECTORS*

The Nominations and Awards Committee is pleased to recommend the following members for a one-year term on the SOAR Board of Directors to be voted upon at the membership meeting on May 25, 2011. Members present may also propose other candidates to be placed in nomination.

OFFICERS
Chair: Ed Russell
Vice Chair: Neil Johnson
Secretary: Dorothy Howe
Treasurer: Otis Van Horne

OTHER MEMBERS
 Jim Barry Betty Graham Sharon Regan
 Catherine Dalton Steve Hopkins Fran Van Horne
 Pat Dishaw Ruth Kreuzer Donna Webster

Betty Graham, Chair, Nominating & Awards Committee
Committee Members: Linda Helmase, Juanita Babcock, Sandi DiGiovanna, and Dorothy Howe

**Annual meeting
of the membership
May 25, 2011
at the spring luncheon**

A PEEK AT THE LIST OF FALL 2011 SOAR COURSES

As changes and new information about the fall courses become available, they will be posted on the SOAR web site: <http://www.soarnorthcountry.org> The SOAR fall semester runs **September 12 - November 18, 2011** numbers in parentheses indicate: # of class sessions, (??) = # not known; * indicates = confirmed as of 04/18/11)

NOTE: Due to liability issues, SOAR holds all its courses in public places and on public lands

- Potsdam Food Co-Op – Chris Affre and Bob Josephson (2)
Advanced Contract Bridge – Pat Anderson (5)
*Vegetarian Cooking – Juanita Babcock (3)
*North Country Authors – Jim Barry, coordinator (4) (Authors: Guy Calandra, *Diane Crump, *Roger Watters, *Amanda Von Hoffman Jones)
*Relativity for Poets: All of the Magic, None of the Math – Daniel ben-Avraham (6)
*Boating on Rivers, Locks and Lakes – James Blackmoor (1)
*History of Chinese Science, Invention, and Discovery – Ina Brockriede (4)
*I Can Feel Better: Living with Long Term Health Conditions – Linda Caamaño and Jodi Regan (6)
*Adirondack Mining: Past and Present – Jim Carl (3)
*Current Events – John Casserly (10)
Decorative Painting for Beginners – MarshaLee Champagne (4)
*American Folk Art: Here and There – Varick Chittenden (3)
*North Country Birding – Joan Collins-Yellott (3 + fieldtrip)
*Deep Muscle Relaxation – Glenn Conrad (6)
Life and Success Coaching – A. J. Daniels (3-4)
*Painting with Liquid Acrylics – Cecelia Dewey (4)
AARP Driver's Safety Course – John Downs (2)
North Country Conflict Resolution Services – Diana C. Dufresne (4)
*Mah Jongg – Brenda Francey and Kay Russell (4)
*Extreme Money Saving – Edward (Ed) Gordon (1)
Fiction Writing – Sue Hayden (5)
Tunes-R-Us – Clive and Sandra Henery (4)
Senior Fitness – Tanya Hewitt (4)
*Your Automobile: Taking the Mystery Out of It – Roger Hutchinson (4)
*Sports Around the World – Neil Johnson, coordinator (4-6)
Beekeeping – Debs Kalicin (1)
- *Instructional Videos from Contemporary Watercolorists – Sally Kirby and Leon LeBeau (8)
*Vicarious Voyagers – Ruth Kreuzer, coordinator (4) (Presenters: *Juanita Babcock – Syria, Turkey; *Ginny and Al Schwartz – Greece; *Ellen MacMasters – Antarctica; one more TBA)
*Digital Camera Use for Beginners – Vera LaRoe (3-4)
*Art Workshop A – Leon LeBeau (8)
*Frederic Remington: Master Illustrator, Sculptor, Fine Artist – Ted Linn (4)
*The Lure of Dramatic Poetry – Richard Londraville (3)
*Women Civil War Soldiers – Martha Maine (1)
*Beginning Tai-Chi – Pam March (10)
*Continuing Tai-Chi – Pam March (9)
Africa – John McDonald (2)
Mesopotamian Mathematics – Duncan Melville (1)
William Faulkner – Joyce Monroe (4)
Gettysburg 1863: The Town and Its People – Terry Niles (3)
*Dead Sea Scrolls – Daniel O'Connor (5)
*The Lord's Prayer – Daniel O'Connor (1)
E-Books from North Country Library System – Emily Owen (1)
French Through Music – Carol Reed (4)
*Natural Selection and Other Mechanisms of Evolution – Jeanine Reed-Watson (5)
*WWII: The Experiences of a North Country Boy – Jack Regan (1)
Digging at a 1920's Country School Site – Evelyn Richl (1-2)
*Funeral Traditions Across Cultures: Graveyards Coffins, and Burial Customs – Leah Rohlfesen (1)
Insects – Bill Romey (2-4)
*The American Comic Book: an overview – Doug Rose (4)
Age Related Vision Loss – Sharon Ryan (2)
*Writing Family History as Bedtime Story – Catherine Sajna (3)
The Crusades – Kathleen Self (??)
Mentoring Youth – Shaili Singh (1-2)
*Chess – Dan Stromgren (4-6)
*Local Geology – Dan Stromgren (2)
Wood Carving – Jack Taylor (2)
Fifteen American Colonies? – Bob Thacker (??)
*Meditation, or Sitting in Silence: How and Why – Monique M. Tirion (2)
Amish – Betsy Tisdale (3)
*First Ladies – Fran Van Horne (4)
*Raquette River History – Mary Jane Watson (3)
*Literature of the American Civil War – Bruce Weiner (5)
Food and Society – Rich Welsh (2)
Adirondack Great Camps – Mary Jo Whalen (3)
*Horse Brasses: The History and Symbolism of Harness Decorations – Radmila Zuman (1)



Got an Idea?

The Curriculum Committee is busy finalizing the fall 2011 SOAR courses AND already working on the spring 2012 curriculum. If you want to volunteer to teach a course, or have course suggestions, call Jim Barry at 386-4732 or e-mail him at jimbarry2@verizon.net

COMMITTEE NEWS

AMBASSADORS COMMITTEE

Volunteerism is alive and well! We had about forty volunteers for the fifty-four ambassador jobs, and we are sincerely grateful. It has made our job much easier. Even though we do contact each assigned person to inform them that they are the lucky person chosen to be an ambassador for a certain course, we now know that we have an interested and willing person on the other end of the line. As one team member put it, we no longer have to 'take a stab in the dark'. We hope this spirit of volunteerism continues into the next semester and for many, many more semesters down the road.

Our preferred mode of communication is e-mail which enables all of us to attend to this task of choosing ambassadors at our own convenience. Therefore, if you have offered to be an ambassador, and you have given SOAR your e-mail address, please check your e-mail regularly after you send in your registration form.

If you travel a lot or winter in the south, please indicate on your future registration forms your preferred form of communication: e-mail or cell phone.

Many thanks to this semester's ambassadors:

Juanita Babcock, Ron Berry, Nellie Bright, Ina Brockriede, Helen Brouwer, Peggy Clute, Mark and Cynthia Coleman, Catherine Dalton, Eleanore Derbil, Susan Dillon, Pat Dishaw, Sandi DiGiovanna, Pat Dominic, Charles Dominy, Barbara Evans, Jerry Ferrar, Nancy Fisher, Joanne Foisy, Rene-Paul Forier, LaVerne Freeman, Char Frysinger, Linda Helmase, Cynthia Hennessey, Anne Hopkins, Steve Hopkins, Patricia Horan, Ann Huntley, Roger Hutchinson, Neil Johnson, Sally Kirby, Louis Matura, Jim Murray, Sally Murray, Shirley Norton, Arlene Oey, Sharon Regan, Ed Russell, Kay Russell, Nancy Siegel, Janice Smith, Peg Sperling, Natalia Stahl, Anne Storrin, Dorothy Swanson, Jean Theobald, Sherry Theobald, Mary Jane Thompson, Fran Van Horne, Lynn Warden, Shirley Warden, Carolyn Watters, Mary Jo Whalen, Keith Ziemba.

*Elsie Dominic and Sharon Regan,
Co-Chairs, Ambassador Committee*

REGISTRATION COMMITTEE

Thank you to the members who helped with registration materials this semester. Pat Harrington, Linda Helmase, and I worked on mailing the packets. Mary Nocerino, Bonnie Bruno and Carol Coskran worked with me to input all course information into the computer program "Access": course name and number, location, dates, presenter information, number of participants for each course, and any notes.

Once members received their spring packets, the registration team worked for several weeks completing registrations and mailing registration letters, and name tags, and parking permits to new participants. They also ran daily

reports that listed number of class members, courses closed, and wait lists. Many thanks to the following very capable registration team members: Jean Theobald, Carol Coskran, Dorothy Mein, Carol McRobbie, Jackie Cutler, Pat Dishaw, Catherine Dalton, and Mary Nocerino. Ruth Kreuzer kept up to date information about courses closed or cancelled, as well as location changes on the website. As always, Pat Harrington was an invaluable aid in the registration process. Many thanks to Jean Theobald for taking over in my absence.

We welcome 19 new members to SOAR. Our most recent count indicated 281 SOAR members registered for the spring semester. At the end of our 10th SOAR year, our total membership stands at 356.

Mindy Loucks, Chair, Registration Committee

NOMINATING and AWARDS COMMITTEE

At the 10th Anniversary Membership Luncheon on May 25th, the SOAR Board and other members will honor two people who have done so much to make SOAR a success.

The **SUPER SOARER AWARD**, which is given each year at the spring membership meeting, will recognize a SOAR member who has contributed significantly to the development of SOAR. (*This award will be announced at the luncheon.*)

The **OUTSTANDING CONTRIBUTION TO SOAR AWARD**, which is not intended to be given every year, is reserved for those people making extra-special contributions to SOAR. This year we have an individual who meets these criteria because of the exceptional and lasting impact this person has had on SOAR.

The luncheon is **open to members and non-members**: come join in congratulating these two worthy award recipients.

Betty Graham, Chair, Nominating & Awards Committee

The SOAR Board of Directors is pleased to announce that our 2011. . .

"OUTSTANDING CONTRIBUTION TO SOAR AWARD"

is being given to

NANCY HESS

Awarding this honor to Nancy Hess is especially fitting on our tenth anniversary year. Not only has Nancy been our liaison with SUNY Potsdam for all ten years, she was crucial even before that, when SOAR was just an idea. Nancy helped to spearhead the formation of the organization and smooth over the transitions from one phase to another.

A NOTE FROM NANCY HESS
(our liaison with SUNY Potsdam)



Being part of SOAR since its inception has been exciting. I have enjoyed watching it flourish and mature. There was a time when I knew every SOAR member by name and how they were involved in SOAR. I also remember how at one time there wasn't even an office for SOAR. Business was conducted from a small area in my office at Raymond Hall with volunteers using the phone and computer when I wasn't using them.

What I love the most about SOAR is everything. I love how the dream and vision of an Institute for Learning in Retirement in the North Country grew into a solid organization of people who desire to continue learning and to contribute their gifts of knowledge and teaching to others. I love that, as Colleague Liaison, I was there at the beginning, I am presently still involved with SOAR, and I plan to be part of SOAR in the future. It is a joy to see how all of the parts complete the whole and how we all work together to make the program successful.

What I really, really love about SOAR is the people. Everyone is thoughtful and generous and contributes so much to make the every-day program run smoothly. Our board and committee members put in many hours planning and carrying out the operations of SOAR. To this day, I am amazed – no not really – that we ask everyone to volunteer their time and talents and people graciously say “yes.” SOAR is a great organization run by a great group of people, and I am proud to be part of SOAR and look forward to taking classes when I retire.

Happy 10th Anniversary to SOAR and all its members!

Nancy Hess

SOAR LIFELONG LEARNING
IN THE NORTH COUNTRY

389 Van Housen Ext., SUNY Potsdam
44 Pierrepont Ave., Potsdam, NY 13676

Celebrating our
10th Anniversary
2001 - 2011

(315) 267-2690 soar@potsdam.edu
www.soarnorthcountry.org

(SURPRISE!) Did you get your SOAR fridge magnet with this newsletter? If not, pick one up, MWF 9-2, at the SOAR office - Van Housen Ext. Room 382

DO YOU KNOW?	
<i>the spring 2011 stats are...</i>	<i>you should...</i>
356 SOAR members	- cancel your registration if you can't attend a particular course
19 new members this spring	- attend classes regularly
54 course offerings	- wear your name tag
~60 presenters/coordinators/guest speakers	- display your parking pass
55 ambassadors	- use the SOAR web site
~27 locations (courses/events)	- volunteer
~185 class sessions	

PROPOSED CHANGE TO THE BY-LAWS
Prior to revision
Article X.

Standing Committees: Standing committees of SOAR shall be as follows: All committees shall report to the Board of Directors. The Board of Directors Chair shall serve ex officio on all committees, but may not vote. Committee members shall be solicited by the Board of Directors and at least one Board of Directors member shall serve on each committee. All committees shall recruit volunteers as needed. Committee members shall select a Chairperson

Revisions (in italics) recommended by the Board of Directors
Article X.

Standing Committees:
All committees shall report to the Board of Directors, *and at least one committee member shall be a member of the Board of Directors.* The Board of Directors Chair shall serve ex officio on all committees, but may not vote. *Committee Chairs shall be appointed by the Board of Directors, and Committee chairs, in coordination with existing members of the committee, shall solicit new committee members as necessary. In the event that a standing committee fails to be duly constituted as stipulated in these By-laws, the Board of Directors may act in the Committee's place. The Board of Directors shall make every effort to speedily reconstitute the committee.* Standing Committees shall be as follows:

The first 15 SOAR courses offered in Fall 2001 to the then ~100+ SOAR members (# of class sessions in parentheses): “The American Dream: Paradise or Poison?” (8) – Marie Regan; “Drama with a Drumbeat”(8) – Elsie Kristiansen and Margaret Minotti; “Shakespeare Lives Today!”(8) – Kelsie Harder; “Coming Closer to God” (8) – Bill Cullen; Computers for “Chickens” or Starting from Scratch”(8) – Bill Lewis; “Memoir Writing: Finding Your Own Voice” (8) – Helen Condon; “Beginning Contract Bridge a la Goren” (Leon LeBeau); “You Can Draw – Better !” (7) – Leon LeBeau); “Gain and Loss at the End of the Road Farm” (1) – Dick and Sandy Foster; “Lifelines: Writing the New Journal” (3) – Vicki Levitt; “Addressing the Concerns of the Mature Investor” (1) – Joe Fitzsimmons; “The Museums of St. Lawrence County” (5) – Jan Peters; “Weaving on a 4-Harness Loom” (1) – Cait Throop; “Introduction to Contemporary Jewelry Making” (1) – Mary Ann Owen; “Care of Collectibles” (1) – Betsy Travis.

Looking Back at Ten Years of **SOAR**

SOAR members on the very first roll list, who are also on our current member list, gave us answers to these questions:

“What part has SOAR played in your life?”

“I learn something new every day.” “SOAR widens one’s interest in other fields.” “SOAR provides an opportunity to meet and to form friendships with others who love learning.” “It adds an educational and adventurous component to retirement. It’s more like fun.” “Sharing the things we enjoy is added enjoyment.” “SOAR has given a rich and rewarding dimension to my senior years, both as a participant and as a presenter. I have been sharing unique and stimulating experiences with unique and stimulating SOAR’ers.” “It keeps me out of trouble.” “It fills a void.” “My participation in starting the SOAR program was one of the most satisfying periods of my whole life!”

“What courses stand out in your mind?”

French, computer courses, courses on local history, “Pysanky” egg making, Lincoln, Medical Ethics, Vicarious Voyagers, Antarctica, WWI, Bridge, Tai-Chi, Night Skies, Roads, the Environmental Impact, science and math courses, courses with a North Country emphasis, political courses, First Ladies, Alfred Hitchcock Movies, intellectually meaty courses, Islam, Lifelines, Dead Sea Scrolls, Aileen O’Donoghue’s classes, courses offered by my fellow SOAR members: “Gladly would they learn, and gladly teach.”

“What trips/events stand out in your mind?”

Christmastime luncheons at the Brigadoon (Oxford Mills, Ont); fall boat trip on Raquette Lake, Ottawa tulip festival, Lost Villages Outdoor Museum, Upper Canada Village, plays, Meet-the-Chef, year-end luncheons.

“What wishes do you have for SOAR’s Future (the next ten years)?”

“More of the same?” “If it’s not broke, don’t fix it.” “Survival.” “Keep the same wide variety of offerings...” “I wish there was a way that SOAR could have its own building.” “I wish that SOAR would remain as strong as it is now.” “My hope is that the enthusiasm for SOAR, both in its diversity of presenters and cross sections of participants, continues to provide intellectual and creative excitement for my children, my grandchildren, and their successors. Long life SOAR!”

“Additional Comments?”

“I encourage members to volunteer their time and effort to keep SOAR going. Make them aware this is the responsibility of all members, not just administration.” “SOAR is a great outlet for a retired schoolteacher. It is a joy teaching people who truly appreciate your efforts.” “I am happy that we can use Maxcy for walking and swimming.” “I will be forever grateful to the individuals who created SOAR from their dreams, and to SUNY Potsdam for providing us a place to grow.” “I’m proud of being a SOARer.”



A badge/pin from the early days of SOAR



Jim Peploski holds a volunteer captive at the Chem Magic show he did for SOAR in Spring 2006

The best publicity for SOAR is word-of-mouth . . .

SO SPREAD THE WORD!

LUNCHEON NOTES

THANK YOU, George Arnold of PACES Dining Services, for once again sponsoring the SOAR luncheon which helps keep the price at a very affordable **\$12.50** (for SOAR members and guests).

HAVE TO CANCEL? NOTIFY SOAR: If you sign up for the luncheon and later find you are unable to attend, please notify the SOAR office (315-267-2690) at least one week prior to the luncheon. Otherwise, SOAR will be charged for the reservation.

PARKING NOTES

PARK IN LOT #9 for both the chem show and the SOAR luncheon: Lot #9 runs in front of Bishop Hall, then around the corner all the way to Hosmer Concert Hall. Stowell Hall 211 (Chem Magic...) is a large ground level lecture room at the end of Stowell (across from Barrington Union entrance). Knowles Hall 2nd floor (SOAR luncheon) directly across from lot #9

NOTE: Construction is taking place in this area - as May 25 draws nearer, consult the SOAR web site for parking updates: www.soarnorthcountry.org

CHEM MAGIC NOTES

Come to the free Chemical Magic Show, Wednesday, May 25, at 10:00-11:00am in Stowell Hall 211 on the SUNY Potsdam campus. Clarkson University Professor, Jim Peploski, will amaze, entertain and educate you with his renowned Chemical Magic Show. Professor Peploski has performed his chemical feats throughout the North Country and beyond. His demonstrations will include color and smoke reactions, the explosiveness of hydrogen, the bizarre behavior of liquid nitrogen and the production of ice cream. *(Walk-ins at the last minute are permitted if there are empty seats)*

SIGN UP FOR THE free CHEM MAGIC SHOW

(Walk-ins at the last minute are permitted if there are empty seats)

Name(s): _____

attending: _____ Phone: _____

Address: _____

E-Mail: _____

Sign up by May 18. Phone 315-267-2690, email, soar@potdam.edu - or mail this form to:

SOAR, 389 Van Housen Ext., SUNY Potsdam,
44 Pierrepont Ave., Potsdam, NY 13676

SOAR SPRING LUNCHEON

Knowles Hall - SUNY Potsdam
WEDNESDAY, MAY 25, 2010

11:30 - 2:30

(buffet table opens at noon)

MENU

AT THE TABLE

Assorted Breads (w/honey butter)

Spring Greens Salad (w/dressing)

ON THE BUFFET

Roast Maple Ginger Chicken

Mushroom Ravioli

(w/asparagus & grape tomatoes)

Mashed Yukon Gold Potatoes

(w/creme fraiche & chives)

Broccolini

(w/roasted red peppers)

DESSERTS *(choose one)*

Strawberry Cream Cake

Chocolate Tiger Cake

Fruit Salad

(w/orange vanilla sauce)

BEVERAGES

Coffee

or

Tea

celebrating 10 years of SOAR

REGISTRATION FOR LUNCHEON:

Please phone the SOAR office or fill out, cut out and return the reservation form below on or before Wednesday, May 11. The luncheon is **open to members and non-members**. Come join in our tenth anniversary celebration.

Forms are also available on the SOAR web site <http://www.soarnorthcountry.org>

Name(s): _____

attending: _____ (\$12.50 each) Enclosed: \$ _____

Address: _____

Phone: _____

E-Mail: _____

Make your reservation by May 11. Phone 315-267-2690 or mail this form, with your check made payable to: PACES 235, to:

SOAR, 389 Van Housen Ext., SUNY Potsdam,
44 Pierrepont Ave., Potsdam, NY 13676

**SOAR SPRING 2011
LUNCHEON FORM**