

# SOAR



## LIFELONG LEARNING IN THE NORTH COUNTRY

SPRING SEMESTER 2019  
MARCH 11, 2019 - MAY 17, 2019

*sponsored by:*



THE STATE UNIVERSITY OF NEW YORK

**Potsdam**

*and affiliated with:*

**ROAD SCHOLAR<sup>®</sup>**

*Institute Network*

## TWO NOTES FROM THE CHAIR

*(Occasioned by Registration)*

### ADMONITION:

It seems an appropriate moment, as you contemplate registering for classes from the tempting array that is listed here, for me to address a problem that has been increasing semester by semester. We have found that a growing number of members who register for classes are failing to attend. This creates problems both for the presenters and for our fellow SOAR members. Everyone understands that emergencies occur. But it is certainly inconsiderate to “cut” class for mere convenience. Presenters are prepared for a defined number of enrollees as shown on their class lists. Many of our classes are over-subscribed, so when you sign up and fail to attend, you are denying another member the opportunity to participate. Please consider that registering for a course is a commitment to attend.

### RECOGNITION:

I think this is also an appropriate moment to thank some of those who made it possible for us to present this exciting selection of courses. Board members take an active role in all of this, but there are many more volunteers whose work makes our program possible. I'd like to recognize three groups. The Scheduling team (Patty Bennett, David Mathie, Carol McRobbie, Phil Shatraw) negotiates dates, times and venues of courses, working within the constraints of presenters and the availability of suitable classrooms. The Registration team (Carol Coskran, Steve Easter, Steve Hopkins, Susan Klein, Mindy Loucks, Barbara McBurnie, Carol McRobbie, Dorothy Mein, Sally Murray, Natalia Stahl, Jean Theobald, Byron Whitney), working in pairs, enters registration information from returned forms into our database for generation of class lists, etc. The mailing team (Cynthia Coleman, Arlene Davis, Sandi DiGiovanna, Ruth Horst, Niki Jordan, Bill Mein, Sally Murray, Mary Shatraw) prepares and sorts, among many others, the mailing that you are now reading. Wow! We're really an impressive operation. And there's more for my next message.

Thanks to all,

*Mark Coleman*, Chair, SOAR Board of Directors

## ABOUT SOAR

*(Stimulating Opportunities After Retirement)*

SOAR is a member-directed learning group, sponsored locally by SUNY Potsdam. SOAR is also one of almost 400 such lifelong learning groups affiliated with the Road Scholar Institute Network

At the end of the fall 2018 semester, SOAR had over 400 members. Though beyond full-time careers in the home and work place, we continue to be active, inquisitive, energetic and creative people. We SOAR members enjoy intellectual stimulation, hands-on activities, going places, and good fellowship. We love learning just for the sake of learning, and we love sharing what we know.

SOAR employs just one part-time staff person. Everyone else – board and committee members, course presenters, classroom ambassadors, office helpers, and many others – is a volunteer.

### BOARD OF DIRECTORS

Mark Coleman, <b>Chair</b>	Jim Barry	Carol Lawrence
Bill Mein, <b>Vice-Chair</b>	Ed Russell	Carol McRobbie
Lyn Swafford, <b>Secretary</b>	Ruth Kreuzer	Janet van Weringh
Ron Frank, <b>Treasurer</b>	Dorothy Howe	Laurell Brault
Neil Johnson	Byron Whitney	Phil Shatraw

### COMMITTEES and CHAIRS

<b>Executive</b> - Mark Coleman	<b>Outreach/Publicity</b> - Lyn Swafford
<b>Scheduling</b> - Mark Coleman	<b>Membership</b> - Laurell Brault
<b>Ambassadors</b> - Bill Mein	<b>Newsletter</b> - Lyn Swafford / Ruth Kreuzer
<b>Registration</b> - Byron Whitney / Carol McRobbie	
<b>Presenter Communications</b> - Ruth Horst / Laurell Brault	
<b>Events</b> - Ann Groome / Darlene Leonard	
<b>Curriculum</b> - Jim Barry / Ed Russell	
<b>Administration and Finance</b> - Rich Van Leuven	
<b>Nominating and Awards</b> - Betty Graham	
<b>Technology</b> - Janet van Weringh / Ruth Kreuzer	

**SOAR Administrative Assistant** - Juanita Blakemore  
**College Liaison** - Nancy Hess

## MEMBERSHIP INFORMATION

**INVITATION TO JOIN SOAR.** SOAR members invite our North Country peers to join us in exercising our minds, bodies and spirits.

**COURSES AND CLASS SESSIONS.** SOAR has two ten-week semesters a year. Spring Semester starts on March 11th. About half of our SOAR classes are held on the SUNY Potsdam campus, about a fourth are held in Canton, and the rest are held at other places in Potsdam or in the local area. Most SOAR courses consist of 1 to 6 class sessions and usually meet once a week, Monday - Friday, for 1½ to 2 hours. Courses are held during daylight hours. Occasionally, courses, field trips or events occur on the weekends or in the evening. SOAR members must register for each course they want to take. Course requests are filled in the order received. Late registrations are taken only for courses with openings. Permission from SOAR, and in some cases from the instructor, is needed to join a course already in progress. One or more new courses begin each week during the semester. Therefore, members who have busy schedules or who travel can still find some SOAR courses to take.

**MEMBERSHIP FEES AND PRIVILEGES.** For their yearly \$65 membership fee (*paid in the fall*), current members may take as many courses as they like, in both the fall and spring semesters. You may join (or rejoin) SOAR at any time; however, the membership fee is still \$65. (All membership renewals are due with fall registration.) Membership in SOAR includes a SUNY Potsdam parking pass, as well as the privilege of using the library and Maxcy Hall sports complex. (**NOTE:** Members must be active participants in the SOAR program in order to retain these privileges.) SOAR occasionally offers day trips and other special events and opportunities throughout the year. At the end of each semester, SOAR holds a luncheon for its members, presenters and special guests. Luncheons and special events are optional and cost extra.

**“Learning is not attained by chance, it must be sought for with ardor and diligence.”**  
Abigail Adams

**GIFT CERTIFICATES AVAILABLE.** Treat that someone special to a SOAR membership. Contact the SOAR office for information about obtaining a SOAR gift certificate.

**GUEST POLICY.** Members wishing to bring a guest to a class, not to exceed one class per semester, must first contact the SOAR office to ensure that the guest can be accommodated.

## CONTACT INFORMATION

For information, call the SOAR office at (315) 267-2690, send e-mail to: [soar@potsteam.edu](mailto:soar@potsteam.edu), or write to: SOAR, 382 Van Housen Extension, SUNY Potsdam, 44 Pierrepont Avenue, Potsdam, NY 13676. The SOAR office is located in room 382 Van Housen Extension. Office hours during the SOAR semester are 9:00-2:00 MWF; hours may vary at other times of the year (*call before coming*).

## EVENTS

(mark your calendar!)

### MEET THE CHEF

**Casablanca Restaurant** (*113 East Main St., Gouverneur*)

(*Have a great meal and learn about the business.*)

**DATE: Wednesday, April, 17th at 1:00 pm**

**Cost: \$25** (*includes gratuity*)

(Payment and reservation form are **DUE** by noon on **Monday, Apr. 1**)

(*See the flyer insert or SOAR website for menu, more info and reservation form.*)

\* \* \*

### SPRING LUNCHEON

**Knowles Conference Center** (**NOTE: new venue!**)

**Wednesday, May 22, 11:30-2:00** (*servicing at noon*)

(*The information and reservation form will be included in the fall SOAR Newsletter.*)

*For more information about SOAR or its courses and events visit the SOAR website: [www.soarnorthcountry.org](http://www.soarnorthcountry.org)*

## COURSE LOCATIONS

**NOTE: LOCATIONS MAY CHANGE; CHECK THE WEBSITE!**

**(View Calendar or website for SUNY Potsdam Room Locations)**

### Courses Offered on SUNY Potsdam Campus

Adirondack History: The Early Years \* Age Norms Across Generations \* Andrew Lloyd Webber... \* Army ROTC - What is it? \* Art for Beginners & Neophytes... \* Art of the Ancient World \* Beginning Tai-Chi & Qigong \* Citizens' Response to Active Shooter Events \* Continuing Tai-Chi & Qigong \* Drawing for Everyone \* Elephants and Rhinos \* Following My Foremothers: WWII Women Engineers \* Hard Times for Hard Maples \* Ho Chi Minh: His Life & Legacy \* How Should We Understand Metaphors in Neuroscience? \* Injury Preventions: Staying Active & Healthy \* Introduction to Rock Climbing \* Lais of Marie de France \* Lessons on International Trade and Policy \* Lifelines: Writing Your Way In \* Line Dancing for Beginners \* Motor Control Theory & Stroke Rehabilitation \* Musical Petting Zoo \* Natural History of Bears \* Stereotypes \* Summer of '69 ... \* Swirling Flows... \* Tai Chi: The Short Form \* Topics in Diversity \* Understanding Political Polls... \* Watercolor/Mixed Media Art Workshop... \* Why Storytelling Matters for Building Peace \* Wildlife & Roads... \* Women Representing Women in Politics \* Yoga Nidra \*

### Courses Offered off SUNY Potsdam Campus

**//Potsdam Civic Center:** Rewarding Volunteer Opportunity Available \* Vicarious Voyagers XXIV \* **//Potsdam Town Hall:** Meditation for Emotional Healing \* Our Amish Neighbors \* **//Hospice, 6805 US Hwy 11:** Dying to Talk \* **//SUNY Canton:** Extraction of DNA (*Cook Hall 213*) \* Fitness for Optimal Aging - New Participants.& Refresher Level (*Wicks 214*) \* Stem Cells. (*Payson 219*) \* **//Canton Free Library:** Health Tips for Seniors: Immunization \* **//Canton: Partridge Knoll (Multi-purpose Room):** Current Events \* Ekphrastic Poems \* **//Canton: SLCHA-Silas Wright House:** Country Schools Revisited \* Interpreting Bird Language & Behavior \* Honey Bees for Dummies \* My Experience in Nuclear Energy \* Mysteries of the Round Towers of Ireland \* Secrets of Good Writing \* Umwelt in Newspapers... \* **//Canton SLU:** Citizens at the Gates.. (*Carnegie 018*) \* Digital Photography.. (*Johnson 309*) \* Fungi and Trees (*Johnson 244*) \* Glaciers and Climate Change (*Brown 141-142*) \* Nineteenth Century Prison Reform (*Carnegie 010*) \* Peek Inside the Songwriting Process (*Nobel Center 108*) \* Settler Colonialism.. (*Carnegie 009*) \* Slavery and Freedom.. (*Carnegie 018*) \* The Talk Therapy Revolution.. (*Atwood 01*)

## COURSES BY NUMBER OF SESSIONS

**1 SESSION:** Adirondack History: The Early Years \* Age Norms Across Generations \* Andrew Lloyd Webber... \* Army ROTC - What is it? \* Citizens at the Gates... \* Citizens' Response to Active Shooter Events \* Country Schools Revisited \* Extraction of DNA \* Following My Foremothers: WWII Women Engineers \* Fungi and Trees \* Glaciers and Climate Change \* Health Tips for Seniors: Immunization \* Honey Bees for Dummies \* How Should We Understand Metaphors in Neuroscience? \* Injury Preventions: Staying Active & Healthy \* Introduction to Rock Climbing \* Lais of Marie de France \* Motor Control Theory & Stroke Rehabilitation \* Musical Petting Zoo \* Mysteries of the Round Towers of Ireland \* Nineteenth Century Prison Reform \* Rewarding Volunteer Opportunity Available \* Stem Cells - The Science and Hope \* Stereotypes \* Swirling Flows... \* Umwelt in Newspapers... Divided Readership \* Understanding Political Polls... \* What Did I Miss? \* Why Storytelling Matters for Building Peace \* Wildlife & Roads...

**2 SESSIONS:** Digital Photography... \* Dying to Talk \* Elephants and Rhinos \* Fitness for Optimal Aging - New Participants... \* Fitness for Optimal Aging - Refresher Level \* Hard Times for Hard Maples \* Interpreting Bird Language and Behavior \* Lessons on International Trade and Policy \* My Experience in Nuclear Energy \* Our Amish Neighbors \* Peek Inside the Songwriting Process \* Settler Colonialism and Global Justice \* Slavery and Freedom in the Americas \* The Talk Therapy Revolution \* Women Representing Women in Politics \* Yoga Nidra \*

**3 SESSIONS:** Ekphrastic Poems \* Ho Chi Minh: His Life & Legacy \* Secrets of Good Writing \* Summer of '69 ... \* Vicarious Voyagers XXIV \*

**4 SESSIONS:** Art of the Ancient World \* Mah Jongg \* Meditation for Emotional Healing \* Natural History of Bears \* Topics in Diversity \*

**5 or more SESSIONS:** Art for Beginners... \* Beginning Tai-Chi & Qigong \* Continuing Tai-Chi & Qigong \* Current Events \* Drawing for Everyone \* Lifelines: Writing Your Way In \* Line Dancing for Beginners \* Tai Chi: The Short Form \* Watercolor/Mixed Media Art Workshop... \*



**PLEASE, PLEASE, PLEASE!** If you are registered for a course and are unable to attend, please call the SOAR office (315) 267-2690 right away and cancel your registration. SOAR keeps a waitlist for courses that are full; this will allow someone else to attend.

## SPRING 2019 COURSE DESCRIPTIONS

This spring, SOAR is pleased to offer 65 courses and presentations. Info on class dates, times and locations can be found in the mailing inserts. MORE DETAILED INFO and UPDATES (*as they occur*) are posted on the SOAR website: [www.soarnorthcountry.org](http://www.soarnorthcountry.org) "LOCATIONS" offers maps and detailed directions; "COURSES" include readings and supply lists, links, and other notes. Check **COURSE UPDATES** on the home page often.

Questions? Call the SOAR office: (315) 267-2690 (MWF: 9:00-2:00).

(*Entries below are alphabetical by title and numerical by registration number*)

\* \* \*

**[1] Adirondack History: The Early Years** **Art Johnson**  
**1 Session 1½ hours**

This course will center on the exploration and exploitation of the Adirondacks. We will also look at the impact of romanticism about nature. **Art Johnson** taught Adirondack history at SUNY Potsdam. He also offered a "Wilderness Workshop" program. He has taught over 14 courses for SOAR. In Fall, 2013, Art received the "Leon LeBeau SOARing Educator Award" in recognition of the many outstanding courses he has taught for SOAR. **Cap: 50**

**[2] Age Norms Across Generations** **Lorraine Diamond-Brown**  
**1 Session 1½ hours**

"Act your age", "She's too old to...", statements such as these indicate age norms, which are culturally determined ideas about age-appropriate behavior. In this presentation we will examine change and continuity in age norms in the United States across a number of generations, from the silent generation (born 1928-1946) to the millennial generation (born 1981-1997). **Lorraine Diamond-Brown** has a Ph.D. in Sociology from Boston College. She teaches "Sociology of Aging" at SUNY Potsdam. Lorraine is new to the North Country, and she is excited about building community here. **NOTE:** View "Age Norms..." course page at [soarnorthcountry.org](http://soarnorthcountry.org) to find presenter's suggested web links. **Cap: 50**

**[3] Andrew Lloyd Webber: The Man and His Music** **Dana Barry**  
**1 Session 1½ hours**

The participants in this class will learn about the musician's very interesting life and the reasons for his compositions. They will also have an opportunity to listen to some of his greatest works: the "Overture for "Phantom of the Opera" and a special song from Evita in "Cats," and the title song from "Jesus Christ Superstar." **Dana Barry** is herself a musician. She sings and plays the trumpet and keyboard in several bands. She also composed the

music and wrote the lyrics for a science education Music CD, "Chemical Sensation with the Barry Tones." Dana is also a Research Professor at Clarkson University and a Professional Tutor at SUNY Canton. **Cap: 50**

**[4] (canceled)**

**[5] Army ROTC – What Is It?** **Scott Toth**  
**1 Session 1½ hours**

In this class, we will discuss the history of Army ROTC, the history of Army ROTC in the North Country, and what Army ROTC is like today. Learn about what it takes to become an officer in the US Army these days. **Scott Toth** is a former Army Officer and product of the Army ROTC program. He spent 11 years in active service as an Infantry/Signal Officer. He served during Desert Shield/Storm, and in Afghanistan, along with tours in Germany and Fort Irwin in California. For the last 14+ years he was the enrollment officer for the Clarkson Army ROTC program. **NOTE:** Go to the "Army ROTC..." course page at [soarnorthcountry.org](http://soarnorthcountry.org) to view the presenter's suggested web links. **Cap: 50**

**[6] Art for Beginners & Neophytes** **Carol McRobbie (Coordinator)**  
**8 Sessions 2 hours each** **Casie Galletti (Student instructor)**

This class offers watercolor instruction for neophytes and novices. **NOTES: 1)** Projects and instructions will once again be provided by returning SUNY Potsdam art student Casie Galletti. **2)** Needed supplies will also be determined by Casie. When available, they will be posted at [soarnorthcountry.com](http://soarnorthcountry.com) on the "Art for Beginners" course page. **Cap: 16.**

**[7] Art of the Ancient World** **Sarah Melville**  
**4 Sessions 1½ hours each**

We will look at the art of Mesopotamia, Egypt, Greece and Rome in its cultural context. **Sarah Melville** is a Professor of Ancient History at Clarkson. She has a Ph.D. in "Near Eastern Languages and Civilizations" and a Masters in "Art History and Archaeology." **Cap: 25**

**[8] Beginning Tai-Chi and Qigong** **Pam March**  
**8 Sessions 1 hour each**

The class includes basic Chinese warm-ups, 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. **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. **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. **3)** Wear loose fitting clothing, soft shoes or socks, and bring a water bottle. **Cap: 50**

**[9] “Citizens at the Gates: Twitter, Networked Publics, and the Transformation of American Journalism” Author: Stephen R. Barnard  
1 Session 1½ hours**

Twitter has become an essential space where information is shared, reporting methods tested, and power contested. The book listed above draws insights from nearly a decade of mixed-method research, analyzing Twitter’s role in the transformation of American journalism. In his analyses of Twitter practices around newsworthy events – including the Boston Marathon bombing, protests in Ferguson, Missouri, and the election of Donald Trump – (**Stephen) Steve Barnard**, the author, brings together conceptual and theoretical lenses from multiple academic disciplines, bridging sociology, journalism, communication, media studies, science and technology studies, and political science. Steve is an Assistant Professor in the Department of Sociology at SLU. He teaches a variety of courses on the theme of media, technology, and social change. He is the author of numerous scholarly articles and chapters, as well as the 2018 book *Citizens at the Gates...* **NOTE:** Go to the “Citizens...” course page at soarnorthcountry.org to view presenter’s suggested web links. **Cap: 30**

**[10] Citizens’ Response to Active Shooter Events Timothy Ashley  
1 Session 1½ hours**

What are the safety options for responding to active shooter events? What are our reactions: Avoid? Deny? Defend? Learn about the body’s response to traumatic events. **Timothy Ashley** is the Chief of University Police at SUNY Potsdam. He has been a university police officer since 2001. He received a Master’s Degree in Educational Leadership from SLU in 2015. **Cap: 50**

**[11] Continuing Tai-Chi and Qigong Pam March  
16 Sessions 1 hour each**

This course is intended for students who already have familiarity with Tai-Chi and Qigong and the basic forms. The course includes Qigong forms, traditional Chinese warm-up exercises, and Tai-Chi meditation. Students also do the Yang 24 movement short form. **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. **NOTES: 1)** Continuing students may not register for “Beginning Tai-Chi and Qigong.” However, they may continue to take “Tai-Chi: The Short Form.” **2)** Wear loose fitting clothing, soft shoes or socks, and bring a water bottle. **Cap: 50**

**[12] Country Schools Revisited – Session A Judith Liscum  
1 Session 2 hours**

Come feel the passion for the legendary schools of yore! In this three-session course (there will be 2 more in the fall), scholars will be introduced to several one-room and larger country schools of the North Country. Session A will be at the Silas Wright House this spring. **Sessions B and C** will be held in the fall and will include a field trip. **Judy Liscum**, a Canton native, attended grades K-8 at the Canton Grammar School. In 1963, she accepted a 6th grade teaching position at this same school and taught alongside several former one-room school teachers. Most of these ladies had joined the Grammar School staff due to centralization. Following retirement from Canton Central, Judy worked as a supervisor of student teachers for twelve years in the Education Department at SLU. Currently, she is the schoolmarm at the St. Lawrence Power and Equipment Museum in Madrid. She is a local history author, and has written, and self-published, four non-fiction books. **Cap: 40**

**[13] Current Events John Casserly  
8 sessions 1½ hours each**

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 and a coach for cross country and track at Canton Central School. He has been facilitating the discussion of current events since 2005. John Casserly is the first winner of the Leon LeBeau SOARing Educator Award, given to someone who has had a lasting impact on the lives of SOAR members. **Cap: 30**

**[14] Digital Photography for Portraits and Landscapes Adam Hill  
2 Sessions 1½ hours each**

Digital photography has made high-quality images more accessible than ever. Great pictures come from a combination of a good photographic eye and learning particular techniques. In this course, we will discuss the basics of composing a great picture with a focus on two areas. In the first

class, we will discuss capturing portraits and retouching those images with tools like Adobe Photoshop. In the second class, we will discuss landscape photography and processing images with high dynamic range (HDR) techniques. **Adam Hill** is a chemistry professor at SLU. He received his Ph.D. from the University of California, Berkeley. He specializes in spectroscopy - the study of light's interactions with matter. From that professional work, he is also a photographer whose work is published in magazines. **NOTE:** Go to the "Digital Photography..." course page at soarnorthcountry.org to view the presenter's photos. **Cap: 16**

**[15] Drawing for Everyone Janet Wightman (Coordinator)**  
**8 Sessions 2 hours each** SUNY Potsdam art student instructor - TBA  
 General drawing concepts will be covered in this art class. Participants will draw still life and models. Graphite will be the primary medium. Colored pencils, pastels and charcoal will also be introduced. Individuals of all levels of skill are welcome. **NOTES: 1)** Projects and instructions will be provided by a SUNY Potsdam art student. **2)** Needed supplies will also be determined by the instructor and will be posted on the "Drawing for Everyone" course page at soarnorthcountry.com as soon as they are available. **Cap: 16**

**[16] Dying to Talk Mary Jones & Samantha Jones**  
**2 sessions 1½ hours each**  
 In this class, we will have conversations about facing death and embracing life. Learn about planning ahead to ensure peace of mind and protect you and your family, including advance care planning and funeral planning. **Mary Kelly Jones**, BSW, CT. has worked for Hospice & Palliative Care of St. Lawrence Valley for over 25 years. She is the Director of Family Support Services where she supervises Hospice Chaplains, Social Workers, Volunteer Manager, Community Educator and Bereavement Staff. She has certification in Thanatology from the Association of Death Education and counseling. She also serves as chair of the St. Lawrence County Suicide Awareness Coalition and is chair of the St. Lawrence County Community Services Board. Mary and her team support schools when there is a death of a student/staff member and she has developed a grief education program for school counselors and principals called "When Grief Comes to School." She also is an Adjunct Instructor at SUNY Potsdam. **Samantha Jones** is a graduate of SUNY Canton with an A.S. in Business Administration and B. S. in Technology in Health Care Administration. Samantha completed her senior internship with Hospice. She also worked as a Health Educator and Program Director for Prairie

Family Resource Center in Burlington, Colorado. She joined the Hospice Team after returning to the North Country, assisting the QUAPI and Community Relations departments. Samantha became the Marketing and Outreach specialist for Hospice and now is the new coordinator of Hospice's We Honor Veterans program. **NOTE:** Go to the "Dying to Talk" course page at soarnorthcountry.org to view the presenter's suggested web links. **Cap: 30**

**[17] Ekphrastic Poems Robert (Bob) DeGraaff**  
**3 sessions 1½ hours each**  
 Ekphrastic poems are those that speak for, to, or about paintings or statues. We will read and discuss these poems. **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:** All the materials will be provided by the instructor. **Cap: 20**

**[18] Elephants & Rhinos John McDonald**  
**2 Sessions 1½ hours each**  
 Elephants, the largest terrestrial animals in the world, are threatened with extinction in the wild. Last year in Africa, 20,000 elephants were killed for their tusks, exceeding the elephant birth rate. The five remaining species of Rhinos continue to be some of the most endangered animals in the world. Between 1960 and 1995, the black rhino population dropped by 98%. Today often only 48 hours elapse between the time a rhino is killed in Africa and when its horn reaches Vietnam or China for distribution and sales. The resulting powdered product is valued for its curative and aphrodisiac properties. In this course we will examine the behavior, habitat, and social structure of these animals, their long history with humans. and whether they will have any future in a world dominated by the human species. **John McDonald** retired from IBM and Arrow Electronics. He has had a lifelong interest in Africa. While in college he worked in primate research. After that, he spent time with the Clyde Beatty and Cole Bros. Circus where he observed performing elephants. He corresponded with George Adamson of "Born Free" fame and was offered the opportunity to conduct field research on Adamson's lions in Kenya. He has made several trips to Africa where in addition to working as a volunteer with wild cheetahs at the Cheetah Conservation Fund's research facility in Namibia, he has spent time observing elephants and rhinos at Etosha National Park. He also worked as a volunteer with researchers at a private rhino preserve in Namibia. **Cap: 100**

**[19] Extraction of DNA****Kristine Potter****1 session 2 hours**

The information needed to make every living thing is encoded within strands of DNA. In this course we will investigate the properties of DNA and how information is stored within the molecule. Additionally, we will extract DNA from strawberries and other food items using a method that can be performed in a kitchen with common household items – thus allowing the participants to share extraction of DNA with their own friends and family in their own homes. **Kristine Potter** is an adjunct professor of Biology at SUNY Canton. She received her Ph. D. from The University at Buffalo, where she studied the regulation of gene expression in bacteria. Kristine teaches introductory level Biology and Chemistry labs, as well as Anatomy and Physiology labs, and her personal favorite online course: The Genome. **NOTE:** Wear comfortable leisure clothing and footwear that completely covers the foot. **Cap: 24**

**[20] Fitness for Optimal Aging: New Participants (Cap 15)****[21] Fitness for Optimal Aging: Refresher Level Participants (Cap 15)**

**Deborah Molnar, Jennifer McDonald, Anne Reilly**, with other local PT clinicians and PTA Students

**2 sessions (NOTE TIME below for when your section meets)**

Physical fitness is an essential aspect of healthy aging. In the first session, participants will receive individualized function-based screenings of physical fitness, including posture, flexibility, balance, endurance, and strength. The second session includes instruction on various exercises to address each of the areas of physical fitness. This program is designed to provide each participant, whether new to exercise or a seasoned fitness fanatic, with specific strategies to optimize their physical fitness. The SUNY Canton PTA faculty: **Deborah Molnar**, PT, DPT, MSED, **Jennifer McDonald**, PT, DPT, MS and **Anne Reilly**, PTA, BS are all experienced physical therapy professionals and educators who are passionate about the importance of maintaining fitness as a means to improve overall health. Together with other local physical therapy clinicians and their PTA students, they will share their knowledge and expertise with course participants. **NOTE TIME: Day 1:** New participants class is **9:30 - 11:00**; and Refresher Level participants class is **11:00-12:00. Day 2:** All participants attend class **9:30-11:00. OTHER NOTES: 1)** This course is open to 15 new and 15 past participants. **2)** Wear comfortable clothes appropriate for exercise, and good fitting shoes. **Cap: 15 for each level.**

**[22] Following My Foremothers: WWII Women Engineers****1 session 1½ hours****Ruth Baltus**

During WWII, the Curtiss Wright aircraft company trained and employed women for engineering work at their plants. ‘Curtiss Wright Cadette’ training programs were established at seven universities across the US, with about 100 women at each site. Some of the history of Curtiss Wright and the experiences of some of the Cadettes, including the mother and aunt of the instructor, will be discussed. **Ruth Baltus** is a Professor of Chemical Engineering at Clarkson University. She has been a member of the Clarkson faculty since 1983. **NOTE:** Go to the “Following My Foremothers...” course page at [soarnorthcountry.org](http://soarnorthcountry.org) to view the presenter’s suggested web link. **Cap: 50**

**[23] Fungi & Trees****Claire Burkum****1 session 1½ hours**

We will explore the SLU campus and talk about various tree species and the fungi that help and sometimes harm them. **Claire Burkum** earned an M.S. degree from Appalachian State University in NC studying mycorrhizal fungi (fungi that grow in mutualistic relationship with many trees). She currently teaches General Biology labs at St. Lawrence University, and helps coordinate the course. In the summers, and periodically through the school year, Claire assists her husband with his tree and plant health care business, where they regularly need to diagnose pests and diseases of trees. **NOTE:** If weather is decent, even if there is light rain, we will go outdoors and walk around the SLU campus. Wear comfortable walking shoes and clothing appropriate for the weather. Bring a bottle of water (if you wish). **Cap: 24**

**[24] Glaciers & Climate****Alexander Stewart****1 session 1½ hours**

Are glaciers too sensitive for climate models? Glaciers have been used as the “canary in the coal mine” for years; however, blanket statements about their response to climate can be wrong. We will look at examples across differing dimensions which will highlight the extreme variations of the glacier system to climate. **Alexander Stewart**, retired from the U.S. Army, is a veteran of the Cold War and three foreign wars; 20+ years of experience and life-changing events make him a unique professor. His experiences in the Army in Alaska focused his interest on glacial geology. He earned a PhD and became a glacial geology/geomorphology professor in colleges from eastern Kentucky to western Texas and north to St. Lawrence University. His research interests now focus on science diplomacy/military geology and tree-ring science projects related to landscape stability. **Cap: 30**



**[25] Hard Times for Hard Maples****Paul Hetzler****2 session 1½ hours each**

Due to a confluence of long-term chronic and recent acute stressors, sugar maples are in severe decline regionally. Help prevent key invasive pests from pushing maples over the edge. **Paul Hetzler** is an ISA Certified Arborist since 1996. He is a Cornell Extension Educator for Cornell Cooperative Extension -St. Lawrence County. Paul is the author of *Shady Characters* (2018), a collection of nature essays. **NOTE:** Go to the “Hard Times...” course page at [soarnorthcountry.org](http://soarnorthcountry.org) to view the presenter’s suggested web links. **Cap: 100**

**[26] Health Tips for Seniors: Immunization****Patricia Furgal****1 session 1 hour**

This session is a Q & A for seniors about immunization. **Patricia Furgal** is a retired Canton school nurse. **NOTES:** 1) Bring your questions to this class, 2) Handouts will be furnished. **Cap: 40**

**[27] Ho Chi Minh: His Life & Legacy****John Lancaster****3 sessions, 1½ hours each**

This course will discuss the life and times of Ho Chi Minh. It will explore his development as a leader in Viet Nam and Indochina, and his impact on the 20th Century and Viet Nam today. **John Lancaster** graduated from the University of Notre Dame (AB-'67, JD-'74). He served as a 2nd Lt. in the Marine Corps commanding an infantry platoon in combat during 1968. He worked as a civil rights attorney on issues pertaining to people with disabilities, including disabled veterans. He and his wife, Christine, made 8 trips to Viet Nam between 1996 and 2000. From 2000 to 2004, he lived and worked in Hanoi as an advisor to the Vietnamese Government on disability law, policy and programs. **NOTE:** Suggested reading: *Ho Chi Minh: A Life*, by William J. Duiker. **Cap: 50**

**[28] Honey Bees for Dummies****William Roome****1 session 1½ hours**

The presenter will give you the simple facts which currently affect the health of our pollinators, their honey, our food, and the environment. **William Roome** has a Master’s Degree in Environmental Biology/Biotechnology, from the college of Environmental Science and Forestry, and a Master’s in Science Teaching from SUNY Potsdam. He has taught science for 22 years in the public-school system in Maine and New York. Currently he operates Hawkshaw Apiary and Hawkshaw Meadworks. **Cap: 40**

**[29] How Should We Understand Metaphors in Neuroscience?****Stephen Casper****1 session 1½ hours**

This course will take the form of a discussion of passages, images, and concepts that structure how we speak and think about the nervous system. Our goal is to think aloud about what metaphors do in neuroscience and how they create and elude meaning. **Stephen Casper** is a Full Professor in History at Clarkson University. He has written extensively on the history of the mind and brain sciences. He is currently writing a cultural history of concussion. **NOTE:** The presenter suggests, before coming to class, that we watch his 14-minute commentary on YouTube. Go to the “How should we understand...” course page at [soarnorthcountry.org](http://soarnorthcountry.org) to find the link. **Cap: 50**

**[30] Injury Prevention: Staying Active & Healthy****1 session 1½ hours****Andrea Smith & Jena Cryderman**

Staying physically active is key and can help maintain independence, and proper form is an important part of injury prevention. In this course, a Physical Therapy Assistant will share strategies for preventing injuries while staying active and healthy. Also, learn how United Helpers can assist if you or a loved one gets injured. **Jena Cryderman** has a Bachelor’s in Health and Fitness Promotion from SUNY Canton. She is a NYS licensed Physical Therapist Assistant for United Helpers, Maplewood Outpatient Therapy Clinic, in Canton, NY. Jena specializes in strength and conditioning programs. **Andrea Smith** is the Corporate Services Liaison for United Helpers and is working to educate community members about the continuum of care United Helpers provides. **NOTES:** 1) Dress comfortably in active wear, including comfortable shoes. 2) Suggested link: <http://www.unitedhelpers.org> **Cap: 50**

**[31] Interpreting Bird Language & Behavior****Joseph Longshore****2 sessions 1½ hours each**

The robin, junco and other songbirds know everything important about their environment. By tuning into their vocalizations and behaviors we can acquire much of this wisdom for our own pleasure and benefit. This class unites indigenous knowledge, the latest scientific research, and the presenter’s own field experience to lead us toward a deeper connection with the natural world. **Joe Longshore** is a physical therapist assistant and lifelong amateur naturalist. For twenty years, he has taught wilderness survival, nature awareness and bird language locally and in classes as far away as California. He was first introduced to bird language over 25 years ago while studying with world renowned naturalist Tom Brown Jr. Joe is particularly indebted to the wisdom and work of naturalist Jon Young

whose lessons deeply inform the program Joe will present. **NOTES: 1)** Participants are encouraged to bring a notebook, pen/pencil. **2)** The second session will be held in part outdoors, weather permitting. Participants should dress accordingly. **3)** Suggested reading: *What the Robin Knows* by Jon Young. **Cap: 20**

**[32] Introduction to Rock Climbing Adam Wheeler & Lucas Rucci  
1 session 1½ hours**

Participants first will learn a bit about the history and sport of rock climbing. Then they will be introduced to the sport itself, learning the basics of indoor rock climbing. Topics covered include: safety at the wall, putting on a climbing harness, basic knots, climbing equipment, climbing calls, belaying, and basic climbing techniques. Then they can try climbing or help man the ropes below, if they wish. **Adam Wheeler** has been in the wilderness education field for over 15 years and presently is on the faculty of the Wilderness Education Program at SUNY Potsdam where he teaches Rock Climbing, among other outdoor skill courses. **Lucas Rucci** is a junior at SUNY Potsdam majoring in Exercise Science and minoring in Wilderness Education and Therapeutic Recreation. Lucas has been indoor and outdoor rock climbing for 3 years. He has taken, and assisted on, both indoor rock climbing courses, along with the Leadership in Adventure Education course that teaches students how to utilize the ropes courses at SUNY Potsdam. **NOTE:** Dress comfortably. Not all participants need to climb on the wall!! **Cap: 20**

**[33] Lais of Marie de France Nicole Avallone  
1 session 1½ hours**

Lais were written after the French conquered England. They are beautiful short stories from the English court of Henry II exploring magical adventure, medieval Christianity and early notions of chivalry. The stories are written in old French, and they act as a bridge between French culture and the mythology of England at the time of the conquest. The stories are attributed to a mysterious woman writer, whose identity seems quite modern to us. We will review and admire excerpts of these stories and examine their cultural and historical significance. **Nicole Avallone** is a lawyer and former professor of French, and currently runs a high-tech company here in the North Country. She studied medieval French literature at Tulane University and University of Michigan (PhD). She is particularly interested in early literature arising from conquest. Nicole is fascinated by medieval history art and literature and loves traveling and visiting sites of historical interest. **Cap: 25**

**[34] Lessons on International Trade and Policy Luciana Echazú  
2 sessions 1½ hours each**

In these lectures, you will learn about international trade and how different policies affect the flow of goods and services across borders. Nations are strategically interlinked; because of that, trade policies can trigger reactions from other nations. We will look into those strategic interactions and the consequences of imposing import tariffs, quotas, or export subsidies, on our economy, on the global economy, and on the trade relationship among nations and their people. **Luciana Echazú** received her Ph.D. from The University of Memphis in 2007. She joined Clarkson University in the fall of 2007 and in January of 2018, she was appointed Associate Dean of Programs and Operations at the David D. Reh School of Business. With a solid background in game theory, her main research interests include work in new trade theory. A common thread in her research is the examination of strategic behavior in different settings. Dr. Echazú has coauthored papers with colleagues and presented her own work at several national academic conferences, along with publishing in journals, and writing book reviews. She received the “Distinguished Teaching Award” at Clarkson, as well as many other recognitions and awards. **Cap: 50**

**[35] Lifelines: Writing Your Way In Viktoria (Viki) Levitt  
5 sessions 1½ hours each**

Participants will explore and write about their life experiences, using poetry and other materials as prompts for writing. **Viki Levitt** teaches writing at SUNY Potsdam. She is a certified applied poetry facilitator with credentials through the National Federation of Biblio-poetry Therapy and is a certified instructor for *Journal to the Self* with credentials through the Center for Journal Therapy. **NOTE:** Bring a notebook or journal or laptop for writing in class. **Cap: 12**

**[36] Line Dancing for Beginners Margaret Mauch  
8 sessions 1½ hours each**

It's not just country anymore! Classes will consist of learning beginner 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. While the majority of the time will still be for beginners, some intermediate dances will be added. **Margaret Mauch** has been teaching line dancing for over 10 years. She offered a Progressive Dance class for campus & community at St. Lawrence University for 5 years. **NOTE:** For easy pivoting while dancing, wear shoes or sneakers, or create “dance socks” from an old pair of thin stretchy socks that will fit tightly over the toes and balls of your shoes. **Cap: 35**

**[37] Mah Jongg****4 sessions 2 hours each**

This is an opportunity for people of differing skill levels to play Mah Jongg. Newcomers are welcome. **Brenda Francey** has been playing Mah Jongg since 1986. Brenda is a retired teacher from the Ogdensburg school system. **Kay Russell** has been playing Mah Jongg since 1970. She is a retired Children's Services Supervisor from the Department of Social Services. In 2017, both Kay Russell and Brenda Francey were given the Super SOARer Award. **NOTE:** Go to the "Mah Jongg" course page at soarnorthcountry.org to view the presenter's suggested web link. **Cap: 16**

**[38] Meditation for Emotional Healing****4 sessions 1½ hours each**

In this class we will explore the landscape of emotion through meditation and movement, using a range of Eastern and Western approaches. The class will be participatory in the context of a safe environment where people of all backgrounds and belief systems are welcome. **Stephen Canner** has been exploring meditation and emotional health for about 30 years. **NOTES: 1)** Practice at home between sessions is strongly recommended. The course is not intended to be a substitute for professional advice, diagnosis, or treatment. Always seek the advice of your mental health professional, or other qualified health provider, with any questions you may have regarding your condition. **2)** Wear comfortable clothing. **Cap: 30**

**[39] Motor Control Theory & Stroke Rehabilitation****1 session 1½ hours**

This is a talk about analyzing the stroke rehabilitation process from the perspective of motor control theory. We will discuss some current theories on human motor control, how a stroke affects motor control, and how we can non-invasively interpret information from the brain and peripheral nervous system using specialized sensors. We will also look at some ongoing studies being conducted by the presenter's lab on this topic and discuss the current state of rehabilitation medicine and how it will need to change over the course of the next decade. **J. Miles Canino** obtained his "Bachelors of Technology in Mechanical Engineering Technology" from SUNY Canton in 2013. He continued his education at Clarkson University, obtaining his "Masters in Mechanical Engineering" in 2015 and his "Ph.D. in Mechanical Engineering" with a special focus on Rehabilitation Robotics and Tissue Engineering. He has been inspired to help those afflicted by diseases and physical impairments since a childhood disease left him with limited mobility throughout adolescence. This led him to pursue his work in rehabilitation robotics and tissue engineering. Some of that work entailed designing and developing advanced artificially intelligent

**Kay Russell & Brenda Francey****Stephen Canner****J. Miles Canino**

powered prosthetic limbs, assistive exoskeletons, and haptic interfaces. He also used bioengineered artificial blood vessel surfaces and microflow environments to investigate atherosclerosis and related damage to the endothelial glycocalyx. **Cap: 50**

**[40] Musical Petting Zoo****1 Session 2 hours**

Come and touch and feel a musical instrument that you may have played 50 years ago. Listen to the sounds of the different instruments in the band. Hear about New Horizons International and the local chapter, New Horizons of Northern New York. There is no commitment! You do not need to know how to read music to attend. We invite you to look and hear and ask questions about musical instruments and the band. **Cap: 70**

**Leah Zelkowitz (Coordinator)****Ron Berry (Conductor & Presenter)****[41] My Experience in Nuclear Energy****2 sessions 1½ hours each**

The first class will focus on how nuclear energy works. The presenter's Navy and space nuclear experience will be the basis for this part. The second class will focus on the status of nuclear energy in the USA. He also will talk about the US Navy nuclear power program, beginning with his own training and subsequent submarine experience. After leaving the Navy in 1968, **Eric Thatcher** obtained an MS in Nuclear Engineering from M.I.T., and then he went to work on nuclear power for propelling space ships. **Cap: 40**

**Eric Thatcher****[42] Mysteries of the Round Towers of Ireland****1 session 2½ hours**

What is the real origin and purpose of the Round Towers of Ireland? Come and find out. The presenter will explain the answer, discovered by Prof. Phillip Callahan, Ph.D., and the answer involves agriculture. **Robert LeBoeuf** worked as an instrumentation and controls technician at Reynolds Metals where he was also co-chair of the training team. After retirement, Phillip taught electricity at BOCES for 15 years. He has been doing presentations on various subjects to various groups for about 25 years. **NOTE:** Bring a pill bottle sized sample of your garden soil if you would like it analyzed. **Cap: 40**

**Robert LeBoeuf****[43] Natural History of Bears****4 session 1½ hours each**

Bears occur on all continents except Australia and Antarctica. Although there are eight different species worldwide, there are only black bears in New York. However, they are a large population. Some even appear in

**Roy Horst**

Potsdam from time to time. We will discuss the ecology and behavior of each of the eight species. (Yes, some regularly prey on humans.) **Roy Horst** is a life member of the American Society of Mammalogy. He taught Animal Physiology and Ecology for twenty-five years at SUNY Potsdam. He has also been doing research on the physiology and ecology of bats. In 2017 Roy received the “Leon LeBeau SOARing Educator Award” for his many courses on wildlife and natural history. **NOTE:** Roy will provide a list of websites at the first session. **Cap: 50**

**[44] Nineteenth Century Prison Reform**

**Liz Regosin**

**1 session 1½ hours**

In this session, we will talk about the work of Quaker abolitionist and prison reformer Isaac T. Hopper. **Liz Regosin** is currently doing research on Hopper’s records, produced during his tenure as the chair of the Committee on Discharged Convicts for the Prison Association of New York. Hopper’s records are full of interesting stories about formerly incarcerated men and women living in New York during the period 1844-1853. Hopper’s own life and work offers a fascinating study of a 19th-century reform activist. Liz spent much of her career exploring the experiences of African Americans in the transition from slavery to freedom. Liz’s own interest in prison reform in the past few years has drawn her attention to the history of prison reform. **NOTE:** Go to the “Nineteenth Century Prison Reform” course page at [soarnorthcountry.org](http://soarnorthcountry.org) to view the presenter’s suggested web link. **Cap: 40**

**[45] Our Amish Neighbors**

**Betsy Tisdale**

**2 sessions 2 hours each**

The Amish seem from another world, yet they are in our midst. Why did they come to St. Lawrence County? This course provides insights into a rich culture, including Amish quilt making, foods, furniture, crafts and children’s toys and books. **Betsy Tisdale** has been a free-lance writer for 35 years, including newspaper and magazine work, oral history recordings, and a hiking guide to the Eastern Adirondacks for the Adirondack Mountain Club. She holds a master’s degree in English from SUNY Potsdam. **Cap: 50**

**[46] Peek inside the Songwriting Process**

**Chris Watts**

**2 session 1½ hours each**

Songwriters always get the same question: which comes first, the words or the music? The answer is not usually a simple one. This course delves into a collection of songs that all came together in different ways, giving participants an inside look at the multifaceted process of writing songs. **Chris Watts** is a teacher, composer, and songwriter. Originally from

Charleston, SC, he has been at SLU since 2002, where he is an Associate Professor of Music and Digital Media. **NOTE:** All are welcome regardless of musical background. **Cap: 20**

**[47] Rewarding Volunteer Opportunity Available**

**1 session 2½ hours**

**Barbara (Bobby) Gordon**

Hear about the (often) invisible problem of low literacy among Northern NY adults. Find out what’s being done to help those who deal with significant daily problems as a result of their inadequate reading or English-speaking skills. Experience what it’s like to have difficulty speaking or reading English. Have your eyes opened to a situation you may not know exists right here in your own community. If you enjoy helping people, learn how you could get involved in the effort to improve the lives of people who can’t do things that YOU take for granted. **Bobby Gordon** has been working in the field of adult literacy since the 1970s. She has a master’s degree in education and taught adult education for BOCES for about 20 years before retiring in 2000. Currently she’s the Coordinator of Adult Literacy at the Potsdam Public Library – part of the Library’s LIFE i.e. Literacy is for Everyone program.” **NOTE:** Participants will learn about an interesting and rewarding volunteer opportunity offering flexibility in time and location and providing a chance to meet some wonderful people. **Cap: 50**

**[48] 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). **Eudora Watson** has been published in *Tule Review*, the *Aureorean* (poetry), and in *JAEPL: Journal of the Assembly for Expanded Perspectives on Learning and Blue Line* (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: 16**

**[49] Settler Colonialism and Global Justice**

**John Collins**

**2 session 1½ hours each**

From North America to Australia to Palestine/Israel to South Africa, historical processes of settler colonialism continue to structure present realities and pervasive forms of social injustice around the world. Using the

kind of transnational, comparative approach typically employed in the field of global studies, this course will examine settler colonialism and its relevance for contemporary questions of social justice. In the first session of this course, we will draw connections among a diverse range of global examples in order to develop a basic understanding of settler colonialism as a distinctive form of territorial conquest, state-building, and racial domination. In the second session, we will have a wide-ranging discussion about how we might use our knowledge of settler colonialism to approach contemporary questions of global justice in new ways. **John Collins** is Professor of Global Studies at St. Lawrence University, where he teaches courses on topics such as globalization, news media, citizen journalism, nationalism, cultural studies, and contemporary Palestine. His most recent monograph, *Global Palestine* (2011), uses the concept of settler colonialism to explore the global significance of the Palestinian liberation struggle. **Cap: 25**

**[50] Slavery and Freedom in the Americas** **Evelyn Jennings**  
**2 sessions 1½ hours each**

This course will examine slavery in the Americas from the 1500s to the end of the 1800s to address some questions that people often ask about the institution. How did slavery in the Americas become a status almost exclusively of Africans and their descendants? How extensive was the forced migration of Africans to the Americas? Why did slavery dominate in some areas, but not in others? How did the experiences of enslaved people in different settings and types of work compare over time and place? Why did slavery in the Americas end by 1888 when it had existed world-wide for millennia? We will also consider how slavery and the experiences of the enslaved are remembered and commemorated today. **Evelyn Jennings** is a professor and Margaret Vilas Chair of Latin American History at St. Lawrence University. Her special areas of focus are colonial Cuba in the eighteenth and nineteenth centuries and slavery in the Americas. **NOTE:** Go to the “Slavery and Freedom...” course page at [soarnorthcountry.org](http://soarnorthcountry.org) to view presenter’s suggested web links. **Cap: 40**

**[51] Stem Cells – The Science and Hope** **Ron Tavernier**  
**1 session 1½ hours**

Stem cells are a hot topic in the health fields right now with famous athletes and celebrities travelling to Mexico and Europe to receive treatments. They are also in the news because of the controversy surrounding them; some are harvested from aborted fetuses. In the past, the US has limited the funding of stem cell research. We will discuss the different types of stem cells and the current science surrounding them. We will also delve

into some of the ways they are being marketed and some of the harm they have caused when used in untested treatments. Although there is much hope surrounding stem cells, many treatments are still in the testing phase with unproven results. After getting his Associates Degree, and meeting his future wife at Paul Smiths College, **Ron Tavernier** (born in Malone) moved to Alaska in 1994 to earn a Bachelors Degree in Wildlife Biology. He worked a few years for the U. S. Army as a Natural Resource Specialist before returning to the University of Alaska, Fairbanks. There he investigated how animals respond to the long, dark winters in the Arctic, which earned him his PhD. Ron lived in Alaska for 13 years and had many adventures there. He moved back East with his family in 2007, and since then he has been teaching biology at SUNY Canton. **Cap: 40**

**[52] Stereotypes** **Raamitha Pillay**  
**1 session 1½ hours**

How stuck are you on stereotyping people? Is stereotyping a good thing or something that should be avoided? Examine your beliefs and your actions. **Raamitha Pillay** has been an educator in the North Country for over 20 years. She has lived in a few countries with different cultures, and she admits that she does not fit neatly into a stereotype. Over the years, she has had many experiences that forced her to challenge some of the stereotypes others have of her, which naturally made her start examining her own practices. **NOTE:** Bring an open mind; it will be tested. **Cap: 50**

**[53] Summer of '69: Woodstock, Moon Landing, and More** **Terry Niles**  
**3 sessions 1½ hours each**

It doesn’t seem possible that soon it will be 50 years since that famous Summer of ‘69. The final summer of the 1960s in America witnessed some very significant events including the flight of Apollo 11, Chappaquiddick, and of course Woodstock. In these three sessions, we will review these and other historic events, and check out as well what was popular on TV, in music, and of course what was playing at the drive-in theater. **Terry Niles** was a history and government major at SLU, and his main hobby nowadays is still studying history. He 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 SOAR-ing Educator Award” in honor of his many great SOAR presentations. **NOTE:** Go to the “Summer of ‘69” course page at [soarnorthcountry.org](http://soarnorthcountry.org) to view presenter’s suggested web links. **Cap: 100**

**[54] Swirling Flows – More than Just Pretty Patterns in the Water****1 session 1½ hours****Byron Erath**

The dynamics of unsteady water flows present many opportunities for extracting energy to power low-consumption devices such as structural health monitoring systems, aquatic animal tracking devices, etc. This course will explore how energy can be extracted from swirling flows (i.e. vortices). Emphasis will be placed on identifying the prevalence of vortices in nature, learning how they are formed, and understanding how the fundamental physics of vortex-structure interactions can be exploited to harvest energy from fluid environments. When his teenage dream of being a professional bicycle racer failed to materialize (due to an embarrassing lack of talent), **Byron Erath** rethought his career goals and decided to pursue an education in fluid mechanics, motivated by his observation of how aerodynamics can have such a significant influence on something as simple as riding a bicycle. He joined the Department of Mechanical and Aeronautical Engineering at Clarkson University in 2012, where he performs research in the field of fluid mechanics, with an emphasis on fluid-structure interactions. **NOTE:** Go to the “Swirling Flows...” course page at [soarnorthcountry.org](http://soarnorthcountry.org) to view presenter’s suggested web link. **Cap: 50**

**[55] Tai-Chi: The Short Form****Pam March****8 Sessions 1 hour each**

This class 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. **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. **NOTES: 1)** The prerequisite for this course is “Beginning Tai-Chi and Qigong. **2)** Wear loose fitting clothing, soft shoes or socks and bring a water bottle. **Cap: 50**

**[56] The Talk Therapy Revolution****Peter Ladd****2 sessions 1½ hours each**

In these two sessions we will explore the importance of neuroscience and phenomenology in talk therapy, as well as for mental health. **Peter Ladd** has taught at SLU in the Graduate School of Education for over 36 years. He coordinates the Certificate of Advanced Studies Program in Counseling, and he also coordinates the Mental Health Counseling Program. He has worked for many years in St. Lawrence’s satellite graduate school

program on the Akwesasne Mohawk Reservation. Peter also has found time to author six books in the area of conflict resolution and counseling.

**Cap: 20****[57] Topics in Diversity Jay Pecora (Coordinator)****4 sessions 1½ hours each**

**Session 1: Microaggressions: A Road Paved with Good Intentions - Lonel Woods.** In this segment, the presenter will explain to us how the everyday verbal, nonverbal, and environmental slights, snubs, or insults, whether intentional or unintentional, can communicate hostile, derogatory, or negative messages and can contribute to systematic injustice and social inequality. **Lonel Woods**, Associate Professor of Music, was introduced academically to aspects of diversity, equity, inclusion, and social justice, while working at Georgetown Day School in Washington DC. This elite private school began its work on topics related to diversity, equity, and inclusion in 1999, and part of that work included requiring the entire faculty to attend many workshops and training as part of their professional development. Lonel left that school in 2005, to complete his doctorate, but he continues his professional development and personal growth around topics of diversity, equity, inclusion, and social justice. He is very pleased to continue this important work with the Potsdam Community.

**Session 2: My Journey in Understanding Islam - Matt Lavine**

Despite its being the second largest and fastest religion, and a constant topic of political conversation in the world, Westerners seem to have very little knowledge of Islam. Recognizing that I was just as guilty of this as any other, I have spent the last decade-plus trying to learn as much as I can about Islam and the wonderful cultural and intellectual achievements it has helped bring to the world. This talk will focus on the five most important events from my own journey in understanding Islam in order to combat Islamophobia. Matt LaVine is primarily trained as a philosopher of language and logician – meaning that clarity in thought processes and the expression of our thoughts is often his focus. For a number of personal and theoretical reasons, he also believes that matters of justice are the biggest issues our world is facing. For that reason, much of his time is spent on how clarity of thought and the expression of it can help in understanding social justice.

**Sessions 3 and 4: LGBTQ+ 101 - Cailey Underhill & Michael Popovic.**

In **Session 3**, the presenters will talk about the history of the LGBTQ+ rights movement, covering a broad range of key developments and events from the 19th century to today. In **Session 4**, the presenters will introduce you to the developing conceptions around gender and sexuality as spec-

trums, and to the meaning of the various letters behind the LGBTQ+ acronym. They will also discuss ways to move beyond tolerance and acceptance to affirmative support through allyship. This mini course is geared towards those with only basic, or no knowledge about LGBTQ+ individuals. It also is designed for those who may be interested in ways to assist members of this marginalized community in our area. **Cailey Underhill** is a fulltime English teacher at Canton Central High School, and one of two Gender and Sexuality Coordinators at SUNY Potsdam. As a member of the LGBTQ+ community, and a Gender and Sexuality Coordinator, Cailey's duty is to provide support, resources, and information to LGBTQ+ individuals and all staff, faculty, and students at SUNY Potsdam. She hopes that a broader understanding of this issue will translate into other people stepping up to help the marginalized LGBTQ+ community. **Michael Popovic** is Coordinator for International Studies, and Coordinator for Days of Reflection. He is the other Gender and Sexuality Coordinator on the SUNY campus. His work promoting social justice, post-conflict reconciliation, and cross-cultural dialog, was triggered by his experiences in the context of the violent dissolution of Yugoslavia in 1990s. He has broadened the focus of his work to include education and advocacy to reduce discrimination targeting people of color and the people of the LGBTQ+ community. In 2018, Michael received the Soliya Community Advocacy award for his work in educating global citizens and promoting cross-cultural dialog and understanding. **Cap: 50**

### [58] Umwelt in Newspapers

**1 session 1½ hours (at Potsdam Town Hall)** **Thomas Graser**  
Newspapers struggle to adjust to a landscape where more readers are finding their news in silos created by the internet. We will look at how we have attempted to assess how our readers see the world. We will also consider how we have adjusted a general interest product to appeal to specific populations; and how we have reacted to a rapidly moving news cycle. Finally we will also discuss what it's like to tread the middle of the road in a deeply divided world. **Thomas Graser** has been a newspaper editor since the early 1990s, mostly at smaller publications. He has also worked in commercial and public radio. He was the second website editor for the Asheville Citizen-Times, and he developed several interactive news presentations in the early 2000s. He also worked on reporting statewide content for a 10-newspaper network in Ohio. **NOTES: 1)** Definition: "Internet silos" news, information, opinion, and discussion communities that are dominated by a single point of view. **2)** Definition: "Umwelt - one's surroundings or environment; the outer world as perceived within it." **Cap: 40**

### [59] Understanding Political Polls: Real or Fake News?

**1 session 1½ hours**

**Jack McGuire**

The pollsters accurately predicted the outcome of the 2016 presidential election, but you would hardly know it, given the widespread criticism polling firms have received. This course provides the basic tools to understand and interpret public opinion polls. **Jack McGuire** is an Associate Professor of Politics at SUNY Potsdam. He teaches courses in American political behavior (voting) and public opinion. He and his colleagues conduct public opinion polls in the North Country. **Cap: 100**

### [60] Vicarious Voyagers XXIV

**Ruth Kreuzer (Coordinator):**

**3 separate sessions 1½ hours each**

Voyage vicariously to exotic places with our world-traveling presenters via their slide shows. These three adventures await you. (Time: 2:00-3:30)

- 1) (Monday, March 11) John & Nok Lindsey** – "Laos – a quiet, somewhat out of the way country that not many people visit"
- 2) (Thursday, March 21) - Lynn & Nils Ekfelt** – "Italy, from the heel of the boot to the crossroads of the Mediterranean: Puglia and Sicily (w / OAT)"
- 3) (Thursday, April 4) Sally Vrooman** – "Rwanda rising? Yes and no"

**NOTES: 1)** Come to any, or all, of these presentations. **2)** Allow extra time to find a parking spot and/or for walking; please do not park in the IGA lot – those spaces are only for the shoppers. **Cap: 100**

### [61] Watercolor/Mixed Media Art Workshop: Intermediate Level 9 session 2 hours each

**Donna Kuhn (Coordinator)**

This workshop is designed for SOAR's aspiring artists to get together informally and improve their artistic skills through demonstrations, support from other participants, and opportunities to have your work critiqued and to critique the work of others. **Donna Kuhn** is a relative newcomer to SOAR but has participated in three art-related courses over two semesters. She is looking forward to coordinating this workshop and continuing to learn. **NOTES: 1)** Supplies for first class: basic watercolor set, watercolor paper tablet, brushes, container for water, and an inspiration for your first painting. More information will be provided at the first class. **2)** Go to the "Watercolor/Mixed Media..." course page at soarnorthcountry.org to view suggested web link. **Cap: 18**

**[62] What Did I Miss?****Heather Beauchamp****1 session 1½ hours**

Our attention to tasks is often compromised. Having a limited ability to focus means that we may fail to report a novel object or see a change in an existing object that we examine. In this class, we will explore the topics of inattention blindness and change detection. This discussion will include the factors that influence our ability to pay attention, practical applications of this field, and whether novices and experts differ in their ability to detect changes. **Heather Beauchamp** has taught “Cognitive Psychology” and “Learning and Memory.” She is interested in learning more about attention and our recollection of material. Heather has conducted research on change detection and false memories. In fall 2016 she taught a SOAR course on Exploring Sensation and Perception. **Cap: 50**

**[63] Why Storytelling Matters for Building Peace****Lisa Propst****1 session 1½ hours**

Since the development of the South African Truth and Reconciliation Commission in the early 1990s, telling stories has come to be seen as a central part of peace building. At the same time, telling stories about violence can bring back trauma and reinforce divisive views. This course will explore the value and risks of national institutions for telling stories after conflict, like truth and reconciliation commissions, and the ways that fiction can contribute to peace building. **Lisa Propst** is an Assistant Professor of Literature at Clarkson University. She specializes in contemporary fiction with a focus on the roles of narrative in post-conflict reconciliation and the ethical challenges of telling stories about other people’s lives. Lisa teaches courses on world literature, modern fiction, gender and pop culture, and violence and reconciliation, among other topics. **Cap: 50**

**[64] Wildlife & Roads: How Do We Make Roads Safer for People & Nature?****Tom Langen****1 session 1½ hours**

Traffic accidents with large animals is a major cause of serious human injury and property damage. Vehicles kill millions of animals, which is deplorable from an animal welfare standpoint, and can be a conservation concern. Learn about how and why animals and vehicles collide at roads, and what engineers and ecologists are doing to make roads safer for humans and wildlife. **Tom Langen** is the Department Chair and Professor of Biology at Clarkson University. He conducts research on the environmental impact of roads, and on the effectiveness of public-private partnerships for wetland restoration. His road-related research has included the

impacts of winter road management on roadside vegetation and lakes in the Adirondack Park, predictive modeling of hotspots of road mortality of amphibians and reptiles, design and functioning of wildlife barriers and passageways for turtles, and the impact of highways on habitat connectivity in Costa Rican National Parks. He leads professional development workshops in Latin America and North America on the environmental impact of roads and other infrastructure. He has many research papers on road ecology and has authored multiple chapters in two books intended for road environmental management practitioners: *Roads and Ecological Infrastructure: Concepts and Applications for Small Animals* and *Handbook of Road Ecology*. **Cap: 100**

**[65] Women Representing Women in Politics****Christina Xydias****2 sessions 1½ hours each**

This course is an introduction to women in politics around the globe, with particular emphasis on whether, and how, women advocate for other women while in office. We will look at examples of women currently in executive office (such as Theresa May, prime minister of the UK, and Angela Merkel, chancellor of Germany), and legislative office (such as our own congresswoman, Elise Stefanik). **Christina Xydias** is an Associate Professor of Political Science at Clarkson University. Her research focuses on gender and politics, specifically in Europe. She has interviewed more than 70 political office-holders at the state and national level in Germany and in Greece over the last 10 years. **Cap: 50**

**[66] Yoga Nidra****Donna Clark****2 sessions 1½ hours each**

The heart of the course is a guided meditation to bring the practitioner into deep relaxation and higher levels of consciousness. Each class will begin with some very gentle beginner yoga movements which can be done seated or lying down, followed by lying down, relaxation and listening to words of guided meditation. Donna Clark studied meditation at Oneness University in India; she is also a certified yoga instructor from Kripalu, and she has received certification in Yoga Nidra from Amrit Institute. She teaches Yoga Nidra at the Yoga Loft in Canton and at the St. Lawrence Correctional Facility. **NOTE:** Bring your own yoga mat, blanket, and pillow. **Cap: 50**

**It’s Never too Late to Learn!**  
**Tell your friends about SOAR!**



# SOAR BULLETIN BOARD

## SOAR HONOR ROLL

### Super SOARer Award *(awarded in the spring)*

- 2004 – Leon LeBeau
- 2005 – Bill Lewis
- 2006 – Jim Barry
- 2007 – Ruth Kreuzer and Jean Theobald
- 2008 – Dick and Peggy Mooers
- 2009 – Otis and Fran Van Horne
- 2010 – Claire Begeal
- 2011 – Pat Dishaw
- 2012 – Betty Graham
- 2013 – Sharon Regan and Elsie Dominy
- 2014 – Pat Harrington
- 2015 – Dorothy (Dot) Howe
- 2016 – Ed Russell
- 2017 - Kay Russell and Brenda Francey
- 2018 - Steve Hopkins

### Outstanding Contribution to SOAR Award

*(awarded now and then)*

- 2008 – Neil Johnson
- 2010 – Barbara Trerise
- 2011 – Nancy Hess
- 2014 – Ruth Kreuzer
- 2016 – Leon LeBeau

### Leon LeBeau SOARing Educator Award

*(awarded in the fall)*

- 2009 – John Casserly
- 2010 – Pam March
- 2011 – Clive and Sandra Henery
- 2012 – Terry Niles
- 2013 – Art Johnson
- 2014 – Neil Garner
- 2015 – Juanita Babcock
- 2016 – Aileen O'Donoghue
- 2017 – Roy Horst
- 2018 - Daniel ben-Avraham

## REMINDERS

Send in registration form right away!

Volunteer to be a SOAR ambassador!

**Daylight Savings**  
Time starts at 2:00 am  
**Sunday, March 10**

**Classes Start**  
**Monday March 11**

**Meet-the-Chef:**  
**Casablanca**  
**Restaurant**  
113 E. Main St.  
Gouverneur  
**Wednesday, Apr. 17**  
**1:00pm** *(see p.3)*

**Classes End**  
**Thursday, May 16**

**SOAR Luncheon-**  
**Wednesday, May 22**  
Knowles  
Conference Center  
11:30-2:00

**SOAR** **FIND SOAR . . .** Van Housen Extension  
Office #382  
**382 Van Housen Extension** *Take the elevator to the third floor;*  
**SUNY Potsdam** *the SOAR office is in the left corridor.*  
**44 Pierrepont Avenue** **soar@potSDam.edu**  
**Potsdam, New York 13676** **(315) 267-2690**  
**www.soarnorthcountry.org**  
*for up-to-date info on:*  
Courses, Presenters, Locations, Events, Notices, News . . .