



SOARING!

Spring 2025

The newsletter of

SOAR

Lifelong learning in the North Country

Sponsored by: SUNY Potsdam

Affiliated with: Road Scholar

MESSAGE FROM THE CHAIR

Welcome to the 2025 Spring SOAR semester! I hope you are enjoying the variety of courses that our Curriculum Committee offered during this session.

As Chair of the Board since January 1st, I am looking forward to the new avenues that SOAR is currently pursuing for our future. I would like to thank **Ed Russell**, acting Chair for several months until the end of last year, for his vision and hard work in furthering SOAR's mission. I would also like to thank the various Board members, the numerous committees, the ambassadors who facilitate the classes, and all the volunteers for their devotion in keeping SOAR, well, soaring. Without all these folks, SOAR could not exist.

We are currently undergoing a formal incorporation of our program, along with other changes, that will help keep SOAR in the forefront of providing educational opportunities to our regional seniors. These challenges will take some time to navigate but will ultimately move our program forward and ensure its future. SOAR has incurred some new expenses that we are examining, but the Board is figuring out how to deal with these in a cost-efficient manner.

SOAR's Board of Directors currently has **three vacancies**, one of which is to fill Phil Shatraw's position as our outgoing Treasurer. After serving as our money guy for five years, Phil is ready to move on. If you or someone you know would be interested in helping to keep SOAR thriving, please contact Alicia Walter, our Nominating & Awards Committee Chair. Please see her note below.

In closing, I invite you to attend the end-of-semester business luncheon on May 14 in Knowles Hall. Information follows in this newsletter.

Keep SOARing!!

Juanita Babcock, Chair of the Board

Registered Members:

Spring 2025:	305
Fall 2024:	272
Spring 2024:	252
Fall 2023:	245
Spring 2023:	247
Fall 2022:	264

Spring 2025 Luncheon

Wednesday, May 14th

11:15 AM

Luncheon Flyer enclosed

SOAR COMMITTEES AT WORK

NOMINATING & AWARDS

The Nominating & Awards Committee met in March to propose a nominee for the **SuperSOARer Award**, which is presented at SOAR's Spring luncheon. This year's winner is **Lyn Swafford**, who has contributed significantly and tirelessly to the organization, especially by holding SOAR together during her two years as Chair during the COVID pandemic. She established and organized our Archives and serves as its Chair. Lyn also chairs the Outreach & Publicity Committee, the Publications Committee, and works closely with Carol McRobbie to keep our governing documents current. Many thanks to her for her commitment and many hours of volunteer work in supporting SOAR!

MORE NEWS!

SOAR is excited to announce an opportunity for a dedicated member in good standing to join our leadership team as Treasurer. This pivotal role is essential to our organization's success. If you are interested in making a meaningful impact, we encourage you to reach out to **Alicia Walter**, Chair of the Nominating Committee, at soarchiliskates@gmail.com for more information. Your involvement can help shape the future of SOAR!

The Treasurer's responsibilities are as follows according to SOAR's Bylaws:

- -Maintains the account ledger, which includes a complete record of income, expenses, and account balance and is reconciled with the PACES ledger periodically.
- -Supplies a report at each BOD meeting on SOAR's income, expenses, and account balance as well as Expenses by Budget Category using an Excel spreadsheet.
- -As a member of the Administration & Finance Committee, participates in the preparation of the annual budget.
- -Shall furnish the Administration & Finance Committee with the necessary documents, enabling the committee to audit the Treasurer's report and verify, at a minimum, that the account balance as submitted by the Treasurer and the balance as listed by PACES are in agreement.

News From the Registration Committee

- SOAR currently has 305 members, with 240 registered for Spring courses.
- I would like to recognize and thank this team of SOAR members who volunteered their time to register you for courses this semester: Juanita Babcock, Laurell Brault, Barbara McBurnie, Sally Murray, Nancy Rehse, Jerry Sharp, Mary Shatraw, Phil Shatraw, Laurie Swinwood, Janet van Weringh, James Westman, and Byron Whitney.
- We still have openings in many of the courses listed in the "Available Courses" email I sent out March 23rd. If you would like to register for any of these courses please contact the SOAR office 315-267-2690 or email soar@potsgdam.edu.

Carol McRobbie, Chair of Registration Committee

NEWS FROM THE CURRICULUM COMMITTEE

- Please review the following list of potential courses that the Curriculum Committee has proposed to offer during the Fall 2025 semester. Chair **David Mathie** is open to receiving suggestions and comments regarding proposed courses for future semesters. Contact him at davidmathie@gmail.com.



Tai Chi Continuing, Fall 2024



K-9 Fire Safety,
Spring 2025



Gettysburg 1863, Spring 2025

CURRICULUM COMMITTEE

PROPOSED COURSES FOR FALL 2025

1939 Chris Craft restoration

19th Century St. Lawrence County

8-hour Boating Safety Classes

AARP Safe Driving

Art of Hand-pulled Prints

Be on the Jury

Brief History of Akwesasne

Couch Potatoes

Course in Physics or Israel

Course involving the Remington Museum

Current Events

Deep Relaxation and Guided Meditation

Detecting Microplastics in the North Country

Early Christian Art

Energy

Famous Minerals and Localities from St. Lawrence County, NY

First Aid for Seniors

History of Knitting

How to Garden Using Regenerative Permaculture Principles

Intro to the Fitness Center

Introduction to Casino Gambling

Introduction to Excel for Novices

Introduction to Pickleball (tentative)

Korean Cooking

Mah Jongg for Fun I

Mah Jongg for Fun II

My work in Burundi, Africa

Nuclear Submarines

Potsdam Food Coop Tour

Preserving the Garden: Freezing and Dehydration

Rockets for Space Launch Vehicles

Stoic Philosophy

Tai Chi Beginning

Tai Chi Continuing

Textiles of the World

*The 1950s Racquette River Hydroelectric Development by
Niagara Mohawk Power Corporation*

The Growing Edge - Gardening in the Second Half of Life

The South Pacific Kingdom of Tonga

The Tilted Teacup Ride

Thomas Jefferson

Ticks and Mosquitoes

Vicarious Voyagers: Mongolia

Watercolor Workshop

A REMINDER FROM THE OFFICE

Changes occur frequently during the semester, so please check your email regularly. If you're on a waitlist for a course, chances are a spot will open to allow your enrollment. You will be notified via email. Please wait to be notified that a class you are waitlisted for has a seat open before attending the class.

Occasionally, classes are canceled; check your email and/or the SOAR website at www.soarnorthcountry.org.

Locations may change or be updated; you will be notified via email. The website will also reflect the change in location.

Please check your email and website frequently during each SOAR 10-week semester! And keep SOARing!!

Laurie Sydow, Administrative Assistant

SOAR Spring Luncheon

Wednesday, May 14, 2025

11:15 am - 2:00 pm

11:15 am New Horizons Bands of Northern New York, Inc.

Serving lunch at noon.

Knowles Conference Center

Multi-Purpose Room (second floor), SUNY Potsdam Campus

To reserve a seat: Mail the form below with your check.

All reservations due on or before Thursday, May 1st.

If you must cancel, please notify the SOAR office at:

soar@potdams.edu or 315-267-2680 by **Thursday, May 8th.**

(Otherwise, SOAR will be charged for the meal you did not enjoy.)

Send check payable to "PACES 235" with form below.

Buffet Menu:

Tuscan Chicken, Butternut Squash Ravioli

Mixed Greens Salad, Roasted New Potatoes, Vegetable, Rolls & Butter

Desserts: Chocolate or Strawberry Tiger Cake

Water, Coffee or Tea

Directions: Please refer to the SUNY Potsdam map on our website, www.soarinthecountry.org for location of Knowles Conference Center. There will be signs along Farmington Drive.

PLEASE REMEMBER TO DISPLAY YOUR PARKING PASS!

Name(s) _____

Number attending: _____ x **\$23.00** Enclosed: \$ _____

Phone: _____ E-mail: _____

All reservations due by **Thursday, May 1st.**

Mail this form with your check payable to "PACES 235" to:

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