

(updated: 09-03-15)

SOAR



LIFELONG LEARNING IN THE NORTH COUNTRY

THE 15TH YEAR OF SOAR

FALL SEMESTER 2015

SEPTEMBER 8, 2015 - NOVEMBER 13, 2015

sponsored by:



THE STATE UNIVERSITY OF NEW YORK

Potsdam

and affiliated with:

ROAD SCHOLAR[®]

Institute Network

**SOAR = Learning + Going Places + Having Fun
+ Acquiring Skills + Volunteering!**

Terry Niles

"The Last Czar of Russia"



Pam March

"Tai-Chi: The Short Form"



**Leon LeBeau SOARing Educator Awardees
who are offering new topics this semester**



Clive and Sandra Henery

*"Tunes-R-Us" (Taste of Mozart;
Musical Rivers; Hail to the Chief)*



Neil Garner

*"Seeing in 3D Dimensions:
Stereographs to 3D Illusions"*

ABOUT SOAR

(Stimulating Opportunities After Retirement)

SOAR is a member-directed learning group, sponsored locally by SUNY Potsdam through the Center for Lifelong Education and Recreation (CLEAR). SOAR is also one of almost 400 such lifelong learning groups affiliated with the Road Scholar Institute Network.

At the end of the spring 2015 semester SOAR had 391 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

Linda Nixon, Chair	Jim Barry	Bill Mein
Steve Hopkins, Vice-Chair	Betty Graham	Laurie Swinwood
Dorothy Howe, Secretary	Ed Russell	Mark Coleman
Ron Frank, Treasurer	Ruth Kreuzer	Cynthia Bender
Neil Johnson	Linda Jones	

COMMITTEES & CHAIRS

Executive - Linda Nixon	Outreach/Publicity - Ruth Kreuzer
Scheduling - Bill Mein	Membership - Laurie Swinwood
Newsletter - Mark Coleman	Ambassadors - Linda Jones
Registration - Pat Dishaw and Steve Hopkins	
Trips & Performances - Ann Groom and Darlene Leonard	
Curriculum - Jim Barry and Ed Russell	
Administration and Finance - Neil Johnson	
Nominating and Awards - Betty Graham	
Presenter Communications - Sue Gibbs and Ruth Horst	

Administrative Assistant - Pat Harrington

College Liaison - Nancy Hess

MEMBERSHIP INFORMATION

AN 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, this year beginning the day after Labor Day in September (i.e. Sept.8) and the other beginning mid-March. Over 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 and guests. Luncheons, trips and special events are optional and cost extra.

“Teaching might even be the greatest of the arts since the medium is the human mind and spirit” - John Steinbeck

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

GUEST POLICY. Each term, a member may bring one guest, one time, to a class session if that person is a potential new SOAR member or if that person is an out-of-town visitor. Note: Please ask permission from the instructor ahead of time.

CONTACT INFORMATION

For information, call Pat Harrington at the SOAR office at (315) 267-2690, send e-mail to soar@potsdam.edu, or write to SOAR, 389 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

The Club - Canton

(Learn about the business from owner, Rick Cassara & manager, Adam Allen)

DATE: Wednesday, October, 21st at 1:00 pm

Cost: \$25 (includes gratuity)

(Payment and reservation form are **DUE** by noon on **Wednesday, Oct. 7**)

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

* * *

FALL LUNCHEON

Barrington Student Union

Wednesday, November 18, 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, trips and events
visit the SOAR website: www.soarnorthcountry.org*

COURSE LOCATIONS

Courses Offered on the SUNY Potsdam Campus

Angikuni Lake, Northwest Territories: Cultural and Geological Significance * Art Workshop * Beginning Tai-Chi and Qigong * Cell Therapies for Parkinson's Disease * Continuing Tai-Chi and Qigong * Digital Photography for Beginners * Edgar Cayce Exercises * "Eurydice" by Sarah Ruhl: Read, See, Review * Figure Skating Scoring * The Films of Robin Williams * The Great Apes * History of Impressionism: The Early Years * How We are Taxing our Grandchildren * Line Dancing for Beginners * Medical Anthropology * Memoir Writing: Finding Your Voice * New Technologies for Drinking and Wastewater Treatment * North Country Raptors * Practicing Your French * Seeing in Three Dimensions: Stereographs to 3D Illusions * Step into the 4th Dimension * Sustainable Energy in the 21st Century * Swimming: Beginners and Pre-Beginners * Tai-Chi: The Short Form * Thinking of Going Solar? * Travels through China * Visualizing Nanoscopic Worlds * Wildlife Physiology and Ecology in Winter * Will Eisner's The Spirit: Weekend Crime Fighter * You've Written a Book. Now What?

Courses Offered Off Campus

POTSDAM: The Church of Jesus Christ of Latter-Day Saints (*CJCLDS*); Clarkson University (*CU*); Mayfield Apartments (*MA*); Potsdam Civic Center (*PCC*); United Methodist Church (*UMC*): AARP Smart Driver Course (*PCC*) * Ballroom Dancing for Beginners (*CJCLDS*) * Bridge for Fun: Intermediate Level (*MA*) * Cryptography through the Ages (*CU*) * Cultural Traditions of Ukraine (*PCC*) * Knitting Pinwheel Snowflake Ornaments (*MA*) * The Mediterranean Area: A Journey through Its History (*PCC*) * Tunes-R-U's (*UMC*) * Vicarious Voyagers XVII (*PCC*)

CANTON: BOCES; Partridge Knoll (*PK*); Canton Free Library (*CFL*); St. Lawrence University (*SLU*); SLCHA at Silas Wright House (*SWH*); Unitarian Universalist Church (*UUC*): The 1918 Flu Epidemic (*SWH*) * AARP Smart Driver Course (*BOCES*) * Anime: the Art of Hayao Miyazaki (*CFL*) * Ascidians: Are They Taking Over the World? (*SLU*) * Corporate Crime and Investor Response (*SWH*) * Current Events (*PK*) * Former Presidents as Elder Statesmen in Global Affairs (*SWH*) * Gentle Chair Yoga (*CFL*) * GIS, GPS, and Geocaching (*SLU*) * Knitting Pinwheel Snowflake Ornaments (*PK*) * The Last Czar of Russia (*SWH*) * Mah Jongg (*PK*) * Minerals of NY State (*SLU*) * My Life as a Medium (*SWH*) * Mystery and detection in Poe's Tales (*SLU*) * Quaking Bogs: Life at the Extremes (*SLU*) * Sharing Card Games (*PK*) * Universalists and Their Influence in Northern NY (*SWH+UUC*) * User Friendly Mindful Meditation (*CFL*) * What's "Early" about Early Music? (*SLU*)

COURSES BY NUMBER OF SESSIONS

5 SESSIONS or MORE: Art Workshop * Ballroom Dancing for Beginners * Beginning Tai-Chi and Qigong * Bridge for Fun: Intermediate Level * Continuing Tai-Chi and Qigong * Current Events * Line Dancing for Beginners * Swimming: Beginners and Pre-Beginners * Tai-Chi: The Short Form * User Friendly Mindful Meditation * Will Eisner's *The Spirit*: Weekend Crime Fighter

4 SESSIONS: Digital Photography for Beginners * The Films of Robin Williams * Gentle Chair Yoga * History of Impressionism: The Early Years * Mah Jongg * Memoir Writing: Finding Your Voice * Mystery and Detection in Poe's Tales * Sharing Card Games * Vicarious Voyagers XVII * Wildlife Physiology and Ecology in Winter

3 SESSIONS: Cryptography through the Ages * The Last Czar of Russia * North Country Raptors * Practicing Your French * Travels through China * Tunes-R-Us * Universalists and Their Influence in Northern NY * What's "Early" about Early Music?

2 SESSIONS: The 1918 Flu Epidemic * AARP Smart Driver Course * Cultural Traditions of Ukraine * Eurydice" by Sara Ruhl: Read, See, Review (*plus performance*) * Figure Skating Scoring * The Great Apes * The Mediterranean Area: A Journey through Its History * New Technologies for Drinking and Wastewater Treatment * Seeing in Three Dimensions: Stereographs to 3D Illusions * Step into the 4th Dimension * Thinking of Going Solar?

1 SESSION: Anime: The Art of Hayao Miyazaki * Angikuni Lake, Northwest Territories: Cultural and Geological Significance * Ascidians: Are They Taking Over the World? * Cell Therapies for Parkinson's Disease * Corporate Crime and Investor Response * Edgar Cayce Exercises * Former Presidents as Elder Statesmen in Global Affairs * GIS, GPS, and Geocaching * How We are Taxing our Grandchildren * Knitting Pinwheel Snowflake Ornaments * Medical Anthropology * Minerals of NY State * My Life as a Medium * Quaking Bogs: Life at the Extremes * Sustainable Energy in the 21st Century * Visualizing Nanoscopic Worlds * You've Written a Book. Now What?



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.

FALL 2015 COURSE DESCRIPTIONS

This fall SOAR is pleased to offer 59 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 “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*)



The 1918 Flu Epidemic

Fran Van Horne

2 sessions, 1½ hours each

The 1918 flu epidemic has been called “The Plague of the Spanish Lady.” This course provides a history of the 1918 flu pandemic* and its implications for another similar event in the future. Special attention is paid to the impact of this pandemic on daily life. **Fran Van Horne** (and also her husband, Otis) received the “Super SOARer Award” in 2009. Fran is a retired nursing instructor and health educator. She is particularly interested in public health, especially in the area of communicable diseases. [F-15-1]

*Current estimates say 50-100 million people were killed worldwide by this flu pandemic, described as the greatest medical holocaust in history” – *Wikipedia*

AARP Smart Driver Course

Carol Lawrence

2 sessions, 3 hours each (*offered twice*) (*once in Canton; once in Potsdam*)

This six-hour refresher course contains up-to-date information about changes in ourselves, our vehicles, and our roads. Learn to drive more efficiently and safely, and as an outcome, possibly reduce your car insurance costs as well. **Carol Lawrence**, a lifetime North Country resident and a retired teacher and school librarian, likes meeting new people, especially fellow SOAR members. In 2013 Carol started teaching the driver safety course, a topic she considers very worthwhile. She thoroughly enjoys this volunteer opportunity. **NOTES: 1)** Fee: \$20/AARP member or \$25 for non-AARP member, payable at the first session (make checks out to “AARP” and bring your AARP card for verification of your membership); **2)** Both sessions must be attended in order to receive any rate reduction benefit offered by your car insurance company. **Cap: 25** [F-15-2] *Canton BOCES*; [F-15-3] *Potsdam (PCC)*

Angikuni Lake, Northwest Territories: . . . Jeff Chiarenzelli
Cultural and Geological Significance

1 session, 1½ hours (*SUNY Potsdam*)

This lecture summarizes the history of the Caribou Eskimo (an Eskimo of the Barren Grounds of northern Canada). These were the last native people in North America to establish contact with Europeans. Also, you will learn how North America was formed, using the Snowbird Tectonic Zone as an example. **Jeff Chiarenzelli** is a geologist and environmental scientist who has spent over 25 years studying the geology of the Canadian Shield. He also is intrigued by the Adirondack Region. **NOTE:** Three recommended books: *People of the Deer*, *The Desperate People*, and *Never Cry Wolf* - all by Farley Mowat. **[F-15-4]**

Anime: The Art of Hayao Miyazaki Krista Briggs

1 session, 2½ hours (*Canton Free Library*)

Anime (hand-drawn or computer animation) has grown over the years to be a beloved Japanese import with appeal across generations. This presentation will examine samples which highlight the complexity and depth of the genre. It features the work of Hayao Miyazaki (animator, artist, author, film director, and producer). **Krista Briggs** is the Young Adult Services Specialist at the Canton Free Library, where she shares her own love of anime with teen patrons through their Anime Club. She was introduced to anime as a young child by her grandmother who inexplicably owned a VHS tape of an anime adaptation of Snow White. Since then Krista has experienced a myriad of deep and engaging stories through this popular art form. **Cap: 20 [F-15-5]**

Art Workshop Nellie Bright & Sally Kirby (*Coordinators*)

8 sessions, 2 hours each (*SUNY Potsdam*)

Art Workshop is designed for SOAR aspiring artists to get together informally and improve their painting skills in water media. The group collectively critiques their art work, and we all learn from each other. Beginners are welcome to join this class. Experienced members are willing to mentor beginners. **Nellie Bright** loves watercolor. She also loves the class structure and the exchange of ideas among group members to keep her on-track and inspired. **Sally Kirby** is a long time weaver and an accomplished watercolorist. Both Nellie and Sally have been participants in Leon LeBeau's art workshop classes for many years. **NOTE:** A list of needed supplies will be sent to you with your registration confirmation. **Cap: 30 [F-15-6]**

Ascidians: Are They Taking Over the World?**Linda Auker****1 session, 1½ hours** (*SLU*)

Invasive species have significant ecological and economic impacts in marine ecosystems. Some of the most recent invasions have included both sponge-like and blob-like invertebrates called ascidians. Come explore the biology and ecology of these interesting creatures, and hear stories about their presence and impacts around the world. **Linda Auker** is a visiting Assistant Professor of Biology at SLU. She teaches the introductory general biology course and conducts research on marine invasive species, their distribution and impact. For over 10 years, Linda has worked with one very stubborn invasive species, *Didemnum vexillum*, a colonial (“blob-like”) ascidian. [F-15-7]

Ballroom Dancing for Beginners**Van Hoyt & Diane Crump****10 sessions, 1½ hours each** (*Church of Jesus Christ of Latter-Day Saints*)

The first aim of this course: “just to have fun!” The instructors will concentrate on the basics of Foxtrot, Waltz, Cha-Cha, Tango, Stroll and “lamanite” – a simple, fun dance Van learned from a Native American couple and later adapted for beginning dancers. Advance your skills as time permits and as class interest suggests. **Van Hoyt** and **Diane Crump** have been teaching youth and adults beginning ballroom dance for over 10 years. They encourage both men and women to take the plunge and learn how to lead or follow. **NOTE:** Wear comfortable clothing and smooth-soled shoes (not sneakers). **F-15-8]**

Beginning Tai-Chi and Qigong**Pam March****5 sessions 1 hour each** (*SUNY Potsdam*)

This course includes basic Chinese warm-ups (both standing and sitting), Tai Chi meditation, and an introduction to the Yang 24 movement short form. Concerns of seniors are addressed through work on balance, leg strength, and endurance, 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 may NOT register for “Continuing Tai-Chi and Qigong” unless the instructor allows it, and continuing students are NOT allowed to register for “Beginning Tai-Chi and Qigong;” **2)** Wear loose clothing, soft shoes or socks. [F-15-9]

Bridge for Fun: . . . Ruth Carrington & Dorothy Swanson
Intermediate Level

8 sessions, 2 hours each (*Mayfield Apartments*)

This is not a course, but an interest group of people who like to play bridge. It offers participants the chance to practice their contract bridge skills and to learn new skills. **Ruth Carrington** was the director of two downstate libraries, West Nyack and Port Jervis. **Dorothy Swanson** was an executive assistant to the director at the Adirondack Museum in Blue Mountain Lake for over 25 years. Both Ruth and Dorothy love playing bridge and look forward to sharing their knowledge of the game they had gained over the years. [F-15-10]

Cell Therapies for Parkinson's Disease Shantanu Sur

1 session, 1½ hours (*SUNY Potsdam*)

This presentation will focus on the promise and challenges of new biomaterials that are used to treat Parkinson's Disease (PD). One such mainstay treatment is a continuous replenishment of dopamine through external administration, but its effectiveness is frequently limited by the development of drug resistance and side effects. Another treatment is the reestablishment of lost dopaminergic (DA) neuronal innervation in PD by implanting DA neurons in the striatum region of the brain. This treatment has shown promise for long-term recovery. However, one shortcoming of this approach is the poor survival rate of the transplanted cells. **Shantanu Sur** is currently an assistant professor in the Department of Biology at Clarkson University. His research focuses on the design of functional biomaterials, studying cell-material interactions at nanoscale, and using material scaffolds to develop cell-based therapies. He is hoping the results from these studies will translate into new strategies for neural regeneration. [F-15-11]

Continuing Tai-Chi and Qigong Pam March

10 sessions, 1 hour each (*twice a week*) (*SUNY Potsdam*)

This course is intended for students who already have some familiarity with Tai-Chi and Qigong. The course includes Qigong forms, traditional Chinese warm-up exercises, and Tai-Chi meditation. Participants will continue to learn 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,” and beginning students may NOT register for “Continuing Tai-Chi and Qigong” unless the instructor allows it; **2)** wear loose fitting clothing and soft shoes or socks. **[F-15-12]**

Corporate Crime and Investor Response Brian Harte & Umesh Kumar
1 session, 1½ hours (*SLCHA: Silas Wright House*)

Top global firms have been prosecuted and penalized for their corporate criminal malfeasance under various statutes such as Foreign Corrupt Practice Act (FCPA), antitrust, Occupational and Health Administration (OSHA), Federal Food, Drug and Cosmetic Act (FDCA), fraud, and environmental laws, etc. Corporate convictions for violations under federal laws and statutes continue to be a pervasive problem for both the federal government and society-at-large. This presentation reviews research that analyzes 127 convicted firms from the 1000 top global firms during 2001-2010. We examine violations of FCPA compliance/criminal statutes of firms that operate outside of the U.S. Also we examine investors’ responses to illegal corporate behaviors in relation to corporate convictions. **Brian Harte** is Professor of Criminal Justice, and **Umesh Kumar** is Professor of Finance. Both teach at SUNY Canton. They have collaborated on several papers on the topic of corporate crime. **[F-15-13]**

Cryptography through the Ages

Christino Tamon

3 sessions, 1 hour each (*Clarkson University*)

Cryptography is the science of designing and breaking secret codes. This course describes the progress of cryptography through the ages. We move from the time of the Roman empire up to the modern day techniques of the digital revolution. Finally we speculate on the future by examining current ideas based on quantum physics. The course looks at the basic underlying ideas of cryptography and some of their simple implementations using computer programs. **Christino Tamon** has been teaching cryptography at Clarkson since 1997. His research interests include machine learning theory and quantum computation, both of which have strong connections with cryptography. **NOTE:** Recommended books: Simon Singh, *The Code Book* (Anchor, 1999); David Kahn, *The Codebreakers, revised edition* (Scribner, 1996); Bruce Schneier, *Applied Cryptography, 2nd edition* (John Wiley & Sons, 1986). **Cap: 20 [F-15-14]**

Cultural Traditions of Ukraine**John & Linda Nixon****2 sessions, 1½ hours each** (*Potsdam Civic Center*)

With a focus on the wedding of our son to a Ukrainian woman, we look at various cultural traditions such as holiday celebrations, greeting traditions, birthdays, weddings, and social occasions (toasting especially) in Ukraine. **John and Linda Nixon** spent a year in Kherson, in southern Ukraine, where John had a Fulbright Fellowship to teach Psychology (and Linda actually taught more – without pay!). Following that experience, John was awarded a US State Department grant to coordinate a cultural and economic exchange among SUNY Canton, SUNY Potsdam, and Kherson State University. John and Linda have returned to Ukraine several times as part of that grant, and also for the family wedding. John taught psychology at both SUNY Canton and Potsdam; Linda taught sociology (at seven local colleges, including SUNY Canton). [F-15-15]

Current Events**John Casserly****10 sessions, 1½ hours each** (*Partridge Knoll*)

This course is a discussion of unfolding events at the local, national and international levels. **John Casserly** has been facilitating the discussion of current events since 2005. He is the first winner of the “Leon LeBeau SOARing Educator Award,” given to someone who has had lasting impact on the lives of SOAR members. **NOTE:** Students from SLU will be joining the course from time to time to introduce topics and join in the discussion. [F-15-16]

Digital Photography for Beginners**Don Leonard****4 sessions, 1½ hours each** (*SUNY Potsdam*)

Taking pictures can be a fun and rewarding hobby. It’s also a wonderful way to chronicle important moments, and capture events and experiences that are just fun, interesting or entertaining. Using a few simple shooting techniques and full “Auto” mode, today’s digital cameras easily allow you to take professional quality pictures. In this course, learn how to make and use simple pieces of equipment to improve your shots. Work on photo composition, lighting, and creativity, and also learn how to avoid common mistakes that result in headless images, out-of-focus, overexposed, underexposed, and generally poor-quality images. Other topics include: photo storage, photo cropping, and various types of

display. As a business major at SUNY Plattsburg, **Don Leonard** was required to take some Fine Arts credit hours. He chose “Photography” and “Cinematography,” and he has used and enjoyed what he learned in those Fine Arts courses more than what he learned in any of the other courses he took in college. **NOTES: 1)** This is a hands-on class; each day, bring your camera and the booklet that came with it (if you have it!); **2)** Homework assignments include taking pictures. **Cap: 12. [F-15-17]**

Edgar Cayce Exercises

Donna Wright & Nellie Bright

1 session, 1½ hours (*SUNY Potsdam*)

Discover an easy 9-15 minutes/day set of gentle, low impact exercises you can do at home. No mat is needed. This is a group of yoga-based exercises devised by spiritual leader and holistic health educator Edgar Cayce. It is a program for all levels of fitness and all ages. Learn how to change your life and restore your flexibility, strength and energy. Cleanse and strengthen your body and mind and awaken your soul. Gentle low impact exercises restore flexibility, strength and energy. **Donna Wright** is a retired detective police sergeant. She has studied Cayce’s philosophies and teachings for over 25 years, and enjoys teaching Cayce’s exercises to others. **Nellie Bright** is interested in meditation and yoga and the benefits that an active practice can have on body and mind. **NOTE:** Wear clothing appropriate for exercising. **[F-15-18]**

Eurydice by Sarah Ruhl: Read, See, Review **Kimberley Bouchard**

2 classroom sessions, 1½ hours each + performance (*SUNY Potsdam*)

Participants are asked to read, see, and review the play *Eurydice* by Sarah Ruhl that is being produced by the SUNY Potsdam Department of Theatre and Dance. The play is a theatrical representation of the Orpheus myth with most of the dramatic story focused on Orpheus’ wife, Eurydice, and her descent into and life in the Underworld. We will discuss the written script at the first session. In addition to critically reading and analyzing the script, SOAR participants are asked to attend the play at SUNY Potsdam’s new Performing Arts Center. Then we meet again in a classroom session to discuss and review the production. **Kimberley Bouchard**, is an Associate Professor of Theatre at SUNY Potsdam. She has directed and performed in more than 75 theatre productions over 35 years working as an actor, director and producer in the US, Canada, Mexico, Spain and Great Britain. Kim is a big fan of the American playwright Sarah

Ruhl who creates plays that engage audiences and push the boundaries of traditional theatrical storytelling. **NOTES: 1)** Read *Eurydice* ahead of time and come to the first classroom session ready to discuss the play. Two copies of the script are “on reserve” at the Crumb Library, SUNY Potsdam; or purchase a script (check the *Eurydice*... course page on the SOAR website for purchase info); **2)** Purchase a ticket (\$10/senior rate) and attend the play before the last class session; **3)** Be prepared to share your review of the play in the second class session. **[F-15-19]**

Figure Skating Scoring

Bill Mein

2 sessions, 1½ hours each (*SUNY Potsdam*)

Ever wonder what all the numbers provided in a figure skating competition mean? Why the first place skater didn't receive a first place ordinal (ranking) from any judge? We will look at the two scoring systems used in figure skating competitions. One, known as the 6.0 system, is used in local competitions; the other, known as the IJS system, is used in all international competitions. **Bill Mein** has been involved with figure skating for over 30 years. He has served in various offices in the Potsdam Figure Skating Club and has served on numerous national committees. Bill is a Gold Test, Senior Synchronized Skating, and National Theater on Ice judge. **NOTE:** Bring a pencil to do some placement computations. **Cap: 20 [F-15-20]**

The Films of Robin Williams

Peggy Mooers

4 sessions, 2½ hours each (*SUNY Potsdam*)

In August 2014, one of the most talented comedians of our age, Robin Williams, died too young. He was a consummate clown and mimic, a genius at improvisation and a fine actor. In this class we will experience only a small sample of his great works: *Good Morning Vietnam*, *Mrs. Doubtfire*, *The Birdcage*, and *Dead Poet's Society*. Come laugh with us and enjoy the work of this fine actor. Super SOARer **Peggy Mooers** is long time SOAR member and frequent presenter. She is a lover of movies of all kinds. Her most recent SOAR film course was on Charlie Chaplin and Buster Keaton. **[F-15-21]**

“Why can't we treat death with a certain amount of humanity and dignity, and decency, and God forbid, maybe even humor. Death is not the enemy, gentlemen. If we're going to fight a disease, let's fight one of the most terrible diseases of all – indifference.”

– **Robin Williams in the film “Patch Adams”**

**Former Presidents as Elder Statesmen... Shelley McConnell
in Global Affairs**

1 session, 1½ hours (*SLCHA: Silas Wright House*)

In Latin America, as in the United States, former presidents have taken up roles as elder statesmen, promoting conflict resolution and democratic development in the Western Hemisphere. What do they do? Why do they do it? Does it work? For a decade **Shelley McConnell** was senior associate director of the Americas Program at The Carter Center. In that capacity, she accompanied 16 former presidents and prime ministers from Latin American countries on election observation missions, to democratic conferences, and to summits of leaders. **NOTE:** Suggested website: www.cartercenter.org [F-15-22]

Gentle Chair Yoga Ellen (Ellie) Beeler

4 sessions, 1½ hours each (*Canton Free Library*)

A typical yoga class begins with breathing exercises, followed by a series of poses and ends with a guided relaxation. Many people find that doing yoga improves energy level, mood, and general health. Stress is relieved while strength, flexibility, concentration, and balance improve. In Chair Yoga, all seated poses are done in a chair instead of on the floor. The chair also helps with balance in standing poses. Even people with mobility limitations can practice and benefit from Chair Yoga. **Ellie Beeler** has enjoyed doing yoga for many years. After retiring from SUNY Canton in 2007, she began teaching yoga as a way of sharing its benefits with others. She currently teaches both general yoga classes and modified classes for seniors and disabled people at the Canton Yoga Loft and at other locations. **NOTE:** Wear comfortable exercise clothing. **Cap: 20** [F-15-23]

GIS, GPS, and Geocaching Dakota Casserly

1 session, 1½ hours (*SLU*)

Participants in this session will receive a brief introduction to GIS (Geographic Information Systems) and its technologies. Then, they will learn how to use a GPS (Global Positioning System) device (a Garmin Dakota 10) and apply its capabilities in a geocaching field exercise. Geocaching is an outdoor activity that requires a GPS to place and locate “treasure” containers. Currently **Dakota Casserly** is the GIS/GPS Technician at SLU, where he assists the GIS program director in all things GIS and GPS related. Thinking spatially (GIS speak) is a passion of his, and introducing people to GIS and GPS in an outdoor setting, especially

in the north country, is what he likes to do. **NOTES: 1)** Dress for the day's outdoor activity: wear sturdy footwear and bring water, sunscreen, etc.; also bring a notebook and pen/pencil; **2)** See the "GIS, GPS, and Geocaching" course page for some useful links. **Cap: 24 [F-15-24]**

The Great Apes

John McDonald

2 sessions, 1½ hours each (*SUNY Potsdam*)

This course focuses on the Great Apes: gorilla, chimpanzee, bonobo, orangutan, and gibbon. The great apes are our closest living relatives. They share similar DNA, from 95-99%, depending on what is counted. We will examine the evolution, physical characteristics, intelligence, habitat, behavior, and social structure of the Great Apes. In addition, we will look at their interactions with humans, and at the geopolitical issues which threaten their existence. **John McDonald** retired from IBM and Arrow Electronics. He has a life-long interest in Africa and its wildlife. While in college he spent three years researching and studying primate behavior. After that he spent time with Dave Hoover, the lion and tiger trainer for the Clyde Beatty & Cole Bros. Circus. He corresponded with George Adamson of "Born Free" fame and was offered the opportunity to go to Kenya to conduct field research on Adamson's lions. John has visited Africa multiple times as a volunteer working with wild cheetahs at the Cheetah Conservation Fund's research facility in Namibia. While in Africa, he also observed other wildlife at Etosha National Park. **[F-15-25]**

History of Impressionism: . . .

Leon LeBeau & Sally Kirby

The Early Years

4 sessions, 1½ hours each (*SUNY Potsdam*)

In this course you will get to sample twelve video lectures (each approx. 30 minutes). This popular lecture series is given by Professor Richard Brettell of the University of Texas at Dallas. In this group of lectures Brettell discusses such topics as the influence of Napoleon III and art critic Baudelaire had on Impressionism. You will also find in-depth discussions of the works of individual artists such as Manet, Renoir, Monet, and others. **Leon LeBeau** taught watercolor classes for SOAR for many years. In spring 2004, Leon received the very first "Super SOARer" award. The "Leon LeBeau Outstanding Contribution to SOAR" award was created especially to honor his years of dedication to our organization. **Sally Kirby** was a long-time member in Leon's art classes. This semester she is one of the coordinators for the "Art Workshop" class. Both Leon and Sally are accomplished watercolorists and both work in other art media as well. **Cap: 24 [F-15-26]**

How We are Taxing our Grandchildren**Joe Timmerman****1 session, 1½ hours** (*SUNY Potsdam*)

In this class, the presenter will discuss how overspending by adults of this generation is robbing our children and grandchildren of their future.

Joe Timmerman is a former commercial banker. He was a finance and economics educator for 20 years. Currently he is Department Chair of Business Administration at SUNY Potsdam and also a County Legislator. As the father of three, Joe is concerned about the financial future of his children and their peers. [F-15-27]

Knitting Pinwheel Snowflake Ornaments**Lamar Bliss****1 session, 3 hours** (*offered twice: Partridge Knoll; Mayfield Apartments*)

Looking for a great way to make small gifts to include with holiday cards or just looking for a way to venture into the arena of knitted lace? Here's a class for the intermediate knitter. We'll use small (size 0 to 2 needles) and knit a pinwheel snowflake ornament; then wash and starch it. Besides knitting, **Lamar Bliss** raises her own wool from a flock of Romney/Corriedale sheep. She washes, dyes and spins the fiber into yarn. **NOTE:** Bring short, straight knitting needles (size 2 or smaller); double-pointed needles will work. **Cap: 8** [F-15-28 Canton] [F-15-29 Potsdam]

The Last Czar of Russia**Terry Niles****3 sessions, 1½ hours each** (*SLCHA: Silas Wright House*)

Nicholas II inherited the Russian throne in October of 1894, after Alexander III (his father) died suddenly. Nicholas ruled Russia for the next 24 years. This course follows the events of the reign of Nicholas II, including the Revolution of 1905, World War I, and his abdication. Also discussed will be his relationship with his wife and family, and how they helped contribute to his decision-making and eventual downfall. **Terry Niles** was a history and government major at SLU, and his main hobby nowadays is still studying history. Terry is a former member of the Board of Directors for the St. Lawrence County Historical Society. Currently he is an active member of the Civil War Round Table. Terry is the owner of Niles Asset Management, Inc. In fall 2012, Terry was awarded the "Leon LeBeau Outstanding SOARing Educator Award" in honor of his many great SOAR presentations. [F-15-30]

Line Dancing for Beginners**Margaret Mauch****8 sessions, 1 ½ hrs each** (*SUNY Potsdam*)

It's not just country anymore! Line dancing classes consist of learning beginner-patterned dance steps set to a variety of rhythms and dance styles. Line dancing is FUN and energizing. Exercise your brain and create muscle memory with movement, balance and style. **Margaret Mauch** has been teaching line dancing for over 10 years. She has offered a Progressive Dance class for the campus and community at SLU for 5 years. **NOTE:** For easy pivoting while dancing, wear shoes/sneakers with “dance socks” – thin, stretchy socks that will fit tightly over the toes and balls of your shoes. Check the “Line Dancing...” course page on the SOAR website for more information. [F-15-31]

Mah Jongg**Brenda Francey & Kathleen (Kay) Russell****4 sessions, 2 hours each** (*Partridge Knoll*)

This is an opportunity for people of differing skill levels to play Mah Jongg. Newcomers are welcome. Learn to play Mah Jongg or, if you are not new to the game, hone your skills. Both **Brenda Francey** and **Kay Russell** have over 40 years of experience in playing and teaching Mah Jongg. **NOTES:** 1) Bring a Mah Jongg set, if you have one; 2) Suggested website: www.nationalmahjonggleague.org **Cap: 16** [F-15-32]

Medical Anthropology **Christopher Morris****1 session, 1½ hours** (*SUNY Potsdam*)

This presentation will introduce the field of Medical Anthropology through the case study of the “kuru” prion disease, which impacted the Fore peoples of Papua New Guinea over much of the last century. **Christopher Morris** is Assistant Professor of Anthropology in the Department of Humanities and Social Sciences at Clarkson University. He is an Africanist anthropologist working at the intersections of medical and environmental anthropology. His research and teaching interests include health, pharmaceuticals, extractive industries, rights, and labor in Africa. [F-15-33]

**The Mediterranean Area: A Journey . . .
through Its History****Radmila Zuman****2 sessions, 1½ hours each** (*Potsdam Civic Center*)

These two history sessions will be supplemented with numerous pictures from 5 countries: Greece, Montenegro, Croatia, Italy, and Sicily. The photos were taken during the presenter's sailing cruise on the QE2 in

November 2014. **Radmila Zuman** has presented a number of classes for SOAR, including several “Vicarious Voyagers” presentations, and others based on her numerous personal collections – items gathered from around the world (Christmas crèches, cameos, horse brasses, music boxes...). [F-15-34]

Memoir Writing: Finding Your Voice

Helen Condon

4 sessions, 2 hours each (*SUNY Potsdam*)

Participants will learn how to find the original subject, define who they are writing for, do research, determine the form, apply honesty, build structure, and use style laws and ethics when they write. But, most of all, a participant can discover his/her own writing voice. **Helen Condon** earned her bachelor’s degree at SUNY Potsdam, with a semester in Liverpool, England. She received her graduate degree in Creative Non-Fiction from the University of North Carolina at Wilmington. Helen writes poetry and plays and is now working on a novel. Her memoir, called “The Big Rug,” deals with the death of her husband of 33 years and how she found order and peace again in her life by making a 15” X 18’ braided rug. **NOTES: 1)** Bring a pen and paper to class, and any memoirs you have to share with others; **2)** Suggested book: *Creative Nonfiction* by Philip Gerard. **Cap: 8 [F-15-35]**

Minerals of NY State

George Robinson

1 session, 1½ hours (*SLU*)

This presentation will give you an overview of the geology, history and mineralogy of the most significant New York State mineral localities, as well as a look at the species they have produced. Special attention will be given to describing the minerals and species produced in St. Lawrence County. **George Robinson** has been a collector of NY state minerals for over 50 years. He is presently a Research Associate in the Department of Geology at SLU and is also affiliated with the New York State Museum. Previously, George was a Senior Collections Specialist with the Canadian Museum of Nature (14 years), and a mineral museum Curator and Professor of Mineralogy at Michigan Technological University (17 years). He has a BA in Geological Sciences from SUNY Potsdam, and a PhD in Geological Sciences from Queen’s University, Kingston, Ontario. His scientific work has been widely published. George is a recipient of a Carnegie Medal, and even has a mineral species named in his honor. **NOTE:** Participants are encouraged to bring any specimens they may have for identification. **Cap: 30 [F-15-36]**

My Life as a Medium**Freda Gladle****1 session, 1½ hours** (*SLCHA: Silas Wright House*)

Along her pathway in life, our presenter faltered, refused to accept, was disillusioned, left the main road, was cursed, and finally was accepted and returned to the main road. This is the story of her life as a medium. **Freda Gladle** is a psychic medium. She is now retired from her work at the Ogdensburg Psychiatric Center. Freda has helped in many police investigations. She also has been featured on national TV shows. [F-15-37]

Mystery and Detection in Poe’s Tales**Bruce Weiner****4 sessions, 1½ hours each** (*SLU*)

Edgar Allan Poe is widely acknowledged as the inventor of the detective story. We will consider this claim to fame by examining Poe’s creative use of mystery, crime detection, and the detective hero in several of his most famous tales. **Bruce Weiner** recently retired and is now an emeritus professor of English at SLU. He taught mainly early American literature. Bruce has published several essays on Poe, including “That Metaphysical Art: Mystery and Detection in Poe’s Tales” (1986). **NOTE:** Collections of Poe’s tales are easily acquired at local libraries, book sales, etc.; they are also available for reading online. Check the “Mystery...” course page on the SOAR website for reading assignments. [F-15-38]

New Technologies for Treatment . . .**Selma Mededovic Thagard****of Drinking and Wastewater****2 sessions, 1½ hours each** (*SUNY Potsdam*)

This course will introduce participants to the technologies currently used for drinking and wastewater treatment, with a focus on the use of a new emerging technology based on electrical discharge plasmas. Contaminants commonly found in drinking water supplies will also be discussed. **Selma Mededovic Thagard** is an Assistant Professor of Chemical Engineering with a B.S. from the University of Zagreb (in Croatia), and a Ph.D. from Florida State University. She started teaching at Clarkson in 2010. Selma’s research interests are in the areas of non-thermal plasma for pollution control and material synthesis, plasma chemistry, and advanced oxidation technologies for drinking and wastewater treatment. [F-15-39]

North Country Raptors**Mark Manske****3 sessions, 1½ hours each** (*SUNY Potsdam*)

In this course you will get a look at several raptor projects and hear what has been learned in recent years. These projects include: a 14-year old kestrel management project; a 5-year old saw-whet owl banding project; a study of snowy owls and their recent appearances; and a study of northern goshawks in the area. Live raptors will be at each class where they will be viewed and discussed. **Mark Manske** taught in the public schools for 27 years, and he has spent 5 years as an adjunct professor offering a birds of prey course at Paul Smith's College. Mark studied under Drs. Frederick and Frances Hamerstrom, who were graduate students of Aldo Leopold, considered by many as the father of wildlife management in America. Mark is the owner of Adirondack Raptors Inc., an ecotourism business dedicated to teaching others about raptors. [F-15-40]

Practicing Your French**Ruth Carrington****3 sessions, 1½ hours each** (*SUNY Potsdam*)

Does the idea of getting together and reading aloud passages in French appeal to you? Everyone in the group needs to participate. You can choose to read French stories, news articles, poems, maybe some excerpts from drama...or even cereal boxes. There will be NO raised eyebrows over pronunciation. The presenter will be a facilitator AND a participant. **Ruth Carrington** has six graduate credits in Humanistic Education from SUNY New Paltz. **Cap: 20 (minimum 8)** [F-15-41]

Quaking Bogs: Life at the Extremes**Brad Baldwin****1 session, 1½ hours** (*SLU*)

Adirondack bogs are challenging places to live, and yet certain species seem to flourish there. In this presentation, we will look at the challenges to select species that live in these weird, interesting habitats and at the adaptations they make in response. **Brad Baldwin** has recently started to work on bog animals, adding to his knowledge of, and decades of working on, the topic of regional lakes and rivers. When possible, he vows to continue doing research on coral reefs, where he first fell in love with field biology and conservation work. **Cap: 16** [F-15-42]

Seeing in Three Dimensions: Stereographs to . . . 3D Illusions **Neil Garner**
2 sessions, 1½ hours each (*SUNY Potsdam*)

Why do we humans see three dimensions with two eyes but only two dimensions with one eye? How can the illusion of 3 dimensions be created in only two dimensions? This course begins with the early 1838 work done by Charles Wheatstone and ends with the modern single-image stereogram. The course also includes a short history of a toy most of us had as children: a View Master. **Neil Garner** is a retired science/technology teacher who has more hobbies than time to enjoy them. Neil is the recipient of the “Leon LeBeau SOARing Educator Award” in 2014. **[F-15-43]**

Sharing Card Games **Brenda Francey**
4 sessions, 2 hours each (*Partridge Knoll*)

When was the last time you sat down and played cards – just for the fun of it? Participants are invited to do just that in this course. Come share – and play – easy and fun family card games! **Brenda Francey** is a retired teacher. She has been teaching SOAR members how to play Mah Jongg for many years. She enjoys playing games, including Mah Jongg AND card games. Brenda is looking forward to teaching, learning and playing some new, easy card games...and expects that SOAR members might enjoy that too! **NOTE:** Bring a deck of cards and your favorite card game to share with the class. **Cap: 12 [F-15-44]**

Step into the 4th Dimension **Daniel ben-Avraham**
2 sessions, 1½ hours each (*SUNY Potsdam*)

What is it like to be a tourist in 4-dimensional space? What wonders would one see? Physicists and mathematicians often talk of higher dimensions, but what does that really mean? In this short course we will explore higher dimensions at a very intuitive level, gaining a good feel for what they are like, and how they connect to the crazy modern theories we hear about. We will then talk about a non-integer or fractal dimension, again gaining an actual feel of such spaces and tying them to everyday life. As usual, expect no fancy math – your grade school arithmetic will suffice. **Daniel ben-Avraham** is a Clarkson professor teaching in the Physics Department (since 1987) and now also in the Math Department. **NOTE:** Bring a curious and open mind. **[F-15-45]**

Sustainable Energy in the 21st Century**Robert (Rob) Ewy****1 session, 1½ hours** (*SUNY Potsdam*)

Human civilization depends on reliable energy sources. Many of the least expensive forms of energy (oil, gas, and coal) come with an increasing environmental cost. How can the North Country develop clean, sustainable and cost competitive energy? Learn what is being done in our region to help our local environment as well as our economy through the development of locally produced biofuels. **Rob Ewy** is the Plant Biologist in the Department of Biology at SUNY Potsdam. He has been growing shrub willows for biofuel development since 2009. Rob grew up on a small family farm and brings both an academic's and a farmer's insight into the issue of sustainability. [F-15-46]

**Swimming: Beginners . . . Hilda Sorensen & Sheila Cerwonka
and Pre-Beginners****8 sessions, 1 hour each** (*SUNY Potsdam*)

You have always wanted to learn how to swim. Well, now you have the chance to do it! In this course, beginners will gradually progress to deep water swimming. The pre-beginners group includes those who are afraid of water. **Hilda Sorensen** retired from SUNY Oswego where she taught in the Health and Physical Education department. She has taught many beginners how to swim. **Sheila Cerwonka** has training in CPR and has offered a course in CPR for SOAR in the fall of 2010. Between them Sheila and Hilda have over 70 years of experience teaching swimming. **NOTE:** a bathing cap is not necessary, and it's OK to wear water shoes. [F-15-47]

Tai-Chi: The Short Form**Pam March****5 sessions, 1 hour each** (*SUNY Potsdam*)

This class includes simple centering and breathing exercises followed by a "resting" meditation before we begin the primary focus of the 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 class is "Beginning Tai-Chi and Qigong" **2)** Wear loose-fitting clothing, soft shoes or socks, and bring a water bottle. [F-15-48]

Thinking of Going Solar?**James (Jim) Monroe****2 sessions, 1½ hours each** (*SUNY Potsdam*)

In this course we examine the feasibility of installing solar on your home or business. The first topics to be discussed are orientation, shading, available area, and possible technical alternatives. Once the technical feasibility is established, the presenter will talk about several means of financing your collector installation. **Jim Monroe**, SUNY Canton Emeritus Professor of Physics, has been involved in energy policy and technology for more than 35 years. He has taught energy courses, built renewable energy systems, designed and built solar homes, and worked as a scientific advisor to, and later as the executive director for, the NYS Legislative Commission on Energy Policy. [F-15-49]

Travels through China**Breyne Moskowitz****3 sessions, 1½ hours each** (*SUNY Potsdam*)

This course will cover three areas of China: Beijing and Shanghai; Sichuan and Yunan provinces; Suzhou, Yixing, Xi'an, plus a few other places. **Breyne Moskowitz** has a doctorate in linguistics and has taught at UCLA. Breyne spent several years in China where she traveled extensively. [F-15-50]

Tunes-R-Us**Clive & Sandra Henery****3 sessions, 1½ hours each** (*United Methodist Church - Potsdam*)

This course consists of a series of themes developed with musical examples covering a variety of styles. This semester's themes are: **Day 1** – A Taste of Mozart; **Day 2** – Musical Rivers; **Day 3** – Hail to the Chief: Part 3. **Clive Henery** is Professor Emeritus of the Crane School of Music with a background in music history and keyboard instruments. **Sandra Henery** is a retired public school music teacher. Clive and Sandra were the recipients of the “Leon Lebeau SOARing Educator Award” in 2011. [F-15-51]

**Universalists and Their . . . Stevie Michaelson & Eileen Raymond
Influence in Northern NY****3 sessions, 1½ hours each** (*1-2 SLCHA Silas Wright House; 3 at U U Church*)

The first arrival of itinerant Universalist ministers was in the early 1800s. What role has Universalism played in the history of northern New York from then up to now? This course will take us on a trip through history. **Session 1:** Universalists come to northern New York in the 1800s; **Session 2:** Ups and downs from the 1880s -1950s; **Session 3:** Universalism: 1960s to the present. **Stevie Michaelson** is a “to the manner born” Universalist,

with roots in St. Lawrence County. Her mom grew up in the Universalist Church in Edwards; her father was a Universalist minister from the SLU class of 1944. Stevie has belonged to other Universalist churches in WI, IL, NH and VT, but the UU Church in Canton has been her home church for over 40 years. Stevie chairs the Fellowship Committee, plays in the bell choir and sings in the adult choir, and she also has led some adult religious education classes. **Eileen Raymond** grew up in Unitarian churches in Massachusetts. As an adult she belonged to Unitarian-Universalist churches and fellowships in Maryland, North Carolina and South Carolina. Since 1992, Eileen has been an active member of the UU Church of Canton where she currently serves on its Social Action Committee and is a member of the bell choir. [F-15-52]

User Friendly Mindful Meditation **Charles (Charlie) Bradt**
8 sessions, 1½ hours each (*Canton Free Library*)

It's hard to read anything about stress these days without some mention of "mindfulness." This course will introduce and expand upon the principles and practices of mindfulness as a pathway to a more peaceful life. Specific instruction in the practice of mindful meditation will be given, as well as in related practices designed to relieve the anxiety that so many of us experience today. This course is open to everyone, especially to those who tell themselves they can't meditate! Literally ANYONE can learn to meditate. This is a how-to course, and participants can expect not only to learn techniques for moving from "dis-ease" to peace, but also to take away tools which they will be able to use anywhere, anytime. The process doesn't end when the course ends. **Charlie Bradt** has been studying and teaching meditation, yoga, and stress transformation for over twenty years. He founded a studio that has become The North Country Center for Yoga and Health in Canton, NY. His mindful meditation practice is based on the stress transformation program popularized by Jon Kabat-Zinn at the University of Massachusetts Medical School. He has offered retreats, workshops, and courses in upstate New York, South Carolina, and Florida. **NOTE:** Suggested web link: <http://www.cbradt.com> (Charlie's blog). [F-15-53]

"Mindfulness is about love and loving life. When you cultivate this love, it gives you clarity and compassion for life, and your actions happen in accordance with that." – **Jon Kabat-Zinn**

Vicarious Voyagers XVII Ruth Kreuzer (*Coordinator*)

4 sessions, 1½ hours each (*Potsdam Civic Center*)

Voyage vicariously to exotic places with our world-traveling presenters via their slide shows. “Super SOARer” and honoree for her “Outstanding Contributions to SOAR” **Ruth Kreuzer** is herself an avid world traveler and photographer. These adventures await you (*order TBA*):

Juanita Babcock – Safari in Southern Africa: South Africa, Zimbabwe, Zambia, Botswana. Flying over Victoria Falls, zip-lining, observing elephants, rhinos, crocodiles...and people too. Juanita has traveled internationally since 1985, sometimes with groups and sometimes on her own.

Ginny & Al Schwartz – Copper Canyon, Mexico. Larger and deeper than the Grand Canyon. Bus travel, train travel, observing flora and fauna and the Tarahumara natives who live in this remote mountainous region of Mexico. Ginny (mostly retired) and Al (retired) have taught many years at SLU. They now live in Puerto Vallarta, Mexico from January to May.

Marty Weitz – The Sultanate of Oman. Churches, oil fields, deserts, copper mines, prominent places and people of Oman. Marty (and his wife Emilie) were residents of Oman in 1993-2001. Marty is a former Senior Pastor of the Protestant Church of Oman.

Ruth Kreuzer – Newfoundland: A Tourist View. Whales, puffins, cod, moose, icebergs, fog, isolated village, ancient and native cultures, lighthouses, boats; homemade entertainments. Ruth is a world traveler who also enjoys traveling in the US and Canada.

NOTES: 1) Come to any or all of the presentations; **2)** Allow extra time to find a parking spot and/or for walking; please do NOT park in the IGA parking lot – those spaces are for customers! **Cap: 80 [F-15-54]**

“Perhaps travel cannot prevent bigotry, but by demonstrating that all peoples cry, laugh, eat, worry, and die, it can introduce the idea that if we try and understand each other, we may even become friends.” – **Maya Angelou**

Visualizing Nanoscopic Worlds**Jan Scrimgeour****1 session, 1½ hours** (*SUNY Potsdam*)

Optical microscopy has long provided a window into the microscopic world, but there is always a demand to see more. Nowhere is this demand greater than in living cells where basic physical processes are regulated by proteins that live highly dynamic and interactive lives. To view the rich detail of this living world, scientists have started breaking rules to enhance the resolution of their microscopes. Super-resolution microscopy has opened new doors in the experimental study of molecular dynamics in living systems. **Jan Scrimgeour** is an applied physicist with interests in microscopy and soft materials. He received his undergraduate degree in Optoelectronics and Laser Engineering from Heriot-Watt University, Scotland, before earning a doctorate in Physics from the University of Oxford. As a Postdoctoral Fellow, he discovered the fascinating world of soft squishy things – sometimes known as biology. Jan joined the Department of Physics at Clarkson as an Assistant Professor in 2013. [F-15-55]

What’s “Early” about Early Music?**Barry Torres****3 sessions, 1½ hours each** (*SLU*)

“Early Music” is traditionally defined as music written before 1750 (the death of Bach). However, Early Music still is a relatively new, and perhaps unusual, concert music phenomenon. That definition has been expanded in recent years, but still basically holds true. In many ways this music is from cultures substantially different from ours. In this course we will explore this remarkable and vast repertoire from the Baroque, Renaissance and Medieval periods, as much as possible on its own terms. **Barry Torres** has been the Director of Music Ensembles at SLU since 1998. He is the founding (in 1975) and current director of Schola Cantorum of Syracuse. Barry is also a professional countertenor. **NOTE:** Suggested book: *Early Music: A Very Short Introduction* – by Thomas Forrest Kelly. [F-15-56]

“It’s easy to play any musical instrument: all you have to do is touch the right key at the right time and the instrument will play itself.” – **Johann Sebastian Bach**

Wildlife Physiology and Ecology in Winter**Roy Horst****4 sessions, 1½ hours each** (*SUNY Potsdam*)

We will discuss the mechanisms that some of our wildlife species utilize to survive our severe winter climate. There will be in-depth discussions of migration, hibernation, estivation (winter sleep), and simply “toughing it out” (as do coyotes, deer, crows, and some hardy humans). **Roy Horst** spent 25 years of his career teaching physiology and ecology at SUNY Potsdam. Having retired, he continues to teach – this time for SOAR. Roy has offered many different SOAR courses over recent years. [F-15-57]

Will Eisner’s The Spirit: Weekend Crime Fighter**Doug Rose****5 sessions, 1½ hours each** (*SUNY Potsdam*)

“Action. Mystery. Adventure.” Readers of 1940s weekly Sunday comics were guaranteed these and more whenever they turned to writer/illustrator Will Eisner’s *The Spirit* section. In this course, participants will read selected Spirit stories, examine Eisner’s innovative drawing techniques, and discuss why the stories are both entertaining and provocative. Doug Rose taught “Comic Books as Literature” at SUNY Canton for several years and included Will Eisner’s *Comics as Sequential Art* and *The Best of the Spirit* as required reading for his students. **NOTE:** Copies of DC Comics’ *The Best of the Spirit* will be provided. **Cap: 15** [F-15-58]

You’ve Written a Book. Now What?**Peggy Mooers****1 session, 1½ hours** (*SUNY Potsdam*)

If you have written, or are writing, a book and planning either to self-publish or to publish with a small press, this class might be for you. The presenter will talk about her experiences using Amazon’s self-publishing company, “CreateSpace.” Learn what it takes to do publicity and how much of promoting a book is under one’s own control. Find out how to be proactive in getting a book into the public eye. This class is not limited to those who already have written a book they want to publish; it also may be useful to those writing, or just thinking about writing, a book. “Super SOARer” **Peggy Mooers**, a longtime SOAR member and frequent presenter, is the author of two murder mysteries: *Take My Hand*, which was published in the summer of 2014, and *The Shelter of Darkness*, which was published in the spring/summer of 2015. [F-15-59]



A NOTE FROM THE CHAIR

“The Fifteenth Year”

The upcoming academic year of 2015 / 2016 is the 15th since the creation of SOAR. SOAR's by-laws were officially approved on July 5, 2001. In the first few years, our operation and our organization were relatively small, compared to today's. In the very first SOAR semester, 13 courses were offered to almost 70 members (by the end of the first year, there were 136 members). Today, we see about 60 courses being taught each semester, and our membership is approaching 400. The expansion of course offerings and membership reflects the appeal of what SOAR can provide to those who are involved. More members are volunteering time and energy to keep our complex organization functioning well and efficiently. More presenters provide a wider range of high quality classes to our members. Both member volunteers and presenters (many presenters are also members) should be praised for their efforts on SOAR's behalf. Without their work SOAR would not exist.

Like any celebration of an anniversary, this is the time to ponder what has taken place in the past years, both the good and the not so good, what worked well or not so well, what we did right and what we might want to alter. It is also the time to look forward to the future. What goals do we want to accomplish and how do we want to go about building that future. I think SOAR should be proud of what was created and should strive to continue this dream.

Linda Nixon, Chair, SOAR Board of Directors

Tell your friends about SOAR!

HIGHLIGHTS FROM THE SPRING 2015 LUNCHEON



Thanking Our SOAR Presenters



and Thanking Our SOAR Ambassadors

Congratulations to SOAR's newest awardee:



Super SOARer Dot Howe
(on the right) accepting her award

Dorothy (Dot) Howe was celebrated at the spring 2015 luncheon for her variety of skills and talents. After retiring, Dot was ready for new adventures, so she joined SOAR, even though her SOAR classes, and later SOAR duties, were 50 miles away! Soon after, she joined the SOAR Board of Directors and was elected secretary, a position she still holds. Dot is currently serving on three committees: Administrative and Finance, Curriculum, and Nominating and Awards. She is a musician (playing her horn in the New Horizon Band), and an artist in Leon LeBeau's watercolor studio. She also has been a presenter, taking Soar members on a tour of the Almanzo Wilder Homestead in Burke. As one SOAR members said, "Thanks to unselfish volunteers like Dot, we have 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

Outstanding Contribution to SOAR Award

(awarded now and then)

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

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

REMINDERS

Send in registration form right away!

Volunteer to be a SOAR ambassador!

Classes begin Tuesday September 8

**Meet-the-Chef:
The Club**
(25 Court St., Canton)
Wednesday, Oct. 21
1:00pm *(see p.3)*

Daylight Savings
Time ends 2:00 am
Sunday, November 1

Classes end Friday
November 13

SOAR Luncheon:
Wednesday, Nov. 18,
11:30-2:00
(see p.3)

**Welcome to
Our 15th YEAR of SOAR!**

FIND SOAR . . .

SOAR
389 Van Housen Extension
SUNY Potsdam
44 Pierrepont Avenue
Potsdam, New York 13676

Van Housen Extension
Office #382
*take the elevator to the third floor,
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