

SOAR



LIFELONG LEARNING IN THE NORTH COUNTRY

FALL SEMESTER 2016
SEPTEMBER 5, 2016 - NOVEMBER 11, 2016

sponsored by:



THE STATE UNIVERSITY OF NEW YORK

Potsdam

and affiliated with:

ROAD SCHOLAR[®]

Institute Network

A Note from the Chair

Since SOAR's inception in 2001, we have depended on our Administrative Assistants to accomplish a myriad of tasks to support our members and committees. As with any organization, it is the office personnel that determine how smoothly the organization moves forward. It certainly has not been different with Pat Harrington. The thing that is different is that Pat is no longer in the office. She decided to leave her position so she could fully enjoy her retirement. And we will not feel the full impact of what she did behind the scenes for some time to come, i.e. she will be very hard to replace.

As I write this, the Administration and Finance Committee is busily seeking Pat's replacement. I applaud them on their diligence and thoroughness in accomplishing this task, and we are confident they will recommend an excellent candidate.

Pat's leaving is forcing us to take a look at work done by other individuals and committees. It is always prudent to have a succession plan in place for these situations. With this in mind, the Long Range Planning and the Ad-hoc Tech Committees are studying our structure and technological needs to assist in making smooth transitions in the future. We look forward to receiving their recommendations.

In order for the program to be successful, SOAR depends on and appreciates all our volunteers. We are fortunate to have so many who give so much of their time to further the goals of the organization. However, there is always room for more. Some have already volunteered and found you were not called upon when you did so. But, you never know when your assistance will be needed in the future.

As we move into the future, we will remain strong and vibrant because you, our members, "step up to the plate" when needed. I encourage you to continue volunteering in the future.

Bill Mein, Chair, SOAR Board of Directors

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 2016 semester, SOAR had 408 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

Bill Mein, Chair	Jim Barry	Laurie Swinwood
Mark Coleman, Vice-Chair	Betty Graham	Cynthia Bender
Dorothy Howe, Secretary	Ed Russell	Byron Whitney
Ron Frank, Treasurer	Ruth Kreuzer	Lyn Swafford
Neil Johnson	Linda Nixon	Carol McRobbie

COMMITTEES & CHAIRS / COORDINATORS

Executive - Bill Mein	Outreach/Publicity - Lyn Swafford
Scheduling - Mark Coleman	Membership - Laurie Swinwood
Newsletter - Ruth Kreuzer	Ambassadors - Bill Mein
Registration - Byron Whitney	
Trips & Performances - Ann Groome and Darlene Leonard	
Curriculum - Jim Barry and Ed Russell	
Administration and Finance - Rich Van Leuven	
Nominating and Awards - Betty Graham	
Presenter Communications - Sue Gibbs and Ruth Horst	
Ad Hoc Technology Plannin Committee - Mark Coleman	
Long Range Planning Committee - Bill Mein	

Administrative Assistant - Katherine (Kathy) Lenz

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 on Labor Day in September (i.e. Sept.5) 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.

“Age is an issue of mind over matter. If you don’t mind, it doesn’t matter” - Mark Twain

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. 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 the SOAR office at (315) 267-2690, send e-mail to soar@potsdam.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

SABAD'S (*in Norfolk*)

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

DATE: Wednesday, October, 19th at 1:00 pm

Cost: \$30 (*includes gratuity*)

(Payment and reservation form are **DUE** by noon on **Monday, Oct. 3**)

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

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FALL LUNCHEON

Barrington Student Union

Wednesday, November 16, 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

TENTATIVE COURSE LOCATIONS

NOTE: LOCATIONS MAY CHANGE; CHECK THE INSERTS!

Courses Offered on SUNY Potsdam Campus

3D Manipulation of Objects in Photos * Acupressure for Common Ailments * Adirondack Architectural Heritage (AARCH) * Art Workshop * Author's Self -Publishing Workshop * Beginning Tai-Chi and Qigong * Comic Art of War * Continuing Tai-Chi and Qigong * Creative Nonfiction Writing * Digital Photography for Beginners * Downhill Skiing as Easy as Walking * Drawing * Edward Cayce Exercises * Exploring Sensation and Perception * Fun with Paper and Scissors: It's Science? * Great Apes: Part II * Greek Mythology * Grifters, Schemers and Masters of Prestidigitation * Gunfight at the O.K. Corral: Myth, Fact, Fiction * How Your Genes Affect Your Health * Meaningful Ownership: Living a Clutter-Free Life * Metallic Nanoparticles: Preparation and Applications * Moon Watching * Music of the Beatles * Musical Petting Zoo * Palynology: Studying Pollen * Restoring New York's Endangered Wildlife * Shakespeare on Film: *Macbeth* * Tai-Chi: The Short Form * Visiting Montreal Island * Writing Our Memories: Stories for the Grandkids *

Courses Offered off SUNY Potsdam Campus

POTSDAM: Ballroom Dancing for Beginners * Basic Bridge * Bridge for Fun: Intermediate Level * Potsdam Microgrid Planning Study * Tunes-R-Us * Vicarious Voyagers XIX * Welcome to the Pumpkin Patch *

CANTON: 21st Century Music Box * AARP Save Driver Course * Ascidians: Are They Taking Over the World? * Birdsbesafe® Cat Collar Cover * Chemistry and Environmental Impact * Civil War Letters Sent Home * Climate Change: Science, Politics, Society * Current Events * Earth's Atmosphere: An Exploration * How Your Brain Works * Law Enforcement Related Topics * Let's Speak French * Live the Best Life You Can * Mah Jongg * Modern Libraries: e-Readers, 3D Printers, Tools, People * Our Lives through Poetry * Silver Coin and Sterling Plate * Solar Energy and the Village of Canton * Upcycling Used Wool Clothing into Hooked Rugs * User Friendly Mindful Meditation * Zoning in on the Elections: After Obama *

OTHER: Identifying Common Mushrooms - *Glen Meal State Forest* * St. Lawrence County Power Equipment Museum - *Lisbon* * Vegetarian Comfort Food - *Knapp Station Community Church* *

COURSES BY NUMBER OF SESSIONS

5 SESSIONS or MORE: Art Workshop * Ballroom Dancing for Beginners * Basic Bridge * Beginning Tai-Chi and Qigong * Bridge for Fun: Intermediate Level * Continuing Tai-Chi and Qigong * Creative Non-Fiction Writing * Current Events * Downhill Skiing as Easy as Walking * Drawing * Let's Speak French * Music of the Beatles * Tai-Chi: The Short Form * User Friendly Mindful Meditation *

4 SESSIONS: Acupressure for Common Ailments * Greek Mythology * Gunfight at the O.K. Corral: Myth, Fact, Fiction * How Your Genes Affect Your Health * Live the Best Life You Can * Mah Jongg * Meaningful Ownership: Living a Clutter-Free Life * Shakespeare on Film: *Macbeth* * Vicarious Voyagers XIX *

3 SESSIONS: Digital Photography for Beginners * Earth's Atmosphere: an Explorator * Grifters, Schemers and Masters of Prestidigitation * Moon Watching * Restoring New York's Endangered Wildlife * Tunes-R-U's * Vegetarian Comfort Food *

2 SESSIONS: AARP Smart Driver Course * Climate Change: Science, Politics, Society * Great Apes: Part II * Our Lives through Poetry * Paly-nology: Studying Pollen * Zoning in on the Elections: After Obama*

1 SESSION: 21st Century Music Box * 3D Manipulation of Objects in Photos * Adirondack Architectural Heritage (AARCH) * Ascidians: Are They Taking Over the World? * Author's Self-Publishing Workshop * Birdsbesafe® Cat Collar Cover * Chemistry and Environmental Impact * Civil War Letters Sent Home * Comic Art of War * Edgar Cayce Exercises * Exploring Sensation and Perception * Fun with Paper and Scissors: It's Science? * How Your Brain Works * Identifying Common Mushrooms * Law Enforcement Related Topics * Metallic Nanoparticles: Preparation and Applications * Modern Libraries: e-Readers, 3D Printers, Tools, People * Musical Petting Zoo * Potsdam Microgrid Planning Study * Silver Coin and Sterling Plate * Solar Energy in the Village of Canton * St. Lawrence County Power Equipment Museum * Upcycling Used Wool Clothing into Hooked Rugs * Visiting Montreal Island * Welcome to the Pumpkin Patch * Writing Our Memories: Stories for the Grandkids *



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 2016 COURSE DESCRIPTIONS

This fall, 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 “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)

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21st Century Music Box **1 session, 1½ hours**

Christopher Watts

We know that music (and movies, and art of many kinds) is made with computers these days. But what does that actually look like, and how does the process work? We will untangle the interconnected mess of musical instruments and computer equipment that songwriters and recording musicians use to bring their ideas to life. Without getting hung up on the technical aspects of this work, we will follow some musical examples from start to finish. **Chris Watts** is an Associate Professor of Music and Digital Media at SLU, where he also serves as Director of the Newell Center for Arts Technology. **NOTE:** All are welcome regardless of musical and/or technological experience. **Cap: 20 [F-16-01]**

3D Manipulation of Objects in Photos **Natasha Banerjee** **1 session, 1½ hours**

This course will go over techniques used in computational photography to edit photographs in three dimensions. It will include a discussion of techniques in geometry extraction, illumination estimation, and texture synthesis, and their use to manipulate photographs. **Natasha Banerjee's** research lies at the intersection of computer vision and computer graphics, and specifically looks at understanding images in three dimensions. **[F-16-02]**

AARP Safe Driver Course **2 sessions, 3 hours each**

Dana Smith

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. **Dana Smith** is a retired State Prison Superintendent. He is also a retired US Army Reserve Major. He has been a Board of Education Member (BOCES, Madrid/Waddington, Horseheads) for 25 years, and has volunteered for, or been elected to, many other important public service positions. His driving experience includes being a driver for disabled American Veterans. **NOTE:** Bring your driver's license and (*if you have one*) your AARP card. Fee: \$20 for AARP members; \$25 for non-AARP members. **Cap: 30 [F-16-03]**

Acupressure for Common Ailments Joe DiGiovanna **4 sessions, 1½ hours**

Participants will be taught how to use acupressure on themselves to treat a variety of health issues. Class interest will influence which issues are treated. This course is only for those who previously have not taken the SOAR acupressure course. **Joe DiGiovanna** currently holds the position of Distinguished Professor of Philosophy at SUNY Potsdam. He has been interested in holistic health for many years. Joe has taught yoga at SUNY Potsdam for several decades. He is a licensed massage therapist, and acupressure is one of his specialties. He has taught courses on acupressure for CLEAR (Center for Lifelong Education and Recreation). **NOTES: 1)** Participants in the spring 2016 course may NOT sign up for this course; **2)** Wear comfortable soft clothing; **3)** Suggested book: *Acupressure's Potent Points*, by Michael Gach. **Cap: 15 [F-16-04]**

Adirondack Architectural Heritage (AARCH) Karyn Norwood **1 session, 1½ hours**

Adirondack Architectural Heritage (AARCH) is a 501(c)3 nonprofit dedicated to historic preservation, education and advocacy in the Adirondack region. This class delves into the world of historic preservation, landscape, and architectural history, and how AARCH works within these realms to educate the public and promote community development. The course will also cover how to research and evaluate historic properties. **Karyn Norwood** is the program director at Adirondack Architectural Heritage. Karyn graduated with a degree in history from St. Michael's College in Colchester, VT, and a Master's in Historic Preservation from the University of Vermont. She is especially passionate about architectural history and historic preservation education and outreach. **NOTES:** Suggested reading: *A Field Guide to American Houses*, by Virginia McAlester. **[F-16-05]**

Art Workshop **8 sessions, 2 hours each**

Nellie Bright & Sally Kirby

Art workshop is designed for aspiring SOAR artists to get together informally and improve their painting skills in water media. The group collectively critiques their art work, and all learn from each other. Beginners are welcome to join the class. Experienced members are willing to mentor beginners. Nellie and Sally will be supervising and coordinating while the class itself will be taught by a student art teacher in conjunction with the SUNY Potsdam Art Department. **Nellie Bright** loves watercolors. 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 Sally and Nellie have been participants in Leon LeBeau's art workshop classes for many years. **NOTE:** A list of supplies will be sent upon registration confirmation. **Cap: 30 [F-16-06]**

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

Invasive species have significant ecological and economic impacts in marine ecosystems. Some of the most recent invasions have included invertebrates called ascidians that are simple in structure, yet are our evolutionary cousins in Phylum Chordata. 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 lecture and conducts research on marine invasive species, including their distribution and impact. For over 10 years, she has worked with one very stubborn invasive species, *Didemnum vexillum*, a colonial ("blob-like") ascidian. **Cap: 24 [F-16-07]**

Author's Self-Publishing Workshop **1 session, 1½ hours**

Brian Harte

After completing this workshop, prospective authors will have the skills necessary to self-publish their book or e-book to the Internet. Since the Amazon marketplace captures approximately 30% of the e-book market, this online merchant will be discussed as a possible publication source. This workshop will discuss basic e-book formatting, book cover design and tools for self-publishing using a variety of out-of-the box software programs. With the advent of new technologies, books can be self-

published and electronically formatted at a very low cost, saving you time and money. **Brian Harte** is a Professor of Criminal Justice at the State University of New York at Canton. He is an international award-winning researcher and an accomplished author, having authored over 20 articles in a variety of different academic and professional journals. Brian is also the author of the e-book: *The Prudent Student: A Professor's Guide for College Success*. [F-16-08]

Ballroom Dancing for Beginners **Van Hoyt & Diane Crump**
9 sessions, 1½ hours each (+ optional 10th session)

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 beginning ballroom dance to youth and adults for over 10 years. They encourage both men and women to take the plunge and learn how to lead or follow. **NOTES:** Wear comfortable clothing and smooth-soled shoes (not sneakers). [F-16-09]

Basic Bridge **Peter & Christine Schrauth**
10 sessions, 2 hours each (5 weeks: Tuesdays/Thursdays)

This course is an introduction to basic contract bridge. Participants will be comfortable playing bridge with friends after completion of the course. No prior card playing experience is required. Peter learned bridge at Cornell in the early 70s and has been playing semi-regularly over the past 30 years. Although **Peter and Christine Schrauth** attend a weekly local duplicate bridge club, the general playing approach there is for enjoyment, not competition. **NOTES: 1)** *Elementary Bridge Five Card Major Student Text*, a pamphlet by Shirley Silverman, is a required \$5 purchase from the presenter at the first class. This purchase includes a complimentary deck of bridge playing cards; **2)** Park only in “Visitor” spots. **Cap: 16** [F-16-10]

Beginning Tai-Chi and Qigong **Pam March**
7 sessions, 1 hour each

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; continuing students are NOT allowed to register for “Beginning Tai-Chi and Qigong;” 2) Wear loose-fitting clothing, soft shoes or socks, and bring a water bottle. [F-16-11]

Birdsbesafe® Cat Collar Cover **1 session, 1½ hours**

Susan Willson

Domestic cat predation on songbirds is arguably the greatest anthropogenic threat that birds face today. Come learn about our study of the Birdsbesafe® cat collar cover, which is a cheap, colorful, and extremely effective collar that cats can wear to reduce bird predation. We’ll examine results of the presenter’s study of the collar with 54 North Country cats, as well as her hypothesis for latitudinal variation in the effectiveness of the collar. If you love songbirds, but also love your outdoor cats, you need to come to this talk! **Susan Willson** is a tropical and avian ecologist in Biology at SLU. She has carried out research in the Neotropics for over 20 years. However, when she’s in the North Country, she works on avian conservation issues, including American Kestrel breeding ecology, and the use of the Birdsbesafe® collar cover to decrease songbird predation by domestic cats. **NOTE:** Suggested website: <http://www.birdsbesafe.com> [F-16-12]

Bridge for Fun: Intermediate Level **Ruth Carrington &** **7 sessions, 2 hours each** (+ *optional 8th session*) **Dorothy Swanson**

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 the knowledge of the game they have gained over the years. **NOTE:** Park only in “Visitor” spots. [F-16-13]

“Many games provide fun, but bridge grips you. It exercises your mind. Your mind can rust, you know, but bridge prevents the rust from forming.”
- Omar Sharif

Chemistry and Environmental Impact **Samuel Tartakoff,**
1 session, 1½ hours **Danielle Clifford, Heather Raimer**

Chemistry is relevant to a variety of environmental issues, including sustainable energy (biofuels and solar energy), plastic manufacture and break-down, and other pollutants in water systems. We will be discussing these topics and illustrating them with chemical demonstrations, e.g. how biodiesel and nylon are formed and how chemiluminescence (chemicals that emit light) works. The format will be four small groups that rotate through the different stations. **Samuel Tartakoff** is a professor at SLU. He received his PhD in organic chemistry from the University of California – Irvine. He teaches general and organic chemistry, as well as conducting research into new chemical reactions and potential new medicines. The other presenters are chemistry and biology students at SLU who have been researching the topics that we will be discussing. **Cap: 50 [F-16-14]**

Civil War Letters Sent Home **Linda Batt & Bryan Thompson**
1 session, 2 hours

Experience the war through the eyes of a local boy writing home. This is a very personal look at the conflict. Presenters will offer background information and read aloud from letters of this local boy. **Linda Batt** typed the 114 letters (to be posted on the web) and got to know the young writer through his letters. **Bryan Thompson** is the historian for the Town of DeKalb. **[F-16-15]**

Climate Change: Science, Politics, Society
2 sessions, 1½ hours **Daniel McLane**

This course will first examine the basic science establishing human caused climate change: How do we know it's happening? Who says so? We will then explore the sociological and political roots of the controversy surrounding climate change and climate policy in the United States. Finally we will explore some options for addressing this crucial issue in the coming decades. **Daniel McLane** is an Assistant Professor of Environmental Sociology at SLU. His research examines the many ways that society and the environment interact. There will be a special focus on Latin America and environmental justice. **[F-16-16]**

Comic Art of War **Christina Knopf**
1 session, 1½ hours

For military cartoonists, the absurdity of war inspires a laugh-or-cry response and provides an endless source of un-funny amusement. In this talk, the presenter will discuss cartoons by artists-at-arms from 1805

through the present day, looking at military history through jokes about culture, hierarchy, enemies and allies, geography, sexuality, combat, and civilian relations. **Christina Knopf** has taught communication courses, such as public speaking and political communication, at SUNY Potsdam since 2006. She is a comics studies and military sociology scholar. Her book, *The Comic Art of War*, on which this discussion is based, was released in 2015 with positive reviews. [F-16-17]

Continuing Tai-Chi and Qigong **14 sessions, 1 hour each**

Pam March

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-16-18]

Creative Nonfiction Writing **8 sessions, 1½ hours each**

Melissa Lee

This is a class for people who enjoy writing. More specifically, Creative Nonfiction – sometimes called Literary Nonfiction, Narrative Nonfiction, or Literary Journalism – a genre of writing that uses literary styles and techniques to create factually accurate narratives. Lee Gutkind, editor of the internationally famous online magazine *Creative Nonfiction: True Stories, Well Told*, has said of the genre, “The goal is to make nonfiction stories read like fiction so that your readers are as enthralled by fact as they are by fantasy.” The Creative Nonfiction genre encompasses many different subgenres of writing; in this class, we will focus on memoirs, magazine feature essays, literacy narratives, and lyric essays. We will study texts using a variety of approaches, including reading published works of Creative Nonfiction. Class time will include discussions of such readings, and writing activities designed to inspire and prepare you to create your own Creative Nonfiction works. **Melissa Lee** is an Assistant Professor of English at SUNY Canton. She earned her B.A. in English Communications

from Le Moyne College and her M.A. in British and American Literature from Marquette University. She is currently in the last stages of earning her Ph.D. in Composition and TESOL through the summer residency program at Indiana University of Pennsylvania. **NOTES: 1)** Bring paper and pen or pencil to class; **2)** Typed submissions are preferred for those who submit their work for feedback or want to share their work with the class. Suggested website: *Creative Nonfiction: True Stories, Well Told* magazine: <https://www.creativenonfiction.org> **Cap: 10 [F-16-19]**

Current Events

John Casserly

10 sessions, 1½ hours each

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 a 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-16-20]**

Digital Photography for Beginners

Don Leonard

3 sessions, 1½ hours each

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, 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 Plattsburgh, **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. **[F-16-21]**

Downhill Skiing as Easy as Walking **Bill Loucky-Ramsey** **5 sessions, 1½ hours each**

This course is an introduction to Primary Movement Teaching Systems (PMTS). Learning this technique creates a foundation you can build upon, (from crawling, to walking, to jogging, to running). The course benefits all skiers, from beginners to experts. **Bill Loucky-Ramsey** is a registered member of Professional Ski Instructors of America (PSIA) since 1989. Bill began skiing in 1970. He taught skiing in Oregon, Alaska, and New York. **NOTE:** Wear hiking or rigid boots; also bring ski poles, if you have them. [F-16-22]

Drawing **Sally Kirby & Jim Murray** (*Coordinators*) **8 sessions, 2 hours each**

In this art class, general drawing concepts will be covered – such things as still life and pencil sketches. All are welcome to attend. **Jim Murray** and **Sally Kirby** will coordinate the class. Instruction will be handled by a SUNY Potsdam art student. **Cap: 16** [F-16-23]

Earth's Atmosphere: An Exploration **Aileen O'Donoghue** **3 sessions, 1½ hours each**

This course presents the basics of global circulation, meteorology, climate history, climate variations (El Niño, Polar Vortex) and climate change. **Aileen O'Donoghue** is an active astronomical researcher who loves watching the sky. She holds physics degrees from New Mexico Tech, where she studied both astronomy and atmospheric physics. Aileen teaches physics, along with courses on global climate, meteorology, climate history, and climate change. **NOTE:** Suggested website: <http://myslu.stlawu.edu/~aodo/SLU/SOAR/index.htm> **Cap: 30** [F-16-24]

Edgar Cayce Exercises **Donna Wright** **1 session, 1½ hours**

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. **NOTE:** Wear clothing appropriate for exercising. [F-16-25]

Exploring Sensation & Perception Heather Beauchamp **1 session, 1½ hours**

We will examine the myth of 5 senses for humans, while actively testing some of our sensory capabilities. You will determine whether you are a supertaster, and we will discuss some sensory and perceptual abnormalities that lend insight into typical sensory and perceptual processing. **Heather Beauchamp** teaches cognitive psychology at SUNY Potsdam. Her research interests include inattention blindness, false memories, and learning. **NOTE:** Not required, but for those who want to try an in-class experiment, which will temporarily change their taste buds, they can purchase one “Miracle Berry” tablet for \$1.50 at the class. Dissolve the tablet on your tongue and even a lemon will taste sweet! The effect remains for about an hour. (Bags of 10 “Miracle Berry” tablets are sold online.) **Cap: 30 [F-16-26]**

Fun with Paper and Scissors: It’s Science?

1 session, 2 hours

Daniel ben-Avraham

You might have heard of the Moebius strip, and you probably remember the thrill you sensed when shown it for the first time. Using just paper and scissors, we will have fun exploring several similar topological puzzles in a playful, enjoyable manner, with each delightful insight raising our curiosity and inviting subsequent experimentation. The process illustrates, very effectively, the thrill of doing science and what makes scientists tick. **Daniel ben-Avraham** is a Clarkson Professor in the Physics Department and in the Math Department. He has been teaching Physics since 1987. **NOTE:** Bring a pair of scissors, transparent tape, pens or pencils, ruler, and a curious mind (paper will be provided). **Cap: 30 [F-16-27]**

Great Apes: Part II

John McDonald

2 sessions, 1½ hours each

In part one of this course, we reviewed chimpanzees and gorillas. This semester, we will review bonobos and orangutans. Both species are listed as endangered. Along with chimpanzees, the bonobos are the closest extant relatives to humans, sharing similar DNA (from 95-99% depending on what is counted). Orangutans, found only in Borneo and Sumatra, are the only great apes existing outside of Africa and the most arboreal. We will examine the evolution, physical characteristics, intelligence, habitat, behavior and social structure of these two species. 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 had 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 of 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-16-28]

Greek Mythology

Ellen Caldwell

4 sessions, 1½ hours each

For the ancient Greeks, mythmaking was of the highest human and cultural importance. Some myths help explain the origins of the cosmos, mankind, beasts, and social and religious customs. Others narrate the family sagas of kings and heroes with all their strengths and flaws. Most of them assume that divinities intervene in human affairs. Apart from these written myths, archaeological remains, sculptures, murals, and vase paintings remind us that these myths were central to the everyday lives of ancient Greeks. In this class, we will read selections from Greek epic and drama and view examples of ancient Greek art and architecture. **Ellen Caldwell** is Associate Professor of Humanities at Clarkson, where she teaches courses on the ancient world, the Middle Ages, and the Renaissance. **NOTE:** Reading materials will be provided by the presenter. [F-16-29]

Grifters, Schemers & Masters of Prestidigitation **Peggy Mooers** **3 sessions, 2 hours each**

In each of the following movies, the hero wants money, revenge, or yearns to get the girl. How he achieves these goals will take us through some cinematic shenanigans and plain, old fashioned magic tricks. We will watch the three films in the order of the historical era they represent: *The Illusionist* (1892 Austria), *The Sting* (1930's United States) and *Side Effects* (modern United States). **Peggy Mooers** is a movie buff who has presented many film classes for SOAR, the most recent: "The Films of Robin Williams." [F-16-30]

Gunfight at the O.K. Corral: Myth, Fact, Fiction

4 sessions, 1½ hours each

Doug Rose

For well over a century, the gunfight at the O. K. Corral in Tombstone, AZ has been variously depicted in memoirs, histories, novels, movies, and TV shows. However, many of these representations have tended to be inauthentic. This course will clarify the facts of what happened on October 26, 1881 and will also highlight some of the gunfight's best-known literary and film adaptations. Since his retirement from the SUNY Canton English Department in 2010, **Doug Rose** has broadened his readings in American history. Most recently, he has researched the iconic clash between the Earps and Clantons in Tombstone, AZ. **Cap: 20 [F-16-31]**

How Your Brain Works

Ginger Thomas

1 session, 1½ hours

This course will provide an overview about the parts of the human brain and how it functions. Recent research about memory, emotions, and keeping our brains healthy will be shared. **Ginger Thomas** is an educational consultant with Teacher's Desk Consultants. She has taught students at the elementary, secondary, college, and post-graduate level. Currently she provides staff development training workshops for teachers, social workers, and other in the human services fields. Ginger finds research on the brain intriguing and illuminating. **Cap: 25 [F-16-32]**

How Your Genes Affect Your Health

Jan Trybula

4 sessions, 1½ hours each

Genes affect our health in many ways, some obvious, some not so obvious. Often health is a fine balance between diet, lifestyle, and genes. Over four sessions, we will explore the effect of genes on common traits, simple genetic conditions, complex genetic disorders, and the genetics of cancer. **Jan Trybula** is a Professor of Genetics at SUNY Potsdam. He came to the North Country in 2003 after getting his Ph.D. and teaching at Miami University (of Ohio). Since then, he has taught a number of genetics courses, including Human Genetic Diseases. **NOTE:** Suggested website: <http://www.genome.gov/Health> **[F-16-33]**

Identifying Common Mushrooms

Karl McKnight

1 session, 1½ hours (*offered twice*)

The presenter will lead a short foray to collect local mushrooms. The class will then practice the techniques necessary to identify common mushrooms in the field. **Karl McKnight** is a naturalist and author. He is acquainted with the flora, fauna, fungi, and ecology of our local forests. Karl is a Professor of Biology at SLU where he has taught for many years. **NOTE:** Must be able to walk in the woods; walking shoes are required (*rain gear, if appropriate*); pocket knife, collecting basket and waxed paper – optional. **Cap: 12** [F-16-34 Group A] [F-16-35 Group B]

Law Enforcement Related Topics

Kevin Wells

1 session, 1½ hours

In this course, we will look at some current issues, law enforcement obligations, and community policing. **Kevin Wells** has 32 years of law enforcement experience. In the last 16 years, he has been engaged in law enforcement management. Kevin received his Bachelor's Degree from SUNY Utica-Rome, and his Associates Degree from SUNY Canton. In both cases, the emphasis of his study was criminal justice. [F-16-36]

Let's Speak French

Carol Reed

4 sessions, 1 hour each (*+optional 5th session*)

You will learn or review French in a comfortable small group atmosphere. Topics will include basic travel vocabulary, food, family, poetry, music and on-line resources. Participants will have the opportunity, and be encouraged, to speak French. **Carol Reed** taught French at Canton Central for 37 years and coordinated an exchange with a school in France for many of those years, continuing after her retirement. **Cap: 20** [F-16-37]

Live the Best Life You Can

Linda Reece

4 sessions, 1½ hours each

As the adage goes: Failure to Plan is Planning to Fail. This class will help you plan for the life you want as you age. We will look at the factors that research tells us influence happiness as we age and how they can be incorporated into your plan. Each person will develop an individual plan and use the information from the classes to increase the likelihood of realizing that plan. We will look at physical activity – including mobility, recreation and preventing falls; *your* “energy conservation” and the equipment you need to maintain independence; assessing your home for

aging in place or what to look for in other housing options, and factors influencing cognitive strength. **Linda Reece** has worked as an occupational therapist for the past 39 years. She has worked in adult rehabilitation areas in cases of spinal cord injury, stroke, hip replacement, head injury, and other areas of disabilities. The OT motto she most identifies with: “make doing possible!” **NOTES: 1)** Bring a folder with pockets and something to write with. **2)** The third session is a field trip to Harris Medical Supplies & Equipment (63 Market St. in Potsdam). **[F-16-38]**

Mah Jongg **Kay Russell and Brenda Francey**
4 sessions, 2 hours each

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 **Kay Russell** and **Brenda Francey** 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: <http://www.nationalmahjonggleague.org> **Cap: 16 [F-16-39]**

Meaningful Ownership: Living a Clutter-Free Life
4 sessions, 1 hour each **Deborah Lauther**

Got too much ‘stuff?’ Learn how to recognize and edit the superfluous, and live freer and lighter. **Deborah Lauther** is a native of Montreal, Quebec, where she was a professional organizer during the 90’s. Currently, Deborah is Social Media and Community Relations Coordinator for Canton-Potsdam Hospital, Potsdam. **[F-16-40]**

Metallic Nanoparticles: Preparation & Applications
1 session, 1½ hours **Dan Goia**

Metallic nanoparticles are widely used in established technological fields such as electronics, catalysis, and pigments, as well as many emerging applications in medicine, biology, optics, thin film solar cells, and transparent conductive coatings. **Dan Goia** is a Distinguished Professor in the Department of Chemistry and Biomolecular Science of Clarkson and the Center for Advanced Materials Processing (CAMP). For the last three decades, Dan’s research has been focused on the preparation, characterization, and modification of micrometer, submicrometer, and nanometer size metallic particles for electronic, catalytic, metallurgical, optical, and medical applications. **[F-16-41]**

Modern Libraries: e-Readers, 3D Printers, Tools, People
1 session, 1½ hours (*offered twice*) **Emily Owen Hastings**

Libraries are changing! Canton Free Library now loans garden tools and cake pans, prints objects in 3D, and sometimes even offers real people for checkout. Learn what's new at CFL and other libraries, and tour our new collections for a look at some modern technology in our 108-year-old building. **Emily Owen Hastings** has been Executive Director of Canton Free Library since 2013. Previously, she was a Consultant Librarian for North Country Library System, a Reference Librarian at Rogers Memorial Library in Southampton, NY, and a clerk at many libraries in the North Country and on Long Island. She loves libraries and the people who make them work.
Cap: 12 (*each group*) [F-16-42 Group A] [F-16-43 Group B]

Moon Watching **Bruce McClure**
3 sessions, 1½ hours

Learn about the Moon's phases and innumerable cycles, such as the 18.6-year "standstill cycle" and the 14-lunar month "supermoon cycle." Explore also the full supermoon of November 14, 2016, featuring the Moon at its closest point to Earth thus far in the 21st century (2001 to 2100). **Bruce McClure**, a sundial aficionado, earned his certificate in celestial navigation from the School of Ocean Sailing. Bruce writes sky-watching and astronomy articles for the popular science website: <http://www.earthsky.org> **Cap: 50** [F-16-44]

Music of the Beatles **Doug Rubio**
5 sessions, 1¾ hours each

This course offers an exploration of the music, lives, and times of the Beatles. Songs will be discussed in terms of musical style, lyric content, compositional process, and technological innovation. The course will also examine the historical and cultural environment in which the music of the Beatles was created. **Doug Rubio** is Professor of Classical Guitar at the Crane School of Music at SUNY Potsdam, where he also teaches a course on the Beatles. He has been a huge Beatles fan since he first saw them on the Ed Sullivan Show in 1964. [F-16-45]

"I say in speeches that a plausible mission of artists is to make people appreciate being alive at least a little bit. I am then asked if I know of any artists who pulled that off. I reply, 'The Beatles did'."

— **Kurt Vonnegut, *Timequake***

Musical Petting Zoo
1 session, 1¾ hours

**New Horizons Band of Northern
 New York – Ron Berry, Conductor**

Come, touch and feel a musical instrument that you may have held and played 50 years ago. Hold the instrument and see if your fingers can still cover the keys. Listen to the sounds of the different instruments in the band. Learn about New Horizons International and New Horizons Band of Northern New York. The members of our band invite you to hear them play a bit, view a short film, examine and ask questions about their instruments, about the band and about playing music. And notice that there are many band members who are also SOAR members! **NOTE:** There is no commitment! You do not have to know how to read music to attend. [F-16-46]

Our Lives through Poetry
2 sessions, 1½ hours each

Linda Batt

We will read poems on the subjects of love and marriage, parents, sisters and brothers, and friends. The poems will shed light on our human relationships. **Linda Batt** taught literature for 20 years at a community college in Connecticut. [F-16-47]

Palynology: Studying Pollen
2 sessions, 2 hours each

Wil Rivers

Pollen is the ideal fossil. It is abundant, easy to identify, and nearly indestructible. It accumulates in lake sediments and records the history of an area. You will learn how pollen is used to learn about past forests, pest outbreaks, and climate change. A combination of lectures and hands-on microscope use will introduce you to the beauty and power of palynology. **Wil Rivers** is an Assistant Professor of Biology at SUNY Canton where he teaches courses in microbiology and pathophysiology. He has conducted ecological research in Upper Michigan, Indiana, the Smoky Mountains, Puerto Rico, and here in St. Lawrence County. His primary research interest in ecology focuses on how forests respond to short and long term disturbances from insect outbreaks to hurricanes to climate change. [F-16-48]

Potsdam Microgrid Planning Study
1 session, 1½ hours

Tom Ortmeyer

This session will describe the ongoing Potsdam Underground Resilient Microgrid Project, and will include a discussion of community needs in the case of resiliency events. **Tom Ortmeyer** is Professor of Electrical and Computer Engineering at Clarkson. Tom is very active in electric power education and research. [F-16-49]

Restoring New York's Endangered Wildlife Ken Kogut **3 sessions, 1½ hours each**

At the first session of the course, we will view the ground-breaking efforts that restored Bald Eagle and Peregrine Falcon populations in NY and then take a quick look at other bird restoration projects. At the second session, we will take a look at the failed Canada Lynx restoration effort, and at the discussions during the 1990s to restore the eastern timber wolf, moose, and elk to NNY. Research efforts on fisher and marten will also be discussed. In session 3, we will discuss the status of restoration efforts for a variety of reptiles, amphibians, and fish. **Ken Kogut** retired from the NYS Department of Environmental Conservation after a 33 year career focusing on the management of Adirondack fish and wildlife resources and protection of their habitats. As Senior Wildlife Biologist and then Regional Wildlife Manager for the Adirondacks, Ken directly participated in, and managed, the restoration efforts under discussion in these three talks. [F-16-50]

Shakespeare on Film: *Macbeth* Mark Coleman **4 sessions, 2½ hours each**

Several great filmmakers have interpreted this Scottish play. We'll see screen versions by Orson Welles, Akira Kurosawa and Roman Polanski, each of whom has a different understanding of the relationship between Lady Macbeth and her husband. The class is scheduled for 2½ hours to accommodate the longest of the films. **Mark Coleman** taught Shakespeare for a couple of decades at SUNY Potsdam. He made extensive use of films in his classes. He has taught SOAR classes on filmed versions of *Henry V*, *Romeo and Juliet*, *The Tempest*, *Hamlet* and *Richard III*. [F-16-51]

Silver Coin and Sterling Plate Jackie Hodges **1 session, 2 hours**

In this session, the presenter will identify types of silver and explain its many uses. Learn also about patterns and those masters who created the patterns. **Jackie Hodges** has been a teacher, an antiques dealer and office manager of a silver collection. **NOTE:** Participants may bring a piece of silver to have the presenter identify and comment on. [F-16-52]

Solar Energy and the Village of Canton Michael Dalton **1 session, 1½ hours**

This session will explain the process that the Village of Canton used as it moved toward a municipal solar project. The solar project will be highlighted from concept through its current status. **Michael Dalton** moved to Canton in 1985 as part of his work for NYNEX, a divested company of AT&T. He continued to work in the region until retiring from Verizon in the summer of 2015, after nearly 37 years in the telecommunications industry. Michael became involved in the Canton community early on by volunteering with Canton Fire & Rescue, and then more recently by running for public office. He served 3 years as a Village Trustee and then in December of 2015 became the Village Mayor. Past and present boards have spent considerable time researching Solar Energy and its place in Canton's Municipal operations. Michael has been involved in the solar process every step of the way; it is that experience that he will bring to this presentation. [F-16-53]

St. Lawrence County Power Equipment Museum **1 session, 2 hours Reginald Chester & Roger Austin**

Visit the St. Lawrence County Power Equipment Museum in Madrid. Members of an early organization saw a need for a museum dedicated to preserving the history of the machines and engines that have helped shape life in the North Country. Over the 12 years of its existence, the museum has grown and now has 9 buildings, covering agricultural activities in NY in the 19th and 20th centuries. Volunteers have saved and restored many machines and engines – and what a story they tell! You will see horse-drawn equipment, antique tractors, a granary, corn crib, schoolhouse, windmill, and a log cabin, along with a sawmill, shoe repair shop, gas station and maple sugar house. You will also find household items such as sewing machines, spinning wheels, stoves, etc. The museum's campus covers about 10 acres. **Reginald Chester** has spent 10 years working on this museum. He is the president of the organization. **Roger Austin** is also a long-time member. He is currently the Secretary of the organization. **NOTES: 1)** Transport between buildings is available for the handicapped; **2)** Snacks or a light lunch will be available for purchase. **3)** View their website: <http://www.slpowermuseum.com> [F-16-54]

Tai-Chi: The Short Form **7 sessions, 1 hour each**

Pam March

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)** You must have completed at least “Beginning Tai-Chi and Qigong” before you can enroll in “Tai-Chi: The Short Form.” **2)** Wear loose-fitting clothing, soft shoes or socks, and bring a water bottle. [F-16-55]

Tunes-R-Us **3 sessions, 1½ hours each**

Clive & Sandra Henery

Come and enjoy many kinds of music, some familiar, some not so. The music of each session is chosen around a different theme. This semester’s themes are: **1) Music, Music, Everywhere.** A speedy trip from London to Liverpool via Bergen, Istanbul, St. Petersburg, Jiangsu, Drysdale, New Zealand, Sydney, Seattle, Chicago and Liverpool. No passports needed! **2) Teatime.** A leisurely spin around the British Isles in “the good olde days”. Suits, hats and gloves not required! **3) Don’t Be Afraid!** Hold hands and keep the lights on as we listen to some really scary stuff! **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 are recipients of the “Leon LeBeau SOARing Educator Award” in 2011. **NOTE:** Refreshments are provided by the listening public. [F-16-56]

Upcycling Used Clothing into Hooked Rugs **Mary Ann Owen** **1 session, 1½ hours**

Learn to deconstruct wool garments and transform them into raw material for hooked rugs. Participants will not be making an actual project, but everyone will have a chance to experiment with the technique of rug hooking. The presenter will share many tips she has learned about using fabric from old clothes. She will also talk about dyeing wool and painting the back of your finished rug with latex to create a cleanable rug. **Mary Ann Owen** is a professional metal artist. Rug hooking has been a hobby of hers for the past 10 years. [F-16-57]

User-Friendly Mindful Meditation **8 sessions, 1½ hours each**

Charlie Bradt

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. Participants will receive specific instruction in the practice of mindful meditation and other related practice which are 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. Charlie has offered retreats, workshops, and courses in upstate New York, South Carolina, and Florida. **NOTE:** Suggested website: <http://www.cbradt.com> (Charlie's blog). [F-16-58]

Vicarious Voyagers XIX **4 Sessions, 1½ hours each**

Ruth Kreuzer (*Coordinator*)

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 (*in this order*):

Devon Shipp – "Seven Months in Slovenia." Devon was Fulbright Scholar at the University of Ljubljana and the Slovenian National Institute of Chemistry (doing research into degradable polymer systems). He was accompanied by his wife and two children. Slovenia is close to both eastern and western cities; hence there were family trips to Rome, Budapest, Venice, Dubrovnik, Kotor, Paris, Munich and many other cities. **Devon Shipp** is a Chemistry Professor at Clarkson University where he is also Chair of the Department of Chemistry and Biomolecular Science.

Juanita Babcock and Margarita Trotter – “**The Culture and People of Cuba.**” 10-Day Road Scholar Trip. Highlights: Cuban Arts; Bay of Pigs Museum; Cuban ranch and rodeo; Cuban pastimes (baseball, dominoes); vintage cars. **Juanita Babcock** is a world traveler; she has given many VV presentations for SOAR. Juanita is the fall 2015 recipient of the “Leon LeBeau SOARing Educator Award,” given in honor of the many travelogs, cooking classes and other classes and volunteer work for SOAR. **Margarita Trotter** is originally from Cuba. She is one of the many young children sent to the US on one of the “Peter Pan Flights” during the change (1960-1962) of regimes that brought Castro to power.

John Barthelme – “**The Sahara Desert: Archaeology, Geology and a Camel Caravan North to Timbuktu, Mali.**” Highlights: archaeology and geology of the Sahara Desert; over 1000 kms; three weeks in a camel caravan transporting salt to Timbuktu; history of the salt trade in west Africa. **John Barthelme** is a retired Anthropology Professor from SLU, and a former African Studies Program coordinator.

Steven White and Esthela Calderón – “**Nicaragua: Campaigns to Protect its Natural Beauty.**” Highlights: urban reforestation; Estanzuela Waterfall; massive protests against a proposed interoceanic canal; the weapon of the word – new eco-poetry. **Steven White** is a Professor and **Esthela Calderón** is an Adjunct Faculty member in the Department of Modern Languages and Literatures at SLU. They are the authors of *Culture and Customs of Nicaragua*, published by Greenwood Press. They are both poets, and we will hear some of their poetry.

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! **3)** Last presentation is two weeks later on a different day, but at the same time. **Cap: 80 [F-16-59]**

Vegetarian Comfort Food 3 sessions, 1½ hours each

Juanita Babcock

This class seeks to promote good health through meat-free meals which satiate and comfort during the winter’s cold and wind. Enrollees will sit down to enjoy a full lunch complete with dessert and beverage. Recipes will be distributed and thoroughly discussed at each of the three sessions. High quality plant-based and dairy-based foods will be

emphasized. **Juanita Babcock** has been a vegetarian for 40 years. She has worked at the Potsdam Food Co-op and as manager for the Potsdam Farmer's market. She currently researches, tests and presents vegetarian recipes for the Co-op's "First Thursday Tastings" each month, which feature whole grains, ancient grains, beans, legumes and local produce. As noted above, Juanita received the "Leon LeBeau SOARing Educator Award" in fall 2015. **NOTE:** There is a fee of \$38 for meals and utilities (*prepaid before the first class*). **Cap: 12 [F-16-60]**

Visiting Montreal Island Penny LeBeau & Janee Davidge **1 session, 1½ hours**

In this presentation, you will learn about several ways to get into Montreal - driving, train, bus, subway. Many highlights and interesting spots to visit will also be discussed. **Penny LeBeau** holds Bachelor and Master's degrees in Education; she spent 21 years in the classroom. **Jane Davidge** holds Bachelor and Honors Degrees in Psychology. She has spent over 20 years doing research, editing and world traveling. They are both now retired. **Note:** There will be travel handouts. **Cap: 40 [F-16-61]**

Welcome to the Pumpkin Patch Kathleen Mech **1 session, 1½ hours**

In this session, you will complete a 7" soft sculpture pumpkin to brighten your fall table or to add to your fall decorating collection. **Kathleen Mech** has taught "Soft Sculpture & Creative Toy Making" classes at the Forest Hills Senior Center in Queens, NYC, for 17 years. **NOTE:** Bring regular sewing supplies: long needle with an eye large enough to thread carpet thread, at least 7 oz. of fiberfill for each pumpkin, and 3/8 yd. of 45" wide fabric for each pumpkin. Fabric can be a solid orange, or have an obvious orange background; a fall floral, paisley print, checks or stripes in fall colors will also do nicely. **Cap: 20 [F-16-62]**

Writing Our Memories: Stories for the Grandkids **1 session, 1½ hours Neal Burdick**

Ever wish you felt confident enough in your writing ability to write down your memories for your family? Exercises, discussion and practice will prepare you to do this. We'll use "memory prompts," talk about effective story-telling, and end by sharing some of our in-class work. Neal Burdick is a North Country native and a Canton resident since 1977. He is an SLU

alumnus and a retired University writer/editor. He also has been the editor of *Adirondack Mountain Club* magazine since 1985; editor or co-editor of numerous regional books and anthologies; book reviewer for *Adirondack Explorer*; regular columnist for *NNY Living* magazine; published author of more than 570 articles, reviews, essays, poems, book introductions, etc.

NOTES: 1) SUPPLIES: pen or pencil, 8½ x 11 pad of paper or a laptop, anything that will prompt your memories of your childhood – photographs, family heirlooms, small artifacts, trinkets, etc. *These will not leave your possession.* **2) READINGS:** Any selections in *Living North Country*, ed. Neal Burdick and Natalia Singer (North Country Books, 2001), or *Adirondack Reflections / North Country Reflections*, ed. Neal Burdick and Maurice Kenny, the History Press, 2013). **Cap: 15 [F-16-63]**

Zoning in on the Elections: After Obama Alan Draper
1 session (+optional 2nd session) 1½ hours each

Attend a pre- and an optional post-elections presentation. In the first session, the presenter will offer a preview of the upcoming presidential election. He will also review recent Electoral College results and demographic trends to offer insight into what to expect on Election Day. In the second session, (which is optional, since the SOAR semester has ended by then) he will review the election results, what they reveal about the pulse of America, and what we can expect looking ahead in terms of policy and politics. **Alan Draper** is a Professor of Government at SLU. He is a political scientist, and this is high season for people like him. **Cap: 40 [F-16-64]**



Tell your friends about SOAR!

HIGHLIGHTS FROM THE SPRING 2016 LUNCHEON



Gathering with SOAR Friends and Enjoying the Band Play



Thanking Our Many SOAR Presenters

Congratulations to SOAR's newest awardees!



**“Super SOARer”
Ed Russell**



**“Outstanding Contribution
to SOAR” - Leon LeBeau**

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

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

Welcome to the Fall 2016 Semester!

REMINDERS

Send in registration form right away!

Volunteer to be a SOAR ambassador!

Classes start Monday September 5

Meet-the-Chef:
Sabad's
(81 W. Main, Norfolk)
Wednesday, Oct. 19
1:00pm *(see p.3)*

Daylight Savings
Time ends 2:00 am
Sunday, November 6

Classes end Friday
November 11

SOAR Luncheon:
Wednesday, Nov. 16,
11:30-2:00
(see p.3)

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

Van Housen Extension
Office #382

*Take the elevator to the third floor;
the SOAR office is in the left corridor.*

soar@potsgdam.edu
(315) 267-2690

www.soarnorthcountry.org

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