

FALL 2017 SOAR COURSES – Scheduling Information *(as of 09-05-17)*
for more info on locations, days, dates, times go to the SOAR website
www.soarnorthcountry.org

NOTES / LINKS: (CORRECTIONS of the first print insert document *(08-03-17)* are in **red** below)

1) *(See note)* or *(See notes)* = check the course booklet and/or your registration confirmation letter for more info.

2) *(View link)* or *(View links)* = go to the SOAR website, then to **COURSES** you are taking to find links to readings, course instructions, supplies lists, or to other information.

3) For directions, maps, photos, parking info, etc., see the “**LOCATIONS**” section of the SOAR website.

4) For updated course info, check “**COURSE UPDATES**” on the home page of the SOAR website.

Each course has its own web page on the SOAR website; you may find additional info there as well.

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AARP Smart Driver Course – Dana M. Smith. 2 sessions (*consecutive days*), 3 hours each.

St. Lawrence-Lewis BOCES, *(40 West Main St., Canton)*. Thursday: 10/19 and Friday: 10/20 – 1:00-4:00.

(See notes) Cap: 25 [F-17-1]

Adirondack Archaeology – Tim Messner. 2 sessions, 1½ hours each.

SUNY Potsdam: Maxcy 104. Fridays: 11/3, 11/10 – 2:00-3:30. (Cap: 50) [F-17-2]

Adirondack Literature – Mark Sturges. 2 sessions, 1½ hours each.

SLU: **Session 1: Richardson 201.** Friday 10/20 – 9:00-10:30; < gap >; **Session 2: ODY Library: Special Collections Room** (*Archives*). Friday: 11/03 – 9:00-10:30. (See note) (Cap: 15) [F-17-3]

Advanced Porous Materials on the Way to Stopping Global Warming – Mario Wriedt.

1 session, 1½ hours each. SUNY Potsdam: Maxcy 104. Friday 10/20 – 2:30-4:00. (Cap: 50) [F-17-4]

Analyzing Mutual Funds with Various Target Dates for Retirees – Brian Harte and Umesh Kumar.

1 session, 1½ hours. SLCHA: Silas Wright House *(3 East Main St., Canton)*. Tuesday: 10/24 – 2:00-3:30. (Cap: 40) [F-17-5]

Art for Beginners – Sally Kirby (*Coordinator*), with a SUNY Potsdam art student as instructor: TBA.

8 sessions, 2 hours each. SUNY Potsdam, Satterlee 225. Fridays: 9/15, 9/22, 9/29, 10/6, 10/13, 10/20, 10/27, 11/3 – 10:00- 12:00. (See note) (Cap: 16) [F-17-6]

Ballroom Dancing for Beginners – Van Hoyt and Diane Crump. 10 sessions, 1½ hours each.

Mormon Church, Potsdam *(21 Castle Dr.)*. Mondays: 9/4, 9/11, 9/18, 9/25, 10/2, 10/9 10/16, 10/23, 10/30, 11/6 – 10:00-**11:30**. (See notes) (Cap: 50) [F-17-7] (*updated 8/9*)

Beginning Tai-Chi and Qigong – Pam March. 8 sessions, 1 hour each.

SUNY Potsdam: Maxcy Dance Studio. Tuesdays: 9/19, 9/26, 10/3, 10/10, 10/17, 10/24, 10/31, 11/7 – 12:00-1:00. (See notes) (Cap: 50) [F- 17-8]

Bomb Threats, Terrorism and More: A View from a First Responder – Robert Parcell. 1 session, 2 hours. **date change!**

Potsdam Civic Center: *(2 Park St.)* Community Meeting Room. Monday: **9/18** – 1:00-3:00. (See note). (Cap: 80) [F-17-9]

Building Better Bones - Chris Towler, with students Karly Lindroth-Yates, Ricardo Pacheco, Kristen

Orlandini, and Jennifer Shields. 6 sessions, 1½ hours each. Clarkson Hall *(50 Main St.)* 2nd floor Therapy Dept. Mondays and Thursdays: 10/16, 10/19, 10/23, **10/26**, 10/30, 11/2 – 2:30-4:00. (See note). (Cap: 20) [F-17-10] (*updated 8/12*)

Caring for the Caregiver – Nancy Vosbrink. 2 sessions, 1½ hours each.

Hospice of and Palliative Care of St. Lawrence Valley *(6805 US11)* Meeting Room. Thursdays: 9/21, 9/28 – 1:00-2:30. (See note) (Cap: 25) [F-17-11]

Cemetery Memorial Cleaning – Roberta Yaeger and Bob Eaton. 1 session, 1½ hours.

Evergreen Cemetery *(at the intersection of CR 68 and HWY 11 on the East side of Canton)*. Wednesday: 9/20 – 1:00-2:30. (See notes) (Cap: 20) [F-17-12]

The Changing Media Landscape: Locally and Nationwide – Bill Shumway. 1 session, 1½ hours.

SUNY Potsdam: Maxcy 104. Thursday 10/26 – 3:00-4:30. (View links) (Cap: 50) [F-17-13]

Chemistry and the Environment (Part 2) – Samuel Tartakoff, with SLU students Liza Kozodov & Nicole

Rosenberg. 1 session, 1½ hours. SLU: Johnson Hall 307. Friday, 10/27 – 3:00-4:30. (See note). (Cap: 20) [F-17-14]

Climate Change – Page Quinton. 2 sessions, 1½ hours each.

SUNY Potsdam: Timerman 131. Tuesdays: 10/10, 10/17 – 4:00-5:30. (Cap: 40) [F-17-15]

Construction of “MaryGwyneth Fine Wearable Art” – Mary Holland. 1 session, 1½ hours.

SLCHA: Silas Wright House (3 East Main St., Canton). Thursday 9/21 – 10:00-11:30. (Cap: 40) [F-17-16]

Construction of a Mortared Straw Bale House – Mary Holland. 1 session, 1½ hours.

SLCHA: Silas Wright House (3 East Main St., Canton). Thursday 9/14 – 10:00-11:30. (Cap: 40) [F-17-17]

Continuing Meditation – Monique Tirion. 4 sessions, 1 hour each.

Potsdam Civic Center: Community Meeting Room (2 Park St.). Mondays: 10/9, 10/16, 10/23, 10/30 – 10:00-11:00. (View link). (Cap: 40) [F-17-18]

Continuing Tai-Chi and Qigong – Pam March. 16 sessions, 1 hour each.

SUNY Potsdam: Maxcy Dance Studio. Tuesdays and Thursdays: 9/19, 9/21, 9/26, 9/28, 10/3, 10/5, 10/10, 10/12, 10/17, 10/19, 10/24, 10/26, 10/31, 11/2, 11/7, 11/9 – 1:00-2:00. (See notes) (Cap: 50) [F-17-19]

Creating Clean Air at Home (training session) – Andrea Ferro. 1 session, 1½ hours.

SUNY Potsdam: Maxcy 104. **Friday:** 9/15 – 2:30-4:00. (View link) (Cap: 50) [F-17-20] (updated 8/9)

Creating Legacy Letters – Linda Potter. 1 session, 1½ hours.

SUNY Potsdam: Maxcy 104. Monday 11/06 – 10:00-11:30. (View link) (Cap: 50) [F-17-21] (updated 8/9)

Current Events – John Casserly. 10 sessions, 1½ hours each.

Partridge Knoll (30 Sullivan Dr., Canton). Fridays: 9/8, 9/15, 9/22, 9/29, 10/6, 10/13, 10/20, 10/27, 11/3, 11/10 – 10:30-12:00. **NOTE:** SLU students attend at times to introduce topics and join the discussion. (Cap: 30) [F-17-22]

Dams of the Raquette River – Mary Jane Watson. 1 session, 1½ hours.

SUNY Potsdam: Maxcy 104. Monday: 10/2 – 10:00-11:30. (Cap: 50) [F-17-23]

Drawing with Graphite – Jim Murray & Barbara Evans (Coordinators), with Ashley Stay (SUNY Potsdam student instructor). 8 sessions, 2 hours each. SUNY Potsdam: Satterlee 225. Thursdays: 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26, 11/2 – 2:00-4:00. (Link to presenters’ list of needed supplies) (Cap: 20) [F-17-24]

Duplicate Bridge for Fun: Intermediate Level – Ruth Carrington & Peter Schrauth (Coordinators).

8 sessions, 2 hours each. Mayfield Apts. (22 Mayfield Dr.) Community Room. Fridays: 9/15, 9/22, 9/29, 10/6, 10/13, 10/20, 10/28, 11/3 – 1:00-3:00. (Cap: 20) [F-17-25]

Edgar Cayce Exercises – Donna Wright. 1 session, 1½ hours.

SUNY Potsdam: Maxcy 104. Wednesday: 9/20 – 10:30-12:00. (See note) (Cap: 30) [F-17-26]

Environmental Activism at SUNY Canton – Rajiv Narula and his students. 2 sessions, 1½ hours each.

SUNY Canton: Payson 219. Tuesdays: 9/12, 9/19 – 2:30-4:00. Day 1: pollinator garden; Day 2 composting garden. (See notes). (Cap: 30) [F-17-27]

Green Buildings 101 – Erik Backus. 2 sessions 1½ hours each.

SUNY Potsdam: Maxcy 104. Tuesdays: 9/26, 10/3 – 10:30-12:00. (Cap: 50) [F-17-28]

Healthcare Serial Killers – Liz Brown. 1 session, 1½ hours.

SUNY Canton: Miller 218-220. Tuesday: 10/10 – 3:00-4:30. (Cap: 30) [F-17-29]

How Did the Artist Do That? – Dagmar Jaunzems. 2 sessions, 1½ hours each.

Day 1) Potsdam Civic Center (2 Park St.) Community Meeting Room. Monday: 11/6 – 1:00-2:30

Day 2) “Frederic Remington Art Museum” (303 Washington St. Ogdensburg 303 – corner of State St. and across from the library by the water) – Monday 11/13 – 1:00-2:30. **Note:** Museum entrance fee \$7 cash or check (made out to “Frederic Remington Art Museum”); fee collected at the first class. (Cap: 25) [F-17-30]

How Immune Cells Work to Protect Us – Karin Heckman. 1 session, 1½ hours.

SLU: Johnson Hall 013. Monday: 9/18 – 3:00-4:30. (Cap: 25) [F-17-31]

How We Are Taxing Our Grandchildren – Joe Timmerman. 1 session, 1½ hours.

SUNY Potsdam: Dunn Hall 208. Tuesday: 11/7 – 4:00-5:30 (Cap: 33) [F-17-32]

Insect Ecology – Bill Romey. 1 session, 2 hours.

Potsdam, Lehman Park (*off Pierrepont Ave. on the right, at the far edge of campus*).

Saturday: 9/9 – 10:00-12:00. NOTES: 1) Wear appropriate shoes / pants for walking through tall grass; 2) Bring Teeva sandals or water shoes if you want to wade in the water; 3) If you have one, bring a bug identification book (like a *Peterson's guide...*); 4) Insect collecting nets provided. (Cap: 30) [F-17-33]

An Introduction to Knots – Laura Person. 1 session, 1½ hours.

SUNY Potsdam: Carson 204. Wednesday: 10/25 – 3:30-5:00. (Cap: 25) [F-17-34]

Introduction to the AccuQuilter – Pat Dishaw and Linda Carr. 1 session, **1 hour.** (*updated*)

Canton Free Library (8 Park St.). Monday 10/16 – 1:00-2:00. NOTE: Bring pieces of fabric, approx. 12 inches square, pressed and ready to cut; we will attach them to prepared applique pieces. (Cap: 12) [F-17-35]

Lewis and Clark Expedition (Part 1 repeat) – Terry Niles. 3 sessions, 1½ hours each.

SUNY Potsdam: Maxcy 104. Thursdays: 10/26, 11/2, 11/9 – 10:00-11:30. NOTE: "...Part 2" will be in Spring 2018). (Cap: 50) [F-17-36]

Life on the Tilted Teacup Ride – Aileen O'Donoghue. 4 sessions, 1½ hours each.

SLU: Bewkes 232. Tuesdays: 9/5, 9/12, 9/19, 9/26 – 10:30-12:00. (See link to Aileen's own website for SOAR) (Cap: 30) [F-17-37]

Lifelines: Writing Your Way In – Victoria (Viki) Levitt. 5 sessions, 1½ hour each.

SUNY Potsdam: Morey 117. Wednesdays: 9/6, 9/13, 9/20, 9/27, 10/4 – 10:30-12:00. (See note) (Cap 12) [F-17-38]

Line Dancing for Beginners – Margaret Mauch. 6 weeks, 1½ hours each.

SUNY Potsdam: Maxcy Dance Studio. Fridays: 9/8, 9/15, 9/22, 9/28, 10/6, 10/13 – 1:00-2:30. (See note: re: "making dance socks.") (Cap: 30) [F-17-39]

"Lou Gehrig's Disease": Intro, Research, Care – Charles Robinson. 3 sessions, 1 hour each.

Clarkson University: Rowley 244. Wednesdays: 10/4, 10/11, 10/18 – 4:00-5:00. View "Lou Gehrig's Disease..." course page on the SOAR website for parking instructions for Clarkson campus. (Cap: 50) [F-17-40]

Macbeth: On the Page and On the Stage - Alvin Henry. 2 sessions, 1½ hours each.

SLU: Atwood 031. Wednesdays: 10/11, 10/18 – 2:30-4:00. NOTE: Suggested Text: The Folger Shakespeare Edition of Macbeth (ISBN: 0743477103); otherwise, any scholarly edition of the play. (Cap: 15) [F-17-41]

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

Partridge Knoll (*30 Sullivan Dr., Canton*) Multi-Purpose Room. Thursdays: 10/5, 10/12, 10/19, 10/26 – 10:00-12:00. (Cap: 16) [F-17-42]

Minerals of the Grenville Province – George Robinson. 1 session, 1½ hours each.

SLU: Brown 144. Friday: 11/3 – 3:00-4:30. (Cap: 40) [F-17-43]

Modern Day Dinosaurs: Explore the Biology of Birds and Reptiles – Sarah KG Sirsat. 2 sessions, 1½ hours each.

SUNY Potsdam: Stowell 211. Thursdays: 9/28, 10/5 – 3:30-5:00. (Cap: 60) [F-17-44]

Monsters, Menace, and Mystery: 1950's-60's Atlas/Marvel Comic Books – Doug Rose. 5 sessions, 1½ hours each.

SLCHA: Silas Wright House (*3 E. Main St., Canton*). Wednesdays: 9/27, **10/4, 10/11 10/18**, 10/25 – 1:30-3:00.

See Links: to readings on the "Monster's..." course page of the SOAR website; print out and read them before coming to each class. (**Cap: 20**) [F-17-45] (*updatez:08/12*)

Neanderthals and the Origins of Modern Humans – John Barthelme. 2 sessions, 1½ hours each.

Potsdam Civic Center (*2 Park St.*) Community Meeting Room. Wednesday. 10/18, 10/25 – 10:00-11:30. (Cap: 80) [F-17-46]

Positive Psychology for Seniors – Jennifer Waite. 1 session, 1½ hours.

SUNY: Canton – Wicks 206. Friday: 10/6 – 10:00-11:30. (Cap: 26) [F-17-47]

Probability in the News – Daniel ben-Avraham. 2 sessions, 1½ hours each.

SUNY Potsdam: Maxcy 104. Fridays 10/6, 10/13 – 2:00-3:30. (Cap: 30) [F-17-48]

Racial Attitudes: Changing Expectation – M. J. Heisey (Coordinator). 4 sessions 1½ or 2 hours each. **P-4**
SUNY Potsdam: Carson 205. Tuesdays: 9/12, 9/19, 9/26, 10/3 – 3:15-5:15. **Day 1:** Nasser Malit. Introduction to “Diversity and Inclusion Action Coalition (DIAC)” (2 hours). **Day 2:** Sheila McIntyre. Identity of the Confederate Flag (1½ hours). **Day 3:** Jay Pecora. A Brief History of Blackface (1½ hours). **Day 4:** Nancy Lewis. Film: “White Like Me” (2 hours). **Note:** Before coming class 4, read a very brief, but useful, piece found on the “Racial Attitudes...” course page on the SOAR website. (Cap: 30) [F-17-49]

Ray Bradbury’s “Dandelion Wine”: Metaphors of Small Town America – Frank Palumbo. 4 sessions, 1½ hours each.
SUNY Potsdam: Maxcy 104. Mondays: 10/9, 10/16, 10/23, 10/30 – 10:00-11:30. **Note:** Presenter will supply copies of “Dandelion Wine” and some notes. (Cap: 20) [F-17-50]

The Science of Human Voice Production - Byron Erath. 2 sessions, 1½ hours each.
SUNY Potsdam: Maxcy 104. Tuesdays: 10/31, 11/7 – 2:00-3:30. (Cap: 50) [F-17-51]

Tai-Chi: The Short Form – Pam March. 8 sessions, 1 hour each.
SUNY Potsdam: Maxcy Dance Studio. Thursdays: 9/21, 9/28, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9 – 12:00-1:00. (See notes) (Cap: 50) [F-17-52]

A Taste of Twain: The Report of his Death was an “Exaggeration” – Gretchen Sharlow. 2 sessions, 1½ hours each.
SLCHA: Silas Wright House (3 East Main St.). Tuesdays: 9/5, 9/12 – 10:00-11:30. **Note:** Bring a favorite Mark Twain quotation or passage to share at the second session. (Cap: 40) [F-17-53]

There’s What in My Drinking Water? – Fadi Bou-Abdallah. 1 session, 1 hour.
SUNY Potsdam: Stowell 211. Wednesday: 11/1 – 1:00-3:30 (Cap: 50) [F-17-54]

Ticks 2.0: New Findings (Group A) – Paul Hetzler. 1 session, 1½ hours.
SUNY Potsdam: Maxcy 104. Monday: 10/2 – **2:00-4:30.** (Cap: 50) [F-17-55](updated 8/11)

Tunes-R-Us – Clive and Sandra Henery. 3 sessions, 1½ hours each.
United Methodist Church, Potsdam (26 Main St.). Mondays: 9/11, 9/18, 9/25 – 10:00-11:30.
Themes: 1) “A Child’s Garden of Music” (music about children); **2)** “Dies Irae” (The Day of Wrath); **3)** “Heard it Before” (classical music goes pop). (Cap: 99) [F-17-56]

Vicarious Voyagers XXI – Ruth Kreuzer (Coordinator). 4 sessions 1½ hours each.
Potsdam Civic Center (2 Park St.), Wednesdays: 9/6, <gap> 9/20, 9/27, 10/4 – 1:30-3:00. **Day 1)** Ginny and Al Schwartz – “Scandinavia.” **Day 2)** Breyne Moskowitz – “Moscow.” **Day 3)** Lynn and Nils Ekfelt – “Martinique.” **Day 4)** Juanita Babcock – “Caucasus.” **Notes: 1)** Come to any or all the presentations; **2)** Allow extra time for parking and/or walking; please do NOT park in the IGA lot! (Cap: 90) [F-17-57]

Watercolor / Mixed Media Art Workshop: Intermediate Level – Jim Murray and Barbara Evans (Coordinators), with Emma Kline (SUNY Potsdam student instructor): 8 sessions, 2 hours each.
SUNY Potsdam: Satterlee 225. Wednesdays: 9/13, 9/20, 9/27, 10/4, 10/11, 10/18, 10/25, 11/1 – 10:00-12:00.
View: A “Needed Supplies” list, and a suggested web link, on the “Watercolor...” course page of the SOAR website. (Cap: 20) [F-17-58]

Waters of the Adirondacks – Lorraine Duvall. 1 session, 1½ hours.
SUNY Potsdam: Maxcy 104. Wednesday: 10/4 – 10:00-11:30. **View** presenter’s suggested link on the “Waters...” course page of the SOAR website. (Cap: 50) [F-17-59]

Whales to Wings: The Hydrodynamics of Humpback Whales – Douglas (Doug) Bohl. 1 session, 1½ hours.
SUNY Potsdam: Maxcy 104. Monday: 9/25 – 2:30-4:00. (Cap: 50) [F-17-60]

Who Lost China: When, Where, and How – Ina Brockriede. 4 sessions, 1½ hours each.
Potsdam Civic Center (2 Park St.) Fridays: 9/8, 9/15, 9/22, 9/29 – **10:00-11:30.** (Cap: 80) [F-17-61](updated 8/9)

Ticks 2.0: New Findings (Group B) – Paul Hetzler. 1 session, 1½ hours.
SUNY Potsdam: Maxcy 104. Monday: 10/16 – **2:00-4:30.** (Cap: 50) [F-17-55](updated 9/05)