

SOAR



LIFELONG LEARNING IN THE NORTH COUNTRY

FALL SEMESTER 2018
SEPTEMBER 3, 2018 - NOVEMBER 9, 2018

sponsored by:



THE STATE UNIVERSITY OF NEW YORK

Potsdam

and affiliated with:

ROAD SCHOLAR[®]

Institute Network

A Note from the Chair

Volunteering Our Knowledge, Our Experience

When SOAR was founded 18 years ago, a governing principle was that we would share our expertise—gathered over a lifetime—with one-another. More and more we have taken advantage of our location to tap the cutting-edge research of local faculty. That’s spectacularly wonderful! But let us not forget that differently, but equally, valuable is the accumulated wisdom of ourselves, which we can share. What is more fun than introducing others to our passion and then discussing that with our cohort who have complementary perspectives.

We each have so much to offer that would enrich the lives of our fellow members—and bring much satisfaction to ourselves in the process. Could you show us how to do “downward-facing dog”? How about dancing the “mashed-potato”? or the twist? Anyone up for Monopoly or Clue?

Would you be willing to share your passion for doo-wop? or for Miles Davis? Have you been exploring the War of 1812 as it affected the North Country? Have you explored local architecture? Have you learned about investment strategies (btw what is a derivative)? We have so much to share with one-another!

Would anyone be willing to share experience of varieties of tomato plants that do well in our climate? How about methods of composting? What do you do with the harvest? Do you have half a dozen ways to cook and store beans? We can’t hold classes in your kitchen, but could you share methods, recipes and tips?

What about hobbies? I’d like to learn something about model trains, a long-lost passion of my youth. Could you show us how to press flowers? or crochet? Does anyone fly drones or do nature photography? make quilts? restore antique cars or cabinets?

Please give a little thought to whether you have something you might share for a single session or a few. It’s very satisfying to volunteer and to share. But I should warn you that it can be habit-forming.

Mark Coleman, Chair, SOAR Board of Directors

ABOUT SOAR

(Stimulating Opportunities After Retirement)

SOAR is a member-directed learning group, sponsored locally by SUNY Potsdam 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 2018 semester, SOAR had over 400 members. Though beyond full-time careers in the home and work place, we continue to be active, inquisitive, energetic and creative people. We SOAR members enjoy intellectual stimulation, hands-on activities, going places, and good fellowship. We love learning just for the sake of learning, and we love sharing what we know.

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

BOARD OF DIRECTORS

| | | |
|--------------------------------|----------------|-------------------|
| Mark Coleman, Chair | Jim Barry | Dorothy Howe |
| Bill Mein, Vice-Chair | Ed Russell | Carol McRobbie |
| Lyn Swafford, Secretary | Ruth Kreuzer | Janet van Weringh |
| Ron Frank, Treasurer | Cynthia Bender | Carol Lawrence |
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Who is in Charge of Doing What

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

SOAR Administrative Assistant - Juanita Blakemore
College Liaison - Nancy Hess

MEMBERSHIP INFORMATION

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

COURSES AND CLASS SESSIONS. SOAR has two ten-week semesters a year. Fall Semester starts on September 3rd. We are offering 65 courses this semester: 32 are held on the SUNY Potsdam campus; 4 others are held elsewhere in Potsdam. The rest are in Canton: 13 at St. Lawrence University, 2 at SUNY Canton, and 11 others at other locations in Canton. 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.) Occasionally SOAR offers day trips and other special events and opportunities throughout the year. At the end of each semester, SOAR holds a luncheon for its members, presenters and special guests. Luncheons and special events are optional and cost extra.

*For more information about SOAR or its courses and events
visit the SOAR website: www.soarnorthcountry.org*

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

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

CONTACT INFORMATION

For information, call the SOAR office at (315) 267-2690, send e-mail to: soar@potsgdam.edu, or write to: SOAR, 382 Van Housen Extension, SUNY Potsdam, 44 Pierrepoint 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

Morley's American Grill

240 East Orvis Street, Massena --- seating capacity: 60
(*Have a great meal and learn about the business.*)

DATE: Wednesday, October 17th, Serving at 1:00 pm

Cost: \$25 (*includes gratuity*)

Payment and reservation form are **DUE** by noon on **Monday, Oct. 1**

No late registrations. No refunds after deadline.

Checks are not cashed until just before the event.

(*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, 14th 11:30-2:00 (*servicing at noon*)

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

COURSE LOCATIONS

Courses Offered on SUNY Potsdam Campus

*Aaron Burr: Patriot or Traitor? *American Predators II *Archaeology at the John Brown Farm State Historic Site *Art for Beginners *Beginner's Guide to the Biology of Parasites *Beginning Tai-Chi and Qigong *Bird's Eye View of Physics: From Galileo to String Theory *Cardiovascular System Modeling and Control *Computer Arithmetic *Continuing Tai-Chi and Qigong *Creating Legacy Letters *Dams of the Raquette River *Digestive Wellness and Healthy Aging *Drawing for Everyone *Electric Cars: Easier and Cheaper than You Think *Exploring Patterns in our DNA *Introduction to the "State of Yo" *Introduction to Yoga *Invasive Plant Species in the North Country *Lactation of St. Bernard and the Renaissance Humanists *Learning about Shakespeare's Comedy in Performance: *Much Ado About Nothing* *Line Dancing for Beginners *More About Bats *Poetry of Wilfred Owen and Siegfried Sassoon *Racial Attitudes: Changing Expectations *Tai-Chi: The Short Form *Taking Internet Education and Medicine Resources Off the Web *Trees and Shrubs of the North Country *Vintage Antique Jewelry and Coins *Watercolor Workshop: Intermediate Level *What is a Bitcoin and What Does it Do? "Why don't they just apply for citizenship?"

Courses Offered off SUNY Potsdam Campus

POTSDAM: *Beginning Ballroom Dancing *Tiffany Windows in Trinity Episcopal Church; *Tunes-R-Us *Vicarious Voyagers XXIII

CANTON: *AARP Smart Driver Course *Caribbean Reefs through the Lens of a Diver Geologist *Chemistry in Medicine *Climate Change *Community, Photography and Storytelling *Cracks in the Holes in the Fossil Records *Current Events *Devil in the White City *Duplicate Bridge for Fun: Intermediate Level *First Ladies* Fitness for Optimal Aging *Foreign Aid: Understanding the Debate *Frederic Remington, the Sportsman *From Fiber to Yarn *Galaxies *Genocide in the Modern World *Holiday Traditions in December *Mah Jongg *Medicalization of Society *Memory and Human Rights in Chile *New Science of Stylometry *Nomads in World History *Our Carnivorous Ways *Pulse of the Country: The 2018 Midterm Elections *Secret Soldiers of the Civil War *Tax, Estate, Financial Planning for the Elderly: Part 1 - Nursing Homes *Three Obscure Award-Winning Musicals *20th Century American Women Writers *Writing and Publishing Very Short Fiction

COURSES BY NUMBER OF SESSIONS

1 SESSION: Aaron Burr: Patriot or Traitor? *Archaeology at the John Brown Farm State Historic Site *Beginner's Guide to the Biology of Parasites *Beginner's Guide to the Biology of Parasites *Cardiovascular System Modeling and Control *Caribbean Reefs through the Lens of a Diver Geologist *Chemistry in Medicine *Cracks in the Holes in the Fossil Records Creating Legacy Letters *Dams of the Raquette River *Digestive Wellness and Healthy Aging *Electric Cars: Easier and Cheaper Than You Think *Exploring Patterns in our DNA *Foreign Aid: Understanding the Debate *Frederic Remington, the Sportsman *From Fiber to Yarn *Holiday Traditions in December *Introduction to the "State of YO" Invasive Plant Species in the North Country *Lactation of St. Bernard & the Renaissance Humanists *Medicalization of Society *Nomads in World History *Our Carnivorous Ways *Pulse of the Country: The 2018 Midterm Elections *Taking Internet Education & Medicine Resources Off the Web *Tax, Estate, Financial Planning for the Elderly: Part I- Nursing Homes *Tiffany Windows in Trinity Episcopal Church, Potsdam *What is a Bitcoin and What Does it Do? "Why don't they just apply for citizenship?"

2 SESSIONS: AARP Smart Driver Course *American Predators II *Computer Arithmetic *Devil in the White City *Fitness for Optimal Aging Learning about Shakespeare's Comedy in Performance: *Much Ado About Nothing* *Memory and Human Rights in Chile *New Science of Stylometry *Secret Soldiers of Civil War *20th Century American Women Writers *Vintage Antique Jewelry and Coins *Writing and Publishing Very Short Fiction

3 SESSIONS: Bird's Eye View of Physics: From Galileo to String Theory *Genocide in the Modern World *Poetry of Wilfred Owen & Siegfried Sassoon *Three Obscure Award-Winning Musicals *Trees and Shrubs of the North Country *Tunes-R-U

4 SESSIONS: Climate Change *First Ladies *Galaxies *Introduction to Yoga *Mah Jongg *More About Bats *Racial Attitudes: Changing Expectations *Vicarious Voyagers XXIII

5 or more SESSIONS: *Art for Beginners *Beginning Ballroom Dancing *Beginning Tai-Chi and Qigong *Community, Photography and Storytelling *Continuing Tai-Chi and Qigong *Current Events *Drawing for Everyone *Duplicate Bridge for Fun: Intermediate Level *Line Dancing for Beginners *Tai-Chi: The Short Form *Watercolor Workshop: Intermediate Level

Fall 2018 COURSE DESCRIPTIONS

This fall, SOAR is pleased to offer **65** courses and presentations. Info on course 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**



[1] Aaron Burr: Patriot or Traitor?

Tom Baker

1 Session, 1½ hours

Was Vice President Aaron Burr a traitor to his country? Come find out at this presentation. **Tom Baker** has taught U.S. history at SUNY Potsdam for 15 years. He recently stepped down as chair of the department and is now the Director of the Office for Student Research and Creativity. **Cap: 50**

[2] AARP Smart Driver Course

David Stewart

2 sessions (consecutive days), 3½ hours each

AARP's Smart Driver course is the successor program to Defensive Driving and is approved by New York State for insurance discounts and driver's license point reduction. Smart Driver is the nation's largest refresher course designed specifically for older drivers, but it is open to all age groups. The course helps participants update their driving knowledge, skills, and confidence. Research shows that, after completing the course, most people make positive changes to their driving behaviors. **David Stewart** is a retired university administrator and former TV and radio reporter. He has been driving for almost six decades. David has taught more than 100 safe-driving courses, primarily in northern New York. **NOTES for DAY 1)** Please arrive at least 20 minutes early! Bring your NYS driver's license and, if you have one, your current AARP membership card; **2)** Fee: \$20 for AARP members; \$25 for non-AARP members (pay in cash or make your check out to AARP). **3)** Both sessions must be attended to receive a 10% reduction in the base rate of auto or motorcycle liability and collision insurance premiums for 3 years. You also may be eligible to reduce as many as 4 points from your driving record. **Cap: 25**

[3] American Predators II

John McDonald

2 sessions, 1½ hours each

This course is a continuation of last spring's course on wolves, coy wolves, cougars and jaguars. Concentration will be on cougars and jaguars. Cougars, ranging from the Canadian Yukon to the Andes of South America, are the most widespread of any large wild terrestrial mammal in the western hemisphere. Jaguars are the only member of the Panthera genus (lions, tigers and leopards) in the Americas; unfortunately, they have been extirpated from the United States.

John McDonald retired from IBM and Arrow Electronics. He has had a life-interest in large predators, especially the big cats. While in college, he worked in primate research; after that, he spent some time with Dave Hoover, the lion and tiger trainer for the Clyde Beatty and Cole Bros. Circus. He corresponded with George Adamson of “Born Free” fame and was offered the opportunity to conduct field research on Adamson’s lions in Kenya. John has spent time working in Africa working as a volunteer with wild cheetahs at the Cheetah Conservation Fund’s research facility in Namibia. More recently, working with organizations in the U.S. involved with wolves and cougars, he has focused his attention on large American predators. **Cap: 50**

[4] Archaeology at the John Brown Farm State Historic Site

1 Session, 1½ hours

Hadley Kruczek-Aaron

This class will review the results of the archaeological excavation carried out at the John Brown farm (North Elba, N.Y.) in summer 2016. After a brief introduction to the field of historical archaeology, students will learn about the questions guiding the research carried out at the farm as well as the methods used to help answer those questions. Artifacts recovered during excavation will be described and displayed during class time. **Hadley Kruczek-Aaron**, chair of the Department of Anthropology at SUNY Potsdam, has been excavating on historic-period sites throughout the United States and abroad for more than two decades. She specializes in the nineteenth-century Northeast United States and is especially interested in documenting the everyday lives of those left out of our history books, as well as re-examining the lives of those we think we already know. **Cap: 50**

[5] Art for Beginners

Carol McRobbie (*Coordinator*)

8 Sessions, 2 hours each SUNY Potsdam art student instructor *TBA*

This class offers watercolor instruction for neophytes. **NOTES: 1)** Projects and instruction will be provided by a SUNY Potsdam art student. **2)** Needed supplies will also be determined by the student instructor and will be posted on the “Art for Beginners” course page on the SOAR website: www.soarnorthcountry.org as soon as they are available. **Cap: 16**

[6] Beginner’s Guide to the Biology of Parasites

Andrew David

1 Session, 1½ hours

Malaria, sleeping sickness, flesh-eating worms and brain-paralyzing amoebas. You may have read about them in the news and heard bone-chilling stories from people who travelled to exotic locations and returned with strange passengers in their bodies, or you may have watched, with fascinated horror, Animal Planet’s “Monsters Inside of Me.” Regardless of which outlet was your first introduction

to parasites, they have been brought to your attention by the mainstream media, and by the medical community as well. In this course, we will review the basic biology of parasites and investigate the question of what makes them ‘tick’! We also will explore archetypal examples, such as the tapeworms, and review some notorious case studies in the medical literature. **Andrew David** is originally from Trinidad & Tobago, but he grew up in Queens, NY. He has a Ph.D. in Zoology from Stellenbosch University in South Africa. Currently, he is an Assistant Professor of Biology and the Director of Freshman Biology at Clarkson University. His main research involves understanding the ecology of invasive species in both marine and freshwater ecosystems. **Cap: 50**

[7] Beginning Ballroom Dancing **Van Hoyt & Diane Crump**
10 sessions, 1½ hours each

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, which he 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 youths and adults for over 15 years. They encourage both men and women to take the plunge and learn how to lead or follow. They enjoy teaching all ages how to dance! **NOTES: 1)** Wear comfortable clothing and smooth-soled shoes (not sneakers); **2)** Park in the rear lot by the back entrance to the church; class meets in the Gym / Multi-Purpose Room. **Cap: 30**

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

The class includes basic Chinese warm-ups both standing and sitting down, Tai-Chi meditation, and introduction to the Yang 24 movement short form. Concerns of seniors will be addressed, including balance, leg strength, endurance, relaxing and taking it easy on the joints, and learning how to relax. **Pam March** is a certified Tai Chi instructor from the Boston Institute of Kung Fu and Tai Chi. In Fall 2010, Pam received the Leon LeBeau SOARing Educator award in honor of the exceptional and long-lasting impact she has had on the well-being of SOAR members. **NOTES: 1)** Beginning students often take two or more semesters of this class before advancing to “Tai-Chi: The Short Form.” **2)** Advancing to “Continuing Tai-Chi and Qigong” requires instructor’s permission. **3)** Participants should wear loose fitting clothing, soft shoes or socks, and bring a water bottle. **Cap: 50**

[9] Bird’s Eye View of Physics: From Galileo to String Theory
3 sessions, 1½ hours each **Daniel ben-Avraham**

In this course we will discuss Physics’ greatest ideas and its revolutions, starting from Galileo and Newtonian Physics, to Maxwell and the

unification of electricity and magnetism, to Einstein's special and general relativity, to quantum mechanics and string theory. Discussions will focus on ideas and concepts. **NOTE:** No prior knowledge of Physics is assumed, and no math skills will be needed. **Daniel ben-Avraham** is a Clarkson Professor in the Physics Department and in the Math Department. He has been teaching Physics since 1987. **Cap: 30**

[10] Cardiovascular System Modeling and Control **Yuncheng Du**
1 session, 1½ hours

About 5.7 million adults in the U.S. have heart failure (HF), and the annual cost of health care services to treat HF is approximately \$30.7 billion. The therapeutic option for end-stage HF is heart transplantation. However, only approximately 10% of these patients can receive transplantations due to limited donor hearts. Left Ventricular Assist Device (LVAD) implantation becomes an important treatment option; however, proving that LVAD can work safely and effectively before the implantation can be a challenge. High-quality engineering models offer a potential solution for addressing this challenge. Learn about a new generation of cardiovascular biomechanics models and how such models can be used for the control of LVAD, while considering different physiological activities of HF patients such as sleeping and exercise. **Yuncheng Du** finished his PhD in Chemical Engineering at the University of Waterloo, Ontario, Canada in 2016. His research focuses on control theory and its application in chemical processes, biological processes, and biomedical engineering. Currently, he is working on personalized modeling and therapy planning for heart failure patients, and optimization of bi-pharmaceutical processes. **Cap: 50**

[11] Caribbean Reefs through the Lens of a Diver Geologist
1 session, 1½ hours **Antun Husinec**

Dive into the world of Caribbean lagoons and reefs! From the Bahamas to Jamaica, Mexico and Honduras, turquoise waters hide a treasure that is under a great threat. Discover the corals, seagrasses, green and red algae, caves and cenotes, and of course, the sharks. **Antun Husinec** is a Professor of Geology at St. Lawrence University and an avid diver. His research focuses on the sedimentary record of sea-level, oceanic, and climatic changes. **Cap: 60**

[12] Chemistry in Medicine **Samuel Tartakoff & student presenters**
1 session, 1½ hours

Despite the fact that chemistry is an essential part of the medicines we use on a daily basis, many aspects of synthetic medicines are not generally understood. A few chemistry demonstrations will lead into discussions about topics such as what medicines are and are not, how they are discovered and developed, and

the similarities and differences between natural vs. synthetic medicines. **Samuel Tartakoff** is a professor at St. Lawrence University and 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. **Dhimiter Cobani** and **Nicole Rosenberg** and other presenters are chemistry and biology students at St. Lawrence who have been researching the topics that we will be discussing. **NOTE:** Wear long pants and close-toed shoes. **Cap: 20**

[13] Climate Change

Wil Rivers

4 sessions, 1½ hours each

This introduction to climate change science will consist of four classes that explore what is known about the earth's climate and how it changes. We will discuss, and try to find answers to, the following questions: **1)** What is climate and what causes it to change? **2)** How can we measure past climate? **3)** How do we measure current climate and how it is changing? And **4)** How can we predict and influence future climate change and its impacts? **Wil Rivers** is an Associate Professor of Biology at SUNY Canton. His doctoral research involved using fossil pollen to learn about past vegetation and changes in climate in Upper Michigan. Professionally, he has continued to study and do research on regional vegetation and climate change in the Adirondacks and the St. Lawrence River Valley. **NOTE:** Readings will be distributed at the first class. **Cap: 20**

[14] Community, Photography and Storytelling

Sarah Knobel

10 sessions, 2½ hours

SOAR students will work closely with St. Lawrence University students to learn about the basics of photography and how it communicates a social, personal and visual narrative. Participants will be expected to engage and share on a personal level with St. Lawrence University students, with the end goal of creating and collaborating in making a photographic book. SOAR participants will learn how to digitize photographs, use their digital cameras and learn basic photo editing skills. **Sarah Knobel** is a photographer and video artist. Her work has been featured in exhibitions nationally and internationally, which include those in Miami, Seattle, Portland, Kansas City, Washington DC, Germany, Belgium and Greece. Sarah holds an MFA in Photography from the Design Architecture Art and Planning Program at the University of Cincinnati and a BFA in Studio Art from Texas State University. She is currently an assistant professor of art at St. Lawrence University. **NOTES:** **1)** Participants must have access to a digital camera with manual capabilities. If in doubt about that, email the presenter – sknobel@stlawu.edu **2)** It is expected that SOAR members will attend all sessions of the course and be willing to meet and work with SLU students on creative photography projects outside of class time. **3)** Links will be provided later for the SOAR website. **Cap: 10**

[15] Computer Arithmetic**Bill Mein****2 sessions, 1½ hours**

We will explore how computers do arithmetic. There is only circuitry to do addition, but with the use of 2's complement numbers, subtraction is accomplished. And, if you can add and subtract, you can multiply and divide! As a prelude to this exploration, we will examine several number systems. **Bill Mein** has taught computing for most of his professional career. He has conducted classes for children and grandchildren, as well as their grandparents, at a computer camp, also all college levels, including graduate courses. (And, he still has trouble getting his printer to work properly!) **NOTE:** Bring some paper and a pencil with an eraser. **Cap: 20**

[16] Continuing Tai-Chi and Qigong**Pam March****18 sessions, 1 hour each**

This course is intended for students who already are familiar and comfortable with Tai-Chi and Qigong and the basic forms. The focus is on building a higher level of Qigong forms, learning traditional Chinese warm-up exercises, practicing Tai-Chi Meditation, and doing the Yang 24 forms. **Pam March** is a certified Tai-Chi instructor from the Boston Institute of Kung Fu and Tai-Chi. In fall 2010, Pam received the "Leon LeBeau SOARing Educator Award" in honor of the exceptional and long-lasting impact she has had on the well-being of SOAR members. **NOTES: 1)** Continuing students may not register for "Beginning Tai-Chi and Qigong." However, they may continue to take "Tai-Chi: The Short Form." **2)** Participants should wear loose fitting clothing, soft shoes or socks, and bring a water bottle. **Cap: 50**

[17] Cracks in the Holes in the Fossil Record**Judith Nagel-Myers****1 session, 1½ hours**

What can shell damage tell us about ancient ecosystems and their evolution? Holes and scars on fossil shells tell the story of the constant struggle for survival that is as old as life on the planet. These traces of predator-prey interactions can be found throughout the fossil record, and they are crucial to our understanding of the evolution of life, as we know it. **Judith Nagel-Myers** is an Assistant Professor teaching Paleontology in the Geology Department of St. Lawrence University. Her research interests are the form of fossil invertebrates and their function. **Cap: 40**

[18] Creating Legacy Letters**Linda Potter****1 session, 1½ hours**

Legacy Letters, also known as Ethical Wills or Life Letters, are written expressions to pass down your values, not your valuables, to future generations. You will begin the process of creating a letter(s) that will share your experiences, life lessons, hopes, dreams and expressions of appreciation. Retreat Coach **Linda Potter**,

M.A., of Nautilus Retreats has been designing and leading group and one-on-one retreats for individuals, non-profit organizations, and businesses since 2006. Her interest in helping people lead full and authentic lives has led her to creating retreats such as A Year of Intentional Living, Conversations for Women at Midlife & Beyond, and nature journaling hikes. She also has hosted five North Country Death Cafes and is a volunteer and board member at Hospice of the St. Lawrence Valley. **NOTES: 1)** Bring a notebook or computer (whatever you prefer to use for writing. **2)** Visit the presenter’s website: NautilusRetreats.com **Cap: 50**

[19] Current Events

John Casserly

8 sessions, 1½ hours

This course is a discussion of unfolding events at the local, national and international levels. **NOTE:** Students from SLU will be joining the course from time to time to introduce topics and join in the discussion. **John Casserly** is a retired Canton Central School social studies teacher who coached cross-country and track at Canton Central School. He has been facilitating the discussion of current events since 2005. John Casserly is the first winner of the Leon LeBeau SOARing Educator Award, given to someone who has had lasting impact on the lives of SOAR members. **Cap: 30**

[20] Dams of the Raquette River

Mary Jane Watson

1 session, 1½ hours

According to local lore, the Raquette River is the most dammed river east of the Mississippi. In this classroom presentation explore the many dams on the Raquette River via photos and discussion. For many years, **Mary Jane Watson** has been active in the Raquette River Blueway Corridor Project. She has done extensive research on the history of the Raquette River, including participation in the Raquette River oral history project in partnership with TAUNY. **NOTE:** View this website: nyheritage.org where you will find a collection of Raquette River dam photos and oral histories collected during the project. **Cap: 50**

[21] Devil in the White City Elizabeth (Liz) Brown & Patrick LaPierre

2 sessions, 1½ hours each

The presentation will discuss the book Devil in the White City and highlight the Chicago World’s Fair and H.H. Holmes, a serial killer operating during the fair. **Liz Brown** is an Associate Professor in the Criminal Justice Department where she teaches courses related to forensic science, including a class titled “Serial Killers and their Victims.” Prior to teaching at SUNY Canton, Liz worked at the Onondaga Center for Forensic Sciences as a Latent Print Examiner. **Patrick LaPierre** is an Associate Professor of History, and a Curriculum Coordinator for the Liberal Arts Program at SUNY Canton. Patrick regularly teaches courses

in American intellectual history, the history of the Vietnam War, and other introductory surveys. **NOTES:** Read *Devil in the White City* by Erik Larson. (Google *Devil in the White City* to find sources for where you can acquire the book. Also check Wikipedia for information about the book.) **Cap: 40**

[22] Digestive Wellness and Healthy Aging **Martha Pickard Palmer**
1 session, 1½ hours

Learn how to prevent common nutritional deficiencies and improve digestion. Decrease inflammation and increase vitality with delicious traditional foods. **Martha Pickard Palmer** earned her M.S. in Human Nutrition from the University of Bridgeport, CT. She is a board-certified nutrition specialist. She has worked at CPH in Primary Care for the past 5 years. Martha also works with a wide range of patients, dealing with pediatrics, chronic illness and healthy aging. **Cap: 50**

[23] Drawing for Everyone **Sally Kirby** (*Coordinator*)
8 sessions, 2 hours each

General drawing concepts will be covered in this art class. Participants will draw still life and models. Graphite will be the primary medium. Colored pencils, pastels and charcoal will also be introduced. Individuals of all levels of skill are welcome. **Sally Kirby** has been taking SOAR art classes for many years, starting in Leon Lebeau’s art class. **NOTES: 1)** Projects and instruction will be provided by a SUNY Potsdam art student. **2)** Needed supplies will also be determined by the instructor and will be posted on the “Drawing for Everyone” course page on the SOAR website as soon as they are available. **Cap: 16**

[24] Duplicate Bridge for Fun: Intermediate Level
8 sessions, 2 hours each **Ruth Carrington & Peter Schrauth** (*Coordinators*)

This is not a course, but an interest group of people who like to play duplicate bridge. It offers participants the chance to practice their skills and to learn new skills. **Ruth Carrington** has been playing bridge off and on forever, but started studying it more seriously, thanks to Don Burlingame, who ran this course for many years. Ruth is determined to keep this classic group going on forever! **Peter Schrauth** learned bridge at Cornell in the early 70’s and has been playing semi-regularly over the past 30 years. He too enjoys playing Duplicate Bridge, and helping others learn the game. **Cap: 20**

[25] Electric Cars: Easier and Cheaper Than You Think **Boris Jukic**
1 session, 1½ hours

This presentation is an overview of the current state of the electric car market. Benefits and drawbacks of electric car ownership will be discussed with emphasis on the ever-increasing ease and cost efficiency of owning and using

an electric vehicle. Besides cost and maintenance, we will look at other factors, such as range and the options for charging your vehicle on a regular basis. **Boris Jukic** is a Professor of Information Systems at Clarkson University. He has been a happy and enthusiastic owner of an electric car (a Nissan LEAF) since 2014. **NOTE:** View presenter’s suggested links at: www.soarnorthcountry.org go to: **COURSES** then ”**Electric...**” **Cap: 50**

[26] Exploring Patterns in Our DNA

Susan Bailey

1 session, 1½ hours

This presentation is a brief introduction to “bioinformatics.” Over the last 20 years, improvements in DNA-sequencing technologies have led to a flood of DNA sequence data generated by research labs, as well as from commercial personal genomics services such as 23andMe and Ancestry.com. In response to this influx of data, we have seen the rise of the field of “bioinformatics,” combining elements of biology and computer science. Our topics are: DNA and genome sequences in general; how bioinformatics approaches are used to explore those sequences; and ultimately, what they can tell us about who we are, and about the other species that share our world. **Susan Bailey** is an Assistant Professor of Biology at Clarkson University, specializing in evolutionary biology and bioinformatics. She uses experiments with microbes and statistical comparisons of DNA sequences with computers to explore fundamental questions about how evolution has shaped the diversity of life we see in the world around us. **Cap: 50**

[27] First Ladies

Fran Van Horne

4 sessions, 1½ hours each

This course is an overview of the wives of the earliest Presidents in our country, including the wife of Jefferson Davis of the Confederate States of America – Varina Davis, the first and only First Lady of the CSA. Explore the lives and family relationships of the First Ladies of our country, including their children and their parents, as well as some of the “black sheep” of their extended families. **Fran Van Horne** is a retired nurse and nursing instructor who prefers reading biography to reading fiction. Besides her series on the First Ladies, she has given presentations on the British Royal Family, the Vanderbilts, the Flu Epidemic of 1918, and many other topics as well. Fran and her husband, Otis, received the “Super SOARer Award” in 2009 in honor of their huge contribution to the growth of our knowledge and the growth of our organization. **Cap: 40**

[28] Fitness for Optimal Aging

Deborah Molnar (*Coordinator*)

2 session, 2 hours each *along with other staff members & students*

Physical fitness is an essential aspect of healthy aging. In the first session, participants will receive individualized function-based screenings of physical fitness, including posture, flexibility, balance, endurance, and strength. The second

session includes instruction on various exercises to address each of the areas of physical fitness. Whether new to exercise, or a seasoned fitness fanatic, this program is designed to provide each participant with specific strategies to optimize their physical fitness. The SUNY Canton PTA faculty: **Deborah Molnar**, PT, DPT, MSED; **Jennifer McDonald**, PT, DPT, MS; and **Anne Reilly**, PTA, BS; are all experienced physical therapy professionals and educators who are passionate about the importance of maintaining fitness as a means to improve overall health. Together with their PTA students they are excited about the opportunity to share their knowledge and expertise with course participants. **NOTES: 1)** Wear comfortable clothing appropriate for exercise, including good fitting athletic shoes; **2)** Former participants may NOT sign up for this course. **CAP: 20**

[29] Foreign Aid: Understanding the Debate

Kristin McKie

1 session, 1½ hours

There's always a debate about how much foreign aid the U.S. and other industrialized states should give to less-developed countries around the world, but many people don't possess a full understanding of the ins and outs of the foreign aid enterprise. In this course, we'll explore questions such as: What is foreign aid exactly? What does it fund (and how has that changed over time)? Who are the largest aid donors and recipients? What are the reasons donors give aid? Does foreign aid work? How can aid effectiveness be improved? Along the way, we'll explore research from both "aid optimists" and "aid pessimists" to better understand both sides of the aid debate. **Kristin McKie** is a political scientist who has been teaching in the Government Department and African Studies program at St. Lawrence for the past six years. A specialist in African politics, she has conducted field research on topics related to democracy, justice and the rule of law in Uganda, Zambia and Kenya. **NOTE:** View presenter's suggested links at: www.soarnorthcountry.org go to **COURSES** then to: "Foreign Aid..." **CAP: 40**

[30] Frederic Remington, the Sportsman

Sue Longshore

1 session, 1½ hours

Remington embodied the Victorian masculine ideal of physical strength and activity. Learn about the many 'sporting' activities he engaged in throughout his life, from football and boxing to hunting bears and tarpon fishing. **Sue Longshore** is the Executive Director of the St. Lawrence County Historical Association, where she has worked for over 20 years. She has curated several exhibits on Remington's life and work as part of the Canton Remington Arts Festival. **Cap: 40**

[31] From Fiber to Yarn

Dayna Lancaster

1 session, 1½ hours

This is a demonstration class showing how multiple fibers are processed

by hand into handcrafted yarn. Fibers such as wool and alpaca will be available in raw form and through demonstration (e.g. hand carding, drum carding) will be transformed into roving and spun into yarn. A brief history of different types of fibers and their uses will also be discussed. **Dayna Lancaster** was raised in Canton, NY and after retiring, has moved home to a farm in Hermon. She and her husband care for 10 alpacas, 2 horses, multiple chickens and Hank, the golden retriever. Dayna learned how to spin assorted fibers into yarn several years ago and currently uses the fiber from her alpacas to create luxurious yarn. **Cap: 20**

[32] Galaxies

Aileen O'Donoghue

4 session, 1½ hours each

Galaxies and clusters of galaxies are the largest objects in the universe and visible at vast distances. In this course, we'll explore the universe of galaxies, how we observe them, and what they teach us about themselves and the nature and history of the universe. **Aileen O'Donoghue** holds physics degrees from New Mexico Tech, where she studied both astronomy and atmospheric physics. She has taught astronomy (and other topics, such as global climate, meteorology, climate history, and climate change) at St. Lawrence University for over 30 years. She is a professional astronomer doing research on galaxies. As she says, "It's so enriching to know what's going on when you look at celestial objects!" Aileen is a frequent, and popular, presenter for SOAR. In fall 2016, she was given the "Leon LeBeau SOARing Educator Award." View presenter's SOAR classes on her own SLU website: go to www.soarnorthcountry.org then to COURSES, and then to "Galaxies" to find the link. **Cap: 30**

[33] Genocide in the Modern World

Elun Gabriel

3 sessions, 1½ hours each

The twentieth century saw mass violence on a scale unprecedented in human history. Among the most horrifying forms this violence took was the attempt to systematically exterminate whole religious, ethnic, and national groups – an act which Raphael Lemkin coined the term "genocide" to describe. In this course, we will briefly examine individual historical cases of genocide and mass violence. Also, we will consider theoretical approaches that seek to explain its nature and causes. Some questions we will explore include: What kinds of institutions, technologies, and ideas allowed the perpetration of genocide in the twentieth century? How is genocide different from other forms of mass violence, such as imperial exploitation, pogroms, and "ethnic cleansing"? How can we understand the actions of genocide's perpetrators and the responses of its victims? Why have major powers repeatedly failed to intervene to halt acts of genocide? **Elun Gabriel** is a Professor of Modern European History at St. Lawrence University. His scholarly research focuses on Germany from 1871-1918. He teaches courses

on 19th c. Europe, 20th c. Europe, Women in Modern Europe, World War I, the Holocaust, and Genocide, among others. He became interested in teaching a course on genocide as he reflected on the 10th anniversary of the Rwandan Genocide in 2004 and his own lack of awareness of the genocide at the time that it was occurring. **NOTE:** Presenter's suggested readings for those interested in knowing more about the topic. Find these at: www.soarnorthcountry.org go to **COURSES**, and then to "Genocide..." **CAP: 40**

[34] Holiday Traditions in December
1 session, 1½ hours

John Ohst

There are a number of holidays in the month of December (Christmas and Hanukkah being only two of them), and over the centuries many traditions have developed, influencing how we celebrate these special days. In this course, we will examine some of the historical details of why we do what we do in December. **John Ohst** is an Asst. Professor Emeritus. He has taught English classes at Onondaga Community College, Le Moyne College, SUNY-Oswego, and SUNY-Canton. He now enjoys being outdoors: walking, biking, canoeing, or gardening. Indoors, he likes woodworking and reading many kinds of books, including books for kids! He also loves basketball. **CAP: 35**

[35] Introduction to the "State of Yo"
1 session, 1½ hours

Neil Garner

In this course, Neil will tell us about the Yo-Yo: the history and the science, and he will teach us the tricks, too. Then you can impress your grandchildren with your expertise on the toy you had as a kid. **Neil Garner** is a retired science and technology teacher with many hobbies and interests, many of which he has shared in the courses he has taught for SOAR, such as how to play the harmonica; seeing things in three dimensions (Stereographs to 3D); getting a brief history of the radio; learning about our postal history before stamps and viewing his collection of electronics and memorabilia relating to the history of radio. As Neil says, "I have more hobbies than time." But he always finds time to play a little banjo and harmonica (but not at the same time!). In Fall 2014, Neil was awarded the "**Leon LeBeau SOARing Educator Award**". **NOTES:** 1) Required: one **SLEEPING Yo-Yo** (can be found at Walmart for about \$8). 2) View suggested YouTube link at: www.soarnorthcountry.org go to **COURSES** then to: Intro...to "State of Yo." **CAP: 15**

[36] Introduction to Yoga
4 session, 1 hour each

Winnie McQuinn

Participants in this course will learn gentle yoga postures to promote balance and flexibility, as well as breathing practices to stimulate the parasympathetic nervous system, which is responsible for telling our

bodies to relax. **Winnie McQuinn** is a retired secretary, who worked within the correctional system for 30 years. After a milestone birthday, she decided to challenge herself, and signed up for “Ashaya” Yoga Teacher Training. “Ashaya Yoga is the alignment of body, mind, and heart with your true self.” She also enjoys quilting, and Qigong, for which she is certified in the “Dynamic Woman” form. **NOTE:** Wear loose, comfortable clothing, and bring (at least) a yoga mat and a light blanket or throw. **Cap: 10**

[37] Invasive Plant Species in the North Country **Jessica Rogers**
1 session, 1½ hours

Our presenter has been studying the invasive species purple loosestrife in the North Country for the past two summers. She will talk about this research as well as other species in the North Country to be aware of, and what you can do to prevent their spread and possibly remove them from your own property. **Jessica Rogers** grew up in the North Country and is an Assistant Professor in the Department of Environmental Studies at SUNY Potsdam. She focuses on landscape conservation. After moving back to the North Country after completing her PhD, she noticed the changes in wetlands along the highways and set about trying to understand how to restore some of these areas. **NOTE:** View presenter’s suggested link at www.soarnorthcountry.org go to **COURSES** then to “Invasive...” **Cap: 50**

[38] Lactation of St. Bernard and the Renaissance Humanists **Geoffrey Clark**
1 session, 1½ hours

The strange legend surrounding St. Bernard of Clairvaux nursing at the Virgin’s breast became a popular motif in late medieval art. This lecture traces the pictorial evolution of the Lactation of St. Bernard and shows how the theme was incorporated into certain famous Renaissance paintings, enabling us to see them anew and more fully understand their iconic messages. **Geoffrey Clark** is Professor of History at SUNY Potsdam. He is the author of 2 books and numerous articles on the history of insurance with special reference to its social and cultural impact on early modern and modern Europe. **Cap: 50**

[39] Learning about Shakespeare’s Comedy in Performance: *Much Ado about Nothing* **Kimberley Bouchard**
2 session, 1½ hours each

This is a 2-day course, plus the performance (*optional*) based on SUNY Potsdam’s Department of Theatre and Dance production of Shakespeare’s *Much Ado about Nothing*, directed by Joshua Vink. In our course, we will investigate the play by studying the comedy and comic characters, the themes, and the overall story. We’ll read parts of the script aloud and try out Shakespeare’s use of free verse to

understand how the text reveals and describes characters and their relationships with each other. Those who come to see the play on Friday, November 16, will have a chance, either before or after the play, to speak with the director and actors. **Kimberley Bouchard** is a Professor in Theatre and Dance who has taught Acting, Shakespeare, and Theatre History. She has directed and acted in a dozen of Shakespeare's plays. She strongly believes that Shakespeare is a "people's playwright" who speaks to our common humanity. **NOTES: 1)** Link to the Script can be found at: www.soarnorthcountry.org go to **COURSES** then to **"Learning..."** **2)** The actual performance runs November 15-18 (in the Black Box Theater). Tickets for the play may be purchased at the ticket booth in the Performing Arts Center. **Cap: 99**

[40] Line Dancing for Beginners
8 session, 1½ hours each

Margaret Mauch

It's not just country anymore! Classes will 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 offered a Progressive Dance class for campus and community at St. Lawrence University for 5 years. **NOTE:** For easy pivoting while dancing, wear shoes or sneakers, or create "dance socks" from an old pair of thin stretchy socks that will fit tightly over the toes and balls of your shoes. **Cap: 35**

[41] Mah Jongg
4 sessions, 2 hours each

Kay Russell & Brenda Francey

This is an opportunity for people of differing skill levels to play Mah Jongg. Newcomers are welcome! **Kay Russell** has been playing Mah Jongg since 1970. She is a retired Children's Services Supervisor from the Department of Social Services. **Brenda Francey** has been playing Mah Jongg since 1986. She is a retired teacher from the Ogdensburg school system. At the fall 2017 luncheon, they were honored, and both received a Super SOARer Award. **NOTE:** A link to the "National Mah Jongg League" can be found at www.soarnorthcountry.org go to: **COURSES** then to **Mah Jongg**. **Cap: 16**

[42] Medicalization of Society
1 session, 1½ hours

Leah Rohlfen

Medicalization describes a process by which nonmedical problems become defined and treated as medical problems (*Conrad, 2007*). In this course, the presenter will introduce the concept of medicalization as well as describe common critiques and controversies of medicalization by using examples such as baldness, ADHA, racism and aging. **Leah Rohlfen** is an Assistant Professor in

the sociology department at SLU. She teaches introductory sociology and upper level research methods courses, as well as courses on sports in society, health, aging, and death and dying. Her research interests also include racial and gender differences in health. **Cap: 20**

[43] Memory and Human Rights in Chile

Liliana Trevizan

2 sessions, 1½ hours each

A 17 years-long military dictatorship devastated Chilean republican history. While the country is considered the one with the most successful transition following the horror left by the military rule in South America, rebuilding democracy was not easy. How to move forward and advance as a free society when the ghosts of a horrific past populate the collective memory of a people? Memory and Human Rights are presented here as core stones in building a strong democracy. This course delves into the importance of a Museum of Memory and Human Rights inaugurated in Santiago in 2010. **Liliana Trevizan**, originally from Chile, was a college student and a high school teacher during the military regime, and was also an activist for democracy, human rights, and women's rights at that time. She came to the U.S. where she pursued a PhD at the University of Oregon. SUNY Potsdam hired her 25 years ago, and currently she is a professor, teaching Spanish language, literature, culture, women's and gender courses. **NOTE:** (*Optional*) read presenter's article "Performing Memory and Democracy in Chile" link at www.soarnorthcountry.org go to **COURSES** then to "**Memory...**" **CAP: 40**

[44] More About Bats

Roy Horst

4 sessions, 1½ hours each

We will discuss bats both from our local environment and from around the world, touching on their natural history, ecology and conservation, and learning about endangered bat species. **Roy Horst** has taught ten courses on wildlife and natural history for SOAR. He was awarded the Leon LeBeau SOARing Educator Award in 2017. **NOTE:** Presenter will provide a list of web links at the first session. **Cap: 50**

[45] New Science of Stylometry

Daniel M. Look

2 sessions, 1½ hours each

Stylometry is the application of statistics to the written word. Typically, the goal is to answer questions of authorship, but there is a lot of data that can be pulled from writing. In this course we will explore some of the basic (but powerful!) techniques of stylometry, and we will investigate some of the hidden patterns that appear in all writing, including yours! No knowledge of mathematics or statistics is required. **Daniel M. Look** received his PhD in 2005 in mathematics, studying chaos theory and fractals. He now continues this work while also applying

stylometric techniques to address questions of authorship in pulp writing. Dan is currently serving as chair of the Department of Mathematics, Computer Science, and Statistics at St. Lawrence University. **Cap: 60**

[46] Nomads in World History

Abye Assefa

1 session, 1½ hour

In mainstream historical imagination, Nomad and Barbarian are used interchangeably with negative connotations. The same perspective qualifies Settled and Civilized with positive associations. The polarized pairing of nomad/settled and barbarian/civilized is flawed and counterproductive. Pigeonholing the nomad and the settled into permanently antagonistic categories has not only stigmatized the nomadic and venerated the settled; it has also generated a skewed interpretation of world history. While “settled civilization” is acknowledged as the realm of history, “nomadic barbarian” is painted as a non-historical void. As a result, nomadism a crucial phenomenon and nomads as salient actors are erased from the annals of social-historical imagination. The objective of this course is to bring the nomadic factor back into focus to establish a more coherent picture, not only of transcontinental material conditions of pre-modernity, but also of the transoceanic relational processes of the modern world-system. **Abye Assefa** is a professor of sociology at St. Lawrence University. He is originally from Ethiopia. Abye received his PhD in Sociology at SUNY Binghamton. (His dissertation title: *Nomads in World History: Towards a Paradigm of Premodernity*.) **CAP: 20**

[47] Our Carnivorous Ways

Brad Baldwin

1 session, 1½ hours

Are you conflicted about eating meat or, perhaps, totally at ease with it? College students, whether vegans or voracious carnivores, want to understand the backstory of their food and are fascinated by the topic of meat (and seafood) production, nutrition, our use of terrestrial and aquatic ecosystems, and our options for feeding the next generations. Please come to learn what we discuss in class and help us to understand what you have come to know about meat-based diets. **Brad Baldwin** is an ecologist who is better appreciating how food production and diet shape our interactions with the natural world. **Cap: 20**

[48] Poetry of Wilfred Owen and Siegfried Sassoon

Doug Rose

3 sessions, 1½ hours each

This November will mark the centennial of the Armistice that ended the Great War (1914-1918). The English poets Wilfred Owen and Siegfried Sassoon wrote many of the war’s best-known poems that stunningly revealed how the war affected soldiers on the front lines. Participants will

read and discuss a dozen or so of these poets' works. **Doug Rose** taught War and Literature at SUNY Canton for over 20 years and previously offered "Poetry of the Great War" for SOAR in the Fall of 2012. **NOTE:** Poems will be given out in class and/or posted on the SOAR website, if possible. **Cap: 50**

**[49] Pulse of the Country: The 2018 Midterm Elections Alan Draper
1 session, 2 hours**

This session is a brief review of how the midterm elections are shaping up: **1)** what factors distinguish midterm elections from general elections; **2)** what to look for on election night; **3)** what expected results might portend for our political future. This presentation is intended for political junkies and non-junkies alike. **Alan Draper** is Ranger Professor of Government at St. Lawrence University. His fields are American and European politics. He received his PhD from Columbia University. **Cap: 40**

[50] Racial Attitudes: Changing Expectations

4 sessions, 2 hours each

Jay Pecora (*Coordinator*)

Session 1: Introduction to the Diversity and Inclusion Action Coalition (DIAC) - Jay Pecora (*5 minutes*)

Human Biological Variation and Race – Nasser Malit is a biological anthropologist who specialized in the study of human origins, biological variation and evolutionary aspects of disease. His present research involves the description of a 7000-year-old human fossil that may answer questions concerning the evolution of modern African skeletal forms. He is also involved in forensic identification of skeletons for the New York State Forensic Investigations Unit. He enjoys teaching and guiding students in research work.

Session 2: What Are Races? How Does It Matter? – Matt LaVine is primarily trained as a philosopher of language and logician – meaning that clarity in thought processes and the expression of our thoughts is often his focus. For a number of personal and theoretical reasons, he also believes that matters of justice are the biggest issues our world is facing. So, much of his time is spent on how clarity of thought and the expression of it can help in understanding social justice.

Session 3: Unequal Choices, Unequal Chances: The American Game of Life – Nancy Lewis & Anna Sorensen. **Nancy Lewis** is Associate Professor of Sociology and Criminal Justice at SUNY Potsdam. Having spent her professional career working, studying and teaching in the area of the criminal justice system, she has participated in the system and witnessed its power to reproduce inequalities at both the individual and community level. As such, she uses analysis of white privilege as a powerful tool to de-construct racism. **Anna Sorensen** is an Assistant Professor with an ongoing interest in understanding

social inequality and how people can collectively work to create a more socially just world. These interests are reflected in her efforts to educate others, work for social justice in the larger community, and pursue research that broadens our understandings of social inequality and ways of bringing effective change.

Session 4: Understanding Racism: Unpacking this Explosive Word – Lonel Woods was introduced academically to aspects of diversity, equity, inclusion, and social justice, while working at Georgetown Day School in Washington DC. This elite private school began its work on topics related to diversity, equity, and inclusion in 1999, and part of that work included requiring the entire faculty to attend many workshops and training as part of their professional development. Lonel left Georgetown Day School in 2005 to complete his doctorate, but he continued his professional development and personal growth around topics of diversity, equity, inclusion, and social justice. He is very pleased to continue this important work with the Potsdam Community. **CAP: 50**

[51] Secret Soldiers of the Civil War
2 sessions, 1½ hours each

Martha Maine

This course is about the women who disguised themselves as men and enlisted both in the Union and in the Confederate armies, and their motives for doing so. It addresses how some women were able to maintain their male identities without being discovered while others were revealed. You will learn about the types of occurrences which led to their discovery and the repercussions. **Martha Maine** is a retired teacher from the Canton School District. She is a member of the Daughters of Union Veterans Tent 71 of NYS. Martha is a Civil War re-enactor who portrays a male soldier in both Union and Confederate Artillery and Infantry Units. She has participated in many local living histories and several national events including Gettysburg, Antietam, Bull Run, and Cedar Creek. **Cap: 40**

[52] Tai-Chi: The Short Form
9 sessions, 1 hour each

Pam March

This class is the second level of Tai-Chi. It includes simple centering and breathing exercises followed by a short meditation before we begin the primary focus of this class - learning the Yang 24 movement short form. **Pam March** is a certified Tai-Chi instructor from the Boston Institute of Kung Fu and Tai-Chi. In Fall 2010, Pam received the “Leon LeBeau SOARing Educator Award” in honor of the exceptional and long-lasting impact she has had on the well-being of SOAR members. **NOTES: 1)** Before studying “The Short Form,” it is highly recommended by the teacher that you take “Beginning Tai-Chi and Qigong.” **2)** Wear loose fitting clothing, soft shoes or socks and bring a water bottle. **Cap: 50**

[53] Taking Internet Education & Medicine Resources Off the Web**1 session, 1½ hours****Martin Walker**

Online resources such as Wikipedia, Khan Academy and Open Street Map are useful wherever there is cheap access to the internet. However, in many parts of the world the internet is expensive or unavailable. Organizations such as Internet-in-a-Box, Learning Equality and WikiMed, who met in Potsdam in 2017, have worked to create collections of educational and medical resources that can be used offline, and accessed through cheap computers or cellphones using Kiwix software. This presentation will describe how the resources are created and used, and how they are distributed to places as diverse as Haiti, Myanmar and South Africa, as well as Syrian refugee camps. **Martin Walker** has been involved in creating Wikipedia offline collections since 2005 and was the co-organizer of last year's conference. His "day job" is teaching organic chemistry at SUNY Potsdam. **NOTE:** View suggested links at www/soarnorthcountry.org go to **COURSES** then to "Taking Internet..." **Cap: 50**

[54] Tax, Estate, Financial Planning for the Elderly: Part I – Nursing Homes**1 session, 1½ hours****Thomas (Tom) Snider**

The lecture will focus on common, middle-class American circumstances and cover: What happens if my spouse requires nursing home care? What are the legal and financial rules relating to long term care expenses? How should I shelter my assets? Should I transfer assets/home to my children or to a trust? **Tom Snider** is a graduate of Notre Dame Law School, 1978. He is in partnership with his brother at Snider and Snider Law Firm in Massena, where for 38+ years they have been concentrating on tax, estate and financial planning matters. Tom is Past-President of the St. Lawrence County Bar Association. He's the author of a book about New York Power Authority Re-licensing Process, Power Dam Politics. **CAP: 40**

[55] Three Obscure Award-Winning Musicals**Connie Meng****3 sessions, 2 hours each**

In this course, we will take a close look at, and listen to, two Broadway Tony winners and one Off-Broadway Award winner that you are not likely to see. All three present production problems that make them unlikely to be seen again, except as Broadway revivals. **NOTE:** Bring your ears and imaginations! **Connie Meng** spent most of her working career in NY in professional theatre, first as an actress then as a Musical Director/Conductor. She saw the original productions of the shows to be discussed, a couple of them more than once. **NOTE (if possible):** Read: *The Light in the Piazza* by Elizabeth Spencer (*a novella*); View the Movies (*available on Netflix*): "The Big Sleep," and "Ace in the Hole." **Cap: 40**

[56] Tiffany Windows in Trinity Episcopal Church, Potsdam**1 session, 1½ hours****Betsy Travis**

This presentation will include a brief description of the history of Potsdam and of Trinity Church. The art of Louis C. Tiffany and his innovations in the production and availability of art glass and stained glass will be discussed. The seven Tiffany windows in Trinity will be individually discussed both as technical and as artistic pieces. There will be time for questions and discussion. **Betsy Travis** is a near-lifelong resident of Potsdam and communicant of Trinity Church. She is a retired Director of the Potsdam Public Museum, a position she held for over 25 years. **Cap: 50**

[57] Trees and Shrubs of the North Country**Glenn Johnson****3 sessions, 1½ hours each**

Through lectures and field visits, we will investigate the diversity of woody plants found in the North Country, including natives, planted exotics and invasive species. We will discuss their ecology, evolutionary relationships, identification, and conservation. **Glenn Johnson** is a Professor in the Biology Department at SUNY Potsdam, where he teaches mostly conservation biology, ecology, dendrology and vertebrate biology courses. His main interest is Conservation Biology, especially endangered vertebrates and most particularly, amphibians and reptiles. Glenn co-authored a recent field guide to amphibians and reptiles of New York. He has taught a Dendrology (tree) course numerous times, including three times for SOAR. Glenn also teaches Biology of Woody Plants at SUNY Potsdam in alternate years. **NOTES:** Glenn will bring his favorite field guides and other books about trees so participants can examine them and decide if they want to buy any online. He highly recommends “Rite in the Rain” – field spiral notebook #353. He also recommends the website: <http://northernforestatlas.org> **Cap: 40**

[58] Tunes-R-Us**Clive and Sandra Henery****3 sessions, 1½ hours each**

Come and enjoy many kinds of music, some familiar, some not so. The music of each session is chosen around different themes. Refreshments are provided by the listening public. This semester’s themes are:

1) “Brilliant and Very Difficult” (*a look at the Concerto in its emotional and technical challenges facing the performer*). **2) “Northern Lights”** (*a Baltic Cruise with ports-of-call in Oslo, Copenhagen, Stockholm and Helsinki ... discover music as beautiful as the scenery*). **3) “In the Beginning...”** (*a glimpse of some of the music written by our favorite composers as teenagers and then their music in those unavoidable later years*). **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. They were awarded the “Leon LeBeau SOARing Educator Award in fall 2011. **Cap: 60**

[59] 20th Century American Women Writers Emily Hamilton-Honey
2 sessions, 1½ hours each

In this course, we will discuss short works from prominent American women writers of the 20th century, who come from varying backgrounds. We will talk about how the subject matter of women writers often differs from that of their male counterparts. Also, we will look at some of the major achievements of American women writers in the 20th century. **Emily Hamilton-Honey** is an Associate Professor of Humanities at SUNY Canton. She routinely teaches the American Literature survey courses, Intro to Gender Studies, and Young Adult Literature, among other courses. **NOTE:** The presenter will provide either PDFs or online links for a number of short stories and will note which stories will be talked about in each class. View links at soarnorthcountry.org go to **COURSES** then to “**20th Century...**” to look for posted links. **Cap: 40**

[60] Vicarious Voyagers XXIII Ruth Kreuzer (coordinator)
4 sessions, 1½ hours each

Voyage vicariously to exotic places with our world-traveling presenters via their slide shows. Honored as “Super-SOARer” (*spring 2007*) and for her “Outstanding Contribution to SOAR” (*2014*), Ruth Kreuzer herself has been an avid world traveler and photographer. These adventures await you:

1) (Monday, Oct. 22) Mark & Cynthia Coleman – “On the Road in Picardy, Normandy, Brittany & the Loire Valley.” Highlights: Encounters with Peter Abelard, Joan of Arc, Jacques Cartier, Julia Child, François I, Leonardo Da Vinci, Rabelais and Catherine de’ Medici; View Gothic cathedrals, medieval fortresses, monastic complexes, renaissance châteaux, and formal gardens.

2) (Friday, Oct. 26) Barb McBurnie – “Paradise Found: French Polynesia – Tahiti, Moorea, Bora Bora (the most beautiful island in the world?).” Highlights: swimming with sharks and manta rays; getting up close and personal with a dolphin; watching the sunset from the most beautiful beaches in the world; learning about Tahitian Black Pearls, exploring some of the history from Captain James Cook to the Americans during WWII.

3) (Monday, Oct. 29) Gene Kaczka – “Magnificent Southeastern Alaska.” Highlights: Fantastic small ship cruise, from the former Russian enclave at Sitka, going north to Glacier Bay National Park, accompanied by Tlingit and Alaskan guides. Stopping often for wildlife: puffins

and murrees, sea otters, sea lions, and grizzlies - all with a backdrop of mountain scenery and calving glaciers. Each day revealing many reasons to “ooh” and “ahh.”

4) (Friday, Nov.2) Mike & Kathy Crowe – “Modern Turkey: The Land of Antiquity.” Highlights: Mersin, Istanbul, western Turkey on the Aegean Sea coast, and the area near the Greek Islands. Mike was an AFS exchange student in Mersin, Turkey, in 1962. He returned 3 times to visit his exchange “brother,” Atilay. Mike and Kathy both went on the most recent trip, which extended to Istanbul, and western Turkey.

NOTES: 1) Presentations span just two weeks: Mon.- Fri.- Mon.- Fri. at 10:00-11:30 in the Potsdam Civic Center: Community Meeting Room.

2) Come to any, or all, of the presentations. **3)** Allow extra time to find a parking spot and/or for walking; please do not park in the IGA lot – those spaces are only for the shoppers. **Cap 99**

[61] Vintage Antique Jewelry and Coins

Robert LaBarge

2 sessions, 1½ hours

In this course, the instructor will analyze what makes jewelry and coins valuable. Participants may bring one or two items to class for a free appraisal. **Robert LaBarge** has over twenty-five years of experience as an expert jeweler and merchant in downtown Potsdam. **NOTE:** Participants may bring an item of jewelry, coins or other unusual pieces for appraisal on the second day of class. **Cap: 50**

[62] Watercolor Workshop: Intermediate Level

Judith (Judy) DeGraaff & Barbara (Barb) Evans (*Coordinators*)

7 sessions, 2 hours each

This class provides an opportunity for those having some experience with watercolor, to share ideas, tips, information, suggestions, and to observe the way other people paint. Class members may choose to work on a masterpiece, try out a new technique, or practice skills. As well, part of the time will be set aside for those who wish their work to be critiqued by the class. **Judy DeGraaff** and **Barb Evans** were long-time participants in the original SOAR art workshop classes led by Leon LeBeau. They still love experimenting with watercolors. and enjoy the social aspects of being part of a class. **NOTE:** Members should bring their own supplies. **Cap: 15**

[63] What Is a Bitcoin and What Does it Do?

Gregory Gardner

1 session, 1½ hours

This is an introduction to Bitcoins and other cryptocurrencies for non-economists. We will discuss how these currencies work (or not), what

risks and opportunities they present to users and investors, and then take some guesses about the future of cryptocurrencies. **Gregory Gardner** is a Professor of Business at SUNY Potsdam, where he teaches courses in management, strategy, and international business. He is a Fulbright scholar who regularly teaches and conducts research at universities in Eastern Europe. Gregory is also a retired officer in the US Air Force. **Cap: 50**

**[64] “Why don’t they just apply for citizenship?” Claudia Hoffmann
1 session, 1½ hours**

In this presentation, we will explore why people enter the U.S. without legal documents by taking a closer look at the current U.S. immigration system. How do people legally immigrate to the U.S.? Do undocumented immigrants really “cut in line”? Who are “Dreamers” and what exactly is DACA? In short, this presentation aims to provide a better understanding of both documented and undocumented migration to the U.S. **Claudia Hoffmann** is an immigrant from Germany and currently works as an Assistant Professor of film at Clarkson University. In her research, she specializes in the representation of undocumented migration in film, media, and art. She has taught courses on, among other things, African cinema and literature, world cinema, cinemas of resistance, and postcolonial film and literature. **Cap: 50**

**[65] Writing and Publishing Very Short Fiction Pedro Ponce
2 sessions, 1½ hours each**

Short-short or flash fiction can be as long as 1,000 words or as short as seven. While the form varies, readers and writers agree that very short fiction packs quite a lot into a small space. In this class, we will read published examples of this popular form and practice writing our own, whether as stand-alone stories or building blocks for something longer. **Pedro Ponce** has published very short fiction in numerous literary journals and anthologies, including *Copper Nickel*, *Queen Mob’s Tea House*, *New Flash Fiction Review*, and *New Micro: Exceptionally Short Fiction*. He teaches at St. Lawrence University. **NOTE:** Bring paper and writing implements for exercises. **Cap: 20**

* * *

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

**QUESTIONS? Call the SOAR Office 315-267-2690 (MWF: 9:00-2:00)
or email: soar@potSDam.edu**

A Request:

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

An Invitation:

We hope that YOU will consider doing a course for SOAR! Just call or email the SOAR office with your idea for a course, and it will be forwarded to the Curriculum Committee.

* * *

SOAR BULLETIN BOARD

SOAR HONOR ROLL

Super SOARer Award *(awarded in the spring)*

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

Outstanding Contribution to SOAR Award

(awarded now and then)

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

Leon LeBeau SOARing Educator Award

(awarded in the fall)

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

REMINDERS

Send in registration form right away!

Volunteer to be a SOAR ambassador!

Daylight Savings
Time ends at 2:00 am
Sunday, Nov. 4

Classes Start
Monday Sept. 3

Meet-the-Chef:
Morley's
American Grill

240 East Orvis St.
Massena
Wednesday, Oct. 17
1:00pm *(see p.3)*

Classes End
Friday, Nov. 9

SOAR Luncheon:
Wednesday, Nov. 14
11:30-2:00
(see p.3)

FIND SOAR . . .

SOAR

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Office #382

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

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for up-to-date info on:

Courses, Presenters, Locations, Events, Notices, News . . .