

sponsored by:



THE STATE UNIVERSITY OF NEW YORK

Potsdam

SOARING!

the Newsletter of

SOAR

lifelong learning in the North Country

Fall 2016

affiliated with:

ROAD SCHOLAR

Institute Network

CONTACT SOAR: phone: (315) 267-2690 email: soar@potsdam.edu website: soarnorthcountry.org
office: 382 Van Housen Ext., SUNY Potsdam, 44 Pierrepont Ave, Potsdam, NY 13676 office Hours: 9:00-2:00 MWF

Chair's Comments



This semester the Curriculum Committee prepared 64 courses. The Scheduling Committee did a stupendous job finding venues for these courses along with trying to reduce as many conflicts as possible. The Registration Committee worked diligently processing member applications getting the majority of members

signed up for their various selections. The Ambassador Committee persevered until they found members to serve in each of the courses.

And, as smoothly as this went for most of us, there continues to be some hiccups each semester. Last minute course changes to the schedule due to a variety of reasons, venue changes, and wait lists for some courses. The ambassadors have been especially busy this fall with last minute changes necessitating contacting course registrants keeping them informed. In this regard, changes and cancellations are posted on the SOAR website as quickly as possible. A number of us try to check the website just before we leave to attend a session, not a bad idea, if you can do it.

A growing inconvenience for both members and presenters is that there are members who register for courses, but then do not attend for whatever reason. We ask you to notify the SOAR office if you decide not to attend a course which you originally signed up for. This may lead to a presenter preparing too many copies of materials to be distributed, a member on a wait list not being able to take the course or, embarrassingly, a presenter expecting say 25 attendees only to find 10 or 12 members actually attending. So, once again, we ask you to be a conscientious member and if you change your mind (for whatever reason) and wish to cancel your registration in a course, inform the SOAR office as soon as possible.

Our new Administrative Assistant, Katherine Lenz, has kept us all on track to get our various tasks completed this fall, and she is doing a great job.

Many committees are busy updating their tasks. Some will require changes to our By-laws. We will need to vote on these at the Spring Luncheon -- you will receive the changes in the spring newsletter.

We are off to another good year and I certainly hope you are enjoying the sessions you are attending. I know I am, and I look forward to a rich set of offerings for spring.

Bill Mein, Chair, SOAR Board of Directors

COME TO THE FALL LUNCHEON

to congratulate **Dr. Aileen O'Donoghue**,
Professor of Physics at SLU,
as the 2016 recipient of the
Leon LeBeau SOARing Educator Award.

This special award, named in honor of revered SOAR art teacher and our first Super SOARer,



recognizes an educator who has made a major contribution to the education, experience, and/or well-being of SOAR members. Over a long span of 18 years Aileen has been taking SOAR students through our atmosphere and into distant space. "She not only makes complex topics understand-

able and exciting, she also makes us laugh!"
"She is so-so-so unpredictable and entertaining."

A peek at the working list of topics for Spring 2017

(listed alphabetically by presenters' last names)

Spring semester runs from **March 13 - May 19, 2017**

When all the courses are confirmed, the "preliminary list of courses" will be posted on the SOAR web site: www.soarnorthcountry.org

Otzyi, Ice Man of the Alps – Shinu Anna Abraham
Nanostructures with Functional Bioactivity
– Silvana Adreescu
Beyond Duck and Cover: Fear of Nuclear War – Donna Alvah
Fertilizing the Ocean in the Future – Brad Baldwin
Localization and Triangulation for GPS – Mahesh Banavar
Biofilms in Your Life – Dana Barry
Neanderthals among Us – John Barthelme
Publishing in the North Country – Arthur Bell
Arboretum – Claire Burkum
Benson Mines – Jim Carl
Duplicate Bridge for Fun – Ruth Carrington and
Dorothy Swanson
Current Events – John Casserly
Birding for Beginners – Sheila Cerwonka
Robotics – Amanda Clapper
B&B Cooking: Omelets and Cinnamon Buns
– John and Donna Clark
Diabetes and Support Systems – Julie Cooke
Flower Gardening in the North Country 2 – Anne Csete
Songs and Sonnets – Group A – Bob DeGraaff
Songs and Sonnets – Group B – Bob DeGraaff
Acupressure – Joe DiGiovanna
Good Ol' Days in Northern NY II – Pat Dominie
Tree H2O LLC – Margaret and Jim Finen
The Holocaust – Elun Gabriel
Researching Your Family Tree – Rita Goldberg
Ancestral Bread/Beer-Making Practices – Paul Graham
Relief Work as Pilgrimage – M. J. Heisey
Evolution of Dogs – Roy Horst
Chiang Kai-shek and Gandhi – Grace Huang
Americans Invading Quebec – Art Johnson
Disappearing Railroad Blues – Art Johnson
Roller Coaster Science – Katie Fowler Kavanagh
Vicarious Voyagers XX – Ruth Kreuzer (Coordinator)
Emotional Climate – Peter Ladd
Clinical Research and Medical Ethics – Deborah Lauther
Past Life Regressions – Robert LeBoeuf
Introduction to the Bible – Pat Lennox
Lifelines: Writing Your Way In – Vicki Levitt
3D Projection Using Myo – Craig Lucas
Nature Study – Jake Malcomb
Beginning Tai-Chi and Qigong – Pam March
Continuing Tai-Chi and Qigong – Pam March
Tai-Chi: The Short Form – Pam March
Parkinson's Disease – Rebecca Martin
Line Dancing – Margaret Mauch
Physical Therapy – Jennifer McDonald
Works of Sondheim – Connie Meng

History of Math – Breyne Moskowitz
Renewable Energy – Dave Murphy
Art Workshop – Jim Murray
Drawing – Jim Murray
Lewis and Clark Expedition – Terry Niles
Crafting with Pressed Flowers and Fall Leaves – Jean Oathout
Dialects of English – John Ohst
Early Spring Signs in the St. Lawrence Valley – Peter O'Shea
Nanoparticles for Overdose – Dick Partch
Grenville Minerals – George Robinson
Minerals to Art – Susan Robinson
Eco-Engineering Research in Norway – Shane Rogers
Funeral Traditions across Cultures – Leah Rohlfen
Wildlife Habitat Workshop – Linnea Rowse
Mah Jongg – Kay Russell and Brenda Francey
He-Said, She-Said Miscommunication – Catherine Sajna
Amphibian Metamorphous – Alex Schreiber
Waterfalls of New York State – David and Marcia Schryver
Hockey Player Analysis – Michael Schuckers
Insect Vibrational Communication – Rob Snyder
Simple Strategies to use at Home to Make Life Easier – Lisa Tebo
Keeping Up with Alice Munro – Robert Thacker
Circadian Rhythms – Ronald Tavernier
American Short Stories – Cailey Underhill
Psychology for Seniors – Jennifer Waite
Eagles and Falcons – Mary Beth Warburton
What's New in Physics – Brian Watson
Introduction to Knitting – Danya Wells

Do you have an idea? Or some time?

It's up to YOU to help SOAR reach its full potential. Can you see ways to make SOAR better? Is there some way you can help? Do you have a skill or knowledge to share as a SOAR course? Or do you know someone who does? Send your course ideas to Jim Barry: jimbarry@twcny.rr.com

Do you have an idea for a trip or an event? Send your idea to the SOAR office: soar@potdam.edu.

Do you have tech or photography skills to share? Let Ruth Kreuzer know: rkreuzer@stlawu.edu

Or perhaps you have time to do some of those necessary office tasks? Can we call on you for last minute help? Contact Kathy Lenz at the SOAR office: soar@potdam.edu to volunteer

When you register, volunteer to be an ambassador. If we all pitch in, it will add up to a better organization.



COMMITTEE NEWS

CURRICULUM COMMITTEE

The Curriculum Committee hopes you are enjoying the fruits of our labors with the Fall 2016 courses we provided for you.

Short quiz:

- 1) Which Fall 2016 course had the highest enrollment? How many were signed up for it?
- 2) As of this fall 2016, which instructor has taught the most SOAR courses in the history of our organization? How many courses in total?

(Answers are on page 4)

Did you know that you are an unofficial member of the Curriculum Committee? Yes, as a member of SOAR you can suggest future courses and instructors. (Perhaps even ones we have had in the past.) The easiest way to do this is to contact Jim Barry by phone at 386 4732 or email at jimbarry@twcny.rr.com .

Please look over the tentative list of Spring 2017 courses the Curriculum Committee has developed for you on page 2. Over 75% of them are being offered for the first time.

The Curriculum Committee is already working on the Fall 2017 semester, so contact us with any ideas you have.

Lastly, all SOAR instructors should be thanked for taking time out of their busy lives to teach for us. Honor them by showing up at the courses you sign up for.

Jim Barry
Co-Chair, Curriculum

AMBASSADOR COMMITTEE

Many thanks to those of you who volunteered to be an ambassador this semester! It is just one way where you can take an active part to make SOAR function better. And it is one way to make new acquaintances too! Most of the time, classes run smoothly, but sometimes there are problems. Ambassadors are the eyes and ears that can report back to the Ambassador Committee via the office to insure that things go better in the future. Ambassadors get a list of instructions along with a list of participants, including how to contact the class participants, if needed (Last minute situations materialize now and then!) When SOAR members pitch in to help - in ANY capacity - things just get better. So, do check some boxes on your next registration form: volunteer!

SCHEDULING COMMITTEE

Thanks to our diligent and persistent committee members (Patty Bennett, Arthur Freeheart, David Mathie, Lyn Swafford, Kris Washburn), we found classrooms in many locations that met the various needs of our generous presenters. As the number of classes that SOAR offers grows, our challenge increases. We would love to have more volunteers join us; most of the work can be done from home. Contact Mark Coleman: mcoleman@twcny.rr.com or 315-265-3230.

Mark Coleman
Chair, Scheduling

REGISTRATION COMMITTEE (Passing of the Torch)

I want to thank my co-chairs for helping this fall's registration to go so smoothly. Steve Hopkins, who is stepping down as Chair of the committee, produced a procedure manual which has been of great help during registration and in ongoing maintenance of the SOAR database. Carol McRobbie took over scheduling and supervision of our volunteers at the height of fall registration when I was out of town for a week.

We have a wonderful group of volunteers on the Registration Team. By the start of classes this fall they had registered and sent out mailings to nearly 400 members. Those who assisted include: Steve Easter, Pat Dishaw, Sally Murray, Jean Theobald, Laurell Brault, Natalia Stahl, Laurie Swinwood, and Mindy Loucks.

We can always use more help so please consider volunteering for the Registration Committee. I'd be happy to hear from you. You can contact me at (315) 265-3788 or by email at byronwhitney16@gmail.com.

Byron Whitney, Steve Hopkins, and Carol McRobbie
Co-Chairs Registration

the fall stats are...

- 31 classroom locations (4 new classrooms)**
- 64 courses and presentations**
(199 class sessions)
- 65 ambassadors** *(couples can volunteer together)*
- ~81 presenters / coordinators**
+ some student presenters
- 387 SOAR members**

NOMINATING AND AWARDS COMMITTEE

At the fall luncheon the Nominating and Awards Committee will present the Leon LeBeau SOARing Educator Award to a distinguished and popular SOAR teacher, Dr. Aileen O'Donoghue. In the spring the committee will nominate a slate for next year's Board of Directors and recognize SuperSOARer 2017.

The committee that makes these nominations is comprised of a combination of a few SOAR Board Members and at least the same number of members-at-large. We meet together on campus as needed and share ideas by e-mail. We would like to increase the number of non-board members on the committee to include a broader range of experiences and ideas. If you would like to be part of this decision making process, please indicate your interest by e-mail (soar@potsgdam.edu), including Nominating and Awards Committee on the subject line. Your input is welcome and needed.

*Betty Graham, Chair,
Nominating and Awards*

Our Other Leon LeBeau SOARing Educator Awardees:

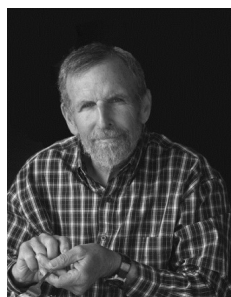
John Casserly 2009 Pam March (2010)

Sandra and Clive Henery (2011)

Terry Niles (2012) Art Johnson (2013)

Neil Garner (2014)

Juanita Babcock (2015)



John
Art



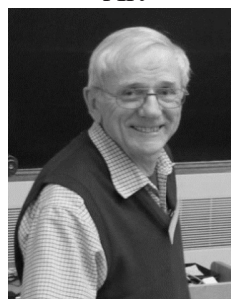
Pam
Neil



Sandra & Clive
Juanita



Terry
Aileen



OUTREACH AND PUBLICITY NOTE

Thanks go to our new Outreach Chair, Lyn Swafford, for getting the word out to the local press this past summer on our SOAR awardees for Fall 2015 and Spring 2016! Also, thanks to our SOAR volunteer photographers this fall (*so far*): Jim Barry, Ron Berry, Steve Easter, Lynn Ekfelt, Carol McRobbie, Dick Mooers, Ed and Kay Russell, Laurie Swinwood, Janet Van Weringh, Byron Whitney, and Kyoko Yapa. **THANK YOU!** Without you, we wouldn't have so many photos to choose from, and in some cases, ANY photos for the presenters and for the website. I'll miss the last two weeks of classes, so please take pictures and send them to me: rkreuzer@stlawu.edu so each presenter can have some photos on his or her course page on the SOAR website, and also have photos as a thank-you gift. Check out the photos of the fall 2016 courses and presenters found now on the SOAR website: www.soarnorthcountry.org

Ruth Kreuzer, for Outreach and Publicity

ANSWERS TO JIM BARRY'S QUIZ

1) Vicarious Voyagers had the biggest enrollment in the Fall '16 with 101 SOAR members! **Ruth Kreuzer** has offered this perennial favorite for 19 semesters. It has been a top course over and over. .

2) **Pam March** has taught 41 courses for SOAR! And the vast majority of them have been full semester ones.

When you see these ladies offer them a handshake or pat on the back for all they do for SOAR!

AILEEN O'DONOGHUE HAS TAUGHT:

Science and Faith; Earth and Its Climate; Seeking God in Einstein's Universe; The Sky in Motion: Life on a Tilted Teacup; Spring and Summer Sky; Galaxies; Earth's Atmosphere: An Exploration

"Aileen makes learning fun as well as highly educational!"