

SOAR



LIFELONG LEARNING IN THE NORTH COUNTRY

SPRING SEMESTER 2014
MARCH 10, 2014 - MAY 20, 2014

sponsored by:



THE STATE UNIVERSITY OF NEW YORK

Potsdam

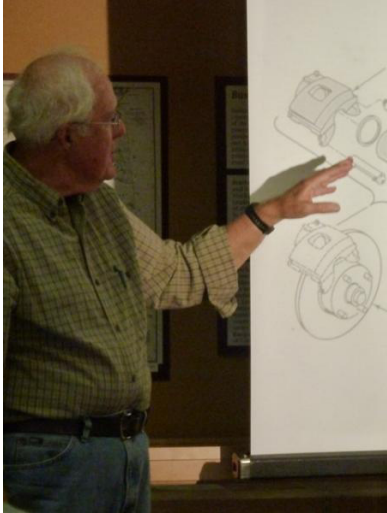
and affiliated with:

ROAD SCHOLAR[®]

Institute Network

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

Roger Hutchinson
“The History of Papermaking”



(a few of our returning presenters and what they are teaching this semester)

Roy Horst
“Un-natural North Country Wildlife”



Doug Rubio
“Classical Guitar History
and Literature”



Rita Goldberg
“Researching Your Family Using
Free Online Resources”

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 2013 semester SOAR had 369 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

Steve Hopkins, Chair	Jim Barry	Pat Dishaw
Linda Nixon, Vice-Chair	Betty Graham	Linda Jones
Dorothy Howe, Secretary	Otis Van Horne	Bill Mein
Ron Frank, Treasurer	Ed Russell	Laurie Swinwood
Neil Johnson	Ruth Kreuzer	

COMMITTEES & CHAIRS

Executive - Steve Hopkins	Outreach/Publicity - Ruth Kreuzer
Registration - Pat Dishaw	Membership - Linda Nixon
Newsletter - <i>tba</i>	Trips & Performances - Otis Van Horne
Ambassadors - Linda Jones	
Curriculum - Jim Barry and Ed Russell	
Scheduling - Bill Mein	
Administration and Finance - Neil Johnson	
Nominating and Awards - Betty Graham	
Presenter Communications - Sue Gibbs and Ruth Horst	

Administrative Assistant - Pat Harrington
College Liaison - Nancy Hess

MEMBERSHIP INFORMATION

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

COURSES AND CLASS SESSIONS. SOAR has two ten-week semesters a year, one beginning the week after Labor Day in September and the other beginning mid-March. Over half of our SOAR classes are held on the SUNY Potsdam campus, about a fourth are held in Canton, and the rest are held at other places in Potsdam or in the local area. Most SOAR courses are 1 to 6 class sessions long 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 take some SOAR classes.

MEMBERSHIP FEES AND PRIVILEGES. For their *yearly \$65 membership fee (paid in the fall)*, current members may take as many courses as they like, in both the fall and spring semesters. You may join (or rejoin) SOAR at any time; however, the membership fee is still \$65 (all membership renewals are due with fall registration). Membership in SOAR includes a SUNY Potsdam parking pass, as well as the privilege of using the library and Maxcy Hall sports complex. (**NOTE:** Members must be active participants in the SOAR program in order to retain these privileges.) SOAR offers day trips and other special events and opportunities throughout the year. At the end of each semester SOAR holds a luncheon for its members and guests. Luncheons, trips and special events are optional and cost extra.

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

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

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

CONTACT INFORMATION

For information, call Pat Harrington at the SOAR office at (315) 267-2690, send e-mail to soar@potsgdam.edu, or write to SOAR, 389 Van Housen Extension, SUNY Potsdam, 44 Pierrepont Avenue, Potsdam, NY 13676. The SOAR office is located in room 382 Van Housen Extension. Office hours during the SOAR semester are 9:00-2:00 MWF; hours may vary at other times of the year (*call before coming*).

TRIP and EVENTS

(mark your calendar!)

MEET THE CHEF

The Kitchen at Iroquois Farm, 10951 SH 37, Lisbon
(*Learn about this NEW business from owner and chef Josh Taillon*)
Wednesday, March 26 at 1:00pm COST: \$20 (member/guest)
(Payment and reservation form **DUE** by noon on Monday, March 17)
(*see flyer insert or SOAR website for menu, more info and reservation form*)

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SPRING LUNCHEON - Barrington Student Union

Wednesday, May 21, 11:30-2:00 (serving at noon)
(*Information and reservation form will be included in the spring SOAR Newsletter*)

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BUS TRIP to Raquette Lake for Luncheon Cruise
followed by a stop at **The Wild Center (in Tupper Lake)**
Wednesday, June 18th, COST: \$78 (member/guest) Cap: 56
(**includes:** bus, buffet lunch, narrated cruise, admission to *The Wild Center*)

NOTE: Sign up and pay by Monday, June 9
(*see flyer insert or SOAR website for more details and reservation form*)

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COURSE LOCATIONS

Courses Offered on the SUNY Potsdam Campus

Art Workshop B * Artificial Intelligence: Facts and Fiction * Beginning Basket Weaving * Beginning Tai-Chi * A Brief History of Radio * Charlie Chaplin and Buster Keaton: Kings of Silent Comedy * Classical Guitar History and Literature * Continuing Tai-Chi * Digestive Function and Development * Do Viruses Cause Cancer? * Early History of NY State * The End of Mt. Kilimanjaro as We Know It * Fitness for Seniors * Hebrew for Beginners * The History of Papermaking in the North Country * Hosmer Hall and the Organ * Indoor Rock Climbing: An Introduction * Lifelines: Writing Your Way In * Lost Railroads of the Adirondacks * NYS Long Term Care Ombudsman Program * Mathematics in Ancient Mesopotamia * Remembering the Morristown-Brockville Ferries * Researching Your Family Using Free Online Resources * Run, Hide, Fight, and Survive * Space Shuttle Experiments and Mars Exploration * Shakespeare on Film: *Richard III* * Un-natural North Country Wildlife * Whole Foods for Whole Health * You Too Can Play the Harmonica *

Courses Offered Off Campus

POTSDAM - Clarkson University (CU); Mammoth Lifting (ML); Mayfield Apartments (MA); Potsdam Civic Center (PCC); Potsdam Town Hall (PTH)

Advanced Contract Bridge (MA) * Building Better Bones: Levels 1 and 2 (CU) * China and the West: 1500's to the Present (PCC) * Drive Well: Older Driver Safety and Mobility (CU) * eBay: Get Started Selling (PCC) * Gaining Strength, Mobility and Health (ML) * Medicare and Health Insurance Options (PCC) * Meditation (PTH) * Nelson Mandela: The Story Behind the Icon (PCC) * Numerology for Fun (Section 2) (PCC) * Vicarious Voyagers XIV (PCC)

CANTON - Cornell Cooperative Extension Farm (CCEF); Partridge Knoll (PK); St. Lawrence Brewery (SLB); St. Lawrence University (SLU); SLCHA at Silas Wright House (SWH); Yoga Loft: Maplewood (YLM)

Current Events (PK) * 50+ Yoga (YLM) * Gatherings: America's Quilt Heritage (SWH) * Hobby Farming in Northern New York (SWH) * Horse Breeds and More (CCEF) * Mah Jongg (PK) * Maple Syrup Production (SWH) * Memory and Attention: Surprises of the Mind (SWH) * North Country Authors VI (PK) * Numerology for Fun (Section 1) (PK) * Paranormal Investigations (SWH) * Race, Ethnicity, and Baseball (SLU) * St. Lawrence Brewery Tour (SLB) * Scanning Electron Microscopy (SEM) (SLU) * Studies in the Sonnet II (PK) * Zumba Gold® (SLU)

OTHER PLACES: Early Signs of Spring Nature Walk (Indian Creek Nature Center, Rensselaer Falls) * Red Sandstone Trail (Hannawa Falls)

COURSES BY NUMBER OF SESSIONS

6 SESSIONS or MORE: Advanced Contract Bridge * Art Workshop B * Beginning Tai-Chi * Building Better Bones: Levels 1 and 2 * China and the West: 1500's to the Present * Continuing Tai-Chi * Current Events * Drive Well: Promoting Older Driver Safety and Mobility * Zumba Gold®

5 SESSIONS: Lifelines: Writing Your Way In

4 SESSIONS: Charlie Chaplin and Buster Keaton: Kings of Silent Comedy * Classical Guitar History and Literature * Early History of New York State * 50+ Yoga * Fitness for Seniors * Gaining Strength, Mobility and Health * Hebrew for Beginners * Horse Breeds and More * Mah Jongg * Paranormal Investigations * Researching Your Family Using Free Online Resources * Shakespeare on Film: *Richard III* * Studies in the Sonnet II * Un-natural North Country Wildlife * Vicarious Voyagers XIV * You Too Can Play the Harmonica

3 SESSIONS: A Brief History of Radio * North Country Authors VI * Race, Ethnicity, and Baseball *

2 SESSIONS: eBay: Get Started Selling * The History of Papermaking * Meditation

1 SESSION: Artificial Intelligence: Facts and Fiction * Beginning Basket Weaving * Digestive Functions and Development * Do Viruses Cause Cancer? * Early Signs of Spring Nature Walk * The End of Mt. Kilimanjaro as We Know It * Gatherings: America's Quilt Heritage * Hobby Farming in Northern New York * Indoor Rock Climbing: An Introduction * Lost Railroads of the Adirondacks * Hosmer Hall and the Organ * Maple Syrup Production * Mathematics in Ancient Mesopotamia * Medicare and Health Insurance Options * Memory and Attention: Surprises of the Mind * Nelson Mandela: The Story Behind the Icon * NYS Long Term Care Ombudsman Program * Numerology for Fun * Red Sandstone Trail History Walk * Remembering the Morristown-Brockville Ferries * Run, Hide, Fight, and Survive * St. Lawrence Brewery Tour * Scanning Electron Microscopy (SEM) * Space Shuttle Experiments and Mars Exploration * Whole Foods for Whole Health



PLEASE, PLEASE, PLEASE! If you are registered for a course and are unable to attend, please call the SOAR office (315) 267-2690 right away and cancel your registration. SOAR keeps a waitlist for courses that are full; this will allow someone else to attend.

SPRING 2014 COURSE DESCRIPTIONS

This spring, SOAR is pleased to offer 60 courses and presentations. For more information on class dates, times and locations, please refer to the course booklet mailing inserts, or the “Courses” and “Calendar” sections of the SOAR website: www.soarnorthcountry.org (you can also find maps and detailed info on course locations on the website). For other questions, call the SOAR office: (315) 267-2690 (MWF: 9:00-2:00). **NOTE:** Entries below are both alphabetical by title and numerical by registration number. (TBA = to be arranged; check the Course Booklet Insert)

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Advanced Contract Bridge Don Burlingame

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

This is not so much a course as it is an interest group of people who like to play bridge. The meetings offer bridge players the chance to practice their contract bridge skills and to learn new skills. Depending on the skills of the players, both rubber and duplicate bridge will be played, but the emphasis will be on duplicate. **Don Burlingame** is a longtime bridge player. He enjoys bridge and is happy to share the player’s knowledge he has gained over the years. [S-14-1]

Art Workshop B Leon LeBeau

8 sessions, 2 hours each (*SUNY Potsdam, Satterlee 314*)

Art Workshop B is designed both for aspiring artists who wish to learn basic watercolor techniques and for those who wish to advance their painting skills in water media, e.g. watercolor, gouache, or acrylic. A more structured approach will be taken with the former; a more independent interaction will apply to the latter. Instruction will be through both group and individual presentations and also through critiques. **Leon LeBeau** has been teaching drawing and watercolor to SOAR participants since the beginning of the SOAR program; he has also instructed art classes at the Remington Art Museum in Ogdensburg and at the For Art’s Sake Gallery in Malone. Leon has participated in numerous exhibits in the North Country and the Adirondacks. In spring 2004, Leon received the very first “Super SOARer” award. The “Outstanding Service to SOAR” award was created in honor of his years of dedication to our organization. **NOTE:** A list of needed supplies will be sent with your registration confirmation; it is also posted on the “Art Workshop B” course page of the SOAR web site. **Cap: 32.** [S-14-2]

Artificial Intelligence: Facts and Fiction Lisa Torrey

1 session, 1½ hours (*SUNY Potsdam, Maxcy 104*)

In science fiction, artificial intelligence (AI) is practically limitless. Space ships communicate with their pilots, robots look and move just like people, and computer programs wrestle with ethical and emotional dilemmas. We may not be there yet, but research in AI has been producing exciting and impressive things. We will discuss what modern AI can do and what it can’t do yet, and you will learn a little bit about how AI works. **Lisa Torrey** is in her fifth year of teaching computer science at St. Lawrence University. Her research is in artificial intelligence where she has focused on writing programs that can learn to accomplish tasks in virtual worlds. [S-14-3]

Beginning Basket Weaving Victoria Ohst

1 session, 3 hours (*SUNY Potsdam, Satterlee 314*)

In this class, participants will construct a small wall basket known as a “weed basket” (the kind of basket you put dried flowers in to hang on the wall). They will use both flat and round reed and will learn lashing, twining, shaping, and the over-under weave. **Victoria Ohst** is retired. She has been weaving baskets for over 20 years and has taught basket weaving at the Erie Canal Museum and other places. In fall 2007, Victoria taught a basket weaving class for SOAR. **NOTES:** 1) There is a \$10 materials fee, payable at class; 2) Bring to class: scissors (for cutting reeds); flexible tape measure; clip clothespins; old towel; small flat weight (if available); (optional: a small item to weave into the basket). **Cap: 15.** [S-14-4]

Beginning Tai-Chi Pam March

7 sessions, 1 hour each (*SUNY Potsdam, Maxcy Dance Studio*)

The course includes basic Chinese warm-ups (both standing and sitting), Tai-Chi meditation, and an introduction to the Yang 24 movement short form. Concerns of seniors are addressed through work on balance, leg strength, endurance, taking it easy on the joints, and learning how to relax. **Pam March** is a certified Tai-Chi instructor from the Boston Institute of Kung Fu and Tai-Chi. In fall 2010, Pam received the Leon LeBeau SOARing Educator award in honor of the exceptional and long-lasting impact she has had on the well-being of SOAR members. **NOTES:** 1) Beginning students may NOT register for Continuing Tai-Chi unless instructor allows it; 2) Wear loose clothing, soft shoes or socks. [S-14-5]

A Brief History of Radio**Neil Garner****3 sessions, 1½ hours each** (*SUNY Potsdam, Van Housen Ext. SB27A*)

Radio was an invention whose beginning purpose was far different from what it is today. Public entertainment was never on the minds of radio's founders. We will cover the contributions of men such as Hertz, Marconi, and DeForest, to mention a few. The presenter will show early radio equipment and demonstrate its use. **Neil Garner** is a retired science and technology teacher. He is an avid collector of early radio equipment, among many other things. **Cap: 20. [S-14-6]**

Building Better Bones: Levels 1 and 2**Vicki LaFay****6 sessions, 1½ hours each** (*Clarkson University: Clarkson Hall, PT Dept*)

Decreased bone density concerns many aging individuals. This exercise-based class will focus on safe and effective activities to strengthen your bones (no matter what your age). Each class will start with 20 minutes of presentation (including educational materials to take home), and follow with 60 minutes of exercises specific to building your bones. All ability levels can benefit from this class, as the exercises will be tailored to each individual as much as possible. **Vicki LaFay** has been a licensed physical therapist for over 20 years. She is a certified strength and conditioning specialist and has experience across the age span with patients/clients in home health, outpatient orthopedics, acute care, skilled nursing and rehab, and occupational health. Vicki currently engages in clinical practice for Canton-Potsdam Hospital, St. Regis Nursing Home, Work-Fit®, and Franklin County Nursing Services. **NOTES:** 1) Clarkson doctoral students of physical therapy will assist Vicki in this class; 2) Wear loose-fitting comfortable clothing and stable footwear. **Cap: 20. [S-14-7]**

**Charlie Chaplin and Buster Keaton:
Kings of Silent Comedy****Peggy Mooers****4 sessions, 2 hours each** (*SUNY Potsdam, Kellas 217*)

Chaplin and Keaton - both of these legendary comedians had childhoods shaped by Vaudeville. Both controlled the content of their movies and did their own stunts. In this course we will learn about the lives of those men and watch a few of their most famous movies. In Weeks 1 and 2: Charlie Chaplin's *The Kid*, *The Gold Rush* and *Modern Times*. In Weeks 3 and 4, Buster Keaton's *The General*, *Steamboat Bill Junior* and other short films as time permits. **Peggy Mooers** is one of the founders of SOAR and a longtime member. Her most recently offered course for SOAR was "The Hero's Journey Through Modern Cinema." In addition to being a lover of films, Peggy is an avid watercolorist and writer. In 2008 she and

her husband Dick received the Super SOARer Award for their many and continuing contributions to the development of the organization – offering courses and presentations, and working behind the scenes. **[S-14-8]**

China and the West: 1500s to the Present**Ina Brockriede****6 sessions, 1½ hours each** (*Potsdam Civic Center*)

This course covers the arrival of Christian missionaries and Western colonization, WW1 and WW11, founding of the Communist party, the Mao period, and the evolution to modern China and its relations with the West. **Ina Brockriede** is a retired teacher whose current main interest is China. She enjoys sharing what she has learned over her years of studying China. **[S-14-9]**

Classical Guitar History and Literature**Doug Rubio****4 sessions, 1½ hours each** (*SUNY Potsdam, Crane, Wakefield Hall*)

Enjoy an exploration of the music written for the classical guitar, from the Renaissance to the present day. The course will examine the instrument's most important composers and musical styles, as well as the physical development of the guitar itself. **Doug Rubio** is professor of classical guitar at the Crane School of Music at SUNY Potsdam. He has performed throughout the country as both a soloist and a chamber musician. **[S-14-10]**

Continuing Tai-Chi**Pam March****13 sessions** (twice a week), **1 hour each** (*SUNY Potsdam, Maxcy Dance Studio*)

This course is intended for students who already have some familiarity with Tai-Chi. The course includes Qigong, traditional Chinese warm-up exercises, and Tai-Chi meditation. Participants will continue to learn the Yang 24 movement short form. **Pam March** is a certified Tai-Chi instructor from the Boston Institute of Kung Fu and Tai-Chi. 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," 2) Wear loose-fitting clothing, soft shoes or socks. **[S-14-11]**

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

This course is a discussion of unfolding events at the local, national and international levels. **John Casserly** is a retired Canton Central School social studies teacher who continues to coach cross country and track at Canton Central School. He has facilitated the discussion of current events

for SOAR since 2005. John is the first recipient of the Leon LeBeau SOARing Educator Award, given to someone who has had lasting impact on the lives of SOAR members. **NOTE:** Students from SLU will be attending the course from time to time to introduce topics and join in the discussion. [S-14-12]

Digestive Functions and Development **Kenneth Wallace**

1 session, 1½ hour (*SUNY Potsdam, Maxcy 104*)

In this presentation you will learn about the function of digestive organs, including how food is digested and absorbed. We will look at digestive diseases and the developmental causes of some common defects. Early human development will be discussed to show how the digestive system arose. For almost 10 years, **Kenneth Wallace** has held the position of Associate Professor of Developmental Biology at Clarkson University. In his research, he uses zebrafish as a vertebrate model organism to further understand how the digestive system develops. His postdoctoral work in the Gastroenterology Department at the University of Pennsylvania also dealt with the development of the digestive system. His graduate work at Ohio State University was in early development of the nervous system using the fruit fly (*Drosophila melanogaster*) as a model system. [S-14-13]

Do Viruses Cause Cancer? **Craig Woodworth**

1 session, 1 hour (*SUNY Potsdam, Maxcy 104*)

Listen to the “Papillomavirus Story” in this presentation. Viruses are tiny structures that can cause major illness in the people they infect. Unexpectedly, the study of viruses has shed light on how human cancers develop. Join **Craig Woodworth**, Clarkson professor of biology and chair of the biology department at Clarkson University, as he describes the role of papillomaviruses in causing warts, their potential role in cancer, and new strategies to rid people of these tiny pathogens. Before coming to Clarkson in 2000, the presenter held several consecutive appointments at the National Institutes of Health, Bethesda, MD. [S-14-14]

Drive Well: Promoting Older Driver... Safety and Mobility **Stacey Zeigler**

6 sessions, 1 hour each (*Clarkson University: Clarkson Hall Amphitheatre*)

This course was developed by the American Society on Aging and the National Highway Traffic Safety Administration to help people understand the issues relating to older drivers and to independence and mobility in

later life. This engaging and interactive class will provide key health promotion information for driver fitness, will teach participants to assess their own driver fitness, and will outline how to improve driver fitness and mobility with the goal of sustaining maximum independence throughout life. The class will also include an optional individual screening of a student’s capabilities for driving. Information provided is only for each individual’s personal reference and is not intended to be a comprehensive assessment of total driver capacity. **Stacey Zeigler** has been a licensed physical therapist for 20 years. She is a board certified geriatric clinical specialist and is a certified exercise expert for aging adults. Stacey currently engages in clinical practice for Hospice of St. Lawrence Valley and her own private practice, “Fun in Aging Physical Therapy.” The Doctor of Physical Therapy students at Clarkson University, where she currently teaches, will assist Stacey in this class. **NOTE:** See the links on the course page of the SOAR website for more information on this topic. [S-14-15]

Early History of New York State **Art Johnson**

4 sessions, 1½ hours each (*SUNY Potsdam, Maxcy 104*)

This course will cover New York State’s history from the time of the Native American federations through the Dutch and English colonization and, after that, the early republic through the 1850’s. **Art Johnson** taught New York State history courses at SUNY Potsdam for 30 years before retiring. At our 2013 fall luncheon, Art received the Leon LeBeau SOARing Educator Award in recognition of the many outstanding courses he has taught for SOAR. [S-14-16]

Early Signs of Spring Nature Walk **Peter O’Shea**

1 session, 2 hours (*offered twice*) (*Indian Creek Nature Center, Rensselaer Falls*)

Come see the birds, wildlife, wildflowers, and insects that herald the arrival of spring in the St. Lawrence Valley. We will examine various flora and fauna at Indian Creek Nature Center and see how they are doing. **Peter O’Shea** is an Adirondack naturalist. He is the author of two books on wildlife: *Great South Woods: Rambles of an Adirondack Naturalist* and *Great South Woods...More to the Story*. **NOTES:** 1) Consult the “Locations” section of the SOAR web site to find directions to Indian Creek Nature Center (near Rensselaer Falls); 2) Wear good walking shoes and comfortable clothing; bring rain gear, if it looks like rain. [S-14-17] [S-14-61]

eBay: Get Started Selling**Cindy Bowen****2 sessions, 1½ hours each** (*Potsdam Civic Center*)

Come learn the steps for starting to sell items on eBay, including opening a PayPal account and linking it to your eBay account. We will cover how to photograph, price and list your item for sale, ship your item, and more. **Cindy Bowen** is a retired caseworker from the St. Lawrence County Dept. of Social Services. She currently holds several part-time jobs as an organist, a secretary/office manager, and a provider of QA services for a local call center. She has had a lifelong passion for music and visual arts, and she is the sole proprietor of Obsidian Custom Video. She also offers individual tutoring in computer use, photo management, graphic skills, and video editing. **NOTE:** If taking this course, please visit and become familiar with the websites for eBay <http://www.ebay.com> and PayPal <http://www.paypal.com> before coming to class. [S-14-18]

The End of Mt. Kilimanjaro as We Know It**Anun Husinec****1 session, 1½ hours** (*SUNY Potsdam, Maxcy 104*)

Mountain glaciers and polar ice caps continue to retreat globally, with tropical glaciers and snow being the most vulnerable. At 5,895 meters and with over 99.9% of the earth below its peak, Mt. Kilimanjaro is the largest and tallest freestanding mountain in the world, the tallest mountain on the African continent and one of the “7 Summits.” With only a few years remaining for its glaciers, Mt. Kilimanjaro offers a unique opportunity to study glacial retreat and the environmental consequences firsthand. **Anun Husinec** is an Associate Professor of Geology at SLU. His current research interests emphasize the use of tropical shallow marine sedimentary record to understand modern and past depositional, climatic and oceanographic systems. [S-14-19]

50+ Yoga**Ellie Beeler****4 sessions, 1½ hours each** (*Yoga Loft, Maplewood/United Helpers, Canton*)

This is a yoga course designed for men and women in mid-life who are in reasonably good health. It is a moderately energetic flowing sequence to stretch and exercise the whole body. Flexibility is not required for great benefit. Beginners are welcome. **Ellie Beeler** began practicing yoga in 1999 (on a doctor’s advice) to address joint problems and pain associated with aging and arthritis. And yes, she does feel MUCH more agile now that she has been practicing regularly! In addition, she has learned that yoga can enhance every facet of life, not just the physical. As

she testifies: “Yoga has helped me become a happier, healthier and more balanced person in every respect.” **NOTE:** Wear comfortable exercise clothing; bring a yoga mat, if you have one; if not, you can borrow one at the studio. **Cap: 20. [S-14-20]**

Fitness for Seniors**Jim Murray****4 sessions, 1½ hours each** (*SUNY Potsdam, Maxcy Dance Studio / Fitness Center*)

This course will address basic fitness recommendations for seniors. It will also be an orientation to the Shane T. Hall Fitness Center at SUNY Potsdam. Each participant will have the opportunity to try out the equipment and will receive guidelines to help them work out safely. **Jim Murray** is a retired licensed Clinical Social worker. He is certified in personal training through the World Instructor Training Schools. **Cap: 20. [S-14-21]**

Gaining Strength, Mobility and Health**Jennifer Wild****4 sessions, 1½ hours each** (*Mammoth Lifting, 8 Market St., Potsdam*)

Throughout the course you will learn how to change your lifestyle for the better by improving your mobility and strengthening your structural muscles. You will also learn the basics of nutrition, supplementation and exercises that are useful to achieve a more healthy and vibrant body. **Jennifer Wild** has worked internationally as a weight loss expert and strength and conditioning coach. She is a certified Bio-Signature Practitioner and Fitness Instructor. **Cap: 30. [S-14-22]**

Gatherings: America’s Quilt Heritage**Fran Van Horne****1 session, 1½ hours** (*SLCHA: Silas Wright House, Canton*)

This presentation will relate the story of the American Quilt Project which was held in nearly every state for the purpose of documenting the antique quilts of the nation. Participants who have an antique (pre-1950) quilt are invited to bring it to class for “show and tell.” Tell us what you know about the quilt’s history, e.g. its maker, the maker’s locale, the occasion for which it was made, its previous owner(s), the pattern, material and anything else you know about the quilt. **Fran Van Horne** has been a quilter for about 30 years and has participated in many quilt shows. She became interested in the American Quilt Project when she took part in the local Quilt Project at the Potsdam Museum in the 90’s. Fran is especially interested in the patterns and colors used in the past. Fran and her husband Otis were named “Super SOARers” in spring 2009. [S-14-23]

Hebrew for Beginners**Daniel ben-Avraham****4 sessions, 1 hour each** (*SUNY Potsdam, Maxcy 104*)

Get a taste of modern Hebrew. This course is a gentle introduction to the language. You will get to practice greetings, introductions, and simple expressions from common everyday situations. Israeli culture and the history of modern Hebrew will form part of the discussion. **Daniel ben-Avraham** is a physics professor at Clarkson. Hebrew is his native language as he grew up in Israel. **NOTE:** Bring to class: a notebook, a pen or pencil, and a fun-loving attitude. **Cap: 12. [S-14-24]**

The History of Papermaking**Roger Hutchinson****2 sessions, 1½ hours each** (*SUNY Potsdam, Maxcy 104*)

We begin with a history of papermaking, including comments on North Country papermaking and the paper mills that were prevalent in our region. This will be followed by a demonstration of how to make paper from recycled fibers, a process that you can develop further at home. **Roger Hutchinson** is a retired forester who worked for the Department of Environmental Conservation. He has a keen interest in history. He also likes to find out how things are done. As a young man he visited a paper mill and has been interested in the process of making paper ever since. **[S-14-25]**

Hobby Farming in Northern New York**Terry Niles****1 session, 1½ hours** (*SLCHA: Silas Wright House, Canton*)

In the past few years there has been a growing interest in learning more about using the land more productively, and in particular, in pursuing farming as a hobby. In this presentation we will look at the pros and cons of developing a small hobby farm. We will explore the challenges and rewards of becoming a “hobby farmer,” whether that means planting vegetables on a half-acre of land, or developing several acres for multiple agricultural uses. **Terry Niles** is the owner of Niles Asset Management, Inc. He also owns a hobby farm in Franklin County. In 1976 he graduated from SLU where he majored in history and government. He is a former member of the board of directors of the St Lawrence County Historical Association and also of the Civil War Roundtable. In the fall of 2012, Terry was awarded the “Leon LeBeau Outstanding SOAR Educator Award in honor of the many great SOAR presentations he has given. **[S-14-26]**

Horse Breeds and More**Mary Beth Green****4 sessions, 1 hours each** (*Cornell Cooperative Extension Farm, Canton*)

Want to meet some horses? Learn about the various breeds of horses and get some specific information on equine care for each breed shown. Each class you will get to see a different horse and learn about the breed. **Mary Beth Green** has 17 years experience as a 4-H Equine Educator. She owns G-Stables in Massena. Her current family activities include raising, training and showing paint horses. Mary Beth belongs to APHA (American Paint Horse Assoc.) and AQHA (American Quarter Horse Assoc.). She is also a member of the New York State Horse Council and the New York State 4-H Horse Advisory Committee. **[S-14-27]**

Hosmer Hall and the Organ**Laura and Ray Toland****1 session, 2 hours** (*SUNY Potsdam, Hosmer Hall*)

In this presentation, learn about the history of the Hosmer Hall pipe organ and how it works, followed by Laura’s enjoyable musical demonstration. Then find out why the organ sounds so wonderful in Hosmer Hall. Ray will describe some of the technical aspects of organ sound, and explain and demonstrate the great acoustics in the room. **Laura Toland**, a graduate of Crane School of Music, is currently an accompanist at Crane and also the music director and organist at Potsdam First Presbyterian Church. **Ray Toland** is on his fourth retirement: first from the Army (20 years); then from the Alabama Supercomputer Network (2 years); then from Clarkson University (10 years); and finally from teaching math and physics at SUNY Potsdam. Ray has many interests, one of which is investigating the acoustic properties of musical instruments. **[S-14-28]**

**Indoor Rock Climbing: . . . Adam Wheeler and Kelly Glascott
An Introduction****1 session, 2 hours** (*SUNY Potsdam, Maxcy 104 and the Field House*)

Participants first will learn a bit about the history and sport of rock climbing. Then you will be introduced to the sport itself, learning the basics of indoor rock climbing. Topics covered include: safety at the wall, putting on a climbing harness, basic knots, climbing equipment, climbing calls, belaying, and basic climbing techniques. Then you can try climbing or help man the ropes below, if you wish. **Adam Wheeler** brings over 15 years of experience in the adventure education field to the climbing center. He is on the faculty of the Wilderness Education Program at SUNY Potsdam, and besides Rock Climbing, he teaches Leadership I,

Therapeutic Recreation, and Backpacking and Leadership in Adventure Education. **Kelly Glascott** is a junior majoring in Environmental Studies. She is also a student in the Wilderness Education Program. Kelly has been climbing for 5 years, and she brings a true passion to the sport. **NOTE:** 1) Although participants will be encouraged to climb the wall, they are not required to climb. 2) Wear comfortable clothing and shoes that have good “gripping” soles on them. [S-14-29]

Lifelines: Writing Your Way In **Victoria (Viki) Levitt**
5 sessions, 1½ hours each (*SUNY Potsdam, Morey 117*)

Participants will explore and write about their life experiences, using poetry and other materials as prompts for writing. **Viki Levitt** teaches writing at SUNY Potsdam. She is a certified applied poetry facilitator with credentials through the National Federation of Biblio-Poetry Therapy. She is also a certified instructor for Journal to the Self, with credentials through the Center for Journal Therapy. **NOTE:** Bring notebooks or journals (or your laptop) to use for writing in class. **Cap: 12.** [S-14-30]

Lost Railroads of the Adirondacks **Art Johnson**
1 session, 1½ hours (*SUNY Potsdam, Kellas 217*)

This presentation is on the long-gone railways that opened up the Adirondacks to industry, sports, and tourism. **Art Johnson** has had a life-long interest in railroads, a topic he included while teaching Adirondack history in the wilderness workshop program at SUNY Potsdam in the early 1980’s. At our 2013 fall luncheon, Art received the Leon LeBeau SOARing Educator Award in recognition of the many outstanding courses he has taught for SOAR. [S-14-31]

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

Learn to play Mah Jongg or, if you are not a newcomer to the game, hone your skills. This is an opportunity for people of differing skill levels to play Mah Jongg. Newcomers are welcome. **Kay Russell** is a retired Children’s Services Supervisor from the Department of Social Services and **Brenda Francey** is a retired teacher from the Ogdensburg school system. Between them, they have over 40 years of playing Mah Jongg. **NOTE:** Bring a Mah Jongg set and cards, if you have them. **Cap: 20.** [S-14-32]

Maple Syrup Production **Arthur Hurlbut**
1 session, 1½ hours (*SLCHA: Silas Wright House, Canton*)

Maple syrup and other maple products are luxury items which are produced in northern New York. This presentation will describe how the process of making maple syrup has changed over the years. The presenter will show slides of some of the equipment used in the process today. **Arthur Hurlbut** has been making maple syrup for his entire life, but only for the last 20 years has his operation been of a commercial size. The family business now has about 3800 taps and produces about 2500 gallons of syrup per year. [S-14-33]

Mathematics in Ancient Mesopotamia **Cheryl Chute Miller**
1 session, 1½ hours (*SUNY Potsdam, Van Housen Ext. SB27A*)

The mathematics done by many ancient civilizations is much more sophisticated than most people know. In this presentation, we will look specifically at mathematics from ancient Mesopotamia, which flourished from 3500 BCE to 500 BCE. **Cheryl Miller** has taught in the department of mathematics at SUNY Potsdam for 25 years. Over 10 years ago, she created a course in the history of mathematics called “Mathematical Origins.” The course has been offered as both a regular semester course and as a travel course, enticing students to travel to Mexico to see Mesoamerican relics which include the use of numbers. [S-14-34]

Medicare and Health Insurance Options **Nancy Green**
1 session, 2 hours (*Potsdam Civic Center*)

In this presentation you will learn about the basics of Medicare and other health insurance options available in St. Lawrence County. **Nancy Green**’s health insurance background began in 1994 when she was hired by the St. Lawrence County DSS (Department of Social Services) to work with Medicaid Managed Care. In 1998, she worked at the DSS in the Medical Services Department. In 2007, she started working for St. Lawrence County Office for the Aging where she is currently the HIICAP (Health Insurance Information Counseling Assistance Program) Counselor. **Cap: 50.** [S-14-35]

Meditation **Donna Clark**
2 sessions, 1½ hours each (*Potsdam Town Hall*)

The purpose of this course is to help participants quiet the internal chatter of their minds in order to live with greater compassion and mindfulness. To achieve this purpose, the presenter will draw upon the works of Eckhart

Tolle, Pema Chodron, Thich Nhat Hanh, Jack Kornfield and others. Also, she will share her experience at Oneness University last winter, where she and 400 other students from around the world were helped to make a deeper connection with their own divine. **Donna Clark** was a religion major at SLU, where she began a lifelong spiritual pursuit. She pastored the Pierrepont Free Association Church for 11 years, and for the past 8 years she has served as chaplain for the female inmates in the county jail. Donna and her husband, John, have raised 7 of their own children and also a number of children from Thailand. [S-14-36]

Memory and Attention: Surprises of the Mind **Serge Onyper**
1 session, 1½ hours (*SLCHA: Silas Wright House, Canton*)

Many of us go through life seeking rich, novel experiences, yet few realize that our ability to perceive the world around us and to remember what we have experienced is constrained by the cognitive architecture of the human mind. In this interactive class, we will explore a number of striking perceptual, attentional, and memory phenomena that will make you question your eyes, your memories, and perhaps even your sanity! We will discuss whether it is possible to achieve supermemory as well as what you can do to improve your ability to retain and remember everyday information. We will also ponder why, in spite of the mind's limitations, we rarely feel that we miss out on getting the most out of life. **Serge Onyper** is a cognitive psychologist with a particular interest in the study of human memory. He holds a doctorate in experimental psychology from Syracuse University, and has taught at St. Lawrence University for almost 7 years. **NOTE:** Handouts will be available at the presentation. **Cap: 35.** [S-14-37]

Nelson Mandela: The Story Behind the Icon **Eileen Raymond**
1 session, 1½ hours (*Potsdam Civic Center*)

What do you think of when you hear the name Nelson Mandela? In this session, we will consider the facts about his life journey, his “Long Walk to Freedom.” How did he become the icon we know today? We will explore what he means to the people of South Africa...and the world. Together we will consider what lessons we can take away from this life well lived. **Eileen Raymond** spent 2009-2010 working in Port Elizabeth, South Africa on a Fulbright at the Nelson Mandela Metropolitan University, and she has returned every year since then. What she learned there about the history of the struggle against Apartheid and the role that Nelson Mandela played in it helped her see the real flesh and blood human being behind the icon. **NOTE:** See the course web page for links to some information on Mandela. [S-14-38]

NYS Long Term Care Ombudsman Program **Winnie Sachno**
1 session, 1½ hours (*SUNY Potsdam, Maxcy 104*)

The New York State Long Term Care Ombudsman Program is a volunteer-based program that provides information and/or advocacy for residents in long term care facilities. Ombudsmen help residents understand and exercise their right to good care that ensures preservation of their dignity and respect in an environment where they can enjoy a good quality life. **Winnie Sachno** has been a Catholic Charities employee for 23+ years. She is the coordinator for the Ombudsman Program in St. Lawrence, Jefferson and Lewis counties. **NOTE:** More about this program can be found at: <http://www.ltombudsman.ny.gov/> [S-14-39]

North Country Authors VI **Jim Barry, Coordinator**
3 sessions, 1½ hours each (*Partridge Knoll, Canton*)

This course provides participants a variety of regional writing talent. Each week one of the authors will speak about his/her literary work(s). These presentations will focus primarily on the subjects of the books. The authors also will talk about the writing process and their experiences in publishing and marketing, in addition to reading passages from their books. Coordinator **Jim Barry** is himself a writer. He is a member of the SOAR Board of Directors and a co-chair of the Curriculum Committee. In 2006 he was named a SuperSOARer. The presentations are in this order:

“**Early Recollections**” – **Art Clark** will discuss the topic of his new book: *Dawn of Memories: The Meaning of Early Recollections in Life* (Rowman & Littlefield, 2013). Examples of early recollections will be cited. Participants will be encouraged to share their own recollections with the aim of discovering their meaning. **Art Clark** teaches in the Education Department at SLU.

“**White Child Slavery in Colonial America**” – **Richard Hayes Phillips**. The presenter has identified by name 5290 white children kidnapped from Ireland, Scotland, England, and New England who were sentenced to slavery by the county courts of Maryland and Virginia, c. 1660-1720. These children were all “without indentures” (i.e., transported to the New World against their will). The author will discuss the history of white slavery in America and comment on the research methods he utilized to discover the story. **Richard Hayes Phillips** holds a Ph.D. in geomorphology, M.A. degrees in history and geography, and a BA in politics. His book is titled: *Without Indentures: Index to White Slave Children in Colonial Court Records* (Genealogical Publishing Company, 2013).

“Ins and Outs of Electronic Publishing” – Linda McCarty. The popularity of e-readers is changing the publishing world and creating a generation of “indie” (self-publishing) authors. This session is designed for writers ready to start exploring the possibilities of self-publishing. **Linda McCarty** is the author of three fantasy novels: *The Oath-taker’s Challenge* (published at Smashwords.com), *Whatever It Takes* (currently being revised), and a new work (based on history). [S-14-40]

[corrected order]

Numerology for Fun

Donna Wright

1 session, 1½ hours (*offered twice*) (*Potsdam Civic Center and Partridge Knoll*)

What do your name and your birth date say about you? Learn what the relationship is between a count (or measurement) and life. This exploration of numerology is presented to you in the context of fun and entertainment.

Donna Wright is a retired detective sergeant from the Palm Beach County Sheriff’s Homicide Unit. She is interested in numerology and other paranormal arts that are outside the range of normal experience or scientific explanation. **Cap: 22 each session.** [S-14-41] [S-14-42]

Paranormal Investigations

Lana Putnam

4 sessions, 1½ hours each (*SLCHA: Silas Wright House, Canton*)

Learn about actual paranormal investigations – such things as how the cases are conducted, how they are researched, what equipment is used, etc.

Lana Putnam was a promotions director and an art teacher. Now retired, she pursues her interest and research in the supernatural. For her, this interest befits her lifelong quest for answers. Lana, along with a partner, founded PISToLS - Paranormal Investigations Saint Lawrence Seaway in 2009. Lana advises the team on all aspects of their investigations, from client relations to research. **NOTE:** Bring a pen, paper or notebook, and an open and analytical mind. **Cap: 20.** [S-14-43]

Race, Ethnicity, and Baseball Liz Regosin and Jennifer Hansen

3 sessions, 1½ hours each (*Canton: SLU, Carnegie 10*)

In this course, we will examine some of the historical and philosophical dimensions of race and ethnic relations in the US as reflected in the history of professional baseball both on and off the field. Rather than taking a systematic look at the entire history of baseball, in our short time

together we will focus on several important moments in baseball history to highlight the ways in which they illuminate issues of race and ethnic relations in the US. **Liz Regosin** is a historian and **Jennifer (Jenny) Hansen** is a philosopher. The two have been teaching courses together at St. Lawrence University for the past five years. Their courses focus on issues of social justice and race and ethnic relations in the US (and, of course, the relationship between the two). These courses include “Making a Difference: Active Citizenship in a Thriving Democracy,” “Behind Bars in the United States,” and “Race, Ethnicity, and Baseball.” Liz and Jenny are deeply passionate about issues of social justice. [S-14-44]

Red Sandstone Trail History Walk

John Omohundro

1 session, 1½ hours (*offered twice*) (*Red Sandstone Trail, Hannawa Falls*)

This Raquette River walk features quarrying, hydroelectric power, log runs, railroads, and environmental protection along the river, as well as beautiful scenery. We will walk about two miles at a slow pace, sometimes over rough ground. **John Omohundro**, an avid hiker, is the creator and coordinator of the Red Sandstone Trail. He helped to secure the trail during re-licensing negotiations in the ‘90s. John is a retired SUNY Potsdam professor; he taught in both the Environmental Studies and the Anthropology Departments. **NOTES:** 1) Wear sturdy walking shoes, and raingear, if there is inclement weather; 2) Meet at the trailhead of Hannawa Falls (map and directions provided with registration confirmation – and also linked on the course web page). **Cap: 16 each session.** [S-14-45] [S-14-46]

Remembering the...

Richard (Dick) Johnson

Morristown-Brockville Ferries

1 session, 1½ hours (*SUNY Potsdam, Maxcy 104*)

The presenter will relate the history of the Brockville and Morristown Transportation Company which ferried passengers, vehicles, livestock and freight between two St. Lawrence River communities, Morristown and Brockville, for much of the first half of the 20th Century. **Dick Johnson** retired as Vice President for Philanthropy and Alumni Relations at Clarkson University in November, 2013. A lifelong seasonal resident (and now a year-round resident) of Morristown, Dick is the grandson of Frank and Dorothy Scott, the couple who owned the ferry company for nearly 35 years. [S-14-47]

Researching Your Family...**Rita Goldberg****Using Free Online Resources****4 sessions, 1½ hours each** (*SUNY Potsdam, Satterlee 300*)

This course gives you an introduction to online genealogical research using free resources. Emphasis will be on North Country, Ontario and Quebec resources, but, depending on the specific interests of participants, materials for other areas of the United States as well as other countries will also be included. **Rita Goldberg** is a retired professor of Spanish at SLU. She is a volunteer researcher at the St. Lawrence County Historical Association where she specializes in responding to genealogical and historical inquiries. She has also done extensive historical research in archives in Spain, especially on 16th and 17th Century poetry and music.

Cap: 12. [S-14-48]**Run, Hide, Fight, and Survive** **John Kaplan and Tim Ashley****1 session, 1½ hours** (*SUNY Potsdam, Maxcy 104*)

To be safe, think about safety! At this presentation, learn about the best ways to survive a workplace active shooter incident. Apply what you learn to form a safety plan for home and other places you frequent. **John Kaplan** assumed the job of Chief of University Police at SUNY Potsdam in January 2010, and also at SUNY Canton, in January 2013. (He retired from his former position as Chief of Police for the Village of Potsdam.) Last July, **Tim Ashley** was appointed the Deputy Chief of University Police at SUNY Potsdam, where he has worked since 2009. (Formerly he had worked on the force at SUNY Canton, and before that at various correctional facilities.) **[S-14-49]**

St. Lawrence Brewery Tour**Ken Hebb****1 session, 1½ hours** (*St. Lawrence Brewery, Canton*)

Take a tour of the newly-opened St. Lawrence Brewery in Canton. Learn about brewing and the business of starting a microbrewery. **Ken Hebb** finished an MBA at Clarkson University and immediately looked into business opportunities in the North Country. Ken's work in entrepreneurship includes consultation with numerous regional startups as well as ownership of startup businesses, including the Blackbird Café and Parkview Beer and Wine Bar. In addition, he has worked in information technology and also in strategic information management at North Country Savings Bank. **[S-14-50]**

Scanning Electron Microscopy (SEM)**Jill Pflugheber****1 session, 2 hours** (*offered twice*) (*Canton: SLU, Johnson 135*)

Scanning electron microscopy is a great technology for obtaining very high resolution images, as well as determining the elemental composition of some samples. In this course, we will learn how the SEM functions, do a quick sample prep together, and use that sample to obtain a high resolution image and perform X-ray dispersive spectroscopy (EDS) to do elemental analysis. Formerly a senior research associate at the University of Texas Southwestern Medical Center, **Jill Pflugheber** worked 17 years in biomedical research before moving here to take a position with SLU as the microscopy technician and ultimately as the microscopy instructor. She enjoys teaching students both SEM and confocal laser scanning microscopy. Jill also functions as the university's radiation safety and laser safety officer. **NOTE:** No need to bring anything but your curiosity!

Cap: 8 (each session). **[S-14-51] [S-14-52]****Shakespeare on Film: *Richard III*****Mark Coleman****4 sessions, 2 hours each** (*SUNY Potsdam, Kellas 217*)

Richard III is a consummate villain who is overwhelmingly attractive to both men and women and a great challenge to actors. We will observe how Laurence Olivier, Ian McKellen and Al Pacino confront the challenge. **Mark Coleman** taught Shakespeare for a couple of decades at SUNY Potsdam. He made extensive use of films in his classes. He has taught SOAR classes on filmed versions of *Henry V*, *Romeo and Juliet*, *The Tempest*, and *Hamlet*. **[S-14-53]**

Space Shuttle Experiments and Mars Exploration **Dana Barry****1 session, 1½ hours** (*SUNY Potsdam, Maxcy 104*)

The presenter will introduce you to the Red Planet (Mars) and comment on the recent missions to Mars. Particular attention will be paid to the seed experiments on the space shuttle Endeavour. As a special treat, participants will be treated to a taste of astronaut ice cream. **Dana Barry** is the Senior Technical Writer & Editor at CAMP, Clarkson University. She also serves as a visiting professor overseas. Dana organized a team of local elementary, high-school and college students to participate in the world's first Marslink Mission. They carried out experiments aboard the space shuttle Endeavour, making discoveries right along with mission science teams. **[S-14-54]**

Studies in the Sonnet II**Bob DeGraaff****4 sessions, 1½ hours each** (*Partridge Knoll, Canton*)

Together in this course we will discuss a new group of some of the greatest poems in the English language. **Bob DeGraaff** is a retired professor of English literature, at SLU where he taught for 40 years. His specialty is the Victorian period. He has always been particularly interested in poetry. **NOTE:** The presenter will provide participants with copies of the sonnets in class. [S-14-55]

Un-natural North Country Wildlife**Roy Horst****4 sessions, 1½ hours each** (*SUNY Potsdam, Stowell 211*)

In this course we will discuss the recent appearance of feral pigs and European wild boars in St. Lawrence County, as well as feral cats, feral dogs, and dog-coyote and wolf-coyote hybrids, and the possible reappearance of mountain lions and lynx in the North Country. **Roy Horst** has spent most of his career studying natural and exotic wildlife in the Caribbean, Mexico and Hawaii, with special emphasis on bats and the introduced and destructive small Indian mongoose. The last two fall semesters he has talked about the mammals in our area, with only time enough to mention some “unexpected visitors.” This semester he is discussing this topic in more detail. [S-14-56]

Vicarious Voyagers XIV**Ruth Kreuzer (Coordinator)****4 sessions, 1½ hours each** (*Potsdam Civic Center*)

Voyage vicariously to exotic places with our world-traveling presenters via their slide shows. Coordinator (and honored “Super SOARer” in 2007) **Ruth Kreuzer** is herself a world traveler. She loves seeing the world through the lens of a camera and enjoys hearing about the experiences of other travelers. Four adventures await you (in this order):

“**WWOOF-ing in New Zealand: A Cultural Exchange**” – **Levi Zufall** (local young dairy farmer spends a month in New Zealand studying advanced organic farming practices by working on several dairy farms.)

“**I Love Paris! You Will Too!**” – **Radmila Zuman** (multiple visits to Paris over the years, most recently in 2011)

“**Norway...in the Winter**” – **Eileen Raymond** (a month in Norway in the winter of 2012; what do Oslo and southern Norway have to offer the traveler?)

“**Walking England’s Coast-to-Coast Path**” – **Mary Ellen Carvel and Sue Hayden** (192 miles in 16 days; from St. Bees on the Irish Sea to Robin Hood’s Bay on the North Sea) **Cap: 80.** [S-14-57]

Whole Foods for Whole Health**Paula M. Youmell****1 session, 1½ hours** (*SUNY Potsdam, Maxcy 104*)

Travel through the world of whole foods. Learn what they are and how they affect your cellular health. Discover why whole foods are a lifestyle key to vibrant health, living, and healing. Learn the importance of seasonal and local foods in balancing your energy and health. **Paula M. Youmell**, RN, MS, CHC, is a NYS-Licensed RN, Certified Holistic Health, Nutrition and Fitness Educator, NYS-Licensed Health, and Physical Education Teacher, Reiki Master, Herbalist, and Yoga instructor who works through her private practice, “Hands On Health Holistic Healing,” in Potsdam, NY. **NOTE:** Visit her business website: <http://www.handsonhealthhh.com> [S-14-58]

You Too Can Play the Harmonica**Neil Garner****4 sessions, 1½ hours each** (*SUNY Potsdam, Van Housen Ext. SB27A*)

This course is for those people who have played the harmonica before but would like a refresher, or those who have never played and would like to join the thousands who now play the nation’s most popular musical instrument. If you can whistle a tune you can play the harmonica. No music knowledge required! You will not be required to read music! **Neil Garner** is a retired science and technology teacher. He has played both the banjo and harmonica since his teenage years. **NOTE:** You must have a 10-hole, C-tuning harmonica to bring to class. (Northern Music has inexpensive harmonicas for sale.) **Cap: 15.** [S-14-59]

Zumba Gold®**June Peoples****12 sessions (2 sessions a week), 1 hour each***(SLU: Newell Fitness Center, Multi-purpose Room, Canton)*

Zumba Gold is a low impact dance fitness class ideal for active older adults. The music and moves will have you hooked from day one. Dance experience is NOT required. Having fun IS. **June Peoples** absolutely loves to dance. She especially enjoys the atmosphere of Zumba – the laughter and fun we have in class while doing something so healthy. Her licenses include: Zumba B1 and 2, Zumba Gold/Toning, Zumba Kids, Zumba Toning, Abs and Core. She is also certified in PiYo. **NOTE:** Please wear comfortable exercise clothing and supportive aerobic style sneakers – shoes without a lot of tread at the bottom that are meant for medial/lateral/twisting motion. Proper footwear is extremely important in Zumba. [S-14-60]

* * *

SOME of our NEW SOAR LOCATIONS



(coming from Canton view)



(going towards Canton view)

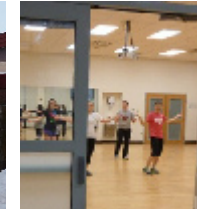
Cornell Cooperative Extension (Canton)
"Horse Breeds and More"



**Newell Field House
 Multi-Purpose Room**
 (SLU: Canton)
"Zumba Gold®"



(entrance)



Yoga Loft (Canton)
 at Maplewood Health Care
 and Rehabilitation Center



"50+ Yoga"



Potsdam Town Hall (Potsdam)
"Meditation"



Mammoth Lifting (Potsdam)



*"Gaining
 Strength,
 Mobility,
 and Health"*



St. Lawrence Brewery (Canton)

"St. Lawrence Brewery Tour"



Tell your friends about SOAR!

A NOTE FROM THE CHAIR

“Classmates Help Make SOAR Courses Special”

A glance through this booklet reveals that SOAR’s Spring 2014 semester offers an amazing variety of courses. You’ll find topics in science, history, literature, ecology and home business. You’ll see classes related to travel, crafts, art and music. You’ll notice sessions promoting physical, emotional and spiritual wellness. And, as usual, you will also discover many intriguing choices that defy simple categorization.

Numerous well-qualified presenters – from amateur hobbyists to professional experts – teach our courses. As well, we schedule classes for your availability during daylight hours at many different times, and at a variety of convenient and comfortable locations.

In addition, our program offers you another major benefit worth keeping in mind: the value added by SOAR members themselves.

The enthusiasm of our members energizes our classrooms and enriches every course. SOARers enroll because they’re curious and they want to learn. They listen carefully. They readily ask – and answer – questions. They make observations. They participate in discussions. They have opinions. All of which help make classes even more interesting for both students and teachers.

As well, every course provides an opportunity for participants to enjoy stimulating personal interactions and to make new friends. Such social networking is one of the most rewarding aspects of the program – and another good reason to enroll in any SOAR class.

So enjoy making your selections from among this semester’s excellent options. Remember that because classes fill up fast, you should return your registration materials to the SOAR office as soon as possible.

And have a great Spring 2014 SOAR Semester!

Steve Hopkins, Chair, SOAR Board of Directors

A few more of our returning presenters and what they are teaching this semester

Arthur Hurlbut
“Maple Syrup Production”



Daniel ben-Avraham
“Hebrew for Beginners”



“The whole art of teaching is only the art of awakening the natural curiosity of the mind for the purpose of satisfying it afterwards.” — Anatole France



Eileen Raymond
“Nelson Mandela:
The Story Behind the Icon”



Peggy Mooers
“Charlie Chaplin & Buster Keaton:
Kings of Silent Comedy”

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

Outstanding Contribution to SOAR Award *(awarded now and then)*

- 2008 – Neil Johnson
- 2010 – Barbara Trerise
- 2011 – Nancy Hess

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

WHAT DOES IT MEAN TO BE . . .

Q: sponsored by SUNY Potsdam? A: We have classroom, event, and office space; access to parking, Crumb Library, Maxcy Hall (pool, fitness center, field house); financial services; tech support; and a home base at SUNY Potsdam within CLEAR *(see p.1)*

Q: affiliated with Road Scholar? A: We get info about, and connection to, other groups like ours

REMINDERS

Daylight Savings
Time starts 2:00 am
Sunday, March 9

Send in registration
form right away!

Volunteer to be a
SOAR ambassador!

Classes start
Monday, March 10

Meet-the-Chef
the kitchen at
Iroquois Farm
(pay by March 17)
Wednesday, Mar. 26
1:00pm *(see p.3)*

Classes end
Tuesday, May 20

SOAR Luncheon
Wednesday May 21
11:30-2:00 *(see p.3)*

Luncheon Cruise
on Raquette Lake,
+ The Wild Center
(pay by June 9)
Wednesday, June 18
(see p.3)

FIND SOAR . . .

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SUNY Potsdam
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Potsdam, New York 13676

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Office #382
*take the elevator to the third floor,
the SOAR office is in the left corridor*
soar@potsteam.edu
(315) 267-2690

www.soarnorthcountry.org

for up-to-date info on:

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