



SOAR

Spring 2025

Course Descriptions

SOAR Office
382 Van Housen Ext.
SUNY Potsdam
MWF 9 am -2 pm
(315) 267-2690

1 The ABCs of LGBTQ+

Presenter: Scoon, Erin

Location: Canton Free Library

Cap: 50

Classes: 1 session, 1.5 hours

Dates and Times: Friday, 5/2, 2:00-3:30

Description: This course aims to increase understanding around the LGBTQ+ community. It will provide definitions, and explore differences between things like sex, gender identity, and gender expression. This course will also talk about the history of Pride, its evolution over the years, and how the LGBTQ+ community has shaped culture and politics. Registrants are encouraged to come to this class with an open mind and prepared to participate; resources will be provided.

Presenter's Background: **Erin Scoon** (she/her) has a master's degree in counseling and community psychology. She worked as a Licensed Mental Health Counselor with college students, community members, and incarcerated individuals. Erin has attended numerous local and national trainings about the LGBTQ+ population and has actively worked with members of the community for over a decade. She currently focuses on gender-based violence prevention work.

2 The Alexander Technique, Introduction

Presenter: Robinson, Beth

Location: SUNY Potsdam Maxcy Dance Studio

Cap: 20

Classes: 2 sessions, 1.5 hours

Dates and Times: Mondays, 3/10, 3/17 10:00-11:30

Description: The Alexander Technique is a proven, safe, self-care method to stop pain, stress and muscular tension caused by everyday misuse of the body. In this class, learn how our everyday movements such as sitting down, standing up, and walking may create unnecessary tension in our bodies. Through increased awareness, and occasional gentle hands-on guidance from the teacher, we create the possibility for change.

Presenter's Background: **Beth Robinson** is a certified Alexander Technique Teacher. She received her training at the Montreal School of the Alexander Technique. A member of the American Society for the Alexander Technique (AmSAT) and Chair of the Committee for Alexander Technique in the Performing Arts, Beth has worked individually with musicians, actors, dancers and athletes, and pregnant women. She also taught the Alexander Technique in the Theater and Dance Department at SUNY Potsdam for seventeen years.

Note: amsatonline.org is a useful resource for more information about this work. Participants are encouraged to wear comfortable clothing. They may choose to work in either socks or clean footwear for the Dance Studio.

3 The Alexander Technique, Part 2

Presenter: Robinson, Beth

Location: SUNY Potsdam Maxcy Dance Studio

Cap: 20

Classes: 2 sessions, 1.5 hours

Dates and Times: Mondays, 3/24, 3/31, 10:00-11:30

Description: This class will build on the activities presented in the first session with additional attention for the eyes, the breath, as well as any specific interests of the participants.

Presenter's Background: **Beth Robinson** is given in Course 2.

Note: amsatonline.org is a useful resource for more information about this work. Participants are encouraged to wear comfortable clothing. They may choose to work in either socks or clean footwear for the Dance Studio.

4 Amphibian Biology

Presenter: Hoffmann, Kris

Location: Potsdam Humane Society, 17 Madrid Avenue

Cap: 50

Classes: 1 session, 2 hours

Date and Times: Monday, 3/17, 1:00-3:00

Description: Join us for a humorous presentation and discussion on the evolution, anatomy, and ecology of frogs and salamanders. Why are frogs slimy? Why do salamanders move their throat while breathing? Why don't axolotls undergo metamorphosis? Why do frogs move their eyes while swallowing? We'll get a close look at live animals, marvel at their skeleton, and discuss some North Country residents that will soon be emerging for some springtime sunbathing.

Presenter's Background: Dr. Kristine Hoffmann is a herpetologist who focuses on conservation, habitat needs, and distribution of amphibians and reptiles. She is most well known for her studies on the ecology of Unisexual Salamanders, authoring a vernal pool coloring book, and using her Conservation Detection Dog, K9 Newt, to map endangered turtle populations. Kris lives in Potsdam with her dogs, rabbit, frogs, salamanders, turtles, and more chickens than her husband would like.

5 The Art of Hand-pulled Prints with Brilliant Colors

Presenter: Nestlerode-Hale, Sandra

Location: SUNY Potsdam Satterlee 225

Cap: 12

Classes: 3 sessions, 1.5 hours

Date and Times: Wednesdays, 4/23-5/7, 1:30-3:00

Description: You can create two works of art in just a few hours. One painting session can give you two or more results. It's fun and inexpensive.

We can also create hand-pulled prints using several plexiglass plates provided by the instructor. It's fun to see the results as you pull off the prints.

We will emphasize color, brilliant color! We'll be using ideas and techniques developed from as far back as the Middle-Ages to modern day print techniques used by Picasso and David Hockney. No experience is necessary! Beginners are welcome!

Presenter's Background: Sandra Nestlerode-Hale is a published artist. She has taught art in England, Maine and Pennsylvania. She is currently working on art projects in her studio in Colton, NY. For the last 3 years, she has taught art sessions for SOAR.

Note: Suggested List of Supplies: Your favorite drawing pencils, black ball point or drawing pen, smock or apron to cover-up, several pieces of 140 LB. watercolor paper, or heavy printing paper 11" x 14", three small tubes of oil paint if you have them, three small watercolor tubes in your favorite colors, a small bottle of India Ink or other "waterproof ink" if you have it. Brushes and dip pens are provided. You can check out printmaking on the web.

6 Baffin Bay to Beaufort Sea by Kayak

Presenter: Visser, Eileen

Location: SUNY Potsdam Stowell 211

Cap: 140

Classes: 1 session, 1.5 hours

Date and Times: Tuesday, 4/1, 1:00-2:30

Description: Join Eileen Visser (Biology, SLU) as she describes the first single season human-powered traverse of the Canadian Arctic Archipelago. This elusive sea route was long impassable due to thick year-round ice, but climate change has opened the channels between high arctic islands, allowing their four-person team to cross the 1800-mile Northwest Passage in 103 days. More travelogue than science but will address changing conditions in the arctic and their implications while focusing on the adventure of tackling sea ice, wind, cold, and polar bears to experience this once in a lifetime immersion in nature.

Presenter's Background: Eileen Visser is an Alaskan, having grown up in Valdez in a log cabin with no road access, electricity, running water or telephone (until 16 yrs old). Her undergraduate studies were in Biology at University of Notre Dame with summers at UNDERC field station in Land O'Lakes, WI, researching mosquitoes and dragonflies. Her MS was in Biological Oceanography at North Carolina State in Raleigh with fieldwork in the Chesapeake Bay at Virginia Institute of

Marine Science working on the effect of eelgrass habitats on blue crabs. Her Ph.D. work was in Aquatic and Fisheries Sciences at the University of Washington, Seattle, looking at post-settlement juvenile Dungeness crab, followed by a project with the Army Corps of Engineers. She teaches natural history and ecology of ADKs, Natural World, and General Biology at SLU and is a certified EMT and member of the Parishville Dive & Rescue teams.

7 Beyond the Canvas: Exploring Art at the Turn of the Century

Presenter: Pratt, Julie

Location: Frederic Remington Art Museum, 303 Washington Street, Ogdensburg

Cap: 20

Classes: 1 session, 1.5 hours

Date and Times: Wednesday, 3/5, 11:00-12:30

Description: Frederic Remington was a unique figure in American art, particularly known for his depictions of the American West, and cowboy culture. But what were Remington's contemporaries up to during this time? Which artists inspired him and who was inspired by him? This isn't your traditional lecture course; it's a walking symposium! Participants will enjoy guided exploration of the exhibits that will get them up and moving throughout the Museum as they learn.

Presenter's Background: Julie Pratt has a BFA in Fine Art from Syracuse University with a background in art history, art education and studio arts. She has been an educator at the Remington Center for eight years.

Note: Background information on Remington: <https://fredericremington.org/frederic-remington-c4.php>

8 Billy Collins Poems, 2024

Presenter: DeGraaff, Bob

Location: Canton Free Library

Cap: 60

Classes: 3 sessions, 1.5 hours

Date and Times: Tuesdays, 4/8-4/22, 1:30-3:00

Description: Billy Collins has been the U.S. Poet Laureate twice and is widely regarded as America's favorite living poet. His poems are transparent and accessible but often take surprising turns that are very amusing.

Presenter's Background: Robert DeGraaff (Bob) taught English literature courses, along with numerous sections of "Introduction to Poetry," at St. Lawrence University for forty years, retiring in 2008.

9 A Brief History of the Kanienkeha:ka of Akwesasne

(See also Course numbers 13, 17, 22, and 36)

Presenter: Oakes-Herne, Katrina

Location: Potsdam Civic Center Community Meeting Room, 2 Park Street.

Cap: 45

Classes: 1 session, 1.5 hours

Date and Times: Monday, 5/5, 10:00-11:30

Description: Even in modern times, what you learn in history class is often one-sided, and most likely from the point of view of the oppressor. The tales of the conquering Hero, some may say. For the people of Akwesasne, that story is far different than what you may have heard growing up, and that is, if you have been taught anything about the people at all. This class is a brief history lesson told from the point of view of the Haudenosaunee (People of the Longhouse), with focus on the Kanienkeha:ka (Mohawk) of Akwesasne more specifically.

Presenter's Background: Katrina Oakes-Herne is the Community Outreach Worker for the Seeds of Resiliency Program with the Seven Dancers Coalition and a Cultural Educator for the Saint Regis Mohawk Tribe's Healing to Wellness Court. She was previously the Traditional Support Worker for the SRMT Department of Social Services. Not only does she carry degrees in Social Work, Addictions and Cultural Counseling but Katrina is able to bring her lifetime of traditional learning and knowledge to the table.

10 Canine Body Language

Presenter: Hoffmann, Kris

Location: Potsdam Humane Society, 17 Madrid Avenue

Cap: 50

Classes: 2 sessions, 2 hours

Date and Times: Mondays, 3/3, 3/10, 1:00-3:00

Description: Dogs are constantly communicating using body language. A backwards lean may mean fear, play, curiosity, or appeasement, depending on context. We'll learn what to look for from nose to tail to better read dogs. Along the way we'll learn how we can use our own bodies to communicate better with dogs, and Kris will share examples from working with noisy neighborhood dogs, stray dogs, agility dogs, and detection dogs. Participants are invited to submit images of their own dogs for the class to discuss.

Presenter's Background: Dr. Kristine Hoffmann is a herpetologist who focuses on conservation, habitat needs, and distribution of amphibians and reptiles. She is most well known for her studies on the ecology of Unisexual Salamanders, authoring a vernal pool coloring book, and using her Conservation Detection Dog, K9 Newt, to map endangered turtle populations. Kris lives in Potsdam with her dogs, rabbit, frogs, salamanders, turtles, and more chickens than her husband would like.

Note: The instructor's dogs will be present and potentially off-leash during the class.

11 Chair or Gentle Movement Yoga, Breath Work, & Vagal Toning to Release Stress

Presenter: Youmell, Paula

Location: SUNY Potsdam Dance Studio

Cap: 45

Classes: 1 session, 1.5 hours

Date and Times: Monday, 3/3, 10:00-11:30

Description: This course is a teaching presentation on how the movement and breath work of simple yoga postures support toning the nervous system and creating resilience in perception and response to stress.

Presenter's Background: Paula Youmell is a Functional Medicine RN, Herbalist, Yoga Teacher, and Cross Cultural Energy Medicine Practitioner.

Note: Students can bring a yoga mat IF they are not going to practice in a chair, but not required. We can be very flexible and creative! Understanding the importance of the vagus nerve: <https://www.paulayoumellrn.com/vagus-nerve-toning-for-health> Extra yoga wisdom helpful but certainly not necessary: <https://www.paulayoumellrn.com/yoga-musings-from-over-the-years>

12 Driver Safety by AARP

Presenter: Stewart, David

Location: BOCES 40 West Main Street, Canton

Cap: 30

Classes: 2 sessions, 3 hours

Date and Times: Tuesday and Wednesday, 5/6, 5/7, 1:00-4:00

Description: AARP's Smart Driver course is approved by New York State for insurance discounts and driver's license point reduction and is the nation's largest refresher course designed specifically for older drivers but is open to all age groups. The course helps participants update their driving knowledge, skills, and confidence. Courses are offered in two sessions of 3 hours each over two days. New York State requires that participants complete the full course to receive a 10% reduction in the base rate of automobile and motorcycle liability and collision insurance premiums for three years. Participants also could be eligible to reduce as many as four points from their driving record.

Presenter's Background: David Stewart is a retired university administrator and former radio and TV reporter and has been driving for six decades. He has taught almost 190 safe-driving courses, primarily in northern New York.

Note: Casual dress; participants must bring their NYS driver's license to class and a current AARP membership card (if a member). The course fee (\$25 for AARP members, \$30 for non-members) is payable **at the first session** (cash or check payable to AARP). Participants must pre-register and should arrive at least 20 minutes prior to the scheduled start time of the first session.

13 Evolution of Beadwork and Intro to Beading

Presenters: Oakes-Herne, Katrina and Barnes, Amie

Location: Potsdam Civic Center Community Meeting Room, 2 Park Street

Cap: 15

Classes: 1 session, 1.5 hours

Date and Times: Monday, 4/21, 10:00-11:30

Description: We will take a look at adornment styles pre-contact as well as modern. We will look at how our styles have evolved from functionality to fashion. Participants will take part in a **hands-on beading activity** as well.

Presenters' Backgrounds: **Katrina Oakes-Herne's** information is given in Course number 9. **Amie Barnes** is the Executive Director of the Seven Dancers Coalition, which focuses on restoring harmony within Indigenous communities and increasing the awareness of Domestic Violence and Sexual assault against Native American Women and their families. Amie runs several programs which include Healing Through the Arts program and will be providing the beading instruction.

Note: Helpful to bring your eyeglasses if needed, as we will be using small beads close up.

14 Flash Fiction: A Writing Workshop

Presenter: DeGhett, Stephanie Coyne

Location: Potsdam Civic Center Community Meeting Room, 2 Park Street

Cap: 24

Classes: 4 sessions, 1.5 hours

Date and Times: Tuesdays, 3/4 to 3/25, 1:00-2:30

Description: This course is about writing the short story in its shorter variations for beginners and beyond. Also known as micro fiction, sudden fiction and short, short fiction, its length varies (1-4 pages as a guideline). This form of the short story uses all the story elements of longer fiction with a few characteristics all its own. The workshop is designed for people who have never written a short story to people who have spent time with the genre. Each class involves discussion of the craft of storytelling, writing opportunities, and small group discussions in which you can share your work and ideas. Participation can be at any level. If anyone chooses to take one of their stories to revised completion, they are invited to send it to me at the end of the course for an email response to their work.

Presenter's Background: **Stephanie Coyne DeGhett** is a poet and fiction writer who has also written craft essays and is professor emerita from SUNY Potsdam where she taught writing for over forty years. She has published in numerous journals and lit mags and won an award or two. More information may be found at: stephaniecoynedeghett.tumblr.com

Note: Bring a notebook and pen or a laptop for writing.

15 Fun with Fermentation: A Hands-On Workshop

Presenter: Flip Filippi and Sasha Kocho-Williams

Location: Cornell Cooperative Extension Learning Farm, 2043B SH 68, Canton

Cap: 12

Classes: 1 session, 2 hours

Date and Times: Wednesday, 3/12, 10:00-12:00

Description: Join the Master Food Preserver Volunteers in this fun, informative in-person class. The instructors will share their enthusiasm for this simple preservation method with two techniques for fermenting vegetables. During this class, produce such as cabbage, carrots and garlic will be used, but the goal is for everyone to be comfortable trying this nutritious, flexible method at home with the seasonal produce of your choice. Participants will have the chance to make two recipes, sample other fermented products and take home a jar to ferment on their own.

Presenters' Backgrounds: **Flip Filippi** and **Sasha Kocho-Williams** are active homesteaders with decades of experience in growing and preserving vegetables, fruits, herbs, and animal proteins. They are also certified Master Food Preservers via Cornell Cooperative Extension.

Note: Cornell Cooperative Extension will provide aprons, gloves and all supplies and ingredients. The majority of the workshop will take place standing in the Harvest Kitchen, so comfortable shoes are a great idea. Participants are asked to cover/tie back their hair, and bringing a water bottle is encouraged.

16 Gettysburg 1863 - A Few Appropriate Remarks (Semester 3)

Presenter: Terry Niles

Location: Potsdam Town Hall, 18 Elm Street

Cap: 45

Classes: 2 sessions, 1.5 hours

Date and Times: Thursdays, 4/3, 4/10, 10:00-11:30

Description: This is the 3rd and final semester of a three-semester course focusing on the Battle of Gettysburg. By November 1863, the battle of Gettysburg had been over for four months. Yet the death and destruction it caused was far from being forgotten. This class will focus on the extensive work done to restore the town and establish a national cemetery to memorialize the tremendous sacrifices resulting from the battle.

Presenter's Background: Terry Niles is a local businessman, who, along with his sons, is the owner of Niles Financial Group. The study of history is a hobby for him. He graduated from St Lawrence University in 1976 with a degree in history and government. Niles has presented a number of SOAR classes in the past, including the Kennedy Assassination and the Summer of '69.

17 The Great Law of Peace: The First Democracy

Presenter: Oakes-Herne, Katrina

Location: Potsdam Civic Center Community Meeting Room, 2 Park Street

Cap: 45

Classes: 1 session, 1.5 hours

Date and Times: Monday, 4/28, 10:00-11:30

Description: In this class, we will look at the Haudenosaunee (People of the Longhouse) more specifically the Kanienkeha:ka (Mohawk) before European contact. We will talk about the Great Law of Peace, which is the basis for modern Democracy, traditional roles and responsibilities, how our people lived in harmony and the journey it took to get there.

Presenter's Background: Katrina Oakes-Herne's information is given in Course number 9.

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

Presenter: Rose, Doug

Location: SUNY Potsdam Flagg Hall 235

Cap: 20

Classes: 4 sessions, 1.5 hours

Date and Times: Wednesdays, 3/19 to 4/9, 1:30-3:00

Description: For well over a century, the gunfight at the O. K. Corral in Tombstone, AZ has been variously depicted in memoirs, histories, novels, movies, and TV shows. However, many of these representations have tended to be inauthentic. This course will clarify the facts of what happened on October 26, 1881, and will also highlight some of the gunfight's best-known literary and film adaptations.

Presenter's Background: Since his retirement from the SUNY Canton English Department in 2010, Doug Rose has broadened his readings in American history. A favorite subject has been the iconic clash between the Earp brothers and the Clanton gang in Tombstone, Arizona Territory.

19 Harmful Algal Blooms and Recreational Water Safety

Presenter: Wang, Siwen

Location: Potsdam Town Hall, 18 Elm Street

Cap: 45

Classes: 1 session, 1.5 hours

Date and Times: Friday, 3/21, 10:00-11:30

Description: This course will focus on harmful algal blooms and recreational water safety, examining aspects of causes, health effects, and resources to identify outbreaks.

Presenter's Background: Dr. Siwen Wang is an Assistant Professor in the Department of Civil and Environmental Engineering (CEE) at Clarkson University. Dr. Wang earned her Ph.D. in Environmental Science and Engineering from California Institute of Technology in 2020. She holds a master's and a bachelor's degree in Environmental Science and Engineering from Tsinghua University. Her current research interests include point-of-use nucleic acid-based sensors for the

detection of waterborne pathogens; photochemical and electrochemical treatment of emerging chemical and biological hazards; and passive sampling and laboratory analysis of per- and poly-fluoroalkyl substances (PFASs).

20 Hatha Yoga

Presenter: Morin, Cynthia

Location: SUNY Potsdam Maxcy Dance Studio

Cap: 15

Classes: 10 sessions, 1.5 hours

Date and Times: Mondays, 3/3to 5/5, 2:00-3:30

Description: Hatha Yoga is a system integrating body, mind and spirit using physical poses (Asanas), along with breathing techniques (Pranayama) to aid in flexibility, energy, relaxation, concentration and well-being.

Presenter's Background: **Cynthia Morin** has been practicing yoga for over 50 years. Her first teacher training was in 1979 at Yogaville under the direction of Swami Satchidananda; subsequent trainings include workshops in California, Spain, North Carolina, Connecticut, Massachusetts and Intermediate Teacher training in 1979. She has taught yoga throughout this time in Oregon, Alaska and most recently during the last twenty-five years at SUNY Potsdam.

Note: Students should bring yoga mats.

21 The History and Creation of Higley Flow

Presenter: Watson, Mary Jane

Location: Potsdam Civic Center Community Meeting Room, 2 Park Street

Cap: 45

Classes: 1 session, 1.5 hours

Date and Times: Monday, 4/21, 1:00-2:30

Description: From logging days to hydroelectric development, the Racquette River between South Colton and Colton has seen huge changes. The course highlights some of those changes.

Presenter's Background: **Mary Jane Watson** is a member of the Colton Historical Society and the St. Lawrence County Center for History and Culture (SLCCHC). She has done previous presentations for SOAR on the history of the Racquette River and has also written for SLCCHC's magazine *The Quarterly*.

22 The Importance of Gratitude Using the Ohenton Kariwahtekwen and Smudge Practices

Presenter: Oakes-Herne, Katrina

Location: Potsdam Civic Center Community Meeting Room, 2 Park Street

Cap: 45

Classes: 1 session, 1.5 hours

Date and Times: Monday, 4/14, 10:00-11:30

Description: As Haudenosaunee people, we greet the day with our Ohenton Kariwahtekwen, also referred to as the Thanksgiving Address, Opening Prayer or Words before all else. This course is to help people understand what is being said, why we say it and how you can incorporate it into your life. We will also cover what it means to smudge and how to make it personal to you. You know what they say, "Gratitude changes attitude."

Presenter's Background: **Katrina Oakes-Herne's** information is given in Course 9.

23 Intermediate Nature Apps

Presenter: Hamilton-Honey, Nick and French, Dan

Location: SLU Watchmeister Field House, Outer Park Street

Cap: 30

Classes: 1 session, 2 hours

Date and Times: Wednesday, 4/2, 10:00-12:00

Description: In this course, we will utilize nature apps Merlin, eBird, Seek, and iNaturalist in the field.

Presenter's Background: **Nick Hamilton-Honey** is the Sustainable Energy and Natural Resource Educator in the Ag and Food Systems Program at Cornell Cooperative Extension of St. Lawrence County. In 2015, Nick had the opportunity to join the first CCE 4-H Diversity, Equity, and Inclusion co-hort. They have been working ever since as a justice, equity, diversity, and inclusion facilitator here in SLC and across New York State. **Dan French** is the Project Manager for Nature Up North.

Note: Please bring a smart phone or tablet with the apps preloaded. SOAR will send out information about these apps after registration. Please wear comfortable clothing and supportive footwear. The Field House is located off Park St. From Canton going South, go past the SLU campus, over the Little River Bridge, past the substation on the left, then the next left is a driveway into a parking lot - park in that lot. Approaching Canton going North, go past the Kunoco station, past a house on the right, then the next right is a driveway into a parking lot; park in that lot. There will be signs for the Field House.

24 Intro to the Shane T. Shaul Fitness Center

Presenter: Keenan, Ashley

Location: Maxcy Hall Fitness Center

Cap: 20

Classes: 1 session, 1.5 hours

Date and Times: Tuesday, 3/18, 10:00-11:30

Description: In this course, you will learn how to properly use the fitness center equipment. This course is an **interactive** course and will give you the opportunity to try the equipment and ask questions in a small group setting.

Presenter's Background: **Ashley Keenan** has been the Fitness Center Director at SUNY Potsdam since 2016. She has been an ACE Certified Personal Trainer since 2012 and has worked with all different populations in the fitness center, ranging from high school athletes, community members, and SOAR members who want to become stronger and improve balance.

Note: Please come prepared with appropriate shoes.

25 Journey into Darkness: FBI Profiling

Presenter: Brown, Liz

Location: SUNY Canton Dana Hall 230

Cap: 42

Classes: 1 session, 2 hours

Date and Times: Wednesday, 4/23, 12:00-2:00

Description: John Douglas was one of the original profilers under the Behavioral Sciences Unit at the FBI. We will cover the cases and time period associated with the book *Journey into Darkness*, which is a continuation from the SOAR class and book from 2023 *Mindhunter*.

Presenter's Background: **Liz Brown** is the Executive Director for the Center for Workforce, Community and Industry Partnerships at SUNY Canton. Previously, she was a Professor in the Criminal Justice Department where she taught courses on forensic science and serial killers.

Note: Please read the book *Journey into Darkness* by John Douglas & Mark Olshaker.

26 Mah Jongg for Fun

Presenter: Rossi-Fries, Carol

Location: Partridge Knoll

Cap: 12

Classes: 4 sessions, 1.5 hours

Date and Times: Tuesday and Thursdays, 3/4-3/13, 9:00-10:30

Description: This course will focus on the basics of playing Mah Jongg, which is an ancient Chinese game played with tiles. We will first familiarize ourselves with the types of tiles and possible hands that could be played with them using the 2024 Mah Jongg card. Games will be played using the National Mah Jongg League rules. The instructor will have cards to use.

Presenter's Background: **Carol Rossi-Fries** was an educator in the North Country for 37 years. She served as a teacher and coach in the Potsdam Central School District for 27 years, teaching both Special Education and 8th Grade Social Studies. She was also an instructor in the School of Education at SUNY Potsdam. Carol was awarded the New York State Teacher of the Year in 2003. She enjoys playing Mah Jongg for fun and recognizes that it's a great way to keep sharp as the years go by!

Note: If class participants have a Mah Jongg set and/or a Mah Jongg card, please bring them to class. To purchase sets and cards, go to <https://www.nationalmahjonggleague.org>. A good book for beginners: *Beginner's Guide to American Mah Jongg: How to Play the Game and Win*, by Elaine Sandburg.

27 Mortaling 101

Presenters: Jones, Mary and Brown, Jonathan

Location: SUNY Potsdam Flagg 211

Cap: 45

Classes: 1 session, 1.5 hours

Date and Times: Tuesday, 4/29, 2:00-3:30

Description: It's a time of wisdom and bewilderment. Aches but also the strength to finish the important things. This is mortaling, and it invites new questions: are they mumbling, or do I need hearing aids? Am I getting too old to adopt a dog? Travel? Buy new underwear? For anyone in their late 40s or older, this class is an ongoing conversation about a time of life that is rich with meaning and humor. Join us for honest discussions about understanding ourselves and each other, getting the care you want, and what matters most when you're mortaling.

Presenter's Background: **Mary Jones** has 31 years of experience in all things Hospice. She is an ardent fan of the Day of the Dead and taught death and dying at SUNY Potsdam for 17 years. Mary brings a sense of wonder and humor to all things death, dying and grief. She is currently mortaling to retirement in September of 2025. Then on to the next adventure!

Jonathan Brown is a word nerd, a former news reporter, and current director of community relations for Hospice of St. Lawrence Valley. He feels fortunate to have joined the staff of Hospice, where he tells stories about end-of-life care, its profound rewards and challenges, and how patients and family members find meaning throughout this time.

28 Muscle Matters

Presenters: Molnar, Deborah and McDonald, Jennifer

Location: SUNY Canton Wicks Hall 214

Cap: 40

Classes: 1 session, 1.5 hours

Date and Times: Tuesday, 4/8, 12:00-1:30

Description: Muscle plays an important role in health and wellbeing. This session will cover all "matters" of muscle as it relates to overall body function. Participants will engage with SUNY Canton PTA faculty and students to learn why muscle "matters" and how resistance exercise can play an integral role in living better longer.

Presenters' Backgrounds: **Dr. Deborah Molnar** and **Dr. Jennifer McDonald** are both Physical Therapists with over 30 years of experience. They are faculty members in the Physical Therapist Assistant program at SUNY Canton. Both have a special interest in educating others about the benefits of positive lifestyle habits.

Note: There will be some active components to the session, so please wear comfortable clothing and supportive footwear.

29 Native Peoples of North America

Presenter: Stebbins, Susan

Location: SUNY Potsdam Maxcy 104

Cap: 45

Classes: 4 sessions, 1.5 hours

Date and Times: Mondays, 3/10 to 3/31, 3:30-5:00

Description: This class briefly examines the histories and cultures of the Native peoples of what is now the United States. Topics include oral traditions, origins, language, family structures, resources, political structures, and contemporary issues. Susan will also try to examine issues that are of interest to the class.

Presenter's Background: **Susan Stebbins** began teaching at SUNY Potsdam in 1992. In addition to teaching general Anthropology classes, I have taught Native Americans, Women in Native American Cultures, Contemporary Issues in Native America, and Education in Native America. Her research has focused on Education, Gender Issues, and Native American images in history and modern pop culture.

30 Navigating your Financial Voyage with Security and Ease

Presenter: Manor, Jerry

Location: SUNY Potsdam Maxcy 104

Cap: 45

Classes: 1 session, 1.5 hours

Date and Times: Thursday, 3/27, 3:00-4:30

Description: In the course, participants will learn how to make financial decisions that will align with their budgets and goals. They will learn how to identify the many types of scams and fraud that bombard us by email, phone and text daily. Attendees will learn how to avoid them and what to do if they fall victim.

Presenter's Background: **Jerry Manor** is the semi-retired business developer and financial educator at SeaComm Credit Union. A former radio announcer and current hockey announcer on WMSA for Massena High School, Jerry has been putting his communication skills to use teaching financial literacy to teens, adults and seniors since 2002. He has presented in schools, for adult education programs and at senior citizen centers in St. Lawrence County and from Watertown to Burlington, Vermont.

Note: Participants should come with questions regarding scams and fraud.

31 NYS Fire Investigation K9 Program / Fire Safety Tips

Presenter: Taylor, Christopher A.

Location: SUNY Potsdam Maxcy 104

Cap: 45

Classes: 1 session, 1.5 hours

Date and Times: Tuesday, 3/25, 2:00-3:30

Description: In this course, learn fire safety tips for you and your family. Meet K9 Brew and learn how ignitable liquid detection canines are trained and used by the NYS Office of Fire Prevention & Control. Included will be a **live demonstration** of a K9 training search.

Presenter's Background: **Chris Taylor** is an Investigator and K9 Handler assigned to the Investigations Branch of the NYS Division of Homeland Security & Emergency Services Office of Fire Prevention and Control. He is a nationally certified fire investigator conducting fire investigations and providing guidance to local law enforcement and fire investigation units through a statewide technical assistance program.

Note: Presentation will include an off-lead search with a working canine. <https://www.dhSES.ny.gov/office-fire-prevention-and-control>

32 Pathways to Joining the New Horizons Bands

Presenters: Mathie, Diane and Curley, Brenda

Location: SUNY Potsdam Crane Bishop C107

Cap: 50

Classes: 1 session, 1.5 hours

Date and Times: Friday, 4/25, 10:00-11:30

Description: Have you ever listened to one of our concerts and thought it would be fun to join? This course will show you the many classes we offer to help you get back in shape musically or even learn to play an instrument for the first time. Step by step we will show you what it takes for you to play with us.

Presenters' Backgrounds: **Diane Mathie** is currently the Music Director of the New Horizons Bands of Northern New York. She spent 37 years teaching public school band and orchestras in five different states. Her last 21 years were in Boise Public Schools in Idaho. In addition to teaching, Diane played in professional orchestras around the country, including playing trumpet for 15 years in the Boise Philharmonic. **Brenda Curley** is currently an Assistant Director of the New Horizons Band, where she directs the band clinic (which works on basic playing skills and helps with band music), and the beginner music program. In addition to her responsibilities with the New Horizon Band Program, she also directs the St. Lawrence Wind Ensemble, performs with the Northern Symphonic Winds and Potsdam Community Band, Full Spectrum Flutes, and various other groups in the North Country.

33 The Poor People's Campaign: A National Call for Moral Revival

Presenter: Pillay, Raamitha

Location: SUNY Canton TBA

Cap: TBA

Classes: 1 session, 1.5 hours

Date and Times: Friday, 3/28, 3:00-4:30

Description: We know poverty exists in this country and the world. Often, we have inherited ideas and attitudes towards people in poverty. The Poor People's Campaign was started by Dr. Martin Luther King and civil rights leaders in the 60s,

intentionally including the word "poor" to counter the stigma and demand that the government address systems that keep people in poverty. Today, the Poor People's Campaign: A National Call for Moral Revival, is uniting people intentionally divided, to fight systems that keep people in poverty. Learn about this history and this movement. Moving Forward Together, Not One Step Back!

Presenter's Background: **Raamitha Pillay** is an educator and an activist. She was born and grew up in apartheid South Africa and has lived and worked as an educator in the North Country for 30 years. Growing up in apartheid activated her activist spirit; she rebelled against a system designed to suppress her and was the first female of color in South Africa to graduate with a degree in electrical engineering. Much of the Poor People's Campaign work resonates with her, and she has been organizing here in the north country since 2018. She is a NYSPPC trichair.

34 The Science of Autonomous Flight: How Drones Work

Presenter: Angstadt, Kevin

Location: SLU Bewkes Science Hall 107

Cap: 24

Classes: 1 session, 1.5 hours

Date and Times: Friday, 3/21, 1:00-2:30

Description: Drones, quadcopters, UAVs: these versatile flying machines have become indispensable in modern society, serving roles as diverse as capturing breathtaking aerial photography and bolstering national defense. But how do they achieve stable flight and navigate autonomously? In this course, we will explore the fascinating world of drones through an accessible introduction to the hardware, software, and mathematical principles that power them.

Presenter's Background: **Dr. Kevin Angstadt** is a professor at St. Lawrence University, where he teaches a wide breadth of computer science courses. His research expertise is in the intersection of hardware and software, where he focuses on programming support, resilience, and security for emerging hardware technologies, such as autonomous drones and special-purpose computer processors.

35 Selected issues in Financial Planning for Retirees

Presenter: Menz, Eleanor

Location: Potsdam Town Hall, 18 Elm Street

Cap: 25

Classes: 2 sessions, 1.5 hours

Date and Times: Tuesday and Thursday, 3/4 and 3/6, 10:00-11:30

Description: We will discuss some of the financial planning needs common to retirees such as: assessing cash flow needs, determining risk capacity and structuring a portfolio that appropriately reflects this, Required Minimum Distributions, Inherited Retirement Accounts, selected current income tax issues, etc.

Presenter's Background: **Eleanor Menz** has been a practicing Certified Public Accountant and educator in Northern New York for over thirty years. She is also a retired Certified Financial Planner who provided comprehensive financial planning services to North Country residents.

36 Signs and Symbols of the Haudenosaunee

Presenter: Oakes-Herne, Katrina

Location: Potsdam Civic Center Community Room, 2 Park Street

Cap: 45

Classes: 1 session, 1.5 hours

Date and Times: Monday, 4/7, 10:00-11:30

Description: Some have compared our symbology to the equivalent of a modern logo. When we see certain imagery, we have stored information that comes to the front of our minds. You may have seen signs, symbols or flags that you know are somehow relevant to your Indigenous neighbors but are unsure of the meanings. This course will take a look at the most common symbols, provide a description and meaning of each.

Presenter's Background: **Katrina Oakes-Herne's** information is found in Course 9.

37 Southern Africa: Safari and Culture

Presenter: Babcock, Juanita

Location: SUNY Potsdam Flagg Hall 211

Cap: 50

Classes: 1 session, 1.5 hours

Date and Times: Friday, 5/9, 9:30-11:00

Description: This class will explore four countries in the southern part of Africa--South Africa, Zimbabwe, Zambia, and Botswana. We will see wild animals in their natural habitats and learn about the various cultures that inhabit this region of the world.

Presenter's Background: **Juanita Babcock** is an international traveler and enjoys exploring the culture, religion, and politics of the various countries she visits. She values the differences she sees in the world and enjoys sharing these experiences and insights with others.

38 Spring Mud Walk

Presenter: Hebert, Marianne

Location: Hannawa Falls Brookfield access roads, Old State Road

Cap: 15

Classes: 1 session, 2 hours

Date and Times: Wednesday, 4/23 (rain date 4/30), 10:00-12:00

Description: Hiking during "mud season" can be enjoyable as well as challenging. Come walk with us and learn about mud season etiquette, hiking tricks to stay safe and comfortable, and best practices to maintain trail conditions. We will walk the Brookfield access roads in Hannawa Falls, which offer an interesting mix of local industrial history, lovely forests, and some river views. Three miles round trip with 154 ft elevation gain. There is easy footing with a few hills, taken at a slow pace. Directions to the trail head will be sent to registered participants.

Presenter's Background: **Marianne Hebert** is a retired librarian from SUNY Potsdam who enjoys hiking and gardening. She is active in the Laurentian Chapter of the Adirondack Mountain Club, where she has held several officer and appointed positions and frequently serves as an outings trip leader.

Note: Wear waterproof hiking boots or sturdy walking shoes. Directions to trailhead: From SUNY Potsdam, head south on Pierrepont Ave (RT56) for approximately 2 miles. Old State Road will be on the right just shortly after the entrance to Potsdam Town & Country Club (on the left). Turn right on Old State Road. The gated dirt road for the Brookfield Access roads is about .2 miles on the right. Park on the side of the road near the gate, being careful not to block access to the gate.

<https://maps.app.goo.gl/UabrRmMQut3cCyJo8>

39 Strength Training for Older Adults

Presenters: Bradshaw, Richard and Kodama, Alexander

Location: 1st session: Potsdam Town Hall, 18 Elm Street.

2nd session: Bjorn Fitness Center, 22 Depot Street, Suite #23, Potsdam.

Cap: 45

Classes: 2 sessions, 1.5 hours

Date and Times: Friday, 3/7, 3/14, 1:00-2:30

Description: Being strong is an essential part of aging well. This seminar will explore the physical and psychological benefits of strength training, including increasing muscle mass and bone density, boosting mood, preventing injury, and improving brain health.

Session 1: We will discuss the rationale for strength training and present evidence that strength training is appropriate for all older adults, regardless of their physical condition.

Session 2: Participants will be introduced to various strength training exercises and equipment through practical demonstrations. This session will be held at Bjorn Fitness Center in Potsdam.

Presenters' Backgrounds: **Richard Bradshaw** retired in 2019 and now resides in Colton with his wife Kathleen Wallace. He is a substitute teacher in the public schools and a presenter of SOAR courses. He has three grandchildren and enjoys hiking, teaching, and weight training. Richard attended a Starting Strength Camp: "The Self-Sufficient Lifter" in Wichita Falls, TX, and a strength training session in Detroit, MI, with Jonathan Sullivan, author of *The Barbell Prescription: Strength Training for Life After 40*. Locally, he has trained with Al Kodama of Bjorn Fitness in Potsdam. **Alexander Kodama**, owner of Bjorn

Fitness in Potsdam, aims to help his clients live longer, healthier lives. He began coaching friends and family in 2019 and founded Bjorn Fitness after losing his job at LC Drives. Since then, he has personally coached and overseen over 2,600 group and one-on-one sessions per year. He holds certifications from StrongFirst, Flexible Steel, and NASM.

40 Stretching for Couch Potatoes

Presenter: March, Pam

Location: SUNY Potsdam Maxcy Dance Studio

Cap: 50

Classes: 10 sessions, 1 hour

Date and Times: Thursdays, 3/6 to 5/8, 12:00-1:00

Description: Very mild to mild level exercises sitting on, standing beside, and using a chair to stretch. Includes learning to stretch correctly, breathe fully, body awareness, pain reduction, relaxation techniques, brief meditating, using stretchy bands, and moving cans around.

Presenter's Background: Since the age of sixteen, **Pam March** has taught dance, exercise and therapeutic movement both privately and in groups to ALL ages. She has been a hatha yoga practitioner for the last sixty years. Pam has been a professional trainer in the original Pilate's Body Conditioning exercise system in NYC for thirteen years. Her work has also included the Feldenkrais and Alexander techniques, physical therapy, psycho therapeutic integration of the body, mind and emotions to provide healing and various other modalities.

Note: Participants should bring to the first class two soup cans or light weights. Participants should wear loose fitting clothing, soft shoes and socks and bring a water bottle.

41 Tai Chi Beginning

Presenter: March, Pam

Location: SUNY Potsdam Maxcy Dance Studio

Cap: 50

Classes: 10 sessions, 1 hour

Date and Times: Tuesdays, 3/4 to 5/6, 12:00-1:00

Description: This class includes basic Chinese warmups 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. Beginning students may not register for "Continuing Tai-Chi and Qigong" unless the instructor allows it.

Presenter's Background: **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.

Note: Participants should wear loose fitting clothing, soft shoes and socks and bring a water bottle.

42 Tai Chi Continuing

Presenter: March, Pam

Location: SUNY Potsdam Maxcy Dance Studio

Cap: 50

Classes: 20 sessions, 1 hour

Date and Times: Tuesdays and Thursdays, 3/4 to 5/8, 1:00-2:00

Description: This course is intended for students who already have familiarity with Tai Chi and Qigong. The course includes Qigong forms, traditional Chinese warmup exercises, Tai Chi meditation, movement phrases from the short form, and the eight method and five steps form.

Presenter's Background: Please refer to **Pam March's** information in Course 41.

Note: Participants should wear loose fitting clothing, soft shoes and socks and bring a water bottle.

43 Twenty Years of Progress - SLPEM (St. Lawrence Power & Equipment Museum)

Presenter: Wilson, Scott

Location: SUNY Potsdam Maxcy 104

Cap: 45

Classes: 1 session, 1.5 hours

Date and Times: Thursday, 5/1, 2:00-3:30

Description: This course presents an overview of the twenty years of development of the St. Lawrence Power & Equipment Museum.

Presenter's Background: **Scott A. Wilson** is a Trustee of the SLPEM and oversaw the planning and construction of Fort Tribute, a Civil War era interpretative center on the grounds of the Museum. Scott is an avid Civil War (living) historian who oversees many lectures and events at the Museum. He is the President and Chief Executive Officer of SeaComm and a 1991 graduate of Siena College, Loudonville, NY.

44 Using Judicial Opinions to Explain Criminal Prosecutions of Celebrities, Politicians, and Gangsters

Presenter: Robinson, Charles Everett

Location: SUNY Canton Dana Hall 230

Cap: 50

Classes: 3 sessions, 1.5 hours

Date and Times: Wednesdays, 4/9 to 4/23, 2:30-4:00

Description: The U.S. criminal justice system prosecutes criminal cases that garner public notoriety. These cases involve celebrities, politicians, and criminals who are famous for their professional achievements, or who are idolized as icons in subcultures of American society. This SOAR presentation will focus on appellate judicial opinions of criminal prosecutions of notoriety, for instance, the Pennsylvania appellate court opinion addressing the prosecution of celebrity Bill Cosby, or the California appellate court decision of the subculture icon Charles Manson. Understanding the process for criminal appeals is helpful to describe and explain our U.S. judicial branches at the federal and state levels for challenging substantive laws, procedural laws, and rules of evidence that may or may not violate federal and state constitutional rights.

Presenter's Background: **Charles Everett Robinson** has been an assistant professor in the criminal justice department at the SUNY College of Technology at Canton since August 2023. His teaching experience is comprehensive and extensive with criminal justice courses and criminology courses. His legal career includes experience in state and federal criminal and civil trial litigation, state and federal criminal and civil appellate litigation, and state and federal administrative litigation. As a military veteran, he is a former captain in the U.S. Marine Corps. He received his B.A. from Wesleyan University, his M.A. in Criminal Justice from the SUNY at Albany School of Criminal Justice, and his law degree from Washington and Lee University School of Law.

45 Vardis Fisher - A Forgotten Hemingway

Presenter: Bradshaw, Richard

Location: Potsdam Town Hall, 18 Elm Street

Cap: 45

Classes: 1 session, 1.5 hours

Date and Times: Friday, 4/11, 1:00-2:30

Description: Once hailed as "a novelist of the first rank" and compared to literary giants like Faulkner, Hemingway, and Dostoyevsky, Vardis Fisher is now largely forgotten. Wallace Stegner, one of his students, famously said that Fisher "put a can opener on my head and opened up my brains." This seminar delves into the life, literature, and legacy of Vardis Fisher, a significant yet overlooked author of the 20th century. Through reading his works and the few biographical accounts available, we will explore Fisher's contributions to literature and his lasting impact.

Presenter's Background: **Richard Bradshaw** retired in 2019 and now resides in Colton with his wife, Kathleen Wallace. He is a substitute teacher in public schools and a presenter of SOAR courses. He has three grandchildren and enjoys hiking, teaching, and weight training. Richard's ancestors settled in Montana during its early days as a territory, and with family still living there today, he maintains strong ties to the West. He has a particular interest in the pioneer period of American history.

46 Watercolor Workshop

Presenter: Kuhn, Donna G.O.

Location: SUNY Potsdam Satterlee 225

Cap: 18

Classes: 10 sessions, 2 hours

Date and Times: Fridays, 3/7 to 5/9, 10:00-12:00

Description: This workshop is designed for aspiring artists in SOAR to get together informally and improve their artistic skills through demonstrations, support from other participants, opportunities to have your work critiqued and to critique the work of others. If you're a beginner, instruction for the basics will be available. All skill levels are welcome!

Presenter's Background: Donna Kuhn has been involved in the SOAR watercolor workshop since 2018, first as a participant, then as coordinator and recently as an instructor for beginners. She sees the collaboration, support and sharing between participants of all levels as the benefit of this class.

Note: Supplies for the first class: basic watercolor paint set, watercolor paper tablet, brushes, two containers for water and an inspiration for your first painting. There is no need to purchase expensive materials. Searching on YouTube (for watercolor tutorials) and on Pinterest (for watercolor paintings by subject - trees, flowers, dogs, etc.) will inspire you!

47 "What's In a Name?": Why Name Changes and Pronouns Matter

Presenter: Hamilton-Honey, Emily and Hamilton-Honey, Nick

Location: SUNY Canton Miller Campus Center 212

Cap: 30

Classes: 1 session, 2 hours

Date and Times: Thursday, 4/3, 10:00-12:00

Description: This workshop will discuss the importance of name changes and pronouns in the LGBTQ+ community. Learn how respecting someone's name and pronouns can lead to better relationships and communication. We encourage attendees to ask questions and come prepared to be vulnerable in this space. We will have several activities and thought exercises during the session. This workshop pairs well with the ABCs of LGBTQ+ workshop.

Presenters' Backgrounds: **Emily Hamilton-Honey** Emily Hamilton-Honey is Co-Chief Diversity Officer and Associate Professor of English and Humanities at SUNY Canton. She leads diversity, equity, and inclusion workshops both on campus and in the community and teaches Intro to Gender Studies annually. **Nick Hamilton-Honey** is the Sustainable Energy and Natural Resource Educator in the Ag and Food Systems Program at Cornell Cooperative Extension of St. Lawrence County. In 2015, Nick had the opportunity to join the first CCE 4-H Diversity, Equity, and Inclusion co-hort. They have been working ever since as a justice, equity, diversity, and inclusion facilitator here in SLC and across New York State.

Note: <https://pronouns.org/what-and-why/>