



SOARING!

Fall 2024

The newsletter of
SOAR
Lifelong learning in the North Country

Sponsored by: SUNY Potsdam Affiliated with: Road Scholar

MESSAGE FROM THE CHAIR

As we close in on the end of our fall semester, you are invited to attend SOAR's fall luncheon. At the luncheon, we recognize the instructors, volunteers and the recipient of the Leon LeBeau award, all of whom have contributed so much to SOAR's lifelong learning mission.

Since its founding in 2001, and excepting the Covid years, SOAR has offered two semesters of courses each academic year. The twenty-three years of service would not have been possible without the commitment of time, energy and thoughtfulness of our volunteers. They are the lifeblood of our organization. We cannot expect, however, to rely on the same people year after year - burnout is inevitable. As a membership run organization, SOAR relies on its members to step forward and participate in the

running of the operation. We need members to answer the call as ambassadors, committee members and board members.

I believe SOAR is at a critical juncture. Our membership continues to recover from the Covid years and stands at 272. Classes are filling up; in some cases, they are overflowing with waiting lists. To those who have not been able to attend the course(s) that they wanted, I can only say that the registration group works extremely hard to accommodate members. They are limited by the size of the rooms available and the instructors' class size maximums. We will continue to work to improve members' experiences.

SOAR and SUNY Potsdam are in the process of updating and revising their original 2001 Memorandum of Agreement. One result of that process involves SOAR filing a not-for-profit corporation application with the State of New York that should be completed before the end of the spring semester. The incorporation will allow SOAR to set up its own accounts, solicit donations and provide a tax deduction certificate to donors.

My term as interim Chair will end shortly after the November meeting. As provided in the Bylaws, the Board will select a Chair to fill the remaining term of Alicia Walter, elected to the position in May of this year. The selection will be announced at the November luncheon. I want to thank the Board for the support they have provided me during the last few months. We have some ways to go to ensure our continued success, but with the members' help, we will SOAR.

Edmund Russell

Registered Members:

Fall 2024: 272
Spring 2024: 252
Fall 2023: 245
Spring 2023: 247
Fall 2022: 264

Fall 2024 Luncheon

Wednesday, November 13th
11:15 AM

Luncheon Flyer enclosed

INTRODUCING SOAR'S NEW ADMINISTRATIVE ASSISTANT



The SOAR Board of Directors presents our new Admin Assistant to our members and invites them to stop by the office to introduce yourselves. Laurie began her new position in late July after a very short retirement, and we think she's doing a wonderful job!

Laurie Sydow was born and raised in Buffalo, NY and moved to the North Country after completing her master's degree (MLS) at SUNY Buffalo in 2008. After working in Morristown for a year, and a few moves back and forth, she found a home at Potsdam Central School, where she served as School Librarian from 2012 to January 2024. She retired from there and writes that she is "very happy to be here at SOAR part-time (although I miss my high school kids!)."

Laurie and her husband Paul just celebrated their 42nd wedding anniversary. They have one beautiful and accomplished daughter Barbara, a wonderful son-in-law Larry, and an adorable 6-year-old grandson, Oliver who resides in Chicago. And just in case you were wondering, Laurie is a BIG BUFFALO BILLS fan and closed her bio with **Go Bills!**

SOAR COMMITTEES AT WORK

NOMINATING & AWARDS

DANA BARRY is this year's recipient of the 2024 Leon LeBeau Award for SOAR presenters. This honor is awarded every fall and highlights an exceptional presenter over the years. Dana will be attending the November luncheon to receive her recognition for teaching a wide multitude of topics for SOAR. Please join us to congratulate Dana on all she has done for SOAR!

The Committee will be taking nominations for the **SuperSOARer Award** in advance of the Spring luncheon. The award honors a person who has contributed *significantly* to the SOAR organization in the following ways: governance, administration, teaching and volunteerism. Please send any suggested names and a short writeup to juanitaatsoar@gmail.com.

Interested in serving on this committee? Please write to me at the gmail address above.

Juanita Babcock, Chair of Nominating & Awards Committee

REGISTRATION

SOAR currently has 272 members registered for our Fall 2024 courses. Please continue introducing your friends and family to our wonderful SOAR organization!

I would like to recognize and thank this team of SOAR members who volunteered their time to register you for courses this semester: Juanita Babcock, Gayle Berry, Libby Blackmore, Darlene Leonard, Barbara McBurnie, Sally Murray, Nancy Rehse, Jerry Sharp, Deborah Steinberg, Jessica Vetter, Janet van Weringh and Byron Whitney.

SOAR still has openings in these five courses that are scheduled to be taught later this semester: **Insect Ecology*, **Introduction to Acrylic Landscapes*, **Japanese Tea Ceremony Experience*, **Skeletal Muscle Atrophy in Outer Space*, and **Why Local Power: Understanding Your Choices*.

If you would like to register for any of these courses, please email me at soarregister@gmail.com or contact the SOAR office at 315-267-2690 or soar@potsgdam.edu.

Carol McRobbie, Chair of Registration Committee

CURRICULUM COMMITTEE

PROPOSED COURSES FOR SPRING 2025

Alie Rivers St. Lawrence Power & Equipment Museum

Amanda Oldacre Microplastic Pollution and Degradation

Amie Barnes Healing Thru Art: Beaded Picture Frames

Ashley Keenan Introduction to the Fitness Center

Beth Robinson Alexander Technique Part 2

Beth Robinson Introduction to the Alexander Technique

Bob DeGraaff Literature course

Carol Rossi-Fries Mah Jongg

Charles Robinson Criminal Justice

Cheri Whitten Whitten Farm Operation

Christopher Taylor Training of Searches/Fire Safety

Chuck Foster Introduction to Casino Gambling

Cyndi Morin Intermediate Yoga for Adults

David Bolesh Climate Change

David Curry Stoic Philosophy

David Stewart AARP Safe Driving

Diane Mathie Introduction to the New Horizons Band

Donna Kuhn Watercolor Workshop

Doug Rose Gunfight at the OK Corral: Myth, Fact, Fiction

Douglas Wildermuth First Aid/CPR

Eileen Visser Kayak Trip in Hudson Bay

Eleonor Menz Selected Issues in Financial Planning for Retirees

Erin Scoon The ABC's of LGBTQ+

Jerry Manor Bank Fraud and Scams

Jim Triolo Introduction to Pickleball

Juanita Babcock Vicarious Voyager: Africa

Julie Pratt Remington Museum

Katrina Herne History of the Haudenosaunee

Kevin Angstadt How Drones Work

Kristine Hoffmann Canine Body

Language/Amphibian Biology

Leslie Russek Pain Management

Linda Besio Nicandri Nature Center

Liz Brown Topic TBA

Maria 'Flip' Filippi Vegetable Fermentation

Marianne Hebert Hiking

Mary Jane Watson The Creation of Higley Flow

Mary Jones & Linda Potter End of Life course

Nick & Emily Hamilton-Honey "What's in a Name?": Why Name Changes and Pronouns Matter

Nick Hamilton-Honey Nature Tech Apps

Nick Hamilton-Honey Ticks and Mosquitos

Pam March Couch Potatoes

Pam March Tai Chi Advanced

Pam March Tai Chi Beginning

Raamitha Pillay Poor People's Campaign From the 60's to the Present

Richard Bradshaw Strength Training

Richard Bradshaw Vardis Fisher: A Forgotten Hemingway

Sandra Nestlerode-Hale Art Course of her choosing

Siwen Wang Algal Blooms & Recreational Water Safety

Stephanie Coyne DeGhett Flash Fiction

Susan Stebbins Native Peoples of North America

Terry Niles Gettysburg Part III

Tony Betrus Topic TBA

A REMINDER FROM THE OFFICE

Changes occur frequently during the semester, so please check your email regularly. If you're on a Waitlist for a course, chances are a spot will open to allow your enrollment. You will be notified via email.

Occasionally, classes are canceled; check your email and/or the SOAR website at www.soarnorthcountry.org.

Locations may change or be updated; you will be notified via email. The website will also reflect the change in location.

Please check your email and website frequently during each SOAR 10-week semester! And keep SOARing!!

Laurie Sydow, Administrative Assistant

SOAR Fall Luncheon

Wednesday, November 13, 2024

11:15 am - 2:00 pm

11:15 am New Horizons Bands of Northern New York, Inc.

Serving Lunch at noon

Location:

Knowles Conference Center

Multi-Purpose Room (second floor) – SUNY Potsdam Campus

To reserve a seat: Mail the form below with your check.

All reservations due on or before Friday, November 1st

If you must cancel, please notify the SOAR office at:

soar@potdamsunysu.edu or 315-267-2690 by Friday, Nov 8th

(otherwise SOAR will be charged for the meal you did not enjoy).

Send check payable to "PACES 235" with form below.

Buffer Menu:

Chicken Chardonnay, Butternut Squash Ravioli (Vegetarian option),

Roasted New Potatoes, Mixed green salad,

Fresh Vegetable, Rolls & Butter

Desserts: Chocolate or Strawberry Tiger Cake

Water, Coffee or Tea

Directions: Please refer to the SUNY Potsdam map on our website,

www.soar.northcountry.org. There will be signs along Barnington Drive.

PLEASE REMEMBER TO DISPLAY YOUR PARKING PASS!

Name(s): _____

Number attending: _____ x \$27.00 enclosed: \$ _____

Phone: _____ E-mail: _____

All reservations due by Friday, November 1st

Mail this form with your check payable to "PACES 235" to:

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