



The CCAL office is located on the first floor of The Rowe House, 31 Maple Street, Oneonta

Office Hours: Tuesdays, Wednesdays and Thursdays, 12:30 to 4:30 p.m.

Our Website:

<http://ccaloneonta.org>

Mailing address:

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Oneonta, NY 13820

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THE ORGANIZATION

The Center for Continuing Adult Learning, Inc. (CCAL) is a membership organization sponsored by the State University of New York at Oneonta and Hartwick College. CCAL is one of close to 300 Institutes for Learning in Retirement across the United States, all members of the Elderhostel Institute Network. All of our facilitators are volunteers as are the Board members and Committee members who are responsible for the operation of the organization. It takes many people, giving freely of their time, to execute the work necessary to have a well-run organization. If you have an interest in serving in one of the following areas, please get in touch with one of the officers of the Board or a Committee Chairperson.

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SUNY Oneonta: Michelle Thibault

OFFICE STAFF (607.441.7370)

Teri Weigl, Manager
Arlana Young, Assistant

Welcome to stress-free learning ~ no tests, no pressure!

As an affiliate of the Elderhostel Institute Network, CCAL has been offering courses to the community since January 1994 and is sponsored by SUNY Oneonta and Hartwick College.

CATALOG:

We have two catalogs each year: the Winter/Spring catalog published in October and the Summer/Fall catalog published in March. Our Curriculum Committee has endeavored, successfully, to strike a balance between the humanities, the arts, sciences and social sciences, and also include activities both indoors and out-of-doors.

MEMBERSHIP:

The membership fee for each **calendar year (January 1 to December 31)** is \$120 and you can join at any time.

Please note that your membership must be paid in full before your name can be placed on a class roster. As a full-time member you can enroll in as many classes as you like. We also have a partial membership: for \$60 you may take a maximum of four (4) courses during the calendar year. If, as the year progresses, you wish to take more classes, then you will need to pay the additional \$60 for a full membership. A membership enrollment form is in this catalog as well as on our website.

SCHOLARSHIPS:

Scholarship funds to waive the membership fee are available for full or partial CCAL memberships. To apply, call the Office (607-441-7370) and request a Scholarship Application form. Complete the form and return it to CCAL Board of Directors, PO Box 546, Oneonta, NY 13820. The requests are acted upon at the next Board Meeting and you will be notified immediately.

COURSE REQUEST INFORMATION:

All Course Requests must be made by mail, FAX, email, or in person in the Office. We cannot take Course Requests over the telephone.

All Course Request Forms will be held until the deadline dates: November 15 for Winter courses, January 15 for Spring courses, April 15 for Summer courses and July 15 for Fall courses, unless otherwise indicated. *When the deadline date is reached, then the class lists are created based on priority numbers, NOT by when the form is received.*

It is very important that you put your courses on the Course Request Form in your personal priority order:

- On the deadline date, all members who have signed up for courses will be placed on the class rosters according to priority number, NOT by when their form is received. When course maximum is reached, all remaining requests will go on a waiting list in the order of their priority number.
- Any requests received after the deadline date will be placed on the class roster/waiting list as class size permits, up to the beginning date of any course.
- We make every attempt possible to notify members of their course enrollment within two weeks of the deadline date for each session.

CHANGES:

On occasion there are changes in the scheduling of our courses after the catalog has been printed. Participants will also be notified if courses are cancelled for unforeseen reasons.

Within 2 weeks prior to the first meeting date for each course, you will receive by email (or U.S. Mail if you don't have email capability) a list of the class participants. This list serves as a course reminder and includes information for possible car-pooling, indicates whether you have responded to your course enrollment letter and also reflects any changes to the date, time or location of where the course will be held. Please review class lists for these changes.

If the Oneonta School District is closed due to weather, the CCAL Office will also be closed and any courses scheduled for that day will be cancelled.

2020 EVENTS

(Dates and times may be subject to change.)

Sunday, March 15

Spring Meeting

1:00 – 4:00 pm

Morris Conference Center, SUNY Oneonta

Tuesday, May 19

Facilitators' Luncheon

12 noon

Brooks' Roost

Sunday, October 25

Annual Meeting

1:00 – 4:00 pm

Morris Conference Center, SUNY Oneonta

CCAL TRIPS

CCAL generally offers 3-4 day trips to various locations of interest, including museums, opera and theater productions, special events and other sites. Emails and snail mails will be sent out after arrangements have been made. Suggestions for trips are always welcome.

Please contact Jean Seroka at jjwilser3@yahoo.com or 607-988-7007 if you would like to be added to or removed from the trip mailing list for receiving information about CCAL trips.

Sunday, July 19, 1:30 pm: CCAL has 60 tickets reserved for *Don Giovanni* on Sunday, July 19, at 1:30 pm. You must provide your own transportation to the Glimmerglass Festival. Tickets can be ordered from Jean Seroka at jjwilser3@yahoo.com or 607-988-7007.

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COURSE: Indoor Recreation Course

You must have a SUNY Oneonta Guest Pass to engage in these activities. Pass will be sent to members at no cost upon registration for this class. *****PLEASE NOTE CHANGES IN SCHEDULE*****

SWIMMING: Pool is located in the Chase Physical Education Building and is **open only when SUNY classes are in session from September 1, 2019 through May 2, 2020** as follows:

Monday – Friday	12 noon to 2:00 pm 8:00 pm to 10:00 pm	Saturday & Sunday	2:00 pm to 5:00 pm
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Other activities available with Guest Pass from September 1, 2019 through August 31, 2020 as follows:

WALKING: Track located in the Field House, available anytime the building is open

TENNIS: Outdoor courts only, available anytime

RACQUET BALL: Courts located on lower level in the Chase Physical Education Bldg.
Available Mondays, Wednesdays, Fridays, 12 noon to 1:00 pm

COURSE: The Dutch Roots of New York

Date(s): Monday June 1

Time: 1:00 – 2:30 pm

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Danny Noorlander

Course Objective: To teach/learn the history of New Netherland/New Amsterdam (1609-1664) and the long-term impacts of the Dutch on New York.

Course Description: The first European merchants and settlers in New York were Dutch, not English. The Dutch Republic called the place New Netherland, and they claimed and administered it starting in 1609, with England seizing control for the first time in 1664, then renaming it New York. In this lecture, Dr. Noorlander will provide a brief history of New Netherland and explore the Dutch impact on the region afterward. The Dutch period may have only lasted fifty-five years, but the Dutch legal and cultural footprint in New York was significant.

Cost: None **Minimum Enrollment:** 5 **Maximum Enrollment:** 40

REGISTRATION REQUESTS DUE NO LATER THAN April 15, 2020

COURSE: **Franklin Stage Company and the History of Chapel Hall: An Encore**

Date(s): Tuesday June 2

Time: 10:00 am - noon

Location: Franklin Stage at Chapel Hall, Franklin

Facilitator: Leslie Noble

Course Objective: To provide information about Franklin Stage Company, our historic home, Chapel Hall (1853), and our exciting upcoming 24th season.

Course Description: Participants will enjoy a guided tour of Chapel Hall, the magnificent Greek Revival building that's been home to Franklin Stage Company for the last 24 years, and learn about the building's history and recent renovations. Additionally, Franklin Stage Company's artistic directors will offer a preview of the upcoming season. Bring a lunch and eat on our beautiful front porch, or enjoy a meal at The Tulip and The Rose or Two Brothers' Pizza in Franklin.

 There is considerable stair climbing so for those able to do the tours, flat sturdy shoes are recommended (no high heels, flip flops, etc.).

Cost: None **Minimum Enrollment:** 10 **Maximum Enrollment:** 50

COURSE: **Do People Lie With Statistics? Yes, They Do! Even the News People Lie (Unintentionally)**

Date(s): Wednesday June 3

Time: 1:00 – 3:00 pm

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Charles Hartley

Course Objective: To learn enough about simple statistics through simple example to detect when someone is using statistics incorrectly to make an important point.

Course Description: A large part of information we receive, especially from news media, comes in the form of, or is derived from, statistical data: "This is the coldest winter we have had in fifteen years." "Thirty six million people will be affected by this storm." "Catching certain kinds of viruses can indirectly increase your risk of cancer." "2019 Uptick in Fatal Helicopter Crashes Prompts Warning From Safety Advocates." "Over the years, as strong winds whipped up monster waves and climate change caused sea levels to rise, water inundated the island, overwhelming a seawall that had been built to protect the community." Many of these reports are very deceptive and in this course I will attempt, through examples, to describe how to spot the deception and how to better interpret the data.

Cost: None **Minimum Enrollment:** 6 **Maximum Enrollment:** 30

REGISTRATION REQUESTS DUE NO LATER THAN April 15, 2020

COURSE: **The Art and Joy of Photographing Family, Friends and Strangers**

Date(s): Thursday June 4

Time: 10:00 am – 12:30 pm

Location: Little Theater, Alumni Hall, SUNY

Facilitator: Pat Yeaman

Course Objective: 1. To show how making images of people can be an exciting and creative outlet for digital photographers.
2. To explore in depth the genre of People Photography.
3. To demonstrate ways to create more dynamic and interesting photos of people whether strangers or family and friends.
4. To explain some ways photographers can overcome possible fears or hesitation about photographing strangers.

Course Description: Using her own projected images, the facilitator will illustrate tips and techniques for photographing people. The participants will share a morning of camaraderie and community with other CCAL members who also believe that “photography is phun.”

Cost: None **Minimum Enrollment:** 10 **Maximum Enrollment:** 60

COURSE: **Introduction to Buddhism and Guided Meditation**

Date(s): Friday June 5

Time: 10:00 am - noon

Location: Multipurpose Room 101, Lee Hall, SUNY

Facilitator: Lanny Harrison

Course Objective: We will pose the questions: What does meditation have to do with how we are living in this world today? What can it offer? How does meditation relate to suffering? To joy? Can we actually be present?

Course Description: The facilitator will speak briefly about the beginnings of Buddhism and how it has spread from its roots in India to today’s global communities. The facilitator will share some of her own experiences studying under the Tibetan meditation master Chogyam Trungpa as well as a few other Buddhist teachers. The class will engage in a guided meditation based on the mindfulness/awareness technique the facilitator has practiced since 1971. There will be some time for questions and comments.

Cost: None **Minimum Enrollment:** 5 **Maximum Enrollment:** 40

REGISTRATION REQUESTS DUE NO LATER THAN April 15, 2020

COURSE: **Thematic Shooting to Improve Our Photography**

Date(s): Mondays, June 8 and 15

Time: June 8: 10:00 am – noon June 15: 9:30 am - noon

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Bill Ryall

Course Objective: To explore yet another way to approach and implement ideas we discuss in our various photo composition classes as we fine-tune our visual sensitivity.

Course Description: One of the best ways to improve our photography and to focus on principles of solid photo composition is to go out and shoot thematically. This can help us as we learn to see the world a little differently. Thematic shooting can mean focusing on a specific subject, practicing a specific technical skill we wish to improve as we learn our cameras, working on a specific element of photo composition, etc. In the first session, Bill will demonstrate this concept using some of his own thematic work and then assign a self-designed field experience. In the second session participants will share sample images of the specific theme on which they chose to work. Hopefully the ensuing discussion will help us all grow as photographers.

Cost: None **Minimum Enrollment:** 5 **Maximum Enrollment:** 20

COURSE: **Fred Astaire and Gene Kelly – Two Giants of Dance**

Dates, Times, and Locations: Tuesday June 9, 10:00 am – noon Room 104, Morris Center, SUNY
Tuesday June 16, 10:00 – 11:00 am Elite Dance Studio, 258 River St., Oneonta

Facilitator: Rebeca Byam

Course Objective: To learn about dance in America and maybe a few dance steps.

Course Description: The first session is PowerPoint presentation outlining the lives of Fred Astaire and Gene Kelly, treasured dancers who defined American musicals for many decades. The second session is for those CCAL members interested in learning some basic tap steps – easy as walking!

Cost: None. Bring tap shoes or sneakers if you want to dance.

Minimum Enrollment: 10 **Maximum Enrollment:** 40

REGISTRATION REQUESTS DUE NO LATER THAN April 15, 2020

COURSE: **Take a Hike**

Date(s): Wednesdays, June 10, 17, 24 and July 1

Time: 9:30 am - noon

Location: Various outdoor locations determined by facilitators

Facilitator: Ernest and Heide Mahlke

Course Objective: To get fresh air, exercise, companionship, recreation and a chance to explore!

Course Description: To hike four “mountains” in four counties, the location of which will be announced before the first get-together, along with meeting places, equipment, food and time requirements.

Cost: None **Minimum Enrollment:** 10 **Maximum Enrollment:** 25

COURSE: **Glimmerglass Festival: A Review**

Date(s): Thursday June 11

Time: 11:00 am – 1:00 pm

Location: Glimmerglass Festival, Woodcock Back Porch (behind Administration Bldg), 7300 State Hwy 80, Cooperstown

Facilitator: Glimmerglass Festival Staff

Course Objective: 1. To offer a musical preview of the upcoming summer productions.
2. To offer a glimpse into the performing arts industry through discussions with performers and staff.

Course Description: We will offer a musical preview of all four mainstage shows: *The Sound of Music*, *Don Giovanni*, *Die Feen (The Fairies)* and *Rinaldo*. There will be a performance and information about each show, followed by a Q&A session with young artists and other members of our staff.

CCAL has 60 tickets reserved for Don Giovanni on Sunday July 19 at 1:30. You must provide your own transportation to the Glimmerglass Festival. Tickets can be ordered from Jean Seroka at jjwilser3@yahoo.com or 607-988-7007 to sign up.

Cost: None **Minimum Enrollment:** 10 **Maximum Enrollment:** 100

REGISTRATION REQUESTS DUE NO LATER THAN April 15, 2020

COURSE: **Silk Scarf Painting 101**

Date(s): Tuesday, June 16

Time: 1:30 – 3:30 pm

Location: Elaine’s garage – 183 River St. Oneonta

Facilitator: Elaine Downing

Course Objective: To decorate two silk scarves using fabric paints.

Course Description: Learn how to paint silk scarves. Play with color and come up with 2 fabulous and unique scarves. Quick, easy and lots of fun. The process can be a little messy so wear clothing/shoes that could get “artful.” I will provide all materials including aprons.

Cost: \$10.00 **Minimum Enrollment:** 1 **Maximum Enrollment:** 6

COURSE: **The Oneonta Concert Association – Bringing Music and Dance to the Community**

Date(s): Wednesday June 17

Time: 1:00 – 2:30 pm

Location: Craven Lounge, Morris Conference Center, SUNY

Facilitator: Maria Agliano

Course Objective: To inform participants of OCA history, goals and programs scheduled in the 2020-21 season.

Course Description: This presentation will cover the Oneonta Concert Association’s (OCA) enduring role in bringing musical performance and enrichment to the region. Along with reviewing the OCA’s history, participants will be treated to a sneak peek of the orchestral, jazz, chamber and vocal artists selected for the 2020-21 season. We are interested in your feedback and welcome your suggestions for future concerts.

Cost: None **Minimum Enrollment:** 15 **Maximum Enrollment:** 40

COURSE: **Swimming with Whales (and Charles and Su), and a Few Days with Indigenous People Near the Amazon River.**

Date(s): Monday June 22

Time: 1:00 – 3:00 pm

Location: Craven Lounge, Morris Conference Center, SUNY

Facilitator: Charles Hartley

Course Objective: Show a few pictures and tell a few stories about close encounters while swimming with humpback whales off the coast of the Dominican Republic, and a description of jungle life near the Amazon River in Columbia.

Course Description: Su and I spent seven days on the Silver Banks on a tour with guides tracking down and snorkeling with humpback whales. Humpback whales in this part of the world feed all summer in the North Atlantic from New England to Iceland, and in the winter move south to warmer waters to calve, mate and not eat. Typically we would see 45 foot long females caring for and nursing 20 foot long “babies,” and 40 foot long males lurking in the outskirts. After our whale encounters we traveled to the south of Columbia to stay in a small village of indigenous people who live in the jungle on the Amacayacu River.

Cost: None **Minimum Enrollment:** 6 **Maximum Enrollment:** 30

COURSE: **Alaska’s National Parks and Monuments – Parts 3 and 4**

Date(s): Thursdays, July 2 and 9

Time: 1:00 – 3:00 pm

Location: Craven Lounge, Morris Conference Center, SUNY

Facilitator: Daniel Palm

Course Objective: Through a narrated photo journey, provide the audience a sense of the varied landscapes and natural resources contained in Alaska’s national parks and monuments as well as divulge some of the trip’s memorable moments.

Course Description: The course is a four-part series of narrated photo journeys of my visits to 10 of Alaska’s national parks and monuments. A brief description of the origin of each park/monument will be provided, followed by a narrated photo journey of each trip. Each series covers 2 or 3 national parks/monuments.

Cost: None **Minimum Enrollment:** 10 **Maximum Enrollment:** 75

COURSE: **The Life and Work of Laura Ingalls Wilder**

Date(s): Mondays, July 6, 13, 20, 27

Time: 10:00 am - noon

Location: Little Theater, Alumni Hall, SUNY

Facilitator: Jim Johnson

Course Objective: 1. To provide an in-depth look at “Laura World.”
2. To explore her life and the American pioneer experience of the 1870’s and 1880’s.

Course Description: This class is for both Wilder fans and readers new to her work who wish to gain a deeper and more realistic understanding about this important American author. Participants will read and discuss the nine “little house” books, including the posthumously published *The First Four Years*, and related Wilder writings. There will be a particular focus on the Ingalls and Wilder families, and the culture and life of the communities where they lived. The course will also cover the early development of the “little house” books as Wilder was seeking a publisher, and the role of Laura’s daughter Rose in the evolution and publication of these American classics.
Prospective students are encouraged to view the exhibition of the original Wilder covers and illustrations at “Garth Williams: Illustrator of the Century” at the Arkell Museum in Canajoharie, February 29 to May 20.

Cost: Cost of books if purchased.

Minimum Enrollment: 10 **Maximum Enrollment:** 40

COURSE: **An Overview of the Middle Ages, 400 – 1200ce**

Date(s): Tuesdays, July 7, 14, 21, 28

Time: 10:00 am - noon

Location: CME Great Room (downstairs), Lee Hall, SUNY

Facilitator: Edwin Sanborn

Course Objective: To gain a richer understanding of the development of Western civilization from the history of the middle ages and why it matters today.

Course Description: Starting from the fall of the Roman Empire, we will investigate how and why the Empire fell, how this impacted Europe and how Europe recovered. Topics will include the economic, political and social changes during the middle ages as well as the evolution of art, architecture, technologies and social and military structures. The connection between the development of economic centers and the surrounding geography will be highlighted.

Cost: None **Minimum Enrollment:** 10 **Maximum Enrollment:** 40

REGISTRATION REQUESTS DUE NO LATER THAN April 15, 2020

COURSE: **Japan – Cruising the Inland Sea**

Date(s): Tuesday July 7

Time: 1:30 – 3:30 pm

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Sil Martini

Course Objective: To report on the shrines, temples, museums and gardens visited during a cruise around the Inland Sea of Japan in the Spring of 2019.

Course Description: There will be photographs, random observations and baseless opinions. Asides will touch on customer service, Douglas Adams, Monet and sweeping streams. If you choose, please be prepared to share your observations/opinions, baseless or well-founded.

Cost: None **Minimum Enrollment:** 6 **Maximum Enrollment:** 40

COURSE: **The Oneonta Theatre Through 122 Years of History**

Date(s): Wednesday July 8

Time: 3:00 – 5:00 pm

Location: Little Theater, Alumni Hall, SUNY

Facilitator: Patrice Macaluso

Course Objective: 1. Explore the origins and history of the 1897 Oneonta Theatre.
2. Take a look at major changes in popular culture and technology that have significantly altered the Oneonta Theatre, and most historic theatres, over the past century.
3. Discuss some of the current trends in pop culture, live performance and digital entertainment that are driving exciting innovations in the operation of historic theatres in the 21st century.

Course Description: The Oneonta Theatre offers a local lens through which we can look at some major changes in American popular culture and entertainment over the past 122 years. In this illustrated talk, we will look at the cultural shifts and specific events that led to the design and construction of the Oneonta Theatre in 1897, and the external forces that led to many of the significant changes to the building and its operations over its lifetime. We will also look at the latest trends that are influencing the restoration and operation of historic theatres like the OT, as well as recent changes in popular entertainment industries, new and old, that will almost certainly affect any future development of the theatre as a cultural venue.

Cost: None **Minimum Enrollment:** 5 **Maximum Enrollment:** 50

COURSE: **Introduction to Chair Yoga**

Date(s): Fridays, July 10 and 17

Time: 9:00 – 10:00 am

Location: Craven Lounge, Morris Conference Center, SUNY

Facilitator: Arlana Young

Course Objective: 1. To learn about the benefits of a yoga practice.
2. To learn some of the poses, flows, and breathing exercises used in a yoga practice.

Course Description: Chair yoga is one the most gentle forms of yoga and can be practiced by virtually anyone. For each class, half of the poses and activities will be done while seated and half will be done while standing next to the chair. Modifications will be offered for those participants who are not able to stand.

Cost: None **Minimum Enrollment: 5** **Maximum Enrollment: 25**

COURSE: **The Yamas and Niyamas of Yogic Philosophy**

Date(s): Mondays, July 13, 20, 27

Time: 12:30 – 2:30 pm

Location: CME Great Room (downstairs), Lee Hall, SUNY

Facilitator: Arlana Young

Course Objective: 1. To learn about the ethical guidelines of a yogic lifestyle.
2. To discuss the similarities and differences with other ethical and religious guidelines such as the Golden Rule, Ten Commandments and the Five Pillars of Islam.

Course Description: Yoga can be much more than moving the body into various postures to build flexibility and strength. A full yogic lifestyle is influenced by ten ethical teachings – the five Yamas are guidelines for relations with other living beings and the five Niyamas are guidelines for personal growth. We will discuss how these guidelines relate to other ethical and religious tenets and how we might apply them to our interpersonal relationships and our personal development.

Cost: Cost of book: *The Yamas and Niyamas* by Deborah Adele

Minimum Enrollment: **5** **Maximum Enrollment: 30**

REGISTRATION REQUESTS DUE NO LATER THAN April 15, 2020

- COURSE:** **Boat Trip on Otsego Lake**
- Date(s):** Wednesday July 15 Rain date: Wednesday July 22
- Time:** 9:00 am - noon
- Location:** SUNY Biological Field Station, 5838 Hwy 80, Cooperstown
- Facilitator:** Bill Harman
- Course Objective:** To learn about Otsego Lake geology, biology and water quality including threats to and management of environmental concerns.
- Course Description:** Discussion of the character of Otsego Lake, its problems, citizen concerns and the history of management. Use of scientific equipment and observations of the biota used in water quality analysis. Question and answer session addressing items of interest to attendees.
- Cost:** None **Minimum Enrollment:** 1 **Maximum Enrollment:** 24
-
- COURSE:** **Upcycling (Crafting With Junk)**
- Date(s):** Thursdays, July 23 and 30
- Time:** 10:00 am - noon
- Location:** 1st United Presbyterian (Red Door) Church, conference room, 2 Walling Ave., Oneonta
- Facilitator:** Kim Back
- Course Objective:** Participants will transform everyday junk into useable, giftable items.
- Course Description:** Upcycling junk mail and other household “junk” into junk journals, gift ideas, etc. A list of basic supplies needed will be sent to participants before the class.
- Cost:** \$3.00 **Minimum Enrollment:** 3 **Maximum Enrollment:** 10
-
- COURSE:** **Artificial Intelligence: It’s Artificial But It’s Not Intelligence**
- Date(s):** Wednesday July 29
- Time:** 1:00 – 3:00 pm
- Location:** CME Great Room (downstairs), Lee Hall, SUNY
- Facilitator:** Charles Hartley
- Course Objective:** To introduce the complete novice to artificial intelligence in its various forms while describing its successes, its limitations and its failures.
- Course Description:** In this course we will attempt to answer a few questions: What exactly is being done with artificial intelligence? Do we have machines that are really thinking or intelligent? Do these machines do things that humans can’t do? Will they replace humans in certain roles? What are some of the dangers associated with artificial intelligence? What are some of the advantages?
- Cost:** None **Minimum Enrollment:** 6 **Maximum Enrollment:** 30

REGISTRATION REQUESTS DUE NO LATER THAN April 15, 2020

COURSE: **The Importance of Local Elected Office**

Date(s): Monday August 3

Time: 1:00 – 3:30 pm

Location: CME Great Room (downstairs), Lee Hall, SUNY

Facilitator: Adrienne Martini

Course Objective: The main objective of the course/talk is to inform the attendees about how important local elected offices are when it comes to the issues that have a concrete impact on their everyday lives.

Course Description: Local elected offices in the city, town, and county are frequently uncontested. Our collective attention is far more focused on the federal elections, which are important, certainly. However, these smaller offices control far more of the services that touch your everyday life, from rabies testing to snow plowing. Here’s why you should either run for local office or support someone who is.

Cost: None **Minimum Enrollment:** 10 **Maximum Enrollment:** 40

COURSE: **What is Inside the Book of Mormon?**

Date(s): Tuesdays, August 4, 11, 18, 25

Time: 10:00 am – noon

Location: CME Great Room (downstairs), Lee Hall, SUNY

Facilitator: Frederic Chrislip

Course Objective: To introduce non-Latter-Day-Saints to the contents of the Book of Mormon, apart from any consideration of the Church of Jesus Christ of Latter Day Saints itself.

Course Description: A study of the text of the Book of Mormon – its authors and their accounts of their travels, wars, prophecies and preaching. Session 1: Lehi’s family leaves Jerusalem through the Book of Enos. Session 2: The books of Mosiah and Alma. Session 3: The books of Helaman, 3 Nephi and 4 Nephi. Session 4: The books of Mormon, Ether, and Moroni. This will be a literary study, with no proselytizing. Active members of the Church of Jesus Christ of Latter-day Saints should not enroll in this course.

Cost: \$4.00 for soft cover Book of Mormon; \$9.00 for large print.

Minimum Enrollment: 5 **Maximum Enrollment:** 15

REGISTRATION REQUESTS DUE NO LATER THAN April 15, 2020

COURSE: Watervliet, NY: How the Shakers Came to Be

Date(s): Wednesdays, August 5 and 12

Time: 10:00 am - noon

Location: CME Great Room (downstairs), Lee Hall, SUNY

Facilitator: Jim Johnson

Course Objective: 1. To provide an in-depth look at the first U.S. Shaker community.
2. To explore its role in the start of the entire Shaker movement and its expansion.

Course Description: Watervliet, NY is the place where the Shakers got their foothold in this country. Founded in 1776 by Mother Ann Lee, who is buried there, the community grew from fewer than 10 believers to over 350 at its height. This class will include a short discussion of Shaker spirituality, and cover the daily life, customs and practices of the community. Participants will have the opportunity to examine and study Shaker artifacts from Watervliet and New Lebanon, including chairs, boxes and textiles. A field trip to Watervliet will be offered if a sufficient number of class members are interested.

Cost: For class, none. For field trip, to be determined.

Minimum Enrollment: 10 **Maximum Enrollment:** 25

COURSE: Trolleys Around Oneonta – From Oneonta Street Railway to Southern NY Railway

Date(s): Thursdays, August 6, 13, 20

Time: 1:00 – 3:00 pm

Location: CME Great Room (downstairs), Lee Hall, SUNY

Facilitator: Paul Straney

Course Objective: Using vintage photos, narrative and discussion, we will explore our hometown trolley, from inception to demise. While equipment and physical plant will be discussed, we will also look at the part it played in Oneonta life, and how it was affected by the changing needs of the community.

Course Description: Starting out as a humble horse-drawn local trolley, the Oneonta Street Railway was soon caught up in the latter stages of “railroad fever.” Its evolution into an interurban service and ultimate demise mirrored the changes in both our town and in the world in general, in terms of how people and goods moved from place to place. This course looks at the railway within the context of the community, examining what it was, where it went, how it affected the community, and how changes in the community shaped it and ultimately rendered it obsolete.

Cost: None **Minimum Enrollment:** 10 **Maximum Enrollment:** 40

REGISTRATION REQUESTS DUE NO LATER THAN April 15, 2020

COURSE: **Urban Renewal in Downtown Oneonta**

Date(s): Wednesday, August 19

Time: 3:00 – 5:00 pm

Location: Craven Lounge, Morris Conference Center, SUNY

Facilitator: Patrice Macaluso

Course Objective: Provide an overview of urban renewal and its effects on Oneonta from three perspectives: the original intent and purpose of the law and the resulting federal program; the specific effects UR had on Oneonta in the 1970s and beyond; and some lessons and insights that this history can give us to help us think about how we will shape downtown Oneonta in the future.

Course Description: My interest in this subject arose through my work on a recent exhibit at the Greater Oneonta History center that began with the donation of a set of 40 photos from the 1970s. They depicted Oneonta’s streets and buildings before and during the tremendous changes to our downtown wrought by the federal Urban Renewal program. In the course of my research in Huntington Library’s archives to provide context for these photos, I became fascinated by the history of urban renewal and its effect on Oneonta as well as on hundreds of cities and towns across America. What was the original purpose of the program? Why was it so urgent, and how did such a well-intentioned and ambitious federal program manage to wreak so much destruction and destabilization in our urban landscapes? As we examine a selection of images, maps and documents from the archives of the Huntington Library, GOHS and other sources, we will try to answer some of these questions.

Cost: None **Minimum Enrollment:** 5 **Maximum Enrollment:** 40

COURSE: **Wonderful, Wonderful Copenhagen – and Gothenburg, Oslo, Bergen and Towns in Between!**

Date(s): Tuesday August 25

Time: 1:00 – 3:15 pm

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Joan Kollgaard

Course Objective: To share a ten-day tour of Scandinavia (Denmark, Sweden, and Norway) with magnificent scenery, quaint towns and villages, and beautiful cities along the way.

Course Description: Through a PowerPoint presentation, enjoy highlights of a tour starting in Copenhagen, “the salty old queen of the sea,” continuing to Gothenberg, Sweden, on to Oslo, capital of Norway, and ending in beautiful Bergen, an important and picturesque port city. Along the way, marvel at Norway’s majestic mountains and waterfalls, experience breathtaking (quite literally!) views from the Flam Railway, and enjoy the beauty of a cruise on Norway’s longest and deepest fjord.

Cost: None **Minimum Enrollment:** 5 **Maximum Enrollment:** 40

COURSE: Near and Nearing Death Experiences

Date(s): Wednesday August 26

Time: 1:00 – 3:00 pm

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Maryanne Kehoe

Course Objective:

1. Define “near” and “nearing death” experiences.
2. Discuss commonalities of near and nearing death experiences.
3. Dialogue about near and nearing death experiences.

Course Description: After a brief description of near/nearing death experiences, we will discuss our experiences. As a long-time healthcare provider with extensive hospice and ICU experience, I will share my thoughts and ask others to engage in the dialogue.

Cost: None **Minimum Enrollment:** 5 **Maximum Enrollment:** 15

SPECIAL REMINDER!

Out of courtesy toward class facilitators and consideration for fellow members on waiting lists, please notify the class assistant if you are not able to attend a class in which you are enrolled.

- *A class reminder is sent to all enrollees two weeks before the initial class meeting. If you receive the class reminder and are unable to attend, please contact the class assistant shown on the reminder.*
- *If you know you are unable to attend before the class reminder is sent, please call the CCAL office at 607-441-7370 or email us at ccaloneonta@stny.rr.com.*

REGISTRATION REQUESTS DUE NO LATER THAN July 15, 2020

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REGISTRATION REQUESTS DUE NO LATER THAN July 15, 2020

COURSE: Indoor Recreation Course

You must have a SUNY Oneonta Guest Pass to engage in these activities. Pass will be sent to members at no cost upon registration for this class. *****PLEASE NOTE CHANGES IN SCHEDULE*****

SWIMMING: Pool is located in the Chase Physical Education Building and is **open only when SUNY classes are in session from September 1, 2020 through May 2, 2021** as follows:

Monday – Friday	12 noon to 2:00 pm 8:00 pm to 10:00 pm
Saturday & Sunday	2:00 pm to 5:00 pm

Other activities available with Guest Pass from September 1, 2020 through August 31, 2021 as follows:

WALKING: Track located in the Field House, available anytime the building is open

TENNIS: Outdoor courts only, available anytime

RACQUET BALL: Courts located on lower level in the Chase Physical Education Bldg.
Available Mondays, Wednesdays, Fridays, 12 noon to 1:00 pm

COURSE: Tech Topics

Date(s): Wednesdays, September 9, October 7, November 4

Time: 1:00 - 3:00 pm

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Susan Smith

Course Objective: To familiarize people with technical issues, i.e. smart phones, kindles, tablets, Roku, cloud, You Tube, safe browsing.

Course Description: The first class will consist of a general overview of technical issues and terminology. Topics for the second and third classes will be determined by class members.

Cost: None **Minimum Enrollment:** 4 **Maximum Enrollment:** 12

REGISTRATION REQUESTS DUE NO LATER THAN July 15, 2020

COURSE: **How to Read a Poem and Fall in Love with Poetry**

Date(s): Fridays, September 11, 18, 25

Time: 10:00 am - noon

Location: Craven Lounge, Morris Conference Center, SUNY

Facilitator: Margaret Avritt

Course Objective: 1. To enable readers to experience poems more fully and thoughtfully – especially helpful for those who think they do not like or cannot understand poetry.
2. To provide new perspectives and enjoyment for those who already appreciate poetry.

Course Description: Poetry is endlessly interpretable. Often there is something about it that evades understanding and thought – something ineffable. This course will provide some strategies for accessing poetry. Our primary strategy will be the examination of poetry as a form of meaningful contact between poet and reader. *“The poem is an original creation, but it is also reading and recitation: participation. Poet and reader are two moments of a single reality.”*
This is not a course on the technical aspects or history of poetry, although some of this will be discussed. Copies of the poems will be provided.

Cost: None **Minimum Enrollment:** 8 **Maximum Enrollment:** 30

COURSE: **How the Oldest House in Oneonta Became a Vibrant Community Resource**

Date(s): Monday September 14

Time: 1:30 – 3:30 pm

Location: Swart-Wilcox House, Wilcox Avenue, Oneonta
Next to Riverside Elementary School

Facilitator: Helen Rees, Debby Clough

Course Objective: 1. To acquaint participants with the condition of the Swart-Wilcox House in 1972 and how Oneonta nearly lost this historical landmark to the ravages of time and neglect.
2. To impress participants with the importance of protecting local landmarks.
3. To describe how local teachers turned the oldest house in Oneonta into a vibrant community resource.

Course Description: Two of the founding “mothers” of the Swart-Wilcox House, Helen Rees and Debby Clough, will describe the process they went through over the past 30+ years to turn this dilapidated 1807 house into a friendly, usable and attractive space for our community.

Cost: None **Minimum Enrollment:** 5 **Maximum Enrollment:** 20

REGISTRATION REQUESTS DUE NO LATER THAN July 15, 2020

COURSE: **Book Discussion of *Open: The Progressive Case for Free Trade, Immigration, and Global Capital***

Date(s) and Times: Thursday, September 15 10:00 – 11:00 am
Thursdays, September 22, 29 & October 6 10:00 am - noon

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Marilyn Helterline

Course Objective: To provide a better understanding of some of the most important and controversial economic and political issues of our time: global economic integration, trade agreements, and immigration.

Course Description: The course will be a discussion of the book *Open: The Progressive Case for Free Trade, Immigration, and Global Capital* by economist Kimberley Clausing. Described by *Foreign Affairs* and others as one of the best economics books of 2019, this book is written for those of us who are not economists. According to the *Foreign Affairs* review: “This valuable book amounts to a primer on globalization, explaining without jargon both its benefits and its costs.” Globalization, free trade, and immigration have been criticized by the left and the right and blamed for growing economic inequality and job losses. Clausing presents a clear case that globalization has contributed to these problems, but has not been the sole cause of these trends. With better trade agreements, better immigration policies, and better taxation policies we can reap the benefits of globalization without the social disruptions we have experienced in recent decades.

Cost: Cost of the book, *Open: The Progressive Case for Free Trade, Immigration and Global Capital*.

Minimum Enrollment: 8 **Maximum Enrollment:** 25

COURSE: **“Love Harry!” Christian Imagination in the Wizarding World of Harry Potter**

Date(s): Wednesday September 16

Time: 1:00 – 4:00 pm

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Carmel Ann Sperti

Course Objective: To foster understanding and appreciation for the Abrahamic values and Christian allusions in the *Harry Potter* series.

Course Description: Using images and embedded videos from the films, this course stimulates discussion among participants of all religious (or no) traditions on core values, symbols and situations as presented in JK Rowling’s *Harry Potter* series of books and films. Participants are expected to have read at least one book or seen at least one film in the series.

Cost: None **Minimum Enrollment:** 8 **Maximum Enrollment:** 20

REGISTRATION REQUESTS DUE NO LATER THAN July 15, 2020

COURSE: **Saying Goodbye to Friends and Family (Repeat)**

Date(s): Thursday September 17

Time: 1:00 – 3:00 pm

Location: 1st United Presbyterian (Red Door) Church Blue Room, 2 Walling Ave. Oneonta

Facilitator: Bruce Helstrom

Course Objective: 1. To understand a little bit more about your feelings, strengths and challenges when visiting the sick and dying.
2. To understand and practice active listening.
3. To utilize active listening skills in accomplishing end-of-life tasks.

Course Description: One of the challenges in life is saying goodbye. This two-hour course is designed to help prepare family, friends and colleagues for that challenge. The first hour is devoted to a discussion of the psychology of visitation. Active listening, end-of-life tasks, the ministry of silence and the witness to pain are briefly examined. The second hour is an exercise in role play. Volunteers will be given a scenario whereby they can act as visitor or patient. A bibliography for further reading will be distributed.

Cost: None **Minimum Enrollment:** 2 **Maximum Enrollment:** 10

COURSE: **Advocating for Individuals in Poverty for Over a Century**

Date(s): Wednesday, September 23

Time: 1:00 – 2:30 pm

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Patricia Leonard

Course Objective: 1. To provide an overview of the mission of the Family Service Association.
2. To provide participants with knowledge of services and projects offered.
3. To educate participants about a strength-based approach to help people.

Course Description: The Family Services Association was started in 1909 by a group of concerned citizens of Oneonta. Learn how the agency has grown over 100 years. Hear how funding is customized to meet our communities' needs. Learn how a strength-based approach is used to help people reach a level of self-sufficiency and meet their goals.

Cost: None **Minimum Enrollment:** 5 **Maximum Enrollment:** 40

REGISTRATION REQUESTS DUE NO LATER THAN July 15, 2020

COURSE: Introduction to Gender Diversity – Transgender 101

Dates: Thursday September 24

Times: 10:00 am to noon

Location: Room 104, Morris Conference Center

Facilitator: Justine Woolner Wise

Course Objective:

1. To answer the following questions: What is transgender? Non-Binary? Gender Non-conforming?
2. To provide an opportunity to ask any and all questions about gender diversity.
3. To learn about resources for further understanding and support.

Course Description: A presentation of the components and diversity of gender – the lived experience of persons who are gender non-conforming and information on the expanding vocabulary around gender and sexuality. Ample time for Q&A provided. Information on local and national resources will be provided.

Cost: None **Minimum Enrollment:** 4 **Maximum Enrollment:** 20

COURSE: Threatened with Extinction: Leatherback Turtles and Koalas

Date(s): Wednesday September 30

Time: 1:00 – 3:00 pm

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Dolores Rothwell

Course Objective: What do leatherback turtles, the largest sea turtles in the world, and koalas, one of the largest arboreal marsupials, have in common? To describe how these two diverse sea and land animals live and survive in a world that is pushing them to extinction.

Course Description: Leatherback turtle expedition and research at Las Baulas de Guanacaste National Park, Costa Rica. The primary goal of the members of our Earthwatch team was to gain a better understanding of the nesting biology of the endangered leatherback sea turtle. Our time on the beach at night was spent guarding the turtles who were digging nests and laying eggs. During the day we watched the hatchlings leave the nest and go to the sea.

Koala expedition and research at Otway National Park in Southern Australia. Our Earthwatch project objectives were to assess koala population density through radio tracking, observation, and capture. Koalas do not like to move or be moved and were, unfortunately, destroying the Manna Gum trees in the area. What steps could be taken to save the forest and the koala population?

Cost: None **Minimum Enrollment:** 5 **Maximum Enrollment:** 40

REGISTRATION REQUESTS DUE NO LATER THAN July 15, 2020

COURSE: **Practical Ideas on How to Organize Your Affairs Prior to the Inevitable**

Date(s): Thursdays, October 1 and 8

Time: 10:00 am - noon

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Judith Pachter

Course Objective: 1. Provide participants peace of mind prior to your passing.
2. Make sure that your wishes are clear upon your passing.
3. Get organized to help your family or spouse know how to carry out your wishes.

Course Description: **This is mostly a repeat of the course given in October 2019. I strongly suggest to attend this course with your spouse or partner if a member of CCAL.** We will discuss how to organize your paperwork so that you and your family will not feel overwhelmed upon your death or the death of your spouse. We will talk about making your wishes clear in order to avoid squabbles among your heirs and also to give you practical ideas so that you are not spending money on needless professional fees.

Cost: None **Minimum Enrollment: 6 Maximum Enrollment: 40**

COURSE: **Digital Photography, Beyond the Basics: A Hands-On Camera Workshop**

Date(s): Friday October 2

Time: 9:30 am – 12:30 pm

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Pat Yeaman

Course Objective: 1. To assist photographers who wish to progress in their photographic journey beyond using the basic Auto and Scene modes that our digital cameras provide.
2. To develop a better understanding of the Exposure Triangle which is and always has been the basis of all photography.

Course Description: This course will help artist/photographers to better employ the camera as a tool for the expression of their unique vision. The facilitator will discuss essential information about the camera functions of aperture, shutter speed, and ISO, and demonstrate how knowledge of the Exposure Triangle will allow the photographer to make decisions personally rather than allowing important choices to be made by the camera's internal computer.
This course requires that participants have a digital camera which allows the user to manually change the settings for aperture, shutter speed and ISO. Bring the camera manual (copy available online) if you do not know how to change these settings already. This course is completely hand-on and not a visual projected presentation.

Cost: None **Minimum Enrollment: 4 Maximum Enrollment: 10**

REGISTRATION REQUESTS DUE NO LATER THAN July 15, 2020

COURSE: 20 Years of Innovation: Diaghilev's Ballets Russes

Dates and Times: Monday October 5 10:00 am - noon

Monday October 12 11:00 am - noon

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Gail Baden

Course Objective: To acquaint CCAL members with Serge Diaghilev's Ballets Russes

Course Description: The Ballets Russes is widely regarded as the most influential ballet company of the 20th century. The world of ballet changed forever when Serge Diaghilev's Ballets Russes took Paris by storm in May 1909. Diaghilev brought together cutting edge composers, designers and dancers including Nijinsky, Picasso, Chanel and Stravinsky. These artists revolutionized ballet with exotic costumes and sets, stunning dance performances and choreography. Through photos, film and illustrations, this class will acquaint participants with this brilliant dance company.

Cost: None **Minimum Enrollment:** 10 **Maximum Enrollment:** 40

COURSE: Before the Crusades – An Overview of the Arab Conquest

Date(s): Wednesdays, October 7, 14, 21, 28

Time: 10:00 am - noon

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Edwin Sanborn

Course Objective: To learn of the social/political conditions that enabled the Arab conquest of Europe and Persia and its impact on developing European nations.

Course Description: Why and how did the Arab conquest succeed in prevailing over the Roman and Persian Empires? What were the consequences? We will review the period of 632 to 750ce, with a slight digression to Spain and Vienna in 1492 and 1685. Discussion will include the Crusades, the Reconquisto and the fall of Constantinople.

Cost: None **Minimum Enrollment:** 10 **Maximum Enrollment:** 40

REGISTRATION REQUESTS DUE NO LATER THAN July 15, 2020

COURSE: **The World Columbus Made**

Date(s): Mondays, October 12, 19, 26

Time: 1:00 – 2:45 pm

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Harry Pence

Course Objective: To gain a deeper understanding of how both the New World and the Old World were changed as a result of Columbus' voyages.

Course Description: What was America like before Columbus arrived, and how did his voyages change Europe? At the time, both the Arabs and the Chinese looked upon Europe as an intellectual and social backwater. The discovery of the New World created an economic and ecological exchange that affected not only the Americas, but also Europe, China and Africa. Before Columbus, these regions were only tenuously connected; the effect of his voyages was to cause a rearrangement that helped to create the world we know today. This course will not focus as much on Columbus and his voyages as much as it will try to describe how both the New World and the Old World were changed as a result of his voyages.

Cost: None **Minimum Enrollment:** 10 **Maximum Enrollment:** 38

COURSE: **Genealogy for Beginners**

Date(s): Tuesdays, October 13, 20, 27

Time: 1:00 – 3:00 pm

Location: October 13: Room 104, Morris Conference Center, SUNY
October 20, 27: Computer room at SUNY Milne Library

Facilitator: Eileen Multari

Course Objective: To learn how to trace your family tree by finding out what resources are available online and by contacting local repositories.

Course Description: This course is a modification of the genealogy course presented in Fall 2019 for people interested in researching their family roots and creating a family tree. This 3-session course is designed to show you how to begin your search and create an online family tree using ancestry.com (you may use a different application if you wish). We go over how to use online sources (census records, city directories, military records, etc.) and learn how and where to apply for other documents from local, state and other government sources to gain information about your ancestors. How to use DNA testing in your research will also be discussed, as well as how to break through brick walls when you think you have come to a dead end in your research.

Cost: None **Minimum Enrollment:** 5 **Maximum Enrollment:** 20

REGISTRATION REQUESTS DUE NO LATER THAN July 15, 2020

COURSE: From Professor Gilbert to “Ukulele Steve”: A Hopefully Entertaining Story

Date(s): Wednesdays, October 14 and 21

Time: 1:00 – 3:00 pm

Location: Craven Lounge, Morris Conference Center, SUNY

Facilitator: Steven Gilbert

Course Objective: During a 39-year teaching career, thousands of students came to know me as Professor Gilbert. Today, hundreds of seniors living in Binghamton-area Senior Living Centers and Nursing homes know me as Ukulele Steve. I will explain how this happened, and sing, strum and talk about some of the great songs I play.

Course Description: Following a brief description of a personal journey from teacher to teaching-entertainer, I will introduce, discuss and perform approximately 25 songs per class (of the approximately 150 songs in my repertoire). As it is impossible to totally suppress the psychology-teacher in my nature, some information, observations, and speculations about aging and music will seep in throughout!

Cost: None **Minimum Enrollment:** 10 **Maximum Enrollment:** 60

COURSE: Creepy Crawlies and Other Critters on U.S. Postage Stamps

Date(s): Thursday October 15

Time: 10:00 am - noon

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Dorothy Scott Fielder

Course Objective: I plan to show many creatures from the lower realms of the animal kingdom, to raise awareness of the great diversity and beauty of these often overlooked creatures. These creatures can be observed safely as they are only images from postage stamps.

Course Description: This course combines three of my interests – biology, stamps and photography. I am offering another course featuring U.S. stamps from my collection, illustrated by my photographs on PowerPoint slides. I have shown animals and pets on stamps but have shown few of the invertebrates and not many reptiles and amphibians. This course will fill in that gap and show a sample of the variety of creatures on our postage stamps. Many will be small, but some will be huge.

Cost: None **Minimum Enrollment:** 5 **Maximum Enrollment:** 40

REGISTRATION REQUESTS DUE NO LATER THAN July 15, 2020

COURSE: **A Postcard From My Trip**

Date(s): Thursday October 22

Time: 1:00 – 3:00 pm

Location: 1st United Presbyterian (Red Door) Church Blue Room, 2 Walling Ave., Oneonta

Facilitator: Frances Bliven

Course Objective: To share your travel experiences with others.

Course Description: Having traveled to many places you have seen marvelous sights and acquired treasured souvenirs. Now you have the opportunity for Show and Tell. Each class member will be allotted 5 minutes to share a travel experience. Everyone will participate.

Cost: None. **Minimum Enrollment:** 5 **Maximum Enrollment:** 20

COURSE: ***On The Waterfront – A Social Comment Film***

Date(s): Wednesday October 28

Time: 1:00 – 4:00 pm

Location: Little Theater, Alumni Hall, SUNY

Facilitator: John Chamard

Course Objective: To explore a social comment film that exposes a problem in our society and may or may not suggest a solution.

Course Description: The course will explain the source of the social problem at hand and how allegory is used to illustrate the choices made by the characters involved. The film won 8 of the 12 Academy awards for which it was nominated including Best Picture and Best Actor for Marlon Brando. “Learning about decency through love, hate and murder, the Brando creation of a man’s moral awakening was a poignant work of art by a talented craftsman.”

Cost: None **Minimum Enrollment:** 1 **Maximum Enrollment:** 75

REGISTRATION REQUESTS DUE NO LATER THAN July 15, 2020

COURSE: **Touring English Cathedrals**

Date(s): Mondays, November 2 and 9

Time: 10:00 – 11:30 am

Location: Craven Lounge, Morris Conference Center, SUNY

Facilitator: Ernest and Heide Mahlke

Course Objective: To share with the audience our photos, observations and feelings about English cathedrals.

Course Description: A visual journey of a number of English cathedrals, including Durham, Exeter, York, Gloucester, Coventry and more with a look at architecture, construction, settings, differences and what they have in common.

Cost: None **Minimum Enrollment:** 30 **Maximum Enrollment:** 75

COURSE: **Operation Downfall – The Planned Invasion of the Japanese Home Islands in World War II**

Date(s): Mondays, November 2 and 9

Time: 1:00 – 3:00 pm

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Darryl Zdenek

Course Objective: To study what would have been the ultimate confrontation to end the Second World War and the mindset and thought process of the leaders at the time. It includes discussion on what might have happened had the invasion of the Home Islands actually taken place.

Course Description: In the spring and summer of 1945, the United States and Japan were rushing headlong into a confrontation of catastrophic proportions. This course looks at Operation Downfall, the planned US invasions on the Japanese home islands of Kyushu and Honshu in November 1945 and March 1946, and the Japanese defensive strategy, Ketsu-Go. We will discuss the military and political components of what might have been the greatest and most costly battle in world history from both the American and Japanese perspectives.

Cost: None **Minimum Enrollment:** 5 **Maximum Enrollment:** 40

REGISTRATION REQUESTS DUE NO LATER THAN July 15, 2020

COURSE: **Mary Magdalene: Divine Mother of Our Time**

Date(s): Thursdays, November 5, 12, 19

Time: 10:00 am - noon

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Dale Capristo

Course Objective:

1. To explore and gain insight into Mary Magdalene – her challenges, struggles and joys.
2. To delve deeply into the Divine Feminine qualities of Mary Magdalene.
3. To discover the sacred feminine in our own lives.

Course Description: Beloved of Jesus, Scorned Woman, First Apostle, Teacher, Healer, Oppressed, Dismissed and now – Sainted. Who was she? Reading from several sources we will engage in a process of discovery to “unveil the mystery” that Mary Magdalene embodies. We will delve more deeply into qualities of Mary Magdalene to incorporate more of the Divine Feminine in our own lives.

Cost: Cost of two books: *Mary Magdalene: Insights From Ancient Magdala* by Jennifer Ristine and *The Gospel of the Beloved Companion* by Jehanne De Quilian

Minimum Enrollment: 8 **Maximum Enrollment:** 25

COURSE: **2020 U.S. Presidential Election: What Happened, Why, and So What?**

Date(s): Thursday November 5

Time: 3:00 – 5:00 pm

Location: Craven Lounge, Morris Conference Center, SUNY

Facilitator: Paul Scheele

Course Objective: To review the results of the 2020 national elections with an eye to explaining what happened and why and what those elections portend, both the policies and the politics, for the coming years.

Course Description: Topics to be discussed will include: a breakdown of the voting for presidential candidates, including the Electoral College, the popular vote, voter turnout, votes by region, demographics such as gender and gender preference, income level, education, race, religion, age group, etc.; the outcomes in the House, Senate and state races; implications for public policy and politics; and the 2020 elections in the context of politics since World War II.

Cost: None **Minimum Enrollment:** 5 **Maximum Enrollment:** 100

REGISTRATION REQUESTS DUE NO LATER THAN July 15, 2020

COURSE: **Enjoying the “Afternoon of Life”: Jung on Aging**

Date(s): Fridays, November 6 and 13

Time: 10:00 am - noon

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Margaret Avritt

Course Objective: 1. To introduce Jung and his most significant psychological concepts.
2. To describe and discuss how the “afternoon of life” should and can be a time of great creativity and happiness.

Course Description: How do we sustain our creative dignity as we age? What are our goals beyond surviving another year? Most of us have a sense of our progressive identities, but what happens as we move behind clear-cut demarcations such as career, marriage, parenthood, retirement? Which habits of action and mind are still useful?

Cost: None **Minimum Enrollment:** 10 **Maximum Enrollment:** 40

COURSE: **Paris . . .More Than the Eiffel Tower, Chapter 10: La Seine**

Date(s): Tuesday November 10

Time: 10:00 am - noon

Location: Little Theater, Alumni Hall, SUNY

Facilitator: Bill Ryall

Course Objective: To continue our ongoing look at Paris, this time treating the Seine River.

Course Description: In this chapter of our continuing exploration of Paris we will consider many aspects of the Seine as it flows through the city. We will look at the islands, the quays, the many unique bridges, river traffic in its various forms, the amazing and constantly changing light that draws this photographer to the Seine, and many other sub-themes related to the most navigable of the rivers flowing through *la belle France*.

Cost: None **Minimum Enrollment:** 5 **Maximum Enrollment:** 75

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Facilitator Biographies

Agliano, Maria has spent most of her working career (42 years) involved in various aspects of Information Technology, statistical reporting, and user training. Now retired and in New York to be near her children, she's beginning to dabble in creative interests that have been on the back burner - which include art and music. She's also having fun discovering what Oneonta and the greater area have to offer!

Avritt, Margaret holds a Ph.D. in twentieth century British literature from the Pennsylvania State University. She has taught fiction, poetry, and writing for more than 20 years at the university level. She is 73 years old and trying to fully appreciate "the afternoon" of her life.

Back, Kim is a retired high school English teacher. Along with her husband and children, she moved to Oneonta in the 1980s. She has been journaling and crafting for most of her life and is now learning about and practicing bookbinding techniques. Fairly new to junk journaling, she is enjoying collecting and using ephemera in her creations. She enjoys sharing the benefits of journaling with others.

Baden, Gail is a graduate of SUNY Oneonta. An accidental her-storyian, personal and family connections introduced her to Anne Morgan and the American Committee for Devastated France which she has been researching for ten years.

Bliven, Fran is a retired SUNY Oneonta professor who has traveled to six continents and numerous countries. She is always ready to exchange travel stories.

Byam, Rebeca is a retired educator who taught Spanish at Charlotte Valley Central School and Oneonta High School. At the age of ten, she began her interest in flamenco dance in her native country of Colombia and upon emigrating to the United States broadened her dance study to include tap dance. Both flamenco and tap have been an integral part of her life as a pastime and as a professional performer. She currently teaches flamenco and tap at the Elite Dance Academy on River St., Oneonta.

Capristo, Dale has a Master's Degree in Counseling and worked for over thirty years in Student Development at SUNY Oneonta where she designed workshops and courses. Currently Dale is an energy practitioner focusing on Reiki sessions and Magdalena Energy sessions at Luminosity Reiki. She is passionate about sharing with others techniques for holistic healing and balance. Dale is a Reiki Master Practitioner active with Reiki since 2006, and a certified Magdalena Healing Practitioner since August 2018.

Chamard, John is a retired teacher from Oneonta High School where he served as Chairperson of the English Department and ran the drama program. He taught electives in film and modern drama. He has a B.A. from Boston University and an M.S. from Columbia University.

Chrislip, Frederic is a classical musician and worked for 30 years as a computer programmer at Hartwick College. He grew up as a Methodist. He was awarded a National Merit Scholarship and graduated from the School of Music at Northwestern University. In the Chicago area, he sang in choirs of five religious denominations from Anglican to Reform Jewish from 1964 to 1973, when he was introduced to the Book of Mormon and became a member of the Church of Jesus Christ of Latter-day Saints. He has studied the Book of Mormon and read it numerous times during the past 46 years.

Downing, Elaine has been painting and dying silk scarves since taking a class at UCCCA in 2010. She also marbles paper and makes books. In a former life, she was a librarian at SUNY Oneonta's Milne Library.

Fielder, Dorothy Scott had a brief career teaching biology and a much longer one (25 years) in the U.S. Postal Service. She retired in 2003 after 22 years as Schenevus Postmaster. Her main interests include stamp collecting, environmental activism, photography, local history, and travel.

Gilbert, Steven received a B.A. in Psychology from Boston University (1966) and an M.A. (1972) and Ph.D. (1975) in Psychology from Clark University. After teaching at Greater Hartford (Connecticut) Community College (1972-1974), Steve and his wife Barbara came to Oneonta where Steve taught from 1974-2010, serving as department chair from 1997-2010. Steve and Barbara have two children, Rachel (1975) and Dan (1979), and currently lavish affection on their dog Jupiter, who is a very good dog.

Harman, Willard is CLM, Distinguished Service professor, Thayer Chair for Otsego Lake Research, and Director of the Biological Field Station.

Harrison, Lanny is a performer, teacher, poet, and visual artist. She began her career in the New York Pantomime Theater in 1966. For the past 40 years she has written and presented one-woman shows, touring the U.S. and Europe. She's collaborated with musicians, visual artists, dancers, and set designers. She's been a member of Meredith Monk & House since 1969. Ms. Harrison is a founding teacher of the children's workshops at West Kortright Centre. She teaches an ongoing workshop "Characters in Motion" and a course in the Gallatin Division of NYU – both in NYC. She is a certified meditation instructor in the Shamhala tradition of Tibetan Buddhism.

Hartley, Charles grew up near Portland, Oregon, and received a Bachelor's degree in Physics from Portland State University, and a Ph.D. in Physics from the University of Colorado. For thirty years he taught physics, astronomy, and the occasional beginning computer programming course at Hartwick College, retiring in 2006. He has taken courses in mathematics and computer science. He has studied artificial intelligence over the past few years and written some of his own AI programs. For the past 40+ years he and Su have traveled to 50 plus countries and Antarctica.

Helstrom, Bruce MDiv, BCC, is a chaplain with Catskill Area Hospice and Palliative Care. He is Board Certified through the Association of Professional Chaplains.

Helterline, Marilyn is a retired professor of sociology. She taught at SUNY Oneonta from 1973 until 2009. She holds a Ph.D. in sociology from the University of Notre Dame.

Johnson, Jim is a native of the Midwest, and has visited and photographed the many places that Wilder described growing up on the American frontier, from the Big Woods near Pepin, Wisconsin, to the plains of De Smet, South Dakota.

Kehoe, Maryanne is a decades-long practitioner, teacher and researcher of complementary therapies with a particular interest in energy-based healing modalities. As a nurse, a nurse practitioner and nurse educator, she has a wide range of professional experiences. A life-long learner, her formal education ranges from an Associate's degree to a Ph.D. candidate, yet she recognizes living as the greatest teacher.

Kollgaard, Joan is a retired English teacher who has continued to travel after retirement, both on local day trips with fellow retirees and on trips in the U.S. and Europe with family and friends.

Leonard, Patricia is the Executive Director for the Family Service Association (located at 277 Chestnut Street) established in 1909 in Oneonta. Their mission is to support individual and family strengths and to assist area residents in meeting their own needs. Patricia is a lifelong resident of Oneonta and currently lives in Otego with her husband and 2 teenage boys. She is a graduate of Buffalo State College with a B.S. in Sociology and a concentration in Child and Family Studies. Patricia and her staff have created an atmosphere at Family Services that help people in a non-judgmental manner, making people feel respected and comfortable during some of their hardest times. Patricia, the staff, and Board of Directors are consistently working to make sure the services provided are relevant to the people served, convenient, and help make Oneonta a healthy and thriving community.

Mahlke, Ernest and Heide: Ernie Mahlke taught for the SUNY Oneonta Department of Art for 32 years. He is interested in many things, particularly sculpture, hiking, travel and railroads. Ernie has taught a number of courses of a visual nature for CCAL since retiring. Ernie and Heide are frequent hikers to such diverse places as the Catskills, the Adirondacks and the White Mountains of New Hampshire as well as other local places. They are enthusiastic and frequent travelers, having visited 37 different countries so far. They have visited England and Germany repeatedly, combining family visits with sightseeing, hiking and biking.

Martini, Adrienne is the current representative for District 12 to the Otsego County Board of Representatives. She's also an award-winning journalist who's written for *Cooking Light* and the *Washington Post*, among other publications, and the author of *Hillbilly Gothic and Sweater Quest*. When not wearing her county government hat, she works for SUNY Oneonta in the Alumni Office. Prior to that, she taught in both the theatre and communications departments at the school.

Martini, Sil received an Engineering degree from the University of Pittsburgh. Sil spent his working life in various aspects of industrial sales. In 2015 he retired from a cutting tool supplier in Columbus, OH and moved to Oneonta. After saying "Hello" to the grandchildren, he joined CCAL. Being a curious fellow, its wide variety of courses appealed to him.

Macaluso, Patrice is a theatre professional and educator who has spent her entire career in the areas of theatre design, technology, and operations. The founding chair of the Theatre Department at SUNY Oneonta, she taught there for 27 years during which she supervised the complete renovation of the Goodrich and Hamblin Theatres and their related shops and teaching facilities. She is a founding member of the Friends of the Oneonta Theatre and served as its president from 2008 until 2020.

Multari, Eileen is a retired Business Education Teacher. She taught at Mamaroneck High School in Westchester County for 32 years and advised an award-winning chapter of the Future Business Leaders of America, having many students compete and win at the state and national level. She retired in 2010 and moved full-time to Treadwell, New York, where she began researching her family roots and has become an avid gardener and "amateur genealogist".

Noble, Leslie is a professional actor, director, and teacher with over 25 years of experience in theater, higher education and arts administration. In the early 1990's she co-founded clown theater company Gams on the Lam, which toured internationally for 10 years. From 2001-2017 she worked as an administrator for Syracuse University Department of Drama, where she continues to teach clown technique. As an actor and director, Leslie has worked for Syracuse Stage, Geva Theater, Le Moyne College, SU Drama, The Redhouse Arts Center, and Franklin Stage Company.

Noorlander, Danny received his Ph.D. from Georgetown University in 2011. He is currently an Associate Professor of History at SUNY Oneonta. He teaches colonial American history, the Atlantic world, and European expansion. His most recent work is *Heaven's Wrath: The Protestant Reformation and the Dutch West India Company in the Atlantic World* (Cornell, 2019).

Pacher, Judy was in the financial services industry for 30 years prior to her semi-retirement 2 years ago. She has also been a Hospice volunteer and has served on the board of the United Hospice of Rockland for 20 years. She has spent many hours assisting recent widows and widowers with the tasks that need to be handled upon the loss of their loved one after her own experience of the death of her husband in 1995. As a registered nurse, she knows full well that life has a way of throwing curve balls and that there is only one thing that is certain and that is death. She believes that being prepared for the inevitable is vital to peace of mind.

Palm, Daniel Ph.D., retired as Regional Director of New York State Department of Environmental Conservation. He is an avid traveler having visited 60 countries on all 7 continents. He enjoys sharing his photos and travel experiences with those willing to watch and listen. He believes CCAL is an excellent platform to facilitate this sharing.

Pence, Dr. Harry E. is a SUNY Distinguished Teaching Professor Emeritus at the State University College at Oneonta, NY. In the past, he offered several popular CCAL courses on The Coming of the Great Depression in the U.S., England after WWI, Germany Between the Wars and Americans in Paris following WWI. He is a co-editor of the book, *Enhancing Learning with Online Resources, Social Networking, and Digital Libraries*, which was published by the American Chemical Society. He co-authored two chapters in that book as well as a chapter on augmented reality in the book *The Handheld Library*. He also co-authored a chapter entitled “New Tools and Challenges for Chemical Education: Mobile Learning, Augmented Reality, and Distributed Cognition in the Dawn of the Social and Semantic Web” in the book, *Chemistry Education: Best Practices, Innovative Strategies and New Technologies*.

Rees, Helen is a retired librarian who enjoys both local history and the stories behind it. She has been involved with the Swart-Wilcox House Museum since its inception in 1988 when it was merely a dilapidated structure...and a dream. She finds that new information is continually being discovered which makes the history of Swart-Wilcox an on-going story.

Rothwell, Delores moved to Oneonta from Lansdowne, Virginia, to be close to her daughter. She now enjoys walking downtown and visiting friends from her home on Dietz Street; attending CCAL courses, concerts, and art shows in and around town; volunteering at the History Center, CANO, and the Foothills Performing Arts Center keeps her occupied.

Ryall, Bill is a retired French teacher who enjoyed a career that spanned over 42 years both in the public schools and at SUNY Oneonta. During that career, he also worked as a consultant in foreign language education at the New York State Education Department. He continues to travel regularly in the French world. Bill is also passionate about his photography, an interest he has pursued since his early teens. His photography has won awards in numerous competitions and his images have been published in secondary and university level French textbooks.

Sanborn, Edwin is an avid reader and has been a student and teacher of history all of his adult life. While his degrees are in American History, he is very knowledgeable of European and Chinese history, as well as Economics and Philosophy. His belief is in order to understand literature and art, the historical context of the time must also be understood. His approach to teaching is to encourage class participation.

Scheele, Paul is a native of Nebraska, a 50+ year resident of Oneonta and a retired professor of political science at SUNY Oneonta. His main fields of interest have been the institutions of American national government (president, Congress and Supreme Court), national political parties and interest groups, and public policy at the national level.

Sperti, Dr. Carmel Ann serves the parish of St. Mary in Oneonta as Director of Pastoral Care and Christian Initiation. After graduating from New York University, she pursued graduate studies at the Seminary of the Immaculate Conception in Huntington, NY where she earned an M.A. in Theology Liturgy, post-graduate Certificate in Pastoral Liturgy and Doctor of Ministry. She has been a teacher, public speaker, Liturgy Director, professor and Director of Religious Education. A native of NYC, she now lives on a small farmette in Oneonta with her sister, 4 cats, 4 Arabian horses, and a Collie.

Smith, Susan C. retired from SUNY Oneonta in April 2013. During her career at the college, Susan worked as a programmer, database administrator and manager. She enjoys biking, hiking, traveling, reading, volunteering for good causes, attending CCAL classes and sometimes working at her computer.

Straney, Paul is a life-long student of history with a particular passion for aviation and railroads. In his studies, he has amassed a sizable reference library on aviation and railroad topics, and enjoys sharing them with others. He is currently President of the Unadilla Valley Railway Society and Museum in New Berlin, New York. He serves as CFO for a mid-sized security guard company.

Wise, Justine Woolner holds a Master's degree from Syracuse University and has been a clinical social worker in Otsego County since 1990. She is experienced in counseling individuals and families on gender and sexuality issues. She taught social work, counseling, and LGBTQ issues at Hartwick College and has presented at international and national conferences and local area schools, businesses, and organizations. She currently works at the Gender Wellness Center in the Bassett Healthcare Network, A.O. Fox Hospital.

Yeaman, Pat is a retired New York City school teacher. She spent almost 30 years working with developmentally disabled and special needs children. Pat considers herself a passionate amateur photographer; some family members might say "obsessed" would be a more accurate description. She has been serious about making photos for over 50 years and has been using a digital camera exclusively for nearly the last 20. She says she has made almost every mistake possible while trying to create meaningful images and has also learned some things along the way. Pat is eager to share her experiences with other people who are also interested in improving their photographic skills.

Young, Arlana lived in Europe for 17 years (in Italy for 10 of those years) while working for the US Army as a civilian in the Morale, Welfare and Recreation division. She traveled extensively throughout Europe and lived the entire 10 years on a dairy farm in northern Italy where the only language spoken was Italian. Arlana has been practicing yoga for more than 20 years and teaching it for 6 years. Her focus is on bringing yoga to people who think they can't do it. She is currently teaching Chair and Slow Flow yoga classes in Oneonta.

Zdenek, Darryl is a retired manufacturing/distribution manager with a lifelong interest in history, especially the World War II era. After retiring from a 35-year career, he purchased his "hobby farm" in Roseboom. An avid reader of history, he became especially interested in the Pacific theater in WWII and loves to share his learning and views with like-interested people.

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CENTER FOR CONTINUING ADULT LEARNING (CCAL)

31 Maple Street, PO Box 546, Oneonta, NY 13820

Office Hours: Tuesday, Wednesday, and Thursday, 12:30 to 4:30 pm

Phone: 607-441-7370 Fax: 607-436-9682 Email: ccaloneonta@stny.rr.com

HOW TO GIVE A CCAL COURSE

The Center for Continuing Adult Learning is dependent on people from all walks of life, including our own members, who are willing to share what they know, do and love, with others who want to learn. Some facilitators teach, some demonstrate skills, some organize programs with outside speakers, and some arrange and lead field trips. Some are active professionals, some are retired, but many are devoted amateurs.

Facilitators volunteer their time and are not paid. However, facilitators who are **NOT** members of CCAL may take TWO complimentary courses for each course they teach. Complimentary courses must be taken within one year of the date of the course taught. In accordance with college regulations, facilitators may not use a course to sell products or services. **This policy will also be in effect for courses held “off campus.”**

Facilitators have great freedom in organizing courses they want to give, considerable latitude as to when they wish to present them, and may specify minimum and maximum numbers of participants. A course may be scheduled as a single presentation or multiple presentations. Most classes are assigned classroom space at either Hartwick or SUNY at Oneonta colleges. Normally classes are held during daylight hours, Monday through Friday.

Course proposals are approved by our Curriculum Committee (many of whom are facilitators and participants themselves) quite far in advance. Deadlines have been established in order to allow ample time for creation and printing of the catalog by our office staff.

The **WINTER/SPRING** catalog includes courses given January through May. It is compiled the summer before and goes to press in September. Proposals for Winter/Spring are **due by July 15.**

The **SUMMER/FALL** catalog includes courses given June through December. It is compiled during the winter and goes to press mid-February. Proposals for Summer/Fall are **due by January 15.**

Please note: these deadlines create very tight schedules for preparing the catalog for printing – please submit proposals on time!

Are you interested?

- Look over a previous CCAL catalog to get an idea of courses offered and facilitators' backgrounds.
- Contact a member of the Curriculum Committee to discuss what you have in mind and obtain a course proposal form.
- Prepare a course proposal form, also available from the CCAL office and our website (*ccaloneonta.org*).
- When completing proposal, please be sure to include preferred dates and times as well as a brief facilitator biography.
- Return completed form by deadline to:

CCAL Curriculum Committee
PO Box 546
Oneonta, NY 13820

OR ccaloneonta@stny.rr.com

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31 Maple Street, PO Box 546, Oneonta, NY 13820

Office Hours: Tuesday, Wednesday, and Thursday, 12:30 to 4:30 pm

Phone: 607-441-7370 Email: ccaloneonta@stny.rr.com

COURSE PROPOSAL WITH PREFERRED SCHEDULING INFORMATION

Check one: () Winter/Spring: January through May, 20__
() Summer/Fall: June through November, 20__

Name: _____ Today's date: _____

Address: _____ Phone #: (day) _____

City/Town and Zip code: _____ (eve) _____

Email address: _____

Title of Proposed Course: _____

Course Objectives (3 sentences or less): _____

Course Description (6 sentences or less) _____

Special room or equipment needed: _____

Please list any cost to students for supplies, books, etc. _____

Months, Days and Hours preferred (please list up to 3 choices)

(1) _____

(2) _____

(3) _____

Class size preferred: Minimum _____ Maximum _____

of Class Sessions _____ # of Hours per session _____

Limited photocopying is available to you. Requests must be submitted to the CCAL office AT LEAST 2 weeks PRIOR to the first class session.

How much time, prior to the first class, would you allow enrollment to reach the minimum number of students before canceling class? _____

FACILITATOR BIOGRAPHY: Please use the back of this sheet to write a brief (6 sentences maximum) biography as you would like it to appear in written releases.

Please return this form by _____ July 15 for Winter/Spring _____ January 15 for Summer/Fall

To _____ Curriculum Committee

Address _____

Town/Zip Code _____ Phone: _____

(Completed form may also be emailed or faxed to the CCAL Office)

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Office Use Only:
_F _P _N _R CK # _____

MEMBERSHIP FORM for January 1 – December 31, 2020

Yes, I would like to join The Center and participate in the learning experiences offered. I understand that the membership fee is \$120 for the calendar year (January 1 through December 31, 2020).

Since CCAL is a non-profit organization, any donations over and above your membership would be gratefully appreciated. Donations would, of course, be tax deductible to the full extent allowed by Federal law.

NEW *If any part of your contact information has changed in the past year, please check this box* **NEW**

1. Enclosed is my membership check for \$ _____ and a donation to CCAL \$ _____
2. This membership is New Renewal
3. Specify how your mailings should be addressed: Mr. Mrs. Ms. Miss Dr. Rev. Other: _____
4. Name _____
5. Address _____
City/Town _____ State _____ ZipCode _____
Phone (____) _____ CELL (____) _____ Email _____
6. Alternate Seasonal Address (give dates) from ____/____/____ to ____/____/____
Alternate Address _____
City/Town _____ State _____ Zip code _____ Phone _____
7. What "call name" or "nick name" do you prefer? _____
- NEW** 8. May we use photos of you participating in CCAL classes/events on our website? yes no **NEW**
9. Are you retired? yes no
10. What was your former occupation? Please be specific. _____
11. Please indicate your interest in serving CCAL in any of the following areas:
 Board of Directors Curriculum Committee Member Events Committee
 Nominating Committee Public Relations Committee Finance and Administration Committee
12. Would you be interested in volunteering to teach a course for CCAL in the future? (A member of our Curriculum Committee will contact you for details.) What topic(s)?

13. Do you want to be on the list to receive notices of CCAL trips? yes no
14. When a current CCAL member recommends someone for CCAL membership and they join, the current member will receive a discount on membership dues for the following membership year.
New Members: tell us who referred you to CCAL: _____

MEMBERSHIP FEE IS DUE ONCE PER CALENDAR YEAR.
WE MUST HAVE THIS COMPLETED FORM + PAYMENT FOR 2020 CALENDAR YEAR BEFORE WE CAN PLACE YOU IN ANY CLASSES.

**Return this form with your check made payable to CCAL to:
The Center for Continuing Adult Learning (CCAL), PO Box 546, Oneonta, NY 13820**

Questions? Contact our Office (607) 441-7370 or ccaloneonta@stny.rr.com
Office hours are Tuesdays, Wednesdays and Thursdays from 12:30 to 4:30 p.m. only
Scholarships to waive the membership fee are available. Call the Office for an application.

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CCAL COURSE REQUEST FORM
Summer / Fall 2020

~Please use blue or black ink~

Name _____

Street Address _____

City/Town/State _____ Zip Code _____ Phone _____

Would you like to be notified of our course enrollment by **email**? (yes) _____ (no) _____

Email address _____

IMPORTANT TO KNOW: All Course Request Forms will be held until the deadline date. Then class lists are created based on priority numbers, NOT by when the form is received.

It is very important that you put your courses on the Course Request Form in your personal priority order:

- On the deadline date, all members who have signed up for courses will be placed on the class rosters according to priority number, NOT by when their form is received. When course maximum is reached, all remaining requests will go on a waiting list in the order of their priority number.
- Any requests received after the deadline date will be added to class roster/waiting list as class size permits, up to the beginning date of any course.

HELP NEEDED: please put a ✓ in the extreme right-hand column if you are willing to volunteer to be the Class Assistant (take attendance, distribute/collect evaluation forms, etc.) for a particular course.

<u>SUMMER COURSE REQUESTS</u> due April 15, 2020:	<u>DATE OF 1st CLASS:</u>	<u>Will you be CLASS ASST?</u>
1 st _____	_____	_____
2 nd _____	_____	_____
3 rd _____	_____	_____
4 th _____	_____	_____
5 th _____	_____	_____
6 th _____	_____	_____

<u>FALL COURSE REQUESTS</u> due July 15, 2020:	<u>DATE OF 1st CLASS:</u>	<u>Will you be CLASS ASST?</u>
1 st _____	_____	_____
2 nd _____	_____	_____
3 rd _____	_____	_____
4 th _____	_____	_____
5 th _____	_____	_____
6 th _____	_____	_____

We are unable to accept Registrations by telephone. Please submit this completed form by

- **Mail:** CCAL, PO Box 546, Oneonta, NY 13820 or
- **Email:** ccaloneonta@stny.rr.com
- **Stop in the office:** 31 Maple St., Oneonta, NY
- Office Hours:** Tuesday-Thursday 12:30 – 4:30

Before your name can be placed on class rosters, we must have:

1. A completed 2020 Membership Form and 2. Payment for 2020 calendar year