

SOAR



LIFELONG LEARNING IN THE NORTH COUNTRY

FALL SEMESTER 2017
SEPTEMBER 4, 2017 - NOVEMBER 10, 2017

sponsored by:



THE STATE UNIVERSITY OF NEW YORK

Potsdam

and affiliated with:

ROAD SCHOLAR[®]

Institute Network

A Note from the Chair

We hope you had an enjoyable summer and are eager to attend SOAR courses this fall. The Curriculum Committee has once again selected a fine set from which to choose; we feel confident you will find a number to your liking. As I write this, the Scheduling Committee is busy finding the venues for our courses. This semester, they have the added constraint of Kellas Hall on the SUNY Potsdam campus being closed for renovations. The courses normally scheduled there by the university and by us all need to find other locations. It will be a challenge for all.

During the summer, the Membership Committee asked some volunteers to summarize the attendance sheets from last spring. The SOAR Board of Directors was disappointed to see the number of members who signed up for courses who never attended any of the sessions. For continuing members, once again we ask you to attend the courses you register to take. For new members, we encourage you to attend all the courses in which you register.

At the spring luncheon, members voted on the upcoming budget. Again, the Finance & Administration Committee presented us with a financial plan that should ensure our financial stability for the foreseeable future. Each time the budget is considered, I remind myself how fortunate we are to be in the situation we are. There are many organizations similar to ours, but in which members pay significantly more for much less than what is available to our members.

We are indeed fortunate to have the selection of presenters and venues we have. Let's do our part to support the presenters by attending their courses and leave the various venues in the same shape as we find them.

As we move into another semester, we encourage you to volunteer to assist us – you will enjoy the experience.

Enjoy the fall semester – keep on SOARing!

Bill Mein, Chair, SOAR Board of Directors

ABOUT SOAR

(Stimulating Opportunities After Retirement)

SOAR is a member-directed learning group, sponsored locally by SUNY Potsdam through the Center for Lifelong Education and Recreation (CLEAR). SOAR is also one of almost 400 such lifelong learning groups affiliated with the Road Scholar Institute Network.

At the end of the spring 2017 semester, SOAR had 421 members. Though beyond full-time careers in the home and work place, we continue to be active, inquisitive, energetic and creative people. We SOAR members enjoy intellectual stimulation, hands-on activities, going places, and good fellowship. We love learning just for the sake of learning, and we love sharing what we know.

SOAR employs just one part-time staff person. Everyone else – board and committee members, course presenters, classroom ambassadors, office helpers, and many others – is a volunteer.

BOARD OF DIRECTORS

Bill Mein, Chair	Jim Barry	Byron Whitney
Mark Coleman, Vice-Chair	Betty Graham	Dorothy Howe
Lyn Swafford, Secretary	Ed Russell	Carol McRobbie
Ron Frank, Treasurer	Ruth Kreuzer	Janet van Weringh
Neil Johnson	Cynthia Bender	Carol Lawrence

COMMITTEES and CHAIRS

Executive - Bill Mein	Outreach/Publicity - Lyn Swafford
Scheduling - Mark Coleman	Membership - Janet van Weringh
Newsletter - Ruth Kreuzer	Ambassador - Bill Mein
Registration/Presenter Communication - Byron Whitney / Carol McRobbie	
Events - Ann Groome / Darlene Leonard	
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Nominating and Awards - Betty Graham	
Technology - Janet van Weringh / Ruth Kreuzer	
Long Range Planning Committee - Bill Mein	

Administrative Assistant - Juanita Blakemore
College Liaison - Nancy Hess

MEMBERSHIP INFORMATION

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

COURSES AND CLASS SESSIONS. SOAR has two ten-week semesters a year, this year beginning on Labor Day in September (i.e. Sept. 4) and the other beginning mid-March 2018. About half of our SOAR classes are held on the SUNY Potsdam campus, about a fourth are held in Canton, and the rest are held at other places in Potsdam or in the local area. Most SOAR courses consist of 1 to 6 class sessions and usually meet once a week, Monday - Friday, for 1½ to 2 hours. Courses are held during daylight hours. Occasionally, courses, field trips or events occur on the weekends or in the evening. SOAR members must register for each course they want to take. Course requests are filled in the order received. Late registrations are taken only for courses with openings. Permission from SOAR, and in some cases from the instructor, is needed to join a course already in progress. One or more new courses begin each week during the semester. Therefore, members who have busy schedules or who travel can still find some SOAR courses to take.

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

“Anyone who stops learning is old, whether twenty or eighty. Anyone who keeps learning stays young. The greatest thing you can do is keep your mind young.” - Mark Twain

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

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

CONTACT INFORMATION

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

EVENTS

(mark your calendar!)

MEET THE CHEF

Robideau's Mahogany Ridge (*in South Colton*)

(*Have a great meal and learn about the business.*)

DATE: Wednesday, October, 18th at 1:00 pm

Cost: \$25 (*includes gratuity*)

(Payment and reservation form are **DUE** by noon on **Monday, Oct. 2.**)

(*See the flyer insert or SOAR website for menu, more info and reservation form.*)

(*Seating capacity is 44, so sign-up early!*)

* * *

FALL LUNCHEON

Barrington Student Union

Wednesday, November 15, 11:30-2:00 (*-serving at noon*)

(*The information and reservation form will be included in the fall SOAR Newsletter.*)

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

TENTATIVE COURSE LOCATIONS

Courses Offered on SUNY Potsdam Campus

Adirondack Archaeology * Advanced Porous Materials on the Way to Stopping Global Warming * Art for Beginners * Beginning Tai-Chi and Qigong * Changing Media Landscape: Locally and Nationwide. * Climate Change * Continuing Tai-Chi and Qigong * Creating Clean Air at Home (training session) * Creating Legacy Letters * Dams of the Raquette River * Drawing with Graphite * Edgar Cayce Exercises * Green Buildings 101 * Healthcare Serial Killers * How We Are Taxing Our Grandchildren * An Introduction to Knots * Lewis and Clark Expedition (Part 1- Repeat) * Life-lines: Writing Your Way In * Line Dancing for Beginners * Modern Day Dinosaurs: Exploring the Biology of Birds and Reptiles * Probability in the News * Racial Attitudes: Changing Expectations * Ray Bradbury's "Dandelion Wine": Metaphor of Small Town America * The Science of Human Voice Production * Tai-Chi: The Short Form * There's What in My Drinking Water? * Ticks 2.0: New Findings * Watercolor / Mixed Media Art Workshop - Intermediate Level * Waters of the Adirondacks * Whales to Wings: The Hydrodynamics of Humpback Whales *

Courses Offered off SUNY Potsdam Campus

POTSDAM: Ballroom Dancing for Beginners * Bomb Threats, Terrorism and More: A View from a First Responder * Building Better Bones * Caring for the Caregiver * Continuing Meditation * Duplicate Bridge for Fun: Intermediate Level * How Did the Artist Do That? * How Immune Cells Works to Protect Us * Insect Ecology * "Lou Gehrig's Disease" ALS: Intro, Research, Care * Neanderthals and the Origins of Modern Humans * The Science of Human Voice Production * Tunes-R-Us * Vicarious Voyagers XXI * Who Lost China: When, Where and How *

CANTON: AARP Smart Driver Course * Adirondack Literature * Analyzing Mutual Funds of Various Target Dates for Retirees * Cemetery Memorial Cleaning * Chemistry and the Environment (Part 2) * Construction of "MaryGwyneth Fine Wearable Art" * Construction of a Mortared Straw Bale House * Current Events * Environmental Activism at SUNY Canton * Healthcare Serial Killers * How Immune Cells Work to Protect Us * Introduction to the AccuQuilter * Life on the Tilted Teacup Ride * Macbeth: On the Page and On the Stage * Mah Jongg * Monsters, Menace, and Mystery: 1950's-60's * Minerals of the Grenville Province * Positive Psychology for Seniors *

COURSES BY NUMBER OF SESSIONS

5 SESSIONS or MORE: Art for Beginners * Ballroom Dancing for Beginners * Beginning Tai-Chi and Qigong * Building Better Bones * Continuing Tai-Chi and Qigong * Current Events * Drawing with Graphite * Duplicate Bridge for Fun... * Lifelines: Writing Your Way In * Line Dancing for Beginners * Monsters, Menace, and Mystery... * Tai-Chi: The Short Form * Watercolor/Mixed Media Art Workshop *

4 SESSIONS: Continuing Meditation * Life on the Tilted Teacup Ride * Mah Jongg * Racial Attitudes: Changing Expectations * Ray Bradbury's "Dandelion Wine..." * Vicarious Voyagers XXI * Who Lost China: When, Where, and How *

3 SESSIONS: Lewis and Clark Expedition (Part 1) * "Lou Gehrig's Disease" ALS: Intro, Research, Care * Tunes-R-Us *

2 SESSIONS: AARP Smart Driver Course * Adirondack Archaeology * Adirondack Literature * Caring for the Caregiver * Climate Change * Environmental Activism at SUNY Canton * Green Buildings 101 * How Did the Artist Do It? * Macbeth: On the Page and On the Stage * Modern Day Dinosaurs... * Neanderthals... * Probability in the News * Science of Human Voice Production * A Taste of Twain... *

1 SESSION: Advanced Porous Materials... * Analyzing Mutual Funds... * Bomb Threats, Terrorism and More... * Cemetery Memorial Cleaning * The Changing Media Landscape... * Chemistry and the Environment (Part 2) * Construction of...Wearable Art * Construction of...House * Creating Clean Air at Home... * Creating Legacy Letters * Dams of the Raquette River * Edgar Cayce Exercises * Healthcare Serial Killers * How Immune Cells Work to Protect Us * How We Are Taxing our Grandchildren * Insect Ecology * An Introduction to Knots * Introduction to the AccuQuilter * Minerals of the Grenville Province * Positive Psychology for Seniors * There's What in My Drinking Water? * Ticks 2.0: New Findings * Waters of the Adirondacks * Whales to Wings... *



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

FALL 2017 COURSE DESCRIPTIONS

This fall, SOAR is pleased to offer 61 courses and presentations. Info on class dates, times and locations can be found in the mailing inserts. MORE DETAILED INFO and UPDATES (*as they occur*) are posted on the SOAR website: www.soarnorthcountry.org “LOCATIONS” offers maps and detailed directions; “COURSES” include readings and supply lists, links, and other notes. Check **COURSE UPDATES** on the home page often.

Questions? Call the SOAR office: (315) 267-2690 (MWF: 9:00-2:00).

(Entries below are alphabetical by title and numerical by registration number)



AARP Smart Driver Course

Dana M. Smith

2 sessions (consecutive days), 3 hours each

This six-hour refresher course contains up-to-date information about changes in ourselves, our vehicles, and our roads. Learn to drive more efficiently and safely and, as an outcome, possibly reduce your car insurance costs as well.

Dana Smith is a retired State Prison Superintendent. He is also a retired US Army Reserve Major. He has been a Board of Education Member (BOCES, Madrid/Waddington, Horseheads) for 25 years, and has volunteered for, or been elected to, many other important public service positions. His driving experience includes being a driver for Disabled American Veterans. **NOTES:**

1) Bring your driver’s license and, if you have one, your current AARP membership card; **2)** Fee: \$20 for AARP members; \$25 for non-AARP members. (Make checks out to AARP.) **3)** Both sessions must be attended to receive any rate reductions from your car insurance company and/or “points” reduction; **4) View link:** www.soarnorthcountry.org *Choose COURSES, then “AARP...”* **Cap: 25 [F-17-1]**

Adirondack Archaeology

Tim Messner

2 sessions, 1½ hours each

Explore the deep history of the Adirondacks and challenge the common misconception that this has been an area of empty mountain wilderness.

Tim Messner is interested in the relationship between people and the environment. Since moving to Potsdam in 2012, he has been researching the ancient peoples of the Adirondacks by analyzing the tools and technologies they left behind. **[F-17-2]**

Adirondack Literature

Mark Sturges

2 sessions, 1½ hours each

These two sessions will offer a brief introduction to the literary history of the Adirondacks in northern New York. **Session 1:** A survey of the

landscape of Adirondack literature, plus a group discussion of a few specific works of poetry and short prose. **Session 2:** Participants will meet at the SLU library in the Special Collections area for an introduction to the library's Adirondack-related archival materials. **Mark Sturges** is an Assistant Professor of English at SLU, where he teaches a variety of courses in early American literature, environmental literature, and place-based literature. He also teaches in the SLU Adirondack Semester and has led students on excursions to explore the literary history of the Adirondacks and Cape Cod. His most recent research examines the cultural history of maple sugaring in early American art and literature. **NOTE:** No food or drink is allowed in the SLU Special Collections room. **(Cap: 15) [F-17-3]**

Advanced Porous Materials on the Way to... Mario Wriedt
1 session, 1½ hours each Stopping Global Warming

Our society faces significant signs of global warming because the modern world has begun to excessively burn fossil fuels, thus releasing billions of tons of CO₂ into our atmosphere. The ultimate solution for all our energy problems might be using alternative “green” energy sources instead, such as hydrogen-fuel cells. Imagine our automobiles emitting only pure water instead of harmful greenhouse gases! Join Clarkson University Professor of Chemistry **Mario Wriedt** as he presents current research into the development of advanced porous materials to store energy and to “renew” our atmosphere. In addition, he will share insights from his laboratory's research into design strategies of such materials and their characterization through X-ray methods. Besides teaching, Mario is head of the Functional Material Design and X-ray Diffraction Lab. **[F-17-4]**

Analyzing Mutual Funds with... Brian Harte & Umesh Kumar
1 session, 1½ hours Various Target Dates for Retirees

The mutual fund industry has been a bellwether in managing retirement wealth. However, the mutual fund industry has also attracted a lot of scrutiny due to expropriation of investors' trust as they have allowed preferential treatment for regarding market timing for certain investors. In our research, we investigate the performance of mutual funds that have a specific target date for retirees. According to various performance benchmarks, we find that the fund returns for a later target date underperform more often than those that have an earlier target date. Analyzing this poorer performance, we find that later target date funds carry more illiquid assets (those you can't take right away) resulting in a poor performance. The fund size doesn't have a significant effect. The results of our analysis indicate that while some excess returns have been generated,

this is possible only due to lower marketing and distribution costs and management fees. **Brian Harte** teaches in SUNY Canton's Criminal Justice program and **Umesh Kumar** teaches in the Finance program. Together, they have won four awards for their business-related research and publications. Three of their awards have been from the Academy of Business Research, an international society of scholars and practitioners who exchange ideas and collaborate in a conference setting. [F-17-5]

Art for Beginners **Sally Kirby** (*Coordinator*), with a SUNY
8 sessions, 2 hours each **Potsdam art student as instructor: TBA**

Introducing a new art course! This beginning course is for those people who are new to watercolors, or for those who need to build confidence in their skills. Water color instruction will be provided by a SUNY Potsdam art student. **Sally Kirby** is a longtime weaver and an accomplished watercolorist. For many years, she was an active participant in Leon LeBeau's art workshop classes. **NOTE:** needed supplies will be posted before class starts. **View link:** www.soarnorthcountry.org *choose COURSES, then "Art for Beginners."* (Cap 16) [F-17-6]

Ballroom Dancing for Beginners **Van Hoyt & Diane Crump**
10 sessions, 1½ hours each

The first aim of this course: "just to have fun!" The instructors will concentrate on the basics of Foxtrot, Waltz, Cha-Cha, Tango, Stroll and "Lamanite" – a simple, fun dance Van learned from a Native American couple, which he later adapted for beginning dancers. Advance your skills as time permits and as class interest suggests. **Van Hoyt** and **Diane Crump** have been teaching beginning ballroom dance to youth and adults for over 10 years. They encourage both men and women to take the plunge and learn how to lead or follow. They enjoy teaching all ages how to dance! **NOTES:** 1) Wear comfortable clothing and smooth-soled shoes (not sneakers); 2) Park in the rear lot by the back entrance to the church; class meets in the gym. [F-17-7]

Beginning Tai-Chi and Qigong **Pam March**
8 sessions, 1 hour each

The class includes basic Chinese warm-ups (both standing and sitting), Tai Chi meditation, a Qigong form, and an introduction to the Yang 24 movement short form. Concerns of seniors are addressed through work on balance, leg strength, endurance, as well as learning how to take it easy on the joints, and how to relax. **Pam March** is a certified Tai-Chi instructor from the Boston Institute of Kung Fu and Tai Chi. In Fall 2010, Pam received the "Leon LeBeau SOARing Educator Award" in honor of

the exceptional and long-lasting impact she has had on the well-being of SOAR members. **NOTES:** 1) Beginning students often take two or more semesters of this class before advancing to “Tai-Chi: The Short Form”; 2) Participants should wear loose fitting clothing, soft shoes or socks, and bring a water bottle. [F-17-8]

Bomb Threats, Terrorism and More: A View... Robert Parcell
1 session, 2 hours from a First Responder

Explore subjects including explosive awareness, terrorism, and other current threats. Learn about clandestine meth labs and their impact on local communities. Also learn how specialized units respond to major events, such as 9/11. The presenter was a first responder at Ground Zero during 9/11, and assigned to NYC the following year. **Robert Parcell** is a graduate of Canton Central School, Clarkson University, and the NYS Police Academy. He is a certified FBI bomb technician, a hazmat (hazardous materials) technician, a DEA (*Drug Enforcement Agency*) certified clandestine lab technician, a 15-year member of the K9 unit, and a member of CCSERT (*Contaminated Crime Scene Emergency Response Team*). He is a subject matter expert in explosives, and chemical, biological, radiological and nuclear threats. He is also a robot operator, trained to respond to high level threats associated with the above subjects. **NOTE:** This session will be kept open to the audience for Q and A, and discussion of the subjects presented. [F-17-9]

Building Better Bones Chris Towler, with students Karly Lindroth-Yates, Ricardo Pacheco, Kristen Orlandini, & Jennifer Shields
6 sessions, 1½ hours each

Building Better Bones is a 3-week course delivered by faculty and students from the Clarkson Physical Therapy Program. The six sessions will include the changes your body undergoes with osteoporosis, diagnostic techniques for osteoporosis, appropriate exercise to prevent osteoporosis, and complications associated with osteoporosis, such as fractures. This course will ensure that participants understand the impacts of osteoporosis and the proper prevention techniques and exercises to circumvent them. Each session will consist of both education and a light exercise session. **Chris Towler** is a faculty member at Clarkson University in the Doctor of Physical Therapy Program. He is a Board Certified Clinical Specialist in Geriatrics. His primary teaching area is cardiopulmonary physical therapy and exercise science, with teaching roles in geriatrics, basic sciences, clinical skills and orthopedics. He has a special interest in bone health. His research focuses on geriatric physical therapy, fall prevention, and identification of those with a risk of

falling related to their cardiovascular fitness. The second year Physical Therapy students have completed 4 of the 8 semesters within the program including general sciences, cardiopulmonary, orthopedic, neuromuscular and multiple systems disorders physical therapy, as well as one full time clinical placement. **NOTE:** Wear supportive shoes / sneakers and clothing that allows movement and very light exercise. **Cap: 20 [F-17-10]**

Caring for the Caregiver

Nancy Vosbrink

2 sessions, 1½ hours each

If you are a caregiver, how do you find support? This course focuses on the caregivers. Learn tips on how to navigate through various caregiver roles and responsibilities. Participants will leave with a concrete self-care plan. **Nancy Vosbrink** currently runs the “Caring for the Caregiver Program” and the “Caregiver Support Group” at Hospice of St. Lawrence Valley. She also has had first-hand experience as she was the caregiver for both of her parents. **NOTE:** Bring materials for note-taking. **(Cap: 25) [F-17-11]**

Cemetery Memorial Cleaning

Roberta Yaeger and Bob Eaton

1 session, 1½ hours

This presentation will teach you how to clean your family memorials. We will meet at Evergreen Cemetery in Canton, where the presenters will clean the Frederic Remington monument, demonstrating the cleaning process. **Roberta Yaeger** and **Bob Eaton** have over 25 years of experience cleaning cemetery memorials. Between the two of them, they will be able to answer all your cleaning and care questions. **NOTE:** Dress to be outside, and bring a chair. **[F-17-12]**

The Changing Media Landscape: Locally...

Bill Shumway

1 session, 1½ hours

and Nationwide

Learn about the history and changes of *North Country This Week* and their website “NorthCountryNow.com” over the past 33 years. Topics include: what the News, Ad Sales & Distribution departments do now; the challenges of running a newspaper and website locally and nationally; an explanation of why some form of local news media will likely exist for many years to come; and some predictions for local media changes nationwide in the next decade. **Bill Shumway** is founder, editor, and publisher of “North Country This Week.” He started the paper with 1 full time and 1 half-time employee in his West Stockholm living room in 1984. *NCTW* now employs 20 people, publishes 2 editions of the paper and updates “NorthCountryNow.com” nine times each day. Bill has always had an interest in newspapers – he was a paperboy for 3 years in Junior High, served as a newsroom intern at his hometown paper in

Massachusetts during his senior year in high school, and became a reporter in 1977. He moved to Potsdam in 1979. **View links:** www.soarnorthcountry.org *choose COURSES, then* “The Changing Media...” [F-17-13]

Chemistry and the Environment (Part 2) Samuel Tartakoff, with...
1 session, 1½ hours SLU students **Liza Kozodov & Nicole Rosenberg**
 As we did in last fall’s look at chemistry and its environmental impact, we will also be using some basic chemistry concepts, relating them to the world around us. Specifically, we will look at energy consumption and how it impacts other facets of the environment, including ozone depletion, climate change, and atmospheric pollution. There will be a mix of demonstrations, followed by discussion to show the importance of chemistry in our everyday lives. The format will involve two groups that will rotate between stations. **Samuel Tartakoff** is a professor at St. Lawrence University. He received his PhD in organic chemistry from the University of California – Irvine. Samuel teaches general and organic chemistry, and conducts research into new chemical reactions and potential medicines. The other presenters are chemistry and biology students from SLU who have been researching the topics that we will be discussing. **NOTE:** Wear long pants and closed-toed shoes. **(Cap: 20)** [F-17-14]

Climate Change

Page Quinton

2 sessions, 1½ hours

Using the perspective of the geologic rock record, we will discuss the fundamentals of Earth’s climate system. Particular emphasis will be placed on how we can use the history of climate change to better understand the complex interactions among the atmosphere, oceans, life, and geology. **Page Quinton** is an Assistant Professor in Geology at SUNY Potsdam. Her area of expertise is in paleoclimatology, a sub-discipline of geology that studies climate change in the geological record. She recently (2016) received her Ph.D. from the University of Missouri where she completed a dissertation on the Ordovician (488- 443 million years ago) climate. [F-17-15]

Construction of “MaryGwyneth Fine Wearable Art”

Mary Holland

1 session, 1½ hours

This presentation will be both a talk and a question and answer session with photos and samples of the design and construction techniques used in several of Mary Holland’s finest couture pieces under her wearable art label, “MaryGwyneth.” **Mary Holland** has been sewing since she was five years old, and designing and constructing clothing and costumes since she was a teenager. She learned embroidery and hand sewing from her Victorian-era grandmother, and basic machine sewing and garment

construction from her mother. She continued her study by practicing techniques described in fine tailoring and garment construction books. Now retired from a professional career in software and IT, she has been producing wearable art since 2007. [F-17-16]

Construction of a Mortared Straw Bale House **Mary Holland**
1 session, 1½ hours

This session is a slide show depicting the experiences the presenter and her husband had while designing and building one of the earliest mortared straw bale houses in St. Lawrence County, completed in 1996. **Mary Holland** was the designer and general contractor for the initial structure, and she also managed the subcontractors. She and her husband, Bob Spengler, finished much of the inside, including electrical, fine hardwood trim, mosaic floors, and trompe d’oeil walls. Mary has substantial training and experience as a software project manager and collaborative interdisciplinary designer in large development projects and special project teams. She has developed hands-on skills in many practical construction and artistic mediums. [F-17-17]

Continuing Meditation **Monique Tirion**
4 sessions, 1 hour each

In these sessions, we will examine the puzzling aspect of meditation, effortless-effort or the development of compassionate-discipline, in the context of exercises and examples. **Monique Tirion** has been a student of meditation for 12 years, studying the teachings of Chögyam Trungpa Rinpoche and attending classes at the Shambhala center in Burlington. Her hobbies include studying vibrational patterns in proteins, hiking, and spending time with friends. **View link:** www.soarnorthcountry.org *Choose COURSES, then “Continuing Meditation.”* [F-17-18]

Continuing Tai-Chi and Qigong **Pam March**
16 sessions, 1 hour each

This course is intended for students who already are familiar and comfortable with Tai-Chi and Qigong and the basic forms. The focus is on building a higher level of Qigong forms, learning traditional Chinese warm-up exercises, practicing Tai-Chi Meditation, and doing the Yang 24 forms. **Pam March** is a certified Tai-Chi instructor from the Boston Institute of Kung Fu and Tai-Chi. In fall 2010, Pam received the “Leon LeBeau SOARing Educator Award” in honor of the exceptional and long-lasting impact she has had on the well-being of SOAR members. **NOTES: 1)** Continuing students may **not** register for “Beginning Tai-Chi and Qigong.” However, they may continue to take “Tai-Chi: The

Short Form”); **2)** Participants should wear loose fitting clothing, soft shoes or socks, and bring a water bottle. [F-17-19]

Creating Clean Air at Home (training session) **Andrea Ferro**
1 session, 1½ hours

Learn how to walk through your home to identify and prioritize potential indoor air pollutant sources. We will talk about specific issues you have in your own homes, and possibly find solutions that you can implement. We will also look at low-cost indoor air quality monitors that are new on the market and discuss their usefulness for identifying air quality issues. **Andrea Ferro** is a professor in the Department of Civil and Environmental Engineering at Clarkson University and a registered professional engineer. Her technical expertise is focused on indoor air quality and human exposure to particulate pollutants. The overall goal of her work is to improve human health by improving air quality through source control, ventilation and purification strategies, education, and regulatory policy. **View link:** www.soarnorthcountry.org *Choose COURSES, then “Creating Clean Air...”* [F-17-20]

Creating Legacy Letters **Linda Potter**
1 session, 1½ hours

Legacy Letters, also known as Ethical Wills or Life Letters, are written expressions to pass on down your values, not your valuables, to future generations. You will begin the process of creating a letter (or letters) that will share your experiences, life lessons, hopes, dreams and expressions of appreciation. Retreat Coach **Linda Potter** (M.A. of Nautilus Retreats) has been designing and leading group and one-on-one retreats for individuals, non-profit organizations, and businesses since 2006. Her interest in helping people lead full and authentic lives has led her to creating retreats such as “A Year of Intentional Living,” “Conversations for Women at Midlife & Beyond,” and taking people on nature journaling hikes. She also has hosted four “North Country Death Cafes.” Linda is a board member at Hospice of St. Lawrence Valley. **View link:** www.soarnorthcountry.org *Choose COURSES, then “Creating Legacy Letters.”* [F-17-21]

Current Events **John Casserly**
10 sessions, 1½ hours each

This course is a discussion of unfolding events at the local, national and international levels. **John Casserly** is a retired Canton Central School social studies teacher who coached cross country and track at Canton Central School. He has been facilitating the discussion of current events since 2005. John is the first winner of the Leon LeBeau SOARing Educator

Award, given to someone who has had lasting impact on the lives of SOAR members. **NOTE:** Students from SLU join the course from time to time to introduce topics and join in the discussion. [F-17-22]

Dams of the Raquette River

Mary Jane Watson

1 session, 1½ hours

According to local lore, the Raquette River is the most dammed river east of the Mississippi. In this classroom presentation, explore the many dams on the Raquette River via photos and discussion. **Mary Jane Watson** has been active in the Raquette River Blueway Corridor Project for many years. She has done extensive research on the history of the Raquette River, including the construction of its many dams. [F-17-23]

Drawing with Graphite

Jim Murray & Barbara Evans

(Coordinators); with Ashley Stay (SUNY Potsdam student instructor)

8 sessions, 2 hours each

In this art class, general drawing concepts will be covered. Participants will draw still life and models. Graphite will be the primary medium. Colored pencils, pastels and charcoal will also be introduced. Individuals of all levels of skill are welcome. **Ashley Stay**, last semester's SUNY Potsdam art student instructor for the SOAR course "Art Workshop," will provide instruction for this course. **Jim Murray** and **Barbara Evans**, the *coordinators*, are long-time participants in the original SOAR art workshops led by Leon LeBeau. They share the love of art and especially enjoy the social aspects of the classes. **Needed Supplies:** large drawing tablet; 3 Staedtler drawing pencils (B, 2B, 5B); and a plastic eraser. These can be purchased in the SUNY Potsdam or the SLU campus stores. **NOTE:** More info provided on day 1. **(Cap: 20)** [F-17-24]

Duplicate Bridge for Fun: Intermediate Level

Ruth Carrington & Peter Schrauth *(Coordinators)*

8 sessions, 2 hours each

This is not a course, but an interest group of people who like to play bridge. The course offers participants the chance to practice their duplicate bridge skills and to learn new skills. For several years now, **Ruth Carrington** has been coordinating this bridge group for SOAR. In her professional life, Ruth was the director of two downstate libraries: West Nyack and Port Jervis. **Peter Schrauth** learned bridge at Cornell in the early 70's and has been playing semi-regularly over the past 30 years. Peter and his wife Christine taught "Basic Bridge" for SOAR in 2016. **(Cap: 20)** [F-17-25]

Edgar Cayce Exercises**Donna Wright****1 session, 1½ hours**

Discover an easy 9-15 minutes/day set of gentle, low impact exercises you can do at home. No mat is needed. This is a group of yoga-based exercises devised by spiritual leader and holistic health educator Edgar Cayce. It is a program for all levels of fitness and all ages. Learn how to change your life and restore your flexibility, strength and energy. Cleanse and strengthen your body and mind and awaken your soul. Gentle low impact exercises restore flexibility, strength and energy. **Donna Wright** is a retired detective police sergeant. She has studied Cayce's philosophies and teachings for over 25 years, and enjoys teaching Cayce's exercises to others. **NOTE:** Wear loose clothing and comfortable footwear, and bring water. [F-17-26]

Environmental Activism at SUNY Canton**Rajiv Narula****2 sessions, 1½ hours each****with his SUNY Canton students**

Learn about two new environmental initiatives taken at SUNY Canton, first by attending a brief classroom talk each day, and then by taking an outside tour of these new facilities with Rajiv and his students. There will be ample time for discussion, and for question and answer sessions before, during and after each tour.

Session 1: TOPIC: Pollinators like bees and butterflies play an extremely important role in our lives. Without them, our survival is at stake. Close to 90% of the world's plants rely on pollinators for fertilization and reproduction — including almost all the plants we use for food. How can we preserve these declining pollinators? **Take a tour of the “Bee and Butterfly Pollinator Garden”** and find out.

Session 2: Almost all **biodegradable waste** from SUNY Canton campus was going into landfills where it produced methane, thus contributing to global warming. Transporting the waste off site and buying and transporting inorganic fertilizers and soil amendment for the campus required both energy and resources. The Environmental Change Organization (ECO Club), formed in Spring 2015, proposed creating a composting site on campus. SUNY Canton now has an open-air aerobic composter facility. **Take a tour of the composting facility.**

Rajiv Narula came to North Country in Fall 2005. He received his doctoral degree in Environmental Engineering from Clarkson University in May 2011, and is now teaching Environmental Studies at SUNY Canton. Rajiv helped start the “Environmental Change Organization,” a student run environmental club. He also coordinated the establishment of the two new facilities mentioned above. **NOTES: 1)** Each day we start in the classroom, joining with Rajiv's students who will accompany us

on our tours; **2)** Wear walking shoes (we may have to walk about a mile outside) and, as needed, use bug spray and sunscreen; **3)** See the “location insert” or the “Environmental Activism...” course webpage for rain plans and info on parking at SUNY Canton. [F-17-27]

Green Buildings 101

Erik Backus

2 sessions 1½ hours each

“Green building is the practice of creating structures and using processes that are environmentally responsible and resource-efficient throughout a building’s life-cycle from siting to design, construction, operation, maintenance, renovation and deconstruction” (*US Environmental Protection Agency*). During these two sessions, the presenter will talk about what is a “green” building and how you can make your home into one. **Erik Backus** is the Howard E. Lechler Endowed Director of the Construction Engineering Management Program at Clarkson University. Erik teaches courses and does research work in an array of topics related to the built environment including: sustainability, resilience, and life-cycle thinking about infrastructure and buildings. He serves on Clarkson’s Sustainability Committee and is an affiliate faculty member in the Institute for a Sustainable Environment. Erik is a Lieutenant Colonel in the Army Reserve, serving as the Design Engineer for the 411th Engineer Brigade, and as the Vice Chair for the Market Leadership Advisory Board of the Upstate NY Chapter of the USGBC. [F-17-28]

Healthcare Serial Killers

Liz Brown

1 session, 1½ hours

This presentation will cover the category of healthcare serial killers by profiling three past cases. **Liz Brown** is currently a Professor at SUNY Canton in the Criminal Justice Department where she teaches forensic science courses. Her background prior to academia includes work as a Latent Print Examiner with the Onondaga County Center for Forensic Sciences and the Indiana State Police. [F-17-29]

How Did the Artist Do That?

Dagmar Jaunzems

2 sessions, 1½ hours each

Have you ever stood in front of a painting in a museum and wished you could say more than “that’s nice?” In the first session, we will examine a variety of well-known representational paintings and develop a technique and vocabulary with which to examine and appreciate the paintings. For the second session, we will meet at the Frederic Remington Art Museum in Ogdensburg. Here you will have the chance to analyze Remington’s paintings by applying the techniques studied in the first class. **Dagmar Jaunzems** has an MA in art history. She taught art at a high school in

Toronto, Canada, and more recently she has been an adjunct teacher of Art History at SLU and SUNY Potsdam. Dagmar is a docent at the Frederic Remington Art Museum. **NOTES: 1)** Museum entrance fee \$7 cash or check (to “Frederic Remington Art Museum”); fee will be collected at the first class. **2)** Museum location: 303 Washington St. (corner of State St. and across from the library by the water). [F-17-30]

How Immune Cells Work to Protect Us

Karin Heckman

1 session, 1½ hours

How does a vaccine work? How are bacteria and viruses destroyed in our bodies? Why does the body sometimes attack its own tissues? Join the presenter as she introduces the cells of the immune system and explains how they work together to protect our bodies from disease without damaging our own cells. **Karin Heckman** studied Community/Medical Dietetics as an undergraduate before earning her PhD in Biomedical Sciences: Immunology at the Mayo Clinic. She teaches courses in Nutrition, Immunology, Cancer Biology, and Public Health in the Biology Department at SLU. (Cap: 25) [F-17-31]

How We Are Taxing Our Grandchildren

Joe Timmerman

1 session, 1½ hours

The current level of debt in the U.S. will ultimately be paid off, but not by those young people currently in school, and not by the next generation after that, i.e. but rather by those not even born yet. When “entitlements” such as Social Security and other types of debt are included, this taxation of future generations is even worse. This is an issue not only of economic growth, but of basic fairness. **Joe Timmerman** has a Ph.D. in economics from Georgia State University and an MBA in finance from the University of South Carolina. He worked at what is now the Bank of America before moving into academia, which has been his career for the past 25 years. He has spent the last 16 years at SUNY Potsdam, where he has been Chair of the Business Administration Department since 2011. For the past 3 years, he has also been a St. Lawrence County Legislator. [F-17-32]

Insect Ecology

Bill Romey

1 session, 2 hours

We will start out by catching as many live insects as we can. I will demonstrate, and let you try, a variety of sampling techniques such as aerial and aquatic nets, pitfall traps, and ant collectors. We should be able to find a variety of specimens in Lehman Park (near the SUNY Potsdam campus) including: butterflies, flies, ground beetles, bees, ants, grasshoppers, and aquatic insects. We will identify what we have found

and discuss their behavior and ecological significance. **Bill Romey** teaches insect ecology and behavior at SUNY Potsdam. **NOTES: 1)** Wear appropriate shoes and pants for walking through tall grass; **2)** Option: Want to wade in the water with the presenter to collect aquatic insects? Bring Teeva sandals or water shoes; **3)** If you have one, bring a bug identification book (like a Peterson's guide...); **4)** Presenter will provide insect collecting nets. **(Cap: 30) [F-17-33]**

An Introduction to Knots
1 session, 1½ hours

Laura Person

“In topology, knot theory is the study of mathematical knots. While inspired by knots which appear in daily life in shoelaces and rope, a mathematician’s knot differs in that the ends are joined together so that it cannot be undone.” (*Knot theory – Wikipedia*). The mathematical study of knots is fascinating for both amateurs and experts. This hands-on course about the basics of knot theory is suitable for those with little to no background in mathematics. **Laura Person** has taught mathematics at SUNY Potsdam since 1989. Her field is Topology, which is an area of pure mathematics focused on the study of abstract shapes. **(Cap: 25) F-17-34]**

Introduction to the AccuQuilter
1 session, 1½ hours

Pat Dishaw & Linda Carr

An AccuQuilter is designed for quilters looking for an efficient and fast way of cutting pieces for their quilting projects. The Canton Library has a machine that people can use. The presenters will teach the participants how to use this machine. This is an interactive class, so everyone will have an opportunity to try out the machine. **Pat Dishaw** and **Linda Carr** have been quilting for years. They both belong to several quilting groups. **(Cap: 12) NOTE:** Bring pieces of fabric, approx. 12 inches square, pressed and ready to cut; we will attach them to prepared applique pieces. **[F-17-35]**

Lewis and Clark Expedition (Part 1 - repeat)
3 sessions, 1½ hours each

Terry Niles

In 1803, in one of the largest land deals in history, the United States purchased the Louisiana Territory from France. Then under President Thomas Jefferson’s guidance, it was up to two men to assemble a team of explorers with the ultimate goal of opening up this vast territory for the United States and also of finding a water route that would connect to the Pacific Ocean. Follow the story of the “Corps of Discovery” as they face challenge after challenge in pursuit of this “northwest passage.” **Terry Niles** graduated from SLU, having majored in history and government. Studying history is still his hobby. He is a former board member of the St. Lawrence County Historical Association and of the Civil War Roundtable.

He is the owner of Niles Asset Management, Inc. Terry is a popular and frequent presenter for SOAR. In 2012, he received the “Leon LeBeau SOARing Educator Award.” **NOTE:** This is a repeat of the popular Spring 2017 course; “...Part 2” will be in Spring 2018. [F-17-36]

Life on the Tilted Teacup Ride

Aileen O’Donoghue

4 sessions, 1½ hours each

We all know Earth rotates on its axis, but we have a harder time grasping that our “up” in Potsdam is about 45° from Earth’s “up” above the North Pole, the end of its rotation axis. In turn, Earth’s “up” is tilted 23.5° from the “up” of its orbit around the Sun, and the moon’s orbit is tilted 5° from Earth’s. In this course, we will explore the day, the year, phases of the moon and the apparent motion of the moon, planets, sun and stars.

Aileen O’Donoghue is in her 30th year of teaching astronomy at SLU. She is active in astronomical research and LOVES watching the sky and sharing her knowledge of it. As she says, “It’s so enriching to know what’s going on when you look at celestial objects!” Aileen is a recipient of the “Leon LeBeau SOARing Educator Award. **View link** to Aileen’s website for SOAR: www.soarnorthcountry.org *Choose:* “COURSES,” then “Life...”). (Cap: 30) [F-17-37]

Lifelines: Writing Your Way In

Victoria (Viki) Levitt

5 sessions, 1½ hour each

In this class, participants will explore and write about their life experiences, using poetry and other materials as prompts for writing. **Viki Levitt** teaches writing at SUNY Potsdam. She is a certified applied poetry facilitator with credentials through the National Federation of Biblio/Poetry Therapy, and she is a certified instructor for “Journal to the Self,” with credentials through the Center for Journal Therapy. **NOTE:** Bring a notebook or journal, or a laptop – for writing in class. (Cap 12) [F-17-38]

Line Dancing for Beginners

Margaret Mauch

6 weeks, 1½ hours each

It’s not just country anymore! Line dancing classes consist of learning beginner-patterned dance steps set to a variety of rhythms and dance styles. Line dancing is FUN and energizing. Exercise your brain and create muscle memory with movement, balance and style. **Margaret Mauch** has been teaching line dancing for over 10 years. She has offered a Progressive Dance class for the campus and community at SLU for 5 years. **NOTES: 1)** For easy pivoting while dancing, wear shoes or sneakers, or create “dance socks” from an old pair of thin stretchy socks that will fit tightly over the toes and balls of your shoes. (Cap: 30) [F-17-39]

“Lou Gehrig’s Disease”: Intro, Research, Care Charles Robinson
3 sessions, 1½ hours each

In this three-lecture sequence on ALS (*Amyotrophic Lateral Sclerosis*), often called “Lou Gehrig’s Disease,” we will discuss: **1)** The neuroanatomy and neurophysiology of the human neuromuscular and tactile sensory systems; **2)** Neuropathologies (especially ALS) that affect the human motor system, including issues or diagnosis, progression, prognosis, treatment, and quality of life; **3)** Quality of Life care of an individual with ALS and his/her caregiver; as well as research that seeks to slow the ALS progression or ultimately prevent, reverse or cure the disease. **Charles Robinson** is a National Trustee of the ALS Association. By training he is a neuroscientist, biomedical engineer and rehabilitation engineer. He spent 30+ years in the Veterans Administration, ending up as a Senior Rehabilitation Research Career Scientist. Now he is the Director of Clarkson’s Center for Rehabilitation Engineering, Science and Technology. At home, Charles was the principal caregiver for his wife of 39 years who passed away at age 62 from ALS. [F-17-40]

Macbeth: On the Page and On the Stage Alvin Henry
2 sessions, 1½ hours each

In this class, we will read and discuss Shakespeare’s tragedy “Macbeth” (1606) and ask questions about power, justice, aging, guilt, love, and reparations. Our conversations will prepare participants to attend a free, professional performance at SLU by a major Shakespeare troupe, the last weekend of October. **Alvin Henry** teaches in the English Department at SLU. Before this he worked as a hospital administrator and nuclear engineer. **NOTE: Suggested Text:** The Folger Shakespeare Edition of *Macbeth* (ISBN: 0743477103); otherwise, any scholarly edition of the play. **(Cap: 15)** [F-17-41]

Mah Jongg. Kay Russell and Brenda Francey
4 sessions, 2 hours each

This is an opportunity for people of differing skill levels to play Mah Jongg. Newcomers are welcome! **Brenda Francey** has been playing Mah Jongg since 1986. She is a retired teacher from the Ogdensburg school system. **Kay Russell** has been playing Mah Jongg since 1970, and is a retired Children’s Services Supervisor from the Department of Social Services. At the spring 2017 luncheon, they were honored and both received a Super SOARer Award. **(Cap: 16)** [F-17-42]

Minerals of the Grenville Province**George Robinson****1 session, 1½ hours each**

The Grenville Geological Province comprises an extensive suite of crystalline rocks over a billion years old, the main part of which stretches from the Adirondack Mountains northward to Labrador. Numerous complex geological settings have provided diverse geological environments that host a broad selection of minerals, some of which are considered among the world's finest for their species, others so rare they have not been found elsewhere, as well as economic ore deposits of garnet, talc, iron, titanium and zinc. This presentation includes a formal presentation followed by an informal tour of the St. Lawrence University mineral collection that features a number of these minerals. **George Robinson** has collected Grenville minerals for over 60 years. George has a PhD in geological sciences. He has 31 years' experience as a mineral museum curator, and 17 as a university professor. Currently he is a Research Associate at SLU and the NYS Museum. In 2013 George received the Carnegie Mineralogical Award, and in 2009 a rare mineral was named "georgerobinsonite," in his honor. George has over 100 publications, including 9 books, the last of which is the subject of this presentation. **(Cap: 40) [F-17-43]**

Modern Day Dinosaurs: Explore the...**Sarah KG Sirsat****2 sessions, 1½ hours each****Biology of Birds and Reptiles**

This two-part course will explore some of the unique physiology of "modern day dinosaurs," i.e. birds and their closest living relatives, the reptiles. Birds possess the rare and coveted ability to fly: but there's more to flying than just having wings. The course will also discuss the local bird and reptile species one may encounter in the North Country and how to properly identify and interact with those animals. **Sarah KG Sirsat** graduated with a B.S in biology from Harding University in 2009. She completed her PhD in vertebrate physiology at the University of North Texas. She has studied the development of endothermy in newly hatched birds and reptiles, with special attention paid to the role of cellular mitochondria energetics. She is now teaching in the Biology Department at SUNY Potsdam and also continuing her research in avian physiology. Sarah has kept and bred reptiles and birds for almost a decade. She arrived here with 20-"something" reptiles! **[F-17-44]**

**It's Never too Late to Learn!
Tell your friends about SOAR!**

Monsters, Menace, and Mystery: 1950's-60's...**Doug Rose****5 sessions, 1½ hours each****Atlas/Marvel Comic Books**

Years before Marvel Comics introduced its universe of superheroes (The Fantastic Four, Spider-Man, Iron Man, The X-Men, etc.), they attracted readers with stories presenting Earth-threatening creatures (such as “Rommbu!”, “Grottu!”, “Fin Fang Foom!”) and the extraordinary (“The Man Who Lost the World!”, “The Hidden Face”, “The Voice of Fate!”) in issues of Tales of Suspense, Tales to Astonish, and Journey into Mystery, among others. Such fantastic stories were created by writer Stan Lee and a team of illustrators including Jack Kirby, Dick Ayers, Don Heck, and Steve Ditko. Participants in this class will examine and discuss selected stories for their interesting themes and the illustrators’ distinctive styles. Doug Rose’s lifelong interest in comic books inspired him to create and teach the popular course “Comic Books as Literature” at SUNY Canton from 2001-2008. **NOTE:** Participants are asked to download and print out copies of the assigned stories to read before class. **View link:** www.soarnorthcountry.org *Choose COURSES, then “Monsters...”* [F-17-45]

Neanderthals and the Origins of Modern Humans**John Barthelme****2 sessions, 1½ hours each**

Who were the Neanderthals? Were they related to modern Homo sapiens? This course will present an overview of Neanderthal discovery, anatomy, technology and diet as well as our current understanding of their genetic relationship to modern humans. Replicas of Neanderthal stone tools will be made, lots of slides shown and casts of Neanderthal fossils will be available. **John Barthelme** taught courses in Human Evolution and African Archaeology for 30 years at SLU. The African origins of modern humans and their relationship to Neanderthals provided a special research interest for him. He conducted archaeological field research in Kenya, Tanzania and Ethiopia for nearly 40 years. [F-17-46]

Positive Psychology for Seniors**Jennifer Waite****1 session, 1½ hours**

This class discussion will focus on the study of positive psychology and how it can help seniors to experience optimal functioning in their lives. **Jennifer Waite** has taught human services and addiction courses at Mater Dei College, Clinton Community College, Cazenovia College and now as an Assistant Professor in the Applied Psychology Program at SUNY Canton. She creates her own positive psychology by learning new skills working on her home by the Raquette River, and taking part in the Elks bowling and golf leagues. (Cap: 26) [F-17-47]

Probability in the News**Daniel ben-Avraham****2 sessions, 1½ hours each**

Probability enters almost every aspect of everyday life, yet few people are trained in the subject, and some of its conundrums confound even the experts! In this two-part course, we will first get acquainted with basic concepts of probability and how it can be used to inform our decisions. In the second part, we will see how real data about an extreme weather event can be presented to the public in three different ways – each putting a different emphasis on the implications for global warming – yet all of them accurate. It is ultimately up to us, the public, to understand what the data is truly saying! No math background is required. **Daniel ben-Avraham** is a Clarkson Professor in the Physics Department and in the Math Department. He has been teaching Physics since 1987. **(Cap: 30) [F-17-48]**

Racial Attitudes: Changing Expectation M. J. Heisey (Coordinator)**4 sessions 1½ or 2 hours each**

These four sessions below, taught by four SUNY Potsdam professors, will focus on a deeper understanding of race in our society with the intention of moving our community, region, and world toward greater equity and justice. Presenters and their Topics:

Day 1: Nasser Malit. Introduction to “Diversity and Inclusion Action Coalition (DIAC)” – 1 session, 2 hours. Nasser Malit is a biological anthropologist specializing in the study of human origins, biological variation and evolutionary aspects of disease. His present research involves the description of a 7000-year-old human fossil that may answer questions concerning the evolution of modern African skeletal forms. He is also involved in forensic identification of skeletons for the New York State Forensic Investigations Unit. He enjoys teaching and guiding students in research work.

Day 2: Sheila McIntyre. Identity of the Confederate Flag
1 session, 1½ hours. Sheila McIntyre teaches early American history and researches the 17th century world. Her introductory courses include consideration of the Civil War, Reconstruction, and historical memory. An important part of her teaching includes encouraging students to see the ways that history, including that of the Confederate flag, shows up in our lives in the 21st century.

Day 3: Jay Pecora. A Brief History of Blackface
1 session, 1½ hours. Jay Pecora is Associate Professor in the Department of Theatre and Dance and Director of the Theatre Education program. White peoples’ fascination with blackface has always interested Jay and led him to create this short history of the genre.

Day 4: Nancy Lewis. Film: “White Like Me” (discussion and role play) – 1 session, 2 hours. Nancy Lewis is Associate Professor of Sociology and Criminal Justice at SUNY Potsdam. Having spent her professional career working, studying and teaching in the area of the criminal justice system, she has participated in and witnessed the power of the system to reproduce inequalities at both the individual and community level. As such, she uses analysis of white privilege as a powerful tool to de-construct racism. **NOTE:** Before coming to class, please read a very brief, but useful, piece. **View link:** www.soarnorthcountry.org *Choose COURSES, then “Racial Attitudes...”* [F-17-49]

Ray Bradbury’s “Dandelion Wine”: **Frank Palumbo**
4 sessions, 1½ hours each **Metaphors of Small Town America**

The study of Ray Bradbury’s classic novel will draw upon each class participant’s memories of the events, people, and lessons that shaped their own youth. Discussions will not only allow members of the class to travel back to Green Town, Illinois, in the summer of 1928, but also to relive those warm and adventurous days of their own hometowns. Parallels will abound as the metaphors that influenced our childhoods will be shared and once again enjoyed to their fullest. You will remember important relatives, exciting adventures, joys of friendships, fears of the unknown, curious strangers... and that cold glass of lemonade on a hot summer day!? **Frank Palumbo** taught secondary English and coached athletics at Gouverneur Central School for 35 years. His family and high school students maintained a coast-to-coast friendship with Ray Bradbury for seventeen years. In 2009, Frank and his family traveled to California where they met Ray Bradbury and celebrated with him the occasion of his 89th birthday. Frank Palumbo has previously offered various SOAR courses related to the works of Ray Bradbury, as well as courses on Classic Science Fiction, Martial Arts History and Philosophy, and Personal Safety and Fitness seminars. **NOTE:** The presenter will supply copies of “Dandelion Wine” along with some notes, prior to the start of the first class. **(Cap: 20)** [F-17-50]

The Science of Human Voice Production **Byron Erath**
2 sessions, 1½ hours each

While often taken for granted, vocal communication is a defining characteristic of humans; from a hushed whisper, to a shout of jubilation, or a grunt of disapproval, it conveys both information and emotion. The production of human speech arises from complex fluid-structure-acoustic interactions that occur within the vocal tract. This two-part course provides

insight into the physics of voiced speech production, investigating the role of fluid mechanics and acoustics in the successful production of speech. A lay description of the science will be used, with examples from everyday life to demonstrate key principles. When his teenage dream of being a professional bicycle racer failed to materialize (due to an embarrassing lack of talent!), **Byron Erath** rethought his career goals and decided to pursue an education in fluid mechanics, motivated by his observation of how aerodynamics can have such a significant influence on something as simple as riding a bicycle. He joined the Department of Mechanical and Aeronautical Engineering at Clarkson University in 2012, where he performs research in the field of fluid mechanics, with an emphasis on voiced speech production. [F-17-51]

Tai-Chi: The Short Form
8 sessions, 1 hour each

Pam March

This class is the second level of Tai-Chi. It includes simple centering and breathing exercises followed by a short meditation before we begin the primary focus of this class - learning the Yang 24 movement short form. **Pam March** is a certified Tai-Chi instructor from the Boston Institute of Kung Fu and Tai-Chi. In Fall 2010, Pam received the “Leon LeBeau SOARing Educator Award” in honor of the exceptional and long-lasting impact she has had on the well-being of SOAR members. **NOTES: 1)** Before studying “The Short Form,” it is highly recommended by the teacher that you take “Beginning Tai-Chi and Qigong.” **2) Wear loose fitting clothing, soft shoes or socks and bring a water bottle.** [F-17-52]

A Taste of Twain: The Report of his Death...
2 sessions, 1½ hours each

Gretchen Sharlow
was an “Exaggeration”

The focus of the first session of this course is on the importance of Elmira, NY to Mark Twain’s life and literature and how this impact continues to live on. The theme of the second session is “He Had a Way With Words.” The presenter will read from some of her favorite passages and she invites participants to bring their favorite Mark Twain quotations or passages to share with the class as well. **Gretchen Shallow** is retired after a twenty-year career at the Elmira College Center for Mark Twain Studies, where she served as Director from 1992 to 2002. She and her husband, Tim, spend summer and fall at their camp at Lake Ozonia. **NOTE:** For the second session, participants are encouraged to bring a favorite Mark Twain quotation or passage to share in class. [F-17-53]

**“Age is something that doesn’t matter, unless
 you are a cheese!” - Mark Twain**

There's What in My Drinking Water?**Fadi Bou-Abdallah****1 session, 1 hour**

This presentation examines the consequences of heavy metals, discarded antibiotics, toxic chemicals, and infectious parasites that may be hidden in our drinking water and that, over time, can lead to degenerative diseases, debilitating chronic pain, and even cancer! **Fadi Bou-Aballah** is an associate professor of chemistry at SUNY Potsdam. His research interests are in the general area of iron-protein biochemistry, which is part of a major international effort to understand the role of iron in health and disease. He is the author of about 50 peer-reviewed publications, and the recipient of several federal grants and national awards for teaching and research. [F-17-54]

Ticks 2.0: New Findings**Paul Hetzler****1 session, 1½ hours**

Our understanding of Lyme and other tick-borne illnesses has changed dramatically since 2014, and much of what we thought we knew about the subject has been turned on its head since then. Don't stick your head in the sand -- come learn what the threats are and how to manage them. (And how to get sand out of one's ears.) **Paul Hetzler** is the Horticulture and Natural Resources Educator for Cornell Cooperative Extension of St. Lawrence County. [F-17-55]

Tunes-R-Us**Clive and Sandra Henery****3 sessions, 1½ hours each**

Come and enjoy many kinds of music, some familiar, some not so. The music of each session is chosen around a different theme. This semester's themes are: **1)** "A Child's Garden of Music" (music about children); **2)** "Dies Irae" (The Day of Wrath); **3)** "Heard it Before" (classical music goes pop). The only requirement is a love of music and a desire to explore something new. **Clive Henery** is Professor Emeritus of the Crane School of Music with a background in Music History and Keyboard Instruments. **Sandra Henery** is a retired public school music teacher. [F-17-56]

Vicarious Voyagers XXI**Ruth Kreuzer** (*Coordinator*)**4 sessions 1½ hours each**

Voyage vicariously to exotic places with our world-traveling presenters via their slide shows. "Super SOARer" and honoree for her "Outstanding Contribution to SOAR," **Ruth Kreuzer** is herself an avid world traveler and photographer. These adventures await you (in this order):

1) Ginny and Al Schwartz – “Hybrid Tours of Scandinavia.” Highlights: seeing the midnight sun; sailing north of the Arctic Circle close to the border of Norway and Russia; mix of organized tour and free time.

2) Breyne Moskowitz – “Moscow: Some Famous and Some Unexpected Sights.” Highlights: Red Square, GUM, St. Basil’s Cathedral, Lenin’s tomb, Kremlin Armory; a boat-ride down river to see Sputnik; a peek into a British school; churches, a synagogue, Lubyanka (KGB/[prison]); roaming Novodevichy Convent and Cemetery (burial place of famous Russians); taking a long escalator ride into the subway.

3) Lynn and Nils Ekfelt – “A Week in Martinique: Wasting Away in Mojitoville” – Highlights: adventure with the squeegee guy; learning to make cod fritters from “the hot pants chef;” treetop walk at Le Jardin de Balata – flowers in March.

4) Juanita Babcock – “Countries of the Caucasus: Ancient Times to Post-Soviet Era” – Highlights: contrasts between three countries in language, alphabet, religion, history; the Armenian Genocide Museum; cave towns; many monasteries and churches in Georgia and Armenia; experiencing the friendliness of the Azerbaijan people.

NOTES: 1) Come to any or all of the presentations; **2)** Allow extra time to find a parking spot and/or for walking; please do NOT park in the IGA lot – those spaces are for customers! **[F-17-57]**

Watercolor / Mixed Media Art Workshop: Intermediate Level

Jim Murray & Barbara Evans (*Coordinators*),

with Emma Kline (*SUNY Potsdam student instructor*)

8 sessions, 2 hours each

This workshop is designed for SOAR aspiring artists to get together informally and improve their artistic skills. Instruction will be provided by a SUNY Potsdam art student. The group collectively critiques their art work, and all learn from each other. All media are welcome. **Jim Murray and Barbara Evans** (*coordinators*), are long-time participants in the original SOAR art workshops led by artist Leon LeBeau. They share the love of art and especially enjoy the social aspects of the classes. **NOTES: 1)** Needed supplies: basic watercolor set and a large watercolor paper tablet (can be bought at the SUNY Potsdam store or at SLU’s Brewer Book Store; more info will be provided at the first class; **2) View link:** www.soarnorthcountry.org **choose** COURSES, then, “Watercolor...” **(Cap: 20) [F-17-58]**

Waters of the Adirondacks**Lorraine Duvall****1 session, 1½ hours**

This presentation is an historical narrative on how the waters of the Adirondacks were saved from industrial pollution, impoundments that would have resulted in the flooding of towns and thousands of acres, and housing developments built on the shorelines of the lakes and rivers. The presenter describes how she found her own sense-of-place while paddling her solo canoe on dozens of Adirondack lakes, ponds and rivers for over 25 years, enriched by studying the history of the recovery of our lands and waters. Her stories are often about six older women who were empowered by tackling a hurricane on Little Tupper Lake. Since that fateful day, they've continued to paddle together for the last twelve years, the oldest one at the age of 92. **Lorraine Duvall's** long-time dream of living in the Adirondacks was realized after she retired in Keene in 1998. She's active in environmental advocacy efforts and enjoys writing about her experiences. She shares her stories in Adirondack publications and in her new book: *In Praise of Quiet Waters: Finding Solitude and Adventure in the Wild Adirondacks*. **View link:** www.soarnorthcountry.org choose COURSES, then "Waters..." [F-17-59]

Whales to Wings: The Hydrodynamics... Douglas (Doug) Bohl
1 session, 1½ hours of Humpback Whales

Humpback whales are recognized in the animal kingdom for their high degree of maneuverability given their body size. The front edges of a humpback whale's flippers are unique in that they are characterized by protuberances, or tubercles, which we believe leads to this high maneuverability. In this session, we investigate the effect of adding leading edge protuberances on the aerodynamics of a wing. We will conclude by discussing how these bumps could be adapted for other applications to increase efficiency. **Doug Bohl** is a professor of Mechanical Engineering at Clarkson University. His research expertise is in the experimental investigation of unsteady aerodynamics, liquid/solid flows, and effects of the release of hazardous materials into the atmosphere. [F-17-60]

Who Lost China: When, Where, and How**Ina Brockriede****4 sessions, 1½ hours each**

This course covers the period from 1919-1976, with particular attention to Chinese, American, and Russian personalities, motives, and strategies. It concludes with the Maoist period. **Ina Brockriede** is a retired teacher. China is Ina's current main interest. She enjoys sharing what she has learned over years spent studying China. Books continue to be written now with the advantage of newly released materials. [F-17-61]



HIGHLIGHTS FROM THE SPRING 2017 LUNCHEON



Thanking Our Many SOAR Presenters

Spring semester we had students from all four local universities sharing our adventures in teaching and learning. **Ashley Stay** was one of them. She is back this fall to teach a different art class. Here she is accepting the donation SOAR made to SUNY Potsdam, our host institution.



Congratulations to SOAR's newest awardees!



**“Super SOARers”
Brenda Francey & Kay Russell**

When SOAR first started in 2001, our members gave much thought to what model of learning we wanted to have: college level lectures, cultural experiences, travel adventures...or something else? We concluded that our goal would be: SHARED LEARNING, whatever that is and wherever that is found - in classrooms, in the woods and farm yards, at the theater, eating out..., even learning and playing games with our many SOAR friends. Kay and Brenda have been organizing and teaching Mah Jongg classes since 2003.

SOAR BULLETIN BOARD

SOAR HONOR ROLL

Super SOARer Award *(awarded in the spring)*

- 2004 – Leon LeBeau
- 2005 – Bill Lewis
- 2006 – Jim Barry
- 2007 – Ruth Kreuzer and Jean Theobald
- 2008 – Dick and Peggy Mooers
- 2009 – Otis and Fran Van Horne
- 2010 – Claire Begeal
- 2011 – Pat Dishaw
- 2012 – Betty Graham
- 2013 – Sharon Regan and Elsie Dominy
- 2014 – Pat Harrington
- 2015 – Dorothy (Dot) Howe
- 2016 – Ed Russell
- 2017 - Kay Russell and Brenda Francey

Outstanding Contribution to SOAR Award

(awarded now and then)

- 2008 – Neil Johnson
- 2010 – Barbara Trerise
- 2011 – Nancy Hess
- 2014 – Ruth Kreuzer
- 2016 – Leon LeBeau

Leon LeBeau SOARING Educator Award

(awarded in the fall)

- 2009 – John Casserly
- 2010 – Pam March
- 2011 – Clive and Sandra Henery
- 2012 – Terry Niles
- 2013 – Art Johnson
- 2014 – Neil Garner
- 2015 – Juanita Babcock
- 2016 – Aileen O'Donoghue

REMINDERS

Send in registration form right away!

Volunteer to be a SOAR ambassador!

Classes start Monday September 4

Meet-the-Chef:
Robideau's Mahogany Ridge

3927 SH 56
South Colton
Wednesday, Oct. 18
1:00pm *(see p.3)*

Daylight Savings
Time ends 2:00 am
Sunday, November 5

Classes end Friday
November 10

SOAR Luncheon:
Wednesday, Nov. 15
11:30-2:00
(see p.3)

FIND SOAR . . .

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*Take the elevator to the third floor;
the SOAR office is in the left corridor.*

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for up-to-date info on:

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