



THE STATE UNIVERSITY OF NEW YORK

Potsdam

FALL

SOARING!

the Newsletter of
SOAR
a lifelong learning group



2009

THE LEADERSHIP OF SOAR

a note from René-Paul Forier, Chair, SOAR Board of Directors



When I was 14 years old, my math teacher in high school told me that I had a very complicated mind, meaning that I would always find the solution to a problem, sometimes arriving at a solution that no one else would find. (Be patient and follow *mon raisonnement*.)

“*Il était une fois en 1604...*” (“Once upon a time in 1604...”) - this is how our trip to the Maritime Provinces started. It was a wonderful trip. After a very long rainy/stormy spring and summer, Janice and I were very lucky to enjoy the most beautiful weather of 2009. Even Hurricane Danny, that hit us late one Sunday evening when we were on Prince Edward Island, was gone by Monday morning. We learned a lot about the history of the first French pioneers who landed in Nova Scotia, establishing the first European settlement north of Florida, and of course we learned a lot about what happened between the British and the French in this part of the world (which we will tell you about in some future “Vicarious Voyagers” class). This trip was our first trip in North America (not counting a week at Myrtle Beach and another at Disney World). It was a really wonderful trip.

But if you know me, even a little, you know that it is difficult for me to relax when there is something preoccupying my mind. Going on a vacation at the end of August and the first two weeks of September would have been impossible if I were at all concerned about how things were going as SOAR prepared for the upcoming fall semester (which we all now are enjoying in full). Janice and I even traveled without a laptop and cell phone. But I wasn’t concerned, because I had full confidence in the commitment, the professionalism

and the enthusiasm of all the members of the Board and some other SOAR leaders as well. I knew they would find their own solutions to any problems they would encounter as they launched the new SOAR semester. These key people are: Jim Barry, Claire Begeal, Joyce Chambers, Betty Graham, Linda Helmase, Nancy Hess, Dorothy Howe, Ruth Horst, Neil Johnson, Ruth Kreuzer, Mindy Loucks, Don Potter, Ed Russell, Jean Theobald, Barbara Treise, Fran Van Horne, Otis Van Horne, Kay Walton, Donna Webster, and some unnamed ones (*you know who you are!*). A special thanks goes to our Administrative Assistant, Pat Harrington, and to the Administration and Finance Committee who had the foresight to hire Pat as our Administrative Assistant. These people noted above are at the heart of SOAR; they keep us all smiling while SOARING!

May God keep you all in good health - the most precious gift we can receive - as we enjoy the rest of our SOAR fall semester.

Gratefully and humbly yours,
René-Paul Forier, Chair, SOAR Board of Directors



Super SOARers 2009 - Otis and Fran Van Horne at “Meet the Chef: South of the Rock” event (Fall, 2009)

PRELIMINARY LIST OF SPRING 2010 SOAR COURSES

As changes and new information about the spring courses become available, they will be posted on the SOAR web site: <http://www.potsdam.edu/soar>. Numbers in parentheses indicate the number of sessions proposed.

(The list below is ordered by the presenter's last name)

NOTE: Spring semester runs 10½ weeks: March 15 - May 27, 2010 (luncheon is Thursday, May 27 to avoid SUNY graduation and Memorial Day weekend)

Vegetarian Cooking - Juanita Babcock (5)
North Country Authors III - Jim Barry, Coordinator. (3)
Just the Hill - Diane Dockum.
Inspirational Religious Experiences - Dana Barry.
Macomb Murders Beyond - Sarah Cota.
The U. S. Coast Guard: Its Changing Face - James Bartlett (1)
Who's Who in Hell: A Report - Ina Brockriede (1)
Women's Place - Ina Brockriede (2)
Advanced Contract Bridge - Don Burlingame (6)
Current Events - John Casserly (8)
Fair Trade: Enriching Our Lives and the World - Robin Crowell and Barbara Tiel (1)
Mah Jongg - Brenda Francey and Kay Russell (4)
Brazilian Embroidery for Beginners - Alma Garner (2-4)
Radio's Golden Days - Neil Garner (2)
Computers: Moving Along - Rita Goldberg (4)
Genuine Love and Compassion: Discussion Group - Edward Goldstein (3)
Putting Your Camera to Practical Uses. Red Grandy (1)
Calligraphy: An Introduction - Martha Grow (5)
Depression: An Overview - Joan Howlett (3)
Medical Ethics - David Hornung (4)
The Eastern Bluebird: Your State Bird - Ron Howe (1)
Canada: Questions and Answers - Joseph Jockel (1)
Writing and Performing a Murder Mystery - Art Johnson (4)
Rocks and Minerals - Christopher Kelson (4)
World Science Fiction: Around the World in 80 Microseconds? - Daniel Koon (3)
Vicarious Voyagers VI - Ruth Kreuzer, Coordinator (4)
 Belgium and Holland - Lynn and Nils Ekfelt.
 Malaysia - Dana Barry. Tunisia - Lora and Dick Lunt.
 The "Stans": Kazakhstan, Uzbekistan, Turkmenistan, Tajikistan, Kyrgyzstan - Cynthia and Mark Coleman.
Etiquette - Christine Lancaster (4)
The Great War: The Western Front, 1914-1917 - Lou Ann Lange (4-5)
Art Workshop B - Leon LeBeau (8)
Judaism, Christianity, Islam in the North Country - Rev. Ted Linn (5)
Beginning Tai-Chi - Pam March (10)
Continuing Tai-Chi - Pam March (10)
Tatting - Betty Mauk (5)

Spring Constellations - Bruce McClure (2)
Financial Planning: Selected Issues - Eleanor Menz (5-6)
Lincoln: The Springfield Years (1837-1861) - Terry Niles (3)
French Cooking - Jenn Palumbo (4)
Dental and Medical Chemical Research in the Public Interest - Dick Partch (2)
Sandpaper, Toothpaste and Silicon Wafers - Dick Partch (1)
Global and Local Seismicity - Frank Revetta (4)
Citizen Journalism Training - Ellen Rocco (4-6)
Collecting Antique Postcards - Fred Rollins (3)
St. Lawrence County Law - Pat Roda, Coordinator (5)
Scrabble - Pat Sabir and Barbara Tiel (4)
Insight into Iran - Karl Schonberg (1)
Fun with Math, Puzzles and Pastimes - Chanchal Singh (2)
Painting - Anita Stoffel (5-8)
The Brain: How It Works - Ginger Thomas (2)
First Ladies: Children, Inlaws and Outlaws - Fran Van Horne (4)
Small Wind Turbine Technology - Ken Visser (1)
The Bald Eagle and Peregrine Falcon Return to NY State - Mary Warburton (1)
Amish Quilts: Their Histories and Styles - Susan Ward (1)
The Fiscal Crisis of 2008 - Bob Wells (3)



GOT AN IDEA?

The Curriculum Committee is busy finalizing the spring 2010 SOAR semester AND at the same time we are developing the fall 2010 curriculum. If you have course suggestions, call Jim Barry at 386-4732 or e-mail him at jimbarry2@verizon.net

Membership News

(as of October 28)

299 Members (including 43 new members)

58 Non-Paid Members (put on the interest list, which now has 130 names on it)

Deceased Members: Arnie Bassman, Don Batt and Kay Rosenswake

COMMITTEE NEWS AND THANK YOU'S!

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Ambassadors Committee

As we begin our ninth year, even bigger and better, SOAR continues to operate as an all-volunteer organization.

This fall session, 50 members served as ambassadors/ classroom helpers. Our thanks to:

Alma Garner, Cynthia Hennessy, Claire Begeal, Sandra Tomalty, Donna Wright, Walt Theobald, Ann Schorge, Jim Barry, Joan Kepes, Shirley Warden, Sally Murray, Alex Neubert, Peggy Sperling, George Rossi, Otis Van Horne, Catherine Dalton, Roger Hutchinson, Peggy Mooers, Steve & Ann Hopkins, Theresa Desmond, Fran Van Horne, Judy Gibson, Esther Katz, Sharon Ryan, Ron Berry, Anne Kearns, Linda Jones, René-Paul Forier, Pat Dominie, Anne Hopkins, Doug Theobald, Mary Jane Thompson, Barbara Evans, Sherry Theobald, Judith Coleman, Carol Neubert, Sally Snyder, Betty Graham, Anita Stoffel, Don Potter, Rosalie Jados, Jackie Cutler, Joanne Lahtinen, Linda Helmase, Sharon & Bob Regan, Lynn Ekfelt, Wanda Renick.

In a recent Senior survey, members told how SOAR has enriched their retirement years. You have a chance to “give back.” If you are enrolled in a SOAR class, why not volunteer to be the class ambassador? Call the SOAR office and ask to be placed on the ambassador list. We welcome both old and new members as volunteers.

Claire Begeal, Chair

(with Sharon Regan as co-chair in the spring)

SOAR Web Site Update

Spring 2010 should bring a new design and a new web site address. You can always use: www.potsdam.edu/soar to begin at the general information page about SOAR (hosted managed at SUNY Potsdam), but by spring it will be linked to our newly designed member page at: www.soarnorthcountry.org **Why do we need this change?** So one person doesn't have to sit alone at one computer running several additional programs every time a change has to be made to the information on one of our member pages. Our custom-made new site will be hosted off campus. It will be in the form of data entry (no more playing with code!), managed online (from any computer with online access!) and a shared responsibility (Yea, a team effort! Anyone want to volunteer to be on the team? Contact me!).

Ruth Kreuzer, SOAR web site manager

SPRING 2010 - MEET THE CHEF
Erin's Isle *(in Brasher Falls)*
Tentative DATE: April 21st at noon

Registration Committee

Thank you to the members who helped with registration materials this semester. (It took 26 afternoons to get approximately 300 members registered!) Jean Theobald and Pat Harrington were especially helpful teaching me “the ropes”. The SOAR Board took on the task of preparing the packets for mailing. Mary Nocerino worked with me to input all the course information into Access (a computer data-base program).

Once members received their fall packets, the registration team worked for a month completing registrations and mailing notification letters, name tags and parking permits to participants. They also ran daily reports that listed the number of class members, closed courses, and wait lists. Many thanks to the following very capable registration team members: *Jean Theobald, Elsie Dominy, Sharon Regan, Trish Lewis, Jackie Cutler, Pat Dishaw, Catherine Dalton, Barbara Evans, Marion Blauvelt, Shirley Norton, and Mary Nocerino.*

We welcome the 40 new members who joined SOAR this fall. Our most recent count indicates we have 299 active SOAR members for the fall semester.

Mindy Loucks, SOAR Registrar

(with Jean Theobald filling in when Mindy is away)

ANNOUNCING . . .

The Leon LeBeau SOARing Educator Award

COME TO THE FALL LUNCHEON to congratulate the first recipient of The Leon LeBeau SOARing Educator Award. This special award, named for our first-ever Super SOARer, honors an educator who has made a major contribution to the education, experience, and well-being of SOAR members. Since the beginning of SOAR in 2001 many educators, following the path of award namesake Leon LeBeau, have given generously of their time and knowledge. Choosing the first award winner has been a difficult task. But what a wonderful problem to have!

Over the past nine years, so many marvelous courses have been taught by exceptional teachers who volunteer again and again. The committee received Educator nominations from board members, committee chairs and ambassadors. It recommends the final nominee based on the following criteria: the quality of instruction, the preparation required of the presenter, and the number of individual class sessions taught. These same guidelines will be used each year to honor our SOARing Educator at the fall luncheon.

Betty Graham, Chair, Nominations and Awards Committee

p.4 **CALL FOR A MEMBERSHIP MEETING**

for November 20th (at the Fall Luncheon)

Two Items of Business for Members to Vote on:

ELECTION OF A NEW BOARD MEMBER. The Nominations and Awards Committee, with the support of the Board of Directors, nominates Mindy Loucks, current Chair of the Registration Committee, to become a member of the SOAR Board of Directors.

PROPOSED BYLAW CHANGES. The Administration and Finance Committee, and the Treasurer, with the support of the Board of Directors, propose the following Bylaw changes:

Article IX Officer Responsibilities. Treasurer.

[Replace the current responsibilities description...]

Treasurer. *Maintains a record of income, expenses, the treasury balance and reconciles this data with the PACES account ledger periodically. Non-routine expenses should be authorized by the Board of Directors prior to initiation of payment. Prepares the annual budget for presentation to the Board of Directors and, subsequently, to the Annual Meeting.*

[with the following responsibilities description]

Treasurer. The Treasurer maintains three separate account ledgers as follows:

A. **The General Ledger.** In the General Ledger the primary source of income is membership dues and the expenses are categorized by the budget as approved by the membership at the annual meeting.

B. **The Performances and Trips Ledger.** The source of income in this case is derived from charges of various events as determined by the Performances and Trips Committee. Expenses paid from this account will be authorized by the Performances and Trips Committee and are separate from the General Budget.

C. **The Foundation Account.** Income for this account is derived from individuals or organizations which wish to make a charitable contribution. Expenses paid from this account will be authorized by the Board of Directors.

The above ledgers will include a complete record of income, expenses, and account balance and are reconciled with the PACES ledger periodically. Non-routine expenses should be authorized by the Board of Directors prior to initiation of payment.

The Treasurer will participate in the preparation of the annual budget with the Administration and Finance Committee.

At the end of the fiscal year, soon after the final PACES ledger for that period becomes available, the Treasurer shall furnish the Administration and Finance Committee with the necessary documents that will enable the committee to audit the Treasurer's report and verify, at a minimum, that the account balance as submitted by the Treasurer and the balance as listed by PACES is in agreement.

Article XI Committee Responsibilities. Administration and Finance. [add] 5. Do an annual audit of the Treasurer's end of fiscal year report.

"GIFTS/DONATIONS"

Would you like to say "thanks" or help fund a special SOAR project?
Tax deductible gifts/donations now can be made to SOAR!

Make checks to:

**Potsdam College Foundation, Inc.
Account # 3308.40.0**

(Note on the check that the gift/donation is for SOAR and specify if it is to be restricted for a particular event or purpose, or unrestricted)

Mail to: Lisa Murphy, College Advancement Office, Raymond 610, SUNY Potsdam, 44 Pierrepont Avenue, Potsdam, New York 13676

A tax deductible receipt will be mailed to you

SEEKING VOLUNTEERS...

Clarkson University Center for Rehabilitation, Engineering, Science and Technology invites individuals from ages 18-75 years old, to participate in a study of Human Balance.

This study will generally require a minimum of 4 hours to complete. Participants may be asked to complete 1 to 3 sets of these 4-hour protocols, generally on different days.

A minimum amount of physical effort will be required for this study, as participants will be standing in place and answering questions. You will be compensated \$25 for each trial.

For detailed information please contact Anne Launt alaunt@clarkson.edu or call 268-7773, Monday thru Friday 8-4:30.

Details: We are seeking to test individuals who can walk unaided, without difficulty or pain, who have not experienced dizziness or falls within the past year. We must exclude some individuals if they have had certain medical problems: severe heart or breathing problems, stroke or spinal cord injury or severe nervous system damage; history of foot ulcers; current drug or alcohol dependence; or are taking medication that causes or prevents dizziness.

Clarkson IRB Approval # 07-18-1 9/4/08

Spring SOAR Trip

The Trips and Performances Committee is working on this trip idea for spring 2010...

A Day trip in late May to the Tulip Festival in Ottawa

(show at the International Pavilion, site-seeing, lunch, and lots and lots of tulips!)

If you have ideas for future trips, events or performances, please send them to:

René-Paul Forier

rpandjforier@verizon.net

Driving Directions to the Brigadoon

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Take Ontario Hwy 416 north to exit 28. At the end of the exit ramp, turn left onto County Road 44 and continue on this road for 0.7 miles. Then turn left onto Beach Road and continue on Beach for 3.4 miles to the first stop sign. Turn right onto Crozier Road and continue 0.7 miles, then turn left onto Bridge Street. The Brigadoon is on the immediate right.



Christmas Season Luncheon

SOAR has again arranged a Christmas Season luncheon at: **The Brigadoon Restaurant** (Oxford Mills, Ontario)

DATE: (Wednesday) **DECEMBER 9** (snow date December 10) **and TIME:** (Serving at) **1:00pm**

MENU: Entrée choices: 1) **Chicken Breast** - with a cranberry/cherry chutney, served with potatoes and vegetables

2) **Roast Beef** - with homemade gravy, potatoes and fresh vegetables

3) **Fettuccine Pasta** - with a pesto cream sauce and sautéed julienne vegetables

Dinner includes: Creamy Squash Soup, and for dessert, **French Vanilla Ice Cream with Strawberry Sauce and Fresh Cream**, along with **Coffee or Tea**

COST: \$23.50 (includes taxes/gratuity) per each member or guest. **PAYMENT DUE: NOVEMBER 20**

MAXIMUM: 70 (reservations / payment taken in order received)

TRANSPORTATION: For liability reasons, SOAR is unable to arrange carpooling. **Transportation for this event will be the sole responsibility of the individual participants.**

CROSSING THE BORDER

You need *one of the following*: 1) a Passport, 2) a Passport Card, 3) an Enhanced Driver's License

Fill out the form below and return it to SOAR:

2009

Name(s) : _____

attending: ____ (at \$23.50 each) Enclosed: \$ _____

Entrée Choice (#): ____ chicken, ____ beef, ____ pasta

Address: _____

Phone: _____

E-Mail: _____

Make checks payable to: PACES 235 and mail by Nov.20 to:

SOAR, 389 Van Housen Ext., SUNY Potsdam,
44 Pierrepoint Ave., Potsdam, NY 13676

**BRIGADOON
LUNCHEON FORM**



"Brigadoon" Oxford Mills, Ontario

<http://www.brigadoonrestaurant.com/>

The Brigadoon Restaurant is a nicely restored historic stone building with great ambiance and excellent food. It is located in Canada approximately 25 miles from the Ogdensburg bridge (directions above).

SOAR FALL LUNCHEON

Thatcher Hall - SUNY Potsdam

FRIDAY, NOVEMBER 20, 2009

11:30 - 2:30

Guest Speakers: **John F. Schwaller, President of SUNY Potsdam, and his wife Anne**



MENU
at the table
Fresh Green Salad (w/dressing)
Assorted Rolls (w/butter or margarine)

on the buffet
Roast Breast of Chicken - Chez Louis
(w/lemon, thyme and fresh herbs)
Pasta Sautéed w/Spring Vegetables
Green Beans Almondine
Orange Glazed Carrots
Baby Red Potatoes

desserts (choose one)
Fresh Fruit Salad
Strawberry Cake
Chocolate Cake
Cheese Cake

beverages
Coffee
or Tea

(buffet table opens at noon)

REGISTRATION FOR LUNCHEON:

Please phone the SOAR office or fill out the reservation form below and return it to SOAR by November 13

Forms are also available on the SOAR web site

<http://www.potsdam.edu/soar>

Name(s): _____

attending: _____ (at \$12 each) Enclosed: \$ _____

Address: _____

Phone: _____

E-Mail: _____

**SOAR FALL 2009
LUNCHEON FORM**

*Make your reservation by Nov.13. Phone 315-267-2690 or mail this form, with your check made payable to: PACES 235, to:
SOAR, 389 Van Housen Ext., SUNY Potsdam,
44 Pierrepont Ave., Potsdam, NY 13676*

An excerpt from a thank-you note from the President of SUNY Potsdam

. . . We are genuinely grateful to SOAR for your financial support of the College*. SUNY Potsdam is proud to house your organization, which provides our retirees with so many wonderful benefits. I continue to be impressed by the quantity and quality of programs offered by SOAR, including a tremendous array of interesting courses and enjoyable trips.

Please extend my thanks to your fellow SOAR members. Your good work is enriching the lives of many people in our North Country community. Best wishes for continued success.

John F. Schwaller, President

* \$500 each to Non-Credit, Conferences and Special Programs; University Police; and PACES / Dining Service

PLEASE NOTE: If you sign up for the luncheon and later find you are unable to attend, please notify the SOAR office (315-267-2690) at least one week prior to the luncheon. Otherwise, SOAR will be charged for the reservation.

DIRECTIONS TO ELEVATOR: After you enter Thatcher Hall, go past the right side of the food service counter and then through the second (far) door (sign says: "Wheel Chair Access"). Take the elevator to the second floor, pass through into the main dining room to the luncheon registration table.

THANKS! Once again SOAR would like to thank George Arnold of PACES Dining Services for sponsoring the fall luncheon which helps keep the price at a very affordable **\$12 per person.**

Monthly Lunch Out Socials

All SOAR members and their guests are invited to informal lunches at noon on the second Tuesday of each month. The place: Tardelli's Restaurant at 141 Market Street, Potsdam (off-street parking near the door). These informal gatherings are casual lunch socials, with no agenda, no previous commitment and no purpose other than enjoying each other's company and good food at reasonable prices. BCNU!