

SOAR



A LIFELONG LEARNING GROUP

SPRING SEMESTER 2009
MARCH 16, 2009 - MAY 22, 2009

Elderhostel

an affiliate of the



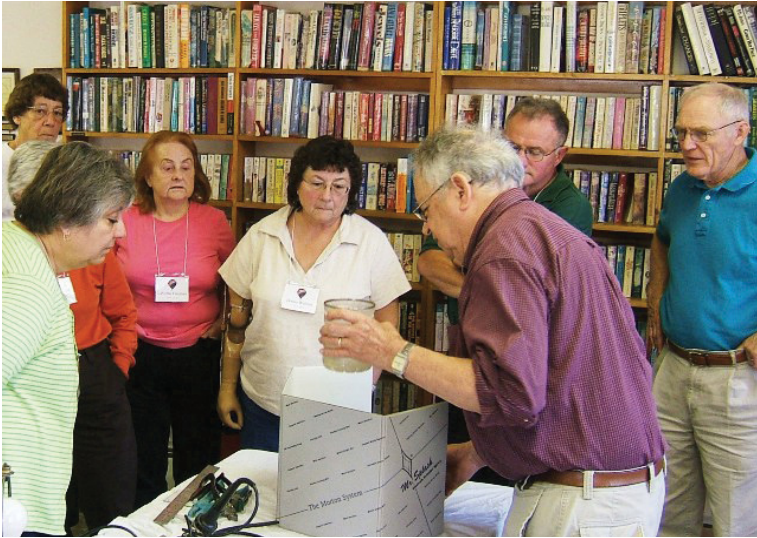
ELDERHOSTEL INSTITUTE NETWORK®



THE STATE UNIVERSITY OF NEW YORK

Potsdam

**SOAR = Learning + Going Places + Having Fun
+ Acquiring Skills + Volunteering!**



SOAR members look on as instructor Otis Van Horne demonstrates how to polish glass ("Stained Glass Craft: An Overview" - Fall 2008)



Getting together and sharing some good food and great conversation is just one way SOAR members enjoy life. ("Meet the Chef: Tardelli's" - Fall 2008)

ABOUT SOAR

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 Elderhostel Institute Network.

The 300+ members of SOAR are “Third Age” adults, post-family and career people who are actively enjoying the rest of their lives. SOAR members are inquisitive, energetic and creative. They enjoy intellectual stimulation, hands-on activities, going places, and good fellowship. SOAR members love learning just for the sake of learning, and they love sharing what they 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

René-Paul Forier, Chair	Barbara Trerise	Ruth Kreuzer
Ed Russell, Vice-Chair	Jean Theobald	Ron Johnson
Dorothy Howe, Secretary	Claire Begeal	Linda Helmase
Otis Van Horne, Treasurer	Fran Van Horne	Joyce Chambers
Neil Johnson	Betty Graham	Don Potter

STANDING COMMITTEES & CHAIRS

Executive - René-Paul Forier **Ambassadors** - Claire Begeal
Membership - Linda Helmase **Newsletter** - Joyce Chambers
Registration - Jean Theobald **Scheduling** - Donna Webster
Curriculum - Jim Barry and Ed Russell
Trips and Performances - René-Paul Forier
Outreach and Publicity - Ruth Kreuzer
Administration and Finance - Neil Johnson
Nominating and Awards - Betty Graham
Presenter Communications - Stephanie Stark

Administrative Assistant - Pat Harrington

College Liaison - Nancy Hess

MEMBERSHIP INFORMATION

AN INVITATION TO JOIN SOAR. SOAR invites our North Country “Third Age” peers to join us in exercising our minds, bodies and spirits.

COURSES AND CLASS SESSIONS. SOAR has two ten-week semesters a year, one beginning in September and the other in March. About half our SOAR classes are held on the SUNY Potsdam campus, about a third are held in Canton, and the rest are held at other places in Potsdam or in the local area. Most SOAR courses are 1 to 8 class sessions long and usually meet once a week, Monday - Friday, for 1½ to 2 hours. Courses are held almost always during daylight hours. Occasionally, field trips or events occur on the weekends. 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. This semester, there is at least one new course beginning every 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 \$60 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 \$60 (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 Maxcy Hall sports complex. (**NOTE:** Members must be active in the SOAR program in order to retain these privileges.) SOAR 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, trips and special events are optional and cost extra.

*For more information about SOAR or its courses, trips and events
visit the SOAR web site: <http://potsdam.edu/soar>*

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

GUEST POLICY. Each term, a member may bring one non-member guest, one time, to one class session only; this visit can occur only if that person is a potential SOAR member or is visiting. Please ask permission from the instructor ahead of time.

CONTACT INFORMATION

For information, call Pat Harrington at the SOAR office at (315) 267-2690, send e-mail to soar@potdam.edu, or write to SOAR, 389 Van Housen Extension, SUNY Potsdam, 44 Pierrepont 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.

TRIPS - EVENTS

More information on trips/events go to:
<http://www.potsdam.edu/soar>

Meet the Chefs: Carolina's Greek & American Restaurant (91 E. Main Street, Gouverneur), **Wednesday, April 15, 2009 at 1:00pm.** Meet the owners, Antonios Doganis (a native of Olympia, Greece) and his wife Carol, and learn about their business. Enjoy a great buffet featuring Greek food. Members may each bring one guest. Member and guest cost is the same: \$20, which includes tax and tip. Sign-up/payment deadline is Monday, April 6, 2009. *See insert to this booklet or the SOAR web site for more detailed information.*

REMINDER: Informal SOAR noon get-together lunches at Tardelli's (in Potsdam) every second Tuesday of each month.

MARK YOUR CALENDAR!

(More information on the events below will be announced in the spring newsletter)

May 22, 2009 - SOAR Spring Luncheon. 11:30-2:30 (serving at noon)

June 17, 2009 - Lunch (at the Macintosh Inn) and a play ("A Perfect Wedding" at Upper Canada Playhouse) in Morrisburg, Ontario

COURSE LOCATIONS

Courses Offered on the SUNY Potsdam Campus

Adirondacks: Hikes and Climbs * The American Dream: The Great Gatsby and Death of a Salesman * American Popular Songs * Animals That Fly: Bats, Birds, Beetles, and Butterflies * Art Workshop C * Arthritis Self Help * Beginning Tai-Chi * Biofuels: Opportunities and Challenges for Northern New York * Birds of the North Country * Calligraphy Workshop * Cartoon Creations * Continuing Tai-Chi * Decorative Painting * Early Recollections: Their Meaning in Life * Exercise and Aging * The Generational Gap * Harmonica * Photography: A Brief History * Scanning Electron Microscope (both sections A & B) * Shakespeare in Performance: *Henry V* * Trees and Forests of the North Country

Courses Offered Off Campus

POTSDAM: Advanced Contract Bridge (Mayfield: Community Room) * Bayside Cemetery: History and Landscape (Bayside Cemetery - Clarkson Avenue) * China (Potsdam Civic Center) * Vicarious Voyagers (Potsdam Civic Center)

CANTON (CFL = Canton Free Library; PK = Partridge Knoll; SWH = Silas Wright House): American Silver: History and Patterns (SWH) * The Beatles (CFL) * Brain Diseases: Transmissible Spongiform Encephalopathies (CFL) * Canada - U. S. Relations (SWH) * Canton Heritage Park: A Guided Tour (both sections A & B at Canton Heritage Park - entrance in the middle of the bridge) * Chinese Calligraphy (CFL) * Civil War Soldiers from Northern New York (SWH) * Computers à la Carte (St. Lawrence County Chamber of Commerce) * Current Events (PK) * Gentle Chair Yoga (PK) * Habitat for Humanity's Global Village (SWH) * History of NASA (SWH) * Isaac Newton and the Apple (SWH) * Mah Jongg (PK) * Medical Ethics (SWH) * Origami (section A) (PK) * Origami (section B) (CFL) * Rainer Maria Rilke: Poetry and Letters (SWH) * Royalty of the 20th Century (both sections A & B) (PK) * Rummikub: Learn to Play the Original Game (PK) * Scrabble (PK) * Tatting (Beginning & Advanced) (PK) * The Universal Beatitudes (PK)

OTHER PLACES: Spring Wildflower Walk (Indian Creek Nature Center - *CR14, northeast of Rensselaer Falls*) * Vegetarian Cooking (Community Church - Knapps Station) * A Walk on the Historical Red Sandstone Trail (Hannawa Falls - Mill St., across from the fire station)

COURSES BY NUMBER OF SESSIONS

8 (or more) SESSIONS: Art Workshop C * Beginning Tai-Chi * China * Continuing Tai-Chi * Current Events

6 SESSIONS: Advanced Contract Bridge * The American Dream: *The Great Gatsby* and *Death of a Salesman* * Animals That Fly: Bats, Birds, Beetles, and Butterflies * Arthritis Self Help * The Universal Beatitudes

5 SESSIONS: Birds of the North Country * Calligraphy * Medical Ethics * Tatting (Beginning & Advanced)

4 SESSIONS: American Popular Songs II * The Beatles * Computers à la Carte (*1-4 sessions*) * Decorative Painting * Gentle Chair Yoga * Harmonica * Mah Jongg * Rainer Maria Rilke: Poetry and Letters * Royalty of the 20th Century (*A*) * Scrabble * Shakespeare in Performance: *Henry V* * Trees and Forests of the North Country * Vicarious Voyagers IV

3 SESSIONS: Civil War Soldiers from Northern New York * Royalty of the 20th Century (*B*) * Vegetarian Cooking

2 SESSIONS: Early Recollections: Their Meaning in Life * Exercise and Aging * History of NASA * Isaac Newton and the Apple * Photography: A Brief History

1 SESSION: Adirondacks: Hikes and Climbs * American Silver: History and Patterns * Bayside Cemetery: History and Landscape * Biofuels: Opportunities and Challenges for Northern New York * Brain Diseases: Transmissible Spongiform Encephalopathies * Canada - U. S. Relations * Canton Heritage Park: A Guided Tour (*offered twice*) * Cartoon Creations * Chinese Calligraphy * The Generational Gap * Habitat for Humanity's Global Village * Origami (*offered twice*) * Rummikub: Learn to Play the Original Game * Scanning Electron Microscope (*offered twice*) * Spring Wildflower Walk * A Walk on the Historical Red Sandstone Trail



PLEASE, PLEASE, PLEASE! If you are registered for a course which has a class size limit and are unable to attend, please call the SOAR office (315) 267-2690 right away and cancel your registration. SOAR often has a waiting list for these courses; this will allow someone else to attend.

SPRING 2009 COURSE DESCRIPTIONS

SOAR is pleased to offer 50 courses (+ *some offered twice*) this spring, a special event, and a summer trip (see p. 3). For more information on class days, times and locations, please refer to the calendar insert or to the SOAR web site: <http://www.potsdam.edu/soar>. Direct requests for further information to the SOAR office (315) 267-2690. **NOTE:** *Courses are listed below alphabetically by title. Registration numbers are given in brackets followed by dates of class sessions (if confirmed).*

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Adirondacks: Hikes and Climbs

Nancy LaBaff

1 session, 2 hours (SUNY: Maxcy 104)

View a photo movie showing many of the presenter's hikes and climbs and at the same time enjoy the beauty of the Adirondacks, learn about climbing equipment and experience people at their best as they merge with nature. **Nancy LaBaff** is a Senior Operator with the New York Power Authority. After a bout with cancer, she started hiking in 2003. Now, 6 years later, Nancy has hiked not only in NY, but also in Washington, as well as in France (twice), Scotland and Rumania. She leads hikes for the Laurentian chapter of ADK, helping people pursue their own dreams of becoming a ADK 46'r like she is herself. [S-09-1] 4/3

Advanced Contract Bridge

Don Burlingame

6 sessions, 2 hours each (Mayfield: Community Room, Potsdam)

This is not a course, but an interest group of people who like to play bridge. The meetings offer participants the chance to practice their contract bridge skills and to learn new skills. **Don Burlingame** has been a longtime bridge player. He loves bridge and is happy to share the player's knowledge he has gained over the years. [S-09-2] 4/15, 4/22, 4/29, 5/6, 5/13, 5/20

The American Dream:

Marie Regan

The Great Gatsby and Death of a Salesman

6 sessions, 1½ hours each (SUNY: Maxcy 104)

This course examines the power and the falsity of the American Dream as shown in F. Scott Fitzgerald's *The Great Gatsby* and in Arthur Miller's *Death of a Salesman*. **Marie Regan**, now retired, was a longtime chair of the English / Humanities Department at SUNY Canton. She was named SUNY Distinguished Service Professor in 1990, and Canton College's Convocation Honoree in 2008. Presently, Marie is serving as the Town of Potsdam Supervisor. [S-09-3] 3/20, 3/27, 4/3, 5/1, 5/8, 5/15

American Popular Songs II**Bob Gibbs****4 sessions 1½ hours each (SUNY: Crane B115)**

The course gives participants an exposure to, and an analysis of, great American popular songs, their composers, and the context in which they were written. The songs examined include various types and styles from the 20's through the 50's. Some of the more sophisticated songs of recent years also are included. Bob Gibbs is an emeritus professor of the Crane School of Music, SUNY Potsdam. He has both taught and performed popular music for many years. [S-09-4] 4/14, 4/21, 4/28, 5/5

**American Silver:
History and Patterns****Jacqueline (Jackie) Hodges****1 session 2 hours (Silas Wright House)**

Gain historical and other information about silver-making in America, and learn how to identify patterns and silver makers. **Jackie Hodges** has been a teacher and an antiques dealer for 40+ years, and a collector of silver for many more years. [S-09-5] 5/15

Animals That Fly:**Roy Horst****Bats, Birds, Beetles, and Butterflies****6 sessions, 1 hour each (SUNY: Kellas 101)**

This course begins with a detailed (not highly technical) discussion of what animal flight really is and how it is performed. Then follow detailed examples of how the various animal groups have mastered flight. The course closes with illustrations of long and short distance flying – such as migration, foraging, predation, escape, or mating displays. **Roy Horst** is Professor of Biology, Emeritus at SUNY Potsdam. He specializes in ecology and physiology. His research deals with several aspects of the biology of bats and introduced species. Roy has a special interest in the relationships between animals' physiology and their specific environments. [S-09-6] 3/20, 3/27, 4/3, 4/10, 4/17, 4/24

Art Workshop C Coordinated by Leon LeBeau's Students**8 sessions, 2 hours each (SUNY: Satterlee 314)**

Art Workshop C is designed for aspiring artists who wish to continue to advance their painting skills in water media, e. g. watercolor, gouache, or acrylic. Participants must already have completed at least one SOAR Art Workshop (A or B) taught by Leon LeBeau. This is an independent approach, yet an interactive one, as students will share both their work and their expertise by giving both presentations and critiques to others in the class. [S-09-7] 3/20, 3/27, 4/3, 4/10, 4/17, 4/24, 5/1, 5/8

Arthritis Self Help**Ada Santaferra****6 sessions, 1½ hours each (SUNY: Van Housen Ext. SB27A)**

This is a research-based course which teaches people to manage their arthritis and lessen its effect. **Ada Santaferra** earned both a B. S. degree in Community Health and an M. S. degree in Teaching at SUNY Potsdam. Ada volunteers her services to the Arthritis Foundation as well as to Reachout, a crisis, information and referral hotline in St. Lawrence County. **NOTE:** Enrollment cap: 15. [S-09-8] 4/13, 4/20, 4/27, 5/4, 5/11, 5/18

Bayside Cemetery:**Susan Omohundro****History and Landscape****1 session, 2 hours (Bayside Cemetery; Clarkson Avenue, Potsdam)**

Enjoy a walking tour of Bayside Cemetery, a rural cemetery listed on the National Register. Along the way your attention is directed to the sandstone gatehouse and wall, the design, landscape, history, mortuary art and other features of interest in the cemetery. **Susan Omohundro** has been interested in the history of Potsdam sandstone since buying a sandstone house in 1983 and learning about the National Register nomination process. She is on the Board of Trustees of the Bayside Cemetery Association. **NOTE:** Enrollment cap: 25. [S-09-9] [S-09-57 added section] both 5/4

The Beatles**Peter Bailey****4 sessions, 1½ hours each (Canton Free Library)**

This discussion course looks at the complex and sometimes conflicting personalities underneath the Moptops as well as delves into the ties the band had to cultural, aesthetic and social issues of the 60's. If you love rock 'n' roll, you certainly will enjoy turning the clock back with Sgt. Pepper Lonely Hearts Club Band, one of the four albums studied in this course. Share your perceptions of the cultural issues of the group's musical output with the SLU students who are also enrolled in this course. **Peter Bailey**, Piskor Professor of English at SLU, has published books on Stanley Elkin, Woody Allen, and John Updike, all of whom have a popular reputation as well as a literary one. His study of pop culture also extends to the Beatles. Even though Peter came no closer to the Beatles than attending their Carnegie Hall concert in 1964, he has kept up on the literature about them as well as the CDs/DVDs that chart the ups and downs of the Fab Four's career. **NOTE:** This is an intergenerational course shared with first-year students from St. Lawrence University. [S-09-10] 3/26, 4/2, 4/9, 4/16

<p>"Teachers open the door. You enter by yourself." - <i>Chinese proverb</i></p>
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Beginning Tai-Chi**Pam March****10 sessions, 1 hour each (SUNY: Maxcy Dance Studio)**

The course includes basic Chinese warm-ups (both standing and sitting), Tai-Chi meditation and an introduction to the Yang 24 movement short form. The concerns of seniors are addressed, such as balance, leg strength, endurance, taking it easy on the joints, and learning how to relax. **Pam March** is a certified Tai-Chi instructor from the Boston Institute of Kung Fu and Tai-Chi. **NOTES:** 1) Beginning students may NOT register for Continuing Tai-Chi, 2) Wear loose-fitting clothing. [S-09-11] 3/17 - 5/19

Biofuels:**Brent Buchanan****Opportunities and Challenges for Northern New York****1 session, 1 ½ hours (SUNY: Van Housen Ext. SB27A)**

Biofuels have the potential to impact our everyday lives. Proponents of ethanol, switchgrass, and many other types of biofuels are striving to bring their ideas to the attention of legislators and investors alike. In this course participants explore the leading biofuel technologies, with emphasis on the potential for biofuel energy production in northern New York. **Stephen Canner** is Field Crops Educator with Cornell Cooperative Extension of St. Lawrence County. He has degrees in Agronomy from University of Minnesota and Montana State University, and has been keenly interested in renewable energy resources for over 20 years. [S-09-12] 3/30

Birds of the North Country**Joan Collins-Yellott****5 sessions, 1½ hours each + a morning field trip to Massawepie Mire (SUNY: Maxcy 104)**

This multimedia course covers five topics and ends with a field trip to beautiful Massawepie Mire to observe birds. The topics are: “All About Birds (An Intro to Birding),” “Boreal Birds of the Adirondacks,” “The Mystery of Snow-Burrowing Redpolls,” a “Warbler Workshop,” and the “Mountain Birdwatch Project” (covering the status of high elevation birds in the northeast). **Joan Collins-Yellott** is a board member of both Northern New York Audubon, and the New York State Ornithological Association. Her publications range from species accounts to numerous journal, magazine and newspaper articles on birds and birding. She leads bird walks year round in the North Country; she also is a New York State licensed guide and an Adirondack 46er. [S-09-13] 4/20, 4/22, 4/27, 4/29, 5/4, field trip 5/11 (5/13)

“Learning is not attained by chance, but must be sought for with ardor and diligence.” - *Abigail Adams (Letter to John Adams, May 8, 1789)*

Brain Diseases: Joseph Erlichman
Transmissible Spongiform Encephalopathies

1 session, 1½ hours (Canton Free Library)

Learn about Transmissible Spongiform Encephalopathies (TSEs, also known as prion diseases), a group of progressive conditions that affect the brain and nervous system of animals and humans. Mental and physical abilities deteriorate as lesions appear in the cortex, causing it to appear sponge-like (hence ‘spongiform’). The disorders are ultimately lethal and cause impairment of brain function, including memory and behavioral changes and problems with movement that worsen over time. **Joseph Erlichman** is a neurobiologist at SLU. He is also an avid outdoorsman and hunter. Joe has a special interest in the surge in the incidence of prion diseases among deer and moose, especially given the devastating outcome of the disease. [S-09-14] 4/28

Calligraphy Workshop Martha Grow
5 sessions, 1½ hours each (SUNY: Van Housen Ext. SB27A)

This course is designed especially for beginners. However, persons with all skill levels are welcome. After a brief history of the art of calligraphy, participants study and practice the Chancery Cursive hand, beginning with calligraphy markers and progressing to dip pen (with broad edged nib) and ink. **Martha Grow** has studied and practiced the art of calligraphy for over 25 years, applying various “hands” for projects such as: envelope addressing; poster, greeting card, and letterhead design; and quotations, poems, awards, etc. **NOTE:** Enrollment cap: 10. [S-09-15] 4/6, 4/13, 4/20, 4/27, 5/4

Canada – U. S. Relations Joseph Jockel
1 session, 1½ hours (Silas Wright House)

“No country is more important to the United States than Canada,” President Reagan once said. This course will look at the political, military, economic and environmental relationship between the two countries. **Joseph Jockel** is Professor and Director of Canadian Studies at SLU. He is the author of the recently published book: Canada in NORAD 1957-2007. [S-09-16] 4/22

Canton Heritage Park: A Guided Tour Peter Van de Water
1 session (offered twice), 1½ hours (Downtown islands, Canton)

Take a walk covering three islands in the Grasse River in this new park and learn about the origins and evolution of Canton’s “Heritage Park,” which opened in 2008. **Peter Van de Water** was the Director of Admissions & Vice-President for Student Affairs at SLU. Since retiring, he has taken on

leadership roles and has been very active in community affairs, including being the current President of Grasse River Heritage. **NOTES:** Enrollment cap: 15 in each section. Heritage Park is in downtown Canton on the islands; the entrance to the park is in the middle of the bridge. [S-09-17] A - 5/12; [S-09-18] B - 5/19

Cartoon Creations

Joe Briggs

1 session, 1 hour (SUNY: Raymond Hall 8th Floor Dining Room)

The presenter shares his cartoons and their humor which depict behavior in both the Neanderthal and the Cro-Magnon Ages. **Joe Briggs** retired after 22 years in the US Army Reserves. He is currently employed at SUNY Canton. Joe has loved dinosaurs since he was little, and is fascinated by the pre-historic ages. He used to copy other people's cartoons, especially George Schultz's *Peanuts* characters. Having grown tired of copying, he started creating something of his own. [S-09-19] 4/29

China

Ina Brockriede

8 sessions, 1½ hours each (Potsdam Civic Center)

Enjoy six sessions on the history of science, discovery and invention in China. The material presented is based on the massive research carried out by the Needham Institute in Cambridge, England. The last two sessions deal with the relationship of China and the West during WWII and the bearing that it has on some of the present problems in the world. **Ina Brockriede** has had a long-time interest in China. She has taken several university courses on Chinese history and has done a great deal of independent study using her large collection of books on China, including books from the Needham Research Institute. [S-09-20] 3/16, 3/23, 3/30, 4/6, 4/13, 4/20, 4/27, 5/11

Chinese Calligraphy Ying Jung Huang (Joyce) / Pasca Ho (Pasca)

1 session, 1 hour (Canton Free Library)

See how Chinese letters/characters are formed. Where applicable, the course also includes an introduction to other interesting symbols – traditional and simplified. **Joyce and Pasca** are from China. Both girls currently are exchange students at Canton Central High School. [S-09-21] 3/18

Civil War Soldiers from Northern New York

Stan Maine

3 sessions, 1½ hours each (Silas Wright House, Canton)

This course consists of short biographies of some northern New York Civil War soldiers. **Stan Maine** is a self employed carpenter who has been working

in the Potsdam area for 38 years. He has been an organizer and contact person for the St Lawrence County Historical Association's Civil War Roundtable and has been a presenter on numerous occasions. He is a board member of the Historical Association and a member of the St Lawrence Valley Genealogy Society. **NOTE:** Enrollment cap: 40. [S-09-22] 4/1, 4/8, 4/15

Computers à la Carte

Rita Goldberg

1-4 sessions (determined individually), up to 1½ hours each

(St Lawrence County Chamber of Commerce, Canton)

This course offers individual, personal instruction for people who would like help with any aspect of computing, from a very basic introduction for inexperienced users through such applications as wordprocessing, photo editing, PowerPoint, and advanced uses of the Web. One to four 60 to 90 minutes sessions for each enrollee will be held at the St. Lawrence County Chamber of Commerce in Canton with instruction on PC computers provided by the Chamber or on the enrollee's own PC laptop. **Rita Goldberg** is an emerita professor of Spanish at St. Lawrence University. She uses technology extensively for teaching, research and publishing as well as personal applications.

NOTES: Enrollment cap: 15. PC only. [S-09-23] TBA

Continuing Tai-Chi

Pam March

10 sessions, 1 hour each (SUNY: Maxcy Dance Studio)

This course is intended for students who already have some familiarity with Tai-Chi. The course includes Qigong, traditional Chinese warm-up exercises, and Tai-Chi meditation. Participants will continue to learn the Yang 24 movement short form. **Pam March** is a certified Tai-Chi instructor from the Boston Institute of Kung Fu and Tai-Chi. **NOTES:** 1) Continuing participants may also register for the beginner's class (see Beginning Tai-Chi), 2) Wear loose-fitting clothing. [S-09-24] 3/19 - 5/21

Current Events

John Casserly

8 sessions, 1½ hours each (Partridge Knoll, Canton)

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 continues to coach cross country and track at Canton Central School. [S-09-25] 3/20 - 5/8

"When I learn something new - and it happens every day - I feel a little more at home in the universe, a little more comfortable in the nest." - *Bill Moyers, journalist*

Decorative Painting **MarshaLee Champagne**
4 sessions, 2 hours each (SUNY: Satterlee 314)

The goals of this course are to develop basic decorative painting skills, complete at least one project, and to have fun. **MarshaLee Champagne** is a lifelong artist who blames her venturing into decorative arts on her mother. NOTE: Enrollment cap: 10. [S-09-26] 3/19, 3/24, 3/26, 3/31

Early Recollections: Their Meaning in Life **Art Clark**
2 sessions, 1½ hours each (SUNY: Raymond 8th floor Dining Room)

A person's early childhood memories provide a means of self-understanding. After an introduction to the topic of early recollections, the discussion focuses on the possible meanings or interpretations of early remembrances. Participant sharing of memories is encouraged. **Art Clark** is a Professor of Education at St. Lawrence University. [S-09-27] 3/19, 3/26

Exercise and Aging **John Arthur** **4 sessions 1½ hours each**
(SUNY: Van Housen Ext.SB27A; Maxcy Fitness Center)

This course covers the importance of weight bearing activity, cardiovascular exercise and nutrition, as they relate to the aging process. **John Arthur** has 35+ years experience in the field of fitness and nutrition. He has taught at Clinton Community College, St Lawrence University, and Madrid Waddington Central School. NOTE: Enrollment cap: 20 [S-09-28] 3/16, 3/18, 3/23, 3/25

The Generational Gap **Toby White**
1 session, 1½ hours (SUNY: Sisson 142)

This workshop is designed so that participants can learn about characteristics of each generation and how they work together. Currently, **Toby White** is the Director of Experiential Education at SUNY Potsdam. He works with college students in the process of completing an academic internship, service learning, or volunteer opportunity. He has an extensive background in forming community partnerships with SUNY Potsdam. [S-09-29] 5/6

Gentle Chair Yoga **Ellen Beeler**
4 sessions, 1 hour each (Partridge Knoll, Canton)

Each class begins with breathing exercises followed by a series of poses, and ends with a guided relaxation. Many find that doing yoga improves energy level, mood, and general health. Stress is relieved while strength, flexibility, concentration, and balance improve. In Chair Yoga, all seated poses are done in a chair; the chair also is used for balance in standing poses. Even people

with mobility limitations can practice and benefit from Chair Yoga. **Ellen Beeler** has done yoga for many years. After retiring from SUNY Canton in 2007, she began teaching yoga as a way of sharing its benefits with others. Currently she teaches both general yoga classes and modified classes for seniors and disabled people at the Yoga Loft in Canton and at other locations. **NOTE:** Enrollment cap: 20 [S-09-30][+S-09-59] 4/21, 4/28, 5/5, 5/12

**Habitat for Humanity's Global Village Alex & Carol Neubert
1 session, 1½ hours (Silas Wright House)**

Learn what is involved when you volunteer as a participant in a Habitat for Humanity International house building project. The Neuberts are showing slides of their participation in three international builds, two in Africa and one in South America. **Alex and Carol Neubert** have been involved with Habitat for Humanity, both nationally and internationally, for over 35 years. They are both educators and both have traveled extensively. [S-09-31] 3/25

**Harmonica Neil Garner
4 sessions, 1½ hours each (SUNY: Van Housen Ext. SB27A)**

This is a beginning harmonica course for anyone with little or no musical knowledge. If you can pick out "Mary Had a Little Lamb" one note at a time on the piano, you can learn to play the harmonica. **Neil Garner** is a retired science and technology teacher who enjoys sharing his love of music with others. **NOTE:** Students must supply their own 10-hole, C tuning harmonica. [S-09-32] 4/29, 5/6, 5/13, 5/20

**History of NASA Dave Lockwood
2 sessions, 1½ hours each (Silas Wright House)**

This course highlights projects and developments from the beginning of NASA in 1958 to the present. Session 1: The Early Days (1957-1967). Session 2: Major Activities in the 40+ Years Following. Some visual aid material for this course has been supplied by the NASA Historian. **Dave Lockwood's** first job after college in 1957 was with NACA/NASA Lewis Research Center in Cleveland, Ohio. After leaving NASA in 1967, he went back to graduate school to earn his MSEE and Ph.D. His later work involved research and development of plasma devices such as ion engines and plasma thrusters for satellite control and station keeping, vacuum arc surge arrestors for electric power circuit protection, triggered spark gaps, Xenon arc lamps, and electrosurgical instruments. In retirement he remains interested in electronic technologies. [S-09-33] 3/18, 3/25

"To learn, you must want to be taught." - Proverbs 12:1

Isaac Newton and the Apple **Alex Neubert**
2 sessions, 1½ hours each (Silas Wright House)

If you ever wondered why Newton is associated with an apple, this is your chance to find out. This course looks at some of the work of Isaac Newton and why he is considered to be one of the greatest geniuses of all time. Various demonstrations are presented that illustrate Newton's ideas about gravity. **Alex Neubert** taught physics at SUNY Canton for 24 years and high school physics for 6 years. He especially enjoys developing demonstrations that illustrate physics concepts for beginning students. [S-09-34] 3/17, 3/19

Mah Jongg **Brenda Francey & Kay Russell**
4 sessions, 2 hours each (Partridge Knoll, Canton)

Learn how to play Mah Jongg or, if you are not a newcomer to the game, hone your skills. This is an opportunity for people of differing skill levels to play Mah Jongg. Newcomers are welcome! Brenda Francey and Kathleen Russell both have over 30 years of experience in playing and teaching Mah Jongg. Brenda is a retired teacher; Kay is a retired Department of Social Services supervisor. **NOTE:** Enrollment cap: 12. [S-09-35] 4/23 - 5/14

Medical Ethics **Dave Hornung**
5 sessions, 1½ hours each (Silas Wright House)

In this seminar we examine topics such as cloning, transplants, assisted suicide, genetic engineering, informed consent, elective surgery, reproductive ethics, and the physician/patient relationship. We also consider alternative approaches to healing, approaches that for many people in the world are traditional. The goal is for participants to examine the principles that guide individuals as they struggle with these increasingly complex issues. **David Hornung** is the Dana Professor of Biology at St. Lawrence University and Professor at the College of Medicine, SUNY Upstate Medical University, Syracuse. **NOTE:** This is an intergenerational course shared with first-year students from St. Lawrence University. [S-09-36] 3/24 - 4/21

Origami **Krista Briggs**
1 session, 1 hour (offered twice)
(Partridge Knoll, Canton - PK and Canton Free Library - CFL)

Learn and practice some of the basics of the traditional Japanese art of paper folding. **Krista Briggs** is the Young Adult Coordinator at the Canton Free Library. Her knowledge of origami is mostly self-taught, and so her methods may at times seem a little unorthodox. **NOTES:** Enrollment cap: 10 each class session. [S-09-37 PK] A - 4/14; [S-09-38 CFL] B - 4/22

Photography: A Brief History **Neil Garner**
2 sessions, 1½ hours each (SUNY: Van Housen Ext. SB27A)

This course is a short history of something that we today take for granted: taking a picture with your camera. Learn about photography, starting with the camera obscura of the 1600's, to the introduction of dry plate photography in the late 1800's, and finally to the man who gave us the "point-and-shoot" camera, George Eastman of Rochester, NY. Neil Garner is a retired science and technology teacher. Over the years, Neil has collected many photography-related items, from old cameras to daguerreotypes. [S-09-39] 5/6, 5/13

Rainer Maria Rilke: Poetry and Letters **Paul Graham**
4 sessions, 1½ hours each (Silas Wright House)

Read a selection of work by the great German poet Rainer Maria Rilke, who wrote from 1908-1924. Particular attention is paid to his famous *Letters to the Young Poet* (Franz Kappus) and the philosophies he articulates there; we trace those philosophies in Rilke's own poems. This course is not only about appreciation, but also about the rigors of living a literary life. **Paul Graham** teaches Creative Writing at St. Lawrence University. He has published many short stories and essays, including one on Rainer Maria Rilke. **NOTE:** Enrollment cap: 15. [S-09-40] 4/28, 5/5, 5/12, 5/19

Royalty of the 20th Century (*offered twice*) **Fran Van Horne**
A: 4 sessions, 1½ hours each B: 3 sessions, 2 hours each
(both class sections at Partridge Knoll, Canton)

This course covers the royals from Edward VII of England to Charles, Diana and Camilla, with some digression to other European royals, e.g. Alexandra of Russia, Marie of Rumania, Vicky of Germany. **Fran Van Horne** is a retired nursing instructor who prefers reading biography to reading fiction. She has taught courses for SOAR on the British Royal Family as well as on the wives of American presidents. [S-09-41] A - 3/24, 3/31, 4/7, 4/14 (*1½ hours each*); [S-09-42] B - 4/2, 4/9, 4/16 (*2 hours each*)

Rummikub: **Elizabeth (Liz) Jenison**
Learn to Play the Original Game
1 session, 2 hrs (Partridge Knoll, Canton)

Rummikub is a tile-based game with some similarities to rummy (i.e. the goal is to form runs and groups of the same number). It is a fun game that you can learn in one session. Anyone who wants to play is welcome to attend. **Liz Jenison** is a retired teacher who likes to play Rummikub with her friends. **NOTE:** Bring your game, if you have one. [S-09-43] 5/11

Scanning Electron Microscope (SEM)**Neal O'Brien****1 session (offered twice) 2 hrs each****(SUNY: Timerman Hall SEM Lab - Room 123, both sections)**

This course gives you an introduction to the use of the Scanning Electron Microscope (SEM). Learn how samples are prepared and enjoy some actual viewing time. **Neal O'Brien** is a retired Professor of Geology from SUNY Potsdam. **NOTE:** Enrollment cap: 10 per section) [S-09-44] A - 4/20; [S-09-45] B - 4/22

Scrabble**Pat Sabir and Barb Tiel****4 sessions, 2 hrs each (Partridge Knoll, Canton)**

Review the rules of Scrabble; get some tips for increasing your score. Each class session has time for both instruction and play. Any level of player is welcome. **Pat Sabir** worked for the county for 25 years and now works part time as a technical support agent for an internet service provider. Pat usually plays Scrabble against her computer and she wins a little more than half the time. **Barb Tiel** enjoyed 26 years as a therapist at the St. Lawrence County Mental Health Clinic, retiring in 2001. The ice storm of '98 inspired Barb to haul out her Scrabble game, and she has been playing addictively ever since. **NOTE:** Enrollment cap: 24. [S-09-46] 4/6, 4/13, 4/20, 4/27

Shakespeare in Performance: *Henry V***Mark Coleman****4 sessions. (1st & 2nd sessions) 1½ hours each, (SUNY: Stowell 116D); (3rd & 4th movie sessions) 3 hours each (Maxcy 104)**

Examine how the text of one of Shakespeare's plays has been in two notable filmed versions. Session 1: Background information on Shakespeare's career and his *Henry V* in preparation for reading the play. Session 2: Detailed discussion of *Henry V*. Session 3 and 4: Screenings and discussions of filmed versions of the play by Laurence Olivier and Kenneth Branagh. **Mark Coleman** is Professor Emeritus of English at SUNY Potsdam. He taught the two-semester Shakespeare course for many years, using filmed versions of Shakespeare's plays to enliven and deepen class discussions. [S-09-47] 3/25, 4/1, 4/8, 4/15

"I keep six honest serving men (They taught me all I knew); Their names are What and Why and When And How and Where and Who."

Rudyard Kipling, from "The Elephant's Child"

Spring Wildflower Walk John Green & Carol Budd

1 session 3 hours (Indian Creek Nature Center. County Road 14, northeast of Rensselaer Falls)

You have set your clocks forward; now let's see what's "springing upward." Enjoy a morning walk to view early wildflowers at the Indian Creek Nature Center. **John Green** is a St. Lawrence University Emeritus Professor of Biology. He is also a long term board member of the Indian Creek Nature Center. **Carol Budd** is a biologist at SLU. [S-09-48] [+S-09-58] 5/6

Tatting (Beginning & Advanced) Elizabeth (Betty) Mauk
5 sessions, 1½ hours each (Partridge Knoll, Canton)

In this course participants practice the basic tatting stitch, make a simple motif, and learn to read patterns for tatting. **Betty Mauk** is a retired Reading/English teacher, who has done tatting for many years. **NOTE:** Participants may either purchase or borrow the instructor's supplies, or bring in their own shuttles and thread for evaluation and possible use in class. Enrollment cap: 10. [S-09-49] & [S-09-55] 4/23, 4/30, 5/7, 5/14, 5/21

Trees and Forests of the North Country William (Bill) Mueller
4 sessions, 1½ hours each + 2 field trips (SUNY: Maxcy 104)

Topics: common trees in our area and how to identify them; simple methods for winter tree identification including leaf, bark, twig and bud patterns, tree form and habitat; uses and characteristics of wood; how to manage and nurture our forests for a variety of activities, including wood production, water conservation, wildlife, and recreation. After retiring from teaching public health, **Bill Mueller**, at age 64, honored his life-long interest in trees and forests by attending the Ranger School at Wanakena, where he earned an Associate degree in Forest Technology in 2006. For the past four years Bill has managed a 68-acre second-growth forest in South Colton, mostly for firewood, maple-sugar production, wildlife management, forest-study and enjoyment. [S-09-50] 5/1, 5/5, 5/8, 5/12; field trips - 5/15, 5/19

The Universal Beatitudes Donna Clark
6 sessions, one hour each (Partridge Knoll, Canton)

The truth and beauty of the Beatitudes are portrayed not only in the life and teachings of Jesus Christ, but also in the universal principles and teachings of the world religions. In addition to the Bible, we will study the Beatitudes through the works and teachings of Mahatma Gandhi, Buddha, Thomas Merton, Francis of Assisi, Mother Teresa, Rumi and others. Donna Clark began her spiritual journey as a religion major at SLU. She

then taught Bible Studies in her home for 12 years, pastored the Pierrepont Free Association Church for 11 years, and for the past 3 years has been the chaplain for female inmates at the St. Lawrence Correctional Facility. Donna has also given guest sermons in several local churches. [S-09-51] 4/10, 4/17, 4/24, 5/1, 5/8, 5/15

Vegetarian Cooking **Juanita Babcock**
3 sessions, 1½ hours each (Community Church, Knapps Station)

Vegetarian meals can be a healthful and flavorful option for any age. This course concentrates on whole grains, fruits, vegetables, nuts, soy and dairy products in cooking and baking to provide protein-rich meal combinations. Enjoy a vegetarian lunch (including beverage and dessert) with each class session. **Juanita Babcock** has been a vegetarian for over 25 years. She enjoys baking and cooking recipes from domestic and international cuisines. Juanita is skilled in baking with whole grains and in cooking versatile vegetarian dishes. **NOTES:** Enrollment cap: 10. Cost: \$30 for food and supplies, payable on the first day of class. [S-09-52] 4/1, 4/8, 4/15

Vicarious Voyagers IV: Coordinator: **Ruth Kreuzer**
(Iceland, Italy, Ukraine, Bulgaria/Macedonia)

4 sessions 1½ hours each (Potsdam Civic Center)

Voyage vicariously to exotic places with our presenters via their slide shows. These adventures await you (*in this order*): 1) Bulgaria and Macedonia – **Mark and Cynthia Coleman** (Mark taught English for 7 semesters at the American University in Bulgaria, 2000-2006); 2) Ukraine – **Linda Nixon** (accompanied her husband when he spent his Fulbright year in Ukraine, 2000-2001); 3) Iceland – **Ruth Kreuzer** (10-day women only trip with Elderhostel, 2008); 4) Italy – **Lynn and Nils Ekfelt** (2-week trip with Overseas Adventure Travel, 2008). [S-09-53] 3/17, 3/24, 3/31, 4/7

A Walk on the Historical **John Omohundro**
Red Sandstone Trail

1 session 1½ hours (Hannawa Falls. Meet at the Trailhead on Mill Street, across from the fire station)

The Red Sandstone Trail evokes the Raquette River's history of logging, quarrying, mill power, and hydroelectric power. Amble over about a mile of it in a roundtrip walk. **John Omohundro** provided the impetus behind the building of the trail (completed in 2003) and is the current coordinator for Adirondack Mountain Club. He has been interested in the history of the river since the 1980s. **NOTE:** Enrollment cap: 20. [S-09-54] [S-09-56 added section] both: 5/18

A NOTE FROM THE CHAIR

The year 2008 is over, and what a year it was, what with rising world tensions and falling economies! In my note in last fall's course booklet I voiced my fear about the negative influence the price of a gallon of gas would have on attendance at our classes. So far that hasn't happened. Our classes have been full and our membership is growing. We lost our on-campus classroom space in Maxcy, and this too has turned into a positive as we moved more classes into local places. Now, more than ever, SOAR is perceived as a real community organization. For sure the cost of the administration of SOAR is going up, but I'm optimistic that with everyone's help we will find ways to reduce our costs. In the process I believe we can arrive at cheaper and better ways of communicating and doing our business without jeopardizing either the learning or the social interaction that are at the heart of SOAR or the quality that we have come to expect.

One immediate important challenge we have is the creation of a new SOAR web site. We lost our "good old" web site at the end of 2008 when SUNY Potsdam changed to a new campus-wide web delivering system. Our Administration and Finance committee and Ruth Kreuzer, our SOAR web manager, are working very hard to find a solution so that SOAR can once again manage its own web site. I consider this situation an opportunity, and I believe that like problems that have been resolved positively in the recent past, this situation also will end in a positive way with a new web site that will serve our members and our organization even better than before.

Once again, I want to thank the members of the Board and the leaders and members of our committees for the considerable work they do to make SOAR a success. I also want to thank all the SOAR volunteers, from the classroom ambassadors to the office workers and others who take on duties and tasks which help our organization run smoothly. From the results of recent surveys of our membership, it is good to learn that we have even more human resources to tap as needed. The purpose of SOAR is to keep on learning – to exercise our minds, bodies and spirits! The biggest thank you thus goes to our presenters. How could we better recognize and thank our volunteer course presenters than by creating a SOAR presenter award? We will inaugurate this new award at the fall luncheon later this year, and present it at the end of each fall semester after that.

I humbly say thank you all for your constant help and support. May God keep you all in good health this new year!

René-Paul Forier, Chair - SOAR Board of Directors

It's never too late to learn, so tell your friends about SOAR!



Instructor Vernice Church (seated) explains the intricacies of spinning to Barbara Evans (“Handspinning and Spinning Wheels” - Fall, 2008)



Chairman of the Board, René-Paul Forier; introduces our new Administrative Assistant, Pat Harrington, to the membership at the Fall Luncheon, 2008

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