



THE STATE UNIVERSITY OF NEW YORK
Potsdam

Spring

SOARING!
the Newsletter of
SOAR
a lifelong learning group



2009

CHANGES

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



Our spring session of SOAR will be coming to an end in just a few weeks. It seemed for many months that warm spring weather would never come; then it seemed it would never stay. But change always comes, and change comes to SOAR as well. It is with sadness that I must tell you that we are losing two of our most commendable board members.

Long-time board member Barbara Trerise has resigned. Barbara was Chair of the SOAR Board of Directors for two years (Fall 2006 - Spring 2008). Under her leadership, SOAR membership nearly doubled. She also transformed a difficult situation into a wonderful venture. When we lost three of our SUNY Potsdam classrooms at Maxcy Hall, Barbara sent us out to find new public places in our local villages where we could hold classes. Doing so has brought SOAR into the daily life of our local communities. (This has been the best marketing move that I have ever witnessed.) Also Barbara shaped the administration of SOAR to make it a very well organized operation where every volunteer knows what to do and when to do it. She also created an excellent reference notebook for her fellow board members. We will never be able to thank Barbara enough for her devotion and her unconditional commitment to SOAR.

Jean Theobald has also decided to step down from the Board of Directors and her job as SOAR registrar, a position she has held for many years. Jean has worked tirelessly behind the scenes, making sure all the classes were scheduled properly, that the needs of presenters were met, and that all the participants were kept informed about their enrollments. Like Barbara, Jean has been one of the key players making SOAR a success. Thankfully for all of us, Jean will still stay in-

involved as a member of the registration committee, and she will insure a soft transition between herself and the person who succeeds her as registrar.

Other important changes happened after the fall semester ended. The first big change: we lost our excellent SOAR web site when SUNY Potsdam launched their new campus-wide web site. Hours of meetings and work have resulted in a new, but temporary, SOAR web site, now hosted on a different SUNY Potsdam server. Ruth Kreuzer, Chair of Outreach and Publicity, has created this scaled-down SOAR web site. Though small, the site still gives us access to the basic information we need on SOAR courses and activities. We look forward to expanding and upgrading this site. We are hopeful that Ruth will lead us into a bright future of web communication.

Another important task undertaken: reducing our administrative costs in this time of recession. After much input and the exceptional hard work of the Administration and Finance Committee, and with the help of our new Administrative Assistant, Pat Harrington, we were able to reduce our spending this semester. Nevertheless, the rise in the cost of living is having a large impact on SOAR. Consequently, do not be surprised if a \$5 increase in the SOAR dues is in the budget to be voted on at the spring luncheon; this will be the first increase since fall, 2005.

I keep smiling while SOARing and I challenge you to do the same! Enjoy the last weeks of the semester. I hope to see you all at the spring luncheon!

René-Paul Forier, Chair, SOAR Board of Directors

**Change is inevitable - except
from a vending machine.**

Robert C. Gallagher (Author)

PRELIMINARY LIST OF FALL 2009 SOAR COURSES

As changes and new information about the fall courses become available, they will be posted on the SOAR web site: <http://www.potsdam.edu/soar>. The SOAR fall semester runs from **September 14 - November 20, 2009**.
(The numbers in parentheses indicate the number of proposed class sessions.)

NOTE: Due to liability issues, SOAR holds all its courses in public places and on public lands

Advanced Contract Bridge. Pat Anderson. (6)
Advanced Tai-Chi. Pam March. (10)
Ancient Medicine. Sarah Melville. (2)
Archaeology. Benjamin Pykles. (6)
Art Workshop C. Leon LeBeau's students, coordinators. (8)
Assisted Reproduction. Jeanine Reed-Watson. (4)
Autumn Night Sky: Science and Sky Lore. Bruce McClure. (2)
Beginning Tai-Chi. Pam March. (10)
Biofuels. Pete Popiel. (1)
Butterflies. Cindy Quackenbush. (1)
Card Making Using Rubber Stamps. Angel Angleberger. (1 or 2)
Chinese Short Stories. Sidney Sondgard. (1)
Climbing Wall and Ropes. Adam Wheeler. (2)
Current Energy Topics. Jim Monroe. (4)
Current Events. John Casserly. (8)
Dragonflies. Jan Trybula. (2)
Drums Along the St. Lawrence. Art Johnson. (2)
Elder Abuse. Will Fassinger. (2)
Environmental Topics. Brian Washburn. (2 or 3)
Family Caregiving: The ABCs. Pam Short. (4)
International Christmas Customs. Radmila Zuman. (1)
Knitting (Easy) Snowflakes. Lamar Bliss. (1)
Laura Ingalls Wilder Writings. Jane Subramanian. (2)
Lincoln: The Early Years. Terry Niles. (3)
Liquid Acrylic on Canvas Painting. Cecilia Dewey. (6)
Mah Jongg. Brenda Francey & Kay Russell. (4)
Memoir Writing. Vicki Levitt. (6)
Mexican Train Dominoes. Faye Hopper. (3)
Middle East Films. Lora Lunt. (2)

Middle East History. Michael Greenwald. (1)
Model Airplane Building. Harry Cummings. (2)
Nature in the North Country. Joe Longshore. (1)
NCPR Tour. Ellen Rocco. (1)
Oil and Wind Issues. Greg Gardner. (2)
Pine Basket Making. Chloe Ann O'Neil. (3)
Queen Victoria and Her Descendants - Part 1. Fran Van Horne. (4)
Road Kill and Road Salt Study. Tom Langen. (1)
St. Lawrence River Ships: A History. Bob Graham. (3)
Save Our Planet: An Electrochemical Approach to a Cleaner Environment. Maria Hepel. (1)
Scrabble. Pat Sabir and Barb Tiel. (4)
Silk Fusion. Dave Crosby. (2)
Sky in Motion: Life on the Tilted Teacup Ride. Aileen O'Donoghue. (4)
Time: What Is It? Dan O'Connor. (4-5)
Tunes-R-Us. Clive and Sandra Henery. (4)
Vicarious Voyagers V. Ruth Kreuzer. Coordinator. (S. E. Asia; New Zealand; Morocco; Mexico) (4)
Wagner and Germany. Walter Weitzmann. (3)
Woody Allen Movies. Peter Bailey. (4)
Year End Tax Planning: Some Considerations. Eleanor Menz. (2)

DO YOU KNOW?

<i>the spring stats</i>	<i>you should...</i>
320 SOAR members	- cancel your registration if you can't attend a particular course
59 course offerings (<i>counting those taught twice</i>)	- attend classes regularly
59 ambassadors	- wear your name tag
25 locations used (<i>not counting field trips</i>)	- display your parking pass
~230 class sessions + field trips + events	- use the SOAR web site
	- volunteer



GOT AN IDEA?

The Curriculum Committee is busy finalizing the fall 2009 SOAR courses AND already working on the spring 2010 curriculum. If you want to volunteer to teach a course, or have course suggestions, call Jim Barry at 386-4732 or e-mail him at jimbarry2@verizon.net

ANNOUNCING for FALL 2009 MEET the CHEF at South of the Rock Inn (in South Colton, not far from "Sunday Rock") October 14

(Regretfully, the trip to the Civil War battlefield at Gettysburg, PA was canceled due to lack of interest. An alternative day trip and/or event is being considered.)

René-Paul Forier, Chair, Trips and Performances

COMMITTEE NEWS

AMBASSADORS COMMITTEE

Recognition

A special thanks to our members who served as class ambassadors this spring. Through their efforts our SOAR classroom program continues to function efficiently.

Spring 2009 Ambassadors were: *Patricia Anderson, Jim Barry, Claire Begeal, James Blackmore, Marion Blauvelt, Louise Clemens, Judith Coleman, Jackie Cutler, Catherine Dalton, Julie DeGone, Pat Dishaw, Pat Dominie, Charles Dominy, Elsie Dominy, Barbara Evans, Nancy Fisher, René-Paul Forier, Char Frysinger, Alma Garner, Pat Gengo, Janice Hagelund, Susan Hagerty, Pat Harrington, Cynthia Hennessey, Ann & Steve Hopkins, Roger Hutchinson, Elizabeth Jenison, Esther Katz, Linda Jones, Ron Johnson, Anne Kearns, Joan Kepes, Ruth Kreuzer, Trish & Bill Lewis, Mary St. Clair Mackinnon, Kathy Montan, Sally Murray, Mary Nocerino, Joan Olin, Don Potter, Jeanine Reed-Watson, Sharon & Bob Regan, Wanda Renick, Sharon Ryan, Nancy Siegel, Peggy Sperling, Gail Thew, Mary Jane Thompson, Doug Theobald, Jean Theobald, Sherry Theobald, Barbara Trerise, Becky Van de Water, Mary Jo Whalen, Fran Van Horne, Otis Van Horne,*

Volunteer to be a class Ambassador. SOAR needs you!

Claire Begeal, Chair, Ambassador Committee

NOMINATING and AWARDS COMMITTEE

Announcing a New Award

The SOAR Board and the Nominating and Awards Committee are pleased to announce a new award to be given each year at the fall luncheon. The Leon LeBeau SOARing Educator Award will honor a teacher/presenter who has made a major contribution to the education, experience, and well-being of SOAR members.

Naming this award for Leon LeBeau, our first-ever Super SOARer, who has contributed so much to the lives of SOAR members, reinforces the importance of teachers and presenters to the success of SOAR. Leon has taught at least eight class sessions each semester since the birth of SOAR in 2001. For the first two years, Leon taught both art and bridge classes, and since then he has continued teaching his popular painting class up until the present. It is a tribute to Leon that, although is not able to be physically present in the classroom this semester, his students are organizing the instruction for each class. They are looking forward to Leon's return to the classroom.

Betty Graham, Chair, Nominating & Awards Committee

SOAR Web Site Update

OUR TWO-PART SOAR WEB SITE

The SOAR web site now resides in two parts. One part (on the main server which SUNY Potsdam maintains) has general information about SOAR and such things as FAQ's (frequently asked questions), past newsletters, and Super SOARer info. The part that SOAR manages is on the "www2" SUNY server. It has all the course and trips/events as well as location information, announcements, a few feature stories, forms, maps and PICTURES! Click on the balloons on either home page to go to the other. Use the "back" arrow in your browser or the "fly to SOAR" balloon on each web page to return to the SOAR managed home page on www2. You can continue to use our old web address: <http://www.potsdam.edu/soar> or bookmark our part of the SOAR web site: <http://www2.potsdam.edu/soar>

LOCATION! LOCATION! LOCATION!

A useful new locations section has been added this spring (the last link in "SOAR" box at the top of our www2 home page opens this section up). Each course and event location has a separate page with a description of the place and directions on how to get there, where to park, and accessibility; other info is given on such things as available equipment, furnishing and room capacity. There are 25 locations SOAR is using this spring, not counting field trip places in the "birds" and "trees" courses.

THE FUTURE OF THE SOAR WEB SITE

All the work on our current SOAR managed site is now done on one person's home computer by using Dreamweaver, sometimes even by entering code by hand, and then transferring the files (using an ftp program) to the "www2" server at SUNY Potsdam. There are no web management tools on www2, no online editing, and no possibility of easily sharing the work of maintaining the site (all things we had before). The SOAR board is now considering having a web site professionally constructed that would serve SOAR's specific needs, one that would be easier to manage and use. This online data management system would still be supervised by our SOAR web manager, but the content would be created by a team of SOAR members, who log in to the web site with their passwords and then input data into forms designed specifically for SOAR. This data entry could be done from any computer connected to the internet.

Ruth Kreuzer, SOAR web site manager

**Those who can, do.
Those who can do creatively, teach.
Thank you, SOAR presenters!**

CURRICULUM COMMITTEE

Multi-Generational SOAR Classes

During the spring semester three SOAR courses have involved non-SOAR members from the greater community. St. Lawrence University faculty member Dave Hornung has been very successful at teaching a course on “Medical Ethics” to a mixed group of SOAR members and SLU first-year students. After Dave gives a case study, the generations mix in small groups to discuss the ethical issues involved in the case. The discussions have been lively and informative. This course has been taught the last four spring semesters at the Silas Wright House in Canton. This spring at the Canton Free Library, Peter Bailey, also on the faculty of SLU, invited SOAR to share a course on the “Beatles” with his first-year students. There was good interaction between the two age groups; the SLU students were learning about the Beatles as history, and the SOAR members were reliving their musical lives in the 1960’s. The third intergenerational class was “Chinese Calligraphy,” taught by two high school exchange students from China who are studying at Canton Central School. Joyce Huang and Pasca Ho used a combination of a PowerPoint and newsprint drawings to explain the art of Chinese calligraphy. SOAR attendees each received a calligraphy drawing as a memento of the class. Based on the very positive responses from the SOAR members attending these classes, SOAR will be offering more such multi-generational classes in the future. (Look for Peter Bailey’s multi-generational course on “Woody Allen Movies” in the fall.)

Jim Barry, Co-Chair, Curriculum Committee

OUTREACH and PUBLICITY COMMITTEE

Talking to People About SOAR

On March 11, at a First Year Seminar at St. Lawrence University, Ruth Kreuzer expounded on how senior citizens keep active and what they contribute to society. She included SOAR in her many examples of what “Third Agers” (those free from full-time responsibilities of family and career), are doing. The students were very impressed by the fact that 300+ SOAR members are still taking (and some teaching) classes and that they are engaged in so many other activities, including doing volunteer work.

On March 12 at the American Legion in Potsdam, Jim Barry, Curriculum Co-Chair, gave a talk about SOAR to approximately 70 members of the “St. Lawrence County Council of Senior Citizens,” representatives of the 18 senior citizen clubs active in the county. Jim gave the talk at the behest of SOAR board member Don Potter, who requested a “colorful” speaker. Of course Jim showed up in his multicolored hat and white lab coat to do the presentation! He handed out SOAR newsletters, trifolds and course booklets to the attendees. Jim then answered questions regarding SOAR offerings and the additional benefits of joining SOAR.

Outreach and publicity go beyond articles and ads in a newspaper. The best publicity for SOAR is often word-of-mouth, not only to groups, but also in one-on-one conversations. SO SPREAD THE WORD!

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Ruth Kreuzer, Chair, Outreach and Publicity

REGISTRATION COMMITTEE

Registration Math

When you send in the registration form, a team puts your requests in the computer, and keeps track of course tallies, closed courses and wait lists. That means 317 forms (with 59 course choices) times the number of courses each person selects - a lot of pieces of information! Plus, they check each person’s mailing address, phone number, and email address to be sure we have the most current information on file. These are the people we thank for keeping all of this data up-to-date for the current semester: *Elsie Dominy, Sharon Regan, Mindy Loucks, Jackie Cutler, Louise Clemens, Trish Lewis, Pat Dishaw, Catherine Dalton, Marion Blauvelt, Shirley Norton.*

Jean Theobald, Registrar



*Pasca Ho (left) and Joyce Huang (right)
Chinese Calligraphy, Spring 2009*

“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

A Summer Day Trip to Upper Canada Playhouse

(an outdoor museum exhibit * * * a buffet lunch * * * a matinee performance)

WEDNESDAY, JUNE 17, 2009

\$65.00 for Members ; \$75.00 for Guests

(reservation and payment due by May 15)



Lost Villages Museum <http://www.lostvillages.ca>
 The museum is located in Ault Park, east of Long Sault. It consists of 10 restored heritage buildings (in a village-like setting), saved before the Seaway project flooded nearby lands in 1958.



Buffet Lunch at the McIntosh Inn
<http://www.mcintoshcountryinn.com>

Matinee Performance of the "Perfect Wedding" at the Upper Canada Playhouse:

"PERFECT WEDDING," A play by Robin Hawdon. "Bill wakes up in the bridal suite the morning of his wedding and finds a complete stranger beside him! The bride-to-be arrives to change for the ceremony and the crisis escalates to hysterical levels when the strange girl locks herself in the bathroom and Bill coerces his best man to claim the strange lady is his girlfriend. Add to that the arrival of a bossy mother of the bride and a clever chambermaid and it's a knee-slapping good time for all!"

UPPER CANADA PLAYHOUSE is a professional theatre company located in Morrisburg, Ontario, halfway between Brockville and Cornwall on the picturesque St. Lawrence River. It had its beginning in 1983 in a giant tent and in 1990 it converted a former toothbrush factory into a charming, totally equipped, air conditioned and accessible theater which is now The Playhouse.

Itinerary for the Day

BUS PICK UP

Be prompt, the bus waits for no one!

8:00am Parking Lot #27 SUNY Potsdam
 (near Maxcy Hall tennis courts)

8:15am P&C Parking Lot, Canton

8:45am Lowes Parking Lot, Ogdensburg

6:00-6:45pm BUS DROP OFF (approximately)

ACTIVITIES

10:00am Arrive at the Lost Villages Museum (no charge, but they do gratefully accept donations)

11:30am Bus to the McIntosh Inn for buffet lunch

After lunch, bus to the Upper Canada Playhouse

2:00pm "Perfect Wedding" - performance; then leave for home

IMPORTANT NOTE on CROSSING the BORDER

If you don't have **one** of the following required ID's for crossing the border, **APPLY NOW** for: 1) a **passport**, 2) a **passport card**, available through a post office *or*, 3) an **enhanced driver's license**, available from the DMV office.

BUS - Minimum: 40 and Maximum: 51 (reservations taken in order received)

REFUNDS are issued only if you can find someone to go in your place.

<--- *Fill out and return the form on the left*



Upper Canada Playhouse
Morrisburg, Ontario

<http://www.uppercanadaplayhouse.com>

Name(s) : _____

members: _____ (\$65 each) = \$ _____

guests: _____ (\$75 each) = \$ _____

Address: _____

Phone: _____

E-Mail: _____

Upper Canada Playhouse
FORM

Make checks payable to: PACES 235 and mail before May 15 to:
 SOAR, 389 Van Housen Ext., SUNY Potsdam,
 44 Pierrepont Ave., Potsdam, NY 13676

SOAR SPRING LUNCHEON

Thatcher Hall - SUNY Potsdam

FRIDAY, MAY 22, 2009

11:30 - 2:30

(buffet table opens at noon)



REGISTRATION FOR LUNCHEON:

Please phone the SOAR office or fill out, cut out and return the reservation form below on or before May 15

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 SPRING 2009
LUNCHEON FORM**

*Make your reservation by May 15. 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*

Monthly Lunch Out Socials

All SOAR members and their guests are invited to informal lunches at noon on the second Tuesday of each month (including in summer). 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. Each person orders from the menu and pays the restaurant directly.

"Hope to see you there!"

THANK YOU, George Arnold of PACES Dining Services, for once again sponsoring the SOAR luncheon which helps keep the price at a very affordable \$12 (for SOAR members and guests).

PARK IN LOT #9: Use the large lot # 9 (on the Bishop Hall side of Crane); let the "SOAR shuttle" whisk you to the luncheon site.

HAVE TO CANCEL? NOTIFY SOAR: 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: Once inside Thatcher Hall, go past the right side of the food service counter to the second door on the right (signed: "Wheel Chair Access"). Take the elevator to the second floor, pass through into the main dining room to the registration table.



Fall Luncheon 2008

René-Paul Forier (in his train engineer's cap) takes on Jim Barry (in his white lab coat and multi-colored top hat) in a "duel of silliness."