



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

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

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***Our Website:***

**<http://ccaloneonta.org>**

**Mailing address:**

CCAL  
PO Box 546  
Oneonta, NY 13820

**Phone: (607) 441-7370**

## **THE ORGANIZATION**

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

### **2018 BOARD OF DIRECTORS**

President: Alice Cannistra (607.432.2287)  
Vice President: Bob Parmerter (607.638.9343)  
Secretary: Lilly Mathisen (607.746.7665)  
Treasurer: Olive Crews (803.348.9787)  
Asst. Treasurer: Jeffrey Hahn (607.433.2615)

### **2018 STANDING COMMITTEES**

#### **Curriculum**

Co-Chairs: Joan Kollgaard (607.441.3283)  
Donna Behrendt (607.267.3338)

|                    |                  |
|--------------------|------------------|
| Marilyn Helterline | Patricia Follett |
| Penny Bellinger    | Hugh MacDougall  |
| Charlotte Black    | Bill Pietraface  |
| Tom Heitz          | Len Pudelka      |

#### **Member Events**

Chair: Linda Stringer (607.432.0856)  
Peggy Garramone  
Carol Goodrich  
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Jeffrey Hahn  
Alice Cannistra  
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#### **Nominating**

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Shirley Ferguson  
Shirley Fioravanti  
Virginia Pudelka  
Debbie Roth

#### **Public Relations**

Chair: TBA  
Stan Maricle (website)  
Jane Miller  
Sue Smith (website)

#### **College Liaisons**

Hartwick College: Alicia L. Fish  
SUNY Oneonta: Michelle Thibault

#### **OFFICE STAFF (607.441.7370)**

Teri Weigl, Manager  
Arlana Young, Assistant

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

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

## **CATALOG:**

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

## **MEMBERSHIP:**

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

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

## **SCHOLARSHIPS:**

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

## **COURSE REQUEST INFORMATION:**

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

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

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

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

## **CHANGES:**

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

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

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

# 2018 EVENTS

*(Dates and times may be subject to change.)*

## **Sunday, March 18**

Spring Meeting

1:00 – 4:00 pm

Morris Conference Center, SUNY Oneonta

## **Tuesday, May 22**

Facilitators' Luncheon

12 noon

Brooks' Roost

## **Sunday, October 21**

Annual Meeting

1:00 – 4:00 pm

Morris Conference Center, SUNY Oneonta

# CCAL TRIPS

There are two events planned for CAL members this summer.

**Thursday June 7, 2:00 pm:** We have 44 tickets reserved for a performance of The National Ballet of Cuba at the Saratoga Performing Arts Center in Saratoga Springs.

**Saturday July 8, 8:00 pm:** We have 60 tickets reserved for the Rossini opera, *The Barber of Seville*, at the Glimmerglass Opera in Cooperstown.

There will be other trips, and as always, emails and snail mails will be sent out after arrangements have been made. Suggestions for trips are always welcome.

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

## **TABLE OF CONTENTS**

### **SUMMER 2018 COURSES** (registration deadline: April 15, 2018)

|  |    |
|--|----|
| <a href="#"><u>Indoor Recreation (for Sept. 1, 2017 thru August 31,2018)</u></a> .....   | 1  |
| <a href="#"><u>Silk Painting Advance Class (Elaine Downing)</u></a> .....  | 1  |
| <a href="#"><u>Jung, Dreams and Fairytales (Margaret [Maguire] Davis)</u></a> .....  | 2  |
| <a href="#"><u>Intermediate Microsoft PowerPoint (Sue Smith)</u></a> .....   | 2  |
| <a href="#"><u>Beyond the Snapshot: Thoughts on Photo Composition (Bill Ryall)</u></a> .....   | 2  |
| <a href="#"><u>An Experiment They Called It: Revisiting the Origins of the U.S. Constitution (Dr. Sugwon Kang)</u></a> .....             | 3  |
| <a href="#"><u>Social Justice – Providing Substance Abuse Treatment Instead of Incarceration (Brian Burns)</u></a> .....                 | 4  |
| <a href="#"><u>Lansing Manor: Schoharie’s Own Downton Abbey (Melinda McTaggart)</u></a> .....  | 4  |
| <a href="#"><u>Genetic Dystopia in the Not Too Distant Future (Bill Pietraface)</u></a> .....  | 5  |
| <a href="#"><u>Opera and Musical Theater at the Glimmerglass Festival – <i>The Cunning Little Vixen</i> (Glimmerglass staff)</u></a> ... | 5  |
| <a href="#"><u>The Clinton-Sullivan Campaign During the American Revolution (Len Pudelka)</u></a> .....                                  | 6  |
| <a href="#"><u>Create Your Own Silk Scarf 101 (Elaine Downing) REPEAT</u></a> .....  | 6  |
| <a href="#"><u>Making Peace with Windows 10 (Sue Smith)</u></a> .....  | 7  |
| <a href="#"><u>Oneonta 1867-1911: One Man’s View (The Diaries of Henry Wilcox) (Helen Rees)</u></a> .....                                | 7  |
| <a href="#"><u>4C Camp for Adults – Celebrating Life in the Country (Moirra Beach)</u></a> .....   | 8  |
| <a href="#"><u>Tinnitus Treatment Options (Carl Chiasson)</u></a> .....  | 8  |
| <a href="#"><u>Opera and Musical Theater at the Glimmerglass Festival – <i>The Barber of Seville</i> (Glimmerglass staff)</u></a> .....  | 9  |
| <a href="#"><u>A Case of the Nerves (Marjorie Pietraface)</u></a> .....  | 9  |
| <a href="#"><u>Create Your Own Silk Scarf 101 (Elaine Downing) REPEAT</u></a> .....  | 10 |
| <a href="#"><u>Understanding Levels of Long-Term Care (Ann Thayer)</u></a> .....   | 10 |
| <a href="#"><u>Bassett Hospital in Cooperstown: 200 Years of Healthcare in Rural America (John Davis, MD)</u></a> .....                  | 10 |
| <a href="#"><u>Keeping an Eye on Otsego Lake (Bill Harman)</u></a> .....   | 11 |
| <a href="#"><u>Take a Hike (Ernest and Heide Mahlke)</u></a> .....   | 11 |
| <a href="#"><u>Create Your Own Silk Scarf 101 (Elaine Downing) REPEAT</u></a> .....  | 11 |
| <a href="#"><u>GMAIL (Sue Smith)</u></a> .....   | 12 |
| <a href="#"><u>Good Luck, Sweetheart! (Shirley Ferguson)</u></a> .....   | 12 |
| <a href="#"><u>The Civil War in American Memory (Chad Anderson)</u></a> .....  | 13 |

### **FALL 2018 COURSES** (registration deadline: July 15, 2018)

|  |    |
|--|----|
| <a href="#"><u>Indoor Recreation (for Sept. 1, 2018 thru August 31,2019)</u></a> .....         | 15 |
| <a href="#"><u>Beginning Obedience Training for Service Dogs (Ramona Woodruff)</u></a> .....   | 15 |
| <a href="#"><u>Why Is My Nutrition Fact Label Shouting At Me? (Mary Ann Dowdell)</u></a> ..... | 16 |

|   |    |
|---|----|
| <a href="#"><u>When Cauliflower was King (Diane Galusha)</u></a> .....  | 16 |
| <a href="#"><u>So It Took Thirty Years to Publish a Book (Denise Dailey)</u></a> .....  | 17 |
| <a href="#"><u>Introduction to Chair Yoga (Arlana Young)</u></a> .....  | 17 |
| <a href="#"><u>The History of the Delaware County Poor House (Gabrielle Pierce)</u></a> .....                                 | 18 |
| <a href="#"><u>What is the Baha’i Faith? (Marybeth Vargha)</u></a> .....  | 18 |
| <a href="#"><u>Reading and Interpreting the Bible (Gary W. Bonebrake)</u></a> .....   | 19 |
| <a href="#"><u>Cheetahs and Hyenas in Africa (Dolores Rothwell)</u></a> .....   | 19 |
| <a href="#"><u>Second-Wave Feminism (Marilyn Helterline)</u></a> .....  | 20 |
| <a href="#"><u>The National Parks: America’s Best Idea (Daniel Palm, PhD)</u></a> .....                                       | 20 |
| <a href="#"><u>A Vinland Saga: The Norse in America: Fact, Fantasy, and Wishful Thinking (Hugh MacDougall)</u></a> .....      | 21 |
| <a href="#"><u>A Tasty Sampler of Stamps – Food on U.S. Postage Stamps (Dorothy Scott Fielder)</u></a> .....                  | 21 |
| <a href="#"><u>Shakespeare Again: Henry V (Pat Gourlay)</u></a> .....   | 22 |
| <a href="#"><u>Great Ideas in Psychology (That They Mostly Don’t Teach Anymore) (Steven Gilbert)</u></a> .....                | 22 |
| <a href="#"><u>A Photographer’s New England Road Trip (Pat Yeaman)</u></a> .....  | 23 |
| <a href="#"><u>Pinecone Wreaths (Aleda Koehn)</u></a> .....   | 23 |
| <a href="#"><u>Privacy and The New Technologies (Harry Pence)</u></a> .....   | 24 |
| <a href="#"><u>Canada By Train (Marjorie Smith)</u></a> .....   | 24 |
| <a href="#"><u>Earthwatch Programs in Nova Scotia and Brazil (Dolores Rothwell)</u></a> .....                                 | 25 |
| <a href="#"><u>PSYCHO: “To me, it’s a fun picture.” <i>Alfred Hitchcock</i> (John Chamard)</u></a> .....                      | 25 |
| <a href="#"><u>This Cat Has Nine Lives:The US Army Corps of Eng. &amp; the Upper Susq.Watershed (Leigh Eckmair)</u></a> ..... | 26 |
| <a href="#"><u>Walk and Clip: Plants for Dried Arrangements (Aleda Koehn)</u></a> .....                                       | 26 |
| <a href="#"><u>Georgia, Crossroads of the East and West (Donna Behrendt)</u></a> .....  | 26 |
| <a href="#"><u>Stem Cells 101 (Bill Pietraface)</u></a> .....   | 27 |
| <a href="#"><u>Holiday Crafts (Elaine Downing)</u></a> .....  | 27 |
| <a href="#"><u>Arts and Culture in Buddhist Bhutan (Celia Reed)</u></a> .....   | 27 |
| <a href="#"><u>Paris – More Than the Eiffel Tower, Chapter 7: It’s All in the Detail (Bill Ryall)</u></a> .....               | 28 |
| <a href="#"><u>I See You But You Don’t See Me (Paul Baumann)</u></a> .....  | 28 |
| <a href="#"><u>Claude Monet – His Life, Art, Home and Garden (Heide Seaman-Mahlke)</u></a> .....                              | 29 |
| <a href="#"><u>Carol Burnett – Her Life and Comedy (Marjorie Pietraface)</u></a> .....  | 29 |
| <a href="#"><u>Cruising the Rhine (Joan Kollgaard)</u></a> .....  | 30 |
| <a href="#"><u>Facilitator Biographies</u></a> .....  | 31 |
| <a href="#"><u>How to Give a CCAL Course</u></a> .....  | 37 |
| <a href="#"><u>Course Proposal Form</u></a> .....   | 39 |
| <a href="#"><u>Membership Form</u></a> .....  | 41 |
| <a href="#"><u>Course Request Form</u></a> .....  | 43 |

**COURSE:**                    **Indoor Recreation Course**

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

**SWIMMING:** Pool is located in the Chase Physical Education Building and is **open only when SUNY classes are in session from September 1, 2018 through May 2, 2019** as follows:

|                   |   |
|-------------------|---|
| Monday – Friday   | 12 noon to 2:00 pm<br>8:00 pm to 10:00 pm |
| Saturday & Sunday | 2:00 pm to 5:00 pm                        |

**Other activities available with Guest Pass from September 1, 2017 through August 31, 2018 as follows:**

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

**TENNIS:** Outdoor courts only, available anytime

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

**COURSE:**                    **Silk Painting Advanced Class**

**Date(s):**                    Friday June 1

**Time:**                      1:00 to 3:00 pm

**Location:**                183 River St., Oneonta (Elaine’s garage). Parking in driveway or on Duane St., across from the house.

**Facilitator:**              Elaine Downing

**Course Objective:**      Participants having taken the beginning class will experiment with other ways of working with fabric paints. Note: This class is for those who have already taken the beginning class.

**Course Description:**    I would like this class to be an advanced one and open only to members who have taken the basic course. Students would be bringing scarves they have already made and working further on them, as well as bringing in other pieces of clothing we can experiment with. Bring the scarves you made in a previous class. Also bring clothing like T-shirts to work on. We will embellish and enhance them, experimenting with other techniques to create one-of-a-kind artware that is wearable. It will be fun!

**Cost:**                      \$10

**Minimum Enrollment:** 1                    **Maximum Enrollment:** 6

**COURSE:**                    **Jung, Dreams and Fairytales**

**Date(s):**                    Monday, June 4 and Wednesday June 6

**Time:**                      10:30 to 11:45 am

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

**Facilitator:**              Margaret (Maguire) Davis

**Course Objective:**      We will work on understanding Jung's approach to the interpretation of dreams and fairy tales and discuss how that understanding can support a person's psychological and spiritual development in later life.

**Course Description:**    C.G. Jung's concept of the objective psyche will be explained. For returning students we will have some new dreams and a fairy tale to examine.

**Cost:**                      None

**Minimum Enrollment:** 5                    **Maximum Enrollment:** 20

**COURSE:**                    **Intermediate Microsoft PowerPoint**

**Date(s):**                    Monday, June 4 and Wednesday June 6

**Time:**                      1:30 to 3:30 pm

**Location:**                Computer Lab, Fizzle 251, SUNY

**Facilitator:**              Sue Smith

**Course Objective:**      To learn more about Microsoft PowerPoint for those who are already using it.

**Course Description:**    I will demonstrate new features and techniques for doing presentations with Microsoft PowerPoint 2013 or 2016. This is not an introductory course. We will cover as much material as possible. The focus will be on tips, tricks and power shortcuts.

**Cost:**                      None

**Minimum Enrollment:** 4                    **Maximum Enrollment:** 12

**COURSE:**                    **Beyond the Snapshot: Thoughts on Photo Composition**

**Date(s):**                    Tuesdays, June 5, 12 and 19

**Time:**                      10:00 am to 12 noon

**Location:**                Room 101, Lee Hall, SUNY

**Facilitator:**              Bill Ryall

**Course Objective:**      We all want to take photographs we can be proud to share with friends and family. This class will look at some of the basic elements of photo composition that will strengthen our ability to create pleasing images, no matter what kind of camera we use. Thus, the course subtitle, Learning to See the World a Little Differently.

**REGISTRATION REQUESTS DUE NO LATER THAN April 15, 2018**

**Course Description:** In week 1, Bill will share and illustrate a number of techniques we can use to design better images and to add power, visual strength and interest to the photographs we make. In week 2, we will look at a few additional basic elements of photo composition and then class participants will be asked to review the concepts by looking analytically at a number of Bill's images and discussing their composition. In week 3, we will work together to analyze (positively and constructively!) images submitted by class participants. This final class will conclude with the presentation of a series of thematic shooting ideas class members can use to go out and work on "developing their eye" to practice strong photographic composition and design techniques.

**Cost:** None

**Minimum Enrollment:** 5                      **Maximum Enrollment:** 25

**COURSE:**                      **An Experiment, They Called It: Revisiting the Origins of the U.S. Constitution**

**Date(s):** Mondays, June 11, 18 and 25

**Time:** 10:00 am to 12 noon

**Location:** Room 328, Yager Hall, Hartwick

**Facilitator:** Dr. Sugwon Kang

**Course Objective:** The purpose of this course is to give the class a good historical overview of the US Constitution, its many safeguards and provisions for improvement, which have ensured its survival. In this three-week journey together the class will read the original document, line by line when possible, in efforts to gain a good sense of how the great instrument is organized and what it does *not* say, which may surprise some.

**Course Description:** To help us understand that the Constitution was not a gift from heaven, etched in stone, but a work of compromise struck among strong-willed men representing conflicting interests, the class will take time to revisit the lives of some of its leading architects by way of biographical anecdotes. What manner of men were these whom we now loosely call "Founding Fathers"? How their education and previous political training helped mold their sense of history and their shared conviction that politics, at its best, is the art of the possible. The facilitator will try to make this course a "symposium" in the manner of Plato, wherein conversation, not lecture, will be the preferred mode. But that will require help from everyone participating.

**Cost:** None

**Minimum Enrollment:** 15                      **Maximum Enrollment:** 40

**COURSE:**                    **Social Justice – Providing Substance Abuse Treatment Instead of Incarceration**

**Date(s):**                    Monday, June 11 and Wednesday June 13  
**Time:**                        3:00 to 4:30 pm  
**Location:**                    Great Hall, Room 11A, Lee Hall (downstairs), SUNY  
**Facilitator:**                Brian Burns  
**Course Objective:**        To inform the public of the court system and human services agencies' response to the opioid epidemic – root causes and prognosis for change.  
**Course Description:**      Each class will include a presentation of information focused on the creation and operation of drug treatment courts as an alternative to incarceration.  
**Cost:**                         None  
**Minimum Enrollment:**    1                                **Maximum Enrollment:**    45

**COURSE:**                    **Lansing Manor: Schoharie's Own Downton Abbey**  
**This is a repeat of the course offered in the Spring session. Priority will be given to members who were on the waiting list for the first session.**

**Date(s):**                    Tuesday, June 12  
**Time:**                        1:00 to 4:00 pm  
**Location:**                    Lansing Manor, 1378 State Route 30, N. Blenheim  
The Manor is on the grounds of the Blenheim-Gilboa Power Plant Visitors Center.  
**Facilitator:**                Melinda McTaggart  
**Course Objective:**        To explore the history of an English/Dutch manor located in Schoharie County. Topics explored would be 19<sup>th</sup> and early 20<sup>th</sup> century decorative arts as well as local and regional history.  
**Course Description:**      The day will include a tour of the home as well as a more in-depth examination of the history of the families who lived there from 1819 to 1971. Focus would also include the decorative arts featured within the mansion such as paintings and furniture. Participants can bring a picnic lunch to eat on the grounds if desired.  
**Cost:**                         \$5  
**Minimum Enrollment:**    5                                **Maximum Enrollment:**    30

**COURSE:** **Genetic Dystopia in the Not Too Distant Future**

**Date(s):** Wednesday, June 13 and Friday June 15

**Time:** 10:30 am to 12:30 pm

**Location:** The Plains at Parish Homestead, 163 Heritage Circle, Oneonta (Education Room, 3rd Flr)

**Facilitator:** Bill Pietraface

**Course Objective:**

1. To review the film GATTACA.
2. To raise fundamental questions about the uses of genetic information.

**Course Description:** This course will offer a critical review of the film GATTACA, emphasizing the ethical, legal, social and moral implications of the uses of genetic information as presented in the film.

**Cost:** None

**Minimum Enrollment:** 10                      **Maximum Enrollment:** 38

**COURSE:** **Opera and Musical Theater at the Glimmerglass Festival**

**Date(s):** Wednesday, June 13 (*The Cunning Little Vixen*)

**Time:** 11:15 to 11:45 am (Music) and 12:15 to 12:45 pm (Speaker)

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

**Facilitator:** Glimmerglass Festival Staff

**Course Objective:** To provide information about two of the theater productions in this year's Glimmerglass Festival.

**Course Description:** The Glimmerglass Festival staff and artists will offer previews of two productions scheduled for the 2018 Festival at the Alice Busch Opera Theater. The first production to be introduced is *The Cunning Little Vixen*. Janacek's *The Cunning Little Vixen* brings you into a woodland fable.  
The campus has many idyllic picnic spots, so you can plan to eat lunch and spend the day at the north end of Otsego Lake.

**Cost:** None

**Minimum Enrollment:** 1                      **Maximum Enrollment:** none

**COURSE:** **The Clinton-Sullivan Campaign During the American Revolution**

**Date(s):** Thursday, June 14  
**Time:** 10:00 am to 12 noon  
**Location:** Little Theater, Alumni Hall, SUNY  
**Facilitator:** Len Pudelka  
**Course Objective:** To examine the role of the Clinton-Sullivan Campaign during 1779, locally and nationally, and its influence on the war.  
**Course Description:** The course will briefly survey the general development of the American Revolutionary war. The New York Colony, and especially its frontier regions, played a prominent role during 1778-1779. During that time, our local area and the Susquehanna River played a major role in the war's outcome. The impact of the Clinton-Sullivan Campaign on the Native people was devastatingly significant and far-reaching.  
**Cost:** None  
**Minimum Enrollment:** 10                      **Maximum Enrollment:** 45

**COURSE:** **Create Your Own Silk Scarf 101**

**Date(s):** Friday, June 15  
**Time:** 1:00 to 3:00 pm  
**Location:** 183 River St. Oneonta (Elaine's garage) Parking in driveway or on Duane St., across from the house.  
**Facilitator:** Elaine Downing  
**Course Objective:** We will make 2 scarves each, using fabric paints.  
**Course Description:** Learn how to paint silk scarves. Play with scarves. It's quick and easy and lots of fun. It can be a little messy so we are holding class at my home in the garage. Wear clothes you don't mind getting "artful." I will supply all materials needed.  
**Cost:** \$10  
**Minimum Enrollment:** 1                      **Maximum Enrollment:** 6

**REGISTRATION REQUESTS DUE NO LATER THAN April 15, 2018**

**COURSE:**                    **Making Peace with Windows 10**

**Date(s):**                    Monday, June 18

**Time:**                      1:00 to 3:00 pm

**Location:**                Room 251, Fitzelle Computer Lab, SUNY

**Facilitator:**             Sue Smith

**Course Objective:**      This course is designed specifically for people who are new users of the Microsoft Windows 10 home operating system and who are having a hard time adjusting to the loss of Windows XP and/or Windows 7. The Apple operating systems will not be covered. Windows 8 and Windows 10 Professional editions will not be covered.

**Course Description:**    Bring your laptop to class and work alongside me to learn how to configure the Windows 10 operating system on your laptop so it is easier to use. Plenty of tips and tricks will be demonstrated. Note: only Windows 10 will be taught and you will benefit from bringing your own laptop to class. If you don't have a laptop, you may take the handouts and try to configure your desktop at home.

**Cost:**                      None

**Minimum Enrollment:** 4                    **Maximum Enrollment:** 10

**COURSE:**                    **Oneonta 1867 – 1911: One Man's View (The Diaries of Henry Wilcox)**

**Date(s):**                    Tuesday, June 19

**Time:**                      1:30 to 3:30 pm

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

**Facilitator:**             Helen Rees and Friends of Swart-Wilcox

**Course Objective:**      To acquaint participants with Henry Wilcox, patriarch of the Wilcox family, and his views of Oneonta life during some of the town's most eventful years.

**Course Description:**    The 1807 Swart-Wilcox House is the oldest surviving house in the city of Oneonta, and was the home of the Wilcox family for over 100 years. Henry and Phoebe Wilcox bought the house and farm in 1867; they or their children lived there until the last member of the family, Merton, died in 1970 at age 92. Henry was a farmer and businessman, as well as a dedicated diary writer who commented on the details of his daily life, both mundane and more eventful. Friends of Swart-Wilcox will give selected readings in the house from some of Henry's 44 years of diaries. These reflect a very active period in Oneonta's history as the railroad came to town and brought with it major changes to the community. Oneonta grew from a farming community of 600 people in 1860 to a busy railroad town full of thriving businesses and colleges with a population of 9,000 in 1890. Henry lived these changes and his diaries reflect how they affected one man and his family on a daily basis. His writings are also set in the context of local and world events of his time. A tour of the house will also be available after the readings.

**Cost:**                      None

**Minimum Enrollment:** 5                    **Maximum Enrollment:** 20

**COURSE:** **4C Camp for Adults – Celebrating Life in the Country**

**Date(s):** Wednesday, June 20

**Time:** 11:00 am to 12 noon

**Location:** Little Theater, Alumni Hall, SUNY

**Facilitator:** Moira Beach

**Course Objective:** To introduce CCAL members to one of the best kept secrets in the area – a time to become kids again, camping and doing crafts, activities, and programs while camping at 4H camp Shankitunk in Delhi, NY in August 2018. The theme for 2018 is CELEBRATING LIFE IN THE COUNTRY. I will share a DVD, some of the crafts that are take-home from the weekend, as well as stories of camp from the past nine years.

**Course Description:** After the kids have enjoyed their stay at 4H Camp Shankitunk in Delhi, NY each summer, it is time for the grown-ups to occupy the cabins at the beautiful wooded grounds. On August 9<sup>th</sup>, for the 10<sup>th</sup> annual assembly of 4C Camp for Adults, campers will gather to reunite with friends and make new ones. Campers participate in a wide range of activities including exciting workshops designed to capture the interest and imagination of men and women of all ages, bask in the glow of the evening campfire, listen to or make music, dance, splash in the pool, enjoy fine food and so much more. Make 2018 your year to enjoy this relaxing yet empowering and invigorating experience. Camping to Create Caring Communities – the “4C” – is an important part of this award-winning program – second only, perhaps, to having fun.

**Cost:** None

**Minimum Enrollment:** 1                      **Maximum Enrollment:** 70

**COURSE:** **Tinnitus Treatment Options**

**Date(s):** Wednesday, June 20

**Time:** 3:00 to 5:00 pm

**Location:** The Plains at Parish Homestead, 163 Heritage Circle, Oneonta (Education Room, 3rd Flr)

**Facilitator:** Carl Chiasson

**Course Objective:** Participants will learn the psychological and physiological causes of Problem Tinnitus. The history of tinnitus treatments will be reviewed and future directions in tinnitus treatments will be discussed.

**Course Description:** Problem Tinnitus affects nearly 15% of the adult US population, or approximately 20 million Americans. This course will provide an overview of the types of treatments available and discuss how an improved quality of life can be achieved for individuals suffering from this condition.

**Cost:** None

**Minimum Enrollment:** 1                      **Maximum Enrollment:** 25

**COURSE:**                    **Opera and Musical Theater at the Glimmerglass Festival**

**Date(s):**                    Thursday, June 21 (*The Barber of Seville*)

**Time:**                      11:15 to 11:45 am (Music) and 12:15 to 12:45 pm (Speaker)

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

**Facilitator:**              Glimmerglass Festival Staff

**Course Objective:**      To provide information about two of the theater productions in this year’s Glimmerglass Festival.

**Course Description:**    The Glimmerglass Festival staff and artists will offer previews of two productions scheduled for the 2018 Festival at the Alice Busch Opera Theater. The second production to be introduced is *The Barber of Seville*. Rossini’s comic masterpiece, *The Barber of Seville*, with its famed overture, returns in a new production. The campus has many idyllic picnic spots, so you can plan to eat lunch and spend the day at the north end of Otsego Lake.

*CCAL has 60 tickets reserved for The Barber of Seville on Saturday, July 8 at 8 p.m. Contact Jean Seroka at [jjwilser3@yahoo.com](mailto:jjwilser3@yahoo.com) or 607-988-7007 to sign up.*

**Cost:**                      None

**Minimum Enrollment:** 1                    **Maximum Enrollment:** none

**COURSE:**                    **A Case of the Nerves**

**Date(s):**                    Thursday, June 28

**Time:**                      10:00 am to 12 noon

**Location:**                Room 101, Lee Hall, SUNY

**Facilitator:**              Marjorie Pietraface

**Course Objective:**      Participants should come away with a better understanding of the difference between “normal” stress and an anxiety disorder with or without panic. They should also learn a few ways to deal with anxiety.

**Course Description:**    All of us experience anxiety. Anxiety can be an uncomfortable feeling and one many of us try to avoid. When can anxiety be useful? When can anxiety become disabling? How do we know the different? Each of us has our own means to handle anxiety. What are some of the more positive ways to handle anxiety?

**Cost:**                      None

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

**REGISTRATION REQUESTS DUE NO LATER THAN April 15, 2018**

**COURSE:**                    **Create Your Own Silk Scarf 101**

**Date(s):**                    Monday, July 9  
**Time:**                        1:00 to 3:00 pm  
**Location:**                   183 River St. Oneonta (Elaine’s garage)  
**Facilitator:**                Elaine Downing  
**Course Objective:**        We will make 2 scarves each, using fabric paints.  
**Course Description:**      Learn how to paint silk scarves. Play with scarves. It’s quick and easy and lots of fun. It can be a little messy so we are holding class at my home in the garage. Wear clothes you don’t mind getting “artful.” I will supply all materials needed.  
**Cost:**                        \$10                            **Minimum Enrollment:** 1        **Maximum Enrollment:** 6

**COURSE:**                    **Understanding Levels of Long-Term Care**

**Date(s):**                    Tuesday, July 10  
**Time:**                        1:00 to 2:00 pm  
**Location:**                   Great Hall, Room 11A, Lee Hall (downstairs), SUNY  
**Facilitator:**                Ann Thayer  
**Course Objective:**        This course is designed to familiarize participants with the different levels of in-home and residential care.  
**Course Description:**      After completing this course you will understand facility and community based long term care options; when it’s time to consider in-home or facility care; the benefits of each level of care; and the payment options for each level of care.  
**Cost:**                        None  
**Minimum Enrollment:** 5                            **Maximum Enrollment:** 75

**COURSE:**                    **Bassett Hospital in Cooperstown: 200 Years of Healthcare in Rural America**

**Date(s):**                    Wednesday, July 11  
**Time:**                        10:00 am to 12 noon  
**Location:**                   Little Theater, Alumni Hall, SUNY  
**Facilitator:**                John Davis, MD  
**Course Objective:**        To better understand the background and evolution of Bassett Healthcare Network, beginning with health care in Otsego County from the early 19<sup>th</sup> century.  
**Course Description:**      The course will be given on one morning: two hours broken into 55 minute segments with a 10 minute break. Participants will be encouraged to break in with comments or questions at any time.  
**Cost:**                        None                            **Minimum Enrollment:** 10        **Maximum Enrollment:** 40

**REGISTRATION REQUESTS DUE NO LATER THAN April 15, 2018**

**COURSE:**                    **Keeping an Eye on Otsego Lake**

**Date(s):**                    Wednesday, July 18

**Time:**                      9:00 am to 12 noon

**Location:**                Otsego Lake. Meet at the Thayer Boat House, SUNY Oneonta Biological Field Station, Hwy 80, Cooperstown.

**Facilitator:**              Bill Harman

**Course Objective:**      To learn about the character and quality of Otsego Lake, how it has been impacted by people and how we attempt to “fix” the problems.

**Course Description:**    Three hour field trip on Otsego Lake on the RV Anodontoides to observe human impacts, the flora and fauna, and the scientific instruments used to study the lake. We will discuss management strategies and their results.

**Cost:**                      None            **Minimum Enrollment:** 5        **Maximum Enrollment:** 24

**COURSE:**                    **Take a Hike**

**Date(s):**                    Tuesdays, July 24, 31 and August 7, 14

**Time:**                      9:00 am to 1:00 pm

**Location:**                TBD (Ernest and Heide will notify participants of the hike locations)

**Facilitator:**              Ernest and Heide Mahlke

**Course Objective:**      Fresh air and exercise with an opportunity to explore various hiking venues in our area

**Course Description:**    Four consecutive walks in Otsego, Delaware and Chenango counties, all new and all different from the ones we’ve hiked before. All hikes will be from 3-6 miles long and cover varying terrain. A list of walks, meeting places, and equipment needed will be sent out prior to the first hike. Good sturdy boots are essential and a hiking pole is recommended.

**Cost:**                      None            **Minimum Enrollment:** 10       **Maximum Enrollment:** 20

**COURSE:**                    **Create Your Own Silk Scarf 101**

**Date(s):**                    Wednesday, August 1

**Time:**                      1:00 to 3:00 pm

**Location:**                183 River St. Oneonta (Elaine’s garage)

**Facilitator:**              Elaine Downing

**Course Objective:**      We will make 2 scarves each, using fabric paints.

**Course Description:**    Learn how to paint silk scarves. Play with scarves. It’s quick and easy and lots of fun. It can be a little messy so we are holding class at my home in the garage. Wear clothes you don’t mind getting “artful.” I will supply all materials needed.

**Cost:**                      \$10            **Minimum Enrollment:** 1            **Maximum Enrollment:** 6

**REGISTRATION REQUESTS DUE NO LATER THAN April 15, 2018**

**COURSE:**                    **GMAIL**

**Date(s):**                    Monday, August 6 and Wednesday August 8

**Time:**                      10:00 am to 12 noon

**Location:**                Room 251, Fitzelle Computer Lab, SUNY

**Facilitator:**              Sue Smith

**Course Objective:**        To learn how to migrate your existing Email account to Gmail, and to learn about good Google account security practices.

**Course Description:**      This 2 session course is designed to help people migrate from older email systems to Gmail. This would be a good course for people who want to move from AOL or STNY but are afraid to undertake the change. Simpler methods such as redirecting new email will also be covered.

**Cost:**                      None

**Minimum Enrollment:**    4                    **Maximum Enrollment:**    12

**COURSE:**                    **Good Luck, Sweetheart!**

**Date(s):**                    Wednesday, August 15

**Time:**                      1:00 to 3:00 pm

**Location:**                Great Hall, Room 11A, Lee Hall (downstairs), SUNY

**Facilitator:**              Shirley Ferguson

**Course Objective:**        1. Relate what it was like to be a woman working in a non-traditional job in the late 1970's.  
2. Describe my transition from a stay-at-home Mom to someone who had to learn quickly how to survive in a frequently hostile work situation.  
3. Discuss what I see as progress, or lack thereof, of the job environment as I experienced it in the late 70's with how I perceive it to be at this point in time.

**Course Description:**      THE TIME PERIOD: 1977 – 1979  
THE SITUATION: Recently divorced; three children under 8 years  
CURRENT JOB: “Gal Friday” in an office for a small engineering firm inspecting an arterial that was being built through Poughkeepsie.  
FINANCIAL STATUS: Challenging  
THE OPPORTUNITY: Take advantage of an affirmative action regulation regarding women in construction  
THE PLACE: On a barge in the middle of the Hudson River  
THE JOB OFFER: Becoming a trainee in the Operating Engineers Union by learning to operate heavy construction equipment  
THE PAY: \$8.00/hour – two dollars an hour more than what I was currently making in the office.  
MY ANSWER?: WHY NOT?!

**Cost:**                      None

**Minimum Enrollment:**    5                    **Maximum Enrollment:**    75

**REGISTRATION REQUESTS DUE NO LATER THAN April 15, 2018**

**COURSE:**                    **The Civil War in American Memory**

**Date(s):**                    Thursdays, August 16 and 23

**Time:**                        1:00 to 3:00 pm

**Location:**                  Little Theater, Alumni Hall, SUNY

**Facilitator:**                Chad Anderson

**Course Objective:**        This course will introduce you to historical scholarship in the Civil War. We will consider why Americans remember or forget painful aspects of our past and explore the difference between monuments and history.

**Course Description:**      Drawing upon the words of the people who were there and work by professional historians, this course will examine the causes and revolutionary potential of the American Civil War. We will then explore how Americans chose to remember and commemorate this war at different points in our history: the early 20<sup>th</sup> century, the Civil Rights era, and in recent protests and rallies.

**Cost:**                         None

**Minimum Enrollment:**    1                    **Maximum Enrollment:**    30

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**REGISTRATION REQUESTS DUE NO LATER THAN July 15, 2018**

**COURSE:                    Indoor Recreation Course**

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

**SWIMMING:** Pool is located in the Chase Physical Education Building and is **open only when SUNY classes are in session from September 1, 2018 through May 2, 2019** as follows:

|                   |   |
|-------------------|---|
| Monday – Friday   | 12 noon to 2:00 pm<br>8:00 pm to 10:00 pm |
| Saturday & Sunday | 2:00 pm to 5:00 pm                        |

**Other activities available with Guest Pass from September 1, 2017 through August 31, 2018 as follows:**

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

**TENNIS:** Outdoor courts only, available anytime

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

**COURSE:                    Beginning Obedience Training for Service Dogs**

**Date(s):**                    Wednesdays, September 5, 12, and 19

**Time:**                      10:00 am to 12 noon

**Location:**                Craven Lounge, Morris Conference Center, SUNY

**Facilitator:**              Ramona Woodruff

**Course Objective:**        To demonstrate and explain how to teach basic beginner obedience for training a dog to be a service dog. To show the types of behavior required to advance to service animal and to teach the owners how to get their dog to this point.

**Course Description:**      The facilitator will demonstrate basic lessons in sit, stay, down, forward, wait, leash training, and focus training using her own trained service dog.

**Cost:**                        None

**Minimum Enrollment:**    4                              **Maximum Enrollment:**    40

**REGISTRATION REQUESTS DUE NO LATER THAN July 15, 2018**

**COURSE:**                    **Why Is My Nutrition Fact Label Shouting At Me?**

**Date(s):**                    Thursday, September 6

**Time:**                      3:00 to 4:30 pm

**Location:**                Room 104, Morris Conference Center, SUNY

**Facilitator:**              Mary Ann Dowdell

**Course Objective:**      Participants will learn the hows and whys of the revisions on the Nutrition Fact Labels that are showing up on their favorite foods. Find out why they deleted some vitamins and added others. They will also find out a bit about the hows of developing and adopting labeling regulations. Is it science or politics?

**Course Description:**    Why is my Nutrition Fact Label shouting calories per serving in big bold numbers at me? What is “added sugar” vs “sugar” vs “total sugar” vs “carbohydrate?” Why did they take calories from fat off the label? Why did they take Vitamins A and C off the label, aren’t they still important? What is behind the revised Nutrition Fact label? Why do some products have the new label and others do not? Find out what all the fuss is about and how to interpret the “facts” on the Nutrition Fact label.

**Cost:**                      \$5 for products to sample.

**Minimum Enrollment:** 10                    **Maximum Enrollment:** 20

**COURSE:**                    **When Cauliflower Was King**

**Date(s):**                    Monday, September 10

**Time:**                      2:00 to 3:30 pm

**Location:**                Room 104, Morris Conference Center, SUNY

**Facilitator:**              Diane Galusha

**Course Objective:**      To shed light on a little known aspect of Catskill region agricultural heritage – the cauliflower industry.

**Course Description:**    I will present a 45 minute slide presentation with time for questions and personal stories/memories from the audience.

**Cost:**                      None

**Minimum Enrollment:** 10                    **Maximum Enrollment:** 30

**REGISTRATION REQUESTS DUE NO LATER THAN July 15, 2018**

**COURSE:**                    **So It Took Thirty Years to Publish a Book**

**Date(s):**                    Tuesday, September 11

**Time:**                      10:00 am to 12 noon

**Location:**                Craven Lounge, Morris Conference Center, SUNY

**Facilitator:**             Denise Dailey

**Course Objective:**      1. To share anecdotes with those who either have, or plan to, publish a book.  
2. To discuss and try to unravel the knottiest problems encountered along the way, such as how to cope with foreign languages and research what cannot be found on the internet.  
3. To navigate around how to find a publisher.  
4. To help enjoy the journey of discovery.

**Course Description:**    This course will chart the sometimes hilarious, sometimes despairing, journey from original idea to publication of a book.

**Cost:**                      None

**Minimum Enrollment:** 1                    **Maximum Enrollment:** 75

**COURSE:**                    **Introduction to Chair Yoga**

**Date(s):**                    Fridays, September 14 and 21

**Time:**                      11:00 am to 12 noon

**Location:**                Craven Lounge, Morris Conference Center, SUNY

**Facilitator:**             Arlana Young

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

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

**Cost:**                      None                    **Minimum Enrollment:** 4    **Maximum Enrollment:** 25

**REGISTRATION REQUESTS DUE NO LATER THAN July 15, 2018**

**COURSE:**                    **The History of the Delaware County Poor House**

**Date(s):**                    Friday, September 14

**Time:**                        1:00 to 2:00 pm

**Location:**                 Room 104, Morris Conference Center, SUNY

**Facilitator:**               Gabrielle Pierce

**Course Objective:**        To bring to light the history of a sad chapter in Delaware County’s history repeated in most of New York State’s counties and most of the country.

**Course Description:**      A discussion of the history of the Delaware County poor house – including laws, lives of those who lived there, and historical accounts of the conditions. The PowerPoint presentation will be accompanied by numerous artifacts and photographs.

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

**COURSE:**                    **What is the Baha’i Faith?**

**Date(s):**                    Monday, September 17

**Time:**                        1:00 to 4:00 pm

**Location:**                 Room 104, Morris Conference Center, SUNY

**Facilitator:**               Marybeth Vargha

**Course Objective:**        To develop a basic understanding of the Baha’i religion – the beliefs, history and who they are as a community locally and worldwide.

**Course Description:**      This is an overview of the Baha’i faith using a 50 minute introductory film, discussion with some handouts and personal stories from local members of the religion. There will be flexibility in topics to be covered based on the interest of the audience.

**Cost:**                        None            **Minimum Enrollment:** 4    **Maximum Enrollment:** 40

**REGISTRATION REQUESTS DUE NO LATER THAN July 15, 2018**

**COURSE:**                    **Reading and Interpreting the Bible**

**Date(s):**                    Tuesdays, September 18, 25, October 2  
   Thursdays, September 20, 27

**Time:**                        11:00 am to 12 noon

**Location:**                The Plains at Parish Homestead, 163 Heritage Circle, Oneonta (Education Room,  
3rd Flr)

**Facilitator:**              Gary W. Bonebrake

**Course Objective:**      1. To challenge us to read the Bible  
   2. To expose ways we misread the Bible  
   3. To guide us toward responsible biblical interpretations.

**Course Description:**    It is often said, “You can make the Bible say anything you want it to say.” But any work of literature can be twisted and distorted. This class will explore principles of responsible biblical interpretation and challenge us to listen to the text with open minds.

**Cost:**                        None

**Minimum Enrollment:** 7                    **Maximum Enrollment:** 35

**COURSE:**                    **Cheetahs and Hyenas in Africa**

**Date(s):**                    Monday, September 24

**Time:**                        1:00 to 3:00 pm

**Location:**                Room 104, Morris Conference Center, SUNY

**Facilitator:**              Dolores Rothwell

**Course Objective:**      1. To inform people of programs initiated by Earthwatch.org to help save animal species.  
   2. To educate the populace on the need to study the different species of hyenas and dispel the notion that they are a vicious and unimportant part of the African continent.

**Course Description:**    A description of daily work at a research center in Namibia dedicated to saving cheetahs from extinction will be presented. On a farm for orphaned and injured cheetahs, teams fed and exercised the cheetahs, and cleaned their pens while also giving lectures to tourists. Teams lived and worked on two game farms in South Africa where they counted different species and looked for the elusive brown hyena.

**Cost:**                        None

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

**REGISTRATION REQUESTS DUE NO LATER THAN July 15, 2018**

**COURSE:**                    **Second – Wave Feminism**

**Date(s):**                    Wednesday, September 26

**Time:**                      9:30 am to 12 noon

**Location:**                Room 104, Morris Conference Center, SUNY

**Facilitator:**              Marilyn Helterline

**Course Objective:**      To provide a general overview of the emergence of Second-Wave Feminism in the 1960s and early 1970s and the effects of the movement.

**Course Description:**    We will view a documentary film about the early years of Second-Wave Feminism, *She's Beautiful When She is Angry*, made by Mary Dore and Nancy Kennedy. From the critics:  
"This stirring and informative documentary about the rise of the women's movement in the United States, between 1966 and 1971, is an enticing blend of historical clips (most too brief) and interviews with many of the movement's leaders." (New Yorker)  
"an urgent, illuminating dive into Second-Wave Feminism." (Village Voice)  
"a Feminist Masterpiece." (Ms Magazine)  
The film will be followed by a discussion of the film and the Movement.

**Cost:**                        None

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

**COURSE:**                    **The National Parks: America's Best Idea**

**Date(s):**                    Wednesday, September 26

**Time:**                      2:00 to 4:00 pm

**Location:**                Craven Lounge, Morris Conference Center, SUNY

**Facilitator:**              Daniel Palm, PhD

**Course Objective:**      1. To develop an understanding of the 6 general types of components that together make up the National Park system.  
2. To provide representative examples of each component through photos.  
3. To identify current issues facing the National Park system.

**Course Description:**    After providing an overview of the basic principle underlying the idea of the National Park system, a description of the 6 general types of park components will be given, followed by a series of photos reflecting each of these components. The program will conclude with a brief overview of current issues facing the National Park system.

**Cost:**                        None

**Minimum Enrollment:**    10                           **Maximum Enrollment:**    75

**REGISTRATION REQUESTS DUE NO LATER THAN July 15, 2018**

**COURSE:**                   **A Vinland Saga: The Norse in America: Fact, Fantasy, and Wishful Thinking**

**Date(s):**                   Friday, September 28

**Time:**                     10:00 am to 12 noon

**Location:**               Room 104, Morris Conference Center, SUNY

**Facilitator:**             Hugh MacDougall

**Course Objective:**       To explore America’s fascination with Leif Ericsson and supposed Viking settlements in continental North America.

**Course Description:**    We will learn about:

1. How medieval Icelandic sagas tell of Norsemen from Greenland who tried to found a settlement at “Vinland” in North America about 1000 AD; how a Danish scholar introduced these sagas to a receptive America after 1839; and how in 1960 a Norwegian archaeologist finally discovered real Norse ruins and relics in Newfoundland.
2. How Americans fell in love with the Vinland story during the later 19<sup>th</sup> and early 20<sup>th</sup> centuries, partly because it replaced the discovery of America by a “mere Italian” in 1492 (think immigrants and urban slums) with “ethnically purer” North European Vikings five hundred years earlier.
3. How “Vinland” got located all along the Atlantic coast, but especially in New England.
4. How innumerable supposed “Norse relics” have been found and fiercely argued over, including “Norumbega” (near Harvard), the Kensington Stone (Minnesota), the Newport Tower (Rhode Island), and most recently the “Vinland Map” (at Yale).

**Cost:**                     None

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

**COURSE:**                   **A Tasty Sampler of Stamps – Food on US Postage Stamps**

**Date(s):**                   Monday, October 1

**Time:**                     10:00 am to 12 noon

**Location:**               Room 104, Morris Conference Center, SUNY

**Facilitator:**             Dorothy Scott Fielder

**Course Objective:**       To show a variety of US Stamps depicting food or related topics.

**Course Description:**    The instructor will use her stamp collection and slides of stamps in it to show images of various foods that have been on US postage stamps. You have to use your imagination for some of them, to imagine what might be growing in the farm fields, for example. There might be a surprise at the break, as well.

**Cost:**                     None

**Minimum Enrollment:** 5                   **Maximum Enrollment:** 40

**REGISTRATION REQUESTS DUE NO LATER THAN July 15, 2018**

**COURSE:**                    **Shakespeare Again: *Henry V***

**Date(s):**                    Tuesdays, October 2, 9, 16, 23, 30

**Time:**                        2:30 to 4:30 pm

**Location:**                 Room 104, Morris Conference Center, SUNY

**Facilitator:**               Patricia Gourlay

**Course Objective:**        To offer enhanced enjoyment, understanding and appreciation of the play and of Shakespeare, along with the fun of lively discussion and new insights.

**Course Description:**     This is the last of Shakespeare's series of history plays which trace the progress to kingship of the young Prince Hal. Like the previous plays, it explores issues of political power, war and peace, ethics and government, and raises questions still as urgent as ever. We will also be considering the play's historical context. We will be using film versions more than usual, offering comparative ways of presenting the material. There will be plenty of room for different opinions and, as always, lively discussion. All opinions are welcome; many and varied viewpoints add up to a richer experience for everybody.

**Cost:**                        Copy of the play, preferably published after 1950, with footnotes (Pelican, for example).

**Minimum Enrollment:** 10                    **Maximum Enrollment:** 20

**COURSE:**                    **Great Ideas in Psychology (That They Mostly Don't Teach Anymore)**

**Date(s):**                    Wednesdays, October 3 and 10

**Time:**                        10:00 am to 12 noon

**Location:**                 Craven Lounge, Morris Conference Center, SUNY

**Facilitator:**               Steven Gilbert

**Course Objective:**        To explore some great psychology ideas that have gotten nudged out of the limelight. But why? They're great and really useful!

**Course Description:**     This course will describe 10 (or so) streams of theory and research that rose, peaked and faded in mainstream psychology. Many are illuminating, useful and fascinating. For each of these ideas, participants will be encouraged to explore how it affirms or challenges their own conceptions and assumptions concerning human psychology.

**Cost:**                        None

**Minimum Enrollment:** 10                    **Maximum Enrollment:** 60

**REGISTRATION REQUESTS DUE NO LATER THAN July 15, 2018**

**COURSE:**                    **A Photographer's New England Road Trip**

**Date(s):**                    Thursday, October 4

**Time:**                      10:00 am to 12 noon

**Location:**                Room 104, Morris Conference Center, SUNY

**Facilitator:**             Pat Yeaman

**Course Objective:**      1. To share a number of images taken by the presenter on a short driving trip through Vermont, New Hampshire and Maine.  
2. To demonstrate, through discussion of these images, some techniques for improving our digital photographs using any type of camera. Quite a few of the shared images will have been taken with an iPhone.  
3. To provide some tips for photographers who may not be image hunting alone, but rather with family or an organized group.

**Course Description:**    The presenter and attendees will spend an enjoyable morning looking at projected images from her New England road trip and talking about them. Since we are all on a never-ending quest to improve our photographs, it is often helpful and fun to share the stories of our photographic journeys. In this course we will attempt to do just that.

**Cost:**                      None

**Minimum Enrollment:** 5                    **Maximum Enrollment:** 40

**COURSE:**                    **Pinecone Wreaths**

**Date(s):**                    Fridays, October 5 and 12

**Time:**                      10:00 am to 12 noon

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

**Facilitator:**             Aleda Koehn

**Course Objective:**      To make a pine cone wreath without glue. Basic wreath is made by soaking cones and fitting into a frame. Finishing cones of all types are wired on. Wreaths last forever!

**Course Description:**    First session (messy): wet cones and insert into wreath – about an hour or more. Second session: wire on cones and/or other decorations – two hours, depending on how much you want to do.

**Cost:**                      \$3.00 per person. Bring latex gloves and small garden clippers.

**Minimum Enrollment:** 1                    **Maximum Enrollment:** 10

**REGISTRATION REQUESTS DUE NO LATER THAN July 15, 2018**

**COURSE:**                    **Privacy and The New Technologies**

**Date(s):**                    Mondays, October 8, 15, 22

**Time:**                      1:00 to 2:45 pm

**Location:**                Room 104, Morris Conference Center, SUNY

**Facilitator:**             Harry Pence

**Course Objective:**      To explore and discuss how new digital tools are affecting our individual privacy.

**Course Description:**    New technologies are changing the way we work and live. Privacy is like the canary in the coal mine; it is a useful indicator of how much things are changing. The US Constitution does not expressly state that there is a right to privacy; this belief has slowly evolved since the 1890s due to an evolution in the thinking of the Supreme Court justices. The creation of new digital tools, like mobile phones, social networks, Big Data, medical databases, drones, and the Internet of Things, is challenging the expectation of privacy. This course will examine the development of the idea of personal privacy and discuss how it is changed by these new technologies in a way that is accessible to those who are not part of the digital generation.

**Cost:**                      None

**Minimum Enrollment:**    10                    **Maximum Enrollment:**    38

**COURSE:**                    **Canada By Train**

**Date(s):**                    Monday, October 15

**Time:**                      10:30 am to 12 noon

**Location:**                Craven Lounge, Morris Conference Center, SUNY

**Facilitator:**             Marjorie Smith

**Course Objective:**      To share my experiences traversing Canada by train.

**Course Description:**    Come share my trip from Montreal to Vancouver by bus and train. Sightseeing by bus between Montreal and Toronto, where we board the VIA train for 3 days of travel across Canada to the Rockies, then a day traveling south on the eastern edge of the Rockies to Banff, where we switch to the Rocky Mountaineer for 2 days of travel through the Rockies to Vancouver.

**Cost:**                      None

**Minimum Enrollment:**    10                    **Maximum Enrollment:**    60

**REGISTRATION REQUESTS DUE NO LATER THAN July 15, 2018**

**COURSE:**                    **Earthwatch Programs in Nova Scotia and Brazil**

**Date(s):**                    Friday, October 19

**Time:**                      1:00 to 3:00 pm

**Location:**                Room 104, Morris Conference Center, SUNY

**Facilitator:**             Dolores Rothwell

**Course Objective:**      1. To inform people of the important work carried out by Earthwatch, a non-profit environmental organization that connects ordinary people with top scientists to conduct vital field research.  
2. To inform people of the harmful effects of climate change and ecotourism in two diverse areas.

**Course Description:**    The presenter will discuss two Earthwatch teams of which she was a part: one that studied climate change in Nova Scotia and its effect on animal populations, both prey and predators; the other team studied the effect of ecotourism in the Pantanal, Brazil's largest wetland. Team members lived and worked with wildlife, and collected statistics and documentation to help in the attempt to save the area.

**Cost:**                      None

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

**COURSE:**                    **PSYCHO: "To me, it's a fun picture." Alfred Hitchcock**

**Date(s):**                    Wednesday, October 24

**Time:**                      1:00 to 4:00 pm

**Location:**                Little Theater, Alumni Hall, SUNY

**Facilitator:**             John Chamard

**Course Objective:**      To recognize and appreciate Hitchcock's ability to capture, manipulate and satisfy his audience of movie goers.

**Course Description:**    This course will identify the film techniques used by Hitchcock to pull his audience into the story and keep their attention while they are also manipulated by him. Did you really see what you thought you saw 58 years ago?

**Cost:**                      None

**Minimum Enrollment:** 1                    **Maximum Enrollment:** 75

**REGISTRATION REQUESTS DUE NO LATER THAN July 15, 2018**

**COURSE:** **This Cat Has Nine Lives: The US Army Corps of Engineers and the Upper Susquehanna River Watershed (1905-2018)**

**Date(s):** Thursday, October 25

**Time:** 10:00 am to 12 noon

**Location:** Room 104, Morris Conference Center, SUNY

**Facilitator:** Leigh C. Eckmair

**Course Objective:** To review projects of the US Army Corps of Engineers in the Upper Susquehanna River watershed.

**Course Description:** A report on and review of US Army Corps of Engineers projects in south central New York spanning a period of more than 100 years, and public reaction to those activities.

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

**COURSE:** **Walk and Clip: Plants for Dried Arrangements**

**Date(s):** Thursday, October 25 (Rain date: Friday October 26)

**Time:** 1:00 to 3:00 pm

**Location:** TBD (Aleda will decide the location closer to the date and notify participants)

**Facilitator:** Aleda Koehn

**Course Objective:** To find weeds along the trail that can be used as a flower arrangement.

**Course Description:** A late Fall walk to collect dried plants for dry arrangements. Bring your garden clippers and a large bag or container. We will cut whatever looks interesting. You will arrange the materials on your own, but I will show you some samples and may be able to identify many of the specimens. Bring scissors or garden clippers.

**Cost:** None      **Minimum Enrollment:** 1      **Maximum Enrollment:** 20

**COURSE:** **Georgia, Crossroads of the East and West**

**Date(s):** Monday, October 29

**Time:** 1:00 to 3:00 pm

**Location:** Room 104, Morris Conference Center, SUNY

**Facilitator:** Donna Behrendt

**Course Objective:**

1. To experience the beauty of this little known country.
2. To understand the people and how they have been defined by their fascinating history.

**Course Description:** Through pictures and stories you will learn about the homeland of my son-in-law – what it was like to go through the breakup of the Soviet Union. Learn how one explores a country with few tourists and few hotels outside of the capital city.

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

**REGISTRATION REQUESTS DUE NO LATER THAN July 15, 2018**

**COURSE:**                    **Stem Cells 101**

**Date(s):**                    Tuesday, October 30

**Time:**                      10:00 am to 12 noon

**Location:**                Room 104, Morris Conference Center, SUNY

**Facilitator:**             Bill Pietraface

**Course Objective:**      1. To discuss the sources and techniques used to produce stem cells.  
2. To discuss the potential uses of stem cells.  
3. To assess the benefits and risks of using stem cells in humans.

**Course Description:**    Much has been written and discussed about stem cells and their potential uses. This course will provide an introduction to stem cells from various points of view including benefits, risks and controversies. (This class was previously offered as “Stem Cells: The Hope and the Hype”)

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

**COURSE:**                    **Holiday Crafts**

**Date(s):**                    Monday, November 5

**Time:**                      1:00 to 3:00 pm

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

**Facilitator:**             Elaine Downing

**Course Objective:**      We will make fun things like boxes, ornaments and cards – not just for the holiday season, but also for any time of the year.

**Course Description:**    Using paper and basic art tools (scissors, exacto knives, paper punches, tape) we will make several kinds of boxes, ornaments and cards.

**Cost:**                      None  
**Minimum Enrollment:** 1            **Maximum Enrollment:** 12

**COURSE:**                    **Arts and Culture in Buddhist Bhutan**

**Date(s):**                    Tuesday, November 6

**Time:**                      10:00 am to 12 noon

**Location:**                Little Theater, Alumni Hall, SUNY

**Facilitator:**             Celia Reed

**Course Objective:**      To identify Bhutanese art and cultural traditions.

**Course Description:**    A visual tour of monastic art and process; Buddhist ceremonies; and native weaving and crafts, based on a visit to Bhutan in 2012-2013.

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

**REGISTRATION REQUESTS DUE NO LATER THAN July 15, 2018**

**COURSE:**                    **Paris – More Than the Eiffel Tower, Chapter 7: It’s All in the Detail**

**Date(s):**                      Thursday, November 8

**Time:**                         10:00 am to 12 noon

**Location:**                    Little Theater, Alumni Hall, SUNY

**Facilitator:**                 Bill Ryall

**Course Objective:**         To continue our ongoing look at Paris, this time considering some of the little details that help make “la ville lumiere” such a uniquely wonderful city to visit.

**Course Description:**       In chapter 7 of our continuing exploration of Paris we will take a thematic look at several little details of the city that could go overlooked if we aren’t visually attentive. A few of the themes we will consider are symbols, patterns and symmetry, signs, colors, historic remnants, social commentary, street art, language, and architectural detail. Commentary will certainly be from this Francophile’s perspective, but this photographer will no doubt have his input as well!

**Cost:**                         None

**Minimum Enrollment:**    5                                **Maximum Enrollment:**    75

**COURSE:**                    **I See You But You Don’t See Me**

**Date(s):**                      Thursdays, November 8 and 15

**Time:**                         1:30 to 3:30 pm

**Location:**                    Room 104, Morris Conference Center, SUNY

**Facilitator:**                 Paul Baumann

**Course Objective:**         1. To examine the development of aerial photography and satellite imagery from 1827 to the present.  
2. To discuss the future of this technology and its impact on our societal landscape.

**Course Description:**       Class participants will be introduced to the development of aerial photography and satellite imagery starting from camera carrying pigeons to billion dollar military satellites. Special emphasis will be given to how Oneonta played a key role in the development of this technology. Participants will be shown how to retrieve and download 1936-37 aerial photography of Otsego County and will view, in detail, a glacier in the Canadian Rockies from 400 miles in space.

**Cost:**                         None

**Minimum Enrollment:**    10                              **Maximum Enrollment:**    35

**REGISTRATION REQUESTS DUE NO LATER THAN July 15, 2018**

**COURSE:**                    **Claude Monet – His Life, Art, Home and Garden**

**Date(s):**                    Monday, November 12

**Time:**                      1:30 to 3:30 pm

**Location:**                Craven Lounge, Morris Conference Center, SUNY

**Facilitator:**              Heide Seaman-Mahlke

**Course Objective:**      To share impressions and photos from a recent trip to some of the places Claude Monet loved to paint.

**Course Description:**    A look at Honfleur, Rouen, the River Seine, his home in Giverny and the fantastic gardens and pond that nurtured his waterlilies, comparing the images with the paintings they and he produced.

**Cost:**                      None

**Minimum Enrollment:** 20                    **Maximum Enrollment:** 75

**COURSE:**                    **Carol Burnett – Her Life and Comedy**

**Date(s):**                    Tuesday, November 13

**Time:**                      10:00 am to 12 noon

**Location:**                Craven Lounge, Morris Conference Center, SUNY

**Facilitator:**              Marjorie Pietraface

**Course Objective:**      People will gain more understanding and appreciation of the comedienne Carol Burnett. They will understand how her work influenced the world of comedy.

**Course Description:**    Most of those who grew up during the 1960s and 70s remember watching “The Carol Burnett Show.” Many watched the variety of skills on her show and were brought to tears with laughter. Her work with Tim Conway, Harvey Korman and Vicki Lawrence was legendary. Carol Burnett is a one-of-a-kind comedienne who participants will further appreciate after attending this course.

**Cost:**                      None

**Minimum Enrollment:** 30                    **Maximum Enrollment:** 60

**REGISTRATION REQUESTS DUE NO LATER THAN July 15, 2018**

**COURSE:**                    **Cruising the Rhine**

**Date(s):**                    Wednesday, November 14

**Time:**                        10:00 am to 12 noon

**Location:**                 Room 104, Morris Conference Center, SUNY

**Facilitator:**               Joan Kollgaard

**Course Objective:**        To share the experience of a cruise aboard a longship along the Rhine River from Amsterdam in The Netherlands to Strasbourg, France and some of the spectacular castles, cities, and cathedrals along the way.

**Course Description:**      Through a PowerPoint presentation, enjoy highlights of an eight-day journey on the Rhine River through The Netherlands, Germany and France. We will visit the historic Kinderdijk Windmills, iconic Cologne Cathedral (Germany's most-visited landmark), historic Marksburg and Heidelberg Castles, as well as admire the views of many castles, vineyards and picturesque villages along the Rhine and stroll through the beautiful city of Strasbourg and its lovely cathedral.

**Cost:**                         None

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

## Facilitator Biographies

**Anderson, Chad** received his Ph.D., in history from the University of California, Davis. He is currently a Visiting Assistant Professor of History at Hartwick College.

**Baumann, Paul** holds the academic rank of Professor Emeritus in the Geography Department, SUNY College at Oneonta. He is the recipient of the National Council for Geographic Education Teaching Achievement Award for outstanding teaching at the college level, and he was a National Science Foundation Fellow at the National Aeronautical and Space Administration/Earth Resource Laboratory. He has written/edited three books on aerial photography and satellite imagery and published over 50 articles in national and international journals. He enjoys studying and talking about the earth's surface, especially the American landscape as from afar.

**Beach, Moira** has been actively traveling and exploring adventures with other adults for years. Several CCAL members have traveled with the SUNY-Oneonta groups that Moira helped organize during her 33 years at SUNY Oneonta. She is communications chair for Susquehanna Chapter of ADK, a 50+ year member of Elm Park United Methodist Church, a member of the Golden Alumni of SUNY-Oneonta (retirees), a charter member of the Ten Fold Plus, as well as many other groups.

**Behrendt, Donna** received a BS in Public Health from the University of Wisconsin and an MS in Special Education from Wheelock College. She is interested in history and has traveled and lived abroad. She now is enjoying retirement in Oneonta.

**Bonebreak, Rev. Gary** served as Senior Pastor of Main Street Baptist Church from 1995-2017, when he retired from pastoral ministry. Before that time he taught the Bible at the German Bible Institute in Koenigsfeld, Germany. He has an M.A. in Hebrew Bible from SUNY Buffalo and a D. Min. from Covenant Theological Seminary, St. Louis. He and his wife Barbara have been married for 49 years, and have two children living out of the area.

**Burns, Brian D** Otsego County Judge, NYS Acting Supreme Court Justice, former County and City Prosecutor, former Adjunct- Hartwick College, Named to Fulbright Specialist Roster, Chairman Molinari Supreme Court Law Library, Board of Directors NYS Drug Treatment Court, Board of Directors NYS Court Professionals, NYS Family Violence Task Force member.

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

**Chiasson, Dr. Carl** is a second generation hearing aid dispenser and audiologist whose father established the first three hearing aid offices in Northern New York. He was appointed to the faculty at Plattsburgh State University upon graduation where he taught courses in General and Rehabilitative audiology for seventeen years. He is the author of several articles which examine the relationship between hearing loss and Alzheimer's disease in the elderly. He has also written an article on hearing loss and clinical depression in the elderly, as well as hearing loss in patients with traumatic brain injury.

**Dailey, Denise** of Brazilian-Chilean-French origins, Denise Dailey adapts easily to international subjects. Her ability to listen to people in multiple languages, and her love to tell their stories, inform most of her travel and short story writing. She is a graduate of McGill and Columbia Universities and the author of *Listening to Pakistan* – a book developed during past years as a facilitator at CCAL.

**Davis M.D., John** received his MD from Harvard Medical School in 1956 and was a first and then second year medicine resident at the Mary Imogene Bassett Hospital (1956-58). He served in the U.S. Army Medical Corps (Captain MC) from 1958-61 and then did 3 years of fellowship at the University of Rochester (Strong Memorial Hospital), combining psychosomatic medicine with gastroenterology. He then joined Bassett Hospital as its first Gastroenterologist (1964) and remained on the staff until retiring in 1995 (last 10 years as Director of Medical Education). Since then, he has been active in various Bassett affairs, in particular giving many talks on the institution's history, and in 2017, completing a book *Bassett Hospital in Cooperstown New York; 200 Years of Healthcare in Rural America*. In July 2017 he was designated by the Board of Trustees as "Bassett's Lifetime Historian".

**Davis, Margaret (Maguire)** taught in the Economics and Business program at SUNY Oneonta, retiring in 2010. She is a former trustee of the CG Jung Foundation in New York.

**Dowdell, Mary Ann** completed her B.S. in Nutrition and Dietetics at Kent State University, her M.S. in Nutrition and Dietetics at Ohio State University and her Ph.D. in Nutrition Science with a specialty in Public Policy at Syracuse University. She just retired from SUNY Oneonta where she taught foods and nutrition courses at both the graduate and undergraduate levels. She also directed the undergraduate Dietetics program. Her interests are public policy, especially as it affects hunger, food insecurity, and child nutrition issues.

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

**Eckmair, Leigh C** NYS Registered Historian, Leigh writes and lectures on various aspects of cultural history of south central NY and its connection with the rest of the world. She has made presentations at numerous NYS History Conferences, to high school and university classes and public organizations. Her writing has been published in local and regional publications including Kaatskill Life Magazine, history journals, newspapers, newsletters, and websites including "Mohawk Valley Region Path Through History" and Gilbertsville.com. A founding member of the U.S.C.T. Institute at Hartwick College, she has been interviewed on local history subjects by WSKG and WUTR, most recently for "Living History, Otsego County" in 2017.

**Ferguson, Shirley** has lived in this area since 2003, having recently retired from a sales position at Xerox, which employed her for 21 years. Prior jobs include teaching, day care operator, gal Friday, and almost two years as an Operating Engineer in heavy construction. Pastimes now include walking, reading, crafts, gardening, travel, and volunteering - sometimes combining the last two.

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

**Galusha, Diana** is President of the Historical Society of the Town of Middletown which mounts exhibits in the History Tent at the annual Margaretville Cauliflower Festival held in September in the Margaretville Village Park. She is also the author of several books of local and regional history, including *When Cauliflower was King*; *Liquid Assets: A History of the New York City's Water System*; *Another Day, Another Dollar*; *The Civilian Conservation Corps in the Catskills*, and *As the River Runs, A History of Halcottsville, NY*.

**Gilbert, Steven J.** received his B.A. in Psychology from Boston University in 1966, and an M.A. (1972) and Ph.D. (1975) in Psychology at Clark University. After teaching for three years at Greater Hartford Community College (1972-1974), Steve accepted a position in the Psychology Department at SUNY Oneonta where he served from 1974 until his retirement in 2010 – the last 13 years as Chair of the Psychology Department. Steve's primary academic interests are in Social and Advertising Psychology, with a special focus on social influence, and individual differences in influenceability. Steve and Barbara have been married since 1970 and are exceedingly proud of their children Rachel (a school counselor in Brooklyn) and Dan (Assistant Director of Academic Advising, School of Education, at Temple University). They currently lavish an embarrassing amount of affection on their dog, Jupiter (currently unemployed).

**Gourlay, Patricia** is an Emeritus Professor at SUNY College at Oneonta, who taught there from 1963 to 2004. She received the Chancellor's Award for Excellence in Teaching. She has also taught at Hunter College and Temple University and has been offering 2 courses a year for CCAL since 2004. She is a graduate of Wellesley College, with an M.A. from Stamford University and a Ph.D. in English and Comparative Literature from Columbia University. She finds these CCAL classes the most rewarding and fun of all.

**Harman, Dr. Willard N,** CLM Distinguished Service Professor, Rufus J. Thayer Otsego Lake Research Chair & Director, SUNY Oneonta Biological Field Station, 50 years tenure at SUNY Oneonta.

**Kang, Sugwon** is a Professor Emeritus of political science at Hartwick College. Kang's principal instructional responsibilities at the College were Political Theory and Constitutional Law. He retired in 2001 after teaching 37 years, 28 of them at Hartwick. In 2008 he came out of his retirement to teach at Sogang University in Korea as a Senior Fulbright Scholar, then, in 2009-10, as a visiting professor of American History.

**Koehn, Aleda** is a retired biology and earth science teacher. She has had a long time interest in wildflowers, especially the spring flowers.

**Helterline, Marilyn** is a retired professor of sociology and women's and gender studies. She taught at SUNY Oneonta from 1973 until 2009 where she held a position in the Sociology Department and helped found the Women's and Gender Studies Department. She holds a Ph.D. in sociology from the University of Notre Dame.

**Kollgaard, Joan** is a former English teacher who helped organize and lead several trips abroad for students and colleagues while teaching. Since retiring, she has continued to travel with family and friends and enjoys sharing these experiences with others.

**MacDougall, Hugh** has been giving courses at CCAL since it was founded, and always on a new subject that interests him. He is a former United States Foreign Service Officer, who since his retirement in 1986, has returned to Cooperstown where he has served in various civic capacities, founded and is still active in the James Fenimore Cooper Society, writes a weekly column in the Cooperstown Crier newspaper, and is currently the official Cooperstown village historian. Since its founding, he has served on the CCAL Curriculum Committee, and he created and ran the original CCAL website.

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

**McTaggart, Melinda and Beams, Dan** are Director of Educational Outreach at the Old Stone Fort/Schoharie County Historical Society and Curator for the Society, respectively. Both have Master's degrees in their area and have extensive museum experience.

**Palm, Daniel** has visited 386 of the 419 components of the National Park season over the past 50 years. Through time spent at these parks, he has developed a strong respect for the "national parks" idea and a fuller understanding of the historical, cultural and natural values protected by their designation as national park components. He is an active advocate for National Parks.

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

**Pierce, Gabrielle** has been Delaware County Historian since 2009.

**Pietrafacc, Dr. Bill** is a retired Professor of Biology at SUNY Oneonta. He received his B.S. in Science from the Pennsylvania State University, an M.S. in Biology from East Stroudsburg State College, and a Ph.D. in Biology from West Virginia University. At Oneonta, he taught courses in general biology, general botany, plant physiology, plant growth and development, human anatomy and physiology, and a course on the implication of the Human Genome Project. In 1986, he was the recipient of the SUNY Chancellor's Award for Excellence in Teaching.

**Pietrafacc, Marjorie** had a 35+ year career as a social worker and educator. She was a licensed social worker and credentialed alcoholism and substance abuser counselor. She worked as a therapist/counselor in a variety of settings with many individuals experiencing significant anxiety and stress.

**Pudelka, Len** is a Professor Emeritus of History at Hartwick College. He taught at Hartwick College for 36 years (1965-2001). He holds an MA and Ph.D. from Syracuse University. He has taught several history courses for CCAL.

**Reed, Celia** has worked in the field of special education for the past 26 years. She has served as a training specialist for a NYS network and traveled to Bhutan at the Ministry of Education in the summers of 2013 and 2014.

**Rees, Helen** is a retired librarian who loves both history and the stories that go along with history. She has been involved with the Swart-Wilcox House since 1988, when it was merely a dream.

**Rothwell, Dolores** was born in a small PA farm town during the depression, became an avid fan of geography and dreamed of traveling the world when she grew up. Her dreams came true after a safari to Kenya in 1991. Having been bitten by wanderlust, she continued her travels and visited fifty countries and all seven continents. Along the way she discovered Earthwatch.Org and participated in eight research programs with the organization. They included studying climate change, endeavoring to save endangered species, and a paleontological dig. She would like to share a number of those experiences with members of CCAL.

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

**Seaman-Mahlke, Heide** is interested in many areas, and has shared those interests with CCAL members in a number of classes on movies, hiking, crafts, and travel. She and her husband, Ernie, are enthusiastic and frequent travelers, having visited nearly 40 countries so far.

**Smith, Marjorie** is a retired teacher of high school and college French and Spanish. She has been fortunate to have studied in France, Spain, Costa Rica, and Mexico, as well as being a Fulbright-Hays Fellow for curriculum development in Chile. She has also taught a variety of subjects in prison and has offered evening courses in conversational French and English as a Second Language in Washington State. She thoroughly enjoys retirement, especially travel, dance, and CCAL courses.

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

**Thayer, Ann** is a Program Manager for the Alzheimer's Association of Northeastern New York, and she has been educating families about the long term care options in the region since 2005. Ann is a memory loss, dementia, and Alzheimer's disease expert, and also certified in Alzheimer's disease case management.

**Vargha, Marybeth** will be the main facilitator; a Baha'i for more than 30 years, she has studied the Faith and visited members in many places of the world. She now works for the U.S. Baha'i National Center, Evanston, IL. Other local members who may participate: Vali Vargha (5<sup>th</sup> generation Baha'i from Iran), Candace Ricco (Delaware County), Kathy Duyer (Delaware County), Mary Holloway (Otsego County).

**Woodruff, Ramona** has bred, showed and trained Shetland Sheepdogs for the past 37 years. She has also raised Lhasa Apsos, Miniature Pinchers, Labrador Retrievers, and worked in dog rescue for six years. She has trained two service dogs--the first, Harmony, a bi-black Shetland sheepdog (often called Shelties), and the second, Bandit. She has trained dogs since she was ten years old, and had a small business training dogs in her neighborhood when she was 12. She has also taken many courses on dog behavior, dog grooming, dog obedience, dog agility, dog cognition and show dog training. She had been a dog groomer until last year, doing so for 5 years.

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

**Young, Arlana** lived in Europe for 17 years (in Italy for 10 of those years) while working for the US Army as a civilian in the Morale, Welfare and Recreation division. She traveled extensively throughout Europe and lived the entire 10 years on a dairy farm in northern Italy where the only language spoken was Italian. Arlana has been practicing yoga for 18 years and teaching it for 2-1/2 years. Her focus is on bringing yoga to people who think they can't do it. She is currently teaching Chair and Slow Flow yoga classes in Oneonta.

## CENTER FOR CONTINUING ADULT LEARNING (CCAL)

31 Maple Street, PO Box 546, Oneonta, NY 13820  
Office Hours: Tuesday, Wednesday, and Thursday, 12:30 to 4:30 pm  
Phone: 607-441-7370 Fax: 607-436-9682 Email: ccaloneonta@stny.rr.com

### HOW TO GIVE A CCAL COURSE

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

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

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

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

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

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

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

#### Are you interested?

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

CCAL Curriculum Committee  
PO Box 546  
Oneonta, NY 13820

OR ccaloneonta@stny.rr.com

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**CENTER FOR CONTINUING ADULT LEARNING (CCAL)**

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

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

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

**COURSE PROPOSAL WITH PREFERRED SCHEDULING INFORMATION**

Check one: ( ) Winter/Spring: January through May, 20\_\_

( ) Summer/Fall: June through November, 20\_\_

Name: \_\_\_\_\_ Today's date: \_\_\_\_\_

Address: \_\_\_\_\_ Phone #: (day) \_\_\_\_\_

City/Town and Zip code: \_\_\_\_\_ (eve) \_\_\_\_\_

Email address: \_\_\_\_\_

Title of Proposed Course: \_\_\_\_\_

Course Objectives (3 sentences or less): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Course Description (6 sentences or less) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Special room or equipment needed: \_\_\_\_\_

\_\_\_\_\_

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

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

(1) \_\_\_\_\_

(2) \_\_\_\_\_

(3) \_\_\_\_\_

Class size preferred: Minimum \_\_\_\_\_ Maximum \_\_\_\_\_

# of Class Sessions \_\_\_\_\_ # of Hours per session \_\_\_\_\_

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

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

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

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

To \_\_\_\_\_ Curriculum Committee

Address \_\_\_\_\_

Town/Zip Code \_\_\_\_\_ Phone: \_\_\_\_\_

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

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Office Use Only:  
\_F\_ \_P\_ \_N\_ \_R\_ CK # \_\_\_\_\_

## MEMBERSHIP FORM for January 1 – December 31, 2018

Yes, I would like to join The Center and participate in the learning experiences offered. I understand that the membership fee is \$120 for the calendar year (January 1 through December 31, 2018).

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

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

1. Enclosed is my membership check for \$ \_\_\_\_\_ and a donation to CCAL \$ \_\_\_\_\_
2. This membership is  New  Renewal
3. Specify how your mailings should be addressed:  Mr.  Mrs.  Ms.  Miss  Dr.  Rev.  Other: \_\_\_\_\_
4. Name \_\_\_\_\_
5. Address \_\_\_\_\_  
City/Town \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Phone (\_\_\_\_) \_\_\_\_\_ CELL (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_
6. Alternate Seasonal Address (give dates) from \_\_\_\_/\_\_\_\_/\_\_\_\_ to \_\_\_\_/\_\_\_\_/\_\_\_\_  
Alternate Address \_\_\_\_\_  
City/Town \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_ Phone \_\_\_\_\_
7. What "call name" or "nick name" do you prefer? \_\_\_\_\_
- NEW** 8. May we use photos of you participating in CCAL classes/events on our website?  yes  no **NEW**
9. Are you retired?  yes  no
10. What was your former occupation? Please be specific. \_\_\_\_\_
11. Please indicate your interest in serving CCAL in any of the following areas:
 

|   |   |   |
|---|---|---|
| <input type="checkbox"/> Board of Directors   | <input type="checkbox"/> Curriculum Committee       | <input type="checkbox"/> Member Events Committee              |
| <input type="checkbox"/> Nominating Committee | <input type="checkbox"/> Public Relations Committee | <input type="checkbox"/> Finance and Administration Committee |
12. Would you be interested in volunteering to teach a course for CCAL in the future? (A member of our Curriculum Committee will contact you for details.) What topic(s)?  
\_\_\_\_\_
13. Do you want to be on the list to receive notices of CCAL trips?  yes  no
14. When a current CCAL member recommends someone for CCAL membership and they join, the current member will receive a discount on membership dues for the following membership year.  
New Members: tell us who referred you to CCAL: \_\_\_\_\_

**MEMBERSHIP FEE IS DUE ONCE PER CALENDAR YEAR.**  
**WE MUST HAVE THIS COMPLETED FORM + PAYMENT FOR 2018 CALENDAR YEAR BEFORE**  
**WE CAN PLACE YOU IN ANY CLASSES.**

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

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

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**CCAL COURSE REQUEST FORM**  
**Summer/Fall 2018**

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City/Town/State \_\_\_\_\_ Zip Code \_\_\_\_\_ Phone \_\_\_\_\_

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

Email address \_\_\_\_\_

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

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

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

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

| <u>SUMMER COURSE REQUESTS due April 15, 2018:</u> | <u>DATE OF 1<sup>st</sup> CLASS:</u> | <u>Will you be CLASS ASST?</u> |
|---|--------------------------------------|--------------------------------|
| 1 <sup>st</sup> _____                             | _____                                | _____                          |
| 2 <sup>nd</sup> _____                             | _____                                | _____                          |
| 3 <sup>rd</sup> _____                             | _____                                | _____                          |
| 4 <sup>th</sup> _____                             | _____                                | _____                          |
| 5 <sup>th</sup> _____                             | _____                                | _____                          |
| 6 <sup>th</sup> _____                             | _____                                | _____                          |

| <u>FALL COURSE REQUESTS due July 15, 2018:</u> | <u>DATE OF 1<sup>st</sup> CLASS:</u> | <u>Will you be CLASS ASST?</u> |
|--|--------------------------------------|--------------------------------|
| 1 <sup>st</sup> _____                          | _____                                | _____                          |
| 2 <sup>nd</sup> _____                          | _____                                | _____                          |
| 3 <sup>rd</sup> _____                          | _____                                | _____                          |
| 4 <sup>th</sup> _____                          | _____                                | _____                          |
| 5 <sup>th</sup> _____                          | _____                                | _____                          |
| 6 <sup>th</sup> _____                          | _____                                | _____                          |

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

- **Mail:** CCAL, PO Box 546, Oneonta, NY 13820 or
- **Email:** ccaloneonta@stny.rr.com or
- **FAX:** (607) 436-9682

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

1. *A completed 2018 Membership Form*                      *and*                      2. *Payment for 2018 calendar year*