



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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FAX: (607) 436-9682

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 the State University of New York at Oneonta and Hartwick College. 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

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Vice President: Bob Parmerter (607.638.9343)
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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 SUNY Oneonta and Hartwick College.

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. As a full-time member you can enroll in as many classes as you like. 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.

2019 EVENTS

(Dates and times may be subject to change.)

Sunday, March 17

Spring Meeting

1:00 – 4:00 pm

Morris Conference Center, SUNY Oneonta

Tuesday, May 21

Facilitators' Luncheon

12 noon

Brooks' Roost

Sunday, October 20

Annual Meeting

1:00 – 4:00 pm

Morris Conference Center, SUNY Oneonta

CCAL TRIPS

CCAL generally offers 3-4 day trips to various locations of interest, including museums, opera and theater productions, special events and other sites. 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 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.

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REGISTRATION REQUESTS DUE NO LATER THAN November 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 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, 2018 through August 31, 2019 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: “Not the Last Laugh” Winter Movie Series

Date(s): Mondays, January 7, 14, 21, 28 and February 4, 11

Time: 1:00 to 3:30 pm

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

Facilitator: Heide Seaman-Mahlke

Course Objective: What makes you laugh? We’ll take a look at comedy in movies by watching 6 funny films that span the decades from Charlie Chaplin and Buster Keaton to Woody Allen and Will Ferrell.

Course Description: Do we all laugh over the same pratfalls or is a sense of humor highly individualistic? Has humor in movies changed over the years? We may discuss these questions or just laugh ourselves silly. Come to class with your best suggestions of great film comedies we can all share.

Cost: None

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

REGISTRATION REQUESTS DUE NO LATER THAN November 15, 2018

COURSE: **Perspective: How To Do “It” In a Drawing**

Date(s): Thursdays, January 10, 17, 24

Time: 10:30 am to 12 noon

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

Facilitator: Ernest Mahlke

Course Objective: Students will be able to create a sense of realism in a drawn scene of their own choice. Once known, the participant will look at art works in a new way and discern when pictorial elements often look awry.

Course Description: Participants will learn how to draw a building exterior, interior or otherwise 3-dimensional structure so that it looks “right.” Also taught will be an application of a basic principle to create “reality,” and how your viewpoint creates what is seen. Instruction and practice will be provided.

Cost: A drawing pad with about 12” x 16” sheets, several soft pencils and a ball point pen.

Minimum Enrollment: 8 **Maximum Enrollment:** 15

COURSE: **Otsego’s People of Color Celebrate Emancipation on July 4, 1827**

Date(s): Tuesday, January 15 Snow Date: Friday, January 22

Time: 10:00 am to 2 pm

Location: First Presbyterian Church, 25 Church St., Cooperstown

Facilitator: Tom Heitz

Course Objective: To review the early history of slavery in upstate New York with emphasis on Otsego County. The contributions of enslaved people to the building and maintenance of the New York western frontier following the Revolutionary War will be discussed. On July 4, 1827, the final elimination of human bondage in the State of New York was celebrated locally in the sanctuary of the First Presbyterian Church in Cooperstown (the site of this class) by 60 previously freed and recently emancipated people of color.

Course Description: Drawing on primary resources such as census records, newspaper accounts, tombstones and other records, the instructor will pay respect to the lives and contributions of people of color who contributed to the settling of Otsego County in the late 1790s and early 1800s.

The lecture will be followed by an optional buffet luncheon at the nearby Otesaga Hotel (12:30 pm). The cost of the luncheon will be \$17. Advance reservations are required.

Cost: Optional luncheon at the Otesaga Hotel - \$17 per person. *Please indicate on the course request form if you want to make a reservation for lunch.*

Minimum Enrollment: 40 **Maximum Enrollment:** 50

COURSE: **The Edison Cylinder Phonograph**

Date(s): Wednesday, January 16

Time: 1:00 to 3:00 pm

Location: Room 104, Morris Conference Center

Facilitator: Charles King

Course Objective: Have fun learn something reminisce?

Course Description: This is a talk about the Edison Cylinder Phonograph (invented circa 1875), a demonstration of a home device circa 1915 and cylinder recordings from that era. We'll also discuss the history and need for the reproduction of sound up to then.

Cost: None

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

COURSE: **Music in the Time of War**

Date(s): Wednesday, January 23

Time: 10:30 am to 12:30 pm

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

Facilitator: Spike Paranya

Course Objective: 1. To appreciate classical and light classical music with war as a theme.
2. To appreciate the relationship between war and music.
3. To learn the background of the music to be heard.

Course Description: War and music have always had an association. Music was used to inspire and urge on armies in old times. Along with that use of classical music, operas, oratorios and symphonic music often had a military connection. Listen to this music and enjoy some that is familiar, some that is exciting, and some that is moving. Most pieces will have an interesting background to tell!

Cost: None

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

REGISTRATION REQUESTS DUE NO LATER THAN November 15, 2018

COURSE: **Ideals of Romanticism in 19th Century Symphonic Music**

Date(s): Monday, January 28

Time: 4:00 to 6:00 pm

Location: Craven Lounge, Morris Conference Center, SUNY

Facilitator: Robin Seletsky

Course Objective: To increase and enhance the listener’s ability to appreciate the music of Romantic composers such as Beethoven and Berlioz.

Course Description: Using recordings and some live demonstrations, this course will outline the five major sources of inspiration for Romantic composers. Each musical selection will be explained in an accessible enough manner so as to draw the listener in and hopefully dramatically enhance future concert experiences.

Cost: None

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

COURSE: **Emily Dickinson Now**

Date(s): Thursdays, January 31 and February 7, 14

Time: 10:00 am to 12 noon

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

Facilitator: Jim Johnson

Course Objective: To discuss the contemporary relevance of ten Emily Dickinson poems and their meaning in our personal lives today.

Course Description: After more than 150 years, Emily Dickinson’s poems still resonate like tuning forks in today’s world. She was a great poet of life’s enduring subjects and intractable mysteries: love, nature, religion, death, immortality. This class explores the variety of Dickinson’s expression on these timeless subjects in a discussion-oriented approach centered on ten poems: “Wild nights – wild nights”; “Title divine – is mine!”; “There’s a certain slant of light”; “Hope is a thing with feathers”; “I know the He exists”; “The soul selects her own society”; “My life has stood – a Loaded Gun”; “The last night that she lived”; “I felt a funeral in my brain”; “Because I could not stop for death.”

Cost: None

Minimum Enrollment: 12 **Maximum Enrollment:** 20

COURSE: **Documented History of Local Involvement in the Underground Railroad and Anti-Slavery Agitation**

Date(s): Wednesday, February 13

Time: 1:00 to 3:00 pm

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Harry Bradshaw Matthews

Course Objective: This power point presentation will explore the historical context of Otsego County in the Freedom Journey that led to the ending of slavery in the United States. Local personalities and events of the movement will be shared.

Course Description: The movement leading to the end of slavery included sentiments, advocacy, actions and support for escaped enslaved persons. Persons living within communities along the Upper Susquehanna River played important roles from the 1830s through the Civil War, including some who were regional and national personalities of the anti-slavery movement.

Cost: None

Minimum Enrollment: 1 **Maximum Enrollment:** 40

COURSE: **Addiction and Brain Science**

Date(s): Monday, February 18

Time: 1:00 to 3:00 pm

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Julie Dostal

Course Objective: Following this presentation the participants will understand:

1. The three required components to label something as a disease.
2. How the brain interacts with addictive substances and activities.
3. The behaviors associated with addiction and how to seek help.

Course Description: We are in the midst of one of the greatest public health crises of a generation. Sixty-eight thousand people died from drug overdose last year and 88,000 people died from alcohol-related causes. This interactive course will explore the current crisis, the disease of addiction, brain science, and the behaviors associated with addiction. Participants will also be given local resources for those struggling with addiction.

Cost: None

Minimum Enrollment: 6 **Maximum Enrollment:** 20

REGISTRATION REQUESTS DUE NO LATER THAN November 15, 2018

COURSE: **Otsego Lake’s Grand Hotel – The Otesaga**

Date(s): Tuesday, February 19 **Snow Date:** Tuesday, February 26

Time: 10:00 am to 1:30 pm

Location: Otesaga Hotel, Cooperstown

Facilitator: Tom Heitz

Course Objective: To examine the history, culture and architecture of The Otesaga, the grand hotel constructed and opened in 1910 on the southern shore of Otsego Lake by third generation members of the Clark family, heirs to the Singer Sewing Machine fortune of Edward Clark.

Course Description: With the aid of PowerPoint projections of vintage photographs, illustrations and printed handouts, the instructor will present the history of the hotel, how it was first conceived and built by the Clark family, and how it has evolved over time to the present to become one of America’s finest and grandest pre-WWI historic resort hotels.

 The lecture will be followed by an optional buffet luncheon at the Otesaga Hotel (12:30 pm). The cost of the luncheon will be \$17. Advance reservations are required.

Cost: Optional luncheon at the Otesaga Hotel - \$17 per person. *Please indicate on the course request form if you want to make a reservation for lunch.*

Minimum Enrollment: 35 **Maximum Enrollment:** 50

COURSE: **Grrrr – As In Gorillas!**

Date(s): Thursday, February 21

Time: 10:00 am to 12 noon

Location: Craven Lounge, Morris Conference Center, SUNY

Facilitator: Shirley Ferguson

Course Objective: 1. Help educate class about the endangered state of the Mountain Gorillas in Rwanda, Uganda, and the Democratic Republic of Congo, and how this situation evolved over the years due to poaching, disease and loss of habitat.
 2. Learn what is being done to restore the numbers to a healthier level.
 3. Through photos and narrative, help class participants become immersed in the natural habitat of the gorillas as they follow along with me on my gorilla tracking experience in Rwanda.

Course Description: This was a dream come true for me ever since I saw *Gorillas In The Mist* in 1988! Come along with me as I fulfill this dream on a trek up a Rwanda mountainside past impressive volcanic peaks shrouded in dense tropical forest in search of one of the seven gorilla families that visitors are allowed to view. Once located, we had an hour to watch these highly socialized and amazing animals as they delighted us by being engaged in their daily routines. These incredible primates, who share 98% of our DNA, are habituated to some extent to humans so our presence didn’t scare them away, but the rules regarding our viewing of them were explicit and strict. I complied without questions!

Cost: None

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

COURSE: **Abortion: Most of Us Are in the Middle**

Date(s): Mondays, February 25 (Part One) and March 4 (Part Two)

Time: 1:00 to 3:00 pm

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Cynthia Walton-Leavitt

Course Objective:

1. To engage in thoughtful, respectful dialogue about the abortion issue.
2. To revisit an issue that many people have not thought about in depth for some time.
3. To consider what we think now in light of the possibility of a Roe v. Wade reversal by the Supreme Court.

Course Description: Abortion is one of those topics that most people avoid in conversation. However, it is this facilitator's belief that respectful dialogue is very much needed about this sensitive subject. **Part One:** We will review the history of abortion in the USA and why people feel the way they do. **Part Two:** Individuals of varying viewpoints will be invited to share their perspectives as together we think through the abortion issue. My guess is that most of us are part of the large silent majority that are between the two polar opposites portrayed in the media as pro-life or pro-choice. We are somewhere in the middle.

Attendance at both sessions is encouraged, but you may attend one or the other if desired.

Cost: Suggested reading: *Pro-choice and Christian: Reconciling Faith, Politics and Justice* by Kira Schlesinger, an Episcopal priest in Tennessee. www.thethoughtful Christian.com.

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

COURSE: **Not Your Ordinary Kind of Doll**

Date(s): Thursdays, March 7, 14, 21

Time: 1:30 to 3:30 pm

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

Facilitator: Heide Seaman-Mahlke

Course Objective: Creating and exploring the human form, from materials you might find around the house.

Course Description: Fire up your creative spark, and create a doll from any conceivable material. It can be made from wood, cloth, wire, papier mache`, gourds and everyday items. We will spend the first session looking at artistic interpretations that will provide ideas for the participants.

Cost: None

Minimum Enrollment: 8 **Maximum Enrollment:** 20

REGISTRATION REQUESTS DUE NO LATER THAN November 15, 2018

COURSE: **Introduction to the Lute**

Date(s): Wednesday, March 13

Time: 10:00 am to 12 noon

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Frederic Chrislip

Course Objective: Participants will understand what a lute is – how it looks and sounds – and its place in European cultural and music history. They will understand something about music that was played on the lute during different historical periods.

Course Description: I will introduce the origin and evolution of the lute and its cultural contexts with photographs. I will also introduce the various versions of special notation for lute music, and present live and recorded examples of lute music from different times and places.

Cost: None

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

COURSE: **Be Our Guest, Be Our Guest, Be Our Guest!**

Date(s): Thursday, March 14

Time: 9:30 am to 1:00 pm

Location: Boardroom, Alumni Hall Hospitality Center, SUNY Delhi

Facilitator: David Brower

Course Objective: To provide community members with an understanding of the core components of SUNY Delhi’s award winning Hospitality Management program and to showcase opportunities for involvement.

Course Description: This session provides participants with an overview of the Hospitality Management Department at SUNY Delhi including the curriculum, facilities, and faculty and student accomplishments. A comprehensive tour of the Alumni Hall Hospitality Center will be provided. Session will conclude with lunch at Signatures Cafe, the student - operated restaurant on campus.

Cost: \$15 (includes lunch)

Minimum Enrollment: 15 **Maximum Enrollment:** 20

COURSE: **Prelude to the Japanese Attack at Pearl Harbor**

Date(s): Mondays, March 18 and 25

Time: 1:00 to 3:00 pm

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

Facilitator: Darryl Zdenek

Course Objective: To study the events that took place which led to the Japanese attack on Pearl Harbor. We will look at the actions by both Japan and the United States that made December 7, 1941 “a day that will live in infamy.”

Course Description: This course will address three general questions:
1. What possessed the Japanese, while still bogged down in China in a war that they could not win and could not end, to attack a country that had an industrial capacity 10 times greater than their country?
2. How did the Japanese accomplish an attack that most experts at the time deemed to be impossible?
3. What actions by both Japan and the United States took place up to the day of attack that led to this disaster?

Cost: None

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

COURSE: **Sitka: Tlingit, Russian Orthodox, and American Protestants**

Date(s): Tuesday, March 19

Time: 1:00 to 3:00 pm

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Cynthia Walton-Leavitt

Course Objective: To share a brief history and images of Sitka, Alaska.

Course Description: Sitka, Alaska was originally settled by the Tlingit people over 10,000 years ago. It became the capital of Russian America from 1808 until 1867 when it was the site of the transfer ceremony for the Alaska purchase. The Russian Orthodox Church played an important role in Sitka’s modern development. St. Michael’s Orthodox Cathedral dominates downtown. After the transition to American control, the influence of Protestant religions increased. This course will offer a brief history and introduction to Sitka.

Cost: None

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

COURSE: **Beginning Origami**

Date(s): Wednesdays, March 20 and 27
Time: 1:00 to 3:00 pm
Location: 1st United Presbyterian (Red Door) Church, 2 Walling Ave., Oneonta
Facilitator: Patricia Follett
Course Objective: To successfully create origami figures.
Course Description: Create folded paper figures with facilitator demonstration and instruction as well as textbook instruction.
Cost: \$5.00 for book and paper
Minimum Enrollment: 2 **Maximum Enrollment:** 8

COURSE: **Be Our Guest, Be Our Guest, Be Our Guest!**

Date(s): Thursday, March 21
Time: 9:30 am to 1:00 pm
Location: Boardroom, Alumni Hall Hospitality Center, SUNY Delhi
Facilitator: David Brower
Course Objective: To provide community members with an understanding of the core components of SUNY Delhi's award winning Hospitality Management program and to showcase opportunities for involvement.
Course Description: This session provides participants with an overview of the Hospitality Management Department at SUNY Delhi including the curriculum, facilities, and faculty and student accomplishments. A comprehensive tour of the Alumni Hall Hospitality Center will be provided. Session will conclude with lunch at Signatures Cafe, the student - operated restaurant on campus.
Cost: \$15 (includes lunch)
Minimum Enrollment: 15 **Maximum Enrollment:** 20

COURSE: **Introduction to 3D Printing & Design**

Date(s): Tuesday, March 26

Time: 10:00 to 12 noon

Location: Huntington Library, Oneonta

Facilitator: Sarah Livingston

Course Objective: To give an overview of 3D Printing technology and the resources for DIY printing & design.

Course Description: Participants will learn about 3D printing technology. They will also be given the opportunity to design a small item that can be printed with Huntington Memorial Library's 3D printer. Examples of printed objects and 3D printing equipment will be shown.

Cost: Small fee for print materials

Minimum Enrollment: 6 **Maximum Enrollment:** 12

COURSE: **Shakespears Again: *The Tempest***

Date(s): Tuesdays, March 26 and April 2, 9, 16 and 23

Time: 2:30 to 4:30 pm

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Pat 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: *The Tempest* is listed as a comedy in Shakespeare's works, and is usually described as a "romance." It has elements of both, and much more besides – exploring enduring issues of his own time and ours. It can be understood in many ways, offering plenty of room for differing opinions.

Cost: Copy of the play with footnotes, preferably published since 1950.

Minimum Enrollment: 10 **Maximum Enrollment:** 22

COURSE: **Mel Brooks' *The Producers* – Creating a Smash Broadway Musical**

Date(s): Thursday, March 28

Time: 2:00 to 4:30 pm

Location: Red Dragon Theater, Hunt Union, SUNY

Facilitator: Steve Berman and Michelle Gardner

Course Objective: To go behind the scenes and examine how the many talented artists and designers combined their efforts to create a tour-de-force piece of musical theater.

Course Description: *The Producers* opened on Broadway in 2001 as a musical adaptation of Mel Brooks' 1967 movie comedy (starring Zero Mostel and Gene Wilder). The musical version was highly successful, running for six years and winning 12 Tony awards. Mel Brooks wrote the music and lyrics, and Susan Stroman directed and choreographed it. In 2007 the show was filmed for movie audiences. We will watch the show's big production numbers, then go behind the scenes and see how the designers (e.g., set, costume, lighting), and music and dance coaches put it all together.

Cost: None

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

REGISTRATION REQUESTS DUE NO LATER THAN January 15, 2019

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REGISTRATION REQUESTS DUE NO LATER THAN January 15, 2019

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 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: 1932: FDR Takes Command

Date(s): Mondays, April 1, 8, 15

Time: 1:00 to 2:45 pm

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Harry Pence

Course Objective: To describe and discuss Franklin D. Roosevelt's first term in office.

Course Description: The stock market crash of 1929 and the Great Depression that followed were a defining moment for a generation of Americans. When Franklin Delano Roosevelt was elected in 1932, this country was at a very low point. Banks were failing, unemployment was very high, and some questioned whether capitalism could compete with Communism and Fascism. Roosevelt initiated a number of bold experiments, some of which succeeded and some failed.

Cost: None

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

REGISTRATION REQUESTS DUE NO LATER THAN January 15, 2019

COURSE: **Simple Self-Defense**

Date(s): Tuesday, April 2

Time: 10:00 am to 12 noon

Location: Craven Lounge, Morris Conference Center, SUNY

Facilitator: Doug Cannistra

Course Objective: Participants will learn to recognize threatening situations and to protect themselves with easy self-defense techniques.

Course Description: This class is an introduction to simple, basic techniques of self-defense. Anyone can use these methods immediately as there are no physical requirements or restrictions to participants.

Cost: None

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

COURSE: **The Balance of Nature: Reality or Wishful Thinking**

Date(s): Wednesdays, April 3, 10, 17

Time: 10:00 am to 12 noon

Location: Craven Lounge, Morris Conference Center, SUNY

Facilitator: P. Jay Fleisher

Course Objective: Present an illustrated explanation of factors that influence the balance of nature. Then consider whether a balance in nature can actually exist and the factors that define a natural balance. Are time and space important and how is a balance recognized? Question whether changes in natural systems will be challenging for our grandchildren.

Course Description: We assume a “balance in nature” can exist and natural systems are in a state of equilibrium, yet have difficulty recognizing them. Changes in nature are ongoing and every change has a consequence that modifies the balance. Complicating matters is the significance of an anthropogenic influence knowing that it is impossible to touch anything without touching everything. Where is this leading and what changes can be anticipated?

Cost: None

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

REGISTRATION REQUESTS DUE NO LATER THAN January 15, 2019

COURSE: **Chocolate Fun!**

Date(s): Wednesday, April 3 and Thursday, April 4

Time: 1:00 to 3:00 pm

Location: The Plains at Parish Homestead, 163 Heritage Circle, Oneonta (Education Rm, 3rd Floor)

Facilitator: Alice Cannistra

Course Objective: To share new information and some surprising facts, but, best of all, have some fun and enjoy chocolate!

Course Description: This class will be an eclectic presentation of oddities and little known facts about chocolate gleaned from continuing research. Some of the topics included will be chocolate in art, music and literature as well as a host of fascinating tidbits about the world's favorite candy. We will have some partner, group and hands-on activities and, yes, there will be chocolate. Lots and lots of chocolate!

Cost: \$5.00

Minimum Enrollment: 20 **Maximum Enrollment:** 40

COURSE: **Ten Great Experiments in Psychology That Changed Everything**

Date(s): Mondays, April 8 and 15

Time: 10:00 am to 12 noon

Location: Craven Lounge, Morris Conference Center, SUNY

Facilitator: Steven Gilbert

Course Objective: I hope to create interest in and appreciation of 10 classic experiments in psychology, with equal emphasis on the design, the results, and the effect those results have had on future thinking and research.

Course Description: This course explores 10 (or so) experiments in psychology that dramatically changed our understanding of how our minds work. A great experiment is like a detective story, in which alternative theories of the crime are successively disproved, until only one remains viable: The researcher's hypothesis! Our investigation will focus on the methods, the findings, the replicability of the findings (have they stood up over time and attempts to debunk them), and the meaning and import of the findings of these terrific studies!

Cost: None

Minimum Enrollment: 15 **Maximum Enrollment:** 50

REGISTRATION REQUESTS DUE NO LATER THAN January 15, 2019

COURSE: **Discussion: *Elizabeth Cady Stanton: An American Life* by Lori Ginzberg**

Date(s): Tuesday, April 9 11:00 am to 12 noon
Tuesday, April 16, 23 10:00 am to 12 noon

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Marilyn Helterline

Course Objective: The course objective is to understand Elizabeth Cady Stanton's life, her ideas, her role in first wave feminism, and her relationship to other activists and movements of her time.

Course Description: The course will be a discussion of a biography of Elizabeth Cady Stanton by historian Lori D. Ginzberg. Stanton was an organizer of the Seneca Falls Women's Rights Convention in 1848. Her story may be best known through her own autobiography, *Eighty Years and More*. Ginzberg gives a more ambivalent view of Stanton's personality, friendship with Susan B. Anthony, relationships with other advocates for women's rights, and her attitudes toward race and class.

Cost: Book, *Elizabeth Cady Stanton: An American Life* by Lori Ginzberg

Minimum Enrollment: 8 **Maximum Enrollment:** 25

COURSE: **A Tour of Oneonta Job Corps**

Date(s): Wednesday, April 10

Time: 1:00 to 3:00 pm

Location: Job Corps campus, West St., Oneonta

Facilitator: Chris Kuhn

Course Objective: Come tour the center and learn about our mission to serve young adults.

Course Description: Originally part of the Economic Opportunity Act and our nation's continued efforts on the War on Poverty, Oneonta Job Corps Academy was established in 1980 at the former Homer Folks Hospital site. Today, as one of 125 centers across the country administered by the U.S. Department of Labor, OJCA's mission is to serve economically disadvantaged young adults ages 16 to 24. In addition to Career Technical Training opportunities in automotive, construction, or healthcare, students participate in academics with the goal of achieving a high school diploma or equivalent and college. Independent living skills are also taught throughout the center's residential program, which includes recreation, military preparation, and student leadership. The Oneonta Job Corps Academy was named Organization of the Year by the Future of Oneonta Foundation (FOF) in 2013. This year, OJCA received the Quality of Life Award from the Otsego Chamber of Commerce.

Cost: None

Minimum Enrollment: 10 **Maximum Enrollment:** 50

REGISTRATION REQUESTS DUE NO LATER THAN January 15, 2019

COURSE: Enticement to Travel: The Poster

Date(s): Thursday, April 11

Time: 10:00 am to 12 noon

Location: Craven Lounge, Morris Conference Center, SUNY

Facilitator: Ernest Mahlke

Course Objective: To show a variety of travel posters, many of which approach Fine Art.

Course Description: Using posters to encourage travel to National Parks, encouraging the use of railroads, ships, planes as conveyances to get there and other scenic places. Also, information about where these decorative items can be obtained.

Cost: None

Minimum Enrollment: 40 **Maximum Enrollment:** 75

COURSE: Good Luck Sweetheart, Part Two

Date(s): Thursday, April 11

Time: 1:00 to 3:00 pm

Location: Craven Lounge, Morris Conference Center, SUNY

Facilitator: Shirley Ferguson

Course Objective: A continuation of Good Luck, Sweetheart Part One.
1) Continue to describe what it was like to be a woman working in a non-traditional job in the late 70's, once the novelty for all involved had ended.
2) Discuss the continuing days and months on the job, as well as what brought my job to an abrupt end.
3) Discuss the 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: Continue with discussions on the following subjects:
THE TIME PERIOD: 1977-1979
THE SITUATION: Recently divorced; three children under 8
CURRENT JOB: "Gal Friday" in an office for a small engineering firm inspecting an arterial 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 over what I was currently making as a "Gal Friday."

Cost: None

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

REGISTRATION REQUESTS DUE NO LATER THAN January 15, 2019

COURSE: **Topics in Contemporary Literature**

Date(s): Fridays, April 12, May 17, June 14

Time: 10:00 am to 12 noon

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Mary Miller

Course Objective: This course is a book club to gather avid readers who wish to discuss current fiction in a congenial setting.

Course Description: Rather than a pedantic overview of selected books, this is a book club comprised of interested readers who wish to discuss contemporary fiction. There will be much give and take involved in each class; each member is encouraged to participate and share his or her views. The selected works will be announced in February and class members will be notified of the titles.

Cost: Cost of the books.

Minimum Enrollment: 15 **Maximum Enrollment:** 25

COURSE: **The Day of Infamy – The Japanese Attack on Pearl Harbor on December 7, 1941**

Date(s): Thursdays, April 18 and 25

Time: 1:00 to 3:00 pm

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

Facilitator: Darryl Zdenek

Course Objective: Starting from my previous course on the prelude to the day of the Japanese attack we will now look at the attack itself. The actual tactics used by the Japanese Navy and the response from the Americans.

Course Description: Beginning with the Japanese aircraft carriers' approach to Pearl Harbor on December 7, 1941 and the complete surprise they achieved, we will study the Japanese tactics used on each of the installations on Ohau and the different attack aircraft they employed. Then on to the American reactions from the military commanders and the enlisted personnel, ending with the results the Japanese achieved.

Cost: None

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

REGISTRATION REQUESTS DUE NO LATER THAN January 15, 2019

COURSE: **Otsego Country: The Earliest Years**

Date(s): Monday, April 22, Wednesday, May 1 and Monday, May 6

Time: 10:00 am to 12 noon

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Hugh MacDougall

Course Objective: To explore the history and culture of our part of New York from Indian times until the great inrush of settlers that ended about 1810.

Course Description: This course consists of three talks about life and events in what would become Otsego County and its vicinity, from the time of the Indians through the Revolutionary War, and on to the wave of post-war settlement that peaked about 1810.

-- We will meet colorful characters like George Croghan, Jacob Morris, Hohn Christian Hartwick, the Edmeston brothers, Joachim van Valkenberg, and William Cooper.

-- We will explore early fur trading and the departure of the Indians; the establishment in 1768 of the Unadilla River as the western limit of white settlement; the impact of the Revolution, including the destruction of Cherry Valley, Springfield, Andrustown, and the multi-racial community of Oghwaga (Oquaga); the Clinton-Sullivan Expedition of 1779; and the post-war rush of settlers that peaked about 1810.

-- We will examine the development, before and after the Revolution, of communities like Cherry Valley, Butternuts, Newtown Martin (Middlefield), Cooperstown, Hartwick, Unadilla, Milford and Springfield, and consider the cultural, ethnic, ecological, economic and other changes that accompanied their creation.

Cost: None

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

COURSE: **Origami Boxes**

Date(s): Wednesdays, April 24 and May 1

Time: 1:00 to 3:00 pm

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

Facilitator: Patricia Follett

Course Objective: To successfully create several styles of paper boxes. (*Prior origami experience required*)

Course Description: Create folded paper (origami) boxes with facilitator demonstration and instruction as well as textbook instruction.

Cost: \$10.00 for book and origami paper.

Minimum Enrollment: 2 **Maximum Enrollment:** 8

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COURSE: Addiction and Brain Science

Date(s): Monday, May 6

Time: 2:00 to 4:00 pm

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Julie Dostal

Course Objective: Following this presentation the participants will understand:
 1. The three required components to label something as a disease.
 2. How the brain interacts with addictive substances and activities.
 3. The behaviors associated with addiction and how to seek help.

Course Description: We are in the midst of one of the greatest public health crises of a generation. Sixty-eight thousand people died from drug overdose last year and 88,000 people died from alcohol-related causes. This interactive course will explore the current crisis, the disease of addiction, brain science, and the behaviors associated with addiction. Participants will also be given local resources for those struggling with addiction.

Cost: None

Minimum Enrollment: 6 **Maximum Enrollment:** 20

COURSE: Acupuncture in the Amazon: Traditional Medicine Across Cultures

Date(s): Tuesday, May 7

Time: 10:00 am to 12 noon

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Laura Reyda

Course Objective: 1. Overview of Project Buena Vista: Mission of conservation of the Peruvian Amazon.
 2. Commonalities between Eastern medical theory and Peruvian folk medicine.
 3. Effectiveness of acupuncture in remote villages of Peru.

Course Description: Join Laura in a trip back in time when medical diagnosis was as simple as taking your pulse and looking at your tongue. We'll discuss how these simple diagnostics and medical techniques such as acupuncture and massage therapy can make profound differences in the lives of the people we serve.

Cost: None

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

REGISTRATION REQUESTS DUE NO LATER THAN January 15, 2019

COURSE: Highlights from the Fenimore Art Museum Library Collection

Date(s): Friday, May 10
Time: 10:00 am to 12 noon
Location: Fenimore Art Museum, Cooperstown
Facilitator: Joe Festa
Course Objective: To introduce attendees to the special collections held at the Research Library.
Course Description: The course will cover the broad aspects of history, art and material culture through a presentation featuring the library's unique collection of primary sources.
Cost: None
Minimum Enrollment: 35 **Maximum Enrollment:** 70

COURSE: A Visit to Vietnam

Date(s): Monday, May 13
Time: 10:00 am to 12 noon
Location: Room 104, Morris Conference Center, SUNY
Facilitator: Jack Ewen
Course Objective: To share our perceptions of Vietnam, the way of life, natural resources and especially the people.
Course Description: We made visits to Hanoi's Old Town, Halong, and Hoi An. After that we went to Ho Chi Minh City and the tunnels of the Mekong Delta. We will share these experiences through a PowerPoint collection of pictures.
Cost: None
Minimum Enrollment: 5 **Maximum Enrollment:** 40

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COURSE: **Digital Camera Basics**

Date(s): Tuesday and Thursday, May 14 and 16

Time: 10:00 am to 12 noon

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Bill Ryall

Course Objective: To respond to the request from several CCAL members for a class explaining and demonstrating the basics of their digital cameras and how all of those dials, buttons and menus impact their photography – all at a level that is not overwhelmingly technical.

Course Description: We will learn how to hold our camera correctly to avoid camera shake when we are shooting and then take a look at its dials and menus. Then we will examine the exposure triangle (ISO, shutter speed and aperture). We will also try to clarify a lot of the terminology and jargon important to our understanding of photography and how our cameras work. The facilitator will use his own images to demonstrate and explain the ideas discussed. **This class is introductory and basic.** It will not go into great depth and is absolutely not intended for those who already have a good understanding of the concepts mentioned above.

Cost: No cost, but participants should bring a notebook, their cameras and their camera manuals (if they can find them).

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

COURSE: **Cooperstown Walking Tour**

Date(s): Thursday, May 16 Rain Date: Thursday, May 23

Time: 2:00 to 4:00 pm

Location: Begin at Cooper statue, adjacent to Hall of Fame, Cooperstown

Facilitator: Janet Potter

Course Objective: 1. Introduce participants to the outlines of the history of Cooperstown..
2. Examine and review a brief history of several buildings on or near Main Street.
3. Learn about some of the key historical figures in the development of the town.

Course Description: Enjoy a walking tour of Cooperstown, NY. Starting at the Cooper statue in the park adjacent to the Hall of Fame, the tour will include historical tidbits and stories about the houses and businesses on and near Main Street. You will learn about some of the people who made the fascinating history of Cooperstown.

Cost: None

Minimum Enrollment: 5 **Maximum Enrollment:** 15

REGISTRATION REQUESTS DUE NO LATER THAN January 15, 2019

COURSE: **Oneonta 1867 – 1911: One Man’s View (The Diaries of Henry Wilcox), an Encore** (This is a repeat of the Summer 2018 course)

Date(s): Monday, May 20

Time: 10:00 am to 12 noon

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 and 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: **Alaska (Not a Cruise)**

Date(s): Monday, May 20

Time: 1:00 to 3:00 pm

Location: Craven Lounge, Morris Conference Center, SUNY

Facilitator: Cynthia Walton-Leavitt

Course Objective: To share a brief history and images of Alaska from a recent trip.

Course Description: Alaska is an amazing state. It has been on this facilitator’s “bucket list” since childhood. Yet when I finally got there in 2018, I was surprised to realize how little I knew about our 49th state. I traveled for two weeks with a group led by Jay Fleisher, then two weeks on my own. This course will offer a brief history and images of Alaska from the air, land and sea. It is hoped that those who have been to Alaska will share their impressions as well.

Cost: None

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

REGISTRATION REQUESTS DUE NO LATER THAN January 15, 2019

COURSE: A Strong-Minded Woman – Susan B. Anthony in Cooperstown, February 9, 1855

Date(s): Wednesday, May 22

Time: 10:00 am to 12 noon

Location: Craven Lounge, Morris Conference Center, SUNY

Facilitator: Tom Heitz

Course Objective: To relate a story of women’s rights advocate Susan B. Anthony’s visit to Cooperstown on February 9, 1855.

Course Description: As part of a plan to form committees of women in every New York State county, Elizabeth Cady Stanton and Susan B. Anthony set about the task by visiting each county seat beginning in 1854. On February 9, 1855, Susan B. Anthony came to Cooperstown and met with interested women and men for that purpose. She also confronted local lawyers and judges at the Otsego County Courthouse. The previously unknown accounts of her visit to Cooperstown were discovered in 2003 by the course facilitator while preparing a local history column.

Cost: None

Minimum Enrollment: 35 **Maximum Enrollment:** 50

COURSE: Our Local Aviation History

Date(s): Thursday, May 23

Time: 10:00 am to 12 noon

Location: Craven Lounge, Morris Conference Center, SUNY

Facilitator: Robert Parmerter

Course Objective: To examine the aviation history of Otsego County using photos, newspapers, interviews and documents.

Course Description: We will look at and listen to interesting and significant events, people and machines that make up our local aviation history.

Cost: None

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

REGISTRATION REQUESTS DUE NO LATER THAN January 15, 2019

COURSE: Local History as Documented with Cameras

Date(s): Friday, May 24

Time: 10:00 am to 12 noon

Location: Fenimore Art Museum, Cooperstown

Facilitator: Christina Ely Milliman

Course Objective: To:
1. Share photographic images via PowerPoint projection selected from the archives of the Fenimore Art Museum and the Farmers' Museum.
2. Summarize the life stories and working histories of the photographers.
3. Outline the history of photography in Otsego County from 1842 to the present.

Course Description: This class will meet at the Fenimore Art Museum in Cooperstown. Christina Ely Milliman, Curator of Photography, will present a two-hour session illustrated with approximately 100 selected images from the photo archives of the two museums. The life stories and work of several historical and contemporary photographers in Otsego County will be summarized and the history of photography in Otsego County will be outlined.

Cost: None

Minimum Enrollment: 35 **Maximum Enrollment:** 70

COURSE: Climate Change

Date(s): Tuesday thru Friday, May 28 - 31

Time: 11:00 am to 12 noon

Location: Room 104, Morris Conference Center, SUNY

Facilitator: Kevin Schultz

Course Objective: To learn about the climate and how it is changing. To learn about the consequences of climate change and what we as individuals and as a society can do to mitigate these consequences.

Course Description: This class will introduce students to Earth's climate and how it has changed historically through both natural and human-caused processes. Students will also be introduced to how our energy is produced, used, and how it ultimately affects the planet. Students will learn about the consequences of a changing climate and how we can adapt and mitigate climate change.

Cost: None

Minimum Enrollment: 5 **Maximum Enrollment:** 15

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Facilitator Biographies

Berman, Steve has been an area resident since 1967 and coordinated the Meteorology program at SUNY Oneonta until his retirement. Over the years he has offered CCAL programs on Arthur Miller's *Death of a Salesman*, Richard Wagner's *Ring Cycle*, and three classical ballet programs in collaboration with Michelle Gardner.

Brower, David, PhD, CHE serves as the Dean of the School of Business and Hospitality Management at SUNY Delhi where he oversees a dynamic array of academic offerings including the acclaimed Culinary Arts Program. David joined the faculty in the fall of 2002 and became department chair of Hospitality Management in 2012. His industry experience includes positions with the Walt Disney Company, Intercontinental Hotels and Resorts, and the Isle of Capri Casino, Inc. He gained valuable experience with not-for-profit management during his time with the Rhode Island Hospitality and Tourism Association where he served as a school to career liaison and later as Director of Membership Services. David holds associate and baccalaureate degrees in Hospitality Management from SUNY Delhi, an MBA in Hospitality Administration from Johnson & Wales University, and a Ph.D. in Leadership and Management from Capella University in Minneapolis, MN.

Cannistra, Alice taught Spanish for 33 years at Unatego High School, retiring in 2006. She has traveled to Spain numerous times with and without students and is a dedicated Hispanophile. She studied at La Universidad de Salamanca, Spain on a scholarship from the NY State Association of Foreign Language Teachers and the Embassy of Spain. In retirement, she is delighted to have the time to explore in-depth many of the topics from Spanish-speaking cultures that intrigued her during her career.

Cannistra, Doug is a third degree black belt in Shitoryu Karate with over 40 years of experience in the martial arts. He has taught many levels of self-defense classes throughout his career in Probation and as a Director of Corrections facilities for the State of New York.

Chrislip, Frederic attended Northwestern University on a National Merit Scholarship and was graduated from the School of Music. He sang with the Chicago Symphony Chorus for seven seasons and was first-call guitarist for the Chicago Symphony Orchestra from 1974 to 1985. He has served as an extra player for all of the "Big Five" symphony orchestras, including recordings and Carnegie Hall concerts. He received voice training at Northwestern, Tanglewood, and in master classes and private study. Before turning mostly to the lute, he performed some sixty solo recitals in twenty states, singing and accompanying himself on classic guitar in classical music. He now specializes in self-accompanied singing to the Renaissance Lute and studies at early music festivals each year.

Dostal, Julie PhD is the Executive Director of the LEAF Council on Alcoholism and Addictions and has been with the organization since 1998. Dr. Dostal also serves on the National Board of Directors of the Facing Addiction with NCADD. She is a person in long-term recovery and is passionate about sharing information about addiction and recovery on the national, state, and local levels.

Ewen, Jack is a retired school counselor with interests in political science, history, and everything from gardening to art to travel.

Ferguson, Shirley has lived in Delaware County for 15 years and loves it. Her career included teaching, selling make-up, having a day care facility in her home, operating heavy equipment, and spending 20 years as a sales rep for Xerox. She loves traveling, particularly when it can be combined with volunteering. She enjoys sharing her adventures with CCAL members who are always so receptive and enthusiastic!

Festa, Joe currently serves as Librarian for the Fenimore Art Museum and The Farmers' Museum, handling reference, public service, and collection development. He received his Master in Library Science degree from Queens College, and has lived in Cooperstown since 2014. Previously, he worked for the Library at New York Historical Society in Manhattan and grew up on the North Fork of Long Island.

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

Fleisher, P. Jay is Distinguished Teaching Professor Emeritus in the Earth Sciences Department at SUNY Oneonta. During his 40 years at the college, he taught introductory and advanced Geology courses. Although most comfortable discussing glaciers, glacial geology, and the impact of these on the global society, he will shift to a topic central in current thinking – factors that control and impact the Balance of Nature.

Follett, Patricia is a retired kindergarten teacher with a lifelong love of crafting. Her interest in Origami started when she was nine years old.

Gardner, Michelle has been active in the local dance scene since her arrival in Oneonta in 1981. She took ballet classes with Jayne Keating and Paul Sanasardo in the 80's and has taught ballet, world dance, music theatre, jazz, and history of dance at SUNY Oneonta. She has performed in more than 30 productions and choreographed over 35 music theater productions for area high schools, colleges, and local theater companies, including Orpheus Theater, Catskill Players and Catskill Theatre Works.

Gilbert, Steve received his BA in Psychology from Boston University in 1966, and an MA (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 influencibility. 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.

Gourlay, Patricia is an Emeritus Professor of English at SUNY Oneonta. She was a recipient of the Chancellor's Award for Excellence in Teaching. She has been offering Shakespeare at CCAL since 2004, and has not lost her enthusiasm for these classes and these students. She has also taught at Temple University and Hunter College. She is a graduate of Wellesley College, with an M.A. from Stanford University and a Ph.D. in Comparative Literature from Columbia University.

Heitz, Tom writes local history columns for the Freeman's Journal, the Richfield Springs Mercury and the Route 20 Pulse. Tom is Otsego Town Co-Historian, an interpreter for the Cardiff Giant at the Farmers' Museum in Cooperstown and was the official score keeper for the Oneonta Tigers in the summertime. From 1983 to 1995 he was Librarian at the National Baseball Library and Archive, National Baseball Hall of Fame and Museum. He is a graduate of the University of Kansas (1962), the University of Missouri at Kansas City School of Law (1965), the University of Washington (MS in Library Sciences, 1972) and also attended classes at SUNY's Cooperstown Graduate Program in Museum Studies (1996-1998). As a lawyer, Tom served as a JAG officer and military law instructor in the U.S. Marine Corps (1965-1971) during the Vietnam era. He has also been actively engaged in the civil rights struggle for the recognition of equal rights and opportunities for LGBTIQI people since the late 1960s. Tom's CCAL courses, which have covered a wide variety of subjects of both local and universal interest, are taught in a narrative story-telling fashion interspersed with original resource materials and illustrations. Different points of view, discussion, and provocative questions are welcomed.

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 establish the Women's and Gender Studies Department. She holds a Ph.D. in sociology from the University of Notre Dame

Johnson, Jim received his MA in English Literature from the University of Iowa in 1966 with a concentration in 19th century American literature and philosophy. Since that time he has continued his interest in Emily Dickinson – reading, teaching, and carrying out many hours of study and research at the Homestead in Amherst, Massachusetts, where Dickinson was born, lived, and died. He has written/co-written three books on the American Shakers, a book called Colonial: Design in the New World, published by Stuart Tabori and Chang, and a book on the formation of a small

farming community in Minnesota. For 30 years prior to his retirement, he owned and managed an advertising agency in Great Barrington, MA.

King, Charles is a retired electrical engineer who worked for the power company in CT and also had a Professional Engineering license in CT and MA. Currently retired in Oneonta, he enjoys retirement by traveling with his girlfriend and giving presentations on early technology related to the reproduction and enjoyment of sound and communication, like the telegraph, telephone and HiFi.

Kuhn, Chris is a 30+ year veteran of the Job Corps program, having started his career in 1984 at the Hubert H. Humphrey Job Corps Center in St. Paul, Minnesota. In the spirit of adventure, he moved east with his family to run progressively larger centers in Vermont and Maine before coming to New York in 2010. His vision is to improve the quality of the students' learning and living environment by working together as One Team that includes the greater community. During his tenure, there have been major changes, such as the building of the Smart Grid advanced training yard, the Oneonta Municipal Airport renovation, and most recently, the addition of the Drone Pilot training program. Chris and his wife Annie have been married 30 years and have two adult daughters, Hannah and Josie, both college graduates.

Livingston, Sarah is the Adult Services Librarian at Huntington Memorial Library. She teaches the 3D design classes at Huntington Memorial Library for kids and adults.

MacDougall, Hugh, who is Cooperstown Village Historian and founder of the James Fenimore Cooper Society, has given CCAL courses annually on historical, literary, and international subjects, since its inception 15 years ago.

Mahlke, Ernest taught for the SUNY Oneonta Department of Art for 32 years and has taught a number of courses for CCAL since retiring. He is interested in many things, particularly sculpture, hiking, travel and railroads. He and his wife Heide are frequent hikers to such diverse places as the Catskills, Adirondacks and New Hampshire's White Mountains. They are also enthusiastic and frequent travelers, having visited almost 40 different countries so far.

Matthews, Harry Bradshaw is the founding president of the United States Colored Troops Institute for Local History and Family Research, and Associate Dean and Director of the Office of Intercultural Affairs at Hartwick College. He has been honored nationally as an expert in the study of the USCT, Underground Railroad, and family history research.

Miller, Mary S. is a retired 12th grade English teacher and former adjunct instructor at Hartwick College. She is a passionate reader who enjoys sharing her enthusiasm with fellow readers.

Milliman, Christina, Director of Museum and Library Collections at the Fenimore Art Museum and The Farmers' Museum, has overseen the photography collections at the Museums for more than eight years. Primarily working with The Farmers' Museum *Plowline: Images of Rural New York* photography collection - a purpose-driven, curated collection documenting the agricultural history of New York State, farm families and changes in agriculture over time – this collection has grown to over 16,000 images during her tenure. Christina also worked extensively with the Smith and Telfer Collection at the Fenimore Art Museum, a body of photographic work comprised of over 53,000 glass plate negatives documenting over 100 years of Cooperstown area social events, businesses, estates, residents and more. Christina has more than twenty years of experience working in history and art museums.

Paranya, Spike is a retired educator having spent 5 years teaching biology and earth science at suburban and inner city schools and 4 years teaching elementary school science methods at the University of Massachusetts where he received his Ed.D. He then spent 26 years as an elementary school principal, 21 of which were in the Sidney, NY school district. He has always enjoyed classical music and the interesting facts relating to this music.

Parmarter, Bob taught junior high social studies in Schenevus for 33 years, retiring in 1997. He is currently Vice-President of CCAL; historian for the town of Maryland (including Schenevus); historian for the Beechcraft Heritage Aviation Museum in Tullahoma, TN; active in the Town of Maryland Historical Society; and author of "Beech 18: A Civil and Military History," published in 2004. He grew up in Florida, NY, graduated from SUNY Oneonta in 1964, and is the proud grandfather of four terrific young people.

Pence, Dr. Harry E. is a SUNY Distinguished Teaching Professor Emeritus and presently serves as a Faculty Fellow for Emerging Technologies at the Teaching and Learning with Technology Center at the State University College at Oneonta, NY. 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 also 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 recently published book, Chemistry Education: Best Practices, Innovative Strategies and New Technologies.

Potter, Janet developed a love for the history of the area while growing up and attending school in Cooperstown. She worked at SUNY Oneonta’s Milne Library for 37 years, serving as library director for the last 16 years.

Rees, Helen is a retired librarian who enjoys both local history and the stories behind it. She has been involved with the Swart-Wilcox House Museum since its inception in 1988 when it was merely a dilapidated structure...and a dream. She finds that new information is continually being discovered which makes the history of Swart-Wilcox an on-going story.

Reyda, Laura is a licensed Acupuncturist and licensed massage therapist in Private Practice in Oneonta. She and her husband, Florian Reyda, co-founded Project Buena Vista in 2011. They have been travelling to this region of Peru since 1994. Laura has led acupuncturists, chiropractors and other medical professionals to the region twice a year since 2011 to provide services to underserved populations in the Peruvian Amazon.

Ryall, Bill is a retired French teacher who enjoyed a career that spanned over 42 years both in the public schools and 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 numerous competitions and his images have been published in secondary and post-secondary French textbooks.

Seaman-Mahlke, Heide has been a movie buff since childhood when a “movie night out” was a memorable occasion. She bemoans the proliferation of multi-plex theaters with their offerings of noisy techno-whizz films. This class is her attempt to prove that great films still exist and can be seen, even if you have to show them yourself. She also has never met a craft she didn’t like, from early childhood, making doll clothing and hats, from bits and pieces, to today, attending fancy craft schools that instruct in the art of tilemaking, basketry and enameling. She’s always willing (and sometimes, able) to share with others what she has learned.

Seletsky, Robin is a clarinetist who has been teaching music appreciation classes at SUNY Oneonta since 1991. Additionally, she concertizes locally and abroad, has an active clarinet studio (both in-person and online), and blogs regularly at www.robineseletsky.com.

Schultz, Kevin his family moved here in 2012 and he is now Associate Professor of Physics at Hartwick College. He received his PhD in atomic physics at Stony Brook University and did post-doctoral research in atomic physics at Brookhaven National Laboratory and The Ohio State University. At Hartwick, every J-term, he teaches a course called “Energy, Environment and Society”. Occasionally he writes on his blog “Hot New World” at Medium.com and he has recently joined the Oneonta Environmental Board.

Walton-Leavitt, Cynthia serves as the Pastor at First United Presbyterian (the “Red Door”) Church where she leads an adult class in discussing a variety of topics. She also enjoys learning and travel, and joined a two-week group tour of Alaska led by Jay Fleisher in 2018. She then stayed on for another two weeks to explore on her own.

Zdenek, Darryl is a retired manufacturing/distribution manager with a lifelong interest in history, especially the World War II era. After retiring from a 35 year career, he purchased his “hobby farm” in Roseboom about 12 years ago. An avid reader of history, he became especially interested in the Pacific theater in WWII and loves to share his learning and views with like-interested people.

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 TWO complimentary courses for each course they teach. Complimentary courses 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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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, 2019

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, 2019).

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 _____ ZipCode _____
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 2019 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
Winter/Spring 2019

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

<u>SPRING COURSE REQUESTS</u> due January 15, 2019:	<u>DATE OF 1st CLASS:</u>	<u>Will you be CLASS ASST?</u>
1 st _____	_____	_____
2 nd _____	_____	_____
3 rd _____	_____	_____
4 th _____	_____	_____
5 th _____	_____	_____
6 th _____	_____	_____

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 2019 Membership Form and 2. Payment for 2019 calendar year