

# **FALL 2022 SCHEDULE OF CLASSES**

#### **INDOOR RECREATION**

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.

**SWIMMING:** Pool is located in the Chase Physical Education Building and is open only when SUNY classes are in session from September 1, 2022 through May 10, 2023 as follows:

Monday – Friday 12 noon to 2:00 pm and 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, 2022 through August 31, 2023 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

#### **SENIOR MOVE MANAGEMENT**

Terry Field Friday, September 9 1:00 pm - 2:00 pm

(rain date Thursday, September 15)

**Never Move Alone** specializes in helping older adults and their families with the daunting process of downsizing, moving, or developing a stay at home plan. Moving can be one of the most stressful times in one's life. I will go over some of the ways we can reduce your stress, save you money, and produce quality results.

**Location:** Swart-Wilcox House Lawn **Maximum Enrollment:** None

**Registration:** To register please email <u>ccaloneonta@stny.rr.com</u> or call 607-441-7370

#### **PINE CONE WREATHS**

Aleda Koen Monday, September 12 10:00 am – 12 Noon Monday, September 26 9:00 am – 12 Noon

We will 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!

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.

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

**Maximum Enrollment: 8** 

**Registration:** To register please email <u>ccaloneonta@stny.rr.com</u> or call 607-441-7370

### LA BELLE FRANCE: A STROLL THROUGH BILL'S PRE-DIGITAL PHOTO ARCHIVES

**Tuesday, September 13** 10:00 am - 12 Noon

This class will be a visual two-hour "whirlwind" trip around France, but all of the images in the program will have come from Bill's slide archives. Images dating from the early 1970s until he converted from film to digital photography around the year 2000. All of the slides used in this "vintage" tour of France have been scanned into the computer software to facilitate projection.

Location: Craven Lounge, Morris Conference Center, SUNY Oneonta

Maximum Enrollment: 75

Registration: To register please email ccaloneonta@stny.rr.com or call 607-441-7370

#### **TOUR OF PALM BEACH**

#### Jack Ewen 10:00 am - 12 Noon Thursday, September 15

All those years of sharing Our Tour of Palm Beach Scandals with our visiting family and friends, led to learning many of this elite group came from "Rags to Riches" beginnings. They reinforced the world-wide description of our country as a "Land of Opportunity".

Location: Room 104, Morris Conference Center, SUNY Oneonta

**Maximum Enrollment: 40** 

Registration: To register please email ccaloneonta@stny.rr.com or call 607-441-7370

#### THE FOUNDATIONS OF CONFLICT RESOLUTION- CANCELLED

#### **Tuesday, September 20** Tom Pullyblank

1:00 pm - 4:00 pm

Our world is filled with conflict. How does it begin? How can we navigate our way through conflict? How can we accept different points of view while at the same time maintain the integrity of our own positions and interests? This class will explore the nature of conflict and develop strategies to live with its presence in our lives.

Location: Room 104, Morris Conference Center, SUNY Oneonta

**Maximum Enrollment: 30** 

Registration: To register please email ccaloneonta@stny.rr.com or call 607-441-7370

# **EMILY DICKINSON'S PROSE AND POETRY: 8 LETTERS AND 10 POEMS**

#### Jim Johnson Thursdays, September 22 and 29

10:00 am - 12 Noon

The letters of Emily Dickinson are a delight to read, and included her thoughts on a number of themes of her poetry nature, faith, love, loss and immortality. In this class we will examiner 8 letters and 10 poems to explore how she framed these subjects in her letters, and discover how they found artistic expression in the compressed verses and striking images in her poetry.

Location: Room 104, Morris Conference Center, SUNY Oneonta

Maximum Enrollment: 25

**Registration:** To register please email <u>ccaloneonta@stny.rr.com</u> or call 607-441-7370

# **SAYING GOOD-BYE**

#### **Bruce Helstrom** Wednesday, September 28

10:00 am - 12 Noon

One of the challenges in life is saying good-bye. This 2 hour course is designed to help prepare family, friends, and colleagues for that challenge. The first hour is devoted to a discussion of the psychology of visitation. Active listening, end of life tasks, the ministry of silence, four things that matter most and the witness to pain

**Bill Ryall** 

are briefly examined. The second hour is an exercise in role play. Volunteers will be given a scenario whereby

they can act as visitor of dying loved one. A bibliography for further reading will be handed out.

Location: Room 104, Morris Conference Center, SUNY Oneonta

Maximum Enrollment: 10

**Registration:** To register please email <u>ccaloneonta@stny.rr.com</u> or call 607-441-7370

## YOU KNOW MORE THAN YOU THINK! LET'S NAVIGATE WINDOWS 10

#### Teri Weigl

### Friday, September 30

1:00 pm - 3:00 pm

This class will be held on Zoom. I will share my screen with attendees to show and briefly discuss the file structure of Windows 10 and an internet browser. Also, we'll look at network settings, and general Windows settings (like display, microphone, etc.). For the 2nd half of the class, attendees are asked to have a question prepared of something they would like to know more about or how to do. Attendees are encouraged to share their knowledge and experience! The goal of this class is to familiarize you with your computer and help you understand "what's under the hood" and how consistent certain settings are no matter the operating system. Even Mac users may find it informative.

Location: ZOOM (link will be emailed)

**Maximum Enrollment:** enrollment is not limited **Registration:** Not required, open enrollment

# "THE GOLDEN GIRLS"

#### **Marjorie Pietraface**

# Tuesday, October 4

10:00 am - 12 Noon

This course will look at the "makings" of *The Golden Girls*. Most of us watched *The Golden Girls* and laughed at the antics of Sofia, Dorothy, Blanche and Rose. Each of these characters were easy to relate to and bond with. This show was ahead of its time in many ways and participants will learn why this was the case.

Location: Craven Lounge, Morris Conference Center, SUNY Oneonta

**Maximum Enrollment: 75** 

Registration: To register please email <a href="mailto:ccaloneonta@stny.rr.com">ccaloneonta@stny.rr.com</a> or call 607-441-7370

## **POLAR BEARS OF CHURCHILL**

#### **Daniel Palm**

### **Tuesday, October 11**

10:00 am - 12 Noon

A photographic journey on the tundra near Churchill, Manitoba, Canada, to view polar bears as they congregate awaiting formation of sea ice. Included will be a description of polar bears, their yearly journey and their habitat. Over 70 photos will provide visual backup to the narrative.

Location: Room 104, Morris Conference Center, SUNY Oneonta

**Maximum Enrollment: 20** 

Registration: To register please email ccaloneonta@stny.rr.com or call 607-441-7370

# **ON THE WATERFRONT – A SOCIAL COMMENT FILM**

#### **John Chamard**

#### Wednesday, October 12

1:00 pm - 4:00 pm

The course will explore the sources of the social problem at hand and how allegory is used to illustrate the choices made by the characters involved. The film won 8 of the 12 Academy Awards for which it was nominated, including Best Picture and Best Actor for Marlon Brando. "Learning about decency through love, hate and murder, the Brando creation of a man's moral awakening was a poignant work of art by a talented craftsman."

Location: Craven Lounge, Morris Conference Center, SUNY Oneonta

**Maximum Enrollment: 75** 

**Registration:** To register please email <u>ccaloneonta@stny.rr.com</u> or call 607-441-7370

# **HOW NOT TO WRITE A CHILDREN'S BOOK (I DID IT!)**

#### **Judy Steiner Grin**

#### **Thursday, October 13**

10:00 am - 12 Noon

I will share the creative process, encourage perseverance, celebrate serendipity and commitment, and trust the message. The three books I will share are

- 1. His Name was Shortly Forthcoming; How Capital Letters Came to Be
- 2. Callipidder Birds
- 3. Monkey See Monkey Do The Fourth and Fifth Monkeys

Books are available at Amazon, Riverwood, Green Toad, and Mingo Market

Location: Room 104, Morris Conference Center, SUNY Oneonta

Maximum Enrollment: 40

Registration: To register please email ccaloneonta@stny.rr.com or call 607-441-7370

## THREATENED WITH EXTINCTION: LEATHERBACK TURTLES AND KOALAS

#### **Dolores Rothwell**

#### Monday, October 17

1:00 pm - 3:00 pm

Leatherback turtle expedition and research at Las Baulas de Guanacaste National Park, Costa Rica. The primary goal of the members of our Earthwatch team was to gain a better understanding of the nesting biology of the endangered leatherback sea turtle. Our time on the beach at night was spent guarding the turtles who were digging nests and laying eggs. During the day we watched the hatchlings leave the nest and go to the sea.

Koala expedition and research at Otway National Park in Southern Australia. Our Earthwatch project objectives were to assess koala population density through radio tracking, observation, and capture. Koalas do not like to move or be moved and were, unfortunately, destroying the Manna Gum trees in the area. What steps could be taken to save the forest and the koala population?

Location: Room 104, Morris Conference Center, SUNY Oneonta

Maximum Enrollment: 40

Registration: To register please email <a href="mailto:ccaloneonta@stny.rr.com">ccaloneonta@stny.rr.com</a> or call 607-441-7370

# THE REAL REVOLUTIONS..."THE WORLD TURNED UPSIDE DOWN..."

#### **Ed Sanborn**

## Tuesdays, October 18, 25, November 1, 15

10:00 am - 12 Noon

Overview of how the technological advances in agricultural, science, and industry that fueled the Renaissance, the Reformation, the Birth of Capitalism, The Enlightenment, and the Democratic Revolutions, then and now.

Location: Room 104, Morris Conference Center, SUNY Oneonta

**Maximum Enrollment: 40** 

**Registration:** To register please email <u>ccaloneonta@stny.rr.com</u> or call 607-441-7370

# <u>SIMULATION THEORY: DO WE LIVE IN A COMPUTER SIMULATION?</u>

#### **Charles Hartley**

#### **Tuesday, October 18**

1:00 pm - 2:30 pm

This theory has been around for a very long time. Nick Bostrom most recently revisited the theory in an article published in 2003 in the respected *Philosophical Quarterly* journal. Since then, a number of scientists, philosophers, and others have published papers in favor and against the theory. I hope to describe the theory, the argument for and against, and the implications that might follow if it turns out that we are really just the figments of some computer's "imagination".

Location: Room 104, Morris Conference Center, SUNY Oneonta

**Maximum Enrollment:** 

Registration: To register please email <a href="mailto:ccaloneonta@stny.rr.com">ccaloneonta@stny.rr.com</a> or call 607-441-7370

#### THE DUTCH ROOTS OF NEW YORK

Danny L. Noorlander

**Tuesday, October 25** 

1:00 pm - 2:30 pm

The first European merchants and settlers in New York were Dutch, not English. The Dutch Republic called the place New Netherland, and they claimed and administered it starting in 1609, with England seizing control for the first time in 1664, then renaming it New York. I will provide a brief history of New Netherland and explore the Dutch impact on the region afterward. The Dutch period may have only lasted fifty-five years, but the Dutch legal and cultural footprint in New York was significant.

Location: Room 104, Morris Conference Center, SUNY Oneonta

**Maximum Enrollment: 40** 

Registration: To register please email ccaloneonta@stny.rr.com or call 607-441-7370

#### **OUR PUBLIC LANDS**

Diane Carlton Wednesdays, October 19, 26 2:00 pm – 3:00 pm

The federal government owns more land than anyone else in the United States. How did that happen? What are the different categories of land it holds and what is the purpose of each? Learn the threats and controversies surrounding these lands as well as the history that created them. Plan your next adventure at a lesser known, but equally spectacular, national wilderness area, national wildlife refuge, national battlefield, national historic site, national monument, or national forest. This course will introduce you to all of these plus BLM lands and more.

Location: Room 130, Morris Conference Center, SUNY Oneonta

**Maximum Enrollment:** 

**Registration:** To register please email <u>ccaloneonta@stny.rr.com</u> or call 607-441-7370

# DISCUSSION OF "HOW CIVIL WARS START AND HOW TO STOP THEM"

# **BY BARBARA F. WALTER**

Marilyn Helterline Wednesday, October 26 10:00 am – 11:00 am Wednesdays, November 2, 9 10:00 am – 12 Noon

The course will be a discussion of Barbara F. Walter's *How Civil Wars Start and How to Stop Them*. Professor Walter has spent decades studying civil wars around the world. She uses this knowledge to describe the nature of contemporary civil wars and the conditions that increase the probability of civil wars. This gives her a perspective to better understanding the current political crisis in the U,S.. Civil wars today do not look like the army of the Confederacy facing the Union Army, but militias, guerilla warfare, and organized terror. Civil Wars generally do not occur in strong democracies or autocracies, but when democracies or autocracies are weak.

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

**Maximum Enrollment: 25** 

**Registration:** To register please email <u>ccaloneonta@stny.rr.com</u> or call 607-441-7370

# <u>A TYPICAL UPSTATE FIRE DEPARTMENT - CANCELLED</u>

Robert Parmerter Frid

Friday, October 28

1:00 pm - 3:00 pm

Using photos, documents, news clippings, and interviews, we will examine the evolution of an 1885 village fire department to a modern independent company responsible for town-wide fire protection.

Location: Room 104, Morris Conference Center, SUNY Oneonta

Maximum Enrollment: 40

**Registration:** To register please email <a href="mailto:ccaloneonta@stny.rr.com">ccaloneonta@stny.rr.com</a> or call 607-441-7370

# **NATIONAL PARKS: AMERICA'S BEST IDEA?**

Daniel Palm Mondays, October 31, November 7 10:00 am - 12 Noon

After providing an overview of the basic principles 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.

Location: Craven Lounge, Morris Conference Center, SUNY Oneonta

**Maximum Enrollment: 75** 

Registration: To register please email <a href="mailto:ccaloneonta@stny.rr.com">ccaloneonta@stny.rr.com</a> or call 607-441-7370

# PRACTICAL IDEAS ON HOW TO ORGANIZE YOUR AFFAIRS PRIOR TO THE INEVITABLE (Repeat)

Judith PachterThursday, November 310:00 am - 12 NoonTuesday, November 810:00 am - 12 Noon

This is mostly a repeat of the course given in October 2019. I strongly urge to attend this course with your spouse or partner if a member of CCAL. We will discuss how to organize your paperwork so that you and your family will not feel overwhelmed upon your death or the death of your spouse. We will talk about making your wishes clear to avoid squabbles among your heirs and also give you practical ideas so that you are not spending money on needless professional fees.

Location: Room 104, Morris Conference Center, SUNY Oneonta

Maximum Enrollment: 40

**Registration:** To register please email <u>ccaloneonta@stny.rr.com</u> or call 607-441-7370

# FALL 2022 Facilitator Biographies

Carlton, Diane, AICP, is an avid environmental planner who has a special interest in land preservation as a building block for sustainability. Diane is the former Planning Director for Otsego County and has worked as an environmental planner in Westchester and Sullivan counties as well as in the town of Naugatuck, CT. She is the retired Director of Public Affairs and Education for the central New York region of the Department of Environmental Conservation. Diane teaches part-time in the Department of Geography and Environmental Sustainability at SUNY Oneonta, and holds an MPA from the University of Delaware in Environmental Planning as well as a B.A. in History and Environmental Studies from SUNY Geneseo. She is a certified planner through the American Planning Association (AICP) and a Board member of the Chenango Land Trust.

**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.S. from Columbia University.

**Ewen, Jack** received his B.S. from Hartwick College and his MS from Colgate University. He had a long career as a school counselor, for 36 years in the Oneonta School District. Because Jack has a history of so many hobbies, he says he is called "Jack of all trades, master of none." Now his concentration of activities is in volunteerism: locally with The Lord's Table and Opportunities for Otsego, and in Florida, several volunteer services at MacArthur Beach State Park and volunteer speaker-presenter at Baldwin Prep. Two recent interests to enrich his retirement are CCAL and ADK (Adirondack Hiking Club).

**Field, Terry** In 2020, after 31 years as a veterinary assistant in Delhi, Terry felt it was time to start her own company where she can help a generation of people going through their next phase of life. As a member of the National Association of Senior and Specialty Move Managers (NASMM), she strives to simplify what can be an overwhelming time.

**Grin, Judy Steiner** is a teacher, professor, artist, writer, singer, painter, sculptor, story, and song. She spent 34 years teaching 1<sup>st</sup> through 9<sup>th</sup> grade. She also taught at SUNY Oneonta for 13 years at night, Issues in Education. She also has experience in real estate and sausage sales.

**Hartley, Charles** grew up near Portland, Oregon, and received a Bachelor's degree in Physics from Portland State University, and a Ph.D. in Physics from the University of Colorado. For thirty years he taught physics, astronomy, and the occasional beginning computer programming course at Hartwick College, retiring in 2006. He has taken courses in mathematics and computer science. He has studied artificial intelligence over the past few years and written some of his own AI programs. For the past 40+ years he and Su have traveled to 50 plus countries and Antarctica.

**Helstrom, Bruce** MDiv, BCC, is a chaplain with Catskill Area Hospice and Palliative Care. He is Board Certified through the Association of Professional Chaplains.

**Helterline, Marilyn** is a retired professor of sociology. She taught at SUNY Oneonta from 1973 until 2009. She holds a Ph.D. in sociology from the University of Notre Dame where much of her work, including her dissertation, focused on political sociology.

**Johnson, Jim** received his MA in English Literature from the University of Iowa in 1966 with a concentration in 19<sup>th</sup> 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.

**Noorlander, Danny L** received his Ph.D. from Georgetown University in 2011. He is currently an Associate Professor of History at SUNY Oneonta. He teaches colonial American history, the Atlantic world, and European expansion. His most recent work is *Heaven's Wrath: The Protestant Reformation and the Dutch West India Company in the Atlantic World* (Cornell, 2019)

**Palm Daniel** is a frequent presenter who enjoys sharing his travels with CCAL members. His travels have taken him to all seven continents and over 65 countries.

**Parmerter, Robert** taught junior high social studies in Schenevus for 33 years, retiring in 1997. He is 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.

**Pietraface, Marjorie** was born in Jamestown, NY, where Lucille Ball was born. She had a 35-year career as a social worker and educator. She was a licensed social worker and credentialed alcoholism and substance abuse counselor. Marge has worked as a therapist/counselor in a variety of settings, including Otsego County Mental Health, Oneonta City Schools, Hartwick College and SUNY Oneonta.

**Pachter, Judith** was in the financial services industry for 30 years prior to her semi-retirement 2 years ago. She has also been a Hospice volunteer and has served on the board of the United Hospice of Rockland for 20 years. She has spent many hours assisting recent widows and widowers with the tasks that need to be handled upon the loss of their loved one after her own experience of the death of her husband in 1995. As a former registered nurse, she knows full well that life has a way of throwing curve balls and that there is only one thing that is certain and that is death. She believes that being prepared for the inevitable is vital to peace of mind.

**Pullyblank, Tom** is an experienced mediator and circle conversation facilitator who has worked with a variety of groups throughout the area. Tom volunteers for Catholic Charities of Delaware, Otsego, and Schoharie Counties. He is also an ordained elder in the United Methodist Church. Tom is a writer and has two decades of experience teaching history in college classrooms.

**Rothwell, Dolores** enjoys walking downtown and visiting friends from her home on Dietz Street; attending CCAL courses, concerts, and art shows in and around town; plus, volunteering at the History Center, CANO, and the Foothills Performing Arts Center keeps her occupied. She recently fulfilled the last trip on her bucket list by going to Uganda to see gorillas in the wild and wants to share her adventures with you.

**Ryall, Bill** is a retired French teacher who enjoyed a career that spanned over 42 years both in 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 passionate about his photography, an interest he has pursued since his early teens. His photography has won awards in various shows and his images of the Francophone world have been published in secondary school and university-level French textbooks.

**Sanborn, Ed** taught high school History and English for 25 years, plus eight years teaching continued adult learning in Sacramento, CA (Renaissance Society). He is interested in a wide variety of subjects and has taught classes about the Northern Renaissance, Revolutions 1600-2000, The Middle Ages 400-1200 AD, and The Chinese Revolution 1900-2000 to name a few. He welcomes any suggestions for future classes.

Weigl, Teri After 35 years of service, Teri retired from SUNY Oneonta in 2017. Although she began her career as clerical staff, the last 20 years of her employment she was professional staff in the customer service area of Information Technology Services as the Manager of the IT Service Desk (computer help desk for the college). The service desk assists faculty, staff, students, and guests with the use of any technology on campus including classroom support, network registration, network troubleshooting, computer labs, user accounts, etc. Since the service desk is staffed with student workers, Teri spent much of her time on training those students on the various campus technologies, procedures, and skills that build a good work ethic, while also providing support to users directly. She received a B.S. Degree in Secondary Education – English in 1993.