



SPRING 2023 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

FINANCIAL SECURITY IN UNCERTAIN TIMES

Diane Carlton

Monday, April 3

3:00 pm – 4:00 pm

We don't often face high inflation and low interest/dividend returns at the same time. This session will give you some basic ideas about how to manage your money and plan for the future during such difficult times.

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

LEARN TO PLAY AMERICAN MAH JONGG

Marilyn Rosas

Tuesdays, April 4, 11, 18, 25

1:00 pm – 4:00 pm

American Mah Jongg is a game of strategy and Luck. We will cover the rules and offer some simple strategies. We will play the game as that is the best way to learn!

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

Maximum Enrollment: 12

Cost: \$10 for American Mah Jongg card * The reason for the spring choice for the class is because the American Mah Jongg League issues a new card every March.

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

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

Ed Sanborn

Thursdays, April 6, 13, 20, 27

10:00 am – 11:30 am

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 ccaloneonta@stny.rr.com or call 607-441-7370

SUSPENSE IN THE MOVIES – PART I

Todd Jones

Thursdays, April 6, 13, 20

1:00 pm – 4:00 pm

We will compare and contrast different techniques of suspense from different eras and genres. Special focus will be on how psychology is used to heighten the tension in the selected movies. The first three movies will be "Play Misty for Me" (1971), "Time After Time" (1979) and "Manhunter" (1986). Although all these movies use different approaches and techniques to generate suspense, the common thread is the race against time to save a life.

Location: Room 104, Morris Conference Center, SUNY Oneonta

Maximum Enrollment: 25

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

HAND & FOOT CARD GAME

Carol Stafford

Fridays, April 14, 21, 28

10:00 am – 12:00 pm

Learn the rules of the card game Hand & Foot. Play individually, then learn the rules for playing with partners and continue playing.

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

Maximum Enrollment: 12

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

THE CROWN OF THE CONTINENT – GLACIER AND WATERTON NATIONAL PARKS

Dorothy Scott Fielder

Monday, April 17

10:00 am – 12:00 pm

In August 2022 I went on a Road Scholar trip in Glacier National Park in Montana and the contiguous Waterton Park in Canada. We went on hikes most days and had interesting talks about the area and native people. We went into four of the iconic lodges and actually stayed in two of the hotels. The scenery was magnificent. I am anxious to share my photographs and information from this spectacular trip.

Location: Craven Lounge, Morris Conference Center, SUNY Oneonta

Maximum Enrollment: 40

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

VIEWS OF SUSQUEHANNA SCENERY FROM A GEOLOGIC PERSPECTIVE

P. Jay Fleisher

Wednesday, April 19

11:00 am – 1:00 pm

It is difficult, if not impossible, to travel almost anywhere without looking at the scenery. In this course we will consider the geologic history that shaped the Susquehanna Valley and adjacent areas of central New York State. Even ordinary scenery has a geologic history that influenced the way it looks. I will show you the way our local scenery formed throughout geologic time from before dinosaurs to the last Ice Age.

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

INCORPORATING RESEARCH INTO FICTION

Jeffrey Colvin

Wednesday, April 26

10:00 am – 11:30 am

This lecture will explore how a variety of sources and activities, interviews, texts, source documents, maps, and other research can help generate ideas for characters, settings, and themes for historical fiction. What are the constraints, the creative possibilities? How to "modernize" the historical for contemporary readers?

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

A CASE OF THE NERVES REVISED

Marjorie Pietraface

Tuesday, May 2

10:00 am – 12:00 pm

Participants will learn what are the cause(s) of anxiety and how their own behavior contributes to feelings of anxiety. Coping strategies to deal with anxiety will be presented. Time permitting, the emotional ramifications of the COVID pandemic will be explored.

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

PLANT GROWTH AND DEVELOPMENT

Bill Pietraface

Tuesday, May 9

11:00 am – 12:00 pm

Plants need light, water, and nutrients to properly develop. However, internally, five major groups of plant hormones control almost all aspects of plant growth and development. We will briefly discuss these five groups and their major effects on plants. In addition, a discussion of plant tissue culture techniques will be included to show how test tube plants can be produced.

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

HOW TO PAY FOR GOVERNMENT

Bill O'Dea

Tuesdays, May 9,16, 23

1:00 pm – 2:30 pm

There are three ways to pay for government spending: collect taxes, borrow money (i.e. sell government bonds) or print money. In the case of taxes, there is the question of what to tax. Here the choices are to tax income, consumption or wealth. I will discuss the impact of each of these methods on the economy's performance and on the incentives of firms and consumers to work, save and invest. I anticipate devoting one session to each of the methods.

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

THE ALICE STARMORE SWEATER, OR, WHEN IS A KNITTING PROJECT MORE THAN A KNITTING PROJECT?

Adrienne Martini

Wednesday, May 10

2:00 pm – 3:00 pm

Alice Starmore is a Scottish handknitting pattern designer who is known for two things: 1) her patterns are a test of any knitter's skill and 2) she was remarkably grouchy about knitters who made any changes to her patterns. Ten years ago, I challenged myself to knit Starmore's Mary Tudor pattern in one year. Along the way,

I wrote a book about the process while also wrestling with why knitters knit. The course would be specifically about Starmore, this project, and knitting. More generally, the course would be about taking on any large project that doesn't truly need to be done.

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

HONEY BEE ANATOMY – RESCHEDULED FOR A DIFFERENT SESSION

Mike Lyons

~~Thursday, May 11~~

~~11:00 am – 12:30 pm~~

Who are the members of the hive? What are the characteristics of each one? How long do they live? Why do they swarm?

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

IKEBANA – JAPANESE FLOWER ARRANGING – A LITTLE HISTORY AND A DEMONSTRATION

Sarah Patterson

Wednesday, May 17

1:00 pm – 2:30 pm

The first part of the class is history and background. We'll briefly explore the different schools. The concentration is going to be on Ikenobo, which is the oldest school. The second part will be a demonstration of Ikenobo style, I'll discuss choice of vessel, Kenzan, and plant material.

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

MOROCCO

Marjorie Smith

Monday, May 22

1:00 – 3:00 pm

Come share my trip to Morocco last fall. Beautiful architecture, friendly people, camels in the desert, oases full of date palms and delicious food. I'll have some recipes for you. Yum.

Location: Craven Lounge, Morris Conference Center, SUNY Oneonta

Maximum Enrollment: 40

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

RAIDERS OF THE LOST ARK – THE ULTIMATE IN ADVENTURE FILMS

John Chamard

Wednesday, May 31

1:00 pm – 4:00 pm

We will explore how the film that introduced audiences to a new character, Indiana Jones, was set up by director Steven Spielberg to imitate the adventure serials from the golden age of cinema. What has made RAIDERS OF THE LOST ARK one of the most popular movies of all time? It was a box-office blockbuster. What has made it a film that audiences have never tired of revisiting? RAIDERS was nominated for eight Academy Awards including best picture and it won five of them, making it the single most "Oscared" film of 1981.

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

PARIS...MORE THAN THE EIFFEL TOWER, CHAPTER 11: YOU ASKED FOR IT, VOL. 3

Bill Ryall

Thursday, June 1

10:00 am – 12:00 pm

In chapter 7 of our continuing exploration of Paris, Bill asked class participants to submit themes and/or locations in Paris they would like to see addressed in future chapters. You gave him enough input for much more than one chapter. We are now in the third installment working on those requests! As always, commentary will certainly be from this Francophile's perspective, but this photographer will no doubt have his input as well! Feel free to join us for another "rocking chair" stroll around Paris exploring requests by class participants.

Location: Craven Lounge, Morris Conference Center, SUNY Oneonta

Maximum Enrollment: 40

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

HOW AMERICAN INDIANS LOST THEIR LAND – AND MORE

William Starna

Monday & Tuesday, June 12, 13

10:00 am – 12:00 pm

Before the arrival of Europeans in North America, Indian people occupied or controlled all of the land in what is now the United States. Today, they retain only 2 percent of that land. The popular view is that most of these lands were conquered or stolen. But was that always the case or were there other factors at work? And how is it that the federal government continues to exercise regulation of the lands that remain?

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

REBIRTH OF A BARN: PAST, PRESENT, AND FUTURE

Helen Rees and

Monday, June 12

12:30 pm – 2:30 pm

Norma Slawson

The history of the Swart Barn, 1790 to 1970, will be recounted along with the story of the search for a local historic barn to complete the Swart-Wilcox House Museum. Passages from Henry Wilcox's 1870 diaries will also be shared, along with the current progress on the barn relocation project.

Location: The Swart-Wilcox House, Wilcox Avenue, Oneonta (next to Riverside Elementary School)

Maximum Enrollment: 22

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

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Ann Thayer

Tuesday, June 13

1:00 pm – 2:30 pm

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

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 WILDLIFE OF THE WORLD, PART II

Daniel Palm

Thursday, June 15

10:00 am – 12:00 pm

This course is a photo safari depicting the varied wildlife I photographed over the past 20 or so years while traveling throughout the world. Similarities and differences including evolutionary adaptations of the wildlife will be discussed in layman's terms.

Location: Craven Lounge, Morris Conference Center, SUNY Oneonta

Maximum Enrollment: 70

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

SUSPENSE IN THE MOVIES – PART II

Todd Jones

Thursdays, June 15, 22, 29

1:00 pm – 4:00 pm

We will compare and contrast different techniques of suspense from different eras and genres. Special focus will be on how psychology is used to heighten the tension in the selected movies. The first three movies will be “The Big Easy” (1986), “The Gift” (2015) and “Game Night” (2018). Although all these movies use different approaches and techniques to generate suspense, the common thread is the race against time to save a life.

Location: Room 104, Morris Conference Center, SUNY Oneonta

Maximum Enrollment: 25

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

WILBER NATIONAL BANK – A LITTLE BIT OF HISTORY – ~~RESCHEDULED FOR A~~ DIFFERENT SESSION

Paula Marino

Monday, June 19

~~**10:00 am – 12:00 pm**~~

Wilber National Bank played a very important part in the growth of Oneonta NY from 1874 to 2011. As it was a very important part of my life for 43 years, I don't want it to be forgotten. I would like to share a little bit of history about the bank as well as a few of my own personal experiences.

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

EARTHWATCH: ARCHEOLOGICAL DIG AT THE MAMMOTH GRAVEYARD IN HOT SPRINGS, SOUTH DAKOTA

Dolores Rothwell

Tuesday, June 20

1:30 pm – 2:30 pm

On July 13, 2014, my daughter, granddaughter, and I joined a dig at the Mammoth Graveyard. A developer discovered the site in 1973 when one of his bulldozers dug up a huge bone. Realizing the importance of the find, he contacted a paleontologist who identified the bone as that of a mammoth. The site was sold to the local town for \$500 and the discovery of mammoth and other prehistoric animal specimens led to the development of the graveyard and building of the Museum.

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

AROUND THE WORLD IN 40 DAYS--THE SUMMER OF 1970, A PHOTOGRAPHER'S TRAVELOGUE 50 YEARS LATER

Pat Yeaman

Wednesday, June 21

10:00 am – 12:00 pm

Hopefully the presenter and attendees will spend an enjoyable morning looking at projected images from this long-ago world tour and sharing insights about them. Since we are all on a never ending quest to improve our photography, it is often helpful to share the stories of our photographic journeys. I will provide some insight into the world in Europe and especially Asia as a young photographer saw and experienced it back in 1970. While discussing the projected images, I will share some ideas about making compelling images in any situation, especially while traveling. In this presentation, this “older” photographer can look back at images taken fifty years ago by her younger self and share her thoughts with the attendees.

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Maximum Enrollment: 40

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SPRING 2023 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.F.A. from Boston University and an MS from Columbia University.

Colvin, Jeffrey is a graduate of the United States Naval Academy and Columbia University, where he received an MFA in fiction. His debut novel, *Africaville*, was published in the US, Canada and France by HarperCollins. Recently as a Hodson Trust John Carter Brown fellow he conducted research at Brown University and Washington College for his novel-in-progress set in the US, and parts of Asia during the 19th Century.

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, photography and local history.

Fleisher, Dr. P. Jay is Distinguished Teaching Professor Emeritus in the Earth Sciences Department, College at Oneonta. During his 40 years on the faculty he taught introductory and advanced Geology courses, including Geomorphology, which is a branch of Geology dealing with the origin of landforms and scenery. Recognized for his expertise in the fields of glaciers, glacial geology, processes that shape the topography, and climate change, Jay will consider a topic of local geologic application.

Jones, Todd received his Bachelor of Science in Psychology from SUNY Cortland and Master of Science in College Student Development from Alfred University. Since coming to Oneonta in 1984, he has worked at SUNY Oneonta, the Department of Labor, the ARC Otsego and, in 2021, he retired from the Salvation Army. He is an avid fan of movies of all genres and since 1985 has watched over 1900 movies in the theatre and countless more on VHS and DVD.

Lyons, Mike is the President of the Leatherstocking Beekeepers Association

Marino, Paula is from Oneonta NY. She graduated from OHS in 1967 and started her career with Wilber National Bank in August of that year. Over the years with WNB she had the opportunity and completed many courses offered through the ABA association. Upon her retirement 12 years ago, she held the title of Senior Vice President of Operations.

Martini, Adrienne is a freelance writer, museum interpreter, and elected representative. She also tends to get a little obsessive about hobbies.

O'Dea, Bill received his PhD in economics from SUNY Albany. His research involves the application of microeconomic concepts to policy issues such as traffic congestion, health care, and student evaluation of faculty performance. He taught in the School of Economics and Business at SUNY Oneonta for 38 years, retiring in 2017. During his tenure at SUNY Oneonta, he served three terms as the Chair of the Department of Economics, Finance and Accounting.

Patterson, Sarah returned to Oneonta in 1993, after living in the Hudson Valley for several years. While living in the Hudson Valley, she studied Ikebana with Toshiko Alden and was a member of the New York Tachibana Chapter of the Ikenobo Ikebana Society of America. Sarah is retired from NBT Bank as a mortgage loan officer. She keeps busy with tennis, yoga, hiking and practicing Ikebana.

Pietraface, Marjorie has over a 35 year career as a social worker and educator. She was a licensed social worker and a 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. In these settings, Marge worked with many individuals experiencing significance anxiety and stress.

Pietraface, Bill is a retired Professor of Biology at SUNY Oneonta who taught courses in general biology, general botany, plant physiology, plant growth and development, human anatomy and physiology, and a course on the implications of the Human Genome project.

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.

Rosas, Marilyn - is a retired teacher who taught at Oneonta High School. She is active in Otsego County Retired Teachers, The Friends of Huntington Memorial Library, and Oneonta for Equality. Three people have offered to help her teach this class. Helen Jasnosz, Diane Nash, and Jackie Rowe. She and the volunteers helping her learned to play Mah Jongg in a CCAL class and have been playing together ever since.

Rothwell, Dolores became an Earthwatch Institute volunteer after retirement as a word processing specialist. Participating in Earthwatch projects led to meeting like-minded people and working on exciting research projects. Sharing this knowledge has become her avocation.

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 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.

Slawson, Norma is a life-long resident of Oneonta. She graduated from SUNY Oneonta and taught Title I reading and math at Greater Plains Elementary School. She has always been very interested in local history, and since her retirement, has been highly involved in the activities of the Swart-Wilcox House Museum.

Smith, Marjorie is happily retired. She has been fortunate to take some trips and would like to share her experiences.

Stafford, Carol is a SUNY Oneonta graduate and retired staff member who enjoys card and board games. Always looking for new things to do and enjoying getting together with friends and fellow game players

Starna, William is professor emeritus of anthropology, SUNY Oneonta. He is a long-time student of the Iroquoian and Algonquian peoples of eastern North America, in addition to federal and state Indian policy. He is the author of books and articles on American Indian history and related topics. For many years he was a consultant with the Native American Rights Fund and law firms working with Indian tribes on land claims, treaty rights, and the federal acknowledgment process.

Thayer, Ann is a memory loss, dementia and Alzheimer's expert with over 17 years of experience guiding families on their dementia journey.

Yeaman, Pat is a retired New York City school teacher. She spent almost 30 years working with developmentally disabled and special needs children. Pat considers herself a passionate amateur photographer; some family members might say "obsessed" would be a more accurate description. She has been serious about making photos for over 50 years and has been using a digital camera exclusively for nearly the last 20. She says she has made almost every mistake possible while trying to create meaningful images and has also learned some things along the way. Pat is eager to share her experiences with other people who are also interested in improving their photographic skills.