

AN EV CROSS-COUNTRY ROAD TRIP: ARE WE THERE YET?

Donna Vogler

Thursday, January 11

10:00 am – 12:00 pm

Many car buyers considering an all-electric (“EV”) vehicle frequently hold back because of a perceived uncertainty of the EV infrastructure on long-distance US travel. To address this head-on, Jim and Donna Vogler elected to rent an EV for a 3,800 mile round trip to Colorado in Sept. 2023. This talk will address the limitations of interstate EV infrastructure and essential Apps, and the trials and tribulations of adapting to EVs from the perspective of two folks with zero prior experience driving electric vehicles. Spoiler Alert: despite the challenges we are still considering an EV for our one-car family.

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

AMERICAN HISTORY THROUGH THE EYES OF THE PRESIDENTS - VII

Edmond Overbey

Thursday, January 11

1:30 pm – 3:00 pm

A book club with a historical biography theme. Class will feature an interactive video overview of the 13th and 14th Presidents, Millard Fillmore and Franklin Pierce, of the United States of America, including successes, failures, and challenges before, during, and after achieving office.

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

A CRUISE ON ALL FIVE GREAT LAKES

Dorothy Scott Fielder

Wednesday, January 24

10:00 am – 12:00 pm

My Road Scholar group of 22 was part of the 134 passengers on a small ship going to all 5 Great Lakes. Sometimes we had our own tours and other times we went on the ship's premium tours. Ports included Canadian Niagara Falls, Cleveland, Detroit and Mackinac Island. We toured cities, visited museums and had horse-drawn carriage rides. Weather and scenery were beautiful while the air was smoky in Oneonta.

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

OVERDOSE PREVENTION AND NARCAN TRAINING

Romas Bajoras

Friday, January 26

10:30 am – 11:30 pm

Overdose Prevention and Naloxone (NARCAN) training will teach you how to recognize the signs of an opioid overdose and administer the opioid overdose reversal drug Naloxone. We will also talk about the physiology of an overdose, risk factors that contribute to an overdose, and review the Good Samaritan Law. By the end of this training, attendees will: know the necessary steps when encountering and responding to an overdose, be comfortable administering NARCAN, and some of the aftercare required to save a life.

Location: TBD

Maximum Enrollment: TBD

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

THREE CASTLES AND A CATHEDRAL

Edmond Overbey

Thursday, February 1

1:30 pm – 3:00 pm

This travel-log answers the questions: Why did the pilgrims' journey from London to Canterbury? What are the six degrees of separation among Dover, Warwick and Windsor Castles? Did the Romans take a bath at a Celtic Temple? Was there a "Woodhenge" before there was a Stonehenge? How many Oxford Universities are there? Where did Inspector Morse prefer to nourish himself with a pint? Plus, other existential questions.

Location: Room 104, Morris Conference Center, SUNY Oneonta

Maximum Enrollment: 24

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

MIDSOMER MURDERS – GREATEST HITS – PART 2

Todd Jones

Thursdays, February 8, 15, 22, 29

1:00 pm – 4:00 pm

This course will continue to explore the popularity of England's most deadly fictional county. We will review two of the earlier Midsomer Murders episodes featuring John Nettles as Tom Barnaby and two of the latter episodes with Neil Dudgeon as John Barnaby. The Midsomer Murders television program is based on the Chief Inspector Barnaby books by Carolyn Graham. The first two episodes shown will be "Destroying Angel" and "Ghosts of Christmas Past" featuring John Nettles. The last 2 episodes featuring Neil Dudgeon will be "The Killings of Copenhagen" and "The Incident of Cooper Hill".

Location: Room 104, Morris Conference Center, SUNY Oneonta

Maximum Enrollment: 24

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

THE BEHAVIOR OF CATS (FELINES); CATS ARE NOT DOGS - SO THERE!

Charles Hartley

Tuesday, February 13

1:00 pm – 2:30 pm

This is a presentation of interesting facts about domestic cats including purring, meowing, marking, rubbing, interaction with other cats, interaction with humans, making rounds of their domain (outside cats only), communication in general, their ancestry, and relation to other cats of the world. Since this cannot be done without giving examples we will have extra time for students to eagerly tell the group about their cat. Dog owners are welcome as they may also learn something about cats that they did not already know.

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

SUCCESSFUL AGING

Robert Kirk

Tuesday, February 13

4:00 pm – 5:00 pm

We all get older, but how do we do it successfully? This class will focus on Dr. Kirk's research on successful aging and some of the key factors that predict positive outcomes in older adulthood.

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

VIETNAM TO INDIANTOWN GAP: OUR REFUGEE CAMP EXPERIENCES (1975)

Bill Simons and

Tuesday, February 20

1:00 pm – 3:00 pm

Cynthia Walton-Leavitt

“In 1975, the Gap served as a refugee camp for southeast Asian refugees. For eight months, more than 32,000 Vietnamese and Cambodian refugees were resettled through the installation.” ~from Wikipedia’s article on Fort Indiantown Gap

In 2019 at a CCAL Facilitators’ Luncheon Bill Simons and Cynthia Walton-Leavitt discovered that they both worked at Indiantown Gap in 1975 in different capacities. The course will offer an historical context of American involvement in Vietnam leading up to the fall of Saigon in 1975, the U.S. debate about admitting Vietnamese refugees, and the establishment of a refugee camp at Indiantown Gap. As participant observers, Cynthia and Bill will share their reflections about Fort Indiantown Gap, including camp rules and organization,

goals, living conditions, daily and special activities, morale, the impact of refugee age, gender, and past circumstances, and Vietnamese-American relations.

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

CAN NEW YORK SAVE THE CLIMATE WITHOUT DESTROYING THE ENVIRONMENT AND COMMUNITIES?

Dennis Higgins and Keith Schue

Tuesday, February 27

10:00 am – 11:30 am

New York State’s Climate Leadership and Community Protection Act mandates that our electric grid be carbon free by 2040. The New York Energy Research and Development Authority’s plan is to achieve this through the installation of industrial solar and wind farms across upstate New York, along with sprawling transmission lines and giant batteries. But intermittent renewable resources do not necessarily reduce our need for fossil-fuel power plants. Gas power plants must provide dispatchable backup for solar and wind – critical when the sun’s not shining and the wind’s not blowing.

Local interest in the subject is particularly high as rural upstate is being targeted to provide “green” energy to New York City. Upstate New York already has a 90% carbon-free grid, thanks to hydropower on the Niagara and St. Lawrence rivers, and nuclear power plants on Lake Ontario. Meanwhile, the downstate metro region is over 90% powered by fossil fuels.

The state’s analysis ignores not only reliability issues, but the ecological impact of such a massive buildout, as well as the cost to taxpayers and ratepayers. The talk will examine similar efforts in California and Germany and highlight the rising opposition to New York’s current accelerated renewable-siting process. NYS’s 94-C, passed in 2019, can ignore full environmental review and local laws in order to site industrial solar and wind projects, effectively voiding home rule. In this context, the presentation reviews the independent system operator’s (NYISO’s) recent analyses of grid reliability as the buildout of solar and wind resources moves forward. Wouldn’t it be a mistake to pursue a flawed energy plan that sacrifices nature, increases energy costs, compromises rural quality of life yet does little to decarbonize the grid? The presentation includes discussion of alternative ways to build a carbon-free grid.

Location: Room 104, Morris Conference Center, SUNY Oneonta

Maximum Enrollment: 40

AMERICAN HISTORY THROUGH THE EYES OF THE PRESIDENTS - VIII

Edmond Overbey

Tuesday, February 27

1:30 pm – 3:00 pm

A book club with a historical biography theme. Class will feature an interactive video overview of the 15th and 16th Presidents, James Buchanan and Abraham Lincoln, of the United States of America, including successes, failures, and challenges before, during, and after achieving office.

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

CONSCIOUSNESS AND THE WORKINGS OF THE BRAIN

Charles Hartley

Tuesdays, March 5 and 12

1:00 pm – 2:30 pm

We will examine recent theories in the cognitive sciences (in particular psychology, artificial intelligence, and philosophy) concerning human consciousness in relation to functions of the human brain. In the first lecture we will examine neurons, how they function, and what is known about how they operate to process information in the brain. Along the way we will examine the nature of the information that is processed, and the information that is not processed. In the second lecture we will focus more on consciousness, attempting to answer the questions: What is it? What is it not? Where is it? And, is it possible to have a computer that is conscious?

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

DISCUSSION OF *POVERTY, BY AMERICA* BY MATTHEW DESMOND

Marilyn Helterline

Wednesday, March 6

11:00 am – 12:00 pm

Wednesdays, March 13, 20

10:00 am – 12:00 pm

The class will discuss sociologist and Pulitzer Prize winning author Mathew Desmond's recent book on poverty in this country. Lyndon Johnson declared war on poverty in the 1960s, but overall during the last half century poverty rates in this country have remained stable and higher than in other industrial countries. Why? The usual explanations are structural (globalization, technology, etc.) or blame the poor (lack of work ethic, family structure, etc.). Desmond argues that poverty persists because the non-poor middle class and wealthy benefit from poverty and allow it to continue through the policies of the officials we elect and the decisions we make as consumers and home owners. A review of the book in the New Yorker said "its moral force is a gut punch." This readable and short book (less than 200 pages of text with about 75 pages of footnotes, if you want more detail) should provide a basis for lively discussion. Note this class was moved from Fall 2023 to Winter 2024.

Location: Room 104, Morris Conference Center, SUNY Oneonta

Cost: Students will need to obtain the book through a library or purchase. It is currently available in hardcover and on Kindle.

Maximum Enrollment: 25

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

THE CCAL MOVIE CLUB PRESENTS THE ROMANTIC COMEDY SERIES

Todd Jones

Thursdays, March 7, 14, 21

1:00 pm – 4:00 pm

We will watch and review three romantic comedy films. "Doc Hollywood" (1991) PG-13, directed by Michael Caton-Jones and Stars Michael J. Fox, Julie Warner, Woody Harrelson, and David Ogden Stiers. "Return to Me" (2000) PG, directed by Bonnie Hunt and features David Duchovny, Minnie Driver, Carroll O'Connor, and Robert

Loggia. The final film in the series is "Music and Lyrics" (2007) PG-13, directed by Mark Lawrence and has Drew Barrymore, Hugh Grant, Grad Garrett, and Kristen Johnston in its cast.

Location: Room 104, Morris Conference Center, SUNY Oneonta

Maximum Enrollment: 24

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

WAYS TO KEEP FLOWER GARDENING AFFORDABLE

Claire Satriano

Tuesday, March 19

2:00 pm – 4:00 pm

I will share how flower gardening can be a joyful, healthy hobby on a budget. Also, how to get the best show for the least investment. I will demonstrate practices I use to keep color around the outside of my home for 3 seasons, without a large annual investment. Discussing seed starting, cuttings, plant division, prolific favorites, tuber, seed, and plant sharing.

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

Maximum Enrollment: 15

PTSD (POST TRAUMATIC STRESS DISORDER) – WHAT IS IT?

Marjorie Pietraface

Monday, March 25

10:00 am – 12:00 pm

This course will introduce participants to PTSD. You will learn how PTSD is diagnosed, the prevalence and treatment of this disorder.

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

COURTS OF COOPER COUNTRY

Lauren Glynn

Monday, March 25

3:00 pm – 4:30 pm

You be the Judge! Local Attorney and former Town Judge Lauren Cady Glynn will give a brief history of our local court system and some of its notable players. She will then describe the facts and legal "rules" that apply to several interesting historic local cases — then the members of the class get to decide how they think the case should be decided. Lauren will tell us what actually happened - does our sense of justice match our historic counterparts? Let's find out!

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

ALBERTA, CANADA VIA CAR CAMPING AND HOSTELS

Donna Vogler

Tuesday, March 26

10:00 am – 12:00 pm

This talk will detail a 12 day solo road trip across Alberta Canada in May 2023. The first half will cover car camping in the prairies and Provincial Parks, including Writing-on-Stone, Cypress Hills, and Dinosaur Provincial Park. The middle will cover the montane regions of Banff and Jasper parks in Alberta and over to British Columbia using two very nice Canadian hostels. The talk will conclude with more prairie stops in Okotoks and Head-Smashed-in Buffalo Jump, and back via Glacier/Waterton international park. Throughout, I will give tips on solo travel and car camping as a way to save money, but also as a means to see an area with the freedom to choose the road ahead.

Location: Room 130, Morris Conference Center, SUNY Oneonta

Maximum Enrollment: 40

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

ANTARCTIC CRUISE

Dolores Rothwell

Thursday, March 28

1:30 pm – 3:30 pm

On the 29th of December 2002 I boarded the Marco Polo for an exciting expedition to Antarctica. As we cruised Icebergs of every size floated by, penguins were gathered in breeding colonies, seals dozed, and albatross flew by in the wake of whales. You will be in for a completely new view of our world.

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

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, 2023 through May 10, 2024 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, 2023 through August 31, 2024 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

WINTER 2024 FACILITATOR BIOGRAPHIES

Bajoras, Romas is a trainer with Friends of Recovery of Delaware and Otsego

Fielder, Dorothy Scott had a brief career teaching biology and a much longer career (25 years) in the United States 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, environment concerns, photography, travel and local history.

Glynn, Esq., Lauren is a local attorney based out of Cooperstown, NY. She is a graduate of the University of Notre Dame Law School and is presently the Secretary of the Otsego County Bar Association and the Vice President of the Rotary Club of Cooperstown.

Hartley, Charles grew up in Portland, Oregon, 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 in Oneonta, New York. He retired in 2006. He taught Elder Hostel courses before 1995 and CCAL classes on and off since 1996.

Helterline, Marilyn is a retired professor of sociology. She taught at SUNY Oneonta from 1973 until 2009 where she taught courses on social class, political sociology, and social problems. She holds a Ph.D. from the University of Notre Dame.

Higgins, Dennis is a retired math/computer science professor. He has worked in regional policy issues for over a decade. **Keith Schue** is an electrical engineer who has won awards for his environmental efforts. He has worked for The Nature Conservancy as well as local environmental organizations. They have presented to town boards, physics classes, general audiences, and environmental/civic groups.

Jones, Todd received his Bachelor of Science in Psychology from SUNY Cortland and Master of Science in Education 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 retired from the Salvation Army.

Kirk, Robert is a developmental psychologist who specializes in adult development and aging. His interests include motivation, identity and self-consciousness, decision-making, emotional intelligence, stereotypes, online behavior, cannabis use, and successful aging.

Martini, Sil likes to watch and talk about movies. He brings no academic credentials to the proceedings, perhaps a bit of humor?

Norton-White, Pat is a retired High School English teacher and school administrator. She now enjoys her time reading, cooking, gardening, quilting, sewing, crocheting, traveling, and watching grandchildren. She lives in Bloomville, NY with her husband, two elderly Connemara ponies, an emotionally needy Corgi, and an opinionated cat.

Overbey, Edmond - his B.A in English, social studies and education from Lamar University was followed by graduate work in economics at the University of Houston and remote learning at SUNY Albany. Early in his career in the Management Development Program at Prudential, he discovered an aptitude for information technology (IT). He went into systems integration management focusing on land use planning. His post retirement career included teaching in the SUNY Research Foundation's high school diploma program.

Pietraface, Marjorie is a retired Social Worker and Addiction specialist. She worked 40+ years as a Mental Health Social Worker for Otsego County, Hartwick College, SUNY Oneonta, and Oneonta City School District.

Rothwell, Dolores grew up in a small farm town in Pennsylvania and dreamed of traveling to far-away places. Her position abroad from 1954 to 1956 as a secretary for the Air Force in Germany was the beginning of her travels. Her dream to see more of the world came true later in life and she has visited 52 countries and all seven continents . She enjoys sharing her adventures with others and hopes you will enjoy her travels as much as she did.

Satriano, Claire has been addicted to flowers since a teenager. After graduating SUNY Cobleskill with a Horticulture/Floriculture degree, she worked for 42 years at Mohican Flowers in Cooperstown. For 40 years, she has continually expanded and changed gardens around her home focusing mainly on perennials. In retirement, she moved into Dahlias, Zinnia, and other flowers to cut and give away, bringing joy to herself and others.

Simons, Bill is a Professor Emeritus of American History at SUNY Oneonta and Co-director of the Cooperstown "Symposium on Baseball and American Culture. As secretary of United University Professions (UUP), he facilitated union-community collaborations. He also is a columnist for *The Reporter*, the newspaper of the Jewish Federation of Greater Binghamton.

Walton-Leavitt, Cynthia serves as Pastor of First United Presbyterian (the "Red Door" Church) in Oneonta; Network Coordinator of the Hunger Coalition of Otsego County; Religious Affairs Chair for the Oneonta NAACP; and a member of the Initiatives Committee of the Community Foundation of Otsego County. She also curls in the winter at the Schenectady Curling Club.

Vogler, Donna is a Professor Emeritus of Biology, retired from SUNY Oneonta. She is currently the President of the Otsego County Conservation Association, and keeps active with the Oneonta Susquehanna Greenway and botanical work in the region.

Walton-Leavitt, Cynthia serves as Pastor of First United Presbyterian (the "Red Door" Church) in Oneonta; Network Coordinator of the Hunger Coalition of Otsego County; Religious Affairs Chair for the Oneonta NAACP; and a member of the Initiatives Committee of the Community Foundation of Otsego County. She also curls in the winter at the Schenectady Curling Club.