

THURSDAYS - FALL 2025

TH40 Kaaterskill Falls Hike

Kathy Livingston

Thurs. Sept 4, 11am - 2 pm

Northern Catskills near Tannersville

Raindate- TBD

Min 5

Perhaps the crowning jewel in the Greene County northern Catskill Mountains is the highest cascading waterfall in New York State – Kaaterskill Falls. Dropping in two tiers over 260 feet, Kaaterskill Falls has been one of the region's most popular destinations for centuries.

Considered by Native Americans to be the resting place of the creator, a sacred place for the Mohican people who called the Catskills home, Kaaterskill Falls has captivated the hearts, pens, and paintbrushes of poets, painters, filmmakers, and photographers – becoming part of larger, artistic folklore spreading from the Catskills to the rest of the world.

It is located off of County Route 18 in Haines Falls. The hike to Kaaterskill Falls is short at 1.4 miles roundtrip, and hikers are strongly encouraged to stick to the marked path due to the slippery rocks located at the top of the falls. View the falls from above, and decide if you want to descend the trail and look at it from the bottom. Any hike to the base of the falls requires hiking down over 300 feet in elevation. This means, it may feel easier going down, but going up is going to be significantly more difficult.

Participants should bring: map, compass, first aid kit, food, lots of water, extra clothes, rain gear, and hiking footwear. Flip flops and sandals are not recommended; the soil is loose stone and erosion, uneven surfaces, and slippery conditions are frequent here.

Directions: Parking is available at the Mountain Top Historical Society or North South Lake State Campground (follow signage on County Route 18). If before Oct. 15, it may be possible to take the Kaaterskill Trolley - a convenient way to access the falls for a minimal fee of \$10.00.

Do not park on NY Route 23A, aka Molly Smith Lot

TH52 The Complex Relationship of Europeans and Native Americans

Thurs, Sept, 11, 1:30 - 3 pm

Jeannie Irvine

Sharon Springs Library

This is the continuation of last semester's class that covers 2 aspects of what happened when European culture collided with the Native American culture in NY and elsewhere. Heather shared the history of the Iroquois Confederacy before and after the influx of Europeans. This semester, Jeannie will cover the history of the widespread practice of kidnapping on both sides and its outcomes, referencing in particular the autobiographies of Herman Lehmann ("Nine years among the Indians, 1870-1879"), Rachel Plummer ("The Rachel Plummer Narrative"), and Nelson Lee ("Three Years Among the Comanches: The Narrative of Nelson Lee, Texas Ranger"), the biography "The Narrative of the Life of Mary Jemison" by James E. Seaver, Zitkala-Sa's "American Indian Stories, Legends, and Other Writings", and 2 books concerning the Native American Boarding Schools, "Kill the Indian, Save the Man" by Ward Churchill, and "Education for Extinction" by David Wallace Adams. Jeannie has extra new copies of Lehmann's book for \$6 for anyone interested. All readings are worthwhile and eye-opening, but optional.

Directions: Sharon Springs Library, 129 Main Street, Sharon Springs, NY

TH41 Crochet Class

Thurs, Sept 18, 25, Oct, 2, 9, 16, 23, 30, Nov 6, 1:30 - 3 pm

Marge Dafeldecker

St. Vincent's Church Hall

If you are interested in doing some crafting, consider joining us for a Crochet Class.

Learn, renew or revisit the basics in the art of crocheting..Try your hands at creating enduring crocheted items for baby/child such as clothing or toys/Amigurumi stuffed animals. Crochet items for the home: dishcloths, hand towels, coasters , placemats, doilies to larger projects such as blankets, comforters , tablecloths. Make clothing items for adults, including yourself. Try shoeless sandals.

The possibilities are endless, but the class time is limited. This class will get you started.

If you have any started projects, by all means, bring them.

Participants should bring: Please bring one or two crochet hooks to the first class, Size D or E (#4 or 5) and / or G (#7 or H #8) as well as one or two skeins of yarn. Metal hooks are best.

Light color yarns are recommended, It is difficult to see the stitches with dark colors. Sports (#3) or Worsted (#4) weights are easier to work with for beginners; D/E hooks for sports Wt, G/H for worsted WT.

Directions: St. Vincents, 138 Washington Ave., Cobleskill, NY- downstairs except for 9/18 and 10/16 which will be in the Quiet Room

TH42 Fall Arrangement with Cross Hill Heirlooms

Thurs, Sept 18, 1:30 - 3 pm

Jenna Malette King

116 France Lane, Cobleskill

RSVP by 9/4/25

Max 10

Cross Hill Heirlooms specializes in custom floral designs, using locally-sourced foliage and blooms whenever possible. Owner/designer Jenna Malette King invites you to learn some design strategies and take home a beautiful fall table centerpiece which you will create. Jenna will share her secrets of floral design structure and core elements such as color, rhythm, balance, and the "magic" of odd numbers. Your design will use local fall foliage and blooms and may incorporate some pods or other locally grown items of interest like pumpkins on a stick. Let Jenna help you create a beautiful, natural arrangement that will enliven your home with fall color.

Bio- After starting out in landscaping and heirloom vegetable gardening, Jenna earned her certification from the Floral Design Institute. She has been owner and designer at Cross Hill Heirlooms for five years.

Participants should bring: Bring pruners or scissors you like to work with.

Fee: \$10 per person; Payable to SCHOOL. Sign up and pay by 9/4/25. No refunds after that date.

Directions: 116 France Lane, Cobleskill, NY 12043

TH43 Writing Your Memories

Beth Cash. LMHC

Thurs, Sept 18, 25, Oct 9, 16, 11:00 - 12:15

CUMC Library

Min 4 / Max 10

What are the stories that you would like to tell? People who follow you will be able to determine where you lived and when you were born but only you can tell your stories. This course will help you focus on two or three stories and write them so that they are finished. There will be suggestions on what to write and opportunities to read your writing aloud if you wish.

Bio: Beth Cash has been teaching in the SCHOOL program since 2018. She is a retired therapist and educator. Beth loves writing and helping others love writing too.

Participants should bring: Notebook and pen or pencil

Directions: Cobleskill United Methodist Church, 107 Chapel Street, Cobleskill, NY

TH44 Hiking the Long Path

Steven Babbitt

Thurs, Sept. 25, 4:30 - 6 pm

Schoharie Library

Join Steve as he takes you on a visual journey of the Long Path, a 358-mile trail running from New York City to the Helderbergs in Albany County, with nearly 60 miles traversing southern Schoharie County. He will offer a visual tour of the local portion of the Long Path, highlight areas of interest on other sections, show how you can plan your excursions along different parts of the Path (parking, connections, camping, day vs multi-day hikes), and discuss the complications that long distance trails through private and public lands pose.

Bio- Serves on the Board of Directors for the Long Path North Hiking Club, leads hikes in the area, and is a trail maintainer for the Long Path segment near West Fulton. He is an avid walker, hiker, and bike enthusiast who enjoys exploring our byways and trails.

Directions: Schoharie Library, 103 Knowler Ave., Schoharie, NY

TH45 Fall Splendor at Spruce Lake

Carolyn & Charles Melszer

Thurs, Oct 2, 10:00 am - noon

Near Summit, NY

Raindate: Oct. 7, 10-12

Spruce Lake in Summit is spectacular in the fall. The colors are vibrant and the lake is very peaceful. You can walk along the lake on a seasonal road & back (about 2 miles, and mostly flat) or continue on the 3 1/2 mile loop along Mud Lake Road (Yes, there is a Mud Lake). The loop has some hill climbing but will be worth it.

Participants should bring water and wear hiking boots or good sneakers.

Directions: Meeting point and directions will be provided to participants prior to the event.

TH46 How Did You Come Up With That?

Fun Facts Found Researching Historical Novels

Thurs, Oct 2, 4:30 - 5:30 pm

Chris Keefer

Carlisle Town Hall

Historical mystery writer, Chris Keefer, dishes the fun of researching the past, how to go about that, and blending fact with fiction to create a believable story. Program good for writers and readers alike.

Bio- Author of the Carrie Lisbon series including *No Comfort for the Undertaker*, *Tragedy's Twin*, and *Find Your Way to My Grave*.

Participants should bring notetaking supplies if desired.

Directions: Carlisle Town Hall, 541 Crommie Road, Carlisle, NY 12031

TH47 Voting Rights for Immigrants

Thurs, Oct 9, 4:30 - 6:30 pm

Dr. Sal Rivera PhD

SUNY Cobleskill- Room TBD

Voting Rights for Immigrants will examine the struggle to provide the undocumented with a voice. Up until 1920 the undocumented could vote, but this was done away with during the so-called "reforms" of that era. Today, San Francisco is one of the few cities to grant this right.

Bio- SUNY Professor of History and Sociology for 32 years. Professor Rivera has authored numerous articles, book reviews, one book on Latin America and is preparing a second book for publication

TH48 Computer Fundamentals and Security

Thurs, Oct 16, 23, 1:00 - 2:00 pm

Stephanie Palmer & Jesse Valhos

Cornell Cooperative Extension Cobleskill

Students will learn the skills necessary to use their computer effectively such as cyber hygiene, navigating office suites, the dangers of public Wi-Fi, file management, and password management. Additionally, a good portion of the class time will be spent answering student questions so please come prepared with a computer and questions!

Bio- Jesse Valhos is an IT professional currently employed as a Technology Generalist at the Bank of Richmondville. Stephanie Palmer works as the Chief Information Security Officer and IT Manager for the Bank of Richmondville.

Participants should bring: Pen, questions, and optionally their laptops.

Directions: CCE, 173 South Grand Street, Cobleskill, NY

TH49 Southern Indian Cooking- Desserts

Fr. Joseph Arockiasamy

Thurs, Oct 23, 4 - 7 pm

St. Vincent's Kitchen

Min 3 / Max 10

Join Chef/Fr. Joe as he continues to expand our knowledge and enjoyment of Southern Indian Style cooking with the most excellent dessert called Halwa- South Indian Style. He says "if you taste it you will never put it down or you will clean your plate!"

Bio- Roman Catholic priest for over 40 years; Taught to cook by his Mom in India.

Participants should bring: An apron

Fee: \$5 per person; Payable to instructor for supplies.

Directions: St. Vincent's, 138 Washington Ave., Cobleskill, NY

TH50 Capital Coral Reefs Tour

Dr. Michael Gerdes

Thurs, Oct 30, 10 am - noon

Albany, NY

Min 6 / Max 15

Welcome to the world of Coral Reefs! Capital Corals INC, located in Albany, NY is one of NY's premier coral research facilities and coral aquaculture farms. During the visit, you will get an overview of the wonderful world of coral reefs with dive footage from two of our teams' field excursions along with a brief lecture describing the fate of coral reefs and efforts being undertaken to protect and preserve them. During the second part of the visit, you will learn about how our team is investigating unique chemicals produced by the corals as potential therapies for human diseases. Plenty of time will be allowed for viewing our extensive collection of live corals and reef displays.

Bio- Dr. Gerdes is a cell and molecular biologist with a doctorate degree from Baylor College of Medicine. His broad background encompassing genetics and animal models, cellular interactions, developmental and reproductive biology, and cancer all contribute to his work in coral biology, as mechanisms are conserved throughout evolution. He has over 20 issued patents from the USPTO, 35 peer reviewed publications, and has been funded by the National Institutes of Health, the National Institute of Justice, and NOAA/CT Seagrant.

In 2017 he changed research directions and founded the Credabel Coral Lab in New London, CT and then subsequently founded CapitalCorals INC in Albany, NY in 2020. He is working on several lines of research with a strong student intern program with students from across the country.

Directions: CapitalCorals Inc. 20 Colvin Avenue, Albany, NY 12206

Please use parking spots directly in front of the building (7 cars), or behind their building. Please refrain from parking in the large lot adjacent to their property.

TH51 VV - Journey Out West (SD and CO)

Thurs., Nov. 6, 10 - 11:30 am

Beth Brandel

ZOOM

We want to share our love of travel with our grandchildren, Alexander 11 & Katherine 8. We will drive together, this summer, to the Corning Glass Factory, Niagara Falls, drive through Canada to Dearborn, MI (Ford Museum) to Upper Michigan Lake Superior Painted Rocks National Seashore, through WI to MN - Mall of the Americas, Pipestone State Park, Brookings, SD where Beth grew up (and where A & K will meet a cousin for the first time), Badlands, Black Hills - Mt. Rushmore National Monument, Custer State Park, to Estes Park, CO, the entry to Rocky Mountain National Park. The trip will last 25 days and cover 2,716 miles

Bio- Seasoned traveler

TH54 Finding Valid Medical Information

Thurs., Nov. 13 and 20, 1 - 2 pm

Dr. Susan Emerson, MD

ZOOM

Min 8

Medical chat is everywhere. Evaluating “reality” and relevance is similar to sorting out any information, but medical language can be confusing and the stakes for misapplying medical information can be much higher than for other topics. This course will discuss how, without going to medical school, one can evaluate medical expertise, fact-check a media statement, consider whether a true fact actually applies to you, identify red flags for misinformation whether due to misunderstanding, misstatement, wishful thinking, propaganda or knowing deception, and find some sources of generally valid medical information.

Bio- MD since 1994, board certified in Family Medicine since 1997 (and if you don't know what that means and whether it is relevant to this class, she hopes you attend!)

Participants should have a Zoom account, using a screen big enough to display slides at a size you can read.

TH55 Historic Apothecary Treatments

Thurs. Oct 23, 10 - 11 am

Ron Ketelsen

ZOOM

Apothecary remedies refer to traditional medicinal preparations, often herbal or natural, that were historically dispensed by apothecaries. These remedies include a wide range of concoctions like tinctures, salves, teas, and other preparations aimed at addressing various ailments.

Many of these remedies are still used today for healing. In this presentation, we will look at many recipes that can still be used to treat everything from respiratory issues to nerve pain to colic using natural remedies that are just as good for your body as they are for the environment. We will share many of these recipes with you!

TH56 The History of the Dollhouse

Thurs. Nov 13, 10 - 11 am

Ron Ketelsen

ZOOM

Dollhouses, initially known as "baby houses," evolved from elaborate display items for adults to educational tools and then to toys for children. Originating in 16th-century Europe, particularly Germany, they showcased wealth and domestic life, eventually becoming popular for children, especially those from wealthy families. Today, dollhouses are diverse, ranging from simple playhouses to elaborate collector's items, reflecting various styles and historical periods, with both children and adults enjoying them.

In this presentation, we will not only look at the history of dollhouses, but look into many different styles and designs, including many of the 50+ dollhouses owned by the Sharon Historical Society in Sharon Springs.

TH57 Live Slave Narratives & Photographs: A Folk History of Slavery in the United States From Interviews with Former Slaves

Thurs. Nov 20 10 - 11 am

Ron Ketelsen

ZOOM

This presentation features live narratives from former slaves who resided in the U.S. The presentation is full of photographs of the former slaves and contains sensational first person narratives from those who were at one time enslaved in the United States of America. We will listen to life stories, recorded interviews and incredible vivid testimonies of former slaves from the American southern states, including photos of the people being interviewed and their extraordinary narratives. These narratives, ranging from sorrowful recollections to moments of triumph, provide a multifaceted understanding of the complexities of slavery. They shed light on the resilience of individuals who, despite facing oppression and inhumanity, found ways to resist and forge paths toward freedom.