

*Experience Life-Long Learning Together  
For Your Mind - Body - Spirit*



*Schoharie County Home  
of Ongoing Learning*  
**2025 S.C.H.O.O.L. Spring Semester**

Registration starts now for classes  
and will be accepted throughout the semester.  
We are offering many courses in-person, and some via Zoom.  
Spring 2025 term is late February through June 2025



### WHAT IS SCHOOL?

Founded in 2011 the Schoharie County Home of Ongoing Learning (**SCHOOL**) is a non-profit membership organization whose members share a love of learning. It is an independent entity, supported by SUNY Cobleskill and affiliated with the Road Scholar Institute Network. It is designed to stimulate the mind and energize the body in classroom and social settings. We provide daytime (and sometimes evening) non-credit classes. Our goal is to offer a choice of activities that encourage you to create, think, exercise and socialize.

Supported by:

**SUNY Cobleskill**

Website at [www.cobyschool.com](http://www.cobyschool.com) & Facebook: <https://www.facebook.com/cobyschool/>

email: [SCHOOL@cobleskill.edu](mailto:SCHOOL@cobleskill.edu)

Office phone for messages: 518-255-5463

US Mail: PO Box 576, Cobleskill, NY 12043

# *Experience Life-Long Learning Together For Your Mind - Body - Spirit*

**Membership:** A \$50 annual membership allows you to choose as many classes that fit your schedule and interests. Our 'membership year' runs from July 1 through June 30 and covers all classes, published in both the Fall and Spring brochures, for that period. The fee is the same no matter when you join during the year, so if you did not join as a Member during the Fall 2024 semester, your Membership is now due with your Spring registration. Some classes also require an additional fee to cover materials or other expenses.

**Classes:** See course descriptions for venue (Zoom or on-site location), and any fee information. You will be sent an email (or otherwise contacted) with any necessary information and/or the invitation for Zoom classes about a week before the class.

**Registration** for Spring classes will be accepted by on-line (via the registration tab on the [www.cobyschool.com](http://www.cobyschool.com) website, once activated) or postal mail. The physical booklet contains a center pull-out with the various registration forms and class selections sheets. Be sure to keep a copy for yourself if you mail in the original. Registrations will be processed when the \$50 annual membership dues (payable to SCHOOL) has been received, along with any specific class fees. Again, if you paid the \$50 last fall, you do not need to pay that again for these Spring courses. You will receive an email confirming your registration.

**Payments:** Any fees or payments for classes need to be submitted by US Mail to: S.C.H.O.O.L., PO Box 576, Cobleskill, NY 12043. Sorry, but we cannot accept on-line payments.

**To Protect Everyone:** We will continue to follow any applicable venue-specific health-related protocols required at the time of the class, trip, or performance.

**Class Etiquette:** SCHOOL does not vet the integrity of course material, choose the topic that an instructor will teach, mandate a particular style of teaching, or suggest how much work outside of class would be required if the student wants to get the most out of the class. The volunteer instructors decide what they want to teach and how they will conduct the class. It is the presenter's prerogative to end any debate in the class, especially in order to cover the course material in a timely manner, or to allow others to participate.

**Class Ambassadors:** Every class will have a SCHOOL ambassador who will be your contact for any questions/problems, and who will be the liaison between students and the instructor. Ambassador contact info will be given before the class.

**Attendance Policy:** SCHOOL's instructors are volunteers who put time and effort into preparing a course, with no compensation, with the expectation that the students will do their part in order to make the course mutually beneficial. As such, if you cannot attend a particular class, or have decided to drop the course, ***please alert your ambassador***, who will then notify the instructor. Please be on time, but if late, meet with the instructor or another student at the end of class to find out what was missed. If you have missed a class, your ambassador can assist you, outside of class, with getting notes/material.

**Guest Policy:** With the concurrence of the instructor, a member may bring one guest to one session of one class per semester. The member shall also notify the class ambassador in advance with the name and contact information for the guest. (Note: The 'one guest' limit does not apply to hikes, trips, or performances for which multiple guests may be escorted by the member.) All guests are the responsibility of the hosting member, and each guest will be expected to acknowledge the same waiver of liability statement as do all members.

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**INDEX TO SCHOOL 2025 SPRING CLASSES SORTED BY CATEGORY**

**COURSE NO.**

**CATEGORY & TITLE**

**ARTS-CRAFTS-GAMES**

WE48	Resin Art
WE49	Fused Glass in Wooden Stand
FR50	Hands-On Candlemaking 101
FR51	Hands-On Soapmaking 101
TU17	Confident Beginners Quilt Class
FR36	Bridge – Learn and Play
TH47	Mahjong
MON38	Try Your Hand at Playing the Accordion

**COOKING & NUTRITION**

WE6	Filo (Phyllo) Workshop
WE7	Soup is Good Food
TH8	Cheese Tasting
WE9	Wine Tasting
WE16	Dreamy Cream Puffs
TH18	Southern Indian Cuisine Breakfasts

**GARDENING / SCIENCE**

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WE72	Improving Soil Part 2
WE73	Planning Your Garden
FR20	Fruit Tree Grafting - Hands On
WE32	Making Composting Work for You
TU75	Bring Back the Pollinators

**SCIENCE / HEALTH / SAFETY**

MON61	Police Dog Training, Care and Handling
WE64	Birdwatching (and Listening!)
FR1	Healthy Plant Based Eating 1
FR2	Healthy Plant Based Eating 2
TU5	Nutrition and Habits that can improve Brain Function and Neurologic Disease
MON19	Ayurveda and Metabolic Diseases
TH27	Dr. Talk
TU29	Journey Reimagined: How to slow your biological age
MON/WE30	Functional Integrated Training
FR33	Relating to Our Adult Children
FR34	Leaping Into Retirement
FR35	Embracing Our Inner Critic
TU39	Mindfulness and Meditation
TU/TH52	Water Fitness
TH22	Learning about Past Life Regression Using Hypnosis
WE12	Household Solutions: Money-Saving Tips, DIY Cleaners, Kitchen Secrets, and Other Easy Answers to Everyday Problems

**HIKES & SHOWS**

WE81	Riverdance - 30th Anniversary Tour at Proctors
MON26	Wild Flower Walk
TH37	Clark Tower Hike
SAT77	Owen D Young Nature Trail Hike
FR78	Knox Wetland & Winn Preserve Hikes
WE80	Catskill Scenic Rail Trail Hike
TU82	Breitenbach Castle Tour & Sculpture Park Walk

## ***TOURS***

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TU65	Walter Elwood Museum of the Mohawk Valley - Guided Tour
WE67	Tour of 1797 Gideon Frisbee House and Other Historic Buildings at Delaware County Historical Association
TH74	Hydroelectricity and the Historical Home-Lansing Manor
FR63	Recycling Facility Tour
WE68	VIA Aquarium Visit with Guided Tour
FR69	A Two-For: Visit Farm Credit East and Osborne Farm's Robotic Milking Machines

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WE4	Three Generations of Displacement
FR13	"We Were There"; Documentary about 9/11 in Schoharie County
MON15	Historic Businesses of Jefferson
TH23	Collection of Old Farms in Summit
MON28	To the Heroic Dead: Monuments and the Formation of Civil War Memory
MON31	Complex Relationship of Europeans and Native Americans
TH58	Latin American Unification Efforts
TH60	Skohere and the Birth of New York's Western Frontier 1609 - 1731, Vol. III 1703 - 1731 - Book Presentation
WE70	Farming with Dynamite: The Forgotten Building Stone Boom in Schoharie County

## ***SOCIAL / CULTURAL / EDUCATIONAL***

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TU25	Conversational Spanish
TU57	The Cause for Newspaper Decline that Nobody's Talking About
WE10	The Amish Lifestyle – Part 1
WE11	The Amish Lifestyle – Part 2
FR62	Verlaine - The Number Wisdom Connection
TH66	Poetry, Form and Function
TU76	Writing Your Memories

## ***TECHNOLOGY***

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WE40	Libby for Overdrive
TH41	Senior Planet Series – Digital Coupon Tools
TH42	Senior Planet Series – Gardening Tech
TH43	Senior Planet Series – Intro to Booking Vacation Stays Online
TH44	Senior Planet Series – Saving Money with Tech
TH45	Senior Planet Series – Streaming and Smart TVs
TU53	25 ways to use your smartphone camera
TH54	Smartphone Savvy - Editing and Organizing Your Photos
WE55	Tips and Tricks to Plan Your Next Vacation
TH56	Google Drive Exploration

## ***VICARIOUS VOYAGES / TRAVELOGUES***

FR79	Vicarious Voyage- Lourdes to Fatima Along the French Camino
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## ***SCHOOL ANNUAL MEETING***

MON46	Reception and Annual Meeting- May 19- Register Now & Save the Date
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# MONDAY - SPRING 2025

## MON3: El Bosque Renovations

How a 1957 house became a 21st century dream home

*Beth Brandel*

**Mon., Mar. 31; 10 am - noon**

ZOOM

My husband, Lanny, inherited a house in Pebble Beach, CA when his uncle passed away in Oct, 2022. It was occupied by a tenant (who had been there 20 years), but when a 100 ft. Monterey Pine fell in the middle of the house during an atmospheric river event in March, 2023, she promptly moved out. What to do? Keep it, sell it, renovate it? Knowing that we loved the Monterey Peninsula, we decided to contact an engineer and architect. Thus began the process which has taken almost 2 years. We welcome you to be an armchair traveler through our journey.

## MON15: Historic Businesses of Jefferson

*Kevin Berner*

**Mon., May 5; 10 am - noon**

*Min 5 / Max 15*

Judd Hall, Jefferson, NY

Jefferson in the past had a very active business community where residents could purchase just about anything they wanted. After the first settlement in the 1790s the population increased rapidly before peaking in 1840. Although it is difficult to document the businesses of the early period, we have a good record of them starting in the 1870s. Kevin will present a description of the businesses during the town's heyday.

Directions: Judd Hall, 163 Main Street, Jefferson, NY 12093

## MON19: Ayurveda and Metabolic Diseases

*Diane Carrk*

**Mon., Mar. 17; 4:30 - 6:30 pm**

*Min 10 / Max 20*

SUNY Cobleskill- Room TBD

Ayurveda is a 5000 year old medicine still in practice today. Practices within **Ayurveda** include; what's your body Dosha/Constitution? *Ama* is the toxic byproduct of poor digestion. Undigested foods become residues that remain throughout the body in channels and organs. *Agni* is the digestive fire that can become weak, i.e., metabolic diseases.

Come and experience the benefits of what steps are needed to restore digestion and practice prevention. You'll discover what your primary and secondary doshas are and from there determine the best path for you individually for digestion and the effects some "foods" are having on your systems

## **MON21: Pinkster Festival**

*Chris Cash*



**Mon., Mar 24; 4:30 - 6 pm**  
SUNY Cobleskill- Room TBD

Pinkster azaleas are native to this region and are part of the local history. In the 17-1800's Pinkster (Pinxter) Festival was a weeklong celebration by the Dutch and a holiday for slaves. At one time the festival was a major east coast holiday which today is almost forgotten.. This class will provide a glimpse into our region's history, Dutch celebration of Pentecost, slavery and our local Pinkster Azaleas.

## **MON24: Beginner Spanish**

**Mon Mar 24, 31, Apr 7, 21, 28, May 5; 1:30 - 3 pm**

*Marge Dafeldecker*

St. Vincent's church hall, Cobleskill

*Min 2 / Max 5*

Learning a second language can significantly improve your cognitive abilities and potentially delay the onset of age-related mental decline. If you've never had Spanish before, or it's been a long time since you have but Conversational Spanish is too intimidating, this class is for you. 500 million people in the world speak Spanish as their first language, and it is a second language for an additional 100 million. This BEGINNER SPANISH class will give you the ability to interact in a simple way and answer questions about yourself, your home, and your possessions. You will learn basic grammar, vocabulary and phrases, and will be able to construct simple statements or questions regarding daily life. Join Marge in this enjoyable and enriching way to exercise your mind.

Directions: St. Vincent de Paul Church, 138 Washington Ave., Cobleskill, NY. Parking lot is just past the church and the Quiet Room is on the upper level at the back right corner of the main sanctuary.

## **MON26: Wild Flower Walk**

**Mon., May 12; 9 - 11 am**

*Emily Davis / Mike Warner*

McFail's Cave Preserve, Carlisle, NY

*Rain date: May 13*

Join Emily as she leads a walk on the McFail's Cave property owned by the National Speleological Society. Over 35 species of wildflowers have been found here over the years. You will also see karst features and cave entrances.

The trail can be muddy and uneven. Participants should bring: Good boots, camera, walking sticks and flower ID books or apps are recommended. Also bug spray and a cell phone.

Directions: McFail's Cave Nature Preserve, Carlisle - on Lykers Rd. (just north of the intersection with Ice Cave Road)

## **MON28: To the Heroic Dead:**

### **Monuments and the Formation of Civil War Memory**

*Joy Giguere*

**Mon., April 21; 10 - noon**

ZOOM

In this course, Joy will provide an overview of the history of Civil War memorialization in the North and the South, including the development of Memorial Day and Confederate Decoration Day ceremonies, the process for funding and erecting monuments, and how those monuments shaped the public memory of the war, its causes and consequences. Given the debates in recent years surrounding Confederate monuments and their place in 21st century America, particular emphasis will be given to the fashioning of the Southern "Lost Cause" and the meaning of postwar Confederate identity. No prior background in Civil War history is necessary for students wishing to participate in this course.

## **MON31: Complex Relationship of Europeans and Native Americans**

*Heather Johnson &*

**Mon., Apr. 21 and 28; 3:30 - 5 pm**

*Jeannie Irvine*

Cobleskill Cooperative Extension

This class will cover two aspects of what happened when European culture collided with the Native American culture in NY and elsewhere. Heather will share the history of the Iroquois Confederacy before and after the influx of Europeans, and will reference the book, "The Musket and the Cross", by Walter D. Edmonds. 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") 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, and the book concerning the Native American Boarding Schools, "Kill the Indian, Save the Man" by Ward Churchill. Jeannie has extra new copies of Lehmann's book for \$6 for anyone interested.

Directions: Cobleskill Cooperative Extension, 173 S. Grand Street, Cobleskill, NY

## **MON38: Try Your Hand at Playing the Accordion**

*Russ Pokorny*

**Mon., Apr. 7; 10 -11:30 am**

*Min 2 / Max 6*

Delanson, NY

Russ will demonstrate how piano accordions work and the group will play a few simple pieces of music together.

Participants should bring: Some elementary skill at playing a keyboard and reading music would be useful. We have a few accordions for folks to use, or bring your own.

Directions: 588 Middle Road, Delanson NY 12053

## MON46: SCHOOL Reception and Annual Meeting

SCHOOL

**Mon., May 19; 1-3 pm**

Chieftans, Cobleskill

We will have a reception (with light fare) as a Thank You for our instructors and the annual meeting afterwards. It will be held at Chieftans, 1-3 pm on May 19, 2025. Please join us in thanking the instructors for all the hard work they put into their classes.

**Fee:** Total will be \$15 each for members. We request a \$5 deposit with your registration. There will be an additional fee of \$10 to be collected at the door. (There is no charge for our instructors.) Refunds available until May 1, 2025.

**Directions:** Chieftans, 584 Main Street, Cobleskill, NY

## MON61: Police Dog Training, Care and Handling

*Officer Carlianne Ferretti*

*NYS University Police at Cobleskill*

**Mon., Mar 10; 4 - 5 pm**

SUNY Cobleskill - Room TBD

Officer Ferretti of the NYS University Police at Cobleskill will introduce participants to K9 Reyes. Reyes is a German Shepherd trained in Explosives Detection, Tracking and Patrol and he has been serving the local community since March 2022. Officer Ferretti will explain the training, special accommodations for care at home, and what it is like to live and work with a K9. They will also provide a demonstration of Reyes' skills.

## MON71: Getting to Know Your Weeds and Garden Tour

*Carole Henry*

*Min 10 / Max 40*

**Mon., Apr 28; 10 am - noon**

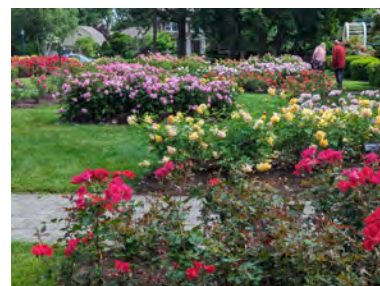
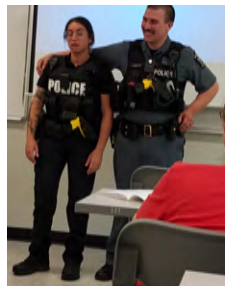
Albany County CCE/ Voorheesville

Discover what is considered a weed and how to identify based on type. We will discuss weed management strategies and the mistakes that homeowners make in controlling problem weeds. Then we will go on a tour of our CCE Demonstration Gardens to explore what Spring has to offer.

**Fee:** \$10 per person payable to SCHOOL. Register and pay by 2 weeks before. No refunds after April 14.

Participants should bring: Dress for the weather.

**Directions:** Cornell Cooperative Extension Albany Co., 24 Martin Road, Voorheesville, NY 12186





## MONDAYS AND WEDNESDAYS

### M/W30: Functional Integrated Training

Travis Hyer

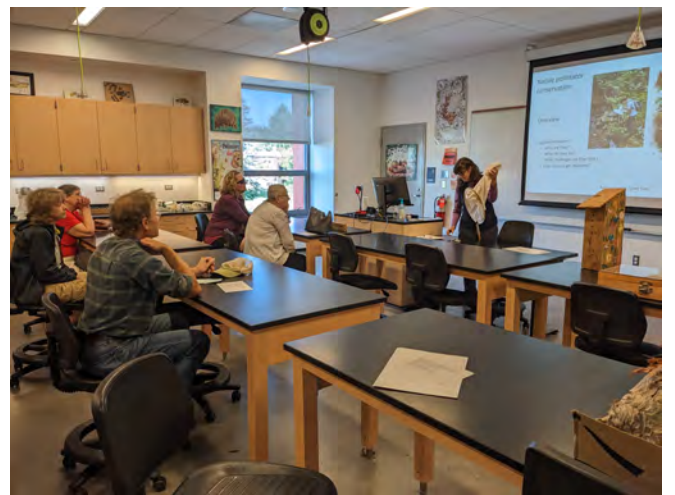
Max 5

M/W Apr. 7, 9, 14, 16; 10 - 11 am

Power-Up Gym, Richmondville

Group fitness training for seniors. This class works all parts of the body and is accessible to all. Following your four free sessions, you have the option of becoming a member (if you are not already) OR joining the Functional Integrated Training class 8 week program, or both.

Directions: Power Up Gym, 1469 NY 7, Richmondville, NY 12149



## TUESDAY - SPRING 2025

### TU5: Nutrition and Habits that can Improve Brain Function and Neurologic Disease

*Dr. Cyril Kozak*

*Tues., Mar. 25; 10:30 am -12:30 pm*

Cobleskill United Methodist Church Social Hall

Nutrition and brain health will be discussed in this interactive discussion. Yes, brain cells can regenerate. We will discuss foods, vitamins, relaxation, and exercise to improve mental function and decrease symptoms of neurologic disease.

Directions: Cobleskill UMC, 107 Chapel Street, Cobleskill, NY 12043

### TU17: Confident Beginners Quilt Class

*Sharon Aitchison*

*Tues., Ongoing; 10 am -4 pm*

*Max 5*

St. Vincent's hall, Cobleskill

This class is for students who have already completed classes with this instructor, including sewing and machine maintenance as well as beginner quilting. Students will have their own machines and tools for classes, as well as a good understanding of quilting.

Directions: St. Vincent's Church, 138 Washington Ave, Cobleskill, NY 12043

### TU25: Conversational Spanish

*Marge Dafeldecker*

*Tuesdays- Ongoing; 1:30 - 3 pm*

*Min 2 / Max 5*

St. Vincent's 'Quiet Room'

This CONVERSATIONAL Spanish class is a continuation of previous classes. However, new participants are welcome to join former students. We will prepare and present conversations re: travel, shopping, leisure time, family, etc. It is advisable that all participants have a minimum of 3 years of H.S. Spanish or the equivalent. We will focus on speaking in Spanish at each session. Bring an open mind, an adventurous spirit and a 'chatty' tongue.

Directions: St. Vincent de Paul Church, 138 Washington Ave., Cobleskill, NY. Parking lot is just past the church and the Quiet Room is on the upper level at the back right corner of the main sanctuary.



## **TU29: Journey Reimagined: How to slow your biological age**

*Nazreen Haque*

**Tues., Apr. 15, 22, 29 and May 6; 4:30 - 6 pm**

SUNY Cobleskill- Room TBD

Aging in today's world is evolving, with increasing life expectancy and changing gender roles. It's no longer about growing old but embracing later life stages with vitality. This framework sets the tone for rethinking aging in a modern context, challenging traditional views of decline and instead focusing on opportunities for reinvention and purpose. This course consists of 4 sessions. 1. What It Means to Age Today 2. Aging in the Animal Kingdom 3. Innovations: Tools at Your Disposal 4. Age Activism: Aging as a Civic Responsibility

## **TU39: Mindfulness and Meditation**

*Doreen Russo*

**Tues., Apr. 1, 8, 15, and 22; noon - 1 pm**

*Max 8*

St. Vincent's 'Quiet Room'

This course is for anyone interested in learning more about mindfulness and meditation. It covers both the essence of mindfulness and its applications in daily life, including through meditation. Mindfulness is paying attention in a particular way to what's happening in the present moment. Meditation is the practice at the heart of mindfulness. Living mindfully and practicing meditation are known to enhance people's health and well-being by bringing more calm, clarity, and kindness into their lives. Each week we will discuss a different aspect of what it means to be mindful and how to meditate, and then we will do a short guided meditation together. People at all levels of experience are welcome. Join us!

Directions: St. Vincent de Paul Church, 138 Washington Ave., Cobleskill, NY. Parking lot is just past the church and the Quiet Room is on the upper level at the back right corner of the main sanctuary.

## **TU53: 25 Ways to Use Your Smartphone Camera**

*Mary Carrier*

**Tues., Mar. 18; 3:30 - 5 pm**

*Mohawk Valley Library System*

Schoharie Library

*Min 2 / Max 16*

Many of us don't leave home without our smartphone but don't realize how it can be a very useful tool. Discover a variety of handy tips for using your smartphone camera to capture everyday life.

Participants should bring: Please bring your smartphone to class – Androids and iPhones welcome.

Directions: Schoharie Library (Mary Beatrice Cushing Library), 103 Knower Ave., Schoharie, NY 12157

## **TU57: The Cause for Newspaper Decline that Nobody's Talking About**

*Christopher Eastman*

*Min 5 / Max 40*

**Tues., May 27; 5:30 - 7:30 pm**

Sharon Springs Library

"Stripped for Parts" documentary film facilitated by Christopher Eastman. From the documentary's website: Hedge fund Alden Global Capital is quietly gobbling up newspapers across the country and gutting them, but no one knows why— until journalist Julie Reynolds begins to investigate. Her findings trigger rebellions across the country by journalists working at Alden-owned newspapers. Backed by the NewsGuild union, the newsmen and women go toe-to-toe with their "vulture capitalist" owners in a battle to save and rebuild local journalism in America.

Directions: Sharon Springs Library, 129 Main Street, Sharon Springs, NY 13459

## **TU65: Walter Elwood Museum of the Mohawk Valley - Guided Tour**

*Mike Parillo / Director*

*And Museum Staff*

**Tues., May 6; 10 am - noon**

Amsterdam, NY

The Walter Elwood Museum is a gateway to learning, using the past to illuminate the present. Utilizing the stories and artifacts of local experience, we examine history and culture in all its dimensions. We offer access to information through educational programs, unique collections and creative activities to enrich our understanding of ourselves and each other.

The Walter Elwood Museum's extensive collection of approximately 25,000 artifacts falls into four categories: multicultural, Victorian, natural history, and items that relate to Mohawk Valley's colorful industrial past (documentary, photographic and tangible). As a teacher in 1939, Walter Elwood began to share with his students the items he collected from having traveled the world as a young man. Upon his death in the 1950's, his collection was left to the Greater Amsterdam School District. The Mohawk Valley Heritage Association was formed in 1981 to help protect the school-owned museum and the school has since turned over management to that group.

Fee: Free admission. Donations welcome.

Directions: 100 Church Street, Amsterdam, NY 12010



## TU75: Bring Back the Pollinators

*Elaine Thuener*

**Tues., May 20; 2-3 pm**

CCE Cobleskill

This class will discuss The Xerces Society's work with invertebrate pollinators and what you can do at home to help them. Although birds, bats, and other creatures are also pollinators, insects are the animals that do the bulk of the pollination that affects our daily lives. Some of these insect pollinators will be familiar (bees and butterflies), but you might be surprised by some of the others (flies, wasps, and beetles). Pollinator conservation is a big task, and it all begins with each of us adopting four simple steps: growing pollinator-friendly flowers, providing nest sites, avoiding pesticides, and spreading the word. With these core values, pollinator conservation can be adapted to any location, whether you tend an urban community garden or a suburban yard, work in a city park or on a farm.

Participants should bring: Bring your curiosity, and all questions are welcome. There will be take-home materials supplied by The Xerces Society for Invertebrate Conservation.

Directions: Cobleskill Cooperative Extension, 173 S. Grand Street, Cobleskill, NY 12043

## TU82: Breitenbach Castle Tour & Sculpture Park Walk

*Thom Breitenbach*

**Tues., June 3; 1 - 4 pm**

*Rain date June 4*

Altamont, NY

CASTLE BREITENBACH, located near Altamont, NY, is dedicated to preserving and presenting the artistic legacy of Thom E. Breitenbach. It is certain to entertain, inspire, and educate all who visit. Welcomed to come by the artist himself, we will be able to study his famous and humorous "Proverbidioms" paintings and other exhibits, tour his hand-built castle and studio, and explore the beautiful grounds with its artistic stone walls, gardens, woodland trails (all built by hand by the artist), and 40' waterfall. Explore the evolving outdoor sculptural trail.

Over time, Proverbidioms has become America's best selling poster. It has reached over 100 countries around the globe, primarily as a teaching device. Proverbidioms appears or is discussed in many books and scholarly works, has been twice published by jigsaw puzzle companies, appeared on television sets, and has been counterfeited several times. Search online for more information on the artist, the castle, and the many paintings and other endeavors by T E Breitenbach.

**Fee:** \$10 per person payable to SCHOOL. Register and pay by May 1. No refunds after May 15.

Participants should bring: Dress for the weather and wear comfortable shoes.

Directions: 809 Township Rd, Altamont, NY 12009



## TUESDAYS AND THURSDAYS

### TU/TH52: Water Fitness

Linda Carpenter *Every T and TH in July and August; 5-6 pm*  
(Cancelled if Raining) Cobleskill Village Pool

Want to do a water workout and cool off at the same time? Linda will be leading a water workout at the Cobleskill Village pool this summer. It will be held Tuesday and Thursday night, 5-6 pm whenever the pool is open.

Fee: Buy a pool pass at the pool

Directions: Cobleskill Village Pool, 112 Pleasantview Dr, Cobleskill, NY 12043 (behind the Cobleskill Diner)



# WEDNESDAY - SPRING 2025

## WE4: Three Generations of Displacement

*Jeannette Balins  
& Beth Brandel*

**Wed., Mar. 26; 1 - 3 pm**  
Cobleskill Cooperative Extension

Imagine being forced to leave your home, your friends and your possessions and move to another country that speaks a different language and has different customs. This is the story of Jeannette Balins and Lanny Brandel's family history (sister and brother). Imagine this happening, not once or twice, but for three generations consecutively. And that's not even talking about their ancestor's migration in the 1600's during the religious wars in Europe.

The first generation (their grandmother) was deported from Poland during World War 1.

The second generation (their mother) was forced to flee Poland during World War 2.

The third generation (Jeannette and Lanny with family) escaped the Communist Regime in Czechoslovakia in 1967. Jeannette's husband, Janis Balins, and his family also fled Latvia during WW2.

Directions: Cobleskill Cooperative Extension, 173 S. Grand Street, Cobleskill, NY

## WE6: Filo (Phyllo) Workshop

*Jeannette Balins*  
*Min 4 / Max 8*

**Wed., April 9; 12:30 - 3:30 pm**  
Worcester, NY

Working with filo dough can be a little challenging, but easier if you know a few tricks. We will make Greek "Spanakopita", an excellent choice for an appetizer or any time snack. The two main ingredients are Spinach and Feta cheese.

On the sweet side, we will make two favorites: German/Austrian "Apfelstrudel". (Using filo is an easier way to make this apple strudel than the stretched dough version.)

The Honey and Walnut "Baklava" originated in the Middle East but is also popular throughout Mediterranean countries.

**Fee:** \$27 per person payable to SCHOOL. Register and pay by 2 weeks before. No refunds after March 26.

Directions: 2607 Co. Hwy 39, Worcester, NY 12197



## **WE7: Soup is Good Food**

*Jeannette Balins*

*Min 4 / Max 8*

Snow date: TBD

**Wed., Apr 2; 12:30 - 5 pm**

Worcester, NY

With the endless possibilities of making a delicious soup, we will concentrate on some of the European favorites: French Onion Soup, Hungarian Goulash Soup, Italian Wedding Soup, German Lentil Soup, Spanish "Sopa de Ajo (Comfort Soup with lots of Garlic and some Bread), and Polish "Zupa Nic"(Sweet Egg Soup) which was, of course, our favorite when our Grandmother made it for us children.

**Fee:** \$36 per person payable to SCHOOL. No refunds after March 19.

Please bring an apron and 6 containers to take home samples of your soup .

Directions: 2607 Co. Hwy 39, Worcester, NY 12197

## **WE9: Wine Tasting**

*Robert Rosenberg*

*Max 8*

**Wed., May 7; 2 - 4 pm**

Cobleskill, NY

Come explore the world of wine. Topics include a review of the types of wine, where to purchase wine, and how to store, open and serve wine. There will be discussion of the types of wine tastings you can have – what's called a vertical, a horizontal or mixed. We will taste several wines and discuss how we feel about them.

**Fee:** \$10 per person payable to SCHOOL. No refunds after April 23..

Directions: 145 Edgewood Dr., Cobleskill, NY 12043

## **WE10: The Amish Lifestyle – Part 1**

*Ron Ketelsen*

**Wed., May 7; 10 - 11:30 am**

ZOOM

The Amish have been thriving for generations without electricity or running water...without supermarkets, without pharmacies, and many other modern necessities. This two-part presentation provides a historical context as well as intimate glimpses of the daily Amish lifestyle that promotes continuity of values and skills from generation to generation. This presentation explains how the Amish have managed not merely to survive but to flourish in the midst of modern life. The presentation will include the origins of Amish culture and how Amish people currently live, discussing religion, education, community life, and health.



## **WE11: The Amish Lifestyle – Part 2**

*Ron Ketelsen*

**Wed., May 21; 10 - 11:30 am**

ZOOM

In this presentation (Part 2) you will learn about life on an Amish farm, from a very young age including school, games and chores; work, crafts and foods; clothing, farming, and more. You will learn about the expectations for girls and boys, and then for young women and young men, in Amish families; of social roles and understandings about courtship and marriage; about adult baptism and the often wrenching decisions young Amish men and women must make to go out into the English world into mainstream Christian congregations, or to stay and make a life of faith in the Amish church.

## **WE12: Household Solutions: Money-Saving Tips, DIY Cleaners, Kitchen Secrets, and Other Easy Answers to Everyday Problems**

*Ron Ketelsen*

**Wed., May 28; 10 - 11:30 am**

ZOOM

Whether you're cleaning house, cooking a meal, improving your appearance, or fighting a cold, this presentation will help you with natural and simple solutions to your daily tasks requiring only basic—and inexpensive—items with multiple uses that you should always keep on hand in your home. Not only will the recipes and hacks help you save on time and energy, they will also give you the satisfaction of having done your bit for the conservation of the environment. You will be surprised by how many effective, cheap and harmless cleaning products you already own in your household!

## **WE16: Dreamy Cream Puffs**

*Andrea Clapper*

*Min 4*

**Wed., Apr. 16; 1 - 3 pm**

St. Vincent's R/C Church, Cobleskill

This class will be a demonstration of the creation of "pat a choux" (puff pastry). The dough may be used for eclairs, swans, profiteroles for croquembouche. Different fillings will be presented and students will be able to sample.

**Fee:** \$10 per person payable to SCHOOL. No refunds after March 15.

Participants should bring: Your own apron.

**Directions:** St. Vincent de Paul Church, 138 Washington Ave., Cobleskill, NY. Parking lot is just past the church and the entry to the lower level is on the side below the sanctuary.

## **WE32: Making Composting Work for You**

*Jean Bonhotal*

*Min 15*

**Wed., Mar. 26; 10 am - noon**

Cobleskill Cooperative Extension

This class will contain Information to help homeowners and small-scale composters close the loop: manage organics on-site, improve soils and grow plants for consumption that will then go through the loop again, achieving sustainable organic residuals management while reducing fossil fuel inputs and converting waste into resources. Soil Quality Information is designed to help foster informed decision making to improve soil quality and reduce possible health risks from exposures to soil contaminants.

Note: compost bins can be purchased at class for \$15.00-bins will be made by participant-no money up front.

Directions: Cobleskill Cooperative Extension, 173 S. Grand Street, Cobleskill, NY

## **WE40: Libby for Overdrive**

*Kimberly Zimmer*

*Max 10*

**Wed., June 11; 2 - 3:30 pm**

Program Room- Community Library Cobleskill

Are you interested in using your device to download books, audiobooks and magazines? Are you currently downloading but paying for your books? I will introduce you to the Libby App on the Overdrive platform and demonstrate how you can get your books and magazines for free. All you need is your library card and a device.

Bring your laptop, tablet, kindle/Fire, phone, power cords, Amazon passwords and your library card. Don't have a library card? Stop into your local library and staff will assist you. Reminder: to get a new library card you will need identification and a piece of mail.

Directions: The Community Library, 110 Union Street, Cobleskill, NY

## **WE48: Resin Art**

*Emilie Hazelton*

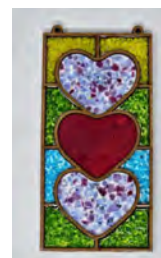
**Wed., March 26; noon - 1 pm**

Studio for Art and Craft

Resin art is one of our newest projects at the studio and a lot of fun. Learn to nip the glass and place it into a premade frame to create your own resin art suncatcher. Then pour the resin in and we will cure it to be able to take home the same day you make it.

**Fee:** \$30 per person payable to Studio for Art and Craft.

Directions: The Studio for Art and Craft, 576 Main St, Cobleskill, NY 12043



## **WE49: Fused Glass in Wooden Stand**

*Emilie Hazelton*

**Wed., Apr. 2; noon - 1 pm**

Studio for Art and Craft

Fused glass is an all time favorite. Join us in making this fused glass panel that fits in a stand.

**Fee:** \$30 per person payable to Studio for Art and Craft.

**Directions:** The Studio for Art and Craft, 576 Main St, Cobleskill, NY 12043

## **WE55: Tips and Tricks to Plan Your Next Vacation**

*Mary Carrier*

**Wed., May 14; 3 - 4:30 pm**

*Min 2 / Max 20*

Middleburgh Library

Are you planning the trip of a lifetime or a weekend getaway? Discover a variety of websites and apps available to help you with this process. We'll explore Google Earth, Airbnb, and Tripadvisor, just to name a few.

**Directions:** Middleburgh Library, 323 Main Street, Middleburgh, NY 12122

## **WE64: Birdwatching (and Listening!)**

*Roger Masse*

**Wed., Apr. 23; 9 - 11 am**

*Rain date April 30; 9-11 am*

SUNY/ Cobleskill- Curtis Mott

*Min 8 / Max 12*

Wildlife viewing is an extremely popular pastime for millions of people around the world. According to the US Fish and Wildlife Service, more people over the age of 16 years old participate in wildlife viewing than either fishing or hunting in the USA. In the USA, wildlife watching also generates more economic output than fishing or hunting. Birds are among the most popular wildlife to watch because most species are diurnal, many species are colorful or have bold patterning, and they are generally more conspicuous than other groups of wildlife. Birds are also easily attracted for viewing using bird feeders. The objectives of this course are to: 1) introduce students to the basics of bird identification, and 2) practice bird identification by sight and sound in the field. This course will involve a short presentation (about 20 mins) followed by a short birdwatching walk (about 1.5 hours) around part of SUNY Cobleskill campus.

Participants should bring: Binoculars if students have them. Dr. Massey can bring some to share too.

**Directions:** SUNY Cobleskill- Curtis Mott bldg. Near the Speedway gas station, turn onto Schoharie Parkway North and follow it around the loop to the right, and past the Animal Science Buildings and Turf Grass.

## **WE67: Tour of 1797 Gideon Frisbee House and Other Historic Buildings at Delaware County Historical Association**

*Tim Duerden*

**Wed., June 11; 11 am - 2 pm**

*Delaware County Historical Association*

Delhi, NY

*Min 5 / Max 30*

Our visit to the Delaware County Historical Association Museum in Delhi, NY will begin with a guided tour of the 1797 Gideon Frisbee House. This federal-style home was built by Gideon Frisbee, a judge, tavern keeper, farmer and entrepreneur. The tour will offer a glimpse into the home life of Delaware County residents from 1800 through the 1920's including the omnipresent outhouse out back. Following the guided tour, we will guide ourselves through the Amos Wood Gun Shop; Husted Hollow One-Room Schoolhouse; a 19th century corn crib; Woodin Blacksmith Shop relocated from Andes, NY; a Tollgate House from along the Susquehanna/Catskill Turnpike, relocated from Stamford, NY, and the Frisbee Family Cemetery. We will also be able to visit the two exhibit galleries located on the premises.

**Fee:** \$5 per person payable to SCHOOL. Register and pay by 2 weeks before. No refunds after May 28.

**Directions:** 46549 State Highway 10, Delhi, NY 13753

## **WE68: VIA Aquarium Visit with Guided Tour**

*Shannon Perrott*

**Wed., May 14; 10-noon**

Campbell Rd., Schenectady, NY

Via Aquarium is the capital region's only full-scale aquarium. Journey through over 45 exhibits showcasing the wonders of our oceans, rivers, and local freshwater habitats. Individuals will partake in a 45-60-minute Guided Tour, then will continue to freely explore the aquarium. During the Guided Tour, an educator will take guests around to all of the tanks of the aquarium to teach guests about the fascinating animals that inhabit the waters of the world. The educator will focus on the habitats these animals come from, the adaptations they have developed to survive, and conservation of wildlife. A few vocabulary words used in the tour include invasive species, endangered animals, climate change, adaptive radiation, biodiversity, symbiosis, and more.

**Fee:** \$17 per person payable to SCHOOL. Register and pay by 2 weeks before. No refunds after May 1.

**Directions:** VIAport, 93 West Campbell Road, Schenectady, NY 12306



## SCHOOL Registration Form Spring 2025

Name

Mailing Address

Preferred Phone

Alternate Phone

Email

Emergency Contact Name and Phone Number

Yes \_\_\_\_\_ No \_\_\_\_\_ SCHOOL may reproduce for publicity any photo images of me taken while participating in SCHOOL activities. *(If you've checked "NO", please advise your classmates **before** photos are taken)*

Yes \_\_\_\_ No \_\_\_\_ In the future, just send me an electronic copy of the catalog by email to the above address. I can download my own or pick up a hard copy from my local library, and I understand that it will help to save SCHOOL some printing and mailing expenses.

How did you learn about SCHOOL? \_\_\_\_ Booklet at Library \_\_\_\_ Word of Mouth \_\_\_\_ Was a guest of friend  
\_\_\_\_ Facebook \_\_\_\_ Other (please specify) \_\_\_\_\_

For everyone's protection, we will continue to follow any venue-specific health-related protocol requirements in effect at the time of the class, trip, or performance.

**Please send in** your registration forms, plus payment for any SCHOOL classes requiring additional fees, and your class selection sheets. *If you did not send in your \$50 annual membership fee last fall, please also include that fee in your payment.* Note: There is also a separate registration form with info required to bring guest(s) to a function or class. You can copy and mail the forms or register for courses on-line through [www.cobyschool.com](http://www.cobyschool.com), but **payment needs to be US Post Office mailed to: SCHOOL, PO Box 576, Cobleskill, NY 12043**

### Waiver of Liability, Assumption of Risk, and Indemnity Agreement

Waiver: In consideration of being permitted to participate in any way in any and all SCHOOL-sponsored activities:

I understand that Schoharie County Home of Ongoing Learning (SCHOOL), its officers, and representatives cannot guarantee that conditions for hikes, trips and classes will be suitable for all individuals with varying health conditions and fitness levels. It is the responsibility of each participant to assess their own ability, and to be aware of the inherent hazards and risks of participating in any SCHOOL-sponsored activities. By signing below, I accept full responsibility for my own health and well-being. I acknowledge and understand that there is no liability from any and all claims, including the negligence of SCHOOL, its officers, and representatives, resulting in personal injury, accidents or illnesses (including death), and property loss arising from participation.

Name \_\_\_\_\_

Signature \_\_\_\_\_

Selection	DAY	No.	COURSE TITLE	SCHEDULE	FEE to SCHOOL or VENUE?	RSVP/No refund after DATES
	MON	3	El Bosque Renovations - how a 1957 house became a 21st century dream home	MON March 31; 10 am - noon		
	MON	15	Historic Businesses of Jefferson	MON May 5; 10 am - noon		
	MON	19	Ayurveda and Metabolic Diseases	MON March 17; 4:30 - 6:30 pm		
	MON	21	Pinkster Festival	MON March 24; 4:30 - 6pm		
	MON	24	Beginner Spanish	MON March 24, 31, April 7, 21, 28, May 5: 1:30 - 3 pm		
	MON	26	Wild Flower Walk	MON May 12; 9 - 11 am		
	MON	28	To the Heroic Dead: Monuments and the Formation of Civil War Memory	MON April 21; 10 - noon		
	MON	31	Complex Relationship of Europeans and Native Americans	MON April 21, 28; 3:30 - 5 pm		
	MON	38	Try Your Hand at Playing the Accordion	MON April 7; 10 -11:30 am		
	MON	46	Reception and Annual Meeting	MON May 19 1-3 pm	\$5 deposit to SCHOOL, additional \$10 at the door	May 1
	MON	61	Police Dog Training, Care and Handling	MON March 10; 4 - 5 pm		
	MON	71	Getting to Know your Weeds and Garden Tour	MON April 28; 10 am - noon	\$10 per person paid to SCHOOL	Apr 14
	MON/WE	30	Functional Integrated Training	M/W April 7, 9, 14, 16 10 - 11 am		
	TU	5	Nutrition and Habits that can improve Brain Function and Neurologic Disease	TU March 25 10:30 am - 12:30 pm		
	TU	17	Confident Beginners Quilt Class	TU ongoing 10 am - 4 pm		
	TU	25	Conversational Spanish	TU ongoing; 1:30 - 3 pm		
	TU	29	Journey Reimagined: How to slow your biological age	TU April 15, 22, 29 & May 6; 4:30 - 6 pm		
	TU	39	Mindfulness and Meditation	TU April 1, 8, 15, & 22; noon - 1 pm		
	TU	53	25 Ways to Use Your Smartphone Camera	TU March 18 3:30 - 5 pm		
	TU	57	The Cause for Newspaper Decline that Nobody's Talking About	TU, May 27; 5:30 - 7:30 pm		
	TU	65	Walter Elwood Museum of the Mohawk Valley - Guided Tour	TU May 6; 10 - noon	Admission is free. Donations Welcome.	
	TU	75	Bring Back the Pollinators	TU May 20; 2 - 3 pm		
	TU	82	Breitenbach Castle Tour & Sculpture Park Walk	TU June 3; 1 - 4 pm	\$10 per person to SCHOOL	May 1
	TU/TH	52	Water Fitness	Every T and TH in July and August from 5-6 pm	Buy pool pass at the village pool	
	WE	4	Three generations of displacement	WE March 26; 1 - 3 pm		
	WE	6	Filo (Phyllo) Workshop	WE April 9; 12:30 - 3:30 pm	\$27 to SCHOOL	March 26
	WE	7	Soup is Good Food	WE April 2; 12:30 - 5 pm	\$36 to SCHOOL	March 19
	WE	9	Wine Tasting	WE May 7; 2 - 4 pm	\$10 per person paid to SCHOOL	April 23
	WE	10	The Amish Lifestyle – Part 1	WE May 7; 10 - 11:30 am		
	WE	11	The Amish Lifestyle – Part 2	WE May 21; 10 - 11:30 am		
	WE	12	Household Solutions: Money-Saving Tips, DIY Cleaners, Kitchen Secrets, and Other Easy Answers to Everyday Problems	WE May 28; 10 - 11:30 am		
	WE	16	Dreamy Cream Puffs	WE April 16, 1 - 3 pm	\$10 to SCHOOL	March 15
	WE	32	Making Composting Work for You	WE March 26; 10 am - noon		
	WE	40	Libby for Overdrive	WE June 11; 2 - 3:30 pm		
	WE	48	Resin Art	WE March 26; noon - 1 pm	\$30 to Studio	
	WE	49	Fused Glass in Wooden Stand	WE April 2; noon - 1 pm	\$30 to Studio	
	WE	55	Tips and Tricks to Plan Your Next Vacation	WE May 14; 3 - 4:30 pm		
	WE	64	Birdwatching (and Listening!)	WE April 23; 9 - 11 am		
	WE	67	Tour of 1797 Gideon Frisbee House and Other Historic Buildings at Delaware County Historical Association	WE June 11; 11 am - 2 pm	\$5 to SCHOOL	June 1
	WE	68	VIA Aquarium Visit with Guided Tour	WE May 14; 10 - noon	\$17 to SCHOOL	May 1

NAME OF REGISTRANT: \_\_\_\_\_

WE	70	Farming with Dynamite: The Forgotten Building Stone Boom in Schoharie County	WE April 16; 3:30 - 5 pm		
WE	72	Improving Soil Part 2	WE April 9; 10 - 11:30 am		
WE	73	Planning Your Garden	WE March 19; 10 am - 1 pm		
WE	80	Catskill Scenic Rail Trail Hike	WE May 28; 1 - 4 pm		
WE	81	Riverdance - 30th Anniversary Tour at Proctors	WE April 16; 7:30 pm	SCHOOL: 5 Balcony seats- \$40 members, \$45 guests; 5 Lower level left seats- \$55 members, \$60 guests	March 1
TH	8	Cheese Tasting	TH April 17; 2 - 3:30 pm	\$10 per person paid to SCHOOL	Apr. 3
TH	18	Southern Indian Cuisine Breakfasts	TH April 3 & April 24; 4 - 7 pm	\$5 Pay instructor at each class	
TH	22	Learning about Past Life Regression Using Hypnosis	TH May 1 and 15; 2 - 4 pm		
TH	23	Collection of Old Farms in Summit	TH April 24; 1 -2 pm		
TH	27	Dr Talk	TH March 20; 1:30 - 3:30 pm		
TH	37	Clark Tower Hike	TH May 8; 10 am - noon		
TH	41	Senior Planet Series – Digital Coupon Tools	TH March 27; 2 - 3:30 pm		
TH	42	Senior Planet Series – Gardening Tech	TH May 29; 2 - 3:30 pmm		
TH	43	Senior Planet Series – Intro to Booking Vacation Stays Online	TH June 26; 2 - 3:30 pm		
TH	44	Senior Planet Series – Saving Money with Tech	TH April 24; 2 - 3:30 pm		
TH	45	Senior Planet Series – Streaming and Smart TVs	TH February 27; 2 - 3:30 pm		
TH	47	Mahjong	ongoing Thurs 1 - 4 pm		
TH	54	Smartphone Savvy - Editing and Organizing Your Photos	TH May 22; 2 - 3:30 pm		
TH	56	Google Drive Exploration	TH April 10; 2-3:30 pm		
TH	58	Latin American Unification Efforts	TH March 27 4:30 - 6:30 pm		
TH	60	Skohere and the Birth of New York's Western Frontier 1609 - 1731, Vol. III 1703 - 1731 - Book Presentation	TH May 29; 7 - 8:30 pm		
TH	66	Poetry, Form and Function	Th April 3, 10, 17; 11 am - 12:30 pm		
Th	74	Hydroelectricity and the Historical Home-Lansing Manor	Th May 27; 10am - noon		
TH	76	Writing Your Memories	TH March 6,13,20, 27; 11:00-12:15 pm		
FR	1	Healthy Plant Based Eating 1	FR March 28; 10 am - noon		
FR	2	Healthy Plant Based Eating 2	FR April 4; 10 am - noon		
FR	13	"We WereThere"; Documentary about 9/11 in Schoharie County	FR April 18; 10 am - noon		
FR	20	Fruit Tree Grafting - Hands On	FR May 16; 1:30 - 3 pm		
FR	33	Relating To Our Adult Children	FR May 2; 11 am - 1 pm		
FR	34	Leaping into Retirement	FR May 23; 11 am - 1 pm		
FR	35	Embracing Our Inner Critic	FR May 30; 11 am - 1 pm		
FR	36	Bridge - Learn and Play	ongoing Fridays 10 am - noon		
FR	50	Candlemaking 101	FR March 7; 1 - 2:30 pm	\$30 payable on arrival to Mineral Springs Soap	RSVP by Feb 21
FR	51	Soapmaking 101	FR April 18; 1 - 2:30 pm	\$45 payable on arrival to Mineral Springs Soap	RSVP by April 4
FR	62	Verlaine - The Number Wisdom Connection	FR April 25; 2 - 4 pm		
FR	63	Recycling Facility Tour	Fri April 11; 10 - 11:30 am		
FR	69	A Two-For: Visit Farm Credit East and Osborne Farm's Robotic Milking Machines	FR May 9; 10 am - 2 pm		
FR	78	Knox Wetland & Winn Preserve Hikes	FR June 6 ; 1 - 4 pm		
FR	79	Vicarious Voyage- Lourdes to Fatima Along the French Camino	FR. March 21; 1 - 2 pm		
SAT	59	Fountaintown - Guided Walking Tour	SAT April 12; 10 am -noon	\$8.00 per person to SCHOOL	28-Mar
SAT	77	Owen D Young Nature Trail Hike	SAT May 3; 11 am- 2 pm		

NAME OF REGISTRANT: \_\_\_\_\_

**SCHOOL Guest Registration Form – Spring 2025**

I, \_\_\_\_\_ (SCHOOL MEMBER-info below) would like to bring the following guests:

Name of Trip/Hike/Class: \_\_\_\_\_ Date \_\_\_\_\_

Guest Name:
Guest Phone:
Guest Email:
Guest Emergency Contact Number:

Name of Trip/Hike/Class: \_\_\_\_\_ Date \_\_\_\_\_

Guest Name:
Guest Phone:
Guest Email:
Guest Emergency Contact Number:

Name of Trip/Hike/Class: \_\_\_\_\_ Date \_\_\_\_\_

Guest Name:
Guest Phone:
Guest Email:
Guest Emergency Contact Number:

**SCHOOL MEMBER Information:**

Member Name:
Member Phone:
Member Email:
Member Emergency Contact Number:

**Guest Policy:** With the concurrence of the instructor, a member may bring one guest to one session of one class per semester. The member shall also notify the class ambassador in advance with the name and contact information for the guest.

The above policy does not apply to hikes, trips, or performances for which multiple guests may be escorted by the member. Advance notification (and payment if there is a fee for the event) is still required, as noted in the particular hike, trip, or performance description. Members will be given priority over guests for tickets, up until the RSVP date. However, we make every effort to accommodate all members and their guests seeking tickets for one of our offerings.

To protect everyone, we will continue to follow any venue-specific health requirements in effect at the time of the class, trip, or performance.

Please provide the above information for yourselves and your guests, so that our group leaders and ambassadors have this important information for everyone in the SCHOOL group attending the event. All guests are the responsibility of the hosting member, and each guest will be expected to acknowledge the same waiver of liability statement as do all members.



## **WE70: Farming with Dynamite:**

### **The Forgotten Building Stone Boom in Schoharie County**

*Dana Cudmore*

**Wed., Apr. 16; 3:30 - 5 pm**

Cobleskill Cooperative Extension

Farming with Dynamite documents a brief period, from about 1890-1905, when the quarry industry likely surpassed farming as Schoharie County's local economic engine. Thirty-one quarries dotted the limestone belt that ran along the northern third of the county. Collectively, these quarries supplied millions of tons of cut and finished stone for major projects such as the Brooklyn Bridge, the expanding NYS Barge Canal System and hundreds of homes and prestigious buildings meant to last a lifetime. Farming With Dynamite describes where the quarries were worked in Cobleskill, Esperance, Schoharie, Sharon Springs, and elsewhere, as well as where the stone went! Some were small, others employed hundreds, including scores of then-recent Italian immigrants. Included is a brief history of the Howes Cave cement works, which supplied stone and cement to important projects across the region, including the State Capitol building in Albany.

Recommended reading: Farming With Dynamite: The Forgotten Stone Boom in Schoharie County which is available at local bookstores. AND/OR; Quarry-related posts on Dana's "Cave Country Tales" blog at [howecavernstales.com](http://howecavernstales.com) (one word)

Directions: Cobleskill Cooperative Extension, 173 S. Grand Street, Cobleskill, NY

## **WE72: Improving Soil Part 2**

*Paula Sinatra*

**Wed., Apr 9; 10 - 11:30 am**

*Min 5 / Max 50*

Cobleskill Cooperative Extension

The spring workshop will focus on practical ways to prepare the garden for spring planting, including pH testing, nutrient testing, and some tools and methods as alternatives to tilling. Paula will try to include how to submit a soil sample for nutrient testing and how to read the test results. They are currently working out a system for soil testing at the extension office.

Directions: Cobleskill Cooperative Extension, 173 S. Grand Street, Cobleskill, NY

## **WE73: Planning Your Garden**

*Berenice Dooley*

**Wed., Mar. 19; 10 am - 1 pm**

*Min 5 / Max 50*

Cobleskill Cooperative Extension

Your job as a gardener is simple: to understand what your plants need and to give it to them. So what do plants need? They need sunlight, water, air, and nutrients in the right amount and at the right time.

Before making your garden beds, you must first decide what plants to grow and where to put them. As you make your choices, You will use your Personal Planting Plan and graph paper to map out your garden and learn how to obtain the best possible results.

Directions: Cobleskill Cooperative Extension, 173 S. Grand Street, Cobleskill, NY

## **WE80: Catskill Scenic Rail Trail Hike**

*Kathy Livingston*

*Rain date TBD*

*Min 5 / Max 25*

***Wed., May 28; 1 - 4 pm***

Stamford, NY area

The Catskill Scenic Trail is a 26 mile recreational path (formerly the bed of the Ulster and Delaware railroad) that meanders along some of the most beautiful countryside in New York State. The trail weaves through farm fields, along the Delaware River, and past small Catskill towns. The hard-packed surface, wide path and very slight grade make it ideal for an assortment of recreational activities. The trail runs along the West Branch of the Delaware River and alongside sections of NYS Routes 10, 23 and 30. The Catskill Scenic Trail is open to the public for hiking, biking, horseback riding, cross-country skiing, walking, and jogging. We will plan to enter the trail either near Stamford or Grand Gorge and hike about 3-5 miles roundtrip.

Participants should bring: Dress for the weather; wear layers, sturdy hiking shoes; bring snacks, bugspray, sunscreen, walking stick.

Directions: There is parking in Stamford at the intersection of Railroad Avenue and South Street by the historic depot. There is also parking at Route 30 on Ferris Hill Road, just south of Grand Gorge. Starting spot and more detailed info will be sent to participants before the hike.

## **WE81: Riverdance - 30th Anniversary Tour at Proctors**

*Rose Keller & Kathy Livingston*

***Wed., Apr. 16; 7:30 pm***

Proctors Theater Schenectady

Since Riverdance first emerged onto the world stage, its fusion of Irish and international dance and music has captured the hearts of millions worldwide. The Grammy award-winning music and the infectious energy of its mesmerising choreography and breathtaking performances has left audiences in awe and established Riverdance as a global cultural sensation. To celebrate this incredible 30th year milestone, Riverdance will embark on a special anniversary tour, bringing its magic to audiences around the world. This spectacular production rejuvenates the much-loved original show with new innovative choreography and costumes and state of the art lighting, projection and motion graphics. And for the first time Riverdance welcomes "The New Generation" of performers, all of whom were not yet born when the show began 30 years ago. Audiences will enjoy a unique and memorable performance which blends the traditional and the contemporary, showcasing the skill and passion of the world-class dancers, musicians and singers in the Riverdance ensemble. Composed by Bill Whelan. Produced by Moya Doherty. Directed by John McColgan.

**Fee:** SEATS: There are 5 Balcony seats available: \$40 for members/ \$45 guests; There are also 5 Lower level left seats available: \$55 for members/ \$60 guests. First come/ first served. No refunds after March 15.

This is a 'drive yourself' event. Please arrive at least 45 minutes early to allow for parking and finding your seat.

Directions: Proctors Theater, 432 State Street, Schenectady, NY 12305

# THURSDAY - SPRING 2025

## TH8: Cheese Tasting

*Robert Rosenberg*

*Min 4 / Max 10*

***Thurs., Apr. 17; 2 - 3:30 pm***

Cobleskill United Methodist Church Social Hall

If you're feeling kind of Blue, this class will help make you feel Gouda. Seriously, we will explore the world of cheese. The class will (briefly) discuss types of cheeses and will review how to store and serve cheese. We will then have a cheese tasting where you can say why you like or don't like a particular cheese.

**Fee:** \$10 per person payable to SCHOOL. No refunds after April 3.

**Directions:** Cobleskill UMC, 107 Chapel Street, Cobleskill, NY 12043

## TH18: Southern Indian Cuisine Breakfasts

*Fr. Joseph Arockiasamy*

*Min 3 / Max 15*

***Thurs., Apr. 3 and 24; 4 - 7 pm***

St. Vincent's R/C Church, Cobleskill

Join Fr. Joe to learn about and taste Uppama, a savory grain-based breakfast dish typical in Southern India; dosa, a thin, savoury crepe in Indian cuisine served with coconut chutney; and Sambar as a South Indian breakfast meal.

**Fee:** \$5 per person per class, payable to instructor at each class for supplies.

Participants should bring: Your own apron.

**Directions:** St. Vincent de Paul Church, 138 Washington Ave, Cobleskill, NY 12043

## TH22: Learning about Past Life Regression Using Hypnosis

*Susan Cimino-Cary*

***Thurs., May 1 and 15; 2 - 4 pm***

ZOOM

Explore how hypnosis can be used to explore past lives. Susan will even share a past life experience a friend of hers had about Susan's husband (in this life) and Susan, which took place several hundred years ago.



## **TH23: Collection of Old Farms in Summit**

*Karen Cuccinello*

***Thurs., Apr. 24; 1 -2 pm***

Summit Town Hall

Summit began to be settled in the 1790's. Then after clearing trees and building houses, farms began to be molded.

The 31 farms that Karen will highlight include their location, who owned the land as far back as deeds allowed, photos and mini bios on the residents. This will be a slideshow of photos.

Directions: Summit Town Hall. 1580 Charlotte Valley Road, Summit

## **TH27: Dr Talk**

*Dr. Susan Emerson*

***Thurs., Mar. 20; 1:30 - 3:30 pm***

ZOOM

This will be an interactive discussion of audience-chosen medical topics. Discussion will follow participant questions, but if no one asks questions she will start off with head colds and what different medical tests are used for (XRay vs CT vs MRI vs ultrasound, etc.). Please note that the doctor cannot give personalized medical advice in this venue, but is happy to address general topics such as diagnoses, medications, testing, etc. (and as always, translate doctorspeak to plain English!). Bring your questions!

## **TH37: Clark Tower Hike**

*Carolyn & Chuck Melszer*

***Thurs., May 8; 10 am - noon***

*Rain date TBD*

Cooperstown, NY

The Clark Tower trail begins on Beaver Meadow Road (between Route 52 and Apple Creek Road). The trail is on the Clark Tower property, which features more than 500 acres of woodland, fields and farmland just outside the Village of Cooperstown. We will walk up the hill on the carriage road to get to the tower (inspired by towers in Ireland and built by F. Ambrose Clark), catch a view of Cooperstown and Otsego Lake, and then continue along the trail. The trail has some incline but is a pretty easy trail (about 2 miles).

Participants should bring: Wear appropriate walking shoes, bring water and bug spray.  
Note: There is no restroom on site.

Directions: Clark Tower Parking & Trailhead, Cooperstown, NY 13326 -- on Beaver Meadow Road (between Route 52 and Apple Creek Road)



## **TH41: Senior Planet Series – Digital Coupon Tools**

*Kimberly Zimmer*

*Max 15*

***Thurs., Mar. 27; 2 - 3:30 pm***

Program Rm-Community Library, Cobleskill

If you like saving money on groceries and everyday items, then this lecture is for you! We'll introduce you to the world of digital couponing and a variety of tools to help you get started. You'll learn about coupon websites, apps, and databases as well as tips for getting the best deals. Learn how digital coupon tools can help you save money!

Directions: The Community Library, 110 Union Street, Cobleskill, NY

## **TH42: Senior Planet Series – Gardening Tech**

*Kimberly Zimmer*

*Max 15*

***Thurs., May 29; 2 -3:30 pm***

Program Rm-Community Library, Cobleskill

Do you want to improve your green thumb or just make gardening easier? Technology may be the answer. Join us in this introductory lecture to learn about different types of gardening tech. We'll go over some popular apps and explain their common features that will help you with everything from designing your garden to identifying plants and caring for them. You'll also learn about outdoor smart irrigation systems and sensors, as well as indoor gardening devices. Can tech give you a green thumb? Come to this lecture to find out!

Directions: The Community Library, 110 Union Street, Cobleskill, NY

## **TH43: Senior Planet Series – Intro to Booking Vacation Stays Online**

*Kimberly Zimmer*

*Max 15*

***Thurs., June 26; 2 - 3:30 pm***

Program Rm-Community Library, Cobleskill

Do you love to travel but miss the comforts of home when you're away? Thanks to a variety of websites and apps, you can find your perfect home away from home almost anywhere in the world! This lecture introduces popular vacation rental sites, their common features, and how to find great deals. Additionally, you'll learn how to choose your vacation rental wisely and stay safe while traveling. Need to travel on a budget? We'll also discuss alternatives to rentals, such as online platforms for home exchanges and house sitting! Need a vacation? Learn about popular websites and apps for booking vacation rentals.

Directions: The Community Library, 110 Union Street, Cobleskill, NY

## **TH44: Senior Planet Series – Saving Money with Tech**

*Kimberly Zimmer*

*Max 15*

***Thurs., Apr. 24; 2 - 3:30 pm***

Program Rm-Community Library, Cobleskill

The internet can open a new world for saving money and managing your finances. This lecture introduces online banking and goes over how to keep your financial information safe. You'll also learn about online shopping and explore some digital resources for saving money on entertainment, prescription drugs, and everyday items. Explore ways that tech can help you save money and manage your finances!

Directions: The Community Library, 110 Union Street, Cobleskill, NY

## **TH45: Senior Planet Series – Streaming and Smart TVs**

*Kimberly Zimmer*

*Max 15*

***Thurs., Feb. 27; 2 - 3:30 pm***

Program Rm-Community Library, Cobleskill

Every day, more and more people are "cutting the cord" and canceling their cable subscriptions. Instead, they're using free or low-cost streaming services like YouTube, Netflix, and Hulu to watch their favorite shows and movies online. This presentation will introduce streaming: what it is, how to use it, and the variety of content available. You'll also learn how to watch live TV without cable and how smart TVs and streaming devices can let you watch videos from the Internet on your television. Are you paying for TV channels you don't watch? Learn why people are "cutting the cord" and using streaming services instead!

Directions: The Community Library, 110 Union Street, Cobleskill, NY

## **TH47: Mahjong**

*Linda Carpenter*

***Thurs., Ongoing; 1-4 pm***

The Gathering Place, Cobleskill

Want to learn the game of Mahjong? Mahjong is a tile-based strategy game developed in China in the 19th century. We meet every Thursday at The Gathering Place. If you are new to the game, we will teach you. Come join us and learn an exciting new game!

Note: You must be a member of the Gathering Place to use their facility.

Directions: The Gathering Place, 127 Kenyon Road Cobleskill, NY 12043



## **TH54: Smartphone Savvy - Editing and Organizing Your Photos**

*Mary Carrier*

*Mohawk Valley Library Association*

*Min 2 / Max 12*

***Thurs., May 22; 2 - 3:30 pm***

Sharon Springs Library

In this hands-on class, learn how to edit your photos and organize them into albums on your smartphone (Androids & iPhones welcome). We will also upload photos to a laptop and organize them into folders.

Participants should bring: Students are welcome to bring their smartphone cord and Windows laptops (no MacBooks, please) for the upload exercise.

Directions: Sharon Springs Library, 129 Main Street, Sharon Springs, NY 13459

## **TH56: Google Drive Exploration**

*Mary Carrier*

*Mohawk Valley Library Association*

*Min 2 / Max 12*

***Thurs., Apr. 10; 2 - 3:30 pm***

Community Library, Cobleskill

Google Drive is more than cloud storage, it also offers free access to word processing, spreadsheets, presentations, and surveys. We'll explore and navigate Google Drive to discover the power of its possibilities. A Gmail account is required for full participation.

Participants should bring: Students are welcome to bring their own laptops or borrow one of ours.

Directions: The Community Library, 110 Union Street, Cobleskill, NY

## **TH58: Latin American Unification Efforts**

*Dr. Sal Rivera*

***Thurs., Mar. 27; 4:30 - 6:30 pm***

SUNY Cobleskill- Warner Rm TBD

Join Dr. Rivera as he provides an overview of efforts to create a politically unified Latin America. He is the author of "Latin American Unification: A History of Political and Economic Integration Efforts".

Directions: Turn onto the SUNY campus at the entrance near the Speedway gas station. Make an immediate left onto Albany Avenue. Follow that road (at a speed of 20 miles per hour) until just before the big turn, passing the Health Center, Vroman Hall, and Wieting Hall. There will be a small sign that lists Library, Wheeling Hall and Warner/Holmes Hall. Park in the Faculty/Staff area.

**TH60: Skohere and the Birth of New York's Western Frontier  
1609 - 1731, Vol. III 1703 - 1731 Book Presentation**

*Jeff O'Connor*

***Thurs., May 29; 7 - 8:30 pm***

SUNY Cobleskill- Rm TBD

Volume III completes the book trilogy series that establishes the foundational history of the Schoharie Valley. The Palatine arrival and subsequent experiences in the Schoharie Valley are chronicled with new insights and analysis that will challenge previously accepted history. Key to this narrative is the involvement of the Mohawks, who provide land and assistance while also establishing a unique relationship with the newcomers. Adam Vrooman, Governor Hunter, and others play significant roles in the Palatine story, but have their own histories to explore.

**TH66: Poetry, Form and Function**

*Anne Myers*

***Thurs., Apr. 3, 10 and 17; 11 am-12:30 pm***

*Max 12*

Cobleskill United Methodist Church- Golding Lounge

This course is going to concentrate more on the structure of English and American poetry and its relationship to the people than on analyzing the poems themselves—though that certainly will come into play. We will begin with the sonnet, as it is one of the most restricted forms of poetic expression, and move to blank verse, free verse and even songs. This will be flexible, and I hope students will introduce some of their favorites. April is National Poetry Month, so this course is the perfect way to celebrate the genre.

Participants should come with a willingness to participate.

Directions: Cobleskill UMC, 107 Chapel Street, Cobleskill, NY 12043

**TH74: Hydroelectricity and the Historical Home - Lansing Manor**

*Candi Mattice*

***Thurs., May 1; 10 am - noon***

*Min 5 / Max 25*

Lansing Manor, Blenheim, NY

Your visit with the New York Power Authority Visitors Center will educate you on how we produce hydroelectricity for most of New York City. You will also get to play with several stations with ways that you can make electricity. After enjoying the Visitors Center, we will walk you through our historic Lansing Manor house that was built in 1918. The house includes items from the time period it was built. You will experience life in the early 1900's.

Directions: NYPA/ Lansing Manor, 1378 State Route 30, North Blenheim, NY 12131



## TH76: Writing Your Memories

*Beth Cash*

*Min 4 / Max 10*

**Thurs., Mar. 6, 13, 20, 27; 11 am - 12:15**

**Cobleskill United Methodist Church - Library**

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.

Participants should bring: Notebook and pen or pencil

Directions: Cobleskill UMC, 107 Chapel Street, Cobleskill, NY 12043



# FRIDAY - SPRING 2025

## FR1: Healthy Plant Based Eating 1

*Beth Brandel*

*Fri., Mar. 28; 10 am - noon*

ZOOM

Take a look into my new world. For 63 years I ate whatever I wanted. I thought Vegetarians were odd. I'd stop by McDonald's once in a while, I ate pizza and ice-cream with abandon. THEN, our eating style changed dramatically when a violinist friend told me "Beth, you HAVE to read How Not to Die by Dr. Michael Greger". I asked "How Not to Die? We ALL die."

Let me lead you through the books, movies, apps, grocery items and recipes that are now a big part of our lives. It has definitely changed the way we think about food, the US food industry (which is more interested in profit than our health), causes of death, animal welfare and environmental damage caused by livestock breeding.

## FR2: Healthy Plant Based Eating 2

*Beth Brandel*

*Fri., Apr. 4; 10 am - noon*

ZOOM

This PowerPoint plays movie clips from the movie "What the Health?"

Kip interviews several leading health organizations who work to help cure people with heart disease, diabetes, cancer, etc. These same organizations will not acknowledge the role that diet (food choices) plays in good health because there is no money in it. You'll be astonished at who their Corporate Sponsors are. It just demonstrates profits over people's health. The most respected doctors and researchers in the Plant Based diet movement highlight how saturated fats and dairy are not good for you. One study shows that eating 1 egg a day is equivalent to smoking 5 cigarettes a day in life expectancy. Whether your family genetics are good or bad, you can help to control your genes. You can take charge of your health.

## FR13: "We Were There"; Documentary about 9/11 in Schoharie County

*Curt Van Steele*

*Fri., Apr. 18; 10 am - noon*

Cobleskill Cooperative Extension

Most of us remember where we were when we first heard about the attack on the World Trade Center. "We Were There" is a collage of pictures and personal interviews by Schoharie County personnel who were called to service during the 9-11 attack in 2001. This documentary was prepared in 2019 for the 20<sup>th</sup> anniversary of the event. Curt Van Steele will moderate the video and discussion afterwards. Those who were supporting the NYC efforts included Kevin Neary with NYS Emergency Management, Alex Johnstone of the NYS Police, Mike Hartzel, at the time a Sergeant of the US Army on 2<sup>nd</sup> weapons of mass destruction Civil Support Team, John Copland of Cobleskill EMT / firefighters and others, including Bill Averill, EMT. They describe how and when they found out it was 4 coordinated Islamic terrorist suicide attacks carried out by al-Qaeda against the US.

Directions: CCE, 173 South Grand Street, Cobleskill, NY 12043

## **FR20: Fruit Tree Grafting - Hands On**

*Chris Cash*

*Max 20*

***Fri., May 16; 1:30 - 3 pm***

Howes Cave, NY

Are you interested in grafting fruit trees? You will be shown a few relatively simple techniques used to graft fruit trees, learn what tools are needed and what aftercare you might expect with the grafted plants. Whether you are knowledgeable about grafting or new to this topic, it does not matter. The methods are interesting and successful grafting is fun.

Directions: 372 Myers Road, Howes Cave, NY 12092

## **FR33: Relating To Our Adult Children**

*Yolanda Koumidou*

***Fri., May 2; 11 am - 1 pm***

Cobleskill United Methodist Church Social Hall

Sometimes it is challenging making the shift to “parenting” our children once they enter adulthood. How to handle suggestions and advice without invading their space? How to offer opinions without being controlling? How to navigate boundaries with the in-laws? This course will explain the reason for these challenges and offer ways to help parents transition to the next level of “parenting” adults for harmonious relationships.

Yolanda Koumidou, LCSW has been a psychotherapist and presenter for more than 35 years. In addition to her private practice, she runs individual, and couples retreats at her outdoor retreat center in Schoharie. Over the last decade she authored two books on psychology and spirituality and published six poetry collections. For more information you may visit [www.koumidouretreats.com](http://www.koumidouretreats.com)

Directions: Cobleskill UMC, 107 Chapel Street, Cobleskill, NY 12043

## **FR34: Leaping into Retirement**

*Yolanda Koumidou*

***Fri., May 23; 11 am - 1 pm***

Cobleskill United Methodist Church Social Hall

A lot of people fantasize about all the freedom they will have and activities they will do during retirement. However, sometimes reality turns out to be a bit different from the fantasy. Approaching or entering retirement brings with it gifts and limitations. This course will describe both and focus on offering ways to handle the limitations and overcome the challenges of life in retirement.

Directions: Cobleskill UMC, 107 Chapel Street, Cobleskill, NY 12043

## **FR35: Embracing Our Inner Critic**

*Yolanda Koumidou*

***Fri., May 30; 11 am - 1 pm***

Cobleskill United Methodist Church Social Hall

We all carry a critical inner voice which at times causes inner turmoil, depression and/or low self-esteem. For some people this voice is loud and omnipresent and for others is a bit more tamed. During this course we will focus on ways of handling this inner critic so that it transforms from a judge to a caring, friendly inner presence. We will explore how the inner critic is formed, and how to discover and utilize the positive side of the critical messages it hurdles at us.

For interested participants, the instructor suggests the book entitled “Embracing Your Inner Critic” by Hal and Sidra Stone

Directions: Cobleskill UMC, 107 Chapel Street, Cobleskill, NY 12043

## **FR36: Bridge - Learn and Play**

*Sandy MacKay*

*Min 4*

***Fri., Ongoing; 10 - noon***

Community Library- Program Room

Join our group to learn, relearn, or just to play Bridge. Bridge is FUN, and . . . Bridge is to all other card games as Chess is to Checkers – engage your brain!

Participants should bring: Your brain and your social skills

Directions: The Community Library, 110 Union Street, Cobleskill, NY 12043

## **FR50: Hands-On Candlemaking 101**

*Kenna Cote*

Min 6 / Max 20

***Fri., Mar. 7; 1 - 2:30 pm***

Mineral Springs Soap, Cobleskill, NY

Transform your love for candles into a hands-on crafting experience! In this fun beginner-friendly class, you'll learn how to make your own soy candle—a clean-burning, eco-friendly option perfect for cozying up your space or gifting to someone special. Under expert guidance, you'll craft your own custom soy candle. Choose from a selection of fragrances to make a candle uniquely yours, perfect for brightening up your home. All materials and supplies are included. No prior experience is necessary. Suitable for ages 16 and up. Leave with a candle you've made yourself, a newfound skill, and the satisfaction of creating something beautiful!

**Fee:** \$30 per person payable on arrival to Mineral Springs Soap.. Register no later than 2 weeks before the start of class to ensure sufficient materials are available.

Note: Nitrile gloves and aprons are provided by the facility.

Directions: Mineral Springs Soap, 578 Main St, Cobleskill, NY 12043. The store is located across Main St. from Union , next to Chieftan's Restaurant. Public parking is available along Main Street and Division Street, as well as the Fire Station lot and the lot across from Locomotions.

## **FR51: Hands-On Soapmaking 101**

*Kenna Cote*

Min 6 / Max 20

***Fri., Apr. 18; 1 - 2:30 pm***

Mineral Springs Soap, Cobleskill, NY

Ever dream of crafting your own luxurious handmade soap? Join us for this beginner-friendly class, where you'll learn the cold process method of soapmaking—a straightforward and less labor-intensive technique that uses the heat generated by saponification. Making soap from scratch may seem intimidating at first, but we make it a fun, rewarding, and even addictive hobby! In this hands-on session, you'll create your very own batch of soap (approximately 4 bars). Once the soap hardens, you can slice it into bars and allow them to cure for 4-6 weeks before use. All materials and supplies are included. No prior experience is necessary. Suitable for ages 18 and up. You'll need to pick up your soap from our shop the week after the class (fresh soap needs time to set and is not transportable). Unleash your creativity and create a unique, handmade product that's both practical and beautiful!

**Fee:** \$45 per person payable on arrival to Mineral Springs Soap. Register early, as this class fills up fast.

Participants should bring: Own apron.

Directions: Mineral Springs Soap, 578 Main St, Cobleskill, NY 12043

## **FR62: Verlaine - The Number Wisdom Connection**

*Carol Sarcona*

Min 3 / Max 10

***Fri., Apr. 25; 2 - 4 pm***

Stamford Library

Topics of discussion will include: 1) Earth Goals: Directing your array of talents on the productive path to success. 2) Your Three Planes of Manifestation. 3) Double-Down Numbers and Dates that reverberate and shape future outcomes.

Participants should bring: Writing materials, paper, pens

Directions: Stamford Library, 117 Main Street, Stamford, NY 12167



## **FR63: Recycling Facility Tour**

*Levar & Damion Davis*

Min 5 / Max 15

***Fri., Apr. 11; 10 - 11:30 am***

Albany, NY

Visit the Sierra Processing recycling facility. We will cover the recycling process, how the materials are separated and where materials go once they leave our facility. We will have examples of the do's and don'ts of recycling and what the material's end use will be.

Participants should wear long pants, closed-toed shoes and have the ability to walk on elevated platforms.

Directions: Sierra Processing, 865 South Pearl Street, Albany, NY 12202

## **FR69: A Two-For: Visit Farm Credit East and Osborne Farm's Robotic Milking Machines**

*Dave & Jody Pugh*

*& Brad Osborne*

Max 50

***Fri., May 9; 10 am - 2 pm***

Cooperstown & Sharon Springs

Farm Credit East is a \$13 billion financial institution that relocated its regional office to the Cooperstown area in 2018. It is built on the historic Ryerson Estate and is a modern office that blends into its rural surroundings as designed by Altonview Architects of Cooperstown. Design highlights include a post and beam construction with a two story glass exterior overlooking Clarke Pond and the north end of Otsego Lake. There will be a narrated tour of the building and a brief overview of Farm Credit East. After the tour, we will enjoy our BYO lunch in their 50-person capacity café.

Following lunch we will drive to the Osborne Farm in Sharon Springs. There we will be given an introductory tour of robotic dairy farming. Participants will get to take a glimpse into what modern dairy farming looks like and learn about the practices farmers use today to provide the highest quality milk through cow comfort and animal husbandry.

Participants should bring: Bring your own lunch and drinks. Wear proper footwear (close-toed shoes) since we will be visiting an operating dairy farm. While the milkers are indoors, the barn temperature is similar to the outdoors, so dress accordingly.

Directions: Farm Credit East, 7397 State Highway 80, Cooperstown, NY 13326 ; Osborne Family Farm, 7937 US HWY 20, Sharon Springs, NY 13459



## FR78: Knox Wetland & Winn Preserve Hikes

*Kathy Livingston*

*Rain date June 13*

Min 2 / Max 20

*Fri., June 6; 1 - 4 pm*

Town of Knox, Albany County, NY

Join us to explore the Knox Wetland Preserve. The area of the Knox Town Park that you are about to explore is a wetland ecosystem, and is considered an area 'hotspot' for over 125 species of birds. The Town of Knox provides the recently renovated boardwalk and woodland trail for recreation and education while protecting this valuable natural resource. Stay on the trail to avoid trampling fragile wildflowers, ferns, and other members of the plant community.

The nearby Hudson and Nancy Winn Preserve features hiking, bird-watching, nature observation, skiing, horseback-riding, geological formations, geocaching and an Audio tour using QR (Quick Response) Codes. The Winn Preserve is owned by the Mohawk Hudson Land Conservancy. Description: This is a 208-acre wooded property. The limestone fissures are perhaps the most striking feature of the property; some of the fissures are 16 inches wide and 20 feet deep. Walk carefully and stay on the trail, particularly when the ground is covered with leaves or snow. The limestone "pavement" under your feet is hundreds of millions of years old. Given the rocky layer just below the surface, this area was not suitable for farming and was used for wood lots and grazing fields. Old stone walls are still evident. The Blue Trails contain the remnants of an old orchard. The deed notes "limekill fields," indicating that limestone was probably taken from the area for processing in a local lime kiln. The property has an extensive ground cover of Canadian yew, or ground hemlock. Difficulty: Mixed terrain; Some easy, some steep; About three miles of trails.

Participants should bring: Dress for the weather, including sturdy and non-slip footwear. Suggest bringing water, snack, bug spray, bug netting, walking stick.

Directions: Knox Wetlands Trail is located off 491 Street Road, between Knox Cave Road (CR 252) and Knox-Gallupville Road (CR 255). It's adjacent to the lower portion of Knox Town Park, where there's a small parking area. Winn Preserve is very near 215 Street Road, between State Route 146 (Township Road) and County Road 252 (Knox Cave Road). It is near the Knox Transfer Station and a cell tower. There are two small parking areas on Street Road. A wide shoulder on Street Road just above (1000 feet to the south-west of) the Knox Transfer Station provides off-street parking. The second parking area on Street Road has a large kiosk with information and maps, as well as a sign-in book. The two trails from the parking area both lead to the Winn Preserve. The trail to the east (Truax Road) is the primary entrance to the Preserve.



# VICARIOUS VOYAGES

## FR79: VV - Lourdes to Fatima Along the French Camino

*Kathleen Slater*

*Fri., Mar. 21; 1 - 2 pm*

Min 5 / Max 25

Cobleskill Cooperative Extension

This program will discuss a recent trip from Toulouse, France, through Spain along the French Way of St. James, and end at Fatima in Portugal, with short hikes on portions of the Camino. Discussion will include the stark differences between the cathedrals of 11th Century Santiago de Compostela, 19th century Lourdes and 20th Century Fatima. We will explore how the many invasions along the Iberian Peninsula shaped the culture and architecture over the centuries.

Directions: CCE, 173 South Grand Street, Cobleskill, NY 12043





# SATURDAY - SPRING 2025

## SAT59: Fountaintown - Guided Walking Tour

*Jeff O'Connor*

**SAT, Apr 12, 10 am - noon**

Schoharie, NY

Take a guided walking tour that includes the old Palatine settlement of Brunnen Dorf, called Fountaintown by the English. Explore the grounds and history of the 1743 parsonage, the arrival of the Palatines, prominent people in the adjacent cemetery, the Johnson Raid of 1780, the 1750 Lutheran Church, hangings, the 1796 Lutheran Church (now Presbyterian), The Throop Drug Store, Parrot House, Street Movies, jailbreaks, hotels, the creation of the 134th Civil War Regiment and its history, Lasell Hall and more.

**Fee:** \$8 per person payable to SCHOOL. Register and pay by 2 weeks before. No refunds after March 28.

Directions: Rain or shine. Dress for the weather & wear comfortable footwear. Tour meets at the largest municipal parking lot on Spring St. in the Village of Schoharie, NY 12157 (across the street from the village pool).

## SAT77: Owen D Young Nature Trail Hike

*Kathy Livingston*

**SAT, May 3, 11 am - 2 pm**

Rain date: May 17

VanHornesville, NY

We will explore this highly-rated nature trail near Ft. Plain and Van Hornesville, which has a 1.4 mile out-and-back loop trail that is generally considered an easy hike. There are numerous waterfalls and caves to observe, and typically few other people. Many photo ops are presented. Dogs are welcome, but must be on a leash. The trail has some bridges and wooden steps but also may be a bit muddy after a rain.

Participants should bring: Suggest that all participants bring or wear appropriate clothing for the weather, sturdy shoes, bug spray, snack, water, and cell phone.

Parking is behind school (Owen D Young School).

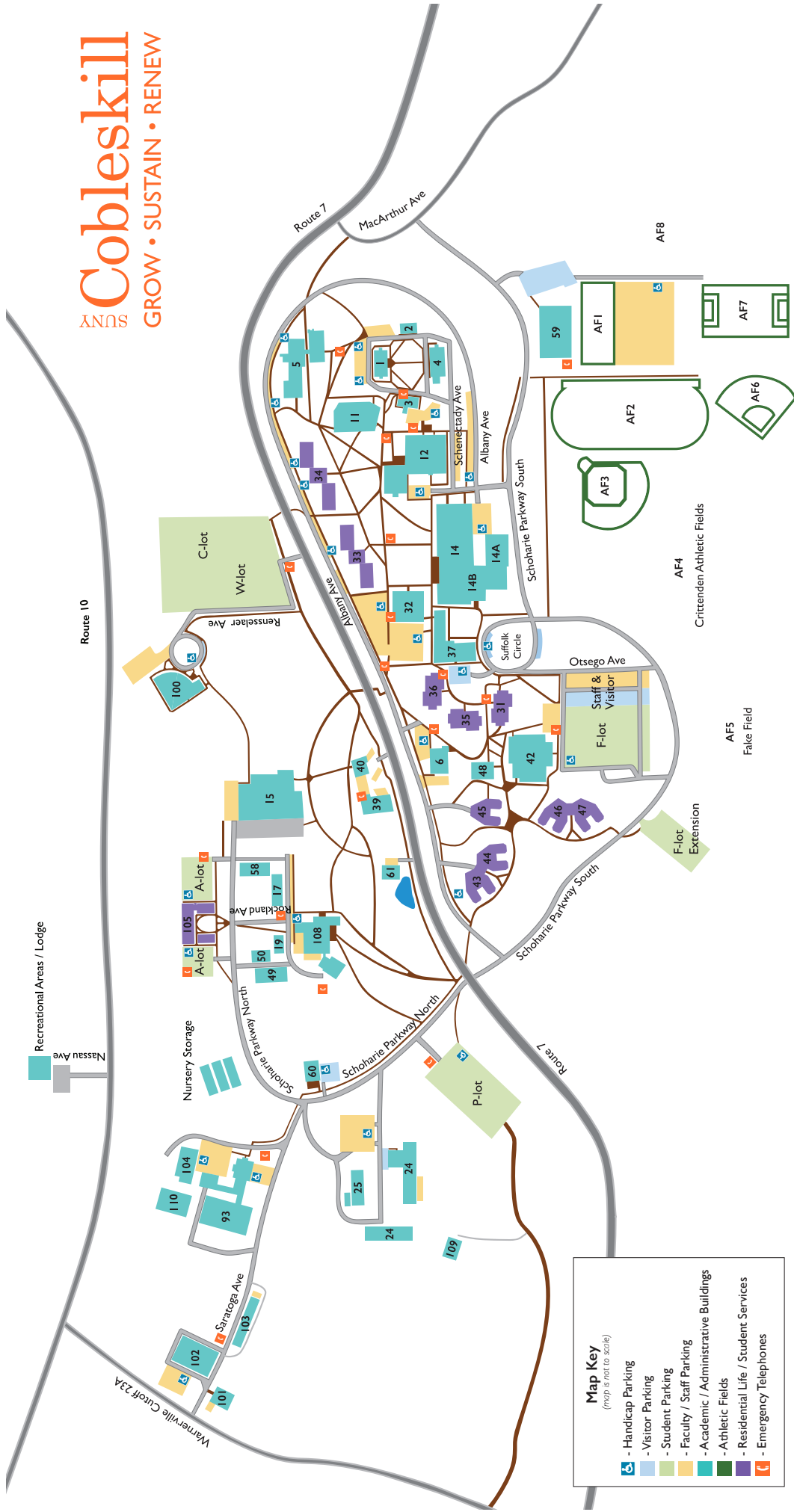
Directions: From Cobleskill, take Rte 145 west to Route 20 west (~18.5 miles) to Route 80 (5.1 miles).....in Van Hornesville, NY; Travel through Van Hornesville until you see the school. Turn right into the school parking lot, as the only entrance is at the back of that lot.

## Consolidated Spring 2025 SCHOOL Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun.
<b>9 am</b>	Wild Flower Walk - Mon, May 12; 9:00 - 11:00		Birdwatching (and Listening!) - Wed, April 23; 9:00 - 11:00			
<b>10 am</b>	El Bosque Renovations - How a 1957 house became a 21st century dream home - Mon, March 31; 10:00 - 12:00  Try Your Hand at Playing the Accordion - Mon, April 7; 10:00 - 11:30  Functional Integrated Training - Mon/Wed April 7, 9, 14 & 16; 10:00 - 11:00  To the Heroic Dead: Monuments and the Formation of Civil War Memory - Mon, April 21; 10:00 - 12:00  Getting to Know Your Weeds and Garden Tour - Mon, April 28; 10:00 - 12:00  Historic Businesses of Jefferson - Mon, May 5; 10:00 - 12:00	Confident Beginners Quilt Class -Tues, ongoing; 10:00 - 4:00  Nutrition and Habits that can Improve Brain Function and Neurologic Disease - Tues, March 25; 10:30 - 12:30  Walter Elwood Museum of the Mohawk Valley - Guided Tour - Tues, May 6; 10:00 - 12:00	Planning Your Garden - Wed, March 19; 10:00 - 1:00  Making Composting Work for You- Wed, March 26; 10:00 - 12:00  Functional Integrated Training - Mon/Wed April 7, 9, 14 & 16; 10:00 - 11:00  Improving Soil Part 2 - Wed, April 9; 10:00 - 11:30  The Amish Lifestyle - Part 1 - Wed, May 7; 10:00 - 11:30  VIA Aquarium Guided Tour - Wed, May 14; 10:00 - 12:00  The Amish Lifestyle - Part 2 - Wed, May 21; 10:00 - 11:30  Household Solutions: Money-Saving Tips, DIY Cleaners, Kitchen Secrets - Wed, May 28; 10:00 - 11:30	Hydroelectricity and the Historical Home - Lansing Manor - Thurs, May 27; 10:00 - 12:00  Clark Tower Hike - Thurs, May 8; 10:00 - 12:00	Bridge - Learn and Play - Fri, ongoing; 10:00 - 12:00  Healthy Plant Based Eating 1 - Fri, March 28; 10:00 - 12:00  Healthy Plant Based Eating 2 - Fri, April 4; 10:00 - 12:00  Recycling Facility Tour - Fri, April 11; 10:00 - 11:30  We Were There documentary about 9/11 in Schoharie County - Fri, April 18; 10:00 - 12:00  A Two-For Visit: Farm Credit East and Osborne Farm's Robotic Milking Machines - Fri, May 9; 10:00 - 2:00	Fountaintown - Guided Walking Tour - Sat, April 12; 10:00 - 12:00
<b>11am</b>			Tour of 1797 Gideon Frisbee House - Delaware Historical Association - Wed, June 11; 11:00 - 2:00	Writing Your Memories - Thurs, March 6, 13, 20, 27; 11:00 - 12:15  Poetry, Form and Function - Thurs, April 3, 10 & 17; 11:00 - 12:30	Relating To Our Adult Children - Fri, May 2; 11:00 - 1:00  Leaping Into Retirement - Fri, May 23; 11:00 - 1:00  Embracing Our Inner Critic - Fri, May 30; 11:00 - 1:00	Owen D Young Nature Trail Hike - Sat, May 3; 11:00- 2:00
<b>12 pm</b>		Mindfulness and Meditation - Tues, April 1, 8, 15 & 22; 12:00 - 1:00	Soup is Good Food - Wed, Apr 2; 12:30 - 5:00  Resin Art - Wed, March 26; 12:00 - 1:00  Fused Glass in Wooden Stand - Wed, April 2; 12:00 - 1:00  Filo (Phyllo) Workshop - Wed, April 9; 12:30 - 3:30			
<b>1 pm</b>	Beginner Spanish - Mon, March 24, 31, Apr. 7, 21, 28, May 5; 1:30 - 3:00  RECEPTION and ANNUAL MEETING - Mon, May 19, 1:00 - 3:00	Conversational Spanish - ongoing; 1:30 - 3:00  Breitenbach Castle Tour & Sculpture Park Walk - Tues, June 3; 1:00 - 4:00	Three Generations of Displacement - Wed, March 26; 1:00 - 3:00  Dreamy Cream Puffs - Wed, April 16; 1:00 - 3:00  Catskill Scenic Rail Trail Hike - Wed, May 28; 1:00 - 4:00	Mahjong - Thurs, ongoing; 1:00 - 4:00  Dr. Talk - Thurs, March 20; 1:30 - 3:30  Collection of Old Farms in Summit - Thurs, April 24; 1:00 - 2:00	Candlemaking 101 - Fri, March 7; 1:00 - 2:30  VV - Lourdes to Fatima - Fri, March 21; 1:00 - 2:00  Soapmaking 101 - Fri, April 18; 1:00 - 2:30  Fruit Tree Grafting - Hands On - Fri, May 16; 1:30 - 3:00  Knox Wetland & Winn Preserve Hikes - Fri, June 6: 1:00 - 4:00	

## Consolidated Spring 2025 SCHOOL Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun.
<b>2 pm</b>		Bring Back the Pollinators - Tues, May 20; 2:00 - 3:00	Wine Tasting - Wed, May 7; 2:00 - 4:00  Libby for Overdrive - Wed, June 11; 2:00 - 3:30	Senior Planet - Streaming and Smart TVs - Thurs, Feb 27; 2:00 - 3:30  Senior Planet - Digital Coupon Tools - Thurs, March 27; 2:00 - 3:30  Google Drive Exploration - Thurs, April 10; 2:00 - 3:30  Cheese Tasting - Thurs, April 17; 2:00 - 3:30  Senior Planet - Saving Money with Tech - Thurs, April 24; 2:00 - 3:30  Learning about Past Life Regression Using Hypnosis - Thurs, May 1 & 15; 2:00 - 4:00  Smartphone Savvy - Editing & Organizing Your Photos - Thurs, May 22; 2:00 - 3:30  Senior Planet - Gardening Tech - Thurs, May 29; 2:00 - 3:30  Senior Planet - Intro to Booking Vacation stays Online - Thurs, June 26; 2:00 - 3:30	Verlaine - The Number Wisdom Connection - Fri, April 25; 2:00 - 4:00	
<b>3 pm</b>	Complex Relationship of Europeans and Native Americans - Mon, April 21, 28; 3:30 - 5:00	25 Ways to Use Your Smartphone Camera - Tues, March 18; 3:30 - 5:00	Farming With Dynamite: The Forgotten Building Stone Boom in Schoharie County - Wed, April 16; 3:30 - 5:00  Tips and Tricks to Plan Your Next Vacation - Wed, May 14; 3:00 - 4:30			
<b>4 pm</b>	Police Dog Training, Care & Handling - Mon, March 10; 4:00 - 5:00  Ayurveda and Metabolic Diseases - Mon, March 17; 4:30 - 6:30  Pinkster Festival - Mon, March 24; 4:30 - 6:00	Journey Reimagined: How to Slow Your Biological Age - Tues, April 15, 22, 29, May 6; 4:30 - 6:00		Latin American Unification Efforts - Thurs, March 27; 4:30 - 6:30  Southern Indian Cuisine Breakfasts - Thurs, April 3 & 24; 4:00 - 7:00		
<b>5 pm or later</b>		The Cause for Newspaper Decline that Nobody's Talking About - Tues, May 27; 5:30 - 7:30  Water Fitness - every Tues & Thurs in July and August; 5:00 - 6:00	Riverdance - 30th Anniversary Tour at Proctors - Wed, April 16; 7:30	Skohere and the Birth of New York's Western Frontier, 1703 - 1731 - Thurs, May 29; 7:00 - 8:30  Water Fitness - every Tues & Thurs in July and August; 5:00 - 6:00		



**Map Key**  
*(map is not to scale)*

- Handicap Parking
- Visitor Parking
- Student Parking
- Faculty / Staff Parking
- Academic / Administrative Buildings
- Athletic Fields
- Residential Life / Student Services
- Emergency Telephones

- Alumni Commons (105)
- Alumni Hall (3)
- Animal Science A / Canine (19)
- Animal Science B / Livestock (50)
- Animal Science C / Livestock (49)
- Animal Science D / Canine Kennels (103)
- Animal Science E / Equine Classroom (101)
- Animal Science F / Equine Arena (102)
- Beef Cattle Barn (109)
- Bouck Hall (14)
- Bouck Pool (14A)
- Bouck Atrium / Ballroom (14B)
- Brickyard Point (48)
- Carriage House (60)

- Center for Agriculture & Natural Resources (108)
- Center for Environmental Science & Technology (104)
- Champlin Hall (42)
- Cobleskill Child Care Center (100)
- Curtis Mott Hall (15)
- Dairy Complex (93)
- Davis Hall (43)
- Dix Hall (35)
- Draper Hall (36)
- Fake Hall (47)
- Farm / Horticulture Machinery (17)
- Frisbie Hall (1)
- Heifer Barn (110)
- Hodder Garage (61)
- Home Economics Hall (2)

- Johnson Hall / University Police (39)
- Knapp Hall (37)
- Kniskern House (40)
- Mackey Service Building / Facilities (24)
- Neal Robbins Field House (59)
- Old Gym (4)
- Parsons Hall (44)
- Pearson Hall (31)
- Porter Hall (45)
- Prentice Hall (32)
- TenEyck Hall (46)
- Turf Grass (58)
- VanWagenen Library (11)
- Vroman Hall (33)
- Warehouse / Shipping & Receiving (25)

- Warner / Holmes Hall (5)
  - Wheeler Hall (12)
  - Wieting Hall (34)
- ATHLETIC FIELDS**
- Crittenden Athletic Fields (AF4)
  - Fake Field (AF5)
  - Lacrosse / Soccer Field (AF7)
  - Men's Baseball Field (AF3)
  - Practice Field (AF8)
  - Tennis Courts (AF1)
  - Track (AF2)
  - Women's Softball Field (AF6)