

## MONDAYS - SPRING 2024

### **MO3: A History of the Pavilion Hotel**

*Ron Ketelson*

Mo March 11 at 4:30 - 5:45 pm

ZOOM

Built in 1836, the Pavilion Hotel, which overlooked the Mohawk Valley, was the largest, most luxurious hotel in Sharon Springs in its day. The enormous Greek Revival structure hosted former presidents, government dignitaries, poets, and the wealthy of New York City. During the summer of 1849, Jo. Sykes, an individual of whom little is known about, stayed at the Pavilion. Eleven letters describing his stay, his interaction with guests, and his experience in Sharon Springs, were published in 1855 by Sherman & Company of New York City. The collection of his eleven letters, presumed to be written to a friend, as well as a history of the Pavilion, will be discussed.

### **MO7: Verlaine - The Number Wisdom Connection**

*Carol Sarcona*

Mo April 22 at 1-3 pm

Stamford Library

Max 6

Bringing to light our true nature, by awakening our potentialities and the way to actualize them, opens the doorway for exploring new depths of perceptions and awareness.

Goals and topics of Discussion:

- Learning one's soul purpose by utilizing your imprint of directional energy movement
- "The Four Cycles of Life" with their timely shifts and changes
- Discovering your "unique grand chord" as harmonizer and artistic designer of your life

Participants should bring: writing materials/paper/pens

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

### **MO11: Decorative, Quilted, Pot Holders**

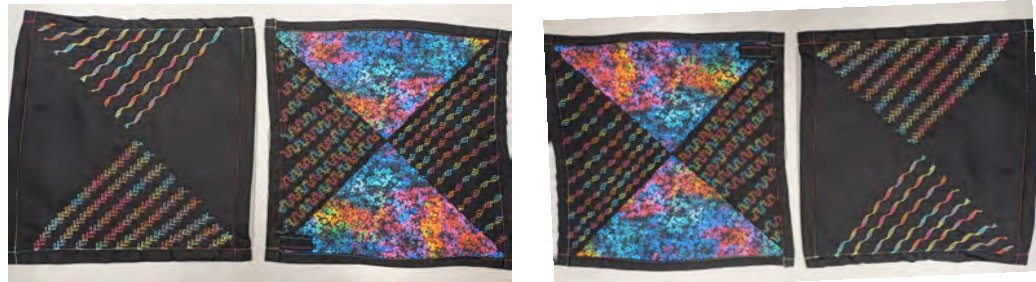
*Heather Johnson*

Mo April 15, 22, 29 at 10:00 - 11:30 am

Cornell Cooperative Extension

Min 3 / Max 6

Get a feel for quilting with a very simple project. You will make two quilted pot holders to match your décor or to give as a gift. They will be larger than classic pot holders and can also be used as trivets.



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

## **MO18: The Laws of Nature for Diet**

*Diane Carrk*

Mo April 15 at 1:00 - 2:30 pm  
Cornell Cooperative Extension  
Min ~20 / Max 30

The rhythms within the laws of nature make contributions second by second, day by day to our bodies. Have you ever wondered why sometimes you feel unwell and you've eaten well? Or, perhaps have been trying to lose a few pounds, but seem to be stuck in a spot? Let me help you reconnect with the laws of nature that govern us all and have an impact on a daily basis. Learn some tips to manage your wellness in a way that reconnects you to your environment.

Diane began her career with a B.S. in Holistic Nutrition in 2008 and practiced in Wisconsin. She has a Master's in Chinese Medicine from AAAOM in St Paul, Mn. She is Board Certified and in NYS, a licensed acupuncturist. She has a practice in Middleburgh, NY, and provides acupuncture and nutrition to the rural areas of Schoharie, Greene, and Albany counties.

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

## **MO20: Green Roof - Living Roof**

*Chris Cash*

Mo April 15 at 4:30 - 6:00 pm  
SUNY-Cobleskill: CANR [room ]  
Min 12 / Max 22

A Green Roof or a Living Roof is the roof of a building that is covered with vegetation. These types of roofs have many environmental benefits. They can reduce summer heating of buildings, help control storm-water and purify water, and may be used as recreational spaces or gardens on rooftops. The class will present a variety of types of roofs and some detail with regard to their construction. The class will include pictures of roofs and materials and show a green-roof that has been installed on a SUNY Cobleskill building. Green walls are also a trend that may be discussed.

Directions: 114 Rockland Lane, Cobleskill, NY 12043 (SUNY Cobleskill, CANR)

## **MO22: Summit and Hamlets - Then and Now**

*Karen Cuccinello*

Mo May 6 at 11:00 am - noon  
Cornell Cooperative Extension

Summit was formed in 1819 and encompassed six hamlets. View a slide show and chat about Summit/Summit Four Corners, Charlotteville, Lutheranville/Tar Hollow, Beards Hollow, Eminence/Dutch Hill, Dugway and Proper. Slides will show houses and businesses of then and now, and the presentation will present some mini bios.

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



## **MO23: Wildflower Walk**

*Emily Davis*

Mo May 13 at 9:00 - 11:00 am

McFail's Cave Nature Preserve, Carlisle

Rain date: Wed May 15

Join Emily as she leads a walk on the McFails 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. Good boots, camera, walking sticks and flower ID books or apps are recommended.

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

## **MO28: Experience the Northeast Gardener's Garden**

*Dave Laraway*

Mo June 3 at 1 - 4 pm

Sloansville, NY

Rain date: Wed June 5

Max 15

Come see how "The Northeast Gardener" creates his spectacular garden! Dave will share his gardening knowledge by showing you how to plant your garden to get the most from it. If you want to get your hands dirty, you will get experience planting a few plants in his garden. Participants will leave with a plant from his greenhouse (anyone want a cabbage plant that will grow to 35 lbs?) and some of his heirloom seeds.

Directions: 103 Beckers Corners Rd, Sloansville, NY 12160

## **MO53\*: Cutler Botanic Garden**

*Linda Svoboda*

Cornell Cooperative Extension - Broome County/Binghamton, NY

\*Now: Th June 20 at 10:30 am - 2:30 pm

RSVP by June 3, 2024

Min 5

The Cutler Botanic Garden is a center for teaching horticulture and environmental issues. The garden encourages an appreciation of the environment and helps teach the value of natural resources through educational activities. The purpose of the site is to help participants teach themselves to grow plants with minimal negative effect on the environment.

Fourteen themed areas are represented in Cutler Botanic Garden: propagation, hemerocallis, composting and rain barrel demonstration, shade garden, perennials, health and heathers, rock garden, native habitats, ornamental grasses, herbs, roses and vegetable garden, a hydrangea collection, and several annual flower beds.

At the conclusion of our tour of the Botanic Garden, we will be able to have lunch. Lunch is available for purchase at the Taste NY café located on the premises, or you can plan to bring a brown bag lunch.

Following lunch we will listen to a presentation by a Master Gardener on Container Vegetable Gardening.

Participants should be prepared to walk. Dress for the weather.

**Fee:** \$9 per person payable to SCHOOL. Sign up and pay by June 3, 2024. No refunds after that date.

Directions: Meet your guide at the Taste NY Store entrance at 840 Upper Front Street, Binghamton, NY 13905

## **MO62: Introducing Heather Brooke Hill Clydesdales!**

*John Leavitt*

Mo June 10 at 10:00 - 11:30 am

137 Prairie Road, Sloansville, NY

HBH is a family run farm that raises Clydesdales. Started in 1984, they are on display at many fairs and have competed all over the North East. They also do weddings and many other special events. In this visit you will be treated to meeting and learning about these "gentle giants" - what is entailed in maintaining their feathers in our unsettling climate, what's involved in dressing them for an event - and fingers crossed, *maybe* we'll get a wagon ride.

Directions: 137 Prairie Road, Town of Carlisle. 8/10 of a mile East from Rt 20 and Lykers Rd intersection. Prairie Rd is a left off of Rt. 20.

## **MO65: It's Not Your Grandmother's Quilt Anymore**

*Kathy Livingston*

Mon April 29 at 1 - 2:30 pm

Cobleskill Cooperative Extension

Min 2 / Max 30

From its humble beginnings as a way to recycle salvaged pieces of cloth into useful, warm coverlets to a trendy art form today, quilting has undergone numerous evolutions and revivals throughout the past few centuries. Using her own quilts, tools, samples, and those of others, Kathy will highlight some of the major changes seen by different aspects of this craft: From hand-work to machine, improvements in dyes and textiles, elevation from utilitarian to art, sped up by automation and computerized design. Still, the underpinning design elements are from basic mathematical shapes of squares, triangles and circles.....With each effort resulting in a unique product from the hands of an imaginative craftsman.

Kathy is a member of the Schoharie Valley Piecemakers, the Peaceable Day Quilters, and the Catskill Mountain Quilters Hall of Fame.

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



## MONDAY AND WEDNESDAY - SPRING 2024

### M/W37: Functional Integrated Training

M/W April 1, 3, 8,10 at 10 - 11 am

Travis Hyer

Power-Up Gym/ Richmondville

Max 5

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

## MONDAY AND THURSDAY - SPRING 2024

### TH/M15: Even More NYS Lore! Body, Boots and Britches

Heather Johnson

Th March 14, Mon March 18, 25 at 4:00 - 5:15 pm

ZOOM

Min 4

Due to the popularity of previous NYS Lore classes, it was decided to continue with the book *Body, Boots & Britches* by Harold W. Thompson. The book is a collection of old-time Upstate New York stories. You will be receiving a list of the stand-alone chapters that we will be discussing together. Many were included based on humor. But all will give you insights into the life of those times. You need not have attended the previous classes, but we feel sorry for you if you didn't!

For the first class: *Body, Boots & Britches* Chapter III and pg. 508 Timothy Murphy

Participants should have available: *Body, Boots and Britches* by Harold Thompson (1939 Green Cover) if possible.

## SAVE THE DATE: MAY 20, 2024

### S.C.H.O.O.L. ANNUAL MEETING

Hosted by Our Hospitality Committee

Mo May 20 at 1 - 3 pm\*

At The Chieftains Restaurant, Cobleskill

Save the date of May 20, 2024 for our in-person 'End of Semester Reception and Annual Meeting'. Details are still being worked out, so further info will follow later in the Spring. We want to honor and thank all of our SCHOOL instructors, committee members, Board members, and members, as well as showcase some of the highlights of our SCHOOL experiences during the last Fall and this Spring semesters.

Fee: Members will be charged no more than \$15 per person. Instructors are free.

Directions: Chieftains Restaurant, 584 Main Street, Cobleskill, NY 12043