

## FRIDAYS - FALL 2024

### **FR1: VV - Cruise to the Bahamas & San Juan with Holistic Holidays**

*Beth Brandel*

ZOOM

*Fr Nov 22, 1 - 3 pm*

Min 3

Inspired by friends on our November 2023 vegan cruise in France, we signed up for a more formal Holistic Holidays cruise in the Caribbean (San Juan and Bahamas). Instead of 40 people, we were 1500 versus the 3000 carnivores on board. There were interesting seminars, videos, survivor stories (from cancer, heart attack, diabetes, colitis), cooking demonstrations and more. We also got to meet our heroes – Dr. Michael Greger, Dr. Neal Bernard and Dr. Michael Klapper – and learn more about the benefits of whole food plant-based eating.

### **FR2: VV - Cruise from Iceland to Norway, Amsterdam, Brugge & London**

*Beth Brandel*

ZOOM

*Fr Nov 15, 10 am - noon*

Min 3

To celebrate my 70th birthday, I suggested to my husband “Let’s go on a family cruise.” Our daughters, son-in-law and grandkids (7 and 10) readily agreed, as well as my best friend from NYC, Lanny’s sister and our-son-in-law’s parents and sister - 12 of us in all! Learn of our adventures in Iceland (volcanoes, geysers, glaciers, whales), Norway’s fjords, Amsterdam’s canals and windmills, Brugge, Belgium’s medieval center & canals and London’s famous sites, all in two weeks.

### **FR15: The Cave Electrician's Widow: The Tragedy at Howe Caverns**

*Dana Cudmore*

*Fr Sept 20, 4:30-5:30 pm*

Min 5

Cobleskill Cooperative Extension

***The Cave Electrician’s Widow: The Tragedy at Howe Caverns & Dramatic Courtroom Fight for Justice***

Howe Caverns had been open for less than a year when two employees died in the cave in the early morning hours of April 24, 1930.

At 5 a.m. that same unseasonably cold morning, 7½ tons of dynamite knocked 60,000 tons of limestone from the hillside at the Howes Cave cement quarry. Had fumes from the blast found their way through the maze of caverns’ passages and killed the men nearly a mile away?

Investigators were baffled.

*The Cave Electrician’s Widow* is the untold story of that tragedy: the rescue attempts, the investigation, and finally, the legal recourse sought by the widows of the two men. What happened underground? Who was responsible? What will the jury decide? Class participants will be kept guessing until the final verdict is read.

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

## **FR22: Determining the Root Cause of Disease in Traditional Chinese Medicine**

*Diane Carrk*

Min 10/ Max 30

***Fr Nov 8, 10-noon***

Cobleskill Cooperative Extension

Traditional Chinese Medicine (TCM) performs diagnosis based on Pattern Differentials. Patterns are synergistic with the laws of nature. Come learn how to look at disease with a whole new set of eyes and discover how the roots of the tree are the cause and the branches are merely the symptoms. TCM gets to the root cause and in many cases treats the root and the symptom of the pattern diagnosis relying on the laws of nature to guide the process.

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

## **FR30: Dr Talk - Mobility Tips and Tricks**

*Dr. Susan Emerson*

Min 5

***Fr Oct 11, 1:30 - 3:30 pm***

Zoom

Wheelchair or scooter, manual or electric? Walker or cane and their tips? Splints vs wraps? Accommodative clothing, handy accessories, gizmos and hacks.... My mother-in-law and I simultaneously had hip and ankle problems that made us unable to bear weight and required surgery followed by months-long rehabilitations. I learned a LOT during this time as a doctor, patient, and family member, and I will share my best tips about items, supports, and mindset to help maximize function around your person and home and get what you need from the medical system. (tip #1: non-latex Coban in every home!)

## **FR32: Native Pollinators - Conservation and Challenges Part I**

*Carmen Greenwood*

***Fr Aug 23, 10:30 am***

SUNY-Cobleskill Rm TBD

Who are our native pollinators? What challenges do they currently face and how can we help them? This course will provide an introduction to native pollinators and some of the advantages of relying on pollinators that are well adapted to our region. We will discuss some strategies for enhancing native pollinators and how they can be easily integrated into local gardening practices and small scale production systems. In the classroom last semester, we saw actual insect specimens of some of our native pollinators. This semester, we will be outdoors for a walk through the wildflower gardens to see native pollinators in action.

Directions: Turn onto the SUNY campus at the entrance near Speedway. Make an immediate left onto Albany Avenue. Follow that road (at a speed of 20 mph) 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.

**FR34: Bridge - Learn and Play**  
*Sandy MacKay* Min 4

***Fridays ongoing 10 am - noon***  
*Program Room- Community Library*

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!

Directions: Community Library, 110 Union St., Cobleskill, NY 12043

**FR51: Soap Making 101**  
*Kenna Cote - Mineral Springs Soap*

***Fr Nov 15, 1 - 3 pm***  
578 Main Street Ste 1 Cobleskill  
Min 6 / Max 16

Ever dreamed of creating your own luxurious handmade soap?

In this class, you'll learn the cold process method of soapmaking - the most straightforward and least labor-intensive method that relies on the heat generated by saponification. Although it may seem daunting initially, making soap from scratch with all-natural ingredients can be fun, rewarding, and addictive!

In this hands-on session, you'll create your own batch of soap (about 4 bars). Once it hardens, you can slice it into bars and let them cure for 4-6 weeks before use.

We'll cover:

- Step-by-step instructions on cold process soapmaking
- Tips on selecting and combining fragrances and colors
- All materials and supplies provided

You'll choose a colorant and a fragrance or essential oil for your cold process soap. Finished product makes a great holiday gift. All materials and supplies will be provided; no prior experience is necessary. Suitable for students ages 18 and up. You will need to pick up your soap from our shop after 24 hours (fresh soap is not set up enough to transport!)

**Fee:** \$40 payable at class; RSVP no later than Nov.1.

Directions: Mineral Springs Soap, 578 Main Street Ste 1, Cobleskill, NY 12043

### **FR63: History of American Thanksgiving**

*John Jarvis*

***Fr Nov. 22, 11 am - noon***

Cobleskill UMC Social room

Most Americans love Thanksgiving for its food, family, friends and football; but few Americans know the evolution of the holiday from Fall 1621 to the present. For example, the First Thanksgiving was a three-day celebration with seafood and venison as the main courses, all prepared by only six women and girls for the all-male white and Indigenous American celebrants.

Directions: Cobleskill United Methodist Church, 107 Chapel St., Cobleskill, NY 12043

### **FR64: Explore Cherry Valley**

*Sue Murray-Miller & Barbara Bell*

Max 20

***Fr Sept 13, 10 am - 2 pm***

Various Cherry Valley Locations

We'll begin our morning in the Cherry Valley Cemetery with a presentation on Cherry Valley history by Susan Murray-Miller. After wandering in the history of the headstones, we will have time to explore the shops. We will visit The Plaide Palette, The Cherry Valley Bookstore, A Rose is a Rose Florist, Cherry Valley Market, The Pink Squirrel, The Apothecary, The Attic Antiques, and 25 Main Collective Gallery. We will have lunch at the Red Shed Ale House or another café in town.

After lunch we will visit the Cherry Valley Museum, a circa 1812 house which is the home of a collection of early Americana including Revolutionary War artifacts, early fire pumpers, Victorian housewares, a Civil War flag, early farm equipment, melodions manufactured in Cherry Valley, Native American arts and crafts, and more! On the way home, be sure to stop at The Tepee, located at 7632 US Highway 20, which has been an Otsego County landmark since 1950.

**Fee:** \$6 per person payable to SCHOOL

Directions: Cherry Valley Cemetery on Alden Street. Take Route 20 west to the ramp for NY 166. At stop sign, bear left on NY 166 and follow to Cherry Valley. At the light, make a left onto Alden Street.

The Cherry Valley Museum is located at 49 Main Street, Cherry Valley, NY 13320

### **FR74: How to Make Apple Pie Moonshine**

*Terri Clark*

Min 2 / Max 24

***Fr Sept. 20, 10 - 11:30 am***

Cobleskill Cooperative Extension

Come learn how to make apple pie moonshine in this step-by-step demonstration of the making and bottling of apple pie moonshine. Tips and tricks at your fingertips! A print-off recipe will be provided for use at home. At the conclusion of class, you will leave with your very own mason jar sample - and don't forget to make more!

Must be 21.....please drink responsibly.

**Fee:** \$25 per person, payable to SCHOOL and given to instructor on date of class

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

## **FR76: Indian Ladder Autumn Hike - Thacher Park**

*Kathy Livingston*

*Fr Oct. 4, 1 - 4 pm  
Voorheesville, NY*

Rain date: Oct 18

Min 3 / Max 20

Join us for a colorful autumnal hike in John Boyd Thacher State Park with its marvelous panoramic views of the Hudson-Mohawk Valleys and the Adirondack and Green Mountains. Part of our hike will include the famous Indian Ladder Trail (if open) which traverses the cliff face. It is about 1 mile out and back- moderate difficulty- 2 waterfalls.

There are over 25 additional miles of trails for hiking, mountain biking, winter cross-country skiing, snowshoeing, and snowmobiling. Learn more, watch WMHT's documentary: 'The Great Ledge: Exploring Thacher'

The Visitor Center located at Thacher State Park has geological and historical exhibits showcasing the Helderberg Escarpment and its importance on the region.

We suggest that all participants bring or wear appropriate clothing for the weather, sturdy shoes, bug spray, snack, water, and cell phone.

**Fee:** Parking fee payable with credit card upon entrance to park

**Directions:** 830 Thacher Park Rd., Voorheesville, NY

## **FR77: Owen D Young Nature Trail Hike**

*Kathy Livingston*

***Fr Sept. 27, 11 am - 2 pm***

**Van Hornesville, NY**

Rain date: Oct 18

Min 3 / Max 20

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.

We suggest that all participants bring or wear appropriate clothing for the weather, sturdy shoes, bug spray, snack, water, and cell phone.

Directions: From Cobleskill, take Rte 145 west to Route 20 west (~18.5 miles) to Route 80 (5.1 miles).....near Van Hornesville, NY

Address: 2316 State Route 80, Van Hornesville, NY 13475.

Parking is behind school (Owen D Young School).