

TUESDAYS - SPRING 2024

TU4: Harriet Tubman and the Underground Railroad

Ron Ketelsen

Tu March 12 at 4:30 - 5:45 pm

ZOOM

Follow in the footsteps of Harriet Tubman, the most famous conductor of the Underground Railroad. Take a powerful and inspiring trip with us to where Harriet Tubman lived, worked, worshipped, and led others out of slavery.

Harriet Tubman (born Araminta Ross, c. March 1822 – March 10, 1913) was an American abolitionist and social activist. Born into slavery, Tubman escaped and subsequently made some 13 missions to rescue approximately 70 enslaved people, including family and friends, using the network of antislavery activists and safe houses known as the Underground Railroad. During the American Civil War, she served as an armed scout and spy for the Union Army. In her later years, Tubman was an activist in the movement for women's suffrage. Based on her famous work as a conductor, Tubman became known as the “Moses of her people.” It has been said that she never lost a fugitive she was leading to freedom.

TU9: Staying Safe Online: Device Safety

Stephanie Palmer

Tu April 16 at 5:00 - 6:30 pm

SUNY-Cobleskill: Warner 109

Min 8 / Max 30

Staying safe online has never been more critical. Each day brings more threats to your entire electronic environment. This class is a repeat of the very popular “Device Safety” class of last semester, and will also include any of the latest updates. Each day brings new threats to your cell phone, tablet, desktop or even your home thermostat. We will discuss automatic updates, supported operating systems, and defense against scams on these devices. If you missed this last semester, you won't want to miss it again. If you attended last semester, you may want the review and/or an update.

Participants should bring: Laptop or tablet would be handy but not required

Directions: Turn onto the SUNY-Cobleskill campus at the entrance near Speedway. Take an immediate left onto Albany Avenue. You will follow that road (at a speed of 20 mph) until just before the big turn, passing the Health Center, Vroman Hall, and Wieting Hall, among other buildings. There will be a small sign that lists Library, Wheeling Hall and Warner/Holmes Hall. Park in the Faculty/Staff area there, enter Warner Hall and go upstairs.



TU10: Conversational Spanish Continued

Marge Dafeldecker Tu Mar 26, April 2, 9, 16, 23, 30 at 1:30-3:30 pm

Cobleskill Methodist Church - Golding Lounge

Min 4 / Max 8

This CONVERSATIONAL Spanish class is a continuation of the fall class. Former and new participants are welcome. However, we will prepare and present conversations re: travel, shopping, leisure time, family, etc. It is advisable that all participants have a minimum of 3 yrs. H.S. Spanish. We will focus on talking in Spanish at each session. Bring an open mind, an adventurous spirit and a 'chatty' tongue.

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

TU14: SUNY Dairy Barn Tour

Amy Lauterback / Stacie Barbic

Tu May 21 at 12:00 noon - 1:00 pm

SUNY- Cobleskill: Saratoga Drive

Min 5 / Max 20

We will experience a "milking" in the large dairy barn as well as tour the dairy cow housing with an explanation of all its features. Our guide will explain the technology and science necessary to house and feed, as well as to produce calves and milk, in this very modern facility. Then we will spend some time enjoying the calves in their hutches behind the main barn.

Participants should bring: BOOTS (and rain gear depending on the weather)

Directions: Saratoga Drive, Cobleskill, NY 12043 (Parking will be in Faculty/Staff near the Dairy Complex that is on Saratoga Ave. *No parking passes needed.*)

TU27: Exploring Genes, Culture, and AI in the Pursuit of Happiness

Nazreen Haque

Tu May 7, 14, 21, 28 at 4:30 - 6:00 pm

SUNY-Cobleskill: Warner 109

In an era where well-being and happiness are increasingly elusive for many, this course offers a unique opportunity to embark on a journey of self-discovery, empowerment, and community building. This course is for individuals from diverse backgrounds and interests to participate in this transformative experience into the intricate realms of genes, culture, and artificial intelligence (AI) within the context of well-being and happiness.

This experience will consist of 4 sessions:

Session 1. Uncover the role of genetics in shaping our behavior

Session 2. The impact of culture on identity and happiness

Session 3. The future is here: Insights into generative artificial intelligence

Session 4. Applications, skills and building a community.

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TU31: Mindfulness and Meditation in Daily Life

Doreen Russo

Tu March 19, 26, April 2, 9 at 12:00 noon-1pm

Cobleskill Methodist Church - Golding Lounge

Max 15

This course will introduce the basics of mindfulness and meditation and how to establish a regular practice. Class time will be spent discussing the essence of mindfulness and how to cultivate it in daily life, and doing short guided meditations. Mindfulness and meditation are known for enhancing practitioners' health and well-being, particularly by making them more present and less reactive. Beginners, experienced practitioners, and those who have attended my previous classes are welcome. (This is the same class that had to be rescheduled from last semester.)

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

TU38: VV - Fabulous and Fouled-Up Visits to Scotland and Paris

Julia Walter and Phil Nicholls

Tu May 7 at 1:00 -2:30 pm

Community Library- Community Room

Min 2 / Max 20

We spent a fabulous (mostly) ten days in Scotland in 2017. Then we had a mostly less than great trip to Scotland in 2022 (four days after Queen Elizabeth had died in Scotland). Then in 2023 we spent an amazing week in Paris. Join us as we tell the tale.

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

TU41: Confident Beginners Quilt Class

Sharon Aitchison

Tu Ongoing 10:00 am - 4:00 pm

St. Vincent de Paul church hall

Max 5

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 de Paul, 138 Washington Ave, Cobleskill, NY 12043. Parking lot is just past the church and the entry is on the side below the sanctuary.

TU48: How to Talk to Strangers Tu March 19, 26, April 2 at 5:00 - 6:00 pm

Charles Feezel

SUNY-Cobleskill: Warner 109

Min 1

A three-part course in understanding interpersonal differences, confrontation strategies, and practice in engaging with people beyond your normal circles. The objective is to be able to have successful, productive interactions with people from vastly different backgrounds and world views. Part one will be an introduction to interpersonal differences including needs, motivations, interaction styles and individual agendas. Part two will deal with ways to start and manage conversations to achieve productive outcomes. The third session will be a practical workshop on strategic engagement with strangers.

Participants should bring: Curiosity and a willingness to engage with others. A Smart phone could help but is not necessary.

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TU52: Beekman 1802 Farm Tour Tu May 14 at 11:00 am - 1:00 pm

Emily Weise

Beekman 1802 Mercantile, Sharon Springs, NY

RSVP by May 1

Min 10 / Max 30

Come join us in Sharon Springs, NY for a tour of our historic farm & gardens, see our collection of large-scale murals of Nigerian Dwarf baby goats by acclaimed artist and muralist John Cerney, and spend some time with our actual goats!

Participants should bring: Sensible shoes, and weather-appropriate clothing (ie rain equipment if needed)

Fee: \$40 per person payable to SCHOOL.RSVP and pay by May 1. No refunds after May 1.

Directions: Beekman 1802 Mercantile, 187 Main St., Sharon Springs, NY 13459.



TU59: Medicinal Herbs

Kat Chiba

Tu June 4 at 1:00 - 4:00 pm

Strawhouse Herbs, Cherry Valley

RSVP by May 21

Min 6 / Max 24

Your Straw House Herbs class will start with a lecture on Medicinal Herbs. We will discuss herbs that can be grown locally, their preparation and uses. A tour of the garden highlighting aspects of the lecture will follow. Tea and scones will be served in the garden scattered with vintage garden furniture. Kat will be on hand for an informal Q and A. Before you leave there will be time to visit the Straw House Herbs garden shop.

Fee: \$20 per person (includes tea and scones) payable to SCHOOL. Register and Pay by May 21. No refunds after May 21.

Directions: Straw House Herbs, 3740 State Highway 166, Cherry Valley, NY 13320

TU60: Cooperstown Gardens

Cherise Tolber, Marcie Foster

Tu June 25 at 10:30 am - 2:30 pm

Cooperstown CCE Garden & Otsego Land Trust

RSVP by May 21

Min 5 / Max 20

Visit two gardens in the lovely Glimmerglass area in one day.

Start your day at the Otsego County Cooperative Extension garden. In recent years, many caring hands have nurtured the seeds of the "Grow with Cornell Cooperative Extension (CCE)" Garden Project. The Otsego County CCE has completed phase one of this project and is excited to invite the public to see and celebrate this new garden learning and activity area. Set up as a teaching/demonstration area, you will view raised garden beds dedicated to pollinator plants, native plants, deer-resistant plants, potpourri flowers, and vegetables. Featured All-American Selection plants will be on full display, showcasing new plant varieties chosen by professional horticulturalists for outstanding garden performance in our region. You will also see vegetables and flowers from Cornell's Vegetable Variety Garden Trails. This is a wonderful place for gardeners and garden lovers to enjoy, learn, and connect in a new community space. And it's a great opportunity for you to gather ideas for your upcoming gardens!

We will lunch on the veranda at Brookwood Point Conservation Area. Bring a bag lunch and a chair.

After lunch, we will be given a tour of Brookwood Point and Gardens which is managed by the Otsego Land Trust. Located on a point on Otsego Lake, Brookwood Point Conservation Area contains 22 acres which include historic gardens, lake shores, creek, woods, and wetlands. Built in the early 1820's, it is home to a 100-year-old Italianate Renaissance Garden. The Garden Master Plan blends the authentic and the sustainable, including both original and native plants. The design elements are focused on restoring the original "Secret Garden" feel. Brookwood features an ADA accessible trail. Following our tour, we will hear a brief presentation by Otsego Land Trust about their conservation work.

Participants should bring: Bring a bag lunch and a lawn chair.

Directions: Cooperstown CCE Garden - 123 Lake St (State Highway 80), Cooperstown, NY 13326; Brookwood Point Conservation Area - 6000 State Highway 80, Cooperstown, NY 13326