

Friday Fall 2019

F-1 Intro to Dialogue Circles - April Rando

Community Library 110 Union St., Cobleskill

10:30 -12:30pm Sept 6

max 12

Dialogue Circles have been used in many cultures around the world to facilitate conversations.

Circles can be used for community building, group discussions and as a restorative justice practice. They provide an opportunity for everyone to present their "best" selves in the spirit of respectful dialogue and appreciative inquiry. This class will introduce participants to the values, structure, and organization of a dialogue circle.

F-2 CPR - Karen Cuccinello

Wheeler Hall 204

1-2pm Sept 6

Karen is a trainer for CPR and former Summit Rescue Squad member. She will model CPR techniques and encourage your participation. These are newer procedures than you may have learned in the past. Become a life saver!

F-3 So Many Books - So Little Time - Millie Wiegand

Community Library 110 Union St., Cobleskill

11 – noon Sept 13, 27, Oct 11, 25, Nov 8, 22

We will meet 6 times (every other week) to discuss "Books We Left Behind":

Fly Girls - Keith O'Brien,

News of the World - Paulette Jiles,

Captured - Scott Zesch,

A Tree Grows in Brooklyn - Betty Smith,

Where the Crawdads Sing - Delia Owens,

Ghost Train to the Eastern Star - Paul Theroux.

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F-4 Crocheted Shoeless Sandals - Marge Dafeldecker

St. Vincent's Church 138 Washington St., Cobleskill

12:30-2:30pm Sept 13, 20

Crocheted Shoeless sandals: 2 sessions

\$10 if purchasing from instructor, payable to presenter unless you cancel at least 10 days prior to class

This unique footwear jewelry is attractive, decorative and flattering on most feet. They are worn barefooted and can be used around a pool, patio or at a special event. They look wonderful at a wedding or other dance event.

Two sessions will be needed to create and crochet the individual pairs of shoeless sandals. Each pair uses thirty Swarovski crystals. These can be purchased at Michael's, other craft stores, or online. Each pair can use four or five different color crystals, but it is better to use darker, more vibrant colors. Elastic embossed in silver thread is used to crochet the sandals. The elastic will be provided and crochet tools required will be available.

F-5 Touring the US on a Motorcycle - Joe Sprague

Wheeler Hall 204

2:30-4pm Sept 20

Have you ever watched a motorcycle, loaded with gear, traveling down some back road in the middle of nowhere, and wondered: what's that like? Where do you sleep, what about bears, what about rain, even worse what about snow? What kind of stuff do you carry? If you're curious about what a long-distance motor-cycle trip is like, join me on a ride to northwestern Montana. Nothing epic here, just two months of riding and no-frills camping in some of America's most scenic places.

F-6 Bats in your Belfry - Linda Sheets

Cornell Cooperative Extension 173 South Grand St, Cobleskill, NY

2-4pm Sept 27

\$10-\$15 for bat house payable to presenter unless you cancel at least 10 days prior to class

This is a one day, 2 hour exploration of the most common bats of Schoharie County.

A. First hour: We will cover basic facts about local bats and the devastation of thousands of bat colonies due to "white nosed-syndrome" and how this affects us.

B. Second hour: We will build own bat houses with materials (pre-cut) provided.

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F-7 Keeping Your Brain Sharp - Jerry Peters

Wheeler Hall 204

10-11:30am Oct 4, 11, 18, 25, Nov 1

Scientists are telling us that our brain is similar to our muscles in that “if we don’t use it, we lose it.” This work-shop will dispel some of the myths about aging brains and replace them with recent scientific information about how the “older and wiser” generation can take charge of mental fitness. Participants will learn and practice a number of neurobic exercises designed to keep the brain sharp.

F-8 Ben Franklin Dialogue Circles - April Rando

Community Library 110 Union St., Cobleskill

10:30-12:30pm Oct 4, Nov 1, Dec 6

max 12

Benjamin Franklin, the godfather of “self-improvement” believed in the possibility of moral perfection, and he identified 13 specific virtues that could be practiced to live a life without “fault.” This class will use the model of the Ben Franklin Circle* to have deep, meaningful conversations about a few of these virtues: Silence (September), Order (October), and Resolve (November).

*See other April Rando class, F-1.

F-9 Vicarious Voyagers: Hawaii - Under the Flow - Michael Warner

Wheeler Hall 204

2:30-4pm Oct 4

Explore lava tubes, lava flows, and extreme environments on the Big Island of Hawaii with Emily and Mike - without the risk!

F-10 Photographing Schoharie County - Bill Combs

Wheeler Hall 204

1 - 2pm Oct 11

Join wildlife photographer, Bill Combs, as he describes his dedication to using his Facebook Page "Schoharie County Photos" to share his beautiful photographs of this county. His documentation of local eagles from nest to flight has earned him the nickname "Mr. Eagles". A longtime supporter of Landis Arboretum, Bill has wonderful pictures of flowers and fauna, as well.

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F-11 Candle Wicking - Linda Carpenter

Community Library 110 Union St., Cobleskill

10 – noon Oct 18

small fee for materials if needed, payable to instructor

Candle-wicking is a form of “whitework” embroidery that uses

Un-bleached cotton threads (same as a wick used for a candle) on a piece of unbleached muslin.

In this class we will be working on a basic design on cotton fabric. All materials needed will be supplied for a small fee.

F-12 The History and Collecting of Handkerchiefs: A Little History, A Little Custom, A Little Fact, A Little Rumor - Maxine Christman

Wheeler Hall 204

1-2pm Oct 18

This course will look into the story of handkerchiefs and discuss some history and facts as well as customs and rumors surrounding the use of them. We will also discuss the language of the handkerchief and how it was used to “converse” with a lover. I will bring my collection of over 300 handkerchiefs to share the different types. Participants are encouraged to bring stories and handkerchiefs to share.

F-13 Vicarious Voyagers: India - Beth Brandel

Wheeler Hall 204

2:30-4pm Oct 18

India is the seventh largest country, the second most populated and the world's largest democracy. Travel with me to the Golden Triangle of New Delhi (Gandhi's memorial), Agra (home of the Taj Mahal), and Jaipur in the state of Rajasthan (land of the kings and home of the mughals). Then on to Mumbai (Bombay), and later to the Portuguese settled state of Goa (where it is acceptable to eat beef).

F-14 Afternoon at the Movies - Janice Peters

Wheeler Hall 100

2:30-4:30pm Oct 25, Nov 1, 8

Join us for 3 afternoons at the movies. The first is Hidden Figures - the Academy Award Nominated movie based on the Untold True Story of the African American Women serving at NASA. The second is The Straight Story - a true story that proves a little determination goes a very, very, long way (with Sissy

Spacek and Richard Farnsworth). The third is A Walk In the Woods - based on the book by Bill Bryson (with Robert Redford, Nick Nolte, and Emma Thompson).

F-15 No Sew Fleece Pillows - Ginny Ogno

Community Library 110 Union St., Cobleskill

11:30-2pm Nov 1

We will make an 18" x 18" pillow without sewing a stitch. You will need one yard of fleece in a design and one yard of a solid color fleece for the other side. These pillows come out beautifully and are very easy to make.

Supply list: Scissors, a G or H crochet hook (she will have some to use also), and an 18"x18" pillow form that will be covered with the fleece.

F-16 Weaving the Easy Way - Ginny Ogno

Community Library 110 Union St., Cobleskill

11:30-2pm Nov 8, 15, 22

max 8

You may buy yarn from instructor

Learn to weave a child's size vest with a new type of loom. This loom is new to the U.S. The PAMPA loom from La Pampa, Argentina will teach you a very "old act" with a new technique. If you made pot holders as a child, then you can do this. After 3 classes, you will have a beautiful vest for a child in your life, and you will be so proud of yourself when you see what you created with your own hands. I will supply looms to work with. Supply list: scissors, thin bath towel (to keep loom stable), BYO yarn, or buy from the instructor.