

THURSDAYS - FALL 2024

TH10: Staying Safe Online: Social Engineering Defense

Stephanie Palmer

Th Oct 17, 5 - 6:30 pm

Min 8 / Max 35

SUNY-Cobleskill Rm TBD

Staying safe online has never been more critical. During October's Cybersecurity month, we'll discuss defense strategies against social engineering. What's social engineering? Social engineering is a manipulation technique that exploits human error or trust to gain private information, access or valuables. It's like a con man, trying to gain your trust so you will lower your guard to reveal sensitive information. Your bank account and other personal information may be at risk. Join us for tips to recognize and combat social engineering to keep your data private.

Students should bring: Notepad, questions, desire to learn new things

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.

TH11: Staying Safe Online: Email Safety

Stephanie Palmer

Th Oct 24, 5 - 6:30 pm

Min 8 / Max 35

SUNY-Cobleskill Rm TBD

Staying safe online has never been more critical. In this updated class, we'll continue our discussions regarding strategies to manage your email accounts, all the SPAM that floods our inboxes daily, and how to detect phishing and other scams as well. Join us for an informative and fun class!

Students should bring: Notepad, questions, desire to learn new things

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TH17: Understanding Estate Planning, Elder Law and Medicaid

Ryan F. Coutlee, Esq.

Th Oct 31, 1 - 3 pm

Min 10 / Max 25

Cobleskill Cooperative Extension

This class will provide a basic understanding of estate planning documents including advanced directives, will and trusts and their application in the context of Elder law and Long-Term Care. Learn the rules of eligibility for Medicaid and methods of protecting assets from exposure to future health care needs.

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

TH18: Helios Care: The 5 Wishes

Tammy Christman

Min 1

Th Oct 31, 10 am - noon

Cobleskill Cooperative Extension

What is 5 Wishes? It is a written advanced directive tool assuring that your desires regarding health care wishes will be known should you not be able to express them. Those wishes might include the healthcare interventions you would want. Would blood transfusions be acceptable?. Would you like daily bathes? Would you like music played? Would you prefer to know the details of your care as they occur? This is a user-friendly document that does not require notarization in NY and most other states. This is not only a gift for yourself, but a very important gift for your loved ones.

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

TH19: Relaxation Therapy with a Licensed Therapist

Fr. Joseph Arockiasamy

Min 5 / Max 50

Th Sept 12, Oct 3, 3:30 - 4:30 pm

St. Vincent's R/C Church, Cobleskill

Relaxation therapy is a collection of techniques that help people learn to relax voluntarily. It can help reduce muscle tension and stress, lower blood pressure, and control pain. Relaxation techniques can also help reduce unpleasant physiological responses to stress, such as increased heart rate, palpitations, diaphoresis, and shortness of breath. Join Father Joe as he shares his expertise in these techniques.

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

Parking lot is just past the church and the entry is on the side below the sanctuary.

TH20: Southern Indian Vegetarian Sambar and Rice Varieties

Fr. Joseph Arockiasamy

Min 5 / Max 20

Th Sept 19, 26, 3:30 - 7 pm

St. Vincent's R/C Church, Cobleskill

Join Fr, Joe, and make Sambar, a South Indian stew made with lentils and vegetables. It is comforting, super flavorful and a staple in many homes across India. In the second class, Fr. Joe will introduce us to differing varieties of rice, and varied methods of preparation.

Fee: \$5 fee payable to instructor for supplies.

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

Parking lot is just past the church and the entry is on the side below the sanctuary.

TH21: Understanding Grief - Navigating Loss and Healing

Barbara Buongiorno

Th Nov 7, 14, 1 - 2 pm

St. Vincent's R/C Church, Cobleskill

Grief is a universal human experience, yet it can feel isolating and overwhelming. Participants will explore the multifaceted aspects of grief in order to understand the emotional, physical and social impact of grief. The discussion will also help us recognize that grief is a natural response to loss, whether it's a death of a loved one, divorce, job loss or other significant life changes.

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

TH26: Breakabeen

Karen Cuccinello

Th Nov 7, 11 am - noon

Middleburgh Library

Breakabeen, in the town of Fulton, became a historic district in 1974. This program will include a slide show consisting mostly of the 1974 photos, the history of the Nelson & Kling general store and other assorted tid-bits about Breakabeen.

Directions: Middleburgh Library, 323 Main St., Middleburgh, NY 12122

TH36: Putting your Garden to Bed for Winter & Weeds- An Ounce of Prevention

Sandy Nevin & Albany Master Gardeners

Th Sept 10, 10 am - 1 pm

Voorheesville Cooperative Extension

Min 5 / Max 30

Join us for 2 classes in 1! Then enjoy a tour of the Albany County CCE demonstration gardens. Bring your lunch to enjoy in the gazebo after the presentation and tour.

WEEDS - AN OUNCE OF PREVENTION: Successful gardening requires knowing weeds as much as knowing flowers. It can be hard to decide whether to pull a sprouting plant or let it grow. This presentation will look at the most common weeds and how to detect, deter and destroy them. This presentation will help you be on the lookout for common weeds to remove quickly and properly so they don't spread

PUTTING YOUR GARDEN TO BED: Preparing your garden for winter is another way to be a successful gardener. We will cover the many tasks you should tackle to prepare your garden for winter and anticipate its reawakening in spring. This can include amending soil, and preparing perennial gardens for winter

Fee: \$4 fee payable to SCHOOL with your registration. Sign up and pay by 9/1/2024; no refund after 9/1.

Directions: Cooperative Extension, 24 Martin Rd., Voorheesville, NY 12186

TH37: Falklands/Malvinas War

Dr. Salvador Rivera, PhD

Th Sept 12, 5 - 7 pm

SUNY-Cobleskill Rm TBD

Join Dr. Rivera for a lecture on the Falklands/Malvinas War. It took place in April-June 1982 but its lessons are still vital for a world that is facing 90 seconds to midnight according to the Bulletin of Atomic Scientists.

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TH39: Improving Soil Health

Paula Sinatra

Th Sept 26, 10 - 11 am

Cobleskill Cooperative Extension

Min 5 / Max 50

Soil health is a key component to a successful and thriving garden. Paula Sinatra, Schoharie County Master Gardener Volunteer, will hold a workshop for home gardeners on Improving Soil Health. This will be an indoor power point presentation where participants will learn about proven methods to improve and maintain healthy garden soil. Paula will guide participants through a step-by-step approach, requiring no special skills.

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

TH42: Writing Your Small Business Plan

Paul Turner

Th Nov 7, 14, 21; 4:30 - 5:30 pm

SUNY-Cobleskill Rm TBD

Everyone dreams of starting their own small business but failing to plan is often planning to fail. This course will explore almost everything one needs to address BEFORE starting a business: Executive Summary, Market Analysis, Organization and Management, Marketing and Sales and the all important Cash Flow Projection.

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TH44: Mahjong

Linda Carpenter

Thursdays 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. You do not need to be a member to join us. If you are new to the game, we will teach you. Come join us and learn an exciting new game!

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

TH60: Reaching Across: Interpersonal Skills for a Divided Nation

Charles Feezel

Th Oct. 3, 10 and Tu Oct. 15, 5 - 6:15 pm

Max 20

SUNY-Cobleskill Rm TBD

Reaching Across consists of three ninety-minute guided discussion sessions with occasional exercises, targeting personal interaction skills including empathy, strategic conversation, negotiation, and conflict resolution. The course is intended to strengthen your ability to adjust to cultural changes, repair relationships and establish positive interactions as we move through unpredictable times.

Charlie Feezel has over 30 years intercultural work experience in 25 countries on 5 continents. He has trained more than 1,000 Peace Corps Volunteers in cross-cultural skills, negotiated agreements with high level government officials and managed programs valued from \$3,000 to over \$50,000,000. He has taught at middle, secondary and college levels.

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TH65: Turning Memories Into Stories

Don LaPlant

Th Sept 19, 26, Oct 3, 10, 17; 11:30 am - 12:30 pm

Min 5 / Max 20

The Community Library

Have you ever toyed with the idea of writing a memoir? Or maybe you'd just like to get better at sharing personal stories with family, friends, co-workers, or an even broader audience? This workshop will introduce ways to turn the raw materials of your memory into well-structured, engaging stories using traditional storytelling strategies. Guided exercises will help even the most inexperienced writers sift through memories and build compelling narratives. The focus here will remain on helping you craft your own stories rather than on the sort of public critique commonly found in fiction writing workshops.

Participants should bring: A notebook and pen OR a laptop computer

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

TH69: Caroga Historical Association Museum

Doug Purcell & Adam Gallinger

Th, August 29, 1 - 4 pm

Max 30

Caroga Lake, NY

The Caroga Historical Association Museum complex consists of 8 buildings and 2 outside structures. During this guided visit, students will have the opportunity to learn about the history of the area including the early settlers, the height of the tanning industry, the artists of the area, life in a late 19th century homestead, and the amusement park era.

Fee: Donations welcome.

Directions: 145 London Bridge Road, Caroga Lake, NY 12032

TH71: Verlaine - The Number Wisdom Connection for Fall & New Year

Carol Sarcona

Th Oct. 24, 1:30 - 3:30 pm

Stamford Library

For the Fall Semester, topics of discussion will include:

- the “zero point field” – consciousness/awareness; the origin of matter, energy and the laws of nature
- the “seven rays” as expression of color and “modus operandi”, unfolding the essential love energies
- unraveling the mystery and mystique of numbers 11, 12, and 13.

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

TH75: Herbs for Cold and Flu

Betty Pillsbury

Th Sept. 12, 2 - 3 pm

St. Vincent's R/C Church, Cobleskill

Join this interesting and enlightening class to learn some home remedies to help you contend with the misery of the common cold and flu.

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

TH/FR35: Palatine German Migration to New York 1710 - 1725

Don Martin

Th and Fr, Sept 5, 6, 4:30 - 5:45 pm

SUNY-Cobleskill Rm TBD

In 1710 a group of 3,000 Germans from the middle Rhine region of present day Germany came to the colony of New York. Why did they leave their homes and farms? Why did they come to New York and not Pennsylvania? Why did a third of them end up in the Schoharie Valley? It is a story of a hearty and industrious people who survived unbearable hardships

Part I: Follow them as they leave their homeland, go to England, and eventually end up in New York in 1710 – 1712.. Part II: Continue the journey as they come to the Schoharie and Mohawk valleys in 1712 – 1725.

Even if you have heard or read the story of the Palatines, you will learn facts you may not have heard before.

Look over this list of names of some of these “germans” that were part of this migration and settled in the Schoharie valley. Maybe you have ancestry or friends with those names? Come to these two classes to learn all about them.

Ball	Fox(Fuchs)	Moore	Stubrach
Becker	Garlock	Newkirk	Walrath
Bellinger	Hartman	Rickard	Warner
Bergh	Houck	Rightmyer	Weaver
Borst	Keyser	Scheff	Weiden
Bouck	Kneiskern	Schoolcraft	Weiser
Brown	Kryslar	Settle	Windecker
Casselmann	Lawyer	Sidney	Young (Jung)
Dietz	Mann	Smith(Smidt)	Zeh (Zehe)
Earhart	Mattice	Snyder	Zimmer
Enders	Merckley	Sternberg	

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