

MONDAYS - FALL 2024

MO3: Fermenting for Healthy Gut Microbiome

Mo Nov. 4, 1-3 pm

Cyril Kozak MD

Cobleskill Cooperative Extension

This class will discuss the health benefits of eating fermented foods. Making pickles and sauerkraut will be discussed and demonstrated. We will also discuss freezing vegetables and fruit that can be purchased in bulk at local farms.

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

MO9: Get to Know Vijaya

Mo Oct. 7, 10:30 am - noon

Vijaya Luxmi

Max 10

Vijaya's Boutique, Cobleskill

What's it like to grow up in northern India close to the Himalaya mountains? What's it like to come from India to the US and re-establish yourself? What about her arranged marriage? What's Henna all about? Come explore Vijaya's world. Her interests are many - the power of women united, the importance of connections we make with each other, her philosophies, being a vegetarian, her Serenity Garden (Shanty Vun = Peace Forest) at Landis Arboretum. What are sacred knots? What does her name mean? She wants us to ask her questions.

Students should bring: A folding chair

Directions: Vijaya's Boutique, 577 Main St, Cobleskill, NY 12043

MO14: Videos of Schoharie County

Mo Sept 9, 4:30 - 6:30 pm

Heather Johnson

Min 5

SUNY- Rm TBD

The Cobleskill Exchange Club collected video clips from 1939 of Schoharie County and compiled them on a DVD. You will see businesses, farms, factories, and the people who were involved in them. Then we will share our memories. If we put our heads together, we should be able to identify people and places from our county's past.

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.

MO23: American Chestnut and Fall Color Woodland Walk

Chris Cash

Rain date Oct 25

Mo Oct 21, 1 - 2:30 pm

Min10 / Max 22

Clifton Park, NY

Are you familiar with American Chestnut? At one time, it was the most important tree in the United States. Businesses, villages, railroads, housing, banking and wildlife all depended on this tree. A disease attacked and killed the tree; changing our forests and society forever. This class will feature a reasonably easy walk (paved walkway) through a new woodland park in Clifton Park, called the Town Center Park. The class will feature a discussion of American Chestnuts and a chat about the forest fall colors. Participants will be able to see and touch a few remaining native American Chestnuts growing at this site. (There are food venues near the east end of the path, if you're interested.)

Participants should dress for outdoor conditions.

Directions: Town Center Park - the east park entrance is on the corner of Maxwell Drive and Southside Drive, Clifton Park, NY 12065 (near Staples and Druthers).

MO24: Fruit Tree Grafting and More

Mo Oct 28, 4 - 5:30 pm

Chris Cash

Min 10 / Max 20

SUNY- Cobleskill: CANR Rm TBD

Have you ever wondered what grafting is and why it is used to produce or save many fruit trees? This class will teach you why we graft and how to graft. Maybe this class will give you the courage to try grafting yourself. By learning the grafting techniques you might be able to save your favorite childhood tree or try to grow something new. Discussion will focus on fruit trees but the grafting techniques apply to many plants, such as grapes and roses, and more. This is quite exciting when it works and can easily lead to a new gardening passion. Next spring we will have an outside grafting demonstration.

Directions: SUNY- Cobleskill and possible other sites.

MO28: VV - The Galapagos Archipelagos

Mo Sept 30, 5 - 7 pm

Emily Davis & Mike Warner

SUNY- Cobleskill Rm TBD

Emily and Mike traveled to the Galapagos in April 2024 in order to attend the International Vulcanspeleology Symposium. Through the symposium they had special access to restricted areas and had a behind the scene visit to the Charles Darwin Research Center. They traveled to five different islands and took part in field work including initial photo documentation work in extensive lava caves. Share their experience as they share their time in the Galapagos with the blue-footed boobies, sea lions, penguins, giant turtles and the mysteries of lava caves.

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MO31: [Pleasure Grounds of Death: The Rural Cemetery in Nineteenth-Century America](#)

Dr. Joy Giguere

Mo Nov 18, 10:30 am - 12:30 pm

Zoom

Rural cemeteries—named for their expansive, picturesque landscape design rather than location—were established during the middle decades of the nineteenth century in the United States. An instant cultural phenomenon, Mount Auburn Cemetery in Cambridge, Massachusetts, was the nation's first such burial ground to combine the functions of the public park and the cemetery, becoming a popular place to picnic and go for strolls even for people who didn't have graves to visit. It sparked a nationwide movement in which communities sought to establish their own cities of the dead.

Pleasure Grounds of Death considers the history of the rural cemetery in the United States throughout the duration of the nineteenth century as not only a critical cultural institution embedded in the formation of community and national identities, but also as major sites of contest over matters of burial reform, taste and respectability, and public behavior; issues concerning race, class, and gender; conflicts over the burial of the Civil War dead and formation of postwar memory; and what constituted the most appropriate ways to structure the landscape of the dead in a modern and progressive society. As cultural landscapes that served the needs of the living as well as the dead, rural cemeteries offer a mirror for the transformations and conflicts taking place throughout the nineteenth century in American society.

BIO -

Dr. Giguere is an Associate Professor of History at Penn State York in York, PA. She teaches the introductory surveys to American History I and II, as well as History of American Technology, African American History, Medical History, the Civil War era, and Death in American Culture and History. Her research interests primarily deal with cemeteries, gravestones, and public monuments in American history and culture.

MO56: [25 Ways to Use Your Smartphone Camera](#)

Mary Carrier- Mohawk Valley Library System

Min 2 / Max 15

Mo Sept. 30, 3 - 4:30 pm

Middleburgh Library

Many of us don't leave home without our smartphones but don't realize how it can be a very useful tool. Discover a variety of handy tips for using your smartphone camera to capture everyday life.

Students should bring their own smartphone to class.

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

MO58: Excel - Data Entry & Formatting

Mo Sept. 16, 3 - 4:30 pm

Mary Carrier- Mohawk Valley Library System

Min 2 / Max 12

Sharon Springs Library

Start with the basics by creating a spreadsheet from scratch by learning about the Excel environment and entering data. Learn a variety of tips for formatting and printing your worksheet. This class requires that you already have basic word processing skills.

Students should bring: Please bring your own laptop with Excel.

Directions: Sharon Springs Library, 129 Main Street, Sharon Springs, NY13459

MO59: Word - Basics

Mo Sept.23, 3 - 4:30 pm

Mary Carrier- Mohawk Valley Library System

Min 2 / Max 12

Sharon Springs Library

Introduction to the basics of creating and manipulating simple documents: cut/copy/paste, spelling correction, formatting fonts and more!

Students should bring: Please bring your own laptop with Word.

Directions: Sharon Springs Library, 129 Main Street, Sharon Springs, NY 13459

MO67: Implicit Bias

Mo Oct. 21, 5 - 6 pm

*Officer Carlianne Ferretti
and University Police*

Min 5 / Max 20

SUNY- Cobleskill: Rm TBD

Implicit Bias, sometimes called unconscious bias, is seen when we have an inclination for or against a person or group that comes out automatically. As our brains constantly try to make sense of the world by making connections and generalizations, we may not even realize we are exhibiting a bias.

In this class we will learn about the causes of Implicit Bias and methods of combating its effects.

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MO72: Historic Architecture of Cobleskill

Anna Blinn Cole

Mo Sept 16, 30; 1-2:30 pm, and Oct 7, 2:30-4 pm

Min 5 / Max 20

Cobleskill United Methodist Church

This course will give an overview of popular architectural styles visible in the Village of Cobleskill. Over the three sessions, we will go into the history behind certain styles and why they rose and fell in popularity over time. Some of the popular styles in the village we will cover include Greek Revival, Italianate, Queen Anne, Colonial Revival, and Craftsman. Students will leave the course with basic knowledge to identify the architectural styles around them.

Directions: Cobleskill UMC- Social Room, 107 Chapel St., Cobleskill, NY 12043

MO73: Opportunities for Youth in Agriculture - FFA

Deb Fletcher

Mo Oct. 7, 1 - 2 pm

Cobleskill Cooperative Extension

Introduction to youth in Agriculture and opportunities through Agriculture Education and FFA (Future Farmers of America)

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

MONDAY & WEDNESDAY - FALL 2024

M/W46: Functional Integrated Training

Travis Hyer

Max 5

M/W Nov 4, 6, 11, 13; 10 - 11 am

Power-Up Gym, Richmondville

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 State Rt 7, Richmondville 12149