

FRIDAY - SPRING 2025

FR1: Healthy Plant Based Eating 1

Fri., Mar. 28; 10 am - noon

Beth Brandel

ZOOM

Take a look into my new world. For 63 years I ate whatever I wanted. I thought Vegetarians were odd. I'd stop by McDonald's once in a while, I ate pizza and ice-cream with abandon. THEN, our eating style changed dramatically when a violinist friend told me "Beth, you HAVE to read How Not to Die by Dr. Michael Greger". I asked "How Not to Die? We ALL die."

Let me lead you through the books, movies, apps, grocery items and recipes that are now a big part of our lives. It has definitely changed the way we think about food, the US food industry (which is more interested in profit than our health), causes of death, animal welfare and environmental damage caused by livestock breeding.

FR2: Healthy Plant Based Eating 2

Fri., Apr. 4; 10 am - noon

Beth Brandel

ZOOM

This PowerPoint plays movie clips from the movie "What the Health?"

Kip interviews several leading health organizations who work to help cure people with heart disease, diabetes, cancer, etc. These same organizations will not acknowledge the role that diet (food choices) plays in good health because there is no money in it. You'll be astonished at who their Corporate Sponsors are. It just demonstrates profits over people's health. The most respected doctors and researchers in the Plant Based diet movement highlight how saturated fats and dairy are not good for you. One study shows that eating 1 egg a day is equivalent to smoking 5 cigarettes a day in life expectancy. Whether your family genetics are good or bad, you can help to control your genes. You can take charge of your health.

FR13: "We Were There"; Documentary about 9/11 in Schoharie County

Curt Van Steele

Fri., Apr. 18; 10 am - noon

Cobleskill Cooperative Extension

Most of us remember where we were when we first heard about the attack on the World Trade Center. "We Were There" is a collage of pictures and personal interviews by Schoharie County personnel who were called to service during the 9-11 attack in 2001. This documentary was prepared in 2019 for the 20th anniversary of the event. Curt Van Steele will moderate the video and discussion afterwards. Those who were supporting the NYC efforts included Kevin Neary with NYS Emergency Management, Alex Johnstone of the NYS Police, Mike Hartzel, at the time a Sergeant of the US Army on 2nd weapons of mass destruction Civil Support Team, John Copland of Cobleskill EMT / firefighters and others, including Bill Averill, EMT. They describe how and when they found out it was 4 coordinated Islamic terrorist suicide attacks carried out by al-Qaeda against the US.

Directions: CCE, 173 South Grand Street, Cobleskill, NY 12043

FR20: Fruit Tree Grafting - Hands On

Chris Cash

Max 20

Fri., May 16; 1:30 - 3 pm

Howes Cave, NY

Are you interested in grafting fruit trees? You will be shown a few relatively simple techniques used to graft fruit trees, learn what tools are needed and what aftercare you might expect with the grafted plants. Whether you are knowledgeable about grafting or new to this topic, it does not matter. The methods are interesting and successful grafting is fun.

Directions: 372 Myers Road, Howes Cave, NY 12092

FR33: Relating To Our Adult Children

Yolanda Koumidou

Fri., May 2; 11 am - 1 pm

Cobleskill United Methodist Church Social Hall

Sometimes it is challenging making the shift to “parenting” our children once they enter adulthood. How to handle suggestions and advice without invading their space? How to offer opinions without being controlling? How to navigate boundaries with the in-laws? This course will explain the reason for these challenges and offer ways to help parents transition to the next level of “parenting” adults for harmonious relationships.

Yolanda Koumidou, LCSW has been a psychotherapist and presenter for more than 35 years. In addition to her private practice, she runs individual, and couples retreats at her outdoor retreat center in Schoharie. Over the last decade she authored two books on psychology and spirituality and published six poetry collections. For more information you may visit www.koumidouretreats.com

Directions: Cobleskill UMC, 107 Chapel Street, Cobleskill, NY 12043

FR34: Leaping into Retirement

Yolanda Koumidou

Fri., May 23; 11 am - 1 pm

Cobleskill United Methodist Church Social Hall

A lot of people fantasize about all the freedom they will have and activities they will do during retirement. However, sometimes reality turns out to be a bit different from the fantasy. Approaching or entering retirement brings with it gifts and limitations. This course will describe both and focus on offering ways to handle the limitations and overcome the challenges of life in retirement.

Directions: Cobleskill UMC, 107 Chapel Street, Cobleskill, NY 12043

FR35: Embracing Our Inner Critic

Yolanda Koumidou

Fri., May 30; 11 am - 1 pm

Cobleskill United Methodist Church Social Hall

We all carry a critical inner voice which at times causes inner turmoil, depression and/or low self-esteem. For some people this voice is loud and omnipresent and for others is a bit more tamed. During this course we will focus on ways of handling this inner critic so that it transforms from a judge to a caring, friendly inner presence. We will explore how the inner critic is formed, and how to discover and utilize the positive side of the critical messages it hurdles at us.

For interested participants, the instructor suggests the book entitled “Embracing Your Inner Critic” by Hal and Sidra Stone

Directions: Cobleskill UMC, 107 Chapel Street, Cobleskill, NY 12043

FR36: Bridge - Learn and Play

Sandy MacKay

Min 4

Fri., Ongoing; 10 - noon

Community Library- Program Room

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!

Participants should bring: Your brain and your social skills

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

FR50: Hands-On Candlemaking 101

Kenna Cote

Min 6 / Max 20

Fri., Mar. 7; 1 - 2:30 pm

Mineral Springs Soap, Cobleskill, NY

Transform your love for candles into a hands-on crafting experience! In this fun beginner-friendly class, you'll learn how to make your own soy candle—a clean-burning, eco-friendly option perfect for cozying up your space or gifting to someone special. Under expert guidance, you'll craft your own custom soy candle. Choose from a selection of fragrances to make a candle uniquely yours, perfect for brightening up your home. All materials and supplies are included. No prior experience is necessary. Suitable for ages 16 and up. Leave with a candle you've made yourself, a newfound skill, and the satisfaction of creating something beautiful!

Fee: \$30 per person payable on arrival to Mineral Springs Soap.. Register no later than 2 weeks before the start of class to ensure sufficient materials are available.

Note: Nitrile gloves and aprons are provided by the facility.

Directions: Mineral Springs Soap, 578 Main St, Cobleskill, NY 12043. The store is located across Main St. from Union , next to Chieftan's Restaurant. Public parking is available along Main Street and Division Street, as well as the Fire Station lot and the lot across from Locomotions.

FR51: Hands-On Soapmaking 101

Kenna Cote

Min 6 / Max 20

Fri., Apr. 18; 1 - 2:30 pm

Mineral Springs Soap, Cobleskill, NY

Ever dream of crafting your own luxurious handmade soap? Join us for this beginner-friendly class, where you'll learn the cold process method of soapmaking—a straightforward and less labor-intensive technique that uses the heat generated by saponification. Making soap from scratch may seem intimidating at first, but we make it a fun, rewarding, and even addictive hobby! In this hands-on session, you'll create your very own batch of soap (approximately 4 bars). Once the soap hardens, you can slice it into bars and allow them to cure for 4-6 weeks before use. All materials and supplies are included. No prior experience is necessary. Suitable for ages 18 and up. You'll need to pick up your soap from our shop the week after the class (fresh soap needs time to set and is not transportable). Unleash your creativity and create a unique, handmade product that's both practical and beautiful!

Fee: \$45 per person payable on arrival to Mineral Springs Soap. Register early, as this class fills up fast.

Participants should bring: Own apron.

Directions: Mineral Springs Soap, 578 Main St, Cobleskill, NY 12043

FR62: Verlaine - The Number Wisdom Connection

Carol Sarcona

Min 3 / Max 10

Fri., Apr. 25; 2 - 4 pm

Stamford Library

Topics of discussion will include: 1) Earth Goals: Directing your array of talents on the productive path to success. 2) Your Three Planes of Manifestation. 3) Double-Down Numbers and Dates that reverberate and shape future outcomes.

Participants should bring: Writing materials, paper, pens

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

FR63: Recycling Facility Tour

Levar & Damion Davis

Min 5 / Max 15

Fri., Apr. 11; 10 - 11:30 am

Albany, NY

Visit the Sierra Processing recycling facility. We will cover the recycling process, how the materials are separated and where materials go once they leave our facility. We will have examples of the do's and don'ts of recycling and what the material's end use will be.

Participants should wear long pants, closed-toed shoes and have the ability to walk on elevated platforms.

Directions: Sierra Processing, 865 South Pearl Street, Albany, NY 12202

FR69: A Two-For: Visit Farm Credit East and Osborne Farm's Robotic Milking Machines

Dave & Jody Pugh

& Brad Osborne

Max 50

Fri., May 9; 10 am - 2 pm

Cooperstown & Sharon Springs

Farm Credit East is a \$13 billion financial institution that relocated its regional office to the Cooperstown area in 2018. It is built on the historic Ryerson Estate and is a modern office that blends into its rural surroundings as designed by Altonview Architects of Cooperstown. Design highlights include a post and beam construction with a two story glass exterior overlooking Clarke Pond and the north end of Otsego Lake. There will be a narrated tour of the building and a brief overview of Farm Credit East. After the tour, we will enjoy our BYO lunch in their 50-person capacity café.

Following lunch we will drive to the Osborne Farm in Sharon Springs. There we will be given an introductory tour of robotic dairy farming. Participants will get to take a glimpse into what modern dairy farming looks like and learn about the practices farmers use today to provide the highest quality milk through cow comfort and animal husbandry.

Participants should bring: Bring your own lunch and drinks. Wear proper footwear (close-toed shoes) since we will be visiting an operating dairy farm. While the milkers are indoors, the barn temperature is similar to the outdoors, so dress accordingly.

Directions: Farm Credit East, 7397 State Highway 80, Cooperstown, NY 13326 ;
Osborne Family Farm, 7937 US HWY 20, Sharon Springs, NY 13459

FR78: Knox Wetland & Winn Preserve Hikes

Kathy Livingston

Rain date June 13

Min 2 / Max 20

Fri., June 6; 1 - 4 pm

Town of Knox, Albany County, NY

Join us to explore the Knox Wetland Preserve. The area of the Knox Town Park that you are about to explore is a wetland ecosystem, and is considered an area 'hotspot' for over 125 species of birds. The Town of Knox provides the recently renovated boardwalk and woodland trail for recreation and education while protecting this valuable natural resource. Stay on the trail to avoid trampling fragile wildflowers, ferns, and other members of the plant community.

The nearby Hudson and Nancy Winn Preserve features hiking, bird-watching, nature observation, skiing, horseback-riding, geological formations, geocaching and an Audio tour using QR (Quick Response) Codes. The Winn Preserve is owned by the Mohawk Hudson Land Conservancy. Description: This is a 208-acre wooded property. The limestone fissures are perhaps the most striking feature of the property; some of the fissures are 16 inches wide and 20 feet deep. Walk carefully and stay on the trail, particularly when the ground is covered with leaves or snow. The limestone "pavement" under your feet is hundreds of millions of years old. Given the rocky layer just below the surface, this area was not suitable for farming and was used for wood lots and grazing fields. Old stone walls are still evident. The Blue Trails contain the remnants of an old orchard. The deed notes "limekill fields," indicating that limestone was probably taken from the area for processing in a local lime kiln. The property has an extensive ground cover of Canadian yew, or ground hemlock. Difficulty: Mixed terrain; Some easy, some steep; About three miles of trails.

Participants should bring: Dress for the weather, including sturdy and non-slip footwear. Suggest bringing water, snack, bug spray, bug netting, walking stick.

Directions: Knox Wetlands Trail is located off 491 Street Road, between Knox Cave Road (CR 252) and Knox-Gallupville Road (CR 255). It's adjacent to the lower portion of Knox Town Park, where there's a small parking area. Winn Preserve is very near 215 Street Road, between State Route 146 (Township Road) and County Road 252 (Knox Cave Road). It is near the Knox Transfer Station and a cell tower. There are two small parking areas on Street Road. A wide shoulder on Street Road just above (1000 feet to the south-west of) the Knox Transfer Station provides off-street parking. The second parking area on Street Road has a large kiosk with information and maps, as well as a sign-in book. The two trails from the parking area both lead to the Winn Preserve. The trail to the east (Truax Road) is the primary entrance to the Preserve.

VICARIOUS VOYAGES

FR79: VV - Lourdes to Fatima Along the French Camino

Kathleen Slater

Fri., Mar. 21; 1 - 2 pm

Min 5 / Max 25

Cobleskill Cooperative Extension

This program will discuss a recent trip from Toulouse, France, through Spain along the French Way of St. James, and end at Fatima in Portugal, with short hikes on portions of the Camino. Discussion will include the stark differences between the cathedrals of 11th Century Santiago de Compostela, 19th century Lourdes and 20th Century Fatima. We will explore how the many invasions along the Iberian Peninsula shaped the culture and architecture over the centuries.

Directions: CCE, 173 South Grand Street, Cobleskill, NY 12043