

Speakers Bureau



The Speakers Bureau represents our commitment to serve as a resource for personal development and enrichment

www.sunyrockland.edu/go/speakersbureau



SPEAKERS BUREAU

*a service available to all types of organizations in the Rockland area
- civic, community, professional, business, educational and social*

SUNY Rockland Community College is dedicated to providing learning opportunities to all members of our community. The Speakers Bureau is part of our commitment to serve as a resource for personal development and enrichment.

How to Use this Guide:

- Peruse the list to find topics that interest you.
- Arrangements should be made directly with the speaker for time, place and any honorarium or fee. If you are having difficulty reaching a particular speaker, or would like to locate a topic/speaker not on the list, contact the RSVP (Retired and Senior Volunteer Program) Office of SUNY Rockland (845) 356-6818. They will forward your request to the appropriate party.
- The speaker will contact you directly.

All of our speakers are experts in their fields. They are members of the faculty, staff or administration of SUNY Rockland Community College. Please understand that acceptance of an invitation to speak may depend on the speaker's teaching or work schedule.

The SUNY Rockland Community College Speakers Bureau is sponsored by the Community Involvement Committee of the Faculty Senate.

Coordinators,

Saeed Safaie, Professor of Science/Engineering
ssafaie@sunyrocland.edu, (845) 574-4534

Lisa Saunders, Campus Communications
lsaunde2@sunyrocland.edu, (845) 574-4244



Lecture Topics

ARTS & HISTORY

Journey to Ellis Island

Carol Bierman

Adjunct faculty, English
History of the Holocaust
cbierman@sunyrockland.edu
845-354-2873

Intended Audience: First and second year college students, instructors

Required Equipment: Projector and computer CD drive

Abstract: Going back in time is always a unique experience. Bierman will take you back to the turn of the last century to see what it was like to be a very young immigrant coming to America with hope and aspirations of a bright new future only to be denied entry. Specifics about Ellis Island and New York's Lower East Side are a mainstay of this presentation.

Photography Presentations on the Amistad, Hurricane Katrina and West Africa

Collette Fournier

Photographer, Campus Communications and adjunct faculty, Art
cfournie@sunyrockland.edu
845-574-4549

Intended Audience: Middle School through second year college students, general audience

Required Equipment: Computer for Power Point Presentations, VCR/DVD, Projector

Abstract: As a documentary photojournalist with a focus on the African American Diaspora, Fournier has photographed the Caribbean (Jamaica, Martinique, USVI, Trinidad), West Africa (Senegal, Mali, Ghana, Togo and Benin), as well as the site of Hurricane Katrina in Louisiana and the ship, the "Amistad," from Connecticut to Nova Scotia. Fournier has several PowerPoint/slide presentations prepared for various audiences.

Presentations: One hour to 90 minutes with Q & A.

Art History Presentations and Discussions

Emily Dennis Harvey

Professor/Coordinator, Art
eharvey@sunyrockland.edu
845-574-4260

Intended Audience: Those interested in art, art history

Required Equipment: Digital Image or Slide Projector

Abstract: Presentations offered include various styles and historic periods in the history of European and American art and Chinese art, as well as themes that focus on issues of race, class and gender. Popular topics for community organizations and libraries have included talks on the Hudson River School of Painters, Women Artists, French Impressionism, Masters of the Renaissance and an introduction to Modern and Post-Modern art.

The History of the African Presence in the Lower Hudson River Valley

Dr. Sherrill D Wilson, Ph.D.

Urban Anthropologist,
adjunct faculty, Pluralism and
Diversity in America
swilson4@sunyrockland.edu or
sdw@sherrilldwilsonphd.com
845-323-4940

Intended Audience: High school and college students, adult lay and professional audiences with an interest in local history

Required Equipment: Slide Projector and / or VHS player

Abstract: Three of the original land owners of the 1686 Tappan Patent in lower Orange County (which later became Rockland County) were men of African descent. During the 18th century, New York City had the second largest enslaved African population in colonial America, comprising 25% of the non-native residents of Manhattan Island. The African presence in the north, both enslaved and free, is a subject long neglected but more recently it is generating strong interest among educators and history buffs. This slide lecture begins in the early colonial Dutch occupation of New Amsterdam and extends through the early America period (1600s-1830), highlighting the achievements, struggles and contributions of African descendants in the lower Hudson Valley region. Africans enslaved and free were among the people who helped to build early New York City, Rockland and Westchester Counties, and in essence, early America.

Children's novel, "Ride a Horse, Not an Elevator"

Lisa Saunders

Writer, Campus Communications
lsaunde2@sunyrocland.edu
845-574-4244

Intended Audience: Grade-school children

Required Equipment: None

Abstract: Saunders will discuss her novel, "Ride a Horse, Not an Elevator," which is incorporated into Cornell University's 4-H "Horse Book in a Bucket" program. She guides the children through the process of recording their own family stories.

Synopsis: "Lisa leaves home--and the elevators and bullies of a big apartment complex--to spend a summer in the country at her grandparents' farm. Culture shock! Accompanied by her loyal beagle, Donald Dog, Lisa faces a summer in a very different environment with its own challenges and dangers."

Review: "A 'warm fuzzy'...provides a springboard for discussion between children and adults," *Sentinel Publications*.

Writing and Publishing Your History

Lisa Saunders

Writer, Campus Communications
lsaunde2@sunyrocland.edu
845-574-4244

Intended Audience: Adults

Required Equipment: None

Abstract: You have an interesting story to tell—it may be yours or it may be your ancestors. Writing it requires research. The Internet and your local library have made that research much easier and it's free! Lisa Saunders, author of *Ride a Horse, Not an Elevator*, *Anything But a Dog* and *Ever True: A Union Private and His Wife*, will tell you where to look for background information and how to publish your finished story.

American Civil War: Love Letters Between a Union Private and His Teenage Wife

Lisa Saunders

Writer, Campus Communications
lsaunde2@sunyrockland.edu
845-574-4244

Intended Audience: Teens and/or adults

Required Equipment: None

Abstract: Lisa discovered 150 Civil War love letters between her great-great grandparents, Charles and Nancy McDowell, in her mother's attic. She will discuss the story they reveal and the 10 years of research that went into compiling them into her book and play, "Ever True: A Union Private and His Wife."

Synopsis: Charles McDowell married Nancy when she was 15 years old. Enlisting as a private in the New York 9th Heavy Artillery, he asked Nancy, then 17, to save his letters. Despite his grueling battles and marches, he was able to save hers as well. Nancy's letters give us the worries and gossip of a teenage wife during the war. Her fears for Charles were many and included: prostitutes, venereal disease, bullets, typhoid fever, being taken prisoner, and "clever women."

BUSINESS

Using Optical Imaging to Work Faster, Easier and Smarter

Karen Gualtieri

Dean of Enrollment Management
kgualtie@sunyrockland.edu
845-574-4279

Intended Audience: Organizations interested in understanding or implementing optical imaging technology

Required Equipment: AV Projector

Abstract: While you may never have a "paperless" office, optical imaging technology can be used to make your office more efficient and effective. The real key is not to simply image your documents once you are done processing them but to image them before they are processed. Using "workflow," an optical imaging system can route your documents to the users who need the documents in order to do their jobs. Documents can move electronically from one user to the next even if the users are in different offices or different locations. Managers can monitor from their PC how much work is waiting to be done and adjust assignments accordingly. Of course, once the documents are processed there is no need to file them because the imaging system has already stored them electronically!

Bridging the Generation Gap in the Workplace

Catherine M. Roche

Coordinator/Associate Professor,
Business Department,
Office Technologies and the
Business Honors Program (MgD)
croche@sunyrockland.edu
845-574-4218

Intended Audience: Adults

Required Equipment: Computer
and Projector

Abstract: Today there are four distinct generations trying to co-exist and work together in harmony in the workplace. Each of the four generations brings its own perspectives and values to the workplace, which often results in inevitable conflict and misunderstanding. Discover who those generations are, how different they are, and what events influenced their behavior. Learn how to communicate effectively and how to manage and motivate this diverse workforce.

Global Business Communications

Catherine M. Roche

Coordinator/Associate Professor,
Business Department,
Office Technologies and the
Business Honors Program (MgD)
croche@sunyrockland.edu
845-574-4218

Intended Audience: Adults

Required Equipment: Computer
and Projector

Abstract: The world economy has been globalized. Business decisions made in one corner of the world do have an impact on other parts of the world. Not understanding a culture can create barriers to communication. One improper gesture, joke, or remark can destroy a relationship. Learn about the different customs of greeting and addressing people, the use of gestures and body language, regard for time and space, and gift-giving and business card protocol.

Become a Notary

Deborah Vinecour, Esq.,
Coordinator /Assistant Professor
Paralegal Studies
dvinecou@sunyrockland.edu
845-574-4169

Intended Audience: Any

Required Equipment: None

Abstract: How often do we need a licensed notary, but just can't find one? This introductory seminar will help prepare you to take the notary public examination in New York State. The seminar will cover practical information such as where to take the examination, as well as the substantive legal topics.

EDUCATION

SUNY Rockland Community College: The Future of Higher Education/Pluralism in Higher Education

Dr. Cliff L. Wood
President, SUNY Rockland
Community College
cwood@sunyrockland.edu
845-574-4214

Intended Audience: Dr. Wood will focus his speech to meet the needs of any group

Required Equipment: None

Abstract: Since taking the helm at RCC, Dr. Cliff L. Wood, President, has inspired audiences throughout the community with his uplifting and encouraging messages on how to motivate students of all abilities to achieve their best. His four-decade career in community colleges has given him a long-range perspective about current trends in higher education, the impact of globalization, diversity, technology, and shifting paradigms in student population.

How to Overcome Math Anxiety

Peter Arvanites

Professor, Mathematics
parvanit@sunyrockland.edu
845-574-4767

Intended Audience: Middle school, high school, college-level students

Required Equipment: None

Abstract: Many students at the middle school, high school and college level experience math anxiety. The feelings associated with math anxiety prevent them from effectively learning math by interfering with their concentration and retention. The speaker will address the causes of math anxiety and then discuss strategies that can be used to decrease and even eliminate it. In addition, he will discuss test anxiety, which often is a counterpart of math anxiety.

Financial Aid 101: A General Overview of the Student Financial Aid Programs and the Application Process

Debra Bouabidi

Director, Financial Aid
dbouabid@sunyrockland.edu
845-574-4492

Intended Audience: Prospective college students and their families

Required Equipment: PC and AV projector

Abstract: The presentation provides a general overview of the federal, state and institutional aid programs available to college students and describes the application processes for each. The speaker will discuss how governmental bodies determine financial aid eligibility; how aid is awarded and packaged by colleges; and how students and parents can meet the cost of attendance at the school they want to attend. A question and answer period follows the presentation.

Developing Skills to Succeed In College

Sheila Goldstein

Professor/Coordinator,
English Skills
sgoldste@sunyrockland.edu
845-574-4372

Intended Audience: High school seniors/parents of high school seniors

Required Equipment: None

Abstract: As part of the English Department at Rockland Community College, courses in English Skills help students develop skills they must have to succeed in college. Courses in reading, writing, and combinations of both, have been designed to meet the individual needs of students. Students are placed in English Skills courses as a result of English assessments in reading comprehension and writing. Students placed in English skills courses have individual advisement and consultation by an advisor to determine a course of study. Students remain in the English Skills classes until end of semester reassessment shows they are prepared to move into all mainstream college courses. While in this program, students are able to take a select number of mainstream courses if this is deemed advisable.

Community Colleges are a Viable Choice for Both You and Your Child

Karen Gualtieri

Dean of Enrollment Management
kgualtie@sunyrockland.edu
845-574-4279

Intended Audience: Parents interested in finding the right college for their child

Required Equipment: AV Projector

Abstract: Community colleges are a viable choice for students who are academically gifted, or who are in need of help with basic skills, or who fall somewhere between the two! Many parents are unaware that 45% of all college freshmen in the US are enrolled in community colleges, preparing either to transfer to four-year institutions or to enter the workforce with an associate's degree so they can expect to have 33% higher lifetime earnings than a high school graduate. Community colleges offer athletics, clubs, student government and a host of cultural opportunities as a supplement to their fundamental mission – providing your child with a quality education at an affordable price.

It's Time for Parents to Let Go – Even Federal Law Says So!

Karen Gualtieri

Dean of Enrollment Management
kgualtie@sunyrockland.edu
845-574-4279

Intended Audience: Parents interested in understanding why they cannot act on their child's behalf once the student enrolls in college

Required Equipment: None

Abstract: The Family Educational Rights and Privacy Act (FERPA) clearly states that once a student, regardless of age, enrolls in a college all information about the student belongs to the student. For parents this is difficult concept to understand, especially if they are paying the tuition! Learn the details of FERPA and how it can actually help your child succeed in college and later in life.

Fatherhood

John Marra

Coordinator, Student Activities
and Volunteer Services and
Facilitator for Every Person
Influences Children (EPIC)
program

jmarra@sunyrockland.edu
845-574-4302

Intended Audience: General public

Required Equipment: Chalk board

Abstract: This presentation looks at the new father as a pioneer who is changing how our children are raised and prepared for the world. It is not just about changing diapers. Setting structures and limits and imposing rewards and punishments are important, but so are love, self-esteem and effective communication. The new father wants to do it all and do it well.

Debate Workshop

Andrew T. Jacobs

Professor, Speech, and Advisor,
Speech and Debate Team
ajacobs@sunyrockland.edu
845-574-4543

Intended Audience: Community groups, high school students, college students, etc. (audiences have ranged from Rikers Island inmates to West Point Cadets).

Required Equipment: Blackboard or other large writing surface.

Abstract: This workshop will be tailored to the needs and interests of the group. Participants learn how to conduct a debate, the basics of debate strategy and/or how to critically evaluate debates. High school and college students will learn the basics of high school policy debate or a college debate format called public forum debate. Groups may request multi-session workshops. The presenter, a nationally ranked debater, has more than 20 years experience as a competitor and debate coach.

Outreach in the Outback

Rabbi Dov Oliver

Director, Center for Jewish Life/
Hillel at SUNY Rockland
doliver@sunyrockland.edu
845-574-4422

Intended Audience: Teens and adults interested in Jewish heritage.

Required Equipment: DVD player

Abstract: An Australian native shares stories and lessons from three years traveling around Australia connecting and reconnecting isolated Jewish people with their heritage, in such far flung locales as Cairns, Darwin, Blairgowrie and Townsville.

HEALTH

What Is Good Nutrition?

Gina Liberti

Adjunct faculty, Nutrition
gliberti@sunyrockland.edu
845-574-4203

Intended Audience: Anyone concerned with their health.

Required Equipment: None

Abstract: With so many dietary recommendations, it is easy to be confused. This presentation discusses what good nutrition is and strategies for incorporating good nutritional choices into the diet.

Functional Nutrition: How to Make the Most of Your Food Choices

Gina Liberti

Adjunct faculty, Nutrition
gliberti@sunyrockland.edu
845-574-4203

Intended Audience: First and second year college students, students majoring in health care and/or pre-med.

Required Equipment: Projector and laptop

Abstract: There are many different dietary recommendations. So how does someone choose the right diet plan? Functional Nutrition is an understanding of how the presence or absence of a substance in a food determines how the body uses that food. Coupled with the factors that determine why certain food choices are better than others, Functional Nutrition gives a clear blueprint of what foods to focus on and why in order to use food as medicine to prevent, minimize or resolve a variety of chronic health conditions.

It's Never Too Late For Good Nutrition

Gina Liberti

Adjunct faculty, Nutrition
gliberti@sunyrockland.edu
845-574-4203

Intended Audience: Adults and seniors (students or non-students)

Required Equipment: Projector and laptop

Abstract: As we age, many are confused about the connection between nutrition and the development of disease. The body wants to be in balance, and as new food and better quality food choices are introduced, the body can begin to normalize. Food choices and other important guidelines to enhance nutrient absorption are also explained.

How to Get Fat: It's All About the Fuel and (What Your Body Does With It)

Gina Liberti

Adjunct faculty, Nutrition
gliberti@sunyrockland.edu
845-574-4203

Intended Audience: Teenagers, adults, students and non-students

Required Equipment: None

Abstract: Obesity is epidemic in our country. Two thirds of our adult population and 25% of our children are considered obese or overweight. How could this happen with all the low fat diets and recommendations? This presentation discusses what the body does with various types of food, how to enhance the use of fat for fuel, and how to enhance digestion and absorption of nutrients.

What Causes Cholesterol to Rise: A Functional Nutrition Perspective

Gina Liberti

Adjunct faculty, Nutrition
gliberti@sunyrockland.edu
845-574-4203

Intended Audience: Nursing and health care students.

Required Equipment: None

Abstract: It is commonly believed that elevated levels are linked to the development of heart disease, necessitating the use of medications to bring levels into normal range. But cholesterol is an extremely important component of good health, and to simply lower levels through artificial means does not explain why it is elevated and what factors are related to abnormal levels. Several nutritional causes of hypercholesterolemia are explored including their biochemical pathways.

Compassion Fatigue of Caregivers

Wendy Greenspan, MS, RN, CCRN, Instructor, Nursing
wgreensp@sunyrockland.edu
845-574-4313

Intended Audience: Caregivers

Required Equipment: Computer/projector for computer generated slides if possible

Abstract: The stress of care giving to stroke survivors and other people with chronic illness relates to the caregivers experience of illness. Family caregivers provide unpaid assistance to family members with related health problems. Informal caregivers assist family members with activities of daily functioning such as bathing, dressing, and toileting because chronic illnesses such as stroke related problems often impair physical, cognitive, or emotional functioning. Caring for a physically disabled or ill relative can be physically and emotionally stressful, which places the caregiver at increased risk for physical ailments, depression, and anxiety. Caregivers are sometimes identified as hidden patients because they are prone to physical and mental health disorders. When caregivers become ill it limits their ability to provide optimal care.

American Heart Association Heartsaver Course

Wendy Greenspan, MS, RN, CCRN, Instructor, Nursing
wgreensp@sunyrockland.edu
845-574-4313

Intended Audience: Those over the age of 13 interested in learning CPR

Required Equipment: TV with DVD

Abstract: The Heartsaver AED courses are for the lay person with a duty to respond. The student learns how to treat the adult/child/infant patient in cardiac arrest using BLS/CPR, proper techniques of using an automated external defibrillator (AED), and choking emergencies. Participants practice skills using the Practice While Watch video concept and perform a practical skills evaluation. There is no written test for the Heartsaver courses. Participants will be issued a course completion card valid for two years.

The Tragic Kiss: Stop the Spread of CMV

Lisa Saunders

Writer, Campus Communications

lsaunde2@sunyrockland.edu

845-574-4244

Intended Audience: Adults

Required Equipment: None

Abstract: CMV, or cytomegalovirus (si-to-MEG-alovi-rus), is a common virus that infects people of all ages. Most infections with CMV are “silent,” meaning most people who are infected with CMV have no signs or symptoms. However, CMV can cause disease in unborn babies and is the leading viral cause of mental retardation and hearing loss, and is more common than Down syndrome. In 1989, Saunders gave birth to Elizabeth who was severely disabled by congenital CMV disease. Saunders had not been warned how to reduce her chances of getting the virus and OB/GYN’s are still not routinely warning women about CMV infection. Saunders is a member of the advisory board of The Congenital CMV Foundation.

SCIENCE & TECHNOLOGY

New Approach to Design Through Solid Modeling

Saeed Safaie

Professor, Science, Physics and

Engineering

ssafaie@sunyrockland.edu

845-574-4534

Intended Audience: First and second year college students

Required Equipment: Projector

Abstract: From the earliest times, our ancestors expressed themselves by drawing in the dust on the cave floor. At the present time, the Computer Aided Design (CAD) has become a strong tool in design and manufacturing processes. Design Engineers are deploying the latest software and hardware to create realistic 3D solid models, which allows them to analyze the form and the fit of a design prior to any prototyping phase. The CAD approach already has been producing important benefits for manufacturers with the aim of reducing research and development time and improving the quality in product development.

Using the Texas Instruments Graphing Calculator

Peter Arvanites

Professor, Mathematics
parvanit@sunyrockland.edu
845-574-4767

Intended Audience: High school and college-level mathematics teachers

Required Equipment: Overhead projector and screen

Abstract: The Texas Instruments graphing calculator has given math instructors the power to help students see many of the abstractions of mathematics. With the press of a button, functions come alive and derivatives and integrals take on new meaning. In addition, the calculator gives the students the opportunity to discover important mathematical concepts on their own. The speaker has been using the graphing calculator for the past several years to teach honors calculus. He will address how using the calculator has affected the way he teaches calculus.

How to Eat an Elephant (or Tackle a Resource Management Plan)

Lorinda Hill

Assistant to the Director
of Plant Facilities
lgussow@sunyrockland.edu
845-574-4524

Intended Audience: Anyone

Required Equipment: PowerPoint or overhead projector

Abstract: The 3 R's (reduce, reuse and recycle) are but the first step toward a life free of waste – well, almost. Transformation of the mind and soul requires only a willingness to leave our progeny a better planet than what we inherited – and a plan. Living with minimal waste need not cause major medical or psychological issues. So take a deep cleansing breath and learn how a systematic implementation of environmentally sound practices can add to our personal wellness and that of our planet.

145 College Road, Suffern, NY 10901

845-574-4000

www.sunyrockland.edu

