

LIFESPRING

Saugerties Adult Learning Community

Fall 2019 Courses



Lifespring

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Saugerties, NY 12477

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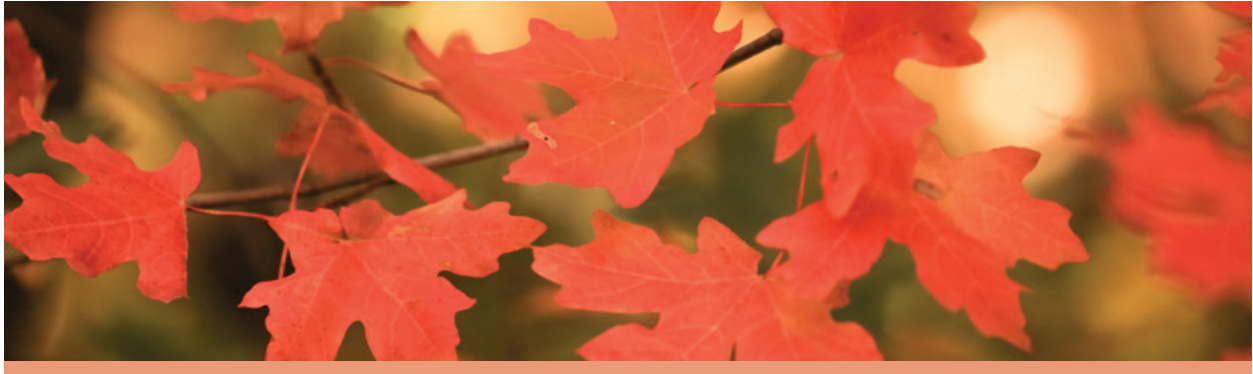


photo by Patrick Hendry

WELCOME

Lifespring, an adult learning community, offers a broad range of noncredit educational activities for retired, semi-retired, and other adult participants. Lifespring's goal is to provide diverse learning experiences for all its members, regardless of previous educational background.

We recognize that many active retirees wish to continue to learn and grow and participate in an environment that is both social and encouraging. In this venue, we come together to share our knowledge and interests, and socialize with other lifelong learners.

Lifespring offers classes/courses, lectures, and events that provide opportunities for active adults and/or retirees to:

- stimulate our minds in new and creative ways
- learn about topics that have been intriguing
- challenge ourselves in new areas
- open new vistas in learning
- discover new talents, skills, and interests
- meet new people

Membership and Fees

The annual membership fee is \$80 per person. This entitles each member to 3 courses each semester and any planned special events. The current year runs from August 2019 – July 2020. There is a fall semester and a spring semester. Some presenters may ask for the purchase of a textbook or may require a small materials fee. Please note membership fees are not refundable and not transferable.

New members are accepted only in the fall of each year.

For additional information about membership, please visit the Lifespring website at:

www.lifespringsaugerties.com

Location

Most courses are held at the **Woodstock Jewish Congregation (WJC)**, on Glasco Turnpike, near Route 212. Ample parking is available on the grounds. The classrooms are accessible to people with disabilities.

Volunteering

Lifespring is a member-run, all-volunteer organization. We encourage all members to get involved. We thank all volunteers, including presenters, course coordinators, committee members, Board members, and the many others who donate their time and energy for the Lifespring program. We respect their hard work, generosity, and talent, and we thank everyone who is a part of this creative endeavor. In addition, we thank the Town of Saugerties for their generous support and backing. We extend further appreciation to the WJC for the rental of their ample and comfortable space and to the Saugerties Public Library for the use of their Community Room for many of our special events.

Lifespring needs all its members to get involved as they are able. There are many opportunities to volunteer for tasks and positions that match an individual's interests and abilities. For more information about the diverse volunteer opportunities, please visit the Lifespring website at www.lifespringsaugerties.com

Feedback

If you have any feedback or suggestions, please feel free to come to a Board meeting and discuss the issue. Board meetings are usually the second Tuesday of the month at 9:30 am in the Town Hall Building Department conference room (check first to see if a meeting is being held).

In addition, you may direct any questions to:

lifespring.saug@gmail.com or call us at **845-246-2800** ext. 452.

For Potential New Members

We thank you for your interest in becoming a part of Lifespring! In order to keep our learning community refreshed and vital, we recognize the importance of accepting new members each year. Lifespring makes every effort to take in as many new members as space and resources will permit.

New applicants should submit their \$80 registration fee and the completed registration form, with course choices clearly indicated, postmarked by the August 15, 2019 deadline.

We look forward to welcoming new members for the coming year and encourage new members to become active participants in our Lifespring community. Please refer to the Lifespring website at www.lifespringsaugerties.com for additional information about Membership under Frequently Asked Questions.

In the event that there are more new applicants than space and resources permit, a computerized lottery drawing for available memberships will be held. All new applicants will be notified of their membership-request status by an emailed letter in early September. If you are not accepted for the Fall 2019 - Spring 2020 Lifespring year, your check for the membership fee will be voided. In mid September, those who have become new members will receive a packet of information confirming their courses.

COURSE OVERVIEW

Wednesdays: Oct. 16, 23, 30, Nov. 6, 13, 20

FIRST PERIOD 9:30 am – 10:45 am		Enrollment	Details
A1	Opera as Politics, Part V		page 5
A2	What Does it Mean to be a Liberal?		page 5
A3	Beginning Tai Chi	<i>Limited*</i>	page 6
A4	The Named, the Anonymous, and the Misunderstood: Women in the Bible, Part II	<i>Limited*</i>	page 6
A5	Artificial Intelligence Demystified		page 7
SECOND PERIOD 11:05 am – 12:20 pm			
B1	The Poetry of W. H. Auden: “We are double in ourselves.”		page 8
B2	Environmental Awareness: Protecting our Natural Heritage and Empowering Communities		page 8
B3	With Liberty and Justice for All—Myth or Reality: Touchstones in the American Experience		page 10
B4	Scandinavia: Land of Genius and Midnight Sun		page 10
B5	Introduction to French		page 11
THIRD PERIOD 1:15 pm – 2:30 pm			
C1	Healthy You!		page 12
C2	Exploring Meditation	<i>Limited*</i>	page 13
C3	A Look at China with a Diplomat and a Traveler		page 13
C4	Best American Short Stories of 2019	<i>Limited*</i>	page 14
C5	Just for Fun—Again!	<i>Limited*</i>	page 14
BONUS COURSE: Two Wednesdays: September 18, 25; 10:00 am – 1:00 pm			
★	Get up and Move: an Introduction to Hiking	<i>Limited*</i>	page 15

*See “How to Register” on page 18 for complete information about Limited Enrollment and the Lottery System.

Lifespring’s goal is academic: to provide a variety of courses for your consideration and reflection. Our curriculum committee makes every effort to schedule presenters who are experienced professionals and enthusiasts; however, Lifespring does not either recommend or not recommend the services or products of any presenter or guest speaker.

COURSE DESCRIPTIONS

A1 *Opera as Politics, Part V*

Wed. Oct. 16, 23, 30, Nov. 6, 13, 20
9:30 am – 10:45 am

We continue our immersion in Opera as Politics as Part V continues to look at governmental, sexual, economic, and religious politics as expressed and reflected in opera. A close examination of important operas, with a focus on the major works of the nineteenth and twentieth centuries, and a look at the current state of opera as a political vehicle are part of the course. We will experience operatic video performances in class as political themes are developed. Previous attendance in this course is not required, no technical musical knowledge is needed, and familiarity with opera is not assumed.

Presenter

Chuck Mishaan lectures and writes on the intellectual, political, and artistic history of Western Europe from the period of the Enlightenment to the present day. He has been presenting his popular classroom series on *Opera as Politics* at Bard LLI and many other area LLIs. He is a guest lecturer at Bardavon and has been a lecturer at the Rhinebeck Chamber Music Society.

Coordinator

Susan Greenstein

A2 *What Does It Mean to be a Liberal?*

Wed. Oct. 16, 23, 30, Nov. 6, 13, 20
9:30 am – 10:45 am

This course will review the history of the evolution of liberalism from the late 18th century to the present, beginning with Adam Smith, John Stuart Mill, and Immanuel Kant. These thinkers established the foundation for a market economy, representative democracy, and a cosmopolitan perspective, of which a central tenet is liberty or freedom. We will examine Isaiah Berlin's *Two Concepts of Freedom*, FDR's Four Freedoms, and John Rawls' *Theory of Justice and Political Liberalism*. We will ask whether post-modernism, critical theory, and feminism advance liberalism or move away from it. Is the enemy of liberalism conservatism, or identity politics of the left, or Trumpian populism?

Class participants who consider themselves liberals have the opportunity to decide what kind of liberal they are. Class participants who do not consider themselves liberal are invited to attend as anthropologists studying a strange tribe or as curiosity seekers who might be converted.

Presenter

Norman Bowie has a PhD in philosophy with a specialization in political philosophy. He is the co-author of *The Individual and the Political Order* as well as numerous articles in professional journals. He is professor emeritus at the University of Minnesota.

Coordinator

Norman Bowie

“It takes a long time to bring the past up to the present.”

— *Franklin D. Roosevelt*

A3 *Beginning Tai Chi*

Wed. Oct. 16, 23, 30, Nov. 6, 13, 20
9:30 am – 10:45 am

LIMITED ENROLLMENT

This basic Tai Chi movement program is *designed for beginners* and can be performed sitting or standing. It is modified from traditional Tai Chi movements to be simpler to perform. Its movements, performed consistently, will help improve posture, breathing, and joint flexibility, as well as strengthen muscles and improve balance, which will help decrease the risk of falls. The focus on the mind/body connection assists in the internal and external control of your body movements. Please come and play Tai Chi and become more aware of yourself and how you move. Wear comfortable clothes and supportive shoes or sneakers.

Presenter

Roberta Gavner is a retired professor from SUNY Ulster with many years of experience in the health care field. Roberta is a Tai Chi for Health Institute Organization Board Certified Instructor, and a founding member of Tai Chi for Health of Hudson Valley. She is currently teaching Tai Chi programs for the MVP Health and Wellness Program, the Saugerties United Methodist Church Wellness Mission, and as a volunteer for Ulster County Office for the Aging in their sponsored Tai Chi Program.

Coordinator

Diane McDowell

*“To see things in the seed,
that is genius.”*

— Lao Tzu

A4 *The Named, the Anonymous,
and the Misunderstood:
Women in the Bible, Part II*

Wed. Oct. 16, 23, 30, Nov. 6, 13, 20
9:30 am – 10:45 am

LIMITED ENROLLMENT

This is a continuation of a course offered in the fall 2017 semester. Some material in this course was covered in the previous one, but much will be new. It will start, as before, with Eve, because she is the background, if not the touchstone, for all the women in the Bible. Then we will consider women with biblical and apocryphal books named for them (Ruth, Esther, Judith, and Susanna). Following the link that Ruth provides, we will explore women in the gospels of Mark and Matthew and then in Luke and John. One session will be devoted to the mostly anonymous women in Paul’s letters and, if time permits, some women beyond the canon. We will focus not simply on the way the women are presented in the biblical texts, but also, and indeed primarily, on the ambiguities in the presentations, the lines of (mis)interpretation that later writers have taken, and the interpretations implicit in artistic representations of the women.

No prior acquaintance with these women or these texts is necessary, though access to a Bible would be of significant benefit.

Presenter

Jouette Bassler is a retired Professor of New Testament who taught introductory courses on the entire Bible at Georgetown University, introductory courses on the New Testament at Perkins School of Theology, SMU, and many advanced seminars often focused on how women are portrayed in these writings. Her publications—books, articles, and essays—also include many that explore this topic.

Coordinator

Jouette Bassler



photo by Thomas Loizeau

A5 *Artificial Intelligence Demystified*

**Wed. Oct. 16, 23, 30, Nov. 6, 13, 20
9:30 am – 10:45 am**

LIMITED ENROLLMENT

This course will review the development of AI since the term was created at a 1956 conference at Dartmouth College. It will attempt to define what AI is and what it is not. It will review AI's successes and failures (including the failure to measure up to its original lofty objectives laid out at the Dartmouth conference). It will clarify the relationships and differences among such terms as artificial intelligence, algorithm, machine learning, neural network, and others. It will examine current areas of AI application, including commerce, health care, scientific research, and government. It will explore the social, economic, and political significance of AI and address its dangers and ethical implications.

Presenter

Dr. John Bassler is a retired professor of applied statistics and marketing research. He has a B.A. in mathematics from Rice University, an MBA from Stanford, and a Ph.D. from Carnegie-Mellon. He taught at the Tuck School at Dartmouth and in the Yale School of Management, and he directed the master's degree program in marketing research at the University of Texas-Arlington. In June 2018 he gave a one-time presentation on AI at Bard LLI.

Coordinator

Jouette Bassler

B1 *The Poetry of W. H. Auden:
“We are double in ourselves.”*

Wed. Oct. 16, 23, 30, Nov. 6, 13, 20
11:05 am – 12:20 pm

Now that Edward Mendelson’s definitive complete edition of W. H. Auden’s poetry and his life are complete, Auden is being read afresh by critics and poetry lovers. It was one of Auden’s life-long preoccupations “that we are somehow not self-coincident.” Auden’s poetry is, one critic says, “at once banal and yet pregnant with meaning” in an “atmosphere magical, like a tale of enchantment.”

We will read this wonderful poetry together aloud and then make observations, seeing it together. Joyful work! We will use a “Selected Poems” text, of which there are plenty of editions. (You may already have a Complete or a Selected Poems of Auden. Either is OK.) If you are purchasing a new copy, a good source is www.abebooks.com, or many of these editions are available from the usual sources.

Presenter

Rosemary Deen did her graduate studies at the University of Michigan and the University of Chicago. She is retired from the English department of Queens College, CUNY. The poet Marie Ponsot and she developed a radical new approach to the teaching of writing in two books, one of which won a national award. She gives workshops in writing and reading and has published a book of essays, *Naming the Light*. She is the poetry editor of *Commonweal* magazine.

Coordinator

Susan Greenstein

B2 *Environmental Awareness:
Protecting our Natural Heritage
and Empowering Communities*

Wed. Oct. 16, 23, 30, Nov. 6, 13, 20
11:05 am – 12:20 pm

Catskill Mountainkeeper, an environmental organization working to protect the air we breathe, the water we drink, and the wild lands of the Catskills, is one of the strongest advocates for our region. Established in 2006, this group works closely with a network of concerned citizens and strategic partners to protect and promote our region’s extraordinary natural heritage, while also promoting smart development that supports local communities. In this course, specialists from the Catskill Mountainkeeper will share their expertise about environmental advocacy and the impact of science and citizen actions.

Oct. 16

Fighting to Protect the Catskills

Presenter

Ramsay Adams is the founder and Executive Director of Catskill Mountainkeeper. He serves as volunteer Executive Director of Water Defense, a project of Mountainkeeper, and he sits on the advisory board of Riverkeeper. Ramsay is also a film and television music supervisor, an author, and an educator.

Oct. 23

**Citizen Science—Stopping the Hemlock
Woolly Adelgid**

Presenter

Kate Hagerman is Program Director for Catskill Mountainkeeper. As staff filmmaker she has made films on the invasive Hemlock Woolly Adelgid and on the farming crisis in the Catskills, and she is currently in production on a film about pollinators. In addition, Kate is leading the fight against the dumping of Construction and Demolition debris from NYC in the woods of Saugerties.

Oct. 30

Trails and Rail Trails in New York and the Catskill Park

Presenter

Kathleen Nolan, MD, MSL, is Mountainkeeper's Senior Research Director focusing on issues related to the health impacts of fracking and fossil fuel infrastructure. She is the founder of Catskills Live Trails and Wilderness Association and a co-founder of Concerned Health Professionals of New York. Kathy serves on the Ulster County Tourism Advisory Board, the Ulster County Trails Advisory Committee, and as an officer for the Catskill Heritage Alliance.

Nov. 6

Speaking for the Bees—Protecting Pollinators and Weighing In on Key Issues

Presenter

Katherine Nadeau is Mountainkeeper's Deputy Director where she spearheads advocacy efforts in Albany, serves as lead internal project manager, and manages Mountainkeeper's RenewableNY program and Solar Outreach Initiative. Formerly, she served as Policy Director and Water and Natural Resources Director for Environmental Advocates of New York. She has also worked with the Onandaga Nation seeking environmental and social justice, as well as with the New York Public Interest Research Group.

Nov. 13

Green Energy Programs

Presenter

Sam Wright is Program Associate at Mountainkeeper, leading the HeatSmart campaign to transform New York's energy landscape. He holds a JD in Environmental Law and prior to joining Mountainkeeper, Sam served as Program Director for Water Defense and as a pro bono attorney for the Earthjustice. He lends his legal expertise to Mountainkeeper's campaigns that oppose fossil fuel projects such as pipelines and "bomb" trains.

Nov. 20

Equity, Energy, and Environment—From Extreme Energy through Climate Change to a Renewable Future

Presenter

Wes Gillingham is Mountainkeeper's co-founder and Associate Director dedicated to moving New York into a just transition away from fossil fuels, and he has personally lived off the electric grid for more than 30 years. He also serves on the advisory board of Earth Ethics Inc. Prior to joining Mountainkeeper, he served on the board of directors for the Northeast Organic Farming Association of New York and before that he taught environmental education throughout North America for the National Audubon Society Expedition Institute.

Coordinator

Susan Greenstein

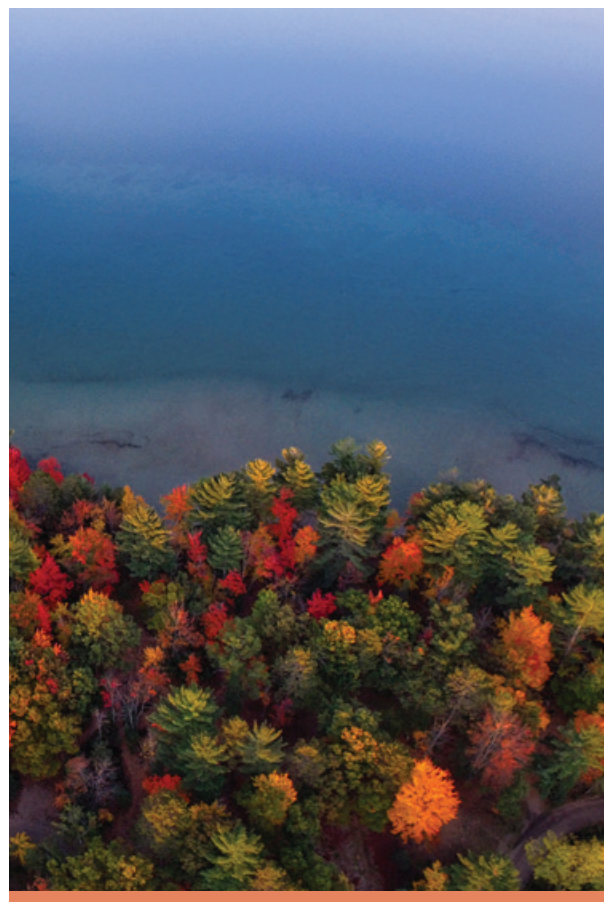


photo by Aaron Burden

B3 *With Liberty and Justice for All—Myth or Reality: Touchstones in the American Experience*

Wed. Oct. 16, 23, 30, Nov. 6, 13, 20
11:05 am – 12:20 pm

For many of us, part of the morning routine in our elementary and high schools was reciting the Pledge of Allegiance. The last line ends with the phrase "... with liberty and justice for all," as if this was an already accepted fact for all Americans rather than a goal to be achieved. This survey course in the American experience will examine our shared history to discover the evolution of this idea as various members of our society struggled for and eventually succeeded in being included in the promise of liberty and justice.

Topics to be discussed and examined include pertinent events from Colonial times and the United States Constitution to DACA and the quest for LGBTQ equal rights.

Presenter

Donn Avallone taught Regents and AP American History, AP American Government and college level Introduction to Criminal Justice in his 37-year career at Kingston High School. He has also taught American History and Government at UCCC and at area prisons, and Social Methods courses at SUNY New Paltz.

Coordinators

Natalee Rosenstein
and Donn Avallone

B4 *Scandinavia: Land of Genius and Midnight Sun*

Wed. Oct. 16, 23, 30, Nov. 6, 13, 20
11:05 am – 12:20 pm

The Scandinavian countries, including Finland, have produced an amazing legacy of art, music, and literature. We will begin with an introduction to the mysterious trolls, ubiquitous in Nordic folklore—Who are they and what do they do? In subsequent weeks we will look at some towering Scandinavian epics, three great painters (Munch, Gallen-Kallela, and Simberg), some composers (Grieg, Evert Taube, and Sibelius), a couple of playwrights (Ibsen and Strindberg), and some twentieth-century films.

There will be handouts of some of this material, but in addition, participants may want to purchase *Six Plays by Henrik Ibsen* and *Six Plays of August Strindberg* (paperbacks are available from Amazon or ThriftBooks for less than \$4 each), and although we certainly won't be reading all of them, it's worthwhile to have them on hand. The films and plays are available free online. Come join us for a delightful exploration through the arts of Scandinavia!

Presenter

Ernst Schoen-René for 35 years taught a wide range of courses at California State University at Chico and received numerous awards while doing so. His interest in Scandinavia goes back to his visit there on his first trip to Europe. At the time he found the region amazing, and his zeal for it has not diminished one bit.

Coordinator

Jouette Bassler

B5 *Introduction to French*

Wed. Oct. 16, 23, 30, Nov. 6, 13, 20
11:05 am – 12:20 pm

In a friendly, positive atmosphere, students with no or very little experience in French, or who have forgotten what they learned in school, will be introduced to basic French vocabulary and grammar. Participants will learn and practice simple conversations centering on the family and everyday life including food, shopping, travel, and other leisure-time activities.

Please purchase the book, *Barron's Painless French*, co-authored by Carol Chaitkin and Lynn Gore, available at Barnes and Noble or online.

Presenter

Lynn Gore received her B.A. in French from Hartwick College and her M.A. in French literature from the University of Wisconsin. Now retired, she taught French in the Saugerties schools and served as president of the Association of Language Teachers of Orange, Ulster, and Dutchess Counties and as regional director and secretary for the New York State Association of Foreign Language Teachers. She believes that language acquisition should be as “painless” as possible by emphasizing fun and communication.

Coordinator

Jouette Bassler



photo by Shumilov Ludmila

C1 *Healthy You!*

Wed. Oct. 16, 23, 30, Nov. 6, 13, 20
1:15 pm – 2:30 pm

Here's an opportunity to spend a weekly hour and fifteen minutes on improving your health through presentations by leading health practitioners. We will explore different parts of the body, from the mind to the gut, each week led by a different medical professional. You may well leave each class feeling empowered to make small changes toward becoming a healthier you.

Oct. 16

Four Exercises: Training for an Attitude of Gratitude

Presenter

Allison Gould is a licensed clinical social worker at the Center for Healthy Aging at Northern Dutchess Hospital. She holds a master's degree in social work from New York University, a postgraduate certificate in advanced clinical practice, a certificate in gerontology, and extensive training in family therapy.

Oct. 23

Healthy Gut, Healthy You: Pre- and Probiotics

Presenter

Tim Govel is a pharmacist at Northern Dutchess Hospital who is trained in medication therapy management. He is a graduate of the Albany College of Pharmacy and Health Sciences.

Oct. 30

Stop the Spread: Measles and More

Presenter

Dr. Valerie Cluzet is an infectious disease specialist with Nuvance Health in Poughkeepsie and is also affiliated with Vassar Brothers Medical Center, Northern Dutchess, and other regional hospitals. She did an infectious disease fellowship at the University of Pennsylvania hospital and an internal medicine residency at Columbia University Medical Center.

Nov. 6

Mindful Movement Therapy and Techniques You Can Do While Seated

Presenter

Joseph Mills is a fitness instructor at Northern Dutchess Hospital's Wellness Center. For 32 years he has been performing, choreographing, and teaching dance. He holds a master of education degree in dance and is an adjunct professor in the graduate program of dance movement therapy at Sarah Lawrence College.

Nov. 13

The Mole Truth: Skin Cancer and You

Presenter

Dr. James Nitzkowski of Nuvance Health earned his medical degree at SUNY Buffalo, and he served as chief resident at St. Luke's-Roosevelt Hospital in New York. He has a fellowship in surgical oncology from Fox Chase Cancer Center in Philadelphia.

Nov. 20

Digestive Digest: Breaking Down How We Break Down Food

Presenter

Dr. Brian Binetti is a general surgeon with Nuvance Health in Rhinebeck and Kingston, and he is medical director of Northern Dutchess Hospital's weight-loss surgery program.

Coordinator

Jouette Bassler

“Nature is not only all that is visible to the eye... it also includes the inner pictures of the soul.”

— *Edvard Munch*

C2 *Exploring Meditation*

Wed. Oct. 16, 23, 30, Nov. 6, 13, 20
1:15 pm – 2:30 pm

LIMITED ENROLLMENT

Throughout the centuries meditation has been a doorway to deeper spiritual connection, enhanced mental clarity, and insight into the being that is you. Participants in this course will explore various techniques such as yoga, pranayama, visualization, and chanting in order to move into a meditative state and identify your own personal best practices.

Presenter

Barbara Schofield's relationship with meditation began in her early twenties within the context of dance, yoga, childbirth education, and various spiritual journeys. It continues today both personally and as a yoga instructor, and a practitioner of Integrated Energy Therapy, Akashi, and Reiki.

Coordinator

Diane McDowell

C3 *A Look at China with a Diplomat and a Traveler*

Wed. Oct. 16, 23, 30, Nov. 6, 13, 20
1:15 pm – 2:30 pm

A team of two experienced observers will shed light on the intriguing complexity of China today, filling us in on recent history and sharing their personal takes on everyday life, art, the factories, the economy and trade wars, and modern China as compared with the United States.

Presenters

Gary Bischoff, a former county legislator, town board member, and radio host, is also an electronics engineer who developed a device used in quality control of X-rays. His entrepreneurship led him to China, where 20 percent of his sales lay, and where he got to know different aspects of modern Chinese life. He enjoys studying China and has made a total of 18 trips there, both personal and business.

Patrick Corcoran worked in management positions for the State Department's U.S. Information Service in Taiwan, Hong Kong, Beijing, and at the USIS China Desk in Washington over a period of thirty years. He was responsible for official cultural and educational exchanges and media support. Retired from the U.S. Foreign Service in 2004, he did temporary duty as Cultural Attaché in Beijing in 2007, 2008, and 2009.

Coordinator

Susan Puret

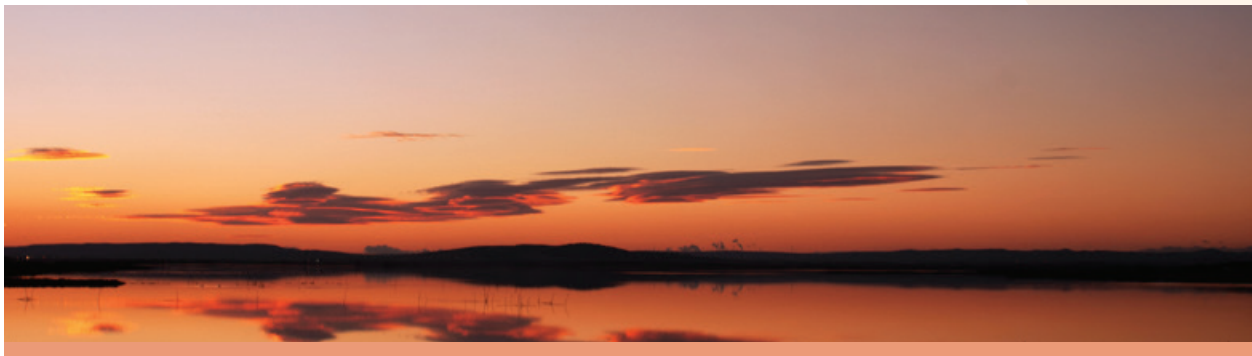


photo by Quentin Rey

C4 *Best American Short Stories of 2019*

Wed. Oct. 16, 23, 30, Nov. 6, 13, 20
1:15 pm – 2:30 pm

LIMITED ENROLLMENT

Continuing once again in the *shared inquiry* tradition of Lifespring short story courses, we will read and discuss a different story each week from the anthology, *The Best American Short Stories of 2019*, edited by Anthony Doerr. Each week, participants will be emailed several open-ended, thought-provoking questions about the following week's story. Class participation is a hallmark of the shared inquiry method, in which lively, text-based conversation leads everyone to new ideas, feelings, and insights about the stories we've studied.

Please purchase the book, *The Best American Short Stories 2019*, which will be available online and at stores October 1st. You may also pre-order through Amazon.

Presenter

Susan Greenstein was a director for Historic Hudson Valley; a manager of programs at the New York Botanical Garden; and Head of Education at Rancho Santa Ana Botanic Garden in Claremont, CA. She has facilitated the shared inquiry short story course for Lifespring in several past semesters.

Coordinator

Susan Greenstein

C5 *Just for Fun—Again!*

Wed. Oct. 16, 23, 30, Nov. 6, 13, 20
1:15 pm – 2:30 pm

LIMITED ENROLLMENT

Each class will be an hour and fifteen minutes of just having fun. We will sing folk songs, make collages, learn folk dances and the art of improvisation, and enjoy again the childhood pleasure of laughter—led each week by a different instructor. Come and participate in both new and familiar activities that will indulge your inner child, and JUST HAVE FUN.

Oct. 16

Play and Creative Spontaneity through the art of just saying 'yes, and...'

Presenter

John Remington was artistic director for eight years at Brave New Workshop, an improvisational revue theater in Minneapolis. He spent another ten years in corporate theater with customized shows for top 500 companies. Currently he is acting and directing in upstate New York.

Oct. 23

Folk Songs from Around the World: Sing Along with Cantor Bob

Presenter

Cantor Bob Cohen, of Congregation Emanuel of the Hudson Valley, has a long association with folk music and is a frequent sing-along leader at various venues in the area. A popular past presenter at Lifespring, he comes with an amazing repertoire of songs from many different countries and cultures, which he delights in sharing.

“Art is the signature of civilizations.”

— Beverly Sills

Oct. 30**Collage Workshop: Making Collages That Evoke Memories Using Your Own Materials****Presenter**

Lucette Runsdorf has studied the art of collage at Manhattan's 92nd St. YMHA, the Art Students League, and Cooper Union. She has contributed to many workshops at the Woodstock School of Art, participated in numerous group and solo shows, won a number of awards, and is an active member of WAAM, the Woodstock Artists Association and Museum.

Nov. 6**Folk Dance: Experience the Joy of Movement****Presenter**

Susan Puretz, born with clubfeet, corrected in infancy, has been dancing since she was a tot when her mother placed her in a ballet class to strengthen her legs. Folk dance was introduced into her repertoire as a youngster in summer camps. Then came modern dance in college. All three dance forms became not only happy-making hobbies but a career as well.

Nov. 13**Laughing at Aging: Laughter Yoga****Presenter**

Jim Gordon has a master's degree in gerontology, a B.S. in aging services, and is a certified teacher of Laughter Yoga. He has a certificate in adult and family mediation and a certificate as an Aging in Place specialist.

Nov. 20**Everybody, Sing! An Introduction to Singing Together Freely****Presenter**

Barbara Wild holds a D.M.A. in conducting from Boston University. In Boston she was the assistant conductor of the Zamir Chorale. Having conducted many high school and college choirs, she also worked with such luminaries as Bobby McFerrin and Pauline Oliveros. She serves as Music Director at Christ the King Church in Stone Ridge, and she teaches piano and voice privately in Saugerties.

Coordinator

Mary Porter Hall

Get up and Move: Intro to Hiking**Two Wednesdays: Sep. 18, 25****Week 1: 10:00 am – 1:00 pm****Week 2: Time/place to be decided by group****LIMITED ENROLLMENT**

We are fortunate to live in a beautiful area with abundant paths and trails to enjoy. This two-session course provides an opportunity to join other Lifespring members in learning about the techniques and gear appropriate and necessary for safe, comfortable, and enjoyable outings.

Week 1 will begin in a classroom setting in the Community Room at the Saugerties Public Library followed by a walk at a nearby hiking property just south of Saugerties. For the second class outing,

the destination will be chosen by the group at the first session. The presenter has confirmed that the two walks will be suitable for all levels of fitness and experience. Town insurance requires that class participants sign a liability waiver and be responsible for driving to the hiking locations.

Presenter

Charles Lutomski is an ardent hiker/backpacker and has completed many of the local hiking milestones in the Catskills, the Taconics, and the Adirondacks. He is an aspirant trying to complete many other challenging peaks throughout the country and, at the same time, he fervently works at getting "recruits" to enjoy the wonderful trails and walkways, at whatever level, in our Catskills backyard.

Coordinator

Susan Puretz

BONUS COURSE!



LIFESPRING NEEDS YOU!

As you know, Lifespring is an all-volunteer organization, which means that every single aspect of what you experience as a Lifespring Member is created, coordinated, and executed by member volunteers.

Some people volunteer for one task, others for a committee, still others for several tasks and committees. Each team or committee shown on the following page is run by volunteers headed up by a volunteer coordinator.

We ask that you take some time to review these listings and to think about your interests and abilities, and then think about which of these areas might be a good fit for YOU!

Every member has something that they can offer to make sure that Lifespring continues to operate as a robust and dynamic organization.

The Volunteer Sign-Up Form in this catalog lists the various opportunities. On the next page you'll find a brief snapshot of teams that may need your assistance. Individual coordinators will be in touch with those who indicate an interest in their committee's work.

Of course, you'll have an opportunity to ask questions and discuss the tasks available to determine if the particular committee is a good fit for your interests and abilities before you make a commitment.

VOLUNTEERS NEEDED

Here's a brief snapshot of teams that need your assistance.

Audio Visual (AV)

Be part of the team that sets up AV equipment like projectors and loudspeakers in classrooms for presenters to use. *Training will be provided.*

Class Managers

As a class manager you help to insure that the classes run smoothly by taking attendance, making announcements, and interacting with the presenter.

Curriculum

Help create our course offerings by recruiting presenters, developing new courses, and participating in the selection and organization of courses for each semester.

Events

Help plan and execute special events that occur during the year including the annual meeting.

Membership

Help to welcome new and returning members each semester and work on membership issues.

Program Support

Help organize the classroom spaces and supplies and assist with hands-on tasks during the class day. *Original chair set up is done by the WJC staff.*

Publications

Help by writing articles for the *News & Views* newsletter that comes out twice a year. Assist in organizing aspects of the catalogs and preparing the catalog for publication.

Services

Help on either of two teams. The morning shift unloads supplies, prepares food and sets up the hospitality room. The afternoon crew is responsible for cleaning up the hospitality room and the WJC kitchen.

Winter Presentations

Help set-up and perform other tasks on the day of our four winter presentations, usually the first Wednesday of each month, December through March.

SIGN-UP

INCLUDE WITH YOUR COURSE REGISTRATION, AND MAIL TO:

Lifespring, Town Hall, 4 High St., Saugerties, NY 12477

- Audio Visual (AV)
- Class Manager
- Curriculum
- Events
- Membership
- Program Support
- Publications
- Services
- Winter Presentations
- Other

If you have other skills or talents that you would like to share with Lifespring please indicate here:

NAME

EMAIL or PHONE #

HOW TO REGISTER

Please read this information carefully so that you are able to make informed course choices when you register.

The fall semester begins on Wednesday, October 16, 2019 and ends on Wednesday, November 20, 2019. There is one bonus course that will be held prior to the beginning of the semester, on two Wednesdays, September 18 and 25, included on the Registration Form. Unless otherwise noted in the course description, classes are held at the Woodstock Jewish Congregation, 1682 Glasco Turnpike, just off Route 212, between Saugerties and Woodstock.

Registration closes on August 15, 2019.

Selecting Your Courses

When making your course selections, please note that due to the nature of the course or a presenter's request, some courses have limits on the number of participants. These are **Limited Enrollment** courses.

Other courses may be self-limiting simply due to physical space in the classrooms at the WJC.

When completing the Registration Form, **you are asked to indicate a 1st and 2nd choice in each time period.** To help increase the chances that you'll get the courses you want, **it's important to select both a 1st and 2nd choice in each time period** on the Registration Form. A computer-generated Lottery System determines admission to courses when the demand exceeds the number that can be accommodated.

Add/Drop

Should you decide you want to add, drop, or switch a course, you will be able to do so during the **first and second week** of classes, on a space available basis. No refunds are issued.

Late Registration

If you miss the August 15, 2019 registration deadline, you may submit a registration form with your \$80 payment, plus an additional non-refundable

\$10 processing fee, postmarked by September 15, 2019. Available memberships and available class spaces will be filled in the order in which late applications are received in the mail. Returning members who register late lose their membership priority and no late registrants will be entered in the computer lotteries for over-enrolled courses. Late registrants may fill open seats in any course and may participate in add/drop after the semester begins. Members accepted through the late registration process will be eligible to enroll in spring semester courses whether or not any fall courses were selected. They may also participate in all Lifespring-offered special events and presentations throughout the year.

Attendance

We encourage you to attend the classes for which you registered! All of the presenters have made an important time commitment to Lifespring and we don't want them to be disappointed by lower attendance numbers than they expected. Please be kind to your fellow Lifespringers and only register for a Limited Enrollment course if you plan and expect to be able to attend; otherwise you're taking the place of someone else who wants to get into the course as much as you do.

Notification of Registration Received

Each Lifespring applicant will receive an email acknowledgement from the Registrar when the application has been received and processed. In order to insure that you receive these confirmation emails from Lifespring, please add the registrar's address to your email contacts: lifespring.registrar@gmail.com

If you have any questions about how to use the form, please call 845-246-2800 x452 or email us at: lifespring.saug@gmail.com

SEE THE NEXT PAGE FOR A REGISTRATION FORM.

REGISTRATION

MAIL THIS FORM with a check for the \$80 fee to:
Lifespring, Town Hall, 4 High St., Saugerties, NY 12477

The membership fee for the year, August 1, 2019 – July 31, 2020 is \$80 (not transferable and not refundable for current members). A check from a new member applicant who doesn't "win the lottery" will be shredded. If your registration is late, but postmarked by September 15th, please include the \$10 late processing fee in your check along with the \$80 membership fee. **Registration closes on August 15, 2019.** Late registrations will be accepted subject to additional fees and restrictions, as outlined on the previous page.

NAME

ADDRESS

CITY

STATE

ZIP CODE

PHONE

EMAIL

CHECK HERE if your contact info has changed.

MAKE SURE TO WRITE A 1 AND 2 IN EACH TIME PERIOD to indicate your first and second choices. We will make every effort to match your choices. However, please read "How to Register" on page 18 for details on Limited Enrollment, the Lottery System, and classroom size constraints.



Choose Two

FIRST PERIOD 9:30 am – 10:45 am

- A1 _____ Opera as Politics, Part V
- A2 _____ What Does it Mean to be a Liberal?
- A3 _____ Beginning Tai Chi **(LIMITED ENROLLMENT)**
- A4 _____ The Named, the Anonymous, and the Misunderstood: Women in the Bible II **(LIMITED ENROLLMENT)**
- A5 _____ Artificial Intelligence Demystified



Choose Two

SECOND PERIOD 11:05 am – 12:20 pm

- B1 _____ The Poetry of W. H. Auden: "We are double in ourselves"
- B2 _____ Environmental Awareness: Protecting our Natural Heritage and Empowering Communities
- B3 _____ With Liberty and Justice for All—Myth or Reality: Touchstones in the American Experience
- B4 _____ Scandinavia: Land of Genius and Midnight Sun
- B5 _____ Introduction to French



Choose Two

THIRD PERIOD 1:15 pm – 2:30 pm

- C1 _____ Healthy You!
- C2 _____ Exploring Meditation **(LIMITED ENROLLMENT)**
- C3 _____ A Look at China with a Diplomat and a Traveler
- C4 _____ Best American Short Stories of 2019 **(LIMITED ENROLLMENT)**
- C5 _____ Just for Fun—Again! **(LIMITED ENROLLMENT)**



BONUS COURSE

- ★ _____ Get Up and Move: An Introduction to Hiking **(LIMITED ENROLLMENT)**

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July 31, 2020

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