

# LIFESPRING

*Saugerties Adult Learning Community*

**ONLINE MINI COURSES**

**February 7 and 14, 2024**



*Lifespring*

Town Hall  
4 High Street  
Saugerties, NY 12477

*email:* [registrar@lifespringsaugerties.com](mailto:registrar@lifespringsaugerties.com)  
*website:* [lifespringsaugerties.com](http://lifespringsaugerties.com)

# WELCOME

*Lifespring is pleased to offer our February **ONLINE** mini courses — open to members and non-members at no charge.*

Please join us from the comfort of your home via Zoom to stimulate your mind in new and creative ways. For non-members, this is a great opportunity to sample our lifelong learning organization's offerings.

Please note that classes will not be recorded, and the recording option will not be available during the online sessions. Closed captioning will be available for all online sessions.

*Registration opens Jan. 8, 2024, and closes at 5 pm on Jan. 22, 2024. See **PAGE 10** for how to register.*

Class size is not limited. While there is no charge for taking the mini courses, registration is required.

**Lifespring's goal is academic.** We 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 OVERVIEW

**TWO WEDNESDAYS:** *February 7 and February 14, 2024*

## A PERIOD: 9:30 am – 10:45 am

- |           |  |        |
|-----------|--|--------|
| <b>A1</b> | Bricks, Ice, and Bluestone   | page 4 |
| <b>A2</b> | WindShipped and Coral Gardeners, Regrowing Coral Reefs in the Maldives   | page 5 |
| <b>A3</b> | The Street that Built a City: Kingston’s West Chestnut Street and Jervis McIntee, Kingston’s Artist of the Hudson River School | page 6 |

**NOTE:** *There is a 45-minute break between A Period and B Period classes.*

## B PERIOD: 11:30 am – 12:45 pm

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|-----------|--|--------|
| <b>B1</b> | Hildegard of Bingen, Medieval Mystic and Genius of Her Age                       | page 7 |
| <b>B2</b> | Cultural Stone Landscapes: Understanding Archeoastronomy & Landscape Archaeology | page 8 |
| <b>B3</b> | Idylls of the Imagination: American Landscape Painting and the Shape of Memory   | page 9 |

Please read the course descriptions that follow, select the one or two courses you wish to take, and then register using the link to the online registration form on **PAGE 10**.

### *Feedback*

We welcome your thoughts, suggestions, opinions, and ideas as we strive to keep our learning community vibrant, strong, and safe. Please send any comments or questions to [lifespring.saug@gmail.com](mailto:lifespring.saug@gmail.com).



# A PERIOD: 9:30 am – 10:45 pm

## A1 *Bricks, Ice, and Bluestone*

### February 7: Bricks and Ice

What do the Brick industry and ice harvesting have in common? The Workers! Both industries were determined by weather; brick making stopped when the weather got too cold and ice harvesting began when the rivers and ponds froze. In the late 19th and early 20th centuries these two industries dominated the Hudson River towns in Ulster County. Learn how these industries grew and what led to their decline.

#### Presenter

*Marilou Abramshe* has lived in Ulster County for the past 14 years and presented her first Lost Industries class in 2017. Since that time, she has continued to research various industries that no longer exist in Ulster County and learn more about them. She believes that history helps us understand that our lived experiences may differ from that of our ancestors; yet we are similar in our goals and values. It is by studying the past that we can hopefully prepare for the future.



### February 14: The Ulster County Bluestone Industry

The Ulster County bluestone industry thrived from the middle of the 1800's through to the end of the 1900's. Using black and white archival images and more recent color photographs, this presentation will explore the beginnings of this industry through the many examples of bluestone construction still visible today in our county.



#### Presenter

*Peter Roberts* is a Kingston native who grew up in one of Kingston's old stone houses. He has been active in The Friends of Historic Kingston and gives tours of Kingston and presentations on Kingston and Ulster County's interesting history.

#### Coordinator

*Susan Davis*

## A2 *WindShipped and Coral Gardeners, Regrowing Coral Reefs in the Maldives*

### Feb. 7: WindShipped

Jon Bowermaster presents *WindShipped*, his film about Captain Sam Merrett who sails his sail-freight Schooner *Apollonia* up and down the Hudson River, delivering goods to a dozen ports, powered only by wind and sun. Captain Sam Merrett has seen his dream come to life as his 65-foot, metal-hulled sail freight boat, the *Apollonia*, has successfully completed three seasons delivering cargo—largely malt, grain, corn, pumpkins, and red oak—from Hudson to New York City and back using only wind and sun for power. The Oceans 8 Films team has followed the progress of rebuilding the boat. That Sam’s quixotic vision would be successful was never guaranteed, especially when these days everyone, it seems, needs everything overnight, or faster. Sam’s wind-and-sun powered boat purposely takes a slower view that is equally efficient. Today, it is the only sail-freight boat operating in United States waters.



### Feb. 14: Coral Gardeners, Regrowing Coral Reefs in the Maldives



Coral reefs teem with life. Thousands of species can be found in one reef. Extracts from animals and plants living on reefs have been used to develop treatments for asthma, cancer, heart disease, and arthritis, and more than 500 million people across the globe depend on them for food and jobs. Now they are being decimated by warming seas due to climate change. Jon Bowermaster gives us a first look at his new film on the innovative environmental project of coral gardening in the Maldives, spotlighting pioneers who are making efforts to “regrow” coral in underwater gardens.

#### Presenter

**Jon Bowermaster** is a six-time grantee of the National Geographic Expeditions Council and one of the Society’s Ocean Heroes. Jon, who lives in the Hudson Valley, has written eleven books and produced/directed more than thirty documentaries, including *Dear President Obama*, *Antarctica: On the Edge*, *After the Spill*, and *Ghost Fleet*. For the past several years, he and his **Oceans 8 Films** team have focused on Hudson River stories about the environmental risks to, and hopes for, the Hudson River Valley. The President of the One Ocean Media Foundation, he is also a member of the Riverkeeper’s Leadership Council, and a Fellow at The Explorers Club. Jon is a Visiting Lecturer at Bard College in the Environment and Urban Studies Department. Tune into his weekly radio show/podcast, *The Green Radio Hour with Jon Bowermaster*, at [radiokingston.org](http://radiokingston.org)

#### Coordinator

**Susan Davis**

## A3 *The Street that Built a City: Kingston's West Chestnut Street and Jervis McEntee, Kingston's Artist of the Hudson River School*

### Feb. 7: The Street That Built a City

When Lowell Thing, our presenter, moved to Kingston's West Chestnut Street in 1972, he gradually learned his neighbors' much grander houses hid a unique history. Earlier residents of these homes had furnished the fuel and building materials that grew New York City into a metropolis. Thing will trace the history of Chestnut Street from the time it was a wood lot and cow pasture to its place as Kingston's most fashionable street, home to eight owners of brickyards and will also look at the owner of the company that towed coal, bricks, cement, and bluestone down to NYC. The presentation will include illustrations from Lowell Thing's book, *The Street That Built a City: McEntee's Chestnut Street, Kingston, and The Rise of New York* (Black Dome Press, 2015).

### Feb. 14: Jervis McEntee: Kingston's Artist of the Hudson River School

Less well-known than his friend and fellow artist Frederic Edwin Church, Jervis McEntee, a resident of Kingston's Chestnut Street, was greatly admired for his November landscapes. A critic wrote of his "tender and pathetic genius." Another saw him as "the most representative American painter." The journal that McEntee kept from 1872–1891 provides us with insights into the trials and triumphs of an artist and a glimpse into the American cultural scene during the time of the Hudson River School. The presentation



will focus on McEntee's life on Chestnut Street as well as in his studio in New York City, illustrated with photographs and paintings from his book, *The Street That Built a City: McEntee's Chestnut Street, Kingston, and the Rise of New York* and from his catalog essay for the Friends of Historic Kingston exhibit, *Jervis McEntee: Kingston's Artist of the Hudson River School*.

#### Presenter

**Lowell Thing** is a retired technical writer with an interest in Kingston and Hudson Valley history, libraries, and art. He has collected decorated book covers from the 1885–1915 period for over 40 years. He is the author of *The Street That Built a City: McEntee's Chestnut Street, Kingston, and The Rise of New York* (Black Dome Press, 2015) and *Cover Treasure: The Life and Art of Margaret Armstrong* (Black Dome Press, 2022).

#### Coordinator

*Hildegard Pleva*

## B PERIOD: 11:30 am – 12:45 pm

### **B1** *Hildegard of Bingen, Medieval Mystic and Genius of Her Age*

#### **Feb. 7 and 14**

Hildegard of Bingen was a multi-talented, medieval Rhineland mystic. A genius of her time (visionary, naturalist, preacher, composer, founder of monasteries and active in medieval politics), she first came to our attention in our own Chuck Mishan’s Lifespring “History of Opera” course. She was also the subject of a lengthy article in *The New Yorker* (Feb. 6, 2023). This presentation explores her fascinating history, her accomplishments, and her significance for our time.



#### **Presenter**

*Hildegard Pleva* has experienced raising a family, professional librarianship, and years in a monastic community. She graduated from Hunter College of the City University of New York and holds master’s degrees from Central Connecticut State College (education), SUNY Albany (library science) and St. Joseph’s Seminary, Dunwoodie (religious studies). She currently serves as archivist at Friends of Historic Kingston and on Lifespring’s Curriculum Committee.

#### **Coordinator**

*Hildegard Pleva*

## **B2** *Cultural Stone Landscapes: Understanding Archeoastronomy & Landscape Archaeology*

### **Feb. 7 and 14**

Scattered throughout the wooded uplands of the Catskill Mountains are many standing lithic structures that have been mostly ignored by conventional archaeologists. Often dismissed as colonial era stonework and field clearing piles, these formations are increasingly emerging as part of a Native American tradition of ritual building practices that reflected a sophisticated world view and sociocultural belief system. This program focuses on presenting locational data of potential Native American sacred sites within the Catskills and surrounding regions in order to discern patterns in their construction techniques, environmental positioning, and event-specific structural alignments related to sky observation.

#### **Presenter**

**Glenn Kreisberg** is an author, outdoor guide, and radio engineer, who researches archeoastronomy and landscape archaeology in the Catskill Mountains and Hudson Valley of NY. His books include *Spirits in Stone*, *Mysteries of the Ancient Past*, and *Lost Knowledge of the Ancients*. He served two terms as vice president of the New England Antiquities Research Association (NEARA) and studied archeoastronomy at SUNY and archaeoacoustics on Malta. He is co-founder of the non-profit Overlook Mountain Center ([overlookmountain.org](http://overlookmountain.org)) in Woodstock, NY.



#### **Coordinator**

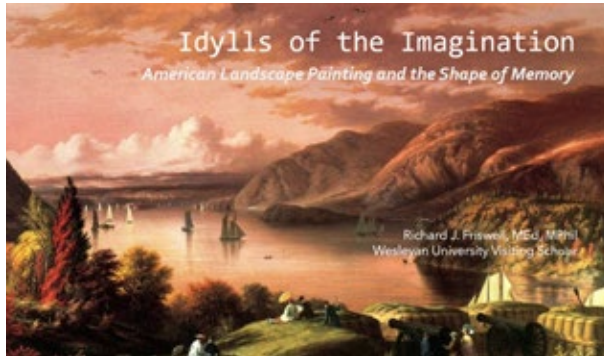
**Connie Cuttle**





## B3 *Idylls of the Imagination: American Landscape Painting and the Shape of Memory*

### Feb. 7: Idylls of the Imagination



In *Idylls of the Imagination*, our presenter explores the early decades following the founding of the American republic, a Romantic period when landscape painters experimented with scenes designed to evoke strong emotion. The terms sublime and picturesque were adopted to portray native American scenery in ways that framed an identity for a population in search of concrete ways to identify with this risky democratic experiment.

### Feb. 14: Hudson River Chronicles

*Hudson River Chronicles* follows the life of Hudson River School founder, Thomas Cole, an early-19th c. English immigrant, as he discovers the astounding topography of Hudson River's upper reaches, converting those views into a visual language of devotion and beauty that would define a generation-or-more of painters and writers. Cole's time and place in our cultural history is defined as much by events surrounding him--just as New York City was emerging on the world stage--as his own abiding love for a landscape that has remained little changed to this day.



#### Presenter

**Richard J. Friswell** is a cultural historian and Wesleyan University Visiting Scholar and Director of the Wesleyan Institute for Lifelong Learning. He is publisher and managing editor of ARTES, a fine arts online magazine ([artismagazine.com](http://artismagazine.com)), as well as an award-winning writer in the field of art journalism, with over 400 published articles. His books include a collection of essays, *Balancing Act: Postcards from the Edge of Risk and Reward*, and two works of historical fiction, *Hudson River Chronicles: In Search of the Splendid & Sublime on America's 'First' River (Thomas Cole)* and most recently, *Merchants of Deceit: Opium, American Fortune & the China Trade*, detailing the life of Connecticut resident Samuel Russell and his time in feudal China, building one of the largest opium distribution networks of the nineteenth century. He lives in southern Connecticut, where he lectures widely on topics related to the visual arts and cultural history in the modern era.

#### Coordinator

**Connie Cuttle**

# WELCOME

*Registration for the mini courses opens Jan. 8, 2024, and closes Jan. 22, 2024, at 5 pm.*

**CLICK HERE TO COMPLETE THE ONLINE REGISTRATION FORM.**

- You may register for **one course in Period A** and **one course in Period B**.
- Please enter all required information on the registration form, then click SUBMIT.
- Within 24 hours, you will receive an email containing the Zoom link for each course for which you are registered.

If you are unable to access the online registration form using the link above, please email [registrar@lifespringsaugerties.com](mailto:registrar@lifespringsaugerties.com) to request an online registration form.

If you do not receive an email with the zoom link, please check your SPAM or JUNK folder. If you have difficulty filling out the registration form, or do not receive a Zoom link for each class for which you are registered, please contact [registrar@lifespringsaugerties.com](mailto:registrar@lifespringsaugerties.com)

*We look forward to seeing you online!*



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