

LIFESPRING

Saugerties Adult Learning Community

February Mini Courses

WINTER 2023



Lifespring

Town Hall
4 High Street
Saugerties, NY 12477

email: lifespring.saug@gmail.com or
registrar@lifespringsaugerties.com
website: lifespringsaugerties.com

WELCOME

Lifespring Continues: New February Mini Courses! Two Weeks and Too Good to Miss!

Lifespring continues this winter with a new series of February mini-courses providing members and friends with education opportunities through Zoom in the cozy comfort of home.

Join us as we come together, virtually, sharing our knowledge and interests, and stimulating our minds in new and creative ways.

Please note that classes will not be recorded and the recording option will not be available during the online session.

Membership and Fees

Mini courses are open to all Lifespring members and to non-members who would like to participate as guests and have an easy introduction to our lifelong learning organization's offerings.

There are no course registration fees for this February Mini-Series. **Members and the general public may attend free of charge. The registration deadline is January 23.**

Dates and Schedule

Each Online Zoom course will consist of two sessions, on February 1 and February 8.

There will be an A period and a B period and you may select one course in each period.

A Period is 9:30 am – 10:45 am

B Period is 11:30 am – 12:45 pm

There is a 45-minute break between the A and B periods for you to refresh!

Remember – you may select one course from each time period, or just select one course from one time period.

No course changes are permitted between the two weeks.

See Page 8 for detailed registration information.

COURSE OVERVIEW

Two Wednesdays: February 1 and February 8

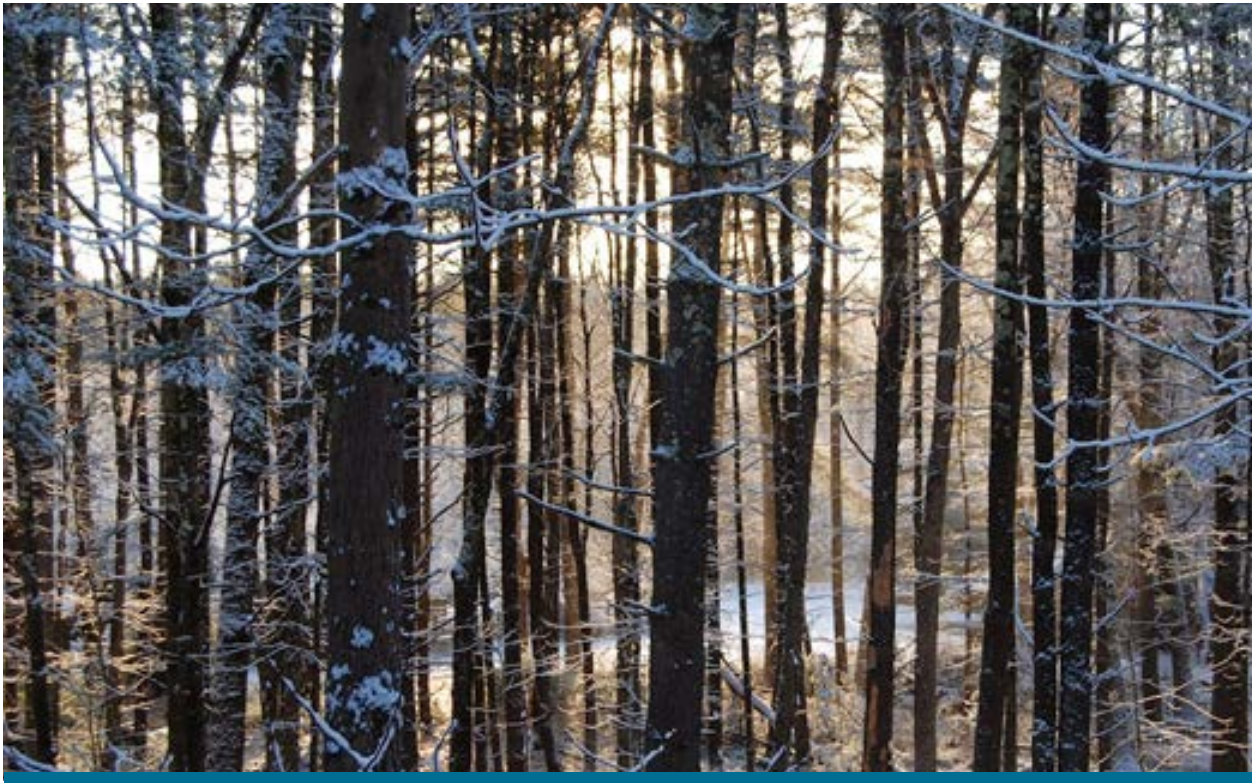
A PERIOD 9:30 am – 10:45 am

- | | | |
|-----------|--|--------|
| A1 | The Science behind Climate Change | page 4 |
| A2 | Local History: Ferries and Pleasure Parks of the Hudson Valley | page 5 |

B PERIOD 11:30 am – 12:45 pm

- | | | |
|-----------|--|--------|
| B1 | Discovering the Past and Living in the Present— Two Perspectives | page 6 |
| B2 | Our Local Birds and Bears— Learn from the Experts | page 7 |

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 *The Science behind Climate Change*

Two Wednesdays: February 1 and 8, 9:30 am – 10:45 am

How is electricity produced? Should we all switch to EVs (electric vehicles) or are hybrids still okay? These questions and others will be discussed as we learn how the science of climate change and energy begins with looking at fossil fuels and renewables. Understanding the differences between fossil fuels and the various methods of harvesting energy from renewable sources is key to understanding the current policy issues and governmental programs either currently underway or being considered that will impact all of us.

Presenter

Ollie Rosengart is a retired engineer, lawyer, and psychotherapist as well as a law and urban studies professor at NYU. His longest “gig” was as an Assistant Attorney General in The New York State Department of Law where he specialized in the resolution of construction disputes in coops and condos.

Coordinator

Anne Miller

*“It is the life of the crystal,
the architect of the flake,
the fire of the frost, the soul
of the sunbeam. This crisp
winter air is full of it.”*

— John Burroughs

A2 *Local History: Ferries and Pleasure Parks of the Hudson Valley*

Two Wednesdays: February 1 and 8, 9:30 am – 10:45 am

Week 1, February 1

Crossing the Hudson: Kingston and Saugerties Ferries

Today when we drive across bridges that span the Hudson River, we probably don't think about the river below and the ease with which we cross it, but this was not always the case. Before the bridges, the only way was by boat, more specifically by ferry. Join us as we explore the 200-year history of ferries that transported people and goods across the water, beginning in the early 1700s and continuing into the mid 1900s.

Week 2, February 8

Pleasure Parks

Once a thriving industry in our part of New York State, the late 19th- and early 20th-century "pleasure parks," which were old-fashioned amusement parks, are now largely forgotten. In this presentation, we'll enjoy a rare glimpse of these parks and learn why and where these parks developed, what they offered that was so popular, and why they eventually disappeared.

Presenter

Marilou Abramshe has been an educator for more than thirty years and is a recipient of the New York State Education Department Bruce Dearstyne Annual Archives Award. She has led classes on various aspects of local history at LLIs at SUNY New Paltz, the Desmond Campus of Mt. Saint Mary, and at Lifespring.

Coordinator

Susan Davis

*“A river seems a magic thing.
A magic, moving, living part
of the very earth itself.”*

— *Laura Gilpin*





B1 *Discovering the Past and Living in the Present — Two Perspectives*

Two Wednesdays: February 1 and 8, 11:30 am – 12:45 pm

Week 1, February 1

Where the Paper Trail Leads — Adventures in Historical Research

Not unlike the search for clues in an English murder mystery, a large, hand-bound ledger left by the merchant Peter Van Gaasbeek (1754–1794) led retired librarian Hildegard Pleva on a trail of discovery. Merchant Van Gaasbeek’s daily record of purchases, now held in the archives of the Friends of Historic Kingston, was the start of an adventure using primary sources in historical research. Through pages from Van Gaasbeek’s daybook and photographs of related works of art and Kingston structures, we’ll explore Kingston’s business and social life during the 1700s, learn about the significant presence of slaves among the population, and gain insight into the life of a prominent merchant, who was also a Revolutionary War major and Congressman.

Presenter

Hildegard Pleva, a retired teacher and librarian and a history buff since childhood, has served as an amateur archivist in schools, organizations, a monastery, and now as a volunteer at Friends of Historic Kingston. She is a graduate of Hunter College of the City University of New York and holds a Master of Library Science degree from the State University of New York at Albany.

Week 2, February 8

How to Live Very Well on Very Little

Not every retired person has a 401K or investments or a pension. How, then, can a retiree create a satisfying lifestyle despite limited funds? Presenter Paula Silbey travels internationally, reads best sellers, dresses nicely, and eats well. She drives a Prius, goes out with friends, and attends numerous cultural events — all on a small monthly income and with no debt. In this engaging presentation, she will share her secrets and tips on how to live very well on very little.

Presenter

Paula Silbey, who moved to the Woodstock area from NYC in 1987, is a retired public relations consultant and journalist. Her clients have included AT&T, Yamaha, SUNY/New Paltz, and the Hudson Valley Philharmonic, among others, and her articles have appeared in *Woman’s Day*, *Newsweek International*, *Weight Watchers*, and numerous arts publications, including *Stagebill* and *Musical America*. Her passion for travel has brought her to 60 countries, and she has lived in northern Thailand and Italy.

Coordinator

Connie Cuttle

B2 *Our Local Birds and Bears — Learn from the Experts*

Two Wednesdays: February 1 and 8, 11:30 am – 12:45 pm

Week 1, February 1

Backyard Birds

Learn more about the birds you see and hear in your yard and beyond. Birds inhabit every corner of our communities and connect us with the joy and wonder of nature. It's no wonder that a third of adults over age 16 actively bird. In this presentation, we'll learn more about our local avian population and the challenges they face. Questions will be encouraged!

Presenter

Rich Guthrie, an avid birding enthusiast, is retired from the New York State Department of Environmental Conservation. A featured guest on WAMC's monthly birding segment, he is the regional reviewer for <https://eBIRD.org>, an online app for reporting bird sightings and among the world's largest biodiversity science projects.

Week 2, February 8

Can you Bear It? – All about our Region's Bears

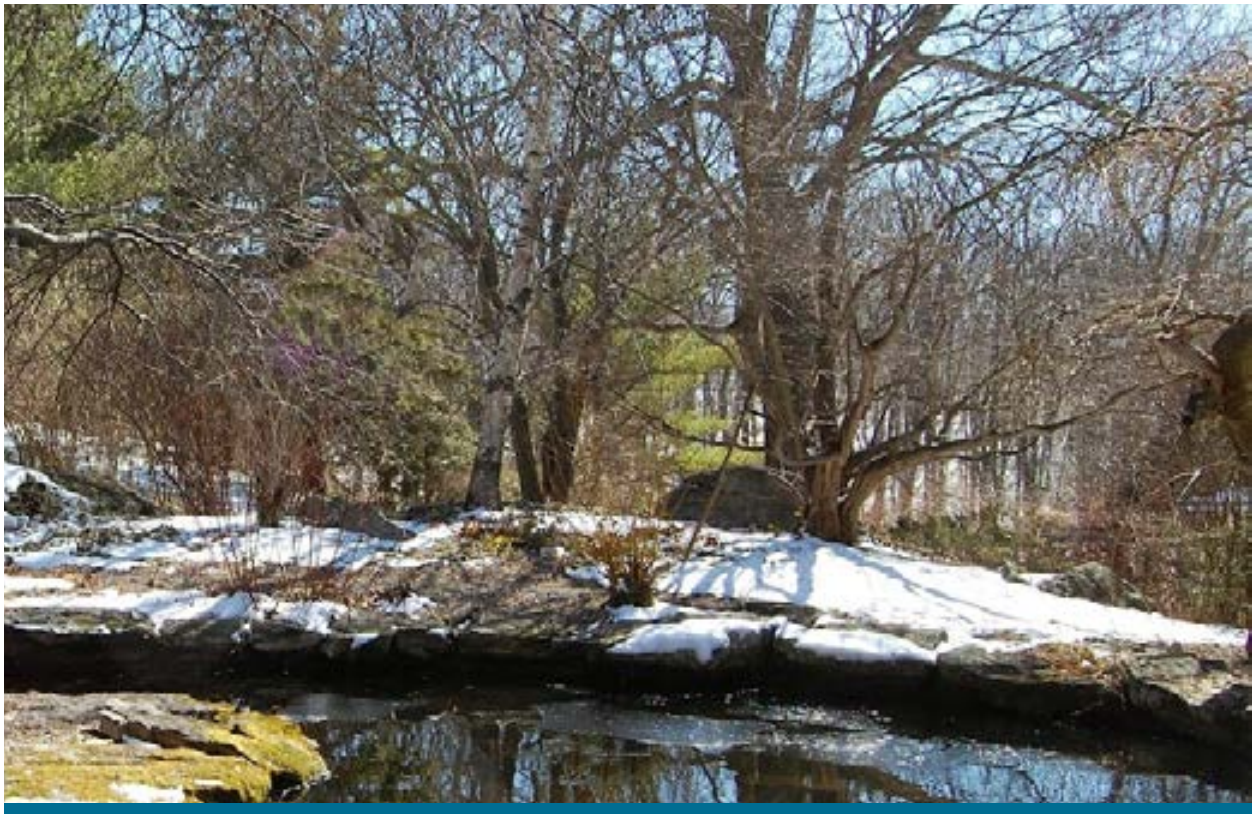
The Catskill Mountains have approximately 1,500 to 2,000 black bears, and they can be found throughout the region, with the highest density population in all of New York State. Join us as we explore the biology and status of our local bruins with a leading bear biologist. Questions and discussion are welcome!

Presenter

Jonathan Russell, is a wildlife biologist with the New York State Department of Environmental Conservation in Region 3 in New Paltz. He is the local "bear biologist" responsible for bear management in this region.

Coordinator

Leslie Surprenant



HOW TO REGISTER FOR FEBRUARY MINI COURSES

These courses are open to both Lifespring members and guests. There is no fee for enrolling. Registration is online only.

Registration is online. [Click here to register now.](https://bit.ly/LifespringFebMini2023)

If you are unable to open this link, you may copy and paste this address into your browser window:
<https://bit.ly/LifespringFebMini2023>

Or, you may also request an online registration form by sending an email to:
registrar@lifespringsaugerties.com

The deadline for registering is Monday, January 23, 2023.

You must register for a course in order to attend; the Zoom courses will not be recorded.

To enroll in the course(s) of your choice, simply click the link to the registration form, shown above. Enter all of the required information and click on submit. Class sizes are not limited and you will be enrolled in the courses for which you register.

You should receive an immediate confirmation that your registration has been submitted successfully. Within 24 hours after registering, you will receive a separate email for each course, which will contain a link to Zoom for use on the day of the class. If you do not receive the Zoom invitation, please check your SPAM or JUNK folder.

If you have difficulty filling out the registration form, or if you do not receive your Zoom invitation, please contact **registrar@lifespringsaugerties.com**

Feedback

We welcome your thoughts, suggestions, opinions, and ideas as we all continue to navigate through the Covid-19 challenges and strive to keep our learning community vibrant, strong, and safe. Please send any comments or questions to: **lifespring.saug@gmail.com**

BOARD OF DIRECTORS & TRANSITION TEAMS

Beginning in mid-March 2020, when we became aware that the Covid-19 global pandemic was going to vastly affect all of us, the Lifespring Board of Directors has guided the organization through the steps necessary to keep our organization going and to take the actions and efforts necessary to make possible, via Zoom, several semesters, Winter Presentations, and February Mini Courses, as well as transitioning to some in-person courses in fall 2022.

Our entire membership is grateful for the creative and considered approach of the Board members and the relevant committees, particularly the special Online Task Force that developed the plans and strategy that keep us a vibrant and vital lifelong learning organization during these challenging times.

Board of Directors

August 1, 2022 - July 31, 2023

President	Susan Poretz
Vice President	Natalee Rosenstein
Secretary	Maureen Bybee
Treasurer	Peg Nau
Registrar	Laura Phillips

Board Committee Coordinators

Curriculum	Connie Cuttle
Events	Prudence Garcia-Renart
Hospitality	Maureen Huben
Membership	Susan Davis
Program Support	Susan Kromprier

Members-at-Large

Lydia Edelhaus	Anne Miller
Lee Gable	Leslie Surprenant
Diane McDowell	

Ad Hoc Standing Committees

A/V	Rich Davis
Class Managers	Lee Gable
Publications	Susan Greenstein

Online Task Force

Coordinator	Laura Phillips
	Maureen Bybee
	Connie Cuttle
	Rich Davis
	Prudence Garcia-Renart
	Anne Miller
	Carolyn Siewers

All images in this issue were taken by Lifespring member Harvey Greenstein

