



# LIFESPRING

SAUGERTIES ADULT LEARNING COMMUNITY



An  
Adult  
Learning  
Community

FALL2015  
COURSES

LIFESPRING  
Town Hall  
4 High Street  
Saugerties, NY 12477

845 246 2800 ext 452  
lifespring.saug@gmail.com

[www.lifespringsaugerties.com](http://www.lifespringsaugerties.com)

# 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 like-minded people.

**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**
- **develop new friends**

**Membership and Fees:** The annual membership fee is \$60 per person. This entitles each member to 3 courses a semester and any planned special events. The year runs from August 2015 – July 2016. 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.

**Location:** Most courses are held at the

### **Woodstock Jewish Congregation (WJC) in Saugerties**

on Glasco Turnpike, near Route 212. Ample parking is available on the grounds. The classrooms are accessible to people with disabilities.

**Gratitude:** All the jobs and tasks are done free of charge. Volunteers include the instructors, course coordinators, committee members, Board members, and 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 allowing us use of their ample and comfortable space.

**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 Wednesday of the month at 3:00 pm in the Town Hall Building Department conference room. (Check first to see if a meeting is being held). In addition, you can direct any questions to: [lifespring.saug@gmail.com](mailto:lifespring.saug@gmail.com) or call us at **845 246 2800 ext. 452**.

# FALL2015

## Registration Information

Dear Members,

The fall semester begins on Wednesday, Sept. 30, 2015 and ends on Nov. 4. Classes are held at the Woodstock Jewish Congregation in Saugerties, unless otherwise noted in the course description.

**Registration closes on July 31, 2015.**

**Registration is a complicated process so please read the information carefully.**

This semester we once again are able to offer an expanded program with more courses and events. Here's how the registration process works:

- 1. CLASS CHOICES:** Some classes have size limits mainly because the presenter has requested it or the size of the rooms we are using requires it. Therefore, please **SELECT a first and second choice** for each time slot. If you are not interested in a second choice then leave a blank, but be aware that if you are not placed in your only choice, you may not have a class in that time slot. We make a very sincere attempt to satisfy everyone's wishes for their class choices; however, it is not always possible for you to get your first choice. In the classes where the enrollment has been limited and we receive more registrations than that number, we will use a lottery system.
- 2. THE LOTTERY SYSTEM:** It is important to realize that registration processing **BEGINS** on the day after the close of registration. At that time, if it is determined that a lottery is necessary for some classes, the following condition applies: People who serve on committees that meet continuously throughout the year get priority placement in classes. After they are placed in the classes of their choice, names are randomly selected by the computer to determine the roster for that class. A waiting list is also created. All others (including those on the waiting list) will be given their second choice if one has been indicated.
- 3. CLASS SIZE:** If there is a limit on the number of people in the class it is because of a request by the presenter or the capacity of the room. Out of respect for the presenters and the integrity of the courses, we honor the enrollment limit they requested; this limit is often related to the activity or interaction that is an integral part of the course. **It is not appropriate to switch to classes in which you are not officially registered. Please do not ask this of a presenter or class manager. In many cases there are waiting lists that have been established by the lottery for a particular class.**
- 4. ATTENDANCE:** Please be aware that presenters have carved out of their busy lives a time commitment to Lifespring. We understand that you, too, are very busy in other areas of your life; however, we encourage you to attend the classes for which you registered. Please note: The small classes are usually in high demand and may require a lottery. Please register for these classes **only** if you expect to be present for them.
- 5. FILLING OUT THE MEMBERSHIP REGISTRATION FORM COMPLETELY:** Filling out the form as directed maximizes the chance that you will get what you requested. Blanks will be taken as blanks. Please fill out the form completely. **If you have questions about how to use the form, please call or email.**
- 6. COURTESY AND RESPECT:** It is the volunteers who have created and made this program possible and successful. We ask that these people be treated with respect for their hard work and talent.

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 A1 THE (MIGHTY) HUDSON RIVER, ENVIRONMENTALLY SPEAKING**

**Wed. Sept. 30; Oct 7, 14, 21, 28; Nov. 4; 9:30 am – 10:45 am**

The Hudson River stirs our imaginations, renews our spirits, and offers inspiration, recreation, profound beauty, and a complex ecology. Learn how six



extraordinary Hudson Valley organizations are working to protect and restore the River and its tributaries through education, advocacy, scientific inquiry, and citizen engagement.

#### **September 30: Scenic Hudson**

*Althea Mullarkey, Public Policy & Special Project Analyst*

**Presentation:** "Increasing the Momentum, Halting the Threats." This presentation will highlight recent victories in pursuit of the bold vision of Scenic Hudson.

#### **October 7: Clearwater**

*Dave Conover, Education Director*

**Presentation:** "Clearwater: Sailing for a Sustainable Hudson." An overview of the Clearwater program featuring some of the issues they are currently working on, including climate change.

#### **October 14: Hudson River Estuary Program/NYS Water Resources Institute, Cornell University**

*Steve Stanne, Estuary Education Coordinator*

**Presentation:** "That River's Alive!" The Hudson's Critters from Anchovies to Zooplankton.

#### **October 21: Riverkeeper, Inc.**

*Dana Gully, Manager of Strategic Partnerships, Outreach and Volunteer Programs*

**Presentation:** "Our Fight to Reclaim the River We Love." This talk will focus on the original formation of the Hudson River Fishermen's Association in 1966, the mission of Riverkeeper, its methods, and its current initiatives.

### **COURSE A1 THE (MIGHTY) HUDSON RIVER, ENVIRONMENTALLY SPEAKING (CONT'D)**

#### **October 28: Cary Institute**

*Emma Rosi-Marshall, an Associate Scientist and freshwater ecologist*

**Presentation:** "Our Rivers on Drugs." Emma Rosi-Marshall will discuss her research on how pharmaceutical drugs and personal care products are polluting our nation's rivers and streams—with consequences for sensitive aquatic life and drinking water supplies.

#### **November 4: Esopus Creek Conservancy**

*Mary McNamara Tashjian and a panel from the Esopus Creek Conservancy*

**Presentation:** "Ecological Impacts on the Esopus Creek." The panel will discuss the 100 year history of the Ashokan Reservoir and the impact of climate change on the operation of the reservoir and thus on the Esopus Creek, Esopus Estuary, and their communities.

Coordinator: Susan Davis (with assistance from: Susan Greenstein, Susan Poretz, Annette Zwickler)

Courses will be held at the Woodstock Jewish Congregation unless otherwise noted.

Woodstock Jewish Congregation  
1682 Glasco Turnpike  
Saugerties, NY 12477

## COURSES

### COURSE A2 MAKING PHOTOGRAPHS: THE ART AND POINT OF VIEW

Wed. Sept. 30; Oct 7, 14, 21, 28; Nov. 4; 9:30 am – 10:45 am

#### LIMITED ENROLLMENT



This course is for any photographer looking to go beyond the basic “snapshot” experience.

We will explore age-old principles in making a work of art on a two-dimensional surface by demystifying photographic vision and developing skills and visual acuity to produce a unique, photographic point of view. Using examples of painting and photography from masters in these fields, we will discuss and explore what makes them good and why they are different. Lectures, assignment, and critiques will enhance participants’ experience.

**Students must have a camera, basic camera skills, and be able to bring photographic prints to class.**

**Presenter: Lauren Piperno**, a local photographer and educator, has taught at the International Center of Photography, Parsons School of Design, the Center for Photography at Woodstock, and at several educational institutions. She is the co-author of the full-color, collaborative book project **Masked Culture: The Greenwich Village Halloween Parade** and has photo-graphs in numerous permanent collections including the Museum of Modern Art (NY), The Brooklyn Museum of Art, and the Bibliotheque Nationale (FR). As a recipient of the American-Scandinavian Fellowship, she has lived and worked in Iceland.

Coordinator: Arzi McKeown

I am not a teacher, but an awakener. - Robert Frost

### COURSE A3 LET'S TALK ABOUT THE ECONOMY: A NO-HOLDS-BARRED DISCUSSION

Wed. Sept. 30; Oct 7, 14, 21, 28; Nov. 4; 9:30 am – 10:45 am

After reviewing some basic principles of economics, the class will focus on the primary economic problem of our time: satisfying consumer needs in the areas of healthcare, retirement, taxation, economic growth, the environment, government finance, international trade, and technological change.

**Presenter: Andrew Weintraub, PhD** was a member of the economics department at Temple University from 1973 to 1999. He now divides his time between lawyers—for whom he consults on forensic economic matters—and theater people, in his capacity as board member, set builder, and lighting designer at The CENTER for Performing Arts at Rhinebeck.

Coordinator: Susan Davis

### COURSE A4 QIGONG

Wed. Sept. 30; Oct 7, 14, 21, 28; Nov. 4; 9:30 am – 10:45 am



Qigong, an ancient Chinese art form, can help you to experience new levels of health, energy, and relaxation. Classes will include breathing, stretching, self-massage, and flowing movements to cultivate energy, or chi, throughout the body. Come experience the benefits of this practice including improved balance, strength, and flexibility, release of stress and tension in the body, as well as improved joint mobility. Qigong is a safe, low-stress form of exercise, suitable and beneficial for all ability levels.

**Presenter: Anita Ahlberg** is a certified Qigong instructor through the Santa Cruz Chi Center under the direction of Lee Holden. She is currently teaching in several locations in the Hudson Valley. Through her own personal healing journey, combined with her 21 years of experience as an educator, she is inspired to share this ancient healing practice with others. She currently resides in Catskill, NY.

Coordinator: Millie Goldberg

## COURSES

### COURSE B1 ENVIRONMENTAL POLICY AND PUBLIC HEALTH

Wed. Sept. 30; Oct 7, 14, 21, 28; Nov. 4; 11:00 am – 12:15 pm



This course provides a survey of environmental and ecological problems arising from such sources as (a) greenhouse gas emissions and global warming, (b) toxic exposures due to widespread use of pesticides and herbicides, (c) dramatic declines in wildlife habitat and

increased commercial and residential development in previously unsettled forests and wetlands, (d) the mechanization, automation, and depersonalization of everyday life in the workplace, in the community, and in consumerism.

The functions and limitations of major environmental organizations (NGOs), with special emphasis on the largest and wealthiest land conservancies, in protecting the commons and safeguarding public health, will be reviewed. The role of the food technology industry in shaping the diet of humans and pets will be examined in a critical and historical perspective.

**Presenter: Irwin Sperber** was active in the anti-war movement and related issues during the 1960s. He served as an editor of the *Berkeley Journal of Sociology* and was a founder of the *Union of Radical Sociologists* in that era. He received his doctorate from the University of California at Berkeley and is the author of *Fashions in Science* (University of Minnesota Press, 1991). He is presently an active member of the *Union of Radical Political Economists*, an associate editor of *Capitalism Nature Socialism*, an international journal devoted to radical ecology, and he serves on the Executive Committee of the Sierra Club's Mid-Hudson Group. He has been teaching in the Department of Sociology at SUNY New Paltz since 1973.

Coordinator: Arzi McKeown

### COURSE B2 INTERNATIONAL FOLK DANCE FUN

Wed. Sept. 30; Oct 7, 14, 21, 28; Nov. 4; 11:00 am – 12:15 pm

#### LIMITED ENROLLMENT



Have fun and get energized while learning the basics of circle dances from Eastern Europe and Israel. With authentic music playing, participants learn folk dance etiquette, simple dance rhythms, and traditional circle dance steps, moving together in harmony to the music.

**Presenter: Isabel Miller** has been a dancer all her life with a passion for ballet, modern, jazz, and folk dance. She studied International Dance at the University of Miami and over the years she has choreographed camp shows and taught after-school dance classes. Her experience also includes working as a recreation leader at Ten Broeck Commons and teaching exercise for the Ulster County Community Health Coalition.

Coordinator: Susan Puret

### COURSE B3 THE JET AGE AND THE AIR TRAVELER

Wed. Sept. 30; Oct 7, 14, 21, 28; Nov. 4; 11:00 am – 12:15 pm



This course will be presented in a non-technical, easy to understand format. Topics will include physics of the atmosphere, aviation physiology, weather, aerodynamics and how airplanes fly, and how their power plants function. Airline operations and their global nature will be examined. Jet lag, fear of flying, airports, automation, air crew training, and related topics will be discussed, with a strong emphasis on safety that will include aircraft accident analyses.

**Presenter: D. Michael Simpler** is a retired airline captain with 38 years of worldwide flying experience with National, Pan Am, and Delta Airlines. Among the first USAF pilots trained in the supersonic T-38, he flew the B-52 with a combat tour in Viet Nam. His airline flying destinations included the Soviet Union and Communist East Bloc Countries.

Coordinator: Susan Puret

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## COURSES

### **COURSE B4 CONTEMPORARY AMERICAN SHORT STORIES**

Wed. Sept. 30; Oct 7, 14, 21, 28; Nov. 4; 11:00 am – 12:15 pm

#### **LIMITED ENROLLMENT**

As in the Fall 2014 course, we will read and discuss a different short story each week from the anthology, **The Best American Short Stories 2010**, edited by Richard Russo. At the end of each class the instructor will pose one or more open-ended, thought-provoking questions about the next week's story. Class participation is strongly encouraged, but not required. Everyone, including the instructor, will end up with new ideas and feelings about the story we have studied.

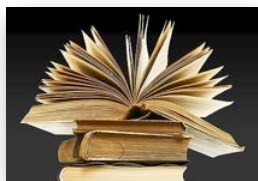
**Bring the book to class on the first day, and please read "All Boy," by Lori Ostlund, on page 263 of the paperback edition before the first class.** We will read the stories consecutively, ending with "Raw Water," by Wells Tower.

**Note:** Laura Shulman will lead the first four sessions (9/30, 10/7, 14, and 21)

Susan Greenstein will lead the last two sessions (10/28 and 11/4)

**Presenters:** *Laura Shulman has a PhD in English literature and has taught at Rutgers and Hofstra Universities. Also an attorney, she is now practicing divorce law part-time, specializing in Collaborative Divorce.*

*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.*



### **COURSE B5 EXCHANGES: A DISCUSSION GROUP**

Wed. Sept. 30; Oct 7, 14, 21, 28; Nov. 4; 11:00 am – 12:15 pm

#### **LIMITED ENROLLMENT**

Reading and discussion on timely topics in culture, politics, and economics will provide a stimulating setting for group exchanges. Class members will be able to share their opinions, observations, and knowledge on assigned weekly readings chosen by the facilitator.

Specific ground rules will encourage a respectful and civil exchange of ideas where all participants are provided a safe space to speak and learn.

**Facilitator: *To Be Determined***

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### **COURSE C1 OPENING DOORS: NON-FICTION WRITING WITH A TWIST**

Wed. Sept. 30; Oct 7, 14, 21, 28; Nov. 4; 1:15 pm – 2:30 pm

#### **LIMITED ENROLLMENT**

This is for people who love to write, have written, or want to write. The course offers tricks, techniques, and tactics for the writer of non-fiction who wants to find new ways to interest readers, and to make the transition from idea-in-the-head to words-on-the-page more effectively. What is sensory research and how do you use it to dig out those memories? What is the difference between personal writing and private writing? How can you tell the truth but obscure the facts? Where does memory meet memoir? How can you move readers, make them laugh and cry and think great thoughts?

**Presenter:** *Bette Ann Moskowitz is a writer of fiction (Leaving Barney, Henry Holt & Co.) and non-fiction (Do I Know You? Kodansha, and The Room At The End of The Hall, Sense Publishers). She has authored numerous essays (NY Times, Review of Contemporary Fiction), columns, articles, poems and songs. She is also an editor and*

**(Continued on next page)**

## COURSES

**COURSE C1 OPENING DOORS: NON-FICTION WRITING WITH A TWIST (CONT'D)**

*teacher of writing at Queens College and Ulster County Community College. Her column about life and aging for the **Senior Gazette** is entitled "A Grain of Salt."*

Coordinator: Arzi McKeown

**COURSE C2 THREE GREAT SHAKESPEREAN COMEDIES**  
Wed. Sept. 30; Oct 7, 14, 21, 28; Nov. 4; 1:15 pm – 2:30 pm

Three of the Bard's most fascinating comedies will be our focus: **As You Like It, Twelfth Night, and Measure for Measure.** The first

is totally joyful—Shakespeare's happiest play. The second raises some problems (one can sense Shakespeare moving in the direction of **Hamlet**). The third is—indeed—referred to as a "problem play." It deals with some hard issues, but also gets down to some of Shakespeare's basic moral beliefs. The course will meet "in the round" and be based on participants' observations regarding certain key scenes. In short, it is based on participant discussion.

The plays, individually or in a collection, can be purchased very inexpensively at online bookstores.

**Presenter: Dr. Ernst Schoen-René** taught Shakespeare and Renaissance drama at California State University throughout his career. His PhD topic also involved Renaissance plays (of which he read 300-plus, the plots of which he has noted and largely forgotten (many years past, you know). He has won both the University's "Outstanding Teacher" and "Outstanding Advisor" awards.

Coordinator: Arzi McKeown

Teachers open the door, but you must enter by yourself.  
Chinese Proverb

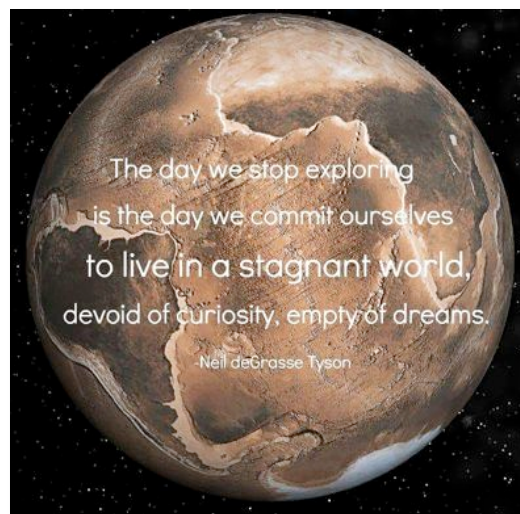
**COURSE C3 THE AMERICAN POPULAR SONGBOOK**

Wed. Sept. 30; Oct 7, 14, 21, 28; Nov. 4; 1:15 pm – 2:30 pm

Through the use of CDs and videos, we will review the popular songs of America from the 20s up to the time popular songs were no longer popular. From the pens of talented Tin Pan Alley tunesmiths—from radio, recordings, the silver screen, and Broadway, wherever talented writers emerged to write the songs America loved—we'll listen to the works of Berlin, Porter, Rodgers & Hart, Hammerstein, Harry Warren, Jimmy van Heusen, Hoagy Carmichael, and others. We will explore the marriage of lyrics and music and marvel at the men who wrote both. Song forms will be discussed as well as the different genres of popular songs, such as spiritual, war songs, novelty, and of course love songs, both happy and sad.

**Presenter: Tony Trotta** is a retired music teacher who worked in Yonkers, NY. In addition, he was a freelance professional musician, performing with big bands, as well as jazz combos, Dixieland bands, Latin bands, and ethnic musical groups. He even led his own big band, taking a turn at writing and arranging the music for it. Throughout his career, he has also taught music privately.

Coordinator: Millie Goldberg





## COURSES

### **COURSE C4 MODERN TERRORISM: ITS ROOTS AND CHALLENGES**

Wed. Sept. 30; Oct 7, 14, 21; 1:15 pm –2:30 pm

**NOTE: THIS COURSE IS 4 SESSIONS ONLY**

**Sept. 30; Oct. 7, 14**

This course, on a persistent international problem, will survey the history and challenges of terrorism over the last 100 years. We will discuss the concept, the forms that it has taken, the motivations for its use, and the current challenges it poses.

**Presenter: Lewis Brownstein**, now retired after 44 years of teaching, was Professor of International Relations at SUNY New Paltz since 1968, after completing his doctorate at Johns Hopkins University's School of Advanced International Studies. In 1974-75 he taught at the Hebrew University in Jerusalem as a Visiting Professor of International Relations, returning to Israel numerous times thereafter on research trips and study missions. He taught courses on terrorism, defense issues, the international relations of the Middle East, and American foreign policy. He served for twelve years as department chair and often lectures on his areas of expertise throughout the Mid-Hudson region. Lew has also taught several courses on the Israeli-Palestine conflict for Lifespring.

**Oct. 21**

### **COUNTERTERRORISM POLICIES, GOVERNMENTAL PLAYERS AND THE LAW**

Who makes counterterrorism policies? And who determines if such policies are legal? Answers to those questions might seem obvious: the president and the courts, respectively. But, the functions of making and judging the legality of national security policies are more complex than those easy answers might suggest. This session will examine some of the features of both of these processes. We'll first look at the role of government lawyers who are responsible for advising executive branch officials as to whether there is legal authority to pursue proposed policies. Then, we'll explore how Congress and the president exercise their respective powers in making critical national security policies such as indefinite detention, targeted killings, torture, and domestic surveillance. And, finally, we'll look at how the federal courts have responded to the actions of Congress and the president in this policy realm.

### **COURSE C4 MODERN TERRORISM: ITS ROOTS AND CHALLENGES (CONT'D)**

**Presenter: Nancy Kassop** is a Professor in the Department of Political Science and International Relations at SUNY New Paltz. She received a BA in Political Science from the University of Pennsylvania and a PhD in Politics from New York University. She writes on the presidency and law. Among her recent articles are "Executive Branch Legal Analysis for National Security Policy: Who Controls Access to Legal Memos?" *Presidential Studies Quarterly* (Vol. 44:2, June 2014); and "Control over Executive Branch Information: Who 'Judges?'" *PS: Political Science and Politics* (Vol. 46:3, July 2013). She is a co-editor of the book review section of *Presidential Studies Quarterly* and a past president of the Presidency Research Group of the American Political Science Association.

Coordinator: Susan Puret

Live as if you were  
to die tomorrow.  
Learn as if you were  
to live forever.

Mahatma Gandhi

## COURSES

## BONUS COURSE

**BONUS CLASS - FILM SERIES: LIFE IS A JOURNEY**  
**3 Tuesdays: Oct. 13, 20, 27; 9:30 am –12:30 pm**

**THIS COURSE WILL BE HELD IN THE SAUGERTIES LIBRARY.**



Describing life as a journey is a metaphor that poets and philosophers have written about for centuries. Life's journey comes complete with challenges, joys, obstacles, and special moments that ultimately lead us to our destination. Each of us has our own unique vision and purpose as we walk our paths and face the crossroads.

In this film series we will watch how the characters choose their paths and guide their experiences.

In the first part of each session of the film course, we share the experience of watching a film, and together witness the adventure, the emotions, and the outcomes. The second part of the session, the discussion, makes the experience richer and deeper.

**Facilitator: Arzi McKeown** is a *psychotherapist and dance therapist. She has worked in hospitals, outpatient mental health clinics, and in private practice utilizing experiential and creative arts therapies for healing and growth.*

**NO REGISTRATION REQUIRED. THERE WILL BE A CALL FOR RESERVATIONS AT THE TIME OF THE FILM.**

Everyone and everything around you is your teacher.  
*Ken Keyes Jr.*

### Spring 2015 PRESENTERS AT WORK

*Education is the kindling of a flame, not the filling of a vessel.*  
 Socrates

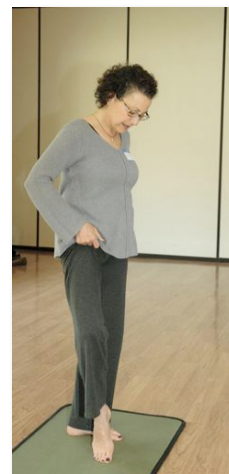


One Stroke Painting with Peg Nau, Jeanne Sutton  
 Photo by Alan Carey

Harold Lieberman  
 Photo by Alan Carey



Andy Weintraub



Marie Bruno demonstrates a yoga position. Photo by Alan Carey



Patty Kane Horrigan tells a fairy tale. Photo by Alan Carey

# TEAMWORK



## Audio Visual Team



Steve Zwickler, Bob Saturn, Bob Fox, Fran Jacobson (Coordinator), Irwin Rosenthal, Nora Adelman, Rich Davis



Fran Jacobson (Coordinator), Rich Davis, Steve Zwickler

## Services Team



Teri Reynolds, Colleen Greco, Connie Catalinotto, Annette Zwickler, Marjory Greenberg-Vaughn (Coordinator), Juliette Eisenson (Not shown—Joyce Barnes)



Hospitality Room Table prepared by the Services Team



Teri Reynolds, Marjory Greenberg-Vaughn (Coordinator), Annette Zwickler, Juliette Eisenson, Colleen Greco (Not shown—Joyce Barnes, Connie Catalinotto)



# LIFESPRING

SAUGERTIES ADULT LEARNING COMMUNITY

## FALL 2015 COURSE SCHEDULE

<b>COURSE NO.</b>	<b>WEDNESDAYS – FIRST PERIOD 9:30 am – 10:45 am</b>
A1	THE (MIGHTY) HUDSON RIVER, ENVIRONMENTALLY SPEAKING
A2	MAKING PHOTOGRAPHS: THE ART AND POINT OF VIEW
A3	LET'S TALK ABOUT THE ECONOMY
A4	QIGONG
	<b>WEDNESDAYS – SECOND PERIOD 11:00 am – 12:15 pm</b>
B1	ENVIRONMENTAL POLICY AND PUBLIC HEALTH
B2	INTERNATIONAL FOLK DANCE FUN
B3	THE JET AGE AND THE AIR TRAVELER
B4	CONTEMPORARY AMERICAN SHORT STORIES
B5	EXCHANGES: A DISCUSSION GROUP
	<b>WEDNESDAYS – THIRD PERIOD 1:15 pm – 2:30 pm</b>
C1	OPENING DOORS: NON-FICTION WRITING WITH A TWIST
C2	THREE GREAT SHAKESPEREAN COMEDIES
C3	THE AMERICAN POPULAR SONGBOOK
C4	MODERN TERRORISM (4 SESSIONS)
	<b>OTHER DAYS – TUESDAYS</b>
BONUS 1	FILM SERIES: LIFE IS A JOURNEY 3 Tuesdays: OCT. 13, 20, 27; 9:30 am –12:30 pm (Saugerties Public Library)

## Volunteers

### CURRICULUM COMMITTEE

Arzi McKeown — Coordinator  
 Mary Felton — Administrative Assistant  
 Joyce Barnes  
 Jouette Bassler  
 Valerie DaSilva  
 Susan Davis  
 Susan Greenstein  
 Millie Goldberg  
 Kathy Mellert  
 Sandy Ostoyich  
 Matt Ostoyich  
 Susan Puret  
 Karren Trent  
 Annette Zwickler

### AUDIO-VISUAL COMMITTEE

Fran Jacobson — Coordinator  
 Bob Saturn  
 Bob Fox  
 Rich Davis  
 Steve Zwickler  
 Irwin Rosenthal  
 Nora Adelman

### REGISTRATION COMMITTEE

Bob Saturn — Registrar  
 Susan Kahl  
 Arzi McKeown

### SERVICES COMMITTEE

Marjory Greenberg-Vaughn —  
 Coordinator  
 Teri Reynolds  
 Colleen Greco  
 Juliette Eisenson  
 Connie Catalinotto  
 Annette Zwickler  
 Joyce Barnes  
 Maureen Huben

### AD HOC EVENTS COMMITTEE

Colleen Greco — Coordinator  
 Peggy Ploss  
 Marilyn Wakefield  
 Karren Trent

### CATALOG COMMITTEE

Arzi McKeown — Designer  
 Editors  
 Sandy Ostoyich  
 Marvelene Beach  
 Proofreaders  
 Susan Davis  
 Susan Greenstein  
 Fran Jacobson

### TELEPHONE SUPPORT

Lee Gable  
 Karen Abramson

### NEWSLETTER COMMITTEE

Susan Greenstein — Editor  
 Susan Puret  
 Susan Davis  
 Esther Rosenfeld  
 Arzi McKeown

### CLASS MANAGERS SPRING 2015

Arzi McKeown — Coordinator  
 Roberta Gavner — Coordinator  
 Ann Morris  
 Jacki Moriarty  
 John Moriarty  
 Karren Trent  
 Lee Gable  
 Kathy Carroll  
 Laura Phillips  
 Linda Hackett  
 Jouette Bassler  
 Karen Abramson  
 Barbara Kalleberg  
 Bonni Nechemias  
 Dolores LaChance  
 Colleen Greco

### LET'S-GET-A-MOVE-ON COMMITTEE

Susan Puret — Coordinator  
 Laura Phillips  
 Bob Fox  
 Steve Zwickler  
 Annette Zwickler  
 Linda Hackett  
 Matt Ostoyich  
 Barbara Kaisik

### ARTWORKS COMMITTEE

Arzi McKeown — Coordinator  
 Annette Zwickler  
 Ann Morris  
 Susan Puret  
 Linda Hackett  
 Karren Trent

## BOARD OF DIRECTORS

Fall 2015-Spring 2016

*President*

*Vice President*

*Secretary*

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*Membership Coordinator*

*Public Relations Coordinator*

*Audio-Visual Coordinator*

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*Member-at-Large*

*Member-at-Large*

*Member-at-Large*

*Services Coordinator*

*Saugerties Town Liaison*

Susan Puret

Marvelene Beach

Barbara Kaisik

Richard Phillips

Bob Saturn

Arzi McKeown

Susan Kahl

Sandy Ostoyich

Fran Jacobson

Colleen Greco

Susan Davis

Matt Ostoyich

Roberta Gavner

Annette Zwickler

Marjory Greenberg-  
 Vaughn

Leeanne Thornton

# LIFESPRINGERS

*out and About*



Hiking at Olana  
Photo by Bob Fox



Hiking on the Hurley Rail Trail  
Photo by Laura Phillips



Walking tour of Saugerties with Bill Rhoads  
Photo by Laura Phillips



Picnic at North Lake  
Photo by Steve Zwickler

**FALL 2015****Membership Registration Form**

The membership fee for Fall 2015–Spring 2016 is \$60.  
**Membership fees are not refundable and not transferable.**

Mail to:  
 Lifespring  
 Town Hall  
 4 High Street  
 Saugerties, NY  
 12477

Please make check payable to **LIFESPRING**

PLEASE **PRINT** YOUR INFORMATION **CLEARLY**.

Name		
Address		
City	State	Zip
Phone	Email	

Check here if you are NEW to Lifespring \_\_\_\_\_

Check if there is a change in your contact information \_\_\_\_\_

**Registration will close on July 31, 2015.** We cannot honor any registrations that are postmarked after July 31, 2015.

PLEASE WRITE **1 and 2** FOR EACH TIME SLOT FOR YOUR FIRST AND SECOND CHOICES.

You will be placed in either your first or second choice. If you do not put down a second choice, you may not have a course for that time slot.

<b>Wednesday Morning 9:30-10:45</b>	<b>A1</b>	<b>A2</b>	<b>A3</b>	<b>A4</b>
Your choices <b>1 and 2</b> on this line				

<b>Wednesday Morning 11:00-12:15</b>	<b>B1</b>	<b>B2</b>	<b>B3</b>	<b>B4</b>	<b>B5</b>
Your choices <b>1 and 2</b> on this line					

<b>Wednesday Afternoon 1:15-2:30</b>	<b>C1</b>	<b>C2</b>	<b>C3</b>	<b>C4 ***</b>
Your choices <b>1 and 2</b> on this line				

\*\*\*

C4 is 4 weeks instead of 6 weeks



# LIFESPRING

SAUGERTIES ADULT LEARNING COMMUNITY

Classes are held at the Woodstock Jewish Congregation  
(Unless otherwise noted)

LIFESPRING  
TOWN HALL  
4 HIGH STREET  
SAUGERTIES, NY 12477