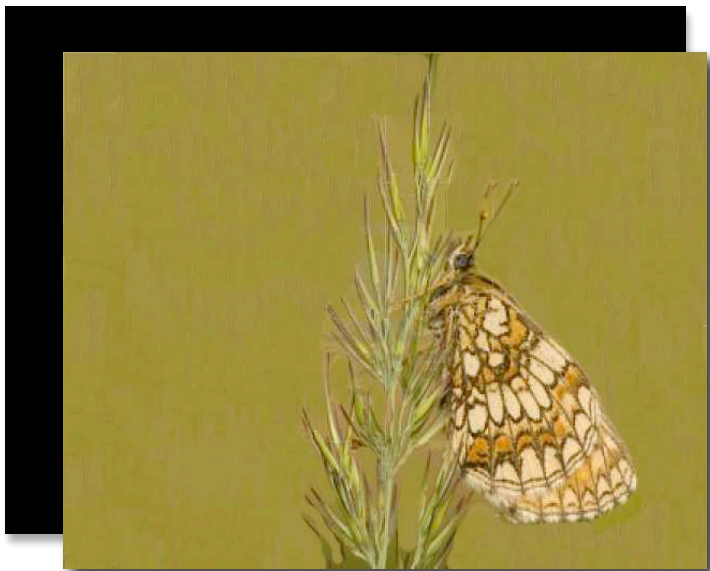




# LIFESPRING

SAUGERTIES ADULT LEARNING COMMUNITY



An  
Adult  
Learning  
Community

SPRING 2016  
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**
- **meet new people**

**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:** We thank all volunteers, including 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 the rental 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**.



## SPRING 2016 COURSE OVERVIEW

April 6 – May 25 (no classes on April 20 and 27)

COURSE NO.	WEDNESDAYS – FIRST PERIOD 9:30 am – 10:45 am
A1	WOMEN IN RELIGION – CHANGING ROLES, CHANGING TIMES
A2	SIX ETHICAL ISSUES FOR OUR TIME
A3	YOGA FOR BODY AND MIND
A4	THE POETRY OF SEAMUS HEANEY
A5	AN INTRODUCTION TO THE ENNEAGRAM
WEDNESDAYS – SECOND PERIOD 11:00 am – 12:15 pm	
B1	AN IMMIGRANT HISTORY OF KINGSTON: A CASE STUDY
B2	ONE STROKE DECORATIVE PAINTING
B3	SINGING FOR PLEASURE
B4	THE WRITINGS OF THE NEW TESTAMENT: A LITERARY EXPLORATION
B5	COMPARATIVE GOVERNMENT
WEDNESDAYS – THIRD PERIOD 1:15 pm – 2:30 pm	
C1	A CARDIOLOGIST EXPLAINS THINGS
C2	FAULKNER'S DIRT POOR: <i>AS I LAY DYING</i> , "THE OLD MAN," AND "SPOTTED HORSES"
C3	THE SWING ERA
C4	PERSONAL FINANCE MADE SIMPLE!
C5	ETHICAL QUESTIONS ABOUT HUNTING, CONSERVATION, AND SHARING ANIMAL RESOURCES
OTHER DAYS – TUESDAYS	
BONUS 1	FILM SERIES: HIDING IN PLAIN SIGHT 3 Tuesdays May 3, 10, 17; 9:30 am - 12:30 pm (Saugerties Public Library)

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.

## COURSES

### **Course A1 WOMEN IN RELIGION – CHANGING ROLES, CHANGING TIMES**

**Wed. Apr. 6, 13; May 4, 11, 18, 25 (no classes on April 20 and 27); 9:30 am - 10:45 am**

Since the end of the twentieth century, women's roles in many of the world's religious communities have been undergoing dramatic changes. Six presenters will shed light on how individual women in different religious communities are attempting or creating change (and sometimes controversy), often going outside of their "traditional" roles to foster growth and address contemporary issues.

#### **April 6: A Muslim Woman's Perspective**

Presenter **Malihe Zahedi**, born into a faithful but open-minded family in Iran and currently an assistant teacher in the Kingston public school system, shares what it means to be a young woman growing up in an Islamic culture, having both sweet and bitter experiences, and how the episodes and events of her life may not be uncommon among many Muslim women today.

#### **April 13: Roman Catholic Women Priests**

Presenter **Mary Theresa Streck**, EdD, an ordained Roman Catholic Woman Priest and a now-retired educator, discusses the RCWP, an international movement of ordained women who are leading church reforms within the Roman Catholic Church. She will share her own journey to ordination, the preparation program for ordination, and her ministry with the *Upper Room Inclusive Catholic Community* in the New York State Capital Region.

#### **May 4: The Sacred Feminine in the Spiritual Traditions of India**

Presenter **Pravrajika Gitaprana**, a monastic sister of the Vedanta Society of Southern California and its first woman to serve in a leadership role, explores India's tradition and evolution of honoring the sacred feminine. She will discuss the experiences of women as teachers, role models, and spiritual guides from her perspective as Minister-in-Residence at the Vivekananda Retreat, Ridgely, in Stone Ridge, New York.

#### **May 11: A Grassroots Action to Remove Anti-Judaism from Christian Worship**

Presenter **Rev. Susan Auchincloss**, a priest in the Episcopal Church since 1986 and current Associate Priest at Trinity Episcopal Church in Saugerties, discusses the work that she is doing within the Church to change the reading of New Testament texts that denigrate Jews and Judaism. She examines how these polemical verses came to be included in the Christian scripture; shows how these verses are inimical to the Spirit of Christ; and describes several grassroots efforts, both to undo the damage these verses have caused and to remove these verses from public worship.

#### **May 18: Manifest Destiny and Its Effect upon the Traditional Roles of Indigenous Women & Prophecy of the Return of the Sacred Feminine and Grandmothers Teachings**

Presenter **Barbara Threecrow**, a teacher of earth ways, spiritual counselor, sun dancer, sacred pipe carrier, and ceremonial leader in the Lakota tradition, explores the changed roles of native women and the spiritual practices of indigenous peoples engendered by the United States nineteenth century *Manifest Destiny* doctrine, covering the historical and spiritual trauma that followed, as well as current directions in spirituality and the renewal of the matrilineal system that had thrived for millennia.

#### **May 25: On Being a Jewish Feminist**

Presenter **Rabbi Rena Blumenthal**, who served for eleven years as Assistant Director of the Office of Religious & Spiritual Life and Rachlin Advisor to Jewish Students at Vassar College and is now a freelance rabbi, discusses the impact of Jewish feminism and the growing role of women rabbis on contemporary Jewish life in America. Her talk will be rooted in her own personal journey from an Orthodox Jewish upbringing through twenty years of atheism to the liberal Jewish clergy.

Coordinators: Susan Greenstein, Jouette Bassler, Millie Goldberg, Valerie DaSilva, Karren Trent

## COURSES

### **Course A2 SIX ETHICAL ISSUES FOR OUR TIME**

**Wed. Apr. 6, 13; May 4, 11, 18, 25 (no classes on April 20 and 27); 9:30 am - 10:45 am**

Participants will look at six significant ethical issues in six different institutions, employing reason rather than coming to conclusions based on intuition, emotion, or religious dogma. The two broad perspectives on ethics will be introduced, and we will explore the meaning of central ethical concepts like fairness, conflict of interest, and exploitation.

**Presenter: Norman E. Bowie** is Professor Emeritus at the University of Minnesota where he held the Elmer L. Andersen Chair in Corporate Responsibility. He has authored or edited sixteen books and more than 75 articles on applied ethics and political philosophy. His book, *Business Ethics: A Kantian Perspective*, has been translated into Chinese and Japanese. He has been Dixons Professor of Business Ethics and Social Responsibility at the London Business School and also a fellow at Harvard's Program in Ethics and the Professions. He is a past president of the Society for Business Ethics.

Coordinator: Susan Poretz



**Course A3 YOGA FOR BODY AND MIND**  
**Wed. Apr. 6, 13; May 4, 11, 18, 25 (no classes on April 20 and 27); 9:30 am - 10:45 am**

#### Limited Enrollment

Students will be led through yoga asanas focusing on stretching, alignment, building strength, and increasing flexibility, in sequences that are supportive, challenging, and fun.

This class is open to all levels and will be designed around the student's abilities, incorporating movement with breathing practices while balancing effort and ease to bring stability to the body and calmness to the mind.

**(Please bring your own yoga mat to class. Yoga blocks are highly recommended.)**

**NOTE: THIS IS NOT A CHAIR YOGA CLASS.**

**Presenter: Marie Bruno** began her yoga practice over 30 years ago and completed her teacher training at Shakti Yoga in Woodstock. She has a particular interest in working with a mature population and people with special needs, teaching on the mat as well as using props and chairs for supported poses.

Coordinator: Karren Trent



### **Course A4 THE POETRY OF SEAMUS HEANEY**

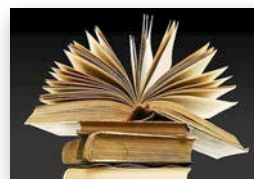
**Wed. Apr. 6, 13; May 4, 11, 18, 25 (no classes on April 20 and 27); 9:30 am - 10:45 am**

We will read together poems spanning the life work of Seamus Heaney, the Northern Ireland poet who was awarded the Nobel Prize for poetry in 1995 "for works of lyrical beauty and ethical depth, which exalt everyday miracles and the living past." As we work we will create a community of readers to understand and enjoy these complex, humane poems.

Please purchase the book, "Opened Ground: Selected Poems, 1966-1996," by Seamus Heaney, and bring it with you to class. The book is available through Amazon, AbeBooks, and elsewhere.

**Presenter: Rosemary Deen** did graduate work in poetry at the Universities of Michigan and Chicago and taught at Queens College CUNY. With the poet Marie Ponsot, she has written two books on writing and the teaching of writing. She has written a book of essays, and is poetry editor of *Commonweal Magazine*.

Coordinator: Susan Greenstein



## COURSES

**Course A5 AN INTRODUCTION TO THE ENNEAGRAM**

Wed. Apr. 6, 13; May 4, 11, 18, 25 (no classes on April 20 and 27);  
9:30 am - 10:45 am

The Enneagram is a geometric figure mapping the nine fundamental personality types of human nature and their complex human relationships. It has roots in many different ancient traditions. Enneagrams draw from a condensation of age-old wisdom used by Christians, Jews, Buddhists, and Sufis, teaching that the beginning of transformation occurs when each of us comes to a discovery of our true personality type. From this, practitioners believe, we are able to observe our basic desires, fears, avoidances, and strategies, enabling our letting go of that which doesn't work and moving toward that which is transformational.

**Presenter: Melissa Sweet** was educated at The Eastman School of Music and Syracuse University. She spent the first half of her life as a performing flutist and teacher. The second half of her life centers on spiritual work and Enneagram work. In 2008, she completed training as a Spiritual Director, receiving certification from The Center for Spiritual Direction and Social Justice in New Rochelle. She has received further certifications from the Center for Spiritual Care in Florida and from the Enneagram Institute in Stone Ridge. She continues to teach the flute and also has a private practice as a Spiritual Director and Enneagram coach.

Coordinator: Arzi McKeown

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

Woodstock Jewish Congregation  
1682 Glasco Turnpike  
Saugerties, NY 12477

**Course B1 AN IMMIGRANT HISTORY OF KINGSTON: A CASE STUDY**

Wed. Apr. 6, 13; May 4, 11, 18, 25 (no classes on April 20 and 27);  
11:00 am - 12:15 pm

With immigration surfacing as a major issue in the presidential campaign, and Congress gridlocked over how to respond to the most recent wave of immigrants, it is appropriate to look more closely at the history of immigration in our own region. Kingston provides an interesting case study: third oldest settlement in the Hudson Valley, first state capital, and one-time third busiest Hudson River port. Kingston has always attracted newcomers fleeing from poverty or oppression in their native lands.

Beginning with an overview of Kingston's immigrant history, the course moves on to case studies of different immigrant groups. Each session will be led by a presenter with deep roots in the immigrant group under discussion and will focus on that community's experience locally.

**Presenter: Geoffrey Miller** is a retired elementary school teacher who has lived and worked in the Ulster County region for 45 years. He holds a Masters degree in Urban Ethnomusicology from New York University. In the 1980s, Geoff worked towards an NYU doctorate in history of pre-Civil War music in the Hudson Valley. Though his research focus was on music, his own immigrant roots and interest in multiculturalism led him to note the immigrant experience reflected in the sources he was consulting. He is a founder and chair of Kingston's Reher Center for Immigrant Culture and History.

Coordinator: Susan Puretz



## COURSES



**Course B2 ONE STROKE  
DECORATIVE PAINTING**  
Wed. Apr. 6, 13; May 4, 11, 18, 25  
(no classes on April 20 and 27);  
11:00 am - 12:15 pm

### Limited Enrollment

**Materials Fee: \$25**  
(Please send check made out to Peg Nau)

You don't have to be able to draw to do one stroke painting! It's an easy style of applying decorative paint accomplished one brush stroke at a time, lending itself to a variety of surfaces: wood, metal, glass, ceramics, fabrics, cardboard, and paper. After mastering these strokes you can make beautiful objects for your own home or to present as distinctive gifts. Each class will build on skills practiced in the prior class.

**Presenters:** *Peg Nau is now retired from her longtime position as Town of Saugerties Tax Collector. She teaches in tandem with her former high school classmate and fellow crafter Jeanne Sutton, who ran a successful business, Whimsical Wind Chimes. Together the two friends took Donna Dewberry's One Stroke classes in Albany, becoming certified instructors.*

*Peg is a right-handed painter and Jeanne is a left-handed one. They teach students in their homes and have taught together at Ulster Community College, at Michael's Arts & Crafts, and at Lifespring. As a team, they can help just about anyone learn this easy method of decorative painting.*

Coordinator: Sandy Ostoyich



### Course B3 SINGING FOR PLEASURE

Wed. Apr. 6, 13; May 4, 11, 18, 25 (no classes on April 20 and 27); 11:00 am - 12:15 pm

Singing For Pleasure is a group singing class designed for both experienced choral singers and those who have never sung in a chorus before. Through singing familiar (and some unfamiliar) songs, students will learn basic music fundamentals and vocal techniques such as breathing, posture, diction, pitch matching, and part-singing. Everyone is invited to come and join in the song.

**Presenter:** *Barbara Pickhardt is currently in her thirty-ninth season as conductor of Ars Choralis, known for choral artistry and message concerts of peace and human harmony. She received her music education at the University of Minnesota and at Westminster Choir College in Princeton, New Jersey, prior to a long career in teaching and conducting. She has led the choral music department at SUNY Ulster and was the founding director of the Hudson Valley Youth Chorale.*

Coordinator: Annette Zwickler

### Course B4 THE WRITINGS OF THE NEW TESTAMENT: A LITERARY EXPLORATION

Wed. Apr. 6, 13; May 4, 11, 18, 25 (no classes on April 20 and 27); 11:00 am - 12:15 pm

### Limited Enrollment

Through lectures and discussion, we will explore a sampling of New Testament writings. The goal is not to address issues of religion or faith but to analyze and examine together the narrative flow of a gospel and the depiction of various figures and groups within it. We will look briefly at the rhetoric of Paul's letters through the lens of his exhortations to and about women, and also at the provocative and problematic Book of Revelation.

Familiarity with the New Testament is not required, but participants in the course should be prepared to do some

**Continued on next page**

## COURSES

### **Course B4 THE WRITINGS OF THE NEW TESTAMENT: A LITERARY EXPLORATION (Cont'd)**

assigned readings before each session and therefore must have access to a New Testament, either online or in print format.

**Presenter:** *Jouette Bassler has a PhD in New Testament Studies from Yale University and has taught at Georgetown University and Perkins School of Theology. She has authored and edited numerous books, articles, and essays.*

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### **Course B5 COMPARATIVE GOVERNMENT**

**Wed. Apr. 6, 13; May 4, 11, 18, 25 (no classes on April 20 and 27); 11:00 am - 12:15 pm**

Most people in the United States believe that their system of government is completely different from the British system. To some extent they are correct but, in many ways, much of the United States system is based on British antecedents. This course will begin with the ever-changing British system before it turns to the United States and will try to answer the question of whether one or the other (or neither) is better suited to the challenges of the early 21st century.

**Presenter:** *James G. Marshall holds British and U.S. degrees. He has taught history at high school, junior college, and retired adult levels since 1974. Areas covered: U.S. history, comparative government, contemporary Supreme Court, European history, British history, and world history. Marshall is a Senior Fellow of the James Madison Foundation and was awarded the J. E. Wallace Sterling Award for Academic Achievement by Stanford University.*

Coordinator: Susan Davis

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

Chinese Proverb

### **Course C1 A CARDIOLOGIST EXPLAINS THINGS**

**Wed. Apr. 6, 13; May 4, 11, 18, 25 (no classes on April 20 and 27); 1:15 pm - 2:30 pm**



Explaining the heart and its problems in a way that people with little or no medical background can readily grasp is perhaps best done by an experienced professional who actually enjoys

sharing his knowledge with laypeople. Our presenter is such a person. Subjects to be covered include: first visit to a cardiologist, breathlessness, congestive heart failure, pain in the heart, blood pressure, interventional cardiology, and cardiac surgery. Fat and the heart will be addressed in a session by his daughter, Andrea R. Lurie, a certified personal fitness trainer.

**Presenter:** *Paul R. Lurie, MD was Professor of Pediatric Cardiology at Indiana University 1950-1967, the University of Southern California 1967-82, and Albany Medical College 1982-present. He enjoys explaining things simply to people of all ages.*

Coordinator: Susan Puretz

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### **Course C2 FAULKNER'S DIRT POOR: AS I LAY DYING, "THE OLD MAN," AND "SPOTTED HORSES"**

**Wed. Apr. 6, 13; May 4, 11, 18, 25 (no classes on April 20 and 27); 1:15 pm - 2:30 pm**

#### **Limited Enrollment**

A brilliant storyteller, Faulkner was both verbose and cryptic, calling on us to work out the complexities of his characters' hearts with our own hearts' understandings. We usually know clearly what they do; we usually need to puzzle out why. That's what we will be doing together. After reading Faulkner's short stories, "**Spotted Horses**" and "**The Old Man**" from *The Portable Faulkner*, we will examine his 1930 tragicomic novel about poor Mississippi farmers, *As I Lay Dying*. Each session, participants will be asked to read at least one observed passage for discussion. Since much of the novel is poetry, much of it should be read aloud and discussed, giving everyone in the course an opportunity to contribute to our understanding of this great American masterpiece.

**Continued on next page**



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## COURSES

### **Course C2 FAULKNER'S DIRT POOR: AS I LAY DYING, "THE OLD MAN," AND "SPOTTED HORSES" (Cont'd)**

Please obtain copies of *The Portable Faulkner*, edited by Malcolm Cowley (1967) and a copy of *As I Lay Dying*. Both are available in libraries or online.

**Presenter: ViVi Hlavsa**, who has led classes in both poetry and literature for Lifespring, has a PhD in English from the State University of New York at Stony Brook and taught English at Queens College. Her poems have appeared widely in journals and in the books *Squinnied for a Sign* (University of Hull, 1993) and *Waking October Leaves* (Time-Being Books, 1993).

Coordinator: Jouette Bassler



### **Course C3 THE SWING ERA** Wed. Apr. 6, 13; May 4, 11, 18, 25 (no classes on April 20 and 27); 1:15 pm - 2:30 pm

The Swing or Big Band Era (1935-1946) was a period when Swing, with its strong rhythmic drive or "groove," was the most popular style of music in the United States. In 1935, clarinetist Benny Goodman was crowned "The King of Swing," but the movement had started earlier. Take this course to learn about and listen to the music of such legendary performers as Kansas City's Benny Moten, Count Basie, Duke Ellington, Cab Calloway, Chick Webb, and the hotel dance bands of Glenn Miller, Tommy Dorsey, and Artie Shaw—all with exciting vocalists and instrumentalists.

**Presenter: Harold Lieberman** is an award-winning Professor Emeritus of Music who taught at Ramapo College, Manhattan School of Music, and Mannes College of Music. He was a staff trumpeter at CBS Radio/TV and also played with many leading bands, including the "King of Swing," Benny Goodman.

Coordinator: Susan Davis

### **Course C4 PERSONAL FINANCE MADE SIMPLE!** Wed. Apr. 6, 13; May 4, 11, 18, 25 (no classes on April 20 and 27); 1:15 pm - 2:30 pm

Participants will learn the principles of finance to plan and manage personal finances effectively. Topics will include savings and investment, insurance, personal taxes, consumer credit uses, sources and costs, and estate planning. Various approaches will illustrate how to apply tools to individual finances.

**Presenter: Jesse Stevens** was a financial consultant vice president with Citibank for more than twenty years. He has taught finance and economics courses at both the under-graduate and graduate school level for eleven years.

Coordinator: Susan Puretzt

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### **Course C5 ETHICAL QUESTIONS ABOUT HUNTING, CONSERVATION, AND SHARING ANIMAL RESOURCES** Wed. Apr. 6, 13; May 4, 11, 18, 25 (no classes on April 20 and 27); 1:15 pm - 2:30 pm

This multi-presenter course will show that there may not be as sharp a line between hunters and non-hunters as both may think; there are convergences as well as divergences between the groups. We will explore ethical questions about hunting (why people hunt and what counts as hunting) and conservation (the difference between our attitudes toward different animals – e.g., deer and rats). We will look at what the DEC is charged with managing, the methods they employ, and those who are considered to be the "experts" on wildlife.

**Presenter: Emily Plishner** has an MA in Philosophy from the University of Michigan, Ann Arbor, with emphasis on normative ethics and epistemology (theory of knowledge). She took her Hunter Education course in Brooklyn, NY. She is the NY Region 4 representative for the NY Houndsmen Conservation Association, a representative to the NY Conservation Council for the Greene County Federation of Sportsmen, and she is a member of the Sullivan County Coonhound Association and other related organizations.

Coordinator: Susan Puretzt

## COURSES



### Bonus Class - FILM SERIES: HIDING IN PLAIN SIGHT

3 Tuesdays: May 3, 10, 17;  
9:30 am - 12:30 pm

#### THIS COURSE WILL BE HELD IN THE SAUGERTIES LIBRARY

Federal laws prohibit discrimination based on a person's national origin, race, color, religion, disability, sex, sexual orientation, and familial status. However, discrimination and violation of civil rights may continue to occur when an individual attempts to vote, rent or buy a home, use a public facility, obtain a job, an education, or a bank loan.

Throughout history, individuals have lived lives of deception in order to save their lives, avoid injury, insults, and loss of civil rights. This comes with great personal and emotional risk as many who deny their birth identities cannot live honestly and therefore experience a loss of self, family, and community. They continually harbor a fear of being discovered.

In this film series we will explore what caused individuals to "hide" their birth identities and the consequences of their decisions.

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 NOW. THERE WILL BE A CALL FOR RESERVATIONS AT THE TIME OF THE FILM.**

### Lifelong Learning Institutes

Perhaps you know that Lifespring is part of a network of 400 Lifelong Learning Institutes that stretches from one end of the country to the other.

But perhaps you don't know the answers to these 2 questions:

1. Can you name the 6 other LLIs that are nearby in the Hudson Valley?
2. Do you know what makes Lifespring notably different from all those other LLIs?

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#### Answer to question 1

Lifetime Institute at Bard College  
Lifetime Institute at New Paltz  
Center for Lifetime Study at Marist College  
L.I.F.E (Mount Saint Mary College – Newburgh)  
Encore (SUNY Orange Community College)  
Adult Learning Institute (Columbia-Greene Community College)

#### Answer to question 2

Lifespring is the only LLI that is not affiliated with a college or university.

Tell me and I forget. Teach me and I remember.  
Involve me and I learn. -Benjamin Franklin

## Volunteers

**CURRICULUM COMMITTEE**

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 Ann Morris—Administrative Assistant  
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 Valerie DaSilva  
 Susan Davis  
 Susan Greenstein  
 Millie Goldberg  
 Sandy Ostoyich  
 Susan Puretz  
 Laura Shulman  
 Karren Trent  
 Margaret Yelland  
 Annette Zwickler

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 -Editors  
   Sandy Ostoyich  
   Marvelene Beach  
 -Proofreaders  
   Susan Davis  
   Susan Greenstein  
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 Roberta Gavner — Coordinator  
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 Kathy Carroll  
 Renee Englander  
 Laura Phillips  
 Eileen Shumbris  
 Linda Hackett  
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 John Moriarty  
 Dolores LaChance  
 Karen Abramson  
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 Barbara Kalleberg  
 Barbara Ghebreselassie  
 Nathan Brenowitz  
 Bonni Nechemias  
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 Sally Colclough  
 Colleen Greco

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Fall 2015-Spring 2016

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<i>Saugerties Town Liaison</i>	Leeanne Thornton

# SPRING2016

## Registration Information

Dear Members,

The spring semester begins on Wednesday, April 6, 2016 and ends on May 25. There will be **no classes on April 20 and 27<sup>th</sup>**. Classes are held at the Woodstock Jewish Congregation in Saugerties, unless otherwise noted in the course description. **Registration closes on FEBRUARY 17, 2016.**

**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. **ADD/DROP:** Should you decide you want to add, drop, or switch a course, you will be able to do so on the **first and second day** of classes. Times and location will be posted on the bulletin board in the hallway.

**SPRING 2016****Membership Registration Form**

The membership fee for Fall 2015-Spring 2016 is \$60.

**NO FEE FOR MEMBERSHIP IS DUE AT THIS TIME.**

There is a \$25 materials fee for Course B2.  
Please make your check payable to *Peg Nau*.

\_\_\_\_\_ My \$25 check is enclosed.

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

Name	
Address	
City	State Zip
Phone	Email

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

**Registration will close on Feb. 17, 2016.** We cannot honor any registrations that are postmarked after Feb. 17, 2016.

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 timeslot.

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

<b>Wednesday Morning</b> 9:30-10:45	<b>A1</b>	<b>A2</b>	<b>A3</b>	<b>A4</b>	<b>A5</b>
Your choices <b>1 and 2</b> on this line					
<b>Wednesday Morning</b> 11:00-12:15	<b>B1</b>	<b>B2 (fee)</b>	<b>B3</b>	<b>B4</b>	<b>B5</b>
Your choices <b>1 and 2</b> on this line					
<b>Wednesday Afternoon</b> 1:15-2:30	<b>C1</b>	<b>C2</b>	<b>C3</b>	<b>C4</b>	<b>C5</b>
Your choices <b>1 and 2</b> on this line					



# Notes

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## *Dates to Remember*

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### **2016 WINTER PRESENTATIONS**

- Jan. 6
- Feb. 3
- Mar. 2

### **SPRING 2016 SEMESTER DATES**

- April 6
- April 13
- May 4
- May 11
- May 18
- May 25

No classes on  
April 20 and April 27

**ANNUAL MEETING**  
**June 8, 2016**

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# LIFESPRING

SAUGERTIES ADULT LEARNING COMMUNITY

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

LIFESPRING  
TOWN HALL  
4 HIGH STREET  
SAUGERTIES, NY 12477