



Lifespring NEWS and VIEWS



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Banner photo from website of the Saugerties Lighthouse
www.saugertieslighthouse.com

About LIFESPRING NEWS & VIEWS

This second issue of *News & Views* arrives in your inbox in the middle of our fall semester, and we hope you are finding the courses you've selected enjoyable and engaging. We welcome your comments both positive and critical, and invite you to send in any thoughts that you'd like to share. In this current issue, we continue our mandate to provide a behind-the-scenes look at your lifelong learning organization and the many members who make it possible.



Highlights in this issue include a Message from the President focusing on the new *Get-a-Move-On Lifespring Campaign* and a report on the Doug Blair Memorial Fund; a close-up look at the Services committee chaired by Marjory Greenberg Vaughn; an interview with Audrey Klinkenberg in the *Presenter Profile* feature; and a focus on the Administrative Services team in the *Volunteer Voices* column.

Make sure you check out the *Library Corner*, the new *Mystery Photo*, the *WHY* column, and a special report on Travel and Lifelong Learning. You'll also see plenty of photographs of your fellow Lifespringers and some *Save the Date* information about *Winter Presentations* and other special events. Also new in this issue is a request for poetry submissions, the "winners" to be featured in future issues.

Remember, if you have an idea for an article for an upcoming issue or want to submit any comments, please email Susan Greenstein, Newsletter Editor, stgreenstein1@gmail.com



A Message from the **PRESIDENT**



Okay, I know! I am bugging you too much about *Let's Get-a-Move-On Lifespring*, the exercise initiative that was launched with materials in your welcome packet. I also understand that you've reached a point in your life where you know what you should do, and thus might even resent being bugged by anyone, other than yourself. So, why am I on the bully pulpit again? Because although tigers don't change their stripes, people sometimes can and do.

I was really surprised when the *100 mile* subcommittee that I had assembled to reevaluate last year's challenge decided that it was time to focus on the fitness of the approximately 110 members who did *not* sign up for the *100 mile Challenge*. The subcommittee members convinced me that, for the most part, people who were active did not really need additional motivation but that the rest of Lifespring did!

We've all seen the constant barrage of information about the health benefits of movement and the dangers of "just sitting," so this new campaign, *Let's Get-a-Move-On Lifespring*, automatically enrolled all Lifespring members. I hope that you'll all become as enthusiastic as I am and participate by integrating some form of exercise into your daily schedule.



I would be most interested in finding out what you are doing for your 15 minute physical activity. Do send me an e-mail and let me know what new and exciting movements or activities you are including in your day. I'd also like to know if there are there any particular incentives or rewards that we might offer to spur you on. Again, email me with your thoughts:

puretzs@newpaltz.edu

The Lifespring Board meets the 2nd Wednesday of the month (unless we are in fall or spring session). Everyone is welcome to attend a board meeting to watch, observe, and maybe even put your two cents in. Who knows, if a Board opening becomes available, you might be drafted.

On a commemorative note: as you all know, **Doug Blair**, a member of the Lifespring Board, died on March 9th, this past spring. Lifespring received donations in his name and, after a great deal of discussion, the Board agreed that Doug's spirit, energy, and memory would best be preserved by selecting the Saugerties Public Library as the recipient of the fund. See the **Library Corner** in this newsletter to learn more about how the Library plans to use the money from the fund.

In closing, it was so good to see everyone on October 8th for the first day of classes. The building was alive with the energy and camaraderie of all you returning lifelong learners. Peeking in to various classrooms, I saw everyone looking engaged, active, and involved (didn't see any sleeping members). Before we know it, we will all be looking forward to our winter presentations and special events and then the spring semester. Time does fly, and we must make every effort to enjoy the moment!

In movement and moving solidarity –

Susan Puretz

LIBRARY CORNER

The following information on the Local History Room at the Library was submitted to *News & Views* by Saugerties Librarian, Tiffany Lydecker. Tiffany works with Lifespring to help schedule the many events and presentations that are held at the Library, always insuring that the process is easy and seamless. She has accommodated our requests for early morning openings, helped with set up, and brainstormed equipment glitches. We thank Tiffany for her quick and direct communications, always punctuated by her helpful and pleasant spirit. She is very much a part of what makes Lifespring happen!

Local History Room

A little-known resource of the Saugerties Public Library is the Local History Room containing the genealogies of some of the town's oldest families and the stories of their lives. There are yearbooks dating back to the 1920s that reflect the early life and education of students. There are copies of *The Pearl*, one of the earliest photo-magazines (think *Life* magazine), published in the 1880s. Also available are copies of *Toodlum Tales*, a folk life magazine from the 1970s, telling the tales of local people. The collection also includes, on microfilm, most of the newspapers published in Saugerties, dating back to the 1840s. An exciting new library initiative is the digitization of those newspapers, which will make them available on-line and key word searchable, exciting stuff for those wanting information on a specific person or date. The Local History Room is an excellent resource, one that highlights the stories of Saugerties' past through the Library's digital and physical collections.

Doug Blair Memorial Fund

On September 23, 2014, the Saugerties Public Library was presented with a check for \$2,632 by Lifespring. The money was from funds donated in memory of our late board member, Douglas Blair. The selection of the Library as the fund's recipient was made because the Library exemplifies service to the community, an ideal in which Doug strongly believed. The Library will use the funds to upgrade their Wi-Fi access points and to purchase additional Great Books DVDs.



Both these expenditures are entirely appropriate to Doug, who was in the communications business for most of his career and had, with his wife, Chris, what they jokingly referred to as the "Blair DVD collection" of more than 7,000 DVDs.

The ceremony took place in front of the Saugerties Public Library's Rip Van Winkle fireplace, so named because of the tiles depicting the story of Rip Van Winkle, in what was the original Carnegie Building section of the Library.

The Library Director and several Lifespring board members who worked on the project are pictured here holding some of the recently purchased DVDs. Shown in the photo are (l to r) Lifespring Board Member, Matt Ostoyich; Board President, Susan Poretz; Board Secretary, Barbara Kaisik; Library Director, Frank Rees; and Board Member, Sandy Ostoyich.



For more information about any Saugerties Library initiatives or services, visit their website at www.saugertiespubliclibrary.org/

Susan Davis

MYSTERY PHOTO — WHAT IS THIS AND WHERE IS IT?



Photo: Michael Sullivan Smith

You may have driven by this bluestone structure many times but possibly, like most of us, are totally unaware of it or its history.

Do you know what this is or where it is? Hint: It is on the northwest side as you are driving west on this particular road. Another hint: vegetation has grown up around it and it might be difficult to see! But once you see it, it will be there for you to savor on subsequent trips.

Scroll down to find the answer.

Answer to What is This and Where Is It?

The structure pictured above is one of the abutments for Herrick's Bridge (there is a sign there that says "Herrick's Bridge Historic Site" on the current bridge). You pass it on Route 212, going west from Saugerties to Woodstock, approximately a half mile west of the intersection of Route 212 and Blue Mountain Road. As you are driving west, it will be on your right (north) side; look for it on the west side of the stream (the side closer to Woodstock).

Its significance is that when Route 212 was the Saugerties and Woodstock Turnpike, a covered bridge spanning these two massive abutments took the road across the Plattekill Creek. Four or more generations ago, the location was well known to local kids as the best swimming hole in the area. The bridge gained its name from the owners of the farm that the old turnpike road crossed (and still does, between its farm house and red barn). The picturesque setting is one of the best-preserved ones in rural Saugerties.

Susan Poretz



Did you know that Poughkeepsie and Hudson were centers for processing whales from 1783-1844?

Spotlight on Committees: **SERVICES TEAM**

THE SERVICES TEAM: WHY DO WE NEED IT?

People who have the pleasure of knowing **Marjory Greenberg - Vaughn** might call her a force of nature! Caring and compassionate in all she does, her dedication to providing sustenance and hospitality to the Lifespring members has been unflinching. Often providing us with cheerful table decorations as well as a bountiful variety of sweets, treats, and healthy options, **Marjory** had this to say about her role as Services Coordinator.

The Services Committee began as a way to provide an experience where members could join together in a relaxed way, get to know one another, and share a cup of coffee or tea and light snacks, and some camaraderie as well.



Juliette Eisenson, Marjory Greenberg-Vaughn (Coordinator), Teri Reynolds, Colleen Greco, (not shown) Connie Catalinotto,

We have evolved into a group of dedicated volunteers who truly enjoy each other's company and know that our Committee's service makes a real difference. Because we work under some sense of urgency, all of the team takes on different tasks, and as time has gone by, everyone has chosen one important segment and the work flows easily.

One of us (me) has to be at the WJC by 7:30 to open the doors and unload all the goodies of the day, and I'm quickly joined by Teri Reynolds who helps unload the shelves and begins to set up the coffee urns. Our urns take about an hour to make coffee, and we do our best to have hot coffee and hot water at the ready as our fellow team members arrive.

The following dedicated volunteers comprise our "kitchen" team:

- Teri Reynolds, a positive whirlwind of energy, who meets me early in the mornings to get things going.
- Connie Catalinotto, Colleen Greco, Juliette Eisenson, along with Teri Reynolds, work feverishly to wash the fruit, cut the cakes, and lay out those beautiful and appealing trays of goodies. Their coordination amazes me and shows how we function as a community.
- Annette Zwickler, who has stepped up to join us all throughout our day.
- Joyce Barnes is in charge of the final cleanup, sweeping the floors and collecting the many bags of trash that accumulate during a Lifespring day.

So much of our time in the kitchen is very busy but nonetheless we find ourselves chatting and laughing, oh yes, laughing. Many a belly laugh happens in that kitchen!

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SERVICES TEAM - continued

Working with these dedicated volunteers has so enriched my Lifespring experience. We come from different backgrounds and points of view and yet we share this important bond. Everything that makes the Services Committee as great as it is can be credited to this marvelous group.



Of course, over the years some of us have had to leave the committee because of one thing or another. Most of the present team has been working together for three plus years now, and I think I can speak for everyone involved when I say we gladly donate our time and energy so that our Lifespring members get to share a pleasant, welcoming environment.

Another testament to our committee's success can be seen when Arzi puts out a call for extra help. I simply mention that we need a couple of more hands, a general note goes out to our members, and I know that there will be an enthusiastic response to the call for help. As our needs change and evolve I realize that we can, indeed, count on so many Lifespring members who want to help "give back" to their organization. The Services Committee is always and continues to be appreciative of the very positive volunteer spirit shared by so many members.

Marjory Greenberg -Vaughn

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Leeanne Thornton



THE ADMINISTRATIVE TEAM

In *Volunteer Voices*, we offer an “up close and personal” look at some of our most active volunteers, and in this issue we feature the people who serve on the Administrative team (aka the Communications Support team). These volunteers monitor the Lifespring answering service and then return phone calls to respond to questions and provide information. They send out special mailings and take on other responsibilities that involve connecting with the membership. According to Arzi McKeown, “We rely heavily on the ability of these volunteers to communicate.”

We asked these dedicated Lifespringers to tell us a bit about their volunteer role and to share with us some of their personal interests and experiences.

LEE GABLE

I am often the first contact for people inquiring about Lifespring; I respond to all telephone calls that come in to Lifespring’s answering service, and I try to represent Lifespring’s culture of friendliness, courtesy, sense of community, and enthusiasm for the program.



I stopped working in 2007 due to health reasons, after working for years in a special needs school with autistic children. I was a single mom, balancing family and work, but once I stopped working, I started to randomly fill my days with activities. A friend asked me to join a gym where I discovered Pilates and yoga; every morning the gym became my anchor for the day.

When my grandson was born, I decided that I wanted to learn how to knit, and that led to joining a knitting group. I also had more time to focus on my spiritual journey, so I started to attend bible study classes. Then one day, I looked in the newspaper and noticed an advertisement about a new lifetime learning program called Lifespring and I lost no time in joining. I realized that I had joined communities that took care of my physical needs, my spiritual needs, and my intellectual needs.

I think we are so lucky to have reached this stage in our lives, when we can pick and choose what we do each day, and also lucky to live in the Hudson Valley, which offers us such a rich cultural experience. Recently, I started art lessons again, just to have fun.

I have friends who are so afraid of retiring; I say, this is the best time of my life!

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KAREN ABRAMSON

I was not able to join Lifespring in its first year due to a scheduling conflict but was so glad to sign up the following year, and I've been a member ever since. It is a great organization and such a rewarding experience. My job is to fill in for Lee Gable when she's unavailable, responding to calls on Lifespring answering service or forwarding information to the appropriate person. I am so happy to volunteer in this way, assisting Lifespring members and prospective new members. I feel that I get so much from the organization including wonderful presenters and classes and making new friends. In addition to being the stand by phone volunteer, I have often served as a class manager.

My husband Bill and I bought our home in Willow, a hamlet outside Woodstock, in 1985 as a weekend getaway from Manhattan. We love nature and the outdoors, and in the fall of 1993 my husband retired and we decided to move up full time to join the birds, deer, bears, etc.

I love kayaking and snowshoeing and everything outdoors. I am in a book club and love to read but, as with everything else, retirement does not give me anywhere as much time as I thought it would. In September, I became a part time resident of Long Beach, New York.

My sister and my husband's sister both live in Long Beach, which means that I've already spent lots of time there. The beach is beautiful and there is a wonderful boardwalk that has been entirely rebuilt after Hurricane Sandy. By the way, both of our sisters spent considerable time at our home here after the hurricane when Long Beach and so many communities were so badly hit by the storm.

MARY FELTON

When I joined Lifespring in its inaugural year, I was so impressed with all the hard work that Arzi did. I wanted to help out and offered to do clerical work and mailings. She gave me a title, Administrative Assistant. Like many in the work world, I have recently been "downsized" in this position due to technology, email being a far more efficient and less costly way to reach the membership. My current duties include special mailings, mostly to instructors and to the handful of people who still depend upon snail mail.



One of the secrets I have learned in the past seven years since I retired as a counselor at the NYS Commission for the Blind is that time in retirement is FINITE. Even though work no longer takes up so many hours, other daily activities, relationships, and life maintenance take time. I think it is so important to spend that time on things we truly love and enjoy, like Lifespring!

I found my work in the disabilities field to be both satisfying and challenging. In the 1970s, there were fewer opportunities than there are today for independence and employment for people with disabilities. Technology, in particular for the visually challenged, has made a world of difference with large print and talking programs for computers.

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Encouraging someone who is newly blind to embark upon a training program to gain independence and, hopefully, a job was not always successful. However, when I was instrumental in helping a person to overcome his/her fears and grow into a new way of living it was personally very rewarding.

In retirement, to remain youthful and current, I spend time with my adult children who have gotten me into Facebook, I phones, tablets, pop culture, and current music. Having two elementary school-aged local grandsons keeps me active, going to see them play soccer, hockey, and baseball. I also get invited to their science fairs and concerts. For "me time," I am enjoying practicing yoga again, which I first started in my 20s but gave up during the busy years of raising kids, attending grad school, and work. Again, yay retirement!

Finally, a nod of special recognition goes to **Peggy Ploss**, who stepped in to perform a particular task that grew out of an initiative to analyze the end-of-course evaluation forms. Peggy writes about her experience and how she came to volunteer for this task.

PEGGY PLOSS



When I was asked to compile the results of the class evaluation surveys, I was reluctant since I had never done anything like that before. However, I was assured that there would be ample support and that there was nothing to worry about. First the computer team duo of Bob Saturn and Fran Jacobson cheerfully volunteered to come to my home to download the necessary Excel program to my computer. Susan Greenstein graciously showed me how to set up the program and compile the results. So I stepped out of my comfort zone and with Susan's patience and guidance I was able to complete the task. I encourage others to participate in the ongoing process of the heart and soul of Lifespring. You will find that there are wonderful, caring people who will support you and guide you through any task that is presented to you.

At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.
~Albert Schweitzer

Why?

and What are Lifelong Learning Institutes and How are they Connected?

When you attend classes at Lifespring, you are participating in one of the more than four hundred Lifelong Learning Institutes (LLIs) around the country. So what is an LLI? Before I answer that question, I have a short quiz for you (the answers are at the end of this column).



1. What was the first LLI in the Mid-Hudson region?
2. How does Lifespring differ from the other mid-Hudson LLIs?
3. Name 3 other LLIs in the mid-Hudson region?

The genealogy of LLIs started in 1962 when a group of retired educators, seeking more challenge than was usually found in continuing education courses available at the time, developed a program run by and for adults under the auspices of the New School for Social Research. The Institute for Retired Professionals (IRP) is still going strong, recently celebrating its 50th anniversary.

From 1962 until the mid-1980s the “learn in retirement” initiative grew slowly throughout the United States, often helped by the early founders of the IRP. The breaking point came when some of those early mentors became overwhelmed with requests for start-up help — enter Elderhostel (now Road Scholar). Founded in 1975 as an educational travel provider, they seemed to be a natural ally in creating educational opportunities for adults. In 1988, as a result of discussions between representatives of the two organizations, Elderhostel Institute Network (EIN) started functioning. Their mission was “to strengthen and support the effectiveness of established programs, to encourage the development of new institutes, and to disseminate information about the specific institutes and the learning in retirement movement in general.”

The generic name of Institutes for Learning in Retirement (ILRs) was changed in 2000 to Lifelong Learning Institutes (LLIs). Then, in 2011, Elderhostel began offering educational travel programs under the name Road Scholar; in 2013, the Elderhostel Institute Network changed its name to the Road Scholar Institute Network (RSIN).

Although each LLI is unique and slightly different from each other, there are two points of commonality. The first is “ownership,” which happens when participants become members and pay dues to support its functioning. The second similarity is the encouragement of volunteer “participation” by members in their institute, which helps develop a real sense of community among older learners.

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This brings us to the answers from today's quiz:

1. What was the first LLI in the Mid-Hudson region?
Marist College's Center for Lifetime Study was formed in 1992 and currently has 500 plus members and an enormously long waiting list.
2. How does Lifespring differ from the other mid-Hudson LLIs?
Lifespring is the only LLI in New York State that is *not* affiliated with a college or university but rather is Town sponsored.
3. Name 3 other LLIs in the mid-Hudson region?
Bard, New Paltz, and Mount Saint Mary's. At least two of the three have waiting lists attesting to the popularity of the LLIs in the mid-Hudson valley.

Susan Puretz



POETRY PLACE – A REQUEST FOR SUBMISSIONS

Do you write poetry? Have you written a poem that you'd like to share with your fellow Lifespring members? Don't be shy! Here's your chance to see your poem "in print." For the next issue of *News & Views*, we'll be selecting one poem to feature in **Poetry Place**, a new column that will highlight the work of a Lifespring member. Any length poem in any format may be submitted for the next issue, and you may submit up to three poems. The deadline for poetry submissions is **December 1st** for the January edition of *News & Views*. We welcome submissions of poetry on any topic, as long as you believe it may be of interest to your fellow Lifespringers.



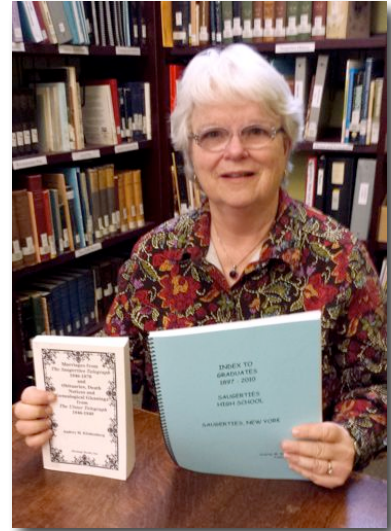
Send poetry submissions to the editor, Susan Greenstein – stgreenstein1@gmail.com



Presenter Profile: **AUDREY KLINKENBERG**

Is it possible that one person can wear so many hats, each of them a job in itself? If the person is Audrey Klinkenberg, the answer is a definite yes. Audrey serves as Town Historian for Saugerties; Deputy Ulster County Historian; President of the Ulster County Genealogical Society; Registrar for the Wiltwyck chapter of the Daughters of the American Revolution; and a lay leader at her church. In addition, she serves as Secretary for both the town's Historic Preservation Commission and the Village Historic Review Board. Wow! Soft spoken and very knowledgeable about local history, Audrey is an invaluable resource for anyone seeking help with information that is only to be found by scouring through thousands of pages of records from local newspapers, church and municipal records, and other even more obscure sources.

It's only recently that Audrey has come to wear all these different hats; she's been the Saugerties town historian for the past seven years, all the others for two years or less.



As volunteer town historian, Audrey tries to cover all the bases, "If things are going on, I try to get there – the dedication of a building, bringing displays for History Day, American Legion programs, working with Heritage Quest, a free web site available through the library, teaching a day on *How to find your house's history*, or just demonstrating how to find your way around the Local History room at the library."

Genealogy and History

It was in the 1970s that Audrey developed an interest in genealogy when she was trying to find out about her own family. "Like so many others, you get bitten with this interest," Audrey explained laughingly. She tells how in pre-internet days it was really difficult to gather genealogical information or any historical information. She wrote letters to the appropriate organizations, only to find that the information was not available or often she wouldn't get any response at all. Audrey describes how one day she had a brainstorm. "I said to myself, I bet there are people seeking these same kinds of answers here in Saugerties. I bet I can do something about it." Through Audrey's diligent pursuit of historical/genealogical challenges, there is now a large resource of local material available for others to use.

Of her deep engagement with the idea of history, Audrey says, "I'm still struggling with the history part. I continue to think about roads, fences, barns, how did the land change over time and what happened along the way. Genealogy is about the people, what people did, was a person in a war for example."

Transcription Projects

"I've found that my niche is in transcription, not the writing (although I do some writing) and not the analysis, but rather as a transcriber of records." This is how Audrey got started in the first place, transcribing and indexing old church records. Currently Audrey is working on transcribing the clippings and ephemera from an 1890s scrapbook kept by a Saugerties resident, Ernest Hassinger. Audrey describes how "The scrapbook had been in the local firehouse in the 1940s, there was a fire, and still three scrapbooks were saved."

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The family of Mr. Hassinger was interested in finding out more about it and they contacted Audrey, who says that she'll probably wind up with about 1,500 pages of transcription. Audrey has had many fascinating projects; she described one that had to do with transcribing the letters of a Mr. Edward Clark, the owner of a manufacturing company in Glenerie that produced lead for paint. The letters tell about "the sloops on the river, shipping to New York City, and how the business worked."

Centered on "adding to the history of the community," Audrey has completed numerous projects, many of which can be found in bound volumes in the Local History room of the Saugerties Library. For example, she transcribed the information from all the gravestones in most of the cemeteries in town, arranging the information by section, row, and direction (N/S/E/W). Not only does this preserve the information, but as Audrey says, "it helps people find the graves."

Audrey's projects provide a fascinating glimpse into a wide range of local history. The *Minutes* from meetings of the Saugerties board of directors, 1831-1841, document the laying out of streets, bathing in the river, and firehouse locations. Another example is a collection of the *Catskill Mountain Star* newspapers from 1915-1940, found in a home in Highwood. Audrey worked to convince the library to microfilm this collection, and she even helped to raise the money to make it possible, thus saving a research treasure trove of pictures and information spanning 25 years of local history.

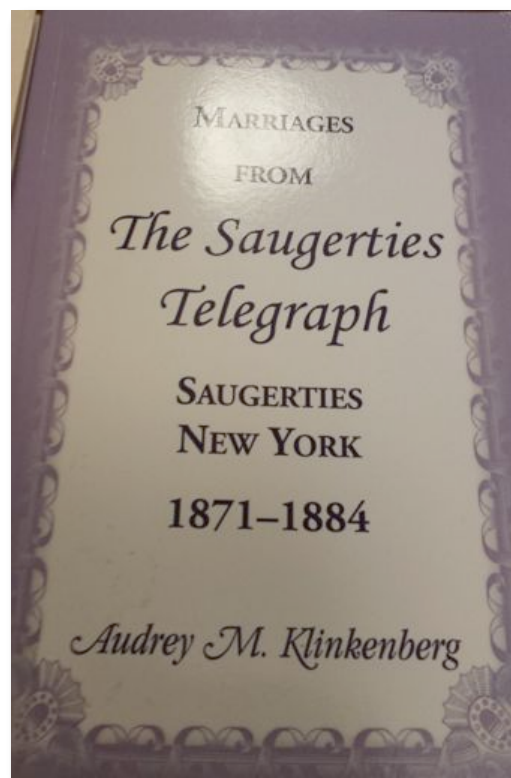
Local History Room

If you visit the Local History Room at the Saugerties library, you can explore, for research or for personal interest, many of the volumes of collected information that Audrey has published through Heritage Press. Audrey's books serve a universe of people interested in genealogy, but also those who need background to write either fiction or history, those needing to document other research, and some people who just want to learn more.

Personal Background

Audrey lived in Saugerties as a child and returned here in 1972, when her husband, Daniel, was transferred to Kingston for his job with IBM. Her daughter and one granddaughter still live in Saugerties, another granddaughter is in Kansas, and her son and grandson are in Columbia, Maryland. Before retirement or what passes for retirement in Audrey's very prolific life, she was a registered nurse and a teacher at Ulster County Community College. When not immersed in genealogical records, Audrey finds time to sing in her church choir. She also loves to read and is a fan of spy novels and historical novels. Most recently, she read *Wis for Wasted* by Sue Grafton.

We're fortunate at Lifespring that Audrey did return to Saugerties. She has twice taught a genealogy class for us, and this semester she again offers us the benefit of her exhaustive knowledge as presenter of the first two sessions of the course, *Preserving Local History*. She's also scheduled for the closing panel on November 12th. If you're taking that course or if you're interested in any aspect of local history, make sure to stop and chat with Audrey Klinkenberg, our own local history treasure.



Susan Greenstein

TRAVEL AND LIFELONG LEARNING

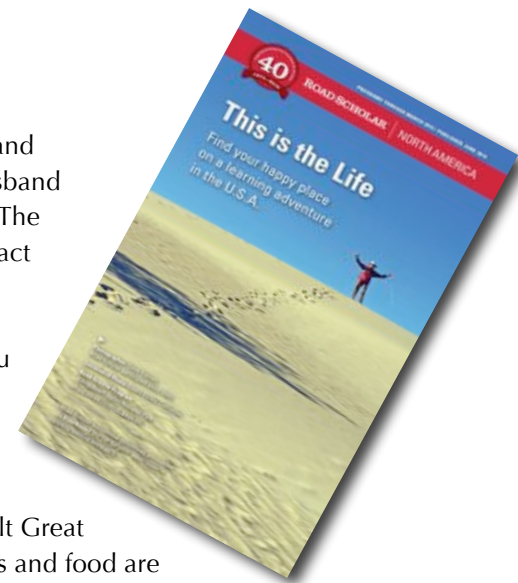
Many Lifespringers enjoy an active lifestyle and for some that means including travel in their retirement plans, but not just any kind of travel. Along with many other older adults, our members often enjoy a travel experience that offers more. Although quite a few organizations offer travel with learning, one of the oldest and most prominent is Road Scholar, formerly Elderhostel. In this feature, two of our members, **Laura Shulman** (a member of the Curriculum Committee and a Presenter) and **Barbara Kaisik** (Board of Directors Secretary) share some of their experiences traveling with Road Scholar. This article doesn't seek to "endorse" the Road Scholar travel program, simply to report on some recent experiences of two of our members. For those interested in learning more about this kind of travel, a quick internet search revealed many opportunities for travel with an education focus, including: EF Educational Tours, Semester at Sea, and National Geographic tours, as well as travel opportunities offered by numerous colleges and universities. --- The Editor

From Laura Shulman

I have been enjoying Road Scholar trips for many years, starting when I was 55 and excited to qualify for what was then called Elderhostel. I have gone with my husband Mark, with friends, and now with my grandchildren on inter-generational trips. The trips are always well-planned, relatively inexpensive, and well run, and they attract people like us: eager to learn, friendly, and open. They are intended as learning experiences, and many include instruction. All include the expectation that you will learn a lot by doing or seeing. Prices and activity levels vary greatly, but you can always find an affordable trip to a place or at a time you want to travel.

I have met interesting people with whom we remain friends. I have studied law enforcement in Florida, toured Prince Edward Island, and learned about Converso Jews in New Mexico. For the last few years I've camped in a Vanderbilt Great Camp in the Adirondacks with each of my grandkids where the accommodations and food are not fancy, but good enough and good value.

Road Scholar has an excellent website, and you can easily sign up to get free brochures in the mail or online. They have trips abroad and in every state, and the topics are enormously varied. Check it out if you want to experience new things and enjoy new people and places. <http://www.road scholar.org/>



(Continued on next page)

From Barbara Kaisik

Recently, my husband and I went to England on a walking tour with Road Scholar. Upon arrival at Heathrow, we were picked up by one of their coaches (we were so glad as we were too tired to learn to drive on the left side of the road). At Mickleton, a small village In the Cotswolds, we learned that Britain's greenway is made up of more than 500 miles of walking trails. In the following days, we trekked about 5 miles per day, eating lunch in quaint village tearooms and seeing some sights including houses with thatched roofs, the country home of William Morris, and Oxford. The walks were not too challenging, and we loved the trails all through the fields, most of the time on sheep paths! In the evening after dinner there were lectures and plenty of socializing.

On the fifth day we traveled to Cornwall along the coast, which was quite a contrast. The walks here were more strenuous, up and down hills, along cliffs with breathtaking views of the sea and beaches below, hiking about seven miles a day with sightseeing in the afternoon. As you can imagine, we were very tired at the end of the day and slept well!



All through the trip, the food was great with some English specialties such as steak and kidney pie and lots of hasty puddings in many flavors including treacle. I developed an affinity for clotted cream and hope that maybe Adams has it.

We have been on seven trips with Road Scholar; they are so educational and we have met some fascinating people. I would highly recommend these trips to all Lifespring members. And remember, as the Brits say, "Don't tarry - you can still marry Harry!"

Did you know that the oldest grave in the Mt. View Cemetery belongs to Christian Myer? He lived from 1688-1781. He came to the West Camp area as part of the group of Palatines. He was saying goodbye to his "fraulein" and the ship sailed with him aboard!



Fact and Photo: Audrey Klinkenberg



ANTICIPATING THE WINTER LIFESPRIING CONTINUES!

Wondering what you can look forward to at Lifespring this winter?

CATALOG

First and foremost you can expect the Lifespring Spring 2015 catalog in your inboxes the first week of January 2015. You can look forward to music, magic, and musing, among other courses that evoke, provoke, and invoke.

WINTER PRESENTATIONS

Mark your calendars for *Winter Presentations* on Dec. 5, Jan. 7, Feb. 4, and Mar. 4. The Dec. 5th presentation will offer the enthusiasm of local art collector, appraiser, restorer, and gallery owner James Cox as he shares the body of work of artist Joseph Garlock who was recently featured on the gallery walls at the WJC.

SPECIAL EVENT

Upcoming on Oct. 28th is a *Special Event* featuring Professor Lew Brownstein who will help us make sense of the complexities of the Middle East.

INTERESTED IN VOLUNTEERING? VOLUNTEERS ALWAYS NEEDED

As an all-volunteer organization, we are always in need of member participation! If you are thinking about becoming more involved, please check out our various committees: Audio-Visual, Services (aka Hospitality), Curriculum, Membership, and Registration, as well as the Class Manager, Catalog, and Newsletter teams.

Each semester before classes begin, we put out a “**Call for Class Managers.**” If you are interested, email us at that time at: lifespring.saug@gmail.com

If you are interested in learning and working the latest technology and being a part of the **Audio-Visual Team**, email Fran Jacobson at: fjacobson529@gmail.com

The **Services Team** (hospitality) may be at its maximum at the moment, but if you’d like to be on the team in case someone drops out or if you’d like to be a stand by in case someone is absent, email Marjory Greenberg-Vaughn at: birdgirl@hvc.rr.com

If you are interested in being a part of the committee that finds presenters, arranges, coordinates, and produces courses, you might like working with the **Curriculum Committee**. Contact us at lifespring.saug@gmail.com

If you have a skill that you think might be of use or if you are interested in doing “something,” just contact us: lifespring.saug@gmail.com

THANK YOU, LEEANNE THORNTON

On September 27th, several Lifespring Board members met with Leeanne Thornton and presented her with some mementos of appreciation while thanking her for being the helpful, considerate, enthusiastic Saugerties Town Board liaison. Leeanne has served as our liaison since the creation of Lifespring by the Town Board in late 2008.



Matt Ostoyich, Barbara Kaisik, Roberta Gavner, Leeanne Thornton, Susan Puretz, Marjory Greenberg - Vaughn

SPECIAL NOTE ABOUT

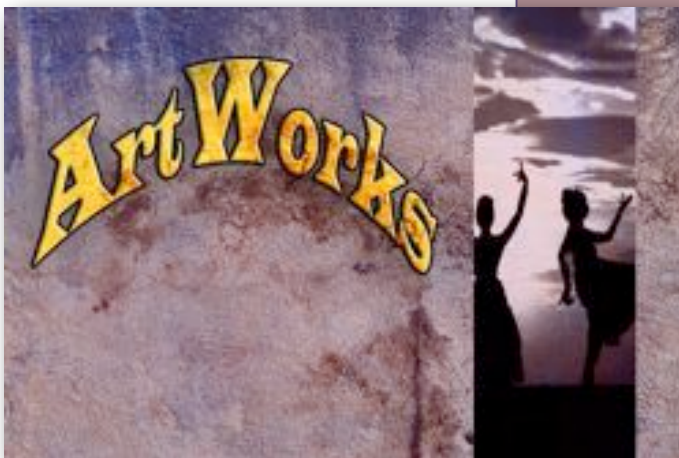
ArtWorks

We know many of you missed the opportunity to participate in art workshops last summer, so we'd like you to know that ArtWorks will be back next summer!

Save the date and look for more info in the spring:

ArtWorks 2015

will be held on
July 22, 2015



Lifespringers **IN ACTION**



**TAI CHI CLASS,
LED BY BOB FOX**

**LUNCH TIME WALKING GROUP
LED BY BARBARA KAISIK AND LINDA HACKETT**



**DRUMMING CLASS
LED BY NATHAN BRENOWITZ**



**LISTENING TO YOUR BODY CLASS
LED BY JUDY SWALLOW**

**PIT FIRED CLAY EVENT
LED BY ANN MORRIS
ARZI MCKEOWN, KARREN TRENT, ROSE BEREK, KAREN
ABRAMSON, ANN MORRIS, NESHAMA LIPARI,
NOT SHOWN: NORA ADELMAN (TAKING THE PHOTO)**





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"What day is it?"
It's today," squeaked Piglet.
My favorite day," said Pooh."
~ A.A. Milne