

LIFESPRING

Saugerties Adult Learning Community
Fall 2023

COURSES, PERFORMANCES,
and PRESENTATIONS



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WELCOME

Lifespring Fall 2023

We are pleased to offer the Lifespring community a lively mix of courses and programs that includes a September course of four weekly walking rambles; a semester of sixteen four-to-six-week-long courses, both online (Mondays, beginning October 2) and in-person (Wednesdays, beginning October 4 at the Woodstock Jewish Congregation); and five special in-person Performances and Presentations. Something for everyone and everything for all Members! These different learning opportunities are offered so as many members as possible can come together, virtually or in person, to learn, share knowledge and interests, be active, and engage in creative experiences.

Each semester our curriculum committee makes every effort to schedule presenters who are experienced professionals or enthusiasts in their field so that Lifespring can offer a variety of engaging courses for your consideration. Lifespring, however, neither recommends nor endorses the services or products of any presenter or guest speaker. (Please also note that our classes are not recorded either online or in person.)

Please see [Course Overview](#) on page 5 for more information.

New Special Event!

This semester we are very pleased to invite our Members to a "Welcome to Fall 2023" Concert at the Woodstock Jewish Congregation on FRIDAY, SEPTEMBER 22 at 1 PM, where you will enjoy the music of Storm King Skyline.

After the concert, please plan to stay for a while to mingle with old friends, meet new ones, and enjoy some light refreshments. You can reserve a seat for the concert after you become a Member and when you register for your courses.



MEMBERSHIP & FEES

All Seasonal Rambles, Semester courses and Presentation Series are open to Lifespring Members only.

- Membership in Lifespring runs from **August 1, 2023** through to **July 31, 2024**.
- The Membership Enrollment Period begins **AUGUST 1** and ends **AUGUST 18 at 5 PM**.
- Membership enrollment **precedes** course registration and is a requirement for all Fall and Spring 2023-2024 courses and related events.
- The membership fee for 2023-2024 is **\$80**, paid by credit card.
- Once your Membership payment has been processed, you will receive an email acknowledging your Membership for 2023-2024.
- **All Current, Former, and New Members** must enroll during the enrollment period.



**CLICK HERE TO JOIN OR
RENEW YOUR MEMBERSHIP**

New Members are welcome! New Members play a key role in keeping our learning community refreshed and vital. We recognize the importance of accepting new Members each year, and we make every effort to take in as many new Members as space and resources will permit. We look forward to welcoming you and encourage all Members to become active participants in the Lifespring all-volunteer community.

Interested, But Not Ready to Become a Member?

If you do not want to enroll at this time, but want to be notified when Member Enrollment is available online for 2024-2025, please email lifespring.saug@gmail.com and ask to be placed on the Interest List.

Once on the Interest List, you will receive notices for Lifespring's online Winter Presentations (December, 2023 and January, March 2024) and our online Mini-Courses (February 2024). These events are open to both Members and non-Members, to give people who are considering joining an opportunity to experience Lifespring. If you have any questions, please contact lifespring.saug@gmail.com. We welcome your inquiries.

REGISTRATION PROCESS

Fall 2023 registration for classes opens on **AUGUST 22** and ends on **SEPTEMBER 8 at 5 PM**. Only those who have become official Members by August 18 are eligible to register for courses.

- **There is no registration form included in this course catalog.** On August 22, all Members will receive an email with registration information and links to the Registration Forms.
- **Limited enrollment courses are first-come, first-served.** If a course is marked "Closed," you will have an option to join a wait list or select a different course. There will be an option early in the semester to add or drop a course. No changes can be made after October 7.
- **Following Registration,** you will receive additional information about procedures for Zoom and in-person courses plus other helpful highlights.

COVID POLICY

Proof of COVID vaccination is no longer required.

- **Social distancing** is at the discretion of each individual and as space allows.
- Anyone who wishes to wear a **mask** is welcome to do so, but masking is not required, unless requested by a Class Presenter.
- Please remember that when Members decide to attend in-person programming, they are taking responsibility for their own safety and well-being and any associated risk. **We ask that no one attend any Lifespring event or class if they feel unwell for any reason.**
- **Food and drink** may be consumed inside, according to the rules established by the Woodstock Jewish Center.

Lifespring reserves the right to amend this information as needed to meet changing COVID conditions or react to any requirements adopted by our hosting venues. All members will be notified accordingly of any policy changes.

FEEDBACK

We welcome your thoughts, suggestions, opinions, and ideas about ways we can keep our learning community vibrant, strong, and safe.

Please send any comments or questions to lifespring.saug@gmail.com



COURSE OVERVIEW

THURSDAYS OUTDOORS: Sep. 14, 21, 28, Oct. 5, 9:30 am – 11:30 am

COURSE TITLE	DURATION	PAGE
Fall Nature Rambles	4 weeks	7

MONDAYS ONLINE: Oct. 2, 9, 16, 23, 30, Nov. 6, 9:30 am – 10:45 am

#	COURSE TITLE	DURATION	PAGE
A1	Between the Wars: The Arts and Culture of the 1930s	6 weeks	9
A2	The Rise of Right-Wing Terrorism	4 weeks	9
A3	Huguenot Street: The History of a 17 th Century Settlement in New Paltz	6 weeks	10

MONDAYS ONLINE: Oct. 2, 9, 16, 23, 30, Nov. 6, 11:30 am – 12:45 pm

#	COURSE TITLE	DURATION	PAGE
B1	Artists in the Hudson Valley— Then and Now	6 weeks	11
B2	All Charged Up— A History of Electronics	6 weeks	13
B3	Zentangle Basics	6 weeks	14
B4	Successful Aging: Technology for Aging in Place	4 weeks	14

WEDNESDAYS AT WJC: Oct. 4, 11, 18, 25, Nov. 1, 8, 9:30 am – 10:45 am

#	COURSE TITLE	DURATION	PAGE
C1	Better Than Therapy (<i>this course begins at 9:15 am</i>)	4 weeks	16
C2	Eclectic Outdoors: Glaciers, Stars and Eco-Adventure	5 weeks	16
C3	The Write Stuff: Revisioning Our Lives in Poetry and Prose	6 weeks	17
C4	Best American Short Stories 2022	6 weeks	18
C5	Mah Jongg for Beginners	6 weeks	18

WEDNESDAYS AT WJC: Oct. 4, 11, 18, 25, Nov. 1, 8, 11:15 am – 12:30 pm

#	COURSE TITLE	DURATION	PAGE
D1	Arthur Miller's Men	6 weeks	19
D2	The Supreme Court: Our Least Understood Branch of Government	6 weeks	19
D3	The Fairy Tale Experience	6 weeks	20
D4	This is Our Life	6 weeks	20

FALL 2023 PRESENTATION SERIES

DATE	PRESENTATION TITLE	LOCATION	PAGE
Fri., Sept. 22	Welcome to Fall 2023 Concert Songs of the Hudson Valley	WJC	22
Thu., Oct. 12	Poetry and Music	Saugerties Library Community Room	23
Fri., Oct. 20	An Afternoon with FDR	Saugerties Library Community Room	23
Fri., Oct. 27	Laugh & Learn: Why Can't You Be More Like Me?	Saugerties Library Community Room	24
Thu., Nov. 9	The Write Stuff: A Reading by Members of the Lifespring Creative Writing Workshop from Fall 2022 to Fall 2023	Saugerties Library Community Room	24

Members will receive an email with a link to the registration form for the Performance Series on August 22.



FALL NATURE RAMBLES

Thursdays, Sept. 14, 21, 28, Oct. 5

9:30 am – 11:30 am

OUTDOORS (VARIOUS LOCATIONS)

Betty and Leslie are looking forward to continuing their popular nature rambles with you! Participants will meet at a different site each Thursday to observe Fall's progression in different habitats and locations. We will feature four different and relatively easy places to walk where the pace will be moderate, and walks will be 3 miles or less. Our purpose is to walk for our health and well-being and enjoy being together outdoors. Participants will be notified of the choice of site several days in advance, and if bad weather forces us to cancel, they will be sent an email by 8:00 a.m. that Thursday morning. Every effort is made to select walks that are suitable for all levels of fitness and experience. Please note that Town-Lifespring insurance requires that class participants sign a liability waiver and be responsible for their own transportation to the locations. The maximum number of participants for this course is 20; the group may be split between the leaders.

Presenters

Betty Schoen-René grew up in western Massachusetts and spent as much time in the woods as she could and so learned a lot about plants and birds. She also studied botany in college. Both she and her husband were teachers and were able to spend their summers in the Adirondacks. She still feels every walk is like a treasure hunt; you never know what you will find.

Leslie Surprenant grew up in the Adirondacks. She has a degree in environmental science and enjoyed a 35-year career as a biologist with the New York State Department of Environmental Conservation. She teaches skiing at Hunter Mountain, outdoor skills for NY's Becoming and Outdoors Woman program, and guides trips as a NYS licensed guide. She loves outdoor discovery, hiking, canoeing, camping, and bird watching—at which, it seems, she will always be a motivated novice.



MONDAY COURSES

Oct. 2, 9, 16, 23, 30, Nov. 6

ONLINE (ZOOM)

These courses take place on Mondays only, and last for six weeks unless otherwise noted.

MORNING (SESSION 1)

9:30 am – 10:45 am

- A1** Between the Wars: The Arts and Culture of the 1930s
- A2** The Rise of Right-Wing Terrorism
(4 weeks only: Oct. 2, 9, 16, 23)
- A3** Huguenot Street: The History of a 17th Century Settlement in New Paltz, NY

MORNING (SESSION 2)

11:30 am – 12:45 pm

- B1** Artists in the Hudson Valley – Then and Now
- B2** All Charged Up – A History of Electronics
- B3** Zentangle Basics **LIMITED**
- B4** Successful Aging: Technology for Aging in Place
(4 weeks only: Oct. 2, 9, 16, 23)



MONDAY SESSION 1

Oct. 2, 9, 16, 23, 30, Nov. 6

ONLINE (ZOOM)

MORNINGS 9:30 am – 10:45 am

A1 *Between the Wars: The Arts and Culture of the 1930s*

The Roaring 20s ended with the Black Friday stock market crash. The 1930s began with the Great Depression, the rise of authoritarianism, and other threats to the fragile new world order that had grown out of the ashes of World War I. How did the literary and visual arts reflect and react to the turmoil and challenge of the catastrophe of this “brave new world”? What defined the culture of this decade? This course will take a closer look at the arts and culture of the 1930s.

Presenter

Chuck Mishaan has taught his popular series on Opera as Politics and his study of the Roaring `20s at Lifespring and many other area LLIs. He was an Adjunct Professor at NYU and has been a lecturer at the Bardavon Opera House and at the Rhinebeck Chamber Music Society. This fall marks the ninth consecutive year of his talks on the intersection of politics and the arts.

Coordinator

Connie Cuttle

A2 *The Rise of Right-Wing Terrorism*

(4 weeks only: Oct. 2, 9, 16, 23)

In the past 20 years or so, the United States has witnessed the emergence of armed militia groups growing out of the radical Christian Identity movement, moving from the fringe to the mainstream. The causes of this development are many and complex. The course will examine the roots of this phenomenon and compare it with the experience we have had with international terrorism since the 1990s.

Presenter

Professor Lewis Brownstein taught international relations at SUNY New Paltz for fifty years before his retirement in 2015. He has taught several courses for Lifespring over the years. His main areas of interest include the international relations of the Middle East, American foreign policy, terrorism, and defense issues.

Coordinator

Susan Puretz





A3 *Huguenot Street: The History of a 17th Century Settlement in New Paltz, NY*

Historic Huguenot Street (HHS) is a non-profit and National Historic Landmark District dedicated to preserving a pre-Revolutionary Hudson Valley settlement and engaging diverse audiences in the exploration of America's multicultural past. As an educational institution founded by the town's Huguenot descendants and chartered by the University of the State of New York Department of Education, HHS explores the lives of the early European colonists, honors the region's Indigenous people, and acknowledges the enslaved and disenfranchised peoples who built this place. This course will examine these areas of New Paltz's history in-depth, as well as the evolution of memorialization, preservation, and historical education at our 130-year-old Museum

Presenter

Eddie Moran is the Tours and Interpretation Manager at Historic Huguenot Street (HHS) in New Paltz, NY. He is a lifelong resident of the New Paltz area, having grown up on his family's ancestral farm in Walkkill, and is a descendant of the New Paltz Patentees. Eddie graduated with a B.A. in History from SUNY New Paltz in the Spring of 2020. He worked as a tour guide at HHS for four years while in college and stepped into his current role in 2021.

Coordinator

Connie Cuttle

MONDAY SESSION 2

Oct. 2, 9, 16, 23, 30, Nov. 6

ONLINE (ZOOM)

MORNINGS 11:30 am – 12:45 pm

B1 *Artists in the Hudson Valley — Then and Now*

NOTE: This six-week course reflects on a different topic with a different presenter each week.

October 2

With An Artists' Eye: The Lure of the Hudson Valley for Generations of Creatives

Valerie Balint will introduce a variety of artists who lived and created in New York's Hudson River Valley, and whose homes and studios are now preserved for public visitation. Highlighting artists as diverse as 19th-century Hudson River School painters Frederic Church and Thomas Cole to modernist icon Edward Hopper, and furniture and tableware designer Russel Wright, Balint will also discuss some of the myriad women artists who created artworks depicting the Hudson Valley. Finally, she will touch upon how preserved artist sites in our region are actively engaged with contemporary artists who continue the traditions of living and working in, and being inspired by, a place which has drawn artists for hundreds of years.

Valerie Balint is the Director of Historic Artist's Homes and Studios (HAHS), a program of the National Trust for Historic Preservation, and author of *Guide to Historic Artists' Homes and Studios* (Princeton Architectural Press, 2020). HAHS is a nation-wide consortium of 51-member sites, that were the homes and working studios of American artists. Ms. Balint also served for seventeen years on the curatorial staff at Frederic Church's Olana, most recently as Interim Director of Collections and Research. She served as the New York State Coordinator of "Save Outdoor Sculpture," a program of the Smithsonian American Art Museum to document all public sculpture in the United States.

October 9

Cover Treasure — The Adventures of a Margaret Armstrong Collector

During the "Golden Age" of decorated cloth book covers (1885–1915), America's major book publishers hired artists to create designs that were stamped into the book cover cloth to attract buyers, a practice that ended when publishers discovered it was cheaper to provide a color-illustrated dust jacket. For over 40 years, Lowell Thing collected the art of Margaret Armstrong, the most famous of these cover designers. The presentation will describe these years of collecting and display beautiful examples of Armstrong's work. It will also include information about her family (Armstrong's early years were spent on a fruit farm near Marlboro, New York).

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

October 16

Short Films about Photographers

Filmmaker Stephen Blauweiss will present an eclectic selection of his short films about contemporary photographers from the Hudson Valley region. He has made about 100 of these artist profile films where the artists, in this case photographers, share their philosophy, background, and stunning work. Eight short films will be screened, plus Blauweiss will share his 50-year relationship with photography from his early days using collage through to his latest books and film work.

Stephen Blauweiss is a native of Manhattan and a Kingston resident since 1999. A graphic designer and independent filmmaker, he co-produced and co-directed the documentary *Lost Rondout: A Story of Urban Removal*. More than 20 of his short films on artists have aired on PBS and have been screened in museums as part of exhibitions and festivals across the U.S., Europe, and Canada. Blauweiss also produces museum-quality exhibitions on local history and architecture, such as the one currently on display at the Fuller building. He has co-authored two books on Kingston and local history with his partner Karen Berelowitz.

October 23

Icons of the Harlem Renaissance: Augusta Savage's *Gamin* (1929) and *Lift Every Voice and Sing* (1939)

Dr. Theresa Leininger-Miller will analyze the two best known works by Augusta Savage (1892–1962), *Gamin* (the bronze bust of a streetwise boy) and *Lift Every Voice and Sing* in terms of their titles and iconography, along with a brief history of the subjects in art and culture, Savage's training, and the long-lived popularity of the sculptures. The 16-foot-tall plaster *Lift Every Voice and Sing* was one of the most popular pieces at the 1939 World's Fair, a conservative, representational sculpture designed both to placate white jurors/viewers with its humble choir singers and to inspire African Americans with its message about musical talent, reverence, and racial uplift. These two pieces overshadowed the breadth and depth of Savage's oeuvre, whose works number over 130.

Theresa Leininger-Miller is a Professor of Art History at the University of Cincinnati. Selected publications include her book, *New Negro Artists in Paris: African American Painters and Sculptors in the City of Light, 1922–1934*; chapters in *The Routledge Companion to African American History*; *Women Artists of the Harlem Renaissance*; *Out of Context*; and *The Modern Woman Revisited*. Her awards include those from the National Endowment for the Humanities; the Georgia O'Keeffe Museum Research Center; the Kress Foundation, and the Smithsonian Institution.

October 30

A Call To Art: Painting As A Spiritual Pursuit

Regional artist Kevin Cook will speak of his life as a working artist. He will explore what motivates him to create, the forces that drew him to painting, and the ongoing journey of creative growth and expression that has evolved throughout his career. He will speak of his creative process as well, and the ways in which half-formed ideas become finished works of art. Finally, he will discuss some of the pitfalls that occur along the way to becoming an artist, and the spiritual courage involved to continue on the path of his forty-year career.

Kevin Cook is an accomplished landscape painter influenced by 19th century romanticism. He has received a Painting Fellowship from the New York Foundation of the Arts, exhibited at the American Consulate in Hong Kong as part of the Artists in Embassies Program, and has been an educator at the Samuel Dorsky Museum at SUNY New Paltz. Kevin's work can be seen on the sets of TV's *Billions*, as well as on a CD cover by The New York Pops. He is represented in several galleries and has a strong regional following. *The Hudson Valley Almanac* has written that "The Hudson River School of painters would easily recognize Cook as one of their own."

November 6

O+ Murals — “Pronkstilleven” and “Vignettes of Home”

Since 2010, O+ (pronounced “O Positive”) has enabled artists to create over 50 large-scale public works in exchange for healthcare through its mural program, which reflects both the history, culture, and diversity of Kingston as well as universal themes and stories. Please join us on a virtual tour and in-depth discussion of two murals on the theme of “Arts in the Hudson Valley, Then and Now.” The first is “Pronkstilleven” by Gaia which is a still life serving as a foreground for portraits of two figures: American neoclassicist painter John Vanderlyn and abolitionist and women’s rights activist Sojourner Truth. The second is “Vignettes of Home” by Jane Blood-Abrams, inspired by the iconic landscape of the Hudson Valley and the artistic heritage of the Hudson River School.

Presenter

Aimee Gardner, educator, and arts administrator, serves as the Operations Director for O+. Her background includes working as Curriculum Director for the Technovation program, Education Manager at the Computer History Museum, and as an Instructional Designer for CUNY to design seminars around New York City and the arts, technology, science, and the future of NY.

Coordinator

Hildegard Pleva

B2 *All Charged Up — A History of Electronics*

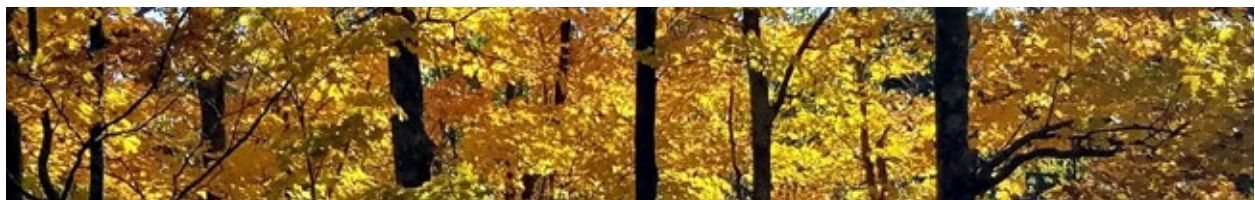
Join us as we explore and understand the development of the electronics that we use and depend on every day. We begin with static electricity and how it relates to electric power. We will review the development of the light bulb and the subsequent clash between Thomas Edison and Nikola Tesla about two very different methods of generating and distributing electricity. In subsequent weeks we will talk about power generation, telephone history, audio and sound systems, radio, and television, and in the last week, computers. Within these topics we will give a brief overview of the important concepts and the components used. There will be very little math and no homework.

Presenter

Gary Bischoff spent his entire career in electronics. With a BS in Electronic Engineering from Fairleigh Dickinson University and a MS in Electronics and Computer Science from Columbia University. Gary worked for several companies including Columbia University Astrophysics Department, Datascope, FX Systems and IBM. As the owner/operator of Electronic Control Concepts (ECC) for 22 years, ECC designed, manufactured, and marketed instruments used to measure medical x-rays. Gary also taught at SUNY New Paltz in the Engineering Department.

Coordinator

Susan Puretz



B3 *Zentangle Basics* **LIMITED ENROLLMENT**

Zentangle is a meditative drawing method that teaches one how to use repetitive lines, shapes, and patterns to make art. No art experience is necessary. We will explore the basics of the Zentangle, using an 8-step process. Each week we will build on the skills learned in previous weeks' lessons. Fun, engaging, relaxing. In Zentangle there are no mistakes!

Presenter

Priscilla DeConti is a Certified Zentangle Teacher who began her tangling journey in 2016 while involved in an *The Artist Way* group. She became certified in 2017 and has taught Zentangle many times since then. She loves her Zentangle practice which has led her to explore other art forms such as digital collage, watercolor, and mixed media.

NOTE: Participants must purchase materials for the course by the second session on October 9. Class members may purchase a kit containing the necessary items directly from the presenter for \$15. She can deliver kits to class members in the Saugerties/Kingston area and will ship them (shipping cost extra) as needed. Class members also have the option of purchasing materials on Amazon or at Michaels Arts and Crafts. Materials should include a 01-micron pen, paper tiles, a pencil, and a tortillon (a blending stump.) If you want to order a kit from Ms. DeConti, please email her at micropris613@gmail.com. Please wait to have your registration confirmed before purchasing these materials; additional details will be sent to you after registration.

Coordinator

Lydia Edelhaus

B4 *Successful Aging: Technology for Aging in Place*

(4 weeks only: Oct. 2, 9, 16, 23)

While 90% of us want to age in our own homes, only 1% of our homes are conducive to aging in place. Universal design, innovations in technology, and smart home technology such as internet-connected appliances, voice assistants, and wearables have made it the best time in history for us to age in place as our homes become more efficient and ultimately safer. Benefits of smart home tech for seniors extend beyond the individuals themselves. By combining readily available technology and universal design, we can create safety in our homes that makes family, friends, and others feel much more at ease while loved ones stay in their own homes. This class will look at the wide variety of technology and universal design options available.

Presenter

Carolyn Siewers is retired from a career in occupational therapy and is a certified End of Life Doula. She has worked in the medical field for more than 30 years in acute care mental health, physical rehabilitation, brain injury, neurobehavioral disorders, spinal cord injury, and complex medical recovery. She has significant experience presenting medical information in plain language to help individuals and families make informed choices in healthcare. She also has extensive knowledge and familiarity with navigating healthcare systems and services, medical terminology and jargon, medical procedures, and reviews of medical research.

Coordinator

Carolyn Siewers

WEDNESDAY COURSES

Oct. 4, 11, 18, 25, Nov. 1, 8

IN-PERSON (WJC)

These courses take place on Wednesdays only, and last for six weeks unless otherwise noted.

MORNING (SESSION 1)

9:30 am – 10:45 am

- C1** Better Than Therapy
(4 weeks only: Oct. 4, 11, 18, 25; this course begins at 9:15 am)
- C2** Eclectic Outdoors: Glaciers, Stars, and Eco-Adventure
(5 weeks only: Oct. 4, 11, 18, 25, Nov. 1)
- C3** The Write Stuff: Revisioning Our Lives in Poetry and Prose **LIMITED**
- C4** Best American Short Stories 2022 **LIMITED**
- C5** Mah Jongg for Beginners **LIMITED**

MORNING (SESSION 2)

11:15 am – 12:30 pm

- D1** Arthur Miller's Men
- D2** The Supreme Court: Our Least Understood Branch of Government **LIMITED**
- D3** The Fairy Tale Experience
- D4** This is Our Life



WEDNESDAY SESSION 1

Oct. 4, 11, 18, 25, Nov. 1, 8

IN-PERSON (WJC)

MORNINGS 9:30 am – 10:45 am

C1 *Better Than Therapy*

(4 weeks only: Oct. 4, 11, 18, 25; this course begins at 9:15 am)

At every new phase of life, there are unforeseen challenges and decisions to be made. Oftentimes these changes are stressors on the body, mind, and spirit. Feelings of loneliness and nights of sleeplessness are sometimes coped with by using medication or other substances. Eating habits, exercise, or lack thereof, social changes, and/or alterations in family and friend relationships can lead to poor choices in one's daily routines and habits. This course will focus on identifying the changes that may occur as life progresses. We will develop awareness of healthy versus unhealthy lifestyle changes and create a plethora of positive and energizing choices to incorporate into our daily lives.

Presenter

Heather Robinson is a speech and language pathologist as well as a substance abuse counselor who has been working with children and adults for the past 35 years. She has incorporated the stress-reducing life skills of meditation, exercise, nutrition, and positive thinking in all aspects of her work.

Coordinator

Lydia Edelhaus

C2 *Eclectic Outdoors: Glaciers, Stars and Eco-Adventure*

(5 weeks only: Oct. 4, 11, 18, 25, Nov. 1)

Explore a spectrum of outdoor and natural world topics from our Earth to the Universe. Lifespring member and NYS licensed guide Leslie Surprenant will share her experiences as a NYS wilderness ranger and her adventures backpacking in the Adirondacks. Chill out and learn about the ice age in the Catskills with geologists and authors Bob and Johanna Titus. Then look up to explore our universe with astronomer Jack Chastain. Wrap up with responsible travel and eco-tourism with sustainable travel and eco-tourism expert Martha Honey. This will be a 5-session course.

Presenter

Leslie Surprenant began her environmental career as a New York State seasonal wilderness ranger and retired after a 35-year career as a biologist for the New York State Department of Environmental Conservation. Guest presenters for the course are **Robert and Johanna Titus**, retired college professors, geologists, journalists, and authors of several books on regional geology including *The Hudson Valley of the Ice Age*; **Jack Chastain**, engineer, photographer, amateur astronomer, and President of the Mid-Hudson Astronomical Association; and **Martha Honey**, Co-Founder and Director Emeritus of the Center for Responsible Travel and author of *Ecotourism and Sustainable Development: Who Owns Paradise?*

Coordinator

Leslie Surprenant

C3 *The Write Stuff: Revisioning Our Lives in Poetry and Prose*

LIMITED ENROLLMENT

In this creative writing workshop, we will focus on writing about our lives and working in various genres of poetry and prose to develop techniques of creative writing. In these weekly workshops, participants will read selected works from the Hudson Valley Women's Writing Group's anthology, *Rethinking the Ground Rules: Works by the Hudson Valley Women's Writing Group* (chapters and readings not assigned in last year's session); engage in in-class writing based on prompts from selected works from the anthology; and develop longer works written outside of class. Generative topics include writing about memories and relationships, Covid and the pandemic, reflections on aging, and witnessing injustice. There also will be opportunities to share work in class and gain feedback on your writing from class members as well as the instructors. The course will emphasize the process of discovery, writing, and revision and continue with work on techniques of memoir writing and poetic forms. On November 9th, Lifespring will host a performance of readings of poetry, prose, and non-fiction written by Lifespring members who have taken this course as well as past creative writing and memoir classes.

(Please see the Presentation Series section on page 21 for more details.)

NOTE: Once you register for this course, please purchase the required anthology, *Rethinking the Ground Rules: Works by the Hudson Valley Women's Writing Group*, available at Amazon, Barnes and Noble, and on Kindle as an eBook. Additional information about the Hudson Valley Women's Writing Group is available at www.hudsonvalleywomenswritinggroup.com

Presenters

Jan Zlotnik Schmidt, SUNY Distinguished Teaching Professor Emerita was Creative Writing Director in the English Department at SUNY New Paltz, has published three chapbooks, and three volumes of poetry, as well as several anthologies of memoir and women's writing.

Mary K O'Melveny, a retired labor rights lawyer, has been published in many journals including *Into the Void*, *Split Rock Review*, and *West Texas Review* and was a finalist in several national and international poetry competitions. She has published a chapbook and two volumes of poetry.

Tana Miller, a retired elementary school teacher with extensive experience conducting Whole Language and reading workshops during her thirty-year career as a teacher, has been published in several feminist and literary journals.

Kappa Waugh, a retired reference librarian, has been writing since she was a child, and she has had her work published in several literature anthologies as well as journals, blogs, and other magazines.

Coordinator

Susan Puretz





C4 *Best American Short Stories 2022*

LIMITED ENROLLMENT

Continuing once again in the shared inquiry tradition of Lifespring short story courses, we will read and discuss a different story each week from the anthology, *The Best American Short Stories of 2022*, edited by Andrew Sean Greer. Class participation is a hallmark of the shared inquiry method, in which lively, text-based conversation leads to new ideas, feelings, and insights about the stories we're reading. Each week, participants will be emailed several open-ended, thought-provoking questions about the following week's story.

NOTE: Please purchase the book, *The Best American Short Stories 2022*. Prior to the first class, participants will receive an email with the first story assignment and additional details.

Presenters

Susan Greenstein was a director at Historic Hudson Valley for Kykuit, the Rockefeller Estate; the manager of programs at the New York Botanical Garden; and Head of Education at Rancho Santa Ana Botanic Garden in Claremont, CA. She has facilitated the shared inquiry short story course for Lifespring in several past semesters.

Coordinator

Natalee Rosenstein

C5 *Mah Jongg for Beginners*

LIMITED ENROLLMENT

As old as 19th century China where it originated and as modern as today where it is played around the world, Mah Jongg is a fun game to play with friends, and even by yourself online. If you have ever played gin rummy or canasta, you can easily learn Mah Jongg. First, we will review the rules of the game and how to use the Mah Jongg card. Then, you will play instructor-assisted games and, by the end of the course, the goal is to have you able to play a respectable game on your own.

NOTE: Prior to the start of the course, participants must purchase a 2023 Mah Jongg card (\$14) from <https://www.nationalmahjonggleague.org>

Presenter

Anne Miller, a seven-year resident of Hurley, after living in New York City, is currently a Lifespring Board Member-at-Large. With wonderful memories of watching her mother play Mah Jongg every week, she has been playing the game herself for many years. She looks forward to teaching others the game that has given her so much pleasure.

Coordinator

Anne Miller

WEDNESDAY SESSION 2

Oct. 4, 11, 18, 25, Nov. 1, 8

IN-PERSON (WJC)

MORNINGS 11:15 am – 12:30 pm

D1 *Arthur Miller's Men*

Guilty men, sad men, brave men, despicable men... all men or just some? We will discuss *All My Sons*, *Death of a Salesman*, and *The Crucible*, exploring the male figures in Miller's most famous plays.

Presenter

Lou Trapani is the artistic and managing director of the Center for Performing Arts at Rhinebeck, a position he has held for 24 years. He has taught in the LLI programs at Bard, Vassar, and SUNY New Paltz. This is his third time teaching for Lifespring!

Coordinator

Prudence Garcia-Renart

D2 *The Supreme Court: Our Least Understood Branch of Government*

LIMITED ENROLLMENT

How can we fully evaluate where the Supreme Court of the United States (SCOTUS) is today without learning more about its principles and procedures; its decision-making processes; proposals for court reform; and the legal philosophies of its justices, including originalism v. modernism or instrumentalism (living Constitution.) Get an inside look and better inform yourself about SCOTUS, our powerful third branch of government. Topics will also include several significant cases decided last term along with some cases on SCOTUS' new October 1st term touching on our fundamental rights. This discussion course will be geared toward the layperson and guided by a lawyer and teacher who has followed SCOTUS for years.

Presenter

Jackie Olivet practiced law in the Hudson Valley for 20 years while also serving as a City of Kingston assistant city attorney, as an Ulster County assistant district attorney, and as a law guardian for children. She then became a full-time secondary education social studies teacher for 20 years, teaching history, government, economics, and criminal justice in addition to being an adjunct instructor of law at Dutchess Community College.

Coordinator

Connie Cuttle





D3 *The Fairy Tale Experience*

Participants who take this course get to revisit the age-old tales they knew and loved. Cinderella will be there, as well as Beauty and the Beast, the Snow Queen, and others. We'll reunite with old storybook friends and make new ones, as we examine tales from around the world. We'll consider the many possible meanings they hold – for us as children and as adults. In the process, we'll discover what mattered to us then and how it has shaped and colored our lives right up to the present day. The class will look at the structure and meaning of fairy tales and explore such common concepts as evil in fairy tales, the role of magical helpers, and what happily ever after might mean.

Presenter

Patty Kane Horrigan is a writer, teacher, and counselor who encourages others to explore magical and meaningful moments from childhood. Her fairy tale classes are designed to help others find deeply personal riches buried there. Though her background experiences are varied (cook, programmer, and counselor to teenagers, cancer patients and those suffering from addiction) she has often found that exploring fairy tales can provide meaning and understanding in people's lives.

Coordinator

Connie Cuttle

D4 *This is Our Life*

The times during which we live have a profound impact on how we see the world, the choices available to us, and the innovative ideas and technology that we either accept or reject. This course will examine historical events that have occurred from 1940 until the present and the impact they have had on our lives, whether we were aware of it or not.

Presenter

Donn Avallone taught Regents and AP American History, AP American Government, and college level Introduction to Criminal Justice in his 37-year career at Kingston High School. He has also taught American History and Government at UCCC and at area prisons and Social Studies Methods courses at SUNY New Paltz.

Coordinator

Laura Phillips

FALL PRESENTATION SERIES

1:00 pm – 2:30 pm

IN-PERSON; SEATING IS LIMITED

Fri., Sept. 22 WJC

P1 Welcome to Fall 2023 Concert: Songs of the Hudson Valley

Thu., Oct. 12 SAUGERTIES LIBRARY COMMUNITY ROOM

P2 Poetry and Music

Fri., Oct. 20 SAUGERTIES LIBRARY COMMUNITY ROOM

P3 An Afternoon with FDR

Fri., Oct. 27 SAUGERTIES LIBRARY COMMUNITY ROOM

P4 Laugh and Learn: Why Can't You Be More Like Me?

Thu., Nov. 9 SAUGERTIES LIBRARY COMMUNITY ROOM

P5 The Write Stuff: Reading by Members of the Lifespring Creative Writing Workshop from Fall 2022 to Fall 2023



P1 *Songs of the Hudson Valley* (Fri., Sept. 22, 1:00 pm – 2:30 pm)

Open the Fall 2023 Semester at the Woodstock Jewish Congregation for a live performance by Storm King Skyline. Like the Hudson River itself, tradition runs deep through the music of Storm King Skyline. Whether it's a song from the distant past or one newly written, certain themes and styles continue to inspire this group. For this concert, they have selected songs that tell the history, celebrate the people, and reflect the grandeur of our area. From "Hudson River Steamboat" to the bluegrass "Po'town Breakdown," to "Canaday-i-o" and "Apple Pickers Reel," and selections from the FDR era, these songs are inspired by, and reflect the influences of, the stories of the people and places of the Hudson Valley.

Presenters

Kevin Becker is the founder of the Hudson Valley Folk Guild (HVFG). An accomplished composer, he has written more than 300 songs, choral, and chamber works, including the acclaimed "Hudson River Folk Symphony." His finger style guitar and baritone voice anchor Storm King Skyline's sound.

Carol Becker serves as Secretary on the HVFG Board of Directors and has also chaired the Dutchess County Interfaith Council's annual music festival for the past six years, after a rewarding 35-year career as an elementary school teacher. Often singing the lead part, her unaffected soprano voice provides a perfect contrast to the male voices in the group.

Rich Keyes has held several HVFG board positions, and currently manages their social media accounts. Besides playing banjo and bass, he also plays guitar, is an avid film buff, works part time as a computer tester, and volunteers at the Friends of the Poughkeepsie Public Library District Book Store.

Ken Sheehan toured and recorded with NRBQ as their lead guitarist, and then went on to develop computational software for industrial measurement, holding several patents in the field. He also enjoys racing sailboats and served as dimensional analyst for Dennis Conner's America's Cup Team.

Linda Sheehan owned and operated her own dance studio for more than 25 years, teaching a variety of styles and presenting her students in annual, choreographed dance recitals. She also choreographed several regional musical theater productions. Currently, Linda adds light percussion to the group's song





P2 *Poetry and Music* (Thu., Oct. 12, 1:00 pm – 2:30 pm)

Enjoy a performance featuring poems from Edgar Lee Master's *Spoon River Anthology* with music composed by Terry Champlin and selections from *Platero and I* by Noble Laureate Juan Ramón Jiménez, music by Mario Castelnuovo-Tedesco. In addition, there will be a selection of solo pieces for classical guitar.

Presenters

Terry Champlin, composer, and classical guitarist studied guitar with Luis García-Renart and composition with David Loeb and Robert Cuckson. In 2015, he was named Best Individual Artist in the Dutchess County Executive's Arts Awards. He has performed in the Hear America First series at Carnegie Hall, and with the Concord String Quartet at Lincoln Center's Avery Fisher Hall. His compositions have been featured on NPR, WNYC, and the Ars Nova series. He has taught at Vassar College and the Mannes College of Music in New York City.

Prudence Garcia-Renart is a not-so-recent graduate of Bard College and holds a master's degree from New York University in Musicology. Her professional career has had numerous incarnations ranging from music to Educational Administrator for Dance (no, she cannot dance). Through all the years, however, theatre has played a significant role in her life. She has performed throughout the Hudson Valley with numerous community theatres.

P3 *An Afternoon with FDR* (Fri., Oct. 20, 1:00 pm – 2:30 pm)

Join us for an afternoon with FDR, the president who saw this country through some of its most turbulent times.

Presenter

Jonah Triebwasser first appeared as FDR in 1995 in *Sunrise at Campobello*, the story of FDR's conquest of polio, with Prudence Garcia-Renart as Eleanor Roosevelt. Since then, he has portrayed FDR at several sites of the National Park Service, on the History Channel, on cruise ships and in film, TV, and radio voice-overs. As a member of the stock company of the Rhinebeck Theater Society and the Center for Performing Arts, he appeared in over 30 productions in a variety of roles. Locally, Jonah hosts RadioRotary on Sundays at 6:30 a.m. on WBPM 92.9 FM and at 7:00 a.m. on WGHQ 920 AM or 92.5 FM. When not bringing FDR back to life, Jonah appears weekly at the Red Hook local town and village courts in the lead role of the judge.

P4 *Laugh & Learn: Why Can't You Be More Like Me?*

(Fri., Oct. 27, 1:00 pm – 2:30 pm)

Ever notice how some friends, relatives, and colleagues are easy to be with, work with, even live with? Ever notice how some (including spouses) aren't? Ever wonder why?

The answer often lies in our different Preferred "Operating Styles." Once you understand "Styles," you can transform all your relationships at home, at work, and in your community activities to get things done more quickly, easily, and with less stress. Attend this very entertaining program, and learn:

- What are the 4 Styles?
- What is your Preferred Style, its pitfalls, and strengths?
- How to quickly read, honor, and work with another person's Preferred Operating Style

Lots of laughs along the way. Join us!

Presenter

Anne Miller spent 40 years as a professional sales and communications speaker, seminar leader and author, working with clients as diverse as Goldman Sachs, Yahoo! Conde Nast, and Dow Jones. She is the author of several books and articles and has appeared on both NBC Today in New York and Bloomberg News Radio. Seven years ago, Anne and her husband moved from NYC to make Hurley their permanent home. Most recently, Anne serves as Member-at-Large on the Lifespring Board and has helped several Lifespring presenters with their presentations to make them entertaining and interesting for members.

P5 *The Write Stuff* (Thu., Nov. 9, 1:00 pm – 2:30 pm)

Come out to support and applaud your Lifespring friends and classmates as you listen to participants from Lifespring's creative writing and memoir workshops from Fall 2022 through Fall 2023 read their original work.



REMINDER

- **Only enrolled Members** will be able to register for Lifespring programs.
- Membership Enrollment period **begins August 1 and ends August 18 at 5 pm.**
- If you did not **already** enroll on page 3, you can do so here.



[CLICK HERE
TO JOIN OR RENEW
YOUR MEMBERSHIP](#)



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