

LIFESPRING

Saugerties Adult Learning Community

Spring 2021

ONLINE-ONLY COURSES



Lifespring

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WELCOME

Spring 2021 Online-Only Courses

It has been a year since the global pandemic propelled our Lifespring community into an online-only learning model. In the Fall 2020 term, we offered a choice of four courses for our members; in February 2021 we initiated a mini-series with four course choices; and now for Spring 2021 we're pleased to offer a choice of eight courses, for both Lifespring members and others who wish to join Lifespring at this time. (See **For Potential New Members**, on the following page.)

As Lifespring continues to evolve in response to online learning, the spring 2021 semester will present eight online courses, with classes occurring on **both Mondays and Wednesdays**. Offering classes on two days of the week insures that as many members as possible will continue to come together, virtually with Zoom, to share our knowledge and interests and stimulate our minds in new and creative ways.

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

Membership and Fees

All current Lifespring members and those who wish to become new Lifespring members are encouraged to register for these courses. No fees are necessary for current members or for new members. The membership year has been extended through July 31, 2021 at no additional cost. Both new members and existing members will be on an equal footing with all the same rights and responsibilities of membership going forward.

For those wishing to become a new Lifespring member in spring 2021 please refer to the section **For Potential New Members** on the following page.

Semester Dates and Schedule

For the first time, Lifespring will offer classes on both Mondays and Wednesdays. Online Zoom classes will begin on Monday, April 5 and Wednesday, April 7 and will continue for six weeks through Monday, May 10 and Wednesday, May 12, 2021.

There will be an A period and a B period on Mondays, and a C period and a D period on Wednesdays, and you may select one course in each time period, on either or both Mondays or Wednesdays.

Each class runs for 1¼ hours.

**The Monday A period begins at 9:30 am
The Monday B period begins at 11:30 am
The Wednesday C period begins at 9:30 am
The Wednesday D period begins at 11:30 am**

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

You may select either one or two courses on both Mondays and Wednesdays. All Lifespring courses will be for current Lifespring members only. Any member who wishes to attend must register, and registration will be online only in an easy-to-use format. If you are not a current member and wish to become a member, please see **For Potential New Members** on the following page.

The deadline for Registering is March 24, 2021.
(See page 12 for **Registration Information**.)

For Potential New Members

We thank you for your interest in becoming a part of Lifespring! In order to keep our learning community refreshed and vital, we recognize the importance of accepting new members each year. Lifespring makes every effort to take in as many new members as space and resources will permit.

Due to the Covid-19 pandemic and the fact that we did not admit new members for the Fall 2020 term, the Lifespring Board has authorized admitting new members for the Spring 2021 term. All members, both existing and new spring members will be on an equal footing with all the same rights and responsibilities of membership going forward. **There will be no membership fee charged for the remainder of the current academic term ending on July 31, 2021, for either existing or new members.**

We look forward to welcoming new members in this spring term and encourage all members to become active participants in the Lifespring community.

New applicants should submit the Google Registration form with their selection of classes for the Spring 2021 term clearly indicated.

By registering for spring 2021 classes, you are also registering to become a new member.

You may obtain a Registration Form by emailing the Lifespring Registrar at registrar@lifespring.com or by signing up on the **Interest List** found on the Lifespring website at lifespringsaugerties.com.

The deadline for registering for spring classes on the Google Registration Form (and becoming a new member) is a firm **March 24, 2021**.

All Lifespring classes, meetings, and events will be open **ONLY** to Lifespring members for the Spring 2021 term. By registering on the Google form, you will become a new Lifespring member. We look forward to welcoming you as a new member to our learning community!

Feedback

We welcome your thoughts, suggestions, opinions, and ideas about ways we can all get through this pandemic together while keeping our learning community vibrant, strong, and safe. Please send any comments or questions to: lifespring.saug@gmail.com.



COURSE OVERVIEW

Mondays: April 5, 12, 19, 26, May 3, 10

Wednesdays: April 7, 14, 21, 28, May 5, 12

MONDAYS: First Period, 9:30 am – 10:45 am		Description
A1	Opera as Politics: Women, On Stage and Behind-the-Scenes	page 5
A2	“The Plays the Thing” – Interactive Play Reading	page 5
MONDAYS: Second Period, 11:30 am – 12:45 pm		Description
B1	Looking at Religion through a Variety of Lenses	page 6
B2	Photo Talks on the History, Art, and Culture of Ulster County*	page 7
WEDNESDAYS: First Period, 9:30 am – 10:45 am		Description
C1	Healthy You!	page 8
C2	Shakespeare: Twelfth Night – Sweetness after All	page 9
WEDNESDAYS: Second Period, 11:30 am – 12:45 pm		Description
D1	The Natural World and How We Relate: Birds, Bees, Backyard Bullies & 4-Legged Friends*	page 10
D2	Gentle Chair Yoga for Body, Mind, and Spirit	page 11

*Please note, courses **B2** and **D1** are 4-week-only courses. See course descriptions for details.

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.

MONDAY COURSES

A1 *Opera as Politics: Women, On Stage and Behind-the-Scenes*

**MONDAY: April 5, 12, 19, 26, May 3, 10
9:30 am – 10:45 am**

This semester's lectures on Opera as Politics will focus on the role of women in opera.

We will of course explore the stage drama of women as victors and villains, redeemers and unredeemable, sexual and not. But we will also look at the roles women played beyond the stage, as artists, facilitators, educators and as a force in politics. There is no opera without women because the opera “ain't over 'til the fat lady sings.” There is no prerequisite for this course and no previous knowledge of opera is needed.

Presenter

Chuck Mishaan lectures and writes on the intellectual, political and artistic history of Western Europe from the period of the Enlightenment to the present day. He has been presenting his popular classroom series on *Opera as Politics* for several years at Lifespring and other area LLIs. He was for many years an adjunct professor at New York University, lecturing on technology and healthcare and has been a guest lecturer at the Bardavon Opera House in Poughkeepsie.

Coordinator

Susan Greenstein



A2 *“The Play’s the Thing” – Interactive Play Reading*

**MONDAY: April 5, 12, 19, 26, May 3, 10
9:30 am – 10:45 am**

Although reading a drama or comedy script is interesting, there is nothing comparable to reading a play aloud, especially in a group setting.

With the goal of discussing and reading aloud several short plays, and with the challenge of doing it virtually, via Zoom, with a larger number of participants than would be appropriate “in the real world,” this course will be an exciting experiment in progress.

No theatrical experience is needed, just a love of the written word, a sense of humor, the knowledge that age is really “in the mind’s eye,” and a willingness to take chances. However, there are those participants who may wish to join the class as “audience” and those who want to read, and you can choose which group you would like to be in when you register. Depending on class size, we anticipate that everyone will be offered multiple chances to read. Scripts will be sent out electronically. Join us as we bring to life some of the fantastic dramas and comedies that make theatre so special.

Presenter

Prudence Garcia Renart is a graduate of Bard College and holds an MS degree from NYU in Musicology. Her professional career has had many incarnations from music to administration, but theater has always played a major role. She has performed throughout the Hudson Valley with numerous community groups, and she hopes that through this course, she will find others who are interested in dramatic reading in a non-pressured environment.

Coordinator

Susan Poretz



B1 *Looking at Religion through a Variety of Lenses*

MONDAY: April 5, 12, 19, 26, May 3, 10; 11:30 am – 12:45 pm

This course will explore the topic of religion from an academic perspective.

Religion will be first defined then approached from the perspectives of anthropology, sociology, history, psychology, and philosophy. Elements commonly shared by religions, as well as the ways they differ, will be explored through lecture and discussion.

Presenter

Dr. George (Joey) Hickok holds Master of Divinity and Doctor of Ministry degrees from the Pittsburgh Theological Seminary. He taught courses in religion, sociology, and anthropology for twenty years at the Community College of Allegheny County, in Pennsylvania, and taught Sociology and Sociology of Religion for three years at West Virginia University.

Coordinator

Susan Puretz

B2 *Photo Talks on the History, Art, and Culture of Ulster County*

MONDAY: April 5, 12, 19, 26; 11:30 am – 12:45 pm
Please note the 4-week-only schedule.

Join us for an engaging 4-week course on the history, art, and culture of Ulster County.

Each week's presentation will include rare historic photographs, original short films, and an engaging storytelling style that the Presenters term Photo Talks, guaranteed to entertain and inform both experts and those new to the topic. Each session will include films, images, presentations, and interactive discussions.

April 5

The Roaring 1820s: The Birth of Industry, Leisure & the Arts in the Hudson Valley

Based on the first part of the Presenters' upcoming book about Kingston, featuring more than 800 photographs, this Photo Talk covers: Glass, Tanning, and Barrels; Mountain Houses; Hudson River School Painters; the Delaware & Hudson Canal; Bluestone, Brick, Cement, and Ice.

April 12

Woodstock: 100 Years of Counterculture through Arts and Music

The story of the town's rich history featuring key personalities, art movements, industrial development, early counterculture, eight original short films, and a wealth of historic photos and lesser-known anecdotes.

April 19

Hudson Valley Women Artists in Their Own Voice

A series of short profile films featuring regional artists and showcasing a wide variety of styles in painting, photography, glasswork, metalsmithing, installations, children's book illustration, and silkscreening.

April 26

Black Cultural History of Ulster County

Rare photos and video clips focusing on the arts, music, photography, visual arts, dance, education, and even boxing; plus the Black community's role in building infrastructure; and connections to community activism.

Presenter

Stephen Blauweiss is a local filmmaker and historian who, with his partner **Karen Berelowitz**, specialize in documenting and presenting the arts, architecture, and history of Ulster County through engaging presentations, short films, books, and museum-quality exhibitions. They also produce work in subjects ranging from art and education to social and environmental issues; a number of their short films on regional artists air regularly on PBS and have been screened in museums, exhibitions, theaters, and festivals across the U.S., Europe, and Canada.

Coordinator

Susan Davis



WEDNESDAY COURSES

C1 *Healthy You!*

WEDNESDAY: April 7, 14, 21, 28, May 5, 12; 9:30 am – 10:45 am

April 7

Is My Heart Healthy?

Presenter

Dr. Ali Hammoud is a cardiologist with The Heart Center in Kingston and is on the medical staff of Northern Dutchess Hospital, where he recently helped open a Cardiac Catheterization Laboratory.

April 14

**Breast Health in Aging Adults,
both Women and Men**

Presenter

Dr. Lisa D. Curcio is a breast surgeon who joined Nuvance Health to establish a breast surgery program at Northern Dutchess Hospital. She is the area's first fellowship-trained breast surgeon who specializes in breast cancer surgery. She is also a breast cancer survivor.

April 21

Medical Emergencies

Presenter

Dr. David Templeton is a board-certified Emergency Medicine Physician with 25 years of experience. He is the Emergency Department Director at Northern Dutchess Hospital, and he has cared for patients at trauma centers in Dallas, Charlotte, and Myrtle Beach as well as at various community hospitals.

April 28

**Back to Basics – Daily Activities
and Your Back**

Presenter

Kyla Pollutro is a physical therapist at Northern Dutchess Hospital, treating a variety of conditions such as low back pain, neck pain, generalized weakness, gait and balance disorders, pelvic floor issues, post-op spinal procedures or joint replacements, and many others. She holds a Doctorate of Physical Therapy from the University of Vermont.

May 5

**Colon Cancer: Risks, Prevention,
and Detection**

Presenter

Dr. John Choi is a colorectal surgeon with Nuvance Health Medical Practices on the medical staff of Vassar Brothers Medical Center. Dr. Choi is known for his expertise in treating diseases of the colon including cancers, complex hernias, and gastroesophageal reflux disease (GERD).

May 12

What Food Labels Mean – and Don't

Presenter

Annie Rusoff is a registered dietitian at Northern Dutchess Hospital. She is passionate about clinical nutrition, leads courses about healthy eating for people who have had heart problems, and she is focused on making a difference in patient's lives.

Coordinator

Susan Davis



C2 *Shakespeare: Twelfth Night – Sweetness after All*

WEDNESDAY: April 7, 14, 21, 28, May 5, 12; 9:30 am – 10:45 am

Twelfth Night, which gives us a turn through misadventure to mellow happiness, is Shakespeare’s most lyric comedy, well salted with a great Churl and a great Fool.

Through reading aloud, we will explore this romantic comedy together and share in the delight of the language, as well as in the interwoven plots of romance, mistaken identities, and practical jokes that stop just in time.

Note that *Twelfth Night* has been made into an excellent film with Trevor Nunn directing, Imogen Stubbs as Viola, and Ben Kingsley as a magisterial Feste. You may want to find this and watch it for the fullest presentation of a great play.

The recommended text for this course is the **Bantam Classic Shakespeare** edition from 1988. In this edition, the notes are easier to read at the side of the page instead of huddled together at the bottom. But if you already have your own copy of the play,

that’s fine. The Bantam Classic edition is available from www.abebooks.com. Whether new or used, look for a rating of “very good,” at least, to make sure you’re purchasing an unmarked copy. It is also available through Amazon and other sellers.

Presenter

Rosemary Deen did her graduate studies at the University of Michigan and the University of Chicago. She is retired from the English department of Queens College, CUNY. The poet Marie Ponsot and she developed a radical new approach to the teaching of writing in two books, one of which won a national award. She gives workshops in writing and reading and has published a book of essays, *Naming the Light*. She is the poetry editor of *Commonweal* magazine.

Coordinator

Susan Greenstein

D1 *The Natural World and How We Relate:
Birds, Bees, Backyard Bullies & 4-Legged Friends*

WEDNESDAY: April 7, 14, 21, 28; 11:30 am – 12:45 pm
Please note the 4-week-only schedule.

Join us for this fascinating 4-week course on the natural world around us and our relation to it.

Four presenters, each noted in their field, will share their passion for the worlds of fauna and flora and provide insights into the inner workings of the often unknown worlds that inhabit the planet and our local neighborhoods.

April 7

**Taking the Bite out of Veterinary
Dental Distress – Enamel Pearls
& Tooth Fairies**

Presenter

Dr. Ira Luskin, Diplomate, American Veterinary Dental College, is Director of the Animal Dental Center of Maryland and Pennsylvania and Director of Education at the Animal Dental Training Center.

April 14

**Introduction to the World
of Native Bees**

Presenter

James (Jim) Cane, Ph.D., is a retired research entomologist with the USDA-ARS Bee Lab in Logan, Utah, where he specialized in native bees and pollination in both wild land and agricultural settings. His work has focused on bee communities and the natural and man-made stresses that impact them.

April 21

Wild Bird Rescue and Release

Presenter

Ellen Kalish is the Founder and Director of Ravensbeard Wildlife Center in Saugerties where she rescues and rehabilitates injured birds for release back into the wild. She holds a Class II NYS Wildlife Rehabilitation License as well as several licenses related to education and rehabilitation.

April 28

**Backyard Bullies: How to Identify
and Control Invasive Plants
and Harmful Insects**

Presenter

Leslie Surprenant had a 35-year career with the Department of Environmental Conservation (DEC) with 17 years as an aquatic/fish biologist and 10 years as a conservation biologist administering and guiding New York's invasive species program.

Coordinator

Susan Puretz

D2 *Gentle Chair Yoga for Body, Mind, and Spirit***WEDNESDAY: April 7, 14, 21, 28, May 5, 12; 11:30 am – 12:45 pm**

Each week, the class will begin with meditative centering breaths and continue with seated stretches to increase flexibility and range of motion throughout the body.

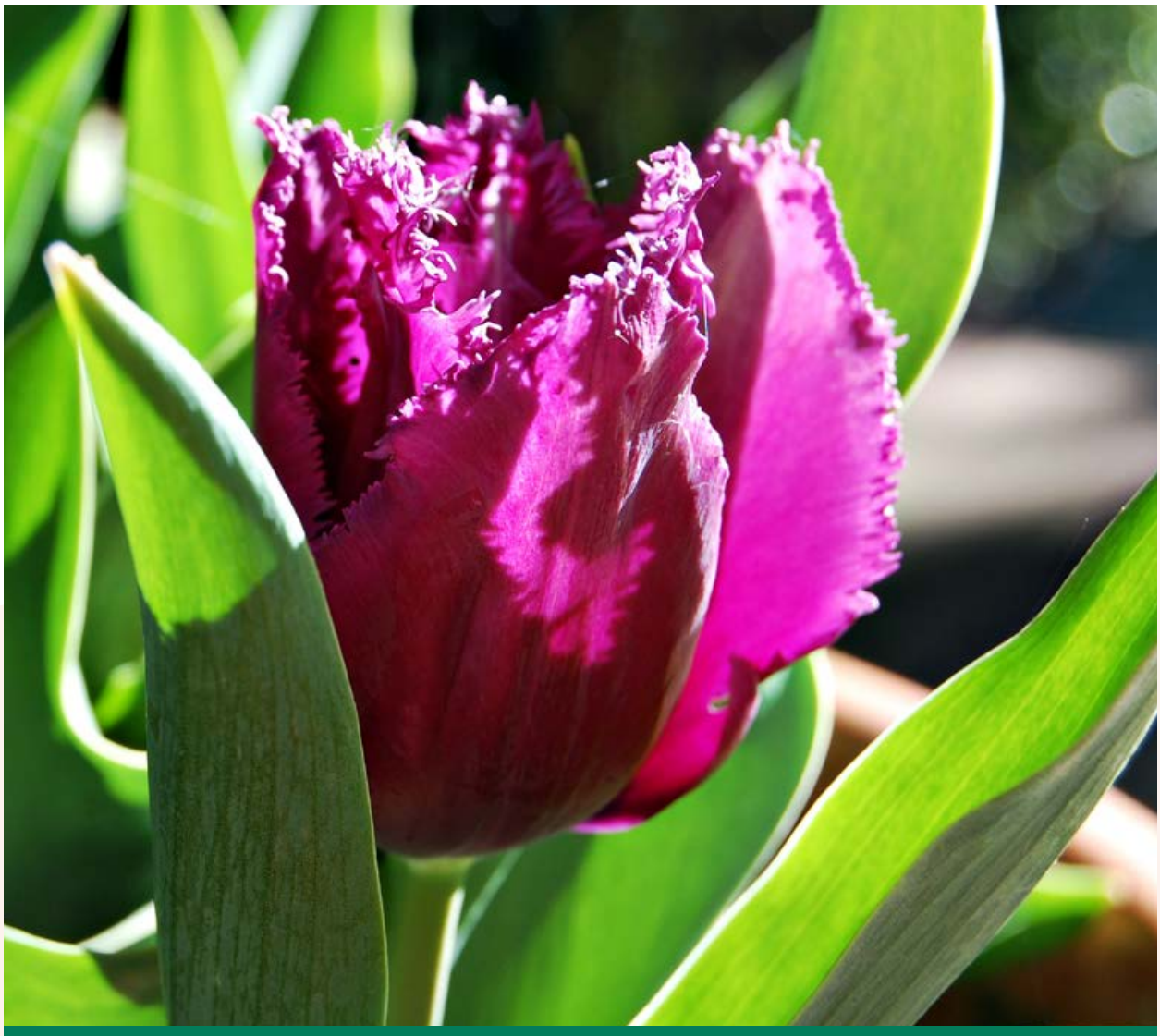
We will do a few seated yoga poses to develop strength and self awareness. Coming to standing, with chairs nearby for balance needs, we will do simple yoga poses to develop and improve balance and strength. Classes will end with relaxation and brief meditation. Individual needs will be honored.

Presenter

Susan Blacker is a certified Kripalu yoga educator, specializing in therapeutic yoga for seniors. For more than a decade she has taught throughout the Hudson Valley area including weekly senior yoga classes for the Woodstock Senior Recreation Program, as well as private and group lessons in her home studio.

Coordinator

Diane McDowell



HOW TO REGISTER FOR SPRING 2021 COURSES

*Registration for Spring 2021 courses is online only using a **Lifespring Registration Form** that will be sent by email to all Lifespring members and to those already on the **Lifespring Interest List**. These two groups will receive this emailed **Registration Form** automatically on or about **March 14, 2021**.*

If you are *not* currently a Lifespring member and wish to register for Spring 2021 courses, you must become a member by submitting all the information requested on the Registration Form. This will entitle you to participate in all Lifespring classes and events through July 31, 2021, at no cost. Registration forms are also available by sending an email request to registrar@lifespringsaugerties.com.

Only current members and those who become new members may enroll in any Spring 2021 courses.

The deadline for registering is Wednesday, March 24, 2021.

Please note that Zoom courses will not be recorded. It is expected that those who register will make every effort to attend. Before the **second** class session, you may send a request to add a course or switch to a different course by sending an email to registrar@lifespringsaugerties.com.

No changes may be made after Sunday, April 11, 2021.

To enroll in the course(s) of your choice, you will simply click on a FILL OUT FORM button within the email that you will receive. Enter all of the required information and mark your course selections. Be sure that you fill out each page and click on the NEXT button to continue to the next page. On the very last page of the form, remember to click on SUBMIT.

If you have technical difficulties filling out the form, please email us at lifespringtaskforce@gmail.com.

You will receive an immediate confirmation that your registration has been successfully submitted and an email listing of the course selections you have made.

Within 24 hours, you will receive a separate email for each course in which you are enrolled, with a link to Zoom for use on the day of the course.

To ensure that your registration form goes into your email INBOX, please add these two addresses to your email contacts list: registrar@lifespringsaugerties.com and lifespringtaskforce@gmail.com.

Please note: the final day for Spring Semester course registration is March 24, 2021.

There is NO registration form included in this online course catalog; you will receive a Registration Form in a separate email as described above.

BOARD OF DIRECTORS & TRANSITION TEAMS

Since mid-March 2020, when we became aware that the Covid-19 global pandemic was going to vastly affect all of us, the Lifespring Board of Directors has continued to guide the organization through the steps necessary to keep our organization going and to take the actions and efforts necessary to make possible these expanded online courses for the spring 2021 semester. Our entire membership is grateful for the creative and considered approach of the Board members and the relevant committees, particularly the special Online Task Force that developed the plans and strategy to keep us a vibrant and vital lifelong learning organization during these challenging times.

Board of Directors

August 1, 2020 – July 31, 2021

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

Board Committee Coordinators

Curriculum	Mary Porter Hall Diane McDowell
Events & Hospitality	Colleen Greco Maureen Huben
Membership	Susan Davis
Program Support	Susan Kromprier

Members-at-Large

Norman Bowie	Lucy Stagich
Maureen Huben	Leslie Surprenant
Diane McDowell	

Ad Hoc Standing Committees

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

Online Task Force

Laura Philips, <i>Coordinator</i>	Colleen Greco
David Cartmell	Anne Miller
Rich Davis	Carolyn Seiwiers
Lee Gable	Laurie Silver



All photos in this issue are by Harvey Greenstein.