

LIFESPRING

Saugerties Adult Learning Community

Spring 2024

COURSE CATALOG



Lifespring

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WELCOME LIFESPRING MEMBERS!

What intrigues you?

The Arts? History? The Outdoors? Other?

Whatever your interest, you are sure to find a class to satisfy your curiosity among the twenty-one diverse programs your (very) resourceful and creative volunteer Curriculum Committee has scheduled for your learning pleasure this spring.

These different learning opportunities are offered so as many members as possible can meet—virtually (on Zoom), in person (at the Woodstock Jewish Congregation), and outdoors—to learn, share knowledge and interests, be active, and engage in creative experiences together. Our presenters are experienced professionals or enthusiasts in their field and offer a variety of courses for your consideration.

NOTE: Lifespring neither recommends nor endorses the services or products of any presenter or guest speaker. Classes are not recorded, either online or in person.



NOT A CURRENT MEMBER OF LIFESPRING?

*All spring and fall semester courses are open to current Lifespring members **only**. Membership in Lifespring is for a full year, August 1 – July 31.*

Although we do not accept new members for the spring semester, we welcome and recognize the importance of admitting new members each year.

If you are not a current member and wish to be notified by email when the Fall 2024 Course Catalog and New Member Registration/Enrollment materials for the 2024/2025 year are online and available, please send an email to lifespring.saug@gmail.com and ask to be placed on the Notification/Interest List.

If you have additional questions, please refer to the Lifespring website at www.lifespringsaugerties.com for information about membership under **Frequently Asked Questions**. We welcome your interest. We look forward to you joining us in August!

REGISTERING FOR SPRING COURSES

Spring 2024 registration for courses opens on **February 26** and ends on **March 11** at 5 pm. Only current members may enroll in any spring 2024 courses. (Current members are those who submitted their annual membership enrollment form in fall 2023.)

There is **NO** registration form included in this course catalog. On **February 26**, all members will receive an email with registration information and a link 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.

Following Registration, you will receive an email acknowledgement of your registration and additional information about procedures for Zoom and in-person courses plus other helpful information to ensure a positive learning experience for everyone.

NOTE: The Spring semester runs from April 1 to May 15 and includes programs of varying durations. Online Zoom and in-person Woodstock Jewish Congregation and Saugerties Library classes will not be held between April 22 and April 26. Outdoor classes will run as scheduled.

Scroll down to find the programs that whet your interest or pique your curiosity!

COURSE OVERVIEW

MONDAYS ONLINE: April 1, 8, 15, 29, May 6, 13, 9:30 am – 10:45 am

#	COURSE TITLE	DURATION	PAGE
A1	It Don't Mean a Thing: A Cultural and Political History of Jazz from Slavery to Bebop	6 weeks	7
A2	Local History Update	6 weeks	8
A3	Gentle Chair Yoga* CANCELLED	4 weeks	10
A4	Exploring Astronomy	6 weeks	11

MONDAYS ONLINE: April 1, 8, 15, 29, May 6, 13, 11:30 am – 12:45 pm

#	COURSE TITLE	DURATION	PAGE
B1	Casting Your Ballot: Protecting the Power of the Vote	6 weeks	12
B2	Getting the Best Health Care: Navigating the System (April 1, 8, 15, 29)	4 weeks	15
B3	Economics and Magic	6 weeks	15

WEDNESDAYS AT WJC: April 3, 10, 17, May 1, 8, 15, 9:30 am – 10:45 am

#	COURSE TITLE	DURATION	PAGE
C1	The Play's the Thing	6 weeks	17
C2	Tai Chi	6 weeks	17
C3	Mah Jongg for Beginners	6 weeks	18
C4	The Arts and Culture of the 1940s (starts April 10)	5 weeks	18
C5	Preventing Cybercrime, Theft, and Impersonation	6 weeks	19

WEDNESDAYS AT WJC: April 3, 10, 17, May 1, 8, 15, 11:15 am – 12:30 pm

#	COURSE TITLE	DURATION	PAGE
D1	Hellman's Heroines	6 weeks	20
D2	The 14th Amendment and Fundamental Rights	6 weeks	21
D3	Introduction to Bioethics	6 weeks	22
D4	Exploring Historic Architecture in Saugerties and Woodstock (starts April 10)	5 weeks	23
D5	Best Short Stories of 2023: The O. Henry Prize Winners	6 weeks	24

OFF-SITE PROGRAM OVERVIEW

#	COURSE TITLE	DURATION	PAGE
THURSDAYS at Saugerties Library: April 4, 11, 18, May 2, 9, 12:30 pm – 3:45 pm			
I	What Makes a Good Mystery: Film Noir	5 weeks	26
THURSDAYS Outdoors: April 18, 25, May 2, May 9, 9:30 am – 11:30 am			
II	Following Spring's Progress—Four Nature Rambles	4 weeks	27
FRIDAY Outdoors: April 26, 9:30 am – 12:30 pm			
III	Sage Age Day Camp	1 day	28
FRIDAYS Outdoors: April 26, May 3, May 10, 17, 1:00 pm – 3:00 pm			
IV	Introduction to Pickle Ball	4 weeks	29



MONDAY COURSES

April 1, 8, 15, 29, May 6, 13

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** It Don't Mean a Thing: A Cultural and Political History of Jazz from Slavery to Bebop
- A2** Local History Update
- ~~**A3** Gentle Chair Yoga~~ **CANCELLED**
- A4** Exploring Astronomy

MORNING (SESSION 2)

11:30 am – 12:45 pm

- B1** Casting Your Ballot: Protecting the Power of the Vote
- B2** Getting the Best Health Care: Navigating the System
(4 weeks: April 1, 8, 15, 29)
- B3** Economics and Magic



MONDAY SESSION 1

April 1, 8, 15, 29, May 6, 13

ONLINE (ZOOM)

MORNINGS 9:30 am – 10:45 am

A1 *It Don't Mean a Thing: A Cultural and Political History of Jazz from Slavery to Bebop*

This class will explore the evolution of America's only Indigenous art form, from its roots in slavery to the revolutionary era of Bebop. Tracing its origins to the African diaspora and West African traditions, we will explore the cultural and political contexts that have shaped Jazz, making it one of the most influential art forms in history and America's soundtrack for almost fifty years. We will examine the birthplace of Jazz, New Orleans, where work songs, field hollers, religious music, minstrel tunes, marching music, and the blues collided, giving birth to the distinctive sounds that became Jazz. We will also look at some of the events that shaped music, including the Civil War and Reconstruction; the Great Migration and the Depression; the spread of Jazz to Chicago, Kansas City, and Harlem; and the socio-political climate that gave rise to Bebop.

Presenter

Eric Glass, a fifty-year resident of Woodstock/Saugerties and a lifelong Jazz fan, graduated Ohio Wesleyan University with a degree in English literature; served in the Peace Corps (Biafra, 1965-67); and taught English at Hicksville HS. He directed the very first school-based drug abuse prevention program in the Bronx; was the first Director of Family House for runaway and homeless kids; opened Stardust, a jazz club/restaurant in Mt. Tremper; directed The Woodstock Youth Center; and with his wife Catherine, owned and operated Woodstock Moveable Feast. In 2010 he retired to Florida, but returned when he realized he could bear the winters here much better than he could the mediocre Chinese food and the political climate there. He is also a cancer survivor and speaks with a voice prosthetic.

Coordinator

Connie Cuttle



A2 *Local History Update*

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

APRIL 1 Still Standing – Friends of Historic Kingston

Kingston’s historic character is the cumulative product of countless individual stories. This presentation showcases twelve structures which were preserved by dedicated members of our community. We celebrate our predecessors’ foresight in restoring these iconic structures and encourage viewers to reflect on their own essential role in protecting our county’s architectural heritage. These preservation stories provide context for recent achievements, ongoing projects, and continuing concerns in Ulster County.

Presenter

Hildegard Pleva has experienced raising a family, professional librarianship, and years in a monastic community. She graduated from Hunter College of the City University of New York and holds master's degrees from Central Connecticut State College (education), SUNY Albany (library science) and St. Joseph Seminary, Dunwoodie (religious studies). She currently serves as archivist at Friends of Historic Kingston and on Lifespring’s Curriculum Committee.

APRIL 8 Yes – There was Slavery in New York

For many people, colonial/new nation slavery happened in the South and was connected primarily to plantations and their monocultures (cotton/sugar/rice). Most are unfamiliar with the 200-year presence of the institution of slavery in the colony/state of New Netherland/New York. This presentation is an overview of the institution of slavery within New Netherland/New York, including the enslavement of Africans and people of African descent as a labor force, the economic ties the colony had with the institution of slavery, including the links to the Caribbean/West Indies, and the Dutch/Anglo-Dutch involvement in the transatlantic slave trade – all of which resulted in a thin line between New York being a society with slaves or a slave society.

Presenter

Lavada Nahon is a culinary and cultural historian focused on the 17th - 19th centuries, mid-Atlantic region, with an emphasis on the work of enslaved cooks in the homes of the elite class. She has 30 years of public history experience working with a variety of historic sites, societies, and museums across the tri-state region. She is also the Interpreter of African American History for NYS OPRHP-Bureau of Historic Sites. Her mission is to bring history to life by giving presence to the Africans and people of African descent enslaved and free in New Netherland/New York in whatever way possible.

Coordinator

Connie Cuttle



APRIL 15 Kingston Signs: Modjeska Sign Studios

Signs made by the Modjeska Sign Studios were created for businesses throughout Kingston. Fortunately for us, they were preserved in photographs the Studios took of their mall, store, neon, and billboard installations. Travel back in time to the mid - 20th century to get a glimpse of Kingston's signs and the businesses behind them at a time when businesses were local, family-owned enterprises.

Presenter

Peter Roberts, a retired physician, grew up in one of Kingston's old stone houses. He is a current board member and former president of the Friends of Historic Kingston. He enjoys giving tours, lectures, and organizing exhibits on Kingston.

APRIL 29 Reher's Historic Bakery: Connecting Local Immigrant History Past and Present

For almost a quarter of a century, two generations of the Jewish immigrant Reher family ran a bakery at 101 Broadway in Kingston, NY and lived above the store. Residents of the surrounding Rondout neighborhood came to Reher's for bread, canned goods, and gossip. Today the site is a museum and cultural center preserving and honoring the Reher legacy while amplifying immigrant stories in the Hudson Valley, past and present. The presentation will cover the history of the site, programs, and exhibitions, and plans for the future.

Presenter

Victoria Berrios serves as the Education Manager and Development and Communications Coordinator at the Reher Center for Immigrant Culture and History. As a Kingston native and recent graduate of a Peace and Conflict Studies degree, her passions as a community educator include oral history, interfaith work, and restorative justice practices.

MAY 6 Exploring the Borscht Belt Resort Era, the Catskills Vacationland that Changed America

Join Andrew Jacobs and Peter Chester on a tour of the Borscht Belt Museum, a new cultural institution in Ellenville, NY, that celebrates and preserves the Catskills resort era, when millions of urban dwellers, many of them Jews, migrated en masse to the mountains of New York state and created a summer world that left deep imprints on America, from comedy and music to cuisine and the essence of middle-class leisure. Board members Andrew Jacobs and Peter Chester will take you on a tour of the museum and discuss the many unappreciated ways that the Borscht Belt influenced what it means to be American.

Presenters

Andrew Jacobs is a reporter for The New York Times, where he writes about global health. He is also the director of "Four Seasons Lodge", a documentary about a community of Holocaust survivors who shared a bungalow colony in Ellenville.

Dr. Peter Chester is a Catskills historian and founding director of the Bay Academy of the Arts and Sciences in Brooklyn. Peter's affiliation with the Borscht Belt began in 1958, when his family spent their first summer at The Grand Mountain Hotel in Greenfield Park. At 9, he was the hotel's newspaper boy; at 11 a busboy in the children's dining room and at 14 he became a waiter. Peter also worked at The Concord, Grossingers, and the Aladdin, where he was captain, and later Maitre d'Hotel, from 1974 until its closure in 1991.

MAY 13 Current Projects of the Ulster County Archives

The Ulster County Archives is perpetually in the midst of new and exciting collections processing, cataloging, and preservation work. Join Deputy Ulster County Clerk Taylor Bruck and County Archivist Jon Palmer for a seminar exploring the County Archives to learn more about the work that takes place at this facility, the materials available to the public, and some favorite resources that testify to the history of our region.

Presenters

Taylor Bruck is the Deputy Ulster County Clerk for Records Management and has served as City of Kingston Historian since 2019.

Jonathan Palmer is the Ulster County Archivist and has served as Greene County Historian since 2020. Both possess a deep interest in regional history and enjoy the responsibility of providing preservation and public access to the region's documentary heritage.

Coordinator

Hildegard Pleva

A3 Gentle Chair Yoga CANCELLED

(April 1, 8, 15, 29 from 9:15 am – 10:30 am)

Gentle Chair Yoga uses an armless chair and a tie or strap or belt that does not stretch. We will do centering, breath and seated and classic standing poses, with the chair available for balance if needed. Participants should wear loose, comfortable clothing and stable, non-slip shoes. Please have a water bottle at hand. Each class session will end with breathing and guided meditation relaxation and seated savasana.

Presenter

Kathleen Foley is a registered yoga teacher with a 200-hour yoga teacher training certificate from Yoga Alliance. Over the last 18 years, she has amassed over 20,000 hours teaching yoga, and continues her personal commitment to life-long learning taking classes with her teacher, Jeff Logan. Kathy currently teaches Gentle Chair Yoga at MAC Fitness and IXL in Saugerties.

Coordinator

Connie Cuttle



A4 *Exploring Astronomy*

Astronomy is a subject that can fill libraries. We will discuss some of the very basics of the science of astronomy: what astronomy is; telescopes and how to use them; some physics and maybe some pretty pictures (astrophotography). If time permits, we will learn a bit about *Stellarium*.

Presenter

Jack Chastain has been interested in the sciences from a very young age. During his time in the Navy, he was able to see some amazing skies from the middle of the Pacific Ocean. Eventually, he began attending events with the Mid-Hudson Astronomy Association (MHAA) and now is the President of the group. The members taught him pretty much everything he knows about the night sky, and he enjoys assisting others in learning all they can about what is up there, whether you can see it or not.

Coordinator

Susan Puretz



MONDAY SESSION 2

April 1, 8, 15, 29, May 6, 13

ONLINE (ZOOM)

MORNINGS 11:30 am – 12:45 pm

B1 *Casting Your Ballot: Protecting the Power of the Vote*

NOTE: This six-week course reflects on a different topic each week, with a team of presenters.

APRIL 1

Susan Philpott, National Park Service Ranger at Belmont-Paul Women's Equality National Monument, will begin the course with *We the People: The History of Voting in the United States*. Questions to be explored include how has the right to vote in the United States changed since the nation's founding? You might be surprised by the ways that the definition of "We, the People" has evolved. Join Susan Philpott for a discussion exploring the long struggle for inclusion in the political process.

APRIL 8

Susan Philpott will address the question *How Long Must Women Wait for Liberty?* The fight for women's suffrage spanned more than seven decades. Generations of women spent their lives demanding the right to vote. Join Susan to learn more about the largest civil rights movement in U.S. history: the struggle for half of the U.S. population to be considered equal citizens.

APRIL 15

Heidi Dietze, Lyndon B. Johnson National Historical Park Ranger, will lead the class in an exploration of the passage of the post-Civil War Reconstruction Amendments and the legislative and social establishment of Jim Crow.

APRIL 29

Heidi Dietze will provide a deep dive into the political rise of LBJ and how, surrounded by a fractured society, he became convinced of the need to constitutionally enforce and protect the most basic of civil rights, including the vote, that many of us take for granted.



MAY 6

Gerald Benjamin, Distinguished Professor Emeritus at SUNY New Paltz, will unpack gerrymandering and its impact on the power of one's vote. Democratic governance requires that citizens' votes be counted equally. Congress, most state legislative houses, and many local councils and boards are organized based on single member districts. Equality in representation requires that these districts be substantially equal in population. Thus, after every census, redistricting must occur. State legislatures are responsible for redistricting for Congressional and State districts, unless a state's constitution provides otherwise. The US Constitution bars racial and ethnic bias but not partisan bias in this process. As an example, we will examine what happened in New York when majorities saw partisan advantage through gerrymandering, and why reform is needed.

MAY 13

Mabel Tso of the New York Civil Liberties Union will share the work of the ACLU to strengthen our democracy. She will be discussing a range of issues from how ballot initiatives put power in the hands of the people to local municipal policy campaigns that promote and defend civil rights and civil liberties. You will hear about the ACLU's work on a constitutional amendment to protect abortion rights in Ohio and the upcoming work in NYS to pass the Equal Rights Amendment, which will preserve abortion rights in the NYS Constitution and expand protections for all New Yorkers. Additionally, she will cover the importance of school board elections and local government elections in strengthening our democracy.



Presenters

Susan Philpott has been a park ranger with the National Park Service at Belmont-Paul Women's Equality National Monument for the past 12 years. With a master's degree from the University of Maryland, Baltimore County (UMBC) in public history, her research focus in graduate school was the civil rights and Black Power movements. Her interest is always in the struggle for equality and justice.

Heidi Dietze, a Midwest native, began her career in 2000 at the United States Holocaust Memorial Museum in Washington, DC. In 2002, she transferred to the National Park Service where she spent nearly 20 years giving interpretive and educational programs at the memorials, monuments, and historic sites on the National Mall and George Washington Memorial Parkway. In 2021, she moved to Texas and since early 2023 has been at the Lyndon B. Johnson National Historical Park. Heidi has an undergraduate degree from St. Cloud State University in history, with a focus on WWII and the Holocaust, and a graduate degree from the University of East Anglia in film history.

Gerald Benjamin, Distinguished Professor Emeritus at SUNY New Paltz, is the founding director of the university's Benjamin Center for Public Policy Initiatives. Benjamin, who joined the SUNY New Paltz faculty in 1968, served as chair of the Department of Political Science, as presiding officer of the faculty, and from 1996 to 2008 as dean of the College of Liberal Arts and Sciences. He also served for two years as director of the Center for New York State and Local Government Studies at SUNY's Rockefeller Institute of Government in Albany and from 1981 to 1993 as an elected member of the Ulster County Legislature, which he chaired from 1991 to 1993.

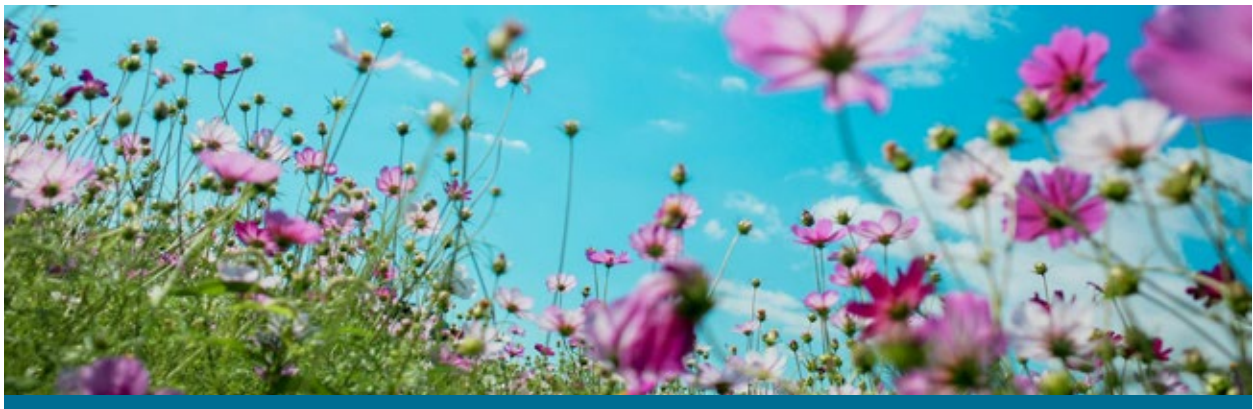
Mabel Tso was born and raised in Manhattan's Lower East Side/Chinatown neighborhood. A Senior Strategist for the New York Civil Liberties Union on the Field Team for the Equal Rights Amendment campaign/ballot initiative and for the Education Policy Center working on education equity issues, Mabel has two decades of experience in civil rights and community organizing focused on protecting and advancing the rights of low wage immigrants and communities of color in the areas of immigration, employment, and anti-gentrification efforts. Most recently, Mabel served as the first Deputy Director of Constituent Services for Congresswoman Alexandria Ocasio-Cortez where she helped create and implement processes to respond to local and national concerns and led on various issues, namely Medicare for All and expanding the social safety net.

Coordinators

Connie Cuttle

Lydia Edelhaus

Prudence Garcia-Renart



B2 *Getting the Best Health Care: Navigating the System* (April 1, 8, 15, 29 from 11:30 am – 12:45 pm)

Navigating the healthcare system has become more complex and difficult to manage, and the pandemic has exacerbated these challenges. This course will consider several practical and philosophical issues regarding health. Topics include dealing with ageism, sexism, and communication with medical professionals; how to make better treatment choices; the reality of medical errors and how to protect your health; and issues of patient autonomy, responsibility, and moral choices when facing the end of life.

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 considerable 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

B3 *Economics and Magic*

Both magic and economics use magic words which are very helpful to the practitioners of each: “Abracadabra” and “Supply and Demand.” “Tis a puzzlement,” said the King in *The King and I* and that applies to magic tricks and economic behavior. So, we will examine both kinds of “puzzlements” and see if we can understand them both.... just a little bit.

Presenter

Andy Weintraub is Emeritus Professor of Economics at Temple University and a lifelong magician. He continues to practice both as a consultant and performer.

Coordinator

Susan Puretz



WEDNESDAY COURSES

April 3, 10, 17, May 1, 8, 15

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 The Play's the Thing **LIMITED**
- C2 Tai Chi **LIMITED**
- C3 Mah Jongg for Beginners **LIMITED**
- C4 The Arts and Culture of the 1940s
(5 weeks: starts on April 10)
- C5 Preventing Cybercrime, Theft, and Impersonation **LIMITED**

MORNING (SESSION 2)

11:15 am – 12:30 pm

- D1 Hellman's Heroines **LIMITED**
- D2 The 14th Amendment and Fundamental Rights **LIMITED**
- D3 Introduction to Bioethics **LIMITED**
- D4 Exploring Historic Architecture in Saugerties and Woodstock **LIMITED**
(5 weeks: starts on April 10)
- D5 Best Short Stories of 2023: The O. Henry Prize Winners **LIMITED**



WEDNESDAY SESSION 1

April 3, 10, 17, 29, May 1, 8, 15

IN-PERSON (WJC)

MORNINGS 9:30 am – 10:45 am

C1 *The Play's the Thing*

LIMITED ENROLLMENT

Plays do not exist on paper. They come alive only when they are read aloud and heard. We will be reading and discussing several short pieces and, perhaps, one complete full-length work. 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 a chance. Since the class will be small, everyone will be given a role for each session. Scripts will be sent out via email. Participants may choose to print out a script to bring to class or may bring a laptop or iPad from which to read. Please 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 significant 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

Prudence Garcia-Renart

C2 *Tai Chi for Beginners*

LIMITED ENROLLMENT

This basic movement program is designed for beginners and can be performed standing or sitting. It is modified from traditional Tai Chi movements to be simpler to perform. The movement, performed consistently, will improve posture, breathing and joint flexibility, as well as strengthen muscles and improve balance, which will help decrease the risk of falls. The focus on the mind/body connection assists in the internal and external control of body movements. Please come and play Tai Chi and become more aware of yourself and how you move. Wear comfortable clothes and supportive shoes or sneakers.

Presenter

Roberta Gavner is a retired professor from SUNY Ulster with many years’ experience in the health care field. Roberta is a Tai Chi for Health Institute Organization (taichiforhealthinstitute.org) Board Certified Instructor and is a member of the United States Tai Chi Community (USTCC.org). She currently teaches Tai Chi for the MVP Health Care Wellness Program and the YMCA Fitness Program. She is also a volunteer for the Ulster County Office for the Aging (UCOFA) as a co-teacher in their sponsored Tai Chi Programs.

Coordinator

Susan Puretz

C3 *Mah Jongg for Beginners*

LIMITED ENROLLMENT

Mah Jongg is back by popular demand! 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 read the Mah Jongg card. Then, you will play instructor-assisted games, and, by the end of the course, the goal is to have you be able to play a respectable game on your own.

NOTE: Prior to the start of the course, participants must purchase a 2024 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 our Publications Coordinator and 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

C4 *The Arts and Culture of the 1940s* (Starts on April 10)

The greatest generation fought and won a terrible war and ushered in a post-war culture of notable, nay, wonderful novels, movies, artworks, music, science and more. But the 1940s saw the beginning of the Cold War and the terrible confrontations and frictions of that 'New World Order'. We'll look at this pivotal decade through its creative arts, politics, achievements, and threats.

Presenter

Chuck Mishaan has been giving courses at Lifespring for many years, including his popular Opera as Politics series and recently, "The Roaring 20s" and "Between the Wars: Arts and Culture of the 1930s." His commentary on the intersection of politics and the arts continues with this course.

Coordinator

Connie Cuttle



C5 *Preventing Cybercrime, Theft, and Impersonation*

LIMITED ENROLLMENT

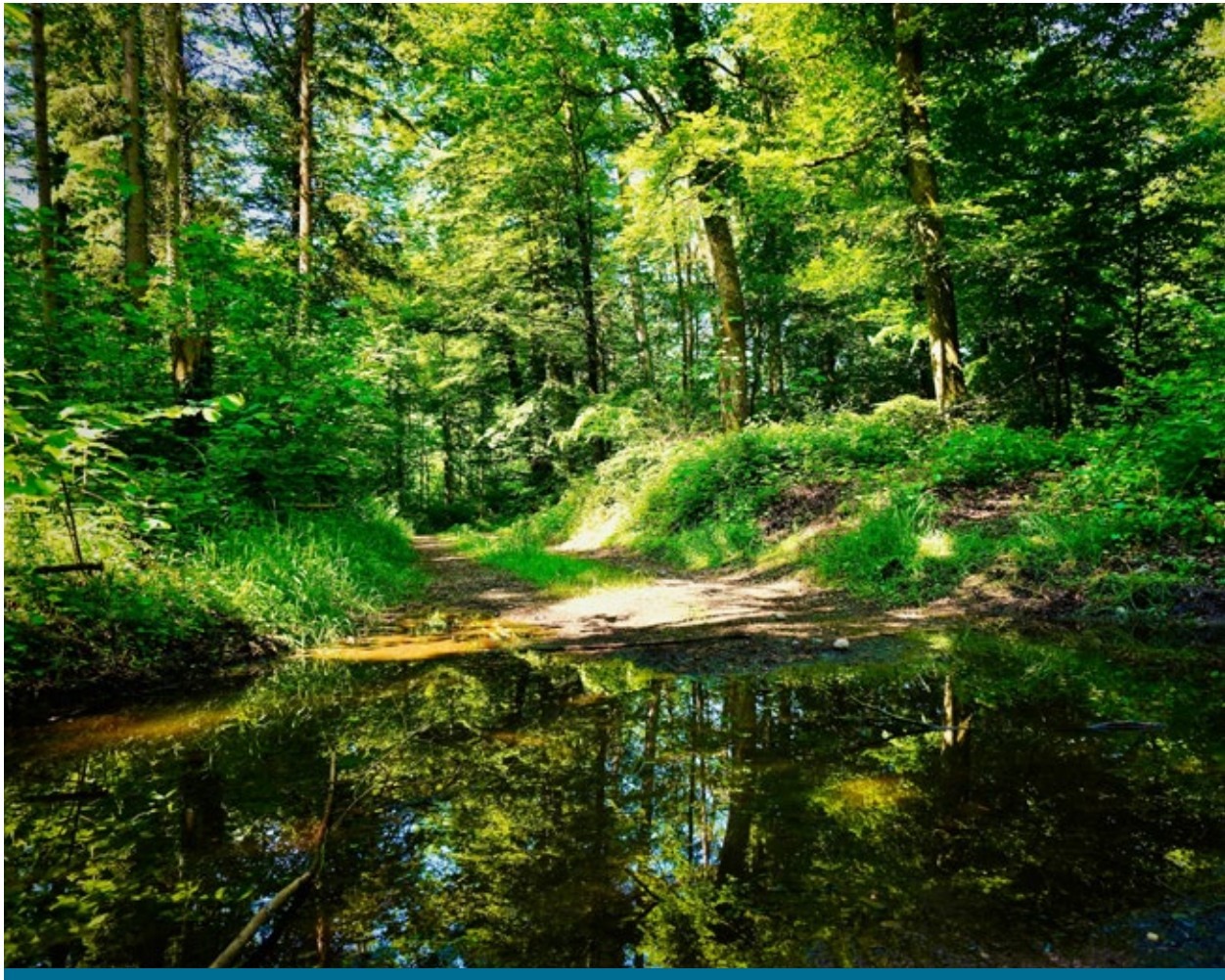
There is nowhere left to hide from cybercrime. Every week it's another breach: PayPal, Equifax, the DMV, the IRS, American Airlines, Facebook, Dropbox. The list is overwhelming. Even so-called cures, such as password managers and LifeLock, have been hacked. Before you pull the covers over your head, there is a solution: a process of behavioral protocols you can put into place, so you are no longer a target. It's all about understanding criminal and victim behavior, shrinking your personal attack surface, and transforming your personal data for sale on the dark web into misinformation. In this hands-on class, participants will go through that process.

Presenter

Rivka Tadjer is a former journalist and is a cybercrime and cybersecurity expert with more than 20 years' experience in cyber investigation, profiling, cryptocurrency fraud, Artificial Intelligence, criminal behavior, cybercrime incident response, prevention, mitigation, and consulting. She specializes in fraud, theft, and impersonation of seniors, high net-worth individuals, and executives.

Coordinator

Connie Cuttle



WEDNESDAY SESSION 2

April 3, 10, 17, May 1, 8, 15

IN-PERSON (WJC)

MORNINGS 11:15 am – 12:30 pm

D1 *Hellman's Heroines*

LIMITED ENROLLMENT

Lillian Hellman was America's first popularly accepted female playwright whose rich characters influenced both the Broadway stage and Hollywood films from the 1930s to the 1960s. Class members are asked to read [The Children's Hour](#) and [The Little Foxes](#).

Presenter

Lou Trapani is the Artistic and Managing Director of the Center for Performing Arts at Rhinebeck, a position he has held for nearly twenty-four years. He has taught in the Lifelong Learning Institutes at Bard, Vassar, and SUNY New Paltz in addition to Lifespring.

Coordinator

Prudence Garcia Renart



D2 *The 14th Amendment and Fundamental Rights*

LIMITED ENROLLMENT

In 1973, the Supreme Court handed down the *Roe v Wade* decision. This ruling, in concert with *Loving v VA*, *Griswold v CT*, *Eisenstadt v Baird*, and other key decisions, finally extended the Due Process Clause to protection of women's bodies, health, and lives. In June 2022, the Court overturned *Roe* in a decision which threatened 14th Amendment rights regarding reproductive health, rights of women, and same-sex and interracial marriage. The *Dobbs* decision also makes vulnerable the 14th Amendment Equal Protection and Due Process Rights articulated in SCOTUS rulings from the early 20th Century. This class will analyze the effect of *Dobbs* to better understand the threat to fundamental rights held by minorities disfavored by the radical right, including ethnic minorities, immigrants, the trans community, LGBTQ Americans, Muslim, and Jewish Americans. To gain the most from the course, participants are invited to engage with readings and take part in class discussions—with civility and good humor.

Presenter

Kris McDaniel-Miccio is professor emerita in law and an attorney emerita and rabbi. A graduate of Columbia Law, with a JSD and LLM, a J.D. from Antioch Law School, and an MPA from Rockefeller College, she has successfully litigated numerous cases challenging gender asymmetry and brought down Colorado's constitutional ban on same sex marriage. She is an internationally recognized expert on sex discrimination specifically as it affects women survivors of male intimate violence. A Fulbright Scholar, she also received fellowships to teach at Trinity College Dublin and was granted an Irish Law Society Human Rights Award. At home, her work changed the law in NYS providing women much needed recognition and protection of rights related to the custody of their children as well as protection of their rights. Kris is most proud of her Bronx working-class background which she remembers and honors. She is a rabid NY Yankee Fan.

Coordinator

Susan Puretz



D3 *Introduction to Bioethics*

LIMITED ENROLLMENT

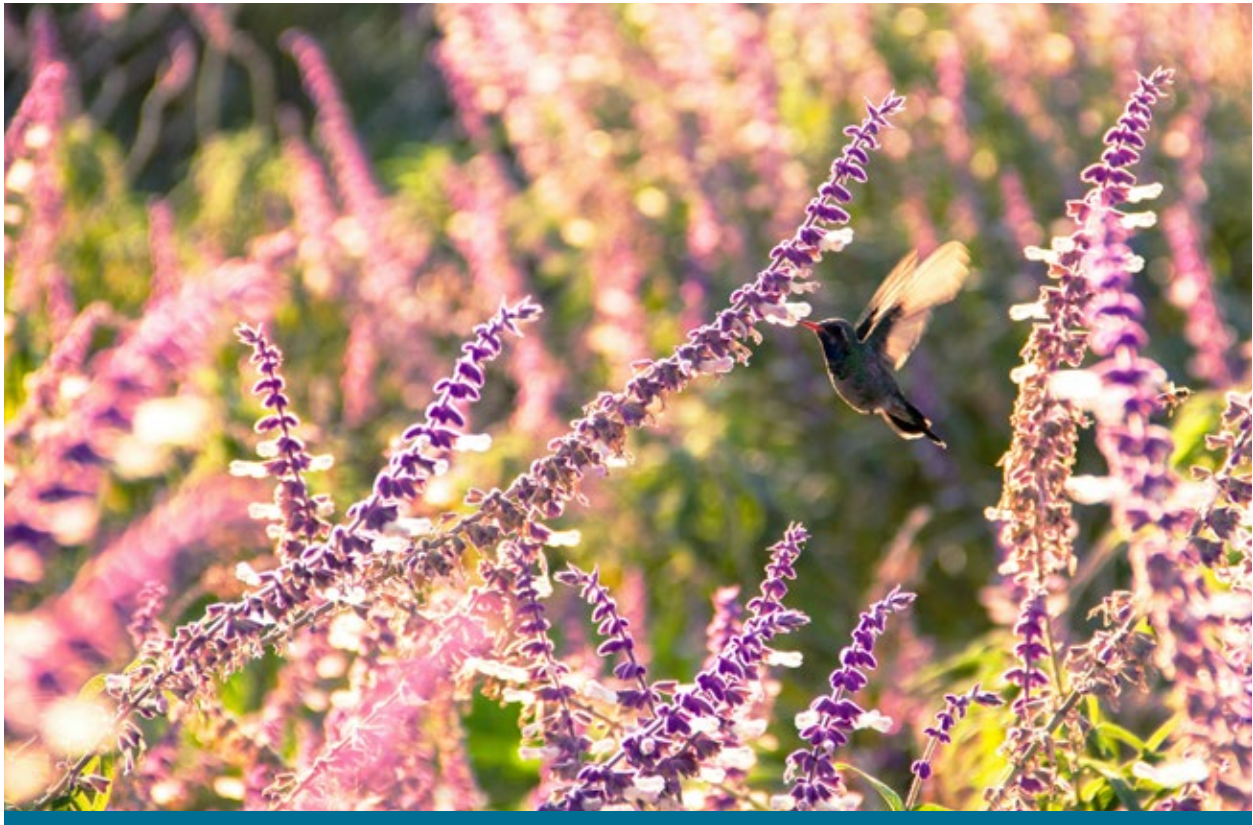
The 21st century has been called the Age of Biology. The application of technology to health care has forced us to examine issues that were never imagined. Among the ethical issues to be explored will be: What medical decisions do we make for ourselves, minor children, or people who lack competence, as well as who makes those decisions and under what circumstances? What if a professional's conscience and/or personal autonomy conflicts with law, institutional practice, or patient wants? How is public policy supposed to reflect all these complexities? Engaging each other in thoughtful, civil, and respectful discourse will be the dynamic of each gathering. Topics under discussion will be reflected in readings sent out via email before each class and will provide the basis for participant discussion.

Presenter

Mary Lou Dillon became interested in bioethics after reading Daniel Callahan's book, *The Troubled Dream of Life*. With a master's in history from NYU and an ongoing interest in the human condition, Ms. Dillon earned a certificate in Bioethics and the Medical Humanities from Einstein College of Medicine/College of Physicians and Surgeons of Columbia University. She was a Visiting Scholar at the Hastings Center and a Master Teacher in the High School Bioethics Curriculum Project at the Kennedy Institute at Georgetown University. This experience prompted her to teach a high school course on bioethics using a curriculum she authored. Upon her first retirement, she became one of the original staff at The Learning Collaborative, the Rockland County version of Lifespring.

Coordinator

Hildegard Pleva



D4 *Exploring Historic Architecture in Saugerties and Woodstock* *(Starts on April 10)*

LIMITED ENROLLMENT

Our first class on April 10 will meet at the WJC for a slide-illustrated survey of the architecture of Saugerties and Woodstock from the 18th century to about 1950. The variety of architectural styles (from Dutch Colonial to Modern) and building types (from houses and churches to railroad stations and diners) will be emphasized, as will the connections between the buildings and the society that produced them. The next four classes will involve strolls through the center of Saugerties (April 17 and May 1) and in Woodstock (May 8 and 15) with commentary about some of each town's interesting architectural landmarks. There will be at least one exploration of an historic and well-preserved 19th-century interior. Participants may be required to sign liability waivers to participate in the program.

Presenter

Bill Rhoads grew up in Harrisburg, PA and was trained in architectural history at Princeton University where he received his Ph.D. in 1975. He began teaching at SUNY New Paltz in 1970 and is now Professor Emeritus of Art History. Bill has extensive experience speaking and writing about the architecture of the Hudson Valley region, including talks for Lifespring. His books include *Ulster County, New York: The Architectural History & Guide* (Black Dome Press, 2011). Most recently he is the co-author, with Leslie Melvin, of *Elverhoj: The Arts and Crafts Colony at Milton-on-Hudson* (Black Dome Press, 2022, distributed by RIT Press). Elverhoj was modeled in part after Woodstock's Byrdcliffe.

Coordinators

Hildegard Pleva

Connie Cuttle



D5 *Best Short Stories 2023: The O. Henry Prize Winners*

LIMITED ENROLLMENT

Continuing 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 Short Stories of 2023: The O. Henry Prize Winners*, edited by Lauren Groff. 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 are reading. Each week, participants will be emailed several open-ended, thought-provoking questions about the following week's story.

NOTE: When your registration for the course is confirmed, please purchase the book, *The Best Short Stories 2023: The O. Henry Prize Winners*. Prior to the first class, participants will receive an email with the first story assignment and additional details.

Presenter

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



OFF-SITE PROGRAMS

Varied dates and times

IN-PERSON

THURSDAYS: April 4, 11, 18, May 2, 9 (12:30 pm – 3:45 pm)
SAUGERTIES PUBLIC LIBRARY COMMUNITY ROOM

I What Makes a Good Mystery: Film Noir

5 WEEKS

THURSDAYS: April 18, 25, May 2, 9 (9:30 am – 11:30 am)
OUTDOORS: VARIOUS LOCATIONS

II Following Spring's Progress—Four Nature Rambles

4 WEEKS

FRIDAY: April 26 (9:30 am – 12:30 pm)
OUTDOORS: MEADS MEADOW TRAIL IN WOODSTOCK, NY

III Sage Age Day Camp

1 DAY

FRIDAYS: April 26, May 3, 10, 17 (1:00 pm – 3:00 pm)
OUTDOORS: CANTINE MEMORIAL FIELD'S COURTS IN SAUGERTIES, NY

IV Introduction to Pickle Ball

4 WEEKS



I **What Makes a Good Mystery? Film Noir – Before, During and After**

THURSDAYS: April 4, 11,18, May 2, 9 (12:30 pm – 3:45 pm)

Saugerties Public Library Community Room

LIMITED ENROLLMENT

On April 4th, award-winning author Carol Goodman will open the film series with a reading from one of her novels followed by a question-and-answer session with the audience and a signing of her latest book, *The Bones of the Story*, copies of which will be available for purchase. Beginning April 11th, Katie Cokinos, founder of the Saugerties Film Society, will introduce each film in the series (April 11 – *The Maltese Falcon*; April 18 – *Double Indemnity*; May 2 – *Phantom Lady*; and May 9 – *Chinatown*) exploring film noir from the heyday of the genre in the 1940s to revisionist noir as seen in 1974s *Chinatown*. After each film, Katie will facilitate a discussion with the audience.

Presenters

Carol Goodman is the author of twenty-five novels, including *The Lake of Dead Languages*, *The Seduction of Water*, winner of the 2003 Hammett Prize, *The Widow's House*, which won the 2018 Mary Higgins Clark Award, and *The Night Visitors*, which won the 2020 Mary Higgins Clark Award. Her books have been translated into sixteen languages. Originally from Long Island, she has lived in the Hudson Valley with her family since 2010. Her latest book, *The Bones of the Story*, is set at a college campus in the Hudson Valley haunted by legends of the ice caves in the Catskill Mountains. When she is not writing and taking long walks near the river, Ms. Goodman teaches writing and literature at SUNY New Paltz, The New School, and the Hudson Valley Writing Center.

Katie Cokinos is Senior Programmer at Upstate Films, Orpheum Theater and is the founder and curator of the Saugerties Film Society. She began her thirty-year career as an administrative assistant at the legendary Southwest Alternate Media Project. There she produced Eagle Pennell's independent film, *Heart Full of Soul*. After serving as the Managing Director of the Austin Film Society, she directed the coming-of-age feature film, *I Dream Too Much*, starring Diane Ladd, Eden Brolin and Danielle Brooks. She also directed and co-wrote with poet Guy Reed, *How the World Looks Now* about Apollo 8, and the impact the Earthrise photo had on the world. They also co-directed and produced, *Water Keeps Time*, a documentary about the lower Esopus Creek. Presently Katie is working on her latest feature, *The Nature of Things*.

Coordinator

Prudence Garcia Renart



II *Following Spring's Progress – Four Nature Rambles*

THURSDAYS: April 18, 25, May 2, 9 (9:30 am – 11:30 am)

Various Locations

LIMITED ENROLLMENT

Betty and Leslie are looking forward to continuing our nature rambles with you. We will meet at four different sites, Thursday mornings (9:30 – 11:30), April 18, 25, May 2, 9, to observe Spring's progression in different habitats and locations. We hope to pool everyone's observations of each site to enjoy Spring's variety as well as to see commonalities and unique characteristics of each habitat. Of course we will look for flowers and listen to bird songs, but we will also try to get a broader view of the habitats we visit. Rambles will be less than two miles total. Participants would 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 am that Thursday morning.

The maximum number of participants is 20. This is a very popular offering that always has a wait list. Please do not sign up for these walks if you know you are not available for 2 or more of the scheduled walks. Participants will be required to sign liability waivers to participate in the rambles.

Finally, please note that while we have many dog lovers among us, we cannot allow any dogs in this course. Thank you. Participants may be required to sign liability waivers to participate in the program.

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 an 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.

Coordinator

Leslie Surprenant



III *Sage Age Day Camp – Sparks, Tarps, Knots and Bearings* FRIDAY: April 26 (9:30 am – 12:30 pm)

Meads Meadow Trail in Woodstock, NY

LIMITED ENROLLMENT

Were you lucky enough to go to outdoor camp as a youth? Has outdoor learning sparked your joy and a sense of adventure? Reclaim that joy and adventurous spirit! Join NYS Licensed Guide, Leslie Surprenant, for a fun outdoor workshop. We will start a campfire, hoist a tarp, learn how to tie a knot or two and play with compasses. We will walk about ½ mile on Meads Meadow Trail in Woodstock for this event. Heavy rain, wind or thunderstorms will cancel. If canceled, registrants will be informed via email by 8:00 am on the day of the event. Participants may be required to sign liability waivers to participate in the program.

Presenters

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 an 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.

Coordinator

Leslie Surprenant



IV *Introduction to Pickleball*

FRIDAYS: April 26, May 3, 10, 17 (1:00 – 3:00 pm)

Cantine Memorial Field's Pickleball Courts in Saugerties, NY

LIMITED ENROLLMENT

Pickleball is fun, social, and friendly! The rules are simple and the game is easy for beginners to learn. It can be played by people of all ages and abilities either indoors or outdoors with a paddle and a plastic ball on a court resembling a small tennis court. This class will introduce participants to this fast-growing sport. Instruction is progressive and each session builds on the previous one, so it is important to attend each class. There will be two volunteer coaches at each court to assist players. Pickleball paddles and balls will be provided. Dress comfortably for active play and remember spring weather can be variable. Proper footwear is required. Recommended footwear — court shoes (sneakers) with good tread on the bottom. Running shoes are not advised. Sandals, flip flops, or street shoes are not permitted. Sunscreen, sunglasses, eye protection, are recommended. Water is also recommended. The class will meet at Cantine Memorial Field's Pickleball Courts in Saugerties. Participants may be asked to sign liability waivers before playing.

NOTE: If bad weather forces us to cancel a class session, participants will be sent an email no later than 11:00 am that Friday morning.

Presenters

Jayne McLaughlin is an avid pickleball player who has been playing the sport for seven years. What appeals to her the most about pickleball is that it is quite easy to learn but a challenge to master. Jayne plays year-round several times a week. She is also a volunteer Ambassador for USA Pickleball, which is the governing body for the sport, focusing on establishing new venues and helping new players learn to play and enjoy the sport.

Coordinator

Susan Puretz



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