



About LIFESPRING NEWS & VIEWS



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

Everyone has a favorite reason to love spring, but we're all agreed that it's a pleasure to shed the heavy clothing and be out and about in the sunshine. If you relish our beautiful woodlands and meadows, spring is the optimum time for a walk or hike, with mild temperatures and a chance to see a great variety of spring wildflowers and birds. Of course, an added bonus is our spring semester, which you are hopefully enjoying and finding fruitful.



This issue of *News & Views* has all your favorite features and some new ones. Be sure to check out the review of an exercise video, updates on Library happenings, important information about identity theft, and details about the Annual Meeting and this summer's ArtWorks program.

You're sure to enjoy our Presenter Profile, which this issue highlights Valerie Da Silva and Poetry Place, featuring the work of Rich Phillips, as well as the selected photography submissions on the theme of LIGHT, and of course the mystery photo.

NEW this issue is a contest with another mystery – **Find the Mystery Word**. Once you locate the mystery word in the text, email me and tell me the sentence in which it appeared.

The first person to email me with the location of the mystery word will win a \$5.00 gift card for Adams.

The Mystery Word is parochial.

Finally, remember to send your comments and any suggestions you may have for future issues.

Happy spring!

Susan Greenstein, Editor
stgreenstein1@gmail.com



A Message from the **PRESIDENT**



When I wrote my column for the January issue, I commented about the memory of our Thanksgiving snow that had all but disappeared. As I begin writing this column in February, I am shuddering at the record breaking cold (and snow) and am very happy that I do not live in Boston! And when you read this column in May, our record breaking cold and tons of snow will be such a distant memory! Turn, turn, turn, as the song goes.

And so does Lifespring continue to revolve and evolve – our spring 2015 semester is drawing to a close, we await publication on July 7th of the fall 2015 course catalog, and we look forward to registering for and participating in ArtWorks on July 22nd.

I want to thank the 108 members who took the Road Scholar/Elderhostel Institute Network survey back in November. As a result of your answers, we have a good demographic picture of “us” and will be able to compare our population with other Lifelong Learning Institutes throughout the country, as well as being able to draw on the information to help make Lifespring even better.

I also want to thank the 40 members who answered the Let’s Get-a-Move On survey. After tabulating the responses, the committee created the lunchtime exercise program that many of you are taking advantage of, and they are planning an end-of-semester physical celebration to happen at North Lake.

It’s been a good year – Lifespring’s sixth. Can you believe that in September 2009, our first catalog offered the option of taking two classes from the four described? You now have the opportunity to choose three classes from approximately fifteen classes and bonus courses offered each semester. We have come a long way and, with your help, we look forward to many more successful years.

Susan Puretz

For Your Calendars



May 26 *Let’s-Get-A-Move-On Celebration*

June 3 *Annual Meeting*

July 7 *Fall 2015 Catalogs will be available*

July 22 *ArtWorks*

Sept. 30 *Fall 2015 semester begins*

LIBRARY CORNER – CLOSE CONNECTIONS



As you know, throughout the year Lifespring holds several of our presentations, films, and special functions at the Saugerties Public Library. In support of this very fine

community resource, we are happy to remind you of some of our Library's current initiatives.

The year 2015 is the centennial celebration of "Our Carnegie Lady," a title that was used at the 75TH anniversary and refers to the Carnegie Library Building, which remains intact after the expansion.

To honor that anniversary a number of special events have been scheduled including a Sunday lecture series, a Timeline display, and several activities on Dedication Weekend, September 18, 19 and 20, 2015. More information is available on posters around town and at the Saugerties Public Library website at www.saugertiespubliclibrary.org

Integral to the work and function of the Library is its *Friends* organization whose mission is "to establish closer ties between the Library and the people it serves;

to promote informed interest in the function, resources, services and needs of the Library; to stimulate and receive gifts; and to support the development of a program for the extension and improvement of the services and resources of the Library." Several Lifespring members are also active members of the *Friends* group, including the Friends group President, Elaine White; its Vice President, Barbara Kaisik; Roberta Gavner, and past president Joe Gavner, as well as Sally Colclough, Kathy Carroll, Lucy Stagich, Sylvia Verrastro, Pat Buonfiglio, and Anne Buonfiglio.

For the seventh year, Barbara and Elaine are co-chairs of the very popular Saugerties Library Annual Book Fair, to be held again this year at the Kiwanis Ice Arena on Saturday, June 6th from 9 am until 2 pm. In addition to 65 tables of books at the bargain prices of 50¢ and \$1 and a selection of vintage books offered at various prices, there will be a cafe offering food and drinks, local groups providing live music, several demonstrations, and for the first time, a section devoted to a crafts sale from Lifespring members.

For more information on other activities of the *Friends* and to learn how to become a member, visit their website at www.friendsofsaugertieslibrary.org

Susan Davis



JUNE BOOK (AND CRAFTS) FAIR

This year, for the first time, we are collaborating with the Friends of the Saugerties Library at their Annual June Book Fair, where thousands of books are arranged and organized for purchase, all for very low prices, at the Ice Arena.

At this year's book fair Lifespring artists and artisans will be offering a variety of handmade objects for sale. You will find an interesting array of jewelry, photographs, pottery, soap, memory boxes, wind chimes, sculpture, terrariums, crocheted purses, and fresh baked goodies. Hope to see you on **Saturday, June 6, 2015 from 9:00 am - 2:00 pm.**

Arzi McKeown

MYSTERY PHOTO — WHAT IS THIS AND WHERE IS IT?



Photo: Greta Hutton

Do you know the story of this structure and where it's located?

Here are some hints: It's on a major north/south road in our area, opposite St. Paul's Lutheran Church, and it was built in the mid-1600s.

Scroll down to find the answer.

Answer to WHAT IS THIS AND WHERE IS IT?

West Camp House or **Kocherthal/Eligh House** is located at 4206 Route 9W opposite St. Paul's Lutheran Church

Historical speculation is that the **West Camp House** was originally built as a Dutch trading post by Govert Loockermans in the mid-1600s, predating the arrival of the Palatines in 1710. In 2004, the Town of Saugerties Historic Preservation Commission designated the entire site as a local landmark under the name **Kocherthal/Eligh House**. Rev. Joshua Kocherthal had been pastor, guide, and mentor to the Palatine community and is believed to have lived here; Willem Eligh, who married a Kocherthal daughter, probably renovated the house when he owned it. A painted inscription near the front entrance shows the legend "1735 WE".

This 1½-story bank house with a hip roof has well-finished, almost squared limestone walls that reflect the workmanship of a skilled stonemason. (The term "bank house" indicates that it was built into a bank/slope.) The house was built with a basement level and a main entrance on the east façade. Its thick wooden-framed windows are typical of Lowland German architecture. The original center chimney, once stone and now brick, indicates a 2-room house. The year 1728 was carved into a stone at the top of the old chimney and is visible from the road. A massive brick chimney along the center of the south façade is a rare 17th century-period brick.

Susan Puretz



Photo Op

In November we announced a new *News & Views* section featuring photographs from our members. Each issue of the newsletter highlights a particular theme – the MAY issue features LIGHT. We received many wonderful photos that represented different ways to look at LIGHT; some were seasonal, while others found light in dark corners; some celebrated the brilliance of light and others the moodiness.

We've chosen 4 from among the many images capturing realism, expressiveness, and feeling. You will find them throughout the issue. Thanks to all who participated!

The theme for the October 2015 issue is **PROGRESS**. If you'd like to participate, here are the **Guidelines**: You may submit up to **2** photos. (Please do not send more than 2; select your favorites). Each photo should be titled, for example: moonlight.jpg. The photo may be black and white or color. Please send all submissions to Arzi at: moonchild246@yahoo.com



*PHOTO OP SELECTION
SPOTLIGHT OF THE INFINITE
STEVE ZWICKLER*

There are always two people in every picture: the photographer and the viewer.

Ansel Adams



Wisdom Keepers Project

An Update....

They arrived one by one, each with a lifetime of wisdom gathered up in their arms. Gently and trustingly, they shared the struggles, vulnerabilities, and experiences that helped them form the insights that enabled them to create and direct their lives. It became clear to me very early into the project that the original design of Wisdom Keepers needed to take a different path.

You may recall that we put out a call for volunteers to share their personal story, based on two thought-provoking questions. The plan was that each interview would be condensed to 300 words, accompanied by a photo, published in issues of *Lifespring News & Views*, and also in a professional mini-book combining all the interviews and photographs.

Although a worthy-sounding project, it became clear to me that a person's life experiences and learned wisdom should not be reduced to such a limited format; the stories were of too great a depth and breadth, filled as they were with the poignancy of the past and the awareness of ongoing growth and change, enormous ideas and concepts.

The experience of these interviews proved very meaningful to me. The opportunity to share these intimate experiences was an honor. I remain very grateful for and moved by the trust and openness of each of these volunteers.

In lieu of 300 words, knowing the pure inadequacy of such a limit, I simply present to you the nine people who chose to share the essence of their life experience. Thank you all for your willingness to participate in this project. Special thanks also go to Nora Adelman, who arranged to photograph each of the volunteers within the warmth and comfort of their own homes.

Arzi McKeown



Farrell Reynolds



Gayle Schumacher



Ernst Schoen-Rene



Esther Rosenfeld



Geri Garfinkle



Karen Humphrey



Marilyn Wakefield



Millie Goldberg



Susan Greenstein

Why?

WHY DO WE HAVE AN ANNUAL MEETING AND WHY SHOULD YOU ATTEND?

Our Annual Meeting has a lot to offer – delicious breakfast foods, courtesy of our Hospitality Committee chaired by Marjory Greenberg-Vaughn, a special presentation, and an opportunity to mix and mingle with your Lifespring co-members.

But the Annual Meeting is more than just food and entertainment; it's a requirement of our by-laws that we hold an annual meeting to elect new officers, present financial and committee reports, and welcome discussion and comments. Finally, the Annual Meeting is a great opportunity to learn more about the inner workings of Lifespring.



This year's Annual Meeting takes place on June 3rd at the Woodstock Jewish Congregation. The Event Committee chaired by Colleen Greco has lined up Robert L. Cohen, a noted lecturer in many musical genres, to be our guest presenter in a program titled, ***"They All Sang on the Corner" – The Roots of Doo-Wop Rock and Roll.***

Information about the Annual Meeting has already been emailed to you with all the details about the entertainment and the elections. Please send in your reservations. We hope to see you all there!

Susan Puretz



PHOTO OP SELECTION
MOLTEN LIGHT
JOYCE LISSANDRELLO



PHOTO OP SELECTION
BLOOMING IN THE DARK
GAYLE SCHUMACHER

Congratulations to the 4
PHOTO OP photographers
chosen for the LIGHT theme:

Susan Kahl
Joyce Lissandrello
Gayle Schumacher
Steve Zwickler

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



Presenter Profile: **VALERIE DA SILVA**



In the 1850s, Valerie Da Silva's ancestors left Portugal to begin a hundred year immigration passage that would take them to British Guiana, then to Canada, and finally to Brooklyn, New York, where Valerie was born and raised. She grew up attending Catholic schools and in the elementary grades many of her teachers were Dominican sisters. Valerie says that by the age of eight she knew, "I'm going to be just like that when I grow up." She had what she describes as a "normal" life, she went out with boys, played violin in the high school orchestra, but maintained her desire to join a religious community, and she remained drawn to the Dominican order.

LIFE CHOICES

Her sense of wanting to be a nun, to be a part of the religious community, remained with her throughout her childhood, even though her mother had made it clear that she was opposed to such a choice. Just after her 18th birthday, Valerie traveled out to Amityville, New York, to meet with the Mother Prioress and was told that she could enter the Dominican order in September to begin her novitiate; she signed the papers and went home knowing that she now had to tell her parents the news. Her father's first response was, "when are you going to tell your mother?"

"He wasn't eager for me to follow this path, but he acquiesced because he knew it was what I wanted to do." Finally, it was time to speak to her mother. "Mama, I'm going to enter the convent in September. No response. She said nothing. She just stopped talking to me."

Describing the first gathering of the girls who were to enter the convent, Valerie remembers: "Everyone was crying, but not me. I knew that this was where I wanted to be. Although right from the beginning I was something of a rebel, always questioning – why do it this way or that way. But of course, I went along with the rules."

EARLY YEARS OF EDUCATION AND TEACHING

Along with her convent training, Valerie also received teacher training. Once she took her first vows, she was sent out to teach first grade at St. Joseph's School in Long Island City, and she began attending St. Francis College in Brooklyn. She had just turned 20.

"I taught first grade, did all my convent chores, and went to school as well. Even though lights out was at 9:00 pm, I continued to study at night, I had to; I'd put a rolled up towel under the door so no one could see my reading light."

After she took her final vows and her religious name of Sister Gerard Marie, she spent the next several years teaching first grade in various Parochial schools in Brooklyn and Queens and continuing with her own college studies.

MORE THAN JUST BROOKLYN

Then came one of the determining points in her life; she saw an advertisement in a Dominican newsletter asking for volunteer sisters to go to Puerto Rico to teach. She applied immediately, was accepted, and received her transfer to the Mission of Santa Teresita in Naranjito. It was in a remote location up in the mountains, and she and five other young sisters were assigned there. Even though she didn't speak *any* Spanish at that time, Valerie was ready for this adventure. She thought, "I want to do more than just sit in Brooklyn!" (Continued on next page)

She learned the local dialect and opted to remain in Puerto Rico to teach while also attending the InterAmerican University where she majored in Education and in English as a Second Language. In 1971 she left Puerto Rico to take advantage of a Fellowship to Fredonia State University at SUNY Fredonia, where she earned a Master's degree in Education. The next year, she returned to Puerto Rico and was assigned to the Jesuit-run San Ignacio High School in Hato Rey, where she first became interested in teaching religious studies. Her years away were fruitful, in stretching her intellectual studies and in forming important and lasting friendships; since returning to the U.S., Valerie has returned to Puerto Rico twice a year to visit friends and re-experience this island that had such a profound influence on her life.

RETURN TO THE STATES AND NEW HORIZONS

Eleven years later, Valerie returned to the U.S. to attend St. John's University in Queens, where she majored in Theology, earned her second Master's degree, and simultaneously taught English at St. Francis Preparatory School in Queens. In the years that followed, Valerie left New York City to briefly teach high school at Our Lady of Lourdes in Poughkeepsie, and then found a job as assistant librarian at the West Park School, a position she eventually and gratefully left to teach theology, her real interest, at Mount Saint Mary's College in Newburgh, where she continues to this day.

INFLUENCE OF VATICAN II

Valerie describes the dramatic changes in the Church in the ten years between 1969 and 1979, after the Second Vatican Council. "There was a lot of upheaval, pitting those with conservative viewpoints against more liberal, progressive viewpoints. Even among my own group, the Dominicans, some were more radical than others. I was one of the first to switch to regular clothing, to stop wearing the habit. Some of my fellow sisters were quite critical, but I felt I had to go forward, not backwards."

Valerie notes that the Church itself appears to be moving in a forward direction under the guidance of Pope Francis. Just this month, a controversial three-year program of Vatican oversight of the main leadership of U.S. Catholic sisters, revolving around sharp critiques of some of this group's forward-looking programs and positions, has come to a mutually-agreeable resolution.

PERSONAL BELIEFS

Valerie believes that her religious studies in theology and in the Old Testament form the basis of what she considers her radicalism. She notes that Jesus said that He did not come to change things, but to fulfill them (Think not that I am come to undo the law or the prophets; I am not come to undo, but to fulfill).

"My life centers on scriptures; I believe everything that Jesus said and did was dedicated to a forward life. When I look at the New Testament, at Jesus' life, I see that the roots of all that we believe in today, and the ways we pray, were there in the Old Testament."

"Mine has been a directed life. I feel that this is the way it's supposed to be for me. It's who I am. We all do the *work* we have to do, and I believe that we're guided to it."

JOINING LIFSPRING

Several years ago, Valerie saw an article about Lifespring in an issue of *Chronogram* magazine and she thought, "This is for me." In addition to teaching at Lifespring, Valerie is an active member, serving on the Curriculum Committee, taking courses, and attending many special events. She says, "Lifespring provides me with an opportunity to participate in an intellectually-stimulating, education-oriented setting and to meet and interact with a whole group of interesting, new people."

Susan Greenstein

FRIENDS OF HISTORIC SAUGERTIES: NEW GROUP IN TOWN



FRIENDS OF HISTORIC SAUGERTIES

Over this past winter, a group of local history enthusiasts who had been meeting informally at the library re-imagined themselves and have been reborn as a new, local organization, the **Friends of Historic Saugerties**. Leading the reorganization was our own Arzi McKeown, assisted by a steering committee of Lifespring members, Gus Pedersen and Susan and Rich Davis, as well as Lifespring presenter and local history authority, Michael Sullivan Smith. Also on the committee are Chester Hartwell and Myles Putman. In a stroke of good fortune, this fledgling group was then invited by the Saugerties Library to become a Program of the Library.

The group meets (generally) on the first Saturday of the month, in the Library Community Room, from 2-4 pm. The meetings offer interesting presentations on local history topics and an opportunity to facilitate interaction and shared learning for people who would like to further their knowledge of the resources available to learn more about Saugerties history.

The Saturday, June 6th meeting will feature two presentations: Gus Pedersen, a Lifespring course presenter and local furniture maker, will discuss the furniture of the Arts and Crafts period (late 19th century) and The Rev. Michael Phillips, Vicar, Trinity Episcopal Church, Saugerties and Ms. Margaret Yelland, parishioner and Lifespring member, will share information on the Church's history and the very fine stained glass windows designed by William Morris and Louis Comfort Tiffany. Everyone who is interested in history is most welcome to attend the **Friends of Historic Saugerties** meetings.

If you would like to be on an email list for information, please contact Susan Davis at Davissu@Vassar.edu. You can also see announcements about our meetings on the Library webpage, in local publications, and on the *I Like Saugerties* Facebook Page at www.facebook.com/ILSaugerties

Susan Davis



Did you know that there is a stained glass window by William Morris in the Saugerties Trinity Episcopal Church's chancel and three designed by Louis Comfort Tiffany in the Church Rectory?



POETRY PLACE



Thanks to all of the members who submitted their poems, we now have enough to last for quite some time. Our plan is to feature one or two poets in each issue of *Lifespring News & Views*. A brief bio of the featured poet(s) will be published along with the poems. I know you'll enjoy reading these poems as much as I did when I received them.

And now, on to our featured poet – **Richard Phillips**

Richard Phillips has been writing poetry for most of his life, although teaching Political Science at the college level didn't leave him much time to write. Now that he is semi-retired, he finds writing poetry a "magical experience." Rich writes from his own life and finds pleasure in letting the writing take him where it wants to go. He enjoys writing a poem in one sitting and tries to capture the experience of the moment. A long-time member of Lifespring, Rich serves as Treasurer of our organization; you've probably seen him presenting his financial report at the annual meeting and not imagined, for a moment, that he was a man of letters as well as numbers.

Esther Rosenfeld

Outside Time

We lie close together you and I
 your bent legs slung lightly on my left hip
 and thigh, side pressed close to side
 your hand resting warmly
 on my chest, my right arm beneath your neck
 my left curling under and around your thighs
 pressing your rounded buttocks
 against me, tight
 lifting you up
 floating, as if
 twined in a ball
 together, in mid-air
 outside time,
 outside time.

Rich Phillips

Golden Day

Sun pours down, surprising me,
 as I open the door this fine mellow day,
 the first day of December after all,
 sky the softest blue arcing over my head
 as I drive, the remaining small
 yellowed leaves flutter on the apple trees,
 black tar patches glitter in the light
 of the bright southward sun that flickers
 thru the trees against my face
 like a stick clicking along a picket fence
 and casts long shadowed patterns
 on the ground from the bare oaks and the
 evergreens struck dumb,
 motionless in the white gold light.
 I hold these moments
 in my hand like a beating heart.

Rich Phillips

IDENTITY THEFT: HOW TO PROTECT YOURSELF FROM THIS PROBLEM



Some anonymous person said, “As a young child, my mother told me I could be anyone I want. It turns out the police call this identify theft.” But this is not a laughing matter; just ask anyone whose identity has been taken.

As smart seniors, we can take steps to protect ourselves from identity theft and fraud. Reading about Identity Theft should not induce anxiety but rather produce a healthy awareness of how to avoid having it happen to you, and if it happens, what to do about it.

To reinforce some of the tips below, consider reading *Smart Seniors* a publication by NYS Office of the Attorney General available at: www.ag.ny.gov/sites/default/files/pdfs/publications/Smart-Seniors.pdf

In addition to the above website, here are some tips for you to get started protecting your personal information:

- You are entitled by law to receive a free copy of your credit report once every 12 months. To access this service go to www.annualcreditreport.com or call 877-322-8228
- Freeze your credit report; consumers in New York State may now prohibit access to personal information in a credit report – this is known as “freezing.” To accomplish this, you must contact each of the three consumer credit reporting companies individually. Call **Experian** at 888-397-3742; **Equifax** at 800-525-6285 and **TransUnion** at 800-680-7289
- Take steps to ensure that your mail, personal information, and other data are protected. Check out this Federal Trade Commission website for many tips about protecting your personal information: <http://www.consumer.ftc.gov/articles/0272-how-keep-your-personal-information-secure#offline>

Steps to take if your identity is stolen:

- Contact the fraud department at each of the three major credit bureaus listed above and have a fraud alert placed on your credit file
- Contact the local police and file a report of theft
- Contact creditors of any accounts that have been tampered with or opened fraudulently

Susan Poretz



Another great reason to look forward to summer is **ArtWorks**, the one-day creative arts event that Lifespring presents for the community. **ArtWorks** is open to everyone, at all levels, from beginner to accomplished artist or craftsperson. There will be workshops in the visual arts, movement and dance, music and singing, theater and improvisation, and creative writing.

ArtWorks will be held on Wed. July 22, 2015 from 8:00 am to 5:00 pm. In addition to the opportunity to take 2-3 workshops, registration includes a continental breakfast, lunch, and opening and closing ceremonies. Download a brochure here: www.lifespringsaugerties.com

Registration ends on June 15 and is on a first-come, first-served basis.

Arzi McKeown

INTERESTED IN VOLUNTEERING? VOLUNTEERS ALWAYS NEEDED

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

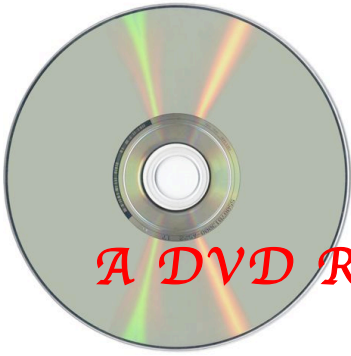
Each semester before classes begin, we put out a “**Call for Class Managers.**” If you are interested, email us at that time at: lifespring.saug@gmail.com

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

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

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

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



A DVD REVIEW

HOW TO STAY FIT AS YOU AGE

I had the pleasure and honor of being the first person to check-out *How to Stay Fit as You Age* from the Saugerties Library. This *Great Courses* DVD was purchased by the Library as a direct result of a donation given by Lifespring in memory of our late board member, Douglas Blair.

How to Stay Fit as You Age features Dr. Kimberlee Bethany Bonura who received her PhD in Educational Psychology with research focused on Sports and Exercise Psychology. Her doctoral dissertation was on the "Impact of Yoga on Psychological Health in Older Adults."

The thrust of the DVD is that to get the benefits of physical activity, you have to GET-A-MOVE-ON! To help in that endeavor, the DVD contains 12 lectures plus 6 "active" presentations including movement sessions on relaxation, chair yoga, TaiChi/Qigong, strength and flexibility, and core strength and balance.

Perhaps the most salient message for me was that I was not alone. Chronic pain from arthritis, fibromyalgia, medical complications, and other conditions distress many of us.

After watching the various presentations in the DVD, I realized that it's important to come to terms and learn to accept some level of discomfort in my ongoing efforts to stay active. As someone who has always been fit, I realize that there's a need to accept the physical changes associated with ageing and redefine my fitness goals to match my age.

How to Stay Fit as You Age also highlights that even people who have been non-exercisers throughout their lives can experience a better quality of life through age-appropriate exercise.

I, a former Health and Physical Educator, learned some new things from the *How to Stay Fit as You Age* DVD, and I believe that it can provide a worthwhile tool in a personal fitness program.

Susan Puretz



LET'S-GET-A-MOVE-ON CELEBRATION

Tuesday May 26, 2015 at 11:00 am

North/South Lake Pavilion, Haines Falls

**Reservations
Necessary**

Friends Welcome



PHOTO OP SELECTION
WINTERLIGHT
SUSAN KAHL

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News and Views is a Lifespring newsletter that is published 3 times a year.

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