

# LIFESPRING

*Saugerties Adult Learning Community*

Spring 2023

**COURSES, BONUS OPPORTUNITIES,  
and CONCERTS**



*Lifespring*

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# WELCOME

## *Lifespring Spring 2023*

Hello spring and hello Lifespring members and all who are interested in the pleasures of lifelong learning. Lifespring and its leadership continue to adapt and evolve to meet the changing challenges of the Covid era. This spring we have a robust schedule to offer that includes a mix of online courses via Zoom, in-person courses at the Woodstock Jewish Congregation and other venues, two new additions to the Performance Concert series, and accessible outdoor bonus opportunities in nature.

Learning opportunities occur on multiple weekdays this spring, ensuring that as many members as possible can come together, virtually and in-person, to share knowledge, interests, and experiences and be mentally stimulated in new and creative ways.

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

## *Membership and Fees*

All courses are open to Lifespring members **only**. Note that we accept new members each year for the fall semester. No fees are due for the spring semester. If you are not a current member and wish to join in the next membership cycle, please see **For Potential New Members** on the next page.

## *Dates and Schedule*

We are pleased to offer 14 courses in a combination of Zoom and in-person, beginning April 17th, as well as an Outdoor Nature Rambles course, a Bonus Memoir Writing Workshop, and two new music performances. Please see the **Course Overview** page for all the details.

## *Important Information*

Registration for **Limited Enrollment** courses and bonus opportunities will be first come, first served, which means that if you wish to enroll in a Limited Enrollment course, please register as soon as possible for the best chance to get your chosen course.

For all **in-person** courses, either indoor or outdoor, members must provide **Proof of Vaccination**, as outlined in the updated **Lifespring: Saugerties Adult Learning Community Covid Policy**. If you have previously submitted Proof of Vaccination there is no need to do so again. Please read the policy in this catalog; it is also available on the Lifespring website.

**Registration for spring 2023 courses must be completed using the Google Registration Form, which will be sent to all Lifespring members in a link, by email on March 20, 2023.** Only those who submitted their annual membership enrollment form in fall 2022 are current Lifespring members.

*The Registration Deadline for spring semester courses is Monday, April 3, 2023.*

**SEE PAGE 21 FOR HOW TO REGISTER**



Please note that registration for the **Concert Performances** and the **Bonus Writing Workshop** will be sent to all members separately.

*This important info continues on the next page.*



## *For Potential New Members*

Membership in Lifespring is for a full year, August 1–July 31. Sign up each year occurs in late summer. We do not accept new members for the spring semester. However, we recognize the importance of admitting new members each year, and we will be accepting new members this summer for the 2023–2024 academic year.

If you would like to be notified by email when the Fall 2023 Course Catalog and New Member Registration/Application materials are online and available, please send an email to [lifespring.saug@gmail.com](mailto:lifespring.saug@gmail.com) asking to be placed on the Notification/Interest List.

If you have additional questions, please refer to the Lifespring website at [www.lifespringsaugerties.com](http://www.lifespringsaugerties.com) for information about membership under **Frequently Asked Questions**. We welcome your interest!

## *Feedback*

We welcome your thoughts, suggestions, opinions, and ideas about ways we can keep our learning community vibrant, strong, and safe. Please send any comments or questions to:

[lifespring.saug@gmail.com](mailto:lifespring.saug@gmail.com)



# LIFESPRING: SAUGERTIES ADULT LEARNING COMMUNITY COVID POLICY

## *Introduction*

The health and safety of our Members and Presenters continues to be of paramount importance to Lifespring, and the Lifespring Covid policy has been formulated with this in mind. Remember that it is each individual's decision to attend in-person programming with the understanding that in doing so they take responsibility for their own safety and well-being and assume the associated risk.

This policy went into effect August 1, 2022, amended December 13, 2022. Lifespring reserves the right to amend this policy as needed to meet changing Covid conditions. Members will be notified accordingly of any policy changes.



## *Vaccination Requirements for In-Person Courses or Events*

Prior to registering for any in-person courses or events, members and presenters must provide proof of **two vaccinations and at least one booster shot** (also known as a third vaccination).

**NOTE:** *These vaccinations may be two Moderna or two Pfizer or a combination of one Moderna and one Pfizer, and a third dose of either Moderna or Pfizer or another FDA-approved vaccine that may be available. Or the vaccinations may be one Johnson and Johnson plus a second and third dose of either Moderna or Pfizer or another FDA-approved vaccine that may be available.*

## *Proof of Vaccination*

Proof of vaccination may be a **CDC Covid Vaccination Record Card(s)** showing proof of vaccinations and a booster shot or the **Digital New York State Excelsior Pass Plus** showing proof of vaccinations and a booster shot.

## *Submitting Proof of Vaccination*

All members and presenters will be contacted by email if they have not previously submitted proof of vaccination and will be instructed how to submit this proof online. Proof of vaccination must be received by March 18, 2023 in order to register for any spring 2023 in-person classes or events. Email [registrar@lifespringsaugerties.com](mailto:registrar@lifespringsaugerties.com) with questions.

*Covid Policy info continues on the next page.*

## Masks

**Masks** that cover both the nose and mouth must be worn at all times for **in-person** courses and events. **Speakers and Performers** may be unmasked during the presentation or performance, but all others will remain masked.

## Social Distancing

Social Distancing must be practiced at all times during an **in-person** course or event. Seating at the Woodstock Jewish Congregation or any other indoor venues will be set up to insure 3 feet of social distance from each other and from the Presenters or Performers. Presenters and Performers must maintain the 3 feet minimum distance from the audience.

## Outdoors

Masks and Social Distancing at **outdoor** courses or events are encouraged but are not required, at this time.

## Food and Drink

No Consumption of Food or Drink will be allowed at any **in-person, indoor** course or event.

## Online Courses

Lifespring encourages Members who register for Zoom courses to submit proof of vaccination, which will be on record for future 2022-2023 in-person opportunities in which members may wish to participate.

## Lifespring Vaccination ID

All Lifespring Members and Presenters who have submitted proof of vaccination will be provided with a **Proof of Vaccination ID Badge**, which must be shown at any in-person course or event in order to gain admittance to each session.

## Positive Covid Test Notification

If a participant at any Lifespring in-person course or event (either indoor or outdoor) tests positive for Covid, within 10 days after attending the in-person course or event, the member is asked to immediately notify Lifespring by sending an email to [registrar@lifespringsaugerties.com](mailto:registrar@lifespringsaugerties.com) so that other participating members can be informed of the possible exposure to Covid. The privacy of the person testing positive will be respected and their name will remain undisclosed.

To safeguard the Lifespring community as much as possible, the individual who tested positive must provide proof of a negative Covid test for re-admission to in-person courses or events. The earliest re-admission to courses or events will be 10 days after a negative test.

# COURSE OVERVIEW

MONDAY COURSES				ONLINE ZOOM
#	COURSE TITLE	START DATE	DURATION	TIMING
A1	Unusual Jobs: Interesting, Unique, Offbeat, and Fascinating	Mon., 4/17	6 weeks	9:30 am – 10:45 am
A2	Shakespeare's Othello <b>Limited Enrollment</b>	Mon., 4/17	6 weeks	9:30 am – 10:45 am
A3	A Look at China: Chinese Life, History, Politics, and Influence on the World	Mon., 4/17	6 weeks	9:30 am – 10:45 am
A4	Landmark Literature of the 1920s	Mon., 4/17	6 weeks	9:30 am – 10:45 am
B1	Philosophy and Literature: Moral Choice	Mon., 4/17	6 weeks	11:30 am – 12:45 pm
B2	Banned Books	Mon., 4/17	6 weeks	11:30 am – 12:45 pm
B3	Comedy: Selected Origins and Highlights <b>Limited Enrollment</b>	Mon., 4/17	5 weeks	11:30 am – 1:00 pm
B4	Land, Liberty, and Loss: Echoes of the American Revolution	Mon., 4/17	6 weeks	11:30 am – 12:45 pm
WEDNESDAY COURSES		IN-PERSON AT WOODSTOCK JEWISH CONGREGATION		
#	COURSE TITLE	START DATE	DURATION	TIMING
C1	b. 1876, d. 1929: The Legacy of our Great-Grandparents	Wed., 4/19	6 weeks	9:30 am – 10:45 am
C2	Mah Jongg for Beginners <b>Limited Enrollment</b>	Wed., 4/19	6 weeks	9:30 am – 10:45 am
C3	The Play's the Thing <b>Limited Enrollment</b>	Wed., 4/19	6 weeks	9:30 am – 10:45 am
D1	Tennessee Williams' Women	Wed., 4/19	6 weeks	11:15 am – 12:30 pm
D2	Let's Play Bridge <b>Limited Enrollment</b>	Wed., 4/19	6 weeks	11:15 am – 12:30 pm
D3	Learning to Draw <b>Limited Enrollment</b>	Wed., 4/19	6 weeks	11:15 am – 12:30 pm

Course Overview continues on the next page.

THURSDAY COURSES		IN-PERSON AT VARIOUS SITES		
#	COURSE TITLE	START DATE	DURATION	TIMING
E1	Spring Nature Rambles <a href="#">Limited Enrollment</a>	Thu., 4/27	4 weeks	9:30 am — 11:30 am

PERFORMANCE SERIES		IN-PERSON AT WOODSTOCK JEWISH CONGREGATION		
#	COURSE TITLE	DATE	DURATION	TIMING
P1	Country Folk Music with Brad Armstrong and Megan Barbera	Thu., 4/27	one-time event	1:00 pm — 3:00 pm

P2	Songs of the Hudson Valley with Storm King Skyline	Fri. 5/12	one-time event	1:00 pm — 3:00 pm
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SPECIAL PROGRAM BONUS		IN-PERSON AT WOODSTOCK JEWISH CONGREGATION		
#	COURSE TITLE	DATE	DURATION	TIMING
SP1	One-Day Writing Workshop: Revisiting Memoir <a href="#">Limited Enrollment</a>	Thu., 4/20	one-time event	12:45 pm — 3:15 pm



**SEE PAGE 21 FOR  
HOW TO REGISTER**



**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** *Unusual Jobs: Interesting, Unique, Offbeat, and Fascinating*

**MONDAY: April 17, 24, May 1, 8, 15, 22; 9:30 am – 10:45 am**    **ONLINE ZOOM**

Join us as we discover and explore some unusual occupations and learn first-hand what they each entail. Susan Poretz, Lifespring President, will be the host for the six sessions; she will interview each of the Presenters with the goal of eliciting the details of their stories while we hear, first-hand, about some of the highlights, hidden happenings, and responsibilities of their careers. Participation from the class with both questions and robust discussions will be welcomed and encouraged. Here, in their own words, are descriptions of the “jobs” of the featured Presenters.

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**April 17** *Gene Meyer*

### **Life At, and After, the *Washington Post*, and the Future of Journalism**

“I will talk about my 30+ years as a reporter and editor at the Washington Post—during the Pentagon Papers, Watergate, and much more. Also covered will be the importance of local news and in-depth investigative reporting, comparing what we were able to accomplish before the pressures of the Internet and social media and the massive reduction in local newspapers and coverage today, and the impact such changes have had on democracy and the public square.”

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**April 24** *Barbara Berman*

### **20 Years “Behind the Scenes” at The Macy’s Thanksgiving Day Parade and Other Iconic Events**

“Ever wonder what goes on behind the scenes of a major iconic event like the Macy’s Thanksgiving Day Parade? Take a backstage tour with me, Coordinator of Costume Crew Management for the past 21 parades. Get the answers to questions that you may have about the parade (e.g., How many people does it take to hold down a balloon? or How can I march in the parade?) and more.”



**May 1** *Marc Masarof*

### Life in the Garment District from a Garment Center “Maven”

“I am in the textile business. My role was the creation and manufacturing of fabrics and garments. As my work life proceeded, there was a diminishing amount of business in the US and an increase to foreign resources, because the cost of manufacturing fabric and garments was much less expensive when contracted throughout the world. This and more will be revealed. And the story continues...Stay tuned!”

**May 8** *Andy Weintraub*

### It’s All Show Business... and A Mile Wide!

“All of my “jobs” — if by “jobs” we mean what we do to keep us alive, sane, and happy — require appearing in front of a group to persuade, inform, and/or entertain them. In this session I’ll respond to Susan’s penetrating questions and, hopefully, persuade, inform, and entertain the audience.”

**May 15** *Patrick Corcoran*

### My life as a “Career Diplomat”

“I wanted to be a world traveler and to do something fun and serious. So instead of becoming a travel guide, I joined the United States Foreign Service. I learned several languages, met tons of interesting people, studied many cultures, had more than enough danger, and had lots of fun. Susan’s questions will take us through the various aspects of my 30-year career.”

**May 22** *Michael Simpler*

### The View from 30,000 Feet: My Career as a Pilot

“This career presentation will be a narrative that began in 1960 while attending college. A commitment was made to become an Air Force officer and pilot. Upon graduation, active duty began with supersonic flight training and a 5-year period of flying B-52s that ended with a combat tour in Vietnam. Down the road, a career change was made to become an airline pilot. I have lots of stories to share and be questioned about.”

### Coordinator

*Susan Puretz*





## A2 *Shakespeare's Othello*

**MONDAY: April 17, 24, May 1, 8, 15, 22**  
**9:30 am – 10:45 am**

**ONLINE ZOOM**

### Limited Enrollment

A perennial favorite Presenter for Lifespring returns to tackle the age-old question about *Othello*: How did Shakespeare take a comic scenario and turn it dark? How does what is implausible become plausible before our eyes? As in past courses, participants and the Presenter work together to make prolific observations about how the play is written and designed and try to untie the old knots.

Participants should purchase any edition of *Othello* with scene and line numbers included. The Presenter is using the paperback Signet Classics edition edited by Alvin Kernan.

### Presenter

**Rosemary Deen** did her graduate work at the University of Michigan, where she studied with the Shakespeare scholar Hereward T. Price, and at the University of Chicago. She is retired from the English department of Queens College, CUNY. The poet Marie Ponsot and Ms. Deen developed a radical innovative 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*.

### Coordinator

**Connie Cuttle**

## A3 *A Look at China: Chinese Life, History, Politics, and Influence on the World*

**MONDAY: April 17, 24, May 1, 8, 15, 22**  
**9:30 am – 10:45 am**

**ONLINE ZOOM**

Beginning with an overview of China today and a comparison to the United States, participants will travel back to key moments in the last 120 years of China's history, then delve into the impact of Mao Zedong and the Cultural Revolution. The journey will continue with a look at the rise of Modern China and its influence in the world. We will spend time considering the current government of China before exploring some pressing contemporary issues facing the country today such as the trade war, Taiwan, and human rights.

### Presenter

**Gary Bischoff** is a retired electronics engineer, business owner, and former adjunct professor at SUNY New Paltz, who has been to China 18 times since 2007. He speaks Chinese at an intermediate level and is in regular communication with colleagues in China talking about everyday life, government and politics, food, culture and, of course, the Chinese and English language. He studied Chinese at Mandarin Morning, Shanghai; Keats Chinese School, Kunming; the Chinese Learning Institute, Guilin; and Chinese Politics and Political Science at Hong Kong University of Technology and Science.

### Coordinator

**Susan Puretz**

## A4 *Landmark Literature of the 1920s*

**MONDAY: April 17, 24, May 1, 8, 15, 22**  
9:30 am – 10:45 am

### ONLINE ZOOM

The Roaring `20s saw the production of some of the greatest and most important literature of the 20<sup>th</sup> Century. Writers of the decade set a high standard of imagination and achievement in poetry, fiction, and drama. Although the cornucopia of outstanding work is more than one semester can address, this course will offer a survey of the literary legacy of the decade, with select in-depth explorations. The astonishing list of notable authors to be explored include T. S. Eliot, James Joyce, Edith Wharton, F. Scott Fitzgerald, Virginia Woolf, Langston Hughes, Eugene O'Neill, Ernest Hemingway, William Faulkner, and Gertrude Stein.

### Presenter

**Chuck Mishaan** has been developing a syllabus examining the intellectual, political, and artistic history of Western Europe from the Enlightenment to the present. He has presented his popular multi-semester classroom series on *Opera as Politics* and his study of the *Roaring `20s* at Lifespring and many other area LLIs. He was an Adjunct Professor at NYU and has been a lecturer at the Bardavon Opera House and at the Rhinebeck Chamber Music Society. This spring marks the eighth consecutive year of his talks on the intersection of politics and the arts.

### Coordinator

**Connie Cuttle**

## B1 *Philosophy and Literature: Moral Choice*

**MONDAY: April 17, 24, May 1, 8, 15, 22**  
11:30 am – 12:45 pm

### ONLINE ZOOM

This is the second of a series in Philosophy and Literature. For this course, we will look at moral choice through the philosophy of virtue in Aristotle's *Nicomachean Ethics*, and we will read two sets of literary works: Sophocles' *Theban Plays* (*Oedipus Rex*, *Oedipus at Colonus*, *Antigone*) and a contemporary novel, *Home Fire*, by Kamila Shamsie, a British author of Pakistani heritage. *Home Fire* is a modern re-telling of the Antigone story. Issues the course will explore include love, loyalty, citizenship, identity, justice, appeasement, assimilation, and others.

After registration, participants will receive a list of text sources for the course, including e-texts and online bookstores.

### Presenter

**Lydia Edelhaus** has taught philosophy and psychology courses at SUNY New Paltz and Marist College. At the same time, she has also worked in nonprofit mental health crisis counseling and advocacy services for several decades. She has graduate degrees in psychology and philosophy, and she is particularly interested in life's ethical dilemmas and the philosophical and psychological structures of moral choice.

### Coordinator

**Lydia Edelhaus**





## B2 *Banned Books*

**MONDAY: April 17, 24, May 1, 8, 15, 22; 11:30 am – 12:45 am**      **ONLINE ZOOM**

The banning of books has a long and thought-provoking history. In today's world, it has taken on new meaning as some cities and states remove books from schools, library boards and parents argue, politicians enter the fray, librarians are threatened, and readers stand in the middle. What is at stake? How does the history of book bans effect today's problems? How are our children and grandchildren affected? What are the impacts of book bans? These topics will be examined and discussed by eight distinguished Presenters.

**NOTE:** The course includes a voluntary bonus discussion on May 31<sup>st</sup> at 7:00 pm via Zoom, open to course members who have read one or more of the six banned books on the list sent to all participants upon registration. Our virtual "wine and cheese" facilitated discussion will focus on why these books have been banned, in the context of what we have learned during the course.

### Presenters

**Amy Smith** has a Ph.D. in history and is the Head of Programs and Youth Services at the Red Hook Public Library. She was honored as Red Hook Citizen of the Year by the Rotary Club for her hard work and contributions on behalf of her community.

**Sally Dwyer-McNulty** is a Professor of History at Marist College. She earned her Ph.D. in American history at Temple University in Philadelphia, Pennsylvania. Her fields of study included US religious history, women's history, US foreign policy, and Latin American history.

**Maxwell Nosbisch** has a long-time commitment to civic engagement and our First Amendment rights, which led him to the First Amendment Museum in Augusta, Maine, where he is the Manager of Visitor Experiences. A frequent speaker on the First Amendment, he studied Historic Preservation and Community Planning at the College of Charleston in Charleston, SC, and received his Master's in Historic Preservation and certificates in Museum Studies and Cultural Landscape Conservation from the University of Georgia.

**Ginger Tebo** is Director of the School Library System and Director of the Learning Resource Center for St. Lawrence-Lewis BOCES. She has an M.S. in Library Science from the University of Pittsburgh and a Certificate of Advanced Study from Syracuse University.

**Margie Menard** is Director of the Kingston Public Library and has an M.S. in Library Science from Southern Connecticut University.

**Suzanna Hermans** is a second-generation bookseller and co-owner of Oblong Books and Music in Millerton and Rhinebeck, New York. She is a past president of the New England Independent Booksellers Association and recently served on the Advisory Council of the American Booksellers Foundation for Free Expression. In 2017, she was a judge for the National Book Award for Young People's Literature.

**Anastasia Higginbotham** is an author and illustrator whose books have been challenged and censored. Her book, *Not My Idea: A Book About Whiteness* caused such an uproar in the Texas state legislature that it was blamed for censorship legislation that passed in that state. Her *Ordinary Terrible Things* children's book series dealing with difficult topics launched in 2015 with *Divorce Is the Worst*. Her work has been featured in *The Believer*, *The New York Times*, *Huffington Post*, *Women's Media Center*, *The Women's Review of Books*, and in anthologies.

**Lyndsey Dussling** is a Licensed Clinical Social Worker with an M.S. in Social Work from New York University. She is an ally of LGBTQ communities and provides services for teens and adults.

### Coordinators

**Prudence Garcia-Renart & Leslie Surprenant**

### **B3** *Comedy: Selected Origins and Highlights*

**MONDAY: April 17, 24, May 1, 8, 15**  
(5 Sessions)  
11:30 am – 1:00 pm\*

**ONLINE ZOOM**

#### Limited Enrollment

What makes us laugh? This course highlights the subject of comedy dating back to ancient Greece and the Hebrew Bible. Together we will examine theories of why we laugh and look at comedy in vaudeville, on the radio, in the movies, and on television, including a class devoted to stand-up comedians like Totie Fields and Joan Rivers who learned their craft entertaining in nightclubs and hotels before their big break. Please be prepared to remember, reflect, and LAUGH!

**\*NOTE:** This is a five-session course that ends at 1:00 pm

#### Presenter

**Abe Vorensky** possesses a lifelong love of comedy that began when he worked as an MC at a hotel in the Catskill Mountains where he sang, told jokes, and introduced other entertainers. Through the years, Abe has remained an enthusiastic humor and comedy historian focusing on how comedy has played a role in our personal, social, and political thought. In recent years, along with his classes at Carnegie Mellon University, Abe has taught courses on Comedy History for Lifelong Learning Institutes at Temple, Carnegie-Mellon, Rutgers, UConn, Tufts, and Dartmouth, in person or on Zoom.

#### Coordinator

**Connie Cuttle**

### **B4** *Land, Liberty, and Loss: Echoes of the American Revolution*

**MONDAY: April 17, 24, May 1, 8, 15, 22**  
11:30 am – 12:45 pm

**ONLINE ZOOM**

*Land, Liberty, and Loss* is meant to prompt reflection on assumptions about human connectedness between the natural and built environments, and to allow us to reconsider, in a holistic sense, how the Revolution that resulted in the United States connects to or disrupts Indigenous histories, our use of natural resources, our political development, and national expansion. We will engage in in-depth discussion and analysis of several texts that explore our nation's founding and how its history – or more pointedly, its misapprehensions of that history, often serves as an obstacle to full democratic and civic flourishing.

After registration, participants will receive a list of text sources for the course.

#### Presenter

**Martin Haber** is a semi-retired teacher with an avid interest in history and the humanities who continues his role as an educator serving as a substitute for the Onteora Central School District. Prior to his semi-retirement, he served for more than thirty years as a middle and high school special education teacher in the New York City Public Schools. During his tenure at John Dewey High School in Brooklyn, he began a multicultural club, instituted the school's first Human Rights Day and Fair, and involved his students in the 92<sup>nd</sup> Street Y's Schools Partnership Program. At the college level, he has taught at a variety of NYC area colleges and universities as well as for the NYC United Federation of Teachers' Professional Development Program.

#### Coordinator

**Susan Puretz**



## WEDNESDAY COURSES

### **C1** *b. 1876, d. 1929: The Legacy of our Great-Grandparents*

**WEDNESDAY: April 19, 26, May 3, 10, 17, 24  
9:30 am – 10:45 am**

**IN-PERSON, INDOORS**  
**Woodstock Jewish Congregation**

The times during which we live have a profound impact on how we see the world, the choices available to us, and the innovative ideas and technology that we either accept or reject. While there are obvious differences between one decade and another or one lifetime and another, there are similarities that connect one generation to another generation. 1876–1929 is a lifetime. It is the time of our Great Grandparents whose experiences colored our view of the world because our own parents knew them. This course will follow one lifetime as it navigates the forces of history that swirl about it, just as our lifetime experiences will be lessons for our Grandchildren.

#### **Presenter**

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

#### **Coordinator**

**Laura Philips**

### **C2** *Mah Jongg for Beginners*

**WEDNESDAY: April 19, 26, May 3, 10, 17, 24  
9:30 am – 10:45 am**

**IN-PERSON, INDOORS**  
**Woodstock Jewish Congregation**

#### **Limited Enrollment**

Mah Jongg, a game in which players match or sequence sets of tiles, has been called China's national pastime, but its rise as a globally-beloved game has its roots in the emergence of modern American culture in the 1920s. This hands-on course is an introduction to the game of Mah Jongg, including some of its history, legends, and lore. Participants will focus on playing according to the rules and regulations of the National Mah Jongg League.

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

#### **Presenter**

**Diane Kniss** is a longtime Ulster County resident who has taught Mah Jongg in many places, including UCCC, Great Neck Adult Education, and many clubhouses and homes. She enjoys sharing the many facets of the game and plays in several different groups.

#### **Coordinator**

**Lydia Edelhaus**



### C3 *The Play's the Thing*

**WEDNESDAY: April 19, 26, May 3, 10, 17, 24**  
9:30 am – 10:45 am

**IN-PERSON, INDOORS**  
Woodstock Jewish Congregation

#### 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. 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 electronically. They may be printed to bring to class, or students may bring laptops or iPads. 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 not-so-recent graduate of Bard College and holds a Master’s degree from New York University in Musicology. Her professional career has had numerous incarnations ranging from music to Educational Administrator for Dance (no, she cannot dance). Through all the years, however, theatre has played a significant role in her life. She has performed throughout the Hudson Valley with numerous community theatres. Through it all, “the play’s the thing.”

#### Coordinator

**Prudence Garcia-Renart**

### D1 *Tennessee Williams’ Women*

**WEDNESDAY: April 19, 26, May 3, 10, 17, 24**  
11:15 am – 12:30 pm

**IN-PERSON, INDOORS**  
Woodstock Jewish Congregation

This course will focus on the women in three of Tennessee Williams’ most well-known plays—*The Glass Menagerie*, *A Streetcar Named Desire*, and *Suddenly Last Summer*. Participants will be asked to read the plays prior to discussion in class. Members of the class are also encouraged to view the films of each in addition to, or in lieu of, reading the plays. FYI, the original film of *The Glass Menagerie* (1950) streams on YouTube with an account. Both the original films of *A Streetcar Named Desire* (1951) and *Suddenly Last Summer* (1959) can be viewed with an Amazon Prime account.

#### Presenter

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

#### Coordinator

**Prudence Garcia-Renart**



## D2 *Let's Play Bridge*

**WEDNESDAY: April 19, 26, May 3, 10, 17, 24**  
11:15 am – 12:30 pm

**IN-PERSON, INDOORS**  
Woodstock Jewish Congregation

### Limited Enrollment

Bridge is a complex game that requires an understanding of “odds,” strategy, communication, and “card sense.” All these elements can be learned if presented from the ground up—the objective of this course. No previous knowledge of bridge is required, and, in fact, those with prior experience may find a newer or less confusing way of understanding this game. The goal is for class members to be able to participate in any of the local bridge clubs, or to play socially with friends, but most of all to have fun.

#### Presenter

**Bob Jacobson** is a retired dentist who practiced on Staten Island before moving to the Hudson Valley. He has played bridge since he was fourteen, most of which was social bridge. Since coming to the Hudson Valley, he has re-tuned his game to be able to participate in the organized duplicate bridge games of various bridge clubs in the area. He has been conducting weekly lessons for players at one of the local clubs to help them improve their game.

#### Coordinator

**Connie Cuttle**



## D3 *Learning to Draw*

**WEDNESDAY: April 19, 26, May 3, 10, 17, 24**  
11:15 am – 12:30 pm

**IN-PERSON, INDOORS**  
Woodstock Jewish Congregation

### Limited Enrollment

Drawing is about learning to SEE, which is different from just looking. It is an eye-hand coordination process that anyone can learn. In this class, we will explore different exercises that will help you learn to see and learn to transmit what you see to your hand and pencil. We will also look at the work of some of the finest draughtsmen and explore their love affair with the line, the essence of drawing. We will be drawing in class but also at home (yes, there will be homework because practice is the only road in learning to draw) so allow at least 30 minutes every day for practice.

Participants will need a sketchbook, sized at least 11" x 14," and several soft #2 pencils, a pencil sharpener, and an eraser. (You may also use a #1 pencil and see which you prefer.)

#### Presenter

**Ellie Siegel** has had art in her life since birth. Her father was a painter (watercolors) and taught art in a NYC high school. The walls at her home were filled with his incredible work, and her special days with him were trips to the Metropolitan Museum. Most naturally, she became an art teacher herself and taught high school on Long Island for 16 years. Although she loved teaching, she went back to school to pursue her other love, psychology, and became a psychotherapist. Her Lifespring classes allow her to get back into the classroom, and she looks forward to kindling your interest in art, specifically drawing, which to her is the heart and soul of art.

#### Coordinator

**Diane McDowell**

## E1 *Spring Nature Rambles*

**THURSDAY: April 27, May 4, 11, 18; 9:30 am – 11:30 am**  
**IN-PERSON, OUTDOORS at various locations**

### Limited Enrollment

Betty and Leslie are looking forward to continuing their popular nature rambles with you! Participants will meet at a different site each Thursday to observe spring's progression in different habitats and locations. Participants' observations at each site will contribute to our enjoyment and help us to see and enjoy the commonalities and unique characteristics of each site. Of course, we will look for early spring flowers and listen to bird songs, as we gain a broader view of the habitats we visit.

Rambles will be less than two miles total. Participants will be notified of the choice of site several days in advance, and if bad weather forces us to cancel, they will be sent an email by 8:00 am that Thursday morning.

Every effort is made to select walks that are suitable for all levels of fitness and experience. Please note that Town-Lifespring insurance requires that class participants sign a liability waiver and be responsible for their own transportation to the locations.

### 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 the 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 NYS Department of Environmental Conservation. She teaches skiing at Hunter Mountain, outdoor skills for NY's Becoming and Outdoors Woman program, and guides trips as a NYS licensed guide. She loves outdoor discovery, hiking, canoeing, camping, and bird watching — at which, it seems, she will always be a motivated novice.

### Coordinator

**Leslie Surprenant**







## SP1 *One-Day Writing Workshop: Revisiting Memoir*

**THURSDAY: April 20; 12:45 pm – 3:15 pm**

**IN-PERSON, INDOORS**

**Woodstock Jewish Congregation**

### Limited Enrollment

This workshop will focus in depth on approaches to memoir writing, and the writing can be in poetry or in prose. The Presenters will discuss techniques of memoir writing and explore some selected readings and examples of this genre. There will be time for writing activities and sharing and commenting on work. Each person should bring several copies of their writing, and we will work in pairs or groups of three depending on the number of participants.

Those participants from the fall 2022 workshop may bring drafts of their memoir pieces written in or outside of the class. And we welcome new participants who want to develop skills in writing memoir!

The extended time of the workshop will allow for more sharing and gaining extensive feedback.

### Workshop Leaders

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

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

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

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

### Coordinator

**Prudence Garcia-Renart**

## PERFORMANCE SERIES CONCERT 1

**P1** *Country Folk Music with Brad Armstrong and Megan Barbera***THURSDAY: April 27; 1:00 pm – 3:00 pm****IN-PERSON, INDOORS****Woodstock Jewish Congregation**

Brad Armstrong and Megan Barbera are Hudson Valley-based songwriters. They have each performed throughout the United States in support of their solo work. In May 2022, they began performing together and collaborating musically, and now they are in the process of co-writing and recording a new country-folk album. They will be sharing these songs, along with stories about their creative process and musical collaboration.

**Musicians**

**Megan Barbera** is a songwriter informed by folk, roots music and the singer-songwriter tradition. She is a 2021 International Songwriting Competition semi-finalist, and her songs have been featured in ad placements with brands such as Naturalizer Shoes, San Miguel Beverage Co. and Australian clothing designer Mela Purdie. She has released three studio albums, the most recent of which was recorded and produced by Grammy-nominated engineer, Julie Last. Megan holds a master's degree in clinical social work from the University of Denver. In both facets of her work as a performing songwriter and therapist, she is a longstanding advocate for creativity, mental health, and kindness. She is currently working on a new album with Brad Armstrong.

**Brad Armstrong** is a songwriter and performer from Birmingham, AL. He received an MFA in poetry from Syracuse University in 2000 and has spent the last twenty-five years making records and touring. He was a founding member of the band 13ghosts from 1998–2012, a member of the Dexateens from 2006–present, and has released three solo albums between 2016 and 2022. His work has received critical praise from *Pitchfork*, *San Francisco Bay Guardian*, *Paste*, *Vice Magazine*, and many others. His music has been featured in such television shows as *Kingdom* and *Nashville*. He is currently working on a new album with Megan Barbera.



## PERFORMANCE SERIES CONCERT 2

**P2** *Songs of the Hudson Valley with Storm King Skyline***FRIDAY: May 12; 1:00 pm – 3:00 pm****IN-PERSON, INDOORS****Woodstock Jewish Congregation**

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

**Musicians of Storm King Skyline**

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

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

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

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

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





# HOW TO REGISTER FOR SPRING 2023 COURSES

Registration for spring 2023 courses is online only using a Lifespring Google Registration Form. The link to the Registration Form will be sent by email to all Lifespring members on March 20, 2023, the date that Registration begins.

**Remember that all Limited Enrollment courses are first come, first served.**

**NOTE:** All members will receive SEPARATE emails with registration links for the individual concerts in the **Performance Concert Series** and the **Bonus Writing Workshop**, approximately two weeks prior to each event.

Only *current* members may enroll in all spring 2023 courses. Those who have previously submitted proof of vaccination may register for in-person courses or events. If you submitted your proof of vaccination in fall 2022, or before March 18, 2023, you do NOT need to do so again.

**The deadline for registering for both in-person and online courses is Monday, April 3, 2023 at 5:00 pm.**

To enroll in the course(s) of your choice, click on the green REGISTER link within the email that you will receive. Remember to enter all of the required information in the Google Registration Form, which will open automatically. Mark your course selections and click on SUBMIT when you have finished. If you register for a Limited Enrollment course that is already full, there will be an option to “join a wait list or select a different course.”

If you have any technical difficulties filling out the form, please email [registrar@lifespringsaugerties.com](mailto:registrar@lifespringsaugerties.com) and you will receive a response in a timely manner.

Within 24 hours after submitting the Registration Form, you will receive an email acknowledgement of your registration.

In early April you will receive an email for each online course in which you are enrolled along with a link to Zoom. A **Need to Know** email will be sent to members of in-person courses with information pertinent to each course.

*Course Registration information continues on the next page.*



## Adding, Dropping, or Switching to a Different Course

**FROM APRIL 10 – APRIL 21**, you may send a request to add a course, switch to a different course, or drop a course by sending an email to [registrar@lifespringsaugerties.com](mailto:registrar@lifespringsaugerties.com). The Registrar will send a confirmation of the change or will let you know if there are no seats available due to class size limits. No changes can be made after Saturday, April 21, 2023.

**NOTE:** If you do not receive your email acknowledgement within 24 hours of registering, please contact the registrar; DO NOT WAIT until courses begin.



There is NO Registration Form included in this online course catalog; you will receive a Registration Form in a separate email as described on the previous page.

**The final day for Spring Semester course registration is April 3, 2023.**



# BOARD OF DIRECTORS & TRANSITION TEAMS

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 that keep us a vibrant and vital lifelong learning organization during these challenging times.

## Board of Directors

*August 1, 2022– July 31, 2023*

<b>President</b>	Susan Puretz
<b>Vice President</b>	Natalee Rosenstein
<b>Secretary</b>	Maureen Bybee
<b>Treasurer</b>	Peg Nau
<b>Registrar</b>	Laura Phillips

## Board Committee Coordinators

<b>Curriculum</b>	Connie Cuttle
<b>Events</b>	Prudence Garcia-Renart
<b>Hospitality</b>	Maureen Huben
<b>Membership</b>	Susan Davis
<b>Program Support</b>	Susan Krompier

## Members-at-Large

Lydia Edelhaus	Anne Miller
Lee Gable	Leslie Surprenant
Diane McDowell	

## Ad Hoc Standing Committees

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<b>Class Managers</b>	Lee Gable
<b>Publications</b>	Susan Greenstein

## Online Task Force

Laura Phillips, <i>Coordinator</i>	Prudence Garcia-Renart
Maureen Bybee	Anne Miller
Connie Cuttle	Carolyn Siewers
Rich Davis	



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