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Banner photo from website of the
Saugerties Lighthouse
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About LIFESPRING NEWS & VIEWS

We're pleased to welcome you to the first issue of *Lifespring News & Views*, a three times a year, online newsletter designed to share information about Lifespring happenings and to provide a behind-the-scenes look at your lifelong learning organization. Each issue of *Lifespring News & Views* will feature articles about the many members who make it possible for us to enjoy two semesters of courses each year, as well as a film series, winter presentations, special events, and an ever-increasing roster of new activities.

This inaugural issue highlights: the work of the Board of Directors, a report on The 100-Mile Challenge, a close-up view of the Audio-Visual Committee in our *Spotlight on Committees* column, an Interview with Bob Cohen in the *Presenter Profile* feature, a look ahead at our September Preamble event, and a look back in photos from the Annual Meeting and the Volunteer Luncheon.

There are also articles on the Saugerties Public Library, as well as a regular feature, *WHY*, which will explain some of the nuances of why Lifespring does some of what it does.

Throughout each issue we'll have lots of photos featuring all of us participating in and enjoying all the riches that Lifespring offers.

If you have an idea for an article for an upcoming issue, please contact Susan Greenstein, Newsletter Editor, stgreenstein1@gmail.com

*** REMINDER ***

Membership Renewal and Registration Deadline – August 1

In the Fall 2014 Lifespring Catalog, you'll notice that there is important information about registration deadlines and your membership. This serves as an additional reminder that you must send in the Membership/Registration form and your check, postmarked by August 1, in order to retain your membership status. Even if you do not wish to take classes in the fall semester, you *must* still mail in the form with your membership dues, in order to remain a member. This *new policy* is made necessary by the popularity of our courses and the need to cap our membership numbers in order to continue to offer quality programming.

LIBRARY CORNER

Did you know that the Saugerties Public Library received The 2012 New York Library Association Renovation and Restoration Building of the Year award? This was just one of the interesting facts that Lifespring class members learned at this past Spring's "Local Inside Stories" course. A panel of articulate, enthusiastic, and dedicated Library Board Members, who had guided the entire renovation project that was completed in 2012 ("on time and on budget!") gave us behind-the-scenes insights into this major project.

Built in 1915 and one of the original 41 libraries in New York State that was funded by a grant from Andrew Carnegie, the library restoration increased usable space from 8,365 square feet to 13,162 square feet. The Library now uses green and sustainable technologies, including geothermal heating and cooling, as well as a daylight harvesting system for its lights. The renovation included an elevator for easy access, enhanced computer technology, a redesigned interior, new furnishings, and a well-equipped new community room that is the venue for many Lifespring presentations.

One of the new initiatives at the Saugerties Public Library is keeping up with the increasing interest in eBooks.



To provide patrons with more copies of popular books, to appeal to readers who are traveling or who take out many books at a time, or those who just want to see what all the fuss is about, there are now six Kindle Paperwhites for Saugerties Library card members to borrow. Currently holding over 85 titles, the Kindles come with complete instructions, and friendly library folks are available to help get you started; just inquire at the Library Circulation desk.

In the upcoming fall semester at Lifespring, we'll be hearing more from the Library experts as part of a new course, *Saugerties: Preserving Local History*, when Ariel Dedolph, Saugerties local history Librarian, will join Audrey Klinkenberg, Town Historian, as presenters.

For more information about any Saugerties Library initiatives or services, visit their website at www.saugertiespubliclibrary.org/

Susan Davis

SAVE THE DATE:

FALL 2014 PREAMBLE – WEDNESDAY, SEPTEMBER 3

The Preamble gives Lifespring Members the opportunity to reconnect after the summer hiatus, and to whet our appetites for another stimulating and enjoyable semester of classes. It will take place in the Community Room of the Saugerties Public Library and light refreshments will be served starting at 1:30 with the featured performance to begin at 2 pm. Watch your inbox to find out more about this fun event.

Fall 2014 Semester
Begins – October 8

SPECIAL REPORT: THE 100-MILE CHALLENGE

By Susan Puret

As you read this article about the 100- Mile Challenge, 26 Lifespring members are proudly wearing I DID IT Challenge t-shirts. While that is more than half of the forty-seven that signed on in September 2013, I am disappointed! What I want to know is "what happened to the missing signers?" And a follow-up question, "Why didn't many more Lifespring members even register to begin with?"

Yes, I know, I am a cruel taskmaster to ask these sorts of questions, but if you look at it another way, I am cracking

the whip for you! Annette Zwickler said, "At first I thought walking the equivalent of 100 miles was a daunting task. But I discovered that I actually moved and did a lot more than I ever imagined. It made me realize what I am actually capable of doing. And I thank you for that."

How They Did It

How did the successful 100-mile Challenge-takers fulfill their exercise commitment? Primarily they walked and/or biked. Some swam, played tennis, did weight resistance work-outs, yoga, tread-mill, Pilates, aerobic work-outs, and aqua-jogging. On a practical level, house work, and of course this winter shoveling snow helped add mileage.

Why They Did It

Why did people sign-on? As Bob Saturn confided to me in private, "I wanted a t-shirt!"

However, Susan Kahl had a different motivation. She was "tired of being a couch potato with back problems. However, once I got started, I felt the motivation to push myself more and more towards that shirt. The fact that my friends at Lifespring were doing it as well kept me going. We would update each other as to our progress. It was a great opportunity to try something new and, I DID IT!"



Bob Saturn, Susan Kahl



Peggy Ploss, Bob Saturn, Susan Kahl, Linda Hackett, Susan Puret, Fran Jacobson, Susan Davis, Irwin Rosenthal, Laura Phillips, Bob Fox

Another successful challenger, Susan Davis, said "Walking the miles wasn't difficult... writing in the little boxes that tracked the mileage was a bit of a challenge!!" For some members, exercise has been and is a constant part of their daily routine. "The day does not feel right until I do some physical exercise. There's nothing like a 2 mile walk before breakfast, and we rarely miss it" said Rich Davis when asked why he signed on for the Challenge.

The 100-mile Challenge was affirmation for some and a call to action for others. While many of the participants love the t-shirt and the logo, meeting the challenge and seeing fellow Lifespring members making the commitment is the best reward. Susan Davis said, "Lifespring challenges our minds - why not our physical fitness?!"

We'll be repeating the 100-mile Challenge this fall, and I expect a huge increase in signers on the first day of classes because exercise is fun, healthy, and rejuvenating, and in this case, part of a great morale-boosting Lifespring Challenge.

Spotlight on Committees: **AV TEAM**

THE AV TEAM: WHY DO WE NEED IT?

By Fran Jacobson, AV Coordinator

When Lifespring began in 2009 there was very little need for Audio-Visual support. When a class was held in a large room, we needed to provide a microphone for a speaker. Infrequently, a presenter would request equipment to play a VCR or a DVD. We acquired one projector, one screen, one speaker system, and our infamous RACK which held the VCR, DVD, and a set of speakers. The DVD and VCR players were used mostly for our bonus movie course.

Jump to 2014 and we now have up to five classes in session at one time. Most presenters request a projector and a screen to use for their wonderful technology-based presentations. For each projector, we need a cart to hold both a projector and their laptop. When a presenter wishes to have projection support for audio or musical content, amplifying speakers are often requested to enhance the sound. We have now acquired an additional speaker system for what seems to be an increasing need. Sometimes a music presenter will request a keyboard. We have acquired one of those too. In addition, we continue to provide presenters, according to their needs, the use of a foil projector to show transparencies (remember those?), a carousel projector (now quickly giving way to PowerPoint presentations), a CD player, a VCR/DVD player with a TV for projection, or a portable podium.

To provide these items to the presenters, as they are needed, the Audio-Visual team members are called upon to arrange the equipment before classes begin, during the class breaks, and after classes at the end of the day. In the event of an unplanned occurrence (which as you know always happens), a member of the team may be called upon to help solve a problem on the spur of the moment. Each team member has a rich set of skills and they are all appreciated for everything they do. Many team members began with very little knowledge of AV equipment, but their enthusiasm and willingness to try, combined with the training that we provide, have turned them into a critically important component of the Lifespring volunteer community. The current team members, providing invaluable knowledge and assistance, are: Bob Saturn, Bob Fox, Rich Davis, Steve Zwickler, Irwin Rosenthal, and me, the coordinator, Fran Jacobson. At the conclusion of this past semester, we were gratified that every presenter took the time to show their appreciation and to say "thank you" to the Audio-Visual team member who assisted in the classroom.



Steve Zwickler, Fran Jacobson, Irwin Rosenthal, Rich Davis, Ernst Schoen-Rene (Presenter)

We feel that the AV support we provide is integral to each and every class and that we make a valuable contribution to the vibrant Lifespring programs. If you're interested in training to become part of the AV team, please contact Fran Jacobson at fjacobson529@gmail.com

ABOUT THE LIFESPRING BOARD OF DIRECTORS

By Susan Puretz, President

My husband Phil wants to know what I do and where I go on the second Wednesday of the month for two hours. I explain for the hundredth time that I chair the Lifespring Board of Director's meeting. At these meetings we work on every aspect of the Lifespring organization from setting new policies to overseeing the working details of the many programs offered through Lifespring. In fact, we believe that Lifespring functions as well as it does because the Board is always paying attention to the details.

Make-Up of the Board

The 15 member Board consists of 6 Committee Coordinators (Curriculum, Membership, Audio-Visual, Events, Member Services, and PR/Outreach) who report on what they have accomplished or are working on or need help with; 4 Members-at-large who represent the general membership's interests and assist on committees and/or projects; as well as a Registrar, Treasurer, Secretary, President, and Vice-President.

At each meeting we focus on new and old business and through discussion work to resolve any issues that may result in policy decisions that will guide the organization into the future.

Board Initiatives

An example of the Board's working process was the development of the 100-mile Challenge, which was first considered in late winter of 2012. Board discussions led to the creation of a sub-committee charged with developing guidelines, which in turn led to the implementation of the 100-Mile Challenge last year. This initiative was successful and will have a repeat performance for 2014-2015.

Another example of Board work and a challenging one was the 'capping' of membership, a decision that was not easily reached. Once we looked at all the factors, including size of classes, amount of space available, and number of courses, it became clear that the cap was inevitable. The Board then had to decide on the guiding principles and logistics of administering the cap. This is another example of the challenging assignments that face the Lifespring Board on an ongoing basis.

Be Informed

Our Board meetings are always open to all and take place on the second Wednesday of the month at 3:00 pm in the Saugerties Town Hall conference room. During the spring and fall semesters, these meetings take place on Tuesdays instead of Wednesdays. Minutes from each meeting are posted on the Lifespring website; even if you can't get to a meeting, you can read the minutes online at www.lifespringsaugerties.com

On behalf of the Board, I invite you to keep up-to-date on our activities; an informed member is our most important resource!

President

Susan Puretz

Vice President

Marvelene Beach

Secretary

Barbara Kaisik

Treasurer

Richard Phillips

Registrar

Bob Saturn

Curriculum Coordinator

Arzi McKeown

Membership Coordinator

Susan Kahl

Services Coordinator

Marjory Greenberg-Vaughn

Public Relations Coordinator

Sandy Ostoyich

Audio-Visual Coordinator

Fran Jacobson

Events Coordinator

Colleen Greco

Member-at-Large

Susan Davis

Member-at-Large

Matt Ostoyich

Member-at-Large

Roberta Gavner

Member-at-Large

Vacancy

Saugerties Town Liaison

Leanne Thornton



Volunteer Voices: **CLASS MANAGERS**

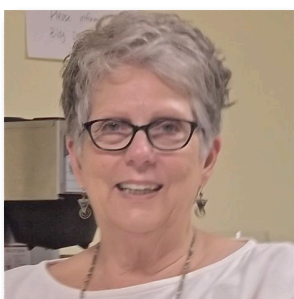
One way to think about the class managers is that they are the lifeblood of Lifespring. Of course, we might say the same about any or all of the other volunteer roles, but class managers do fill a unique position. In addition to taking attendance and telling us to turn off our cell phones, the critical role of the class manager is being the liaison with their assigned presenter, and this can mean anything from reminding the presenter of the upcoming semester dates, to making sure they've confirmed their audio-visual needs, and even getting a welcome cup of coffee to a presenter just before class begins.

Here at *News & Views*, we're taking a more "up close and personal" look at class managers in our first *Volunteer Voices* column. We reached out to several of these great volunteers and asked them to share something about themselves that others might not know, and to tell us what they liked about the "job" of being a class manager.

ANNETTE ZWICKLER, who also serves on the curriculum committee, related how she had seen an article about Lifespring and thought it sounded so great that she put it into her "Things to do when I retire" folder, which over time became quite full. When she retired from her position as summer session coordinator at SUNY New Paltz, she immediately joined Lifespring and started going to a gym. Annette recalls, "They were both good ideas, but joining Lifespring was by far the best thing I did."



Annette says that "being a class manager has given me the opportunity to interact with the presenters and the class participants. I enjoy making the presenters comfortable and feel appreciated. I think my previous job experience dealing with potential administrative problems that faculty might encounter has helped me in being a class manager."



KARREN TRENT told us about when she was nineteen and was Wendy the weather girl on channel 10, Albany, "All the weather 'girls' were called Wendy back then." Karren reminisced, "I was given a long pointer and stood in front of a large standing map of the area and read the weather copy. I also accompanied Walter Cronkite on a tour of several New York State CBS television stations wearing a banner across my chest proclaiming me MISS CBS, heady stuff for a kid just out of high school. I also made a few local commercials at channel 10 and received royalties for years afterwards. I left that job because I wanted to spend the summer on Cape Cod with friends. My mother was disappointed; she thought I was going to be a big star!"

In reviewing what she likes about being a class manager, Karren said, "I volunteered to be a class manager for Lifespring because I knew I could get to know people better by interacting with a classroom full of people on a weekly basis. I have been volunteering with Lifespring on various committees for a few years now, but my position as a class manager is my favorite. I get to interact with the presenters and make myself useful to them as well as greet the class participants and get to know them better. I really feel fortunate that I have the time to involve myself with Lifespring and that such a fantastic organization is right here in Saugerties."

LEE GABLE shared a story about growing up in Argentina: “When I was five months old, my family, with me along, took three days to fly down to Sao Paulo, Brazil, where we lived for three years and then moved to Argentina. Of course, this was because of my Dad’s job. He worked for the Armour meat packing company and then later on he was hired by St. Joe Mining Company to run the South America branch. Although my parents lived in Argentina for thirty years, I came back to the United States for college. The oddest thing happened in 1978, when I ran into a friend that I grew up with in Argentina. It was amazing because the meeting happened on Wall Street in Kingston.”

Lee feels that “being a class manager is one way that any of us can give back to Lifespring. Lifespring is such a wonderful organization because of the classes and sense of community. Being a class manager is a non-threatening way to help out.”

KATHY CARROLL described how very busy her life is now that she’s retired. “I like to keep active, maybe a little too much. My husband sometimes refers to me as ‘the roadrunner.’ I am on the go as a member of several organizations that are focused on volunteering in the community, and I am a former officer of the Friends of the Saugerties Public Library. I am active in my church as a lector and I’m also on the church’s advisory board. I enjoy playing bridge each week and try to fit in some exercise at the gym. Most of all, I love being a grandmother and spending time with my two granddaughters who live in Westchester.”

Kathy says that she likes being a class manager because, “I enjoy interacting with people and enjoy learning about new subjects. I like meeting new class members and helping the instructor whenever needed. I feel very comfortable in front of a classroom since I was a Saugerties High School teacher for 32 years before I retired 15 years ago.”



LUCY STAGICH shares that she is able to rush and cane chair seats, “although I haven’t done this in a while,” and that she loves spending time with her three granddaughters. Lucy enjoys being a class manager and says, “It is quite easy to do and is a great way to meet new Lifespring friends.”

Finally, let’s close this brief look at our volunteer class managers with Lucy’s final comment, which is: “Come on Lifespring friends, join us!!”

Susan Greenstein

*Education is not the filling of a pail,
but the lighting of a fire.*
~W. B. Yeats

Why?

do we ask you to register for special events and presentations?

It is important for many reasons to know *how many* people will show up for the event. This is not about the regular semester's courses, for which you must not only register in advance, but also be a paid-up member in good standing. This is about special events, winter presentations, annual meetings, brunches, and anything else we ask for advance sign-up.



Creating and preparing for an event or presentation requires *many* steps, and in *many* cases involves *many* people. For example, a room has to be reserved, the presenter often wants to know *how many* people he can expect, information has to be gathered so a flyer can be made, the Audio-Visual needs have to be determined, handouts may be required, and the presenter has to prepare the talk or presentation. If food is involved, we have to know *how much* to purchase and prepare. We need to know *how many* people are coming in order to set up the room and how to arrange tables and chairs. If we do not have enough people, we might cancel the event. For all these reasons, we continue to urge you to *please register* in advance when you are requested to do so.

WHY do we ask you to “unregister” or cancel if you cannot make an event?

We recognize that we all have busy lives with many activities, commitments, and responsibilities. At times you may be unable to attend something for which you registered. Letting us know allows us to make adjustments to all the situations described above so we do not waste food, paper, energy, and whatever other resources might have been required.

By registering in advance (and cancelling in advance if need be) you express your respect for the people who are making the event possible, and we all thank you for that.

*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: **BOB COHEN**

Bob Cohen has now taught 3 courses at Lifespring, most recently in the Spring 2014 semester, *The Folk Song Revival and the American Immigrant Songbook*. His love of music and his desire for all to share in the joys of music, coupled with his knowledge and engaging personality, have contributed to the great success of his classes.

For this Presenter Profile, we interviewed Bob by phone and then incorporated information found on his website at www.cantorbob.com

Bob is an extremely busy man; he is the cantor at Temple Emanuel in Kingston, New York, he serves as Chair of the Ulster County Religious Council, he writes musical settings of Jewish and Christian prayers and has made three CDs, and he accompanies himself on piano, accordion, autoharp, and 12-string guitar. But that barely scratches the surface of who Bob Cohen is, how he became a cantor, and what his challenges and inspirations were along the way.

Bob was born in Brooklyn, New York, in 1939, to Russian immigrant parents who enjoyed singing the songs of many countries and cultures, which may have been Bob's earliest exposure and influence in music. He was part of the folk revival of the late fifties and early sixties, and while still in high school in Greenwich Village, he performed on stage with Pete Seeger and other folksingers at Hootenannies.



The Civil Rights Years



Along with Gil Turner, Happy Traum, and Delores Dixon he formed the New World Singers. They sang at fundraisers for the Student Non-Violent Coordinating Committee (SNCC) and other civil rights organizations. In 1963, Bob and Gil Turner went down to Edwards, Mississippi, with Bob Parish Moses (Bob's roommate and leader of the civil rights movement in Mississippi), where they held freedom songs workshops. The next year Bob returned to the South as Director of the Mississippi Caravan of Music that organized, through the presence and performances of folksingers, moral support for the voting rights movement in Mississippi. Pete Seeger, Phil Ochs, Julius Lester, Carolyn Hester, and many others participated in what became known as the Freedom Summer of 1964.

Back in Greenwich Village

Bob recalls that at Gerde's Folk City, an iconic music venue in the west Village, "an itinerant-looking fellow with a nervous leg used to come in and sit at the bar where we bought him glasses of wine. He said his name was Bob Dylan. One night, Delores Dixon, from the New World Singers, did a solo during their set of a civil war freedom song; it was a song sung by slaves before they were freed, *No More Auction Block For Me/Many Thousands Gone*. Dylan liked the tune and soon used a part of it for perhaps his greatest song: *Blowin' In the Wind*."



The New World Singers were the first to record that Dylan song, and that recording along with others was re-issued by Smithsonian-Folkways in 2000 and was nominated for two Grammy awards. The New World Singers would invite Dylan up on Gerde's rather small stage to sing it with them along with his adaptation of an old Irish song which he called *Fare Thee Well*.

Throughout his 20s and 30s, Bob taught children music at private schools in New York City: Bank Street School for Children, Little Red School House (of which he is an alumnus), Downtown Community School, the United Nations International School, and the Calhoun School, as well as at Bank Street College of Education and LaGuardia Community College. He used the wonderful folksongs he had learned from Charity Bailey and Bob DeCormier, both of whom were his music teachers back in elementary and high school.

Life Changing Episode

After an unpleasant divorce, Bob's life veered away from music; he worked for the next 14 years in a psychiatric Medicaid practice, where unethical billing systems resulted in prison sentences for two psychiatrists and Bob, who was then in his early 50s.

In the three years that Bob was in prison, he used the adversity to turn his life around. He played for all the religious services of the Catholics, Protestants, Jews, and at a Muslim festival. While in prison, Bob met Patricia, a registered nurse (and a distinguished quilter), who would become his second wife. Auspiciously, he was befriended by Rabbi Jonathan Eichhorn, of Temple Emmanuel in Kingston, who served as a prison chaplain. Bob credits Rabbi Eichhorn with opening many doors for him; he helped Bob get into a Work Release program and achieve a Parole, and he assisted in getting Bob work at Temple Emmanuel as an organist and as Choir Director for the Church of the Sacred Heart at Castleton-On-The-Hudson, near Albany.

While working as an organist, Bob studied privately with cantors, did a great amount of learning on the job, and ultimately was appointed Cantor at Temple Emanuel in 2000. As Cantor, Bob also officiates at life-cycle events, teaches music at the Temple's Religious School, and leads the music at Temple Emmanuel services, now led by Rabbi Yael Romer from whom he continues to learn about Judaism.

In addition to fulfilling his role as Cantor, Bob serves as a board member of several organizations: Family of Woodstock (providing shelters for the homeless and guidance for at-risk teenagers), Save Them Now (a residence for ex-offenders that works to give them sober clean housing and directs them toward gainful employment), the Ulster Substance Abuse Prevention Board to which he was appointed by the Ulster County Legislature, and he is a member of the Kiwanis Club. Using his position as leader of the interfaith group, Ulster County Religious Council, Bob reaches out to clergy and lay-leaders county-wide to participate in and support efforts to help the needy, to find positive connections among various religious beliefs, and to strengthen understanding by exploring the faith of others.

For Bob, family is a very important component of his life. Two children from his first marriage are both on the West Coast now; Sean is a teacher of English Literature in middle and high school, and Corrina and her husband Marc are organic farmers. Bob's wife Pat has three children, and now she and Bob have five granddaughters, one grandson, and "a whole host of loving friends and family."

More Musical Outreach

Amazingly, Bob still finds the time to travel the Hudson Valley singing at Nursing Homes, Assisted Living, and Independent Living residences. He sings songs from the 1900s through the 1940s and "the residents find great joy in the memories these old songs invoke and in singing along."

Bob appeared as Tevye in *Fiddler on the Roof* in Hudson and in Studs Terkel's "Working" in Rhinebeck, New York. In the past couple of years he has joined with cabaret singer, Jennie Litt, and her husband, pianist-composer David Alpher, in a show of known and unknown Irving Berlin songs called "Another Serving of Irving". Recently he has appeared with mezzo-soprano, Sabrina Ferguson Bax, and her husband, percussionist Anthony Bax, at the Art Society of Kingston (ASK) gallery and at other gallery openings, singing a program of world music *Painting the World With Song*. Bob points out that both of these programs are available for performances everywhere and anywhere.

Bob's heart and life have been filled with music, and at a critical juncture in his life, music offered important solace and a path forward. Bob says that "his passion is to have people join in singing with him and experience the spirit that music can create and sustain in all of us."

Susan Greenstein

IN CELEBRATION OF VOLUNTEERS

Each year we celebrate our hard working volunteers and presenters. This year the luncheon took place overlooking the golf course at the Rip Van Winkle Country Club in Palenville.



ANTICIPATING THE FALL SEMESTER - FALL FORWARD - INTO LIFESPING!

The Lifespring Catalog for Fall 2014 was delivered to your email inbox at the end of June, and now it's your turn to review all the exciting course offerings, as well as taking a few minutes to review the very important notes about the new policies regarding the membership and registration deadline (see page 14 in the catalog).



As you'll see as you scroll through the pages of the Fall Catalog, we begin on October 8th, offering six weeks of appealing courses with many exciting options from which to choose. New for fall is the opportunity for gentle physical activity in each time slot throughout the day.

There will be three multi-presenter courses, one per time slot, giving you an abundance of stimulating speakers in each course: *Saugerties: Preserving Local History, Wildlife in the Hudson Valley, and Work, Workers, and Unions - Building America*. In addition, some of our seasoned instructors, Harold Lieberman, Irene Rivera Hurst, Rich Phillips, Laura Shulman, Nathan

Brenowitz, Ujjala Schwartz, and Bob Fox will once again be offering us their expertise with engaging courses and new material.

Other enticing courses include *Visions of the Universe: The Hubble Telescope and Space Exploration, Listening to the Body, All That Jazz, and Social Inequality*, and returning in the fall semester is the popular Film Course, facilitated by Arzi McKeown, which will be held on selected Tuesdays at the Saugerties Library.

Don't forget the post-mark deadline of August 1 for your important Lifespring paperwork! We're all looking forward to a great semester, and look forward to seeing you then.

INTERESTED IN VOLUNTEERING?

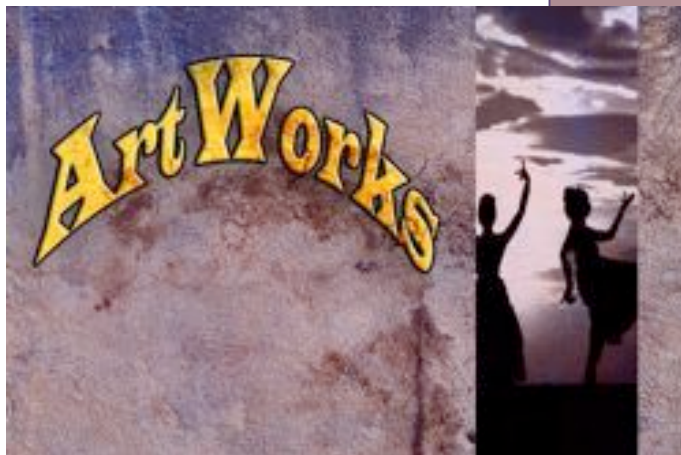
Each semester before classes begin, we put out a "Call for Class Managers." If you are interested, email us at that time at: lifespring.saug@gmail.com

If you are interested in learning and working the latest technology and being a part of the **Audio-Visual Team**, email Fran Jacobson at: fjacobson529@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: birdgirl@hvc.rr.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

The **2014 Annual Meeting** was held on June 11th and featured performers Mikhail Horowitz and Gilles Malkine who provided an amusing and satiric look at the world today.



**SPECIAL NOTE
ABOUT**

ArtWorks

We know many of you missed the opportunity to participate in art workshops this summer, so we'd like you to know that ArtWorks will be back next summer!

Lifespringers **IN ACTION**



**TAI CHI CLASS,
LED BY BOB FOX**

**EARLY MORNING WALKING GROUP:
SINGING IN THE RAIN,
LED BY SUSAN PURETZ**



**KAYAKING EVENT AT SAUGERTIES
BEACH, LED BY BOB FOX**





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