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

About LIFESPRING NEWS & VIEWS

Do YOU Want this Newsletter to Continue?

In this our 5th issue of *News & Views*, we're asking you, as a Lifespring member, if you believe that we should continue to "publish" future issues of the online Lifespring newsletter. We hope that many of you are enjoying the various articles, and we hope also that you find the information helpful, entertaining, enlightening, and more.



However, we have serious concerns that only a handful of Lifespring members may be reading the newsletter, and if this is the case it doesn't make sense to continue.

Please help us decide whether to continue putting out this three-times-a-year newsletter **by sending an email to the editor** saying Yea or Nay, Yes or No.

This is one time that we can guarantee that YOUR VOTE WILL COUNT!

Please email me NOW to vote on the fate of your Lifespring Newsletter!! My email is: stgreenstein1@gmail.com

THIS ISSUE'S HIGHLIGHTS

Look for a motivating message from our President, Susan Puretz, about the important benefits of getting a move on as we age; take a look back at some of the outstanding Crafter participants at this past season's Library fair; and be sure to check out the great photos and poetry submitted by some of our very talented members.

Also featured are the Mystery Photo; info from the Saugerties Public Library; tips on senior discounts; and the WHY column discussing volunteerism.

Finally, remember to vote Yes or No to continue the newsletter. And of course we welcome any suggestions or comments you may have.

Susan Greenstein, Editor
stgreenstein1@gmail.com



A Message from the **PRESIDENT**



Our seventh year! Amazing! If any of you have our first catalog from September 2009, hang on to it – it may be valuable one day! And if not valuable monetarily, it certainly provides a striking comparison with our current offerings and serves as a reference to trace Lifespring’s evolution.

Looking Forward

Talking about coming long ways – our bodies and minds have followed a long, winding road to get us to this point where we can be vital and active, attending Lifespring, and partaking of all the offerings that interest us in our learning community.

Just as we use Lifespring to stimulate our minds, we need to hang on to and nourish our bodies by building movement into our daily routine. The bottom line is that as we age, if we don’t *get-a-move-on* as much as we can, we may face not being able to move at all. Sorry to sound like a broken record, but my Johnny one-note to you about the importance and benefits of exercise is one of the most important things I feel I can do for you, my fellow Lifespringers. Toward that goal, I hope you will get involved in some of the “movement events” created by the Lets Get-A-Move-On committee.

It seems appropriate to crow about ArtWorks 2015. Arzi McKeown, our amazing Curriculum Committee Chair, has pulled off another successful event – ArtWorks 2015 was amazing! As you walked the halls of the WJC and peered into the classrooms, you could feel the high level of energy, enjoyment, and enthusiasm.

Kudos for ArtWorks

Helping make ArtWorks a great success were the hard working members of the ArtWorks team: Karren Trent, Ann Morris, Linda Hacket, and Annette Zwickler. (And Fran Jacobson on that day.) Thanks to Elaine White, Colleen Greco, Marilyn Wakefield, and Roberta Gavner, Lifespring members who volunteered to assist (they were not enrolled but just came to the WJC to help out). So to Arzi and the ArtWorks team go kudos for a job well done and very much appreciated by all participants and presenters.

I hope you are as happy as I am that our 2015 fall term is in full swing. I look forward to seeing all of you in the classrooms, the hospitality room, and in your most appreciated and valuable volunteer roles.

Susan Poretz



LIBRARY CORNER – CLOSE CONNECTIONS



*A room without books is like
a body without a soul.*
Marcus Tullius Cicero

The Saugerties Public Library is pleased to announce the introduction of **Universal Class Library Edition**, a powerful new online continuing education service designed specifically for use by patrons of the library.

Universal Class offers library patrons a growing catalog of more than 500 courses and is committed to providing only the most affordable and highest quality online training. More than 300,000 students around the world have benefited from the unique instructional technologies offered by Universal Class.

Instructors guide the learning using video-based lessons, a collaborative learning environment, graded lesson tests, certificates of achievement, and Continuing Education Units available for select courses. Students enjoy an engaging and measurable learning experience that helps them master and document their educational goals.

Universal Class offers courses in Exercise and Fitness, Entrepreneurship, Arts and Music, Home and Garden Care, Cooking, Computers and Technology, Health, and hundreds more.

To start a class or learn more about Universal Class, go to www.saugertiespubliclibrary.org and click on the Universal Class icon on the home page. Then you can either enter your library card number or click on the Areas of Study for more information.



Susan Davis

DID YOU KNOW?

The second film in our Film Series is "Coming Home" starring Jane Fonda and Jon Voight. Co-starring as Jane's friend is Penelope Milford.

DID YOU KNOW that Penelope lives in Saugerties?

She lives in the village and is in the process of restoring the historic home of James Crump whose family was involved in the iron and paper industries in Saugerties. Penelope did a presentation on her restoration for the Friends of Historic Saugerties in April 2015.

MYSTERY PHOTO — WHAT IS THIS AND WHERE IS IT?



Photos: Susan Puretz

Do you know where this statue is located? You probably have driven past it numerous times without noticing it and most likely without knowing how and why it got there? Here's a hint: It's located in the Village of Saugerties.

Scroll down to find the answer.



Answer to WHAT IS THIS AND WHERE IS IT?

If you guessed that the mystery photo was of the **Civil War Soldier statue** currently located at the American Legion Hall (fronting on Partition Street), you are correct. Interestingly, this Civil War Monument's original location on Ulster Avenue (1904-1952) and its current location are both on properties that belonged to the Davis family (and a current Lifespring member is the latest Davis family representative).

John W. Davis had owned the property of the first site (which land by the way was originally owned by Jeremiah Russell – who owned the *Turnpike House* that we featured as the Mystery Photo in the January 2015 Newsletter). Upon the death of John Davis, a small lot was deeded to the GAR (Grand Army of the Republic) Tappen Post, "for monument purposes."

On October 25, 1950 the Lamouree-Hackett Post of the American Legion purchased a mansion house from the granddaughter of John W. Davis on a lot that spread between John and Partition streets. On November 6, 1952 the Post signed an agreement with the Village to have the monument moved from the original Davis farm land on Ulster Avenue to a park created on the Partition street side of their property in the center of the village. Although the GAR had disbanded by 1956 after the death of its last Civil War veteran member, the current American Legion Post still honored the memory of Civil War veterans with this monument.

This information comes from the blog of Michael Sullivan Smith, (<http://mssmith44.tripod.com/blog/index.blog/2354660/the-civil-war-soldier-on-partition-street>) from research he conducted in the Lamb Law Office Archives on the Judge Davis collection of surveys and records.



Photo Op

Each edition of *News and Views* offers Lifespring members an opportunity to participate in the **Themed Photography** feature. This issue's theme is **PROGRESS**. We received many photos representing different ways to look at PROGRESS. Some were clear depictions of advancement and growth, while others found the decay and deterioration that are often the result of progress; while still others found the juxtaposition and space where progress gracefully looms over the traditional and historic.

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

The theme for the January 2016 issue is **FANTASY**. If you'd like to participate, here are the **Guidelines**:

- You may submit no more than 2 photos to be considered. (Please do not send more than 2; select your favorites).
- Each photo should be titled as follows -- the title, your last name.jpg
- The photo may be black and white or color.
- Please send all submissions to Arzi at: moonchild246@yahoo.com

If you're interested in taking thoughtful photographs, this is a perfect opportunity to show and share your work with other Lifespring members.



PHOTO OP SELECTION
WORLD TRADE CENTER RISES
GAYLE SCHUMACHER

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

Crafters in Action at the Library Book Fair



On June 6, 2015, at the **Friends of the Saugerties Library Book Fair**, a new feature was incorporated when Lifespring artists and artisans participated with offerings of a variety of handmade objects for sale. We're taking the opportunity now, in this issue of *News & Views*, to introduce several of the Lifespring "crafters" and their works to our newsletter readers.

We reached out to all of those Lifespring members who had shown their work at the Library Fair and asked them to respond to two questions that go to the heart of their creative process and the work they produce. A photo of each of the responders accompanies their replies. The questions we asked were: How did you get involved in your particular art or craft and can you describe the nature of your work. All those who responded – Millie Goldberg, Arzi McKeown, Ann Morris, Eileen Shumbris, and Steve Zwickler – are featured here.

Esther Rosenfeld

MILLIE GOLDBERG

"For over 40 years, I've been a sculptor in clay. The small sculptures, plaques, and pendants were made specifically for the Library Fair. All of the work was made from clay, fired and painted with acrylic paint. It was a new challenge that I found very exciting. I used driftwood for the bases and explored different ways of exhibiting the sculptures. I have been sculpting goddesses in my larger pieces and brought that theme to the smaller ones."





ANN MORRIS

"I have been working in clay for more than 40 years. When I was pregnant with my first child my husband suggested I take some sort of class. I can't remember why I chose wheel throwing but after my first session, I was hooked. Over the years I took classes, worked in other people's studios, rented space from other potters, took more classes, and when necessary worked in my kitchen. At one point, I even had a wheel set up in my bedroom. I have taken time off from clay periodically, but I have always come back to it. Two years ago, as a retirement gift to myself, I built my studio in my home and now I have the luxury of playing with clay in my pajamas!"

"I love making functional pottery, particularly vessels. Some are wheel thrown, but more often than not, they are hand built. I also make tiles, small sculptures, totems, and lanterns that can be displayed in the garden. I work in high fire stoneware employing forms that are organic, whimsical, and highly textured. Very often, the pieces are carved or incised. All of my pieces are one-of-a-kind."

ARZI MCKEOWN

"My table at the Friends of the Saugerties Library Book Fair displayed earrings and soap that I had recently made. A couple of years ago I took a jewelry-making workshop with Joan Reinmuth because she offered a way to look at the process of creating rather than just the making of the object. It suggested to me that I could apply what I learned in this workshop to other types of art-making and to life in general. It was in keeping with my own beliefs about creating with mindfulness and meaning, so I was curious about another view or style."

"After making about 100 pairs of earrings and wrestling with frustration and dexterity, I finally learned acceptance of my own simple style. The familiar process of making decisions, attending to details, enjoying the physical act, sitting with silence, all the while dealing with imperfections, disappointments, and my own inner panel of judges, corroborated that the way I create earrings (and soap) is the way I create my life."





EILEEN SHUMBRIS

"I got involved in making banana bread over 40 years ago after a visit to the Bennington monument in Vermont. I purchased a special cookbook with basic Vermont recipes, including banana bread. Over the years I have tweaked and modified the recipe to my taste. My friends and family loved the results."

"I have always been curious as to how others would like my version of the banana bread, and when I learned that Lifespring members were urged to take part in the Crafts Fair, I jumped at the opportunity to present and market my "craft" bread."

STEVE ZWICKLER

"I got started in photography when I was in my late teens. I had a film camera but soon school got most of my attention. Over the years, my wife and I took pictures of the family. As I got close to retirement, I bought a better camera, and in the last few years, concentrated on nature photography. I try to come up with artistic creations and some of the photos I've experimented with could be described as abstract."



Other Lifespring members exhibiting at the Book Fair were: Nancy Schafer, Rand Felton, Nora Adelman, Alba LaFiandra, Karren Trent.

Thanks to Elaine White and Barbara Kaisik from the Friends for allowing us to participate.

Why?

VOLUNTEER



It is always a surprise to many people that Lifespring runs on the power of volunteers. It is these people, the volunteers, who hold the community together and make it a better place. Even helping out with the smallest tasks can make a real difference.

The interesting thing about volunteering is that it has not only a strong impact on the community, but also strong benefits for the person who is volunteering. Many studies have demonstrated that helping others engenders happiness. When researchers at the London School of

Economics examined the relationship between volunteering and measures of happiness in a large group of American adults, they found that the more people volunteered, the happier they were.

Lifespring flourishes and grows because of the committed group of people who help deliver the program. In return, these dedicated individuals have the satisfaction of knowing Lifespring exists because of them and wouldn't exist without them!

We are grateful for the presenters who so freely volunteer their talent and expertise because of their love of teaching or passion for a particular subject. We would not exist without them. However, behind every presenter are many volunteer supporters and workers. Some do big jobs and some do small jobs, but every one of those jobs and the people who do them is important and necessary. Lifespring is only as creative and expansive as those who are willing to put forth their ideas and their energy.

You may ask, “**What’s in it for me?**” We’ve observed that there are exciting benefits to volunteering. We’ve seen people develop new relationships, utilize dormant skills, learn new skills, and discover untapped talent, energy, and expertise. Giving of yourself and your time and energies to a community of which you are a part has been shown in many research studies to improve quality of life.

What traits make a good volunteer? The most valuable traits you can bring to any volunteer effort are compassion, an open mind, a willingness to do whatever is needed, and a positive attitude.

What does Lifespring need? Opportunities to help are ever-changing and ongoing. If you would like to get involved on a regular basis, we invite you to join a committee or a team. If you prefer to do something on a short-term basis, you can answer a call for volunteers when they are announced. In either case, we welcome your involvement.

Not quite sure where you might fit? We welcome the opportunity to find you a satisfying place. For more information or to speak to us about YOUR possible volunteer involvement, contact

lifespring.saug@gmail.com or call 845 246 2800 x 472.

Arzi McKeown



PHOTO OP SELECTION
B(LOOMING) IN THE DARK
SUSAN DAVIS

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

Nora Adelman
Susan Davis
Gayle Schumacher
Steve Zwickler

*Progress is impossible without change, and those who
cannot change their minds cannot change anything.*
George Bernard Shaw



POETRY PLACE



Thanks again to all of the members who submitted their poems way back in January, and as we reported in the last issue, 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 – **Valerie Da Silva**

As a child, Valerie remembers her father reading poetry to her. She recalls that she began writing poetry in her twenties, and she says that it comes naturally to her. As a Dominican sister, Valerie taught English at a boy's high school in Puerto Rico, and when she taught poetry she would use her own poems as a model for her students. Her poems, Valerie believes, emerge out of her prayer life, and when something strikes her she needs to write it down.

Esther Rosenfeld

Listen

Valerie Da Silva

Listen to the rain with me
Hear it speak our name
As gently it falls on
Each garden leaf
Nourishing—bringing life
To dried plants
Causing buds to sprout
Like our love did
The rain filled night.

Walking Together

Valerie Da Silva

Come with me, let's walk together
Life's path is never so easy
As when two walk side by side
Sharing the shadows as well as
the sunlight
Walking together makes life,
LOVE



DISCOUNTS FOR SENIORS ARE AVAILABLE EVERYWHERE!

A website called Mogul ran an article talking about how many discounts are out there and available to seniors, if you only know about them and are willing to ask for the discount at time of purchase. Places like Wendy's where you can apparently get 10% off just by asking for the senior discount. Or some airlines, plus Amtrak and Greyhound, most car rental companies, many hotel chains, movie theater chains, and more. You may already know about some of these, but you can check out the list at this link –

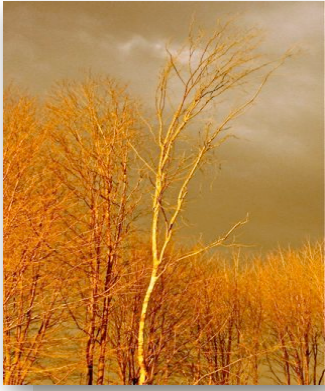
<https://onmogul.com/articles/this-list-of-senior-discounts-for-people-over-50-might-be-the-best-thing-you-learn-all-day>

Remember, you must ASK for the discount; it will not be offered. But once you ask, you'll be pleasantly surprised.

Susan Puretz



*PHOTO OP SELECTION
END OF PROGRESS
STEVE ZWICKLER*



**ANTICIPATING THE CHANGE OF SEASONS!
LIFESPRIING CONTINUES!**

Wondering what you can look forward to at Lifespring this fall/winter?

CATALOG

First and foremost you can expect the Lifespring Spring 2016 catalog in your inboxes the first week of January 2016. You can look forward to following the music, your dreams, or the beat of your own heart, among other courses that evoke, provoke, and invoke new thoughts and ideas.

WINTER PRESENTATIONS

Mark your calendars for *Winter Presentations* on Wednesdays, Dec. 2, Jan. 6, Feb. 3, and Mar. 2, at 11 a.m. in the Community Room of the Saugerties Library. The December presentation will be a talk by Captain Frank Wall, a recently retired Hudson River captain, who will share his professional and personal experiences in a talk about how large ships move on the River.

SPECIAL EVENT

Upcoming in December, Karren Trent will be offering a workshop on making holiday table floral arrangements.



*PHOTO OP SELECTION
ATHENS GENERATING
NORA ADELMAN*

Coming
Soon!

WHAT YOU ARE WAITING FOR:

- *Nov. 1* A flyer about the first Winter Presentation which will be held on Dec. 2
- *Nov. 6* A flyer about a Special Event
- *Jan. 1* Spring 2016 Course Catalog

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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