

# LIFESPRING

*Saugerties Adult Learning Community*

Fall 2021

ONLINE-ONLY COURSES



*Lifespring*

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# WELCOME

## *Fall 2021 Online-Only Courses*

It has been almost a year and a half since the global pandemic propelled our Lifespring community into an online-only learning model. We have held two virtual semesters and three virtual Winter Presentations, expanded our semester class days to Mondays and Wednesdays, offered a virtual mini-series in February, hosted two annual meetings, and a few special events. Our comfort in participating in on-line learning using Zoom has kept us together as a community of learners.

Due to complicated circumstances surrounding returning to in-person classes at the WJC, Lifespring has decided to remain in the on-line format for the Fall 2021 semester, offering eight online courses, with classes occurring on **both Mondays and Wednesdays**. Offering classes on two days of the week ensures that as many members as possible will continue to come together virtually, with Zoom, to share our knowledge and interests and stimulate our minds in new and creative ways.

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

## *Membership and Fees*

**All current Lifespring members and those who wish to become new Lifespring members must officially register as members of Lifespring by filling out the form in this catalog and submitting the membership fee.**

The fee for the 2021/2022 year will be \$50 and is payable by the deadline of Monday, August 30th. Both new members and existing members will be on an equal footing with all the same rights and responsibilities of membership going forward.

The Lifespring year is from August 1, 2021 – July 31, 2022. There is no half year membership. Your annual membership fee entitles you to take courses in both the fall and spring semesters, and attend Winter Presentations and special events as space allows.

## *Semester Dates and Schedule*

Lifespring will offer online Zoom courses on two weekdays, Mondays and Wednesdays, beginning Monday, October 4 and Wednesday, October 6 and will continue for six weeks through Monday, November 8 and Wednesday, November 10, 2021. Please note that one of the courses, B2, will meet for only four sessions and one of the courses, A2, will begin one week later (check the detailed course listings for more information).

There will be an A period and a B period on Mondays, and a C period and a D period on Wednesdays, and you may select one course in each time period, on either or both days.

Each class runs for 1 ¼ hours.

**The Monday A period begins at 9:30 am**  
**The Monday B period begins at 11:30 am**  
**The Wednesday C period begins at 9:30 am**  
**The Wednesday D period begins at 11:30 am**

There is a 45 minute break between the A and B periods and between the C and D periods for you to pause and refresh!

You may select either one or two courses on both Mondays and Wednesdays. All Lifespring courses will be for Lifespring members only. Any member who wishes to attend must register, and registration will be online only in an easy-to-use format.

If you are not a current member and wish to become a member, please see **For Potential New Members** on the following page.

**The deadline for Membership Registration for the 2021/2022 year is August 30th. The deadline to Register for courses is September 15, 2021.**

### *For Potential New Members*

We thank you for your interest in becoming a part of Lifespring! In order to keep our learning community refreshed and vital, we recognize the importance of accepting new members each year. Lifespring makes every effort to take in as many new members as space and resources will permit.

We look forward to welcoming new members for the 2021/2022 year and encourage all members to become active participants in the Lifespring community.

New applicants should complete and submit by mail the **Membership Enrollment Form** found in this catalog, along with a check for the membership fee of \$50. Please follow the directions and note the deadlines on the Membership Enrollment Form.

After your membership registration form and check have been received, you will be sent a Google form via email that will enable you to sign-up for courses.

All Lifespring courses, meetings, and events will be open **ONLY** to those current or new members who have completed and submitted the Membership Enrollment Form.

We look forward to welcoming you as a new member of our learning community!

### *Feedback*

We welcome your thoughts, suggestions, opinions, and ideas about ways we can all get through this pandemic together while keeping our learning community vibrant, strong, and safe. Please send any comments or questions to: [lifespring.saug@gmail.com](mailto:lifespring.saug@gmail.com)



# COURSE OVERVIEW

***Mondays:***      *October 4, 11, 18, 25, November 1, 8*

***Wednesdays:***   *October 6, 13, 20, 27, November 3, 10*

<b>MONDAYS: First Period, 9:30 am – 10:45 am</b>		<b>Description</b>
<b>A1</b>	The Roaring 20s and the Arts	page 5
<b>A2</b>	Our Women on the Ground: Essays by Arab Women Reporting from the Arab World <i>(Note: this course begins October 11 for 5 weeks)</i>	<b>LIMITED ENROLLMENT</b> page 5
<b>MONDAYS: Second Period, 11:30 am – 12:45 pm</b>		<b>Description</b>
<b>B1</b>	Philosophy as a Kaleidoscope	<b>LIMITED ENROLLMENT</b> page 6
<b>B2</b>	Power Relationships in a Changing Middle East <i>(Note: this course begins October 18 for 4 weeks)</i>	page 6
<b>WEDNESDAYS: First Period, 9:30 am – 10:45 am</b>		<b>Description</b>
<b>C1</b>	Gentle Chair Yoga	page 7
<b>C2</b>	Sustainability	page 7
<b>WEDNESDAYS: Second Period, 11:30 am – 12:45 pm</b>		<b>Description</b>
<b>D1</b>	America's New Global Reality	page 8
<b>D2</b>	Baseball as a Metaphor for Life	page 8

**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 *The Roaring 20s and the Arts*

**MONDAY: Oct. 4, 11, 18, 25, Nov. 1, 8**  
9:30 am – 10:45 am

In 1920 the Treaty of Versailles officially ended World War I, and Prohibition went into effect. The Great Influenza pandemic subsided, Warren G. Harding was elected President, and women voted for the first time. It was the beginning of what became the Roaring 20s, an exciting decade in the arts: jazz, literature, the Bauhaus movement, as well as Broadway, cinema, Picasso, Weimar, Hemingway, Gershwin, and so much more. Now, 100 years later, might we be on the threshold of another 'Roaring' decade? Through videos and discussion, we'll delve into the highlights of the decade that broke new ground and rejected traditional standards.

### Presenter

**Chuck Mishaan** writes and lectures on the intellectual, political, and artistic history of Western Europe and the United States, from the period of the Enlightenment to the present day. He has presented his popular classroom series on Opera as Politics for several years at Lifespring.

### Coordinator

**Susan Greenstein**



## A2 *Our Women on the Ground: Essays by Arab Women Reporting from the Arab World*

**MONDAY: Oct. 11, 18, 25, Nov. 1, 8**  
(Begins Oct. 11 for 5 weeks)  
9:30 am – 10:45 am

### LIMITED ENROLLMENT

In this collection of essays with an introduction by Christiane Amanpour, editor Zahra Hankir has collected pieces written by Arab and Middle Eastern sahafiyat, or women journalists, who are working to shape nuanced narratives about their changing homelands, often risking their lives on the front lines of war. Through readings and discussion, participants will be able to respond to these essays in open and stimulating group conversations. This course continues in the tradition of other Lifespring courses centered on the history and writings of women. Additional suggested readings will be encouraged to refresh knowledge of the recent history of the countries described.

Please purchase *Our Women on the Ground*, published by Penguin Books and available through Amazon, Barnes and Noble, and area bookstores.

### Presenter

**Irene Rivera Hurst** has taught a number of previous Lifespring courses in literature, history, and women's issues. She received her B.S. from Hofstra University in Psychology and Education, her master's degree from SUNY Stony Brook in History/Social Studies, and her Ed.D. from Hofstra University in Literacy Studies. Irene has had a varied professional career in education, from teaching to administration. After retirement, she became an associate professor in Literacy Studies and Curriculum and Teaching.

### Coordinator

**Susan Puretz**

## **B1** *Philosophy as a Kaleidoscope*

**MONDAY: Oct. 4, 11, 18, 25, Nov. 1, 8**  
**11:30 am – 12:45 pm**

### LIMITED ENROLLMENT

Philosophy has many aspects (not counting the cosmetics company). This course aims to explore and perhaps clarify the question of “what is philosophy?” Together, we will consider approaches to the question and explore a variety of examples and models related to the question about its nature(s). Aspects of the content of philosophy and other aspects of the methods of philosophy will be identified and examined. Although information will be presented, discussion from participants is greatly encouraged and at times necessary, and it will be at the common-sense level!

### Presenter

**Ed Erde** is a retired medical ethicist. Although his education includes three degrees in philosophy, and he taught philosophy in the typical university setting, he changed his focus to medical education and went on to teach humanities and ethics from 1975 until retiring in 2010. He has published on classical philosophical topics such as issues in Plato, Descartes, and psycholinguistics, as well as ethical and philosophical issues in medicine. Since retiring he has been an active member of a philosophy club that meets weekly in southern New Jersey.

### Coordinator

**Susan Puretz**

## **B2** *Power Relationships in a Changing Middle East*

**MONDAY: Oct. 18, 25, Nov. 1, 8**  
*(Begins Oct. 18 for 4 weeks)*  
**11:30 am – 12:45 pm**

The Middle East is undergoing a rapid transformation. The old Arab-Israeli paradigm no longer describes accurately the power patterns in the region. Where the Palestinian issue was once central to state relations, that model is no longer the case. This course will trace the origins of these changes and try to suggest what the future may hold.

### Presenter

**Lewis Brownstein**, historian, teacher, and author, is the former chair of the Political Science and International Relations department at SUNY New Paltz. He lectures on a wide range of topics involving international affairs with a special expertise in the region of the Middle East and the Israeli/Palestinian conflict.

### Coordinator

**Susan Puretz**



# WEDNESDAY COURSES

## C1 *Gentle Chair Yoga*

**WEDNESDAY: Oct. 6, 13, 20, 27, Nov. 3, 10**  
**9:30 am – 10:45 am**

In this course, participants will use a chair and a tie or strap or belt to accomplish the exercises. Included will be centering, breath, and seated and classic standing poses with the chair available for balance if needed. Participants should wear loose, comfortable clothing and stable shoes. Each class session will end with breathing, a guided meditation relaxation, and seated savasana pose.

### Presenter

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

### Coordinator

**Susan Krompier**



## C2 *Sustainability*

**WEDNESDAY: Oct. 6, 13, 20, 27, Nov. 3, 10**  
**9:30 am – 10:45 am**

This course will introduce and explore the concept of sustainability – the interconnection of environmental health, social equity, and economic vitality. Our primary focus will be on environmental health from which springs all other aspects; think of the impact of solar and wind energy in comparison to that of fossil fuels on the environment. Some sessions will feature guest speakers who are expert in their fields. Participants will be guided to use the knowledge gained in the course to develop action plans that they can implement following the course, and we will discuss how action plans can expand from a single household to friends and neighbors or a community or beyond.

### Presenters

**Jack Luskin** holds a Ph.D. in Information Technology/Training and Learning and has 30 years of experience in educating and training industries on how to reduce toxic material uses and releases.

**Leslie Surprenant** holds a Bachelor's degree in Forest Biology and has completed a number of graduate courses in environmental sciences. She had a 35-year career as a biologist for the New York State Department of Environmental Conservation.

### Coordinator

**Susan Krompier**

## **D1** *America's New Global Reality*

**WEDNESDAY: Oct. 6, 13, 20, 27, Nov. 3, 10**  
11:30 am – 12:45 pm

Join us as we examine how America's global role has been affected by the last 5 years and what that role could be in the future. Fundamentals of national and global power will be presented, and global threats will be analyzed with an emphasis on long term foreign policies for the 21st century.

### **Presenter**

**D. Michael Simpler** is a retired airline captain with 38 years of worldwide flying experience with Pan Am and Delta Airlines during which time he flew frequently to the Soviet Union and East European communist countries. He has presented courses at Bard LLI, Marist CLS, SUNY New Paltz LLI, and Lifespring Saugerties on Global Aviation, the Cold War, and the Military-Industrial Complex.

### **Coordinator**

**Susan Puretz**

## **D2** *Baseball as a Metaphor for Life*

**WEDNESDAY: Oct. 6, 13, 20, 27, Nov. 3, 10**  
11:30 am – 12:45 pm

When was the last time you “stepped up to the plate” or had an event come “out of left field”? Do you remember when you were a kid sitting with your mom or dad watching a game? Baseball is life itself! We'll talk situations. You'll get to announce an inning. We'll cover the game's amazing history and learn how to correctly keep score. You will get to watch some fantastic videos on great defensive plays. We'll relate all of this to our own lives, and how we personally deal with failure, defeat, fear, and joy. Baseball comes from the heart.

### **Presenter**

**Nathan Brenowitz**, all-star third baseman, is a teacher, counselor, businessman, musician, and lifetime baseball player and fan. He grew up in Brooklyn in the 1950's—need he say more? At one time, he knew every player's batting average and all of their stats, but no more. However, he still plays the game, and this year he plans to go to Florida for a 75 and over hardball tournament. Baseball is way more than a game to him. It's an essential part of who he is.

### **Coordinator**

**Natalee Rosenstein**





# HOW TO REGISTER

*Registration for fall 2021 courses can only be completed by using the Google registration form that will be sent by email to all those whose 2021/2022 Membership Enrollment Form and fee have been processed. You will receive the emailed link to the Registration Form automatically shortly after you send in your Membership Enrollment Form and fee.*

(See page 11 of this catalog for more information about Enrollment)

## How to fill out the Google registration form:

1. To register for the course(s) of your choice, please click on the “FILL OUT FORM” button contained in the email you receive after your Membership Enrollment Form has been processed.
2. Enter all required information in the online registration form and mark your course selections.
3. At the end of the form, remember to click on SUBMIT. Note: If you have technical difficulties filling out the registration form, please email us at [lifespringtaskforce@gmail.com](mailto:lifespringtaskforce@gmail.com)
4. When you hit SUBMIT, you will receive an immediate confirmation that your registration has been successfully submitted as well as a listing of the course selections you have made.
5. PLEASE BE CERTAIN TO CHECK YOUR SPAM FOLDER FOR THE CONFIRMATION IF YOU DO NOT FIND IT IN YOUR EMAIL.
6. On or about September 16<sup>th</sup>, you will receive a separate email from Lifespring for each course in which you are enrolled. Each email will contain a Zoom link, which is unique to the course. You will use this link each time you join a class session.

**The deadline for REGISTERING for ALL Fall 2021 classes is September 15, 2021.**

Lifespring will send an email reminder on September 12 to members who have not yet registered for classes. If you believe you have already registered for classes and you receive this reminder, please contact [registrar@lifespringsaugerties.com](mailto:registrar@lifespringsaugerties.com)

# IMPORTANT NOTES

## Attendance

Zoom courses are not recorded. It is expected that those who register for courses will make every effort to attend.

## Limited Enrollment Classes

You will notice that there are a few classes with limited enrollment. They are subject to a lottery if over-subscribed. For these classes there is an option to select a second-choice class, in case you are not admitted. If you are not admitted and have not selected a second choice class, you will not be scheduled for any class for that period.

Please do not register for a limited enrollment course unless you plan and expect to be able to attend. Otherwise, you are taking the place of someone else who wants the course as much as you do.

## Dropping, Adding or Switching to a Different Course

Finally, you may send a request to either drop a course, add a course, or switch to a different course by sending an email to [registrar@lifespringsaugerties.com](mailto:registrar@lifespringsaugerties.com). **No changes will be made after Sunday, October 10, 2021.** Enrolled members may add courses until this date, even if they have not previously registered for any fall courses.





# MEMBERSHIP INFORMATION

Only members may register for Fall 2021 or Spring 2022 courses.

**NOTE:** You are NOT required to register for classes in the fall or spring as a condition of (or to maintain) your membership

You may become a Lifespring member for the 2021-2022 academic year by mailing a completed Membership Enrollment Form along with a check for \$50.00 to Lifespring. **There are no partial year memberships.** Membership entitles you to participate in all Lifespring classes and events through July 31, 2022. Membership Enrollment Forms are also available by sending an email request to registrar@lifespringsaugerties.com

## The postmark deadline for submitting your Membership Enrollment Form and fee is **MONDAY, August 30, 2021.**

**PLEASE NOTE:** On-line course registration is a process separate from applying for membership. (See Page 9 for instructions)

You will receive an email confirmation with a link to the Lifespring Fall 2021 course registration form as soon as your Membership Enrollment Form is received and processed. Please remember that current postal service is subject to delays.

If you do not receive a confirming email and course registration form in a reasonable amount of time, please contact registrar@lifespringsaugerties.com

To ensure that the Lifespring registration email goes into your email INBOX (and not into Spam), please add these two addresses to your email contacts list:

**registrar@lifespringsaugerties.com** and **lifespringtaskforce@gmail.com**

**There is NO course registration form included in this online course catalog. You will receive a link to the On-Line Registration Form in a separate email as described above.**

# MEMBERSHIP ENROLLMENT FORM

The membership fee for the year August 1, 2021 – July 31, 2022 is \$50  
(not transferable and not refundable).

**All membership forms and checks must be postmarked by August 30, 2021.**

You will be sent an email link to register for courses using an Online Google Course Registration Form when your membership form and check are received.

Membership entitles you to sign up for all Lifespring courses and events in the 2021/2022 year.

**NOTE:** You **do not have** to register for courses in the fall 2021 semester to be able to take courses in the spring 2022 semester and/or attend other Lifespring Events. **But you do have to complete and mail this membership form and send in the \$50 membership fee now in order to remain a member in good standing.**

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NAME

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ADDRESS

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CITY

STATE

ZIP CODE

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EMAIL

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PHONE

CELL

*I am a past presenter for Lifespring.*

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**Lifespring is a member-run, all volunteer organization.** Every member has something that they can offer to make sure that Lifespring continues to operate as a robust and dynamic organization. You will find that there are opportunities to volunteer for tasks and positions that match YOUR interest and experience. For more information about volunteer opportunities, please check the box below, and you will be contacted by a Lifespring Board member.

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NAME

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EMAIL

*I am interested in volunteer opportunities.*

# BOARD OF DIRECTORS & TRANSITION TEAMS

Since mid-March 2020, when we became aware that the Covid-19 global pandemic was going to vastly affect all of us, the Lifespring Board of Directors has continued to guide the organization through the steps necessary to keep our organization going and to take the actions and efforts necessary to make possible these online courses for the fall 2021 semester. 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 to keep us a vibrant and vital lifelong learning organization during these challenging times.

## Board of Directors

*August 1, 2021 – July 31, 2022*

<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 &amp; Hospitality</b>	Colleen Greco Maureen Huben
<b>Membership</b>	Susan Davis
<b>Program Support</b>	Susan Krompfer

## Members-at-Large

Maureen Huben	Lucy Stagich
Diane McDowell	Leslie Surprenant
Anne Miller	

## Ad Hoc Standing Committees

<b>A/V</b>	Rich Davis
<b>Class Managers</b>	Lee Gable
<b>Publications</b>	Susan Greenstein

## Online Task Force

Laura Philips, <i>Coordinator</i>	Anne Miller
Rich Davis	Carolyn Seiwerts
Colleen Greco	

