

LIFESPRING

Saugerties Adult Learning Community

Spring 2020 Courses



Lifespring

Town Hall
4 High Street
Saugerties, NY 12477

phone: 845-246-2800 x 452
email: lifespring.saug@gmail.com
website: lifespringsaugerties.com



photo by Tyler Barringer

WELCOME

Lifespring, an adult learning community, offers a broad range of noncredit educational activities for retired, semi-retired, and other adult participants. Lifespring's goal is to provide diverse learning experiences for all its members, regardless of previous educational background.

We recognize that many active retirees wish to continue to learn and grow and participate in an environment that is both social and encouraging. In this venue, we come together to share our knowledge and interests, and socialize with other lifelong learners.

Lifespring offers classes/courses, lectures, and events that provide opportunities for active adults and/or retirees to:

- stimulate our minds in new and creative ways
- learn about topics that have been intriguing
- challenge ourselves in new areas
- open new vistas in learning
- discover new talents, skills, and interests
- meet new people

Membership and Fees

The annual membership fee is \$80 per person. This entitles each member to 3 courses each semester and any planned special events. The current year runs from August 2019 – July 2020. There is a fall semester and a spring semester. Some presenters may ask for the purchase of a textbook or may require a small materials fee. Please note that membership fees are not refundable and not transferable. New members are accepted only in the fall of each year.

For additional information about membership, please visit the Lifespring website at:
www.lifespringsaugerties.com

Location

Most courses are held at the **Woodstock Jewish Congregation (WJC)**, on Glasco Turnpike, near Route 212. Ample parking is available on the grounds. The classrooms are accessible to people with disabilities.

Volunteering

Lifespring is a member-run, all-volunteer organization. We encourage all members to get involved. We thank all volunteers, including presenters, course coordinators, committee members, Board members, and the many others who donate their time and energy for the Lifespring program. We respect their hard work, generosity, and talent, and we thank everyone who is a part of this creative endeavor. In addition, we thank the Town of Saugerties for their generous support and backing. We extend further appreciation to the WJC for the rental of their ample and comfortable space and to the Saugerties Public Library for the use of their Community Room for many of our special events.

Feedback

If you have any feedback or suggestions, please feel free to come to a Board meeting and discuss the issue. Board meetings are usually the second Tuesday of the month at 9:30 am in the Town Hall Building Department conference room (check first to see if a meeting is being held).

In addition, you may direct any questions to:

lifespring.saug@gmail.com or call us at **845-246-2800** ext. **452**.

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, and we anticipate that there will be some openings for the 2020/2021 Lifespring year, which begins with the fall semester.

Membership is for a full year, August 1 – July 31. We do not accept new members for the spring semester. However, if you would like to be notified by email when the Fall 2020 catalog and new member registration/application material is online, please send an email to lifespring.saug@gmail.com asking to be placed on the notification/interest list.

If you have additional questions, please send your email inquiry to lifespring.saug@gmail.com or refer to the Lifespring website at www.lifespringsaugerties.com for additional information about membership under Frequently Asked Questions.

COURSE OVERVIEW

Wednesdays: April 22, 29, May 6, 13, 20, 27

FIRST PERIOD 9:30 am – 10:45 am		Enrollment	Details
A1	Authoritarianism and the Arts		page 5
A2	Writing Haiku: “A Journey Of and To the Heart”	<i>Limited*</i>	page 5
A3	Gender Fluidity and Transgender: a Look at the History, Biology and Social Issues	<i>Limited*</i>	page 6
A4	Ecological Exploration - How the Natural World Works		page 6
A5	What’s so funny? - Humor and Comedy through the Ages		page 7
SECOND PERIOD 11:05 am – 12:20 pm			
B1	World Events Through the Eyes of Photojournalism		page 8
B2	Off the Beaten Track: Unique Travel Experiences		page 8
B3	The Places We Come From, the Stories We Tell: A Writing Workshop	<i>Limited*</i>	page 9
B4	Gentle Chair Yoga for Body, Mind and Spirit	<i>Limited*</i>	page 9
B5	Our Women on the Ground: Essays by Arab Women Reporting from the Arab World	<i>Limited*</i>	page 10
THIRD PERIOD 1:15 pm – 2:30 pm			
C1	Lost Industries of Ulster County		page 11
C2	Perspectives on the End of Life	<i>Limited*</i>	page 11
C3	The Musician Within		page 12
C4	Contemporary Economic Issues: Two Points of View		page 12
C5	Learn and Practice Drawing	<i>Limited*</i>	page 13
BONUS COURSE 1: Six Tuesdays – April 21, 28, May 5, 12, 19, 26 at the Library			
★	The Play’s the Thing: A Shared Reading-Aloud Experience	<i>Limited*</i>	page 14
BONUS COURSE 2: Five Thursdays – April 23, 30, May 7, 14, 21 at various locations			
★	Following Spring’s Progress – Rambles in Nature	<i>Limited*</i>	page 15

*See “How to Register” on page 18 for complete information about Limited Enrollment and the Lottery System.

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.

COURSE DESCRIPTIONS

A1 *Authoritarianism and the Arts*

Wed, April 22, 29, May 6, 13, 20, 27
9:30 am – 10:45 am

This course will examine how the literary, visual, and performing arts have functioned in authoritarian societies, the role they play in supporting or opposing those societies, and some of the consequences of dissident artistic expression. The course will discuss specific literary works and present video excerpts of relevant performances. Important artists from Dante, Shakespeare, Hugo, and the Russians to Beethoven, Picasso, Orwell, and many more will be included.

Presenter

Chuck Mishaan lectures and writes on the intellectual, political and artistic history of Western Europe from the period of the Enlightenment to the present day. He has been presenting his popular classroom series on *Opera as Politics* at Lifespring and many other area LLIs, and he is a guest lecturer at Bardavon and has been a lecturer at the Rhinebeck Chamber Music Society.

Coordinator

Susan Greenstein

A2 *Writing Haiku: “A Journey Of and To the Heart”*

Wed, April 22, 29, May 6, 13, 20, 27
9:30 am – 10:45 am

LIMITED ENROLLMENT

Traditional haiku is a poem of the seasons and of sensation. Writing haiku awakens us to the natural world and to all of our senses. Following Shiki’s “sketch from life” approach, and a 5-7-5 syllable pattern, this course will guide the student through mastering the basics of the form. Participants will engage in writing activities that will facilitate absorbing the essence of haiku. They will be introduced to the haiku-kai, a monthly haiku gathering.

Presenter

Priscilla Lignori is a haiku poet and a psychotherapist in private practice and founding teacher of Hudson Valley Haiku-kai, a group that meets once a month to share and study haiku. She is the recipient of numerous awards for her haiku poetry including the Basho Memorial English Haiku Contest and the Kiyoshi Tokutomi Memorial Haiku Contest and is the author of *Beak Open, Feet Relaxed: 108 Haiku*.

Participants will need a notebook and pen, and are encouraged but not required to read *Seeds from a Birch Tree: Writing Haiku and the Spiritual Journey* by Clark Strand, and Patricia’s book *Beak Open, Feet Relaxed: 108 Haiku*.

Coordinator

Mary Porter Hall

“To create one’s world in any of the arts takes courage.”

— Georgia O’Keefe

A3 *Gender Fluidity and Transgender: a Look at the History, Biology and Social Issues*

Wed, April 22, 29, May 6, 13, 20, 27
9:30 am – 10:45 am

LIMITED ENROLLMENT

Due to popular demand, we are pleased to offer this course for the second time, with some additional material included. While presenting the historical and social aspects of transgender and gender fluidity, this course will focus on biological development (hormonal, genetic, and neurological) from fetal development through the life cycle. Discussion will be encouraged.

Presenter

Alice Radosh has a doctorate in neuropsychology. She has taught psychology and women's studies at Brooklyn College, CUNY and New York University, and Gender Fluidity at the Bard College Lifetime Learning Institute. Her most recent research has been on reproductive rights and on sexual bereavement.

Coordinator

Diane McDowell

A4 *Ecological Exploration – How the Natural World Works*

Wed, April 22, 29, May 6, 13, 20, 27
9:30 am – 10:45 am

This course is an overview of the field of ecology and an introduction to its key topics and concepts. We will explore environmental services we receive from the natural world, species populations, and ecological communities and ecosystems. Biodiversity, the importance of conservation, and the impacts of invasive species and climate change will be discussed as well. It is anticipated that the class will go outside for a portion of each class for an exploration of the natural world and ecosystems on the Woodstock Jewish Congregation property to support understanding of the topics and concepts introduced.

Presenter

Leslie Surprenant has a B.S. degree in Forest Biology from the College of Environmental Science and Forestry and has completed a number of graduate courses in environmental studies. She had a 35-year career with the Department of Environmental Conservation, with 17 years as an aquatic/fish biologist and 10 years as a conservation biologist administering and guiding New York's invasive species program.

Coordinator

Natalee Rosenstein

“Learning never exhausts the mind.”

— *Leonardo da Vinci*



photo by Avan S. Paen

A5 *What's so Funny? – Humor and Comedy through the Ages*

Wed, April 22, 29, May 6, 13, 20, 27
9:30 am – 10:45 am

Join us for a fun-filled, interactive exploration of humor's evolution from Plato and Aristotle to Seinfeld and Silverman, focusing on the numerous types that exist and why and how they make us laugh. Each week will highlight a different style of comedy using presenter-curated movie and tv clips in tandem with class discussion and ad hoc improvisational depictions.

Topics to be covered in the course include: Wit and Wordplay; Health, Happiness and Why We Cry When We Laugh; Topical Joke Pitfalls; Blue Humor; Insults and Put Downs; Right Remarks for Roasts and Toasts; and Funny No More (today's comedic pariahs).

Presenter

Hester Mundis is a four-time Emmy nominee for Outstanding Achievement in Writing, and the former Head Writer for “The Joan Rivers Show.”

A seasoned lecturer for numerous Library Associations and a standup comedienne in her own right, she has written, co-written and ghostwritten plays, screenplays, TV shows, celebrity performance material, and twenty-seven books, both fiction and non-fiction. She is married to on-air radio personality Ron VanWarmer and has lived in the Hudson Valley for more than 43 years.

Coordinator

Mary Porter Hall

B1 *World Events Through the Eyes of Photojournalism*

Wed, April 22, 29, May 6, 13, 20, 27
11:05 am – 12:20 pm

From prehistoric caves, through the heyday of picture magazines, to the latest refinements of the Internet, photojournalism has been a powerful and meaningful reflection of world events. This course examines how photojournalism relates to global perception, from the earliest war photography, through the social upheavals of the 20th century, to a kaleidoscope of modern events affecting the lives of humanity. Drawings, daguerreotypes, glass plates, film, motion picture, and digital imaging that profoundly changed the public's perception of key events and social movements will be viewed and discussed during the course.

Presenter

Gary Miller is a veteran photojournalist, filmmaker, and live television director with more than forty years of experience for clients like The New York Stock Exchange, *Time*, *Newsweek*, corporate Fortune 500 companies, museums and galleries. He has taught freelance photography at The New School for Social Research and is an author of a book on the same subject.

Coordinator

Susan Greenstein

B2 *Off the Beaten Track: Unique Travel Experiences*

Wed, April 22, 29, May 6, 13, 20, 27
11:05 am – 12:20 pm

Each week, a different presenter will give an overview of a unique travel experience in which they have participated. The uniqueness of these travel adventures lies in either the destination itself and/or the way the trip was done, the unifying element being that all were definitely off the beaten track and quite unusual. Join us as we travel the world with:

April 22

Mary Porter Hall presenting *Coast to Coast: a Walk across England*

April 29

Karen and Michel Soubeyrand bringing us *Uncovered: the Treasures of Peru and Bolivia*

May 6

Leslie Surprenant and Carolyn Siewers sharing *Temples, Jungles and Waterfalls - Oh My: An exploration of Laos and Cambodia*

May 13

Stefan Yarabek surveying *A Roots Discovery Promise Fulfilled: Experiences creating and using hiking/biking/kayaking/and horse riding on the Prague-Vienna Greenway*

May 20

Susan Puretz reviewing *Canoeing the Yukon and Trekking in Nepal*

May 27

Phil McDonald recreating his *Running with the Bulls in Pamplona, Spain*

Coordinator

Susan Puretz

*“Wherever you go,
go with all your heart.”*

— Confucius

B3 *The Places We Come From,
the Stories We Tell:
A Writing Workshop*

Wed, April 22, 29, May 6, 13, 20, 27
11:05 am – 12:20 pm

LIMITED ENROLLMENT

How does where we “come from” — geographically, psychologically, emotionally — speak to who we are? In this workshop we will explore the question in a genre free-for-all: fiction, non-fiction, poetry. We will draw from memory, oral stories, history and research, then extend and deepen it with speculation, supposition, even opposition, using all that we know and don’t know to write our stories.

Presenter

Bette Ann Moskowitz is a novelist, memoirist, essayist, songwriter, and teacher. She is currently finishing a non-fiction book about aging and ageism.

Coordinator

Mary Porter Hall

B4 *Gentle Chair Yoga for
Body, Mind and Spirit*

Wed, April 22, 29, May 6, 13, 20, 27
11:05 am – 12:20 pm

LIMITED ENROLLMENT

Gently setting aside our everyday preoccupations, the class will begin with meditative centering breaths and continue with seated stretches to increase flexibility and range of motion throughout the body. We will do a few seated yoga poses to develop strength and self awareness. Standing, with chairs nearby for balance needs, we’ll do simple yoga poses to develop and improve balance and strength. Classes will end with relaxation and brief meditation. The individual needs of all participants will be accommodated.

Presenter

Susan Blacker, a certified Kripalu yoga educator, specializes in therapeutic yoga for seniors. For more than a decade she has taught throughout the area. Currently she teaches two weekly senior yoga classes for the Woodstock Senior Recreation Program as well as private and group lessons in her home studio.

Coordinator

Diane McDowell

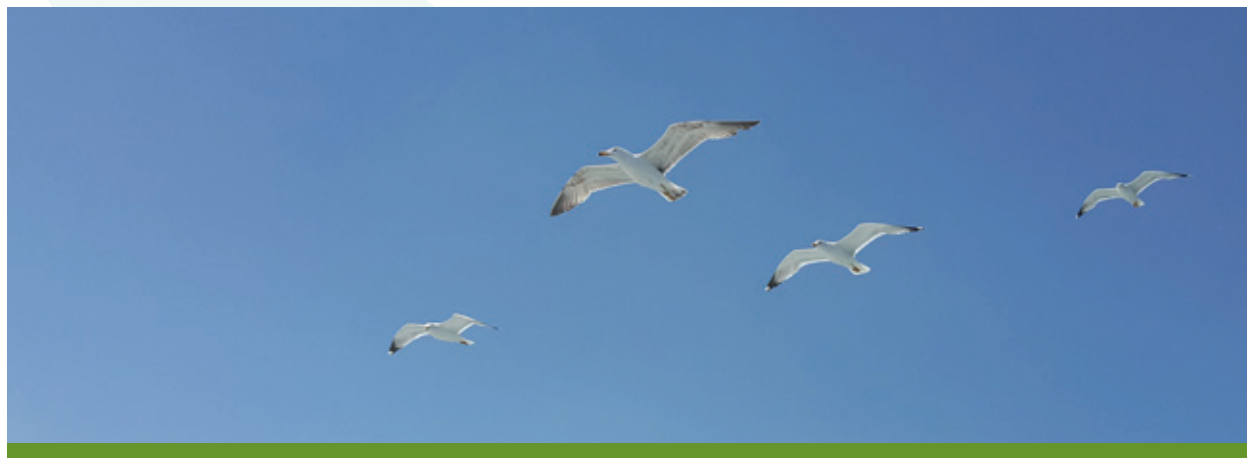


photo by Volkan Coskun

B5 *Our Women on the Ground:
Essays by Arab Women
Reporting from the
Arab World*

**Wed, April 22, 29, May 6, 13, 20, 27
11:05 am – 12:20 pm**

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 *shafiyat*, 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 their own voices 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. She 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



photo by Filbert Mangundap

C1 *Lost Industries of Ulster County*

Wed. April 22, 29, May 6, 13, 20, 27
1:15 pm – 2:30 pm

Lost Industries of Ulster County recalls a time when Ulster steamed, smoked, clanged, banged, and bustled with industry of all kinds. Take a journey through Ulster's past to trace the history of the Rosendale cement works, Ellenville glass factory, various mills and creameries, as well as the railroads and trolleys that helped build Ulster County in the nineteenth and twentieth centuries.

Presenter

Marilou Abramshe loves history and the researching of it. Since moving to Esopus in 2009, she has presented various aspects of Ulster County history at local historical societies and service groups, as well as at LLIs at SUNY New Paltz, Lifespring, and the Desmond Campus of Mt. St. Mary.

Coordinator

Susan Davis

C2 *Perspectives on the End of Life*

Wed. April 22, 29, May 6, 13, 20, 27
1:15 pm – 2:30 pm

LIMITED ENROLLMENT

Exploring our feelings about dying and death is often an activity we tend to put off, but facing up to them in supportive company can be a great relief. In this course we will combine discussions of our feelings relating to this theme and informative sessions with outside speakers. Topics presented by guest lecturers will be chosen from: medical perspectives, spiritual, existential and emotional issues, end-of-life legal and personal issues, hospice, funeral options and burials, and dealing with grief.

Presenters

Al Konigsberg, is a recent retiree from teaching environmental science at SUNY New Paltz for almost fifty years. He worked with clients and trained new volunteers for Ulster County Hospice when it was an all-volunteer organization decades ago. A leukemia survivor, he has led the Men's Oncology Support Group at Benedictine Hospital in Kingston. He is also part of the team of facilitators for Circle of Friends for the Dying.

Coordinator

Susan Puretz

*“Learning is never cumulative,
it is a movement of knowledge
which has no beginning and
no end.”*

— Bruce Lee

C3 *The Musician Within*

Wed. April 22, 29, May 6, 13, 20, 27
1:15 pm – 2:30 pm

If you've always wanted to play music or you used to play music, this is a course for you! Music is simple. Anyone can play. We will learn and come to understand rhythms, the backbone of music. We'll come up with original melodies and then add lyrics to create our own songs. Time in a recording studio will add to the understanding of creating a piece of music. Experience all of this while having unlimited fun, fun, fun!

Presenter

Nathan Brenowitz, a former Julliard student, has been playing music since he was seven years old. He has studied and played in many parts of the world. Locally, he was a trumpet player in the Woodstock Chamber Orchestra, the Creative Music Studio Orchestra, and he is currently playing in the CBDB's Dixieland Band and Pops and the Weasels, a jazzy blues band. He holds a Master's Degree in Counseling and his non-threatening, fun approach makes learning easy and enjoyable.

Coordinator

Susan Puretz

C4 *Contemporary Economic Issues: Two Points of View*

Wed. April 22, 29, May 6, 13, 20, 27
1:15 pm – 2:30 pm

In this second edition of *Economic Issues: Two Points of View*, the two presenters, Andy and Laura, will each deliver their analyses and viewpoints of a current economic issue, followed by lively class discussions. In preparation, a short reading will be emailed to participants each week prior to the class. Topics will be based on timely articles about current economic issues.

Presenters

Laura Ebert has been teaching undergraduate economics for eighteen years and currently teaches at SUNY New Paltz. Her teaching areas include American Economic Development, Latin American Economics, Development Economics, Macroeconomics and Microeconomics, and Public Finance.

Andy Weintraub was a professor of economics at Temple University for thirty years before he retired from teaching. He continues working as a consulting forensic economist. He is also a founder and past president of the Center for Performing Arts at Rhinebeck.

Coordinator

Susan Puretz

*“In music the passions
enjoy themselves.”*

— Friedrich Nietzsche

C5 *Learn and Practice* *Drawing*

Wed. April 22, 29, May 6, 13, 20, 27
1:15 pm – 2:30 pm

LIMITED ENROLLMENT

This is a drawing class for anyone sharing an enthusiasm for drawing, regardless of skill level, even if you've never drawn before. Ultimately drawing is the art of seeing – if you can really see it, you can draw it. We will explore how some of the greatest draughtsmen and women saw things and how they rendered their vision. We will work in pencil, although we'll become familiar with other drawing tools and techniques as well.

Presenter

Eleanor Siegel taught high school art for twenty years and worked as a commercial illustrator and a freelance photographer. She has been a practicing psychotherapist for the past thirty years. "I've drawn ever since I could hold a crayon and have always loved it. My favorites were all exceptional draughtsmen and some of them would surprise you."

Please purchase and bring to class: one each of a 2B and 6B pencils, an eraser, pencil sharpener, and a 9" x 12" sketchbook, all items easily available at Catskill Art Supply or Michaels.

Coordinator

Mary Porter Hall



photo by Ilyuza Mingazova



photo by Jakob Dalbjorn

BONUS COURSE 1

The Play's the Thing: A Shared Reading-Aloud Experience

**Six Tuesdays:
April 21, 28, May 5, 12, 19, 26
10:00 am – 12:30 pm
At the Saugerties Public Library**

LIMITED ENROLLMENT

Plays come alive when they are read aloud, particularly when reading the script is a shared experience. In this Tuesday morning Bonus Course, we will read aloud and discuss several of the fantastic dramas and comedies that make theater so special. Plays will be chosen from both one-act plays and shorter several-act plays. The first selection will be emailed to participants prior to the first class. No theatrical experience is needed, just a love of the written word, a sense of humor, and a willingness to take a chance on participating in a new experience.

Presenter

Prudence Garcia-Renart is a graduate of Bard College and holds a master's degree from NYU in Musicology. She was Program Manager at Kaatsbaan International Dance Center in Tivoli for nine years until her retirement this past March. Although her professional career has had numerous incarnations from music to administration to dance, theatre has always played a major role. She has performed throughout the Hudson Valley with numerous community theater groups.

Coordinator

Susan Puretz

BONUS COURSE 2

Following Spring's Progress – Rambles in Nature

Five Thursdays:

April 23, 30, May 7, 14, 21

**See below for locations and
additional details**

9:30 am – 11:30 am

LIMITED ENROLLMENT

Early spring is one of the most exciting times to be out in nature and observing the plants and birds in our woods that are there are to be discovered. Each ramble will be between one and two miles in length; the following sites are being considered but may change according to seasonal growth and activity: the Comeau Property, Sloan Gorge Preserve, Esopus Bend Preserve, Great Vly Preserve, one of the Rail Trails, and Olana State Historic Site.

Participants will be notified of the choice of site a week in advance along with directions to the site and the exact meeting place at the site. If bad weather forces us to cancel, an email will be sent by 8:00 am that Thursday morning. The first class will meet at the Comeau Property in Woodstock.

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.

Presenter

Betty Schoen-Rene grew up in western Massachusetts, spending 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 would spend their summers in the Adirondacks.

Coordinator

Susan Puretz



photo by Thomas Loizeau



photo by Patti Black

LIFESPRING NEEDS YOU!

As you know, Lifespring is an all-volunteer organization, which means that every single aspect of what you experience as a Lifespring Member is created, coordinated, and executed by member volunteers.

Some people volunteer for one task, others for a committee, still others for several tasks and committees. Each team or committee shown on the following page is run by volunteers headed up by a volunteer coordinator.

We ask that you take some time to review these listings and to think about your interests and abilities, and then think about which of these areas might be a good fit for YOU!

Every member has something that they can offer to make sure that Lifespring continues to operate as a robust and dynamic organization.

The Volunteer Sign-Up Form in this catalog lists the various opportunities. On the next page you'll find a brief snapshot of teams that may need your assistance. Individual coordinators will be in touch with those who indicate an interest in their committee's work.

Of course, you'll have an opportunity to ask questions and discuss the tasks available to determine if the particular committee is a good fit for your interests and abilities before you make a commitment.

VOLUNTEERS NEEDED

Here's a brief snapshot of teams that need your assistance.

Audio Visual (AV)

Be part of the team that sets up AV equipment like projectors and loudspeakers in classrooms for presenters to use. *Training will be provided.*

Class Managers

As a class member you help to insure that the classes run smoothly by taking attendance, making announcements, and interacting with the presenter.

Curriculum

Help create our course offerings by recruiting presenters, developing new courses, and participating in the selection and organization of courses for each semester.

Events

Help plan and execute special events that occur during the year including the annual meeting.

Membership

Help to welcome new and returning members each semester and work on membership issues.

Program Support

Help organize the classroom spaces and supplies and assist with hands-on tasks during the class day. *Original chair set up is done by the WJC staff.*

Publications

Help by writing articles for the *News & Views* newsletter that comes out twice a year. Assist in organizing aspects of the catalogs and preparing the catalog for publication.

Services

Help organize, provide, and present the bountiful refreshments each week during the semester, working as part of a team on all aspects of creating this delicious aspect of the Lifespring experience.

Winter Presentations

Help in various areas: discover interesting presentation possibilities for consideration, liaison with presenters, create publicity, and assist in handling member registrations for the events.

SIGN-UP

INCLUDE WITH YOUR COURSE REGISTRATION FORM, AND MAIL TO:

Lifespring, Town Hall, 4 High St., Saugerties, NY 12477

- Audio Visual (AV)
- Class Managers
- Curriculum
- Events
- Membership
- Program Support
- Publications
- Services
- Winter Presentations

If you have other skills or talents that you would like to share with Lifespring please indicate here:

NAME

EMAIL or PHONE #

HOW TO REGISTER

Here is a step-by-step guide to the registration process; please read this information carefully so that you are able to make informed course choices when you register.

The spring semester begins on Wednesday, April 22, 2020 and ends on Wednesday, May 27, 2020. Unless otherwise noted in the course description, classes are held at the Woodstock Jewish Congregation, 1682 Glasco Turnpike, just off Route 212, between Saugerties and Woodstock.

Registration closes on February 15th.

Selecting Your Courses

When making your course selections, please note that due to the nature of the course or a presenter's request, some courses have limits on the number of participants. These are **Limited Enrollment** courses.

Other courses may be self-limiting simply due to physical space in the classrooms at the WJC.

When completing the Registration Form, **you are asked to indicate a 1st and 2nd choice in each time period.** To help increase the chances that you'll get the courses you want, **it's important to select both a 1st and 2nd choice in each time period** on the Registration Form. A computer-generated Lottery System determines admission to courses when the demand exceeds the number that can be accommodated.

Add/Drop

Should you decide you want to add, drop, or switch a course, you will be able to do so on the **first and second** week of classes, on a space available basis.

Attendance

We encourage you to attend the classes for which you registered! All of the presenters have made an important time commitment to Lifespring and we don't want them to be disappointed by lower attendance numbers than they expected. In some cases you've "won the lottery" and have gotten into a course with **Limited Enrollment** and high demand. Please be kind to your fellow Lifespringers and only register for a **Limited Enrollment** course if you plan and expect to be able to attend; otherwise you're taking the place of someone else who wants to get into the course as much as you do.

Notification of Registration Received

Each Lifespring application will be acknowledged via email from the Registrar when the registration form has been received and processed. To insure that you receive these confirmation emails, please add the Registrar's address to your email contacts: lifespring.registrar@gmail.com

If you have any questions about how to use the form, please call 845-246-2800 x452 or email us at lifespring.saug@gmail.com

SEE THE NEXT PAGE FOR A REGISTRATION FORM.

REGISTRATION

MAIL THIS FORM TO:

Lifespring, Town Hall, 4 High St., Saugerties, NY 12477

Registration will close on February 15, 2020. Current members who miss the deadline may enroll via add/drop starting April 22, 2020, if space is available.

NAME

ADDRESS

CITY

STATE

ZIP CODE

PHONE

EMAIL

CHECK HERE if your contact info has changed.

MAKE SURE TO WRITE A 1 AND 2 IN EACH TIME PERIOD to indicate your first and second choices. We will make every effort to match your choices. However, please read "How to Register" on page 18 for details on Limited Enrollment, the Lottery System, and classroom size constraints.

Choose Two

FIRST PERIOD 9:30 am – 10:45 am

- A1 _____ Authoritarianism and the Arts
- A2 _____ Writing Haiku: A Journey Of and To the Heart (LIMITED ENROLLMENT)
- A3 _____ Gender Fluidity and Transgender: a Look at the History, Biology, and Social Issues (LIMITED ENROLLMENT)
- A4 _____ Ecological Exploration - How the Natural World Works
- A5 _____ What's So Funny? - Humor and Comedy through the Ages

Choose Two

SECOND PERIOD 11:05 am – 12:20 pm

- B1 _____ World Events through the Eyes of Photojournalism
- B2 _____ Off the Beaten Track: Unique Travel Experiences
- B3 _____ The Places We Come From, the Stories We Tell: A Writing Workshop (LIMITED ENROLLMENT)
- B4 _____ Gentle Chair Yoga for Body, Mind, and Spirit (LIMITED ENROLLMENT)
- B5 _____ Our Women on the Ground: Essays by Arab Women Reporting from the Arab World (LIMITED ENROLLMENT)

Choose Two

THIRD PERIOD 1:15 pm – 2:30 pm

- C1 _____ Lost Industries of Ulster County
- C2 _____ Perspectives on the End of Life (LIMITED ENROLLMENT)
- C3 _____ The Musician Within
- C4 _____ Contemporary Economic Issues: Two Points of View
- C5 _____ Learn and Practice Drawing (LIMITED ENROLLMENT)

BONUS COURSES: Optional – choose one, or both!

- ★ _____ BONUS COURSE 1: The Play's the Thing: A Shared Reading-Aloud Experience (LIMITED ENROLLMENT)
- ★ _____ BONUS COURSE 2: Following Spring's Progress – Rambles in Nature (LIMITED ENROLLMENT)

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