

# LIFESPRING

*Saugerties Adult Learning Community*

Spring 2026

COURSES and OPPORTUNITIES



*Lifespring*

Town Hall  
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Saugerties, NY 12477

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# WELCOME LIFESPRING MEMBERS!

Fancy fly fishing? Travel back to the gilded age? Or, a dive into the future with Artificial Intelligence? These are only three of the twenty exciting courses Lifespring's creative curriculum committee has lined up for us this Spring. Whatever your passions and curiosity, from history, arts, culture or science, there are new, fun, and fascinating classes here for everyone!

- Spring semester runs from **MONDAY, APRIL 13** to **THURSDAY MAY 21**.
- **Online** 4-6-week classes begin **MONDAY, APRIL 13**.
- **In-person** 6-week courses begin **WEDNESDAY, APRIL 15** at the Woodstock Jewish Congregation.
- **Three additional classes and activities** will run on Thursdays and Fridays at various times.
- Course Overview begins on **PAGE 4**.

**NOTE:** Each semester our curriculum committee makes every effort to schedule presenters who are experienced professionals or enthusiasts in their field. Nevertheless, Lifespring neither recommends nor endorses the services or products of any presenter or guest speaker. In addition, please note that classes online or in-person are not recorded by Lifespring and should not be recorded by participants. The taking of photos or video recording is not allowed.



# NOT A CURRENT MEMBER OF LIFESPRING?

*All spring and fall semester courses are open to current Lifespring members only. Membership in Lifespring is for a full year, August 1 – July 31.*

Although we do not accept new members for the spring semester, we welcome and recognize the importance of admitting new members each year. If you are not a current member and wish to be notified by email when the Fall 2026 Course Catalog and New Member Registration/Enrollment materials for the 2026/2027 year are online and available, please send an email to [lifespring.saug@gmail.com](mailto:lifespring.saug@gmail.com) and ask to be placed on the Interest List. For additional Membership information, please refer to the Lifespring website at [www.lifespringsaugerties.com](http://www.lifespringsaugerties.com). We welcome your interest and look forward to you joining us in August!

## REGISTERING FOR SPRING COURSES

Registration for Spring 2026 courses opens **MONDAY, FEB. 23** at **9 AM** and ends **MONDAY, MAR. 9** at **5 PM**.

Current Lifespring members (2025/2026) may enroll in any Spring 2026 courses, programs, or events, provided space is available.

There is NO registration form included in this course catalog. On **FEBRUARY 23**, all members will receive an email with registration information and a link to the electronic Registration Form. Please email all questions about the registration process to [registrar@lifespringsaugerties.com](mailto:registrar@lifespringsaugerties.com).

**NOTE:** There will be an opportunity on the Registration form to sign up for, or request information about, volunteering.

**Limited Enrollment** courses are first-come, first-served. If a course is marked “Waiting List,” you will have an option to join a wait list or select a different course.

There will be an option early in the semester to add or drop a course. Within 24 hours after registering, you will receive an email confirmation showing the classes to which you have been admitted. If you are not admitted to a limited enrollment class, the confirmation will show you are on a wait list.

Your Zoom invitations and more information about your in-person courses will be sent via email in late March.

*Keep reading to find the programs that whet your interest or pique your curiosity!*

# COURSE OVERVIEW

CLICK ON COURSE TITLE FOR DETAILS

## MONDAYS ONLINE: April 13, 20, 27, May 4, 11, 18 (9:30 am – 10:45 am)

#	COURSE TITLE	DURATION	PAGE
A1	The Sixties Through the Decade's Great Speeches <b>LIMIT 14</b>	6 sessions	7
A2	Olana: The People Behind the Place	6 sessions	8
A3	China: History, Culture, and Global Influence	6 sessions	9
A4	<i>The House of Mirth</i> Revisited <b>LIMIT 10</b>	5 sessions	10

## MONDAYS ONLINE: April 13, 20, 27, May 4, 11, 18 (11:30 am – 12:45 pm)

#	COURSE TITLE	DURATION	PAGE
B1	Give My Regards to Broadway: Regional Theater Hudson Valley Style <i>Select theater visits included.</i>	4 sessions	11
B2	Local Potpourri: People, Places, and Things	6 sessions	15
B3	Writers Imagining, Examining, and Centering Women <b>LIMIT 10</b>	6 sessions	18
B4	Herstory II: Voices of Women Lost, Forgotten, or Hidden from View	4 sessions	19

## WEDNESDAYS AT WJC: April 15, 22, 29, May 6, 13, 20 (9:30 am – 10:45 am)

#	COURSE TITLE	DURATION	PAGE
C1	Opera as Politics: No Kings	6 sessions	22
C2	Successful Aging: Empowering Late Life Decision Making	6 sessions	23
C3	Improvisation <b>LIMIT 16</b>	6 sessions	24
C4	One Stroke Painting <b>LIMIT 8</b>	6 sessions	25

## WEDNESDAYS AT WJC: April 15, 22, 29, May 6, 13, 20 (11:15 am – 12:30 pm)

#	COURSE TITLE	DURATION	PAGE
D1	The Places We Come From, the Stories We Tell: A Memoir Writing Workshop <b>LIMIT 10</b>	6 sessions	26
D2	Singing Your Song, Sharing Our Stories!	6 sessions	27
D3	Ecological Exploration: How the Natural World Works	6 sessions	27
D4	Natural Brain Health and Facial Rejuvenation Strategies for Seniors <b>LIMIT 20</b>	6 sessions	28
D5	Creative Crafting <b>LIMIT 10</b>	6 sessions	28

# ADDITIONAL PROGRAMS OVERVIEW

**CLICK ON COURSE TITLE FOR DETAILS**

#	COURSE TITLE	DURATION	PAGE
<b>THURSDAYS: April 16, 23, 30, May 7, 14, 21</b> Saugerties Public Library Community Room			
E1	All the World's a Stage (10:15 am - 12:15 pm) <b>LIMIT 6</b>	6 sessions	30
E2	Artificial Intelligence (AI) in the News: Spring 2026 (1:00 pm - 2:30 pm)	4 sessions	31

**FRIDAYS: April 17, 24**  
Saugerties Public Library Community Room and Cantine Field

F1	Interested in Fly Fishing? (10:30 am - 11:15 am) <b>LIMIT 20</b>	2 sessions	32
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**LIMITED ENROLLMENT CLASSES:** Smaller classes depend on the consistent participation of members. Please do not enroll in a limited class if you know ahead of time that you will miss more than one class. Thank you.



# MONDAY COURSES

April 13, 20, 27, May 4, 11, 18

**ONLINE (ZOOM)**

These courses take place on **Mondays only** and last four to six weeks.

## MORNING (SESSION 1)

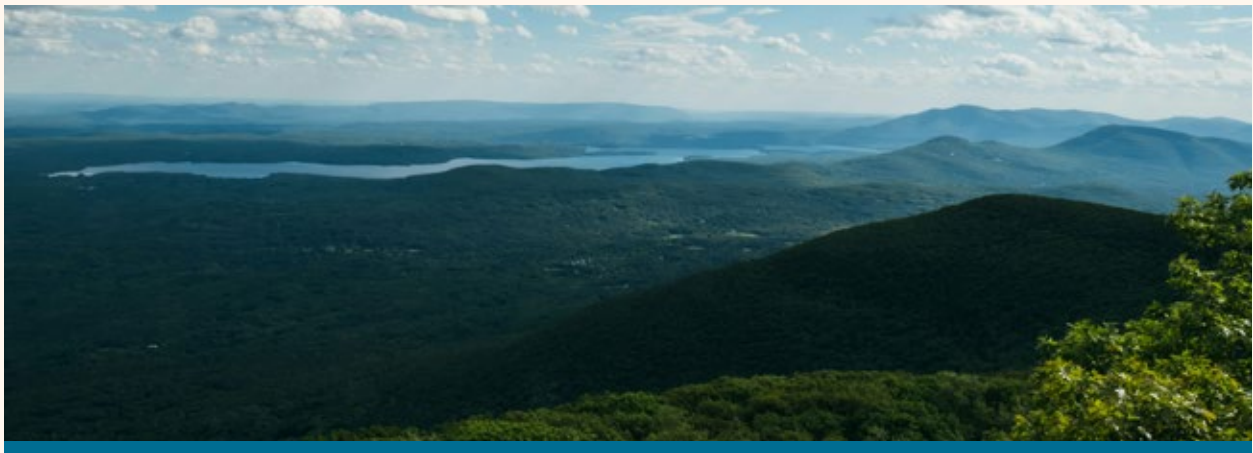
9:30 am – 10:45 am

- A1** The Sixties Through the Decade's Great Speeches **LIMIT 14**
- A2** Olana: The People Behind the Place
- A3** China: History, Culture, and Global Influence
- A4** *The House of Mirth* Revisited **LIMIT 10**

## MORNING (SESSION 2)

11:30 am – 12:45 pm

- B1** Give My Regards to Broadway: Regional Theater Hudson Valley Style  
*Select theater visits included.*
- B2** Local Potpourri: People, Places, and Things
- B3** Writers Imagining, Examining, and Centering Women **LIMIT 10**
- B4** Herstory II: Voices of Women Forgotten, Lost, or Hidden from View



# MONDAY SESSION 1

April 13, 20, 27, May 4, 11, 18

ONLINE (ZOOM)

MORNINGS 9:30 am – 10:45 am

## A1 *The Sixties Through the Decade's Great Speeches*

LIMIT 14

There's a mist of myth and misunderstanding surrounding the 1960s. One way to poke through that mist to probe that myth is by looking at something tangible, like the speeches of the time. There were lots of significant ones because the times and the conditions demanded them. Thanks to television, videotape, and YouTube, we have recordings to look at and learn from. In this course we will reexamine those tumultuous times through the words of the leaders of the Sixties.

### Presenter

*Buck Benedict* is a communications consultant and former speechwriter who taught public speaking and speechwriting at the University of Pennsylvania for 16 years. He grew up on the Hudson (North Tarrytown, now Sleepy Hollow) and now resides on Peaks Island in southern Maine. He has been teaching online courses in Maine and Massachusetts since 2020. This course was the first he taught. Others were on the Fifties, JFK, and, most recently, Vietnam.

### Coordinator

*Laura Phillips*



## A2 *Olana: The People Behind the Place*

Offered by The Olana Partnership, this course will explore Frederic Church's Olana through the lens of its historic visitors and those who populated this historic site over time. Hosting visitors, raising a family, and working with artists, artisans, and architects, Church created his magnificent house, landscape, and studio, regarded as his masterwork. Olana was also the place where Church interacted with a range of interesting 19th century figures, many of whom played vital roles in its development. Through virtual tours, lectures, and talks by visiting historians, this course will cover the 19th century writers, thinkers, artists, and naturalists who crossed Olana's threshold.

### Presenters

**Carolyn Keogh** is the Director of Education and Public Programs at The Olana Partnership, where she oversees public programs, art workshops, lectures, and other offerings and events. Previously, she worked at the Guggenheim Museum, where she oversaw K-12 programs. Carolyn is passionate about making museums and cultural spaces welcoming accessible places for diverse learners of all ages. Her writing on museum programming has been published in *Theory and Practice* (2019) and *History News* (2022) and she has taught classes for Bard and Vassar's lifelong learning communities. Carolyn received her BA from NYU in Art History and an MA in Art History with a focus on art museum education from City College.

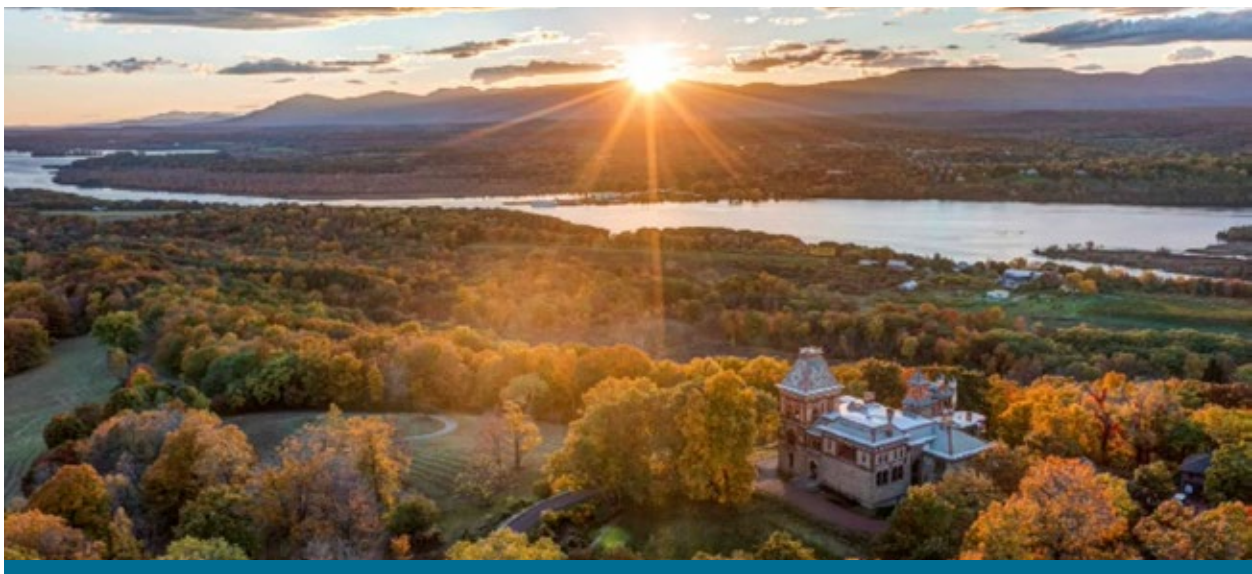
**Daniel W. Bigler** is the Historic Site Assistant at Olana State Historic Site and has worked at Olana for over 19 years. His 2010 paper on Irish servants in the 19th-century Hudson Valley is our best source on the lives and accommodations of the servants of Olana in relation to other country houses of the period.

**Maggie Dimock** is the Associate Curator at The Olana Partnership. Previously, she was the Curator of Exhibitions and Collections at the Greenwich Historical Society.

**Clare Flemming** is the Research Archivist at The Olana Partnership and previously worked as an Archives and Records Management Specialist with the New York State Archives and Archives Partnership Trust.

### Coordinator

**Susan Davis**



## A3 *China: History, Culture, and Global Influence*

China is increasingly influencing the world, so learning more about its history and culture is important. The more we know about the China of the past, the more we can understand and appreciate the China of the present. This course is an opportunity to learn about China's history, culture, and people with two instructors — one local and one in Nanjing, China. We will discuss both ancient and more contemporary Chinese history and culture, and its relevance to the geopolitical climate between China and the United States including China's status as the world's largest supplier of manufactured goods, the supply chain, and its current role in global trade.

### Presenters

**Gary Bischoff**, an electronic engineer and former adjunct professor at SUNY New Paltz, where he taught courses in electronics and computers, is also the founder of Electronic Control Concepts, a company specializing in x-ray measurement instruments, reflecting his deep expertise in the field. Beyond his engineering career, Gary has a strong passion for cross-cultural exchange. He has traveled extensively in China for both business and leisure, studying the Chinese. His intermediate proficiency in Mandarin allows him to explore and appreciate the nuances of Chinese society. Gary holds a BS in Electrical Engineering from Fairleigh Dickinson University and a MS in Electronic Engineering and Computer Science from Columbia University. His diverse background in engineering, education, and international engagement informs his teaching, offering students a unique perspective on Chinese culture.

**Wang Wei** works as an auditor for one of China's most renowned certification companies, where she interacts with a diverse range of industries and professionals. Her experience has broadened her perspective and deepened her understanding of business practices and cultural dynamics throughout China. A native of China with extensive reading and travel experience, Ms. Wang possesses a thorough understanding of her country. Her bilingual ability allows her to effectively bridge cultural gaps, making her uniquely qualified to introduce and explain cultural differences to those seeking a wider world view. She holds a bachelor's degree in English and has a profound interest in the English language and Western cultures which complements her passion for sharing Chinese culture with a global audience. From 2023 to 2025, she co-instructed classes on Chinese culture and the geopolitics of China and America for several Lifetime Learning Institutes.

### Coordinator

**Connie Cuttle**



## A4 The House of Mirth Revisited

### LIMIT 10

**This five-session course takes place on April 13, 20, 27, May 4, with an optional theater trip on Thursday, May 14.**

This class will explore Edith Wharton's first major novel and bestseller, *The House of Mirth*, published in 1905, in light of our new "Gilded Age," the popularity of the HBO series based on this era, and the extensive interest in Wharton's work. We will look at the historical and cultural context of the novel, Edith Wharton's biography, critical perspectives on her work, and then analyze the novel. Discussion will focus on the social milieu of 1880s New York (its own character in the work), the major protagonists and their conflicts, the themes of the novel, particularly the treatment of women's roles, and their relevance to the state of our nation today. We encourage participants to stream *House of Mirth*, *The Age of Innocence*, and watch one of the episodes of *The Gilded Age*, the HBO series, as a prelude to the experience of the course.



On Thursday, May 14<sup>th</sup>, class members may opt to go on a field trip to the Mills Mansion in Staatsburg, which Wharton visited and in which she set some of the scenes in the novel. Cost for the customized small group guided tour is \$8 per person payable on May 14<sup>th</sup>. This tour is for class members only. Plan to arrive at the Mills Mansion no later than 10:45 am and expect to be at the museum until noon. The site has an alternative ramp entrance with a step-free doorway. There is an accessible restroom equipped with grab bars and a sink with knee clearance. Designated parking spots are available and the site offers assisted listening devices and information upon request.

**Please note:** The Town-Lifespring insurance requires class participants to sign a liability waiver and be responsible for their own transportation to and from the location. All participants in the field trip must make their own travel arrangements to the site.

### Presenters

**Jan Zlotnik Schmidt**, SUNY Distinguished Teaching Professor Emerita, was Creative Writing Director in the English Department at SUNY New Paltz, and has published three chapbooks, and three volumes of poetry, as well as several anthologies of memoir and women's writing. Her most recent book, in collaboration with her co-presenter Tana Miller, is *Joseph Cornell: The Man Who Loved Sparrows* (Kelsay Press, 2024).

**Tana Miller** is a retired elementary school teacher with extensive experience conducting Whole Language and reading workshops during her thirty-year career as a teacher and has been published in several feminist and literary journals. Her recent book, in collaboration with her co-presenter Jan Zlotnik Schmidt is *Joseph Cornell: The Man Who Loved Sparrows* (Kelsay Press, 2024).

### Coordinator

**Connie Cuttle**

# MONDAY SESSION 2

April 13, 20, 27, May 4, 11, 18

ONLINE (ZOOM)

**MORNINGS** 11:30 am – 12:45 pm

## **B1** *Give My Regards to Broadway: Regional Theater Hudson Valley Style*

Select theater visits included.

### **APRIL 13** County Players: Great Stories. Well Told.

Across nearly seven decades, County Players has mounted hundreds of productions and enriched the lives of thousands of theatre lovers and volunteers. In 1977, they took a bold step in acquiring the abandoned Academy Theatre in Wappingers Falls and – through unwavering volunteer dedication – transformed a crumbling relic into a vibrant home for the arts.

Today, they look to the future with joy, exploration, and courage, uplifting the community’s imagination through heartfelt, artfully crafted theatre and performance. Great stories. Well told. This is their story.

### **Presenter**

**Christine Crawfis** (Director) has directed over 20 productions ranging from *August: Osage County* and *Little Shop of Horrors* to *WIT* in popular venues like Marist University, The Center for Performing Arts in Rhinebeck and the Mohonk Mountain Stage Company. She serves as Adjunct Professor at Marist University, and Professor of Practice in Bay Path University’s Graduate School of Nonprofit Management and Philanthropy. She has lived in the Hudson Valley since 1991 with her husband, Robert Miller, three children, four grandchildren, and numerous pets. She currently serves as 1st Vice President on the County Players Board of Governors.



### APRIL 20 Tangent Theater Company: The Power of Play Readings: Lean In and Listen

Now in its 25<sup>th</sup> year, Tangent Theatre is a professional company based in Tivoli and founded in New York City in 2000 by Dutchess County natives Andrea and Michael Rhodes, along with the late Keith Teller. Rooted in ensemble-style theater, Tangent presents plays that resonate and excite us. Whether main-stage shows or intimate readings, established plays or new works, Tangent showcases stories that center on character and truth. Learn more at [tangent-arts.org](http://tangent-arts.org).

We generally see plays presented to us in full-production form — with sets, props, wardrobe, lighting and more. But what if you just *heard* the play, and you set the stage in your own imagination... you become the director, set designer and costumer, as you see the play emerge in your mind. Lean in and listen. Absorb the writing and story, with actors bringing the characters to life (scripts in hand) and stage directions read to orient you and move the scenes along. Join Andrea and Michael Rhodes of Tangent Theatre Company as they take you back stage to how their popular play readings come together. From play selection to casting to venue choice — and with only two rehearsals — experience the power of immersive storytelling for adults.

#### Presenters

**Andrea Rhodes** is Tangent's co-founder and producer of all its main-stage shows including *Circle Mirror Transformation*, *The Good Father*, *Doubt*, *The Zoo Story*, and *Waiting for Godot*, to name a few, as well as numerous play-readings and NEWvember festivals. Andrea's consultancy, Gig Marketing, guides artists and small businesses in the region to perfect their branding, messaging, and design. She is also a co-director of Tivoli Merchants + Artists, a board member of Arts Mid-Hudson, a member of the Dutchess County & Red Hook Chambers and Upstate Women in Film & TV — and a Hudson Valley Magazine "Top Women in Business" honoree.

**Michael Rhodes** is Tangent's Artistic Director and co-founder. His Tangent acting credits include *Constellations*, *Circle Mirror Transformation*, *Lobby Hero*, *The Vandal*, *The Good Father*, *Doubt*, *Waiting for Godot*, *Wanderers*, the NEWvember festivals and many pub-readings. His directing credits include *Sight Unseen* and *The Zoo Story*. Acting elsewhere: *Good People*, *God of Carnage*, *The Dangers of Electric Lighting*, *Looped*, *Almost, Maine*, and *Transatlantic Tales* (AboutFACE Ireland), *The Quiet Execution of Frank L. Teal* (Storyhorse) and the American Premiere of Edward Albee's *Three Tall Women*. He is a member of Actors' Equity Association and SAG/AFTRA.



## APRIL 27 Bridge Street Theater

Discover one of Upstate New York's most distinctive cultural treasures through an inside look at Bridge Street Theatre, a bold and intimate performance space known for championing new voices, inventive productions, and community-centered storytelling. We'll explore the theatre's origins, its artistic mission and the creative vision that has shaped its reputation as a powerhouse in the Catskills arts scene.

Along the way, we'll highlight standout productions, discuss the challenges and rewards of regional theatre-making, and consider how small stages like Bridge Street Theatre enrich the cultural life of their communities. Join us for a lively, engaging journey behind the scenes of this remarkable "hidden gem."

### Presenters

**Alison Davy** is the Executive Director of Bridge Street Theatre in Catskill, NY. Alison is a classically trained soprano known for her expressive artistry, crystalline tone, and engaging stage presence. Her performances have been featured with regional ensembles, festivals, and arts organizations throughout the Hudson Valley and beyond. Alison is committed to arts education and community engagement, frequently collaborating with local theatres and cultural institutions to expand access to live performance. She continues to champion both classical traditions and innovative new works, enriching the cultural life of her Catskill community.

**Mark Perry** is Managing Producer of Bridge Street Theatre in Catskill, NY. Selected production credits include Chicago Shakespeare Theater—*The Merry Wives of Windsor*, *Rose Rage*, *Duke on 42<sup>nd</sup> Street*, *The Tempest*, *Measure for Measure*, and *The School for Scandal*. Other Illinois Productions include *Two Gentlemen of Verona*, *Eleemosynary*, *Twelfth Night or What You Will*, *Macbeth*, *Three Sisters*, *The Servant of Two Masters*, and *Don Juan Comes Back from the War*. Mark is also Co-Producer of the Catskills Comedy Festival.

**Dr. John Sowle** is Co-Founder and Producing Artistic Director of Bridge Street Theatre. With a rich career spanning directing, design, and arts leadership, Dr. Sowle has been a driving force behind the theatre's bold, eclectic programming and its reputation for championing new and unconventional work. Before establishing Bridge Street Theatre with his partner Steven Patterson, he worked extensively in theatre and the performing arts across the country, bringing a rare blend of artistic vision, technical expertise, and entrepreneurial spirit to every project. His commitment to adventurous storytelling and community engagement has helped transform Bridge Street Theatre into one of the most vibrant cultural hubs in the Hudson Valley.



### MAY 4 The Iconic Woodstock Playhouse

The presentation will highlight the history of the Woodstock Playhouse, established 1938 by one of Woodstock's oldest families, and will bring to light the American Theatre & Music History details which won the playhouse recognition and placement in the Hudson River Valley National Heritage Area as one of only three theaters ever to gain such acclaim. Highlights will include the cavalcade of famous actors and actresses who began their professional careers at Woodstock Playhouse. The presentation will further spotlight the current mission and performance schedule of the Woodstock Playhouse, including the upcoming offerings of musicals and comedies that will fill its Summer Theatre Festival running June through August of 2026. Additional highlights will include an education on the playhouse building, the performance area, art galleries, and historical exhibit.

#### Presenter

*Douglas Farrell*, Company Manager of the Woodstock Playhouse (2011 to present), is a Graduate of the Vocal Music Department of Carnegie Mellon University with training rooted in the professional worlds of music and theatre performance, bridging and mastering both classical and musical theatre. His professional arts management experience includes having worked for the prestigious Metropolitan Opera Company in their pivotal Development Department. Douglas' singing and vocal arts teaching has won him recognition from the professional world during his performing and teaching (current) career. He is a founding member of the New York Conservatory for the Arts of Hurley, established 1987, and is devoted to the celebration and preservation of the Woodstock Playhouse and its important place in American Theatre and Music History.

#### Coordinators

*Susan McClelland Boyce*

*Natalee Rosenstein*



## B2 *Local Potpourri: People, Places, and Things*

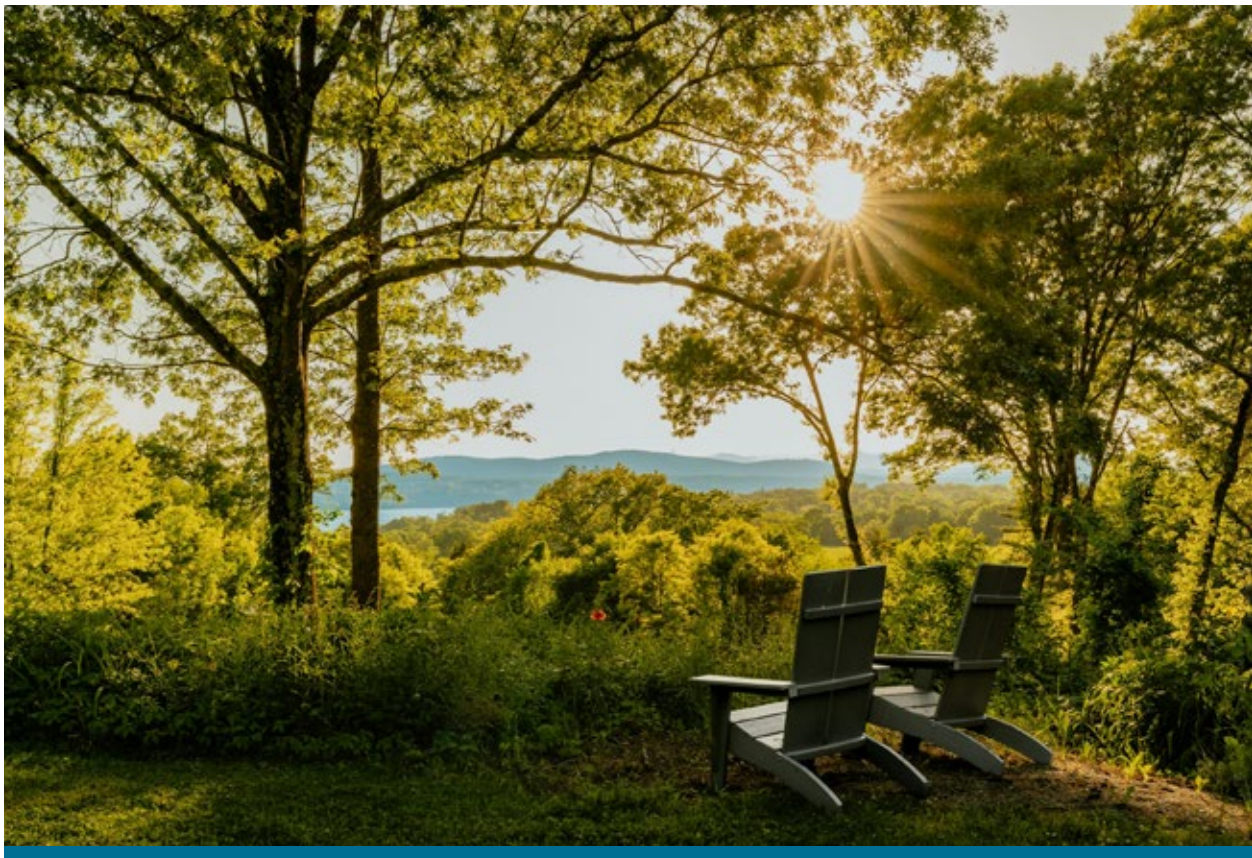
This is a six-part series with a different topic and presenter each week.

### APRIL 13 **Ladies of the Valley: Women of the Hudson Valley Great Estates**

Although born to privilege and raised to be hostesses, the women of the Great Estates of the Hudson Valley often assumed much greater roles. As matriarchs, they established a culture that governed Hudson Valley society for generations. Their estates were an integral part of the local economy from the 17<sup>th</sup> through 19<sup>th</sup> Centuries, and, in the absence of social supports, these women were expected to ensure the welfare of all who depended on the estates for their livelihood. Some expanded their reach by establishing and supporting large-scale social and charitable organizations, making an impact on the larger world. This class will present the lives of several of these women in the context of their times, and will discuss their roles within family and community. We will see how their lives reflected the mores of different historical periods and their adaptation to changing times.

#### Presenter

**Mary Mistler**, author of *Ladies of the Valley*, has spent most of her life in the Hudson Valley. After a career in education and human services, she worked as a docent at several historic sites, including the Home of Franklin D. Roosevelt, the Vanderbilt Mansion in Hyde Park, and the Wilderstein Historic Site in Rhinebeck. She holds a B.A. from the University of Mount St. Vincent and a M.S. Ed. from SUNY New Paltz. Mary has lectured on this topic at several historic sites and historic societies in the Hudson Valley. She is also the author of *Mother to Daughter: Annotated Letters of Margaret Lewis Livingston to Gertrude Livingston Lowndes*. Her upcoming book is titled *Indoor Voices: Women of the Hudson and Harlem Valleys*.



### **APRIL 20 The Names We Know: Jack and Betty, the First Known African Residents of New Paltz**

In July 1680, New Paltz Patentee Christian Deyo purchased an enslaved African man named Jack from a NYC physician named Hartman Wessels. Nine years later, Christian's son, New Paltz Patentee Pierre Deyo, purchased an enslaved African woman named Betty from a trafficker of enslaved people in New York City named James Barré. These are the first recorded purchases of enslaved people by the European founders of New Paltz following the community's establishment in 1677 and Jack and Betty are the earliest recorded African residents of the town. Ulster County Historian Eddie Moran will guide attendees through documentary sources to discuss what we know about Jack and Betty and what their lives in New Paltz may have been like.

#### **Presenter**

**Edward "Eddie" Moran III** currently serves as the appointed Historian for Ulster County, NY. Eddie graduated with a B.A. in history from SUNY New Paltz in the Spring of 2020 and began work as a tour guide at Historic Huguenot Street in New Paltz, while still a student in 2017. He managed guided tours and historical interpretation full-time at Historic Huguenot Street beginning in 2022 and was appointed Ulster County Historian in September 2024. He is a lifelong resident of the Wallkill River Valley and a descendant of the region's Huguenot and Dutch colonizers.

### **APRIL 27 The Unknown Publicist: Kathryn Heavey**

With the privilege of being an archivist at Friends of Historic Kingston has come the experience of meeting many Kingstonians born early in the 20th century. They are encountered in documentation of their high school achievements, college graduations, military records, etc. In each case the question arises, "What did they do with their lives?" For Kathryn Heavey the question was answered. Documents and photographs revealed her great, and previously unknown, contribution to historic preservation in a life dedicated to civic well-being.

#### **Presenter**

**Hildegard Pleva** is a retired librarian and teacher, with master's degrees in Education, Library Science, and Religious Studies. She currently serves as an archivist for the local historic preservation group, Friends of Historic Kingston. While serving on Lifespring's Curriculum Committee, she has also given various presentations to our members.

### **MAY 4 Midtown at Midcentury: The Rediscovered Archives of Kingston Photographer Edward Budney**

Edward Budney (1920–1980) of midtown Kingston, NY quietly captured the city in thousands of images never exhibited in his lifetime and nearly lost forever. Join Friends of Historic Kingston's assistant director Dean Engle to learn about this collection, discovered at a yard sale decades after the photographer's passing. Budney's work documents major postwar developments beside everyday domestic scenes, providing a street-level view of a community in transition and a deeply felt record of 20<sup>th</sup>-century life.

#### **Presenter**

**Dean Engle** is Friends of Historic Kingston's assistant director and curator of the museum's current gallery exhibit, *Edward Budney: Photographer*. He lives with his family in midtown Kingston.

### **MAY 11 An Eye Towards the Hills: The Early History of Photography in the Catskills**

Join us for a lecture on the early development of photography and the remarkable story of some of its early practitioners. We will focus on the lives and work of some of the art form's earliest practitioners and pay special attention to the way photography revolutionized the way people saw and experienced the Catskills.

#### **Presenter**

**Jonathan Palmer** is a writer and historian from Athens, New York. A graduate of Siena College and the University at Albany where he earned his MSIS, he was employed for six years as the archivist in charge of the Greene County Historical Society's Vedder Research Library in Coxsackie. Since 2023, he has served as the archivist for the County of Ulster while continuing to hold an appointment as the fifth Greene County Historian. When he is not lost in the Catskills or fiddling with a camera, he can be found among sundry piles of dusty papers consorting with ghosts and laughing to himself.

### **MAY 18 Spiral House Park: An Artist's Legacy to Inspire Wonder in Art and in Nature**

Located in Saugerties, NY, Spiral House Park was developed by founder Patty Livingston and the late artist Tom Gottsleben, who together transformed an abandoned bluestone quarry into a magical landscape centered around the iconic five-story Spiral House. The park features Gottsleben's sculptures, extensive native gardens, winding bluestone walls, exposed bedrock, and 1.7 miles of woodland trails, including a wheelchair-accessible path. The site invites exploration and reflection, offering natural beauty and artistic vision. Gottsleben's work celebrates the deep connection between creative expression and the living world with a focus on sacred geometry. That same spirit shapes the park's focus: to offer immersive experiences that connect people of all ages to the wonder in art and in nature. Join us to learn more.

#### **Presenter**

**Joshua Cohen** joined Spiral House Park as its Executive Director in May 2025. With nearly 25 years' experience in nonprofit program management, coalition building, environmental advocacy, and the arts, he brings a deep interdisciplinary approach to his work. He has led climate campaigns at the state and regional levels and previously directed the Hudson Valley Climate Action Network at Partners for Climate Action. Joshua holds an MPA in Environmental Science and Policy from Columbia University, a BA in Environmental Studies and Studio Art from Hampshire College and serves on several local advisory boards. A former puppeteer and toy sculptor, he enjoys weaving storytelling and the arts into his environmental work—and into his daughter's imagination. Note: it is highly likely that Ronnie Shushan, the author of *The Spiral House: Revealing the Sacred in Everyday Life*, along with Tom Gottsleben and Patty Livingston will join the presentation.

#### **Coordinator**

**Hildegard Pleva**



## B3 *Writers Imagining, Examining, and Centering Women*

### LIMIT 10

In this class we will explore three pieces of writing that center women, whose authors invite readers to come with them as they offer us some perspectives that may challenge common ways in which women are presented. The readings are two novels, *Like Water for Chocolate* by Laura Esquivel and *Hamnet* by Maggie O'Farrell and one piece of non-fiction, *Eve: How the Female Body Drove 200 Million Years of Evolution* by Cat Bohannon.

### Presenter

**Bob Haberski** holds a BA from Boston College and an MA from the University of Illinois in English Literature. He worked as an English teacher and administrator for thirty years in the New York City public schools and has taught teacher education at Brooklyn College, Queens College, and St. John's University. Presently, he is employed by Fordham University as a mentor to student teachers. Over the years he has also been involved in directing theatre productions both for high school productions and for community theatre. His reading interests range from historical fiction to science and technology and from world history to true crime. His favorite quote is from Stephen Sondheim's *Sunday in the Park with George*: "I chose, and my world was shaken. So what? The choice may have been mistaken; the choosing was not."

### Coordinator

**Connie Cuttle**



## B4 Herstory II: Voices of Women Forgotten, Lost, or Hidden from View

**NOTE:** This four-session course occurs on April 13, 20, 27, and May 4.

### APRIL 13 The Lowell Mill Girls



In the 19<sup>th</sup> century, thousands of young women flocked to Lowell, Massachusetts from farms across New England to work in the textile mills. This class will talk about why they left home, their lives inside and outside the mills, and how mill girls shaped American history.

#### Presenter

**Emma Mitchell** is a ranger at Lowell National Historical Park in Lowell, Massachusetts. Emma has been a ranger in Lowell since 2018. When Emma isn't working, she is an avid sportsman and reader, in addition to volunteering at a wildlife rehabilitation center. While it is not required, Ms. Mitchell suggests participants who are interested may want to read one or more of these books: (nonfiction) *The Belles of New England* by William Moran or *Women at Work* by Thomas Dublin, or (fiction) *The Daring Ladies of Lowell* by Kate Alcott (this book isn't historically accurate, but it is still recommended) or *Lyddie* by Katherine Paterson.



### APRIL 20 Clara Barton

How did a shy girl, born on a New England farm in 1821, break through the barriers that so often confined women to the domestic sphere? How did she have a sixty-year career of public service that touched people all over the world? How did she found the American Red Cross, an organization that still helps people in need today? And what gave this woman the courage to go where the fighting was taking place during the Civil War, a place women did not go? Barton's life is all the more compelling for the personal adversity she overcame. All her life she encountered prejudice against women. This woman who was so brave on the battlefield was plagued by anxiety and depression. The class will describe Miss Barton's legacy as an advocate for the expansion of rights for

African Americans and women and learn of her role as a pioneer of emergency preparedness, First Aid, and natural disaster relief work.

#### Presenter

**Kevin Patti**, a twenty-eight-year veteran of the National Park Service, has served as a park ranger at Clara Barton National Historic Site (NHS) since 2005. At the request of the State Department in 2012, he traveled to Yerevan, Armenia to speak about Clara Barton and the relief effort she led in 1896 to help Armenians who were affected by the massacre. He has been featured on CSPAN leading a tour of Clara Barton NHS. Mr. Patti also works at other sites along the George Washington Memorial Parkway, including Glen Echo Park, Great Falls Park, Theodore Roosevelt Island, and Fort Marcy.

### APRIL 27 The Maggie Lena Walker Story



Maggie Lena Walker (1864–1934) may be one of the most accomplished bankers, entrepreneurs, and civil rights leaders of her time. Have you heard her story? A national park ranger from the Maggie L. Walker National Historic Site will guide you on a fascinating and inspiring look into her life, her times, and her legacy.

#### Presenter

**Ajena Cason Rogers** has been the Supervisory Park Ranger at the Maggie L. Walker National Historic Site since 2010. Ajena works with park staff to build up volunteering, interpretive operations, program development, and community outreach at the site. She began her career in the National Park Service as a seasonal interpreter in 1984 and has been an interpreter at seven national parks. At Maggie L. Walker NHS, Ajena helps visitors make connections to the inspiring story of Maggie Lena Walker—businesswoman, community activist, and nationally known African American leader during the Jim Crow era of segregation.

### MAY 4 Life in the 19th Century Whaling City of New Bedford



New Bedford, Massachusetts was a major whaling port during the 19<sup>th</sup> century. Presenter Judy Roderiques will take on the role of her ancestor Abby Almy and presenter Lucy Bly will portray the character of Ruth Bly as they discuss their lives and the lives of average people during the heyday of the whaling industry in New Bedford. Their relationships with their neighbors, family and general population will be examined with honesty and humor.

#### Presenters

**Judy Roderiques** has been associated with the New Bedford Whaling National Historical Park since 1998. She worked as a volunteer until her retirement from the Dartmouth Public Schools in 2008. She was a seasonal Park Ranger from 2008 until 2019. As a current member of the interpretation staff, Judy provides a wide range of interpretive and educational opportunities to visitors including tours, talks, and living history experiences.

**Lucy Bly** was among a number of New Bedford citizens who offered walking tours of the historic district prior to the establishment of the New Bedford Whaling National Historical Park. When the park was opened, she was one of the first volunteers and was a seasonal Park Ranger from 2007 until just recently. Lucy is well known for her numerous theatrical portrayals in the local area as well as being a retired Dartmouth High School teacher. As a member of the national park's interpretation staff, Lucy offers tours, talks, living history, and other educational experiences.

#### Coordinators

**Connie Cuttle**

**Prudence Garcia-Renart**

# WEDNESDAY COURSES

April 15, 22, 29, May 6, 13, 20

**IN-PERSON (WJC)**

These courses take place on **Wednesdays only** and last six weeks.

## MORNING (SESSION 1)

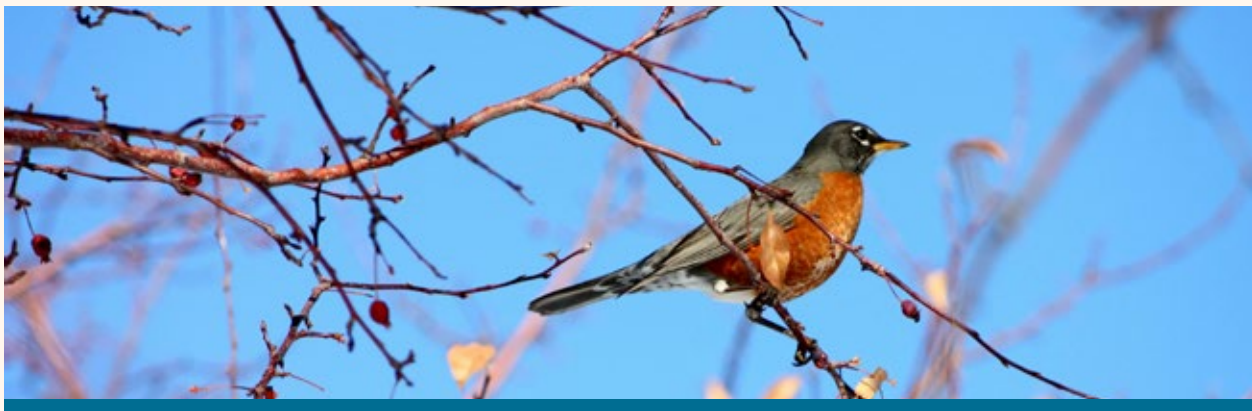
9:30 am – 10:45 am

- C1 Opera as Politics: No Kings
- C2 Successful Aging: Empowering Late Life Decision-Making
- C3 Improvisation **LIMIT 16**
- C4 One Stroke Painting **LIMIT 8**

## MORNING (SESSION 2)

11:15 am – 12:30 pm

- D1 The Places We Come From, the Stories We Tell:  
A Memoir Writing Workshop **LIMIT 10**
- D2 Singing Your Song, Sharing Our Stories!
- D3 Ecological Exploration: How the Natural World Works
- D4 Natural Brain Health and Facial Rejuvenation Strategies for Seniors **LIMIT 20**
- D5 Creative Crafting **LIMIT 10**



# WEDNESDAY SESSION 1

April 15, 22, 29, May 6, 13, 20

IN-PERSON (WJC)

MORNINGS 9:30 am – 10:45 am

## C1 *Opera as Politics: No Kings*

**“Uneasy lies the head that wears a crown”** (Shakespeare: *Henry IV*, Part II, Act 3:1)

This course will look at the troubled reigns of royal rulers as portrayed on the operatic stage and the political context in which these operas were created and performed. From the earliest days of opera to the present, the stage was where audiences received and reacted to (not-so) hidden political messages. We will examine how Enlightenment philosophies challenged the autocracies of the 17<sup>th</sup>–21<sup>st</sup> centuries, as well as the autocratic responses. The course will include relevant operatic excerpts.

### 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* for several years at Lifespring and other area LLIs.

### Coordinator

**Connie Cuttle**



## **C2** *Successful Aging: Empowering Late Life Decision-Making*

Few of us are comfortable envisioning the late stages of our own lives or that of loved ones. But through careful thought, communication, documenting one's wishes, and planning for one's needs before they become necessary, we can remain autonomous, make adjustments as needed, and age successfully, continuing to live as autonomously and actively as possible. Class discussions will include starting conversations with loved ones about your health care and end of life wishes, and aging well at home, including an up-to-date consideration of the new technologies that enable us to do so. In addition to addressing the importance of balancing autonomy with the need for help and communicating effectively with doctors, medical staff, and family, we will focus on having the necessary legal and medical documents in place to ensure your wishes are carried out, including caregiving and hospice care. This class will provide participants with a clear understanding of how being organized can make a significant difference for one's peace of mind.

### **Presenter**

***Carolyn Stewers*** retired from a career in occupational therapy and is a certified End of Life Doula. She has worked in the medical field for more than 30 years in acute care mental health, physical rehabilitation, brain injury, neurobehavioral disorders, spinal cord injury, and complex medical recovery. She has significant experience presenting medical information in plain language to help individuals and families make informed choices in healthcare. She also has extensive knowledge and familiarity with navigating healthcare systems and services, medical terminology and jargon, medical procedures, and reviews of medical research.

### **Coordinator**

***Connie Cuttle***



## C3 *Improvisation*

### LIMIT 16



Improv is a collaborative art form. It is an unscripted live performance in which participants create characters and engage in spontaneous dialogue. Although everyone in the class will have an opportunity to perform improv, those who are not in a specific scene become the audience.

The audience is critical in improv because the performers get suggestions from audience members which proves that improv is unscripted. Suggestions provide some information that the performers use to create their scene. “Who am I? What is my dilemma?...” for example. And then, the performers begin to create a live story.

To encourage camaraderie, we begin with “Yes and...” exercises, where an improviser accepts their scene partner’s statement and then adds to it (“and...”) to advance the scene. Studies show that improv reduces social anxiety because it provides a safe space to practice social interaction. It is also creative and fun! P.S. There are some rules! NO rough-housing, NO throwing furniture, and NO getting naked!

#### Presenter

**Arlene Rosano** currently leads the Improv class for the Senior Recreational Program in Woodstock and the Improv for the Actor’s Free Co-op, an online program out of Boston. In college, she majored in political science and journalism and infiltrated religious cults and extreme political organizations, finally deciding to hang around funny people. A member of the all-women Improv group Raw Princesses, she studied comedy and Improv from the 1980s – early 2000s, performed stand-up at various clubs throughout NYC, and trained in Improv at the Upright Citizen’s Brigade in NYC. During the 1990s, Arlene co-produced and directed, *The Enquiring Naturalist*, an unscripted nature and science program, hosted by Wildman Steve Brill and produced and directed Improv programs for QPTV.

#### Coordinator

**Prudence Garcia-Renart**



## **C4** *One Stroke Painting*

### **LIMIT 8**

This class will enable participants to nurture their creative bent and, at the end of the semester, all participants will have a work of art to take home and enjoy. During the six-week course, participants will learn different elements of a design to be painted on a stemmed wine glass. At the last class, participants should bring their own stemmed wine glass to create their own work of art. Painted wine glasses may be hand washed after curing for 10 days. We will use a different design from any previous course so participants from prior classes should feel free to join us again.

### **Presenters**

*Peg Nau* and *Jeanne Sutton* taught together at UCCC credit-free classes and at Michaels craft store. They now teach the Donna Dewberry One Stroke Technique in their homes and they are both certified Donna Dewberry One Stroke Instructors. Jeanne is a left-hand painter and Peg is a right-hand painter, so students will have a role model to follow, whichever of their hands is dominant!

### **Coordinator**

*Peg Nau*



# WEDNESDAY SESSION 2

April 15, 22, 29, May 6, 13, 20

IN-PERSON (WJC)

MORNINGS 11:15 am – 12:30 pm

## D1 *The Places We Come From, the Stories We Tell: A Memoir Writing Workshop*

LIMIT 10

The places we come from, the stories we tell, and how they speak to who we are, to our own lives and to our own identities: these are the questions that will guide this writing workshop. Participants will explore the ways that the stories we want to tell can take shape in various forms: fiction, non-fiction, poetry — a genre free-for-all. The course will explore how, as writers, we can draw from memory, oral stories, history, and research, then extend and deepen these with speculation, supposition, and even opposition, using all of what we know and don't know to write our stories.

### Presenter

**Bette Ann Moskowitz** is a published author of a memoir, two novels, a non-fiction book about being an advocate for the aged, and most recently, *Finishing up: On Aging and Ageism*. Her new book on aging and artists is in the works, and her novel, *3 Legs in the Evening* will be published this year. She was an adjunct assistant professor of English at Queens College, CUNY. Her essay about her recent widowhood, “Widow Walks into Wall, Finds Hope,” was in the popular “Modern Love” series of *The New York Times*.

### Coordinator

**Connie Cuttle**



## **D2** *Singing Your Song, Sharing Our Stories!*

In our gathering for singing class last spring, we discovered common songs and unique ones. We will continue and invite you to join our exploration — Sing, Song, Share. No previous singing/note reading experience necessary, just an interest in the need for humans to sing! We'll spend time with the singing storytellers: Pete Seeger, Paul McCartney, our beloved Woody Guthrie, and my favorite — Joni Mitchell. Are you a Swifty? A Dead-Head? Let's find out... Class includes lots of singing, new songs, techniques for keeping in a healthy voice — and anything else you find will help our community. SING!

### **Presenter**

**Phyllis Clark** is a vocalist, pianist, composer, and choir director. With music studies begun in Watertown, NY, the daughter of a Methodist minister and a soprano/baker, from a family of music-makers, she first led a singing workshop at Solway House in Saugerties in 1990 with her colleagues from the Western Wind Vocal Ensemble. After touring with them for 11 years, singing Bach Cantatas at Holy Trinity Series, directing Women Singing (a chamber choir), commissioning and performing music for soprano and piano, and singing choral gigs with the New York Philharmonic, she settled down to teach music to middle school boys in Manhattan for 20 years. A resident of West Camp since 2013, she teaches at Bard Prep music, leads Saugerties Sings with Gerri Ryan, and collaborates with musicians and singers at Saugerties United Methodist Church. Phyllis is a believer in the power of the human voice, especially in song and harmony. Home with husband Mike and Havanese Corbie, her passions are history, baking, gardening, and politics.

### **Coordinator**

**Laura Phillips**

## **D3** *Ecological Exploration: How the Natural World Works*

This course is an introduction to key ecology topics and concepts. We will explore environmental services we receive from the natural world, species populations, and ecological communities and ecosystems. Biodiversity and the impacts of invasive species and climate change will be discussed as well.

This course includes an optional ecology walk on May 7 (Rain date May 14) at a location TBA. If you are interested, and capable of navigating approximately two miles of “easy” trails, you are encouraged to register for this event to help you see the natural world at work through a new lens.

### **Presenter**

**Leslie Surprenant** has a degree in environmental science from the SUNY College of Environmental Science and Forestry and has taken several graduate courses in ecology and related subjects. She retired from a 35-year career as a biologist with NYS Department of Environmental Conservation and has taught several courses including ecology, invasive species, and sustainability, and has co-led many natural history rambles for Lifespring. She serves on the Town of Saugerties Conservation Advisory Commission and is a past member of the Ulster County Environmental Management Council.

### **Coordinator**

**Leslie Surprenant**

## **D4** *Natural Brain Health and Facial Rejuvenation Strategies for Seniors*

### **LIMIT 20**

Participants will learn and practice simple, gentle, yet effective, techniques to: increase circulation, blood flow, nutrients, and oxygen to the head and brain, supporting neurogenesis (the creation of new brain cells); release tension in the head, neck, and shoulders, improving posture, breathing, and stress reduction; recognize and reverse unhelpful physical and emotional habits that impact brain health; and stimulate the lymphatic system, enhancing nutrient flow and drainage. In addition, participants will enjoy positive side benefits such as improved facial appearance, complexion, and reduced wrinkles. The class exercises require no equipment and can be done seated, making them suitable for all ability levels. Please bring to class a bottle of water and a small mirror in which you can see your full face.

### **Presenter**

*Janice Hardgrove* just turned 75 in October 2025 and knows firsthand the importance of keeping both mind and body active as we age. A certified Integral Yoga instructor with over 25 years teaching experience, she also holds Pilates teacher training certification. Most recently, she became certified in the Face Yoga Method, studying directly with its creator, Fumiko Takatsu, and has been teaching this method for over a year.

### **Coordinator**

*Connie Cuttle*

## **D5** *Creative Crafting*

### **LIMIT 10**

If you haven't considered yourself an artist, this is an opportunity to tap into your creative spirit. We will play with color and design as we learn different craft processes. Fine motor coordination is needed for some of the projects. The projects will include: Iris folding, where strips of colored paper are folded and layered, following a template, to create a design that resembles the iris of a camera; Decoupage, where an object (plastic container or cardboard box) is decorated by gluing scraps of paper (from magazines, wrapping paper) onto it; and Paper beads, which are created by rolling strips of colored paper and then sealing them with a glossy adhesive. Some projects may take two sessions, according to the desire of the class. If there are sessions available, we will do one of the following: Make paper boxes, fabric/paper mosaic, and/or do an intro to polymer clay. A materials list will be provided. Participants can bring their own materials and/or pay a materials fee of \$5-10.

### **Presenter**

*Nancy Schafer* has always enjoyed making things, as a student, teacher, mother, and now retiree. As a grandmother, she is usually engaged in making something: a crocheted dinosaur outfit for Halloween, individualized rhyming books for beginning readers, decoupage "treasure chests," polymer clay tiled jewelry boxes. In addition to actual courses she has taken, she participates in a weekly craft group during her snowbird time in Florida. This has greatly increased her knowledge and experience, as each group member presents a different project each week. Being absorbed in craft projects can have a meditative aspect and be relaxing. We play with our creativity; we do not aim for perfection.

### **Coordinator**

*Connie Cuttle*

# SPECIAL PROGRAMS

Varied dates, times, and locales

**IN-PERSON**

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**THURSDAYS: April 16, 23, 30, May 7, 14, 21 (10:15 am – 12:15 pm)**  
**SAUGERTIES PUBLIC LIBRARY COMMUNITY ROOM**

**E1** All the World’s a Stage

6 sessions: **LIMIT 6**

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**THURSDAYS: April 16, 23, 30, May 7 (1:00 pm – 2:30 pm)**  
**SAUGERTIES PUBLIC LIBRARY COMMUNITY ROOM**

**E2** Artificial Intelligence (AI) in the News: Spring 2026

4 sessions

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**FRIDAYS: April 17, April 24 (10:30 am – 11:15 am)**  
**April 17 SAUGERTIES PUBLIC LIBRARY COMMUNITY ROOM**  
**April 24 LARGE PAVILLION AT CANTINE FIELD**

**F1** Interested in Fly Fishing?

2 sessions: **LIMIT 20**



**E1** *All the World's a Stage***THURSDAYS: April 16, 23, 30, May 7, 14, 21 (10:15 am – 12:15 pm)****LIMIT 6****Saugerties Public Library Community Room**

This course is the next step after “The Plays the Thing.” We will choose and then work on several short pieces to present as reader’s theatre in our sixth session. No memorization will be needed. We will work on character, listening and responding, and bringing a scene to life. All are welcome!

**Presenter**

*Prudence Garcia-Renart* is a graduate of Bard College and holds a master’s degree from NYU in Musicology. Her professional career has had many incarnations from music to administration, but theater has always played a significant role. She has performed throughout the Hudson Valley with numerous community groups, and she hopes that, through this course, she will find others who are interested in dramatic reading in a non-pressured environment.

**Coordinator**

*Prudence Garcia-Renart*



**E2** *Artificial Intelligence (AI) in the News: Spring 2026***THURSDAYS: April 16, 23, 30, May 7 (1:00 pm – 2:30 pm)****Saugerties Public Library Community Room**

The field of AI is in the news constantly and rapidly changing. These days a wide variety of things are called AI since the term is an attention grabber and good marketing tool. Most applications use a combination of a form of Neural Networks and Expert Systems for computer assistance. We will discuss both types of constructions as we look into the current state of Computer Assistants, Copilots, Chatbots, etc. In each class we will discuss what the latest developments are and what they might mean to individuals and society in general. We will also look at some specific offerings and what you might expect to be able to do with them if you are interested. (Many of the basic functions are still available for free and those will be the ones we will use for most discussions so that you can try them at home.)

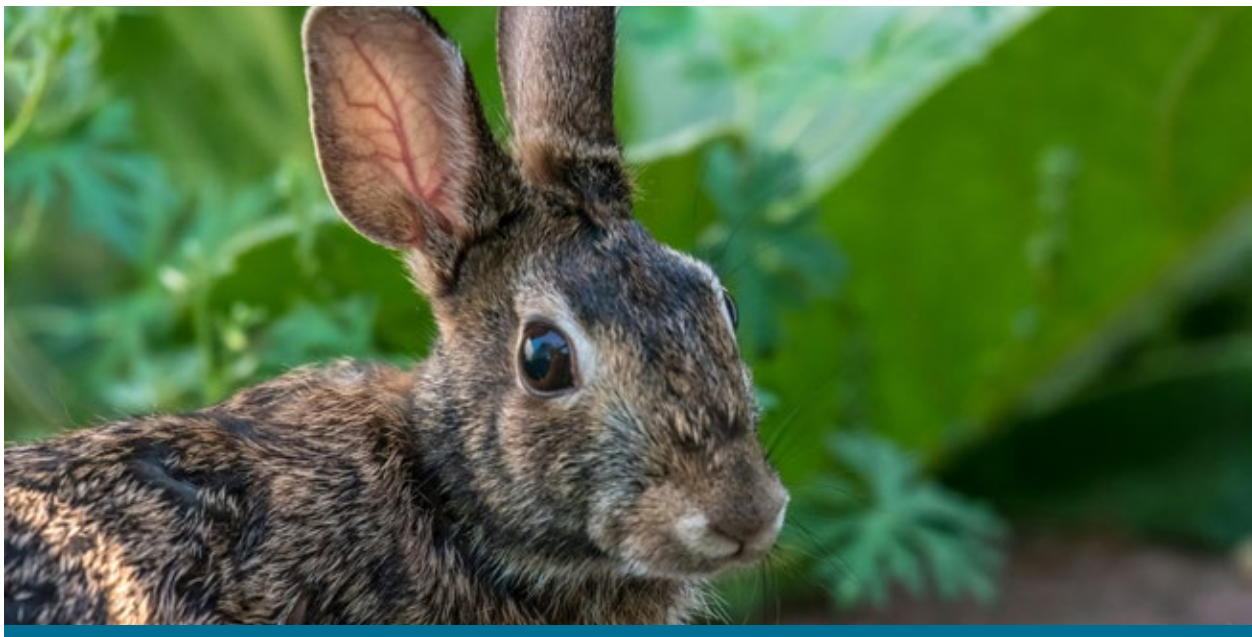
Since the impact of AI is so widespread, some of the developments will be technical, some will be financial/business related, and some will be societal. If the new developments involve new or unfamiliar technologies or terminology, we'll take some time to talk about the background needed to understand the news in those cases. There is no need for any AI or Computer Science background for this class, and there will not be any Math!

**Presenter**

**Don Grice** has a PhD in Electrical Engineering and worked at IBM in system design for close to 50 years, including a big emphasis on man-machine interaction and large-scale parallel supercomputing. His thesis was in the area of voice recognition and communication, similar to what we all take for granted today with systems like Siri and Alexa. He also worked with IBM's Research Division on programs like Deep-Blue, the Chess Playing Machine, and Watson, the Jeopardy machine.

**Coordinator**

**Susan Davis**



**F1** *Interested in Fly Fishing?***FRIDAYS: April 17, 24 (10:30 am – 11:15 am)****LIMIT 20****April 17 Saugerties Library Community Room****April 24 Large Pavillion at Cantine Field**

If your answer is yes, this is the two-day class for you. On Friday, April 17 join Mark Klein at 10:30 am in the Community Room at the Saugerties Library for a fact and fun-filled introduction to fly-fishing, a sport enjoyed by both women and men. Mark will fill you in on fly fishing's local history, explain the special rod and casting technique, share the excitement of reeling in a rainbow trout, and offer the class a look at some hand-tied flies. On Friday, April 24, the class will meet at the large Pavillion at Cantine Field at 10:30 where Mark will be waiting with fly rods for the class. Under his tutelage, members will have a lesson in learning how to cast.

**Presenter**

*Mark Klein*, whose career has taken him from finance to fly fishing, is a descendant of the fly-fishing guide Babe Ruth learned from in Phoenicia. Mark started learning how to tie flies when he received his first fly kit at age six. A fly fisher from 6 to his 60s, and the owner of [Rip Van Winkle Fly Fishing](#), he sings the praises of the Esopus Creek, a world class fly fishing stream and the birthplace of American fly fishing.

**Coordinator**

*Connie Cuttle*



# BOARD OF DIRECTORS & COMMITTEES

## BOARD OF DIRECTORS

*August 1, 2025 – July 31, 2026*

### Executive Leadership Committee

<b>Executive Leader</b>	Anne Miller
<b>Assistant Executive Leader</b>	Natalee Rosenstein
<b>Member</b>	Maureen Bybee
<b>Member</b>	Miriam Kragness
<b>Member</b>	Leslie Surprenant

### Elected Positions

<b>Member-at-Large</b>	Roz Abramov
<b>Secretary</b>	Maureen G. Bybee
<b>Member-at-Large</b>	Lydia Edelhaus
<b>Member-at-Large</b>	Roxanne Fischer
<b>Member-at-Large</b>	Eric Glass
<b>Treasurer</b>	Susan Goldberg
<b>Member-at-Large</b>	Miriam Kragness
<b>Member-at-Large</b>	Natalee Rosenstein
<b>Non-voting Ex Officio</b>	Susan Puretz

### Standing Committees Coordinators

<b>Curriculum</b>	Connie Cuttle
<b>Membership</b>	Leslie Surprenant
<b>Events</b>	Prudence Garcia-Renart
<b>Hospitality</b>	Kathie Mock
<b>Publications</b>	Anne Miller
<b>Onsite Program Support</b>	Kath Kane
<b>Registration (Registrar) &amp; Online Program Support</b>	Laura Phillips



## FOUNDERS

*Lifespring salutes the founders of our organization:*

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