

LIFESPRING

Saugerties Adult Learning Community

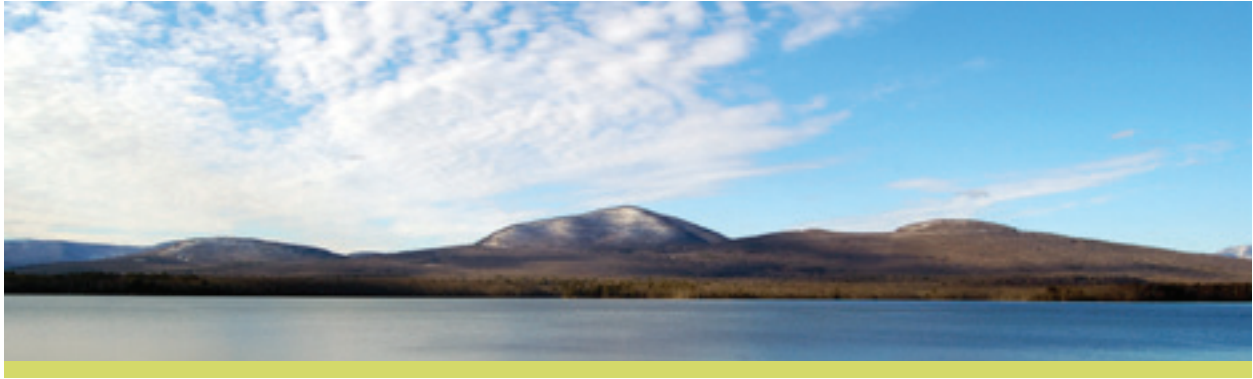
Spring 2019 Courses



Lifespring

Town Hall
4 High Street
Saugerties, NY 12477

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email: lifespring.saug@gmail.com
website: lifespringsaugerties.com



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 2018 – July 2019. 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 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. **See page 16 for information on ways you can help, too!**

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 2019/20 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 2019 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 3, 10; May 1, 8, 15, and 22

| FIRST PERIOD 9:30 am – 10:45 am | | Enrollment | Details |
|-----------------------------------|---|-----------------|---------|
| A1 | Gender Fluidity: Is There A Biological Basis For Gender Identity? | | page 5 |
| A2 | Opera as Politics, Part IV | | page 5 |
| A3 | Wonderings On and Wanderings In Weather | | page 6 |
| A4 | Conversations: Group Discussions on Topics of Common Interest | <i>Limited*</i> | page 6 |
| A5 | Be It Resolved: Supreme Court Basics | <i>Limited*</i> | page 7 |
| SECOND PERIOD 11:05 am – 12:20 pm | | | |
| B1 | Women and Wage Inequality | <i>Limited*</i> | page 8 |
| B2 | Writing Workshop: The Places We Come From, the Stories We Tell | <i>Limited*</i> | page 9 |
| B3 | One-Stroke Canvas Painting | <i>Limited*</i> | page 9 |
| B4 | The Origins and History of Zionism | | page 10 |
| B5 | Best American Short Stories 2017 | <i>Limited*</i> | page 10 |
| THIRD PERIOD 1:15 pm – 2:30 pm | | | |
| C1 | Broadway, Bach, the Berkshires, and Beyond | | page 11 |
| C2 | Lost Industries of Ulster County | | page 12 |
| C3 | Introduction to Kung Fu | <i>Limited*</i> | page 12 |
| C4 | Economic Issues: Two Points of View | | page 13 |
| C5 | Emily Dickinson: Pugilist and Poet | | page 13 |
| BONUS COURSES | | | page 14 |

**See “How to Register for a Course” 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 *Gender Fluidity:*

Is There A Biological Basis For Gender Identity?

Wed. Apr. 3, 10; May 1, 8, 15, 22
(no classes on Apr. 17 and 24)
9:30 am – 10:45 am

While much has been written about the social and legal aspects of transgender/gender fluidity, there has been relatively little information — and much misinformation — about biology and gender identity. This course will look at the science: hormonal, genetic, neurological, anatomical, etc. from fetal development through the life cycle.

Presenter

Alice Radosh has a doctorate in neurological psychology. She has taught psychology and women 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

Carla Barrett

A2 *Opera as Politics, Part IV*

Wed. Apr. 3, 10; May 1, 8, 15, 22
(no classes on Apr. 17 and 24)
9:30 am – 10:45 am

We continue our immersion in *Opera as Politics* as Part IV continues to look at governmental, sexual, economic, and religious politics as expressed and reflected in opera. A close examination of important operas, with a focus on the major works of the nineteenth and twentieth centuries, and a look at the current state of opera as a political vehicle are part of the course. We will experience operatic video performances in class as political themes are developed. Previous attendance in this course is not required, no technical musical knowledge is needed, and familiarity with opera is not assumed.

Presenter

Chuck Mishaan has been an opera aficionado since the days of the old Metropolitan Opera House. He has been a lecturer on music and opera at several area LLIs, the Bardavon Theater, and the Rhinebeck Chamber Music Society. He was an adjunct professor at NYU, lecturing on technology and healthcare, and still consults in this field.

Coordinator

Susan Greenstein

*“The noblest pleasure is
the joy of understanding.”*

— Leonardo da Vinci

A3 *Wonderings On and Wanderings In Weather*

Wed. Apr. 3, 10; May 1, 8, 15, 22
(no classes on Apr. 17 and 24)
9:30 am – 10:45 am

Weather is in the news every day, usually because of its more destructive aspects. But every day we also look up at a cloud and wonder what the proper name is, or what it means for our afternoon plans, or we wonder why we feel so unusually leaden. This course will introduce the terminology of weather and the basics of the atmosphere (air masses and fronts and highs and lows, for example). Participants will learn about clouds and weather forecasting and (at last!) we will find out the meaning of the dew point. We'll also discuss how weather is integral to our daily lives, and questions will be answered at every session.

Presenter

Marty Klein was a weatherman in the Air Force during the Vietnam era. He has had a lifelong involvement with weather and is still fascinated by it. He has an excellent way of explaining the weather for all to understand through simple information as well as anecdotal stories. "My wish is that students will leave my classes with a unique perspective on weather that will enhance each day of their lives."

Coordinator

Susan Puret



A4 *Conversations: Group Discussions on Topics of Common Interest*

Wed. Apr. 3, 10; May 1, 8, 15, 22
(no classes on Apr. 17 and 24)
9:30 am – 10:45 am

LIMITED ENROLLMENT

Neither a lecture course nor a book group, *Conversations* is an opportunity to enjoy intelligent and civil discussions on topics proposed by class participants and selected by group consensus one week in advance of each session. The format for these conversations was developed by Phil Elliot of Ormond Beach, Florida, and has been practiced in groups for 39 years. An important characteristic of this course's format is that no one individual, or individuals, can dominate the discussion; rather each participant has an equal opportunity to offer his or her opinions.

Some of the topics from other *Conversations* groups have been: *Belief, Doubt, and Non-belief; What Is Personal Freedom; Your Version of How To Make America Great Again; Can Morality Be Legislated; Taking Down Monuments; and Paying It Forward.* *Our Lifespring class will choose its own topics.*

Presenter

Sam Magarelli, a resident of Woodstock, New York, for 46 years, is currently a member of the Woodstock Volunteers' Day Committee, which oversees the Annual "Day of Gratitude." He is a retired teacher, former Ulster County Legislator, a Board Member of the Woodstock Chamber of Commerce, and he has served in numerous other local civic and governmental organizations. He has moderated *Conversations* in Woodstock and Kingston and at Lifespring, and he has participated in *Conversations* in the Ormond Beach area moderated by Phil Elliot.

Coordinator

Susan Puret

A5 *Be It Resolved:*
Supreme Court Basics

Wed. Apr. 3, 10; May 1, 8, 15, 22
(no classes on Apr. 17 and 24)
9:30 am – 10:45 am

LIMITED ENROLLMENT

Back by popular demand, this course on the Supreme Court will include discussions of the structure of our court system and how decisions of the Supreme Court came to be “The Law of the Land.” Topics will include: how the Supreme Court accepts and decides cases; selected cases that affect our lives and the impact of individual Justices on case outcomes; the process of selecting Justices; the balance of powers—the Supreme Court in relation to the Legislative and Executive branches of government. And finally, looking into the future, the question of what’s next? Richard Hoffman, a former Supreme Court Clerk, will again join in the presentations and discussions.

Presenter

Bob Greenwood is a retired attorney who has practiced law in New York and New Jersey. Educated at Princeton University and the University of Pennsylvania Law School, he has served in the following capacities: Deputy Attorney General for the State of New Jersey, Chief Counsel to the New Jersey Department of Education, Administrative Law Judge, Court-appointed Mediator, Counsel to Public Boards of Education and non-profit and profit corporations, in addition to decades in private practice. Presently, he is serving as an Impartial Hearing Officer for the State of New York and an Administrative Law Judge for the New York City Contract Dispute Resolution Board.

Coordinator

Susan Puretz





B1 *Women and Wage Inequality*

Wed. Apr. 3, 10; May 1, 8, 15, 22
(no classes on Apr. 17 and 24)
11:05 am – 12:20 pm

LIMITED ENROLLMENT

The minimum wage is still at an all time low, and many women have ended up living in poverty. Single mothers and immigrant workers make up a huge portion of the working poor. This course will follow the undercover work done by author Barbara Ehrenreich in *Nickel and Dimed: On (Not) Getting by in America*. Discussions will include: How women in low wage jobs survive and why certain jobs are considered “women’s work.”

Before the course begins participants should read, *Nickel and Dimed: On (Not) Getting by in America* by Barbara Ehrenreich, available at all booksellers, the text we’ll use throughout the course. The book has been described as “instantly acclaimed for its insight, humor, and passion, this book is changing the way America perceives its working poor.”

Presenter

Mary M. Nevins retired from the CUNY School of Law after thirty years, having served as Director of Academic Affairs and Chief Diversity Officer. Her tenure as CDO led to the Law School’s employing more female faculty than any law school in the nation. Her workshops focus on the historical struggle of women in the workplace and in society. Mary holds a B.A. in Women’s Studies and an M.A. in Urban Studies, from Queens College, The City University of New York.

Coordinator

Mary Nevins

“There is so much yet to be done.”

— Susan B. Anthony

B2 *Writing Workshop:
The Places We Come From,
the Stories We Tell*

Wed. Apr. 3, 10; May 1, 8, 15, 22
(no classes on Apr. 17 and 24)
11:05 am – 12:20 pm

LIMITED ENROLLMENT

The places we come from, the stories we tell, and how they speak to who we are, to our own lives and our own identities: these are the questions that will guide our writing workshop. We 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. And we will explore how, as writers, we can draw from memory, oral stories, history, and research, then extend and deepen it 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 songs, poems, short stories, personal essays, a memoir, a novel, and a non-fiction exploration of institutionalized aging. She has just completed a novel, is beginning another, and she is researching aging and artists in America for a future work called *Finishing Up*. She was an adjunct assistant professor of English at Queens College, CUNY and has taught at UCCC and in various workshops and master classes.

Coordinator

Mary Porter Hall

B3 *One-Stroke
Canvas Painting*

Wed. Apr. 3, 10; May 1, 8, 15, 22
(no classes on Apr. 17 and 24)
11:05 am – 12:20 pm

LIMITED ENROLLMENT

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. Over the six-week course, participants will complete a work on canvas suitable for framing. Each week a different technique will be shown and practiced. No previous art-making experience is required.

The materials fee will be \$25 for the canvas, paint, brushes, and other needed items.

Presenters

Peg Nau and **Jeanne Sutton** have taught together at UCCC credit-free classes and at Michaels craft store. They now teach the Donna Dewberry One Stroke Technique in their homes. Both Jeanne and Peg are 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

Jouette Bassler

*“I’m always thinking
about creating. My future
starts when I wake up
every morning.”*

— Miles Davis

B4 *The Origins and History of Zionism*

Wed. Apr. 3, 10; May 1, 8, 15, 22
(no classes on Apr. 17 and 24)
11:05 am – 12:20 pm

To better understand the present, we must understand the past. In this course, we will apply this principle to better understand the modern State of Israel. We will examine the larger political and historical context out of which Zionism emerged as a national liberation movement for the Jewish People in the nineteenth century. We will explore the differing and opposing ideological streams of Zionism and will learn how they determine the political divides in Israel even today. And we will review the astonishingly unlikely and remarkable history that led to the creation of the modern nation-state of Israel.

Presenter

Jonathan Kligler has been the rabbi and spiritual leader of the Woodstock Jewish Congregation since 1988. The history of Israel, both modern and ancient, is one of his passions. He regularly leads educational trips to Israel, and has lectured and taught about Zionism for many years.

Coordinator

Susan Puretz

B5 *Best American Short Stories 2017*

Wed. Apr. 3, 10; May 1, 8, 15, 22
(no classes on Apr. 17 and 24)
11:05 am – 12:20 pm

LIMITED ENROLLMENT

Continuing in the *shared inquiry* tradition of Lifespring short story courses, we will continue to read and discuss a different story each week from the anthology, *The Best American Short Stories 2017*, edited by Meg Wolitzer. Each week, participants will be emailed several open-ended, thought-provoking questions about the following week's story. Class participation is a hallmark of the *shared inquiry* method, in which lively, text-based conversation leads everyone to new ideas, feelings, and insights about the stories we've studied.

Please bring the book to class on the first day, and please read the story *Campoamor* by Patricia Engel. *The Best American Short Stories 2017* is readily available at Amazon, Barnes and Noble, and area bookstores.

Presenter

Susan Greenstein was a director for Historic Hudson Valley; a manager of programs at the New York Botanical Garden; and Head of Education at Rancho Santa Ana Botanic Garden in Claremont, CA. She has facilitated the *shared inquiry* short story course for Lifespring in several past semesters.

Coordinator

Susan Greenstein

“The aim of education is the knowledge, not of facts, but of values.”

— William S. Burroughs



C1 *Broadway, Bach, the Berkshires, and Beyond*

Wed. Apr. 3, 10; May 1, 8, 15, 22
(no classes on Apr. 17 and 24)
1:15 pm – 2:30 pm

From Broadway to the Berkshires and the Catskills and beyond, there are incredibly talented people involved in making theater, music, and dance happen, people who are breaking boundaries in creating innovative, fascinating, and challenging entertainment. Join Mary Porter Hall, a Broadway Production Stage Manager, as she continues her popular Lifespring series, introducing us to some of these outstanding professionals as they take us behind-the-scenes to learn about their personal contributions to what you're seeing and hearing when you sit in Row H.

Guest speakers include: **Johannes Goebel**, Artistic Director of the *Experimental Media Performing Arts Center* at Rensselaer in Troy; **Tristan Wilson**, Executive Director of *Berkshire Playwrights*, Pittsfield,

MA; **David Segal**, Chair Emeritus of *Maverick Concerts* in Woodstock and a Broadway Lighting Designer; **Peter Bogyo**, a Broadway General Manager, and author of *The Role of the General Manager in Commercial Theatre*; and **Otts Monderloh**, a Broadway Sound Designer of such shows as *Chorus Line* and *Dream Girls*.

Presenter

Mary Porter Hall has had a long career as a Production Stage Manager, being part of the production team on such original productions as *Annie*, *Barnum*, and *Fosse*. She was responsible for coordinating everything and everybody to create the show, and then for maintaining the production artistically and technically, including directing replacements, understudies, and national tours. Mary trained at the Royal Academy of Dramatic Art in London and served on the faculty of SUNY Purchase and the Yale School of Drama.

Coordinator

Mary Porter Hall

C2 *Lost Industries of Ulster County*

Wed. Apr. 3, 10; May 1, 8, 15, 22
(no classes on Apr. 17 and 24)
1:15 pm – 2:30 pm

What do glass, textiles, sloops, and cement have in common? All represented thriving industries, now gone, in Ulster County! Rosendale cement provided the building block for New York City; Kingston had a flourishing textile industry; Hudson River sloops dominated the Valley's transportation and shipping business; and the Ellenville Glass Factory employed more than 400 people producing various types of glass. There were also successful mills and creameries that provided employment for many area workers. We'll learn about the people involved and how these industries came to decline and end.

Presenter

Marilou Abramshe has been an educator for more than thirty years and is a recipient of the New York State Education Department Bruce Dearstyne Annual Archives Award. She has led classes on various aspects of local history at LLIs at SUNY New Paltz and the Desmond Campus of Mt. Saint Mary.

Coordinator

Susan Davis

C3 *Introduction to Kung Fu*

Wed. Apr. 3, 10; May 1, 8, 15, 22
(no classes on Apr. 17 and 24)
1:15 pm – 2:30 pm

LIMITED ENROLLMENT

Ask seven people to create a definition of Kung Fu and you will get many diverse answers. Confusion usually arises because although it is considered a Chinese hand-to-hand combat martial art, the term is also used to refer to *any* study, learning, or practice that requires patience, energy, and time to complete. There are more than a hundred types of Kung Fu, where through hard work and practice you learn discipline and skills while strengthening your mind and body. In this course you will start the journey by beginning to learn Southern Black Tiger Kung Fu, a type that is based on movements of the tiger. No prior experience with Kung Fu is necessary, and the instructor is well aware of the age of the participants.

Presenter

Eric Brugnoli has had sixty years of martial arts experience, of which forty-five have been devoted to studying and teaching Kung Fu. For the last thirty-five years he has been teaching and sharing the many benefits of Southern Black Tiger Kung Fu at Mountain View Studios in Woodstock.

Coordinator

Susan Puretz

*“There is nothing new in
the world except the history
you do not know.”*

— Harry S. Truman

C4 *Economic Issues: Two Points of View*

Wed. Apr. 3, 10; May 1, 8, 15, 22
(no classes on Apr. 17 and 24)
1:15 pm – 2:30 pm

The title tells it all: two expert presenters will each give an analysis of the week's economic topic, followed by class discussion for the remaining time. Topics to be covered are: Introduction to the Economy; Effect of Market Structure; International Trade; Economics of Health Care; Distribution of Income; and Financial Crises. A short reading from a newspaper or journal will be emailed to students to help us prepare for the class and to help direct the discussion.

Presenter

Laura Ebert has been teaching undergraduate economics for eighteen years and currently teaches at SUNY New Paltz. Her teaching areas are very broad and include American Economic Development, Latin American Economics, Development Economics, Macroeconomics and Microeconomics, and Public Finance. She pays close attention to current economic events and enjoys discussing economics with anyone, especially those with opposing views!

Andy Weintraub was a professor of economics at Temple University for thirty years before he retired from teaching to be a full time consulting forensic economist and founder and president of the Center for Performing Arts at Rhinebeck.

Coordinator

Susan Puretz

C5 *Emily Dickinson: Pugilist and Poet*

Wed. Apr. 3, 10; May 1, 8, 15, 22
(no classes on Apr. 17 and 24)
1:15 pm – 2:30 pm

Born in 1830, Emily Dickinson reached maturity at a time when the Calvinist verities of her New England heritage were losing ground against the inroads of scientific empiricism. Dickinson, who possessed a psyche exquisitely attuned to disruption, felt the impact of these changes and probed, in poem after poem, the questions they raised about God, the soul, death, and immortality. In the process, she created a body of religious poetry that no American poet has surpassed in terms of sheer originality and intellectual rigor.

With an eye to the unsettling developments in nineteenth century theology and science, we will read and discuss a selection of Dickinson's poems in which the self-described "pugilist" dukes it out with the Big Questions.

Presenter

Anne Richey has taught many courses for adult learners through the Bard and New Paltz Lifetime Learning Institutes, and most recently for Lifespring Saugerties (John Burroughs, Spring 2018). Poetry is her specialty. She is the author of *Church of the Robin's Ha-Ha!*, *John Burroughs' "Natural Religion" and Other Poems*.

Coordinator

Jouette Bassler

BONUS COURSES

What to do during the two-week break in classes?

We are pleased to announce three special options for all Lifespring members during the two-week hiatus in classes. They are scheduled on different days/dates, so it's possible to participate in all of them or only in one or two. There is no registration for these courses now; a separate flyer will be sent once the semester has begun, and you may sign up then for these Bonus Courses.



BONUS COURSE 1

Leonard Bernstein at 100

Wed. Apr. 17 and 24

In celebration of the centenary of his birth, this course will examine the creative and collaborative works of Leonard Bernstein, focusing on his works for theater: *On the Town*, *Candide*, and *West Side Story*. The course will present lecture material and video excerpts of these classics of American theater, as well as a look at LB's career as conductor, educator and composer.

Presenter

Chuck Mishaan has been presenting his popular course Opera as Politics at Lifespring and other area LLIs for the past several years. He was a subscriber to the NY Philharmonic during the time that Leonard Bernstein was its music director, and he had the pleasure of many chats with the maestro in the green room at Carnegie Hall and Lincoln Center.

Coordinator

Susan Greenstein

BONUS COURSE 2*Is Spring Really Coming?***Thur. Apr. 18 and 25**

We will enjoy two local nature walks to discover what plants are growing or blooming and what birds are present in the early Spring. The walks will be on Thursday mornings, April 18 and 25, from 9:30 to 11:30 at locations to be determined.

Presenter

Betty Schoen-Rene grew up in western Massachusetts and spent as much time in the woods as she could, and so learned a lot about the plants and birds. Both she and her husband were teachers and spent their summers in the Adirondacks. When they retired to the Hudson Valley the woods felt very familiar.

Coordinator

Susan Puretz

BONUS COURSE 3*A Tour of Mills Mansion***Tues. Apr. 16**

This will be a group tour of Mills Mansion in Staatsburg, NY, the elegant country home of Ogden Mills and his wife Ruth Livingston Mills. The tour (wheelchair accessible) will begin at 1pm and will take approximately 1.5 to 2 hours. Before or after the tour you can roam the grounds, taking a walk on the miles of trails or having a lunch at one of the many picnic tables down by the river. Transportation is on an individual basis. The cost will be \$8.00 per person.

Coordinator

Myrna Sameth





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 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 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.

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.*

Services

The services committee has two shifts. The morning shift unloads supplies, prepares food, and sets up the hospitality room. The afternoon crew tidies up the hospitality room and the kitchen.

Curriculum

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

Public Relations/ Outreach

Share information about Lifespring to the community at large.

Membership

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

Events

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

Class Managers

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

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.*

Publications

Help by writing articles for the *News & Views* newsletter that comes out twice a year.

Winter Presentations

Help set-up and perform other tasks on the day of our four winter presentations, usually the first Wednesday of each month, December through March.

Website

Assist with website updates and work with the webmaster as needed. *Training will be provided.*

SIGN-UP

INCLUDE WITH YOUR COURSE REGISTRATION, AND MAIL TO:

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

- Program Support
- Services
- Curriculum
- Public Relations/Outreach
- Membership
- Events
- Class Manager
- Audio Visual (AV)
- Publications
- Winter Presentations
- Website
- Other

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 FOR A COURSE

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 3, 2019 and ends on Wednesday, May 22, 2019. 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. Times and locations of the ADD/DROP table will be posted on the bulletin board in the hallway.

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.

Filling Out the Membership Registration Form Completely

Filling out the form correctly maximizes the chance that you will get the courses that you request. Blank spaces will be taken as blank spaces.

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.

CHECK HERE if your contact info has changed.

COURSE REGISTRATION

MAIL THIS FORM TO: Lifespring, Town Hall, 4 High St., Saugerties, NY 12477

Registration will close on February 15, 2019. We cannot honor any registrations postmarked after February 15.

NAME

ADDRESS

CITY

STATE

ZIP CODE

PHONE

EMAIL

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 for a Course" 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 _____ Gender Fluidity: Is There A Biological Basis For Gender Identity?
- A2 _____ Opera as Politics, Part IV
- A3 _____ Wonderings On and Wanderings In Weather
- A4 _____ Conversations: Group Discussions on Topics of Common Interest **(LIMITED ENROLLMENT)**
- A5 _____ Be It Resolved: Supreme Court Basics **(LIMITED ENROLLMENT)**



Choose Two

SECOND PERIOD 11:05 am – 12:20 pm

- B1 _____ Women and Wage Inequality **(LIMITED ENROLLMENT)**
- B2 _____ Writing Workshop: The Places We Come From, the Stories We Tell **(LIMITED ENROLLMENT)**
- B3 _____ One-Stroke Canvas Painting **(LIMITED ENROLLMENT)**
- B4 _____ The Origins and History of Zionism
- B5 _____ Best American Short Stories 2017 **(LIMITED ENROLLMENT)**



Choose Two

THIRD PERIOD 1:15 pm – 2:30 pm

- C1 _____ Broadway, Bach, the Berkshires, and Beyond
- C2 _____ Lost Industries of Ulster County
- C3 _____ Introduction to Kung Fu **(LIMITED ENROLLMENT)**
- C4 _____ Economic Issues: Two Points of View
- C5 _____ Emily Dickinson: Pugilist and Poet

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